June 24 - 30, 2012: Issue 64

Top: 2012 Mayoral Walk. Above: White-faced Blue Heron.

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Past Features Archives

Pittwater's Backyards and Frontyards

Last Sunday, 17th of June, the annual Mayoral Walk, which was attended this year by our current mayor, Cr. Harvey Rose, took participants on a lovely walk alongside the Careel creek and Careel Bay salt marshlands. Apart from being a brilliant sunny day, those attending were introduced to some of the flora and fauna that inhabits this lovely wetland and provided with informative handouts and binoculars to enable them to appreciate some of the waterbirds without encroaching on their territories. Such activities bring home the experience of having a backyard that is bush and trees filled with wonderful birds and a frontyard that is estuarine or oceanic.

Pittwater Council and the dedicated staff at the Coastal Environment Centre provide a number of Free Walks during the year in our local coastal and estuarine reserves which are always educational, great fun and a chance to meet some of those who so hard to regenerate these areas. Also attending Sunday's walk were Christine Martin (Careel Bay Pittwater Protection Group) and Marita Macrae (Pittwater Natural Heritage Association), and CEC staff Karen and Sonja, four people who between them have a large font of knowledge on local birds and the bush.

Careel Bay is of high conservation value and is an exceptionally biologically rich and diverse estuarine habitat. The estuary includes swamp oak, woodland, remnant patches of salt marsh, mangrove forests, seagrass beds and extensive tidal mudflats.

After welcoming and thanking those who were joining them on this walk, Mayor of Pittwater. Cr. Harvey Rose, handed the proceedings over to those who were showing all around. The focus of this walk was to share knowledge on the local area, to speak to those who had longer memories and gather historical recoirds, particularly as this area was once a tip, and look at the bushcare that's been done alongside the creek and at the north end of Careel bay in restoration works, see the salt marsh and mangroves and end up in the mudflats. This general tour of the area included a bit of bird spotting with Council staff providing binoculars to all who wanted them.

In introducing the guests to what would be covered in the walk a current Water quality study at Careel Bay of the creek and the migratory birds that visit Careel Bay, and asking all residents to go online and have some input was stressed. Resident's history and knowledge of the area, so Council can do a better job in managing in the area; creek water quality and migratory birds, is highly valued. One of the handouts; Narrabeen lagoon catchment wildlife survey; a wild life reporting form which can be adapted to all areas in Pittwater, and on which residents can note where you are and any significant sightseeing you'd like Council to be aware of, helps CEC staff know and record where fauna is.

On the Pittwater Council website there is a page dedicated to Wildlife Watch. This is a community based project which is part of Project SAFE (Saving Animals From Extinction). You do not have to be an expert to become a Wildlife Watch participant. Everyone can contribute to the Pittwater Council's Wildlife Watch Database. From the Wildlife Watch page:

By observing the wildlife in your area of Pittwater, or even just in your own backyard, not only will you be helping to build an informative picture of our local fauna, but you will contribute in the development of appropriate management strategies which will help to protect and conserve our native animals.

At the same time you will be enriched by discovering information about our native fauna, how you can help protect them and just what fascinating creatures still coexist with us in Pittwater!

Further:

Coastal Environment Centre

Online Fauna Reporting Form

Wildlife Watch Observation Sheet

Guidelines for using the Wildlife Watch Observation Sheet Codes

National Parks & Wildlife Service flora & fauna sightings recording sheet

From;
www.pittwater.nsw.gov.au/environment/get_involved/wildlife_watch

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Profile: June 2012 Ladies: a celebration of four wonderful women who have invested decades in Pittwater: Cindy Goode Milman, her Saltwater Studio and a Can Too brightness

Previous Profiles:

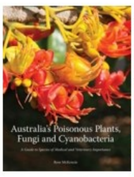
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie Haythornthwaite Joan Fisher Mark Ferguson Veteran Carolyn McKay Christine Hopton Ian White Jack Elsegood Robert Grace Colin Casey Bob Waterer The Surfers Group The Palm Beach Yacht Club Pittwater Natural Heritage Association Pittwater Friends of Soibada Pam Bayfield Denise Casey Lynda Hill Belinda Grundy Paul Christie Neil Evers Andrew Holder Ian Curlewis Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club The Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry

History: **Pittwater Creeks in June**; it may be getting colder but there's something about the warbling of a creek that instils life into the quieter days; Currawong Beach creek, the final chirrup; a simple celebration

Previous History Pages:

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

Park Bench Philosopher: **June 2012: Australian poets warbling about creeks: *GAFFNEY'S CREEK* and *THE LONG ROAD HOME* by C J Dennis - 'Laureate of the Larrikin'**



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

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

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

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

News From our Inbox Windows that have little to do with Computers, **1914** bike in a tree, CSIRO has had a birthday this week; some Info and works, A Place To Love Dogs, Voiceless 2012 Grants Program now open! How to keep your Facebook photos PRIVATE

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Community News: Avalon Tattoo Public Gallery, MVPS Centenary, Winter Solstice, CSIRO Shipbuilding, Church Point Commuter Wharf, RMYC Car Show, BushCare for June, Our Council's Notices, Fed. Govt. Media and more

Environment; The Antarctic Treaty Consultative Meeting in Hobart this week; outcomes, **Weed Seminar at CEC**, Deep Oceans opens at Australian Museum, Sydney over the next 20 years; Have Your Say, **Cooee June Issue**, local Environment groups and orgs.

Lynda Hill: **Update 19.6.12**: The First Mocking Bird Of Spring - June's Gemini New Moon

Pictures: Beautiful colourful birds from Adrian Boddy Photography

Youth: Exhale, LaunchPad Gymnastics, Soul Classics IV: Jackie Wilson and "(Your Love Keeps Lifting Me) Higher and Higher"School Holiday Fun, Library Story-times for Littlies, Who's on First?; Great New Song Contest, **January 2013 Australian Youth Olympics Festival** + more

Seniors; Mind Exercises, Tai Chi; low impact exercises that are perfect for Seniors new report this week shows + How To Video, A Beautiful World, *Healthy Tips Free Information Session at Mona Vale*, links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

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

Collector's Corner: Australian Halfpenny; worth a bit more then that now and a way to see some of our history in your hand

Food: The Almond: cultivated for 3000 years. Some facts, nutrition information and two traditional recipes; great for the heart and your skin.

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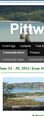

Articles This Week

Pittwater's Animal Rescue Walk and Wildlife Watching - Pittwater's Birds and Beaches

Pittwater's Beautiful Birds from Adrian Bloch Photography and Bird Watching

Pittwater Wine Week - Join 2013 Pittwater sailors who have chosen their time, energy and self into Pittwater Cindy Cassidy Mitchell, Jonathan Mitchell and Jeremy Lloyd with their wine and Cindy's delicious food.

Wildlife - **Pittwater Creatures in June**. It has by getting cooler but there are still plenty of creatures around and about in our Pittwater waterways. Discovering Beach Crab.

Collector's Corner - The Australian Hallpiece, world's a lot more fun with a hallpiece.

Volunteer Photography - Andrew Tarbox 2013 Public Gallery Photographer

Andrew has been a member and keen participant in the Pittwater Photography website all of the great images from last weekend's Avalon Tattoo. Available **HERE**

Nova Law Public School Centenary Celebrations - Share Your Stories and Photos

Nova Law Public School is celebrating its 100th birthday on Saturday 14 September this year. They are seeking stories and photos from students, teachers and parents who attended the first school years at WHPS. Details **HERE**

Jody's History Pages 2012

Jodie's Pittwater Pages

These records address the history of European exploration of the Hawkesbury and Pittwater Regions.

Pittwater was a Hawkesbury Smuggling Haven and Jodie's pages include a lot of information on Smuggling and Convicts. Jodie's pages also include information on the Aboriginal Tribes and Aboriginal Pittwater. Jodie's pages also include information on the Pittwater Wars and Pittwater Pioneers.

Jodie's pages are a great source of information on Pittwater, and the family and genealogy of the Pittwater Pioneers. Jodie's pages also include the Champions bring to their work. We are very fortunate and grateful that Jodie has made her work available to us all, and we will be enlightened by the articles they share.

PITTWATER ONLINE 20 YEARS

WINTER CRAYFISH, CAPERS

The Coastal Crayfish season opens on the 15th June in NSW waters. Fishers in Ports in the Great Lakes, **Kiama and Coast/Lower Hunter** will be out in force on the 15th June. Kiama and the Great Lakes will be well up and running with the Lobster Festival and

provides the Gibbster in action. These boats are Tuna Longline Cruisers, Adventurers of Softh Sea Tuna Tuna, Searching for Tuna, Tuna Tuna, Tuna Tuna, Tuna

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GAFFNEY'S CREEK

They have closed the police station at Gaffney's Creek where Constable Conlon, who has been there for 25 years, made his last arrest seven years ago.

I hear them speak of Gaffney's Creek in tones of unalloyed respect -- a model town that shall go down the ages with rare virtue decked. At Gaffney's Creek ne'er to the cheek of lisping innocence is brought the blush of shame that, through ill-fame, comes with the sin of being caught.

At Gaffney's Creek week after week, year after year the townsmen lurk at heaven's brink; they've closed the clink and sent the copper back to work, to some far clime where active crime gives cops a chance to run folk in. In that fair spot he's long forgot the very face of mortal sin.

At Gaffney's Creek reformers seek material for homilies that precept may, in this dark day, bring sinning cities to their knees. So meek, so mild is man and child at Gaffney's Creek that not for years have any folk blasphemy spoke or known an overload of beers.

To Gaffney's Creek no frowning Beak holds court while prisoners repine, and crooks await a cruel fate without the option of a fine. The cigarette has never yet been vended after six o'clock. The cells are kept clean, cold and swept; but rust consumes the prison lock.

O Gaffney's Creek! Fain would I seek content in your unsullied clime; but, sunk in sin, I labor in a town where cops work overtime. O magic brook! Could every crook hie there and wash away the reek of fouling crime hence for all time in waters pure of Gaffney's Creek.

"Den"
Herald, 17 April 1930, p4

THE LONG ROAD HOME

When I go back from Billy's place I always have to roam
The mazy road, the crazy road that leads the long way home.
Ma always says, "Why don't you come through Mr Donkin's land?
The footbridge track will bring you back." Ma doesn't understand.
I cannot go that way, you know, because of Donkin's dog;
So I set forth and travel north, and cross the fallen log.

Last week, when I was coming by, that log had lizards in it;
And you can't say I stop to play if I just search a minute.
I look around upon the ground and, if there are no lizards,
I go right on and reach the turn in front of Mrs Blizzard's.
I do not seek to cross the creek, because it's deep and floody,
And Ma would be annoyed with me if I came home all muddy.

Perhaps I throw a stone or so at Mrs Blizzard's tank,
Because it's great when I aim straight to hear the stone go "Plank
Then west I wend from Blizzard's Bend, and not a moment wait,
Except, perhaps, at Mr Knapp's, to swing upon his gate.
So up the hill I go, until I reach the little paddock
That Mr Jones at present owns and rents to Mr Craddock.

For boys my size the sudden rise is quite a heavy pull,
And yet I fear a short-cut here because of Craddock's bull;
So I just tease the bull till he's as mad as he can get,
And then I face the corner place that's been so long to let.
It's very well for Ma to tell about my dawdling habits.
What would you do, suppose you knew the place was thick with rabbits?

I do not stay for half a day, as Ma declares I do,.
No, not for more than half-an-hour - perhaps an hour - or two.
Then down the drop I run, slip-slop, where all the road is slithy.
And have to go quite close, you know, to Mr Horner's smithy.
A moment I might tarry by the fence to watch them hammer,
And, I must say, learn more that way than doing sums and grammar.

And, if I do sometimes climb through, I do not mean to linger'.
Though I did stay awhile the day Bill Homer burst his finger.
I just stand there to see the pair bang some hot iron thing
And watch Bill Horner swing the sledge and hit the anvil - Bing!
(For Mr Horner and his son are great big brawny fellows:
Both splendid chaps!) And then, perhaps, they let me blow the bellows.

A while I stop beside the shop, and talk to Mr Horner;
Then off I run, and race like fun around by Duggan's Corner.
It's getting late, and I don't wait beside the creek a minute,
Except to stop, maybe, and drop a few old pebbles in it.
A few yards more, and here's the store that's kept by Mr Whittle-
And you can't say I waste the day if I 'ust wait ... a little.

One day, you know, a year ago, a man gave me a penny,
And Mr Whittle sold me sweets (but not so very many).
You never know your luck, and so I look to see what's new
In Mr Whittle's window. There's a peppermint or two,
Some buttons and tobacco (Mr Whittle calls it "baccy"),
And fish in tins, and tape, and pins.... And then a voice calls,
"Jacky!"

"I'm coming, Ma. I've been so far-around by Duggan's Corner.
I had to stay awhile to say 'Good day' to Mr Horner.
I feel so fagged; I've tramped and dragged through mud and over logs, Ma -
I could not go short-cuts, you know, because of bulls and dogs, Ma.
The creek, Ma? Why, it's very high ! You don't call that a gutter?
Bill Horner chews tobacco, Ma .... I'd like some bread and butter."

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

Issue 64:

AUSTRALIAN POET MR. C. J. DENNIS (1876- 1938)

Mr. Clarence James Dennis, Australian poet and journalist, whose best-known work was "*The Sentimental Bloke*," died at a private hospital in St. Kilda road early yesterday morning. He was aged 61 years. Mr. Dennis had been in ill-health (asthma) for several years, during which time he had lived at Toolangi. Early this month his condition necessitated his removal to hospital. He was born at Auburn (S.A.), and had a varied career as journalist, carpenter, miner, railway labourer, photographer's canvasser, insurance agent, public servant, and confidential secretary to a Federal Minister. He showed an aptitude for verse when a boy, and later created an entirely Australian type of humour, which combined sentiment with language rarely used by writers in verse.

"The Sentimental Bloke" was his best-known work, but he wrote hundreds of poems and created such characters as Ginger Mick, Doreen, Digger Smith, Rose Spadgers, Jim of the Hills, and Ben Bow-yang. For many years he worked on the staff of the "Herald," Melbourne. The Poet Laureate (Mr. John Masefield) visited Mr. Dennis at Toolangi when he came to Victoria for the Centenary celebrations.

Mr. Dennis is survived by a widow, who was formerly Miss Olive Herron. The funeral will leave the Church of St. Thomas Aquinas, Bromby street, South Yarra, at 2.30 p.m. to-day for the Box Hill Cemetery. A Requiem Mass will beheld in the church at 7.30 a.m. Arrangements are being made by A. A. Sleight Pty. Ltd.

Regret at Canberra

CANBERRA, Wednesday.—The Prime Minister (Mr. Lyons) expressed keen regret to-day at the death of Mr. C. J. Dennis. Mr. Lyons said that Mr. Dennis had built for himself a unique place in Australian literature. He had developed a method of expression peculiarly his own, he had created characters which would become immortal, and he had captured a truly Australian spirit. Already his work was world famous, and future generations of Australians would not forget it. "In many respects he will, I firmly believe, become the Australian Robert Burns," added Mr. Lyons. "Only when all his poems are—as I think they should be—collected in one volume, will it be realised what a versatile and prolific
writer he was."

The leader of the Opposition (Mr. Curtin) said he had learned with regret of the death of Mr. Dennis, who had made a number of contributions to Australian literature of a distinctive style.

AUSTRALIAN POET. (**1938, June 23**). The Argus (Melbourne, Vic. : 1848 - 1956), p. 2. Retrieved from http://nla.gov.au/nla.news-article11160128

Clarence Michael James Dennis (1876-1938), by unknown photographer, 1893-1900, La Trobe Picture Collection, State Library of Victoria, H81.204/4 [detail]

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Above: Cindy Goode Milman by Michael Mannington

Above: 'Can Too Finish'

Above: 'Looking at you'

Cindy Goode Milman FACEBOOK
Contact: 0404 868 251 or Email: cindy@mmilman.com.au

Cindy Goode Milman

Former PR Lady for Pittwater Community Arts, generous of spirit and kind to all, who greets you with a smile, Cindy Goode Milman is one of those quietly working Pittwater people who simply by being themselves make a big contribution to what is essential Pittwater, casual, laid back, with a deep appreciation of the bush, ocean and bays, generating a sense of delight when experiencing this place and its people or merely reflecting.

