Pittwater Online News

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July 14 - 20, 2013: Issue 119

Eileen Gordon and Winifred Taylor - Decades of Service to Mona Vale Hospital Auxiliary Honoured

Certificate of Appreciation
EILEEN GORDON
Mona Vale Hospital Auxiliary
Award of Service
Winifred Taylor
Mona Vale Branch
Congratulations

Eileen Gordon and Winifred Taylor. Photo by Michael Mannington, 2013.

Eileen Gordon and Winifred Taylor have 40 years of Service for the Mona Vale Hospital Auxiliary between them and this week were recognised for their contribution to the community through all the vital work they have done as part of this group. Full story HERE

Avalon Active Seniors Group Art Show

Left to right: Joanne, Margaret, Hon. Bronwyn Bishop, Barbara T., Andree.

The Avalon Active Seniors Group has many facets, walking, Scrabble and Mahjong Group, a lively current affairs Discussion Group and an Art Group. Each year they display their works for the public to visit and appreciate. This years exhibition and exhibitors HERE

Winter In Pittwater

7 a.m. view towards National Park from Careel Bay 12.7.2013. Photo by A J Guesdon, 2013.

Winter in Pittwater is beautiful. Fog sliding out of the Ku-ring-gai National Park and the Hawkesbury at dawn, young and old in and on the salt water as it's warmer in then out, resident waterbirds and winter wattle blooming, the peace and quiet are what being here are all about. This week's **Pictorial**, for, about and by you, brings some of these visions.

Past Features

Archives

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Pittwater Online News

July 14 - 20, 2013: Issue 119

Articles This Week:

Front Page Issue 119

Eileen Gordon and Winifred Taylor receive Awards for decades of Service to Mona Vale Hospital Auxiliary by Waverney Perman and Michael Mannington

Avalon Active Seniors Group 2013 Art Show

Reflections by George Repin: **THE MERCURY THEATRE**

Willy Wagtail **- Breeding season commences now**

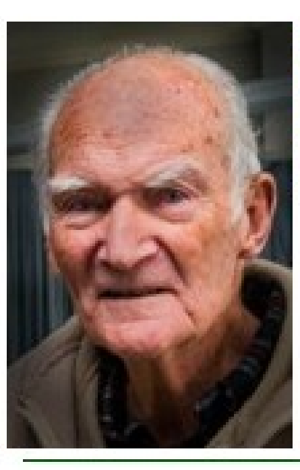
Beer In Sydney **- A Beer Fest is happening at the Narrabeen Sands soon (see Events page for Details) and we have recently discovered certain facts about how long beer has been brewed in Sydney, soon after settlement!**

Pictures: Winter in Pittwater - fog over the estuary and National Park, golden colours in the wildflowers, year round bird natives in creek, bush and air and those in the water

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

Artist of the Month for July 2013: **Tracy Ponich-** photographic artist living on Scotland Island

All Previous Articles



Profile: July 2013 - Pittwater Gentlemen-John Gordon Lecturer, Sandstone specialist, sailor in the Inaugural Sydney to Hobart Yacht Race, known here as 'Honest Long John Gordon' - Legend!

Previous Profiles:

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

History: July 2013 - Barrenjoey Headland - the lights, the people, the landscape, **the LIGHTHOUSE CONSTRUCTION**!

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I Pittwater Aquatic Club Part I Woody Point Yacht Club Royal Motor Yacht Club Part I Dorothea Mackellar Elaine Haxton Neva Carr Glynn Margaret Mulvey Jean Mary Daly Walter Oswald Watt Wilfrid Kingsford Smith John William Cherry George Scotty Allan McCarrs Creek Narrabeen Creek Careel Creek Currawong Beach Creek Bushrangers at Pittwater Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds Warriewood SLSC Whale Beach SLSC Flagstaff Hill Mount Loftus Pill Hill Sheep Station Hill S.S. Florrie S.S. Phoenix and General Gordon Paddlewheeler MV Reliance The Elvina Florida House Careel House Ocean House and Billabong Melrose-The Green Frog The Small Yacht Cruising Club of Pittwater Canoe and I Go With The Mosquito Fleet - 1896 Pittwater Regattas Part I - Dates and Flagships to 1950 Shark Incidents In Pittwater The Kalori Church Point Wharf Bayview Wharf Newport Wharf Palm Beach Jetty - Gow's Wharf Max Watt Sir Francis Anderson Mark Foy John Roche Albert Verrills Broken Bay Customs Station At Barrenjoey Broken Bay Water Police Broken Bay Marine Rescue - Volunteer Coastal Patrol Pittwater Fire-Boats Prospector Powder Hulk at Towler's Bay Naval Visits to Pittwater 1788-1952 Pittwater's Torpedo Wharf and Range Naval Sea Cadets in Pittwater S.S. Charlotte Fenwick S.S. Erringhi P.S. Namoi S.Y. Ena I, II and III Barrenjoey Headland - The Lessees

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Park Bench Philosopher: Lighthouses as Watchtowers – Lighthouses as Peoples - *In my eyes and through my eyes I see an Ivory tower in the distance. It's been stuck in my eyes for three days now, beaming out its light, catching in my turning until I spend a moment turning to see.*

News From Our Inbox CSIRO - Supercomputer, Solar Impulse's Solar-Powered Plane, Melody Modulates Choir Members' Heart Rate, 2,000 HP Outboard Inflatable, Archaeologists Unearth a Virtually Intact Late Roman Well, Waterspout 'touchdown' at Florida, Historical Clues to Stradivari's Craft: Evidence That Violin Maker's Workmanship Was Based On Traditions of Ancient Artists, Brain and Eye Combined Monitoring Breakthrough Could Lead to Fewer Road Accidents, Fearless Photography, Health papers published this week: Early Life and in Utero Factors Found to Influence Testicular Function in Adulthood; Lifesaving HIV Treatment Could Reach Millions More People Following Landmark Study; Breakthrough Study Reveals Biological Basis for Sensory Processing Disorders in Kids; Breakthrough Could Lead to 'Artificial Skin' That Senses Touch, Humidity and Temperature; Two Blood Pressure Drugs Linked to Lower Risk of Heart Disease in Diabetics; CPAP Therapy Reduces Nightmares in Veterans With PTSD and Sleep Apnea; Nearly Half of Sarcoma Surgeries Done by Nonsurgical Oncology Specialists; Potential Biomarker for Cancer Diagnosis Identified; How Well Can You See With Your Ears? Device Offers New Alternative to Blind People

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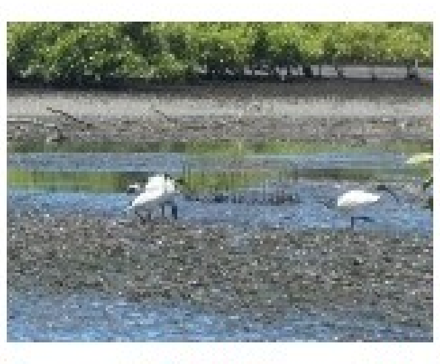

Events: Art Classes, Art Exhibitions, Art Shows, International Beer Day at The Sands, Seafood Feast at RMYC, Paddling at Narrabeen Lagoon, ZONTA TRIVIA FUBNDRAISER, Frenzal Rhomb at MVH, BOBBY SOX AT PALM bEACH GC, Brahms in Manly, Manly Art Gallery - Current Exhibitions, Winter Warming Workshop, National Tree Day Native Plant Give-away, Vietnam Vets.@ Palm Beach RSL 2013, AFTS 2013 Fundraiser, Remarkable Reptiles, Sly Dogs Unplugged at Church Point Cafe, Loosley Woven in Avalon, Winter Party, **Pretty In Pink Fundraiser**, Stay Warm In Winter Workshop, Nationa Tree Day 2013, Mums For Mums Cocktail Party, Aurora Australia Photo Festival, AvPals Term 3 2013, State of Origin, Torn and Frayed at PBGC, Paddling-Walking, Pittwater Camera Club, FoNLC Activities: if it's happening here it's probably listed HERE. Also See Children's and Youht pages for Events

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Food: Winter Cabbage - Ancient vegetable filled with Vitamin C - some facts, recipes and history

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Community News: Barrenjoey Headland Proposed Changes Rally Today!!!!!, Enliven Pittwater, PIttwater Friends of Soibada represents Pittater in Canberra to meet Timor Leste President, Update on Beeby Reserve and Mona Vale Car Park, Avalon Craft Cottage in Avalon, SCWC Critter of the Month - July 2013 - Fuzzy Little Wilbur, The Drain is NOT for Rubbish, SLS - SNB _ GOlf Day Fundraiser, Winner Sustainability Business Award 2013 – YHA Pittwater, 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014, Australian of the Year Awards now Open, Barrenjoey HS NT Band Tour 2013, Community Planting Day, Avalon Sailing Club 75th Anniversary, Pretty In Pink, National Tree Day 2013, Jojn the NBI Pub2Pub Team, Be A Spy!, 'NEVER FORGET YOU' - "LOOSELY WOVEN" gives FREE CONCERT in AVALON, Applications Open For 2013 Community Building Partnership Program, MONA VALE HOSPITAL AUXILIARY STALLS, International Tall Ship Festival 2013, ENLIVEN PITTWATER LEADERSHIP GROUP ANNOUNCED, Draft Narrabeen Lagoon Flood Study, WINNERS ANNOUNCED AT LOCAL BUSINESS AWARDS, WINTER WARMING WORKSHOP, 21st Annual Pub2PUb, MONA VALE HOSPITAL AUXILIARY STALLS FOR JUNE TO DECEMBER 2013, **BUSINESSES CAN CONNECT AT JOBSHED**, Our Councils Notices and more

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Environment; Sydney's Urban Areas to Be Hit Hardest by Global Warming, July to February in Australia is Willy Wagtail Breeding Season, Katandra Bushland Sanctuary, Scuba Dive at Gorgeous Reef- Henry Head; Botany Bay, Winner Sustainability Business Award 2013 – YHA Pittwater, Smart Recycling by UNSW, National Tree Day 2013 - Pittwater Events, Glimpse Into the Future of Acidic Oceans Shows Ecosystems Transformed, Deep Sea Isolation: Hypersaline 'Islands' Harbor Unique Life, Golden Tigers, Scientists Image Vast Subglacial Water System Underpinning West Antarctica's Thwaites Glacier, Looking for a sea change? – Work on the Investigator, Less Haze in Singapore as the Cause Becomes Clearer and More Complex, **COOEE JULY 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

Lynda Hill: Update 3.7.13: Planting The Seeds Of Knowledge And Life: The Cancer New Moon - GREAT WINTER SPECIAL ON READINGS AND BOOK

Pictures: Winter in Pittwater - fog over the estuary and National Park at dawn, golden colours in the wildlfowers, year round bird natives in creek, bush, air and estuary, beautiful dusks and bright sunsets

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Children: For you this week: Peninsula CommUNITY of Schools Art Exhibition and Northside Aboriginal Art and Craft Exhibition, WILLY WAGTAIL, VEGEMITE SurfGroms Roadtrip To Wilcannia, 2 year olds, Gondwana Choir, Monkey Taunts Tiger, Virtual excursions bringing Australia to the classroom, Be A Spy!, OUT LOUD for Children, Nutty Story and Rhyme Time at May Gibbs' Nutcote, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: Virtual excursions bringing Australia to the classroom, JobShed, Eric Whitacre's Virtual Choir - 'Lux Aurumque', Golden Tigers, VEGEMITE SurfGroms Roadtrip To Wilcannia, Awesome Pawsome, Gondwana Choir, Ancient Jigsaw Puzzle of Past Supercontinent Revealed, Softball – Pittwater - Registration for 2013 Season, DON'T LET DRUGS DESTROY YOUR FUTURE, How People Sense Acceleration, Sculptural work from Milne Bay Province - Papua New Guinea, Steel wool and a Battery – Science!, Discovery of a Strange New Snow Scorpionfly Species in Alaska Helped by Facebook, Humility, Aquacar, Geoscience Enters The Cloud, Youth Environment Congress 2013 Open for Registration, HELP 2 Drive, Sydney Students Speak, Hubble Space Telescope - tracking App, 24/7 Youth Film Fest. 2013, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? New Facebook Page for young bands on the Northern Beaches, The Line, Mona Vale Library - Duke of Edinburgh Awards.

Seniors; **Home Care Updates,** 2 years old, Launch of world-first App to enable blind and vision impaired Australians to enjoy live theatre, Henry Ford and Ed 'Spider' Huff - the Ford 'Sweepstakes' race car + Ford Model T - 100 Years Later, Psychiatry : How it should be practiced !, He's very good at this!, Chudfest Dance Number, **Bastille Day 2013 – Must be Time for Jazz for Cows in France!**, BUNNINGS JOB APPLICATION, Health Papers Published this week: Researchers Investigate Mechanism of Alzheimer's Therapy; Researchers Identify 'Switch' for Long-Term Memory; Experts Spot Early Signs of Alzheimer's, **2013 Solar Challenge In Australia; Volunteers Wanted**, **Term 3 2013 - Computer Classes for Seniors at Newport**, National Seniors Literary Prize 2013, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: July 2013 - Tracy Ponich- Scotland Island Photographic Artist

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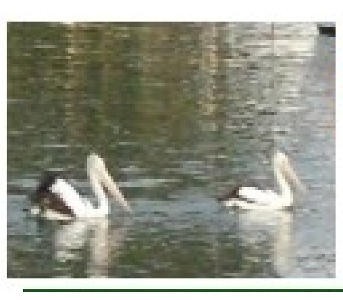

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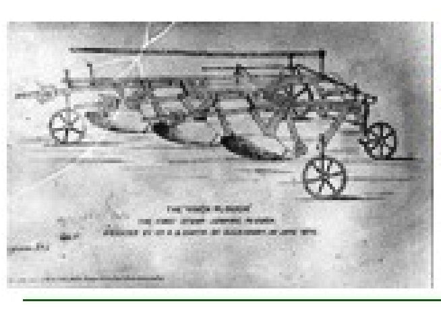

Collector's Corner: Hand Plough and Stump Jump Ploughs - The Australian Plough

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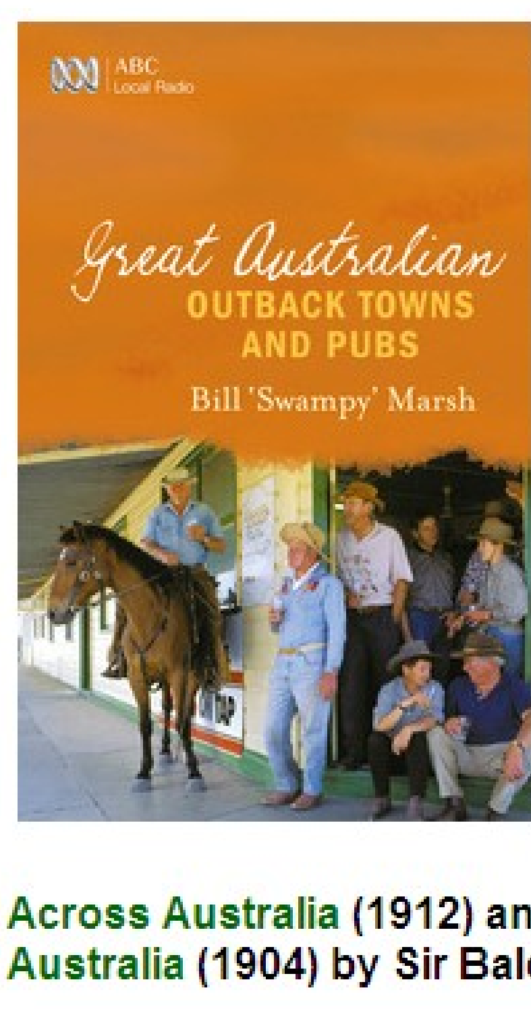

Books: Into the Sea, The Aboriginal Story of Burke and Wills; Forgotten Narratives, The Small Kitchen, The First Lions of Rugby, A Book About Scary, There Was an Old Man Who Swallowed a Chook, Hey Jack! The Circus Lesson, A Cook's Tour of France, Great Australian Stories: Outback Towns and Pubs, Bold Palates - Australia's gastronomic, Plein Airs and Graces - The life and times of George Collingridge, The Heaven I Swallowed

Old Books: - July 2013: The Australia directory (1830) by Hydrographical Office, Admiralty. Across Australia (1912) and The northern tribes of central Australia (1904) by Sir Baldwin Spencer

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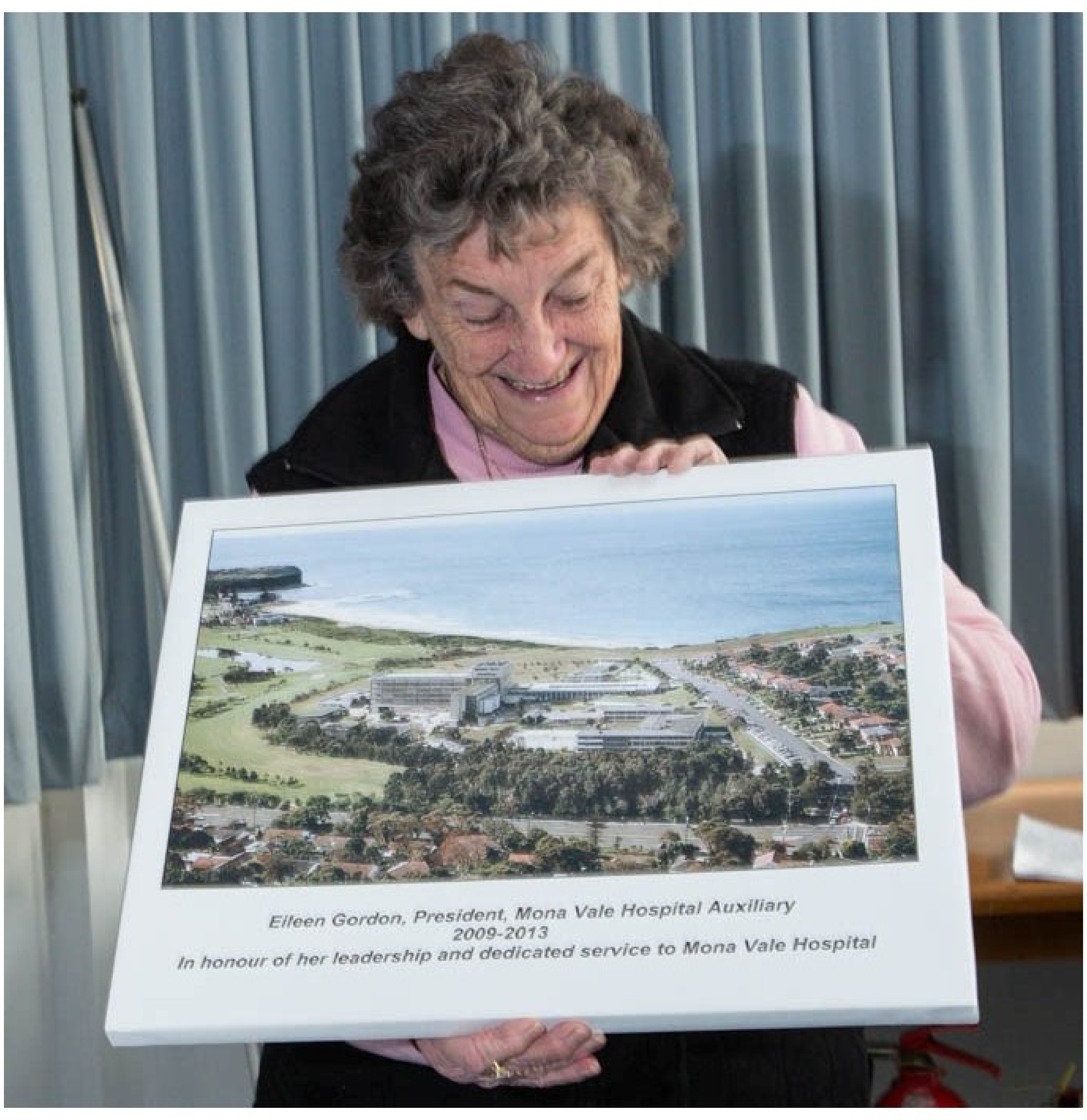
Frank Bazik, General Manager Mona Vale Hospital, Eileen Gordon, Mayor Jacqui Townsend.

Eileen Gordon and Winifred Taylor Recognised For Decades of Service to Mona Vale Hospital Auxiliary

At the meeting of the Mona Vale Hospital Auxiliary this week Winifred Taylor was awarded a 25 year certificate for her membership on the Auxiliary at the AGM. She has been a dedicated worker and still attends some of our functions even though she is in her 90s. Her main contribution these days is growing the sought after Seville oranges which our marmalade makers use. Yummy!

