July 8 - 14, 2012: Issue 66

Winter Weed Pull

Blue spur flower *Plectranthus ecklonii* and a Crab Spider *Sidymella rubrosignata*

Easter cassia (Senna pendula var. glabrata), originally from South America, is regarded as a significant environmental weed in New South Wales; pods are maturing now and flowers finishing.

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Winter Weed Pull

"*Kind hearts are the gardens, Kind thoughts are the roots, Kind words are the flowers, Kind deeds are the fruits, Take care of your garden And keep out the weeds, Fill it with sunshine Kind words and kind deeds*"

Henry Wadsworth Longfellow

Recent wet weather and cold winds have combined to make conditions that suit weed pulling. Damp ground makes extracting invasive species easier and the cold winds will soothe a hot brow while working in winter sunshine.

Above is the Blue spur flower *Plectranthus ecklonii* and a Crab Spider *Sidymella rubrosignata*. This type of spider is an ambush predator, lurking around flowers for visiting flies etc. Its front legs are much longer than the rest, used for grabbing its prey, an insect visiting the flower. It doesn't spin a web, but uses a silk thread to secure its position on the petal. This spider is one of the gardener's many tiny allies and a good reason not to use insecticides in the garden.

The blue spur flower (Plectranthus ecklonii), originally a south African plant, is regarded a minor environmental weed in Victoria and as a potential environmental weed or 'sleeper weed' in other parts of southern Australia. Regarded as 'Naturalised' (establishing or persisting in a new environment or location after being introduced from another region) in some parts of south-eastern Australia (i.e. in southern Victoria and the coastal districts of central New South Wales), this beautiful weed flowers in late Autumn and winter in Australia but drops a lot of seed and also propagates from stems left on damp ground. See the www.plantzafrica.com/plantnop/plectranecklon.htm website of Kirstenbosch Botanical Gardens in Capetown South Africa.

Weed Pulling basics:

Identify the weeds you want to remove, so you do not accidentally pull beneficial or desirable plants while you work. Look at the hazards of weed pulling you should consider. Here are some dangers involved in this apparently safe activity.; Beware of toxic plants and plants you may be allergic to. Be aware of insects that may inhabit your garden or lawn. Spiders, bees, wasps, ants, and other potentially dangerous insects may be encountered while enjoying this activity. Watch for snakes. Understand your own limitations. Weed-pulling can be back-breaking work, so be careful not to overdo it. Wear sunscreen and keep hydrated while you work if you are working in bright sunshine.

Choose the right time for the task. Pulling weeds is much easier when the ground is wet, so working soon after a rain will make the job easier. Use gardening gloves. Grab the weed at the base of the main stem as far down as possible. Grip the bottom of the weed tightly and pull it sharply out of the ground. Collect the weeds and dispose of them so their seeds are not reintroduced into your lawn or garden.

Our thanks to Marita Macrae of the Pittwater Natural Heritage Foundation for identifying this plant.

Weed Seminar - Sat July 21st 2012

The Pittwater Natural Heritage Association (PNHA) in association with Pittwater Council are holding a two-hour seminar designed to introduce residents to some of our local weeds and garden escapees. What are "noxious" weeds and what are WONs (Weeds of National Significance)? How do we remove them? What local native plants can we replace them with? Could we mistake a native plant for a weed? How do I get involved with a local bushcare group? Bring along all your questions for our local experts.

Saturday July 21st 2012 , 1pm – 3pm, Coastal Environment Centre, Lake Park Road, Narrabeen NSW 2101. Cost: **Free** Bookings Online at: www.pittwater.nsw.gov.au/cecbookings

Pittwater Council Websites Weed Identification PAGE

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Past Features **Archives**

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July 8 - 14, 2012: Issue 66

Articles This Week:

Winter Weed Pull

The Kumano Kodo by Paul Wheeler

Old Car by Gary Roach and Michael Mannington

Pictures: Palm Beach Bible Garden Upgrades by Geoff Clarke

All Previous Articles

Profile: July 2012; Pittwater gents with a confirmed love and aura of Saltwater: Bob Hamilton's love affair with Pittwater

Previous Profiles:

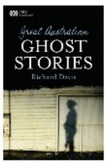
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater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

History: Bushrangers, Miscreants, Smugglers and other illegal activities in Pittwater by Shelagh Champion OAM and George Champion OAM all of July 2012; Issue 66, *Smugglers at Pittwater* by Shelagh Champion OAM

Previous History Pages:

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

Park Bench Philosopher: THe Sandpiper C/- W.A.G.



Books: Great Australian Ghost Stories, Funniest Storybook Ever, Nutritional Ecology: Patterns and Processes, Australia's Fossil Heritage, Australia's Amazing Kangaroos

Old Books: The Bushranger of Van Diemen's Land (1846) by Charles Rowcroft Publisher: Smith **In bad company, and other stories (1903)** by Boldrewood, Rolf, pen name of Thomas Browne, Publisher: London, MacMillan

Events: BURNT Exhibition, New AvPals Courses, Plant a Tree, Take A Geology Walk, Learn How to Weed Botham Beach, Dive into the Deep Ocean, see Spiderman at IMAX for 2 weeks, join in Zonta Annual Trivia, Drink In Lime Cordiale's New EP, Free Softball Clinic for your children, Jane Rutter and NBO Rotary Spring Concert, Degustation at The Terrace, FoNLC Paddles and Walks, Dance in Chicken Town, Bob Dylan Celebration at Opera House, Guringai Fest. 2012, Poetry, Books & Playreading @ MV Library, Council Events and more.

News From our Inbox Uncivilised by Charles Chauvel; Outback Smugglers, Belching Black Hole from CSIRO, Correct Time to Drink Water from Irene Anderson, Robbery Under Arms, Voiceless 2012 Grants Program now open! How to keep your Facebook photos PRIVATE

Community News: Palm Beach Sailing Club World Championship in France results, Avalon SLSC Instructor wins Harry Ragan Award, CCNB lady wins award, Pittwater Artists and Craftsmen, Diabetes Week 2012, Bushcare Notices for July, Avalon Active Seniors Art Exhibition and Avalon Craft Cottage comes home, Artfest 2012, MVPS Centenary, Don't be a Google Doctor, Our Council's Notices, Fed. Govt. Media and more

Environment; White Heron tribe invades South Av. Sea Breath, CSIRO mags. for July, Geology Walk with Dr Peter Mitchell, Botham Beach Project, New Birdlife Australia Magazine, Environment Education for Children, Sydney Wilfdlife needs Volunteers, Deep Oceans opens at Australian Museum, **Cooee July Issue**, local Environment groups and orgs.

Lynda Hill: Update 29.6.12: A Fire Worshipper Meditates On The Ultimate Realities Of Existence: July's Cancer Full Moon

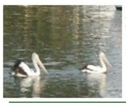
Pictures: Palm Beach Bible Garden Upgrades by Geoff Clarke

Youth: 24/7 Youth Film Festival, World's largest model train set, Free Online Guitar Lessons, Superman Cartoon, Enter the BackMeUp anti-cyberbullying Comp and win a week in Film Production Course at NIDA, Free Wombat Story and Colouring In, CEC's School Holiday Fun, Library Story-times for Littlies, ArtFest2012, Song Contest, **January 2013 Australian Youth Olympics Festival** + more

Seniors; Home and Community Care changes, New Australian Aged Care Quality Agency, Texters- not very social from Irene Anderson, New AvPals Courses, U3A Lectures, Lumosity, Tai Chi; low impact exercises that are perfect for Seniors, links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: July 2012: Stephen Marr, Pittwater gent and some samples of his exquisite artworks



Reflections by George Repin. **This week; GULGONG**

DIY Hints: Ventilation and Edmonds Ecofan by Bruce Crutcher; JBH and Mitre 10 show you how to protect your home and health after all those recent downpours

Collector's Corner: Bud Vases; singly or arranged as living sculpture, these will brighten any gloomy Winter's day

Food: Australian Pecans have appeared in fruit stores this week; highest antioxidant nut and good for women avoiding gallstones; some facts, nutritional info and a few pecan pie variations.

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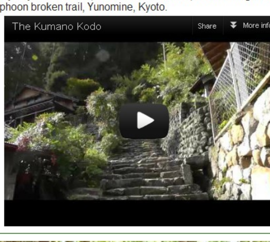
July 8 - 14, 2012: Issue 66

The Kumano Kodo

Takijiri oji to Takahara, Takahara to Nonaka, bus to Hongu Taisha, Typhoon broken trail, Yunomine, Kyoto.



On the Kumano Kodo

On the beaten track

Huge Torii at Kumano Hongu Taisha; the largest Torii shrine gate in the world.

Our old friend the purifying dragon

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Hongu Taisha building. Below: Door

High street Yunomine (younormineh)

Big little bell

A Hongu princess who very nearly got her peace sign right

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The Kumano Kodo
by Paul Wheeler

The Kumano Kodo, 'ancient road of Kumano', is a series of ancient pilgrimage routes that crisscross the Kii Hantō, the largest Peninsula of Japan and is the pilgrimage road that led to Kumano Sanzan (the three grand shrines of Kumano: Hongu-taisha, Hayatama-taisha, Nachi-taisha). Kumano is located south of Yoshino, honoured as a sacred place where the gods have lived since ancient times. The religion spread from the Imperial House to ordinary people, many pilgrims visiting Kumano. The spread of the religion is attributed to the gods of Kumano being generous and accepting anybody, without regards to status or gender. (1).

We caught the Super Koroshio #12 from Kii Katsuura to Kii Tanabe and we were met at the station by Ms.Noriko Furukubo and Ms.Yui Miyazaki from the Tanabe City Kumano Tourism Bureau. They gave us fruit and sandwiches and a run down on the state of the Trail to Kumano Hongu Taisha. Actually I think they were also having a look at two old goats to see if they thought we'd make it. Most of the repairs from the typhoon had been completed but we weren't going to be able to do the last days walk as we had intended.

Actually this wasn't a tragedy as we would have had two days walking on the mountain trails and we would able to spend a more leisurely time at the temple in Hongu Taisha. In my capacity as a degenerate bass guitarist with the odd band or two I was used to being met at the airport and bunged in the Tarago to go where ever, but in my capacity as a tourist this had not happened before and we were very grateful for the assistance and the orientation talk before we left on the correct bus, as indicated by the very helpful young ladies.

Up out of Takahara

We got off the bus at Takijiri Oji, the start of the trail for us, and there was the little truck from the Takahara Kiri-No Sato waiting for our luggage outside the Kumano Kodo Kan Pilgrimage centre. As we gained altitude on the trail, which happened quickly, the road noise faded and we entered the quiet of the cedar forest. It was hard but the track was good and well marked and all in all walking the Kumano Kodo was something I won't forget.

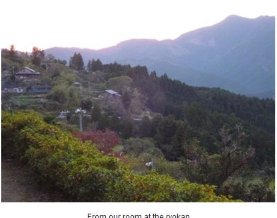
Having a little rest on the way to Nonaka

I'm neither Shinto nor Buddhist and so the significance of some of the things we saw passed me by but just being on the trail was a very peaceful if somewhat strenuous experience. The path is dotted with small shrines and at some of them you can leave a small donation and put a stamp on a piece of paper, I'm not sure why I was doing it but it seemed like a good idea.

On we went and eventually came to a road which led to the Ryokan Kiri No Sato at Takahara. Well actually I went the wrong way; put it down to travelling all day, a hard climb, an inability to look at the right bit of the map, and an extraordinary manner of not seeing a bloody great sign on the other side of the road pointing to the track in ENGLISH. The day was saved by a nice lady with a mobile phone who didn't abandon us and the staff sending out a truck to pick the clot up.

Ryokan Kiri No Sato

The Ryokan was wonderful... modern architecture, an deliciously edgy take on Ryokan food, lovely rooms and baths, cool jazz playing softly, a view to die for from every room, very, very nice people and cold beer. I would have liked to have gone back after our next days walking actually, it was so good.


From our room at the ryokan

When you do your research on the sacred trail you can find maps with the elevations clearly marked on them. As a rule of thumb the first climb of the day, you always start with a climb, is like the smugglers track up to Barrenjoey lighthouse except it goes on for a lot longer. Once you've achieved the ridge though it all gets a lot easier and generally you end up with a gentle descent to your destination.

Very quiet in the Cedars

Because we did the Track in late autumn we didn't see anyone all day on the way from Takahara to Nonaka, where we stayed the second night, until we passed through Chikatsuyu where there were lots of people walking around the historic sites of that town. We did see some interesting small oji though and some small shrines like that of the abdicated emperor Kazan who was one of the first to make the pilgrimage. Apparently he made it seated on a cow and a horse.

Gubya Doji, The Abdicated Emporer Kazan riding his horse and cow on an early pilgrimage

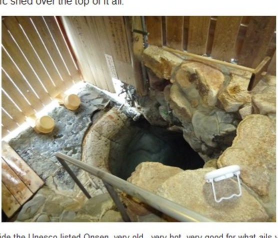
Kerry took quite a few photographs of his statue and was quite frustrated because every one looked as though the statue was made of Jade when in real life it was just a light coloured stone. I think he was having a giggle myself.

There was also a sign board dedicated to a Yamabushi mountain ascetic who told the people of Chikatsuyu that if they came to look at the next full moon on November the 23rd at Mt Takao with him they would see three moons. It actually was Nov 23rd when we walked past the sign, 2011 though, and I'm sorry to say that I was too buggered to notice whether there was a full moon that night as I was almost certainly snoring at the time.

The next morning, because the trail was broken, we caught a bus from Nonaka to Hongu Taisha. The girls in Tanabe suggested we view the shrine and then go further by bus in the opposite direction to the way we would have walked until we reached the break in the trail and then turn around and walk back. We didn't, the shrine was beautiful and worth much more time than a cursory look, the town was very nice and we decided instead to walk to Yunomine where we had accommodation for the night.

The symbol of Hongu Taisha; Yata-garasu Crow or three foot crow

From Hongu to Yunomine is not far as the crow flies but the Path was the steepest and the longest climb we did. It was also lovely. There is a UNESCO listed onsen at yunomine which we wanted to bathe in and as we walked into town we could see it was being used but by the time we had checked in and had a little wander it was available for hire. Very hot indeed ... but you just keep cold water going in and you don't get cooked. The hot water comes up through the rocks at the base of a little well by the river with a very rustic shed over the top of it all.

