

Pittwater Online News

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February 5 - 11, 2012: Issue 44

Wet Wetlands Day

Pittwater had a very wet Wetlands Day this year, ensuring the sky was truly meeting with and being empathetic towards our own wetlands or manifesting what was being spoken and thought of. All the creeks were gurgling happily and, it being 'great weather for ducks', it was no surprise to find ducks out and about, happily paddling. This lovely one was seen in Careel Creek 2.2.2012, and clearly hopes every day will have a little bit of a Wetlands Day, even without the raindrops.



February

(n.) The second and shortest month in the year in the Julian and Gregorian calendars. February was named after the Latin term *februum*, which means *purification*, via the purification ritual *Februa* held on February 15 (full moon) in the old lunar Roman calendar. January and February were the last two months to be added to the Roman calendar, since the Romans originally considered winter a monthless period. They were added by Numa Pompilius about 713 BC. In common years this month contains twenty-eight days; in the bissextile, or leap year, it has twenty-nine days.

Februa, also *Februatia*, was the Roman festival of ritual purification, later incorporated into *Lupercalia*. The festival, which is basically one of Spring washing or cleaning (associated also with the raininess of this time of year) is old, and possibly of Sabine origin. According to Ovid, *Februa* as a Latin word which refers to means of purification (particularly with washing or water) derives from an earlier Etruscan word referring to purging.

The Roman month *Februarius* ("of *Februa*," whence the English February) is named for the *Februa/Februatia* festival, which occurred on the 13th to 15th days of this Roman month. A later Roman god *Februus* personified both the month and also purification, and is named for them. Thus, the month is named for the festival and not for the god. Some sources connect the Latin word for fever (*febris*) with the same idea of purification or purging, due to the sweating commonly seen in association with fevers.

Februa. (2011, November 26). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Februa&oldid=462632982>

Past Features

Archives



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WETLANDS by Phil Colman

Wetlands are amazing bodies of water. Until recently they were generally called – rather derogatively – swamps. In fact the early European history of Narrabeen Lagoon and other 'swampy' areas round Pittwater was a history of filling in, of getting rid of those large areas of wetland marked on early maps as "unhealthy swamps". These areas were seen as muddy, smelly, mosquito-ridden areas to be approached with care. Fill them in and plant grass to the water's edge or build on them was the best way to treat them.

The global extent of wetlands, estimated to range up to 20 million square kilometres and rapidly diminishing, is very much under threat. And yet we are learning that wetlands play a critical role in this tired old world of ours. Water quality control and improvement, flood control, biotic habitat; all are essential in a sustainable world, and those roles are played very effectively by wetlands.

A very obvious thing about most wetlands is that they are at or near the bottom of catchments. We get the occasional wetland 'up there', perched at some altitude because of some geological factor, but most wetlands are near the end of the voyage for those raindrops that fell some considerable distance away. For this reason, wetlands can suffer badly from upstream mis-management. Consequently, any plan of management for a wetland must take into account the route which rainwater took to get to what is called the receiving water, be it sea, lagoon, or whatever. For instance, the wetlands and seagrass beds and mangroves (really all part of the same thing) rely very much on the quality of water emitted from the stormwater drain which drains a large part of Avalon via Careel Creek.



Careel Creek, January, 2012

We are perhaps concerned at the damage made by professional trawlers in Pittwater. They can at times impinge on the biology of many fish species of recreational importance. But wetlands, mangroves, seagrasses, fringing phragmites reeds hugging the shores; all play a very vital part in the lives of many fish, of prawns, of crabs, of clams, and we would all be much the poorer without wetlands.

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Phil Colman has been taking groups of people over the rock platforms of the northern beaches for about 40 years. As a marine biologist, formerly of the Australian Museum, he is well equipped to explain the very rich and bio-diverse life of the intertidal zone.

Exploring tidal waters on Australia's temperate coast



Phil Colman and Peter Mitchell

Phil Colman and Peter Mitchell, authors of 'Exploring tidal waters on Australia's temperate coast' will be giving a Talk on this excellent book at Mona Vale Library on the 28th of February 6.30 - 8.00pm. Bookings are essential, tel. 9970 1600. Cost: \$8/\$6 concession for Pensioners and Students only. Cards must be shown. The book is available at Berkelouw Books Mona Vale, or Dee Why; or The Coastal Environment Centre in Narrabeen, (all \$22), or groundtruthmitchell@gmail.com (\$25 incl. postage).



Careel Bay Mangroves

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This Weeks Articles

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[Pecking Order](#) by Robyn McWilliam

[Wetlands](#) by Phil Colman



Profile: In February 2012 we focus on Organisations, Clubs and Environment; Pittwater Camera Club by PCC Member John Taylor and some of the great Visions created by these photographers

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 Bopulaters](#)



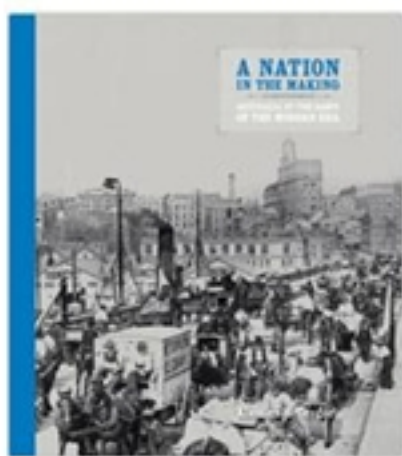
History: February 2012, Pittwater Landmarks; landmarks may be buildings, landscape features or achievements. To begin: there once was a Church at Church Point.

Previous History Pages:

[Marie Byles](#) [Lucy Gullett](#) [Kookoomgilgai](#) [Frank Hurley](#) [Archpriest JJ Thery](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree W. Bradley 1788](#) [Journal Midholme](#) [Loggan Rock Cabin](#) [La Corniche](#) [La Corniche II](#) [Lion Island](#) [Bungan Beach](#) [Botham Beach](#) [Scarred Trees](#) [Castles in the Sand](#) [Dame Nellie Melba lunches at Bilgola Spring, 1914](#) [First to Fly in Australia at North Narrabeen](#) [Mona Vale Golf Club's Annual Balls](#) [Governor Phillip camps on Resolute Beach](#) [Ruth Bedford](#) [Jean Curlewis](#) [Mollie Horseman](#) [Charlotte Boutin](#) [May Moore](#) [Neville W Cayley](#) [Leon Houreux](#) [Frederick Wymark](#) [Sir Adrian Curlewis](#) [Bilgola Heron Cove](#) [Mullet Creek](#) [Shark Point](#) [Woodley's Cottage](#) [A Tent at The Basin](#) [Collin's Retreat-Bay View House-Scott's Hotel](#) [Bilgola Cottage and House](#) [The First Pittwater Regatta](#) [Women Cricketers Picnic](#) [Filmed In Pittwater](#) [Governor Phillip's Barrenjoey Cairn](#) [Waradiel Season](#)



Park Bench Philosopher: Voice VIII (of TulucAmonBorronUdhoorhm): The Belly of a Wolf Summer.
There are times that are a tide of rising, and this...



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

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



Events: Palm Beach Sailing Club 50th Anniversary, Regatta and Open Day, Manly Surf-Fest, Community Club Notices, Book Fair, Plant Trees, Susan Duncan, Bopulaters, Friends of Narrabeen Lagoon Catchment Activities, State Library Talks, Canning Track Art, Ocean Swim, History Comp., Council Events and more.



News From our Inbox: Sand Art, 2012; The Return of Wisdom, not the end of the world, New HarperCollins Comp. the Bridport Prize; Voiceless \$15,000 Short Story Comp. Weather Photo Comp.



Community News: RMYC Boat Parade, PBYC Regatta and Open Day, Protect Yourself, Francis Firebrace, PB Mermaids Paella, Ray of Sunshine, Susan Duncan Open House, Gone Fishing Gallery, Ceramics Awards, Media Releases from Federal Govt. and more



Environment: Summer Creature Features (**Between Bushes**) **Stick Insect and Golden Orb Spider, Koala Appeal, Cooe Newsletter for Feb.**, Warming in the Tasman Sea a global warming hot spot and Construction of new marine research vessel underway from CSIRO Media Centre, saving

Spoon-billed Sandpiper, links and Profiles on local Environment groups and organisations and more.



Lynda Hill: Update 25.1.12: Jumping To Conclusions And Jumping Ship: January's Aquarius New Moon



Pictures: Members of the Pittwater Camera Club share some of their fantastic creations



Youth: Create: **PCA Ceramics and Drama at the Library**, Young Blood Music Competition and Northern Beaches Music Festival, National Year of Reading 2012: Links for local websites for, about and by Youth.



Seniors: A Poem from and For you, Harmonicas, Exercise your mind, link to Seniors Online Newspaper and Information regarding local Support organisations and Education Activities.



Community Clubs: Updates on Activities and links to sites.



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



Reflections by George Repin. **This week; COCKATOO ISLAND OVER THE YEARS**



DIY Hints: Privacy Screens II by Bruce Crutcher



Collector's Corner: Having trouble getting your clothes dry ? Let's all dream together of blue sunny skies and view the Hill's Hoist as part of our meditation



Food: Grapes: Seasonal, The French Connection, health bonuses, history, nutrition and a recipe that isn't jam!

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Above: Front row from left Brian Kennedy, Derek Dickinson, Alan Smith, Phil Morgan, John Hackett, Dick Bull, Tony Peacock John White. Back row David Martin, Alan Newton, Peter Marquis, David Buckley. Photo by Michael Mannington.

Below: north end of Palm Beach Golf Course



Copyright Brian Kennedy, 2012. All Rights Reserved.



Dad's Army Battles On By Brian Kennedy

Palm Beach Golf Club founded in 1924 is one of the oldest golf clubs in the Sydney metropolitan area and one of its sub-clubs, Dad's Army, will turn 40 next year. As the name suggests it is a club within a club made up of retired men. The name Dad's Army obviously comes from the popular television show of the same name. A glance through Google shows that a number of other golf clubs have their own Dad's Armies. The Palm Beach branch was formed from two groups. The oldest was founded in 1973 by Arthur Stockman. Its members included Ted Hock for whom Edmund Hock Lane in Avalon is named. Another group began playing on Mondays about the same time. It included the late Albert Sims the founder of Sims Metals. One member of this group Erwin Brurer is still a member of Palm Beach Golf Club. The second group was a little younger at that time and referred to the older slower group as Dad's Army. The older group adopted the name as a badge of honour. In 1978 the two groups amalgamated and the club within a club has been thriving ever since.

Back when it was founded in 1973 many of the members were in fact returned servicemen but the years have taken their toll. Dave Palmer, who served with the Australian Navy during World War II, retired from golf in 2011 just a year short of his 90th birthday. Today only a few members can claim any connection with the armed services. Alan Smith served in the Royal Australian Air Force in post-war Japan. Graeme Camier, a retired pilot with Cathay Pacific, began his career with the RAF. John Hackett a retired engineer and an active member of Avalon RSL has fond memories of his time as a national serviceman in the 1950s. Col Casey, a Bilgola Plateau resident who retired from golf in 2011, also served with the RAAF. A recently joined member Martin Burton also served in the air force.

A tradition has grown of presenting members with a bottle of Scotch on their 80th birthday. Recipients in the last few years have included Alan Smith, the retired RAAF member, Dick Bull, a retired doctor, and Peter Marquis, a retired businessman. Coincidentally these three men went to Shore together and met up again when they moved to Pittwater after retirement. Other active octogenerian golfers include Bill Kearney, a retired builder, Don McFarlane, a retired plumber, and John White, a retired engineer. Alan Newton, a retired executive with Rolls Royce aircraft engines will receive his bottle of whisky in March. As the list indicates a wide variety of occupations is represented. The membership of 30 men also ranges in age and includes men in their sixties, seventies and eighties. Many are members of Palm Beach Golf Club but this is not compulsory. The group meets every Monday at 11.30 and welcomes new members. Further information is available from Brian Kennedy phone 99180937 or Dave Buckley 9974 5320.



Palm Beach Golf Course viewed from Sunrise Hill in late afternoon salt haze

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Pecking Order

by Robyn McWilliam

A pair of lorikeets was the first birdlife I noticed after moving to Pittwater. Hearing a faint squeaking, we discovered a nest with babies in the corner of our roof. As we eventually demolished their home, we felt obliged to provide them with a new one.

Following reconstruction of our house, a timber bird box was hung in the gum tree just beyond our balcony railing. Decked in their rainbow colours the lorikeets regularly arrived, balancing on the pitched roof, swinging down to the perches and disappearing through the circular hole. On wet days they were snug in there.

A year later a ringtail possum decides to make the bird box its home. Curling around the central wire, the creature's smoky fur fills the hole. If disturbed a cute face might peer out revealing a soft pink nose and round inquisitive eyes. Depending on the season a mother and baby cram inside. The lorikeets return and appear bewildered by new occupants.

So we buy a conical tower surrounded by a feeding tray and fit it to the tree. A scattering of wild birdseed brings back our colourful friends. It's delightful to observe the brilliance of their feathers, apple green with flashes of orange and purple. One bird husks and eats the seed while the other tilts its head in a questioning manner. Sometimes they ask for breakfast by sitting on chair backs looking into the house. Flying to the tray when I walk out they squawk softly as seeds spill from the box.

We have a friend visiting with his partner from Vietnam. She sees the birds and the possum-filled box and says, "Where did you buy your pets?" She has no idea that our backyard is their chosen habitat. Usually a pair comes to feed but sometimes as many as ten lorikeets settle in the branches.

Dusky pink galahs wait patiently on the glass balustrade for remnants of seed. Only the white cockatoos will attempt to edge out the lorikeets. Beaks locked, they fall in a flurry of feathers. We shoo away these invaders as they are the delinquents of our birdlife. Flicking forward their yellow combs, their screeching is an unpleasant noise. A favourite pastime of theirs is ripping out my pansies and flinging them all over the deck. Unrepentant, they eye me in defiance. White cockatoos seldom stop but I often hear a gang of them shriek past in the early hours.

Lately a pair of corellas joins the throng on the tower. I've only ever seen these birds in numbers out bush. They are white, of similar size to the galahs with a lower-pitched squawk. Pale blue rings encircle their eyes. They too are subservient to the lorikeets but are keen to share the seed mix.

On rare occasions a crimson and green pair of King parrots visit. Compared to the antics of the other birds, they are quiet and polite. Each species has different personalities.

"The rainbow birdies are here, Nanna," my granddaughter says when she stays overnight. In the morning we watch the parade and wait to see the pecking order of the day.

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February 2012 - Adrian Boddy

Adrian Boddy spent his formative years in Melbourne. His father and grandfather were both professional photographers who operated their own commercial studios for more than sixty years. Not surprisingly, cameras, film-processing and black and white prints were part of every-day life.

Adrian graduated from Melbourne University's School of Architecture and his first full-time employment was at Papua New Guinea's University of Technology in Lae. Adventure was very much part of the program: mountain climbing, sailing and exploring remote villages were regular recreational pastimes — experiences recorded with a basic Nikkormat camera and 35 mm black and white film.

In 1975 he returned to Australia and settled in Sydney where he continued his career in architectural education until retiring as Director of the University of Technology's Architecture Program in 2002.

Adrian has been a Pittwater (Palm Beach) resident for over thirty years. Those long drives into Sydney each day are now more than compensated for by Pittwater's pristine air and panoramic views. Our local environment has become a regular facet of his portfolio — particularly since the advent of high-quality digital equipment.

