Pittwater Online News

April 8 - 16, 2012: Issue 53

East at Easter

Top: Easter Sunrise, Saturday 7th of April, 2012 by Michael Mannington, All Rights Reserved. Above: A.J.G mucking about with chocolate bunnies at dawn.

East at Easter

And we shall go east at Easter
Towards the salt kissed coasts
We shall abide there in the waters
Among what we love most

We shall rise to meet the sun at Easter
And gaze over all it brings light to
We will love these places and their seasons
And mark them as a living vision of you

We shall go East at Easter
And return a drop of ourselves unto Thy sea
We shall stand upon the headlands
Breathless and breathing in all meant to be

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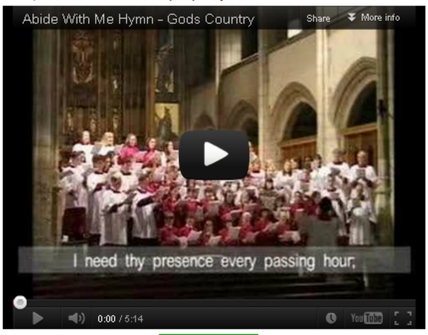
Abide with Me

"Abide with Me" is a Christian hymn by Scottish Anglican Henry Francis Lyte, most often sung to William Henry Monk's 1861 tune "Eventide." Lyte wrote the poem in 1847 and set it to music while he lay dying from tuberculosis; he survived only a further three weeks after its completion. The hymn is a prayer for God to remain present with the speaker throughout life, through trials, and through death.

PS: No, we did not eat the 'prop'... yet.



Past Features Archives

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This Weeks Articles

Seniors Week Fashion Parade by Michael Mannington

Banksias of Pittwater; Autumn flowerings of this Indigenous Spirituality Flower and great drawings by Joseph Bank's Illustrators.

East at Easter

Profile: In April it's Pittwater Gents who all have Autumn's crystal qualities; Simon Hyland is lyrical, Soulful and well respected in Australian Musical Theatre

Previous Profiles:

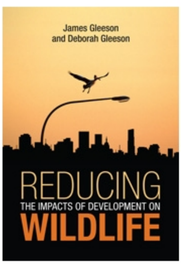
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater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

History: Ladies of the Bays in April: Elaine Alys Haxton, prolific artist in many mediums

Previous History Pages:

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

Park Bench Philosopher: **Just Stay** - C/- Irene Anderson



Books: **From CSIRO: New Books for April + Harper Collins April Releases: New Sally Wise Cookbook, Days Like These by Kristian Anderson, and Youth Not Wasted, a tale of the Outback**

Old Books: **DEVISES ET EMBLEMES ANCIENNES & MODERNES, TIREES DE PLUS AUTEURS (1699)** by Daniel De La Feuille and **Chinese Buddhism : a volume of sketches, historical, descriptive, and critical (1880)** by Joseph Edkins; Art, Culture and how we once thought.

Events: SurfAid Concert at Avalon RSL, Book Talks @ MV Library, Bird- Fest, Easter Show, Blues Festival and Parade, New Council Environment Fun, Chicken Town ! Art for Animals, Kids on The Coast School Holidays Activities, Poetry Comp. from PCA, ABFE Workshops, Friends of Narrabeen Lagoon Catchment Activities, Canning Track Art, History Comp., Council Events and more.

News From our Inbox: Thomas the Tank Engine, Antonov An-225, Australian Summers Past; Vintage footage from 1940s-1970s, Chook!

Tweet Like +1

Community News: Meet Glen McGrath, ADSO needs our support, Monotones, Jim Mullens Award winner, SurfAid, Adopt a frog, MVPS ask help to find missing time capsule, Bush Care Notices for April, Council's 20th Celebrations, Folk and Dance Concert, Our Council's Notices, Fed. Govt. Media Releases.

Environment; Easter Special: Banksias of Pittwater, New Marine & Freshwater Research **Cooee Newsletter for April**, local Environment groups and organisations.

Lynda Hill: **Update 3.4.12**: Truth*Justice*Freedom Vs Arrested Development: April's Libran Full Moon

Pictures: Sunset and Storm at Royal Motor Yacht Club; photos taken from the balcony courtesy of Sally Bacon

Youth: What Happens to the Rubbish after the bin? Where is the Cat? White Tigers new mum, Easter Fun, **The Catlin Seaview Survey**; enjoy this Barrier Reef study with Google +, New Movie Preview, School Holiday FUN from Council, FREE Anti-Bullying Workshop, **Dorothea Mackellar Poetry Comp.** Links for local websites for, about and by Youth.

Seniors; Aurora Australis in the sky above you NOW!, Easter Fun from 1955, Remember this ? + link to Seniors Online Newspaper, Information and links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: April 2012: Ben Baillie - Artist, Teacher

Reflections by George Repin. **This week; Medical Pioneers in Australian Wine Making**

DIY Hints: Clever Ideas to make life Easier C/- Irene and John Anderson; easy, simple and recycling in some cases !

Collector's Corner: Novelty Souvenir Teaspoons; places, events, flora and fauna, sold from 1901 in Australia

Food: Good Friday Fish Feast

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Seniors Week Fashion Parade

Words and Images by Michael Mannington

As part of Pittwater's Seniors Week celebrations, the Nelson Heather Centre again featured their annual fashion parade. The theme for this year's show was Autumn and Winter. Garments for the ladies were supplied by Millers of Warriewood and for the gentlemen Lowes of Warriewood. Centre Coordinator Michelle Ford compered the show which featured seven models. The show had a range of formal, casual and sleepwear and for the coming season scarfs are in. The fashion show was followed by lunch with entertainment provided by British composer, singer and guitarist Keff McCulloch.

Michelle said the fashion parade is just one of the fun activities of Seniors Week at the Centre. The Seniors Week open day also provided a chance for older residents to 'have-a-go' at various activities including bowling, table tennis, dancing and bridge. Also exhibiting their activities were the Knitters Guild NSW. Established 26 years ago the Northern group meets on the third Saturday of each month. The University of the Third Age (U3A) provides an opportunity to expand the mind with expert lectures on a wide range of subjects.

Volunteer Photography Public Gallery at: HERE

U3A http://gallery.volunteerphotography.org/img/s3/v41/p289816587-4.jpg

Knitters Guild http://gallery.volunteerphotography.org/img/s3/v43/p289089496-4.jpg

Margaret Ward and Nan Rose

Nan Rose with makeup artist Keeley Hannaford

Helen Davies

Michelle Ford

Olympia Paul

Ralph Johnson and Marjorie Ellison

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Banksias of Pittwater

Late Summer and early Autumn brings out flowers that match in colour these seasons and where they overlap. In Pittwater's bush surrounds and park reserves varieties of Banksias are out at present in bright yellows and deeper oranges in spikes that are round and full heads of fine yellow strands or more compact combs.

Banksia is a genus of around 170 species in the prehistoric plant family Proteaceae. There are around 72 kinds of known banksias and new ones still being found. These Australian wildflowers (bush flowers) are also popular garden plants and easily recognised by their characteristic flower spikes and fruiting "cones" and heads. They range in size from prostrate woody shrubs to trees over 30 metres tall. Each species thrives in landscapes that suit and promote their growth, along our sandstone coasts and heathlands, in sclerophyll forests, rainforests, beside sandy beaches and in stony soil, and even more arid landscapes. Their leaves vary between varieties and sizes range from the narrow, 1–1½ centimetre long leaves of B. ericifolia (Heath-leaved Banksia), to the large leaves of B. grandis (Bull Banksia); these may exceed 45 centimetres. Most species have serrated edges, but a few, such as B. integrifolia, have spikes alike pine needles. This green to grey foliage grows along the branches in irregular spirals in some species while in others they they are crowded together in whorls. Many species have differing juvenile and adult leaves (e.g. Banksia integrifolia has large serrated juvenile leaves).

A tree in flower may also simultaneously have old seed cones, finished flowers and those not yet open among those that glow at peak. A single banksia has hundreds, and in some species, thousands of flowers attached to a central stem (inflorescence) and range in colour from the yellows and light greens of the immature ones we see now, to deeper pinks, reds and even purple species have been recorded.

Named after Joseph Banks by Carolus Linnaeus the Younger in his April 1782 publication Supplementum Plantarum; hence the full name for the genus is "Banksia L.f.", the genus name honours the English botanist Sir Joseph Banks, who collected the first Banksia specimens in 1770, during James Cook's first expedition to Australia.

The illustrations that form part of this page are by Sydney Parkinson, a young man who accompanied Banks on the Endeavour voyage and sketched and illustrated close to 950 specimens of plants and coloured himself nearly 270 of these. Unfortunately Sydney Parkinson contracted malaria near Java on the way home and died soon after the Endeavour reached South Africa. Some of these may have been coloured by John Frederick Miller who was also employed in an illustrator's capacity, along with seven others, on Bank's return. The colourists could also refer to the specimens themselves, which were now part of Banks' herbarium at his home. A great Florilegium (anthology of flowers) of his work appears in the work was finally published in 1988 by Alecto Historical Editions in 35 volumes and has been digitized by the Natural History Museum in London.

The varieties currently in flower are Banksia *integrifolia*, known to Eora people as Courriddjah, Banksia *ericifolia* , Heath-leaved Banksia, called Wadanggari by the Cadigal peoples, Banksia *paludosa* , Swamp Banksia, Banksia *serrata* , Old-man Banksia, known as Wiriyagan to the Cadigal, Banksia *robur* , Swamp Banksia, Banksia *spinulosa*, Hairpin Banksia, Banksia *spinulosa var. collina*, Hairpin Banksia, Banksia *spinulosa var. spinulosa*, Hairpin Banksia, Banksia *integrifolia*, Coast banksia, Banksia *integrifolia subsp. integrifolia L.f.* and Banksia *oblongifolia Cav.* Some of these begin flowering towards the end of January but most commence their flowering season in April and continue producing these delightful natural beauties through July.

To our indigenous peoples they were associated with spirituality, particularly the kind named Old Man Banksia, which was associated with women's spirituality. The sweet nectar can by sucked out of the flowers or shaken onto your hand and licked off, or the flower spikes can be soaked in water to produce an essence that is then sipped or drank to heighten awareness or address some of the seasonal symptoms associated with the change of seasons, sluggishness or turning that slight nostalgic sadness we may all feel at the close of summer into enjoyment of a golden autumn. Banksias were also used to carry fire as the smouldering cones could be carried for long distances.

