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# Avalon Sailing Club Celebrates 75 Years

Ross and Jan Trembath. Picture by AJG.

## Avalon Sailing Club Celebrates 75 Years

On Saturday evening (2nd of November 2013) the Avalon Sailing Club was filled to capacity in one of several events on over this weekend to celebrate the 75th year of this family orientated sailing club.

During the evening MC Tony Mowbray introduced one member after another to share anecdotes both amusing and serious on the formation and development of ASC. Laughter, cheers and insights for visitors into decades of sailing on Pittwater were given.

Norm Field, past commodore, related a few stories about his beginnings as a centreboard sailor and how the old Torpedo Wharf, when it was still operational for training and target practice, had a target near the clubhouse, caused many a nervous moment for sailors. Fellow member John recalled sailing around these torpedo targets in a fancy dress event where the object was to use them for tomato and egg pitching where the correct splatter earned members points.

Jim Katz had amusing stories regarding the Starters Tower that once projected above the roofline of the original building, which was never used for its purpose being too far from the courses start lines for aces but was utilised by many younger members, particularly teenagers, before being pulled down.

Life Member John Brogan shared the story of his father, John Snr., architect of the clubhouse structure that stands today:

"The Club building has only been in use for 55 years. It is, as far as I know, the youngest Clubhouse on Pittwater. Some of you will remember race days off Clareville Beach. There were no supporting facilities at all. No toilets and very little rigging space at high tide.

VJ's arrived on roof racks with mast, boom and pole lashed alongside and centreboard lying on the back seat. Sails were bundled into the boot.

This was most inconvenient to members who lived away form the beach. The club could not progress further without a Clubhouse.

In 1955 Permissive Occupancy as granted by the Lands Department for the present site and building began in December 1955. the building took two years to complete – the whole achieved by volunteers and mostly amateur labour.

Sometimes a great number of volunteers were needed. One such occasion was in March 1956 when the roof trusses were to be lifted. A crane was impractical due to lack of access so an alternative had to be found.

Enter the Social Committee!

Australian Associated Press was invited to attend and record the 'raising of the trusses'. The result was a record turn out of members and friends dressed according to fashion rather than work.

Trussed portals lying on the floor are like a drunk. When lifting them up they tend to bend and twists at the knee and when erect, need to be supported. The lift went smoothly but when the Press left at midday, the work crowd also rapidly shrank, the result being the bracing was left incomplete.

That night, like a tree that falls in the forest, all the trusses tethered together fell together – unseen and unheard. The drunk was lying on the floor again.

On Sunday morning, without the aid of the Press, the trusses rose again quite quickly – perhaps because three was less posing for the cameras.

It is rewarding to see how the Clubhouse has been maintained ane extended – particularly the deck we are gathered on this evening. The extended pontoon is the feather in the cap for the Club and has enabled me to tie up to this structure rather than sail the long way round."

Richie Venn was invited to the stage and he had a sailing adventure to share about a trip with Ross Trembath back from Hobart to Sydney in a boat named '97' which won the Sydney to Hobart in 1993. A slide show behind this gentleman showed himself and Mr Trembath with Wild Oats X in the background at Constitution Dock in Tassie "The closest we got to Wild Oats!" was the comment…

And on sailing back to Sydney and the famous temperamental weather that can rise quite suddenly when crossing back to the mainland…

"Human beings don't belong in Bass Strait."

Mr. Venn then had a picture of a five metre white shark placed on the screen – not from this trip back up the coats, but simply to check all were listening, promising to share this little story again soon… which was all a ruse and prelude… to asking current Commodore of ASC, Jan Scholten, 'Clogs' to come to the stage and announce the presentation of Life Membership to Ross and Jan Trembath, stating "Ross and Jan have ensured all who come here know this club is all about family – they have been welcoming to everyone for decades. Ross and Jan are Mr. and Mrs. Avalon Sailing Club."

Ross, who Jan tells us has been a member at Avalon Sailing club since he was seven years old, stated in acceptance " We have had a fabulous time at this Club for so many years. This club, every time we come is different – different sailing conditions, but it is all about spirit and I am so happy to have been connected to it over a lifetime."

Jan had a mothers perspective, "We have two grown up sons who are decent nice boys because of what this club and sailing here gave them. Instead of getting into trouble they could come here and muck about in boats and meet girls. This is all because of Avalon Sailing Club."

Avalon Sailing Club are holding races on Pittwater today so be sure to shout out 'Congrats!' if you see centreboards and larger vessels flying their burgee.

The celebrations last night are this weeks Pictorial.

**Avalon Sailing Club: www.avalonsailingclub.com.au**

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Reflections by George Repin: **The MoKa at Kings Cross**

Timor Leste Day at Sacred Heart School Mona Vale

Artist of the Month for November 2013: **John Ogden shares a few extracts from his latest book *Slightly Dangerous***

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**Profile: November 2013 - Organisations - Doggie Rescue** - has a been saving woofers, miaowers and snufflers for over a decade now - if you want to help out, here's a page to learn how

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**History: November 2013 Pittwater Regattas - 1907 and 1908 - it's sailing, boating and paddling time!**

**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 Adnan 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 Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds Warriewood SLSC Whale Beach SLSC Flagstaff Hill Mount Loftus Pill Hill Sheep Station Hill S.S. Florrie S.S. Phoenix and General Gordon Paddlewheeler MV Reliance The Elvina Florida House Careel House Ocean House and Billabong Melrose-The Green Frog The Small Yacht Cruising Club of Pittwater Canoe and I Go With The Mosquito Fleet - 1896 Pittwater Regattas Part I - Dates and Flagships to 1950 Shark Incidents In Pittwater The Kalori Church Point Wharf Bayview Wharf Newport Wharf Palm Beach Jetty - Gow's Wharf Max Watt Sir Francis Anderson Mark Foy John Roche Albert Vernils Broken Bay Customs Station At Barrenjoey Broken Bay Water Police Broken Bay Marine Rescue - Volunteer Coastal Patrol Pittwater Fire-Boats Prospector Powder Hulk at Towler's Bay Naval Visits to Pittwater 1788-1952 Pittwater's Torpedo Wharf and Range Naval Sea Cadets in Pittwater S.S. Charlotte Fenwick S.S. Erringhi P.S. Namoi S.Y. Ena I, II and III Barrenjoey Headland - The Lessees Barrenjoey Lighthouse - The Construction Barrenjoey Broken Bay Shipwrecks Up To 1900 Barrenjoey Light Keepers Douglas Adrian Ross Newport SLSC 1909 - 1938 Part I Overview North Narrabeen SLSC - The Formative Years Bilgola SLSC - the First 10 years North Palm Beach SLSC A History of Pittwater Parts 1 and 4

**Park Bench Philosopher: Melbourne Cup Week** – Dariwell the 1879 Winner and His Real Owner

**News From Our Inbox**, Palm Beach Sailing Club are holding their Bullets Regatta next weekend – some of the fun this great club gets up to!, Death rates greater for weekend hospital admissions, Astronomer wins science writing prize, Treatment for social phobia to be used for eating disorders, Tell-Tale Toes Point to Oldest-Known Fossil Bird Tracks from Australia, Sneaky sea lion, 'Lost World' Discovered On Australia's Cape York Peninsula, Monkey That Purrs Like a Cat Is Among New Species Discovered in Amazon Rainforest, Both Ideas, Genius Deers, Ghostly Shape of 'Coldest Place in the Universe' Revealed, Health papers published this week: Measuring Segments of Genetic Material May Help Predict, Monitor Recurrence of Thyroid Cancer; Model Virus Structure Shows Why There's No Cure for Common Cold; Study With Totally Blind People Shows How Light Helps Activate the Brain; Obesity: A New Appetite-Increasing Mechanism Discovered

**Events:** Mona Vale Fair on Today - Markets in the Village Park, Keeping Company Opening at Manly Art Gallery - Long List of Local Artists ! LEARN HOW TO STAY SURF-SAFE THIS SUMMER with DR RIP, Tom Carroll at Mona Vale Library Author Talks Program, Melbourne Cup in Pittwater 2013, Single Fin Classic Returns, PCA 2013 Art Show, Chelsea Gallery Nov. 2013, Ros Holden at RMYC, FREE BUILDERS' INFORMATION NIGHT, Psuedo Echo at Pittwater RSL, Beware the Bullets Regatta 2013, Calcutta 2013, Books, Birds, Paddling, Walking, Ross Wilson at The Arms, eramboo Summer Porgramme, AvPals Term 3 2013, Pittwater Camera Club, **if it's happening here it's probably listed HERE. Also See Environment, Seniors, Children's and Youth pages for age or specific Events and Courses**

**Collector's Corner**: 1933 Wormald Simplex Fire Extinguisher + some Fire Bridgade originals and originators as Incidentals

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**Community News:** Southern Cross Wildlife Care's 'Dr. Howard Ralph Recognised for 24/7 Caring, Short-tailed Shearwaters, Have Your Say - Public Exhibition of Stage 1 Environmental Impact Statement (EIS) for the Northern Beaches Hospital, Planning Bill 2013, Remembrance Day 2013, Advancement in Communications for the 2014 Club Marine Pittwater to Coffs Race, Calling All Paddlers on the Western Foreshores and Northern Beaches for the 'Bridge to Beach' Paddle Race, COMMUNITY MEETING ON CHURCH POINT CAR PARK, State's Arts Policy On Exhibition, TC at MVL, Squirtle-Pet of the Week, Collaroy Centennial Swim, Mona Vale Hospital Jubilee, Movember Karma Breakfast at Palmie, NSW councils to receive full refund for the cost of cancelled Local Government referendum, Regatta to Help Local Multihull Sailors Defend World Titles, AFTS 2014 GRANTS, Curl Curl Artistic Space, National asbestos awareness month in November, Bushcare Notices - November 2013, Australia Day Awards - nominations now open!, ENVIRO FUN THIS NOVEMBER, Critter of the Month-Wombat Woes, Australia Post celebrates Christmas with traditional and festive-themed stamps, Our Councils Notices and more

**Environment**: Forestry Company Exposed Lying About Destruction of Koalas, Irukandji Threat to Southern Waters, New Species of Dolphin Found in Australian Waters, New Species of Labrisomidae Fish Discovered in Brazil, Toxic Ocean Conditions During Major Extinction 93.9 Million Years Ago Quantified: Doesn't Take Much Sulfide to Impact Ocean Life, Scientists Shine Light On World's Least-Studied Bat, Mercury Enduring Contaminant Legacy of the California Gold Rush Transported by Floods, Rats and Mice Chewing Their Way to Success, Aboriginal Hunting Practice Increases Animal Populations, Echolocation: Bats and Whales Behave in Surprisingly Similar Ways, Scientists Develop New Method to Help Global Coasts Adapt to Sea-Level Rise, Bees Underwent Massive Extinctions When Dinosaurs Did, NSW Government's Aboriginal Cultural Heritage Reform - Have Your Say, Melting Arctic Sea Ice Could Increase Summer Rainfall in Northwest Europe Suggests New Study, Local Communities Produce High-Quality Forest Monitoring Data, Rivals That of Professional Foresters, Koala Count 2013 NSW, Devils at Cradle Mountain, MARINE AND MARITIME RESEARCH FESTIVAL, KATANDRA SANCTUARY PETITION, **COOEE OCTOBER 2013**, **FishMap**, local Environment groups and organisations

**Lynda Hill**: **Update 31.10.13**: **Belle Of The Ball Or Sidelined Cinderella: November's Solar Hybrid Eclipse**

**Pictures: Avalon Sailing Club 75th Celebratory dinner**

**Children: Timor Leste Day at Sacred Heart School Mona Vale, Little Girl Left the Judges Speechless, The Roentgens' Berlin Secretary Cabinet, All This Bouncing Happens In Just Few Microseconds, Bird feeding dog noodles,** THE SONG IN THE SEA-SHELL, **A SEASIDE SKIRMISH, Wonder Pets Save The Baby Sea Creatures, Dora's the Explorer - science fair part 1, High School Student Discovers Skeleton of Baby Dinosaur, Best pizza delivery ever, Poetry Comp., Trampoline safety is flippin' important - 8 kids injured every day,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

**Youth:** A different way of experiencing the world... by Lucinda Rose - on the recent trip of Pittwater Friends of Soibada members to Timor Leste from a COFA student! **Myths to Make you Think,** Call out for 'Fresh Blood', the next generation of comedy talent, The Roentgens' Berlin Secretary Cabinet, Inflatable sumo suits, Surfing Australia - Nominations Open For 2014 Australian Surfing Awards, Good Life Festival 2014, **Tom Carroll Talk at Mona Vale Library,** AUSTRALIAN NAVY CADETS - On the Northern Beaches, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO Clean Beach Initiative is looking for Australia's most passionate ECO Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards + more.

**Seniors**: **Northern Beaches Creative Leisure & Learning - A MORNING OF GAMES**, THE TWELFTH ANNUAL GENERAL MEETING - ASCCA, Aged care sector grows by half in past decade, NEW DRUG COULD OFFER FIRST SAFE AND EFFECTIVE TREATMENT FOR PSYCHOTIC SYMPTOMS THAT AFFECT HALF OF PEOPLE WITH PARKINSON'S DISEASE, NSW Seniors Week 2014, Obit to Common Sense, Little Girl Left the Judges Speechless and Gets a Standing Ovation, The Roentgens' Berlin Secretary Cabinet, This is what happens if you need help on the subway in Japan, Health papers published this week: Eleven New Genetic Susceptibility Factors for Alzheimer's Disease Discovered Through the Largest Study, High Blood Sugar Makes Alzheimer's Plaque More Toxic to the Brain, local Events, Support and Education Activities + MORE.

**Community Clubs:** Updates on Activities and links to sites.

**Artist of the Month: November 2013 - JOHN OGDEN *SLIGHTLY DANGEROUS* (EXTRACTS)** photographer, cinematographer, writer and publisher, producing television commercials, international documentary making, music video production, drama, surf and fine art photography

**Reflections:** by George Repin. **This week; The MoKa at Kings Cross**

**DIY Hints: Late Spring Chores for your Garden – + Building Your Own Backyard Cricket Pitch** - time to feed your garden, plant January salad ingredients and ready the pitch for the Summer 2013 Backyard Test Series!

**Books**: **NOVEMBER 2013** PUBLIC SYDNEY, Doctor Who - Summer Falls and Other Stories, Oysterman, Black Caviar, Flocks of Colour, Born in a Tent: How camping makes us Australian

**Old Books**: - **November 2013 - read in full here: online! Australian poets, 1788-1888; (1890) - being a selection of poems upon all subjects, written in Australia and New Zealand during the first century of the British colonization**

**Poets and prose writers of New South Wales (1866) by Barton, G. B. (George Burnett), 1836-1901**

**Food**: **Mandarin**- new sweet mandarins are in at present and their price indicates the freshness of this crop - some history, varieties, a Mandarin Duck or two, and recipes

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# A different way of experiencing the world…

**by Lucinda Rose**

Bondia fellow Australians, artists, collaborators and friends!

You may be wondering what this is all about – these rounds of synthetic material you are burning over a lone candle long after the sun has disappeared behind the mountains, and way before it rises… why on earth you are cutting milk bottle lids in half, *melting* them over a *fire* on *skewers*, twisting the melted plastic around with a knife, plunging its twirling mass of blue-green in cold water and marvelling at your recycled creation… and then you string them together and WEAR them!!!

Ha-HA! Well I can give you no justification for these acts of mild craziness, but I can tell you a little story about why we commit ourselves to hours of craft per day, ecstatic brainstorming sessions at ungodly hours and exhilarating outbursts of ideas to friends and family, who stare back at us in either surprise or alarm.

