



March 2023 Newsletter  
Magazine Section

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*FRIENDSHIP, FELLOWSHIP  
AND FUN*

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To Kill a Mockingbird script  
reveals Gregory Peck's friendship  
with Harper Lee

From The Times newspaper, London



When Gregory Peck put himself forward for the role of the small-town lawyer Atticus Finch, Harper Lee initially feared that he was too young and handsome.

The doubts quickly disappeared once the pair met and the reclusive author of *To Kill a Mockingbird* and the Hollywood star struck up an unlikely lifelong friendship, exchanging letters, phone calls and even occasional visits over the years.

Their respective fans have the chance to get their hands on remnants of the friendship as items from the actor's estate go up for auction.

Almost 250 items that once belonged to Peck, who died aged 87 in 2003, and his philanthropist wife, Veronique Passani, are being sold, with a portion of the proceeds going towards feeding victims of natural disasters.

Peck's leather-bound copy of the screenplay for *To Kill a Mockingbird*, which according to Heritage Auctions was placed in his personal library, is expected to sell for at least \$10,000.

The auction will also include a 35th anniversary copy of *To Kill a Mockingbird*, which was given to Peck by Lee. She signed the book, which is expected to fetch at least \$5,000, and wrote: "To Gregory and Veronique: You have a unique place in my heart. Harper."

Peck worked closely with Lee during the filming of *To Kill a Mockingbird*. Finch, the lawyer who represents a black man accused of raping a white woman in Alabama, was based on the author's father.

Peck is said to have gone to great lengths to ensure that his portrayal was accurate. As a result of their close collaboration on the film, Lee and Peck remained lifelong friends and the actor's grandson is named Harper.

The auction of items from the estate of Peck and Passani will also include a poker table with chairs and chips gifted by Frank and Barbara Sinatra. Peck hosted a long-running poker night at his home, which was attended by Sinatra and actors including Jack Lemmon and Robert Wagner.

The table is up for auction, with the current bid at \$2,700.

"My dad was exactly who you think he was," said Anthony Peck, the couple's son. "Harper Lee once said the role of Atticus Finch gave Gregory Peck the chance to play himself. Because he was that man."

**With thanks to Geoff Jones**

## Parliament

The word 'parliament' comes from the French word *parler*, which means 'to talk'. A parliament is a group of elected representatives with the power to make laws. The fundamental concepts of meeting, representation and legislation - law-making - go back thousands of years. These can be seen in Parliaments across the world as well as in other systems of governance such as traditional Aboriginal and Torres Strait Islander societies.

### **The origins of the concepts of parliament**

Many ancient cultures featured a gathering of leaders to discuss and decide matters of importance. There is evidence citizens' assemblies were held in ancient Mesopotamia (modern-day Syria and Iraq) as far back as 2500 BCE. Some of the first assemblies which had elements similar to those of modern parliaments were held in ancient Greece and Rome.

Around 500 BCE the ancient Greeks established an Ecclesia - Assembly - which met on the Pnyx, a hill in central Athens, Greece. The Ecclesia met 40 times a year and was attended by male citizens who had completed their military training. Decisions were made by a show of hands or voting with stones or pieces of pottery.

The Roman Republic, which was founded around 509 BCE, was ruled by 2 elected Consuls, who acted on the advice of the Senate—the council of elders. The Senate comprised 300 members from wealthy and noble families. Laws were approved by

various assemblies, who represented the nobles and common people. These assemblies did not write new laws but met to vote on laws and elect officials.

### **Early assemblies in England**

The British Parliament has its origins in 2 early Anglo-Saxon assemblies—the Witan and the moots.

The Witenagemot - Witan - dates back to the eighth century and advised the monarch on matters such as royal grants of land, taxation, defence and foreign policy. Witan comes from the Anglo-Saxon phrase *Witana Gemot*, which means 'meeting of the wise men'.

The Witan did not have a permanent membership but was made up of advisors and nobles who met when called by the monarch. Although the Witan had no power to make laws, the monarch was careful to consult the assembly because they relied on the support of the nobles to rule.

In 1066 William the Conqueror invaded Britain. William ruled with the help of a much smaller but permanent group of advisers known as the Curia Regis - King's Council. It consisted of noblemen and church leaders appointed by the King. They were not elected and so did not formally represent anyone.

