# Pittwater Online News

May 12 - 18, 2013: Issue 110

## Happy Mother's Day 2013 - Flowers For all Mums

Past Features

Archives

Flower Panels and Photos by A J Guesdon, May 11th, 2013.

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**May 12 - 18, 2013: Issue 110**

## Articles This Week:

Mullet Care Bush Care Project Update

DIY Hints: Growing Your Own Winter Vegetables by Paul Johnson

Pacific Black Duck Bath - a delight for the eyes!

Eastern Rosella - and a little more about our progression to protecting our birds instead of exporting them or decimating them.

Swamp Mahogany Flowering - our Mother's Day 2013 flowers

Artist of the Month for May 2013: **Chuck Bradley-** Scotland Island photographer with an exhibition at Manly Art Gallery

**All Previous Articles**

**Profile: May 2013 - Pittwater Organisations: Southern Cross Wildlife Care - saving all sick, injured and orphaned wildlife under our southern skies**

**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

**History: May 2013 - The NAVY in Pittwater:** this year's **Avalon Tattoo, is on June 15th, 2013.** Each year it is the turn of one of our Services to present the Challenge and this year it's our RAN Cadets; To Prelude this we will look at some of the long and varying links with the Navy **- Royal Navy and Royal Australian Navy Ships Visit Pittwater and Broken Bay – Training Days, Fleet Exercises and the Love of the Navy**

**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 SS Florrie SS 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

**Park Bench Philosopher: Misplaced, Forgotten, or Displaced Australian Poets: *THE KANGAROO HUNT; OR, A MORNING IN THE MOUNTAINS. BY CHARLES HARPUR.***

**News From Our Inbox** Towards a quantum internet - UNSW, National Library of Australia - New pictures released, University of Sydney's Professor Steve Simpson has been announced as a new Fellow of the Royal Society, Cyclist's benefit from helmets clearly shown, Dive Into A Wave...ummm?, Home is where the health is - UNSW insight on NSW Govt. Initiative, Hawaii Dolphins Play Using Whale Snouts As Slides!, Have You Seen This Dog?, Chicken Police, Excuse me... where's my food?, Milky Way Black Hole Snacks on Hot Gas, Run Underwater, Killer whales surprise couple on boat, Health Papers Published this week: Epilepsy Cured in Mice Using Brain Cells; Portable Device Provides Rapid, Accurate Diagnosis of Tuberculosis + Other Bacterial Infections; Protein Complex May Play Role in Preventing Many Forms of Cancer; Discovery May Help Prevent Chemotherapy-Induced Anemia; Discovery Helps Show How Breast Cancer Spreads; Magnesium May Be as Important to Kids' Bone Health as Calcium

**Events: PCA Heritage Evening**, Artists Trail 2013, NT Forum, PB Market, Baby Animals and Tin Sparrow at Mona Vale, Bodacious Cowboys at Palm Beach Golf Club, Aboriginal Forum at Narrabeen, Avalon RSL- Karoke World Championships, Mother's Day 2013, Northern Beaches Music Festival, Author Talks at MVL, Psychic at Pittwater RSL, **Songs For Soibada III**, Paddling-Walking, ANMM Exhibitions and Kids Events, RMYC Events, Pittwater Camera Club, FoNLC Activities and much much more.

**Food: Mushrooms:** What would Autumn be like without enjoying the best fungi on offer and tasting the rich earthy pungency of the season?

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**Community News: Songs for Soibada - 2013 - Jack Vidgen to Perform, Mona Vale Hospital Auxiliary - Volunteers Needed, Celebrating National Volunteers Week 2013 At Mona Vale Library**, Historic lifejacket principles promote safety across international borders, WHITE PAPER DISCUSSION SESSIONS - EVENT REGISTRATION, New Northern Beaches Hospital Highlights Transport Fix Needed Now, Alexander's Lost World - David Adams, Car Park Sale in support of SLSC Nippers, Solo exhibition in Newtown - Tracy Ponich, Water, Wind & Ice by Robin VF Smith, Elvis to open St Ives Show, SUCCESSFUL LOOSELY WOVEN CONCERT IN AVALON, Sydney Writers Festival 2013, Different walks of life, same goal: Stay Smart Online, Sustainability Lane at the Pittwater Wine & Food Fair, Avalon Golf Course Special until end of June 2013, BowelCare is on again for 2013, Sly Dogs Unplugged at Church Point Cafe, Pittwater Artists Trail May 2013, Future of boating on Sydney Harbour open for public comment, Awards For Public Sector Excellence, Southern Cross Wildlife Care May 2013 Critters of the Month - Theodore and Blossom, referendum to secure direct federal funding for communities, Funding Opportunity For Local Fishing Groups, Pittwater Milestones Trivia Evening - Unravel the Strands of Time, CUPPA FOR CANCER AT MONA VALE LIBRARY, CAREEL CREEK FLOOD STUDY ON EXHIBITION, COMMEMORATE SORRY DAY AT NORTH NARRABEEN, Bushcare Notices - May 2013, Our Councils Notices, Fed. Govt. Media Releases this week and more

**Environment: CAREEL CREEK FLOOD STUDY ON EXHIBITION, Pittwater Environment Stories this week:** Mullet Care Bush Care Project Update - May 2013, Pacific Black Duck Bath - a delight for the eyes!, Eastern Rosella, Swamp Mahogany Flowering, **Australian Environment stories this week:** Climate Change, Not Human Activity, Led to Megafauna Extinction, A new approach to judging the impact of invasive species, Plants 'Talk' to Plants to Help Them Grow, Sending the gungu home + Global Highways of Invasive Marine Species Calculated, May Environment Activities, Paint Rocks with Glow In The Dark Paint, 2013 Northern Beaches Local Business Sustainability Award, ONLINE BIODIVERSITY CALENDAR,**COOEE May 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

**Lynda Hill: Update 8.5.13: Managing The Pace And Grounding The Vision: May's Solar Eclipse in Taurus**

**Pictures: Pacific Black Duck Bath - a delight for the eyes!**

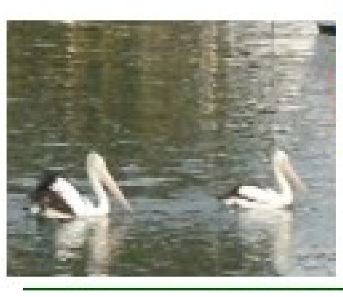
**Children:** Pacific Black Duck taking a bath at Careel Creek, **Songfish - The Northern Beaches community choir for children - FREE Singing Session, University of Sydney's *Compass – find your way to higher education* - Year 3 Students visit, Marine Art at RMYC, PITTWATER SHORT STORY COMPETITION, Rudimental - "Feel The Love", Dorothea Mackellar Poetry Awards - 2013, Tom Terrific- Go West young Manfred, National Geographic online fun For little kids, The Superman Show - episode 1,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, A picture book for little children (1812), Mona Vale Library - Young Runarounds!, Children's Storytime at Mona Vale Library**

**Youth: The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? Zoe Elliot with Lincoln Smith - Black Dog, Getting Air - South Avalon - 7.5.2013, Feedback - Music Conference for Young People (JUNE 2013), Workshop for parents and supervisors of learner drivers**, Sydney Writers Festival 2013 – May 20-26; Youth Events, Triple your Jays hottest 100 over 20 years, PITTWATER SHORT STORY COMPETITION, Get Smarter in your Spare Time - ONLINE !, Cyberbullying Rampant Among High School Students: National Cyber Security Awareness Week, 20 to 24 May 2013, New 'Bone-Head' Dinosaur Hints at Higher Diversity of Small Dinosaurs, Animal Antics, National Youth Awards, Mona Vale Library - Duke of Edinburgh Awards, The Project Gutenberg Library of Australiana, Bands Playing Locally, NOrthern Beaches Youth Bands Facebook Page, RMYC Marine Art Comp., Dorothea Mackellar Poetry Awards - 2013 + links and help 4U, **Author Talks at Mona Vale Library - Andrew Tink, Get Smarter in your Spare Time - ONLINE!; over 700 Free Courses on offer, Music Industry Conference - FREE to attend, Youngbloods Contest - 2013, Manly Youth Centre Kangaroo Street is bringing back more band nights, New Facebook Page for young bands on the Northern Beaches, The Line, National History Competition, Mona Vale Library - Duke of Edinburgh Awards.**

**Seniors; 2013 COTA NSW Survey,** DEEMING RATES SHOULD BE ADJUSTED, The Benevolent Society has turned 200 this week - First Old Age Pension in the world approved after Benevolent Society campaign - 1901, Melbourne's Cable Trams + MARVELLOUS MELBOURNE : QUEEN CITY OF THE SOUTH, 1910, Soup of the Day, For YOUR GRANDCHILDREN !! C/- Bill Gates, Good Vibrations (1966), Health Papers Published this week: Missing Link in Signals Contributes to Neurodegeneration; Dynamic Behavior of Progenitor Cells in Brain Discovered; Social Connections Drive the 'Upward Spiral' of Positive Emotions and Health; Boosting 'Cellular Garbage Disposal' Can Delay the Aging Process AvPals **Term 2 2013 - Computer Classes for Seniors at Newport**, How to make symbols using your keyboard, National Seniors Literary Prize 2013, local Support and Education Activities.

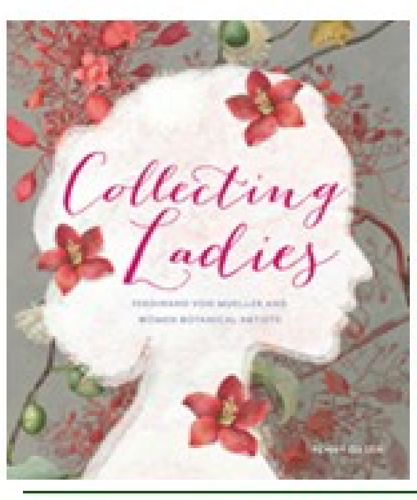
**Community Clubs:** Updates on Activities and links to sites.

**Artist of the Month: May 2013 Chuck Bradley-** Scotland Island photographer with an exhibition at Manly Art Gallery

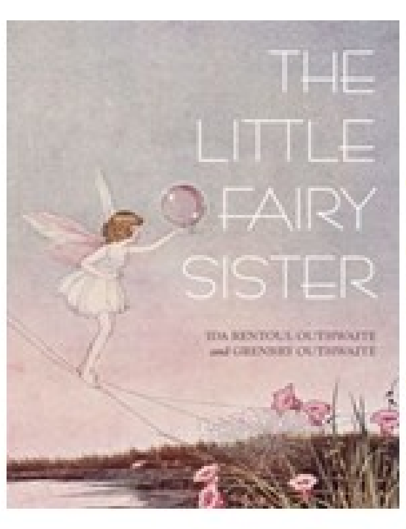


**Reflections:** by George Repin. **This week; J C BENDRODT AND PRINCES RESTAURANT**

**DIY Hints: Growing Your Own Winter Vegetables by Paul Johnson**



**Collector's Corner: *Collecting Ladies - Ferdinand Von Mueller and Women Botanical Artists*** by Penny Olsen AM - extensive and well researched insight, illuminated by beautiful illustrations and examples of their works, this is for students of Botany and art lovers. **Interview with Penny Olsen**



**Books:** The Little Fairy Sister, A Boy Like Me, Lani's Story, The Lucky Culture, Secret Life of James Cook, **David Rivett - Fighter for Australian Science** (FREE), Ecology of Australian Freshwater Fishes, Flora of the Otway Plain and Ranges 2 - Daisies, Heaths, Peas, Saltbushes, Sundews, Wattles and Other Shrubby and Herbaceous Dicotyledons

**Old Books: - May 2013**

**Handbook to The birds of Australia (1865) by John Gould and Australia unlimited (1918?) by Edwin James Brady READ THESE WORKS ON THE SITE- ONLINE**

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# Mullet Creek Bush Care Project Update – May 2013

The new Mullet Creek Bushcare group planted about 120 trees and shrubs near Irrawong waterfall on April 21. They also put up a wire fence to keep them safe from the local swamp wallabies. Some familiar bushcarers were there, but also many local people. For many of them this was a new experience. The weather was perfect, the waterfall was roaring, Scarlet Honeyeaters were chirping high up in the Swamp Mahoganies, now coming into bloom. The afternoon tea was magnificent too.

A Large Project grant to Pittwater Environment Foundation from NSW Environment Trust is funding six years of bush regeneration and fauna monitoring in the Upper Mullet Creek area. Pittwater Council is a partner in this project.

Being amongst the beauty of the bush, birds and other animals in this part of Ingleside Chase Reserve are really special, attracting birdwatchers from far and wide. Lyrebirds and swamp wallabies are sometimes seen here, as well as Eastern Yellow Robins, Rufous Fantails and other birds that enjoy the eucalypt forest and rainforest environment.

This forms part of largest remaining sandplain wetland in Sydney, has the largest remaining stand of Swamp Mahogany in Sydney, is home to three endangered ecological communities of vegetation and is the habitat of over 20 threatened species of fauna including birds, mammals, reptiles and amphibians and over 170 species of birds including some 10 migratory species.

Just one of the species planted this day gives you some insight into the forethought accompanying every part of this project:

**Bolwarra or Native Guava**, *Eupomatia laurina, Eupomatiaceae*
This small tree has black branches that grow more than 1 m long. Pale, heavily scented flowers have no petals or sepals and appear in summer. The urn-shaped berry is 15-20 mm in diameter and turns from green to brown through winter.
Where it is found: Bolwarra is widespread in or near warmer rainforest and moist eucalypt forest on the coast and lower ranges. In New South Wales it is found on the coast and tablelands. It also occurs in Queensland, Victoria and New Guinea.
Uses: Bolwarra berries have an interesting taste with soft, sweet flesh and strong, spicy seeds. The whole fruit can be dried, crushed and used to flavour foods such as ice-cream. The fibrous bark was used as raw material for manufacturing fishing lines (Turbet 1989). The bark was prepared in the same way as that described for *Eucalyptus agglomerata*. ***Marita mentioned a symbiotic relationship with a caterpillar is required for pollination***; **Michael Mannington.**

**Winter Feast**
Coast Banksia is now providing honeyeaters and lorikeets with a feast . Local birds such as Little and Red Wattle Birds, White-cheeked Honeyeaters and the inescapable Noisy Miners rejoice in this Banksia. In turn they pollinate the flowers which will produce seed next summer.

Each Banksia "flower" in fact has hundreds of tiny flowers, an arrangement called an inflorescence. On this, the flowers open in succession over a couple of weeks, starting at the top, so the feast is prolonged. The botanical name Banksia integrifolia means it is named for Sir Joseph Banks. Most Banksias have leaves with saw-tooth edges. This one does have such leaves as a very young plant, but as an adult the leaves have smooth edges so integrifolia means the leaves are whole.

The hard work of heavy weeding has been done by bush regeneration workers, funded by a $250K grant to Pittwater Environmental Foundation (PEF)from the NSW Environmental Trust, a project that will run over 6 years. Now the pleasure of planting is taking place to restore this wonderful place.

**Two Bush Care days are coming up** offer everyone who visits this reserve or lives near here to invest in this great project; yes, you can plant a tree and then wander among the bush for years to come, seeing it grow.

Pittwater Environmental Foundation - Irrawong Planting Day
**Sunday May 19th, 1pm - 3pm.**
Did you miss planting at Mullet Creek last month? It's on again: May 19th, 1pm. Go to Irrawong Waterfall from **west end of Irrawong Rd, Warriewood.** Wear enclosed shoes and long trousers, bring gloves and a drink. Tools and afternoon tea and good company provided. More info: pittenvfound@gmail.com

Park near the corner of Irrawong Rd and Epworth Place, Warriewood and follow signs to the planting site. Wear long trousers, long -sleeved shirt and sturdy shoes, bring gardening gloves. Tools and afternoon tea provided.

**Sunday May 26th, 9am - 12 noon**
Mullet Creek's south arm near Wesley Street Elanora is also being weeded and the planting day here is on **Sunday May 26, 9am to noon** at the **Wesley St entrance**, **Elanora**. Wear long trousers, enclosed shoes and bring gloves. We'll do a fabulous morning tea, supply tools and plants.

Pittwater Council is a partner in this project with PEF. More information: Helena Dewis, Pittwater Council bushcare officer: helena_dewis@pittwater.nsw.gov.au

Pittwater Environmental Foundation accepts tax deductible donations and applies for grants for environmental projects in the Pittwater local government area. www.pittwaterenvironmentalfoundation.org.au

**Some simple things you can do to help protect this wonderful area**
What happens upstream in a catchment affects the creek downstream. Weed, seeds and pollutants are easily transported down through the catchment and stormwater drains to end up in the creek and wetlands. By some simple actions, you can improve the health of this dynamic creek ecosystem!
**Do**
Put weeds, lawn & garden clippings in compost or vegetation bins.
Protect wildlife by keeping dogs on a lead and cats inside at night.
Use No-Phosphate detergents, slow release fertilisers and low-toxic garden sprays.
Wash your car on the lawn and contain any oil leakage.
Encourage native animals: plant local native plants; install a frog pond, nest box or rocks and logs for lizards.
Cover bare soil or sand with a tarp, mulch or plants. Repair erosion.
**Don't**
Don't use snail bait or toxic garden chemicals – they kill native fauna.
Don't wash your car on a driveway.
Don't dump rubbish, oil or chemicals.
Don't put garden waste or cuttings close to creeks, bushland or drains
From: http://www.pittwater.nsw.gov.au/cec/projects/completed_projects/mullet_creek_catchment_care_project

**Previous Reports on this Project and associated history:**

Pittwater Environmental Foundation
Bushcare Major Day Out and $250k Wetlands Grant - Irrawong Reserve
Rare Giant Burrowing Frog Discovered in Pittwater - Pittwater Environment Foundation and Pittwater Council bring you one of the best Environmental news stories for this year
Mullet Creek

PITTWATER COUNCIL · CELEBRATING 20 YEARS 1992-2012 · NSW GOVERNMENT · NSW Environmental TRUST · Pittwater Environmental Foundation

**Pittwater EcoWarriors - MULLET CREEK BUSH-CARE GROUP DAY 1 - Published on May 6, 2013**
**The first volunteer day in the rescue of Mullet Creek.**
**"Incantation" courtesy of www.agostinomusic.com - duo Agostino guitars.**

The waterfall in flood on 2/2/13, photo by Marita Macrae.

**Photos by Marita Macrae and Michael Mannington, 2013. Video courtesy John Illingsworth, Pittwater ECOWARRIORS.**

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# Eastern Rosella

This Eastern Rosella was photographed during the week in northern Pittwater, feeding on the ground on grass seeds. A stunning coloured small parrot, our bush and trees beside our waterways once teemed with these birds and their many cousins. The Rosella is named in Indigenous dreamtime legends as among the first of birds to have sung here, and signifies true love or lifelong commitment in the Jenolan Caves region and is called '*Bur-oo-lit'* in the Kutthung, or Kattang, dialect of Australian Aborigines living along the southern bank of the Karuah river and the south shore of Port Stephens, New South Wales. The name 'rosella' stems from early settler's naming of a bird common to the Rose Hill area.

Like so many of our colourful birds this genus was seen as both a pest and a crop to be harvested and sent overseas for sale during the early stages of European history in Australia. Although a more conscious mindset now exists, regular reports of bird smugglers point to a constant need for vigilance in looking after all our native birds.

During the week witnessing one dog walker allowing her kelpie to chase an Australian Ibis from its field beside local wetlands underlines that locally and nationally we are still not savvy to what makes the world beautiful or the sentient rights of all other beings.

A sample of our progression to 'enlightenment' or basic intelligence is below for your interest.

The Eastern Rosella (*Platycercus eximius*) is a rosella native to southeast of the Australian continent and to Tasmania. Named by George Shaw in 1792, it is sometimes considered a subspecies of the Pale-headed Rosella (P. adscitus). The term White-cheeked Rosella has been used for a species or superspecies combining the Pale-headed and Eastern forms. Hybrids of the two taxa have been recorded where their ranges meet in northeastern New South Wales and southeastern Queensland. Three subspecies of Eastern Rosella are recognised:
P. e. eximius, Victoria and southern New South Wales. Black feathers on the back have green margins. Rump is pale green.
P. e. elecica, northeast New South Wales and southeast Queensland. In the male the black feathers on the back have golden -yellow margins, and greenish-yellow in the female. The rump is bluish-green. This subspecies is also called the Golden-mantled Rosella, often abbreviated to GMR.
P. e. diemenensis, eastern Tasmania. White cheek patches are larger and the red on the head is darke

The Eastern Rosella has a red head and white cheeks. The beak is white and irises brown. The upper breast is red and the lower breast is yellow fading to pale green over the abdomen. The feathers of the back and shoulders are black, and have yellowish or greenish margins giving rise to a scalloped appearance that varies slightly between the subspecies and the sexes. The Eastern Rosella mainly feeds on the ground, especially amongst grasses in lawns, pastures and other clearings. Also feeds in trees and bushes. Main dietary items include: seeds, fruits, buds, flowers, nectar and insects. The Eastern Rosella uses one of its feet (usually the right foot) to hold food when eating on the ground or perched on a tree.

Breeding occurs in spring and early summer and up to seven white eggs are laid in tree hollows. Eastern Rosellas mate for life. The female chooses and prepares the nesting site, usually a hollow in a eucalypt tree (but will sometimes use a nest-box or other artificial site). Eggs are laid on a decayed wood bed and the female incubates the eggs while the male regularly feeds her. The young may be fed for a while after they fledge.
They are sometimes kept as a pet due to their beautifully coloured plumage. Intelligent creatures, which can be trained to whistle a wide repertoire of tunes and may even learn to speak a few words or phrases, Rosellas make good companion parrots; however, they require a great deal of attention and many toys to satisfy their need for social interaction and mental stimulation.
From Birdlife Australia and Eastern Rosella. (2013, April 10). In Wikipedia, The Free Encyclopedia. Retrieved 22:00, May 7, 2013, from http://en.wikipedia.org/w/index.php?title=Eastern_Rosella&oldid=549636258

**JURY WAS NOT UNANIMOUS**

THE July meeting of Pine Shire Council, with three dissentients, **favored placing the Eastern Rosella *(Platycercus eximlus)* on the list of birds to be dealt with by the Pests Destruction Board.** The bird is reported to be responsible for loss of maize by allowing rain to enter the cob after it has picked at them. JURY WAS NOT UNANIMOUS. (**1945, July 19**). *Queensland Country Life* (Qld. : 1900 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article97092760

**Rosella to be tried for life as pest** for the second time in four years, the beautiful Eastern Rosella parrot, alias Plalycercus eximus, is on trial for its life.
Reason is' the parrot's alleged damage to grain crops. The Brisbane and West
Moreton Pest Board decided this week to ask the Government to declare the parrot officially a pest, and to put a price, on its head. This followed petitions presented by Councillors W.J. Smith and W.J. Wolff, and signed by grain growers who said that the amount of grain eaten and destroyed by this parrot far outweighed any value it might have as an insect-eating bird. Four years ago a similar request was made to the Government, but after hearing evidence from other shires the Government decided that insufficient proof had been given that the rosella's grain-eating proclivities outweighed its natural beauty and Insect eating capabilities. **The annual report presented to the Pest Board at its meeting this week showed that in 1948 – 49 nearly £740 was paid for the destruction of the following 51,743 pests:—31,526 sparrows(at 2d. a head);2578 sparrow eggs(ld.); 8965 flying foxes (6d.) ; 3004 scrub magpies(6d.) ; 2264 bee eaters (4d.); 1698 crows (1/) ; 1679 starlings (6d.) ; and 29 starlings' eggs**. The board stated that starlings and sparrows not only carried lice, but were threatening to oust native birds and insect-eaters by appropriating their nesting grounds and causing a food shortage. Rosella to be tried for life as pest. (**1949, September 3**). *The Courier-Mail* (Brisbane, Qld. : 1933 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article49674426

**MUSEUM FEATURETTE**

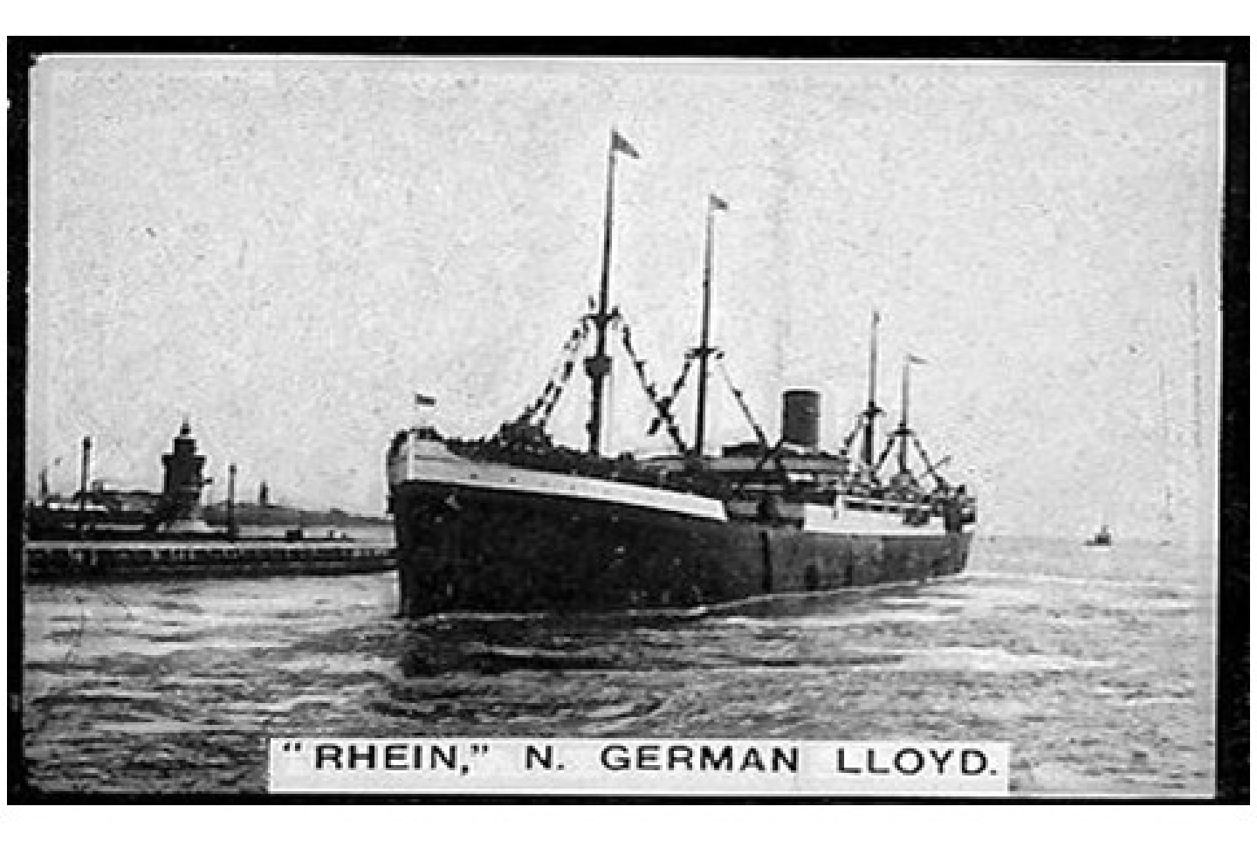
**Rosella was once Rose-hiller . The rosella parrot is generally accepted as having been a corruption of "rose-hiller"-a name early settlers applied to a very common bird in the suburb of Rosehill, NSW**.
The rosella is on show at the Adelaide Museum.
Rosella is now applied to a number of related long-tailed parrots, which occur in the wetter parts of Australia and Tasmania. The Adelaide rosella, the local member of the well-known red lowry (or crimson rosella) of eastern Australia, is numerous in the Mount Lofty Ranges, where greenish young ones maybe seen in flocks with brick-red colored elders. This color difference has led some laymen to think that there is more than one species of large parrot in Adelaide. The yellow rosella is common along irrigation areas of the River Murray. The green rosella lives in Tasmania and Bass Strait islands. "' I
In the eastern States, the eastern rosella occurs as well as the red lowry, and it is also in small numbers in the Mount Lofty Ranges.
In Queensland, another species, the pale-headed or Moreton Bay rosella is a predominantly blue and yellowbird with whitish head. Northern Australia has its own :rosella, too, the mealy or northern rosella. Similar in habits to its cousins of the south, it is a black-headed bird, with much yellow in the plumage.
The smallest of the group, the western rosella, occurs in south-western Australia. It is at once distinguished by its yellow cheek patches. These are mostly blue (or white in the eastern rosella) in other species. Although rosellas do much harm: in 'certain horticultural areas' they are charming birds -and should not be molested un-less they become nuisances. They are popular cagebirds. MUSEUM FEATURETTE. (**1951, April 23**). *Barrier Miner* (Broken Hill, NSW : 1888 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article48639195

**AN ABORIGINAL LEGEND.**

(From a Correspondent of the Daily Telegraph.)Those who believe that the aborigines of Australia have had no oral traditions handed down to them are greatly mistaken, for they seem to have had a great many, and at their corrobborees or festivals they retail little else than legendary lore. From some of the more intelligent of the Hotspur and Crawford River blacks I have eliminated the meaning of several of their historical fragments, the most interesting of which appears to be "The Two Moons." They say that long ago, in the days of their first fathers, before the tarpaulins of the white fellows' ships were seen on the waters, Hotspur was a great country and very warm. In its forests roamed kangaroos bigger than bullocks, wombats fatter than white fellows' pigs, and birds whose eggs were larger than the melons of Leywhollet(sic). On its plains were abundance of sweet yams, and at all times water to boil them. There were two moons in those days-a great one which was always present, and a smaller one which occasionally hid itself-and their fathers were nearer the sun than they are ; but at length the great spirit (big master) got angry-the large moon went away, the beasts and birds died, the yams withered, and the hot springs became cold. **Then jumped up a class of smaller animals, and the rosella and white cockatoo**. The legend would seem to support the opinion of those who attribute an asteroidal origin to New Holland, for if such an origin was possible the earth would assume the appearance of a great moon, always present to the asteroid, while the moon performed its revolutions as at present. In the Wellington Caves, New South Wales, the remains of gigantic kangaroos and wombats have been found, which when living must have far exceeded in size those alluded to in the legend, and although no remains of the dinornis have yet been found here they are abundant in New Zealand. In 1722(sic) an aerolite, sup-posed to be nearly as large as New Holland, passed across the Pacific Ocean so near its surface that if Chimborazo had stood in the way it would have been intercepted ; and in 1728 another fell slap into the earth, and its component parts were found to be similar to those of the earth. What would appear a fatal question to the validity of the aboriginal legend would be, "Where did the water come from which supplied the boiled springs?" And unless we suppose that aqueous vapour in the fields of ether through which the asteroid passed could be condensed in sufficient quantity for that purpose, we must assume that the legend was acquired from the missionaries in the early days of the colony. AN ABORIGINAL LEGEND. (**1870, September 1**). *Kilmore Free Press* (Kilmore, Vic. : 1870 - 1954), p. 4 Edition: MORNING.. Retrieved from http://nla.gov.au/nla.news-article70055339

GEELONG, Tuesday: A number of New Australians were fined in Geelong City Court today for having shot native birds in a sanctuary at the You Yangs Forestry reserve. **The men had shot red wattle birds and white winged choughs**, which, they told, a Forestry officer, were, "good for eating." Alf Pica, Clifton st., Richmond, was fined £5 for shooting in a sanctuary, andwas ordered to pay 5/, the value of a red wattle bird he had shot, and £1/18/8 costs. Antonio Gitto, Cecil st., South Melbourne, who shot seven white-winged choughs, was fined £5 for shooting in a sanctuary, and ordered to pay 35/ and 15/ costs. Don Demarte, Cael st., North Melbourne, who shot a white-winged chough and a red wattle bird, was fined £5 and ordered to pay 10/and 15/ costs. Antonio Rizzlo, of Fitzroy, who shot five red wattlebirds, a fantail cuckoo, an eastern rosella and a crimson rosella, was fined £5 and ordered to pay 30/ and15/ costs. Leo Italiano, Peel st., North Melbourne, was fined £5 for trespassing on a sanctuary in search of native game. Mr. A. Dunbavin Butcher, Fisheries and Game Department director, last night said destruction of native birds in Victoria was one of the biggest problems facing his department. Many migrants regarded our birds as "delicacies" and killed them for food. À costly campaign had been held in migrant hostels and organisations employing migrants to explain that native birds were protected, but It had failed. **Migrants killed native birds**. (**1955, June 15**). *The Argus*(Melbourne, Vic. : 1848 - 1957), p. 5. Retrieved from http://nla.gov.au/nla.news-article71888308

**AUSTRALIAN BIRDS.**



A special reporter of the Adelaide Register, writing in that paper on the 4th of February says:
Being a great lover of Australian birdsI often drop in to Mr John Foglia's shop at the east end of Rundle street to see if any new or rare specimens have come to hand. For the last few weeks the trappers have been arriving from the country with large consignments of parrots and finches, and most of the birds found their way to Mr, Foglia, as that dealer has been preparing for the large shipment which he is taking away to Europe by the **S S *Rhein***, which will sail this afternoon. Nearly always when I left the bird shop I could not help regretting that South Australians know so little about their own beautiful native birds, and our ignorance of our own fauna is emphasized by the fact that the police seized 4000 or 5000 of Mr Foglia's birds at Port Adelaide on Friday afternoon; and then, realising that they had made a mistake, restored them and paid the dealer all expenses. It was rather childish for the police officer to remark "They are the last birds I'll seize" because he had committed a blunder.

**Mr. Foglia is the largest bird dealer in Adelaide**, and he has been in the trade longer than anyone else here. This afternoon I visited his premises and **inspected the birds ready for shipment**. **They numbered about 13,500**. **Mr. Foglia will pick up other lots in Western Australia and at Colombo, and the total shipment will then aggregate 14,900.** The dealer has secured eleven tons of room on the top deck of the German boat. This alone costs £65. The expense is heavy in other directions. For instance Mr. Foglia is taking three and a-half tons of canary seed, and the price of that is £27 10s. per ton. Crushed corn and other food is also being taken. Last year when Mr. W. Foglia, a son of Mr. J Foglia, superintended a shipment home, canary seed was only £15 per ton, so the increased expense in this item alone is about £30. The great thing is to get the birds away quickly. Last year Mr Foglia had to keep his many thousands of charges for thirteen weeks; but this year he got them right on the spot. The present consignment cost £10 a-week to keep.

**The great majority of the birds comprise the pretty green and yellow shell parrot or warbling grass parrot and the bright cheerful little zebra finch**. **One year Mr. Foglia shipped 10,000 shell parrots, while on another occasion his son took home11,600**. " I sold them all to one big dealer." he remarked, "and it took three of us three days, from seven o'clock in the morning till seven o'clock at night, to count them." *The Illustrated Book of Canaries and Cage Birds, English and Foreign* "gives some interesting particulars concerning the undulated grass parrakeet, another name by which this love bird is known. **Mr. Gould, whose "*Birds of Australia*" is a monument to the memory of the naturalist and his clever wife, took the first pair of live shell parrots to England in 1840.** Between 1840 and 1850 a pair of these little birds was worth from £20 to £25. About 1850 to 1855 a pair would cost about £5. Between 1855 and 1858 larger numbers of these parrakeets reached Europe, and their price sank to a couple of sovereigns. Then the importation of the birds increased enormously. The total importation of budgerigars, still another name for the bird, in London in the first six months of 1870 was over 50,000 pair, and they all found buyers. Twenty years ago Dr. Russ estimated that from 10,000 to 25,000 shell parrots were bred annually in Europe. It was then nearly as common a cage bird as the canary. More or less pure yellowbirds have been bred mostly in Belgium. Even a blue variety has occurred, and at least one breeder has, through careful selection, produced a breed of unusual size. I met a trapper the other day who told me he had caught a pure **yellow shell parrot.** Flying with the flock of its green companions, it looked like a beautiful yellow butterfly. Like the grass parrakeets, the zebra finches are hardy cage birds, and they breed readily in captivity. Anyone who has travelled about the country at all will remember having seen flocks of these chirping little finches. An English amateur once exhibited at the Crystal Palace a cage containing thirty-five zebra finches, the result of one season's breeding from two pairs.

Included in the 10,000 birds are a large number of the splendid-plumaged diamond sparrows or spotted-sided finch. These birds are wonderfully distributed over the country and are invariably noted at waters by explorers. **One case in the shop contained a dozen Leadbeater's or Mitchell's cockatoo.** This is one of the most beautiful and elegant of the genus yet discovered; but it does not readily learn to talk. **Mr. Foglia is also taking with him a fine lot of rose-breasted cockatoos, commonly called galahs, and twenty or thirty corillas, both of which varieties are capital talkers. A bird which Mr, Foglia is taking home for the first time is a bright, happy, rusty, brown pigeon, called the plumed partridge bronzewing**. They come from central Australia. They should carry well and find eager buyers in England. **One specimen of the little green pigeon is going over the sea, while the magnificent bronzewing and exquisite lavender-coloured crested pigeons are well represented**. **Included in the shipment are waxbill finches, diamond doves, bower birds** (about whose playgrounds quite a story could be written), **and Cape Barron geese**. The last-named birds are wholly protected; but Mr. Foglia has a sworn testimony that these birds were bred in captivity.

**The parrakeets in the collection are the grass or blood rump, the many-coloured, the blue bonnet or crimson bellied, Victorian rosella, Adelaide parrakeet, scrub rosella, the rock pebler, the blue-banded grass, the cockatiel, and five pairs of the exceedingly rare and exquisitely tinted Bourke's grass parrakeet**. The last-named was discovered by Major Sir Thomas Mitchell on the banks of the Bogan, New South Wales. With the exception of the Princess Alexandra parrakeet, this is the most difficult bird to procure, and it is much sought-after in England. Mr. Foglia expects to pick up a number of Port Lincoln parrots in Western Australia.

Mr. W. Foglia look a pair of **Prince Alexandra parakeets** to England last year, and they were subsequently purchased by Baron Rotshchild. There are not more than twenty of these birds in captivity. About the finest specimen in South Australia is one in the possession of Mr. K. K. Thomas. This was one of the birds the late Mr. C. Winnecke brought to Adelaide, and one of the few survivors of that lot. Mr. Thomas obtained the parrakeet when it was a fledgling and he has had it for ten years. It has been fed on canary seed, mixed parrot food, and a little thistle. Mr. F. E. Benda, of the Northen Territory Department, has a hen bird (the cock died) which has laid several eggs. Mr. Grundy, of the Mount Torrens Cyanide Works, has two specimens, and Mr. L. C. E. Gee four birds. The only specimen that came under Gould's notice was shot at Howell's Ponds by Stuart's expedition and was brought back by Sir F. G. Waterhouse. Gould named it after the then Princess of Wales, now Queen of England. In the December number of the Public Service Review Mr Lionel Gee describes a trip he took along the Hale River in company with a companion from Trinity College Cambridge and Fred, a black boy.

Right: Magpie lark, *Grallina cyanoleuca*

Incidentally Mr Gee went to see if he could procure some **Princess Alexandra parrakeets**(above). Having described Claraville, Mr. Gee says,: "The usual cluster of aborigines, is in evidence, and we interview Jemima. Jemima is a stout, comely aboriginal lady of a certain age; but she has influence with the other natives and knows the habits of birds. Therefore, to Jemima we turn with a benign and philanthropic manner suggestive of benefits to come, for we want to get some young Alexandra parrakeets. ' Which way that one long-tail fellow sit down, Jemima ? 'we asked. ' Long-tail fellow sit down all about this time; him make 'em nest same time this away,' and Jemima points to the northward with her chin – blacks always point with the chin. ' You get 'emme little fellow ? ' we asked. Me get 'cmall right,' she said. ' Me give it plenty tucker, plenty bacca,' we said. ' All right; me get em nother day,' replied Jemima. And so the bargain was completed, and, it may be mentioned, faithfully kept on both sides. The birds do not nest in the Hals itself: but towards the head of its northern tributaries, and the sable Diana and her satellites had fortnight's 'walkabout' before they secured the specimens, which afterwards, with infinite pains and trouble, were triumphantly carted down to Adelaide. The boss of Claraville gave us some interesting particulars regarding those birds. They are irregular in their visits; that is, they do not come to the ranges at all in bad seasons; but when the seasons are good and water and seeds are abundant, they appear regularly about the middle of September, and disappear again about the middle of December; and even when they are plentiful (according to the blacks) white men do not often see, them -a fact which we afterwards verified. Trinity said that they migrated between Java and central Australia; bur the scribe, remembering the opinions of ornithological experts in Adelaide - that the birds do not leave Australia- made a statement to that effect. Trinity became incoherently profane. The scribe derided. Trinity was understood to convey amid 'language' that he had actually seen the birds in Java. The scribe humbly apologised and suddenly remembered that Charley Winnecke' (who has been called from labour) had once in conversation with him surmised that the birds came from tropical islands to the north-west."
In the way of animals Mr. Foglia **is taking kangaroos, euros, wallabies, opossums, bandicoots, and native squirrels**. Mr, Foglia goes first to Belgium. He expects to have his biggest sale at Antwerp. **AUSTRALIAN BIRDS**. (**1905, March 1**). *Morning Bulletin* (Rockhampton, Qld. : 1878 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article53034501

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**Photos by A J Guesdon, May, 2013.**

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Pittwater Online News

May 12 - 18, 2013: Issue 110

## THE KANGAROO HUNT;
## OR, A MORNING IN THE MOUNTAINS.
### BY CHARLES HARPUR.

AT length a belt of cedars tall
In a broad scoop, [*a*] and undertwined
With brushwood of each gadding kind.
And with the rankest vines,-is all
That interposing hides a scene
Where hunter never hath bootless been.'
'Tis entered-and a sound up springs,
Of lashing boughs and rushing wings!
In a desultorious throng,
Before, athwart, above, along,
What birds their varied plumes display
Many and beautiful are they!
The dove on burnished pinion strong
Hurries afar in sounding flight,
And the yevowalas (*b*) unfold
Their pointed wings of verdant gold
And fleetly flaming to the light
Above the doming cedars' height,
Each one singly hits the view
Like a volant crystolite.
And the rosella flashes through
The foliage orange, green, and blue
Mingling to one checkered hue,
It seems a creature of rainbow birth,
Though somewhat tarnished by the damp
Of its after life on earth ;
Or the scarlet satin bird (*c*)
Hangeth like a golden lamp
Where the berried bird is stirred :
While haply the king parrot, showing
Fall aloft his broad red breast,
Like a vast blood-rich ruby glowing,
Near it boldly sits at rest.
Or troops of rooks in loud Alarm
Mount the trees from arm to arm; (*d*)
While crowds of nameless twittering things
With rich-ringed glossy eyes, and necks
A]1 streaked and interstreaked, and wings
Spangled with rows of spark-like specks,
And tails with broad bailed blazonings.
And crimson backs, and bosoms bright
As the breast of a cloud in a sunset sky,
Or glance afar in gleamy flight
O'er the leafy domes of the cedars high,
Or lighten through the nearer shade,
Or sparkle aloft like stars new-rayed,
Or stream in flocks, fright-disarrayed,
Like shattered meteors by (*e*)
With these the noisy yellow-bill,
And the ground parrakeet, (*f*) screaming shrill
About of some high tussock near
It starts at once into the clear,
And seems while swiftly shooting higher
Imped with plumes of subtle fire;
So vividly it hues the light
As thus it blazes forth in flight;
And the whining quail that skims the brush,
And the soaring pie, (*g*) and the dodging thrush,
Precede the hunter as he pushes
Through clinging vines and flaunting bushes,
Or sternly chides the loitering dog
That scents the wild cat in the hollow log,
Or one that in pursuit would fly
As oft the dooaralli *(h)* rushes bounding by.

(a) Or delve, as I had written in explanation, but looking into Johnson, I find the word delve defined as a ditch, a pitfal, a den, &c. I had previously understood it to mean a broad dip in the land, regularly bevelling' from side to side, as if scooped out by art; and I still fancy that this is the idea it would convey to the country English, and to all those who have ruralised somewhat more than great lexicographers are in the habit of doing.

Delves, then, or scoopes of the kind mentioned in the text, are often several miles long, by about a quarter of a mile wide, though in places much narrower. And even when they occur on tablelands, or on the backs of broad ridges, the soil in them is more than commonly fertile, it being chiefly an alluvion from the rising grounds on either tide. Hence they are always thickly timbered, and with trees of an extraordinary height, and are densely brushed besides with white cedars, kerrijongs, and a great variety of wild vines and wood-creepers. Out of this undermas.s of umbrage, the boles of the taller trees shoot up like crowds of pillar?, supporting faralott a second edition of dense foliage intertwined with runners of the kind described in a note to a subsequent portion of the Poem; and which mass of greenery, but for these its pillary supporters, were not unlike in distant appearance to a long and heapy stratum of darkly verdant cloud.

The multitude and variety of the feathered inhabitants of localities such as these are easily accounted for, by the fact, that many of the vines and creepers peculiar to them, are exceedingly prolific of seed-berries, and are besides the murmevrous haunts' of innumerable insects.
[b) *Yeroncala* is an aboriginal name of the blue mountain parrot*- the most splendid, to my thinking, of all our parrots. The rosella may be the more showy bird for a mouient, but even it will bear no comparison with the blue-mountainer. Those persons who have only seen this bird encaged, can have but a very imperfect notion of its native beauty. To arrive at an adequate ideaof this, we must snare or shoot in the forest afull plumed cock *yerowala*; and then the lustrous green of the whole back and wings, the bright yellow of the breast, and the indescribable blue of the head, do indeed compose for it an array most royal,

(c) This species of the satin-bird is somewhat rare. The whole of the back, including the wings, is of a bright red or scarlet. In a commoner sort the back and wings are of a glossy black; and in another 6pecies (if I recollect aright) the same divisions of the plumage are of a vivid straw colour our future ornithologists will look in vain for many kinds of birds which they will find mentioned in the earlier colonial records. Being rare even at first, these beautiful creatures often become exi met, and partly for the reason, that not only species, but whole genera of birds are confined in Australia to special, and, in some cases, very limited localities. I do not know whether this is so much the case in other new countries, but any observer of such matters who has travelled far into our interior, must be well aware that such is very remarkably the fact here. I have myself seen two sorts of parrots in the Kerrijong district thatl have never seen elsewhere, and particular birdsi n particular localities that I have beheld out of them. Nay, I saw, when a boy, in the wood about Windsor, no less than four peculiar kinds of birds, which I have never since met with, although.
I have travelled extensively over the country, and in almost every direction.

The unchecked increase of the large tree climbing guana in the waste portions of those districts in which the aboriginals have become extinct or nearly so, is a main cause of the extinction also of many kinds of our native birds. So numerous have these guanas become in the woods of our partly located districts, that in passing through these a mid-summer, we are apt to start one of them up every second or third tree ; Midhence, in such places only the nests of those birds that incubate early in the Spring and wholly exempt from the liability of being plundered by them. And if only for this reason, it is a pity that we Colonists do not esteem them as great a table delicacy as our sable forerunners-the former lords of the soil-undoubtedly did. For no doubt, when not too old, they are excellent eating,-something in taste between fish and fowl; and when baked, as the Blacks bake them,-that is covered up like a damper in hot ashes, they have an exceedingly rich and stomach-provoking savour.

(d) What is here called the rook is a gregarious bird having much the appearance of our black magpie, but with less white under the wings and none in the tail. When at rest or alight, it appears to be thoroughly black, the white places under the wings being only perceptible while they are spread in flight. On being started from the ground, where it feeds, it, flies heavily to one of the lower arms of the nearest tree, from which it then hops to a higher, and a higher, as described in the text, rounding the trunk at each stage of ascent, until it reaches the top,-when, deeming itself pretty safe it would seem, it quietly looks down upon the cause of its previous alarm.

(e) Those persons who are unacquainted with the surprising brilliancy of many of our native birds, may be inclined to question the descriptive veracity of the text. They may suspect that its illustrations are too glossy, as the phrase goes. ,Yet its most vivid pictures are but faint copies of the originals. How indeed could the splendour of the regent bird, for example, be adequately compassed in words, or fully granted even in idea ? That superb creature must be seen with the bodily eveind in the full plumed glow of its forest freedom ere we can have a believing conception of anything so gorgeous. Then the diamond -bird, with its sky blue wings be-droptd with miniature stars,-how flight a poet fully describe it, or a painter, even sufficiently paint it? And so of many others of our Australian birds - things of beauty' that Poetry can only catalogue at the best, and Palatine suggest.

(f) What is here called the ground parrakeet, from its always feeding upon the ground-on grass seed it is likely-is a small bird of exceeding beauty. To some extent it is even more splendid than the Yerowala. Its prevailing colour is green, variagated with bright yellow blazes in the wings and tail. While at rest, however, it is a small queen bird of no very brilliant appearance; but no sooner are its wings and tail dispread in flight, than it becomes vivid as fire. There are, however, several varieties of this kind of parrot, all somewhat different coloured ; and one of these, though less splendid than the one above described, is yet more intensely beautiful upon a close inspection.

(g.) As I have before noted, there are at least two kinds of so called magpies - the ' black and white,' or Australian magpie proper, and the' black' or migratory magpie, a bird less spotted. Both of these birds are remarkable for the beauty of their eye, though the former is not in this respect at all comparable with the latter; the eyes of which are so strikingly fine, that my son Washington, when about four years old, was wont to refer to it through this characteristic-calling it' the big black bird with the new eyes.'

(h) *Dovralli* is the name the Blacks of some parts of the interior give to the animal commonly called the Kangaroo-rat.
(To be continued.)
THE KANGAROO HUNT; OR, A MORNING IN THE MOUNTAINS. (1860, October 6). The Australian Home Companion and Band of Hope Journal (Sydney, NSW : 1859 - 1861), p. 13. Retrieved May 11, 2013, from http://nla.gov.au/nla.news-article72484897

* Blue mountain parrot is what we call now rainbow lorrikeet

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Judith Wright, in Authority and Influence: Australian Literary Criticism 1950-2000, states, "*Charles Harpur seems to have chosen his calling early. His life from his youth onward was to be remarkable for the tenacity and dedication with which he clung to the almost impossible task of laying the foundation for an Australian poetry, under conditions that would have discouraged most writers.*"

**Charles Harpur** (1813-1868) Determined to be labelled Australia's 'first poet' Charles Harpur pursued a literary career and was known as a critic through publication of many pieces in colonial Australia. Born on 23 January 1813 at Windsor on the Hawkesbury river to Joseph Harpur and Sarah, née Chidley, both convict transportees who arrived in 1800 and 1806 respectively, Charles Harpur seemed determined to become a respected amateur naturalist (a then popular fashion) and was aided in this pursuit as is father became a schoolmaster and taught him or gave him access to English poets.

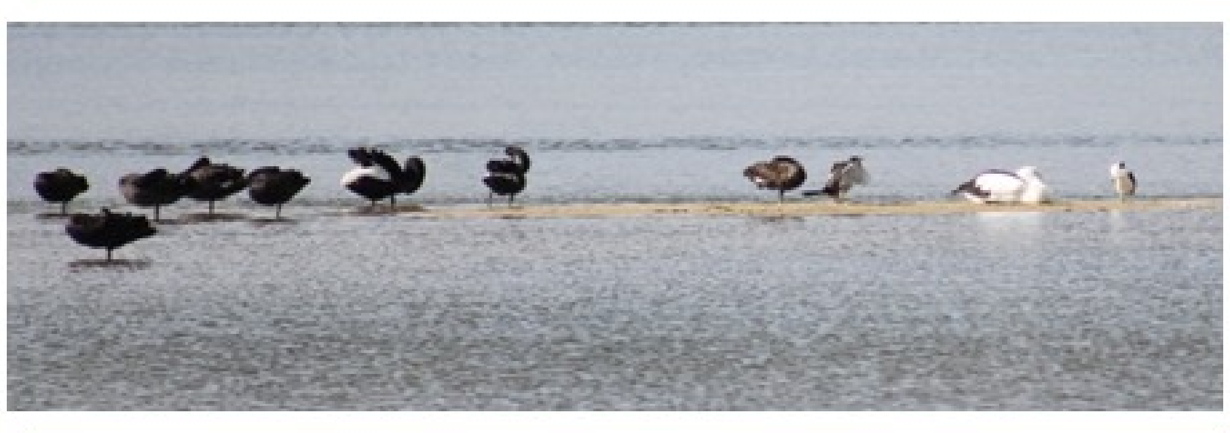
The patronage of Governor Lachlan Macquarie, John Macarthur, Samuel Marsden and theThomas Hassall family benefited Joseph Harpur materially and in social status, so that a prosperous home and its leisure, access to private libraries, and his father's encouragement enabled Charles to acquire an education beyond what would otherwise have been his lot. During four decades Harpur's contributions to the periodical press were undoubtedly more numerous than those of any other Australian writer. These were either literary: verse and criticism; or political: republican, against transportation, for self-government and adult franchise, for opening up of the land. His writings were given these directions very early, for even in the 1820s other Australian youths, Currency Lads, had literary as well as political ambitions for their country. Among these were Charles Tompson, Joseph Harpur, John Walker Fulton and Horatio Wills. William Charles Wentworth was their hero. Horatio Wills's paper, the *Currency Lad*, published Harpur's early verse.

Harpur associated with, and his work was admired by, literary men of the day: Duncan, Nicol Stenhouse, Henry Halloran, Henry Parkes, W. G. Pennington, James Norton, Dr John Le Gay Brereton, D. H. Deniehy and Henry Kendall. The last two were ardent admirers, though there were less panegyrical critics. After a period of belittlement some modern critics have come to claim a higher place in our estimation for a poet who, in the words of Henry Mackenzie Green, was 'the first to break through the tough crust of a crude materialistic age and compel the attention of at least a few to the fact of poetry's emergence in this new country' and who, as Judith Wright sees him, 'remains the most significant, because the most many-sided and thoughtful, of our nineteenth-century poets, until Brennan began writing at the end of the century'.

Besides being a poet, Harpur saw his role as that of a patriot, not a chauvinist, whose task it was to help make his country worthy of esteem, and to lead and to warn and to strike at wickedness in high places and in low, and like some Hebrew prophet to thunder judgment. While, he said, nothing could shake his belief in God, he rejected all Christian sects, Unitarianism coming nearest to his conception of religion. But his standards were high, his standards for individual righteousness and for collective and governmental morality. He could not keep silent, whether it were friend or foe who offended. There was much to thunder about in mid-century Sydney and much to sadden a sensitive poet with the outlook of a seer and prophet.1.

1. J. Normington-Rawling, 'Harpur, Charles (1813–1868)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/harpur-charles-2158/text2759

Charles Harpur (1813-1868), by unknown photographer, 1860s National Library of Australia, nla.pic-an23436164



## Park Bench Philosophers

**We welcome contributions from all Pittwater residents in the form of anecdotes, memories, stories, poems or even matters you'd like to see addressed or changed in our area.**

**If you have something you'd like to share, something you'd like to start a discussion about, or even just a poem or story from yesterday or today we want to hear from you.**

Contact us at: pittwateronlinenews@live.com.au

**Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles which contain swearing or may offend others will not be accepted. Please note that all works are posted unedited; you are the author, this is your page. Word Limit: 2000.**

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Pittwater Online News

May 12 - 18, 2013: Issue 110

## Articles This Week

Mullet Care Bush Care Project Update

Pacific Black Duck Bath - a delight for the eyes!

Eastern Rosella - and a little more about our progression to protecting our birds instead of exporting them or decimating them.

Swamp Mahogany Flowering - our Mother's Day 2013 flowers

DIY Hints: Growing Your Own Winter Vegetables by Paul Johnson

Profile of the Week: **May 2013 - Pittwater Organisations: Southern Cross Wildlife Care - saving all sick, injured and orphaned wildlife under our southern skies**

History: **May 2013 - The NAVY in Pittwater**: this year's **Avalon Tattoo, is on June 15th, 2013.** Each year it is the turn of one of our Services to present the Challenge and this year it's our RAN Cadets; To Prelude this we will look at some of the long and varying links with the Navy Pittwater - **Royal Navy and Royal Australian Navy Ships Visit Pittwater and Broken Bay – Training Days, Fleet Exercises and the Love of the Navy**

Artist of the Month for May 2013: **Chuck Bradley**- Scotland Island photographer with an exhibition at Manly Art Gallery

## Songs for Soibada - 2013 - Jack Vidgen to Perform

We can finally announce that Jack Vidgen has joined the great list of artists who will be performing at this years Songs For Soibada.

He joins Tom Burlinson performing with Simon Hyland, Sam Shaw and Shane Withington's band The Crows Feet Crew on 17th of May in 'Songs for Soibada'. **Tickets available** HERE

Also now available are **Pittwater Friends of Soibada wines**. This excellent selection is sourced from boutique vineyards and wineries throughout Australia & New Zealand. They are true to regional and varietal style, are delicious, offer outstanding value for money and come with a money back guarantee. All are labelled with the exclusive PFOS label & profits go directly to the village in Timor Leste. Minimum order is 12 and you can mix your orders from the selections here at the link. thewinepoint.com.au/soibada

## Historic lifejacket principles promote safety across international borders

A LIFEJACKET NEVER RUINED A DAY ON THE WATER

NSW Office of Boating Safety and Maritime Affairs General Manager Howard Glenn this week announced some of the world's most prominent boating safety authorities and organisations had vowed to promote lifejacket use and prevent death by drowning.

Representatives of national boating authorities and organisations from Australia, Canada, France, New Zealand and the United Kingdom yesterday (May 2nd, 2013) agreed on the International Lifejacket Wear Principles, as part of the Marine13 conference in Sydney.

Across these nations, drowning is the most common factor in all fatal boating incidents and four out of five victims were reportedly not wearing a lifejacket at the time. The single greatest challenge facing the international recreational boating community is getting more people to wear lifejackets, Mr Glenn said.

"The main aim of the principles is to promote lifejacket use and to normalise it by encouraging boating media around the world to show people wearing lifejackets in small boats," he said. "Endorsing the principles does not create any obligations, but it does provide a powerful tool for future work and sets a benchmark for boating safety promotion around the world."

The different jurisdictions - largely depending on marine conditions - define small boats variously as under 4.8m, under 16ft, under 6m or under 7m. The draft principles were first discussed at the Canadian Safe Boating Council Symposium in 2012 and it was agreed that work would continue to finalise it at this week's Marine13 conference in Sydney.

It will be hosted on a webpage to allow like-minded organisations to show their support, and to provide links to lifejacket use initiatives. Mr Glenn said various organisation involved had committed to higher levels of cross-border coordination.

"Signatories to the principles believe international unity behind the promotion of wearing lifejackets will help strengthen and clarify the importance of lifejackets across all jurisdictions," he said. "This even translates to the language we want to use, with everyone agreeing to use the word "lifejacket" as a generic, non-ambiguous term covering all nationally approved personal lifesaving appliances and devices."

The Australian Recreational Boating Safety Committee, Canadian Safe Boating Council, Maritime New Zealand, National Society for Sea Rescue (France) and the UK's Royal National Lifeboat Institution were the International Lifejacket Wear Principles' founding signatories. Althought unable to attend the conference the Boating Division of the US Coast Guard also indicated its strong interest in the principles.

**Signatories to the International Lifejacket Wear Principles agree to:**
- Recognise the fundamental role that wearing a lifejacket plays in protecting people on the water.
- Recognise the importance of promoting the use of lifejackets when boating.
- Endeavour to ensure that any publication including brochures, DVD, video and websites will feature all people wearing contemporary lifejackets when in an outside area of a small craft that is underway.
- Recommend to the recreational boating industry that its publications similarly feature all people wearing lifejackets when in an outside area of a small craft that is underway.
- Require on-water education and compliance staff to wear lifejackets whenever they are on the water.
- Use the term "lifejacket" in public information and education.
- Encourage boating safety networks to become "safety partners" by supporting the above principles.

See : http://www.maritime.nsw.gov.au/sbh/safety_equipment/lifejackets.html

### Car Park Sale in support of SLSC Nippers
### 19th May 2013, 10am - 4pm

Huge Car Park Sale of surf, skate and beach gear in support of local Surf Life Saving Nipper Clubs. Land & Sea Sports are supporting local Surf Life Saving Nipper Clubs with a huge car park sale of surf, skate and beach gear, including distressed stock, factory samples, minor imperfections, demo models and repaired returns. Huge bargains with profits going to support local Northern Beaches Nipper Clubs.

Venue: 1/1 Jubilee Ave, Warriewood NSW 2102
Contact: Land & Sea Sports 02 9997 2288
Website: www.landandsea.com.au

### Wonderful new photography exhibition - "Water, Wind & Ice" by Robin VF Smith- May 11- 26, 2013 at the Painters Gallery, Mona Vale

Robin has been a professional photographer for over 50 years and has travelled the world working for publications including National Geographic, Time Magazine and Encyclopaedia Britannic. His book "A Portrait of New Zealand" is the 5th best selling book of all time in New Zealand. He has made over 25 books in total, which have sold in approximately 40 countries.

His photos for this exhibition capture incredible landscapes featuring water, wind and ice, some of which he took as early as the 1950s. It's an incredible collection and we hope you are able to come and see it!

Taken in Antarctica in 2003 this is just one of many incredible photographs that will be on display at the Painters' Gallery for our up -coming exhibition "Water, Wind & Ice"

**Painters Gallery**
**11/20 Bungan St Mona Vale NSW 2103**
**(02) 9997 6607**
'Paradise Harbour' Photograph by Robin V.F. Smith.

## Elvis to open St Ives Show + fireworks and police presence

David Cazalet as Elvis

***Entertainment and inspiration for the whole family***

The St Ives Show will be held at the St Ives Showground on the weekend of May 18 and 19, 2013. The event, presented by the Northern Suburbs Agricultural and Horticultural Society, Inc, showcases the best in arts, crafts, horses, cattle, dog agility, horticulture, apiculture, cooking and baking, photography and more. This family friendly show will feature lots of displays and entertainment over the two days and Elvis will be 'in the building' to officially open the event on Saturday, May 18 at 2pm; there also will be a fireworks display by All Occasions Pyrotechnics at 7pm on the Saturday evening.

NSW Police Traffic and Highway Patrol Command Display will be on hand to promote road safety with an interactive display which includes an RBT truck, two Highway Patrol (HWP) high-speed pursuit vehicles and motorcycle plus a vintage Police car. You'll see a display of historical RBT equipment and a large screen TV with video/police TV shows playing. The whole display is interactive so you are invited to sit in the HWP cars, have your photo taken in the RBT truck and talk to the Police who safeguard your roads.

**Visitors will see:** Winners' and finalists' entries on display in the arts, crafts, and other competitions; demonstrations by the Australian Light Horse Brigade's A-Troop Richmond Windsor; Animals All animal nursery sponsored by Gordon Vet – lots of cuddly creatures great and small; Annual Horse Show featuring a range of breeds from miniature ponies to Clydesdales; + Blue Mountains Reptile Awareness show; Camellias-R-Us glorious winter colour display; Carnival rides including dodgem cars, bungie jumping; Careflight helicopter rescue simulator; Flyball – agility games for dogs; Greigo the roving magician; Heavy Horses Display; Hay cart ride for families, pulled by a Clydesdale; Kelpies rounding up sheep; 'King in Concert' performance by Elvis impersonator, David Cazulet; Lowline cattle display; Miniwheels demonstrations by boys and girls from 4 to 21 years of age; NSW Pipe Band mini pipe band championships; NSW Police Road Safety Road Show display; Pittwater High School's agricultural display: smart farming and milking demonstration; St Ives Showgirl 2012, Madeleine Leva; Sydney Antique Machinery Club display of vintage farm equipment; Sydney Transport Museum display of old-style buses; Wildlife Kingdom – see spectacular macaws up close; Woodchopping – both handicap and championship events; and more; Workshops – free in the Cooking, Horticulture and Arts Pavilions; plenty of food and refreshments and places to sit and have a picnic; and free bus transport and parking.

Don't miss your chance to visit the entertaining and inspirational St Ives Show. For more information about the show and performance and activity times, visit www.stivesshow.com.au or call 0408 253 563.

### Sydney Writers Festival 2013 – May 20-26
### http://www.swf.org.au/

**Theme this year – Have We Got A Story For You**

**POETRY IS FOR EVERYONE**

This year Sydney Writers' Festival is presenting poetry somewhere rather unusual – on street cleaning trucks. People going about their everyday business might suddenly come across poetry where they least expect it, bringing a bit of lyricism to the everyday.

There are 11 trucks in total with 19 poems ranging from Rilke, Yeats, Judith Wright and Sydney's Martin Harrison and joanne burns.

The poetry has been curated by Luke Davies, the 2012 Prime Minister's Literary Award-winning poet who'll be at this year's festival. There is a stunning selection, capturing moments in time, observations, and whimsy. Luke chose poems, 'that stop you in your tracks, and are utterly unlike the advertising copy that litters the verbal landscape'.

More widely this year at Sydney Writers' Festival, there's a lot of great poetry. We have two of the world's greatest performance poets Kate Tempest and Anis Modjani, a range of extraordinary Australian poets.

### Bard boys clean up Sydney streets

Bard boys clean up Sydney streets

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

### Pittwater Natural Heritage Association (PNHA)

PNHA in the Sustainability Lane at the Pittwater Wine & Food Fair. Our WEED DISPLAY attracted a lot of interest. It's hard to find out about weeds - what IS a weed and what's native, what to do about weeds - great to have someone to talk to about weeds.

## Avalon Golf Course

**Where everyone's welcome!**

**Special:** Social clubs who book and play before June 30 2013 will only play $20 for 18 holes

Avalon Golf course (established in 1926) is a true blue, 9 hole public golf course, and the only course on the peninsula that offers casual golfers the opportunity to play 7 days a week.
A relaxed atmosphere and beautiful location make Avalon the perfect course for those wanting to enjoy an unhurried game.
You can also achieve and maintain a recognised handicap with Golf Australia/golf link on special at the moment for $59! (yearly membership in July = $120)

Fully licensed, with catering and BBQ facilities, Avalon is the perfect casual golf course - or the perfect venue for social groups, corporate golf days or a casual round of golf any day of the week. Come for a visit soon, and rediscover Avalon Golf Course (entrance off The Crescent Avalon).

At: http://www.pittwater.nsw.gov.au/avalongolfcourse
Phone (02) 9918 2606. Email info@avalongolfcourse.com.au
Address 32 Old Barrenjoey Rd, Avalon (entrance off The Crescent)

### Sly Dogs Unplugged at Church Point Cafe
### Live music Sunday 12 May, 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: **June 9th, July 14th, August 11th.**

### Australian Seniors Computer Clubs Association May 2013 Newsletter
### Website www.ascca.org.au

Wayne Hawkins, who is the Australian Communications Consumer Action Network(ACCAN) Disability Policy Officer, has invited those people who have an interest in supporting a proposal for an ongoing service trial, similar to last year's technical trial for providing Audio Description (AD) on Australian TV. This service would allow greater access to television for Australians who are blind and vision impaired, while giving the ABC the opportunity to resolve any issues in delivering Audio Description (AD) before regulation is put in place.

Mr. Hawkins reports that at this crucial point, when the future of AD on Australian TV is being decided, ACCAN have formally written to the Minister for Communications, Senator Stephen Conroy, and the ABC's Managing Director, Mark Scott, calling for an ongoing service trial to begin on ABC1 this year, so **there is an urgent need for consumers to show that the necessity for this service has not gone away**. If you wish to take action you can email Senator Conroy
http://www.audiodescription.com.au/email-senator-conroy#verlay-context and email Mark Scott
http://www.audiodescription.com.au/email-mark-scott#verlay-context
For more information, visit It's as easy as ABC or follow @ADonTV on Twitter

### Awards For Public Sector Excellence - Friday, 05 April 2013

Member for Pittwater Rob Stokes today encouraged the community to nominate deserving local public sector employees for state-wide recognition. The Premier's Awards for Excellence in Public Service are now open for nominations for employees, such as teachers, nurses, police officers and fire-fighters who display exceptional levels of dedication and customer service.
"These awards are a great opportunity to recognise those in our community who go above and beyond to deliver the services we all rely on," Rob Stokes said today.

"Far too often the contributions made by our local public sector workers go unnoticed despite the vital roles they perform. Our nurses, police officers, teachers, fire-fighters, bus drivers and paramedics all do a fantastic job and it's important we acknowledge their efforts.

"More information on the Premier's Awards and details on how to nominate are available by visiting www.publicserviceawards.nsw.gov.au.

"I encourage everyone to consider putting forward one of our outstanding public sector employees for these prestigious awards," Rob Stokes said.

**Nominations close on 12 July 2013.**
See more at: http://www.publicserviceawards.nsw.gov.au/

### Vote 'Yes' in referendum to secure direct federal funding for communities - May 10, 2013

Councils across NSW are calling on their communities to vote 'Yes' in a referendum at the next federal election to ensure essential funding for communities can continue to be provided directly to councils by the Australian Government. Joint President of Local Government NSW, Cr Keith Rhoades AFSM, said the referendum announced today by the Prime Minister gives the people of Australia an historic opportunity to enshrine within our nation's Constitution the Federal Government's ability to fund councils through programs such as Roads to Recovery.

"In the past year alone, NSW councils have received close to $97 million from the Australian Government to upgrade roads in their local communities, and a total of $484 million since 2009," said Cr Rhoades. "In fact 20 NSW councils, including Blacktown, Penrith, Moree and Gosford, have each received more than $1 million in Roads to Recovery funding in the last 12 months. The Australian Government's ability to provide this crucial funding directly to councils is currently under threat due to recent High Court cases, such as the challenge to the school chaplaincy scheme. A simple and minor change to the Constitution will solve this problem," said Cr Rhoades.

"I call on the people of New South Wales to stand up for their communities and vote 'Yes' in this referendum."

Joint President of Local Government NSW, Cr Ray Donald, said now that the Government has announced its support for a referendum on local government, we need a full commitment from the Federal Opposition, the Greens and Independents on this important issue.