Cindy is an Ocean Swim and Ocean Pool painter. Her works communicate motion in water and even its breath. An abiding love of our ocean pools and ocean swims immerse those who view her works not only in this vital part of our culture but also the elements that come together to make them; sea, sand, the shapes of waves and pools against the skies. Cindy gives 10% of all her ocean swim painting sales to CAN TOO, the wonderful swimming organisation raising money for cancer www.cantoo.org.au.

Cindy Goode Milman paints from her 'Saltwater Studio' at Clareville in Sydney's northern beaches.

Please tell us about your artworks

The artwork celebrates our everyday interaction with the unique mostly heritage listed, ocean pools as well as the super popular (1.) ocean swims, both of which have fascinated me since emigrating here from Montreal in the 80's.

This obsession entails a continuous study of the seasonal enjoyment by people surrounding saltwater ocean pools, their unique architecture and the absolute dedication as well as attendance at the popular ocean swims.

'With 29 ocean and 45 tidal pools in Sydney and over 8,500 registered swimmers (2.) for the two key northern beaches whims of Cole Classic (Manly) and the Big Swim (Palm to Whale Beach), Ills an all-consuming fascination which I capture through sketchbooks and digital camera - roaming the beaches from Coogee to Palm Beach and back and attending ocean swims from start to finish.

Your technique and influences?

Using a limited palette of seven colours, with a focus on tonal value, inspired by the Misty Modern tonalists such as Max Meldrum and Clance Beckett, each artwork is 40x30cm oil vignettes on board wherein a quick response, almost sketch like and certainly seemingly unlaboured, image emerges to create a contemporary expressionist painting evocative of saltwater experiences, very reminiscent of 1960's Avalon painter Herbert Badham.

Experiences that convey people's enjoyment of the ocean pools - from a ritual exercise routine, surfers jumping off the edge to those reflective moments we all cherish that restore some balance to our lives. An essence of the place — I simply describe as soulful.

To the ocean swim experiences - from the frenetic, pushing head start of the race, the deep water isolation and chaotic surrounds of the swim to the pounding surf adrenalin fuelled rush to the finish.

John Konrads (Olympic swimming champion) said '*you capture the stroke of a swimmer perfectly as well as the thrashing entry and exhaustion filled finish*'. (**January 2012**)

You participate in the Pittwater Artist's Trail and also open your studio on the first Sunday of each month.

I am really excited about opening my studio for people to take a look at what I call my SALTWATER fascination with Ocean Pools and Ocean Swims. There is a range of works from singles (300x 400cm) to panels of eight (1.2 x 800) and fifteen (15 x 12) as well as cards of the paintings and my miniatures of people in humorous beach scenes and dioramas of the ocean swim.

If you could be a creature of air, water or land for a day, other then human, what would you be and why?

Eagle, simply observing and easily gliding with life

What is your favourite place/s in Pittwater and why?

Paradise beach in winter on the boardwalk, Clareville at sunset, Bilgola's surf.

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

At this time in my life my motto is to ***be present in a 'fertile void'***

I am feeling in transition having just turned 50 and experiencing menopause, fertile with creativity and void of not sure what is next – embracing my life in the moment

References:

(1.) Survey of Harbourside & Ocean Pools, The National Trust of Australia (NSW), 2006, p.2

(2.) Swell of Surf Swimmers, Sydney Morning Herald, January 7. 2011 p. 4

Cindy is collected both nationally and internationally and held in corporate collections.

Solo Painting Exhibition & Prizes

2011 Mosman Put Show Finalist, Mosmanx Gallery

2011 Northbridge Art Prize Finalist, Gallery 307 (selection by Wendy Sharpe)

2011 Warringah Art Show Finalist, Art Focus Gallery. Sydney

2010 Mosman Art Show Finalist, Mosman Gallery, Sydney

2009 Saltwater, Meyer Gallery, Darlinghurst, Sydney

More at: cindygoodemilman.com

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Above: Clareville Beach in late afternoon light. Photography by Geoff Clarke, 2009. All Rights Reserved.

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Creek at Currawong where valley begins to rise west

Creek at Currawong at beach end of its flow

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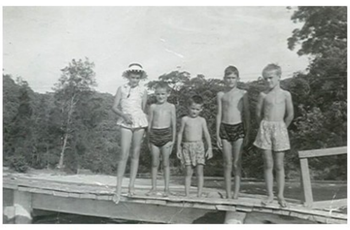
Currawong Cotages Website

Currawong's Creek

It's just over a year since we Celebrated Currawong Day, and to close our June celebration of Pittwater creeks, this pristine wending of water and its surrounds of original remnant vegetation is the song we would leave sounding to your ears.

Named for the holiday camp established in 1949, Currawong Beach was formally called Little Mackerel or Mackeral due to the abundance of this fish being caught here. Currawong's unnamed creek extends from the sandstone plateau in the northern section of the amiptheatre through the rocky gully and down onto the lower clearing. It discharges into Pittwater during significant rain events and flood tides.

The eastern portion of the creek is estuarine in nature, supporting small stands of remnant mangrove and saltmarsh vegetation. What is called the Northholme Midden is located on the northern side of the creek mouth, in the northern part of the site, and is under threat of erosion. Northolme (some sources state this was called 'Northend') is the name of a structure that was once on the north side of the creek. Patricia Nolan shared some memories and wonderful pictures of family holidays in Northolme last year. Her family picture below shows her and her siblings standing on the bridge that stretched across the creek.



The landscape of the rocky escarpment above the creek is in the Watagan Colluvial Soil Landscape Grouping, characterised by rolling to very steep hills on fine-grained Narrabeen Group sediments. The flatter area is classified in the Warriewood Swamp Soil Landscape Grouping. A photographic record of Currawong shows frequent swampy areas on the flats

The first recorded European settlement of this land states it was promised in a land grant to William Booth, who made no improvements to the land (Clearing was a condition of these grants). Martin Burke, an ex-convict, then applied for the land and farmed there for decades with John Clarke, a fellow Irishman he was transported with.

9. Cumberland, fifty acres, parish of Broken Bay, situated at the basin at Pitt-water, commencing at a marked tree in a small bay, and bounded on the west by a line north 22 chains ; on the north by a line east 25 chains to Pitt-water; and on the south east and all other sides by that water to the marked tree. Applied for by Martin Burke. Price five shillings per acre.

Colonial Secretary's Office, Sydney, 5th Nov. 1833. SALE OF LAND. (1833, November 11). The Sydney Herald (NSW : 1831 - 1842), p. 4. Retrieved November 9, 2011, from http://nla.gov.au/nla.news-article12848144

Subsequent families also farmed the flats, a record for another history page. The historic record for Currawong states that in the 19th century and during the Stiles period of occupation the flats area was used for grazing of dairy cattle and growing of some food crops for domestic consumption. The Stiles family supplied dairy products and poultry to nearby Great Mackerel residents. Farmland and celebration of all the wildflowers that grew and grow alongside this watercourse are a catalogue of waratahs, flannel flowers, the native rose and all that comes in each season.

The northern end of this creek, as can be seen in the lower left hand of the top picture, is currently tapped and piped to supply fresh water for visitors. From farmland to holiday camp to the newest reserve named as Pittwater Park, this creek, and its lands, bring joy and its echo to all who visit;

A former manager at Currawong offered this memory of the place: 'A very small child once urged my wife and me to "Come and see the gods". He was very insistent so we accompanied him to the creek that runs through the property. Excitedly he said "Look at them - can you see them". Floating on the creek were spiky grass balls being gently driven in different directions by the breeze. We rather unconvincingly said "Oh yes we see them". The little boy who was only about four years old looked disappointed and said "Well they are not really gods - they're more like symbols of God". I have never forgotten that moment. Currawong is a very special spiritual kind of place that deserves to be retained for all people
From; www.heritage.nsw.gov.au/07_subnav_02_2.cfm?itemid=5054664

Since becoming our newest State Park thanks to the Friends of Currawong, our local Council, MP Hon. Robert Stokes and so many in the community or those who had once holidayed here, this lovely place and its creek shall remain as they have been, a place for holiday makers, a small pocket of bush and old farmland with a creek wending its way to the estuary...

and you shall be like a watered garden, and like a spring of water, whose waters fail not. Isaiah 58:11

June 24 - 30, 2012: Issue 64

The Power of Exhaling

Feeling a bit stuck? Trying to work out how to do it until that becomes a chant in your head and body? Research data released this week recommends you take a break; go outside, do a handstand, walk around the block, have a chat with someone, distract yourself with something else to clear your head and the physical build up stressing out over one little thing can cause in your physical form.

If you're stuck, letting go, clearing your head, exhaling, and doing something else will often bring the answer in a quiet moment. Anyone who seeks inspiration will tell you this, all have their little routines or 'quirks' that bring in that flash. Taking a shower or a swim (scarfing off 'debris' physically stimulates a similar mental cleansing), talking to others (which can resonate by words or gestures the next step you keep missing), distracting yourself with a little bit of fun (lightening up is always good for you, having five minutes of smiles and all they adjust or re-balance in the chemistry of the physical form) or taking a break to refuel with good food brings through or allows you to reach what you were straining for. Just imagine a stretched rubber band; as soon as it's released, tension gone, 'what actually is' becomes apparent.

Of course, as with all inspiration, 99% of it, thereafter, is perspiration. So once you have figured out, in that moment of clarity and insight, what the essence is, you can divulge all of it. Start at the core and work outwards, thread to thread, weaving, until all appears as you want it to be.

So, next time you feel stuck, remember it may be more productive to run outside into the fresh winter air and do a silly dance, wave your feet up in the air. Stretch your body and the mind will follow. Isn't it great that studies on this are undertaken regularly so we can remind ourselves of the power of exhaling as their results are announced? Great to remember when studying for upcoming exams...

LaunchPad Gymnastics Australia

A new initiative of Gymnastics that includes all age groups from KinderGym to Professional development is seeking to instill more exercise and access to this through promoting gymnastics. Their Launch Pad website can be found at: www.launch-pad.org.au/

From there, for Schools and Teachers:

There's a place for everybody in LaunchPad.

Teachers: We'd like to make things as easy as possible for teachers to incorporate movement into their classroom teaching. The benefits of exercise have been researched countless times and we truly believe in the 'healthy body, healthy mind' philosophy.

LaunchPad can be delivered in schools by teachers. LaunchPad offers prescriptive Lesson Plans aimed to reach curriculum objectives in Health and Physical Education. Alternatively, teachers can mix and match activities from the Lesson Plans using the knowledge gained in their LaunchPad:Ignite! workshop.

LaunchPad: *Ignite!* is a six-hour workshop that guides teachers through the fundamentals of LaunchPad programs. Using a framework of basic movement skills, teachers will then be more prepared to scaffold their students' learning through movement. With suggestions on how to use movement as a teaching tool across many curriculum areas (and recommendations on easy-to-use resources to aid your planning), LaunchPad:Ignite! is a fun, active and thought-provoking workshop. Participants gain their own copy of the most recent LaunchPad Lesson Plans and Activity Cards and access to online resources, such as LaunchPad: D.I.Y., to make implementing their learning as soon as they get back to their teaching as seamless as possible.

LaunchPad: D.I.Y. is an online resource enabling LaunchPad certified teachers and coaches to create and save their own lesson plans with a convenient Lesson Plan Builder. Participants on the LaunchPad: Ignite! workshop gain access to this resource for a 12 month timeframe with the option to continue their involvement with LaunchPad afterwards. Your state Youth Participation Coordinator (YPC) can help link you to local LaunchPad clubs in your area as well. You may like to arrange a club visit for your students, you may have students who want even more LaunchPad action or you may like a LaunchPad certified coach to come to your school to deliver a LaunchPad session. Whatever you need, your YPC is here to help and will be able to help you make a connection.

Get Involved!: To get involved or learn more about any of the information above, register your interest here.

Gymnastics gives kids a leg-up in life: Australian Sports Commission - PORTFOLIO: Regional Australia, Local Government, Arts and Sport

SNIPPET: Minister for Sport Kate Lundy today encouraged all Australian children to get active and embrace sport at the launch of Gymnastics Australia's new participation program at the Australia Institute of Sport in Canberra. Gymnastics Australia's initiative to promote gymnastics as a launch pad' into life, sports, education, health and a happy childhood will resonate strongly with the community and encourage more kids to join in and sign up to sport. LaunchPad is about giving our kids a strong foundation to support participation in sport for life.

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

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

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

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

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

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

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

Australian Youth Olympics Festival 2013

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

Sports

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

Volunteer Opportunities (from AOC website):

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

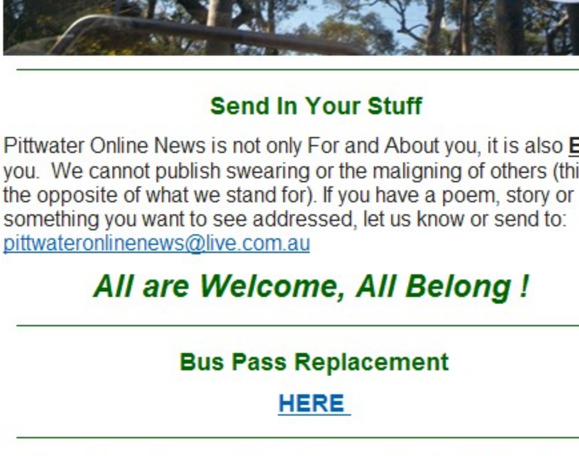
• administration and general office help • driving vehicles for athlete pickup • measuring for outfitting • spectator services • airport arrivals and transport • opening ceremony

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

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

Australian Stories Online

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



Send In Your Stuff

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

All are Welcome, All Belong !

Bus Pass Replacement

HERE

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

Tweet | Like | +1

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

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

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

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

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

Word of the Week

Exhale: To breathe out. To emit air or vapor. To be given off or emitted. To blow (something) forth or breathe (something) out, to give off, emit; exhaling, exhalation. from Latin *exhālāre* to breathe out, from *hālāre* to breathe

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

WINTER COASTAL CAPERS

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

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

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

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

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

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

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

All activites are for 5 to 12 years olds.

CRAFTY KIDS AT MONA VALE LIBRARY

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

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

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

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

Storytime for preschoolers

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

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

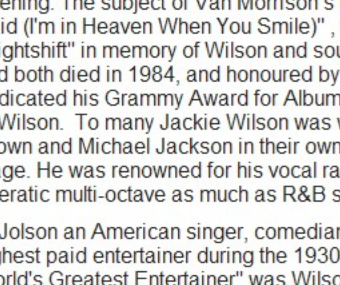
Storytime at Mona Vale Library

Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

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

Soul Classics IV: Jackie Wilson and "(Your Love Keeps Lifting Me) Higher and Higher"

"The greatest singer I've ever heard. The epitome of natural greatness. Unfortunately for some, he set the standard I'd be looking for in singers forever".(Reference, To Be Loved by Berry Gordy,1994, pg 88. Founder of Motown)



Jack Leroy "Jackie" Wilson, Jr. (June 9, 1934 – January 21, 1984) was an American singer and performer born in Detroit, Michigan. He was called 'Mr. Excitement' due to his energetic stage manner and is considered very important in the transition of rhythm and blues into soul and to be one of the most dynamic and influential singers and performers in R&B and rock history. Gaining fame in his early years as a member of the R&B vocal group Billy Ward and His Dominoes, he went solo in 1957 and recorded over 50 hit singles that spanned R&B, pop, soul, doo-wop and easy listening. The subject of Van Morrison's tribute song "Jackie Wilson Said (I'm in Heaven When You Smile)" , the Commodores record "Nightshift" in memory of Wilson and soul singer Marvin Gaye, who had both died in 1984, and honoured by Michael Jackson who dedicated his Grammy Award for Album of the Year (Thriller.1984) to Wilson. To many Jackie Wilson was who inspired Elvis, James Brown and Michael Jackson in their own energetic dance styles on stage. He was renowned for his vocal range, being able to employ operatic multi-octave as much as R&B style.