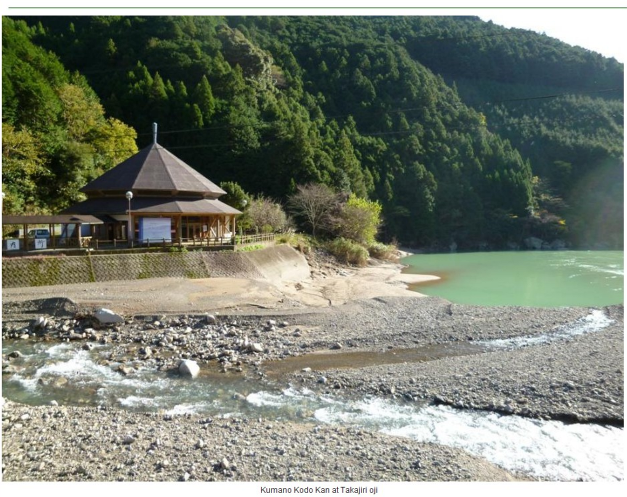

Inside the Unesco listed Onsen, very old , very hot, very good for what ails you

Yunomine is really just a one street town but very pretty with constant clouds of steam from the geysers all around and we had a very restful night at the Ryokan Adumaya with more baths and a very nice meal a lot of which was cooked in the local volcanic water.

The next morning it was onto the free community bus back to Hongu where we caught the public bus back to Tanabe to get on the train for our last stop in Japan, Kyoto.

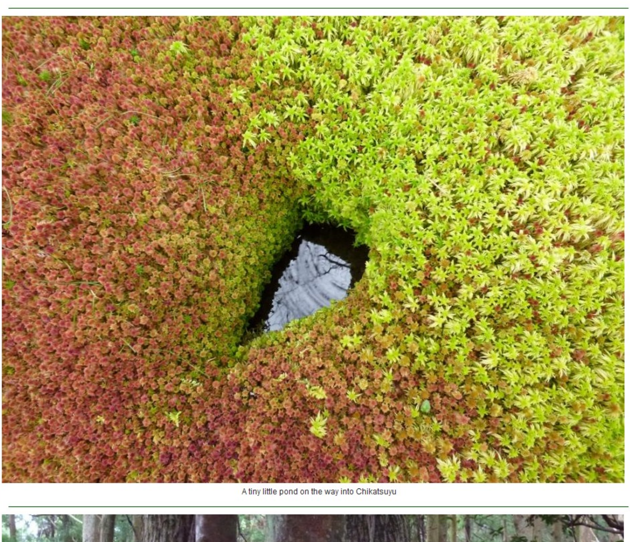
1. Kumano Kodo Routes from here . Paul Wheeler Profile

The Kumano Kodo


Kumano Kodo Kan at Takajiri oji

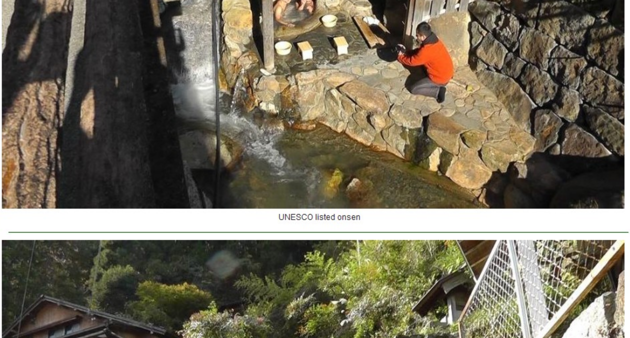
The view from Kiri no Sato

Stairway to heaven

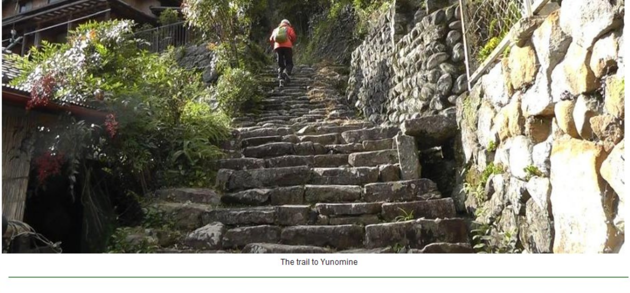

A tiny little pond on the way into Chikatsuyu

Emporer Kazan riding his horse and cow on an early pilgrimage

This photo was taken on the 23rd of November funnily enough

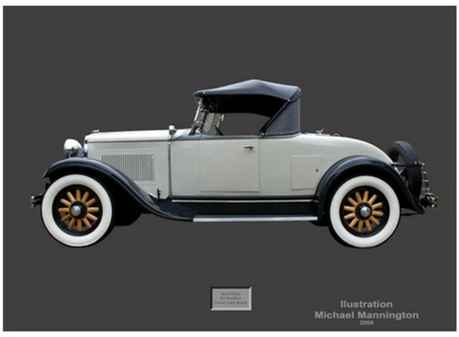


UNESCO listed onsen


The trail to Yunomine

July 8 - 14, 2012: Issue 66

Gary Roach



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Old Car

To Gary Roach, a Dodge lover, the advertisement was compelling. Dodge Roadster 1929 40% restored, mint condition, 36,000 original miles full history with owner's manual. Sounds almost too good but a phone call set the project in motion and a journey of several hundred kilometers to the cotton centre of Narrabri. Experienced car restorers should not be surprised when viewing a restoration for the first time but in Gary's words it was a basket case. Resting on wooden blocks and covered in rust. Gary was rightfully disappointed. However his expert eye recognised as a DA Roadster. Further inspection was delayed while a swarm of wasps was removed from their home inside the Dodge.

The owner had every good intention to restore the vehicle. Such projects are not for the feint hearted and many fail to be completed. However he had carefully labelled the parts and the body was not as bad as first sighted. The only parts missing were the crank hole cover and a few tools. Checking the engine, body and electrical system serial numbers from those on the delivery records to those with the car confirmed the old Dodge was indeed very original. Thankfully all parts, down to the last nut and bolt that had been removed were labelled and stored

From the delivery records and contact with the 2nd owners daughter Gary was able to trace the history of the car. On the 12th of April 1930 the roadster was originally purchased by Dr H J Taylor from Nowra. The car was purchased through Hardin and Johnson Country Sales. One of the conditions of sale was that the car arrived no later than the 30th of April 1930 and the car was to be delivered to the Coolangatta Public School near Shoalhaven Heads. The car was ordered as a Dodge Brothers Special Roadster, colour Thorn Grey with a salt and pepper hood; extras included dash clock, holland side blinds, bumpers and bumperettes.

The Dodge was then sold to Erwin Johnson in 1932. He and his brother operated a dairy property at Gerringong on the south coast of New South Wales. On a weekend away we stopped in at the Berry Historical Society Museum where we inquired regards any clues or leads about the old Dodge's history. When we arrived home the following day, one half an hour later we received a phone call from the Berry Historical Society with a number to ring as to information regarding the car. One quick phone call to Gerringong and the second owner's daughter has provided us with much of the history of the car and some pictures while it was owned by her father.

The Dodge roadster was one of the first cars in the district when here father bought it second hand from the family of the late Dr. Taylor in 1932. Her father built a special garage to park the Dodge, which still stands today. The Dodge was replaced as the regular means of transport in the late 1930's by a Hudson sedan at her mother's request. "Mum didn't like the car because it used to blow her hair around" so the car was only used from time to time to drive into Berry while the Hudson was used as regular transport.

The car was then sold to the third owner who carted milk for the dairy in the early 60's. He and his son drove the car to various early vintage car meets. They kept the car on the original registration up until the early 70's. When the registration finally expired the roadster was taken off the road to be restored. During this time the car was stripped and finally ended up in a shed in Narrabri..

Restoration Time

Restoration of the roadster was started in mid 1999. The chassis was pressure washed, new fuel lines were run, brakes re-sleeved, fuel tank cleaned and shock absorbers serviced. The body and panels were then taken to Impact Glass Bead Blasting at Blacktown to be stripped prior to panel beating and paint. We manufactured a simple trolley type jig to move the body around on during the various stages from start to finish, prior to fixing back onto the chassis. The rust in the rear section was replaced with new metal as was the drain tray and timber section attached to it. Hours were spent panel beating the body and guards back into shape this work was carried out in the garage. Next, new running boards were remanufactured and a die made to remake the lower radiator surround section. The body was then assembled, the required adjustments made, then disassembled ready for paint. When we say the required adjustments made you can have no idea how many required adjustments were required.

Into the Home Straight

Meanwhile the original motor was checked for compression and reused without overhauling, as was the clutch and gearbox. But overheating problems were eventually traced to a warped block so the motor was stripped and decked, then fitted with 6 new exhaust valves, timing chain, pistons and rings. The main bearings and rods were checked and reused. While the motor was out the gearbox and clutch were overhauled. An interesting point to note was the inside castings of the engine and gearbox were painted green, maybe to stop rust prior to assembly? The gearbox case was taken to a local paint manufacturer who colour matched the paint in machinery enamel. The rear axle is yet to be overhauled. Problems with the water pump led to replacement of the old packing gland and bush arrangement with roller bearings and seals.

New tyres were purchased and fitted. The body was then fitted back onto the chassis. Many tedious hours were spent reassembling the body and numerous fittings. The next task was the trim. This work was undertaken by Bruce Gibbs at Wyong. The original hood frame had two of the three bows replaced; the seat frames were repaired and reused. Finally the car was nearing completion. A new wiring loom was made and installed, instruments and lights refitted.

The last task was to bleed and adjust the brakes, a few test runs up and down the driveway and finally the roadster was reborn.

Time to Enjoy

The roadster has been on full registration for just over 3 years to date. A few problems have presented themselves along the way but these have been overcome. We now look forward to some active vintage involvement in our "old car."

Driving the car down to Gerringong to visit the second owner's daughter and her family to show them the car has probably been the highlight of the restoration.

Words by Gary Roach and Michael Mannington. Photo illustration by Michael Mannington.

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July 8 - 14, 2012: Issue 66

Landscape Upgrades - The Bible Garden, Palm Beach

The Bible Garden at 6 Mitchell Road, Palm Beach has now reopened with landscape upgrades mostly complete with a bit of planting to be finalised. The works are being funded by the Friends of the Bible Garden Committee. The Friends are the trustees of the land with Pittwater Council being the landowner.

The proposal has been careful to adhere to the Bible Garden Plan of Management, 2006 and sympathetic with the heritage values of the site. The key elements of the proposal include:-

a widened road verge to provide parking for three vehicles and associated retaining wall; improved entry with the new stairs and sandstone flagged path; overall garden refurbishment, including terracing, balustrading, seating, pond, grading and plating; timber clad garden storage shed, and retention of the Oak Tree (Quercus ilex). From; HERE

These great pictures taken by our contributor Geoff Clarke on Tuesday 3rd of July, this week, show these completed works.

Further:

Palm Beach Bible Garden Flowering

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Pittwater Online News

July 8 - 14, 2012; Issue 40

Articles This Week

Winter Weed Fair

The Kamala Kids by Paul Freeman

Oil Free Life by Gary Beach and Michael Morrington

Pictures: Palm Beach Film Festival Upgrades to Cool! Cache

Profile of the Week: July 2012 Pittwater gents with a love of Harley Davidson, Ford Mustangs and Corvettes

Arts: **Backstage, Snoopies and Other Stuff Available at Pittwater by Straight Creations Outlet and George Champion Jr. Exhibit at Pittwater Gallery** by Director of Pittwater by Design Gary Beach

Artist of the Month for July 2012: Stephen Mair, Optimist

Pittwater Corner: Bad Hair Days, Lessons learned from a sculptor, Recut and lengthen you gloves, Mother's day

Clubbers Week 2012 - Issue 40

At least 30,000 people will visit the Pittwater Clubbers Week this year. Clubbers Week is a week long celebration of the 50 plus national Clubbers Week Pittwater Clubs and Associations in the Australian Pittwater Community. Clubbers Week is a week long celebration of the 50 plus national Clubbers Week Pittwater Clubs and Associations in the Australian Pittwater Community.

July 8 - 14, 2012: Issue 66

The Sandpiper

C/- W.A.G.

She was six years old when I first met her on the beach near where I live. I drive to this beach, a distance of three or four miles, whenever the world begins to close in on me. She was building a sand castle or something and looked up, her eyes as blue as the sea.
"Hello," she said.
I answered with a nod, not really in the mood to bother with a small child.
"I'm building," she said.
"I see that. What is it?" I asked, not really caring.
"Oh, I don't know, I just like the feel of sand."
That sounds good, I thought, and slipped off my shoes.
A sandpiper glided by.
"That's a joy." the child said.
"It's a what?"
"It's a joy. My mama says sandpipers come to bring us joy."
The bird went gliding down the beach. Good-bye joy, I muttered to myself, hello pain, and turned to walk on. I was depressed, my life seemed completely out of balance.
"What's your name?" She wouldn't give up.
"Robert," I answered. "I'm Robert Peterson."
"Mine's Wendy... I'm six."
"Hi, Wendy."
She giggled. "You're funny," she said.
In spite of my gloom, I laughed too and walked on.
Her musical giggle followed me.
"Come again, Mr. P," she called. "We'll have another happy day."

The next few days consisted of a group of unruly Boy Scouts, PTA meetings, and an ailing mother. The sun was shining one morning as I took my hands out of the dishwater.

I need a sandpiper, I said to myself, gathering up my coat. The ever-changing balm of the seashore awaited me. The breeze was chilly, but I strode along, trying to recapture the serenity I needed.
"Hello, Mr. P," she said. "Do you want to play?"
"What did you have in mind?" I asked, with a twinge of annoyance.
"I don't know. You say."
"How about charades?" I asked sarcastically.
The tinkling laughter burst forth again. "I don't know what that is."
"Then let's just walk."
Looking at her, I noticed the delicate fairness of her face. "Where do you live?" I asked.
"Over there." She pointed toward a row of summer cottages.
Strange, I thought, in winter.
"Where do you go to school?"
"I don't go to school. Mommy says we're on vacation."

She chattered little girl talk as we strolled up the beach, but my mind was on other things. When I left for home, Wendy said it had been a happy day. Feeling surprisingly better, I smiled at her and agreed.

Three weeks later, I rushed to my beach in a state of near panic. I was in no mood to even greet Wendy. I thought I saw her mother on the porch and felt like demanding she keep her child at home.
"Look, if you don't mind," I said crossly when Wendy caught up with me, "I'd rather be alone today." She seemed unusually pale and out of breath.

"Why?" she asked.
I turned to her and shouted, "Because my mother died!" and thought, My God, why was I saying this to a little child?
"Oh," she said quietly, "then this is a bad day."
"Yes," I said, "and yesterday and the day before and -- oh, go away!"
"Did it hurt?" she inquired.
"Did what hurt?" I was exasperated with her, with myself.
"When she died?"
"Of course, it hurt!" I snapped, misunderstanding, wrapped up in myself. I strode off.

A month or so after that, when I next went to the beach, she wasn't there. Feeling guilty, ashamed, and admitting to myself I missed her, I went up to the cottage after my walk and knocked at the door. A drawn looking young woman with honey-coloured hair opened the door.
"Hello," I said, "I'm Robert Peterson. I missed your little girl today and wondered where she was."
"Oh, yes, Mr. Peterson, please come in. Wendy spoke of you so much. I'm afraid I allowed her to bother you. If she was a nuisance, please, accept my apologies."
"Not at all! she's a delightful child." I said, suddenly realizing that I meant what I had just said.
"Wendy died last week, Mr. Peterson. She had leukaemia Maybe she didn't tell you."
Struck dumb, I groped for a chair. I had to catch my breath.
"She loved this beach, so when she asked to come, we couldn't say no. She seemed so much better here and had a lot of what she called happy days. But the last few weeks, she declined rapidly..."
Her voice faltered, "She left something for you, if only I can find it. Could you wait a moment while I look?"