"For more than ten years, both sides of politics have been directly funding councils through the Roads to Recovery program, the Regional and Local Community Infrastructure Program, the Regional Development Australia Fund and number of other grant initiatives. Billions of federal dollars have helped councils carry out tens of thousands of local community projects including roads, footpaths and bridges, community halls, ovals, childcare centres, swimming pools and more," said Cr Donald. "This minor but important change to the Constitution will in no way impact the governance relationship between State and Local Governments."

"Under this proposed change to the Constitution, councils will continue to remain accountable to their communities and the responsibility of the state government; however uncertainty about councils' access to federal funding for vital local community infrastructure and roads will simply be removed."

"I urge the people of NSW to think about what their community will gain from maintaining Commonwealth funding to their council and vote 'Yes' in this referendum."

**For more information go to:** http://www.lgnsw.org.au/key-initiatives/constitutional-recognition-local-government

### Pittwater Milestones Trivia Evening - Unravel the Strands of Time- Saturday 18th May, 6.30pm – 10pm

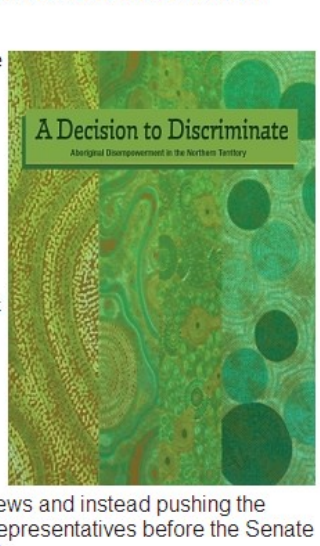
What interesting stories lie behind your suburb, in Pittwater or along the northern beaches? Have you heard about famous (or infamous) people, whose stories are woven into the rich tapestry of Peninsula history? From the naming of Pittwater by Governor Philip in 1788 to the present day, the fascinating history of the northern beaches is revealed in the story of its people, places and pastimes. Join with Pittwater Community Arts in a fun Trivia Evening to discover our rich, varied history and celebrate significant Milestones in the development of our community.

The theme for this year's National Trust Heritage Festival, ***Community Milestones***, is a celebration of the individuals, communities and their achievements which have become landmarks in the development of the built, natural and cultural environment of our country. Celebrating its own Milestone of 10 years this year, Pittwater Community Arts has each year, participated in the National Trust Heritage Festival by conducting an event in Pittwater which relates to the Festival Theme.
Come alone or bring your friends for a fun, interesting evening. There will be tables of 8-10 max; table groups can be arranged on the night.
Tea/coffee & light refreshments will be provided during the evening. BYO drinks, glasses & snacks.

**Bookings essential.** Phone Maureen 9913 1474
Date: Saturday 18th May, 6.30pm – 10pm
Venue: Newport Community Centre
Cost: $10ph. A Raffle will be held on the night.

### '*A Decision to Discriminate: Aboriginal Disempowerment in the Northern Territory*' - Published by 'concerned Australians' - October 2012 - Review by Sabine Kacha

**This book will be available at the Aboriginal Support Group – Manly, Warringah Pittwater's 'Update on the NT Intervention' on Monday 13th of May 2013 at Mona Vale Memorial Hall. Details on Events Page.**



'*A Decision to Discriminate*' is the latest book in a series of highly regarded publications by 'concerned Australians'. These include '*This Is What We Said*', '*Walk With Us*' and "*NT Consultations Report 2011: By Quotations*".

'*A Decision to Discriminate*' demonstrates how our democratic processes failed Aboriginal peoples of the Northern Territory. It shows the process leading to decisions which were deeply flawed, a process miserably failing the people who provided evidence to its inquiries by ignoring their clearly expressed views and instead pushing the legislation through the House of Representatives before the Senate Inquiry report had been completed.

The events described here took their origins in 2007, when the government introduced the "Northern Territory Emergency Response" (NTER, commonly known as "NT Intervention"). This measure was set to last for 5 years, and shortly before its end of term the parliament passed a new legislation, 'Stronger Futures' on 29 June 2012. This legislation imposes discriminatory legislation on Aboriginal peoples of the Northern Territory, effectively extending the failed Northern Territory Intervention for another ten years.

The responsible Minister, Jenny Macklin, gives as reason for the new legislation: "Well the message loud and clear from Aboriginal people, from parents and grandparents is that they want this."

There were over 450 submissions to the Senate Inquiry into the Stronger Futures Bills, coming from a diverse range of people and organizations including Aboriginal communities, lawyers, welfare agencies, human rights groups and churches. The vast majority were highly critical of the Bills, e.g. Dr Gondarra OAM, Dhurili Clan Nation said: "… *please do not let us down and say, 'This is the legislation we are going to deal with, because the Aboriginal people are naughty boys and naughty girls and so we need to look after them and we need to treat them this way.' No, we do not need that. We are not a puppet on a string. You do not play around with us. We want to be a free people. We want to determine our dignity and pride in being a people. That is the message that we are giving*." Even some politicians acknowledged the rejection of these Bills, eg. Senator Scullion, the Shadow Minister for Indigenous Affairs, when he said: *When we get to most communities any observer would say that Aboriginal people more generally hate the Intervention. They do not like it, it invades their rights and they feel discriminated against.*

Despite of all the evidence and a huge number of voices speaking out against the "Stronger Futures" legislation, it received bipartisan support in both houses of the parliament and was passed with almost no opposition. The Hon. Alastair Nicholson AO in the foreword to the book makes the point,
*What I find almost equally disturbing as the policy of ignoring the participation and input of Aboriginal people into the decision making process is Government willingness to perpetuate and cloak racial discrimination against them as so called 'special measures' purporting to protect them, while at the same time abandoning any semblance of compliance with international obligations.*

Unfortunately the voices of Aboriginal peoples are seldom heard in the public domain. In the tradition of its predecessors this book uses quotes as a way of recording what the people have said.

Further info:
http://www.concernedaustralians.com.au/
To order the book:
http://www.concernedaustralians.com.au/media/ADTD_Order_Form.pdf

### EXPRESSIONS OF INTEREST TO ENLIVEN PITTWATER!

Pittwater Council is seeking expressions of interest from residents to help develop their new program 'Enliven Pittwater'. The new program aims to 'enliven' Pittwater's village centres through public art, cultural events and a mobile phone app and will be delivered in partnership with the business community, the arts and cultural community, Council and other interested parties.

The expressions of interest are sought from two community members to participate in a 'Leadership Group' which will be set up to lead and champion the project. Council's Acting Manager for Community, Library & Economic Development Melinda Hewitt said we are seeking an arts and cultural representative with established skills and experience in the arts along with a community representative.

"We are particularly keen to hear from community representatives who are under 30 years old," said Ms Hewitt.

The positions are voluntary with a commitment of two years required, with the leadership group anticipated to meet from early July on a bi-monthly basis.

Ms Hewitt said we are seeking people who can demonstrate the following:
A shared vision of an 'enlivened Pittwater' and an ability to engage, motivate and inspire others towards that vision
A commitment to working collaboratively across the Pittwater community
A connection with relevant networks and interest groups that can be aligned with the project
Knowledge of community development principles.
Ms Hewitt said the program 'Enliven Pittwater' is a wonderful opportunity to enhance our village centres so they are vibrant community spaces to be enjoyed, whilst we engage with our local businesses in commerce."

"This project will aim to energise our street life, promote our local business and deliver exciting cultural sites," she added.

For more information about 'Enliven Pittwater' or to submit an expression of interest visit www.pittwater.nsw.gov.au. **EOI applications close 5pm, Tuesday 28 May 2013.**

### CUPPA FOR CANCER AT MONA VALE LIBRARY

Mona Vale Library will support cancer research this month by hosting an Australia's Biggest Morning Tea event on **Thursday 23 May from 10am to 12 noon.** Australia's Biggest Morning Tea is now in its 20th year and is one of the Cancer Council's foremost fundraising events, raising $12.3 million alone last year.

Library Services Manager Cathy Howie said the library had supported the Cancer Council by hosting morning teas at the library for the past seven years.

"It's an ideal opportunity for people to have a relaxing morning, catching up with others and at the same time support a very worthy cause," she said. "We're asking those coming to our morning tea for a $5 donation to go towards cancer research, prevention, education and support services. There'll also be tea or coffee and some delicious home-made goodies on offer, in return for your $5 donation.

Ms Howie said the Library would be running a raffle and some other fundraising initiatives on the day.

"The local Knitters Guild who meet weekly at the library have kindly donated the entry fee from their tea cosy knitting competition to the cause and we'd like to thank them for their contribution," added Ms Howie.

For those who'd like to support Australia's Biggest Morning Tea, but can't make it, why not donate online at www.biggestmorningtea.com.au/GetInvolved/Donate

### CAREEL CREEK FLOOD STUDY ON EXHIBITION

Pittwater Council will publicly exhibit its draft flood study for the Careel Creek catchment located in Avalon. The Council voted at its meeting last night to adopt the draft flood study for public feedback from Saturday 11 May to Friday 14 June 2013.

The draft study is a technical investigation of flood behaviour in the Careel Creek catchment and updates a previous study carried out in 1999. The new study looks at the changes in catchment conditions such as overland flows, plus the potential impacts of climate change using historical data on flooding, floodplain modelling techniques and projections of future flood behaviour.

Residents in the area have been advised of the study's findings, including whether their properties are considered to be flood-prone. Around 660 properties were classified as being flood-prone in a 1 in 100 year flood event by previous studies, with a further 42 properties now identified in the 2013 draft study.

General Manager Mark Ferguson said that the study had been completed at the direction of the NSW government's statewide policy on flooding.

"When finalised, the study will assist the Council in making flood-related planning decisions for existing and future developments as well as informing residents of the potential risks of flooding in the area," he said. "We're also inviting affected property-owners to face-to-face or over-the-phone sessions with staff who can explain exactly what the findings mean for them," he said.

To view the study, visit www.pittwater.nsw.gov.au/exhibition. **Comments close on Friday 14 June 2013.**

### COMMEMORATE SORRY DAY AT NORTH NARRABEEN

Pittwater residents are invited to join members of the Manly, Warringah, Pittwater Aboriginal Support Group to commemorate Sorry Day on **Sunday 26 May from 3pm to 5.30pm**. Sorry Day offers an opportunity for Indigenous and non-Indigenous Australians to come together and be a part of the journey of healing for the Stolen Generations and their families.

The event commences at 3pm at Berry Park, Narrabeen (near the Tramshed), where participants will take a 'Silent Remembrance Walk' to the Scout Hall at Bilarong Reserve, Wakehurst Parkway, North Narrabeen. At Bilarong Reserve there will be a mix of entertainment, Aboriginal speakers, a BBQ and other refreshments. Entertainment will include a didgeridoo player and dancers, with children's craft activities.

Neil Evers from the Aboriginal Support Group said that the Sorry Day event forms part of the Guringai Festival which runs from 26 May to 14 July across the Northern Sydney region.

"The festival celebrates our vibrant Aboriginal and Torres Strait Islander community and culture in the north of Sydney," he said. This year's Guringai Festival's theme is "Live Life Loudly", reminding us that laughter is food for the soul and to live your life as fully as you can.

The Guringai Festival – now in its thirteenth year – includes workshops, art exhibitions, performances, films and talks throughout the Northern Sydney region. To download a copy of the 2013 Guringai Festival program visit www.guringaifestival.com.au

### FREE LEGAL INSIGHTS AT MONA VALE LIBRARY

Would you like to learn ways to resolve disputes that could arise between you and your neighbour? Mona Vale Library is holding a free session with a local solicitor who will provide free insights into the legal mechanisms and rules that help regulate relations between neighbours.

The *Having issues with your neighbour* talk will take place at the library on **Tuesday 14 May from 5.30pm until 6.30pm** as part of the library's focus on Law Week. Library Manager Cathy Howie said the talk would deal with some common conflicts that arise between neighbours.

"Problems such as fencing, drainage, air, water and noise pollution, unlawful building works and vegetation can be a source of discontent," she said.

"Hopefully we can give residents more confidence in approaching these problems so they can gain a mutually agreeable resolution."

**Law Week 2013 runs from 13-19 May** and is a nationwide initiative to promote community awareness of the law, the legal system and the legal profession. NSW Law Week is supported by a number of organisations including the Law Society of NSW and the Department of Justice and Attorney.

For details of other Law Week events in NSW visit www.lawweek.org.au

If you are interested in attending the free talk please contact the library on 9970 1600 or book in person at the library, 1 Park Street Mona Vale.

### NEW RULES FOR BACKYARD POOLS

Owners of backyard pools are now required by law to register their pools with the NSW Division of Local Government. The requirement follows the state government's review of the Swimming Pools Act that identified measures to improve children's safety under the age of five years around private swimming pools.

Council's Environmental Compliance Manager Jeff Lofts said statistics show that that the leading cause of preventable childhood deaths in NSW are drownings in backyard swimming pools.

"Owners will have up to six months to register their pool and/or spa with the Division of Local Government at www.dlg.nsw.gov.au with the cut-off date for registrations on 29 October 2013."

Mr Lofts said that Council staff will be available at the Food & Wine Fair next Sunday 5 May to answer questions that residents may have regarding the new regulations.

"Council staff will be at the Fair at Winnererremy Bay, Mona Vale from 10am to 4pm as well as the Northern Beaches Expo on Saturday 25 May (10am to 5pm) and Sunday 26 May (10am to 4pm) at the Northern Beaches Indoor Sports Centre Warriewood.

"We will also be running free information sessions for residents about the new regulations later this year."

Mr Lofts said **the other key point of the new laws include a requirement from 29 April 2014 for those selling or leasing a property with a pool to obtain a swimming pool compliance certificate from Council before selling or leasing their property.**

"However pool owners can apply for a compliance certificate any time to ensure their pool meets the requirements, regardless of whether they are selling or leasing their property," said Mr Lofts.

**Mr Lofts said that the Council will also be implementing a swimming pool fence inspection program later in the year.**

### SPEEDING? YOU'RE IN OUR SIGHTS!

Pittwater, Warringah and Manly Councils and NSW Roads and Maritime Services have joined forces to reduce speed on northern beaches' roads through the Local Government Road Safety Program. The campaign - called Speeding? You're In Our Sights - will target drivers on the beaches with flashing VMS signs urging drivers to slow down, 'slow down in my street' bin stickers and additional police enforcement. **The campaign starts on Monday 6 May and will run for three weeks until Sunday 26 May.**

Drivers will be warned in advance about the campaign, with banners in key locations across the peninsula as well as bus shelter and press advertising.

Senior Sergeant Rick Janssen from the Northern Beaches Highway Patrol said the key message of the campaign was that police are out to stop drivers who don't stick to the speed limit.

"If you're caught you'll face a heavy fine and could even lose your licence," he said. "Driving at high speeds gives you less time to detect and respond to hazards - that's why it's essential to slow down and drive to the conditions of the road."

Sgt Janssen said that young drivers are of particular concern.

"Data across the Pittwater, Warringah and Manly local government areas shows that speed-related-crashes are significant among drivers 25 years and under. Close to 50% of drivers involved in speed-related-crashes are aged between 17 and 25 years. These statistics are extremely worrying and show that speed plays a major part in injuries and loss of life on our roads, particularly among our young people," said Sgt Janssen.

"P1 drivers or provisional riders need to be aware that they will have their licence suspended for at least three months for any speeding offence, as well as receiving four demerit points and a fine," added Sgt Janssen.

Residents can also remind drivers to slow down by obtaining Slow Down in my Street stickers available from Pittwater, Warringah and Manly customer service centres.

### PITTWATER SHORT STORY COMPETITION

Pittwater residents with a flair for writing are invited to enter the 2013 Pittwater Short Story competition. The competition which is run by Mona Vale Library and Berkelouw Books is open to children as well as adults and asks participants to write a short story that is identifiably located in the Pittwater area. Mona Vale Library Manager Cathy Howie said to give entries a distinctive Pittwater feel, they **must incorporate a reference to 'sandy feet'**.

"The competition is open to three age groups, including 9 to 12 years, 13 to 16 years and an open age group," said Ms Howie. "The word limit of the short story varies depending on the age category, with 9-12 year olds needing to submit no more than 500 words; 13-16 years a maximum of 1000 words and no more than 2000 words for the open age category."

Prizes will be awarded in the three age categories, with book vouchers on offer of up to $300 in the open category. The competition is now open with **entries closing on 7 June**

Entries should be submitted in hard copy only. Entry forms are available at Mona Vale Library and Berkelouw Books or can be downloaded online. All entries must be accompanied by an entry form.

For more information about the competition and to download an entry form visit www.pittwater.nsw.gov.au/library

### 2013 Northern Beaches Local Business Sustainability Award

Warringah and Pittwater Councils are urging local business people that practise and promote sustainability to nominate their business in the Sustainability category of the 2013 Northern Beaches Local Business Awards.

"This is the second time the Sustainability Award has been included in the annual Local Business Awards, and Warringah Council is very excited to be a joint major supporter of this important award," said Warringah Mayor, Michael Regan. "The aim of the Sustainability Award is to recognise the achievements of local businesses that have put in place practices that contribute to a more liveable and healthy Warringah."

Pittwater Council Mayor Jacqueline Townsend said there were a range of ways that businesses could demonstrate their commitment to sustainable practices, from turning off unused appliances to providing more flexible working conditions for their staff.

"Pittwater has a well established program of assisting local businesses to be more sustainable and save water and energy costs and we encourage them to enter the awards."

Local businesses nominating for the Sustainability Award need to demonstrate the integration of sustainability practices to business planning, operations and marketing, such as:
- The reduction of energy use, water use and waste sent to landfill
- Using environmentally friendly materials, supplier products and services
- Installation of environmentally friendly building systems, such as rainwater tanks, insulated walls etc.
- Partnerships with community sectors
- Providing staff with family friendly conditions
- Using ethical business practices
- Providing staff and customers with sustainable transport options

**Businesses have until Wednesday 12 June to nominate** for the Sustainability Award. For more information please call 9942 2678 or media@warringah.nsw.gov.au

**Customers of local businesses can nominate businesses** that provide great service in 28 different categories **by Friday 17 May.** For more information or to vote, visit warringah.nsw.gov.au

**The 2013 Northern Beaches Local Business Awards**
**Wednesday 3 July**
**Miramare Gardens, Terrey Hills**

### LONG RANGE PLANS FOR PITTWATER ON EXHIBITION

Two over-arching plans for Pittwater's future are on public exhibition for comment.

Pittwater 2025 – Our Community Strategic Plan goes on public exhibition after six months consultation with the local community. According to Mayor Jacqui Townsend, Pittwater 2025 maps out the goals and aspirations of local residents over the next ten years under five key directions. The key directions are Supporting & Connecting Our Community; Valuing & Caring for our Natural Environment; Enhancing our Working & Learning; Integrating our Built Environment and Leading an Effective & Collaborative Council.

"Mayor Townsend thanked the community for their contribution so far to Pittwater 2025 and encouraged residents to provide further feedback to ensure their aspirations for Pittwater in the next decade were captured in the plan.

Over 700 interactions have taken place so far with community members on Pittwater 2025, with comments closing on 31 May. The Council's Delivery Plan for 2013-2017 and the budget for the2013-2014 financial year are also on public exhibition. General Manager Mark Ferguson said several major capital works projects would be the focus for the coming year.

"We will be starting work on the new car park in Bungan Lane Mona Vale and the redevelopment of Avalon Beach surf club, as well as significant upgrades to Boondah Road and Macpherson Street in Warriewood," he said.

Mr Ferguson said the Council would also be starting a program of rolling works on coastal and bushland walkways and more footpaths and cycleways, as well as stepping up its maintenance of local roads. He said the Council would deliver a balanced budget for the coming financial year with a small surplus.
**The Delivery Plan and budget are on exhibition for comment between Tuesday 16 May and Friday 31 May**. All the documents are available on the Council's website at www.pittwater.nsw.gov.au/exhibition or at Council offices and libraries at Avalon and Mona Vale.

### MORE FOOTPATHS FOR PITTWATER

An expanded program of footpath construction, including areas near schools, has been adopted by Pittwater Council at its meeting this week. The revised footpath strategy builds on a bigger 'Walks & Rides Strategy' aimed at increasing connectivity through footpaths, cycleways and shared paths between village centres and public transport hubs across Pittwater.

Mayor Jacqui Townsend said the Council had reviewed its overall footpath strategy following concerns by some residents.

"Our goal for all footpath and shared path construction is to try and minimise people's reliance on motor vehicles," she said. "We've now prioritised the list based on an integrated network to address safety concerns and areas where there is a high level of pedestrian use."

One of the first new footpaths to be funded out of the new strategy will be an extended footpath to Elanora Heights primary school, with $74,000 set aside in the Council's draft budget for the 2013-2014 financial year. Other priority projects pencilled in for the new financial year include footpaths at Bishop Street and Grandview Road Newport; Waratah and Waterview Streets Mona Vale and Barrenjoey Road at Avalon and North Avalon.

Mayor Townsend said that priority pathways would be built based on links to other village centres, retail areas and public transport, or where pedestrian safety was severely compromised. She said $800,000 had been included in the Council's draft budget for 2013-2014 for extra footpaths.

"We will also look at boosting funding for more footpaths by disposing of small remnants of road reserve where there is an interest by property-owners in purchasing them," she said.

To view the Council's draft budget and delivery plan for 2013-2014 visit www.pittwater.nsw.gov.au/consultation. **Comments close on 31 May 2013.**

### LOCAL ARTISTS INVITED TO APPLY FOR ARTZPACE 2014

Pittwater Council is inviting emerging local artists to apply for ArtZpace 2014. Held in January, ArtZpace is a biennial project in which up and coming artists get to plan and present a professional exhibition. The show is staged at the Avalon Recreation Centre.

Council's social and community development coordinator Melinda Hewitt said ArtZpace offered young and emerging artists the chance to display and sell their work in a professional setting, while also building their networks and skills as artists.

"They can draw upon the expertise of an art show coordinator to guide the planning, hanging and marketing of their work," said Ms Hewitt. "In 2012, 13 artists were chosen to exhibit their work over the ten day exhibition," said Ms Hewitt.

"The group was highly successful in making sales and promoting their works to a wider audience, with some artists being approached by private galleries and for commissions," she said. "ArtZpace is a popular fixture in Pittwater's cultural calendar. It provides excellent exposure for emerging artists, as well as a great opportunity for audiences to access art," Ms Hewitt added.

**Applications for ArtZpace 2014 are now open and will close at 5pm on Friday 31 May 2013.** Exhibition space will be available from Friday 3 January to Sunday 12 January 2014.

Application packs and further information on the ArtZpace 2014 project can be obtained from Council's customer service centres and libraries or at www.pittwater.nsw.gov.au/artzpace.

For more information call Zoe Johnson, Community Development Officer at Pittwater Council on 9970 1171.

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

**Click on logo above to visit their website.**

### 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

### 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.

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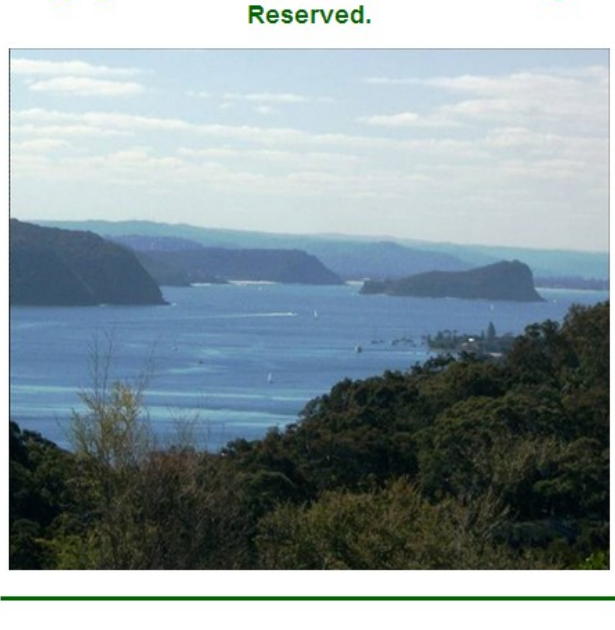
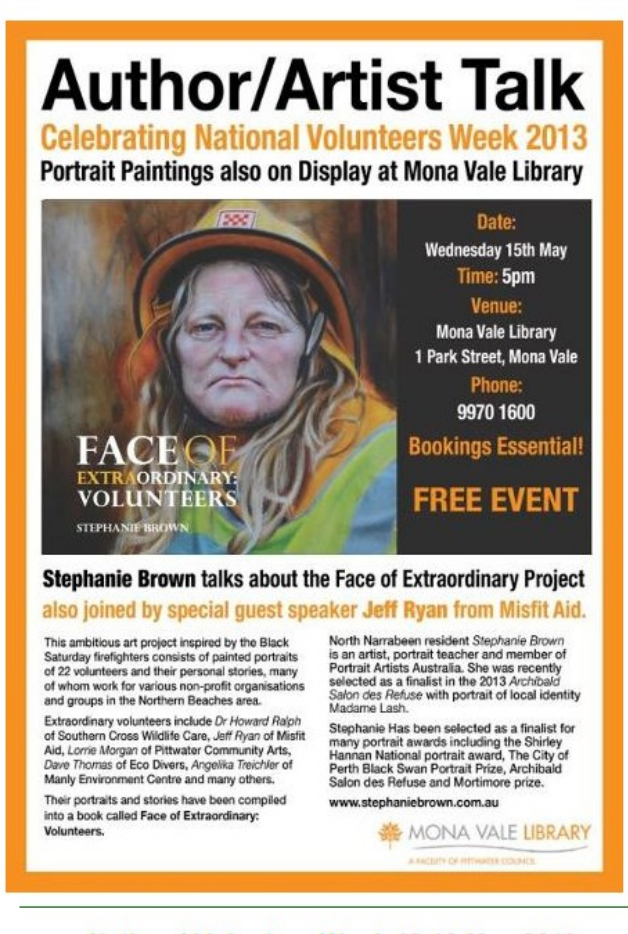




# Author/Artist Talk
Celebrating National Volunteers Week 2013
Portrait Paintings also on Display at Mona Vale Library

FACE OF EXTRAORDINARY VOLUNTEERS
STEPHANIE BROWN

Date: Wednesday 15th May
Time: 5pm
Venue: Mona Vale Library, 1 Park Street, Mona Vale
Phone: 9970 1600
Bookings Essential!
FREE EVENT

Stephanie Brown talks about the Face of Extraordinary Project
also joined by special guest speaker Jeff Ryan from Misfit Aid.

This ambitious art project inspired by the Black Saturday firefighters consists of painted portraits of 22 volunteers and their personal stories, many of whom work for various non-profit organisations and groups in the Northern Beaches area.

Extraordinary volunteers include Dr Howard Ralph of Southern Cross Wildlife Care, Jeff Ryan of Misfit Aid, Lorne Morgan of Pittwater Community Arts, Dave Thomas of Eco Divers, Angelika Treichler of Manly Environment Centre and many others.

Their portraits and stories have been compiled into a book called Face of Extraordinary: Volunteers.

North Narrabeen resident Stephanie Brown is an artist, portrait teacher and member of Portrait Artists Australia. She was recently selected as a finalist in the 2013 Archibald Salon des Refuse with portrait of local identity Madame Lash.

Stephanie Has been selected as a finalist for many portrait awards including the Shirley Hannan National portrait award, The City of Perth Black Swan Portrait Prize, Archibald Salon des Refuse and Mortimore prize.

www.stephaniebrown.com.au

MONA VALE LIBRARY

### National Volunteer Week 13-19 May 2013

National Volunteer Week (NVW2013) is Australias largest celebration of volunteers and volunteerism. Today there are over 6 million (ABS 2010b) people volunteering annually in Australia, representing 36% of the adult population. Volunteering Australia along with its state and territory network recognises the valuable contribution each individual provides by offering their time, skills and passion, continuing to demonstrate Australias proud culture of giving.

This year using a variety of communication channels the NVW2013 campaign will recognise the contribution of over 6 million volunteers who offer their time and dedication to the communities we live in.

To make this NVW20136 a great success we need your help to spread the word!

From 13 - 19 May 2013 we will be asking you to visit our Facebook (www.facebook.com/volunteeringaus) and Twitter (www.twitter.com/VolunteeringAus) #NVW2013) pages and post your own messages of thanks. These can be in the form of pictures (you can even download some fun signs from our website to use in your photos), videos and stories.

If you know a volunteer, or a volunteer team who deserves a recognition, we'd love to hear from you. See; HERE

### Dear Pittwater Online News

Update on Scarves at Langfords; more then 40 scarves donated now thank you for your help over 6 weeks. See details on how to give scarves for '**Look Good Feel Better**' at **HERE**

**Doreen Cherry**

### Mona Vale Rugby League Club

Checkout this great story on our website "Ref's Calling" Well worth a read! AT: http://monavalerugbyleague.com.au/newsite1/?p=584

### WHITE PAPER DISCUSSION SESSIONS - EVENT REGISTRATION

WHITE PAPER
A NEW PLANNING SYSTEM FOR NSW

The Department of Planning & Infrastructure is presenting free Metropolitan and Regional Discussion Sessions on the White Paper – A new planning system for NSW.

These events will provide local government and planning practitioners, building professionals and the community with an opportunity to provide feedback on implementing the new planning system.

Details of all forums and how to register to attend **HERE**

### Probus: Monthly Meeting Guest Speaker Next Tuesday 14th May - Alexander's Lost World - David Adams

Local film maker David Adams makes a welcome return as this month's guest speaker. *Alexander's Lost World* is a 6 X 60 minute series co-produced with David Adams Films and Sky Vision. Following the course of the River Oxus (Amu Darya) for the first time. Adam takes viewers on an extraordinary 1500 mile journey through war-torn Afghanistan and Central Asia.

The ancient Greeks have long been credited with bringing 'civilisation' to the East. In fact, it appears to be the other way round. Alexander the Great discovered a highly developed civilisation (a lost world that pre-dated even the Persians.
As Adams unravels the mysteries of the Oxus civilisations, its great fortress cities are dramatically recreated in stunning CGI. Travelling through the most remote regions of Afghanistan unarmed, Adams and his cameraman live as everyday Afghans gaining a most unique insight into the people and our shared heritage.

Davis will screen 'episode 2' (48 minutes) of the size part series and will be available for questions afterwards.

Pittwater Probus Club is a men's club. Join and enjoy the experience of new friends, interesting guest speakers and mixed lunches and social functions in the wonderful atmosphere of Mona Vale Golf Club.

Meetings every second Tuesday at 10am at Mona Vale Golf Club - Visitors welcome - Interesting speakers at every meeting
For information please phone Bill Marshall on 9918-0064
Website: www.pittwater.org.au/probus

### New Northern Beaches Hospital Highlights Transport Fix Needed Now- BY JACQUI F – MAY 10, 2013

SHOROC President and Warringah Mayor Michael Regan, says we are another step closer to having a much needed new hospital and it is now time to fix the roads and transport issues in and around the area.

"It is widely acknowledged transport is the biggest issue across the SHOROC region and councils have been advocating for many years as part of the Shaping Our Future strategy to upgrade our roads and deliver an effective public transport system. The campaign calls on priority investment from state and federal governments to enhance the major public transport and road infrastructure for better access to, from and within the SHOROC region.

"While investigations are underway, the key questions are when and how will the intersections of Warringah Road with Wakehurst Parkway and Forest Way be upgraded, and the flooding issues on Wakehurst Parkway addressed?

"Concrete plans are needed for a fast and efficient public transport system to serve the hospital and link it to Dee Why, Chatswood and beyond," said Mayor Regan.

SHOROC and its partner councils have developed an integrated plan for fixing the region's transport woes, including priorities for the Pittwater/Spit/Military Rd, Warringah Rd and Mona Vale Rd corridors.

**For Warringah Road and the Northern Beaches Hospital, SHOROC is calling for:**

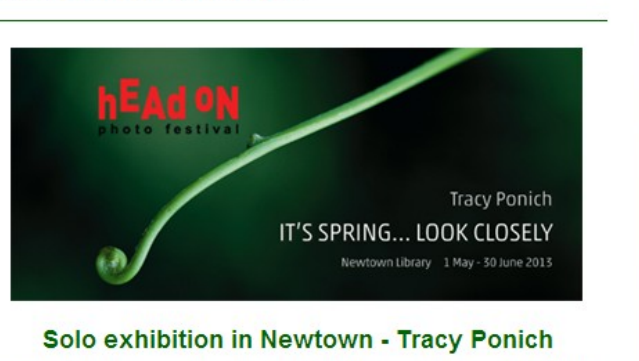
Grade separation at the intersections of Warringah Road with Wakehurst Parkway and Forest Way and upgrades to Wakehurst Parkway to provide flood-free access.

Fast public transport links from Dee Why to Chatswood, with an initial focus on the provision of frequent and direct express bus services and bus priority measures, and then upgrade to a segregated Bus Rapid Transit system or other greater capacity transport in future years.

Construction of targeted park and rides to maximise patronage of public transport.

"The new hospital will be a boon to our area for both health and employment and we want to ensure we maximise these benefits by having an equally effective transport system. We urge the government to commit to these vital road and public transport upgrades before the end of 2013.

"SHOROC and the councils will continue to work with the NSW Government on planning the hospital and transport upgrades and we look forward to seeing some real infrastructure improvements for our region," said Mayor Regan.



### Solo exhibition in Newtown - Tracy Ponich

Head to Newtown and take in IT'S SPRING... LOOK CLOSELY, a Head On Photo Festival 2013 exhibition. Eleven large-scale macro images capture nature's patterns, textures and colour. This is an exploration of the details of spring, sometimes elegant - and sometimes bizarre.

1 May – 30 June 2013
Newtown Library
8 – 10 Brown Street, Newtown NSW

Add On, a group exhibition

131 photographers, 131 images, including Scotland Island Photographer Tracy Ponich's work. See quirky, intriguing Add On 2013, one of the main Head On Photo Festival events.

15 – 25 May 2013
Depot II Gallery
2 Danks Street, Waterloo NSW

For more information, visit: www.feathermark.com.au

### A SUCCESSFUL LOOSELY WOVEN CONCERT IN AVALON - Thanks LOOSELY WOVEN!! from Kath Moody

A very enthusiastic audience applauded the new concert from " Loosely Woven" which was performed by 25 musicians and singers at Avalon Baptist Peace Church last Sunday evening. It was called "*Chimes of Freedom*" after Bob Dylon's song and album last year celebrating 50 years of Amnesty's International's work.

Led by charismatic and talented **Wayne Richmond**, Loosely Woven again demonstrated their uncanny ability to encompass the gamut of human experience in a single performance. From a charming lovers' duet of the 1920s to a damning indictment of current Australian attitudes to refugees, the programme spanned a wide emotional spectrum. Accordingly, the solo voices were strong and convincing, especially in newcomer **Jeannette Lawrence**'s reading of Eric Bogle's "*All The Fine Young Men*". The whole group deftly handled some complex, interweaving parts and subtle dynamics, most notably in a striking a cappella version of Paul McCartney's "*Blackbird*"

**Meredith Williams**'s tender "*Sometime*", a tribute to her late husband, drew tears from me as she sang of the 'sun-soaked timeless day' of his death. And **Kristy Dickson** turned 'rock diva' for Linda Ronstadt's hit "*When Will I Be Loved*".

Among the instrumentalists, **John Macrae** expertly deployed his armoury of woodwinds to grace each number with just the right 'flavour' - a haunting cor anglais in "*Escondido*" ('hidden'), a plaintive oboe for the Celtic traditional "*Come By The Hills*". Similarly, **Gial Leslie's** glockenspiel rang out like a shower of crystals (the 'chimes', perhaps?). Flautists Meredith Williams and Samantha O'Brien blended delightfully on Bach's "*Bouree In D Minor*", backed by John, Gial and the crisp drumming of Eric Eisler.

Leader Wayne Richmond and his talented crew took their audience to many places - some enchanting, some disturbing, some hilarious, some mournful, I felt I'd been given a grand tour of my own heart. What more could you ask of a night out?
# Review by Paul Cruise

Avalon Group of Amnesty International thank Wayne and Loosely Woven musicians for giving us this gift of music, and for their generosity in helping those in need. The members of Amnesty and members of Avalon Baptist Church provided a great afternoon tea. Donations were made to Amnesty and many signed the petitions in support of refugee rights and also the rights of the women of Afghanistan. We very much appreciated and were moved by the original song "*Life's Savings*" sung by Meredith Williams and written by her brother - an angry but heart wrenching song about the hard hearted way we treat refugees. A great song for an Amnesty concert!

## Different walks of life, same goal: Stay Smart Online

STAY SMART ONLINE 20–24 May 2013 National Cyber Security Awareness Week

What happens when you get a butcher, a tech-head, a 'Cyber Safety Lady' and a seriously Web-enabled grandmother into the same room? You get the team that's leading the charge in helping Australian internet users to protect themselves online for **National Cyber Security Awareness Week, 20 to 24 May 2013.**

National Cyber Security Awareness Week this year brings together online butcher Jordo McHugh, web entrepreneur Bartek Marnane, cyber safety expert Leonie Smith, and technology advocate for seniors **Nan Bosler OAM** to spread the word about cyber security.

The four will reach out across the country to remind Australians that the internet is a great resource for socialising, business and shopping – but you need to ensure you're doing everything you can to protect personal and financial information online.

The team will encourage people to get the best from tools including the Federal Government's Stay Smart Online Alert Service; a service that informs users about recent online threats and provides solutions that help to manage risks.

Deputy Secretary of the Department of Broadband, Communications and the Digital Economy, Abul Rizvi, said the ambassadors represented specific groups of Australians with an interest or concern about cyber security: small business owners and operators; families with older children; senior Australians; and younger people who are almost constantly online but exposed to considerable risk through their online behaviour.

"The simple message we want to reinforce is the importance of being secure online, and we believe peers are the most influential when it comes to online behaviour," said Mr Rizvi. "Our Stay Smart Online ambassadors come from all walks of life, and have great knowledge about technology and cyber security that they can pass on to others."

National Cyber Security Awareness Week is supported by nearly 1000 corporate, community and government sector partners who help to share the Federal Government's **top 10 tips to Stay Smart Online:**

Install and update your security software set it to scan regularly.

Turn on automatic updates on all your software, particularly your operating system and applications.

Use strong passwords and different passwords for different uses.

Stop and think before you click on links and attachments.

Take care when transacting online – research the supplier and use a safe payment method.

Only download "apps" from reputable publishers and read all permission requests.

Regularly check your privacy settings on social networking sites.

Stop and think before you post any photos or financial information online.

Talk with your child about staying safe online, including on their smart phone or mobile device.

Report or talk to someone if you feel uncomfortable or threatened online – download the Government's Cybersafety Help Button.

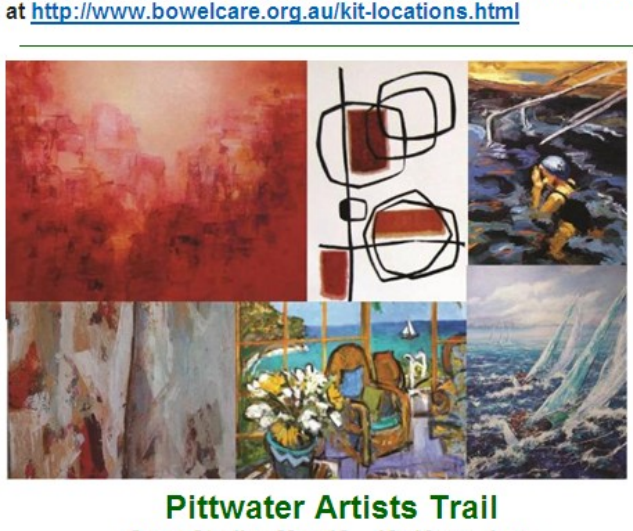
Budd:e Secondary

Budd:e for secondary schools explores advanced cyber security topics, including: creating content, file sharing, pop-ups, privacy, sharing, scams, spam, spyware, malware, phishing, online transactions and computer viruses. Students can earn points answering questions to 'buy' parts and accessories to build a unique cyborg that can be used as an avatar on social networking sites.

To subscribe to Stay Smart Online Alert Service and for more tips to protect your home, business or school online, visit **www.staysmartonline.gov.au**

### BowelCare is on again for 2013

The annual BowelCare program is about to begin, and once again Pittwater Rotary is participating locally. This multi-district Rotary program makes test kits available for sale at pharmacies, enabling people to conduct a simple at-home test for the early stages of bowel cancer. Kits will be on sale in local pharmacies from **Saturday 4 May to Saturday 1 June. Lists of participating pharmacies may be found at http://www.bowelcare.org.au/kit-locations.html**



## Pittwater Artists Trail

**Open Studios May 18 – 19, 10am - 4pm**

The time has come! All studios open in two weeks, time to put it in your calendar. Plan your visit through the brochure or download your Arts Trail map here. You can find the brochure at Libraries, Community Centres,30 shops & cafes or www.pittwaterartiststrail.com.au

Look for the Pittwater Artists Trail logo when visiting studios.

Artists above: (clockwise, left to right); Karen Hick - abstract artist; Jill Ferrall - mixed media; Cindy Goode Milman - impressionist oils; Elfriede Bartnitzky - textured landscapes; Marian Purvis - expressionist painter; Eric Martel - seascape

### Pittwater Offshore Newsletter Update 8/5/2013: click on Logo. Also has an Extensive Local Directory.

Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

### Future of boating on Sydney Harbour open for public comment

Minister for Roads and Ports Duncan Gay has urged Sydney's boating community to submit its views on two key aspects of the management of boating on Australia's busiest waterway. The Draft Sydney Harbour Boating Safety Plan and the Draft Sydney Harbour Boat Storage Strategy are now open for public feedback Mr Gay said.

"Sydney Harbour is a busy waterway with significant recreational and commercial water traffic, as well as being an important part of the city's identity and culture," Mr Gay said. "We want to set the agenda for safety and management of this waterway to ensure it's used in the best possible way."

"**In the five years leading up to 2012 there were 514 reported incidents on this waterway, including six fatal incidents resulting in 11 fatalities**. The most frequent causes of fatal and serious incidents were lack of judgement, not wearing lifejackets, and failing to keep a proper look out. The Draft Boating Safety Plan also identifies excessive speed and wash as significant concerns among recreational boaters and the wider community on the Parramatta and Lane Cove rivers and Sydney Harbour, along with potential conflicts between rowers, paddlers and other recreational users with larger vessels.

"It is informed by the Sydney Harbour Speed Review, which provides an overview of vessel operating speeds and speed related risks on the Harbour. The number of boats stored in and around Sydney Harbour is expected to increase from 17,000 to more than 22,000 by 2021 and the draft Boat Storage Strategy seeks to identify the best way to accommodate that growth.

"We need to plan for a mix of facilities that can accommodate the variety of vessels," Mr Gay said. "The draft plans provided an excellent opportunity for stakeholders to get involved in shaping the future of boating on this waterway. We want to work closely with local councils and stakeholders to improve boating on Sydney Harbour," Mr Gay said.

Submissions to the Draft Sydney Harbour Boating Safety Plan and the Draft Sydney Harbour Boat Storage Strategy close at the end of May 2013. To have you say on the draft plans, please send your comments to:

Office of Boating Safety and Maritime Affairs
Transport for NSW. PO Box K659,
HAYMARKET NSW 1240.
Or email: obsma@transport.nsw.gov.au
**Submissions close on 31 May 2013**

**All Plan Documents at:** http://www.transport.nsw.gov.au/media-releases/future-boating-sydney-harbour-open-public-comment

### Southern Cross Wildlife Care - May 2013 Critters of the Month - Theodore and Blossom - Orphaned babies- By Lynleigh Grieg

Ringtail possums are - in my opinion - one of the cutest Australian animals! They are smaller than brushtail possums and have a long prehensile tail with a distinctive white section near the tip. They eat native foliage, native flowers and fruit. They are marsupials because they carry their young in pouches.

Meet Theodore (top) and Blossom (bottom) - *"Outta my way, I want the camera to capture my good side…!"*

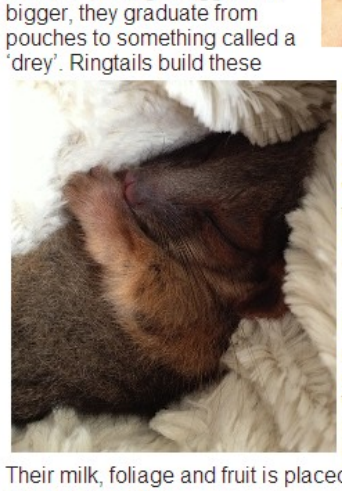
These two adorable ringtail babies came into care with Sydney Wildlife in February of this year. Theodore came riding into someone's house, clinging to the neck of their dog! His mum was never found. Blossom's mum was killed by a cat.

They were both about 65 grams when they came into care. At this weight, the babies require around-the-clock care! 4-hourly feeds day and night and artificial heat. They are put into little woollen pouches, lined with cotton fabric inserts. These mimic their mum's pouch. The babies are always 'buddied' together with others of similar weights.

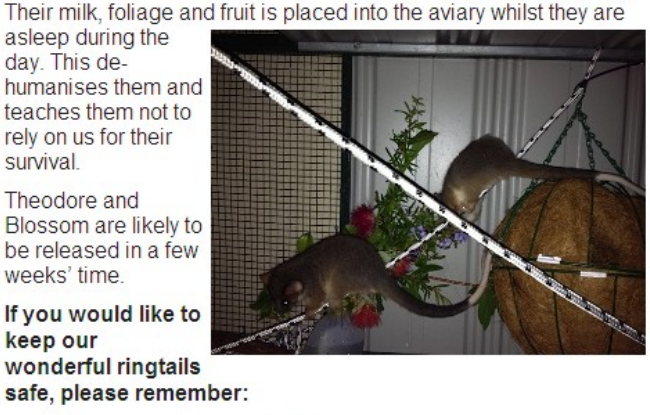
Theodore has always been very 'clingy'. He never wanted to let go of me after his feeds and refused to go back into his basket..! You can see his little claws wrapped tightly around my fingers.

Blossom, on the other hand, was happy to be popped back into her knitted pouch and cuddle up in her favourite fluffy blanket. I think the 'fur' reminded her of her mum…

As the babies get bigger and bigger, they graduate from pouches to something called a 'drey'. Ringtails build these dreys or nests in the wild using all sorts of twigs, foliage and grasses. These babies will eventually be released into the wild in their drey. As they grow, they are also moved from a tiny basket to a big cage and eventually into an outdoor aviary.



Blossom and Theodore have been growing week by week and are now big enough to be in a big outdoor aviary. As soon as they are able to lap their milk independently, we carers become completely 'hands-off'. Their milk, foliage and fruit is placed into the aviary whilst they are asleep during the day. This de-humanises them and teaches them not to rely on us for their survival.



Theodore and Blossom are likely to be released in a few weeks' time.

**If you would like to keep our wonderful ringtails safe, please remember:**

1. keep your cats indoors at night
2. drive very carefully at night in case they are on the road
3. try not to spray poisonous substances on your native plants

### Funding Opportunity For Local Fishing Groups - Monday, 22 April 2013

**Member for Pittwater Rob Stokes** today encouraged local fishing clubs, councils and community groups to apply for funds under the NSW Recreational Fishing Trust Grants. The Recreational Fishing Trust Grants are an initiative of the NSW Government to enable the funds generated from the sale of Recreational Fishing Licences to be reinvested back into improved recreational fishing opportunities. Last year the NSW Government allocated approximately $14 million to a range of recreational fishing projects across the state and a similar amount is expected to be made available this year.

"This is a great opportunity to see the funds generated by the sale of recreational fishing licences reinvested into our local waterways," Rob Stokes said today. "Recreational fishing is a huge part of our community's lifestyle and provides great opportunities for all ages. Everyone who goes fishing contributes to the recreational fishing fund – so this is our opportunity to see this money put to good use. Fishing clubs, councils, community groups and individuals are all eligible to apply for funding. Projects may include fish stocking, artificial reefs, research and education, fishing facilities, workshops or fish aggregating devices. **Applications are now open and are being accepted until Friday 31 May 2013.**

"Further information and details on how to apply is available by visiting the NSW Fisheries website www.fisheries.nsw.gov.au or by calling 02 6691 9681. Our community certainly knows the importance of ensuring our local recreational fishing opportunities are improved – so I encourage all local groups with an interest in our waterways to consider applying for funds," Rob Stokes said.

### Managing ADHD through play - 10 May 2013

Children make sense of the world through play, say University of Sydney paediatric occupational therapists, who have developed a play program to teach essential life skills to children diagnosed with ADHD.

The program '**The Ultimate Guide to Making Friends**', which includes a parent handbook, a video starring an alien character called Oober and clinical play sessions with a therapist, has so far been tested via two pilot studies. Researchers are seeking participants for the third phase of the study.

Early results of the initial two phases are promising, showing play can help children learn afresh the essential lifelong skills of sharing and caring. They also indicate the young participants are increasing their social and communication skills.

Study co-ordinator and PhD candidate, Sarah Wilkes-Gillan says:

"Play is often described as 'children's work'. Kids learn and develop through play. As small children we all learn the importance of sharing and cooperating. These skills require empathy, which is the ability to imagine how another is feeling and see the world through their eyes or viewpoint. This skill takes time to develop and we use it throughout our entire lives," says Sarah.

"While we teach young children to share, empathy is a complex skill that develops as children grow. We notice children begin to play with others, instead of alongside them. Some children may develop empathy at a slower rate than others. They might continue to care about themselves and their possessions and do not think about how their peers or family members think or feel," she says.

The program is also helping the parents of the children with ADHD. Anecdotally, parents say the simple step-by-step guide has given them tools and strategies to use at home, providing them with methods to communicate better with their child and help their child to develop lasting friendships.

Sarah's PhD supervisor, Professor Anita Bundy, says:

"What we know is that many children with ADHD can have problems understanding social cues. They dominate play time. They are not necessarily empathetic and find it difficult to learn the social skills that other children learn. This may mean they have problems making and keeping friends."

Experts estimate as many as 900,000 Australian children between the ages of two and 19 are living with ADHD.

The research team is currently inviting participants in their larger 10-week intervention program commencing in May and running in blocks through to December. The program involves clinical sessions with therapist-supported play, video feedback of play interactions, and parent involvement through home activities.

Sarah Wilkes-Gillan will present the study's preliminary findings at the Occupational Therapy Australia Conference, to be held in July.

### A new planning system for NSW – White Paper Released for Public Comment - Media Release April 16, 2013

The NSW Government is building a planning system focused on sustainable growth to deliver the jobs and houses we need to support our growing cities and regions.

The new planning system will make NSW more competitive by improving decision making, providing more certainty and making it more cost effective to do business in the state. It will focus on people and communities, rather than processes. Communities will have a say in shaping their local area by helping to develop the long -term strategic plans that will set the ground rules for development.

**White Paper**
On 16 April, the NSW Government released the White Paper – A new planning system for NSW for public feedback.
There will be extensive opportunities for community and stakeholder engagement. Individuals and groups can make submissions by:

Sending an online submission (including attachments)
Using the online feedback tool to submit comments on specific sections or chapters of the White Paper
Posting a submission to New Planning System, GPO Box 39, Sydney NSW 2001.

**You can also join the discussion by:**

Participating in online discussion forums at Have Your Say
Attending one of the briefings, feedback sessions and meetings being held across NSW
Using the Meeting In A Box toolkit to hold your own meeting and provide feedback
Please read our submissions guide for more details.

A note about privacy: All submissions received will be published on the department's website. Please do not include your name or other personal information in your submission or on attachments if you don't want this information published. Please read our privacy statement at www.planning.nsw.gov.au/privacy
Details and White Paper documents **HERE The White Paper is available at www.planning.nsw.gov.au/newplanningsystem and will be on exhibition until Friday 28 June 2013.**

**Also currently open to Consultation: The Draft Metropolitan Strategy for Sydney; Submissions close 31/05/2013**

26 May - 14 July 2013
Guringai FESTIVAL
2013 Live-Life-Loudly www.guringaifestival.com.au

## Mona Vale Hospital Auxiliary - Volunteers Needed

The Mona Vale Hospital Auxiliary Kiosk, due to demand, will be amending its trading hours and will be open from 9.00am to 6.30pm. daily. The Kiosk is conveniently located on the ground floor, near the main entrance and provides a handy location for staff, visitors and patients to purchase food, drinks, gifts and magazines. The funds generated provide much needed equipment for the hospital.

The Auxiliary manages the Kiosk which is staffed by a Manager and volunteers who work one shift once a month, fortnight or week as suits them. With the introduction of the new shift of 4.00pm to 6.30pm … **MORE VOLUNTEERS … are urgently required.**

All volunteers receive training in all aspects, from coffee making to milk shakes … NO EXPERIENCE NEEDED. If you can help support your Community Hospital please contact, the Manager, Claudio on 9998-0272 or at the Kiosk from 9.00am to 1.30pm. For further information on Mona Vale Hospital Auxiliary please go to the website: monavalehospitalauxiliary.org email: monavalehospitalaux@gmail.com

**Upcoming Events by the Mona Vale Hospital Auxiliary.**

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

**May: 18th** sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

**June: 1st** stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm
**15th** sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

**July: Friday, July 5**, stall at Centro, Warriewood. Knitting and craft. 9 – 3pm

## Bushcare Notices - May 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 May 5
Avalon Dunes 8:30-11:30am
W'wood Wetlands 9-12pm
PITTWATER FOOD AND WINE FAIR

Sun May 12
Bangalley Headland 9-12pm

Thu May 16
Mona Vale Dunes 8:30-11:30am

Sat May 18
Toongari Res 9-12pm
Old Wharf Reserve 8-11am
North Palm Beach 9-12pm
Pathilda Res 9-12pm

Sun May 19
Angophora Reserve 8:30-11:30am
Crescent Reserve 9-12pm
McCarrs Creek Res 9-12pm
Irrawong Res 1-4pm
Woorarra Ave Planting Day

Tue May 21
Porter Reserve 9-12pm

Wed May 22
W'wood Bch 8-11am

Sat May 25
Pindari Res 8-11am
Nth Newport Beach 8:30-11:30am
Careel Creek 8:30-11:30am
Kywong Reserve 8:30-11:30am

Sun May 26
Bungan Beach 9-12pm
Winn Bay 9-12pm
Irrawong Reserve Planting Day

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 May 2013**

NEWPORT RUGBY CLUB

**The Newport Breakers Rugby Club is calling out to former players, supporters and community members to come forward with photos of Porters Reserve as they prepare to celebrate the clubs 50th birthday.** The club has come a long way from its humble beginnings in 1963, when a former cow paddock turned rubbish tip was bulldozed to make way for a rugby field. Few of those early pioneers would have envisaged the legacy that they were creating for the northern beaches community. The Newport Junior Rugby club today is one of the largest in the Southern Hemisphere and comprises over 600 players with teams from U6's to U17's. The Newport Senior club, "The Breakers" compete in Suburban Rugby's 2nd Division and field 5 senior sides including colts U21's team and have over 120 registered players.

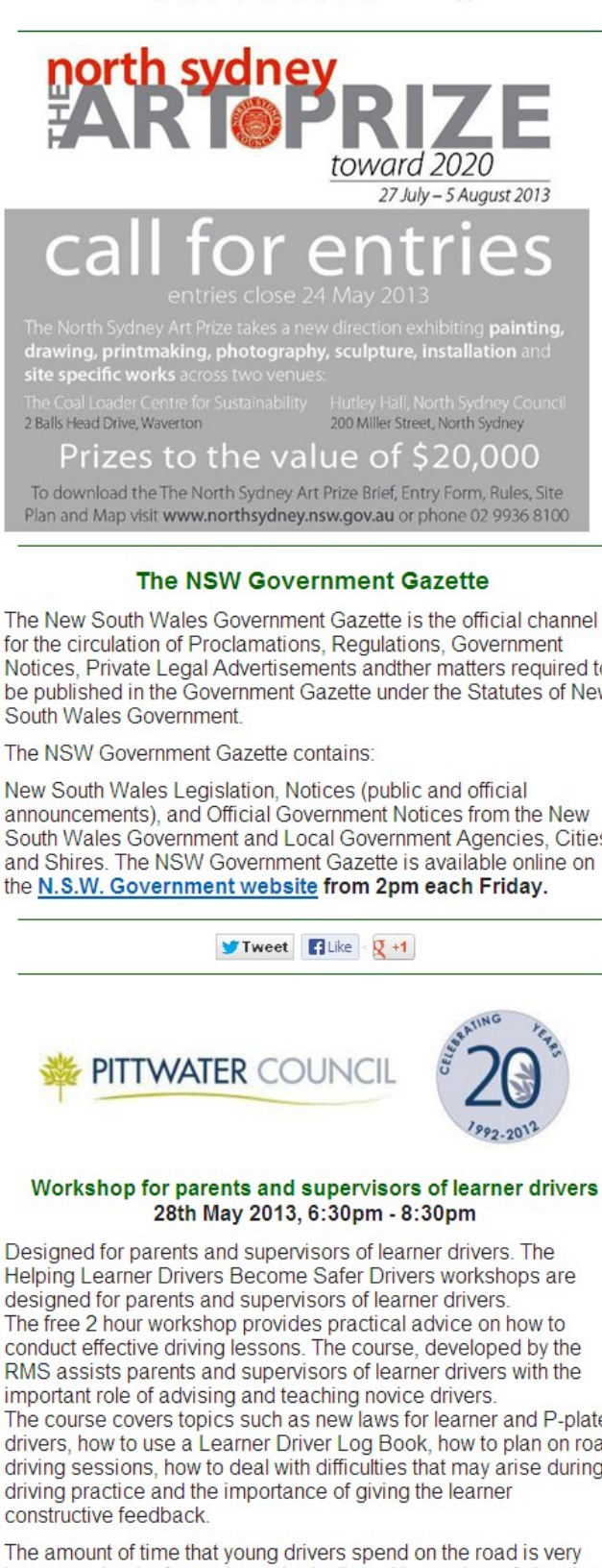
**To celebrate this important milestone, Newport plans to celebrate its 50th year in style with a full calendar of events locked in throughout the season. Activities such as Back to Newport Day, the ever popular Ladies Day and Family days including children's rides are all pencilled in to the celebrations.**

Newport Breakers President Steve Hansen says "this year is obviously an important year for the club as we celebrate the big 50; we have focussed strongly on off season player recruitment which has resulted in swag of exciting new talent to the club" Hansen said the club goals were "to better the 2 premierships achieved last year by our Colts and 4th grade sides, with a particular focus on achieving higher grade silverware".

As for Porters Reserve, it starts the 50th year celebrations in tremendous condition. Newport have just completed upgrades to the ground with a complete resurface of Porters Reserve, new lights for training and continuing upgrading of the clubhouse and the change sheds will ensure the local players have the best facilities Mr Hansen concludes "we'd particularly like to acknowledge the financial efforts of both Pittwater Council and the Newport Junior Rugby Club who have joined with us to achieve what is arguably the best rugby oval in Sydney".

**Anyone with photos from the 60's and 70's of Porters Reserve or old Newport rugby photos is kindly asked to email them to** secretary@newportrugby.com.au

THE SUMBA FOUNDATION
AUSTRALIA



north sydney
THE ART PRIZE
toward 2020
27 July – 5 August 2013

call for entries
entries close 24 May 2013

The North Sydney Art Prize takes a new direction exhibiting **painting, drawing, printmaking, photography, sculpture, installation** and **site specific works** across two venues:
The Coal Loader Centre for Sustainability, 2 Balls Head Drive, Waverton
Hutley Hall, North Sydney Council, 200 Miller Street, North Sydney

Prizes to the value of $20,000

To download The North Sydney Art Prize Brief, Entry Form, Rules, Site Plan and Map visit www.northsydney.nsw.gov.au or phone 02 9936 8100

### 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 andher 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.**

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PITTWATER COUNCIL
CELEBRATING 20 YEARS 1992-2012

### Workshop for parents and supervisors of learner drivers
### 28th May 2013, 6:30pm - 8:30pm

Designed for parents and supervisors of learner drivers. The Helping Learner Drivers Become Safer Drivers workshops are designed for parents and supervisors of learner drivers.
The free 2 hour workshop provides practical advice on how to conduct effective driving lessons. The course, developed by the RMS assists parents and supervisors of learner drivers with the important role of advising and teaching novice drivers.
The course covers topics such as new laws for learner and P-plate drivers, how to use a Learner Driver Log Book, how to plan on road driving sessions, how to deal with difficulties that may arise during driving practice and the importance of giving the learner constructive feedback.

The amount of time that young drivers spend on the road is very important. Lack of experience in dealing with a variety of situations is the main reason new drivers have more accidents. Supervision from a safe and skilled driver can help make learning to drive a positive, safe and fun experience for young learners.
Bookings are essential and can be made by contacting the road safety officer at michelle_carter@pittwater.nsw.gov.au or 9970 1196.

### Selling and Buying Online for Home and Business
### 20th May 2013, 10am - 1pm

TAFE 5 week computer course for local women. Hands-on computer course in Mona Vale Library for 5 mondays starting May 20th at 10am. Suits women who wish to improve their computing skills to include selling and buying using internet services eg ebay, uploading photos to a site, financial safety management.
Cost: $230. Registrations essential. Venue: **Mona Vale Library**
Contact: Robyn Woolley 99420227 or email
Robyn.woolley@tafensw.edu.au

### Tea Cosy Competition
### 22nd May 2013, 1pm - 3pm

The Woolley Wednesday Knitting Group are holding a tea cosy competition to raise funds for the Biggest Morning Tea Cancer Appeal.

Cost: Entry fee $5 per tea cosy. Entry forms available and the entries close Monday 20 May at 5pm. Prizes will be awarded.
Venue: **Mona Vale Library**. Contact: Elaine Dewey 9913 3254

### Waratah Park Working Bee
### 26th May 2013, 9am - 1pm

Waratah Park, "Home of Skippy the Bush Kanagaroo" TV series represents an important part of history of our local area. It is 12 hectares of bushland, environment culture and rare flora and fauna species. Currently the park is closed to the public and all animals have been removed from the park.

Waratah Park has no help whatsoever other than the small group from a small group from Duffy's Forest Residence Association, who go into the park one Sunday a month to clean-up, remove weeds, bush regenerate and remove green waste.
We are looking for volunteers to come to the park and assist. Any help whether large or small would be appreciated!
The next working bee will be on Sunday 26 May, 2013 from 9.00am to 1.00pm.

The park is still a great place but we need to take care of it. If we don't, this historical Australian icon could be lost to the people of Pittwater and Sydney.

Venue: Waratah Park, 13 Namba Road, Duffy's Forest
Contact: Peter Staff email pstaff@hotkey.net.au or Ph:9487 1471 or DFRA Jenny Harris Ph:94501206 or Mob:0408512060 Website: All details are on DFRA website: www.duffysforest.com/

## LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is June 2nd, 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.

### Federal Government Media Releases this week:

**Employment hits a record high**
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/shorten/employment-hits-record-high-1
SNIPPET: Labour force figures released today by the ABS show that seasonally adjusted employment surged by 50,100 in April, exceeding market expectations, to stand at a record high of 11,663,200. Seasonally adjusted full-time employment increased by 34,500 in April 2013, to stand at 8,159,700, also a record high. This impressive record of job creation during very difficult global circumstances and the sustained high dollar is certainly an achievement all Australians can be proud of, Minister Shorten said.

**AusPost seeking applications under the Our Neighbourhood Program | Office for the Not-for-Profit Sector**
PORTFOLIO: Prime Minister and Cabinet
URL: http://www.notforprofit.gov.au/news/auspost-seeking-applications-under-our-neighbourhood-program
SNIPPET: Australia Post is currently seeking applications from organisations who are interested in becoming National Community Partners in their new program - Our Neighbourhood. Through Our Neighbourhood, Australia Post aims to help build healthier, more vibrant and more inclusive communities across Australia. To apply to become a National Community Partner, visit the Australia Post website to complete the Australia Post National Community Partners online application form.

**Advance Care Plans to be Included on E-Health Records**
PORTFOLIO: Health and Ageing
URL: http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr13-tp-tp037.htm?OpenDocument&yr=2013&mth=05
SNIPPET: THE HON TANYA PLIBERSEK MP. Announcing the initiative at the 4th International Society of Advance Care Planning and End of Life Care Conference, Ms Plibersek said it would ensure all Australians could have control over their end-of-life care. An Advance Care Directive is a written document regarding someone's wishes for their future health care.

**Australian and Polish Foreign Ministers discuss bilateral relations, media release, 7 May 2013, Australian Minister for Foreign Affairs**
PORTFOLIO: Foreign Affairs and Trade
URL: http://www.foreignminister.gov.au/releases/2013/bc_mr_130507.html
SNIPPET: Foreign Minister Bob Carr held talks in Sydney last night with the Polish Foreign Minister, Mr Rados&#322aw Sikorski. Mr Sikorski was accompanied by a business delegation. 'People-to-people links are at the very heart of our bilateral relationship,' Mr Sikorski said.

**Families to be considered for bridging visas but 'no advantage' principle applies**
PORTFOLIO: Immigration and Citizenship
URL: http://www.minister.immi.gov.au/media/bo/2013/bo202819.htm
SNIPPET: Minister for Immigration and Citizenship. 'People released into the community on bridging visas will receive adequate support, but it will not be so generous that it encourages people to come to Australia by boat'. Families on bridging visas will not have access to Centrelink support but may receive an appropriate allowance.

**CSIRO launches new breed of factory bots focused on safety and sustainable manufacturing | CSIRO**
PORTFOLIO: Industry, Innovation, Climate Change, Science, Research and Tertiary Education
URL: http://www.csiro.au/en/portals/media/csiro-launches-new-breed-of-factory-bots-focused-on-safety-and-sustainable-manufacturing.aspx
SNIPPET: CSIRO aims to establish and build relationships with members of the community. A new breed of industrial robots and ICT systems could transform Australia's manufacturing sector, creating safer environments and more efficient factories, according to a CSIRO whitepaper. Materials Science and Manufacturing.

**Five graduate from Leaders for Tomorrow | The Hon Amanda Rishworth**
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
URL: http://amandarishworth.fahcsia.gov.au/node/39
SNIPPET: Five people with disability today graduated from Leaders of Tomorrow a national leadership program that helps people with disability become leaders in business, the community and government. Leaders for Tomorrow, part of the Australian Government's $11 million accessibility package under the National Disability Strategy, is a 12-month program which supports people with disability to develop their leadership skills. Ms Rishworth said that each of the graduates from the Leaders for Tomorrow program deserved to be praised for their fantastic achievements, and wished them well as they go on to be leaders in their communities and to inspire others around them.

**Baha'i community in Iran**, media release, 6 May 2013, Australian Minister for Foreign Affairs
PORTFOLIO: Foreign Affairs and Trade
URL: http://www.foreignminister.gov.au/releases/2013/bc_mr_130506.html
SNIPPET: May 14 this year marks the fifth anniversary of the detention of seven national leaders of the Baha'i community in Iran. The Australian Government reiterates its concerns at continuing human rights abuses in Iran including those affecting the Baha'i community. Australia calls on Iran to respect the rights to freedom of religion, freedom of assembly, and freedom of association.

Minister for Defence Science and Personnel - **Defence riders join The Long Ride for prostate cancer**
PORTFOLIO: Defence
URL: http://www.minister.defence.gov.au/2013/05/03/minister-for-defence-science-and-personnel-defence-riders-join-the-long-ride-for-prostate-cancer/
SNIPPET: Minister for Defence Science and Personnel Warren Snowdon today farewelled Defence motorcyclists who are participating in The Long Ride to Cairns. 120 military and Defence civilian riders from bases across Australia will join more than 250 other Long Ride participants as they head for north Queensland. On this basis, thousands of the current Defence work force could be affected by prostate cancer during their lives.

**Minister for Defence - Speech at the launch of the 2013 Defence White Paper**
PORTFOLIO: Defence
URL: http://www.minister.defence.gov.au/2013/05/03/minister-for-defence-speech-at-the-launch-of-the-2013-defence-white-paper/
SNIPPET: SPEECH AT THE LAUNCH OF THE 2013 DEFENCE WHITE PAPER. In the meantime, we are bringing forward replacement of our patrol boats and replacement of our supply ships, Success and Sirius . Can I finally, Prime Minister, take this opportunity of thanking the Chief of the Defence Force, the Secretary, the Service Chiefs, my Ministerial and Parliamentary Secretary colleagues for the work that they have done on allowing this White Paper to be published in a timely manner today.

**Illegal workers caught in Newcastle and Central coast areas** - DIAC Online Newsroom
PORTFOLIO: Immigration and Citizenship
URL: http://www.newsroom.immi.gov.au/releases/illegal-workers-caught-in-newcastle-and-central-coast-areas
SNIPPET: Immigration compliance officers have located 27 illegal workers and visa overstayers in a series of compliance operations in the Central Coast and Newcastle areas that concluded overnight. Investigations into the circumstances of the employment of the illegal workers are continuing. People with information about illegal workers or visa overstayers are encouraged to call the Immigration Dob-In Line on 1800 009 623.

**Issues paper on multinational profit shifting**
PORTFOLIO: Treasury
URL: http://assistant.treasurer.gov.au/DisplayDocs.aspx?doc=pressreleases/2013/052.htm&pageID=003&min=djba&Year=&DocType=0
SNIPPET: Comments are being sought on an issues paper on multinational profit shifting, said Assistant Treasurer David Bradbury. Last year, the Government asked Treasury to examine the risks to the sustainability of Australia's revenue base into the future from multinational profit shifting and aggressive tax minimisation. This paper looks at the broader issues surrounding multinational profit shifting and has been developed in consultation with experts from the community sector, academics, business and the tax profession on the Specialist Reference Group.

