Pittwater Online News

August 11 - 17, 2013: Issue 123

Barrenjoey Headland and Lighthouse Update – Proposed Commercialisation Plans Canned by NSW Environment and Heritage Minister

Hon. Robyn Parker and Hon. Rob Stokes at Barrenjoey Lighthouse on Wednesday morning. Picture by A J Guesdon.

Barrenjoey Headland and Lighthouse Update – Proposed Commercialisation Plans Canned by NSW Environment and Heritage Minister

On Wednesday a birding walk to Barrenjoey brought other pleasant surprises. As per the NSW Government's Heritage and Environment Minister statement listed below, some comments and thanks from The Palm Beach and Whale Beach Association, an announcement has been made this week regarding proposed commercialisation drafts in the *PROPOSED AMENDMENTS TO THE KU-RING-GAI CHASE NATIONAL PARK AND LION ISLAND, LONG ISLAND AND SPECTACLE ISLAND NATURE RESERVES* *POM* document.

We inquired on Thursday when the revised Plan of Management for Barrenjoey would be available for scrutiny and were informed "the NPWS are still going over all the feedback/info and there is no date set yet for its release."

In the meantime some good news, small underlining added in, and a few more happy snaps for our Pittwater Family Album;

NSW GOVERNMENT REAFFIRMS COMMITMENT TO BARRENJOEY'S ENVIRONMENTAL AND HERITAGE VALUES - Wednesday, 7 August 2013- Media Release

Environment and Heritage Minister Robyn Parker today visited Barrenjoey Headland to reaffirm there will be no large scale development of the headland under changes to the Ku-ring-gai Chase National Park plan of management.

Ms Parker, who was joined by Pittwater MP Rob Stokes, said there would be no fast food outlets, conference facilities, souvenir shops or new commercial buildings at the top of the headland, apartments, resorts or public roads.

"The NSW Government is committed to retaining Barrenjoey's character, heritage buildings and natural environment," Ms Parker said.

"There will be no commercial developments of new buildings on the top of the headland and the community will continue to enjoy the scenic views, walk the trails and have access to tours of the headland and lighthouse.

"The NPWS has received 170 submissions on the draft amendments to the plan and we will continue to listen to the community about the future of this special location.

Mr Stokes said NPWS will prepare a detailed concept plan for Barrenjoey Headland in close consultation with the community to guide how the area will be managed.

"NPWS will investigate appropriate, sensitive uses for vacant cottages on the headland through adaptive reuse of the assistant lighthouse keepers' cottages and potentially the lightkeeper's house - consistent with their heritage values.

Ms Parker said the Government had a strong record of breathing new life into historic buildings so they're enjoyed and used by more people and protected into the future.

"Communities around five similar lighthouses along the NSW coast, at Byron Bay, at Smoky Cape and Seal Rocks on the mid north coast, and at Montague and Green Cape on the Far South Coast have welcomed the sensible restoration of the buildings.

"Montague Island has won many environmental tourism awards and guests contribute to habitat restoration for the little penguin colony.

"Any plans for the adaptive reuse of this site will go through an extensive approval process including environmental, planning and heritage examination, including approvals by the NSW Heritage Council."

THE PALM BEACH & WHALE BEACH ASSOCIATION INC - Wednesday 7th of August 2013

The committee and members of the Palm Beach and Whale Beach Association (PBWBA) welcome the reaffirmed commitment to Barrenjoey's environmental and heritage values as announced by the Minister Hon. Robyn Parker MP during her visit to Barrenjoey this morning.

Also present were Pittwater MP Rob Stokes, head of National Parks Ms. Ann King, Storm Jacklin President of the PBWBA and Bryce Ross- Jones life member PBWBA.

Mr Jacklin said "The PBWBA accepts the assurances of the Minister and NPWS that there is no intention to proceed with commercial development at this time and looks forward to participating in the preparation of any future detailed plans for Barrenjoey."

Mr. Jacklin said "not- with-standing the Ministers assurances, it was unclear as to whether the NPWS would proceed with the changes to the Plan of Management(POM) which were the basis for the protest rally, or rather go back to the drawing board as part of a new detailed concept plan."

"While short term we have a commitment from the Minister and Ms. Ann King, however should the proposed changes to the POM proceed, long term these changes would again put Barrenjoey Headland at risk of unacceptable development" said Mr. Jacklin.

Mr Jacklin said that his Association had now collected **over 9000 signatures from the community in support of leaving Barrenjoey as it is** and thanked the residents of Pittwater, Local Member Rob Stakes MP, Pittwater Council and the community organisations for their support".

Left to right: Tom Bagnet, Storm Jacklin, Hon. Robyn Parker MP Minister for Heritage and Environment NSW Govt. Anne King, Head of National Parks, Bryce Ross- Jones.

Past Features

Archives

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Pittwater Online News

August 11 - 17, 2013: Issue 123

Articles This Week:

Front Page Issue 123 - Barrenjoey Headland Commercialisation Proposals Canned by NSW Heritage and Environment Minister

Tasi Fatin, a small village in Soibada, warmed with love from knitters in Pittwater! by Tamara Sloper Harding

Knit In 2013 At Mona Vale Library - Community Comes Out to Wrap With Love

Victory In The Pacific Day 2013 - Douglas Adrian Ross - each year on the 15th of August Victory in the Pacific Day Services are held around Australia - in Pittwater a Commemorative Service is held at Avalon Beach RSL - to prelude this we are honoured to share one Pittwater Gentleman's experience of the Pacific in WWII in his own words

Reflections by George Repin: **ANGKOR WAT 1963**

Pictures - Pittwater Artists Trail Winter Exhibition at Bilgola SLSC by Michael Mannington

Artist of the Month for August 2013: **Jackson Davies** - one of Pittwater's exciting emerging artists with a talent for portraits

All Previous Articles

Profile: **August 2013 - Vietnam Veteran's (Northern) Day 2013 -Henry John Chisholm** - today (11.8.2013) is Vietnam Veteran's Day (Northern) - next Sunday (18.8.2013) is the Vietnam Veteran's Day on the same date as the Battle of Long Tan. This year we are privileged to share an insight on the Vietnam War experience of one of the gentlemen who regularly attends our Palm Beach Commemorative Service.

Previous Profiles:

Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie Haythornthwaite Joan Fisher Mark Ferguson Veteran Carolyn McKay Christine Hopton Ian White Jack Elsegood Robert Grace Colin Casey Bob Waterer The Surfers Group The Palm Beach Yacht Club Pittwater Natural Heritage Association Pittwater Friends of Soibada Pam Bayfield Denise Casey Lynda Hill Belinda Grundy Paul Christie Neil Evers Andrew Holder Ian Curlewis Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club The Bopulaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Goode Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble Graham Spong Sailability Pittwater Mona Vale Hospital Auxiliary Avalon Active Seniors Group Northern Beaches Orchestra Sonja Elwood June Lahm Valerie Vickers Karen Draddy Betty King David Hanley Les Ball Paul Webb Malo Legardinier E G Constructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. Nina Curtis Robyn McWilliam Gretel Pinniger Ted Blackall Edwin Barnard Doug Elliott Anthony Patrick Chandler Walter 'Wal' Wardle Avalon Beach RSL Fishing Club Avalon Voices Surfing Mums Inc. Northern Beaches Social Riders Stephanie Brown Judith Bennett Gemma Rasdall Gwynneth Ross Peter Verrills Tom Gilbert Tony Carr Gwenyth Sneesby Bobbie Squire Philip Bond Save Mona Vale Hospital Committee Southern Cross Wildlife Care Wingala Lapidary Club Surfers Against Suicide Tracy Ponich Katerina Cosgrove Christina Stewart Mermaids of Palm Beach Rob Romer Bert King OAM John L Gordon Jackson Davies Mona Vale Mountain cub Scouts Sydney Wildlife

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History: **August 2013 - Barrenjoey Headland** - the lights, the people, the landscape, **the Light Keepers - HELD OVER FOR ONE MORE WEEK DUE TO THIS WEEK'S GOOD NEWS - PITTWATER SLSC'S COMMENCE ISSUE 124**

Previous History Pages:

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

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Park Bench Philosopher: **The Inchcape Rock by Robert Southey, 1820**

News From Our Inbox **Parrot sings 'A Pirate's Life', CSIRO takes charge of Australia's information overload,** Mental health report finds system reform still a hope, not a reality, What's gravity?, Comet Ison, Cornwall when it's hot..., Quantum Communication Controlled by Resonance in 'Artificial Atoms', NASA Satellites Used to Predict Zebra Migrations, Health papers published this week: First Probable Person to Person Transmission of New Bird Flu Virus in China; But H7N9 Is Not Able to Spread Efficiently Between Humans; Long-Term Use of Some High Blood Pressure Drugs Associated With Increased Risk of Breast Cancer in Postmenopausal Women; Emotional Behavior of Adults Could Be Triggered in the Womb; Gold 'Nanoprobes' Hold the Key to Treating Killer Diseases; Immune Function Restored in Spinal Injured Mice; What Color Is Your Night Light? It May Affect Your Mood.

Events: Pittwater Artists Trail at Bilgola today, , Denise Drysdale at RMYC, Art In Odd Places, Tank Stream Tour, Glass at Manly, ASGMWP September Meeting, BOBBY SOX AT PALM BEACH GC, Brahms in Manly, Lifeline Book Fair, Vietnam Vets.@ Palm Beach RSL 2013, AFTS 2013 Fundraiser, Sly Dogs Unplugged at Church Point Cafe, Bangalley Bush Walk, Mums For Mums Cocktail Party, Aurora Australia Photo Festival, AvPals Term 3 2013, Torn and Frayed at PBGC, Pittwater Camera Club, FoNLC Activities: if it's happening here it's probably listed HERE. Also See Seniors, Children's and Youth pages for age specific Events

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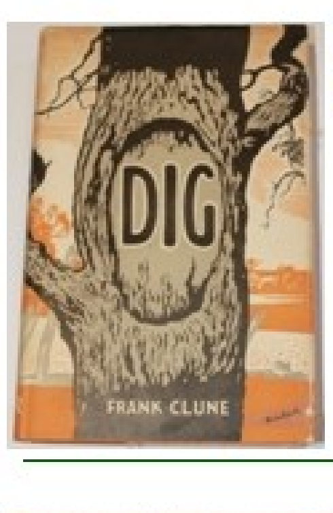

Collector's Corner: **Frank Clune Books - for Australians about Australia**

Food: **Parsnip- Ancient vegetable** - Some facts and classic recipes

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Community News: Pittwater Famine Village, Surf Life Saving - Radio Operators Needed, Preferred Route Selected For Mona Vale Road Upgrade, First entries in for the 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014, NEW SWIMMING POOLS INSPECTION PROGRAM, Soibada Visit - Tasi Fatin, STORY OF WAR HERO LOST AT SEA, SEEKING STALLHOLDERS FOR DOG DAY BY THE BAY, New Regional Report Card Puts Info at Your Fingertips, Whipper's Journey - The Tale of No Tail, MONA VALE HOSPITAL AUXILIARY STALLS, YOUTH SUPPORT PROGRAM, Explore the Seafloor - Citizen scientists and robot photographers join forces as National Science Week begins, Be the Influence Australian Boardriders Battle Launch, NB Prostate Cancer Support Group, THE FACTS SAY YES FOR PITTWATER, Critter of the Month - August 2013, Bushcare Notices - August 2013, Calling all Buskers and Street Theatre performers, BOOK FAIR, FREE CHILD RESTRAINT FITTING AT FLYING FOX PARK, Volunteer Monitors Needed, September 2013, Avalon Sailing Club 75th Anniversary, Join the NBI Pub2Pub Team, Our Councils Notices and more

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Environment; **Berowra Creek - Back from the brink,** Government dredging report reveals true extent of impact on the Great Barrier Reef, Climate Change Threatens U.S. Estuaries, Soil Carbon 'Blowing in the Wind', Marine life spawns sooner as oceans warm, Habitat for iPad, The Sun's Magnetic Field Is About to Flip, Katandra Sanctuary Open Season, One Tree's Architecture Reveals Secrets of a Forest, Dolphins Keep Lifelong Social Memories, Longest in a Non-Human Species, Mirror, You Build Houses in My Woods - I'll swim in your pool!, Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations, **Sydney Wildlife - Carers Needed**, Living with Fire in NSW National Parks, **COOEE AUGUST 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

Lynda Hill: **Update 3.8.13**: **Life Is A Cabaret Old Chum, Come To The Cabaret: August's Leo New Moon**

Pictures: Pittwater Artists Trail Winter Exhibition at Bilgola SLSC by Michael Mannington

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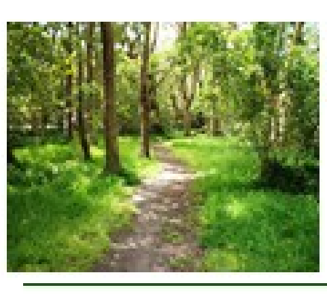
Children: **We like, we post, we share—the online lives of Young Australians, the Ocean Sunfish, Reading at Twilight at Mona Vale Library, DIY Parking, Drumz Buzz, BE A Spy!, Pittwater Famine Village, Timing, Feet + Brain = Direction, 2 Year Old Ballerina Joins Mummy's Audition!, Living with Giant Bears Documentary, Blast Off 2013, Gondwana Choir, My Little Pony (Full Movie) - Twinkle Wish Adventure, Our World: What is a Cloud? Reading at Twilight at Mona Vale Library, Hurley Surfing Australia High Performance Centre - Grand Tour, Challenge yourself during Enviroweek, Change the World in 5 Minutes - Everyday at School, My Little Pony (Full Movie) - Twinkle Wish Adventure,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: **Pittwater Famine Village, 2013 National Youth Award Winners**, Inspirational Teenage Inventors, Stingray flip, CLOUDS - exploring creativity through the lens of code, Songs On Stage - Wednesday nights, Avalon Beach RSL, Comet Ison, It's On, 'Beetle in Spider's Clothing:' Quaint New Species from Philippine Rainforest Creeks, Intense Surf Cjallenge - New Vid., National Science Week: Ignite Your Imagination, Photographic Timing, Brains + Feet = Direction, Meet Porter. The World's First Driving Dog!, This Is Your Brain On Vivaldi and Beatles, Calling all Buskers and Street Theatre performers, Extract DNA From A Banana! - CSIRO, MWBA PRIMARY AGE, BASKETBALL COMP: 'THE POTTER LEAGUE', If We Landed On Europa, What Would We Want to Know?, BLAST OFF 2013, Hurley Surfing Australia High Performance Centre - Grand Tour With Barton Lynch, Enviroweek 2013, FBi turns 10 Concert, AUSTRALIAN NAVY CADETS - On the Northern Beaches, Street Musician + Violin + Looping Pedal = Great Video, TEDx Northern Sydney Institute presents This Way Up, Man teaches alpaca to surf, Youth Environment Congress 2013, 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.

Seniors; Interest Rate Cut to Hit Savers and Seniors, New report Shows Older People Working for Longer, iPhone device detects heart rhythm problem that can cause stroke, 93 Year-Old Yoga Instructor Can Still Pose Perfectly!, 50+, Dog Tease = Paw to Face, Technology Drop In Sessions for Seniors at MVL, Canberra Australia' s Federal Capital in 1934, GRACEFUL AGEING ONLINE WORKSHOP, hark Week 2013 - Mysterious Teeth Offer Mixed Results, Busted, Health papers published this week: Chocolate May Help Keep Brain Healthy; Cognitive Decline With Age Is Normal, Routine, but Not Inevitable; Young Vs. Old: Who Performs More Consistently?; Alzheimer Disease and Parkinson Disease Do Not Appear to Share Common Genetic Risk; Breastfeeding May Reduce Alzheimer's Risk; Dementia Risk Tied to Blood Sugar Level, Even With No Diabetes; 2013 Solar Challenge In Australia; Volunteers Wanted, **Term 3 2013 - Computer Classes for Seniors at Newport**, National Seniors Literary Prize 2013, local Events, Support and Education Activities.



Community Clubs: Updates on Activities and links to sites.

Artist of the Month: **August 2013 - Jackson Davies** - one of Pittwater's exciting emerging artists with a talent for portraits

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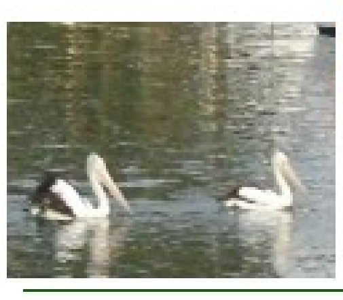
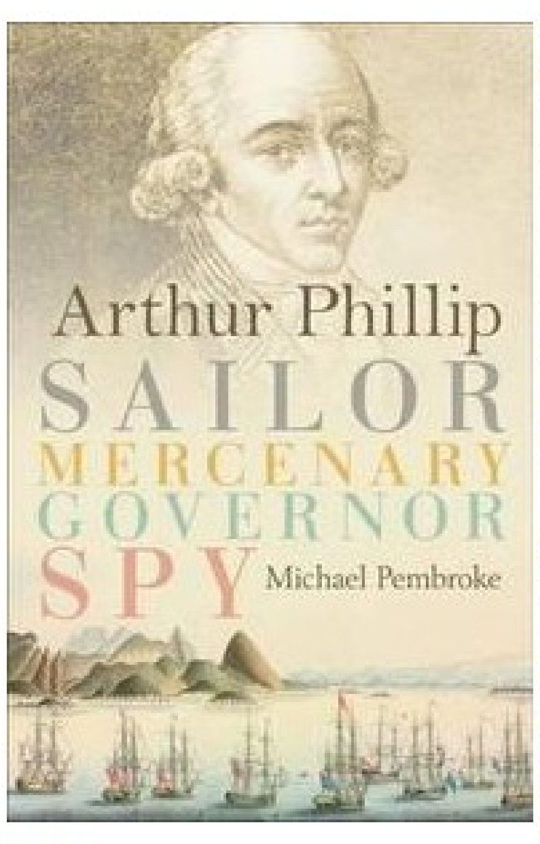


Reflections: by George Repin. **This week; ANGKOR WAT 1963**

DIY Hints: **Power Drills – DIY Tools 101:** Now that we've shared with you what most tradies recommend you have as a basic DIYer's tool kit we'd like to look at the various uses of some of these. This week we'll begin with Power drills.



Books: Tilly And Friends - Let's Get Wheeling!, Sugared Orange, Stories Of Manhood, Save With Jamie, Outback Stations - The life and times of Australia's biggest cattle and sheep properties, Stillways by Steve Bisley, Arthur Phillip - Sailor, Mercenary, Governor, Spy, Vietnam - Australia's Ten Year War 1962-1972, Penguins- Their World, Their Ways

Old Books: -**August 2013 - read in full here: online! ; Sailing Alone Around the World - by Joshua Slocum -1900:** Joshua Slocum was the first man to sail around the world alone in a small boat.

The merchant vessel : a sailor boy's voyages around the world (1884) - includes sailing to Sydney!

English seamen in the sixteenth century. Lectures delivered at Oxford, Easter terms, 1893-4 (1901) - James Anthony Froude: English historian, novelist, biographer, and editor of Fraser's Magazine.

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Tasi Fatin, a small village in Soibada, warmed with love from knitters in Pittwater!

by Tamara Sloper Harding

We drove into the suco of Tasi Fatin with some relief. The roads between the main village of Soibada, known as Somoro, and this outlying sub village are treacherous. Single lane, unsurfaced, slick with mud and precariously clinging to the mountainsides they wend their way further up into the mists. They could hardly be called roads really. I spent much of the journey looking away from the cliff edge!

As reported in Issue 122, Tasi Fatin was the prime focus of this recent visit to Soibada. We promised last year that we would return with details of a sister school, water sanitization gear, custard apples and coffee! The strength of our relationship has been enhanced with the recent partnering of Sacred Heart Primary School in Mona Vale with the primary school in Tasi Fatin.

It is much colder here than the rest of Soibada and the air is crisp and clear. It is much more isolated than the main part of Pittwater's sister village but ever so beautiful. Green grassy mountain tops peak above the tropical rainforests. The evidence of landslides is clearly visible on the windswept landscape.

When we met with the President, Taur Matan Ruak (TMR), in Dili earlier in the week he told us stories of his time hiding in the jungle around Tasi Fatin during the Indonesian occupation. Falintil (Independence Fighters) gathered in this remote part of Soibada and much of their activity is still in evidence. It is a historically significant place that we are privileged to be linked with.

The villagers were gathered to meet us – you could see them from far in the distance. It was quite amazing to witness the evidence of our friendship wrapped around the shoulders of many in the form of the beautiful blankets and wraps knitted by our community here in Pittwater. It really gives credence to the name "Wrap with Love". It was love and friendship we could feel as they welcomed us back again.

It is important to understand that your efforts here in Pittwater are appreciated and much needed. As the young population of Soibada continues to increase there will be an ever ongoing need so please keep it up!

We desperately need more donations of wool, preferably 8 Ply, and more knitters or crocheters. You are welcome to join our very social group in the Social Justice Office under Maria Regina Church in Avalon at 12.30 on Wednesdays.

The community of Tasi Fatin is close knit and well organised. Chief John is a proactive and progressive leader. He has made it very easy for our community to partner with his. For partnership it is, and already we have learnt much from the families of this tiny Suco. The benefits of collectivism over individualism are particularly evident in this society. They are a community working together for sustainable change for all. They need our assistance to enable this to happen. The joy of that is that this project is drawing many of our community here in Pittwater together as a united force to make this possible and providing a common bond between us.

Pittwater Friends of Soibada

Soibada Knitters Group

Pittwater Friends of Soibada on Facebook

Copyright Tamara Sloper Harding, 2013.

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Knit In 2013 At Mona Vale Library – Friday 9th of August

All over Australia this Knit Ins are being held annually with one object in mind put best by Wrap with Love, the not for profit organisation so many nimble fingers support:

'Cold humanity is our concern, people caring about other people.'

There are millions of people in the world suffering extreme cold. In 1992 Wrap with Love began with the idea to help as many people as possible by providing warm Wraps to ward off hypothermia and in the past 20 years we have sent more than 323,000 Wraps to people in over 75 countries, including Australia, with the help of our hardworking and generous volunteers.

Most of us can knit and sew. Just one square provides one twenty-eighth of warmth, and collectively, twenty-eight assembled squares create one whole warm and sheltering Wrap.

This year, the fifth year Mona Vale Library has hosted Pittwater's own annual Knit In, providing a yummy morning and afternoon tea, the Pittwater Stitchers, a group of ladies who either knit, sew or crochet every Friday at Mona Vale Library (10am -12) were a little busier then usual. Piles of colourful squares were stacked on tables, crochet hooks, knitting needles and those who are skilled with thread and needles toiled happily at all tables. While we were visiting the ladies one local supporter dropped off a whole 'wrap' ready to be finished by being sewed to a backing piece.

Liz Daly, whom we first met at the Soibada Knitters meetings on Wednesdays at Avalon's Maria Regina (12pm -2.30/3.00) and also liaises between many of our local knitting groups and Wrap With Love, was on hand and gave us a little insight on her own group, The Newport Ladies:

In 2002 a friend and I heard Barbara Holbrough on the ABC (Local Radio http://www.abc.net.au/local/) talking about WWL. We both felt that we would like to do something to support the organization. We have now grown to a group of 12 and we come together every few weeks to sew squares into blankets. We receive squares from groups in the local community eg Newport Probis, Peninsular Gardens Retirement Village, Minkara Retirement Village as well as local individuals.

I am a drop off person for WWL. We receive wraps from Pittwater Retirement Village and Westmead Rehab Unit, Westmead Hospital. I collect the blankets from Mona Vale Library Friday Knitting Group, Pittwater Stitchers, and take their blankets out to Alexandria for distribution. Every now and then finished blankets appear at my front door from far-away places like Wagga Wagga and squares from friends in Brisbane and Toowoomba.

As well as sewing blankets for WWL we sew up squares for the Maria Regina Church group who support the community of Soibada in Timor Leste. So far this year from February to July we have sewn 229 for WWL and 41 for Timor Leste.

The tally in 2012 for the Pittwater Stitchers was 211, pretty awe inspiring for someone whose knitting, when attempted, looks like something the cat has played with too often. The Pittwater Stitchers put their own wraps together and Liz delivers them. The quality is so high and the finished products beautiful.

Around 45 Knit In-ers came and went all day Friday, many staying the whole day.

"The library has hosted this event since 2008 and is particularly appreciative of the Friday knitting group the Pittwater Stitchers, who help throughout the year and on the day," Mona Vale Library Manger Cathy Howie stated in the lead in to Friday's Knit In, "Residents can start knitting straight away and bring their squares on the day or drop them off anytime during library opening hours."

Pam Holdom with a wrap she has just dropped in on Friday to Liz Daly (right).

More squares are desperately needed past the annual Knit In though. If you shivered this week and pulled your coat a little tighter against the snow winds prevailing then spare a thought for those who do not have such luxuries right here on the Northern Beaches, elsewhere in Australia and all overseas who are gifted these wonderful shields that are made with love to Wrap With Love.

Idle hands while watching the television of an evening can put some squares together. These can be dropped into Mona Vale Library every Friday morning and the girls will put them together and send them where they will bring a lifetime of comfort to someone you may never know, never meet, but whom you will then have a connection from what is best in our human spirit. It is threads like these from communities here in Pittwater, and all over Australia, by all the people who are rarely seen or heard that are knitting our world into a better place.

Squares should measure 10" x 10" (25cm x 25cm), with full instructions available here online.

Pittwater Stitchers - all are welcome from 10am to 12pm every Friday in Mona Vale Library.

About Wrap With Love

Wrap with Love is a not for profit organisation incorporated with the Department of Fair Trading, NSW, Australia. Wrap with Love has no annual membership fees or other regular financial support. We rely on your donations. No one is authorised to door-knock or collect money for Wrap With Love Inc. Donations are not tax deductible.

Wrap with Love is a non-denominational, non-racist and non-political organisation. It respects your privacy and does not give out the personal information of any volunteer, or any member of other organisations it comes into contact with.

WE DO NOT BUY, SELL, OR TRADE WRAPS

The Wraps we provide cannot be bought sold or traded. They are caring gifts from the people of Australia to the people of the world.

Over twenty non-denominational and non-political aid agencies collect Wraps from our warehouse in Alexandria, NSW, to distribute them to those in greatest need. We rely on an Australia-wide network of caring volunteers to knit, transport and assemble Wraps.

When Wraps are finished, you can either organise delivery through a local drop-off depot, post them directly to us, or personally drop them into our Sydney warehouse. To find out about how to send Wraps.

See more here www.artsandcraftnsw.com,au/Wrap.htm

Liz Daly and Catherine Buddin of Mona Vale Library - Events and Promotions Librarian.

Helga Friess and Jane Rich on Friday

Marie Karpin (left) with Jan Crawford - the girls enjoy catching up while doing something for others every Friday morning - Pittwater Stitchers at Mona Vale Library.

Lesley Arthur and Betty Pells - around 3 years each at Pittwater Stitchers and hundreds and hundreds of squares between them.

Pittwater Stitchers - Anne Sullivan - her first day and enjoying it immensely!

Pittwater Stitchers - Lorraine Hogan - finishing another Wrap

Destinations - Village - South east corner Zimbabwe Jul05

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Douglas Adrian Ross

VP (Victory in the Pacific) Day, also referred to as VJ (Victory over Japan) Day, is celebrated on 15 August. This date commemorates Japan's acceptance of the Allied demand for unconditional surrender 14 August 1945. For Australians, it meant that the Second World War was finally over.

The following day, 15 August, is usually referred to as VP Day. In August 1945 Australian governments gazetted a public holiday as VP Day and most newspapers reported it as such. However, the governments of Britain, the United States and New Zealand preferred VJ Day.

This Thursday we hope you will all pause to remember those who gave so much of their lives, or their life itself, to ensure your own safety. Avalon Beach RSL will be holding a Memorial Service commencing 11.30 am.

This year we are fortunate to share a small insight from the words of a man who served in the 1st Armoured Regiment of the Australian Imperial Force (AIF). Enlisting a few months after his 19th birthday, Doug Ross had served Australia for five and a half years before he was discharged. His War Record file during his training states he is a 'Good Type' and he was consequently assigned to driving Matilda Tanks and ended up training new recruits in these.

The 1st Tank Battalion (AIF) served in New Guinea in 1943 and 1944, and in Balikpapan in 1945 as the 1st Armoured Regiment (AIF), and some state this regiment saw more action in the Pacific theatre than any other Australian armoured unit.

Douglas was training in Accountancy prior to signing up but like so many who served in conflicts, couldn't stand being cooped up in an office after his return from living in tents and only among men for so long.

Mr Ross worked for the Shell Company and then became a Sales Manager for Pacific Film Laboratories. He and wife Gwynneth built a house in Avalon, loving the tall trees, salt air and relaxed lifestyle of Pittwater after having spent most of his life prior to that growing up in Clovelly.

Gwynneth, who also served, has helped us with this insight, providing notes from her husband on these terrifying years and how his experience effected him for the whole of his life.

From Douglas Ross's notes:

I enlisted in October 1941, Army number NX114599. I was discharged May 1946. At Singleton tank training range, I was posted tank driver, Matilda Tanks, H Q Squadron, 1st Armoured Regiment. At Caboolture, Queensland we did tank beach landing training with American landing ships.

We embarked from Hamilton wharf, Brisbane, for New Guinea in Liberty ship 'John MacKay', 11th of September 1943. Arrived Milne Bay – I disembarked tanks; these tanks were at the ready for the regiment during the New Guinea campaign.

Doug Ross, Milne Bay, 1943.

We did lots of tank training in terrible conditions, experiencing a couple of air raids during this time. Our biggest problem was the climate; hot and humid and constant rain.

AWM Caption: Finschhafen, New Guinea. 9 November 1943. A Matilda tank of 4th Australian Armoured Brigade ploughing ahead towards the battle area in an effort to drive the Japanese out of strongposts held near the Finschhafen area. The tank, named Clincher, has a logo on the front of a crocodile under a palm tree over a boomerang. Other unit identification markings have been whited out by the censor. Matilda AWM 016100

Departed New Guinea for Sydney a year later on the 'David Hughes' August 1944. Rations were bully beef and dog biscuits, accommodation down the ladder into the hold.

The trip across the Coral Sea was uneventful. Unfortunately disaster struck off Coffs Harbour in the middle of the night when a severe southerly struck. The tanks, 25 tons each, had not been made secure at Milne Bay. Therefore the steel tracks started to slide on the steel deck. As chains broke the tanks (10 in total) were moving from one side top the other with the roll.

According to the Captain the situation became dangerous and irrespective of the presence of submarines in the area, lights were switched on over the holds, covers removed, then crew and drivers manhandled bales of rope that were thrown down between the moving tanks in an effort to stop the sliding. This was, after a while, successful and we continued our journey at dawn.

Right; AWM Caption: United States of America Liberty Ship 'Starr King' sinks off Port Macquarie, NSW after being torpedoed by a Japanese I-21 submarine. During the six months after 18 January 1943, Japanese attacked 21 Allied ships totalling 109,651 tons off the East Coast of Australia and ships totalling 50,022 tons were sunk. Date 10 February 1943 This image is available from the Collection Database of the Australian War Memorial under the ID Number:128144 A liberty ship sinking after being attacked by I-21 near Port Macquarie in February 1943.

Our Australian rations were so poor that the ship's galley crew took pity on us and provided leftovers from the crew's meals – I'll never forget eating peas and mashed potatoes under the forward office, with no knife and fork.

After arrival in Sydney there was a big problem in unloading the tanks which were jammed tight against each other at all angles. Eventually the ship's derricks were used to drag the tanks, one by one, into crane position.

Typical army, though there was plenty of brass but non-arrival of tank transporters. So it was decided to drive the tanks in convoy along Palmer Street, Flinders Street, to the Showground, which made a hell of a mess of the roads which were then neatly repaired by the City Council, only to be torn up again when we left on the Monday morning.

The Matildas caused much interest at the Showground among the Finance Office staff, many of whom were A.W.A.S. girls, including my future wife – girls in tanks in those days ???!!!!

After leave the regiment returned to Southport for more training with the 4th Armoured Brigade from August 1944 to May 1945.

Our second overseas campaign started from Hamilton Wharf, Brisbane with tanks in a Liberty Ship. This was short lived due to a fire that made the tanks unserviceable because of water and smoke damage. They were then left in Brisbane.

Our detachment of drivers was transferred to an American troopship, the 'Sea Barb' which carried nearly 2000 reinforcement troops for the 7th Division to be used in the coming invasion of Balikpapan in Dutch Borneo. This was a long and hard voyage.

We were diverted to Biak in Dutch New Guinea to anchor and wait for Navy fortification. We stayed there for two days at anchor, under hot and trying conditions. The convoy sailed during the night. I was four decks down, in the top bunk of a five high bunks.

Arrived at Morotai and rejoined the Regiment. **Embarked with tanks on an American tank-landing ship for the invasion of Balikpapan** – a nightmare trip, being locked in below-decks at sunrise and sunset, no chance of getting out in an emergency.

The beach at Balikpapan

The tanks were transferred at sea to smaller craft for the beach landing – 4th of July, 1945.

I landed on the morning of the second day. Unfortunately three drivers were killed, also Major Ryrie – these died of wounds, many others suffered wounding. We had three mentions in despatches and one O.B.E.

While our tanks were on the beach, for 24 hours, we had 25 pounder artillery behind us firing over our heads to target areas beyond us – not very pleasant.

1st Armoured Regiment established a camp on Parramatta Ridge which was our permanent camp until the war ended. However, **before we left the beach, Japanese bombers from Singapore bombed the beach strip in bright moonlight and the crews, including myself, sought protection under the tanks – no one was hurt. That was July 16th – my 23rd birthday.**

Next day the C.O. moved us to the Regimental camp on Parramatta Ridge.

The war ended soon after with much celebrating during August. The Regiment was split, the majority going back home on British Aircraft Carrier – 'Ark Royal' .

Unfortunately I was selected for the rear guard of thirty tank drivers to stay behind and look after the tanks. After a few weeks it was realised that another war was starting between the Dutch and Indonesians.

The Dutch wanted our tanks. This the Australian Government did not want so we had to be moved quickly. The tanks and drivers loaded onto a British LST bound for Darwin.

After two days sailing we were landed at Morotai; we were there six months. We were bored and frustrated – the food was poor – paw paw, dried vegetables and bully beef. The tanks were finally destroyed by driving them over a reef into deep water.

Eventually the Army sent the passenger ship 'Duntroon', picking up troops left behind, sailing to Rabaul to land Japanese officers for war crime trials, then to Finschafen to pick up more troops. With a full ship, good food, and a clam sea, we arrived off Sydney Heads at 5.30am Wednesday 9th of May, 1946, a freezing winter's morning.

Seeing Gwyn and the family, then after that wonderful morning, the Army took over and loaded the troops onto double-deck buses to Ingleburn Army Camp. I had two weeks leave and was finally discharged after 5 ½ years service on the 20th of May, 1946.

Doug's (front second from right) last Anzac Day March with his Regiment in Sydney.

1st Armoured Regiment - courtesy Australian War Memorial

Serving in New Guinea as the 1st Tank Battalion (Australian Imperial Force) (AIF) in 1943 and 1944, and in Balikpapan in 1945 as the 1st Armoured Regiment (AIF), this regiment arguably saw more action in the Pacific theatre than any other Australian armoured unit. Only the 2/4th Armoured Regiment's record, with its participation in the New Guinea and Bougainville campaigns during 1945, compared. Also distinguishing the 1st Armoured Regiment was its lineage to the Royal New South Wales Lancers.

Mr Doug Ross (1922–2008) on ANZAC Day 2007 at RSL LifeCare ANZAC Village, Narrabeen. Mr Ross joined the armed services as an 18-year-old and served in the 1st Armoured Regiment, Matilda Tanks. He saw action at Milne Bay, New Guinea, and then with the 7th Division at the Balikpapan landing, Borneo.

The New South Wales Lancers were formed in 1885; one of its squadrons served in South Africa during the Boer War and during the First World War many of its members volunteered for the 1st AIF. After the war the Lancers were designated as successors to the 1st Light Horse Regiment. In 1935 the regiment received the prefix "Royal". Its traditional role of cavalry and light horse was modified the following year, when it was made a motorised machine-gun regiment, becoming the 1st Light Horse (Machine Gun) Regiment (Royal New South Wales Lancers). At the start of the Second World War, many of its members volunteered for the 2nd AIF. In December 1941 the regiment became the 1st Machine Gun Regiment and was given its first operational role - Newcastle's northern beaches.

In 1942 the unit's title was changed to the 1st Motor Regiment in March, and then to the 1st Army Tank Battalion in May, when it became part of the 3rd Army Tank Brigade. Tank battalions were being used to support the infantry and, after completing armoured vehicle training, the unit received their first Matilda tanks in September. At the start of 1943 the regiment was declared an AIF unit, subsequently moving from Singleton, NSW, where it had been training, to Queensland, where it joined the 4th Armoured Brigade. In June the unit became the 1st Tank Battalion (AIF) and conducted amphibious and jungle training from its base in Caboolture.

At the start of August the unit moved to Milne Bay, Papua, in preparation for its forthcoming role in the New Guinea campaign. The unit was to support the 9th Division in the capture of Lae, but the terrain, with many rivers to be crossed, was thought to be unsuitable for tanks; the unit, less B Squadron, moved to Morobe in September and then to Buna. Meanwhile, the fighting in New Guinea continued, with the 9th Division landing at Scarlet Beach, on the Huon Peninsula, and, after defeating the Japanese counter-attack, advanced towards Finschhafen.

As the campaign progressed, in the middle of November C Squadron moved from Papua to Finschhafen and for the next month supported the infantry at Finschhafen, Sattelberg, and along the coast towards Lakona. This was the first time Matilda tanks were used in a jungle battlefield and they proved to be very effective - their heavy armour was impervious to most Japanese ordnance. In mid-December A Squadron replaced B Squadron, at Lakona, and continued the advance towards Fortification Point and Sio.

The unit returned to Australia in June 1944, whereupon it became the 1st Armoured Regiment and was based at Southport, Queensland. The regiment spent the next year training but the war was almost over before it went into action again. In May 1945 the regiment moved to Morotai, in the Netherlands East Indies. The Allies used Morotai as a base for the American operations in the Philippines and the Australian operations on Borneo. While the 9th Division made amphibious landings on Tarakan and in British North Borneo, the 7th Division landed at Balikpapan on Borneo's east coast as part of the OBOE operations. The 2/9th Armoured Regiment supported the 9th Division, while the 1st Armoured Regiment supported the 7th Division.

A and B Squadrons landed at Balikpapan on 1 July, the first day of the battle. The regiment was equipped with 26 Matilda tanks, three "Frogs" - Matlildas armed with a flamethrower - three dozers, and a bridge-laying tank from the 2/1st Armoured Brigade Reconnaissance Squadron. The tanks supported the infantry in the capture of Parramatta Ridge, Balikpapan's township, in the fighting along Vasey and Milford Highways.

The unit continued to serve Australia, first in the post-war Militia and today with the Australian Army Reserve. In 1949 the unit returned to the name 1st Royal New South Wales Lancers and in 1956 merged with the 15th Northern River Lancers to form the 1st/15th Royal New South Wales Lancers, headquartered at Parramatta. NSW.

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Douglas and Gwynneth Ross - Wedding Day.

Doug and Gwynneth Ross - 1980's.

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Pittwater Online News

August 11 - 17, 2013: Issue 123

Pittwater Artist’s Trail 2013 Winter Exhibition at Bilgola SLSC Opened By John Ogden

On Friday evening the second Winter Exhibition by some of the artists on the Pittwater Artists Trail opened at Bilgola Surf Life Saving Club at the southern end of Bilgola beach.

MC for the evening, Narrabeen fine art photographer Cade Turner, explained the two fold focus of this exhibition as a means for artists on the Pittwater Artist Trail, where people usually visit the wide range of artists in all mediums in their home studios, to exhibit together under the one roof. The Winter Exhibition is also a way for Pitwtater Artists Trail creators to invest back into the community as 10% of all sales from art works sold during this weekend’s exhibition are donated to the Bilgola SLSC while a raffle running concurrently, with prizes of donated art works by these artists, raises funds for Mona Vale Hospital.

Some extracts from Cade’s opening remarks:

In 2011 this exhibition attracted more then 1000 people through the doors which allowed us to raise a substantial amount of funding for the Bilgola SLSC for all of the essential services they provide to the local community. Thank you very much to the Bilgola SLSC for hosting our exhibition again this year and we’re pleased to announce that we’ll be donating 10% of all sales made this weekend to the Bilgola Surf Club. We’ll also be raising money for Mona Vale Hospital through an exhibition raffle.

To open our exhibition this evening we are very fortunate to have and welcome cinema-photographer John Ogden. John, who also goes by the name ‘Oggie’ is a world-renowned photographer, cinema-photographer, writer and publisher. His wide ranging career has included producing television commercials, international documentary making, music video production, drama and fine art photography. John has worked all over the world, his projects spanning diverse cultures and nations such as South-East Asia, Sri Lanka, China, Japan, Europe, South America, the U.S.A. and indigenous Australia.

His work in imagery associated with Australian Aborigines resulted in the books *Australian Nation* in 199 and *Portraits From A Land Without People* released in 2009 to coincide with the first anniversary of the Australian Prime Minister’s Kevin Rudd’s apology to the aboriginal people. *Portraits From A Land Without People* was captured from a four year period examining over 300 thousand images and is considered to be the most comprehensive pictorial history ever produced of the aboriginal people in Australia.

Would you all please put your hands together for John Ogden.

John Ogden's Address:

Welcome everyone to the Pittwater Artists Trail Winter Exhibition. Before I start I’d just like to acknowledge the Gadigal Clan of the Durag Nation of this land on which we’ve gathered. This club was most likely built on one of their middens. It took the Europeans another 100 years after really interrupting the traditional ways of the life of Sydney’s Coastal Clans to appreciate the joys of getting your gear off and having a seafood barbecue on the beach.

Life was arranged so well by the Gadigal that they only had to work a few hours of every day to have the food they needed. This left plenty of time for family and ceremony. It is said that the Australian Aborigines were the first people to combine song, dance and art, much like an early form of going to the theatre or cinema. If you look carefully you can still see some of their artwork on the terraces of Sydney Sandstone around this area and there are a lot more out there. In fact, sixteen thousand years ago, when the people were roaming around, they knew you had to walk another eight kilometres towards the sunrise to find the beach.

It is therefore fitting that many of the people who moved to this area in the early twentieth century were artists. There was quite an artist’s colony here by the 1950’s.

Early artists who came from the Northern Beaches or lived here; Sydney Long, Lawson Balfour, Arthur Murch, who won the 1949 Archibald Prize, Sali Herman OBE and he was the winner of the Wynne Prize in 1944, 1962, 1965 and 1967 as well as the Sulman Prize in 1946 and 1948. Master photographers from this area included Harold Cazneaux, Frank Hurley, Max Dupain, Olive Cotton and Dave Moore.

Contemporary artists and photographers who call this place home are many and varied. Fast forward to tonight’s launch.

The Pittwater Artists Trail Winter Exhibition is a unique and popular event where Artists of the Pittwater Artists Trail come together under one roof to showcase some of their work. Over half of the Pittwater Artists Trail 2013 membership are exhibiting, including Penel Bigg, Diezel, Linda Haigh, Wendy Grainger, Karen Hick, Helen Mackay, Willi Michalski, Robyn Park, Mignon Parker, Michelle Petrie, Vicki Ratcliffe, Meredith Scott, and Cade Turner.

Media here include fine at photography, print making, blown work glass, acrylic, water colour, oil, and mixed media painting. Mosaics, ceramics, painted silk, jewellery and sculpture and all of these works are for sale.

This will be the Artists Trail second Winter Exhibition at the surf club with the first seeing over one thousand visitors despite roaring seas and howling rains. You may hera it in my voice; I am incredibly proud of the Northern Beaches community. I did a book called ‘*Saltwater People of the Broken Bays*’ on the local history and it enjoyed enormous support. I’m most grateful to this community.

I’m sad to say that the recently released companion book on the south side beaches was less successful. One of the reasons for this is that the south side lacks the community spirit found here, on the beaches stretching from Manly to Palm Beach, the real sense of love and pride for this amazing place.

The exhibition continues all weekend – Saturday and Sunday from 10am to 4pm and will be raising much needed funds for Mona Vale Hospital and Bilgola SLSC. Raffle tickets for Mona Vale Hospital will be on sale for donated art works by participating artists as prizes.

Thank you once again for coming, please enjoy the exhibition.

Pittwater Artist’s Trail 2013 Winter Exhibition Open Today at Bilgola SLSC - 10am to 4pm

The **Pittwater Artists Trail next all Studios Open Weekend is Saturday 26th Oct & Sunday 27th Oct 2013 from 10am - 4pm**. Brochure Guide HERE: http://www.pittwaterartiststrail.com.au/home.html

Of Note – The National Gallery of Australia has an exhibition on until September 15th, 2013 – Turner from the Tate – The Making Of A Master more here: http://nga.gov.au/Exhibition/Turner/

Michael Mannington’s Volunteer Photography Images with captions in a public gallery here: http://gallery.volunteerphotography.org/p348898265

Michelle Petrie (artist) with Mayor of Pittwater, Cr. Jacqui Townsend, Cr. Kylie Ferguson, Wendy Grainger, (artist) and Lorrie Morgan, president of Pittwater Community Arts

"After a long career as a florist, I have developed a real love for nature. I marvel at the variety and beauty and the amazing colours" says artist Wendy Grainger, who also organised the Pittwater Artists Trail 2013 Winter Exhibition.

Karen Hick from Palm Beach with her abstract landscapes.

John Ogden, Hon. Bronwyn Bishop, Karen Hick and Cade Turner.

Stephanie Brown with artist Mignon Parker. Mignon works with acrylic and mixed media and is conducting workshops locally and State wide.

Willi Michalski from Church Point creates high fired stoneware and porcelain one off studio pieces.

Photos by Michael Mannington, 2013.

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Pittwater Online News

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ANGKOR WAT 1963

by George Repin

Angkor, the capital of the Khmer empire in what is now Cambodia, in the eleventh century was a flourishing densely populated city. Over several centuries an extraordinary number of complex buildings and temples grew up in the area, culminating in the glorious Angkor Wat. When the Khmers fell the jungle gradually crept back, taking over many of the structures which progressively deteriorated, buried beneath lush vegetation. The city was largely forgotten although there is evidence that Japanese were aware of Angkor in the early 17th Century. At about the same time Spanish missionaries sent descriptions back to Spain. However, it was the French naturalist Henri Mouhait who is credited with introducing the ruins of Angkor to the west in 1861.

Right: Steep steps to entrance corridor – with monks

The French, having established their influence in Indochina, made Cambodia a protectorate in 1864 and initiated a programme to preserve the ruins of Angkor Wat. In the following decades, as more ruins were discovered in the surrounding jungle the task of studying them was assumed by scholars of the Ecole Francaise d'Extreme-Orient.

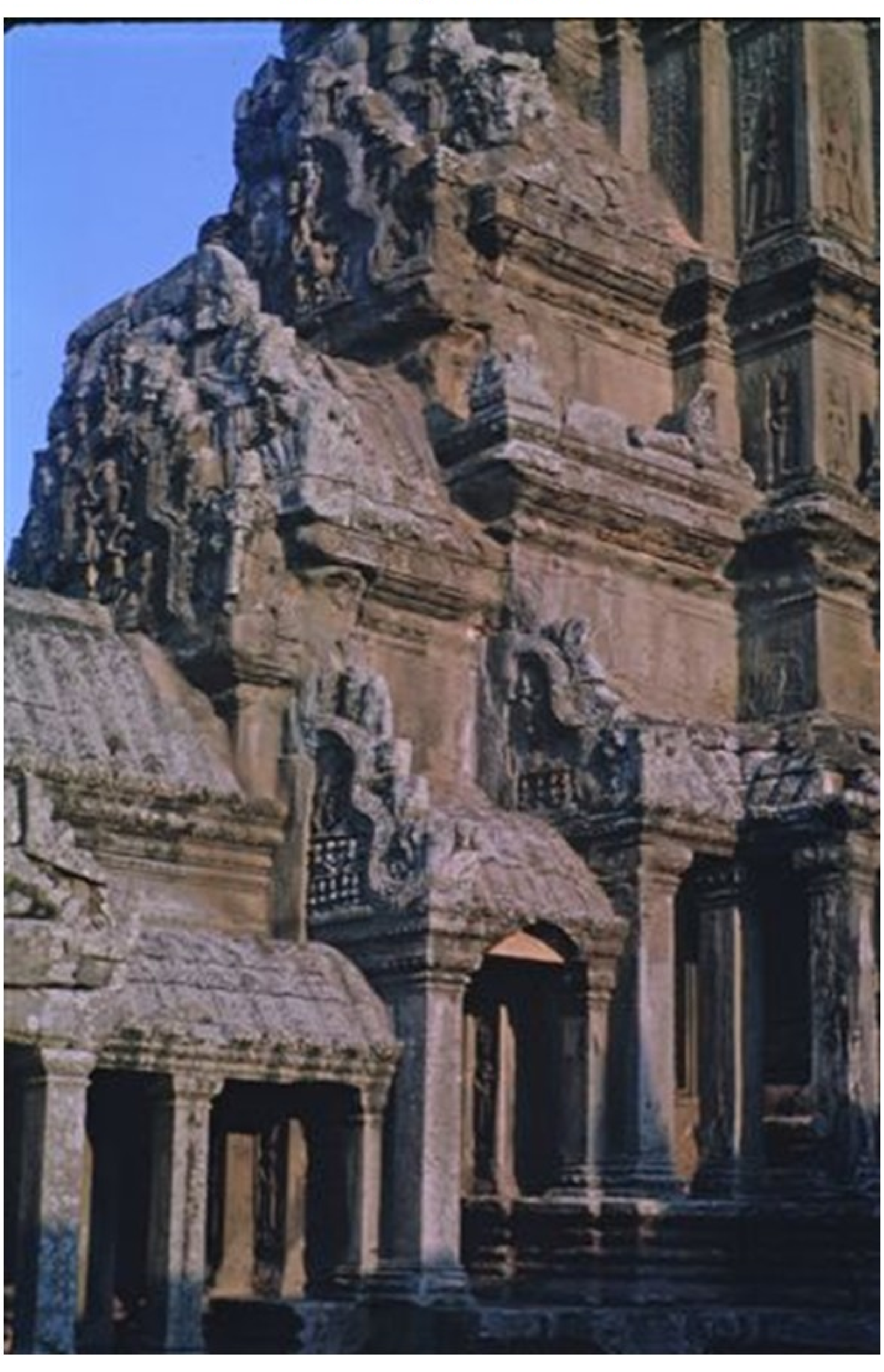
However, it was many years before tourists started to arrive in Angkor, aided in their exploration by the definitive ***Guide to Angkor*** by Henri Parmentier, published in Saigon . Tourists were few because of the remoteness of the area, transportation difficulties and the significant absence of suitable accommodation in Siem Reap, the "gateway" to Angkor. This was the ideal time to visit Angkor - before the hordes arrived. It was also the time before fighting in Vietnam spread into Cambodia.

The accompanying photographs are selected from Kodachromes taken by me in 1963.

Angkor Wat viewed across the lake (the symbolic "ocean")

The "sacred road" (520 yards) to West facade – in the morning

Visitors returning in the late afternoon



The Northern staircase

The West Gopuram (entrance pavilion) with Naga head statue

Archway and debris in an unrestored area

Apsara

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Pittwater Online News

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Henry John Chisholm

Our 2013 Vietnam Veteran's Profile is a regular visitor to Club Palm Beach where the annual Vietnam Veteran's (Northern) March and Service at Club Palm Beach (Palm Beach RSL) takes place, and a resident of the Central Coast at Point Clare. Every year the Vietnam Veterans (Northern) Group have a March (gather at PB Ferry Wharf 10.30am), Service and lunch together. This precedes the official Vietnam Veterans Day which this year will be Sunday 18th of August. On the 17th of February every year there is a Memorial Service for those we lost on Bribie Island in Queensland.

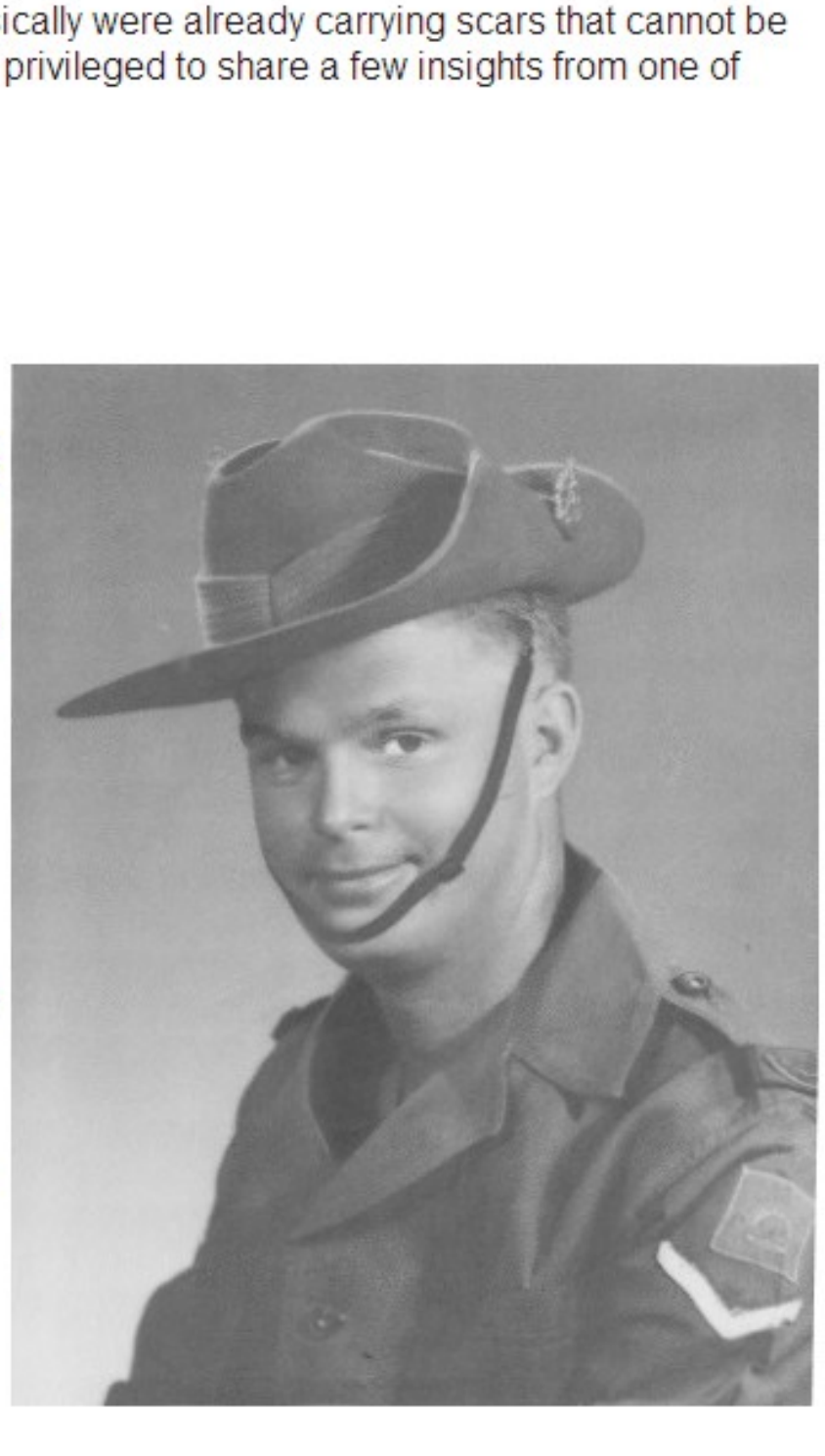
In reading this interview you will not hear the sighs and pauses in Henry's voice when relating losing platoon members or helping to evacuate wounded men. To hear pain in men's voices, or feel a shiver when they relate losing members of their platoon in conflict, or the drop to silence, to wordlessness when asked about returning to an atmosphere of vilification from Australian citizens and the Press when they could finally come home, you will need to be among those who attend a Vietnam Veteran Day Service and be prepared to listen should you be fortunate enough to meet one who can talk, who will speak, who can utter a few words about how it felt to be spat on, jeered, booed…for following orders, for serving their country, for putting their life at risk.

No one escaped this conflict unharmed. Those who returned home unwounded physically were already carrying scars that cannot be seen. They were then made to haemorrhage again, at our hands. This week we are very privileged to share a few insights from one of those men who did serve in this conflict and continued to serve.

Where and when were you born?

Northampton in Western Australia on the 11th of March, 1937.

Did you grow up there?



Yes, I stayed in the West until I was 21 years of age and then went to Perth. I joined the Regular Army in 1959. Prior to then I was working on a farm at Northampton with my dad, sister and brother; we ran sheep and grew wheat. It was pretty tough then, I couldn't make a go of it. There was my dad and my brother and we were only on a small farm of 3000 acres.

When I first joined the Regular Army I had to do all my recruit training and then went to an infantry Battalion – the 2nd Battalion of the Royal Australian Regiment. I did my recruit training at Kapooka in N.S.W. New South Wales was a bit of an eye-opener then, very different from W.A.

We did 17 weeks of Basic Training; Drill, Weapons, Route Marches, Map Reading, Field Craft. From there I went to the 4th Battalion which then was a Ingleburn.

At Ingleburn we learned the Infantry Corp Training.

From there I was posted to the 2nd Battalion, Royal Australian Regiment, at Holsworthy, this was September 1959

How long were you there?

I stayed in 2nd Battalion until 1965 but in 1961 to 1963 I had two years in Malaya during the Malayan Emergency. We came in at the end of the Malayan Emergency.

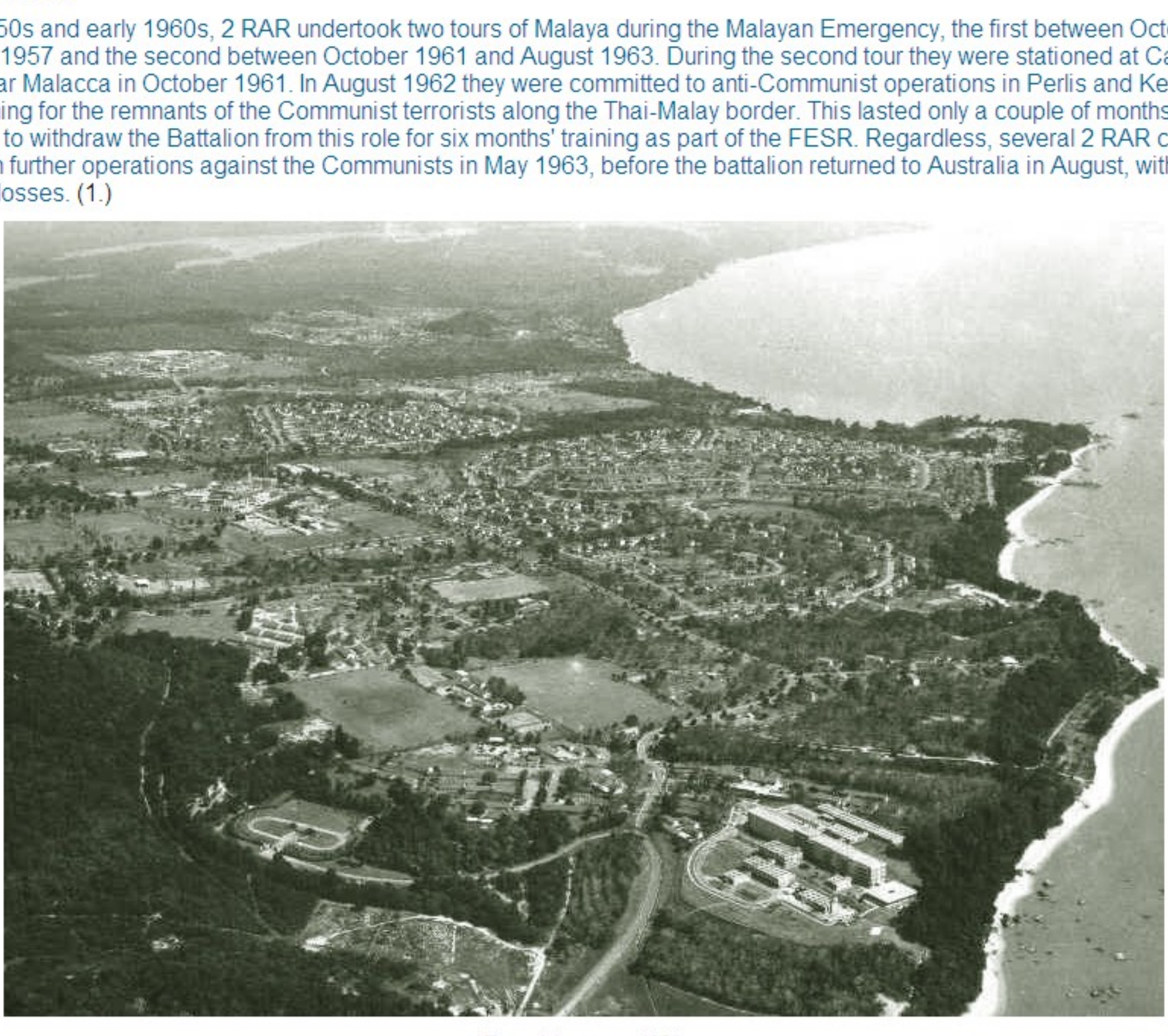
What did you think of that experience?

It was different. I rather enjoyed it; we had barracks life at Terendak Camp in Malacca. We did operations up along the Malay-Thai border against the CT's (CT: 'communist terrorists').

Did you come under fire?

No, but we were deemed to be on Active service because we were carrying live ammunition and did ambushes, but we didn't have any contact with anyone.