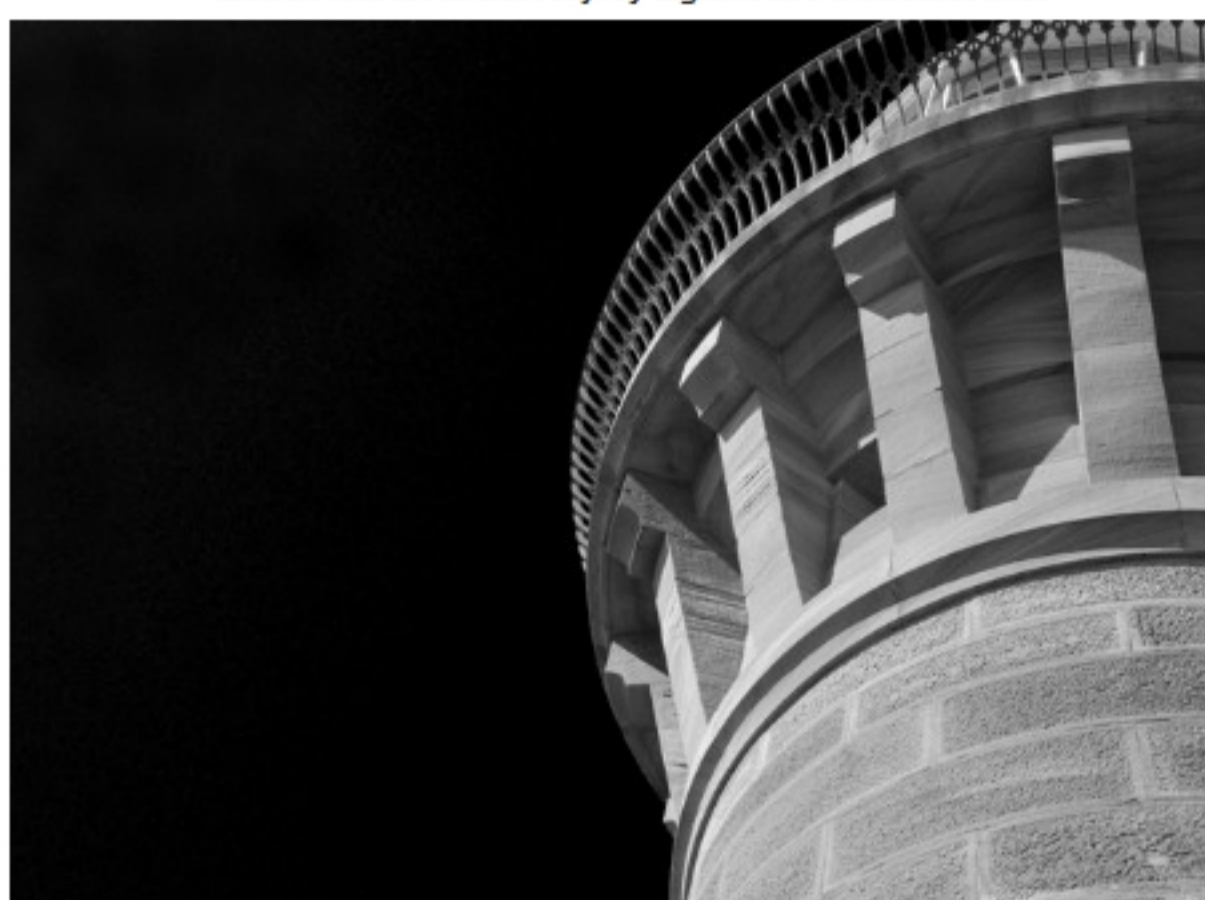
Here are several examples of Pittwater's architecture, its water's edge, landscape and moods. These, and many other images are available for purchase.

View / Contact the artist: www.adrianboddy.com



Above: Adrain At Thredbo, photograph: Traudi Line, 2006.

Below: Tribute to Barrenjoey Lighthouse Stonemasons.



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Of Stars and Space, Pittwater.



Ocean's Water-Sculpture, South Palm Beach.



Looking for New Zealand, South Palm Beach.



Ocean-patterned Sandstone.



Angophora (costata) in the Mist.

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Voice VIII (of TulucAmonBorronUdhoorhm): The Belly of a Wolf Summer.

There is memory in your blood, which is divine, like mine. There are times that are a tide of rising, and this, our third wolf summer, has been flowing to here since tides first rose.

There is memory among trees, memory that stands up and claps its hands as soft sooth lightening, parting the air before and around you, giving you a strong presence kiss. Giving you... giving... you... will.

Converse. Speak to me.

Speak to me with your lips, your dreaming, your will and your soul. Mingle your long dreaming with mine. Resound with truth like me. Restore unto you all that is yours. Come home.

Converse. Speak to me in seas. Speak to me in dolphin and eagle, in the rhythms of the measures of the measures of earths and hills and breeze. Song unto me as I song unto you.

Touch wood. Touch stone. Kismet.

There is lion and chanter and tuner, poet, in you. Trembling, trembling, longing to be. There is breath and poet soul and tuner spirit. There is keeper, and holding close and holding dear.

There is wolf and green breaths and finding the way. There is everything coming together in you. Always and ever, always and forever.

Speak to me. Come home.

My intimate breath of joy, in verges and meres, and plains green and blue, renders open, not apart. I am spark and sparkling, even when it is dark. Tis life breathing in ten natures and kinds of breath, an angel to your face. Tis the fruit of the third wolf summer, a flow of the nature inside my nature pouring from everything, and an angel nature coming out of you.

And becomes our truth tolling in the blood and bone of us, a constant flow inside us that will rear a beaming head out of the surfaces to breathe out a glimmer of what is hidden in tree and stream and skin. Chanting and chanting 'Ja Benna and Issi Amon Udhur Tuluc Munna Marre Untar Untoan Udoorhm and Mollin Umrill' so all remember every beaming and every place is common ground. All is chanting for the kiss that transmutes and the flowering of my law.

If you must have new laws, to state where you want to go and how you want to be, then verse them so they echo, and restore, the first flow of me... and you. Converse truly.

I am rising.

I am TulucAmonBorronUdhoorhm, the smaller blue angel. I am flowing towards the belly of this third wolf summer. The recurring and returning of the deep blue night, and all its coloured meres, toll this. Wolf summers are a bonafide kiss.

My meaning being in this part of the flowing age came about in a deep blue night when you weren't so close. Perhaps you were asleep, or dreaming. Giant winds ran close to the earth, shaping clouds and their versed flow in grey and white furrows across all skies. The meaning that came is of all the mountain, stream, plains, flowers, creatures, waters, airs and earths of this age are and now want to be. This meaning also inspires all that is being dreamt in soft smooth skin.

I am Tuluc Amon, some sacred stone that is the leylined diamond crystal.

All are born with blue eyes, a harking back to MollinUmrill, the song of all seas, and see first through the opalescent, the rainbow, the fountains of the sacred stone. Seven fountains of seven gardens. All come out of the waters, the breathing currents, and into the blue blue breath, showing their hearkening back to all the measures of measures of all the skies.

I could tell you endlessly of all the song that is ever in you, but all this is here to be tasted by you anyway, you changing too soft skinned being, turning, and turning into. Kismet.

Are you surprised by the notion that you are turning into another kind of creature, when, looking back, you can see you are not the creature you once were...

Extract from Voice VIII: The Belly of a Wolf Summer. Village Green. Copyright A J Guesdon 1985-2012

Wordsmithing:

Tuluc: 'soul' from Sumerian.

Amon: 'fountain of life' and 'mother goddess' from Sumerian. Amon 'the hidden one' from Egyptian; a Theban god with a rams head; symbolising fertility and life. Also identified with the Egyptian Amen-Ra; 'sun god'. AM 'life' + On 'fountain'. Related to Sanskrit AUM and Amen 'so be it', from Hebrew.

Borron: from Songname (Soulname) for earth; Tuluc Amon Borron Udhoorhm. Represents the crystal quality of the whole planet or its composition of beams crossing in rhythms of water, rock, fire and air and how these beams can become a beaming, or always are a beaming, in essence and substance. From Boron; (with dual letter to signify espiritos or spirit breath) from Borax & Carbon; from element of Borax that fuses to become clear glass, and the element of Carbon in the allotropic form of diamond. From Boronia; see. Note DUAL letters; signify inner equalling outer or metaphysical manifesting physical.

Udhoorham: from Ud Babylonian 'rain god causing green', from Udo Sumu Indian moon god, from Doorhm 'revelation'; revealing love and adoring, from Sanskrit, and from Durus 'hard' from Latin enduring. Also contains DUAL LETTERS, the Dh signifying primal breath, and U symbolising; the Cup, source of plenty, poetic inspiration. Typifies female productive power and in a name expresses the truth of Gods' revelations.



Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Above: Fly Free by Hayley
Below: Cocklebiddy Man by John Taylor



Pittwater Camera Club by John Taylor of PCC

Pittwater Camera Club Inc began in 1966 when Did & Charles Usher placed an advertisement in the Manly Daily for photographers interested in forming a Camera Club. The first to reply was Jim Mullens so Pittwater Camera club was formed.

The first meeting was at Did & Charles Usher's home in late November 1966. They provided this venue to promote interest in photography. It wasn't until 1973 the Club moved to the Presbyterian Hall in Barrenjoey Rd, Mona Vale because the number of members had grown. Other venues were the Mona Vale Bus Depot & Loquat Valley School. We now meet at our lovely venue BYRA Pittwater Rd., Bayview.

Pittwater Club in those days were affiliated with the Federation Of Camera Clubs and entered interclubs, Top Shot, And Brookvale Show. They were able to improve their photography much as we do now. They had many now famous photographers as judges... Lionel Howes, Wyn Schmidt and Les Barnet (Department of Education Photography) listed by USA authorities as among Worlds Top Photographers.

Charles Usher was President then Patron until 1985. Jim Mullens was made an honorary life member early 80's. Jim at that stage gained his FIAP and was awarded The Leo Whittle Sportsman Photographer of the Year for his services to photography.

Our members are now well know in the Photographic world having gained Medals and acceptances in International and National competitions. Bob Hunting who joined the club in 1980 won a Gold Medal beating 20,000 entries in a prestigious international photographic competition based in China. Bob accepted the award in Beijing.

Members of the Club photographed Local areas for a 2008 calender featuring road safety issues for older persons. We did the same again the next year and were awarded a Certificate of Appreciation from Mosman, Pittwater and Warringah councils. We have also helped Pittwater with images for the Volunteers awards.

The club has now embraced the Digital era and our members come from a wide range of backgrounds and have varied photographic interests ranging from Creative photography to Landscape and Portraiture to name just a few. We endeavour to cater to all these interests by providing training and encouragement to all members.

What is our favourite place in Pittwater and why?

The foreshores of Pittwater and Akuna Bay are two our favoured places. The opportunities to see the mist on the water and the wonderful reflections of boats and surrounding mist covered hills are an endless in this area. Our photographers can often be seen out around the foreshores catching the early morning and late afternoon light shows.

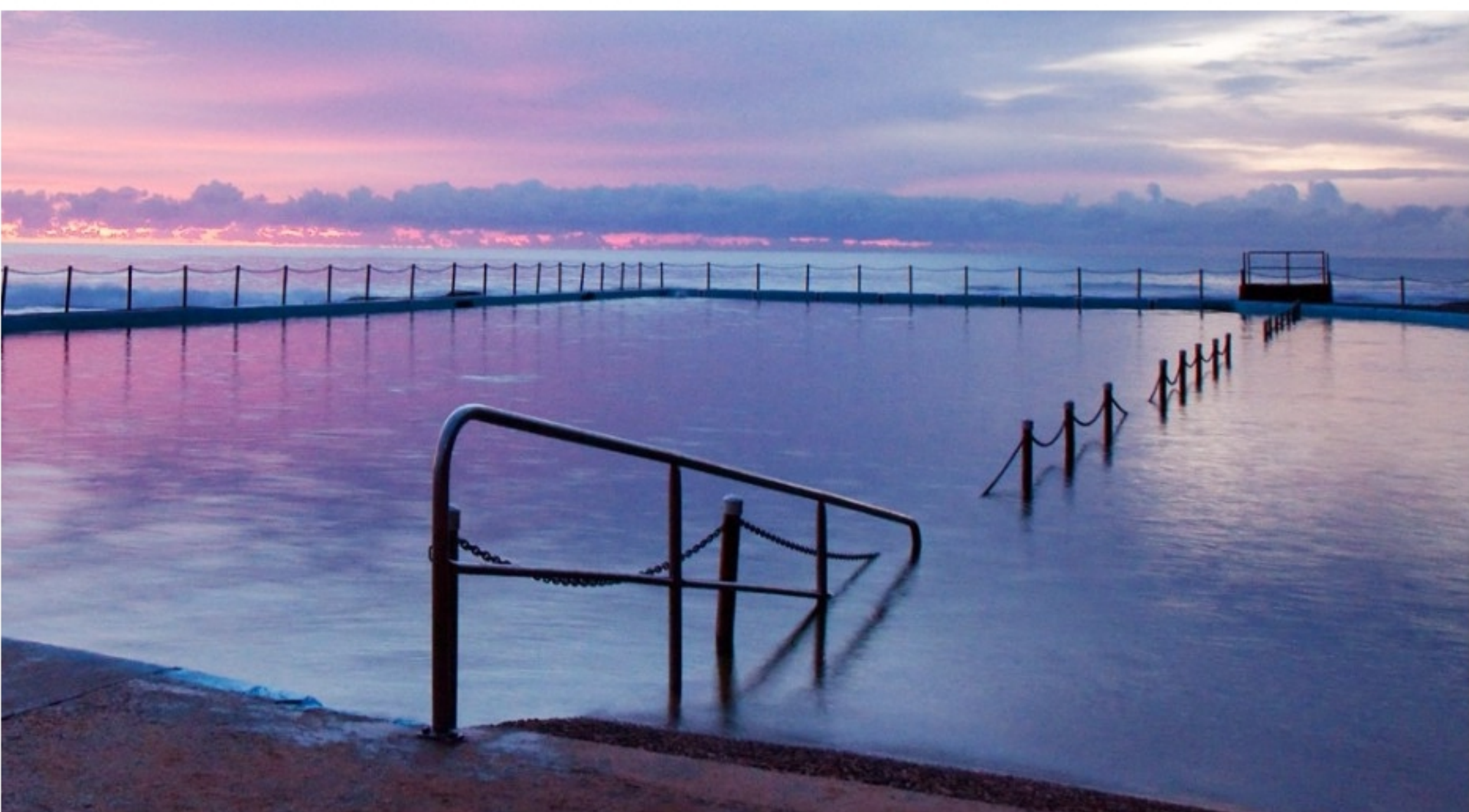
Our Motto for Life or favourite phrase;

To aid & benefit by mutual co-operation those interested in photography.

Website at: <http://pittwatercameraclub.org/>

Visitors are always welcome. [2012 Syllabus](#). More Images from Members feature on our [Pictures](#) page this week.

Words Copyright John Taylor and Pittwater Camera Club, 2012. All Images are Copyright of their Creators. All Rights Reserved.



Above: Bilgola Pool by Marg. Below: Opera House by Fenella. Under this: Tug O' War by John Taylor



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Landmarks are defined as prominent or conspicuous objects on land that serve as guides to ships at sea, planes in the air, or travellers on a road. They may be buildings or distinguishing features of landscapes. Landmarks are also defined as significant or historical events and achievements. During February we will feature some Pittwater landmarks, commencing with a building that was once defined as a 'landmark'...

HISTORIC METHODIST CHURCH.



A proposal to demolish the old Methodist Church at Church Point, Pittwater, is criticised on the score that it should be preserved on account of its historic associations.