Eileen Gordon received a Life Member Award. Eileen has been the driving force behind the success of the Auxiliary and because of her its numbers have doubled while she has been president. She has belonged for around 15 years and been president for six. Eileen is the first point of contact for the Pittwater - Warringah community and so many donations have been made to the Auxiliary because of her prominence in it. She has been involved with the new Maternity department, the refurbishment of the chapel, securing the funds for the new Palliative Care building and Rehabilitation Unit and liaising with staff to fulfil wish lists for the wards, particularly the Children's Ward, to name a few of her works. Eileen secures Government grants and now is on the 50 year hospital jubilee committee. Eileen is also an accomplished speaker and often informs groups about the hospital and auxiliary.


Eileen Gordon, President, Mona Vale Hospital Auxiliary
2009-2013
In honour of her leadership and dedicated service to Mona Vale Hospital

Eileen has stepped down from her role as President of the Mona Vale Hospital Auxiliary and is now Public Relations Officer. The Auxiliary will now have three vice presidents as no one was willing to take on her demanding job.

UNITED HOSPITAL AUXILIARIES UHA N.S.W. INC.

Champions for Mona Vale Hospital - Eunice Raymond, Chair - Save Mona Vale Hospital Committee and Eileen Gordon, former President of Mona Vale Hospital Auxiliary.

Eileen and John Gordon - both members of Mona Vale Hospital Auxiliary.

Report by Waverney Perman, Photos by Michael Mannington, 2013.

Tweet Like +1

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Avalon Active Seniors Art Group 2013 Exhibition

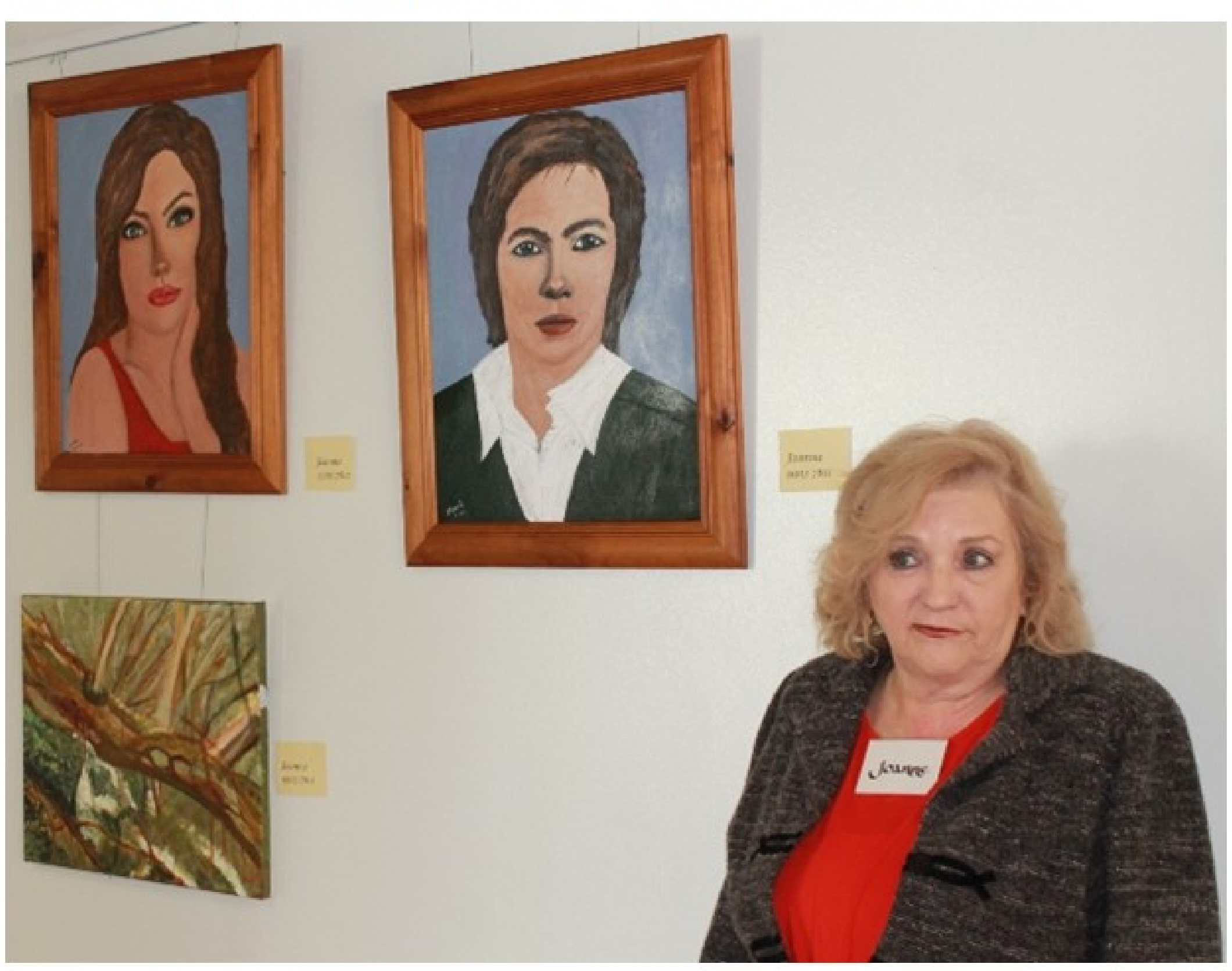
Avalon Active Seniors Group Art Show 2013

On Saturday 13th of July, 2013, we went to the Avalon Recreation centre in Old Barrenjoey Road to have a look at some of the works displayed this year by members of the Art Group of Avalon Active Seniors. Besides meeting a new member we also caught up with some whom we met last year and could clearly see a progression in their works. Some had decided to work in acrylics where last year they had created predominantly in watercolours, while others had moved into new subject matter from cherished pets to landscapes.

The ladies present were a sheer delight to talk to and related how they hung their works on the Friday night and enjoyed all the aspects, some exhausting, that go into curating, mounting and opening an exhibition.

We asked those present, the sole gentleman member Owen not being there this year, a little about their paintings and the Avalon Active Seniors Group. As usual, despite the wonderful quality of the works on display, the artists were quite modest about their works;

Joanne:



What do you have in the exhibition this year Joanne?

A male and female portrait and a surfing painting.

What do you like painting?

All sorts of things.

What is your favourite subject to paint?

Portraits. Trying to.

How long have you been coming to the Art Group classes?

Five years.

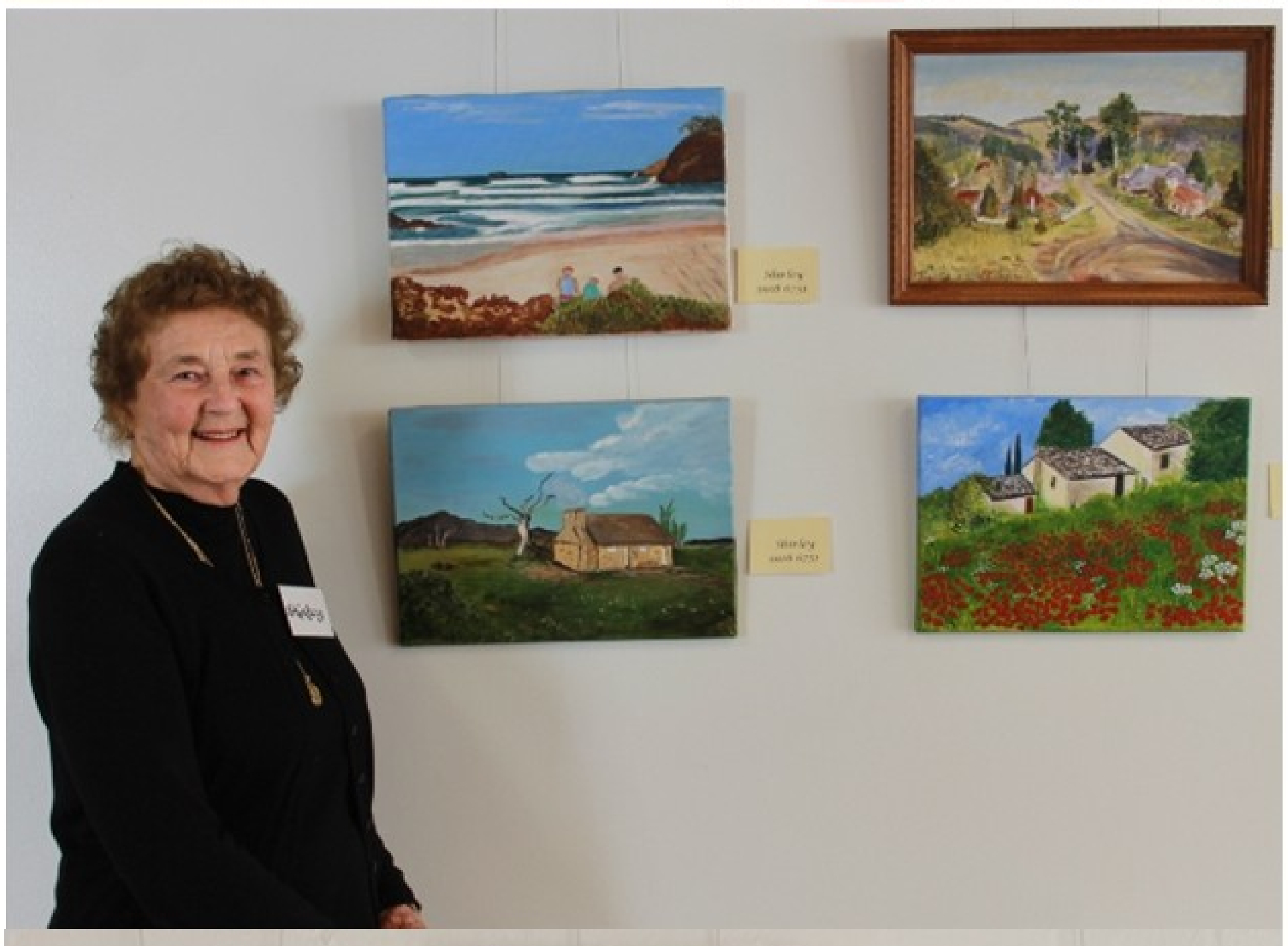
Can you see a progression in your skills?

Oh yes.

What is the best thing about coming to the classes with the Art Group?

The company and comrades.

Shirley:



What do you have in the exhibition this year Shirley?

I've got a few family ones, ones of places I've been and some of things that I like.

How long have you been coming to the classes?

Since it started, about eight years.

Can you see your work progressing?

Yes and no. Sometimes I look at the first ones and think 'I wish I could do that again.'

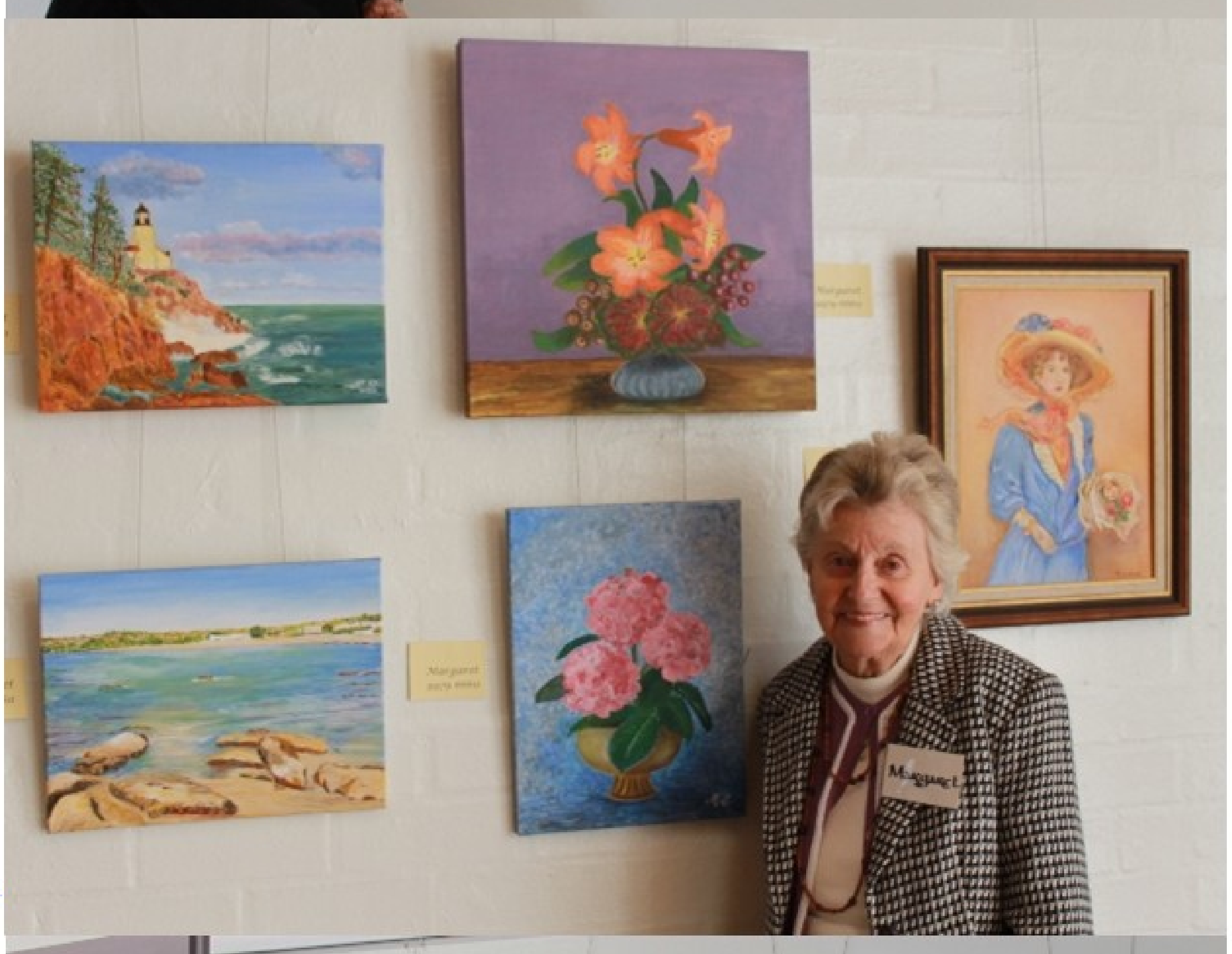
What's the best thing about coming to the classes for you?

The comradeship with the others who attend.

What is your favourite subject matter to paint?

I like painting scenery.

Margaret:



What do you have in the exhibition this year Margaret?

I've got a painting of magnolias, a portrait, paintings of flowers and seascapes.

I can see your work has progressed since last year Margaret..

I think it's deteriorated!

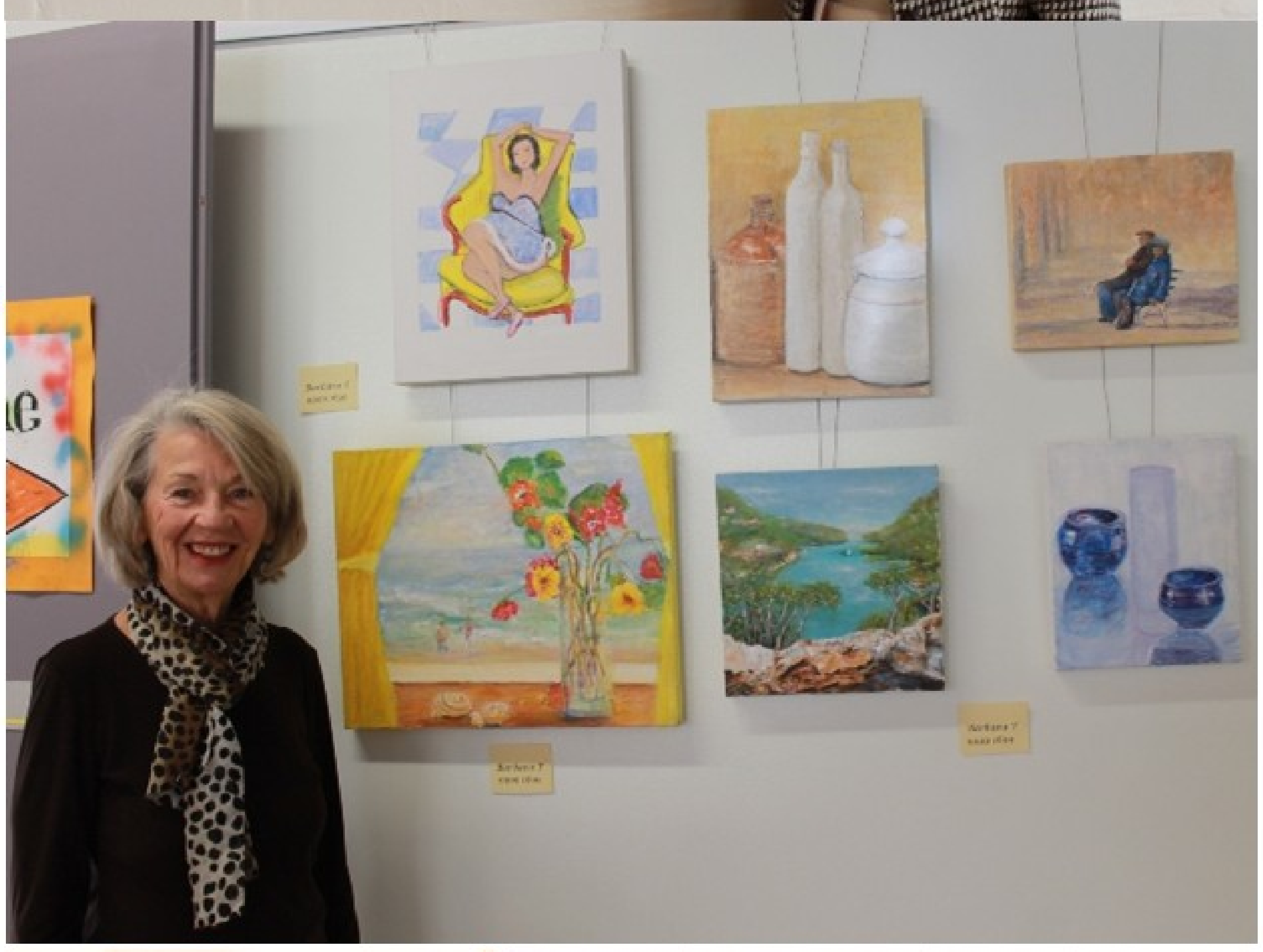
What is your favourite subject to paint?

Flowers.

What's the best thing about coming to the classes for you?

Our companionship. We all get on wonderfully well and we all have a good sense of humour.

Barbara T:



What do you have in the exhibition this year Barbara?

I've got some pots and a cheeky lady and some landscapes and a beachscape through a window.

Why is she a cheeky lady?

Well, it's obvious; her cheeks are showing and she's very pert.

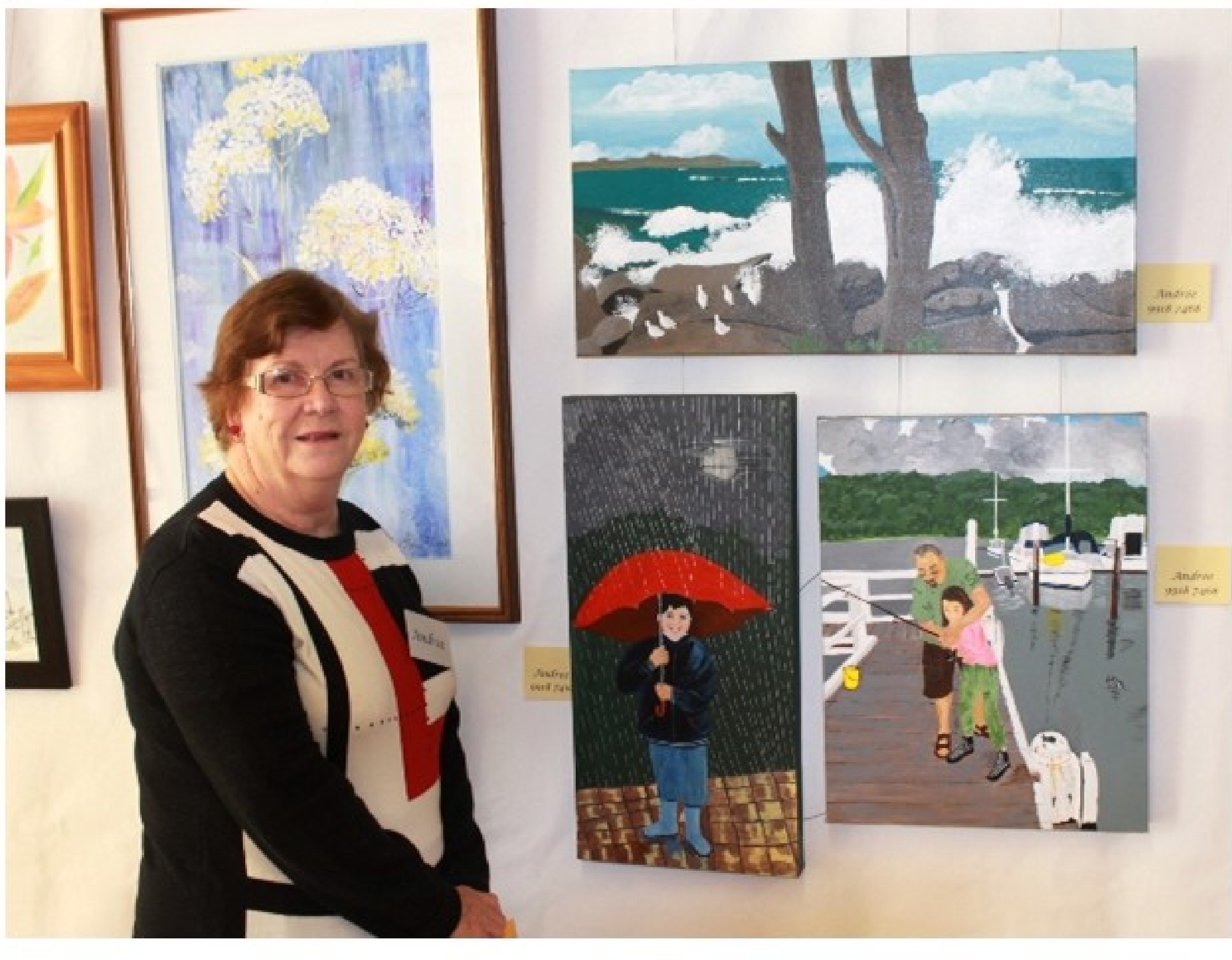
What's the best thing about coming to the Art Group for you?

