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## For 80 years the doors have been open



Students from western and rural communities enjoy our beloved beaches

Perched on the hill, like a rocky outcrop behind South Curl Curl Surf Club, Stewart House has been caring for public school students since 1931.

Since The Great Depression, Stewart House has treated, educated and supported over 150,000 children from across NSW and ACT. This year they commemorate 80 years of service.

Children are chosen to attend for a variety of reasons. Most are selected because they are in need of a break from their current circumstance.

Participating in a 12 day educational

and recreational program aimed at boosting self esteem, improving social skills and increasing resilience, children are also provided with a health check up and urgent treatment or referral as required.

For many of the children who attend this may be their first and only visit to a major city or to enjoy fun at the beach, simple pleasures that locals on the Northern Beaches take for granted.

As there are no attendance costs, Stewart House must raise \$2.5million to operate annually and relies entirely on charitable donations to continue its valuable work.

To support this invaluable service to children in need, please consider attending the Stewart House Gala Ball on Saturday 25th June at the Hilton Hotel, Sydney. Alternatively individuals or businesses can sign up for a regular donation program. This financial support is the only consistent and reliable income for Stewart House, and will ensure the doors remain open well into the future.

For more information, call 9938 3021 or visit [www.stewarthouse.org.au](http://www.stewarthouse.org.au)

## Now showing in a classroom near you

It's been a while since we have seen chalk in the hands of our teachers. As chalk boards evolved to white boards the technology has since taken another leap forward.

Now appearing in classrooms all over the northern beaches, are Interactive Whiteboards, also known as IWBs. A touch screen, internet accessing, school-community gathering device, appealing to a whole new generation of technically savvy achievers.

IWBs are new generation boards controlled by a computer that is connected to a digital projector. Students complete activities on the whiteboard using a keyboard, pen, stylus or their finger. Lesson content for these boards is available online, and integrates all Key Learning Areas.

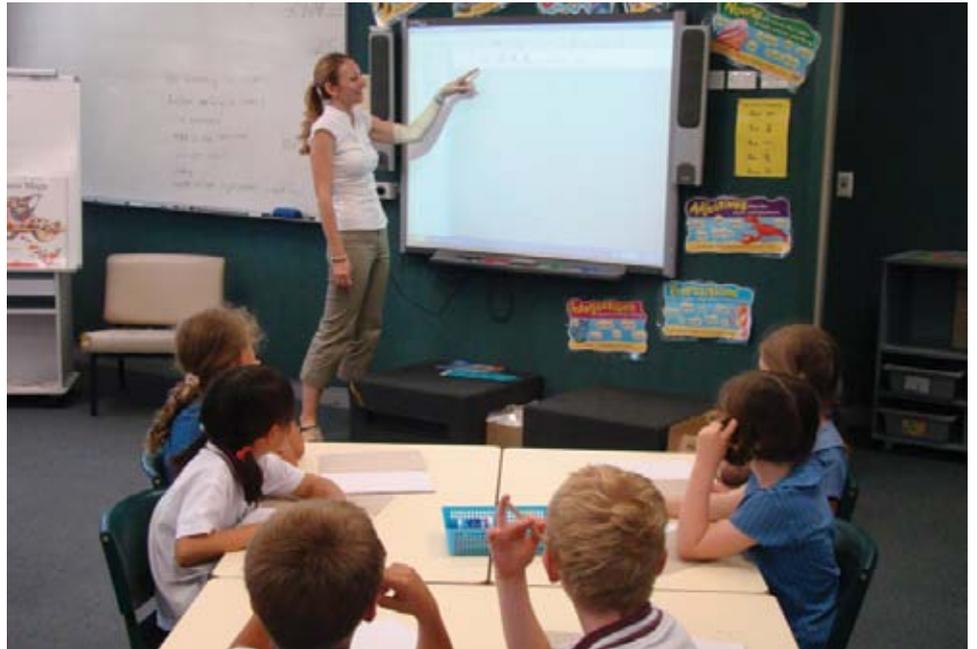
Teachers are also rejoicing, as designing lesson plans around IWBs help them streamline content and save sessions for future classes.