Al Jolson an American singer, comedian, and actor who was the highest paid entertainer during the 1930's and was dubbed "The World's Greatest Entertainer" was Wilson's own personal hero for whom he recorded a tribute album, Nowstalgia...You Ain't Heard Nothin' Yet. IN his liner notes on this album (only ones ever written by him to appear on his discs)" This is simply my humble tribute to the one man I admire most in this business...to keep the heritage of Jolson alive."

"Lonely Teardrops" is considered to be Jackie Wilson's signature song. His number one hit on the rhythm and blues charts, no 6 on the Billboard top 100, (Your Love Keeps Lifting Me) Higher and Higher has been covered by many people since its release in 1967. The songwriting credit is one of those word skirmishes that can develop when too many creative people get in a room together, or something becomes a success. Originally credit for "...Higher and Higher" was given to Gary Jackson and Carl Smith house songwriters at Chess Records a Chicago record label that specialised in Blue, R&B and Soul. When "...Higher and Higher" reached the Top Ten, Chess songwriters Billy Davis and Raynard Miner sued claiming the song was their composition which Jackson or Smith had appropriated from Miner's briefcase while at Chess Records; Davis and Miner alleged Jackson and Smith had slightly amended the lyrics and then presented "...Higher and Higher" to Davis as their own work. Davis and Miner were awarded eighty percent of the songwriting royalties with Jackson and Smith retaining twenty percent.

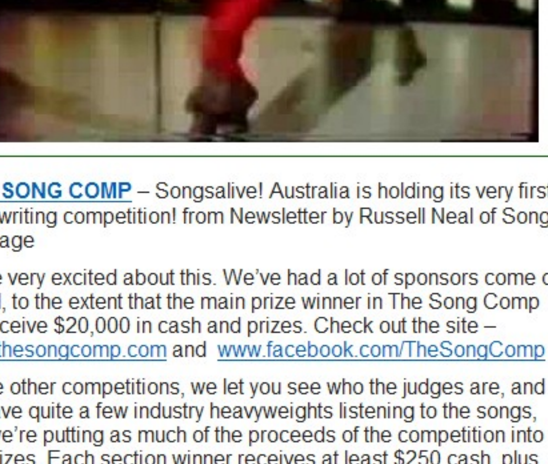
The backing track for "(Your Love Keeps Lifting Me) Higher and Higher" was recorded on 6 July 1967 at Columbia's studios in Chicago. Produced by Carl Davis, the session - arranged by Sonny Sanders - featured bassist James Jamerson, drummer Richard "Pistol" Allen, guitarist Robert White, and keyboardist Johnny Griffith; these four musicians were all members of the Motown Records house band the Funk Brothers who often moonlighted on sessions for Davis to augment the meager wages paid by Motown. According to Carl Davis the Funk Brothers "used to come over on the weekends from Detroit. They'd load up in the van and come over to Chicago, and I would pay 'em double scale, and I'd pay 'em in cash." Similarly two of Motown's house session singers the Andantes: Jackie Hicks and Marlene Barrow along with Pat Lewis, performed on the session for "...Higher and Higher".

Davis brought the track to New York City for Wilson to add his vocal; Davis recalls Wilson originally sang the song "like a soul ballad. I said that's totally wrong. You have to jump and go with the percussion...if he didn't want to sing it that way, I would put my voice on the record and sell millions". After hearing Davis' advisement Wilson cut the lead vocal for "...Higher and Higher" in a single take.

During a 1975 benefit concert Jackie Wilson collapsed on-stage from a heart attack and fell into a coma that lasted for almost nine years until his death in 1984. By this time, he had become one of the most influential artists of his generation.

We place here a live version of this ever-popular song for you.

(Your Love Keeps Lifting Me) Higher and Higher. (2012, June 20). *In Wikipedia*, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=(Your_Love_Keeps_Lifting_Me)_Higher_and_Higher&oldid=498452576



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

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

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

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

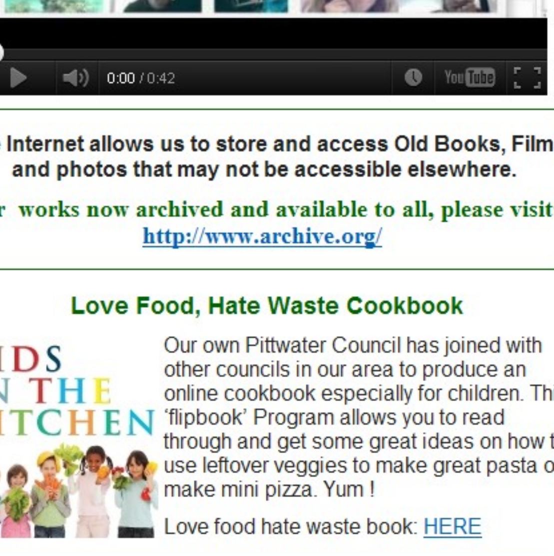
If there is a question you'd like to ask, which we haven't addressed, please contact stephenkiely@songsaliveaustralia.org.au and he'll answer it as best he can, and post it to the site if necessary.

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

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

Hangout from the Great Barrier Reef - Live on Google +

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



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

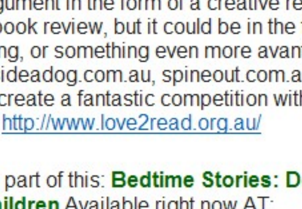
For works now archived and available to all, please visit: http://www.archive.org/

Love Food, Hate Waste Cookbook

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

Love food hate waste book: HERE

National Year of Reading 2012:



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

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

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.

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HEALTHY TIPS FOR SENIORS

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

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

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

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

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

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

Media Releases concerning Seniors this week from National Seniors Australia

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

Senior Australian News and Research website at
http://www.seniorau.com.au/

Internet Relay Calls

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

See more at; Relay Service

Senior Movers

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

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

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

www.seniormovers.com.au

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

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

HEARTMOVES

Heart Foundation

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

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

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

Independent Website for Elders:
http://www.agedcarecrisis.com/about

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

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

Copyright Pittwater Online News, 2012

Tai Chi increases brain size, benefits cognition in trial

Scientists from the University of South Florida and Fudan University in Shanghai found increases in brain volume and improvements on tests of memory and thinking in Chinese seniors who practiced Tai Chi three times a week, reports an article published today (20.6.2012) in the *Journal of Alzheimer's Disease*.

Findings were based on an 8-month randomized controlled trial comparing those who practiced Tai Chi to a group who received no intervention. The same trial showed increases in brain volume and more limited cognitive improvements in a group that participated in lively discussions three times per week over the same time period.

Previous trials have shown increases in brain volume in people who participated in aerobic exercise, and in one of these trials, an improvement in memory was seen. However, this was the first trial to show that a less aerobic form of exercise, Tai Chi, as well as stimulating discussion led to similar increases in brain volume and improvements on psychological tests of memory and thinking.

The group that did not participate in the interventions showed brain shrinkage over the same time period, consistent with what generally has been observed for persons in their 60s and 70s.

Numerous studies have shown that dementia and the syndrome of gradual cognitive deterioration that precedes it is associated with increasing shrinkage of the brain as nerve cells and their connections are gradually lost.

"The ability to reverse this trend with physical exercise and increased mental activity implies that it may be possible to delay the onset of dementia in older persons through interventions that have many physical and mental health benefits," said lead author Dr. James Mortimer, professor of epidemiology at the University of South Florida College of Public Health.

Research suggests that aerobic exercise is associated with increased production of brain growth factors. It remains to be determined whether forms of exercise like Tai Chi that include an important mental exercise component could lead to similar changes in the production of these factors. "If this is shown, then it would provide strong support to the concept of "use it or lose it" and encourage seniors to stay actively involved both intellectually and physically," Dr. Mortimer said.

One question raised by the research is whether sustained physical and mental exercise can contribute to the prevention of Alzheimer's disease, the most common dementing illness.

"Epidemiologic studies have shown repeatedly that individuals who engage in more physical exercise or are more socially active have a lower risk of Alzheimer's disease," Dr. Mortimer said. "The current findings suggest that this may be a result of growth and preservation of critical regions of the brain affected by this illness."

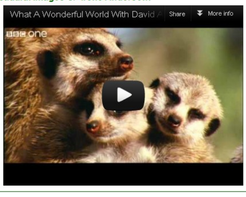
T'ai chi ch'uan literally "Supreme Ultimate Fist", often shortened to t'ai chi or tai chi in English usage, is a type of internal Chinese martial art practiced for both its defense training and its health benefits. It is also typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity. With purely a health emphasis, t'ai chi classes have become popular in hospitals, clinics, and community and senior centers in the last twenty years or so, as baby boomers age and the art's reputation as a low-stress training for seniors became better known.

The core training involves two primary features: the first being the solo form (ch'üan orquán), a slow sequence of movements which emphasize a straight spine, abdominal breathing and a natural range of motion; the second being different styles of pushing hands (tui shou,) for training movement principles of the form with a partner and in a more practical manner.

Researchers have found that intensive t'ai chi practice shows some favorable effects on the promotion of balance control, flexibility, cardiovascular fitness, and has shown to reduce the risk of falls in both healthy elderly patients, and those recovering from chronic stroke, heart failure, high blood pressure, heart attacks, multiple sclerosis, Parkinson's, Alzheimer's and fibromyalgia. T'ai chi's gentle, low impact movements burn more calories than surfing and nearly as many as downhill skiing.

T'ai chi, along with yoga, has reduced levels of LDLs 20–26 milligrams when practiced for 12–14 weeks. A thorough review of most of these studies showed limitations or biases that made it difficult to draw firm conclusions on the benefits of t'ai chi. A later study led by the same researchers conducting the review found that t'ai chi (compared to regular stretching) showed the ability to greatly reduce pain and improve overall physical and mental health in people over 60 with severe osteoarthritis of the knee. In addition, a pilot study has found preliminary evidence that t'ai chi and related qigong may reduce the severity of diabetes.

Beautiful Images C/- Irene Anderson:



Mind Exercises - C/- W.A.G.

No peeking at answers...

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

2. A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

4. How much dirt is there in a hole that measures two feet by three feet by four feet?

5. What word in the English language is always spelled incorrectly?

6. Billie was born on December 28th, yet her birthday always falls in the summer. How is this possible?

7. In British Columbia you cannot take a picture of a man with a wooden leg. Why not?

8. If you were running a race and you passed the person in 2nd place, what place would you be in now?

9. Which is correct to say, "The yolk of the egg is white" or "The yolk of the egg are white?"

10. A farmer has five haystacks in one field and four haystacks in another. How many haystacks would he have if he combined them all in one field?

Answers

1. Johnny.

2. Meat.

3. Mt. Everest. It just wasn't discovered yet.

4. There is no dirt in a hole.

5. Incorrectly (except when it is spelled incorrecktly).

6. Billie lives in the southern hemisphere.

7. You can't take a picture with a wooden leg. You need a camera (or iPad or cell phone) to take a picture.

8. You would be in 2nd place. You passed the person in second place, not first.

9. Neither. Egg yolks are yellow.

10. One. If he combines all his haystacks, they all become one big stack.

Okay, some of these are a bit corny. But they all illustrate several brain idiosyncrasies that affect how we make decisions in the world. Our brain doesn't like information gaps, so we tend to jump at the first answer/solution that looks good rather than take the time to examine all the data. This is especially true in a world where we receive more information every day than we have time to assimilate. Finally, our brains love to see patterns and make connections. This trait serves us well in many ways as we move through the world. But the brain doesn't always get it right.

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE NORTHERN BEACHES) LIMITED

Avalon Computer Pals for Seniors

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

The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

Article on their Seminar

June 24 - 30, 2012: Issue 64

ATCM XXXV communiqué

The Antarctic Treaty Consultative Meeting XXXV (ATCM) was held in Hobart, Australia, for the first time in an eight day format from 11–20 June 2012 in conjunction with the Committee for Environmental Protection XV. The ATCM is the premier international forum on Antarctica through which Antarctic Treaty Parties come together annually to discuss and decide on measures to realise their vision for Antarctica as a natural reserve devoted to peace and science. The outcomes of ATCM XXXV reinforce and advance this vision. **This year marks the centenary of the Amundsen and Scott expeditions to the South Pole and, for the host country of Australia, the centenary of its first Antarctic expedition led by Douglas Mawson.**

Over 250 representatives from the Antarctic Treaty Parties, experts and observers, attended. The Meeting welcomed Malaysia and Pakistan as Parties to the Antarctic Treaty, taking to 50 the number of Parties.

The Parties recalled that, while they were meeting, in Antarctica national science program personnel were working in the middle of winter. They also recalled the spirit of community in Antarctica and expressed their condolences at the tragic loss of life at the Brazilian station Comandante Ferraz.

The following outcomes were among the highlights of the Meeting:

The ATCM continued to focus on understanding and addressing implications of climate change for Antarctica, including by identifying areas of conservation importance on account of their resilience to climate change. Parties reaffirmed their commitment to undertake and promote scientific research in Antarctica, to enhance understanding of global climate change and its implications for our planet.

The Meeting agreed on a number of actions to ensure that tourism activities in Antarctica are conducted safely and in a manner that protects the environment. The Meeting adopted check-lists for assessing land-based expeditions and for supporting inspections of tourist activities ashore. The Parties adopted three further guidelines for sites visited by tourists and revised the existing guidelines for one site. The first comprehensive study on the environmental aspects and impacts of tourism in Antarctica was considered and will provide a basis for future management decisions.

The ATCM agreed guidelines on the planning of safe and environmentally responsible yacht expeditions in Antarctic waters. Parties confirmed their commitment to promote safety in those waters, given recent serious incidents involving vessels in the Antarctic Treaty area. Parties decided to focus on steps to further enhance search and rescue coordination by bringing together experts at a special session during ATCM XXXVI.

Parties agreed to initiate discussion aimed at promoting broader Antarctic cooperation.

Parties also agreed to start discussion on issues relating to the exercise of jurisdiction in the Antarctic Treaty area.

Parties discussed ways to enhance their scientific cooperation in Antarctica. Parties also shared information on major research activities – including Russia's achievement in accessing Lake Vostok, the world's largest sub-glacial lake located almost four kilometres below the ice, and the United Kingdom's final plans to drill into sub-glacial Lake Ellsworth for scientific research.

Recognising that the introduction of non-native species is one of the biggest threats to Antarctic ecosystems, particularly in a warming climate, the ATCM welcomed groundbreaking scientific research on non-native species and biogeographic regions, which will enable Parties to better manage the risks of non-native species and support further development of the protected areas system in Antarctica.

The ATCM welcomed news regarding India's recently completed research station and the Republic of Korea's final plans to construct a new research station. These facilities will use state-of-the-art technology to minimise environmental impacts and will provide additional capacity for globally significant science.

The ATCM agreed to develop a manual by 2013 on practical approaches to dealing with the cleanup of sites of past activity arising from the era before the Protocol on Environmental Protection to the Antarctic Treaty (Madrid Protocol), such as waste disposal sites and abandoned facilities. The ATCM also agreed to work intersessionally on approaches to repair and remediation of sites that may be subject to environmental damage.

Parties conduct inspections of Antarctic facilities as a vital part of promoting compliance with rules established in the Antarctic Treaty system. Parties welcomed the report on joint inspections conducted by the United States and the Russian Federation since ATCM XXXIV.

Thee ATCM designated a new Antarctic Specially Protected Area at Blood Falls in the McMurdo Dry Valleys. This brings the number of protected areas across the continent to 72. Parties also agreed on improvements to the ongoing management of several existing specially protected areas and one specially managed area.