I nodded stupidly, my mind racing for something to say to this lovely young woman. She handed me a smeared envelope with "MR. P" printed in bold childish letters. Inside was a drawing in bright crayon hues -- a yellow beach, a blue sea, and a brown bird. Underneath was carefully printed:
A SANDPIPER TO BRING YOU JOY.

Tears welled up in my eyes, and a heart that had almost forgotten to love opened wide. I took Wendy's mother in my arms. "I'm so sorry, I'm so sorry, I'm so sorry," I uttered over and over, and we wept together.

The precious little picture is framed now and hangs in my study. Six words -- one for each year of her life -- that speak to me of harmony, courage, and undemanding love. A gift from a child with sea blue eyes and hair the colour of sand -- who taught me the gift of love.

NOTE: This is a true story sent out by Robert Peterson. It happened over 20 years ago and the incident changed his life forever. It serves as a reminder to all of us that we need to take time to enjoy living and life and each other. The price of hating other human beings is loving oneself less.

Life is so complicated, the hustle and bustle of everyday traumas can make us lose focus about what is truly important or what is only a momentary setback or crisis.
This week, be sure to give your loved ones an extra hug, and by all means, take a moment...even if it is only ten seconds...to stop and smell the roses.

This comes from someone's heart and is read by many and now I share it with you..
May God Bless everyone who receives this! There are NO coincidences!
Everything that happens to us happens for a reason. Never brush aside anyone as insignificant. Who knows what they can teach us?
I wish for you, a sandpiper.

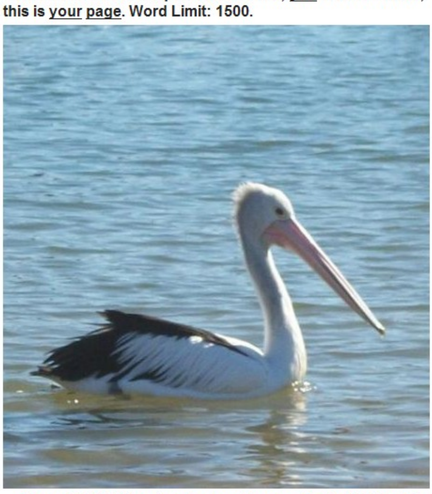
Park Bench Philosophers

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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July 8 - 14, 2012: Issue 66

Bob in 1965; a farmer with his dogs

Above: Palm Beach camping reserve [Sydney, nla.pic-an23125315 by Frank Hurley, 1885-1962. Courtesy National Library of Australia.

SJO-RO 1973-1982

Noelani 1971

Training for the Sailability Masters Games in the Access 303: Sydney 2009 World Masters Games, ran from October 10 to 18.

Sailing the 420 with Alyse Saxby

Bob the Cornet player 1990

Robert Hamilton

Bob Hamilton is a gent you immediately feel at home around. This is not just a sense of shared history or feeling and smelling breezes your parents or grandparents moved amongst, it's an innate textual weave that encompasses what is unchanging in the Australian spirit and our ability, in sunshine or storm, to embrace life, to live everyday to the full. In such a man what echoes back also echoes forwards and is spoken best in his own saltwater, sea-breeze, green earth and jazzy voice...

Bob Hamilton's love affair with Pittwater

My love of Pittwater started with summers spent with the Ingram family at Palm Beach during the early fifties. Koalas sat in the trees in clear view and we were often woken by their mating burp sound. Alas they are now gone. We surfed and sailed every summer there until 1957 when I started University and worked every holidays to pay my way. Palm Beach was an idyllic place in the Fifties, and little has changed up to now. The caravan park next to the golf course has gone, but day trippers still come on the bus to Palmie. It remains a superb beach as it caters to all levels of ability. As kids we surfed kiddie's corner at the south end. We felt very brave venturing to North Palm Beach as we got older. I remember being terrified of the enormous surfboards being ridden by impressive men. These boards used to spear up into the sky when dumped and return to demolish whoever was below. They would arrive on the beach unmanned awaiting the rider who had to body surf in to retrieve it.

My early sailing was in a VJ out of Avalon Sailing Club. We spent nearly as much time righting the boat as sailing it. The VJ (Vaucluse Junior) was one of the few boats that could plane to windward then. We hiked on wooden planks that slid under cables on the deck to the needed side. The cables were covered by hose to protect the wood, but a fair few wood splinters went into us as we slid up and down. I remember being fully hiked and seeing only the centreboard and rudder being in the water. We were truly flying.

After graduating in 1965 I worked as a scientific advisor to clients in the Turkey and Duck industry. At the same time I was running my own farm out of Quirindi. There was no time for the beach. My two clients were taken over by Tegels in 1971, and 18% interest had knocked the gloss off farming. I retrained as a Science teacher in 1972 and miraculously was appointed to Pittwater High School.

The sport that needed a teacher was sailing, so I became part of the team that was headed by two complete water rats, Wal Wardle and Allan Jones. The school was famous for having its own racing yacht, the Yachting World Diamond "*Kalori*". This yacht was built in the school canteen by Wal and helpers and was available to the best sailors to race out of RPAYC. Quite a number of these sailors have gone on to be great sailors. The boat was campaigned in every available regatta including holidays. We also ran a school pointscore series on Wednesday afternoons as well as beginners sailing out of BYRA. We fielded strong teams for Combined High School events and teams racing. Allan Jones and his wife Janice towed *Kalori* for State and National championships and the sailing kids camped in the caravan annex. This was in school holidays and long weekends. During this time I restored the Fife 6 metre yacht "*Sjo Ro*" helped by the legendary boat builder Jeff Clist and regularly raced with Hal Harpur's band of wooden boaties.

There were many memorable events in sailing over this period. We used to sail *Kalori* to both Sydney and Lake Macquarie for regattas. The boat was filled fore and aft with buoyancy foam so was practically unsinkable. Diamonds are incredibly fast in the right conditions. I remember one delivery trip to Sydney in a strong Nor Easter when we went head to head in under 1 hour (ie better than 16 knots). We did a trip to Lake Macquarie one night leaving one hour after the Prince Alfred fleet start. The idea was to follow the fleet up to the Lake. There was a 25 knot south easterly blowing, so the diamond planed like crazy up round Cape Three Points and headed for the Lake. The breeze swung to the South and freshened, so we dropped the main. The wind increased up to 40 knots plus so the diamond flew. Two hours after we left we caught the fleet. The jib furler won't work in that weight of breeze so we went past them doing 20knots or more. So our plan to follow the fleet was dashed. We took bearings off Norah Head and Nobbies at 10 minute intervals using a Gregory's road map as a chart. We turned left and charged into the lake entrance scared to death but safe. Our time from Barrenjoey to the entrance was under 4 hours.

In 1983 I was transferred to Melville High school which was brand new School as its first Agriculture teacher. I (very foolishly) sold my home at Avalon and bought a farm on The Macleay River near Kempsey. I resigned from teaching to establish the farm and spent time with my two very young girls. When the financial stupidity of this act sunk in, I retrained as an Industrial Arts teacher. My first appointment was at Balgowlah Boys High before returning to the bush at Leeton High School for two years.

Another miracle then occurred. Allan Jones had become Head Teacher Industrial Arts at Hunters Hill High and needed an Industrial Arts teacher. So it was back into sailing again for 10 years at that school. I was able to buy a house at Church Point. The classic yacht *Mistral IV* was purchased, and many a race was sailed with Woody Point Yacht Club and the Wooden Boat Association. I joined the crew of Cantina raced by Nick Crombie and more recently co-owner Roger Pratt. This has always been the boat to beat in Division 3 at RPAYC.

Mistral IV 1992-2004

Cantina is a Young 8.8 metre yacht and although too heavy to plane, it is a different matter offshore when reaching or running. I can remember surfing waves at 14 knots on several occasions. The crew has been together a long time and it was with great pleasure and surprise to get the Gun boat for our division for the most line honours wins. The owners have kept the gear in top shape, and we crew get the pleasure of sailing a first class boat to its best.

Allan Jones retired from teaching and put in a huge effort to build up Pittwater Sailability with wife Janice supporting the effort. I was soon sucked in to this effort. It has grown into one of the foremost Sailability clubs in the country giving sailing experience to hundreds of disabled people over the years. The club now has an excellent shed in the council compound at Winnermerrery Bay and a splendid team of dedicated volunteers led by Malcolm Murray. We provide recreational sailing for the disabled in Access 303 dinghies every second Wednesday and Saturday during the sailing season.

The club also supports racing for disabled sailors and has been instrumental in helping a number of such sailors to become world champions. Allan Jones is heading this effort with a lot of support from RPAYC. Lindsay Dalmon and Maria Dalmon have represented Australia in the servo division of the Liberty class and won. Greg Hyde is the current world champion in Liberties. I was lucky enough to be sailing partner for Alyse Saxby when we won gold at the special Olympics in Greece 2011 sailing a 420.

We ran a 2.4 metre regatta on Pittwater in the June long weekend to support Greg Hyde in his bid to represent Australia at the Paralympics in that class in 2006. Greg was a clear winner of that regatta. Allan and volunteers provide training opportunities for competitive sailing on Tuesdays.

My favourite place in Pittwater is Mona Vale beach. There is a reliable break on "suck rock" just south of the pool where me and my body board have a ball. I loved taking my kids to the Basin in Kuringai National Park. They could swim safely in the netted inlet, and we could walk the bush tracks at will. The birdlife is wonderful at our home. With our weedy rampant garden we have retained blue wrens and Whip birds. We are visited regularly by Rainbow and Scaly Breasted lorikeets, Rosellas, King Parrots, Aussie noisy minors, Corellas and Sulphur Crested cockatoos. Up the back is bush with Swamp wallabies, brush turkeys and Lyre birds. Possums (ring tailed and brush tailed) as well as bandicoots are regular visitors.

One of my lifelong passions has been the performing arts, particularly music. I have joined the band of every school I have been in since 1972. At Pittwater High, Hunters Hill High and St Ives High I was very involved in presenting variety concerts featuring talented students from any performing art. I started the first jazz band at Pittwater High and that band was the first jazz band to play in the Opera House Concert Hall. The occasion was the City of Sydney Eisteddfod and featured a highly talented group of young musicians. James Morrison led that band. I continue my passion for performed music by playing in the Mona Vale community band, the Monatones, as well as a smaller dance band, Village Jazz.

When I have time, I will start on the garden. My wife says "when?"

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Tweet Like +1

Tahlia, Maria, Tahlia and Bob, 2004

Special Olympics Greece 2011 - Gold Medal for Alyse Saxby and Bob Hamilton

July 8 - 14, 2012: Issue 66

Smuggling at Broken Bay

by Shelagh Champion OAM

It had been long suspected by the colonial authorities that smuggling was taking place in Broken Bay, with its places of concealment in thousands of inlets, and almost complete lack of supervision.

A big smuggling event took place at Broken Bay in 1842. A schooner called the *Fair Barbadian*, 137 tons, built in Barbados in 1833, owner Robert Glasgow Dunlop, set sail from Port Jackson under the command of Captain Johnson on 14 May for Lombok in present Indonesia, with a cargo of spirits. At this time Sydney merchants were allowed to import spirits free of duty, deposit them in bonded stores, and then re-ship them to foreign places free of duty, provided the merchants guaranteed bond money in case of default.

In 1842 a ticket of leave man named James Toomey was living on 30 acres of rented land at Pittwater, previously occupied by James McDonald at Salt Pan Cove. Toomey was a timber cutter, and on Sunday 12 June 1842 he was cutting timber at Cowan Creek for a coach-maker in Sydney. The following day he noticed something on the water's edge which he at first took to be cut timber. On closer examination he found it to be casks. He knocked the bung out of a small cask and found it contained brandy. Not long afterwards he located twenty-nine casks of rum in the grass, and a further quantity of brandy casks under or near a rock. The casks were marked with large white letters. Toomey could not read, but Daniel Farrell, who was working with him, could. Farrell wanted to put two casks of the brandy into his boat, but Toomey refused. No-one was about at the time. Toomey was frightened, and left the scene quickly, returning towards his own home, which was about thirteen miles away.

Farrell called in at the place of Michael Sullivan, near Barrenjoey, and obtained a gun. They then proceeded to Toomey's wharf, where they tied up Farrell's boat, and Farrell departed for his house. (The 1841 census showed that Daniel Farrell's residence was at Belgoula, Parish of Narrabeen, which was, or had been the property of Robert Henderson.)

During the night Toomey found that Farrell's boat was missing. About midnight he went to see Farrell and asked him to lend him a horse to go to Sydney. Toomey rode to North Harbour and then on to Middle Harbour, where he swam across, reaching Sydney about 9 a.m. He reported his discovery to Captain Browne, Superintendent of the Water Police, at his house.

While Toomey was away, Michael Sullivan and Daniel Farrell visited the contraband site at Cowan Creek. They observed an empty boat, while Robert Henderson and two other men were standing on a rock nearby. Sullivan saw four casks, which he thought contained liquor, in the boat. He noticed another two casks on the rocks. Henderson offered to give Sullivan £50 not to say anything. Farrell told Sullivan to go to the top of the cliff to see if the guard boat were coming. When he returned, the casks, boat, Henderson and the men with him, were gone.

About 12 noon Toomey, in Sydney, accompanied Captain Browne and Inspector Riley in the police schooner *Ariel*, arriving at Broken Bay about 7 p.m. They switched to a whale boat for the pull to Cowan Creek, which they reached about 10 p.m.

On their way, about a mile from the contraband site, they met a boat coming from that direction. At first it refused to stop, until ordered to do so by Captain Browne, who threatened to fire upon her. Robert Henderson and two or three other men were in the boat, which was found to contain a pannikin of brandy, some black paint, a paint brush still wet with paint, some tea and sugar, and some oil. When questioned, Henderson claimed that they were out shell fishing.

At the Cowan Creek site Toomey showed Captain Browne and the police party where the casks were located, claiming that a number of brandy casks had already been removed. The tops of the rum casks had been painted with black paint, which was still quite wet. One of the casks was washed with spirits, revealing the mark 'HM P--te' on a red background. Other marks of HM were on other casks, and one, which had been overlooked, clearly showed the identity mark D & Co.(Dunlop & Co.). Captain Browne sampled the rum and brandy, and decided that the rum tasted bad.

In the morning, Browne left Inspector Riley in charge of the spirits while he made arrangements to hire another vessel. The casks were brought to Sydney by the police schooner *Ariel*, the hired schooner *Acme*, and the revenue cutter *Prince George*. Browne supervised the landing of the spirits at Campbell's wharf and their delivery to the Queen's bonded stores.