It begins as I mentioned, long before the melting sun can excite the roosters, pigs and water-buffalo, down the far end of a long hallway, the hallway of a 100 year old convent. This sacred place rests in the hills, the heart of Soibada, perhaps the most religiously devout place on earth, or at least in Timor-Leste. The bell chimes and we take our places along the old wooden pews in a church that seems somehow impossible to exist here; its walls reach to the Gods creating an atmosphere of birth, death, life, all simultaneously. And what makes me shiver here in the hot, sticky morn is not the sickening heat yet to come, the slow rocky rides along precarious cliff roads, or even the overflowing plates of steaming white rice; it is the harmonies of seminarian tenors that suddenly lift to the perimeters of the church and beyond, lifting into prayers proclaiming the fulfilment in simply existing.

We are taking slow steps up the dusty road before I can register once more that I am here, right now, in a place of dominating bougainvilleas, white buildings, and surrounded by a people more heartwarmingly friendly than I have ever known. The mass takes hours but I don't mind. My heart opens a little more when each song is performed, and I sway side to side, my eyes closing. The heat is so intense I can barely stay awake! Their reverence for not only mass, but the way they move in collecting water, preparing food and gathering the children, feels to me like a divine act of spirituality, a different way of experiencing the world in which exercise is not done for joy, but as a sheer act of survival.

Suddenly we are surrounded by a group of chanting, clapping, singing children. Is this the same day, I cannot tell! We are treated like royalty, seated amongst plates and plates of fried meat and green vegetables, and I don't need to mention the rice! And then there are the bowls and bowls of fried cassava, taro, potato and banana, all made into chips. The sight is quite extraordinary, not to mention the smells! Plates are piled high, and food is devoured, yet the bowls holding the hard-earned bounty never seem to empty, and although stomachs are filled and glasses are tipped to and fro, conversation never seems to cease.

It may be the life-energy of the Timorese, their resilience to the land or their weathered skin and tough bodies, but the perception of all that is around me becomes more and more familiar, as if I had always been here. What's more, time operates in a different fashion. It is not that weird that we are rising before 5am, lowering after 11pm and are not tired! It is as if every breath, every subtle, tiny movement and whisper is held in my memory, slowly moving through different constructs of experience and culture.

As the colours intensify and the fires burning rubbish cease, we take once more to the verandah where we light our own fires in candles and slowly, patiently begin our burning. Though time is different, the days blur into one another and we sigh a sigh of contentment. At this exact spot in the dawn, horses will rip up the dewy grass and all we will hear is this noise, not even a shadow.

We will go to dinner now with a priest and a nun and a whole community of Timorese, and we will walk back up a blackened road with the intent of developing creative, sustainable practices they can use to transform their own lives. We are here to teach them skills, not to give them clothes. We are here to build and develop long-lasting relationships, to implement artistic, innovative practices that are in harmony with their values, traditional and contemporary ways of living and cultural needs. The very thought of helping others to whom we are indebted arises something very pure within us, and satisfies a sense of purpose so truthful to human existence that I will leave you with this thought, and we can continue next time with some exhilarating and quirky adventures…

What I will also say, is that this vision of sustainable development and artistic expression within Soibada, Timor-Leste is a collaborative effort, and has heightened momentum from the small, consistent efforts over a long time period to be at this place right now. It will continue to grow, change and evolve as different people become involved in their own unique way, offering something that intrinsically and extrinsically helps all involved. This is what fascinates me about cultures – cultures of people, experiences, places and art – and how we are all connected with one another for the evolution of life experience.

**Report and Pictures by Lucinda Rose, 2013.**

Lucinda Rose is one of the team of volunteers who accompanied Pittwater Friends of Soibada to Timor Leste recently. Passionate about making a difference in this beautiful place, this 20 year old is a current COFA student and is seen here with Therazina of the Women's Craft Cooperative. Luci did a lot of work with the women in Soibada recently.

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# Timor Leste Day at Sacred Heart School, Mona Vale

Tamara Sloper Harding speaking with kindergarten and Grade 1 students.

## Timor Leste Day at Sacred Heart School, Mona Vale - Friday 1st of November, 2013

A friendship agreement between the Sacred Heart school of Mona Vale and the small school in the village of Tasi Fatin, one of eight satellite 'sub-villages' of Soibada, was begun a little while back. Letters have been exchanged, children have been finding out more and more about life in Timor Leste, raising awareness as much as creating friends in another land. The children of Sacred Heart at Mona Vale feel a special affinity with Soibada as the church there is called The Catholic Church of the Sacred Heart of Jesus. This wonderful old building is the oldest church in Timor-Leste.

On Friday Tamara Sloper Harding, chairlady of the Pittwater Friends of Soibada, visited the school to share more insights, read a traditional story to younger grades and share insights into a day in the life of a Timor Leste child with older grades. The children had a 'mufti' day and dressed in the colours of Timor Lest – red, black and yellow.

Popular as part of this was a question time where lots of hands shot up and asked about everything from how many children are in Tasi Fatin's school (70 – it is only a small school and many children around the village cannot attend) – to what Tasi Fatin children sleep on (Mats on a, usually, dirt floor).

During a recent visit to Tasi Fatin of Pittwater Friends of Soibada members, discussions of how to empower the villagers took place and one item that arose was the hope of educating Tasi Fatin village members in how to grow nutritious crops and then the planting out and maintaining of a Community Garden. The funding for the education phase was achieved through the Songs for Soibada concert held earlier this year.

The Sacred Heart school of Mona Vale has a group called 'Mini Vinnies' which is the social justice group at Sacred Heart open to all students in years 4 – 6. Three teaches, Chris McBryde, Lisa Firman and Sonja Mastroianni coordinate the activities. Virpi Tuite , a mother of two students at the school, is also a member of the Sacred Heart Mona Vale Social Justice Group.

During recent discussions it was decided to try and raise some funds towards the community garden for Tasi Fatin and the children decided to draw a chalk outline of the Timor Leste flag and ask each student to bring a coin or two, silver or gold, and they would try and cover these chalk lines with these.

Extra funds were raised through the selling of bookmarks and chocolate crocodiles Tamara brought with her - the crocodiles disappearing pretty quickly !

An amazing amount of $1,016.45 was raised, which is a quarter of the $4,000 required to set up the community garden in Tasi Fatin. The Mini Vinnies team should be very proud!

Earlier this year the Mini Vinnies team sent eight students to Maria Regina to attend the East Timor Independence Day celebrations, which the children enjoyed and found very insightful.

Mini Vinnies - 2013.

Left to right: Jarrod, Blake, Angus, Leah and Milly - tech Crew, School Photographer and coin-flag supervisors on Friday.

**Report and Pictures by A J Guesdon, 2013.**

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# Melbourne Cup Week – Dariwell the 1879 Winner and His Real Owner

Having spent so much time in romps over green hills where the wind whistles in spectacles where with relatives to watch 'their horse', or hours listening to grandfathers stories of riding horses that would hide from brothers riding their horses behind small banks of green and tales from the other side of the family of relations who were also described in fulfilling horse racing as a gambling vice, it seemed time to investigate these seemingly kinetic connections of psychic communications with the equine world. . . or at least satisfy childhood curiosity as to why photographs of horses passing posts at racetracks lined my grandfather's halls.

So why this love of horses? Simply because of an able communication with all animals, or a hearkening back to times before the advent of cars , and why invest in what to many seems an expensive and frivolous sport that may damage such magnificent creatures when the opposite side of this coin is 'work, work, work' and 'do no harm' in family friend circles. Although I've never placed one bet on one horse, Melbourne Cup or otherwise, a persistent and remarkably excitement can be felt each year for the minutes leading up to 3.00 p.m. on the first Tuesday in November, as well as a firm holding of something solid as a prayer no horse will be hurt charity itself in my head.

It seems to be the family way to let other people take the credit for works done and bills paid, and not just because so many for so long have asked so much of those they perceive to have more' that they should be able to help themselves to, and to just keep quietly loving the horses. But I am a Truthmonger who wanted to know how these lies, too, been going on.

When he was in Tasmania 'Goodwood' had a chat with Mr. W. A. Gueedon, who owned Dariwell and Darkhin. The first named won the Melbourne Cup in 1879, and the latter was second in the Melbourne Cup of the same year, and also won the Cup in 1881. Mr. Gueedon, The Oaklins, K.F. and W.E.—the latter managed Moyhenbulla at one period for the late Sir William Paterson—were two of Mr. E. F. Grahmer, who landed in Victoria with the wides known horse, the Marquis. The winter dose — For the Derby and Melbourne Cup of 1881 Mr. Gueedon backed the 'two Dariwells' to win £80,000. We still have the records of the bets on a book he showed to me. S. Jacobs executed the commission for him. Darkhin (The Peer—Lurline) was owned by the late Mr. F. F. Dalton, while his brother, W. E. trained the colt at that time, at any rate. Being in want of ready cash, F. F. gave a bill of sale over Darkhin to the trainer, the late Mr. S. Gardiner, of Bundoora. He in turn became financially embarrassed, and the bill was brought to a third party. Eventually Mr. Gueedon came in as the sole owner, but he had to share the stakes with Mr. Dalton, who, in fact, had bred the horse. Darkhin was a great favourite for the Melbourne Cup and Victoria Derby, only to run a poor race. Mr. Gueedon did not lay off one of his £80,000. When he acquired Darkhin he sketched out an ambitious programme for him. He was to go to Adelaide for the St. Legier, but was not to run in any handicap. He was a magnificent colt, standing over 15.2 hands high, and he formed the impression that he was a better horse than Dariwell, and he was the one with Dunmwell, and the Melbourne Cup was to be his particular stake. Darkhin was to be raced but little as a four-year-old. These plans were all upset, owing to the happenings in Adelaide.

**Darebin duly won the St. Leger**, his onlo opponent was Dutchman— and on the second day of the meeting carried 8. st. 8 lb., **and accounted for the Queen's Birthday Cup, one mile and three quarters, for which Sir William Paterson's Carbineer was the same stable, started favorite at 3 to 1.**

On the day after Darebin won the Birthday Cup in Adelaide Mr. Gueedon was elected a member of Parliament in Tasmania. He got a shock when he received word that the colt had won. He had lost a copper on, but another partner of the stable, he subsequently discovered, had lost £50. This victory knocked the bottom out of everything from Mr. Gueedon's point of view. He tried to accept the situation in a philosophical way, and hoped for better things in the future. Darkhin was jumped up in the weights, and for the next Caulfield Cup was allotted the 8 lb., while he had the same weight in the Melbourne Cup. Mr. Gueedon was a very sick man. Darkhin was a very sick horse. Darkhin had him that he had backed Darebin on his behalf in the Caulfield Cup for £1,000, at 10/09 1. Though this was not in accordance with his programme, he was compelled to back the horse, and he was beaten. Darkhin was a very sick horse. Darkhin was a very sick horse. Darkhin was another in the stable. Mr. William Paterson's Foringian, the services of Walter Hickenbotham were secured for Darebin, who met with interference and failed to secure a place. Foringian was fourth. Mr. Gueedon asked Mr. Dalton by telegram why Power had not been given the mount on Darebin. The answer was, 'Power elected to ride Foringian.' The Foringian incident brought about a severance of friendly relations, between Mr. Gueedon and Mr. Dalton, but Power rode the horse in the Melbourne Cup. The race was run in a deluge of rain, and the winner was Zulu, the property of the late Mr. Thomas Hall, who had a very sick horse in Darkhin. Darkhin was a very sick horse. Darkhin. Mr. Gueedon tried to his best, but he was beaten by Zulu, and he ran second, and he was not making his first run. Shortly afterwards **Darebin was sold to the Hon. E. K. Cox, in whose colors he won the Sydney Cup of 1883 with 9 st. 8 lb.** In the saddle. RACING NOTES. (**1919, February 22**). Chronicle (Adelaide, SA. 1895 - 1954), p 14. Retrieved from http://nla.gov.au/nla.news-article81363021

So this gentleman realised his dream of securing a Melbourne Cup. But what was it like back then, before this great race came of age the first Melbourne Cup was ran in 1861), and what was the jockey who rode Dariwell like – where did this beautiful colt come from – after all, with horses for courses if it all about pedigree, and how extensive was this forefather in supplying the Australian stock of horses?

Tim Whiffler, one of the earliest of the Melbourne Cup winners; sired Briseis and Dariwell, who followed in his footsteps and captured the Melbourne Cup. TIM WHIFFLER. (1935, November 1). Australian Sketcher with Pen and Pencil (Adelaide, SA). p 7. Retrieved from http://nla.gov.au/nla.news-article82242250

**Tim Whiffler was the Melbourne Cup winner in 1867**, the first fifty to do so. **Briseis won the 1870 Melbourne Cup**. A bit about one in a long line of W. A. Gueedon's interests in all things to do with horses and horse racing:

OBITUARY. MR. W. A. GUEEDON. SPORTSMAN AND PATRIOT. A GOOD MAN. The death occurred at his residence, Cansemore, Davey street, yesterday afternoon of Mr. William Algernon Gueedon, after a prolonged illness.

Mr. Gueedon, who was a native of Hobart, was born on September 8, 1848, and was therefore 75 years of age. He was educated at Hobart College and the High School. Hobart, and passed his Associate of Arts degree in 1865. After leaving school he was articled to the firm of Messrs. Dobson and Mitchell, of Hobart, where he entered into business with his father, Mr. William A. Gueedon, under the name of W. A. Gueedon and Co. On the death of his father Mr. Gueedon became head of the firm of Gueedon and Westbrook, which business he afterwards sold and went back to Melbourne. **He later moved to Sydney, where he became secretary of the Warwick Farm Racing Club**. He returned to Hobart in 1890 and established the business of estate and commission agent, which he carried on for a number of years. Some months ago through ill-health Mr. Gueedon was a keen sportsman, and was a keen sportsman, and enjoyed the distinction of being the only Tasmanian to own and race the winners of the Melbourne Cup and the Victoria Derby. **His association with the Tasmanian Racing Club dates from the first meeting held at the Rock Hotel, Hobart, in1875, when he recorded the winning.**

The rules of racing drawn up by the club on its formation numbered 24, but in the passage of years the rules grew to a volume comprising over 250. Soon afterwards, however, Mr. Gueedon resigned from the committee of the T.R.C., and interested himself in racing on the mainland.

As the owner of Dariwell, his ambition was to win the Melbourne Cup, and so enthusiastic did he become that **he bought a horse known as Darkhin to aid as a schooling master for his Cup candidate. Dariwell was brought to Tasmania in 1877, and in the following year was returned to the mainland. In that year Dariwell won the Spring Stakes (1 ½ miles) in record time, but was not stripped for the autumn meeting.**

**In 1879 Mr. Gueedon won the Melbourne Cup with Dariwell, and afterwards sold the horse to a South Australian sportsman.** In **the following year Mr. Gueedon secured Darebin, with whom he won the V.R.C. Derby and a number of important events at the spring meeting that year.** On his return to Tasmania many years ago Mr. Gueedon became secretary of the T.R.C., and held the position for a number of years. He was also a member of the committee, and occupied the position of starter to the club. For the last 10 years Mr. Gueedon had been treasurer of the T.R.C.but resigned from that office immediately after the last annual meeting, and subsequently from the committee. His resignation from the committee was considered imperative by his medical adviser.

**Mr. Gueedon held many decided views on racing and racing** administration, at the fruit of a long association with all branches of the sport. He was a strong advocate of the legalisation of book-makers, the totalisator, or any other proposition promising something in the nature of a 'sneak or a thief.'

