March 25 -31, 2012: Issue 51

Tarrangaua Open House at Lovett Bay

L to R: Lorraine Hall, Noela Elsworth, Doug Elliott, Susan Duncan, Bob Story, Gail Carew, and Jean Beveridge

Lovett Bay in Autumn Sunshine

Penny, Tim and Roz of Church Point Ferry Service

Tarrangaua Open House by Susan Duncan, Rotary Club of Pittwater and Church Point Ferry Service for Palliative Care at Mona Vale Hospital
March 24th 2012, Lovett Bay

Susan Duncan and Bob Story have experienced, like so many Australians, losing loved ones through the horrendous ordeals of cancer. Every second year they affirm their commitment to do their bit towards helping others by having an open house to raise funds for worthwhile projects. This year they nominated the Palliative Care center at Mona Vale Hospital as what they would support and the Rotary Club of Pittwater, who have an ongoing project to raise funds for MVH Palliative Care's 'The Cottage' as the volunteers and co-presenters thanks to Dianne Elliott, wife of Rotarian Doug, asking Susan to at a recent book signing.

Tarrangaua, the home they open to visitors, holds a special place in the hearts of many as it is the classic house built by poet Dorothea Mackellar in 1925 as a summer retreat. Mackellar, author of the iconic poem "My Country", became locally famous as an occasional resident, reclusive and eccentric.

Situated above the clear green waters of Lovett Bay, its name is no accident. The words "high, rough hill" translate into the Aboriginal language as Tarrangaua, the name given to this home by Dorothea Mackellar. Tarrangaua has recently become famous in Susan Duncan's award-winning memoirs - Salvation Creek (2006) and The House at Salvation Creek (2008) - and her gorgeous pictorial book A Life on Pittwater (2010). To visit this wonderful residence and its beautiful grounds was a little like going for a romp with this Australian poet over soft green lawns beneath tall gum trees in what is Autumn splendour.

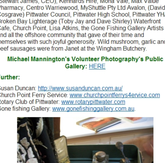
There is a house on a high, rough hill that overlooks the tawny green waters of Lovett Bay. It is pale yellow, with three chimneys and a red tiled roof scattered with lichen. An elegant verandah, with stately columns and polished wooden floors, stretches from end to end and on a still summer evening it is quite magical to dine there, watching the light fade and the birds fly home.
- Susan Duncan, Salvation Creek: An Unexpected Life

On the ferry over deckhand Roz pointed out the points, landscapes and homes of more iconic Australians such as Chips Rafferty's old home, whom Dorothea is said to have visited on occasion, swimming across the bay. Those on board took one way then another as old buildings, old ferries and water courses are described. We disembarked at a blue boathed and climbed the stone steps to the lawns surrounding Tarrangaua and went looking for Dorothea… Susan and Bob.

Tracy Smith, Gone Fishing Gallery lady

The current lady of the house was busy in the kitchen. Susan has gained a reputation for excellent food with offshore folk and would brook not one toe over the doorway. Tall, bubbly, with keen eyes behind her glasses, this lady was clearly enjoying speaking with and feeding all who came and willingly autographed books that had been brought and posed for photographs. Her generous spirit is palpable. Husband Bob had thrown open his men's shed so the great artistic from Gone Fishing Gallery could contribute to the day by displaying paintings, prints, photographs and more with a portion of all sales going towards the Palliative Care Centre at Mona Vale Hospital. Bob, like all volunteers on the grounds, was working hard to ensure all who came felt at home and comfortable in the building and grounds. Those we saw seemed quite settled on chairs, benches and the grass, glasses of wine and food in hand.

Chuck Bradley and Nellie Lodge, Gone Fishing Gallery



In a study off behind the kitchen Margaret Molloy, offshore lady for more then four decades, was reading some of Dorothea's works and giving insights into their creation. Some of Mackeller's personal possessions could be seen, including Dorothea's lovely flowing handwriting.

Alex Lintfield and Dianne Elliott

At the top of the stairs from the Lovett Bay jetty the magnificent view back across the bay past Rocky Point towards Church Point gave visitors pure Pittwater at its sublimest best. Behind the house rises the ensposh Ku-ring-gai Chase National Park, a magnificent 154 sq km expanse of wilderness encompassing diverse vegetation, sandstone escarpments and picturesque waterways. First inhabited by the Garigal people, it became a national park in 1894.

It would be a waking vision to return to another Tarrangaua Open House and sit with Dorothea across the lawn, dwell under the towering gums and hear her voice, and the wordsmith who breathes there now, murmuring among the brilliant eucalypts shimmering leaves. This place is special. You feel it as soon as your foot touches its earth. To be able to visit for such a great cause doubles your happiness.

Special thanks are due to the following who all gave their time, selves, services and products to support this great day; Susan Duncan and Bob Story, Rotary Club of Pittwater members, volunteers and supporters, Church Point Ferry Service (Amelia K and L Duck were running, Penny on shore, Roz and Tim were on ours as deckhand and Ferry Master respectively), HammondCare (Stewart James, CEO), Kennards Hire, Mona Vale, Max Value Pharmacy, Centro Warriewood, MyShuttle Pty Ltd Avalon, (David Cosgrave) Pittwater Council, Pittwater High School, Pittwater YHA, Broken Bay Lighterage (Toby Jay and Dave Shirley) Waterfront Cafe, Church Point, Lisa Allison, the Gone Fishing Gallery Artists and all the offshore community that gave of their time and themselves with such joyful generosity. Wild mushroom, garlic and beef sausages were from Janet at the Wingham Butchery.

Michael Mannington's Volunteer Photography's Public Gallery: HERE

Further:

Susan Duncan: http://www.susanduncan.com.au/
Church Point Ferry Service: www.churchpointferryservice.com
Rotary Club of Pittwater: www.rotarypittwater.com
Gone fishing Gallery: www.gonefishinggallery.com.au

Margaret Molloy

Dorothea's

Dragonfly on the Ferry

Lovett Bay Wharf

Food and Wine Volunteers

National Park Marker

Lovett Bay through the front yard's trees

Past Features

Doreen

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Pittwater Online News

March 25 -31, 2012: Issue 51

This Weeks Articles

Tarrangaua Open Day for Palliative Care at MVH

AvPals Seniors Week Seminar March 2012 by Michael Mannington

Pictures: Maria Regina, Avalon Excursion on MV Reliance

Pregnancy to Prams (final extra celebration of Women's Month March 2012)

Profile: In March it's a Ladies Month to celebrate International Women's Day all month long; Banika Smee and Diana Holwerda are MUMPRENEURS

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

History: Pittwater Waters in March: on the water in steamers, skiffs, wooden boats and yachts; this week The Royal Motor Yacht Club Part I

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

Park Bench Philosopher: The Mirror by Edmund Burke 1729 - 1797, Irish Philosopher; C/- Neil Evers

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

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

Events: Chicken Town ! Art for Animals, Award Winning Band to play Pittwater, Nan Bosler and Bob Waterer Seniors Event, Kids on The Coast School Holidays Activities, Poetry Comp. from PCA, AvPals Free Seminar, ABFE Workshops, Friends of Narrabeen Lagoon Catchment Activities, Canning Track Art, History Comp., Council Events and more.

News From our Inbox: **Most Watched Australian Videos this week and Whale-songs**, Surfers Stand Up for Oceans, **THe Garage Door you Have when you Don't want a Garage door,** New HarperCollins Book Comp, LAST WEEK TO ENTER WEATHER PHOTOS.

Tweet Like +1

Community News: Sailability, Bushcare at Careel Bay, RMYC Exercise, Lone Rangering Finishing, 20th Celebrations, Folk and Dance Concert, Free Anti-Bullying Workshop, Pittwater Poetry Competition, Our Council's Notices, Fed. Govt. Media Releases.

Environment; **Avalon Golf Course BushCare, Waterbirds Survey,**Autumnal Flowers this week, **Cooee Newsletter for March From CSIRO: New Books for April Release +: *Reducing the Impacts of Development on Wildlife* & Africa-Australia Cotton**, local Environment groups and organisations.

Lynda Hill: **Update 20.3.12**: The Shape Of Things: March's Aries New Moon

Pictures: Clareville Waterways Excursion Years 1 & 2 of Maria Regina Avalon on MV Reliance

Youth: Biggest Toy Shop in the World, New Movie Preview, School Holiday FUN from Council, FREE Bullying Workshop, **MUSICOZ** with over 300k in prizes, **PCA and Dorothea Mackellar Poetry Comps. and Drama at the Library, Get Involved:** Year of Reading 2012: Links for local websites for, about and by Youth.

Seniors; Report on Aged Care Bonus Scheme and Free Financial Information Service Seminar as part of Seniors Week, A Ride back in Time, To keep a Sharp Mind, **Seniors Week 2012 Listings for WHOLE of March,** Pam Bayfield's Inspirational Books, link to Seniors Online Newspaper, Information and links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

DIY Hints: Autumn Maintenance; Paths and Lawns by Bruce Crutcher

Collector's Corner: Solid Silver Opium Pipe from Braidwood's Gold Fields

Food: Mrs. Beeton's household management : a guide to cookery in all branches : daily duties, menu making, mistress & servant, home doctor, hostess & guest, sick nursing, marketing, the nursery, trussing & carving, home lawyer

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Avpals Seniors Week Seminar

Friday 23/3/2012

By Michael Mannington

Margot Paul presenting Family Ties

Uta Hoffmann demonstrates Music to Go

Getting ready for the lucky door prize, Trish Kalf, President Paul Purvis and Brian Hindes

Avalon Computer Pals held their Seniors Week seminar at the Newport Community Centre. Opening the series of presentations, local member Rob Stokes spoke of the exciting new world of communications that is available to computer uses. He went on to highlight the important work that Avalon Computer Pals does in providing the chance for seniors to take advantage of the new opportunities particularly in communicating with family and friends. Avalon Computer Pals president Paul Purvis told the audience that new courses were now available at Newport in addition the continuing the one to one training at Avalon

The first presentation of the afternoon was a history of computing by Andrew MacGregor of Exran Computers in Avalon. The history of computing may be just a few years but the technology advancements are almost incomprehensible to most of us. And there is no end in sight so get on board now and join the fun.

The next presentation of the afternoon was one of the latest technologies the Apple iPad. Avplas trainer and iPad tablet expert Jenny Chan gave a live demonstration of some of the exciting features of these portable devices. Photos, music, video and connecting to the internet make this a a great tool to share with family and friends and you can take it anywhere with you.

Pittwater has one of the highest rate of volunteering in Australia and in the presentation "Social Media for Social Good", Michael Mannington gave an insight to using social media with charity and volunteer and not for profit organisations. Communication through social media such as Facebook and Twitter is now common place with large organisations but small groups in Pittwater can also take advantage on this new and powerful media.

Some time ago Margot Paul started researching her own family history and was soon hooked on this fascinating pursuit. Now she is sharing her experience with others wanting to find their ancestors. As Margot demonstrated there are now a multitude of resources, many free, that are available. Starting with a collection of photos even from relatives you have never met before, can lead to fascinating encounters with distant family members. There are several commercial computer packages but using the free internet resources can get you started.

Music on the Go is not just for the young. Uta Hoffmann, long time portable music user demonstrated the range of devices that allow the listening of music, audio book TV shows and photos. Even though the devices a now remarkably small they can store thousands of Cds. Once on the device such as an iPod they can then be taken in your car or when you are walking. Music can be arranged in 'play lists' which can be tailored to your mood such as background music or as a companion when your are walking. The winner of the lucky door prize won a iPod plus tuition from Uta on how to load the music and get started enjoying missing on the go.

Avalon Computer Pals has individual tuition classes at Avalon and to inquire about joining ring 02 8064 3574

Click on logo to visit their website

COMPUTER PALS AVALON FOR SENIORS

Pittwater Online News

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Pregnancy To Prams PERSONAL TRAINING

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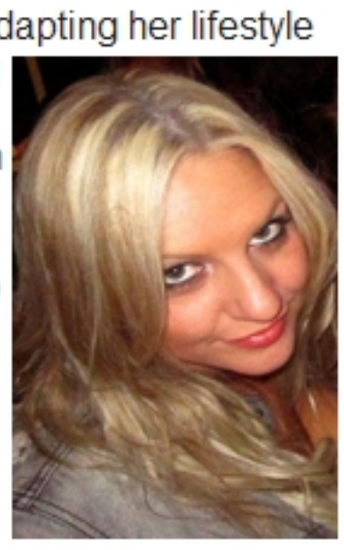
Pregnancy to Prams



Jodie Turner is one of our local ladies who is adapting her lifestyle to incorporate being a new mum and still being active as a qualified Fitness Trainer. By beginning a great business to cater for those in the same boat, a great idea has been brought to fruition in what is Pregnancy to Prams. In between caring for her new tot and attending to those whom attend her classes, Jodie answered a few questions.

Why is it important to exercise during pregnancy ?

Research supports that moderate exercise is safe in pregnancy and offers many benefits including:
• Prevention or reduction of most pregnancy related symptoms including back pain, ankle swelling, fatigue, venous thrombosis & Varicose veins
• Enhanced psychological well-being
• Reduced cardiovascular stress
• Reduced incidence of preeclampsia
• Prevention of excess weight gain
• Maintenance of Fitness
• Easier labour and delivery
• Faster recovery after delivery

Many women will be able to continue their regular exercise program throughout their entire pregnancy. However other women due to obstetric complications or specific discomforts may only be able to tolerate mild exercise or have to cease exercise completely. Even though it is safe for most pregnant women to exercise no pregnancy women should begin an exercise program without medical clearance.

How does Pregnancy to Prams cater for the busy new mum - and how do these exercises fit in with a new bub?

Pregnancy to Prams specialise in pre and post-natal exercise with programs catered to meet the needs of pregnant women as well as mums with bubs.
Our sessions are designed to help mums easily incorporate physical activity into their lifestyle while conveniently being able to bring their babies and children along to our fitness sessions.