Thomas Powell, coxswain of the *Ariel*, returned to Jerusalem Bay, off Cowan Creek, and found a further nine casks on 24 and 25 June, which he delivered into the Queen's stores in Sydney.

With a reward on offer, the Customs Department complained bitterly that it should have been left to them to seize the spirits. The Collector of Customs, Colonel Gibbes, tried unsuccessfully to seize the contraband spirits over Captain Browne's head, saying that the deputation that he had given to the Water Police only applied to the waters of Port Jackson. The dispute was referred to the Governor, and then to the Customs authorities in London. The decision went in favour of the Water Police.

Daniel Farrell was born to John Farrell I and his wife Martha in 1819 or 1820. His role in the smuggling affair was ambiguous: was he in league with the smugglers, acting on his own account, or gathering information in order to report it to the Customs Department?

Farrell was summoned to appear before the Water Police Court on 25 August 1842 at 10 a.m., but the prosecutor, Mr Jeffrey, Landing Surveyor in the Customs Department, did not appear until 11 a.m., after the case had been dismissed. On a second occasion in court, Daniel Farrell was charged with aiding and abetting the concealment of the nine casks of brandy discovered by Coxswain Powell, but due to the absence of Mr Jeffrey, the case was also dismissed.

Robert Henderson was charged as an accomplice in the concealment of one hundred and seven quarter casks of brandy and twenty nine puncheons of rum, at Cowan Creek. Mr Nichols appeared for the defence, and argued that it had not been proved in evidence that Cowan Creek was within the Colony of New South Wales, and he was ignorant as to whether it was in New South Wales or New Zealand. After consultation, the Bench dismissed the case.

A further charge was made against Henderson for aiding and abetting the conveyance of the spirits. Mr Nichols again defended him, stating that it was not the intention of the Act to enable Customs to prosecute a person for conveying, concealing, or aiding and abetting, so that £100 damages could be obtained for each offence. His client had not been convicted the first time, and therefore this plea must be admitted. The Bench admitted that Mr Nichols' plea was a good one, and dismissed the case.

The case of The Queen v. Dunlop and others was held in the Supreme Court on 24 November 1842, before Mr Justice Stephen and a special jury of twelve men. The Attorney-General, on behalf of the Queen, explained that the action was brought to recover £5000 for the non-fulfilment of a bond which Robert Glasgow Dunlop and his sureties had entered into with the Collector of Customs. Their stated intention had been to export fifty-nine hogsheads of foreign rum to Lombok per the *Fair Bardadian*. The rum had been imported from Mauritius in 1840 on the *Potentate* by Mr Henry Moore (HM P--te) and sold to Dunlop & Co. in May 1842. The brandy had been imported by Dunlop during 1840 and 1841. Various movements concerning the rum and brandy were accounted for, and evidence was given by witnesses to show that it had been fraudulently unshipped within the colony. The jury brought in a verdict for the Queen, and the amount of £5000 was recorded as damages.

On the following day, similar court action was taken against John Ross, the exporter of the brandy on board the *Fair Barbadian*, bound for Lombok. The jury's verdict was in favour of the Queen, and the amount of £6000 was recorded as damages.

The *Fair Barbadian* was without an adequate explanation for what had happened and did not come near Sydney during the court proceedings. Captain Johnson preferred to use Hobart as his port of call.

It was imperative that a Customs Station be established at Broken Bay, and this occurred in January and February 1843. A new Customs House was built at Circular Quay, in Sydney Cove, in 1844.

On 1 February 1844 the *Sydney Moring Herald* announced that the officers who were "in the affair" had received their shares, viz., Inspector Riley, £25; Coxswain Powell, £20; J. Drew, master of the Water Police schooner *Ariel*, £20; four free men of the crew, £8 each; and three prisoners of the crew, £4 each; £160 to James Toomey, the first informer (with an Absolute Pardon); and £160 to Daniel Farrell, also an informer; with £50 expenses to the Customs Department; leaving to Captain H.H. Browne nearly £600.

Sources: *Sydney Morning Herald* and State Records NSW

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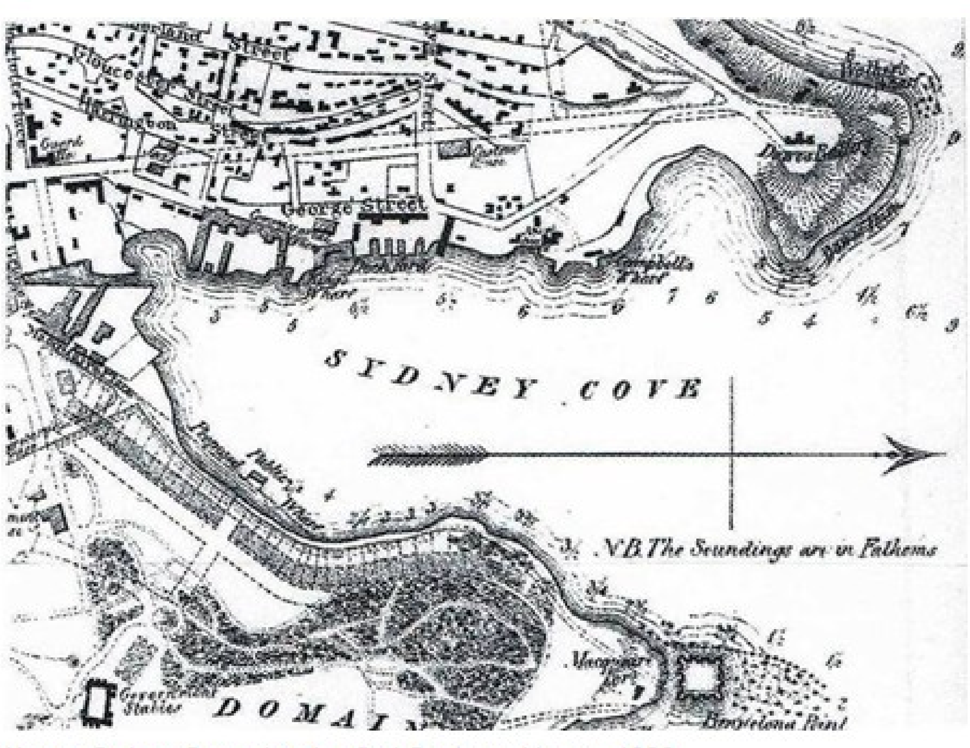
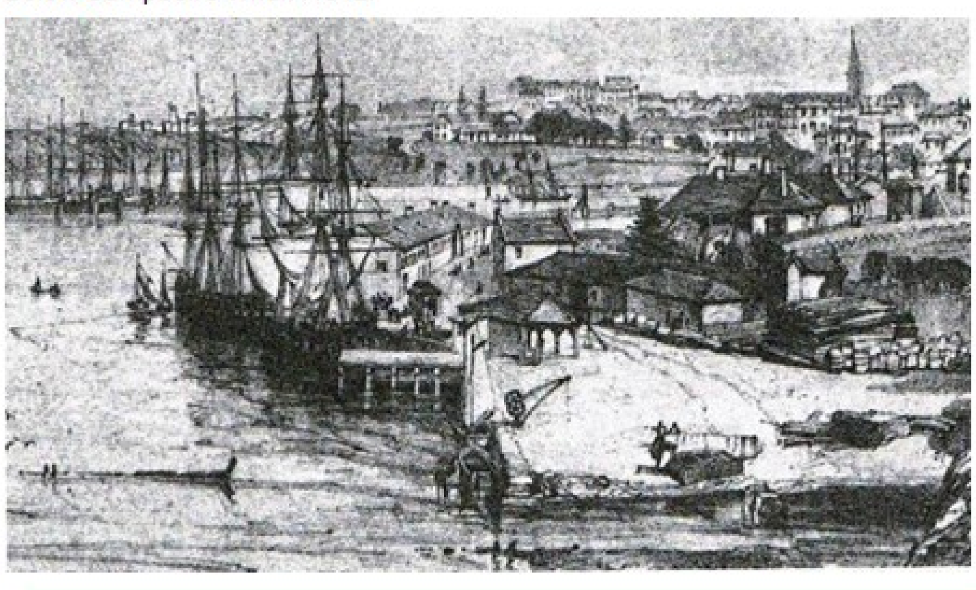
Above: Boat House, Water Police, 1843. by Conrad Martens. Courtesy State Library of NSW.

Jerusalem Bay, Cowan Creek, 1898. By Charles Kerry. Image No. 27944 Courtesy Tyrrell Photographic Collection, Powerhouse Museum



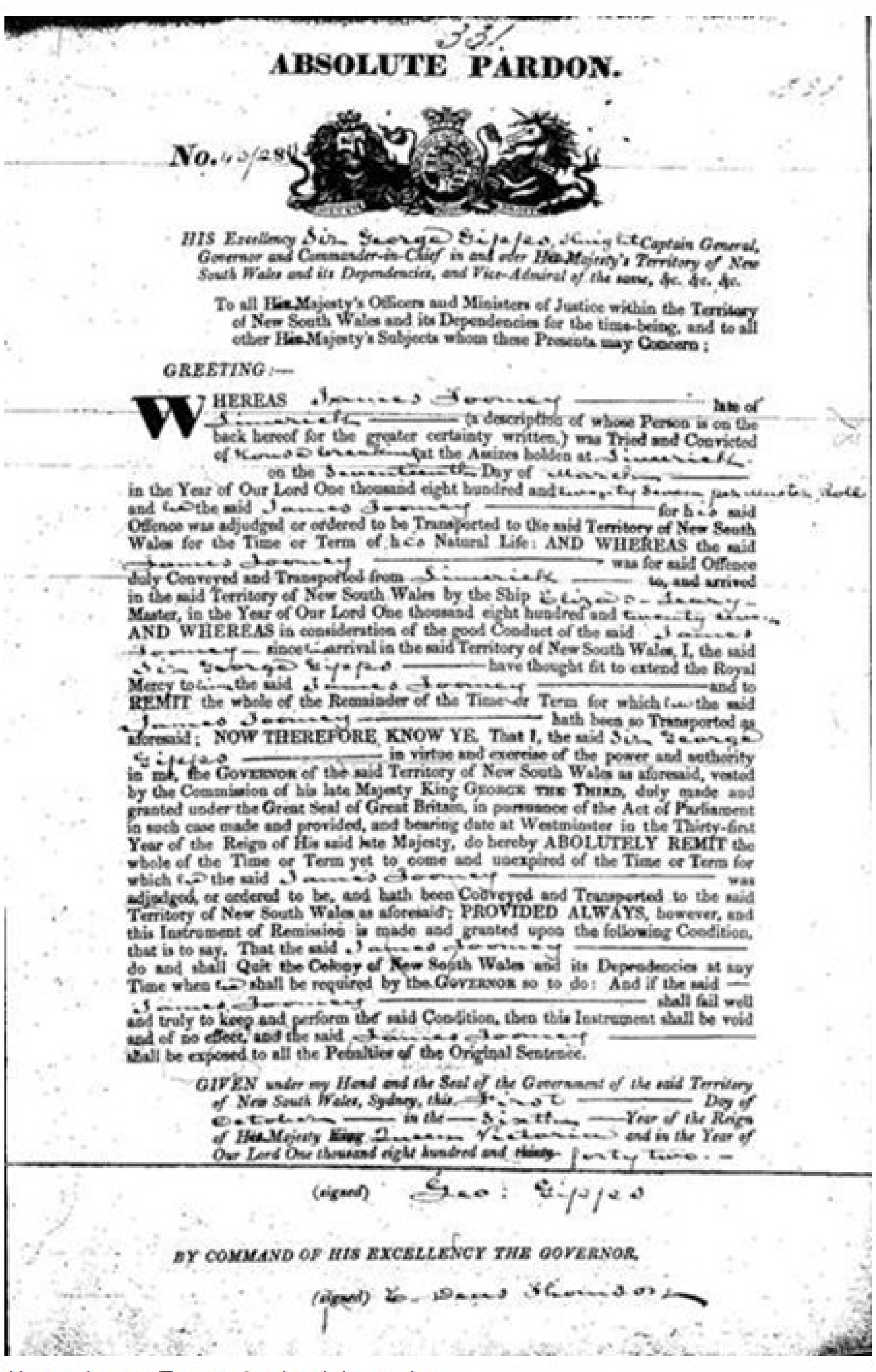
Above: Sydney Cove showing first Customs House. 1836.

Below Campbell's Wharf. 1842.



Above: Vessel near Barrenjoey, 1992. Photo by George Champion.

Above: Pittwater from Bushrangers Hill. Photograph by George Champion.



ABSOLUTE PARDON.

No. 43/28

HIS Excellency Sir George Gipps, Knight, Captain General, Governor and Commander-in-Chief in and over Her Majesty's Territory of New South Wales and its Dependencies, and Vice-Admiral of the same, &c. &c. &c.

To all Her Majesty's Officers and Ministers of Justice within the Territory of New South Wales and its Dependencies for the time-being, and to all other Her Majesty's Subjects whom these Presents may Concern;

GREETING:—

WHEREAS James Toomey late of Limerick (a description of whose Person is on the back hereof for the greater certainty written,) was Tried and Convicted of [illegible] at the Assizes holden at Limerick on the [illegible] Day of March in the Year of Our Lord One thousand eight hundred and twenty [illegible] and he the said James Toomey for his said Offence was adjudged or ordered to be Transported to the said Territory of New South Wales for the Time or Term of his Natural Life: AND WHEREAS the said James Toomey was for said Offence duly Conveyed and Transported from Limerick to, and arrived in the said Territory of New South Wales by the Ship [illegible] Master, in the Year of Our Lord One thousand eight hundred and twenty [illegible] AND WHEREAS in consideration of the good Conduct of the said James Toomey since his arrival in the said Territory of New South Wales, I, the said Sir George Gipps have thought fit to extend the Royal Mercy to him the said James Toomey and to REMIT the whole of the Remainder of the Time or Term for which he the said James Toomey hath been so Transported as aforesaid; NOW THEREFORE KNOW YE, That I, the said Sir George Gipps in virtue and exercise of the power and authority in me, the Governor of the said Territory of New South Wales as aforesaid, vested by the Commission of his late Majesty King George the Third, duly made and granted under the Great Seal of Great Britain, in pursuance of the Act of Parliament in such case made and provided, and bearing date at Westminster in the Thirty-first Year of the Reign of His said late Majesty, do hereby ABSOLUTELY REMIT the whole of the Time or Term yet to come and unexpired of the Time or Term for which he the said James Toomey was adjudged, or ordered to be, and hath been Conveyed and Transported to the said Territory of New South Wales as aforesaid; PROVIDED ALWAYS, however, and this Instrument of Remission is made and granted upon the following Condition, that is to say, That the said James Toomey do and shall Quit the Colony of New South Wales and its Dependencies at any Time when he shall be required by the Governor so to do: And if the said James Toomey shall fail well and truly to keep and perform the said Condition, then this Instrument shall be void and of no effect, and the said James Toomey shall be exposed to all the Penalties of the Original Sentence.

