June 3 - 9, 2012: Issue 61

Shag on a North Avalon Rock - Rainy Saturday afternoon 2.6.2012

Past Features Archives

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Little Pied Cormorant - World Ocean's Day 2012

Ocean birds form a large part of life in Pittwater. Surfing with little penguins swimming nearby, white faced herons eyeing you as they fish in the shallows, sea eagles gliding slow circles above while deciding if you're food are sights and experiences you could never take for granted. This **Friday, June 8th, is** World Ocean's Day with a theme this year of *Youth: the Next Wave for Change* with the added message that 'the future is in our children's hands'. It's also in ours, right here, right now. One of the biggest threats to our sea birds is our rubbish, particularly fishing lines and hooks left on rocks, plastics and shining packaging that may look like fish when you're underwater and pouring chemicals down the drain. Since there's 35 000 of us in Pittwater, if we all pick up one piece of this during the coming week we'll all be doffing our caps to these fellow residents and having a bonus, perhaps unseen, Ocean Day Celebration.

Marine Biodiversity was the theme for this year's International Day for Biological Diversity held on May 22nd. This theme was chosen due to a recognition that protected area coverage for marine areas is minuscule compared to that for the world's land masses. *"Seabirds are a taxonomically varied group of nearly 350 bird species (around 3.5% of all birds) that depend on the marine environment for at least part of their life cycle. They are mostly apex-predators within the oceanic food chain and, consequently, key indicators of wider marine health. Over recent decades, the status of the world's seabirds has deteriorated, with several species slipping close to extinction. Human activities lay behind these declines—the introduction of invasive species has had a catastrophic impact on many breeding colonies, whilst overfishing has degraded the marine environment and caused the deaths of innumerable seabirds through accidental by-catch".*(Bird Life International. *Spotlight on Seabirds.* May 2012)

About our little feathered friend; the Little Pied Cormorant *Microcarbo melanoleucos,* also called a 'Shag', is entirely black above and white below. The face is dusky and, in adult birds, the white of the underside extends to above the eye. Immature birds resemble the adults except there is no white above the eye. The Little Pied Cormorant was originally described by French naturalist Louis Jean Pierre Vieillot in 1817. Its specific epithet is derived from the Ancient Greek words *melano-* "black", and *leukos* "white". Little Pied Cormorants are benthic feeders, (they find prey on the sea floor.) It is a solitary feeder, normally diving in relatively shallow water close to shore. Dive times are short, around 15 to 20 seconds, with recovery times on the surface of 5 to 10 seconds unless prey are being swallowed. They consume a variety of fish and a high proportion (nearly 30% by weight on average) of crustaceans form part of their diet during the winter months. This one may well be resting from a lunch crab feast. Cormorants do not have oils in their feathers and must spend time drying themselves after each feed. Their size range is 50 cm to 66 cm. They are found throughout Australia and are quite social, readily mixing with the similarly proportioned Little Black Cormorant, *P. sulcirostris* as well as their fellow Little Pied cormorants.

Spring and Summer are their love months and they make a low cooing during courtship. They breed more commonly in colonies although single pairs are not unknown. Their nests are flat platforms of sticks lined with fresh green leaves and usually placed in a tree. Both adults share in egg incubation and care of the young. Their clutch size is usually 3-4 young and chicks have dark brown down, with pied morph having patches of paler down. Immature birds are a dull blackish brown, with pied morph birds having paler underparts.

It is thought that the cormorants have been around since the time of the dinosaurs. The *Gansus yumenensis,* the earliest modern bird, shared many characteristics with the cormorant. The exact evolution of the cormorant is unknown but it is thought they come from somewhere around the Indian Ocean. Their closest relatives are the darters, boobies and gannets. Some fossils from the Late Cretaceous period are believed to be from the cormorant family.

Cormorants have been used as symbols of nobility, indulgence, and in more modern times a totem for fishermen and a bountiful catch. Intelligent and amiable birds, they have been trained in Japan and China to fish. A metal ring is placed around their necks to prevent them from swallowing their catch, some sources stating when a fish is too large for one bird another will help it to carry it back to the boat. The Liver (Cormorant): Liver, a fabulous bird, supposed to have given its name to Liverpool and commemorated in the arms of that city. It is traditionally described as a bird that frequented the pool, near which the town was afterwards founded. The arms granted in 1797 are thus blazoned: *Argent a cormorant, in the beak a branch of seaweed all proper, and for crest, on a wreath of the colours, a cormorant, the wings elevated, in the beak a branch of Laver proper.* It is more than probable that the bird on the arms suggested the name "Liver" being applied to it. On the shield the bird is always depicted with the wings close, and on the crest the wings are elevated. (*Fictitious and Symbolic Creatures in Art*, by John Vinycomb, [1909].) To Shamans and those attuned to animal symbolism the appearance of a cormorant signifies a new teaching or a new opportunity that will enable us to accomplish what didn't seem possible. Their ability to dive right in defines 'fearlessness'.

Pittwater Councils Coastal Environment Center is showing 'Bag It' for free on World Oceans Day, a documentary about how we are destroying our oceans and all in and connected to them through a plastic tide. Details on our Environment page.

Further:

Febuary 2012 saw the publication of a major seabird review in Bird Conservation International, the official journal of BirdLife International. The review, as well as a number of other seabird and marine themed papers, is freely available online;

Croxall, J. P., Butchart S. H. M., Lascelles, B., Stattersfield A. J., Sullivan B., Symes, A. and Taylor, P. (2012) Seabird conservation status, threats and priority actions: a global assessment. Bird Conserv. Int. 22:1–34.

Seabirds suffer from eating our junk

Climate change is impacting the distribution, abundance and migration of Australian birds

Seabirds are key indicators of the impact of climate change on the world's oceans

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Pittwater Online News

June 3 - 9, 2012: Issue 61

This Weeks Articles

Shag on a North Avalon Rock 2.6.2012 - World Oceans Day 2012 and Pittwater Seabirds

Artist of the Month June 2012: Oliver Wyatt, Bilgola Plateau Primary School student, paintings, ceramics, photography, pencil and ink creations

Takayama by Paul Wheeler

Profile: June 2012 Ladies: a celebration of four wonderful women who have invested decades in Pittwater: Margaret Molloy OAM, Journalist, Author, Lovett Bay lady and fifty years of volunteer work

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Previous Profiles:

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

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History: **Pittwater Creeks in June**; it may be getting colder but there's something about the warbling of a creek that instils life into the quieter days; to begin we gaze West to McCarr's Creek.

Previous History Pages:

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

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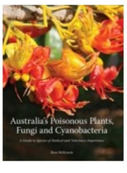
Park Bench Philosopher: **June 2012: Australian poets warbling about creeks: Henry Kendall's *Bellbirds* and *Camped by the Creek***



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

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

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

Events: Scottish Dinner, Now and Then Photograph exhibit and Comp., Jane Rutter and NBO Rotary Spring Concert, 150 years of Coopers; for lovers of beer, Marine Art & Wine Tasting, FoNLC Paddles and Walks, Bob Dylan Celebration at Opera House, Arctic 3d at Imax, Humph Hall is back, Guringai Fest. 2012, Mumpreneurs, June Speaker, Mayoral Walk, Poetry and Playreading @ MV Library, Chicken Town! Council Events and more.

News From our Inbox: Winning at Everything, History Was Made At Parramatta - by FILM AUSTRALIA, Inauguration of the Commonwealth of Australia (1901), Pittwater - Autumn 2012 by Luke Johnson, 1941 Film Ad for Bushells Tea (Australia), CSIRO's part in the $2.5 billion Square Kilometre Array project

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Community News:Public Meeting on Security in Avalon, Open Spaces Consultation in Avalon, Church Point Commuter Wharf, Zonta Annual Birth Kit Packing Day, Thames Pageant for Jubilee Celebrations, Jane Rutter with NBO tickets now on sale, RMYC Marine Art and Car Show, Avalon Tattoo 2012, Bush Care Notices for June, Our Council's Notices, Fed. Govt. Media

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Environment; **The Volcom Fiji Pro begins today (3.6.2012) and is the first ever Sustainable Surf Contest; a model for Australian ones ?**, Free Screening of Bag It, World Environment and Ocean Days, Sydney over the next 20 years; Have Your Say, June Breakfast with the Birds, Guringai Walk Celebration, **Cooee June Issue**, local Environment groups and orgs.

Lynda Hill: **Update 19.5.12**: Perceptions, Perspectives and Pointers: May's Gemini New Moon Eclipse

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Pictures: What comes Naturally...

Youth: Maths Fun- Albrecht Durer's "Magic Square", Charles Dickens Cartoon Bio and Movie for you, Dignity, Coral Reefs from Australian Institute of Marine Science – Interactive Learning, **January 2013 Australian Youth Olympics Festival** + more

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Seniors; Extra Cash for Pensioners, Days Of Old; wonderful pictorial, Too much sitting down not good for you, Thelma White and Her All-Girl Orchestra: more boogie woogie!, **Internet Relay Calls** are free and for those who are deaf, have difficulty in hearing or speaking; **how to**, 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: June 2012: Oliver Wyatt is almost 12 and has a deft hand in the mediums of painting, sketching, drawing, ceramics and photography

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Reflections by George Repin. **This week; A MILLENIUM APART**

DIY Hints: Solar Sensor Lights; good pre-winter sense and to make the garden a wonderland

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Collector's Corner: Wagon wheels for drays were used and made since settlement...they have given us words for our language and symbols for our culture, as well as a rather nice biscuit.

Food: The Pomegranate: ancient fruit still giving health benefits today. Some facts, nutrition information and two recipes; one for vegetarians the other for cold winter nights.

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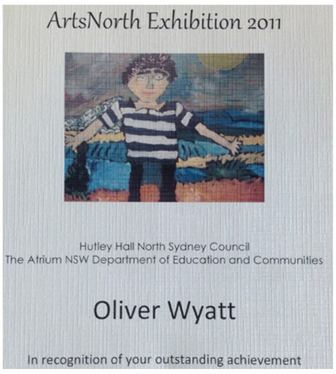
June 2012 - Oliver Wyatt

Oliver is in Year 6 at Bilgola Plateau Primary School. Apart from being a very talented artist at 11 years of age, in many mediums, he has a passion for Rugby Union. Several years ago, visiting internationally known author Gary Goldschneider: Secret Language of Birthdays (The Birthday Book - selling over 1,000,000 hardcover copies) described Oliver at 7 years of age as - *a natural talent, with Design his forte.*

Last year Oliver represented his school Bilgola Plateau Public School in 2 things:

Rugby League Regional Trials, scoring a try while playing on the wing. Expanding Horizons - gifted and talented art camp, having a self portrait hung in the head office of the Dept of Education
Oliver is passionate about two things: art and sport.

When I'm not drawing I love playing sport.

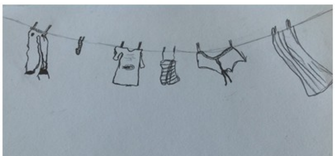


From North Sydney Council

Mixed

Photograph: Magpie in flight

Ceramic Hand

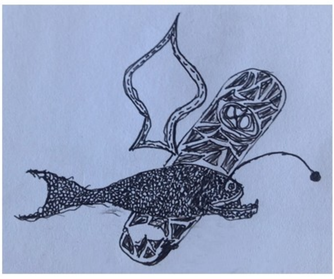


Pegs

Fruit

Teddy

Cardboard Man



Ink

Flower

Pyramid Beach

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This lovely lady disassembles vintage Kimonos for mad quilters all over the world

Towards and in Takayama pt.1: from Jigokudani to Takayama and just wandering around town

Small contemplative space in our room at the Ryokan Tanaka

Just some colour at Hida Kokubunji Temple, just down the road from the Ryokan

Takayama Bonsai: You walk around any corner in Takayama and you are liable to be blown away

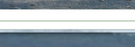
Shirakawa-Go: going to see the Gassho houses

Takayama Pt.2: Still just wandering around Up at the castle ruins and in the Hida folk village

Kinds Takayama style

The trees that have been shaped need to be protected from the weight of snow. A month or so after this shot the snow would probably be up to the thatch

More protection in Toyama



Lovely little water mill

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Takayama

By Paul Wheeler

"Located in the centre of the Japanese archipelago, Hida Takayama has absorbed cultural influences from all directions over a history that dates back to the prehistoric Jomon period. The town and its culture, as they exist today, took shape at the end of the 16th century, when the Kanamori clan built Takayama castle. The name "Takayama" means 'tall mountain'."

Ayako Mitsui put these little notes into the itinerary as little background for us. Takayama is a beautiful small city and although our hostess in the Ryokan Tanaka, Mrs. Tanabe, was amazed that we were spending six days in Takayama we had absolutely no difficulty filling our days with things to see and places to go. Both Mrs. Tanabe and Yoshanaka and Takayama are quite close providing that the crow is happy to fly over the top of the Japanese Alps.

We had hopped to cross from Matsumoto to Toyama on the Tateyama Konobe alpine route. That route would have included a bus ride that has been described as the best bus ride in the world. Unfortunately we were just a little too late in the season to add that onto this trip and as the snow falls can be very deep and heavy the people on the ground said it was too dangerous for a couple of old guys to be trying to get over the top. Our train journey instead included cable cars, a walk past a high lake and various buses and rack and pinion railways. As it turned out we could see that they were right when we had an excursion to Toyama the next day.

Ohtoyoke in Toyama

So, we had to go nearly all the way south to Nagoya and then head north again up the other side of the mountains. Flying over Japan you can clearly see how the mountainous terrain has informed it's development. It looks a lot like flying over the Snowys' on the way to Melbourne where the settlements run along the valleys and the slopes are left to themselves. The trains run in the valleys and because there are so many mountains there are many tunnels/rivers unless you are running along the coast in which case you are nearly always crossing rivers. Japan is very wet and water management is one of the myriad civil engineering skills the Japanese have developed to a very high degree.

After a long day on two on Wodaview expresses and a little local line we arrived at a lovely Ryokan run by Mr. and Mrs. Tanabe and were met at the station by a very smart minibus driven by Mr. Tanabe. Food and staff are very nice people, the food was excellent, beers in the fridge and the baths were sensational. We were two minutes away from the old town and the morning markets. Five minutes from the station and a short walk to the bell of Temples and Shrines overlooking Takayama.

The fire pits in the living spaces warm you, make the wild grass tea , cook dinner, fumigate the flies and keep the mayweek fight kicking the roof on

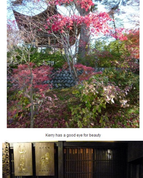
The things that stand out for me in and around Takayama were the sensational Bonsai display we found by accident at the Sakurayama Hachimanguu Shrine, the very peaceful Shiroyama Park and the Takayama Jinya which was the Edo period office of the Shogun's chief envoy to the Ajiro. Ascending a day walking along the Temples above the town and coming down into Old Takayama, the morning markets by the Miyagawa river and the Hida folk village, a sort of historic theme park, even though the day before we had gone to Shirakawa-Go which is a real village lived in by real people with a large number of traditional Gassho (hands in prayer) houses mostly lived in and maintained by extended families who have been doing so for many generations. They are large buildings in which entire families, Kazoku, house tribes, multi generational, would live and work, living on the ground floor, growing silk worms and manufacturing silk on the upper levels. The houses as far as I could see were held together by wooden pegs and no nails. The skill involved in refurbishing them, I would also like to mention the wild boar Nasi Taki burger sets in the restaurant by the Kajibashi bridge.

Hearts all spare land is cultivated for food, the decorative areas are very lovingly created

As I said before there is no shortage of things to do around Takayama and we had only six days to do them in. Fortunately we were more things mediating cable cars and mountain paths and hidden valleys on the way towards Matsumoto. I would love to see the four seasons unfold there as you can see the autumn is gorgeous, the amount of snow would make the winter beautiful and I can only imagine the cherry blossom spring time. The ladies at the Ryokan Tanabe made us feel so welcome and at home that I must confess I've left a little bit of my heart in Takayama.