The companionship and the fun, it's really good fun, and it makes you paint. It gives you an incentive to do things.

Do you think your skills have progressed in the last year?

Well, I've gone over to acrylics now because I found watercolours so demanding. So now I'm trying those. This is my first attempt at working with those. It's more the company and the fun and getting a chance to be creative I enjoy.

Andree: a new member who is exhibiting for the first time



What do you have in the exhibition this year Andree?

I have those three there taken from photos; the little boy with the umbrella, I call that 'Grandma's Red Umbrella'. The other one is actually my son in law and my son's daughter. He's teaching her to fish. The other one is a combination of two photos that I took along the beach somewhere.

So most of your works are derived from photographs you have taken?

Yes, they are. I did an eight week portrait course with Stephanie Brown recently and I'd like to keep on trying that. Stephanie's amazing. I'd like to do another eight week course but I thought I'd look at what I'd learnt, practice and then go back.

So portraiture is your favourite subject at present?

I do like it, yes, the photos. That little fellow with the umbrella is my grandson; I've got the mouth right but I can't get the eyes right. If you get the eyes right you're doing pretty well.

What's your favourite thing about being involved in the Avalon active Seniors Art Group?

I like them, they're nice. I came here last year to have a look at this and thought 'I want to get into that'. I hadn't painted for a long time.

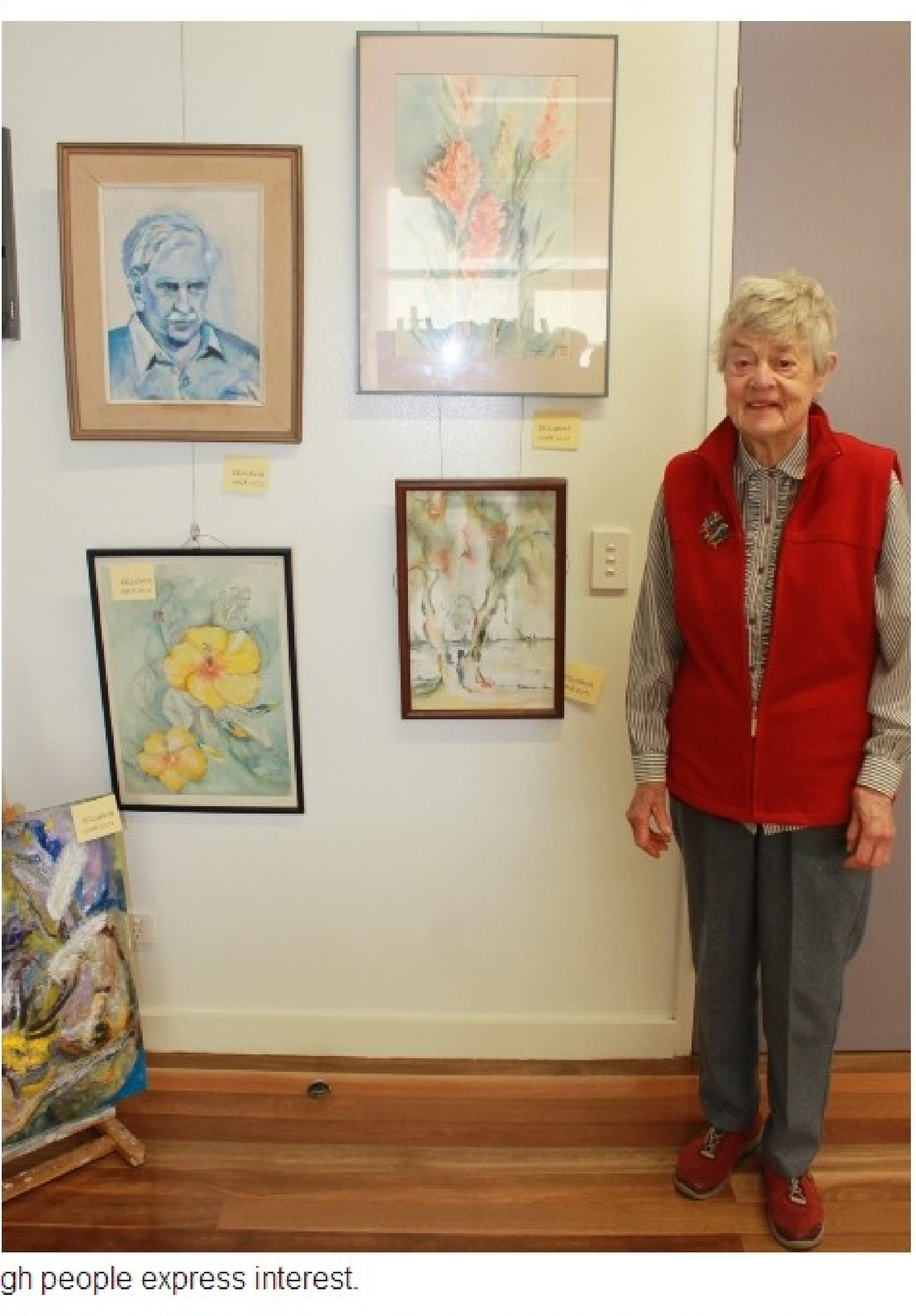
This is your first time with the AASG Art Exhibition then?

Yes, with an exhibition.

Is it exciting?

It is exciting; putting it together yesterday was very good, I loved doing that.

Elizabeth:



How long have you been coming to the AAS Art Group?

About four or five years.

Have you seen your work progress in that time?

Some of it is stationary and some of it has. It depends on what I'm using; I work in acrylics and watercolours and they're both totally different. I also do a bit of charcoal.

What subject matter do you like working on?

I prefer scenery in watercolours. I have done a lot of travelling in the West and have worked in the bush. Now I'm working in acrylics doing scenes.

What's the best thing about being part of this art Group?

It keeps you going. You can't stop; you look at your work and think 'I've got to do this for Monday'; it doesn't matter what you feel like on Sunday, you know you've got to do something by Monday.

So it's a good positive influence in your life?

I think so. They're nice people and we mix well

The Avalon Active Seniors Group was formed over eight years ago, and a small group of painters who had been struggling along in a private capacity, were invited to join. These seven ladies and one gentleman formed the nucleus of what is now the AASG Art Group. This wonderful mix of creative artists meeting at the Avalon Recreation Centre on Mondays are just one activity offered by Avalon Active Seniors Group. My Word – creative writing is offered on Thursdays, Soapbox – a discussion group on currents affairs is on offer on Wednesdays(bring your sense of humour), The Games Room with Mahjong and Scrabble on offer is available on Thursday afternoons and there is also a weekly Walking Group with trips in the local area. There is also talk of beginning a Bridge class should enough people express interest.

Details of whom to contact for each activity are below. Joining Avalon Active costs a mere $10.00 for Annual Membership and a small fee for most activities. Please contact Joanne for details on 9913 7811.

Art Group (Mondays 9.30 a.m. – 12.30 p.m)	Barbara 9918 0424
My Word (Thursdays 1 p.m. – 3 p.m.)	Barbara 9918 0424
Monthly Movie (First Tuesday of every Month - check the Noticeboard at Avalon Recreation Centre for details)	
The Games Room	
Scrabble (Thursday 1 p.m. – 4 p.m.)	Jan 9999 2842
Mahjong (Thursday 1 p.m. – 3 p.m.)	Julie 0403 820 261
Soapbox (Wednesdays (1 p.m. – 3 p.m.)	Judy 9974 4266
Walking (Thursdays – 9a.m. in Summer and 10 a.m. in Winter)	Colleen 9997 3953

Michael Mannington's Volunteer Photography Public Gallery Here

Left to right: Joanne, Margaret, Hon. Bronwyn Bishop, Barbara T., Andree.

Report and Photos by A J Guesdon, 2013.

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Willy Wagtail

One of the most delightful birdsongs you hear when strolling over the green open spaces or alongside the creeks of Pittwater is that of the Willy Wagtail. They can sometimes get quite noisy, especially this time of the year as they head into their breeding season, when disputes over territory, from which humans are not immune, cause their sweet twitters to get a little more raucous, insistent and even scolding. When not scolding they have a pleasant melodious range of songs communicating or calling to their mate. In his book *What Bird is That?*(1935), Neville Cayley writes that it has "*a pleasant call resembling sweet pretty little creature, frequently uttered during the day or night, especially on moonlight nights*"

Willy Wagtails are seemingly unafraid of us and will flit in your tracks scooping up insects you have disturbed from the grasses or perch on any near post and eye you without fear. Willy Wagtails will harrass not only small birds but also much larger by comparison species like the Australian Magpie (*Gymnorhina tibicen*), Raven (*Corvus coronoides*), Laughing Kookaburra (*Dacelo novaeguineae*), and even the giant's of the bird world, Wedge-tailed Eagles (*Aquila audax*). Some have been known to attack domestic dogs, cats and humans which approach its nest too closely. In Western Australia they have been observed harassing snake-neck turtles and tiger snakes.

When harassing an opponent, the Willie Wagtail avoids the head and aims for the rear. Both the male and female may engage in this behaviour, and generally more intensely in the breeding season. Territories range from 1–3 ha (2–7 acres) in area. A pair of birds will declare and defend their territory against other pairs in a diving display. One bird remains still while the other loops and dives repeatedly before the roles are reversed; both sing all the while.

They are the largest and most well know of Australian fantails. Their name stems from their habit of wagging their tail from side to side as they flit over lawns and watercourses scooping up a meal. They will wag their tail feathers even when waiting to dive off onto another insect from a perch. Their plumage is black above with a white belly and are distinguished from other similar-sized black and white birds by their black throat and white eyebrows and whisker marks. Younger Willy Wagtails will have a rust edge to their feathers.

The Willie Wagtail Willie (or Willy) Wagtail (*Rhipidura leucophrys*) a passerine bird, was first described by ornithologist John Latham in 1801 as Turdus leucophrys. Its specific epithet is derived from the Ancient Greek words leukos "white" and ŏphrys "eyebrow". Other early scientific names include Muscicapa tricolor by Vieillot, and Rhipidura motacilloides by naturalists Nicholas Aylward Vigors and Thomas Horsfield in 1827, who erected the genus Rhipidura. The generic term is derived from the Ancient Greek rhipis "fan" and oura "tail".
John Gould and other early writers referred to the species as the Black-and-white Fantail, although did note the current name. However,Willie Wagtail rapidly became widely accepted sometime after 1916. 'Wagtail' is derived from its active behaviour, while the origins of 'Willie' are obscure. The name had been in use colloquially for the Pied subspecies of the White Wagtail (*Motacilla alba*) on the Isle of Man, and Northern Ireland.

Australian vernacular names applied include Shepherd's Companion (Willy Wagtails will be found frequently in the company of sheep and cattle, perching quite happily on their backs and getting a ride to the next patch of insects disturbed by their hooves or drawn in by their dung.), Frogbird, Morning Bird, and Australian Nightingale. Many of their aboriginal names are onomatopoeic, based on the sound of its scolding call. *Djididjidi* is a name from the Kimberley, and *Djigirridjdjigirridj* is used by the Gunwinggu of western Arnhem Land. In Central Australia, southwest of Alice Springs, the Pitjantjatjara word is *tjintir-tjintir*(pa). Among the Kamilaroi, it is *thirrithirri*. In Bougainville Island, it is called *Tsiropen* in the Banoni language from the west coast, and in Awaipa of Kieta district it is *Maneka*. In Solomon Islands Pijin it is sometimes called the polis (police) or pris (priest) bird, because of its black-and-white colouring.

The Wagtail's nest is a neatly woven cup of grasses, covered with spider's web on the outside and lined internally with soft grasses, hair or fur. The soft lining of the nest, if not readily available, is often taken directly from an animal, thus the lingering around our livestock or their happy habitation of where we walk our dogs. Their nests may be re-used in successive years, or an old nest destroyed and the materials used in the construction of a new nest. Nests are typically placed on a horizontal branch of a tree. Their eggs are cream-coloured, speckled with grey and brown are incubated by both sexes. The young birds will stay with their parents until the eggs from the next clutch start to hatch. At this point they are driven away. If conditions are favourable, the couple may raise up to four successive clutches in a single season. Rafters and eaves may also be used. Willy Wagtails have been noted building their nests in the vicinity of those of the Magpie-lark (Grallina cyanoleuca), possibly taking advantage of the latter bird's territoriality and aggression toward intruders. Similarly, it is not afraid to build near human habitation.

The bird world of the Willy Wagtail seems to mirror the human world in some ways; the female Pallid Cuckoo (*Cuculus pallidus*) has been known to lay eggs in a Willie Wagtail nest, although the hosts often recognise and eject the foreign eggs, so successful brood parasitism is rare. Parasitism by the Fan-tailed (*Cacomantis flabelliformis*), Brush, (*C. variolosus*), Horsfield's Bronze (*Chrysococcyx basalis*), and Shining Bronze Cuckoo (C. lucidus) have also been reported.

They are found throughout Australia, excepting the island of Tasmania and also reside in New Guinea, the Solomon Islands, the Bismarck Archipelago and the Moluccas.

Wagtails are a member of the fantail genus Rhipidura and is a part of a 'core corvine' group that includes true crows and ravens, drongos and birds of paradise. Within this group, fantails are placed in the family Dicruridae, although some bird experts consider them distinct enough to warrant their own small family, Rhipiduridae.

The Willie Wagtail was a feature in Australian aboriginal folklore. Aboriginal tribes in parts of southeastern Australia, such as the Ngarrindjeri of the Lower Murray River, and the Narrunga People of the Yorke Peninsula, regard the Willie Wagtail as the bearer of bad news. It was thought that the Willie Wagtail could steal a person's secrets while lingering around camps eavesdropping, so women would be tight-lipped in the presence of the Willie Wagtail. The people of the Kimberley held a similar belief that it would inform the spirit of the recently departed if living relatives spoke badly of them. They also venerated the Willie Wagtail as the most intelligent of all animals. Its cleverness is also seen in a Tinputz tale of Bougainville Island, where Singsing Tongereng (Willie Wagtail) wins a contest among all birds to see who can fly the highest by riding on the back of the eagle. However, the Gunwinggu in western Arnhem Land took a dimmer view and regarded it as a liar and atattletale. He was held to have stolen fire and tried to extinguish it in the sea in a Dreaming story of the Yindjibarndi people of the central and western Pilbara, and was able to send a strong wind if frightened.

The Kalam people of New Guinea highlands called it Konmayd, and deemed it a good bird; if it came and chattered when a new garden is tilled, then there will be good crops. It is said to be taking care of pigs if it is darting and calling around them. It may also be the manifestation of the ghost of paternal relatives to the Kalam. Called the Kuritoro bird in New Guinea's eastern highlands, its appearance was significant in the mourning ceremony by a widow for her dead husband. She would offer him banana flowers; the presence of the bird singing nearby would confirm that the dead man's soul had taken the offering.

A tale from the Kieta district of Bougainville Island relates that Maneka, the Willie Wagtail, darting along a river bank echoes a legendary daughter looking for her mother who drowned trying to cross a river flooding in a storm. The bird has been depicted on postage stamps in Palau and the Solomon Islands, and has also appeared as a character in Australian children's literature, such as Dot and the Kangaroo (1899), Blinky Bill Grows Up (1935), and Willie Wagtail and Other tales (1929). (1.)

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Why Blackfellows Never Travel Alone
A Legend of the Wallaroo and Willy-Wagtail

Alone, on a rocky ridge high in the mountains, a wallaroo made his camping-ground beneath the shady boughs of a mountain ash. He was very old and infirm, and too weak to hunt for food, so he sat by his camp fire all the day and lashed the ground with his strong tail. The low, rhythmic thud-thud-thud of its beating could be heard above the song of the birds. One day a paddymelon was passing close by the camp when he heard the beating of the wallaroo's tail. After following the direction of the sound, he came to the camp, and asked the wallaroo if he was in trouble. "I am very sick," the wallaroo replied. "Many times have I seen the snow on the mountains, and I am growing too old to hunt. My brothers have gone to the river beyond the hills to spear fish for me, but they have not returned, and I am very hungry."

The paddymelon was sorry for the old wallaroo, and offered to go to the river in search of the fishermen. He walked a short distance from the camp when the wallaroo, called after him: "You had better take my boomerang with you, as you may meet some game on your way." The paddymelon turned around and said: "All right, I shall take it. Throw it to me!" The crafty wallaroo picked up the boomerang, and, taking careful aim, threw it with all his strength. It struck the unfortunate paddymelon a terrible blow and killed him. The wallaroo took the fur from the dead animal and prepared the body for cooking. He dug a hole in the ground, lined it with stones, placed the meat in it, and covered it with flat stones. He then built a fire over it, and in a short time had cooked a tasty meal.

When the paddymelon did not return home, his relatives became very anxious about him. At last an iguana offered to go in search of the missing member of the tribe. He followed the tracks of the paddymelon through the bush, and they led to the camp of the wallaroo. When the iguana approached the camp the wallaroo was beating his tail on the ground. The iguana asked him if he needed any assistance, and, in a plaintive voice, the wallaroo told him the same tale that had been told to the unlucky paddymelon. The iguana was sorry for the old wallaroo, and offered to seek his relatives for him and tell them of his plight. When he turned to go, the wallaroo asked him if he would take a spear with him in case he met with any game on his way. The iguana said, "I will take it; throw it to me." The wallaroo had been waiting for this opportunity, and he hurled the spear so swiftly that it transfixed the iguana before he could jump aside. The wallaroo then prepared another meal as before.

One day passed, and yet another, but the iguana did not return to the hunting ground of his tribe. They sent a bandicoot in search of the iguana, but he met the same fate at the hands of the wallaroo. After waiting anxiously for the return of the bandicoot, the head-men of the tribe called a great council. When all the members were assembled together a headman said: "Many moons ago our brother the paddymelon left the camp before the sun was over the hills, and when night came he did not return, and his shadow has not darkened the ground for many days. The iguana went in search of him. He is a great hunter, but he has not returned. Yesterday the bandicoot followed in their tracks, but I fear the shadow of death has fallen over them. We must find them." Many suggestions were placed before the council, but none of them seemed practical. Then the willy-wagtail, who was a clever medicine man, spoke: "Long have we waited for the return of our brothers, and yet we do not hear their call. I shall follow their footsteps even to the shadowy hunting ground of death, but I shall return to you." The council consented to the willy-wagtail's proposal, but they were afraid that he would walk to the Land of Silence and never return.