On asking to be allowed to resign from the committee of the T.R.C. the following resolution of members was forwarded to him.: *The committee accede with great regret to Mr. Gueedon's desire to resign from the committee owing to ill-health, and in accepting his resignation desire to express their appreciation of the very excellent work done by Mr. Gueedon during his term of office as committeeman, and particularly relating to his services as hon. treasurer for the last ten years. They trust that Mr. Gueedon will in the medical adviser.*

PUBLIC LIFE

Mr. Gueedon took a prominent part in public life some years ago, and represented Central Hobart in the House of Assembly in 1882, after which he again went to the mainland, and on his return he was elected one of the members for Hobart, holding the seat till the election in 1903, when he was defeated by Mr. W. E. Lewis. He did not again enter Parliament, though ants his last illness he had been keenly interested in all matters connected with the city and State. When in Parliament the last time he was a member of a Royal Commission appointed to inquire into the Government railway system. The Commission was composed of Mr. Gueedon, Mr. Bolton, Mr. Lewis, Mr. Sir George Davies, the late Mr. John Hamilton, the late Mr. R. C. Patterson, and Hon. W. B. Ping-ding, who now is President of the Legislative Council. The Commission made an exhaustive inquiry into the matter, and the report was very helpful to the Corporation. The last public task of importance which Mr. Gueedon had undertaken was a member of a committee with Mr. Justice Ewing and Mr. A. Nicol, of Burnie, of the Commission which inquired into matters connected with the management of the Institute for the Blind, Deaf, and Dumb.

"A LOSS TO RACING." MR. T. LYONS'S TRIBUTE

The chairman of the Tasmanian Racing Club (Mr. T. Lyons) expressed his very keen regret on learning of the death of Mr. Gueedon, and remarked that he would be a great loss to the sporting community because of his extensive knowledge of the sport and his long and honourable association with it.

"Mr. Gueedon was very experienced in all matters connected with the turf and horses," said Mr. Lyons," and the knowledge he possessed was of very great value to his fellow members on the committee of the Tasmanian Racing Club. **He was a man of great originality, and a very fine speaker, and always had the courage of his convictions. He would fight strongly for any object in which he was interested**; and his death will be regretted by all sporting men in the State. He was forced to resign in September on account of his ill-health, but we all hoped that he would long be spared to give members of the committee the benefit of his mature judgment on all matters connected with racing. I am very sorry to learn of his death." OBITUARY. (1926, December 22). The Mercury (Hobart, Tas. : 1860 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article62661548

Picture: William Algernon Gueedon, Members of the Parliaments of Tasmania - no. 197 ( photographer) John Watt Beattie

Dariwell in Tassie: from "*The Mercury*" of **May 16, 1878**

We were yesterday afforded the opportunity of seeing the race-horse Dariwell, which is at Moore's livery stables. Since the Cup meeting at Elwick, Dariwell has been well cared for by Mr. Moore at his stables. Generally, and he has developed into a spleen-did animal, in perfect picture to look at. His owner, a Tasmanian, has made arrangements with Mr. Dalton, the well-known trainer in Victoria, to take the horse to the mainland, and he will be placed in the hands of Mr. Dalton immediately after the Launceston Cup meeting. Mr. Dalton, with Mr. Dalton, Darwell sought to turnout something good, and we will watch his future career with some interest, in the hope that he may carry off some of the rich prizes on the turf. [Dariwell was owned by the late Mr. W. Gueedon, of Hobart, and won the Melbourne Cup in 1879.] 50 YEARS AGO. (1928, May 16). The Mercury (Hobart, Tas. : 1860 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article62661548

Glenorchy is now a business district in the northern part of Hobart but as I remember it, when still knee high and before the spread of suburbs, it was a place of green fields.

Sketches on Cup Day [e e. Melbourne Cup Day] Date(s) of creation: November 22, 1879 print : wood engraving; Image No: b30771, courtesy State Library of Victoria. Published in The Australasian sketcher

Dariwell did not do so well when acquired by Sir Thomas Elder and lived 15 years as a pet DEATH OF A MELBOURNE CUP WINNER(Extract) BY CABLE THIS MORNING. TIDBAR. The death is reported from Queensland of the Melbourne Cup winner Dariwell. DEATH OF A MELBOURNE CUP WINNER. (1895, August 12).Launceston Examiner (Tas. : 1842 - 1899), p. 2. Retrieved from http://nla.gov.au/nla.news-article3864548

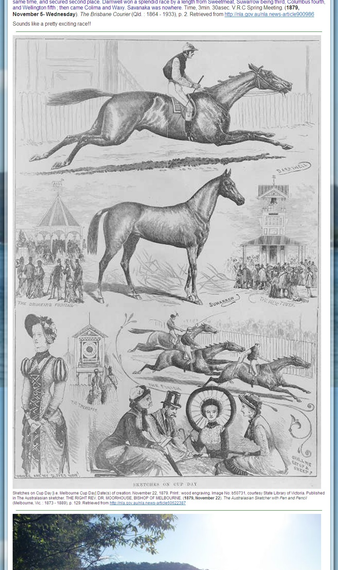
DEATH OF DAREBIN. *News comes from America of the death of Darebin, by The Peer from Lurline.* Darebin won the V.R.C. Derby in 1881, and other great honors that he has won were the Sydney Cup(not. 81b.) and the A.R.C. Birthday Cup. For nearly 15 years Darebin had been at the stud in America. Darebin just outlived the Mesonic. Dalon, one of whom was his part owner at one time, and the other his trainer, but Mr. S. Gardiner his breeze is still in Victoria. Hotel of Sir Thomas Elder, at the instance of Mr. John Hardy, the then secretar of the A.R.C. who died in North Queensland lately, invited Mr. W. E. Dalon to ..management of his stud. Mr. Dalon asked Sir Thomas to buy Darebin and Dariwell. On the advice of Mr. C. H. T. Hart, who lately disappeared from South Australia, **Sir Thomas Elder took Dariwell at 500 guineas, but refused Darebin at the same figure. Dariwell never won a race after Sir Thomas bought him, while Darebin won the Victoria Derby, the Birthday Cup, Sydney Cup, and left for being blocked by Stockwell he could not have lost the Melbourne Cup which the Assyrian won.** Not only did Dariwell not win a race for Sir Thomas Elder, but he was an object failure at the stud. Darebin was a great success, and he was sold to the late Mr. Cox, who had the good luck to win the Sydney Cup and the Melbourne Cup, and was unsuccessful with afterwards. Darebin died at the time mentioned by Mr. W. A. Gueedon. DEATH OF DAREBIN. **(1904, October 29)**. *Kalgoorlie Miner* (WA : 1895 - 1950), p. 4. Retrieved from http://nla.gov.au/nla.news-article60001325

Of her jockey in that 1879 race:

VETERAN JOCKEY PASSES. Death Of Sammy Crackwell QUAINT FIGURE

A QUAINT and picturesque figure was removed from the Australian turf last week by the death of Sammy Crackwell at the age of 86 years. Crackwell was a jockey in the days of Tim Whiffler, Zulu, Grafton, and other celebrated Melbourne Cup winners. Sammy Crackwell was customary for the leading jockeys to be heavily mustached, and since he was one of the leading jockeys **that when Crackwell won the Melbourne Cup on Dariwell it was a never to be forgotten sight as his bright red beard waved in the breeze when he passed the winning post.**

In Big Cup Smash: Crackwell had many interesting experiences on the turf in the 'seventies he worked for W.E. Dalon (trainer of Dariwell) who at one time was in charge of Sir Thomas Elder's horses at Morphettville. Crackwell won the Sydney Cup on Consomalia in 1882, and he figured in the Caulfield Cup smash in 1885, when Grace Darling, ridden by J. Williams, was successful. Crackwell had a bad fall in that race, and was unconscious for several days. Lying in the hotel bed to him in hospital was Frank McGrath, who won the last Melbourne Cup with Peter Pan. McGrath also was badly injured when riding in the Caulfield Cup in 1885. **A remarkable man for his years, Crackwell never lost his great love of riding. He was more than a jockey, he was also a rare judge of horses.** (1933, **February 23**). Chronicle(Adelaide, SA. 1895 - 1954), p. 23. Retrieved from http://nla.gov.au/nla.news-article58598453




An outsize beard did not hinder jockey S. I Crackwell from winning the Melbourne Cup in 1879. He wore the race on Dariwell. ALBUM (1940). November 6). Sunday Times (Perth, WA : 1897 - 1954), p. 9 (Supplement). SUPPLEMENT TO THE SUNDAY TIMES. (1940, November 6). Retrieved from http://nla.gov.au/nla.news-article55245330 - 1879 MELB. CUP WINNER DARRIWELL. 1900 MELBOURNE CUP CIGARETTE CARDS SERIES

**Of that 1879 race:**

The Melbourne Cup.
Sydney, Saturday. Darriwell, 5 years, by Tim Whiffler (j.n.Morrna, 7st. 4 lb.... 1
Sir. T. Ivory's br.h. Sweetmeat , i years, by Yattendon Sultana, Ost. 10lb. 2
R. Howie's g.c. Suavance, 3 years, by Snowdon (Priggy) Ost. 12lb. 3

Besides the above, the following horses also started: viz, Richmond, Savanaka, Le Loup, Lord Harry, Democrat, Wellington, Strathearn, Tom Kirk, Levant, Columbus, Germondsen, Monacquo, K.C.B., Colima, Vikey, Tidal Wave, Falmouth, Riverton, Secundus, Roland, Terrific, Caractacus, Wandering Jew, and Pallic, making twenty-eight in all. After a good start, with a pretty field, Suavanse was first seen in front, going away at a great pace, with Riverton, Savanaka, Tom Kirk, Vikey, and Glenormiston , whilst Colima, Wellington, Democrat, Monacquo, and Columbus lay well in the centre. Sweetmeat kept the least all along the back of the course, but under the hill Darriwell's colors were seen for the first time drawing to the front, and Sweetmeat running well forward ; Riverton and Colima also ran well. Suavance led into the straight, and turned round the corner, with the outside horse in hand, Sweetmeat being second, and Darriwell came up on the same line, and passed Colima. Darriwell won in a splendid race by a length from Sweetmeat; Suavance being third. Columbus fourth, and Wellington fifth, and Levant, Richmond, and Riverton, the remainder. Time, 3 min. 28 sec. (1879, November 22). The Australasian Sketcher with Pen and Pencil (Melbourne, Vic. : 1871 - 1885), p. 125. Retrieved from http://nla.gov.au/nla.news-article220215

Sounds like a pretty exciting race!!

## 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: 2000.

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# Pittwater Online News

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Pittwater Life Archive - November 2013

Volume 1, Issue 1, Nov 2013


## Volunteer Fire Fighter

Volunteer Fire Fighter

Volunteer Fire Fighter

Volunteer Fire Fighter

November 3 - 9, 2013: Issue 135

# Doggie Rescue

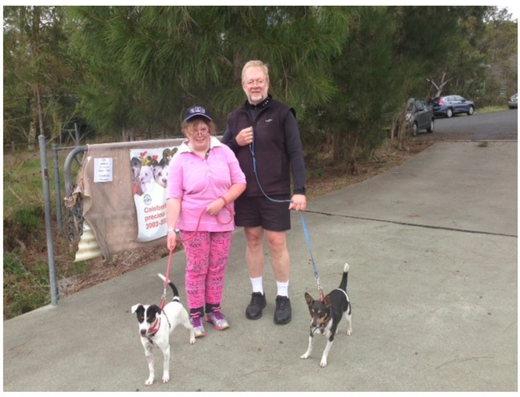
www.doggierescue.com/

Many of the dogs we take are small dogs and puppies but we also take as many bigger dogs as we have carers for. Most of the dogs we rescue are cross breeds but from time to time we have pure breed dogs.
DoggieRescue is all about saving lives from council pounds. We have a shelter called Doggiewood located at Ingleside in Sydney's northern beaches and have more than half of our dogs in foster care in temporary homes. All together we have around 200 dogs looking for homes.

We do not choose the dogs we take. Rather, we take those that are going to be put down at the council pounds. We take as many as we can and do not discriminate on age, colour, looks, health or behavioural issues. We take all the small dogs and pups available and take as many medium sized ones as we can.

Since setting up, we have saved over 10,600 dogs as well as a small number of cats and kittens, rabbits and guinea pigs. In 2001 the charity DoggieRescue.com was established.

We are largely a volunteer based organisation relying on volunteers for all aspects of our work from feeding the dogs each day to transport to customer service, grooming and even IT. We have some casual workers who help in caring for the dogs on a daily basis and a small number administration helpers. On our web site we list a lot of the activities where we still need more help:
http://www.doggierescue.com/workavail.htm



Our dogs are all vet checked, and indeed we now have our own vet. DoggieRescue and northern beaches vet Dr Deirdre Clack have set up a small veterinary clinic, The Cottage Animal Hospital, in Parramatta where our dogs are all health checked before coming to Doggiewood for bathing, grooming and general health care. There they stay until they find either a foster family who wants to pamper them with a bit of love and home life or they find their forever home.

Whilst with us they get to know our regular feeding volunteers and enjoy the extra TLC they receive from these people. We feed home cooked meals so meal times is a special time for them.

We have many people coming to walk our dogs whilst they stay at Doggiewood. We have volunteers coming as far away as the eastern suburbs and western Sydney to give their special doggies a walk, a treat and a cuddle.

DoggieRescue has a NO KILL policy so all our dogs stay with us until they find their forever home. We have a matching process to find the right dog for a family so that it is a decision made not only with the heart but also with the head. These small dogs often have a 20 year life span, so it is a long term commitment! However DoggieRescue stands by its dogs for life and always takes its dogs back at any stage.

DoggieRescue believes that a dog will do better in a good foster home so we are always seeking families willing to help with our work and provide care, nurturing, and a touch of manners for a doggie whilst we continue to search for a forever home. Make no mistake, this is hard work yet so rewarding, seeing a little frightened doggie who quivers in a corner, unfold and become a happy playful boy who enjoys his walks, plays with toys and gets excited about a car ride. For details about fostering visit:
http://www.doggierescue.com/fostercare.htm

Keen to help but cannot take a doggie and are time poor???

DoggieRescue has just released its 2014 Calendar. As the organisation's major fundraiser for the year the goal is to raise $75,000 to support its work in rescuing and re-homing abandoned dogs from death row from council pounds.

"Every single calendar sold helps us to save lives," explained DoggieRescue founder, Monika Biernacki. "Just recently the pound alerted us to the case of a 12 month old Pomeranian-cross with a shocking eye condition that needed urgent treatment. We were fortunate to be in a position where we could just jump in and get the surgery done without thinking twice."

Dr Clack who operated on the dog, now named Captain Jack, said that he must have been left suffering in agony for at least two weeks. The eye was damaged beyond repair and had to be removed. He is now pain free.

"He was a very sacred little boy when he came to us but every day he is becoming more confident and we now see his tail wagging. He has a twinkle in his eye and there is lightness in his step. He is so relieved that the suffering is behind him." said Monika.

DoggieRescue does not turn away from difficult cases or those in need of what can be very expensive veterinary care.

"That's why the calendar is so important – without fundraising we would not be able to help dogs like Captain Jack. All the dogs sitting on death row have no option. We are simply are their last chance. Regardless of their age or medical needs, they all deserve the opportunity of a safe and happy life."

The 2014 DoggieRescue calendar costs just $15 and makes the perfect Christmas gift for friends and family. It is available online at www.DoggieRescue.com.au or can be purchased by calling 9486 3133 or by visiting the shelter at Ingleside.

***"Until one has loved an animal, part of their soul remains unawakened."***
**Anatole France - French Poet**

MONIKA'S RESCUES
www.DoggieRescue.com

www.DoggieRescue.com.au
https://www.facebook.com/doggierescue
www.twitter.com/monikadogrescue

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Pittwater Online News > Pittwater Regattas > Pittwater Regatta Stories

# Pittwater Regattas of 1907 and 1908

By Leslie A. G. Wilk Sydney, NSW

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Last Updated: 1 Jan 2010

**Pittwater Regattas** of 1907 and 1908 were the first regattas held on Pittwater, and the first regatta held on the Hawkesbury River since the 1890's. Although the regattas were not very successful financially, they were very successful in bringing together the people of the Pittwater district and the Hawkesbury River district.