**May 12 - 18, 2013: Issue 110**

# Southern Cross Wildlife Care

***"If I can do something to alleviate the stress, pain and suffering of these animals…that's why I do this work."***
***Dr. Howard Ralph, Founder***

Recently we attended a fundraiser for Southern Cross Wildlife Care and met the great team led by Dr. Howard Ralph, a skilled veterinarian who has saved thousands of our native wildlife of every furred, finned, scaled and feathered kind. Southern Cross Wildlife Care has an affirmed policy of '***every critter is welcome because every creature belongs***'. However, Wildlife veterinarians with this level of skill are few and far between. Add to that a commitment that has developed the apparatus required and worked out the chemical balance needed to administer anaesthetics to animals weighing from a few grams to several kilograms and you get some insight to the level of care constantly being developed and maintained here. This does not communicate witnessing a tall giant hold gently a tiny injured ringtail possum and instantly know what is wrong and what can be done to heal this though. A sense of someone who has done this so well and for so long they breathe it is solid, tangible, replete.

If all those he has saved could speak Dr Ralph would have been Australian of the Year every year for decades now and those who support his work deftly communicate in a language you too speak what our Australian Native animals are saying right now…. 'save us, help us, we are being maimed, shot, trapped, hunted, run over and left in agony at the sides of your roads, killed to the point of extinction.'

Every place has unique wildlife that have developed and made gardens of Eden all around the world, in air, water and on earth. If we continue to lose our doe eyed and brilliant ones at the rate we currently are we will lose much more then the purest essence of our land, we will also lose our sentient connection with knowing what it is to really be alive. You cannot buy being able to stand in your yard and hear one bird after another sing through the trees and all this brings to your senses, not if the birds are all gone. You cannot purchase any visual entertainment that will let you experience being in scrubland and hearing then seeing a kangaroo come towards you then bound across your path before the bush is quiet again. You cannot buy being really really alive even if it is the one thing you may be here to know, to taste and experience. You can invest in it though, make sure your children may know this too, go without your coffee in cafes for a week, and put the cents/sense saved into this kind of work. You will get a tiny trill of it then, maybe even see a doe eyed wonderful blinking wisely at you out the corner of your eye.

This week we are very privileged to share a small insight into another Pittwater wonder – the Southern Cross Wildlife Care organisation and its works. We thank Lindy Stacker, one of the SCWC volunteers, for her generous help in compiling this profile and answering our questions.

When did Southern Cross Wildlife begin?

Southern Cross Wildlife Care was launched over 5 years ago now. It was the brainchild of Dr Howard Ralph, the founder and chief veterinarian.

What does SCWC do?

SCWC was established solely for the purpose of treating injured, sick and orphaned wildlife. No wild creature in need that passes through our doors is ever rejected. They all receive the care and attention that they deserve by our incredible vet and volunteer vet nurses and our small team of committed 'helpers'. We are in the privileged position of having our own consultant veterinarian with special expertise in the treatment and care of native fauna and who has a wealth of experience in this undervalued field. Howard is highly skilled but more importantly 'highly compassionate'. Many people can acquire these skills but compassion and empathy is a rare virtue, especially when one **receives no remuneration** for their dedication. Howard has in fact devoted most of his life to treating wildlife on a 24/7 basis. He never has any down time and has had few holidays in the decades he has been caring for our precious wildlife that so few others value with this level of concern.

Please share an insight into the scope of these works.

Howard treats animals (wildlife) from hundreds of miles away and some carers come from interstate. Remarkable as this is, these wildlife carers often have no one else to turn to and go to great lengths to ensure that their 'friends' receive the best treatment available. Howard never gives up even on the most hopeless of 'cases' whilst they have breath in their bodies. Birds come to him that have not even had their broken wings strapped or splinted by other vets. These procedures would take only a few minutes. Many are not given pain relief or sedatives. Fractures are a constant issue, with many not treated at all ie: with splints/ bandage strapping or anti- biotics. Our aim is of course to return all these desperate creatures back into their original 'habitat' but this isn't always possible. Our carers spend a lot of time following various procedures in order to rehabilitate all of these animals in need. Some animals die sadly even under the expert care of Howard, who takes every loss to heart. Even though Howard has a admirable success rate(considering many animals are bought to him on death's door)some animals can't be saved regardless of the attention and expert medical care they receive. Having said this, I actually have seen Howard resurrect the dead in front of my very own eyes. Howard does create miracles.

What plans for the future does SCWC have?

Howard will continue to work to save wildlife until he absolutely no longer can. Even then I believe we will have to forcibly hold him down. We are always looking for dedicated veterinarians who are willing to offer their time (volunteer) to assist Howard and to become better skilled in relation to the many species of wildlife we are fortunate to have in this country. One of our major achievements was to establish our wildlife care centre at Braidwood (near Goulburn). This has been a dream of ours for many years. It is a facility with up to date medical equipment and we are all very proud of this achievement which came to fruition without any government funding. All of the renovations, equipment and medical supplies was financed by kind supporters, friends and many fundraisers.

How can everyone help?

People can assist SCWC by volunteering their skills ie: veterinary; medical; experienced wildlife carers; fundraising; "IT" skills; media; admin; website etc. We are always having to address the issue of finances as we are a non commercial veterinary service for wildlife in need, who obviously don't have cheque books in their pouches. It is a constant concern and struggle of ours when we are pre-occupied with the care and treatment of the escalating amount of wildlife that we have to deal with. Just becoming a member of SCWC for $45 a year would be a great help. Regular monthly donations however small, would be a wonderful gift and we could plan ahead knowing that we had x amount of funds that we could count on. Our small team of volunteers are all unpaid even our amazing vet Howard, so all funds raised go directly towards our precious wildlife. We are now TAX DEDUCTIBLE.

Are there any favourite release sites in Pittwater?

It's hard to pick one or two favourite sites in Pittwater, it's a beautiful area and the entire Pittwater basin is amazingly spectacular. We are very lucky to be living on the northern beaches. Release sites for wildlife are becoming more and more difficult to find though. Some wildlife can not be re-homed in their original 'habitat' because the area or site is totally inappropriate and unsafe.

What is Southern Cross wildlife Care's 'motto for life' or a favourite phrase you try to live by?

Essentially our motto for life would be '***appreciate our wildlife***'.....often we are the last hope for wildlife and Howard certainly puts life back into the wild. ***Do no harm*** I believe Howard would say and value those who are defenceless.

***Be a voice for wildlife for they deserve our concern and empathy.***

**Southern Cross Wildlife Care Website at: southerncrosswildlifecare.org.au/wp/**

SOUTHERN CROSS
WILDLIFE CARE

Dr. Howard Ralph, 2013.

Left to right: Eira Battaglia (NB Roadkill), Peter and Sue Glasson, Lynleigh Grieg, Lindy Stacker, Dr Howard Ralph (all Southern Cross Wildlife Care), Sonja Elwood (Sydney Wildlife). Front: Kayleigh Grieg.

**Copyright Southern Cross Wildlife Care, 2013.**

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Pittwater Online News

May 12 - 18, 2013: Issue 110

## Royal Navy and Royal Australian Navy Ships Visit Pittwater and Broken Bay – Training Days, Fleet Exercises and the Love of the Navy

The fear that was expressed so often prior to the turn of the century (1900) seemed to abate slightly with Federation and the construction of an Australian Naval fleet both here and in purchasing UK constructed vessels. The Boxer Revolution in China (1900-1901) saw reservist Australian Naval patrols organised to guard the coasts and ent to China in August 1900. Much of the rest of our Servicemen were at the Boer War.

Pittwater has always been a mooring place for just about every vessel in the Royal Navy and then the Royal Australian Navy fleet for training exercises within her waters and in the waters offshore at Broken Bay. Torch, H.M.S., left Sydney on Monday for Broken Bay. SHIPPING. (**1898, December 21**). *The Brisbane Courier* (Qld. : 1864 - 1933), p. 3. Retrieved from http://nla.gov.au/nla.news-article3684763

This was not as noisy as may seem at first as most of the ordnance used in these exercises and training were not fitted to go 'boom'! Although there are a few instances of torpedoes running amuck and running themselves into shale or sand, no one was injured and the practice served to identify how to make these missiles go where you want them to go when that is what is required. The only real explosion occurred offshore when an old vessel was used for target practice.

A list of many of the naval vessels that visited Pittwater has been collected below as well as some of what they did while here. Apart from training hard there were also opportunities to experience the beauty of the area and the also maritime focused pursuits of the local people. In fact, so many of our fleets, past and present, have visited Pittwater that Governor Phillip's proclamation of the estuary and its surrounds being large enough to, 'contain all the Navy ships..' seemed to be words worth making come true;

FIRST ENTRY TO PITTWATER. On the same day-March 3, 1788- Phillip's party crossed Broken Bay, and he recorded that "Immediately round the headland that forms the southern entrance Into the bay there is a branch, which I think the finest piece of water I ever saw, and which I honoured with the name of Pitt Water. **It is, as well as the south-west branch, of sufficient extent to contain all the navy of Great Britain**, but has only eighteen feet at low water on a narrow bar which runs across the entrance." PITTWATER. (**1929, September 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16588226

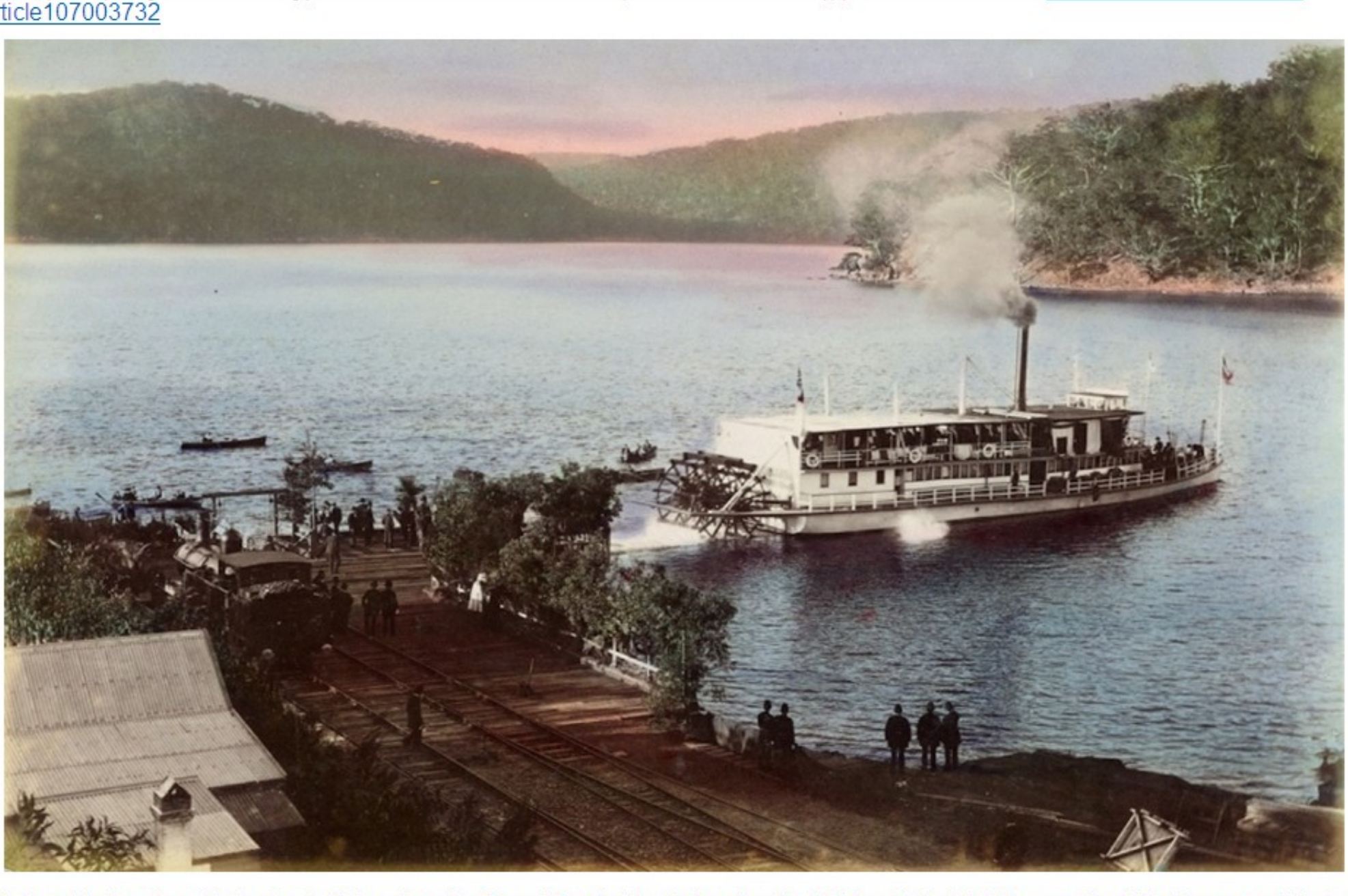
One of the first of the naval vessels to visit after the powder hulk was moved was in connection with a Royal visit by their Royal Highnesses the Duke and Duchess of Cornwall and York (later King George V and Queen Mary). The Duke's main task while in Australia was to inaugurate the first Australian Federal Parliament in Melbourne;

THE LANDING IN SYDNEY. Upon their return from Brisbane southward the Duke and Duchess of Cornwall and York will only remain at Newcastle for a few minutes. It has been arranged that the **Ophir**, probably accompanied by **H.M.S. St. George** and **H.M.S. Juno**, will **proceed to Broken Bay**, where the Royal visitors will leave the train, at the Hawkesbury Bridge, and embark on the Royal yacht. This arrangement will permit the programme drawn up in connection with the reception and landing at Farm Cove to be carried out as originally outlined. The new N.S.W. Government yatch *Sohemara* is to take a party of members of Parliament to the Hawkesbury to welcome the Royal guests. THE LANDING IN SYDNEY. (**1901, May 21**). *Bathurst Free Press and Mining Journal* (NSW : 1851 - 1904), p. 2. Retrieved from http://nla.gov.au/nla.news-article64453811

Above: A crowd watches as the Duke and Duchess of Cornwall and York leave on the H.M.S. *Ophir* for Auckland - Sydney, New South Wales, 9 June 1901, courtesy Museum of Australian Democracy Collection. Inscription on the reverse of photo reads: "Departure of Ophir with Duke and Duchess".

The 'Ophir', a British steel twin-screw ocean liner owned by the Orient Steamship Co. of London, restyled HMS *Ophir* in 1901, conveyed the Duke and Duchess of Cornwall and York (the future King George V and Queen Mary) on their tour of the British Empire. She was anchored in Cowan Creek while the Royal couple boarded the paddle wheel steam boat the 'General Gordon' for a tour of the lower Hawkesbury;

The Royal train, with the Duke and Duchess of Cornwall and York and suite on board will probably pass through Muswellbrook about 9 o'clock this (Saturday) morning. The Royal party are due at Newcastle at noon, where they will join in a procession from Hamilton to Newcastle railway station. They will afterwards proceed to the Hawkesbury River and embark on the S. S. **General Gordon**, which will convey them to the **Royal Yacht Ophir, anchored off Cowan Bay**, whence they will proceed to Sydney on Monday morning. The Royal Train. (**1901, May 25. Saturday**). *The Muswellbrook Chronicle*(NSW : 1898 - 1955), p. 2. Retrieved from http://nla.gov.au/nla.news-article107003732



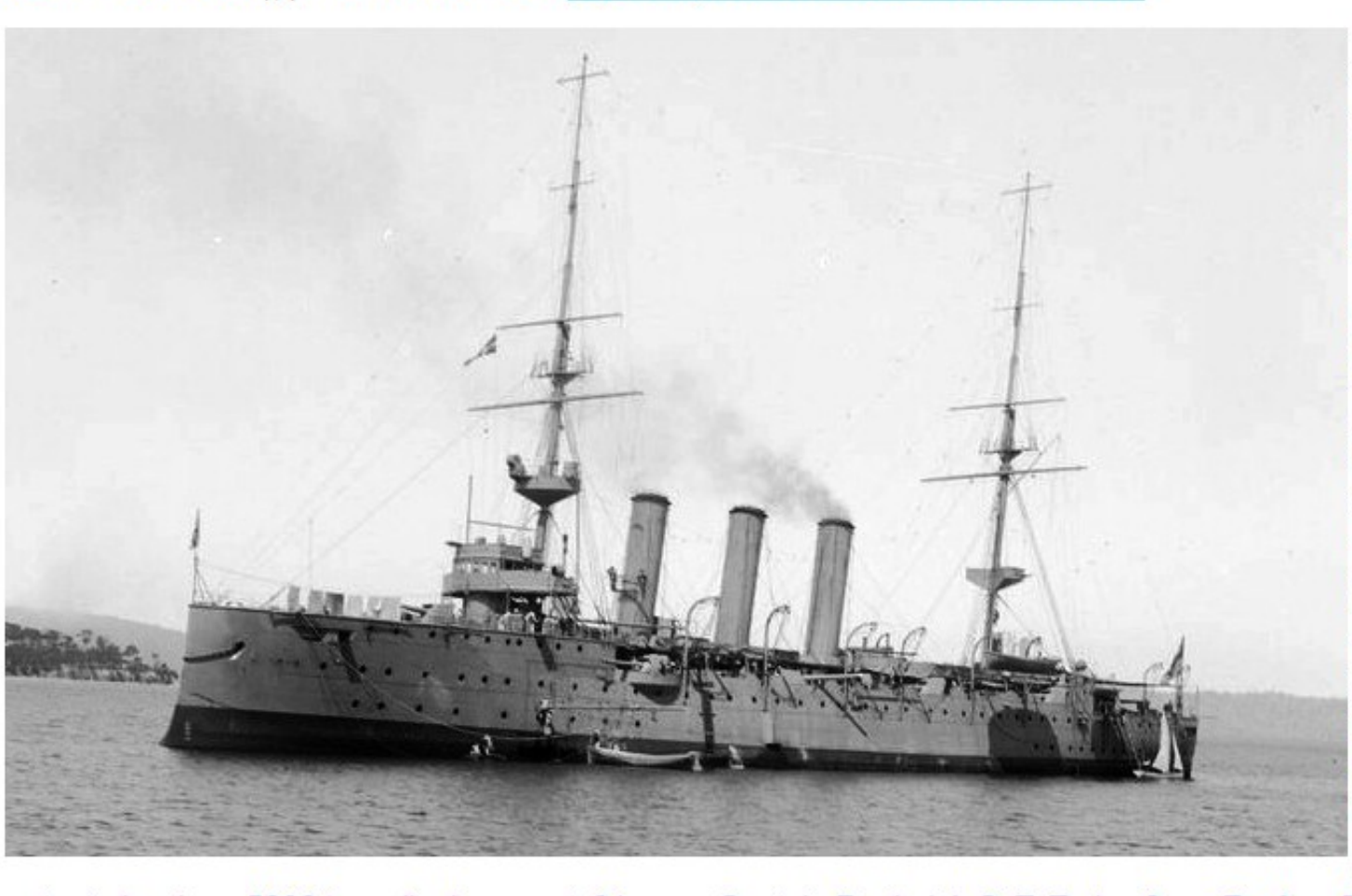
Duke and Duchess leave Hawkesbury for Sydney aboard the General Gorodn - Hawkesbury, New South Wales, 25 May 1901, Museum of Australian Democracy Collection also a black and white sepia version: Pic. No. a116435. Courtesy State Library of NSW

There has always been a strong connection to the Navy in Pittwater, a respect for what can be learnt from all admiralty practices in safety and utilising smaller vessels for 'mosquito fleets' and naval auxiliary vessels in times of conflict. Yachts don't need fuel when war rations cannot afford them; they need breeze only. Cruisers can access creeks and bays where breeze may not be available.

Almost every vessel in the Royal Navy and all classes of vessels in the Royal Australian Navy, have sailed, steamed and dived here at Pittwater and in the waters of Broken Bay. Part of this respect for Naval people stems from the sacrifice of those who serve and those who wait at home for them during the long voyages undertaken. There has always been, and still is, a large fan base for Naval personnel whether an admiral, commodore, captain or regular seaman and women. Just how esteemed they were in some ports they visited is evidenced in this report:

THE FOLLIES OF FASHION. - It is stated that a mania has taken fast hold of Wellington ladies which would be highly flattering to the officers of **H.M.S. Challenger** (right) if they were not too well accustomed to that sort of thing. We refer to the fashion of ladies assimilating their dress as much as possible to that of the naval officers, and of wear-ing in their hair and as ornaments to their dresses, anchors, brass buttons, gold bands, marlings, pikes blocks, &c. to such a pitch has this mania for naval "belongings" reached, that not a ball takes place in Wellington now at which at least half a dozen young ladies may not be seen with their chignons tied on the tops of their heads with black ribbons, on which the word Challenger stands out conspicuous in gold letters in front. This seems ticketing themselves with a vengeance, and in a way happily not often seen among English girls. In the day time, as well as in the evening, the naval influence is observable. Take a stroll down the beach and ten to one the first lady you meet will have on a blue pilot jacket, ornamented with brass buttons, and with gold bands round the wrists. These latter are intended to make her neighbours as wise as herself as to the rank of her naval sweetheart, of her own brevet. The Sydney Morning Herald. (**1869, September 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article13178785

**H.M.S. Challenger**, Commander Lambert, arrived on Saturday **from Broken Bay**, and when steaming up the harbour was saluted by the guns of **H.M.S. Charybdis**. The compliment was returned soon afterwards. SHIPS' MAILS. (**1867, November 18**). *Empire* (Sydney, NSW : 1850 - 1875), p. 4. Retrieved from http://nla.gov.au/nla.news-article60847232



This is not the HMS *Challenger* that visited Broken Bay in 1905 as part of annual naval training exercises. Pictured at left, this HMS Challenger was a second-class protected cruiser of the Challenger class of the Royal Navy.

Commissioned on 30 May 1904, she commenced duty on the Australia Station (the British—and later Australian—naval command responsible for the waters around the Australian continent). She was paid off into reserve on 10 October 1912 before recommissioning during the First World War.

**H.M.S. Euryalus**, first-class twin-screw armoured cruiser, flagship on the Australian Station, 12,000 tons displacement, 39 guns, and four torpedo cubes, Captain Charles L. Napier, **from Broken Bay**. **H.M.S. Challenger**, second-class twin-screw protected cruiser, 5800 tons displacement, 31 guns, Captain Frederick C. T. Tudor, **from Broken Bay**.

SHIPPING. (**1905, October 27**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 6. Retrieved from

http://nla.gov.au/nla.news-article14733644

A prevailing caution to percieved agressors, despite many of these nations vessels visiting our ports and even carrying our mails, may have been added impetus to send naval vessels to train in our waters:

UK WEAK DEFENCES. TO THE EDITOR OF THE HERALD. Sir,-The warning given by Admiral Fanshave in reference to "the vulnerability of our coast" is one that our Federal administrators should take serious note of, for **the seething condition of Russia, the peculiar tactics of the German Emperor, the restless nature of the French, the disturbances in the Balkans and other storm centres, and the critical state of affairs in China, Japan, and Manchuria**, may at any moment bring on a war in which Great Britain may be engaged. The question of defence is therefore the most urgent that can engage the attention of the Federal Parliament and the Federal administrators. ..

**Broken Bay**, **which is the side door for Sydney**, seems to have been neglected altogether in the matter of batteries; and there is, therefore, nothing on the shores of that bay and **its inlets of Cowan and Pittwater** to prevent ships from steaming within a few yards of the shore and disembarking thousands of soldiers. We may be told that the hills about Cowan are so steep that a small force could easily beat back an army from them. So thought Montcalm at Quebec, but Wolfe's army clambered on to the Heights of Abraham and defeated him there. At all events, thousands of troops could be landed at Pittwater or near tho Hawkesbury railway station, from both of which positions they could fight their way to a commanding position on North Sydney, practically in the roar of our forts and batteries. Our submarines are supposed to be in good order, but it would be wise, nevertheless, to have more definite information on that point. OUR WEAK DEFENCES. (**1905, June 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article14709090

A succession of vessels are reported training naval personnel or conducting inter-vessel exercises. Sometimes these ran for a day, sometimes overnight and sometimes for up to three weeks.

NEWCASTLE. NEWCASTLE NAVAL BRIGADE. NEWCASTLE, Monday. The Newcastle detachment (G Company) of the Naval Brigade, under Commander Gardner, left by the afternoon train today for Hawkesbury, where they will join the gun-boat Protector and undergo their annual training at sea. **The Protector** was originally coming to Newcastle, but **owing to the stress of weather she put into Broken Bay**, and as economy in the consumption of coal is a matter which has to be considered, it was arranged that the men should proceed to Broken Bay. Forty-five men have taken advantage of the training, and Commander Gardner has associated with him Staff-Surgeon Nixon, Sub-Lieutenant G. Dick, and Acting Sub-Lieutenant O. Gillam. The Protector will go to sea to-night, and during the six days' training some useful long-distance firing will be carried out. NEWCASTLE. (**1907, March 19**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article14834386

THE PROTECTOR'S CRUISE. **The South Australian gunboat Protector**, which is on a visit to Sydney in connection with the **annual training of the N.S.W, section of the Australian naval forces**, left port at 6.50 a.m. yesterday with the first batch of men, and **arrived at Broken Bay at 8.30 a.m**. THE PROTECTOR'S CRUISE. (**1909, January 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article15030331

During WWI there was some naval activity on Pittwater, as both a practice and precautionary measure:

**MINE-SWEEPING PRACTICE.** The Department of Navigation notifies masters of vessels trading to Broken Bay and the Hawkesbury River and **all persons in charge of vessels navigating the waters of Broken Bay, Hawkesbury River and Pittwater, that mine-sweeping practice is to be carried out from to day at the entrance to Broken Bay and in Pittwater.** This work will be performed by **HMAS Gayundah and Defence Department's s.s. Miner**. These vessels will work together, connected by a wire hawser and will show a black ball at their foremast head and a similar ball at the yard arm (or where it can best be seen) on that side on which it is dangerous for vessels to pass. All other vessels must keep out of the way of vessels showing these signals, and must not attempt to pass between them. **It is further proposed to lay dummy mines in a buoyed area to the northward of fairway and outside Elliot Island.** MINE-SWEEPING PRACTICE. (**1915, February 12**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article15550578 Picture to right: Gayundah receiving her new bow in 1914, courtesy R.A.N. history pages.

**H M A.S. Melbourne,** for Broken Bay. DEPARTURES.—May 5. (**1920, May 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article15888572

**MINE-SWEEPING PRACTICE.** Sydney, August 7. **H.M.A.S. Marguerite, with the Mallow** proceeded to Broken Bay today. Where they will carry out mine-sweeping exercises. MINE-SWEEPING PRACTICE. (**1923, August 8**). *The Advertiser*(Adelaide, SA : 1889 - 1931), p. 12. Retrieved from http://nla.gov.au/nla.news-article37196702

**H.M.A.S. Marguerite** is due back In Sydney today **from Broken Bay**, where she has been engaged on training cruise with naval reserves aboard for the past fortnight. The Marguerite is expected to arrive at 3 p.m., and will proceed to an anchorage at Garden island. H.M.A.S. MARGUERITE DUE TO-DAY. (**1925, November 11**).*The Sydney Morning Herald* (NSW : 1842 - 1954), p. 17. Retrieved from http://nla.gov.au/nla.news-article16254284

Arrivals - **H.M.A.S. Anzac, destroyer, from Broken Bay**, 8.42 a.m. **H.M.A.S. Success, destroyer, from Broken Bay**, 8.14 .m. **H.M.A.S. Swordsman, destroyer, from Broken Bay,**S.S 9.05a.m. SHIPPING. (**1928, April 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 21. Retrieved from http://nla.gov.au/nla.news-article16458720

DEPARTURES.-April 29. **H.M.A.S. Geranium**, for Broken Bay, 3.27 p.m. DEPARTURES.—April 29. (1927, April 30). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 18. Retrieved from http://nla.gov.au/nla.news-article28056010

Departures– November 3.– **HMAS Sydney for Broken Bay**. 10.15am. DEPARTURES.—Nov. 3. (1927, November 4). The Sydney Morning Herald (NSW : 1842 - 1954), p. 17. Retrieved from http://nla.gov.au/nla.news-article16416235

H.M.A.S. MELBOURNE. **H.M.A.S. Melbourne, the new flagship of the Australian fleet, is to leave Sydney at 3 o'clock this afternoon, and for the next week will be carrying out naval exercises near Broken Bay**., This cruiser will return to Sydney on, November 4. H.M.A.S. MELBOURNE. (**1927, October 27**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16414807

NAVAL AND MILITARY News and Notes The **Survey Ships. H.M.S. Moresby**, which left Sydney on April 19 **for Broken Bay** (N.S.W.), remained **there for about a month surveying near Pittwater**, after which she returned to Sydney, and is now surveying on the Queensland coast. NAVAL AND MILITARY. (**1927, June 1**). *The Mercury* (Hobart, Tas. : 1860 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article29674978

THE NAVY. Two Ships to Pay Off. MOMBAH TO BE SOLD. It is the intention of the Navy Department to pay off almost immediately the destroyer Swordsman, and to sell the coal lighter Momball, now in Sydney Harbour. H.M.A.S, Moresby, which is due at Sydney tomorrow from Brisbane, is also to be laid up. For several years the Moresby has been surveying on the Queensland coast, and has done much valuable work there in locating hidden shoals. During the present cruise, which began in April, she made several startling discoveries of dangerous reefs in the track of shipping. It was explained last night that the Moresby was financed under a special trust fund, which is now exhausted. **The Swordsman was paid off this year, but was recommissioned to carry out special torpedo duties at Pittwater**. It is probable that before being placed in E class reserve, where she will be ready for sea with 14 days' notice, she will be sent to Newcastle to represent the Navy at the civic week celebrations, beginning on December 14. With the Swordsman out of commission the destroyer flotilla will be reduced to the Anzac and Success. The Mombah was built at Cockatoo in 1920 and is of no value to the navy now that all the ships are oil-fired. THE NAVY. (**1929, December 9**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16608336

HMAS *Swordsman*, by Allan C. Green 1878 - 1954, courtesy State Library of Victoria.

TORPEDO TESTS. **SWORDSMAN AT PITTWATER**. **For the first time within the memory of State navigation officials, torpedo tests will be carried out at Pittwater commencing September 9, and continuing until further notice. Between 8 a.m. and noon and 1 p.m. to 4p.m. daily except Saturdays and Sundays, the destroyer Swordsman will fire torpedoes in a northerly direction. While the torpedo practice is in progress vessels are warned against going south of Observation Head and north of the destroyer**. A special signal will be exhibited at Barrenjoey Lighthouse. Further exercises were carried out of Sydney Heads yesterday by the submarines Otway and Oxley, and the destroyer-leader Anzac. TORPEDO TESTS. (**1929, August 30**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16579607

**TORPEDO PRACTICE. FISHERMAN STARTLED.** Three fishermen had a thrilling experience at Pittwater on Wednesday afternoon, when an 18ft Whitehead torpedo sped past their launch and buried its 5-sad In the sand nearby. **Harold Holloway** was with his two companions-**Charles Mace and Bill Williams** overhauling the engine of their launch, which was moored **close to inner Palm Beach**. Suddenly he heard a hissing noise, and **saw a long grey object speed past and run in on the sand**. Although **the torpedo contained no explosive**, had it struck the side of the launch, which it missed by only a few feet, it would probably have crushed the side of the boat. **The reaches near Pittwater are periodically utilised by the Australian navy for torpedo practice**, and on this occasion the torpedo was fired by H.M.A.S. Swordsman, more than a mile away. Later the torpedo was recovered by a party from the destroyer, who towed it back to their ship.
NAVY DEPARTMENT'S VIEW.
The fact that torpedoes fired by the destroyer Swordsman in Pittwater sometimes behave erratically is not taken seriously by the Navy Department. It was explained yesterday that after being overhauled at Garden Island the torpedoes are subjected to the most rigorous tests before being issued to the commissioned ships of the fleet. That each torpedo is worth£2500 is a sufficient explanation. **"The Intention of sending the Swordsman to Pittwater is to find out any defects and remedy them**," said an officer yesterday. "**The fact that one or two torpedoes behave strangely rather justifies our investigations. These are carried out on the same lines as those adopted at the Royal Navy's testing station in Scotland**."
The Federal Navigation Department draws attention to the warning that shipping should not come within certain limits In Pittwater while the tests are in progress. Signals are exhibited at Barrenjoey Lighthouse and by the Swordsman. TORPEDO PRACTICE. (**1929, September 20**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16585813

TORPEDO TESTS. As H.M.A.S. Swordsman will be engaged in other duties, torpedo tests will not take place next week in Pittwater. **Officers at Garden Island were concerned yesterday lest a published statement, when read in conjunction with the report of a torpedo having gone ashore, should imply that the safety of people was not considered with due seriousness**. TORPEDO TESTS. (**1929, September 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article16586225

The destroyer Swordsman left port yesterday morning for Pittwater, where she will carry out torpedo exercises. On December 14 she will proceed to Newcastle for the Civic Week celebrations. THE FLEET. (**1929, December 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16608647

HMS Torrens (right), a River-class torpedo-boat destroyer named for the river in Adelaide, utilised as target practice, signified not only the demise of a grand vessel that had served Australia well but also indicated a scaling back of vessels as the Depression in Australia hit home.

FLEET MANOEUVRES. **Torrens Used as Target** 'ENGAGEMENT' OFF COAST. (From our Special Representative, on board H.M.A.S. Canberra.) Steaming at 20 knots to "engage an enemy destroyer" **14 miles east of Broken Bay shortly after noon** yesterday, **H.M.A.S. Canberra** had fired two broadsides from her four twin eight-inch gun turrets, when a "superior enemy force" made Its appearance on the horizon. Turning off to avoid the trap thus set for her, the Canberra continued the engagement whilst retiring, In accordance with previous instructions, on the main body of the Australian fleet, which lay on the disengaged bow. The **flagship H.M.A.S. Australia**, then entered the battle, and was successful in driving off the attack.

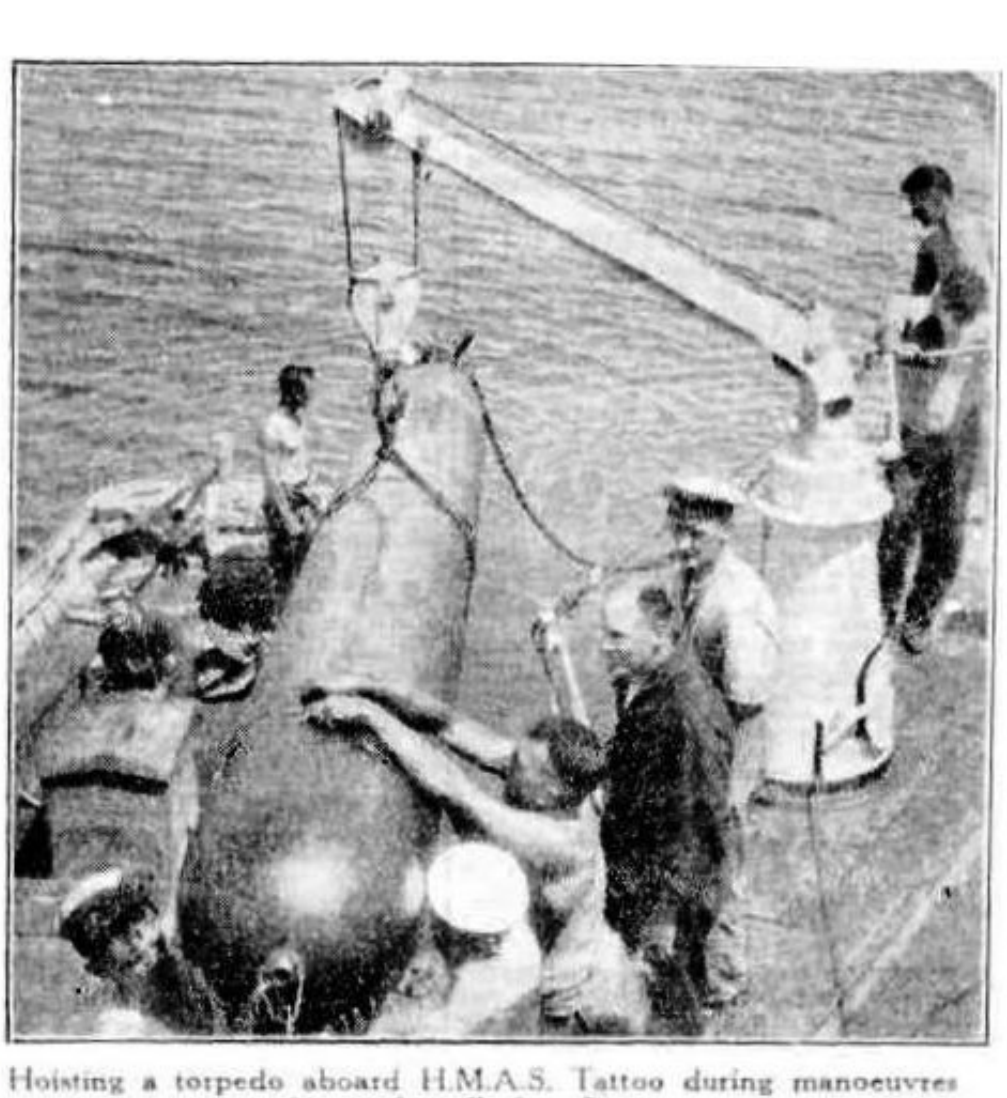
This was the Illusion which made it easier to settle the fate of the **obsolete destroyer Torrens**. For the few laymen who were privileged to witness the manoeuvre from the deck of the Canberra, interest in the exercise and admiration for the skill and accuracy of the Australian gunners were subordinated to some extent to sorrow at the passing of the famous old craft. **Built at Cockatoo Island dockyard early in 1916 as one of the units of the first Australian destroyer flotilla, the Torrens served throughout the war, rendering valuable service. Stripped of most of her superstructure, she was a sorry enough sight yesterday. Managing to preserve some of her proud lines, however, she seemed loath to go to her doom.** FLEET MANOEUVRES. (**1930, April 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article16684068

Left: HMAS *Australia*

The Depression in Australia, which some sources state had its worst year in 1933, then created a resurgance in 'waste not want not' attitude that was extended to our naval ships, reversing a post WWI decommissioning;

TORPEDO PRACTICE. **The destroyer HMAS. Tattoo** which has been held in immediate reserve for several months, was **recommissioned yesterday for a short period and on Tuesday next she will proceed to Pittwater in order to carry out torpedo practice. Shipping is warned that torpedo firing practice will take place in Pittwater commencing on October 10 and continuing daily, with the exception of Saturdays and Sundays until October 27. The torpedoes will be fired between 8am and noon and 1pm and 4pm from the Tattoo, which will be anchored near Taylor's Point, in a northerly direction from Observatory Point**. Vessels are warned not to proceed south of Observation Head or north of the destroyer **when red flag signals are being flown by the destroyer and a motor launch in the vicinity of Rock Head**. THE FLEET. (**1933, October 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article17012902

"MOULDIES." WHAT TORPEDOES DO. EVERYTHING BUT TALK. (BY OUR SPECIAL REPRESENTATIVE ON BOARD HMAS TATTOO ) BROKEN BAY, Tuesday.
Torpedoes are costly things. In a naval engagement a destroyer throws away thousands of pounds every time she looses her death-dealing projectiles into the sea. In times of peace, however, they are adjusted to float after concluding their dash through several miles of water, and are used so often that those charged with their guardianship come to regard them with something like affection, almost as personal friends.



Hoisting a torpedo aboard H.M.A.S. Tattoo during manoeuvres this week at Broken Bay.

Sailors not directly, connected with torpedoes are inclined to refer to these self propelling shells somewhat contemptuously as "fish." Torpedo men, on the other hand, have sentimentally called them "mouldies," a name which apparently has no more meaning than most nick-names, and reply to the sarcasm of their rivals, the gunners, with the retort that torpedoes are "fish" that do almost everything but talk. A really keen torpedo man can tell you the history of every projectile In his ship. **On such and such a day OX9 misbehaved herself, ran off her course, and tried conclusions with a stretch of shingle beach.** She could not lie about it, however, because a self recording chart in her stern recorded every minute of her escapade. PZ10, on the other hand, has always been noted for her regularity of habits, sober-minded attention to duty, and fixity of purpose. OX9 is being disciplined, and may soon become as exemplary as PZ10, which has really no reason to be so proud of her-self.

NO FUSS ABOUT IT.
When an 8-inch or 12-inch gun sets to work it takes good care that everyone within miles knows all about it. It flashes fire and belches smoke from its muzzle, and the shell leaves it with a mighty roar which rocks the air. There is no such fuss about a torpedo tube. There is a dull explosion, a whistle which rises to a subdued shriek, and a splash of water, in which mingles a thin line of white smoke. Then one sees a thin line of bubbles which merge into a wake of palest green in contrast to the blue of the surrounding waters. In war that line of bubbles would end with a mighty explosion as the torpedo struck the enemy ship at which it had been aimed. In practice such as that carried out from the **Tattoo** today, however, the war-head is replaced by a soft collision-head. The torpedo breaks surface at the target, where it is adjusted to halt, and its position is indicated by a thick cloud of smoke from a flame which is ignited as soon as the projectile comes into contact with the air.

One might imagine that, leaving a wake behind it, a torpedo would be a comparatively easy thing to avoid. It must be remembered, however, that the projectile is rushing through the water at the speed of an express train, and that it is always a good deal ahead of the bubbles, which take seconds to rise from the depth at which it is adjusted to travel. Moreover, destroyers have a more interesting purpose than last destruction. In a major engagement they play an important part in the tactics of the commander-in-chief, who may use them and their ubiquitous "fish" to change the direction of an enemy line if that suits his purpose. The enemy commander often has to change line or lose some of his battleships.

NAVY'S NEW LIFE. **From the complement of the Tattoo** (left), which was recommissioned recently to carry out extensive gunnery and torpedo manoeuvres, one gathers an impression that **new hope has been put into the Royal Australian Navy by the Federal Government's recent announcement of a defence policy which is no longer one of "cut and scrape."** Both officers and men feel that they have still a long way to go before the reach complete restoration of the personal prospects which existed when most of them joined the service. Nevertheless, they realise that the move is at last in the right direction, and that the navy will be gradually restored to that state of efficiency and usefulness which gained for the squadron such an enviable reputation during the war. "MOULDIES.". (**1933, October 18**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17016560

Above picture: TORPEDO PRACTICE AT BROKEN BAY. (**1933, October 20**).*The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article17017045

**H.M.A.S. YARRA. The sloop Yarra,** which left on Monday with the Swan for a naming cruise with members of the Royal Australian Naval Reserve, returned to port yesterday morning **to unship mine-sweeping gear which had been used at Broken Bay**, and pick up tackle for towing battle-practice targets. She left port again last night, and proceeded to Jervis Bav where she will take part in manoeuvres with the rest of the fleet. H.M.A.S. YARRA. (**1938, March 17**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article17449419

**NAVAL TRAINING CRUISE, HMAS Yarra,** with **60 Royal Australian Naval reserve ratings from Tasmania** on board returned to Sydney yesterday **after a training cruise in Broken Bay.** She will leave for Hobart today. NAVAL TRAINING CRUISE. (**1938, November 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17535796

World War Two emphasised how important annual naval exercises were. Pittwater, protected by the Volunteer Coastal Patrol and the Navy Auxiliary, still witnessed training exercises and vigilant patrols. A note of interets here:

MR. O. H. BEALE (Lib., Parramatta), 47, is a barrister. He has acted as counsel for the Commonwealth, in matters relating to immigration, taxation, Customs, navigation, and national security measures. He is a member of the executive of the Liberal Party. During the war, **Mr. Beale served as a member of the R.A.N.V.R. with the anti-submarine patrols and commanded the Naval Auxiliary Patrol at Broken Bay**. NEW MEMBERS. (**1946, September 30**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article17996811

MID-AIR CRASH. Sea Search For Pilots. At dawn today planes and naval vessels will continue the search for two R.A.A.F. pilots who are believed to have parachuted into the sea off Shellharbour yesterday morning after their Mustang fighters had collided. An extensive air and surface search yesterday failed to reveal either pilot. The Mustangs were on a training flight from No. 78 Wing, Williamtown, Newcastle. The accident occurred while a flight of eight Mustangs was changing formation at 4,000 feet. All available Navy vessels and R.A.N. planes from H.M.A.S. Albatross, near Nowra, were ordered to the area. They included H.M.A.S. Condamine, and the British submarine Tactician, which were exercising off Jervis Bay, and **H.M.A.S. Murchison, exercising off Broken Bay**. MID-AIR CRASH. (1950, November 8). The Sydney Morning Herald (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article18185126

NAVAL MOVEMENTS SAILINGS TODAY: **HMAS COWRA and HMAS COLAC, for Broken Bay, fitting-out wharf, 8 30 am**. SHIPPING INFORMATION. (1952, February 15). The Sydney Morning Herald (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article18255812

SHIPPING ARRIVALS YESTERDAY: The Sydney Morning Herald (NSW : 1842 - 1954) **Friday 13 June 1952** p 7 Article **HMAS SHOALHAVEN from Broken Bay.** SHIPPING ARRIVALS YESTERDAY: The Sydney Morning Herald (NSW : 1842 - 1954) **Thursday 20 November 1952** p 8 Article NAVAL MOVEMENTS **HMAS CULGOA and HMAS SHOALHAVEN, from Broken Bay.** SHIPPING INFORMATION ARRIVALS The Sydney Morning Herald (NSW : 1842 - 1954) **Friday 26 December 1952** p 5 Article NAVAL MOVEMENTS **H.M.A.S. WAGGA and H.M.A.S.COOTAMUNDRA, for Broken Bay**, Garden Island, p.m. SHIPPING ARRIVALS The Sydney Morning Herald (NSW : 1842 - 1954) **Friday 27 February 1953** p 6 Article NAVAL MOVEMENTS **HMAS CULGOA, from Broken Bay and exercises.** SHIPPING ARRIVALS YESTERDAY: The Sydney Morning Herald (NSW : 1842 - 1954) Friday 7 August 1953 p 8 Article NAVAL MOVEMENTS **HMAS RESERVE, from Broken Bay, HMAS COOTAMUNDRA, for Broken Bay**, to morrow, p m. SHIPPING INFORMATION ARRIVALS YESTERDAY. The Sydney Morning Herald (NSW : 1842 - 1954) **Thursday 13 May 1954** p 9 Article **H.M.A.S. WOOMERA, for Broken Bay .** SHIPPING ARRIVALS The Sydney Morning Herald (NSW : 1842 - 1954) Friday 4 **June 1954** p 12 Article NAVAL MOVEMENTS TO-MORROW: **H.M.A.S. BATAAN, for Broken Bay, Garden Island, 8.30 a.m. SUNDAY: H.M.A.S. BATAAN, from Broken Bay.** SHIPPING ARRIVALS YESTERDAY: The Sydney Morning Herald (NSW : 1842 - 1954) Wednesday 14 July 1954 p 11 Article ... MOVEMENTS SAIL WEDNESDAY: **HMAS Hawkesbury, for Broken Bay**, Garden Island, 8 15 a m ARRIVE FRIDAY: **HMAS Hawkesbury, from Broken Bay**.

NAVAL MOVEMENTS **H M S TELEMACHUS, for Broken Bay**, Balmoral, tomorrow, a m. **HMAS WAGGA** (left) **and H M N Z S HAWEA, for Broken Bay**, Garden Island, to morrow, a m (FA0444). **HMAS COOTAMUNDRA, for Broken Bay**, Garden Island, tomorrow, p m (FA0444) SHIPPING INFORMATION. (1954, January 25). The Sydney Morning Herald (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article18406177

The list above indicates how many naval vessels were conducting exercises near or off Broken Bay. What this list doesn't illustrate is the reinstituting of National Service in 1951.

*The intensification of the Cold War in Europe, Communist insurgency and success in South-East Asia, and the declaration of war in Korea, the Menzies government sponsored the National Service Act 1951. The legislation provided for the compulsory call-up of males turning 18 on or after 1 November 1950, for service training of 176 days. Trainees were required to remain on the Reserve of the Commonwealth Military Forces (CMF) for five years from initial call up. Men could nominate the service in which they wished to be trained. Those nominating the Navy or the Air Force were considered only if they volunteered for service outside Australia. The first call-up notice was issued on 12 April 1951. Between 1951 and 1959 over 500,000 men registered, 52 intakes were organised and some 227,000 men were trained. (2).*

HMAS Culgoa, Image 229052, courtesy State Library of NSW

Trainees Learn Navy's Way By A STAFF CORRESPONDENT
**HMAS Culgoa** was bucking a stiff north-east gale An 18-year-old "macker," his face turned from greenish-yellow to flat white, appealed to Chief Petty Officer R J Bell "Please sir, put me off the ship at Sydney I can t stand it, and I'll never be a sailor "
Bell looked stern He said roughly, "Here, what's this? You're not on the Spirit of Progress now Stick it out lad "

The boy was one of 80 National Service trainees in the frigate. The old hands call them Mackers because of their tremendous appetite for macaroons.

**No Kid Gloves**
And whatever may be happening in the other Services the Navy is not handling its trainees with kid gloves Officially they are treated exactly the same as ordinary RAN recruits they have the same food, quarters, and amenities, and are subject to the same discipline
As one of the frigate's officers put it, unable to resist a friendly nudge at the "junior' Services" It seems the greatest tragedy that can befall a National Service trainee in the Army is fo rhis bedside lamp to fail and mthe Air Force for the entree dish at dinner to be luke warm. We're trying hard to shield our trainees from these disasters '

That doesn't mean the N S lads in Culgoa are given the rope's end, or fed on salt beef and sea biscuit The officers, C P O s and leading hands who have close contact with them seem to show a firm big-brotherly understanding of the problems the youngsters are facing C P O Bell, one of the senior instructors, hammers these first principles hard "Be clean Do as you're told Be quick "
They are simple orders. For those who disobey is the justice of the Navy Already some of the boys have tasted a few days of an irksome kit muster done in normal recreation time-for sloppiness And at least one has suffered the sterner "number ll" for the offence of "skulking on the mess deck," which in this case was making toast when he should have been about a job . "Number 11' punishment involves getting up at 5.30 a.m. instead of 6.30 a.m., and working through the day with only meal breaks until about 9.45 p.m.

Culgoa's commanding officer, Lieutenant-Commander Graham Wright, is a veteran of 31, who doesn't look much older than the N.S. boys to whom, at sea, he is in loco parentis. He says this of the Navy attitude: "I refuse to apologise for Naval discipline. In the comparatively short time I have these lads at sea I'm concentrating on giving them the atmosphere of a ship under war conditions.
Their accommodation is cramped, for we have 170 men on board. But it would be slightly more cramped in war with our wartime complement of 180. Their food is wholesome and plentiful, but not fancy. We have only one galley and officers and men eat the same food prepared the same way. We try to train them in general seamanship, with the accent on inculcating pride in the uniform.
"I've found the lads keen, intelligent, respectful, and without any antipathy to the system that has compelled them to give up temporarily the freedom of civilian life."

The trainees in **Culgoa** are among the 400 the Navy has taken this year-all at their own request. They are now doing **their allotted 42 days at sea of their 124 days' continuous training.**

While in Broken Bay Recruit Seamen took advantage of the fine weather and went for a swim. Contributor(s): Argus (Melbourne, Vic.) ; Sydney Morning Herald Date(s): [ca. 1951] Argus Newspaper Collection of Photographs, State Library of Victoria. Accession no(s) H98.105/2288

**Husky Young Salts**
Seeing them at work in the past few days-galloping to action stations on the first harsh clamour of the alarm gong, straining at the oars of a whaler, and even plugging away industriously at the monotonous but important shipboard job of chipping and painting-has shown how well these youngsters have entered into the spirit of the game.

**In Broken Bay on Tuesday**, they lined the decks and cheered when an N.S. crew pulled a whaler raggedly but enthusiastically across the finishing line three lengths clear of a crew of Petty officers in a heat of the ship's regatta.
They are husky young salts now, full of the jargon of the sea and the attitudes of sailormen. But only a few weeks ago they were falling for the old gag of being sent to the coxswain for the "key of both watches," or to the stores assistant to draw a "negative jacket." [The Navy order "negative jackets" means jackets will not be worn.]

On second day of cruise the Culgoa anchored in Broken Bay where a Ships Regatta was held. Contributor(s): Argus (Melbourne, Vic.) ; Sydney Morning Herald. Date(s): [ca. 1951] Argus Newspaper Collection of Photographs, State Library of Victoria.

What do they think about the Navy now? Here are the views of a few of them:
Gary Wright, of Hampton, Victoria: "I was in the sea cadets for two years, and I've always been keen on the Navy. Now I'm in it I think it's all right. I haven't made up my mind, though, whether I'd like to stay in it permanently."
Alan Harding, of Bexley: "Sometimes you think you would like to stay on and sometimes you think1 you wouldn't. But there's nothing hard about the Navy. It's a good lurk."
Bruce Bowes, of Brighton,
Victoria: "I was going to take it easy, this year anyhow. I won a scholarship in commerce at Melbourne University and I intend to begin next year. This spell with the Navy is a pleasant break. Most of the 'perms.'(permanent service men) treat us very well, teach us all the tricks, and don't take advantage of us. But what I don't like about the Navy is they never let you get a job finished."
Johnny Holmes, of Newcastle: "The only reason I joined the Navy was travel. I've made some bonzer' mates. The food's not bad, considering, and the amenities are good. But the pay is bad. I'm losing 10 guineas a week while I'm here."
Johnny is a £15-£16 a week labourer, and a preliminary bantam weight boxer with 17 fights to his credit. Bruce is a student. Alan is a precision grinder, and Gary is a shipping clerk.
Trainees Learn Navy's Way. (1951, October 18). The Sydney Morning Herald (NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article18235594

This chant of great names closes with a Pittwater Regatta – and the flagships of 1952:

CAPTAIN of the **corvette H.M.A.S. Wagga**, **which marked the start and finish of the yacht races at the Pittwater regatta yesterday**-Lieut.-Commander C. CORNELIUS and MRS. CORNELIUS with two of the party they entertained aboard ship during the day, MR. IAN RITCHIE and MRS. RITCHIE (right). At Pittwater Regatta And Randwick Races. (**1952, December 28**). *The Sunday Herald* (Sydney, NSW : 1949 - 1953), p. 19. Retrieved from http://nla.gov.au/nla.news-article18504947

The Pittwater Regatta yesterday raised more than £100 for the Olympic Games Yachting Federation. The money will be used to enter Australian yachts in the Star and Dragon class events at the 1956 Melbourne Olympic Games Yesterday s Pittwater Regatta was one of the- most comprehensive yachting carnivals for several years. The programme included ricesfor nil classes of yachts-Dragons Stars VJ's VS's Moths and skiffs Dinghies and whalers from **the regatta flagships HMAS Cootamundra and HMAS Wagga competed in special races for their class of boats**. OLYMPIC YACHTS GET £100. (**1952, December 28**). *The Sunday Herald* (Sydney, NSW : 1949 - 1953), p. 8 Section: Sports Section. Retrieved from http://nla.gov.au/nla.news-article18504929

**References:**

*The Voyage of Governor Phillip to Botany Bay with an Account of the Establishment of the Colonies of Port Jackson and Norfolk Island*; compiled from Authentic Papers, which have been obtained from the several Departments to which are added the Journals of Lieuts. Shortland, Watts, Ball and Capt. Marshall with an Account of their New Discoveries, embellished with fifty five Copper Plates, the Maps and Charts taken from Actual Surveys, and the plans and views drawn on the spot, by Capt. Hunter, Lieuts. Shortland, Watts, Dawes, Bradley, Capt. Marshall, etc. London. Printed for John Stockdale, Piccadilly. 1789

2. National Service, 1951–59 – Fact sheet 163. Australian Archives Retrieved from http://www.naa.gov.au/collection/fact-sheets/fs163.aspx

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**Royal Navy and Royal Australian Navy Visits Pittwater and Broken Bay threads collected by A J Guesdon, 2013.**

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Sloop at Pittwater Regatta, Object number: 00011555, courtesy Australian National Maritime Museuum.

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# Pittwater Online News

May 12 - 18, 2013: Issue 110

**Welcome** to our brand new page for all you who are not teenagers yet but like finding out about what's interesting for you. On this page we'll share news, events and bring you some great entertainment from a the past and the present.

If you have something you want to share or something you'd like us to find out more about you can contact us here; we'd love to hear from you!! Just talk to mum or dad about it first and make sure you have their permission and let them give you a hand.

**For you this week:** Pacific Black Duck taking a bath at Careel Creek

## Planting seeds on the front lawn for tomorrow's students - 9 May 2013

The University of Sydney's iconic front lawns became a giant outdoor classroom for 700 eight- and nine-year-olds yesterday.

For most of these students, drawn from 13 primary schools across Sydney, mainly from the greater west and the south west, Year Three Discover University was their first hands-on experience of university life.

"The event is part of the 'Discover' phase of our programs," said Annette Cairnduff, Director of Social Inclusion at the University of Sydney. The initiative also includes activities at each school before and after their University visit.

"The students left with stories of mummies, marshmallows, beebots and bridge making - and possibly a bit of Hogwarts. More importantly they have now been to a university campus, met and talked with students, academics and researchers, and got a feel for what goes on at the University of Sydney," added Cairnduff.

Each child undertook four of 32 activities provided by 13 faculties at the University, as well as by theARC Centre of Excellence for the History of Emotion, Sydney University Sport and Fitness and theSydney University Museums and Gallery.

Ruqaya from Fairfield Public School learnt about some of the basics of engineering: "We got to build a bridge with lollies and we had to put blocks together and see how much they weighed." Her friend Mantoura learnt about an important issue for controlling the spread of illness: "I washed my hands and cleaned them and checked them with a special light to see if there were still germs."

Chloe from Revesby South Public School was given a set of paintings and asked to design an art exhibition, before moving onto a class about power in Australia: "We went to an art gallery and we learnt how to put pictures together and be art curators. Then we learnt about the Prime Minister, Julia Gillard, and voting."

Annette Cairnduff says the idea behind the program is the crucial role early exposure to tertiary education plays in the choices children make later on. "Research tells us that the majority of students who are currently at university began thinking about it in primary school," she says.

Last year more than 12,000 primary and high school students participated in the University's Compass program. More than 30,000 students have taken part in the program since it began in 2009. "We are really starting to see the impact of our work in schools as the kids move up through into high school and senior school," Cairnduff said.

"We couldn't do this work without the terrific and dedicated engagement of staff and students from faculties and central areas of the University," she added.

The University of Sydney's *Compass – find your way to higher education* ('Compass') program encourages primary and secondary school students to participate in higher education.

It is a partnership between the University of Sydney, the NSW Department of Education and Communities, and selected secondary and primary schools in Sydney. This partnership will also expand to regional areas of NSW during 2012.

Playlist Compass - find your way to higher education (9 videos)

## PITTWATER SHORT STORY COMPETITION

Pittwater residents with a flair for writing are invited to enter the 2013 Pittwater Short Story competition. The competition which is run by Mona Vale Library and Berkelouw Books is open to children as well as adults and asks participants to write a short story that is identifiably located in the Pittwater area. Mona Vale Library Manager Cathy Howie said to give entries a distinctive Pittwater feel, they **must incorporate a reference to 'sandy feet'**.

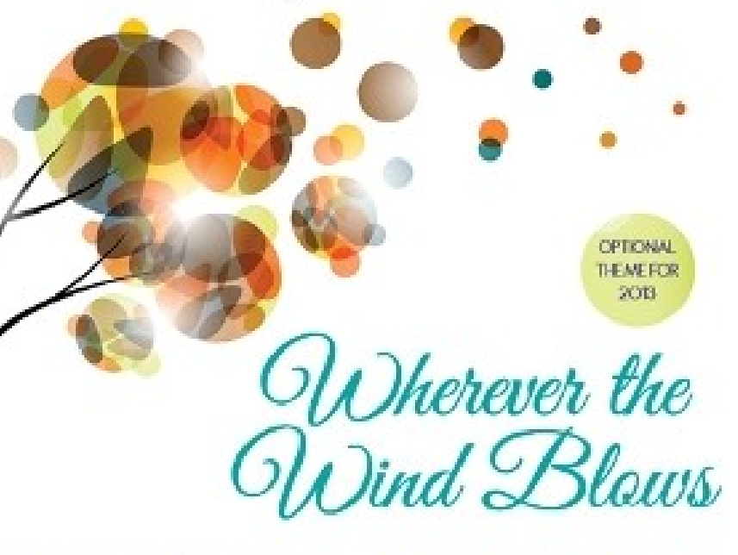
"The competition is open to three age groups, including 9 to 12 years, 13 to 16 years and an open age group," said Ms Howie. "The word limit of the short story varies depending on the age category, with 9-12 year olds needing to submit no more than 500 words; 13-16 years a maximum of 1000 words and no more than 2000 words for the open age category."

Prizes will be awarded in the three age categories, with book vouchers on offer of up to $300 in the open category. The competition is now open with **entries closing on 7 June**.

Entries should be submitted in hard copy only. Entry forms are available at Mona Vale Library and Berkelouw Books or can be downloaded online. All entries must be accompanied by an entry form.

For more information about the competition and to download an entry form visit www.pittwater.nsw.gov.au/library

## Dorothea Mackellar Poetry Awards - 2013



The Awards - **2013 poetry competition dates: close 30 June**

The oldest and largest poetry competition for school aged children in Australia. The aim of the Dorothea Mackellar Poetry Awards is to capture the imagination of school students across Australia, inspiring them with a passion for poetry and a love of country. It is a unique national project, giving Australia's youth a voice and an opportunity to strive for excellence in literature.

Categories and Prizes

Lower Primary (Years K – 3):
Winner: $300, trophy and prize pack
Runner-up: $150 and prize pack

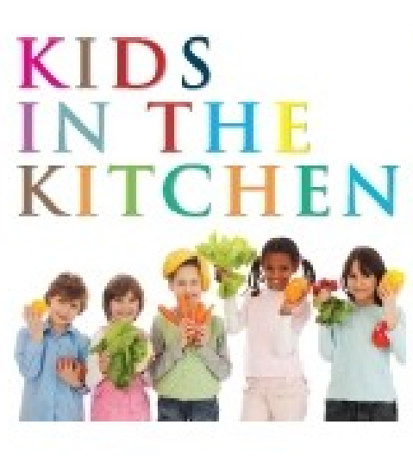
Upper Primary (Years 4 – 6, Inc. Year 7 in QLD, WA, SA)
Winner: $400, trophy and prize pack
Runner-up: $200 and prize pack

Junior Secondary (Years 7 – 9)
Winner: $500, trophy, UWS engraved IPod Touch and prize pack
Runner-up: $300 and prize pack

Senior Secondary (Years 10 – 12)
Winner: $500, trophy, UWS engraved IPad and prize pack
Runner-up: $300 and prize pack

**Schools' Award: For schools that demonstrate effort,**achievement and a high standard of entries, awarded at the judges' discretion.
Winner Primary (the Sheelah Baxter award) : $1000, trophy and prize pack
Winner Secondary: $1000, trophy and prize pack
2013 prize packs also include a unique trophy and a wonderful collection of books from a number of publishing houses and local businesses .
Entries for 2013 now open, **click here to enter online**

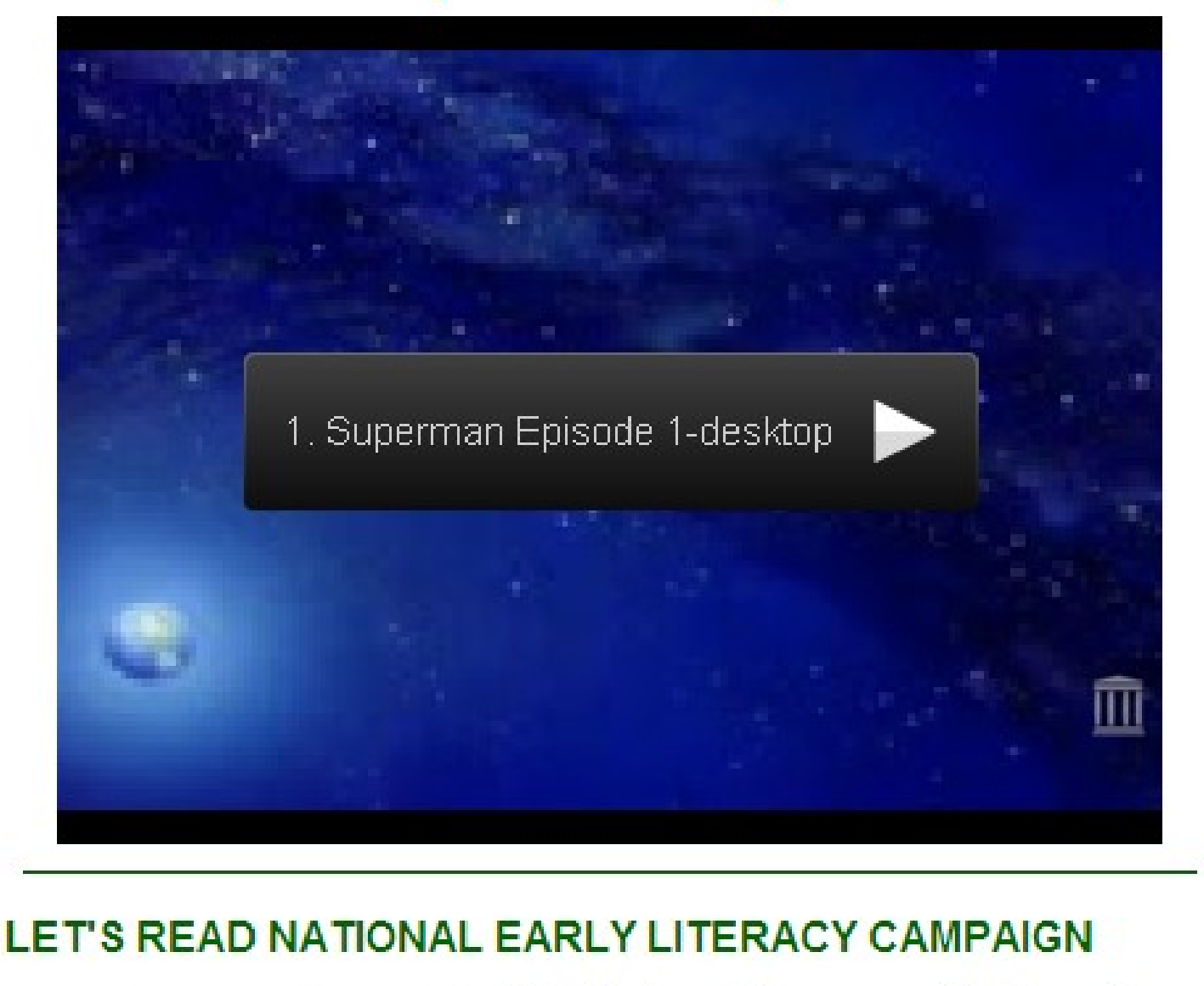
## Love Food, Hate Waste Cookbook



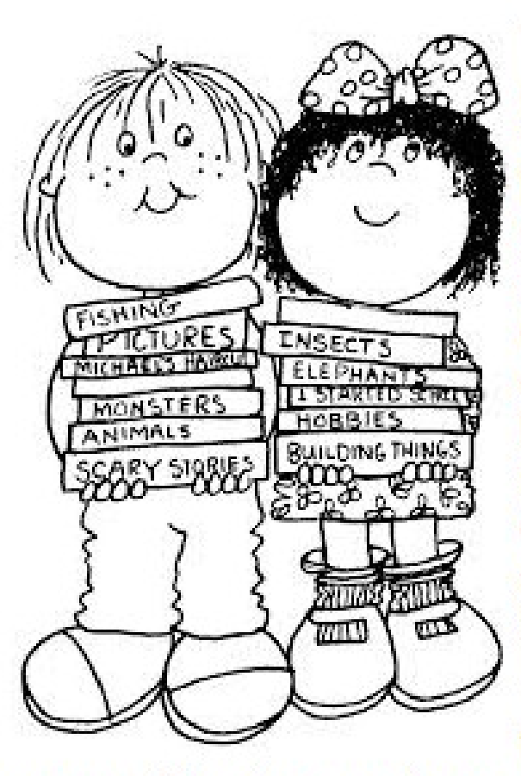
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

## The Superman Show - episode 1



## LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



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.

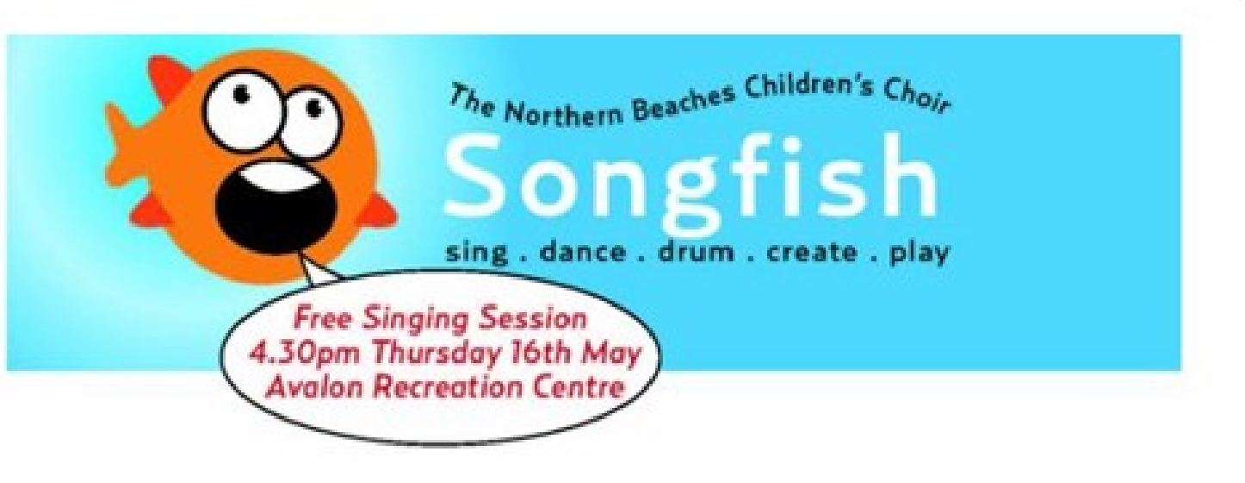
Let's Read was developed by the Royal Children's Hospitals Centre for Community Child Health, Melbourne.