Recent international studies have supported the idea that technology

helps increase academic achievement, student engagement and motivation as well as catering for a variety of learning styles. Being able to access historic lessons also allows for regular revision and therefore improves retention of skills and knowledge.

At \$6,500 each, these boards are expensive, and P & C Associations are putting them at the top of their wish list as fundraising activities heat up.

This valuable investment will no doubt shape the way our children see the world and their place in it.



Students at Harbord Public School have interactive whiteboards in every classroom

## Watching local green spaces grow

With state government planning for increased population densities in metropolitan Sydney, there is a growing community movement towards retaining green space to cultivate sustainable Community Gardens.

Following on from the successful launch of the Manly Vale Community Garden, local residents of Freshwater and surrounding suburbs are planning to approach Council with a similar plan.

Community Gardens are generally located on unused public space in areas with medium to high density populations. The infrastructure is constructed using recycled and environmentally passive materials, where local individuals and families will have the opportunity to lease allocated plots and apply Permaculture principles

for growing plants and vegetables.

Managed by the members of the Community Garden, specialty workshops are conducted by experts to support sustainable techniques.

The proposed Community Garden Association for Freshwater is looking at the possibility of working with Council to rehabilitate public land that is currently weed infested and overgrown. It is proposed that members who have a leaning towards native landscape gardening will enjoy the potential to restore some of our more visible public reserves and road verges to their former natural state.

People interested in helping plan for a Freshwater Community Garden should send their contact details to: [info@harbordfinancialservices.com.au](mailto:info@harbordfinancialservices.com.au)



## Northern beaches football fans hit fever pitch

It's time to start polishing the boots, and sign up for another exciting year of football in Manly Warringah.

Around 17,000 football players will grace peninsula fields during the 2011 Manly-Warringah Football Association season.

With A-League action heading for the finals series and Manly Warringah junior Lucas Neill leading the Socceroos in the Asian Cup, what better motivation to get the legs moving again in preparation for the local season.

Competitions through Manly Warringah Football Association, are open for under-6 through to the mighty over- 45s, boys and girls, men and women.

The popular 6-9 age group, Small Sided Football games will again be in place, with the addition of the Under 10's now playing 9 a-side format.

Further coaching programs are available for all those interested in learning how to maximize the



Ripping up the field, football fans get ready for competition

enjoyment and safety for players at all levels of the game.

For further information regarding coaching, send an e-mail to the MWFA's head of coaching and youth development, Richie Williams on richy@mwfa.com.au, or visit [www.mwfa.com.au](http://www.mwfa.com.au)

To register for the weekly newsletter, the Soccer Post, send an email to [reception@mwfa.com.au](mailto:reception@mwfa.com.au).

No matter how much training you do, nothing quite beats just getting out on the field and playing, so get down to your local club, sign-up and enjoy the world game right here in Manly-Warringah!

## Australia vs The Rest of the World

On Sunday 23rd January 2011, Harbord Bowling Club hosted their annual Australia vs. The Rest of the World tournament.

After so much devastation in our northern state, this event became a fundraiser for the QLD Flood Appeal.

With donations from Freshwater **Community Bank**®, Allen's Travel, Ray White Real Estate Freshwater, Fosters and Treasury Wine Estate, the day's festivities celebrated for a good cause with much enjoyment.

A Thong Throwing and Lolly

Guessing competition along with all the day's profits from the Club were donated to the appeal. Another great story of Australian's supporting their countrymen and women.

The Harbord Bowling Club would like to thank all those who helped make the social tournament a huge success, raising \$3211 for the appeal.

Congratulations to The Rest of the World for winning the trophy this year.



Australia held strong before defeat p.03

## Our golden oldies play the field for our country

It was World War II 1941, and the siege of Tobruk, in North Africa is one of the many legacies forever forged in our history, exemplifying the Australian fighting spirit and strength in the face of opposition.

In 1964 the Warringah Rugby Club was founded as one of Sydney's First Division Clubs. In honouring the soldiers who defended Tobruk - the Australian Army's "Desert Rats" - Warringah Rugby claimed the "Green Rats" as their club moniker, and are known fondly as just the "Rats".