Australian Bush Flower Essences, founded by a local gent, regularly run workshops on scores of our Bush Flowers and these are a revelation to those who attend. Details of upcoming ones are on our Events page this week. ABFE have an Old Man Banksia essence and a Banksia Robur essence which are definitely for your mind, your body and your soul. It makes sense to tune into the place we're living in, to allow it to embrace us. Further: http://ausflowers.com.au/Articles-Acupuncture-Meridian-Correspondences-of-Australian-Bush-Flower-Essences

In our culture some associate banksias with May Gibb's "Banksia men" from May Gibbs' Snugglepot and Cuddlepie children's book. Gibb's "Banksia men" are modelled on the appearance of aged Banksia "cones", with follicles for eyes and other facial features. There is some contention over which species actually provided the inspiration for the "Banksia men": the drawings most resemble the old cones of B. aemula, but B. attenuata (Slender Banksia) has also been cited, as this was the species that Gibbs saw as a child in Western Australia.

There is also the Banksia Environmental Foundation created in 1989 to support and recognise people and organizations that make a positive contribution to the environment. The Foundation launched its annual Banksia Environmental Awards in the same year. Banksia. (2012, March 22). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Banksia&oldid=483330475

Sydney Parkinson (c. 1745 – 26 January 1771) was a Scottish Quaker, botanical illustrator and natural history artist. Parkinson was employed by Joseph Banks to travel with him on James Cook's first voyage to the Pacific in 1768. Parkinson made nearly a thousand drawings of plants and animals collected by Banks and Daniel Solander on the voyage. He had to work in difficult conditions, living and working in a small cabin surrounded by hundreds of specimens. InTahiti he was plagued by swarms of flies which ate the paint as he worked. He died at sea on the way to Cape Town of dysentery contracted at Princes' Island off the western end ofJava. Banks paid his outstanding salary to his brother.

Parkinson is commemorated in the common and scientific name of the Parkinson's Petrel *Procellaria parkinsoni*. The great Florilegium of his work was finally published in 1988 by Alecto Historical Editions in 35 volumes and has since been digitized by the Natural History Museum in London. In 1986 he was honoured on a postage stamp depicting his portrait issued by Australia Post . Sydney Parkinson. (2011, December 9). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Sydney_Parkinson&oldid=464888331

Picture: Sydney Parkinson - Self Portrait

Sir Joseph Banks, 1st Baronet, GCB, PRS (24 February [O.S. 13 February] 1743 – 19 June 1820) was an English naturalist, botanist and patron of the natural sciences. He took part in Captain James Cook's first great voyage (1768–1771). Banks is credited with the introduction to the Western world of eucalyptus, acacia, mimosa and the genus named after him, Banksia. Approximately 80 species of plants bear Banks's name. Banks was also the leading founder of the African Association, a British organization dedicated to the exploration of Africa, and a member of the Society of Dilettanti, which helped to establish the Royal Academy.

Endeavour voyage

Banks was appointed to a joint Royal Navy/Royal Society scientific expedition to the south Pacific Ocean on HM Bark Endeavour, 1768–1771. This was the first of James Cook's voyages of discovery in that region. The voyage then progressed to Tahiti (where the transit of Venus was observed, the overt purpose of the mission), to New Zealand and to the east coast of Australia, where Cook mapped the coastline and made landfall at Botany Bay and at Endeavour River (near modern Cooktown) inQueensland, where they spent almost seven weeks ashore while the ship was repaired after foundering on the Great Barrier Reef. While they were in Australia Banks, the Swedish botanist Daniel Solander and the Finnish botanist Dr. Herman Spöring Jr. made the first major collection of Australian flora, describing many species new to science. Almost 800 specimens were illustrated by the artist Sydney Parkinson and appear in Banks' Florilegium, finally published in 35 volumes between 1980 and 1990.

It was Banks's own time in Australia, however, that led to his interest in the British colonisation of that continent. He was to be the greatest proponent of settlement in New South Wales: in fact, the name "Banksia" was proposed for the region by Linnaeus. In the end a genus of Proteaceae was named in his honour as Banksia. Joseph Banks. (2012, April 4). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Joseph_Banks&oldid=485554219

Picture: Joseph Banks, as painted by Sir Joshua Reynolds in 1773.

John Frederick Miller (1759–1796) was an English illustrator, mainly of botanical subjects. Miller was the son of the artist Johann Sebastian Müller (1715 – c. 1790). Miller, along with his brother James, produced paintings from the sketches made by Sydney Parkinson on James Cook's first voyage. He accompanied Joseph Banks on his expedition to Iceland in 1772.

Above: This is a watercolour-on-paper drawing of Banksia serrata. The attributed artist is John Frederick Miller, but the work would have been heavily based on a partially coloured sketch by Sydney Parkinson, Sir Joseph Banks' botanical artist who was present when the species was first collected at Botany Bay, Australia. Date 1773. The original image is available from the website of the Natural History Museum, London, here.

Below: Illustrations: This is a scan of Plate 3 from Ferdinand Bauer's *Illustrationes Florae Novae Hollandiae*. The plant featured is Banksia *coccinea* (Scarlet Banksia). Date 1813, Source Courtesy online catalogue of the State Library of Victoria, here. Image Number: pb000065 Author Ferdinand Bauer (1760–1826)

Above: This is a watercolour-on-paper drawing of Banksia ericifolia. The attributed artist is John Frederick Miller, but the work would have been heavily based on a partially coloured drawing by Sydney Parkinson, Sir Joseph Banks' botanical artist who was present when the Banksia genus was first collected at Botany Bay, Australia. Date 1773. The original image is available from the website of the Natural History Museum, London.

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Articles This Week:

Barrenjoey Road Upgrade Update by Mayoral Minute Bushcare Officers - Autumn Bushcare in the Pittwater Area Pittwater Council's Environmental Levy Projects Update Pittwater Council's Environmental Levy Projects Update

Property, NBN?, Storm and Sunset

Profile of the Week: Ms Jan Hutchinson, Senior Patient is Highly Commended

History Lecture of Pittwater's Place in April: Elaine Peacock, Cassandra Pybus, Dr Peter Stanbury

Pittwater Council's Environmental Levy Projects Update

Next Tuesday 16th April: Fiji

Mayor Mark Ferguson will be in Fiji next week to meet with Prime Minister Voreqe Bainimarama and Foreign Minister Ratu Inoke Kubuabola.

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Year of the Tanker Roadshow coming to Bilgola Plateau Rotary Bilgola Rockheads artist and illustrator to the city

The Australian Year of the Tanker and MSC Oscar Roadshow will be at Bilgola Plateau Rotary Bilgola Rockheads artist and illustrator to the city on Saturday 20th April 2013 from 10:00 am to 4:00 pm. Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Under the agreement, the two new fields will be named in honour of Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

NEW SPORTSFIELDS FOR NARRABEEN

Pittwater Council is looking for community feedback on a proposal to build two new sportsfields at the school ground. The Council entered into an agreement with the Department of Education and Training (DET) in 2010 to lease the land for 20 years.

Under the agreement, the two new fields will be named in honour of Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

FALL LINE WINS AGAIN

Pittwater Council is looking for community feedback on a proposal to build two new sportsfields at the school ground. The Council entered into an agreement with the Department of Education and Training (DET) in 2010 to lease the land for 20 years.

Licence Fees for NSW Office of Environment and Heritage: The Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

Pittwater Council's Sister City Relationship with the Nitobe Memorial Garden, Tokyo, Japan

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Just Stay

C/- Irene Anderson

A nurse took the tired, anxious serviceman to the bedside. "Your son is here," she said to the old man.

She had to repeat the words several times before the patient's eyes opened. Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent.

He reached out his hand.. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength.

Occasionally, the nurse suggested that the Marine move away and rest awhile. He refused. Whenever the nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital - the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her.

"Who was that man?" he asked.

The nurse was startled, "He was your father," she answered.

"No, he wasn't," the Marine replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed.

I came here tonight to find a Mr. William Grey. His Son was Killed in Iraq today, and I was sent to inform him. What was this Gentleman's Name?"

The Nurse with tears in her eyes Answered, "Mr. William Grey…"

The next time someone needs you ... just be there. Stay.

WE ARE NOT HUMAN BEINGS GOING THROUGH A TEMPORARY SPIRITUAL EXPERIENCE.

WE ARE SPIRITUAL BEINGS GOING THROUGH A TEMPORARY HUMAN EXPERIENCE.

THIS IS WHAT WE ARE PUT ON THIS EARTH TO DO ANYWAY. RIGHT ? HAVE A GREAT DAY AND BLESS SOMEONE ELSE IN SOME LITTLE WAY TODAY!

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: Simon on stage at Songs for Soibada II, 2011. Photo by Michael Mannington.

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Simon Hyland

Simon is a professional actor and musician with a career in theatre, film and television. He has a Bachelor of Arts in Music and more than 15 years industry experience. In 2005/06 Simon spent a year in London where he performed on the West End playing 'The Thief' in Easter Tales.

His professional experience includes Miss Saigon, Hot Shoe Shuffle, Show Boat, The Boy from Oz and Hair the musical. He was in the film South Pacific with Harry Connick Junior and for 3 years was the host of Nick Junior on Foxtel Digital.

Whilst in England, Simon began a Diploma in Youth Ministry and Evangelisation. It was a correspondence course through Maryvale Institute and Cambridge University and Simon graduated with a distinction in November 2006. This degree adds to Simon's 15 years of music ministry in the church.

For 5 years Simon has worked as youth minister and music director of Pittwater Parish. He is extremely passionate about building up young disciples for Jesus and creating music that young people can connect with. "SOUL" is now well established in Pittwater Parish and provides 50-70 young people with a chance to learn about the Gospel every week. SOUL mass is a musical setting of the mass parts which was written specifically for youth. In August 2011 Simon led the SOUL band to perform in front of 1 million people as part of the World Youth Day celebrations in Madrid.

Later this year Simon is taking a team of students from Mater Maria College in Warriewood, other SOUL members and adults from the Catholic Parish of Pittwater to Cambodia to build houses. Simon has worked for the Tabitha Foundation for eight years ensuring people who have no shelter finally receive some.