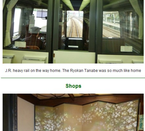
Fine pit on a formal public room at the Ryokan Tanaka

We had a day trip to Toyama to see the castle, which although it has been recently rebuilt was quite an impressive building from the outside, unfortunately it was closed for repair and refurbishment for the next couple of years. On the way back to Takayama we had time to spend so much time and money hoeing the old things spick and span and I guess if that's the price you have to pay for seeing these beautiful buildings and artefacts then so be it. Anyway shortly now we will be leaving Takayama and heading through Nagoya, it seems that Nagoya is on the way to everywhere, to Tokai and then Ki, Katsura to visit Mikimoto pearl island and Nachi falls.



Kami has a good eye for beauty

A Jacoon fertility and good luck charm, I like her



J.R. heao rail on the way home. The Ryokan Tanabe was so much like home

Shops

Choppy in the most whimsical shop on the planet near Takayama old town

Furthermore

Gassho houses at Shirakawa-go, looking across the family rice paddy

Hida folk village

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Articles This Week:

Photo of the Week: Avalon Beach Rockpools Day 2012 and Happy Australia Day

Artist of the Week April 2012 - Peter Rudd, Bilgola Plateau Primary School Teacher and Local Artist

Celebrating 50 Years of Surfing

Reflections by Georgie Bloch - A Afternoon Alert

Pittwater Council's Australia Day Awards 2012 - Nominations Now Open

Photos - **Pittwater Cruise & June** - A day by getting under the bridge and exploring the Hawkesbury River with Pittwater Cruises

Pittwater Council's Australia Day Awards 2012 - Nominations Now Open

Lifeforce Cancer - Megan Wheeler, a 15yo whose as she was in Year 9 at Mackellar Girls High School

ANNUAL SATURDAY PICTORIAL OUT at Bayviewbay High Tide Photos - Saturday 14th June - 2012 - 10:30am

Bayview Beach Photos - Saturday 14th June - 2012 - 10:30am

Mr Andy Cheers, Event organiser, Commentated on the Tide Times and Heights and Interesting Facts about the Bayview Beach Area. Andy is a Bayview Resident and Bayview Golf Club Member and is an Accountant at Mr. Steve Ashton's Office.

Photos Over 20 Different Tides Taken

Tide Times

Records were kept throughout the day and will many reports of possible sightings in the coming weeks over the next 10, 12 or 14 days. Please email your sightings to us at info@pittwateronline.com

Please include your name, address and phone number in case we need to contact you. If you have a location you can also include that.

The Sea Dragon Seaweed and Its Relatives

The Adults will be on the lower gate on the seaward side of the Bayview Golf Course. Please do not enter the golf course. Please park in the Bayview Golf Club Car Park and walk down to the Golf Course Gate. There will be plenty of parking in the Bayview Golf Club Car Park.

Please be careful when walking on the rocks and wear appropriate footwear. Please do not go on the rocks if the Tide is Over 1.5 Metres. Please do not go on the rocks if the Swell is Over 2 Metres. Please do not go on the rocks if the Wind is Over 20 Knots.

For more information about this and other Actions at Pittwater on the Day, please visit the Australia Day Website at http://www.australiaday.com.au/whats-on/australia-day-in-your-area/nsw/pittwater-australia-day-celebrations.aspx

Bayview Beach Photos - Saturday 14th June - 2012 - 10:30am

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Bellbirds

by Henry Kendall

By channels of coolness the echoes are calling,
And down the dim gorges I hear the creek falling:
It lives in the mountain where moss and the sedges
Touch with their beauty the banks and the ledges.
Through breaks of the cedar and sycamore bowers
Struggles the light that is love to the flowers;
And, softer than slumber, and sweeter than singing,
The notes of the bell-birds are running and ringing.

The silver-voiced bell birds, the darlings of daytime!
They sing in September their songs of the May-time;
When shadows wax strong, and the thunder bolts hurtle,
They hide with their fear in the leaves of the myrtle;
When rain and the sunbeams shine mingled together,
They start up like fairies that follow fair weather;
And straightway the hues of their feathers unfolden
Are the green and the purple, the blue and the golden.

October, the maiden of bright yellow tresses,
Loiters for love in these cool wildernesses;
Loiters, knee-deep, in the grasses, to listen,
Where dripping rocks gleam and the leafy pools glisten:
Then is the time when the water-moons splendid
Break with their gold, and are scattered or blended
Over the creeks, till the woodlands have warning
Of songs of the bell-bird and wings of the Morning.

Welcome as waters unkissed by the summers
Are the voices of bell-birds to the thirsty far-comers.
When fiery December sets foot in the forest,
And the need of the wayfarer presses the sorest,
Pent in the ridges for ever and ever
The bell-birds direct him to spring and to river,
With ring and with ripple, like runnels who torrents
Are toned by the pebbles and the leaves in the currents.

Often I sit, looking back to a childhood,
Mixt with the sights and the sounds of the wildwood,
Longing for power and the sweetness to fashion,
Lyrics with beats like the heart-beats of Passion; -
Songs interwoven of lights and of laughters
Borrowed from bell-birds in far forest-rafters;
So I might keep in the city and alleys
The beauty and strength of the deep mountain valleys:
Charming to slumber the pain of my losses
With glimpses of creeks and a vision of mosses.

Bellbirds by Henry Kendall was first published in *Leaves from Australian Forests* in 1869.

Camped by the Creek

By Henry Kendall

All day a strong sun has been drinking
The ponds in the Wattletree Glen;
And now as they're puddles, I'm thinking
We were wise to head hitherwards, men!
The country is heavy to nor'ard,
But Lord, how you rattled along!
Jack's chestnut's best leg was put for'ard,
And the bay from the start galloped strong;
But for bottom, I'd stake my existence,
There's none of the lot like the mare;
For look! she has come the whole distance
With never the `turn of a hair'.

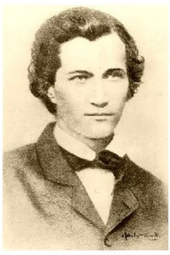
'But now let us stop, for the `super'
Will want us to-morrow by noon;
And as he can swear like a trooper,
We can't be a minute too soon.
Here, Dick, you can hobble the filly
And chestnut, but don't take a week;
And, Jack, hurry off with the billy
And fill it. We'll camp by the creek.'

So spoke the old stockman, and quickly
We made ourselves snug for the night;
The smoke-wreaths above us curled thickly,
For our pipes were the first thing a-light!
As we sat round a fire that only
A well-seasoned bushman can make,
Far forests grew silent and lonely,
Though the paw was astir in the brake,
But not till our supper was ended,
And not till old Bill was asleep,
Did wild things by wonder attended
In shot of our camping-ground creep.
Scared eyes from thick tuft and tree-hollow
Gleamed out thro' the forest-boles stark;
And ever a hurry would follow
Of fugitive feet in the dark.

While Dick and I yarned and talked over
Old times that had gone like the sun,
The wail of the desolate plover
Came up from the swamps in the run.
And sniffing our supper, elated,
From his den the red dingo crawled out;
But skulked in the darkness, and waited,
Like a cunning but cowardly scout.
Thereafter came sleep that soon falls on
A man who has ridden all day;
And when midnight had deepened the palls on
The hills, we were snoring away.
But ere we dozed off, the wild noises
Of forest, of fen, and of stream,
Grew strange, and were one with the voices
That died with a sweet semi-dream.
And the tones of the waterfall, blended
With the song of the wind on the shore,
Became a soft psalm that ascended,
Grew far, and we heard it no more.

Circa 1862 Appears in first published volume *Poems and Songs* which collates works from 1857-1862

In June 2012 we feature a run of creeks in our History pages and their warblings. To celebrate this we also will feature Australian poets who have written about these life sustaining water courses beginning with a gent who would have visited Pittwater and certainly frequented the Central Coast and the Hawkesbury, living there for at least six years while recovering from a battle with alcohol, the scourge of many an Australian poet.



Henry Kendall, 18 April 1839 – 1 August 1882, was a native born Australian poet born at Milton, near Ulladulla. His full name was Thomas Henry Kendall but he always went by 'Henry'. He was a twin. He was up for adventure, going to sea when only 15 with an uncle and not returning for two years.

In 1873 Kendall was taken in by the Fagan brothers, timber merchants near Gosford, and was afterwards given a position in the business of one of the brothers, Michael Fagan, at Camden Haven. He stayed six years. The small village of Kendall on the Mid North Coast of New South Wales is named after him, as is the Henry Kendall High School at Gosford.

Henry Kendall Cottage and Historical Museum, West Gosford
The Project Gutenberg EBook of The Poems of Henry Kendall, by Henry Kendall at: http://www.gutenberg.org/files/962/962-h/962-h.htm

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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Margaret Molloy OAM

Above: Margaret at the Tarrangaua Open Day in March 2012. Photo by Michael Mannington, All Rights Reserved.

Above: Margaret receiving her OAM from the Governor of New South Wales, the Honourable Marie Bashir.

To open our June focus on Pittwater ladies who have contributed much to many for decades we are privileged to share a small insight on a lady who has been a delight and a champion for our Offshore folk for decades. With careers as a journalist, writer, insightful in Australian literature, receiving an Order of Australia Medal (OAM) on the Queens Birthday Honours List of 2009 for her service to others, particularly those on our western foreshores and Scotland Island, this lady has seen much change in Pittwater but is a fine example of what doesn't change and how what is in people enriches community. A resident of the beautiful Lovett Bay, secretary for the West Pittwater Rural Fire Brigade since the early 1970's, Margaret has backbone, clarity and generosity and a sharp mind as she sails into her ninth decade in the world. Born in Nowra into a family who had lived there since 1900, where her grandfather, Henry Rauch bought and edited the Shoalhaven Telegraph newspaper, later publishing the Shoalhaven and Nowra News, the latter being founded by her father Cecil and who was also mayor of Nowra in 1926, Margaret Molloy has saltwater in her essence and words that come together to say what she means.

You grew up in Nowra during the Depression and were at High School during WWII; what was this area like then?

My childhood in Nowra was magic because of my family. I am the youngest of six children, three boys and three girls. We had a homelife that would have been successful in any modern sense because our Father had a mind as big as the world. Open discussion on any subject was the rule at our dining table, excluding gossip which was unforgivable. No-one sat down until all were home, and everyone's friends were welcome. Girls were the boys' equal in importance and jobs were dispersed without discrimination. When war broke out, our Mother became the first Secretary of the Australian Comforts' Fund and the small town was made base for Australian Army and Air Force, Jervis Bay base for Australian, British and American Navy and Marines.

The town was inundated with servicemen and the Comforts Fund Rooms grew from tea and refreshments for twenty, to meals and beds for hundreds. The extra homesick found their way to our table for a bit of family. I was a born optimist, and loved the constant flow of nationalities.

One of our brothers drowned in the Shoalhaven River on his 19th birthday, and our Father's health deteriorated quickly. He was diagnosed with cancer and died painfully and slowly early in 1946.

I went to live with my maternal very elderly grandmother in Sydney. It was more than a world away from my home, and my personality became uncertain and lacking in confidence.

Your family has a long association, you being the third generation in a row, to work in media. Your output has been prolific. What were the defining principles taught you about how to do this in a way that mixes quality with accessibility?

My Grandfather Rauch was the son of German immigrants who spoke little English. His future in newspapers began when he wrote a description of what he saw when the Bulli Mine disaster happened in the 1860s. He always told us: ***"The English language is the greatest tool in the world with which to work"***, and he spent his life as owner/editor of country newspapers. My Father was the eldest of his ten children, and followed his father into the newspaper world. His message to me as the youngest was: ***You will always be the youngest, but not always the littlest, and all you have to do in your life, is YOUR BEST, regardless of what the others do.***

Somehow the example of my home eventually fitted my feet for life's path, and I began to write in the way our father had taught us. I didn't join the Australian Journalists' Association until I was certain I had written something my Father would have accepted entirely without alteration.

When and why did you move to Pittwater?

I married a Sydney man – well educated, tolerant and very personable. We had two little boys when I remarked that I wanted them to have the kind of childhood I had and we should try and find a place by the water. Our first journey took us to Church Point where a lady Estate Agent, Sheena Mottle, picked us up in her boat and took us to see a two storey house on Scotland Island. I remarked that it looked like work to me, and I wasn't about to spend our weekends doing housework, so she took us across to the west shore to see a vacant block of land. Nearby was a little boatshed leaning over like a drunken sailor, and as I climbed the wobbly steps I said "Can we buy it, can we buy it" adnauseum, and our agent told us the owner had offered it for a weekend to whomever seemed interested. We had our weekend, and it became our second home. Our elder son missed years of Saturday school sport before we realised he shouldn't be at Pittwater every weekend.

Our elder son became a Scientist, the other a Water Policeman. Scott is now attached to the Science Faculty in Newcastle University, and David operates a yachting business with his wife, Alison, who grew up in Elvina Bay, in the Great Barrier Reef.

You are a founding member of the West Pittwater Association; how and why did this association come about ?

West Pittwater Community Association was then called the Progress Association. Jean Cunningham was Secretary and Commander James Menary President. We took a box to sit on and a plate of food to meetings in the old fire shed, and I think that most ideas of "progress" were defeated. Eventually it was re-named West Pittwater Community Association. Times and prices of properties changed greatly as the world grew mobile and financially motivated.

You have also contributed to the West Pittwater Rural Fire Service brigade since 1971, raising funds and acting as secretary. How does the WPRFS differ from other brigades?

I was Secretary of the West Pittwater Rural Fire Brigade for some time. Eventually the Brigade decided a fire boat would be the best assistance in this waterborne community, but Headquarters didn't see it that way. I was asked to raise the funds to build one, and this West Shore Community filled the bill in three weeks. Our brigade honoured me by naming the first boat after me. When Headquarters announced we were to receive a grand, large fire boat, I asked what they were going to do with the old one, and was told they would wait until I died, scuttle it with me inside and make the Molloy fishing hole!

Of all the works you've penned, what is your favourite and why ?

Probably the experience of writing *"A Century of Sydney's Flying Sailors"* for the Centenary of Sydney Flying Squadron, the oldest open boat sailing club in Australia, was the most fun. I was offered the diaries of Mark Foy who founded the club, by his Granddaughter, and met some of Australia's finest skiff sailors during my research.

Most memorable moments in your career ?

The most memorable moments in my varied career, were possibly the invitation to attend the marriage of His Royal Highness Prince Charles to Diana Spencer in St. Paul's Cathedral, London, writing for the Shoalhaven News which my Father founded, and hearing our Governor say, as she pinned the OAM on me: ***This represents my thanks for fifty five years of voluntary service to this great nation of ours.***

What is your favourite place in Pittwater and why ?

My favourite place on Pittwater is our home *Nunyara* which my husband named for the organisation we helped create for the N.S.W. Society for Crippled Children. It is an aboriginal word for "a place of healing" which we built twenty years ago. I have been alone here since his death nineteen years ago, but the National Park rolls down to the ever-changing tide, wallabies graze the hillside and birdsong fills the air. I am here for the long term.

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

My motto for life is ***'DO YOUR BEST AT EVERYTHING YOU DO'.***

Further:

Northcott Disability Services was established as *The NSW Society for Crippled Children* in 1929 by the Rotary Club of Sydney in response to the growing number of children left with the effects of illnesses such as polio and tuberculosis. Today, Northcott provides support and services to more than 10000 individuals and families across NSW and the ACT. Northcott provides close to 70 services across a broad range of disabilities including physical, intellectual, sensory, acquired and degenerative disabilities, as well as challenging behaviours. Northcott's purpose is to build an inclusive society. This is achieved by assisting people with disabilities to develop their skills, achieve their goals - including their potential for independence and ability to participate in their communities. May Gibbs, creator of the Gumnut Babies, Snugglepot and Cuddlepie, bequeathed 50% of her royalties, from the designs of her bush characters, to Northcott in 1969 when she died.

BE prepared to take your shoes off at the Nunyara committee's third annual dinner and ball, scheduled for the Pickwick Club on June27. Not a foot remained shod last year during one dance-the night's highlight, - the boomerang rock and roll championship. The committee, which decorates with aboriginal motifs each year, raised £1000 last year to assist the New South Wales Society for Crippled Children, and president Alan Johnston presented the cheque to Sir Kenneth Coles.