In the late 1950s and early 1960s, 2 RAR undertook two tours of Malaya during the Malayan Emergency, the first between October 1955 and October 1957 and the second between October 1961 and August 1963. During the second tour they were stationed at Camp Terendak near Malacca in October 1961. In August 1962 they were committed to anti-Communist operations in Perlis and Kedah once more, searching for the remnants of the Communist terrorists along the Thai-Malay border. This lasted only a couple of months before it was decided to withdraw the Battalion from this role for six months' training as part of the FESR. Regardless, several 2 RAR companies were used on further operations against the Communists in May 1963, before the battalion returned to Australia in August, without having suffered any losses. (1.)



Terendak camp - 1964

We came home then, in 1963, and then 6th RAR was formed on the 6th of June, 1965 and I was promoted then to a Sergeant.

What does being a Sergeant entail?

You're an understudy to the Platoon Commander. You've got the Platoon Commander who is the head of the platoon and then you have the Sergeant who is an understudy to the Platoon Commander and is also responsible for all the administration of the 32 fellas in the platoon. I was 4 Platoon B Company.

When were you sent to Vietnam?

On the 28th of May, 1966 because I went on the advance party for 6 RAR up to Ben Wa (Bien Hoa) and we had to get up there and take over all of 1 RAR's stores. We came back from there to Nui Dat and the rest of the battalion joined us there.

What was it like being first in?

It was the big unknown, we were very apprehensive.

Did you come under fire while there?

No, we didn't have any contact until late in June.

Do you still have a clear recall of the events you experienced while in Vietnam?

Some of them I do. The first major Operation we did was on the 24th of June, 19666when we first came under heavy fire everyone was scared, which is normal. They started to fire mortars on us, which dropped close by, and we had two fellows killed. These weren't from my platoon but from 6 Platoon; there were 2 KIA, both from 6 Platoon, and they had seven or eight wounded, whom we had to evacuate out by helicopter.

What was the biggest conflict that you were involved in?

The Battle Of Long Tan in Aug 66 in which B Coy was involved as part of the relief force for D Coy and then Operation Bribie in Feb 67.

What were your orders?

We were told there was a small enemy camp at a certain location, 15 kilometres southeast of Nui Dat. We were to be choppered in. We were the second Company to go in; A platoon went in first and came under heavy enemy fire. We followed them in and we received small arms fire while we were coming in on the choppers.

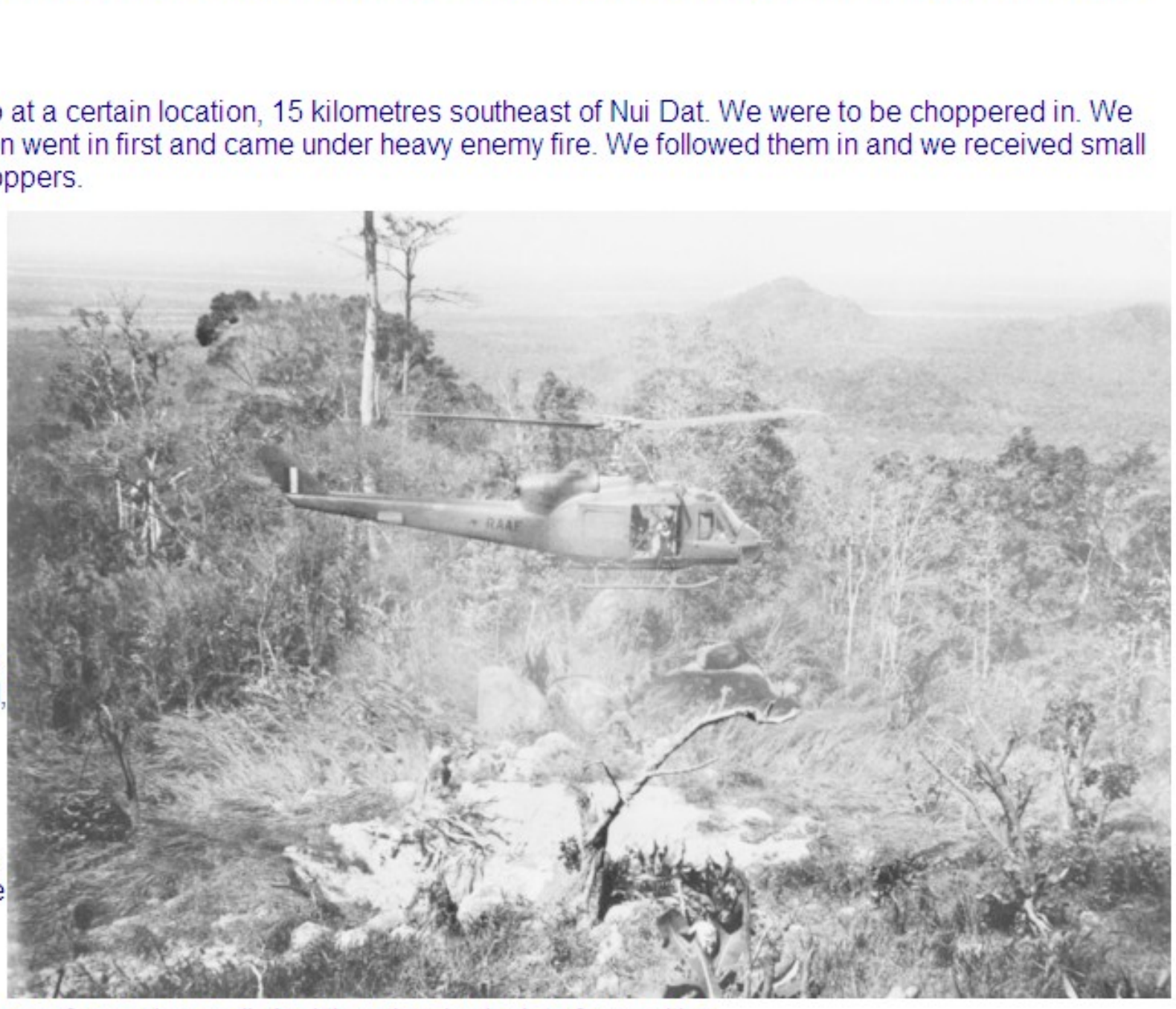


Photo: Phuoc Tuy Province, Vietnam. 18 February 1967. A RAAF Iroquois helicopter (also known as a Huey) from No. 9 Squadron assisting the 6th Battalion, The Royal Australian Regiment (6RAR) while they are on patrol in the Nui Dinh Mountains known as the Warburtons by soldiers from the 1st Australian Task Force. (Donor P. McNamee) Australian War Memmorial Image P02629.027

We landed and then the Commanding Officer told us that we had to do a company attack and A Company were to give us covering fire while we went in to try and take this position out.

So we were two platoons forward and one in the rear; I was in 4 platoon on the left forward, 5 platoon was on the right and we only went about 50 metres and couldn't go any further; we were pinned down with small arms fire and MG fire. I had one soldier killed, when we'd only gone 20 yards I suppose, when he got shot…and I had another wounded. So we had to stop and allow 6 Platoon to come through us, mind you this was under orders by the O.C. Major Ian Mackay, so they pushed forward and 5 platoon was told to also go forward as well. And then they had a lot of casualties.

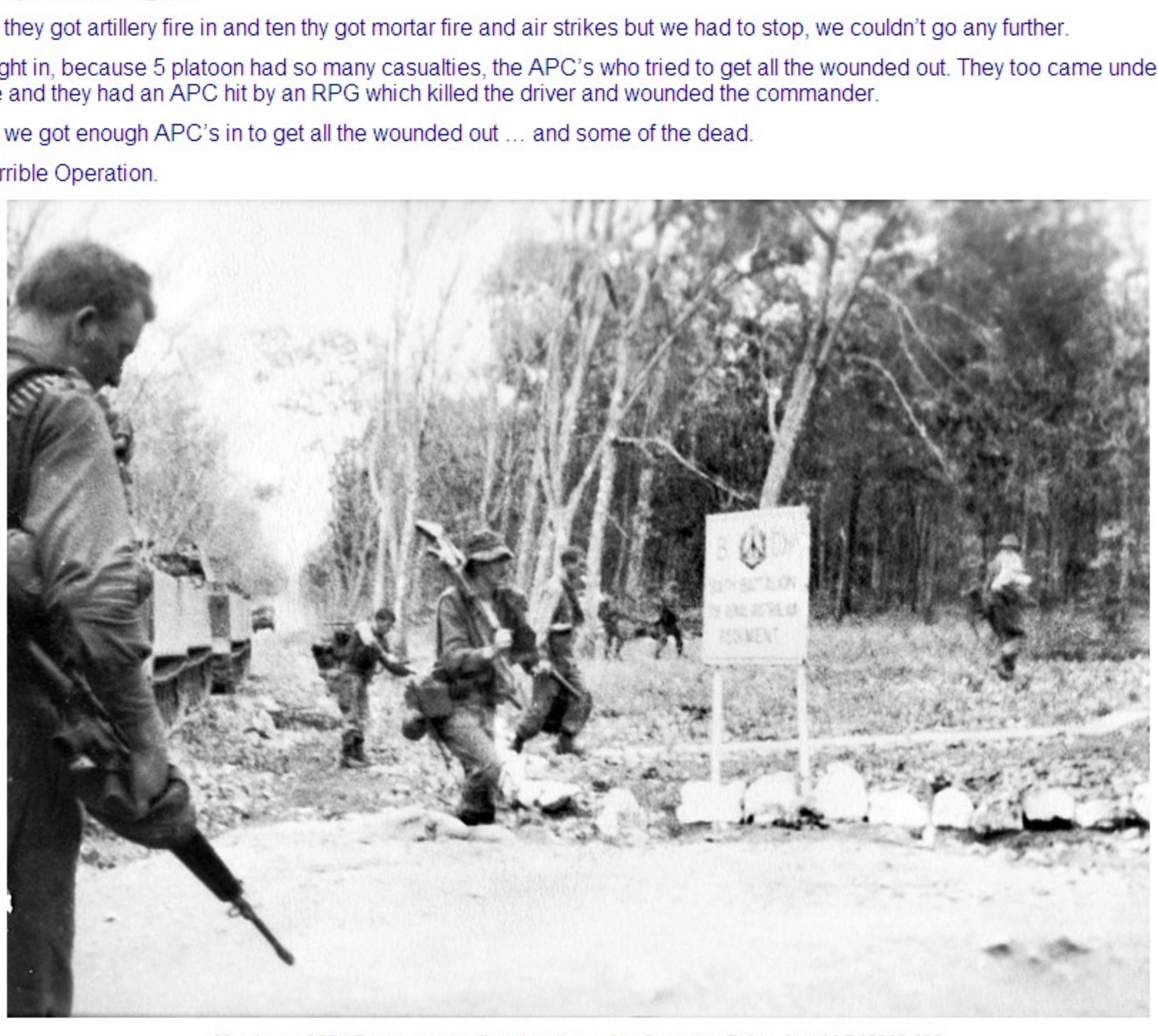
6 platoon also got pinned down and couldn't go forward so it was really 5 platoon that was ordered by the O.C. to go forward and subsequently lost a lot of guys.

Eventually they got artillery fire in and ten thy got mortar fire and air strikes but we had to stop, we couldn't go any further.

They brought in, because 5 platoon had so many casualties, the APC's who tried to get all the wounded out. They too came under heavy enemy fire and they had an APC hit by an RPG which killed the driver and wounded the commander.

Eventually we got enough APC's in to get all the wounded out … and some of the dead.

It was a terrible Operation.



Members of 6RAR return to the Battalion lines after Operation Bribie. [AWM P02809.008

When did you get to leave the field?

It was right on dark. We were there until right on dark and then we pulled back a couple of kilometres to bivouac overnight…but there were still wounded guys out there… and one fellow we didn't find until the next morning.

Was he still alive?

Yes, he was still alive, and we saved him.

Operation Bribie (17–18 February 1967), also known as the Battle of Ap My An, was fought during the Vietnam War in Phuoc Tuy province between Australian forces from the 6th Battalion, Royal Australian Regiment (6 RAR) and two companies of Viet Cong from D445 Battalion, likely reinforced by North Vietnamese regulars. During the night of 16 February the Viet Cong attacked a South Vietnamese Regional Force compound at Lang Phuoc Hai, before withdrawing the following morning after heavy fighting with South Vietnamese forces. Two hours later a Viet Cong company was subsequently reported to have formed a tight perimeter in the rainforest 2 kilometres (1.2 mi) north of Lang Phuoc Hai, near the abandoned hamlet of Ap My An. In response the Australians mounted a quick reaction force operation. Considering that the Viet Cong would attempt to withdraw as they had during previous encounters, forces from 1st Australian Task Force (1 ATF) would subsequently be inserted into blocking positions on the likely withdrawal route in an attempt to intercept and destroy them.

On the afternoon of 17 February 6 RAR deployed into the area north-west of Hoi My by AmericanUH-1 Iroquois helicopters and M113 armoured personnel carriers (APCs) in an attempt to cut off the anticipated Viet Cong withdrawal, establishing blocking and assault forces. Following an airmobile assault into an unsecured landing zone at 13:45, A Company 6 RAR was subsequently surprised by a strong, well-sited and dug-in Viet Cong force, which, rather than withdrawing, had likely remained in location as part of an attempt to ambush any reaction force sent to the area. The Australians were soon contacted by heavy small arms fire, with a third of the lead platoon falling wounded in the initial volleys. A Company subsequently broke contact and withdrew under heavy fire from what appeared to be a Viet Cong base area. Initially believing they were opposed by only a company, 6 RAR subsequently launched a quick attack by two companies. However, unknown to the Australians the Viet Cong had been reinforced and they now faced a battalion-sized force in well prepared positions.

With A Company providing fire support, B Company assaulted the position at 15:35 with artillery, air strikes and armour in support. From the outset the lead elements came under constant Viet Congsniper fire from the trees, and from machine-guns that had not previously been detected by the Australians. The assault soon faltered with steadily increasing casualties as the Viet Cong resisted strongly, withstanding multiple frontal assaults, including bayonet charges by two separateplatoons. Surrounded and receiving fire from all sides, the lead Australian elements from B Company could advance no further against a determined and well dug-in force, and all attempts to regain momentum were unable to dislodge the defenders. Initially the Australians had used their APCs to secure the landing zone at the jungle's edge, however with the infantry in trouble they were subsequently dispatched as a relief force. Fighting their way forward, the M113s finally arrived by 18:15 and began loading the most badly wounded as darkness approached. The Viet Cong subsequently launched two successive counter-attacks, yet both were repulsed by the Australians. During the fighting one of the APCs was subsequently disabled by a recoilless rifle at close range, killing the driver.

Members of 6RAR atop APCs during Operation Bribie. [AWM P02629.007]

Finally, by 19:00 B Company was able break contact and withdrew after a five-hour battle, moving into a night harbour near the landing zone with the remainder of the battalion. Mortars, artillery fire and airstrikes covered the Australian withdrawal, and then proceeded to pound the battlefield into the evening. After a tense night the Australians returned the next morning only to find that the Viet Cong had left the area during the night, successfully avoiding a large blocking force while dragging most of their dead and wounded with them. A hard fought affair at close range, the Viet Cong had lost heavily during the fighting, yet the disciplined force had matched the Australians as both sides stood their ground, inflicting numerous casualties on the other before each fell back. (3)

Were you sent home then?

No, I stayed there. I came home with the main body in June of 1967. We did a lot of other operations between Bribie and when we came back, a lot of other operations, but they were nothing compared to Bribie. We were still in the same area.

Did you get a sense that there was any positive improvement during this time from the end of Operation Bribie up until you came home?

Well, it quietened down a bit in Phuoc Tuy Province but they were so spasmodic; they'd come and go.

Where were you sent when you came home in June 1967?

I came back to Brisbane. We had leave and I think I had about five weeks leave and then back into barracks. Soon after we finished leave 6 Battalion had to move from Brisbane to Townsville.

I went to Townsville for 12 months and then, because they were moving people around, I got posted out and I was posted back to Western Australia!!

What was it like coming home after experiencing Vietnam?

Like a holiday, and a relief.

I became an instructor then for what they call the Training Cell at Karakata in Western Australia. I had three years there then they posted me again to another Army Reserve Unit at Victoria Park in Western Australia with the 16 Battalion. I had another three years there and then I had another posting to Kapooka … so I did the full circle.

I was a CSM at 1 RBT at Kapooka (1st Recruit Training Battalion) and I had about four and a half years there and was promoted to Warrant Officer Class 1 and they sent me back to an Army Reserve in Victoria as their RSM (Regimental Sergeant Major) and I had 18months to two years there and was then posted to the 5th/7th Battalion at Holsworthy as the RSM.

At that stage I had my twenty years up so I though, I've got to think of my wife and my children, I had four boys; they been to every school – they'd been to Queensland, Western Australia, Victoria and New South Wales for their schooling and I wanted them to settle down.

So at the end of twenty years I decided I'd take my discharge.

What did you come out as?

As a Warrant Officer Class 1.

What did you do then?

Well, after a good break, I bought myself a little lawn mowing run. I was mowing lawns up here on the Central Coast – out of Terrigal.

What attracted you to the Central Coast?

My wife comes from Ettalong Beach. We first met in 1960 at a dance at Parramatta.

What song were you dancing to?

It was all the old time waltzes, it was good. After I met her we communicated by writing to each other, she wrote to me all the time I was in Malaya. When I came back form Malaya we got married, on the 28th of March, 1964.

She must have been panic stricken the whole time you were away.

Oh yes, particularly when I was in Vietnam. My second eldest son was born while I was on Operation Bribie and I didn't know he was born until two weeks after Bribie because the mail was so slow getting through.

You chose a lawn mowing run when you finished your service career; did you need to stay outdoors; so many people who have served in any conflict cannot easily fit back into the roles and life they had prior to serving in any conflict?

Yes. I found it was great for me because I was outdoors, I was in the sunshine, I was my own boss and I could do what I pleased. I don't think I could have worked for a boss. I was still, I suppose, suffering a little bit.

Do you still have days or nights now where you are back in the battle?

Yes. You have a lot of flashbacks of some of the traumas. On one of the operations we had one of our soldiers killed accidentally by one of our own. That was my worst day in the Army…it was just purely an accident but it played on my mind. I was the first one to get to him, to find him…It was terrible.

If there was something you could communicate to our younger readers about serving your country, one positive and one negative, what would it be?

You have got to be prepared for the worst….whether it's you or your mate or... a mine explosion, killed in action, in an ambush, you may get wounded while doing an attack...

On the positive side I suppose you have got to be positive just to have your wits about you and be determined.

PORT
AUSTRALIAN WAR MEMORIAL
P06136.011

When our Vietnam Veterans returned home they experience vilification in our Press and at the hands of strangers in the community. How did that affect you, did you have any experience of that?

Yes, it did happen. The March back through Brisbane **when we came home; we were jeered and booed and spat at**.

Photo: Members of 6th Battalion, Royal Australian Regiment (6RAR) march through the streets of Brisbane after arriving home from Vietnam on the 14 June 1967. More than 2,000 people, friends and relatives, gave a rousing welcome to the 500 troops arriving home from Vietnam onboard the HMAS Sydney, 60,000 people later lining the route as they marched through Brisbane city. Image P06136.011 courtesy Australian War Memorial

I also wanted to join my local RSL and was told I'm not entitled to it because we didn't fight in a war.

When people became more aware that people who had been sent to Vietnam went with the best intentions, thinking they were serving their country, and the Welcome Home march occurred in October 1987, how did it feel for you…did this have a healing effect for you?

It certainly does and did.

I don't drink anymore. I used to drink a lot when I first came back but I don't drink at all anymore. I'm 76 now and I stopped drinking about four years ago; the main thing now is to stay fit and healthy.

What is your favourite place in Pittwater?

Palm Beach RSL – that's about the only place I go to regularly.

We hope to launch Wyong Online News next year so since we do, and are already collecting material - What is your favourite place on the Central Coast?

Now, it would be the Gosford RSL - it has a great atmosphere and I've met some real characters there at the RSL. You can get a good meal there too.

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

My motto is **always be positive.**

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2. 6th RAR Association: http://www.6rarassociation.com/

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B Company 6 RAR – Operation Bribie

First Day: 17 February 1967;

Townsend's plan envisioned A Company advancing south approximately 200 metres (220 yd) and engaging the Viet Cong in an attempt to split their fire and provide fire support, while B Company would move around from the right flank to launch the assault. Meanwhile, C Company would occupy a blocking position to the west, while D Company would be kept in reserve. B Company would then assault in a south-east direction on an axis that would take them across the front of A Company, which would require their fire to cut-out as they did so. The scheme of manoeuvre was based on the assumption that the Viet Cong position was a camp as previously reported, and not a defensive position, yet with visibility in the thick vegetation limited to between 10 to 30 metres (11 to 33 yd), few of the men from A Company had actually seen much of the position during the earlier fighting. Yet the Viet Cong had likely now been reinforced by North Vietnamese regulars from 275th Regiment and unknown to the Australians they now faced a battalion-sized force in well prepared positions.

The assault began at 15:35, with A Company beginning their advance into the rainforest with two platoons forward and one back. Meanwhile, B Company began forming up in single file on the right flank, also with two platoons forward in assault formation, while one remained in reserve at the rear. Each of the forward platoons covered a frontage of 100 metres (110 yd), with 4 Platoon—under the command of Second Lieutenant John Sullivan—on the left, and O'Halloran's 5 Platoon on the right. Company headquarters was located centrally, while 6 Platoon—commanded by Sergeant Butch Brady—was to the rear. Each platoon adopted a similar formation, with two sections forward and one back. From the outset the lead elements of B Company came under constant sniper fire from the trees, and from Viet Cong machine-guns that had not previously been detected by the Australians. Even as the company was shaking out they were engaged sporadically by a group of Viet Cong just 50 metres (55 yd) to their front, with one Australian soldier being hit before the attack began and later dying at the landing zone before he could be evacuated. B Company subsequently crossed the line of departure at 15:55, and two minutes later A Company began engaging the Viet Cong positions with small arms from their 7.62 mm M60 machine-guns and L1A1 Self Loading Rifles, and 5.56 mm M16 assault rifles in support.

As B Company moved forward, their left flank was engaged by a machine-gun from a small party of Viet Cong to their front, while sniper fire intensified. The Australians continued to advance with co-ordinated fire and movement, but were now receiving fire from three directions. Ten minutes after stepping off, B Company crossed the front of A Company, forcing them to cease their covering fire. Without support, the Australians were now assaulting a well dug-in and largely unseen Viet Cong force that was disposed in a wide arc. Penetrating the position, the Australian flanks were increasingly exposed to fire, while the dense undergrowth obscured the Viet Cong pits and reduced visibility to just a few metres. Both the lead Australian platoons were soon enveloped, as fire swept across the front of B Company from the Viet Cong engaging them with heavy machine-guns, claymore mines and light mortars. Meanwhile, Viet Cong snipers continued to engage the Australians from the rear, who unsuccessfully attempted to regain the initiative with small arms fire and grenades. The assault soon faltered with steadily increasing casualties.

The two forward Australian platoons subsequently lost contact with each other, while the left section of 4 Platoon was engaged by a 12.7 mm heavy machine-gun, and began to fall behind. The section on the right was also engaged by a machine-gun, and the frontage of the platoon subsequently broke. The section commander assaulted the Viet Cong position with an M79 grenade launcher, however he was unable to dislodge them. Meanwhile on the right, 5 Platoon pressed their advance, and they subsequently pulled further ahead of the rest of B Company. At 16:25, with 5 Platoon now 40 metres (44 yd) in front and also receiving machine-gun fire from its front and right flank, Mackay finally ordered the platoon to halt as he attempted to manoeuvre the company to regain control of the situation. 6 Platoon was ordered to advance through 4 Platoon to assault the machine-gun on the left flank, before linking up with 5 Platoon and continuing the assault. Brady subsequently directed his men to fix bayonets and charge the Viet Cong positions, yet the attack was soon cut to pieces by machine-guns which engaged them from the centre and left and it was subsequently halted behind O'Halloran's rear section. Brady then requested mortar fire in support; however, the need to request air clearance only resulted in further delay. By 16:45 B Company's assault had bogged down due to the strong Viet Cong resistance. All of its platoons were in contact and unable to move, while company headquarters had advanced behind the lead platoons and was also pinned down.

As the fighting continued, D Company remained in a blocking position to the north-east of the landing zone. Meanwhile, after inserting C Company into its blocking position to the west, the APCs from A Squadron had moved into a harbour around the tree line, from where they covered the flanks of the rifle companies in the rainforest. Not included in the assault due to the belief that the terrain was unsuitable for armour, in their location the APCs were occasionally hit by overshooting rounds, but otherwise remained out of the battle. This assumption was later found to be incorrect though, and the APCs would likely have been able to move through the dense undergrowth, while the firepower provided by their .50 calibre machine-guns would have been able to assist B Company, which was pinned down. Regardless, the armament of the M113s would have likely proven inadequate for attacking strong defences and bunkers, and their light aluminium armour was known to be vulnerable to heavy machine-guns and RPGs. With both A and B Company now heavily engaged, Townsend subsequently asked Murphy whether his APCs could move around to the right in another attempt to outflank the Viet Cong; however, a creek made the ground in that area too boggy for the vehicles and this proved impractical.[43] A close quarters battle then ensued, continuing until night fell with the Australians assaulting the Viet Cong positions using frontal tactics which resulted in heavy casualties on both sides.

Final assault and withdrawal overnight, 17/18 February 1967

Under orders from Townsend to press on with the assault as fast as possible, Mackay decided to switch the B Company assault to the right flank, ordering O'Halloran by radio to advance a further 30 metres (33 yd) in order to outflank the Viet Cong machine-gun and allow 6 Platoon to resume its advance on the left flank. However, the machine-gun was soon found to be located a further 30 metres forward than expected, and 5 Platoon would need to assault 60 metres (66 yd) across open scrub under heavy fire in order to silence it. As O'Halloran relayed orders for the assault, machine-guns and snipers continued to engage them intermittently, and the Australians continued to return fire with small arms and grenades. Again fixing bayonets, on order the Australians rose as one and were almost immediately hit with heavy fire, with the forward line disintegrating as a result. The left forward section under Lance Corporal Kerry Rooney then advanced directly at the machine-gun located to their front, firing as they moved. Rooney then charged the position throwing grenades but was shot and killed within metres of the Viet Cong position. Suffering several more men wounded, the Australian left flank again became pinned down.

Meanwhile, the right forward section under Corporal Robin Jones attacked the Viet Cong at close range, inflicting heavy casualties on the defenders with grenades and small arms fire. However, three previously undetected Viet Cong machine-guns subsequently engaged 5 Platoon, which succeeded in breaking up the Australian attack on the right flank with intense enfilade fire which killed three men and wounded five more. Of his section only Jones was left unwounded. For his leadership he was later awarded the Military Medal. The Australian assault stalled having covered just 25 metres (27 yd). Nearly half of the men in the forward sections had become casualties and the platoon stretcher bearer, Private Richard Odendahl repeatedly risked his life dragging men to safety, providing first aid, recovering weapons from the dead, and providing O'Halloran with information on the disposition of his platoon. For his actions Odendahl was also later awarded the Military Medal. Attempting to reinforce his threatened right flank, O'Halloran ordered the M60 machine-gun from his reserve section forward to support Jones while the wounded were recovered, however both the machine-gunner and his offsider were killed attempting to move forward. Surrounded by Viet Cong machine-guns and receiving fire from all sides, the lead Australian elements from B Company could advance no further against a determined and well dug-in force, and all attempts to regain momentum were unable to dislodge the defenders.

With the Australian and Viet Cong positions now too close to each other, O'Halloran could neither move forward nor withdraw. Artillery began to fire in support of the Australians, however it initially fell too far to the rear to be effective, and it had to be adjusted by the B Company forward observer, Captain Jim Ryan, himself under heavy fire. 5 Platoon was still in danger of becoming isolated and O'Brien now suggested he move A Company forward to assist B Company, however this was rejected by Mackay who feared the two companies clashing in the confusion. Meanwhile, O'Halloran called for the APCs to come forward to provide assistance, while the platoon sergeant—Sergeant Mervyn McCullough—guided a section from 6 Platoon forward to reinforce 5 Platoon, and begin evacuating the casualties. Bolstered by reinforcements and with accurate artillery covering fire O'Halloran now felt that he was in a position to extract his platoon. Yet at that moment two rounds from one of the howitzers fell short, and while one of the shells harmlessly exploded against a tree, the other landed just to the right of the 5 Platoon headquarters, killing two men and wounding eight others, including six of the seven reinforcements from 6 Platoon. Following an urgent radio call from O'Halloran, the artillery ceased fire. Shortly afterwards an RPG round hit the same area, wounding McCullough.

Townsend subsequently then reported that he was facing a force of at least battalion-strength with support weapons—likely D445 Battalion—while the level of proficiency indicated that it might also include North Vietnamese Army (NVA) elements. However, due to earlier warnings that the Viet Cong were preparing to attack Nui Dat that evening, prior to the start of the operation Graham had ordered Townsend to return to base that afternoon, and this restriction remained extant. Likewise, with Operation Renmark scheduled to start the following morning, A Company 5 RAR—then at Dat Do protecting the artillery—would also need to be released before nightfall, adding to the requirement to conclude the operation that afternoon. Regardless, this restriction had only served to make B Company's task all the more difficult, with Mackay facing demands to complete the action while at the same time not become decisively engaged and unable to withdraw his company. At 16:17 Townsend was ordered to prepare his battalion for a helicopter extraction which was due to begin an hour later, while at 17:15 he was ordered to break contact immediately, however this proved impossible as 5 Platoon remained in heavy contact. Mackay now estimated that he would be unable to get forward to support the beleaguered platoon for a further 30 minutes; however, by 17:50 he realised that the Viet Cong had moved between them and A Company. Yet even while the Viet Cong continued to heavily engage both A and B Companies, the remainder of the Australian battalion and the APCs were beginning to line up on the landing zone in preparation for returning to Nui Dat. The order was finally rescinded when it became clear that both companies were unable to break-off the engagement. Meanwhile, a number of bush fires were now burning through the area, detonating discarded ammunition and adding to the noise of the battle.

Initially the Australians had used their APCs to secure the landing zone at the jungle's edge, however with the infantry in trouble they were subsequently dispatched as a relief force. Three M113s from 2 Troop under Sergeant Frank Graham entered the rainforest shortly after 17:15; however, lacking clear directions to B Company's position 300 metres (330 yd) away, they fumbled around in the dense vegetation before locating A Company instead. Instructed by Mackay to head for the white smoke of the bush fire, in error the APCs then set out towards the most obvious smoke further to the south-east of B Company. A Viet Cong 75 mm recoilless rifle subsequently engaged the lead vehicle twice at close range, though both rounds missed, exploding in the trees nearby. Still unsure of B Company's location, Graham was unwilling to engage the Viet Cong position with heavy machine-guns for fear of hitting his own men, and the cavalry subsequently withdrew. Later it was discovered that the cavalry had likely been engaged by elements defending the Viet Cong headquarters. Meanwhile, due to the threat posed by the Viet Cong anti-tank weapons the remainder of 2 Troop then arrived under the command Second Lieutenant David Watts to provide added protection; in total 12 vehicles. A further attempt to reach B Company by the cavalry also failed however, after the A Company guide became disorientated in the thick vegetation. Mackay then threw coloured smoke, while Sioux helicopters arrived overhead to guide the vehicles to their position. B Company's casualties now amounted to seven men killed and 19 wounded.

Fighting their way forward, the M113s finally arrived by 18:15 and began loading the most badly wounded as darkness approached. The Viet Cong subsequently launched two successive counter-attacks, assaulting B Company from the east and south-east; however, both attacks were repulsed by the Australians, as they responded with small arms fire while Mackay called-in an airstrike. During the fighting one of the APCs was subsequently disabled by a recoilless rifle at close range, killing the driver and wounding the crew commander. A second round then struck the open cargo hatch, wounding several more men and re-wounding a number of the Australian casualties. A third round then landed nearby, as the M113s returned fire with their .30 and .50 calibre machine-guns. Under covering fire the Australians attempted to recover the damaged vehicle, yet it became stuck hard against a tree. With the Viet Cong threatening a further attack from the north-east, the Australian cavalry swept the area with a heavy volume of fire and were met by equally heavy return fire. By 18:50 the light was fading rapidly, while the bulk of 5 Platoon's more serious casualties had been evacuated by APC. However, with many of the Australian dead lying in close proximity to the Viet Cong positions, no attempt was made to recover them due to the likelihood of further casualties. Meanwhile, the damaged APC was subsequently destroyed with white phosphorus grenades to prevent its weapons and equipment from being captured.

Finally, by 19:00 B Company was able break contact and withdrew after a five-hour battle. Both sides then fell back as the Viet Cong also dispersed, evacuating most of their dead and wounded. Meanwhile, under covering fire from the APCs of 2 Troop, B Company boarded the remaining carriers, moving into a night harbour near the landing zone with the remainder of the battalion at 19:25, as the last of their casualties were extracted by helicopter. Mortars, artillery fire and airstrikes covered the Australian withdrawal, and then proceeded to pound the abandoned battlefield into the evening. That night the body of the dead APC driver was evacuated by helicopter, as American AC-47 Spooky gunships circled overhead, dropping flares to illuminate the battlefield and strafing likely Viet Cong positions, while F-4 Phantoms dropped napalm. The airstrikes then continued in preparation for a further assault by the Australians planned for the following day. Otherwise there was no further fighting that night, and both sides remained unmolested. Ultimately no attack was made against the Australian base at Nui Dat that night either, while no unusual activity was reported in the area.

Return to the battlefield: 18 February 1967;

After a tense night the Australians returned to the battlefield the following morning. At 09:30 on 18 February 6 RAR assaulted into the area on a broad front, with C and D Companies forward and A Company in reserve, while B Company and the APCs from A Squadron occupied a blocking position to the south. Anxious not to repeat the failure to follow up the retreating Viet Cong after Long Tan, from Saigon Vincent urged Graham to pursue D445 Battalion. Meanwhile, a large American force of over 100 armoured vehicles from the 2nd Battalion, US 47th Mechanised Infantry Regiment, supported by a battery ofself-propelled guns and helicopters from the US 9th Division, attempted to cut-off likely Viet Cong escape routes. Having deployed in support of 1 ATF earlier that morning from Bearcat, 42 kilometres (26 mi) north-west of Nui Dat, the Americans subsequently cleared an area along the line of Route 23, 5 kilometres (3.1 mi) north-east of the battle-zone. Although constituting an impressive display of combat power, the Americans had arrived too late to affect the outcome of the battle, and no contacts occurred before they were withdrawn the following day. Meanwhile, the Australians conducted a sweep of the battlefield only to find that the Viet Cong had left the area during the night, successfully avoiding the large blocking force while dragging most of their dead and wounded with them.

During the sweep one of the missing Australians—Lance Corporal Vic Otway—was unexpectedly found alive, having spent the night in close proximity to the Viet Cong after being wounded in both legs and falling just metres from the machine-gun he had been assaulting. Unable to answer calls from other members of his platoon for fear of being discovered, he was presumed to have been killed. Lying still for four hours, Otway had managed to crawl 70 metres (77 yd) to the rear after dark, before artillery fire and airstrikes began to fall on the area. Digging a shell scrape for protection from the American napalm strikes, he was subsequently wounded again by shrapnel. After first light he had continued to crawl back towards the Australian lines, but was confronted by a group of Viet Cong soldiers just 6 metres (6.6 yd) away. Otway attempted to fire on them, however his weapon jammed, and the Viet Cong had walked past him unaware of his presence. Continuing their search, the Australians then located and recovered the bodies of the six dead from 5 Platoon. Most had been burnt beyond recognition by napalm, while at least one had been stripped of his webbing and equipment.

Operation Bribie. (2013, May 30). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Operation_Bribie&oldid=557441992

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Pittwater Online News

August 11 - 17, 2013: Issue 123

Articles This Week

Front Page Issue 123 - Barrenjoey Headland Commercialisation Proposals Canned by NSW Heritage and Environment Minister -

Tasi Fatin, a small village in Soibada, warmed with love from knitters in Pittwater! by Tamara Sloper Harding

Knit In 2013 At Mona Vale Library - Community Comes Out to Wrap With Love

Victory In The Pacific Day 2013 - Douglas Adrian Ross - each year on the 15th of August Victory in the Pacific Day Services are held around Australia - in Pittwater a Commemorative Service is held at Avalon Beach RSL - to prelude this we are honoured to share one Pittwater Gentleman's experience of the Pacific in WWII

Reflections by George Repin: **ANGKOR WAT 1963**

Pictures - Pittwater Artists Trail Winter Exhibition at Bilgola SLSC by Michael Mannington

Profile of the Week: **August 2013 - Vietnam Veteran's (Northern) Day 2013 - Henry John Chisholm** - today (11.8.2013) is Vietnam Veteran's Day (Northern) - next Sunday (18.8.2013) is the Vietnam Veteran's Day on the same date as the Battle of Long Tan. This year we are privileged to share an insight on the Vietnam War experience of one of the gentlemen who regularly attends our Palm Beach Commemorative Service.

History: **August 2013 - Barrenjoey Headland** - the lights, the people, the landscape, **the Light Keepers - HELD OVER FOR ONE MORE WEEK DUE TO THIS WEEK'S GOOD NEWS - PITTWATER SLSC'S COMMENCE ISSUE 124**

Collector's Corner: **Frank Clune Books - for Australians about Australia**

Artist of the Month for August 2013: **Jackson Davies** - one of Pittwater's exciting emerging artists with a talent for portraits

Australian Services – Navy, Army and Air Force this week

Vietnam Veteran's Day 2013

11.8.2013 Northern Group – from 10.30 am Palm Beach

18.8.2013 Cenotaph in Martin Place from 10.30am

VP Day (Victory in the Pacific Day) – 15th of August

Pittwater – Avalon Beach RSL from 11.30am

Cenotaph in Martin Place from 11.00am

Soibada Visit - Tasi Fatin

A group of volunteers from Pittwater Community, that included both our Local Member Rob Stokes and Mayor Jacqui Townsend, returned from an eight day visit to Pittwater's sister village, Soibada in Timor Leste on Monday 29th of July, 2013.

The focus this trip was on the Suco (sub village) of Tasi Fatin in Soibada. In October last year Mr Joao King Ling da Conceicao (John King), the Chief de Suco requested assistance with several projects.

This weeks an insight on how Pittwater knitters are bringing warmth and comfort to the lovely people of Tasi Fatin.

I am sure there are many ways you can get involved to make a difference to lives of the people in our sister village. Just get in touch with me! We also have many fundraising activities coming up – for it is money that is needed to implement the education programs that will pave the way for development and self sufficiency.

You can also help by becoming a Member of the Pittwater Friends of Soibada ($30 for a Family, $20 for Individual and $5 for children under 16). Just click on the form below and 'save as' on you own computer, fill out and send through to us.

This week:

Tasi Fatin - A small village in Soibada, warmed with love from knitters in Pittwater

Tamara Sloper Harding
Tamara.harding@bigpond.com

PFOS Application for Membership Form.pdf
Size : 57.03 Kb
Type : pdf

First entries in for the 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014 - Friday 9 August 2013

Close Halled, Graeme Hall's 40-footer from Lake Macquarie Yacht Club has been honourably acknowledged as entry number one for the Club Marine Pittwater & Coffs Harbour race and regatta.

"It might be the only prize we win," quipped the former Commodore.

Graeme Hall's Beneteau First 40 Close Halled at the start of the 2012 Pittwater to Coffs race – photo by Damian Devine

Hall was spending a lot of time at his computer lodging paperwork for the summer's major coastal races and decided while he was on a roll to complete his entry for the first offshore sailing calendar event of the New Year.

"It's a hell of a job preparing for the big races so I thought I'd pop my entry in while I was at it. Hopefully we'll be able to encourage a few more Lake boats to enter," Hall said.

"The appeal for us is the race length and temperature heading north, plus we've always enjoyed great hospitality thanks to the Coffs Harbour community."

Hall's Beneteau First 40 has collected solid results in the northern bluewater classics including third in IRC Division C in the 2011 and 2012 Audi Sydney Gold Coast yacht races. An IRC overall third place and second in IRC 2 in the 2011 Pittwater to Coffs Harbour race was an unexpected but well-deserved result that was followed up in 2012 with a second in IRC Division 2.

"The First 40s rate well on handicap, plus when we return from Coffs Harbour I can go cruising on the Lake with my wife. It's a good all-round boat," added Hall.

Close Halled will carry an unchanged 10-strong race crew north, most of them "old blokes over 60 with a couple of young bucks to do the heavy work" the skipper laughed.

Graeme Hall dockside with crew after their 3rd IRC overall place in the 2011 race – photo by Damian Devine

Since the Notice of Race was posted and online entries opened for business, the host Royal Prince Alfred Yacht Club has received two nominations for the 33rd edition of the 226 nautical mile Club Marine Pittwater to Coffs Harbour ocean race.

Second entry and first RPAYC boat, Robert Alder and Bill Bailey's Cookson 12 Occasional Coarse Language One, recently finished third in their division and fifth overall in the Sydney Gold Coast yacht race.

This will be Alder's 16th Coffs race and regatta - the boat's third - and he is keen they continue their run at the podium, which has so far included their Gold Coast result and third in the NSW State IRC Championships at Port Stephens in April.

RPAYC's Alder/Bailey Cookson 12 Occasional Coarse Language One hoping to continue their run on the podium - photo by Damian Devine

The 226nm Category 2 Club Marine Pittwater to Coffs Harbour yacht race will start at 1pm on January 2, 2014, off Palm Beach headland on Sydney's northern beaches. The annual post New Year's Eve pilgrimage north is part of the RPAYC's five race Blue Water Series.

Once the fleet has disappeared over the horizon on the 2nd, the club's race management team will relocate to Coffs Harbour for the second stage of the pointscore, the four windward/leeward and passage race regatta to be run over January 5 and 6. The regatta races are open to category four yachts and with late morning starts just off the harbour entrance, provide the perfect opportunity for competitors and their families to combine a holiday at the popular tourist destination.

The 2014 regatta will once again play host to the third annual Australian PHS Championships, won in 2013 by another Novocastrian yacht from the Lake Macquarie Yacht Club, Storage King Wallop, a Sydney 41 owned by Peter Hewson.

The 10 year race record is held by Bob Oatley's Wild Oats IX set in 2003 in a time of 18 hours 29 minutes and 14 seconds and with the right conditions this fastest course time could easily be eclipsed.

The closing date for entries is Friday 6 December, 2013.

The 2014 Club Marine Pittwater & Coffs Harbour Regatta Notice of Race and online entry is available from the event website at www.pittwatertocoffs.com.au

An online crew register has been set up on the event website for those interested in racing in the regatta but who don't yet have a crew position.

For race enquiries and documentation please contact the RPAYC Sailing Office on (02) 9998 3771 or yachting@rpayc.com.au

By Damian Devine & Lisa Ratcliff/Club Marine Pittwater & Coffs Harbour Regatta media. Photos by Damian Devine.

Citizen scientists and robot photographers join forces as National Science Week begins - 8 August 2013

The power of citizen science will be displayed when thousands of budding marine biologists use images taken by the University of Sydney's underwater robot for a collaborative science project tracking the location of kelp and sea urchin populations.

Explore the Seafloor is part of **National Science Week, 10 to 18 August**, which the University of Sydney is supporting with a jam-packed calendar of events, from lectures on the psychology of gambling and on the importance of visualisation to science and medicine, to a challenging online science competition and participation in an exhibition of fascinating microscopic images at Customs House.

Commenting on Explore the Seafloor, Dr Renata Ferrari Legorreta, a postdoctoral fellow in the University's School of Biological Sciences said, "The crowd-sourcing contribution of these citizen scientists will be key to our understanding of how marine ecological dynamics work across many sites around Australia. It is only with their help that we can judge these hundreds of thousands of images."

Marine scientists used to don scuba gear to survey the seafloor but now Autonomous Underwater Vehicle (AUVs) have revolutionised their work.

AUVs are precisely navigated into position and provide high-resolution, overlapping images to create detailed snapshots of the seafloor, including at depths where divers cannot operate.

An AUV called Sirius, belonging to the University of Sydney's Australian Centre for Field Robotics(ACFR), has collected millions of seafloor images at sites around Australia.

"These images are collected on an annual basis and help scientists to monitor and understand changes in habitats," said Associate Professor Stefan Williams from the ACFR.

Dr Ferrari Legorreta said, "Excitingly we can also create 3D maps by pairing images taken at the exact same time from parallel cameras positioned next to each other. I use them to look at the relationships between the structural complexity of underwater habitats and the abundance of sea urchins."

"I'm investigating issues such as what it is about kelp forests that makes them so vulnerable to long-spine sea urchins and why, if you remove all the urchins from an area, the kelp doesn't simply grow back."

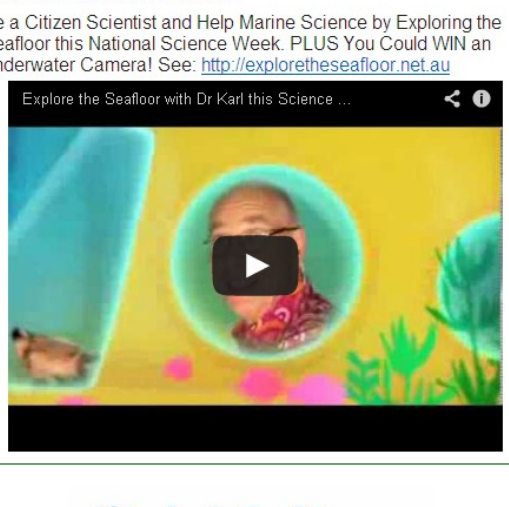
Citizen scientists are invited to examine some of the AUV images to map the location of kelp and sea urchin populations and track how these organisms are responding to changes in the oceans.

Massive sea urchins are heading south on the East Australian Current, turning healthy kelp beds into marine lunar-scapes, denuded of seaweed and sea life. With the loss of the seaweed forests, biodiversity collapses, with potentially significant environmental and economic impacts to fisheries and tourism. Climate change is also affecting kelp forest around southern Australia.

Explore the Seafloor is also supported by the University of New South Wales, University of Tasmania, University of Western Australia, James Cook University, Australian Institute of Marine Science, CSIRO and ABC. It finishes on 2 September.

Explore the Seafloor with Dr Karl this Science Week! - Published on 4 Aug 2013 by abcaustralia

Be a Citizen Scientist and Help Marine Science by Exploring the Seafloor this National Science Week. PLUS You Could WIN an Underwater Camera! See: http://exploretheseafloor.net.au



Lifeline

BOOK FAIR

Friday 23 Aug - Sunday 25 Aug

Dear Book Gourmet,

It's time once again to allow us to whet your reading appetite with our extensive menu of book titles which will be on offer at our August Book Fair. Due to popular demand, we are extending our Sunday trading to 4pm so that more supporters can feast their eyes on the 20,000+ books up for grabs.

VENUE: Ted Blackwood Hall, Jacksons & Boondah Roads, Warriewood
DATES: Fri 23 August: 2pm - 9pm
Sat 24 August: 9am - 5pm
Sun 25 August: 9am - 4pm

*Whip up a gastronomic delight from our huge selection of cookbooks
*Lose yourself in "The Hunger Games" collection
*Renovating your Kitchen? Make a beeline to the DYI & Home Improvement section
*Kilos of Yummy titles to savour throughout our fiction paperbacks
*Make sure you sample our smorgasbord of literary delights for Father's Day gift buyers

And remember - your book purchase directly helps Lifeline prevent suicide and save lives in your community.

Thanks and regards
Lynne Peterson
Volunteer Book Fair Publicist - Lifeline Northern Beaches

International Lighthouse Weekend at Barrenjoey

International Lighthouse and Lightship Weekend is an amateur radio activity started in Scotland in 1993, with the aim of raising interest in lighthouses, their history and preservation. It quickly developed into an annual worldwide event. **This year on 17-18 August** Members of the Manly-Warringah Radio Society will spend 2 days and overnight at Barrenjoey Lighthouse making contact with other amateur radio clubs stationed at lighthouses in Australia, New Zealand, and if conditions are good, as far away as the Mississippi, which they reached last year. The Club has operated from Barrenjoey every year since 2007.

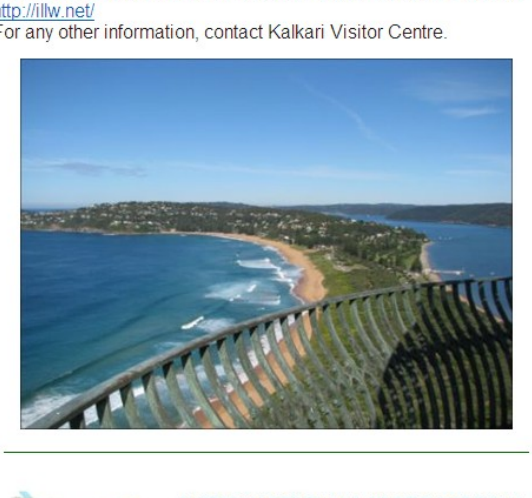
The lighthouse is normally open every Sunday, from 11 to 3 pm, when tours are conducted by volunteer guides of the Chase Alive Discovery Program of NPWS. Cottage entry is free, but to go up the lighthouse you need to join a tour costing $5 adults, $2 school-age children. Tours take about half an hour. Walk from the Governor Phillip Park carpark (parking fees apply) along the beach on the Pittwater side, then up either the original convict-built Smugglers track (steep and uneven) or the just-completed service road, steep pinches but well-graded, taking about half an hour each way, so allow about 2 hours total. Note there are no toilets on the headland, so make a call at those in the park if needed, and take your own water as there is no water either.

In very wet, windy or bushfire weather, tours do not operate. If weather looks doubtful, call Kalkari Visitor Centre 9472 9300 after 9.15 am to check if tours are operating.

For ILLW, tours will operate Saturday as well as Sunday, and other activities are being organised around a theme of communication at sea, such as signal flags, semaphore messaging, ship-to-shore radio.

You can talk with the radio operators and might like to try your speed at texting against a Morse code operator. More information about Barrenjoey lighthouse appears on the NPWS website at http://www.nationalparks.nsw.gov.au/ku-ring-gai-chase-national-park/barrenjoey-lighthouse/historic-site, and Lighthouse of Australia website at http://www.lighthouse.net.au/lights/NSW/Barrenjoey/Barrenjoey.htm

Information about ILLW, for which entrants are still coming in, is at http://illw.net/
For any other information, contact Kalkari Visitor Centre.



INTERNATIONAL FLEET REVIEW
SYDNEY · AUSTRALIA · 3 - 11 OCTOBER 2013
A CENTENARY OF PRIDE 1913-2013

RAN IFR Spectacular Teaser - Published on 4 Aug 2013

Released by the Royal Australian Navy (RAN) and Imagination (Australia) Pty Ltd, an impression giving a glimpse of what the Pyrotechnics and Light Show will look like. The Spectacular, a highlight of the International Fleet Review, will see Sydney Harbour come alive on the evening of Saturday 5 October as never before in a 30-minute show that celebrates over 100 years of the RAN, and in particular, commemorates the original seven warships that entered Sydney Harbour in 1913. **Taking place on Sydney Harbour from 3 -11 October 2013**, the International Fleet Review will commemorate the centenary of the first Royal Australian Navy fleet entry into Sydney Harbour on 4 October 1913.

PLAYLIST RAN IFR Spectacular Teaser
PLAY ALL
Playlist Uploaded videos (295 videos)

Sydney Living Museums

TANK STREAM BALLOT

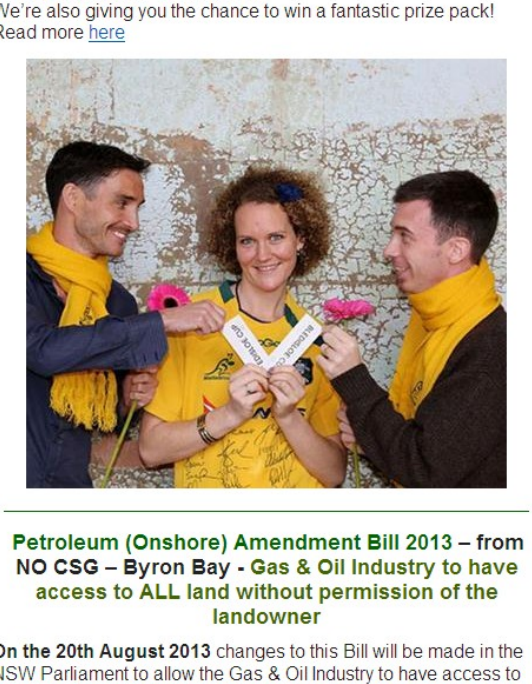
On **Sunday 27 October**, in conjunction with Sydney Water, we will again be running our tours of the Tank Stream, the main source of fresh water for Australia's first European settlement. This walk takes you through 60 metres of the tunnel that was built by convicts and stonemasons.

Ballot registration is essential and will open on Monday 12 August.

THE MAGIC OF BLEDISLOE

Sydney Living Museums and the Australian Rugby Union are celebrating the upcoming Bledisloe Cup with a series of events throughout August.

Join us at 12pm on Friday 9 August on the forecourt of the Museum of Sydney to celebrate the Magic of Bledisloe. **You'll meet current Qantas Wallabies players and former heroes, and have the chance to have your photo taken with the Bledisloe Cup**. Visit the museum on 9–18 August and enjoy a pop-up display of 'magic moments' from the Cup.
We're also giving you the chance to win a fantastic prize pack! Read more here



Petroleum (Onshore) Amendment Bill 2013 – from NO CSG – Byron Bay - Gas & Oil Industry to have access to ALL land without permission of the landowner

On the 20th August 2013 changes to this Bill will be made in the NSW Parliament to allow the Gas & Oil Industry to have access to ALL land without permission of the landowner. Please send letters, emails, phone calls etc. to your local member.

The Federal "water trigger" bill is also suspect. After all, hasn't Mr. Rudd made it clear he believes CSG to be a essential part of Australia's "transition" to renewable energy? Don't trust it. More on this later.

This month communities throughout NSW are making this a number one priority to have this Bill thrown out of the House.

Read the proposed Legislation:

Division 7 Entry in other circumstances—permits
104P Entry on land for rehabilitation purposes etc
(1) The Minister may grant a permit to any person to enter any land so as to enable the person:

(a) to carry out any rehabilitation work in accordance with a direction in force under section 78, or (b) to remove any petroleum plant from any land in accordance with a direction under section 82 or as a result of a sale conducted under section 83.

(2) The holder of a permit under this section, and any employee or agent of the holder, may, in accordance with the permit:

(a) enter the land to which the permit relates, and
(b) do on that land all such things as are reasonably necessary to achieve the purpose for which the permit is granted.

AND IT GOES ON...

104Q Surveys and sampling
(1) The Minister may grant a permit to any registered surveyor, or any officer of the Department, to enter any land for any of the following purposes:

(a) the carrying out of any geological, geophysical, geochemical or other survey of the land,
(b) the removal of petroleum, water or strata from the land.

(2) The holder of a permit under this section, and any employee, agent or assistant of the holder, may, in accordance with the permit:

(a) enter the land to which the permit relates, and
(b) do on that land all such things as are reasonably necessary to achieve the purpose for which the permit was granted.

104R Environmental assessment

(1) The Minister may, on the application of a person who proposes to undertake an assessment (for the purposes of this Act or the Environmental Planning and Assessment Act 1979) of the likely effect on the environment of the activities to be carried out under a petroleum title, grant a permit to the applicant to enter any land so as to enable the person to undertake the assessment.

(2) The holder of a permit under this section, and any employee or agent of the holder, may, in accordance with the permit:

(a) enter the land to which the permit relates, and
(b) do on that land all such things as are reasonably necessary to carry out the assessment to which the permit relates.

NATIONAL & MARINE PARKS UP FOR GRABS

(3) A permit under this section may not be granted in respect of land within a national park, state conservation area, regional park, historic site, nature reserve, karst conservation reserve, Aboriginal area, wildlife refuge or Aboriginal place within the meaning of the National Parks and Wildlife Act 1974 except with the concurrence of the Minister administering that Act.

(4) A permit under this section may not be granted in respect of land within a marine park within the meaning of the Marine Parks Act 1997 except with the concurrence of the relevant Ministers within the meaning of that Act.

104V Obstruction

A person must not, without reasonable excuse, obstruct, hinder or restrict any other person who is entering land, or carrying out any other activity, pursuant to a permit under this Division.
Maximum penalty: 100 penalty units.

And there are a number of other "little gems" in there. **Full Document at HERE**

New R U OK? at School resources available – RUOK Day 2013 – 12th of September

2013-07-26

To help students understand how to ask the question meaningfully, R U OK? has released R U OK? at School resources for 14-18 year olds, as well as suggestions for students to engage their friends on R U OK?Day.

There are 2 sets of classroom activities; one suitable for 13-15 year olds (Years 7-8) and one suitable for 15-18 year olds (Years 9 -12).

The classroom activities are designed to enable students to drive R U OK?Day activities, as well as navigate important mental health sites, such as ReachOut.com.

For more teacher information on how to promote student wellbeing, visit ReachOut.com Professionals.

R U OK? Ambassador Wendell Sailor with students at R U OK? at School launch 2012

THE FACTS SAY YES FOR PITTWATER

Pittwater Mayor Jacqui Townsend has today urged residents to say 'YES to the facts' in the upcoming referendum, in an effort to ensure that Federal funding continues to be available for important local projects.

"Pittwater Council stands to lose a considerable amount of Federal funding if the upcoming referendum regarding constitutional recognition for local government doesn't succeed, "said Mayor Townsend.

For some time many really important local council projects, in particular the upgrade of many of our local roads have been possible due to direct Federal funding. At present, direct Federal funding of local projects is in doubt." she said.

"A YES vote will preserve the sort of arrangements that, for more than 10 years, have funded important local projects. Voting YES simply ensures existing practice can continue and that's a good thing for our community."

Over the past few years Council has received Federal funding for the following local projects:
•Upgrade to Governor Phillip Park Playground, Palm Beach
•Construction of a new Church Point Boat tie up facility
•Upgrades to roads across many Pittwater suburbs
•Energy efficiency program allowing for solar hot water systems to be installed at a number of Council facilities.

"A YES vote will ensure our community can continue to receive Federal funding for local projects without the funds going first through the states. Direct funding by the Commonwealth ensures greater efficiency and injects money into our local economy.", said Mayor Townsend.

"Our important local projects need Federal funding and voting YES is the only way to secure this. There is no other source to replace this funding."

Around the country direct Federal funding has delivered safer roads, better playgrounds and parks, and upgraded libraries and other important local amenities – in short, safer and improved local environments for our communities.

But two recent High Court decisions mean from now on this funding is under threat. Which is why the facts say YES on election day.

For more information please visit:
http://www.thefactssayyes.com.au/

FREE CHILD RESTRAINT FITTING AT FLYING FOX PARK

Pittwater Council together with Roads and Maritime Services invite Pittwater parents and guardians to a free child restraint check on Thursday 15 August. The safety check provides peace of mind that your child's car restraint, harnesses and/ or booster seats are correctly anchored and fitted. The free check will take place at Winnererremy Bay car park, Mona Street, Mona Vale between **9.30am and 2.30pm on Thursday 15 August.**

Legislation requires that children younger than six months must be secured in a rear-facing restraint and those between six months and four years of age must be secured in a restraint which can be forward or rear-facing. Children aged between four and seven years must be seated in a forward facing restraint or booster seat.

Pittwater Council's Road Safety Officer Michelle Carter said the restraints would be checked by an authorised restraint fitter, who is authorised to fit and check only those seats that meet the Australian / New Zealand Standard 1754.

"They will also be able to fit new car seats or turn rear facing seats to the forward facing position.

Ms Carter said that the free check of car restraints did not include the cost of any new equipment required to make restraints safe and only direct guardians or parents of children were eligible for the service.

"**The service is free. However, bookings are essential and can be made by calling Council on 9970 1196**," added Ms Carter.

Residents are also reminded that legislation requires children under the age of seven should not be seated in the front seat of vehicles, where there are two rows of seating or more. For more information on the new child restraint laws visit: HERE

Bookings will only be taken for Pittwater residents. Warringah residents should contact 9942 2447, and Manly residents can call 9976 1619 to ascertain the next child restraint fitting day for their respective areas.

NEW SWIMMING POOLS INSPECTION PROGRAM

A new swimming pools inspection program for backyard pools in Pittwater will go on public exhibition for comment this month. The inspection program is designed to raise swimming pool safety awareness measures for identifying non-compliant swimming pools and, ensuring upgrade works.

Pittwater Council's Environmental Compliance Manager, Jeff Lofts said the program is a proactive measure that will ensure continuing improvement in the level of safety for young children.

"Through this program Council is working in tandem with the New South Wales Government's recent regulation changes to the Swimming Pools Act 1992.

"The amendments to the Act have been designed to actively contribute to a reduction in drowning or near drownings in private backyard swimming pools and spas," added Mr Lofts.

Mayor Jacqui Townsend urged owners to comply with the new legislation and register their pools on the swimming pool register operated by the NSW Department of Local Government.

"Owners are able to register at www.swimmingpoolregister.nsw.gov.au

"There are over 5500 backyard pools in Pittwater, all of which will need to comply with the new legislation requiring pools and spas to be registered by 29 October," she said.

As a deterrent from continual non-compliance, owners who fail to comply with the new laws may face on-the-spot fines of up to $550. Penalty fees collected through this process are directed towards the funding of the swimming pools inspection program.

Mayor Townsend said the Council had already introduced a community education program which is centred on major local events to draw residents' attention to the new laws.

Pittwater's Draft Swimming Pools Inspection Program is on exhibition for public comment until Friday 6 September and can be viewed online: www.pittwater.nsw.gov.au/exhibition and at Council offices and libraries at Mona Vale and Avalon.

STORY OF WAR HERO LOST AT SEA

Mona Vale Library will host historian, writer and filmmaker Will Davies, to present his most recent book, The Boy Colonel on **Tuesday 20 August from 6.30pm.**

The book tells of the tragic fate of a gallant, highly decorated and promising young man, Douglas Gray Marks, whose act of selflessness cost him his life.

Known as The Boy Colonel, Lieutenant-Colonel Douglas Marks, was the youngest battalion commander in the Australian Imperial Force and was highly regarded not only as a future military commander, but as a business and community leader.

On 25 January, 1920 at Palm Beach, he went into the surf in an attempt to save a young woman from drowning and never returned. Marks' disappearance was a great loss to a nation whose manhood had been decimated, and where the pain of war remained evident and raw.