For two years he has also called on good friends to entertain the people of Pittwater at the Songs for Soibada concert on behalf of and for the Pittwater Friends of Soibada. All these mates were very happy to be involved and have provided for free music and songs you'd be hard pressed to find in a line-up of this calibre and quality on one bill elsewhere. Simon has staged and rehearsed these concerts from the get go until after the last drop of sweat is shaken off.

Just being around this gent for a few hours gives you a great insight into his down to earth qualities, boundless energy, generous spirit and commitment to and love for every other human being. He is definitely one of those who goes the distance, however long and far that may be...

Why did you first start singing ?

I think I was 2 or 3. I always remember singing as a child. Music was a big part of my family upbringing. My first stage performance was when I was 5.

What are two most memorable moments from your career on stage ?

My first lead role was 'Frank' in the Hal Prince directed production of '***ShowBoat***.' It was an incredible experience performing alongside Marina Prior, Peter Cousins, Barry Otto, Nancy Hayes and many others.

In 2000, I was understudy for the lead role of Peter Allen in the Australian production of the Boy from Oz. **I got to perform the role as Peter Allen around 25 times**. All singing, all dancing, having to capture the performance energy of Peter, plus being surrounded by exceptional actors.....that was a massive highlight!

You are Youth Minister of the Soul Ministry Team for the Catholic Parish in Mona Vale and Avalon (youth and music). What led you to commit yourself to this and what does it involve ?

My faith is what gives me purpose and meaning in how I live my life. I have always had a strong relationship with God, thanks to my parents. My belief in God is really the foundation of my life to help me through the up and down times. I suppose I always felt that I wanted to do more in my life to help others and to pass on the belief I have in God. Being a youth minister is a perfect mix of music and faith, which is why I love it so much. I also love seeing young people grow in faith and develop their musical talents.

What is your favourite song or album, or the first one you bought with your own pocket money ?

Les Miserables would definitely be my favourite musical. The first album I bought was a compilation called 'The Bop won't stop' Very 80's!

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

I love the basin. It is so peaceful and family friendly. I love Pod bar, Bungan lane, Mona Vale. Adrian makes the best coffee! I love Mona Vale headland. What a view. Church Point is also another favourite place. I love the water.

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

I was baptised Simon-Peter Hyland. I always love reading about St Peter in the bible. I suppose my favourite quote and one that I try to live by is this: "***You are Peter, and on this rock I will build my church.***" (Matthew 16:18) I certainly don't always live up to this motto, but I like to think that I am striving to be God's instrument in all that I do.

The other motto that my wife and I often quote is '***never go to bed on an arguement***'. I certainly rely on the constant love and support of my wife, Emma, so we place a high priority on communication in our relationship.

Above: View from Mona Vale Headland to south (towards Warriewood). Below: Church Point

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Elaine Alys Haxton

26 September 1909 - 6 July 1999

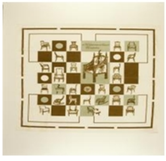
Above: Elaine Haxton by Max Dupain OBE, circa 1940's

Born in Newmarket, Melbourne, the youngest child of three to David Haxton, a talented amateur painter of Scottish descent, and Isobel, née Durham, Elaine was moved to Sydney while still an infant and considered herself a NSW's person rather then a Victorian. Determined even as a young child to be an artist, by 14 years of age she couldn't wait to get out of school and studied drawing and sculpture with Rayner Hoff for a year before studying at East Sydney Technical College, home of the National Art School in 1921 (and the former Darlinghurst Gaol).

After supporting her studies by working as a Fashion Artist at David Jones in the city for a few years, and venturing into commercial illustrating, she left for London and studied at the Grosvenor School of Art (1932) and also travelled extensively through Europe and worked for in advertising & design for magazines such as Harpers Bazaar & Vogue (1933-36). By 1939 she was homeward bound and went through America, including Mexico, on her way. Elaine arrived home the day before war was announced 2nd, September 1939.

Elaine settled in Elizabeth Bay, which was considered Bohemian during this era, and worked hard at her craft, associating with other prolific and talented artists such as Drysdale, Friend and Dobell. By 1944 she was working in New Guinea on stage sets and as a theatre manager and set designer. She relates that she 'hitchhiked my way home' as she wasn't officially attached to any of the defence forces she'd been sent to provide respite entertainment for. This experience led her to travel to New York in 1945 and study at the New York School of Theatre Design.

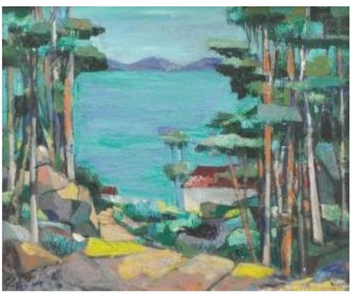
Above: Left: MRS. RICHARD FOOT, better known as artist MISS ELAINE HAXTON, chats over a sherry to MRS. J. B. SWEENEY. Art, Artists And Parties. (**1953, November 5**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12 Section: Women's Section. Retrieved from http://nla.gov.au/nla.news-article18395533



COMPACT NEW SCARF HAS AN OLD AUSTRALIAN LOOK TO IT
The Australian Women's Weekly (1933 - 1982) **Wednesday 12 May 1971** p 27 Article Illustrated ... NEW SCARF HAS AN OLD AUSTRALIAN LOOK TO IT AFINE wool scarf, essentially Australian, with a cultural motif of the country's earliest days has been designed by Sydney artist Elaine Haxton for the National Trust of Australia (N.S.W.). Miss Haxton used the collection of beautiful antique chairs from ... 177 words

Photograph of Elaine Haxton, ca.1970. Courtesy of National Library of Australia, No. vn3121262.

Above: Summer, Pittwater (Summer Bouquet). Below: Pittwater.



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Pittwater, 1948

Elaine's Paintings of Pittwater still communicate her passion for this lovely cove of the estuary, the colours true to the brightness and clarity of air the seasons and flora, just as she seemed to capture the essence of every place she travelled to and recorded in paint, in prints, in illustrations. This home reputedly became was a base for many visiting artists from interstate and overseas as well as being open to many local residents.

King Tide, Pittwater, 1950

In 1953 the two married. Elaine was Richard or 'Dick's third wife, so perhaps a divorce took longer in post-war England and Australia. Their marriage is registered at Manly district with no seeming pause of any length between both working. By late 1953 and early 1954 she is being called 'Mrs Richard Foot' as well as Elaine Haxton when mentioned in recorded materials.

Elaine was a proflic creator. An Artist (painter) who worked in graphic design, stage design, textile prints, printmaking and illustration (children's books), and also, with husband published in Palm Beach peninsula souvenir guide / designed for residents and visitors by Elaine Haxton and Richard Foot. Footprints Pty. 1960, she was frequently mentioned in social pages or even newspapers interstate when travelling to attend openings of her exhibitions. In 1943 Elaine was awarded the Sulman Prize for her mural at the Coq D'Or Restautant in Kings Cross Sydney and in 1946 was awarded the Crouch Prize, in Ballarat, Victoria for 'Mother and Child' (see Research File). Unfortunately this restaurant closed in 1956 and the mural was painted over.

From 1949 until around 1965 she worked hard in with stage design but also worked providing illustrations for advertising, books, painting, print-making and set and costume design for ballet and opera. Haxton travelled widely, notably as one of the members of the Australian Cultural Delegation visiting China in 1956. She was invited to paint a mural in Parliament House, Canberra. She designed furnishing textiles for Marion Hall Best. In later years she concentrated on painting and printmaking, having wanted to be an etcher from the beginning anyway. In 1986 she was awarded the AM *'particularly for printmaking'*.

One sepia print, dated 1988, 'From my Studio' is clearly a Pittwater scene, with sailboats beneath the window, seems to be her last from this Clareville home. Manly Art Gallery and Museum has this in their collection along with other works by Elaine Alys Haxton. From 1989 she lived in Adelaide with a niece, increasingly suffering from dementia and being looked after by this girl and her husband. Despite numerous paintings and drawings of children she and Richard did not have any of their own. He died in 1969. Tiny, with bright sparkling blue eyes and blond hair that went grey too early, Elaine Haxton created wonderful works that are still sought after today.

Further:

James Gleeson (ARTIST) Oral History Collection: 1978 Interview Transcript: http://nga.gov.au/Research/Gleeson/pdf/Haxton.pdf

Research File (below).

ElaineHaxtonResearch2012.pdf
Size : 2824.106 Kb
Type : pdf

Tweet | Like | +1

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White Tigers get New Mom - C/- Irene Anderson

When hurricane Hannah separated two white tigers from their mother, Anjana came to the Rescue. Anjana, a chimp at TIGERS in South Carolina, became surrogate mom and playmate to the cubs, even helping with bottle feeding, according to The Sun. But here's the truly amazing part. This is something Anjana does all the time, having helped raised leopard and lion cubs on several occasions.

Love Food, Hate Waste Cookbook

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

Love food hate waste book: HERE

PITTWATER COUNCIL

FUN APRIL HOLIDAY ACTIVITIES FOR KIDS

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of its exciting autumn holiday program for kids. Kids on the Coast offers healthy and fun outdoor activities for 5 to 12 year olds from Tuesday 10 April to Friday 20 April. Activities include Art Rocks by the Sea, Reptile Romp, Bush Creature Creations, Coastal Capers and new activities such as Aboriginal Heritage & Song, Hermit Crab Mania and Crazy about Cetaceans.

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

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

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

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

EASTER HOLIDAY FUN

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

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

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

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

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

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

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

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

Above: Dorothea Mackellar dressed as one of the Graces for Mrs T.H. Kelly's Italian Red Cross Day tableaux at the Palace Theatre, 20 June 1918 / photographer, Glen Broughton. WWI Fundraiser. Courtesy State Library of NSW. Image a828963

Bus Pass Replacement

HERE

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, spinneout.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.australianwomensnline.com/bedtime-stories-downloadable-tales-for-children/

Australian Stories Online

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

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

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

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

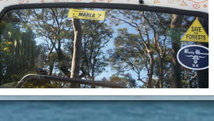
Send In Your Stuff

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 !

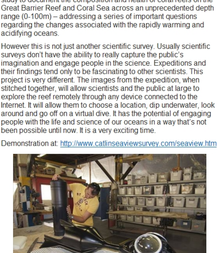
Bullying; NO WAY !!!

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.



Happy Easter !!

Where is the Cat ?