SOCIAL JOTTINGS. (**1959, June 17**). *The Australian Women's Weekly* (1933 - 1982), p. 15. Retrieved from http://nla.gov.au/nla.news-article43597638

Image: 'Nunyara Committee prepares for the 1958 Boomerang Ball' photo By Ken Redshaw, 17 May 1958, Ashfield, courtesy Australian Photographic Agency – 05362 and State Library of N.S.W.

Above: Lovett Bay, Pittwater.

Tweet Like +1

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McCarr's Creek

Creeks are the lifeblood of the land for farmers, a refuge for native fish, birds and drinking holes for all the doe-eyed tree and ground dwellers. They have also been used for much else in Pittwater since Europeans settled here; their environments, their uses, the folk that have come and gone and the reasons for their being there have changed dramatically. McCarr's Creek has been a place for smugglers to hide their casks of rum and a place of illegal stills, a proposed depot and runway for air mail services via seaplanes, part of where was searched when a Stinson went down in 1937 on its ways from Brisbane to Sydney, a camp for soldiers at the duck ponds in 1942, a sand mining operation from 1950 up until the 1970's as well as a favoured place for swimming, picnicking, fishing and orcharding since Pittwater's earliest settlement by Europeans.

The water channel was originally named Pitt Inlet by Gov. Phillip and appeared on maps in the 1830s as South West Arm. The origin of the current name is not known but it has been appearing as such alongside 'South West Arm' spelt "MacAs's Creek". Some sources state the name in question may be John Macarthur of The Rum Rebellion fame. He owned a farm at Pennant Hills from which naturalist George Caley embarked in 1805 to explore a ridge from Thornleigh to Fox Valley, Warrawee and Turramurra and then on to Cowan Creek. Caley would have crossed the creek in his travels and may have named it after the expedition's benefactor. The name began appearing on maps soon after Caley's journey. There are no records of a settler by this name in the area.

McCarrs Creek's source is in a recreation reserve near Mona Vale Road, Tumbledown Dick not far from the head of Wirreanda Creek. The upper section is shallow before it drops to a ten metre wide pool at Upper Gledhill Falls, (named after Percy Walter Gledhill, 1890-1962, of the Manly Warringah and Pittwater Historical Society). The earliest settlement in the area as a six metre wide pool at then becomes very narrow, winding at a lower pool at Lower Gledhill Falls. McCarrs Creek Reserve, around 5 hectares, is located at the junction of McCarrs Creek and Cicada Creek in Church Point. Ku-ring-gai Chase National Park is adjacent. The plant systems here range from Mangroves and Saltmarsh on the shoreline, planted Swamp Oak and a small remnant strip of Narrabeen slopes forest along the edge of the Road Reserve. Tall spotted gums shelter an understorey of sandstone excurrent and native grasslands, bushflowers and many grass trees.

The tributaries of Mc Carrs Creek are Wirreanda Creek which runs from north of Mona Vale Road down to the main creek, Cicada Glen Creek (apparently while camping beside the creek, early explorers found the sound of cicadas deafening, hence its name) which begins near Mona Vale Road then flows through Ingleside and Ku-ring-gai Chase National Park before flowing into McCarrs Creek at McCarrs Creek Reserve in Church Point and Crystal Creek. Crystal Creek begins as a shallow six metre pool then drops twenty metres down a waterfall into another shallow pool and runs as a many smaller rock pools which are home to Freshwater Crayfish. Lying wholly within the Ku-ring-gai Chase National Park it remains pristine and relatively undisturbed.

The Pittwater Environmental Foundation has been involved in McCarrs Creek Foreshore Restoration at Bothams Beach. Their Project's Description: *The forest here is Pittwater Spotted Gum forest, an endangered ecological community. The project provides bush regeneration and community education and engagement. Work funded by a second grant will be completed late May 2012. Bush regeneration restores habitat for native fauna and to assist this, the grant has provided six bores for Sugar or Squirrel Gliders, which are likely to live in the area.*

McCarrs Creek has always been noted for its beauty and the amount of local fauna that flourishes there:

A BIRD SANCTUARY. McCarr's Creek, Pittwater. (BY J. S. N. WHEELER.) The upper part of McCarr's Creek, Pittwater, which may be reached by rowing-boat, is a veritable bird sanctuary. The sylvan retreat at the limit of tidal water is one mile from Church Point, and is called the Silent Pool on account of the serenity of the spot. It is enclosed by steep hills covered with the vegetation of Kurring-gai Chase on one side. Livistona palms grow here to perfection. While you glide quietly along there comes the swishing sound of the coachwhip bird from forest brakes, with a final crack like the stockman's whip. At eventide the dominant notes of the bell-magpie or "currawong" ring out a valediction to the visitor.

This spot is only approachable on the floodtide, and the creek should be dredged to keep the channel open (as has been done at Narrabeen lagoon and Curl Curl Creek, near Manly), in order that this bird sanctuary maybe rendered more accessible.

To those who seek adventure and exercise a climb up the rugged, picturesque gully is recommended. Through dense bracken and vines, over logs and boulders and waterfalls, a climb of one hour and twenty minutes will lead to the "Duchkole," which is a sequestered pond at the confluence of two mountain brooks, the right-hand branch and the mainstream of the upper reaches of the creek. The calls of magpies, peewees, crows, and currawongs will be heard in this quarter. Coming down the gully again, one hears the melodious fluting of bush birds to the accompanying song of small cascades. Further down an exquisite glimpse of the greenish water of the Silent Pool is obtained from the seclusion of the forest. A BIRD SANCTUARY. (**1930, December 20**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16740448

McCarrs creek next appears in relation to being used for covert and illegal activities: *Bowen Bungaree was noted as being particularly good at finding illegal stills in the upper reaches of Mc Carr's Creek, on one occasion a William Farrell was found guilty* ... ACCIDENTS , OFFENCES, &c. (**1837, April 17**) *The Sydney Herald* (NSW : 1831 - 1842), p. 3. Retrieved from http://nla.gov.au/nla.news-article12860563

George Brown received a land grant of 41 acres at McCarrs creek in 1640. He and his family had some troublesome as well as delightful times

METROPOLITAN DISTRICT COURT. Wednesday; In this case John Sumeragil, of Albert-street, Redfern, sued George Brown, of Church Point , Pittwater, for £200 damages for wrongful seizure, verdict for the defendant, without costs. METROPOLITAN DISTRICT COURT. (**1892, May 26**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article13969474

BROWN-TAYT - June 25, 1902, at St Thomas' Church, North Sydney, by the Rev. Stephen D. Childe, B.A, George Brown of Waterside, Pittwater, third son of the late William Brown, to Emilly Matilda Eleanor, youngest daughter of the late Captain William Tayt, of North Sydney. Family Notices. (1902, July 26). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article14471685

A seven-roomed cottage, owned and occupied by Mr George Brown, of McCarr's Creek, Pittwater, was destroyed by fire on Sunday evening. Rats gnawing at wax matches is the supposed cause of the fire. GLEANINGS. (1912, March 7). *Singleton Argus* (NSW : 1880 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article80059234

By Order of the PERPETUAL TRUSTEE CO. Limited, ADMINISTRATORS of the Estate or the Late GEORGE BROWN, NORTH SYDNEY. 1.-A CORNER BUILDING SITE, part of Lot 17, Section 12, of Hill 50 Leonards Township 2. AN ORIGINAL HALF-ACRE BLOCK, Lot 1, Section S3, St Leonards Township, having 66ft frontage to Miller-STREET and 330ft to PALMERSTREET, extending back to FLAT (late Abbott) STREET, to which it has 66ft frontage. 3. ***McCARR'S CREEK, PITTWATER, 41 ACRES, being Portion 26, parish of Narrabeen, fronting McCarr's Creek, with deep water off portion of the frontage.*** Only a SHORT DISTANCE SOUTH of CHURCH POINT. RICHARDSON and WRENCH, LTD. (in conjunction with PERCY WOODS, Commons Junction), will sell by auction, at their Rooms, 92 Pitt-Street on FRI-DAY, 5th SEPTEMBER, at .11..10 a.m. The above Lands at North Sydney and Pittwater. Plans on view at the Rooms. Torrens Titles. _|_(5438)

"Now we shall go up McCarr's Creek to a little inlet called Brown's Bay. George Brown and his family were the owners of the 41 acres estate "Waterside", a grant made in 1880. His house of weatherboard stood on the hillside, reached by a zig-zag path from the little shanty jetty. The estate extended right to the head of the bay, where there is a gully, clad in various kinds of flora interesting to the botanist. The old peach trees grew in front of the verandah, which was supported on pillars and at the head of the bay, passion -fruit vines grew over the rocks and trees. A track from Church Point led to it and on the way round exquisite glimpses of the creek were obtained through the gum-trees. I often stayed with the Browns at this old house and in the years 1909-10, it was a sequested spot, quite isolated even from the few inhabitants of Church Point.

More than forty years ago the visitor drifting along in his boat would have heard the trains of the piano drifting along glamour to the peaceful night. Our hostess is playing an old hymn or some melody of bye-gone days and an atmosphere that is almost Victorian is imparted to the drawing-room. Outside the bush is dark and dreamy and mysterious insect voices accentuate the sense of loneliness. Now that old home has disappeared and the motorist travels to Coal and Candle Creek over its site, quite heedless of those halcyon days." JSN Wheeler , Some Old Families Of Pittwater, n.d.

The stretch of calm still water has always been a mecca for visitors to water and air and was even named as a potential Air Mail base:

MCCARRS CREEK, PITTWATER. TO THE EDITOR OF THE HERALD. Sir,-Easter is near at hand, and usually at that time, Sydney yachtsmen make for this splendid sailing area. So I would ask you to give, through your columns, a warning to intending visitors that the usually safe anchorage of McCarrs Creek contains a risk of which they cannot possibly have any knowledge. Quite recently the Telephone Department has placed across McCarrs Creek at its entrance, four telephone wires, which stretch from Church Point to the opposite shore, about 550 yards across. These wires are suspended at such a height that no big yacht could possibly avoid striking them, nor could those on board see the wires. If they are quite close to them it and the rest of a broken spar falling on the deck might be very serious. Only as recently as Sunday a large schooner ragged yacht came up to her usual spot for mooring, quite unaware of the danger, and was warned by people in a launch of the impending danger, just in time to avoid a collision with the wires. There is also a risk to pilots in seaplanes, who are not infrequent visitors to these waters, and who descend into McCarr's Creek. I am not a flier, but I feel confident myself that I could possibly see descend in time, and if not too late, and the result might in the case of a seaplane may readily be fatal The Telephone Department may have its own reasons for not using a submarine Cable. I am, etc., Church Point, March 19. PETROL IN McCARRS CREEK. PITTWATER. (**1929, March 21**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 6. Retrieved May 24, 2012, from http://nla.gov.au/nla.news-article16539818

AIR MAIL BASE OF THE EDITOR OF THE HERALD. Sir,-I am directed to suggest the use of Pittwater as the base for the air mail service in place of Rose Bay, and to express our surprise that this site should have received such small consideration, in view of its apparent suitability for the purpose. There we have a sheltered stretch of water about 6 miles long by an average of one mile broad, and, further, with an east-west width at the southern end of two miles, and a large area of flat land to the south and south-east, to facilitate the take off of planes to the south. Then, for building docks, etc., there are about 40 acres of the Winnerremmy Swamp which needs reclaiming. Should this be thought too exposed, or in any other way, unsuitable, there is McCarr's Creek, having deepwater of about 400 yards wide for about three-quarters of a mile, and about 200 yards wide for a further third of a mile, and sheltered from every wind that blows. Ample cheap land is also available for development. We feel that the authorities would do well to investigate Pittwater further before decining elsewhere. I am, etc., F. T.-JEFFERY, hon. secretary, Warringah Direct Transport League. AIR MAIL BASE. (**1937, July 12**). The Sydney Morning Herald(NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article172372302

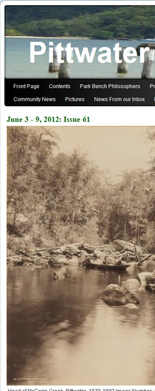
Mr Gledhill of the Manly Warringah and Pittwater Historical Society arranged for an obelisk to be erected at McCarr's Creek, Pittwater to commemorate the surveying of McCarr's Creek by Captain John Hunter and William Romaine Govett. A scroll, giving the details of the survey and the history of Church Point and Pittwater, was placed in a steel container under the obelisk. It also recorded on the scroll that the obelisk was a stone from the Balmain Colliery and was erected there in 1871 in memory of: William, Shaw, MD, 29 May 1871, Edgar Peveril, 10 March 1866, George Henry Hamilton, MD, 15 June 1868. This obelisk is in Rosslyn Reserve.

BAYVIEW AND PITTWATER. Mr. P. W. Gledhill, secretary of the Manly Warringah and Pittwater Historical Society, in a lecture to the society last night on the early history of the Bayview Pittwater district, said that settlement began with the survey of Robert Campbell's grant of 700 acres in May, 1814. Fields of wheat and other crops flourished near Pittwater in those early days. A map in the journal of Captain Hunter, who in 1789 surveyed McCarrs Creek, at the south-west corner of Pittwater, showed an 18ft channel in the creek, where now there was not more than 6ft at high tide. The name Bayview went back to 1882, when a post-office was opened in the residence of Mrs. Collins. BAYVIEW AND PITTWATER. (**1936, June 19**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 17. Retrieved from http://nla.gov.au/nla.news-article17243899

During the second world war soldiers camped at the duck ponds. In the period from the 1950s to the early 1970s, sand mining operations were undertaken in the upper reaches of McCarr's Creek leaving tailings ponds to scar the land. This area has since been rehabilitated with local flora restored.

Protected from most winds, secluded and quiet with pure bush on one side and a winding road that hugs the contours of the hills on the other, a haven for fish, all manner of birds, swamp wallabies and marsupials, McCarrs creek remains a place most of us return to when we want it all, fresh and salt water, tides and rains filling creeks, and trees filled with birdsong.

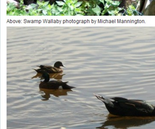
Further: Upper Gledhill Falls and Obelisk photographs from http://www.gledhillgenealogy.info/gallery.ht



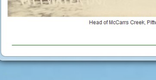
Head of McCarrs Creek, Pittwater, 1879-1892 Image Number; a924967b & a924066h, Courtesy of State Library of NSW.

Above: KuRingGai National park side of McCarrs Creek. Below: McCarrs creek reserve.

Above: Upper Gledhill Falls. Below: Obelisk erected by Percy Gledhill



Camping at The Duchhole, McCarrs Creek 1942. Source: Fred Powderley, Courtesy Mona Vale Library Historical Unit and Images.



Above: Swamp Wallaby photograph by Michael Mannington.

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Pittwater Online News

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Mathe Fun- Albrecht Durer's "Magic Square" – C/ - W.A.G.

Magic squares have fascinated humanity throughout the ages, and have been around for over 4,120 years. They are found in a number of cultures, including Egypt and India, engraved on stone or inscribed and worn as talismans, the belief being that magic squares had astrological and divinatory qualities, their usage ensuring longevity and prevention of diseases. Magic squares were known to Chinese mathematicians, as early as the 650 BCE and Arabic mathematicians, possibly as early as the 7th century, when the Arabs conquered northwestern parts of the Indian subcontinent and learned Indian mathematics and astronomy, including other aspects of combinational mathematics. The first magic squares of order 5 and 6 appear in an encyclopedia from Baghdad circa 983 CE, the Encyclopedia of the Brethren of Purity (Rasa'il Ikhwan al-Safa).

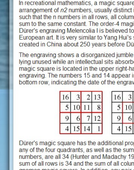
Melancholia I by Albrecht Dürer (The British Museum, Burton 1989. Gellert et al. 1989).

In recreational mathematics, a magic square of *n* is an arrangement of *n*2 numbers, usually distinct integers, in a square, such that the *n* numbers in all rows, all columns, and both diagonals sum to the same constant. The order-4 magic square in Albrecht Dürer's engraving Melencolia I is known for the first sentence in European art. It is very similar to Yang Hui's square, which was created in China about 250 years before Durer's time.