We make our sessions affordable for mothers at only $15 per session or a 10 session pass for $135 which includes FREE child minding at each session, we set up a play pen for crawling babies on the move while toddlers and older kids are supervised while they enjoy playing on the outdoor play equipment or run around and exercise with mum.

Our Mums have a great time and are guaranteed to make you laugh while you work-out our sessions are fun-filled and interactive, giving you a chance to bond with other mothers in a vibrant environment. We provide you with everything you need to regain your fitness levels. At Pregnancy to Prams we strive to keep our mums continually challenged, gaining maximum results, personal satisfaction and positive life changes

Why did you begin this business ?

I started planning Pregnancy To Prams when I fell pregnant with my son Bowie (now 8 months old) I had worked in the Fitness Industry as a personal Trainer on and off for over 9 years and so I wanted to help other mothers regain their fitness levels, get back into shape and also avoid any health complications associated with pregnancy and labour, offering ladies a faster recovery after birth while avoiding post natal depression. Maintaining a healthy lifestyle is so beneficial for yourself and for your baby.

I completed my certificate III in fitness and my Certificate IV in personal training straight after completing High School. I came across so many mothers throughout the years who had suffered from post natal depression known as baby blues, 13% of women are affected with post natal depression commencing in the first three months post birth, exercise is one of the best things to combat postpartum depression keeping yourself and your mind positive and strong is needed to be able to look after your new little bundle of joy.

My fitness qualifications have always been kept up to date by completing regular industry courses and a current first aid certificate, more recent courses I have completed included pre and post exercise prescription and Thump Boxing

Where and when does this take place ?

Pregnancy to Prams sessions currently run on Monday, Tuesday and Friday Mornings located in Newport for more information please see our website www.pregnancy2prams.com.au

Jodie Turner has also started a new business called Fitz Fitness which is evening group exercise sessions for males and females.

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Articles This Week:

Campaign Gear Now for Palliative Care at Bilgola

Pittwater Rugby Club Hosts Sydney Uni Rural Memorial Classic

Fireworks, Music and Fun Planned on 4th February

Engineering Is Fun to Free Video Introduction of Planned Lifestyle Estate

Native Honey Harvesting Workshop at Coaldrake

Join Skills by Boats Coalition Autumn Maintenance teams and Latte Lunch Gathering at Careel Bay Wetlands on Saturday

Bilgola Plateau Public School Celebrates Harmony Day

Pittwater Rugby Club Hosts Sydney Uni Rural Memorial Classic

Multi-Agency Emergency Drill to run at Royal Motor Yacht Club Broken Bay

Police, Ambulance, Fire, SES, Marine Rescue, Surf Life Saving, Westpac Rescue Helicopter and Volunteer Coastal Patrol on Wednesday, 10th April 2013 from 10:00am to 12:00pm at the Royal Motor Yacht Club Broken Bay, Pittwin Road, Newport.

The Multi-Agency Emergency Drill is the first of its kind to be held at the Royal Motor Yacht Club Broken Bay and will test the Club's Emergency Response Plan and the Club's Safe Management System.

The Drill will test the Club's ability to respond to a Fire and Explosion on board a Motor Vessel moored at the Club's Pittwin Road Marina, Boat Yard or Workshop, Ambulance, Fire Brigade, Police, Surf Life Saving, Marine Rescue and Westpac Rescue Helicopter will be in attendance and coordinate with the Club's Emergency Response Team.

The Drill will test the Club's ability to respond to a Fire and Explosion on board a Motor Vessel moored at the Club's Pittwin Road Marina, Boat Yard or Workshop, Ambulance, Fire Brigade, Police, Surf Life Saving, Marine Rescue and Westpac Rescue Helicopter will be in attendance and coordinate with the Club's Emergency Response Team.

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Ignited in Avalon, Saturday, February 16

Rotary Club of Pittwater Information Evening Tuesday 2nd April

Guest Host Wendy Norris, Rotary Club of Pittwater Vice President

A presentation by Jennifer Hammond, Fire Rescue 21 Coordinator, Fire and Rescue NSW, Metropolitan Fire Region East, on the Fire Rescue 21 project, which will see the construction of a new Fire Station in Avalon, and the relocation of the Mona Vale Fire Station to Darley Street, Mona Vale.

The cost to Fire Rescue 21 is estimated at $5.5 million. The cost to the Rotary Club of Pittwater is $0.00. Fire Rescue 21 will be responsible for all costs.

Jennifer will be joined by Inspector Mick Fitzgerald, Commander of the Northern Beaches Police Area Command.

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"Suivez Carre"

A Video Project Encouraging Cyclists to Be Seen and Be Safe on Our Roads

Pittwater Council Seeks Volunteers to Participate in Video Project

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Lone Ranger Sailabout Draws To A Close

Keith Lee and Jenny Ranger have completed a sailabout around the Pittwater waterways in aid of the Cancer Council's Relay For Life. Jenny: "We started on Wednesday 13th March and finished on Saturday 23rd March. We had a great time and met some wonderful people. We would like to thank everyone who supported us and helped us raise funds for the Cancer Council. Thanks to Keith Lee for his generosity in providing his boat for the sailabout and to Jenny Ranger for her tireless efforts in organising the event."

Canal Bay Victoria Restoration

Pittwater Online News Rugby Avalon Yacht Club Party The Ex-AFC Richie Benaud - photos by Tim Hore

More **HERE**

Mona Surfers V2 – The Movie!

Thanks for your support!

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PUBLIC INPUT SOUGHT ON MEETING FREQUENCY

Pittwater Council is seeking input from residents to help determine the frequency of Council meetings. The Local Government Act requires Council to meet at least 10 times per year, with each meeting being held in a different month. Council currently meets 11 times per year, with no meetings held in January.

Council is seeking input from residents on whether they would like Council to continue to meet 11 times per year, or reduce the number of meetings to 10 per year. Residents are also invited to provide comments on whether they would like Council meetings to commence at 6.30pm or 7.00pm.

Council's Code of Meeting Practice requires that Council must allow residents and ratepayers a reasonable opportunity to speak at any Council meeting during which a matter is being considered or is about to be considered. Council's Code of Meeting Practice also requires that Council must allow residents and ratepayers a reasonable opportunity to speak at any Committee meeting during which a matter is being considered or is about to be considered, except for meetings closed to the public.

Residents are invited to make comments on the Code of Meeting Practice as part of the public exhibition period. Copies of the Code of Meeting Practice are available on Council's website www.pittwater.nsw.gov.au/have_your_say/public_exhibitions or at Council's Customer Service Centre, Mona Vale Library and Avalon Library.

Submissions must be received by Friday 26 April 2013 and can be emailed to pittwater@pittwater.nsw.gov.au or mailed to Council at PO Box 1336 Mona Vale 1660.

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Pittwater Online News Rugby Avalon Yacht Club Party The Ex-AFC Richie Benaud - photos by Tim Hore

More **HERE**

Mona Surfers V2 – The Movie!

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Pittwater Council's COVID Incentive March 2012 **HERE**

Bushcare Notices

Extract Government Bans Release this week:

March 25 -31, 2012: Issue 51

The Mirror

Edmund Burke 1729 - 1797, Irish Philosopher.
C/- Neil Evers

I look in the mirror
And what do I see?
A strange looking person
That cannot be me.

For I am much younger
And not nearly so fat
As that face in the mirror
I am looking at.

Oh, where are the mirrors
That I used to know
Like the ones which were
Made thirty years ago?

Now all things have changed
And I`m sure you`ll agree
Mirrors are not as good
As they used to be.

So never be concerned,
If wrinkles appear
For one thing I`ve learned
Which is very clear,

Should your complexion
Be less than perfection,
It is really the mirror
That needs correction!!

Edmund Burke, Date c. 1771, Source National Portrait Gallery, Author Studio of Sir Joshua Reynolds

Edmund Burke (12 January 1729– 9 July 1797) was an Irish statesman, author, orator, political theorist and philosopher who, after moving to England, served for many years in the House of Commons of Great Britain as a member of the Whig party. He is mainly remembered for his support of the cause of the American Revolutionaries, and for his later opposition to the French Revolution. The latter led to his becoming the leading figure within the conservative faction of the Whig party, which he dubbed the "Old Whigs", in opposition to the pro–French Revolution "New Whigs", led by Charles James Fox.

Burke was praised by both conservatives and liberals in the 19th century. Since the 20th century, he has generally been viewed as the philosophical founder of modern Conservatism, as well as a representative of classical liberalism. The late Lord Bolingbroke's Letters on the Study and Use of History was published in 1752 and his collected works appeared in 1754. This provoked Burke into writing his first published work, A Vindication of Natural Society: A View of the Miseries and Evils Arising to Mankind, appearing in Spring 1756. In 1765 he joined the circle of leading intellectuals and artists in London with Samuel Johnson as its central luminary, and also included David Garrick, Oliver Goldsmith, and Joshua Reynolds. Edward Gibbon described him as, 'the most eloquent and rational madman that I ever knew.'

One of his more famous and oft quoted sayings;

"All that is necessary for the triumph of evil is that good men do nothing" **Edmund Burke**

More at: Edmund Burke. (2012, March 21). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Edmund_Burke&oldid=483074800

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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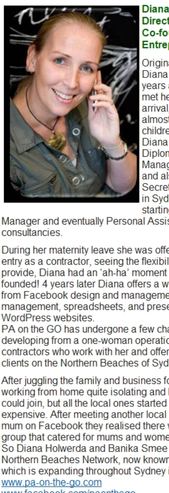
March 25 -31, 2012: Issue 51



Diana Holwerda Director/ Owner, PA on the GO Co-founder, Mum Entrepreneurs

Originally from the Netherlands, Diana came to Australia over 10 years ago as a backpacker. She met her husband within 3 months of arrival, has been married for almost 5 years and has two children of 4 and 2 years old. Diana completed a Business Diploma in Marketing and Management in the Netherlands and also has a certificate in Secretarial Services. Upon arrival in Sydney she worked her way up starting as a receptionist to Office Manager and eventually Personal Assistant within the corporate and consultancies.

During her maternity leave she was offered to do some database entry as a contractor, seeing the flexibility working like this could provide. Diana had an 'ah-ha' moment and PA on the GO was founded! 4 years later Diana offers a wide range of admin support from Facebook design and management to database management, spreadsheets, and presentations to updating WordPress websites.
PA on the GO has undergone a few changes in the last 2 years, developing from a one-woman operation Diana now has several contractors who work with her and offers even more services to her clients on the Northern Beaches of Sydney.

After juggling the family and business for a while, Diana found working from home quite isolating and looked for any networks she could join, but all the local ones started too early or were too expensive. After meeting another local Northern Beaches business mum on Facebook they realised there was a need for a network group that catered for mums and women in business.
So Diana Holwerda and Banika Smee started Mumpreneurs Northern Beaches Network, now known as Mum Entrepreneurs which is expanding throughout Sydney in 2012.
www.pa-on-the-go.com
www.facebook.com/paonthego
http://au.linkedin.com/in/paonthego
https://twitter.com/paonthegodotcom
www.mumentrepreneurs.com.au

Banika Smee Owner / Designer, Witjuti Co-founder, Mum Entrepreneurs

Born in 1979 as the first born daughter of three, Banika grew up on the Northern Beaches of Sydney. With her father, owning a local spare car parts store, she was either helping in her dads business or learning from her mum how to sew, paint or decorate. Banika developed a drive to succeed from a young age, enrolling in ballet school, participating in concerts and competing in eisteddfods.

Throughout high school Banika studied textiles & design, photography and computers. Her parents encouraged her design passion and scheduled after school graphic design training for her.

Upon leaving school she studied Interior Design and then headed straight into the workforce. Her employment experience includes working for a manufacturing business, a hair care company, in IT Recruitment and most recently as Director of Operations & Graphic Designer for an international skin care manufacturer.
After eight years within the skin care industry Banika decided to start her own business. The idea for Witjuti, a loungewear range made of bamboo materials came to her after the birth of her first son. After enduring many sleepless nights, she'd reached the point that she just wanted something comfortable and supportive to wear that didn't look like her pyjamas! Not finding anything, she decided it was time to put her design skills to work and create her own versatile clothing range that women could feel relaxed, confident and comfortable in.

The Witjuti range has been designed for women moving through life's stages and looking for style and comfort in what they wear, whether they have just had a baby, are working out, traveling or just lounging around.

While working from home with a baby, and networking online via Social Media, Banika came in contact with another local northern beaches mum in business and after talking they realised there was a need for a network group that catered for mums! So Diana Holwerda and Banika Smee started Mumpreneurs Northern Beaches Network, now know as Mum Entrepreneurs which is expanding throughout Sydney in 2012.
www.witjuti.com
www.mumentrepreneurs.com.au
You can follow Banika's Mumpreneurs life on Twitter @banikasmee

Narrabeen Pool

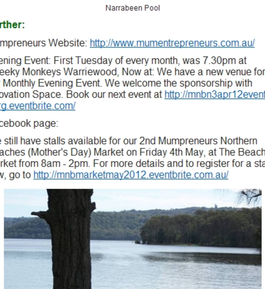
Further:

Mumpreneurs Website: http://www.mumentrepreneurs.com.au/

Evening Event: First Tuesday of every month, was 7.30pm at Cheeky Monkeys Warriewood, Now at: We have a new venue for our Monthly Evening Event. We welcome the sponsorship with Innovation Space. Book our next event at http://mnbn3apr12event-eorg.eventbrite.com/

Facebook page:

We still have stalls available for our 2nd Mumpreneurs Northern Beaches (Mother's Day) Market on Friday 4th May, at The Beaches Market from 8am - 2pm. For more details and to register for a stall now, go to http://mnbmarketmay2012.eventbrite.com.au/



Narrabeen lake

Mumpreneurs

Two ladies who are for, about and by working mums are Banika Smee and Dianna Holwerda. Discovering a unfilled niche, that which works in with the times and routines of other mums, caused them to found Mumpreneurs, a networking group for ladies running or beginning their own businesses who really want to talk with other women who are trying to be mums, run homes and run a business.