Contents:

Introduction | The Pittwater Regatta of 1907 | The Pittwater Regatta of 1908 | Conclusion | Acknowledgements | Sources | Illustrations | Photos | Maps | Pittwater Regatta Results | Pittwater Regatta Photos | Pittwater Regatta Stories | Pittwater Regatta Trophies | Pittwater Regatta Quiz | Pittwater Regatta Links | Pittwater Regatta Forum | Pittwater Regatta Contact

## Introduction

Pittwater is a long narrow arm of Broken Bay, which is the mouth of the Hawkesbury River. Pittwater is about 30 km long and 1 km wide. The Hawkesbury River is about 70 km long and 1 km wide at Brooklyn, where it empties into Broken Bay. The Hawkesbury River is navigable for about 50 km upstream from Brooklyn to the town of Windsor. Pittwater is a popular boating area, with many people living on the shores of Pittwater who own a boat. Many people who own a boat on Pittwater also own a boat on the Hawkesbury River, and vice-versa. Pittwater is also a popular area for **Regattas**, which are held on Pittwater, and on the Hawkesbury River. The Hawkesbury River also has a number of regattas, including the **Hawkesbury Regatta**, which is held on the Hawkesbury River at Brooklyn, and the **Hawkesbury Cup**, which is held on the Hawkesbury River at Windsor. The Hawkesbury River also has a number of **Yacht Clubs**, which are located at Brooklyn, Dangar Island, Cottage Point, Mooney Mooney, Mooney Mooney Creek, Wisemans Ferry, Spencer, Gunderman, Lower Portland, Upper Portland, Wilberforce, Windsor, Windsor Downs, Sackville, Ebenezer, Lower Marsden Park, Upper Marsden Park, Riverstone, Richmond

# Pittwater Online News

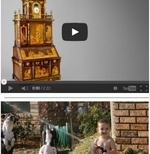


**November 3 - 9, 2013: Issue 135**

## Timor Leste Day at Sacred Heart School Mona Vale

### Talented Little Girl Left the Judges Speechless and Gets a Standing Ovation C-W.A.O. - Published on Oct 29, 2013

Amira was blessed with a talent you simply need to see to believe. Watch her audition - her angelic voice left everyone SPEECHLESS.




## The Roentgens' Berlin Secretary Cabinet by The Metropolitan Museum of Art , New York Co- W.A.O.

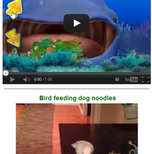
"One of the finest achievements of European furniture making, this cabinet is the most important product from Abraham (1711 –1793) and David Roentgen's (1743–1807) workshop. A writing cabinet crowned with a chiming clock, it features finely designed marquetry panels and elaborate mechanisms that allow for doors and drawers to be opened automatically at the touch of a button. Owned by King Frederick William II, the Berlin cabinet is a masterpiece of cabinetmaking, decorative and mechanical ingenuity, and sheer size. This cabinet is from Kunstgewerbemuseum, Staatliche Museen zu Berlin, and is on view at The Metropolitan Museum of Art in the exhibition Extravagant Inventions: The Princely Furniture of the Roentgens.

The king's greatest contribution to the world of the arts, however, is one that you may be a little more familiar with. He commissioned the design and building of the Brandenburg Gate, which was completed in 1791. The Tor, as it is known in German, it a local landmark of Berlin and has been an ironically glorious silent witness to many of the key moments in history.

### Triple Zero Kids' Challenge

Kids, learn about what happens when you call Triple 000. Triple Zero Kids' Challenge is an online game designed for children of kindergarten and primary school age. The game consists of nine safety scenarios. kids.triplezero.gov.au/

### All This Bouncing Happens In Just Few Microseconds



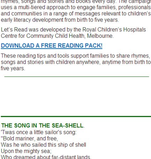
### Dora's the Explorer - science fair part 1

**National Geographic online fun For little kids:**

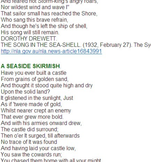
Online Fun, games and a magazine they can subscribe to, all vetted by industry experts on this award winning website

HERE.

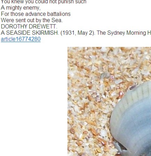
### Wonder Pets Save The Baby Sea Creatures




### Bird feeding dog noodles



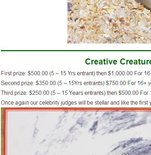
### Love Food, Hate Waste Cookbook




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

### LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



The Federal Government's Department of Education, Employment and Workplace Relations has funded the Murdoch Children's Research Institute $1 million over 12 months to implement a Let's Read National Early Literacy Campaign. Building on existing evidence-based programs and leveraging off the Department of Education's the National Year of Reading, this campaign aims to develop and generate national, integrated early years literacy promotion and support.

The Let's Read Campaign engages families, professionals and communities to promote reading with children from birth. Sharing books from birth helps children develop the skills they need to become readers and writers. Let's Read, anytime, anytime is the national campaign call to action for families, carers and early childhood education professionals to share rhymes, songs and stories and books every day. The campaign uses a multi-tiered approach to engage families, professionals and communities in a range of messages relevant to children's early literacy development from birth to five years.

Let's Read was developed by the Royal Children's Hospitals Centre for Community Child Health, Melbourne.

**DOWNLOAD A FREE READING PACK!**

These reading tips and tools support families to share rhymes, songs and stories with children anywhere, anytime from birth to five years.

## Narrabeen Learn2Swim

Registration Day for Narrabeen Learn to Swim is **Sunday 9 November 2013 from 9.00am.** Registration form below - right click on and 'save as'

Learn 2 Swim - Narrabeen Rockpool
Sessions are 30 minutes long and the cost is $130.00
**Registration Will Be Held on Sunday 9th of November from 9am to 12pm**
Season starts Saturday 16 November 2013 to Mid March 2014

**Child Surname:**.....
**Given Name:**..... **Date of Birth:**.....
**Address:**.....
**Parent/Guardian Full Name:**.....
.....
**Telephone:**..... **Mobile:**.....
**Emergency contact number:**.....
**Email:**.....
**Medicare Number:**.....
**Name of person responsible for child during lessons.**.....

***Form of Indemnity***
In consideration of Narrabeen Amateur Swimming Club accepting the above named member into its swimming classes, I hereby indemnify the Club against any claim for loss, injury, damage and expenses of any nature howsoever, arising or alleged, and not limited to negligence, which may be made against the Club by reason of the above named member being out of any accident, or illness which may result or occur in the said member being in the Club's premises, or in the course of the said member's attendance at any of the Club's classes.

**Signature of Parent/Guardian:**.....

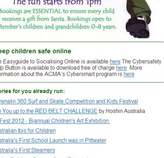
***Medical & Emergency Details***

Please list any medical or any physical condition or ailment of concern that may from time to time affect your child's participation in the Club's classes and activities. Also, please list any medical conditions that the Club should be aware of such as an emergency. This information is held in the strictest confidence.
**Medical Condition: You'Ve Further information or further details**

**Allergies**
Food, Insects (e.g. Hornets), Hay fever, Asthma, Bee Stings, Anaphylaxis, Diabetes, Epilepsy, Medication, Other, Cystic Fibrosis, Cerebral Palsy, Cerebral Palsy, Other Relevant Information

**Office Use Only Fees Paid**
**Date:**..... **Narrabeen Amateur Swimming Club**

Club Palm Beach - 9974 5566




And he's bringing along his very good friends BEN 10 and TINKERBELL!!

Meet them all at the annual Club Palm Beach MEMBER'S KID'S Christmas Party on SUNDAY, 15TH DECEMBER

The fun starts from 1pm

Bookings are ESSENTIAL & minimum every child receives a gift from Santa. Bookings open to Member's children and grandchildren 0-8 years.

### Keep children safe online

The Easyguide to Socialising Online is available here The Cybersafety Help Button is available to download free of charge here More information about the ACMA's Cybersmart program is here

**Stories for you already run:**

Adrenalin 360 Surf and Skate Competition and Kids Festival
Are You up to the RED BELT CHALLENGE by Hoshin Australia
Art'Fest 2012 - Biannual Children's Art Exhibition.
Australian Ibis for Children
Australia's First School Launch was in Pittwater
Australia's First Steamers
Avalon Bulldogs Season Open Pictorial
Avalon Junior Rugby League Super Saturday
Avalon Sailing Club Teaches A Novice To Sail
Bilgola Plateau Public School - Sustainable Practices
Bilgola Student and Avalon lady attend Aboriginal and Torres Strait Islands Veterans 6th Annual Commemorative Service at Hyde Park
Bilgola Plateau's NAIDOC Week Celebrations: Darrunung Sculpture and Under A Starry Sky
Blast Off 2011 Blast off 2012 Blast Off 2013
Brush turkeys - for children
Dance Fever 2012 by Peta Wise
Friendly Toolbook Goes to Palm Beach - Yes! Pittwater has her very own 'Mother Goose'
Grandparents Day 2012 by Peta Wise
Harvest Day 2012 at Maria Regina Avalon by Alexis Corn and Peta Wise
Heartsong - an Anthology of Pittwater Poetry Launched
Hoshin Anti-Bullying Summer Camp 2012
Kangaroo Dance
Learn2Swim Narrabeen Coastal Platform Tour for children
Maria Regina Catholic School at Avalon: Christmas Crafts for Children
Maria Regina Celebrates Timor Leste's 10th Anniversary of Independence 2013
Maria Regina Catholic Primary School's DanceFever 2013 Winners
Mona Vale Public School's Centenary Launch
Mona Vale Public School Centenary Festival Day 15th of September, 2012
Mr Wolfeance Discourses ON LIGHTHOUSES
MV Reliance and Maria Regina Avalon - Clarenville Outing
Narrabeen Youth Club Wins 2013 Show Us Your Moves Competition
Newport Student Wins RMFC MArine Art Prize
NLASC Narrabeen Rockpool Learn to Swim Program by J P Fisher and Glenn Nicholls
112th National Australian Flag Day this Tuesday, 3rd of September
Online World To Be Safer - Sonar Dolphins Arrise!
Pacific Black Duck taking a bath at Careel Creek
Pelican Dreamtime - A Legend of the Great Flood - dreamtime legend for children
Pink Ribbon Day at Maria Regina by Joanne Seves
Pittwater's Break The Fannie Lynch 2013
Pittwater's Got Talent
RPAYC Youth Development Program Graduates Win 2012 Bird Island Race by Damian Devine
RPAYC Hosts 20th HARKEN International Youth Match Racing Championships by Damian Devine
Schoolchildren's gifting of "plant" to their fellow schoolchildren
SLSC 2013 Interstate Championships - at Newport
Spotted Gums of Pittwater Inspirations
Summer is Channel-billed Cuckoos Season - Fledglings 2013 by Jeffrey Sabin and Andrew Tiede
The Northern Beaches Music Festival's YOUNGBLOODS Competition
The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year by Damian Devine
Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2013
Winning the Homework War by Rosemary Smith
World's Largest Grommet Festival Returns - an outline of the September 23-30, 2013 Blast Off
Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change.
Zoomobile at Loquat Valley School, Bayview

Tweet | Like | g+1

## Picture Books Online

Picture Books Online is a collection of classic picture books from Era Publications. Watch your favourite characters, stories and imagination come to life through Picture Books Online.

### Mona Vale Library - Young Runarounds!

Mona Vale Library has expanded their books available through their 7-day loan collection of new titles for younger readers. These are all books which are currently deemed 'hot' in local book stores. To see the wide range of titles available have a look HERE.

### Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a 30 minute long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

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

## Mona Vale Mountain Cub Scouts Profile



Find out more about all the fun you can have at Mona Vale Mountain Cub Scouts Profile - yes, our Profile pages aren't just about those who can tell you about Pittwater before you were born. We're also about great clubs and activities that you too can get involved in!

**THE SONG IN THE SEA-SHELL.**
'Twas once a little sailor's song:
"Bold mariner," and free,
Was he who sailed this ship of shell
Upon the misty sea;
Who dreamed about the distant lands,
Where Summer reigns,
And feared not Storm-king's angry roars,
Nor wildest wind and wave ?
That sailor small has reached the Shore,
Who sang this brave refrain,
And though he's left the ship of shell,
His song will still remain.
DOROTHY DREWITT
THE SONG IN THE SEA-SHELL. (1932, February 27). The Sydney Morning Herald (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article10647429

**A SEASIDE SKIRMISH**
Have you ever built a castle
Upon the golden sand,
And thought it stood quite high and dry
Upon the solid land?
It glistened in the sunlight, Just
As if 'twere made of gold,
Whilst nearer crept an enemy
That ever grew more bold.
And with his armies onward drew,
The castle did surround;
Then o'er it surged, till afterwards
No trace of it was found.
Have you built a little castle low,
You saw the cowards run;
You chased them home with all your might
But only Just for fun!
You knew you could not punish such
A mighty enemy,
For those advance battalions
Were sent out by the Sea
DOROTHY DREWITT
A SEASIDE SKIRMISH. (1931, May 2). The Sydney Morning Herald (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article10174289

## Creative Creatures Film Festival - website

First prize: $500.00 (5 – 15 Yrs entrant) then $1,000.00 For 16+ years entrants
Second prize: $350.00 (5 – 15Yrs entrants) $750.00 For 16+ years entrants
Third prize: $250.00 (5 – 15 Years entrants) then $500.00 For 16+ years entrants

Once again our celebrity judges will be stellar and like the first year, of the highest calibre.

# Pittwater Online News



**November 3 - 9, 2010, Issue 231**

A different way of experiencing the world - by Lucinda Rose - an exhibition of photographs taken by students of Stokes Valley High Lists to COFA at Australian Level!

## Call out for 'Fresh Blood', the next generation of comedy talent - Wednesday 30 October 2013

ABC TV and Screen Australia have announced 'Fresh Blood', a new talent search for the next generation of comedy talent.

The 'Fresh Blood' initiative focuses on short form comedy creators. Over twenty comedians will share in a total pool of $10,000 for each successful applicant.

The content will premiere on www.ABC.net.au/tv/ ABC's online catch-up platform with a record 10 million program plays in August. It is Australia's most popular online service and is home to the ABC's popular short form sketches.

Jennifer Collins Head of ABC TV Entertainment says 'Fresh Blood' is a great way for the ABC to discover and develop new talent. ABC is proud to be known as a nurturing place for new talent and we are now continuing that tradition, online'.

And Bradwell, ABC's Multi Platform Commissioning Editor, 'We're thrilled to announce Fresh Blood on ABC iview as our first digital commission. We're looking for talent that can make the most of our creative platform for innovative content – in this case the brand new comedy talent in Australia'.

Screen Australia's Chief Operating Officer Fiona Cameron says, 'Screen Australia is pleased to be working with the ABC in partnering with the ABC. Fresh Blood is a terrifying initiative to expose emerging Australian sketch comedy to bigger audiences'.

The closing date for applications is Friday 20th December, 2013.