Parties shared progress on implementing, and reaffirmed their commitment to ratifying, Annex VI of the Madrid Protocol, covering Liability Arising from Environmental Emergencies. The ATCM continued to encourage Parties to the Antarctic Treaty that are not yet Parties to the Madrid Protocol to accede. The Madrid Protocol provides for comprehensive protection of the Antarctic environment, including by prohibiting mining and providing a framework to assess the environmental impacts of activities in the Antarctic Treaty area (the area south of 60 degrees South Latitude).

The Meeting agreed to complement its existing agenda by developing a Multi-Year Strategic Work Plan.

Consistent with the Parties' commitment to protect the Antarctic environment, host country arrangements for the ATCM included actions to reduce its environmental impact, such as paper and waste minimisation and carbon offsets.

Parties reaffirmed their commitment to continue to work together in these and other areas. The next ATCM will be hosted by Belgium from 20–29 May 2013.

Parties expressed their gratitude for the generosity of the Australian Government and their great appreciation for the excellent facilities provided for the meeting in the beautiful and historic city of Hobart. Parties also expressed their warmest thanks to the Government and people of Tasmania. Hobart, 20 June 2012

Marine and Freshwater Research Volume 63(6)

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

Sydney Over the Next 20 Years: A Discussion Paper

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

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

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

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

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

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

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

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

Pittwater's Environmental Foundation

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

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

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

PITTWATER COUNCIL
CELEBRATING 20 YEARS 1992-2012

Weed Seminar - Sat July 21st 2012

The Pittwater Natural Heritage Association (PNHA) in association with Pittwater Council are holding a two-hour seminar designed to introduce residents to some of our local weeds and garden escapees.

What are "noxious" weeds and what are WONs? How do we remove them? What local native plants can we replace them with? Could we mistake a native plant for a weed? How do I get involved with a local bushcare group?

Bring along all your questions for our local experts.

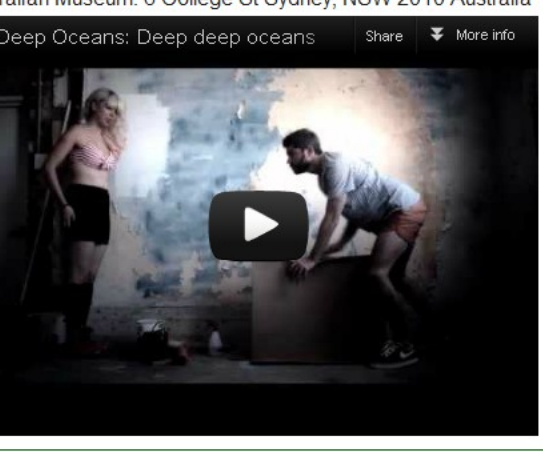
Saturday July 21st 2012 , 1pm – 3pm, Coastal Environment Centre, Lake Park Road, Narrabeen NSW 2101. Cost: Free

Bookings Online at: www.pittwater.nsw.gov.au/cecbookings

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Deep Oceans opens at the Australian Museum on 16 June 2012 (until 14 October) and at Questacon in early December 2012. Online tickets: here

Australian Museum: 6 College St Sydney, NSW 2010 Australia



Coastal Environment Centre

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

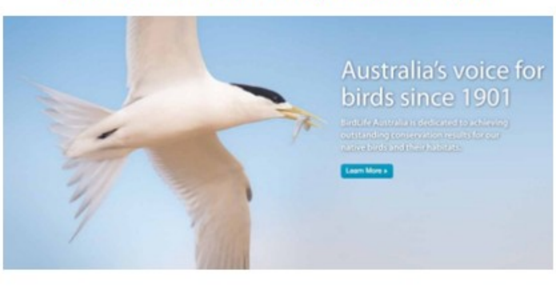
More at: www.pittwater.nsw.gov.au/cec

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

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

HERE

Birdlife International Updates for April



The new BirdLife Australia website is live!

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

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

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

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

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

How Green is a Spotted Gum when Wet?

Tweet Like +1

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

New coastal website linking local research with local councils

From CSIRO Media Releases

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

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

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

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

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

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

Tweet Like +1

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

from the Prayer of Saint Patrick

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

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

From CSIRO Media Releases

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

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

CLIMATE ACTION PITTWATER

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

June 24 - 30, 2012: Issue 64

Almonds

A nut that has been cultivated for at least 3000 years is the high in Vitamin E almond. For those who like their sweet treats but have been advised to cut back on carbohydrates, almond flour, or ground almonds, will provide a healthy form of this as one cup has only around 20 grams of carbohydrates. As a late autumn crop those that may be purchased now are sure to be of best quality. If you like them raw, simply roast until crisp, adding a few dashes of soy if you want a savoury nibble. Our recipes this week include sweet and savoury traditionals.

Almond Chocolate Torte

3 eggs, separated
4 tbsp sugar
100 grams (3.5 oz) dark chocolate, I used 70% cocoa
4 tbsp unsalted butter
125 grams ground almonds

Preheat the oven to 180C. Line a 7 or 8 inch springform pan with parchment paper. Melt the chocolate and butter, let it cool. Separate the eggs, put the egg yolks in a bowl, set aside. With an electric mixer, whip the egg whites into soft peaks, add 2 tablespoons of sugar and beat until it forms firm peaks. Meanwhile, mix the egg yolks with the remaining 2 tablespoons of sugar for about a minute, add the melted chocolate and butter, then the almond meal, fold in the egg whites gently but quickly using a spatula and pour the batter into the cake pan and bake for about 35-40 minutes, the torte will rise and there will be cracks on top. Dust with cocoa or icing sugar or serve with a raspberry coulis, a scoop of vanilla ice cream or a dollop of whipped cream.

Chicken With Almonds

500grams skinless chicken breasts
Marinade:
2 tablespoons oyster sauce
1 green onion, chopped
2 teaspoons cornflour
Sauce:
1/2 cup low-sodium chicken broth
1 tablespoon Chinese rice wine or dry sherry
1 teaspoon granulated sugar
2 teaspoons soy sauce
2 cups of bamboo shoots
1 cup snow peas, or other green vegetable
2 slices ginger
4 tablespoons oil for stir-frying, or as needed
1/4 cup slivered toasted almonds
Preparation:
Rinse the chicken breasts and pat dry. Cut the chicken breasts into thin strips (it's easiest to do this if the chicken is partially frozen). Combine the chicken with the oyster sauce, chopped green onion and cornstarch. Marinate the chicken for 20 minutes.

While the chicken is marinating, prepare the sauce and vegetables. To prepare the sauce, combine the chicken broth, rice wine or dry sherry, sugar and soy sauce (a measuring cup works well for this). Set aside.

Rinse the bamboo shoots under warm running water and drain.

Heat a large wok over medium-high or high heat. When the wok is heated, add 2 tablespoons oil. Add the chicken. Stir-fry until the chicken turns white and is about 80 percent cooked through. Remove from the wok.

Heat 2 tablespoons oil in the wok. Add the ginger slices and stir-fry until fragrant (about 15 seconds). Add the snow peas (or what other vegetable you are using). Stir-fry briefly, then add the bamboo shoots. Stir-fry for 1 minute.

Add the sauce in the middle of the wok. Heat to bubbling. Add the chicken back into the wok and mix everything together, making sure the chicken is cooked before removing from the wok. Sprinkle with the slivered almonds before serving. Serves 4.

Illustration: Franz Eugen Köhler, Köhler's Medizinal-Pflanzen. 1897. Latin: Prunus dulcis.

The almond (*Prunus dulcis,* syn. Prunus amygdalus Batsch., Amygdalus communis L., Amygdalus dulcis Mill.), is a species of tree native to the Middle East and South Asia. "Almond" is also the name of the edible and widely cultivated seed of this tree. Within the genus Prunus, it is classified with the peach in the subgenus Amygdalus, distinguished from the other subgenera by the corrugated shell (endocarp) surrounding the seed. The fruit of the almond is a drupe, consisting of an outer hull and a hard shell with the seed or "nut" (which is not a true nut) inside. The fruit is mature in the autumn, 7–8 months after flowering. The word "almond" comes from Old French *almande* or *alemande*, Late Latin *amandola*, derived through a form amingdolouhha from the Greek amygdalē, (cf amygdala), an almond. The al- in English, for the a- used in other languages may be due a confusion with the Arabic article al, the word having first dropped the a- as in the Italian form mandorla; the British pronunciation ah-mond and the modern Catalan ametlla and modern French amande show a form of the word closer to the original.

Origin and history: The almond is a native to the Mediterranean climate region of the Middle East, eastward as far as the Indus. It was spread by humans in ancient times along the shores of the Mediterranean into northern Africa and southern Europe. Domesticated almonds appear in the Early Bronze Age (**3000–2000 BC**) of the Near East, or possibly a little earlier. A well-known archaeological example of the almond is the fruit found in Tutankhamun's tomb in Egypt (c. 1325 BC), probably imported from the Levant. Historically, almond syrup was an emulsion of sweet and bitter almonds, usually made with barley syrup (orgeat syrup) or in a syrup of orange flower water and sugar. The Grocer's Encyclopedia (1911) notes that "Ten parts of sweet almonds are generally employed to three parts of bitter almonds"; however, due to the cyanide found in bitter almonds, modern syrups generally consist of only sweet almonds.

Oils: Almonds contain approximately 49% oils, of which 62% is monounsaturated oleic acid (an omega-9 fatty acid), 24% is linoleic acid (a polyunsaturated omega-6 essential fatty acid), and 6% is palmitic acid (a saturated fatty acid).["Oleum Amygdalae", the fixed oil, is prepared from either variety of almond and is a glyceryl oleate, with a slight odour and a nutty taste. It is almost insoluble in alcohol but readily soluble in chloroform or ether. Sweet almond oil is obtained from the driedkernel of sweet almonds. The oil is good for application to the skin as an emollient, and has been traditionally used by massage therapists to lubricate the skin during a massage session. It is a mild, lightweight oil that can be used as a substitute for olive oil. Almond oil is also used as a wood conditioner of certain woodwind instruments, such as the oboe and clarinet. This Almond oil is used to remove black spots and black marks on the skin

Nutrition: Almond, nut, raw; Nutritional value per 100 g Energy 2,503 kJ (598 kcal), Protein 19.5 g, Vitamin A equiv. 2.0 µg (0%), Thiamine (vit. B1) 0.19 mg (17%), Riboflavin (vit. B2) 1.4 mg (117%), Niacin (vit. B3) 3.9 mg (26%), Pantothenic acid (B5) 0.47 mg (9%), Vitamin B6 0.14 mg (11%), Folate (vit. B9) 29 µg (7%), Vitamin C 0.0 mg (0%), Vitamin E 26.2 mg (175%), Calcium 250 mg (25%), Iron 3.9 mg (30%), Magnesium 260 mg (73%), Manganese 2.29 mg (109%), Potassium 740 mg (16%), Sodium 5.0 mg (0%), Zinc 3.7 mg (39%). The almond contains about 26% carbohydrates (12% dietary fiber, 6.3% sugars, 0.7% starch and the rest miscellaneous carbohydrates), and may therefore be made into flour for cakes and cookies (biscuits) for low-carbohydrate diets. A standard serving of almond flour, 1 cup, contains 20 grams of carbohydrates, of which 10 g is dietary fiber, for a net of 10 g of carbohydrate per cup. This makes almond flour very desirable for use in cake and bread recipes by people on carbohydrate-restricted diets. Almonds are a rich source of vitamin E, containing 26 mg per 100 g (Table). About 20 percent of raw almond is high quality protein, a third of which are essential amino acids. They are also rich in dietary fiber, B vitamins, essential minerals and monounsaturated fat (see nutrient table), one of the two fats which potentially may lower LDL cholesterol. Typical of nuts and seeds, almonds also contain phytosterols, associated with cholesterol-lowering properties. Potential health benefits, which have not been scientifically validated, include improved complexion and possibly a lower risk of cancer. Preliminary research associates consumption of almonds with elevating blood levels of high density lipoproteins and lowering low density lipoproteins. A preliminary trial showed that, in spite of the high fat content of almonds, using them in the daily diet might lower several factors associated with heart disease, including cholesterol and blood lipids. Almonds contain polyphenols in their skins consisting in a combination of flavonols,flavan-3-ols, hydroxybenzoic acids and flavanones analogous to those of certain fruits and vegetables.

Culture: In the Old Testament, the almond was a symbol of watchfulness and promise due to its early flowering. In the Bible the almond is mentioned ten times, beginning with Book of Genesis 43:11, where it is described as "among the best of fruits". In Numbers17 Levi is chosen from the other tribes of Israel by Aaron's rod, which brought forth almond flowers. According to tradition, the rod of Aaron bore sweet almonds on one side and bitter on the other; if the Israelites followed the Lord, the sweet almonds would be ripe and edible, but if they were to forsake the path of the Lord, the bitter almonds would predominate. The almond blossom supplied a model for the menorah which stood in the Holy Temple, "Three cups, shaped like almond blossoms, were on one branch, with a knob and a flower; and three cups, shaped like almond blossoms, were on the other...on the candlestick itself were four cups, shaped like almond blossoms, with its knobs and flowers" (Exodus 25:33–34; 37:19–20). Similarly, Christian symbolism often uses almond branches as a symbol of the Virgin Birth of Jesus; paintings often include almonds encircling the baby Jesus and as a symbol of Mary. The word "Luz", which appears in Genesis 30:37, is sometimes translated as "hazel", may actually be derived from the Aramaic name for almond (Luz), and is translated as such in some Bible versions such as the NIV. In India, consumption of almonds is believed to be good for the brain, while the Chinese consider it a symbol of enduring sadness and female beauty.

Almond. (2012, June 13). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Almond&oldid=497358103

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June 24 - 30, 2012: Issue 64

The First Mocking Bird Of Spring - June's Gemini New Moon

Every man is a borrower and a mimic, life is theatrical and literature a quotation. Ralph Waldo Emerson

Use what talent you possess: the woods would be very silent if no birds sang except those that sang best. Henry Van Dyke

The bird is known by his note, the man by his words. Romanian Proverb

If I keep a green bough in my heart, the singing bird will come. Chinese Proverb

The birds I heard today sang as freshly as if it had been the first morning of creation. Henry David Thoreau

Until spring comes, nightingales do not sing. Azerbaijani Proverb

The early bird catches the worm. Proverb

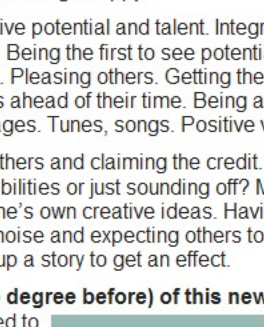
The new Moon in Gemini occurs on the 19th June in the United States and the 20th June in Australia. The Sabian Symbol is one of using, or finding, ones voice. What is it that you want to say? What announcements do you have to make? What revolutions do you have to reveal? What have you been wanting to speak or write about, but have been reticent (or afraid) to lift up your voice? It seems that now is the time to find that voice; to strike those chords and get the message out. **The Symbol is Gemini 29: The First Mockingbird Of Spring Sings From The Tree Top.** From my book, The Sabian Oracle: 360 Degrees Of Wisdom:

The trick with this Symbol is to take the best of what's available, make sense of it and then improve it. There can be a great deal of skill involved in this, however, there are often those who will respond with scorn or jealousy, especially if a success of some type is involved. Knowing what to discard or leave out when you have a number of options is a valuable skill and may need to be employed now. If you are not good at these sorts of decisions then perhaps you need to employ the services of a good 'Mockingbird'. It may be important to listen to and see what "song" 'The Mockingbird Sings'. Are the thoughts original and unique or are they borrowed from others without any sense of a filter of personal authenticity? The new "song" that is created can be an announcement or signal of new beginnings. This can also show the mimicking of "sounds" to bring joy to those who need to hear the right thing. Sometimes it is better to tell someone what they would like to hear than to confront him or her with a harsh reality or something new and unfamiliar. It will still be, however, uniquely put together by the 'Mockingbird' and should leave anyone who hears the message happy.