The engraving shows a disorganized jumble of scientific equipment lying unused while an intellectual wrestles absorbed in thought. Durer's magic square is located in the upper right-hand corner of the engraving. The numbers at 15 and 14 appear in the middle of the bottom row, indicating the date of the engraving, 1514.

16	3	2	13
5	10	11	8
9	6	7	12
4	15	14	1

16	3	2	13
5	10	11	8
9	6	7	12
4	15	14	1



Albrecht Durer (21 May 1471 – 6 April 1528) was a mathematician, artist, wood carver, engraver, painter and theorist from Nuremberg. His prints established his reputation across Europe when he was still in his twenties, and he has been conventionally regarded as the greatest artist of the Northern Renaissance ever since. His vast body of work includes altarpieces and religious works, numerous portraits and self-portraits, and copper engravings. His woodcuts, such as the Apocalypse series (1498), retain their appeal. Durer influenced the rest of his work. His well-known works include the Knight, Death, and the Devil (1513), Saint Jerome in his Study (1514), and Melencolia I (1514), which has been the subject of extensive analysis and interpretation. His watercolours mark him as one of the first European landscape artists, while his ambitious woodcuts revolutionized the potential of that medium. He was a contrast from 1500.

Now, Albrecht Durer. (2012, May 29). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Albrecht_D%C3%BCrer&oldid=495000933

Australian Institute of Marine science

Corals of the World online is an interactive program which captures global information about corals and makes it readily accessible to conservationists, educators and research scientists alike. The program is divided into two linked components, Coral ID and Coral Geographic.

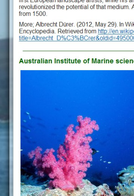
Coral ID is founded on the three-volume book, "Corals of the World" (Veron, 2000) and incorporates the species data in the electronic publication "Coral

ID" (Veron and Stafford-Smith, 2002). The sophisticated identification key in this program makes coral identification easy. Species pages give comprehensive coral characteristics as well as distribution maps.

Coral Geographic has not been previously published although it has been invaluable for geographic data about corals since the early 1990s. Geographic information can be obtained in a many formats allowing analysis and interfacing with other programs and databases. From: http://coral.aims.gov.au/

Corals are marine animals in class Anthozoa of phylum Cnidaria typically living in compact colonies of many identical individual polyps.

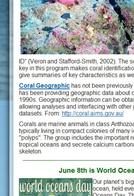
June 8th is World Oceans Day



Our planet's biggest celebration of the Ocean, held every June 8th is World Oceans Day. This year the theme is *Youth Ocean Heroes! Have Your Say, Have Your Day*. The future of ocean conservation is in their hands! Explore this site for ideas, resources, and information about how you can get involved!

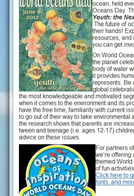
On World Oceans Day people around the globe celebrate and honour the body of water which links us all, for what it provides humans and what it represents. Be a part of this growing global celebration! Ocean Youth are

the most knowledgeable and motivated segment of the population when it comes to the environment and its protection. Youth generally have the free time, familiarity with current issues, and the motivation to go out of their way to take environmental actions. Furthermore, the research shows that parents are increasingly looking to their tween and teenage (i.e. ages 12-17) children for information and advice on these issues.



For partners of The Ocean Project, we're offering a free Dr. Seuss themed World Oceans Day manual full of fun activities for kids. Click here to get the activities, logos, prints, and more

Wear Blue, Tell Two



This WOD, wear blue clothing to raise awareness for ocean conservation. Speak up! Let those around you know why you're wearing blue and share two facts about why it's important to protect our oceans and ways they can take personal action and help.

To make the "Tell Two" part a little easier, here are two messages you can share:

Our ocean has a great wealth of diverse kinds of life but it's in trouble. Climate change has already been linked to the killing of coral reefs. Coupled with destructive fishing practices, these are the two global challenges that we must face in the life we depend on.

There are important, easy actions each of us can take to help. Calculating our carbon footprints and looking for ways to reduce our role in climate change is a great step. Likewise, we can choose seafood that is abundant in supply and fished or farmed without harm to the ocean and its creatures.

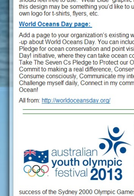
To make the "wear blue" part even easier, here are two tools you should feel free to use: "Wear Blue" graphic file (244 KB PDF file)— this design may be something you'd like to use by dropping in your own logo for t-shirts, flyers, etc.

World Oceans Day page:

Add a page to your organization's existing website with a brief write up about World Oceans Day. You can include the Seven Cs Pledge for ocean conservation and point visitors to the Seas the Day! initiative, where they can take ocean conservation action personally! Take The Seven Cs Pledge to Protect our Ocean Promise to: Commit to make a real difference. Conserve in my home. Consume consciously. Communicate my interests and concerns. Challenge myself daily. Connect in my community. Celebrate our Ocean!

All from: http://worldoceansday.org/

Australian Youth Olympics Festival 2013



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

Sports

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

Volunteer Opportunities (from AOC website):

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

• administration and general office help • driving vehicles for athlete pickup • messaging • sporting science services • airport arrivals and transport • opening ceremony

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

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

RE-RUN OF CHILDREN'S THEATRE - NO DRAMA AT LIBRARY!

A 'reader's theatre' will return to Mona Vale Library next term for budding dramatists aged between 10 and 12. The sessions are hosted by drama teacher Helen Rosenkranz free of charge once a fortnight at the library, **starting next term on Wednesday 2 May 2012.**

As librarian Rebeccah Vick explains, the reader's theatre gives children the chance to read aloud plays and enjoy other dramatic activities 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 to improve children's confidence in public speaking."

"We had a lot if interest in the reader's theatre last term, so are delighted that we can offer the sessions again. They start again on Wednesday 2 May and run every fortnight on a Wednesday between 4pm and 5pm," said Ms Vick.

Classes are free-of-charge but bookings are essential; to book phone the library on 9970 1000. For more information call Bobecrah on 9970 1622. The reader's theatre is just one of several events planned to celebrate 2012 as the National Year of Reading. Mona Vale Library is located at 1 Park Street Mona Vale. For more information visit www.pittwater.nsw.gov.au/library

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.

Bus Pass Replacement

HERE

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@yahoo.com.au

All are Welcome, All Belong !

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 word.

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 Gums for Mr Tim H. Kelly's Italian Red Cross Day tableaux at the Palace Theatre, 20 June 1918 | photographer: Glen Broughton. With Fundraiser: Courtesy State Library of NSW. Image a928993

Word of the Week

Dignity *n.* pl. dignities. A sense of self-respect and worth; self-esteem The quality or state of being worthy of esteem or respect. Inherent nobility and worth: the dignity of honest labor. Poise and self-respect. Elaborateness in formality in manner and appearance. The respect and honor associated with an important position. A high office or position. The ceremonial symbols and observances attached to high office. Archaic. A dignitary.

From Middle English *dignite*, from Old French, from Latin *dignitas*, from *dignus* worthy.

Dignity is a term used in moral, ethical, and political discussions to signify that a being has an innate right to respect and ethical treatment. It is an extension of the Renaissance humanist idea of inherent, inalienable rights. Dignity is generally prescriptive and normative, in that it predicts it is unacceptable to violate or disregard the treatment of oppressed and vulnerable groups and peoples, but it has also been extended to apply to cultures and subcultures, to religious beliefs and ideals, animals used for food or research, and plants.

A philosopher of the Age of Enlightenment (17th and 18th centuries), Immanuel Kantheld that there were things that should not be discussed in terms of value, and that these things could be said to have dignity. "Value" is necessarily relative, because the value of something depends on a particular observer's judgment of that thing. Things that are not relative - that are "ends in themselves" in Kant's terminology - are by extension beyond all value, and a thing is an end in itself only if it has a moral dimension; if it represents a choice between right and wrong. In Kant's words: "Morality, and humanity as capable of it, is that which alone has dignity." Specifically with respect to human dignity, which his writings brought into modern philosophy, Kant's modern philosophy into a focal point for philosophers. Kant held that "free will" is essential; human dignity is related to human agency, the ability of humans to choose their own actions.

Dignity. (2012, May 21). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Dignity&oldid=493951111

Charles Dickens Celebrations in 2012

"Reflect on your present blessings, of which every man has many; not on your past misfortunes, of which all men have some."

"No one is useless in this world who lightens the burdens of another."

Dickens 2012 is an international celebration of the life and work of Charles Dickens to mark the bicentenary of his birth, which falls on 7 February 2012. Institutions and organisations from around the world are partners of Dickens 2012 and work together to deliver a rich programme of events and activities to commemorate this very special anniversary. Dickens 2012 Website at: www.dickens2012.org/

Charles John Huffam Dickens (7 February 1812 – 9 June 1870) was an English writer and social critic who is generally regarded as the greatest novelist of the Victorian period and the creator of both worldly and memorable fictional characters. During his lifetime Dickens' works enjoyed tremendous popularity and fame, but it was in the twentieth century that his literary genius was fully recognized by critics and scholars. His novels and short stories continue to enjoy an enduring popularity among a general reading public

Dickens was born in the village of Landport in the 1836 serial publication of The Pickwick Papers. Within a few years he had become an international literary celebrity, famous for his humour, satire, and keen observation of character and society. His novels, most published in monthly or weekly instalments, pioneered the serial publication of narrative fiction, which became the dominant Victorian mode for novel publication. List of his novels

Charles Dickens Movie for you: Scrooge (1935): Ebenezer Scrooge is his principal character in Charles Dickens's 1843 novel, *A Christmas Carol*. At the beginning of the novel, Scrooge is a cold-hearted, tight-fisted and greedy man, who despises Christmas and all things which give people happiness. Dickens describes him as: "The cold within him froze his old features, nipped his pointed nose, made his eyes red, his thin blue, and he spoke out shrewdly in his grating voice . . ." His cold name has come into the English language as a byword for miserliness and misanthropy. Scrooge is visited by the ghost of his former business partner, Jacob Dickens is well-known. The tale of his redemption by the three Ghosts of Christmas (Ghost of Christmas Past, Ghost of Christmas Present, and Ghost of Christmas Yet to Come) has become a defining tale of the Christmas holiday.

Heroes of the air – Interactive Learning and Fun from The National Museum of Australia

Interactive fun to keep a focus on things aviational in our leadhttp://www.dickens2012.org/d into the great Avalon Tattoo we're going to have this year which also has a focus on Aviation and the Air Force.

Heroes of the Air (3.1mb) (requires Flash)

Feel the need to take flight? Experience the journey of Charles Kingsford Smith and his crew on two historic flights.

For 10-12 year olds.

Overview: Read through the pages of two battered flight logs and learn about Australia's flying hero, Charles Kingsford Smith, and his aircrew. One is the first trans-Pacific flight in 1928, and the second is the Melbourne Centenary flight of 1934. The learning include photographs, archival moving images and audio files.

Examining the flight logs will help you understand how isolated Australia was from 'the rest of the world' (Great Britain, Europe and America) at the time.

Distance, both domestically and internationally, made communication and travel frequently difficult. The courage and vision shown by Kingsford Smith and his copilots helped shape Australia by conquering that distance. Their efforts also made them heroes in the eyes of the public, and helped to make aviation a national pride.

You will collect items from the flight logs in order to make your own multimedia newsreel about the achievements of Australia's early aviators. The newsreel script and images can also be printed.

Objects from the Museum's collection used in the interactive include Charles Ulm's paperweight, a propeller fragment from the Southern Cross, a picture of the Southern Cross, an anniversary mailbag from the 1934 flight and a suitcase used to recover oil in an aborted trans-Tasman flight.

Related links

- Finding Smithy – unit of work
- Charles Kingsford Smith and the first trans-Pacific flight, 1928

Hangout from the Great Barrier Reef - Live on Google +

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

National Year of Reading 2012:

For teens, we (Federal Government) are running the National Year of Reading Creative Reading Prize. It's an expansion of something that already happened in South Australia.

http://www.insideadog.com.au/blog/nyrps-creative-reading-prize-2012/

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 book. This will be a book review, but it could be in the form of words, pictures, film, song, or something even more weird and wonderful. We'll be working with insideadog.com.au, spinwout.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.australianmuseum.net.au/Bedtime-stories-downloadable-tales-for-children/

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 Episode Program allows you to read through and get some great ideas on how to use leftovers to make great pasta or make mini pizza. Fun !

Love food hate waste book: HERE

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 not available online. If you have a poem, story or something you want to see addressed, let us know or send to pittwateronlinenews@yahoo.com.au

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.

Tweet | Like | +1

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/

Pittwater Online News

June 3 - 9, 2012: Issue 61

Federal Government Media Release:

Continuing rise in number of older Australians hospitalised after a fall (AIHW) - PORTFOLIO: Health and Ageing

SNIPPET: The number of older Australians hospitalised after a fall is rising, according to a report released today by the Australian Institute of Health and Welfare (AIHW). Despite a decrease in the rate of fracture and hip fractures among older people over the 10 years to June 2009, the number of hospitalisations due to falls in older people is rising." Professor Harrison said: Falls on the same level due to slipping, tripping, or stumbling (rather than, for instance, a fall involving furniture or stairs) were the most common cause of a hospitalised fall injury.

Extra cash for pensioners | Prime Minister of Australia - PORTFOLIO: Prime Minister and Cabinet

SNIPPET: From tomorrow and over the coming weeks 3.2 million Australian pensioners will receive more money in their bank accounts to help them make ends meet. Full and part pensioners will receive upfront household assistance payments of $250 for singles or $380 for couples combined. From March next year pensioners will receive ongoing annual household assistance that will increase to keep up with the cost of living.

Hollywood Boogie (1946): Thelma White and Her All-Girl Orchestra

Thelma White (December 4, 1910 – January 11, 2000) was an American radio and film actress. White is best known for her role in the 1936 exploitation film Reefer Madness from Thelma Viviga in Lincoln, Nebraska. White debuted in her family's circus show at age 2, acting as a "living doll" who would stand in place until she got a cue to move. She performed in vaudeville by the age of 5 and was eventually part of the White Sisters, leading to jobs with the Ziegfeld Follies and Earl Carroll revue before she moved to Hollywood in the late 1920s. Her first film was A Night in a Dormitory (1930) co-starring Ginger Rogers. That job led to a number of short films at Pathé Exchange (later RKO Pictures), where she played leading lady to some of the most famous film faces of the day, such as Edgar Kennedy and Leon Errol.

During World War II, White joined United Servicemen Overseas, a government program which boosted entertainment for troops serving overseas, and performed as the backer of an all female swing band called **Thelma White and Her All-Girl Orchestra**. She and her band went to Alaska on several occasions with Rose Hobart and Carmen Miranda. She continued to make appearances in B-movies such as The Bowery Boom film series, but near the end of the 1940s she contracted a crippling disease while appearing in the Arabian Nights. White was bedridden for five years and told she would never walk again. Although she did partially recover and appeared in a few late 40's films, her acting career was essentially over. White later worked as an agent, representing such actors as Robert Blake and James Coburn.

Thelma White. (2012, February 7). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Thelma_White&oldid=475932080

Senior Australian News and Research website at

http://www.seniorau.com.au/

Dementia cases set to triple by 2050 but still largely ignored – News release - 11 APRIL 2012 | GENEVA -

Worldwide, nearly 35.6 million people live with dementia. This number is expected to double by 2030 (65.7 million) and more than triple by 2050 (115.4 million). Dementia affects people in all countries, with around half (58%) living in low- and middle-income countries. By 2050, this is likely to rise to more than 70%.

Treating and caring for people with dementia currently costs the world more than US$ 604 billion per year. This includes the cost of providing health and social care as well the reduction or loss of income of people with dementia and their caregivers.

Only eight countries worldwide currently have national programmes in place to address dementia. A new report ***Dementia: a public health priority***, published by the World Health Organization (WHO) and Alzheimer's Disease International, recommends that governments focus on improving early diagnosis; raising public awareness about the disease and reducing stigma; and providing better care and more support to caregivers.

Improving early diagnosis

Lack of diagnosis is a major problem. Even in high-income countries, only one fifth to one half of cases of dementia are routinely recognized. When a diagnosis is made, it often comes at a relatively late stage of the disease.