**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.

## A picture book for little children (1812)

INTERNET ARCHIVE A picture book for little children



Trial Singing Session and Sign up, Avalon Rec. Centre, May 16th

## Songfish - The Northern Beaches community choir for children

Songfish is a vibrant choir for school aged kids. There are no auditions, we sing and play music because it's fun. And, yes, we are planning to do other cool stuff like write songs, make film clips, dance, drum and create amazing artwork with local artists.

**Our aims are to:**

Make friends and music.

Have fun singing, dancing, drumming and doing workshops with local artists.

Create a positive environment that is non-judgmental and fosters emotional intelligence and compassion.

Learn how to support each other and sing with real harmony.

Put on fabulous performances that benefit our community and the world!

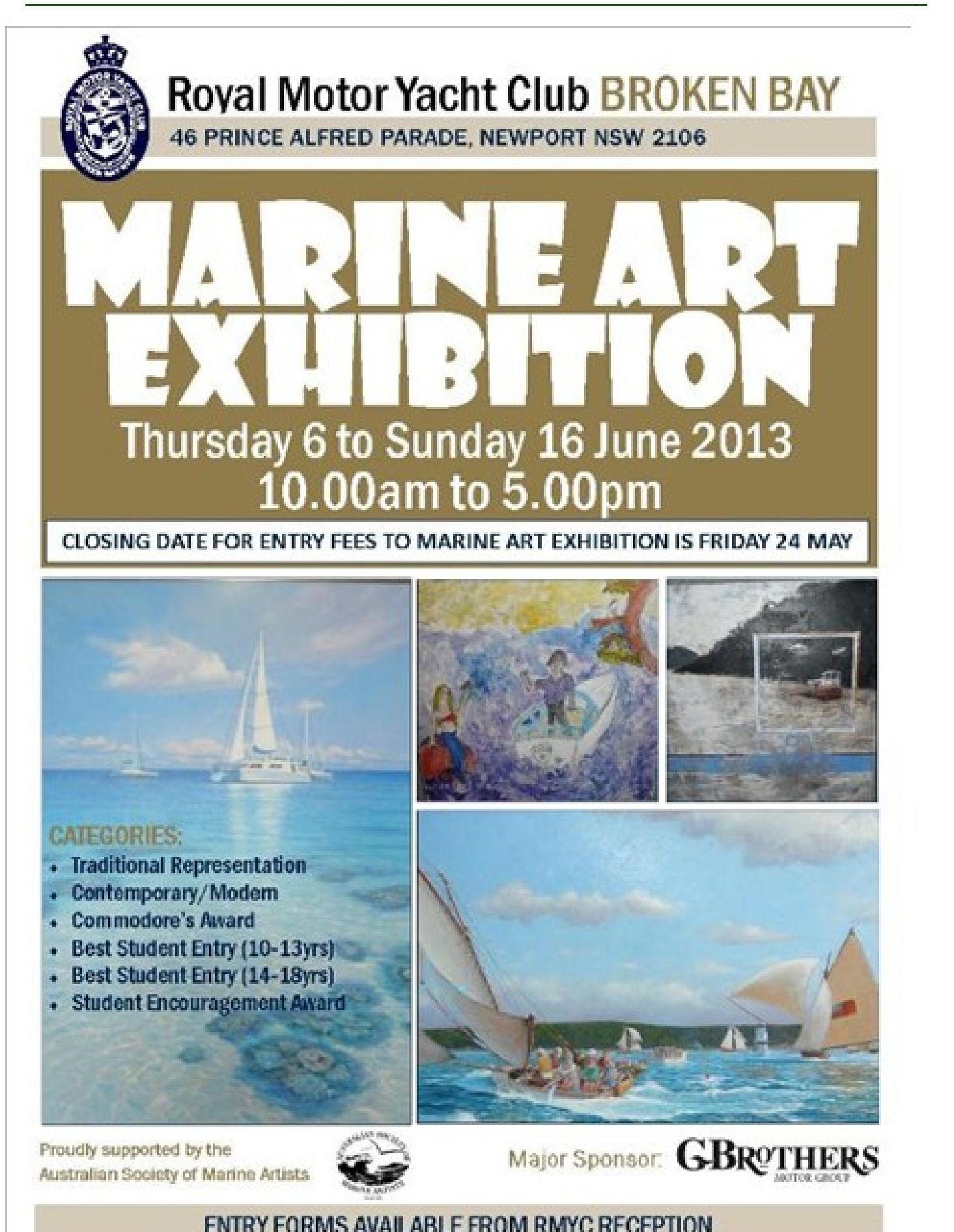
Venue: Avalon Recreation Centre. Cost: Free (but you must register).

**Register:** /www.songfishchoir.com/poll.html

### 5 Week Program

Starts Thursday 23rd May at the Avalon Recreation Centre. Cost: $50 (or less depending on the number of participants). Time: 4.30 to 6pm. Website: www.songfishchoir.com/

**Songfish Choir is not for profit**



Royal Motor Yacht Club BROKEN BAY
46 PRINCE ALFRED PARADE, NEWPORT NSW 2106

MARINE ART EXHIBITION
Thursday 6 to Sunday 16 June 2013
10.00am to 5.00pm

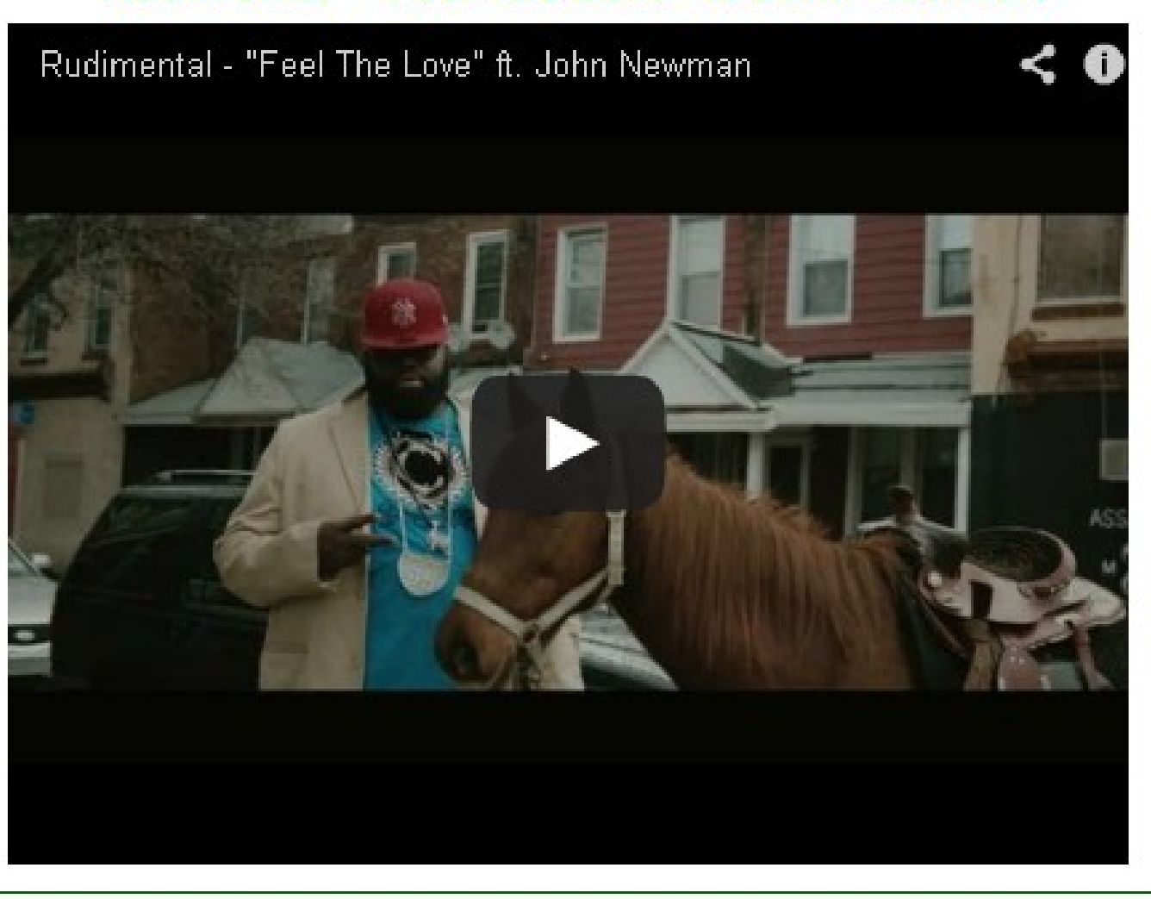
CLOSING DATE FOR ENTRY FEES TO MARINE ART EXHIBITION IS FRIDAY 24 MAY

CATEGORIES:
- Traditional Representation
- Contemporary/Modern
- Commodore's Award
- Best Student Entry (10-13yrs)
- Best Student Entry (14-18yrs)
- Student Encouragement Award

Proudly supported by the Australian Society of Marine Artists
Major Sponsor: GBROTHERS MOTOR GROUP

ENTRY FORMS AVAILABLE FROM RMYC RECEPTION
Tel: 02 9997 5511 Web: www.royalmotor.com.au

## Rudimental - "Feel The Love" ft. John Newman



## Tom Terrific- Go West young Manfred (1958)

1. Tom_Terrific_1958_Ep_16_Go_West_Yo..

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

## Keep children safe online

The Easyguide to Socialising Online is available here

The Cybersafety Help Button is available to download free of chargehere

More information about the ACMA's Cybersmart program is here

### Stories for you already run:

Adrenalin 360 Surf and Skate Competition and Kids Festival

Are You up to the RED BELT CHALLENGE by Hoshin Australia

ArtFest 2012 - Biannual Children's Art Exhibition

Australian Ibis for Children

Avalon Bulldogs Season Open Pictorial

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

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

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

NLASC Narrabeen Rockpool Learn to Swim Program by J P Fisher and Glenn Nicholls

Online World To Be Safer - Sonar Dolphins Arise!

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

SLSC 2013 Interstate Championships - at Newport

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

Winning the Homework War **by Rosemary Smith**

Zoomobile at Loquat Valley School, Bayview

### Mona Vale Library - Young Runarounds!

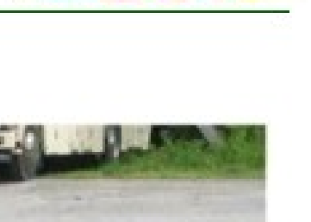
Mona Vale Library has expanded the books available through their 7-day loan collection of new titles for younger readers. These are all books which are currently deemed 'hot' in local book stores. To see the wide range of titles available have a look HERE.

### 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**

## 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.

### Childhood...

## Children's Bedtime Story - Cosmo The Boat Cat

Children's Bedtime Story - Cosmo The Boat Cat -...
COSMO THE BOAT CAT

### Australian Ibis for Children

Pittwater Online News

May 12 - 18, 2013: Issue 110

**From this Issue (110)** this page will be for people who are 13+ to ...? Younger people now have their own page Children. This way we can bring you news you more focused on where you're at now! Doesn't mean you can't still look at the page for younger folk...and all the fun stuff we're bringing them!

## 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.

## Sydney Writers Festival 2013 – May 20-26

### Youth Events

### FANTASTICAL TALES

Young adult fantasy is riding high. The benefit for writers and their publishers is that the genre crosses the generation gap, reaching large audiences. Kate Forsyth, S.D. Gentill and K.B. Hoyle speak with Judith Ridge about listening to our inner child and our desire to read fantastical tales as adults and children. Supported by The Writer's Coffee Shop (TWCS).

**Sunday May 26,** 10-11am, Philharmonia Studio. **Free, no bookings.**

### FUN AND GAMES WITH LIBBA AND JUSTINE

Venture inside the dark, supernatural underbelly of 1920s New York with Libba Bray's The Diviners, and the strange world of vampire dating with Justine Larbalestier's Team Human. Libba is a New York Times bestselling author and recipient of the Michael L. Printz award for excellence in young adult literature. Justine is an award-winning Australian YA and fantasy author. Her last book, Liar, won the WA Premier's Book Award and the YA Sisters in Crime Davitt Award. Both authors discuss their work and what it's like to make stuff up for a living, with US literary agent, Barry Goldblatt.

**Sunday May 26,** 10-11am, Pier 2/3 Club Stage. Free, no bookings.

### STORYTELLING FOR YOUNG AND OLD: PATRICK NESS AND CARLOS RUIZ ZAFÓN

Patrick Ness and Carlos Ruiz Zafón started their writing careers publishing novels tagged as 'young adult'. But the line between adult and young adult fiction is now blurred. Join them as they discuss their books with Judith Ridge, and ponder whether storytelling transcends age limitations.

**Sunday May 26**, 11.30am - 12.30pm, Pier 2/3 Club Stage. **Free, no bookings**

**See more at:** http://www.swf.org.au/kids-events/

Compass Year 7 Campus Visit - Liverpool Boys Hi...
Playlist Compass - find your way to higher education (9 videos)

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## Get Smarter in your Spare Time - ONLINE !

Yale, Stanford, MIT, Cornell, and many other universities including some in Australia have introduced **free open courses** in subjects like physics, biology, and chemistry. In many cases, there is a semester's worth of recorded lectures, along with exams to test your knowledge. If you have ever wanted an Ivy League science education, here's your chance!

Complete list here: http://bit.ly/10OPhfE

Get free online courses from the world's leading universities. This collection includes over 700 free courses in the liberal arts and sciences. Download these audio & video courses straight to your computer or mp3 player. Note: you can find a new collection of certificate-bearing courses here.

## Cyberbullying Rampant Among High School Students: Nearly One-Third of Youths Also Report Playing Video/Computer Games for More Than 3 Hours a Day

May 5, 2013 — **Step into a class of 30 high school students and look around. Five of them have been victims of electronic bullying in the past year.** What's more, 10 of those students spend three or more hours on an average school day playing video games or using a computer for something other than school work, according to a study to be presented Sunday, May 5, at the Pediatric Academic Societies (PAS) annual meeting in Washington, DC. This American study is worth taking note of as similar experiences occur here.

"Electronic bullying of high school students threatens the self-esteem, emotional well-being and social standing of youth at a very vulnerable stage of their development," said study author Andrew Adesman, MD, FAAP, chief of Developmental and Behavioral Pediatrics at Cohen Children's Medical Center of New York. "Although teenagers generally embrace being connected to the Web and each other 24/7, we must recognize that these new technologies carry with them the potential to traumatize youth in new and different ways."

The researchers analyzed data from the 2011 Youth Risk Behavior Survey of 15,425 public and private high school students. The school response rate was 81 percent, and the student response rate was 87 percent.

The Centers for Disease Control and Prevention conducts the survey on a nationally representative sample of high schoolers every two years to monitor six types of health-risk behaviors that contribute to the leading causes of death, disability and social problems among U.S. youths.

For the first time, the 2011 survey asked students whether they had been a victim of electronic bullying in the past 12 months, including through email, chat rooms, instant messaging, websites and texting. They also were asked how many hours they play video or computer games or use a computer for something that is not school work.

**Results showed:**

One in six high school students (16.2 percent) reported being electronically bullied within the past 12 months.

Girls were more than twice as likely to report being a victim of cyberbullying than boys (22.1 percent vs. 10.8 percent).

Whites reported being the victim of cyberbullying more than twice as frequently as blacks.

"Electronic bullying is a very real yet silent danger that may be traumatizing children and teens without parental knowledge and has the potential to lead to devastating consequences," said principal investigator Karen Ginsburg, also at Cohen Children's Medical Center of New York. "By identifying groups at higher risk for electronic bullying, it is hoped that targeted awareness and prevention strategies can be put in place."

The above story is reprinted from materials provided by **American Academy of Pediatrics**

## Oldest? New 'Bone-Head' Dinosaur Hints at Higher Diversity of Small Dinosaurs

May 7, 2013 — Scientists have named a new species of bone-headed dinosaur (*pachycephalosaur*) from Alberta, Canada. *Acrotholus audeti* (Ack-RHO-tho-LUS) was identified from both recently discovered and historically collected fossils. Approximately six feet long and weighing about 40 kilograms in life, the newly identified plant-eating dinosaur represents the oldest bone-headed dinosaur in North America, and possibly the world.

Dr. Michael Ryan, curator of vertebrate paleontology at The Cleveland Museum of Natural History, co-authored research describing the new species, which was published May 7, 2013 in the journal Nature Communications.

Acrotholus means "high dome," referring to its dome-shaped skull, which is composed of solid bone over 10 centimeters (two inches) thick. The name Acrotholus audeti also honors Alberta rancher Roy Audet, on whose land the best specimen was discovered in 2008. Acrotholus walked on two legs and had a greatly thickened, domed skull above its eyes, which was used for display to other members of its species, and may have also been used in head-butting contests. Acrotholus lived about 85 million years ago.

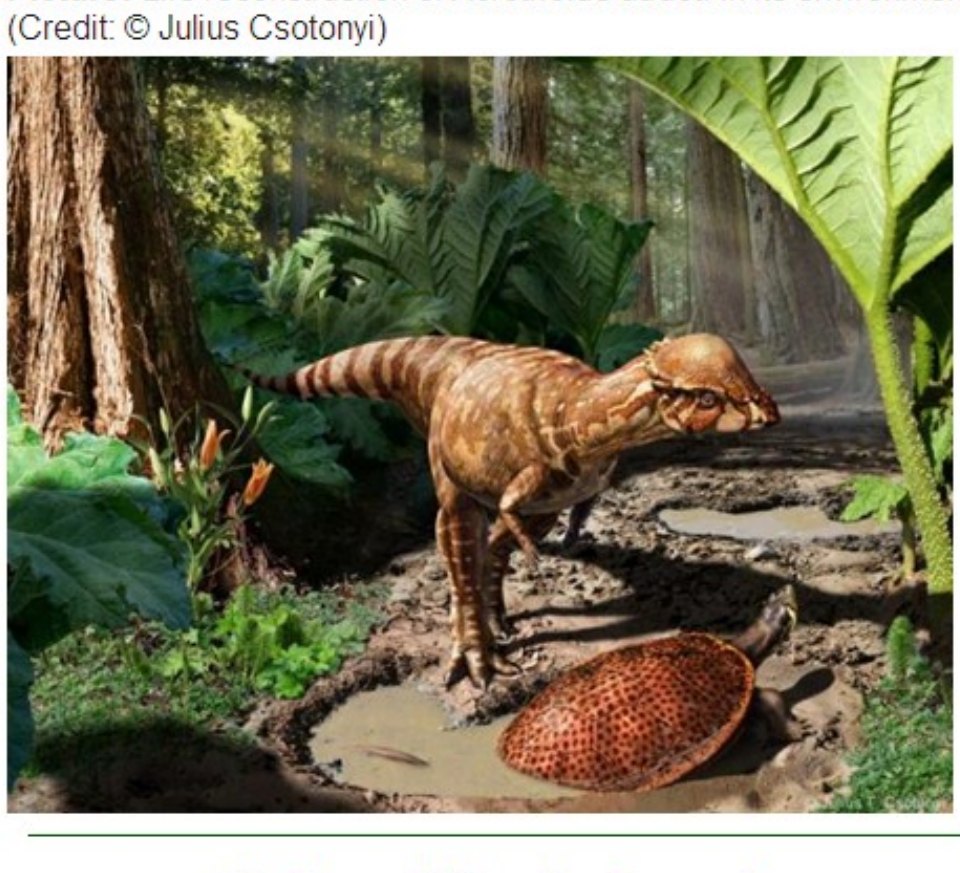
The new dinosaur discovery is based on two skull 'caps' from the Milk River Formation of southern Alberta. One of these was collected by the Royal Ontario Museum (ROM) more than 50 years ago. However, a better specimen was found in 2008 by University of Toronto graduate student Caleb Brown during a field expedition organized by Dr. David Evans of the Royal Ontario Museum and University of Toronto, and Ryan.

"Acrotholus provides a wealth of new information on the evolution of bone-headed dinosaurs. Although it is one of the earliest known members this group, its thickened skull dome is surprisingly well-developed for its geological age," said lead author Evans, ROM curator, vertebrate palaeontology. "More importantly, the unique fossil record of these animals suggests that we are only beginning to understand the diversity of small-bodied plant-eating dinosaurs."

Small mammals and reptiles can be very diverse and abundant in modern ecosystems, but small dinosaurs (less than 100 kg) are considerably less common than large ones in the fossil record. Whether this pattern is a true reflection of dinosaur communities, or is related to the greater potential for small bones to be destroyed by carnivores and natural decay, has been debated. The massively constructed skull domes of pachycephalosaurs are resistant to destruction, and are much more common than their relatively delicate skeletons - which resemble those of other small plant-eating dinosaurs. Therefore, the researchers suggest that the pachycephalosaur fossil record can provide valuable insights into the diversity of small, plant-eating dinosaurs as a whole.

David C. Evans, Ryan K. Schott, Derek W. Larson, Caleb M. Brown, Michael J. Ryan. The oldest North American pachycephalosaurid and the hidden diversity of small-bodied ornithischian dinosaurs. Nature Communications, 2013; 4: 1828 DOI: 10.1038/ncomms2749

**Picture:** Life reconstruction of *Acrotholus audeti* in its environment. (Credit: © Julius Csotonyi)



## National Youth Awards

The Federal Government will be holding the first National Youth Awards in August to recognise and celebrate young people as well as promote the important contribution they make to the nation. Minister for Youth Peter Garrett said young people are one of the most important assets any nation has.

"Our young people are the leaders of tomorrow. When I visit a school or meet with young people, I am blown away by how engaged and enthusiastic they are," Mr Garrett said. "These new National Youth Awards aim to recognise the dedication young people have and how they are making a difference in their communities. Importantly, these awards will be designed by young Australians for their peers."

The Australian Government Office for Youth will consult with the National Planning Group and other young Australians to gather feedback and ideas about how the awards should be run. **Applications will open end of May** with categories and further information released following consultation. The Planning Group is made up of young people from every state and territory, including an Australian Government representative and an Australian Government Aboriginal and Torres Strait Islander representative. All 10 members have been working with their local youth groups and councils to promote this year's National Youth Week and will now help to plan the awards.

Stay tuned for further details on this site in coming weeks.

## 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/**

## 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.

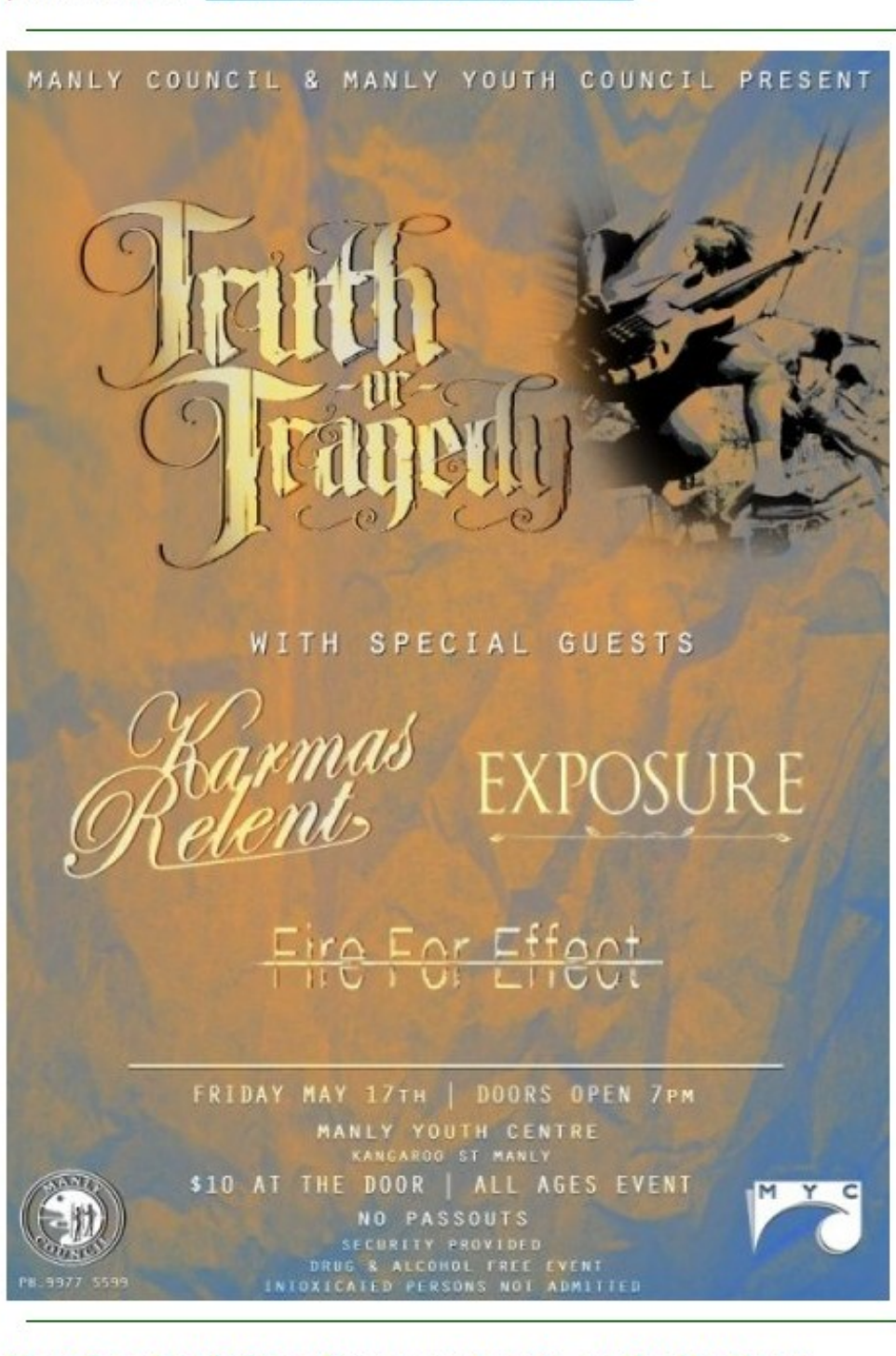
## Bullying; NO WAY !!!

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.

**Manly Youth Centre Kangaroo Street** is bringing back more band nights. The amazing talent on the northern beaches needs to be heard. The first will be on the 17th May .An outstanding line up of heavy metal hard core bands. They will kick start the Kangaroo Street venue. It will be a night not to be missed. The line up will be released later this week.

If you are an rock band or acoustic act and you would like to be part of the Kangaroo Street Music nights

please email - Jennifer.beaches@hotmail.com

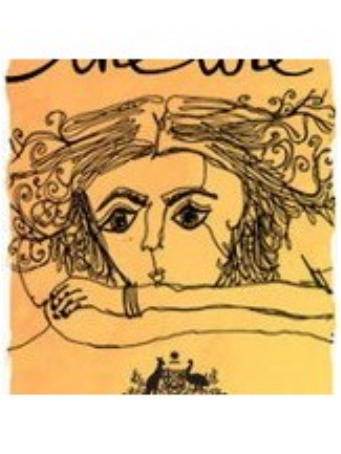

MANLY COUNCIL & MANLY YOUTH COUNCIL PRESENT
Truth or Tragedy
WITH SPECIAL GUESTS
Karmas Relent
EXPOSURE
Fire For Effect
FRIDAY MAY 17TH | DOORS OPEN 7PM
MANLY YOUTH CENTRE
KANGAROO ST MANLY
$10 AT THE DOOR | ALL AGES EVENT
NO PASSOUTS
SECURITY PROVIDED
DRUG & ALCOHOL FREE EVENT
INTOXICATED PERSONS NOT ADMITTED
MYC

**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

Northern Beaches Youth Bands
SUPPORT LOCAL BANDS
BRINGING TOGETHER YOUNG BANDS & FANS ON SYDNEY'S NORTHERN BEACHES
CHECK THIS OUT!
Northern Beaches Youth Bands FACEBOOK PAGE

## 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/Yp9eYy

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

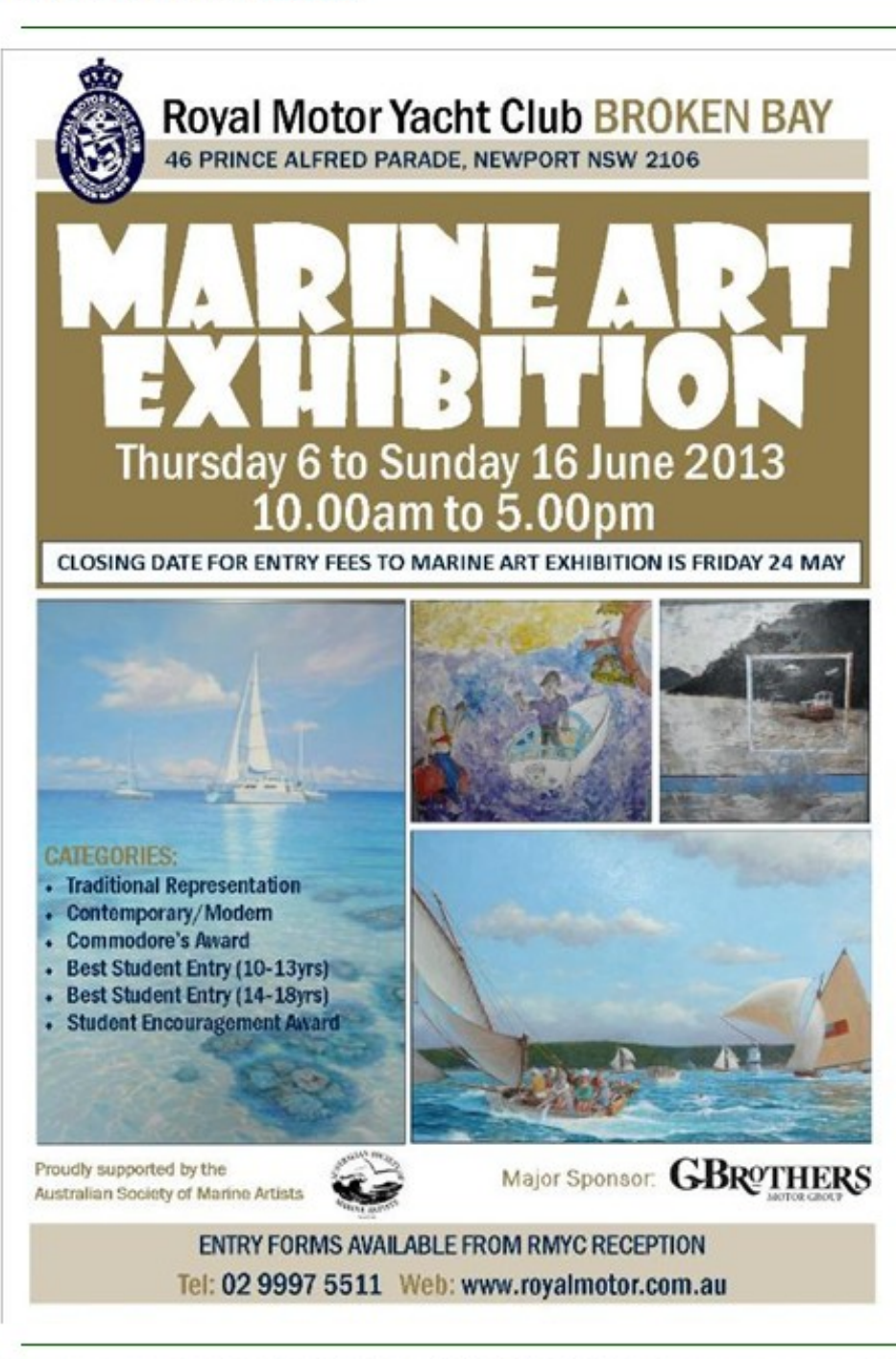
## Bus Pass Replacement

HERE

## 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


Royal Motor Yacht Club BROKEN BAY
46 PRINCE ALFRED PARADE, NEWPORT NSW 2106
MARINE ART EXHIBITION
Thursday 6 to Sunday 16 June 2013
10.00am to 5.00pm
CLOSING DATE FOR ENTRY FEES TO MARINE ART EXHIBITION IS FRIDAY 24 MAY
CATEGORIES:
Traditional Representation
Contemporary/Modern
Commodore's Award
Best Student Entry (10-13yrs)
Best Student Entry (14-18yrs)
Student Encouragement Award
Proudly supported by the Australian Society of Marine Artists
Major Sponsor: GBrothers
ENTRY FORMS AVAILABLE FROM RMYC RECEPTION
Tel: 02 9997 5511 Web: www.royalmotor.com.au

MUSIC IS WHAT FEELINGS SOUND LIKE

## 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

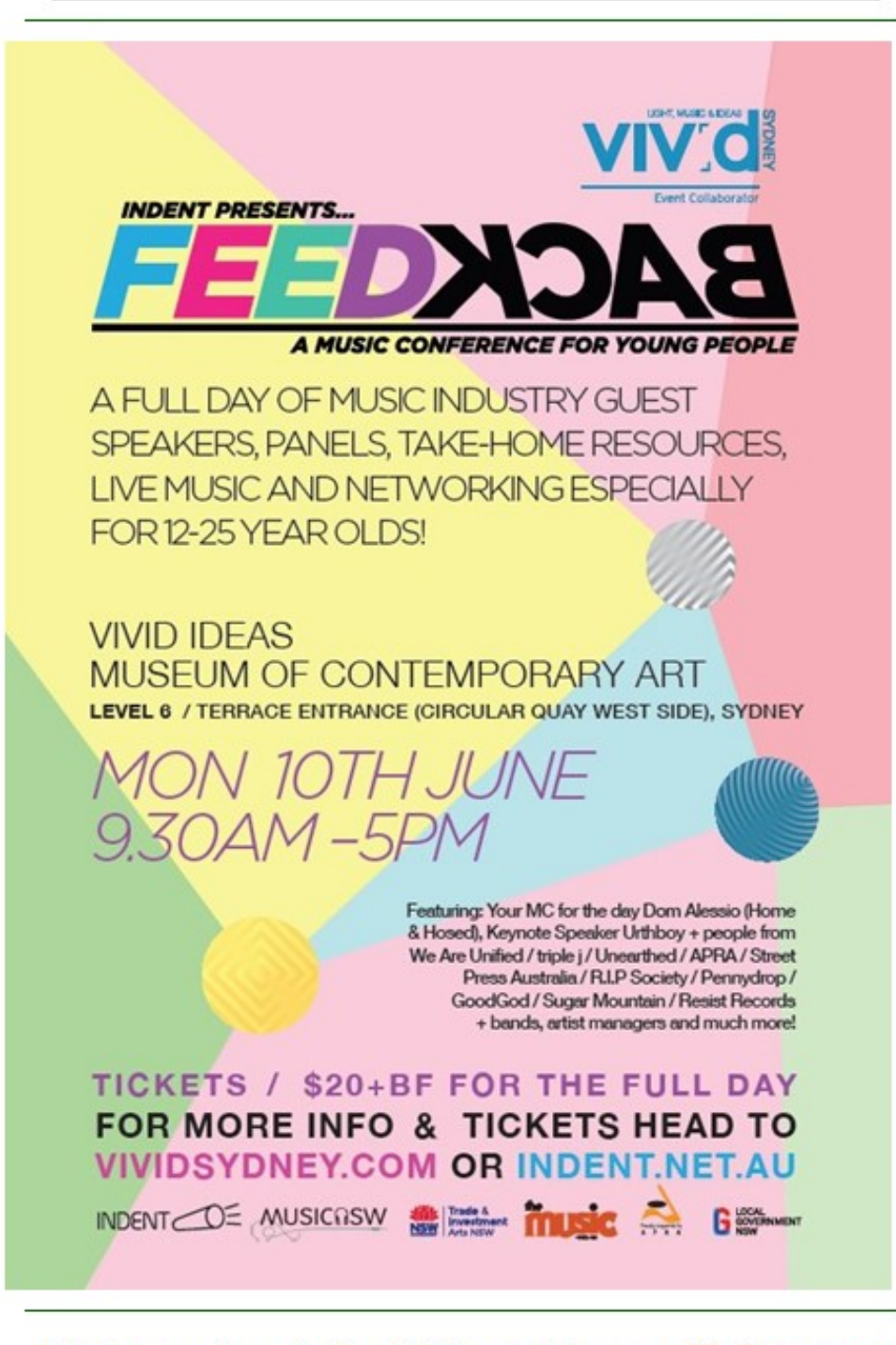
***All are Welcome, All Belong !***

## Zoe Elliot with Lincoln Smith - Black Dog from SongwritersLiveAust - Published on 7 May 2013

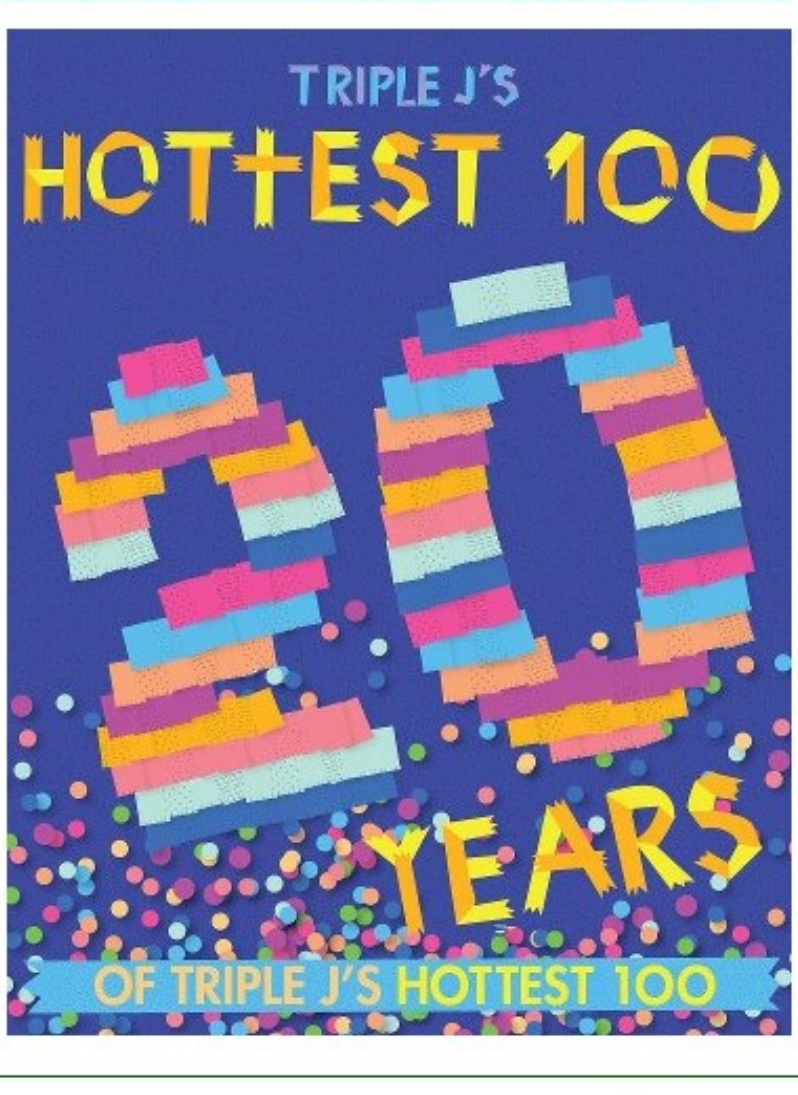
Zoe Elliot with Lincoln Smith - Black Dog, at Songwriters Live, live at the Old Manly Boatshed, Sydney.

Songwriters Live Australia is a series of live music events showcasing emerging singer songwriters based in Sydney. Find out more at: /www.songwriterslive.com.au/index_flash.php

SONG WRITERS LIVE


vivid SYDNEY
Event Collaborator
INDENT PRESENTS...
FEEDBACK
A MUSIC CONFERENCE FOR YOUNG PEOPLE
A FULL DAY OF MUSIC INDUSTRY GUEST SPEAKERS, PANELS, TAKE-HOME RESOURCES, LIVE MUSIC AND NETWORKING ESPECIALLY FOR 12-25 YEAR OLDS!
VIVID IDEAS
MUSEUM OF CONTEMPORARY ART
LEVEL 6 / TERRACE ENTRANCE (CIRCULAR QUAY WEST SIDE), SYDNEY
MON 10TH JUNE
9.30AM -5PM
Featuring: Your MC for the day Dom Alessio (Home & Hosed), Keynote Speaker Urthboy + people from We Are Unified / triple j / Unearthed / APRA / Street Press Australia / RLP Society / Pennydrop / GoodGod / Sugar Mountain / Resist Records + bands, artist managers and much more!
TICKETS / $20+BF FOR THE FULL DAY
FOR MORE INFO & TICKETS HEAD TO VIVIDSYDNEY.COM OR INDENT.NET.AU
INDENT
MUSICNSW
music

**Triple your Jays hottest 100 over 20 years - Voting opens MAY 14. see:** www.abc.net.au/triplej/hottest100/alltime/20years/


TRIPLE J'S
HOTTEST 100
20
YEARS
OF TRIPLE J'S HOTTEST 100

## PITTWATER SHORT STORY COMPETITION

Pittwater residents with a flair for writing are invited to enter the 2013 Pittwater Short Story competition. The competition which is run by Mona Vale Library and Berkelouw Books is open to children as well as adults and asks participants to write a short story that is identifiably located in the Pittwater area. Mona Vale Library Manager Cathy Howie said to give entries a distinctive Pittwater feel, they **must incorporate a reference to 'sandy feet'**.

"The competition is open to three age groups, including 9 to 12 years, 13 to 16 years and an open age group," said Ms Howie. "The word limit of the short story varies depending on the age category, with 9-12 year olds needing to submit no more than 500 words; 13-16 years a maximum of 1000 words and no more than 2000 words for the open age category."

Prizes will be awarded in the three age categories, with book vouchers on offer of up to $300 in the open category. The competition is now open with **entries closing on 7 June**.

Entries should be submitted in hard copy only. Entry forms are available at Mona Vale Library and Berkelouw Books or can be downloaded online. All entries must be accompanied by an entry form.

For more information about the competition and to download an entry form visit www.pittwater.nsw.gov.au/library

## Workshop for parents and supervisors of learner drivers
28th May 2013, 6:30pm - 8:30pm

Designed for parents and supervisors of learner drivers. The Helping Learner Drivers Become Safer Drivers workshops are designed for parents and supervisors of learner drivers.

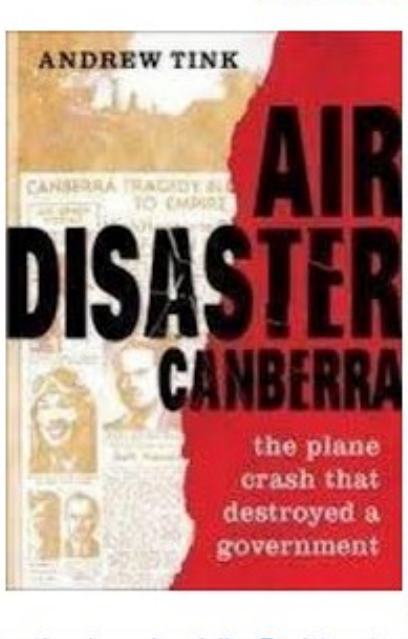
The free 2 hour workshop provides practical advice on how to conduct effective driving lessons. The course, developed by the RMS assists parents and supervisors of learner drivers with the important role of advising and teaching novice drivers.

The course covers topics such as new laws for learner and P-plate drivers, how to use a Learner Driver Log Book, how to plan on road driving sessions, how to deal with difficulties that may arise during driving practice and the importance of giving the learner constructive feedback.

The amount of time that young drivers spend on the road is very important. Lack of experience in dealing with a variety of situations is the main reason new drivers have more accidents. Supervision from a safe and skilled driver can help make learning to drive a positive, safe and fun experience for young learners.

Bookings are essential and can be made by contacting the road safety officer at michelle_carter@pittwater.nsw.gov.au or 9970 1196.

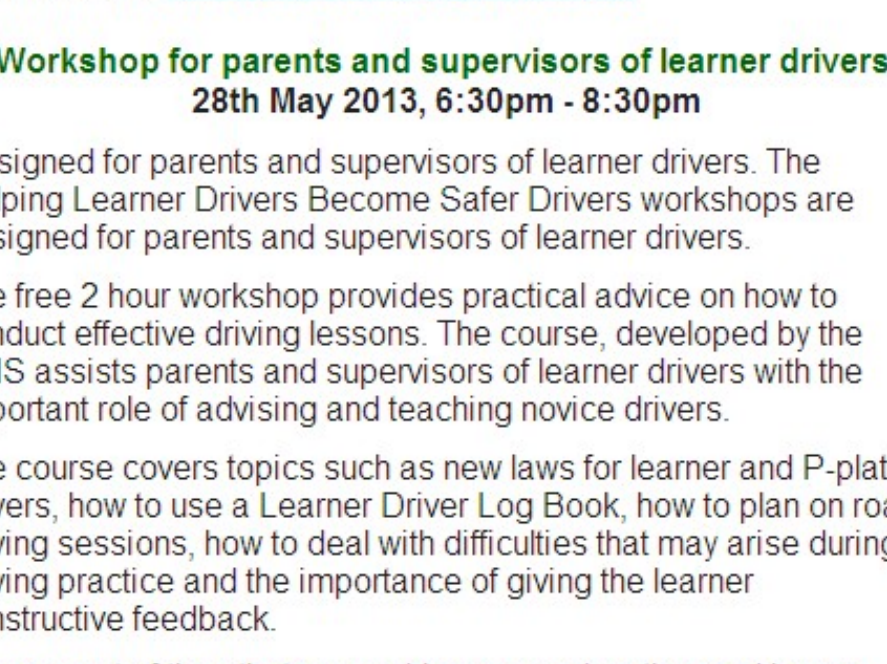
## Author Talks at Mona Vale Library - Andrew Tink
30th May 2013, 6:30pm - 8pm


ANDREW TINK
AIR DISASTER CANBERRA
the plane crash that destroyed a government

Andrew Tink speaking about "Air Disaster Canberra. The Plane crash that destroyed a government". In 1940 key members of Menzies' government die in a fiery plane crash.The author explores the consequences of this event and controversially, who was actually at the controls. Bookings essential tel. 9970 1600. Cost $8/$6 concession for students and pensioners only, card must be shown.

**FREE FOR SCHOOL STUDENTS**

Venue: Mona Vale Library. Contact Name: Catherine Buddin - 9970 1605. Email: catherine_buddin@pittwater.nsw.gov.au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## Youngbloods Contest - 2013

It's on again. Check the Youngbloods Facebook page for all details on where and when heats may still be available.

The Youngbloods Contest is a major event leading up to the Northern Beaches Music Festival. It encompasses 4 great venues over the breadth of the Northern Beaches, between Tue 16 April and Thu 16 May, culminating in a spectacular final at the Festival itself on Fri 17 May and Sat 18 May.

The Contest is organised by SongsOnStage. On each night 6 contestants will get 25 minutes to perform up to 6 songs, originals and/or covers, to win the votes of the crowd and the judges - it is all about the performance!

There will also be time before and after the contest for any performers who want an opportunity to play but not to compete.

### About Northern Beaches Music Festival

This three day annual festival will be held from **17 - 19 May 2013** at**Berry Reserve Narrabeen**, a beautiful lakeside location on northern beaches of Sydney in New South Wales, Australia. This festival is arranged by four local music venues along the northern beaches peninsula including The Shack (Narrabeen), Humph Hall (Allambie), Fairlight Folk and Manly Fig who come together as part of an alliance to promote and program the festival for northern beaches audiences.

The Northern Beaches Music Festival Committee's objectives are:

- To promote, support and present music and performing arts to the northern beaches local community
- To foster and promote new venues, spaces and opportunities for musicians and performing artists on the northern beaches.

Artists perform to appreciative audiences at Berry Reserve Narrabeen, a lakeside performance space with a creative atmosphere and dynamic music program. The Festival is promoted widely throughout Australia and attracts performers of high quality from all over Australia.

www.northernbeachesmusicfestival.org/.

### About SongsOnStage

SongsOnStage has been running Contests and Showcases for 5 years, in the pubs and clubs of Sydney, up to the Central Coast, out to the Blue Mountains and down to the Illawarra! The organisation's aim is to promote live music and highlight the amazing songwriters and performers whose talent is just waiting for a chance to be seen and heard.

www.facebook.com/SongsOnStage

## Different walks of life, same goal: Stay Smart Online

What happens when you get a butcher, a tech-head, a 'Cyber Safety Lady' and a seriously Web-enabled grandmother into the same room? You get the team that's leading the charge in helping Australian internet users to protect themselves online for **National Cyber Security Awareness Week, 20 to 24 May 2013.**

National Cyber Security Awareness Week this year brings together online butcher Jordo McHugh, web entrepreneur Bartek Marnane, cyber safety expert Leonie Smith, and technology advocate for seniors **Nan Bosler OAM** to spread the word about cyber security.

The four will reach out across the country to remind Australians that the internet is a great resource for socialising, business and shopping – but you need to ensure you're doing everything you can to protect personal and financial information online.

The team will encourage people to get the best from tools including the Federal Government's Stay Smart Online Alert Service; a service that informs users about recent online threats and provides solutions that help to manage risks.

Deputy Secretary of the Department of Broadband, Communications and the Digital Economy, Abul Rizvi, said the ambassadors represented specific groups of Australians with an interest or concern about cyber security: small business owners and operators; families with older children; senior Australians; and younger people who are almost constantly online but exposed to considerable risk through their online behaviour.

"The simple message we want to reinforce is the importance of being secure online, and we believe peers are the most influential when it comes to online behaviour," said Mr Rizvi. "Our Stay Smart Online ambassadors come from all walks of life, and have great knowledge about technology and cyber security that they can pass on to others."

National Cyber Security Awareness Week is supported by nearly 1000 corporate, community and government sector partners who help to share the Federal Government's **top 10 tips to Stay Smart Online:**

Install and update your security software set it to scan regularly.

Turn on automatic updates on all your software, particularly your operating system and applications.

Use strong passwords and different passwords for different uses.

Stop and think before you click on links and attachments.

Take care when transacting online – research the supplier and use a safe payment method.

Only download "apps" from reputable publishers and read all permission requests.

Regularly check your privacy settings on social networking sites.

Stop and think before you post any photos or financial information online.

Talk with your child about staying safe online, including on their smart phone or mobile device.

Report or talk to someone if you feel uncomfortable or threatened online – download the Government's Cybersafety Help Button.

**Budd:e Secondary**

Budd:e for secondary schools explores advanced cyber security topics, including: creating content, file sharing, pop-ups, privacy, sharing, scams, spam, spyware, malware, phishing, online transactions and computer viruses. Students can earn points answering questions to 'buy' parts and accessories to build a unique cyborg that can be used as an avatar on social networking sites.

To subscribe to Stay Smart Online Alert Service and for more tips to protect your home, business or school online, visit **www.staysmartonline.gov.au**

## 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).

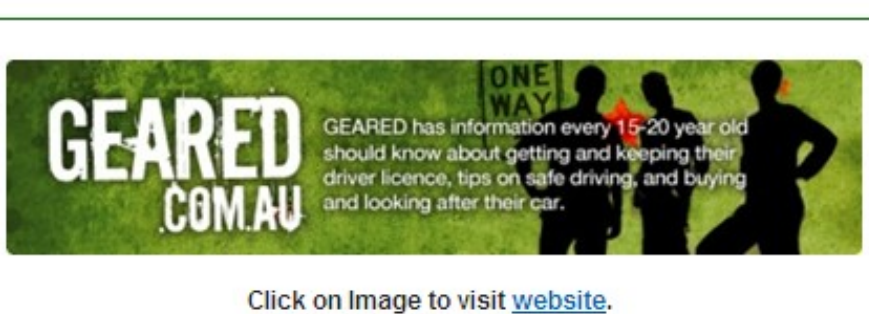
Submit your entries to your State Coordinator, as detailed below. If you wish to order Certificates Of Participation please do so by downloading the certificate request form and fax it to 08 9204 5112. Remember these are for ALL participants not just those whose entries were submitted for judging.

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/


GEARED .COM.AU
ONE WAY
GEARED has information every 15-20 year old should know about getting and keeping their driver licence, tips on safe driving, and buying and looking after their car.

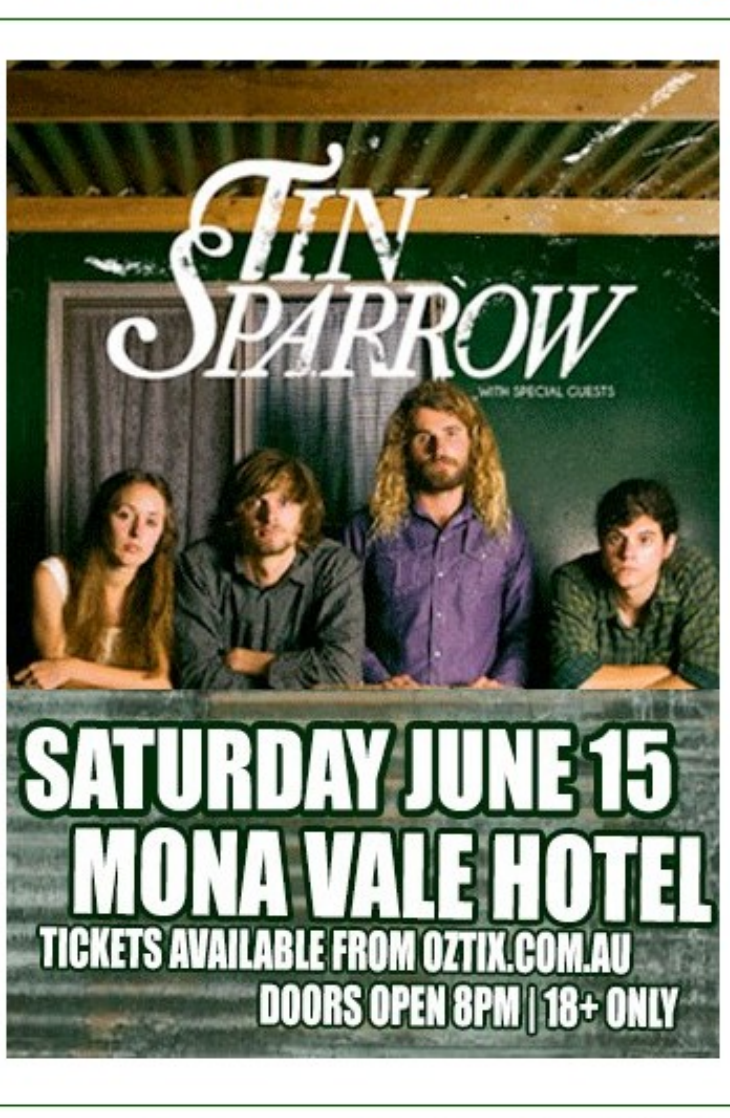
Click on Image to visit website.

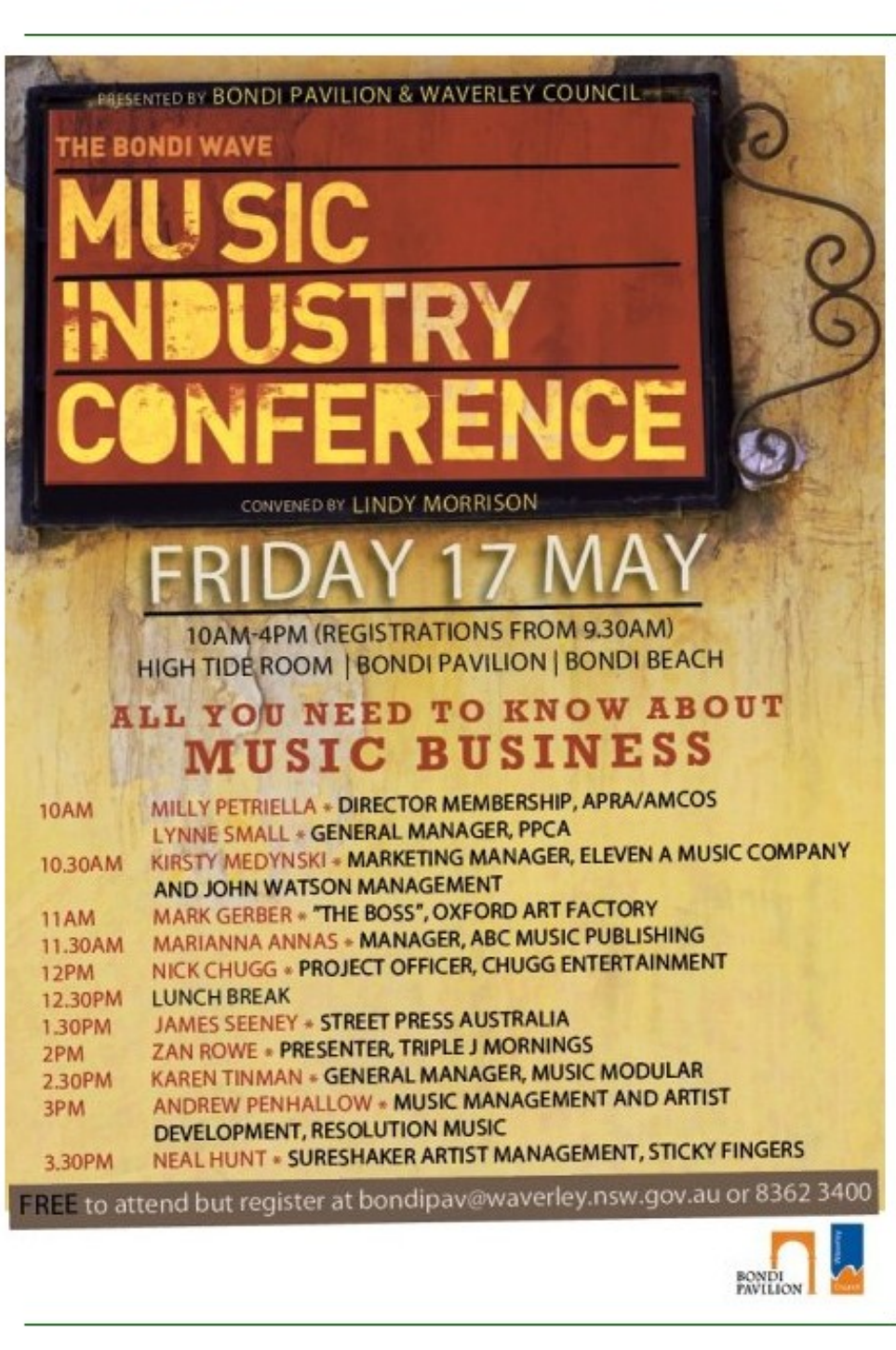
## Love Food, Hate Waste Cookbook

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


TIN SPARROW
WITH SPECIAL GUESTS
SATURDAY JUNE 15
MONA VALE HOTEL
TICKETS AVAILABLE FROM OZTIX.COM.AU
DOORS OPEN 8PM | 18+ ONLY


PRESENTED BY BONDI PAVILION & WAVERLEY COUNCIL
THE BONDI WAVE
MUSIC INDUSTRY CONFERENCE
CONVENED BY LINDY MORRISON
FRIDAY 17 MAY
10AM-4PM (REGISTRATIONS FROM 9.30AM)
HIGH TIDE ROOM | BONDI PAVILION | BONDI BEACH
ALL YOU NEED TO KNOW ABOUT MUSIC BUSINESS
10AM MILLY PETRIELLA • DIRECTOR MEMBERSHIP, APRA/AMCOS
LYNNE SMALL • GENERAL MANAGER, PPCA
10.30AM KIRSTY MEDYNSKI • MARKETING MANAGER, ELEVEN A MUSIC COMPANY AND JOHN WATSON MANAGEMENT
11AM MARK GERBER • "THE BOSS", OXFORD ART FACTORY
11.30AM MARIANNA ANNAS • MANAGER, ABC MUSIC PUBLISHING
12PM NICK CHUGG • PROJECT OFFICER, CHUGG ENTERTAINMENT
12.30PM LUNCH BREAK
1.30PM JAMES SEENEY • STREET PRESS AUSTRALIA
2PM ZAN ROWE • PRESENTER, TRIPLE J MORNINGS
2.30PM KAREN TINMAN • GENERAL MANAGER, MUSIC MODULAR
3PM ANDREW PENHALLOW • MUSIC MANAGEMENT AND ARTIST DEVELOPMENT, RESOLUTION MUSIC
3.30PM NEAL HUNT • SURESHAKER ARTIST MANAGEMENT, STICKY FINGERS
FREE to attend but register at bondipav@waverley.nsw.gov.au or 8362 3400
BONDI PAVILION

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

Don't follow the Guru you are the Guru
MARLA
SAVE FORESTS

## 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**

**No charge for mobile phone calls to Lifeline from anywhere in Australia;** Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July, 2012** under an agreement made between the three major phone carriers.

## Dorothea Mackellar Poetry Awards - 2013

OPTIONAL THEME FOR 2013
Wherever the Wind Blows

The Awards - **2013 poetry competition dates: close 30 June**

The oldest and largest poetry competition for school aged children in Australia. The aim of the Dorothea Mackellar Poetry Awards is to capture the imagination of school students across Australia, inspiring them with a passion for poetry and a love of country. It is a unique national project, giving Australia's youth a voice and an opportunity to strive for excellence in literature.

Categories and Prizes

Lower Primary (Years K – 3):
Winner: $300, trophy and prize pack
Runner-up: $150 and prize pack

Upper Primary (Years 4 – 6, Inc. Year 7 in QLD, WA, SA)
Winner: $400, trophy and prize pack
Runner-up: $200 and prize pack

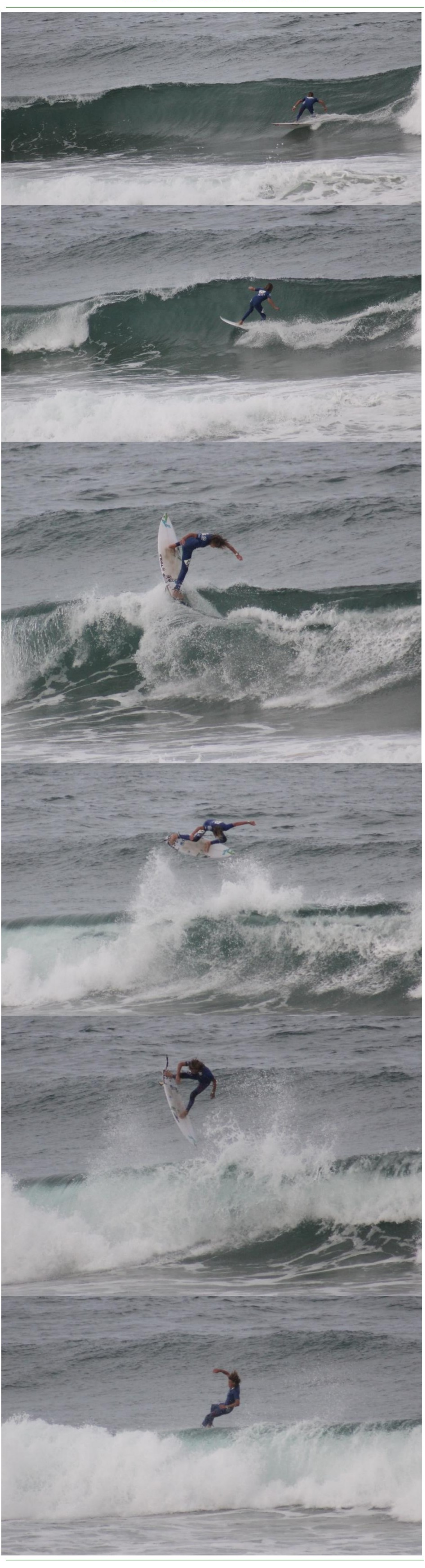
Junior Secondary (Years 7 – 9)
Winner: $500, trophy, UWS engraved IPod Touch and prize pack
Runner-up: $300 and prize pack

Senior Secondary (Years 10 – 12)
Winner: $500, trophy, UWS engraved IPad and prize pack
Runner-up: $300 and prize pack

**Community Relations Commission (NSW) Award**
Winner: $500, trophy and prize pack (separate presentation arrangements) For the best poem highlighting the value of cultural diversity within Australian community: Commenting on the cultural diversity of people (or their descendents) who have migrated to Australia; or Exploring interactions and experiences of migrants (or their descendents) after their arrival in Australia; or
Reflecting on the life of migrants (or their descendents) in Australia in comparison to their life before coming to Australia.

**Schools' Award:** For schools that demonstrate effort, achievement and a high standard of entries, awarded at the judges' discretion.
Winner Primary (the Sheelah Baxter award) : $1000, trophy and prize pack
Winner Secondary: $1000, trophy and prize pack
2013 prize packs also include a unique trophy and a wonderful collection of books from a number of publishing houses and local businesses . Entries for 2013 now open, **click here to enter online**

## Getting Air - South Avalon - 7.5.2013



May 12 - 18, 2013: Issue 110

## May 2013 - States of Culture

**Week Two:** Melbourne - Cable Trams and Melbourne in 1910.

Suggestions can be forwarded to the editor HERE

### Melbourne's Cable Trams by Neville Govett between 1933 and 1939

George Govett, 1799-1888, arrived in Van Diemen's Land in 1823 where he took up a grant of land. In 1833 he made a boat trip up the Yarra River, Victoria but did not return to settle until 1844 when he rented two runs, Springfield and Lancefield near Kelmore, Victoria. In 1853 he purchased Pastoria at Kyneton, Victoria from William Piper. Govett had nineteen children from his two marriages including William Boyes Govett and Clement Henry Govett, father of Clement Neville Govett. Clement N. Govett served with the British Commonwealth Occupation Forces in Japan after World War II. He served later in Korea during the Korean War and returned to Japan in 1951.

The Melbourne cable tramway system was a cable car public transportation system operated from 1885 to 1940 in Melbourne, Victoria,Australia. The system grew to about 75 kilometres (47 mi) of double track (103.2 route km or 64.12 route miles) and 1200 cars and trailers, on 17 radiating routes from the centre of Melbourne to neighbouring suburbs. **It was one of the largest cable car systems in the world**, comparable with the San Francisco and Chicago cable car networks. George Smith Duncan was appointed as consulting engineer (and subsequently engineer) for the development of the tramway network. The network in Melbourne was built by local Tramway trusts composed of local councils and municipalities, and was operated by the Melbourne Tramway and Omnibus Company from 1885 to 1916 (with the exception of the Northcote tramway, which was privately built and operated), after which the service was transferred to the Victorian Government, and passed to the Melbourne and Metropolitan Tramways Board on 1 November 1919 (the Northcote tramway was transferred to the Melbourne and Metropolitan Tramways Board on 20 February 1920).

Although the first electric tram was introduced in 1885 at Doncaster and ran for 11 years, the electric tram network did not seriously commence until 1906 when the Victorian Railways built an "Electric Street Railway" from St Kilda railway station to Brighton, and the North Melbourne Electric Tramway and Lighting Company (NMETL) built a feeder line from the terminus of the cable system out towards Essendon. From 1924 the cable tram lines were progressively converted to electric trams with the last Melbourne cable tram operating on 26 October 1940. Picture: Cable tram dummy and trailer on the St Kilda Line in Melbourne in 1905.

Melbourne cable tramway system. (2013, March 27). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Melbourne_cable_tramway_system&oldid=547228002

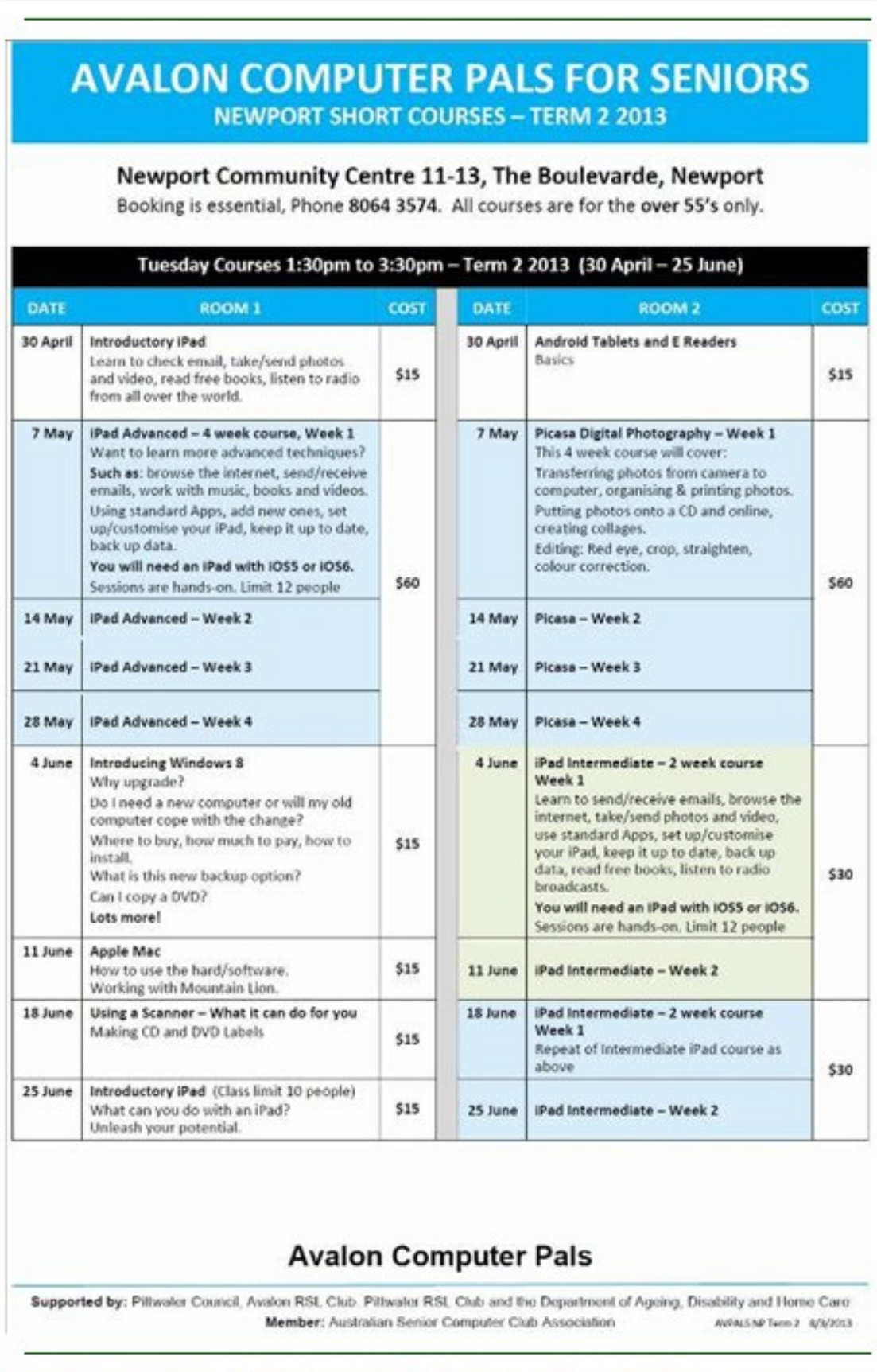
Melbourne's Cable Trams
479

### MARVELLOUS MELBOURNE : QUEEN CITY OF THE SOUTH, 1910

Scenes shown include: Panorama of Melbourne from the Eastern Hill fire station, Melbourne's major thoroughfares, some taken from a moving cable tram: St Kilda Road, Swanston Street, Collins Street, Little Collins Street, and Elizabeth Street, Major buildings shown include the Town Hall, Treasury, Federal Parliament House, Post Office, State Museum and Art Gallery, Scenes of the Royal Agricultural Show at the Flemington Showgrounds, Australian Rules football at the Melbourne Cricket Ground, Boating on the Yarra River at Studley Park, Flinders Street Station , Shipping on the Yarra and at Station Pier

Marvellous Melbourne 1910 - Scenes of the City ...