These girls are down to earth at the core. They're not turning up to meetings in high heels and with hair done, they're turning up in work clothes, perhaps with a stain or two from children. they have learnt how to stand up and speak in front of up to 30 others and found that making lists worked and how when they do 'stuff up' it breaks the ice.

Computers and our online world is recreating a 'common meeting ground' in an electronic form that is then leading to creating a physical common meeting ground and abating a lot of the isolation where women are stuck in houses and in routines with no time to meet and talk and share experiences and insights. It all began on Facebook..

Diana: when people meet on the Mumpreneurs Facebook page it breaks the ice, and so when they go to a Event or Speakers Evening they can meet people they've been speaking to for ages. I think with some they have watched for a year to test wether we're here to stay. For us it has worked in a positive way; and has created an opportunity to test the waters; to check somebody out in 360 degrees.

Banika: we've had people coming recently or the last few months who tell us they've been watching us on Facebook for the last year and then decided to come. For some of them it's time management, being able to come. We're also catering now for single working mums; by starting a morning group for those who can't come at night or work at night. Our feedback was, as we do surveys with all of our members, I just can't come to your events because I'm a single mum (and time poor). Getting the feedback from our surveys has really helped us take the next step.

Diana: another example of this is the Business Hour which originally we had from 7.30 to 8.30 and I thought, I keep missing this, and until we did the survey on that and the feedback was it needed to be later, because it's too early. We moved it from 8 until 9 and now, oh, that's so much better; we listen to them straight away and adjust it so it works.

To finish our March long celebration of women we asked a few questions...

How do you cope with being mums, looking after children, running homes and running businesses ?

Diana: I don't think we do always cope I struggle a lot with looking after the kids while doing something on the computer for a client. I do a lot of my work at night. Last night I don't think I finished until 1 am, which is a struggle in the morning. My daughter wakes up at 5am. Then we have a work related (Mumpreneurs) event ever month. And that's going to increase; starting next month we're having a morning Event/Meeting; so we're having two events each month.

Banika: when we're asked about our work/life balance we respond that we're always trying to find answers to this. We're always adjusting things as each day constantly changes, with children, family and business; so it's never steady, it's always changing.

Mumpreneurs; where did that come from?

Banika: it started with Diana

Diana: I've been in business since 2008 and for a while there were some girls who were inviting me to come to networking events but they were all too far away; in Sydney or further away. We were on the one income at the time, and so we didn't have enough money to actually pay for these events, some were $60.00 or more, and then there was the travel involved, we only have one car; so who's having the car and all that stuff, and then there's the child; so you have to wait until they go to bed at night, so it was very hard for me to get out before six o'clock.
And one day I was on Facebook and mentioned how I would love to have a local network, something that's free, something that's accessible. I met Banika on Facebook, who said the same thing and that she'd love to join me. And next thing we knew we'd started up the Mumpreneurs Northern Beaches network. We started as a free network.

Banika: I was still in the early stages of my business then and I knew that I needed to talk to somebody trying to do the same thing as me; running a home, a husband who has his own business as well; even though I could talk to him he didn't have the same worries as me, bringing up children (and all that's involved in the mum's role), getting them to Dac Care and all that day to day tasks; So it was good being able to talk to another mum. I needed that, and that's why we formed Mumpreneurs. And that's what we started with.

The network meetings that occur once a month, what happens in those ?

Banika: we have a nightly one which is on the first Tuesday of every month at Cheeky Monkeys at Warriewood (now at Innovation Space) . It starts at 7.30 and we have a guest Speaker. So we introduce the event to everyone, and then each member that attends introduces themselves and their business, some just tell us about themselves, some of them tell us about their business, some people just come with a business idea and don't really want to share their idea right now; they're attending for inspiration, help to get by, to the next stage in their business.
So it depends what level everyone's at; everyone gets up to 30 seconds or a minute to talk about their business, and then we have a guest Speaker from the local area and they will talk about something to do with business.
So we have an Accountant at our next one, he's a local accountant and he's going to address getting taxes ready for 2012 end of financial year, what we need to know, an update.
They talk for around half an hour to an hour, we have a question and answer time and then we have networking where everyone just mingles.
Because we've already done the Introductions at the beginning everyone knows who they might want to talk to; they've met online, they've been talking online, we have a 'chat' online function, and so they know 'I'll go talk to them'.

Diana: we also have tags at these Meetings, business tags, so they can identify each other more easily.

Mumpreneurs is for women. Why did you think you need something solely for women?

Diana: to be honest, because we are; we are women, we are mums; that's the other thing; we had some ladies come up to us and say 'well, we don't have children' and we said that's fine, we don't care, but we called it Mumpreneurs because we are mums.
You're at a different part of your life. I never knew what was going to happen to me until I had my first child and realised that my whole world was upside down and even though it's a lovely world it's also a different world. At one point I didn't have much understanding for other women with children. when I had mine I realised 'ok, I do run late' and that I will never get certain things done because when you have children that just happens(your priority is them) and we also recently found out that we don't have to invite men, if they want to come we can't say no (but it is primarily to address the need for mums to get together and support each other and help each other with insights on how to develop their businesses alongside being mums.)
We've had some couples because their used to working as a couple, the men support their wives; but we think differently, we do business differently, and I think some women do get intimidated if there's a man, so that's why we focus on women.

You're planning to take this to the rest of Sydney, open Mumpreneurs in our local places ?

We've begun talking to consultants in different areas who are mums in business and they want to be a part of this but they can't come to the Northern Beaches. So we said, how about we use the same Program that we're doing and call it, for example, The Hills or the Eastern Suburbs Mumpreneurs Network and we help you start it up and get it all going and expand it under our umbrella.

Do you have people in each area already ?

We did start looking around but then people came to us. One lady approached us a year ago to run an event; she can't make it here.

So once again it's distance and time restraints that are being addressed ?

Both; yes.

Banika: and once again they're realising that all the different Network Groups are not at the right time for them; the time we do, 7.30pm, it is later then most of these but for us that's the perfect time…the kids are in bed and settled.

Diana: also ours is a lot more affordable; we only charge $2.00 for one event. I also think that some of the other ones are very business-like and obviously a business event. We have ladies who come straight after work; they're still in a uniform.We're not going to say you have to be dressed in a certain way, we're not going to judge you…

We have a Business Hour on our Facebook page, which was Banika's idea, and is set from 8-9pm each night where people can ask questions and get recommendations on who to approach for varying aspects of their business and what they need; eg Graphic Designers etc.

People can also post and advertise their business. They can only do that once a week; so if they did a post on Monday night you have to wait until the following Monday to do another post.

The other thing that we recently started doing is the markets; so we're going to be doing a market on the 4th of May, just before Mothers Day, at The Beaches Market from 8am - 2pm.

Do you think the person running the business IS the business?

Diana: When it comes to small business, yes.

Banika: Diana's business is a service business where I have a product based business; so there's two totally different ways of doing business.

What is your favourite place in Pittwater and why?

Banika: Narrabeen lakes; the paths are great for families.

Diana: Narrabeen Pools; we had our wedding pictures taken there and it's also great for the kids.

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

Banika: ***Don't harp on the past, just move on to the future…. Don't have any regrets***

Diana: ***My vision for life is 'to live in the now, have no regrets and to always keep moving forward.'***

For Mumpreneurs: ***To Connect, Motivate and Inspire***

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March 25 -31, 2012: Issue 51

Royal Motor Yacht Club Broken Bay - Part I

The Royal Motor Yacht Club, Broken Bay, has had a long association with the local community and its input, joining in and investment in residents lives has been a hallmark of the club since before its inception and the physical construction of a clubhouse. Pittwater's Broken Bay Marine Rescue was given free use to run its operations out of a room in the club until only a few years ago, when they moved to Bayview. Balls and social functions at the club, as it still is today, were run to raise funds for identified needs of others as much as for members' own enjoyment. As the club has always been on family, enjoying the water and lifting others up whether it's investing time and energy in supporting and training local young people in sailing or hospitality skills or simply sharing the joy being amongst the salt air and water can bring.

On July 6, 1905 a group of motorboat owners in Sydney formed a motorboat club - The Motor Boat Club - the second in the British Empire. The club was formed to promote boating, which included racing and social activities. From: http://www.rmcnsw.com.au/

Originally a branch of the Motor Yacht Club of NSW, Rose Bay, whose patron was Governor Sir Dudley de Chair, a gent who is also to have helped found the Royal Flying Doctor Service, a group 7 members had spent time in Sydney's Quarantine Station, regular Christmas Eve boating and camping at The Basin at Christmas time and during the year.

Motor Yacht Club of N.S.W. Ocean race to the Basin, Broken Bay. Holiday camp on the Hawkesbury. MOTORING TO-DAY. (**1913, June 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 18. Retrieved from http://nla.gov.au/nla.news-article15425762

Sir Dudley Rawson Stratford de Chair was a naval gent prior to being NSW Governor. In his 16 when, as a midshipman commanding the tenth cruiser squadron, he was responsible for the effective North Sea blockade of Germany. He was appointed K.B.E in 1916 and made Governor of the New South Wales Province in 1918. He held the Motor Yacht Club in high esteem due to the war service many members and their yachts had performed and was equally respected by the club. He attended many of the club's yearly social functions, especially Awards Ceremonies or celebrations to open the 'season' in the first week of October each year.

MOTOR YACHTS. A SUCCESSFUL SEASON. GOVERNOR DISTRIBUTES PRIZES. His Excellency the Governor (Sir Dudley de Chair) last night presented last season's prizes to members of the Royal Motor Yacht Club of New South Wales. The ceremony (Mr Stuart Doyle) remarked that the season had been a record for the club. Fifty-seven races were held in Rose Bay and 25 at Pittwater with the Broken Bay branch. Altogether 185 prizes were distributed. The club had doubled its membership, and, in this, its twenty-second year, had attained manhood. The branch commodore (Mr A C Cooke)said that the Broken Bay Club, although only nine months old, had collected nearly 100 members, building a club-house at Newport on the shores of Pittwater.

Sir Dudley de Chair praised the work motor yachtsmen had performed in the war, and exhorted members of the Royal Motor Yacht Club to attend the lectures on naval training and work which the club was arranging. MOTOR YACHTS. (**1912, May 4**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved March from http://nla.gov.au/nla.news-article15295907

In 1927 land was purchased at Horseshoe Cove, Newport so a more permanent berth could be built.

ROYAL MOTOR YACHT CLUB. At the first annual meeting of the Broken Bay branch of the Royal Motor Yacht Club of New South Wales, Mr A C Cooke was re-elected commodore, Commodore, Mr H J Fitzpatrick vice commodore and Mr T B Rossiter rear commodore. Since its first event on November 20 last, the branch decided 25 races including the Middle Harbour and Pittwater Club, attended between 11 boats. The branch has purchased a site for a clubhouse in Horseshoe Cove, Newport, and the building, together with a jetty and slips, will be ready for occupation in December. The branch had a return of income over expenditure of 98 pounds for its first year's operations. ROYAL MOTOR YACHT CLUB. (**1927, September 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved March from http://nla.gov.au/nla.news-article15401952

Newport -Construction of jetty and slips for motor yacht club. Mr. F. Winn, architect, 2 Hunter-street. TENDERS. (**1927, August 24**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article26333000

NOTES. A motor yacht club house is to be erected at Newport under the supervision of Mr. F.Winn, architect. Messrs. Sellar Bros. are the builders. (**1927, September 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article15408877

The Broken Bay branch of the Royal Motor Yacht Club of New South Wales is also making rapid progress with the construction of a fine clubhouse a site at Horseshoe Cove, Newport, it is hoped will be ready in a few months time. The club has secured an excellent site, on which the building is being erected, and it is the intention of the flag officers and committee to have the premises ready for occupation in December. BUILDING ACTIVITIES. (**1928, February 14**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article15441736

The official opening of this first clubhouse took place on 17th March 1928. The Pittwater Regattas, first initiated by local businessmen, had several events members of the then Motor Yacht Club of NSW, Rose Bay, were invited to attend. Both Broken Bay and Pittwater members participated they were soon winning races. They also soon ran their own Regattas, including residents as part of their festivities.

Social activities have always been a part of the Royal Motor Yacht Club.

The Governor and Lady de Chair will attend the Royal Motor Yacht Club ball to be held at the Ambassadors' on September 18. From. NEAR AND FAR AFIELD. (**1928, September 15**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved August 20, 2011, from http://nla.gov.au/nla.news-article15441438

THE GOVERNOR. FAREWELLED BY MOTOR YACHT CLUB. At the clubhouse of the Royal Motor Yacht Club of N.S.W., Point Piper, last night, the flag officers, committee, and members tendered a farewell dinner to Sir Dudley de Chair, Governor. Mr. Stuart Doyle, on behalf of the parent club and the Broken Bay and Newcastle branches. His Excellency, who was attended by Lieutenant Graham do Chair, A.D.C., was received by Commodore Stuart F. Doyle, who on behalf of the parent club presented with a pair of gold sleeve-links engraved with the burgee of the club, as a memento of his association with the club as its chief patron.

In responding to the toast of his health, Sir Dudley de Chair expressed regret at his departure from New South Wales, and said that he would carry away with him a vivid recollection of the splendid sportsmanship of the aquatic community of this State. Sir Dudley de Chair will be the guest of the Millions Club at a farewell luncheon on Tuesday next at the Carlton Hotel. THE GOVERNOR. (**1930, March 26**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article15458538

MOTOR YACHT CLUB. Broken Bay Season Opened. SYLPH II WINS OCEAN RACE. With ideal weather and a record number of entries, the season opened most auspiciously for the Broken Bay branch of the Royal Motor Yacht Squadron on Saturday. The regatta off Saltpan was one of the most successful ever held by either the parent body or the branch.