For further information about Fresh Blood and to fill out an application form go to

www.abc.net.au/freshblood

Fresh Blood will premiere on iview in early 2014.

https://www.facebook.com/ABCGenome

## The Roentgens' Berlin Secretary Calmed by The Wonderful Musicians of Arc - New York Times - Oct 25, 2013

"One of the finest achievements of European baroque music, this recording of Bach's Cantatas for Soprano Solo (BWV 51, 82 and 199) and Oded Ronsenberg's CTVC 1000 workshop. A wicked sense of humor crowned with a chiming clock, it features finely designed marvelous music and a wonderful soprano, Dorothee Mields. The Arc Ensemble, formed automatically at the touch of a button, is directed by Kenji Fredericks Wolfart & the Berlin cabaret is uniquely funny. Mields is a lovely singer, with a beautiful instrument and a clear voice. This cabaret is from Kunstgewerbemuseum, Staatliche Museen to Berlin, and is on view at The Metropolitan Museum of Art in the Department of Medieval Treasures. The Chorale Workshop."

http://www.youtube.com/watch?v=qcqJ3Ccbxxw

## PITTWATER ARTIST GRANT PROGRAM OPENS

The Pittwater Community Arts organisation is offering a two year by emerging young local artists, with support from Pittwater Council.

The 'Emerging Artist Grant' will be awarded to a young Pittwater resident aged 18 to 25 years on Friday 13th December. The grant of $2000 will then be used by the recipient to develop and or market a new body of work that will be shown at Newport Community in April next year.

**Applications open on Tuesday 1 October 2013 and will close on Friday 8 November 2013.** Application forms are available from this website at www.pittwatercac.com and must be members of the organisation. Annual membership cost $20

Pittwater Council has a long history of supporting young artists from Newport to Mona Vale, Ingleside to Warriewood.

"Awareness of Pittwater-based artists has been growing for some time and this is another way we can support emerging talent and help it blossom," she said.

Ms Morgan said the grant program represented an exciting evolution for Pittwater Community Arts, with being the first major initiative under its new name.

"It's overall and layered grant program is offering a 52-week space at Newport Community Centre free of charge to the grant recipient, plus a mentor, a show at the end of the year, and we provide hanging systems and screens for wall-mounted work.

Mayor Jacqui Townsend said the grant program reinforced the Council's commitment to nurturing the arts in Pittwater.

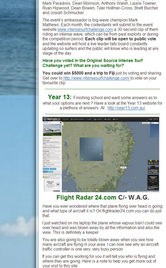
"We're currently planning a series of events for Pittwater during the Festival of Spring, which celebrates creativity and the 'Arts' and the Eisteddfod Pittwater prize-giving.

"Details of all these events will be announced in the next few weeks."

## NOMINATE NOW

Surfing Australia - Nominations Open For 2014 Australian Surfing Awards - NOMINATE HERE
www.australiansurfingawards.com

International Pixel Pandas Art Competition - Secondary Students Section. Find out More HERE




Australia's leading bug-eater (maybe) and on a new hunt with the launch today of the inaugural Original Source Intense Surf Challenge, the Australian Zoological Park (Beerwah) is teaming with the Cooloola Coast Tourism Association to find the unique, interesting, digital surf tour 'Fifteen' of Australia's top bug-eaters surfers and raise funds for the Australian Zoo Wildlife Warriors Conservation Fund.

**1st August, 2014, 1st December, 2014 and finish with the winner on receive $30,000.**

The 15 surfers taking on the challenge are: Jarrne Mitchell, Asher Pacey, Jeff Rowley, Richie Vacuik, Reba Lang, Kerby Brown, Ryan Hipwood, Ryan Callinan, Jordan Mercer, Ryan Cooper, Ryan Hipwood, Dane Swain, Tate Hollmer Cross, Brett Buchner and Josiah Schnocker.

The event's ambassador is big-wave champion Mark Healey who will be on hand to provide commentary on the event website www.intensesurfchallenge.com a 30 second clip of Mark giving an intense review of the Bren point surf break will be on the competition period. **Each clip will be open to public vote** and the winner will be the surfer who receives the most votes, adding no surfers and the public will know who is ready and willing to take on the challenge.

**Have you voted in the Original Source Intense Surf Challenge yet? Who are you voting for?**

**You could win $5000 and a trip to Fiji** just by voting and sharing. Get over to http://www.intensesurfchallenge.com/ to vote on your favourite clip.

## Year 12: Finishing school and work experience

Year 12 students are about to finish their last day of school and are looking at a lifetime of answers. Alt http://bit.ly/1ccLwu

## Flight Radar 24.com C/- W.A.G.

Have you ever wondered where that plane flying over head is going and what type of aircraft it is? Or flightradar24.com you can do just that.

Just watched on me laptop the plane whose vapour trail I could see from the Ingleside Oval and it's all the information and more. Very Cool. This is definitely a keeper.

You are able going to the toilet's blows away when you see how many aircraft are flying in our area. You can see on and off, and all traffic combined is one very, very busy person.

Click on the plane and it tells you what type of aircraft who is flying and where they are going. Here is a note to help you get more out of your visit to this site.

These are the aircraft in the air right now. In the left hand column there is a box called "Search". The number in the box is the number of aircraft in the air. Click on the "Search" button to see a list of aircraft. On the map you will see all the planes in the air. Click any aircraft, and on the left screen you will get all the info: Airline, type, flight number, from, to, altitude, speed, etc. Click on the "Search" button some you can also click or view from the cockpit. See www.flightradar24.com

## The Line

Official "The Line" page of Australia
brought to you by the Australian
Government. The Line is a safe space to
discuss respectful relationships. Please
read our moderation guidelines before
participating http://bit.ly/ne.1ceNn

Do you need information on respectful
relationships? Check out our Facebook
page!

Explore The Line website: www.australia.gov.au/theline

If you need help or would like to talk to someone call: 1800 MYRIAD (1800 090 463) to talk confidentially and for free with a trained counsellor on Kids Helpline or 1800 55 1800.

Numbers operate 24 hours a day, 7 days a week and the person you talk to will be a trained counsellor who will listen to you and be a government department. They don't judge or tell you what to do.

Please note that all mobile phone calls made from within Australia to Australian numbers using Optus (including Virgin, Vodafone, and Telstra—and 1300 Respect—using Telstra—are free of charge.

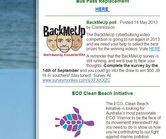
Online Safety and Cybersafety issues are being talked online or has something happened online that makes you feel uncomfortable, call Cyber Smart Kids Helpline on 1800 55 1800 or go to the ACCI Helpline online cybersafety section.

Relationship Violence: Are you or have you been scared of someone hurting you? Sometimes people are afraid of violence in a relationship with a friend, partner or family member. If you need help call 1800 RESPECT (1800 737 732) or contact your Local Support, Suicide and Mental Health.

If you would like to talk to someone about sexual abuse, depression, loneliness, suicidal thoughts or attempts. Call Lifeline on 13 11 14.

## Bullying: NO WAY !!!

This website has many different items and gentleman on how to deal with bullying and it's effect. Well, someone is willing to talk to much and deal. **Make sure you are heard!** Here is a link to a website that is a bullying website. Anyone who loves to tell his/her/theirs or writing

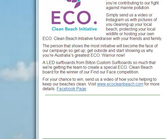



The Computer History Museum offers
many other exhibits on a variety of topics
related to the history of computing. The
first 2000 years of computing is HERE.

## Bus Pass Replacement

HERE

## BackMeUp pdf - Posted 14 May 2013




The BackMeUp cybersafety education
competition is going to run again in 2013
and we are looking for a few more entry
pieces for the winning videos. Vote HERE
A reminder that the BackMeUp surveys is
still running, and we'd love to hear your
thoughts. **Complete the survey by the
14th of September** and you will be the draw to win $50 at
Hi-Fi vouchers! Check out the
www.surveymonkey.com/s/3F3GQGJ

## ECO Clean Beach Initiative

ECO. Clean Beach Initiative is looking for
volunteers to be the leaders of
"Clean Beaches" in the Bay of
Islands. Volunteers will be
responsible for organising
clean ups and ensuring the
beach, protecting your local
wildlife or hosting your own
ECO. Clean Beach Initiative beach clean up in your local area.

The person that shows the most initiative will become the face of our campaign to get all, get outside and start showing us why you're Australia's greatest ECO. Warrior now!

A LED surfboards from Bilton Custom Surfboards so much that we will be giving away a LED surfboard to the winner and a board for the winner of our Facebook page.

For your chance to win, send us a video of how you're helping to keep our beaches clean. Visit www.ecocleanbeach.com for more details. Facebook Page

## Our Youth page is for young people aged 13+ - if you are younger then this we have some age appropriate news for you on the Children's page

## Author Talks 2013

## A good laugh and a long sleep are the two best cures for anything.

Irish Proverb

## Inflatable sumo suits

## $2000 prizes on offer for skilled students - Friday 18 October 2013 Media Release - The Hunt Scouses Lay Secret Schools Competition Winners

The search for Australia's brightest and most creative students in 2013, with nominations opening for this year's 'Australian Secondary Students Prize' is on.

Assistant Minister for Education Scouse Lay said schools have until Friday 18 October to nominate their students for the 'Hunt Scouses Lay Secret Schools Prize' in Maths, Science, Technology, Excellence in School.

Teachers should provide students with the skills they need for the jobs of today and tomorrow and these awards support the development of skills in maths, science, technology and excellence. Mr Lay said.

Students studying in a wide range of fields including aged care, hospitality, business, IT, sport, and the arts are eligible to nominate themselves or be nominated by their teachers.

Up to 1000 outstanding Year 12 students, who are undertaking Vocational Education and Training (VET) courses, will be nominated School-based Apprenticeships as part of their senior secondary studies, will be eligible for the Hunt Scouses Lay Secret Schools.

"These prizes recognise the importance of Vocational Education and Training and School-Based Apprenticeships in helping young people to develop the skills and knowledge which are leading to highly skilled employment," Mr Lay said.

The prizes also recognise training for a trade or other skilled job at school in both theoretical and practical areas, and the skills and knowledge that students who work extremely hard to achieve excellence should be recognised regardless of where they study.

"I encourage schools to nominate their top Year 12 Vocational Education and Training (VET) and School-Based Apprenticeship students to the 2013 awards."

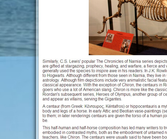
For more information, including how to nominate, visit:

http://education.gov.au/australian-secondary-students-prize

## All This Bouncing Happens In Just Few Microseconds

## Good Life Festival 2014 - Melbourne, Sydney, Brisbane, Perth!

http://goodlifefestival.com.au/2013/03/good-life-festival-2014/



There's a lot to consider when planning a party

What happens if your party gets out of control?

Shut down your house party
Supervision
Entertainment
Alcohol/Drugs
Noise & Debris
Gatecrashers
Vandalism
Traffic
Police

## SAFE CELEBRATING!

As we head into the festive season, Hills Police Command in Australia, and with so many of you completing your HSC or other schooling soon, it is important that we all do our part to make sure that we all have a safe, drug and alcohol free, and fun filled celebration. Parents are important to young people. They provide them with an opportunity to celebrate in a safe environment and provide a supervised alcohol free event. But what parents are important for social development? Parents reasons they can also bring jobs play a range of risk factors that work together to increase the risk of injury to young people.

Partying and going out is a normal part of growing up, but there are ways to make it safer for your child. Talk to your child through discussion and planning with your family and friends.

If you are informed about safe partying, you are more likely to protect yourself and others. Talk to your child about the risks, and how they can stay safe. Make sure they know what to do if something goes wrong.

For more info go to www.mycite.com.au or www.youthaids.org

## The Project Gutenberg Library of Australasia

Australian writers, works about Australia and works which has for subject matter Australia. Project Gutenberg Library of Australasia is a Australian website, it lists and Australia. There is a banner page from the journals of the land and sea explorers. In the early accounts of the Australian colonies. Also, Australian Poetry, Australian Library, Learn about Australian Literature, Australian Poetry.

The list of titles form part of the huge collection of etexts **freely downloadable** from Project Gutenberg Australia. Follow the links to read more about the authors and titles and to read and/or download the etexts.

## Love Food, Hate Waste Cookbook

Our own Philanthropic Council has joined with Kids in the Kitchen to promote the Love Food, Hate Waste Cookbook. Project Gutenberg Australia. Project Gutenberg Australia. Project Gutenberg Australia. Project Gutenberg Australia.

Love food hate waste book HERE

## More Vale Library - Duke of Edinburgh Awards

During term three, More Vale Library accepts students completing their Duke of Edinburgh Awards. Duke of Edinburgh Awards Scheme. There are jobs available for the Bronze, Silver and Gold levels of the Scheme. Students who want to participate in the Duke of Edinburgh Awards Scheme, can choose from a wide range of jobs. Your your week during lunchtime for however many weeks they need to complete. Hours can be made up only in rare circumstances on Saturdays.

## Powerhouse Museum Online Fun

The Powerhouse Museum
besides offering great exhibits,
also has a wide range of
activities and games with a
educational insight.

An example. The online dotting
game is based on a Victorian
Lace Collar, which was
made of wood and coloured
paper. From the Powerhouse
Museum Collection, Lace
number A 1075c. Games with
Combined an element of chance
and strategy, dotting is a
coordination were one popular
family entertainment during the later part of the 19th and early 20th
century. Click HERE

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

Pittwater Online News is not only For and About you, it is also **BY** you. Please let us know what you want to see, what you like, the objective of what we do and/or do not have, what we do well, what we do poorly, does or something you want to see addressed, let us know or send to info@pittwateronline.com.au

## All are Welcome, All Being!




On the Northern Beaches

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http://www.cadetnet.gov.au/navy

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More information about the ACMA's Cybersmart program is here

## Myths to Make you Think

The John C. Hodges library at the University of Tennessee holds a pamphlet entitled "Creatures from Myth", in its library. The website made its scripts Bill Wilson, by combining a study human deceiver with the deceiver of a Shetland pony in entitled "Do you believe in Centaurs?" and **was meant to mislead scientists in order to make them more critically aware, according to the exhibitors.**

Another entitled by Hillers is now on long term display at the International Wildlife Museum in Tucson, Arizona. The full-mount skeleton of a Centaur, built by Dikala Unterbrennen Associates, is on display, along with several other creatures from Greek myths, Cretan Coffee.

A centaur is one of the symbols associated with both the Isis Phi Theta and the Delta Lambda Phi fraternities. Whereas centaurs in Greek mythology were generally wild, violent, and uninitiated passions, Delta Lambda Phi's centaur is modeled after Chiron and represents honor, Hoderation and temperance.



Similarly, C.S. Lewis' popular The Chronicles of Narnia series depicts centaurs as the wered and noblest of creatures. Narnian Centaurs are gifted at stargazing, prophecy, healing, and archery. Centaurs are also known as fierce and valiant race known for being a little bit gerrendy used the species to inspire awe in the readers. In J.K. Rowling's Harry Potter series, centaurs live in the Forbidden Forest close to Hogwarts and are known for being extremely hostile towards humans, and are considered to be a dangerous species to encounter. Although Brin descriptions include very animalistic facial features, the inclusion of the Hippogriffs, girls to Forest suggests a more classical appearance. With the exception of Chiron, centaurs in Rick Riordan's Percy Jackson & the Olympians are seen as pets and companions to the gods, and are known for being very wise and skilled in the arts of hunting and healing. In Rick Riordan's subsequent series, Heroes of Olympus, another group of centaurs are depicted with more animalistic features such as horns and appear as villains, serving the Gigantes.

Centaurs have been used in literature as a symbol or hypocrisy/satire a mythological creature with the head, arms, and torso of a human and the body and legs of a horse. In early Mac and Bondarenko paintings (see below), they are depicted as being very human-like and are shown with their children. In later renderings centaurs are given the torso of a human joined at the waist to the horse's withers, where the horse's neck would be.