Event Librarian Catherine Buddin said the book provided a very detailed account of this young man, who was educated in Sydney, fought in Gallipoli, along with the battlefields of France.

"Will Davies never disappoints the reader, and his love of history is reflected in yet another interesting tale," said Ms Buddin.

Davies' previous works include Somme Mud, which he edited. The book explores the war experiences of an Australian infantryman in France 1916-1919 and became a bestseller in Australia and the UK and The Netherlands.

He also wrote In The Footsteps Of Private Lynch which was well received in Australia and the UK and Beneath Hill 60' in 2011. This tells the true story of Australian miners and soldiers who tunnelled under Hill 60 near Ypres and eventually broke through to create a new frontline enabling the march to Berlin.

Bookings are essential; to book phone 9970 1600. Following the talk there will be book signings and light refreshments. Admission is $8 adult, $6 concession, free admission for students. Mona Vale Library is located at 1 Park Street, Mona Vale.

SEEKING STALLHOLDERS FOR DOG DAY BY THE BAY

Pittwater Council will host the annual Dog Day by the Bay at Rowland Reserve Bayview on **Sunday 22 September** and is looking for stall-holders and sponsors for the event. Organiser Emma Mackay from the Council said it was a great opportunity for providers of dog related products and services to showcase their business.

"The event, now in its 13th year, attracts over 2000 families and their dogs who enjoy a mix of fun competitions, demonstrations and talks on interesting topics relevant to dog owners.

"We're pleased to have TV vet Dr Katrina Warren, back again this year. Dr Warren has become a household name for promoting responsible pet ownership and animal welfare," added Ms Mackay.

Other highlights include the return of popular MCs Brian and Kaye from Essential Pet, and the Flipbooks photo booth where owners and dogs can have their pictures collated into a mini cartoon!

Ms Mackay said Dog Day by the Bay was an opportunity for dogs to learn obedience techniques and other skills, as well as compete in fun competitions such as the ever popular doggy dash.

Opportunities for Platinum or product sponsorship are still available, full details are available **HERE**. Organisations donating prizes at $100 or over will receive a free full page advert in the event guide.

Dog Day by the Bay runs from 10am to 3pm and activities include agility demonstrations, education talks, children's activities in the kids' corner and competitions to enter including the Canine Fancy Dress Parade and the kids under 12's Scoop - a - Poop race.

A variety of food and drink stalls will also be at the event and proceeds raised will be donated to local branch of the Animal Welfare League. Entry and parking are free.

The popular "Pittwater Dog of the Year" photo competition is also on again. Entries are now open, in two categories: Pittwater Dog of the Year and Look-a-Like with winners being announced on the day.

For more information about becoming a stall holder or sponsor of Dog Day by the Bay contact Pittwater Council's environmental education team on 9970 1194.

For more information visit www.pittwater.nsw.gov.au/dogday

CELEBRATE THE WORKS OF ROALD DAHL

Mona Vale Library is inviting families to come and celebrate the works of Roald Dahl as part of **Children's Book Week on Wednesday 21 August from 6.30pm**. The free event known as Reading at Twilight will include selected readings from the bestselling author along with refreshments for both adults and children. Library Manager Cathy Howie said the event was suitable for all lovers of literature from aged eight to 80!

"We will be providing tasty refreshments including a glass of wine for adults, as well as popcorn for the kids," said Ms Howie. "Roald Dahl has written some of the most successful children's books in the world and we will be sharing some memorable snippets from his classic novels."

The famous author became interested in writing children's books by making up bedtime stories for his daughters Olivia and Tessa. This was how James and the Giant Peach came into being, published in 1961.

Dahl's second book Charlie and the Chocolate Factory debuted in 1964 and was described by Elaine Moss in The Times newspaper as 'the funniest children's book I have read in years…shot through with a zany pathos which touches the young heart'

An unbroken string of bestseller titles followed including The BFG, The Twits, The Witches, Boy, Going Solo and Matilda.

The event runs from 6.30pm to 8pm, with bookings essential at the front desk or by phone on 9970 1600.

ENLIVEN PITTWATER LEADERSHIP GROUP ANNOUNCED

Pittwater Council has announced a 'leadership group' of 15 people to drive the Enliven Pittwater project. Enliven Pittwater is a series of cultural, social and economic initiatives aimed at revitalising Pittwater's local centres, including Avalon, Mona Vale and Newport.

The project was announced last week at the presentation of Northern Beaches Business Awards, ahead of the official launch on 19 July.

The leadership group will develop ideas and strategies for the program, which is expected to run for at least the next five years.

Mayor Jacqui Townsend said the focus would be on spontaneous arts, retail and performance activities to help drive economic growth in Pittwater's centres. She said Enliven Pittwater was modelled on other rejuvenation projects such as Renew Newcastle and City Art, run by the City of Sydney.

"The programs have successfully used live performances in the streets, pop up art and mobile food and drink vendors to create a buzz in city streets and increase visitor numbers."

Mayor Townsend said the leadership group was composed of seven representatives from local chambers of commerce and Pittwater Business Limited, Councillors and senior council staff and local community members representing young residents and creative people.

The group will meet once a month to discuss ideas and Mayor Townsend said they were keen to hear from the Pittwater community.

"Residents can contribute their ideas on how to enliven Pittwater through our website at www.pittwater.nsw.gov.au/enliven"

New Regional Report Card Puts Info at Your Fingertips BY JACQUI F – AUGUST 8, 2013

SHOROC's new State of the Region website shows the area covered by Mosman, Manly, Warringah and Pittwater councils is becoming greener, healthier and more productive, but buying a house or getting a hospital bed might be harder compared to the state average. The engaging new infograph-style website includes five areas of health and wellbeing, economy, natural environment, built environment and leadership to keep both community and government informed of how the region is tracking against these key indicators.

SHOROC President and Mayor of Warringah, Michael Regan, says having this information readily available will make it easier to track progress and identify priorities.

"Manly, Mosman, Pittwater and Warringah have joined forces through SHOROC to work for stronger councils and a stronger region and having this kind of regional information at our fingertips shows what's working and where we need to increase our efforts. The indicators show that we are exercising more and living longer than the state average, though we currently have a shortfall of hospital beds compared to national average which validates the NSW Government's plan to build the new Northern Beaches Hospital at Frenchs Forest while maintaining complimentary services at Mona Vale.

"Our green credentials are looking positive with the data showing residents living in the SHOROC region have increased the amount of waste being diverted from landfill from 48% to 52%, 20 of our 21 beaches are rated as 'good' or 'very good' and in the past year councils have decreased their green house gas emissions by 1,413 tonnes. Our transport habits appear to be changing too with an increase in the proportion of trips made by public transport or walking over the past five years. The Bus Rapid Transit system SHOROC has proposed for the region would make public transport use an even more attractive alternative to private car travel.

"Another important indicator shows SHOROC residents are now contributing more than $20 billion to the NSW economy, an increase of almost 14%.

"Having this detailed information gives us a better idea about the big picture and we can see how we are tracking and where we can work together to improve as a region such as housing affordability and the use of public and active transport to reduce traffic congestion. The State of our Region report will be released every two years and this type of robust reporting will allow the community and councils to measure progress and focus our united efforts to reach our objectives," Mayor Regan said.

Visit the SHOROC site today and join us on Twitter and Facebook and subscribe to the email list to stay updated about what's happening in your SHOROC region.

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood. Mona Vale Library has started a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is September 1st, 2013.**

The club is open to children aged between seven and twelve years of age, with younger children welcome with parental supervision. If you are interested in attending a Lego at the Library session contact the library on 9970 1622 or book in person at the library, 1 Park Street, Mona Vale.

Bushcare Notices - August 2013

Bushcare at Warriewood

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning of the month – Can you help? Please contact Mary Johnsen at 9999 2020.

Sun August 11
Bangalley Headland 9-12pm
Catherine Park 10 -12:30pm
Thu August 15
Mona Vale Dunes 8:30-11:30am
Sat August 17
Toongari Res 9-12pm
Old Wharf Res 8-11am
Nth Palm Bch 9-12pm
Pathilda Res 9-12pm
Sun August 18
Angophora Res 8:30-11:30am
Crescent Res 9-12pm
McCarrs Creek Res 9-12pm
Irrawong Res 1-4pm
Wed August 21
Warriewood Beach 8-11am
Sat August 24
Pindari Res 8-11am
Nth Newport Bch 8:30-11:30am
Careel Ck 8:30-11:30am
Kywong Res 8:30-11:30am
Sun August 25
Bungan Bch 8-11am
Winn Bay 9-12pm

For further information on bushcare and/or to check if your group is working this month, please contact our bushcare officer below. Bushcare is a great way to help your local bushland and make new friends! Helena Dewis 9970 1367

Pittwater Council's COOEE Newsletter August 2013

Recent Dog Attacks - Call for balanced thinking and meaningful legislation and policy changes - Sydney, NSW, 9 August 2013

The state government needs to remain balanced and make meaningful changes to legislation and policy in response to the recent tragic and fatal dog attack of a two year old child. Over the last 5 days I have been writing to politicians, media outlets and anyone else who may listen. I have offered my services as a professional consultant and called for calm, responsible decision making on this issue. To date, I have only received generic replies to my correspondence.

Notwithstanding this, Miranda Devine made a flippant statement in the Daily Telegraph (6.8.2013) about a dog buy-back scheme and twenty-four hours later the Honourable Don Page announces he'll investigate the proposal further. It is a sad state of affairs when a journalist, who is not writing under professional advice, is given more credence than industry experts. Today the *Daily Telegraph* is still gaining traction from that statement.

Industry bodies such as the Pet Industry of Australia and Pets Australia are yet to make meaningful comment.

I recognise the state government is under pressure to address the recent dog attacks in New South Wales. Whilst changes in legislation and greater public awareness are well overdue, times like this require rational thinking; knee-jerk reactions, such as the breed specific legislation implemented in Victoria will achieve nothing. In fact it is now costing local governments in Victoria tens of thousands of dollars in legal fees. As for a buy-back scheme ...... the mind boggles.

I am a professional dog handler and trainer and specialise in dog aggression. I am a former corrective services dog trainer and certified to train dogs for justice purposes. I am currently the national secretary of the Australian Service Dog Association. I have worked for local government in animal management as an employee and later as a consultant. I have investigated more than 1000 dog complaints and over 200 dog attacks. I have written standard operating procedures for law enforcement and local government on training and procedure pertaining to training and safe dog handling. I have appeared in court as a professional witness on numerous occasions. I am currently retained by numerous councils and dog industry organisations to train staff in safe dog handling and bite prevention.

The government needs to address this issue with a combination of sensible, enforceable legislation and community education programs.

Andrew Clark

Manager – Head Trainer

TOTAL DOG

Website: www.totaldog.biz

New Season for Sailability Pittwater

Sailability Pittwater is a volunteer organisation which provides sailing for people with a disability. Our main recreational sailing activities are at Rowland Reserve, Bayview, and we run competitive sailing for people with a disability out of RPAYC Newport.

We are currently looking for new volunteers for our Saturday morning program at Rowland Reserve and Tuesdays at RPA. Visit our website for more information at www.sailability.org.au/pittwater or call John on 99825656 / 0409391065

Art in Odd Places / Australia - FREE TALK at MANLY: Meet the Artists - Friday 13 September, 10am @ Manly Art Gallery & Museum

Art in Odd Places (AiOP) presents visual and performance art in unexpected public spaces and produces an annual festival along 14th Street in Manhattan each October. In 2012, AiOP traveled to Saint Petersburg, Russia to present the city's first-ever public art festival with nine American artists and nine Russian artists. For 2013 AiOP/Australia, three American artists have developed public works through workshops with members of the local community to be joined by 23 Australian artists.

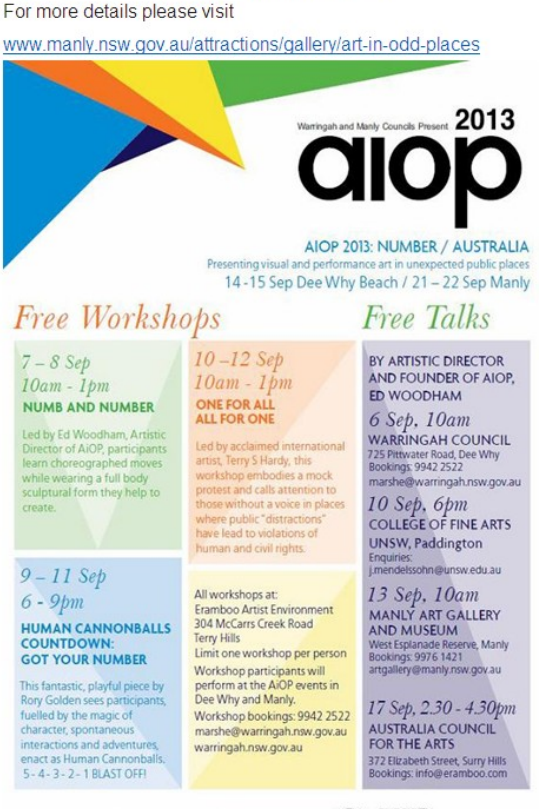
Ed Woodham is a New York based artist, activist, and producer and has been active in community art, education, and civic interventions in a variety of media and cultural contexts for 25 years. He is best known for founding and producing the annual Art in Odd Places festival that has become a fixture of the New York Arts calendar and is beginning to enfranchise globally.

Terry S. Hardy is an Atlanta based painter, sculpture and installation artist. His work deals with themes of identity, human rights, sexuality, religion and the righting of wrongs. He has participated in seventy exhibitions and his work is a part of collections in North and South America.

Rory Golden is based in New York City. His work across media addresses race and gender oppression, and love.

For more details please visit

www.manly.nsw.gov.au/attractions/gallery/art-in-odd-places



Warringah and Manly Councils Present 2013
aiop
AIOP 2013: NUMBER / AUSTRALIA
Presenting visual and performance art in unexpected public places
14-15 Sep Dee Why Beach / 21 – 22 Sep Manly

Free Workshops

7 – 8 Sep
10am - 1pm
NUMB AND NUMBER
Led by Ed Woodham, Artistic Director of AiOP, participants learn choreographed moves while wearing a full body sculptural form they help to create.

10 – 12 Sep
10am - 1pm
ONE FOR ALL ALL FOR ONE
Led by acclaimed international artist, Terry S Hardy, this workshop embodies a mock protest and calls attention to those without a voice in places where public "distractions" have lead to violations of human and civil rights.

9 – 11 Sep
6 - 9pm
HUMAN CANNONBALLS COUNTDOWN: GOT YOUR NUMBER
This fantastic, playful piece by Rory Golden sees participants, fuelled by the magic of character, spontaneous interactions and adventures, enact as Human Cannonballs. 5 - 4 - 3 - 2 - 1 BLAST OFF!

All workshops at:
Eramboo Artist Environment
304 McCarrs Creek Road
Terry Hills
Limit one workshop per person
Workshop participants will perform at the AiOP events in Dee Why and Manly.
Workshop bookings: 9942 2522
marshe@warringah.nsw.gov.au
warringah.nsw.gov.au

Free Talks

BY ARTISTIC DIRECTOR AND FOUNDER OF AIOP, ED WOODHAM

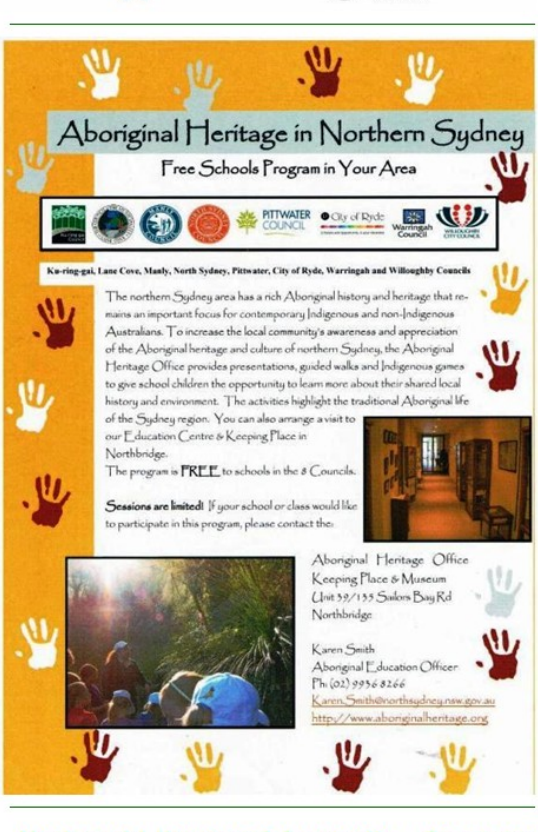
6 Sep, 10am
WARRINGAH COUNCIL
725 Pittwater Road, Dee Why
Bookings: 9942 2522
marshe@warringah.nsw.gov.au

10 Sep, 6pm
COLLEGE OF FINE ARTS
UNSW, Paddington
Enquiries:
j.mendelsohn@unsw.edu.au

13 Sep, 10am
MANLY ART GALLERY AND MUSEUM
West Esplanade Reserve, Manly
Bookings: 9976 1421
artgallery@manly.nsw.gov.au

17 Sep, 2.30 - 4.30pm
AUSTRALIA COUNCIL FOR THE ARTS
372 Elizabeth Street, Surry Hills
Bookings: info@eramboo.com

WARRINGAH
SURF CITY



Aboriginal Heritage in Northern Sydney
Free Schools Program in Your Area

Ku-ring-gai, Lane Cove, Manly, North Sydney, Pittwater, City of Ryde, Warringah and Willoughby Councils

The northern Sydney area has a rich Aboriginal history and heritage that remains an important focus for contemporary Indigenous and non-Indigenous Australians. To increase the local community's awareness and appreciation of the Aboriginal heritage and culture of northern Sydney, the Aboriginal Heritage Office provides presentations, guided walks and Indigenous games to give school children the opportunity to learn more about their shared local history and environment. The activities highlight the traditional Aboriginal life of the Sydney region. You can also arrange a visit to our Education Centre & Keeping Place in Northbridge.
The program is FREE to schools in the 8 Councils.

Sessions are limited! If your school or class would like to participate in this program, please contact the:

Aboriginal Heritage Office
Keeping Place & Museum
Unit 33/133 Sailors Bay Rd
Northbridge

Karen Smith
Aboriginal Education Officer
Ph (02) 9956 8266
Karen.Smith@northsydney.nsw.gov.au
http://www.aboriginalheritage.org

National Library of Australia - Summer Scholarships 2013

Do you know someone who could apply for our 6 week Summer Scholarships? These are for Australian postgrad students, under 30, undertaking research which can be supported by our collections. Recipients have privileged access to our materials and facilities as well as airfare, ANU accommodation and honorarium. **Applications close Sept. 30!**

Other Grants we offer are:

* Community Heritage Grants - Assisting you to preserve our cultural heritage

* Harold White Fellowships - For scholars and writers using our collections

* Japan Fellowship - For Australian and international researchers in Japanese studies

* Japan Study Grants - Supporting research by scholars based outside the Canberra area to use the National Library's Japanese collections for their study.

* Minerals Council of Australia Fellowship - For Australian and international researchers of Australia's mineral industries and their relationship with communities and the environment.

* National Folk Fellowships - For performer/s or practitioners researching original material in our folklore archives

See more at: www.nla.gov.au/awards-and-grants

A super cool innovation: Solar powered air conditioning - Published on 8 Aug 2013

CSIRO has invented a new three in one solar air conditioning system that provides hot water, cooling and heating. It works by using heat from the sun and employs both desiccant and evaporative cooling technologies.

See how the technology can work in the home

A super cool innovation: Solar powered air cond...

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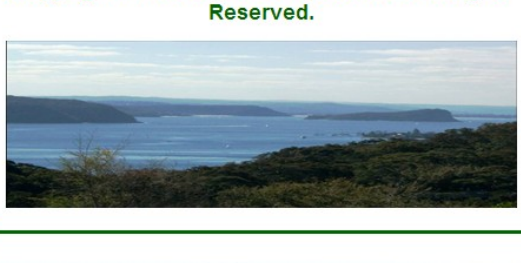


NB Prostate Cancer Support Group

http://prostate-cancer-support-nb.net/

What a wonderful evening meeting we had on Tuesday 6th August.

Our guest speaker, Suzanne Chambers, author of the book 'Facing the Tiger', kept our members enthralled and interested as she spoke of her work as a health Psychologist.

Suzanne has spent many years helping men and their families deal with the diagnosis of Prostate Cancer and her book gives many suggestions on how to cope with the emotional and psychological stress of living with the disease.

Personal stories and insights from men and their partners offer emotional comfort and inspiration.

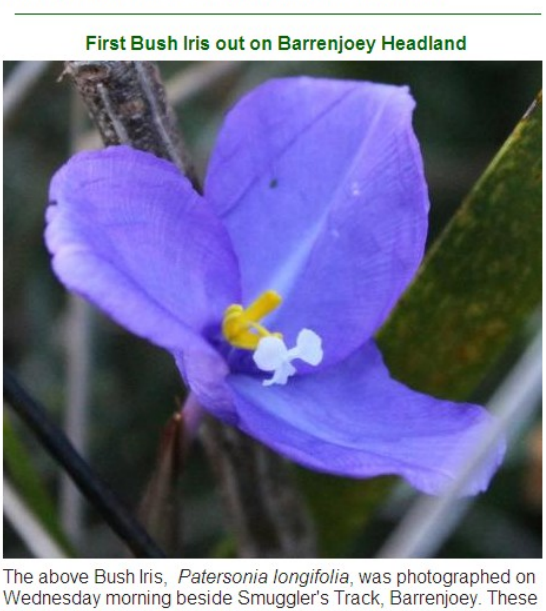
We thank Suzanne for taking the time to come to Sydney to talk to us and wish her well in the future.

Suzanne's book is available from Australian Academic Press

All author royalties for Facing the Tiger are being donated to the Prostrate Cancer Foundation of Australia

Photo: Northern Beaches Prostate Cancer Support Group with guest speaker Professor Suzanne Chambers. Denise Taylor, Jo-Ann Steeves, Alan Taylor, Eleanor Swansbra, Suzanne Chambers, Ron Jones, Mary Jones. Photo by Michael Mannington.

First Bush Iris out on Barrenjoey Headland



The above Bush Iris, *Patersonia longifolia*, was photographed on Wednesday morning beside Smuggler's Track, Barrenjoey. These flower in Spring so this one is a little early but a sure sign it is a good time to begin your bushwalks again and see all else beginning to bloom.

Be the Influence Australian Boardriders Battle Launch – Cronulla - Published on 8 Aug 2013

Surfing Australia has announced the Be the Influence Australian Boardriders Battle - the biggest grassroots, boardriders event series in Australian surfing history with more than $100,000 in prize money. For more visit www.australianboardridersbattle.com

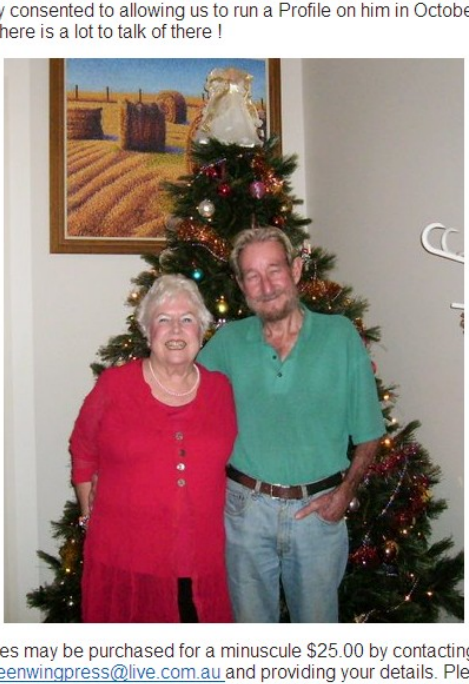
Be the Influence Australian Boardriders Battle ...

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.

To find out more about where springs Green Wing Press from, and what we hope to achieve through this, please read more here

Pittwater Online News will remain a News Service - emphasis on 'service', and we will continue to approach each and everyone of you with the firm belief that you are doing us a favour by allowing us to share your stories and voices.

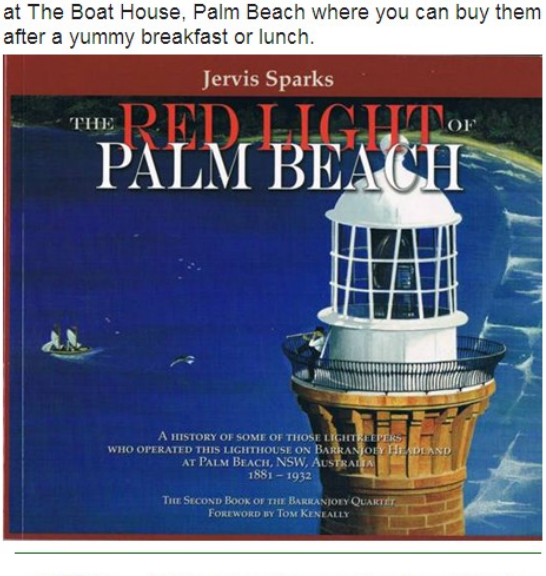
We would like secondly, as requested by so many of you, to publish a hard copy of the stories from Pittwater Online News you want to hold in your hand and curl up under a shady tree to enjoy and we're still running the whole shebang on pure willpower alone, so let us find our feet in this first.

kind regards,

A J Guesdon, Editor.

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.


Jervis Sparks
THE RED LIGHT OF PALM BEACH

Pittwater Mens Probus Club - Next Tuesday 13th August

Pam Bayfield

Pam Bayfield was born in Mt Isa, Queensland. As her father was a Mining Engineer the family lived in many different places. Most of her schooling was in Broken Hill. She completed her education at PLC, Armidale and went to Teachers' College there and became a teacher. She taught in Sydney for many years before marrying and having three sons, Justin, Cameron and Mark. She now has four granddaughters.

She left teaching to help in the family Real Estate business. Pam returned to teaching when the boys were older and taught at Pittwater House, Collaroy for ten years. She retired in 1998 and began writing. She began her mother's life story to be followed by one about her three sons.

After attending a writing course, she embarked on her first novel, To Those Who Wait about her father's side of the family. Eight books followed, all self published with two fiction and the rest non-fiction. For the Love of Grace is her latest and it is a historical novel set in the Rocks and Manly in the 1850 to 1890s. Pam will take you on her writing journey. She will have some books to sell at $20 each.

Feature article on Pam Bayfield here

A Strange Irony by Pam Bayfield

For the Love of Grace by Pam Bayfield

Pittwater Famine Village

To support the work of World Vision and the upcoming 40 Hour Famine event (16 - 18 August 2013), the "Pittwater Famine Village" has been organised by a coalition of Pittwater's Christian Churches (12 in all) who have joined together to mobilise the community to be more aware of world hunger and to help fight against it. This year World Vision's aid focus is mainly on Malawi in Africa where 74% of the people live on less than US$1.25 per day - compare that to Australia and especially Pittwater where no one lives on this small amount of money.

The Pittwater Famine Village fundraising target for 2013 is $100,000 which may seem a lot but think of it as 1000 people in the whole of Pittwater donating just $100 each to help the poor - certainly a reachable target maybe even too low!! Remember that Every Dollar counts. Just $40 would feed a family of 6 in Malawi for 1 month. So $100,000 would feed 2,500 families of 6 for a month or 208 families/1250 individuals for a year. That's a huge difference for those people and better still, the way World Vision delivers this aid helps build sustainability and self reliance.
The Pittwater Famine Village fundraising target will be primarily raised by the youth of Pittwater seeking sponsorship to give up food or something else precious to them for 40 hours. So far Pittwater High, Mona Vale Primary and Loquat Valley Prep schools have signed up and Mater Maria, Sacred Heart and Maria Regina will be participating through their church. Narrabeen Sports High, Elanora Heights and Narrabeen North Primary are looking at participating as well. We are also asking all the businesses in Pittwater to get involved in some way by either:

• sponsoring the children doing the famine
• participate in the famine themselves and/or get their staff/business involved
• display posters in shop fronts and/or hand out famine sponsorship cards to their customers
• offer discounts to shoppers who sponsor them
• donate a % of profits for the month of August
• select/sponsor a whole church by matching their funds raised dollar for dollar
• provide food or other services to support the break the famine event
• all of the above

The break the famine event is proposed to be held at midday on Sunday 18th August at the Village Park Mona Vale (or in the Mona Vale Memorial Hall if wet) and we hope that the community will come along and support this event and raise additional funds on the day. Anyone who donates to or took part in the 40 Hour Famine will get a free sausage sandwich to mark the end of the 40 hours. Just bring your receipt along or your donation book as proof of participation. Donations can be made at:
http://pittwaterfaminevillage.com.au/

Preferred Route Selected For Mona Vale Road Upgrade - 8 August 2013

Member for Pittwater Rob Stokes today announced the preferred route for the Mona Vale Road upgrade has been selected following widespread interest from the community.

The Roads and Maritime Services (RMS) is currently planning for the future upgrade of the 3.3km section of Mona Vale Road between Ingleside and Terrey Hills from two single lanes to a four lane divided road.

Following extensive environmental and geotechnical assessments, and a review of community feedback, three options were developed for further investigation to better understand the social, environmental, economic and engineering factors of this large-scale project.

Following this process, Option 2 has been selected as the preferred route as it presents the most practical route to build, would cause in the least congestion during construction, provides a consistently wide shoulder for cyclists and offers the best opportunities to enhance fauna connectivity.

"The selection of the preferred route is a key milestone in this enormous project," Rob Stokes said today. "With infrastructure projects of this scale there are dozens of boxes to be ticked during every step of the process.

"The key factors considered by the RMS in selecting this route included the need to enhance safety, reduce congestion and improve travel times.

"The feedback from our community has been vital in finalising this stage of the project and enabling the RMS to proceed.

"The Preferred Option Report is available to view online at www.rms.nsw.gov.au/roadprojects or in hard copy at Mona Vale Library, Warringah Mall Library, and the Warriewood and Frenchs Forest Motor Registries.

Direct to Mona Vale Road page link HERE

"Following community feedback **the NSW Government has also allocated funds to begin developing upgrade options for the second key section of Mona Vale Road between Foley Street at Mona Vale and Manor Road at Ingleside**," Rob Stokes said.

YOUTH DEVELOPMENT & SUPPORT PROGRAM

The Youth Development and Support Program (YDSP) is an annual national program designed to provide financial support to non-government, not-for-profit organisations to deliver community-based projects to develop young people by creating practical and innovative opportunities in their communities.

The Program funds eligible organisations to support initiatives that inspire and encourage young people aged between 12 and 24 years to develop skills and connections within their communities.

Youth Development and Support Program 2013-14

The application round for the Youth Development and Support Program 2013-14 is now open. **Applications close on 23 August 2013.**

The focus for Projects in 2013-14 is '***Building a safe and supportive culture***'.

Applications should demonstrate how the Projects will develop Young People's skills to engage in positive non-violent/non-bullying behaviours in their community.

These Projects will:

enhance wellbeing and build Young People's resilience and ability to cope with stress; and/or

assist Young People to engage with their community and encourage leadership.

Applications from Aboriginal and Torres Strait Islander organisations are strongly encouraged.

Generally, this year's theme for funding, 'Building a safe and supportive culture', includes, but is not necessarily limited to, the following areas:

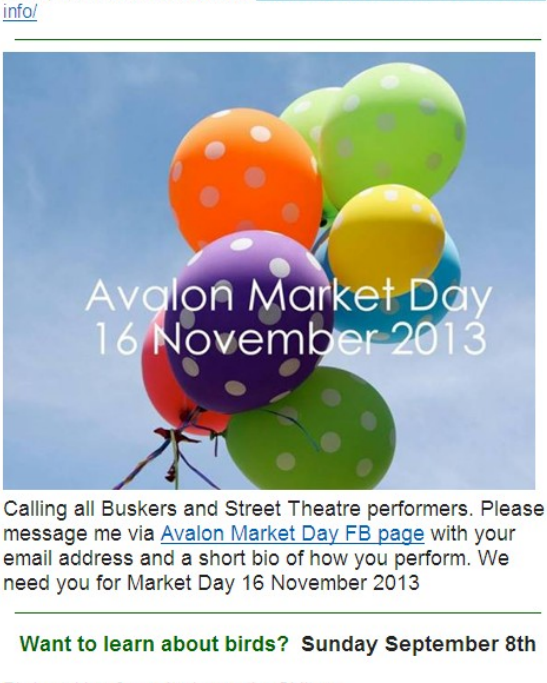
enhancing Young People's wellbeing; developing Young People's skills to engage in positive non-violent/non-bullying behaviours; building Young People's resilience and ability to cope with stress; assisting Young People to engage with their community; encouraging leadership.

How to Apply - **Online (preferred submission method)**

Full details here

Northern Beaches Futsal Association

Registrations are now open for Summer Futsal.. U6 to Over 35 Mens, Ladies and Mixed. See: http://nbfa.com.au/summer-201314-info/



Calling all Buskers and Street Theatre performers. Please message me via Avalon Market Day FB page with your email address and a short bio of how you perform. We need you for Market Day 16 November 2013

Want to learn about birds? Sunday September 8th

Birdwatching & monitoring on the Chiltern Track, Ingleside.

Fantastic spring flowers too. Lovely heathland and woodland attracts honeyeaters.

Meet 8am on Chiltern Rd just north of Cicada Glen Rd ends 11am

Bring: Binoculars, water, morning tea.

To Book: P: Kerry Smith 9944 6271 0402 605 721

E: pnhabirdwatching@gmail.com

PITTWATER NATURAL HERITAGE ASSOCIATION INC

Pittwater Environmental Foundation

What to do on third Sunday of each month, **1-3pm**? Come to **Irrawong Waterfall on track from corner Irrawong Rd and Epworth Place and help look after this lovely place.**

Tim Daymond – 2013 Lifeguard of the Year – Pittwater

The Surf Life Saving NSW Annual Awards of Excellence have honoured the most outstanding Surf Life Saving volunteers in a range of categories. Minister for Sport and Recreation Graham Annesley congratulated all nominees and winners. Taking out the prestigious Volunteer of the Year award was Trent Thomas from Maroubra SLSC and Lifesaver of the Year was Ryan Rosenbaum from Tacking Point SLSC. Winners of the NSW awards will be nominees for the national Awards of Excellence next month.

Other Northern Beaches SLSC members recognized: YOUNG LIFESAVER OF THE YEAR Rebecca Chapman - North Steyne SLSC, SURF SPORTS ATHLETE OF THE YEAR Naomi Flood - Manly LSC, YOUNG ATHLETE OF THE YEAR Georgia Miller - Manly LSC, TEAM OF THE YEAR U19 R&R – Freshwater SLSC, ADMINISTRATOR OF THE YEAR Wayne Freakley - Freshwater SLSC, ASSESSOR OF THE YEAR Adrienne Lowe - Dee Why SLSC.

A insight into Tim's work in Pittwater from last Summer:

Tom Allen, Tim Daymond and Brad Woodward - Pittwater ALS - JAN 2013 – courtesy SLSA

On Tuesday 29 January at 3:50pm, Palm Beach Lifeguards were approached by two surfers, crying out for urgent assistance. The lifeguards on duty, Tom Allen and Tim Daymond, immediately responded to an unconscious teenage patient in the surf zone approximately 40m offshore.

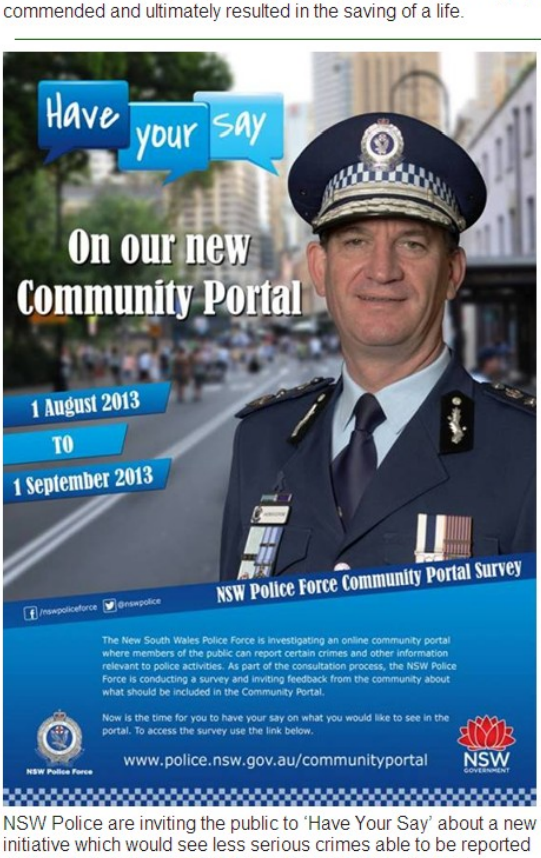
Tom drove the ATV to the water's edge, grabbed a rescue board and quickly paddled out to retrieve the patient. With the assistance of another surfer, the patient was brought back to shore and the two lifeguards began CPR.

The lifeguard supervisor, Brad Woodward, arrived on the scene and set up the Oxygen Resuscitator and Defibrillator. A large wave washed up the beach and the patient had to be relocated to higher ground. Tom prepared the patient for defibrillation by attaching the pads to his chest. The defibrillator advised and administered a shock to the patient. There was no response and CPR continued.

The lifeguards performed three further cycles using the defibrillator, in addition to inserting an OP Airway. The lifeguards regularly rotated positions to avoid fatigue. After six cycles of CPR and several more shocks, the patient began breathing and a pulse was present.

The patient was put into the recovery position and continued to be monitored by lifeguards. The patient was then stretchered to a waiting ambulance where he was transported to North Palm Beach for helicopter retrieval to hospital.

The skills exhibited by lifeguards in this rescue and resuscitation are a testament to the high-level professional training Australian Lifeguard Service personnel receive. The bravery and determination under pressure displayed by the lifeguards is highly commended and ultimately resulted in the saving of a life.


Have your say
On our new Community Portal
1 August 2013
TO
1 September 2013
NSW Police Force Community Portal Survey
www.police.nsw.gov.au/communityportal
NSW

NSW Police are inviting the public to 'Have Your Say' about a new initiative which would see less serious crimes able to be reported online. The proposed NSW Police Force Community Portal initiative will allow the community to report lesser crimes online from a computer or via an application on a mobile device.

This will not only be more convenient for the public but more importantly will offer an alternative communication channel between them and police. Users will be able to register and create their own account from where they can interact with police and track the progress of their reported crimes.

Only certain types of low-level non-life threatening crimes will be eligible to be reported online.

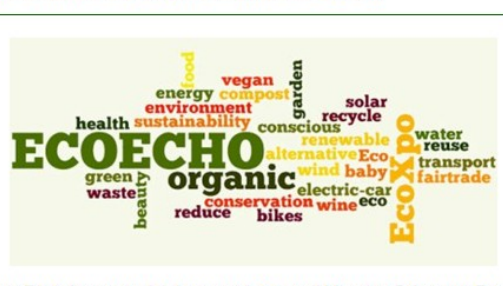
The NSW Police Force Policing Program Director, Superintendent Keith Willott said police need the community's feedback before the portal can become a reality.

"At this stage of the project's development it is crucial that the public have their say," Supt Willott said. "With this in mind, we have setup The NSW Police Force Community Portal Survey.

"Police will use the community's feedback, opinions and views to further develop the online crime reporting portal before it 'goes live'.

"We are encouraging members of the community to provide their details in the survey so that we can involve them with the ideas that may be submitted."

The public can have their say by visiting
http://engage.haveyoursay.nsw.gov.au/policeportal



Early Bird discounted tickets are here until Monday 5 August: Buy them now and save! **Dr David SUZUKI and 8 global eco leaders in Sydney on the 20-22 September at the next EcoXpo Sydney 2013.**

Our first release of Early Birds Tickets are still available for the next 48H so grab yours today and save. Check out our various seminars led by Dr David Suzuki and Satish Kumar. More details here.

Free eco living workshops on permaculture, healthy food, natural medicine, gardening, sustainable living, free kids activities and more!

David SUZUKI and 8 global eco leaders

Volunteer as a Radio Operator

Surf Life Saving - Radio Operators Needed

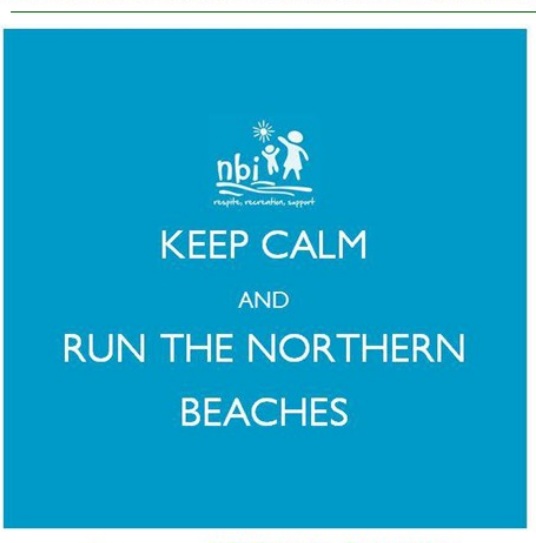
Do you have a voice for radio? Now is your chance to be a part of the Surf Emergency Response system linking SLS to NSW Emergency Services and Government agencies.

SLSNSW is seeking volunteer operators for its Belrose and Collaroy communication centres to provide operational support to over 200 SLS clubs, Support Operations and Lifeguard services.

find out more at: http://goo.gl/kXxGCy

Katandra Bushland Sanctuary 2013 Season

KATANDRA BUSHLAND SANCTUARY
OPEN 10AM – 4PM EVERY SUNDAY JULY – OCTOBER
OPEN TODAY PARKING INSIDE



NBI Respite, Recreation, Support - Pub2Pub2013!!!!!

We've set a target of 50 runners- walkers in TeamNBI for Pub2Pub, we already have 24 registered. Registrations for the event are capped at 5000 so if you haven't signed up yet then get on board soon. We have had some generous donations of prizes for our top fundraisers, more details to come...

Starting on the sand at Dee Why and finishing at the iconic Newport Arms Hotel Pub2Pub is a true Northern Beaches classic.

This year we are delighted to announce that we have been appointed as a preferred charity for the event, so a big thank you to the joint organisers Brookvale Rotary and the Newport Arms. We had a great turnout last year and this year we are aiming for a team of more than 50 runners and walkers. You don't have to be an Olympic Athlete, this event is equally suited to runners, joggers and walkers.

To register go to http://pub2pub.gofundraise.com.au/ and make sure you've selected NBI as the charity you wish to raise funds for (if you have any trouble you can click here for instructions or contact David Trundle davidt@nbi.org.au)

Volunteer Monitors Needed

The Aboriginal Heritage Office is looking for volunteers willing to help monitor and care for Aboriginal sites within northern Sydney and Armidale on a regular basis (about once a month). All training will be provided, although experience in bush care, knowledge of sites or having attended one of our walks or training sessions is an advantage. Preference is given to local residents of one our our partner Councils (Ku-ring-gai, Lane Cove, Manly, North Sydney, Pittwater, Warringah, Willoughby and Armidale Dumaresq Councils).

If you would like to help out or need more information, please contact the office or drop in and check out the latest exhibits at the Education Centre and Keeping Place, Northbridge.

The Aboriginal Heritage Office is located at 39/137-145 Sailors Bay Road, Northbridge, NSW 2063.

Contact: David Watts
Aboriginal Heritage Manager
Phone: (02) 9949 9882
Fax: (02) 9958 2799
Email: info@aboriginalheritage.org

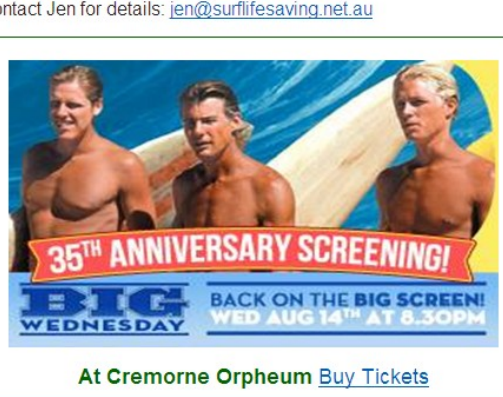
Surf Life Saving Sydney Northern Beaches

Here's your chance to help raise funds for the Sydney Northern Beaches representative team to contest the NSW InterBranch Championships on the Central Coast later this year. Surf Life Saving SNB will be holding a golf fundraising day at Bayview Golf Club on **Friday, September 20**.

For individual players the cost is $100. And Hole sponsorship is $700 [includes four players]. It includes breakfast from 7am, lunch and green fees. There are prizes for the longest drive, closest to the pin, handicap winners and overall winners, plus auction and raffles.

This event is a major fundraiser to help send our team to the championships at North Entrance Beach on December 14-15. SNB are the current InterBranch champions.

Contact Jen for details: jen@surflifesaving.net.au


35TH ANNIVERSARY SCREENING!
BIG WEDNESDAY
BACK ON THE BIG SCREEN!
WED AUG 14TH AT 8.30PM

At Cremorne Orpheum Buy Tickets

Register Now!
Steptember.org.au
STEPTEMBER

This year again we'll have a very strong team doing their utmost to represent Conductive Education. Let me introduce you to our 2013 Steptember team climbing a virtual mountain:

1. Carrie (Jackson's mum from Miss Rita's preschool)
2. Jodi (Coffee lady @ Cerebral Palsy Alliance)
3. Marian Robertson (Conductive Education volunteer)
4. ...and of course lil' me: Mr. Gabriel

This year again we are fundraising to support more Services & Equipment. We've set our initial target for $1000 but in reality only the sky is the limit!

There are 3 ways you can support Steptember:

1. Register your own team of 4 walkers at: www.steptember.org.au

2. Donate directly to our Conductive Education team at:

https://event.steptember.org.au/donate/onbehalfof?id=15675c6e-63c5-48a2-a591-2f2d29da9713

3. Forward this information to all family & friends in your contact list. ...or of course (just like I did) you can do all 3 above!

Thank you for your $upport! Keep on walking!

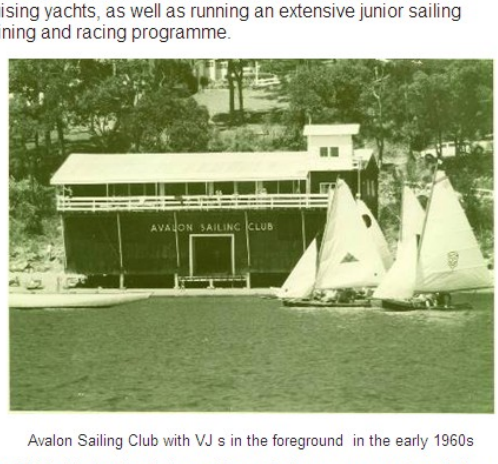
Captain Gabriel

Gabriel Pinter | Senior Conductive Educator

Cerebral Palsy Alliance
187 Allambie Road, Allambie Heights, NSW 2100

This year Avalon Sailing Club commemorates 75 years of proud history on Pittwater. All members past and present are invited to join celebrations over the first weekend in November 2013, as the Club hosts a series of events to recognise its growth from a handful of VJs sailing off Clareville Beach in the 1930s , to a current membership in excess of 300.

Gone are the old VJs, the Club now caters for craft from centreboards through to racing and cruising yachts, as well as running an extensive junior sailing training and racing programme.



Avalon Sailing Club with VJ s in the foreground in the early 1960s

The Club's history includes sailors who have gone on to win the America's Cup and collect medals at the Olympics. But there are also many more who have not strayed so far, happy to have learned the simple pleasure of filling sails with a breeze and to have shared this magical experience with others of similar mind, often forging lasting friendships that transcend a collection of boats and building.

While there have been many changes over the years, the heart of Avalon Sailing Club remains a community built on countless hours of volunteer time. The landmark clubhouse, erected in the 1950s, is a testament to time gladly given. And this will be the centre of 75th anniversary celebrations.

From Friday 1st November to Sunday 3rd November activities will include fun for younger members; a historical display (contributions needed); the taking of commemorative photos of office bearers past and present; a formal dinner; historic vessel sailing, as well as a regatta including all types of craft sailed at the Club.

Details of events will continue to be updated on the Club's website www.avalonsailingclub.com.au so people are encouraged to visit the site regularly to find out more as it gets closer to the time.

People can register their interest in attending and/or offering items for display. The following contacts are also the way to get any questions answered:

Email: 75th_ann@avalonsailingclub.com.au

Jan Trembath: 0412 234 565 or David Evans: 0438 224 926

MONA VALE HOSPITAL AUXILIARY STALLS FOR JUNE TO DECEMBER, 2013

Mona Vale Hospital Auxiliary.

Third Friday of every month: stall at Mona Vale Hospital foyer. 9am-3pm.

August

11th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm
16th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm
30th Father's Day stall at Avalon, outside ANZ Bank, baking, craft, bric-a-brac, knitting

September

6th Centro Warriewood, knitting and craft, 9am – 3pm
7th Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
10th Fashion Parade, Newport Bowling Club, 10.30am, morning tea, $10, all welcome
7th Election Day stall, Mona Vale Memorial Hall, bric-a-brac, craft, baking, knitting
14th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm
20th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm

October

5th Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
18th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm
19th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm

November

1st, Centro Warriewood, knitting and craft, 9am – 3pm
2nd Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
15th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm
16th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm

December

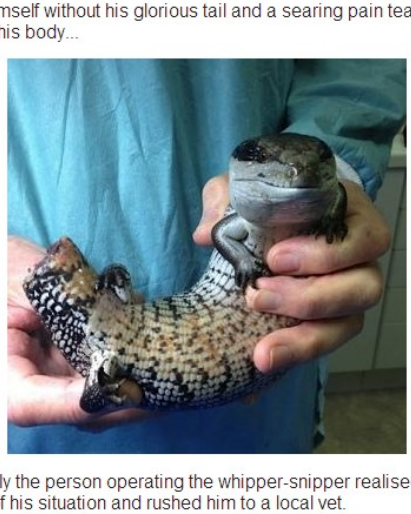
7th Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
14th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm
20th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm

Southern Cross Wildlife Care - Critter of the Month - August 2013

Whipper's Journey - The Tale of No Tail...

By Lynleigh Greig

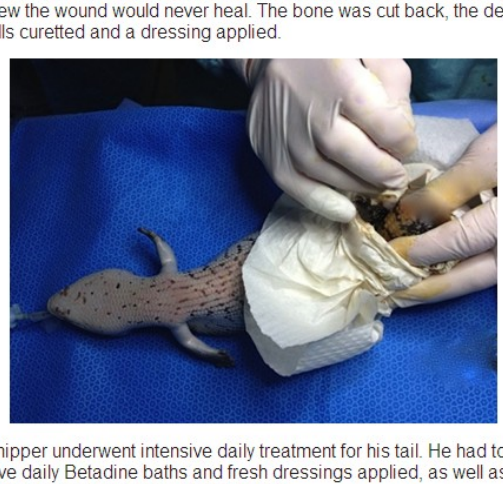
On a balmy May afternoon, this beautiful Blue-tongue lizard was hiding in the long grass, minding his own business probably just waiting for a juicy snail to amble by... All of a sudden a loud noise ripped through the serenity and the blade of a whipper-snipper came bearing down on him. With no time to react, the poor little guy found himself without his glorious tail and a searing pain tearing through his body...



Thankfully the person operating the whipper-snipper realised the gravity of his situation and rushed him to a local vet.

Sydney Wildlife carer, Jodi, picked him up the following day. She aptly named him "Whipper"...

Whipper was whisked up to Dr Howard Ralph - a veterinary surgeon now specialising in wildlife. Whipper was put under General Anaesthetic straight away. With part of his bone exposed, Dr Ralph knew the wound would never heal. The bone was cut back, the dead cells curetted and a dressing applied.



Whipper underwent intensive daily treatment for his tail. He had to have daily Betadine baths and fresh dressings applied, as well as antibiotic injections to prevent infection.

Poor little darling looked like he was wearing a nappy...

Time for your check-up... Alright, Whipper, say "Ahhhhhhhh"

Despite all the pain he had to undergo on a daily basis, Whipper was a perfect gentleman throughout the rigorous procedure.

And he never lost his sense of humour (or appetite...!)

After 3 months, Whipper's tail is looking mighty fine! He may be missing his glorious tail, but he's still such a handsome fellow :)

Now, Whipper - stay away from gardening equipment...!

The Moral of the Story is:

Before you mow your lawn or whipper-snip your edges, please check the grass for these friendly little reptiles.

ANZAC Centenary 2015

Planning is already underway this historic event. The ANZAC Centenary will be commemorated in Pittwater on Sunday 19 April 2015 with a march from Boondah Reserve, Warriewood at 11am, finishing at Pittwater Rugby Park at 12.30pm for a commemorative service. All schools, community services and sporting groups are invited. Any organisation wishing to participate in the March or Ceremony should call Graham Sloper on 9918 2201.

Pittwater Offshore Newsletter Update 8/8/2013: click on Logo. Also has an Extensive Local Directory.

To contact Julian: **editor@scotlandisland.org.au**

The NSW Government Gazette

The New South Wales Government Gazette is the official channel for the circulation of Proclamations, Regulations, Government Notices, Private Legal Advertisements andther matters required to be published in the Government Gazette under the Statutes of New South Wales Government.

The NSW Government Gazette contains:

New South Wales Legislation, Notices (public and official announcements), and Official Government Notices from the New South Wales Government and Local Government Agencies, Cities and Shires. The NSW Government Gazette is available online on the **N.S.W. Government website from 2pm each Friday.**

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

THE SUMBA FOUNDATION AUSTRALIA

Federal Government Media Releases this week:

During the caretaker period preceding the upcoming election Ministers media releases will not be collected but can be accessed at australia.gov.au Media releases by portfolio : http://australia.gov.au/news-and-media/government-media-releases/media-releases-by-portfolio

DOCUMENTS RELATING TO THE CALLING OF THE ELECTION FOR 7 SEPTEMBER 2013 | Governor-General of the Commonwealth of Australia

SNIPPET: The Official Secretary, Mr Stephen Brady CVO, has released the following documents relating to the calling of the election for 7 September 2013. Government House, Canberra Admiralty House, Sydney. Nomination process for Order of Australia and Bravery decorations.

Appointments to the Federal Court of Australia and the Federal Circuit Court of Australia

Attorney-General Mark Dreyfus QC today announced two appointments to the Federal Court of Australia and one appointment to the Federal Circuit Court of Australia.

Update on contaminated dairy products imported from New Zealand - Department of Agriculture, Fisheries and Forestry

SNIPPET: The Department of Agriculture, Fisheries and Forestry (DAFF) continues to work closely with New Zealand's Ministry of Primary Industries (NZ-MPI) and Fonterra to verify that no potentially contaminated dairy products enter the Australian market place. The whey protein concentrate of concern was produced by Fonterra in New Zealand, and may be contaminated with Clostridium botulinum. DAFF also continues to work with our trading partners to progress the identification of all potentially affected exported Australian products using the New Zealand ingredient.

HypoMon sleep-time hypoglycaemic monitor

SNIPPET: **Recall - inadequate performance.** Aimedics is contacting HypoMon users to provide further information about this issue, including instructions for returning the monitor and getting a full refund. Aimedics is contacting HypoMon users to provide further information about this issue, including instructions for returning the monitor and getting a full refund.

Limb Preservation System lower extremity dovetail intercalary component

SNIPPET: **Hazard alert - potential for breakage.** Consumers and health professionals are advised that Johnson & Johnson Medical, in consultation with the TGA, has issued a hazard alert for all lots of its Limb Preservation System (LPS) lower extremity dovetail intercalary component. Possible clinical implications if an LPS lower extremity dovetail intercalary component fractures, include:.

ACCC seeks submissions on State Water's pricing proposal | ACCC

SNIPPET: The Australian Competition and Consumer Commission has published the pricing proposal submitted by State Water Corporation for bulk water supply in the New South Wales Murray-Darling Basin. This is the first time the ACCC has regulated State Water's prices so we encourage customers of State Water to tell us their views on the proposal, ACCC Commissioner Joe Dimasi said. The ACCC has published an Information Paper to provide background information on State Water's application to assist interested parties in making submissions and to outline the ACCC's review process.

More draft regulations available online - Department of Agriculture, Fisheries and Forestry

SNIPPET: Draft regulations for the Biosecurity Bill 2013 ballast water and approved arrangements chapters are available for public comment. Acting Deputy Secretary of the Department of Agriculture, Fisheries and Forestry, Mr Paul Morris, said the new regulation was designed to provide flexible and cooperative mechanisms for appropriately sharing management of biosecurity risk between government and the community. 'Today's release of the draft Biosecurity Bill 2013 regulations on ballast water and approved arrangements provides stakeholders with an opportunity for discussion and comment.'.

Terms of reference for native title law inquiry announced

SNIPPET: THE HON MARK DREYFUS QC MP. Attorney-General Mark Dreyfus QC and Minister for Families, Community Services and Indigenous Affairs Jenny Macklin today announced the final terms of reference for the Australian Law Reform Commission inquiry into specific areas of native title law. This inquiry, together with the review into the roles and functions of native title organisations currently underway by Deloitte Access Economics, will ensure that the native title system continues to meet the needs of indigenous people well into the future.

New live odds codes for TV and radio | ACMA

SNIPPET: The new codes will prohibit the promotion of live odds in sports broadcasts:. The new codes limit live odds promotion during commentary in sports coverage - a practice observed in sports broadcasts during 2011 and 2012. ACMA media release MR59/2013-8 August, 2013.

Aussies living and working longer, but some doing it tough (AIHW)

SNIPPET: Australians are living longer, are better educated and extending their stay in the workforce, but some people continue to be disadvantaged, according to the latest welfare report card from the Australian Institute of Health and Welfare (AIHW). According to the report , of the 23 million people living in Australia, 70% are in major cities, 3% are Indigenous and 27% were born overseas. About 105,000 people were homeless.

ADF completing tasks on Manus Island - Department of Defence

SNIPPET: Defence News Published: 07 August 2013. Defence personnel have defied the heat and humidity to rapidly complete tasks assisting the Department of Immigration and Citizenship (DIAC) on Manus Island, Papua New Guinea. The ADF has now completed all construction and remediation works requests on Manus Island and handed over the delegated projects to DIAC.

Defence supports Red Cross in blood challenge - Department of Defence

SNIPPET: Defence News Published: 06 August 2013. Vice Chief of the Defence Force, Air Marshal Mark Binskin joined Australian Red Cross Blood Service CEO Jennifer Williams and Defence Force Blood Ambassadors to launch Australias largest blood donation event. Vice Chief of the Defence Force, Air Marshal Mark Binskin, and Australian Red Cross Blood Service CEO Jennifer Williams have launched Australias largest blood donation event at the Australian Red Cross Blood Service Donation Centre in Canberra.

New ALRC Commissioner appointed and Final Terms of Reference announced for the Native Title Inquiry | ALRC

SNIPPET: The Australian Law Reform Commission (ALRC) welcomes the appointment by the Federal Attorney-General, the Hon Mark Dreyfus QC MP, of as a Commissioner to lead the ALRC's recently announced Inquiry into the Native Title Act 1993 (Cth). The for this Inquiry ask the ALRC to review the connection requirements relating to the recognition and scope of native title rights and interests and any barriers to access to justice for claimants, potential claimants and respondents imposed by the Native Title Act's authorisation and joinder provisions. ALRC President Professor Rosalind Croucher stated, 'Professor Godden has extensive experience in this complex area of law and I am delighted to welcome her to the ALRC to lead this Inquiry and the wide-ranging consultation process that it will involve.

Blue Line: Clarification regarding the inclusion of BMW vehicles in the AFP Protection fleet - Australian Federal Police

SNIPPET: The Australian Federal Police (AFP) would like to clarify media reporting in relation to the inclusion of BMW vehicles in the AFP's dignitary protection fleet. The AFP has a fleet of vehicles used for dignitary protection which includes both Ford Territory and BMW vehicles. After an extensive selection and tender process, as part of the long term plan to upgrade the AFP dignitary Protection fleet, 5 BMW xDrive 50i armoured security vehicles were purchased in October 2010..

Vote Gruen! Vote Hamster! | About the ABC

SNIPPET: Now that Australia has a Federal Election date, ABC TV can today finally confirm the new broadcast details for the return of its smash-hit TV franchises, GRUEN and HAMSTER. Gruen Nation four extra-length, extra-strength, election-oriented specials will premiere Wednesday, August 14, at 8:30pm on ABC1. ** Please note the last episode of Wednesday Night Fever will move to 9:45pm on Wednesday August 14.

HEYWIRE: Tell your story and make a real difference | About the ABC

SNIPPET: ABC Radio's Heywire initiative provides a powerful platform for young Australians to speak their mind and create change. Winning stories are presented on ABC Local Radio, ABC Radio National, ABC TV and abc.net.au. Heywire is a competition that bridges the divide between cities and regional Australia and equips these young people to become leaders in their communities.

Cultural institutions face ultimatum: Digitise or Perish // National Film and Sound Archive, Australia

SNIPPET: Rick Prelinger, Paula Le Dieu. The National Film and Sound Archive of Australia (NFSA) and ABC Arts will explore the challenges and opportunities that cultural institutions face in the digital age, in a discussion forum to be held at Parliament House on 12 August, titled Digitise or Perish. The internet offers us the chance to make our public cultural institutions genuinely public.

Major Project Approval Processes Need to be Improved - Australian Productivity Commission

SNIPPET: This media release accompanies the draft report which was released on 5 August 2013. The draft report also proposes statutory timelines for assessment and approval decisions, the wider use of Strategic Assessments, and the establishment of Major Project Coordination Offices. A final report will be submitted to the Australian Government in December 2013.

Breaking the Cycle of Homelessness | Social Inclusion

SNIPPET: In Australia, around 105,000 people are homeless on any given night, including people who are sleeping rough, or staying in temporary, unstable or substandard accommodation. Speaking about , Ms Lin Hatfield Dodds, Chair of the Australian Social Inclusion Board, says The past decade has seen global economic challenges, but Australia is doing well, and the fact that people are experiencing homelessness in Australia is unacceptable. Safe, affordable and accessible housing is essential for social inclusion. What people don't realise is that many people who are homeless, cycle between homelessness and marginal housing, including crisis accommodation.