Like the Witan, which it replaced, the Curia Regis only offered advice at the King's request and he did not have to act on this advice. The King sometimes consulted a larger group of nobles and churchmen known as the Magnum Concilium - Great Council. Over time, the Great Council evolved into the House of Lords.

The moots were local assemblies held in each county and shire to discuss local issues and hear legal cases. They were made up of local lords, bishops, the sheriff and 4 representatives from each village. The practice of local representatives making decisions for their community eventually led to the creation of the House of Commons.

### **A written agreement—the Magna Carta**

In the early 13th century King John of England waged a long and drawn-out war with France, which was largely funded by taxing the feudal barons. Under feudal law, the King granted the barons land—fiefdoms. In exchange he demanded money and troops. This meant the barons had to impose taxes on the people in their fiefdoms. The King's use of the justice system to suppress his opponents had also caused widespread discontent. In 1215 the barons rebelled, fed up with King John's demands and his failure to consult them.

In June 1215, one month after the rebellion started, King John was forced to agree to the Magna Carta - the 'Great Charter'. It limited the King's power by making him subject to the law, not above it. The Magna Carta also confirmed feudal customs and the operation of the justice system and recognised that the barons had a right to be consulted and to advise the King in the Great Council.

While most of the Magna Carta described the division of power between the King and the barons, it also made reference to the rights of individuals. One of the most celebrated sections is credited with establishing

the principle of a right to a fair trial. It states:

*No free man shall be seized or imprisoned, or stripped of his rights or possessions, or outlawed or exiled, or deprived of his standing in any other way, nor will we proceed with force against him, or send others to do so, except by the lawful judgement of his equals or by the law of the land. To no one will we sell, to no one deny or delay right or justice.*

This declaration of individual rights has been seen as an important step towards the development of democracy, and has influenced documents such as the Australian Constitution and the American Bill of Rights.

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## The Dollar Bird



These summer breeding visitors from the islands of New Guinea get ready to leave northern and eastern Australia towards the end of February. In March and April flocks of around 50 including this year's young head north to the warmth of the tropics

The Dollarbird is the sole Australian representative of the Roller family, so named because of their rolling courtship display flight.

Dollarbirds travel down to their breeding areas in Australia in September each year.

During the breeding season from October to January pairs of Dollarbirds are often seen flying in characteristic rolling flights. These flights are more common in the evening and are accompanied by "kak-kak-kak" calls. The 2 to 4 white eggs are laid in an unlined tree hollow 10 meters above the woodland floor and are incubated by both adults. The young birds are also cared for by both parents. The same nesting site may be used for several years.

Dollarbirds have mostly dark brown upperparts, washed heavily with blue green on the back and wing coverts. They can reach 31 cms from beak to tail and weigh 123 grams

Great aerial acrobats they sally forth from regular lookout perches such as dead trees or powerlines and catch most of their flying insect food on the wing – diving and gliding, swooping and stooping and even an occasional loop the loop! They sometimes fly to the ground to pounce on prey they have spotted from above.



The name Dollarbird has an interesting history that is truly Australian in origin. It dates back to the early 1800's when the Spanish silver dollar and famous "holey dollar" was official currency in NSW. Early settlers applied the name, likening the whitish patches on the underwings to silver dollar coins - a fanciful idea for the patches are not all that round but to the naked eye, they may seem that way. Binoculars would have been a rare commodity in those days. Nevertheless, the name has stuck and it certainly is a more catchy title than "Broad-billed Roller"

## The Timing of Eating

It's not just what you eat, but the time of day you eat it. The timing of your meals can have striking effects on your weight, appetite and chronic disease risk

Most people know that what and how much you eat plays a major role in your health. But scientists are finding that *when* you eat can make a difference as well. Studies show that for optimal health, it's best to consume most of your calories earlier in the day rather than later — for example by eating a large breakfast, a modest lunch, and a small dinner.

This pattern of eating aligns with our circadian rhythms, the innate 24-hour clock that governs many aspects of our health, from our daily hormonal fluctuations and body temperatures to our sleep-wake cycles. Because of the way our internal clocks operate, our bodies are primed to digest and metabolize food early in the day. As the day progresses, our metabolisms become less efficient.

Studies show that a meal consumed at 9 a.m. can have vastly different metabolic effects than the same meal consumed at 9 p.m.