This half-human and half-horse composition has led many writers to treat them as limited beings, caught between the two natures, unable to fully participate in either world. Some have been treated as being half-human, half-animal, and half-spirit, such as Nessus, Chiron, Pholus, Cheiron, the centaurs who usually said to have been born of sexs and Neptune (the cloud made in the image of Hera).

http://en.wikipedia.org/wiki/Centaur

## Creative Creatures Film Festival - website

First prize: $500 (0.5 – 15 minutes) entrants $1,000.00 for 16+ years entrants
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Once again our celebrity judges will be dabbl and the the first year of the highest calibre

# Pittwater Online News



Issue dated: 7 - 9, 28th, 29th, 30th June, 1st July, 2013

## Aged care sector grows by half in past decade - Canberra, 26 October 2013

The number of aged care places in residential facilities and community-based care rose by 46% between June 2002 and June 2012, the Productivity Commission has found. Overall there were 185 places per 1000 population aged 70 or older, according to new data released in the Productivity Gains for the Australian Institute of Health and Welfare (AIHW).

This information, available at www.gen-agedcare.crc.uow.edu.au/aged-care/compare-2011-12/, shows that at June 2012 there were 185 places per 1000 people aged 70 and older, an increase accounting for 67.5 thousand places over the period.

Most of the growth in places has been in community-based care - home care, flexible care and Transition Care. Home care places per 1000 people aged 70 and older grew at a faster pace than residential aged care places, compared with one for every four in 2008, said AIHW spokesperson Gaye Dillon.

In 2012, 21% of community care places were for high-level care, up from 15% in 2008. Residential care places for high-level care were also introduced.

The special rate of growth in community care programs was 83. Home care places increased from 11 per 1000 in June 2008 to 20 per 1000 in June 2012. Flexible care places increased from 0.6 per 1000 in June 2008 to 1.1 per 1000 in June 2012.

Indigenous Australians tended to use both mainstream residential aged care services and community aged care at younger ages than non-Indigenous Australians.

Residential care recipients, 80% of those aged 65 or older were classified as requiring high-level care, but home care recipients aged over 65, the proportion requiring high-level care was 47%.

Government expenditure on government aged care has more than fourfold, while the proportion of dementia were more likely than other residents to receive high-level care. In 2011-12, they accounted with 70%, respectively. On Kimmel said.

In recent years, there has been a trend towards fewer but larger aged care services.

For example, at 30 June 2012, 47% of facilities held 61 or more places, up from 37% of facilities in the same month in 2002, Dillon Gorman said.

The AIHW is a major national agency set up by the Australian Government to provide reliable, relevant, accurate and timely information on Australian's health and welfare.

## NEW DRUG COULD OFFER FIRST SAFE AND EFFECTIVE TREATMENT FOR PSYCHOTIC SYMPTOMS THAT AFFECT HALF OF PEOPLE WITH PARKINSON'S DISEASE - 17 November 2013, The Lancet

Up to 10 million people worldwide have Parkinson's disease and more than 50% of them will experience psychosis (mainly hallucinations and delusions) at some point during their disease, a new meta-epidemiology study in the Lancet finds. Yet there are no effective treatment for these psychotic symptoms, according to a phase 3 randomised controlled trial in the Lancet.

"Psychotic symptoms are common and distressing for people with Parkinson's disease and their families, and they are a major risk factor for people with Parkinson's disease being admitted to nursing homes and substantially increases the risk of dying. But no drugs have been licensed for this in Europe for 15 years," Professor Clive Ballard, King's College London, UK, lead author, said.

"Currently, the only treatment options are dopamine antagonist medicines, which are known to worsen Parkinson's disease motor symptoms, speed up cognitive decline, increase risk of stroke, and can be life-threatening even with short-term use."

Pimavanserin is a selective serotonin inverse agonist that acts on receptors the part of the brain responsible for serious hallucinations and delusions, but does not affect other neurotransmitters and could be tolerated well.

In this study, Ballard and colleagues recruited 199 patients with Parkinson's disease psychosis from 19 centres in the US and 9 centres across the UK and Ireland. Participants were randomly assigned to receive 40mg of pimavanserin orally once daily or matching placebo for 6 weeks. The primary outcome was a modified version of a UK Parkinson's disease rating scale used to assess presence of psychosis at the start of the study and at regular intervals up to 6 weeks.

Researchers used a standard questionnaire and trained rater interaction to reduce the common placebo effect noted in Parkinson's disease clinical trials of psychotic symptoms.

The clinical benefits of pimavanserin were seen by patients, those caring for them, and independent clinical assessors.

**Professor Clive Ballard, King's College London, UK, said:**

After 43 days, patients taking pimavanserin showed a significant improvement in psychosis (5.5 points), compared with those taking placebo (2.7 points). Pimavanserin also improved sleep, caregiver burden and quality of life. Fewer patients taking pimavanserin were also noted compared with placebo to be worsening of motor symptoms was reported in patients given pimavanserin (3%).

Importantly, Alzheimer Disease Psychosis. "The clinical benefits of pimavanserin were seen by patients, those caring for them, and independent clinical assessors."

**Pimavanserin** was generally well tolerated, and treatment-related adverse events were mild to moderate and similar between the two groups. The most common adverse events were: fall (5% vs 1%), peripheral oedema (4% vs 0%), hallucinations (4% vs 1%), confusion, disorientation and hallucinations (2% vs 0%), gait disturbance (2% vs 0%), and worsening of Parkinson's disease motor symptoms (3% vs 0%).

**Pimavanserin** has genuine novelty and potential, and treatment-related adverse events were mild to moderate and similar between the two groups. The most common adverse events were: fall (5% versus 1%), peripheral oedema (4% versus 0%), hallucinations (4% versus 1%), confusion, disorientation and hallucinations (2% versus 0%), gait disturbance (2% versus 0%), and worsening of Parkinson's disease motor symptoms (3% versus 0%).

Dr Ray Chaudhuri, King's College London, UK, said:

Pimavanserin is an selective serotonin inverse agonist that acts on receptors the part of the brain responsible for serious hallucinations and delusions, but does not affect other neurotransmitters and could be tolerated well.

Writing in a linked Comment, Susan Fox an Associate Professor of Medicine at University of Toronto, Canada, said: "Drugs that target dopamine receptors are most compared with placebo in the genesis of worsening of motor symptoms was reported in patients given pimavanserin (3%).

Importantly, Alzheimer Disease Psychosis. "The clinical benefits of pimavanserin were seen by patients, those caring for them, and independent clinical assessors."

# Pittwater Online News

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**November 3 - 9, 2013: Issue 135**

## Belle Of The Ball Or Sidelined Cinderella: November's Solar Hybrid Eclipse

*This ain't no party. This ain't no disco. This ain't no foolin' around.* **David Byrne**

*You can get through life with bad manners, but it's easier with good manners.* **Lillian Gish**

*Politeness: The most acceptable hypocrisy.* **Anonymous**

*Etiquette can be at the same time a means of approaching people and of staying clear of them.* **David Riesman**

*You can't be truly rude until you understand good manners.* **Rita Mae Brown**

*Never speak disrespectfully of Society. Only people who can't get into it do that.* **Oscar Wilde**

*It is sometimes necessary to lie damnably in the interests of the nation.* **Hilaire Belloc**

*It is very vulgar to talk about one's business. Only people like stockbrokers do that, and then merely at dinner parties.* **Oscar Wilde**

*The true definition of a snob is one who craves for what separates men rather than for what unites them.* **John Buchan**

**November's Scorpio new Moon, occurring on November 3, is a solar hybrid eclipse.** Mostly visible from Africa, it is a rare event with the last one occurring in April 2005. From Sky and Telescope -

Syzygically speaking, the year's big event is a "hybrid" solar eclipse. The Moon passes directly across the Sun, yielding a fleeting annular eclipse at the beginning and a relatively brief total eclipse later on.

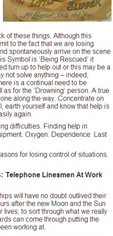
When the Moon passes directly between the Sun and Earth, the usual outcome is either a total or annular solar eclipse. But the event on November 3rd is something of a hybrid. At the point in the North Atlantic where the Moon's umbral shadow begins its dash across Earth, about 600 miles (1,000 km) east of Jacksonville, Florida, an extremely well-placed observer would get to see a vestigial ring of Sun surrounding the Moon's silhouette for a few fleeting seconds just after sunrise.

**This eclipse falls on Scorpio 12: A Brilliant Assembly Of Dignitaries At An Official Embassy Ball.** This Symbol brings up what is happening diplomatically with the NSA spying story, along with other stories, no doubt, of the need for diplomacy, treating each other well, being dressed up and getting out and communicating with people from different lands who speak different languages.

From my book *The Sabian Oracle: 360 Degrees Of Wisdom*.

A Brilliant Assembly of Dignitaries' is shown at an 'Official Embassy Ball'. Everyone is expected to be dressed-up, have good manners and follow certain, established codes of behavior. As it is a 'Brilliant Assembly of Dignitaries', we can be sure that some of the people here have worked long and hard at getting themselves into a position of power and prestige. They must really be "someone" in order to be invited. If they weren't special in some way – powerful, political, influential or somehow well-connected – they would not be at the 'Ball'. Those that are invited range from the jaded consulate of some country who's tired of the social whirl all the way down to someone who's "on their way up". The younger and possibly more naive of those present are probably thinking about participating in the splendor and finery. To be invited to the 'Official Embassy Ball' is quite important or special to some, whilst others may take it for granted. Others wouldn't care for it at all, either because of the boredom or because of the perceived stuffiness and formality of the occasion.

This Symbol speaks of a pleasant, almost party-like atmosphere, but one that is often caged in somewhat strict protocol and rules of behavior. The rules and manners of society can be rather limiting, but there are often good reasons for them. Without codes of ethics and manners, societies, business dealings and relationships can fall apart. Look and observe whether or not you are being true to your natural sense of self. Do you have to put on a false show in order to belong to the group? Do you have to put on "airs" and impress people in order to be accepted? Would you rather be in a less stuffy, less formal atmosphere? Sometimes, the more informal, more interesting and useful information can come to light. Put on your best face and behavior as connections with 'the right people' can be made.




**Keywords:** Political game playing. Manners and protocol. Dressing and looking right. Who knows who and what it's worth. Social and political standing. The Cinderella story. How one approaches other people. Knowing etiquette. Looking for social connections and outcomes that are not necessarily immediate. International relations. The "My Fair Lady" story. Social engineering. Speaking the right language.

**The Caution:** The habit of role-playing. Not being taught how to behave in "polite society". Having to learn how to fit in without having instruction. Dining, drinking and enjoying life whilst others can 'eat cake'. Diplomatic standoffs. Gate crashing. Feeling out of one's depth. Political point scoring that ignores the human dimension.

Here's a video for all you Talking Heads fans. Love this, it is so dynamic. **"Life During Wartime".**

Political situations could get rather out of hand with this eclipse and in Australia, I half expect that something to do with our ex Prime Minister, Julia Gillard (our first female PM) will come up. Julia lost a shoe one time in protest as she ran to her car and her progressed Sun had just moved onto Scorpio 12 and her Neptune. I waited for the press to comment on her being Cinderella. I didn't have to wait long :)

**The Karmic Condition (the degree before) this New Moon is Scorpio 11: A Drowning Man Is Being Rescued.**

Often we feel like we are suffocated by our marriage, job, friendships, life path, etc., or through the lack of these things. Although this Symbol speaks of a 'Rescuing', and this may indeed be at hand, sometimes it's essential that we admit to the fact that we are losing control or 'Drowning' before a 'Rescue' can even begin to take place. People will offer to help spontaneously and we may rush on the scene to help others out, but they need to know the depths of the situation that's occurring. As the 'Man' in this Symbol is 'Being Rescued' it shows that the 'Drowning' has been noticed and that 'Rescue' or relief is imminent. People may indeed turn up to help out or this may be a more lonely passage, with you having to rely on yourself. However, continuing to struggle on alone may not solve anything – indeed, struggling can make things worse. This Symbol can also point to co-dependent relationships where there is a continual need to be available, to be on hand, and to be reliable. This can be a tiring responsibility for the 'Rescuer' as well as for the 'Drowning' person. A true 'Rescue' is often found when we look after our own needs, even if it does entail a hand-up from someone along the way. Concentrate on the shore, even if it feels as though it's miles away from you. Reconnect with what is possible and real, earth yourself and know that help is at hand, even if it's your higher self that is performing the 'Rescue'. Soon you'll be able to "breathe" easily again.

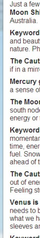
**Keywords:** Resuscitation. Regaining one's breath. Finding life renewed. Asthma, bronchitis, breathing difficulties. Finding help in moments of crisis. Needing a hand. Being rescued. Salvation on any level. Ventilators. Breathing equipment. Oxygen. Dependence. Last minute reprieves.

**The Caution:** Panicking in order to draw help rather than learning how to cope. Constantly finding reasons for losing control of situations. Getting into deep water on a regular basis.

**Saturn, that old task-master, is conjunct (together with) this eclipse. Saturn is on Scorpio 14: Telephone Linesmen At Work Installing New Connections.**

With Saturn here, you may be installing new connections, while disconnecting others. Some relationships will have no doubt outlived their usefulness and you may feel that you're not on the same 'line'. The Moon will cross over Saturn just hours after the new Moon and the Sun just two days after. So, this is quite a 'Saturnian' new Moon. Saturn often calls us to get 'real' about our lives, to sort through what we really want and what is useless and outdated, to get a sense of permanence and stability in our lives. Research the connections through putting the hours (perhaps days, months and years!) in to your work, relationships, home, etc. Whatever you've been working at.

In Australia, before Australia voted in the current government, we had the promise of a NBN (National Broadband Network), which would make having very fast internet was cheaper, and would take away the grueling and horrendous things one has to go through to get a reasonable Internet connection in Australia. Now that we have a new government, that wonderful plan is on the chopping block. It is interest that Saturn is on this 'connections' degree with Mercury retrograde now. Again, quoting from my book:




This Symbol reflects an increase in the forms of communication that you can have access to, or that you have more communications coming to you. You may find that there has been a failure in communicating your thoughts, ideas or emotions lately. Something may have been said or done or laid down, in order to solve, repair or patch up the situation. There is nothing to be achieved by worrying about any recent 'connection' failures, however something should be done to set about making or repairing the necessary 'Lines' of communication. Sometimes advice and help must be called on for aid to be resolved. This may need to be expert advice, but it can also be gathered from your own common sense. This can symbolize expansion into areas like the Internet, faxes or business lines. It can also represent the spiritual connection to the "other side", even channeling. Sometimes, in the 'Installing of New Connections' problems of crossed-lines occur. It's important to listen for the real truth in the communications that are being made, not to all the faint chitchat that surrounds what's being said. Networking and new lines of communications often open up after this Symbol is revealed.

**Keywords:** Acupuncture and other therapies that work on the body's meridians. The nervous system. The Internet. Forming new lines of communication. New connections being made. Linking people up. Making sure that messages get through. Mobile phones, faxes, email. Networks and networking. Switchboards. Satellites. Wires. The ability to reach far distances. Getting on other peoples' wavelengths. Contacts.

**The Caution:** Failing to see the necessity for repairs to personal communication. Becoming involved in other people's lives. Gossip. News, thoughts and ideas spreading rapidly and getting out of control. Constant chatting. Being fickle. Sabotage.

The Quest Degree (the degree following) this new Moon is particularly noteworthy:

**Scorpio 13: An Inventor Performing A Laboratory Experiment.** It seems it's time to pull out our mad professor sides and get going with some new experiments: time for some new visions and possibilities.

**Keywords:** Creating one's vision. Thinking quickly and making momentary decisions. Being prepared to risk failure. Bringing different mixes of things and/or people together. Taking calculated risks to see what will happen. Seeing if things live up to expectations. Looking for answers. The 'magic' potions of life. Chemicals. Measuring and weighing. Going by one's intuition and being open to self-discovery.