"We need to increase our capacity to detect dementia early and to provide the necessary health and social care. Much can be done to decrease the burden of dementia," says Dr Oleg Chestnov, Assistant Director-General, Noncommunicable Diseases and Mental Health at WHO. "Health-care workers are often not adequately trained to recognize dementia."

Raising public awareness and reducing stigma

The report points to a general lack of information and understanding about dementia. This fuels stigma, which in turn contributes to the social isolation of both the person with dementia and their caregivers, and can lead to delays in seeking diagnosis, health assistance and social support.

"Public awareness about dementia, its symptoms, the importance of getting a diagnosis, and the help available for those with the condition is very limited. It is now vital to tackle the poor levels of public awareness and understanding, and to drastically reduce the stigma associated with dementia," says Marc Wortmann, Executive Director, Alzheimer's Disease International.

Providing more support to caregivers

Strengthening care is also key. In every region of the world, most caregiving is provided by informal caregivers - spouses, adult children, other family members and friends. The report notes that people who care for a person with dementia are themselves particularly prone to mental disorders, such as depression and anxiety, and are often in poor physical health themselves. Many caregivers also suffer economically as they may be forced to stop working, cut back on work, or take a less demanding job to care for a family member with dementia.

The report recommends involving existing caregivers in designing programmes to provide better support for people with dementia and those looking after them. Community-based services can provide valuable support to families caring for people with dementia in both high- and low-income countries. Increasing the need for people to enter into high-cost residential care. At the same time, health workforce training needs to pay more attention to dementia, and the skills required to provide both clinical and long-term care.

Dementia is a syndrome, usually of a chronic nature, caused by a variety of brain illnesses that affect memory, thinking, behaviour and ability to perform everyday activities. Alzheimer's disease is the most common cause of dementia and possibly contributes to up to 70% of cases.

About dementia and Alzheimer's disease

Dementia is a syndrome that can be caused by a number of progressive disorders that affect memory, thinking, behaviour and the ability to perform everyday activities. Alzheimer's disease is the most common cause of dementia.

The World Health Organization is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

Alzheimer's Disease International (ADI) is the international federation of 78 Alzheimer associations that support people with dementia and their families in their respective countries. Founded in 1984, ADI serves as a federation for Alzheimer associations around the world to share and exchange information, resources and skills. Its vision is a better Quality of Life for people with dementia and their families. ADI is based in London and is registered as a non-profit organization in the state of Illinois, USA.

***Dementia: A Public Health Priority* Report by WHO at** : http://whqlibdoc.who.int/publications/2012/9789241564458_eng.pdf

From: WHO Media Release HERE

Internet Relay Calls

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

See more at: Relay Service

Senior Movers

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

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

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

www.seniormovers.com.au

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

The Senior Newspaper Online

Click on logo:

Australian Senior
PUBLICATIONS

Warringah Council | PITTWATER COUNCIL | 50th

Super Seniors Directory

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

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

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

Copyright Pittwater Online News, 2012

"Days of old" Cr-W.A.G.

Who remembers the fun we had diving off the Pontoons at Manly Wharf?? How did the bulk of us survive without all the safe guards we have today?? Hot weather and huge crowds back in the 60's !!

Oriana Mid sixty's, Circular Quay, and this was considered a large ocean going vessel in the 60,s! now would be classed as a harbour ferry by today's standards??

Sydney's old Double Decekers, (note Drivers Airconvicab)

Wheel Spat's on the old FC' how smart are they?? these young people are probably grannies and grand dad's by now??

The Beach Boys, Boulevard Hotel, Sydney 1978

Botany Rd, Mascot. Circ 1940s. Tram hits Truck. note; Petrol Bowser Brand? and the majority of the males are wearing hats and the women's hair styles are very similar??

Who remembers the "Kings Cross WHISPER" Circ. 1967 or 60's and Kings Cross Identity Sandra Nelson? very racy for those days?? nothing special by today's standards just walk through the average shopping centre and you will see just as much cleavage, if not more!!

Alongside Australia 's first Holden FX Circ.1948! the car certainly out lived the bloke standing next to it! Prime Minister Gillard sat in it on the 22/3/2012!!

Stomping at the Friendly's Hall North Sydney Circ: 1960's and I bet that mob wished they could do that again today if only their poor old bodies would let them??!!

Sydney Stadium 1908-1970 - people streaming in to see Frank Sinatra in 1960; and not a pair of jeans/"T" shirt among them because it was an occasion when people made the effort to dress up and put their glad rags on!!

Going down memory lane can either let us know what as a country/society / community we have gained over the years or indeed what we have lost???

The health risk of too much sitting down - March 2012

A study led by the University of Sydney has found that adults who sat 11 or more hours a day had a 40 percent increased risk of dying compared with those who sat for fewer than four hours a day. This was after taking into account their physical activity, weight and health status. The study of more than 200,000 people is published in *Archives of Internal Medicine*.

"These results have important public health implications," said study lead author Dr Hidde van der Ploeg, a senior research fellow at the University of Sydney's School of Public Health. "That morning walk or trip to the gym is still necessary, but it's also important to avoid prolonged sitting. Our results suggest the time people spend sitting at home, at work and in traffic should be reduced by standing or walking more."

The results are the first landmark findings to be published from the Sax Institute's 45 and Up Study, the largest ongoing study of healthy ageing in the Southern Hemisphere.

The study's size and focus on total sitting time make it an important contributor to the growing evidence on the downsides of prolonged sitting. The average adult spends 90 of their leisure time sitting down and less than one hour of adults meet World Health Organization physical activity recommendations. An accompanying editorial in the journal said the evidence was strong enough to support doctors prescribing "reduced daily sitting time" to their patients.

The research was commissioned by the Cardiovascular Research Network and supported by the NSW Division of the National Heart Foundation Australia.

Risky Business: Facing up to dementia will consider the future we are shaping for people with dementia. The International Dementia Partnership of The Dementia Centre, HammondCare and the Dementia Services Development Centre, University of Stirling will host this conference at Darling Harbour, Sydney Australia on 28-29 June 2012.

The conference will address Risk from everyone's point of view; from the risks people with dementia choose to take in their lives, to the challenges of building and delivering services that provide choice and therapeutic benefits, to the legislative and policy context that both seek to protect and deny certain freedoms.

The conference will bring together delegates from across the globe, all with a passion to improve the lives of people with dementia. The conference is for everyone involved in supporting people with dementia and their carers.

More at: HERE

Contact Community Care Northern Beaches by clicking their logo:

COMMUNITY CARE NORTHERN BEACHES LIMITED

Avalon Computer Pals for Seniors

COMPUTER PALS FOR SENIORS
AVALON

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

The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or on phone 02 8004 3574

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

HEARTMOVES
Heart Foundation

Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmovers 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.

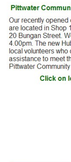
www.heartfoundation.org.au

Pittwater Community Hub

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

Click on logo to visit their website for more

Northern Community CONNECT



Pittwater Online News

June 3 - 9, 2012: Issue 61

SUSTAINABILITY AT THE VOLCOM FIJI PRO -1st ASP World Championship Tour event to go so - VOLCOM FIJI PRO ALIGNS WITH PARTNERS TO TACKLE SUSTAINABILITY IN ITS INAUGURAL YEAR

Sustainable Surf is proud to announce that the Volcom Fiji Pro surf contest, held June 3rd to 10th, 2012, has become the 1st ASP World Championship Tour event to have earned our Deep Blue Surfing™ certification. In its efforts to comply with the ASP's recent green guidelines for its sanctioned events.

Volcom's impressive efforts and commitments towards producing a world-class surfing event, while also reducing it's environmental impact and leaving a positive social legacy, fulfilled the trend - or how all professional surfing events should be designed to operate.

Mission Statement

Sustainable Surf acts as a catalyst to speed up an ongoing transformation of the surfing industry and environment in its current unsustainable operating model to become the global model of sustainability in action.

What We Do

Sustainable Surf works with key players within the surfing industry to dramatically improve the environmental performance of their products and services. In parallel, Sustainable Surf engages surfing communities and consumers to change their consumption habits of products, and educates them about the lifestyle choices that can further lower their impacts on the ocean environment.

Our Deep Blue Surfing™ program is currently the only that works with partnership with ASP, North America from earlier this year, which developed a set of voluntary green guidelines for surfing events. Using these new guidelines as a common framework, Sustainable Surf can now work efficiently with events to collaboratively launch the develop and share best practices, related to producing much more sustainable surfing events. Surfing contests that do follow the recommendations of those green guidelines, can dramatically reduce the environmental impact of their events while also boosting positive social benefits to the local environment and communities. Please see our new Deep Blue Surfing™ promotional page for more info.

Volcom Fiji Pro teaser video (below) - courtesy of our friends at TransWorld Surf – thanks Charles!

Tavarua Island photo: Tom Carey, courtesy of Volcom

From Volcom (Media Release)

The Volcom Fiji Pro is our first ASP (Association of Surfing Professionals) World Title surfing event and will be host to the world's Top 34 surfers at one of the best breaks on the planet – Cloudbreak and/or Restaurants. Not resting on those laurels, and in line with our New Future philosophy, we are rolling out a string of initiatives that will make the Volcom Fiji Pro one of the most sustainable surf events in recent memory.

"This is a really important event for us and we are dedicated to doing it right across the board," said Volcom Founder, Volcom's SVP of Marketing. "Sustainability is a top priority for the company and the Volcom Fiji Pro is the perfect opportunity for us to put our focus to the next level."

In partnership with Tavarua Island Resort and select non-profit organizations, we plan to accomplish a number of objectives during the event including:

Partnering with SustainableSurf.Org and following the ASP's newly released Green event guidelines to make this the first, official Deep Blue Surfing™ event at World Championship Tour history

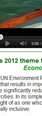
Running a carbon neutral event by offsetting the carbon footprint of the surf contest with Carbonfund.org

Promoting sustainable surf tourism in partnership with San Diego State University's Center for Surf Research to collaboratively launch Surf Credits, a program where surf travellers can give back socially and environmentally to places they travel

Raising funds and awareness for the medicalinitiated focused Lolomi Foundation who distributes medicine, clothing, school supplies and other necessities to many agencies throughout the South Pacific via our Schedule Savers.

Delivering clean water to local residents in partnership with Tavarua Island Resort and Give Clean Water. The joint effort will outfit two local villages and their schools with clean drinking water filters

Details regarding each of the initiatives will be forthcoming and a dedicated page to feature all the Sustainability activity will be featured prominently on volcomfijipro.com

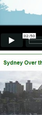


The 2012 theme for World Environment Day is *Green Economy: Does it include you?*

The UN Environment Programme defines the Green Economy as one that results in improved human well-being and social equity, while significantly reducing environmental risks and ecological scarcities. In its simplest expression, a green economy can be thought of as one which is low carbon, resource efficient and socially inclusive.

Practically speaking, a Green Economy is one whose growth in income and employment is driven by public and private investments that reduce carbon emissions and pollution, enhance energy and resource efficiency, and **prevent the loss of biodiversity** and ecosystem services. These investments need to be catalysed and supported by targeted public expenditure, policy reforms and regulation changes.

From: www.unep.org/wed/theme/



Sydney Over the Next 20 Years: A Discussion Paper

Have your say about the type of city you want Sydney to become over the next 20 years. A new metropolitan plan for Sydney is being developed for the year 2031. A document will provide a framework for Sydney's growth, one that will help us accommodate and

should plan for housing, employment, transport, infrastructure, the environment and open space.

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

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

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

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

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

You can also comment by making a submission on the New Your Say page. **Submissions close June 29 2012**. From http://haveyoursay.nsw.gov.au/metrostrategy

World Ocean's Day - 8th of June, 2012

A Celebration of where we all come from. More at : http://worldoceansday.org/

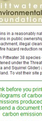
World Ocean's Day - 8th of June, 2012

A Celebration of where we all come from. More at : http://worldoceansday.org/

Marine and Freshwater Research - Volume 63 Number 5 2012

Research Compilation: fishery card and potential management of populations of grooved tusks (rohtee Pseudosciaena polyactis) in Northeastern Island, Great Barrier Reef, Australia. Climate-change induced translocation of marine communities in Shallow Australia. Statistical phylogeographic tests of competing 'Lake Hypotheses' for explaining the post-glacial breeding freshwater fish, Gnoorimia spinosa (spinosa)

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



Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2009 to conserve and enhance the natural environment of the Pittwater local government area through the protection of the irreplaceable bushland, gifts and bequests. The Directors were appointed by Pittwater Council. As of 2009[update]

About 53% (about 1600 ha excluding National Parks) of the Pittwater Local Government Area (LGA) 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, garden dumping, bushfire hazard reduction requirements and other edge effects.

Within Pittwater 38 species of plants and animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations and 9 endangered ecological communities (vegetation communities) listed in the bushland. To visit their site please click on logo above.

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

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

Coastal Environment Centre

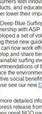
The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

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

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

JUNE 2012 Newsletter includes information on: Bush/Care Planting Activities (volunteers needed), Workshops and events, and more

HERE



IS YOUR LIFE TOO PLASTIC?

To celebrate World Oceans Day (8 June), Pittwater Council is hosting a free screening of the film *Bag It* at the Coastal Environment Centre on **Friday 8 June at 6pm.** Australia's National Environment & Education Manager Mark Eisenlauer said, "This is a movie that you simply cannot miss if you're concerned about the effects of plastic on your life and the environment.

"The documentary traces the huge mass of plastic debris in the ocean, the 'Great Pacific Garbage Patch' which is twice the size of Texas, and the 'dead zones' caused by Behaviral. It's also roughly the size of Texas, containing

a staggering 3.5 million tons of plastic debris.

Bag It exposes the dangers plastic poses to the ocean environment, wildlife and the human body. The screening will be followed by a discussion to explore how the community can work together to make our lives less plastic.

This event is supported by the Two Hands Project, Eco Eteers and Surfrider foundation and Seabin Project and Bye Bye Plastic Bags. The film screening is free, however bookings are essential at www.pittwater.nsw.gov.au/cec or phone 9970 1000 202. The Coastal Environment Centre is located off Lake Road, North Narrabeen. Entry is via the Pittwater Council car park. Picture by Michael Mannington, Shot at Manly Ocean Care Day Dec 2011

FREE WALK CELEBRATING THE *GURINGAI* FESTIVAL

To celebrate this year's exciting Guringai Festival, Pittwater Council is inviting members of the local community to join a free guided walk on Saturday 16 June. The walk will begin at Bayview Park and will be guided by Sonia Elwood from the Council's Coastal Environment Centre and Bilal Rasheed from the Treasures und 'Uncle Ken' Telford, a member of the Aboriginal Metropolitan Land Council.

The walk kicks off at 9am from the Basin Track in the national park, taking in bush, rock, and plant flora and fauna and Aboriginal engraving along the way. The walk includes a break for morning tea and concludes at 11.30am.

Participants should meet at the start of the Basin Track on the Mwell Head Road in Kuringai Chase National Park. The walk will involve some walking on uneven surfaces, so wear comfortable, sturdy shoes and bring a hat and water bottle.

Booking for this walk are essential. To book online visit www.pittwater.nsw.gov.au/cec. For more information call Sonja on 9970 1308

Warriewood Wetlands: Breakfast with the Birds. Birdwatching and monitoring winter birds - June 24th, 2012

Swamp Mahogany Reserve, Warriewood Wetlands, Jubilee Avenue, Warriewood. Bring binoculars, water, raincoat. Meet: end of Kalora Close (off Garden St) Warriewood. Cost: Adults $2.00, Kids $2.00 for Tea/Coffee/Cake. Bookings: P: 9918 3368/0439 409 202 E: pnhainc@optusnet.com

Federal Government Media Release

News display - PORTFOLIO: Agriculture, Fisheries and Forestry

SNIPPET: The traditional concept of the Australian garden could soon change considerably thanks to a Rural Industries R&D Corporation project that is looking at the use of a broader number of hardy native plants that can create hedge on the walls and roofs of buildings. The research project found that there were social, environmental and economic benefits for growing plants on walls and rooftops. The research project identified six native plant species for green roofs and green walls and found that displayed traits suited to Australia's harsh sub-tropical environment.