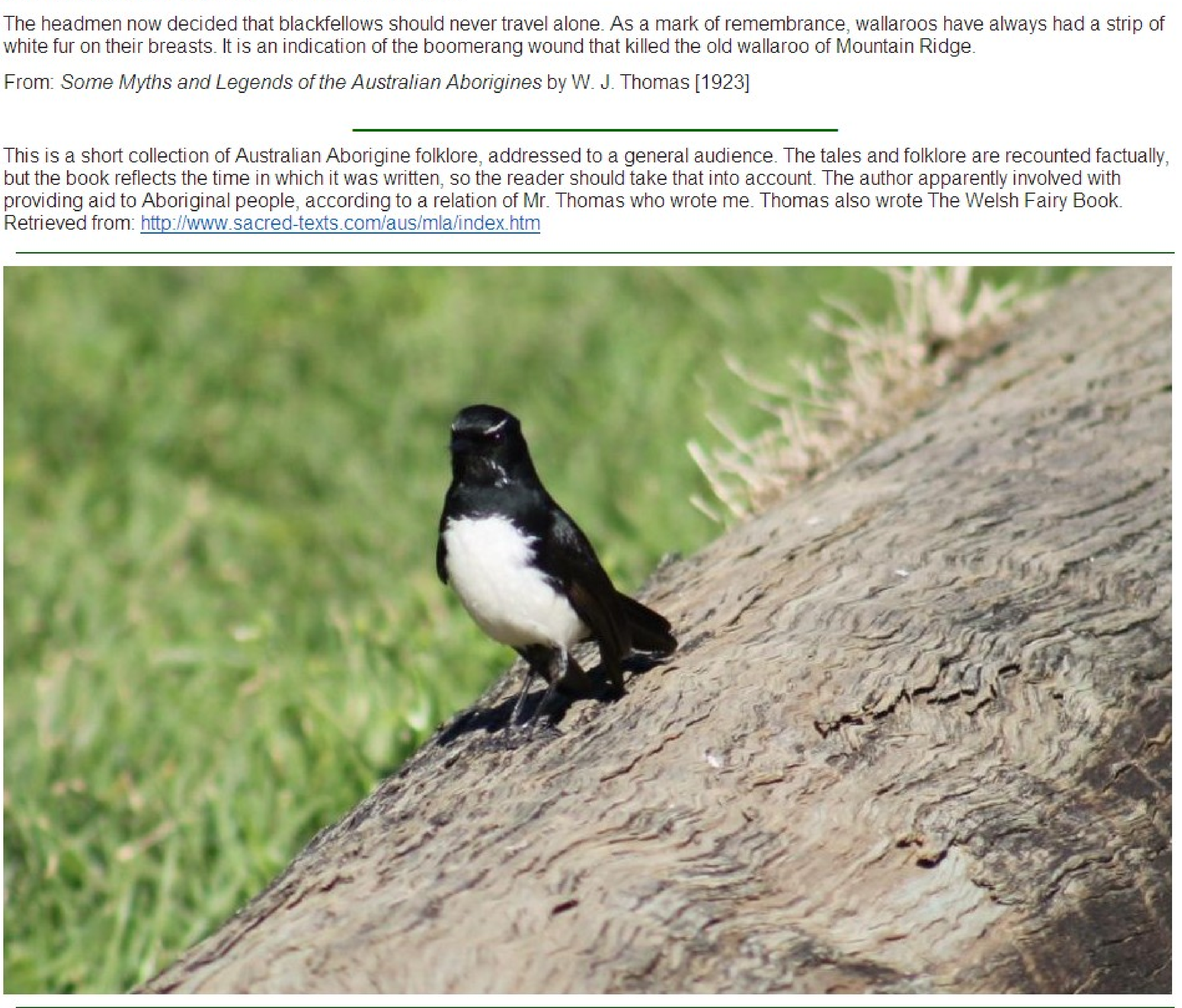
Before dawn the willy-wagtail started on his dangerous and lonely journey. When he reached the summit of the mountain, he could see, far in the distance, the grey smoke of the camp fires wreathing slowly above the trees. With a sad but brave heart he continued his journey. After travelling for some time he heard the sound of the wallaroo beating his tail on the ground. At first he thought it was a wallaroo hopping through the bush, but, as the sound did not grow louder or fainter, he became suspicious, and approached the camp very cautiously. The wallaroo saw him approaching, and, calling to him, told him the same story as before. The willy-wagtail offered to seek his relatives for him, and, with this intention, started on his way. When he had gone a short distance the wallaroo offered him a boomerang. The willy-wagtail was very suspicious about his intention, and said: "Throw it to me; it will save me the trouble of walking back to the tree."

The wallaroo then threw the weapon with all his strength, but the willy-wagtail was prepared, and, as soon as the boomerang left the hand of the thrower, he jumped quickly aside. When the wallaroo saw he had missed his mark, and that his evil intentions were known to the willy-wagtail, he became furious, and threw all his spears and nullanullas at him, but failed to strike him. Then the willy-wagtail took the boomerang and threw it at the old wallaroo. It struck him a heavy blow on the chest and killed him. He then skinned him, and prepared to cook his flesh, but he was too old and tough to eat. He now took the skin and returned to the camp. When he told the tribe of the fate of their brothers they were sorely grieved, but their grief was turned to joy when the willy-wagtail showed them the skin of their enemy. The wagtail was rewarded by being made a headman of the tribe.

The headmen now decided that blackfellows should never travel alone. As a mark of remembrance, wallaroos have always had a strip of white fur on their breasts. It is an indication of the boomerang wound that killed the old wallaroo of Mountain Ridge.

From: *Some Myths and Legends of the Australian Aborigines* by W. J. Thomas [1923]

This is a short collection of Australian Aborigine folklore, addressed to a general audience. The tales and folklore are recounted factually, but the book reflects the time in which it was written, so the reader should take that into account. The author apparently involved with providing aid to Aboriginal people, according to a relation of Mr. Thomas who wrote me. Thomas also wrote The Welsh Fairy Book. Retrieved from: http://www.sacred-texts.com/aus/mla/index.htm



Photos by A J Guesdon, 2013.

Pittwater Online News

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Beer in Sydney from 1793

Europeans landed at Sydney Cove on January 26th 1788. Seven years later, although some sources cite five years, James Squire a convict transported for seven years as a First Fleeter on the Charlotte, was the first person to brew and sell beer here. Since arrival 'vetches' were made from the honey of local bees and bittered with Horehound but these were termed almost undrinkable. Our first beer, made from hops grown here,

Beer itself is an ancient brew and dates back to the 5th millennium B.C. where its use is recorded at Mesopotamia and in Egypt. The earliest chemically confirmed barley beer to date was discovered at Godin Tepe in the central Zagros Mountains of Iran, where fragments of a jug, at least 5000 years old was found to coated with beerstone, a by-product of the brewing process.

OUR FIRST BEER- MAN WHO MADE IT.PARRAMATTA RIVER BREWERY.

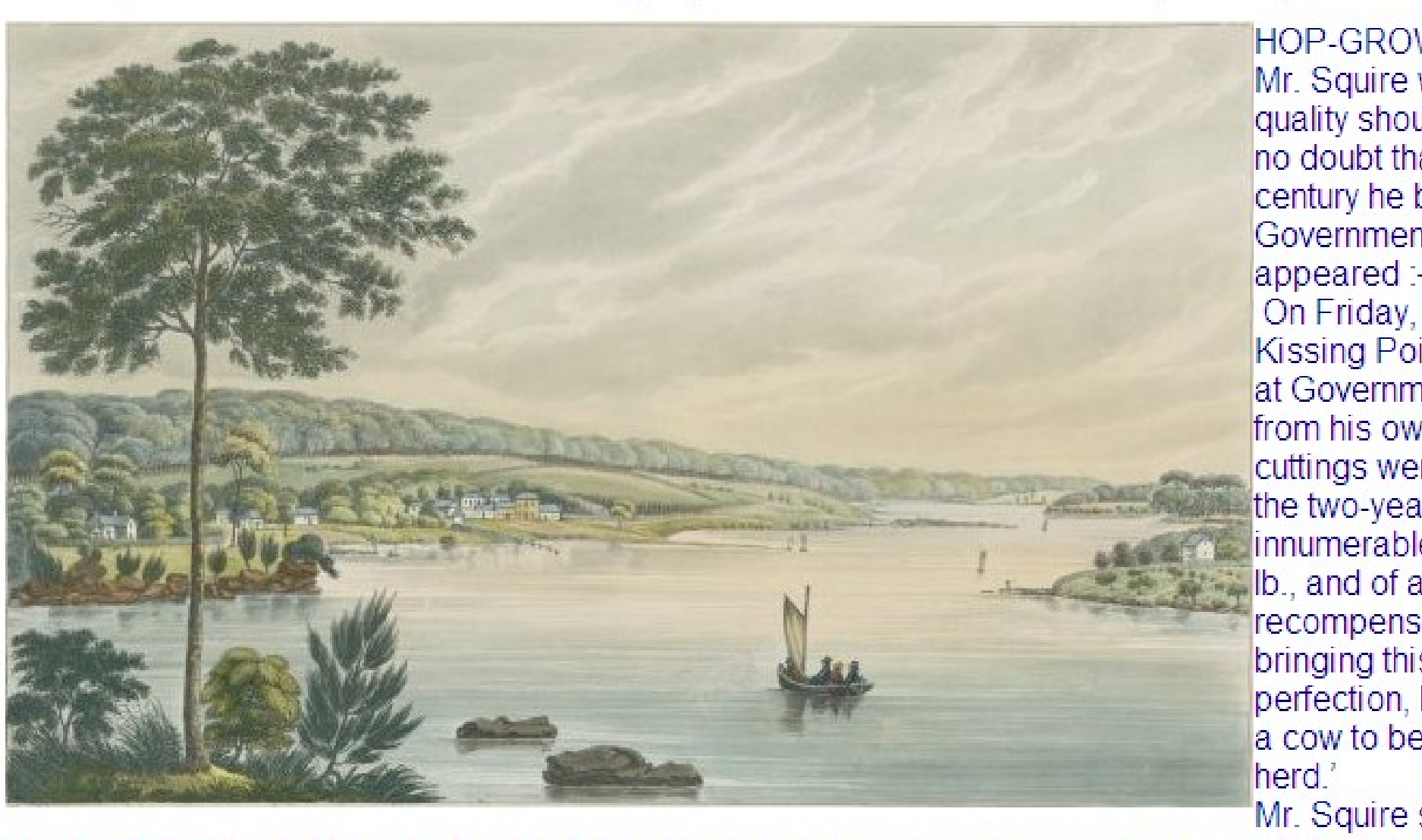
(By WALTER HIBBLE.)

The early hop-growing and brewing operations at Kissing Point, on the Parramatta River, is not the least interesting chapter of Australian history. Before entering into an account of what was accomplished by the man to whose enterprise and industry the early settlers, were indebted for their beer, I should Like to emphasise the fact that, at the time of which I write, it was considered among English-speaking people a fact beyond dispute 'that the daily consumption of a certain amount of fermented or spirituous liquor was indispensable to the preservation of health. That this was a complete delusion is apparent to modern enlightenment, but that such a belief existed among the early settlers must be borne in mind, or we shall hardly understand how it was that, almost concurrently with their efforts to procure food in the new land to which fate had brought them, they sought the means of manufacturing strong drink.

ILLICIT DISTILLATION.
Almost from the day the' colony began to make an advance in agriculture, must we date the 'commencement -of 'illicit distillation'. So strong was the desire among the' first settlers to enter into this business that many of them held their land grants only long enough to comply with the conditions necessary to give them, a possessory title, and then sold them, using the money thus obtained to procure the plant required for the illegal occupation they were bent on following. There was indeed such a demand for ardent spirits that illicit distillation was carried on wherever the necessary materials could be procured, and there is no doubt that in the vicinity of Kissing Point an enormous amount of spirit was illegally produced. It must be remembered that at this date 'spirit' was a very convenient 'article' for use in exchange or barter,' and there are instances of men selling land, which they had literally won from the wilderness by their own toil, for a few gallons of rum. The head of the Lane Cove River and some of the ravines in the Ryde district were no doubt, most convenient places for carrying on this unlawful but exceedingly lucrative industry. It is said that horehound beer, 0r what was called beer, was made in the early days from the honey of the small Australian bee, bittered with this herb but, later on, the authorities seem to have deemed it necessary to place all brewing and distilling operations under control. From Holts' Memoirs we learn that in 1802 he was arrested for distilling for his own use brandy from the cider peach, and though it is said that the Government were not altogether actuated by disinterested motives, he had to abandon the practice.

PIONEER OF THE INDUSTRY.
The first man to enter upon the business of brewing in a legitimate and open manner, was James Squire, -one of the pioneer settlers, at Kissing Point, 'who was undoubtedly one of the -most remarkable 'en of the early days. He started as a settler at Kissing Point. On July 22, 1795 he received a grant of land there of 30 acres, and by industry and perseverance gradually acquired no less than 1500 acres, all in the vicinity of Kissing Point. It is difficult at this distance of time to discover exactly what use Mr. Squire made of his first grant of land, or at what date it entered his mind that it was possible to grow hops successfully in these latitudes, but there is no doubt that as early as 1795 he brewed his first beer, but the bitter constituent used in its manufacture1 was certainly not hops. My inquiries lead me to think that the first beer manufactured in New South Wales was bittered with horehound from the Government Stores, large quantities of this herb having been brought to the colony for medicinal purposes. It can hardly be contended that this first beer thus manufactured was of very high quality— in fact, on the authority of Boswick-we know that a tombstone was once to be seen at Parramatta which bore the suggestive inscription: 'He who drinks Squire's beer lies here'!

The early brew to which the author of that epitaph no doubt refers was soon improved upon.



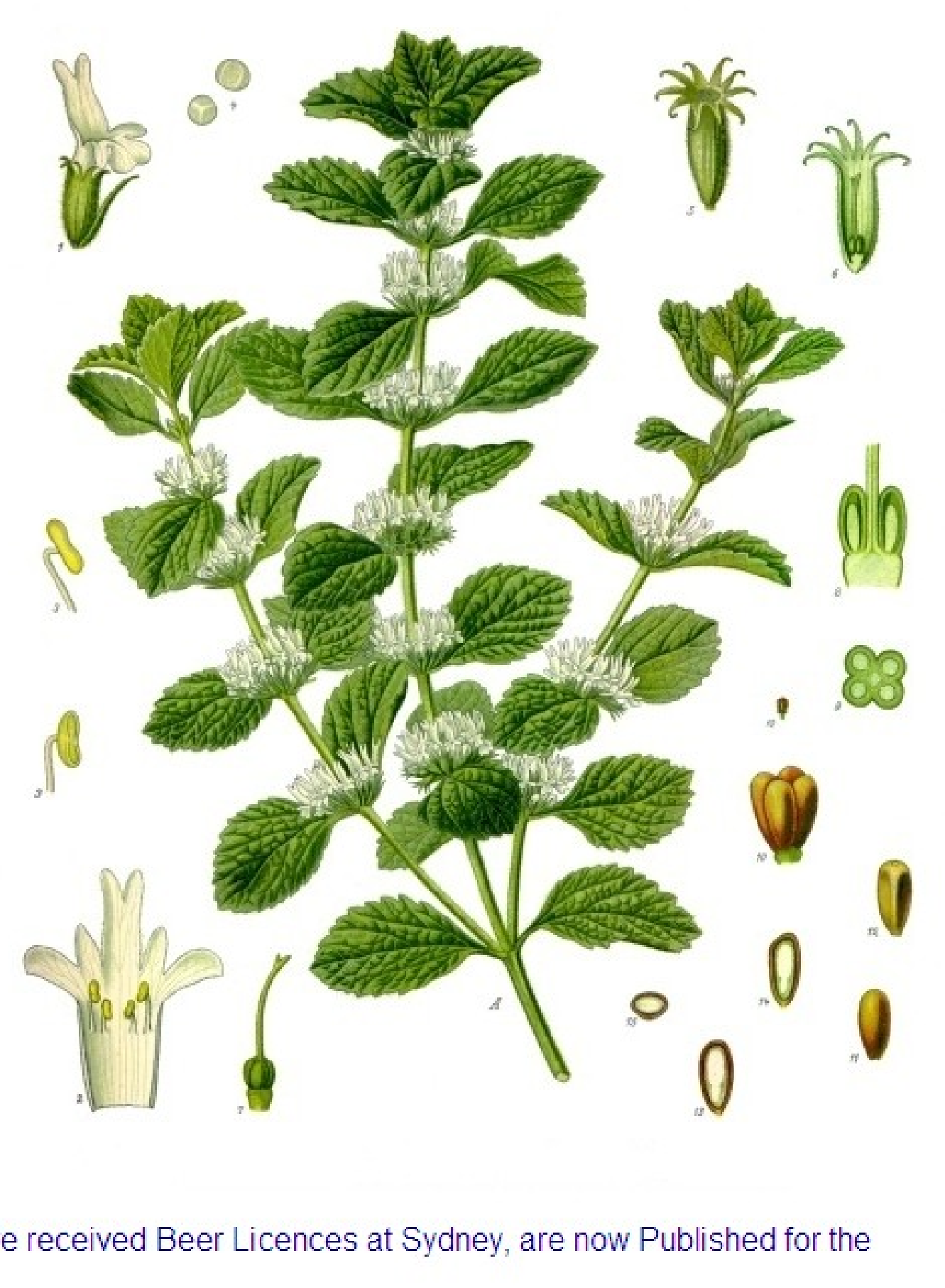
HOP-GROWING AT KISSINGPOINT
Mr. Squire was determined that beer of the first quality should be brewed in the colony; and there is no doubt that in the very first years of the nineteenth century he began to plant his own hops, and -in- the Government Gazette of March 16, 1806, the following appeared :—
On Friday, Mr. James Squire, settler and brewer at Kissing Point, waited on his Excellency the Governor at Government House with two vines of hops taken from his own grounds. On a; vine from last year's cuttings were numbers of very fine bunches, and upon the two-year-old cutting the clusters, mostly ripe, were innumerable in weight supposed to yield at least 1 ½ lb., and of a most exquisite flavor. As a public recompense for the unremitting attention shown in bringing this valuable plant to such a high degree of perfection, his Excellency the Governor has directed a cow to be given to Mr. Squire from the Government herd.'
Mr. Squire soon had large fields of hops growing at Kissing Point, the fields extending back from the foreshores of the river- from a point a little to the eastward of the site of the present Ryde baths. The brewery was built on the high land immediately above the reef of rocks which runs out from Kissing Point, but it has long since disappeared, and where it once was there is now a cottage embowered among shrubs and flowers. The old brewery may still be traced, for underneath the cottage is the brewery cellar, hewn out of the solid rock.

GOVERNMENT SUPERVISION.
It may be asked where 'the water requisite for such an extensive business as that carried on by Mr. Squire came from. This it took me some little time to discover, but I at length satisfied myself, on the authority of Mr. Timothy Small, that the water used in brewing was obtained from very large and deep wells cut out of the solid rock, which can still be seen. It must not be thought that Mr. Squire was allowed an altogether free hand in his brewing business; Government stepped in and limited his output to a certain quantity per week, the object probably being to prevent undue competition with the liquor trade carried on by the officers under the Government of the day. It was not till later that the restriction was removed, and Mr. Squire then carried on an extensive business, as he had practically a monopoly of the brewing industry. Mr. Squire died in 1822, and his business was carried on by his eldest son until 1827, when he, too, died, and the brewery finally dosed.

MR. SQUIRE'S EPITAPH.
Mr. Squire was buried in the old Devonshire street cemetery, and when this area was required for railway purposes his 'remains were removed to the La Perouse cemetery. So carefully was this done, that I was able with very little difficulty to discover the tombstone which-marks his final resting-place, and which is inscribed: — In Sacred Respect to the Remains of Mr. James 'Squire, Who 'departed 'this life May 16th, 1822,' Aged 67 years.
He arrived in the Colony in the First Fleet… Under his care the hop plant was first cultivated in this Settlement and the first brewery' was erected, which progressively matured to perfection. As a father, a husband, a friend, and a Christian he lived respected and died lamented.' - Also,
J. Squire, son of the above, Died 12th March, 1826.Aged 28 years.
OUR FIRST BEER. (**1914, July 15**). *The Bathurst Times* (NSW : 1909 - 1925), p. 4. Retrieved from http://nla.gov.au/nla.news-article111505016 In Text ILlustration: The farm and brewery of James Squire at Kissing Point about 1820. The hop fields are at the left of the buildings. The artist was Joseph Lycett, who was transported to Australia for forgery. After his return to England in 1822 he published his landscapes of Australia, a series of lithographs and copper-plates. Creator Lycett, Joseph, ca. 1775-1828. Title Kissing Point, New South Wales, the property of the late Mr James Squires [picture] / J. Lycett delt. et execute. Date London (73 St. Paul's Church Yard) : Published by J. Souter, 1825. Nla.pic-an7690866-v.jpg courtesy National Library of Australia.

HISTORY OF PARRAMATTA,& DISTRICT. WRITTEN FOR ' THE ARGUS ' BY H. W. H. HUNTINGTON.
No. XVII. First Brewery on the River.