GIVEN under my Hand and the Seal of the Government of the said Territory of New South Wales, Sydney, this First Day of October in the Sixth Year of the Reign of Her Majesty Queen Victoria and in the Year of Our Lord One thousand eight hundred and forty two.

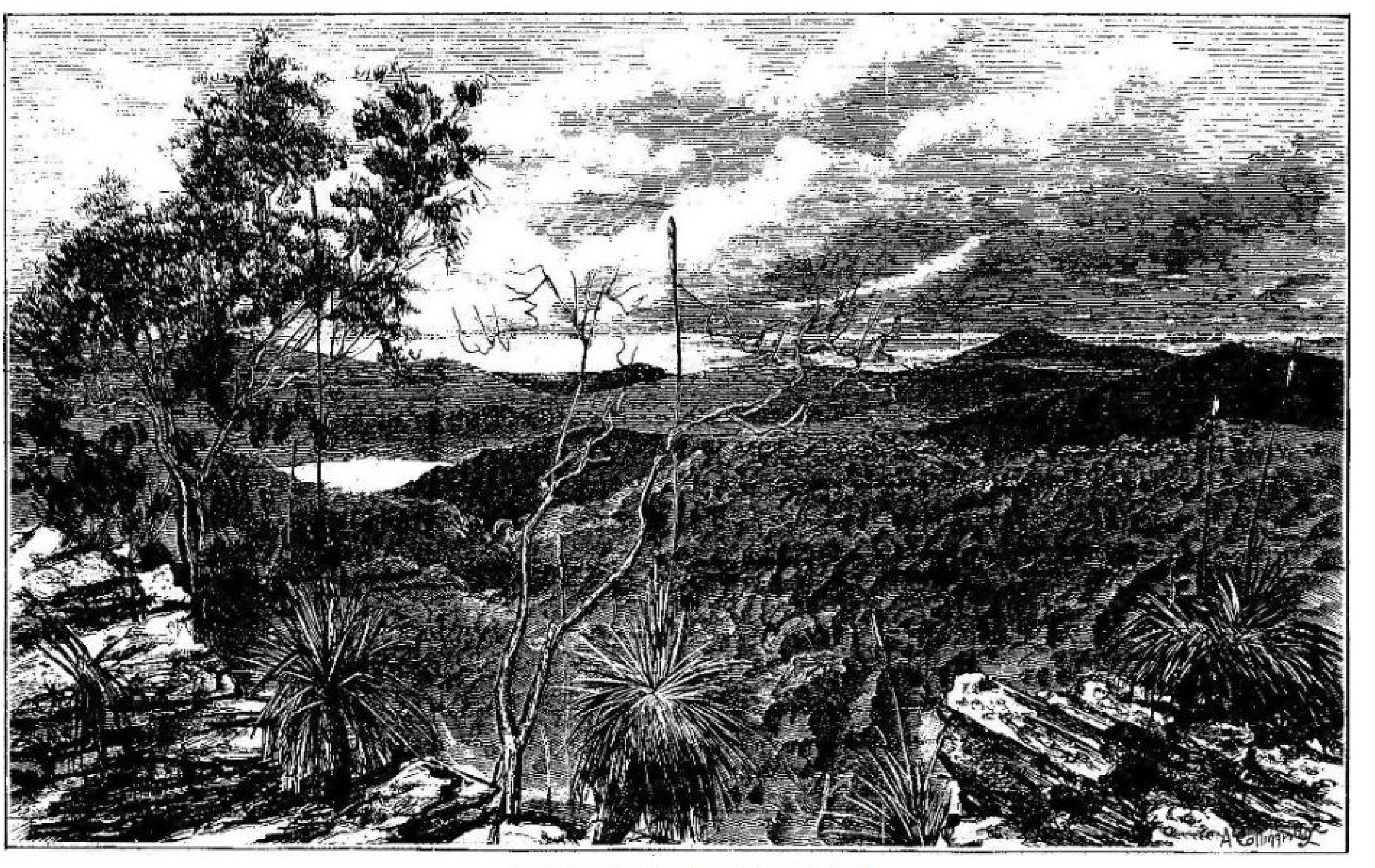
(signed) Geo: Gipps

BY COMMAND OF HIS EXCELLENCY THE GOVERNOR,

(signed) E. Deas Thomson

Above: James Toomey's absolute pardon

Tweet | Like | +1



Jerusalem Bay, *Sydney Mail*, 7th of July, 1894

Pittwater Online News

July 8 - 14, 2012: Issue 66

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

JOIN IN THE 2012 24/7 YOUTH FILM FESTIVAL!

Are you between the ages of 12 and 24 and fancy yourself as the next Spielberg, Scorsese or Eastwood? Then come along to the 24/7 Youth Film Festival info night on Tuesday 31 July! Now in its 11th year, 24/7 is an annual event where young film-makers from Mosman, Manly, Warringah and Pittwater have the chance to create their own short film in the space of 24 hours. Finalists have their film shown at local cinemas and the overall winners will receive cash prizes.

The information night on 31 July is free and participants will learn more about the event and listen to tips from industry professionals. Participants also attend free workshops during August (9, 13, 14) covering scriptwriting and directing, acting for screen and cinematography to help put their film together.

The festival is launched on 18 August where young film-makers are given a series of items, phrases and locations which must appear in their film. The completed seven-minute (or shorter) film must be submitted to the organizers 24 hours later. The finalists' films will be screened at local cinemas throughout September when the winning entries will be announced.

24/7 Youth Film Festival Info Night: Tuesday 31 July, 6.30 - 8.30pm, Star of the Sea Theatre, Cnr of Collingwood and Iluka Ave, Stella Maris College, Manly.

The 24/7 Youth Film Festival is supported by Pittwater, Warringah, Manly, and Mosman Councils. For more information visit www.247youthfilmfestival.com.au phone 0401 269 239 or email youthfilmfestival247-ede@yahoo.com.au

Free Guitar Lessons Online

This gent's video lessons, from Free Guitar Videos.com, come with a high recommendation from a local musician and may be good for those short on pocket money and bored during the rainy parts of your school holidays; practice, practice, practice!

Jody Worrell has been playing guitar for forty years, and teaching for thirty. A veteran of countless studio sessions comprising practically every style, he brings a great deal of real world experience to the table to help bring the subject matter into a clear focus for the student. Whether it's blues, jazz, country, or rock, Jody has a way of keeping the styles clearly defined while pointing up the fundamental knowledge that's ultimately common to them all. Website. A sample:

Guitar Lesson: Soloing Concepts

In this lesson by Jody Worrell we'll look at ways to solo over a chord progression containing Am7 and D7 chords.

Environment Education For Children

An Environment Group that's been around for decades and originated in Tasmania, where you may still walk in pure wilderness, is The Wilderness Society. Apart from being at the forefront to protect many of our still pristine areas they also seek to engage the custodians of the future; our children.

Each year they hold a Children's Literature Award. The winners of the Wilderness Society's Environment Award for Children's Literature in 2012 Award are *Hairy Nose, Itchy Butt* by Elizabeth Frankel and Garry Duncan and *One Small Island* by Alison Lester and Coral Tulloch. The Wilderness Society's annual Environment Award for Children's Literature is designed to encourage children to take an interest in nature and to feel a sense of responsibility for our wild places and unique wildlife.

This year one of the works is available to download for free for parents and teachers. Should you wish to purchase a copy: "Proceeds from the sale of the book will be donated to help with on-ground work that some dedicated SA scientists are doing with wombat conservation", explains Frankel.

Hairy Nose, Itchy Butt teacher resources (free download courtesy of NRM Education)
Animal conservation awareness activity (free download courtesy of NRM Education)
Threatened species colouring-in sheets (free download)

Make a video these school holidays and win a trip to study at NIDA!

As Ruby Rose says, get snazzy with your camera and do your bit to stop cyberbullying these school holidays. The Australian Human Rights Commission wants 13-17 year olds to join the national BackMeUp Campaign and be in the running to win an all-expenses paid trip to Sydney for a NIDA film-making course or some juicy JB HiFi vouchers.

"Our message to young people is don't stand by when you see someone being cyberbullied, it could be you," Commission spokesperson Dr Helen Szoke. "These school holidays are the perfect time for young people to get creative and make a short two minute film about how they back-up someone who has been cyberbullied.

"We are encouraging young people to grab their phone or a video camera and make a simple short video showing how you can back someone up who has been cyberbullied," she said. "Not only are there cool prizes up for grabs like the opportunity to learn filmmaking at the world famous National Institute of Dramatic Art and stay at the award winning Sydney Harbour YHA but the videos will be played on the special BackMeUp site and used in education programs by the Commission and our partners and stakeholders.

"Young people have great stories to tell and are the digital natives of the 21st century – that's why we want parents to encourage their kids and young people to encourage each other to come up with an idea, film it and enter it in the BackMeUp campaign," Dr Szoke said.

Dr Szoke said research shows someone else knows or sees cyberbullying in 87 per cent of bullying situations among young people, and can be 'part of the problem or part of the solution' according to whether their actions support or discourage bullying.

"Although research indicates that most students dislike and disapprove of bullying and would like to see it stop, less than 20 per cent of students intervene to help the person being bullied," Dr Szoke said. "This is a fantastic opportunity for young people to get creative and use their skills and talents over the school holidays and show others how you can back someone up who has been cyberbullied."

"There are many positive and safe ways that bystanders can support someone who has been bullied - Bystanders can ask a teacher or trusted adult for help, or they can let the bully know that what they are doing is bullying. They can refuse to join in and walk away, and comfort the student who has been bullied," she said. **"Most of all we want young people to just be there for each other, because doing nothing is wrong."**

Ten places for a week long film-making course at NIDA are up for grabs with accommodation for winners and their parents at the award winning Sydney Harbour YHA. JB HiFi Vouchers will also go to weekly winners.

Entering the comp and join the movement at facebook.com/2012backmeup and somethingincommon.gov.au/backmeup

Join BackMeUp and take a stand against bullying. BackMeUp is a video competition to help eliminate cyberbullying in Australia! If you're 13-17, then get snazzy with your camera and enter the competition to win an all-expenses paid trip to Sydney for a NIDA film-making course or some juicy JB HiFi vouchers. Goodbye cyberbullying, hello Hollywood!

What you need to do:

1. Make a video—up to 2 minutes long—on how you would backup someone who has been cyberbullied.

2 Create an account and upload your video.

3. Like the BackMeUp Facebook timeline to join the discussion, comment on videos and get competition updates.

4 Impress the judges by getting your friends and family to vote for your video.

Opening date; 19 June 2012. Closing date; 15 August 2012

Term and conditions and Website;
https://backmeup.somethingincommon.gov.au/home

Lime Cordiale – July 2012

New EP out 6/7/2012. NEXT LOCAL GIG: Mona Vale Hotel: **Saturday July 28th, 2012**. More at: **www.limecordiale.com/**

LaunchPad Gymnastics Australia

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

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

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

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

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

australian youth olympic festival 2013

Australian Youth Olympics Festival 2013

The Australian Youth Olympic Festival (AYOF) is an initiative of the Australian Olympic Committee (AOC) following the success of the Sydney 2000 Olympic Games. It is the largest Australian multi-sport event for athletes aged 13 to 19 years – the next edition will be held in Sydney from 16 to 20 January 2013. The AYOF is now an established multi-sport event on the youth international sporting calendar.

Volunteer Opportunities (from AOC website):

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

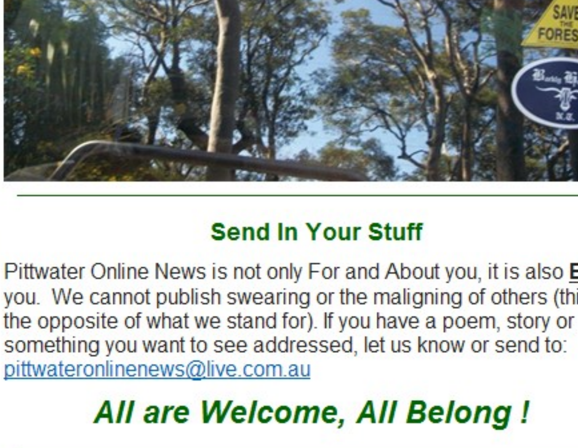
• administration and general office help • driving vehicles for athlete pickup • measuring for outfitting • spectator services • airport arrivals and transport • opening ceremony

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

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

Australian Stories Online

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



Send In Your Stuff

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

All are Welcome, All Belong !

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, spineout.com.au and Madman Entertainment to create a fantastic competition with some really great prizes. More at: http://www.love2read.org.au/

Word of the Week

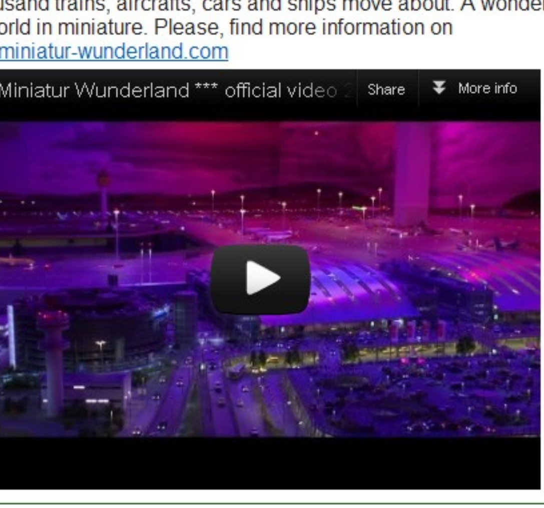
holiday The word holiday is derived from the observance of a "Holy Day", and gradually evolved to its current form. The word *holiday* comes from the Old English word *hāligdæg*, from halig "holy" + dæg "day;" and was in use before the 12th century. The word originally referred only to special religious days. In modern use, it means any special day of rest or relaxation, as opposed to normal days away from work or school.

Some sources point to Sunday or Saturday and this day being set aside as a 'spiritual day', or a day to spend with the Lord, and do no work, but observe quietly or in song, spirituality and spiritual teachings, as the original Holy or Spirit Day. This 'first' day of the week, spent filling yourself up with the good stuff; thoughts and celebrations, can then infuse and guide your other days of that week until a feast and filling for a whole day recurs.

You can see why time has translated this additional meaning we all apply to what we experience as a holiday. Happy Holidays to you all!

Miniature Wonderland - official video 2012 - largest model railway / railroad of the world - C/- Grand-dad W.A.G.

The official video about Miniatur Wunderland Hamburg, the largest model railway in the world, and one of the most successful tourist attractions in Germany. On the 1.300 m² large layout, far more than a thousand trains, aircrafts, cars and ships move about. A wonder of the world in miniature. Please, find more information on www.miniatur-wunderland.com



Bilgola Plateau Public School NAIDOC Week Celebrations - Celebration of Partnership Darinyung Sculpture and Under A Starry Sky

PITTWATER COUNCIL — Celebrating 20 Years 1992-2012

WINTER COASTAL CAPERS

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

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

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

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

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

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

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

All activites are for 5 to 12 years olds.