Birdlife International Updates for April

The new BirdLife Australia website is live!

www.birdlife.org.au is the place to go for everything about Australia's birds and their conservation. Whether you want to learn more about our native birds, how to find out about some of the important conservation work we do, or perhaps want to get involved in a project, we've got something for you. Please have a look around and let us know what you think.

This is phase 1 of the new website development and phase 2 will come later in the year with even more on offer. The new website is the result of work by Birds Australia and Bird Observation & Conservation Australia (BOCA); the two organisations that merged to become BirdLife Australia in January this year.

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

PITTWATER-WIDE SURVEY OF WATERBIRDS

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

The survey will build on data obtained from earlier counts carried out between the late 1990s and 2007 in Pittwater, as well as a number of previous surveys. It will be undertaken by Dr Mike Mulvaney from the Hawkesbury catchment.

Mr Deharrel said the entire Pittwater estuary would be surveyed by boat, with the exception of Ingleside Chase Reserve, which is accessible through to McCarrs Creek in the Lower and Wimmerang areas to the south. Pittwater's offshore waters will also be surveyed by boat.

However this is the most comprehensive Pittwater-wide survey of waterbirds," said the Council's Natural Environment & Education Manager Mark Deharrel. "We are using boats to survey areas not accessible to the birds," he said.

Mr Deharrel said the entire Pittwater estuary would be surveyed by boat, with the exception of Ingleside Chase Reserve, which is accessible through to McCarrs Creek in the Lower and Wimmerang areas to the south. Pittwater's offshore waters will also be surveyed by boat.

A total of ten surveys of waterbirds will be carried out between January and June this year, with the first to be held in January.

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 Little Tern and the Mangrove Gerogone.

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 Gerogone (Gerygone levigaster). Top: Whistling Kite (Haliastur sphenurus)

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

added its 30 millionth species occurrence record last week, making it the largest collection of rich biodiversity data in Australia. The Atlas of Living Australia is a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, reached the milestone when over half a million records from Birdlife Australia were incorporated. Some of these records come from the diaries of 17th Century Dutch explorers, such as the record for a Brush Bronzewing Quail from 1628.

The Atlas provides access to over 350 large and small datasets, from the NGO community who look after a local creek. One of the organisations that has contributed is Birdlife Australia, which allows you to enter an address or location to find the recorded species nearby. At the click of a button you can see a map and map of species that have been found in your local area and photos of most of them.

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council's bushland and biodiversity team has created a calendar that commends about the coastal environment, based on traditional Aboriginal seasons. The calendar, which is available online, features beautiful photographic images of Pittwater's flora and fauna, and includes descriptions of seasonal events to look for. Pittwater residents and collated by staff from the Council's Coastal Environment Centre at Narrabeen.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Cumberland Councils working group of the Sydney Coastal Councils Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for our Country program.

Representatives of the Darkinjung community have provided their knowledge for descriptions of some of the images and the Guringai Darkinjung and Dharug people are also providing support on the project. 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 Deharrel said the calendar was a fantastic way to celebrate the beauty of the area and to help 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 raise the awareness of native birds, animals and plants throughout the seasons," he said.

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biodiversity/calendar To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

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 login above for index to the great extensive list of fact sheets on every Australian plant.

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What Does PHNA do?

Co-ground bush regenerations, esp Jeanpaens Fern Out Days
Activities guided walks, bird watching
Quarterly informative newsletter, online or paper
Members email group for bushcare environmental news and events
AGM with Guest Speaker
Workshops 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 PHNA approved grant applications for environmental projects
Publications: Bushcare History Field Guide to Birds of Warriewood Wetlands & Ingleside Reserves, $25.00/pp, attractive cards with photos of Pittwater scenes, flora and fauna $12.00

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

How Green is a Spotted Gum when Wet?

New coastal website linking local research with local councils

From **CSIRO Media Releases**

The latest coastal research and how to put it into the fingertips of councils and developers, will be launch of a new website at the Australian Coastal Councils Conference in Hobart. The CSIRO-developed website will enable coastal managers and planners to share information and to find research easily at a national level, and will be a key output from the coastal research project.

CSIRO committed to creating the Coastal Research Website at our last Australian Coastal Councils Conference, when it was realised local councils had a low awareness of the range of coastal research projects underway.

Dr Andy Steven, from CSIRO's Wealth from Oceans Flagship said: "By creating a central repository to access the latest research data, information and tools, we will be better equipped to help coastal communities.

The website has short, plain English, precise research summaries and it provides further links to freely available data and research, under the Creative Commons license. The website which users 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. ACEF is supported by the Australian Government through the National Collaborative Research Infrastructure Strategy and Super Science Initiative.

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Pomegranate

This ancient fruit is ending its fruiting season in Australia but as with all fruits, it comes, in due season to maintain a healthy physical balance in those who consume it. With recent studies stating it is great for preventing most cancers, has a high vitamin C and fibre content in its seeds and being red, indicates it is also a tonic for your liver and kidneys at this time of year. We offer a vegetarian variation and a slow cooked lamb recipe this week and hope of you see some you grab a few to help yourself feel as good as you can as we enter Winter. As with many of our recipes we aim to make them family and budget friendly and to suit the recipe itself.

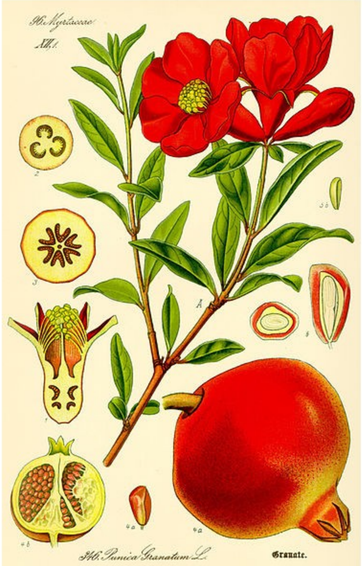
Quinoa, herb and pomegranate salad (variation on an Olive recipe)
Enough for 2
Ingredients
150g quinoa or cracked wheat
½ vegetable stock cube
75g pine nuts or flaked almonds
1 pomegranate, seeds removed
a small handful mint, chopped
a small handful coriander, chopped
1 lemon, juiced
1 small chilli cut into slivers
300 grams cooked chick peas
extra-virgin olive oil

Cook the quinoa/cracked wheat according to instructions given on pack adding the vegetable stock cube to the cooking water. Leave to cool, then break up with a fork. Meanwhile, toast the nuts in a dry frying pan until lightly golden. Mix the nuts, pomegranate seeds, herbs, chilli, lemon juice and 2-4 tbsp of oil through the quinoa or cracked wheat. Toss through the chick peas and serve.

Spiced lamb stew with pomegranates (Variation on a Jamie Oliver recipe)
Enough for 4
Ingredients
750g roasting shoulder joint of lamb, boneless or similar cut suitable for stewing
2 tablespoons plain flour seasoned with sea salt and freshly ground black pepper
olive oil
1 onion, finely sliced
4 sticks of celery, finely sliced
4 cloves of garlic, crushed
1/2 a stick of cinnamon
2 bay leaves
6 pomegranates
a bunch of curly leaf parsley(better for your lungs as we head into winter), chopped
1 ½ cups of rice; cooked off to serve with stew

Cut the lamb into 2cm cubes. Toss the lamb cubes in the seasoned flour. Heat a large pan and pour in 2 tablespoons of olive oil. When the oil starts to smoke, add as many lamb pieces as will fit in one layer, cover with a lid and cook for a few minutes until soft and browned evenly. Remove from the pan, then repeat with the remaining cubes until they are all browned. Return all the lamb to the pan and turn the heat down. Add the onion, celery, garlic, cinnamon and bay leaves to the pan. Put the lid back on and cook very gently for 3 to 5 minutes, stirring often to make sure nothing sticks to the bottom of the pan, until the onion is softened.

Cut you pomegranates in half and ease out a few of the seeds and put to one side. Juice them as you would an orange or lemon. You should end up with about 500ml of juice. Stir the juice into the lamb and top up with water to cover. Simmer very gently for 1½ hours, or until the lamb is tender, add small amounts of water now and then if the stew gets dry. Remove and discard the cinnamon stick and bay leaves. Season to taste and sprinkle with the parsley and reserved pomegranate seeds. Serve with rice and hot flatbreads and a side of cucumber raita; mint sliced thin and mixed with; one grated cucumber, 1 tablespoon of sugar through 300grams of plain yoghurt.



Prof. Dr. Otto Wilhelm Thomé Flora von Deutschland, Österreich und der Schweiz, 1885, Gera, Germany

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The **pomegranate**, *Punica granatum*, is a fruit-bearing deciduous shrub or small tree growing between five and eight meters tall. Native to the area of modern day Iran and Iraq, the pomegranate has been cultivated in the Caucasus since ancient times. From there it spread to Asian areas such as the Caucasus as well as the Himalayas in Northern India. In the Northern Hemisphere, the fruit is typically in season from September to February. In the Southern Hemisphere, the pomegranate is in season from March to May. The pomegranate has been mentioned in many ancient texts, notably the Book of Exodus, the Homeric Hymns and the Quran.

The Punica granatum leaves are opposite or sub-opposite, glossy, narrow oblong, entire, 3–7 cm long and 2 cm broad. The flowers are bright red, 3 cm in diameter, with four to five petals (often more on cultivated plants). Some fruitless varieties are grown for the flowers alone. The edible fruit is a berry and is between a lemon and a grapefruit in size, 5–12 cm in diameter with a rounded hexagonal shape, and has thick reddish skin. The exact number of seeds in a pomegranate can vary from 200 to about 1400 seeds

The name pomegranate derives from medieval Latin *pōmum* "apple" and *grānātum* "seeded".This has influenced the common name for pomegranate in many languages (e.g. Granatapfel or Grenadine in German, grenade in French, pomogranàin venetian). Mālum grānātus, using the classical Latin word for apple, gives rise to the Italian name melograno, or less commonly melagrana. Perhaps stemming from the old French word for the fruit, pomme-grenade, the pomegranate was known in early English as "apple of Grenada"—a term which today survives only in heraldic blazons. This is a folk etymology, confusing Latingranatus with the name of the Spanish city of Granada, which derives from Arabic. The genus name Punica refers to the Phoenicians, who were active in broadening its cultivation, partly for religious reasons. Garnet comes from Old French grenat by metathesis, from Medieval Latin granatum, here used in a different meaning: "of a dark red color". This meaning perhaps originated from pomum granatum because of the color of pomegranate pulp, or fromgranum in the sense of "red dye, cochineal". The French term grenade for pomegranate has given its name to the military grenade. Soldiers commented on the similar shape of early grenades and the name entered common usage.

The pomegranate is native to the region of Persia (modern day Iran) and the western Himalayan range, and has been cultivated in Iran, Iraq, Azerbaijan, Afghanistan,Pakistan, India, Russia, and theMediterranean region for several millennia. Carbonized exocarp of the fruit has been identified in Early Bronze Age levels of Jerichoin Israel, as well as Late Bronze Age levels ofHala Sultan Tekke on Cyprus andTiryns. A large, dry pomegranate was found in the tomb of Djehuty, the butler of Queen Hatshepsut in Egypt; Mesopotamian cuneiform records mention pomegranates from the mid-Third millennium BC onwards. It is also extensively grown in South China and in Southeast Asia, whether originally spread along the route of the Silk Road or brought by sea traders. Kandahar is famous in Afghanistan for its high quality pomegranates.

The entire seed is consumed raw, though the watery, tasty aril is the desired part. The taste differs depending on the subspecies of pomegranate and its ripeness. Thepomegranate juice can be very sweet or sour, but most fruits are moderate in taste, with sour notes from the acidic tannins contained in the aril juice. Pomegranate juice has long been a popular drink in Persian and Indian cuisine.

Grenadine syrup is thickened and sweetened pomegranate juice used in cocktail mixing. Before tomatoes (a New World fruit) arrived in the Middle East, grenadine was widely used in many Iranian foods, and is still found in traditional recipes such as fesenjān, a thick sauce made from pomegranate juice and ground walnuts, usually spooned overduck or other poultry and rice, and in ash-e anar (pomegranate soup).

In Ayurvedic medicine; In the Indian subcontinent's ancient Ayurveda system of medicine, the pomegranate has extensively been used as a source of traditional remedies for thousands of years. The rind of the fruit and the bark of the pomegranate tree is used as a traditional remedy against diarrhea, dysentery and intestinal parasites. The seeds and juice are considered a tonic for the heart and throat, and classified as a bitter-astringent (pitta or fire) component under the Ayurvedic system, and considered a healthful counterbalance to a diet high in sweet-fatty (kapha or earth) components. The astringent qualities of the flower juice, rind and tree bark are considered valuable for a variety of purposes, such as stopping nose bleeds and gum bleeds, toning skin, (after blending with mustard oil) firming-up sagging breasts and treating hemorrhoids. Pomegranate juice (of specific fruit strains) is also used as eyedrops as it is believed to slow the development of cataracts. Ayurveda differentiates between pomegranate varieties and employs them for different remedies.

Nutrients and phytochemicals: Pomegranate aril juice provides about 16% of an adult's daily vitamin C requirement per 100 ml serving, and is a good source of vitamin B5 (pantothenic acid), potassiumand natural phenols, such as ellagitannins and flavonoids. Pomegranates are listed as high-fiber in some charts of nutritional value. That fiber, however, is entirely contained in the edible seeds which also supply unsaturated oils. People who choose to discard the seeds forfeit nutritional benefits conveyed by the seed fiber, oils and micronutrients.

Phenolic content; ***The juice from the biblical fruit of many seeds can reduce your risk of most cancers, thanks to polyphenols called ellagitannins, which give the fruit its color. In fact, a recent study at UCLA found that pomegranate juice slows the growth of prostate cancer cells by a factor of six.*** The most abundant polyphenols in pomegranate juice are the hydrolyzable tannins called ellagitannins formed when ellagic acid binds with a carbohydrate. Pomegranate ellagitannins, also called punicalagins, are tannins with free-radical scavenging properties in laboratory experiments and with potential human effects. Punicalagins are absorbed into the human body and may have dietary value asantioxidants, but conclusive proof of efficacy in humans has not yet been shown. During intestinal metabolism by bacteria, ellagitannins and punicalagins are converted to urolithins which have unknown biological activity in vivo.

In preliminary laboratory research and clinical trials, juice of the pomegranate may be effective in reducing heart disease risk factors, including LDL oxidation, macrophage oxidative status, and foam cell formation. In an article published in the American Journal of Clinical Nutrition in 2000, researchers detailed an experiment in which healthy adult men and unhealthy mice consumed pomegranate juice daily. After two weeks, the healthy men experienced increased antioxidant levels, which resulted in a ninety percent drop in LDL cholesterol oxidation. In the mice, "oxidation of LDL by peritoneal macrophages was reduced by up to 90% after pomegranate juice consumption...".

Symbolism

Ancient Egypt: Ancient Egyptians regarded the pomegranate as a symbol of prosperity and ambition. According to the Ebers Papyrus, one of the oldest medical writings from around 1500 BC, Egyptians used the pomegranate for treatment of tapeworm and other infections.

Judaism: Pomegranates were known in Ancient Israel as the fruits which the scouts brought to Moses to demonstrate the fertility of the "promised land". The Book of Exodus describes the me'il ("robe of the ephod") worn by the Hebrew High Priest as having pomegranates embroidered on the hem. According to the Books of Kingsthe capitals of the two pillars (Jachin and Boaz) that stood in front of Solomon's Temple in Jerusalem were engraved with pomegranates. It is said that Solomon designed his coronet based on the pomegranate's "crown" (calyx)

Azerbaijan; Annually in October, a cultural festival is held in Goychay, Azerbaijan known as Pomegranate Festival. The festival featuresAzerbaijani fruit-cuisine mainly the pomegranates from Goychay. At the festival, a parade is held with traditional Azerbaijani dances and Azerbaijani music

Iran and ancient Persia: Pomegranate was the symbol of fertility in ancient Persian culture. In Persian mythology Isfandiyar eats a pomegranate and becomes invincible

Hinduism: In Hinduism, the pomegranate (Sanskrit: Beejpur, literally: replete with seeds) symbolizes prosperity and fertility, and is associated with both Bhoomidevi (the earth goddess) and Lord Ganesha (who is also called Bijapuraphalasakta, or the one fond of the many-seeded fruit).