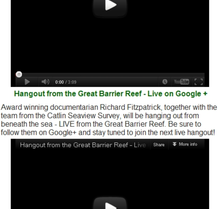


The Catlin Seaview Survey

The Catlin Seaview Survey is first and foremost an important scientific expedition. It aims to carry out the first comprehensive study to document the composition and health of coral reefs on the Great Barrier Reef and Coral Sea across an unprecedented depth range (0-100m) – addressing a series of important questions regarding the changes associated with the rapidly warming and acidifying oceans.

However this is not just another scientific survey. Usually scientific surveys don't have the ability to really capture the public's imagination and engage people in the science. Expeditions and their findings tend only to be fascinating to other scientists. This project is very different. The images from the expedition, when stitched together, will allow scientists and the public at large to explore the reef remotely through any device connected to the Internet. It will allow them to choose a location, dip underwater, look around and go off on a virtual dive. It has the potential of engaging people with the life and science of our oceans in a way that's not been possible until now. It is a very exciting time.

Demonstration at: http://www.catlinseaviewsurvey.com/seaview.htm



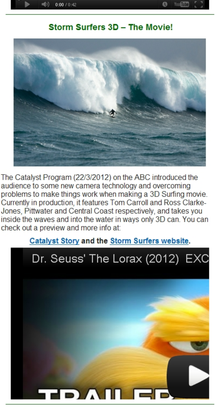
Above: Paul Trefy putting the finishing touches to the SVII prototype in preparation for the official launch in Singapore. To improve the fluid dynamics of the camera when travelling underwater the design team have taken inspiration from the natural design of sharks and other marine life. It is a camera inspired by the very creatures that it is designed to reveal.

The cameras that will be used for the shallow reef survey have been specially designed to be able to reveal our oceans like never before.

They take 360 degree, geo-located panoramic images every 4-6 seconds while travelling at a speed of approximately 4km/h. The SVII camera is our latest prototype – building on the design of our first camera (the SVI) and is being developed specifically for the Catlin Seaview Survey starting in September 2012

Introduction to the Project in video (top right) and more at: http://www.catlinseaviewsurvey.com/

© 2012 Underwater Earth



Hangout from the Great Barrier Reef - Live on Google +

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

Storm Surfers 3D – The Movie!

The Catalyst Program (22/3/2012) on the ABC introduced the audience to some new camera technology and overcoming problems to make things work when making a 3D Surfing movie. Currently in production, it features Tom Carroll and Ross Clarke-Jones, Pittwater and Central Coast respectively, and takes you inside the waves and into the water in ways only 3D can. You can check out a preview and more info at:

Catalyst Story and the **Storm Surfers website.**

FREE! EASTER HOLIDAY MARTIAL ARTS WORKSHOPS FOR KIDS!

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

April 16, 9am - 12pm METSUBUSHI Seminar! Kids 8 - 12 years

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

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

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

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

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

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

SINGING FOR KIDS
• Singing coaching, individuals / groups
• Voice production coaching, presenter / public speaking etc
• Audition and performance coaching
• Holiday workshops

$30 individuals 30 mins
$10 p/p group (min. 4) 45 mins (5-7yrs & 8-10yrs)
MORE INFO AND CONTACT DETAILS FOR KIDS AND ADULTS SEE OVER

The Coaching promotes listening skills, musicality, rhythm, pitch, tone and encourages CONFIDENCE whilst having FUN!
Performance and audition preparation can be included if desired.
Individual coaching sessions for public speaking skills (school/corporate presentations etc) are also available.

Tweet Like +1

Pittwater Online News

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Remember this ???

The Easter Seal Teleparade of Stars From 1955

Aurora Australis

Earlier this week a message came up on the Foxtel channel stating the program could not be transmitted due to solar flare activity/interruption. This time of year, as we move into the shorter days, lights such as the Aurora Australis can be seen a little clearer due to geomagnetic storms. An aurora is a natural light display in the sky particularly in the high latitude (Arctic and Antarctic) regions, caused by the collision of energetic charged particles with atoms in the high altitude atmosphere (thermosphere). The charged particles originate in the magnetosphere and solar wind and, on Earth, are directed by the Earth's magnetic field into the atmosphere. An Aurora is classified as either a diffuse or discrete aurora. A diffuse aurora is a featureless glow in the sky which may not be visible to the naked eye. Discrete aurora are sharply defined features within the diffuse aurora which vary in brightness from just barely visible to the naked eye to bright enough to read at night time.

Since early March solar storms have helped create spectacular sights captured by photographers all over the world. Some, like even make a living out of itPeople in our southern states, from Tasmania, Victoria and through to Perth, and in New Zealand, have uploaded numerous videos to You Tube during the last month or witnessed this phenomena with their eyes. Below is one from Saturday, which popped up while looking for the most current for you, loaded 22 minutes ago (then). Geomagnetic storms, those that ignite auroras, happen more frequently during the months around the equinoctes (equinoxes). All sources state that it is not yet understood why geomagnetic storms are tied to Earth's seasons while polar activity is not. What it is known is that during spring and autumn, the interplanetary magnetic field and that of Earth link up.

An auroral event which occurred on 2 September 1859 is thought to be the first instance of a correlation between the phenomena of auroral activity and electricity. This Aurora was reported in northern and southern regions and seemed to produce enough geomagnetically induced current from the electromagnetic field to allow for continued communication between telegraph operators' with power supplies switched off. Others reported that the energy blocked all transmissions.

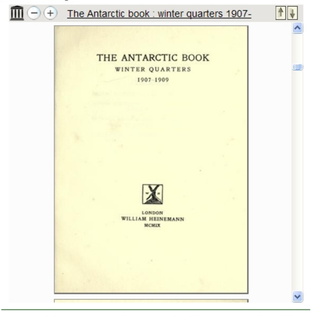
The final analysis on this phenomena;

The effect of the Aurora on the electric telegraph is generally to increase or diminish the electric current generated in working the wires. Sometimes it entirely neutralizes them, so that, in effect, no fluid is discoverable in them . The aurora borealis seems to be composed of a mass of electric matter, resembling in every respect, that generated by the electricgalvanic battery. The currents from it change coming on the wires, and then disappear: the mass of the aurora rolls from the horizon to the zenith. The British Colonist, Vol. 2 No. 56, 19 October 1859, page 1, accessed online at BritishColonist.ca.

Aurora is the goddess of the dawn in Roman mythology, who announces the return of the sun with her flying colours. Movies such as Local Hero(1983), filmed in Scotland, and even the more recent Frequency (2000) celebrate and even explore phenomena associated with Auroras.

Also embedded for your Easter relaxation this week is *The Antarctic book : winter quarters* 1907-1909 (1909) which includes Aurora Australis, a poem by E.H. Shackleton and Bathybia, or What might have been at the south pole by Australian Douglas Mawson. Only 300 copies of this book were printed. Earnest Shackleton resorted to setting his team the task of writing poetry when it was too cold and there was little food during this Antarctic expedition, called, via its ship, the Nimrod Expedition. Also see: Endurance, Shackleton and the Antarctic, 1914 Imperial Trans-Antarctic expedition.

ABOVE: Uploaded by MakiTKP on Apr 6, 2012; View of the aurora australis taken from Mt John(New Zealand). At the time I could see the colours with my eye, even in the almost full moon light.



Warringah Council | Pittwater Council

Super Seniors Directory

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

"We have a vast array of services available for seniors on the northern beaches and now, for the first time, they're all in one, easy to read publication," said Warringah Mayor, Michael Regan.

Mayor Harvey Rose said the directory contained everything from information on retirement planning to fun ways to keep fit. "It's a handbook on healthy ageing," he said.

"It's a collaboration between the three councils on the Northern Beaches, so wherever you reside from Manly to Palm Beach, there are contacts in the guide for your social and everyday needs" said Manly Mayor Jean Hay.

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

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

Senior Movers

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

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

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

www.seniormovers.com.au

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

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

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:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Avalon Computer Pals for Seniors

COMPUTER PALS AVALON FOR SENIORS

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

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

Article on their Seminar

The Senior Newspaper Online
Click on logo:

Australian Senior PUBLICATIONS

HEARTMOVES | Heart Foundation

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

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

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

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Easter Special: Banksias of Pittwater

Marine and Freshwater Research
Volume 63 Number 4 2012

Includes: Aquatic ecosystems in inland Australia: tourism and recreational significance, ecological impacts and imperatives for management. The proteomes of Sydney rock oysters vary spatially according to exposure to acid sulfate runoff. A foraminiferal proxy record of 20th century sea-level rise in the Manukau Harbour, New Zealand

Biological control - a natural solution in the war on weeds

From CSIRO Media Releases

Biological control has an outstanding history and great future potential in the battle to control the invasive weeds that impact Australia's landscapes, biodiversity and agriculture, according to CSIRO.

Australia's impressive 100-year history in biocontrol of weeds is recorded and celebrated, and the importance of future biocontrol is highlighted by CSIRO, state, national and international authors in the book, Biological Control of Weeds in Australia, published by CSIRO Publishing and launched in Canberra today.

"Using the natural enemies of foreign or invasive weeds has proven to be a key weapon in the war on weeds and is still front and centre as we tackle a range of new invasions in the 21st century," according to biosecurity research leader with CSIRO Ecosystem Sciences, Dr Paul De Barro.

"Australia has certainly led the world over the past century with its groundbreaking research and introduction of biological control starting with the spectacular success against prickly pear cactus in the early part of the 20th century and gaining speed from there," Dr De Barro said.

Along with state and Commonwealth agencies, CSIRO has played an important part in developing Australia's expertise and helping establish the rigorous exploration and screening processes and the mass rearing of biocontrol agents. CSIRO's biological control and exploration labs in Montpellier, France, and formerly in Vera Cruz, Mexico, have been key to that success, and Australian research and training continues to guide many international activities.

"CSIRO scientists and the Montpellier lab were instrumental in the first successful use of a plant pathogen or rust to massively reduce one of Australia's worst weeds - skeleton weed – from south eastern Australian agricultural regions over 15 years," Dr De Barro said, "Biocontrol successes can take 15 or 30 years to reach full effect, and while not all efforts succeed they invariably complement other measures and the cost benefits are indisputable. For every dollar spent on biological control of weeds up to 2005, it has been shown that $23 of benefits flowed to the agriculture and health sectors, and the environmental benefits would be on top of that. Weeds biocontrol represents exceptional bang for buck but requires commitment across both short and long-term horizons and across jurisdictions to deliver its full potential. CSIRO sees weeds biocontrol research as an important part of the contribution we can make to Australia's biosecurity and it is a key element of CSIRO's effort targeting pest and disease threats to be coordinated through our developing Biosecurity Flagship. For a book that will serve as an invaluable guide and reference source for anyone involved in biological control, I commend the editors Mic Julien, Rachel McFadyen and Jim Cullen, and all the Chapter authors who have made it possible."