Keywords: Enormous creative potential and talent. Integrating sounds to find a new melody. Being the first to see potential. Music and musicians. Interpretation. Pleasing others. Getting the story out first. Seeing and telling things ahead of their time. Being an innovator. Passing on messages. Tunes, songs. Positive vibrations.

The Caution: Taking from others and claiming the credit. Being noisy. Announcing new possibilities or just sounding off? Mimicking others. Not coming up with one's own creative ideas. Having to always get in first. Making a noise and expecting others to respond. Stretching the truth. Revving up a story to get an effect.

The Karmic Condition (the degree before) of this new Moon is Gemini 28. This what we need to move away from, to let go of perhaps. It's **Society Granting Bankruptcy To Him, A Man Leaves The Court With Mixed Feelings**. This degree often implies the need to let others, or oneself, off the hook - to forgive and forget and to move forward with the new, leaving the past behind. Where are you, or others, perhaps hanging onto old grievances, old failures and losses, old relationships that no longer serve, or decisions made that fell flat and didn't fulfill your desires? The 'Mixed Feelings' can be a sense of relief, but there can also be a sense of grief or loss as one moves on and lets go of what went before.



Keywords: Protection. Being let off the hook and free to get on with a new life. Starting back at square one. Renewal. Sacrifice. The need to remain optimistic about the future. Release of pressure. Facing judgment on one's worth. Booms and busts. Playing with money. Taking risks in the quest for money. Issues of deserving respect. Leaving the scene. Feeling sad and relieved at the same time.

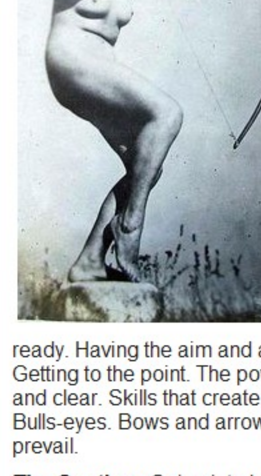
The Caution: Feeling let off the hook and able to commit the same mistakes. Running full tilt and risking everything. Not learning the lessons of how to operate in a structured society. Shifting responsibility onto others. Going "off duty" regardless of how others feel. Moral bankruptcy. Being kicked out. Using other people's resources. Dejected and deserted.

So, obviously this is something that we're moving away from; it's time to leave the court and time to get clear about what we want in the future.

Mercury, the ruler of this Gemini new Moon, is on a degree that describes waiting for the right moment. It can also show someone waiting and waiting and waiting and not committing to moving forward. The Symbol is **Cancer 22: A Young Woman Awaiting A Sailboat**. If you're waiting at the end of the dock wondering when your ship is going to arrive and you've been standing there for a while, it may be time to just jump in and take a chance.

Keywords: Waiting for one's ship to come in. Escapist fantasies that rob everyday life. Travel and the longing for escape. Living in the future vs. being in the here and now. Nervous anticipation. Leaving things to chance. Believing that things will come eventually. Opportunism. Rocking someone's boat. Expectant waiting. Constant looking to the horizon. Boats. Tides. Creating a safe harbor.

The Caution: The bubble bursting. Waiting for Mr. or Ms "perfect". Ignoring what's readily available. Longing for that which may never come. Missing opportunities. Always looking over one's shoulder, seeking better things. Boredom with one's life. Escapism. Possibilities that are never "good enough". Pining for the unattainable. Not taking life on. Delusions of grandeur. Things always being better tomorrow.



Venus is retrograde and about to go stationery and then direct, and it's sextile Uranus, so it's quite a powerful influence. The Symbol is **Gemini 9: A Medieval Archer Stands With The Ease Of One Wholly Sure Of Himself, Bow In Hand, His Quiver Filled With Arrows**. I thought this picture of the female archer was quite apt with Venus retrograde and so strong on this degree. She's stripped bare and she doesn't seem to be fazed by her nakedness. Perhaps we need to emulate her ways...What are you aiming at? Where is your gaze heading? What are you focusing on?

Keywords: Being armed and ready. Having the aim and ammunition. Accuracy and strength. Getting to the point. The power of tension. Sending a message true and clear. Skills that create confidence and assurance. Focus. Bulls-eyes. Bows and arrows. Warriors. The determination to prevail.

The Caution: Going into battle unprepared. Overconfidence in one's mission. Being trigger-happy. Someone "cocksure" of themselves. Threatening postures of attack or defense. Always being on the alert for any opportunity to fight.

Venus will go direct on June 27. Many have commented how the current Uranus-Pluto square is bringing about revolution and unrest and Venus' stay of several days on Gemini 8 will add a lot of fuel to the fire of that and protests will be seen everywhere. Not reported in the mainstream media in the US at all is the recent (and current) protests in Israel. Protests are happening everywhere... the Symbol for Venus going direct is **Gemini 8: Aroused Strikers Surround A Factory.** The Commentary of this degree from my book:

'Aroused Strikers Surround a Factory', they are obviously unhappy with their work, their pay or their conditions, and they are now on 'Strike'. In some measure, they are not putting up with what they're receiving for their efforts. For the moment, the disagreement has stopped anyone from benefiting from anything at all as events have come to a standstill. This Symbol pictures a dramatic type of power struggle or disagreement over how something of value is to be shared. It may be about work conditions, or the distribution of wealth that results from the work they are expected to do. What is their incentive for putting in the effort? The 'Strikers' may be calm, but all hell could break loose, turning into a full-blown demonstration with placards, yelling and violence. In a video I have just watched on the huge demonstrations currently happening in Israel, a woman said '... all they talk about is terrorism, terrorism, terrorism and security.' And that is ALL they talk about to keep us in line, to keep us terrorized and silent and not concentrating on (or having the energy to seek the answers) about things that really matter. People are rising up and proclaiming that they are not going to take it any more.

Keywords: Bargaining to find more equitable solutions. Demanding better rights and conditions. Comradeship. Disruption of the normal flow. Not wanting to contribute or work. Taking time out to consider one's position. Taking action or refusing to act. Labor strikes and strikers. Demonstrations. Peace rallies. Standing up for others. Scab labor. Sweat shops. Slave labor. Strikes. Bosses. Workers. Placard waving.

The Caution: Being obsessed with what is desired. Refusing any compromises. Going without one's due in order to protest. Being locked out because of one's actions or attitude. Being left out in the street. Greedy behavior. Asking for more than one's share. Overworked and underpaid. Shutting down.

Mars is just now about to clear the place that it went retrograde in January. In other words, we've been covering the same old ground that we covered late last year - no wonder many feel held back, frustrated or treading water.

Mars in this new Moon chart is on the last few minutes of Virgo 23: A Lion Tamer Rushes Fearlessly Into The Circus Arena. This pictures the need to get up and get going - to tackle those things that you've been rehearsing and rehearsing, learning and accumulating... especially if you've felt held back from coming to grips with your own somewhat unpredictable and wild energies. Perhaps you're ready to unleash them?

Just moments after the new Moon, Mars moves onto the same degree that it went retrograde in January on: Virgo 24: Mary And Her White Lamb. This is a lovely degree, but with Mars on it it can be saying that it's time to reassess how we handle relationships. This degree can show co dependent relationships where it's hard to let someone go, or to believe that they are no longer wanting to be with us, or we're no longer wanting to be with them or that people just need to stand on their own two feet, independent and more self reliant.

Keywords: Simple childlike innocence or pure escapism. Naivety. The Mary and Jesus story. Dependence. Kindness. Friendship. Bonds between pets and owners. Believing in the essential goodness of others. Hanging out with people. Looking out for someone. Cuteness. The urge to prove something. Dislike of dirt or grime. Being 'addicted' to someone or something.

The Caution: Naiveté. Avoiding real issues. Stalking. Over protection. Doubting motives. Paranoia that someone is following you. Feeling lost without the other. Doe-eyed attraction. Clinging to people. Arousing jealousy through favoritism. Not leaving people alone. Checking people's whereabouts. Not growing up. Being the black sheep.

Some relationships or friendships may have to be let go as we come to new realizations about our lives. Venus was exactly square the degree where Mars went retrograde when it (Venus) went retrograde. The story appears to involve how we live together and cohabitate with others. How we feed ourselves, make money and manage to get along. Venus and Mars seem to be saying that there are lessons to be learnt around boundaries, desires, defenses, what we will and won't put up with from others and who we let into our social circles and why. Sometimes the message is that even though some people (or things) are around you and may have been for some time, there comes a time when you want your freedom or to be more authentic or free of past ties, constraints or expectations.

It seems that fairy tales, myths or fantasies may be around us quite a lot. Jupiter is on **Gemini 2: A Nervous Gentleman, Dressed In An Elaborate Santa Clause Costume, Is Filling Christmas Stockings Secretly.** This degree can manifest itself all the way from someone wanting to dispense gifts, to be kind and thoughtful and wanting to share their 'gifts' with someone, all the way up to someone creeping around and trying to get away with something surreptitiously. As with all Symbols, it depends on how things are playing out as to which is happening.

Keywords: Wishes fulfilled. The longing for superficial gratification. Gifts being dispensed. Receiving from unknown sources. Giving for no particular reason or thought of reward for one's self. Rewards coming. Making surprise visits. Token gestures. Furtive acts. Charity. Philanthropy. Secret affairs. The need for quick getaways.

The Caution: Hiding true gestures behind futile pretense. Concealing true intentions with a façade of goodness. Trying to get away with something. Stealing, shoplifting. Intrusion. Giving others what they want in a sly and secretive manner. Sneaking around in the dark. Bribes. Self-gratification. Eavesdropping and voyeurism. Being nervous or easily startled.

Saturn is on a degree that sounds very much like the degree of the new Moon as it's another one of using ones voice. However, with Saturn on it, there may be a reticence to speak up, to take the risk of speaking out, to stand out, etc. It will be interesting to see how this plays out. The Symbol is **Libra 23: Chanticleer's Voice Heralds The Rising Sun With Enthusiastic Tones.** With the 'Mockingbird' of the new moon, it seems that we are being asked to find our voice and to see how it can be used to advantage. Perhaps we're also seeing through the messages that the media is feeding us and we're wanting to 'blow the whistle' on things that appear to not be of 'the right tone'. One thing is for sure; we are being pushed to speak up, to not shrink back from making a contribution out there in the world. Saturn on this Chanticleer degree can bring up issues to do with people sounding off and making announcements that really irritate, alienate or confuse. The trick is to see where we're being manipulated or used and to turn our ears and attention to those who have a message worth listening to.

Uranus is on a great degree of seeing into things and sorting things out. It's Aries 9: A Seer Gazes Intently Into A Crystal Ball Before Him. This Symbol asks that we look into the meaning of things, to take a closer, deeper look at what's going on. With Uranus on this degree, many people are likely to increase their intuitive and psychic gifts and they're set to pick up on things more and more than perhaps they've done before.

Keywords: Flashes of inspiration. Tuning in and looking within for answers. Creative visualizations. Aura readings. Cutting through irrelevant messages. Looking carefully at structure. Seeking perfection. Clairvoyance. Illumination and deep insights. Looking ahead to see the signs.

The Caution: Confused by literal meanings. Not seeing the symbolic message. Always looking this way and that, not at the center. Getting lost in the big picture. Daydreaming and ignoring what's really going on. Obsessing over what may happen. Needing to know what's coming up. Being impatient.

Neptune is on Pisces 4: Heavy Traffic On A Narrow Isthmus Linking Two Seaside Resorts. This can talk about being stuck, not being able to move, having to better plan your movements, etc. It can refer to things where there's a lot going on at any level, it is not necessarily be about literally traveling on highways. It can be having a misaligned neck = restricted blood flow between one's head and one's body. I certainly experienced this degree in literal form a few days ago when I drove from San Diego, in southern California, up past Los Angeles to Thousand Oaks to give a lecture and do some readings. Six lanes of highway and it was what someone described as "a car park". It is extraordinary the number of cars here.

Keywords: Going with the flow. Running back and forth. Having to move continually. Pollution and car exhaust. Rush hour and road-rage. Plans for arrivals and departures. Public holidays. Traffic jams. Traffic banking up. Having trouble making left hand turns. Detours. Packing and unpacking. Luggage. Travel itineraries. Impasses. Nervous systems. Urine therapy. Constant phone calls. Switchboard jams. Heat and smog.

The Caution: Creating barriers. Constant traffic stopping the possibility of real human interchange. Claustrophobia. Feeling like there is no escape. Exhaustion due to everyday hustle and bustle. Running out of fuel. Accidents. Taking the long way round. Blockages.

Pluto is square Uranus, bringing quite a lot of tension and a desire to break through those blockages, barricades, obstructions, rules and regulations that don't make sense, smash the old guard, etc. **Pluto is on Capricorn 9: An Angel Comes Carrying A Harp.** This is a beautiful degree that speaks of angels and chords and harmonies and spreading beauty and peace. However, with Pluto on it, it can be difficult to know whether to trust the message - although it is in our highest good to expect the best and to feel that we can trust. It can be difficult with this configuration, but it's fairly safe to say that one must pick that tune that they want to dance to, listen to or follow.

The new Moon is basically saying that there are those that are heralding the spring and the dawning of a new time. Are you amongst them? Do you write? Do you communicate your thoughts? Do you have others to share your ideas with?

I'm in San Diego, having a wonderful time. I love it here. This Tuesday morning, smack on the new Moon here, I am going to Encinitas for a week. What a gorgeous place that is, too. Things are really happening in California!

I hope this new Moon brings all kinds of beauty, grace and gifts your way.

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

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

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.

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

For more Information: click here

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

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

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

I cast your chart and calculate what transits and progressions you're having. I analyse your chart, taking in what the Sabian Symbols reveal, along with the transits and progressions, and, using the Sabian Symbols, I can see many dimensions of what's going on for you. This reading gives you a far better understanding of your chart and outlines your strengths and the areas you may need to work on, along with what's been happening, what is presently going on and what's coming up.
I then speak for 30 minutes into my voice recorder, recording my observations of your chart. I then upload the recording to the internet in Mp3 format and email you the link to it.
You download the recording to your computer (this is very easily done) where you can listen to it easily, and in your own time. Listening to it more than once is recommended.
Whether you are generally curious about your chart, looking for greater self-awareness, wondering how long a bad patch will last or seeking clarity on what your future holds, these readings can empower you on many levels and can mark a major turning point in your life.
The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny.
If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.
If you are an astrologer or into astrology, this reading will open up new doors of perception and understanding about your life, and, will also show you how to see an astrology chart through the lens of the Symbols. You can also learn how to use the Symbols in your chart readings. The Symbols provide wonderful and valuable information that a normal astrology reading does not. The Symbols have their own lens into the world of astrology and their stories provide enormous depth.
I get a lot of requests for these types of readings, so get in quick! All you need do is:

Pay $125 (please note the Australian dollar is now about 6% more than the US dollar) through the Donate page. Please note that this price will not last long - I will soon be increasing it.
Email me at sabiansymbols@gmail.com your date, time and place of birth (if you don't know your time of birth, don't be concerned I can still do a reading), along with an outline of your life and anything you wish to share with me. Don't be afraid to tell me some of your story; it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to frame the reading.

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Adrian Boddy Bird Photographs

Adrian Boddy is an active freelance photography who graciously shares his plethora of images with us regularly. He has published numerous articles on photography and continues to lecture at The Australian Decorative and Fine Arts Society. More of his images may be viewed at **Adrian Boddy Photography**.

This week we share some of his Bird Photographs. We hope these colourful images, taken in Adrian's backyard, brighten your day and week.

All Images Copyright Adrian Boddy, 2012.

Kookaburra

Juvenile Male King Parrot

Female King Parrot

Tweet Like +1

Pelicans on Pittwater

Tawny Frogmouth

Sulphur Crested Cockatoo

Male King Parrot

June 24 - 30, 2012: Issue 64

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

The changes scientists are seeing in the oceans - Published on Jun 14, 2012 by CSIRO

Measurements recorded in the deep ocean are confirming changes in the past 40 years in Antarctic Bottom Water. Here, Australian oceanographer and Southern Ocean specialist Steve Rintoul explains what is changing. A scientist at CSIRO and the Antarctic Climate & Ecosystems Cooperative Research centre, he was interviewed in January 2012 aboard the Australian Government's Antarctic re-supply vessel, *Aurora Australis* by PhD student Nick Roden.