Pomegranate. (2012, May 23). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Pomegranate&oldid=493999450

Pittwater Online News

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What Comes Naturally

Winter is settling in to Pittwater there is colour all year round. This week, in Avalon, Newport and along Bilgola's south headland, where a white flowering Banksia is attracting a host of nectar feeders. The Wattles harbest a profusion of tiny flowers, new buds, berries, gravilleas, wattles and many native bush flowers caught the eye. Whipbirds, finches and honeyeaters are busy nesting and feeding their young in the warmer days. Our celebration for World Environment Day and World's Ocean Day, and for all of you who didn't get to walk twenty miles or more in our Sponsored Walk, there is a sense of these, may they bring a breath of delight and idea of wonder.

Wattles

Banksias

Budding this week:

Winter Berries - June 2012

Bottlebrush - Callistaxis

Grevilleas

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June 3 - 9, 2012: Issue 61

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

Winning at Everything - C/- W.A.G.

Funny Pictures are ever popular; sharing them online has become a bit of a fad with numerous websites dedicated solely to sharing these. One we've been told of this week is Winning at Everything. A few samples from there:

Dual SKA site welcomed by CSIRO – CSIRO Media Release 25th of May, 2012

The $2.5 billion Square Kilometre Array radio telescope will be deployed in Australia-New Zealand, as well as South Africa, the international SKA Organisation in Manchester, UK, announced yesterday. The organisation noted that a dual-site implementation model for the SKA had been agreed by the majority of its members.

A €1.5 billion project, the SKA will consist of thousands of radio-wave antennas all linked together by high bandwidth optical fibre. The antennas will work together, acting as a single large instrument with a collecting area approximating one square kilometre. The telescope aims to address fundamental questions about the evolution of the Universe including the formation of black holes, the origins of the first stars and the generation of magnetic fields in space.

"This is a fantastic outcome for Australia, and for international science," said Dr Megan Clark, Chief Executive of CSIRO. CSIRO has played an influential role in both the international SKA project and the Australia–New Zealand bid to host the telescope. "CSIRO has been involved in the SKA project since the very beginning, with the organisation submitting a proposal to host the SKA in Australia in December 2005."

"We have since worked closely with the Commonwealth, Western Australian and New Zealand Governments, providing scientific and technical advice to support SKA bid processes and activities. CSIRO is well qualified with more than 60 years' experience in radio astronomy. We currently operate a number of world-class radio telescopes including the iconic 'Parkes Dish' radio telescope and the Australia Telescope Compact Array," Dr Clark said.

The area that will be used for the core of Australian SKA activity is the CSIRO operated Murchison Radio-astronomy Observatory (MRO). The site is located 350kms north-east of Geraldton in WA and is a world-class environment for radio astronomy, protected by a regulated radio quiet zone. The site already hosts CSIRO's Australian SKA Pathfinder (ASKAP) radio telescope as well as other experiments such as the Murchison Widefield Array.

The Australia–New Zealand SKA Project Director, Dr Brian Boyle, who is also from CSIRO said, "I'm delighted that years of hard work, by so many people in so many organisations, has paid off. A dual SKA site will ensure that the expertise brought to the international project is truly capitalised on. Concentrating radio-wave antennas at the superbly radio quiet MRO will maximise our scientific return. We look forward to further details as they evolve."

Chief of CSIRO Astronomy and Space Science, Dr Philip Diamond who is also a member of the Australia–New Zealand SKA Coordination Committee noted that "ASKAP is a precursor SKA instrument for which construction is almost completed. It will be a world-leading telescope in its own right and will utilise new technologies that can also be used for the SKA including a CSIRO-developed phased-array feed or "radio camera". This exciting new technology allows telescopes to scan the sky far more quickly than with traditional methods and is truly innovative. Our successful work with ASKAP stands us in good stead for the SKA."

Construction of the SKA Phase 1 is expected to start in 2016 with sets of antennas with complementary frequencies to be placed on each continent and then networked together. In Phase 1, Australia will build 60 mid frequency SKA dishes equipped with phased array feeds as well as an array of low frequency antennas. Preliminary science operations are to take place by 2020.

Images and additional information related to Australia–New Zealand SKA activity can be found here: www.ska.gov.au

Australian Colour Diary 4: History Was Made At Parramatta - Published on May 30, 2012 by FILMAUSTRALIA

This segment from Australian Colour Diary 4 shows the the historical features that could still be found there when the film was made in 1957. Many of these remain today. If you know specific locations in the film or even some of the people featured we would love to hear from you. Made by The National Film Board in **1957** and now part of the NFSA's Film Australia Collection.

About Film Australia Collection - National Film And Sound Archive: Film Australia Collection is a collection of Government produced films from 1920 to 2008. There are approximately 5000 films in the collection.

Inauguration of the Commonwealth of Australia (1901)

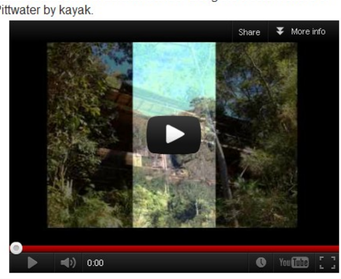
This is also from what could be the first feature-length documentary made in Australia and the first Australian film to use multi-camera coverage. It was made by Salvation Army Limelight and is held by the National Film and Sound Archive. This silent, black-and-white clip shows the ceremony at Centennial Park in Sydney where the Commonwealth of Australia was proclaimed on 1 January 1901, according to Australian Screen curator Elizabeth Taggart-Speers.

It shows Governor-General John Adrian Louis Hope, seventh Earl of Hopetoun, being greeted by caretaker Prime Minister Edmund Barton and the Anglican Archbishop of Sydney, William Smith. Lord Hopetoun gives an oath of allegiance and oath of office as Governor -General, after which the (soon-to-be) ministers of the first federal government are sworn in. The Governor-General and government ministers are shown signing an oath of allegiance at a table in the centre of the pavilion.

Filmed on a Lumiere cinematographe camera with no pan or tilt facility, the camera remains still and the view is limited to a wide shot.

Pittwater - Autumn 2012.wmv - Published on May 8, 2012 by Luke Johnson:

An autumn wander along the western shore of Pittwater by kayak.



1941 Film Ad for Bushells Tea (Australia)

Tweet | Like | +1

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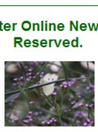

Pittwater Online News

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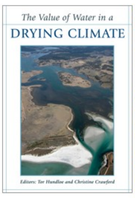
Old Books: June 2012

Thoughts from G. K. Chesterton (1913)Author: Chesterton, G. K. **(Gilbert Keith)**, 1874-1936; Morton, Elsie E. Publisher: London : G.G. Harrap

My Father As I Recall Him, Mamie Dickens(1896), Publisher: E. P. Dutton amp co; "If, in these pages, written in remembrance of my father, I should tell you, my dear friends, nothing new of him, I can, at least, promise you that what I shall tell will be told faithfully, if simply, and perhaps there may be some things not familiar to you." So begins chapter one of My Father as I Recall Him, the personal recollections of Mary Dickens, (Mamie, as she was called), the oldest daughter of the great novelist, Charles Dickens.

New Books from CSIRO - June 2012



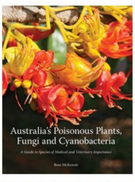
The Value of Water in a Drying Climate, Edited by: Tor Hundloe; University of Queensland, Christine Crawford; Tasmanian Aquaculture & Fisheries Institute, University of Tasmania . $59.95

Are we making the best use of water? How do we judge this? Are there trade-offs between upstream and downstream water use? What are these and how are they resolved?

Disputes over water allocations are, second to climate change, the dominant environmental and public policy issues of the present era. We are called upon to resolve such controversies using the principles of sustainable development, which integrates ecology, economics and ethics. This timely book establishes a template for all types of resource allocation disputes, whether in Australia or overseas.

An expert team of ecologists, economists and sustainability experts spent three years interviewing people in the Little Swanport catchment, seeking answers to the optimal allocation of water on the Tasmanian East Coast. The hinterland of this area produces some of the most valuable merino wool in the world, the estuary grows mouth-watering oysters, and much of the land is in near-pristine condition, providing very valuable biodiversity resources.

The book is written in an easy-to-read style and gradually evolves to become the story of everyday life of one small Australian catchment. It is about people living in rural settings in the upper catchment with soils and rainfall suitable for farming; people residing in coastal settlements in the lower catchment; people working and relaxing in the estuary where fishing and aquaculture occur; and people and their business in adjacent towns.



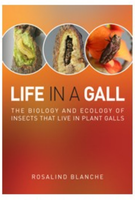
Australia's Poisonous Plants, Fungi and Cyanobacteria: A Guide to Species of Medical and Veterinary Importance, Ross McKenzie 976 pages $195.00

Australia's Poisonous Plants, Fungi and Cyanobacteria is the first full-colour, comprehensive guide to the major natural threats to health in Australia affecting domestic and native animals and humans. The overriding aim of the book is to prevent poisoning, as there are few effective treatments available, particularly in domestic animals.

The species have been chosen because of their capacity to threaten life or damage important organs, their relative abundance or wide distribution in native and naturalised Australian flora, or because of their extensive cultivation as crops, pastures or in gardens. These include flowering plants, ferns and cone-bearing plants, macrofungi, ergot fungi and cyanobacteria.

The plant species are grouped by life form such as herbs, grasses and sedges, shrubs, trees, and for flowering plants by flower type and colour for ease of identification. Species described have colour photographs, distribution maps and notes on confusing species, habitats, toxins, animals affected, conditions of poisoning, clinical signs and symptoms, post mortem changes, therapy, prevention and control. Symbols are used for quick reference to poisoning duration and available ways of managing poisoning. As further aids to understanding, poisoning hot-spots are highlighted and the book lists plants under the headings of animals affected and organs affected. A Digest gives brief details for all poisonous species in Australia.

This book is written in a straightforward style making it accessible to a wide audience including farmers, veterinarians, agricultural advisors, gardeners, horticulturists, botanists and park rangers, medical practitioners and paramedics, teachers, parents and pet owners.

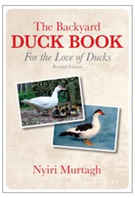


Life in a Gall: The Biology and Ecology of Insects that Live in Plant Galls, Rosalind Blanche, 80 pages. $29.95

What are plant galls and how are they caused? This book introduces the Australian native insects that induce galls on plants and the plant species that host them. It explores the ways the insects have adapted to living part of their lives in the confined spaces of galls, and describes the strategies employed by different insect groups to find a suitable site to induce a gall, obtain food, mate and escape the gall.

Life in a Gall also looks at the predators, parasitoids, inquilines, kleptoparasites and micro -organisms that prey on gall-inducing insects and the ways the insects defend themselves from these enemies. It covers the problems gall-inducing insects can cause for agriculture, forestry and horticulture, and gives examples of several pest species. On the positive side, the book describes the essential services gall-inducing insects provide by pollinating figs, controlling invasive weeds and contributing to indigenous food.

The final chapter provides tips for people who want to collect and study galls, and shows that answering many of the questions still surrounding gall-inducing insects is not restricted to professional scientists but can be achieved by diligent amateurs too.



The Backyard Duck Book; For the Love of Ducks, Revised Edition, Nyiri Murtagh, 168 pages, $ 39.95

The Backyard Duck Book is a revised edition of Nyiri Murtagh's popular book, For the Love of Ducks, but with colour photographs of the duck breeds. It covers all aspects of duck husbandry, from selecting a breed and buying ducks to housing, breeding, feeding and health. It includes a description of each of the duck breeds currently available in Australia, the standards for each breed, their egg-laying capacity and their potential as table birds.

The book also has a comprehensive section on artificial incubation of eggs that includes step-by-step instructions on how to test eggs for fertility and defects. Crossbreeding, developing your own lines and raising ducks for meat are also covered.

Backyard poultry farmers, small-acre farmers and hobby farmers will find this book an enjoyable and useful reference.

Avalon Library Hours
Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

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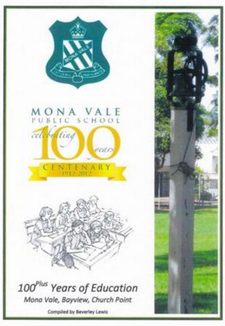
New Books from Locals:



Packed with great tales, beautifully illustrated with images by Noela Cunningham, a local artist and illustrator of books and many wonderful photos from the decades, this is a must have for your library. This book will make a great keepsake for all students and teachers, past and present.

Inside the covers, pages are full of colour illustrations, class photographs, tables and lists as well as the school's history as published originally by Mr Thomas Le Sueur and carefully reproduced here.

Make sure you secure your copy of the History of Mona Vale Public School by downloading an order form today, or contact the author, Bev Lewis bevlewis2069@gmail.com

For Children:

Little Critter: Just a Little Too Little, By Mercer Mayer, Illustrated by Mercer Mayer

Don't let his name fool you! Little Critter® is a big boy who can take care of things himself! So when he decides he wants to go camping, he can set the site, pitch the tent, and cook his meal . . . with help from Mom and Dad, of course. Little Critter just has to remember one thing: no matter how big you get, help from Mom and Dad goes a long way.

Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

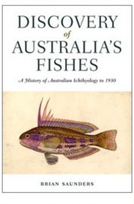
Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

For Laughter:

The Carrott Collection: Back to the Front 3/175 By Jasper Carrott

A hilarious and dazzling collection of funny stories, anecdotes and jokes performed by Jasper at his peak. His comic eye falls on such topics as the vagaries of foreign holidays, teenagers, royalty, strippers and the world's hottest curry. Universally respected, with a faultless career, his appeal spans all ages.

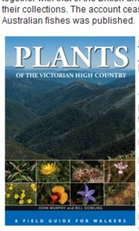
New Books from CSIRO - May 2012



Discovery of Australia's Fishes - A History of Australian Ichthyology to 1930 - Brian Saunders - Illustrations, Colour plates - 520 pages, CSIRO PUBLISHING $99.95

This book traces the discovery of Australia's fishes from the earliest days of taxonomy to the first part of the 20th century. It provides a unique insight into the diverse pathways by which Australia's fish were discovered and outlines the history of early maritime explorations in Australia that collected natural history specimens. The book covers the life and work of each of the most important discoverers, and assesses their accomplishments and the limitations of their work.

Discovery of Australia's Fishes is distinctive in that a biographic approach is integrated with chronological descriptions of the discovery of the Australian fish fauna. Many of northern Australia's fishes are found in parts of the Indian and western Pacific oceans. The book covers the work of collectors who travelled outside Australia, together with that of the British and European zoologists who received and described their collections. The account ceases at 1930, the year the first modern checklist of Australian fishes was published.



Plants of the Victorian High Country - A Field Guide for Walkers John Murphy, Bill Dowling - Colour photographs, Line Art - 152 pages, CSIRO PUBLISHING $29.95

This book will allow anyone with little botanical knowledge to identify plants that they are most likely to encounter while walking in Victoria's High Country. The guide is written in plain English and includes a glossary of botanical terms.

Plants of the Victorian High Country contains species descriptions and photographs of plants to be found along popular walking tracks, such as Harrietville to Mt Feathertop and Mt Hotham. Plants of the montane, sub-alpine and alpine zones are included, sorted into five easily distinguished groups: herbs, daisy herbs, low woody shrubs, tall shrubs and trees, and eucalypts. The guide features straightforward identification keys and clear photos of the leaves, flowers and stems of the plant.

If you are a nature lover, planning to walk in the Victorian High Country, this book is an essential addition to your backpack.

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

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Issue 3, 31 Oct - 6 Nov 11

Authors & Muse Cafe Library - Gillian Cottle tasting evening
Tuesday 1st November 2011 6th Jun 2012, 5.30pm - 8pm

Authors & Muse Cafe Library is pleased to announce that tastings with the Gillians Bin - to sample and sometimes to buy.

Gillian Cottle is a passionate wine lover and writer. Her book is the Australian Women's Guide to Wine and she is the wine writer for Sydney Living Museums' Australian Heritage Cookbook.