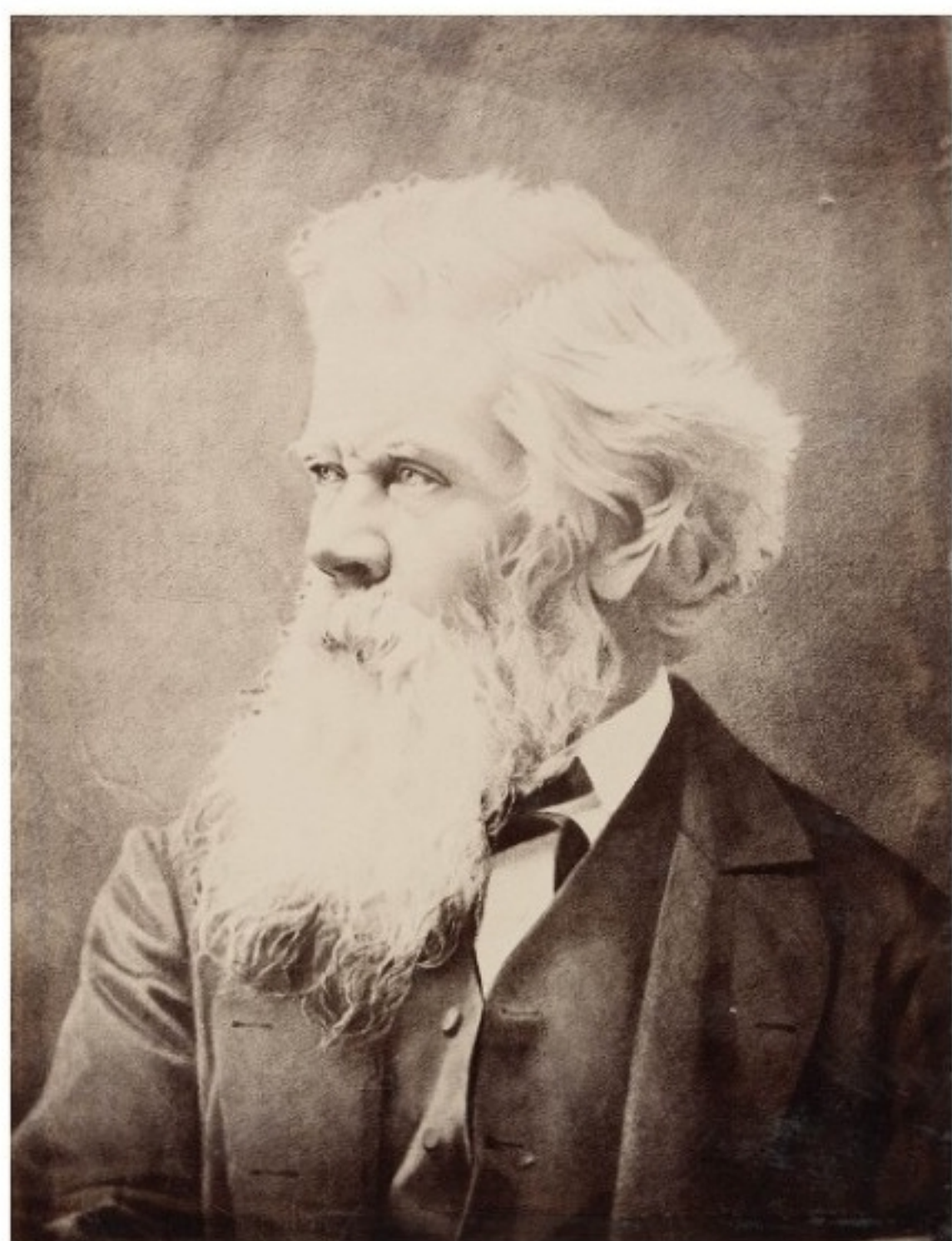
Above: HISTORIC METHODIST CHURCH. (1930, March 19). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from <http://nla.gov.au/nla.news-article16634674>

Below: DEMOLISHED METHODIST CHURCH. (1932, April 7). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from <http://nla.gov.au/nla.news-article16853823>

DEMOLISHED METHODIST CHURCH.



Erected in 1872 on Church Point, Pittwater, this old building was recently demolished.



Above: Sir Henry Parkes, who was Premier of NSW when he visited Church Point. Image Courtesy of State Library of NSW, No. a1304033

Sir Henry Parkes Lunches in the Bush at Pittwater

JEWS OF THE DAY. Sir HENRY PARKES visited North Shore yesterday for the purpose of inspecting the crossing at Middle Harbour, known as the Spit, where it is proposed to erect a bridge, giving access to Manly by the North Shore-road. The Premier went over to Milson's Point at 8 o'clock in the morning, where Mr. Ives, M.L.A., the Mayor of Manly (Mr. Austin), and Mr. Charles Hayes were waiting in a carriage with four-in-hand. A start was at once made for the Spit, and the party were joined on the way by several other carriages, including another four-in-hand. The Spit was crossed by the punt, and after a drive round Manly, the party, to the number of about 20, including the Mayors of St. Leonards and "Victoria, breakfasted at the Grand Pier Hotel. A start was next made for Pittwater, some 15 or 16 miles distant, and after an alfresco luncheon in the bush, at which the toasts of the Premier and of Mr. Ives were heartily drunk, the return journey was commenced. Sir Henry arrived in town about 6 o'clock in the evening. No decision has yet been arrived at regarding the construction of the bridge.

JEWS OF THE DAY. (1887, July 20). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from <http://nla.gov.au/nla.news-article28350268>

Below: Corner of Pittwater and Mc Carr's Creek Roads, January 2012.



OLD CHURCH DEMOLISHED.

The demolition of the old Methodist Church at Church Point, Pittwater, which was criticised on the score that the building should be preserved on account of its historical associations has been completed during the last few days. The residents of the district were far from being unanimous concerning the wisdom of the decision especially in view of the fact that the nearest church is three miles away and those who opposed it were supported by the Manly Warringah and Pittwater Historical Society. For several years the building was used on week days as a public school and in 1887 was visited by Sir Henry Parkes whose signature appears in the old visitors' book.

OLD CHURCH DEMOLISHED. (1932, April 6). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 15. Retrieved from <http://nla.gov.au/nla.news-article16853647>

Methodist Church at Church Point

Remove not the ancient landmark which thy fathers have set.
Proverbs 22:28

Placed where Pittwater road merges with Mc Carr's Creek road on the high side, and overlooking Pittwater, one of our earliest landmarks was a wooden chapel constructed to serve the people of Bayview and Church Point. Measuring 25 feet by 18 feet and built in 1872 a congregation moved from services under locust trees to hymns within this structure. By 1881 the building was utilised as a school for 22 children and was called the Provisional School, changing in name to the Pittwater Public School in 1884.

This structure is said to have given its name to the land as 'Chapel Point'. The Aboriginal name is recorded as 'Whurra Whurra' although this is listed elsewhere as meaning 'go away' and 'go home' and may have been misinterpreted.

In 1888 a school opened a short way along the road at Bay View Road and the church ceased to be used as a schoolroom.

On July 20th 1887 Sir Henry Parkes, while having an 'alfresco luncheon in the bush' at Pittwater visited this lovely old building, signing the visitors book. (NEWS OF THE DAY. (1887, July 20). *The Sydney Morning Herald*. P.7)

The church held services every week until around 1908 when a new Methodist church opened at Mona Vale and people no longer travelled to the spot. Services continued although members of the MWPMS visiting in 1926 record that the building and cemetery were in disrepair and letters to SMH Editor suggested this be rectified if services were to recommence soon.

Plans to demolish the building ensued and the structure was torn down in April 1932 despite efforts to save it for its heritage value. The cemetery, fortunately, remains in place and protected by our own Pittwater Council and residents. (See Church Point Reserve Association Website Below).

Further;

Church Point Reserve Association History (most Extensive and Fully Researched) pages: <http://churchpoint.org.au/library/history/>

AN ACCOMMODATION ROAD

In conformity with the provisions of the Act of Council, William V, No 11, section 21, George Brown being the owner of portion No 6, parish of Narrabeen, applied to the Chairman of the Quarter Sessions for an accommodation road from his land to run through land supposed to be the property of trustees of the Wesleyan Church Dr Tibbetts and Alfred McIntosh being part of Olivers grant, portion 7, until it should meet the road from Manly, at the public wharf Church Point, Pittwater, such being the nearest highway Evidence was given by the applicant that he had no thoroughfare nor right of way to get to a highway from his land as described consisting of 11 acres, and the accommodation road he now applied for was the best available, considering all the interests No objection was raised to the road being made and the application was granted by His Honor QUARTER SESSIONS. (1897, November 19). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from <http://nla.gov.au/nla.news-article14100043>

BEAUTIFUL PITTWATER. CHURCH POINT ESTATE.

THE WEEK-ENDERS' PARADISE. ENTRANCING VIEWS, with a scope of 100 miles of Smooth-water Navigation, suitable for MOTORLAUNCHES and AQUATIC PLEASURE-SEEKERS. Highly Recommended by the Medical Profession for a Week-end Rest. AT THE CHURCH POINT WHARF, AND THE TERMINUS OF THE COACHES FROM MANLY. IN LARGE AREAS OF ABOUT THREE ACRES EACH. Well known as the Property of the late Dr. Tibbetts. General Store and Post-office adjoining the Estate. N.B.-This is the only Land available on the mainland, and will be Sold at Bargain Prices, so the Liberal Terms of 10 per cent, cash, Balance by 12 Quarterly Payments, interest at 4 per cent, per annum-, 5 per cent. Discount for Cash. Mr. A. M. SIMPSON, Storekeeper at Church Point, will point out the Land for Sale. SALE ON THE GROUND SATURDAY, 20th NOVEMBER, AT 2 P.M. Advertising. (1909, November 6). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 22. Retrieved from <http://nla.gov.au/nla.news-article15084034>

THE BEAUTIES OF PITTWATER.

The beauties of Pittwater and the facilities offered tourists has led to a number of residents forming the Bayview Church Point Progress Association, and one of its primary objects will be to place before the public the fact that Sydney possesses at its very doors one of the most picturesque resorts in the world, which is comparatively speaking unknown. THE BEAUTIES OF PITTWATER. (1907, November 30). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 17. Retrieved from <http://nla.gov.au/nla.news-article14885699>

EARLY PITTWATER. HISTORICAL SOCIETY'S PILGRIMAGE.

Members of the Manly, Warringah, and Pittwater Historical Society on Saturday afternoon made a pilgrimage to historic spots in the Pittwater district. The party, numbering 34, proceeded to Church Point, and inspected the old Methodist Church and cemetery. Mr. P. W. Gledhill, honorary secretary of the society, delivered a lecture on the early history of Pittwater. He said that the church was opened in 1873, and that the land for the cemetery was given by Mr. William Oliver. Mr. John Wheeler read a paper on Scotland Island and McCarr's Creek. EARLY PITTWATER. (1926, November 22). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from <http://nla.gov.au/nla.news-article16333867>

EARLY PITTWATER. TO THE EDITOR OF THE HERALD.

Sir,-With reference to the account in the "Herald" of last Saturday of the pilgrimage of the Manly, Warringah, and Pittwater Historical Society to historic spots in the Pittwater district, I may state I was a member of the party, and noticed the dilapidated condition of the old church at Church Point. The cemetery is badly neglected, and requires fencing and other repairs, while the building itself needs painting. As I understand services are to be resumed shortly, it would appear advisable that the Methodist Church authorities should make an effort to restore the building and land to its one time orderly condition so that the old church may again become an attractive place of worship for residents and visitors in the Pittwater district. I am etc., Stanmore, Nov. 25. J. S. N. WHEELER

EARLY PITTWATER. (1926, November 26). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from <http://nla.gov.au/nla.news-article16321192>

AN HISTORIC CHURCH. Church Point Memories.

(BY P.W.G)

With reference to "J E C's" very interesting letter in a recent issue of the "Herald," I would like to add a little further information, and, at the same time, to correct a small error that has been made to the effect that, "so far as appears, the church was then (1882) the only church building of any denomination on the seafront between Manly and Gosford." St John's Church of England, Pittwater, on the headland near the 11-mile peg, was the first house of prayer in that district, having been opened on September 21, 1871, and was referred to as follows:

"This small church was situated quite in the wilderness, being the first erected in that part of the colony"

The erection of the little Methodist Church was through the efforts of Mr. George McIntosh and Mr William Henry McKeown, who conducted services at Bayview, under a tree. This prompted Mr. William Oliver, an early settler of this district, to give one acre of land for 10/ to the following gentlemen, as joint tenants, as per the Certificate of Title, dated November 8, 1871: - George McIntosh, William Oliver, James Jones, Thomas Oliver, John Alderton, William Baker, all following the occupation of farmers, and residing at Pittwater, and William Henry McKeown, of Lane Cove, also a farmer.

The little church was erected on this land in the year 1872 for the sum of £ 60, and the point derives its name from this little wooden house of worship (Church Point though in many early records is spoken of as Chapel Point). In the cemetery lie many pioneers who passed away about half a century ago, and such a place enkindles in one's memory the lines of Gray's "Elegy" -

"Each in his narrow cell for ever laid,
The rude forefathers of the hamlet sleep"

The statement of "J EC" that the minister could only visit this church about once a quarter accounts for the burials in this God's Acre being taken by the Rev R S Willis, M.A. Incumbent of St Matthew's Church of England, Manly, up to 1890, and therefore the records of these burials are contained in the Church of England burial register at Manly. This church was used in the week days from May, 1884, until 1888 as a Public school, and known as the Pittwater Public School under the charge of Mr S Morrison, who now resides at Manly. It was on July 19, 1887, that the late Sir Henry Parkes paid a visit to the school in this church building and signed the school's visitors' book. It is to be trusted that the demolition of this church will not be proceeded with, but that it will be restored, and again used for public worship, as the population is growing, and the nearest church is three miles away. This will save this historic place from going into oblivion. I have approached the church authorities with the hope that something may be done at the eleventh hour, even five members of my society (the Manly, Warringah and Pittwater Historical Society) having approached me to the effect that they are willing to spend a few Saturdays, if a conveyance can be provided to help to restore this building. I close with the following appropriate words of Scripture - "Remove not the ancient landmark which thy fathers have set."

AN HISTORIC CHURCH. (1930, April 5). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from <http://nla.gov.au/nla.news-article16639396>

Below: Church Point, Pitt Water by A. J. Vogan (Arthur Image), 1859-1948, [ca. 1910 - ca. 1915]. Courtesy State Library of Victoria. Image H82.254/8/29



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PITTWATER COUNCIL

Pittwater Ceramics Awards Open

Pittwater Council is helping to promote a new arts award being coordinated by the Pittwater Community Arts organisation and Pittwater High. The Pittwater Ceramics Awards are open for entries until the end of February with five categories; primary school students, secondary school students, tertiary students, teachers' award and a ceramicists' award.

Organiser Chrissy Holland said the intention of the awards was to reawaken interest in one of the less well known forms of art. "In comparison to the rest of the arts, we're a bit of a rare fish in the sea," she said.

Ms Holland said the main aims of the awards were to encourage the reintroduction of ceramics as an arts subject into schools and a career option for school-leavers.

Submissions to the awards can be decorative tiles, wheel-thrown pots, hand-coiled work or small sculptures. Each entry should be submitted by 29 February, with items to be delivered to Pittwater High School at Mona Vale. The school is hosting an exhibition of the award entries between 9 and 11 March, with winners announced at the opening night of the exhibition on 9 March.

Pittwater Mayor Harvey Rose said the awards were 'a great community-driven initiative'. "Ceramics are flourishing in Pittwater, thanks to organisations such as the school, Pittwater Community Arts and the sponsors who've come on board to support the event."

Full Details at: <http://www.pittwaterceramics.info/>

CHILDREN'S THEATRE NO DRAMA AT LIBRARY!

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

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

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

The reader's theatre is just one of several events planned to celebrate 2012 as the National Year of Reading. Other events, including two reading competitions, will be announced at the library by Mayor Harvey Rose on 14 February.

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

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



National Year of Reading 2012

Discover and rediscover the joy of reading.

National Year of Reading 2012:

For teens, we (Federal Government) will be running the National Year of Reading Creative Reading Prize. It's an expansion of something that

already happens through the Centre for Youth Literature (<http://www.insideadog.com.au/blog/inkys-creative-reading-prize-2011>).