To further invest in our history, and rugby's wealth of comradery, Warringah's veteran team, the Golden Oldies, known as the "Wrinkled Rats", was founded in 1983 and caters for players over 35 years of age.

The team plays around 8

games during a season against various clubs, including Penrith, Blue Mountains, Nelson Bay and Avoca and an annual gala day hosts games with teams from all over New South Wales.

It's been 70 years since the siege of Tobruk and the Wrinkled Rats recently showed their fighting spirit during the 18th Golden Oldies World Rugby Festival held in Sydney.

Over 170 teams from 15 countries participated in the festival which saw Warringah compete in three games against "The Moscow Lads" from Russia, the "New Zealand Katipos" from Auckland N.Z. and Porteno from Buenos Aires in Argentina.

Elley Bennett, one of the older players, was born the year before the WWII Tobruk stronghold. He says, "The games are firm, but fun and we always remember the international motto of Fun, Friendship and Fraternity". It is not hard to see that the Australian spirit is

still on the field.

The club would like to extend an invitation to all current and new players for the coming 2011 season. For more information about The Golden Oldies, please contact Elley Bennett at home on 9939-7549.



Elley Bennett a proud rugby veteran

### Golden Oldies World Cup Team 2010



## Bedroom soloists come into the spotlight

The Northern Beaches Youth Orchestra (NBYO) has become a highlight for many of the community events on the peninsula.

Founded 3 years ago with support from all three councils on the northern beaches, and recent sponsorship from Freshwater **Community Bank**<sup>®</sup>, the orchestra has gone from strength to strength, drawing large audiences and performing to a very high musical standard.

The organisation is expanding its membership and evolving into the Northern Beaches Orchestra (NBO).

This new format invites instrumental players of all ages the opportunity to playing in a full symphony orchestra, no matter how young or old!

Recent highlights include performances with James Morrison & Emma Pask; anchor orchestra for the Manly Christmas Choral Concert at Manly Oval with over



**James Morrison**

5,000 spectators; collaborations with Sydney Philharmonic Choirs, Vox; and performances for Musica Viva, Cafe Carnivale.

Planned for the coming months are more performances with high profile professional musicians; recording a CD and a 2012-2013 tour.

If your instrument playing skills have been resigned to bedroom solos and family BBQ's, and you would like to extend your ability to a full orchestra and the greater community, NBO are seeking new players, grade 6 and above.

For those who are still fine tuning their skills, the organisation has also recently started the Youth Training Orchestra, which will allow younger and less experienced musicians to play exciting orchestral repertoire in a social setting and to improve their technique.

Guided by first rate tutors, this collaboration will act as a feeder orchestra to the main NBO.

If you play an instrument, are a grade 3-5 standard and school age, there are no auditions required to be a part of this group.

For more information visit their website [www.nbyo.org.au](http://www.nbyo.org.au).

## Freshwater bookworms united

On the corner of Oliver and Lawrence Street at the entry of Freshwater Village is a little slice of literary pursuit. Harbord Community Library occupies the front half of this heritage listed property and offers a diverse library for local members.

Titles in stock include new releases, fiction, large print, biographies and children's books for loan, and with life membership only \$3, local people are taking advantage of its close proximity to the shopping precinct and its quiet, unassuming approach.

After being closed in 2000 due to lack of management and funding, the library reopened in 2001, as a result of passionate volunteers. Local community volunteer, Gwenda Davies realised the value of a local, community library for the residents of Freshwater and surrounding suburbs.

The Institute underwent a facelift and has recently reopened it's doors from a 3 month hiatus. For more information on how to join the library, or become a volunteer, call 9905 4824.



**Jean Jones and Kitty Martin volunteer for Harbord Community Library**

## arts &amp; community

## Learn how to save lives for free

As places to cool off, our beaches, lakes and backyard pools can also be hazardous environments, especially for small children.

Supervision is essential for any child swimming. Unfortunately, the reality is, accidents still happen. Having the response and knowledge to cope with an emergency will help prevent further fatalities.

The Royal Life Saving National Drowning Report reveals that over 150 children, under the age of 5 have died as a result of drowning over the last 5 years. These deaths are completely preventable.