In Governor Phillip's time Kissing Point was settled as Eastern Farms District, and among the settlers was a retired soldier named. James Squire, the grandfather of the ex-Premier, late James Squire Famell. (a native of this district), and great grandfather of Mr. Frank Farnell ex -M.P. Mr. Squire, as far back as 1795, on his estate called Kissing Point, sowed the first Australian, hops, and five acres of his hop plantation yielded fifteen hundred-weight of hops. He established the first brewery and his beer, called ' Squire's Brew,' .was one of the favourite beverages of the early colonists. In 1796, and for many years subsequently, **he sold his beer at 1s 6d** per bottle. This beer was brewed from Indian corn properly malted and bittered with the leaves and stalks of the love-apple or Cape Gooseberry. When he sent the Governor samples of his hops he was presented with a cow valued at £100. HISTORY OF PARRAMATTA & DISTRICT. (**1899, November 29**). *The Cumberland Argus and Fruitgrowers Advocate*(Parramatta, NSW : 1888 - 1950), p. 1. Retrieved from http://nla.gov.au/nla.news-article85776972

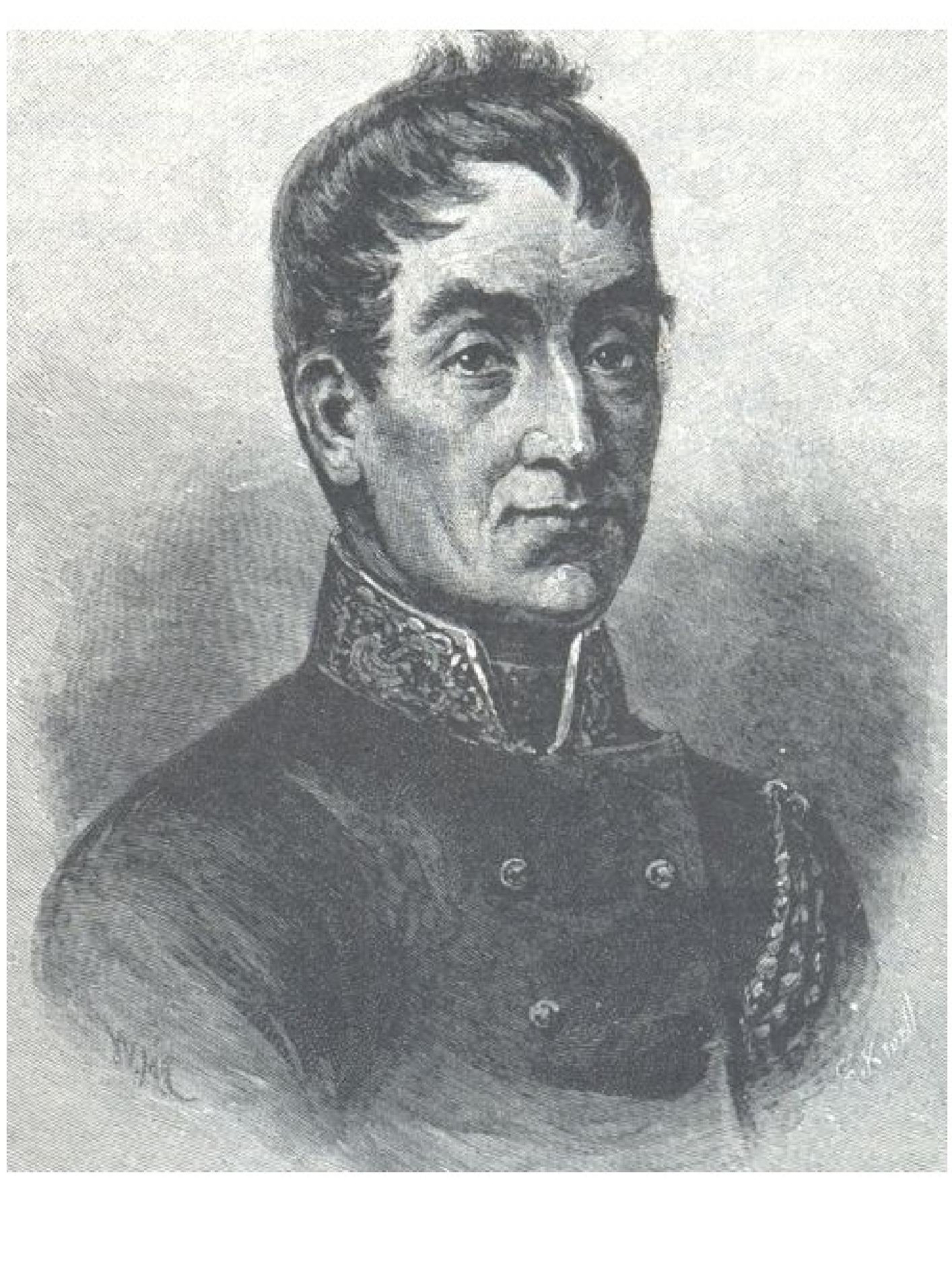


The oft mentioned Horehound was brought here due to its medicinal properties in alleviating coughs. This was, and still is, derived from *Marrubium vulgare* (White Horehound or Common Horehound) a flowering plant in the family Lamiaceae, native to Europe, northern Africa and Asia that resembles mint. It was also considered to aid digestion, soothe sore throats, and relieve inflammation. It is now considered an invasive wed in Australia Illustration of Marrubium_vulgare from Köhler's *Medizinal-Pflanzen*- 1897

Mr Squires was not the only brewer in Sydney who did make his own beer. In fact, so prolific were the brewers due to the notion that this was another 'medicine' as mead, another form of beer once brewed from honey, that there was soon licences and encouragements to grow barley for Beer in Sydney 1810, as granted by the then Governor, Lahclan Macquarie:

GOVERNMENT HOUSE, SYDNEY, Saturday, 21st July, 1810.

THE principal Brewers at Sydney having represented that it would be a great accommodation to the Labouring People and to the Lower Classes of the inhabitants in general, to have plenty of good wholesome Beer brewed for their drinking, and permitted to be retailed to them at a moderate Price. His Excellency the GOVERNOR, in view to their convenience, as well as to encourage the Settlers throughout the Colony to grow Barley for this and other purposes, has been pleased to direct Licences to be granted to Fifty Persons at Sydney to vend and retail Beer on the Term stipulated in their respective Securities; namely, each Person paying an annual Tax of five Pounds for his licence, and finding Security, himself in Twenty five Pounds and one Surety in the like sum, to Keep an orderly House and not to sell Wine or Spirituous Liquors. Any Person therefore who shall hereafter be detected in retailing Beer, Ale, or Porter, without a regular Licence may depend on being prosecuted with the utmost Rigour of the Law. The Names of those Person who have received Beer Licences at Sydney, are now Published for the Information of all concerned.
By Command of His Excellency,
J. T. CAMPBELL, Sec.



Edward Redmond, Rocks.
Thomas Boulton, Church Row, Rocks.
Elisabeth Mack, Back of the Hospital.
David Lloyd, ditto.
Catherine Johnston, Bell's Row, Rocks.
Jame Vandercom, Windmill Row, Rocks.
George Phillips, Church Row, Rocks.
Francis Whiting, Barrack Row.
Charles Beasly, Bell Row.
William Hall, Serjeant Major's Row.
James Bull, Back Row West.
John Colles, Back Row East.
James Grady, Church Row, Rocks.
Mary Redman, Chapel Row.
Thomas Clakston, Bell Row.
William Wakeman, Rocks.
Henry Marr, Pitt's Row.
Edward Quin, Rocks.
Thomas Evestaff, Pitt's Row.
Jesse Malcock, ditto.
Richard Palmer, Brickfields.
Nathaniel Lawrence, Pitt's Row.
Absalom West, Dawes's Point.
William Wale, Church Row.
Mary Shepley, Pitt's Row.
James O'Niel, Rocks.
John James, Chapel Row.
Wm. Davis, near the Market Place.
James Randall, Chapel Row.
Jane Muckle, Back Row East.
Edward Robinson, near the Burial-ground.
Elizabeth Giles, Rocks.
Thomas Simms, Chapel Row.
Wm. Kennedy, Pitt's Row.
Edward Morris, Chapel Row.
Michael Burn, Pitt's Row.
Judith Simpson, Chapel Row.
Thomas Barnett, Back Row East.
David Dyer, Pitt's Row.
Thomas Rose, Chapel Row.
Richard Robinson, Pitt's Row.
Thomas Allwright, Church Row.
John White, Bell Row.
James Wild, Back Row East.
Sarah Wood, Rocks.
Joseph Salter, Hospital Wharf.
Andrew Fraser, Rocks.
Phebe Waldron, Windmill Row.
Barnaby Williams, High street.
Bryan Egan, Rocks.
(signed) ELLIS BENT, Judge Advocate.

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In Text image: Major-General Lachlan Macquarie CB; Illustration from Volume I of "The Picturesque Atlas of Australasia" by Andrew Garran, 1888.

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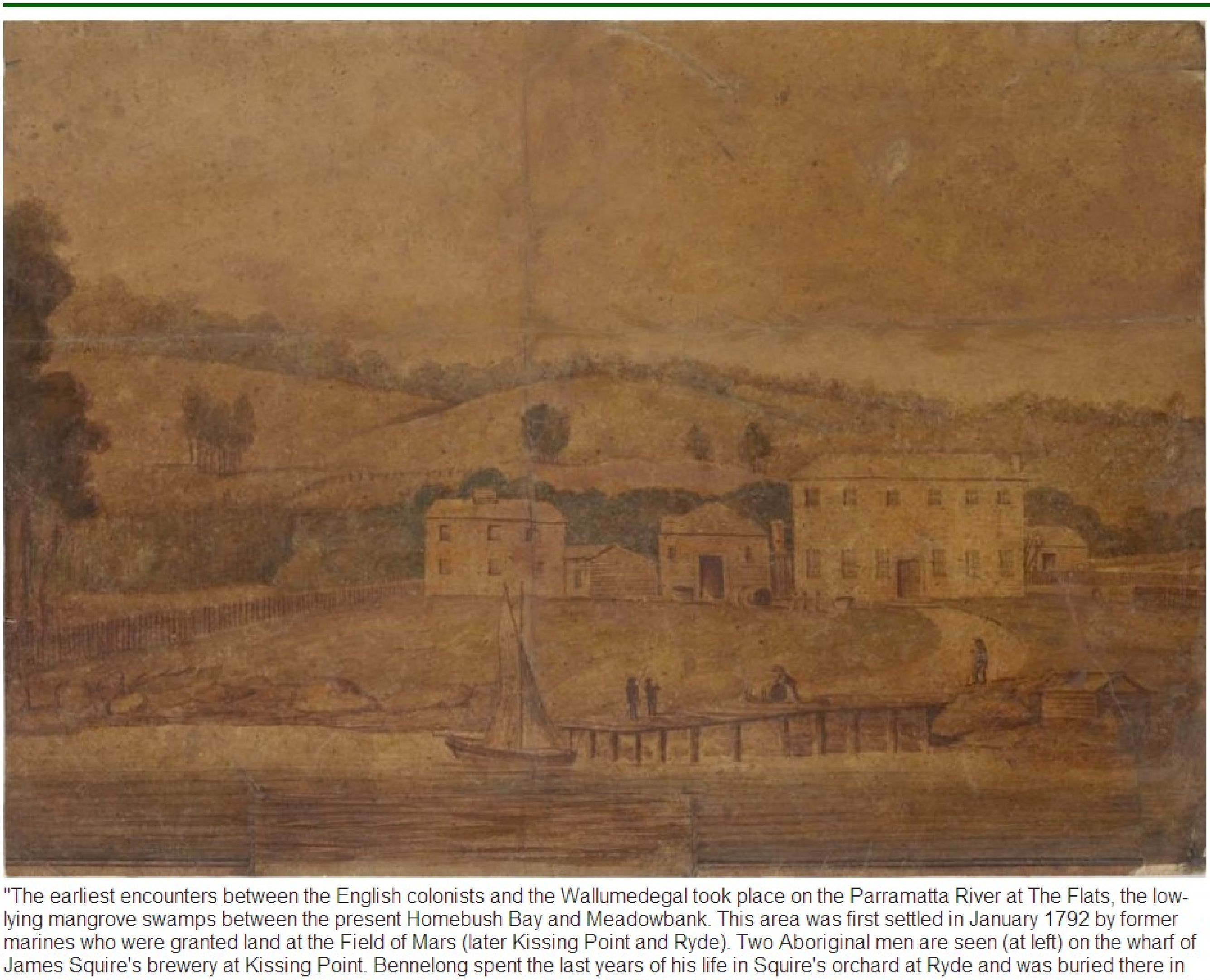
Marrubium vulgare. (2013, June 24). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Marrubium_vulgare&oldid=561317698

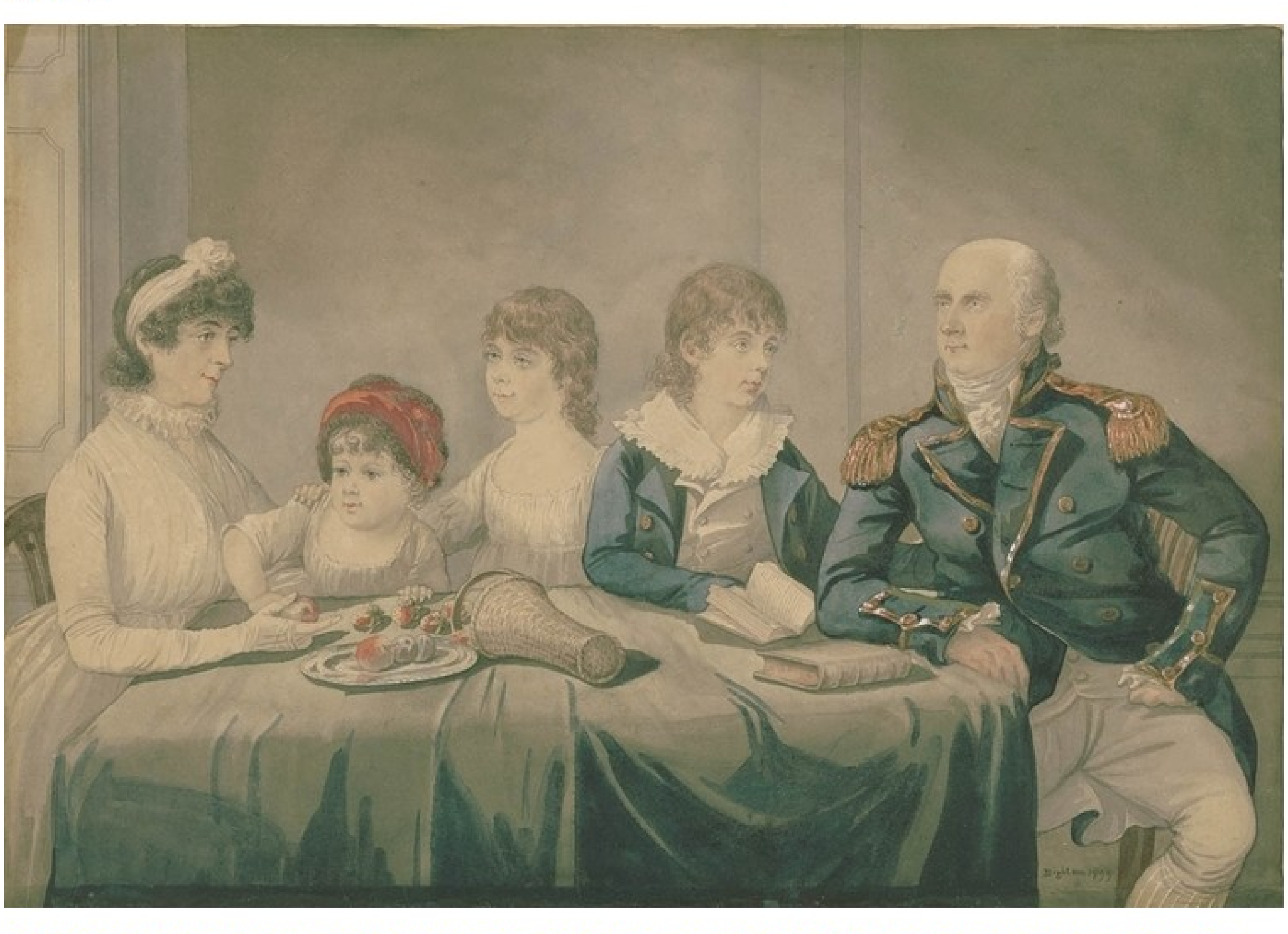


"The earliest encounters between the English colonists and the Wallumedegal took place on the Parramatta River at The Flats, the low-lying mangrove swamps between the present Homebush Bay and Meadowbank. This area was first settled in January 1792 by former marines who were granted land at the Field of Mars (later Kissing Point and Ryde). Two Aboriginal men are seen (at left) on the wharf of James Squire's brewery at Kissing Point. Bennelong spent the last years of his life in Squire's orchard at Ryde and was buried there in 1813 when he died after a long illness." - Eora exhibition caption, 2006. Squire's Brewery, Kissing Point / watercolour by unknown artist. Image a928850 V1A / Ryde / 5, courtesy State Library of NSW.

SALVATION BY A BREWERY

By A Staff Correspondent

When Australians were fast going to the dogs 150 years ago, Governor Philip Gidley King, in one of the notable paradoxes of Australian history, tried to save them with beer.
"The greatest blessing that can be bestowed on a colony," Governor King wrote when reporting the opening of the first public brewery in Parramatta on September 15, 1804.



Governor King spoke with fervour and relief because he hoped beer would "greatly, if not entirely, do away with the inclination for spirits," which was keeping "the greater part of the inhabitants in a state of beggary." He had conceived his plan of Salvation in 1801. But he had to wait impatiently for three years for a brewing plant to come from England for the brewery at Parramatta.

"The prices put on the beer, "place it within every person's reach," he said.

They certainly did-at 1/ a gallon in the buyer's own cask at the brew house, payable in wheat, barley, hops, casks, or iron hoops.
THE Governor fixed the price at taverns at 3d a pint, and 'allotted a quota of five gallons a week for military and civil officers, three gallons for superintendents and sergeants, and whatever was left for settlers. His order announcing the beginning of brewing promised a free distribution when supply exceeded demand.

The brewer, Thomas Rushton, in seven weeks raised his weekly output from 540 gallons to 720 gallons. But the public thirst outpaced him, and the fulfilment of the Governor's promise is still awaited. The first brew was not worthy of a sample shipment to England because the brewer had to use wheat for malting. When early brewers had no hops they used horehound from tho colony's medical stores to make beer bitter. Governor King reported hopefully that Rushton knew roots and leaves, which were substitutes for hops.
GOVERNOR KING'S reform was strenuously opposed. The military garrison, the New South Wales Corps, held a monopoly of the sale of spirits from 1793 until the British Government disbanded it in 1810 after it had insulted King and in 1808 deposed Governor Bligh (of the Mutiny of the Bounty).

Governor King prohibited imports of spirits. But American Vessels, loaded with spirits, kept turning up in Sydney Cove with what he called "the old excuse of receiving repairs, water, etc." He once sent away a ship with15,000 gallons of spirits.
"The use of illicit stills," he said, "was much facilitated by the number of Irish we have...The orders to prevent that practice have, in a great measure, been ineffectual, although several stills have lately been seized and the workers sent to other settlements.
"Yet, if report is true, there are many others at work, and so concealed that detection by the police is altogether impracticable."
BEER did not end Governor King's troubles; it increased them. Sadly, he reported: "Being anxious to turn the Public Brewery to as good an account as possible in preventing thirst for spirits, which is so prevalent, I found after a year's experience that the Government was at a great loss and expense in carrying on that object."

So private enterprise took over the £ 2,500 plant. Brewer Rushton agreed to brew strong beer at 1/ a gallon and table beer at 6d a gallon, and pay a rental of200 gallons of beer a month for the convicts. As if to mock the efforts of future liquor reformers, Brewer Rushton had to undertake "not to dispose of the beer to individuals for the purpose of monopolizing its sale by retail, but to make its distribution as general as possible."

Rushton did not renew his lease. Some historians think that the racketeers in spirits may have made the brewing business hazardous for him. But the Governor's "greatest blessing" did not languish as other brewers leased the Government brewery. James Squire, a home brewer at Kissing Point,' Ryde, since1 795, also was serving the public.