Before the start of the festivities of the day was the ocean race, which opened the regatta. Ten cruisers covered the course, from the starting line off the Rose Bay club-house to the finishing line off the Broken Bay club-house at Newport. Sylph II. (W. Lawson), which was second, crossed the finishing line first to win the race. Miramar II., flagship of Commodore Stuart F. Doyle, the scratch boat, gave 95 minutes start to first boat, and finished eighth, recording the fastest time of 2 hours 6 minutes.

In naval circles an organisation such as the Royal Motor Yacht Club is regarded as possible of conversion into a valuable auxiliary patrol boat in time of war, and in this connection the craft are often referred to as the "mosquito fleet." On Saturday, however, a more imposing impression was created as the ceremonial procession of visiting cruisers swept past the flagship of Branch Commodore A. D.Walker, of Broken Bay. The fleet was led by Miramar II., and advanced in line astern from a point near the entrance to the bay, creating the impression of a line of destroyers. As Miramir II. went past Lolita, the Broken Bay flagship, Commodore Stuart F. Doyle greeted Branch Commodore Walker with a salute of 11 guns, and received a similar courtesy from the after deck of Lolita. As each visiting ship passed flags were dipped in true naval style.

Two minor accidents occurred during the day. As the cruisers were lining up for the S. G. Littlejohn trophy handicap, one of them came into collision with the motor tender of Miramar II., doing considerable damage above the waterline. The craft underwent repairs immediately, however, and later in the day. with Commodore Doyle at the helm, proved her seaworthiness by winning the general handicap, in which all types of craft competed. During the visitors' cruiser handicap, as the competing craft were bunched at one of the turning buoys, an explosion occurred on Opal, which was forced to retire from the race. It was subsequently stated that a cylinder head had blown off.

At the conclusion of the races late In the afternoon, members and their guests gathered in the club-house for the annual meeting of the branch, after which the presentation of prizes took place. Many valuable trophies were presented, including a plaque of life membership of the Broken Bay branch of the club. Branch Commodore Walker announced that he intended to present a trophy for an ocean race from Broken Bay to Toronto, head-quarters of the Newcastle branch. Branch Commodore Walker, Vice-Admiral and Rear-Commodore Lance Lawson, of Newcastle, Vice-Commodore R. Smith, of the Motor Yacht Squadron, and Mr. F. C. Griffith, president of the Australasian Power Boat Association, were among the guests. Results are published on our sporting pages. MOTOR YACHT CLUB. (**1933, October 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article17013955

Early one Sunday morning in May, 1935 the first clubhouse was destroyed by fire:

YACHT CLUBHOUSE DESTROYED BY FIRE. OUTBREAK AT NEWPORT. The Royal Motor yacht Club's clubhouse at Newport, Pittwater, was destroyed by fire early yesterday morning. The building was valued at more than £3000. The caretaker, his wife and child, and a friend had narrow escapes from the blazing premises and escaped in their night attire.

A dance was held in the ballroom of the two-story wood and fibro building on Saturday night and the proceedings terminated early in the morning. All the guests had left the clubhouse and a number of the members were asleep on board their launches, which were moored in the stream nearby, when the fire alarm was given.

Mrs. Gordon Irving, the wife of the caretaker, was awakened at about 3 a.m. by a crackling noise, and she thought at first that fireworks were being exploded. Ultimately she awakened her husband and he flung open a window. A sheet of flame drove him back. He quickly roused his child and mother-in law, W. Holding, and they made their escape through a side window.

By this time the building was ablaze from end to end, and the flames had a firm hold. Sheets of fibro were cracked by the intense heat and caused a series of minor explosions. The commodore of the Broken Bay branch of the club (Mr. A. D. Walker) and Mr. W. A Passau, who had been on board their craft, quickly arrived, and they assisted the care-taker In dragging several valuable launches from the boathouse beneath the building. About seven small skiffs, however, were destroyed by the fire. The outbreak was visible for miles aroundand attracted numerous spectators. Yesterday the building was a charred mass of ruins. YACHT CLUB FIRE. (**1935, May 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article17216988

The club was rebuilt in more fireproof materials and further back from the water and up the hill slightly within months.

MOTOR BOATING. NEW CLUB HOUSE. BROKEN BAY R.M.Y.C. The new clubhouse replacing one destroyed by fire about a year ago (?!) was officially opened by Commodore A D Walker of the Broken Bay branch of the Royal Motor Yacht Club, at Horseshoe Cove, Newport, on Saturday afternoon.

The parent club promoted a 28 miles ocean race from Rose Bay to Broken Bay, the finishing point being off the branch club's wharf in Horseshoe Cove. Seven large cruisers competed Including two from the Port Hacking branch in a good finish in a good run. An ocean race of such length filled the first three places In the afternoon there was a regatta at which three handicaps were declared. Results... MOTOR BOATING. (**1935, December 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17215567

The enjoyment of Pittwater continued…

MOTOR BOATING. Stuart Doyle Gold Cup. Another championship the speedboat Slate title for the Stuart Doyle Gold Cup will be contested today on the course of the Broken Bay branch of the Royal Motor Yacht Club at Horseshoe Cove Newport Five boats Sinbada II (A D Walker) Sylph (R S Fenniman) Opal (H S Phillips) Wyvern (J C Webster) and Gar Wood (Noel P Hunt) have entered and will contest three heats of 10 miles each. This championship will be run under the rules of the Australian Power Boat Association The Broken Bay branch of the Royal Motor Yacht Club will also decide members races. MOTOR BOATING. (**1930, December 3**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17556648

More land was purchased on the eastern side in 1939. At the outbreak of war many of the beautiful motor yachts were commandeered for war service and the races were suspended until peace had been restored.

Above: PITTWATER REGATTA. (**1928, December 27**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article16519305

ROYAL MOTOR YACHT CLUB REGATTA AT NEWPORT. FINISH OF THE 'BANG AND GO' NOVELTY RACE. Wore by Trina, second from the left. ROYAL MOTOR YACHT CLUB REGATTA AT NEWPORT. (**1929, January 2**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16520560

Above: Group of regatta officials on the flagship. Stuart F Doyle, Managing Director of the Union Theatres and Commodore of Rose Bay Motor Yacht Club, 2nd from left front row Date of Work: 1930s ? Call Number: Home and Away – 6532 Courtesy State Library of NSW

Stuart F. Doyle (Managing Director of Union Theatres) and designer Henry E. White toured the USA in 1927 to inspect the latest picture palaces. In 1928 he opened Australia's first 'atmospheric' theatre, the Capitol, intended for silent movies and live performances. Then in 1929 he opened the magnificent State Theatre.

Further:

MARINE MOTORING. SUCCESSFUL OPERATIONS. ROYAL M.Y.C. PRIZE-GIVING. The annual presentation of prizes and social evening of the Royal Motor Yacht Club of New South Wales last Thursday evening was highly successful, and was one of the most largely attended fixtures of the kind the club has held so far. A feature was the number of ladies present. Present and guests of flag officers of the club attended in force. The presentation was made by the patron of the club his Excellency Sir Dudley de Chair, who was attended by his official secretary, Mr. H. C. Budge.

In opening the proceedings, Mr. Stuart Doyle, commodore of the club, referred to the Governor as the greatest friend the club had had. The club was celebrating a record season, he said, in which the membership had practically doubled, while 77 races had been held, and 166 prizes were to be distributed. The Broken Bay branch had been formed, and had run another 25 races, in which the members of the parent body had an opportunity of Joining. The club, thanks to the influence of the Governor, had been granted the right to the prefix "Royal." In addition, members had had several highly successful cruises in the course of which they had been enabled to compete with local regattas. This was the club's twenty-second year, and members intended to make the future years bigger and better than the years which had passed. Members could help the club by attending a series of lectures regarding the Royal Australian Naval Volunteer Reserve, which would be delivered, and in which his Excellency was showing keen interest. The Broken Bay branch was formed about nine months ago when 14 members, including the branch commodore, Mr. A. C. Cooke, took the initial steps. It now had 100 members, and was about to build a fine clubhouse at Newport. Mr. A. C. Cooke, commodore of the Broken Bay branch, expressed the hope that next year the Governor would present the prizes for the Broken Bay branch at Newport. His Excellency said he hoped that the members of the Royal Motor Yacht Club would attend some lectures to educate motor yachtsmen on the subject of naval training and warfare generally. He outlined the growth of the Royal Naval Volunteer Reserve movement in the old country since its inception by yachtsmen there prior to the war, and the valuable work it had done there, despite difficulties. The Naval Reserve, he said, was regarded in the old country as a branch of the Fleet, and it was founded when war was declared that the number of motor boats owned by its members was very useful, in combating the submarines, but there were not enough of them. More were imported from America, and did good work, but were not perfectly satisfactory, so that an improved type was built, known as coastal motor boats, and those did splendid Service, being able to keep at sea under the worst trying conditions, speedy, and effective. His Excellency understood that some very fine boats were now being built in Sydney. He outlined the duties and training of a volunteer reserved, and said he had some experience of Australian and foreign ships during the war, and was amazed at the peculiar discipline existing on some of the foreign vessels.

The prize-giving was a long affair, as about 160 awards had to be distributed. The Parsons and Milne cups, for point scores, were both won by Mr. G. Yeomouth's Fortuna, and the Motor Boat and Yachting Cup by Mr. H. F. Ward's Wintie. Mr. V. H. Moon's Hell was the Cruising Cup, and Mr. Hope Barletts Miss Australia the Eastern Shield and Championship of New South Wales.

MARINE MOTORING. (1927, August 9). The Sydney Morning Herald (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15395802

Sir Dudley Rawson Stratford de Chair (1864–1958) From: Here

Commonwealth Broadcasting Corporation Network Conference (taken for radio station 2UW)

Miramar MOTOR YACHT 7/1938 Call Number Home and Away – 17392

Courtesy State Library of NSW

Commonwealth Broadcasting Corporation Network Conference (taken for radio station 2UW)

Date of work: 7/1938 Home and Away - 17398

Miramar motor yacht wheel. Courtesy State Library of NSW

Pittwater Regatta, Date of Work 26/12/1937, Call Number Home and Away - 16627,

Courtesy State Library of NSW

Pittwater Regatta, Date of Work, 26/12/1937, INSIDE ORIGINAL CLUBHOUSE, Call Number Home and Away – 16611, Courtesy State Library of NSW

Pittwater Regatta Date of Work, 26/12/1937, Call Number Home and Away – 16608

Motor cruiser "Jolita" Sam Hood picture.

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Pittwater Online News

March 25 -31, 2012: Issue 51

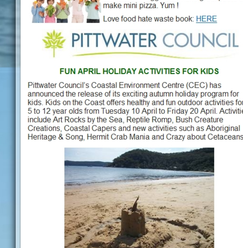
Largest Toy Shop in the World

Hamleys is named after William Hamley, who founded a toy shop called "Noah's Ark" at 231 High Holborn in London in 1760. A branch at 200 Regent Street was opened in 1881, and the Holborn branch was destroyed by fire in 1901 and was relocated from 231 to 86– 87 High Holborn.

In 1938, Queen Mary, the consort of King George V, gave Hamleys a royal warrant. During World War II, the Regent Street store was bombed five times: in 1955, Queen Elizabeth II gave the company a second royal warrant as a "toys and sports merchant".

Hamleys flagship London store has seven floors covering 54,000 square feet (5,000 m2), all devoted to playthings, with different categories of toy on each floor. The video nest column was sent in by one grandfather for your enjoyment; it too is in the Hamleys London store. Hamleys Website at: www.hamleys.com

Storm Surfers 3D – The Movie!



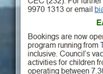
Thursday's nights Catalyst Program on the ABC introduced the audience to some new camera technology and overcoming problems to make things work when making a 3D Surfing movie. Currently in production, it features Tom Carroll and Ross Clarke-Jones, Pittwater and Central Coast respectively, and takes you inside the waves and into the water in ways only 3D can. You can check out a preview and more info at:

Catalyst Story and the Storm Surfers website.

Love Food, Hate Waste Cookbook

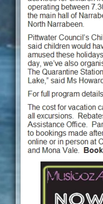
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE



FUN APRIL HOLIDAY ACTIVITIES FOR KIDS

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of its exciting autumn holiday program for kids. Kids on the Coast offers healthy and fun outdoor activities for 5 to 12 year olds throughout the April Holidays 20 April. Activities include Art Rocks by the Sea, Reptile Romp, Bush Creature Creations, Coastal Capers and new activities such as Aboriginal Heritage & Song, Hermit Crab Mania and Crazy about Cetaceans.



Council's Natural Environment & Education Manager Mark Behanet said the programs encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore. "Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Behanet.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from 10am to 3pm at $55 per child (for standard activities), which includes supervision between sessions (BYO lunch). Working parents who require extended care for their children can also take advantage of a 9am to 10am session and/or a 3pm to 4pm session. These sessions are an additional $10 each.

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance.

Book online at www.pittwater.nsw.gov.au/ceckids or call 1300 000 CEC (232). For further inquiries please call Bianca Springford on 9970 1313 or email bianca_springford@pittwater.nsw.gov.au

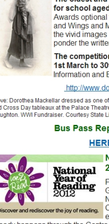
EASTER HOLIDAY FUN

Bookings are now open for Pittwater Council's Vacation Care program running from Tuesday 10 April until Friday 20 April inclusive. Council's vacation care program offers a wide variety of activities for children from kindy to year seven, with the centre operating between 7.30am and 6pm. The vacation care is based in the main hall of Narrabeen Sports High School on Namona Street, North Narrabeen.

Pittwater Council's Children's Services Manager, Merron Howard, said children would have plenty to choose from to keep them amused these holidays. "As well as our popular movie and pyjama day, we've also organised trips to the Big Show, Taronga Zoo, The Quarantine Station and a paddling/kayaking trip on Narrabeen Lake," said Ms Howard.