Young people will be asked to nominate the one book they think their peers must read in 2012 and then to provide a convincing argument in the form of a creative response to the story. This will be a book review, but it could be in the form of words, pictures, film, song, or something even more avant garde. We'll be partnering with [insideadog.com.au](http://www.insideadog.com.au), [spineout.com.au](http://www.spineout.com.au) and Madman Entertainment to create a fantastic competition with some really great prizes. More at: <http://www.love2read.org.au/>

As part of this: **Bedtime Stories: Downloadable Tales for Children** Available right now AT:

<http://www.australianwomenonline.com/bedtime-stories-downloadable-tales-for-children/>



PITTWATER COUNCIL

PCYC CONCEPT PLANS ON PUBLIC EXHIBITION

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

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

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

The design concepts will be on exhibition until Friday 2 March 2012 and can be viewed at

www.pittwater.nsw.gov.au/exhibition The documents will also be available at Council's customer service centres at 1 Park Street, Mona Vale and 59A Old Barrenjoey Road, Avalon.

Australian Stories Online

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

[Tweet](#) [Like](#) [+1](#)



New Website for Northern Beaches Youth

Manly Council has launched a website for young people that is run by young people on the Northern Beaches. Any young people with web design skills who want to get involved in the project are very welcome. Manly Council also posts activities and events on their Facebook and MySpace Youth sites. If you Friend them you'll get the most up to date info. Links for all are posted below:

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre



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

Lots of bands plus a 'Young Bloods' competition in February Featuring The Pigs, Kevin Bennett & The Flood, Sal Imber & the Rolling Wheel, Mic Conway & Robbie Long, Fred Smith, Luke Escombe, the Wheeze & Suck Band plus lots more! Also featuring a Young Bloods competition for up and coming bands.
17th of February: 7:00pm-11:00pm
18th: 11:00am-11:00pm
19th: 11:00am-7:00pm
More info and to enter Young Bloods Comp.: www.northernbeachesmusicfestival.org

Young Bloods Competition From JAN 13 - FEB 10 2012

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

Venues

The venues staging the preliminary heats are:

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

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

Prizes

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

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

Contact details for the venues are as follows:

Avalon RSL - Russell Neal, ph: 0411 827 571, email: nearu01@gmail.com or songsonstage@hotmail.com

Terry Hills Tavern - Russell Neal, ph: 0411 827 571, email: nearu01@gmail.com

Mona Vale Hotel - Jaimie Keys, ph: 0421 064 314, email: jaimie_keys@hotmail.com

Sugar Lounge in Manly - Oscar Letelier, ph: 0428 238 619, email: oletelier@gmail.com

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

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

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

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

Bullying; NO WAY !!!

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

JOHNSON BROS MITRE 10

ABN: 12 000 660 666

APPRENTICE CLUB

Johnson Bros are extending an invitation to all Building Trade Apprentices to join our exclusive "Apprentice Club". We have teamed up with our loyal suppliers to offer different tools each month at vastly reduced prices to help apprentices build up their tool boxes. File Below for further details and registration form. At: <http://hardwoodsaustralia.com/a/117.html>



Apprentice club form11.pdf
Size : 494.83 Kb
Type : pdf

Teaching Our Children to be Safety Conscious

Being Safety Smart is a free to use online educational game providing safety strategies for children aged from 6 to 8. The program is designed to increase the awareness of children to situations within the community which might impact upon their personal safety and to empower them with the ability to act appropriately and with confidence.

Being Safety Smart is a Queensland Police Service initiative, developed by the University of the Sunshine Coast in partnership with the Queensland Police Service, Education Queensland, and the Crime and Misconduct Commission, and supported by the Daniel Morcombe Foundation. The Website is at: <http://www.beingsafetysmart.com.au/BSS/>

No charge for mobile phone calls to Lifeline from anywhere in Australia; Mobile phone calls to Lifeline under an agreement made between the three major phone carriers.



Send In Your Stuff

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

All are Welcome, All Belong !

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SPECIAL POEM FOR OLDER FOLKS From W.A.G; Seniors Emails Circulating This Week

A row of bottles on my shelf
Caused me to analyse myself.
One yellow pill I have to pop
Goes to my heart so it won't stop.
A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not..
The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze..
The red ones, smallest of them all
Go to my blood so I won't fall.
The orange ones, very big and bright
Prevent my leg cramps in the night.
Such an array of brilliant pills
Helping to cure all kinds of ills..
But what I'd really like to know.....
Is what tells each one where to go!

Exercise Your Mind ! from I. Anderson

I've seen this with the letters out of order, but this is the first time I've seen it with numbers, F1gur471v3ly 5p34k1ng?

Good example of a Brain Study: If you can read this you have a strong mind:

7H15 M3554G3
53RV35 7O PR0V3
H0W 0UR M1ND5 C4N
D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5!
1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7
N0W, 0N 7H15 L1N3
Y0UR M1ND 1S
R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4B0U7 17,
B3 PROUD! 0NLY
C3R741N P30PL3 C4N
R3AD 7H15.

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

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

Contact Community Care Northern Beaches by clicking their logo:



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

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

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



The Senior Newspaper Online

Click on logo:



Harmonicas

Seems the [Bopulaters Profile](#) last week has helped bring to the surface a few other harmonica fans out there. One of you sent in this week to share with all (see below)... and as this is [your page](#) we of course tracked it down and placed it here for you. We want to thank all of you who keep sending stuff in for your page and remind the rest of you that Pittwater Online News is not only For and About but most importantly is **BY** all.

For those of you who are Paul Wheeler fans, formerly of the Aztecs, you'll be happy to know Paul has kindly agreed to allow us to share a more in-depth Profile during April 2012, our first Gent's month for the year. Bopulaters gigs for 2012 are listed on their page and will be updated on our Events page as the year progresses. Jonty Erwin takes up his harmonica and plays some very fine lilt at every performance.

Buddy Greene is an American singer, songwriter, guitarist and harmonica player. Most of his recordings consist of gospel music, with a distinctly Southern flavor. Much of his music is influenced by country and bluegrass music. Greene grew up in Macon, Georgia. He has written the music for many songs and also co-wrote the Christmas song "Mary, Did You Know?" with Mark Lowry; Greene also wrote "Recovering Pharisee" recorded by Del McCoury, and "He Is" recorded by Ashley Cleveland.

From: Buddy Greene. (2011, April 27). In Wikipedia, The Free Encyclopedia. Retrieved 20:41, February 2, 2012, from http://en.wikipedia.org/w/index.php?title=Buddy_Greene&oldid=426143456

Buddy Greene's WEBSITE Boomerang [Harmonicas](#) in Collector's Corner

From the mail and link sent, This guy is fabulous. Turn up your speakers and enjoy. For those of you who do not know, the theme song from the Lone Ranger comes from the William Tell Overture.

This gentleman is awesome! A standing ovation at Carnegie Hall playing a harmonica! It took the Lone Ranger theme song to bring them to their feet.

Click below !! Sound on..

Buddy Greene at Carnegie Hall



Senior Movers

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

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



www.seniormovers.com.au

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

Avalon Computer Pals for Seniors

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

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

[Article on their Seminar](#)

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Summer Fruits: Grapes

Grapes truly have something for your mind, your heart and your soul. The benefits of Resveratrol, whether consumed in the wine form or eaten as part of a fresh grape skin, and its ability to inhibit cancer, heart disease and Alzheimer's covers our heart and mind aspects whilst the soul is tolled to burst into song when infused with the freshest and best of each season. To sing of the seasons, to dwell in them and their annual shifts and variations is like wine for the soul just as blood is wine for the body. All wine connotations aside...

The range of nutrients in fresh grapes goes from B to Z, literally and although they could be considered Nature's Lollies due to their high sugar and carbohydrate content, it's not as though they are in glut all year round. They are in season now and range in size from almost being small plums to small drops. If you do tire of eating them fresh, or they last that long when brought home, this Italian classic is a good way to 'up-market' them and although very rich, you should bear in mind the 'French Paradox' listed opposite with each mouthful.

Zabaione (Italian custard) with Grapes

Ingredients

6 egg yolks
2/3 cup caster sugar (120 grams)
Marsala wine 18 tablespoons
½ tsp vanilla bean paste
1 cup mixed seedless grapes, halved
50g butter
1 tsp ground cinnamon
1 Tbs white wine
¼ cup thickened cream
Ground cinnamon to dust
Flaked almonds to serve

Directions

Beat the yolks and the sugar until the mixture is palest yellow tending towards white, then beat in the Marsala and cook over a double boiler. Do not let it reach a boil, but remove it from the heat as soon as it thickens. Press half the grapes in a mortar and pestle. In a pan combine grape juice with butter, cinnamon, white wine and remaining grapes. Simmer grapes for 3-4 minutes. Whip the cream and fold through the egg yolk mix. Spoon the zabaglione over the warmed grapes, sprinkle with cinnamon and top with flaked almonds. Serves: 6.



Illustration; Page from *Handbuch der Tafeltraubenkultur (Handbook of Table Grape Culture)*, by Rudolf Goethe & Wilhelm Lauche, Published: Berlin, Paul Parey, 1895. Grape variety: "Muscat Hamburg" Rudolf Goethe (1843-1911), using material from Wilhelm Lauche (1827-1883). Wilhelm Lauche (21 May 1827, Gartow – 12 September 1883) was a German gardener, dendrologist and pomologist.



A grape is a non-climacteric fruit, specifically a berry, that grows on the perennial and deciduous woody vines of the genus *Vitis*. Grapes are a type of fruit that grow in clusters of 15 to 300, and can be crimson, black, dark blue, yellow, green, orange, and pink. "White" grapes are actually green in color, and are evolutionarily derived from the purple grape.

History

The cultivation of the domesticated grape began 6,000-8,000 years ago in the Near East. Yeast, one of the earliest domesticated microorganisms, occurs naturally on the skins of grapes, leading to the innovation of alcoholic drinks such as wine. First traces of red wine are seen in ancient Armenia where apparently, to date, the oldest winery was found, dating to around 4,000 BCE. By the 9th century CE the city of Shiraz was known to produce some of the finest wines in the Middle East. Thus it has been proposed that Syrah red wine is named after Shiraz, a city in Persia where the grape was used to make Shirazi wine. Ancient Egyptian hieroglyphics record the cultivation of purple grapes, and history attests to the ancient Greeks, Phoenicians and Romans growing purple grapes for both eating and wine production.

Nutritional value per 100 g

Energy, 288 kJ (69 kcal), Carbohydrates 18.1 g, Sugars 15.48 g, Dietary fiber 0.9 g, Fat 0.0 g, Protein 0.72 g, Thiamine (vit. B1) 0.069 mg (6%), Riboflavin (vit. B2) 0.07 mg (6%), Niacin (vit. B3) 0.188 mg (1%), Pantothenic acid (B5) 0.05 mg (1%), Vitamin B6 0.086 mg (7%), Folate (vit. B9) 2 µg (1%), Vitamin B12 0 µg (0%), Vitamin C 10.8 mg (13%), Vitamin K 22 µg (21%), Calcium 10 mg (1%), Iron 0.36 mg (3%), Magnesium 7 mg (2%), Manganese 0.071 mg (3%), Phosphorus 20 mg (3%), Potassium 191 mg (4%), Sodium 3.02 mg (0%), Zinc 0.07 mg (1%)

French Paradox

Comparing diets among Western countries, researchers have discovered that although the French tend to eat higher levels of animal fat, surprisingly the incidence of heart disease remains low in France. This phenomenon has been termed the French Paradox, and is thought to occur from protective benefits of regularly consuming red wine. Apart from potential benefits of alcohol itself, including reduced platelet aggregation and vasodilation, polyphenols (e.g., resveratrol) mainly in the grape skin provide other suspected health benefits, such as:[11]

- Alteration of molecular mechanisms in blood vessels, reducing susceptibility to vascular damage
- Decreased activity of angiotensin, a systemic hormone causing blood vessel constriction that would elevate blood pressure
- Increased production of the vasodilator hormone, nitric oxide (endothelium-derived relaxing factor)

Although adoption of wine consumption is not recommended by some health authorities, a significant volume of research indicates moderate consumption, such as one glass of red wine a day for women and two for men, may confer health benefits. Emerging evidence is that wine polyphenols like resveratrol provide physiological benefit whereas alcohol itself may have protective effects on the cardiovascular system.

Resveratrol

Grape phytochemicals such as resveratrol (a polyphenol antioxidant), have been positively linked to inhibiting any cancer, heart disease, degenerative nerve disease, viral infections and mechanisms of Alzheimer's disease.

Protection of the genome through antioxidant actions may be a general function of resveratrol. In laboratory studies, resveratrol bears a significant transcriptional overlap with the beneficial effects of calorie restriction in heart, skeletal muscle and brain. Both dietary interventions inhibit gene expression associated with heart and skeletal muscle aging, and prevent age-related heart failure. Resveratrol is the subject of several human clinical trials, among which the most advanced is a one year dietary regimen in a Phase III study of elderly patients with Alzheimer's disease.

Synthesized by many plants, resveratrol apparently serves antifungal and other defensive properties. Dietary resveratrol has been shown to modulate the metabolism of lipids and to inhibit oxidation of low-density lipoproteins and aggregation of platelets. Resveratrol is found in wide amounts among grape varieties, primarily in their skins and seeds which, in muscadine grapes, have about one hundred times higher concentration than pulp. **Fresh grape skin contains about 50 to 100 micrograms of resveratrol per gram.**

Religious significance

In the Bible, grapes are first mentioned when Noah grows them on his farm (Genesis 9:20-21). Instructions concerning wine are given in the book of Proverbs and in the book of Isaiah, such as in Proverbs 20:1 and Isaiah 5:20-25. Deuteronomy 18:3-5, 14:22-27, 16:13-15 tell of the use of wine during Jewish feasts. Grapes were also significant to both the Greeks and Romans, and their God of agriculture, Dionysus, was linked to grapes and wine, being frequently portrayed with grape leaves on his head. Grapes are especially significant for Christians, who since the Early Church have used wine in their celebration of the Eucharist. Views on the significance of the wine vary between denominations. In Christian art, grapes often represent the blood of Christ, such as the grape leaves in Caravaggio's John the Baptist.

Grape. (2012, February 3). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Grape&oldid=474779375>

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Untethered, Unmoored Or Cast Adrift? February's Leo Full Moon



We may have all come on different ships, but we're in the same boat now. Martin Luther King, Jr

Are we having fun yet? Carol Burnett

Besides winning, the most fun thing is getting out there and mixing it up with friends;

it's the competition. Al Unser, Jr.

Being on a boat that's moving through the water, it's so clear. Everything falls into place in terms of what's important and what's not. James Taylor

un-moor (n-ml)

v. un-moor-ed, un-moor-ing, un-moors

1. To release from or as if from moorings.
2. Nautical To release (a ship) from all but one anchor. v.intr.
To cast off moorings.

I find it rather amusing that the last new Moon was Aquarius 3: The Deserter From The Navy and this full Moon is Leo 19: A Houseboat Party. February's full Moon occurs on the 7th in the US and the 8th in Australia and the Sabian Symbol is Leo 19: A Houseboat Party Crowded With Revelers; The Water Reflects Its Lights. The following is an excerpt from my book [The Sabian Oracle: 360 Degrees Of Wisdom](#).

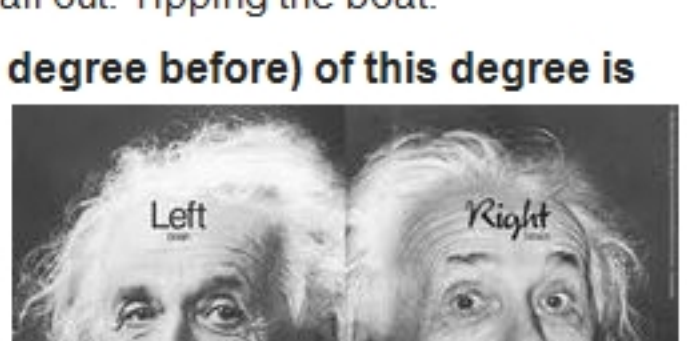
This pictures a need for lightening up, relaxing and spending time with like-minded individuals. This 'Party' can represent a situation where people come together, eat, drink and share their thoughts and have a good time. The party goes, the 'Revelers', may all be enjoying themselves and having a great time, but it may seem rather short lived, unstable or unreal.