More facts from the book: Biological Control of Weeds in Australia

Published by CSIRO Publishing and launched today, Biological Control of Weeds in Australia provides a comprehensive review of the biological control activities undertaken against weeds in Australia over the last 100 years.

Edited by Mic Julien, Rachel McFadyen and Jim Cullen, the 648-page book demonstrates the far-reaching economic, environmental and scientific benefits that biological control has provided Australia, and the importance of its role in the future of the country. From 1903 and 2010, a total of 73 weeds have been targeted for biocontrol in Australia, and more than 200 insect and pathogens have been released as biocontrol agents against these weeds.

By the 1980s Australia was a world leader in weed species targeted and new agents introduced, and also led the world with the first deliberate introduction of a plant pathogen as a biocontrol agent, the rust Puccinia chondrillina, released in 1971 to control skeleton weed Chondrilla juncea.

Pittwater's Environmental Foundation

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

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

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

CLIMATE ACTION PITTWATER

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

florabank

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

PITTWATER COUNCIL

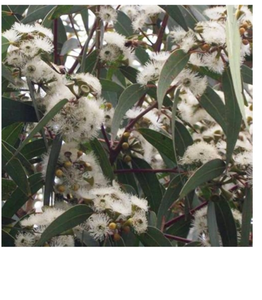
ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

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



Coastal Environment Centre

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

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

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

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

HERE

PITTWATER COUNCIL

PITTWATER-WIDE SURVEY OF WATERBIRDS

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

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

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

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

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

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

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

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

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

From CSIRO Media Releases

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

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

New coastal website linking local research with local councils

From CSIRO Media Releases

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

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

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

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

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

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

Tweet Like +1

How Green is a Spotted Gum when Wet?

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

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

from the Prayer of Saint Patrick

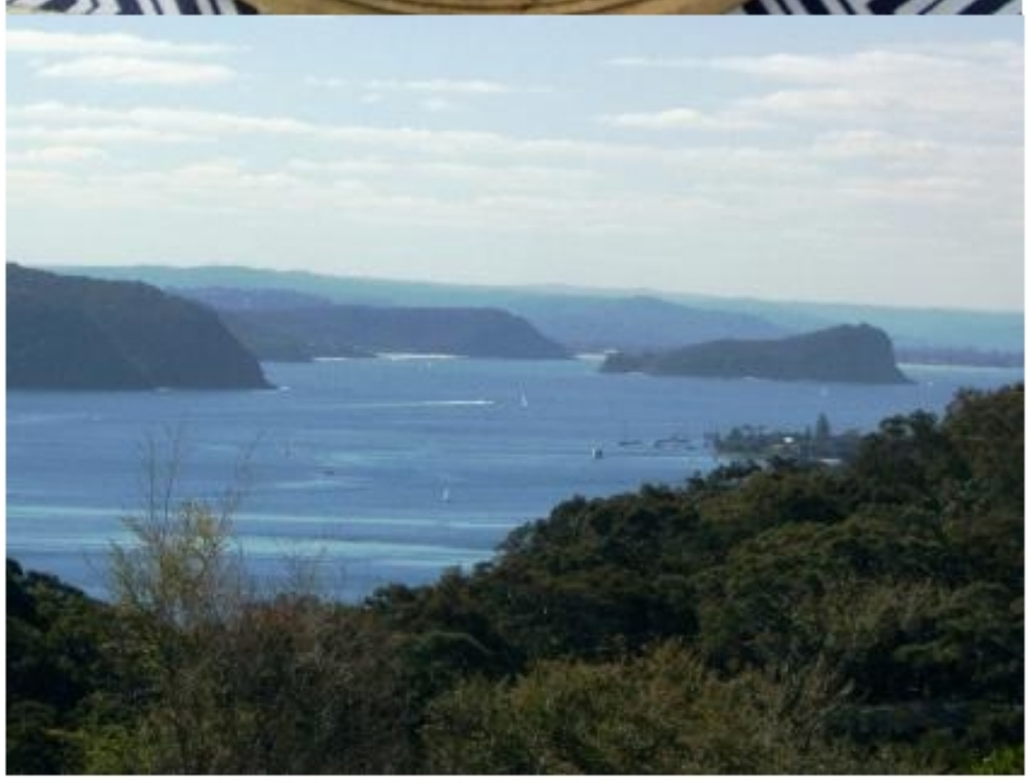
April 8 - 16, 2012: Issue 53

Good Friday Fish Feast

Easter is traditionally a family time and Good Friday a day we gather to enjoy each other's company and share some great food. This year was no exception. We enjoyed Sea Perch in a white wine and fresh herbs sauce, baked just long enough to keep it moist and topped with creamy garlic prawns with a touch of fresh ginger and a marinade concocted on the spot, a spicy cous-cous loaded with pine nuts, fresh coriander, parsley and diced zucchini, capsicums and dried cranberries on which was placed thick chunks of Tassie Salmon lightly pan seared in olive oil.

For the vegetarians among us there was a rice dense with spices, seasonal vegetables and pistachios stuffed into a whole pumpkin and baked until tender, a cauliflower and parmesan quiche, potato gratin by the kilogram and fresh Tassie carrots and string beans. Cherry tomatoes, picked straight from the garden by the littlest hands among us, garnished some plates. All these dishes were melt in your mouth quality and prepared by the too many people in the kitchen theory which always makes it hectic but fun. The ingredients were all seasonal, making them reasonably priced and at peak quality. The recipes; all inspired variations on things read recently in Aussie magazines and newspapers.

There were even one or two of us who decided they could actually squeeze in a bit of peach pie or the often requested triple chocolate cake, with a small mountain of whipped cream, almost straight afterwards and those two had to have a quiet sit down straight after that.



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April 8 - 16, 2012: Issue 53

Truth*Justice*Freedom Vs Arrested Development: April's Libran Full Moon

To accuse others for one's misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows one's education is complete. Epictetus

*Many promising reconciliations have broken down because, while both parties came prepared to forgive, neither party came prepared to be forgiven.*Charles Williams

Most of us can forgive and forget; we just don't want the other person to forget that we forgave. Ivern Ball

We have only one person to blame, and that's each other. Barry Beck – New York Ranger, on who started a brawl

A guilty conscience needs no accuser. Proverb

No! No! Sentence first-verdict after wards. Lewis Carroll

Crime expands according to our willingness to put up with it. Barry Farber

Little thieves are hanged, but great ones escape. Proverb

I haven't committed a crime. What I did was fail to comply with the law. David Dinkins –Fmr. New York City Mayor

The full Moon in April falls on April 7 in Australia and April 6 in the United States. This full Moon is another doozy - and, as my friend Linda Reid pointed out, the moon is at perigee, which makes it a 'supermoon', a particularly strong and emphatic one, especially around relationships and friendships - and the Symbol for it sounds much more difficult than it often turns out to be - there is plenty of room for hope, as this can be about loosening the grips that are holding you down or where you don't want to be. Have you experienced or noticed how 'held back', frustrating and complicated the energy has been lately? Many are reporting that these are 'extremely interesting times', perhaps it's time to take off the handcuffs and restraints.

The Symbol is **Libra 18: Two Men Placed Under Arrest Give An Accounting For Their Acts Before The Tribunal Of Society.** The following is from my book *The Sabian Oracle: 360 Degrees Of Wisdom -*

'Two Men' are 'Placed Under Arrest'. They have to 'Give an Accounting For Their Acts Before the Tribunal of Society'. They are standing before some representative or authority and speaking about how they have acted against the rules and codes of 'Society'. The fact that they are 'Placed Under Arrest' doesn't have to mean that they are literally taken away by the police. This can show that they are held back by circumstances, people or experiences and they feel stuck, unable to move or stripped of their freedom. This can be rather compromising to one's integrity, ideals and strength of character.

With this Symbol, people's ideas or actions may be under criticism or examination, to the point of feeling that someone has offended social responsibility and acceptability. Some may have to justify or explain themselves, and relationships can be held in limbo until all the facts come to light. There may be a need to be thoughtful about the situation, because it may be nothing but a suspicion at this point. The "case" could well be dismissed, with people forgiven or let off the hook, but with suspicion in the air, what permanent damage has already been done? Often a sense of trust and a belief in the goodness of people and things is necessary. An attitude of forgiveness may be really important to move through this situation with one's sense of pride intact. Being charged with an offense can drive people apart, with each trying to save their own neck. How long can someone be "handcuffed", either to themselves or to another?Imagining the removal of "the cuffs" could lead to a turn around in the situation. People in positions of power, physical or emotional, should show mercy so others can also forgive and forget and get on with their lives. Ultimately, the goal must lead to freedom.

Keywords: Having to plead one's case. The need for "legal help". Unacceptable principles. Blowing the whistle. Pointing at others to get off charges. People unable to relate. The "Romeo and Juliet" story. Feeling caught out. Restrictions. Saturn. Karma to be worked out. Being framed. Circumstances out of control. People in handcuffs. Identification parades. Police. The law. Lawyers. Judges. Juries. Tribunals.

The Caution: Refusing to conform to society's mores. The sabotage of relationship values. Feeling stuck, unable to move. Staying in relationships when one should move on. Deadening emotions. Shutting off to cope with others. Not having one's point of view heard. Losing one's authority. Being bound karmically. Being tied up and limited.

There are many ways that this Symbol can reveal itself, too many to list, but amongst the ramifications could be friendships or relationships under stress and strain, perhaps breaking down entirely to the point of no contact, people separating for some reason, the need to let go of the past (shake off the handcuffs), money problems and people stepping over the line. It can, of course, indicate relationships moving to a new level through a feeling of unity and brotherhood (sometimes against a larger force that's 'out there'), commitments can be made and pledges of loyalty. However, there's bound to be a lot of sorting things out.

The Karmic Condition of this full Moon is Libra 17: A Retired Sea Captain Watches Ships Entering And Leaving The Harbor.