For full program details visit www.pittwater.nsw.gov.au/children

The cost for vacation care is $57 per child per day, which includes all excursions. Rebates are available through the Family Assistance Office. Parents are reminded that a late fee does apply to bookings made after the booking date. Bookings can be made online or in person at Council's customer service centres at Avalon and Mona Vale. **Bookings close on Wednesday 4 April 2012.**



MUSICOZ

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

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

All the above categories are National Musicoz Awards.

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

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

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

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

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

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

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

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

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

Above: Dorothea Mackellar dressed as one of the Graces for Mrs T.H. Kelly's Italian Red Cross Day tableaux at the Palace Theatre, 20 June 1918 / photographer, Glen Broughton. WWI Fundraiser. Courtesy of NSW Image #26963

Bus Pass Replacement

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 weird and garde. We'll be partnering with insideadog.com.au, spinecout.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.australianmemoryonline.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.

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/

MV Reliance **Field (Estuary) Trip by Maria Regina Years 1 and 2 to Clareville - photos by Peta Wise**

More

The Lorax Australia Release March 31st, 2012

The Lorax Trailer - From the creators of Despicable Me and the imagination of Dr. Seuss comes the 3D-CG feature Dr. Seuss' The Lorax, an adaptation of the classic tale of a forest creature who shares the enduring power to speak. The animated adventure follows the journey of a 12-year-old as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

FREE! EASTER HOLIDAY MARTIAL ARTS WORKSHOPS FOR KIDS!

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

April 16, 9am - 12pm IMET/UBUSHI Seminar! Kids 8 - 12 years

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

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

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

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

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

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

PITTWATER COUNCIL

A BOOK OF PITTWATER POETRY

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

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

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

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

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

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

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

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

CHILDREN'S THEATRE NO DRAMA AT LIBRARY!

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

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

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

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

Send In Your Stuff

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

All are Welcome, All Belong !

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/

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.

Pittwater Online News

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

March 25 -31, 2012: Issue 51

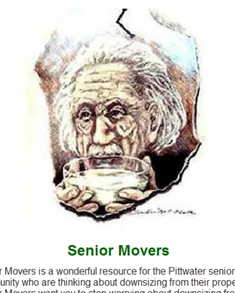
To keep a sharp mind!

C/- I & J Anderson

CAN YOU SEE 10 FACES IN THIS TREE?

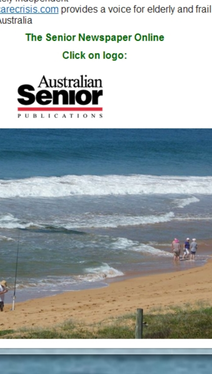
THERE'S A FACE IN HERE. CAN YOU SEE IT?

CAN YOU SEE THE BABY?



CAN YOU SEE THE KISSING COUPLE?

CAN YOU SEE THE THREE WOMEN?



Senior Movers

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

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

www.seniormovers.com.au

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

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

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

The Senior Newspaper Online

Click on logo:

Australian Senior Publications

Aged Care Bonus Seminar

22nd of March, 2012 @ Mona Vale library

On Thursday we attended a Seminar in conjunction with Pittwater Council, Community Connect NB and Centrelink on the aged pension bonus scheme.

The Pension Bonus Scheme is a voluntary scheme that rewards people who decide to defer claiming Age Pension or a service pension from the Department of Veterans' Affairs and keep on doing some paid work.

Under the scheme, you can keep on working and accrue periods of work which count towards a lump sum bonus when you stop working and claim Age Pension. Centrelink is ensuring as many people as possible know about this as it will lapse soon and unless you apply you will miss out.

Note: To join the Pension Bonus Scheme you must first qualify for Age Pension before 20 September 2009. You may also accrue more if you qualify for a Full Pension so get the advice pertinent to your individual situation that creates the bottom line.

Also presented by Justin of the Brookvale Centrelink office was an interesting overview of current rates of Aged pensions and the Education services this office offers to our Seniors simply by booking in. they do not advise what you should do but they do have all the insights a Financial advisor does, and obviously are current, to the day in fact, so you may then be armed with all you need to know when approaching a Financial Advisor to reset your assets to best benefit from all the Australian Government offers.

Centrelink is holding another Education Seminar, also free, at Dee Why RSL on the 9th of April. The focus of this one hour Talk will be Superannuation and Accommodation in Retirement.

Aged Care Bonus Scheme: Centrelink page

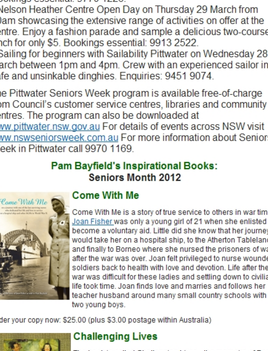
Financial Information Service - free, independent and expert financial information

Community Connect Northern Beaches and Profile

A Ride Back in Time

C/- W.A.G.

Thanks go out to WAG for sending this in for this week. These beautiful old cars, made of solid materials that won't crumple when breathed on, with lines to them that must have been inspired by the fairer sex, are what some of us here would drive if given the option.



PITTWATER COUNCIL

'LIVE LIFE' IN SENIORS WEEK

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

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

Some of the other activities include:

• A stress relieving free yoga session on Monday 26 March from 10am to 11.30am at the Nelson Heather Centre, Warriewood. Bookings essential: 88775304
• A free workshop on caring for your dog on Wednesday 28 March from 10.30am to 1pm at the Nelson Heather Centre, Warriewood. Bookings essential: 9770 1226.
• Nelson Heather Centre Open Day on Thursday 29 March from 10am showcasing the extensive range of activities on offer at the centre. Enjoy a fashion parade and sample a delicious two-course lunch for only $5. Bookings essential: 9913 2522.
• Sailing for beginners with Sailability Pittwater on Wednesday 28 March between 1pm and 4pm. Crew with an experienced sailor in safe and unsinkable dinghies. Enquiries: 9451 9074.

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

Pam Bayfield's Inspirational Books:
Seniors Month 2012

Come With Me

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

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

Challenging Lives

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

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

Knees Up Mother Brown
How to Get New Knees and Survive

DO YOU NEED NEW KNEES? WANT TO KNOW MORE?

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

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

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

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

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

Pam Bayfield Profile

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

HEARTMOVES — Heart Foundation

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

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

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

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March 25 -31, 2012: Issue 51

Avalon Golf Course Bush Regeneration

From Marita Macrae

African Olive is a subspecies of the fruit-bearing European Olive but its fruit are tiny. Spread by birds, it has become a noxious weed around Avalon. Its epicentre is (or was) Avalon Golf Course.

Since early 2007 ongoing removal of this pest has helped regeneration of valuable bushland on Avalon Golf Course, particularly along the Barrenjoey Rd edge. There you would have seen a perimeter hedge first of green, then dead African Olive. Now tubestock of local native plants have been planted to replace it. Surviving native trees and shrubs are freed of competition and are thriving.

The hard work is done by a bush regeneration contractor, funded by private donations and two grants to Pittwater Environmental Foundation from Caring for Our Country (Federal Government funds) through Hawkesbury Nepean Catchment Management Authority. Pittwater Council is organising the project.

Endangered Themeda Grassland (Kangaroo Grass) and Coastal Clay Heathland vegetation communities are on the site, containing some unusual plants: *Acacia leiocalyx*, which has a restricted distribution in Pittwater, as well as *Prostanthera denticulata* or Rough Mintbush.

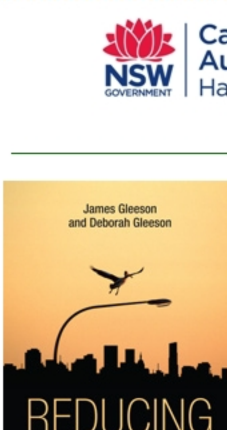
We are hoping to receive a grant for Stage 3 so we can continue the work.

Volunteers meet on occasional weekday afternoons to plant and weed along the road edge near Kamikaze corner. Like to help? Contact Karin Nippard Pittwater Council bushland officer on 99701363.

You can also help by making a tax deductible donation to Pittwater Environmental Foundation. See www.pittwaterenvironmentalfoundation.org.au email: or phone 9997 3459

The wattle *Acacia leiocalyx* is a small tree with rough dark bark and lemon-coloured spikes of tiny flowers that are not very fluffy. Leiocalyx means smooth flowers. This wattle is unusually long-lived. In Avalon in 1980, opposite the golf course on the road reserve were three mature trees. The last has just died 32 years later, perhaps because of wind or mower damage. It would have horticultural potential if we could collect seeds, but these have been hard to find. There are a lot of plants in the golf course out of sight of the road, so it must set seed sometimes.

Catchment Management Authority Hawkesbury–Nepean



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

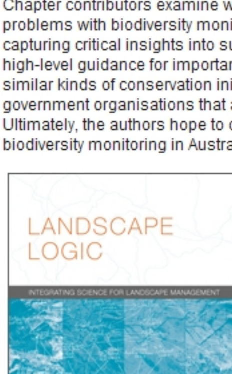
"This book should not be on the shelf of every ecologist, consultant or developer – it needs to lie open on their desk, sit at the top of their field bag and be widely discussed around the lunch-room table. Indeed – if your copy is not dog-eared and well-worn, you are clearly not doing your job properly!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

Dr Rodney van der Ree, Deputy Director of the Australian Research Centre for Urban Ecology, Royal Botanic Gardens Melbourne

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

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

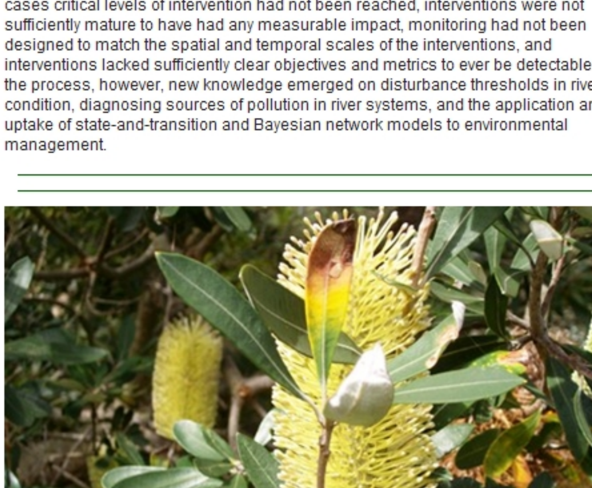
Ecological and biodiversity-based monitoring has been marked by an appalling lack of effectiveness and lack of success in Australia for more than 40 years, despite the billions of dollars that are invested in biodiversity conservation annually. What can be done to rectify this situation?
This book tackles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



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

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

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



Pittwater's Environmental Foundation

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

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

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

Coastal Environment Centre

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

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

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

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

HERE

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**

CLIMATE ACTION PITTWATER

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

florabank

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

PITTWATER COUNCIL

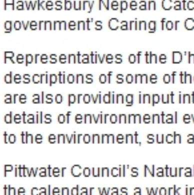
ONLINE BIODIVERSITY CALENDAR A FIRST

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.

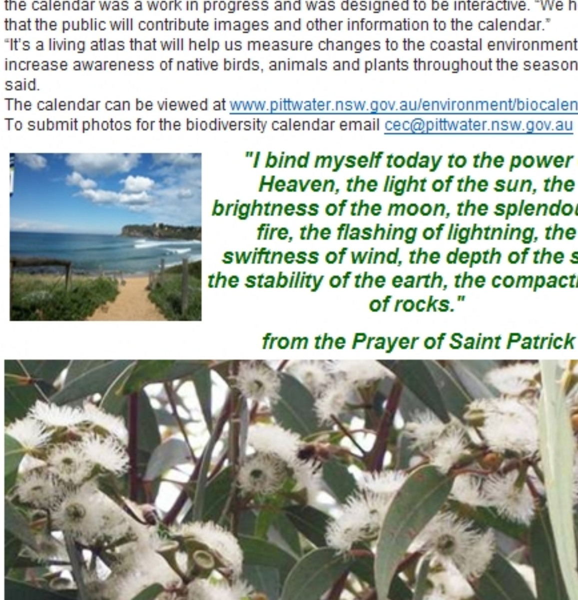
Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather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



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

from the Prayer of Saint Patrick



PITTWATER COUNCIL

WONDERS OF WARRIEWOOD WETLANDS

Pittwater Council is inviting residents to experience **the wonders of Warriewood Wetlands on** Sunday 1 April from 9am to 12 noon. Natural Environment & Education Manager Mark Beharrell said the Warriewood Wetlands, covering an area of 26 hectares, was the largest remaining sand plain wetland in northern Sydney.

"It contains several endangered ecological communities including the Sydney Freshwater Wetland and Swamp Sclerophyll Forest," he said. "The event is an opportunity for all the family to enjoy the natural environment of the wetlands."

Participants will be able to join in some planting and weeding, along with learning the art of dip-netting for insects, fish and frogs. The event will also involve water quality testing and an opportunity to meet some of the dedicated bushcare groups who care for this significant site. The event has been made possible with the assistance of a grant from Sydney Metropolitan Catchment Management Authority.

Participants should wear comfortable shoes, appropriate weather gear, sunscreen, hat water and insect repellent and bring a camera and binoculars if they wish. The event is suitable for the whole family, but children under the age of 12 must be accompanied by an adult.
Meet at Katoa Close, Warriewood. Bookings are essential and can be made online at www.pittwater.nsw.gov.au/cecbookings For more information about the event call Lavinia on 9970 1365.

Naturally : This Week

Careel Creek: Wednesday at dusk

Flowered Pittwater; Early Autumn

PITTWATER COUNCIL

PITTWATER-WIDE SURVEY OF WATERBIRDS

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

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

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

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

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

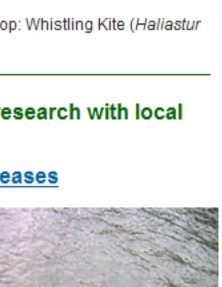
Common species such as ducks, cormorants, herons, ibis, pelicans and gulls will be assessed but the survey team are also hoping for sightings of rare species such as the Whistling Kite and the Mangrove Gerygone.