CRAFTY KIDS AT MONA VALE LIBRARY

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

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

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

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

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

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

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

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

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

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

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

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

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

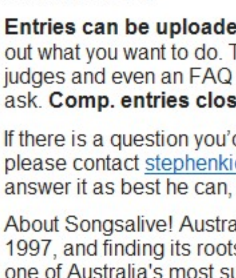
About Songsalive! Australia: Founded as Songsalive! in Sydney in 1997, and finding its roots again in 2011, Songsalive! Australia is one of Australia's most successful songwriting organisations. With song writing workshops, showcases, CD's and online files of members' songs, and now The Song Comp, we're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

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

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

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

Love Food, Hate Waste Cookbook



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

Love food hate waste book: HERE

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

Tweet | Like | +1

Bus Pass Replacement

HERE

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.

Pittwater Online News

July 8 - 14, 2012: Issue 66

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

Avalon Computer Pals Registration Day - Monday 9th July

Avalon Computer Pals registration day is this Monday from 9am for signing up for the coming term of computer tuition. Registration is at the hall under Maria Regina Church, 7 Central Road, Avalon Beach. There is ample free parking. You must attend the registration day to enrol.

Avpals can offer: One to One tuition, Access to up to date computers or bring your own laptop, Access to a scanner and a printer, Tuition for 45 minutes/week, Four 10 week terms/year, No fixed syllabus, Content to be decided by student & tutor, There is a $25 joining fee and a one term fee is $30, All in a casual relaxed environment with senior experienced tutors

We operate every weekday and offer students one hour sessions for four 10 week terms in the year. These terms approximate to school terms. Students will be taught by Instructors on a one-to-one or a one-to-two basis. Each student will have access to a computer, running Vista or Windows 7 operating systems, a scanner and a printer. The content of the course will be determined by the student and the instructor. There is no fixed syllabus and no examination!

Newport Community Centre
New Computer Courses for Seniors
Starting 17th July

Avalon Computer Pals for Seniors has a new program of computer courses for seniors over 55 to be held at the Newport Community Centre. There are courses for a range of subjects to assist beginners or those who need to keep up with the new technologies. These include the popular topics such as:

Beginners introduction to computers, Skype, iPads, Social media - Facebook and Twitter, Apple MAC, Digital Photography (extended 5 week course), Android Tablets, Smart phones, Genealogy, Scanning and printing

iPads and tablets are todays big sellers and there are courses for beginners and also a two part course which will extend the users knowledge and working with these exciting devices. Apple MACs are becoming popular due to their ease of use and brilliant displays. If you are a PC user and are tempted by MAC then there is a course just for you.
Beginners have a choice of courses with a two part course on computers for beginners and if you have a new iPad there is a beginner's course for you.
Photographers will enjoy the extensive five part Picassa Digital Photography course conducted by our resident expert Brian Hindes.
Along with photography, one of the popular uses of a computer is finding your ancestors. Computers are good at genealogy and tracing your family tree can be exciting.
Learning new technologies in a small local group is productive and fun.

AVALON COMPUTER PALS NEWPORT SHORT COURSES 3rd TERM 2012 - Newport Community Centre 11-13 The Boulevarde, Newport. Bookings essential Phone 8064 3574 (for over 55's)

TUESDAY 17TH JULY
Room 1: BEGINNERS INTRODUCTION TO COMPUTERS PART 1 -hardware and attachments (cost $20 for 2 parts)
-software and uses
Room 2: INTRODUCING SCANNING & PRINTING (cost $10)

TUESDAY 24th JULY
Room 1: BEGINNERS INTRODUCTION TO COMPUTERS PART 2 -emailing, -Googling, -attaching photos and documents
Room 2: AN INTRODUCTION TO FINDING YOUR ANCESTORS-GENEALOGY (cost $10)

TUESDAY 31ST JULY
Room 1: AN INTRODUCTION TO SKYPE ON LINE (cost $10) COMMUNICATION USING YOUR PC -set up including how to use Skype
Room 2: PICASA DIGITAL PHOTOGRAPHY-part 1 (course cost $60 for 5 parts)

TUESDAY 7TH AUGUST
Room 1: BEGINNERS INTRODUCTION TO IPads (cost $10)
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 2

TUESDAY 14th AUGUST
Room 1: SKYPE – PART 2 INCLUDING OTHER WAYS TO MAKE IN EXPENSIVE PHONE CALLS (cost $10)
Google voice, -Voip Busters, -Skype to go for mobile phones
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 3

TUESDAY 21st AUGUST
Room 1: Facebook, Twitter (cost $10)
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 4

TUESDAY 28th AUGUST
Room 1: APPLE MAC COMPUTING
-how to use the hardware & software
-introducing the new Mountain Lion software
Room 2: PICASA DIGITAL PHOTOGRAPHY –part 5

TUESDAY 4TH SEPTEMBER
Room 1: ANDROID TABLETS – SLATES &E READERS (cost $10) -how to use and obtain apps
Room 2: INTRODUCTION TO IPads part 1 (cost for 3 weeks $30)
-Different models and sizes-what size should I buy?
-set up and using control buttons

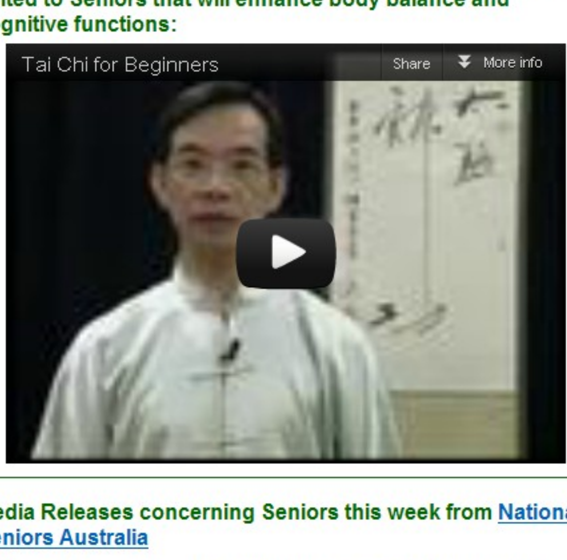
TUESDAY 11TH SEPTEMBER
Room 1: BEGINNERS INTRODUCTION TO COMPUTERS (cost $10) -hardware and attachments, -software and uses, -introduction to emailing and Goggling)
Room 2: iPad –part 2 --understanding your iPad, -downloading apps and their useage, syncing with PC's and Apple Macs

TUESDAY 18TH SEPTEMBER
Room 1: SMART PHONES AND CHEAP PHONE CALLS (cost$10)
Room 2: iPads and IPods(music) – part 3
-integrating your computer phone iPad and iPod
-photos on iPads

U3A Lectures on Wednesday Afternoons at Newport
Topic: Kokoda Experience; In the Footsteps of Heroes with presenter Robert Kohn on 1st Aug 2012, 1pm - 3pm

University of the Third Age Open Lectures 1st Wednesday of the Month starting 1st August. In the Footsteps of Heroes with presenter Robert Kohn. All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre. Contact: More info contact Jan Malone 9918 9126 or Mavis Bickerton 9970 7161. Website: HERE

2012 Reports confirm that Tai Chi is a low impact exercise suited to Seniors that will enhance body balance and cognitive functions:



Media Releases concerning Seniors this week from National Seniors Australia

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

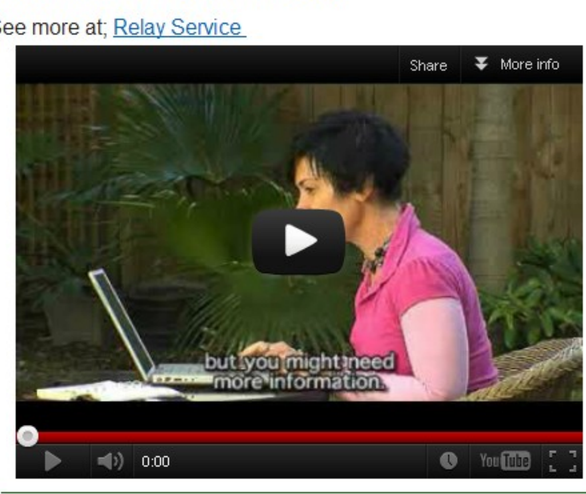
Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Internet Relay Calls

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

See more at; Relay Service



The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

Copyright Pittwater Online News, 2012

Home and Community Care changes

From 1 July 2012 the Australian Government has full responsibility for Home and Community Care (HACC) services that support more than 500,000 older Australians to live independently in their own homes and communities. Minister for Ageing, Mark Butler said the transfer of responsibility for HACC services for older people to the Australian Government rationalises the system and paves the way for the reforms outlined in Living Longer Living Better.

"Supporting older Australians to remain living in their own home is a key focus of our recently unveiled Living Longer Living Better aged care reform package. We're investing an extra $880 million over the next 5 years for 40,000 new home care packages to help older people stay living at home," Mr Butler said. "The HACC Program provides a foundation for future aged care reforms and is one of the first steps in the development of a consistent aged care system covering basic care at home through to high-level care in aged care facilities."

The Australian Government has allocated more than $1 billion for the Commonwealth HACC program. More information on the Commonwealth HACC program is available at: www.health.gov.au/hacc

New Australian Aged Care Quality Agency

Dr Andrew Refshauge will oversee the transformation of the Aged Care Standards and Accred¬itation Agency into the new Australian Aged Care Quality Agency as chairman of the agency's board from July 1st, 2012. Dr Refshauge has been a member of the board since 2008 and is currently chair of the Australian Institute of Health and Welfare and Careflight, and of the NSW Aboriginal Land Council's Investment Committee.

"This experience and his broad experience and familiarity with the aged care sector and the workings of the Accreditation Agency will ensure the agency's smooth transition from its current role to the expanded Australian Aged Care Quality Agency," Minister for Ageing Mark Butler said. "The transformed body will be the sole agency with which providers will deal in relation to quality assurance of the services they deliver, as it assumes responsibility for not just accreditation but quality."

"The new body will be backed up by a new My Aged Care website (**end of 2012/13**) which will provide older Australian and their families with better, more transparent information about aged care services in their area."

Mr Butler also announced Professor Peter Shergold as chair of the Aged Care Reform Implementation Council, and Anne Gooley as chair of the Aged Care Strategic Workforce Advisory Group.

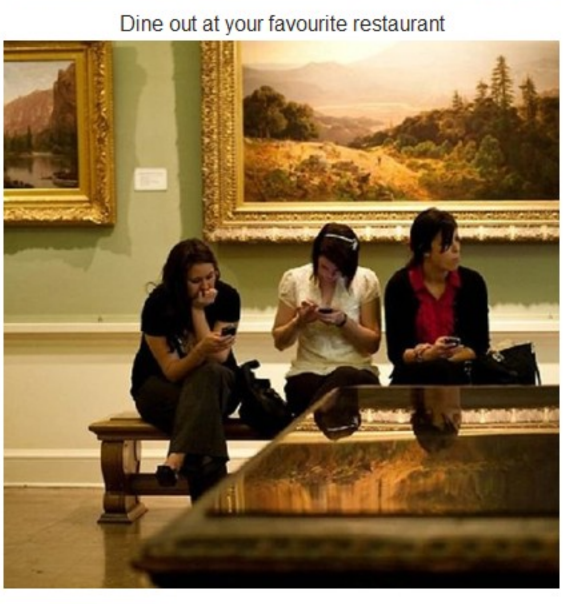
The implementation council will oversee delivery of the government's $3.7 billion aged care reform package, *Living Longer Living Better*, announced in April this year.

Also see Aged Care Australia for the time being: here

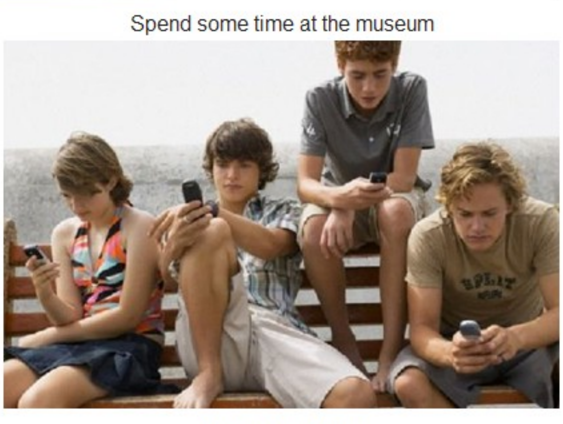
Is this what you call …Hanging Out With Friends ???!
C/- Irene Anderson

Grab a cup of coffee

Dine out at your favourite restaurant



Spend some time at the museum



Relax at the beach

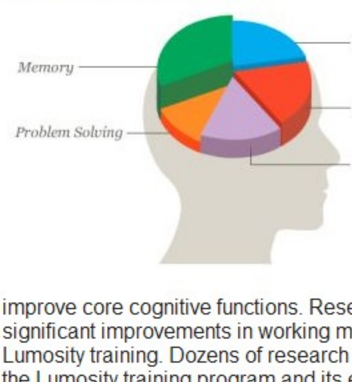
Take a drive around town
Thank God I belong to another generation !!!!

End of Year Look at The Books

The NSW Government has a number of financial supports and concessions for our esteemed elders. As one financial year ends even while the next begins it's worthwhile doing a review and ensuring you are benefiting from all you should during the 2012-13 Tax Year. The concessions are reviewed from time to time so it's worth keeping yourself up to date by visiting their webpage for you at: HERE

This has information and links on services and concessions available that include Travel concessions, Taxi subsidies, **Local council rates** (Concessions are available for eligible pensioners for ordinary rates and domestic waste management service charges, water rates or charges, and sewerage rates or charges). Pittwater Council page relating to this: HERE

Keep your Wits About You



A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself
at: www.lumosity.com/app/v4/personalization

Senior Movers

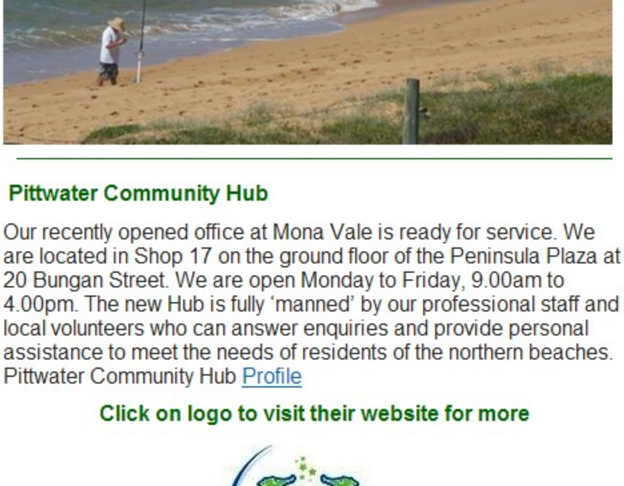
Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers want you to stop worrying about downsizing from the family home and let us take care of you. Senior movers gives you peace of mind during stressful times of downsizing 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 and 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. Pittwater Community Hub Profile

Click on logo to visit their website for more

Northside Community CONNECT

HEARTMOVES | Heart Foundation

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

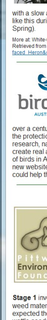
- Better manage weight, blood sugars, blood pressure and cholesterol
- Improve fitness, balance, co-ordination and flexibility
- Enhance your quality of life and meet other people

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

Pittwater Online News

July 8 - 14, 2012: Issue 66

Flock of White Faced Herons at Careel Creek - Avalon Beach end this week



During the last two weeks a flock of between 9 and 14 white-faced herons have been lingering on the green area beside the Careel creek skateboard rink end. Although they will fly and land in a tree just over the channel if approached, they seem perfectly happy to secure food from the grass (worms?) and will stand and watch you if you stand quietly and watch them. Considering how many people, yelping youngsters and hooking dogs frequent this park, their return on a daily basis is a delight for locals. These birds once thrived in large numbers in Pittwater, so much so, that Heron Cove, at Newport, was named after them. They also frequent, in good numbers, beautiful Careel Bay at low tide for feeding.