Keywords: Memories and peaceful contemplation. Disconnection from the past and concentrating on more immediate circumstances. Fatigue and the need for rest. Being a spectator rather than a participant. Being part of an audience. Voyeurism. Turning to more domestic pursuits. Writing one's memoirs. Nostalgia. Safe ports or harbors.

The Caution: A cop-out, escaping from reality. Relying on past experiences. A need to defend one's shoreline. Losing faith in life. Staring at lost opportunities and times gone by. Not wanting to participate in life. Losing interest in the struggle. Disillusionment.

Perhaps there's a strong desire to drop out, have some quiet and peaceful contemplation, or just to be able to sit and contemplate your next move. However, the 'Sea Captain' may not find it too easy to sit down. The Sun indicates that there's probably a lot to be done. **The Sun** is on **Aries 18: An Empty Hammock Hangs Between Two Lovely Trees.**

Keywords: Detachment. Abandonment. Having too much to do to be able to rest. Issues to do with sleep. Sleeping difficulties. Planning for days off or for retirement. Hustle and bustle. Memories of loved ones. Lounging or sitting under trees. Having permission to stop. Time out. Missing a lover. Beds, sheets ,pillows, sofas. A favorite chair. Holidays.

The Caution: Deliberately pushing when in need of rest OR not being involved in life's complexities. Dodging responsibilities. Having nowhere to stay rest or retire. Neglecting time for oneself .Too much work and no play. Areas of life which are not fulfilled. Having so much work there's no time for relationships. Always being on the go.

The Quest degree (the degree after the full Moon) shows how we need to be aware of the thoughts, messages, desires, sabotage mechanisms, etc, that might be running through our mind. The Symbol is **Libra 19: A Gang Of Robbers In Hiding**. I stress here that this does not mean that a robbery is going to actually take place, or that you should feel unsafe. Rather, it is more often that the 'robbers' are the thoughts that crowd, surround and sabotage. Of course, it can be that we allow others to take what they want without regard for our feelings or disturb or annoy with their responses to us. Naturally, the same can be said for our own behavior. The Libra full Moon is very much a mirror of relationship issues - reflective of 'me' and 'you'.

Venus is on Gemini 3: The Charming Court Life At The Garden Of The Tuileries In Paris. This shows a love of beauty and the desire to lead a 'Charming' life, it can also show a desire to spend money, to be extravagant - to have the lot. It's a beautiful degree and Venus can bring charm and grace to it, but there can also be the political struggles that go on behind closed doors with agreements and deals made or lost. This degree can speak of power, money and privilege. "The Garden" can bring rewards from hard work to fruition with much to be proud of.

Keywords: A love of form and tradition. Cultivation of beautiful places. Symmetry of form being shown at its best. Gardens and gardeners. Garden ornaments. Statues. Having hired help to keep things beautiful or under one's control. Taking time to work in the garden. Going first class. Being in the inner circle. Pots, plants. Wealth. Tradition. Affluence and influence. Big houses and rooms. Ample amenities.

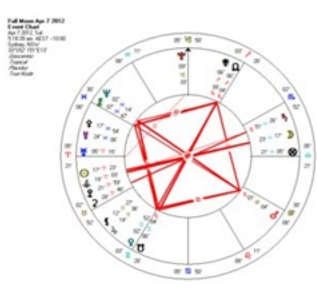
The Caution: Behaving in an elitist fashion. Being bossy. Snobbishness that separates people from each other. Being spoilt and shallow. Having more than one truly needs. Treating people like underlings or servants. Expecting others to do everything. Class-consciousness. Jealousy.

Complicating relationship issues is Neptune exactly squaring Venus. Neptune's message seems to be about records and remnants from the past. The Symbol for **Neptune is Pisces 3: A Petrified Forest, An Eternal Record Of A Life Lived Long Ago**. For many, this will be a time of going over old memories, photographs and memorabilia and old stories. It can also be about things "set in stone" and financial records such as tax receipts and issues.

Keywords: Remnants from the past. Stillness. Agelessness. Plastic surgery. Being able to withstand life's storms. Resilience. Crystals, diamonds, gemstones. Beauty that remains ageless. Wood and lacquered wood. Coal, oil and petrochemicals. Diets. Dependability. Family histories. Keeping records. Amber. Fossils. Geology. Archeology. Ancient remnants. Mental and emotional filing cabinets. Lingering evidence. Petrified wood. Photographs and photography. Stones. Stone monuments.

The Caution: Rigidity, immobility, inflexibility. Being frozen. Not letting go of difficulties. Hanging on for grim death. Feeling stuck or frozen. Destroying things that are old. Severing links to the past. Keeping tabs. Memories that destroy the present.

Mercury is going direct after being retrograde and it's going over an interesting degree that describes a choice that needs to be made. The Symbol is **Pisces 25: The Purging Of The Priesthood.** This Symbol shows realizations about who has the right to be in your life (to be listened to, considered, respect, etc) and who has not. Many will find themselves turning away from those they previously spent time with or gave authority to. In the larger scheme, there are likely to be some who reveal their true colors and fall from grace. With Mercury here, an issue may have been boiling away in the background, but now it's a matter of drawing a line in the sand around who you 'let in' and 'trust'.



Mars is set to move forward on April 14, although it will take a while to get going. The Sabian Symbol is **Virgo 5: A Man Becoming Aware Of Nature Spirits And Normally Unseen Spiritual Energies.** This will amplify the ability (or the need) to be able to pick up subtle forces, energy bodies and issues involving the normally unseen or unnoticed. It can also show not taking notice of what's really going on. As we are coming to the end of Mars retrograde, energy is going to start freeing up in some measure at least. However, the frustrations that many have felt are likely to still need to be worked out and there could be some tensions in the air via Mars being opposite Neptune and square Venus. See the chart for details of this big grand cross (I have taken out the other aspects and left in the squares and oppositions).

Mars will station and turn direct on Virgo 4: Black And White Children Playing Happily Together. As this is Mars, there is a tension around people from diverse backgrounds, ethnic races, social or political stratas and other situations where there is a projection of 'the shadow' on others. Mars here might be pushing us out of our comfort zones and into a new experience with the world on many levels. Acceptance and love is key to situations here, and, as it is Mars here, there can be a need to drop ones prejudices in order to accept people and situations more fully.

Also involved in the big grand cross are the Moon's karmic nodes. The south node is on **Gemini 7: An Old-Fashioned Well With The Purest And Coldest Of Waters**. The I-Ching speaks of drawing from the well in Hexagram 48 and this Symbol is a clear reflection of the idea of having to put one's bucket deep down into the well in order to draw out the sustaining waters. Likewise, we, at times, have to reach deep down into our reserves to find our inner strength, resilience and a sense of refreshment.

Keywords: Knowing how to be nourished and satisfied. Being supported by the environment. Clarity of thought and perception. Links to the past that are deep and sustaining. Drawing on deep resources. Things you can draw and rely upon. The pool of universal experience. Oasis. Believing in others. Ensuring water supplies. Cool, refreshing water.

The Caution: Not trusting advice based on established ideas. Being naive to the sincerity and depth of others. Judging by appearances. Not recognizing inner values. Droughts, emotional and literal. The well drying up, leaving nothing to nourish. Muddying of issues that make them difficult or impossible to tap. Stagnant water. Poisons. Molds. Narcissism. Insincere. Lack of depth.

The moon's north node is Sagittarius 7: Cupid Knocking At The Door Of A Human Heart. This is a beautiful Symbol and it seems to be a bit of an antidote to the more difficult energies expressed in this full Moon, especially as they relate to relationships and friendships. It speaks of opening your heart, laying it bare so another can enter that sacred space. The asteroid Juno, which rules over committed relationships and love, is also on this degree. Perhaps gay marriage is set to become an even bigger issue? Certainly, the idea of opening the heart is amplified with Juno conjunct the north node on this Cupid degree.

Keywords: Respectful invitation of love. Seeing purity of motive. Commitments. Romance. A key or an arrow. Cupids and cherubs. Unlocking the heart. One-pointed, focused energy, which can become obsessive. Softening one's boundaries. Cupid's bow. The need to lighten up one's approach to others.

The Caution: Waiting instead of taking the initiative. Rejecting love or emotion for fear of losing independence. Keeping up a strong, brave, severe face when one could be loosening up and enjoying another. Barriers and defenses around the heart. Seeing potential lovers in everyone. Being attracted to those you wouldn't normally notice.

Chiron (the Wounded Healer and The Stories We Tell Ourselves) is smack in this grand cross at Pisces 8: A Girl Blowing A Bugle. Perhaps it's time that you spoke your mind about what's going on for you. It could be that someone close to you wants to be heard, as well. Time for some announcements?

Keywords: Sounding the call. Awakening all to action. Going on and on about something. Loud speakers, telephones, announcements. Being prepared to state one's case. Calling attention to oneself. Blowing your own trumpet. Whistle blowers. Heralding and proclaiming the dawn. Rise and shine! Girls in a man's world. Leading the charge. Resurrection. Mass announcements. Advertising campaigns. Alarm clocks. Ear plugs. Blind folds.

The Caution: Making unwarranted and disturbing noise. Showing off. Unbalanced messages. Evangelists and politicians. Sounding the call but not making the grade. Being annoying. Trumpeting about one's achievements. Not listening to people.

Jupiter is mid-way through Taurus and on a rather encouraging, if not difficult, degree. It's **Taurus 15: A Man With Silk Hat Muffled Against The Cold Braves A Storm**. It shows the need to keep a brave face and to keep on ploughing on.

Keywords: Inner poise being more important than outer appearances. Braving stormy emotional weather. Ploughing on through difficulties. Being willing to weather storms and take on the hard times. Having tasks or errands to perform when one would rather not. Hats, scarves and muffles.

The Caution: Not wanting to show your true feelings. Putting on a superficial show of strength. Not noticing when things improve, always battling the "elements". Complaining and whining instead of getting on with the task at hand. Wanting to be pampered and not face up to life's storms. Considering appearances before all else. Superficiality.

With the issue of feeling 'arrested', caged in or held back, Uranus might be bringing a message of freedom. The Symbol is **Aries 6: A Square Brightly Lighted On One Side**.

Keywords: Illuminated solutions that provide ways out of tight situations. Having to put up walls to protect the sides of things. Putting all your eggs in one basket. Feeling fully contained. Walls and fences. Boxes. Understanding the borders of one's activities. Looking for stabilization. Lighting up dark corners. Sunshine. Stepping outside the square.