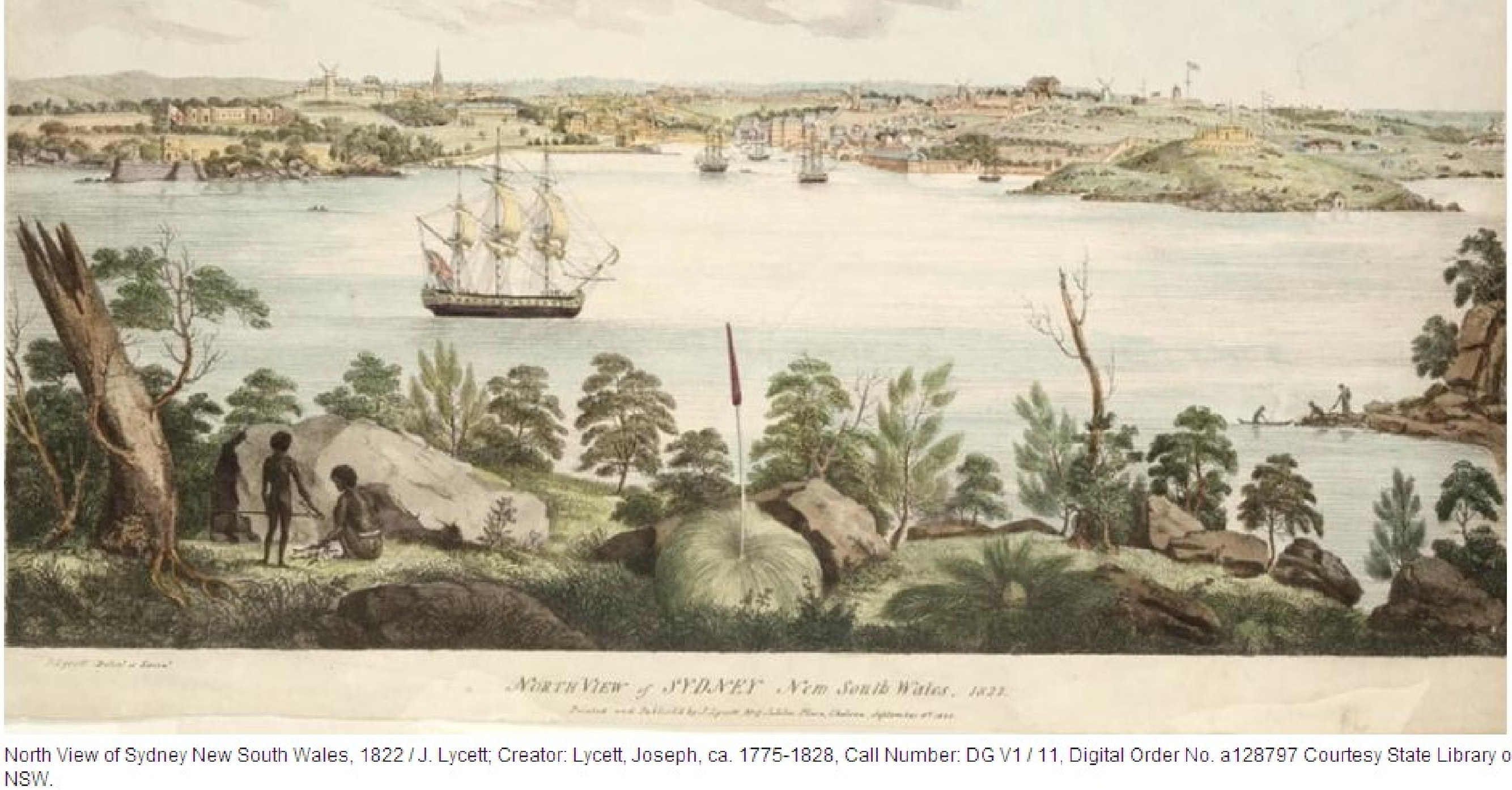
KISSING POINT was a favourite picnic spot, and, no doubt, Squire's brew was an attraction. Accounts associating the naming of the point with three of the early governors discreetly mention only its inviting, grassy bank as the reason for vice regal patronage. These accounts say that, "while Governor Paterson was having a nap after lunch, a lady won a pair of gloves in the time honoured way"; .and, next, that "Governor Hunter indulged himself in the heroic and delightful task bf setting the ladies ashore, and the first to set foot on dry ground rewarded him with a kiss."

An auctioneer's advertisement in 1854 gave a livelier version: "*Kissing Point? Who knows the derivation? Not even Dr. Wooley, of the University of Sydney.*
"Our old Governor Macquarie, admiring the scenery of the district, determined on landing, formed a picnic, and, in toasting Queen Caroline, said: 'Here's a health to the ladies. I now kiss you all round.'
"A lady (unmentionable) then said: 'Governor Macquarie, the place I am now standing on I shall name, with your permission, Kissing Point.' "

SQUIRE, who once sent an employee swimming after a barrel of beer he allowed to roll into the Parramatta River, has his place in the social history of early Australia. A chronicler of the times said: "An epitaph of one of his votaries in Parramatta church yard, which the jocose compounder of the beverage took a pleasure in quoting, records its virtues in these two expressive lines:
"Ye Who Wish to Lie Here, Drink Squire's Beer."
"He was the Whitbread of New South Wales," another account said, likening him to an English politician, a London brewer's son, who sponsored a Poor Law Bill.
"His beverage has a general good name throughout the Colony, and he himself is universally respected, especially as the friend and protector of the lower classes of settlers."

Squire came to Australia in the First Fleet in 1788. He was the first to cultivate hop plants in the colony, and Governor King rewarded him with a cow from the Government herd. When Squire died in 1822 he had increased his original 30 acre holding at Kissing Point to 1,500 acres, and also owned a 'house in Castlereagh Street, Sydney. His grandson, James Squire Farnell, was Premier of New South Wales in 1877-78. SALVATION BY A BREWERY. (**1954, June 4**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article27517649

In Text: [Philip Gidley and Anna Josepha King, and their children Elizabeth, Anna Maria and Phillip Parker] / watercolour portrait by Robert Dighton, date of work: 1799. Image No: ML 1244, courtesy State Library of NSW. From left to right: Anna Josepha, Elizabeth, Anna Maria, Phillip Parker and Philip Gidley King. Both Anna Maria and Phillip Parker King were born on Norfolk Island, Phillip in 1791 and Anna Maria in 1793. Robert Dighton painted this portrait of the King family in England in the year Philip, his wife Anna Josepha and their youngest child Elizabeth left for NSW, where King had been appointed Governor. The Kings did not see Anna Maria or Phillip Parker again, until 1807 when they returned to England from the colony.


North View of SYDNEY New South Wales, 1822

North View of Sydney New South Wales, 1822 / J. Lycett; Creator: Lycett, Joseph, ca. 1775-1828, Call Number: DG V1 / 11, Digital Order No. a128797 Courtesy State Library of NSW.

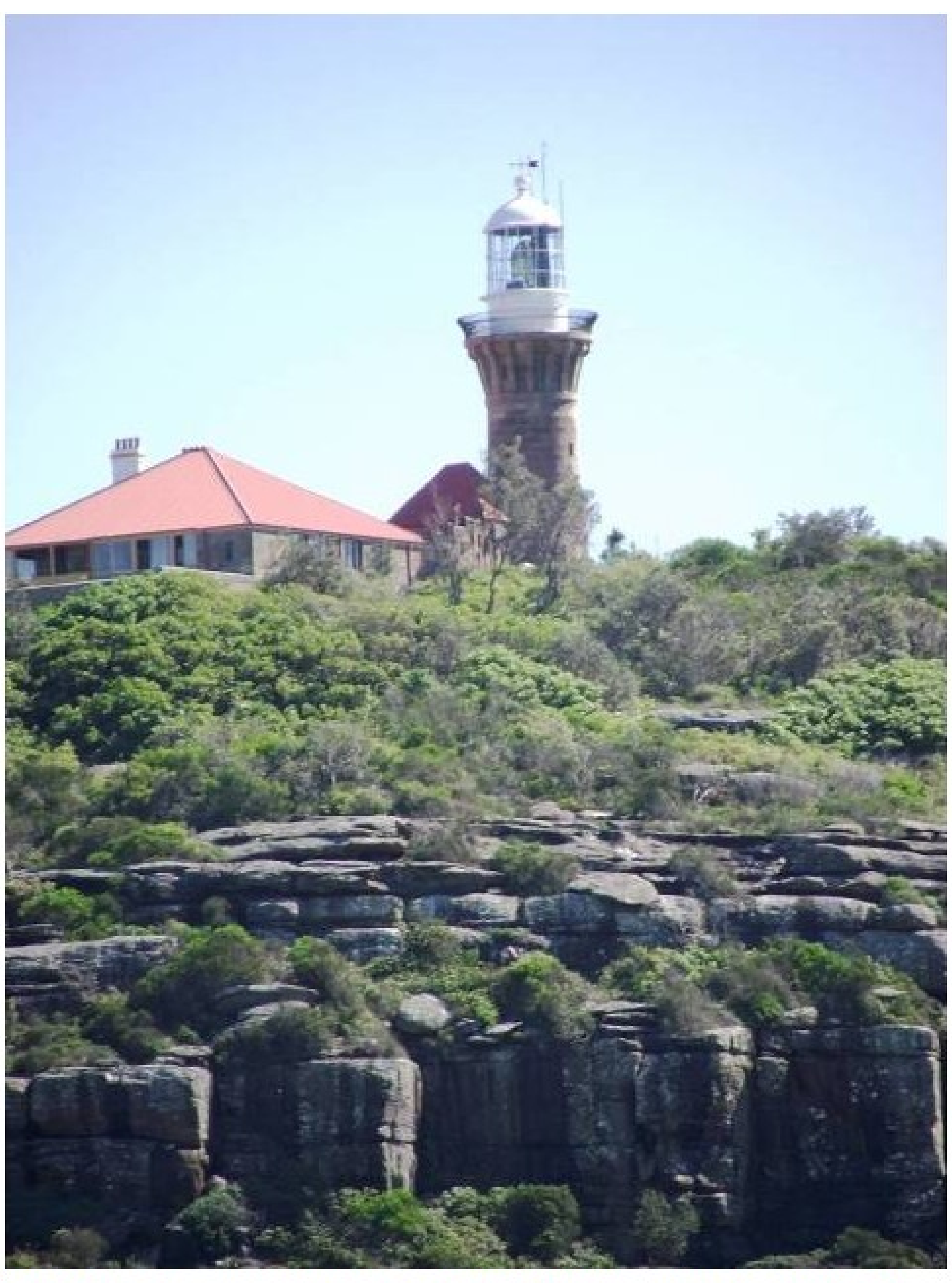
Beer In Sydney Threads collected by A J Guesdon, 2013.

Pittwater Online News

July 14 - 20, 2013: Issue 119

Lighthouses as Watchtowers – Lighthouses as Peoples

In my eyes and through my eyes I see an Ivory tower in the distance. It's been stuck in my eyes for three days now, beaming out its light, catching in my turning until I spend a moment turning to see. Even when its dark and fog has closed in I see it shining on the ridge of the hill opposite. It hovers on the horizon, a pale and royal blue-white column, hazy among the stars and landmark gleaming during the salty day. I watch it, take note of its changing hues. I think about walking there sometimes, but stand opposite looking, watching, seeing. It places white light here, where it can be touched.



Another and another appears between the treetops and line of ocean suddenly sky until there are watchtowers on all hills. Some are spires into the sky, some domed, others earth proportioned pipes of Nature humming rock into earth into tree bird breath and air into ever-song. Many have gold lit windows making them stout candle sights but all are from Nature, weaved together, unable to rise above the surface without being places of Higher substance, clearer air, purer energy. Perhaps they're metaphysical watchtowers alike temple, church, shrine places, with holy water as dew pouring from the 'connected to heaven' essence in the flowers growing from their hallowing grounds. I was only going to get to see them once I grew into this way of being, had the veil that hides them lift from my eyes. Perhaps they are other people, strong as steel when needed, tender as flowers all the rest of the time, throwing up columns of their heavenly beamings. People have been Watchtowers through the Ages, someone looked to for the Light they bring, their times their 'Keep'. Lighthouse Peoples known as one who gathers and emits light.

Cooler daylights show this watchtower to be two separate houses just below the hilltop, an arched doorway last night's yellow-lit old world window, the tower of light that rose above, making them one, melded from a mix of sunset, salt laden sea-haze, low white clouds and moonbeams.

Salt draws other shards of rainbows out of coastal air. During summer the humid sea haze and the small summer breezes running in small trillings or soft buffets up all the green coastal hills, overlapping sea with earth, make small clouds that grow larger appear above where cool wet ocean air meets sun warmed headland. They hover in turning twirling white arcs and elongated threads. Over higher thicker headland more stolid cumulus appear and hover without being lifted to the hotter sky where they may evaporate back into the blue. As Signs of they're signalling what draws through the larger sky, and even the larger season, on either side of each moment of each day. Then the places where watchtowers appear during other conditions, to reveal all else there, appear to be an angelic extension of the concord and exultation between sea, air and land. Genius of place is Spirit of Place and this must colour and design each hill's watchtower variation.

Just yesterday I went up the hill to look at what was flowering around the watchtower and found five plants in bloom. Strongest and most profuse were two white varieties and one dubbed 'black', black and white. One white flower-ring has a meaning of how we are all one here, the other a meaning being of 'flow', the last a meaning of being a conduit for messages from heaven. Imagine yourself what this place among the places was being physically, mindfully, in feel, in essence-full dews and in spiritual terms. It is apt it is a watchtower place but also you may ken the particular sense of sacred it was being on this afternoon. In other seasons or even the very next morning after a light or heavy rain, other flowers of varying colours will bloom together, changing by shifts and degrees what comes out from and establishes in each part of each season meets what is needed in mind, body and spirit. Remember birds, of air, ants, of earth, and all the made from water marsupials who roll in the dew and eat the tender roots, love the flower nectars. They know to sup what each day brings. Remember, this is a spiritual Garden, planes and beams knit all around us, are to be imbibed, to be breathed in, to fill our senses with purest meaning, with the living, ongoing and gethering Converse of discourse.

Seeing what's right before your eyes, all the signs, and what they are signalling, from single leaf to tree crown, as much as the airs above them, as well as inner, inner, in, is keeping your eyes open and finally allowing them to open what is before you and see what then comes to your eye. The 'tune in' is no 'drop out', it is, in fact, tuning in your full beaming. Attune yourself, attune to, do the work, sense the truth. Rock back and forth, hip to hip, to sense uprightness in you, in your spine, until the white beam of spiritous soul thread at your core springs up, puts on your metaphysical body so all slows, stills, attains its true dimension and shape. This then brings on your spiritual body, and the white beam of spark running through you, up through your crown. There you are aligned, part of, and the pure and truth is clear, clearer clear.

Not too long ago people crucified other humans on trees until tree and body breath expired. Smirkers nailed thorns through velvet into a 'pagan' world that spoke through us, that we conversed with in spirits of water, earth, air and fire, with fairies, gnomes, elfin, dominions and angels of trees, of mountain, of place. This speaking the opposite of death to bring forth Spiritual brimming in sky and earth withdrew as common practice, openly acknowledged adoring. We did not withdraw, not after our first drawn breath. We were not locked outside the realer world, unable to see Form manifest cells all brimming themselves from light, and ourselves as form too, spiritous energy knit, in the first instance, from one constant spark. Made from atoms of light that are empty beyond the intention filling them, the air then the solid in them, are we. The empty, the proved, All thinking they can, thinking they can, be, sensing they are already winged in motion. Invisible wings are part of our construct. Wings on your feet, giving wing to your heart filled heart, or soaring emotions, earning them feathers, giving lift to your voice from the flesh lung wings placed deftly inside helps you Breathe hallowed breaths and speak, even Speak in Word, in Names. In your truer names is your other 90%.

Extract from *Melchisedek's Garden*. Ch. 7, **Seeing Things**. Copyright A J Guesdon, 2008.

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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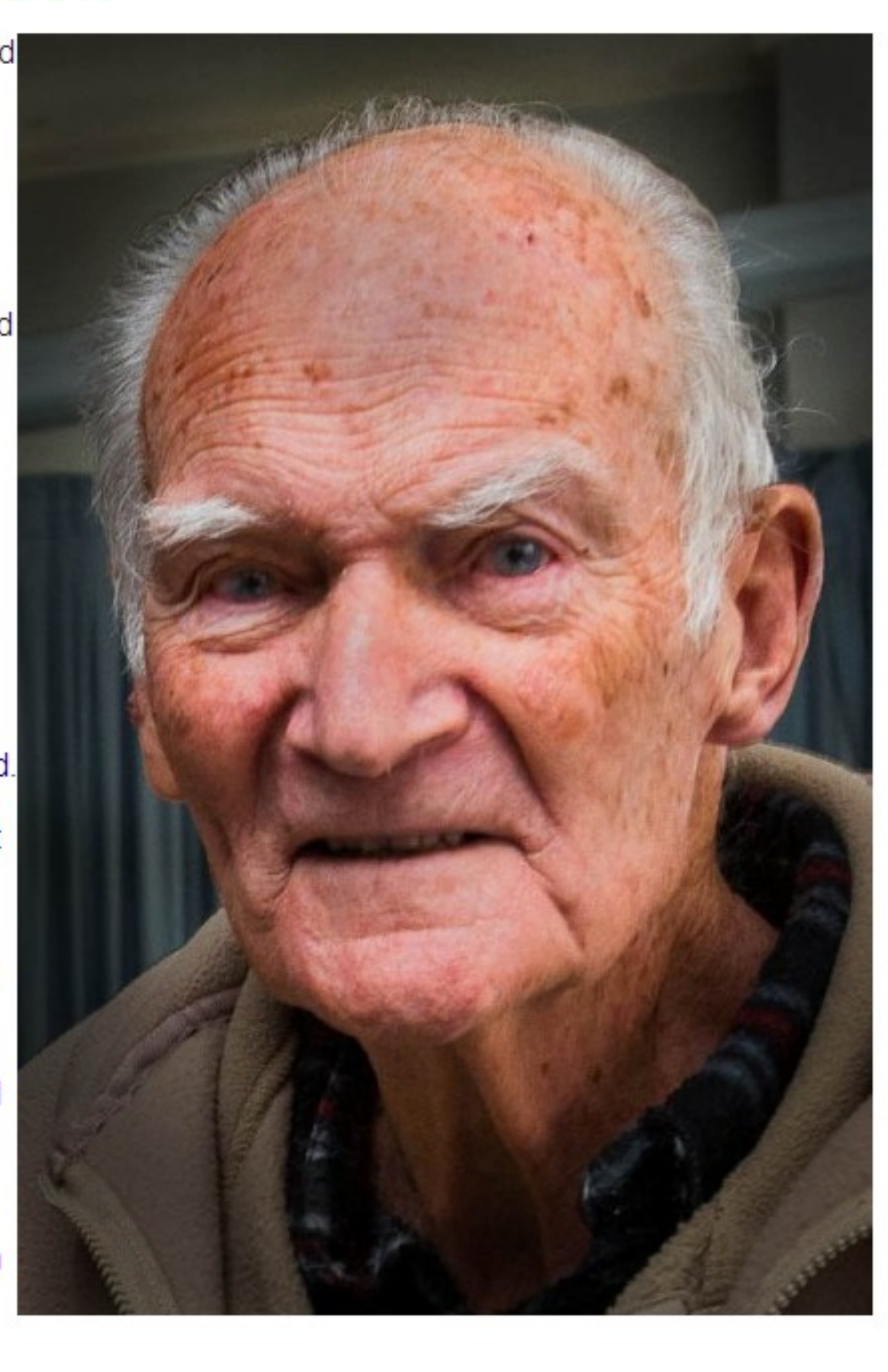
Pittwater Online News

July 14 - 20, 2013: Issue 119

John Gordon



Honest Long John Gordon is the moniker this gentleman is known as up and down Pittwater: "If you want my opinion, ask it; if you don't like it, that's fine, we will agree to disagree. We will shake hands and then go to the bar, together, for a drink."

A member of the Mona Vale Hospital Auxiliary, the gentleman who has taught many of our premier sailors 'how to' and invested many other decades in Sailability at the behest of Kay Cottee, John Gordon has also spent time on land. A pursuit of science, a lifelong passion for chemistry and geology has led to serving on the N.S.W. Heritage Council for restoration works to sandstone.

What you may not know is that as an 18 year old he sailed in the Inaugural Sydney to Hobart yacht race or has served as one of the longest running lecturers in Geology when Australia was scarce of teachers in this department. Has he seen a few changes ? Definitely!

This week it is our great privilege to share a small insight into another Pittwater legend, John Gordon.

When and where were you born?

86 years ago; last century (1927). I was born under the guns at Middle Head. My father was the Battery Sergeant, the Master Gunner. I don't remember this but he then moved to South Head and he was Battery Sergeant that put the first gun in at North Fort.

Where did you grow up?

I grew up in Watson's Bay, at Camp Cove. The landscape was very similar to what it is today because it has been preserved as a Historic site. I grew up around there before WWII; we lived in barracks until 1938 when dad retired and left the Army. My mother died in 1933, I still remember her. I had a dear old grandma; I was brought up with a good old Irish-Scottish background. Gordon being Scottish, that's our clan, but my mother's name was Kelly.