The most
valuable antique,
is an old friend.



**AVALON COMPUTER PALS FOR SENIORS**
NEWPORT SHORT COURSES – TERM 2 2013

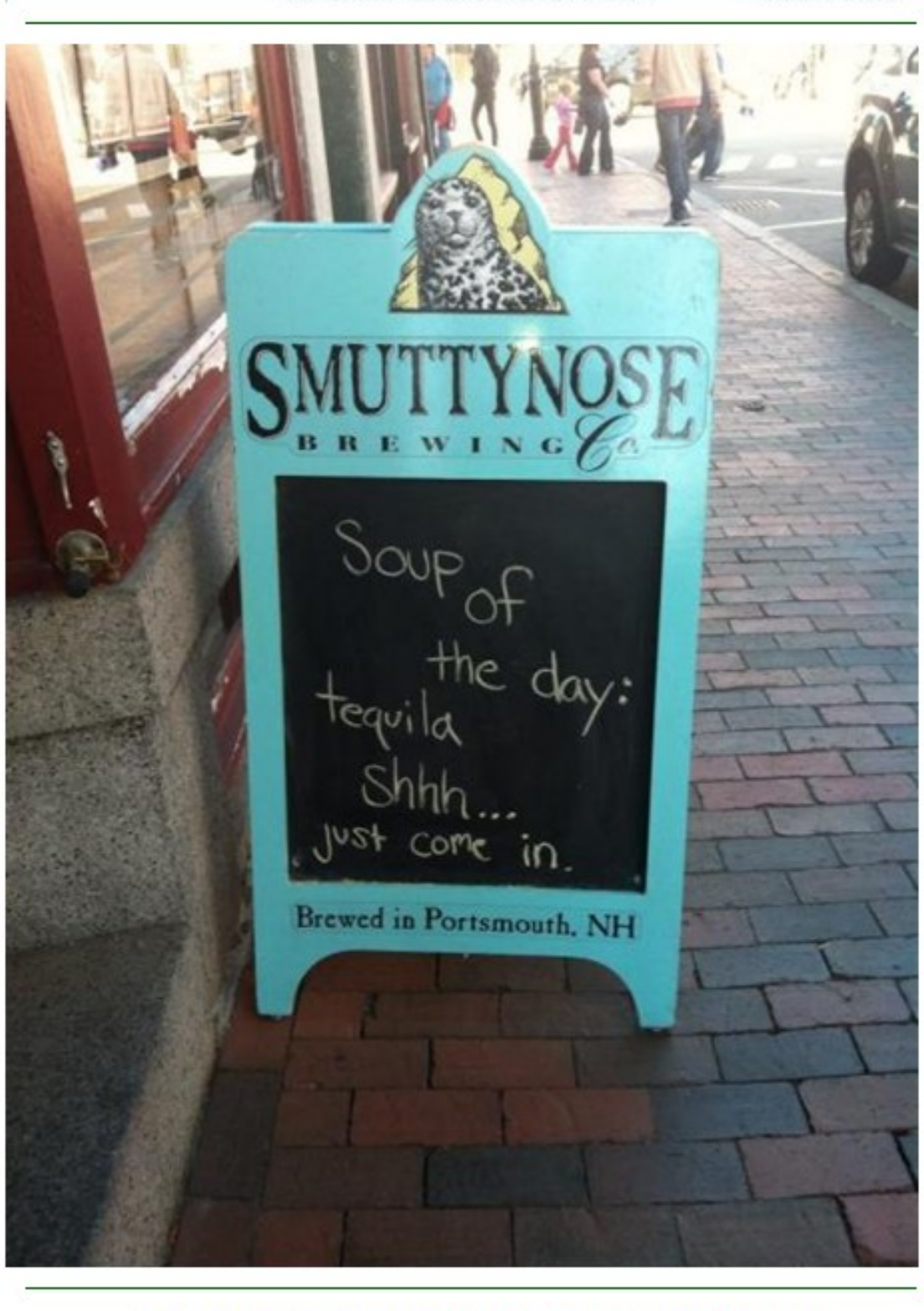
**Newport Community Centre 11-13, The Boulevarde, Newport**
Booking is essential, Phone **8064 3574**. All courses are for the **over 55's** only.

**Tuesday Courses 1:30pm to 3:30pm – Term 2 2013 (30 April – 25 June)**

| DATE | ROOM 1 | COST | DATE | ROOM 2 | COST |
|---|---|---|---|---|---|
| 30 April | **Introductory iPad**<br>Learn to check email, take/send photos and video, read free books, listen to radio from all over the world. | $15 | 30 April | **Android Tablets and E Readers**<br>Basics | $15 |
| 7 May | **iPad Advanced – 4 week course, Week 1**<br>Want to learn more advanced techniques?<br>**Such as:** browse the internet, send/receive emails, work with music, books and videos. Using standard Apps, add new ones, set up/customise your iPad, keep it up to date, back up data.<br>**You will need an iPad with iOS5 or iOS6.**<br>Sessions are hands-on. Limit 12 people | $60 | 7 May | **Picasa Digital Photography – Week 1**<br>This 4 week course will cover:<br>Transferring photos from camera to computer, organising & printing photos.<br>Putting photos onto a CD and online, creating collages.<br>Editing: Red eye, crop, straighten, colour correction. | $60 |
| 14 May | **iPad Advanced – Week 2** | | 14 May | **Picasa – Week 2** | |
| 21 May | **iPad Advanced – Week 3** | | 21 May | **Picasa – Week 3** | |
| 28 May | **iPad Advanced – Week 4** | | 28 May | **Picasa – Week 4** | |
| 4 June | **Introducing Windows 8**<br>Why upgrade?<br>Do I need a new computer or will my old computer cope with the change?<br>Where to buy, how much to pay, how to install.<br>What is this new backup option?<br>Can I copy a DVD?<br>**Lots more!** | $15 | 4 June | **iPad Intermediate – 2 week course**<br>**Week 1**<br>Learn to 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.<br>**You will need an iPad with iOS5 or iOS6.**<br>Sessions are hands-on. Limit 12 people | $30 |
| 11 June | **Apple Mac**<br>How to use the hard/software.<br>Working with Mountain Lion. | $15 | 11 June | **iPad Intermediate – Week 2** | |
| 18 June | **Using a Scanner – What it can do for you**<br>Making CD and DVD Labels | $15 | 18 June | **iPad Intermediate – 2 week course**<br>**Week 1**<br>Repeat of Intermediate iPad course as above | $30 |
| 25 June | **Introductory iPad** (Class limit 10 people)<br>What can you do with an iPad?<br>Unleash your potential. | $15 | 25 June | **iPad Intermediate – 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 2 8/3/2013



### GIVE IT TO YOUR GRANDCHILDREN !!

Bill Gates recently gave a speech at a High School about 11 things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world doesn't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make $60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it 'opportunity'.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

### Good Vibrations - Beachboys - original 1966 version

(see Social Connections Drive the 'Upward Spiral' of Positive Emotions and Health this page)

Beach Boys (New STEREO) Good Vibrations HD 1966

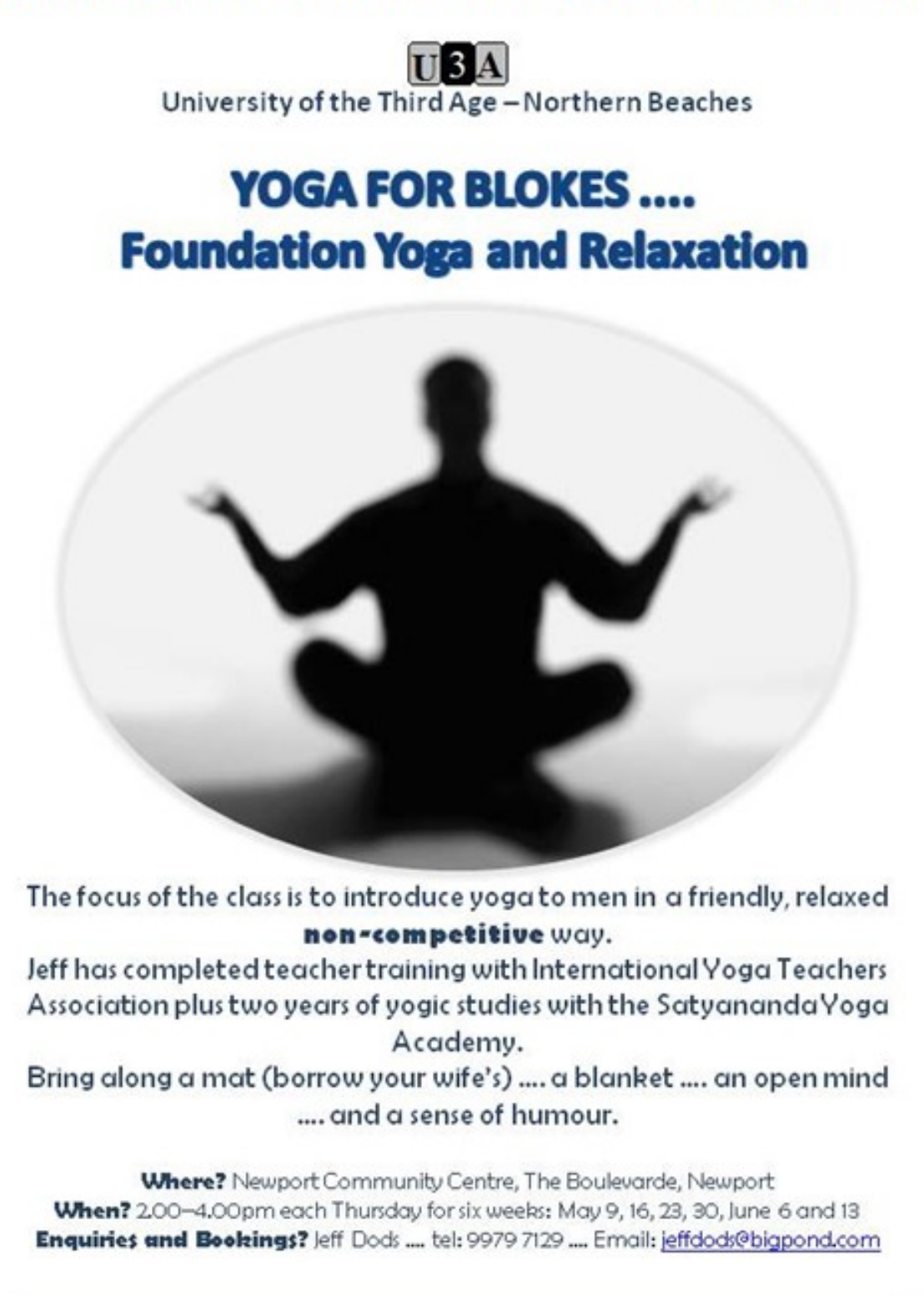
HOW TO MAKE SYMBOLS WITH KEYBOARD
Alt + 0153..... ™... trademark symbol
Alt + 0169.... ©.... copyright symbol
Alt + 0174..... ®....registered trademark symbol
Alt + 0176 ...°......degree symbol
Alt + 0177 ...±....plus-or -minus sign
Alt + 0182 ...¶.....paragraph mark
Alt + 0190 ...¾....fraction, three-fourths
Alt + 0215 ....×.....multiplication sign
Alt + 0162...¢....the cent sign
Alt + 0161.....¡..... .upside down exclamation point
Alt + 0191.....¿..... upside down question mark
Alt + 1....... ☺....smiley face
Alt + 2 ...... ☻.....black smiley face
Alt + 15.....☼.....sun
Alt + 12......♀.....female sign
Alt + 11.....♂......male sign
Alt + 6.......♠.....spade
Alt + 5.......♣...... Club
Alt + 3.......♥...... Heart
Alt + 4.......♦...... Diamond
Alt + 13.......♪.....eighth note
Alt + 14......♫...... beamed eighth note
Alt + 8721.... ∑.... N-ary summation (auto sum)
Alt + 251.....√.....square root check mark
Alt + 8236.....∞..... infinity
Alt + 24.......↑..... up arrow
Alt + 25......↓..... down arrow
Alt + 26.....→.....right arrow
Alt + 27......←.....left arrow
Alt + 18.....↕......up/down arrow
Alt + 29......↔...left right arrow

### 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.

U3A
The University of the Third Age
Sydney U3A

**U3A Events - No Charge - Open to members of U3A, or prospective members can attend two events prior to joining.**



U3A
University of the Third Age – Northern Beaches

**YOGA FOR BLOKES ....**
**Foundation Yoga and Relaxation**

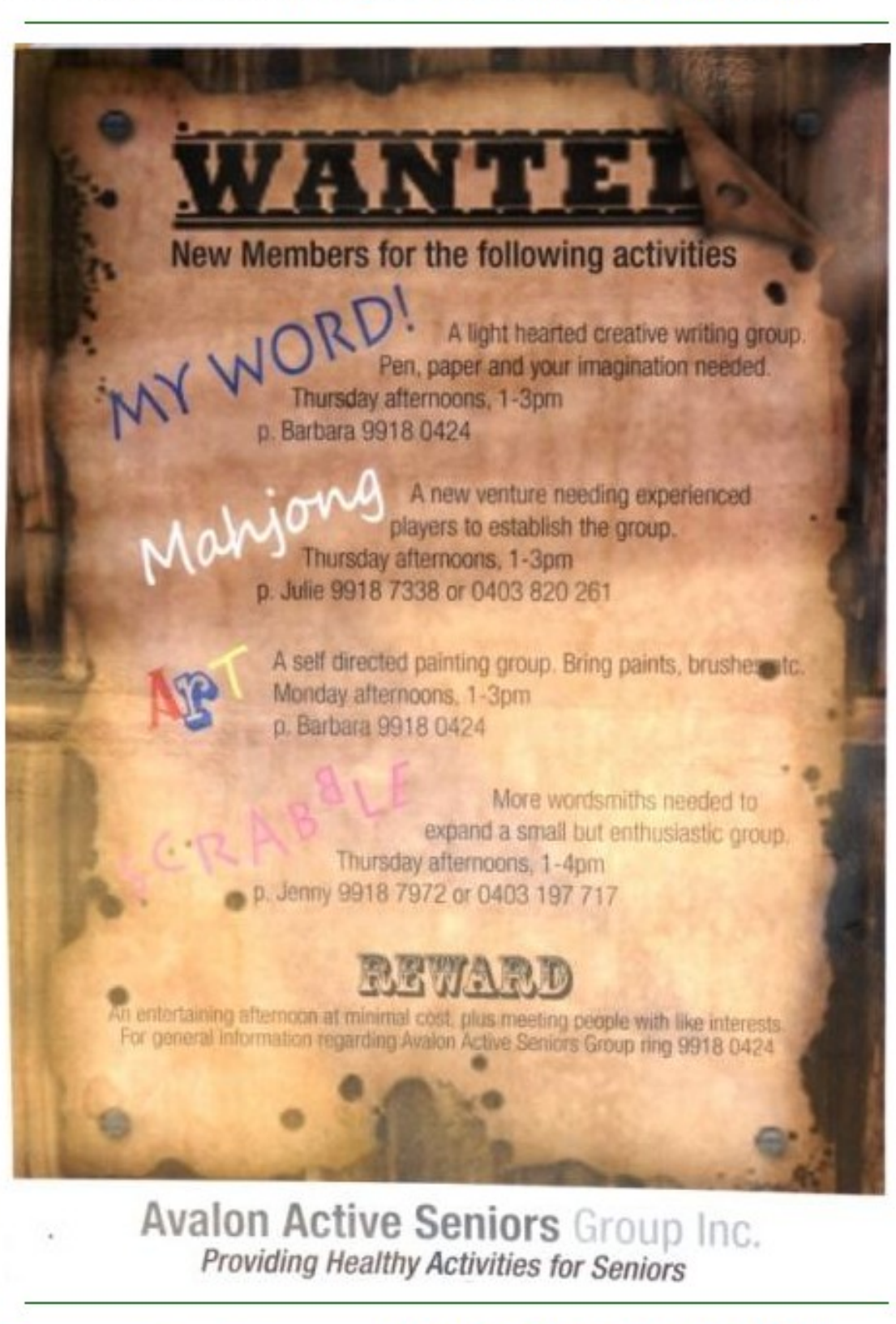
The focus of the class is to introduce yoga to men in a friendly, relaxed **non-competitive** way.
Jeff has completed teacher training with International Yoga Teachers Association plus two years of yogic studies with the Satyananda Yoga Academy.
Bring along a mat (borrow your wife's) .... a blanket .... an open mind .... and a sense of humour.

**Where?** Newport Community Centre, The Boulevarde, Newport
**When?** 2.00–4.00pm each Thursday for six weeks: May 9, 16, 23, 30, June 6 and 13
**Enquiries and Bookings?** Jeff Dods .... tel: 9979 7129 .... Email: jeffdods@bigpond.com

### Website to help you plan for later life

The NSW Government has launched a website providing up-to-date information and resources about wills, powers of attorney, enduring guardianship and advance care planning. The Planning Ahead Tools website has been specifically designed for community members, service providers, legal professionals and health professionals. It contains advice, resources, videos and interactive tools to help you make decisions about health, welfare, finances and medical treatment.

For more information, visit www.planningaheadtools.com.au.



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

### Avalon Computer Pals for Seniors

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

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

**Article on their Seminar**

Seniors Card Website; great information Competitions, Newsletters and Events listings

**HERE**

### Pittwater Community Hub

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 on logo to visit their website for more**

### 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/

### Contact Community Care Northern Beaches by clicking their logo:

**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

## Senior Movers

Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers want you to stop worrying about downsizing from the family home and let us take care of you. Senior movers gives you peace of mind during stressful times of downsizing and moving to a smaller home. No retirement living plan is too large or too small. We are glad to help whether it is a move to a loved one's home, assisted living or to a seniors apartment.

We want you to we help you gracefully downsize with our experience and care. Click on logo to visit website.

SENIOR MOVERS
Gracefully downsize with our experience and care...

www.seniormovers.com.au

Also see Belinda Grundy's Profile and other great Business; www.bgpropertystyling.com.au

### 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! - 8th of May 2013**

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.

### DEEMING RATES SHOULD BE ADJUSTED - 7th of May, 2013

The Reserve Bank's decision to cut interest rates today spells bad news for retirees living off their investments, say the consumer lobby for older Australians. The decision to lower the cash rate by 25 basis points to 2.75 per cent was announced this afternoon.

"Today's decision means the low, fixed incomes of many retirees are set to fall," said *National Seniors* chief executive Michael O'Neill. "This rate cut will come as a blow for seniors living off simple investments such as term deposits," he said.

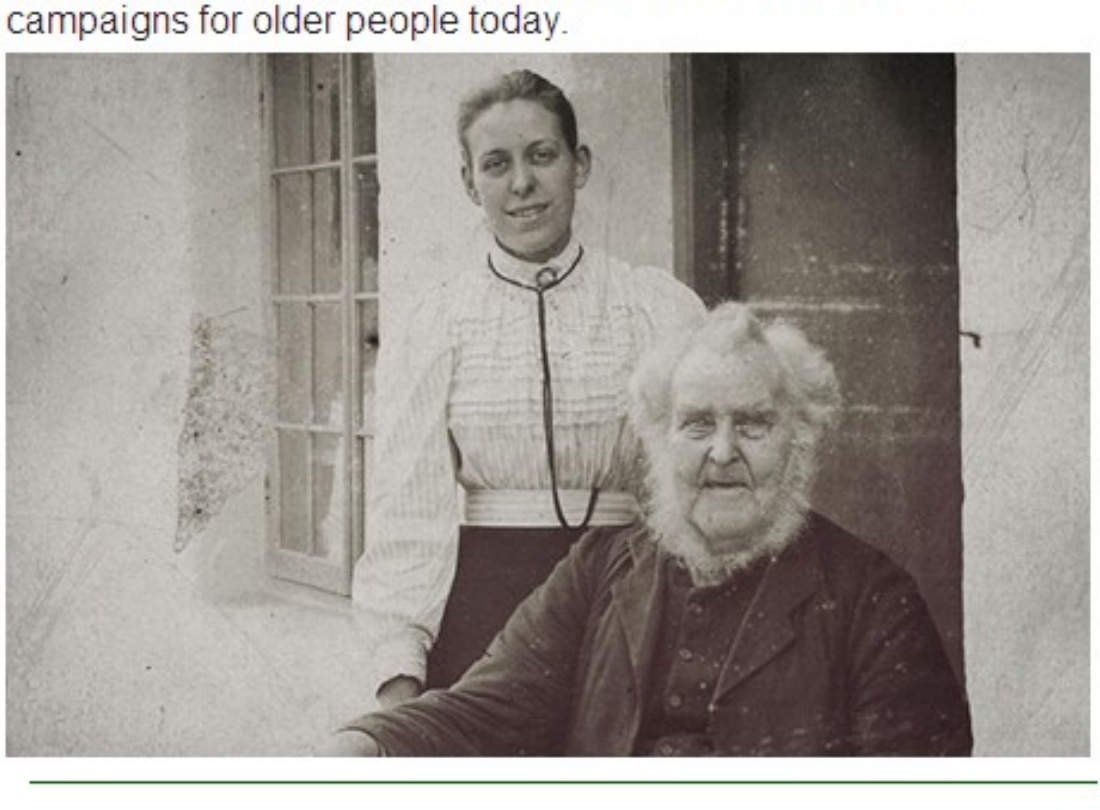
"Official deeming rates, used to determine age pension levels, have not kept pace with falling interest rates. This, while essentials such as electricity and gas continue to soar around the country. After six official interest rate cuts, the federal government lowered the deeming rates for the first time in three years in February 2013. They didn't go far enough; it's time to drop the deeming rates again." said O'Neill.

*Your Money* research conducted in November 2012 showed returns from term deposits and online savings accounts had slumped 15 to 30 per cent.

### The Benevolent Society has turned 200 this week - First Old Age Pension in the world approved after Benevolent Society campaign - 1901

Benevolent Society President Arthur Renwick led a five year campaign resulting in the introduction of an Old Age Pension in New South Wales in 1901. This was the first of its kind in the world. Renwick was also the president of the Old Age Pensions League and he fought hard with his colleagues for over five years to secure this pension for the elderly. In 1898, the Benevolent Society appreciated that the level of aid currently able to be offered to the elderly was insufficient and a survey was conducted of people over the age of 65 who were receiving assistance. It was quite clear that people preferred to live at home with the limited aid the Benevolent Society could provide, no matter how 'humble or wretched' than live in a government insitution which was regarded as 'totally repugnant.'

When it was finally approved by the NSW State Government, the Old Age Pension initially provided a payment of ten shillings per week for men over 65 and women over 60. This was considerably more than The Benevolent Society could afford to give in handouts. Pensioners had to satisfy certain conditions before they received their payment - each recipient needed to be of good character and to have lived in the colony for at least 25 years. A strict means test was also applied. The Benevolent Society still supports and campaigns for older people today.



### Health Papers Published this week:

#### Missing Link in Signals Contributes to Neurodegeneration

May 8, 2013 — In many neurodegenerative diseases the neurons of the brain are over-stimulated and this leads to their destruction. After many failed attempts and much scepticism this process was finally shown last year to be a possible basis for treatment in some patients with stroke. But very few targets for drugs to block this process are known.

What is this missing link? We have known for years that over-stimulated neurons produce nitric oxide molecules. Although this can activate a signal for destruction of cells, the small amount of nitric oxide produced cannot alone explain the damage to the brain. The team now show that a protein called NOS1AP links the nitric oxide that is produced to the damage that results.. NOS1AP binds an initiator of cell destruction called MKK3 and also moves within the cell to the source of nitric oxide when cells are over-activated.. The location of these proteins in cells causes them to convert the over-stimulation signal into a cell destruction response. The team designed a chemical that prevents NOS1AP from binding the source of nitric oxide. This reduces the cell destruction response in cells of the brain and as a result it limits brain lesions in rodents.

This translational research was funded mainly by the Academy of Finland, the European Union and the University of Eastern Finland and used the recently developed high-throughput imaging facilities at the A. I. Virtanen Institute. T**he researchers hope that continuation of their work could lead to improved treatments for diseases such as stroke, epilepsy and chronic conditions like Alzheimer's disease.** As NOS1AP is associated with schizophrenia, diabetes and sudden cardiac death, future research in this area may assist the treatment of a wider range of diseases.

L.-L. Li, V. Ginet, X. Liu, O. Vergun, M. Tuittila, M. Mathieu, C. Bonny, J. Puyal, A. C. Truttmann, M. J. Courtney. **The nNOS-p38MAPK Pathway Is Mediated by NOS1AP during Neuronal Death.** Journal of Neuroscience, 2013; 33 (19): 8185 DOI: 10.1523/JNEUROSCI.4578-12.2013

#### Dynamic Behavior of Progenitor Cells in Brain Discovered

May 9, 2013 — By monitoring the behavior of a class of cells in the brains of living mice, neuroscientists at Johns Hopkins discovered that these cells remain highly dynamic in the adult brain, where they transform into cells that insulate nerve fibers and help form scars that aid in tissue repair.

**Published online** April 28 in the journal *Nature Neuroscience*, their work sheds light on how these multipurpose cells communicate with each other to maintain a highly regular, grid-like distribution throughout the brain and spinal cord. The disappearance of one of these so-called progenitor cells causes a neighbor to quickly divide to form a replacement, ensuring that cell loss and cell addition are kept in balance.

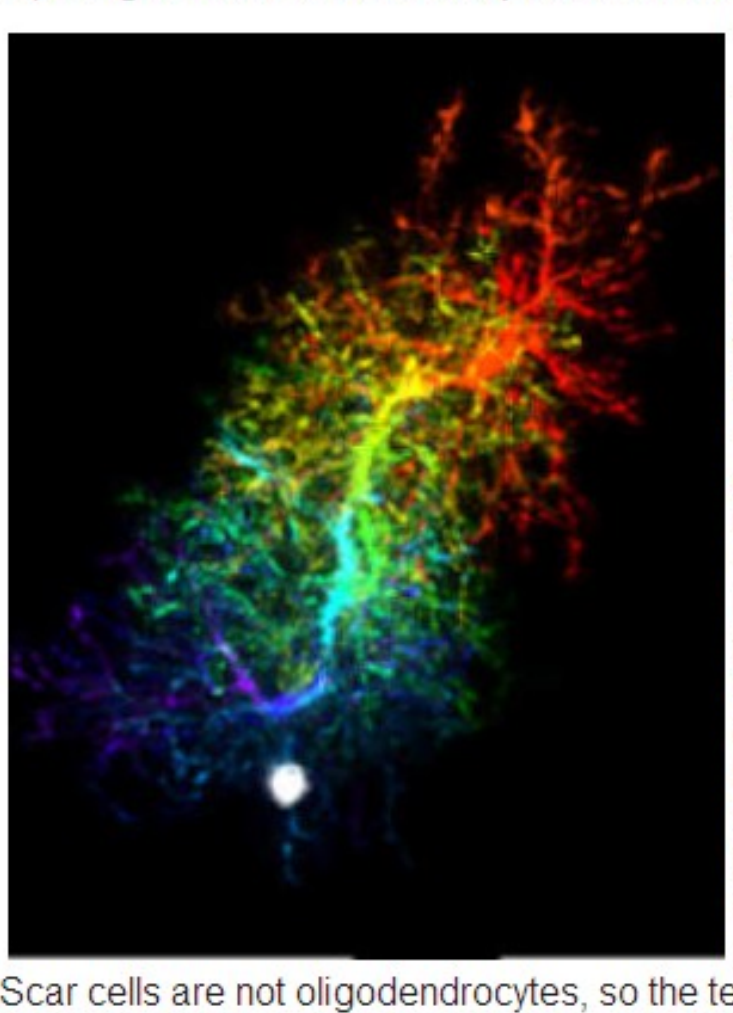
"There is a widely held misconception that the adult nervous system is static or fixed, and has a limited capacity for repair and regeneration," says Dwight Bergles, Ph.D., professor of neuroscience and otolaryngology at the Johns Hopkins University School of Medicine. "But we found that these progenitor cells, called oligodendrocyte precursor cells (OPCs), are remarkably dynamic. Unlike most other adult brain cells, they are able to respond to the repair needs around them while maintaining their numbers."

OPCs can mature to become oligodendrocytes - support cells in the brain and spinal cord responsible for wrapping nerve fibers to create insulation known as myelin. Without myelin, the electrical signals sent by neurons travel poorly and some cells die due to the lack of metabolic support from oligodendrocytes. It is the death of oligodendrocytes and the subsequent loss of myelin that leads to neurological disability in diseases such as multiple sclerosis.

During brain development, OPCs spread throughout the central nervous system and make large numbers of oligodendrocytes. Scientists know that few new oligodendrocytes are born in the healthy adult brain, yet the brain is flush with OPCs. However, the function of OPCs in the adult brain wasn't clear.

To find out, Bergles and his team genetically modified mice so that their OPCs contained a fluorescent protein along their edges, giving crisp definition to their many fine branches that extend in every direction. Using special microscopes that allow imaging deep inside the brain, the team watched the activity of individual cells in living mice for over a month.

The researchers discovered that, far from being static, the OPCs were continuously moving through the brain tissue, extending their "tentacles" and repositioning themselves. Even though these progenitors are dynamic, each cell maintains its own area by repelling other OPCs when they come in contact.

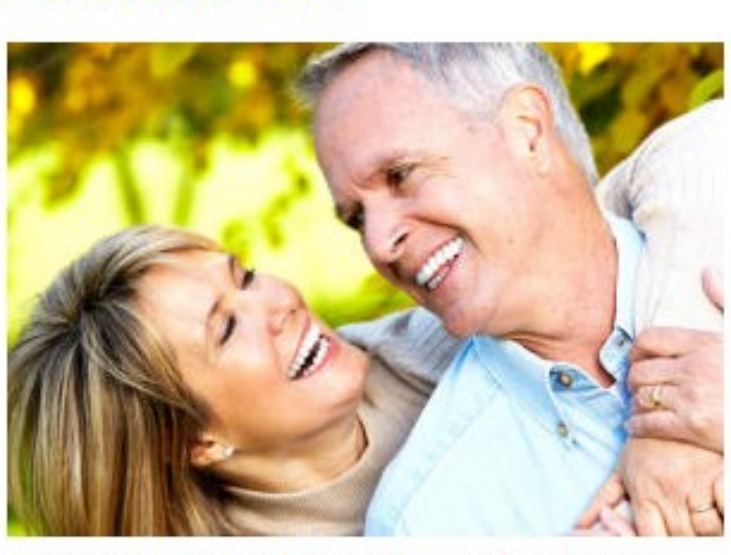


"The cells seem to sense each other's presence and know how to control the number of cells in their population," says Bergles. "It looks like this process goes wrong in multiple sclerosis lesions, where there are reduced numbers of OPCs, a loss that may impair the cells' ability to sense whether demyelination has occurred. We don't yet know what molecules are involved in this process, but it's something we're actively working on. Scar cells are not oligodendrocytes, so the term 'oligodendrocyte precursor cell' may now be outdated," says Bergles. "These cells are likely to have a broader role in tissue regeneration and repair than we thought. Because traumatic brain injuries, multiple sclerosis and other neurodegenerative diseases require tissue regeneration, we are eager to learn more about the functions of these enigmatic cells."

Picture: Montage of three images collected at one-week intervals showing an oligodendrocyte precursor cell migrating towards a lesion (white). (Credit: Ethan Hughes and Dwight Bergles)

Ethan G Hughes, Shin H Kang, Masahiro Fukaya, Dwight E Bergles. **Oligodendrocyte progenitors balance growth with self-repulsion to achieve homeostasis in the adult brain.** Nature Neuroscience, 2013; DOI: 10.1038/nn.3390

#### Social Connections Drive the 'Upward Spiral' of Positive Emotions and Health



May 9, 2013 — People who experience warmer, more upbeat emotions may have better physical health because they make more social connections, according to a new study published in Psychological Science, a journal of the Association for Psychological Science.

The research, led by Barbara Fredrickson of the University of North Carolina at Chapel Hill and Bethany Kok of the Max Planck Institute for Human Cognitive and Brain Sciences also found it is possible for a person to self-generate positive emotions in ways that make him or her physically healthier.

"People tend to liken their emotions to the weather, viewing them as uncontrollable," says Fredrickson. "This research shows not only that our emotions are controllable, but also that we can take the reins of our daily emotions and steer ourselves toward better physical health."

To study the bodily effects of up-regulating positive emotions, the researchers zeroed in on vagal tone, an indicator of how a person's vagus nerve is functioning. The vagus nerve helps regulate heart rate and is also a central component of a person's social-engagement system.

Because people who have higher vagal tone tend to be better at regulating their emotions, the researchers speculated that having higher vagal tone might lead people to experience more positive emotions, which would then boost perceived positive social connections. Having more social connections would in turn increase vagal tone, thereby improving physical health and creating an "upward spiral."

To see whether people might be able to harness this upward spiral to steer themselves toward better health, Kok, Fredrickson, and their colleagues conducted a longitudinal field experiment.

Half of the study participants were randomly assigned to attend a 6-week loving-kindness meditation (LKM) course in which they learned how to cultivate positive feelings of love, compassion, and goodwill toward themselves and others. They were asked to practice meditation at home, but how often they meditated was up to them. The other half of the participants remained on a waiting list for the course.

Each day, for 61 consecutive days, participants in both groups reported their "meditation, prayer, or solo spiritual activity," their emotional experiences, and their social interactions within the last day. Their vagal tone was assessed twice, once at the beginning and once at the end of the study.

The data provided clear evidence to support the hypothesized upward spiral, with perceived social connections serving as the link between positive emotions and health.

Participants in the LKM group who entered the study with higher vagal tone showed steeper increases in positive emotions over the course of the study. As participants' positive emotions increased, so did their reported social connections. And, as social connections increased, so did vagal tone. In contrast, participants in the wait-list group showed virtually no change in vagal tone over the course of the study.

"The daily moments of connection that people feel with others emerge as the tiny engines that drive the upward spiral between positivity and health," Fredrickson explains.

**These findings add another piece to the physical health puzzle, suggesting that positive emotions may be an essential psychological nutrient that builds health, just like getting enough exercise and eating leafy greens.**

"Given that costly chronic diseases limit people's lives and overburden healthcare systems worldwide, this is a message that applies to nearly everyone, citizens, educators, health care providers, and policy-makers alike," Fredrickson observes.

B. E. Kok, K. A. Coffey, M. A. Cohn, L. I. Catalino, T. Vacharkulksemsuk, S. B. Algoe, M. Brantley, B. L. Fredrickson. **How Positive Emotions Build Physical Health: Perceived Positive Social Connections Account for the Upward Spiral Between Positive Emotions and Vagal Tone.** Psychological Science, 2013; DOI: 10.1177/0956797612470827

#### Boosting 'Cellular Garbage Disposal' Can Delay the Aging Process

May 6, 2013 — UCLA life scientists have identified a gene previously implicated in Parkinson's disease that can delay the onset of aging and extend the healthy life span of fruit flies. The research, they say, could have important implications for aging and disease in humans.

The gene, called parkin, serves at least two vital functions: It marks damaged proteins so that cells can discard them before they become toxic, and it is believed to play a key role in the removal of damaged mitochondria from cells.

"Aging is a major risk factor for the development and progression of many neurodegenerative diseases," said David Walker, an associate professor of integrative biology and physiology at UCLA and senior author of the research. "We think that our findings shed light on the molecular mechanisms that connect these processes."

In the research, published today in the early online edition of the journal Proceedings of the National Academy of Sciences, Walker and his colleagues show that parkin can modulate the aging process in fruit flies, which typically live less than two months. The researchers increased parkin levels in the cells of the flies and found that this extended their life span by more than 25 percent, compared with a control group that did not receive additional parkin.

"In the control group, the flies are all dead by Day 50," Walker said. "In the group with parkin overexpressed, almost half of the population is still alive after 50 days. We have manipulated only one of their roughly 15,000 genes, and yet the consequences for the organism are profound."

"Just by increasing the levels of parkin, they live substantially longer while remaining healthy, active and fertile," said Anil Rana, a postdoctoral scholar in Walker's laboratory and lead author of the research. "That is what we want to achieve in aging research - not only to increase their life span but to increase their health span as well."

Treatments to increase parkin expression may delay the onset and progression of Parkinson's disease and other age-related diseases, the biologists believe. (If parkin sounds related to Parkinson's, it is. While the vast majority of people with the disease get it in older age, some who are born with a mutation in the parkin gene develop early-onset, Parkinson's-like symptoms.)

"Our research may be telling us that parkin could be an important therapeutic target for neurodegenerative diseases and perhaps other diseases of aging," Walker said. "Instead of studying the diseases of aging one by one - Parkinson's disease, Alzheimer's disease, cancer, stroke, cardiovascular disease, diabetes - we believe it may be possible to intervene in the aging process and delay the onset of many of these diseases. We are not there yet, and it can, of course, take many years, but that is our goal."

'The garbage men in our cells go on strike'

To function properly, proteins must fold correctly, and they fold in complex ways. As we age, our cells accumulate damaged or misfolded proteins. When proteins fold incorrectly, the cellular machinery can sometimes repair them. When it cannot, parkin enables cells to discard the damaged proteins, said Walker, a member of UCLA's Molecular Biology Institute.

"If a protein is damaged beyond repair, the cell can recognize that and eliminate the protein before it becomes toxic," he said. "Think of it like a cellular garbage disposal. Parkin helps to mark damaged proteins for disposal. It's like parkin places a sticker on the damaged protein that says 'Degrade Me,' and then the cell gets rid of this protein. That process seems to decline with age. As we get older, the garbage men in our cells go on strike. Overexpressed parkin seems to tell them to get back to work."

Rana focused on the effects of increased parkin activity at the cellular and tissue levels. Do flies with increased parkin show fewer damaged proteins at an advanced age? "The remarkable finding is yes, indeed," Walker said.

Parkin has recently been shown to perform a similarly important function with regard to mitochondria, the tiny power generators in cells that control cell growth and tell cells when to live and die. **Mitochandria become less efficient and less active as we age, and the loss of mitochondrial activity has been implicated in Alzheimer's, Parkinson's and other neurodegenerative diseases, as well as in the aging process, Walker said.**

Parkin appears to degrade the damaged mitochondria, perhaps by marking or changing their outer membrane structure, in effect telling the cell, "This is damaged and potentially toxic. Get rid of it."

If parkin is good, is more parkin even better?

While the researchers found that increased parkin can extend the life of fruit flies, Rana also discovered that too much parkin can have the opposite effect - it becomes toxic to the flies. When he quadrupled the normal amount of parkin, the fruit flies lived substantially longer, but when he increased the amount by a factor of 30, the flies died sooner.

"If you bombard the cell with too much parkin, it could start eliminating healthy proteins," Rana said.

In the lower doses, however, the scientists found no adverse effects. Walker believes the fruit fly is a good model for studying aging in humans - who also have the parkin gene - because scientists know all of the fruit fly's genes and can switch individual genes on and off.

Previous research has shown that fruit flies die sooner when you remove parkin, Walker noted. Walker and Rana do not know what the optimal amount of parkin would be in humans.

While the biologists increased parkin activity in every cell in the fruit fly, Rana also conducted an experiment in which he increased parkin expression only in the nervous system. That, too, was sufficient to make the flies live longer.

"This tells us that parkin is neuroprotective during aging," Walker said. "However, the beneficial effects of parkin are greater - twice as large - when we increased its expression everywhere."

"We were excited about this research from the beginning but did not know then that the life span increase would be this impressive," Rana said.

The image that accompanies this news release shows clumps or aggregates of damaged proteins in an aged brain from a normal fly (left panel) and an age-matched brain with increased neuronal parkin levels (right panel). As can be seen, increasing parkin levels in the aging brain reduces the accumulation of aggregated proteins.

Scientists have found that this kind of protein aggregation occurs in mammals as well, including humans, Rana said.

"Imagine the damage the accumulation of protein trash is doing to the cell," Walker said. "With increased Parkin, the trash has been collected. Without it, the garbage that should be discarded is accumulating in the cells."

Anil Rana, Michael Rera, and David W. Walker. **Parkin overexpression during aging reduces proteotoxicity, alters mitochondrial dynamics, and extends lifespan**. PNAS, May 6, 2013 DOI: 10.1073/pnas.1216197110

**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.

### Media Releases concerning Seniors this week from National Seniors Australia

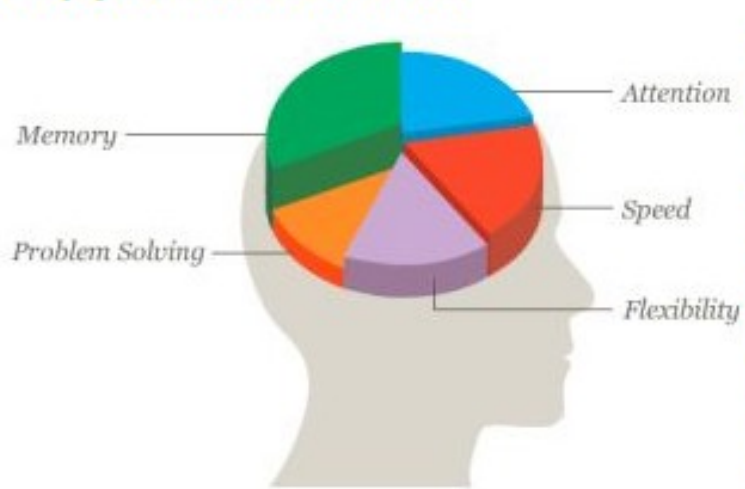
*With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.*

U3A
The University of the Third Age
Sydney U3A

**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 Website: www.sydneyu3a.org

### 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

### The Senior Newspaper Online

**Click on logo:**

### 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.

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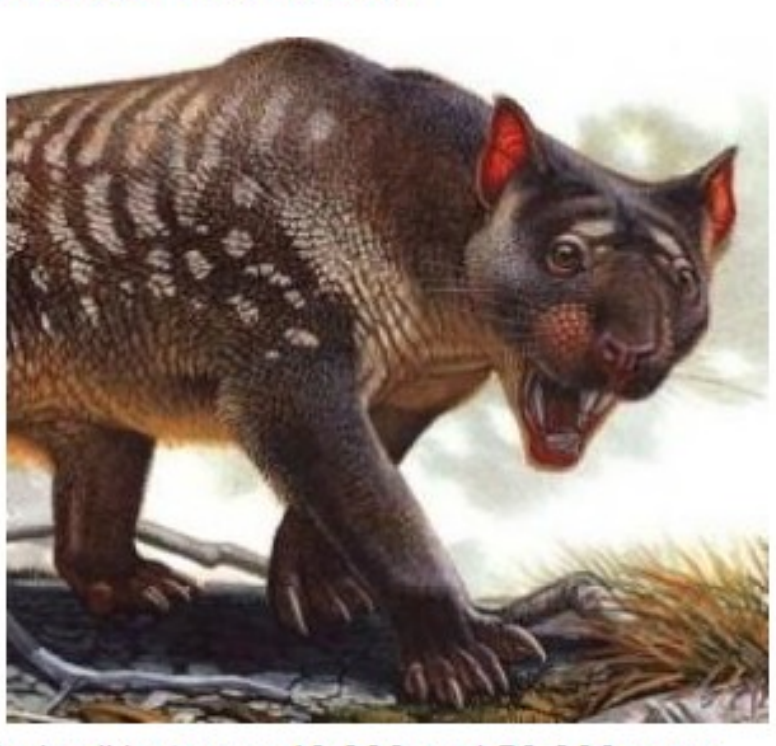
# Pittwater Online News

**May 12 - 18, 2013: Issue 110**

## Climate Change, Not Human Activity, Led to Megafauna Extinction - May 6, 2013



Most species of gigantic animals that once roamed Australia had disappeared by the time people arrived, a major review of the available evidence has concluded.

The research challenges the claim that humans were primarily responsible for the demise of the megafauna in a proposed "extinction window" between 40,000 and 50,000 years ago, and points the finger instead at climate change.

**An international team led by the University of New South Wales, and including researchers at the University of Queensland, the University of New England**, and the University of Washington, carried out the study. It is published in the *Proceedings of the National Academy of Sciences.*

"The interpretation that humans drove the extinction rests on assumptions that increasingly have been shown to be incorrect. Humans may have played some role in the loss of those species that were still surviving when people arrived about 45,000 to 50,000 years ago - but this also needs to be demonstrated," said Associate Professor Stephen Wroe, from UNSW, the lead author of the study.

"There has never been any direct evidence of humans preying on extinct megafauna in Sahul, or even of a tool-kit that was appropriate for big-game hunting," he said.

About 90 giant animal species once inhabited the continent of Sahul, which included mainland Australia, New Guinea and Tasmania.

"These leviathans included the largest marsupial that ever lived - the rhinoceros-sized Diprotodon - and short-faced kangaroos so big we can't even be sure they could hop. Preying on them were goannas the size of large saltwater crocodiles with toxic saliva and bizarre but deadly marsupial lions with flick-blades on their thumbs and bolt cutters for teeth," said Associate Professor Wroe.

The review concludes there is only firm evidence for about 8 to 14 megafauna species still existing when Aboriginal people arrived. About 50 species, for example, are absent from the fossil record of the past 130,000 years.

Recent studies of Antarctic ice cores, ancient lake levels in central Australia, and other environmental indicators also suggest Sahul - which was at times characterised by a vast desert - experienced an increasingly arid and erratic climate during the past 450,000 years.

Arguments that humans were to blame have also focused on the traditional Aboriginal practice of burning the landscape. But recent research suggests that the fire history of the continent was more closely linked to climate than human activity, and increases in burning occurred long before people arrived.

"It is now increasingly clear that the disappearance of the megafauna of Sahul took place over tens, if not hundreds, of millennia under the influence of inexorable, albeit erratic, climatic deterioration," said Associate Professor Wroe.

Stephen Wroe, Judith H. Field, Michael Archer, Donald K. Grayson, Gilbert J. Price, Julien Louys, J. Tyler Faith, Gregory E. Webb, Iain Davidson, and Scott D. Mooney.**Climate change frames debate over the extinction of megafauna in Sahul (Pleistocene Australia-New Guinea).** PNAS, 2013 DOI: 10.1073/pnas.1302698110

Picture: Artist's reconstruction of a marsupial lion - Thylacoleo carnifex. (Credit: Peter Schouten)

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## Plants 'Talk' to Plants to Help Them Grow

May 7, 2013 — Having a neighborly chat improves seed germination, finds research in BioMed Central's open access journal BMC Ecology. Even when other known means of communication, such as contact, chemical and light-mediated signals, are blocked, chilli seeds grow better when grown with basil plants. This suggests that plants are talking via nanomechanical vibrations.

Monica Gagliano and Michael Renton from the **University of Western Australia** attempted to grow chilli seeds (Capsicum annuum) in the presence or absence of other chilli plants, or basil (Ocimum basilicum). In the absence of a neighboring plant, germination rates were very low, but when the plants were able to openly communicate with the seeds more seedlings grew.

However when the seeds were separated from the basil plants with black plastic, so that they could not be influenced by either light or chemical signals, they germinated as though they could still communicate with the basil. A partial response was seen for fully grown chilli plants blocked from known communication with the seeds.

Dr Gagliano explained, "Our results show that plants are able to positively influence growth of seeds by some as yet unknown mechanism. Bad neighbors, such as fennel, prevent chilli seed germination in the same way. We believe that the answer may involve acoustic signals generated using nanomechanical oscillations from inside the cell which allow rapid communication between nearby plants."

Monica Gagliano and Michael Renton. **Love thy neighbour: facilitation through an alternative signalling modality in plants.** BMC Ecology, 2013 DOI:10.1186/1472-6785-13-19

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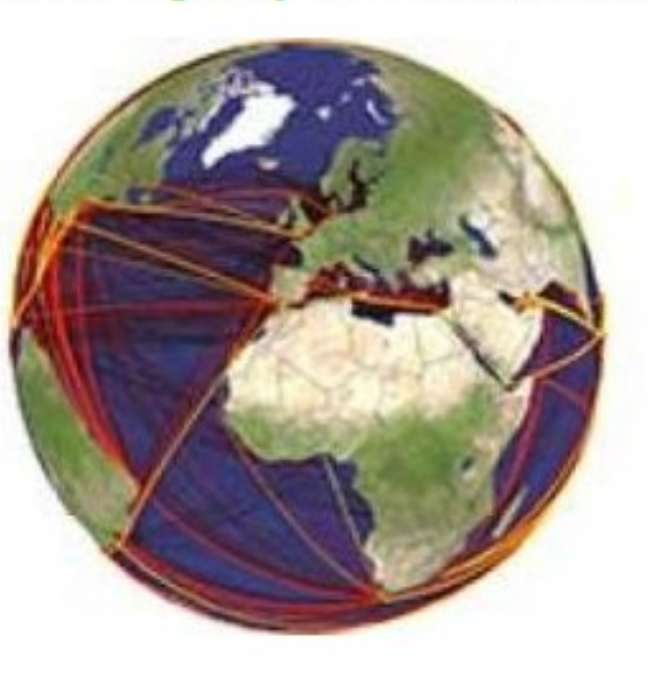
## Global Highways of Invasive Marine Species Calculated



May 5, 2013 — Globalisation, with its ever increasing demand for cargo transport, has inadvertently opened the flood gates for a new, silent invasion. New research has mapped the most detailed forecast to date for importing potentially harmful invasive species with the ballast water of cargo ships.

Scientists from the Universities of Bristol, UK, and Oldenburg, Germany, have examined ship traffic data and biological records to assess the risk of future invasions. Their research is published in the latest issue of Ecology Letters.

Animals and plants can hitch a ride on cargo ships, hiding as stowaways in the ballast tanks or clinging to the ship's hull. Upon arrival in a new port, alien species can then wreak havoc in formerly pristine waters. These so-called invasive species can drive native species to extinction, modify whole ecosystems and impact human economy.

Some regions, such as the San Francisco Bay or Chesapeake Bay, have even reported several new exotic species per year. The knock-on effects to fishermen, farmers, tourism and industry create billions of US dollars in damage every year. Conservationists and ship engineers are now trying to prevent the next big invasion. But without knowing when and where it may occur, their possibilities remain limited.

As part of the research project, funded by the Volkswagen Foundation, the team obtained detailed logs of nearly three million ship voyages in 2007 and 2008. Depending on the particular route travelled by each ship, the researchers estimated the probability that a species survives the journey and establishes a population in subsequent ports of call. Although this probability is tiny for any single voyage, the numbers quickly add up because modern cargo traffic volumes are enormous.

Professor Bernd Blasius from the University of Oldenburg and one of the researchers involved in the study, said: "Our model combines information such as shipping routes, ship sizes, temperatures and biogeography to come up with local forecasts of invasion probabilities."

The final tally reveals the hotspots of bioinvasion. Large Asian ports such as Singapore and Hong Kong but also US ports like New York and Long Beach are among the sites of highest invasion probability. These waterways are notoriously busy, but, traffic is not the only important factor.

The North Sea, for example, does not rank among the top endangered regions despite intense shipping. Temperatures here are lower, making it more difficult for alien species to survive. However, arrivals from the other side of the Atlantic pose a serious threat to the North Sea. Most invaders are predicted to originate from the North American east coast.

H. Seebens, M. T. Gastner, B. Blasius. The risk of marine bioinvasion caused by global shipping. Ecology Letters, 2013; DOI: 10.1111/ele.12111

Picture: The risk of marine bio-invasion caused by global shipping around the world. The brighter colour and thicker line indicates a higher bio-invasion risk. (Credit: Image by Dr Michael Gastner)

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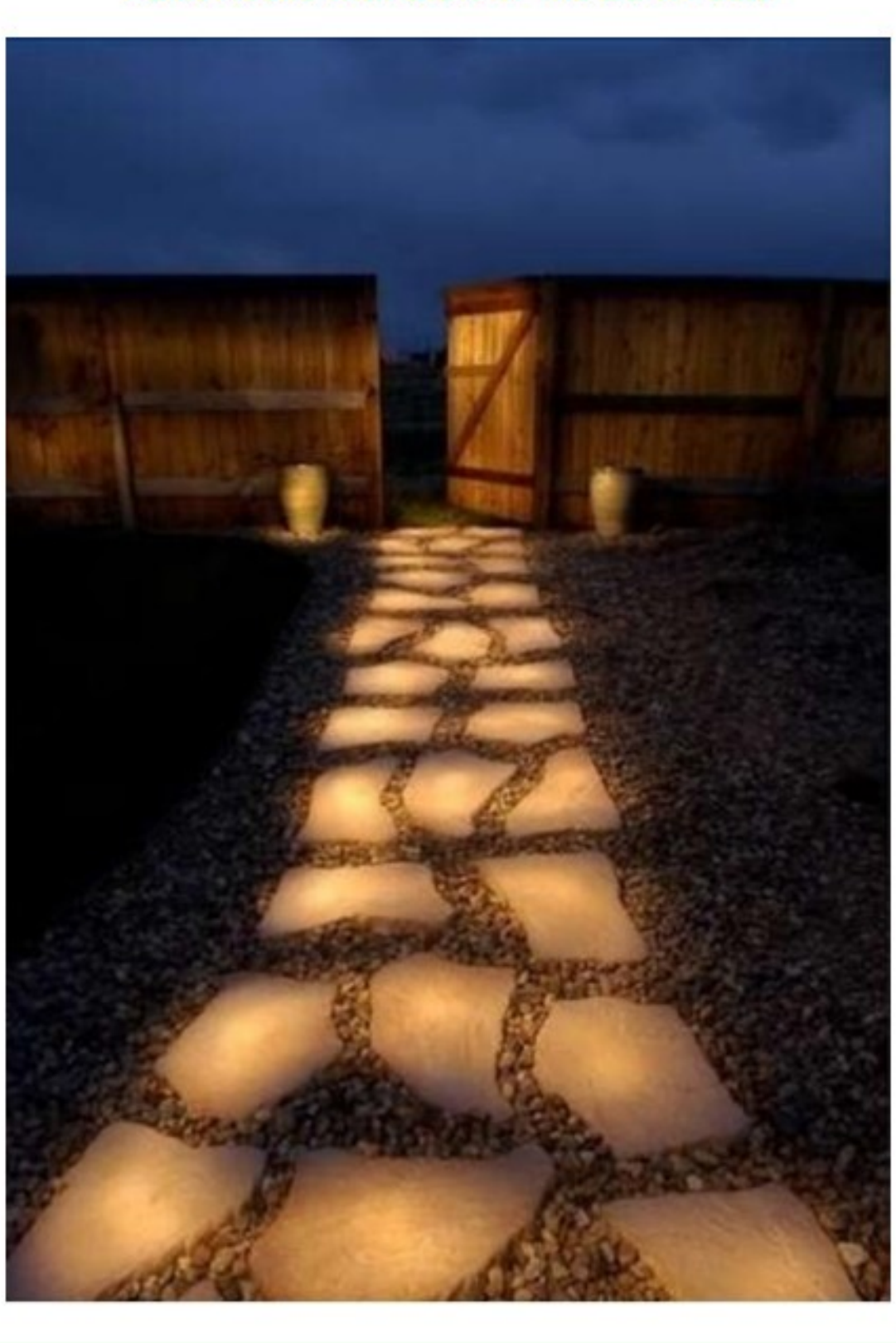
## Paint Rocks with Glow In The Dark Paint



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

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Neil Fifer Sydney,Aust Jul 2004

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

**Next PNHA Activity: Sunday 23 June - Birdwatching & monitoring, Warriewood Wetlands: Winter Birds.**

Swamp Mahoganies will be in flower attracting many honeyeaters and different species of lorikeets. Meet: 8am at Katoa Close off Garden St Narrabeen ends 11am. Bring: Binoculars, water, morning tea. To Book: P: Kerry Smith 9944 6271 0402 605 721 E: pnhabirdwatching@gmail.com. Photo: White-naped Honeyeater - Neil Fifer

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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**

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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

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### 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.

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## 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).

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***"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***

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Tweet Like +1

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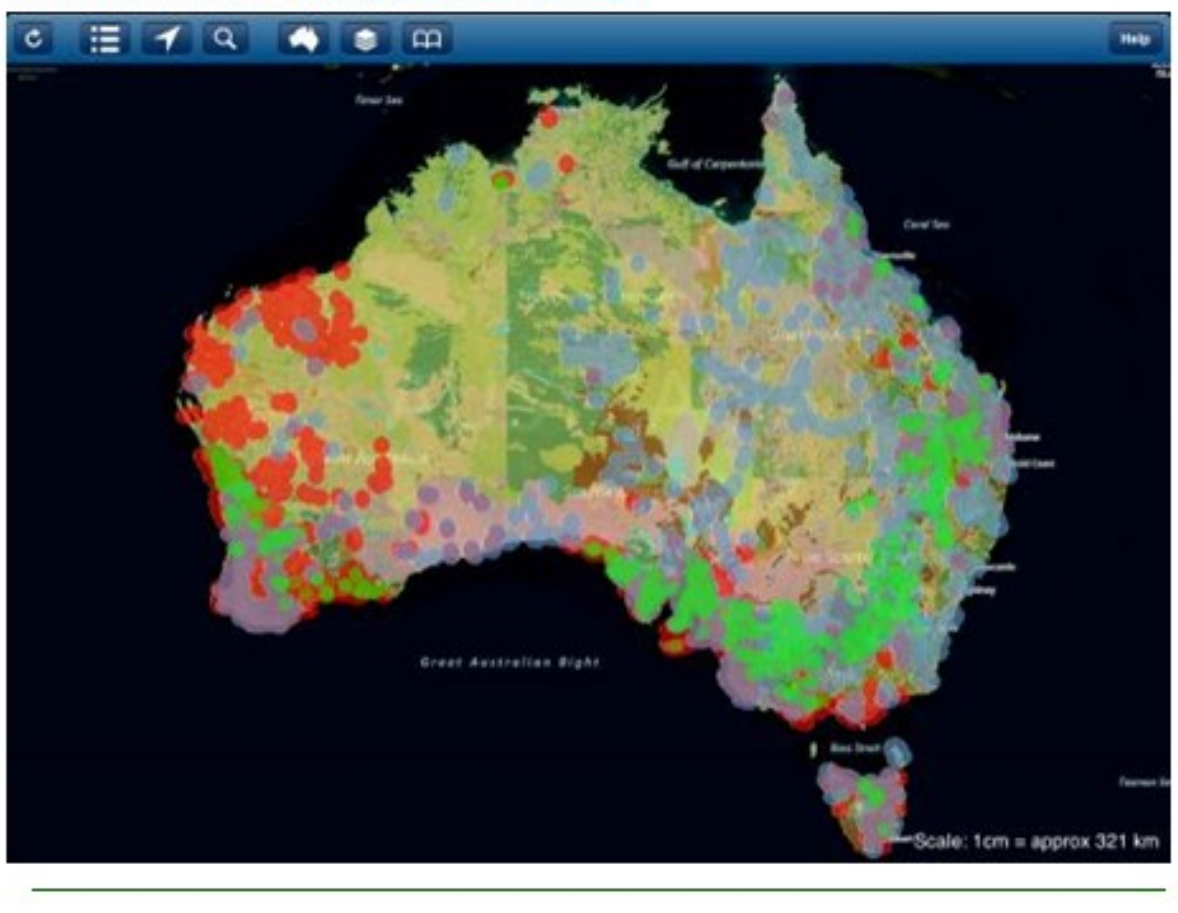
### CSIRO – New App for Gardeners

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



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### Pittwater Environment Stories this week:

Mullet Care Bush Care Project Update - May 2013

Pacific Black Duck Bath - a delight for the eyes!

Eastern Rosella - and a little more about our progression to protecting our birds instead of exporting them or decimating them.

Swamp Mahogany Flowering - our Mother's Day 2013 flowers

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PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

## CAREEL CREEK FLOOD STUDY ON EXHIBITION

Pittwater Council will publicly exhibit its draft flood study for the Careel Creek catchment located in Avalon. The Council voted at its meeting last night to adopt the draft flood study for public feedback from Saturday 11 May to Friday 14 June 2013.

The draft study is a technical investigation of flood behaviour in the Careel Creek catchment and updates a previous study carried out in 1999.

The new study looks at the changes in catchment conditions such as overland flows, plus the potential impacts of climate change using historical data on flooding, floodplain modelling techniques and projections of future flood behaviour.

Residents in the area have been advised of the study's findings, including whether their properties are considered to be flood-prone. Around 660 properties were classified as being flood-prone in a 1 in 100 year flood event by previous studies, with a further 42 properties now identified in the 2013 draft study.

General Manager Mark Ferguson said that the study had been completed at the direction of the NSW government's statewide policy on flooding.

"When finalised, the study will assist the Council in making flood-related planning decisions for existing and future developments as well as informing residents of the potential risks of flooding in the area," he said.

"We're also inviting affected property-owners to face-to-face or over -the-phone sessions with staff who can explain exactly what the findings mean for them," he said.

To view the study, visit www.pittwater.nsw.gov.au/exhibition.
**Comments close on Friday 14 June 2013.**

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## A new approach to judging the impact of invasive species - 7 May 2013

The native lace monitor competes with the invasive fox for the same food, and is not faring well.

The impact an introduced species can have on Australian native animals should take into account possible long-term stress not just numbers of outright deaths, University of Sydney research has shown.

"We also showed that sometimes 'the hunted' adapt more successfully to the introduction of a predator than competing hunters," said Dr Jennifer Anson, from the University's School of Biological Sciences and lead author of the study published last month in PLOS One.

"Research in Australia has never focused on how reptile predators, as opposed to mammalian predators, are affected by the presence of an introduced predator. Our study shows a reptile predator coping less well in the presence of a non-native predator than a target prey species does."

The research looked at lace monitors and common ringtail possums in East Gippsland, Victoria.

It shows that ringtail possums are no more vigilant in the presence of foxes, introduced to Australia more than 150 years ago, than in the presence of other native predators, but still survive in high numbers.

"By comparison the lace monitor, which competes for prey with the fox, is faring less well," said Dr Anson.

The native lace monitor competes with the invasive fox for the same food resources, in particular the ringtail possum. The fox hunts at night and lace monitors hunt during the day.

The study found that in response to increased competition with the fox, the lace monitor took more risks to get food.

"This increase in risk behaviour led to a reduction in body condition of the lace monitor. This means they are smaller or weigh less than they should for their size," said Dr Anson.

"A lot of studies only look at whether a species numbers are being reduced but not at more subtle long-term threats such as deterioration in body condition. But loss of condition is a trend that could have an impact on how many young are born and on vulnerability to disease, presenting a potential danger to the species overall."

Another implication of the research is the suggestion ringtails are capable of rapidly evolving in response to an invasive predator, something that other small-sized to medium-sized mammals have not had the opportunity or ability to do.

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**Sending the gungu home by wwfaustralia - Published on 26 Apr 2013 - NOT SUITABLE FOR YOUNG CHILDREN - DISTRESSING IMAGES IN PLACES. Ed.**

***ANNOUNCEMENT - VOTE NOW! Sending the Gungu Home' is a FINALIST in the Aurora Short Film Festival and a contender in the Best Community Organisation category! Please help us win by voting and sharing at http://www.aurora.tv/asff/vote/ (you can vote once per day, up to 31 May 2013)***

Marine turtles are one of WWF's global flagship species and one of WWF-Australia's priority species for protection. We are working with businesses and government to conserve the habitats of marine turtles and to increase their natural resilience.

This short film showcases the work of indigenous groups such as the Girringun Aboriginal Corporation & the Gudjuda Reference group, scientists from James Cook University and the Queensland Department of Environment & Heritage Protection, volunteers from the Queens Beach Action Group and turtle hospitals such as the Reef HQ Aquarium in Townsville. WWF-Australia helps fund turtle research and rehabilitation tanks.

http://www.wwf.org.au

Sending the gungu home

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A few th nd in the
Souther nisphere

## Our blueys are facing a new threat

340,000 blue whales were killed in the last century. Today the few thousand that remain around Australia face a new threat – the expansion of the offshore oil and gas industry. IFAW is determined to secure critical blue whale habitat from harmful industry and increased shipping. IFAW ( International Fund for Animal Welfare Australia - IFAW Australia) has uncovered an astonishing level of concern among the Government's own whale experts about the seismic testing being considered by the Federal Government in South Australia waters.

Antarctic blue whales may exceed 33m in length and 180 tonnes in weight. Despite being called 'pygmy' blue whales, this subspecies can still grow to 25m in length. As southern blue whales feed mainly in polar waters it is likely most blue whales sighted in Australian waters are pygmy blue whales.

Known areas of critical importance for blue whales are feeding areas around the southern continental shelf, notably the Perth Canyon, in Western Australia, and the Bonney Upwelling and adjacent upwelling areas of South Australia (Duntroon Basin) and Victoria.

### What's so special about the Bonney Upwelling?

An upwelling is an ocean phenomenon that involves wind driving dense, cooler and nutrient rich water towards the ocean surface. The Bonney Upwelling is a feasting ground for krill and other prey species. In turn, the blue whales feed on the krill. Other predators such as fish, dolphins, seals, penguins, albatross and other seabirds also hunt for food there. The upwelling is also a productive fishing ground, in particular for rock lobster. The Bonney Upwelling blue whale feeding area extends from Robe, South Australia, to Cape Otway, Victoria. Blue whales also feed further west in the Duntroon basin to the west and south of Kangaroo Island.

### Offshore oil and gas exploration

The same richness of life that sustains so many species is also the organic origin of suspected pockets of gas underneath the blue whale feeding grounds. This has attracted oil and gas companies to the area in recent years. Oil and gas exploration involves the use of seismic surveys to search for oil and gas under the ocean floor. Seismic surveys use a series of intense air-gun blasts to do this, introducing high levels of noise into the marine environment, in the same frequencies blue whales use to communicate.

Like all whale and dolphin species, blue whales have a highly refined acoustic sense with which to monitor their surroundings. They use sound to navigate, locate prey and predators, attract mates, and for social interactions. They are extremely sensitive to man-made underwater noise pollution. Acoustic disturbances, such as seismic surveys, can force whales away from important habitats, cause stress, disorient them, mask whale calls, thus inhibiting communication and, at closer range, can cause temporary or permanent damage to their hearing.

See more at: http://www.ifaw.org/australia/our-work/whales/save-our-blueys

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## May Environment Activities

Pittwater Environmental Foundation

**Pittwater Environmental Foundation - Irrawong Planting Day**
**Sunday May 19th, 1pm - 3pm.**
Did you miss planting at Mullet Creek last month? It's on again: May 19th, 1pm. Go to Irrawong Waterfall from west end of Irrawong Rd, Warriewood. Wear enclosed shoes and long trousers, bring gloves and a drink. Tools and afternoon tea and good company provided. More info: **pittenvfound@gmail.com**

Park near the corner of Irrawong Rd and Epworth Place, Warriewood and follow signs to the planting site. Wear long trousers, long -sleeved shirt and sturdy shoes, bring gardening gloves. Tools and afternoon tea provided.

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

**Sunday May 26th, 9am - 12 noon**
Mullet Creek's south arm near Wesley Street Elanora is also being weeded and the planting day here is on Sunday May 26, 9am to noon at the Wesley St entrance, Elanora. Wear long trousers, enclosed shoes and bring gloves. We'll do a fabulous morning tea, supply tools and plants.

This is one of the largest Bushcare projects hosted by the Pittwater Environmental Foundation and Pittwater Council. The project offers residents the chance to explore this little known and picturesque reserve, rich in native wildlife and habitat for rare and threatened species such as the Powerful Owl, Regent Honeyeater and Giant Burrowing Frog. If you'd like to help, please wear sturdy covered shoes, a hat, sunscreen and bring along a water bottle. Tools, training and delicious morning tea are provided!

Where: **Meet at the grassed area at 49 Wesley Street, Elanora Heights.** When: Sunday 26 May, 9:30am - 12:30pm. All welcome! RSVP and more information: Bushcare Officer 9970 1367 or helena_dewis@pittwater.nsw.gov.au.