Pictured here on Friday 6th of July, the White-faced Heron, *Egretta novaehollandiae*, also known as the White-fronted Heron, and incorrectly as the Grey Heron, or Blue Crane, is a common bird throughout most of Australia and is the one heron known to breed in Tasmania. It may be found almost anywhere near shallow water, fresh or salt. The species was originally described by ornithologist John Latham in 1790.

The adult White-faced Heron weighs an average of 550 g and ranges from 60–70 cm in height. Immature birds are paler grey with only the throat white, and often have a reddish colour on the underparts. Chicks are typically covered with grey down. It is protected in Australia under the National Parks and Wildlife Act, 1974. Nomadic in nature, with a slow and 'wave bounce' style of flight, they will feed in groups like this during the non-breeding season (breeding season is Spring).

More at: White-faced Heron. (2012, June 5). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/wiki/Egretta#White-faced_Heron&oldid=495188439

Birdlife Australia - New Website and Quarterly Magazine

Birdlife Australia has begun a quarterly magazine which is available online at www.birdlife.org.au/australian-birdlife

This organisation, which has been going for over a century now, have been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted activities and other activities to create real and positive outcomes. They state that over 200 species of birds in Australia are considered threatened at present. Visit their new website, have a look at all the information collated, and see if you could help them out as a volunteer or donor.

Bothams Beach Project

Botham Beach on McCarrs Creek is a little beach backed by endangered Pittwater Spotted Gum forest. It is the first beach beyond Holmeport Marina, disappearing at high tide. Pittwater Environmental Foundation has received two grants from Hawkesbury Nepean CMA for bushcare and engaging the community with the site. The site was invaded by the usual weeds with the ground layer absolutely invisible. Pittwater Council is overseeing the work.

Stage 1 involved contract bush regeneration resulting in piles of weed material which was burnt to encourage regeneration. As expected the result has been spectacular with many dormant pea and wattle seeds germinating. Spring will be lovely here!

Stage 2, currently underway, involves maintenance weeding and the installation of five nestboxes suitable for Sugar or Squirrel Gliders. A tiny Feathertail Glider was seen last year on the balcony of a neighbouring house, so we are hoping that the regenerating bush will also benefit this little creature. Loss of tree hollows is a problem for all gliders. They nest in family groups and are quick moving as a result of their high energy diet.

This Tweed Valley Wildlife Carers site suggests how to build suitable boxes: HERE

Attracting volunteers to help with bushcare here has not been easy. Weekend parking is difficult, so our future work days will be during the week. **We'd love you to join one (or more) of our bushcare days on Tuesday 17 July, Thursday 2 August, Tuesday 14 August, Thursday 6 September, Tuesday 18 September from 8:30am – 11:30am. Come on any day that suits. Tools and cake provided.**

Contact Marita on 0439 409 202 or marita.macrae@gmail.com for how to get there. Pittwater Environmental Foundation enables people to make tax deductible donations for environmental projects in the Pittwater LGA. For more information visit: www.pittwaterenvironmentalfoundation.org.au
Note our Glider logo!

Coastal Environment Centre

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

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

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

JULY 2012 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE.

Sydney Wildlife Volunteers Needed

Sydney Wildlife is a volunteer organisation concerned with the rescue, rehabilitation and release of sick, injured and orphaned native wildlife. Sydney Wildlife also plays a role in educating the community about native wildlife and its habitat.

Sydney Wildlife has much more volunteers. If you live in Sydney and are at least 18 years old you can train to rescue and care for native wildlife. The course entails two full days training and the next course will be held on the weekend of Saturday and Sunday 4 and 5 August at Northbridge in Sydney's northern suburbs.

You don't need any special qualifications to do the course - just a love of animals and a commitment to the protection of native wildlife and habitat. Once you have completed the initial course and gained some experience you can go on to do other specialised courses. If you own a cat or dog or live in a unit you can still be a rescuer or carer. Interested? It is important to obtain an *information pack* before deciding whether to register for a course. To request an information pack call 9413 4300 or visit www.sydneywildlife.org.au

Pittwater's Environmental Foundation

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

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

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

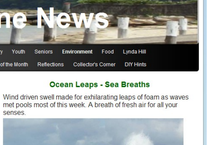
Australian Native Foods website:
http://www.anfil.org.au/

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.

Wind driven swell made for exhilarating bouts of foam as waves met pools most of this week. A breath of fresh air for all your senses.

Ocean Leaps - Sea Breaths



PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Pittwater Geology Tour
Sunday 15 July, 9am - 3pm

Pittwater's rich and varied flora, fauna and landscapes are based on its interesting geology and landforms. Why are some soils rich and others sandy and dry? How did we use our rocks?

Dr Peter Mitchell, formerly of Macquarie University, will guide us on a tour explaining local landscapes, rocks and soils. Car pooling or tag along. Where: Meet at Coastal Environment Centre carpark on Lake Park Rd, North Narrabeen. Bring: Drink, lunch, snacks, raincoat. We will stop for a picnic lunch. Bookings: 0439 409 202, 9918 3368 E: pnhainfo@gmail.com Please let us know on booking if you need to share a car or if you can take passengers.

Marine and Freshwater Research - Volume 63 Number 7 2012

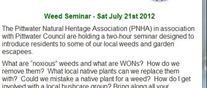
Includes: Incorporating habitat preference into the stock assessment and management of blue marlin (*Makaira ampicrae*) in the Pacific Ocean. Shunt-term effects of a prolonged blackwater event on aquatic fauna in the Murray River, Australia: considerations for future events. Reintroduction success of threatened Australian trout cod (*Maccullochella macquariensis*) based on growth and reproduction and more

Wildlife Research Volume 39(5)

Includes: Publish or perish: why it's important to publish how and if research activities affect animals. Monitoring indicates greater resilience for birds than for mammals in Kakadu National Park, northern Australia. Population dynamics of *Dasyercoa byfrhi* (Marsupialia: Dasyuridae) in central Australia: how does the mulgara persist? And more

Environment Education For Children

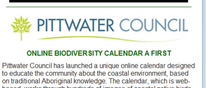
An Environment Group that's been around for decades and originated in Tasmania, where you may still walk in pure wilderness, is The Wilderness Society. Apart from being at the forefront to protect many of our still pristine areas they also seek to engage the custodians of the future; our children.



Each year they hold a Children's Literature Award. The winners of the Wilderness Society's Environment Award for Children's Literature in 2012 Award are *Hairy Nose, Itchy Butt* by Elizabeth Frankel and Garry Duncan and *One Small Island* by Alison Lester and Coral Tulloch. The Wilderness Society's annual Environment Award for Children's Literature aims to encourage children to take an interest in nature and to feel a sense of responsibility for our wild places and our wildlife.

This year one of the works is available to download for free for parents and teachers. Should you wish to purchase a copy: "Proceeds from the sale of the book will be donated to help with on-ground work that some additional SA scientists are doing with wombat conservation", explains Frankel.

Hairy Nose, Itchy Butt teacher resources (free download courtesy of NRM Education)
Animal conservation awareness activity (free download courtesy of NRM Education)
Threatened species colouring-in sheets (free download)



PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Weed Seminar - Sat July 21st 2012

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

What are "noxious" weeds and what are WONs? How do we remove them? What local native plants can we replace them with? Could we mistake a native plant for a weed? What do I get involved with a local bushcare group? Bring along all your questions for our local experts.

Saturday July 21st 2012, 1pm – 3pm, Coastal Environment Centre, Lake Park Road, Narrabeen NSW 2101. Cost: Free. Bookings Online at: www.pittwater.nsw.gov.au/cecbookings

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

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

Australian Museum: 6 College St Sydney, NSW 2010 Australia

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 language, (narrungun and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and connections with groups, weather patterns and hazards to the environment, such as weed species.

Pittwater Council's Natural Environment and Education Manager Mark Behanret 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 is a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.
The calendar can be viewed at
www.pittwater.nsw.gov.au/environment/biocalendar
To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

How Green is a Spotted Gum when Wet?

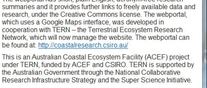
PITTWATER NATURAL HERITAGE ASSOCIATION INC.

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 keen environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Lobbies Pittwater Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA-approved grant applications for environmental projects
Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, $20.00rrp, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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

New coastal website linking local research with local councils
From C.SIRO Media Releases

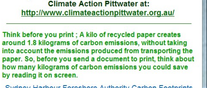


The latest coastal research will now be at the fingertips of councils and developers, with today's launch of a new webportal at the Australian Coastal Councils Conference in Hobart. The CSIRO-developed website will enable coastal councils, and other coastal stakeholders, to find research easily at a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

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

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.



CLIMATE ACTION PITTWATER

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

Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon dioxide 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

"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

July 8 - 14, 2012: Issue 66

Pecan

"Pecan" is from an Algonquian word, meaning a nut requiring a stone to crack. Pecan nuts were the only fresh food taken to the moon as part of astronauts diets on two Apollo missions. The pecan pie is the best way, apart from raw, to eat these nutritious nuts.

Pecan pie is a pie made primarily of corn syrup or molasses and pecan nuts. It is popularly served at holiday meals and is also considered a specialty of Southern U.S. cuisine. Most pecan pie recipes include salt and vanilla as flavorings. Chocolate and bourbon whiskey are other popular additions to the recipe. Tradition holds that the French invented pecan pie soon after settling in New Orleans, after being introduced to the nut by Native Americans. Some sources pint to late 19th century newspapers (mostly from Texas) which offer pecan pie recipes. Indicating the pie's invention may belong to German settlers recreating nusstorte in the Lone Star state.

Pecan Pie. [1886]

Is not only delicious, but is capable of being made a 'real state pie,' as an enthusiastic admirer said. The pecans must be very carefully hulled, and the meat thoroughly freed from any bark or husk. When ready, throw the nuts into boiling milk, and let them boil while you are preparing a rich custard. Have your pie plates lined with a good pastry, and when the custard is ready, strain the milk from the nuts and add them to the custard. A meringue may be added, if liked, but very careful baking is necessary." - "The Kitchen," Texas Siftings, [Austin TX] February 6, 1886 (p. 3)

White House Pecan Pie [1938]

1 cup unbroken pecan meats
1 cup dark table syrup
2 tablespoons butter
2 eggs
1 cup sugar
1 teaspoon vanilla
Cream the butter and sugar, add the table syrup, the beaten eggs, the pecans and vanilla. Beat together well. Put in unbaked pie shell and bake in a slow oven (275 degrees F.) for about 30 minutes. Serve with whipped cream."
---The Southern Cook Book of Fine Old Recipes, Lillie S. Lustig compiler [Three Mountaineers::Asheville NC] 1938 (p. 38)

Pecan Pie – Australian version

Ingredients (serves 10)
225g (1 1/2 cups) plain flour, sifted
125g unsalted butter, chilled, cubed
1 egg yolk, at room temperature
2-3 tbs iced water
Double cream, to serve
filling
3 eggs, at room temperature, lightly whisked
120g (2/3 cup, lightly packed) brown sugar
30g (1 1/2 tbs) butter, melted
160ml (2/3 cup) light corn syrup
1 tsp vanilla essence
195g (1 1/2 cups) pecan nut halves

Method
Place the flour and butter in a food processor and process until mixture resembles fine breadcrumbs. Add the egg yolk and 2 tbs of water, and process until mixture just comes together (add the remaining water if too dry). Turn onto a clean surface and bring together to form a ball. Shape into a disc, wrap in plastic wrap and place in fridge for 30 minutes to rest.

Place the pastry on a lightly floured surface and use a lightly floured rolling pin to roll until about 3mm thick. Use pastry to line a 3cm deep, 24cm (base measurement) fluted tart tin with removable base. Trim the edges. Place on a baking tray in the fridge for 15 minutes to rest.
Preheat oven to 190°C. Remove pastry from the fridge. Place a sheet of greaseproof paper over pastry and fill with dried beans or rice. Bake in preheated oven for 10 minutes. Remove paper and beans or rice, bake for a further 10 minutes or until cooked through, then set aside for 30 minutes to cool completely. Reduce oven temperature to 170°C.

To make the filling, whisk the eggs, sugar, butter, corn syrup and vanilla essence together until well combined. Pour the filling over the pastry base, then arrange the pecan nuts on top, pressing gently into the filling. Bake in preheated oven for 45-50 minutes or until the filling sets. Set aside for 10 minutes and serve warm, or allow to cool completely and serve at room temperature. Serve with the double cream, ice cream or both.

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The pecan, *Carya illinoinensis*, is a species of hickory, native to south-central North America, in Mexico from Coahuila south to Jalisco and Veracruz, in the United States from southern Iowa, Illinois, Missouri, and Indiana to Virginia, south-western Ohio, south through Georgia, Alabama, Mississippi, Louisiana, Texas, Oklahoma, Arkansas, and Florida, and west into New Mexico.

A pecan, like the fruit of all other members of the hickory genus, is not truly a nut, but is technically a drupe, a fruit with a single stone or pit, surrounded by a husk. The husks are produced from the exocarp tissue of the flower, while the part known as the nut develops from the endocarp and contains the seed. The nut itself is dark brown, oval to oblong, 2.6–6 cm (1.0–2.4 in) long and 1.5–3 cm (0.59–1.2 in) broad. The outer husk is 3–4 mm (0.12–0.16 in) thick, starts out green and turns brown at maturity, at which time it splits off in four sections to release the thin-shelled nut. The nuts of the pecan are edible, with a rich, buttery flavour.