When dad got out of the Army we lived in North Sydney and then we lived in Homebush. This was the late 1930's.

What was Homebush like in the late 1930's?

We lived in Homebush West, which was rural then. The nearest station was at the end of the street at Flemington. This was the main Western Railway; the fish and chips, the Blue Express went through there. I grew up near the sale yards so I had a rural background while there. I then lived in Bondi as a teenager. This was a good place, we lived just up from the beach. I was in the North Bondi Surf Club as a junior.

Where did you go to school?

I went to school at Flemington and then I got a scholarship to Christian Brothers School in Lewisham. There were three scholarships and only two blokes got them.

I then got a bursary of my sixth class to go to boarding school at St John's College in Wollongong. My auntie, who was a teaching nun, organised this but it was a bit too far away. My dad had bought a place in Lewisham so I went to the Christian Brothers there and then off the Intermediate, the old Intermediate, I got a bursary to Christian Brothers College at Goulburn; so I was brought up by the Christian Brothers. I was at boarding school at Goulburn for three years, for the final three years of High School. I lived with my grandmother until she died and then with my auntie at Homebush.

What did you did when you finished school?

I always wanted to muck around with chemicals. I had a good Chemistry Master and the first job I got, my father got it for me as he was quite friendly with Elliot's, an Australian owned drug company, was an apprenticeship there to do Pharmacy. I got another scholarship in order to be able to do this. See my father, being ex-Services from WWI and then WWII, and being an orphan so to speak, you made a good case for getting a good education, and thank God I got a good education. But I wasn't successful as a Pharmacist.

I have a number of qualifications and one of these is Ph.C and that's a Pharmaceutical Chemist, they're the blokes that wear the white coat. I was a Ph.C failed with Honours. I failed the Pharmacy Board's exam so I could work in the Pharmacy at Elliot's, a beautiful pharmacy, but I couldn't run my own shop.

Elliotts Brothers Limited was the premier manufacturer of drugs, chemicals, surgical equipment and tonics from the mid 1880's. Although the company became Elliott Brothers Limited amalgamated with several other Australian pharmaceutical companies to create Drug Houses of Australia in 1930, the pharmacy in York street and building in O'Connell street Sydney still went by this name. Photo: Interior, Elliott Brothers, 131 York Street, Sydney, N.S.W., 1936. Image No: hood_23204, courtesy State Library of NSW.

A job came up, and being adventuresome, I got a job in Malaysia working on the tin dredges from where Penang is; if you go one the railway up from Singapore, go right through to the border, a place called Dippo - it was British-Malay tin and they are still big tin producers, they're world famous. So I got a good job there working on the tin dredges surveying where the tin was going to run, I was a prospector but then got bad malaria. I was pensioned off, came back home and worked for a couple of chemical companies. I then got a job at Sydney Technical College as a bottle washer First Class – a Lab Attendant. I've written my memoirs, I haven't published them, and they are called 'From Lab Boy to Lecturer'.

In my professional work over the years I was on the N.S.W. Heritage Council Environment Restoration Committee. With another fellow we worked on every Historic public building in sandstone in Australia bar one or two. Sandstone was my thing. I have a geological background; I'd grow roses and rocks; I've got rock gardens and Eileen is the gardener; I dig the holes where she tells me to.

I have three very important buildings in town which I'm an adviser on and my fee to go into town is all expenses covered and one bottle of a top port. The three buildings I have an involvement in due to being originally involved in their restoration are Saint Andrews, Sydney Town Hall and the QVB.

I've always had a great interest in rocks and geology. I did some work in Kuring-gai National Park on the aboriginal carvings. I'm an Honouree Ranger, every 12 months I have to apply for my card, and I occasionally take groups through to look at the aboriginal carvings (Petroglyphs). That was a project Dr. George Gibbons and I did with Sydney University and Australian Museum.

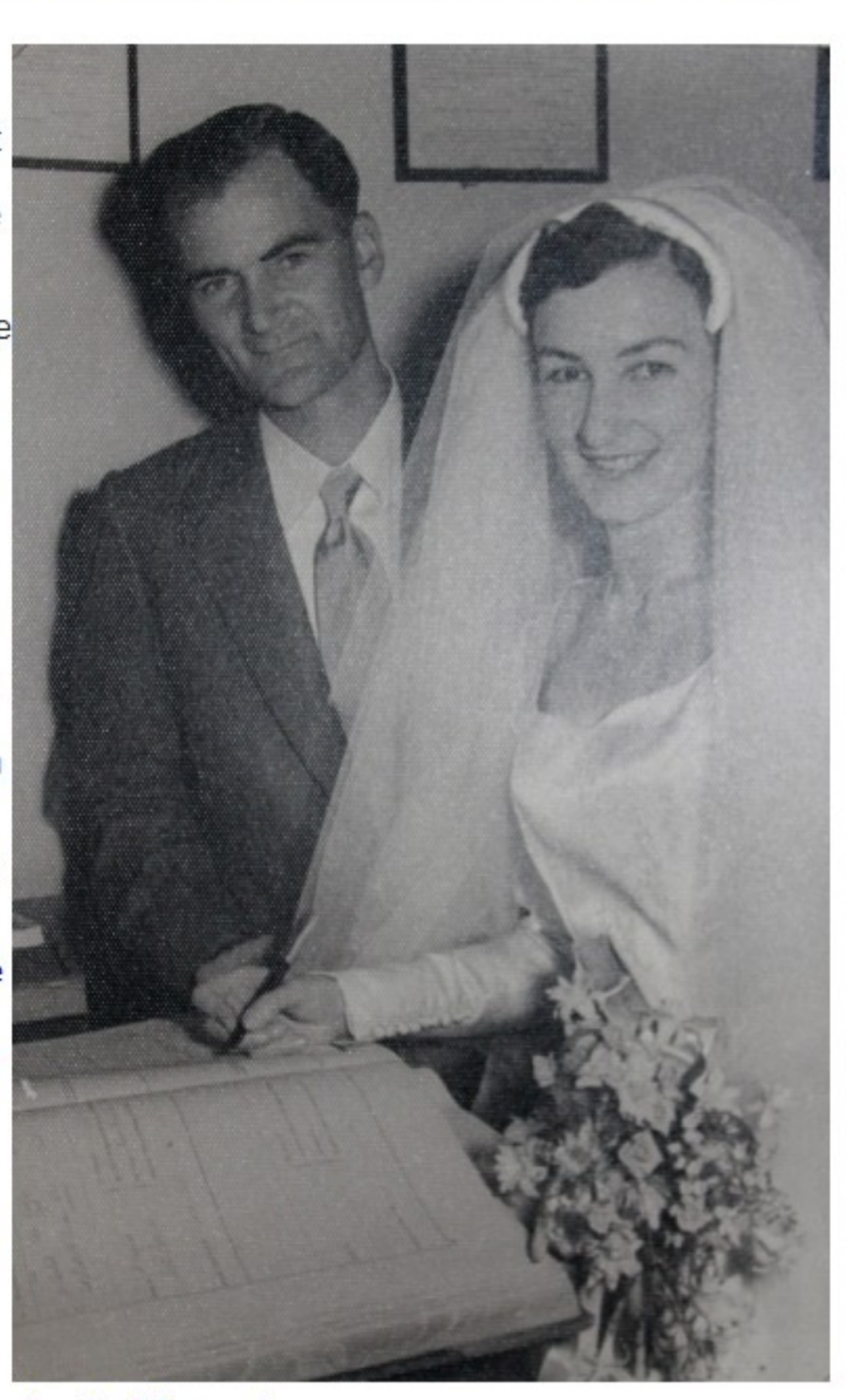
Which is your favourite out of all those you've seen and helped with restorations?

The Sydney Town Hall. They've been doing work to clean it lately; you'll see covers over it. I worked for my good friend and boss, Dr. George Gibbons, all our technical papers are under the name 'Gibbons and Gordon'. We were the sandstone specialists for Australia.

So you went all over Australia doing that?

Yes. I was lucky to get a six months scholarship in Europe through the Building Research Establishment of CSIRO to do particular wok on planning and restoration for sandstone buildings and I learnt a lot. I had three months in the UK, England, Scotland and Wales and three months on the continent. My favourite building there was the stage three of the Cologne Cathedral, and I'm not on the speakers circuit as much now, and that's where I get my report from; those works and studies from then.

I started my diploma at the Tech, that's where I met my dear wife. I got a job teaching there and we were taken over by the University of Technology which was the University of NSW. With my geological and chemical background, and I had an assayers ticket, I got a job in the Metallurgy school at Kenso and from there I came back to teaching at the Tech. The University of Technology was then set up or formed into a University from the NSW Institute of Technology. I worked with them in the chemistry department, which was my strongpoint, but I also had geology and when they founded the Wyndham Scheme, they found out most of the teachers in the schools had no geology background. They all were biologists, and they still are. They suddenly had 98 students banging the doors down, mainly teachers among them, and no one to teach geology.



Born in rural Australia, Dr Harold Wyndham became Director-General of Education in New South Wales in 1952, the first 'academic' to hold the post. Wyndham's greatest achievement was to conceive, propose and then implement the 'Wyndham Scheme' for comprehensive education in New South Wales. He built upon earlier proposals formed in Australia and overseas, but the ideas were mostly his own. The Wyndham Report was a slim volume designed for public consumption which proposed a universal secondary school designed for all abilities, rather than different schools for different abilities. The scheme took more than a decade to implement. Since then changing social expectations and political priorities have undermined Wyndham's ideal of the public comprehensive school based on local neighborhoods, but it still remains one of the most important experiments and ideals in the history of Australian education. From University of Sydney website.

The Institute of Technology had taught Chemistry, Biology, Physics and Maths and the sore thumb, Geology, wasn't there. My boss knew my background, I was doing a higher degree at the time, said 'you're it, we need someone to set up a Biology Course for these people'. So I was the foundation teacher and was due to be promoted and sent to Wollongong but I didn't want to go to Wollongong. We'd just bought our block of dirt here (in Mona Vale) and we had built our beach shack. We are still, after 54 years, living in our beach shack.

I ended up Senior Lecturer after 36 years of working here, there and everywhere, including having a stint with the Geological Survey because I graduated in Geology and Biology with my Diploma but with my degree I always liked Chemistry and I graduated as a Geo-Chemist. Straight pass for me– Eileen's the genius of the family.

If you get honours and what-not, and I've seen the honours blokes and they know nothing. I worked in the industry, I got my hands dirty.

Where did you meet Eileen?

At Tech. She was a student and I was six years older then her. In the classes we were in in the early stages of Science, she graduated a year before me, with an Honours Diploma mind you, there were three girls in a class of one hundred.

She must have been pretty bright.

She was, she was. People say, "well why did she marry you?" but we've stuck together for 56 years!

You were in the Army Reserves too, how did that occur?

I was in the Army Reserve for years. I was in the Army Reserves in 1950 when you didn't have to, but as I had an Army background. I joined in infantry, as a private soldier, much to my father's disgust as he finished up at Victoria Barracks as the regimental Master Sergeant, the top WWI A1 instructor. I ended up in the East Command Malaria Control Unit with my science background. In 1952, of the 92 of all ranks that went to Singleton Camp, there's only five of us alive. Two of those chaps, and myself, are original members.

I was a corporal and joined that as a sergeant, because they didn't have any non-commissioned officers. I had to do a course in the camp, and spent years as the transport sergeant and went on and was promoted for efficiency to Brigade Headquarters. My plum posting was as a staff officer for **Major-General Denzil Macarthur Onslow** on the old Two Div. I served under him.

What was that like?

Fantastic. We were at Victoria Barracks in Sydney. I couldn't get a commission because we were raised as an engineering unit and I didn't have the technical paper. In fact my old transport sergeant when I got promoted to Brigade and he took over from me as Transport Officer, a top bridge player, is now a half Colonel.

What rank did you end up as?

On my shoulder; three pips; qualified, I was a Major, but I never wore the badges because our unit disintegrated. When Two Dibb finished, and National Servicemen had finished, I then got a posting as Camp Commandant, Eastern Command, Troops. Once a month I had to mount the guard with a bunch of scruffs who lived around the red light district there, but they were good diggers. My job was to knock them into shape. I never had a discipline problem. I remember my Sergeant-Major said to me "I've got four applications for permission not to do our annual camp" and that was unheard of. And I inquired why and it turned out they were all doing six months at Her Majesty's Pleasure for knocking off cars; so that's the mob I had! They were scallywags some of them! But it was good training for the Ocean Youth Club; all of it helped me help others.

You've done a bit of sailing too?

Sailing has been my hobby.

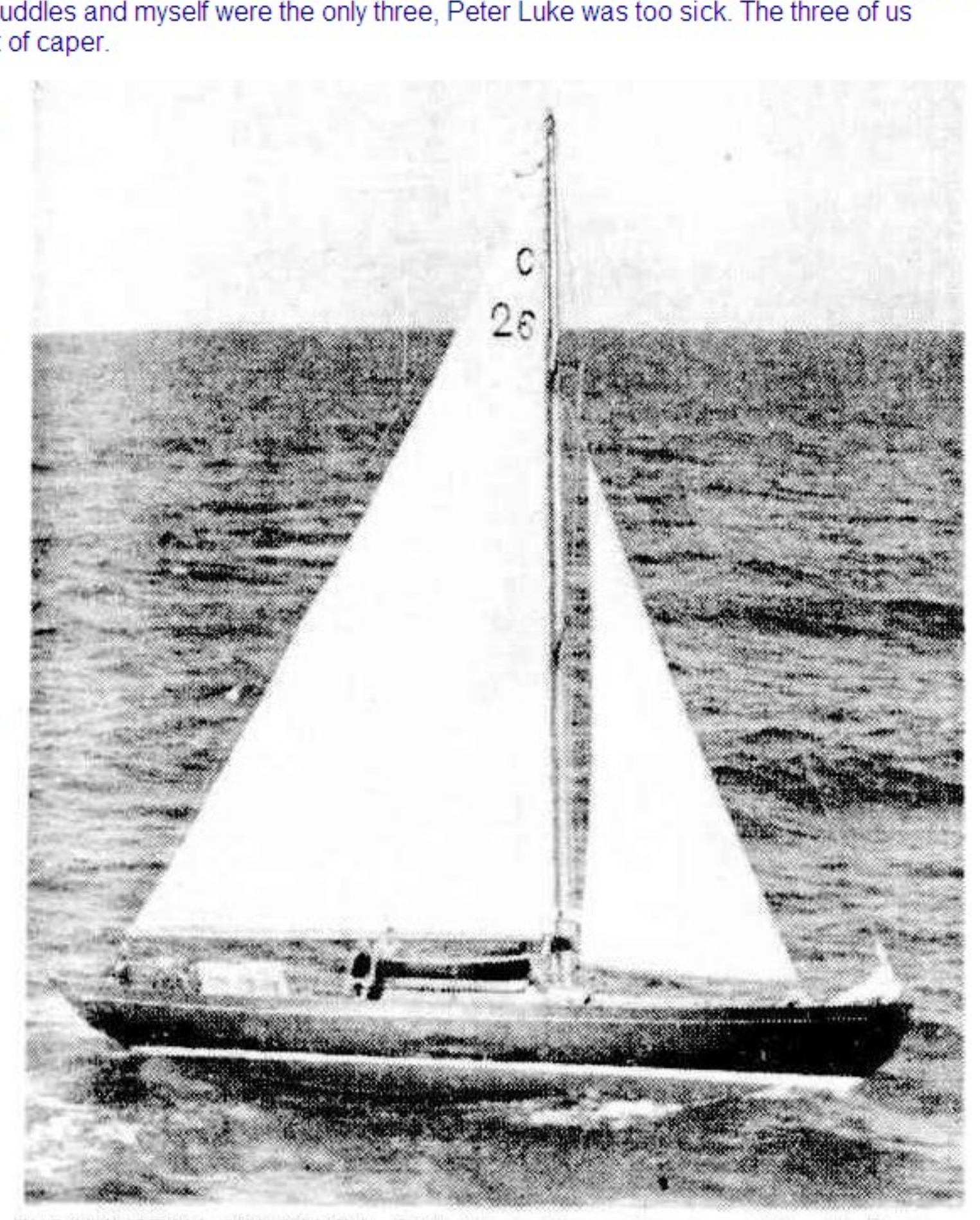
But you went in **the first Sydney to Hobart yacht race**, and have been in others since?

Yes, the first Sydney to Hobart yacht race was Boxing Day 1945. There are only two men alive today who sailed in that. The other man is Geoff Rubbles. He lives in Kiama. When this comes close each year I go and stay with him for a few days or he comes up and stays with me.

What was this first one like?

Bloody hard work. The name of the yacht was ***the Winston Churchill***. Beautiful boat. The history of the *Winston Churchill* is a wonderful thing. I started my sailing as bailer boy in my father's 18 footer on the harbour before WWII, and I bailed Sydney Harbour out at least twice. It was a good upbringing. I started in a VJ there and I've always been interested in sailing, it's in my blood.

Bob Ross who founded Australian Sailing, a couple of other friends nominated me for anniversary celebrations. What came up was the 60th anniversary, the 50th anniversary was in 1994, so 2004 was the 60th and they looked around for anyone that was still alive and there were only six of us. One was the bloke who won it, Captain John Illingworth, his navigator was a Royal Navy lieutenant, Ray Richmond, and Ray was out here in Australia in 2004, so Ray, Geoff Ruddles and myself were the only three, Peter Luke was too sick. The three of us started the 60th rush; fired the cannons and all that sort of caper.



THE WINSTON CHURCHILL, 51ft Bermudian cutter, owned by Mr Percy Coverdale, from Hobart, which is leading in the Sydney-Hobart yacht race. On the starboard side above the waterline the planking has been damaged by driftwood in heavy seas.

SYDNEY-HOBART YACHT RACE - CONSIDERABLE interest, not only in yachting circles but by the public generally, is being taken in the yacht race from Sydney to Hobart, which begins on Boxing Day. Ten entries have been received-eight from Sydney, and one each from Hobart and Melbourne. Tasmanians will follow closely the performance of Winston Churchill, P. Coverdale's fine 52ft. cruiser, which is one of the largest and fastest on the Derwent. Other boats, entered are **Saltair, Archina II., Kathleen, Wayfarer, Mistral II., Morna, Rani, Ambermerle**, all of Sydney, and **Warrana** from Victoria. With favourable weather the boats should reach Hobart in about a week. The Cruising Yacht Club of Sydney, which is conducting the race in conjunction with the RYCT, has arranged for a daily aerial reconnaissance to be made by the RAAF, which will report the boats' positions. The Royal Ocean Racing Club's yacht rating rule will be used to assess the results for the award of the trophies. The rule, which was drawn up as a result of many years of experience, equalises the chances of yachts of widely differing types and sizes. It makes allowance, among other factors, for high freeboard, heavy hull construction, deep hulls, bulwarks, and propellers. Boats of cruising type with short overhang receive a lower rating than similar size boats of racing form. **Rig allowances are granted to ketches, schooners, yawls, and a gaff sail receives an allowance on a Bermudan sail of the same area. Trophies will be awarded to the first four boats to finish under the RORC rating, and a special prize will be given to the first yacht to finish irrespective of rating.** SYDNEY-HOBART YACHT RACE. (**1945, December 21**). *The Mercury* (Hobart, Tas. : 1860 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article26154482

Archina had to retire. The *Winston Churchill* led all the way only to become becalmed off the coast of Tasmania. The *Rani* won, Captained by R.N. Captain Illingworth in what has become the longest race winner record!: The Winston Churchill, which had led all the way, is thought to be be-calmed off the east coast of Tasmania OCEAN YACHT RACE SYDNEY TO HOBART. (**1946, January 3**). Cairns Post (Qld. : 1909 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article42477854

Winston Churchill image from -Ocean Yacht Race:: Troops Return by Wanganella. (1946, January 1). The Argus (Melbourne, Vic. : 1848 - 1957), p. 7. Retrieved from http://nla.gov.au/nla.news-article22219974

When I came up here (Pittwater), I knew Darkie Griffin, a legend. He had a boatshed down where the quays are now. I was always hanging around there and he built my first boat and I finished it off. I say to people 'I did my apprenticeship with Darkie Griffin'.

My little trailer sailor, it was John Griffin, the son, who pioneered them and he talked me into getting one and I could never beat him. Hold on… I beat him once in a regatta. I was up in top class; this was on Pittwater and in the States and the Nationals, sailed in all those. I sailed with the Prince Alfred boats as crew, I had good navigational experience and worked well as a general boat hand.