Although you are probably in a situation of definite structure and form, you may find that it needs to be changed from the normal routine and infused with unusual and unorthodox possibilities. Although they can be great fun, the problem with 'Houseboat Parties' is the inability to leave when you please. When you're socializing, seeing a crowd of friendly faces is comforting when you have no choice but to stay. However, if you are not enjoying what's going on, it may be that you're stuck with people you'd really rather not associate with. Who's steering or in charge of the 'Boat' you're on? How long is this journey, and where will the 'Houseboat Party' end up? You may feel a long way from home, and that you want to get off. If you can relax about the situation you're in, you may find yourself with new friends and in new surroundings. This is often easier said than done - some people are not able to mix with people they're not familiar with, especially if they feel unsure about the circumstances they find themselves in. On a 'Houseboat', this can be especially true. This being said, one does have to take risks every now and then. Enjoy the situation to its fullest, but remember that sooner or later you may have to get back to a more everyday, anchored life.

Keywords: Emotive social pleasure. Joining with others in an adventurous spirit. Cleopatra-style parties. The issue of knowing where one's going. Claustrophobia. Being cast adrift. Delicate social balances. Moored in the water or on the ground. Leisure times that are fun and free-floating.

The Caution: Trapping people into ideals of pleasure. Self indulgence. The need to know "where" the party is going to be or finish up. Not being anchored in reality. Feeling "unmoored" and unable to disembark. Nowhere to permanently land. Unknown destinations. Feeling trapped. Choppy seas. No one at the wheel. Springing a leak. Wanting to bail out. Tipping the boat.

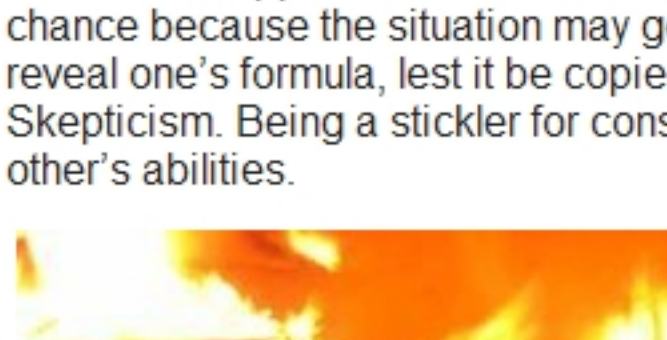
The 'Karmic Condition' (the degree before) of this degree is Leo 18: A Chemist Conducts An Experiment For His Students



which brings the message that sometimes in life we need to try new things, take a few risks, step outside our normal boundaries. Going overseas, traveling around the country, going to university or college, moving to a new city to live, all these and many more things can represent the Houseboat Party. The Chemist with his 'experiment' is someone who needs to take a chance, to reach out for something new, to be willing to let go of the shore in order to find out what might happen. There could be a need to mix things up in ways that one hasn't before - new opportunities, new places, new people, a new vision of life as it could be.

Keywords: Alchemy. Stepping out of the usual rules and taking a risk. Taking on new and untried procedures. Syllabus and education. Wisdom being passed on. Putting things "to the test". Throwing out what doesn't stand up. Ingredients. Bunsen burners. Test tubes. Microscopes. Seeking rational answers. Science and chemistry. Leading by example. The thrill of discovery.

The Caution: Always going "by the rules of the book" leading to inertia and suppression of creative ideas. Being afraid to take a chance because the situation may get out of control. Refusing to reveal one's formula, lest it be copied. Narrow viewpoints. Skepticism. Being a stickler for conservative science. Not trusting other's abilities.



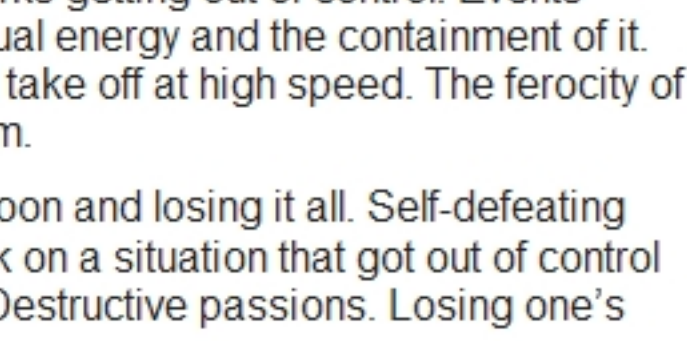
The Sun is exactly conjunct (on the same degree) as Mercury on Aquarius 19: A Forest Fire Finally Quenched. This degree shows the relief that can be felt when things have been somewhat out of control and there's been a struggle to regain the upper hand or to get everything sorted.

Keywords: Exuberant feelings that come after struggles. Calming down. Coming out of an experience with a new sense of commitment or a new understanding of consequences. Getting a bee in your bonnet. Spot fires. Jubilation and release after hard labor. Fighting for control. Sparks getting out of control. Events taking off in all directions. Sexual energy and the containment of it. Ideas that get whipped up and take off at high speed. The ferocity of nature. The calm after the storm.

The Caution: Giving up too soon and losing it all. Self-defeating delight in drama. Looking back on a situation that got out of control and produced a lot of rubble. Destructive passions. Losing one's spark. Running out of fuel.

The Karmic Condition of the Sun and Mercury is Aquarius 18: A Man Being Unmasked At A Masquerade. This is bound to bring some big insights into one's self, others or life itself. Whatever is being 'unmasked' can be quite revealing and decisions could be made around what's being laid out for you, and probably others, to see.

Keywords: Secret motives exposed. Having to face one's self. Facing the truth about another. Coming to terms with judgments about one's true worth. Owning up to who one truly is. Being able to see through characters and trickery. Wearing a 'Mask' that suits the situation. Insights into people. Dropping pretense. Stripping away cover-ups. Aliases.



The Caution: Detrimentially revealing yourself too quickly or too early. Being found out to be a fraud. Finding answers that aren't welcome. Layers of deception discovered. Charades, pretense and ploys to manipulate. Lies. Assumed identities.

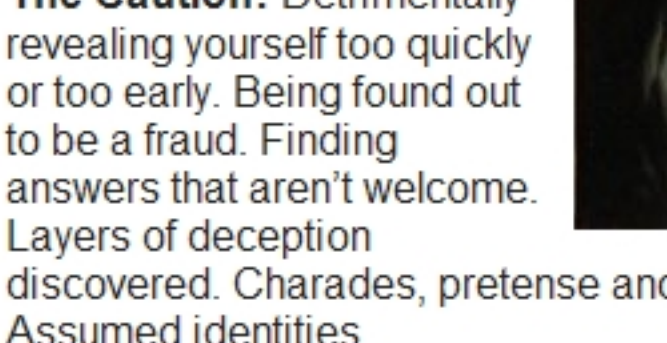
It seems that it is through the 'unmasking' of yourself, other people or situations, that we can get a handle on what is working for us at this time and what is not. How can you feel more moored without feeling tied down or anchored to the wrong spot? Perhaps it's the opposite; perhaps you've been on the go, moving around and not having a place to settle and feel comfortable or that you can put down your roots. Obviously, the Houseboat Party can be great fun, enjoyable in every sense of the word, and for some a lifestyle choice that serves them well. For others, though, finding that place to be could feel very important and necessary in order to concentrate on the more concrete things in life.

Uranus, the ruler of the Sun and Mercury, is on Aries 3: A Man Being Unmasked At A Masquerade. This is bound to bring some big insights into one's self, others or life itself. Whatever is being 'unmasked' can be quite revealing and decisions could be made around what's being laid out for you, and probably others, to see.

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

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

Venus is in the fray around how one sees themselves and their place in the scheme of things. It's on Pisces 30: A Majestic Rock Formation Resembling A Face Is Idealized By A Boy Who Takes It As His Ideal Of Greatness, As He Grows Up, He Begins To Look Like It. This Symbol asks the question "who do you want to be?" - what role do you see yourself taking, what are you doing with your life, what are your aspirations for the future? Venus will soon slip into Aries and will pass by Uranus on The Cameo Profile Of A Man, making this a very powerful time to be considering what and how you want to be growing into, promoting or spending your time doing.



Straight after the full Moon, Venus will enter Aries - Aries 1: A Woman Emerging From The Ocean, A Seal Is Embracing Her. This first degree of Aries is such a symbolic representation of Venus arising and it shows Venus starting on her new round of the zodiac. Venus and Uranus together show a brilliant opportunity for purging things from the past (old

outworn feelings, relationships that no longer work, things from the past that hold us back from entering the future with a fresh and vibrant slate).

Mars is retrograde, and will be until April 14 when it slows down and starts to turn direct again. Mars is on Virgo 22: A Royal Coat Of Arms Enriched With Precious Stones, which speaks of the need to remember one's sense of nobility and royalty.

Keywords: A social lineage standing behind. Having a regal bearing. Issues of one's long standing and identity. Social status. Royalty. Aristocratic ancestry. Nobility. Coats of Arms. Strength of association. Pure blood. Ancestors of worth or note. Hereditary lines. Having rights and prestige. Pageantry. Knights jousting. Inheritances. Wealthy lineage. Displays of grace and honor. Beauty and wealth no matter what one's status.

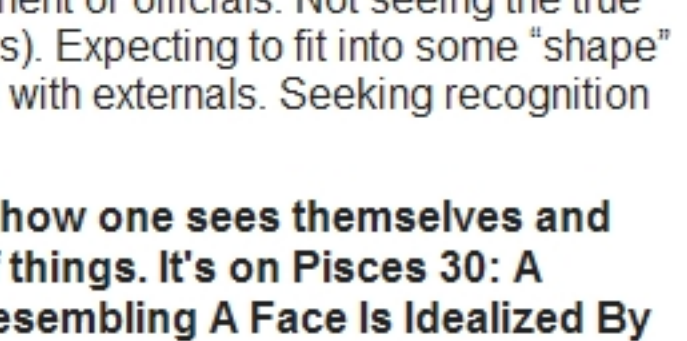
The Caution: Superficial judgment on one's ancestry. Believing in privileges for the select few. Leaving others out as not being worthy. Class-consciousness. Snobbery. Having slaves" to do everything. Being "in the club, or outside of it". Contemptuous attitudes. Elite school snobbery. Bastardizing others.

For many people on this planet there's a feeling of the 'ruling elite' (the rich and powerful masters of the universe types) being greedy, pushing others around and acting like they own the planet. It is obvious that the anger around these issues is going to escalate.

Neptune has just now gone into Pisces and is on Pisces 1: A Crowded Public Market Place. Neptune was on this degree for a while last year and it then retrograded back into Aquarius. It will stay in Pisces, the sign that it rules, until April 2025, so this is a big moment of change. Neptune on the Market Place degree shows the problems with the market place, money, the Euro, the US dollar and the market in general all over the world.

Questions for the individual may include how one is playing out there part in the Market Place. What do you contribute? Do you make your 'fair share' out of the profits? Have you found your market? How are things going for you financially in general?

The Moon's north node seems to be suggesting that we run our ideas, products, services and ideals up the flagpole to see how they can be acknowledged or saluted. The Symbol is Sagittarius 12: A Flag Turns Into An Eagle; The Eagle Into A Chanticleer Saluting The Dawn.



Keywords: Declared idealism. Trumpeting ideals. National pride. Peak experiences. Flags. Symbols of strength, unity and power.

The Caution: The pomp and ceremony of big political displays. Issues of nationhood. Issues of world domination. Elevated views and elevated perspectives. Forceful voices. Coming from the highest plane. Nobility and pride. Successful outcomes. National anthems. New empires. Messages from the president.

The Caution: Assuming one is right only because of might or power or because one can say it the loudest. Propaganda. Lording it over others. Seeing other "nations" as being lesser. Loud voices. Bullying.

That last caution could have many protesting about their rights. **The Moon's south node is on Gemini 12: A Slave-Girl Demands Her Rights Of Her Mistress.** This degree contains a warning not to let yourself be used, to stand up for yourself and to claim your sense of personal power.

Keywords: Rising above conditioning and limitations. Standing up for one's self. Feeling able to demand better treatment. Seeking recognition and self-respect. The ability to be in charge of one's life. Breaking away from oppression. Wanting a raise in pay or conditions. The need for freedom on many levels. Desiring property and rewards. Rising up from an "underdog" position or situation.

The Caution: Feeling hard done by. Being demanding. Blaming others. Bucking authority. Demanding to be recognized or noticed. Feeling used and abused. Oppression and slavery. Jealousy and envy.

Chiron, the Wounded Healer and The Stories We Tell Ourselves, is on Pisces 5: A Church Bazaar, which can have many feeling like they put in a lot of effort and don't get much return or reward. Of course many help others out and do great and charitable works without the thought of personal gain, but perhaps there's too much of it going on?

Jupiter, the planet of expansion and abundance, seems to have a good message. It's on Taurus 4: The Pot Of Gold At The End Of The Rainbow. This is a lovely degree of talent, rewards, beauty, spirituality and hopefulness - particularly with Jupiter enhancing it.

Keywords: The promise of riches, in whatever forms these may take. Creative imagination. Goals and ambitions. Alchemy. Splashes of color. Rewards contained. The search for the treasure. Seeking communion with nature and life's bounty. Wealth derived from changing perspective. Talent and beauty.

The Caution: Seeking easy, tempting solutions. Thinking that rewards are always just "over the horizon". Thinking that one is never going to get near "it". Elusive success. Forgetting the more immediate things in life. Seeking perfection.

Pluto's Sabian Symbol is Capricorn 9: An Angel Comes Carrying A Harp and it seems to me that, in order to find our own sense of personal power, the message is to spread love and harmony all around us.

These are interesting and challenging times, as always.

For those interested, my daughter has written an amazing piece on the situation in Egypt. She is living in Cairo and is the middle east correspondent for The Global Mail:

<http://www.theglobalmail.org/feature/the-battle-for-egyptian-islam/34/>



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

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

What are the Sabian Symbols?

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

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

For more Information: [click here](#)



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

This is your opportunity to have Lynda read your chart. Details below:

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

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

A mini-reading works this way:

I cast your chart and calculate what transits and progressions you're having. I analyse your chart, taking in what the Sabian Symbols reveal, along with the transits and progressions, and, using the Sabian Symbols, I can see many dimensions of what's going on for you. This reading gives you a far better understanding of your chart and outlines your strengths and the areas you may need to work on, along with what's been happening, what is presently going on and what's coming up.

I then speak for 30 minutes into my voice recorder, recording my observations of your chart. I then upload the recording to the internet in Mp3 format and email you the link to it.

You download the recording to your computer (this is very easily done) where you can listen to it easily, and in your own time. Listening to it more than once is recommended.

Whether you are generally curious about your chart, looking for greater self-awareness, wondering how long a bad patch will last or seeking clarity on what your future holds, these readings can empower you on many levels and can mark a major turning point in your life.

The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny.