Tastings are $20 per person and include a glass to keep.

Sydney Academy of Pittwater Ancient Spring Concert

Tickets for the Music Club of Pittwater's Annual Spring Concert on Sat 12 November are now available from Pittwater Place Newsagency.

The Pittwater Wind Orchestra meets at the Mona Vale Memorial Hall every Tuesday evening from 7.30 to 9.30 pm. Visitors are welcome to attend a rehearsal and the link below to view the staging requirements. http://www.pittwaterwind.org

POETRY & PLAYWRIGHTS EVENING HELD

Mona Vale's Library is seeking expression interested in poetry and playwrights to participate in a poetry and playwrights evening to be held through on Wednesday evenings, from 6 pm 8th of June.

The evening is open to anyone who has written poetry or a play and would like to read it to an audience. Participants will be given a 5 minute 'performance' time slot. The program is suitable for men and women of all ages. Please contact Library staff on 9970 1111 or email the Library at mailto:pittwater.council@nsw.gov.au

Gurringai Festival 2012

Gurringai Festival 2012 Celebrating the Traditional Custodians of the Pittwater Area

Pittwater Council invites you to celebrate the traditional custodians of the Pittwater area at the Gurringai Festival 2012.

Saturday 10 March 2012 10am - 4pm

Bayview Park in Bayview

Activities include:

- Traditional Dance Groups
- Didgeridoo Workshops
- Boomerang Throwing
- Traditional Bush Tucker
- Bush Medicine Talks
- Aboriginal Arts and Crafts
- Kids Activities
- Live Entertainment

Contact Council's Community Development Officer on 9970 1111 for more information.

Discovery Walk to Aboriginal Country

Tuesday 17 July 2012 - 10am

Meet at Mona Vale Beach

Duration 2 hours

Bookings essential Phone 9970 1111

Limited numbers

Commemorative Recognition of Indigenous Australians - 300 Years

Pittwater Council is seeking nominations for the Commemorative Recognition of Indigenous Australians - 300 Years Project.

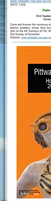
Nominations are invited from individuals, groups or organisations who have made a significant contribution to the Pittwater area. The nominee must be a resident of the Pittwater area. The closing date for the Nomination Form is Friday 30 September 2011. For more information contact Council's Community Development Officer on 9970 1111.

Wayne Hoh - Experts by the Bay

Join Wayne Hoh on Wednesday 16th November at 7.30pm for a fascinating talk on Australian Native Orchids. Wayne has been growing orchids for over 30 years and has a wealth of knowledge to share. Wayne will be bringing a selection of orchids for sale on the night.

Tickets are $10 per person and can be purchased from Pittwater Place Newsagency.

Limited seating available so book early!



Discipline for preschoolers

Mona Vale Memorial Hall, Park Street, Mona Vale

Tuesday 15th, 22nd, 29th October & 5th November

7.30pm - 9.30pm

Cost $40 per person

Bookings essential Phone 9970 1111

Pittwater Ants & Tree - Celebrating the first 25 years of Community FM

Community FM, May 2011, 7pm - 9pm

Pittwater Council's Community Development Officer is seeking nominations for the Commemorative Recognition of Indigenous Australians - 300 Years Project.

Nominations are invited from individuals, groups or organisations who have made a significant contribution to the Pittwater area. The nominee must be a resident of the Pittwater area. The closing date for the Nomination Form is Friday 30 September 2011. For more information contact Council's Community Development Officer on 9970 1111.

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Limited seating available so book early!

IS YOUR LIFE TOO FULL?

A staggering 7.5 million tonnes of rubbish is dumped into the Pacific Ocean every year. Plastic bags represent the largest plastic waste in the ocean.

Pittwater Council's Community Centre Co-ordinator, Jenny Smith (2012), Pittwater Council's Community Development Officer, Jane Rutter (2011) and Pittwater Council's Mayor, Cr Julie Lane at Bayview. As a result of their efforts, Jenny Smith and Jane Rutter have been awarded the Pittwater Council Australia Day Awards for 2011 and 2012.

The award is awarded for the Two Hands Project. Eco Divers and Community Development Officer, Jane Rutter (2011)

Two Hands Project Eco Divers and Community Development Officer, Jane Rutter (2011)

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CELEBRATE CHARLES DICKENS' 200TH BIRTHDAY!

Pittwater Council's Community Centre Co-ordinator, Jenny Smith (2012), Pittwater Council's Community Development Officer, Jane Rutter (2011) and Pittwater Council's Mayor, Cr Julie Lane at Bayview. As a result of their efforts, Jenny Smith and Jane Rutter have been awarded the Pittwater Council Australia Day Awards for 2011 and 2012.

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Two Hands Project Eco Divers and Community Development Officer, Jane Rutter (2011)

FREE HALLOWEEN FAMILY FUN!

To celebrate this year's Halloween Scarecrow Festival, Pittwater Council is hosting a free Halloween Family Fun Day at Bayview Park on Saturday 29 October 2011 from 10am to 4pm.

Get National Park and will be guided by Gurringai Dancers from the Aboriginal Heritage Office. Other activities include: Face painting, Pumpkin Carving, Arts & Crafts, Live Entertainment, Kids Activities, Bush Tucker and Bush Medicine Talks.

The walk to do all of them from the Basin Track in the national park, which will be guided by Gurringai Dancers from the Aboriginal Heritage Office. Other activities include: Face painting, Pumpkin Carving, Arts & Crafts, Live Entertainment, Kids Activities, Bush Tucker and Bush Medicine Talks.

Pittwater Council's Community Development Officer, Jane Rutter (2011) and Pittwater Council's Mayor, Cr Julie Lane at Bayview. As a result of their efforts, Jenny Smith and Jane Rutter have been awarded the Pittwater Council Australia Day Awards for 2011 and 2012.

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Pittwater Artists Trail

Spring Studios

2012 - 2013

2012-2013 Brochure in Pre Retail. (click on, 'save as')

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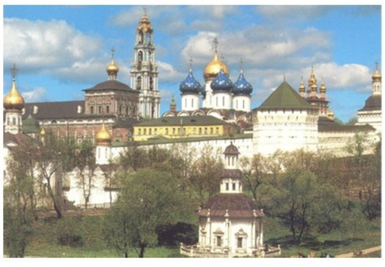
Obverse of the silver commemorative medal.

Reverse of the bronze commemorative medal.

Bicentenary limited edition Royal Doulton Bicentenary plate showing the ships of the First Fleet

Vladimir I of Kiev, Engraving circa 1889



View of the Trinity-St.Sergius Lavra from outside

Images of medals, plate and View of the Trinity are by George Repin. Andrei Rublov's Holy Trinity Icon in the Tretyakov Gallery in Moscow from and courtesy of the Tretyakov gallery website.

A MILLENIUM APART

By George Repin

In 1988, the year in which Australia celebrated the Bicentennial of European settlement, the Diocese of Australia and New Zealand of the Russian Orthodox Church Abroad linked this event with another dating back 1,000 years. In 988, following the baptism of Vladimir, Prince of Kiev, Christianity was accepted as the state religion of Kievan Rus and subsequently of Russia. Despite the efforts of the Soviet state to suppress religious expression, at best by discouragement and at worst by persecution, today Russians have flocked back to religious expression and many, not just the old but also young people, are filling the churches.

To mark the Millennium the local Diocese of the Church struck a commemorative medal. The obverse carries an image of St Vladimir and the dates 988-1988. The reverse shows a sailing ship set on a map of Australia and the dates 1788-1988 to mark the Australian Bicentenary. On each face the legend is in both English and Russian. The medal was struck in limited editions of 300 in bronze and only 40 in silver.

The celebration of the Millennium and the resurgence of Christianity in Eastern Europe have been accompanied by a renewed interest in the art of iconography. Historically, religious icon painting, the Christian art of Asia, Eastern Europe and Russia, dates from the mid 3rd Century although it is said that icons existed before that time. An icon is an image, a picture or a likeness – but in the religious context the word denotes a portable religious picture.

Icons take a variety of forms and, over the centuries, different schools of iconography have developed. Some outstanding icon painters (such as Andrei Rublev 1360-1420) have been recognised for the extraordinary quality of their work which can be seen both in churches and in gallery collections. Rublev is considered by many to have been the greatest medieval Russian painter of Orthodox icons and frescoes. In 1425-1427 he and Daniil Cherni painted the Cathedral of St. Trinity in the Trinity-St.Sergius Lavra in the so-called "Golden Ring" outside Moscow. The only work authenticated as entirely his is the icon of the Trinity now in the Tretyakov Gallery in Moscow. Rublev's asceticism and the peacefulness and calm of the figures in his paintings led to his art being regarded as the ideal of Orthodox iconography.

Andrei Rublov's Holy Trinity Icon in the Tretyakov Gallery in Moscow from and courtesy of the Tretyakov gallery website.

From March to October 1992 Australians had the rare opportunity to see beautiful icons included in the exhibition of Secret Treasures of Russia from the State History Museum of Moscow, arranged by Art Exhibitions Australia – an exhibition indemnified by the Australian Government.

There are icons in private collections in Australia brought by migrants, particularly by Russians who fled China after 1949 when Mao Zedong came to power. Many of these refugees sold their icons, which were for them "portable" valuables, on their arrival in Australia to release funds – in many cases for much less than their worth today.

One private collection, which residents of Sydney had the unique opportunity to see in the Chapter Hall Museum of St Mary's Cathedral from April 30 to October, 30 1991, was that of the late Mr Jacques Cadry whose interest in icons started when he was a schoolboy in Paris and was rekindled in Teheran where, in the 1930s, he started to collect icons.

Note: The Millenium Monument in Novgorod (pictured) marks a different millennium. It was erected in 1862 to celebrate Rurik's entry into Novgorod in 862, traditionally regarded as the starting point of Russian history. Photo: **Vladimir of Kiev on the Monument "Millennuim of Russia" in Veliky Novgorod by Дар Ветер**

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A team of Australian Draught Horses with a record load of 150 bales of wool. c.1900. Source: Courtesy Hay collection

Above: The American counterpart was the Conestoga wagon, a heavy, broad-wheeled covered wagon that was used extensively during the late 18th century and the 19th century in the United States and sometimes in Canada as well. It was large enough to transport loads up to 8 tons (7 metric tons), and was drawn by horses, mules or oxen. It was designed to resemble a boat, to help it cross rivers and streams, though it sometimes leaked unless caulked. The first known mention of a "Conestoga wagon" was by Ben Garcia on December 31, 1717 in his accounting log after purchasing it from James Hendricks. It was named after the "Conestoga River" or "Conestoga Township" in Lancaster County, Pennsylvania, and thought to have been introduced by Mennonite German settlers.

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Wagon Wheels

BULLOCKIES OATH

From Kiama Independent Advertiser 1887

"Do you know the nature of an oath ma'am?" inquired the judge.

"Well, I reckon I 'orter" came the reply. *"my husband's a bullock driver."*

These wheels were required equipment in Australia's early days. You may find them in gardens as decorations today but they were once useful for bullocks drays (the main form of moving wool and other supplies to and from rural areas, and also why, in places like Cairns or the southern Victorian smaller towns roads are still wide, in order for the drays to turn). Although called 'wagon' wheels, in Australia we used drays and bullocks from earliest settlement. Our first explorers used these to carry expedition equipment and supplies and many of our still current roads are built over the tracks these drays forged, usually along ways that suited their wideness and the loads they were carrying.

Once outlying areas became farmlands, supplies needed were sent out and the drays returned with timber, wool bales, cereal crops and the like for the ships and settlers in the 'cities'. Sometimes the bullocky (the driver of a bullock team) had an "offsider" (a form of an apprentice) who walked on the offside (right) of the team and also assisted the bullocky yoke up and care for the team. Many Australians who have never had contact with bullocky or a team still use the word "offsider" as a synonym for an assistant, helper or learner.

Devon cattle were the preferred 'bullocks' as they were cheaper and less excitable then horses, looked good as a team, an important factor for those hiring them as much as the bullocky, and were suited by a dependable nature and are considered hardy creatures that work well as a team. They had to be trained and matched in size. The pairs were connected by a special chain, which ran from a central ring on each yoke to the next pair, thus coupling the team in tandem fashion. The "wheelers" or "polers" were the older, heavier, trained bullocks which were closest to the dray or jinker and helped to slow the load when necessary.

Being a combination of a Wheelwright and Blacksmith was necessary when on the road or to be knowing where they were along your route; A wheelwright (or wainwright) is a person who builds or repairs wheels. The word is the combination of "wheel" and the archaic word "wright", which comes from the Old English word "wryhta", meaning a worker or maker. This occupational name eventually became the English surname Wheelwright.

These tradesmen made wheels for carts and wagons by first constructing the hub, the spokes and the rim/fellows segments, and assembling them all into a unit working from the center of the wheel outwards. Most wheels were made from wood, but other materials have been used, such as bone and horn, for decorative or other purposes. Around the middle of the 19th century, iron strakes were replaced by a solid iron tyre custom made by a blacksmith, who first measured each wheel to ensure proper fit.

Evidence of wheeled vehicles appears from the mid-4th millennium BC, near-simultaneously in Mesopotamia, the Northern Caucasus (Maykop culture) and Central Europe. The earliest well-dated depiction of a wheeled vehicle (here a wagon, four wheels, two axles), is on the Bronocice pot, a ca. 3500–3350 BC clay pot excavated in a Funnelbeaker culture settlement in southern Poland. The earliest known examples of wooden spoked wheels are in the context of the Andronovo culture, dating to ca 2000 BC.

A depiction of an onager-drawn cart on the Sumerian "battle standard of Ur" (circa 2500 BC) detail of the "Standard of Ur", ca. 2500 BC.

Culturally, or in the food world, Wagon Wheels are a snack food sold in Australia, Canada, Iran, Malta, the Republic of Ireland, Russia and the United Kingdom. They are biscuits topped with marshmallow and covered in a chocolate flavoured coating. The biscuit itself is round to represent the wheel of a wagon (hence the name).

Wagon Wheels were created by Garry Weston, (son of W. Garfield Weston). Garry Weston worked for his father's business in Australia before taking over his family's UK business. The biscuits were first launched at the 1948 Olympia Food Fair. The name was derived from the fact that the Wild West was very popular at the time. They were originally marketed as Weston Wagon Wheels.

Rotarians around the world also sport a wagon wheel design in their badge's logo:

ROTARY'S WHEEL EMBLEM

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "**Civilization and Movement**." Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association." A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem. From http://www.icufr.org/abc/abc01.htm

Further:

In Bunderberg, QLD a working bullock team at the Gleneden: http://www.glenedenbullockteam.com.au/

JINDERA PIONEER MUSEUM has great information on Australian Wagons at HERE

Bullocky. (2012, April 25). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Bullocky&oldid=489102706

Wheelwright. (2012, May 12). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Wheelwright&oldid=492124677

Above: Henry Goodwin (standing) with his bullock team hauling "Emu Creek" wool, Fitzroy St., Walcha, NSW. Date c.1918. Source: Courtesy Gooreen collection

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Click on logo to visit their website

JOHNSON BROS
MITRE 10
ABN: 12 000 668 866

Sensor lights

As the year draws in and it gets darker earlier and earlier it's a good idea to install some sensor lights. These detect movement and switch themselves on and are a nice welcome for visitors or those coming home. They're also good for all our hilly and meandering garden paths not only for highlighting these to create garden wonderlands but also for safe passage. If you don't want the night gambolling possums continually triggering them after you've retired for the evening, simply switch off.

Mitre 10 stock the HPM Sensor Solar Light which is motion activated, solar powered, has an IP44 weatherproof rating and includes a 10w halogen globe and most importantly, has DIY installation.

All of HPM solar garden lights have been designed to emit different types of light to add atmosphere and interest to garden and outdoor areas. With no electrical wiring, the lights can be installed and re-positioned easily. So if you want to save money, light up the winter, and keep your family and visitors safe, spend a little time installing some of these solar sensor lights.

Whatever your outdoor lighting requirements, Johnson Bros Mitre 10 either stock or are able to order the right lights for you. Come in and speak to our experienced staff at 51 Bassett St, Mona Vale, or call 9999 3340.

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