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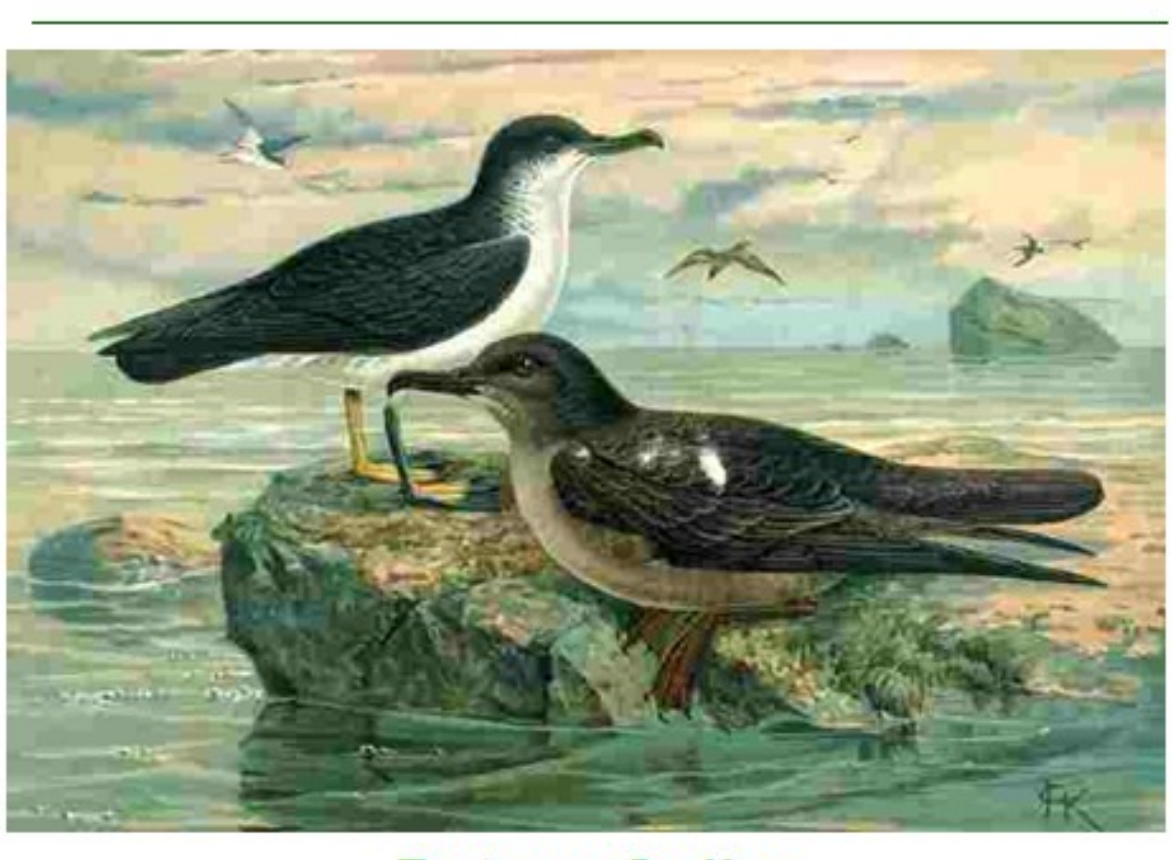

## Botany Online

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

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## Kimbriki Resource Recovery Centre

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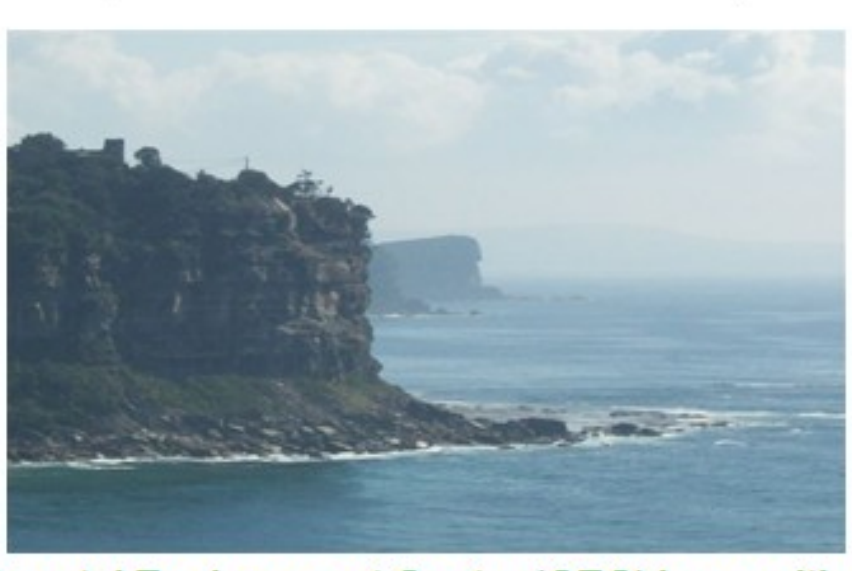
### Coastal Environment Centre



**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**

**May 2013 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE**

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PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

### 2013 Northern Beaches Local Business Sustainability Award

Warringah and Pittwater Councils are urging local business people that practise and promote sustainability to nominate their business in the Sustainability category of the 2013 Northern Beaches Local Business Awards.

"This is the second time the Sustainability Award has been included in the annual Local Business Awards, and Warringah Council is very excited to be a joint major supporter of this important award," said Warringah Mayor, Michael Regan. "The aim of the Sustainability Award is to recognise the achievements of local businesses that have put in place practices that contribute to a more liveable and healthy Warringah."

Pittwater Council Mayor Jacqueline Townsend said there were a range of ways that businesses could demonstrate their commitment to sustainable practices, from turning off unused appliances to providing more flexible working conditions for their staff.

"Pittwater has a well established program of assisting local businesses to be more sustainable and save water and energy costs and we encourage them to enter the awards."

Local businesses nominating for the Sustainability Award need to demonstrate the integration of sustainability practices to business planning, operations and marketing, such as:
- The reduction of energy use, water use and waste sent to landfill
- Using environmentally friendly materials, supplier products and services
- Installation of environmentally friendly building systems, such as rainwater tanks, insulated walls etc.
- Partnerships with community sectors
- Providing staff with family friendly conditions
- Using ethical business practices
- Providing staff and customers with sustainable transport options

**Businesses have until Wednesday 12 June to nominate** for the Sustainability Award. For more information please call 9942 2678 or media@warringah.nsw.gov.au

**Customers of local businesses can nominate businesses** that provide great service in 28 different categories **by Friday 17 May.** For more information or to vote, visit warringah.nsw.gov.au

**The 2013 Northern Beaches Local Business Awards**
**Wednesday 3 July**
**Miramare Gardens, Terrey Hills**

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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

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### Pittwater's Environmental Foundation

Pittwater 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.

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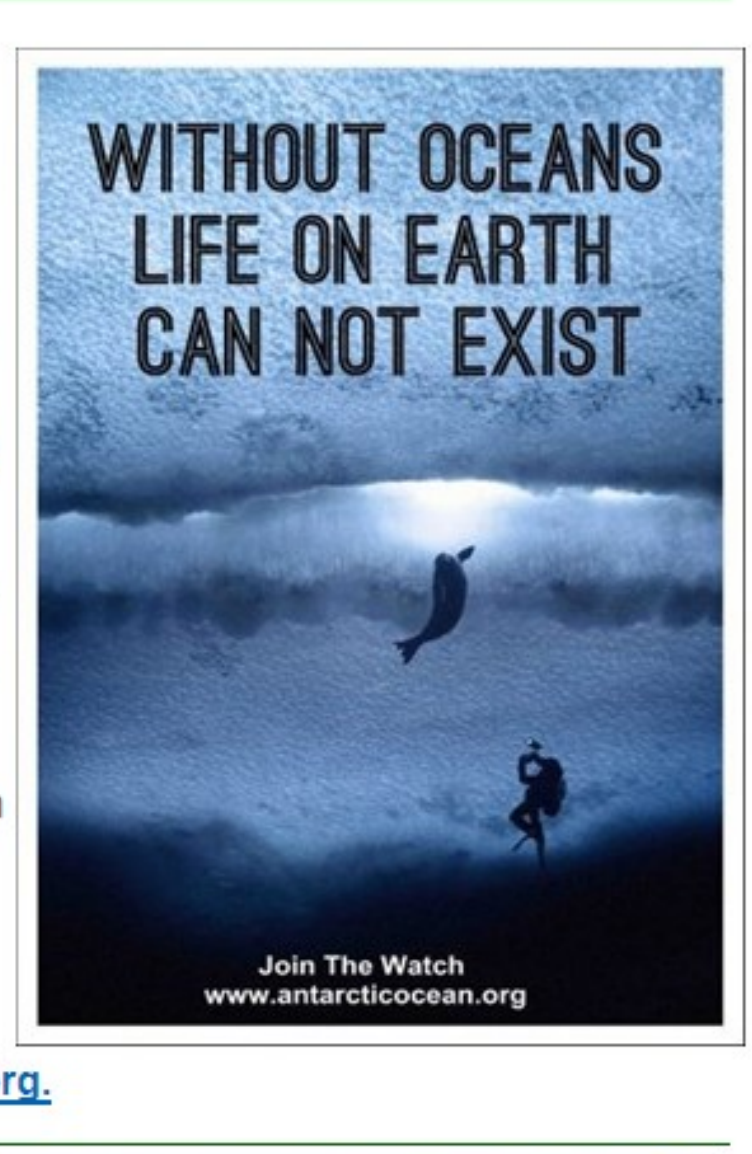
**Antarctic Ocean Alliance**


WITHOUT OCEANS LIFE ON EARTH CAN NOT EXIST
Join The Watch
www.antarcticocean.org

In just 6 months 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.**

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CLIMATE ACTION PITTWATER

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

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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**

Pittwater Online News

May 12 - 18, 2013: Issue 110

# Managing The Pace And Grounding The Vision: May's Solar Eclipse in Taurus

*The golden moments in the stream of life rush past us, and we see nothing but sand; the angels come to visit us, and we only know them when they are gone.* **George Eliot**

*Every event that a man would master must be mounted on the run, and no man ever caught the reins of a thought except as it galloped past him.* **Oliver Wendell Holmes**

*I am not a speed-reader. I am a speed understander.* **Isaac Asimov**

*All human joys are swift of wing, For heaven doth so allot it; That when you get an easy thing, You find you haven't got it.* **Eugene Field**

*The cloud never comes in the quarter of the horizon from which we watch for it.* **Elizabeth Gaskell**

*Every cloud has a silver lining.* **Proverb**

*A great wind is blowing, and that gives you either imagination or a headache.* **Catherine the Great**

The annular solar eclipse (solar eclipses are always on a new Moon) in Taurus is the second of three consecutive eclipses. So, with this eclipse, we are half-way through this current eclipse season. The last eclipse was a lunar eclipse (these always fall on the full moon and occur approx every six months) on the 26th April in Australia and the 25th in the United States. The next lunar eclipse is on May 25.

**This week's solar eclipse falls on May 10 in Australia and May 9 in the United States.**This is a south node solar eclipse, meaning it's a time to analyze what we don't want in our lives, to find what we need to release or let go of and to make plans for the future. Being in Taurus, this is a good time to make some positive affirmations around money along with issues of self worth. This is a very Taurean new Moon, with Mars, the south node, Mercury, the Moon, the Sun and Pallas Athena all in Taurus. Venus, the ruler of Taurus, is in Taurus right up until the eclipse when it slips into Gemini.

This eclipse can bring up issues from last November as this eclipse is a reversal of that eclipse. This is a chance to see how you're going in terms of what began or what was happening then.

The Sabian Symbol for the eclipse is **Taurus 20: Wisps Of Clouds, Like Wings, Are Streaming Across The Sky.**

You may feel driven forward, almost out of your own control. In doing so you run the risk ofeither going past things too quickly, or tiring if you try to resist the momentum of forward push. It may be best to let the superficial excitement affect you and then be prepared to go back and sort out the details later. However, there can be a danger in making decisions and taking action too quickly; without enough consideration. You may find that you have no choice. You have an opportunity before you, and it could feel like it's now or never and you must seize the day. Another element of this Symbol is that there can be very little actually going on around you, but there is so much going on over your head. Your imagination is active, but perhaps you are not really aware of it. You may find that your mind is working out what to do in this situation and in the next day or so "the coin will drop". Enjoying the pleasant "weather" around you and allow the natural energies to blow away the confusing aspects of your life.

**Keywords:** Fleeting opportunities or inspiration. Feeling things "in the wind". Seeking a change in the weather. Thinking on your feet. Doing things at a fast pace. Placing too much importance on the fast movement of the issue at hand. Wasting energy on non essentials. Things floating in the air. Going at full tilt. Skywriting. Vapor trails. Here one minute, gone the next. Messages read from clouds. Planes. The beauty of the sky.

**The Caution:** Resistance to the creative flow. Superficial excitement. Unstoppable progress. Destructive development. Forces beyond your control. Making unformed or uninformed decisions on a whim. Not thinking things through. Impatience. Continual impermanence. Lack of rest or sleep. Contrails. Chem trails. Weather control.

It can be instructive to think back to the last time there was a solar eclipse in Taurus on this degree. It was May 1994. What were you doing then? What were your hopes and dreams then? What did you seed at that time?

With Taurus, there's a longing for family, perhaps for procreation, a longing for connection, and to be able to fulfill your physical and/or financial needs.

**Pallas Athena**, who represents the smart warrior woman, is smack on this solar eclipse. To learn more about Pallas Athena's mythology click here.

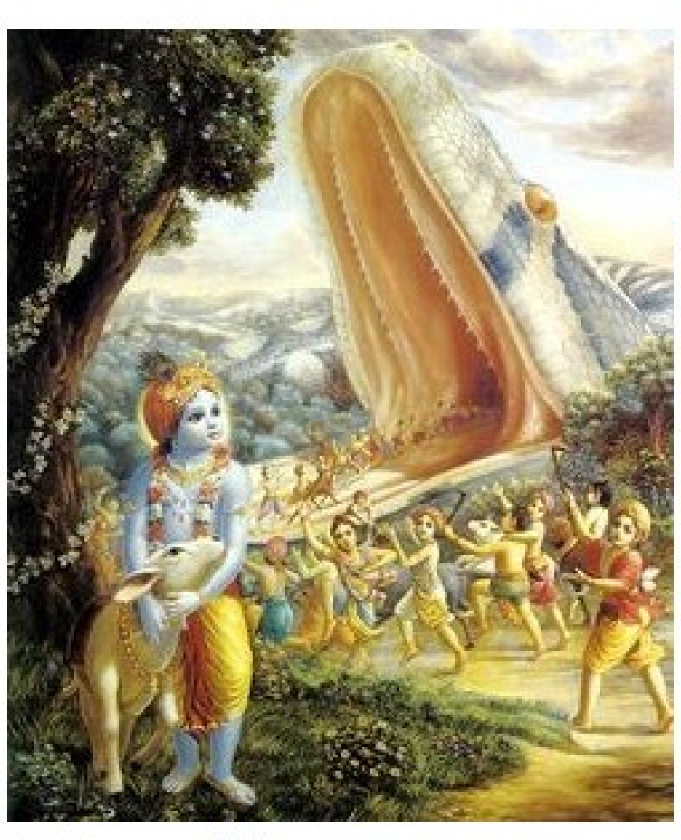
**The Karmic Condition** (the degree before) this new Moon is **Taurus 19: A New Continent Rising From The Ocean**. This speaks of rising up out of the past and embracing new beginnings, new territory, new possibilities. This degree is especially strong as just hours after the eclipse, Mercury moves onto this degree. A few days later, Mars transits this degree, so this is very much a time of embracing the new.

*One does not discover new continents without consenting to lose sight of the shore for a very long time.* **Andre Gide**

**Keywords:** Enormous potentiality emerging. New trends and ways of being. Sudden eruptions of talent or fields of endeavor. The greenhouse effect. Global warming. Atlantis and other ancient underwater cities. Evolution. Patience. Developing slowly but surely. Emerging generations of people. New environments. Things feeling suddenly foreign. The birth of a nation. Migration.

**The Caution:** Continually seeking "new worlds" rather than finding a place in the existing one. No responsibility for the birth of the new. No respect for the old or established. Not shifting or evolving.

*There are continents and seas in the moral world, to which every man is an isthmus or inlet, yet unexplored by him.* **Henry David Thoreau**



As this is a south node eclipse, it has the feeling of having to define where we are now, what we are truly capable of and taking steps to heal the past in order to move into the future. Scorpio, a rather reptilian sign, is where the north node is and it has only Saturn in Scorpio at the moment for company in that sign. This can bring about a tug-of-war between what you want, what's possible and where you want to be. All that lovely Taurean energy is pulling us back to a place of safety and comfort, or so it may seem to some. Others may feel a strong desire to push forward, but it seems some backing off is required in order to get a sense of the fuller picture.

**The Quest Symbol** (the degree after) the eclipse degree is **Taurus 21: A Moving Finger Points To Significant Passages In A Book.** This degree can have us wanting to write a book, a blog, a letter, or, perhaps, a poem. It can also bring the desire to learn, to study something, to take what is significant in terms of the messages we are meant to hear.

*The telephone book is full of facts, but it doesn't contain a single idea.* **Mortimer Adler**

**Keywords:** Finding the essential details of a situation and disregarding the rest. The cursor on the computer screen. Reading and writing books. Keeping records. Instruction manuals. Lawyers and the law. Editing. Reviewing. Reference books. Reading the Oracle. Memories. Quoting scripture. Testimony. Rules.

**The Caution:** Doing things because they need to be done and only going by the rules of the book. Automated responses. Religious fundamentalism. Only doing those things that are officially sanctioned. Not observing the entire picture. Keeping tallies. Flaunting the rules.

Venus rules Taurus and it moves into Gemini right on the eclipse. This can help bring a new perspective, especially as the first degree of Gemini is so perceptive, so 'seeing' and knowing - when we have the 'eyes' to see.

**Venus** is on **Gemini 1: A Glass-Bottomed Boat Reveals Undersea Wonders.** This is a very insightful degree, and it's by looking at life through a set of lenses that work for you that you get to see below the surface to what is really going on.

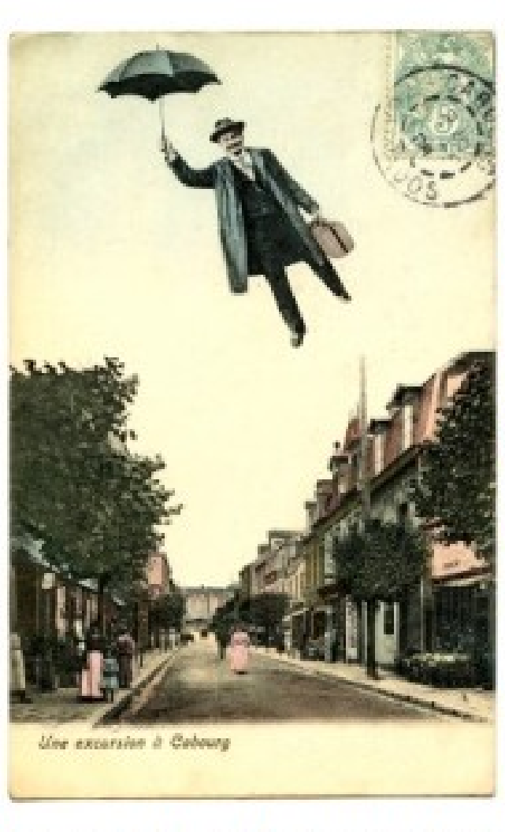
*The world will never starve for want of wonders; but only for want of wonder.* **Gilbert Keith Chesterton**

**Keywords:** Being able to see "within" to forms that are not usually observed by others. Clairvoyance. Observance of psychic phenomena. Connecting with the collective unconscious. Spiritual gifts that enlarge ones perspective. Amusement and wonder at natural beauty. Glass, lenses, refractions of light. Panoramic views. Water. Boats. Vehicles of discovery.

**The Caution:** Putting up barriers of social safety to avoid involvement in deep emotions. Overemphasis on safety concerns. Watching things from a distance, leading to separation and estrangement. Looking in the wrong direction. Cool, detached attitudes.

Mars is in Taurus and will be transiting over the eclipse point about 5 days after the eclipse. This is likely to have things speeding up somewhat. Mars also passes over the South Node a day or two after the eclipse, bringing the possibility of being roused enough to let definitively let go of what is bothering you or no longer needed.

**Mars** is on **Taurus 15: A Man With A Silk Hat, Muffled Against The Cold, Braves The Storm.** This Symbol speaks of putting on a happy, dignified and brave face, even if you are feeling like screaming into the wind.



**Keywords:** Inner poise being more important than outer appearances. Braving stormy weather. Ploughing on through difficulties. Being willing to weather storms and take on the hard times. Having tasks or errands to perform when one would rather not. Hats, scarves and muffles. Sudden change of circumstances.

**The Caution:** Not showing your true feelings. Superficial show of strength. Not noticing things improving. Always battling the "elements". Complaining and whining instead of getting on with the task at hand. Wanting to be pampered and not face up to life's storms. Considering appearance before all else. Superficiality. Insufficient or inappropriate clothing or apparel.

With Mars transiting the Moon's south node, many may experience the feeling of having to battle things out. Whether it is an internal or an external battle, coming to terms with things by laying them to rest or by bringing 'light' to situations may be key. Walking away from arguments or battles may be the best way forward, especially if you have 'fought' this fight before, had this battle perhaps a few too many times.

**The Moon's south node** (a particularly karmic point) is on **Taurus 17: A Symbolical Battle Between Swords, The Disciples Of Might, and Torches, The Disciples of Enlightenment.**

*Imagination is the one weapon in the war against reality.* **Jules de Gaultier**

**Keywords:** The battle of "might versus light". The Spear of Destiny. Spiritual differences. Arguments. The story of Hitler. The Inquisition. The Crusades. Bringing love and light to war zones. The pen being mightier than the sword. Peace marches, Candles, torches. Weapons. The might of the media.

**The Caution:** Controlling those around with rational or brute force rather than with inner enlightenment or knowledge. People arguing over ideals. Forcing opinions on each other. Religious conflicts. War rallies. Propaganda.

In the few days before the eclipse, Mercury will be going over the above 'battle' degree Symbol, with Mars following a day or two later. One hopes that the current warring in the world will be contained and dissipated. In Australia and elsewhere in the world, the Church is coming under fire for the sexual abuse of children.

**Mercury** is on **Taurus 18: A Woman Airing An Old Bag Through A Sunny Window To Give It Air And Sunshine.** This is a degree of bringing light and air to dark corners. This can be on many levels; you may be cleaning out your cupboards, emptying out your 'bags' in some way, airing them and renewing them. In some cases, it's a matter of throwing things out. You may have clothes, shoes, bags, linen or other possessions that are cluttering up your life and it could be time to let go of those things that are just getting in your way. It is true that often our possessions end up owning us.

As this is Mercury on this degree, it is also, and probably more importantly, about cleaning out those habits, thoughts, beliefs or sabotage mechanisms that keep you chained in unhealthy habits or relationships. This degree is very much about bringing what was hidden to the surface so those things can be dealt with.

**Keywords:** Psychoanalysis. Past life regressions or memories. Doing domestic chores with a feeling of purpose. Work shopping ideas. Bringing light and freshness to old feelings. Renewal. Throwing out the old or outlived. Cleaning out rooms. Renovations. Letting the sunshine in.

**The Caution:** Expecting others to take responsibility for cleaning up and airing out. Hanging on to outworn things and memories. Airing one's 'dirty laundry' in public. Rehashing old situations. Going over the same ground over and over. Bringing up issues when it's inappropriate. Depressed attitudes.

*Better keep yourself clean and bright; you are the window through which you must see the world.* **George Bernard Shaw**

**Jupiter** is on **Gemini 20: A Cafeteria With An Abundance Of Choices.** This is a greatdegree for Jupiter to be on during this eclipse as it can show that we often do have choices, even if we feel that we don't. The trick is to choose the thing that gives you the most nourishment, the most freedom of expression, the best sense of freedom. Especially as this is Jupiter, there's a desire to be able to reach out for the things you want in life. Jupiter in Gemini is reinforcing the idea of the Law Of Attraction - that our thoughts can (and do) create our lives and control the directions we might head in.

**Saturn** is on **Scorpio 8: A Silvery Moon Shining Across A Beautiful Gem Of A Lake.** This speaks about the need to get below the surface of things. This is quite a strong 'reflective' degree and one of the more interesting Scorpionic images in that it asks us to get below surface appearances in order to nut out what is really happening. Saturn here can be rather resistant to new insights or impulses, but the trick is to discern what is true and what is merely a projection from yourself or others. Seeing life as a mirror can lead us to understand where we can be most effective as well as those areas that we have no place in exploring. Saturn on this degree shows the need to understand your boundaries; where you begin and end and where others fit into your story. Each year, on Halloween, the Sun is on this degree and this motif of the moon on the lake is often seen in Halloween images - often with a bat or a pumpkin somewhere to add to the Halloween flavor.

Hence, this can a bit of a trick-or-treat moment in time as there can be a feeling of not knowing what is truly yours and what belongs with someone else. With a desire to delve, great depths can be seen and learned and issues resolved. Forgiveness is always key with Saturn in Scorpio.

**Uranus** is on **Aries 11: The President Of The Republic Or The Ruler Of The Country.** Uranus on this degree asks us to reach into our sense of personal power and to broadcast into your world a sense of being able to be in charge of your life. This is a powerful degree and it really ramps up the feeling of the Uranus/Pluto square that we are experiencing. Uranus is often the rebel, the one who wants us to be authentic, Aries backs this up and this President Of The Republic degree makes it even more so. So, it's about being prepared to drop back into a sense of self that is deep and authentic.

*What government is the best? That which teaches us to govern ourselves.* **Goethe**

**Keywords:** Developing willpower. Inner power, discipline and integrity. Discipline of thoughts, emotions and actions. Leadership, power and ability along with their responsibilities. Accepting responsibility for one's actions. "Calling the shots". Rulers, presidents, leaders. Taking charge. The need for loyal subjects. Being voted in. The democratic process.

**The Caution:** Taking control. Lording it over everyone. Being overbearing. Not allowing others to be in charge of their own lives, health or situation. Egotistical and self-centered. Undermining others through a lack of self-awareness or confidence. Being larger than life. Dictators and tyrants. Military Governments.

**Neptune** is on **Pisces 6: A Parade Of Army Officers In Full Dress.** This degree, especially with Neptune on it, can indicate the feeling of having to 'turn up', do what needs to be done, looking after others, being someone others can count on, having a sense of duty and feeling like you're on duty in some way. The trick is to be up and doing what feels authentic to you, not just doing it because others expect it of you. Of course, with Neptune here, there is bound to be some measure of having to perform, having to front up and do the right thing, but in general there's a need to remember what you want to get involved in and what you don't.

**Keywords:** National pride on display. Reminders of those putting life and limb on the line for kin and country. Uniforms, hats. People seeking recognition from the community, regardless of what they've personally achieved. Patriotism. Memories of war. Being committed to service. Medals. Stripes. Uniformity. Grinning and bearing it. Projecting the "right image". Drills and routines. Displays of courage. Assembling together. Braiding and piping. Spit and polish. Parades and marching. Police and law enforcement. Guns and bayonets. The importance of looking good.

**The Caution:** "Stiff" and unfeeling displays. Having special privileges that others don't. Doing what one must do. Hiding behind a façade. Not being prepared, or able, to show one's true self. "Drill sergeants" who scream and shout. People parading their importance. False courage. Taking the glory away from the little people. Wearing anything.

Saturn, being retrograde, is moving backwards into a nice trine relationship with Neptune, showing the desire, or the need, to define what your dreams are, what plans you want to put into operation and how you see the structures of your life supporting you. For some, this will include finding a place to be that provides them with a sense of purpose and adventure.

**Pluto is on Capricorn 12: A Student Of Nature Lecturing, Revealing Little Known Aspects Of Life.** So much knowledge and knowing is coming through us now. Whether you are a 'teacher' or a 'student', there is much to be learned on a deep, trans formative level. Revelations about the nature of life and nature are likely to be coming forward now, sometimes in surprising ways.

**Keywords:** Observing and translating so others may learn. Green politics. Issues the conservatives don't want revealed. Nature and natural remedies. Science and its rewards and drawbacks. Issues such as global warming. Whistle blowers. Natural healing methods. Documentaries. Conspiracy theories.

**The Caution:** Radical non-humanistic views. Intellectual smugness. 'Lecturing' and browbeating. Modern technological advances that stifle the environment. Lip service to conservation issues.

If you're feeling a case of stop-go, stop-go, stop-go, it's no wonder with all this Taurus energy going on.

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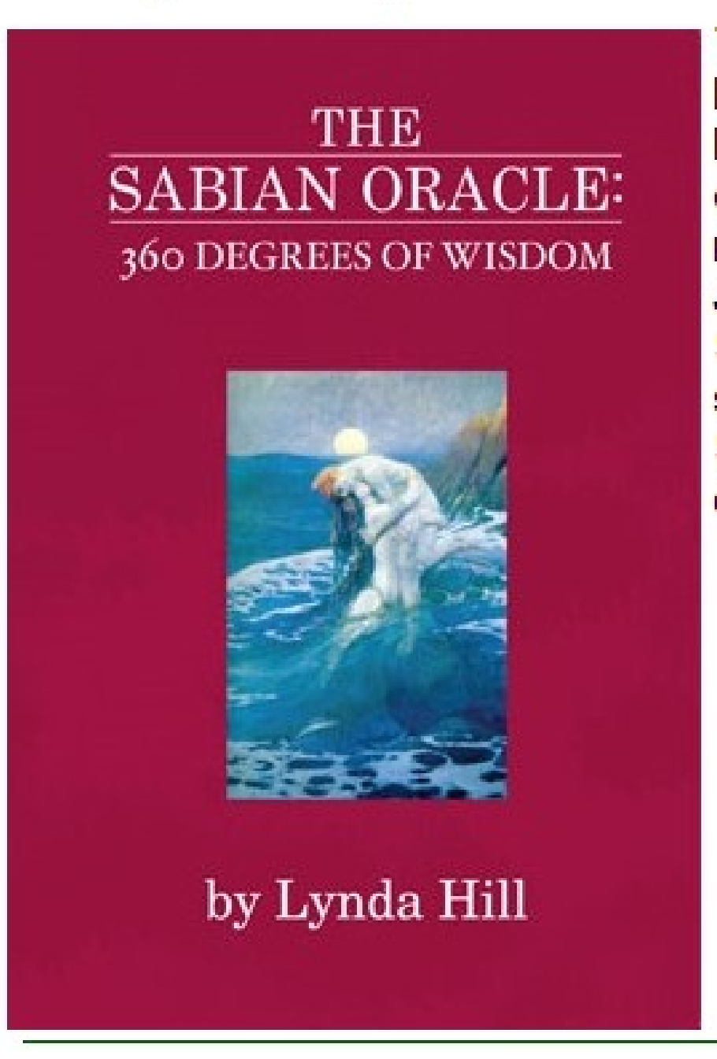
Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public througout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New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

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

### What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.



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

**For more Information: click here**

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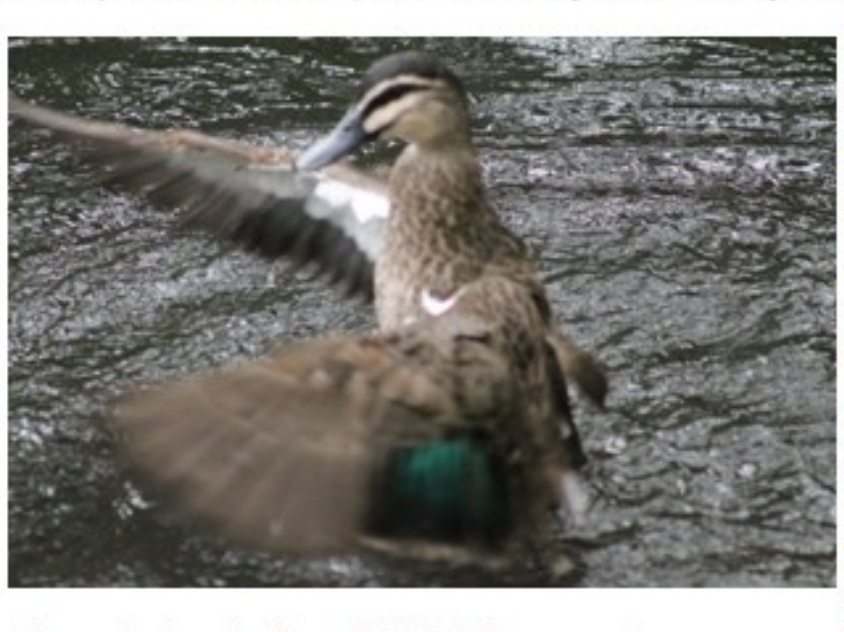
Pittwater Online News

**May 12 - 18, 2013: Issue 110**

## Pacific Black Duck Bath

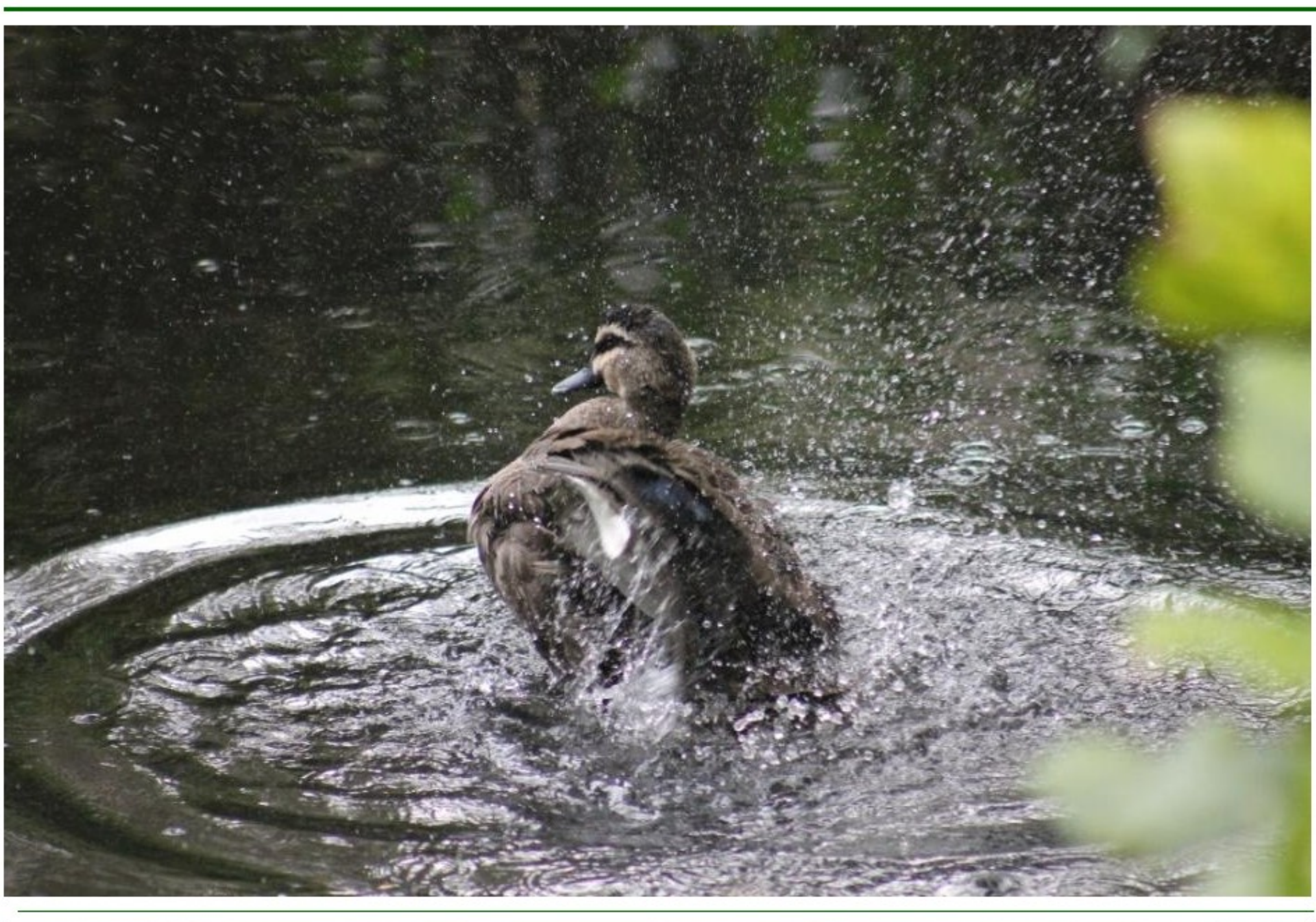
These delightful Pacific Black Ducks were photographed taking a bath on Careel Creek during the week; not an easy task when you have waterproof feathers, but certainly necessary to keep down parasites.

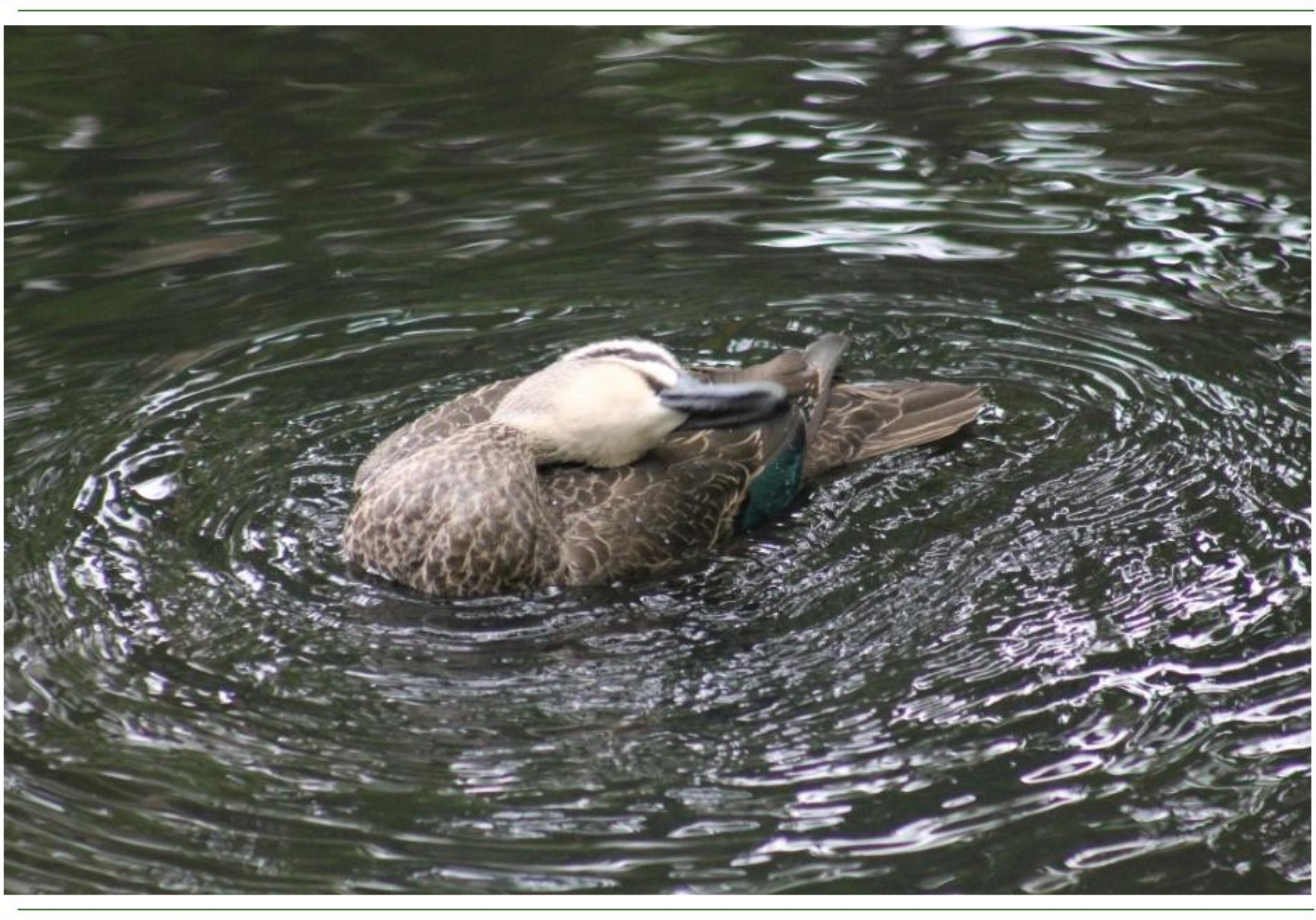


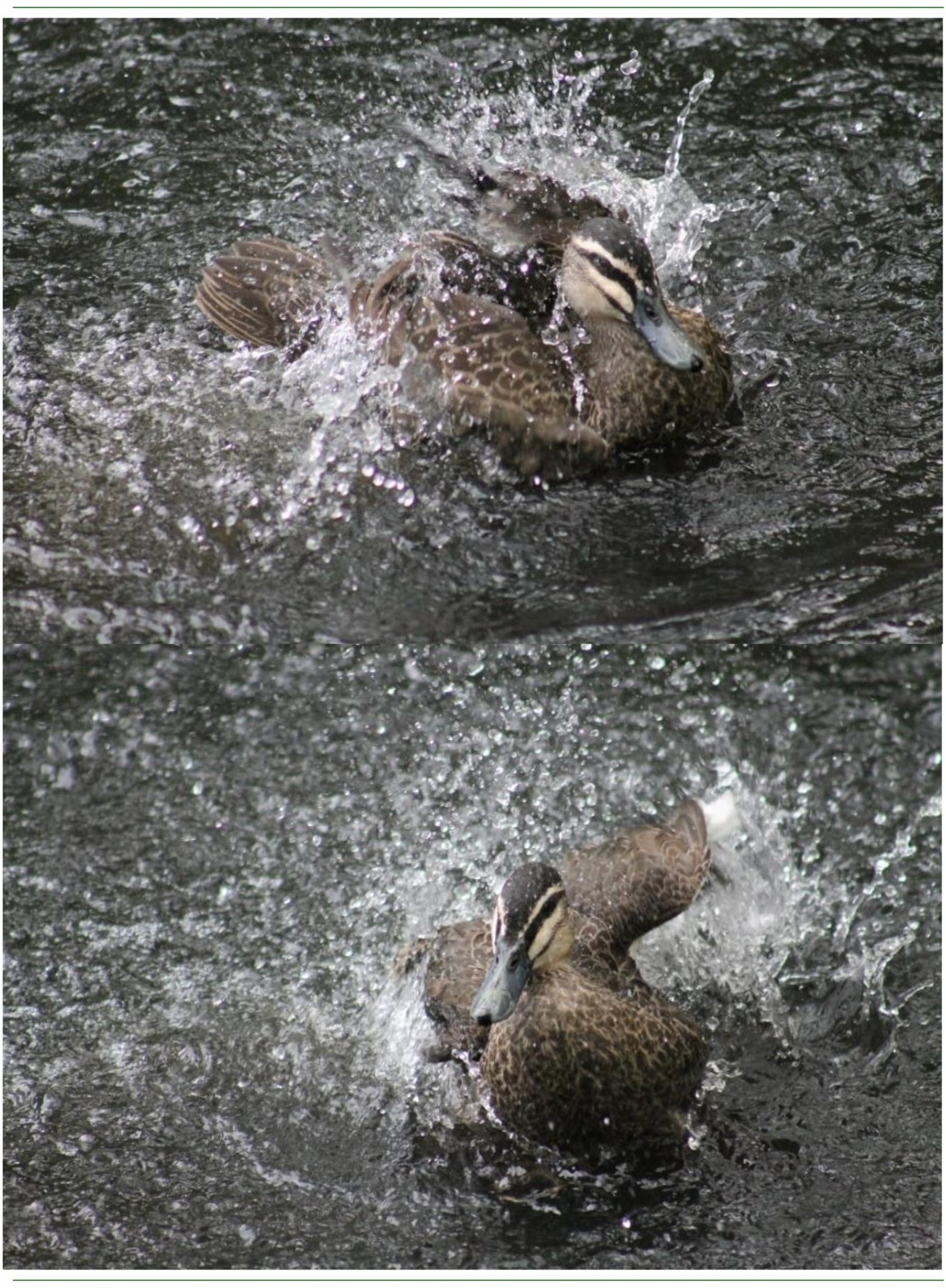
The Pacific Black Duck (*Anas superciliosa*) is mostly mid-brown in colour, with each feather edged buff. The head pattern is characteristic, with a dark brown line through the eye, bordered with cream above and below and a dark brown crown. The upper wing colour is the same as the back, with a bright glossy green patch in the secondary flight feathers. The white underwing is conspicuous in flight. Young Pacific Black Ducks are similar to the adults in plumage.

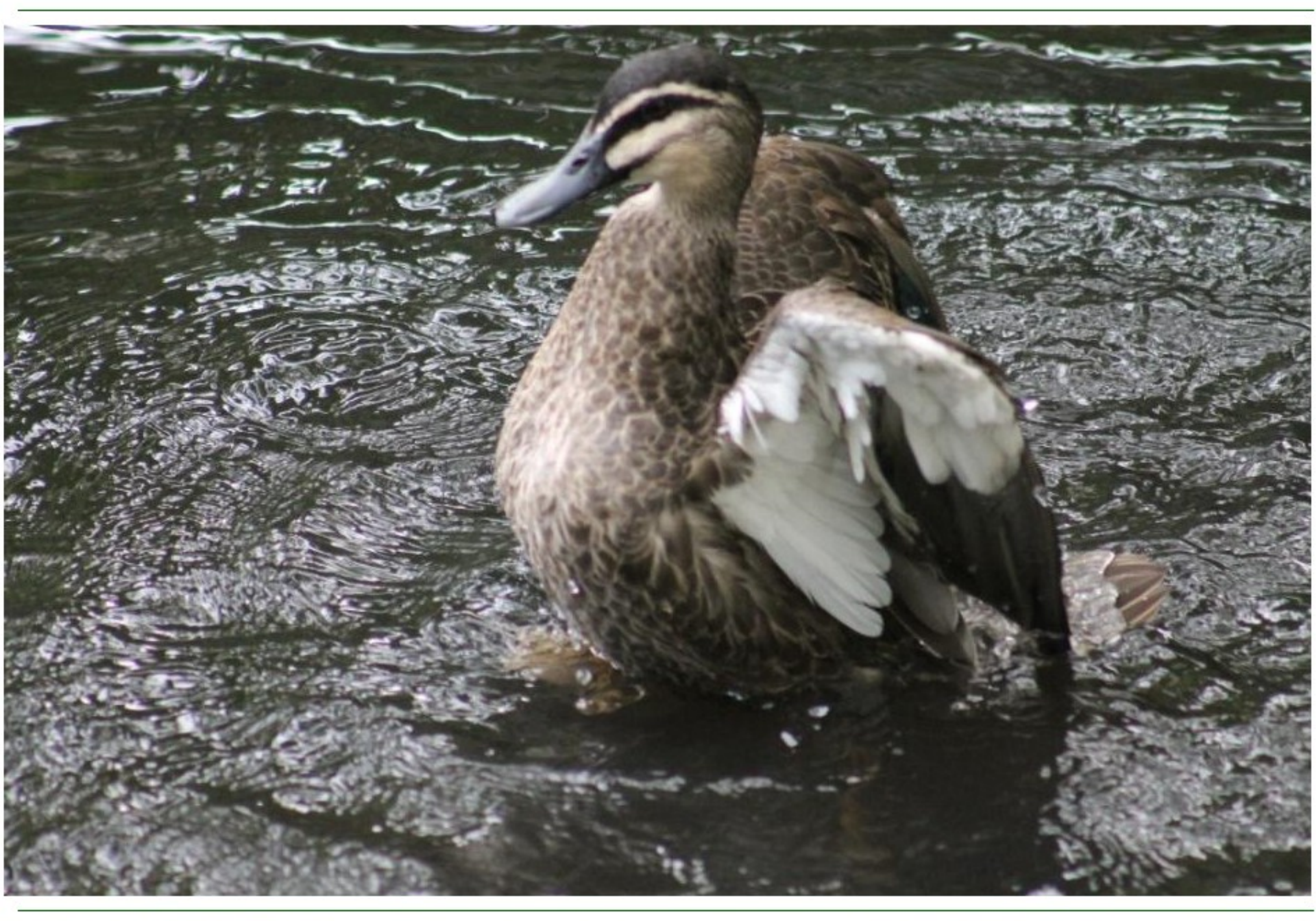
The Pacific Black Duck is closely related to the Mallard, A. platyrhynchos, introduced into Australia from the Northern Hemisphere. The two species are very similar in habits and occupy the same niche in the two regions. The two species will interbreed in situations where Mallards have been released. The Pacific Black Duck is one of the most versatile of the Australian ducks. It frequents all types of water, from isolated forest pools to tidal mudflats. Pacific Black Ducks are usually seen in pairs or small flocks and readily mix with other ducks. In the wild, birds are often very wary of humans and seldom allow close approach. It is found throughout Australia and the Pacific.

Reference: Birdlife Australia.









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Photos by A J Guesdon, May 2013.

# Pittwater Online News

## May 12 - 18, 2013: Issue 110

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

### Towards a quantum internet from UNSW - Published on May 1, 2013

A UNSW-led team of Australian researchers has achieved a breakthrough that brings the prospect of a network of super-fast quantum computers - connected via a quantum internet -closer to reality.

Towards a quantum internet

### Cyclist's benefit from helmets clearly shown - 6 May 2013

Cyclists who don't wear a helmet are almost six times more likely to suffer a severe head injury than their helmeted counterparts, according University of Sydney research published in the latest issue of the Medical Journal of Australia today.

In a letter to the editor, Dr Michael Dinh from Sydney Medical School and his co-authors reported on "the relationship between helmet use and head injury severity" in both pedal cyclists and motorcyclists using data from 348 patients admitted to seven Sydney trauma hospitals between July 2008 and June 2009.

Cyclists without helmets were 5.6 times more likely to suffer any head injury than cyclists wearing helmets and 5.5 times more likely to suffer a severe head injury than their protected comrades.

Motorcyclists without helmets were 2.2 times more likely to suffer any head injury than motorcyclists with helmets and 3.5 times more likely to suffer a severe head injury. Additionally, for patients with severe head injury, costs of treatment in hospital were around three times higher for non-helmeted patients than for those who had worn a helmet, the authors wrote.

"The protective effect of helmet use with respect to head injury prevention therefore appears to be greater in pedal cyclists compared with motorcyclists," they wrote.

"[Our] results add to the growing weight of observational data supporting the use of helmets, which should therefore be considered at least as protective for pedal cyclists as they are for motorcyclists."

The Medical Journal of Australia is a publication of the Australian Medical Association.

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## Health Papers Published this week:

### Epilepsy Cured in Mice Using Brain Cells

May 5, 2013 — Epilepsy that does not respond to drugs can be halted in adult mice by transplanting a specific type of cell into the brain, UC San Francisco researchers have discovered, raising hope that a similar treatment might work in severe forms of human epilepsy.

UCSF scientists controlled seizures in epileptic mice with a one-time transplantation of medial ganglionic eminence (MGE) cells, which inhibit signaling in overactive nerve circuits, into the hippocampus, a brain region associated with seizures, as well as with learning and memory. Other researchers had previously used different cell types in rodent cell transplantation experiments and failed to stop seizures.

Cell therapy has become an active focus of epilepsy research, in part because current medications, even when effective, only control symptoms and not underlying causes of the disease, according to Scott C. Baraban, PhD, who holds the William K. Bowes Jr. Endowed Chair in Neuroscience Research at UCSF and led the new study. In many types of epilepsy, he said, current drugs have no therapeutic value at all.

"Our results are an encouraging step toward using inhibitory neurons for cell transplantation in adults with severe forms of epilepsy," Baraban said. "This procedure offers the possibility of controlling seizures and rescuing cognitive deficits in these patients."

The findings, which are **the first ever to report stopping seizures in mouse models of adult human epilepsy**, will be **published online May 5 in the journal *Nature Neuroscience.***

During epileptic seizures, extreme muscle contractions and, often, a loss of consciousness can cause seizure sufferers to lose control, fall and sometimes be seriously injured. The unseen malfunction behind these effects is the abnormal firing of many excitatory nerve cells in the brain at the same time.

In the UCSF study, the transplanted inhibitory cells quenched this synchronous, nerve-signaling firestorm, eliminating seizures in half of the treated mice and dramatically reducing the number of spontaneous seizures in the rest. Robert Hunt, PhD, a postdoctoral fellow in the Baraban lab, guided many of the key experiments.

In another encouraging step, UCSF researchers reported May 2 that they found a way to reliably generate human MGE-like cells in the laboratory, and that, when transplanted into healthy mice,the cells similarly spun off functional inhibitory nerve cells. That research can be found online in the journalCell Stem Cell.

In many forms of epilepsy, loss or malfunction of inhibitory nerve cells within the hippocampus plays a critical role. MGE cells are progenitor cells that form early within the embryo and are capable of generating mature inhibitory nerve cells called interneurons.

**Journal References:**

Robert F Hunt, Kelly M Girskis, John L Rubenstein, Arturo Alvarez-Buylla, Scott C Baraban. **GABA progenitors grafted into the adult epileptic brain control seizures and abnormal behavior.** Nature Neuroscience, 2013; DOI: 10.1038/nn.3392

Cory R. Nicholas, Jiadong Chen, Yunshuo Tang, Derek G. Southwell, Nadine Chalmers, Daniel Vogt, Christine M. Arnold, Ying-Jiun J. Chen, Edouard G. Stanley, Andrew G. Elefanty, Yoshiki Sasai, Arturo Alvarez-Buylla, John L.R. Rubenstein, Arnold R. Kriegstein. **Functional Maturation of hPSC-Derived Forebrain Interneurons Requires an Extended Timeline and Mimics Human Neural Development.** Cell Stem Cell, 2013; 12 (5): 573 DOI:10.1016/j.stem.2013.04.005

### Portable Device Provides Rapid, Accurate Diagnosis of Tuberculosis, Other Bacterial Infections

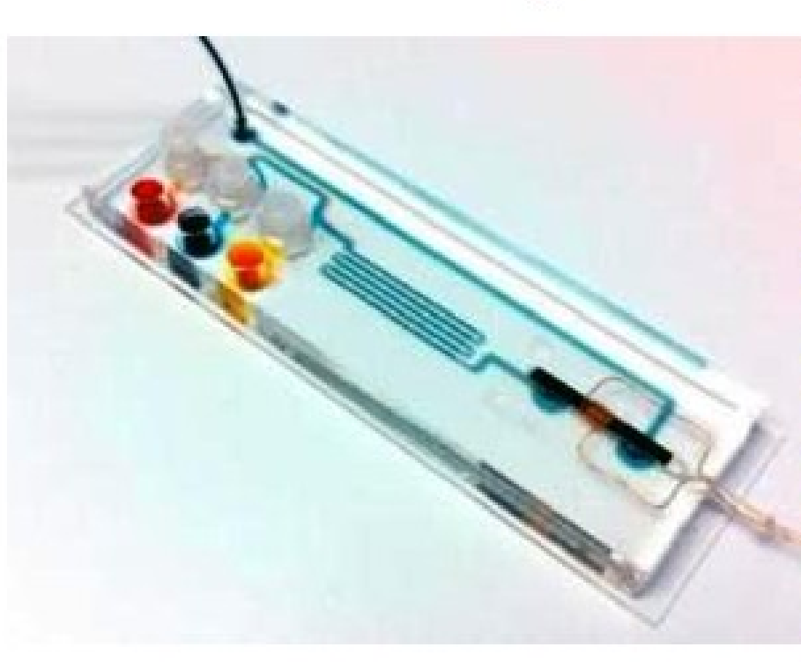
May 5, 2013 — A handheld diagnostic device that Massachusetts General Hospital (MGH) investigators first developed to diagnose cancer has been adapted to rapidly diagnose tuberculosis (TB) and other important infectious bacteria. Two papers appearing in the journals *Nature Communications* and *Nature Nanotechnology* describe portable devices that combine microfluidic technology with nuclear magnetic resonance (NMR) to not only diagnose these important infections but also determine the presence of antibiotic-resistant bacterial strains.

"Rapidly identifying the pathogen responsible for an infection and testing for the presence of resistance are critical not only for diagnosis but also for deciding which antibiotics to give a patient," says Ralph Weissleder, MD, PhD, director of the MGH Center for Systems Biology (CSB) and co-senior author of both papers. "These described methods allow us to do this in two to three hours, a vast improvement over standard culturing practice, which can take as much as two weeks to provide a diagnosis."

Investigators at the MGH CSB previously developed portable devices capable of detecting cancer biomarkers in the blood or in very small tissue samples. Target cells or molecules are first labeled with magnetic nanoparticles, and the sample is then passed through a micro NMR system capable of detecting and quantifying levels of the target. But initial efforts to adapt the system to bacterial diagnosis had trouble finding antibodies - the detection method used in the earlier studies - that would accurately detect the specific bacteria. Instead the team switched to targeting specific nucleic acid sequences.

The system described in the Nature Communications paper, published on April 23, detects DNA from the tuberculosis bacteria in small sputum samples. After DNA is extracted from the sample, any of the target sequence that is present is amplified using a standard procedure, then captured by polymer beads containing complementary nucleic acid sequences and labeled with magnetic nanoparticles with sequences that bind to other portions of the target DNA. The miniature NMR coil incorporated into the device - which is about the size of a standard laboratory slide - detects any TB bacterial DNA present in the sample.

Tests of the device on samples from patients known to have TB and from healthy controls identified all positive samples with no false positives in less than three hours. Existing diagnostic procedures can take weeks to provide results and can miss up to 40 percent of infected patients. Results were even stronger for patients infected with both TB and HIV - probably because infection with both pathogens leads to high levels of the TB bacteria - and specialized nucleic acid probes developed by the research team were able to distinguish treatment-resistant bacterial strains.



Monty Liong, Anh N. Hoang, Jaehoon Chung, Nil Gural, Christopher B. Ford, Changwook Min, Rupal R. Shah, Rushdy Ahmad, Marta Fernandez-Suarez, Sarah M. Fortune, Mehmet Toner, Hakho Lee, Ralph Weissleder. **Magnetic barcode assay for genetic detection of pathogens.** Nature Communications, 2013; 4: 1752 DOI:10.1038/ncomms2745

Picture: On this 2.5- by 7.5-cm cartridge, DNA extracted from sputum samples is amplified in the chambers on the left. TB-specific sequences are magnetically labeled in the microfluidic mixing channels in the center and detected by passage through the micro-NMR coil on the right. (Credit: Center for Systems Biology, Massachusetts General Hospital)

### Protein Complex May Play Role in Preventing Many Forms of Cancer

May 5, 2013 — Researchers at the Stanford University School of Medicine have identified a group of proteins that are mutated in about one-fifth of all human cancers. The finding suggests that the proteins, which are members of a protein complex that affects how DNA is packaged in cells, work to suppress the development of tumors in many types of tissues.

The broad reach of the effect of mutations in the complex, called BAF, rivals that of another well-known tumor suppressor called p53. It also furthers a growing notion that these so-called chromatin-regulatory complexes may function as much more than mere cellular housekeepers.

"Although we knew that this complex was likely to play a role in preventing cancer, we didn't realize how extensive it would be," said postdoctoral scholar Cigall Kadoch, PhD. "It's often been thought that these complexes play supportive, maintenance-like roles in the cell. But this is really changing now."

Kadoch shares lead authorship of the study with postdoctoral scholar Diana Hargreaves, PhD. Gerald Crabtree, MD, professor of developmental biology and of pathology, is the senior author of the study, published online May 5 inNature Genetics.

Chromatin-regulatory complexes work to keep DNA tightly condensed, while also granting temporary access to certain portions for replication or to allow the expression of genes necessary for the growth or function of the cell.

Members of Crabtree's laboratory have been interested in BAF complexes and their function for many years. Recently, they reported in the journal Nature that switching subunits within these complexes can convert human fibroblasts to neurons, which points to their instructive role in development and, possibly, cancer.

"Somehow these chromatin-regulatory complexes manage to compress nearly two yards of DNA into a nucleus about one one-thousandth the size of a pinhead," said Crabtree, who is also a member of the Stanford Cancer Institute and a Howard Hughes Medical Institute investigator. "And they do this without compromising the ability of the DNA to be replicated and selectively expressed in different tissues - all without tangling. In 1994 we reported that complexes of this type were likely to be tumor suppressors. Here we show that they are mutated in nearly 20 percent of all human malignancies thus far examined."

Cigall Kadoch, Diana C Hargreaves, Courtney Hodges, Laura Elias, Lena Ho, Jeff Ranish, Gerald R Crabtree. **Proteomic and bioinformatic analysis of mammalian SWI/SNF complexes identifies extensive roles in human malignancy.** Nature Genetics, 2013; DOI:10.1038/ng.2628

### Discovery May Help Prevent Chemotherapy-Induced Anemia

May 5, 2013 — Cancer chemotherapy can cause peripheral neuropathy - nerve damage often resulting in pain and muscle weakness in the arms and legs. Now, researchers at Albert Einstein College of Medicine of Yeshiva University have discovered that chemo also induces an insidious type of nerve damage inside bone marrow that can cause delays in recovery after bone marrow transplantation. The findings, made in mice and **published online** today in *Nature Medicine*, suggest that combining chemotherapy with nerve-protecting agents may prevent long-term bone marrow injury that causes anemia and may improve the success of bone marrow transplants.

Constantly regenerating and maturing, the hematopoietic (blood-producing) stem cells in our bone marrow produce billions of red blood cells (RBC) every day. Cancer chemotherapy is notorious for injuring the bone marrow, leading to anemia, or low RBC counts. But just how chemotherapy harms the bone marrow has not been clear.

Anemia can lead to numerous health problems including chronic fatigue, tachycardia (abnormally rapid heartbeat), cognitive impairment, shortness of breath, depression and dizziness. In addition, studies have shown that cancer patients who develop anemia have a 65 percent increased risk of death compared with cancer patients without anemia.

In an earlier study, senior author Paul Frenette, M.D., professor of medicine and of cell biology and director of the Ruth L. and David S. Gottesman Institute for Stem Cell and Regenerative Medicine Research at Einstein, found that sympathetic nerves within bone marrow direct the movement of hematopoietic stem cells. (The body's sympathetic nervous system helps in controlling most internal organs - increasing heart rate and dilating the pupils of the eye, for example.)

"Since many chemotherapies used in cancer treatment are neurotoxic, we wondered whether they might also damage sympathetic nerves in bone marrow itself, impairing the ability of hematopoietic cells to regenerate and to manufacture RBCs," said Dr. Frenette. "This possibility hadn't been examined before."

Dr. Frenette and his colleagues treated mice with seven cycles of cisplatin, a common chemotherapy drug with known neurotoxic effects. The cisplatin caused peripheral neuropathy problems similar to those seen in cancer patients. The mice were then given fresh bone marrow transplants to see how well their marrow would regenerate. Despite receiving fresh stem cells, the cisplatin-treated mice had delayed recovery of blood counts compared to controls - suggesting that the prior cisplatin treatments had affected the bone marrow and prevented hematopoietic stem cells from regenerating. By contrast, mice treated with carboplatin - a non-neurotoxic chemotherapy - recovered their ability to produce blood after bone marrow transplantation.

Daniel Lucas, Christoph Scheiermann, Andrew Chow, Yuya Kunisaki, Ingmar Bruns, Colleen Barrick, Lino Tessarollo, Paul S Frenette. **Chemotherapy-induced bone marrow nerve injury impairs hematopoietic regeneration.**Nature Medicine, 2013; DOI: 10.1038/nm.3155

### Discovery Helps Show How Breast Cancer Spreads

May 5, 2013 — Researchers at Washington University School of Medicine in St. Louis have discovered why breast cancer patients with dense breasts are more likely than others to develop aggressive tumors that spread. The finding opens the door to drug treatments that prevent metastasis.

It has long been known that women with denser breasts are at higher risk for breast cancer. This greater density is caused by an excess of a structural protein called collagen.

"We have shown how increased collagen in the breasts could increase the chances of breast tumors spreading and becoming more invasive," says Gregory D. Longmore, MD, professor of medicine. "It doesn't explain why women with dense breasts get cancer in the first place. But once they do, the pathway that we describe is relevant in causing their cancers to be more aggressive and more likely to spread."

The results appear online May 5 in *Nature Cell Biology*. Working in mouse models of breast cancer and breast tumor samples from patients, Longmore and his colleagues showed that a protein that sits on the surface of tumor cells, called DDR2, binds to collagen and activates a multistep pathway that encourages tumor cells to spread.

"We had no idea DDR2 would do this," says Longmore, also professor of cell biology and physiology. "The functions of DDR2 are not well understood, and it has not been implicated in cancer - and certainly not in breast cancer - until now.

At the opposite end of the chain of events initiated by DDR2 is a protein called SNAIL1, which has long been associated with breast cancer metastasis. Longmore and his colleagues found that DDR2 is one factor helping to maintain high levels of SNAIL1 inside a tumor cell's nucleus, a necessary state for a tumor cell to spread. Though they found it is not the only protein keeping SNAIL1 levels high, Longmore says DDR2 is perhaps the one with the most potential to be inhibited with drugs.

"It's expressed only at the edge of the tumor," says Longmore, a physician at Siteman Cancer Center at Washington University and Barnes-Jewish Hospital and co-director of the Section of Molecular Oncology. "And it's on the surface of the cells, which makes it very nice for developing drugs because it's so much easier to target the outside of cells."

Longmore emphasizes that DDR2 does not initiate the high levels of SNAIL1. But it is required to keep them elevated. This mechanism that keeps tumor cells in a state that encourages metastasis requires constant signaling - meaning constant binding of DDR2 to collagen.

If that continuous signal is blocked, the cell remains cancerous, but it is no longer invasive. So a drug that blocks DDR2 from binding with collagen won't destroy the tumor, but it could inhibit the invasion of these tumors into the rest of the body.

Kun Zhang, Callie A. Corsa, Suzanne M. Ponik, Julie L. Prior, David Piwnica-Worms, Kevin W. Eliceiri, Patricia J. Keely, Gregory D. Longmore. **The collagen receptor discoidin domain receptor 2 stabilizes SNAIL1 to facilitate breast cancer metastasis.** Nature Cell Biology, 2013; DOI: 10.1038/ncb2743

### Magnesium May Be as Important to Kids' Bone Health as Calcium

May 5, 2013 — Parents are advised to make sure their children drink milk and eat other calcium-rich foods to build strong bones. Soon, they also may be urged to make sure their kids eat salmon, almonds and other foods high in magnesium - another nutrient that may play an important role in bone health, according to a study to be presented Sunday, May 5, at the Pediatric Academic Societies (PAS) annual meeting in Washington, DC.

"Lots of nutrients are key for children to have healthy bones. One of these appears to be magnesium," said lead author Steven A. Abrams MD, FAAP, professor of pediatrics at Baylor College of Medicine in Houston. "Calcium is important, but, except for those children and adolescents with very low intakes, may not be more important than magnesium."

While it is known that magnesium is important for bone health in adults, few studies have looked at whether magnesium intake and absorption are related to bone mineral content in young children. This study aimed to fill that gap.

Researchers recruited 63 healthy children ages 4 to 8 years old who were not taking any multivitamins or minerals to participate in the study. Children were hospitalized overnight twice so their calcium and magnesium levels could be measured.

Participants filled out food diaries prior to hospitalization. All foods and beverages served during their hospital stay contained the same amount of calcium and magnesium they consumed in a typical day based on the diaries. Foods and beverages were weighed before and after each meal to determine how much calcium and magnesium the subjects actually consumed. In addition, parents were given scales to weigh their child's food for three days at home after the first inpatient stay and for three days at home prior to the second inpatient stay so that dietary intake of calcium and magnesium could be calculated accurately.

While hospitalized, children's levels of calcium and magnesium were measured using a technique that involved giving them non-radioactive forms of magnesium and calcium, called stable isotopes, intravenously and orally. Urine was collected for 72 hours. By measuring the stable isotopes in the urine, the researchers could determine how much calcium and magnesium were absorbed into the body. Bone mineral content and density were measured using total body dual-energy X-ray absorptiometry.

Results showed that the amounts of magnesium consumed and absorbed were key predictors of how much bone children had. Dietary calcium intake, however, was not significantly associated with total bone mineral content or density.

"We believe it is important for children to have a balanced, healthy diet with good sources of minerals, including both calcium and magnesium," Dr. Abrams concluded.

The above story is reprinted from materials provided byAmerican Academy of Pediatrics

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**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.

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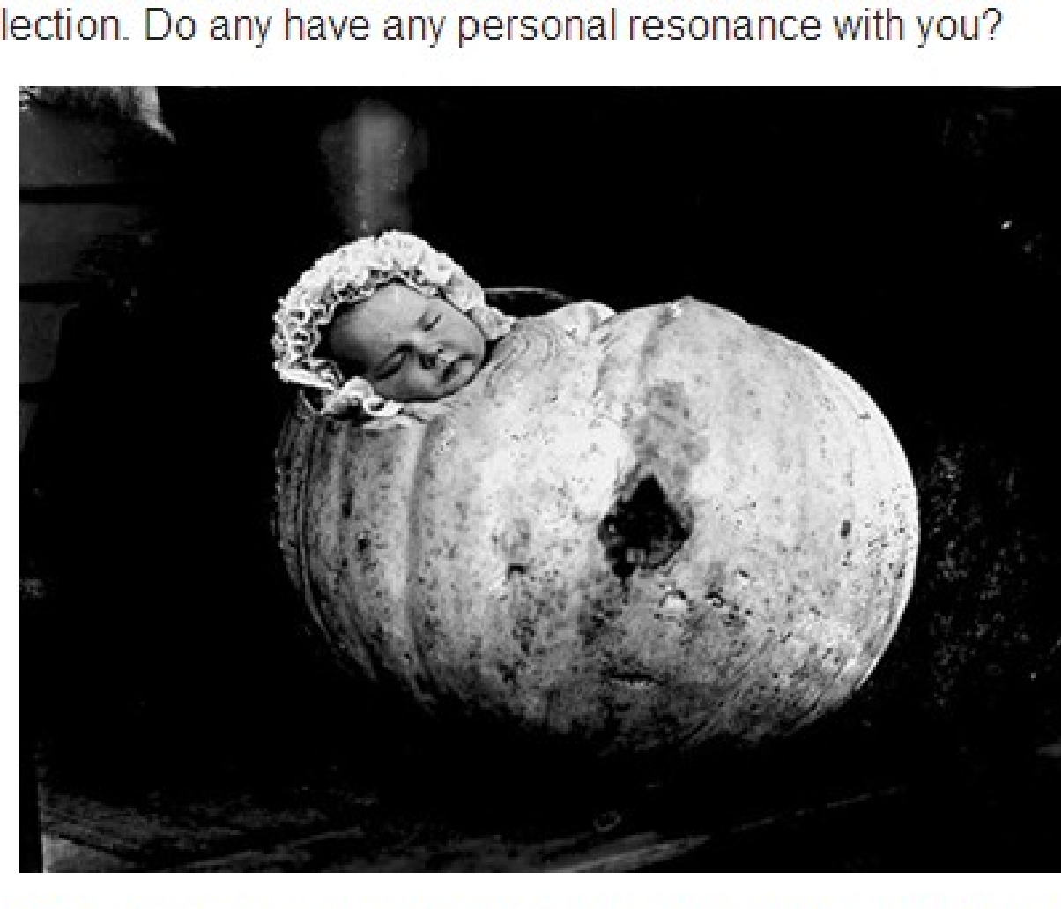
### Killer whales surprise couple on boat - April 29, 2013

Killer whales surprise couple on boat

### National Library of Australia - New pictures released.

Mother's day is today! **Here's** a freshly published set on Flickr some gorgeous pics of mothers and their children from our collection. Do any have any personal resonance with you?