CSIRO had their birthday this week; 21st of June 1926 - 2012.

FYI Facebook

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

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

Voiceless 2012 Grants Program now open!

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

Grants are awarded to projects that address the following subjects:

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

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

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

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

Applications close midnight Friday 20th July with judging taking place during August and September. At the conclusion of the judging process in late September applicants will be notified if they have been successful or selected for People's Choice voting. Successful projects will be announced at the annual Awards Event on 6th December at the Blue Hotel in Woolloomooloo, Sydney. If you have any enquiries about the Grants Program, please be in touch with us at grants@voiceless.org.au

We look forward to receiving your applications.

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The Window from which we look - C/- W.A.G.

A young couple moved into a new neighbourhood, one morning while they are eating breakfast, the young woman saw her neighbour hanging the wash outside.

"That laundry is not very clean," she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on, but remained silent.

Every time her neighbour would hang her wash to dry, the young woman would make the same comments.

Some time later, the woman was surprised to see a nice clean wash on the line and said to her husband:

"Look, she has learned how to wash correctly. I wonder who taught her this."

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look!

C/ - W.A.G.

From A Place to Love Dogs Website - C/- Irene Anderson

Tweet Like +1

Marriage Humour:

Wife: 'What are you doing?'

Husband: Nothing.

Wife: 'Nothing...? You've been reading our marriage certificate for an hour.'

Husband: 'I was looking for the expiry date.'

Wife : 'Do you want dinner?'

Husband: 'Sure! What are my choices?'

Wife: 'Yes or no.'

A lady inserted an ad in the classifieds. 'Husband Wanted'.

Next day she received a hundred letters. They all said the same thing. 'You can have mine.'

Pittwater Online News

June 24 - 30, 2012: Issue 64

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE PRESENTS - The Inaugural 2012 Northern Beaches Festival of Music

Over 500 local aspiring musicians, performing in 22 different bands and aged 7 to 80, will join Sydney Northern Beaches Symphonic Wind Ensemble on **Sunday 24th June 2012** in the inaugural 2012 SNBSWE Festival of Music.

In keeping with SNBSWE's philosophy that "***Music is for Life***", the Festival is aimed at giving a range of local school and community bands a venue in which to showcase their talents. Exposure to the musical talents and abilities of a range of musicians from amateur to professional, young players to seniors, within the various school and community bands promises both players and audience an exciting and rewarding experience.

"Music is a universal language for all and I'm really excited by the prospect of having so many players, of such varying ages, abilities, experience and skills, come together at this festival." said Dr Martin Hardy, Director of SNBSWE. "I hope the festival will be the first of many such opportunities offered annually on Sydney's northern beaches."

The Festival will commence at 11.30 am and run through in hourly segments, with 15 minute intervals, until approximately 7 pm. The first 4 segments will feature school bands ranging from training level through to senior band level.

The last segment will feature Barrenjoey High School, Cameraygal Community Band and the host, Sydney Northern Beaches Symphonic Wind Ensemble. SNBSWE will play repertoire that includes David Gorham's 'The North Tower', Richard Wagner and soundtrack highlights from Pirates of the Caribbean.

Schools involved include Avalon, Bilgola Plateau, Newport, Cromer, Wheeler Heights, St Rose Collaroy, Narrabeen Lakes, Elanora Heights, Harbord, Barrenjoey High and Pittwater House.

The festival will take place at Pittwater High School, Mona Street, Mona Vale.

Come and enjoy the exceptional talents of these committed school performers as well as the adult community bands' varied and exciting repertoire. Tickets at door. $5 adult, $3 concession, $10 family. Details 0414 560 263 or 9999 0655.

Weed Seminar - Sat July 21st 2012

The Pittwater Natural Heritage Association (PNHA) in association with Pittwater Council are holding a two-hour seminar designed to introduce residents to some of our local weeds and garden escapees.

What are "noxious" weeds and what are WONs? How do we remove them? What local native plants can we replace them with? Could we mistake a native plant for a weed? How do I get involved with a local bushcare group?

Bring along all your questions for our local experts.

Saturday July 21st 2012 , 1pm – 3pm, Coastal Environment Centre, Lake Park Road, Narrabeen NSW 2101. Cost: Free

Bookings Online at: www.pittwater.nsw.gov.au/cecbookings

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

18TH BIENNALE OF SYDNEY
27 JUNE – 16 SEPT 2012
BOS18.COM

Mission: Our mission is to engage our audience with bold and innovative contemporary art from around the world, challenge the status quo, promote cultural exchange and inspire audiences to experience art, themselves and their world in new and creative ways. Website

Highlights include specially designed Art Lounges and Learning Zones on Cockatoo Island and Pier 2/3, as well as a range of artists' talks, guided tours, special programs for kids and families and after-dark events. Teachers and schools will be catered for through dedicated publications and guided tours, comprehensive online resources, as well as special educator programs. All Events are FREE.

General Information: The Biennale of Sydney is Australia's largest and most exciting international visual arts event. **FACEBOOK**.

Dive into the Australian Museum's latest exhibition - Deep Oceans - from 16 June- 14 October, 2012 - 6 College St Sydney, NSW 2010 Australia

Enter a dark and dangerous world of giant sea creatures and bizarre fish as you journey below the Earth's surface to discover what lies beneath in Deep Oceans – a new joint exhibition from the Australian Museum and Questacon—The National Science and Technology Centre. Dive in and uncover the secrets of the world's largest habitat as the strange and rarely seen creatures of the deep are revealed.

The family-friendly exhibition features interactive exhibits, multimedia and real specimens collected by Australian Museum scientists.

Highlights include: • See amazing glow in the dark sea creatures from the depths of the abyss; • Discover the deep ocean sponges that contain cancer-fighting compounds; • Escape the jaws of an Anglerfish; • Hop aboard our replica of the Bathysphere, the first submersible to descend beyond light, and experience a dive to the depths; • Come face to face with a five metre model of a Giant Squid— the biggest invertebrate on earth; • Learn about new technology oceanographers are using to map out the 25 million seamounts (extinct undersea volcanoes) lying hidden below the waves; • Follow the special Octonauts themed trail for under 5s.

Deep Oceans opens at the Australian Museum on 16 June 2012 (until 14 October) and at Questacon in early December 2012. Online tickets: www.deepoceans.com.au/tickets/

The Pittwater Mens Probus meets at the Mona Vale Golf Club on the second Tuesday of each month. Visitors are welcome at 10.30am. Please visit the link below to view the digital magazine of Active Retirees: http://probus.realviewdigital.com/

Lime Cordiale + NBO

Follow us on Facebook or visit www.nbo.org.au for more information and to book!

Friday June 29th @ Lizotte's Dee Why

Catch us at our next performance supporting and collaborating with local live favourites Lime Cordiale! This unique and energetic blend of quirky pop and vibrant classical music is not to be missed.

Lime Cordiale + northern beaches orchestra

Bendigo Bank | Warringah Council | Pittwater Council

First up on the menu, the NBO will present a program featuring orchestral tangos, from the likes of Piazzolla, alongside classical repertoire highlights of an exotic and colourful persuasion. As the evening progresses the tone will shift from more intimate chamber string arrangements, featuring soloists within the ensemble, through to larger and flashier bursts of world music. For the second half of the evening Lime Cordiale will take the stage, performing a full set accompanied by the NBO. Original arrangements will be featured, complementing the multi-instrumental chamber pop quality of Lime Cordiale's songs with the full, rich palette of a symphonic orchestra. This unique collaboration is not to be missed! **NBO Facebook**

When: June 29th, 7pm, Where: Lizotte's Dee Why, Price: $33 plus booking fee (per person)

Rotary Club of Pittwater Annual Spring Concert

Tickets for the Rotary Club of Pittwater's Annual Spring Concert are now on sale. They can be booked directly with the Warriewood cinema: www.unitedcinemas.com.au or by paper tickets purchased from Rotary members.

Ticket prices are as follows:

Children under 16: $20, Concessions: $30, Standard: $40, De Luxe seats: $50

The Rotary Club of Pittwater Presents
THE NORTHERN BEACHES SPRING CONCERT
DANCING WITH THE FLUTE
A Celebration of the Music of the Dance
Gershwin, Ravel, Kachtatourian, Da Falla, Baroque and Irish Dances
THE NORTHERN BEACHES ORCHESTRA
with special guest soloist
JANE RUTTER
On gold, silver & wood flutes and Irish whistles
Wednesday 12 September 2012 7.30pm
The GRAND THEATRE UNITED CINEMAS WARRIEWOOD
Major proceeds to Palliative Care Centre at Mona Vale Hospital
Details: www.rotarypittwater.com

POETRY & PLAYREADINGS AT MONA VALE

Mona Vale Library is seeking residents interested in poetry and plays to join a fortnightly session at the library. The free sessions are hosted by retired teacher Valda Jeffcoat and will run once a fortnight on **Wednesday mornings.** Next is **on 4th of July**.

As librarian Rebeccah Vick explains, the sessions offer people the chance to read plays and poems aloud under the direction of an experienced teacher. "The program is suitable for men and women of all ages; the only criteria is to have an interest in poetry and plays and be willing to read aloud," she said. "Participants will also have the opportunity to discuss afterwards the merit or otherwise of the pieces they are reading," Ms Vick added.

The classes run fortnightly from 11am to 12pm and are free-of-charge but bookings are essential; to book phone the library on 9970 1600. For more information call Rebeccah on 9970 1622. Mona Vale Library is located at 1 Park Street Mona Vale. For more information visit www.pittwater.nsw.gov.au/library

Author Talks at Mona Vale Library - Linda Benton and David Rule - 5th Jul 2012, 6:30pm - 8pm

Linda Benton & David Rule speaking about "Two Feet Forward". Memoir of the authors' adventure visiting 22 countries, starting out as two friends and falling in love on the way.

Cost: $8/$6 concession for pensioners and students only. Bookings: essential tel. 9970 1600. Concession cards must be shown. Venue: Mona Vale Library. Two Feet Forward Website

Guringai Festival 2012

26 May - 8 July 2012 Guringai festival 2012: One Voice – Still Talking

The Guringai Festival is an annual celebration of Aboriginal culture and heritage usually held from National Sorry Day on 26 May to end of NAIDOC Week (second week in July).
Founded in 2001, the festival aims to raise awareness of Aboriginal and Torres Strait Islander people living in the Northern Sydney region. The Aboriginal people who reside there come from many different Aboriginal nations or countries throughout Australia and call this area - Guringai Country - home. The Booklet of Events is available here for you; just click on file below and 'save as'. There are great things happening in the areas adjoining Pittwater too, listed in this booklet.

Pittwater Events

Constitutional Recognition of Indigenous Australians - Will We Get it Right?

Monday 9 July, 7.15pm for 7.30pm
Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale (next to Mona Vale Library). Free event. A panel discussion. Enquiries: Lizzie Landers 9918 2594 www.asgmwp.net

Film: The Tall Man
Wednesday 20 June, 10am – 12noon
Collaroy Cinema, 1097 Pittwater Road, Collaroy
Admission: Gold coin donation
The Tall Man is the story of Palm Island, the tropical paradise where one morning Cameron Doomadgee allegedly swore at a policeman and forty minutes later lay dead in a watch-house cell. Enquiries: Lizzie Landers 9918-2594 www.asgmwp.net

GuringaiBooklet2012.pdf
Size : 1465.677 Kb
Type : pdf

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

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre).
Cost: Free however bookings are essential.
Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au
There will be a special Easter session on Wednesday, 4 April, 2012 (book now!)

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

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

School Holidays Activities from the Coastal Environment Centre - July 3rd to 12th, 2012

The program combines a mix of outdoor adventure, discovery and learning, art, craft, fun and games, with an emphasis on the plants and animals that make up our coastal environment. Field trips to the headlands, lagoon, beach or bushland are fun and exciting, and a great way for kids to learn more about our coast. Our activities suit kids aged 5 - 12 years. These holidays we have some great activities that your children will love!

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

All activites are for 5 to 12 years olds. Full Details and Bookings at: http://www.pittwater.nsw.gov.au/cec/bookings/kids

Palm Beach Market

23rd September 2012, 9am - 3pm
Governor Phillip Park

Come and browse the numerous stalls at the Palm Beach markets. You will find fashion, jewellery, shoes, food, furniture, hats and lots more. Open from 9am to 3pm on the 4th Sundays of Feb, March, April, May, September, October and the 2nd Sunday of December.
Website: www.pittwater.nsw.gov.au/recreation/markets_in_the_local_area

Pittwater Artists Trail
Home Studios
2012 - 2013

2012-2013 Brochure in File Below: (click on, 'save as')

PittwaterArtistsTrail2012-13.pdf
Size : 742.893 Kb
Type : pdf

Peninsula Historian
Newsletter of the Manly, Warringah & Pittwater Historical Society Inc.

Compiled by Tony Dawson, Editor.

Manly, Warringah and PittwaterHistorical Society Inc.
Established 1924

Patron: The Honourable Dr James Macken LLD

President : Jim Boyce
0402 096 080
jimboyce37@gmail.com

Secretary (Membership): Tony Dawson
9953 8374
dragdawson@hotmail.com

THE BOPULATERS
(EX BILGOLA BOP BAND + AZTECS)

2012

5th August M/V Bowlo
30th Sept M/V Bowlo
4th Nov M/V Bowlo
9th Dec M/V Bowlo

Friends of Narrabeen Lagoon Catchment

Narrabeen Lagoon free activities – bushwalks, kayak trips & tours

Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. **You must register in advance.**

Oxford Falls Triangle Bushwalk – Saturday July 7

On this family walk led by Conny Harris, you'll see Sydney sandstone and impressive hanging swamps. The Oxford Falls area has benefitted from lots of rain over summer. Everything is very green and lush. 3 hours, Grade Medium. Start on Morgan Rd next to No 27.

Cromer to Oxford Falls Bushwalk – Sunday August 5

On this 4-hour walk, Councillor Conny Harris will take you to the most endangered vegetation community in Warringah. Focus will be on Rutaceae. See heart leaved stringybark and other flowers. Meet at Cromer Rd, where the track starts. Meet at 10am. One way so carpool will be organised. Grade Medium, with some ups and downs.

Bookings essential. Phone 0432 643 295 or 9451 3231 or email Conny.Harris@warringah.nsw.gov.au

Narrabeen Lagoon Catchment traverse – Sun Sept. 9

Councillor Conny Harris will lead this 4-hour bushwalk, starting at 10am from outside 27 Morgan Rd, Belrose and proceeding into Garigal National Park. It will conclude at Oxford Falls. You'll explore some of the area's best bush tracks, visit the Deep Creek waterfall and identify flora and fauna. Grade Medium with some inclines. Carpool back.

Talks After Noon

talks after noon at the Powerhouse Museum Wednesdays & Sundays

A series of lectures from Museum curators, experts and special guests. Free with Museum entry. Click on logo for more details.

Manly Art Gallery & Museum

On the Beach: Gems from the Manly Art Gallery & Museum swimwear collection
Exhibition dates: 2 September 2011 - 14 August 2012

An exhibition exploring Manly Art Gallery's unique collection of swimwear and beach paraphernalia. From the woollen 'neck to knee's' swimwear of Victorian and Edwardian era, to the skimpy 'itsy-bitsy' bikinis of the 60s. Manly's collection documents the evolving fashions and styles of swimwear and our changing relationship with the beach. Curated by Sarah Johnson.