This is a long newsletter. It reminds me of the quote "*Excuse the length of this letter, I had no time to be brief*".

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

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

What are the Sabian Symbols?

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

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

For more Information: click here

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

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

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

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

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

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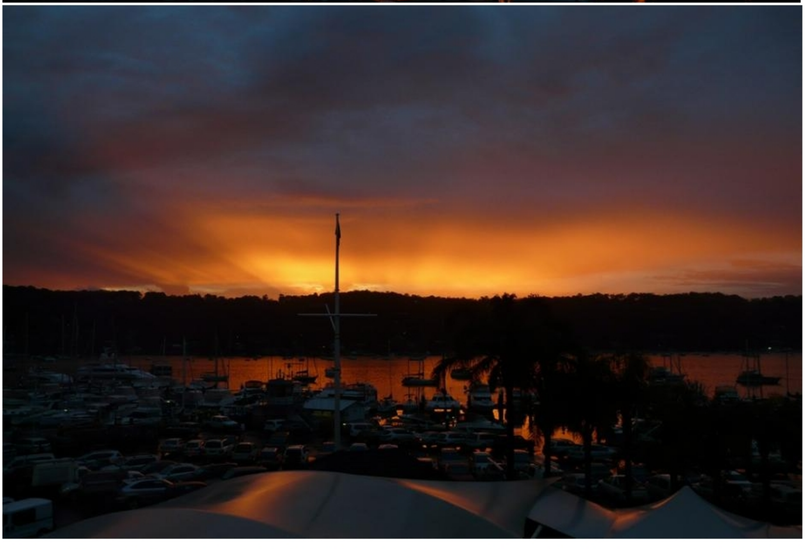
Pittwater Online News

April 8 - 16, 2012: Issue 53

One of the great pleasures of living in Pittwater is the great views Westwards of the National Park's endless treed hills horizons and watching storms from the south race towards us. Equally blissful is sitting back to enjoy a sunset. One of the prime places to watch these at is the balcony at the Royal Motor Yacht Club in Newport. This week we share some great photographs courtesy of Sally Bacon and RMYC staff from this lovely spot.



Pittwater Online News

April 8 - 16, 2012: Issue 53

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

Australian Summers Past - Archive Mash-up.

Ever wondered what the Aussie summer looked like 60 years ago? Film Archivist Richard Carter has created this mash-up of summer footage from the 1940s -1970s using only film, music and audio from the Screen Australia Library. Screen Australia is a major partner of YouTube Map My Summer.

Thomas the Tank Engine
C/- W.A.G.

A mother was working in the kitchen, listening to her five-year-old son playing with his new electric train set in the living room.

She heard the train stop and her son saying, 'All of You B*****ds who want off, get off now, 'cos we're in a hurry! And all of you B*****ds who are getting on, get on now, 'cos we're going down the tracks'.

The horrified mother went in and told her son, 'We don't use that kind of language in this house. Now I want you to go to your room and stay there for TWO HOURS. When you come out, you may play with your train, but I want you to use nice language.'

Two hours later, the son came out of the bedroom and resumed playing with his train. Soon the train stopped and the mother heard her son say,

'All passengers who are disembarking the train, please remember to take all of your belongings with you. We thank you for travelling with us today and hope your trip was a pleasant one.'

She hears the little boy continue,

'For those of you just boarding, we ask you to stow all of your hand luggage under your seat. Remember, there is no smoking on the train. We hope you will have a pleasant and relaxing journey with us today.'

As the mother began to smile, the child added..... 'For those of you who are upset about the TWO HOUR delay, please see the fat controller in the kitchen.

From Harper Collins Australia

PAPER BLISS PACK COMPETITION: We've got 2 PaperBliss packs to giveaway, including a copy of the beautiful book by Skye Rogers and stationery from Skye's range Skyesthelimit. Email us at promotions@harpercollins.com.au by **30/4/12** and tell us how you like to get crafty for your chance to win one! (Sorry, Australian residents only)

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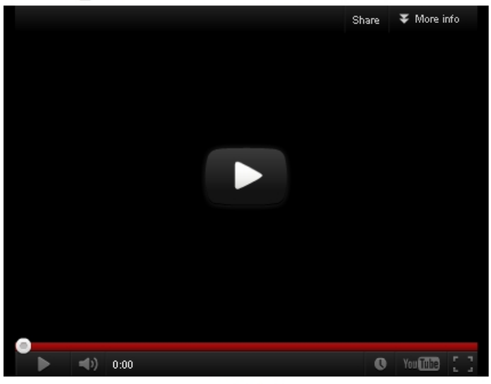
Antonov An-225
c/ - W.A.G

The Antonov An-225 Mriya (Ukrainian: Антонов Ан-225 Мрія, Dream, NATO reporting name: 'Cossack') is a strategic airlift cargo aircraft, designed by the Antonov Design Bureau in the 1980s. It is the world's heaviest aircraft. The design, built in order to transport the Buran orbiter, was an enlargement of the successful Antonov An-124. The An-225's name, Mriya (Мрія) means "*Dream*" (Inspiration) in Ukrainian.

The first An-225 was completed in 1988 and a second An-225 has been partially completed. The completed An-225 is in commercial operation with Antonov Airlines carrying oversized payloads. The Antonov An-225 was designed to airlift the Energia rocket's boosters and the Buran space shuttle for the Soviet space program. It was developed as a replacement for the Myasishchev VM-T. The An-225's original mission and objectives are almost identical to that of the United States' Shuttle Carrier Aircraft.

Antonov An-225. (2012, March 29). In Wikipedia, The Free Encyclopedia. Retrieved fromhttp://en.wikipedia.org/w/index.php?title=Antonov_An-225&oldid=484460885



HOME

Pittwater Council's CEC are offering a Free showing of the Documentary/movie HOME to celebrate Earth Day on Sunday **22nd of April**. For those of you whom cannot make it this exceptional film is available to watch in full online at HERE.

From this Page:

We are living in exceptional times. Scientists tell us that we have 10 years to change the way we live, avert the depletion of natural resources and the catastrophic evolution of the Earth's climate. The stakes are high for us and our children. Everyone should take part in the effort, and HOME has been conceived to take a message of mobilization out to every human being.

For this purpose, HOME needs to be free. A patron, the PPR Group, made this possible. EuropaCorp, the distributor, also pledged not to make any profit because Home is a non-profit film. HOME has been made for you : share it! And act for the planet.

Yann Arthus-Bertrand

HOME official website: http://www.home-2009.com

Pittwater Online News

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Old Books: April 2012

DEVISES ET EMBLEMES ANCIENNES & MODERNES, TIREES DE PLUS AUTEURS (**1699**) Author: LA FEUILLE, DANIEL DE, 1640-1709, Publisher: AUGSPURG, Language: German; Latin; French; Italian

The Emblems of Emblem Books consist of three parts, the superscriptio (a motto placed above the picture), the pictura, and the subscriptio (a verse or short essay below the picture_. This book gives the motto/superscriptio in German, French, Latin, and Italian, accompanied by the pictura. The individual writer of an emblem would write the subscriptio, which is usually about the length of a sonnet, and which further explores (but does not describe) the idea put forward by the other two elements. Emblems were an intellectual toy of the Renaissance and Baroque. They demanded that the reader bring knowledge and intelligence to interpreting them, and in return received the pleasure of getting to the heart of them, plus the value of a "lesson" (often a moral lesson, sometimes a trenchant observation about life in general).

Chinese Buddhism : a volume of sketches, historical, descriptive, and critical (**1880**). Author: Edkins, Joseph, 1823-1905. Publisher: London : Trübner

New Australian Releases - April 2012

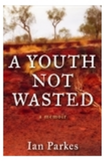
Days Like These - by Kristian Anderson

Kristian was an inspiration to us all, the way he handled cancer with fierce grace. I was so moved... after meeting him and seeing how much he appreciated his family, and every precious moment. He taught us how to LIVE with cancer. The Light he left on earth will not be dimmed by his passing.' — Oprah Winfrey

There are love stories and then there's the story of Kristian and Rachel Anderson. When Kristian wanted to show his wife Rachel how much he loved her after learning he was terminally ill, he ended up winning a million hearts around the world, thanks to the now famous YouTube video he made for her 35th birthday.

Critics of social media often condemn it as trivial but this heartfelt and moving tribute by a young Australian father of two battling with cancer drew attention to a much larger story — one we all wanted to follow —and of an ordeal so many families face alone.

Kristian's story, told in his own words from his blog entries, with additions from his beloved Rachel, will inspire others to know that even in the darkest moments, the light can shine through.



Youth Not Wasted - by Ian Parkes

'*People who truly live in the outback listen to it. What they hear, I do not know ... What the country says is beyond words.*'

In the early 1950s, Australia was riding on the sheep's back and no-one doubted the wisdom of making a life in the wool industry, certainly not sixteen-year-old Ian Parkes.

Having grown up with his grandfather's stories about the bush, he was eager to earn his way on sheep stations in the Australian outback. But he had no idea that the country would creep inside him and take root.

Tough yet tender, funny one moment, poignant the next, this is the story of a life lived on the land and for the land.

Sweet! by Sally Wise

Like all of us, Sally Wise loves a sweet treat: at the end of the day, in the middle of the afternoon - or any other time!

Here she has drawn on her talents as an everyday cook and a mother of six, including one child with coeliac disease to create a book of delicious treats; from old fashioned custards and puddings to tarts and slices, from cookies and biscuits to cakes of all sizes and varieties, from fruit pies to confectionery.

These are recipes which can be enjoyed by everyone, even those who are watching their weight —they can be made without sugar or eggs and still come up tasting fabulous.