**The Caution:** Becoming obscured by pointless goals. Making things up. Being one-eyed and focused to the exclusion of all else. Not fully understanding the consequences of actions. Always taking risks. Not taking adequate cautions. Not keeping track of what you're doing. Ignoring warning signs. Being a "mad professor".

Just a few degrees before the new Moon eclipse degree is **Mercury** and the **Moon's north node** together on **Scorpio 8: The Silvery Moon Shining Across a Beautiful Gem of a Lake.** Mercury is retrograde until November 10 in the States and November 11 in Australia.

**Keywords:** Reflections. Mirrors. Things mystical and alluring. The 'Narcissus' story. Picturesque scenes. Picture postcard images. Peace and beauty. Halloween and magic. Escapism. Placid emotions. Peace and quiet. Contemplation and meditation. Having a reflective nature. Photographs. Psychic abilities. Hypnotic charm or manipulation.

**The Caution:** Acting out of moodiness. Losing the plot. Projecting one's self onto others. Narcissism. Looking at one's self and others as if in a mirror. Not wanting to see the whole picture. Being superficial. A lack of depth. Seeing everything as a reflection of one's self.

**Mercury goes direct on Scorpio 3: Neighbors Help In A House-Raising Party In A Small Village.** Gathering together with others in a sense of community and helping out is a major thrust of this retrograde period.

**The Moon's south node is on Taurus 8: A Sleigh Without Snow.** I don't always mention the south node, but I am this time as many are likely feeling that they don't have the money, reserves of energy or faith to get to where they want to be.

**Keywords:** Independence from outer circumstances. Using the creative mind to work through momentary shortages or problems. Anticipating future conditions. Having the "vehicle", but not the time, energy or the "fuel". Improvising things so that they work better or ahead of their time. Gas, oil, fuel. Snow. The value of timing. Lack of resources. "Tyres" that are missing or don't work. Ideas way ahead of their time.

**The Caution:** Forcing ideas or feelings even if the time is not right. Lack of support from the environment. Missing connections. Running out of energy. Having the right thing in the wrong place. Ideas without the capital to make them reality. A lack of impetus or propulsion. Feeling stuck, unmoving. Traffic jams. Empty tanks.

**Venus is on one of the Galactic Center's degrees - Sagittarius 29: A Fat Boy Moving The Lawn.** This talks about doing what needs to be done, even if you don't feel like doing it. The 'Fat Boy' is a sign that we have what we need and perhaps need to be grateful for what we have, or, get out and contribute to society. For many, it may be that others sit and watch tv or complain while some roll up their sleeves and get the job done.

**Keywords:** Superficial show. Things looking respectable, and "right". Trying to lose weight through physical activity. Coming to grips with mechanical tools. Perspiring through effort. Training the youngsters to do the chores. Maintenance. Spare parts. Spark plugs. Doing odd jobs. Signs of affluence. Laborers. Hired hands.

**The Caution:** Pushing social respectability, avoiding something. Not wanting to help around the house. The "lounge-lizard". Not knowing how to deal with the reality of life. Having to do too many chores. Not getting off one's backside. Ignoring the nagging. Barging into other's space. Making a lot of noise. Incontinent helpers.

Mars is on Virgo 12: A Bride With Her Veil Snatched Away. Mars is very well aspected in this new Moon - it is sextiling the Sun and Moon and Saturn and is trining Pluto. This makes it rather powerful and it's message to many will be too strip away the veils that perhaps stop you from being who you could be. Block relationships or revealing yourself to others. Secrets may also be revealed, especially around past relationships that involved intrigue, denial or deception.

**Keywords:** Secret motives being revealed. Unveiling or changing true identity. Proving oneself with no excuses and no pretense. Breaking down walls that are keeping person from relating on a deep level. "Honeymoon periods". Being true to one's self and others. Marriage rituals. Dropping pretense. Divorce.

**The Caution:** Stubbornly refusing to accept new directions in life. Failing to commit. Not coming up with what one promised. Feelings of violation. Not being ready to give up fantasies or illusions. Feelings of being used or exposed. Harsh realities. Mysteries that may be best left that way. Withdrawal.

**Jupiter is on Cancer 21: A Prima Donna Singing.** This is a wonderful degree, unless it gets overstated and becomes blended with self indulgence, which can happen with Jupiter here. But if you haven't seen this, check this out for a wonderful, amazing 'operatic' experience. This is so heartwarming and amazing. It gave me chills : **click here.**

Not everyone has a 'good voice', though, and some we feel like drowning out by turning up the music or whatever :)

**Keywords:** Powerful voice. Emotional dramatizations. Talent. Taking center stage. Messages that need to be heard for social reasons. Playing out the myths of society. Makeup. Masks. Personalities, ego and confidence. Feeling important and special. Singing and performing. Opera and drama. Fame and fortune. Charisma and presence. Commanding center stage.

**The Caution:** Overplaying one's role. Displaying noisily. Driving people to distraction. Refusing to keep quiet. Demanding to be heard. Wanting everyone to listen. Overreacting. Throwing tantrums. Not knowing when to stop. Passions worn on the sleeve.

**Uranus is on Aries 10: A Teacher Gives New Symbolic Forms To Traditional Images.** Uranus has been on this degree of and on for the last few years. This speaks of the need, the desire or the ability, to take old systems and rewrite them for the new paradigm.

**Keywords:** New dimensions breaking old thought forms or behavior. Quantum science. Innovation and re-creation. Working with educational tools. Finding new inspiration. Being "ahead of one's time". New-age consciousness. Ideas out of the past for the future. Sticking one's neck out. Rewriting the book.

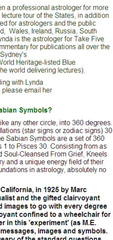
**The Caution:** Rejecting old ideas because they are old instead of reforming them. Throwing things of worth out, without examining them. Having little respect for things that are really worthwhile or traditional. Sticking with the tried and true, no matter what. Thinking that no one will be interested in your ideas.

**Neptune is on Pisces 3: A Petrified Forest, An Eternal Record Of A Life Lived Long Ago.** Neptune has also been on this degree for a long time, on and off. You may be going over your history, or the history of others, or you may feel stuck on people or events from long ago. It is great to gather together records of the past that have meaning and can nature and nourish, but some stories, possessions, people and events need to be relinquished and let go of. It all depends on whether they are doing you any good to hold onto them.

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

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

**Pluto is on Capricorn 10: An Albatross Feeding From The Hand Of A Sailor.** Pluto has been on this degree, off and on for years. Without wanting to get too Pluto on you all, what remnant from the past, what thing, memory, haunting, do you have hanging around your neck like a bad smell? What curses do you bring on yourself that have you sailing the same seas again and again like The Ancient Mariner? Time to banish the Albatross.




**Keywords:** Feeding one's higher nature with good nourishment. Banishing worries, so that one can fly ever higher. Overcoming superstitions or beliefs. Travelers who put themselves at risk in foreign lands or cultures. Talking to anybody anywhere. Sharing one's bounty. Sailors, boats. Birds. Empathy and sympathy for others. Restoring trust and hope.

**The Caution:** Manipulating events or people with false nourishment. Having alternative motives for wanting to draw others close. Being extremely afraid of strangers or strange situations. The loss of independence.

I guess I had to post this Monty Python youtube video - it had to happen. **Click here.**

**Chiron is on Pisces 10: An Aviator In The Clouds.** Sometimes it helps us to fly above our problems in order to see them from a different perspective and at other times it may be that we are just trying to escape what is really going on. Remember, Chiron is The Wounded Healer, but it is also The Stories We Tell Ourselves.

**Keywords:** Elevated views. Always seeing the best in people. Peace and tranquility. The longing for transcendence. Not seeing limitations. Being in a refined "head space". Mastery. Flight, planes, pilots. Avoidance of time constraints. Polyamna attitudes. Free flights of fantasy and escapism. The need for accurate navigation. Being in charge of the controls. Seeking higher truths. Maps. Compasses. Global satellite positioning.

**The Caution:** Sailing through difficulties or missing what's really going on. Escapist use of alcohol and drugs, etc. Lack of grounded energy or reality. Being unearthed. Escaping responsibilities. Isolating oneself. Completely missing the point. Feeling high and mighty and above everyone else, particularly with intellectual skills. Wrong turns. Missing the signs.

This is such a mixed-bag, this eclipse. We are smack bang in the middle of another Uranus/Pluto square and the revolution's near. Many are experiencing a revolution - whether it is inside of ourselves or outside - it is bound to be very meaningful. I still have the fund-raiser going for this newsletter and building a new website. If you can donate, I would so appreciate it. And thank you to those who already have. It is amazing to feel so supported! Click here... **http://www.gofundme.com/Sabian-Symbols-Support**

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

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

**What are the Sabian Symbols?**

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




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

**For more Information:** click here

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November 3 - 9, 2013. Issue 135

# Avalon Sailing Club Celebrates 75 Years

Avalon Sailing Club is celebrating its 75th year as the place so many children have learnt to sail and become young adults while mucking about in boats!

Report to accompany this week's Pictorial HERE

Chris and Dave - 50 plus years

Introducing to the Honorable Barbara Cotton

The club house - and HER - circa the Sixties! Could well with her first skipping Lower Pittwater sailing!

John Bryant - with one of his self portrait masterpieces

Left to right: Warren Fox, Peter Whitehill - sports director Channel and Harold Holt, and Michael Tunbull Manly Cup Jockey! 1950's in Oldsmobile. Joint sports director/broadcaster and cricket commentator (Presented Ashes Cricket), Cricketers and 1960's Cup Gladiators.

Left to right: Janet and Vanessa Cross, Ray and Tracy Jarman, Andrea Kitchen, Cyril Mitchell

Peter Bowles, MC and Windlass Raffle Winner

Wallace, Jean, Rick (Past President - Commodore) and Bernadette Johnson

Left Across front girl cousin of Joanne Sailing Club and Andrew Edwards

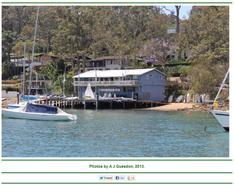
Avalon Sailing Club past Commodores

Life Members of Avalon Sailing Club

Group of Attends

Volunteers

Ross and Jan Trembath - Life Members



**Photos by A J Questelle, 2013.**

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November 3 - 5, 2013: Issue 139

**Pittwater Online News receives a lot of information from people in our community each week. For Your Interest and Remuneration!**

**Treatment for social phobia to be used for eating disorders - 25 October 2013**



Nadine Dwyer (Insights) recommending the Australian phobia research and treatment program for eating disorders

A treatment which has been successfully used to treat social phobia for real and, or, in a world first, fears of being fat suffers of both serious and fringe eating disorder.

The treatment developed by researchers at New South Wales research collaboration eating disorders alliance with cognitive behavior therapy training (CBT) and receive an innovative treatment that trains people to interpret ambiguous situations in a way that is not negative or pessimistic about their physical appearance.

"Bulimia nervosa and binge eating disorder are serious conditions affecting a significant number of people with eating disorders in Australia," says Nadine Dwyer (Insight, Sydney) who conducted the study, from the University of Sydney's School of Psychology.

"Eating in a calm, advantageous way and, unique to many developed countries like Australia are a far greater risk of developing eating disorders."

Binge eating disorder involves consuming a large amount of food in a short period of time and a sense of loss of control over eating. Bulimia involves binge eating and then, in an effort to prevent weight gain, purging.

Wright reported that "Warmbrook, fewer than half of those who suffer from eating disorders, and, or, fear of being fat, ever seek, or receive, a beam treatment. Bans are also a high proportion of people who do not respond to the current therapies on offer."

"Bulimia nervosa and binge eating disorder are particularly serious because of their persistence, and their associated psychological and medical complications."

Associated features of these eating disorders include depression, mood, social withdrawal, insomnia and decreased sex drive. Medical complications include dehydration, electrolyte imbalance, gastrointestinal problems, dental problems, enlarged salivary glands and even cardiac disorders.

"Research into the effectiveness another treatment options to make an effective difference in the lives of people who suffer from these disorder."

Volunteers for the study are currently being sought in NSW.

Weight is excluding females aged 18 to 40 who engage in binge eating and, or, fear of being fat. Each of the participants will be randomly allocated to ACT or a wait-to-treat control group, and will attend three sessions and a follow-up session.

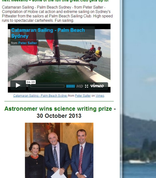
Dwyer said ACT is a treatment focuses on contacting a psychological flexible mindset, including the value placed on weight and shape, body image, body satisfaction, and body checking and avoidance.

"People with eating disorders tend to be a challenge with how they think about their bodies and how they feel about their bodies and the first thing they notice is a person's weight and size, and this is what they focus on."

"With ACT, we teach people to be aware of where their attention is going and redirect it. This technique has had a significant effect on suffers of social phobia in former research, and we're hoping it will have a similar effect on people who have eating disorders."

**If you engage in binge eating or bulimic behaviors on a weekly basis and would like to be involved in this new research then please contact:**
nadine.dwyer@sydney.edu.au or 0425 264 000

**Sneaky sea lion**



**Pain Beach Sailing Club are holding their Bulkie Regatta next weekend - some of the fun this year great pics up !!**

Pittwater Online News - Pittwater Online News - Pittwater Online News -

November 3 - 9, 2013: Issue 135

## Old Books: November 2013 - read in full here: online!

**Australian poets, 1788-1888; (1890) - being a selection of poems upon all subjects, written in Australia and New Zealand during the first century of the British colonization**

**Poets and prose writers of New South Wales (1866) by Barton, G. B. (George Burnett), 1836-1901**

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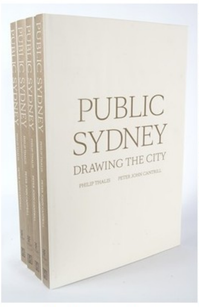


**PUBLIC SYDNEY** BACK IN STOCK - By Philip Thalis and Peter John Cantrill.

HHT's sellout publication, Public Sydney: Drawing the City is now back in stock. This unique volume details almost 100 of the city's most important public places through exquisite scale drawings. The book is a must for anyone interested in architecture, history and the city of Sydney.

Co-published by the Historic Houses Trust of New South Wales and Content, Faculty of Built Environment, University of New South Wales. By means of exquisite scale drawings, *Public Sydney* describes and celebrates the public buildings, rooms and spaces of central Sydney, Australia's founding metropolis. It presents almost 100 of the city's most important public places in plan, cross-section and elevation, supported by images, and provides an overview of their evolution. Accompanying essays from leading architects, landscape architects, historians and academics offer keen insights into the city's underlying geography, urban character and most recognisable and well-loved public elements.

Representing over a decade of effort, research and recording, this book comprehensively illuminates Australia's oldest city. For anyone with an interest in Sydney, or cities in general – particularly architects, landscape designers, planners, engineers, historians and administrators – it offers a deep appreciation of the making of the city over time, and will be an indispensable resource and continuing inspiration.

$99. 00 from here

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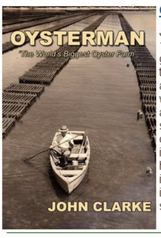


**Oysterman** by John Clarke $39.99

John Clarke has researched over 100 years Oyster farming. Oyster growers and their families are tough, tireless and tenacious. They work on against the elements and the odds, with a potential disaster never far away. All that has been worked and slaved for over the years can simply disappear overnight. Clarke delves into the emotional and financial hardships of the oyster farming industry in Port Stephens, taking you into the homes of the workers and sharing their life experiences.

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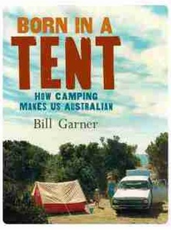


**Born in a Tent: How camping makes us Australian** by Bill Garner - $39.99

Breathtakingly original, this book shows that the history of Australia can be told through a history of camping.