South Curl Curl, Freshwater and North Curl Curl Surf Life Saving Clubs, with support from Freshwater **Community Bank**<sup>®</sup> are combining

the skills of their life saving professionals to offer a free CPR & First Aid skills course to community groups and individuals.

Courses will be held in 2011 on the following Wednesdays:

<b>20th April</b>	<b>27th April</b>
<b>4th May</b>	<b>11th May</b>
<b>18th May</b>	<b>25th May</b>

The two hour training session will be held from 7pm-9pm at South Curl Curl SLSC, Carrington Parade. Courses are skills based but not accredited. Spaces are limited.

To register interest, please choose 3 preferred dates and email or phone Course Coordinator, Alison Moss on [mossalison@hotmail.com](mailto:mossalison@hotmail.com) 0410 651 008.

## Upcoming Events

March

**Music in March Free concert every Sunday in March** 2-5pm, at Dee Why Beach hosted by Warringah Council. [www.warringah.nsw.gov.au](http://www.warringah.nsw.gov.au)

**Sunday 6th: Barney Mullins Swim** hosted by Freshwater SLSC, 10am, Freshwater Beach. [www.freshwaterslsc.com/barneymullins](http://www.freshwaterslsc.com/barneymullins)

**Saturday 26th: Northern Beaches Youth Orchestra** performing at St Matthew's Church Manly.

**Sunday 27th: Northern Beaches Youth Orchestra** performing at The Music Room, Avalon Beach. [www.nbyo.org.au](http://www.nbyo.org.au)

**Freshwater Fair**, 10am - 4pm, Freshwater Beach Reserve

April

**Wednesday 27th: OZTAG Northern Beaches**, Winter comp registrations, 6:30-8:30pm Oztag Clubhouse, North Narrabeen Reserve

**Saturday 30th: Team CX, Royal Flying Doctor, 2011 Outback Trek Auction Night**, 6pm, Nth Curl Curl SLSC

May

**Sunday 22nd: Manly Scenic Fun Run**, Nth Steyne SLSC, from 8am [www.manlyfunrun.org](http://www.manlyfunrun.org)

## In memory of Ken Ward 17/01/1948 - 21/02/2011



Ken Ward

It is with sadness in our hearts we farewell Ken Ward, Branch Manager for Freshwater **Community Bank**<sup>®</sup> Branch of Bendigo Bank.

Since December 2002, Ken has helped establish and improve the branch and its services to the local community.

He always gave his time freely to his customers, staff and local community. A gentle and humble man, Ken always listened and treated each person he met with respect and compassion.

With a passion for the finer things in life, Ken was always ready to celebrate every occasion. He was never missed at a party laughing with a glass of red wine in hand and a foray on the dance floor.

Ken was an avid member of his tennis

club, enjoyed a good long distance walk and a spot of salsa dancing. He also attended the many community functions where he would catch up with friends he made along the way.

Our sincerest thoughts are with Ken's family, Samantha, Daniel and Jane, his brothers David and Peter and his mother Jess. May this time for you be blessed with fond memories and love in your hearts.

A much loved community ambassador, friend and colleague, Ken will be remembered in the hearts of all the people who were touched by his compassion, empathy and sense of humour.

*From the Directors of Harbord Financial Services, Staff of Freshwater Community Bank and the Freshwater Community . We will miss you.*

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## Come In and find out how you will feel at home with a Bendigo Bank loan

If you're looking for the right home loan at the right bank, now's the time to talk to Bendigo Bank. Our rates are surprisingly competitive. Our packages are refreshingly flexible. And our friendly service is second to none. In fact, our customers are front and centre of everything we do. Importantly, you'll also discover that simply by being a customer your community benefits too.

So pop in to 20 Albert Street, Freshwater or phone 9939 6744 and let us welcome you to a bank where you'll feel at home.

Terms, conditions, fees and charges apply. All loans subject to the bank's usual lending criteria. Bendigo and Adelaide Bank Limited ABN 11 088 048 176. AFSL 267292. Credit Reg No. 592628 (RESERVED/01/11)



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