### The study of meal timing

This emerging field of research, known as chrono-nutrition, represents a paradigm shift in how nutrition researchers think about food and health. Instead of focusing solely on



nutrients and calories, scientists are increasingly looking at meal timing and discovering that it can have striking effects on your weight, appetite, chronic disease risk and your body's ability to burn and store fat.

In a new study published in Obesity Reviews, scientists looked at data from nine rigorous clinical trials involving 485 adults. They found that people who were assigned to and followed diets where they consumed most of their calories earlier in the day lost more weight than people who did the reverse. They also had greater improvements in their blood sugar, cholesterol levels and insulin sensitivity, a marker of diabetes risk.

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Measuring bathing suits in the 1920's – if they were too short, women would be fined

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## Bathing at Bondi

From the Sydney Morning Herald  
Saturday 15 November 1902

Papers relating to the action of the police in taking the names of bathers at the Bondi Beach were laid on the table of the Legislative Assembly last night. The first was a letter from the council clerk of Waverley to the Inspector-General of Police asking him to instruct the police to take action under sections 77 and 78 of the Police Offences Act. The writer stated that every morning at Bondi Beach a number of men bathed between 6am and 8am within view of people frequenting the beach and many of the bathers ran naked along the beach to the annoyance of residents and others. Mr. Fosbery referred the complaint to the police superintendent and sub-inspector Mr. Donald made a report.

He stated that the beach had been used as a bathing place for 20 years. There were only two houses within view of the beach and the people in them said they had no fault to find with the bathers. On the morning of November 13 two constables went to the beach in consequence of the complaint of the Waverley Council. A large number of people came to bathe there but many, on seeing the police abstained. Fifteen went in to swim. Two wore proper bathing costumes, the others wore small trunks. The police took their names. They were all respectable men and residents of the district. The local Church of England clergyman was one of the number.

The police had never seen bathers running about naked. The bathers always dressed and undressed under the rocks where they could not be seen. The Bondi baths close by belonged to the Waverley Council who leased them for \$150 a year.

Superintendent Larkins appended a memo to this report in which he stated *"The whole cause of the complaint seems to be that the baths leased by the Waverley Council at 150 Pounds per annum are not so well patronised owing to the people taking advantage of the free bathing place.....All the bathers apparently do all in their power to prevent ay indecent display"*

Mr Fosbery instructed that a reply be sent to the Waverley Council in the following terms:- *"So long as bathers wear suitable costumes and public decency is not outraged I am unable to see that a practice permitted for so many years should be stopped. Indeed I do not suppose that the magistrates would inflict penalties for any breach of the Act under the circumstances. Unless therefore, I receive instructions from the Government to the contrary I do not see my way to take action beyond instructing the police that decency is to be observed"*



## Church Bulletins!

**Thank Goodness for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at church services:**

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**The Fasting & Prayer Conference includes meals.**

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**The sermon this morning: 'Jesus Walks on the Water'.**

**The sermon tonight: 'Searching for Jesus'.**

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**Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house.**

**Bring your husbands.**

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**Don't let worry kill you off - let the Church help.**

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Miss Charlene Mason sang  
'I will not pass this way  
again,' giving obvious  
pleasure to  
the congregation.

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For those of you who have  
children and don't know  
it, we have a nursery  
downstairs.

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Next Thursday there will  
be try-outs for the  
choir.

They need all the help  
they can get.

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At the evening service  
tonight, the sermon topic  
will be 'What Is Hell?'  
Come early and listen to  
our choir practice.

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The church will host an  
evening of fine dining,  
super entertainment and  
gracious hostility.

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The ladies of the Church  
have cast off clothing  
of every kind.  
They may be seen in  
the basement on Friday  
afternoon.

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Weight Watchers will meet  
at 7PM at the  
First Presbyterian  
Church.

Please use large double  
door at the side  
entrance.

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This evening at 7 PM  
there will be a hymn  
singing in the park  
across from the Church.  
Bring a blanket and come  
prepared to sin.

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The pastor would  
appreciate it if the  
ladies of the  
congregation would lend  
him their electric  
girdles for the pancake  
breakfast next Sunday.

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The eighth-graders will  
be presenting  
Shakespeare's Hamlet in  
the Church basement  
Friday at 7PM.

The congregation is  
invited to attend this  
tragedy.

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Parenting in the Wild