Australian Health Survey: Biomedical Results for Chronic Diseases, 2011-12

SNIPPET: These documents will be presented in a new window. Commonwealth of Australia 2013.

ASIC releases small business booklet

SNIPPET: Monday 5 August 2013. Do you run a small business? ASIC has released a booklet to make complying with your legal obligations easier. Your obligations as a small business operator covers key topics such as: ASIC's regulatory role and functions types of business structures regulated by ASIC, responsibilities for managing businesses under a company or business name structure, and obligations under key ASIC-related laws.

Tweet | Like | +1

Pittwater Online News

August 11 - 17, 2013: Issue 123

We like, we post, we share—the online lives of Young Australians

The percentage of Australian eight to nine year olds who rate the internet as 'very important' in their lives has doubled since 2009, according to research released today by the Australian Communications and Media Authority (ACMA).

Launched today at the Cybersafety Summit by Senator the Honourable Kate Lundy, the Like, Post, Share: Young Australians' experience of social media research report outlines key trends in online use amongst children and teenagers, and also how their parents view their child's online world.

'Whether it's for study, playing games or connecting to friends and family, young Australians are placing more and more importance on the online aspects of their lives,' said ACMA Deputy Chairman Richard Bean.

'For most it's a positive experience but parents need to think about starting conversations about cybersafety with their kids earlier,' he added, with fewer eight to 11 year olds reporting having discussed these issues with their parents than 12 to 17 year olds.

Like, post, share studied the way children and young people use the internet and social media, and explored emerging trends such as the rise of mobile access to the internet. It follows up the ACMA's groundbreaking Click and Connect study of 2009.

Australia is on its way to becoming a networked society, and the ACMA conducts research with a view to ensuring that its responses to this changing environment remain positive, flexible and relevant. Australian citizens are citizens of an increasingly digital world and, in empowering citizens to enjoy positive online engagements, the ACMA's role as a facilitator and communicator is becoming at least as important as its narrow role as a regulator.

The ACMA's study also looked at children and young people's perceptions of the challenges they face online, and the role of other people—family, friends and teachers—in helping them navigate their way safely and positively.

Key findings include:

> While access via a computer still predominates, children and young people are increasingly gaining access to the internet on their mobile devices: eight to 11 year-olds use more than two devices to access the internet, and teenagers use at least three devices.

> Up to 35 per cent of eight to 11-year-olds have their own mobile phone, rising to 94 per cent of 16 to 17-year-olds.

> The majority of teenagers report using privacy settings on their social networking sites, with 66 per cent of 16 -17 year olds reporting their profiles are private. Younger teens are slightly less likely to have private profiles or take other steps to manage their privacy.

> Parents are the main source of advice and support for young people who are experiencing difficulties online. Up to three quarters of 12 to 17-year-olds have talked to their parents about how to stay safe online.

The full report *Like, post, share:Young Australians' experience of social media* is available for download — here

Mr Wiseacre Discourses. ON LIGHTHOUSES - for Children, from 1934, mentions Barrenjoey and Church Point

PITTWATER COUNCIL

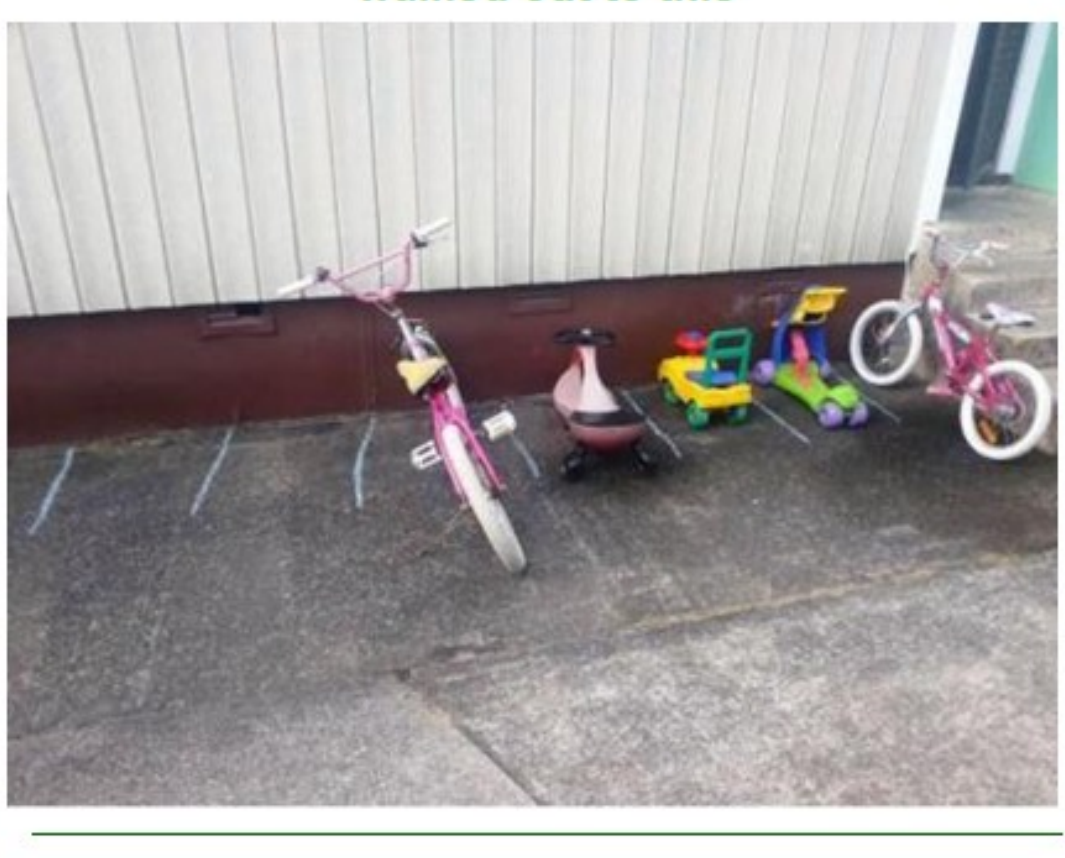
Reading at Twilight at Mona Vale Library - Roald Dahl - 21st Aug 2013, 6:30pm - 8pm

Join us for a family friendly night out, to celebrate the works of Roald Dahl. Selected readings with a glass of wine and light refreshments for Mum & Dad. Readings, popcorn and other fun stuff for children.

Ages: 8 to 80 Cost: This is a FREE event celebrating Children's Book Week, bookings essential on 9970 1600. Venue: Mona Vale Library

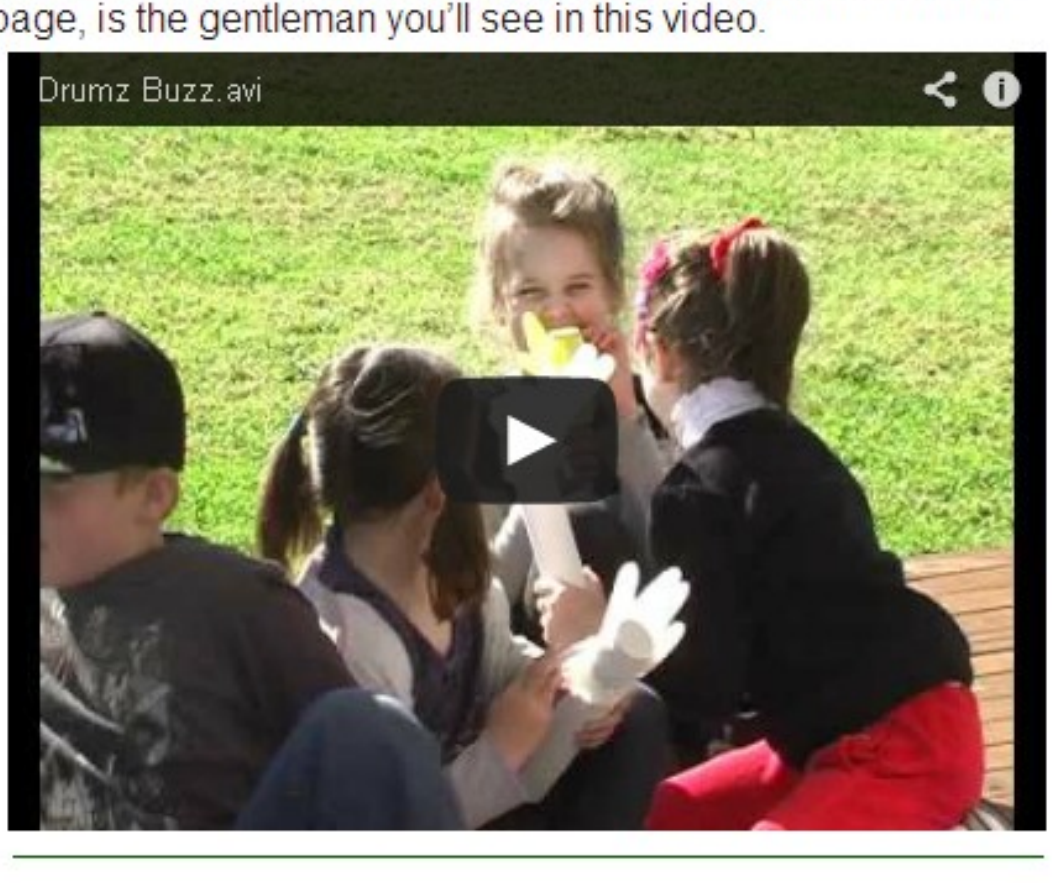
Contact: 9970 1600 Heather Thomson

Asked 7yr daughter to put her bike away neatly, walked out to this



Drumz Buzz

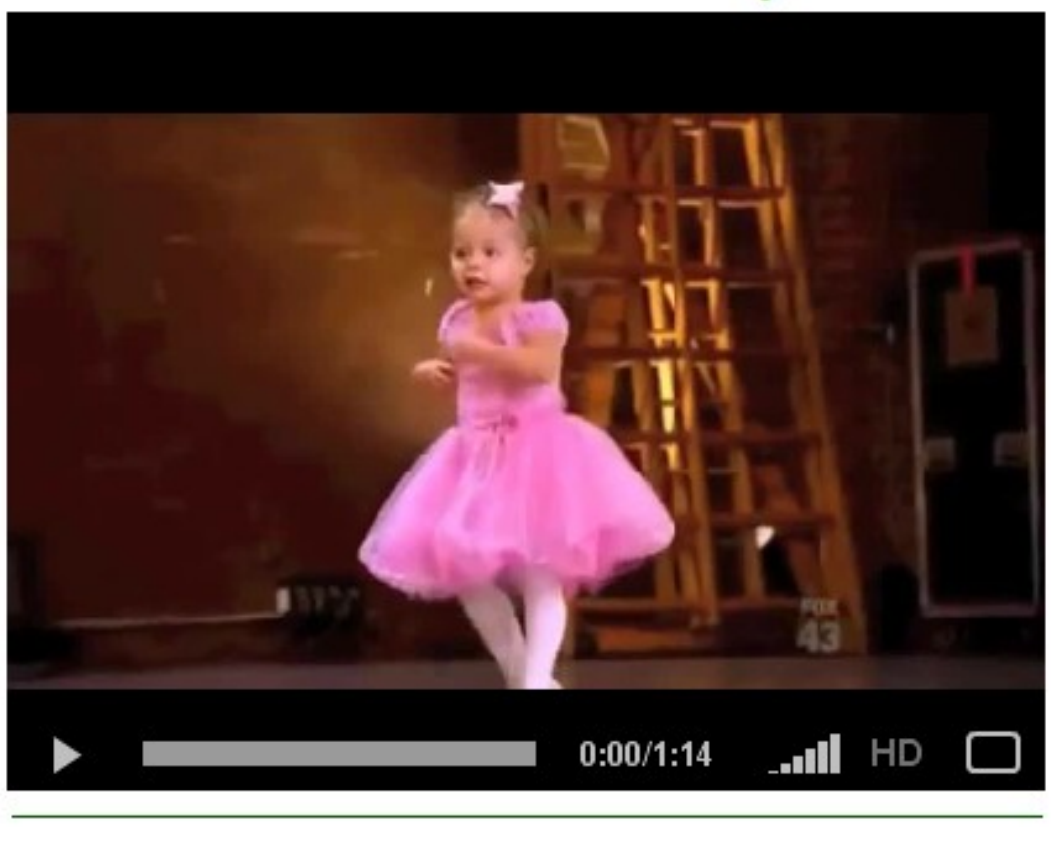
DrumzBuzz is a Sydney program of musical activities for creative kids. Mark Boyle, who has shared with us this week a few insights in Mona Vale Mountain Cub Scouts in our Profile page, is the gentleman you'll see in this video.



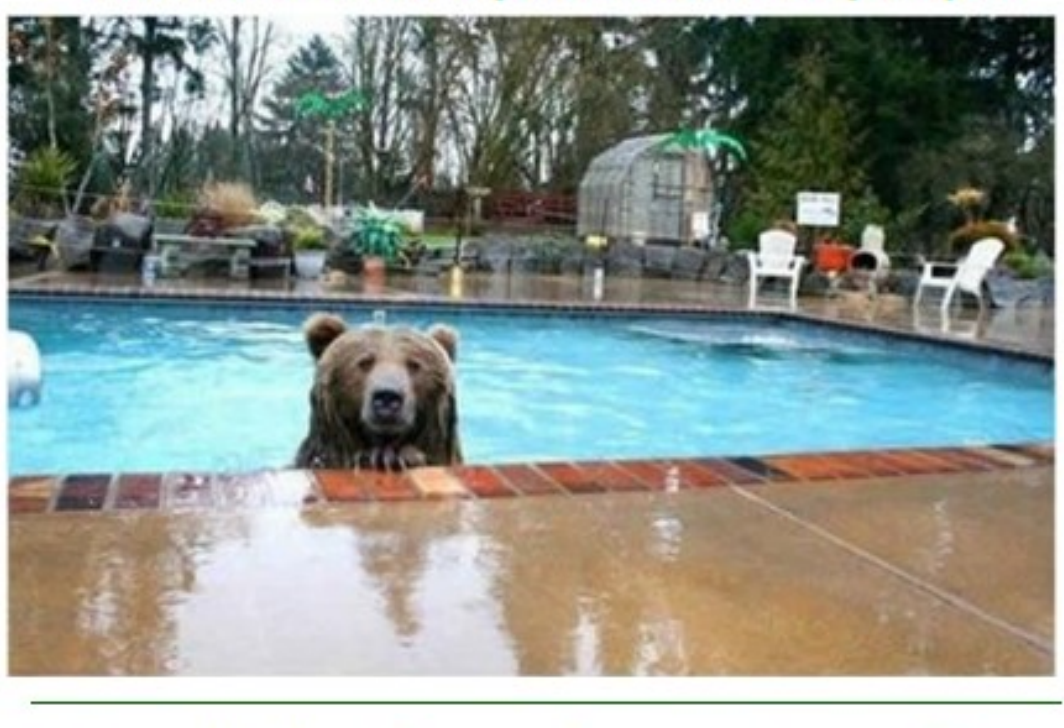
Mona Vale Mountain Cub Scouts Profile

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, they're also about great clubs and activities that you too can get involved in!

2 Year Old Ballerina Joins Mummy's Audition!



You build houses in my woods..I swim in your pool

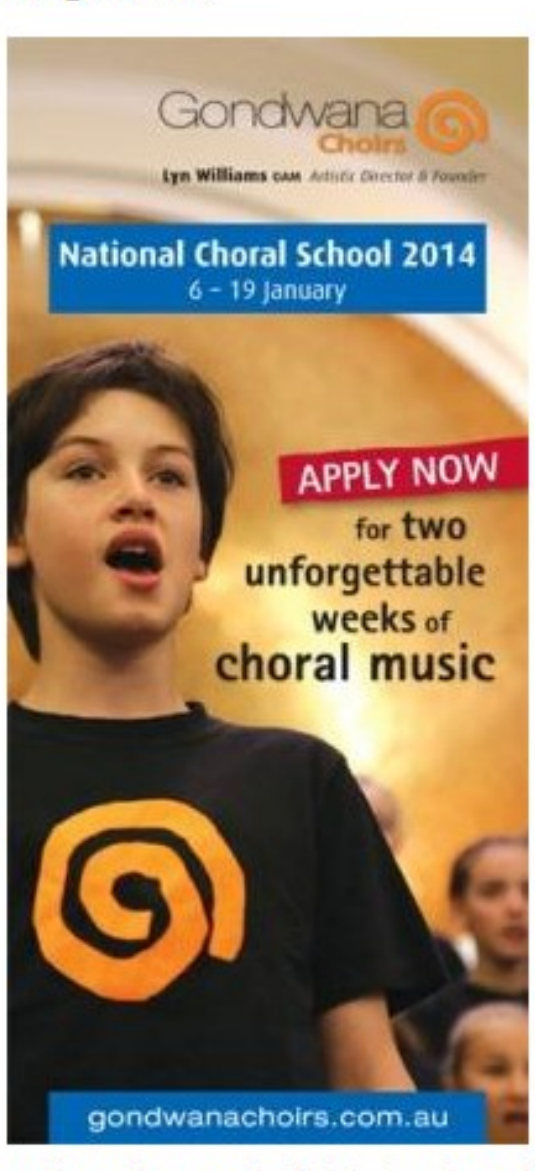


Living with Giant Bears : Documentary on Brown Bears Published on 16 Jul 2013 PG!

Living with Giant Bears : Documentary on Brown ...

Gondwana Choir

Singers! Composers! Conductors! Applications ARE OPEN for 2 unforgettable weeks of choral music at **National Choral School in Jan 2014. Apply by August 16!**


Gondwana Choirs
Lyn Williams OAM Artistic Director & Founder
National Choral School 2014
6 - 19 January
APPLY NOW for two unforgettable weeks of choral music
gondwanachoirs.com.au

Held annually, National Choral School places more than 300 of Australia's finest young voices, composers and conductors with expert artistic talent including Lyn Williams OAM, Carl Crossin OAM, Paul Holley, composers Paul Stanhope and Christopher Gordon, and international guest conductor Simon Carrington (Yale University Professor Emeritus and founding member of the legendary King's Singers) for two weeks of rehearsals, workshops and performance.

January is a special time for all Australians who share a passion for choral music. Gondwana National Choral School provides an ideal environment for conductors, composers, administrators, teachers and, of course, singers to indulge their passion and scale new heights in choral composition and performance.

Providing opportunities for all lovers of choral music, Gondwana Choirs has expanded its activities for 2014.

Our four dynamic national choirs will of course return and for the first time, the Gondwana Composer School will extend for the full period of National Choral School offering composers a range of experiences. Paul Stanhope and Christopher Gordon will lead Composer School in 2014.

Following its successful launch in 2013, the Gondwana Conducting Academy will return under the expert leadership of Graeme Morton AM, with continued support from the University of Queensland.

We will also be introducing a new internship program for promising arts administrators. At the other end of the choral spectrum, watch out for Gondweenies, a great new holiday day program for children aged 8-12.

I am thrilled to announce that our International Guest Conductor for 2014 will be Simon Carrington, Yale University Professor Emeritus and founding member of the legendary King's Singers. A new work has also been commissioned for the combined choirs from Lisa Young, founding member of Coco's Lunch.

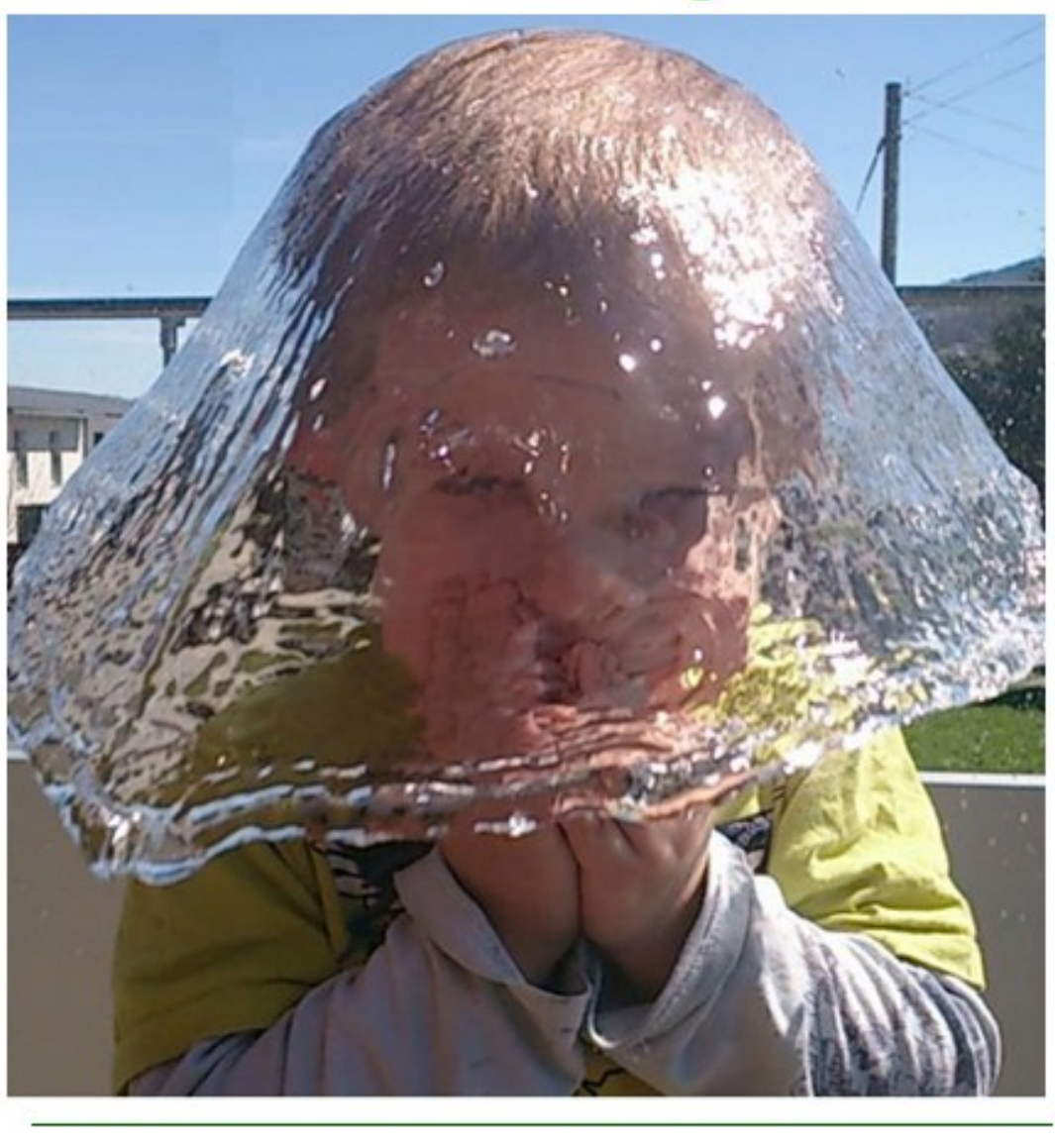
I look forward to seeing you all for two great weeks of sheer choral joy at Gondwana National Choral School 2014.

Lyn Williams, OAM

Artistic Director & Founder

See more and apply at: www.gondwanachoirs.com.au/main.htm

Photo Timing!



Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

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

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

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/

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN

FISHING
PICTURES
MICHAEL'S HABBIT
MONSTERS
ANIMALS
SCARY STORIES
INSECTS
ELEPHANTS
I STARTED SCHOOL
HOBBIES
BUILDING THINGS

The Federal Government's Department of Education, Employment and Workplace Relations has funded the Murdoch Childrens 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 designation of 2012 as 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 will need when it's time to start school. Let's Read anywhere, 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!

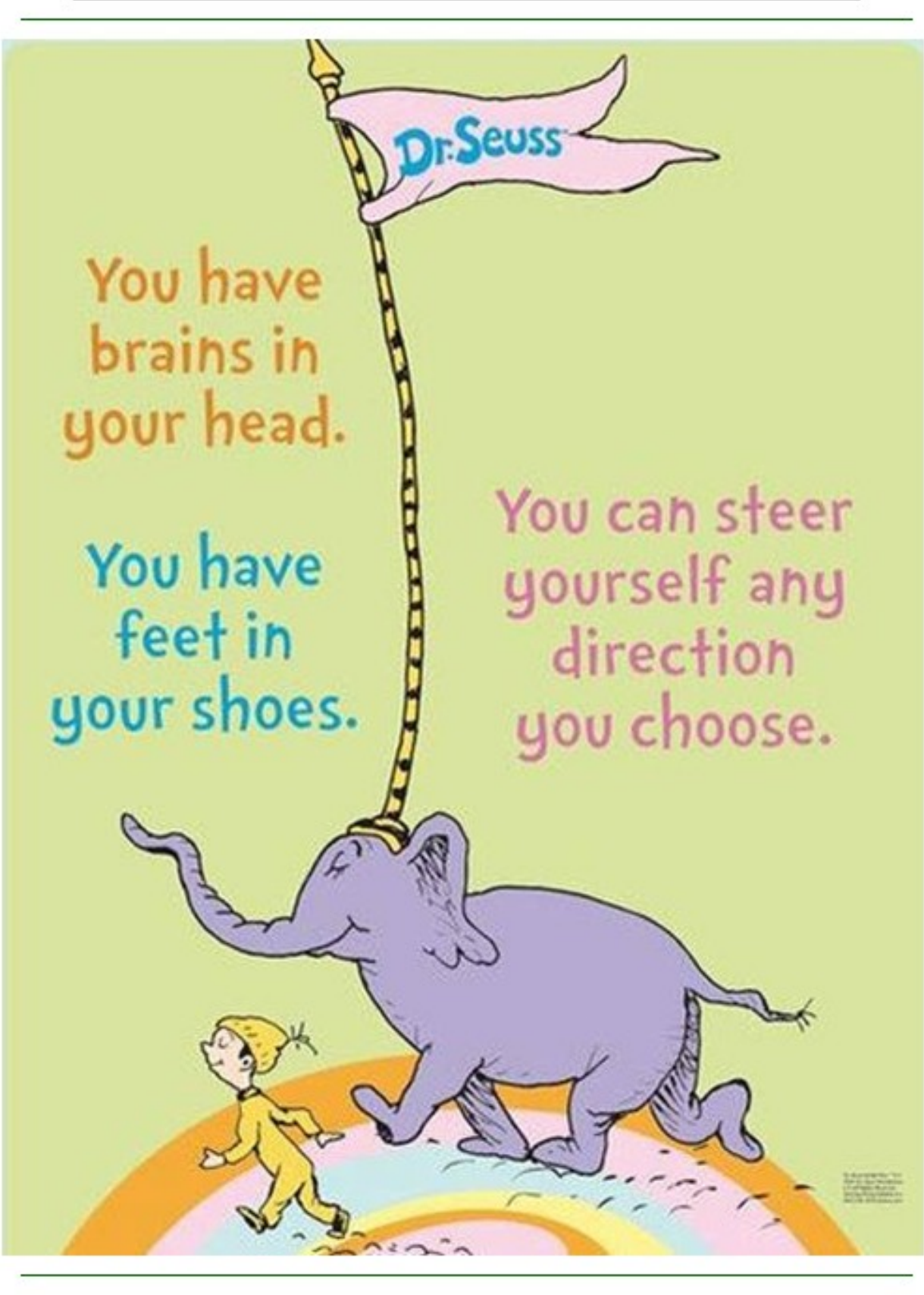
These reading tips and tools support families to share rhymes, songs and stories with children anywhere, anytime from birth to five years.

Giant Alien-Like Fish - Published on 28 Jul 2013

This giant alien-like fish is called the Ocean Sunfish, Moon Fish, or Mola Mola. They are heaviest of all bony fish and can be found in oceans all over the world. Fully grown adults can weigh over 5,000 pounds and grow up to 14 feet from top to bottom, and 10 feet wide, but unlike most fish, they actually have no tails.

This amazing image was snapped by Daniel Botelho while he was taking photos of blue whales off the coast of San Diego. Daniel is one of my favorite wildlife photographers as he specializes in underwater photography, check out his blog. http://www.danielbotelho.com/

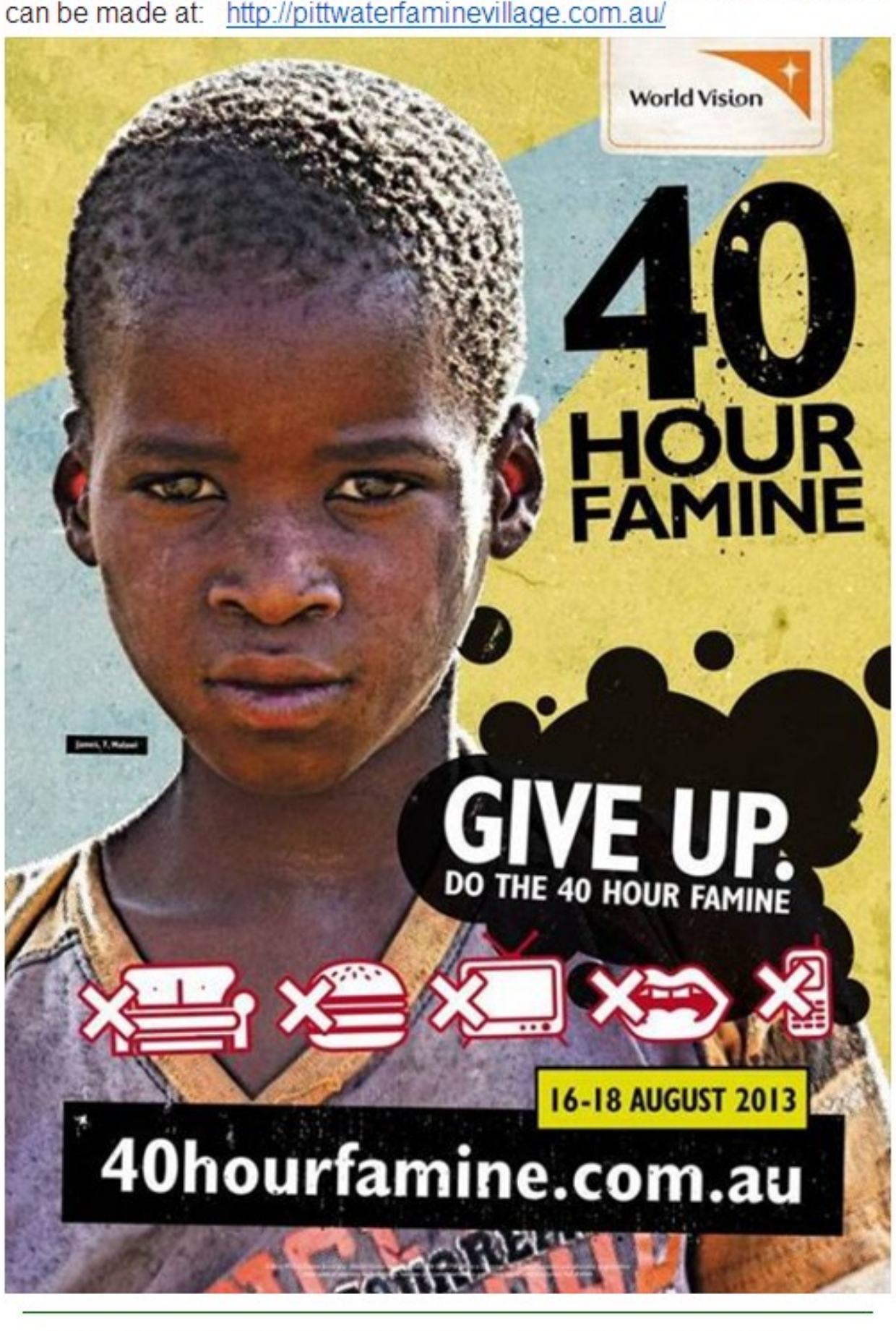
Giant Alien-Like Fish


Dr.Seuss
You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.

Pittwater Famine Village

To support the work of World Vision and the upcoming 40 Hour Famine event (**16 - 18 August 2013**), the "Pittwater Famine Village" has been organised by a coalition of Pittwater's Christian Churches (12 in all) who have joined together to mobilise the community to be more aware of world hunger and to help fight against it. This year World Vision's aid focus is mainly on Malawi in Africa where 74% of the people live on less than US$1.25 per day - compare that to Australia and especially Pittwater where no one lives on this small amount of money.

The break the famine event is proposed to be held at midday on Sunday 18th August at the Village Park Mona Vale (or in the Mona Vale Memorial Hall if wet) and we hope that the community will come along and support this event and raise additional funds on the day. Anyone who donates to or took part in the 40 Hour Famine will get a free sausage sandwich to mark the end of the 40 hours. Just bring your receipt along or your donation book as proof of participation. Donations can be made at: http://pittwaterfaminevillage.com.au/



MWBA PRIMARY AGE, BASKETBALL COMP: 'THE POTTER LEAGUE'

WHEN: Starts in August runs 'til December (No games in school holidays)

WHO: For new players. Individual players or a team of 7 & 10 players.

COST: $150 per player includes registration, insurance, game fees, playing singlet, on court coaching & referees

VENUE: NBISC, Jacksons Rd, Warriewood

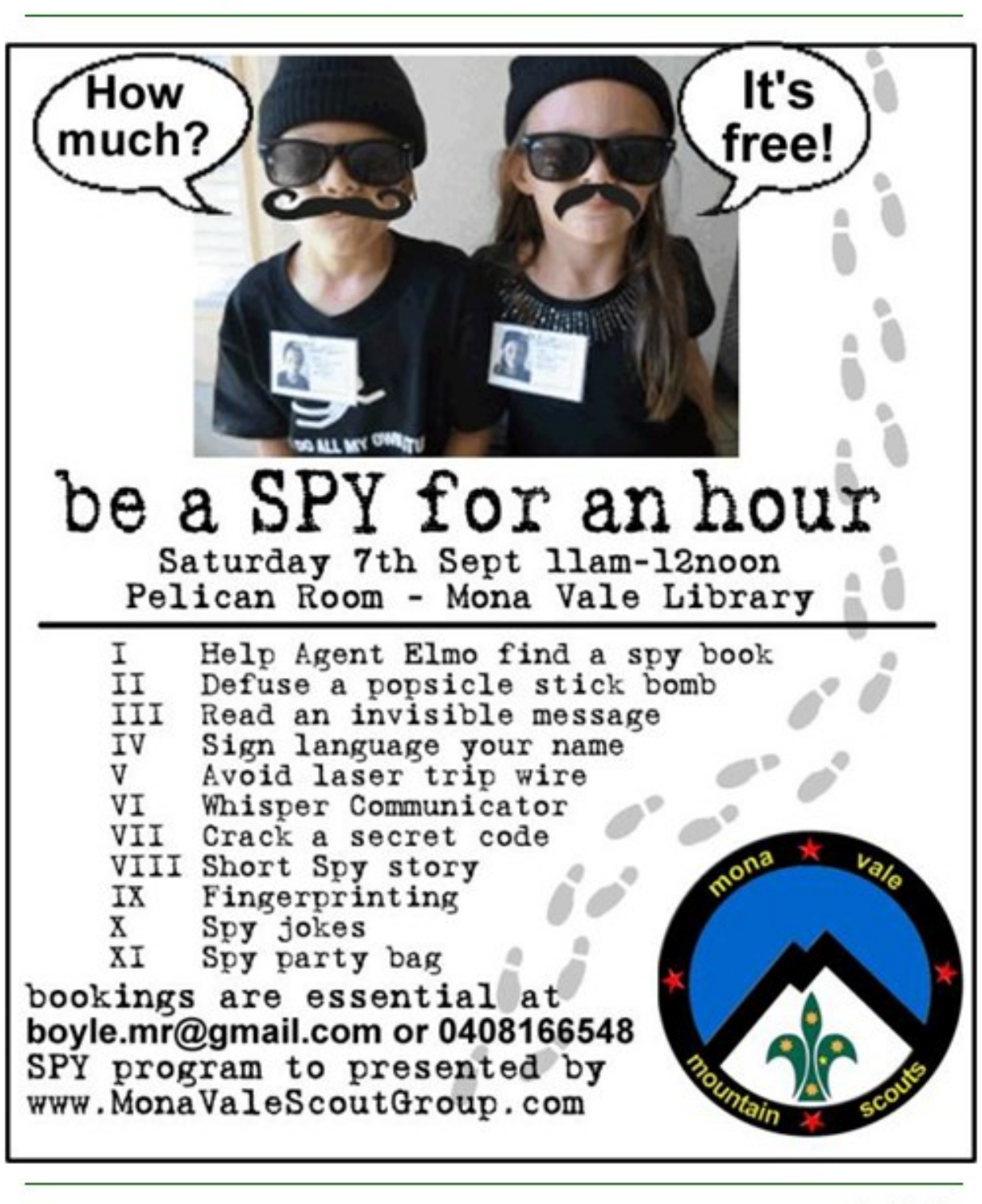
GAME TIMES:

Mixed SEX YR1/2 & YR 3/4
Tuesdays 4pm/4.40pm/5.20pm

Mixed sex YR 5/6 and All Girls
Saturdays 3.30/4.20/5.10pm

BASKETBALLTRAINING : Saturday during school term at Northern Beaches Indoor Sports Centre, Jackson Rd, Warriewood, (ages 7 & under session 2.30-3.30pm, ages 8 & over mixed session 3.30-4.30pm)

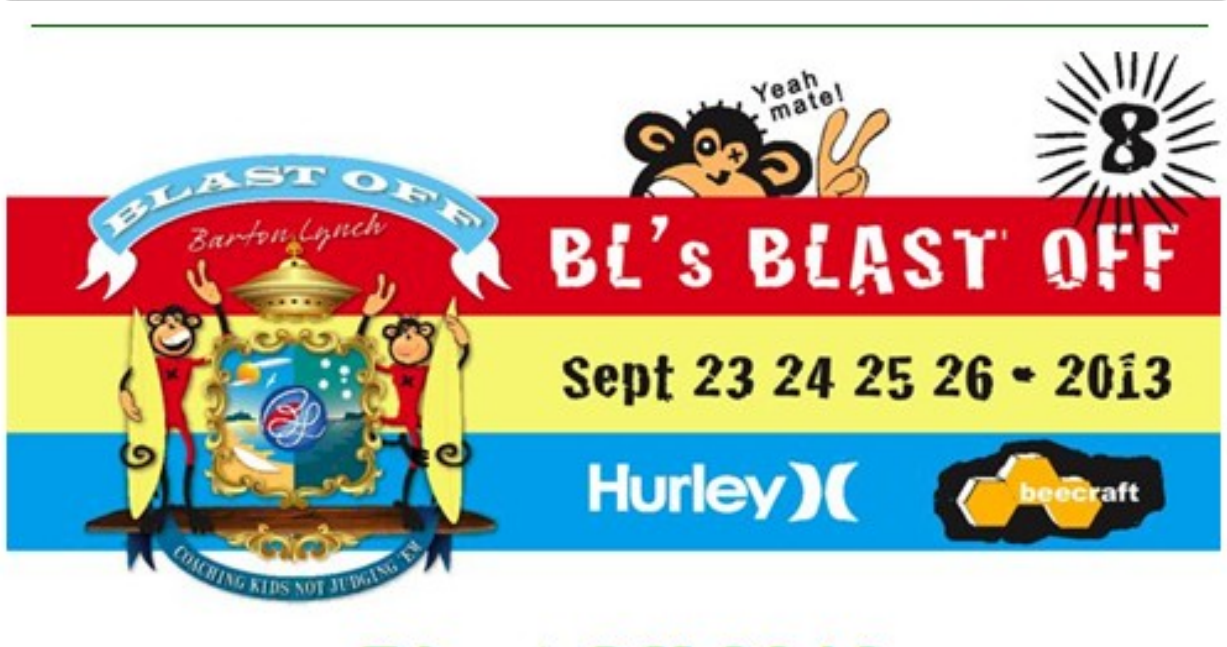
Expert coaching plus short game $9 per session


How much?
It's free!

be a SPY for an hour
Saturday 7th Sept 11am-12noon
Pelican Room - Mona Vale Library

I Help Agent Elmo find a spy book
II Defuse a popsicle stick bomb
III Read an invisible message
IV Sign language your name
V Avoid laser trip wire
VI Whisper Communicator
VII Crack a secret code
VIII Short Spy story
IX Fingerprinting
X Spy jokes
XI Spy party bag

bookings are essential at
boyle.mr@gmail.com or 0408166548
SPY program to presented by
www.MonaValeScoutGroup.com



Blast Off 2013

FOR ALL ENQUIRIES RE THE ONLINE PROCESSING OF ENTRIES PLEASE CALL 02 82276469 - THIS INCLUDES ALL QUERIES RE CARD PROCESSING & ENTRY CONFIRMATION.

ONCE SUCCESSFULLY ENTERED YOU WILL AUTOMATICALLY BE SENT A CONFIRMATION EMAIL - IF NOT RECEIVED PLEASE CHECK YOUR "JUNK" IN CASE YOUR SYSTEM HAS FILTERED IT OUT. YOU CAN AVOID THIS BY ADDING INFO@BLBLASTOFF.COM.AU TO YOUR CONTACTS.

Enter At: http://www.blblastoff.com.au/HOME.html

BackMeUp
Don't stand by. It could be YOU!

BackMeUp poll - Posted 14 May 2013 by Commission

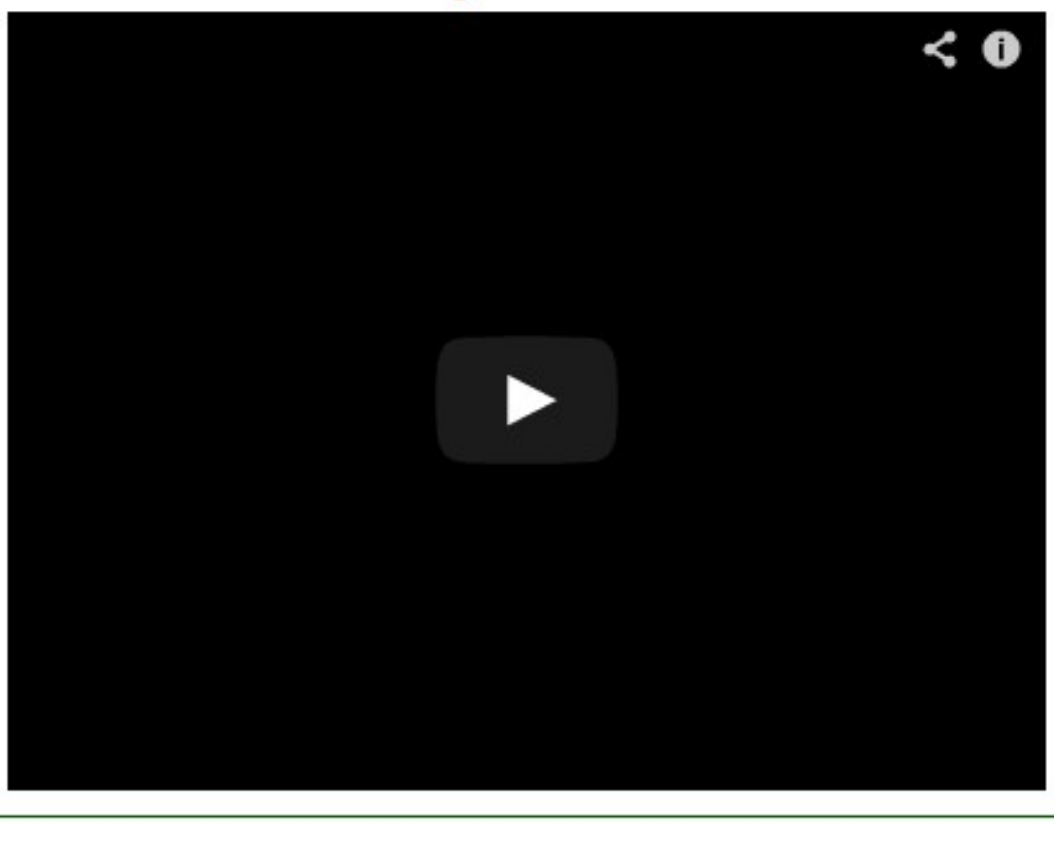
The BackMeUp cyberbullying video competition is going to run again in 2013 and we need your help to select the best prizes for the winning videos. Vote HERE

A reminder that the BackMeUp survey is still running, and we'd love to hear your thoughts. **Complete the survey by the 14th of September and you could go into the draw to win $50 JB Hi-Fi vouchers!** Stay tuned! Survey At: www.surveymonkey.com/s/XFXKXZC

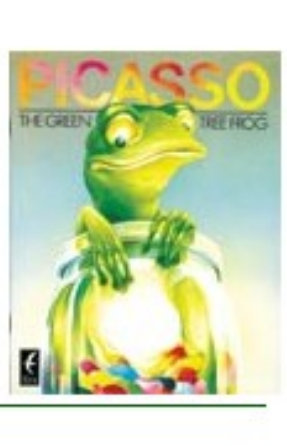
Stories for you already run:

Adrenalin 360 Surf and Skate Competition and Kids Festival
Are You up to the RED BELT CHALLENGE by Hoshin Australia
ArtFest 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 Islander Veterans 6th Annual Commemorative Service at Hyde Park
Bilgola Plateau's NAIDOC Week Celebrations; Darinyung Sculpture and Under A Starry Sky
Dance Fever 2012 by Peta Wise
Friendly Toulouse Goose at 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 Conn and Peta Wise
Heartsong - an Anthology of Pittwater Poetry Launched
Hoishin 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 2012
Mona Vale Public School's Centenary Launch
Mona Vale Public School Centenary Festival Day 15th of September, 2012
MV Reliance and Maria Regina Avalon - Clareville Outing
Newport Student Wins RMYC MArine Art Prize
NLASC Narrabeen Rockpool Learn to Swim Program by J P Fisher and Glenn Nicholls
Online World To Be Safer - Sonar Dolphins Arise!
Pacific Black Duck taking a bath at Careel Creek
Pelican Dreamsong - A Legend of the Great Flood - **dreamtime legend for children**
Pink Ribbon Day at Maria Regina by Joanne Seves
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 'play!' 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 Sabri 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**
Zoomobile at Loquat Valley School, Bayview

My Little Pony (Full Movie) - Twinkle Wish Adventure from DisneyFilms - Feb 2013



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 the 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 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

NATIONAL GEOGRAPHIC
Little kids
Tree Frog

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

Tweet Like +1

Our World: What is a Cloud?

In this NASA video segment learn about the different types of clouds and cloud formation. Find out more about the relationship between clouds and weather on Earth.

Our World: What is a Cloud?
cirrus
0:00 / 2:41

Change the World in 5 Minutes - Everyday at School

Can a bunch of school kids really change the world in five minutes a day? This class of primary school kids demonstrate over the course of a week that it only takes five minutes a day to make a positive impact—from recycling to planting fruit and veg and telling jokes.

Change the World in 5 Minutes - Everyday at School
Think Twice.
Do You Need the Air-Con On?

cool australia's enviroweek
25 - 31 AUGUST, 2013

Challenge yourself during Enviroweek

Enviroweek is a week of action when Australian students take on a green challenge to create good habits for a healthy planet. **Enviroweek runs from 25 – 31 August 2013** and students all around the country are invited to participate.

To join Enviroweek, simply go online, choose a challenge, sign up and take action.

There are fun challenges for everyone – Foodie, Shopper, Waste Warrior, Green Thumb, Water Lover, Tree Hugger, Sparky and Traveller. Sign up as an individual, class or school and see how much much of difference you can make.

More than 115, 000 students joined Enviroweek in 2012, saving 18 331 t CO2-E (Carbon Dioxide Equivalent).Join the thousands of students creating good habits for life in 2013.

Real-life learning

Through Enviroweek students experience that positive action counts. Enviroweek challenges show how much carbon dioxide (black balloons), water (bathtubs), land (bedrooms) and money (dollar signs) are saved through the action – for the week and, if kept up, for the year.

Why schools join in

Enviroweek is an opportunity to celebrate existing environmental projects, reinvigorate lapsed projects and get new ones underway. Schools use Enviroweek to raise their environmental leadership profile and engage the whole school in sustainability programs. There are also prizes worth more than $35 000 for schools, classes and students. Everyone who participates receives a certificate.

Free on-line education resources

Enviroweek is organised by Cool Australia, an innovative not-for-profit focused on educating young Australians for a sustainable future.

Cool Australia provides free award-winning online curriculum-linked education resources to teachers and students.

Find out more at Enviroweek: www.enviroweek.org

Cool Australia free education resources: www.coolaustralia.org

Or even Ingleside Wildflowers August 2013 This Issue

Hurley Surfing Australia High Performance Centre - Grand Tour With Barton Lynch

Hurley Surfing Australia High Performance Centr...

Tweet Like +1

August 11 - 17, 2013: Issue 123

2013 National Youth Award Winners

A massive congratulations goes out to the inaugural National Youth Awards winners! Choosing a winner was not easy…we had some truly fantastic finalists and it has been amazing to discover just how talented and inspiring young Australians are.

Our 2013 NYA winners and finalists are:

The Safer Communities Award

Ashley White (SA)

Ashley is a young man who strived to connect with other same-sex -attracted youth to gauge if a support group was needed in their local community. Working with Anglicare, Ashley set up an ongoing group and assisted 40 other young men to find a place within the community where they felt safe and connected to others in their area.

Jeremy Kuiper (NSW)

Piper Stewart (NSW)

The Health and Wellbeing Award

Jessica Barlow (Vic)

Jessica set up the Brainwash Project, an initiative that encourages more transparency between magazines publishing photo-shopped images and their readers. Jessica also put together a 188-page magazine for teenage girls in April 2013, a publication which involved over 100 volunteer writers, photographers and artists.

Zoe Heiniger (NSW)

Cameron Duggin (NSW)

Jake Downward (Vic)

The Creating Pathways Award

Sahema Saberi (Vic)

Sahema is a refugee from Afghanistan who migrated to Australia in 2005. She joined the Australian Hazara Students Group as she had minimal education and experienced difficulties studying in mainstream school. Sahema was appointed President of the Australian Hazara Students Group in August 2011.

Kate Crowhurst (Vic)

Amy Hetherington (NT)

Dane Moores (ACT)

The Community Leadership Award

Adam Pulford (Vic)

Adam was one of four people nationally who led the Oaktree Foundation's Roadtrip to End Poverty. He has also worked with PROJECT ROCKIT and is the 2013 Australian Youth Representative to the United Nations.

Tessa Henwood-Mitchell (SA)

Thom Woodroofe (Vic)

Tara Fatehi (SA)

The Personal Courage Award

Skye Clayton (NT)

Skye is 22 years old and up until March 2013, she was homeless. After going between living in Aboriginal hostels, caravan parks and family and friends, Skye now works at Job Services Australia as a Youth Employment Consultant. Her job is to help young people aged between 16 and 24 engage in employment, education or training.

John Attard (NSW)

Ann-Maree Russell (QLD)

William Chapman (NSW)

The Cultural Understanding Award

Lachlan Cooke (WA)

After attending a Leadership Camp in the Kimberley, Lachlan become more aware of the extreme health and educational disparities faced by Indigenous children living in remote regions of Australia. Following this trip, Lachlan met with indigenous elders from the Beagle Bay community before starting the Indigenous Communities Education and Awareness (ICEA) Foundation.

Joel Kuperholz (Vic)

Chern'ee Sutton (QLD)

Fablice Manirakiza (Vic)

The Positive Media Award

Louise Turk (Illawarra Mercury, NSW)

Louise wrote an excellent story on Headspace Shoalhaven, which is helping to make a significant difference in the lives of youths living on the South Coast of New South Wales. The youth health centre helps cater for issues ranging from depression, anxiety, alcoholism and drug addiction to physical health problems.

View the winning article.

Samantha Donovan (ABC Radio, Vic)

Michael Short (Fairfax Media, Vic)

Well done to all winners, finalists and entrants, NYA Selection Panel and to everyone involved in the inaugural Awards. Stay tuned in the National Youth Week website in coming months for information on the 2014 NYA and how you can apply or nominate someone for an award!

What are the National Youth Awards?

The National Youth Awards are an Australian Government initiative to celebrate, acknowledge and recognise Australia's young people. The annual Awards will provide acknowledgement of outstanding achievements, by young people for young people.

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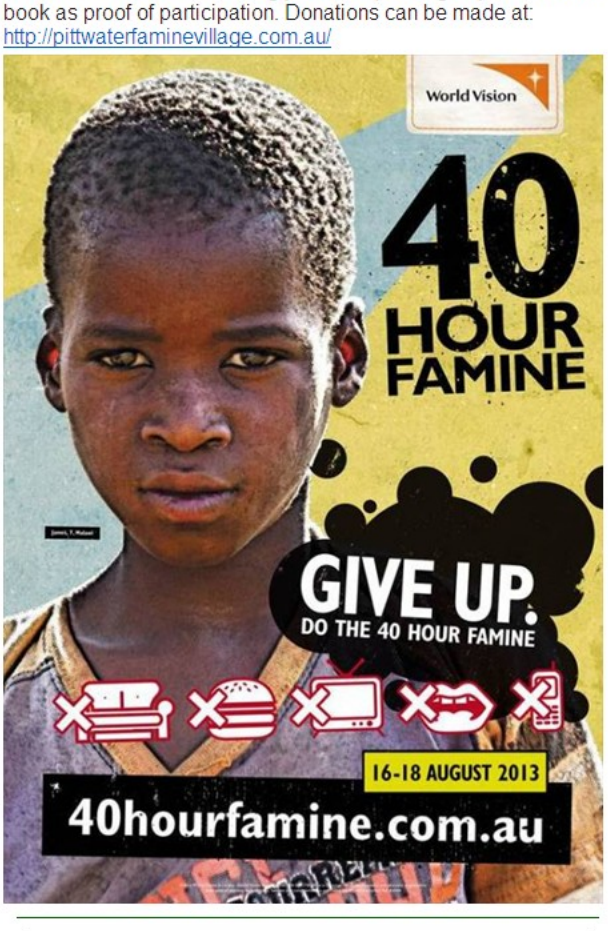


Original Source Intense Surf Challenge
INTENSESURFCHALLENGE.COM

ORIGINAL SOURCE INTENSE SURF CHALLENGE

Australia's leading big-wave maniacs are on a new hunt with the launch today of the inaugural Original Source Intense Surf Challenge

But they won't be alone as the public will be riding with the contestants on every massive wave in this unique, interactive, digital surf tour.

Fifteen of Australia's top big-wave surfers and slab hunters were invited to join the six-month competition running **from 1st August, 2013, to 31st January, 2014 with the winner to receive $30,000.**

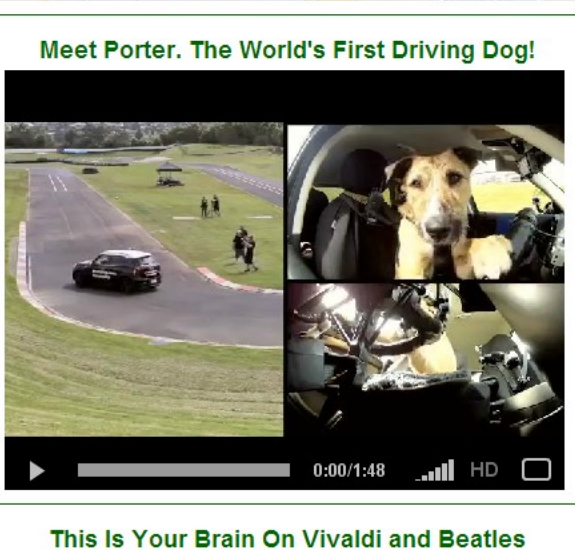
The 15 surfers taking on the challenge are: Jamie Mitchell, Asher Pacey, Jeff Rowley, Richie Vaculik, Riley Laing, Kerby Brown, Marti Paradisis, Dean Morrison, Anthony Walsh, Laurie Towner, Ryan Hipwood, Dean Bowen, Tyler Hollmer-Cross, Brett Burcher and Josiah Schmucker.

The event's ambassador is big-wave champion Mark Mathews.

Each month, the contestants will submit to the event website www.intensesurfchallenge.com a 30 second clip of them riding an intense wave, which can be from past exploits or during the competition period. **Each clip will be open to public vote** and the website will host a live leader tally board constantly updating so surfers and the public will know who is leading at any stage of the day.

Photographic Timing

Meet Porter. The World's First Driving Dog!



This Is Your Brain On Vivaldi and Beatles

Aug. 7, 2013 — Listening to music activates large networks in the brain, but different kinds of music are processed differently. A team of researchers from Finland, Denmark and the UK has developed a new method for studying music processing in the brain during a realistic listening situation. Using a combination of brain imaging and computer modeling, they found areas in the auditory, motor, and limbic regions to be activated during free listening to music. They were furthermore able to pinpoint differences in the processing between vocal and instrumental music.

The new method helps us to understand better the complex brain dynamics of brain networks and the processing of lyrics in music. The study was published in the journal *NeuroImage*.

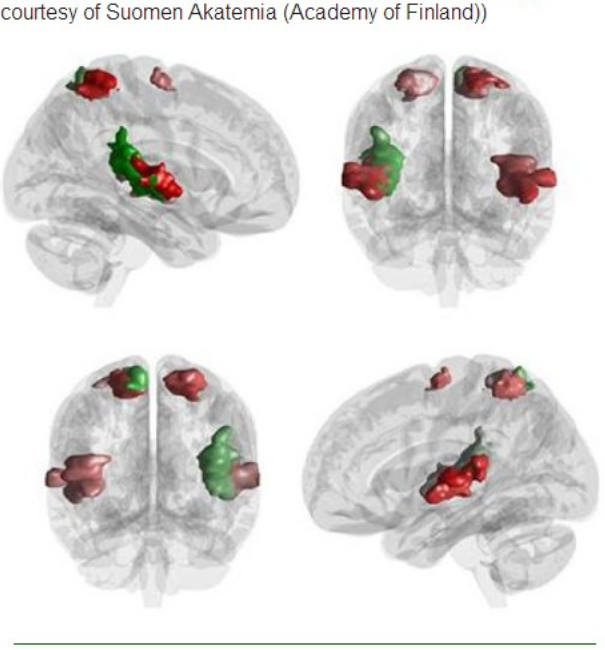
Using functional magnetic resonance imaging (fMRI), the research team, led by Dr. Vinoo Alluri from the University of Jyväskylä, Finland, recorded the brain responses of individuals while they were listening to music from different genres, including pieces by Antonio Vivaldi, Miles Davis, Booker T. & the M.G.'s, The Shadows, Astor Piazzolla, and The Beatles. Following this, they analyzed the musical content of the pieces using sophisticated computer algorithms to extract musical features related to timbre, rhythm and tonality. Using a novel cross-validation method, they subsequently located activated brain areas that were common across the different musical stimuli.

The study revealed that activations in several areas in the brain belonging to the auditory, limbic, and motor regions were activated by all musical pieces. Notable, areas in the medial orbitofrontal region and the anterior cingulate cortex, which are relevant for self-referential appraisal and aesthetic judgments, were found to be activated during the listening. A further interesting finding was that vocal and instrumental music were processed differently. In particular, the presence of lyrics was found to shift the processing of musical features towards the right auditory cortex, which suggests a left-hemispheric dominance in the processing of the lyrics. This result is in line with previous research, but now for the first time observed during continuous listening to music.

"The new method provides a powerful means to predict brain responses to music, speech, and soundscapes across a variety of contexts," says Dr. Vinoo Alluri.

Vinoo Alluri, Petri Toiviainen, Torben E. Lund, Mikkel Wallentin, Peter Vuust, Asoke K. Nandi, Tapani Ristaniemi, Elvira Brattico. **From Vivaldi to Beatles and back: Predicting lateralized brain responses to music.** NeuroImage, 2013; 83: 627 DOI: 10.1016/j.neuroimage.2013.06.064

Using a combination of brain imaging and computer modeling, researchers found areas in the auditory, motor, and limbic regions to be activated during free listening to music. (Credit: Image courtesy of Suomen Akatemia (Academy of Finland))



If We Landed On Europa, What Would We Want to Know?

Aug. 7, 2013 — Most of what scientists know of Jupiter's moon Europa they have gleaned from a dozen or so close flybys from NASA's Voyager 2 spacecraft in 1979 and NASA's Galileo spacecraft in the mid-to-late 1990s. Even in these fleeting, paparazzi-like encounters, scientists have seen a fractured, ice-covered world with tantalizing signs of a liquid water ocean under its surface. Such an environment could potentially be a hospitable home for microbial life. But what if we got to land on Europa's surface and conduct something along the lines of a more in-depth interview? What would scientists ask?

A new study in the journal *Astrobiology* authored by a NASA-appointed science definition team lays out their consensus on the most important questions to address.

"If one day humans send a robotic lander to the surface of Europa, we need to know what to look for and what tools it should carry," said Robert Pappalardo, the study's lead author, based at NASA's Jet Propulsion Laboratory, Pasadena, Calif. "There is still a lot of preparation that is needed before we could land on Europa, but studies like these will help us focus on the technologies required to get us there, and on the data needed to help us scout out possible landing locations. Europa is the most likely place in our solar system beyond Earth to have life today, and a landed mission would be the best way to search for signs of life."

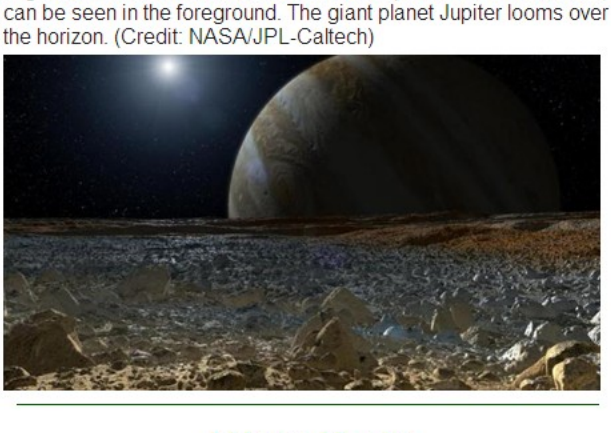
The paper was authored by scientists from a number of other NASA centers and universities, including the Johns Hopkins University Applied Physics Laboratory, Laurel, Md.; University of Colorado, Boulder; University of Texas, Austin; and the NASA Goddard Space Flight Center, Greenbelt, Md. The team found the most important questions clustered around composition: what makes up the reddish "freckles" and reddish cracks that stain the icy surface? What kind of chemistry is occurring there? Are there organic molecules, which are among the building blocks of life?