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

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

New coastal website linking local research with local councils

From CSIRO Media Releases



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

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

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

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

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

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

Australian farmers and scientists share cotton lessons with West Africa - Fed. Govt. Pres Release regarding this on Community News page this week.

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

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

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

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

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

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

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

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

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

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

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

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

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

Emu
Volume 112 Number 1 2012

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

How Green is a Spotted Gum when Wet?

Marine and Freshwater Research
Volume 63 Number 3 2012

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

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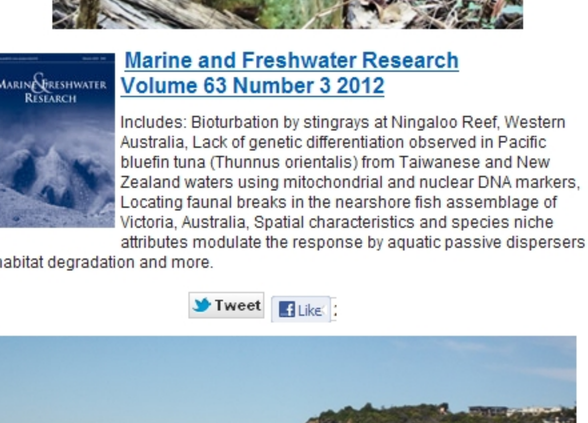
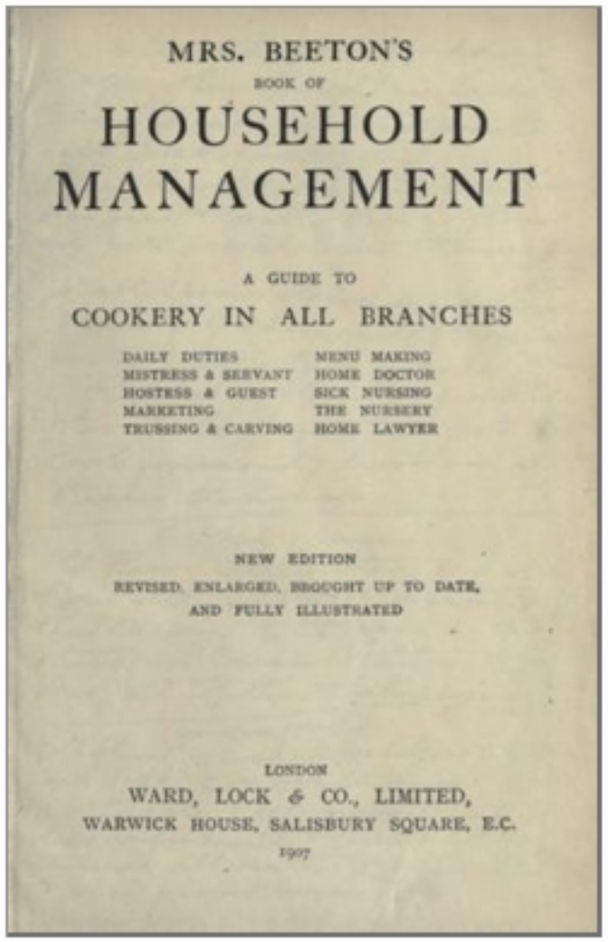


Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it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

Sydney Harbour Foreshore Authority Carbon Footprints Document

March 25 -31, 2012: Issue 51

Mrs. Beeton's household management : a guide to



MRS. BEETON'S
BOOK OF
HOUSEHOLD
MANAGEMENT

A GUIDE TO
COOKERY IN ALL BRANCHES

DAILY DUTIES	MENU MAKING
MISTRESS & SERVANT	HOME DOCTOR
HOSTESS & GUEST	SICK NURSING
MARKETING	THE NURSERY
TRUSSING & CARVING	HOME LAWYER

NEW EDITION
REVISED, ENLARGED, BROUGHT UP TO DATE,
AND FULLY ILLUSTRATED

LONDON
WARD, LOCK & CO., LIMITED,
WARWICK HOUSE, SALISBURY SQUARE, E.C.
1907

Mrs. Beeton's household management : a guide to cookery in all branches : daily duties, menu making, mistress & servant, home doctor, hostess & guest, sick nursing, marketing, the nursery, trussing & carving, home lawyer (1907)

Author: Beeton, Mrs. (Isabella Mary), 1836-1865, Publisher: London : Ward, Lock

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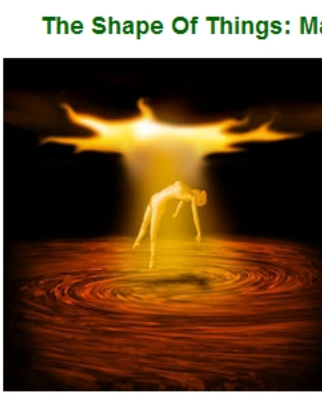
March 25 -31, 2012: Issue 51

The Shape Of Things: March's Aries New Moon



A man's country is not a certain area of land, of mountains, rivers, and woods, but it is a principle; and patriotism is loyalty to that principle. **George William Curtis**

Socrates said he was not an Athenian or a Greek, but a citizen of the world. **Plutarch**

He who has an art has everywhere a part. **Romanian Proverb**

I have never belonged wholeheartedly to a country, a state, or to a circle of friends, nor even to my own family. **Albert Einstein**

All the world is a stage, and all the men and women merely players. They have their exits and entrances; each man in his time plays many parts. **William Shakespeare**

As a woman I have no country. As a woman my country is the whole world. **Virginia Woolf**

He worked like hell in the country so he could live in the city, where he worked like hell so he could live in the country. **Don Marquis**

This has been a particularly Uranian time that we've been experiencing - for some months. The energy has been electric, confused, pushy and yet slow, somehow organized and then somehow deranged, and, generally, all over the shop (especially so with Mars retrograde in Virgo since January 25).

Uranus has been in high focus for quite a long time and its energy can have people not sleeping, being able to rest, make decisions that will stick, or, there can be the feeling of being an alien in a strange land with nowhere to dock. I know that many are feeling this. Uranus is like a big pair of metal bolt cutters - it can be very decisive and yet somehow cruel in action as it cuts through the crap to the core of things on the one hand, and, glances off the surface of things in its rather uncommitted and uncaring way. Confused? Many would answer yes. Sure of the future? Many will say no. One thing is for sure, we are being asked to determine our place in the scheme of things - how do you, or others, fit in? How do you see your cameo, or outline, what would you write up about yourself?

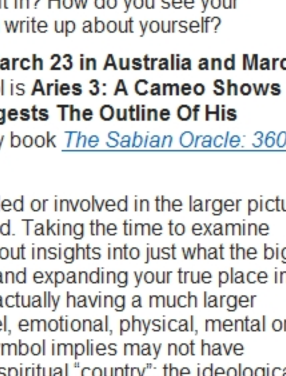
The Aries new Moon falls on March 23 in Australia and March 22 in the US. The Sabian Symbol is **Aries 3: A Cameo Shows The Profile Of A Man That Suggests The Outline Of His Country.** The following is from my book *The Sabian Oracle: 360 Degrees Of Wisdom*

There's often a need to feel included or involved in the larger picture in order to feel "whole" or accepted. Taking the time to examine your place in society can bring about insights into just what the big picture is for you. Understanding and expanding your true place in the scheme of things can lead to actually having a much larger 'Profile'. This could be on any level, emotional, physical, mental or spiritual. The 'Country' that this Symbol implies may not have national boundaries. There is the spiritual "country"; the ideological "country", even past life "countries". There are some people who find their roots in a mixture of these places, or realities, and don't actually feel a belonging to their actual 'homeland'. The sense of having a place is often deep-seated and truly found in the individual's belonging to the essential self. How do you, and others, fit into this situation? Does your 'Profile' define you in a different way from what you'd like, or are you happy with the outline of your image? Picture who you want to be or what you want out of life. Using a pen and paper, draw your 'Cameo' or just picture what the outline of your 'Country' should be, as it could be an interesting exercise. We are what we believe we are. What face are you showing to the world?

Keywords: Observing one's limitations. Living a life that is large. Atlases and maps. Standing by one's self. Allegiances with creed, religion, race or country. Nationhood. Brotherhood. The land. People in uniforms of any kind. The face of fighters who fought 'the good fight'. Borders and limitations to activity. Identification.

The Caution: Stereotyping one's self or others. Blindly following the dogma of parents, government or officials. Not seeing the true essence of one's self. Expecting to fit into some "shape" or model. Becoming identified with externals. Seeking recognition from others.

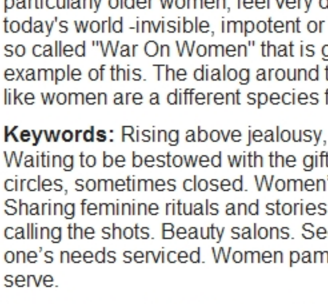
So, the Sun and the Moon are both on Aries 3. Uranus is on Aries 5 and both the Moon and the Sun will transit over Uranus in the hours and days following the new Moon. It seems that Uranus is showing the way some are coping (or not coping) with things at the moment. The Sabian Symbol is **Aries 5: A White Triangle Is Seen; It Has Golden Wings.** This is a beautiful Symbol that indicates that you don't have to feel stuck in the present situation – you can rise above it to something more spiritual, beautiful and joyful. It can picture an eagerness for spiritual integration. At this time there may be a need to not ground your visions, but allow them the free flight of imagination. However, the drive for spiritual integration or the longing for ecstatic experiences can cause a feeling of being out of touch with reality. It is important to persevere through any feelings of disorientation until a new sense of balance is discovered - then the grounding of your vision (or situation) can take place naturally.



Uranus seems to be suggesting that we take an elevated view of things, let things take their wings and to let go and let God in some sense, all the while still managing to steer your life in the desired direction. Challenging? Yes, you bet, but there are many who will cut ties with the past, move on, get rid of excess baggage and generally be free to start afresh. After all, this is the beginning of the zodiacal year and new beginnings are on the cards for many.

Mercury is retrograde ('wretchrograde'!?) on Aries 1: A Woman Emerging From the Ocean. So, there's an emergence taking place, but with Mercury retrograde, it's in the works, perhaps it's an ongoing project or one that hasn't quite got it's cameo (or outline) yet. Aries 1 is a wonderful degree of giving birth (yet again) to one's self, gaining a sense of one's feet and voice and finding the place where one belongs. It really fits in well with the Symbol for **Aries 3: The Cameo Profile**. Mercury goes into direct motion on April 4, so there can be frustration around as we can feel held back from actually moving forward ourselves.

Mars is also retrograde - in Virgo (it went retrograde on January 25). It's been a long, slow, hard grind in many respects and Mars is not particularly comfortable in Virgo. He doesn't like being so particular, picking up after himself, or being picky in general. Mars would rather just get on with things than stand around (or go backwards!) analyzing and sizing things up. No, he'd rather be racing full steam ahead. Mars goes pro grade (forward) on April 14, so it could be time to throw a Mars party :)



Mars is on Virgo 7: A Harem. This is a great degree of sister and brotherhood and people working together towards a common goal. However, it can also show a feeling of being unimportant, past one's prime, not the main attraction (being passed over for others), not having a place or a sense of authority. It can show working hard without getting much in return, getting lost in the crowd or being irrelevant. Many woman, particularly older women, feel very disaffected and alienated from today's world -invisible, impotent or only there to serve others. The so called "War On Women" that is going on in US politics is a good example of this. The dialog around this is astounding; it is almost like women are a different species from men.

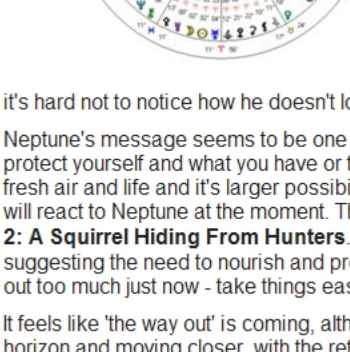
Keywords: Rising above jealousy, arrogance and passion. Waiting to be bestowed with the gift of being "chosen". Women's circles, sometimes closed. Women's groups. Working together. Sharing feminine rituals and stories. Egyptian tales. One person calling the shots. Beauty salons. Seduction of the senses. Having one's needs serviced. Women pampering each other. People who serve.

The Caution: Being just one of "the mob". Assuming the right to dominate others or those in less powerful social circumstances. Not having a sense of personal importance. Mistrust of other women. Seeing them as competition. The spread of socially unacceptable diseases. Locked doors.

Smack opposite retrograde Mars is Chiron on Pisces 7. This is a big opposition that speaks of issues of fairness, equal rights, feeling displaced, hurt, left out, bruised by life. Just Mars and Chiron opposing can bring up those issues, but combining these particular Symbols makes it even stronger. Chiron (which I see very much not only as the Wounded Healer, but also The Stories We Tell Ourselves) is on **Pisces 7: Illuminated By A Shaft Of Light, A Large Cross Lies On Rocks Surrounded By Sea And Mist.**

Keywords: Renewed dedication after loss. Looking for signs of hope and recovery. Coming to terms with loss or failure. Rocks, mist, howling winds on coasts. Crosses of faith. Important and substantial sacrifices. Being devastated by events. Being in the "spotlight" in difficult times. Finding the way through the dark. The need for sacrifice. Alternative religions. Stepping outside religious boundaries.

The Caution: Lost faith. Hopes dashed. Giving up. Being shattered by the constraints of life. Depression. Feeling like one is being sacrificed, sometimes for nothing. Unable to see through the fog. Scorn, persecution and attack because of religious or social reasons. Hopelessness. Things grim, dark and foreboding.