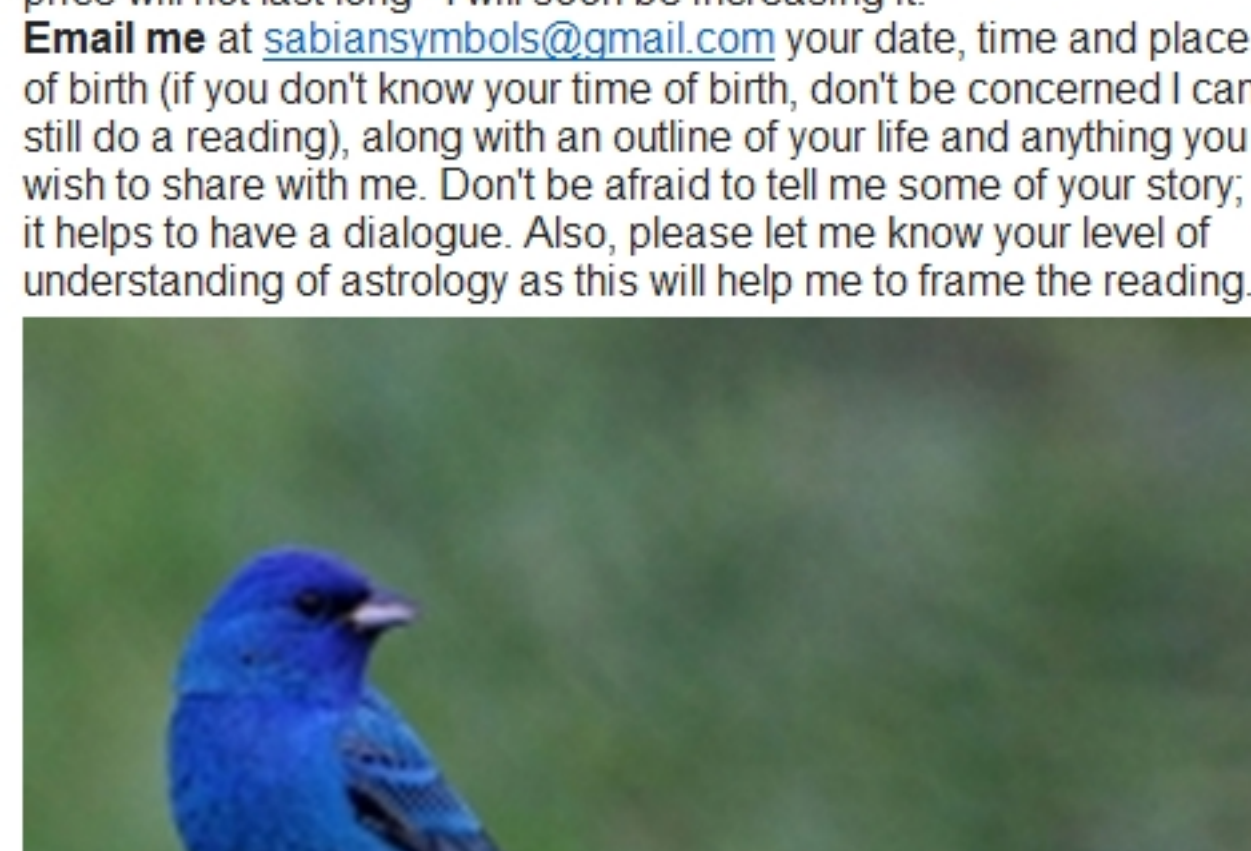
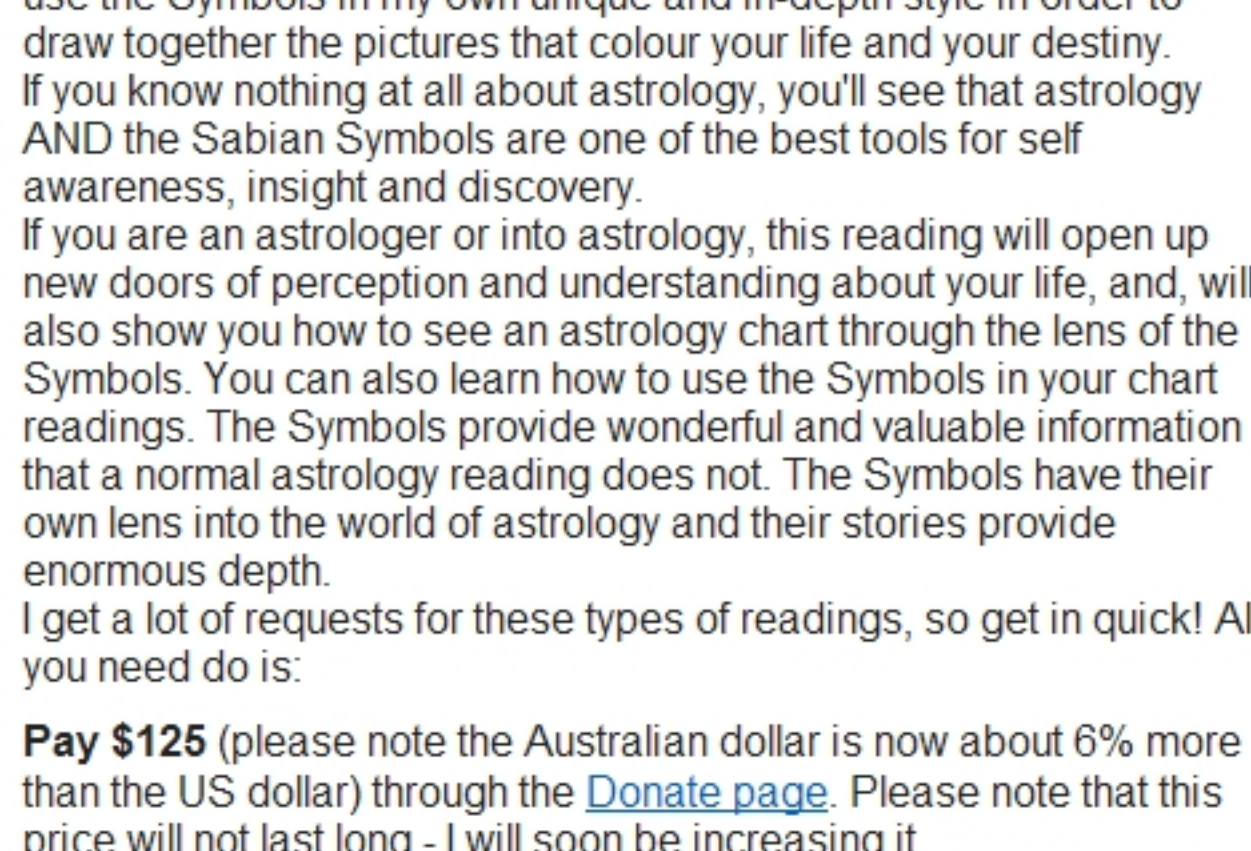
If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.

If you are an astrologer or into astrology, this reading will open up new doors of perception and understanding about your life, and, will also show you how to see an astrology chart through the lens of the Symbols. You can also learn how to use the Symbols in your chart readings. The Symbols provide wonderful and valuable information that a normal astrology reading does not. The Symbols have their own lens into the world of astrology and their stories provide enormous depth.

I get a lot of requests for these types of readings, so get in quick! All you need do is:

Pay \$125 (please note the Australian dollar is now about 6% more than the US dollar) through the [Donate page](#). Please note that this price will not last long - I will soon be increasing it.

Email me at sabiansymbols@gmail.com your date, time and place of birth (if you don't know your time of birth, don't be concerned I can still do a reading), along with an outline of your life and anything you wish to share with me. Don't be afraid to tell me some of your story; it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to frame the reading.



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Pittwater Camera Club Member's Images.

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Above: Mungo Birds by M West. Below: Water Lily by M F Windred. Under this: Water Python by Hette Molena



Above: Jerash Columns by Bill Roberts. Below: Forest by Dean Smith



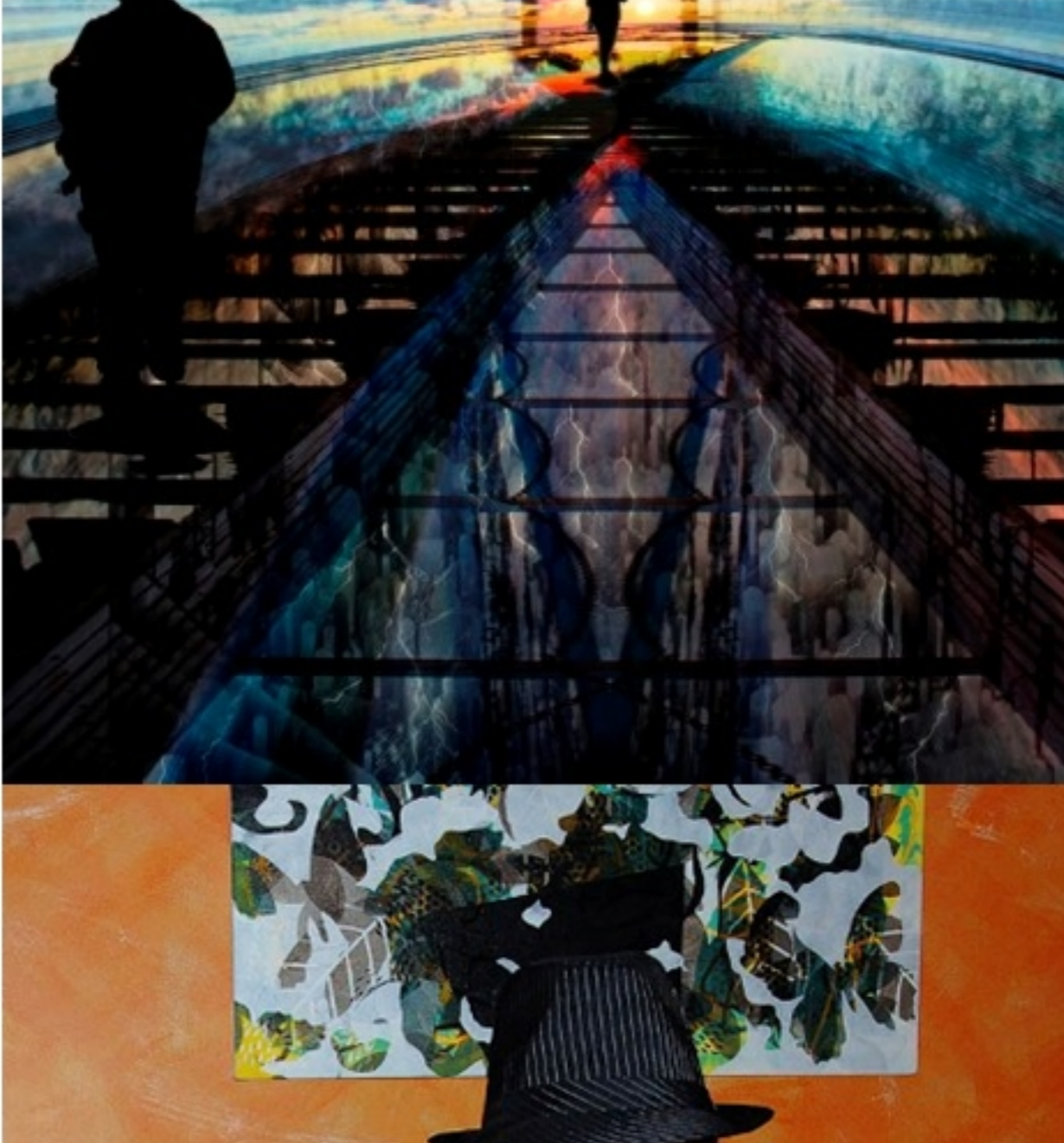
Above: Kid Vanuatu by Gary Maserow. Below: Boats by Dean Smith.



Above: Blowing Rivets by Hette Molena. Below: Art Lesson by B Hunting. Under this: Cascades Rock Moss by Gary Maserow



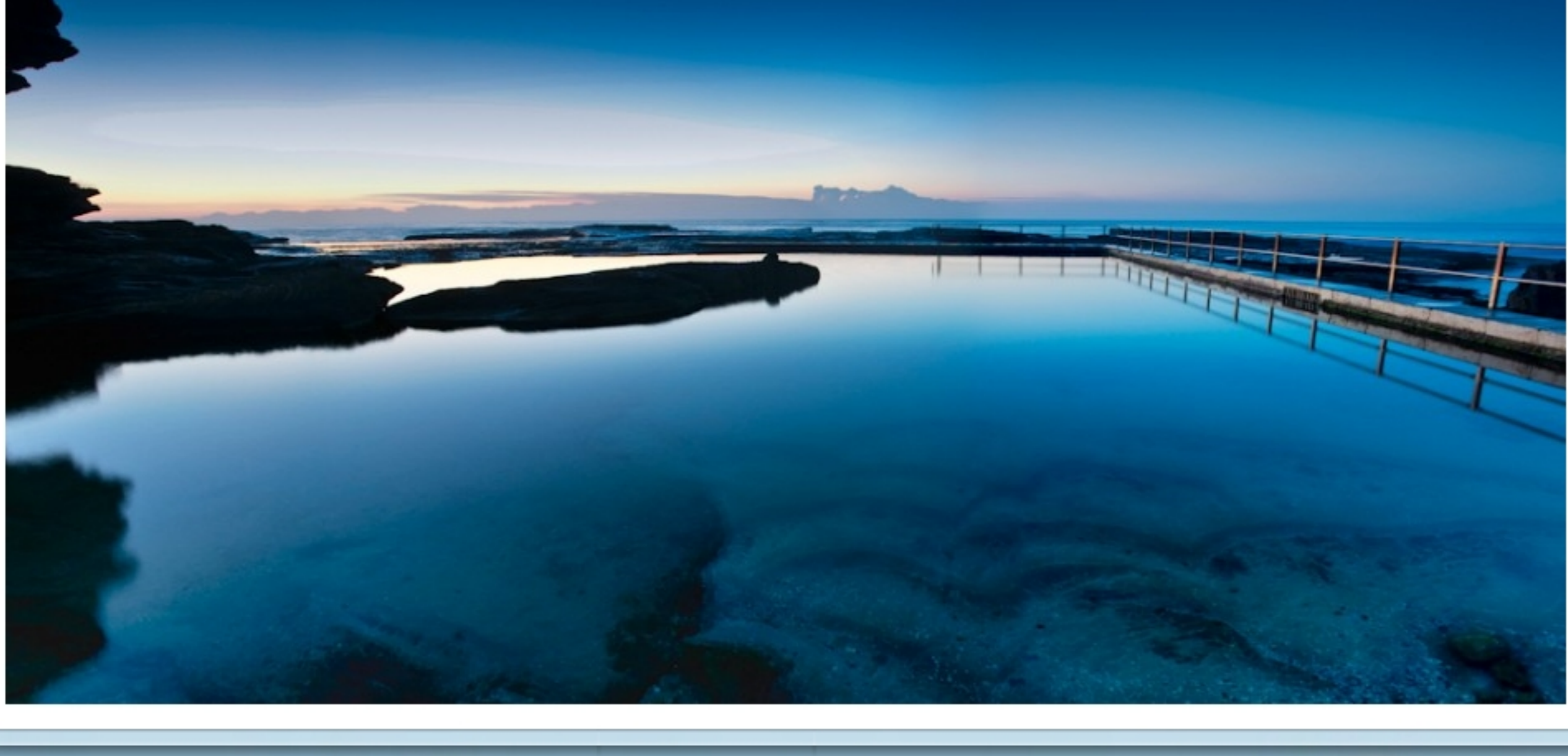
Above: Murray River by Gary Maserow. Below: Boys Quest by P S Quires. Under This: Forest by Dean Smith. Below this: Gunther Swobada by M F Windred



Above: Blue Bird Café by B Hunting. Below: Vertigo Heels by Fenella.



Above: Kite Surfer by S Kieverlaan. Below: Cry Baby by Airand. Under this: Masai Mara Sunset by Sandra. Under this: Dubai Desert by Bill Roberts. Under this: Carron Church, County Clare by Sandra. Last and certainly not least, Pool by Fenella.



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

Sand Art

These sand artists – Andres Amador, Peter Donnelly and Jamie Wardley- with a simple stick and a rake, paint elaborate works of art in one of the biggest canvases available, the beach. The fact that each piece is so short-lived is part of what makes them special. Many of their stunning images, which start out as simple squiggles in a notebook, span an incredible 500x300 feet.