Additional priorities involved improving our images of Europa - getting a look around at features on a human scale to provide context for the compositional measurements. Also among the top priorities were questions related to geological activity and the presence of liquid water: how active is the surface? How much rumbling is there from the periodic gravitational squeezes from its planetary host, the giant planet Jupiter? What do these detections tell us about the characteristics of liquid water below the icy surface?

"Landing on the surface of Europa would be a key step in the astrobiological investigation of that world," said Chris McKay, a senior editor of the journal Astrobiology, who is based at NASA Ames Research Center, Moffett Field, Calif. "This paper outlines the science that could be done on such a lander. The hope would be that surface materials, possibly near the linear crack features, include biomarkers carried up from the ocean."

R.T. Pappalardo, S. Vance, F. Bagenal, B.G. Bills, D.L. Blaney, D.D. Blankenship, W.B. Brinckerhoff, J.E.P. Connerney, K.P. Hand, T.M. Hoehler, J.S. Leisner, W.S. Kurth, M.A. McGrath, M.T. Mellon, J.M. Moore, G.W. Patterson, L.M. Prockter, D.A. Senske, B.E. Schmidt, E.L. Shock, D.E. Smith, K.M. Soderlund. **Science Potential from a Europa Lander.** Astrobiology, 2013; 130807073521003 DOI: 10.1089/ast.2013.1003

This artist's concept shows a simulated view from the surface of Jupiter's moon Europa. Europa's potentially rough, icy surface, tinged with reddish areas that scientists hope to learn more about, can be seen in the foreground. The giant planet Jupiter looms over the horizon. (Credit: NASA/JPL-Caltech)



I Heart Music

4 beats to the bar

70 beats in a minute

3 billion beats in a lifetime

For **National Scienceweek (August 10-18)**, at venues around Australia you can have your heart beat recorded - played to musicians and streamed back to you. You may also have the opportunity to do your own Electro Cardio Graph (ECG), watch a live Cardiac Ultrasound and try to control your own heart beat just with your thoughts. We are creating new opportunities all the time so come back for more information.

See more at http://mohdiheartmusic.eventbrite.com.au/

Gondwana Choir

Singers! Composers! Conductors! Applications ARE OPEN for 2 unforgettable weeks of choral music at **National Choral School in Jan 2014. Apply by August 16!**

Gondwana Choirs
Lyn Williams OAM Artistic Director & Founder
National Choral School 2014
6 - 19 January
APPLY NOW
for two unforgettable weeks of choral music
gondwanachoirs.com.au

Held annually, National Choral School places more than 300 of Australia's finest young voices, composers and conductors with expert artistic talent including Lyn Williams OAM, Carl Crossin OAM, Paul Holley, composers Paul Stanhope and Christopher Gordon, and international guest conductor Simon Carrington (Yale University Professor Emeritus and founding member of the legendary King's Singers) for two weeks of rehearsals, workshops and performance.

January is a special time for all Australians who share a passion for choral music. Gondwana National Choral School provides an ideal environment for conductors, composers, administrators, teachers and, of course, singers to indulge their passion and scale new heights in choral composition and performance.

Providing opportunities for all lovers of choral music, Gondwana Choirs has expanded its activities for 2014.

Our four dynamic national choirs will of course return and for the first time, the Gondwana Composer School will extend for the full period of National Choral School offering composers a range of experiences. Paul Stanhope and Christopher Gordon will lead Composer School in 2014.

Following its successful launch in 2013, the Gondwana Conducting Academy will return under the expert leadership of Graeme Morton AM, with continued support from the University of Queensland.

We will also be introducing a new internship program for promising arts administrators. At the other end of the choral spectrum, watch out for Gondweenies, a great new holiday day program for children aged 8-12.

I am thrilled to announce that our International Guest Conductor for 2014 will be Simon Carrington, Yale University Professor Emeritus and founding member of the legendary King's Singers. A new work has also been commissioned for the combined choirs from Lisa Young, founding member of Coco's Lunch.

I look forward to seeing you all for two great weeks of sheer choral joy at Gondwana National Choral School 2014.

Lyn Williams, OAM

Artistic Director & Founder

See more and apply at: www.gondwanachoirs.com.au/main.htm

flightradar24

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? On flightrader24.com you can do just that.

I just watched on my laptop the plane whose vapour trail I could see over head and was blown away by all the information and also the view. This is definitely a keeper.

You are also going to be totally blown away when you see how many aircraft are flying in your area. I can now see why an aircraft traffic controller is one very, very busy person.

If you can get this working for you it will tell you 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 all the aircraft in the air right now. In the left hand column, there is a box called "planes." The number in the box is the number of aircraft airborne. This view is what the traffic management people see for planning purposes at the various airports.

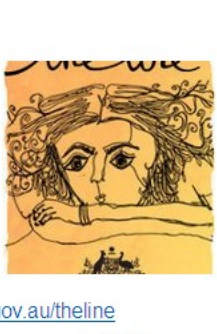
Every day you see planes in the sky, sometimes very high, with or without con-trails. We ask ourselves questions :

What type of plane, airbus A320,330,350? Boeing.....or other. Where does it come from, where is it going, what altitude, what speed, what company etc. on this website you can see all the information instantly on your screen.

Some tricks;

Drag the map to take you to the area you want to view. To view your region or town, you can zoom in by tapping with your mouse. On the map you will see all the planes in the air. Click on a airplane, and on the left screen you will get all the info. Airline, type, speed, altitude in real time, recalculated every 10 seconds. On some you can also click on 'view from the cockpit'. See www.flightradar24.com/

The Line



Official "The Line" page on Facebook, brought to you by the Australian Government. We've created this space to discuss respectful relationships. Please read our moderation guidelines before participating http://on.fb.me/Yp9eYv

Do you need information on respectful relationships and where to draw The Line?

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

If you need help or would like to talk to someone call: 1800 MYLINE (1800 695 463) to talk confidentially and for free with a trained counsellor or Kids Helpline on 1800 55 1800.

Numbers operate 24 hours a day, 7 days a week and the person you speak to will be an experienced counsellor, not the police, not a government department. You will not have to give your name.

* Please note that all mobile phone calls made from within Australia to Kids Helpline—using Optus (including Virgin), Vodafone, and Telstra—and 1800 Respect—using Telstra—are now free.

Online Safety and Cyberbullying: Are you being bullied online or has something happened online that makes you feel uncomfortable, scared or sad? Call Kids Helpline on 1800 55 1800 or go to the Kids Helpline online counselling service

Relationship Violence: Are you or have you been: scared of someone hurting you? sexually assaulted? concerned about violence in a relationship with a friend, partner or family member? Call 1800 RESPECT (1800 737 732) or talk to a counsellor online.

Crisis Support, Suicide and Mental Health

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

Bullying; NO WAY !!!

This website has many different items and guidelines on how to deal with bullying. If you can't find it there, ask someone in school or talk to mum and dad. **Make sure you are heard**. We are here to lift each other up, not tear each other down. Anyone who tries to tell you otherwise is wrong.

Don't follow the Guru
you are the Guru

AUSTRALIAN NAVY CADETS - On the Northern Beaches

Learn about sailing and seamanship, develop leadership skills and learn how to communicate effectively. Develop confidence, pride and self-discipline whilst having an ocean of fun and making loads of new friends along the way

Training Ship Condamine is your local unit on the Northern Beaches and is in the process of re-establishment.

We are looking for staff. We would like to hear from young people interested in becoming cadets (12 years 6 months to 19 years old)

See the Australian Navy Cadets web site for more information and unit locations

https://www.cadetnet.gov.au/anc

If you are interested in your local cadet unit; TS Condamine, please contact Avalon RSL Sub Branch office to register your interest.

Email— subbranch@avalonrsl.com.au. Phone— (02) 9918-2201

BackMeUp

Don't stand by. It could be YOU!

BackMeUp poll - Posted 14 May 2013 by Commission

The BackMeUp cyberbullying video competition is going to run again in 2013 and we need your help to select the best prizes for the winning videos. Vote HERE

A reminder that the BackMeUp survey is still running, and we'd love to hear your thoughts. **Complete the survey by the 14th of September** and you could go into the draw to win $50 JB Hi-Fi vouchers! Stay tuned! Survey At: www.surveymonkey.com/s/XFXKXZC

Street Musician + Violin + Looping Pedal = Great Video.

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

Headspace 'We've got your back' campaign

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

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

Powerhouse Museum Online Fun

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

An example: This online skittles game is based on a Victorian table game of skittles, c. 1880, made of wood and coloured paper, from the Powerhouse Museum's collection (object number A7575). Games which combined an element of chance while developing hand-eye coordination were very popular as family entertainment during the later part of the 19th and early 20th century. More HERE

Stingray flip

Songs On Stage - Wednesday nights, Avalon Beach RSL Club, 1 Bowling Green La, Avalon, 7-10pm

A 10 week Contest starting Wednesday 14th August - Host will be Greg Sita. A Facebook event with all the details will be linked on my facebook/SongsOnStage page in the next day or so - who wants to enter?

Let me know if you are interested in competing at any or all of these - contact me at songsonstage@gmail.com or 0411 827 571. Or if you do not wish to enter the contests, please come along anyway to enjoy the entertainment, and spread the word to everyone you know!

Come out and support venues like this that support live music!

Cheers

Russell Neal

Editor of the SongsonStage Newsletter, SongsonStage Event Organiser, Songwriter, Musician, Songsalive! Australia Showcase Coordinator, SSA Committee Member

facebook/SongsOnStage Why note like my facebook page and befriend me at www.facebook.com/russellnealmusic

We like, we post, we share—the online lives of Young Australians

The percentage of Australian eight to nine year olds who rate the internet as 'very important' in their lives has doubled since 2009, according to research released today by the Australian Communications and Media Authority (ACMA).

Launched today at the Cybersafety Summit by Senator the Honourable Kate Lundy, the Like, Post, Share: Young Australians' experience of social media research report outlines key trends in online use amongst children and teenagers, and also how their parents view their child's online world.

'Whether it's for study, playing games or connecting to friends and family, young Australians are placing more and more importance on the online aspects of their lives,' said ACMA Deputy Chairman Richard Bean.

'For most it's a positive experience but parents need to think about starting conversations about cybersafety with their kids earlier,' he added, with fewer eight to 11 year olds reporting having discussed these issues with their parents than 12 to 17 year olds.

Like, post, share studied the way children and young people use the internet and social media, and explored emerging trends such as the rise of mobile access to the internet. It follows up the ACMA's groundbreaking Click and Connect study of 2009.

Australia is on its way to becoming a networked society, and the ACMA conducts research with a view to ensuring that its responses to this changing environment remain positive, flexible and relevant. Australian citizens are citizens of an increasingly digital world and, in empowering citizens to enjoy positive online engagements, the ACMA's role as a facilitator and communicator is becoming at least as important as its narrow role as a regulator.

The ACMA's study also looked at children and young people's perceptions of the challenges they face online, and the role of other people—family, friends and teachers—in helping them navigate their way safely and positively.

Key findings include:

> While access via a computer still predominates, children and young people are increasingly gaining access to the internet on their mobile devices: eight to 11 year-olds use more than two devices to access the internet, and teenagers use at least three devices.

> Up to 35 per cent of eight to 11-year-olds have their own mobile phone, rising to 94 per cent of 16 to 17-year-olds.

> The majority of teenagers report using privacy settings on their social networking sites, with 66 per cent of 16 -17 year olds reporting their profiles are private. Younger teens are slightly less likely to have private profiles or take other steps to manage their privacy.

> Parents are the main source of advice and support for young people who are experiencing difficulties online. Up to three quarters of 12 to 17-year-olds have talked to their parents about how to stay safe online.

The full report *Like, post, share: Young Australians' experience of social media* is available for download — here

COMET ISON
PLEASE SHARE THE EXPERIENCE

In 2013 a comet called Ison will put on a once in a lifetime show. The comet is expected to be visible to the naked eye for several months in late 2013, and could at times be brighter than the Moon. It will be visible from all around the world.

C/2012 S1, also known as Comet ISON, is a sungrazing comet discovered on 21 September 2012 by Vitali Nevski (Виталий Невский, Vitebsk, Belarus) and Artyom Novichonok (Артём Новичонок, Kondopoga,Russia). The discovery was made using the 0.4-meter (16 in) reflector of the International Scientific Optical Network near Kislovodsk, Russia and the automated asteroid-discovery program CoLiTec. Precovery images by the Mount Lemmon Survey from 28 December 2011 and by Pan-STARRS from 28 January 2012 were quickly located. Follow-up observations were made on 22 September by a team from Remanzacco Observatory in Italy using the iTelescope network. The discovery was announced by the Minor Planet Center on 24 September. Observations by SWIFT suggest that C/2012 S1's nucleus is around 5 kilometers (3.1 mi) in diameter.

C/2012 S1 will come to perihelion (closest approach to the Sun) on 28 November 2013 at a distance of 0.012 AU (1,800,000 km; 1,100,000 mi) from the center point of the Sun. Accounting for the solar radiusof 695,500 km (432,200 mi), C/2012 S1 will pass approximately 1,100,000 km (680,000 mi) above the Sun's surface. Its trajectory is nearly parabolic, which suggests that it may be a dynamically new comet coming freshly from the Oort cloud. On its closest approach, C/2012 S1 will pass about 0.0724 AU (10,830,000 km; 6,730,000 mi) from Mars on 1 October 2013, and it will pass about 0.429 AU (64,200,000 km; 39,900,000 mi) from Earth on 26 December 2013. C/2012 S1. (2013, August 4). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=C/2012_S1&oldid=567087307

Most people do not listen with the intent to understand;
they listen with the intent to reply.

Young people are powerful - act now to create the world you want. This year, you can do this through voting - enrol online with www.countmein.org.au.

IT'S ON
ANNOUNCED: FEDERAL ELECTION
07.09.2013
YOU HAVE 1 WEEK TO ENROL TO VOTE.
COUNT ME IN
WWW.COUNTMEIN.ORG.AU

'Beetle in Spider's Clothing:' Quaint New Species from Philippine Rainforest Creeks

Aug. 6, 2013 — For biologists it is an easy matter: spiders have eight legs and insects have six. This fact is important when beholding and recognizing the tiny new species of Spider Water Beetles from the Philippine Island of Mindoro discovered by researchers of the Ateneo de Manila University.

Zookeys has published the paper about the curious creatures in its latest issue.

Primarily, the study was intended to find and describe the larvae of known species of the genus Ancyronyx, under which all Spider Water Beetles of the world are compiled. But when the researchers checked the pristine creeks and rivers of the ethnic Buhid's ancestral lands in the Municipality of Roxas, Oriental Mindoro, they found the first new species, now named as Ancyronyx buhid.

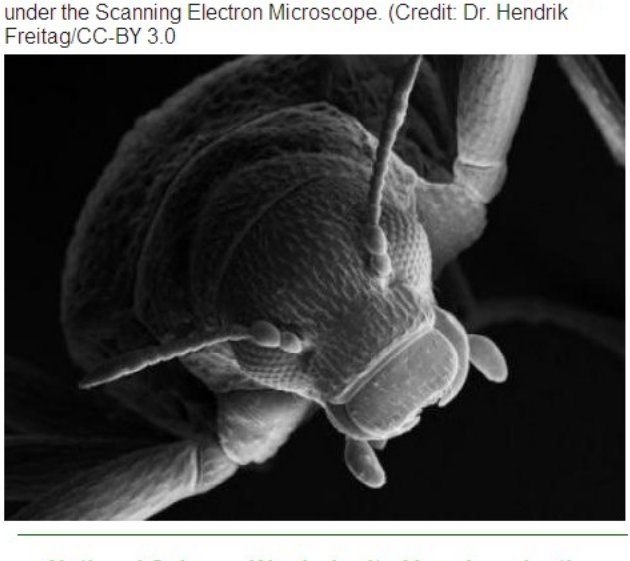
The second new species was detected among older collections of undetermined museum specimens. It was confirmed to occur in the waters of the famous Tamaraw Falls, a popular tourist destination in Puerto Galera, Oriental Mindoro. It was named *Ancyronyx tamaraw* after it's "type locality".

The newly discovered Buhid Spider Water Beetle has high potential to be used as a bioindicator species for healthy ecosystem conditions, since it fulfills the necessary criteria: it is surprisingly common in clean, pristine running waters all over Mindoro, but it is absent in more or less polluted and altered streams and it can easily be identified in larval and adult stages, by eye-catching color patterns.

The assignment of the immature larvae with the adult beetles was done by DNA tests since the genetic constitution is very similar in individuals of the same species irrespective of the developmental stage, but more varying between different species. The genetic data were deposited at gene bank, and the occurrence data of the Ancyronyx species of Mindoro were submitted to GBIF, the Global Biodiversity Information Facility. **Both are curated free access databases.** 20 species of Spider Water Beetles are known on earth by now. 11 of them are endemic to the Philippines and cannot be found anywhere else, indicating that the country is the diversity centre of this genus. It emphasizes the importance of the country as a biodiversity hotspot at global scale. More efforts are required to protect the ecosystems and their unique diversity of life forms.

Hendrik Freitag. **Ancyronyx Erichson, 1847 (Coleoptera, Elmidae) from Mindoro, Philippines, with description of the larvae and two new species using DNA sequences for the assignment of the developmental stages.** ZooKeys, 2013; 321: 35 DOI: 10.3897/zookeys.321.5395

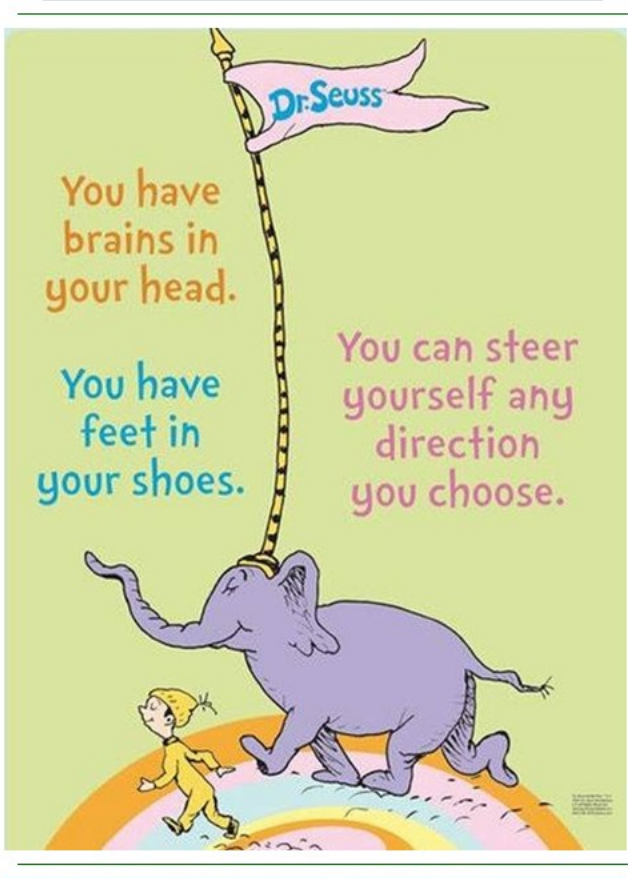
Below: The scary head of an Ancyronyx buhid was photographed under the Scanning Electron Microscope. (Credit: Dr. Hendrik Freitag/CC-BY 3.0



National Science Week: Ignite Your Imagination

National Science Week is… an annual celebration of science in Australia. Join in to enjoy and explore the wonders and benefits of science. **National Science Week goes from 10-18 August in 2013** and you'll find tonnes of Science Week happenings around that time. - See more at: http://www.scienceweek.net.au

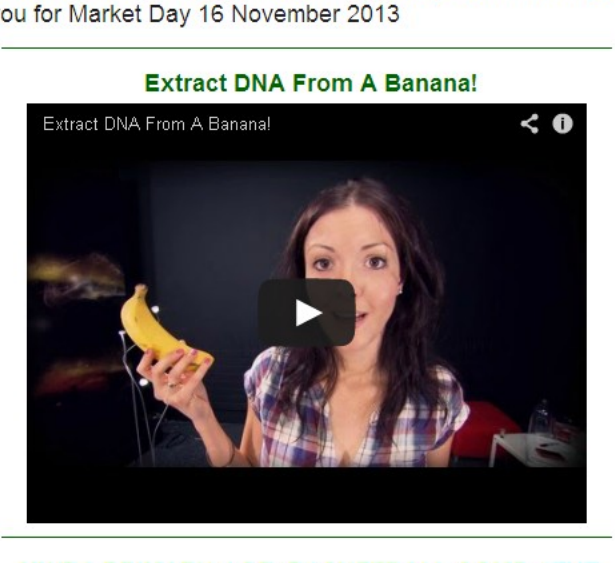
National Science Week: Ignite Your Imagination


Dr. Seuss
You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.

Avalon Market Day
16 November 2013

Calling all Buskers and Street Theatre performers. Please message me via Avalon Market Day FB page with your email address and a short bio of how you perform. We need you for Market Day 16 November 2013

Extract DNA From A Banana!



MWBA PRIMARY AGE, BASKETBALL COMP: 'THE POTTER LEAGUE'

Sea Eagles Basketball

WHEN: Starts in August runs 'til December (No games in school holidays)

WHO: For new players. Individual players or a team of 7 & 10 players.

COST: $150 per player includes registration, insurance, game fees, playing singlet, on court coaching & referees

VENUE: NBISC, Jacksons Rd, Warriewood

GAME TIMES:

Mixed SEX YR1/2 & YR 3/4 Tuesdays 4pm/4.40pm/5.20pm

Mixed sex YR 5/6 and All Girls Saturdays 3.30/4.20/5.10pm

BASKETBALLTRAINING : Saturday during school term at Northern Beaches Indoor Sports Centre, Jackson Rd, Warriewood, (ages 7 & under session 2.30-3.30pm, ages 8 & over mixed session 3.30-4.30pm)

Expert coaching plus short game $9 per session

BLAST OFF
Barton Lynch
Yeah mate!
8
BL's BLAST OFF
Sept 23 24 25 26 • 2013
Hurley

Blast Off 2013

FOR ALL ENQUIRIES RE THE ONLINE PROCESSING OF ENTRIES PLEASE CALL 02 82276469 - THIS INCLUDES ALL QUERIES RE CARD PROCESSING & ENTRY CONFIRMATION.

ONCE SUCCESSFULLY ENTERED YOU WILL AUTOMATICALLY BE SENT A CONFIRMATION EMAIL - IF NOT RECEIVED PLEASE CHECK YOUR "JUNK" IN CASE YOUR SYSTEM HAS FILTERED IT OUT. YOU CAN AVOID THIS BY ADDING INFO@BLBLASTOFF.COM.AU TO YOUR CONTACTS.

Enter At: http://www.blblastoff.com.au/HOME.html

Hurley Surfing Australia High Performance Centre - Grand Tour With Barton Lynch

Hurley Surfing Australia High Performance Centr...

VICES
HEARTS LIKE WOLVES
BARE BONES EP LAUNCH
POINT BELOW ZERO
ENCOUNTERS
NOT DEAD BUT SLEEPING
YOYOS YOUTH CENTRE
AUGUST 23RD $15 7PM AA
CNR WARRINGAH RD AND FOREST WAY, FRENCHS FOREST

cool australia's enviroweek 25 - 31 AUGUST, 2013

Challenge yourself during Enviroweek

Enviroweek is a week of action when Australian students take on a green challenge to create good habits for a healthy planet. **Enviroweek runs from 25 – 31 August 2013** and students all around the country are invited to participate.

To join Enviroweek, simply go online, choose a challenge, sign up and take action.

There are fun challenges for everyone – Foodie, Shopper, Waste Warrior, Green Thumb, Water Lover, Tree Hugger, Sparky and Traveller. Sign up as an individual, class or school and see how much much of difference you can make.

More than 115, 000 students joined Enviroweek in 2012, saving 18 331 t CO2-E (Carbon Dioxide Equivalent).Join the thousands of students creating good habits for life in 2013.

Real-life learning

Through Enviroweek students experience that positive action counts. Enviroweek challenges show how much carbon dioxide (black balloons), water (bathtubs), land (bedrooms) and money (dollar signs) are saved through the action – for the week and, if kept up, for the year.

Why schools join in

Enviroweek is an opportunity to celebrate existing environmental projects, reinvigorate lapsed projects and get new ones underway. Schools use Enviroweek to raise their environmental leadership profile and engage the whole school in sustainability programs. There are also prizes worth more than $35 000 for schools, classes and students. Everyone who participates receives a certificate.

Free on-line education resources

Enviroweek is organised by Cool Australia, an innovative not-for-profit focused on educating young Australians for a sustainable future.

Cool Australia provides free award-winning online curriculum-linked education resources to teachers and students.

Find out more at Enviroweek: www.enviroweek.org

Cool Australia free education resources: www.coolaustralia.org

Or even Ingleside Wildflowers August 2013 This Issue

Year 13: Finishing school and want some answers as to what your options are next ? Have a look at the Year 13 website for a plethora of answers. At: http://year13.com.au/

Bus Pass Replacement

HERE

ECO Clean Beach Initiative

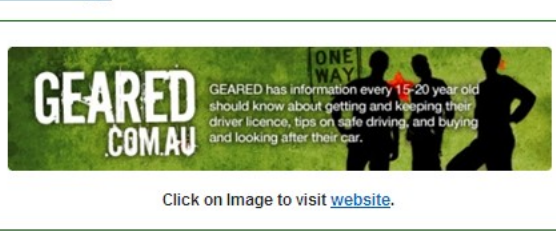
The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? All you need to do is show us how you're contributing to our fight against marine pollution.

Simply send us a video or Instagram us with pictures of you cleaning up your local beach, protecting your local wildlife or hosting your own ECO. Clean Beach Initiative fundraiser with your friends and family.

The person that shows the most initiative will become the face of our campaign so get up, 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're getting the team to create a special ECO. Clean Beach board for the winner of our Find our Face competition.

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.



Click on Image to visit website.

New Facebook Page for young bands on the Northern Beaches - it has info about upcoming gigs, and if you play in a band you can list your gigs on it!

Keep in the loop and support local bands! Northern Beaches Youth Bands at: www.facebook.com/pages/Northern-Beaches-Youth-Bands/347121408731758

FBi TURNS 10
A MUSIC AND ARTS FESTIVAL ACROSS 4 STAGES!
MORE ACTS ANNOUNCED!
SARAH BLASKO • BLEEDING KNEES CLUB
KIRIN J CALLINAN • DEEP SEA ARCADE • OLIVER TANK
BIG VILLAGE ALLSTARS • KATALYST • FISHING • NAUGHTY RAPPERS COLLECTIVE
JOINING
THE PRESETS • HERMITUDE
URTHBOY • SEEKAE • DECODER RING
SPIT SYNDICATE • THE LAURELS • THUNDAMENTALS
THE PREATURES • SAMPOLOGY • WORLD'S END PRESS
STRAIGHT ARROWS • COLLARBONES • NAYSAYER & GILSUN
ZEAHORSE • MOVEMENT • CITIZEN KAY • HOOPS • RO SHAM BO
JOYRIDE • SIMON CALDWELL • SHANTAN WANTAN ICHIBAN
KATO • MIKE WHO + SECRET GUESTS & MORE FBi FAVOURITES!
CARRIAGEWORKS MIDDAY - 10PM SUNDAY SEPTEMBER 8
SECOND RELEASE $49 FBi SUPPORTERS / $59 GENERAL PUBLIC ON SALE NOW FROM TICKETMASTER • WWW.FBIRADIO.COM

Send In Your Stuff

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

All are Welcome, All Belong !

National History Competition

The Hon Peter Garrett AM, MP, Minister for School Education, Early Childhood and Youth has announced the theme for 2013 **"Legends, Fact and History"**. Full details will be released in February!

How to enter

It is easy to enter the NHC. Register your school, obligation free, and receive a Welcome Kit by clicking here. Select up to 6 entries from each year level category, using the judging sheet as a guide.

Complete and sign the entry form and the declaration. On the entry form you may also nominate each entry for one special category award. Print four (4) copies of your selected entries and entry form (for judging purposes).

Submit your entries to your State Coordinator, as detailed below. If you wish to order Certificates Of Participation please do so by downloading the certificate request form and fax it to 08 9204 5112. Remember these are for ALL participants not just those whose entries were submitted for judging.

Where to send your entries for NSW: Send to HTANSW, PO Box 219, ANNANDALE, NSW. 2038

Checklist

Before submitting your nominated entries to your state coordinator please make sure you:

- select a maximum of six (6) entries for each Year Level category.
- have also nominated relevant entries for a Special Category award.
- submit the required number of copies of the selected entries (for judging purposes).
- submit a signed copy of the entry form and the declaration with each entry.
- send the entries to your state coordinator before the due date.

What do I do if I have any questions or problems or need more details? For more contest information please click here. You can also email us at admin@historychallenge.org.au or contact your state coordinator. Contact Number: NSW: 0426 275 166

When can I start? You can register for the 2012 NHC **from February, 2013.** The **competition closes** on **Friday, August 30** From: http://historychallenge.org.au/contest-information/teachers-how-to-enter/

Mona Vale Library - Duke of Edinburgh Awards

During term times, Mona Vale Library accepts students completing the volunteering component of their Duke of Edinburgh Award Scheme. There are jobs available for the Bronze, Silver and Gold levels of the Scheme. Students who wish to participate in the Duke of Edinburgh program at the library need to be prepared to commit one hour per week during school terms for however many weeks they need to complete. Hours can be made up only in rare circumstances. Details HERE.

Keep children safe online

The Easyguide to Socialising Online is available here

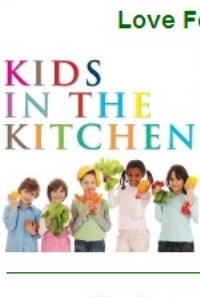
The Cybersafety Help Button is available to download free of charge here

More information about the ACMA's Cybersmart program is here

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

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

Love Food, Hate Waste Cookbook



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

Love food hate waste book: HERE

The Project Gutenberg Library of Australiana

Australian writers, works about Australia and works which may be of interest to Australians.This Australiana page boasts many ebooks by Australian writers, or books about Australia. There is a diverse range; from the journals of the land and sea explorers; to the early accounts of white settlement in Australia; to the fiction of 'Banjo' Paterson, Henry Lawson and many other Australian writers.

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

CSIRO Undergraduate Vacation Scholarships - Food, Health, and Life Science Industries (FHLSI)

Get hands-on research experience in plant science.

Access CSIRO's world-class facilities.

Apply for CSIRO Plant Industry's Summer Student Vacation program today!

The Position:

2013 Summer Vacation Studentships are available to undergraduates who have completed subjects offered to students in the second or third year of their degrees. Each student who is offered a position in the program will be working on a small independent research program supervised by a CSIRO scientist.

The nature of the work undertaken will vary with the project. Some projects comprise a mix of field, glasshouse and laboratory work whereas others are solely laboratory based. Students will learn a range of skills including microscopy, molecular biology, tissue culture, crop physiology and science communication. All students will be expected to present their results in the Summer Student symposium that is held in Canberra at the end of the program.

Scholarships are to commence on the 2 December 2013 and continue for a period of 10 weeks. There are a total of 17 projects available for 2013.

Location: Canberra ACT, Brisbane, Sippy Downs and Cairns QLD, Narrabri NSW

Scholarship: $1462.77 per fortnight

Reference: NSWACTQ13/02860

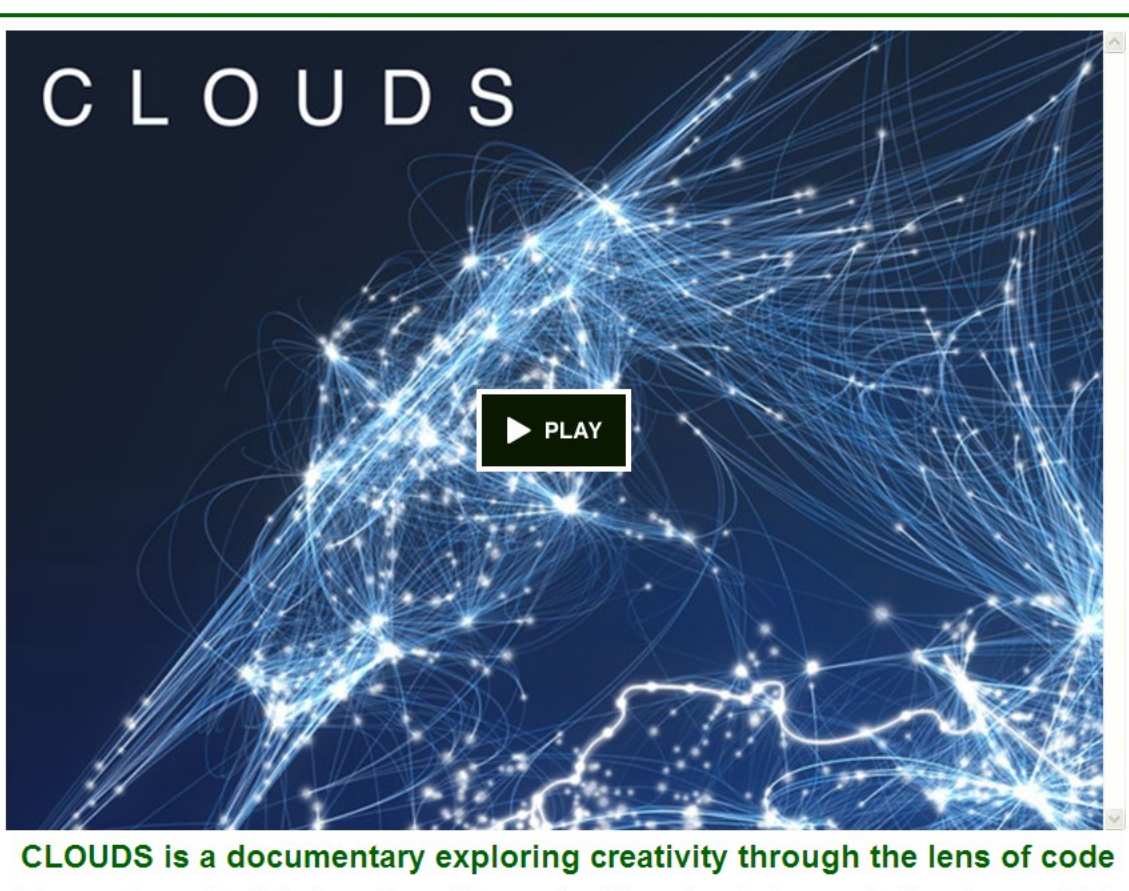
About CSIRO: The Commonwealth Scientific and Industrial Research Organisation (CSIRO) is one of the largest and most diverse scientific organisations in the world. By igniting the creative spirit of our people, we deliver great science and innovative solutions that benefit industry, society and the environment.

For full position details and a description of the projects please click on the CSIRO page **HERE**

WONDER WOMEN
Ann Makosinski
15-year-old
Invented Flashlight That Harvests Energy From Heat of Your Hand
Elif Bilgin
16-year-old
Turns Bananas into Environmentally Friendly Plastic
Eesha Khare
17-year-old
Invented The World's Fastest Mobile Phone Battery Charger
In association with Free Your Mind and Think
Facebook.com/ScienceNaturePage
Created By : Hashem AL-ghaili

Hollow (Thermoelectric) Flashlight by 15 year old Ann Makosinski - technexo.blogspot.com

Hollow (Thermoelectric) Flashlight by 15 year...

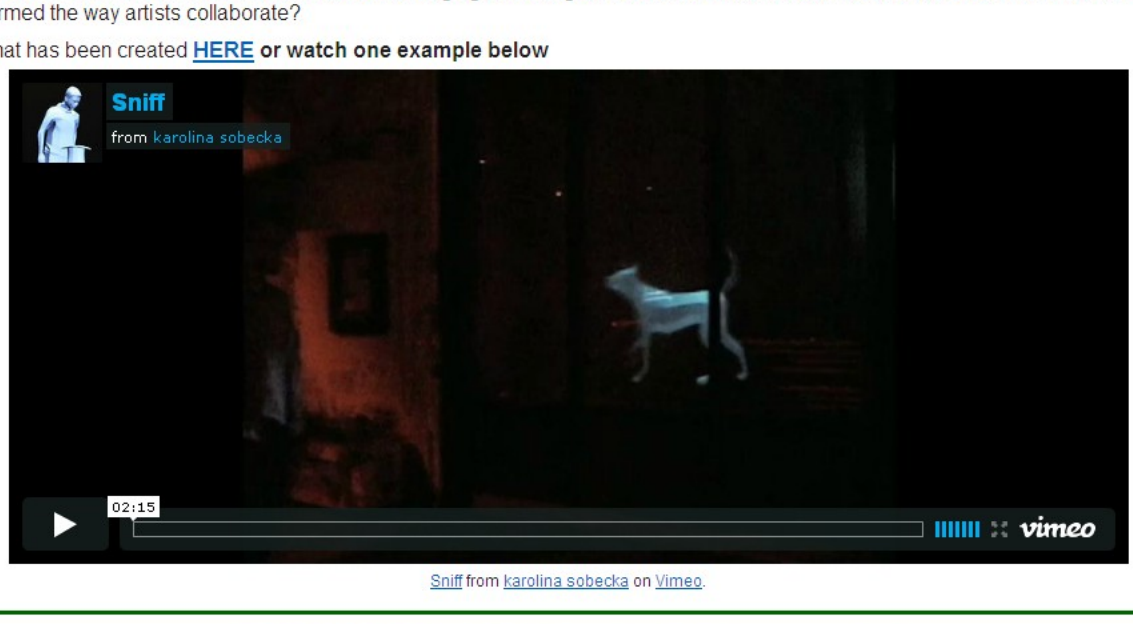


CLOUDS is a documentary exploring creativity through the lens of code

Over the last year we have captured interviews with over 30 new media artists, curators, designers, and critics, using a new 3D cinema format called RGBD. CLOUDS presents a generative portrait of this digital arts community in a videogame-like environment. The artists inhabit a shared space with their code-based creations, allowing you to follow your curiosity through a network of stories.

What does it feel like to think with code? How can emerging technologies enable us to actualize our dreams? How has online sharing transformed the way artists collaborate?

See what has been created **HERE** or watch one example below



Sniff from karolina sobecka on Vimeo.

THIS WAY UP – Wednesday 28 August 2013

TEDx Northern Sydney Institute presents This Way Up, an event featuring speakers who will stimulate and challenge, amaze and delight. Aspiration and strength can be the key to success, but with it comes the fragility and vulnerability involved with putting everything on the line to pursue a dream. This Way Up is about people who have found their own way to the top, about people who have braved new ground and found ways through that are a little bit different, and often against the odds.

The explosion of new technology will propel us all down roads less travelled, learning in ways we haven't even realised are possible and planning for jobs that don't even exist yet.

Which direction are you heading? It's This Way Up.

http://tedxnorthernsydneyinstitute.com/

Presenters & Program

James Bradfield Moody

James sits on the Advisory Board of the Australian Bureau of Statistics and the board of the Australian Indonesia Institute and the Australian Museum. He is passionate about science communication and was a regular panellist on the ABC TV television program The New Inventors and the co-author of the best-selling book The Sixth Wave: How to Succeed in a Resource Limited World.

Philip Porter

Philip Porter is a poet from Willoughby in NSW with a long held passion for learning and sharing knowledge. He has been a writer his whole life but only started studying poetry four years ago and is now completing a MA in creative writing at Sydney University. Philip outlines projects he and fellow alumni of Arthur Phillip High School Parramatta have achieved over several years, highlighting the networking involved to include the local community, professional bodies and universities. The beauty of the model is that, as graduates from the same school, the alumni understand the trials and tribulations faced by their contemporary counterparts as they cross the school leaver abyss, particularly in low socio-economic areas.

Erica Harrison

Erica is a writer, filmmaker and storyteller based in Sydney. Her non-fiction writing and documentary photography have featured in Australian and international publications including The Australian, The Sydney Morning Herald, Australian Geographic, ProPhoto, Limelight, Cosmos and New Internationalist. A Cautionary Tail is currently screening at film festivals around the world. The picture book is published by Penguin and will be available in September 2013.

You can find out more about the film and its creators by visiting the website, www.acautionarytail.com

Hamish Hawthorn

Through his role at ATP Innovations, Hamish has had the fortune of working with many entrepreneurs and founders of startup companies, guiding them toward the achievement of their vision, and has seen the incredibly positive impact that comes from a strong and enduring mentor relationship.

Dr Fiona Chatteur (nee Kerr)

Technology, Entertainment and Design: a personal narrative through the addictive nature of gaming and 3D. Fiona Chatteur will take you on a journey from the origins of 3D modeling through a personal history of Australian gaming and games development. From the first computer built from the 1976 edition of Electronics Australia where Pong consumed hours of her childhood, through to working for Australia's second oldest gaming company as a 3D addict (I mean artist). Do polygons chase you in your sleep? Do you understand why games are so addictive? Want to know your vertex from a primitive? If you've ever had that fire in the belly for design, 3D and gaming, this talk will stoke your fire.

Dr John Pegg

Have you ever been in a learning situation where you feel you are not good enough and will never be good enough? Many, many thousands of students in upper primary and lower secondary school confront this issue most days and a caught in a cycle of continued failure. Recent national data suggest this is also true, in more subtle ways, with fundamental numeracy, literacy and problem-solving skills for approximately half the adult population. Without a solid knowledge base in fundamental skills the chances for at-risk learners to become informed and active participants in society are greatly reduced. How do we help these at-risk learners acquire necessary fundamental skills? What is needed in offering learners a second chance that will make a difference?

Olivia Loadwick

With a background in international relations, in technology and in investment banking, Olivia Loadwick proposes that there must be a better way to link the worlds of finance and technology and to link corporations with development projects in a way that provides optimal and sustainable outcomes for all. She proposes that as "Collaboration" must be the new buzzword in the technology world, it must also be the buzzword of the new breed of corporation that uses philanthropy not as a tool but integrates it into the fabric of the organisation and into every aspect of a company's strategic plan.

Marisol Miró Quesada

Marisol's search for a deeper understanding of people-environment interactions continues to take her through a journey of experimentation linking professions like architecture, design, sustainable development and business, all of which she channels into fostering personal and community change through nurturing and sustaining our environment. She was awarded 2013 NSW International Student of the Year for her outstanding contribution to the NSW community.

Dr Duane Hamacher

A trained astrophysicist, Dr Duane Hamacher is a lecturer in the Nura Gili Indigenous Centre at the University of New South Wales. After studying planets orbiting other stars for two years, his interest in the crossroads of science and culture was too great and he decided to complete a PhD in Indigenous Studies at Macquarie University studying Aboriginal astronomy.

Tim Ferguson

As Australia's foremost academic teacher of narrative comedy, Tim explains why the writing establishment erroneously regards comedy as an inferior craft to drama and tragedy. (Not a single Miles Franklin Awards has gone to a comedy.)

Combining Ancient Greece, Western culture and Australia's recent history his talk will explain the entrenched imbalance between these two and how Narrative Comedy is the world's highest and lowest writing form.

Ferguson claims our modern literature and screenwriting is 'lost in a miasma of misery-porn'. He will prove that most Australian writers are ignorant of the fundamental demands of the writing craft, a deficit that renders them unread, unappreciated and broke.

Register to attend HERE http://tedxnorthernsydneyinstitute.com/register-to-attend-2/

Man teaches alpaca to surf

Man teaches alpaca to surf

FREE WORKSHOPS AUGUST 2013
SCRIPTWRITING 5th JASON
CINEMATOGRAPHY 8th TOMAS
EDITING 14th DAVID
ACTING 12th RENA
24/7 Youth Film Festival
6pm - 8pm
Warringah Council Civic Center
(Behind the Dee Why Library)
NEED MORE INFO
for more info: email youthfilmfestival247-ede@yahoo.com.au

Jason Azcona is a freelance Producer/Director/Editor/Writer with over seven years industry experience. After graduating from UNSW with a degree in Media & Communications he got his start in advertising as an editor and since has personally been involved in the production of literally hundreds of television commercials, including directing commercials for Nintendo, Toyota, Sony, and Disney Pixar. His work has been seen on air in Australia, New Zealand, North America, Canada, Japan, Mexico, Indonesia, Saudi Arabi, Finland, Russia and most of Europe.

Tomas studied cinematography at TAI film school (Madrid) and graduated in 2004. Since then, he has been working in the industry in various positions, which include gaffer, location manager, camera assistant, camera operator and cinematographer. Tomas' work has led him to collaborate on TV series, shows, sports, news, concerts, documentaries and short films. Tomas immigrated to Australia in 2012 where he now works as a freelance cinematographer.

Rena Clark is a digital film making workshop facilitator for youth. She has an advance diploma in film and screen acting and a diploma of screen and media (visual effects). She has worked as an actor, editor, producer, director, filmmaker, camera operator and scriptwriter and loves all things digital. She is an intern at CineWest Sydney where she facilitates workshops for youth and is currently working on the independent feature film Two Brothers and a Girl as 1st Assistant Director

David Barbato is the Creative Director of Pluto Productions, he also teaches camera and editing classes at the Randwick Tafe. As creative director of Pluto Productions, David is part of a team of award winning creative individuals. David's experience and technical training provide expertise in the areas of Corporate, Web, Live Events, Music Clips, TV and Short Films.

2012 Particpants at CEC, Narrabeen.

Youth Environment Congress - September 3 - 5: Register Now!

The environmental congress "Youth Leading the World" is coming to the Northern Beaches again. Run by non-profit organisation OzGREEN in partnership with Pittwater and Warringah Council, the congress will be held at the Coastal Environment Centre, Narrabeen, 3 - 5 September 2013, 9am to 3pm. Young people aged 12 to 25 years are invited to attend the interactive, hands-on congress for free. Just bring along a keen interest in environmental and social issues and the passion to make a difference. Now in its fifth year, "Youth Leading the World" is run simultaneously in over 90 locations in Australia and overseas, connected by digital media.

Participants will explore local and global environmental challenges; measure and understand their own eco-footprint; and work on action plans for more sustainable living at home, at school and in their community.

For more information contact Ann-Charlott Paduch, OzGREEN Northern Beaches coordinator, at apaduch@ozgreen.org.au or 0439 981 035 and visit www.ozgreen.org.au.

August 11 - 17, 2013: Issue 123

iPhone device detects heart rhythm problem that can cause stroke - 9 August 2013

The iECG allows doctors to screen patients for atrial fibrillation, the most common heart rhythm problem, in minutes and treat them early, says Professor Ben Freedman.

A special iPhone case and app can be used to quickly and cheaply detect heart rhythm problems and prevent strokes, according to University of Sydney research presented at the Australia and New Zealand Cardiac Society conference today on the Gold Coast.

The research found the AliveCor Heart Monitor for iPhone (iECG) was a highly-effective, accurate and cost-effective way to screen patients to identify previously undiagnosed atrial fibrillation (AF) and hence help prevent strokes.

What's more, the test is able to be used in local pharmacies and general practitioner surgeries with a single-lead ECG taken on an iPhone with a special case.

Senior author, Professor Ben Freedman, said that the device was an exciting breakthrough and would greatly assist in the challenge to improve early identification of atrial fibrillation and prevention of stroke.

"Atrial Fibrillation (AF) is the most common heart rhythm problem and is responsible for almost one third of all strokes," he said.

"AF increases with age, affecting more than 15 percent of people aged 85 years and over. And people with atrial fibrillation face up to a five-fold increased risk of stroke, and tend to have more severe and life-threatening strokes.

"In addition, our research showed that about 1.4 percent of people aged over 65 (50,000 Australians) have atrial fibrillation, but do not know it. There are currently a large number of people with unknown AF who are at high risk of stroke, but who are not on any medication.

"The good news is that stroke is highly preventable with anticoagulant medication, such as warfarin, or the new oral anticoagulants, which can reduce the risk by 66 percent.

"The iECG allows us to screen patients for atrial fibrillation in minutes, and treat people early. This is a huge boost in the fight to reduce the amount of strokes, particularly in people over the age of 65," Professor Freedman said.

For patients in the study with a history of known atrial fibrillation, the researchers also identified both a treatment gap and a knowledge gap. The treatment gap they identified was that only 66 percent of those eligible for stroke prevention medication were being prescribed this medication.

Lead author Nicole Lowres also said the knowledge gap of patients with AF was surprising and alarming.

"Over half of those with known atrial fibrillation in AF at the time of screening were unaware of their diagnosis even though many of them were prescribed and taking warfarin to treat their condition," she said.

"The iECG can be viewed on the phone screen and also used as an educational tool to teach people about their heart rhythm." Ms Lowres said.

Ms Lowres also noted how cost effective screening with the iECG could be.

"Our economic analysis has shown the iECG is highly cost effective and in fact this is the first mass screening program fir AF likely to be cost effective, unlike traditional 12 lead ECGs recorded by a practice nurse," she said.

"In addition, the iECG is extremely portable, which gives great flexibility for screening, and is simple to administer.

"In a new development, we are now getting receptionists in general practice to record an iECG before patients see their doctor," Ms Lowres said.

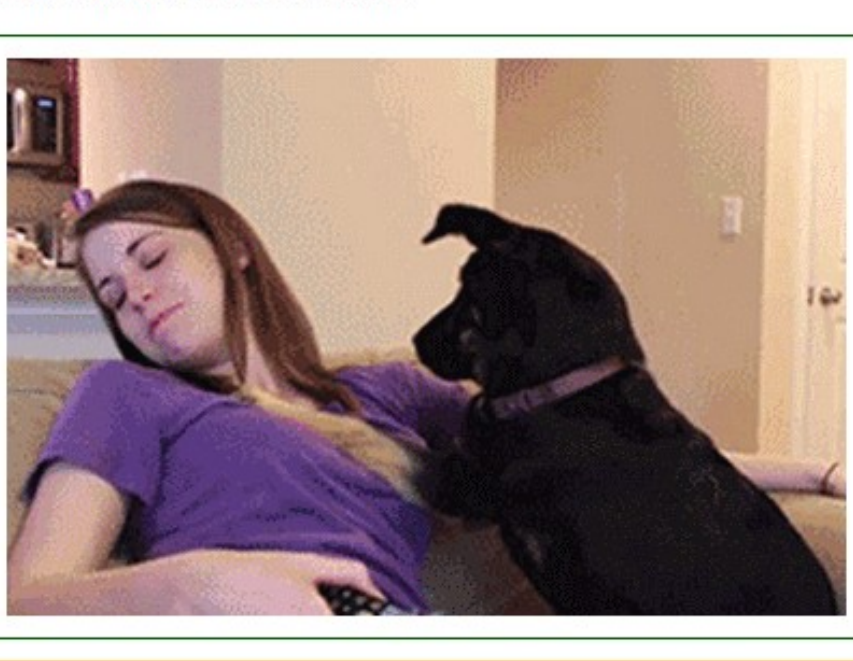
About the iECG: When taking a reading, the iECG can be seen on the iPhone screen in real time. In addition, the iECG is transmitted to a secure server (cloud) where a specialist can review the iECGs remotely. The website can automatically analyse the reading to make a diagnosis of AF. The researchers tested the website's automatic prediction in the SEARCH-AF study and found it correctly diagnoses atrial fibrillation 97 percent of the time.

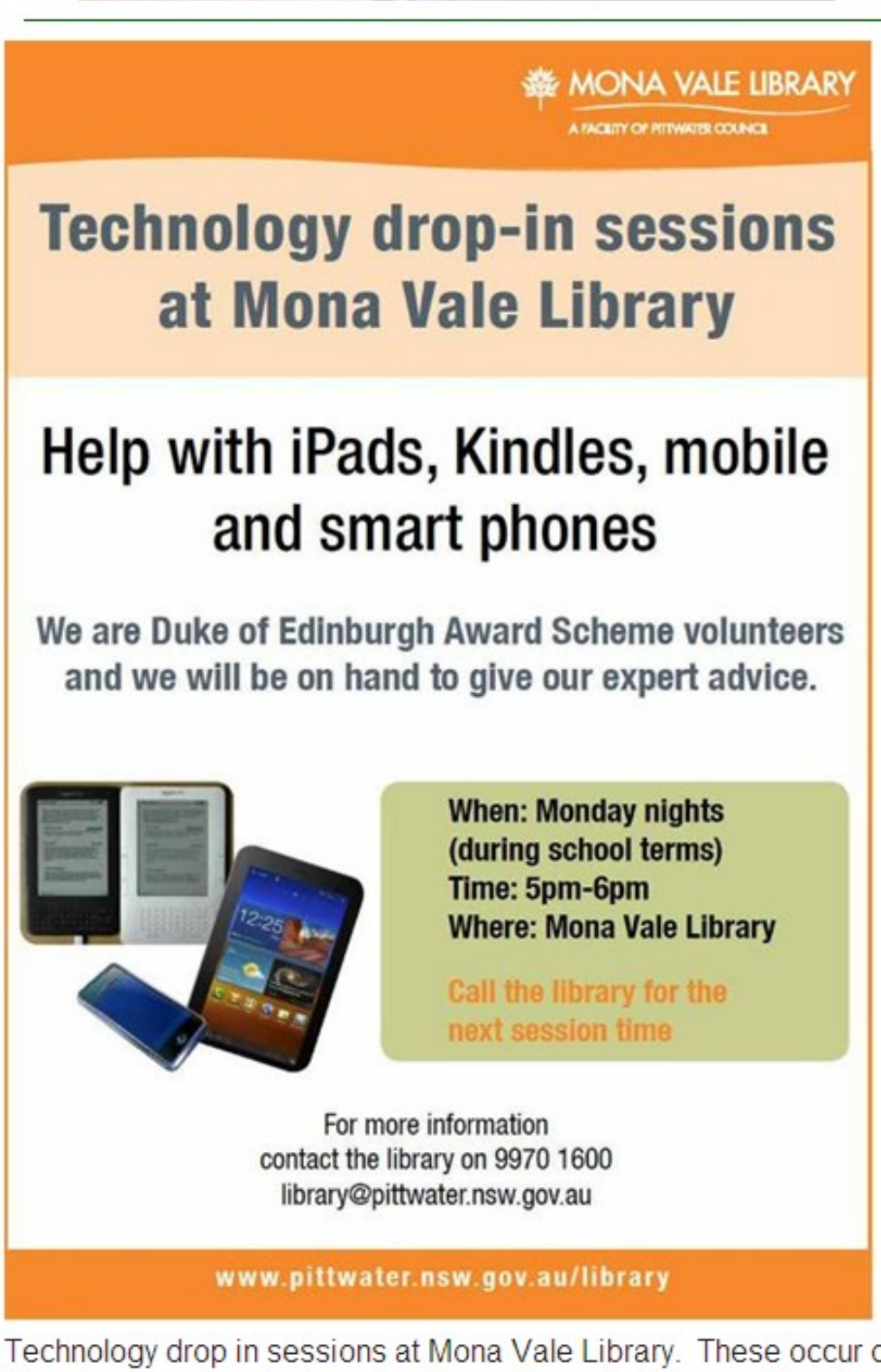
The researchers are currently trialling iECG screening in GP surgeries in Sydney.

The University of Sydney research was funded by a number of investigator-initiated research grants from BMS/Pfizer, Boehringer Ingelheim, and Bayer. The National Heart Foundation provided a scholarship for lead researcher, Nicole Lowres.

"The development of the iPhone ECG device just shows how important research and fundraising is in the fight against heart disease and stroke," Dr Robert Grenfell, the Heart Foundation's National Director of Cardiovascular Health, said.

"Last year, the Heart Foundation directed $13.5 million in funding to support 195 researchers. This year through the Heart Foundation Big Heart Appeal, we hope to raise $5 million to continue funding this kind of world-class research."





MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

Technology drop in sessions at Mona Vale Library. These occur on Monday afternoon during school term, the next dates are **Mondays 12, 19, 26 Aug and 2 Sept.**

GRACEFUL AGEING ONLINE WORKSHOP

Sessions over 3 Tuesdays — 3rd, 10th & 17th September 2013

In this *NEW* workshop with Australian Bush Flower Essences Founder, Ian White, you will learn strategies, latest research and philosophies to address the major life, health and spiritual issues from age 50 onwards.

This will include topics such as:

physical limitation, movement and co-ordination; digestion; sleep; sexuality; spirituality; releasing negative beliefs around your health and longevity; career and retirement; exercise; family issues; common health issues of older people; confronting one's mortality; living alone; death of a spouse; moving into and adjusting to a retirement or nursing home;

And so much more invaluable information and tips to live your life more gracefully.

You can't change your chronological age but you can change your biological age and the quality and richness of your life.

There is no prerequisite to register for this unique workshop — only your desire to discover more about yourself, ageing gracefully and the Australian Bush Flower Essences directly from the founder, Ian White.

Ian has been making the Bush Essences for just on 30 years and practising as a naturopath for over 35 years, as a 5th Generation Herbalist. Spending time with Ian, a world-leading expert in this field, will gain you access to rare and invaluable knowledge you won't find anywhere else, as well as the chance to share Ian's insights and passion for the Bush Essences.

When & Where: The event will be held online in 2 Hour Sessions over 3 Tuesdays — 3rd, 10th and 17th September 2013

Sessions will run live 7.30pm to 9.30pm AEST** (If you can't make the live sessions, they will be recorded and available afterwards.)

Once registered, we will email you with your personal log-in details to access our secure site and join the workshop at the specified times. All you need is a computer, basic headset (or you can use your computer's speakers) and a decent internet connection.

Contact: (for more information and to book your place) ; Sharon Selvage

Phone +61 (0)2 9450 1388 (AEST** business hours)

Email: uschi@ausflowers.com.au

Cost: AUD $175.00 if pre-paid by 12th August 2013 (or AUD $199.00 thereafter)

**If you are not operating at Australian Eastern Standard Time (AEST), you will need to check the difference in times. To convert your local time, go to: http://www.thetimezoneconverter.com.

45 Booralie Road, Terrey Hills NSW 2084

Tel: +61 2 9450 1388 Fax: +61 2 9450 2866 Email: uschi@ausflowers.com.au Website: www.ausflowers.com.au

Know your rights at retirement

Your Rights at Retirement is a one-stop shop reference that will help people navigate services and supports that are part of planning and managing retirement.

It also includes practical information to help protect against scams and dishonest approaches that target seniors.

One of the key objectives of the NSW Ageing Strategy is to support people to plan ahead for their retirement in their middle years and for people to be knowledgeable about their rights.

The NSW Government launched the NSW Ageing Strategy in July 2012 with the vision of people in NSW experiencing the benefits of living longer.

Download a copy of Your Rights at Retirement (July 20913 PDF) here: www.humanrights.gov.au/publications/your-rightsretirement

A limited number of hard copies are available. Call the Office for Ageing on 1800 729 368.

YOUR RIGHTS AT RETIREMENT

Busted

They said they wanted to go to grandmas. I told them they better get in my car and drive themselves. They ran off and I learned to watch what I say.

Australian Seniors Computer Clubs Association ASCCA

ASCCA is the national peak body for seniors and technology

Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant.

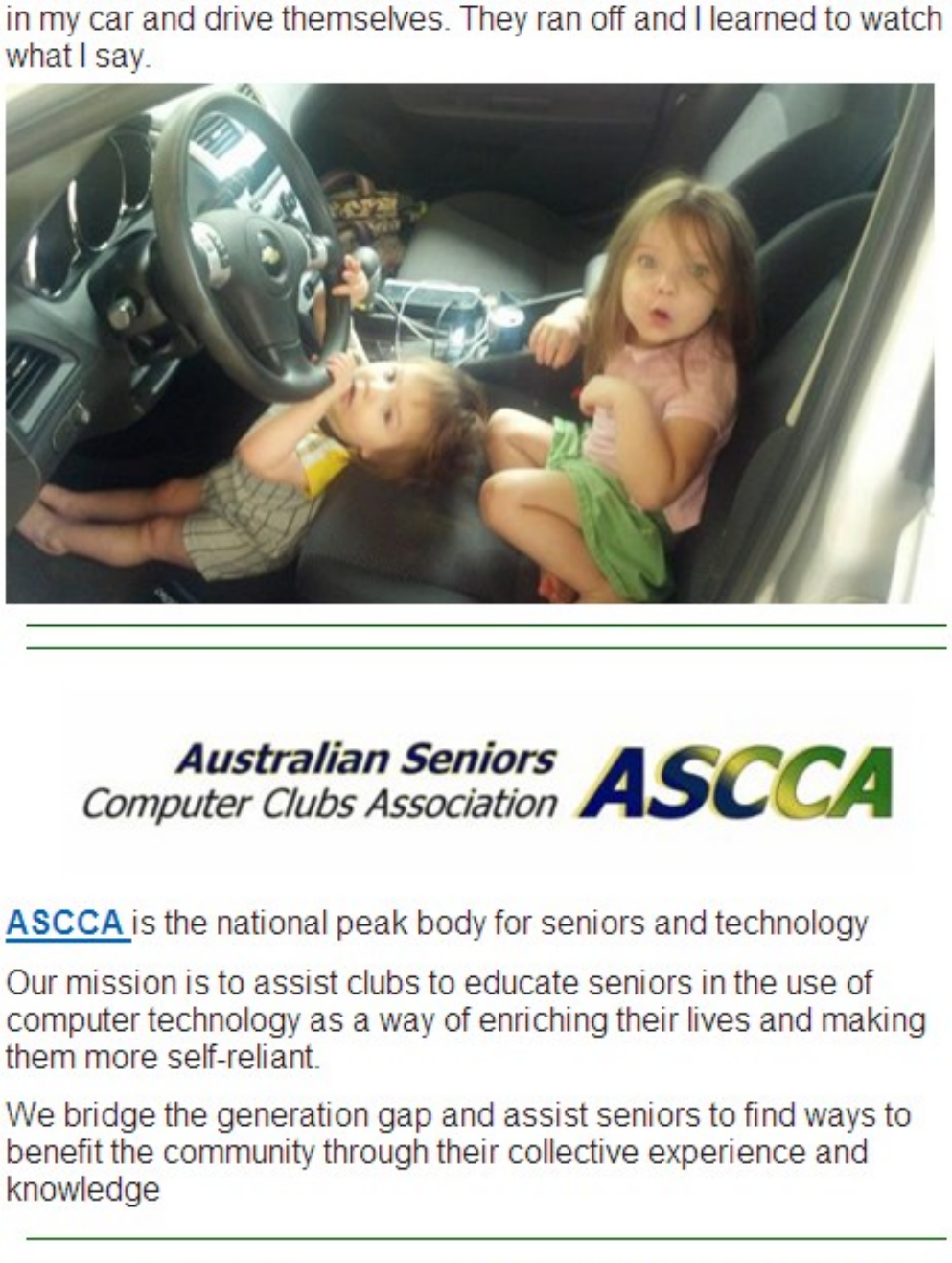
We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge

Avalon Computer Pals for Seniors

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

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

Article onAvPals Seminar



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 3 2013

Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone **8064 3574**. All courses are for the **over 55's** only.