*For those interested, the above **Cross Shattered degree is the Chiron of Princess Diana** = now is her Chiron return. **Her Pluto was directly opposite her Chiron**. Pluto was on **The Harem degree.** Quite the opposition in her life. I wonder if more is going to emerge about that story. Certainly Prince Harry is in the news a lot lately and it's hard not to notice how he doesn't look like Prince Charles' son.*

Neptune's message seems to be one of choosing to hide away, protect yourself and what you have or to come out into the sunshine, fresh air and life and it's larger possibilities. It is hard to say how we will react to Neptune at the moment. The Sabian Symbol is **Pisces 2: A Squirrel Hiding From Hunters**. Neptune here may be suggesting the need to nourish and protect yourself and not to reach out too much just now - take things easy or as they come.

It feels like 'the way out' is coming, although I suspect it is on the horizon and moving closer, with the retrogrades and all. It seems as if help is coming as Saturn is (retrograde) on **Libra 28: A Man Alone In Deep Gloom. Unnoticed, Angels Are Coming To His Aid.**

Keywords: Feelings of not being alone. Awareness of spiritual help in times of need. Salvation versus depression. Feeling like one's luck is about to change. Improvements in the pipeline. Changes in the "weather". Helpers arriving just when they're needed. Brightening influences. Angels and spiritual forces for good.

The Caution: Unrealistic reliance on spiritual agencies or help from others. Feeling like no one cares or that no one is listening. Being alone and forgotten. Losing faith in things getting better. Refusing help. Misery and gloom and doom.

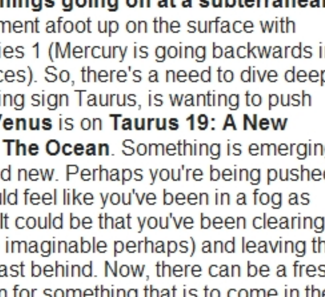
Whether you are the 'angel' or others act in this way for you, it helps to imagine that the angels are arriving, although Saturn could have many wondering how on earth it could happen. As we know in a world of possibilities, something could just pop out of the works at just the right time. With Saturn here, I don't think it's a case of just waiting for something to arrive - no, it feels more like one could be rewarded for the hard work, application and faith that they've put into the situation.

The trick is that many may want to 'go on strike' in some way or measure. **The Moon's south node** is on **Gemini 8: Aroused Strikers Surround A Factory.**

Keywords: Bargaining to find more equitable solutions. Demanding better rights and conditions. Comradeship. Disruption of the normal flow. Not wanting to contribute or work. The need to take time out to consider one's position. Taking action or refusing to act. 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 of situations because of one's actions or attitude. Being left out in the street. Greedy behavior. Asking for more than one's share. Being overworked and underpaid.

It seems that things are brewing - particularly with the retrogrades of Mercury, Mars and Saturn - and the Moon's north node is confirming the energies. It's on **Sagittarius 8: Deep Within The Depths Of The Earth, New Elements Are Being Formed**. This speaks of deep and yet often seismic shifts going on deep within. In fact, there may be far more going on down below the surface than is apparent from surface realities or evidences.



The north node indicates things going on at a subterranean level, but there's more movement afoot up on the surface with Mercury retrograding over Aries 1 (Mercury is going backwards into the realm of the 'ocean' - Pisces). So, there's a need to dive deeply. It seems that Venus, in it's ruling sign Taurus, is wanting to push forward with her objectives. **Venus** is on **Taurus 19: A New Continent Is Rising Out Of The Ocean**. Something is emerging and it feels fresh and alive and new. Perhaps you're being pushed into a new reality and you could feel like you've been in a fog as emergence has taken place. It could be that you've been clearing out your closets (in every way imaginable perhaps) and leaving the dross and the weight of the past behind. Now, there can be a fresh slate, but is this in preparation for something that is to come in the future? If so, it's good to be prepared. After all, there is a lot of retrograde energy around... still, this is an Aries new Moon and the push is there, it's just that we're being pushed in so many different directions that one can end up feeling discombobulated in the process. Uranus has a way of stirring things up, freaking us out, breaking down barriers, and, sometimes, causing barriers through selfish, ill considered or reactionary behavior.

Keywords: Enormous potentiality emerging. New trends and ways of being. Sudden eruptions of talent or fields of endeavor.The greenhouse effect and global warming. Atlantis and other ancient underwater cities. Evolution. Patience. Developing slowly but surely. Emerging generations of people. New environments.Things feeling suddenly foreign. The birth of a nation.

The Caution: Continually seeking "new worlds" rather than finding a place in the existing one. Not taking responsibility for the birth of the new. Not showing respect for the old or established.

It's interesting to note that the new Moon degree is A Cameo Shows The Profile Of A Man That Suggests The Outline Of His Country and Venus is A New Continent Is Rising Out Of The Ocean. With the retrogrades at the moment, you may feel in a liminal period (kind of like a state of suspended animation) and wondering when things are going to actually break through. It can feel like you've been catapulted to go forward, but a big elastic band is snapping you backwards. Mercury going direct in the first week of April will see things freeing up somewhat and then Mars will go direct on April 14. This should get things going after a period of adjustment as things really start falling into place.

Jupiter seems to be showing us the dream, or the wishes for things or people or events in one's life. The Symbol is **Taurus 12: A Young Couple Walk Down Main-Street, Window-Shopping.**

It may feel like one is taking two steps forward and one step back - but perhaps that's ok for these times.

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

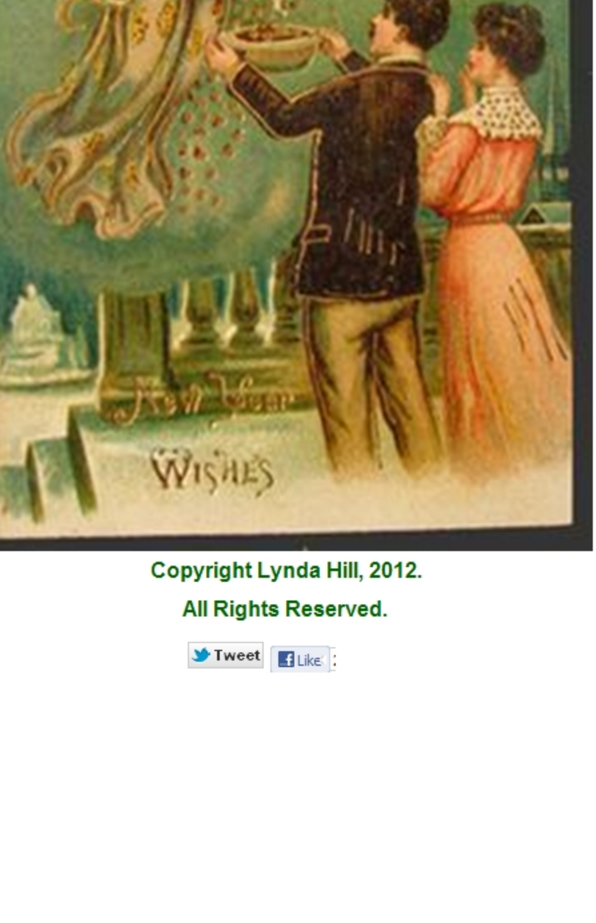
For a limited time, Lynda is offering mini-readings at a special price!

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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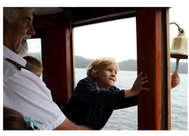
March 25 -31, 2012: Issue 51

Clareville Waterways Excursion Years 1 & 2 of Maria Regina Avalon on MV Reliance

22nd of March, 2012.

All photos by and courtesy of Peta Wise

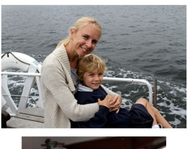


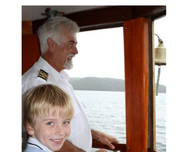
On a misty morning in Pittwater the *MV Reliance* had the privilege of hosting onboard 51 students (years 1 & 2) and 17 adults from the Maria Regina School Avalon for 3 short cruises from Clareville Beach as part of their waterfront excursion.

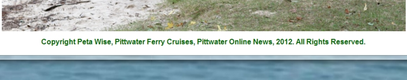
The brief was to explore the working side of Pittwater and we were able to on this 93 year old locally built Timber Estuary Ferry the MV Reliance. This classic old lady circumnavgated Scotland Island successfully with the assistance of 51 junior captains! The course was somewhat erratic, the bell got a proper work out and all enjoyed the experience and charm of the Reliance and were able to sight Slipways, Working Barges, the Fireboat, Water Taxi, Commuter boats, Public Wharf's and the many Jetty's and boat sheds that border the southern shores of Pittwater. All students were able to have a go at the helm wheel), supervised by Ferry Master Mark, Staff and Parents.

Bravo to the Staff of the school for the confidence and dealing with Work Health and Safety issues so this could happen and a valuable learning experience had by all

Pittwater Ferry Service: http://www.pittwaterferry.com.au/







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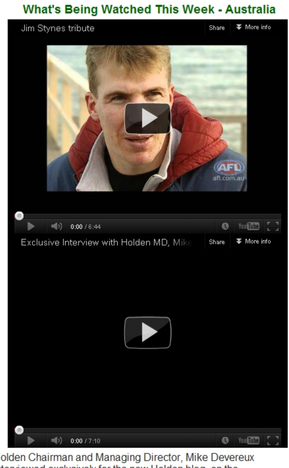
Pittwater Online News

March 25 -31, 2012: Issue 51

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

What's Being Watched This Week - Australia



Holden Chairman and Managing Director, Mike Devereux interviewed exclusively for the new Holden blog, on the announcement that Holden will make a $1 billion investment in two all-new cars to be manufactured in the second half of the decade.

The next-generation program is a 10 year vehicle development and manufacturing program, supported by a $275 million co-investment program from the Australian and South Australian Governments.

Holden Blog at: www.HoldenHQ.com.au

And a Few Visual Celebrations

March HarperCollins Competition

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

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

Photo competition

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

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

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

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

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

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

Links for cloud enthusiasts

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

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Surfers stand up to be counted

World champion surfer Tom Carroll and current world number one Taj Burrow have overnight (20.3.2012) joined with other Australian surf legends to protest against oil drilling off Margaret River and support marine sanctuaries for the southwest.
Joining together before the Margaret River Pro 2012 got underway, eight of Australia's surfing champions - including two-time World Champion Tom Carroll and local legend Dave MacAulay – called on Federal Environment Minister Tony Burke to refuse oil drilling leases on the Margaret River coast and protect the iconic region in marine sanctuaries.

Photo at Surfers Point, Margaret River (from left to right): Tom Carroll – two-times World Champion and three times pipe master, Tom Whitaker – Margaret River Pro winner 2008, Dan Ross - Margaret River Pro winner 2009, Paul Paterson – Big Wave Champion, Dave MacAulay – Former World number 3 and WA legend, Jake Paterson – Pipeline Master, Former World number 5, Kieran Perrow – Pipeline Master and current World number 13, Dino Adrian – Pipeline Master

The surfing champions consider Margaret River to be a global icon for surfing and are alarmed at how vulnerable the coast is to the threat of oil drilling and spills after the Government 2 years ago declared a new oil lease just 80 kilometres from Margaret River.

"Overseas, I've had globs of oil stuck on my feet making things pretty awful. To come back home here and know that you are always on beautiful waves in a pristine environment is pretty special. It's hard to believe oil drilling is even being contemplated." Dave MacAulay said.

Events like the Margaret River Pro, which is a magnet for tourism and a boost for the local economy, would be at risk if an oil spill happened. Modeling using CSIRO developed software has shown an oil spill in the Margaret River Oil lease could see oil on beaches from Perth to Margaret River.

"The Federal Government has so far failed to act on ongoing community outrage about the proposal for oil drilling off Margaret River." Tim Nicol from the Conservation Council of WA said.

The Margaret River Pro, formerly the Margaret River Masters, attracts up to 200 of the worlds best surfers and is considered one of the world's most prestigious international tournaments. It is part of the Association of Surfing Professionals world tour.
For our oceans,

David Mackenzie
And the team @ Save Our Marine Life
www.saveourmarinelife.org.au

Is your garage door boring?

C/- W.A.G.

Are you fed up with looking daily at your boring garage door? Just stick a new decal on your door! You should see the looks on the face of your neighbours!

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Remember, these are garage door posters!

See More at: https://www.style-your-garage.com/en/Garage-poster/ NB: There may be Restrictions on what you can display on the exterior of your premises. We bring these as a bit of fun !

Pittwater Online News

Church 24, 25, 26/11 Xmas Tree

PITTWATER COUNCIL 20 YEARS

FUN APPEL HOLIDAY ACTIVITIES FOR KIDS

Pittwater Council's Coastal Environment Centre (CEC) has developed a fun and interactive program for children during the April holidays on the Coast (Mon-Fri) and Creeks (Tues-Thurs) from 10.30am-2.30pm with Bush Tucking 16 April to Friday 26 April.

Join Bronwyn Appel, Bush Tucker Expert, Bush Medicine Expert, Coastal Expert and the Wildlife Unit on Aboriginal Heritage & Living, Hunter Gatherers and Crazy and Wild Animals.

Bronwyn Appel is a Bush Tucker Expert and has been working in the bush tucker industry for over 20 years. She has been a guest on Australian Story, Totally Wild, Totally Wonderful and Totally Spectacular. Tools on the Coast is the ideal school holiday experience for children to learn about the coast and the tools that were used by the Aboriginal people to survive.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $10 per child per session. Bookings are essential as numbers are limited. Please call the Coastal Environment Centre on 9970 7810 to book your child's place.

Working parents who require extended care for their children can also contact the Coastal Environment Centre for details of Out of School Hours Care (OOSH).

The CEC is located at Palmoa Park, Lake Park Road, North Narrabeen. Directions: Turn off Pittwater Road at the Lake Park Road traffic lights and follow the road to the end. Parking is available at the CEC.