New Harper Collins Competition

Anna Campbell is Australia's favourite romance author and we've got one complete set of her novels, all signed by Anna herself, to give away!
For your chance to win it, email us at promotions@harpercollins.com.au by 29/2/12 and tell us about your most romantic Valentine's day!
(Sorry, Australian residents only)



eBooks

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

Photo competition

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

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

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

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

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

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

the Bridport Prize poems-short stories-flash fiction

NEW CLOSING DATE: 31st May 2012

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

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

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

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

Enter online at: www.bridportprize.org.uk
Or download an entry form: www.bridportprize.org.uk/entryform.pdf
Or email for a pdf entry form: frances@bridportprize.org.uk
Or send an SAE for an entry form to be posted to you

The Bridport Prize
PO Box 6910
Dorset
DT6 9BQ
UK



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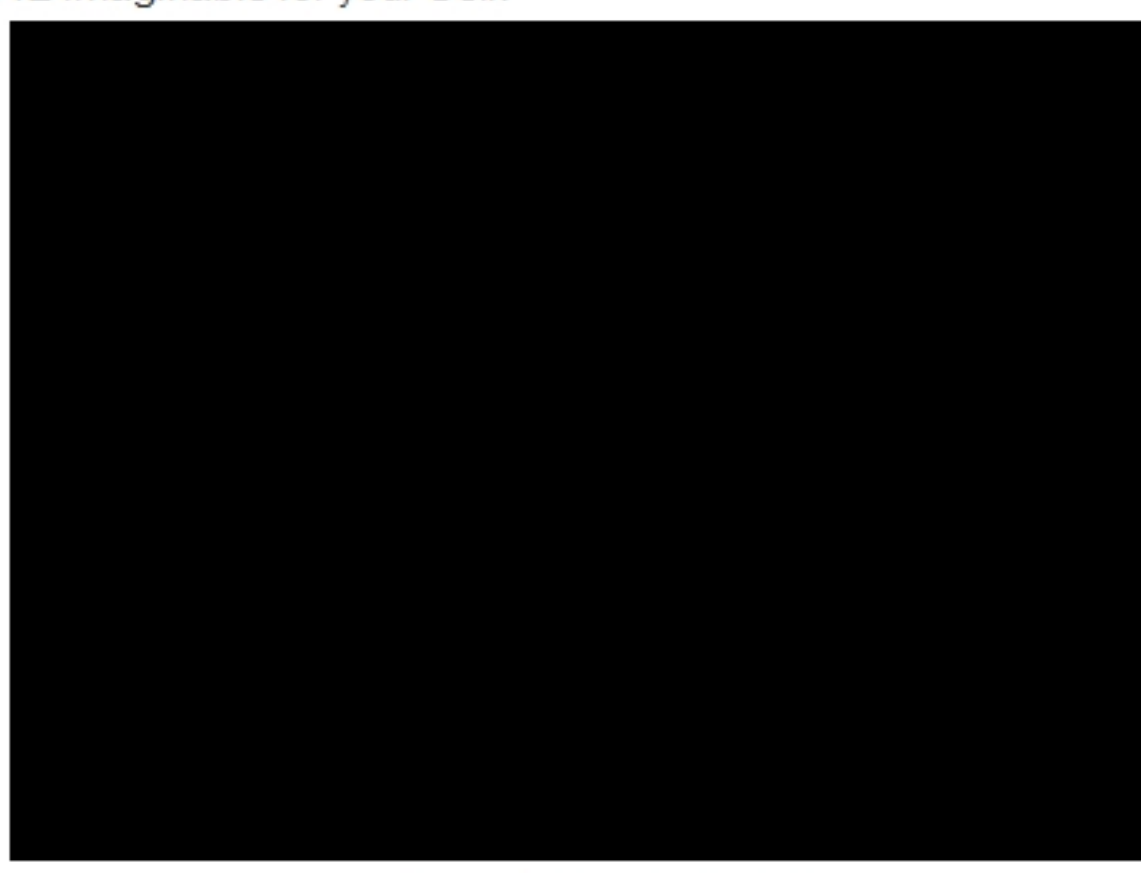


2012: Return of Wisdom

Some of you may have seen the movie 2012, an apocalypse film. According to those who speak Mayan, this interpretation of their ancient calendar is incorrect. Vibrational Healing practitioners in our local area also point to a positive shift in the planet itself, which bodes an opportunity to raise your levels of spirituality this year which also 'aligns' with ancient Chinese knowledge and Bible knowledge of how the metaphysical manifests the physical, how we are all 'knit from threads' (now recognised as DNA) and this conducts all energy through our physical frames and may always be infused with positiveness.

NASA scientists have also spoken about the fear-mongering and how, in their view, it seems to be generated by those whose intent is to smear themselves with filthy lucre. Hope they figure out it isn't worth it...

As February was named after the Latin term *februum*, which means *purification*, via the purification ritual Februa held on February 15 (full moon) in the old lunar Roman calendar, we share some of the positive, quirky and correct interpretations this week in an effort to restore the purer meanings and opportunities 2012 is said to bring for all of us: we hope they inspire you to manifest the most positive 2012 imaginable for your Self!

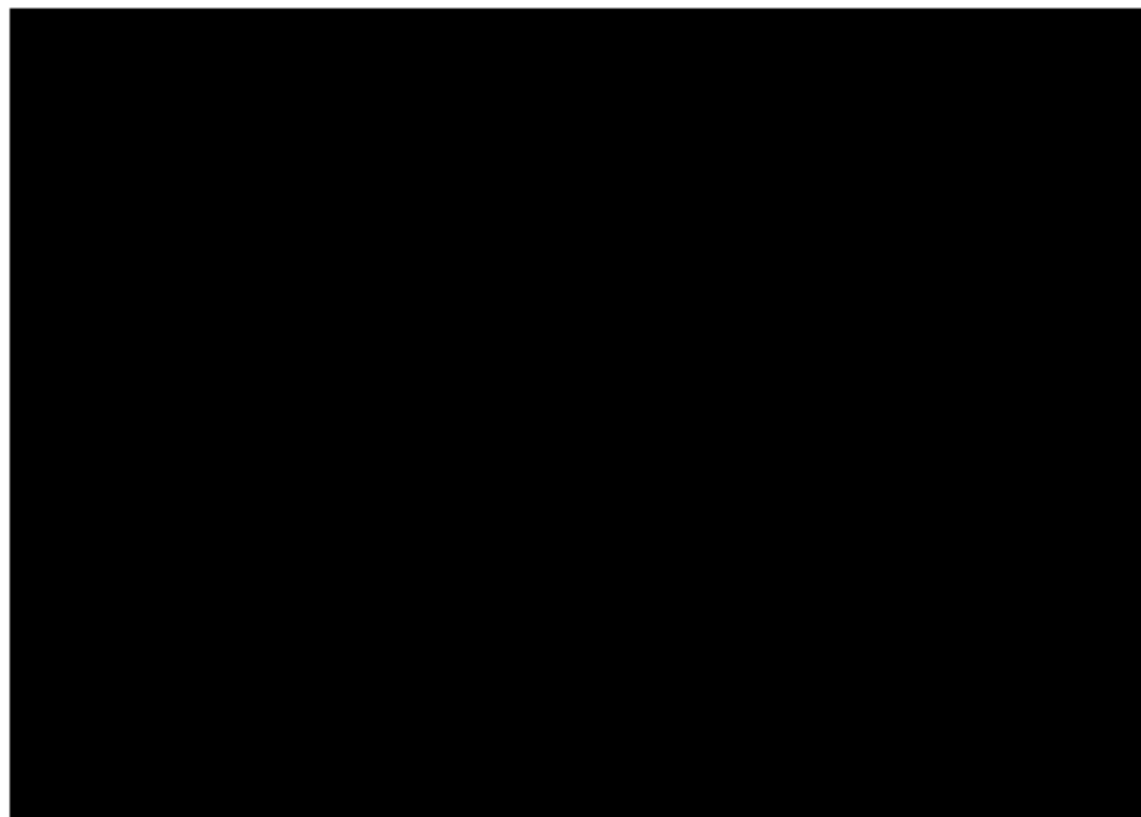


Tweet Like +1



Above: The truth about December 2012 : The world will NOT end!

Uploaded by timok030 on Nov 14, 2009
Stories about the fictional planet Nibiru and predictions of doomsday in December 2012 have blossomed on the Internet. There are more than 175 books listed on Amazon.com dealing with the 2012 doomsday. As this hoax spreads, many more disaster scenarios are being suggested. More at: Nibiru and Doomsday 2012 : <http://astrobiology.nasa.gov/ask-an-astrobiologist/intro/nibiru-and-doomsday-...>
Below: 2012 DNA CHANGE MAYAN CALENDER NEW CYCLE EVOLUTION CROP CIRCLE HOPE LOVE Uploaded by Burkard on Feb 16, 2010



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

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

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

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



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

The Voiceless co-founder is chaired by Nobel Laureate J. M. Coetzee, and includes Voiceless co-founder and managing Director Ondine Sherman, Literary Partner of The Sydney Morning Herald Susan Wyndham, and Dr Wendy Were, former director of the Sydney Writers Festival.
The best pieces will be released as a collection by Publishing Partner Allen & Unwin, and The Sydney Morning Herald is supporting the Prize as Media Partner.
There is over \$20,000 in prizes to be won, including \$15,000 for the winner chosen by the Judging Panel (sponsored by Australian Ethical Investment), \$5,000 for the People's Choice winner sponsored by Deborah and Peter Debnam and \$500 for each writer chosen for publication.
Hurry, entries close 16 March! For further details visit [Voiceless](#) and to enter visit [Allen & Unwin](#).

Links for cloud enthusiasts



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

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Old Books

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Old Books: February 2012; Summer

Australasian Wireless Review magazine February 1923

Godey's Lady's Book February 1864

Godey's Lady's Book and Magazine, February, 1864, Volume LXVIII, (Volume 68), Philadelphia, Louis A. Godey, Sarah Josepha Hale, 106 pages
Contributors and Contents: Skating on the Schuylkill (Illustrated) - Robe Psyche (Illustrated) - Hebe Dress (Illustrated) - Visiting or Dinner-dress (Illustrated) - Walking-sack (Illustrated) - The Saracen, from Brodie (Illustrated) - Embroidery (Illustrated) - Marie Antoinette Fichu (Illustrated) - Italian Corsage (Illustrated) - Inserting (Illustrated) - Girdle, with Bretelles (Illustrated) - Fancy Fichu (Illustrated) - Morning-caps (Illustrated) and much more.

We're Going To Have A Great Year !

With the auspicious Water Dragon year commencing, and getting to live in an area where you can't help counting your blessings every single day, we thought we'd heap on the good vibrations and focus on the right stuff in February 2012.



Amazing Grace – The great songs of inspiration

André Rieu, Yvonne Kenny, Bryn Terfel, Teddy Tahu Rhodes, Dame Kiri Te Kanawa and many more
CD \$29.99



Great Australian CWA Stories

Bill Marsh

"Two bung knees. Can't swim. Is afraid of the water. Jumps in a kayak. Takes a deep breath. Says a little prayer, and away she goes. And that's the character of the CWA, isn't it?" Helen Wall, Caniamba CWA, Victoria



Put your hand up if you think the CWA is a tea-and-scones group of women who sit around tables and chat away. Wrong! Well, they do make the best jams and scones in the whole world, but as these stories reveal, these big-hearted, fun-loving, practical women are the backbone of communities

throughout Australia.



Real Dirt - How I Solved My Grid-Life Crisis

James Woodford (2008)

'I had fallen completely and utterly in love with a small cow paddock near the sea, a few kilometres south of the then timber town of Moruya on the New South Wales south coast. She had been overgrazed down to short, dry crackly grass covered in cow pats. There were only two mature Casuarina trees, which, when the wind blew through their needles, made a sound that transported me back to a childhood of fishing on the Tuross River with my grandfather.'

Real Dirt is James Woodford's story, the story of how he came to find a piece of land to connect to, to live on and to regenerate - not just the land but his life, too.

It's the story of his journey from young adventurer, to greenie, to newspaper journalist and environment writer, to father, and to an understanding of Australia, its land and its indigenous people. And it's the story of how a house and a way of life could be built to be environmentally sustainable, comfortable, enriching, exciting - and real.

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

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

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](#)

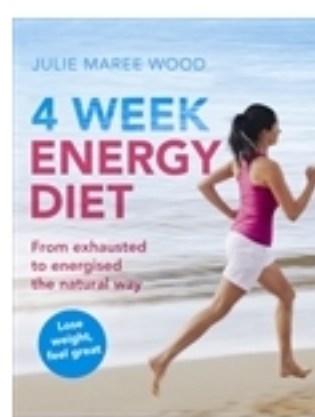


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4 Week Energy Diet:

By Julie Maree Wood

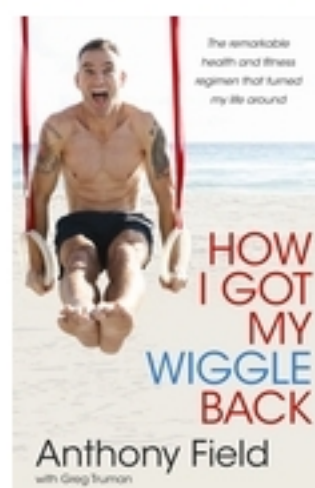
On Sale: 1/02/2012

Tired, listless, no enthusiasm or energy? Join the club. More and more people are suffering the effects of chronic stress, bad diets and busy lifestyles which, in turn, have a terrible impact on the way they look and feel; as well as their physical health. Julie Wood's 4-Week Energy Diet shows you how to turn your life around and transform yourself into the fit,

energetic and vital person you have always wanted to be.

In the first two weeks you will give your body a spring-clean, ridding yourself of toxins. Then learn how to fit exercise, meditation and enjoyable activities into your everyday life, no matter how pressed for time. In the second two weeks, you will rebuild your body's essential nutrients, restoring your balance, vitality and spiritual health, recharging those important energy reserves.

Let the 4-Week Energy Diet restore a spring to your step and a sparkle to your eyes through the healing power of food, exercise and rest.



How I Got My Wiggle Back

by Anthony Field

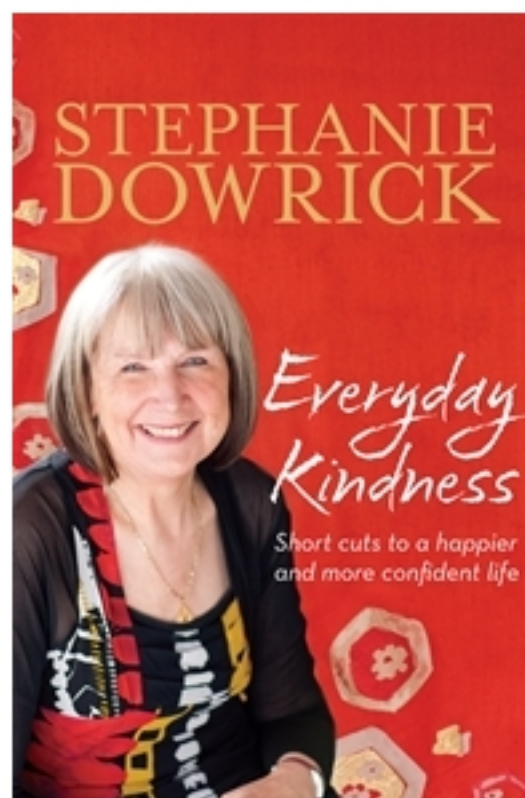
The dramatic personal story of Anthony Field, founder and co-star of the world's most popular children's musical group, The Wiggles.

Now, for the first time, Anthony tells his inspiring, behind-the-scenes story of how he overcame depression, life-threatening illness and chronic pain to get his life back.

Part memoir, part fitness and health manual, in How I Got My Wiggle Back Anthony candidly reveals his personal struggles as well as outlining the unique health and fitness regimen that has been his saviour. The exercises in the book are all

supported by photographs of Anthony demonstrating the routines, and the treatment options, dietary advice and strengthening programs have been developed in conjunction with acclaimed chiropractors. Offering fresh hope for people suffering with chronic pain, How I Got My Wiggle Back contains practical steps that will help relieve pain and achieve peak fitness, no matter what your age.