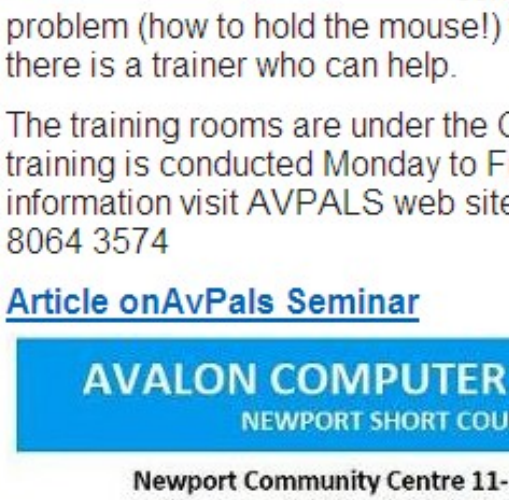
Free Introduction to Digital Photography – Tuesday 16 July
Come along to a FREE Lecture – Demo on Picasa and Snapfish

TUESDAY Courses – 1:30pm to 3:30pm – Term 3 2013 (23 July – 17 September)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
23 July	**Introductory iPad - 2 week course** **Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	23 July	**Android Tablets - 2 week course** **Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet.** Sessions are hands-on. Limit 12 people	$30
30 July	**Introductory iPad – Week 2**		30 July	**Android Tablets – Week 2**	
6 Aug	**Apple Mac** How to use the hard/software. Working with Mountain Lion. What your scanner can do for you.	$15	6 Aug	**Picasa Digital Photography** **4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
13 Aug	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	13 Aug	**Picasa – Week 2**	
20 Aug	**iPad Advanced – Week 2**		20 Aug	**Picasa – Week 3**	
27 Aug	**iPad Advanced – Week 3**		27 Aug	**Picasa – Week 4**	
3 Sept	**iPad Advanced – Week 4**		3 Sept	**Introducing Windows 8** Why upgrade? Do I need a new computer? Where to buy, how much to pay. Navigating Tiles and Charms, Windows Apps Store. Re-invent your emails with outlook.com	$15
10 Sept	**Introductory iPad - 2 week course** **Week 1** Repeat of introductory iPad course as per beginning of term	$30	10 Sept	**Android Tablets - 2 week course** **Week 1** Repeat of Android Tablet course as per beginning of term	$30
17 Sept	**Introductory iPad – Week 2**		17 Sept	**Android Tablets – Week 2**	

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association


PAUL SMEDLEY
EXPLORE AUSTRALIA
BUDGET REST AREAS around Australia
All sites under $20 per night

Budget Rest Areas Around Australia by Paul Smedley. $39.99

This guide lists the exact location of hundreds of roadside rest areas, parking areas, bush campsites and caravan stops along Australia's major highways.

2013 Solar Challenge – Australia

Turning up the heat - new rules & record entries

This year's new look World Solar Challenge is set to sizzle. New rules have fired up the competition with arecord breaking 48 teams from 26 countries now preparing to take on the Aussie outback in the 3,000 kilometre journey from Darwin to Adelaide,starting 6 October, in a bid to prove they have what it takes to deliver the world's most efficient electric solar car.

Announcing the largest ever field, CEO of the South Australian Motor Sports Board, Mark Warren, said it was fitting to be able to say on World Environment Day that teams from around the world had responded in the best possible way to the new classes and new regulations by entering in record numbers.

"We threw down the gauntlet asking designers to push the limits of new technology and innovation by creating three new formalised classes. We wanted to ensure our event remained at the forefront of technology driving experienced teams and industry sponsors to exceed past results and at the same time inspire newcomers. Their response has been a resounding, bring it on!" Mr Warren said.

"We now have the makings of our most competitive field ever – in terms of time, speed, energy efficiency and innovation. All our top contenders are back to chase line honours. The changes also mean teams in both Challenger and Cruiser classes will be competing in brand new cars".

Volunteers Wanted

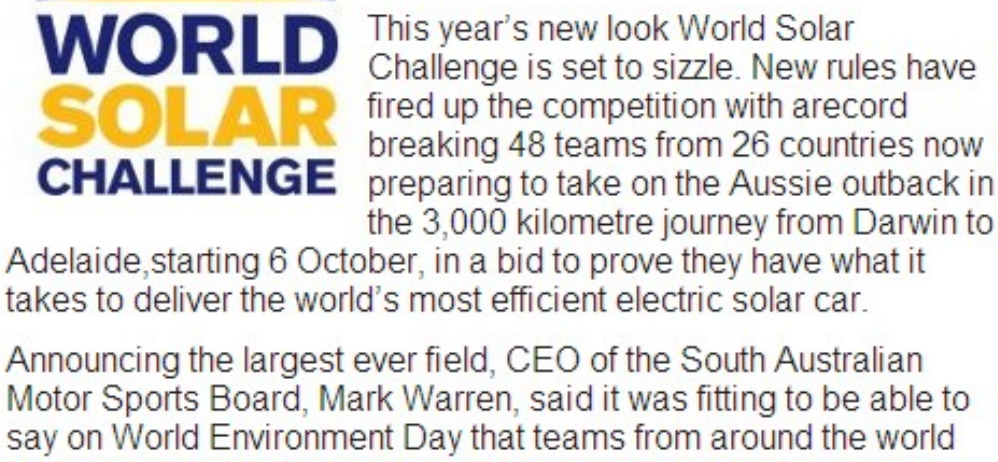
Volunteering for the World Solar Challenge is not like volunteering for any other event. Volunteers are away from home for extended periods and, at times, may not be provided with the most comfortable accommodation or favourite food. It is however a great adventure on which you will not only make new friends, but will take home many stories and a lifetime of memories.

See volunteer stories

The event relies on its volunteers and seeks a mix of experience and new blood, therefore there will always be new volunteer positions available each event.

Volunteering for the World Solar Challenge requires commitment, professionalism and, in many cases, diplomacy.

If you would like to register for a volunteer role for the World Solar Challenge, please send us an email to: volunteers@worldsolarchallenge.org



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? On flightrader24.com you can do just that.

I just watched on my laptop the plane whose vapour trail I could see over head and was blown away by all the information and also the view. This is definitely a keeper.

You are also going to be totally blown away when you see how many aircraft are flying in your area. I can now see why an aircraft traffic controller is one very, very busy person.

If you can get this working for you it will tell you 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 all the aircraft in the air right now. In the left hand column, there is a box called "planes." The number in the box is the number of aircraft airborne. This view is what the traffic management people see for planning purposes at the various airports.

Every day you see planes in the sky, sometimes very high, with or without con-trails. We ask ourselves questions :

What type of plane, airbus A320,330,350? Boeing.....or other. Where does it come from, where is it going, what altitude, what speed, what company etc. on this website you can see all the information instantly on your screen.

Some tricks;

Drag the map to take you to the area you want to view. To view your region or town, you can zoom in by tapping with your mouse. On the map you will see all the planes in the air. Click on a airplane, and on the left screen you will get all the info. Airline, type, speed, altitude in real time, recalculated every 10 seconds. On some you can also click on 'view from the cockpit'. See www.flightradar24.com/

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Contact Community Care Northern Beaches HERE:

COTA – NSW - http://cotansw.com.au/

ABOUT US

The Council on the Ageing NSW (COTA NSW) is the peak organisation for people over 50 in our state. We're an independent, non-partisan, consumer-based non-government organisation. We work with politicians, policy makers, and service providers as well as media representatives to make sure your views are heard and your needs are met. COTA NSW works to empower and engage people over 50. For decades, we've shaped the policies and programs that change lives.

Since our beginning in 1956, COTA NSW has introduced policies and programs that make a real difference to peoples' lives. We have proud record, having created:

■Meals on Wheels, ■Retirement Village Residents Association, ■Australian Seniors Computer Clubs Association, ■Seniors Clubs, ■Seniors Information Service, ■OM:NI – Older Men: New Ideas, ■Grandfriends, ■Grandparents, Relatives and Kinship Care Alliance, ■Medication Management for Older People, and the ■Mature Employment Line.

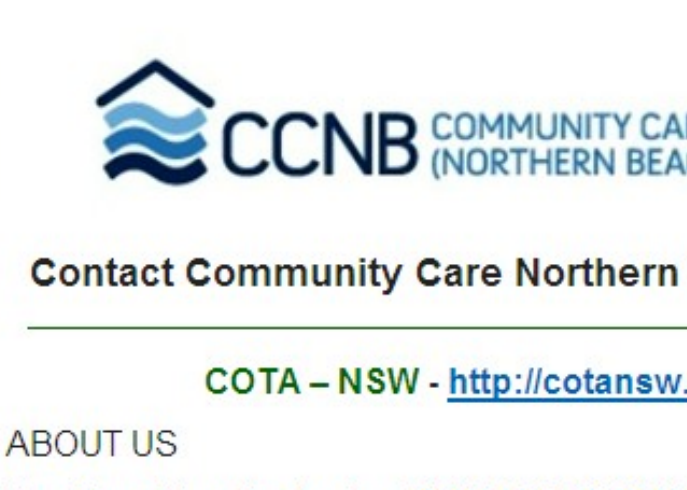
COTA NSW, through constant contact with consumers and consumer groups across the state, through the research it conducts and through partnerships with other NGOs, research bodies and universities, is also an important source of information and advice on issues and decisions that people will navigate through as they live long, healthy, and productive lives. We have always made this information and advice available publically through telephone advice and over eighty Fact Sheets. Browse through our website or contact us and help COTA NSW continue its work in advancing the interests of people over 50.

HAVE YOUR SAY!

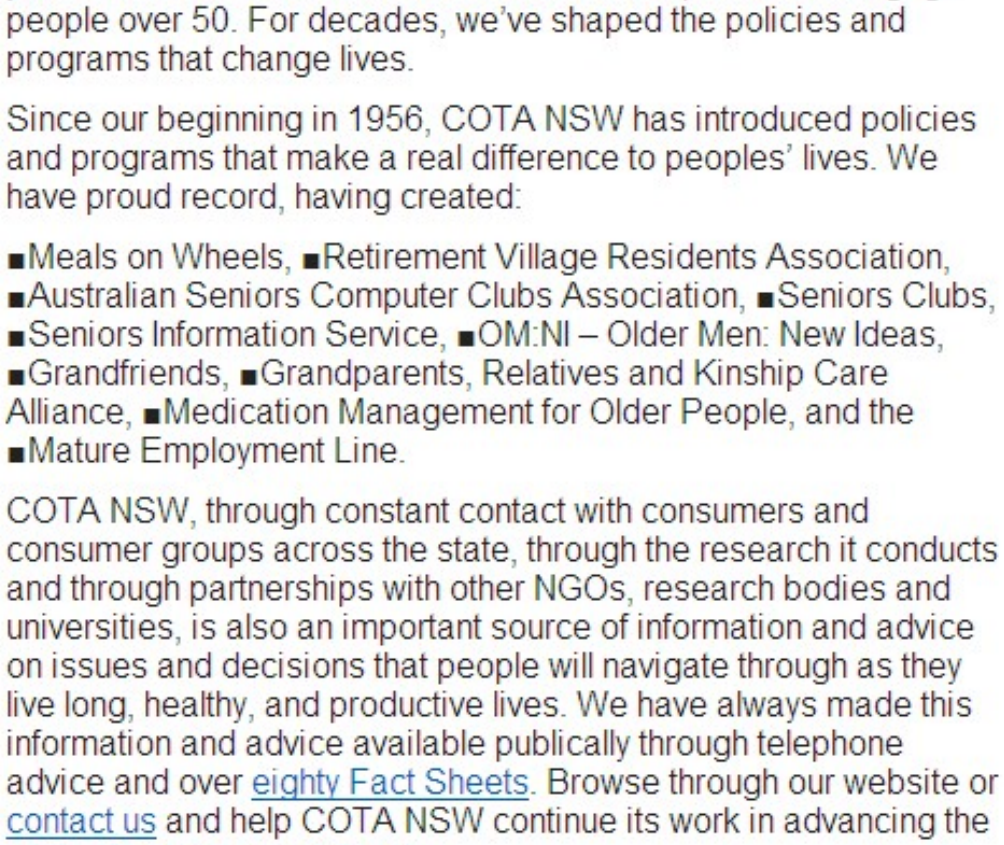
We have launched our 2013 COTA NSW Survey. We want to know what you think about important issues. Your input helps to determine the policies and positions we communicate to Government. Everyone who completes the survey goes into a draw to win one of five $50 gift cards. Click the link to access the survey.

Click here to complete the COTA NSW 2013 Survey.

Keep your Wits About You



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



Warringah Council PITTWATER COUNCIL

Super Seniors Directory

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

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

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

U3A Monthly Lectures Wednesday Afternoons at Newport

First Wednesday of the month 2 – 4pm.All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre, for more information contact Nancy Weir 8919 0243 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org

Sydney Northern Beaches Woodturners Inc

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every Tuesday, Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au Website: https://sites.google.com/site/woodturner60/

Seniors Card Website; great information Competitions, Newsletters and Events listings HERE

2013 Discount Directory now available - Seniors Card

The 2013 Discount Directory is now available. Please find digital copies of each of the 5 regional directories HERE

The Senior Newspaper Online HERE

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

Better manage weight, blood sugars, blood pressure and cholesterol

Improve fitness, balance, co-ordination and flexibility

Enhance your quality of life and meet other people

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

Media Releases concerning Seniors this week from **National Seniors Australia**

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

Copyright Pittwater Online News

Interest Rate Cut to Hit Savers and Seniors - August 6, 2013, Media Release by National Seniors Australia

The Reserve Bank's decision to cut the cash rate to new record lows is a further blow to savers, particularly older Australians dependent on limited fixed incomes.

The bank this afternoon announced its decision to drop the cash rate by 25 basis points to 2.50 per cent.

Consumer lobby group for the over 50s, National Seniors Australia, said people relying on income from cash investments would bear the down side of the cut at a time when costs, including electricity, petrol and healthcare, continued to rise.

"The decision increases the pressure on people already struggling with reduced returns from their deposits," National Seniors' chief executive Michael O'Neill said.

"Retirees on fixed incomes will have to make their savings and limited returns stretch further.

"Research indicates that the response by older Australians will be one of cutting costs by going without - whether it is food, heating or medication," he said.

Data published by the Australian Securities and Investments Commission (ASIC), shows that people aged 65 or older own 45.3 per cent of bank and financial institution term deposits.

"Older Australians are risk averse investors. They seek the surety of cash and low risk."

Mr O'Neill urged savers reliant on term deposits to maximise their position by actively managing the roll over and shopping around for the best available rate.

"There will be variation between institutions and on varying monthly terms. Consumers need to be alert to the best option available for their circumstances."

The interest rate drop was the second announcement in a week of erosions to seniors' savings, he said.

Last Friday, the government announced a levy on deposits up to $250,000 from 1 January 2016.

New report Shows Older People Working for Longer – August 8, 2013

National Seniors Australia has welcomed a new report which shows a significant increase in the number of people remaining in the workforce for longer.

The biennial Australia's welfare report for 2013 published by the Australian Institute of Health and Welfare (AIHW) released today has found that labour force participation rates have been rising significantly.

In the past decade, labour force participation rates for men aged 60–64 rose considerably from 48% in 2002 to 63% in 2012. For men aged 65–69, the rise was from 20% to 34%.

Among women aged 60–64, participation rates rose from 25% in 2002 to 44% in 2012. For women aged 65–69, the rise was from 9% to 20%.

National Seniors chief executive Michael O'Neill said there were a number of reasons why older Australians were choosing to work past retirement age.

"It's a sign of the times that people are staying in the workforce for longer," O'Neill said. "One reason is that older Australians are much healthier than they used to be so many want to remain in employment," he said.

"But another factor is that a significant number were hit hard by the Global Financial Crisis so some are being forced to remain in the workforce to recoup what they lost during that GFC period.

"Others are also struggling with the cost of living and worrying if their superannuation will be enough for when they retire."

O'Neill also highlighted that Australian workforce participation rates could be higher.

"We know that age discrimination in employment continues to be the main barrier for older Australians who are looking for work."

"If Australia had the same mature-age participation as New Zealand, our GDP would be 4 per cent higher."

The report also found that in 2012, just over half (53%) of employed people aged 65 and over worked part time, with women more likely to do so than men (69% compared with 45%).

The report coincides with the government's economic statement last week which showed the Commonwealth would save $600 million on the pension over the next four years because people were working for longer instead of claiming benefits.

93 Year-Old Yoga Instructor Can Still Pose Perfectly!

93-year-old Tao Porchon-Lynch is an inspiring Yoga Instructor and Can Still Pose Perfectly! She has been named Guinness World Records' oldest yoga teacher!

50
Fat
Diabetic
Ahead of You

Canberra Australia' s Federal Capital - Published on 6 Aug 2013

Made by The Cinema and Photographic Branch 1934. A documentary made to promote Canberra A.C.T. It includes images of the opening of the first Australian Federal Parliament by the Duke and Duchess of York. From sheep paddock to Federal Capital the film claims that not only is Canberra the most beautiful modern city in the world with gardens that would outshine those of the ancient Roman villas but it is also Australia's centre of learning and culture.

Canberra Australia' s Federal Capital

Shark Week 2013 - Mysterious Teeth Offer Mixed Results

The 60-foot-long Megalodon, the world's largest known shark, died out 1.5 million years ago ... or did it? Some scientists think the monster shark is still among us, and unusual sightings have been claimed for many years.

The British survey ship HMS Challenger, while dredging a seabed near Tahiti in 1875, pulled up a pair of Megalodon teeth, one of which is shown here. Over the years, dating of the teeth has produced mixed results. Some dates fall in the 10,000-15,000-year-old range. That's a far cry from 1.5 million years ago, when Megalodon supposedly went extinct.

Health papers published this week:

Chocolate May Help Keep Brain Healthy

Aug. 7, 2013 — **Drinking two cups of hot chocolate a day may help older people keep their brains healthy and their thinking skills sharp**, according to a study published in the August 7, 2013, online issue of Neurology®, the medical journal of the *American Academy of Neurology*.

The study involved 60 people with an average age of 73 who did not have dementia. The participants drank two cups of hot cocoa per day for 30 days and did not consume any other chocolate during the study. They were given tests of memory and thinking skills. They also had ultrasounds tests to measure the amount of blood flow to the brain during the tests.

"We're learning more about blood flow in the brain and its effect on thinking skills," said study author Farzaneh A. Sorond, MD, PhD, of Harvard Medical School in Boston and a member of the American Academy of Neurology. "As different areas of the brain need more energy to complete their tasks, they also need greater blood flow. This relationship, called neurovascular coupling, may play an important role in diseases such as Alzheimer's."

Of the 60 participants, 18 had impaired blood flow at the start of the study. Those people had an 8.3-percent improvement in the blood flow to the working areas of the brain by the end of the study, while there was no improvement for those who started out with regular blood flow.

The people with impaired blood flow also improved their times on a test of working memory, with scores dropping from 167 seconds at the beginning of the study to 116 seconds at the end. There was no change in times for people with regular blood flow. A total of 24 of the participants also had MRI scans of the brain to look for tiny areas of brain damage. The scans found that people with impaired blood flow were also more likely to have these areas of brain damage.

Half of the study participants received hot cocoa that was rich in the antioxidant flavanol, while the other half received flavanol-poor hot cocoa. There were no differences between the two groups in the results.

"More work is needed to prove a link between cocoa, blood flow problems and cognitive decline," said Paul B. Rosenberg, MD, of Johns Hopkins School of Medicine in Baltimore, who wrote an editorial accompanying the study. "But this is an important first step that could guide future studies."

F. A. Sorond, S. Hurwitz, D. H. Salat, D. N. Greve, N. D. L. Fisher. **Neurovascular coupling, cerebral white matter integrity, and response to cocoa in older people.**Neurology, 2013; DOI: 10.1212/WNL.0b013e3182a351aa

Cognitive Decline With Age Is Normal, Routine, but Not Inevitable

Aug. 7, 2013 — If you forget where you put your car keys and you can't seem to remember things as well as you used to, the problem may well be with the GluN2B subunits in your NMDA receptors. And don't be surprised if by tomorrow you can't remember the name of those darned subunits.

They help you remember things, but you've been losing them almost since the day you were born, and it's only going to get worse. An old adult may have only half as many of them as a younger person.

Research on these biochemical processes in the Linus Pauling Institute at Oregon State University is making it clear that cognitive decline with age is a natural part of life, and scientists are tracking the problem down to highly specific components of the brain. Separate from some more serious problems like dementia and Alzheimer's disease, virtually everyone loses memory-making and cognitive abilities as they age. The process is well under way by the age of 40 and picks up speed after that.

But of considerable interest: It may not have to be that way.

"These are biological processes, and once we fully understand what is going on, we may be able to slow or prevent it," said Kathy Magnusson, a neuroscientist in the OSU Department of Biomedical Sciences, College of Veterinary Medicine, and professor in the Linus Pauling Institute. "There may be ways to influence it with diet, health habits, continued mental activity or even drugs."

The processes are complex. In a study just published in the Journal of Neuroscience, researchers found that one protein that stabilizes receptors in a young animal – a good thing conducive to learning and memory – can have just the opposite effect if there's too much of it in an older animal.

But complexity aside, progress is being made. In recent research, supported by the National Institutes of Health, OSU scientists used a genetic therapy in laboratory mice, in which a virus helped carry complementary DNA into appropriate cells and restored some GluN2B subunits. Tests showed that it helped mice improve their memory and cognitive ability.

The NMDA receptor has been known of for decades, Magnusson said. It plays a role in memory and learning but isn't active all the time – it takes a fairly strong stimulus of some type to turn it on and allow you to remember something. The routine of getting dressed in the morning is ignored and quickly lost to the fog of time, but the day you had an auto accident earns a permanent etching in your memory.

Within the NMDA receptor are various subunits, and Magnusson said that research keeps pointing back to the GluN2B subunit as one of the most important. Infants and children have lots of them, and as a result are like a sponge in soaking up memories and learning new things. But they gradually dwindle in number with age, and it also appears the ones that are left work less efficiently.

"You can still learn new things and make new memories when you are older, but it's not as easy," Magnusson said. "Fewer messages get through, fewer connections get made, and your brain has to work harder."

Until more specific help is available, she said, **some of the best advice for maintaining cognitive function is to keep using your brain. Break old habits, do things different ways. Get physical exercise, maintain a good diet and ensure social interaction.** Such activities help keep these "subunits" active and functioning.

Gene therapy such as that already used in mice would probably be a last choice for humans, rather than a first option, Magnusson said. Dietary or drug options would be explored first.

"The one thing that does seem fairly clear is that cognitive decline is not inevitable," she said. "It's biological, we're finding out why it happens, and it appears there are ways we might be able to slow or stop it, perhaps repair the NMDA receptors. If we can determine how to do that without harm, we will."

D. R. Zamzow, V. Elias, M. Shumaker, C. Larson, K. R. Magnusson. **An Increase in the Association of GluN2B Containing NMDA Receptors with Membrane Scaffolding Proteins Was Related to Memory Declines during Aging.**Journal of Neuroscience, 2013; 33 (30): 12300 DOI:10.1523/JNEUROSCI.0312-13.2013

Young Vs. Old: Who Performs More Consistently?

Aug. 5, 2013 — Sometimes it's just not your day: First you can't remember where you put your car keys, then you forget about an important meeting at work. On days like that, our memory seems to let us down. But are there actually "good" and "bad" days for cognitive performance? And does age make a difference in the day-to-day variability in cognitive performance?

Florian Schmiedek, Martin Lövdén, and Ulman Lindenberger examined these questions using data from the COGITO Study, an investigation conducted at the Max Planck Institute for Human Development in Berlin. Their results are published in *Psychological Science*, a journal of the Association for Psychological Science.

The new findings reveal that while variability in cognitive performance does indeed exist, our personal impression that a whole day is either good or bad is often wrong. Rather, most performance fluctuations occur within shorter periods of time.

"True variability from day to day is relatively low," says Schmiedek.

The data suggest that both day-to-day and within-day variability in cognitive performance are particularly low in older adults when compared to younger adults.

Testing over 200 younger (ages 20-31) and older (ages 65-80) adults on twelve different tasks revealed significant age differences. These tasks - testing perceptual speed, episodic memory, and working memory - were repeated across 100 days, enabling researchers to assess the participants' learning improvements as well as their day-to-day performance fluctuations.

In all nine cognitive tasks assessed, **the older group actually showed less performance variability from day to day than the younger group**. The older adults' cognitive performance was thus more consistent across days, and this picture remained unaltered when differences in average performance favoring the young were taken into account.

"Further analyses indicate that the older adults' higher consistency is due to learned strategies to solve the task, a constantly high motivation level, as well as a balanced daily routine and stable mood," explains Schmiedek.

The findings are of importance for the debate about older people's potential in the workplace.

"One of our studies in the car production industry has shown that serious errors that are expensive to resolve are much less likely to be committed by older staff members than by their younger colleagues," says Axel Börsch-Supan, another researcher studying productivity of the labor force in aging societies at the Max Planck Institute. "Likewise, in other branches of industry that we have studied, one does not observe higher productivity among the younger relative to the older workers."

"**On balance, older employees' productivity and reliability is higher than that of their younger colleagues**," concludes Börsch-Supan.

F. Schmiedek, M. Lovden, U. Lindenberger. **Keeping It Steady: Older Adults Perform More Consistently on Cognitive Tasks Than Younger Adults.** Psychological Science, 2013; DOI: 10.1177/0956797613479611

Alzheimer Disease and Parkinson Disease Do Not Appear to Share Common Genetic Risk

Aug. 5, 2013 — A study by Valentina Moskvina, Ph.D., of the Cardiff University School of Medicine, Wales, United Kingdom, and colleagues, examined the genetic overlap between Parkinson disease (PD) and Alzheimer disease (AD).

Data sets from the United Kingdom, Germany, France and the United States were used to perform a combined genome-wide association analysis (GWA). The GWA study of AD included 3,177 patients with AD and 7,277 control patients, and the GWA analysis for PD included 5,333 patients with PD and 12,298 control patients.

The gene-based analyses resulted in no significant evidence that supported the presence of loci (location of gene) that were associated with increased risk for both PD and AD, according to the study results.

"Our findings therefore imply that loci that increase the risk of both PD and AD are not widespread and that the pathological overlap could instead be 'downstream' of the primary susceptibility genes that increase the risk of each disease," the study concludes.

Valentina Moskvina et al. **Analysis of Genome-Wide Association Studies of Alzheimer Disease and of Parkinson Disease to Determine If These 2 Diseases Share a Common Genetic Risk.** JAMA Neurol., 2013 DOI:10.1001/jamaneurol.2013.448

Breastfeeding May Reduce Alzheimer's Risk

Aug. 5, 2013 — The report, newly published in theJournal of Alzheimer's Disease, suggests that the link may be to do with certain biological effects of breastfeeding. For example, **breastfeeding restores insulin tolerance which is significantly reduced during pregnancy, and Alzheimer's is characterised by insulin resistance in the brain**.

Although they used data gathered from a very small group of just 81 British women, the researchers observed a highly significant and consistent correlation between breastfeeding and Alzheimer's risk. They argue that this was so strong that any potential sampling error was unlikely.

At the same time, however, the connection was much less pronounced in women who already had a history of dementia in their family. The research team hope that the study - which was intended merely as a pilot - will stimulate further research looking at the relationship between female reproductive history and disease risk.

The findings may point towards new directions for fighting the global Alzheimer's epidemic - especially in developing countries where cheap, preventative measures are desperately needed.

More broadly, the study opens up new lines of enquiry in understanding what makes someone susceptible to Alzheimer's in the first place. It may also act as an incentive for women to breastfeed, rather than bottle-feed - something which is already known to have wider health benefits for both mother and child.

Dr Molly Fox, from the Department of Biological Anthropology at the University of Cambridge, who led the study, said: "Alzheimer's is the world's most common cognitive disorder and it already affects 35.6 million people. In the future, we expect it to spread most in low and middle-income countries. So it is vital that we develop low-cost, large-scale strategies to protect people against this devastating disease."

Previous studies have already established that breastfeeding can reduce a mother's risk of certain other diseases, and research has also shown that there may be a link between breastfeeding and a woman's general cognitive decline later in life. Until now, however, little has been done to examine the impact of breastfeeding duration on Alzheimer's risk.

Fox and her colleagues - Professor Carlo Berzuini and Professor Leslie Knapp - interviewed 81 British women aged between 70 and 100. These included both women with, and without, Alzheimer's. In addition, the team also spoke to relatives, spouses and carers.

Through these interviews, the researchers collected information about the women's reproductive history, their breastfeeding history, and their dementia status. They also gathered information about other factors that might account for their dementia, for example, a past stroke, or brain tumour.

Dementia status itself was measured using a standard rating scale called the Clinical Dementia Rating (CDR). The researchers also developed a method for estimating the age of Alzheimer's sufferers at the onset of their disease, using the CDR as a basis and taking into account their age and existing, known patterns of Alzheimer's progression. All of this information was then compared with the participants' breastfeeding history.

Despite the small number of participants, the study revealed a number of clear links between breastfeeding and Alzheimer's. These were not affected when the researchers took into account other potential variables such as age, education history, the age when the woman first gave birth, her age at menopause, or her smoking and drinking history.

The researchers observed three main trends:

Women who breastfed exhibited a reduced Alzheimer's Disease risk compared with women who did not.

Longer breastfeeding history was significantly associated with a lower Alzheimer's Risk.

Women who had a higher ratio of total months pregnant during their life to total months breastfeeding had a higher Alzheimer's risk.

The trends were, however, far less pronounced for women who had a parent or sibling with dementia. In these cases, the impact of breastfeeding on Alzheimer's risk appeared to be significantly lower, compared with women whose families had no history of dementia.

The study argues that there may be a number of biological reasons for the connection between Alzheimer's and breastfeeding, all of which require further investigation.

One theory is that breastfeeding deprives the body of the hormone progesterone, compensating for high levels of progesterone which are produced during pregnancy. Progesterone is known to desensitize the brain's oestrogen receptors, and oestrogen may play a role in protecting the brain against Alzheimer's.

Another possibility is that breastfeeding increases a woman's glucose tolerance by restoring her insulin sensitivity after pregnancy. Pregnancy itself induces a natural state of insulin resistance. This is significant because Alzheimer's is characterised by a resistance to insulin in the brain (and therefore glucose intolerance) to the extent that it is even sometimes referred to as "Type 3 diabetes."

"Women who spent more time pregnant without a compensatory phase of breastfeeding therefore may have more impaired glucose tolerance, which is consistent with our observation that those women have an increased risk of Alzheimer's disease," Fox added.

Molly Fox, Carlo Berzuini, Leslie A. Knapp. **Maternal Breastfeeding History and Alzheimer's Disease Risk**.Journal of Alzheimer's Disease, 2013 DOI: 10.3233/JAD-130152

Dementia Risk Tied to Blood Sugar Level, Even With No Diabetes

Aug. 7, 2013 — A joint Group Health-University of Washington (UW) study in the *New England Journal of Medicine* has found that higher blood sugar levels are associated with higher dementia risk, even among people who do not have diabetes.

Blood sugar levels averaged over a five-year period were associated with rising risks for developing dementia, in this report about more than 2,000 Group Health patients age 65 and older in the Adult Changes in Thought (ACT) study.

For example, in people without diabetes, risk for dementia was 18 percent higher for people with an average glucose level of 115 milligrams per deciliter compared to those with an average glucose level of 100 mg/dl. And in people with diabetes, whose blood sugar levels are generally higher, dementia risk was 40 percent higher for people with an average glucose level of 190 mg/dl compared to those with an average glucose level of 160 mg/dl.

"The most interesting finding was that every incrementally higher glucose level was associated with a higher risk of dementia in people who did not have diabetes," said first author Paul K. Crane, MD, MPH, an associate professor of medicine at the UW School of Medicine, adjunct associate professor of health services at the UW School of Public Health, and affiliate investigator at Group Health Research Institute. "There was no threshold value for lower glucose values where risk leveled off."

"One major strength of this research is that it is based on the ACT study, a longitudinal cohort study, where we follow people for many years as they lead their lives," said senior author Eric B. Larson, MD, MPH, a senior investigator at Group Health Research Institute who also has appointments at the UW Schools of Medicine and Public Health. "We combine information from people's research visits every other year with data from their visits to Group Health providers whenever they receive care. And this gave us an average of 17 blood sugar measurements per person: very rich data."

These measurements included blood glucose (some fasting, some not) and glycated hemoglobin (also known as HbA1c). Blood sugar levels rise and fall in peaks and valleys throughout each day, but glycated hemoglobin doesn't vary as much over short intervals. R. Walker, MS

R. Hubbard, PhD Combining glucose and glycated hemoglobin measures into a composite measure required special statistical techniques, which Drs. Crane and Larson's co-authors Rod Walker, MS, a biostatistician, and Rebecca Hubbard, PhD, an associate investigator, both from Group Health Research Institute, had developed. (Dr. Hubbard is also an affiliate assistant professor of biostatistics at the UW School of Public Health.) These sophisticated statistical models required specialized data on the relationships between glycated hemoglobin and glucose levels, and they used data generated by co-author David M. Nathan, MD, a professor of medicine at Harvard Medical School and director of the Diabetes Center at Massachusetts General Hospital.

So should people try to eat less sugar - or foods with a lower "glycemic index"? Not necessarily, Dr. Crane said: "Your body turns your food into glucose, so your blood sugar levels depend not only on what you eat but also on your individual metabolism: how your body handles your food." But he does suggest that taking walks couldn't hurt: The ACT study has previously linked physical activity to later onset and reduced risk of dementia, including Alzheimer's disease.

Furthermore, Dr. Crane emphasized that these results come from an observational study: "What we found was that people with higher levels of glucose had a higher risk of dementia, on average, than did people with lower levels of glucose," he said. "While that is interesting and important, we have no data to suggest that people who make changes to lower their glucose improve their dementia risk. Those data would have to come from future studies with different study designs."

Paul K. Crane, Rod Walker, Rebecca A. Hubbard, Ge Li, David M. Nathan, Hui Zheng, Sebastien Haneuse, Suzanne Craft, Thomas J. Montine, Steven E. Kahn, Wayne McCormick, Susan M. McCurry, James D. Bowen, Eric B. Larson. **Glucose Levels and Risk of Dementia.** New England Journal of Medicine, 2013; 369 (6): 540 DOI:10.1056/NEJMoa1215740

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of Pittwater Online News or its staff.

National Seniors Literary Prize a catalyst for change

The 2014 National Seniors Literary Prize will have the theme 'reflections'. It will be open until 29 November 2013.

National Seniors Australia and publishing powerhouse Random House Australia are working together to give one lucky writer, aged 50 years and over, the opportunity to make their mark in the world of publishing.

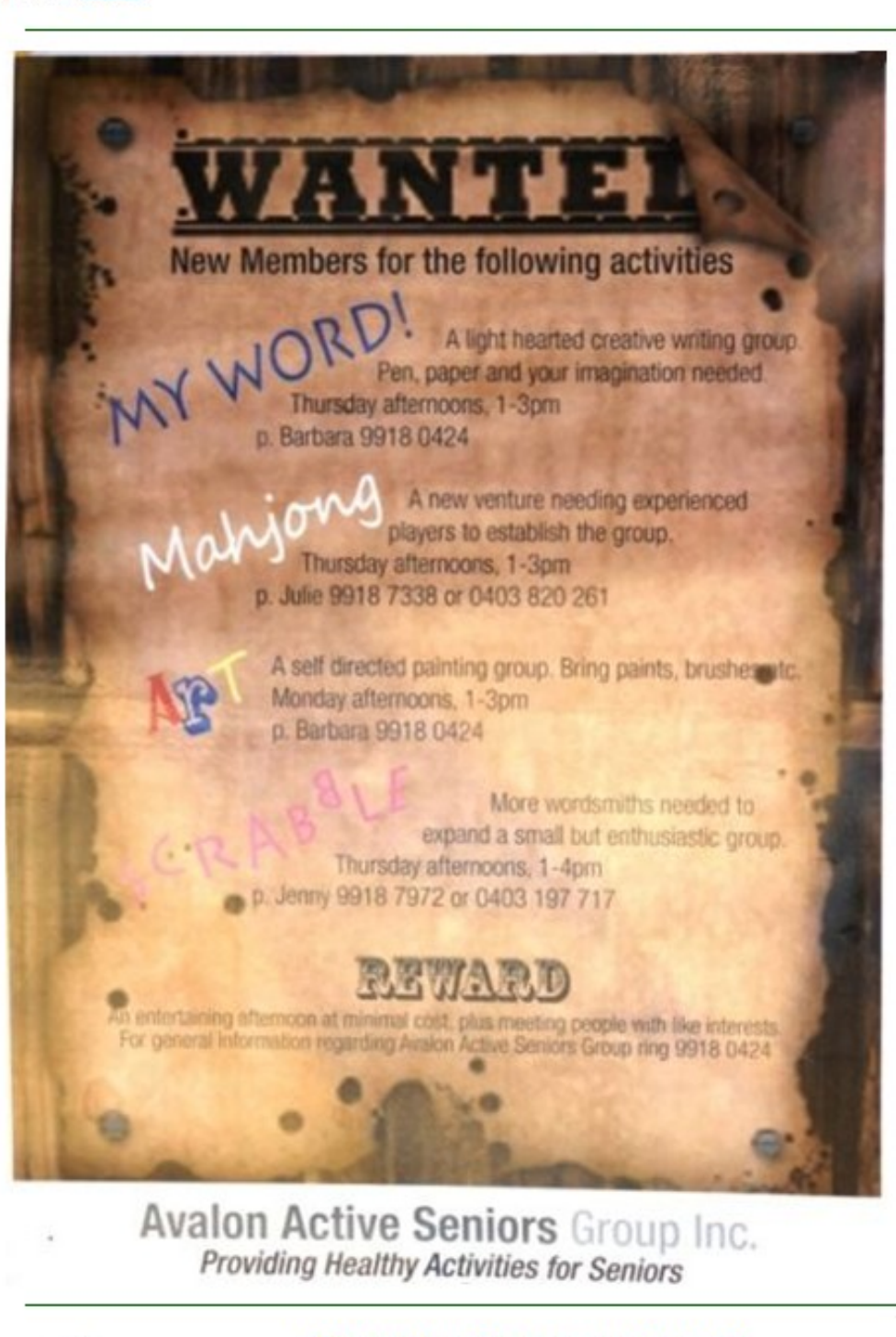
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

The winner of the National Seniors Literary Prize will receive:

$2,000 prize money; A three year membership to National Seniors Australia; A complete cover design for their manuscript; Professional editing by Random House Australia; E-book publication of their manuscript; 12 printed copies of their novel ;The opportunity for print-on-demand versions of their book

Submit your manuscript into the National Seniors Literary Prize 2014.

Got questions? Read the National Seniors Literary Prize frequently asked questions here. Read the full terms and conditions of the prize here.



WANTED
New Members for the following activities

MY WORD! A light hearted creative writing group.
Pen, paper and your imagination needed
Thursday afternoons, 1-3pm
p. Barbara 9918 0424

Mahjong A new venture needing experienced players to establish the group.
Thursday afternoons, 1-3pm
p. Julie 9918 7338 or 0403 820 261

ART A self directed painting group. Bring paints, brushes etc.
Monday afternoons, 1-3pm
p. Barbara 9918 0424

SCRABBLE More wordsmiths needed to expand a small but enthusiastic group.
Thursday afternoons, 1-4pm
p. Jenny 9918 7972 or 0403 197 717

REWARD
An entertaining afternoon at minimal cost, plus meeting people with like interests.
For general information regarding Avalon Active Seniors Group ring 9918 0424

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Pittwater Community Hub

Northside Community CONNECT

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

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

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

We want you to we help you gracefully downsize with our experience and care.

www.seniormovers.com.au

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

August 11 - 17, 2013: Issue 123

Government dredging report reveals true extent of impact on the Great Barrier Reef – August 9, 2013

-Plumes of dredging travel further, cause more damage

- More damaging sediment to be released in Reef's waters

- More ongoing maintenance dredging required

The Fight for the Reef campaign has today seized on a new report on the impact of dredging on the Great Barrier Reef as further evidence that the practice of dumping dredge waste should be banned.

Richard Leck, WWF-Australia spokesperson for the Fight for the Reef Campaign said that the report confirms the worst fears for anyone who loves the Reef.

"The impact of dredging and dumping in the Reef's waters is much worse than industry and government thought," Mr Leck said. "Dumping dredge waste in the waters of the Reef World Heritage Area must be banned."

The report reveals that:

- The latest research on dredge spoil disposal plumes indicates that they are travelling much longer distances and may be impacting sites considerably further away than where material is dumped.

- Since dredge plumes can travel larger distances than originally thought, it is essential that modelling be expanded to include a bigger footprint.

- All Environment Impact Statements done on the Great Barrier Reef Marine Park port projects have been extremely conservative in estimating the impact of dredging.

- The coastal geomorphology of a number of existing ports (Cairns, Townsville and Gladstone) means that the amount of maintenance dredging required is likely to double. This would result in an additional 460,000 tonnes of dredge material dumped in the Reef World Heritage Area.

- The projected volume for dredge spoil disposal into the Great Barrier Reef World Heritage Area (based on current proposals) totals 43.8 million tonnes (42.4 million tonnes capital and 1.4 million tonnes maintenance), assuming that all proposals are constructed. This could potentially represent a 3,000% increase in volume for disposal over the next 3 years.

- The amount of "fines" (silt and clay particles <35 micrometres in size) in capital dredge material is 30%. If all the proposed projects are approved they could contribute up to 13 million tonnes of additional resuspended sediment to the waters of the Reef over the next 3-5 years.

Felicity Wishart, the Great Barrier Reef Campaign Director for AMCS said the report showed that the impact of the dredging and dumping was greater than had been expected and backed up calls for the Minister to reject the 3 million cubic metres of dredging proposed for Abbot Point.

"This new dredging report is alarming as it shows that the plumes of dredge material spread even greater than first thought," Ms Wishart said. "This will affect coral, it will affect the water visibility and it will affect the homes of sensitive Reef species.

"We have always been concerned but this report is simply breath-taking in what it reveals. It shows that there is more dredging and dumping required than has previously been considered.

"That means more damage than had been anticipated. It means greater impacts on tourism and fishing.

"Australians, now more than ever, must stand up and fight for the Reef."

Summary and full report here: http://www.environment.gov.au/sustainability/regional-development/gbr/publications/gbr-dredge-material-management.html

NEWS JUST IN: Australian Environment Minister Mark Butler has delayed making a decision on an application to dump 3 million cubic metres of dredge spoil in the waters of the Great Barrier Reef, 50kms from the Whitsunday Islands http://wwfau.org/13o1aVr

The Assessment Process Notice relating to Abbot Point was posted online this afternoon by the Australian Government at: http://www.environment.gov.au/cgi-bin/epbc/epbc_ap.pl?name=current_referral_detail&proposal_id=6213

Photo: Gladstone Harbour Dredge March 2012. © Tom Sjolund

Soil Carbon 'Blowing in the Wind'

Aug. 6, 2013 — Australian soils are losing about 1.6 million tonnes of carbon per year from wind erosion and dust storms affecting agricultural productivity, our economy and carbon accounts, according to new research. Top soil is rich in nutrients and carbon but is increasingly being blown away by events such as the 'Red Dawn' in Sydney in 2009.

When wind lifts carbon dust into the atmosphere it changes the amount and location of soil carbon.

Some carbon falls back to the ground while some leaves Australia or ends up in the ocean.

CSIRO research scientist Dr Adrian Chappell and an international team of experts in wind erosion and dust emission recently calculated the extent of these carbon dust emissions.

"Carbon stored in our soils helps sustain plant growth. Our modelling shows that millions of tonnes of dust and carbon are blowing away, and it is uncertain where all that ends up," Dr Chappell said.

"We need to understand the impact of this dust carbon cycle to develop more accurate national and global estimates of carbon balances and to be able to prepare for life in a changing climate.

"Australia's carbon accounts, and even global carbon accounts, have not yet taken wind or water erosion into consideration and when this happens it could have significant impacts on how we manage our landscapes. While soil organic carbon lost through dust is not a major contributor to Australia's total emissions, it is a major factor in our deteriorating soil health."

Carbon is an essential ingredient for the healthy soils which underpin Australia's capability to produce enough food to feed 60 million people.

Understanding the movement of carbon through the landscape is a necessity if we are to improve the quality of our soils and support farmers and land managers to store carbon.

This is not an issue for Australia alone. Other countries will also need to know the fate of their wind-blown carbon; countries like the USA and China with larger dust emissions will likely face similar challenges when including wind borne dust in their carbon accounting.

With the frequency and intensity of dust storms likely to increase in Australia, the impact of wind erosion would also increase.

This redistribution of carbon needs to be better understood so we can improve our land management practices to better protect our soils.

Recent research estimated that the 'Red Dawn' dust storm that passed over the eastern coast of Australia on 23 September 2009 cost the economy of New South Wales A$300 million, mainly for household cleaning and associated activities.

The research paper "Soil organic carbon dust emission: an omitted global source of atmospheric CO2" was published in the latest issue of the journal Global Change Biology.

Adrian Chappell, Nicholas P. Webb, Harry J. Butler, Craig L. Strong, Grant H. McTainsh, John F. Leys, Raphael A. Viscarra Rossel. **Soil organic carbon dust emission: an omitted global source of atmospheric CO2.** Global Change Biology, 2013; DOI: 10.1111/gcb.12305 Windblown soil collects in stockyards. (Image: John Leys, NSW DustWatch)

The Sun's Magnetic Field Is About to Flip

Aug. 6, 2013 — Something big is about to happen on the sun. According to measurements from NASA-supported observatories, the sun's vast magnetic field is about to flip.

"It looks like we're no more than three to four months away from a complete field reversal," said solar physicist Todd Hoeksema of Stanford University. "This change will have ripple effects throughout the solar system."

The sun's magnetic field changes polarity approximately every 11 years. It happens at the peak of each solar cycle as the sun's inner magnetic dynamo re-organizes itself. The coming reversal will mark the midpoint of Solar Cycle 24. Half of "solar max" will be behind us, with half yet to come.

Hoeksema is the director of Stanford's Wilcox Solar Observatory, one of the few observatories in the world that monitors the sun's polar magnetic fields. The poles are a herald of change. Just as Earth scientists watch our planet's polar regions for signs of climate change, solar physicists do the same thing for the sun. Magnetograms at Wilcox have been tracking the sun's polar magnetism since 1976, and they have recorded three grand reversals - with a fourth in the offing.

Solar physicist Phil Scherrer, also at Stanford, describes what happens: "The sun's polar magnetic fields weaken, go to zero and then emerge again with the opposite polarity. This is a regular part of the solar cycle."

A reversal of the sun's magnetic field is, literally, a big event. The domain of the sun's magnetic influence (also known as the "heliosphere") extends billions of kilometers beyond Pluto. Changes to the field's polarity ripple all the way out to the Voyager probes, on the doorstep of interstellar space.

When solar physicists talk about solar field reversals, their conversation often centers on the "current sheet." The current sheet is a sprawling surface jutting outward from the sun's equator where the sun's slowly rotating magnetic field induces an electrical current. The current itself is small, only one ten-billionth of an amp per square meter (0.0000000001 amps/m2), but there's a lot of it: the amperage flows through a region 10,000 km thick and billions of kilometers wide. Electrically speaking, the entire heliosphere is organized around this enormous sheet.

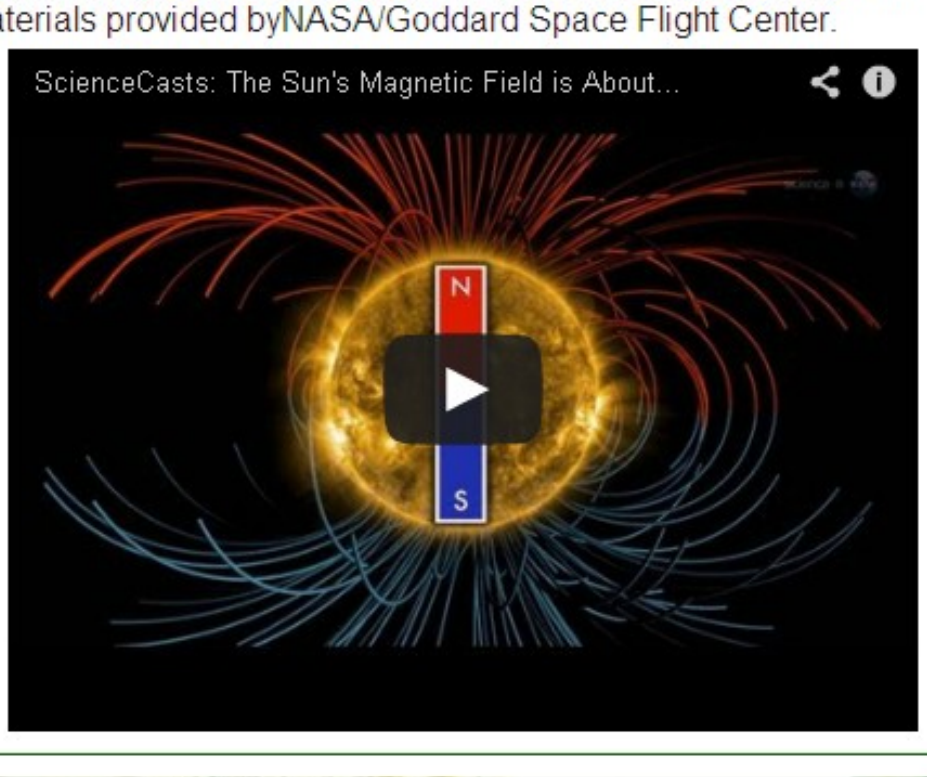
During field reversals, the current sheet becomes very wavy. Scherrer likens the undulations to the seams on a baseball. As Earth orbits the sun, we dip in and out of the current sheet. Transitions from one side to another can stir up stormy space weather around our planet.

Cosmic rays are also affected. These are high-energy particles accelerated to nearly light speed by supernova explosions and other violent events in the galaxy. Cosmic rays are a danger to astronauts and space probes, and some researchers say they might affect the cloudiness and climate of Earth. The current sheet acts as a barrier to cosmic rays, deflecting them as they attempt to penetrate the inner solar system. A wavy, crinkly sheet acts as a better shield against these energetic particles from deep space.

As the field reversal approaches, data from Wilcox show that the sun's two hemispheres are out of synch.

"The sun's north pole has already changed sign, while the south pole is racing to catch up," Scherrer said. "Soon, however, both poles will be reversed, and the second half of solar max will be underway."

When that happens, Hoeksema and Scherrer will share the news with their colleagues and the public. The above story is based on materials provided byNASA/Goddard Space Flight Center.



One Tree's Architecture Reveals Secrets of a Forest

Aug. 6, 2013 — Behind the dazzling variety of shapes and forms found in trees hides a remarkably similar architecture based on fundamental, shared principles, UA ecologists have discovered.

Researchers in the University of Arizona's department of ecology and evolutionary biology have found that despite differences in appearance, trees across species share remarkably similar architecture and can tell scientists a lot about an entire forest.

Just by looking at a tree's branching pattern, it turns out, scientists can gather clues about how it functions - for example how much carbon dioxide it exchanges with the atmosphere or how much water transpires through its leaves - regardless of the tree's shape or species.

The researchers' results, published in the August issue of the scientific journal Ecology Letters, have important implications for models used by scientists to assess how trees influence ecosystems across the globe.

Studies like this enable scientists to refine models used to assess and predict functions that cannot be directly measured for an entire forest, for example how much carbon dioxide and oxygen the forest exchanges with the atmosphere and how much water the trees lose through evaporation.

According to the authors, their study is the first empirical test of a theory UA ecology professor Brian Enquist helped develop in 1998. That theory holds that a tree's branching structure - specifically, the width and length of its branches - predicts how much carbon and water a tree exchanges with the environment in relation to its overall size, independently of the species.

"This theory can be used to scale the size of plants to their function, such as amount of photosynthesis, water loss and respiration, especially in light of climate change," said Lisa Patrick Bentley, who led the research, funded by the National Science Foundation, as part of a postdoctoral fellowship in Enquist's lab. "If you were to look at an entire forest and wanted to know how much carbon this forest puts out, our study supports the idea that you might only have to look at the properties of a few trees, representing the smallest and the largest, to figure this out."

"All of the tree species we studied have very similar branching patterns regardless of their difference in appearance," she said. "For example, even though a piñon pine tree looks very different from a maple tree, there are similar general ecological, biological and physical principles that have resulted in a similar branching architecture across those species over the course of evolution."

Bentley and her team tested this prediction in five different species of trees: maple, oak, balsa, Ponderosa pine and piñon pine. They found the theory to be correct in that it allows for predictions about a tree's function depending on its size, and also in that the theory's principles apply across species, despite their differences in appearance.

"There is a relationship between the size and shape of branches," Bentley said. "They grow within proportion. Take a pine tree, for example: It has the general shape of a cone, while an oak tree looks like more like an inverted cone. When you think about the many different shapes of trees, I think it's pretty amazing that you get this correlation between such different looking trees."

For their study, the researchers harvested a total of nine specimens from forest areas set aside for research purposes. A team of undergraduate and graduate student researchers dissected the trees down to the last twig, counting the number of branches, the number of branching points, or nodes, and measuring the length and diameter of each branch.

The work also confirmed an idea first proposed by Renaissance polymath Leonardo da Vinci.

"If you imagine collapsing all of a tree's outermost branches into one cylinder, that cylinder would be the size of the trunk," Bentley said. "According to Leonardo's rule, the total area of branches is conserved as you go from the trunk all the way to the branches at the top."

At the same time, the experiments revealed that actual tree branching patterns are more varied and complex than predicted by the theory.

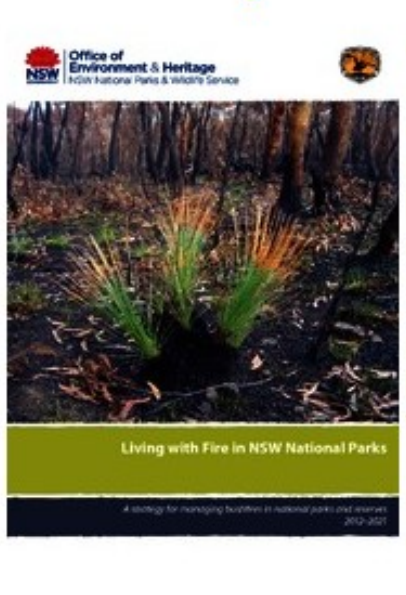
"The theory assumes branching patterns based on fractals, which is the same perfectly symmetrical 'Y' branching pattern repeating over and over, but trees don't look like that," said Bentley, who currently is working in Peru as part of her research through a postdoctoral fellowship the University of Oxford. "If you look at two trees that are the same height and belong to the same species, you'll see more variability: one branch might branch two times, but its sister branch might branch three or four times."

"After testing the theory empirically, we conclude that generally speaking, the theory works well, but in some aspects it needs to be modified to incorporate more variation among species," said Bentley. "Based on our results, we think the theory should be modified to include asymmetrical branching."

Lisa Patrick Bentley, James C. Stegen, Van M. Savage, Duncan D. Smith, Erica I. von Allmen, John S. Sperry, Peter B. Reich, Brian J. Enquist. **An empirical assessment of tree branching networks and implications for plant allometric scaling models.** Ecology Letters, 2013; 16 (8): 1069 DOI: 10.1111/ele.12127

What looks like a Christmas tree is actually a study subject: Bentley's team, including several UA undergraduate students, carefully attached labels to every single branch of several trees to keep track of them. (Credit: Photo courtesy of Lisa Patrick Bentley)

Living with Fire in NSW National Parks


Office of Environment & Heritage
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The document provides a statewide approach to managing bushfires in NSW national parks and reserves over the next decade. The strategy was developed following several rounds of consultation with key internal and external stakeholders.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with:

NSW 2021 external link (Goal 28)

the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

growing together
Pittwater Community Gardens

Community Gardens bring people together and enrich communities. They build a sense of place and shared connection.

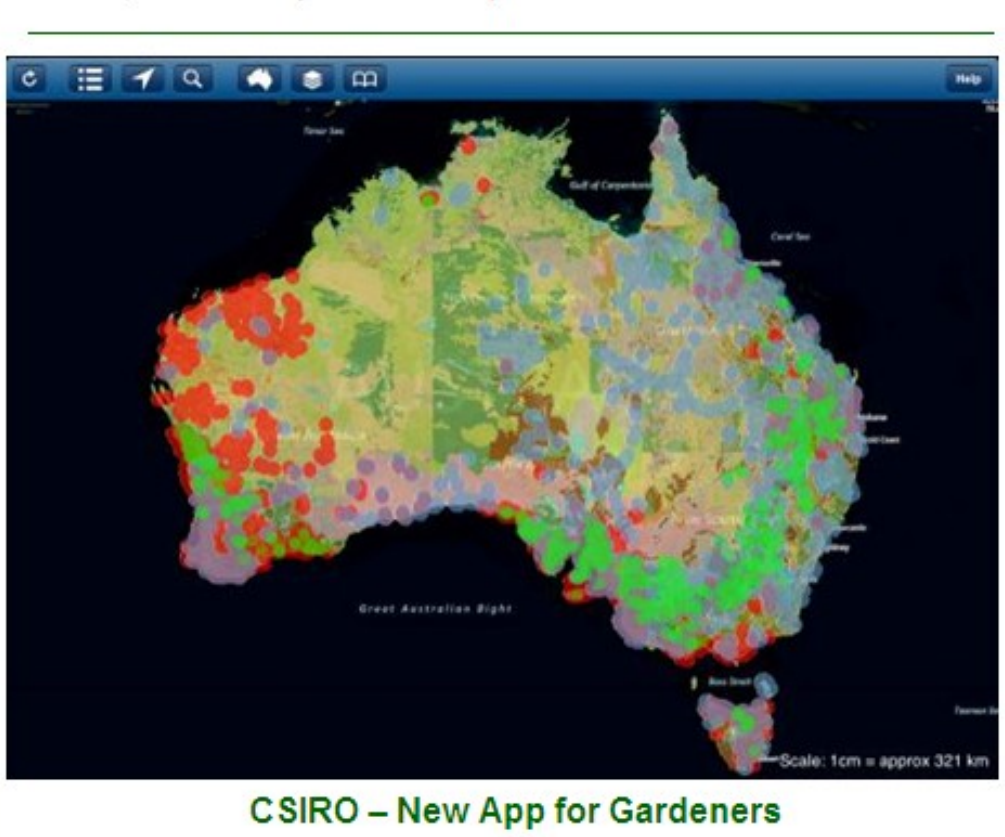
Pittwater Community Gardens is a community led initiative to create accessible food gardens in public places throughout the Pittwater area. Our aim is to share skills and knowledge in creating fabulous local, organic food. But it's not just about great food. We also aim to foster community connection, stimulate creative ideas for community resilience and celebrate our abundance. Open to all ages and skills, our first garden is on the grounds of Barrenjoey High School (off Tasman Road). Become part of this exciting initiative to change the world locally.

www.pcga.org.au Contact us info@pcg.org.au or Visit us at facebook.com/pcga.org; image artwork: www.gravey.com

Birdlife Australia - New Website and Quarterly Magazine

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

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



CSIRO – New App for Gardeners

How does your garden grow? Find out what's under your feet with SoilMapp, our new app for iPad. More on new science apps in 2013 on our blog: http://ow.ly/hPQO2

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species. The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

Berowra Creek - Back from the brink - by Hornsby Council Published on 1 Aug 2013

By the 1990s pollution in Berowra Creek and the Lower Hawkesbury had reached a disastrous level. This is the story of how community action helped save them - and continues to do so.

Berowra Creek - Back from the brink

Marine life spawns sooner as oceans warm - 5 August 2013

Warming oceans are impacting the breeding patterns and habitat of marine life, effectively re-arranging the broader marine landscape as species adjust to a changing climate, according to a three-year international study published today in Nature Climate Change.

The international team led by CSIRO's Climate Adaptation Flagship and University of Queensland marine ecologists Elvira Poloczanska and Anthony Richardson, based their findings on a review of peer-reviewed literature from around the world, identifying more than 1700 changes, including 222 in Australia.

CSIRO's Dr Poloczanska said marine species are shifting their geographic distribution towards cooler regions and doing so much faster than their land-based counterparts.

Despite the ocean having absorbed 80% of the heat added to the global climate system, the ocean's thermal capacity has led to surface waters warming three times slower than air temperatures over land.

"The leading edge or 'front line' of a marine species' distribution is moving towards the poles at the average rate of 72 km per decade, which is considerably faster than terrestrial species moving poleward at an average of 6 km per decade," said Dr Poloczanska.

"This is despite sea surface temperatures warming three times slower than land temperatures."

Dr Poloczanska said winter and spring temperatures, over both the ocean and land, are warming fastest, which might advance phenological events such as the start of growing seasons and the timing of reproduction. In addition, anthropogenic carbon dioxide uptake by the oceans is altering seawater carbonate chemistry, which can impact some marine organisms.

"Given these findings, we expect marine organisms to have responded to recent climate change, with magnitudes similar to or greater than those found for terrestrial species," she said.

The research team also considered changes in species' life cycle, such as breeding times, to find these are also changing as seas warm.