Our Pick; Unidentified baby lying in a hollowed out pumpkin : part of a mixed selection of lantern slides and negatives from John Flynn's teaching days in Gippsland, and early AIM [Australian Inland Mission] / **Flynn, John**, 1880-1951.

Title devised by cataloguer based on accompanying documentation.; Part of the Australian Inland Mission collection.; Photograph of a photograph.; Condition: Silvering; scratched.; Also available in an electronic version via the Internet at: nla.gov.au/nla.pic-an24358485.

### Charles Perkins Centre's Academic Director honoured - 6 May 2013

Professor Steve Simpson's richly multidisciplinary work has revolutionised the understanding of the dietary causes of human obesity and ageing.

The University of Sydney's Professor Steve Simpson has been announced as a new Fellow of the Royal Society. The honour sees him join a fellowship of the world's most eminent scientists, engineers and technologists from the United Kingdom and Commonwealth, including more than 80 Nobel Laureates.

Fellows are elected for life through a peer review process and current Fellows include Jocelyn Bell Burnell, Richard Dawkins, Stephen Hawking, Harry Kroto, Tim Berners-Lee, Paul Nurse and John Sulston.

Academic Director of the Charles Perkins Centre, Professor Simpson is one of the world's foremost entomologists and nutritional biologists.

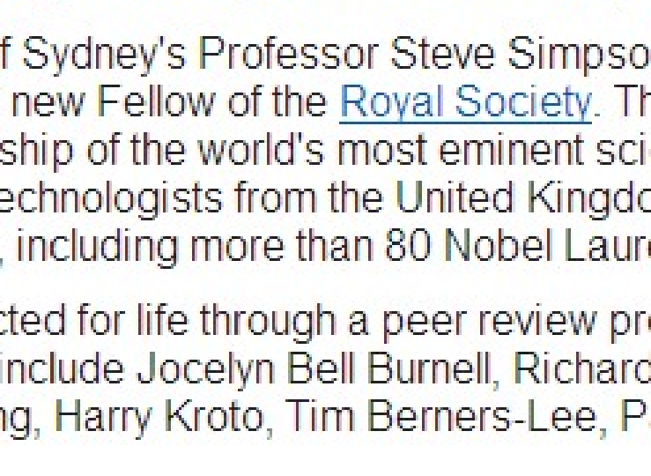
The Society has acknowledged how Professor Simpson's "seminal work on locust swarming has provided a unifying framework, ranging from chemical events in nervous systems of individual insects to mass migration, using techniques from molecular biology, population genetics, neurophysiology, biochemistry, behaviour, biomathematics, statistical physics, computer science, engineering, robotics, evolutionary theory and landscape ecology."

"His work on nutrition has spanned slime moulds to humans, and has found significant practical applications in aquaculture, conservation biology, nutritional ecology, gerontology, immunity and human metabolic disease."

Professor Simpson leads the development of the Charles Perkins Centre's research and education strategies. The Centre aims to ease the burden of obesity, diabetes and cardiovascular disease by translating the work of the University of Sydney into real-world solutions. Professor Simpson's richly multidisciplinary work has revolutionised the understanding of the dietary causes of human obesity and ageing. It exemplifies the Centre's focus on how new perspectives can yield paradigm shifts in understanding and provide novel solutions.

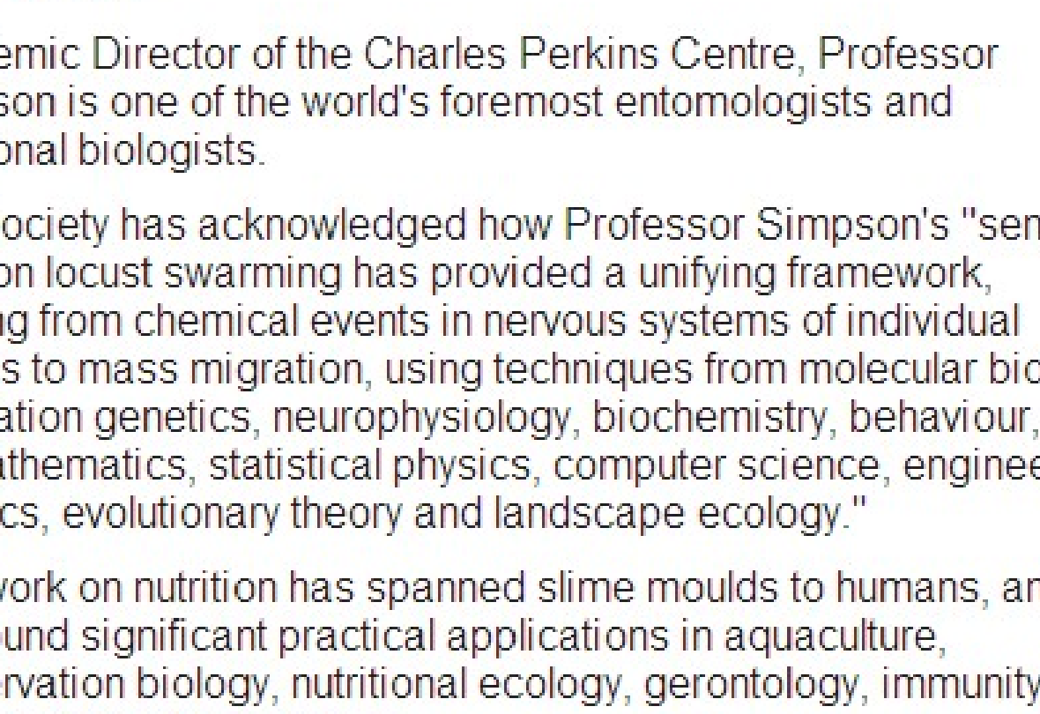
Sir Paul Nurse, President of the Royal Society, said: "Science helps us to better understand ourselves and the natural world around us and has a huge role to play in future economic prosperity and the health of our planet and its 7 billion people. In the coming decades we are going to find ourselves more and more dependent on the solutions science can offer to grand challenges such as food shortages, climate change and tackling disease. These scientists who have been elected to the Fellowship of the Royal Society have already contributed much to the scientific endeavour following in the footsteps of pioneers such as Newton, Darwin and Einstein and it gives me great pleasure to welcome them into our ranks."

**The Royal Society** is the oldest scientific academy in continuous existence and each year 44 Fellows are elected from a group of over 700 candidates who are proposed by the existing fellowship.

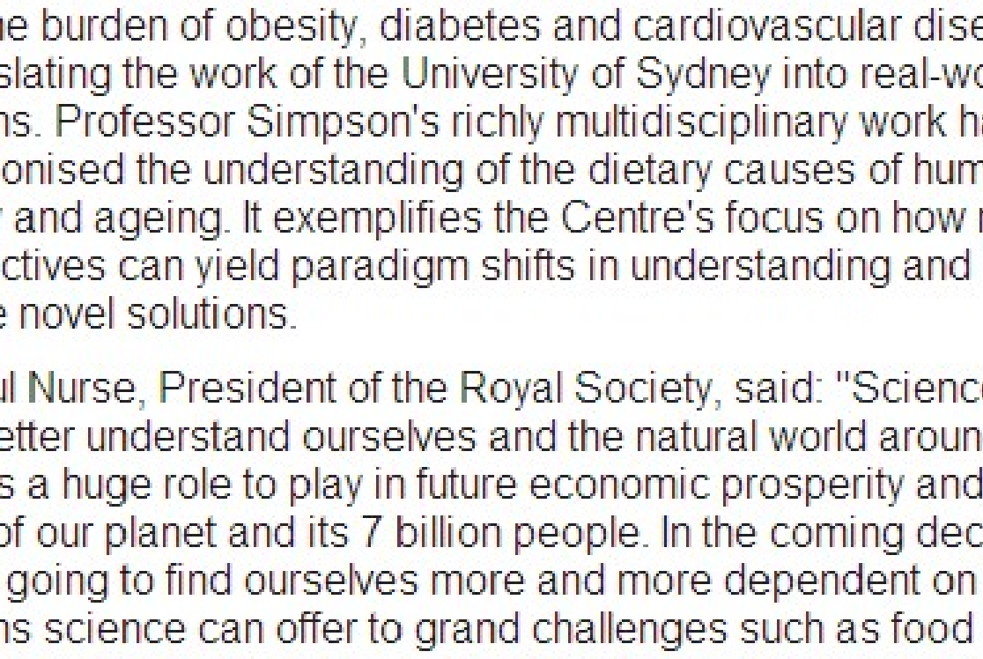


### Home is where the health is – UNSW – April 2013

A report by UNSW's Social Policy Research Centre has shown how providing stable housing for people with mental illness has reduced NSW hospitalisation rates by over 80% and saved $30 million in hospital costs.

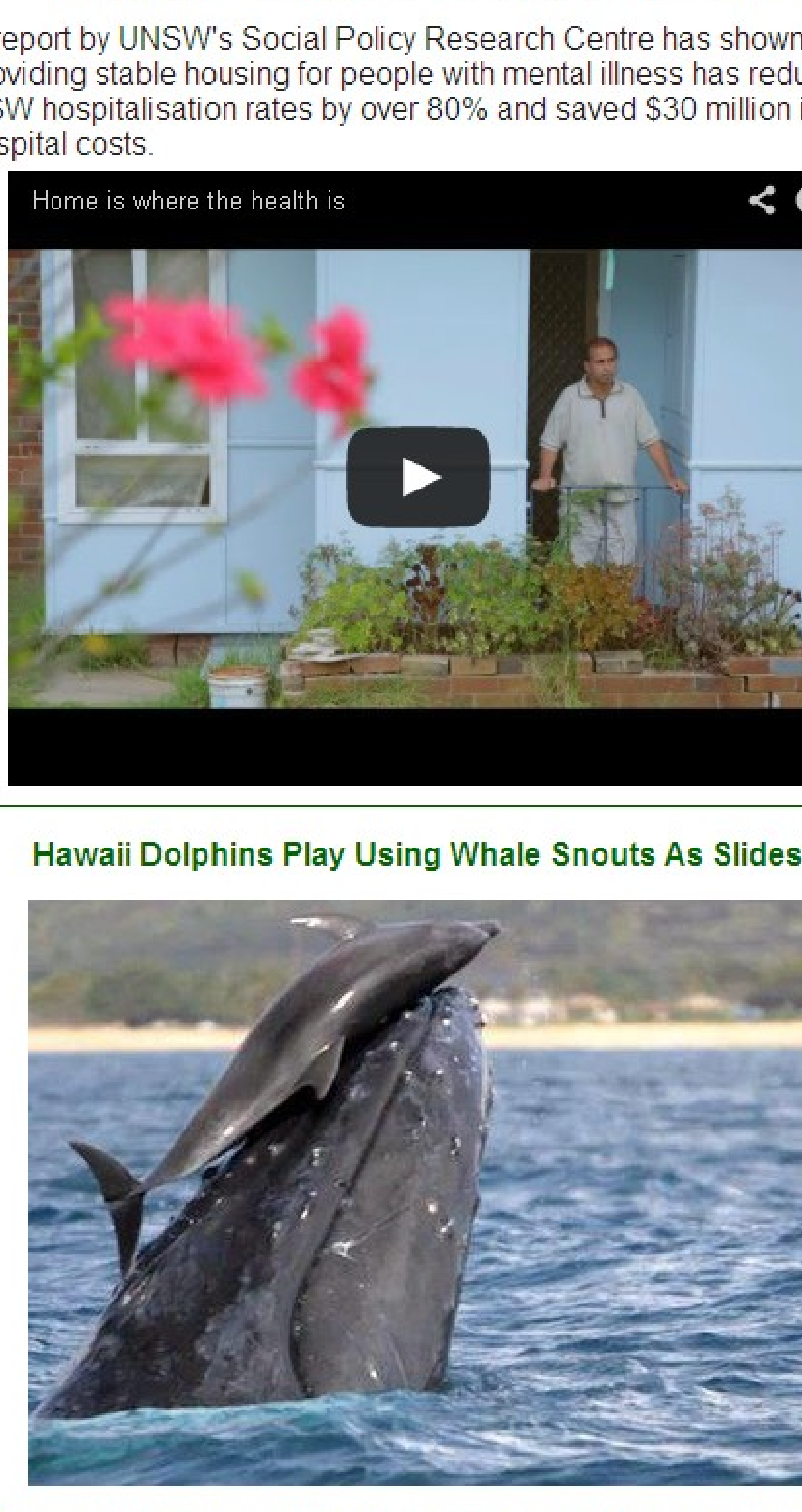


### Hawaii Dolphins Play Using Whale Snouts As Slides!

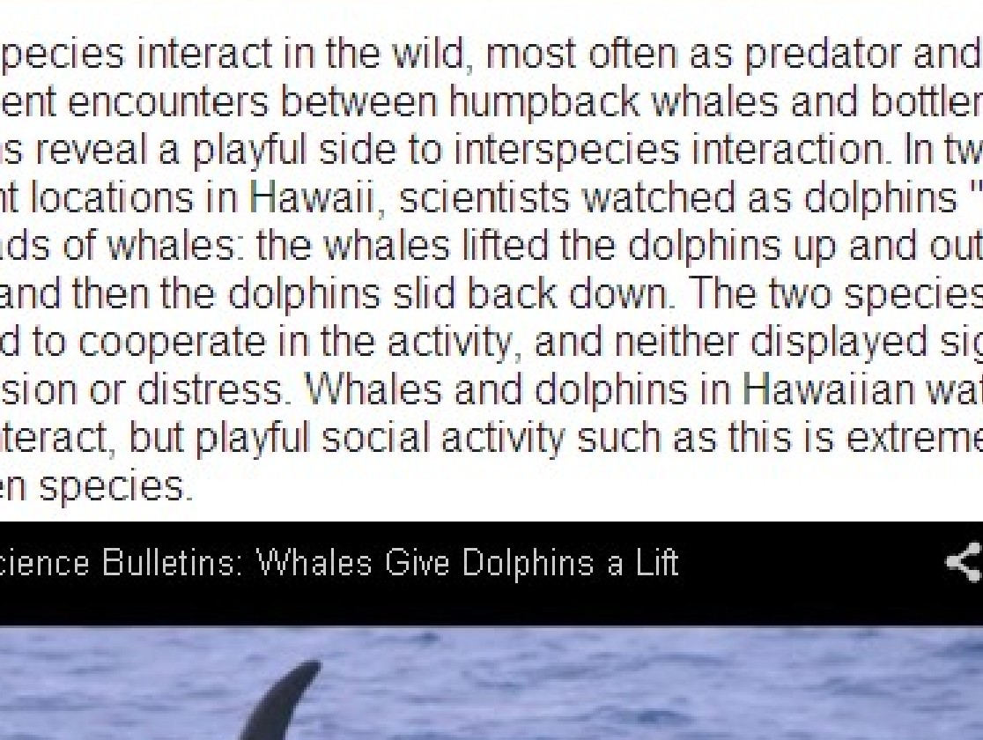


Many species interact in the wild, most often as predator and prey. But recent encounters between humpback whales and bottlenose dolphins reveal a playful side to interspecies interaction. In two different locations in Hawaii, scientists watched as dolphins "rode" the heads of whales: the whales lifted the dolphins up and out of the water, and then the dolphins slid back down. The two species seemed to cooperate in the activity, and neither displayed signs of aggression or distress. Whales and dolphins in Hawaiian waters often interact, but playful social activity such as this is extremely rare between species.

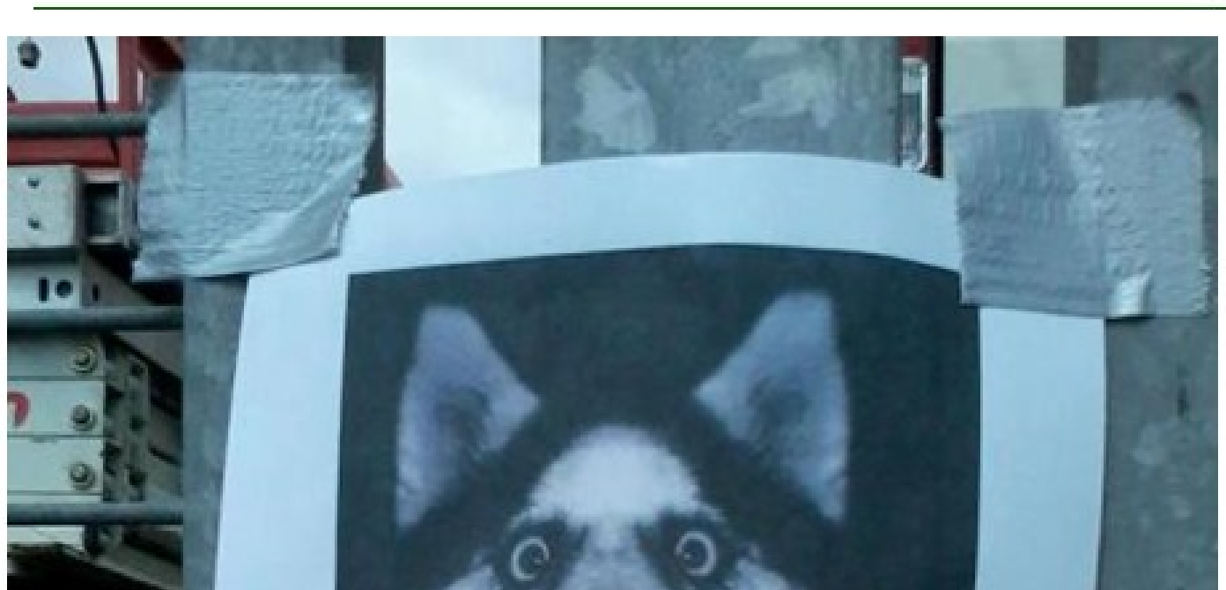
Science Bulletins: Whales Give Dolphins a Lift



### Chicken Police



### Excuse me... where's my food?



### Milky Way Black Hole Snacks on Hot Gas - 7th of May, 2013

The Herschel space observatory has made detailed observations of surprisingly hot gas that may be orbiting or falling towards the supermassive black hole lurking at the center of our Milky Way galaxy. Herschel is a European Space Agency mission with important NASA participation.

"The black hole appears to be devouring the gas," said Paul Goldsmith, the U.S. project scientist for Herschel at NASA's Jet Propulsion Laboratory, Pasadena, Calif. "This will teach us about how supermassive black holes grow."

Our galaxy's black hole is located in a region known as Sagittarius A* -- or Sgr A* for short -- which is a nearby source of radio waves. The black hole has a mass about four million times that of our sun and lies roughly 26,000 light-years away from our solar system.

Even at that distance, it is a few hundred times closer to us than any other galaxy with an active black hole at its center, making it the ideal natural laboratory to study the environment around these enigmatic objects. At Herschel's far-infrared wavelengths, scientists can peer through the dust in our galaxy and study the turbulent innermost region of the galaxy in great detail.

The biggest surprise was the hot gas in the innermost central region of the galaxy. At least some of it is 1,832 degrees Fahrenheit (around 1,000 degrees Celsius), much hotter than typical interstellar clouds, which are usually only a few tens of degrees above absolute zero, or minus 460 degrees Fahrenheit (minus 273 degrees Celsius).

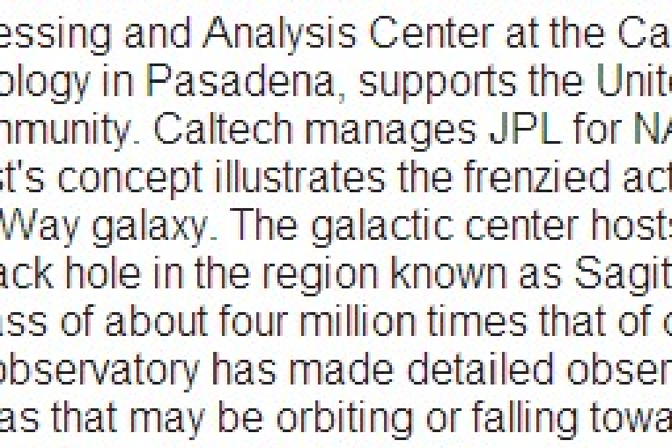
The team hypothesizes that emissions from strong shocks in highly magnetized gas in the region may be a significant contributor to the high temperatures. Such shocks can be generated in collisions between gas clouds, or in material flowing at high speeds.

Using near-infrared observations, other astronomers have spotted a separate, compact cloud of gas amounting to just a few Earth masses spiralling toward the black hole. Located much closer to the black hole than the reservoir of material studied by Herschel in this work, it may finally be gobbled up later this year.

Spacecraft, including NASA's Nuclear Spectroscopic Telescope Array (NuSTAR) and the Chandra X-ray Observatory, will be waiting to spot any X-ray burps as the black hole enjoys its feast.

Read the full ESA news release.

Herschel is a European Space Agency mission, with science instruments provided by consortia of European institutes and with important participation by NASA. NASA's Herschel Project Office is based at NASA's Jet Propulsion Laboratory, Pasadena, Calif. JPL contributed mission-enabling technology for two of Herschel's three science instruments. The NASA Herschel Science Center, part of the Infrared Processing and Analysis Center at the California Institute of Technology in Pasadena, supports the United States astronomical community. Caltech manages JPL for NASA.
Picture: This artist's concept illustrates the frenzied activity at the core of our Milky Way galaxy. The galactic center hosts a supermassive black hole in the region known as Sagittarius A*, or Sgr A*, with a mass of about four million times that of our sun. The Herschel space observatory has made detailed observations of surprisingly hot gas that may be orbiting or falling toward the supermassive black hole. (Credit: ESA-C. Carreau)



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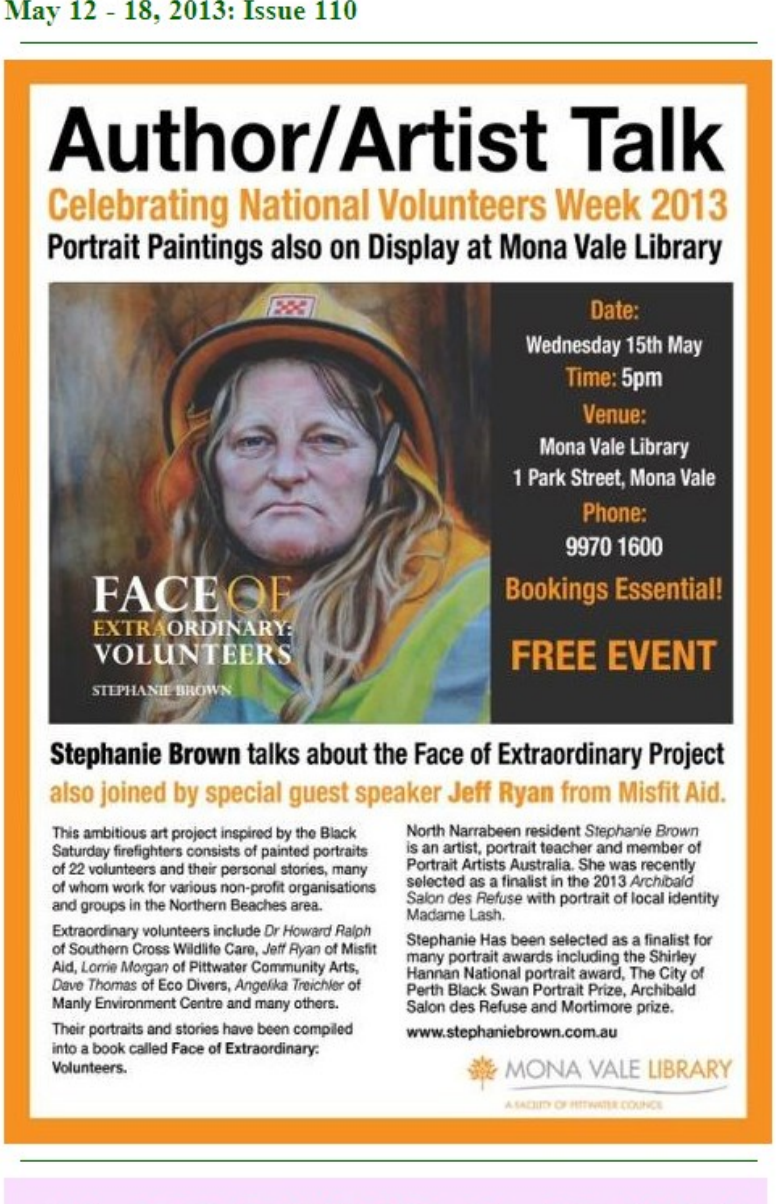
# Pittwater Online News

May 12 - 18, 2013: Issue 110



## Author/Artist Talk
**Celebrating National Volunteers Week 2013**
Portrait Paintings also on Display at Mona Vale Library

Date: Wednesday 15th May
Time: 5pm
Venue: Mona Vale Library, 1 Park Street, Mona Vale
Phone: 9970 1600
Bookings Essential!
FREE EVENT

**Stephanie Brown** talks about the Face of Extraordinary Project also joined by special guest speaker **Jeff Ryan** from Misfit Aid.

This ambitious art project inspired by the Black Saturday firefighters consists of painted portraits of 22 volunteers and their personal stories, many of whom work for various non-profit organisations and groups in the Northern Beaches area.

Extraordinary volunteers include *Dr Howard Ralph* of Southern Cross Wildlife Care, *Jeff Ryan* of Misfit Aid, *Lorrie Morgan* of Pittwater Community Arts, *Dave Thomas* of Eco Divers, *Angelika Treichler* of Manly Environment Centre and many others.

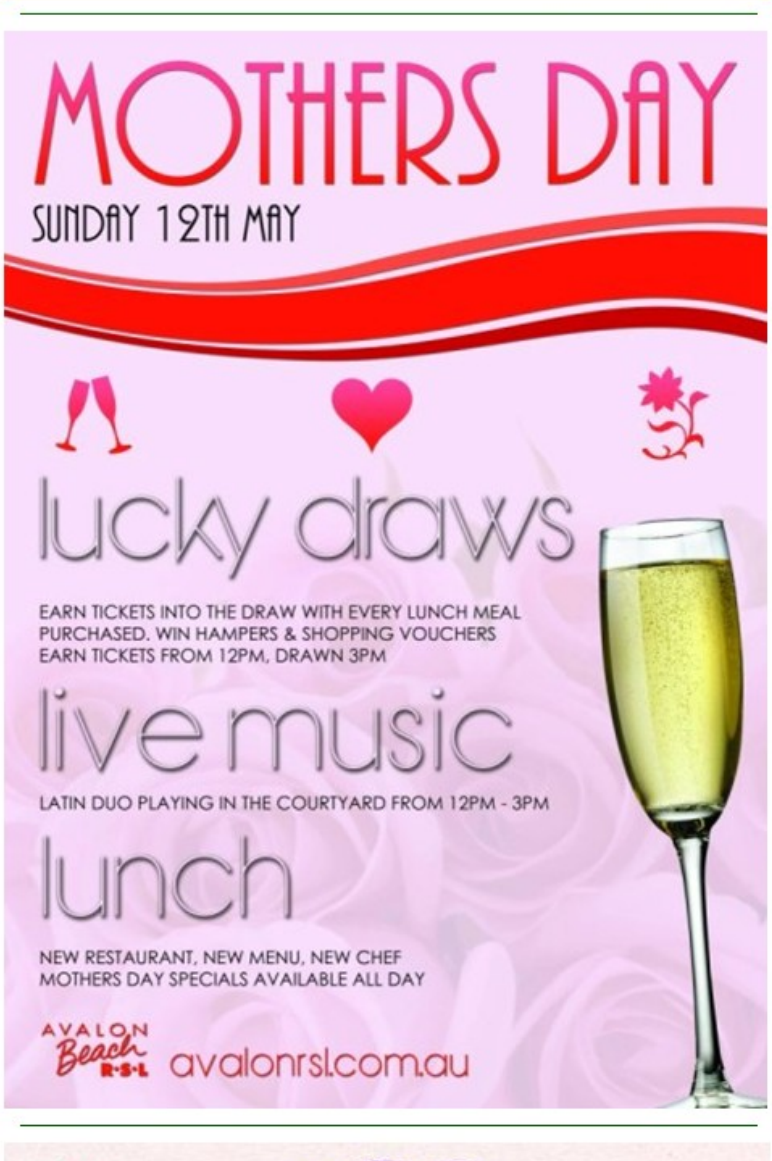
Their portraits and stories have been compiled into a book called Face of Extraordinary: Volunteers.

North Narrabeen resident *Stephanie Brown* is an artist, portrait teacher and member of Portrait Artists Australia. She was recently selected as a finalist in the 2013 *Archibald Salon des Refuse* with portrait of local identity Madame Lash.

Stephanie Has been selected as a finalist for many portrait awards including the Shirley Hannan National portrait award, The City of Perth Black Swan Portrait Prize, Archibald Salon des Refuse and Mortimore prize.

www.stephaniebrown.com.au

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL



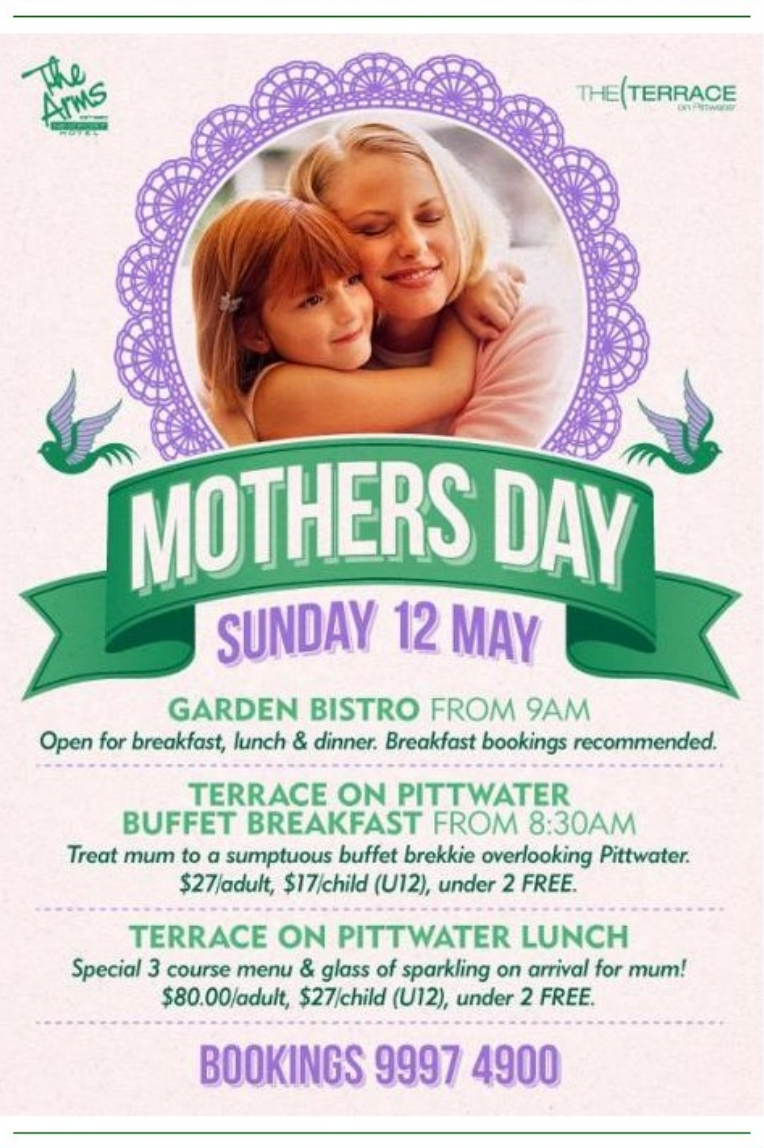
## MOTHERS DAY
SUNDAY 12TH MAY

**lucky draws**
EARN TICKETS INTO THE DRAW WITH EVERY LUNCH MEAL PURCHASED. WIN HAMPERS & SHOPPING VOUCHERS
EARN TICKETS FROM 12PM, DRAWN 3PM

**live music**
LATIN DUO PLAYING IN THE COURTYARD FROM 12PM - 3PM

**lunch**
NEW RESTAURANT, NEW MENU, NEW CHEF
MOTHERS DAY SPECIALS AVAILABLE ALL DAY

AVALON Beach R·S·L avalonrsl.com.au



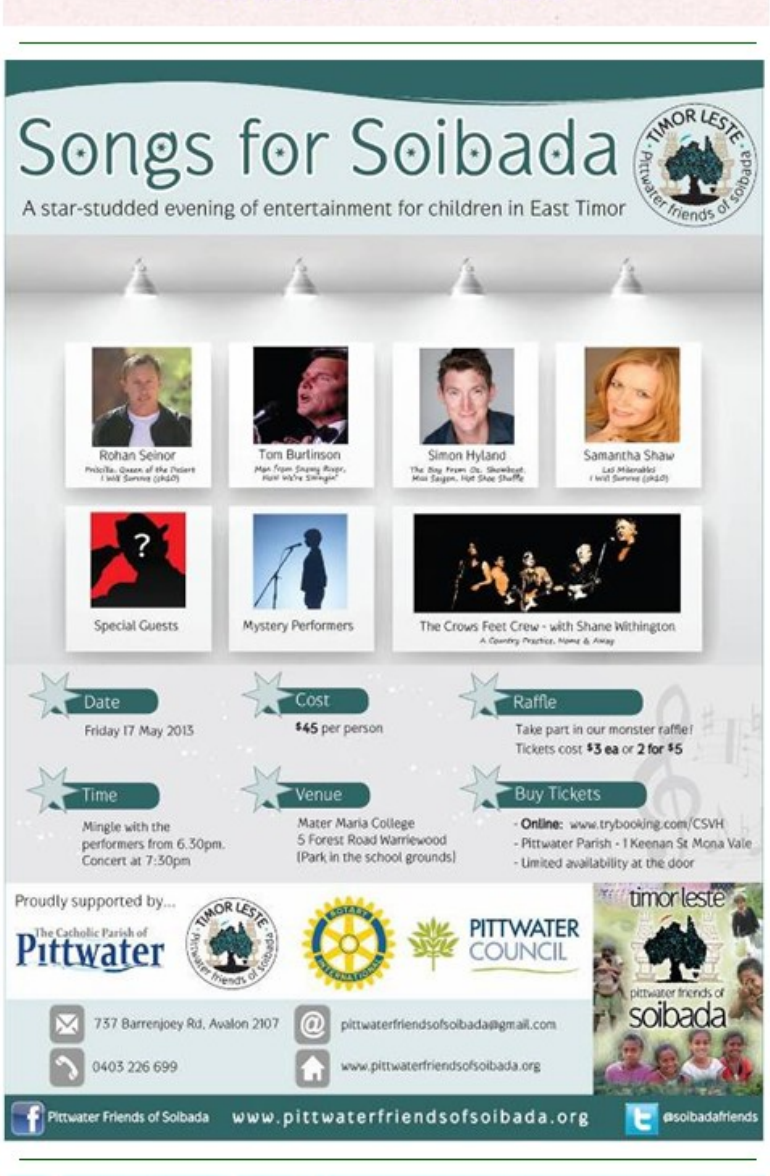
## MOTHERS DAY
SUNDAY 12 MAY

**GARDEN BISTRO** FROM 9AM
*Open for breakfast, lunch & dinner. Breakfast bookings recommended.*

**TERRACE ON PITTWATER BUFFET BREAKFAST** FROM 8:30AM
*Treat mum to a sumptuous buffet brekkie overlooking Pittwater. $27/adult, $17/child (U12), under 2 FREE.*

**TERRACE ON PITTWATER LUNCH**
*Special 3 course menu & glass of sparkling on arrival for mum! $80.00/adult, $27/child (U12), under 2 FREE.*

BOOKINGS 9997 4900



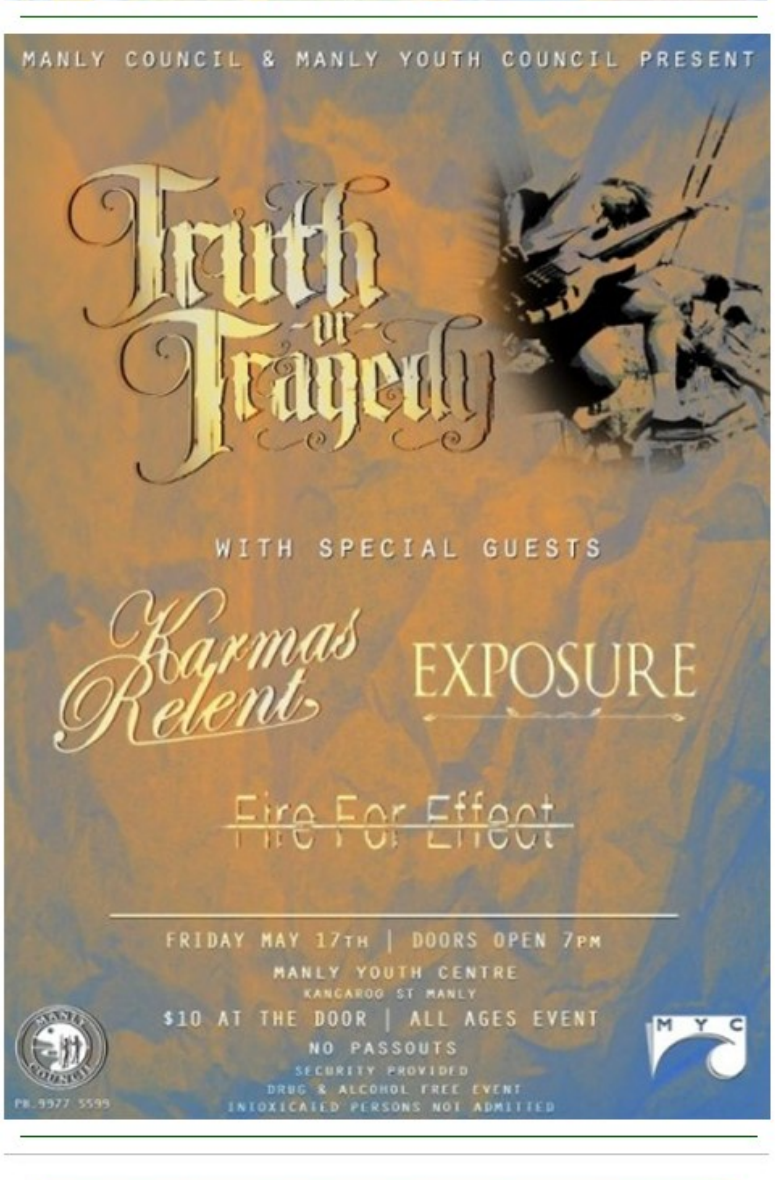
## Songs for Soibada
A star-studded evening of entertainment for children in East Timor

Date: Friday 17 May 2013
Cost: $45 per person
Raffle: Take part in our monster raffle! Tickets cost $3 ea or 2 for $5
Time: Mingle with the performers from 6.30pm. Concert at 7:30pm
Venue: Mater Maria College, 5 Forest Road Warriewood (Park in the school grounds)
Buy Tickets: Online: www.trybooking.com/CSVH - Pittwater Parish - 1 Keenan St Mona Vale - Limited availability at the door

Proudly supported by... The Catholic Parish of Pittwater, Pittwater Council

737 Barrenjoey Rd, Avalon 2107
0403 226 699
pittwaterfriendsofsoibada@gmail.com
www.pittwaterfriendsofsoibada.org
Pittwater Friends of Soibada | www.pittwaterfriendsofsoibada.org | @soibadafriends

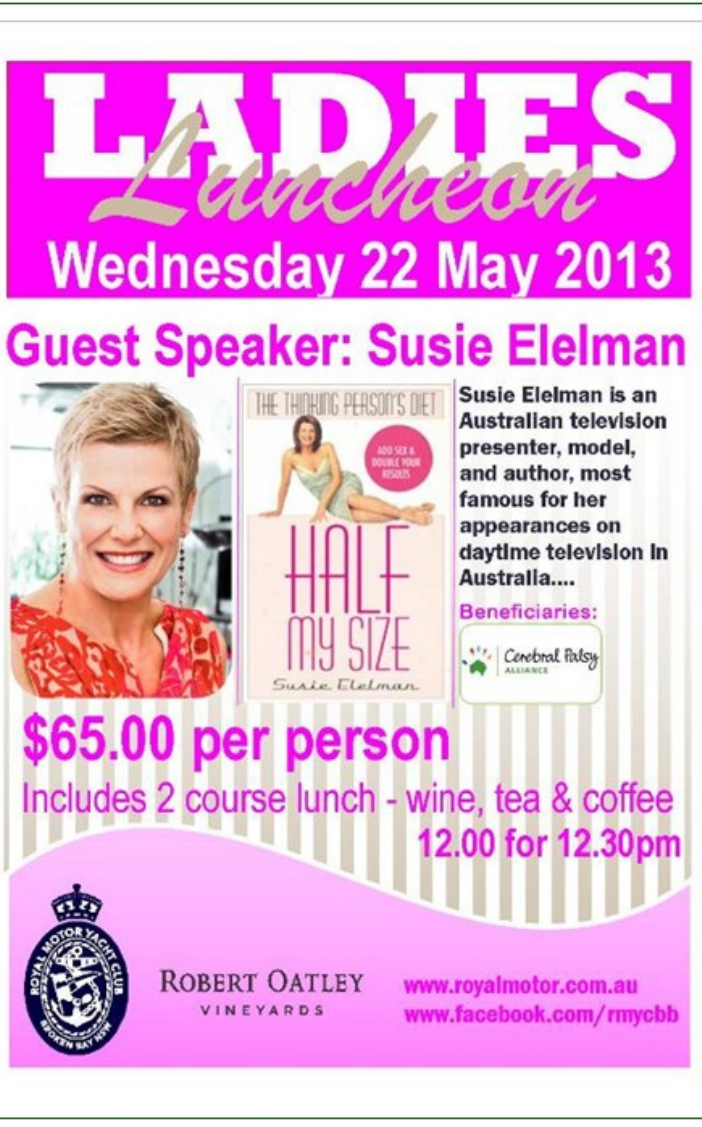
26 May - 14 July 2013
**Guringai FESTIVAL**
2013: Live-Life-Loudly www.guringaifestival.com.au



MANLY COUNCIL & MANLY YOUTH COUNCIL PRESENT

## Truth or Tragedy
WITH SPECIAL GUESTS
Karmas Relent
EXPOSURE
Fire For Effect

FRIDAY MAY 17TH | DOORS OPEN 7PM
MANLY YOUTH CENTRE
KANGAROO ST MANLY
$10 AT THE DOOR | ALL AGES EVENT
NO PASSOUTS
SECURITY PROVIDED
DRUG & ALCOHOL FREE EVENT
INTOXICATED PERSONS NOT ADMITTED



## LADIES Luncheon
Wednesday 22 May 2013

**Guest Speaker: Susie Elelman**

Susie Elelman is an Australian television presenter, model, and author, most famous for her appearances on daytime television in Australia....

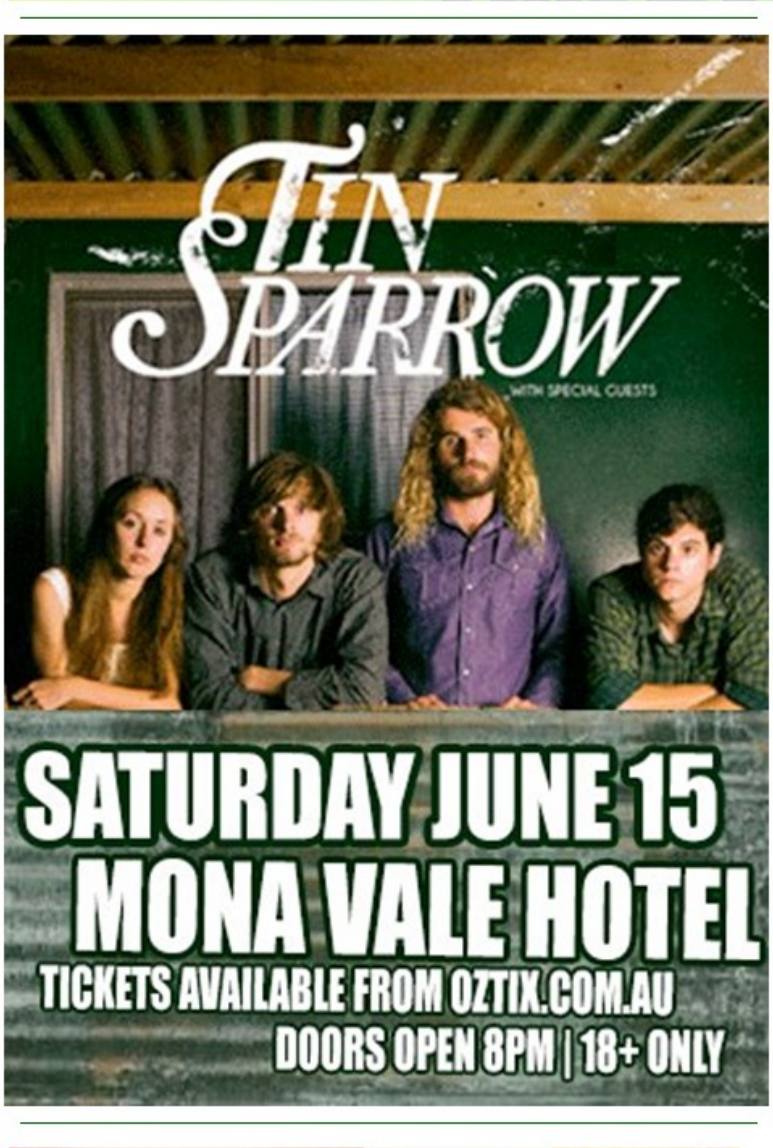
Beneficiaries: Cerebral Palsy Alliance

$65.00 per person
Includes 2 course lunch - wine, tea & coffee
12.00 for 12.30pm

ROBERT OATLEY VINEYARDS
www.royalmotor.com.au
www.facebook.com/rmycbb

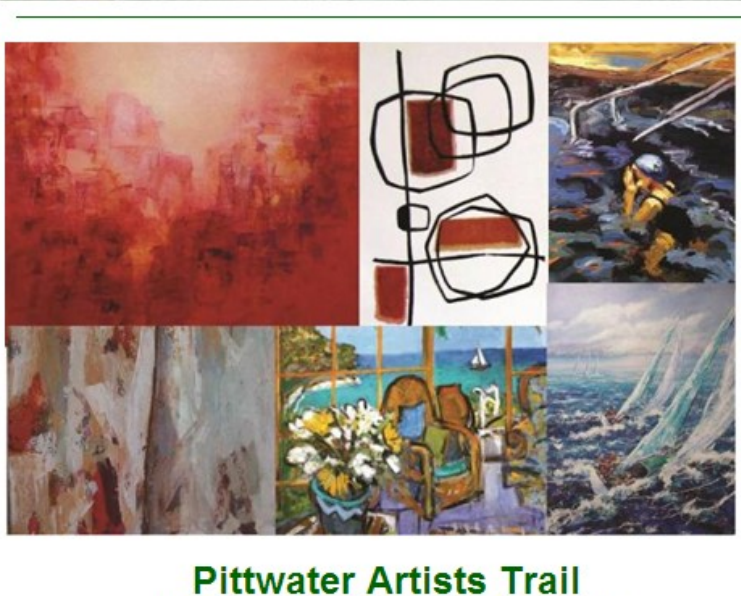
DOMAYNE BELROSE
FURNITURE / BEDDING / HOMEWARES SPECIALISTS
PROUDLY PRESENTS

**NORTHERN BEACHES EXPO**
May 25th & 26th 2013
Northern Beaches Indoor Sports Centre
Jacksons Road, Warriewood
FREE ENTRY



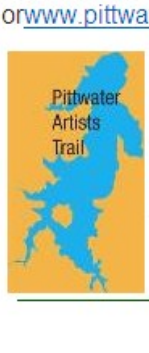
## TIN SPARROW
WITH SPECIAL GUESTS

SATURDAY JUNE 15
MONA VALE HOTEL
TICKETS AVAILABLE FROM OZTIX.COM.AU
DOORS OPEN 8PM | 18+ ONLY



### Pittwater Artists Trail
**Open Studios May 18 – 19, 10am - 4pm**

The time has come! All studios open in two weeks, time to put it in your calendar. Plan your visit through the brochure or download your Arts Trail map here. You can find the brochure at Libraries, Community Centres,30 shops & cafes orwww.pittwaterartiststrail.com.au.



Look for the Pittwater Artists Trail logo when visiting studios.

Artists above: (clockwise, left to right); Karen Hick - abstract artist; Jill Ferrall - mixed media; Cindy Goode Milman - impressionist oils; Elfriede Bartnitzky - textured landscapes; Marian Purvis - expressionist painter; Eric Martel - seascape

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

### Author Talks at Mona Vale Library - Stephanie Brown
**15th May 2013 5pm - 6.30pm**
**Stephanie Brown speaking about "Face of Extraordinary: Volunteers"**

This event is FREE to celebrate Volunteers Week. The book contains 22 portraits of volunteers painted by North Narrabeen resident and artist Stephanie Brown. It also contains personal stories of the volunteers, many of whom work for organisations in the northern beaches area. Bookings essential tel. 9970 1600. Venue: Mona Vale Library.
Contact Name: Catherine Buddin - 9970 1605
Email: catherine_buddin@pittwater.nsw.gov.au Website: faceofextraordinary.com

### Remarkable Reptiles! - 19th May 2013, 2p.m.-4p.m.

A workshop about our local reptile friends for the whole family. Looking for something fun and educational that the whole family can be part of? Fancy getting up close and personal with a few scaly critters? Then this event's for you!!

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. Come and join us at the Coastal Environment Centre for a couple of hours and meet our local wildlife rescuer from Sydney Wildlife and her scaly animal friends.

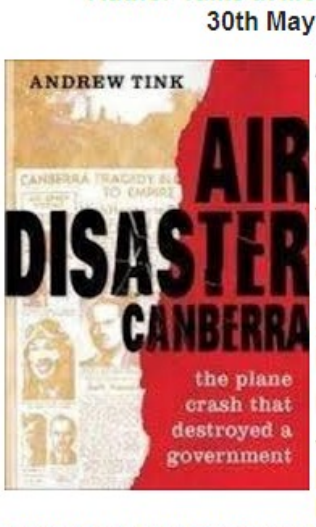
Where: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen. Cost: **Free!**. Bookings Essential! Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

### Palm Beach Market
**26th May 2013, 9am - 3pm**
**Governor Phillip Park**

Come and browse the numerous stalls at the Palm Beach markets. You will find fashion, jewellery, shoes, food, furniture, hats and lots more.

Other 2013 Dates: 22 Sept, 27 Oct, 8 Dec
Venue: Governor Phillip Park, Palm Beach
Contact: Nikki Griffith - 9970 1355

### Author Talks at Mona Vale Library - Andrew Tink
**30th May 2013, 6:30pm - 8pm**



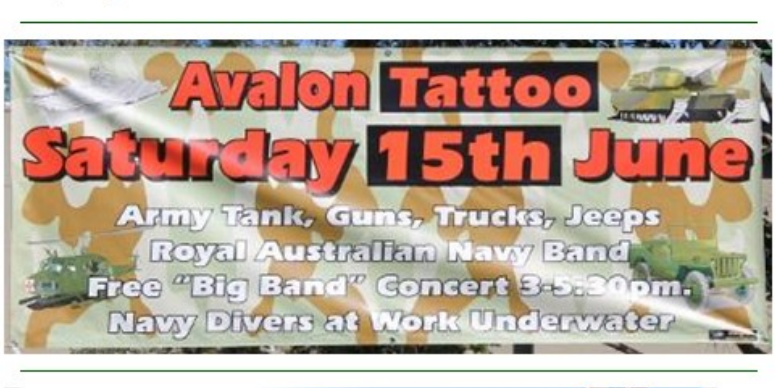
Andrew Tink speaking about "Air Disaster Canberra. The Plane crash that destroyed a government". In 1940 key members of Menzies' government die in a fiery plane crash.The author explores the consequences of this event and controversially, who was actually at the controls. Bookings essential tel. 9970 1600. Cost $8/$6 concession for students and pensioners only, card must be shown.

**FREE FOR SCHOOL STUDENTS**

Venue: Mona Vale Library. Contact Name: Catherine Buddin - 9970 1605. Email: catherine_buddin@pittwater.nsw.gov.au

### 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.

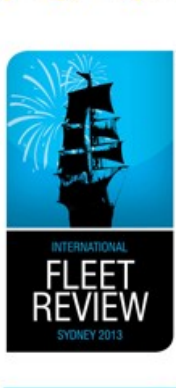


Avalon Tattoo
Saturday 15th June
Army Tank, Guns, Trucks, Jeeps
Royal Australian Navy Band
Free "Big Band" Concert 3-5.30pm.
Navy Divers at Work Underwater

### Australian National Maritime Musueum - Events March to October 2013

**Rescue exhibition** - Opens 16 March

Search and rescue operations take place every minute, every hour, every day, all around the world. From the air to the sea and on land, responsive operations are lifelines to many people in times of need. But what does a rescue scenario really involve? Find out in this hands-on exhibition.



**International Fleet Review voyage** - Register your interest

HMB Endeavour, replica will be one of the nine Australian and eight international tall ships sailing into Sydney Harbour on 3 October to mark the beginning the International Fleet Review celebrating the centenary of the Royal Australian Navy. Register your interest to sail with Endeavour as paying voyage crew.
http://endeavour.anmm.gov.au/Sail-with-us

**Kids on Deck: Amazing Antarctic Sundays - 10 am - 4 pm** - For ages 5-12 years

Craft your own spyglass telescope, print a bandanna, design a flag or sculpt a ship. Dress up in pirate costumes to perform your own adventure or make stories and siren songs come to life in the mermaids' cavern.

$8.50 per child. FREE for members & Big Ticket holders. Adults general museum fees apply. No booking required.

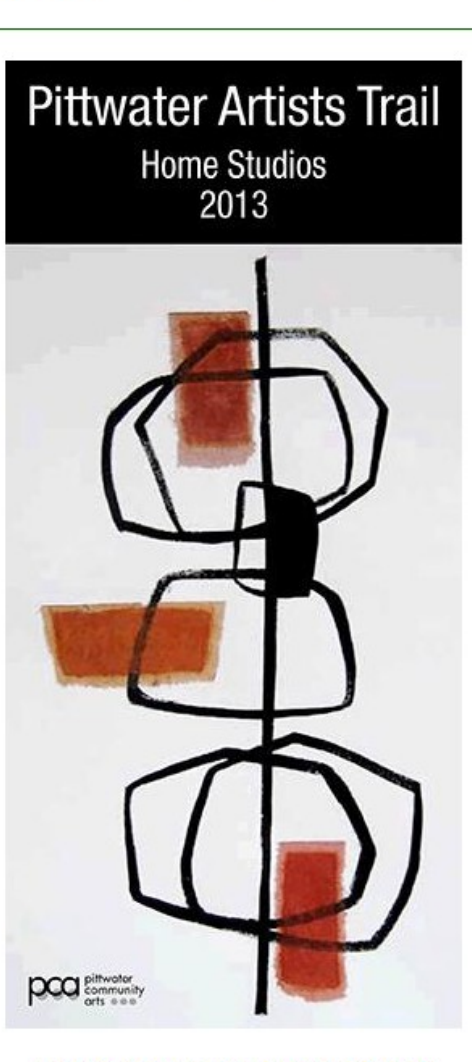
**Friends of Narrabeen Lagoon Catchment next forum will be ...... Forum 25: May 27, 2013**

### Secrets of our Aboriginal past in Narrabeen Lagoon Catchment

The forum is at Narrabeen Tramshed, Pittwater Road, Narrabeen

Dennis Foley will give us insights into aspects of Aboriginal Heritage. It is always a treat to hear from Dennis so don't miss out. Les McLeod will talk about seasonal movements of Guringai people, camping sites, weapons and tools used in the Narrabeen area.

Click here to order your ticket: HERE Entry is free but we ask for a donation to cover costs.



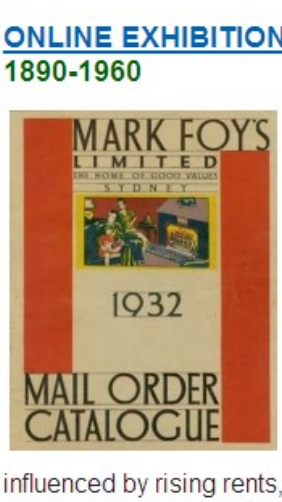
Pittwater Artists Trail
Home Studios
2013

**All artists open on two weekends**
**Saturday 18th May & Sunday 19th May 2013**
**Saturday 26th Oct & Sunday 27th Oct 2013**
**from 10am - 4pm. Brochure HERE**

**St Ives Show** - May 18 and 19, 2013

Where: St Ives Showground, Mona Vale Road, St Ives (between north St Ives and Terrey Hills)
Open: 9am – 9pm, Saturday and 9am – 4pm, Sunday
Entry: Children $5.00; adults the same price as the kids
Parking: Free parking available at the ground.
Visit www.stivesshow.com.au or call 02 4579 9436

### ONLINE EXHIBITION Sydney's home furnishing stores, 1890-1960



Until the 1960s, Sydney-siders usually 'went to town' to shop for furniture and furnishings for the home. There were dozens of specialist furnishing stores and department stores with furnishing sections in the city centre. Many were concentrated in 'furniture precincts', first along George Street and then from the 1920s around the city circle railway stations and the southern part of Pitt Street.

The decline of home furnishing shopping in central Sydney from the late 1950s was influenced by rising rents, lack of parking and a general population move to the suburbs. Shopping patterns also changed with the development of drive-in suburban shopping centres, the first opening at Top Ryde in November 1957.

A legacy of the city stores is their trade literature such as catalogues and associated ephemera: those used to illustrate this exhibtion are part of the Caroline Simpson Library and Research Collection (CSL&RC) at the Historic Houses Trust of NSW.

**Written and researched by Michael Lech, Assistant Curator. August 2007.**

### 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.

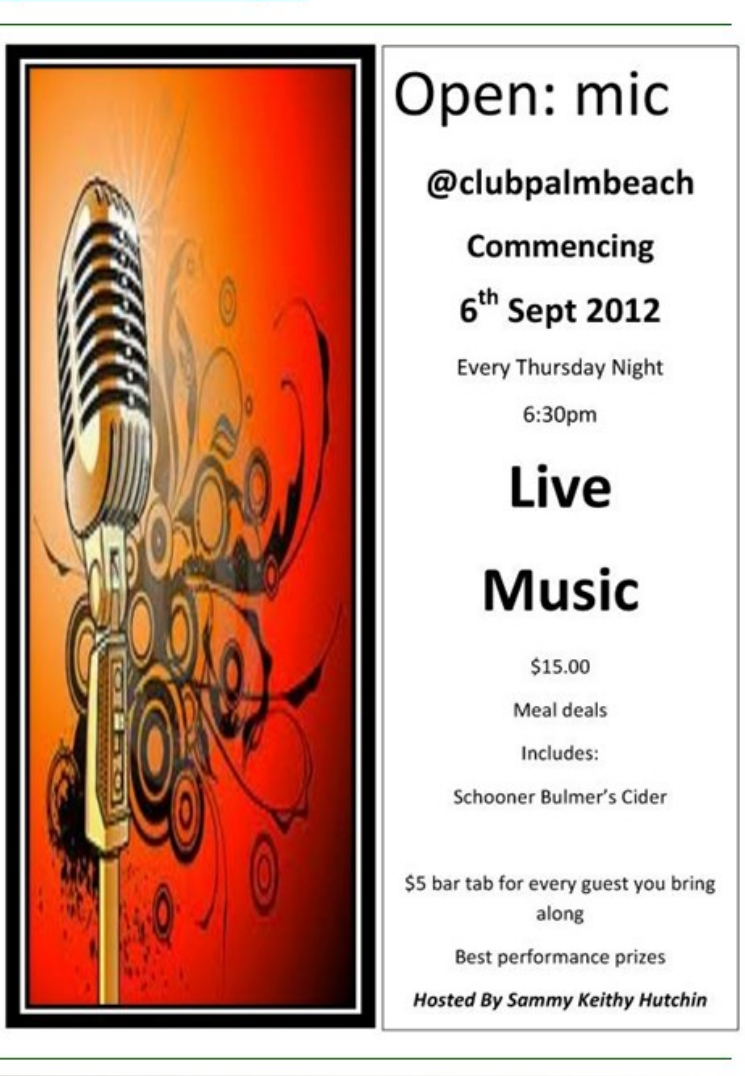
Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday,** Friday and Saturday between 9 am and 12 noon.

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/

### AVALON COMPUTER PALS FOR SENIORS

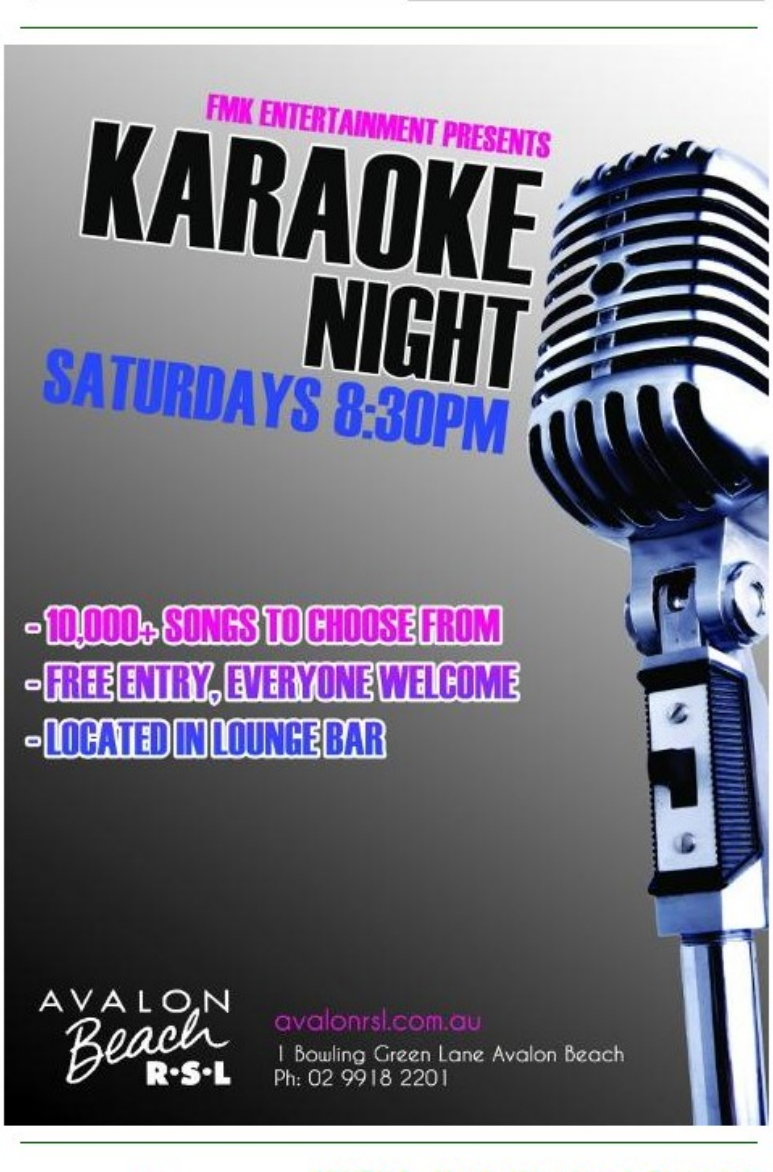
AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the 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

**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/**



Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider

$5 bar tab for every guest you bring along
Best performance prizes
*Hosted By Sammy Keithy Hutchin*



FMK ENTERTAINMENT PRESENTS
## KARAOKE NIGHT
SATURDAYS 8:30PM
- 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

### MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

**Next meeting**
When: **11 May 2013, 2.00pm**
Where: **Tramshed Narrabeen**
Topic: AGM, followed by *Gardens on the Peninsula*
Speaker: **Jim Boyce**

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

### 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 May 20**
The very popular Janie News joins us again to demonstrate just how she achieves her fantastic images in Photoshop. It's free.

**Monday June 3**
The annual Interclub competition between Pittwater Camera Club and Hornsby Heights Camera Club is on tonight. The competition as always will be fierce. Free for visitors to the club.

**Monday June 17**
DSLR Video Photography has most of us wondering how to achieve great results. Come along and here well respected photographer Pieter de Vries shed light on a very difficult subject. Free for visitors to the club.

**Monday July 1**
This will be a fun night for members. Camera phones are so popular today so Tim Hixson will be joining us to give some valuable tips on using a camera phone – he will then judge our efforts. Visitors are made welcome.

**Monday July 15**
Fire up your laptops and bring them along for this FREE 'Hands On' workshop which is all about 'Photoshop'. For those with limited or no skills this workshop is for you. And if you are more experienced there will be something here for you to learn as well. Practice along with the tutors. Everyone welcome at the FREE workshop.

**Monday August 5**
The topic for tonights competition is 'Street Photography'. Come along and see what our member 'photo journalists' have captured. Free for visitors to the club.

**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.

YOUR INVITATION TO 2 ONE-DAY WORKSHOPS
22 - 23 June 2013 Sydney, NSW

Our Senior Lecturer, Linn Wiggins, will be running the following 2 one-day workshops between Saturday 22nd and Sunday 23rd June 2013 in Sydney NSW:

**Women's Wellbeing & ABFE:**
This one day workshop will teach a woman how to easily and effectively use the Australian Bush Flower Essences to help her achieve emotional and spiritual balance in the following areas of her life:
Menstruation, Relationships, Sexuality, Family Planning, Fertility, Pregnancy and Birthing, Motherhood, Body Image, The Wounded Feminine, The Workplace, Menopause, Common Health issues, Graceful ageing

**Graceful Ageing & ABFE:**
Our Graceful Ageing workshop aims to show you ways to journey through life in an elegant and graceful way, no matter what your biological age is. We will share with you how a wholistic approach to life and ageing can positively affect your wellbeing and the way you look.

As you move through the cycles of your life you will be confronted with many mental, emotional and spiritual challenges. The storms in life can be an opportunity for you to mature, to deepen your character, find your purpose, and become the best possible version of yourself. Regardless of your years, graceful ageing is mastering the art of progressively redefining yourself in a positive, edifying and mature manner. Your Life is precious. Discover how you can begin to make the most of every day, so your journey can be a more meaningful and enriching everyday experience, throughout all the seasons of your life.

Details for these 2 workshops are:

Venue: Kamaroi Rudolf Steiner School
220 Forest Way, Belrose NSW

Date & Time:
Women's Wellbeing & ABFE - Saturday 22nd June 2013
Graceful Ageing & ABFE - Sunday 23rd June 2013
9.30am to 6.00pm (both days) Registration: 9.00am

Contact (For more information or for bookings)
Sharon Selvage
Phone: (02) 9450 1388
Email: uschi@ausflowers.com.au

Cost: $175.00 per workshop if prepaid by 24th May 2013 (or $199 thereafter). Attend both the Women's Wellbeing and Graceful Ageing & ABFE workshops for the discount price of $325.00 early bird. (Prices include morning/afternoon tea and 10% GST.) Group discounts and other discounts are available.

Tweet | Like | +1

### 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.

**Oxford Falls Triangle Sat May 25**

This walk is slightly shorter 2.5 -3hrs, however if I can get an agreement with NPWS we will pull out a few weeds adding 30 min, expressing our appreciation of this gorgeous environment. Meet 10am.

**Narrabeen Lagoon Catchment Transverse Sun Jun 16**

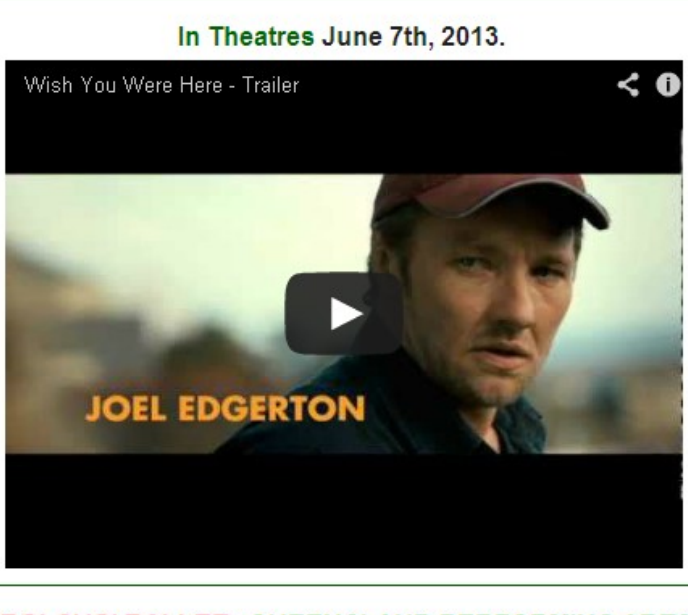
.... in midwinter ( without snow or ice). On this favourite walk we cross through an extraordinary variety of vegetation communities and enjoy beautiful views. Meet at 10am next to 27 Morgan Rd, car pool back; allow 4hrs.