"Today I am almost pain free, and certainly happier, healthier and fitter than I have ever been." Anthony Field



Everyday Kindness

Short cuts to a happier and more confident life

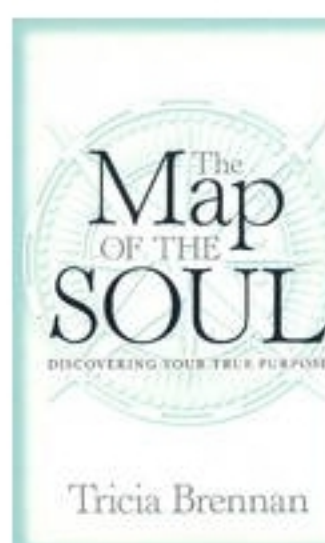
Stephanie Dowrick

Bestselling author of Choosing Happiness shows how to tackle the pressures of the modern world, providing the insights, reassurance and means to worry far less and enjoy our lives more.

Virtually every moment of our greatest wellbeing reflects the giving and receiving of kindness.

At home, work and in the wider world, there are countless opportunities when a moment of consideration or kindness - given or received - will transform your day. Whether it is a hard time to be endured, or a wonderful time to be shared and celebrated, it's our willingness to think well of ourselves and act kindly towards others that makes all the difference.

In this intimate, deeply reassuring book, Choosing Happiness author Dr Stephanie Dowrick takes kindness as her inspiration and theme. And she does so in ways that are powerfully encouraging.



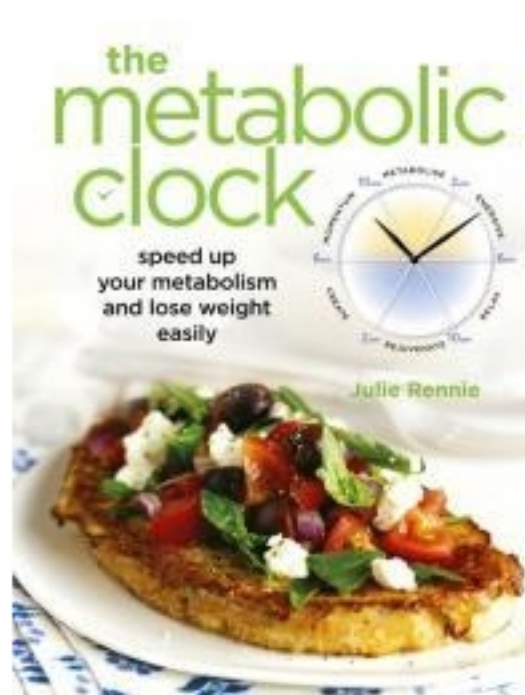
Map of the Soul

Discovering Your True Purpose

Tricia Brennan

Does our life have a higher purpose or is it merely a series of random events? Do unseen forces influence the course of our fate? Can we trust our intuition? What is my Soul's purpose? Everyone wants to know the answer to these questions and if their life has a deeper meaning The Map of the Soul answers this and more.

For those of you who need an overhaul or a boost of inspiration, in February I will be participating in a Rockpool event called The New You with authors Julie Rennie - (The Metabolic Clock) and Scott Alexander King - (Earth Mother Dreaming). The one day workshop will be held in **Sydney February 19th (\$211.00)**. For more information click on the following link: <http://www.rockpoolpublishing.com.au/pdf/information%20Pack%20-%20The%20New%20You.pdf>



The Metabolic Clock

Julie Rennie

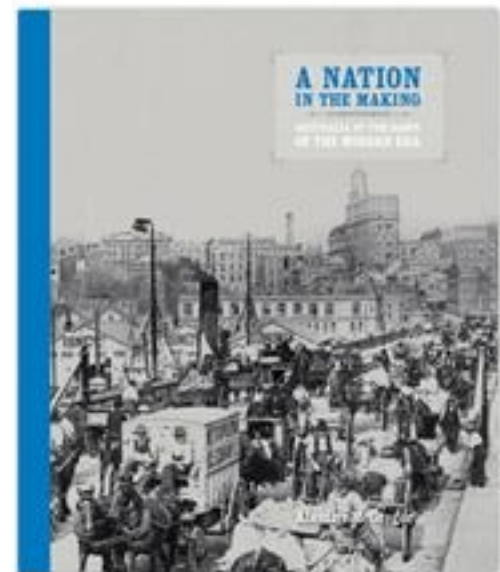
Welcome to The Metabolic Clock. It is full of simple, natural, weight-loss strategies that will get you started on your journey to achieving a healthy, slim body.

As I approached middle age it seemed every year I was slowly gaining more weight. I justified this weight gain and my lack of vitality as part of the ageing process. I would come home from a busy day at work feeling sorry for myself and too tired to cook dinner. I wasn't organised enough to have any healthy food in the house and decided that a glass of wine and some chocolate would make me feel better. This had become a very common lifestyle choice that I was making - and it was

also making me feel very guilty.

A Nation in the Making: Australia at the Dawn of the Modern Era

Alasdair MacGregor



The Tyrrell Collection - negatives from two of Australia's largest photographic studios in the late 1800s and early 1900s - was recently made available to Australian Geographic by the Powerhouse Museum.

The resulting book, A Nation In the Making, provides a portrait of an increasingly diverse and confident Australia: a nation metamorphosing from six separate colonies into one united Commonwealth.



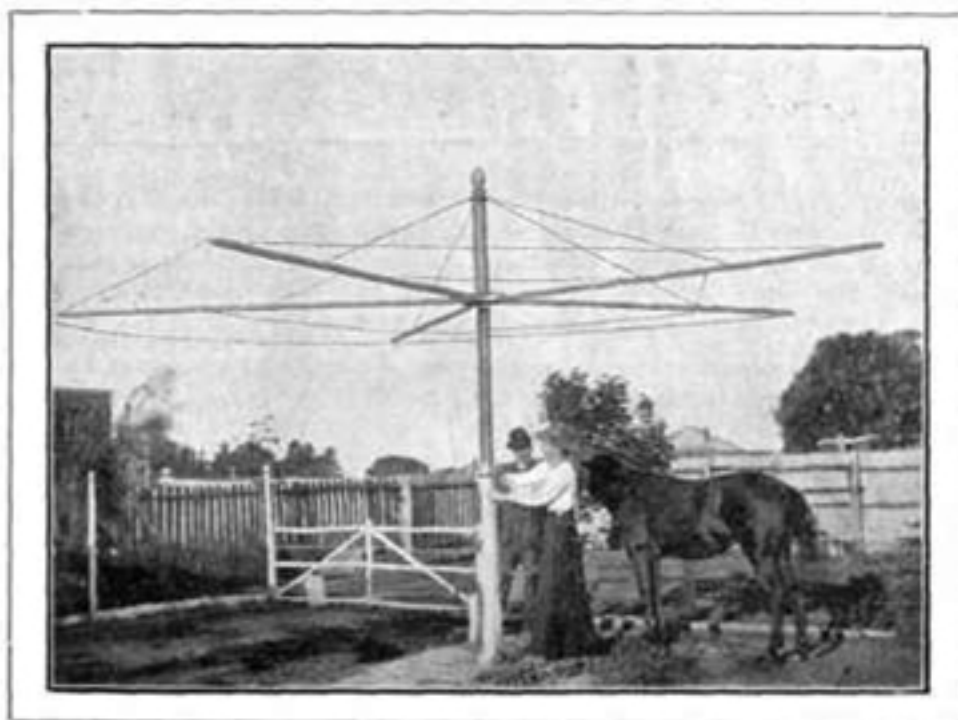
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Hill's Hoist

...The... Harry P...
Aeroplane
(ROTARY)
Clothes Hoist Coy.



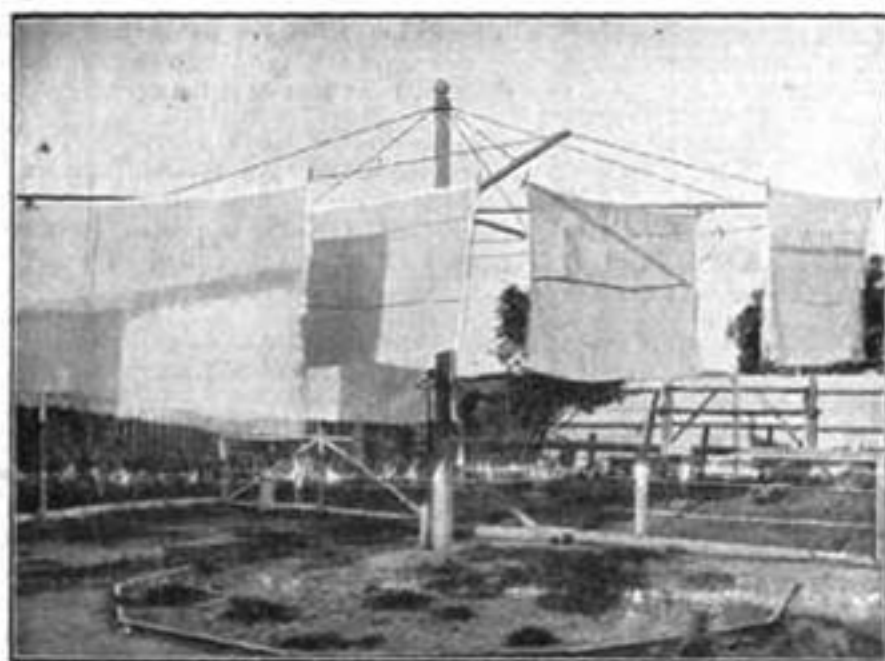
THE "AEROPLANE" HOIST

A NEW AND SIMPLE IDEA. NOTHING LIKE IT HAS EVER BEEN INTRODUCED TO THE PUBLIC.

OFFICE:

100 QUEEN STREET, MELBOURNE

The "Aeroplane" (rotary) Clothes Hoist Coy. Date(s) of creation: c1912
[4] p. : ill. ; 23 cm. Courtesy of the State Library of Victoria. Image No: r10868-004-h000



THE "AEROPLANE" IN USE.

TESTIMONIAL

FROM THE

Owner of the First "Aeroplane" We installed:—

McGUIRE, SERRET,
GEE LONG, VICTORIA.
21/6/11.

THE MANAGER,
THE AEROPLANE CLOTHES HOIST CO.,
MELBOURNE.

DEAR SIR,

In reply to your request as to my opinion of the "Aeroplane Clothes Hoist" you erected for me, I have much pleasure in stating that it has given complete satisfaction and more than fulfilled all you stated in reference to it. Practical use proves its value. Every house should have one.

Wishing you every success,

Yours faithfully,

C. NEWLAND.

NOTE.—The "Aeroplane" with plain flanges is quite as effective as one fitted with ball bearings. The ball bearings make the hoist very "sensitive," and are specially applicable where the hoist is "built in" by high walls or fences where the force of the wind is broken.

After days and days of rain dreaming of getting the washing dry can acquire a bit of longing amongst its practicality. One staffer, who won't use the backyard line as ticks from the spotted gums above, as well as gum resin itself, ends up on the cloth and then the residents, ties lengths of rope between veranda posts and hangs all out to dry there. This is called 'setting the house to sail', and as the premises is on a hill, amongst blue (?) skies, the sense of the house being at sail when warm winds are blowing and all ropes crammed with white sheets becomes a truism.

To chant up some clothes drying weather we focus on the great Australian Hill's Hoist this week as our more traditional 'sailing' or clothes drying method; and nod to its added bonus of being a playground of naughty children who love to swing around and round when mum's not looking.



A Hills Hoist is a height-adjustable rotary clothes line, manufactured in Adelaide, South Australia by Lance Hill (1902-1986) since 1945. The Hills Hoist and similar rotary clothes hoists remain a common fixture in many backyards in Australia and New Zealand. They are considered one of Australia's most recognisable icons, and are used frequently by artists as a metaphor for Australian suburbia in the 1950s and 60s.

Although originally a product name,

the term "Hills Hoist" became synonymous with rotary clothes hoists in general, throughout Australia.

As early as 1895 Colin Stewart and Allan Harley of Sun Foundry in Adelaide applied for a patent for an 'Improved Rotary and Tilting Clothes Drying Rack'. In their design the upper clothes line frame tilted to allow access to the hanging lines. Gilbert Toyne of Geelong patented four rotary clothes hoists designs between 1911 and 1946. Toyne's first patented clothes hoist was sold through the Aeroplane Clothes Hoist Company established in 1911. It was Toyne's 1925 all-metal model (Australian Patent No. 24553/25) with its enclosed crown wheel-and-pinion winding mechanism that defined clothes hoist designs for decades to follow. Lance Hill began to manufacture the Hills rotary clothes hoist in his backyard in 1945. His wife apparently wanted an inexpensive replacement to the line and prop she had for drying clothes.

Lance Hill's brother-in-law Harold Ling returned from the war and joined him to form a partnership in 1946. Ling became the key figure in expanding the production and marketing of the Hills Hoists. In 1947 Hills Hoists began manufacturing a wind-up clothes hoist which was identical to Gilbert Toyne's expired 1925 patent with the crown wheel-and-pinion winding mechanism. Initially the clothes hoists were constructed and sold from Lance Hill's home on Bevington Road, Glenunga. Soon production moved to a nearby site on Glen Osmond Road and within a decade the factory had relocated to a larger site at Edwardstown. The company Hills Hoists became Hills Industries in 1958.

From: Hills Hoist. (2012, January 29). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Hills_Hoist&oldid=473945300

ROTARY CLOTHES HOISTS for Xmas delivery. Inspect at "HILLS HOISTS." 7 Bevington road, GLENUNGA.

Advertising. (1945, December 1). *The Advertiser* (Adelaide, SA : 1931 - 1954), p. 13. Retrieved from <http://nla.gov.au/nla.news-article48679915>

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Privacy Screens II By Bruce Crutcher

Welcome to our next issue of Johnson Bros Handy Hints. We will be continuing our series on installing privacy screens. Our last article dealt with the set out of your screen and the posts. In this article we will start to look at some of the different types of material available for use as the actual screening.

Timber is the most common material used for screening, and there are a number of species of timber which are manufactured into section sizes suitable for use as screens. Composite timber and plastic products are also available and are becoming more popular as people become aware of their advantages.

Let's start with timber. In treated pine, there are a number of sectional sizes available. There are decking boards which are 70x20mm or 90x20mm and generally come in a set length. With set length boards, wastage is generally kept to a minimum with less off cuts. Treated pine decking does however have ribs on one side, which can make one side of your screen less attractive than the other. Some other options in treated pine include using the structural timbers which are "laser cut", or "rougher headed". These timbers have fine grooves machined along the timber. Sizes available for screening are 70mmx35mm, 70mmx45mm, 90mmx35mm and 90mmx45mm. These sizes offer a chunky look, and because of their thickness, have a bit more stability. They will have knots and other defects visible.

For a smooth finish in treated pine, choose Finger Jointed treated Pine. Finger jointed pine is made up of small pieces of pine joined together to form longer pieces. The advantage of this process is that any defects in the timber have been cut out, is straight and is stable. Johnson Bros Mitre 10 stock Design Pine, one of the market leaders in these products. There are a number of sizes available including;
42mmx18mm, 66mmx18mm, 90mmx18mm, 42mmx30mm, 66mmx30mm and 90mmx30mm. Design Pine comes pre-finished with a blue primer, ready for painting. Choose lighter colours to paint your screen, to minimise any show through of the joints. The web address below will also give you more information on design pine.

<http://aussie.designpine.com/DefaultDesktop.aspx>

We will have a look at further material options in our next article. For more information on screening, come in to Johnson Bros Mitre 10, Mona Vale or call our helpful staff in the timber section on 9999 0333.

Click on logo to visit their website

**JOHNSON BROS
MITRE 10**

ABN: 12 000 869 966