Associate Professor Richardson explained that the timing of breeding and migration are, on average, occurring much earlier in the sea with marine species advancing by 4.4 days each decade which is also much faster than land based species which are breeding around 2.3 – 2.8 days earlier each decade.

Although the study reported global impacts, there is strong evidence of change in the Australian marine environment.

Dr Poloczanska said that in Australia's south-east tropical and subtropical species of fish, molluscs and plankton are shifting much further south through the Tasman Sea. In the Indian Ocean, there is a southward distribution of sea birds as well as loss of cool-water seaweeds from regions north of Perth.

"Essentially, these findings indicate that changes in life events and distribution of species indicates we are seeing widespread reorganisation of marine ecosystems, with likely significant repercussions for the services these ecosystems provide to humans.

"For example, some of the favourite catches of recreational and commercial fishers are likely to decline, while other species, not previously in the area, could provide new fishing opportunities," Dr Poloczanska said.

The international team included 19 researchers from Australia, USA, Canada, UK, Europe and South Africa.

The giant rock barnacle is spreading down the east coast of Tasmania as sea temperatures increase. (Image: Elvira Poloczanska)

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Habitat magazine is chock full of great environmental reportage, covering enviro heroes, climate change and the interconnectedness of our natural world. FREE to download on your iPad: http://bit.ly/RR8zre

Environment Aricles Issue 122

Ingleside Wildflowers August 2013

Pardalotes, scrub Wrens and Thornbills of Pittwater - tiny, tiny heath land and scrub birds flit all around you!

Katandra Bushland Sanctuary

KATANDRA BUSHLAND SANCTUARY
OPEN 10AM – 4PM EVERY SUNDAY JULY – OCTOBER
OPEN TODAY PARKING INSIDE

Coastal Environment Centre

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

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

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

August 2013 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE

Climate Change Threatens U.S. Estuaries

Aug. 7, 2013 — The nation's 28 National Estuarine Research Reserves (NERR) are experiencing the negative effects of human and climate-related stressors, according to new NOAA research.

The national study, Climate Sensitivity of the National Estuarine Research Reserve System, points to three East Coast reserves (Sapelo Island NERR in Georgia, ACE Basin NERR in South Carolina and Waquoit Bay NERR in Massachusetts) and the Tijuana River NERR on the California-Mexico border as the most sensitive to climate change.

Estuaries are places where rivers meet the sea, providing nursery habitat for fish and shellfish while buffering many coastal communities from the impacts of coastal storms and sea level rise. The climate exposure of each reserve provides 'first alarm' indicators about the effects of climate change on coastal ecosystems. Ongoing research at each of the reserves provides real-time data about how climate change impacts these important natural resources.

Researchers determined the extent of relative climate sensitivity in the reserves by looking at five factors: social, biophysical, and ecological sensitivity, and exposure to temperature change and sea level rise.

Key Findings

Reserve ecological resilience was examined and the key underlying estuarine stressors were found to be toxic pollutants, storm impacts, invasive species, habitat fragmentation, sedimentation, and shoreline erosion. The most frequently identified factors contributing to these stressors included residential development, land use, population growth, wastewater treatment and sea level rise.

High social sensitivity to climate change was indicated where there is higher employment within natural resource-dependent industries, lower per capita income and median home values, higher percentages of minority populations, and a higher percentage of individuals lacking a high school education. Social sensitivity to climate change was generally highest in the southern portions of the East and West coasts of the U.S., the Gulf of Mexico, and Alaska.

Biophysical sensitivity summarizes each reserve's relationship between annual spring atmospheric temperature, rainfall data, and water quality factors such as water temperature, dissolved oxygen, and pH. Temperature change exposure risk was greatest for reserves located in the Great Lakes, Gulf of Mexico, Mid-Atlantic, and Northeast regions of the country, while reserves in the Gulf of Mexico, parts of the Mid-Atlantic, Southeast, California, and Oregon showed the greatest risk of sea level rise exposure.

For further information, see http://oceanservice.noaa.gov/news/weeklynews/aug13/nerrs-climate-report.html

The Tijuana River National Estuarine Research Reserve in California is one of four estuaries that experiences a high level of climate sensitivity. (Credit: Tijuana River National Estuarine Research Reserve)

Dolphins Keep Lifelong Social Memories, Longest in a Non-Human Species

Aug. 6, 2013 — Dolphins can recognize their old tank mates' whistles after being separated for more than 20 years - the longest social memory ever recorded for a non-human species.

The remarkable memory feat is another indication that dolphins have a level of cognitive sophistication comparable to only a few other species, including humans, chimpanzees and elephants. Dolphins' talent for social recognition may be even more long-lasting than facial recognition among humans, since human faces change over time but the signature whistle that identifies a dolphin remains stable over many decades.

"This shows us an animal operating cognitively at a level that's very consistent with human social memory," said Jason Bruck, who conducted the study and received his Ph.D. in June 2013 from the University of Chicago's program in Comparative Human Development. His study is published in the current issue of the Proceedings of the Royal Society of London B.

To establish how well dolphins could remember their former companions, Bruck collected data from 53 different bottlenose dolphins at six facilities, including Brookfield Zoo near Chicago and Dolphin Quest in Bermuda. The six sites were part of a breeding consortium that has rotated dolphins and kept records on which ones lived together, going back decades.

"This is the kind of study you can only do with captive groups when you know how long the animals have been apart," Bruck said. "To do a similar study in the wild would be almost impossible."

"Signature whistles" offer means to test memory

In recent years, other studies have established that each dolphin develops its own unique signature whistle that appears to function as a name. Researchers Vincent M. Janik and Stephanie L. King at Scotland's University of St. Andrews reported earlier this year that a wild bottlenose dolphin can learn and repeat signatures belonging to other individuals, and answer when another dolphin mimics its unique call.

Bruck played recordings of signature whistles to dolphins that had once lived with the animals that made the calls. Determining whether the dolphins recognized their old companions required a methodical comparison of how they responded to familiar calls versus calls belonging to dolphins they had never met.

First, Bruck would play recording after recording of signature whistles that the target dolphins had never heard before. His initial studies showed that these "dolphins get bored quickly listening to signature whistles from dolphins they don't know." Once they were habituated to the unfamiliar calls, Bruck would play a recording of an animal that he knew the target dolphin had lived with.

The familiar calls often would perk up the dolphins and elicit an immediate response.

"When they hear a dolphin they know, they often quickly approach the speaker playing the recording," Bruck said. "At times they will hover around, whistle at it, try to get it to whistle back."

To check that the response was the result of recognition, Bruck also would play a test recording of an unfamiliar bottlenose that was the same age and sex as the familiar animal. All the behavior was scored according to how quickly and to what degree the animals responded.

A clear pattern emerged in the data: Compared with unfamiliar calls, dolphins responded significantly more to whistles from animals they once knew, even if they had not heard the calls in decades.

An audio reunion of old companions

In one notable example, Bruck played a recording of a female dolphin named Allie, who currently lives at the Brookfield Zoo, for Bailey, a female now in Bermuda. The pair had last lived together at Dolphin Connection in the Florida Keys when Allie was 2 and Bailey was 4. But 20 years and six months after their last contact, Bailey still recognized the recording of Allie's signature whistle.

That kind of performance after decades apart was typical, leading Bruck to conclude that dolphins maintain lifelong memories of each others' whistles. In the wild, bottlenose dolphins have an average life expectancy of around 20 years, though longer-lived individuals can survive up to 45 years or more.

In fact, Bruck's study appears to show the longest pure memory of any kind in a non-human species. Anecdotally, an elephant can remember a mother after 20 years, but testing animals' long-term memories outside of family relationships requires more systematic study of multiple relationships.

Exactly why dolphins' social memories persist so long remains unclear. Dolphins exhibit sophisticated social connections that follow a "fission-fusion" model. In the open ocean, dolphins may break apart from one group and "fuse" with other groups many times over. Such relationships could have required a growth in memory capacity. But it's also possible that memory is just one facet of the advanced mind that evolved in dolphins for other reasons.

"Why do they need this kind of memory? I'm not sure they do," Bruck said. "The cognitive abilities of dolphins are really well developed, and sometimes things like this are carry-along traits. But to test whether this kind of social memory capacity is adaptive, we would need more demographic data from multiple populations in the wild to see if they experience 20-year separations."

The emergence of advanced memory in marine mammals as well as in humans shows that in evolution, "there are lots of ways to get from point A to point B," Bruck said. "It's nice to see this kind of ability in a non-primate, as this is a great example of convergent evolution."

Probing similarities to human names

Another big question such research raises is how similar dolphins' signature calls are to human words and names. So far no one has been able to test what signature whistles signify in a dolphin's mind.

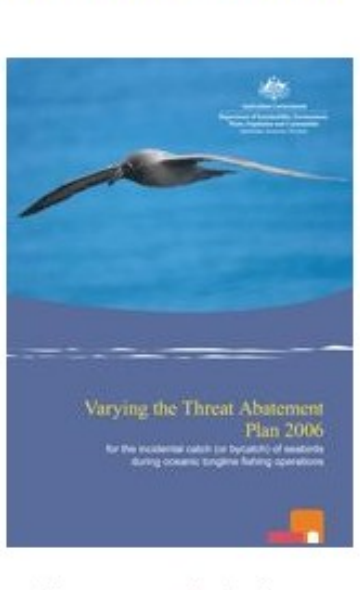
"We know they use these signatures like names, but we don't know if the name stands for something in their minds the way a person's name does for us," Bruck said. "We don't know yet if the name makes a dolphin picture another dolphin in its head."

For his next round of research, Bruck said, "That's my goal - show whether the call evokes a representational mental image of that individual."

The above story is based on materials provided by University of Chicago. The original article was written by Jeremy Manier. Dolphins have the longest social memory for a non-human species, according to a new UChicago study that examined more than 50 bottlenose dolphins. Jason Bruck, a UChicago postdoctoral scholar, found that dolphins could remember the signature whistles of former tank mates for more than 20 years. (Credit: Jim Schulz/Chicago Zoological Society)

You Build Houses in My Woods - I'll swim in your pool!

Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations



Department of Sustainability, Environment, Water, Population and Communities, 2013

Introduction

Oceanic longlining is a fishing technique used to target pelagic and demersal finfish and shark species. Longlining occurs in almost all Australian waters. The impact of longline fishing activities on seabirds was not fully realised until the 1980s when seabird bycatch was first reported and then documented.

The incidental catch (or bycatch) of seabirds during oceanic longline fishing operations was listed as a key threatening process on 24 July 1995. An initial threat abatement plan was released in 1998 and the current Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations (the 2006 Threat Abatement Plan for Seabirds) was released in 2006. In 2011, the Minister for Sustainability, Environment, Water, Population and Communities approved preparation of a variation to the 2006 Threat Abatement Plan for Seabirds.

Information on the level and nature of interactions between seabirds and fishing gear has increased significantly. There is now extensive information available upon which to base decision-making. Considerable research and development activities have been undertaken since 1995 into seabird bycatch mitigation measures including at-sea trials. There is now increased confidence about mitigation measures that, when used in combination, are effective. These mitigation measures form the basis of prescriptions set out in the proposed variation to the 2006 Threat Abatement Plan for Seabirds.

Public consultation

The Minister for Environment, Heritage and Water has released the consultation paper on varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations for three-month **public consultation until 31 October 2013.**

Save Pittwater.com People for Pittwater.com.au

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The Avalon Tattoo
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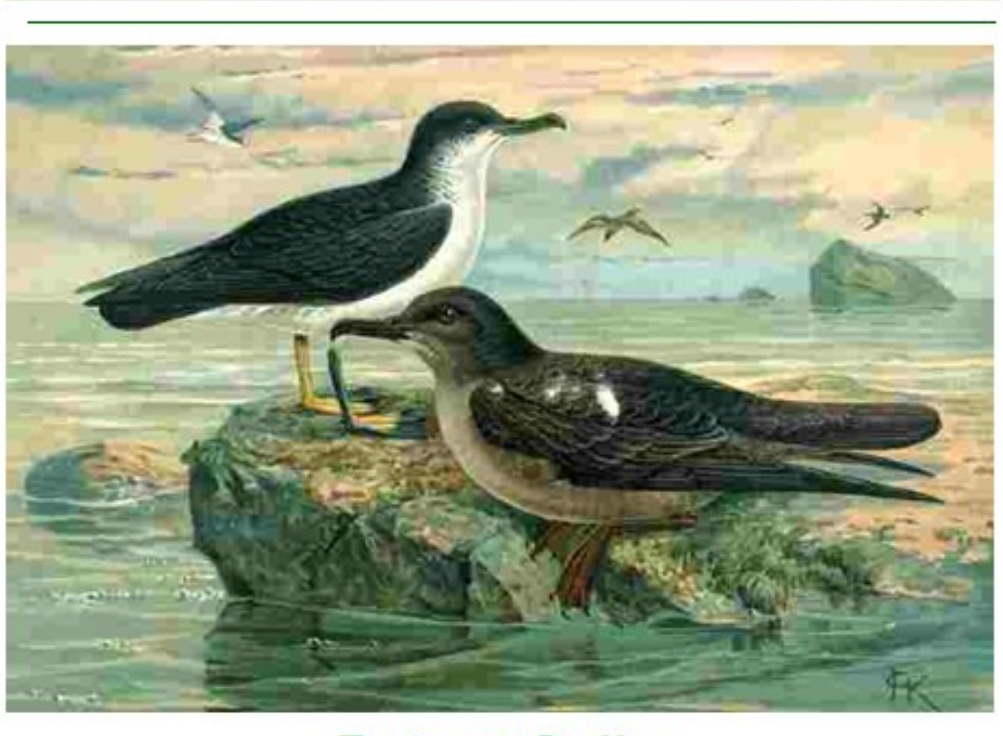
BANDS - CONCERTS - DISPLAYS
SavePittwater.com



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

.....all that students are eager to know ! BOTANY online discovers the world of the internet for teaching. We invite all of you, especially all those botanists, biologists, computer scientists, teachers and students out there to contribute. BOTANY online is open for all kinds of changes and supplements ....your participation keeps it alive! **Botany Online CONTENTS PAGE**

Above, from this website: *Puffinus puffinus* - **Manx petrel** *Puffinus griseus* - Dark PetrelNaumann, NATURAL HISTORY OF BIRDS OF CENTRAL EUROPE: Volume XII, Table 4 - Gera, **1903**. Digital Editing: Peter Seng v. Bus

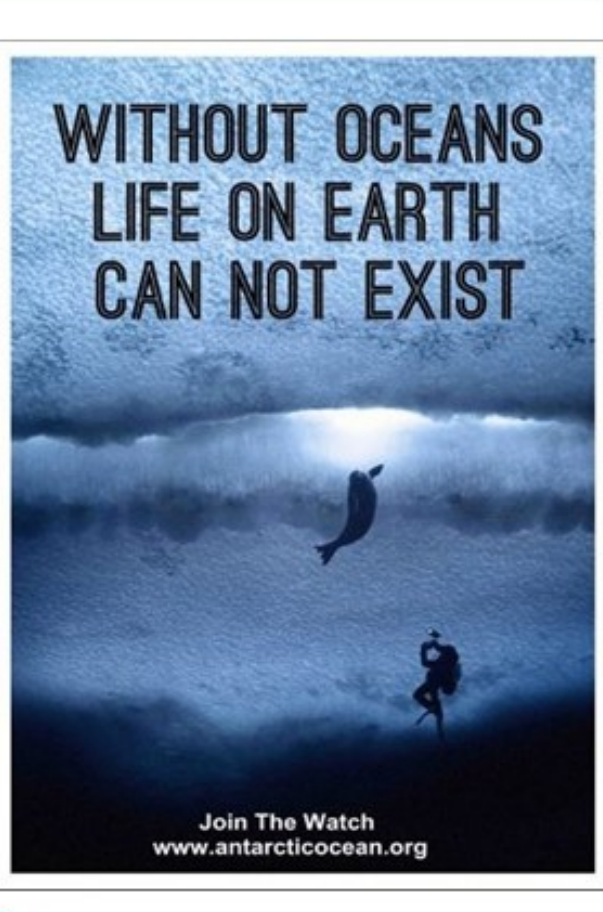
Pittwater's Environmental Foundation

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

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.

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

Antarctic Ocean Alliance


WITHOUT OCEANS LIFE ON EARTH CAN NOT EXIST
Join The Watch
www.antarcticocean.org

In july the Commission for the Conservation of Antarctic Marine Living Resources will meet in Germany to revisit their commitment to establish the largest network of marine reserve in the world around Antarctica.

If you want the meeting in Germany to be a success, ask your friends and family to sign our petition:

www.antarcticocean.org.

CLIMATE ACTION PITTWATER

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

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

Kimbriki Resource Recovery Centre

Tweet Like +1

So many fish, one great map-

From identifying what's on the end of your fishing line, to finding out which fishes occur in your local waters, FishMap has the answers. FishMap is a free online mapping tool that allows anyone interested in fish to discover which fish species occur at any location or depth throughout the marine waters of Australia's continental shelf and slope. FishMap also lets people create regional illustrated species lists for almost all of Australia's marine fishes, detailed with photographs and illustrations, distribution maps and current scientific and common names. FishMap was developed by CSIRO's Wealth from Oceans Flagship and the Atlas of Living Australia.

FishMap was officially launched on Tuesday 26 February 2013 and is available on the Atlas of Living Australia website: http://fish.ala.org.au

Top: FishMap on the Atlas of Living Australia provides the geographical and depth ranges of some 4500 Australian marine fishes, including the Clown Triggerfish (Balistoides conspicillum).

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

Pittwater Online News

August 11 - 17, 2013: Issue 123

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

Parrot sings 'A Pirate's Life'

Mental health report finds system reform still a hope, not a reality - 6 August 2013

NSW Mental Health Commissioner John Fenely (second right) with mental health researchers (L-R) Sebastian Rosenberg, John Mendoza, Brian Burdekin and Professor Ian Hickie.

A landmark report co-authored by researchers from the University's Brain and Mind Research Institute (BMRI) into mental health in Australia has found that despite 30 years of reform, people with a mental illness are still treated like second-class citizens.

The Obsessive Hope Disorder: Reflections on 30 years of mental health reform in Australia and visions for the future report is a groundbreaking examination of the journey of mental health reform over the last 30 years, a look at the present state of the system, and a proposal for a better way for the future.

Adjunct Professor John Mendoza, a BMRI researcher and former Chair of the National Advisory Council on Mental Health, instigated the report in 2012.

"Australians have been hearing from their governments for a long time about mental health reform," he said.

"Yet they continue to hear reports of almost daily failures of care - too many people falling through the cracks. They are entitled to know why this is still happening.

"Why are there still hundreds of people in institutions which were supposed to have closed decades ago?"

The report also had significant input from BMRI senior lecturer, Sebastian Rosenberg and BMRI Executive Director, Professor Ian Hickie.

Professor Hickie said: "What is absolutely clear from the evidence in this report, is that Australia talks a good game when it comes to mental health reform, but in practice what we see repeatedly is inadequate planning, poor implementation and constraints in our system of government.

"We can't afford to sit back and repeat the waste evident in many of the reform initiatives over the past 30 years and obsessively hope that they work. As a nation we can't afford the cost - in personal, social and economic terms - of business as usual.

The report's release marks the 30th anniversary of David Richmond's Inquiry into Health Services for the Psychiatrically Ill and Developmentally Disabled, which provided a blueprint for mental health reform in 1983.

The 'Cinderella' of health services was the 1983 description of the then mental health system through the eyes of my report into services in NSW. Obsessive Hope Disorder clearly demonstrates the continued relevance of this comment in 2013," David Richmond said.

"This report throws up challenges which urgently require vigorous advocacy and broadly based community and political leadership."

The report's findings and recommendations are informed by research including over 1000 responses to community surveys on experiences with mental health services and reform priorities, a detailed analysis of 32 reports from statutory offices on mental health services across Australia, and detailed analyses of critical issues such as the workforce and research.

"Despite the failures, this report shows that mental health reform is possible and that we can address the problems of the past and plan a better future for mental health," John Mendoza said.

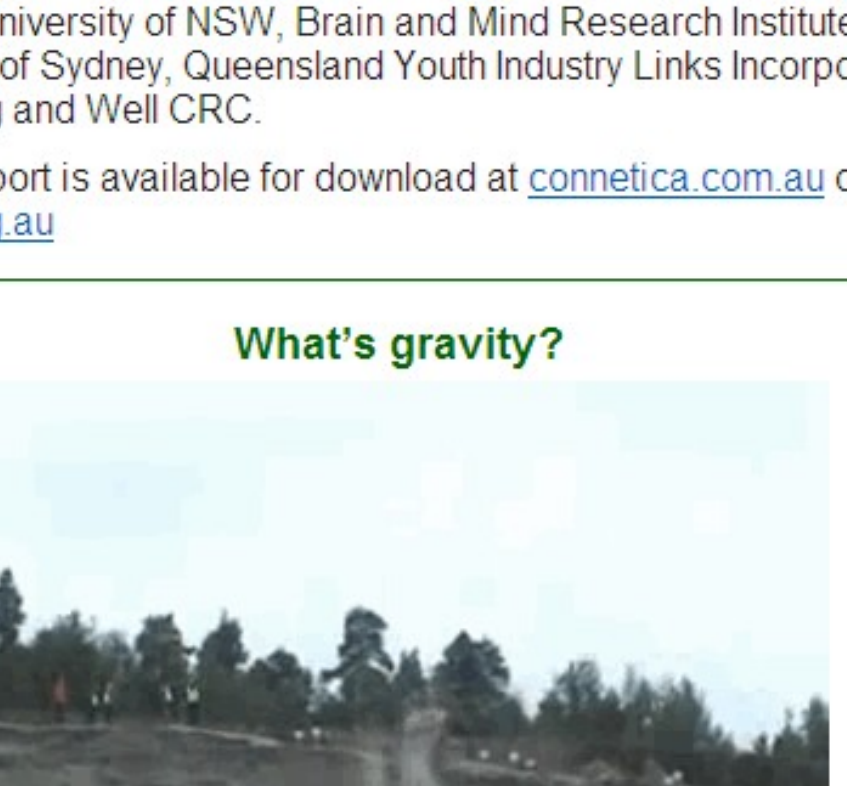
"We strongly believe that Obsessive Hope Disorder can be cured. From the evidence and the analysis presented in this report and by addressing governance, quality of care, the workforce, research and funding, Australia can achieve the reform that the community has so long hoped for."

About: The report includes over 80 perspectives essays on mental health reform submitted by individuals including former Australia Defence Force Chief Angus Houston AC, ACT Chief Minister Katy Gallagher, award-winning journalist Quentin McDermott, mental health researchers Professor Ian Hickie AM and Assoc Professor Jane Burns, 2010 Australian of the Year Pat McGorry AO, current Senators Connie Fierravanti-Wells, Claire Moore and Penny Wright, and former WA Premier Dr Geoff Gallop AC.

Partners: ANU Centre for Mental Health Research, Black Dog Institute, University of NSW, Brain and Mind Research Institute, University of Sydney, Queensland Youth Industry Links Incorporated, and Young and Well CRC.

The full report is available for download at connetica.com.au or swytch.org.au

What's gravity?



Health papers published this week:

First Probable Person to Person Transmission of New Bird Flu Virus in China; But H7N9 Is Not Able to Spread Efficiently Between Humans

Aug. 6, 2013 — The first report of probable person to person transmission of the new avian influenza A (H7N9) virus in Eastern China has just been published. The findings provide the strongest evidence yet of H7N9 transmission between humans, but the authors stress that its ability to transmit itself is "limited and non-sustainable."

Avian influenza A (H7N9) virus was recently identified in Eastern China. **As of 30 June 2013, 133 cases have been reported, resulting in 43 deaths.**

Most cases appear to have visited live poultry markets or had close contact with live poultry 7-10 days before illness onset. Currently no definite evidence indicates sustained human-to-human transmission of the H7N9 virus.

The study reports a family cluster of two patients (father and daughter) with H7N9 virus infection in Eastern China in March 2013.

The first (index) patient - a 60 year old man - regularly visited a live poultry market and became ill five to six days after his last exposure to poultry. He was admitted to hospital on 11 March.

When his symptoms became worse, he was transferred to the hospital's intensive care unit (ICU) on 15 March. He was transferred to another ICU on March 18 and died of multi-organ failure on 4 May.

The second patient, his healthy 32 year old daughter, had no known exposure to live poultry before becoming sick. However, she provided direct and unprotected bedside care for her father in the hospital before his admission to intensive care.

She developed symptoms six days after her last contact with her father and was admitted to hospital on 24 March. She was transferred to the ICU on 28 March and died of multi-organ failure on 24 April.

Two almost genetically identical virus strains were isolated from each patient, suggesting transmission from father to daughter.

Forty-three close contacts of both cases were interviewed by public health officials and tested for influenza virus. Of these, one (a son in law who helped care for the father) had mild illness, but all contacts tested negative for H7N9 infection.

Environmental samples from poultry cages, water at two local poultry markets, and swans from the residential area, were also tested. One strain was isolated but was genetically different to the two strains isolated from the patients.

The researchers acknowledge some study limitations, but say that the most likely explanation for this family cluster of two cases with H7N9 infection is that the virus "transmitted directly from the index patient to his daughter." But they stress that "the virus has not gained the ability to transmit itself sustained from person to person efficiently."

They believe that the most likely source of infection for the index case was the live poultry market, and conclude: "To our best knowledge, this is the first report of probable transmissibility of the novel virus person to person with detailed epidemiological, clinical, and virological data. Our findings reinforce that the novel virus possesses the potential for pandemic spread."

So does this imply that H7N9 has come one step closer towards adapting fully to humans, ask James Rudge and Richard Coker from the London School of Hygiene and Tropical Medicine, based in Bangkok, in an accompanying editorial?

Probably not, they say. Limited transmission between humans "is not surprising, and does not necessarily indicate that the virus is on course to develop sustained transmission among humans."

Nevertheless, they point to several traits of H7N9 are of particular concern, and conclude that, while this study might not suggest that H7N9 is any closer to delivering the next pandemic, "it does provide a timely reminder of the need to remain extremely vigilant: the threat posed by H7N9 has by no means passed."

Dr Zhou says that the reason for carrying out this study was because there was "no definite evidence to show that the novel virus can transmit person-to-person," plus she and her co-authors wanted to find out whether the novel avian influenza virus possesses the capability to transmit person-to-person. She concludes that "the infection of the daughter is likely to have resulted from her father during unprotected exposure" and suggest that the virus possesses the ability to transmit person-to-person in this cluster. She does add however that the infection was "limited and non-sustainable as there is no outbreak following the two cases."

X. Qi, Y.-H. Qian, C.-J. Bao, X.-L. Guo, L.-B. Cui, F.-Y. Tang, H. Ji, Y. Huang, P.-Q. Cai, B. Lu, K. Xu, C. Shi, F.-C. Zhu, M.-H. Zhou, H. Wang. **Probable person to person transmission of novel avian influenza A (H7N9) virus in Eastern China, 2013: epidemiological investigation.** BMJ, 2013; 347 (aug06 2): f4752 DOI: 10.1136/bmj.f4752

Long-Term Use of Some High Blood Pressure Drugs Associated With Increased Risk of Breast Cancer in Postmenopausal Women

Aug. 5, 2013 — Older women who take certain types of medication to combat high blood pressure may be putting themselves at greater risk for developing breast cancer, according to a new study by a team of Fred Hutchinson Cancer Research Center scientists led by Christopher Li, M.D., Ph.D. The study is the first to observe that long-term use of a class of antihypertensive drugs known as calcium-channel blockers in particular are associated with breast cancer risk. The team's findings will be published online Aug. 5 in *JAMA Internal Medicine*.

Antihypertensive drugs are the most frequently prescribed type of medications in the United States, with more than 678 million prescriptions filled in 2010, nearly 98 million of which were for calcium-channel blockers.

Despite widespread and often long-term use of these drugs, studies and evidence linking antihypertensives to breast cancer have been sparse and inconsistent.

"Because hypertension is a chronic condition, most people with high blood pressure use antihypertensive drugs chronically and will often stay on the same regimen for long periods of time," Li said. "Characterizing their potential associations with the most common cancer in women is an important clinical and public health issue, particularly with the increasing availability of alternative options to manage hypertension," said Li, head of the Translational Research Program and member of the Public Health Sciences Division at Fred Hutch.

In addition to calcium-channel blockers, other classes of antihypertensive drugs include angiotensin-converting-enzyme (ACE) inhibitors, angiotensin-receptor blockers, beta blockers and diuretics. Combinations of such drugs are also prescribed. "Each drug has different potential benefits as well as side effects," Li said. "Choice of which regimen a patient is given depends on their tolerance of medication, other conditions, and whether their hypertension can be managed by a single drug or requires a combination of drugs."

The purpose of the Hutch study was to assess the relationship between the major classes of antihypertensive drugs and risk of the two most common histological types of breast cancers in the United States: invasive ductal carcinomas, which represent approximately 70 percent of all breast cancers; and invasive lobular carcinomas, which represent an estimated 20 percent.

The study's key finding was that women currently taking calcium-channel blockers who have used them for 10 years or longer had an approximately two and a half times higher risk of both invasive ductal and invasive lobular cancers compared to those who never used such calcium-channel blockers and compared to users of other forms of antihypertensives. In contrast, the study found that use of other classes of antihypertensive drugs, including diuretics, beta blockers and angiotensin-receptor blockers, were not associated with an increased risk of breast cancer, even when used long term.

Li's team interviewed 1,763 study participants, all between the ages of 55-74 from the Puget Sound region, including 880 with invasive ductal cancer, 1,027 with invasive lobular cancer, and 856 cancer-free controls. Participants were interviewed in person to establish detailed histories of hypertension and heart disease, as well as risk factors for cancer, including family history, obesity, smoking and alcohol use. Through a series of structured questions, researchers also gathered detailed data regarding use of antihypertensive drugs, including beginning and end dates of use, drug names, dose, route of administration, pattern of use and indication.

While calcium-channel blockers in particular appear to have an implication for increased cancer risk in cases of long-term use, the drugs have a broad spectrum of physiological effects, and more research will be required to understand the underlying biological mechanisms potentially responsible for the added risk. Calcium-channel blockers function by regulating the influx of calcium into muscle cells, decreasing arterial resistance and heart muscle oxygen demand. Some hypothesize that these drugs may increase cancer risk because they inhibit programmed cell death, or apoptosis, but supporting evidence is lacking.

The National Cancer Institute funded the study.

Patricia F. Coogan, ScD1. **Calcium-Channel Blockers and Breast Cancer A Hypothesis Revived.** JAMA Intern Med., 2013 DOI: 10.1001/jamainternmed.2013.9069

Christopher I. Li et al. **Use of Antihypertensive Medications and Breast Cancer Risk Among Women Aged 55 to 74 Years.** JAMA Intern Med., 2013 DOI:10.1001/jamainternmed.2013.9071

Emotional Behavior of Adults Could Be Triggered in the Womb

Aug. 6, 2013 — Adults could be at greater risk of becoming anxious and vulnerable to poor mental health if they were deprived of certain hormones while developing in the womb according to new research by scientists at Cardiff and Cambridge universities.

New research in mice has revealed the role of the placenta in long-term programming of emotional behaviour and the first time scientists have linked changes in adult behaviour to alterations in placental function.

Insulin-like growth factor-2 has been shown to play a major role in fetal and placental development in mammals, and changes in expression of this hormone in the placenta and fetus are implicated in growth restriction in the womb.

"The growth of a baby is a very complex process and there are lots of control mechanisms which make sure that the nutrients required by the baby to grow can be supplied by the mother," according to Professor Lawrence Wilkinson, a behavioural neuroscientist from Cardiff University's School of Psychology who led the research.

"We were interested in how disrupting this balance could influence emotional behaviours a long time after being born, as an adult," he added.

In order to explore how a mismatch between supply and demand of certain nutrients might affect humans, Professor Wilkinson and his colleagues Dr Trevor Humby, Mikael Mikaelsson - both also from Cardiff University - and Dr Miguel Constancia of Cambridge University, examined the behaviour of adult mice with a malfunctioned supply of a vital hormone.

Dr Humby added: "We achieved this by damaging a hormone called Insulin-like growth factor-2, important for controlling growth in the womb. What we found when we did this was an imbalance in the supply of nutrients controlled by the placenta, and that this imbalance had major effects on how subjects were during adulthood - namely, that subject became more anxious later in life.

"These symptoms were accompanied by specific changes in brain gene expression related to this type of behaviour. This is the first example of what we have termed 'placental-programming' of adult behaviour. We do not know exactly how these very early life events can cause long-range effects on our emotional predispositions, but we suspect that our research findings may indicate that the seeds of our behaviour, and possibly vulnerability to brain and mental health disorders, are sown much earlier than previously thought."

Although these studies were carried out in mice, the findings may have wider implications for human development. Further studies are planned to investigate the brain mechanisms linking early life events, placental dysfunction and the emotional state of adults.

Mikael Allan Mikaelsson, Miguel Constância, Claire L. Dent, Lawrence S. Wilkinson, Trevor Humby. **Placental programming of anxiety in adulthood revealed by Igf2-null models.** Nature Communications, 2013; 4 DOI:10.1038/ncomms3311

Gold 'Nanoprobes' Hold the Key to Treating Killer Diseases

Aug. 7, 2013 — Researchers at the University of Southampton, in collaboration with colleagues at the University of Cambridge, have developed a technique to help treat fatal diseases more effectively. Dr Sumeet Mahajan and his group at the Institute for Life Sciences at Southampton are using gold nanoprobes to identify different types of cells, so that they can use the right ones in stem cell therapies.

Stem cell therapy is in its infancy, but has the potential to change the way we treat cancer and other life-threatening diseases, by replacing damaged or diseased cells with healthy ones. One of the key limitations of stem cell therapy is identifying the right cells to use for different therapies. This fundamental problem with the treatment is being tackled by this new research.

Dr Mahajan, Senior Chemistry Lecturer in Life Science Interface, says: "Stem cells could hold the key to tackling many diseases. They develop into all the various kinds of cells needed in the body - blood, nerves and organs - but it is almost impossible to tell them apart during their initial development without complex techniques, even with the most advanced microscopes. Up to now, scientists have used intrusive fluorescent markers to tag molecules and track each cell, a process which can render them useless for therapeutic purposes anyway. By using a technique discovered at Southampton in the 1970s, known as Surface Enhanced Raman Spectroscopy (SERS), we have been able to look at adult stem cells on a molecular scale to distinguish one from another, meaning we can still use the cells for therapeutic purposes."

The team who discovered SERS in the 1970s found that by roughening a metal surface upon which they had placed molecules to be examined, they could increase the signal by which they could detect these molecules, by a million times. This allowed them to detect molecules in far smaller quantities than ever before. SERS has been used in many different capacities around the world and across industries, but this new research marks the first time it has been used in the field of cell therapeutics. Dr Mahajan's research could mean that stem cell and other cell-based therapies could be advanced much further than the current most common uses, such as bone marrow transplants.

Dr Mahajan comments: "Scientists studying neurodegenerative diseases such as Parkinson's disease believe replenishing a patient's depleted dopamine-generating cells, may be an effective treatment. However, in order to avoid fatal complications, we must be sure we are using the right type of replacement cells, which the work we are doing at Southampton is enabling us to do. In addition, the technique can also allow us to see if drugs are working effectively in cells, and can also be used to diagnose diseases as well as treat them."

The results of Dr Mahajan's work, funded by the Engineering and Physical Sciences Research Council (EPSRC), have been published in the influential journal Nano Letters. He is collaborating with major pharmaceutical companies to further develop more effective drugs using this technique.

Anna Huefner, Wei-Li Kuan, Roger A. Barker, Sumeet Mahajan. **Intracellular SERS Nanoprobes For Distinction Of Different Neuronal Cell Types.** Nano Letters, 2013; 13 (6): 2463 DOI: 10.1021/nl400448n

Immune Function Restored in Spinal Injured Mice

Aug. 6, 2013 — In a new study, researchers at The Center for Brain and Spinal Cord Repair at The Ohio State University Wexner Medical Center show that is possible to restore immune function in spinal injured mice.

People with spinal cord injury often are immune compromised, which makes them more susceptible to infections. Why these people become immune-suppressed is not known, but the Ohio State study found that a disorder called autonomic dysreflexia can cause immune suppression.

Autonomic dysreflexia is a potentially dangerous complication of high-level spinal cord injury characterized by exaggerated activation of spinal autonomic (sympathetic) reflexes. This can cause an abrupt onset of excessively high blood pressure that can cause pulmonary embolism, stroke and in severe cases, death.

"Our research offers an explanation for why people with spinal cord injuries develop a condition referred to as 'central immune depression syndrome.' Their immune systems, which are required to fight off infection, are suppressed due to damage or malfunction in regions of the spinal cord that help control immune function," said principal investigator Phillip G. Popovich, Ph.D., Professor of Neuroscience in Ohio State's College of Medicine and Director of Ohio State's Center for Brain and Spinal Cord Repair.

The study is published in the *Journal of Neuroscience*.

Researchers found that autonomic dysreflexia develops spontaneously in spinal cord injured mice, and becomes more frequent as time passes from the initial spinal cord injury.

They also found that simple, everyday occurrences that activate normal spinal autonomic reflexes, such as having bowel movements or emptying the bladder, become hyperactive and suppress immune function in people with spinal cord injury.

In the study, Popovich and colleagues were able to restore immune function in mice with spinal cord injuries using drugs that inhibit norepinephrine and glucocorticoids, immune modulatory hormones that are produced during the onset and progression of AD. They also observed in a patient with a high-level spinal cord injury that briefly inducing autonomic dysreflexia impaired immune function, confirming that their findings in mice have relevance to humans.

"Although we don't know how to fix this yet, we also show that it is possible to restore immune function in spinal injured mice," Popovich said. "After spinal cord injury, the ability of the spinal cord to control the immune system is impaired. As result, these individuals become susceptible to infection, and often die from these infections. For those that survive, the infections can impair what little function they have left after the spinal cord injury."

The study found that autonomic dysreflexia causes immune suppression in part by releasing into blood and immune organs high levels of immune modulatory hormones that non-selectively kill mature and immature white blood cells in the spleen, said first author Yi Zhang, a post-doctoral neuroscience researcher at Ohio State.

"Our research is laying the groundwork for potential therapeutic targets for reversing central immune depression syndrome," Zhang said, adding that further research is needed.

The above story is based on materials provided by Ohio State University Wexner Medical Center.

What Color Is Your Night Light? It May Affect Your Mood

Aug. 6, 2013 — When it comes to some of the health hazards of light at night, a new study suggests that the color of the light can make a big difference. In a study involving hamsters, researchers found that blue light had the worst effects on mood-related measures, followed closely by white light.

But hamsters exposed to red light at night had significantly less evidence of depressive-like symptoms and changes in the brain linked to depression, compared to those that experienced blue or white light.

The only hamsters that fared better than those exposed to red light were those that had total darkness at night.

The findings may have important implications for humans, particularly those whose work on night shifts makes them susceptible to mood disorders, said Randy Nelson, co-author of the study and professor of neuroscience and psychology at The Ohio State University.

"Our findings suggest that if we could use red light when appropriate for night-shift workers, it may not have some of the negative effects on their health that white light does," Nelson said.

The study appears in the Aug. 7, 2013, issue of *The Journal of Neuroscience*.

The research examined the role of specialized photosensitive cells in the retina - called ipRGCs - that don't have a major role in vision, but detect light and send messages to a part of the brain that helps regulate the body's circadian clock. This is the body's master clock that helps determine when people feel sleepy and awake.

Other research suggests these light-sensitive cells also send messages to parts of the brain that play a role in mood and emotion.

"Light at night may result in parts of the brain regulating mood receiving signals during times of the day when they shouldn't," said co-author Tracy Bedrosian, a former graduate student at Ohio State who is now a postdoctoral researcher at the Salk Institute. "This may be why light at night seems to be linked to depression in some people."

What people experience as different colors of light are actually lights of different wavelengths. The ipRGCs don't appear to react to light of different wavelengths in the same way.

"These cells are most sensitive to blue wavelengths and least sensitive to red wavelengths," Nelson said. "We wanted to see how exposure to these different color wavelengths affected the hamsters."

In one experiment, the researchers exposed adult female Siberian hamsters to four weeks each of nighttime conditions with no light, dim red light, dim white light (similar to that found in normal light bulbs) or dim blue light.

They then did several tests with the hamsters that are used to check for depressive-like symptoms. For example, if the hamsters drink less-than-normal amounts of sugar water - a treat they normally enjoy - that is seen as evidence of a mood problem.

Results showed that hamsters that were kept in the dark at night drank the most sugar water, followed closely by those exposed to red light. Those that lived with dim white or blue light at night drank significantly less of the sugar water than the others.

After the testing, the researchers then examined the hippocampus regions of the brains of the hamsters.

Hamsters that spent the night in dim blue or white light had a significantly reduced density of dendritic spines compared to those that lived in total darkness or that were exposed to only red light. Dendritic spines are hairlike growths on brain cells that are used to send chemical messages from one cell to another.

A lowered density of these dendritic spines has been linked to depression, Nelson said.

"The behavior tests and changes in brain structure in hamsters both suggest that the color of lights may play a key role in mood," he said.

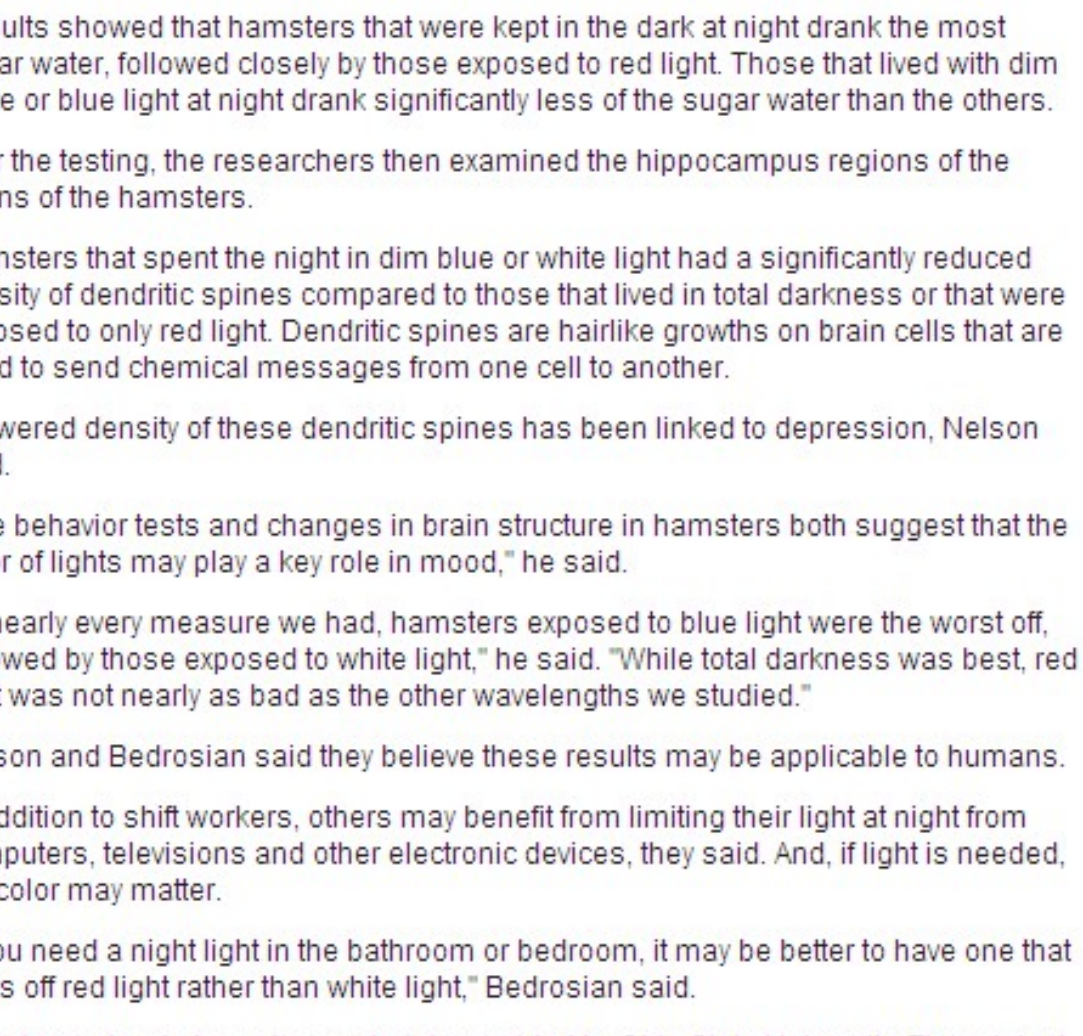
"In nearly every measure we had, hamsters exposed to blue light were the worst off, followed by those exposed to white light," he said. "While total darkness was best, red light was not nearly as bad as the other wavelengths we studied."

Nelson and Bedrosian said they believe these results may be applicable to humans.

In addition to shift workers, others may benefit from limiting their light at night from computers, televisions and other electronic devices, they said. And, if light is needed, the color may matter.

"If you need a night light in the bathroom or bedroom, it may be better to have one that gives off red light rather than white light," Bedrosian said.

The above story is based on materials provided by Ohio State University. The original article was written by Jeff Grabmeier. Credit: © Stephen Coburn / Fotolia



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CSIRO takes charge of Australia's information overload - 6th August 2013

CSIRO has announced the appointment of Dr Bronwyn Harch as chief of its newest research division with a focus on data-driven computational and information sciences.

The new research division, CSIRO Computational Informatics (CCI), will work in partnership with the organisation's National Research Flagship program to address key national challenges across the information and decision making value chain. It will also work closely with a range of external partners and collaborators to create a capability hub in key research areas including next generation data analytics, autonomous robotics, complex systems modelling, and decision making under uncertainty.

"From pioneering the development of digital image analysis for agriculture in the 1980s to securing the landmark patent to Wireless LAN technology in the 1990s, CSIRO has always been at the forefront of technology-related research which tackles the nation's toughest challenges," said Dr Harch.

"The proliferation of smart devices and increasing access to next generation broadband has caused an explosion in the volume, velocity and variety of data and information. With predictions, that by 2020 the average person will own six different smart devices[1] connecting us to over 37 billion 'things', from cows in the field to our car to our fridge door through the Internet[2], it is clear the amount of data we produce will continue to grow at an exponential rate," said Dr Harch.

"We have responded to the information and data challenges facing Australia with the formation of this new CSIRO Computational Informatics (CCI) Division. Our integrated and strengthened capabilities in this division will enable us to remain at the forefront of global developments in key research areas that transform the information and decision making workflows of industry, government and the innovation sectors."

A recent McKinsey Institute report[3] on the future of 'disruptive technologies' shows a reduced focus on new gadgets and gizmos and an increased emphasis on the impact of technologies which require advanced data analytics. The same report predicts that by 2025 the potential economic contribution of new disruptive technologies such as mobile Internet, advanced robotics and 3D printing are expected to return between $14 trillion and $33 trillion globally each year.

Dr Harch believes the new Division's focus on data-driven science will help CSIRO to increase the economic and social well-being of the nation by tackling some of the biggest challenges facing Australia including our declining productivity and ageing population.

"Through our Preventative Health Flagship, we are already leading the way in transforming advanced data analytics to pinpoint the genes that could lead to a simple blood screening test for Alzheimer's disease before it takes hold. We're also working on another project, with our Digital Productivity and Services Flagship and Australian Centre for Broadband Innovation (ACBI), which leverages next generation broadband networks to monitor health data and help older Australians to live in their own homes longer, independently and safely."

However, it's not just the healthcare industry reaping the rewards from this explosion of data. In an impressive debut, research from the CSIRO Computational Informatics Division has earned a staggering 13 nominations across multiple categories from environmental science to the services industries at this year's iAwards, Australia's premier technology accolades.

These projects include**:

Zebedee: a handheld 3D mapping device which doesn't rely on GPS and can be used underground or inside buildings.

ReMoTe: allows a remote expert to guide in real-time an onsite technician using gestures and voice to increase productivity and assist in up-skilling the workforce.

Smarter, Safer Homes: a platform which uses home sensors and video conferencing to support older Australians to live in their own homes safely and independently.

Environmental Linked Data: which produced Australia's first set of open-linked long-term climate data.

Sense-T Aquaculture Decision Support System: a platform which helps to ensure public food safety by supplying the Tasmanian Shellfish Quality Assurance Program with real-time environmental awareness to simplify decisions regarding when to close shellfish farms.

Patient Flow Research: analytics to predict requirements and optimise configurations for hospital beds.

Automated Disease Grading and Clinical Decision Support: an automatic disease grading and clinical decision support system for diabetic retinopathy level grading.

Computer-aided Ocular Biomarker Suite: an eye test for early detection of Alzheimer's disease 15-20 years before diagnosis is usually possible.

SensorDB Virtual Laboratory: used for storing, analysing and looking for patterns in distributed sensor data for plant phenomics in the field. This work received two Australian Capital Territory categories iAwards.

Medtex: a software platform that unifies the language across narrative medical reports and extracts clinically relevant information to aid decision support.

Lung Anatomy Trainer (eLAnT): a web-based program that uses an online lung anatomy and nomenclature training tool for teaching the complex and variable human lung anatomy seen from a fibre-optic inspection tool.

Starbug: Jeremy Breen, a University of Tasmania and CSIRO student, won a postgraduate tertiary award for autonomous analysis of marine sediment chemistry using an underwater robot.

The winners of this year's iAwards will be announced during a ceremony in Melbourne on 8th August 2013.

For more information about the CSIRO Computational Informatics Division please visit www.csiro.au/cci

About CSIRO:

CSIRO is Australia's national science agency and has been pushing the edge of what's possible for more than 85 years. Today, the organisation has close to 6,500 people working out of 58 centres in Australia and internationally. These people work closely with industry and communities to leave a lasting legacy across five broad areas: food, health and life science industries; energy; environment; information and communications; and manufacturing, materials and minerals.

For more information please visit www.csiro.au

About CSIRO's Computational Informatics Division:

CSIRO Computational Informatics (CCI) Division addresses key challenges across the information and decision making value chain – particularly those related to enhancing Australia's productivity and efficiency across critical sectors of its economy. Working closely with a range of external partners and collaborators, CCI is a capability hub in key research areas including next generation data analytics, autonomous robotics, complex systems modelling, and decision making under uncertainty.

For more information please visit http://www.csiro.au/cci

About Dr Bronwyn Harch:

Dr Bronwyn Harch leads researchers who use digital technologies and mathematical sciences to make a real difference to industry, society and the environment. She provides research oversight for the division which is part of CSIRO's Information Sciences Group. Dr Harch joined CSIRO in 1995 as a research statistician, and has held positions of research leadership since mid-2005. She became Chief of CSIRO Mathematics, Informatics and Statistics in 2012 after serving as Deputy Director of the Sustainable Agriculture Flagship. She is now the chief of CSIRO Computational Informatics.

For more information please visit www.csiro.au/bronwyn.harch

About the iAwards:

The iAwards are the premier technology awards platform in Australia delivering the most comprehensive awards program in the technology industry today. Since 2011 the iAwards have been open to both the companies at the cutting edge technology innovation as well as leading professionals across the industry. The iAwards are judged by industry, for industry and provide achievements with public recognition that extends across the ICT sector to government, community and beyond. They are strongly focused on promoting essential relationships between the ICT industry and vertical business sectors in every field to promote the value of our industry where it counts most.

For more information about the iAwards please visit www.iawards.com.au/

**About CSIRO's iAward Nominated Projects:

CSIRO worked with a number of industry, government and research collaborators on these projects including Sense-T, University of Tasmania, Tasmanian Department of Health and Human Services, McCusker Alzheimer Research Foundation, Australian Imaging and Biomarkers Lifestyle study of ageing, Bureau of Meteorology, Grains Research and Development Corporation, Australian Centre for Broadband Innovation, New South Wales Government, Tasmanian Government, Austin Health, Science into Society, Western Australian Health, Queensland Health and the Australian eHealth Research Centre.

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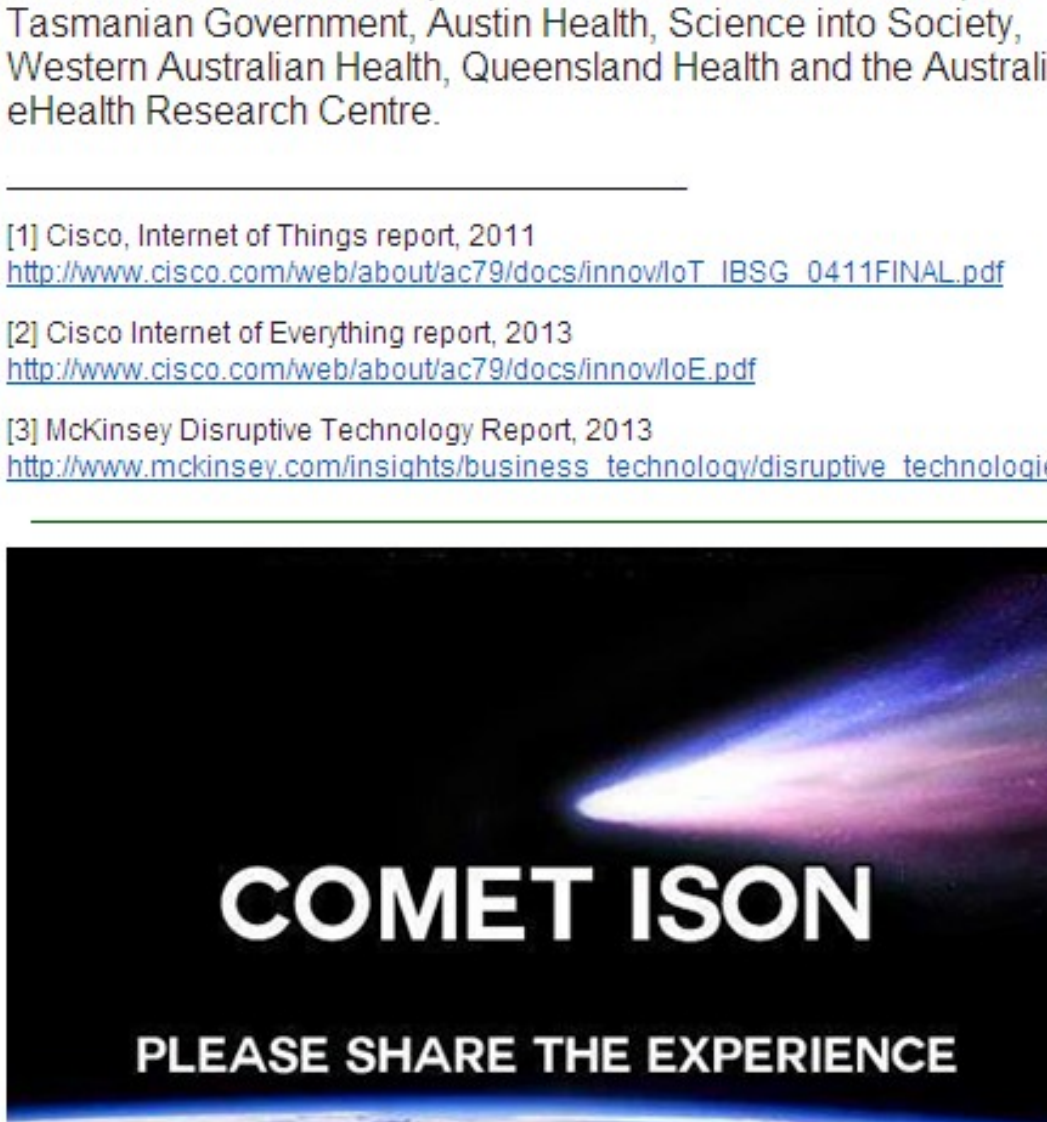
[1] Cisco, Internet of Things report, 2011 http://www.cisco.com/web/about/ac79/docs/innov/IoT_IBSG_0411FINAL.pdf

[2] Cisco Internet of Everything report, 2013 http://www.cisco.com/web/about/ac79/docs/innov/IoE.pdf

[3] McKinsey Disruptive Technology Report, 2013 http://www.mckinsey.com/insights/business_technology/disruptive_technologies


COMET ISON
PLEASE SHARE THE EXPERIENCE
In 2013 a comet called Ison will put on a once in a lifetime show. The comet is expected to be visible to the naked eye for several months in late 2013, and could at times be brighter than the Moon. It will be visible from all around the world.

C/2012 S1, also known as Comet ISON, is a sungrazing comet discovered on 21 September 2012 by Vitali Nevski (Виталий Невский, Vitebsk, Belarus) and Artyom Novichonok (Артём Новичонок, Kondopoga,Russia). The discovery was made using the 0.4-meter (16 in) reflector of the International Scientific Optical Network near Kislovodsk, Russia and the automated asteroid-discovery program CoLiTec. Precoveryimages by the Mount Lemmon Survey from 28 December 2011 and by Pan-STARRS from 28 January 2012 were quickly located. Follow-up observations were made on 22 September by a team from Remanzacco Observatory in Italy using the iTelescope network. The discovery was announced by the Minor Planet Center on 24 September. Observations by SWIFT suggest that C/2012 S1's nucleus is around 5 kilometers (3.1 mi) in diameter.

C/2012 S1 will come to perihelion (closest approach to the Sun) on 28 November 2013 at a distance of 0.012 AU (1,800,000 km; 1,100,000 mi) from the center point of the Sun. Accounting for the solar radiusof 695,500 km (432,200 mi), C/2012 S1 will pass approximately 1,100,000 km (680,000 mi) above the Sun's surface. Its trajectory is nearly parabolic, which suggests that it may be a dynamically new comet coming freshly from the Oort cloud. On its closest approach, C/2012 S1 will pass about 0.0724 AU (10,830,000 km; 6,730,000 mi) from Mars on 1 October 2013, and it will pass about 0.429 AU (64,200,000 km; 39,900,000 mi) from Earth on 26 December 2013.

C/2012 S1. (2013, August 4). *In Wikipedia, The Free Encyclopedia*. Retrieved from http://en.wikipedia.org/w/index.php?title=C/2012_S1&oldid=567087307

Cornwall when it's hot...

Welcome to
CORNWALL
WHEN IT'S HOT PLEASE DRESS FOR THE BODY YOU HAVE, NOT THE BODY YOU WANT THANKS

Quantum Communication Controlled by Resonance in 'Artificial Atoms'

Aug. 6, 2013 — Researchers at the Niels Bohr Institute, **together with colleagues in the US and Australia**, have developed a method to control a quantum bit for electronic quantum communication in a series of quantum dots, which behave like artificial atoms in the solid state. The results have been published in the scientific journal *Physical Review Letters*.

In a conventional computer, information is made up of bits, composed of 0's and 1's. In a quantum computer the 0 and 1 states can simultaneously exist, allowing a kind of parallel computation in which a large number of computational states are acted upon by the machine at the same time. This can make a quantum computer exponentially faster than a conventional computer. The problem with the quantum world, however, is that you cannot allow these states to be measured, or all of the quantum magic disappears.

"We have developed a new way of controlling the electrons so that the quantum state can be controlled without measurement, using resonances familiar in atomic physics, now applied to these artificial atoms," explains Professor Charles Marcus, director of the Center for Quantum Devices at the Niels Bohr Institute at the University of Copenhagen.

He explains that they are combining classical solid-state physics on a nanometer scale with resonance techniques of atomic physics. In a semiconducting material (GaAs) there are free electrons that move within the material structure. The information is stored in the spin of the electrons which can turn up or down. But the electrons and their spin must be controlled.

Captures electrons and controls them

"We capture the electrons in 'boxes'. Each box consist of a quantum dot, which is an artificial atom. The quantum dots are embedded in the semiconductor and each quantum dot can capture one electron. There needs to be three quantum dots next to each other using nanometer-scale electrostatic metal gates. When we open contact between the 'boxes' the electrons can sense each others' presence. The three spins must coordinate their orientations because it cost extra energy to put electrons with the same spin into the same box. To lower their energy, they not only spread out among the three boxes, but they orient their spins to further lower their energy. The three boxes together form a single entity - a qubit or quantum bit," explains Marcus.

An electrical signal is now sent from outside and by rapidly opening the boxes the system begins to swing in dynamic vibrations. The researchers can use this to change the quantum state of the electrons. "By combining three electrons in a triple quantum dot and oscillating an applied electric field at the frequency that separates adjacent energy levels, we can thus control the spins of the electrons without measuring them," explains Charles Marcus.

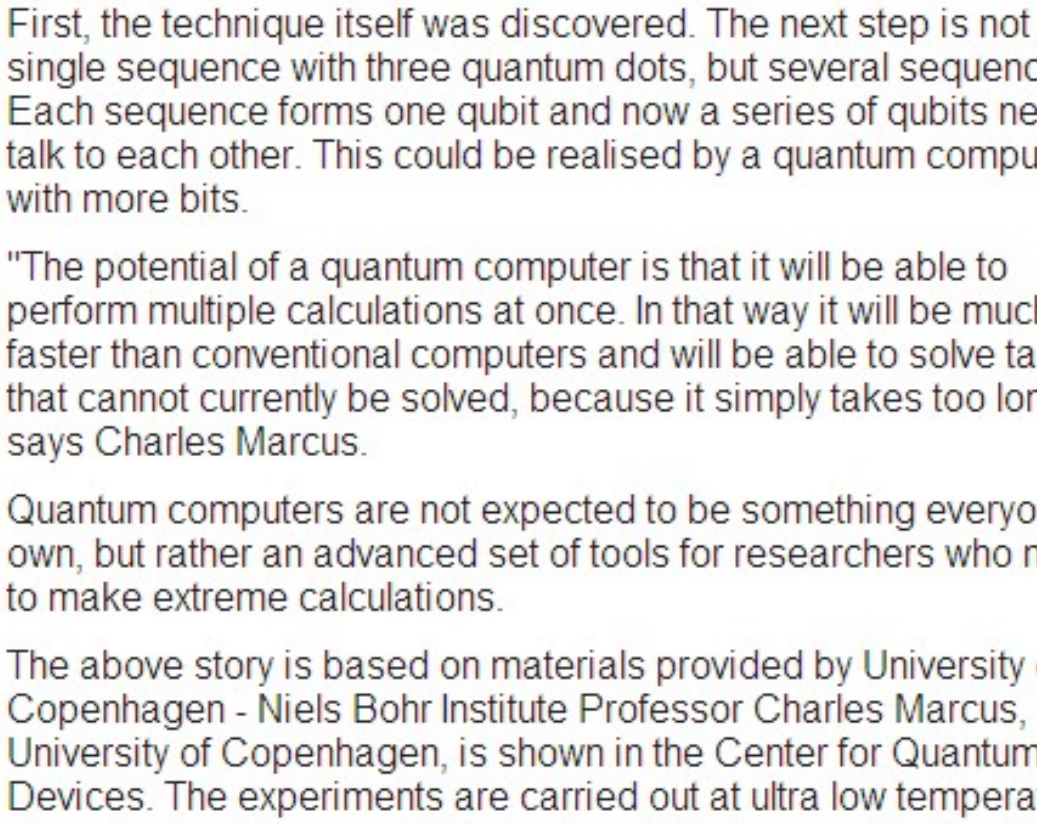
Quantum computers for extreme applications

First, the technique itself was discovered. The next step is not just a single sequence with three quantum dots, but several sequences. Each sequence forms one qubit and now a series of qubits need to talk to each other. This could be realised by a quantum computer with more bits.