Bill Garner reminds us that Australia was settled as a campsite – the nation was born in a tent. But while Europeans brought tents, they did not bring camping. Australia had been a camping place for millennia. And so it continued to be. For more than a hundred years, settlers – women as well as men – colonised the country by living under canvas. It changed them into a new sort of native Australian. It gave them a feel for the place, a wry can-do attitude, and a lasting taste for equality. And it led to a sense of belonging.

*Born in a Tent* takes the story from the campfire to the gas bottle, from a tarp slung on saplings to polymer tents and aluminium poles. It reveals how deeply our camping holidays connect us to the land, to the past, and to one another.

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**Black Caviar** by Gerard Whateley $59.99

Fully updated, and including three new chapters, this sumptuous illustrated edition of Gerard Whateley's acclaimed bestseller, *BLACK CAVIAR*, documents in words and pictures, the career of the racehorse who has transcended the track to become an Australian icon.

It begins with the entrancing story of champion trainer Peter Moody, a self-made man bred in the remote outback of Queensland, who came to select and guide the fastest horse the world had ever seen. Under Moody's patient and masterful guidance, the hulking injury-prone filly matured into a champion, idolized by a devoted following more akin to a rock band than a racehorse. With her invincible run and marauding dominance, Black Caviar has returned racing to the glory days of more than half a century past and secured a reputation that will echo for as long as horses are sent out to race. This full-colour edition features more than 150 images celebrating Black Caviar's achievements.

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**Children's Storytime at Mona Vale Library**

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

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

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

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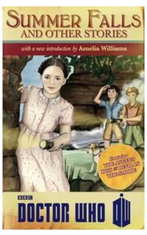


**Doctor Who - Summer Falls and Other Stories** (young adults) $19.99

With a new introduction by Amelia Williams, as well as a rare interview with the reclusive author, 'The Girl Who Never Grew Up'. Summer Falls by Amelia Williams In the seaside village of Watchcombe, young Kate is determined to make the most of her last week of summer holiday. But when she discovers a mysterious painting entitled 'The Lord of Winter' in a charity shop, it leads her on an adventure she never could have planned. The painting is a puzzle - and with the help of some bizarre new acquaintances, she plans on solving ita (Inspired by the Doctor Who episode 'The Bells of Saint John') The Angel's Kiss by Melody Malone Detective Melody Malone has an unexpected caller: movie star Rock Railton thinks someone is out to kill him u and when he mentions the 'kiss of the Angel', she takes the case. At the press party for Railton's latest movie, studio owner Max Kliener invites Melody to become their next star. But the cost of fame, she'll soon discover, is greater than anyone could possibly imagine. (Inspired by the Doctor Who episode, 'The Angels Take Manhattan') Devil in the Smoke, as recounted by Mr Justin Richards On a cold day in December, two young boys, tired of sweeping snow from the workhouse yard, decide to build a snowman u and are confronted with a strange and grisly mystery. In horrified fascination, they watch as their snowman begins to bleed... The search for answers to this impossible event will plunge Harry into the most hazardous u and exhilarating u adventure of his life. (Inspired by the Doctor Who episode, 'The Snowmen')

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## Green Wing Press - The Red Light of Palm Beach

It is with great joy, and at least one small leap into the air, that we announce the launch of Green Wing Press Pty. Ltd, the hard copy publishing arm of which Pittwater Online News is now a subsidiary.

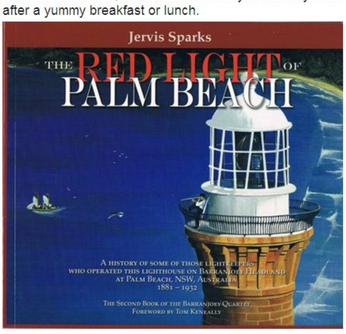
To commence this 'branch' of our ever expanding passion to create and share permanent records of our stories, we have the very great privilege of announcing the first book we will sell is Jervis Sparks's *'The Red Light Of Palm Beach'*.

Bridget and Jervis are doing well in Queensland and we know a lot here miss them. We will bring you more news soon... Jervis has kindly consented to allowing us to run a Profile on him in October and there is a lot to talk of there !

Copies may be purchased for a minuscule $25.00 by contacting us at greenwingpress@live.com.au and providing your details. Please put 'Red Light of Palm Beach' in your subject heading and provide details of a delivery or postage address. Once payment is confirmed you will own your own copy of this great book. You can also post a cheque/money order to the office; 724 Barrenjoey Road, Avalon, 2017, if this works better for you.

Above: Recent photo of Bridget and Jervis.

UPDATE: We have placed some copies of The Red Light Of Palm Beach at Barrenjoey Boating Services, at The Boat House, Palm Beach where you can buy them after a yummy breakfast or lunch.

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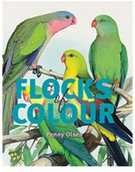


**Flocks of Colour** by Penny Olsen $ 39.99

What name could be a more apt description of Australia than 'The Land of Parrots', a name inspired by late sixteenth-century maps showing a southern region labelled 'Psittacorum regio'? This beautiful book takes a close look at parrots in Australia, from the first published illustration of an Australian parrot — a Rainbow Lorikeet collected live on Cook's 1770 voyage — to William T Cooper's twentieth-century watercolour of the elusive Night Parrot.

With introductory essays by ornithologist Penny Olsen, Flocks of Colour covers two and a quarter centuries of discovery and illustration of Australia's avifauna. It features a rich portfolio of images of all the Australian parrots, by various artists including John Gould, Edward Lear, Neville W Cayley and William T Cooper, selected from the collections of the National Library of Australia. The foreword is by Joseph Forshaw, a world expert on the parrot family.

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

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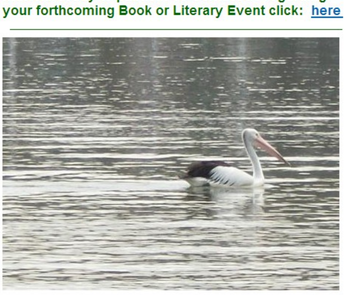

## Old Books: we will change these monthly.

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

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**Australian poets, 1788-1888; (1890)** - being a selection of poems upon all subjects, written in Australia and New Zealand during the first century of the British colonization

Sladen, Douglas Brooke Wheelton, 1856- [from old catalog] ed; Martin, Arthur Patchett, 1851-1902. [from old catalog]

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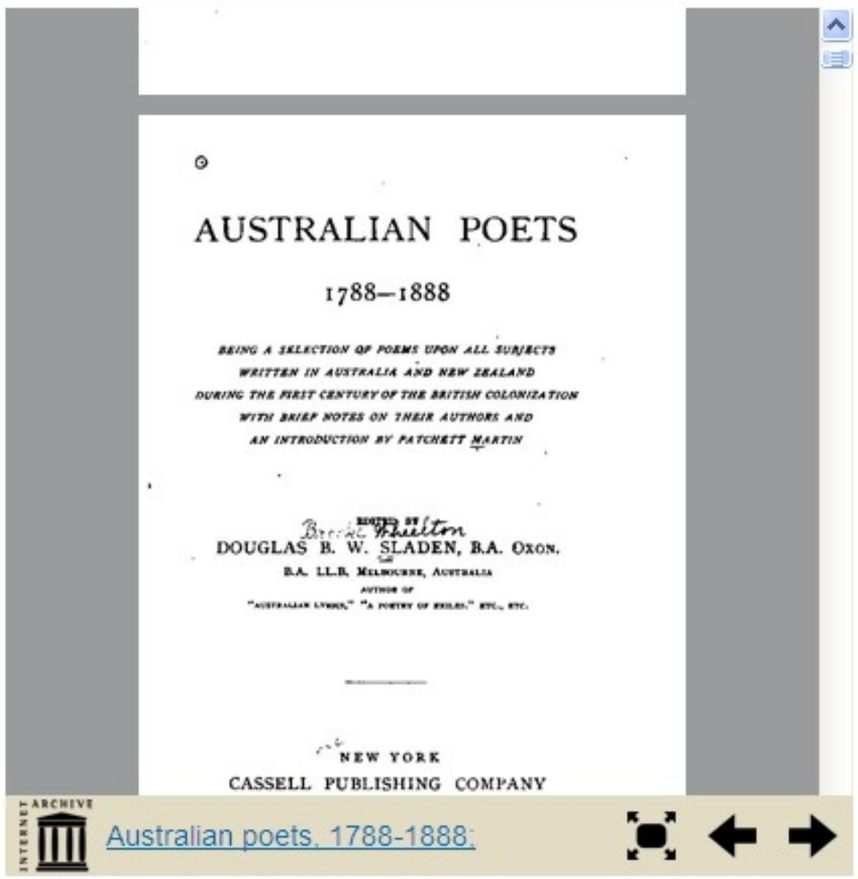

AUSTRALIAN POETS

1788—1888

BEING A SELECTION OF POEMS UPON ALL SUBJECTS WRITTEN IN AUSTRALIA AND NEW ZEALAND DURING THE FIRST CENTURY OF THE BRITISH COLONIZATION WITH BRIEF NOTES ON THEIR AUTHORS AND AN INTRODUCTION BY PATCHETT MARTIN

EDITED BY
DOUGLAS B. W. SLADEN, B.A. OXON.
B.A. LL.B. MELBOURNE, AUSTRALIA
AUTHOR OF
"AUSTRALIAN LYRICS," "A POETRY OF EXILES," ETC., ETC.

NEW YORK
CASSELL PUBLISHING COMPANY

Australian poets, 1788-1888;

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**Sacred Texts Website: http://www.sacred-texts.com/index.htm**

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**Poets and prose writers of New South Wales (1866) collated by G. B Barton. (George Burnett), 1836-1901**

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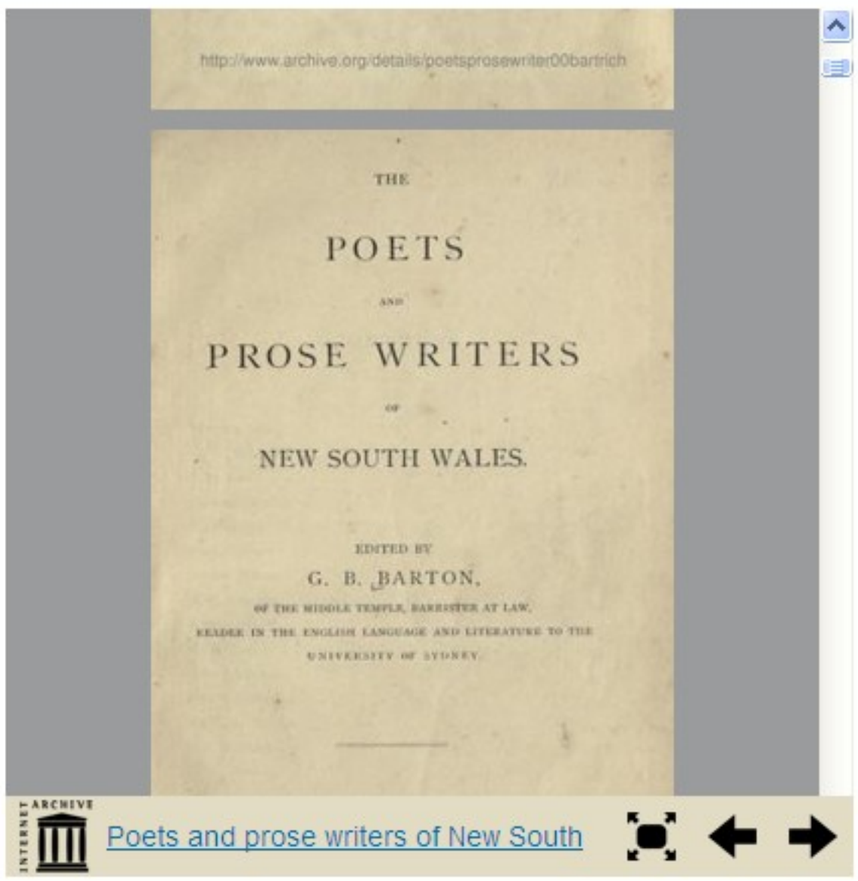

http://www.archive.org/details/poetsprosewriter00bartrich

THE
POETS
AND
PROSE WRITERS
OF
NEW SOUTH WALES.

EDITED BY
G. B. BARTON,
OF THE MIDDLE TEMPLE, BARRISTER AT LAW,
READER IN THE ENGLISH LANGUAGE AND LITERATURE TO THE UNIVERSITY OF SYDNEY.

Poets and prose writers of New South

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Potts Point & Darlinghurst News
Issue 1 - 1 November 2013

November 3 - 9, 2013: Issue 135

# The MoKa at Kings Cross

**By George Repin**

Espresso coffee is a complex beverage, requiring a special blend of coffee beans, roasted darkly, finely ground, densely packed and quickly brewed under pressure.

Crema, the ultimate demonstration of a well prepared *espresso* is the foamy golden brown foam on top of a serving of the coffee.

Achilles Gaggia designed, patented and introduced the first piston-lever machine in 1938. The Gaggia company produced its first machine for commercial use in 1948. Steam had previously been used to generate sufficient pressure to force water through finely ground coffee. The advantage of the piston-lever concept was that pressure was developed by a spring-loaded lever and piston instead of steam, removing the need to heat water above boiling to brew the coffee. Too high a temperature is detrimental to the flavour.

In the early 1950s H.C. Bancroft, acquired the agency for Gaggia Coffee Machines in Australia and opened a demonstration Italian bistro-style restaurant in the Central Business District of Melbourne, featuring Gaggia.

After visiting Bancroft's business, as a Director of Repin's Coffee Inns, I went to Europe in 1954 to explore developments in coffee shop design. While in Italy, I looked not only at coffee shops and bars but also visited the factories of a number of firms making machines using the piston-lever principle, including Gaggia and Faema.

The decision to open the MoKa as a top of the range, modern coffee lounge and to use a Gaggia machine arose from that study tour.

When the MoKa opened on 1 December, 1955 it was an instant success. An article in the February, 1956 issue of *Hotel and Café News* - titled *Class Comes to the Cross* – described it as "An elegant coffee lounge at Kings Cross N.S.W. attracting an elegant clientele and setting a high standard".

View looking into the shop.

Working with George Watkins, then chief designer for Frank G. O'Brien, ideas brought from Europe were built in to the design of the shop. The premises were not easy to work with because they were narrow at the street frontage, widening out and then again narrowing - and set on four levels.

In keeping with the then trend to open up a complete interior view from the street the entrance was glassed and the door, when opened, became an unidentifiable part of the right hand wall.

The front section was essentially self-service, with padded bench seating along the wall, fronted by small movable coffee tables, facing the sleek counter topped with matt Formica in rich red mahogany. Here, as a prominent feature, stood the Gaggia machine. Trays of continental open sandwiches were offered to patrons in this area. Table service was provided on the other three levels from a kitchen at the back.

Front section looking toward the door.

Copper brown crockery, specially commissioned from Gebr. Bauscher in Germany, bearing a new Repin's logo, was a feature. Cups were in two sizes – small especially for espresso (which many people now call "*short black*") and large ones for *long black* and *cappuccino*. Coffee was offered only in these three forms.

The décor was modern but subdued – the colour scheme both relaxing and exhilarating. Two Italian Gambone pottery pieces complemented the décor.

Staying open late into the evening the MoKa proved popular as a stop for a final cup of coffee after the theatre for many of those on the way home.

Table senice section.

While never used at the MoKa commercial espresso coffee machines with an electric centrifugal pump to supply constant pressure of 9 bar were developed from 1961, replacing the spring-loaded lever and piston system. The operator was freed of the physical effort required for the latter. Today machines can be operated by the touch of a button.

The Gaggia machine in the front section.

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