The pecan tree is a large deciduous tree, growing to 20–40 m (66–130 ft) in height, rarely to 44 m (144 ft). It typically has a spread of 12–23 m (39–75 ft) with a trunk up to 2 m (6.6 ft) diameter. A 10-year-old sapling will stand about 5 m (16 ft) tall. The leaves are alternate, 30–45 cm (12–18 in) long, and pinnate with 9–17 leaflets, each leaflet 5–12 cm (2.0–4.7 in) long and 2–6 cm (0.79–2.4 in) broad. The flowers are wind-pollinated, and monoecious, with staminate and pistillate catkins on the same tree; the male catkins are pendulous, up to 18 cm (7.1 in) long; the female catkins are small, with three to six flowers clustered together. There are over 500 different varieties of pecans available for consumption.The following are popular varities grown in Australia. Prospective growers should seek expert advice on variety selection to suit varying climate and soil conditions, disease tolerance, production, kernel percentage, nut size and shape, appearance and taste.

Health and Nutrition: Pecan nuts are high in fibre, protein and energy and have the highest level of antioxidants of any nut (or any natural food product for that matter). Pecans are a good source of protein and unsaturated fats. Like walnuts (which pecans resemble), pecans are rich in omega-6 fatty acids, although pecans contain about half as much omega-6 as walnuts. **A diet rich in nuts can lower the risk of gallstones in women.** The antioxidants and plant sterols found in pecans reduce high cholesterol by reducing the "bad" LDL cholesterol levels.

Clinical research published in the Journal of Nutrition (September 2001) found that eating about a handful of pecans each day may help lower cholesterol levels similar to what is often seen with cholesterol-lowering medications. Research conducted at the University of Georgia has also confirmed that pecans contain plant sterols, which are known for their cholesterol-lowering ability.

Pecans may also play a role in neurological health. Eating pecans daily may delay age-related muscle nerve degeneration, according to a study conducted at the University of Massachusetts and published in Current Topics in Nutraceutical Research.

Pecans contain per 100grams: Energy 2,889 kJ (690 kcal), Carbohydrates 13.86, Starch 0.46, Sugars 3.97, Dietary fiber 9.6, Fat 71.97, saturated 6.18, - monounsaturated 40.801, - polyunsaturated 21.614, Protein 9.17, Water 3.52, Vitamin A 56 IU, - beta-carotene 29 µg (0%), - lutein and zeaxanthin 17 µg, Thiamine (vit. B1) 0.66 mg (57%), Riboflavin (vit. B2) .13 mg (11%), Niacin (vit. B3) 1.167 mg (8%), Pantothenic acid (B5) 0.863 mg (17%), Vitamin B6 0.21 mg (16%), Folate (vit. B9) 22 µg (6%), Vitamin C 1.1 mg (1%), Vitamin E 1.4 mg (9%), Vitamin K 3.5 µg (3%), Calcium 70 mg (7%), Iron 2.53 mg (19%), Magnesium 121 mg (34%), Manganese 4.5 mg (214%), Phosphorus 277 mg (40%), Potassium 410 mg (9%), Sodium 0 mg (0%), Zinc 4.53 mg (48%).

Pecans were one of the most recently domesticated major crops. Although wild pecans were well-known among the colonial Americans as a delicacy, the commercial growing of pecans in the United States did not begin until the 1880s. Today, the U.S. produces between 80% and 95% of the world's pecans, with an annual crop of 150–200 thousand tons from more than 10 million trees. **Harvested from May on in Australia, Australia has in excess of 100 pecan growers and plantings in excess of 180,000 trees**. Stahmann Farms grows the vast majority of Australia's pecan crop and operates the country's only commercial pecan shelling, value-adding and packing plant.: http://www.austnuts.com.au/pecans.html

Evolutionary development: The pecan, *Carya illinoinensis*, is a member of the Juglandaceae family. Juglandaceae are represented worldwide by between seven and 10 extant genera and more than 60 species. Most of these species are concentrated in the Northern Hemisphere of the New World, but can be found on every continent except for Antarctica. The first fossil examples of the family appear during the Cretaceous. Differentiation between the subfamilies of Engelhardioideae and Juglandioideae occurred during the early Paleogene, about **64 million years ago**. Further differentiation from other species of Juglandaceae occurred about 44 million years ago during the Eocene. The fruits of the pecan genus Carya differ from those of the walnut genus Juglans only in the formation of the husk of the fruit. The husks of walnuts develop from the bracts, bracteoles, and sepals, or sepals only. The husks of pecans develop from the bracts and the bracteoles only.

History: Before European settlement, pecans were widely consumed and traded by Native Americans. As a food source, pecans are a natural choice for preagricultural society. They can provide two to five times more calories per unit weight than wild game, and require no preparation. As a wild forage, the fruit of the previous growing season are commonly still edible when found on the ground. Hollow tree trunks, found in abundance in pecan stands, offer ideal storage of pecans by humans and squirrels alike. Pecans first became known to Europeans in the 16th century. The first Europeans to come into contact with pecans were Spanish explorers in what is now Mexico, Texas, and Louisiana. The genus Carya does not exist in the Old World. Because of their familiarity with the genus Juglans, these early explorers referred to the nuts as nogales and nueces, the Spanish terms for "walnut trees" and "fruit of the walnut." In 1792, William Bartram reported in his botanical book, Travels, a nut tree, Juglans exalata that some botanists today argue was the American pecan tree, but others argue was hickory, Carya ovata. Thomas Jefferson planted pecan trees, Carya illinoinensis(Illinois nuts), in his nut orchard at his home, Monticello, in Virginia. George Washington reported in his journal that Thomas Jefferson gave him "Illinois nuts", pecans, which George Washington then grew at Mount Vernon, his Virginia home.

Symbolism: In 1906, Texas Governor James Stephen Hogg asked that a pecan tree be planted at his grave instead of a traditional headstone, requesting that the nuts be distributed throughout the state to make Texas a "Land of Trees". His wish was carried out and this brought more attention to pecan trees. In 1919, the 36th Texas Legislature made the pecan tree the state tree of Texas. In southeast Texas, the Texas Pecan Festival is celebrated every year. There is also an annual Pecan Festival in Colfax, Louisiana in the month of November.

Pecan. (2012, June 17). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Pecan&oldid=498093660

July 8 - 14, 2012: Issue 66

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

Uncivilised (1936) - Charles Chauvel

A white novelist, looking for a story in the outback, is kidnapped by an Afghan slaver, betrothed to a white jungle-man, and menaced by a jealous half-caste rival, a hostile witch-doctor, his crazed-killer son, and opium **smugglers**! This was legendary Australian-based film maker Charles Chauvel's attempt to break the international market. It stars Dennis Hoey (Inspector Lestrade in the Rathbone Sherlock Holmes movies.)

It also features Kenneth Brampton - director and star of the 1920 Version of Robbery Under Arms.

Robbery Under Arms (1920)

This 1920 silent film was made by Kenneth Brampton, who wrote, produced, directed and starred in it. The story concerns a real life bushranger (outlaw) named Captain Starlight, who became a national hero (like Ned Kelly). It is based on a classic Australian novel by Rolf Boldrewood (the pen name of Thomas Browne). See Old Books for July 2012.

This was the third film of the novel. The first, directed by Charles McMahon, was an early feature film made shortly after "The Story of the Kelly Gang". The second was made in 1911. The 1957 Rank Organisation production starring Peter Finch was one of the most popular Australian films of the 1950s. It was again remade as a TV mini-series in 1985 starring Sam Neill. The 1920 version is one of the few surviving independently produced Australian silent films.

Voiceless 2012 Grants Program now open!

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

Grants are awarded to projects that address the following subjects:

Factory farming, including all forms of 'industrialised farming' for food such as meat chickens, hens, pigs, dairy cows and the use of feedlots for meat production. Projects addressing the plight of bobby calves and live export of animals will also be accepted;
or The commercial kangaroo industry, not including culls undertaken by Government associated entities deemed to be 'conservation based'; or Building animal protection as a social justice movement in Australia. Projects must apply to the whole animal movement (not a single issue) and build up broad social awareness and acceptance of animal protection. Activities may include conferences and workshops, market research, media, advertising, PR campaigns, online resources, publications etc.

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

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

FYI Facebook

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

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

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Belching black hole proves a biggie

CSIRO Media Releases - 6 July 2012

Outbursts of super-hot gas observed with a CSIRO radio telescope have clinched the identity of the first known "middleweight" black hole, Science Express reports online today. Called HLX-1 ("hyper-luminous X-ray source 1"), the black hole lies in a galaxy called ESO 243-49, about 300 million light-years away. Before it was found, astronomers had good evidence for only supermassive black holes — those a million to a billion times the mass of the Sun — and "stellar mass" ones, three to thirty times the mass of the Sun.

"This is the first object that we're really sure is an intermediate-mass black hole," said Dr Sean Farrell, an ARC Postdoctoral Fellow at the University of Sydney and a member of the research team, which included astronomers from France, Australia, the UK and the USA.

CSIRO's Dr Ron Ekers, who studies supermassive black holes in the centres of galaxies, said "We don't know for sure how supermassive black holes form, but they might come from medium-size ones merging. So finding evidence of these intermediate-mass black holes is exciting."

HLX-1 was discovered by chance in 2009, because it stood out as a very bright X-ray source. As gas from a star or gas cloud is being sucked into a black hole, it is heated to extreme temperatures and shines in X-rays.

"A number of other bright X-ray sources have been put forward as possibly being middleweight black holes. But all of those sources could be explained as resulting from lower mass black holes," Dr Farrell said. "Only this one can't. It is ten times brighter than any of those other candidates. We are sure this is an intermediate-mass black hole — the very first."

Since 2010 the researchers have been studying the black hole with CSIRO's Compact Array radio telescope near Narrabri, NSW. "From studying other black holes we know that sucking in the gas creates X-rays, but there's then a sort of reflux, with the region around the black hole shooting out jets of high-energy particles that hit gas around the black hole and generate radio waves," said Dr Farrell. "So what we tend to see is the X-ray emission and then, a day or two or even a few days later, the source flaring up in radio waves."

By looking at the source's X-ray output, the researchers predicted two occasions when it should also be brightening in radio waves — and they were right both times. Dr Farrell speculates that a companion star traverses a very eccentric orbit around the black hole. When the companion comes close, the black hole strips gas from its partner, and it is this that gives rise to the X-ray flaring.

The brightness of the X-ray and radio flares have allowed the team to put an upper limit on the mass of the black hole of 90,000 times the mass of the Sun. However, Dr Farrell says that this is a conservative estimate, and that for a variety of reasons a lower figure of around 20,000 solar masses is more likely.

Why have we found only this one confirmed intermediate-mass black hole? "There maybe lots of others out there that are not currently feeding, and so are not detectable, or are feeding at a very low rate, so they don't stand out as intermediate-mass black holes," Dr Ekers said.

HLX-1 may have been the central black hole of a low-mass "dwarf" galaxy, Dr Farrell speculates; a dwarf galaxy that was swallowed by the larger galaxy ESO 243-49, just as our own Milky Way Galaxy has swallowed dwarf galaxies. There is evidence of star-formation about HLX-1, which would be consistent with a "plunging dwarf". The research team is now looking for other signs of disturbance around the site of the black hole, such as gas streams, which would also support this idea.
Publication: Natalie Webb, David Cseh, Emil Lenc, Olivier Godet, Didier Barret, Stephane Corbel, Sean Farrell, Robert Fender, Neil Gehrels, Ian Heywood. "Radio Detections During Two State Transitions of the Intermediate Mass Black Hole HLX-1." Science Express (www.sciencemag.org/content/early/recent), 5 July 2012

Picture: An arrow shows the location of the black hole HLX-1 in the galaxy ESO 243-49, about 300 million light-years away, which is home to the newly found black hole Credit: NASA, ESA and S. Farrell (U. Sydney).

Correct time to drink water

C/- Irene Anderson

Drinking water at a certain time maximizes its effectiveness on the body:
2 glasses of water after waking up - helps activate internal organs
1glass of water 30 minutes before a meal - helps digestion
1glass of water before taking a bath - helps lower blood pressure
1glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp.

Pittwater Online News

July 8 - 14, 2012 Issue 46

Pittwater Online News - Home Page - Photo Gallery

CONSTITUTIONAL RECOGNITION OF INDIGENOUS AUSTRALIANS
Tuesday 17 July 2012 - 7:00pm
Forum - Avalon Community Hall

Speaker: Professor Anne Twomey
Professor Anne Twomey is a Barrister and Solicitor, a Fellow of the Australian Academy of Law and a Fellow of the Australian Academy of Forum and Diplomacy. She is the author of the Commonwealth Constitution and has been a member of the Commonwealth Constitutional Expert Group, the Commonwealth Parliamentary Joint Committee on Human Rights and the Commonwealth Parliamentary Joint Committee on Corporations and Financial Services. She has been a member of the Constitutional Commission of New South Wales and the Constitutional Convention Election Commission. She has been a member of the Constitutional Convention Standing Committee and Secretariat and the Secretariat of the Constitutional Convention

July 8 - 14, 2012: Issue 66

Bud vases

Bud vases or single stem vases have become a chic collectors items with various stem shapes and base shape forms and colours being bought or made by a simple addition of food colouring to water, or even with single flowers therein in 10-20 of them, and then arranged together to form permanent and artistic corners in many homes. A uniformity in roundness or tall sleekness emphasises the movable sculpture quality of these collections. Bud vases made of glass work best to create a coloured rainbow. These vases may also be made from ceramics, crystal, plastics or tightly weaved organic products with the colour range or uniformity coming from the single flowers arranged in them. They may be sculptural, arranged alone or together to create something new that draws the eyes. Some have even drilled holes in slabs of wood large enough to hold a row of test tubes.

Porcelains and ceramics were first invented in China. As this culture is also home to one of the first flowers when found in 2002 in north-eastern China, and dating from 124 million years ago (*Archaefructus liaoningensis* and *Archaefructus sinensis*), it seems reasonable that this land, so old and steeped in an appreciation of beauty and elegance, would have created vessels to provide water and to display sprigs of delicate blooms or solitary stems of a single bloom. Peony's, symbolising prosperity, and the Chinese plum blossom, symbolising an indomitable spirit, as well as bamboo (the sage) and the lotus (divine), have featured in paintings and on pottery from ancient times in Chinese culture.

A bud vase is small and designed to hold several tiny flowers, especially young flowers and buds. They are often used to make dainty arrangements of young flowers in the early spring or to bring the perfume of a few flowers to a stale small corner. Classically they are were used to showcase a single rose. Some florists will supply these, complete with a flower arrangement, on request.

Fill a sunny window ledge with a row of these coloured glass bulbs and bring a rainbow of reflections into any room. In darker corners a few tealights will throw prisms of light around a room and make it welcoming, alive. On dull days when it's cold and dreary outside, bringing colour and warmth into your life can lift the eyes and spirit.

Ranging from a few dollars for new ones or from around twenty-five dollars for 'vintage' bud vases, for those who like to invest in their or their children's future by adding a touch of history or emotional investment to their collection, this is affordable for all collectors item that brings beauty via the tiny touches of lovely details to your life.

Tweet Like +1

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