"The potential of a quantum computer is that it will be able to perform multiple calculations at once. In that way it will be much faster than conventional computers and will be able to solve tasks that cannot currently be solved, because it simply takes too long," says Charles Marcus.

Quantum computers are not expected to be something everyone will own, but rather an advanced set of tools for researchers who need to make extreme calculations.

The above story is based on materials provided by University of Copenhagen - Niels Bohr Institute Professor Charles Marcus, University of Copenhagen, is shown in the Center for Quantum Devices. The experiments are carried out at ultra low temperatures close to absolute zero, which is minus 273 degrees C. (Credit: Credit: Ola Jakup Joensen, Niels Bohr Institute)



NASA Satellites Used to Predict Zebra Migrations

Aug. 7, 2013 — One of the world's longest migrations of zebras occurs in the African nation of Botswana, but predicting when and where zebras will move has not been possible until now. Using NASA rain and vegetation data, researchers can track when and where arid lands begin to green, and for the first time anticipate if zebras will make the trek or, if the animals find poor conditions en route, understand why they will turn back.

Covering an area of approximately 8,500 square miles (22,000 square kilometers), Botswana's Okavango Delta is one end of the second-longest zebra migration on Earth, a 360-mile (580-kilometer) round trip to the Makgadikgadi Salt Pans - the largest salt pan system on the planet. Zebras walk an unmarked route that takes them to the next best place for grazing, while overhead thundering cloudbursts of late October rains drive new plant growth, filling pockmarks across this largest inland delta in the world. In a matter of weeks, the flooded landscape could yield ecosystems flush with forage for the muscled movers.

High above, Earth-orbiting satellites capture images of the zebras' movements on this epic trek, as well as the daily change in environmental conditions. Zebras don't need data to know when it's time to find better forage: The surge of rain-coaxed grasses greening is their prompt to depart. But now, researchers are able to take that data and predict when the zebras will move.

Pieter Beck, research associate with the Woods Hole Research Center in Falmouth, Mass., and three collaborators studied animal migration in a novel way, which they described in a paper published in the Journal of Geophysical Research-Biogeoscences, a publication of the American Geophysical Union. While tracking animal movement with satellites has been accomplished many times, Beck said, he and his team combined that information with in-depth use of environmental satellite data, using a series of images of vegetation growth and rainfall taken over days and weeks. This sheds unprecedented light on what drives animals to migrate, he said, what cues they use, and how animal migrations respond to environmental change.

Zebra mind: A band of scientists earn their stripes

The Zebra Migration Research Project began in 2008 after Hattie Bartlam-Brooks and her team discovered the migration during field work for Okavango Herbivore Research. Anecdotal evidence - unverified stories - prior to the 1970s described a zebra migration from the Okavango Delta to the Makgadikgadi Salt Pans at the start of the rainy season in September and continuing through April, but from 1968 to 2004, veterinary fences prevented zebras from making the migration. The veterinary fences - which had been built to keep wild buffalo from transferring diseases to cattle - were taken down in 2004. Within three years of the removal of the veterinary fences, zebra began making movements on the migration path toward the Makgadikgadi Salt Pans. These movements were recorded by GPS collars that were fitted to zebra mares, allowing researchers to accurately record their movements.

Zebras in the wild live for about 12 years, so the migration path could not have been learned from previous generations, said Bartlam-Brooks. She and her team in the field observed that the zebras began their migration at the onset of the rains so she joined forces with Beck to see how extensive the environment's influence is on the timing of the zebras' journey.

Beck combined this GPS movement data with satellite imagery taken over the months of the migration. This allowed the researchers to see how environmental conditions changed over time and across the landscape. To track the greening of leaves, the researchers relied on the Normalized Difference Vegetation Index data acquired by the Moderate Resolution Imaging Spectroradiometer on board NASA's Terra and Aqua satellites. The MODIS sensors capture growing conditions by measuring the reflectance of near-infrared light from plants. The team also used NASA's Tropical Rainfall Measuring Mission data to map daily rainfall, which gave the researchers an idea of how much rain was falling in three-hour intervals. The scientists converted the rainfall measurements to daily rates, and cumulative weekly amounts, and checked the accuracy by comparing them with ground-based rain gauges.

Beck and his team learned that zebras do not follow an internal clock, nor do they migrate at a steady pace. By examining daily rainfall and weekly vegetation data from satellite images and entering the data into migration models, the researchers were amazed at how well they could predict when zebras started migrating and how fast they migrated.

"By comparing the results of the models, it was possible to determine which environmental variables are the most effective in predicting zebra movement, and then use this knowledge to try and infer as to how the zebra make their decisions," said Gil Bohrer, assistant professor in the Department of Civil, Environmental, and Geodetic Engineering at The Ohio State University, who collaborated on the project. "It shows we can figure out very closely what 'makes the zebra move.'"

Bill Fagan, professor of biology at the University of Maryland, finds hope in the team's discoveries. "Their discussion," he said, "was particularly intriguing as a demonstration of how important the consistency and strength of the rainfall cues were for migration success." He said that it may be possible for species that have had their migration patterns disrupted to relearn them from "exploratory walks" driven by environmental cues. "With so many ungulate migrations declining worldwide, it is nice to have an optimistic result about migration for a change."

Satellite safari: Guiding light among the stars

Having access to NASA's free satellite images that shed light on the environmental conditions migratory animals face is something that Beck finds invaluable. The models provided the team with the means to think like a zebra, which has practical applications in management issues that concern humans.

"We're getting close to the stage where for some organisms, we can use satellite data in management," he said.

He sees the capability of using the team's research in the future to design models that will help game managers, conservation managers, farmers and tour operators predict animal migration, whether it's zebras or other migratory animals. Understanding the mechanisms that drive migratory behavior is increasingly important, Beck said, in terms of climate change, as migrating animals rely on multiple habitats.

If migrating animals lose any of the habitats they rely on because the timing of their food - insect hatches, greening plants, for example - no longer coincides with their travel, this can have serious consequences for their continued survival. Under climate change, things are likely to accelerate, Beck said. Many of the major migrations on Earth, especially on land, have already been lost, he explains, and few landscapes are left on Earth where the migratory animals do not have to share land resources with agriculture and other human activities.

"We need to know what the fate of those migrations is under climate change," Beck said. "Understanding when animals might come through, what drives them, what they're looking for sometimes. Being able to predict that into the future is very useful information to managing those landscapes so that migratory animals and humans can coexist." Helping zebras continue a journey - newly discovered by the animals and their observers - may allow them to cope with changes in their environment, an outcome that is not so black-and-white.

The above story is based on materials provided by NASA. The original article was written by Lisa-Natalie Anjozian, NASA's Goddard Space Flight Center.

Zebra in the Makgadikgadi grasslands. (Credit: Hattie Bartlam-Brooks)

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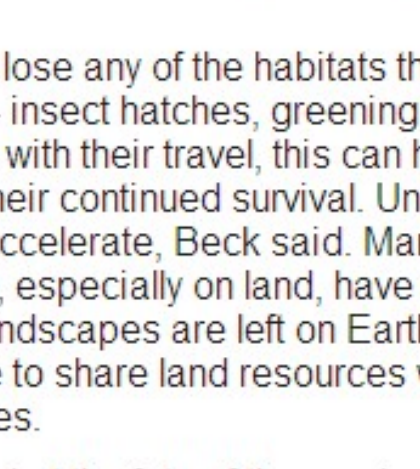
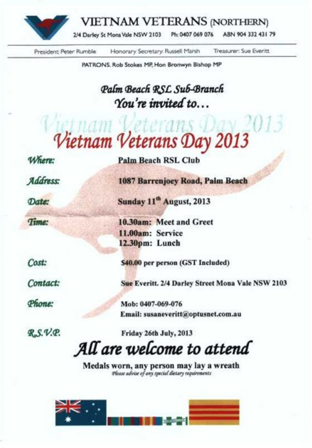


Pittwater Online News

August 11 - 17, 2013: Issue 123



VIETNAM VETERANS (NORTHERN)
2/4 Darley St Mona Vale NSW 2103 Ph: 0407 069 076 ABN 904 332 431 79

President: Peter Rumble Honorary Secretary: Russell Marsh Treasurer: Sue Everitt

PATRONS. Rob Stokes MP, Hon Bronwyn Bishop MP

Palm Beach RSL Sub-Branch
You're invited to…

Vietnam Veterans Day 2013

Where: Palm Beach RSL Club
Address: 1087 Barrenjoey Road, Palm Beach
Date: Sunday 11th August, 2013
Time: 10.30am: Meet and Greet
11.00am: Service
12.30pm: Lunch
Cost: $40.00 per person (GST Included)
Contact: Sue Everitt. 2/4 Darley Street Mona Vale NSW 2103
Phone: Mob: 0407-069-076
Email: susaneveritt@optusnet.com.au
R.S.V.P. Friday 26th July, 2013

All are welcome to attend

Medals worn, any person may lay a wreath
Please advise of any special dietary requirements

AUSTRALIAN
BUSH FLOWER
ESSENCES®

GRACEFUL AGEING ONLINE WORKSHOP

Sessions over 3 Tuesdays — 3rd, 10th & 17th September 2013

In this *NEW* workshop with Australian Bush Flower Essences Founder, Ian White, you will learn strategies, latest research and philosophies to address the major life, health and spiritual issues from age 50 onwards.

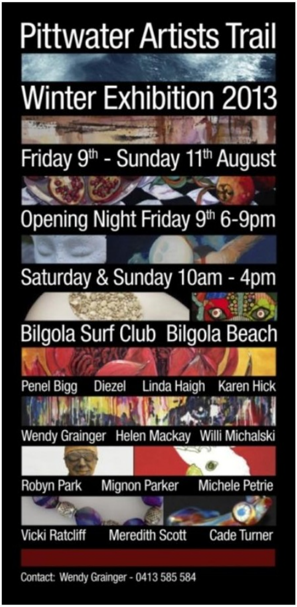
This will include topics such as:

physical limitation, movement and co-ordination; digestion; sleep; sexuality; spirituality; releasing negative beliefs around your health and longevity; career and retirement; exercise; family issues; common health issues of older people; confronting one's mortality; living alone; death of a spouse; moving into and adjusting to a retirement or nursing home;

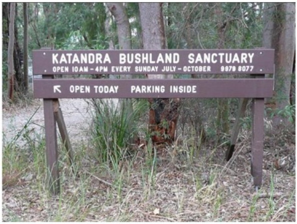
And so much more invaluable information and tips to live your life more gracefully.

You can't change your chronological age but you can change your biological age and the quality and richness of your life.

There is no prerequisite to register for this unique workshop — only your desire to discover more about yourself, ageing gracefully and the Australian Bush Flower Essences directly from the founder, Ian White.



Pittwater Artists Trail
Winter Exhibition 2013
Friday 9th - Sunday 11th August
Opening Night Friday 9th 6-9pm
Saturday & Sunday 10am - 4pm
Bilgola Surf Club Bilgola Beach
Penel Bigg Diezel Linda Haigh Karen Hick
Wendy Grainger Helen Mackay Willi Michalski
Robyn Park Mignon Parker Michele Petrie
Vicki Ratcliff Meredith Scott Cade Turner
Contact: Wendy Grainger - 0413 585 584


KATANDRA BUSHLAND SANCTUARY
OPEN 10AM - 4PM EVERY SUNDAY JULY - OCTOBER 9979 8077
OPEN TODAY PARKING INSIDE

Ian has been making the Bush Essences for just on 30 years and practising as a naturopath for over 35 years, as a 5th Generation Herbalist. Spending time with Ian, a world-leading expert in this field, will gain you access to rare and invaluable knowledge you won't find anywhere else, as well as the chance to share Ian's insights and passion for the Bush Essences.

When & Where: The event will be held online in 2 Hour Sessions over 3 Tuesdays — 3rd, 10th and 17th September 2013

Sessions will run live 7.30pm to 9.30pm AEST** (If you can't make the live sessions, they will be recorded and available afterwards.)

Once registered, we will email you with your personal log-in details to access our secure site and join the workshop at the specified times. All you need is a computer, basic headset (or you can use your computer's speakers) and a decent internet connection.

Contact: (for more information and to book your place) ; Sharon Selvage

Phone +61 (0)2 9450 1388 (AEST** business hours)

Email: uschi@ausflowers.com.au

Cost: AUD $175.00 if pre-paid by 12th August 2013 (or AUD $199.00 thereafter)

**If you are not operating at Australian Eastern Standard Time (AEST), you will need to check the difference in times. To convert your local time, go to: http://www.thetimezoneconverter.com.

45 Booralie Road, Terrey Hills NSW 2084

Tel: +61 2 9450 1388 Fax: +61 2 9450 2866
Email: uschi@ausflowers.com.au Website: www.ausflowers.com.au

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Adults $20
12 - 16 $10
under 12 $5

Fireshed Dinner

Saturday August 17th at 7pm

Indian Curries by Melanie, Cheryl & Lyn • Entertainment by Joes Garage

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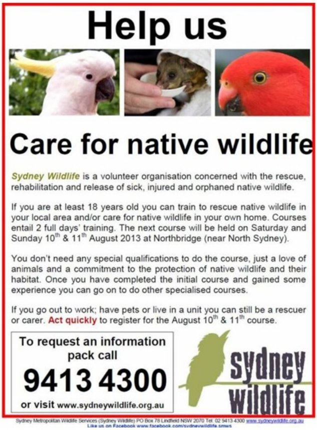


Help us

Care for native wildlife

Sydney Wildlife is a volunteer organisation concerned with the rescue, rehabilitation and release of sick, injured and orphaned native wildlife.

If you are at least 18 years old you can train to rescue native wildlife in your local area and/or care for native wildlife in your own home. Courses entail 2 full days' training. The next course will be held on Saturday and Sunday 10th & 11th August 2013 at Northbridge (near North Sydney).

You don't need any special qualifications to do the course, just a love of animals and a commitment to the protection of native wildlife and their habitat. Once you have completed the initial course and gained some experience you can go on to do other specialised courses.

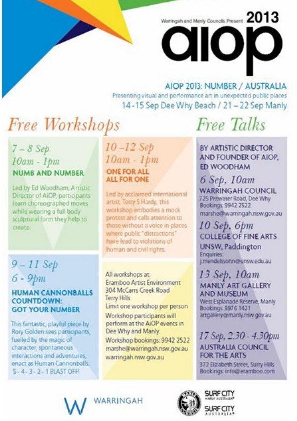
If you go out to work; have pets or live in a unit you can still be a rescuer or carer. **Act quickly** to register for the August 10th & 11th course.

To request an information pack call

9413 4300

or visit www.sydneywildlife.org.au

Sydney Metropolitan Wildlife Services (Sydney Wildlife) PO Box 78 Lindfield NSW 2070 Tel: 02 9413 4300 www.sydneywildlife.org.au
Like us on Facebook www.facebook.com/sydneywildlife.smws



Warringah and Manly Councils Present 2013

aiop

AIOP 2013: NUMBER / AUSTRALIA

Presenting visual and performance art in unexpected public places

14 - 15 Sep Dee Why Beach / 21 – 22 Sep Manly

Free Workshops

7 – 8 Sep
10am - 1pm
NUMB AND NUMBER

Led by Ed Woodham, Artistic Director of AiOP, participants learn choreographed moves while wearing a full body sculptural form they help to create.

10 –12 Sep
10am - 1pm
ONE FOR ALL ALL FOR ONE

Led by acclaimed international artist, Terry S Hardy, this workshop embodies a mock protest and calls attention to those without a voice in places where public "distractions" have lead to violations of human and civil rights.

9 – 11 Sep
6 - 9pm
HUMAN CANNONBALLS COUNTDOWN: GOT YOUR NUMBER

This fantastic, playful piece by Rory Golden sees participants, fuelled by the magic of character, spontaneous interactions and adventures, enact as Human Cannonballs. 5 - 4 - 3 - 2 - 1 BLAST OFF!

All workshops at:
Eramboo Artist Environment
304 McCarrs Creek Road
Terry Hills
Limit one workshop per person

Workshop participants will perform at the AiOP events in Dee Why and Manly.

Workshop bookings: 9942 2522
marshe@warringah.nsw.gov.au
warringah.nsw.gov.au

Free Talks

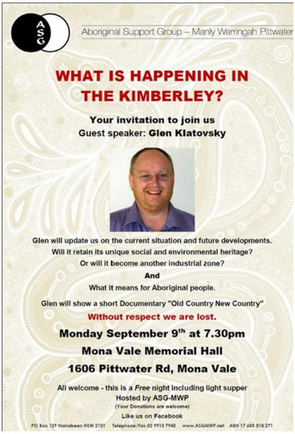
BY ARTISTIC DIRECTOR AND FOUNDER OF AIOP, ED WOODHAM

6 Sep, 10am
WARRINGAH COUNCIL
725 Pittwater Road, Dee Why
Bookings: 9942 2522
marshe@warringah.nsw.gov.au

10 Sep, 6pm
COLLEGE OF FINE ARTS UNSW, Paddington
Enquiries:
j.mendelssohn@unsw.edu.au

13 Sep, 10am
MANLY ART GALLERY AND MUSEUM
West Esplanade Reserve, Manly
Bookings: 9976 1421
artgallery@manly.nsw.gov.au

17 Sep, 2.30 - 4.30pm
AUSTRALIA COUNCIL FOR THE ARTS
372 Elizabeth Street, Surry Hills
Bookings: info@eramboo.com



Aboriginal Support Group – Manly Warringah Pittwater

WHAT IS HAPPENING IN THE KIMBERLEY?

Your invitation to join us
Guest speaker: Glen Klatovsky

Glen will update us on the current situation and future developments.
Will it retain its unique social and environmental heritage?
Or will it become another industrial zone?
And
What it means for Aboriginal people.

Glen will show a short Documentary "Old Country New Country"

Without respect we are lost.

Monday September 9th at 7.30pm

Mona Vale Memorial Hall

1606 Pittwater Rd, Mona Vale

All welcome - this is a *Free* night including light supper
Hosted by ASG-MWP
(Your Donations are welcome)
Like us on Facebook

PO Box 129 Narrabeen NSW 2101 Telephone/Fax 02 9913 7940 www.ASGMWP.net ABN 17 603 318 271

SYDNEY LIVING MUSEUMS

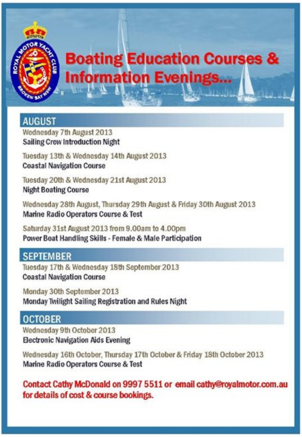
TANK STREAM BALLOT

On Sunday 27 October, in conjunction with Sydney Water, we will again be running our tours of the Tank Stream, the main source of fresh water for Australia's first European settlement. This walk takes you through 60 metres of the tunnel that was built by convicts and stonemasons.

Ballot registration is essential and will open on Monday 12 August.

THE MAGIC OF BLEDISLOE

Sydney Living Museums and the Australian Rugby Union are celebrating the upcoming Bledisloe Cup with a series of events throughout August. **Join us at 12pm on Friday 9 August** on the forecourt of the Museum of Sydney to celebrate the Magic of Bledisloe. You'll meet current Qantas Wallabies players and former heroes, and have the chance to have your photo taken with the Bledisloe Cup. Visit the museum on 9–18 August and enjoy a pop-up display of 'magic moments' from the Cup.



Boating Education Courses & Information Evenings...

AUGUST

Wednesday 7th August 2013
Sailing Crew Introduction Night

Tuesday 13th & Wednesday 14th August 2013
Coastal Navigation Course

Tuesday 20th & Wednesday 21st August 2013
Night Boating Course

Wednesday 28th August, Thursday 29th August & Friday 30th August 2013
Marine Radio Operators Course & Test

Saturday 31st August 2013 from 9.00am to 4.00pm
Power Boat Handling Skills - Female & Male Participation

SEPTEMBER

Tuesday 17th & Wednesday 18th September 2013
Coastal Navigation Course

Monday 30th September 2013
Monday Twilight Sailing Registration and Rules Night

OCTOBER

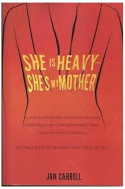
Wednesday 9th October 2013
Electronic Navigation Aids Evening

Wednesday 16th October, Thursday 17th October & Friday 18th October 2013
Marine Radio Operators Course & Test

Contact Cathy McDonald on 9997 5511 or email cathy@royalmotor.com.au for details of cost & course bookings.

PITTWATER COUNCIL

Author Talks at Mona Vale Library - Jan Carroll



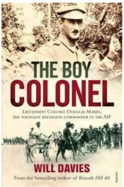
Jan Carroll speaking about "She is Heavy, She's My Mother" - **15th Aug 2013, 6.30pm - 8pm**

A memoir. From a famous and respected family and growing up in Kings Cross, Sydney during the 1940s and 1950s, Jan Carroll learned to hate the way alcohol controlled her mother's life. This is a moving and sometimes hilarious book about a fractured mother-daughter relationship.

Bookings: essential tel. 9970 1600, cost $8/$6 concession, cards must be shown. Venue: Mona Vale Library. Contact: Catherine Buddin tel. 9970 1600.

Website: www.sheisheavy.com

Author Talks at Mona Vale Library - Will Davies



Will Davies speaking about "The Boy Colonel" - **20th Aug 2013, 6.30pm - 8pm**

On 25 January, 1920 at Palm Beach, Douglas Gray Marks went into the surf and attempted to save a young woman. He never came out. This was the sad and tragic fate of a gallant, highly decorated and promising young man, known as the "Boy Colonel". It was a great loss to a nation whose manhood had been decimated and where the pain of the war remained evident and raw.

Bookings: essential tel. 9970 1600, cost $8/$6 concession, card must be shown. Payment required within 3 days of booking as confirmation. Free for school students.

Venue: Mona Vale Library Contact: Catherine Buddin tel. 9970 1600

Lifeline
Northern Beaches

BOOK FAIR

Ted Blackwood Hall

We're also giving you the chance to win a fantastic prize pack!

Read more here

artspace rouge ceramics

OSCAS - OPEN STUDIO CERAMICS AUSTRALIA SHOWCASE
Unearth your local potter - www.australianceramics.com

SAT 17 - SUN 18 AUGUST 10AM-4PM

COME VISIT & ENJOY ARTSPACE ROUGE - FEATURING ROUGE'S CERAMICS & KATH'S WHOLEFOOD FEAST OF LIGHT MEALS, CAKES, ORGANIC TEAS, & WARRIOR BALLS!

Enjoy a ferry ride from Church Point to North Elvina wharf, at top of steps turn right head up towards Rocky Point Reserve
Ferry timetable: www.churchpointferryservice.com

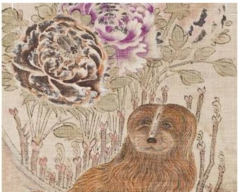
artspace rouge contact rouge 0420 289 726
8 Sturdee Lane, Lovett Bay, NSW 2105
rouge@artspacerouge.com www.artspacerouge.com

artspace rouge textiles

An exhibition of textile wall hangings created by rouge are on show at artspace rouge on following weekends or else by appointment, contact rouge 0420 289 726

SAT 17 - SUN 18 AUGUST
SAT 21 - SUN 22 SEPT
10AM-4PM

Manly Art Gallery



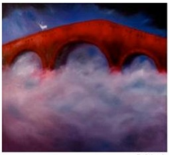
Jacksons & Boondah Roads

WARRIEWOOD

Friday 23rd August	**2 pm – 9 pm**
Saturday 24th August	**9 am – 5 pm**
Sunday 25th August	**9 am – 4 pm**

Thousands of quality books
Bargain prices
Over 50 different categories

Lifeline 50 YEARS 1963-2013



The Bridge, oil
90cm x 85cm

Soho Galleries present

GHOSTS *of* CALEDONIA

new work by Annette Lodge
10-30 August 2013

This body of work is a response to a recent time I spent in Scotland in the winter. The land seemed steeped in the possibility of specters and veiled by dark histories.

Please join us at the preview opening
Saturday August 17 from 5pm - 8 pm

SOHO Galleries

Corner of Crown & Cathedral Sts
Sydney NSW Australia
(612)9326 906
art@sohogalleries.net

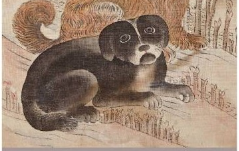
Saturday 7Sept, 2013
ROCK THE VOTE
1 MicRo
2 MicRo
1 MicRo
2 MicRo
3 MicRo
VOTE 1
MICRO AT NARRABEEN RSL
Free entry.
Try the new LAGUNA Grill
JOIN THE ROCK PARTY

The BIG SING

Community Singing Group
Bringing your inner voice out!

Every Tuesday at 10am
and
every Wednesday at 7pm
Avalon Community Centre

$10 per session



FORTUNES WITHIN:
KOREAN FOLK PAINTINGS
19 July – 18 August 2013

An expansive exhibition of rarely seen Korean folk art on loan from the Gahoe Minhwa Museum in Seoul covering the period from 1392 to 1910 will be on display **at Manly Art Gallery & Museum from Friday 19 July to Sunday 18 August 2013.**

'Minhwa', or 'Korean folk paintings', which were produced and distributed mainly by ordinary people in the Joseon Dynasty (1392 - 1910), mainly to decorate traditional Korean homes or in celebration of a birthday or wedding.

'Minhwa' typically portray events and objects drawn from daily life, so as to be accessible easily appreciated by all levels of society, or otherwise is intended to promote good fortune at New Year or repel evil.

"The principal characteristics of Minhwa are its utility and symbolism, being usually produced to decorate a room or the main door of a house," said Director of the Manly Art Gallery & Museum, Michael Hedger.

Club Palm Beach

Thursday Night Meal Deal Madness!!

Crumbed Lamb Cutlets

With chips and salad or seasonal vegetables

$12 Members
$18 Non Members

Starting
Thursday, 25th July &
continuing every
Thursday night in
August!!

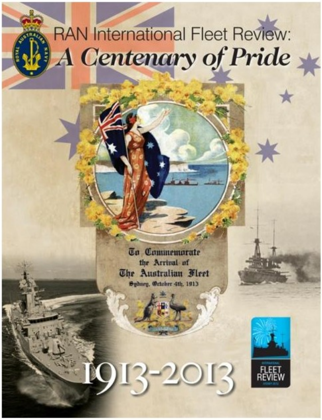
A MAGICAL NIGHT TO CELEBRATE TEN YEARS

For adults who can sing, can't sing, want to sing, have never sung but want to have a go, think they can sing, sing in the shower, love a laugh and a sing, young or old or somewhere in between, and love to socialise!!

Deeper breathing and singing are known to help us feel much more connected, free and happy. It's good for the heart and soul so come and join with your community and start or end your day with a BIG SING!

Classes are directed by Samantha Shaw, vocal coach on Ch 10's "I Will Survive" and West End performer.

Contact Sam on 0401 343 569 or sammeeshaw@gmail.com

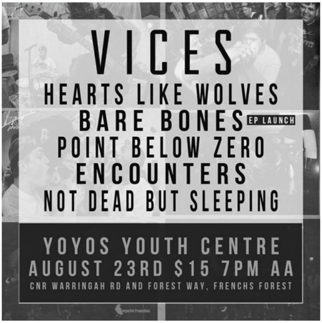


RAN International Fleet Review:

A Centenary of Pride

To Commemorate the Arrival of The Australian Fleet Sydney, October 4th, 1913

1913-2013



VICES

HEARTS LIKE WOLVES

BARE BONES EP LAUNCH

POINT BELOW ZERO

ENCOUNTERS

NOT DEAD BUT SLEEPING

YOYOS YOUTH CENTRE

AUGUST 23RD $15 7PM AA

CNR WARRINGAH RD AND FOREST WAY, FRENCHS FOREST

WIN! ONE OF TEN FANTASTIC CRIME & MAYHEM PRIZE PACKAGES

EXHIBITION ON NOW

1920's Glamour – it's going to be a fancy affair!

Ivy, Sydney - 6th September 2013

Book your tickets now to avoid disappointment call

Aim for the Stars Office: 0422600733 or Email: info@aimforthestars.com.au

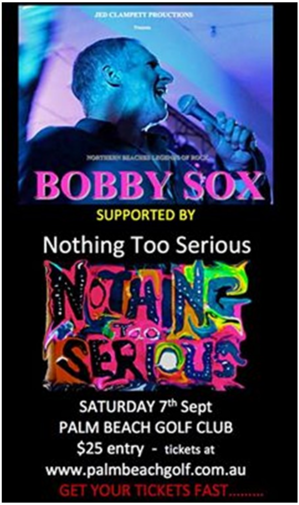
Don't forget to save the date, a formal invitation will follow soon.

the Layne Beachley aim for the stars foundation

Sly Dogs Unplugged at Church Point Cafe

Live music on Sunday mid-afternoon

The Sly Dogs will be doing some "winter healing" unplugged every second Sunday at Church Point Cafe on the deck. First session is this coming Sunday May 12th, Mother's Day, bring mum along and relax. Other dates are: **August 11th.**



JED CLAMPETT PRODUCTIONS

Presents

NORTHERN BEACHES LEGENDS OF ROCK

BOBBY SOX

SUPPORTED BY

Nothing Too Serious

SATURDAY 7th Sept

PALM BEACH GOLF CLUB

$25 entry - tickets at

www.palmbeachgolf.com.au

GET YOUR TICKETS FAST........

Big news - we're going to focus on the mighty Hawkesbury River over the next few months with three paddles that will cover over 75kms of the prettiest part of this historic waterway:

Coral Sea Kayaking Fantasy - August 18 to 26

Includes Hinchinbrook Island & the Great Barrier Reef Marine Park

Off the tropical coast of North Queensland lie 15 continental islands, 11 of which are National Parks surrounded by the Great Barrier Reef Marine Park. On this extraordinary week, you'll paddle the coast of Hinchinbrook Island and take in 5 other islands with their heady mix of abundant marine life including dolphins and migrating whales, sheltered, sandy beaches and towering granite peaks. Good value at $2,165 per person.

Email Tony for full itinerary. A deposit of $350 is all that's needed

CITY OF SHADOWS
INNER CITY CRIME & MAYHEM 1912-1948

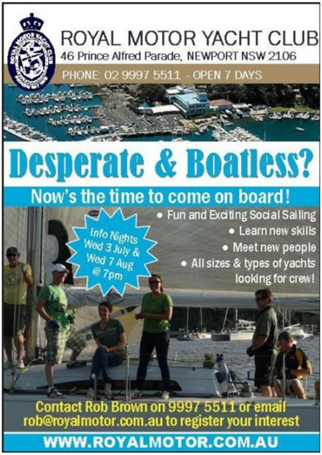
Justice & Police Museum, Cnr Albert and Phillip Streets Circular Quay Circular Quay 2000 . Between Saturday 29 June 2013 and Saturday 31 May 2013: Open Weekends Only: 10am-5pm: Adult: $10; Children: $5; Senior: $5

Lighthouse larks
FAMILY FUN DAY

LIGHTHOUSE LARKS! FAMILY FUN DAY! - Sunday 18 August from 11.00 to 15.00

Celebrate International Lighthouse Weekend at the museum! Activities include Storytelling sessions, Family-friendly tours and film screenings. Or enjoy Kids on Deck, with creative crafts inspired by the Cape Bowling Green Lighthouse and our Lightship Carpentaria.

Australian National Maritime Museum, 2 Murray Street Darling Harbour. Cost: Included in museum entry.
http://www.anmm.gov.au/kids


ROYAL MOTOR YACHT CLUB
46 Prince Alfred Parade, NEWPORT NSW 2106
PHONE: 02 9997 5511 - OPEN 7 DAYS

Desperate & Boatless?
Now's the time to come on board!

- Fun and Exciting Social Sailing
- Learn new skills
- Meet new people
- All sizes & types of yachts looking for crew!

Info Nights
Wed 3 July &
Wed 7 Aug
@ 7pm

Contact Rob Brown on 9997 5511 or email rob@royalmotor.com.au to register your interest
WWW.ROYALMOTOR.COM.AU

PITTWATER COUNCIL

CELEBRATING 20 YEARS 1992-2012

to secure your spot.

Hawkesbury Happening #3: Brooklyn-Spencer return - Sat Sept 7
Completing our 3 part exploration of the Hawkesbury River, we start our journey at the Deerubben Reserve, beside the F3 bridge over the Hawkesbury. This is where the 111km Hawkesbury Classic Kayak race finishes. We pass through the Milson Island channel to Bar Point, onto Big Jim's Point and the quaint village of Spencer. Popran National Park on one side, Marramarra on the other. Spectacular views all the way. Kayak hire $85 or bring your own boat $55. Grade Easy/medium.

Wind & Chop Workshop - Sunday Sept 15 (Small Group)

Never worry again about rough or unpredictable conditions. In this full day clinic, Adrian Clayton will show you how to maintain stability and stay in control when things turn nasty - strong winds, swell, waves and chop coming at you from all directions. Covers identifying risks, adapting tecchnique to conditions, new strokes, reading weather and water, rescue procedures, towing drills and more. Venue Clontarf. Tuition $160 per person. BYO boat or hire an ocean-going kayak for small extra cost.

Dora Creek on Lake Macquarie - Sunday September 22

An amazing network of creeks with lovely and interesting places to stop. Three sheltered waterways to choose from - Sandy, Stockton and Dora Creeks amidst beautiful bush and a Bellbird soundtrack. In the middle of it all - the Weetbix factory! A total of 28kms of bushland and urban scenery to choose from (not that we'll be paddling 28kms!) and a colourful history to ponder over. Easy drive from Newcastle, Gosford and only an hour along the F3 for Sydneysiders. $85pp. Easy/medium.

Cruisin' the Royal National Park - Sun September 29

A comprehensive look at our First National Park from water level. We'll paddle our way through a lush tree-scape from Audley Weir to Grays Point for a swim and a snack. A detour up a very pretty mangrove lined creek follows. Lunch, then chill out at South West Arm (Warumbul Reserver, a lovely picnic spot and beach). Then back via Lilli Pilli, Yowie and Gymea Bays and some very expensive real estate. Spectacular scenery, fascinating history - a great day! $85 per person. Easy/Medium.

Leisurely Lane Cove River – Saturday October 5

You'll be charmed by this tranquil waterway, centrally located near Sydney Harbour. It's a gentle, meandering river with tree-clad banks, impressive sandstone rock formations and a fascinating history. We'll even pass Fairyland and learn about Australia's most intriguing murder mystery! We'll explore the river from the weir at Fullers Bridge to the harbour. Compact beach for a snack and swim and a tour of St Ignatius Riverview College and their beautiful grounds. $85 per person. Easy paddle ideal for less experienced kayakers.

Bay of Islands NZ Adventure Paddle - Nov 16 to 24

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Motorua Island, the second largest in the Bay. Learn rock gardening and kayak surfing - great fun and easy to do. Our two qualified instructors will show you how. Climaxed with a full day of tall ship cruising. Led by Adrian Clayton. Amazing value at $1,998

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the

Remarkable Reptiles - 11th Aug 2013, 2pm - 4pm - FULLY BOOKED

Discover some of the northern beaches local reptiles! Come and join us at the Coastal Environment Centre to meet some of our local wildlife rescuers from Sydney Wildlife and their scaly animal friends. Don't forget the camera to get some happy snaps!

The Northern Beaches is home to many species of snakes and reptiles. Find out what some of these species are and where they are likely to be found. Bring along your questions for our reptile specialists.

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential! **Online** In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Child Restraint Checking Day -15th Aug 2013, 9:30am - 2:30pm

Free event for the Pittwater community. Pittwater Council will be holding a FREE child restraint checking day for Pittwater residents on Thursday 15 August 2013. Please note that this service is not available to family day care providers.

These fitting days are a great way for parents to put their mind at ease and check that they have their children's car seats fitted correctly and safely. On the day we can also fit new car seats or turn rear facing seats to the forward facing position. If you require any spare parts or additional service then you will be charged for this on the day - things like straps and buckles.

The RMS approved child restraint is only permitted to fit and check seats that meet the Australian/New Zealand Standard 1754.

At Winnererremy Bay car park, Mona Street, Mona Vale, 9.30am - 2.30pm. To book: Email: michelle_carter@pittwater.nsw.gov.au or Phone: 02 9970 1196.

Bookings are essential and bookings only taken for Pittwater residents. If you are a resident of Warringah contact 9942 2447. If you are a resident of Manly contact 9976 1619.

Bangalley Headland Walk - Sunday 25 August, 8:50am for 9am start.

Join us for a relaxing morning walk taking in the beautiful views and coastal bushland of Bangalley Head. Bangalley Head stands as the highest point and one of Pittwater's largest bushland reserves on its clifftop coast line. This - together with the great variety of native plants in the reserve and beautiful ocean views - makes Bangalley Head a haven for bushwalkers and wildlife alike. Native birds and marsupials - such as ringtail possums, honeyeaters, spinebills, finches and wrens - feed, breed and shelter among the dense thickets of coastal scrub and pockets of rainforest plants. Small animals including the long-nosed bandicoot and elusive geckoes shelter in rock overhangs and crevices, or in dead logs in the eucalypt forest. Lizards and snakes sun themselves lazily on the open rocky platforms, although always wary of any hungry kestrels that may be soaring overhead.

A fun event for all the family.

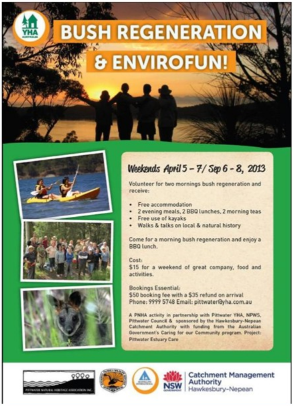
When: Sunday 25 August, 8:50am for 9am start. Where: Bangalley Headland Track. **Meet at Marine Parade (North Avalon), entrance to Bangalley Head Walking Track.** Bring: Sturdy walking shoes, hat, sunscreen, morning tea/snack, water/drink, insect repellent, camera (optional), field guides (optional). Bookings Essential! Online - www.pittwater.nsw.gov.au/cecbookings. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen Phone: 1300 000 232 (Reception - Option 1)

message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au



BUSH REGENERATION & ENVIROFUN!

Weekends April 5 – 7 / Sep 6 – 8, 2013

Volunteer for two mornings bush regeneration and receive:

- Free accommodation
- 2 evening meals, 2 BBQ lunches, 2 morning teas
- Free use of kayaks
- Walks & talks on local & natural history

Come for a morning bush regeneration and enjoy a BBQ lunch.

Cost:
$15 for a weekend of great company, food and activities.

Bookings Essential:
$50 booking fee with a $35 refund on arrival
Phone: 9999 5748 Email: pittwater@yha.com.au

A PNHA activity in partnership with Pittwater YHA, NPWS, Pittwater Council & sponsored by the Hawkesbury-Nepean Catchment Authority with funding from the Australian Government's Caring for our Community program. Project: Pittwater Estuary Care

YHA
NSW
Catchment Management Authority
Hawkesbury-Nepean

CONVICT SYDNEY
EXHIBITION ON NOW

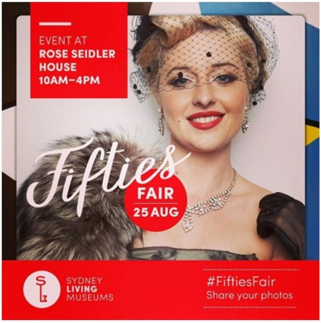
Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street …

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.



Manly Art Gallery & Museum
MANLY ARTS FESTIVAL

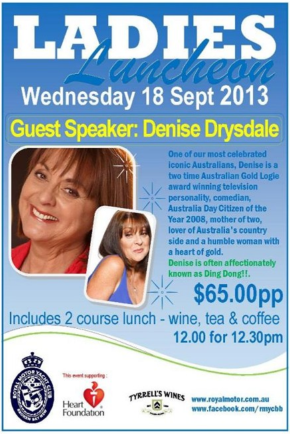
RANAMOK GLASS PRIZE winners highlighted in Manly Art Gallery & Museum exhibition

Some of Australia and New Zealand's most exciting glass artists will show off their extraordinary skills and creativity in a diverse showcase of contemporary glass at ManlyRanamok Glass Prize: Denise Pepper, Punto in Aria (Stiches in Air) Art Gallery & Museum from **Friday 26 July to Sunday 1 September**.

The 'Ranamok Glass Exhibition' will feature winning entrants in the Ranamok Glass Prize, an annual acquisitive award for glass artists who are resident in Australia and New Zealand.

A special highlight will be work by the 2012 Ranamok Glass Prize winner, Denise Pepper, chosen from 29 finalists.

The Ranamok Glass Prize was founded in 1994 by Andy Plummer and Maureen Cahill as a way to promote glass as an art form to the public, the Manly Art Gallery & Museum covering works from 1995 to 2012.



Wednesday 18 Sept 2013

Guest Speaker: Denise Drysdale

One of our most celebrated iconic Australians, Denise is a two time Australian Gold Logie award winning television personality, comedian, Australia Day Citizen of the Year 2008, mother of two, lover of Australia's country side and a humble woman with a heart of gold.

Denise is often affectionately known as Ding Dong!!.

$65.00pp

Includes 2 course lunch - wine, tea & coffee

12.00 for 12.30pm

This event supporting :

Heart Foundation

TYRRELL'S WINES

www.royalmotor.com.au
www.facebook.com/rmycbb

PUBLIC SYDNEY: STOP, LOOK, LIVE!

All around you in Sydney's public spaces people are doing the most unexpected things. This exhibition celebrates the unusual stories of the city's public buildings, parks and street corners, and may answer some of your burning questions about strange things you have seen happening in our shared spaces.
Explore some of our most loved sites – Bennelong Point, the Museum of Sydney, Hyde Park, Central Station and Town Hall – and see how we, the public, are shaping them. Discover what a handmade cedar coffin, a silver trowel and an ASIO surveillance picture can tell you about the remarkable history of Town Hall, or what a 2-tonne cannon has to do with the iconic Sydney Opera House.
Tell us your stories – online and in the exhibition – and share the things that make you stop, look, and embrace life in your public spaces. Alongside the exhibition, this blog will explore the public spaces of Sydney,.

Sponsor: The Sydney Morning Herald
Museum of Sydney
Saturday 30 March - Sunday 8 September 2013
Address: Corner Phillip and Bridge Streets, Sydney, NSW 2000
Contact: 02 9251 5988 or for Education bookings: 8313 5612
Admission: Adult $10 I Child/Concession $5 | Family $20 | Members free |
Hours: Open daily 10am — 5pm | Closed Good Friday and Christmas Day
Photo: Playing lacrosse in The Rocks, 2012. Photograph © James Horan

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PITTWATER COUNCIL

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

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

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

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

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Pittwater RSL

AKMAL - Friday 19th July 2013

Doors open 7.30pm Show 8pm All tickets $39

Australian National Maritime Museum

East of India – Forgotten trade with Australia

Opens 1 June
In an Australian first, this exhibition explores our colonial links with India, the power and monopoly of the English East India Company and its subsequent decline. Featuring objects from international collections including the Victoria & Albert Museum, British Museum, and the Royal Collection.
http://www.anmm.gov.au/india

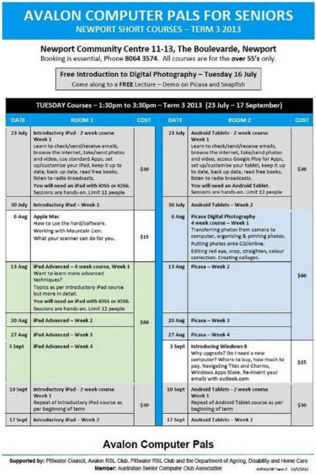
Exhibition: Elysium Antarctic Visual Epic

Open until 3 November

In 2010 a team of wildlife photographers, filmmakers and scientists embarked on an expedition from the Antarctic Peninsula to South Georgia. This stunning photographic exhibition captures the expedition, life above and below the ice, and the magnificence of this great wilderness.
Related event
Talk: Michael AW, Antarctic expedition leader - 26 May
http://www.anmm.gov.au/elysium

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

One of the oldest suburban historical societies in Australia, the Manly,



AVALON COMPUTER PALS FOR SENIORS

NEWPORT SHORT COURSES – TERM 3 2013

Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone **8064 3574**. All courses are for the **over 55's** only.

Free Introduction to Digital Photography – Tuesday 16 July
Come along to a **FREE** Lecture – Demo on Picasa and Snapfish

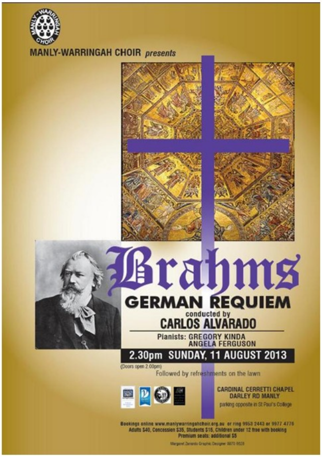
TUESDAY Courses – 1:30pm to 3:30pm – Term 3 2013 (23 July – 17 September)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
23 July	**Introductory iPad - 2 week course** **Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	23 July	**Android Tablets - 2 week course** **Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet.** Sessions are hands-on. Limit 12 people	$30
30 July	**Introductory iPad – Week 2**		30 July	**Android Tablets – Week 2**	
6 Aug	**Apple Mac** How to use the hard/software. Working with Mountain Lion. What your scanner can do for you.	$15	6 Aug	**Picasa Digital Photography** **4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
13 Aug	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	13 Aug	**Picasa – Week 2**	
20 Aug	**iPad Advanced – Week 2**		20 Aug	**Picasa – Week 3**	
27 Aug	**iPad Advanced – Week 3**		27 Aug	**Picasa – Week 4**	
3 Sept	**iPad Advanced – Week 4**		3 Sept	**Introducing Windows 8** Why upgrade? Do I need a new computer? Where to buy, how much to pay. Navigating Tiles and Charms, Windows Apps Store. Re-invent your emails with outlook.com	$15
10 Sept	**Introductory iPad - 2 week course** **Week 1** Repeat of introductory iPad course as per beginning of term	$30	10 Sept	**Android Tablets - 2 week course** **Week 1** Repeat of Android Tablet course as per beginning of term	$30
17 Sept	**Introductory iPad – Week 2**		17 Sept	**Android Tablets – Week 2**	

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association

AVPALS NP Term 3 13/5/2013


MANLY-WARRINGAH CHOIR
MANLY-WARRINGAH CHOIR presents
Brahms
GERMAN REQUIEM
conducted by
CARLOS ALVARADO
Pianists: GREGORY KINDA
ANGELA FERGUSON
2.30pm SUNDAY, 11 AUGUST 2013
(Doors open 2.00pm)
Followed by refreshments on the lawn
CARDINAL CERRETTI CHAPEL
DARLEY RD MANLY
parking opposite in St Paul's College
Bookings online www.manlywarringahchoir.org.au or ring 9953 2443 or 9977 4776
Adults $40, Concession $35, Students $15, Children under 12 free with booking
Premium seats: additional $5
Margaret Zanardo Graphic Designer 9970 8928

Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

AVALON COMPUTER PALS FOR SENIORS

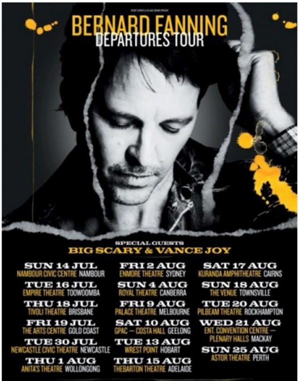
AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

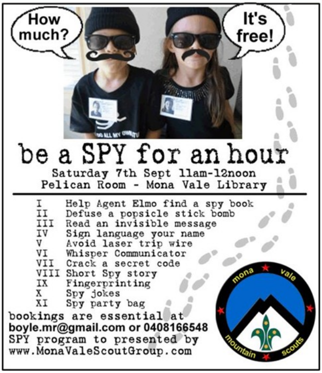
MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.


BERNARD FANNING
DEPARTURES TOUR
SPECIAL GUESTS
BIG SCARY & VANCE JOY
SUN 14 JUL NAMBOUR CIVIC CENTRE NAMBOUR
TUE 16 JUL EMPIRE THEATRE TOOWOOMBA
THU 18 JUL TIVOLI THEATRE BRISBANE
FRI 19 JUL THE ARTS CENTRE GOLD COAST
TUE 30 JUL NEWCASTLE CIVIC THEATRE NEWCASTLE
THU 1 AUG ANITA'S THEATRE WOLLONGONG
FRI 2 AUG ENMORE THEATRE SYDNEY
SUN 4 AUG ROYAL THEATRE CANBERRA
FRI 9 AUG PALACE THEATRE MELBOURNE
SAT 10 AUG GPAC – COSTA HALL GEELONG
TUE 13 AUG WREST POINT HOBART
THU 15 AUG THEBARTON THEATRE ADELAIDE
SAT 17 AUG KURANDA AMPHITHEATRE CAIRNS
SUN 18 AUG THE VENUE TOWNSVILLE
TUE 20 AUG PILBEAM THEATRE ROCKHAMPTON
WED 21 AUG ENT. CONVENTION CENTRE – PLENARY HALLS MACKAY
SUN 25 AUG ASTOR THEATRE PERTH

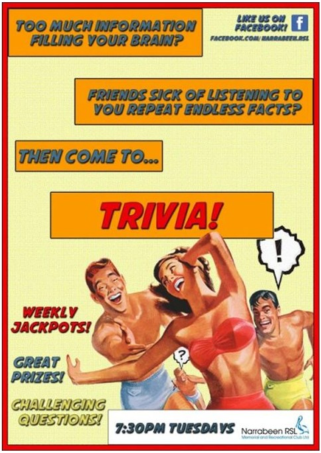

How much?
It's free!
mona vale mountain scouts

be a SPY for an hour

Saturday 7th Sept 11am-12noon
Pelican Room - Mona Vale Library

- I Help Agent Elmo find a spy book
- II Defuse a popsicle stick bomb
- III Read an invisible message
- IV Sign language your name
- V Avoid laser trip wire
- VI Whisper Communicator
- VII Crack a secret code
- VIII Short Spy story
- IX Fingerprinting
- X Spy jokes
- XI Spy party bag

bookings are essential at
boyle.mr@gmail.com or 0408166548
SPY program to presented by
www.MonaValeScoutGroup.com



TOO MUCH INFORMATION FILLING YOUR BRAIN?

LIKE US ON FACEBOOK!
FACEBOOK.COM/NARRABEEN.RSL

FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?

THEN COME TO...

TRIVIA!

WEEKLY JACKPOTS!

GREAT PRIZES!

CHALLENGING QUESTIONS!

7:30PM TUESDAYS

Narrabeen RSL

LATIN SUNDAY SESSIONS

- ITS SO GOOD WE'RE KEEPING IT GOING IN AUTUMN! - FREE Live Entertainment from 5pm in the Beer Garden SUNDAY afternoons. **Avalon Beach RSL**

Duo performs each week, rotating roster includes: Taigo Passos, James Willings, Josh Fergus, Marco dAvila, Dave Calandra, Fernando Aragones, Nick Downey, Tiago de Luca, Angelo Francalanci & more.

TICKETS ON SALE 12 MIDDAY FRIDAY 10 MAY
NEW ALBUM DEPARTURES OUT FRIDAY 7 JUNE. NEW SINGLE BATTLESHIPS OUT NOW
PRE-ORDER DEPARTURES FOR A SPECIAL PRICE WITH EVERY TICKET PURCHASE • TICKETS FROM USUAL OUTLETS & BERNARDFANNING.COM

OKTOBERFEST 2013

GET OUT YOUR LEDERHOSENS AND DIRNDLS!!

SATURDAY 19TH
SUNDAY 20TH
OCTOBER

1 LITRE & HALF LITRE STEINS

LIVE POLKA BAND

DELICIOUS FOOD

AVALONBEACHRSLCLUB avalonrsl.com.au

Sydney Living Museums

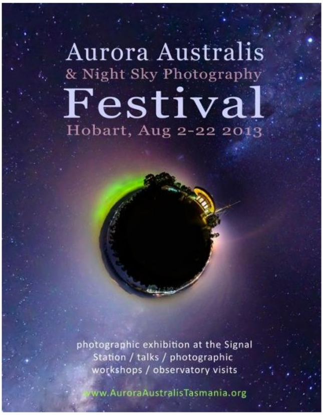
Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all... You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more:

www.hht.net.au/about/news/lags_and_swells

MUMS for MUMS

cocktail party

Saturday 24th August, 2013


Aurora Australis
& Night Sky Photography
Festival
Hobart, Aug 2-22 2013
photographic exhibition at the Signal Station / talks / photographic workshops / observatory visits
www.AuroraAustralisTasmania.org

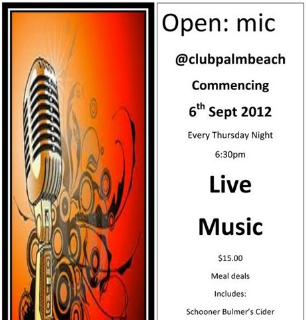
Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday,** Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au . Website: https://sites.google.com/site/woodturner60/



Open: mic

@clubpalmbeach

Commencing

6th Sept 2012

Every Thursday Night

6:30pm

Live

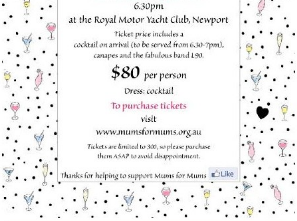
Music

$15.00

Meal deals

Includes:

Schooner Bulmer's Cider



6.30pm

at the Royal Motor Yacht Club, Newport

Ticket price includes a
cocktail on arrival (to be served from 6.30-7pm),
canapes and the fabulous band L90.

$80 per person

Dress: cocktail

To purchase tickets

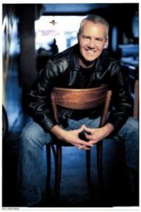
visit

www.mumsformums.org.au

Tickets are limited to 300, so please purchase
them ASAP to avoid disappointment.

Thanks for helping to support Mums for Mums

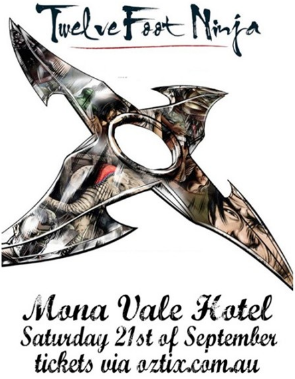
Ku-ring-gai Council



Get excited - Daryl Braithwaite is coming to Ku-ring-gai!

The Twilight Concert in the Park Series returns with Aussie favourite Daryl Braithwaite set to perform all his greatest hits **at Wahroonga Park on Saturday 14 September**.

For more details See: www.kmc.nsw.gov.au/twilight



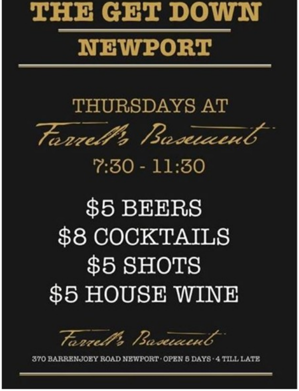
SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at: http://www.snbswe.org.au/**

$5 bar tab for every guest you bring along

Best performance prizes

Hosted By Sammy Keithy Hutchin



THE GET DOWN

NEWPORT

THURSDAYS AT

Farrell's Basement

7:30 - 11:30

$5 BEERS

$8 COCKTAILS

$5 SHOTS

$5 HOUSE WINE

Farrell's Basement

370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE

Tweet Like +1

Pittwater Camera Club

More at: Profile and
http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday August 19
Mastering Textures in Images is the title of tonight's presentation by Christine Nelson. Free for visitors to the club

Monday September 2
The ever popular Len Brown will be our guest judge tonight and the competition topic will be 'Food'. This should be a delicious evening. Free for visitors to the club.

Monday September 16
'It's All About The Light' is the subject of this 'Hands On' workshop. With various lighting means, including soft boxes and other lighting forms we will be learning how to take better images with the use of directional lighting. We will have photographic models on the night so we can practice along with our tutors. This promises to be a great learning curve for us all. And as always it is, free for visitors to the club.

Monday October 14
Our members have been given the very hard task of capturing time – without including clocks or other timepieces. Gavin Roberts will determine the winner of this novel competition. Free for visitors to the club.

Monday October 28 – TBA

November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

SYDNEY
COUNTRY
MUSIC FESTIVAL
7 SEPTEMBER 2013

7 September 2013: 12pm – 10pm - Bella Vista Farm Park, Cnr Norwest Blvd and Elizabeth MacArthur Drive, Bella Vista - see Map for directions

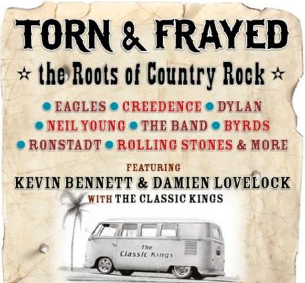
Saturday 7th September, sees Bella Vista Farm, play host to the second Sydney County Music Festival, promising a great musical line-up and an array of family friendly country experiences. In addition to the music there will be an array of events including mini-musters, whip cracking and a great range of children's entertainment.

For the first time, as part of the Festival, there will be a Songwriter's Competition to uncover some of Australia's newest local talent. Held in the weeks prior, this competition will give new artists the chance to showcase their talents, with the winner being part of the main line-up on Saturday 7 September.

The Sydney Country Music Festival is being held in conjunction with this year's Orange Blossom Festival providing a weeklong array of family entertainment.

So, muster up your family and friends to enjoy the music and soak up the sounds in the beautiful historic surrounds.

Tickets are on sale now through ticketek.com.au



TORN & FRAYED

☆ the Roots of Country Rock ☆

● EAGLES ● CREEDENCE ● DYLAN
● NEIL YOUNG ● THE BAND ● BYRDS
● RONSTADT ● ROLLING STONES & MORE

FEATURING

KEVIN BENNETT & DAMIEN LOVELOCK

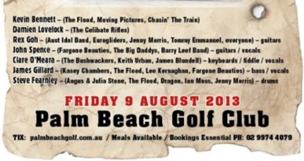
WITH THE CLASSIC KINGS

The Classic Kings

FMK ENTERTAINMENT PRESENTS

KARAOKE NIGHT

SATURDAYS 8:30PM



Kevin Bennett – (The Flood, Moving Pictures, Chasin' The Train)
Damien Lovelock – (The Celibate Rifles)
Rex Goh – (Aust Idol Band, Eurogliders, Jenny Morris, Tommy Emmanuel, everyone) – guitars
John Spence – (Fargone Beauties, The Big Daddys, Barry Leef Band) – guitars / vocals
Clare O'Meara – (The Bushwackers, Keith Urban, James Blundell) – keyboards / fiddle / vocals
James Gillard – (Kasey Chambers, The Flood, Lee Kernaghan, Fargone Beauties) – bass / vocals
Steve Fearnley – (Angus & Julia Stone, The Flood, Dragon, Ian Moss, Jenny Morris) – drums

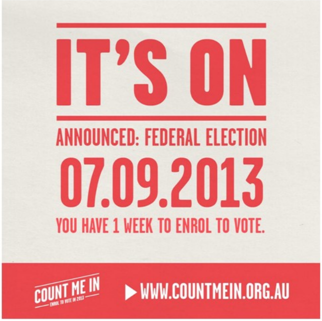
FRIDAY 9 AUGUST 2013
Palm Beach Golf Club
TIX: palmbeachgolf.com.au / Meals Available / Bookings Essential PH: 02 9974 4079

Narrabeen Lagoon free activities – register now for bushwalks and kayak tour

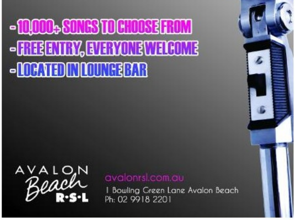
Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. These activities are FREE but you must register in advance. All participants will receive a free DVD – “Caring for our Catchment” and an informative brochure and map.

Pictures of the past - Hosted by Friends of Narrabeen Lagoon Catchment and presented by Bert Rose.

When: **Monday 26 August,** from 7pm. Where: Narrabeen Tramshed Cost: Free but donation requested to cover expenses. RSVP Essential: Judith Bennett – email@narrabeenlagoon.org.au

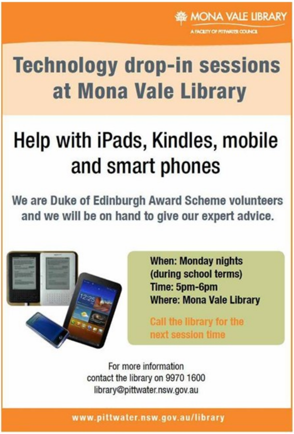


IT'S ON
ANNOUNCED: FEDERAL ELECTION
07.09.2013
YOU HAVE 1 WEEK TO ENROL TO VOTE.
COUNT ME IN
ENROL TO VOTE IN 2013
▶ WWW.COUNTMEIN.ORG.AU



- 10,000+ SONGS TO CHOOSE FROM
- FREE ENTRY, EVERYONE WELCOME
- LOCATED IN LOUNGE BAR

AVALON Beach R·S·L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.