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

Newsletter edited by Tony Dawson

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

School Holiday Softball Clinic - A free introduction to Softball and T-Ball at North Narrabeen 10th and 11th of July 2012, 9am - 12pm

A free introduction to softball and t-ball for children aged 6 and over. They will be run by the Junior Registrar for Pittwater Softball Club, Sue Brandenburg. You can attend one or both! Will take place on the diamonds behind Rat Park, North Narrabeen. Cost: Free of charge. Bring: A softball mit, and a bat, if you have one. A drink. Morning tea will be provided. Wear: Runners, a hat, and a jumper. Register interest with Alison 0403 867 378 or alison.christensen@iinet.net.au

Pittwater Softball Club is a family friendly club on the northern end of the peninsula and caters for girls and ladies of all ages from 6 to 60+. We offer girls Teeball U/10's, ModBall U/12's, Junior Fastpitch softball for U/19's and all junior teams are coached by quality accredited coaches. All junior games are played on Saturday mornings from 8:45am — 12 pm at Abbott Rd Curl Curl.

The fun and social apsect is with the senior teams in the afternoon for the over 19's with games starting at 1:45pm and 3:30pm at Abbott Rd Softball Diamonds Curl Curl. Senior teams start at A Grade to C grade, ladies grade teams are more than welcome. Softball is a fantastic game to watch and play, so if you are interested as an individual, or as a group of friends or even wanting to register a company team, come along and join a great local club. Website: http://pittwater.softball.org.au/

2012 Trivia Night
Zonta Club of Northern Beaches Inc
Member of Zonta International
Invites you to Trivia Night
Saturday 14th July, 7pm. $15pp
Where:
Mona Vale Memorial Hall. 1606 Pittwater Rd, Mona Vale.
Please:
BYOG, Drinking Glass & Nibblies.Tea, Coffee & Biscuits Supplied.
Bookings:
Please reserve your table by calling Margaret - 9918 2393 or email zontanb@gmail.com - Payment can be made at the door. RSVP by Friday 6th July.
Theme:
Dress with a little bit of French.
Thank you to our sponsors: Dee Why RSL and Jillian McGrath.

Now and Then
Creating a window into the past

Now And Then is a historical photography project with a twist – an old photo is reframed within a new one to tell a story of past moments and how times have changed.

Launched as an online project by ABC Open in October 2010, Now And Then invites people across Australia to share their stories about local people and places. Regional Australians have contributed images reframing historical photos from a mix of collections including family albums, libraries, historical societies and museums, and the archives of schools, companies and charitable organisations.

This exhibition celebrates the legacy of both private and public photograph collections cared for in regional towns. The images demonstrate the rich tapestry of history, landscapes and cultures found across Australia.

Look out for our Now and Then photography competition, entries open 16 June.

Museum of Sydney

Saturday 16 June - Sunday 4 November 2012- Free with museum entry; Corner Phillip and Bridge Streets, Sydney, NSW 2000, Contact: 02 9251 5988 ; Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free | Hours: Open daily 9.30am — 5pm | Closed Good Friday and Christmas Day

The Mounted Police Unit

Formed in 1825, the NSW Mounted Police Unit is the oldest continuous operational unit of its kind in the world. Former Commander of the NSW Mounted Police, Don Eyb, and HHT curators Anna Cossu and Holly Schulte will discuss the history of the unit, and the process of selecting and training horses.

Inspector Donald Eyb APM (Ret.) is former Commander of the NSW Mounted Police Unit, having served with the NSW Police for 44 years. Born in the small farming community of Hilldale near Dungong, Mr Eyb began riding horses at the age of six, and joined the Mounted Police Unit as a Probationary Constable in 1961. During his long and distinguished career Mr Eyb has led 4 mounted escorts for Her Majesty Queen Elizabeth II; over 60 mounted escorts for NSW Governors; and over 300 musical rides performances state wide. In 1997 he was sent to London to study training methods of the London Mounted Police in preparation for the 2000 Olympic Games in Sydney, where he choreographed and coordinated 140 riders and stock horses for the Opening Ceremony. In 2005 he trained and coordinated the NSW Mounted Police, Police Band and Police Pipe Band performances in the Edinburgh Military Tattoo, held in Sydney. Since retirement from the NSW Police in 2005 Mr Eyb has been active in 'Volunteering in Policing' , having given over 2,000 hours of Volunteer service to the Police Force, included services such as the Reserve Forces Day Council, Light Horse Training, and Riding for the Disabled programs.

Anna Cossu & Holly Schulte are curators at the Historic Houses Trust.

Justice & Police Museum Sunday 17 June, 2.00pm — 3.00pm, General $20 | Member/conc $15 BUY Tickets

20th Annual Pub 2 Pub Charity Fun Run & Walk - Register at www.pub2pub.com.au. 13km from Dee Why Beach to Sydney's famous pub icon, The Newport Arms Hotel - Entries Now Open

Time to get your trainers on for 20th annual PUB TO PUB Charity Fun Run & walk! **SUNDAY AUGUST 26.**

Northern Beaches most famous fun run is celebrating a milestone when it opens entries for its 20th annual Pub to Pub fun run and walk. So its time to throw on your runners & start training for this fantastic family event. The race starts at 8am sharp on Sunday August 26th. This will be the 9th year that this event has been run as a charity fundraising project by The Rotary Club of Brookvale in conjunction with The Newport Arms Hotel and it promises to be bigger and better than ever.

ONLINE ENTRIES NOW OPEN – FREE 'BUPA PEDOMETER' TO 1st 500 ENTRIES

It's time to put the pub-to-pub coastal route back in the annual diary and get fit and train! Make Pub to Pub run the goal of your fitness and a part of your social calendar, this year and every year! Enter a family team (kiddies must be 10 or over)! Get the mates together and have a laugh. Entries are available online at **www.pub2pub.com.au**. If you cannot enter online entry forms can be picked up from Newport Arms reception.

Full Details on the website and our Community News Page

ROYAL MOTOR YACHT CLUB BROKEN BAY NSW

UNIQUE VEHICLE SHOW

The Royal Motor Yacht Club Broken Bay (at Newport) will be holding its 5th Annual "UNIQUE VEHICLE SHOW" on **Sunday 24th June 2012.**

An "unusual" event for a Yacht Club you might think, but "boaties" do have many other interests, and an enthusiasm for all things mechanical is certainly one of them! We are very excited with the amount of interest we have received from people keen to display their vehicles, and particularly from members of the Pittwater Motor Enthusiasts who help with the day's planning.

There will be over 60 vehicles on display including everything from beautifully restored Vintage cars, Classics & Sports Cars, Hot Rods and a range of old motorcycles including a 100 yr old Triumph! Most rarely seen at car shows!

The displays will be located in the lower waterfront car park at the Royal Motor Yacht Club, 46 Prince Alfred Parade, Newport - starting at 10am and finishing at 3pm. Entry is free - members of the Public are welcome but will need to sign the appropriate temporary visitor form if they wish to use the Club Brasserie or other facilities. A Jazz Band will be providing great entertainment as well.

A great day out for the whole family, and this year the historic ***MV Reliance ferry*** will be operating from Rowland Reserve Boat Ramp and Newport Public Wharf providing a great way of getting to and from the Yacht Club and enjoying a boat trip at the same time – Cost $5.00 per person each way!

For more information in regard to this event and the ferry service operating on the day, please contact the RMYC office during business hours – 9997 5511.

Pittwater Camera Club
More at: Profile and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday July 2

The Human Form and Portraiture is the subject of our competition for this month. We will also reveal the winner of the **'Pittwater Challenge'**. Visitors are made welcome.

Monday July 16

Tonight we are conducting another of our popular 'Hands On' workshops. Bring your camera equipment and explore with us **'Low Light Photography'**. Our very special presenter and tutor for the evening is Brent Pearson. This is a not to be missed night. This workshop is Free for visitors to the club.

Contact: secpcc@bigpond.com

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at: http://www.snbswe.org.au/**

STORM SURFERS

STORM SURFERS 3D is an epic, character-driven adventure 3D documentary following two best friends on their quest to hunt down and ride the biggest and most dangerous waves in Australia. Aussie tow-surfing legend Ross Clarke-Jones and two-time world champion Tom Carroll enlist the help of surf forecaster Ben Matson and together they track and chase giant storms across the Great Southern Ocean. Website is **Storm Surfers**

Over one big-wave winter season in 2011 the team experience the brutal force of Mother Nature, score the waves of a lifetime and come close to death, before embarking on an expedition to surf a mythical wave that has never before been ridden. Seventy-five kilometres from land lies a secret reef known as Turtle Dove Shoal – and so begins a mission far beyond anything they have ever attempted in their lives.......

STORM SURFERS 3D is releasing in movie theatres from this August. Check out our teaser in anticipation of our trailer's release on July 1st!

RESULTS International Australia meeting

29th June, 10am to midday, Beeton Room, Mona Vale Library

Description of Event: Group meeting to discus poverty issues and ways to advocate for a effective Overseas Aid Budget. RESULTS International (Australia) is part of a non-partisan, non-profit, international network of volunteers whose purpose is to generate the public and political will to end poverty.

Contact: Diana Shanks; 0400 386 656

Website or Email;
www.results.org.au, resultssydney.north@gmail.com

RESILIENT KIDS
WORKSHOP FOR PARENTS

- Help your kids learn how to "bounce back" when faced with life's daily challenges
- Help them to recognise, accept and express their feelings
- Teach them problem solving and coping skills
- Find out how to encourage optimism, curiosity and contentment

This 2 & ½ hour workshop is suitable for parents of primary aged children and will be facilitated by a Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District.

VENUE:	Room 1, Avalon Recreation Centre
DATE:	Wednesday 27th June 2012
TIME:	7.00pm - 9.30pm
COST:	FREE
BOOKINGS:	Are essential on 1300 734 120 or suej@ransw.org.au

Community Builders Pittwater

COMPUTERS? ...... *yes you can!* At: Newport Community Centre, 11-13 The Boulevard, Newport Beach

COURSE 4 **iPad Refresher** - 2 hour class - **Tuesday 26 June**, 1:30-3:30 pm FEES: $10

Booking is essential. Please leave a message on 02 8064 3574. Bring your laptop or iPad if you have one. No eftpos for any of the courses. All courses are for the over 55's only. AvPals

Mum Entrepreneurs Pty Ltd

Tuesday, July 3, 2012 from 7:30 PM to 9:30 PM

Our guest speaker is Krystal Bartner from Pink Hope Community!

Pink Hope is the only Australian community that is solely focused on informing, connecting and supporting women and their families at a high risk of breast and ovarian cancer. Krystal will talk about how small businesses here on the Northern Beaches can get involved and show their support to their community by e.g. donating products/ services or funds. If you have always wanted to support a charity but thought you were too small as a business to afford it, think again!

So do you want to connect, be inspired, get motivated, and just chat with other like minded women in business from your local community of the Northern Beaches, Sydney? Then bring your business cards / flyers / brochures/ products/ samples or even just a Business Idea! Whatever you have to promote your business and we will provide a venue & refreshments in a relaxing & informal environment.

Please register to attend this event now to avoid dissapointment. Cost: $18.00

Innovation Space
Level 2, Unit 6
10 Rodborough Road
Frenchs Forest, 2086

Lifeline Northern Beaches
Book Fair
Balgowlah Boys High School
Sydney Road & Maretimo Street
BALGOWLAH

Friday 22nd June	4 pm – 9 pm
Saturday 23rd June	9 am – 5 pm
Sunday 24th June	9 am – 2 pm

Thousands of quality books Bargain prices
Over 50 different categories
Entry by gold coin donation very much appreciated. Visa, Mastercard and EFTPOS accepted.

"Jila - Living Water" Exhibition - Tue 01 May 2012 - Tue 31 Jul 2012, Gallery Tjukurrpa, 15 The Corso, Manly NSW 2095

Many of the artists represented at Gallery Tjukurrpa, could be said to be reshaping our traditional ideas surrounding Aboriginal art. Like any culture, Aboriginal culture is continuously in a state of renewal. While many people associate Aboriginal art with dot paintings, the more abstract styles that you see in Gallery Tjukurrpa reflect this dynamic shift.

The departure from automated mass produced styles within the industry, introducing a more bold minimalistic approach, has put aboriginal art on the world map. As such, it has become one of the world's most collectable art forms. Nowadays, we even see various 'art movements' developing within the aboriginal art industry, demonstrating how society or culture chooses to express itself within the contemporary world.

Travelling west, we invite you to join us on a journey to explore modern blackfella country. We will stopover at Fitzroy Crossing, in the Western Desert where the northern end of the canning stock route crosses the Great Sandy Desert. Here springs are considered living waters and are known as jila. Some are inhabited by powerful ancestral beings and tjukurrpa (dreaming stories). - Melina Shirvanian - Gallery Tjukurrpa Proprietor and Exhibition Curator.

"Jila – Living Water" explores the experiences, lives, and country of local people from the Fitzroy Valley region. Tommy May, a Walmajarri man from Yarrnkurnja in the Great Sandy Desert speaks of his engagement with the Canning Stock Route from his droving days.

"It used to be blackfella country before they built the wells. Today it's karitya highway. Before it used to be aboriginal people' land, our tjukurrpa (dreaming) waterholes, jumu (soakwaters) and jila (springs).

Canning made a mess of the wells and Dreaming tracks and sacred sites. He used blackfellas to get where he wanted to go, to make his mark. So it's about kartiya coming and making the line of wells".

In conjunction with Mangkaja Artists we are thrilled to showcase our "Jila - Living Water" Exhibition. You will be amazed by the depth of colour within the landscape of the canvases and strength of simplicity. - Ngarralja Tommy May - Mangkaja artist and senior cultural advisor. Contact Gallery Tjukurrpa on 9977 8850

HAVE A WHALE OF A TIME! - Avalon Festival - Sunday June 24th, 2012.

Bands and buskers, films and food. - Whale watching walks. - Whale themed cake competition with celebrity judges. - Community stall for young and old. - Huge raffle prizes - even free tickets! - Lots of sales and specials.

An initiative of the **Avalon Beach Village Chamber of Commerce Inc**.

Humph Hall

85 Allambie Road
Allambie Heights
http://humphhall.org

PLEASE NOTE: The conditions that Humph Hall is currently operating under mean that sadly, we have to limit the audience to 50 so book early if you wish to attend.

PAT DRUMMOND & KAREN LYNNE
7pm, Sunday 8th July 2012

Brad Howarth outlines the future of broadband for PBL - What it means for small business, society and you

You can all plead guilty! According to Brad Howarth, guest speaker at the **June 27 Pittwater Business Limited (PBL) breakfast seminar:** "When you took that first digital photo you were hammering a digital nail into the coffin of film processing and printing organisations.

"Four technological developments - cheap digital cameras, broadband, printers and digital photo frames - combined to lead to the demise of branded businesses such as Rabbit Photo."

Brad Howarth has been reporting on new technologies and their effect on the business community for almost two decades. He has held the positions of information technology editor and marketing editor for BRW magazine and is the author of Innovation and Emerging Markets, a study of the path to commercialisation for Australian technology start-ups. He is also co-author, with Janelle Ledwidge, of a new book entitled A Faster Future, a guide to the future of broadband applications and services.

How will broadband affect your small business? Brad Howarth will provide a glimpse into the future of broadband applications and services, along with a discussion of practical steps that business is taking today to capitalise on the many opportunities that arise when a society is wired for broadband.

A new report from the Australian Industry Group and Deloitte has highlighted the gap that exists between many Australian businesses' awareness of the benefits of broadband and their readiness to take advantage of new broadband networks and technologies.

The report also found that "only 30 percent report having a high or medium degree of information about the practical impacts of faster broadband speeds, and just over 50 percent reported they were adequately prepared to take advantage of the opportunities that may arise".

What happened to VHS recorders and analog TV? You saw how MTV changed the way music was promoted and stars were made by using theatrical and sometimes surreal video clips instead of relying on airplay by disc jockeys. Don't miss your chance to learn how to watch for changes affecting your business systems and be prepared to take advantage of the opportunities and technologies that will emerge.