Bookings essential. Phone 0432 643 295 or 9451 3231 or email conny.harris@gmail.com

**Eco Paddle on Narrabeen Lagoon – Sunday July 28**
Tony Carr, President of Friends of Narrabeen Lagoon Catchment, will lead this paddle to both Deep and Middle Creeks. The Lagoon supports a wide range of threatened flora and fauna, but is under threat of urban development. Beautiful Deep Creek attracts migratory birds from as far away as Russia and Middle Creek has recently been the subject of a substantial remediation programme. A relaxing 2 to 3 hour paddle. Easy - no previous kayaking experience required, tuition given. BYO boat or hire kayak can be arranged. To register email tonycarr@ozemail.com.au or call 0417 502 056.

**REGISTER TO ATTEND - DON'T JUST TURN UP ON THE DAY. NUMBERS ARE LIMITED.**
***Kayaks provided by an organisation independent of Friends.***

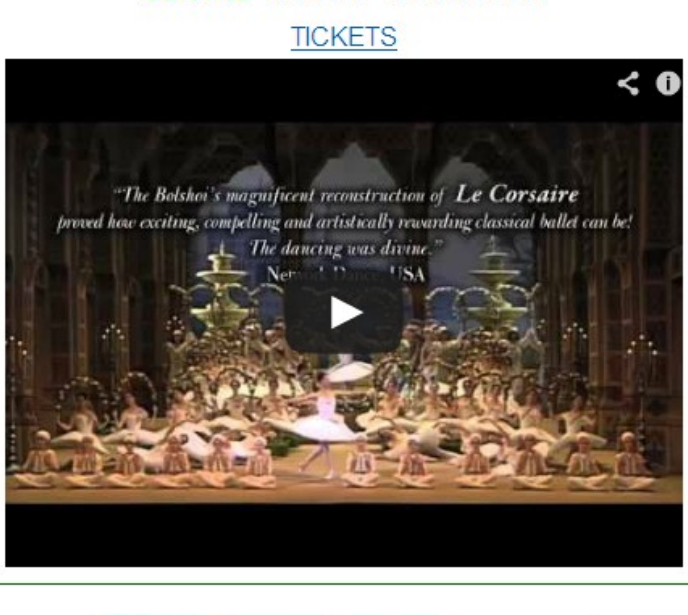
**In Theatres June 7th, 2013.**



Wish You Were Here - Trailer

**BOLSHOI BALLET - QUEENSLAND PERFORMING ARTS CENTRE - 30 MAY – 9 JUNE 2013**

TICKETS



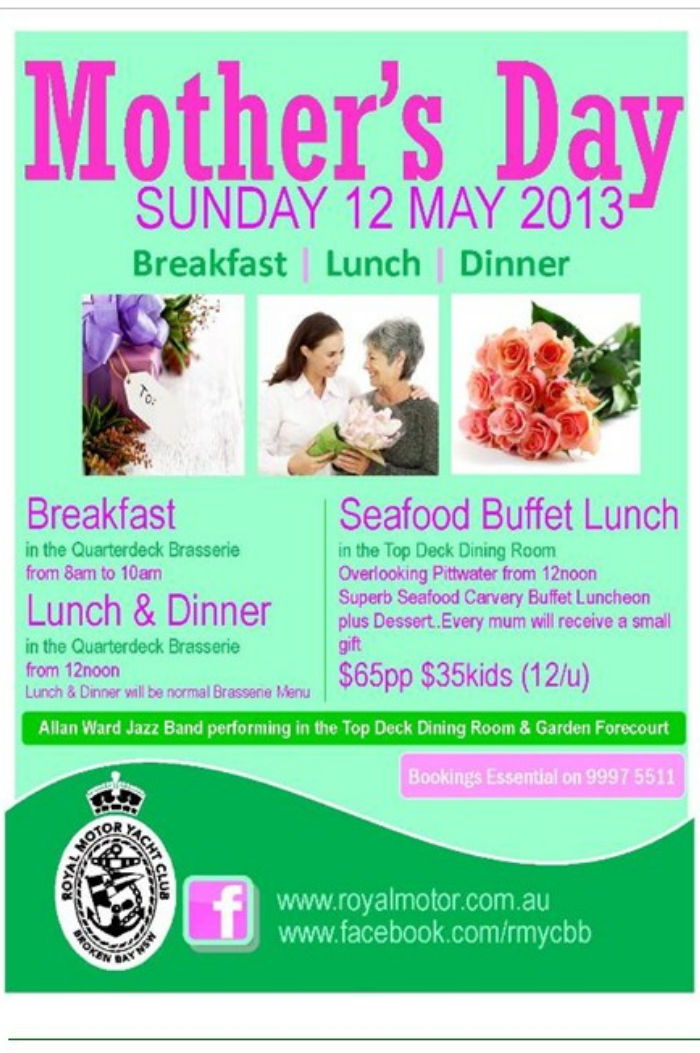
"The Bolshoi's magnificent reconstruction of *Le Corsaire* proved how exciting, compelling and artistically rewarding classical ballet can be! The dancing was divine." [illegible] USA

U3A
The University of the Third Age
Sydney U3A

**U3A Events - No Charge - Open to members of U3A, or prospective members can attend two events prior to joining.**

**To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.**

Tweet | Like | +1



## Mother's Day
SUNDAY 12 MAY 2013
Breakfast | Lunch | Dinner

**Breakfast**
in the Quarterdeck Brasserie
from 8am to 10am

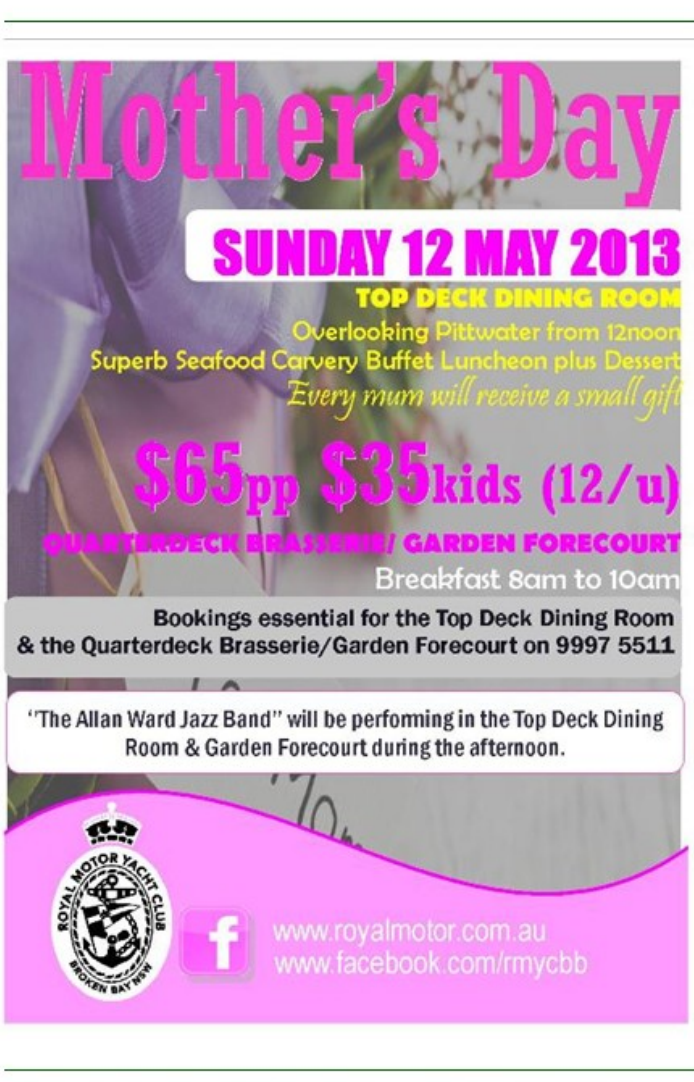
**Lunch & Dinner**
in the Quarterdeck Brasserie
from 12noon
Lunch & Dinner will be normal Brasserie Menu

**Seafood Buffet Lunch**
in the Top Deck Dining Room
Overlooking Pittwater from 12noon
Superb Seafood Carvery Buffet Luncheon plus Dessert..Every mum will receive a small gift
$65pp $35kids (12/u)

Allan Ward Jazz Band performing in the Top Deck Dining Room & Garden Forecourt

Bookings Essential on 9997 5511

ROYAL MOTOR YACHT CLUB BROKEN BAY
www.royalmotor.com.au
www.facebook.com/rmycbb

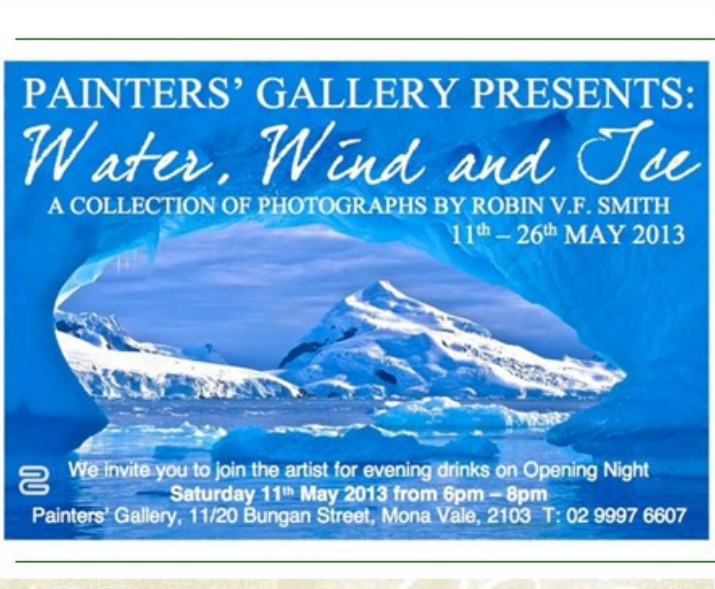


## Mother's Day
**SUNDAY 12 MAY 2013**
**TOP DECK DINING ROOM**
Overlooking Pittwater from 12noon
Superb Seafood Carvery Buffet Luncheon plus Dessert
*Every mum will receive a small gift*
**$65pp $35kids (12/u)**
**QUARTERDECK BRASSERIE/ GARDEN FORECOURT**
Breakfast 8am to 10am

Bookings essential for the Top Deck Dining Room & the Quarterdeck Brasserie/Garden Forecourt on 9997 5511

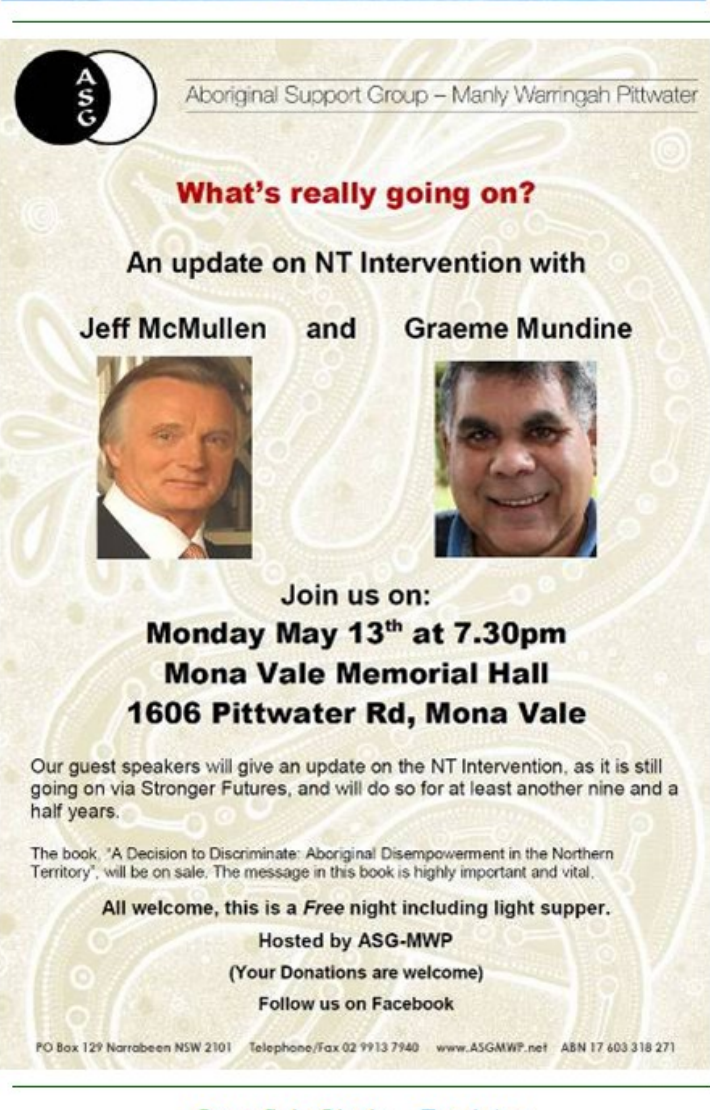
"The Allan Ward Jazz Band" will be performing in the Top Deck Dining Room & Garden Forecourt during the afternoon.

www.royalmotor.com.au
www.facebook.com/rmycbb



PAINTERS' GALLERY PRESENTS:
*Water, Wind and Ice*
A COLLECTION OF PHOTOGRAPHS BY ROBIN V.F. SMITH
11th – 26th MAY 2013

We invite you to join the artist for evening drinks on Opening Night
Saturday 11th May 2013 from 6pm – 8pm
Painters' Gallery, 11/20 Bungan Street, Mona Vale, 2103 T: 02 9997 6607



Aboriginal Support Group – Manly Warringah Pittwater

**What's really going on?**
**An update on NT Intervention with**
**Jeff McMullen and Graeme Mundine**

Join us on:
**Monday May 13th at 7.30pm**
**Mona Vale Memorial Hall**
**1606 Pittwater Rd, Mona Vale**

Our guest speakers will give an update on the NT Intervention, as it is still going on via Stronger Futures, and will do so for at least another nine and a half years.

The book, 'A Decision to Discriminate: Aboriginal Disempowerment in the Northern Territory', will be on sale. The message in this book is highly important and vital.

All welcome, this is a *Free* night including light supper.
Hosted by ASG-MWP
(Your Donations are welcome)
Follow us on Facebook

PO Box 129 Narrabeen NSW 2101 Telephone/Fax 02 9913 7940 www.ASGMWP.net ABN 17 603 318 271

Songfish Choir - Register

The Northern Beaches Children's Choir
**Songfish**
sing . dance . drum . create . play
Free Singing Session 4.30pm Thursday 16th May Avalon Recreation Centre

Trial Singing Session and Sign up, Avalon Rec. Centre, May 16th

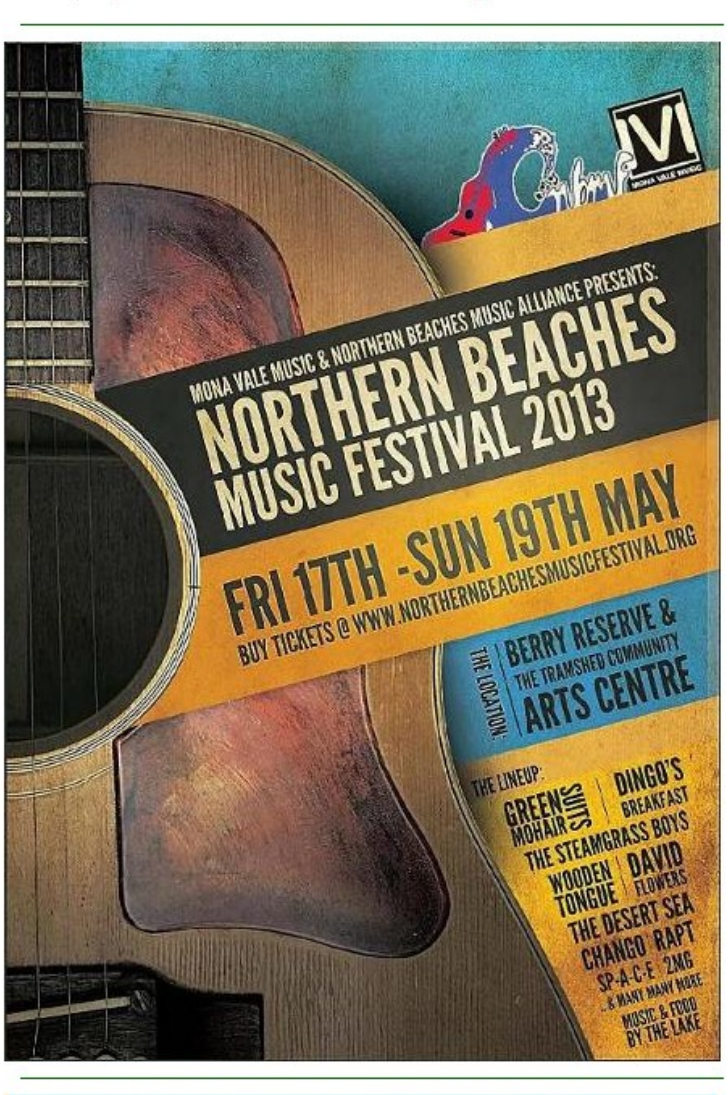
### Pittwater Milestones Trivia Evening - Unravel the Strands of Time- Saturday 18th May, 6.30pm – 10pm

What interesting stories lie behind your suburb, in Pittwater or along the northern beaches? Have you heard about famous (or infamous) people, whose stories are woven into the rich tapestry of Peninsula history?

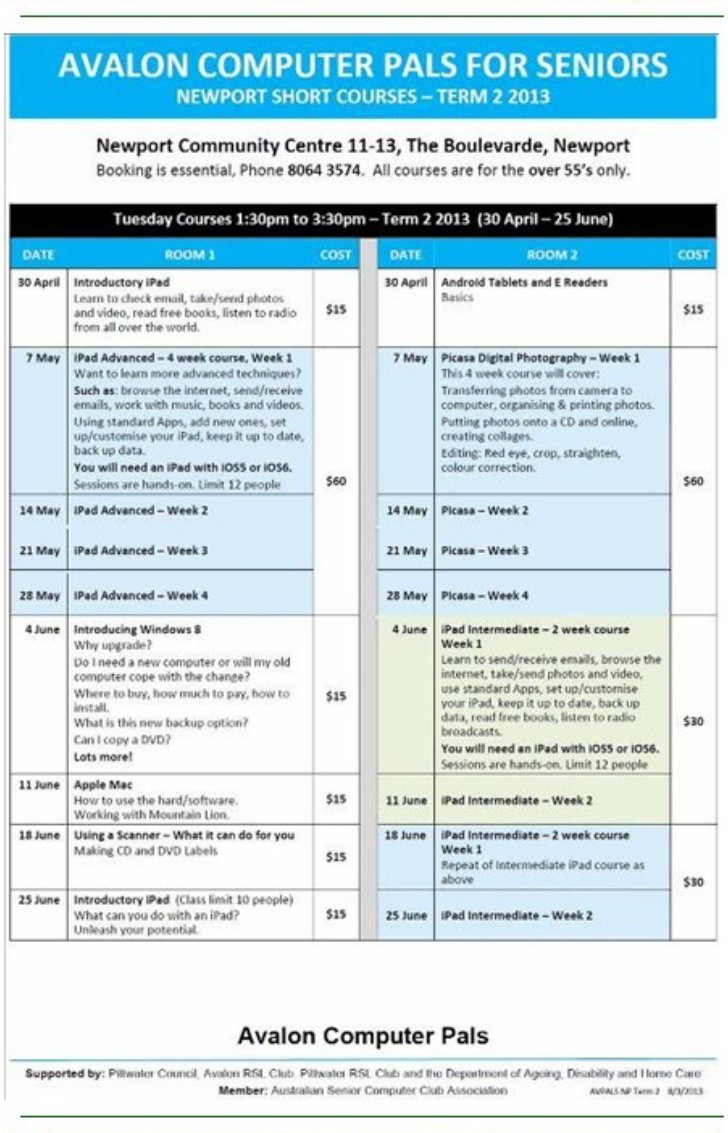
From the naming of Pittwater by Governor Philip in 1788 to the present day, the fascinating history of the northern beaches is revealed in the story of its people, places and pastimes. Join with Pittwater Community Arts in a fun Trivia Evening to discover our rich, varied history and celebrate significant Milestones in the development of our community.

The theme for this year's National Trust Heritage Festival,***Community Milestones***, is a celebration of the individuals, communities and their achievements which have become landmarks in the development of the built, natural and cultural environment of our country. Celebrating its own Milestone of 10 years this year, Pittwater Community Arts has each year, participated in the National Trust Heritage Festival by conducting an event in Pittwater which relates to the Festival Theme.
Come alone or bring your friends for a fun, interesting evening. There will be tables of 8-10 max; table groups can be arranged on the night.
Tea/coffee & light refreshments will be provided during the evening. BYO drinks, glasses & snacks.

**Bookings essential.** Phone Maureen 9913 1474
Date: Saturday 18th May, 6.30pm – 10pm
Venue: Newport Community Centre
Cost: $10ph. A Raffle will be held on the night.



MONA VALE MUSIC & NORTHERN BEACHES MUSIC ALLIANCE PRESENTS:
## NORTHERN BEACHES MUSIC FESTIVAL 2013
FRI 17TH - SUN 19TH MAY
BUY TICKETS @ WWW.NORTHERNBEACHESMUSICFESTIVAL.ORG
THE LOCATION: BERRY RESERVE & THE TRAMSHED COMMUNITY ARTS CENTRE
THE LINEUP: GREEN MOHAIR SUITS, DINGO'S BREAKFAST, THE STEAMGRASS BOYS, WOODEN TONGUE, DAVID FLOWERS, THE DESERT SEA, CHANGO RAPT, SP-A-C-E ZING & MANY MANY MORE, MUSIC & FOOD BY THE LAKE



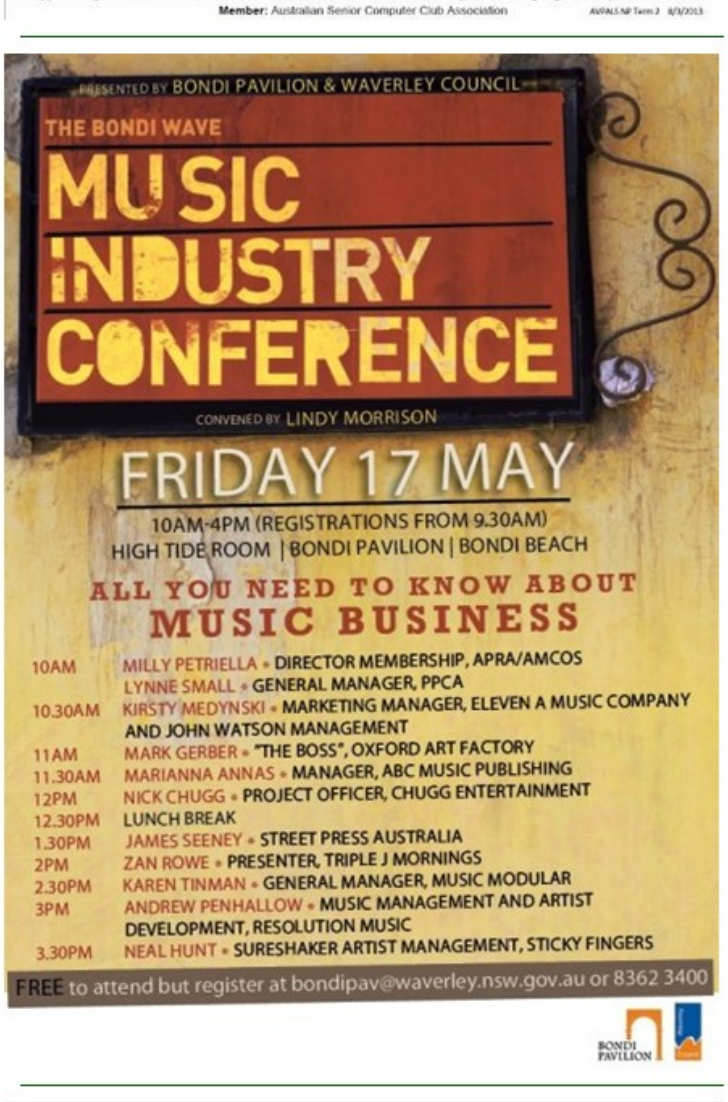
**AVALON COMPUTER PALS FOR SENIORS**
NEWPORT SHORT COURSES – TERM 2 2013

Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only.

Tuesday Courses 1:30pm to 3:30pm – Term 2 2013 (30 April – 25 June)

| DATE | ROOM 1 | COST | DATE | ROOM 2 | COST |
|---|---|---|---|---|---|
| 30 April | Introductory iPad<br>Learn to check email, take/send photos and video, read free books, listen to radio from all over the world. | $15 | 30 April | Android Tablets and E Readers<br>Basics | $15 |
| 7 May | iPad Advanced – 4 week course, Week 1<br>Want to learn more advanced techniques? Such as: browse the internet, send/receive emails, work with music, books and videos. Using standard Apps, add new ones, set up/customise your iPad, keep it up to date, back up data.<br>You will need an iPad with iOS5 or iOS6. Sessions are hands-on. Limit 12 people | $60 | 7 May | Picasa Digital Photography – Week 1<br>This 4 week course will cover: Transferring photos from camera to computer, organising & printing photos. Putting photos onto a CD and online, creating collages. Editing: Red eye, crop, straighten, colour correction. | $60 |
| 14 May | iPad Advanced – Week 2 | | 14 May | Picasa – Week 2 | |
| 21 May | iPad Advanced – Week 3 | | 21 May | Picasa – Week 3 | |
| 28 May | iPad Advanced – Week 4 | | 28 May | Picasa – Week 4 | |
| 4 June | Introducing Windows 8<br>Why upgrade? Do I need a new computer or will my old computer cope with the change? Where to buy, how much to pay, how to install. What is this new backup option? Can I copy a DVD? Lots more! | $15 | 4 June | iPad Intermediate – 2 week course Week 1<br>Learn to 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.<br>You will need an iPad with iOS5 or iOS6. Sessions are hands-on. Limit 12 people | $30 |
| 11 June | Apple Mac<br>How to use the hard/software. Working with Mountain Lion. | $15 | 11 June | iPad Intermediate – Week 2 | |
| 18 June | Using a Scanner – What it can do for you<br>Making CD and DVD Labels | $15 | 18 June | iPad Intermediate – 2 week course Week 1<br>Repeat of intermediate iPad course as above | $30 |
| 25 June | Introductory iPad (Class limit 10 people)<br>What can you do with an iPad? Unleash your potential. | $15 | 25 June | iPad Intermediate – Week 2 | |

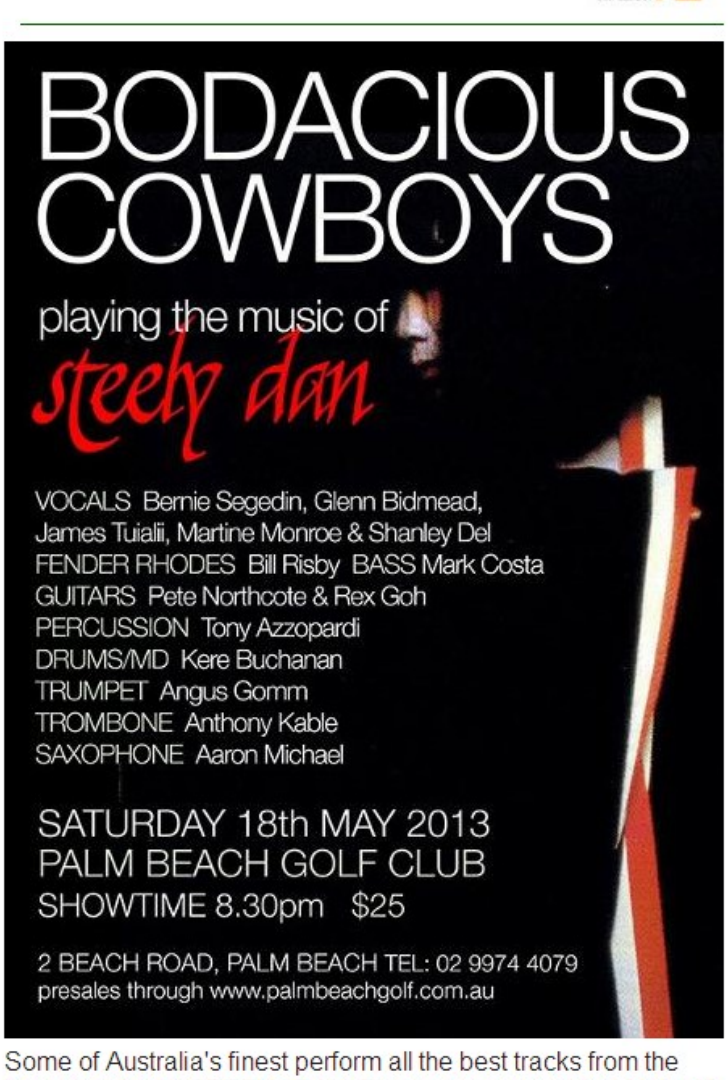
Avalon Computer Pals
Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association



PRESENTED BY BONDI PAVILION & WAVERLEY COUNCIL
THE BONDI WAVE
## MUSIC INDUSTRY CONFERENCE
CONVENED BY LINDY MORRISON
FRIDAY 17 MAY
10AM-4PM (REGISTRATIONS FROM 9.30AM)
HIGH TIDE ROOM | BONDI PAVILION | BONDI BEACH
ALL YOU NEED TO KNOW ABOUT MUSIC BUSINESS

10AM MILLY PETRIELLA • DIRECTOR MEMBERSHIP, APRA/AMCOS
LYNNE SMALL • GENERAL MANAGER, PPCA
10.30AM KIRSTY MEDYNSKI • MARKETING MANAGER, ELEVEN A MUSIC COMPANY AND JOHN WATSON MANAGEMENT
11AM MARK GERBER • "THE BOSS", OXFORD ART FACTORY
11.30AM MARIANNA ANNAS • MANAGER, ABC MUSIC PUBLISHING
12PM NICK CHUGG • PROJECT OFFICER, CHUGG ENTERTAINMENT
12.30PM LUNCH BREAK
1.30PM JAMES SEENEY • STREET PRESS AUSTRALIA
2PM ZAN ROWE • PRESENTER, TRIPLE J MORNINGS
2.30PM KAREN TINMAN • GENERAL MANAGER, MUSIC MODULAR
3PM ANDREW PENHALLOW • MUSIC MANAGEMENT AND ARTIST DEVELOPMENT, RESOLUTION MUSIC
3.30PM NEAL HUNT • SURESHAKER ARTIST MANAGEMENT, STICKY FINGERS

FREE to attend but register at bondipav@waverley.nsw.gov.au or 8362 3400



## BODACIOUS COWBOYS
playing the music of *steely dan*

VOCALS Bernie Segedin, Glenn Bidmead, James Tuiali, Martine Monroe & Shanley Del
FENDER RHODES Bill Risby BASS Mark Costa
GUITARS Pete Northcote & Rex Goh
PERCUSSION Tony Azzopardi
DRUMS/MD Kere Buchanan
TRUMPET Angus Gomm
TROMBONE Anthony Kable
SAXOPHONE Aaron Michael

SATURDAY 18th MAY 2013
PALM BEACH GOLF CLUB
SHOWTIME 8.30pm $25

2 BEACH ROAD, PALM BEACH TEL: 02 9974 4079
presales through www.palmbeachgolf.com.au

Some of Australia's finest perform all the best tracks from the legendary band, STEELY DAN. This is a must see gig which will sell out. Tickets $25 Showtime 8.30pm

AMAZE
The Michael Crouch Gallery
Changing objects Revealing stories
FREE ENTRY

**The Mitchell Library** - State Library of NSW

Discover the curiosities of our amazing collections and historic Mitchell building direct to your mobile device.

*Mitchell Building Discovery Tour* delves into the rich history of the Mitchell building with stories about its founders, builders and benefactors, and the many fascinating objects it contains.

*AMAZE: The Michael Crouch Gallery* features 60 incredibly rare and often quirky objects from the Sir William Dixson collection, including the only known pirated copy of Charles Dickens' Pickwick Club, 1838.

*The Greatest Wonder of the World* exhibition tour - includes interviews with curator Alan Davies about this internationally significant collection of 19th century photographs of goldfield life in NSW and Victoria, including little-known stories not featured in the exhibition.

### Southern Cross Wildlife Care FUNDRAISER

**Presentation, Dinner and Drinks**
**$75.00**

**Saturday 13th July**
4.00pm onwards
*Joan Pearson's Place*
**18 Ida Ave, Mosman**

Bookings Essential: Joan 9960-2229

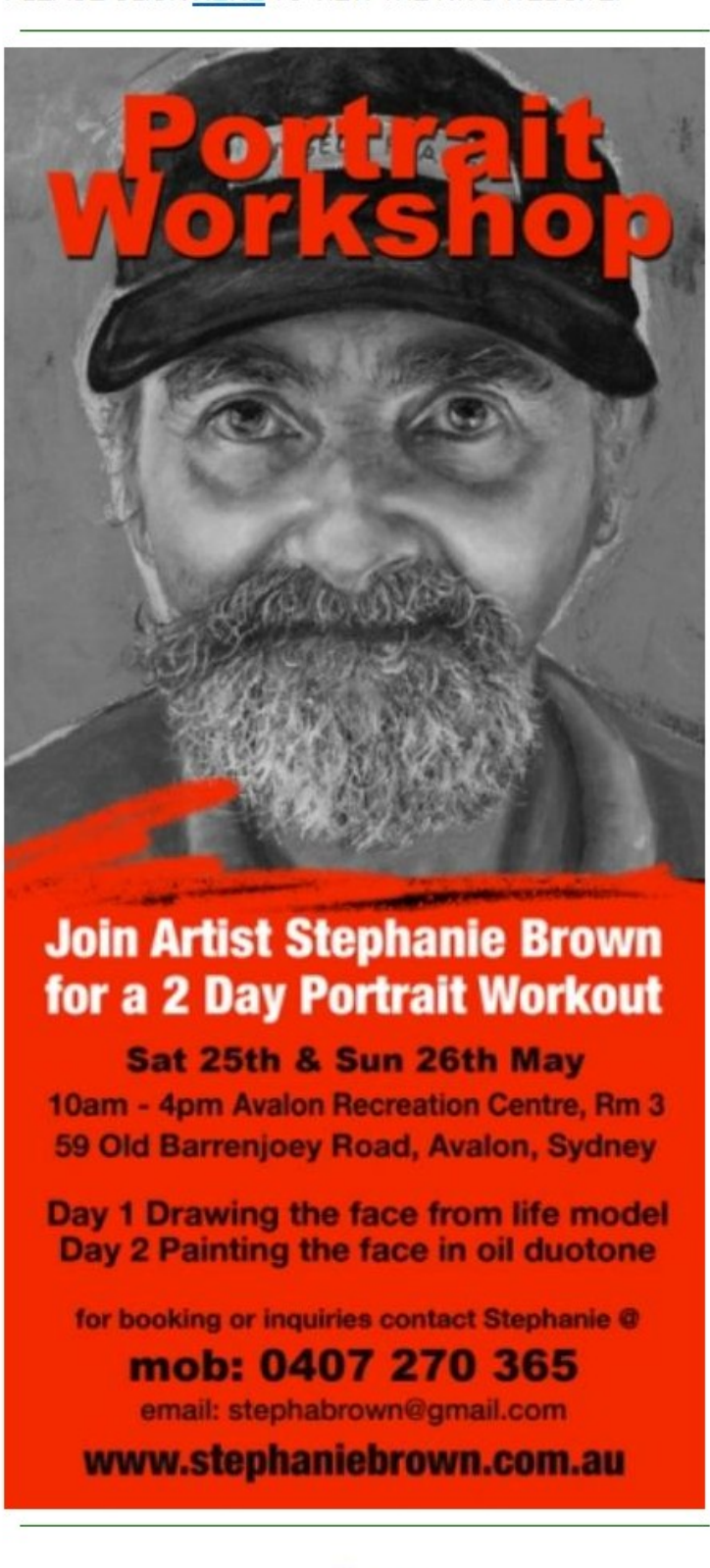
Karaoke WORLD CHAMPIONSHIPS 2013
Are YOU Australia's next singing sensation?
Represent Australia in Europe at the KWC 2013 World Finals
Return airfare to Finland PLUS 5 nights accommodation PLUS AU$2000.00 spending money PLUS Capital Karaoke prizes PLUS KWC 2013 Australian Champion trophy!*

### Avalon Beach RSL

HEATS HAVE STARTED!!! - EVERY SATURDAY NIGHT FROM 8:30PM. HEATS FROM SAT 6TH APRIL TO SAT 8TH JUNE. VENUE FINAL SAT 15TH JUNE

Are you Australia's next singing sensation? - Now's your chance to get noticed! Starting in April, Avalon Beach RSL Club will be holding heats for the Karaoke World Championships.

There are weekly prizes, venue prizes, state prizes & the national prize: Airfares to Finland to represent Australia at the KWC 2013 World Finals, accommodation, $2,000 spending money & more FOR ALL THE DETAILS PLUS TERMS & CONDITIONS PLEASE CLICK HERE TO VIEW THE KWC WEBSITE.



## Portrait Workshop
**Join Artist Stephanie Brown for a 2 Day Portrait Workout**
**Sat 25th & Sun 26th May**
10am - 4pm Avalon Recreation Centre, Rm 3
59 Old Barrenjoey Road, Avalon, Sydney
Day 1 Drawing the face from life model
Day 2 Painting the face in oil duotone
for booking or inquiries contact Stephanie @
**mob: 0407 270 365**
email: stephabrown@gmail.com
**www.stephaniebrown.com.au**

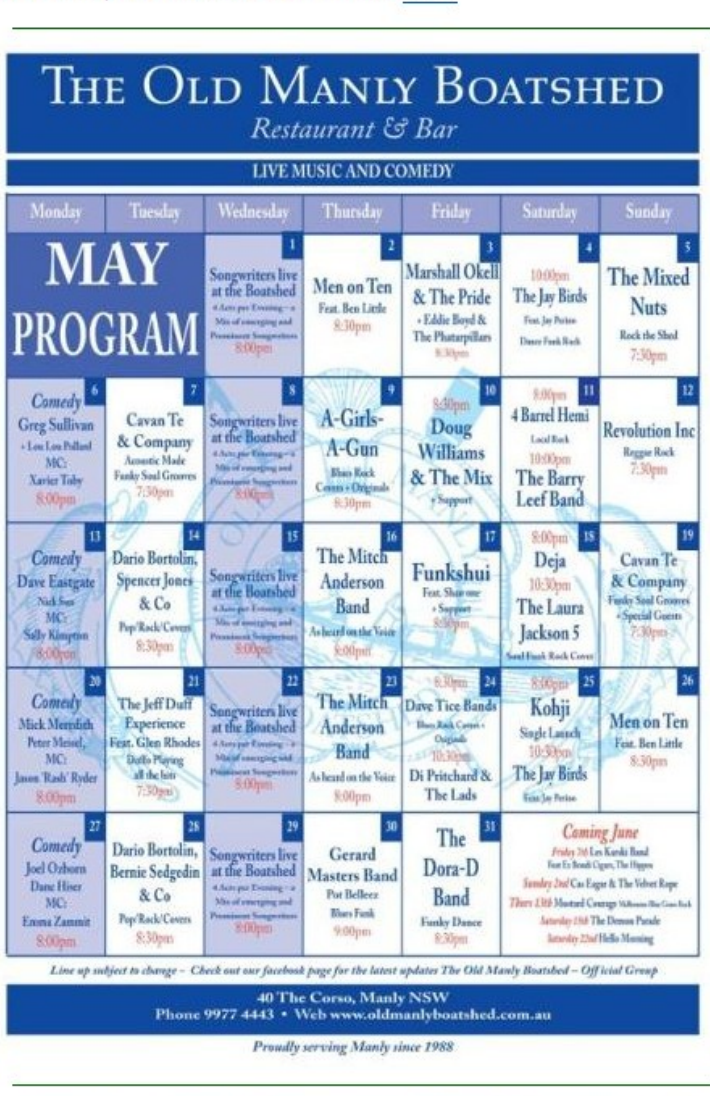
**Mum Entrepreneurs Pty Ltd**

**MUM ENTREPRENEURS INVITES YOU**
**Our Next Event: 7th May 2013 from 7.30pm**

Top 3 habits of Vital Business Women and how they will sky-rocket your success. Our Guest Speaker is **Angela Counsel**, Naturopath & Mumpreneur from The Ambaa Tree

Learn how to juggle the needs of your business, your family and still have time to spoil yourself. Understand the role eating well in being able to achieve success in your business and in your health. Recognise the changes that YOU need to make for your life and your business to be successful. Reclaim your enthusiasm for your life, your business and your family

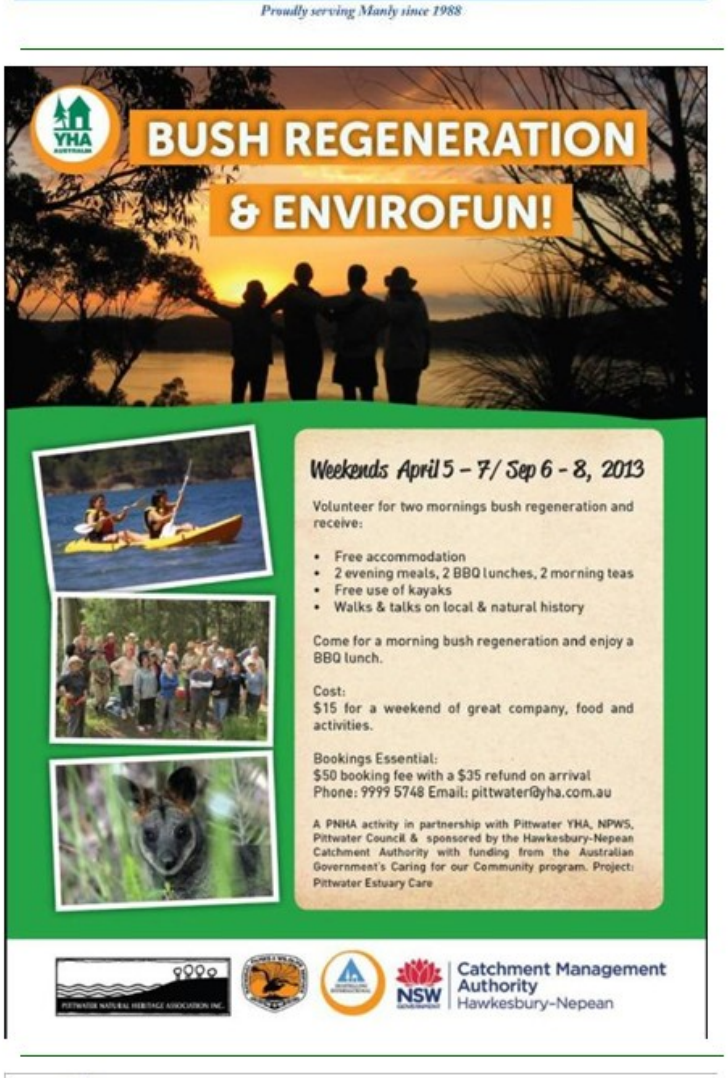
PLUS Mastermind session - a great way to share your business with other like minded women and also get tip and ideas to help you take the next step in your business. Cost: $25 per Guest Ticket or $15 for ME Member. Book Here



**THE OLD MANLY BOATSHED**
*Restaurant & Bar*
LIVE MUSIC AND COMEDY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| MAY PROGRAM | | 1 Songwriters live at the Boatshed 8:00pm | 2 Men on Ten Feat. Ben Little 8:30pm | 3 Marshall Okell & The Pride + Eddie Boyd & The Phatapillars 8:30pm | 4 10:00pm The Jay Birds | 5 The Mixed Nuts Rock the Shed 7:30pm |
| 6 Comedy Greg Sullivan + Lou Lou Pollard MC: Xavier Toby 8:00pm | 7 Cavan Te & Company Acoustic Mode Funky Soul Grooves 7:30pm | 8 Songwriters live at the Boatshed 8:00pm | 9 A-Girls-A-Gun Blues Rock Covers + Originals 8:30pm | 10 Doug Williams & The Mix + Support | 11 8:00pm 4 Barrel Hemi Local Rock 10:00pm The Barry Leef Band | 12 Revolution Inc Reggae Rock 7:30pm |
| 13 Comedy Dave Eastgate MC: Sally Kimpton 8:00pm | 14 Dario Bortolin, Spencer Jones & Co Pop/Rock/Covers 8:30pm | 15 Songwriters live at the Boatshed 8:00pm | 16 The Mitch Anderson Band As heard on the Voice 8:00pm | 17 Funkshui + Support | 18 8:00pm Deja 10:30pm The Laura Jackson 5 | 19 Cavan Te & Company Funky Soul Grooves + Special Guests 7:30pm |
| 20 Comedy Mick Meredith Peter Meisel, MC: Jason 'Rads' Ryder 8:00pm | 21 The Jeff Duff Experience Feat. Glen Rhodes 7:30pm | 22 Songwriters live at the Boatshed 8:00pm | 23 The Mitch Anderson Band As heard on the Voice 8:00pm | 24 Dave Tice Bands Di Pritchard & The Lads | 25 Kohji Single Launch The Jay Birds | 26 Men on Ten Feat. Ben Little 8:30pm |
| 27 Comedy Joel Ozborn Dane Hiser MC: Emma Zammit 8:00pm | 28 Dario Bortolin, Bernie Segedin & Co Pop/Rock/Covers 8:30pm | 29 Songwriters live at the Boatshed 8:00pm | 30 Gerard Masters Band 8:00pm | 31 The Dora-D Band Funky Dance 8:30pm | Coming June [illegible] | |

*Line up subject to change – Check out our facebook page for the latest updates The Old Manly Boatshed – Official Group*
40 The Corso, Manly NSW
Phone 9977 4443 • Web www.oldmanlyboatshed.com.au
*Proudly serving Manly since 1988*



## 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

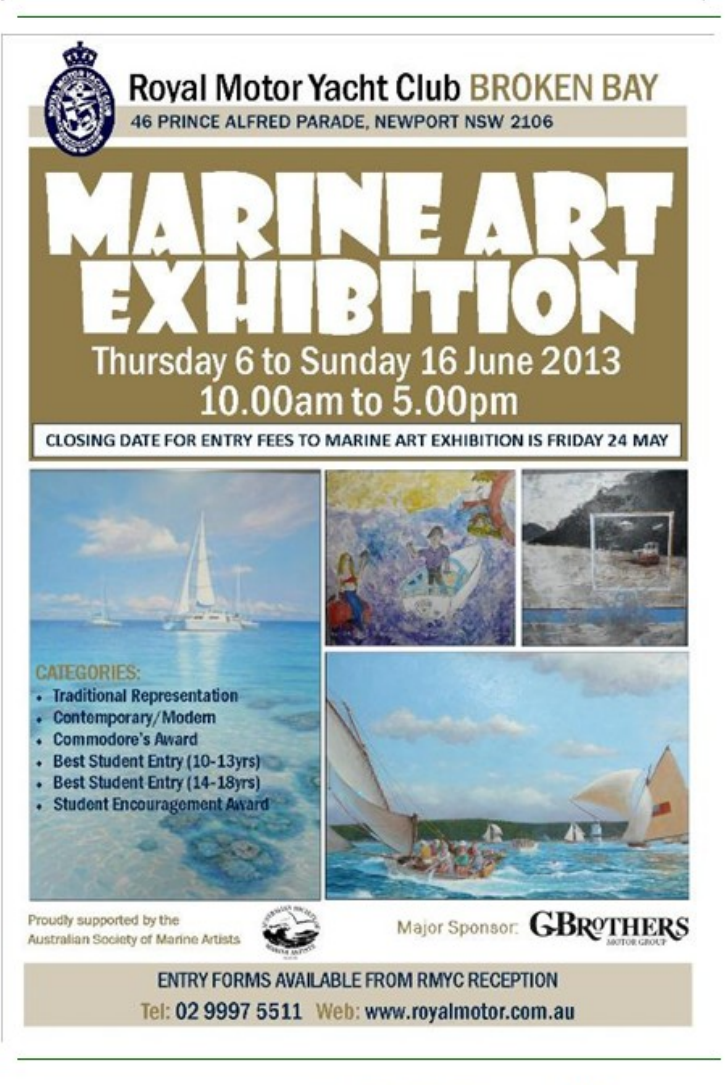
Come for a morning bush regeneration and enjoy a BBQ lunch.

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

Catchment Management Authority Hawkesbury-Nepean



Royal Motor Yacht Club BROKEN BAY
46 PRINCE ALFRED PARADE, NEWPORT NSW 2106
## MARINE ART EXHIBITION
Thursday 6 to Sunday 16 June 2013
10.00am to 5.00pm
CLOSING DATE FOR ENTRY FEES TO MARINE ART EXHIBITION IS FRIDAY 24 MAY

CATEGORIES:
- Traditional Representation
- Contemporary/Modern
- Commodore's Award
- Best Student Entry (10-13yrs)
- Best Student Entry (14-18yrs)
- Student Encouragement Award

Proudly supported by the Australian Society of Marine Artists
Major Sponsor: GBROTHERS
ENTRY FORMS AVAILABLE FROM RMYC RECEPTION
Tel: 02 9997 5511 Web: www.royalmotor.com.au

CONVICT SYDNEY
EXHIBITION ON NOW

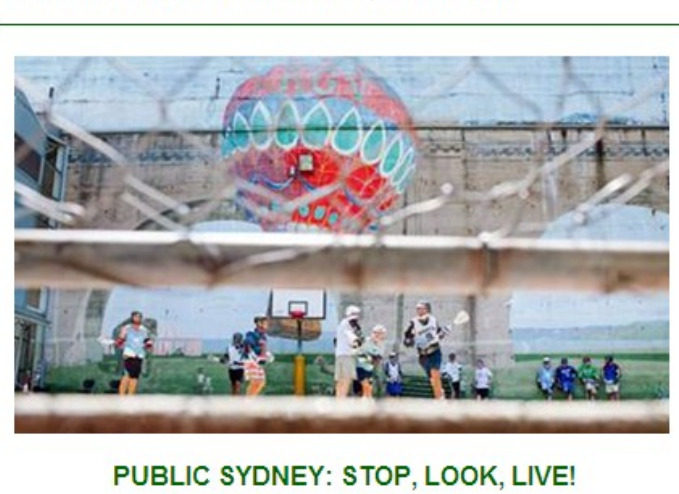
### Until Thursday 31 December 2015

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.



### 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,.

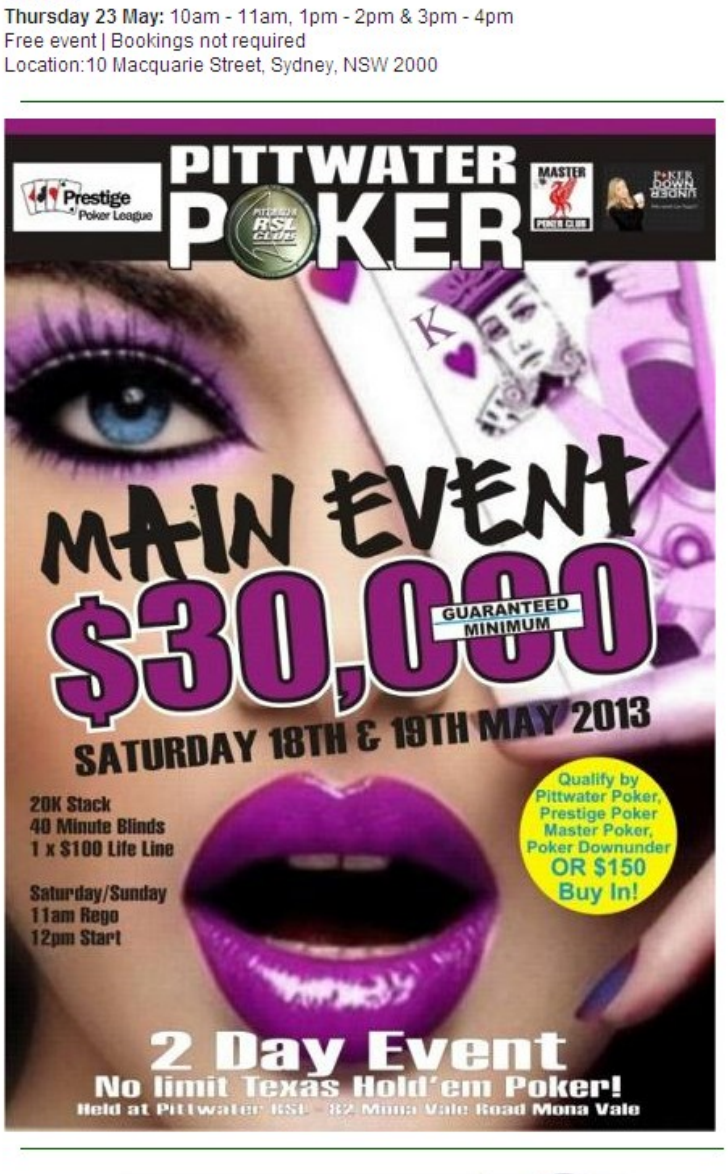
Sponsor:
The Sydney Morning Herald
Museum of Sydney
**Saturday 30 March - Sunday 8 September 2013**
Address: Corner Phillip and Bridge Streets, Sydney, NSW 2000
Contact: 02 9251 5988 or for Education bookings: 8313 5612
Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free |
Hours: Open daily 10am — 5pm | Closed Good Friday and Christmas Day
Photo: Playing lacrosse in The Rocks, 2012. Photograph © James Horan

### TRUSTWORDS – SYDNEY WRITERS' FESTIVAL: THURSDAY

A co-presentation with Sydney Writers' Festival, Trustwords is a vibrant and engaging talks program.
10am – 11am
Public Sydney – Chair: Fenella Kernebone
Public places are essential to a democratic society; yet they are often contested and marginalised. The authors of the new book Public Sydney: drawing the city will discuss in detail the physical form and meaning of our public places, from their origins, through sometimes remarkable changes, to their roles in contemporary life. The talk will be richly illustrated with exquisite scale drawings, photographs and rare maps from the book, which describe and celebrate the public buildings, rooms and spaces of central Sydney.

1pm – 2pm
Shaping Public Sydney – Chair: Dr Caroline Butler-Bowdon
Sydney is a city of phenomenal change. Since its beginnings as a colonial outpost, Sydney has quickly grown to be a powerful contender on the global stage. Former Government Architect Peter Mould and City Historian Lisa Murray discuss the various factors that have influenced Sydney's development – including how economics, power and the changing role of government have shaped our public values – with Dr Caroline Butler-Bowdon, HHT Assistant Director, Creative Services.

3pm – 4pm
Designer Suburbs – Chair: Ian Innes
In the 1950s, 60s and 70s architects such as Harry Seidler, Ken Woolley, Michael Dysart and Graeme Gunn took high-end design to the suburbs. Backed by Pettit & Sevitt, Merchant Builders and other project builders, architects created small, simple houses that transformed the look of suburbia. Today, the distance between architects and the suburbs has never been greater, with Australia's super-sized, energy-guzzling project homes the world's biggest. What can we learn from the designer homes of the postwar years?
See also Sydney Writers' Festival program for Friday 24 May:
Bowerbird – Sibella Court & Karen McCartney
Collectomania: from Objects of Desire to Magnificent Obsession – Claudia Chan Shaw & Dr Sophie Lieberman
For further program details
The Mint
**Thursday 23 May:** 10am - 11am, 1pm - 2pm & 3pm - 4pm
Free event | Bookings not required
Location:10 Macquarie Street, Sydney, NSW 2000



Prestige Poker League
PITTWATER POKER
PITTWATER RSL CLUB
MASTER POKER CLUB
POKER DOWN UNDER
MAIN EVENT
$30,000 GUARANTEED MINIMUM
SATURDAY 18TH & 19TH MAY 2013
20K Stack
40 Minute Blinds
1 x $100 Life Line
Saturday/Sunday 11am Rego 12pm Start
Qualify by Pittwater Poker, Prestige Poker, Master Poker, Poker Downunder OR $150 Buy In!
2 Day Event
No limit Texas Hold'em Poker!
Held at Pittwater RSL - 82 Mona Vale Road Mona Vale

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

### 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

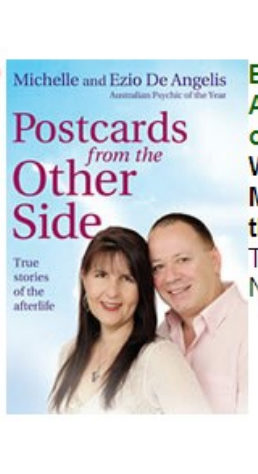
### Storytime at Mona Vale Library
**Tuesday, Wednesday and Thursday Mornings, 10- 10.45am**

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

## Pittwater RSL

Mothers Day Seafood Smorgasbord
Sunday 12th May
Members - $55 Non-Members - $60

**MOTHERS DAY Seafood Smorgasbord**
**Sunday 12th May 2013 in the Auditorium**
12noon - 2.30pm
Members - $55 Non-Members - $60 Kids (10years and under) - $15 * Peninsula Grill open for lunch and dinner - BOOK NOW!



**EZIO DE ANGELIS - Australian Psychic of the Year!**
**Wednesday 22nd May 2013, 7.30pm in the AuditoriumAll** Tickets - $35 - BOOK NOW!

**JAMES MORRISON - Saturday 15th June 2013**
Doors open 7pm Dinner 7.30pm Show 8pm - Members - $70 Non-Members - $75 Show Only - $40

### Australian National Maritime Museum

**Vivid Sydney, the countdown begins**
24 May - 10 June
For the first time, the museum will light up as part of the exciting Vivid Sydney program. Inspired by upcoming exhibition East of India - Forgotten trade with Australia, our rooftop will come alive with the colours of India.
Stay up late Join us every Friday and Saturday night during Vivid for DJs, bands, bar and Indian-inspired flavours at Yots cafe'. For a full program, visit our website
http://www.anmm.gov.au/vivid

**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

**Family fun day: Excellent Endeavour**
Sunday 19 May | 11 am - 3 pm
Uncover the stories behind our tall ship HMB Endeavour replica in a day of family fun. Learn seamanship skills, build your own paper tall ship in Kids on Deck or take part in interactive performances and character tours.
For ages 5 - 14 years and adults
$10 child, $10 adult, $45 family
Includes HMB Endeavour, family fun day activities and galleries.
FREE for members. http://www.anmm.gov.au/events

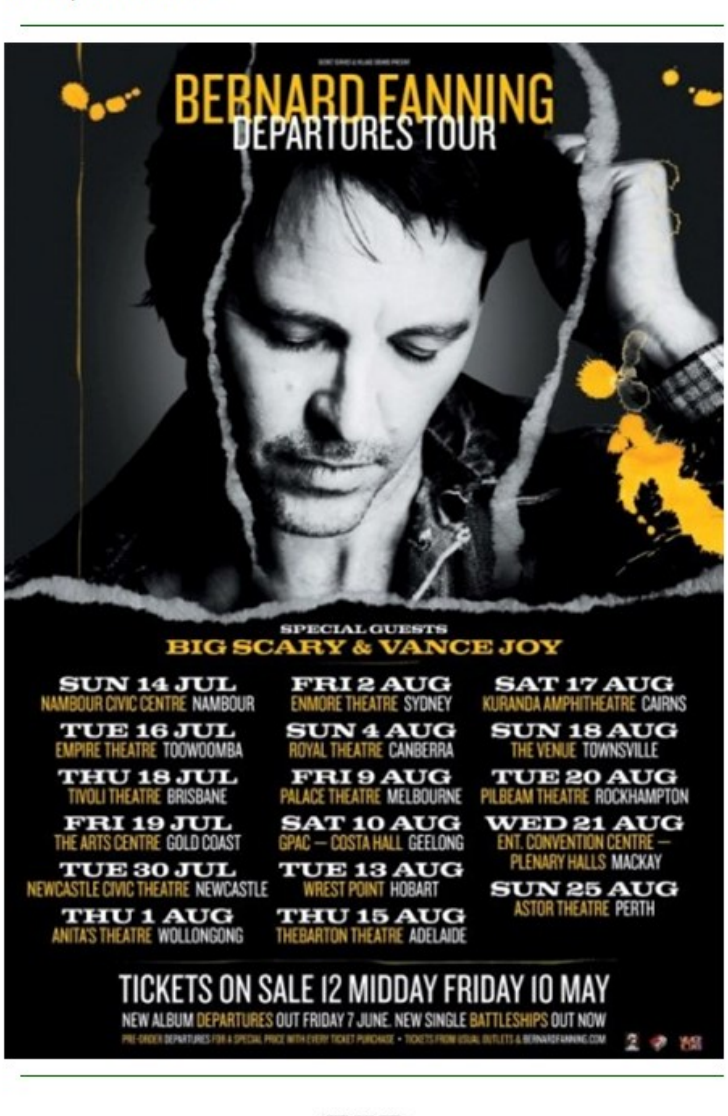
**Talks & tours**
We have some fascinating talks and tours happening this month - from maritime archaeology to Antarctic expedition, there's sure to be something to spark your interest.
Day tour: Fort Scratchley and Newcastle Maritime Museum - 16 May
Talk: World War 1 at sea - 19 May
Talk: Michael AW, Antarctic expedition leader - 26 May
Cruise: Japanese midget submarine attack anniversary - 31 May
Book online http://www.anmm.gov.au/events

**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

**Exhibition: Rescue**
Open until 14 July
Search and rescue operations take place every minute, every hour, every day, all around the world. From the air to the sea and on land, responsive operations are lifelines to many people in times of need. But what does a rescue scenario really involve? Find out in this hands-on exhibition.
http://www.anmm.gov.au/rescue

**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.



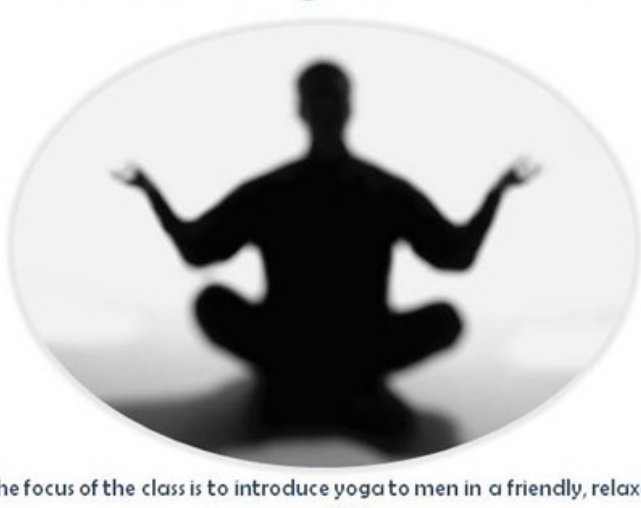
BERNARD FANNING
DEPARTURES TOUR
SPECIAL GUESTS BIG SCARY & VANCE JOY

| | | |
|---|---|---|
| SUN 14 JUL NAMBOUR CIVIC CENTRE NAMBOUR | FRI 2 AUG ENMORE THEATRE SYDNEY | SAT 17 AUG KURANDA AMPHITHEATRE CAIRNS |
| TUE 16 JUL EMPIRE THEATRE TOOWOOMBA | SUN 4 AUG ROYAL THEATRE CANBERRA | SUN 18 AUG THE VENUE TOWNSVILLE |
| THU 18 JUL TIVOLI THEATRE BRISBANE | FRI 9 AUG PALACE THEATRE MELBOURNE | TUE 20 AUG PILBEAM THEATRE ROCKHAMPTON |
| FRI 19 JUL THE ARTS CENTRE GOLD COAST | SAT 10 AUG GPAC – COSTA HALL GEELONG | WED 21 AUG ENT. CONVENTION CENTRE – PLENARY HALLS MACKAY |
| TUE 30 JUL NEWCASTLE CIVIC THEATRE NEWCASTLE | TUE 13 AUG WREST POINT HOBART | SUN 25 AUG ASTOR THEATRE PERTH |
| THU 1 AUG ANITA'S THEATRE WOLLONGONG | THU 15 AUG THEBARTON THEATRE ADELAIDE | |

TICKETS ON SALE 12 MIDDAY FRIDAY 10 MAY
NEW ALBUM DEPARTURES OUT FRIDAY 7 JUNE. NEW SINGLE BATTLESHIPS OUT NOW

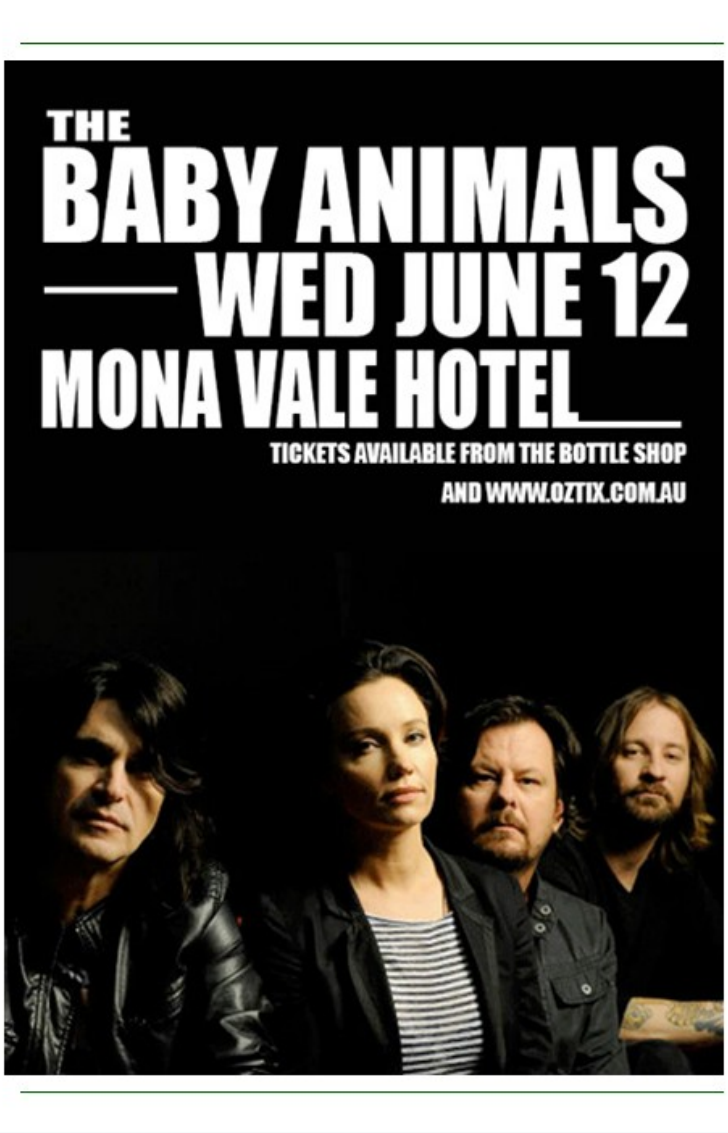
U3A
University of the Third Age – Northern Beaches

### YOGA FOR BLOKES ....
### Foundation Yoga and Relaxation



The focus of the class is to introduce yoga to men in a friendly, relaxed **non-competitive** way.
Jeff has completed teacher training with International Yoga Teachers Association plus two years of yogic studies with the Satyananda Yoga Academy.
Bring along a mat (borrow your wife's) .... a blanket .... an open mind .... and a sense of humour.

**Where?** Newport Community Centre, The Boulevarde, Newport
**When?** 2.00–4.00pm each Thursday for six weeks: May 9, 16, 23, 30, June 6 and 13
**Enquiries and Bookings?** Jeff Dods .... tel: 9979 7129 .... Email: jeffdods@bigpond.com



## THE BABY ANIMALS
WED JUNE 12
MONA VALE HOTEL
TICKETS AVAILABLE FROM THE BOTTLE SHOP AND WWW.OZTIX.COM.AU

Pittwater Online News

May 12 - 18, 2013: Issue 110

## Growing Your Own Winter Vegetables

**by Paul Johnson**

Whether you made successful use of our previous piece on building your own raised vegetable or not, everyone can take advantage this article on producing the best winter veggie crop.

Growing your own vegetable garden is a rewarding process; once you get into it, it also becomes an addictive source of pride.

The most important thing to consider when planting your veggies is seasonality. Vegetables and herbs are all designed to handle different conditions of their native homeland; hence some flourish in our winter climate, while others simply wilt under the cold conditions.

Coming into Sydney's temperate May the best veggies for planting are:

Broad Beans
Cauliflower
Carrot
Sprouts
Lettuce
Onions
Peas
Spinach

Once you have figured out which of these veggies will suit you best you should align your rows in a north/south direction. This allows the optimal sunshine to each plant and prevents shading from neighbouring plants in the bed.

Sow the seeds densely since many of the seeds will never germinate; you want to hedge your bets at this stage more is better! Sow each seed at twice the depth of its own thickness for a seed 5mm thick you will sow it 10mm deep into the soil.

Use a "drill" a straight stick would work perfectly and press it lightly into the soil to the correct depth. Place your seed in and cover it back to the level of the surrounding soil. Use a flat even surface, such as a hoe, to gently pat the soil over the top of the seeds. This process ensures that the seeds are in contact with the soil on all sides, and is vital for correct germination. Sprinkle the garden bed with water, being careful not to drown the seeds!

Continue to keep the soil damp but not wet until the second set of leaves are produced by your vegetables. Once this takes place you will want to separate the plants so that they have plenty of space to grow.

That's it! All you need to get your new veggie patch started this month!

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**Products and further friendly advice available at Mona Vale and Avalon Johnson Brothers Mitre 10.**

Click on logo to visit their website

JOHNSON BROS
MITRE 10
ABN: 12 000 868 866

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