For full program details and www.pittwater.nsw.gov.au/children

Bookings are now open for Pittwater Council's Coastal Care program viewing from Tuesday 16 April until Friday 26 April inclusive. Coastal Care is a fun and interactive program for children during the April holidays on the Coast (Mon-Fri) and Creeks (Tues-Thurs) from 10.30am-2.30pm with Bush Tucking, Aboriginal Heritage & Living, Hunter Gatherers Spoon Knife School on Narrawa Street, North Narrabeen.

Join Bronwyn Appel, Bush Tucker Expert, Bush Medicine Expert, Coastal Expert and the Wildlife Unit on Aboriginal Heritage & Living, Hunter Gatherers and Crazy and Wild Animals. Tools on the Coast is the ideal school holiday experience for children to learn about the coast and the tools that were used by the Aboriginal people to survive.

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EASTER HOLIDAY FUN

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Between Worlds

"Between Worlds" is an exhibition of meditative works of art

The most acclaimed modern artists of the 20th century have been inspired by the Buddhist tradition. Many of these artists have been influenced by the Buddhist principles of meditation and mindfulness. Some have practiced meditation themselves, while others have been inspired by the ideas and images of Buddhism.

Between Worlds is an exhibition of meditative works of art by Australian artists Jenny Sages, Ian Fairweather, Arthur Boyd, Sidney Nolan, Brett Whiteley, Peter Upward, Peter Kingston, Peter Sharp, Ken Reinhard, Jeffrey Smart, Ray Crooke, Margaret Preston, Roland Wakelin, Grace Cossington Smith, Ian Sprigg, Ian Fairweather, Jon Molvig, Jeffrey Makin

March 25 -31, 2012: Issue 51

CAHILL'S RESTAURANTS

by George Repin

The Cahill's restaurants in the inner city area of Sydney were well known not only to those seeking a well presented, although not too expensive, lunch or a pre-theatre dinner served in pleasant surroundings but also to generations of children for whom being taken to Cahill's for afternoon tea was a "treat". They also provided a popular meeting place for the ladies.

The main restaurant, on two levels next to the old Theatre Royal opposite Usher's Hotel in Castlereagh Street (between Martin Place and King Street – both buildings now gone), was warm and inviting, with timber furniture and wall panelling, and the golden glow of carefully planned lighting. An attractive display of chocolates and other Cahill's products in the shop-window helped to entice customers from the street. Other locations included "The Tudor", decorated in a style consistent with its name, in a Martin Place basement and a ground floor shop in George Street near Market Street

The chain, a feature of the city from the thirties through to well into the sixties, was operated by a brother and sister, Reg and Theresa Cahill. Reg tended to work behind the scenes. He is said to have been the first restaurant operator in Sydney to recognise the potential of *Coca-Cola*, which he imported in the early thirties. He established a factory in the South Sydney area where hand-dipped chocolates sold under the Company's name were produced. Sauces, bakery products and other items for use in the restaurants and for over-the-counter sales were made in the factory. Cahill's Caramel Sauce, lavishly poured over the "ice cream cakes" which were so popular with school children taken by doting parents to Cahill's, was an outstandingly successful product. It was bought for use by other restaurants and cafes.

An associated company, Cahill's Theatre Services Pty Ltd, managed by Jim Mason, employed the "lolly boys" who raced into movie theatres at interval to sell chocolates from trays, and ice creams from insulated boxes, suspended by leather straps across their shoulders.

Theresa doing her regular rounds of the shops, was instantly recognisable walking with determination along the city pavements, a slim figure always dressed in dark colours, "sensible shoes" and a hat. She was dedicated to the maintenance of the quality of food and presentation in the restaurants, enjoying in her task the assistance of a delightful Canadian gentleman, Fred Mara.

A Swiss, who had started as a young man in the kitchens, Max Sturzen was the General Manager in the later years. It was his recognition of changes in the Sydney scene, particularly the growing interest in wine among young people, which led to Cahill's opening a number of small bistros where office workers, mainly women, could meet after work in pleasant surroundings, instead of in pubs. Cahill's opened a number of such businesses in quick succession – in King Street, in Park Street and at Circular Quay.

The death of Reg Cahill, Max Sturzen's return to Europe as a sick man where he died at a very early age and the dramatic increases in rentals for space of the type and size required by restaurants like Cahill's contributed to their disappearance from the Sydney scene.

Pamphlet, advertising, 'Cahills Restaurants and Taverns', Australia, 1974Image No: 91/1172 Read more:

http://www.powerhousemuseum.com/collection/database/?irn=111737#ixzz1oqFcoKMU

Opening night, "Hollywood Hotel Revue" (taken for Fuller's Theatres Ltd. Theatre Royal) 1939.Home and Away - 18059, No.hood_18059

Two unidentified women and an unidentified man seated in a booth at Cahill's Restaurant, Sydney, 1963 / Ern McQuillan

Sydney Morning Herald Advertisement for Cahill's Restaurants, Saturday 11th of May, 1946.

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Images; of Collectors Pipes and *Delightful dissipation.*-the ladies' opium-smoking club, **Police News, April 21, 1877**. Courtesy State Library of Victoria

Silver Opium Pipe circa 1850 (?) to 1899

Recently a discovery was made in an attic of this opium pipe. The house is over a hundred years old. The pipe is said to come from the Braidwood area originally where relatives of the re-discoverer had a farm with frontage to the Mongarlowe river. In 1851 gold was discovered along and in this river and attracted Chinese peoples along with other settlers. By 1861 there were an estimated 13, 000 Chinese people newly arrived from China (some sources state migrants came mainly from Kwangtung, now Guangdong) in NSW and around 12, 000 of these were on goldfields.

The markings on the base of the pipe and on the inner lid of its opium storage vessel may predate when silver was exported from China to the world and their adoption of incorporating or copying English style silvermarks for this trade around 1775 or, as is more likely, it was made solely for a Chinese market and brought to Australia by a hopeful Chinese miner.

Until 1906 opium was legal in Australia and could be purchased from a grocery store. After it was banned the trade was driven underground and persists in other opiate forms even today. Laudanum was a popular form of using this drug during the Victorian era and was prescribed for everything from headaches to tuberculosis with patients quickly becoming addicted.

The markings or stencils on this pipe are poppy motifs from which opium is derived. The weight of the pipe itself is close to a kilogram and as silver currently sell for around $28.00 an ounce it could be worth as much in weight as it may sell for to a collector. The purity of Chinese silver forms part of an assessment of worth.

The second opium pipe here was found only a few years ago and is made of brass. The motifs on its sides place are Chinese and the symbols on the other side, a sage with a dragon-head shaped staff, deer, peach tree and crane are all symbols of longevity, happiness and good health as opium was considered to produce longevity in times where diseases such as cholera were rampant, often causing death, were treated with opiates. Opium causes anyone too look old beyond their years and emaciated through continuous use. This pipe would be worth between $100 and $150.00 if resold.

The motifs on this one are the ancient Chinese Taoist god of long life and luck. Called Shou-lao, the popular name of Shou-xing, the stellar deity of longevity or 'Old Man from the South Pole' he also usually depicted with a deer, dragon headed staff and crane. Pne trees and peach trees in blossom are also familiar parts of his motifs . The Deer are the mount of Shou-lao, and the only animals capable to find the plant of mortality, "ling-chih" said to grow in the base or between the roots of certain pine trees. In the late Song Dynasty (960-1127 CE) stories about an "Old Man from the South Pole" arose in which this man gained certain powers from a so called "Old Man Star" entity among them the power of long life. The pair of cranes symbolize happiness, fidelity and longevity. The peach tree (or pine tree), in Chinese medicine, many curative qualities and is therefore associated with longevity. The dragon shaped staff is a symbol of spiritual power.

Further;

Laudanum. (2012, March 6). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Laudanum&oldid=480468362

Guangdong is a province on the South China Sea coast of the People's Republic of China. The province was previously often written with the alternative English name Kwangtung Province.

Dickens, Coleridge, Carroll, Columbus, Shelley opium addicts

Wilton, J 2004, *Golden Threads: The Chinese in Regional NSW*, 1850 – 1950, New England Regional Museum & Powerhouse Museum Publishing.

Chinese Buddhism by Joseph Edkins [1893]: http://www.sacred-texts.com/bud/cbu/index.htm

MINING GOLD AT BRAIDWOOD From; http://www.argylecounty.com.au/towns/braidwood.html

Opium smoking associated with longevity: FROM The American journal of the medical sciences, Volume 10 By William Merrick Sweet, Southern Society for Clinical Investigation (U.S.), Daniel and Eleanor Albert Collection 1832. Retrieved From: **Here**
Extract below

MEDICAL JURISPRUDENCE. ,

43. On the influence of Opium-eating on Health and Longevity.—A recent trial at Edinburgh, arising from the refusal of a life insurance company to pay a certain-sum,-which they had insured on the life of Lord Mar, on the ground principally, that the insured Was in the regular practice of using laudanum to excess at the time he effected the insurance, has elicited from Dr. CBKISIISOX some interesting remarks in our cotemporary, the Edinburgh Medical and Surgical Journal, for Jan. last, on the-question, whether the habit of opium-eating is detrimental to health and longevity•? In the trial referred to, several physicians were examined, who all considered the Habit very injurious;, but few special facts were known to the witnesses, and these few rather -countenanced the supposition, that a fair proportion of opium-eaters reach an advanced age.

"It does not necessarily follow," says Dr, Christison, "that the habitual use of narcotics must tend to shorten life. The practice of snuffing, smoking, or chewing tobacco, is not believed to have any such effect.' It is true, that the much more injurious and more permanent effects which every repetition of a dose of opium produces on*,the digestive, organs and on the nervous system, supply a stronger presumption of ultimate injury to life in the case of that drug, than exists in the instance of tobacco. But even these circumstances must not be too easily assumed as sufficient grounds for the belief that the practice of using opium in excess tends to shorten life. For it is well-known, that some disturbed states of the nervous system, such as hysteria, may exist for a long time, and that the functions of digestion may often be long and seriously disturbed by ordinary stomach complaints, without life being materially shortened. It is necessary then to appeal to special facts.

"I have not-been able to find any facts of the least value on the subject m medical records. The following eases, however, have been communicated to me by several of my friends, in whose information I can place reliance.—1. A young lady of five-and-twenty has taken it largely for fifteen years. It was first administered secretly by her nurse to keep her quiet and save trouble; and the unhappy lady was subsequently compelled to keep op the practice for her comfort. She enjoys good health.—. A female, a patient of mine in the Infirmary, a martyr to rheumatism, took it for ten years previous to her fortieth year, in the quantity of a drachm daily of solid opium. She then gave it up. Six months afterwards she was attacked with jaundice; subsequently she was several times severely ill of rheumatism; and she died in her forty-third year of consumption. This women, however, led a licentious life from an early period. —3. _A well-known literary gentleman, who has taken laudanum with some intermissions, for twenty years, and occasionally to the extent of nine or ten ounces daily, has now attained his forty-fifth year. He is spare in form, looks older than he is, but is capable of undergoing a good deal of bodily fatigue, and enjoys tolerably good health so long as he takes sufficient exercise. His allowance, when I had last an opportunity of conversing with him, was about nine drachms of laudanum daily.—4. A lady in this city, after drinking laudanum to excess for upwards of twenty years, died about the age of fifty. No information could be supplied of the disease of which she died.—5. A lady of the same age takes about .three ounces daily, and has used it for many years. She appears to enjoy good health-.—6. A lady, about sixty years of age, has taken it above twenty years, and is in good health.—7. A charwoman, who had been in the daily practice of drinking two ounces of laudanum-for many years, died at the age of sixty. The gentleman who has stated this fact, does not remember what disease she died of, although he dissected the dead body.—8. An eminent literary gentleman, I am informed, has been in the habit of taking laudanum since he was fifteen; and his daily allowance has sometimes been a quart bottle, (twenty-six ounces,) consisting of three parts' of laudanum and one of alcohol. Enormous as this dose may appear, Tarn assured the fact is Well-known to his acquaintances. He is about sixty years of age, and enjoys good health.—9. A lady of seventy,(now alive) has taken about half an ounce of laudanum daily, for nearly forty years. She enjoys tolerable health, and every year travels great distances to visit her friends*—10. Another woman of eighty died a few years ago at Leith, after taking about half an ounce of laudanum daily for nearly forty years; and she enjoyed tolerable health all the time.

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March 18 -24, 2012: Issue 50

Autumn Maintenance; Paths and Lawns

By Bruce Crutcher

Wow! What a wet summer we have had, and the rain is forecast throughout Autumn and into winter, though hopefully without the sheer volume of water we have had.

With all this rain, and some warm weather around lately, there is lots of green stuff growing quickly and in places around the house they shouldn't be. This article will show you a few products that will help.

With the house having been shut up to stop the rain, the moist air can often just hang around, especially in enclosed spaces such as closets and wardrobes. This can often lead to mould forming in these areas and possibly staining clothes, towels and curtains, and leaving a musty smell. There are a number of methods to remove the excess moisture in the house. The easiest is to use a product such as DampRid Moisture Absorber. This product uses crystals which absorb and lock in the excess moisture from the air.

Externally, many garden paths, walls, furniture, decks etc, may have a build up of algae, moss and mould. A great product available is "30 seconds". As the name suggests, it can get rid of this unsightly growth from ½ a minute for light growth and up to 15mins for heavy growth. For most applications you will only need to hose off the surface after treatment to bring it back to new looking!

Along with the grass, weeds also love the wet weather. Now is the time to treat your lawn and garden to remove clover, bindii and weeds, making sure of a couple of dry days. Yates Bindii & Clover weeder is a fantastic product which helps control these weeds in your lawn, without adversely affecting the grass (except Buffalo). Yates Buffalo Pro is the product to use on your buffalo lawn. To kill weeds in your garden, use a Glyphosate such as Yates Zero.

These products are all available at Johnson Bros Mitre. Please read the instructions prior to use and ask for advice from our helpful staff if in doubt.

Click on logo to visit their website

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