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

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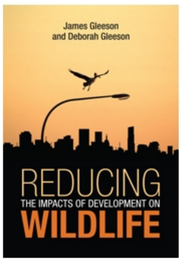
CSIRO New Releases:



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

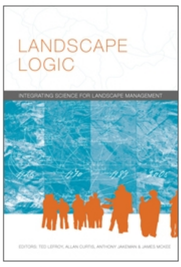
"This book should not be on the shelf of every ecologist, consultant or developer – it needs to lie open on their desk, sit at the top of their field bag and be widely discussed around the lunch-room table. Indeed – if your copy is not dog-eared and well-worn, you are clearly not doing your job properly!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

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

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

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

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



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

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

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

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PittwaterOnline News

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Next Tuesday 16th April - Fiji

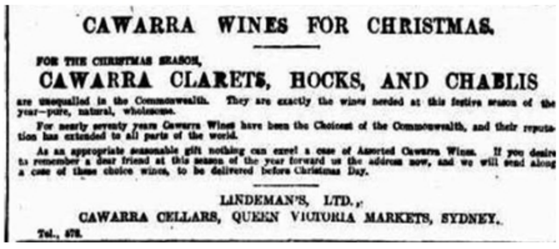
Island Night is back with a bang for the start of the season. The free multicultural experience is back on the Mona Vale Village Green.

Fiji is the destination for the next two weeks, with the Happiness of Active Retirement. http://pittwateronlinenews.com/IslandNight.php

Island Night is a free event that showcases the culture, food, music and dance of a different country each week. Fiji, Brazil, Tonga, Samoa and Papua New Guinea are the countries to be featured in the coming weeks.

Sydney Boulder Bikes 2013 Website and Tickets Online

April 8 - 16, 2012: Issue 53



CAWARRA WINES FOR CHRISTMAS.

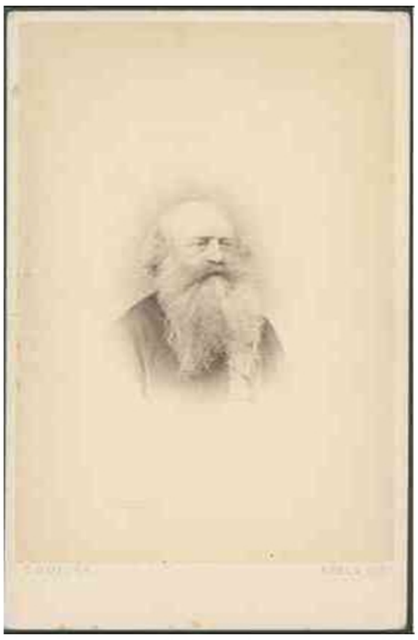
FOR THE CHRISTMAS SEASON,
CAWARRA CLARETS, HOCKS, AND CHABLIS
are unequalled in the Commonwealth. They are exactly the wines needed at this festive season of the year—pure, natural, wholesome.

For nearly seventy years Cawarra Wines have been the Choicest of the Commonwealth, and their reputation has extended to all parts of the world.

As an appropriate seasonable gift nothing can excel a case of Assorted Cawarra Wines. If you desire to remember a dear friend at this season of the year forward us the address now, and we will send along a case of these choice wines, to be delivered before Christmas Day.

LINDEMAN'S, LTD.,
CAWARRA CELLARS, QUEEN VICTORIA MARKETS, SYDNEY.
Tel., 678.

Sydney Morning Herald page from the issue of Saturday 28, December, 1907 advertisement "CAWARRA WINES FOR CHRISTMAS"



Above: Christopher Rawson Penfold (1811-1870), by unknown photographer, c1869, State Library of South Australia, SLSA: B 22969 and

Further (Early Australian Books on Wines you can read Online):

http://www.winelit.slsa.sa.gov.au/oz_water/OW_B634.8K_1867_05.htm

http://www.winelit.slsa.sa.gov.au/topdozen.htm

Medical Pioneers in Australian Wine Making

By George Repin

In 1788, the year in which the penal colony in New South Wales was established, England was not a wine producing country nor were the British people consumers of wine. Beer was widely drunk and much of the populace had a reputation as consumers of gin. On the other hand the wealthy, who were also the governing class, did have a taste for table wines imported largely from France and Spain.

In the new colony early attempts were made to grow grapes. Capt. Phillip had brought vine cuttings, packed in damp soil, and grape seeds from the Cape of Good Hope and Rio de Janiero. The cuttings were planted on the east side of Sydney Cove but, because of the nature of the soil and climatic conditions, they suffered from disease and no wine could be made. Yet in 1822 Gregory Blaxland (better known as one of the three explorers who found a route across the Blue Mountains) made history by shipping to London red wine, fortified with brandy, made from vines he had brought from the Cape of Good Hope. Today, wine is one of Australia's significant export commodities.

Reasons for the development of wine production in the colony included:

. The English wealthy, governing classes in the colony wanted to establish their own source of table wines free of the uncertainties created by European politics.

. The British Government encouraged primary industries in the colonies.

. Authorities in N.S.W. felt that if wine were available it might divert the local community from the "debauchery" associated with drinking rum.

. The belief of some medical men that drinking wine in moderation had health benefits. Some of these doctors became significant figures in the history of wine in Australia.

Today medical authorities tell us that drinking one or two glasses of wine (preferably red wine) daily may confer health benefits – particularly on the cardiovascular system.

Two of the medical pioneers in wine production - whose names continue to be associated with companies still producing and marketing wine were:

Dr Henry John Lindeman

Born in 1811 Dr Lindeman graduated from St Bartholomew's Hospital and arrived in Sydney in September, 1840 setting up as a general practitioner at Gresford on a tributary of the Hunter River. In 1843 he planted a vineyard called **Cawarra**. In 1851 fire destroyed his stock of maturing wines and the winery. After restoring his fortune as a surgeon and miner on the Victorian goldfields, while studying wine making around Rutherglen and Corowa, he returned to **Cawarra**, expanded his plantings and rebuilt his winery to produce a variety of wine types. He was so successful that in 1870 he established the headquarters of Lindemans in **Pitt Street,** Sydney. For a long time ***Cawarra Claret*** was very popular.

Dr Christopher Rawson Penfold

Dr Penfold also trained at St Bartholomew's Hospital. He arrived in South Australia in 1844 settling at Magill where he practised medicine and started planting his vineyard with cuttings he had brought with him. The whitewashed stone cottage in which Dr Penfold and his family settled was called the **Grange** – a name now associated with one of Australia's greatest premium wines which is marketed by Penfolds, Until 1989 it was labeled as ***Penfolds Grange Hermitage*** but is now known just as ***Grange***. It is made predominantly from Shiraz grapes.

Above:Henry Lindeman with courtesy from Lindemans website.

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Souvenir Novelty teaspoons

Teaspoons to celebrate your visiting a place, an establishment or local flora and fauna, are collected here, in Australian versions, and when you visit just about anywhere else. Tiny pictures of famous landmark places, small sculptures of famous bridges, buildings, events and more are attached to the top of the teaspoon handle or even are part of etchings in the bowl of the spoon itself. Some collectors build a display case fileld with small racks to show their spoons.

The history of spoons can be traced in the preserved examples of various forms of spoons used by the ancient Egyptians include those composed of ivory, flint, slate and wood; many of them carved with religious symbols. Ancient Indian texts also refer to the use of spoons. For example, the Rigveda refers to spoons during a passage describing the reflection of light as it "touches the spoon's mouth" (RV 8.43.10). The spoons of the Greeks and Romans were chiefly made of bronze and silver and the handle usually takes the form of a spike or pointed stem. The British Museum has examples from which the forms of the various types can be ascertained, the chief points of difference being found in the junction of the bowl with the handle. The origin of the word spoon has been traced to the Anglo-Saxon '***spon***' meaning 'wooden chip'. The history of spoons development tells that in the beginning of the 1st century there were two types of spoons in Rome: for the liquid food - ***ligula*** and for eating sea products and eggs - ***cochleare***. The spoons differed in shapes: round and oval; and sizes: big and small. It seems that Englishmen inherited the same scheme.

The social status of a person was once determined by their utensils at home or when elsewhere (usually carried with them when travelling). Although the wooden spoon was the everyday cutlery of most, silver and gold spoons were made for and used by those who could afford them, particularly the Royal Families ('Born with a Silver Spoon in the mouth'). The 14th century brought advances in the use of brass and iron and made finer spoons more available to a wider population.

The collection here contains European but mostly Australian places visited. Our first teaspoons marked commemorative occasions and began appearing in 1901, Year of Federation. It was made in Birmingham, England and has motifs of sheep a ship, wheat and pick axe! Prices range from under $10 to upwards of $2500 for more unusual or rare spoons.

Further:

Old Australian spoons: http://spoonplanet.com/australia.html

Souvenir teaspoon commemorating Courtesy Powerhouse Museum, Australia. Read more: http://www.powerhousemuseum.com/collection/database/?irn=173871#ixzz1r1txS2Rq

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

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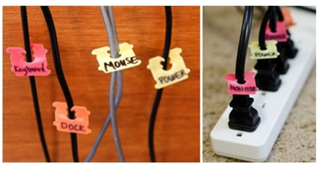
Clever Ideas to Make Life Easier C/- Irene and John Anderson

Why didn't I think of that?! We guarantee you'll be uttering those words more than once at these ingenious little tips, tricks and ideas that solve everyday problems.

Make an instant cupcake carrier by cutting crosses into a box lid.

Forever losing your bathroom essentials? Use magnetic strips to store bobby pins, tweezers and clippers, behind a vanity door

Store shoes inside shower caps to stop dirty soles rubbing on your clothes. And you can find them in just about every hotel.



Bread tags make the perfect cord labels.

Microwave your own popcorn in a plain brown paper bag. Much healthier and cheaper than the packet stuff.

Install a tension rod to hang your spray bottles.

Freeze Aloe Vera in ice-cube trays for soothing sunburn relief.

Create a window-box veggie patch using guttering.

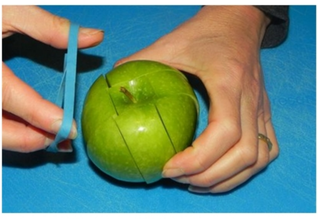
Our own local DIY Specialists and contributors to Community are JBH and Mitre 10 at Mona Vale and Avalon. Click on logo to visit their website

JOHNSON BROS MITRE 10
ABN: 12 000 660 066

Hull strawberries easily using a straw.

Rubbing a walnut over scratches in your furniture will disguise dings and scrapes.

Remove crayon masterpieces from your TV or computer screen with WD40.



Stop cut apples browning in your child's lunch box by securing with a rubber band.

Re-use a wet-wipes container to store plastic bags.

Attach a Velcro strip to the wall to store soft toys.

Use wire to make a space to store gift wrap rolls against the ceiling, rather than cluttering up the floor.

Find tiny lost items like earrings by putting a stocking over the vacuum hose.