Book now: The breakfast, sponsored by Pittwater Council, will be held on Wednesday, June 27 from 7.00am at Bayview Golf Club, 1825 Pittwater Road, Mona Vale. The cost for members of Pittwater Business Limited is $35 per person; it is $60 for non-members. Early bird prices apply up until Wednesday, June 13.

To book, donate raffle prizes or for further information, please contact Kim Jones, Operations Manager, PBL at 1300 786 126, email admin@pittwaterbusiness.com.au or visit www.pittwaterbusiness.com.au.

Australian Musicians unite to celebrate Bob Dylan's Legacy – 8th of July, 2012

Over 50 years, 47 albums and more than 500 songs ago Bob Dylan released his debut album. Since then endless artists, writers and musicians have been inspired by this musical legend. Now, to celebrate his 50th anniversary, five of Australia's distinctive 21st Century performers will join forces to honour this remarkable legacy with their own unique voices: multi-platinum troubadour Josh Pyke, Eskimo Joe front man Kav Temperley, Jebediah pop veteran Kevin Mitchell, singer-songwriter Holly Throsby and The Grates' powerhouse vocalist Patience Hodgson. Concert in Sydney will by at the Opera House on 8th of July. More here; http://www.bobdylannight.com/

THE FORCE
EXHIBITION ON 12 MAY–7 OCT
150 YEARS OF NSW POLICE

New exhibition at the Justice & Police Museum Cnr Albert and Phillip Streets, Circular Quay, Sydney, NSW 2000 . Contact: 9252 1144

Discover the stories behind Australia's oldest police force through a rich collection of photographs, objects and film. See how policing has developed from phrenology to forensic services.

Justice & Police Museum | Opens Saturday 12 May | Daily 9.30am-5pm | General $10 Conc/Member $5 Family $20

Avalon Craft Cottage 2012

The Avalon Craft Cottage members are delighted to be able to announce the dates of their five major venues for 2012.

Thursday July 12th to Saturday July 14th: Back to Avalon .... at the Avalon Community Centre
Monday 1st October to Sunday 7th October: Centro Warriewood
Monday 12th Nov to Sunday 18th November: St Ives Shopping Village

To be kept really up to date, contact the Publicity Officer, Maureen Darcy-Smith on 9999 3703 and have your name added to the Avalon Craft Cottage email list.......and don't forget you can now 'follow us on Facebook'.

HOME FRONT
WARTIME SYDNEY 1939–45

New exhibition at the Museum of Sydney - Saturday 31 March - Sunday 9 September 2012

Free with museum entry - Corner Phillip and Bridge Streets, Sydney, NSW 2000- Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free | - Hours: Open daily 9.30am — 5pm | Closed Good Friday and Christmas Day

World War II changed Sydney and its people forever. For most Sydneysiders life during the war was a strange combination of fear, excitement, opportunity, love and grief.

Home front explores the experiences of Sydneysiders living on the home front. Follow the wartime events that shaped, challenged and changed the lives of generations of Australians.

Convict Sydney - discover convict history at this World Heritage listed site- Hyde Park Barracks Museum | daily 9.30am-5pm |

Harvest
BECK
SIGUR RÓS
Mike Patton's MONDO CANE
GRIZZLY BEAR
BEN FOLDS FIVE • BEIRUT • SANTIGOLD
CAKE • THE DANDY WARHOLS
THE BLACK ANGELS • CHROMATICS • OZOMATLI
LIARS • FUCK BUTTONS • THE WAR ON DRUGS
DARK DARK DARK ... and many more to be announced!
A DELICIOUS WORLD OF WONDERS & DELIGHTS
SUNDAY 11 NOVEMBER WERRIBEE PARK MELBOURNE
SATURDAY 17 NOVEMBER PARRAMATTA PARK SYDNEY
SUNDAY 18 NOVEMBER BOTANIC GARDENS BRISBANE
TICKETS ON SALE THURSDAY 28 JUNE 9AM

Chicken Town!

'For too long, the Northern side of the Harbour Bridge has been out of the live music game. Sure, if you're a rowdy youth with some cash to splash, North Sydney has for some time boasted some pretty pumping watering holes, but none of these has invited the raw, human touch to grace their bars, instead opting to chuck on a couple of DJs and letting nature take its course.

Does this mean that all the North has to offer is DJs? Does this mean that, while you can get your kicks, you can't be a part of something new and visceral? Does this mean that original, awesome artists have to escape their roots and flee to trendy, inner city hangouts, grow ironic moustaches and speak in faux-English accents about how the North Sydney scene is "soooo high school" with a cigarette hanging limply from the corner their mouths? In short, does this mean there is no room for some kick*ss live music on our side of the bridge?

Luckily, one group of young, frustrated music lovers have decided enough is enough and are dragging live music, kicking and screaming, back home.

Chicken Town band nights are here. Bringing together the very best that the Northern Beaches and North Shore have to offer, Chicken Town is our turn to show Sydney that live music is not extinct in North Sydney... It was just hibernating. Every second Saturday at Alberts, come and check out 3 of our 6 resident bands, who will be bringing you something a little bit new, a little bit different, and ENORMOUSLY fun. '

The bands so far are: Lange Theory, Jimmy L'estrange and the Moonlight Cowboys, Lovers Jump Creek, Bin Juice

And more will be added as the gigs go by.

Chicken Town: $5: NEXT June 30th
Alberts Hotel:
100 Mount St (Cnr Walker St),
North Sydney, NSW.
Phone: 02 9955 9097

AUSTRALIAN MUSEUM EVENT:
Aboriginal Performance Experience
Opens: 11 January 2012 - 27 June 2012 in Level G, Atrium
Entry: Free after general admission

With two shows every Wednesday, this is a must-see Aboriginal experience.
Come on a journey with the Australian Museum's Indigenous performers to experience Aboriginal spirituality and culture.
•Experience didgeridoo, song and dance which combine to reveal the rich cultural knowledge handed down through countless generations of Indigenous Australians.
•Discover Aboriginal lifestyles, beliefs and connections to Country in this series of dynamic solo and group performances.
•Interact with the performers, ask questions and take photographs.
Times: 11am & 1pm (duration 1hr)
Days: Wednesdays
6 College Street Sydney, NSW 2010 Australia
Phone: (612) 9320 6000

THE TERRACE on Pittwater
Coopers 150th Anniversary Brewmasters Dinner
Coopers vs The Internationals
Thursday 28th June
7 for 7:30pm
150 years & onward COOPERS BREWERY EST 1862
- Help celebrate Coopers 150th Birthday with brewing royalty as your hosts. Time to get you friends together for an amazing food matching experience with a delectable 5 course menu perfectly matched with 10 premium beers in the presence.
- **Guest Speakers:** Dr Tim Cooper and Glenn Cooper
- **Tickets:** $75pp pre-payment required
- **Transport:** FREE courtesy shuttle available North or South OR for groups try local shuttle services for door to door service
- **Accommodation:** Available at Newport Arms (9997 4900) or Newport Mirage (9997 7011)

We look forward to welcoming you, The Bayfields

Bookings 9997 4900
or info@terraceonpittwater.com.au
2 Kalinya St, Newport | www.theterraceonpittwater.com.au

Two Inspiring Films! Brought to you by Pittwater Community Gardens- Back by popular demand! Community screening of "The Economics of Happiness" and "In Transition 2.0" 24th Jun 2012, Time: 11.30am - 3:30pm

As part of the Avalon Festival on Sunday 24th June 2012 Pittwater Community Gardens is screening 2 inspiring films about the power of local community as part of the Avalon Festival. 11:30am - The Economics of Happiness, 2:00pm - In Transition 2.0. Cost: Adults $10; children under 16 free (accompanied by adult). Venue: Avalon Recreation Centre Contact: info@pcga.org.au Book at: http://pcga.org.au/

Middle Harbour Boat Show - Saturday 21st and Sunday 22nd July 2012 - 10am - 6pm

Come along and join in the fun! - boats – boat maintenance – boat gear - everything you need to enjoy your time on the water. FREE ENTRY More Information at: www.middleharbourboatshow.com.au/

Ku-ring-gai Chase National Park- Guided tours

From; www.environment.nsw.gov.au/NationalParks/parkTours.aspx?id=N0019

Work Your Fitness on the Centre Track
When Saturday 30 June, 9:45AM to 12:45PM
Difficulty medium difficulty
Want to start getting fit? Walk this picturesque track to see what wildflowers and rock platforms it offers. Bring enclosed sturdy shoes, hat, rain gear, sun and insect protection, and some water.
Meeting place: the old entry booth on Liberator General San Martin Drive, near the corner of McCarrs Creek Road, Terry Hills
Cost: $6 adult, $3 child. Bookings: Bookings essential
Contact: Kalkari Discovery Centre, Phone: 02 9472 9300 or 02 9472 9301

Marine Creatures at the Basin
When Thursday 12 July, 10:00AM to 12:30PM Difficulty easy
Aboriginal people have a very special cultural connection to both the land and the sea. This requires them to work in harmony with each other for the survival of their people, by way of ceremonies, art, food sources and most importantly their lore (Law). Come and enjoy the beach, while getting to know great and small marine creatures from Humpback and Right Whales to limpets. Make your favourite sculptures, hear stories, play games and discover marine creatures in their hidden rocky homes. Suitable ages: 6 - 10
Location: The Basin
Meeting place: The Cottage, The Basin Campground, West Head, Ku-ring-gai National Park.
Cost: $10 per child
Bookings: bookings and prepayment essential
Online bookings: use our secure payment facility to book online.
Contact: Sydney Harbour (Cadmans Cottage), Phone: 02 9253 0888

Spring walk on the Centre Track
When Thursday 16 August, 10:00AM to 2:00PM, Difficulty easy
One of the best tracks in Ku-ring-gai National Park to see the glories of the spring flowers. The lunch spot overlooks Cowan and Coal and Candle Creeks and there are Aboriginal engravings to explore. Bring enclosed sturdy shoes, hat, rain gear, sun and insect protection, and some water.
Meeting place: Junction of Liberator General San Martin Drive and McCarrs Creek Road, Ku-ring-gai NP
Cost: $6 adult, $3 child
Bookings: essential
Contact: Kalkari Discovery Centre, Phone: 02 9472 9300 or 02 9472 9301

Waratah Track, West Head
When Saturday 18 August, 10:00AM to 2:00PM, Difficulty medium difficulty
Walk the track, for an early lunch on the ridge, overlooking Coal and Candle Creek and Cottage Point. Return via the Trig station if time allows.
Bring enclosed sturdy shoes, hat, rain gear, sun and insect protection, and some water.
Meeting place: Elvina Trail carpark
Cost: $6 adult, $3 child
Bookings: essential (not suitable for children under 10)
Contact: Kalkari Discovery Centre, Phone: 02 9472 9300 or 02 9472 9301

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Baby and Kids Market Avalon - Excellent quality preloved baby and kids goods at bargain prices - 22nd Jul 2012, 9am - 12pm

The Baby & Kids Market is the perfect place to stock up on furniture, prams, toys, clothes, books and just about anything imaginable for babies and children. Mums sell their gently used baby and kids goods at very reasonable prices and it's a fun way to grab some amazing bargains while recycling at the same time.

Venue: Avalon Recreation Centre, Old Barrenjoey Road

Contact: Jennifer Harrison - jennifer@babykidsmarket.com.au or 1300 5544 76 or 0410 481 633 More information: www.babykidsmarket.com.au

Penguins and People - Dixson Room, Mitchell Building - 25 July 2012 6.00pm – 7.30pm

Writer and Antarctic specialist Stephen Martin shares his knowledge of the long and peculiar relationship between these engaging creatures and people. In this illustrated presentation Stephen will discuss penguins as food, in literature, in film and in political campaigns Cost: Adults $15, Friends and Concessions $10 - bookings on 9273 1770 or at bookings@sl.nsw.gov.au

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Above: 1948 Halfpenny on which the initial 'KG' indicate the artist George Kruger Gray

Australian Halfpenny

Numismatics is collecting coins. The word numismatics comes from the adjective numismatic, meaning "of coins", borrowed 1792 from French *numismatiques*. Some collectors seek old coins for their value and the increase of this, others as a historical record where something inanimate actually has a story to tell. Made from bronze, copper, zinc and tin and weighing 5.67grams on average, the Australian Halfpenny was equally to 5/12c when decimalisation occurred in 1965. However, in 2009 one of these, a rare 1923 halfpenny (Proof), sold for $500 000.00.

A Proof coin is made with a specially polished and treated die and it also each coin is struck two or more times by the coin die. By striking it more than once the metal is forced into all the crevices of the die, thereby giving a very fine detail to the image on the coin. This fine detail does not appear on some non-proof coins.

The rarest Australian halfpenny is the one minted in 1923. The 1923 Royal (Branch) Mint records indicate that 1,113,600 halfpennies were struck in Sydney, while none were struck in Melbourne at all. The story does not end here however; as later research by John Sharples, (Numismatic Curator of the Museum of Victoria) has proven that the coins struck in Sydney in 1923 were actually dated 1922. The elusive 1923 halfpenny was actually struck in Melbourne sometime between September and November 1923, with the number struck assumed to be around 20,000. These were put aside for many years and only issued after the 1924 halfpennys had been struck; thus their rarity, and if in 'Proof' condition, the higher price demanded.

Before the opening of The Royal Australian Mint in Canberra (1965) Australian coins were struck at branches of The Royal Mint – the Sydney Mint, Melbourne Mint and Perth Mint. The Royal Australian Mint holds a place in history as the first mint in Australia not to be a branch of The Royal Mint in London. The only other operational mint in Australia is the Perth Mint. During the 1920's Australian mints faced an uncertain future and competition for coinage contracts became very competitive. 1923 was the year the first time the Melbourne mint was requested by Treasury to produce halfpenny coins.

The other interesting aspect of these halfpennys is the change of silohette represented on the Obverse, or 'head' of the coin and the change between the Reverse or 'tail' of these coins. In 1938 the One Half Penny words remained on the reverse and did into 1939 when the kangaroo design, by George Kruger Gray, became the Reverse on these coins in the last few months of 1939. This design, of a bounding kangaroo beside the Commonwealth Star (also known as the Federation Star, the Seven Point Star, or the Star of Federation) a seven-pointed star symbolising the Federation of Australia which came into force on 1 January 1901, appeared on pennies and half pennies until decimal currency came in and has appeared on some special editions since.

The Obverse of our halfpennies changed in 1938, 7 months after the coronation of King George VI, when Australian coins bearing his majesty's bust were produced. These were designed by Thomas Paget. In 1953 as Elizabeth II became Queen of the Commonwealth, Mary Gillick's (sculptor) effigy of Elizabeth II was used on coinage in the United Kingdom and elsewhere. Her design remained on all coins until 1967. These effigies show Her Majesty wearing a wreath of olive leaves rather then a crown as she does on our current coins.

Of those shown here:

An Australian 1938 bronze Halfpenny (George VI), uncirculated and in absolute mint condition currently fetches between $115 -$210 AUD. If it has been circulated but still in good condition, it might fetch anything from $0.75 to $20 AUD. There were 5.174 million minted. An Australian 1938 bronze Halfpenny (George VI)(Proof), uncirculated and in absolute mint condition could fetch up to $25,000 AUD.

An Australian 1953 bronze Halfpenny (Elizabeth II)(minted in Perth - mintmark = A.), uncirculated and in absolute mint condition could fetch up to $45 AUD. If it has been circulated but still in good condition, it might fetch anything from $0.75 to $8 AUD. There were 23.967 million minted.

Glossary

business strike - A coin struck for circulation

commercial proof - A proof coin produced with the intention of being sold to the general public

date set - A complete set of all years and mintmarks of a particular series

die - A cylindrical punch with an inverted impression of a coin's design used to strike the coin

mint state - A state of a coin that shows no signs of circulation

mintage - The number of coins struck of a particular designation

planchet - The piece of metal a coin is struck on

proof - A coin struck from specially prepared dies to strike a superior quality coin not intended for circulation

proof-like - A coin that resembles the appearance of a proof coin of the same type, often resulting from being struck from the same dies

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