John Griffin was a member of BYRA and he said 'why don't you come and join us?' and he talked me into it because they were starting these particular boats, Hartley Trailer-sailers and they were a very popular family boat. I got one of those when my boys were small, Eileen was my crew, and I'm now a Life Member there because I spent years, with Eileen helping me with the paperwork and what not, training the young kids on Pittwater. Eileen still has the records and you can count over a thousand kids we put through and some of those have become famous sailors. The bloke who drives up the back of Wild Oats 11, he came through my sailing, he's a wonderful young fellow. And the bloke that was up the front, got to Hobart first every time, he was the best sporran hand, he came from Scotland Island. There's many World Champions on the board down at the club (BYRA).

If they ever pull the board out I'll get over half of the National Champions on the board and a bit over a third of the World Champions. They started with me and they still come back. One young man, his father still lives just up the road, a world sailor in Moths he was, he's now an Olympic coach and Emmett Lazich, whenever he's around the world doing this and that we always get a Christmas card and it's "To the old coach" and he finishes "From the young coach.". Eileen treasures these.

In another three years I will have been a Life Member of BYRA for fifty years. We got back into the sailing when we moved here and have done so for fifty four years; if you go and look at the old Hill's hoist clothes line out the back you'll see we inscribed this in the cement when we first moved in. That would be historic!

And the Ocean Youth Club?

I got involved with the young people and a very good friend of mine involved with the Ocean Youth Club of Australia, we had a club here, suckered me in because I was on the training committee of Sailing NSW, and spent 25 years on there before I retired. With the Ocean Youth Club, which was a very successful club, we took all the leftover and lazy out on a beautiful 77 foot, 22.8 metres ocean going ketch, ***the Sir Thomas Sopwith***. They built them in the UK and they were building new ones and our president of the club here went over there and got one for nothing! We only had to pay for it to be shipped out. Ned Lloyd shipped it out for nothing as deck cargo. I was co-opted then into the crew and Don Gillies, a very well known man in sailing, was the skipper and I was the bosun. I then served in every rank up to Ocean Master under him.

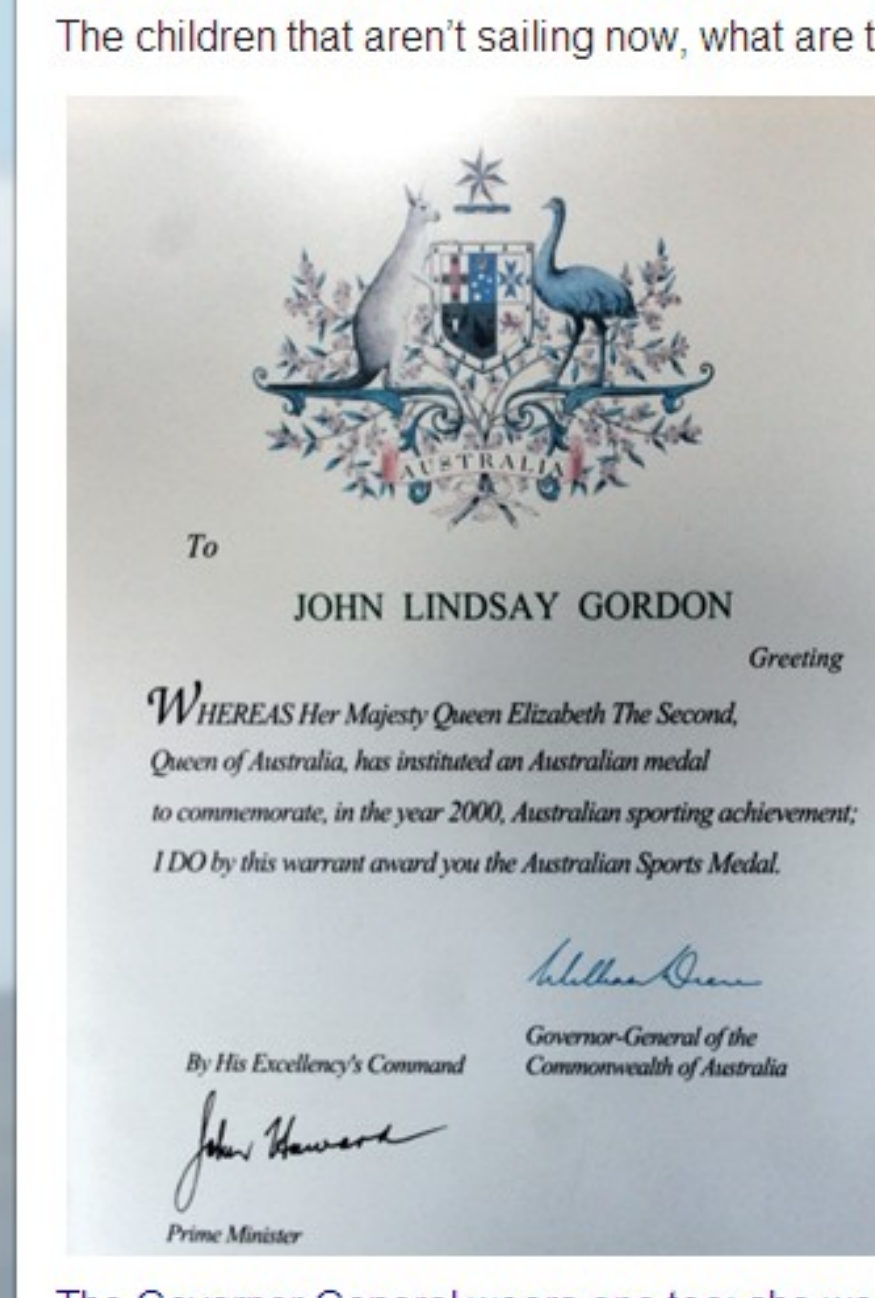
We had a crew of four and would take 14 with us; two watches of seven each. We had this boat for 15 years. I spent a lot of weekends taking them on trips up and down the coast. We couldn't get any sponsors despite all our hard work, so she was put on the market and attracted a sponsor, a man named Berkley, a millionaire, a very nice man, and the other man who decide he would sponsor us was old Theo Taylor. His company waterproofed the Harbour tunnel.

The Ocean Youth Club have gone the full circle because the Sir Thomas Sopwith has been rebuilt. The boat was a wreck; Don Gillies and I brought it up and put it on a mooring and a fellow bought it, she doesn't race, and it's owned now by David Edwards and his wife, wonderful people.

You've certainly met a lot of interesting people.

I have and this has moulded me into who I am **J L Gordon**, and I give no quarter now, at my age, being in my eighties; if they don't want to listen to me; no problem, I'm happy.

The children that aren't sailing now, what are they missing out on?



AUSTRALIA

To

JOHN LINDSAY GORDON

Greeting

WHEREAS Her Majesty Queen Elizabeth The Second, Queen of Australia, has instituted an Australian medal to commemorate, in the year 2000, Australian sporting achievement; I DO by this warrant award you the Australian Sports Medal.

William Deane
Governor-General of the Commonwealth of Australia

By His Excellency's Command

John Howard
Prime Minister

They're missing out on a skill very associated with decision making; do I tack or don't I tack, independent thinking and making decisions. That's how I got into Sailability.

I'm dropping a name, and she's written two books, in each of these there's a 'John' mentioned who is me, and the author of these works is Kay Cottee. She rang me up one day and asked me "what do you know about Sailability?" and, "we haven't got a Sailability club in Pittwater" and there was only a couple at that stage, we were the third one, and she said "I reckon we should have one".

Kay had just been around the world at this stage, so I said "do you want me to give you references for patrons?' and she said "no, I want you to get off your bum and start one!" and "if you say no, when my books are reissued, I'll rip your name out."

So what do you do… she's a beautiful lady. I ran with John Anderson, an Olympic gold medallist, at the Institute of Sport at Narrabeen, 15 programs, for the **Kay Cottee Sailing Encouragement Program**. So I have 14 shirts from each year for this, the other ended up in the rag bag. I'm still an honouree member of Sailability at Gosford and go up there occasionally. I'm still president at Penrith Lakes Sailability. One of my jobs when on the NSW Sailing Committee was to accredit clubs as they came online and I did this for about 12 clubs. I still go up once a month to Rushcutters Bay for the 'come and try' and the Monday is the club day. The head instructor at Rushcutters Bay is John Smith, whom I trained originally.

In the year 2000, when they had the Olympics here, old Howard commissioned the Governor General to petition Queen Elizabeth for an Australian Olympic medal for 'services to yachting' and I received that. There were only two thousand issued and sailing only got fifty. They had to do something for all those people in the background. I was nominated. The Governor General wears one too; she was a fast bowler, in cricket. I can put ASM after my name should I want to or if I'm doing anything in yachting. My little yacht I have now floats down there on Pittwater, it's still fully set up for snoozing and cruising.

What made you decide to move to Mona Vale?

We had a couple of friends up here and came up to visit them and they weren't home. So we had a look around and Eileen said "this is a lovely area". When we bought the place I got the windows lowered so I can sit here and I've just been watching the Wednesday afternoon twilight sailing race. My son is a member of Prince Alfred; he's got a flash yacht, bigger and better then mine. Eileen was the Chief Chemist at the Research Institute at North Sydney, and I was working at North Sydney Tech., so this was our beach shack originally. At any rate, we came out here, saw the view, which we've lost now, but over that way you still have some facing Pittwater. That pine tree there is older then this house; has been on this block since before we built this house.

What is your favourite place in Pittwater and why?

Pittwater itself; Broken Bay's closed waters. My little boat was fitted up for single hand sailing after I had my stroke. She sat on her mooring for two years. I got over my stroke because I thought 'this is the end of my life and I want to be able to get out on my boat'. The sailing on Pittwater is why I love it; look at it, it's just a beautiful place. We're lucky to have the National Park there. It's such a beautiful relaxing place.

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

When you get to my age and you look back, God has granted me 86 years, and I hang on for every day I can get so; If things are getting bad, stand up, brush all the muck off you, climb out of the hole, and take it day by day and keep a smile on you face. I say that to young people; **keep a smile on your face and take it day by day.**

John and Eileen Gordon. Photo and In Text Portrait of John by Michael Mannington, 2013.

John's view of the Wednesday afternoon races on Pittwater. Photo by A J Guesdon, 2013.

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July 14 - 20, 2013: Issue 119

Barrenjoey Lighthouse – The Construction

As early as 1855 a basket was reported to be raised to shine a light for all those who travelled around the sometimes treacherous headland of Barrenjoey. This device came from a wooden hut erected as early as 1843 on the headland when the Broken Bay Customs Station was opened. From here ships were monitored as they entered or left the 'port' of Pittwater.

Through the constant lobbying of Robert Stewart the member for East Sydney who had lost his father, William Stewart a master mariner, to the sea in 1820, two wooden structures were erected on the headland. Named the Stewart Towers after this gentleman they were approximately 4 metres and 6 metres in height, made of wood, and painted white.

NOTICE TO MARINERS - From Francis Hixon Superintendent of Pilots, Lights, and Harbours. Sydney, 9th July, 1868:

Stewart's Lights, Broken Bay

On and after Monday, the 20th July, two temporary fixed lights will be exhibited on Barrenjuey, the inner south headland of Broken Bay. The lights will be situated E.S.E and W.N.W from each other, at a distance of 180 feet apart, the higher one being 347, and the lower one 315, feet above high-water mark, and they will be visible at a distance to seaward of about 8 miles.

Image: Francis Hixson with his wife Sarah and three of their four surviving sons (all in the NSW Naval Brigade) and daughters Ann, Mabel and Florence. State Library of NSW

THE NEW LIGHTS ON BARRENJOEY,-**On Tuesday last Captain Hixson, the Superintendent of Pilots, went down to Broken Bay in the Steamer Thetis to Inspect the new lights,** and **which were lit up for she first time on last Monday night.** He found that both lights were exhibited in terms of the notification in the Government Gazette, and he learnt from the captains of some captains that had taken shelter in the Bay that both lights burnt brightly all night, notwithstanding the wet, stormy weather, and were visible at a considerable distance at sea. Captain Hixson satisfied himself lf, by actual observation in the offing, of the suitability of the position of the lights prior to his return to Sydney. SHIPS' MAILS. (**1868, July 23**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article13169831

DEATH OF Mr. ROBERT STEWART. General regret will be awakened by the announcement of the decease of Mr. Robert Stewart, of Sydney, formerly one of the representatives of East Sydney in the Legislative Assembly. Mr. Robert Stewart was a native of the colony, and was one of the most true hearted and consistent of our Australian-born patriots. Having been deprived, in early life, of the support and guidance of his father who was lost at sea while on an exploring trip, he struggled hard and successfully with the difficulties of his position. By sterling integrity and perseverance he won for himself a high place in the esteem of his fellow citizens; and taking an interest in the public affairs of the city and of the colony, he gradually became well known and trusted as a politician. For years he was content to work for the advancement of other public men. But the respect and confidence which the electors of Sydney entertained for him prompted them to invite him to a more distinguished position than he had sought for himself. He was returned for East Sydney, and represented that electorate for several years. As a member of Parliament, he took no prominent action in the conflicts of party; but devoted his chief attention to practical matters concerning the welfare of different classes of the people, and especially to the efficiency of the light-house system along the coast and whatever affected the safety and the social rights of our seamen. Mr. Stewart died on the 9th June, after a few days illness. DEATH OF MR. ROBERT STEWART. (**1875, June 22**).*Clarence and Richmond Examiner and New England Advertiser* (Grafton, NSW : 1859 - 1889), p. 6. Retrieved from http://nla.gov.au/nla.news-article61901957

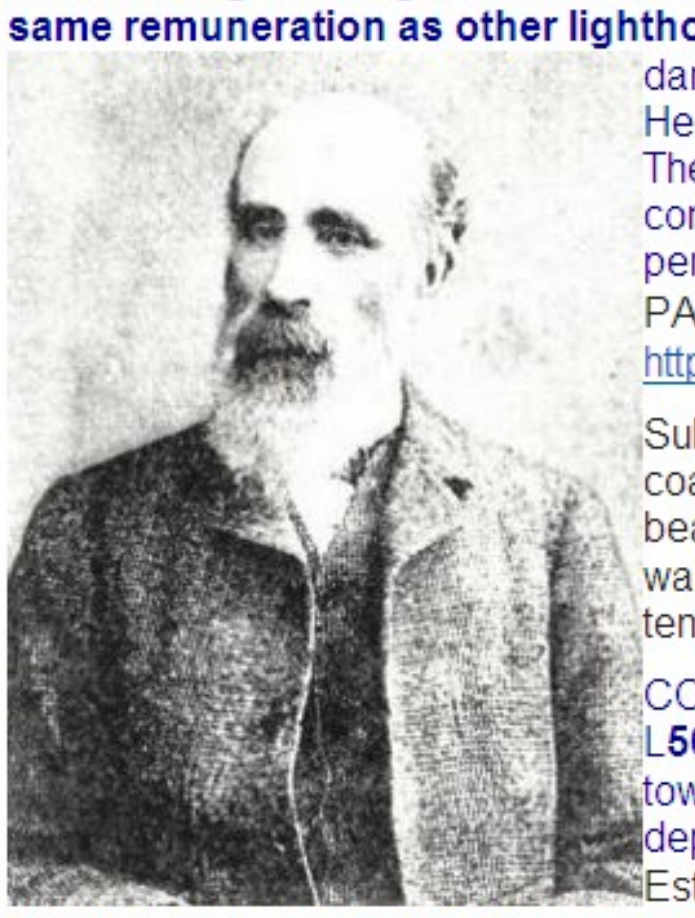
The Stewart family lived on promised land grant of 200 acres at Broken Bay on the Hawkesbury River and left in 1831 before it had been surveyed. Robert went to Sydney c.1830 and was apprenticed as a cabinet maker and owner of a cedar yard. He eventually established a family claim to a grant at Broken Bay in 1860s.

In the years preceding this:

Among the items in the Colonial Architect's Department are the following - £3000 for additions and improvements to the Lunatic Asylum at Parramatta, £1700 for the residence of surgeon, Darlinghurst Gaol, £500 for the erection of a lighthouse at Barrenjoey, £2000 for the erection of a residence for the director of the Botanic Gardens, £1200 for repairs and alterations to the Sydney Mint, £1700 for enclosing sites of surgeon's residence, watch-house, and lunatic receiving house, Darlinghurst, and £1000 for providing additional cabinets and fittings for the Australian Museum. COUNTRY WORKS. (**1867, September 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article13158058

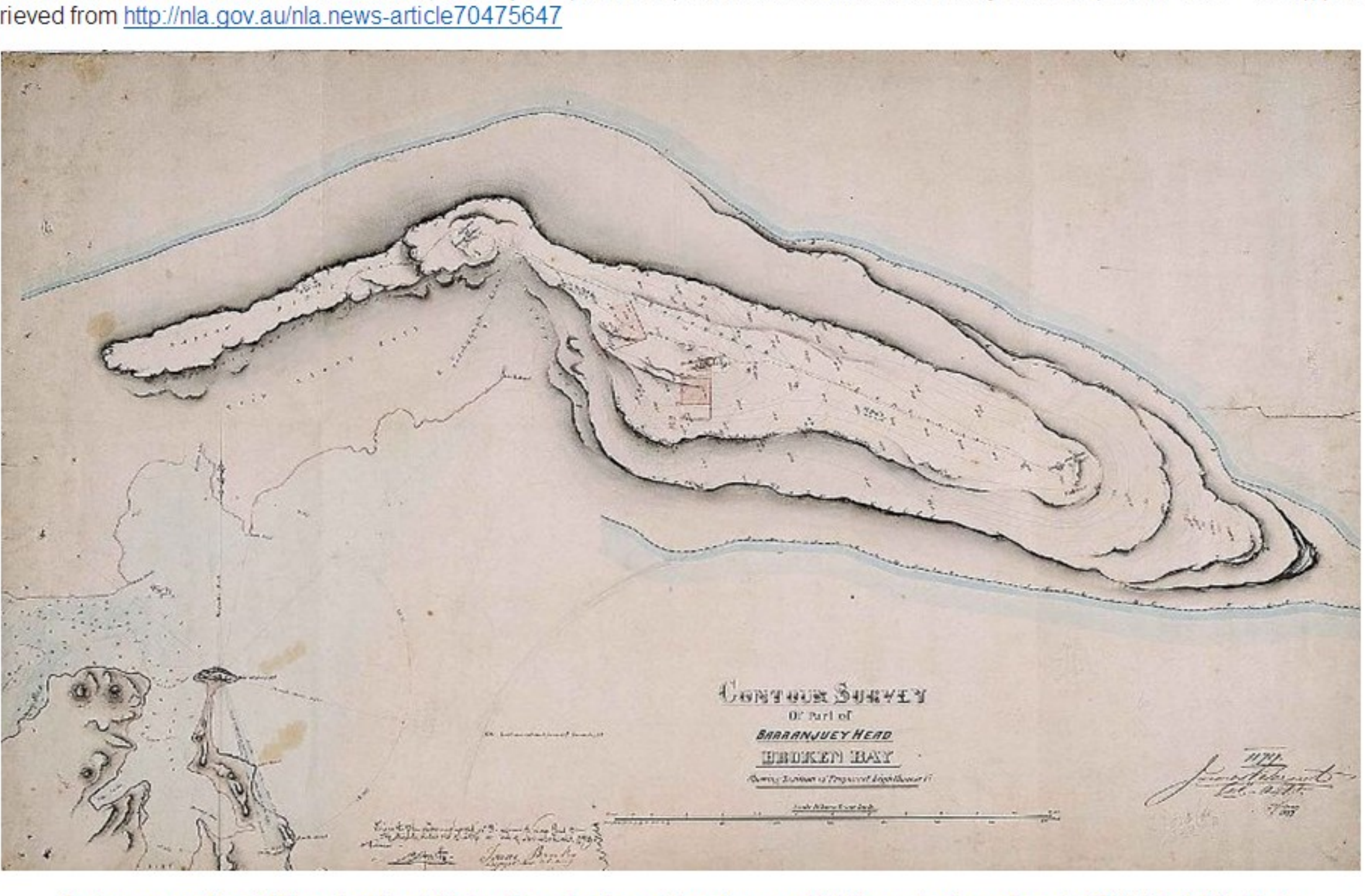
The new lights were not without their challenges for George Mulhall, a fit man who was then a champion rower and boatman on Sydney Harbour:

BARRENJOEY LIGHTS. Mr. WINDEYER called the attention of the Government, and especially of the Treasurer, to the lights at Barrenjoey. **There were two lights, which were a quarter of a mile apart, and the keeper's house was but at a considerable distance from them.** There was a necessity for another person to aid him. It was **a rule in the United Kingdom that there should be three men for every island or rock lighthouse.** In this case there are two lights at a considerable distance, and there is enormous labour involved in keeping up these two lights. The keeper often has to remain exposed to wind and rain all night. (Mr. HILL, : Hear, hear.) **He has to light the lights from the outside, which is almost impossible when the weather is rough. And instead of receiving the same remuneration as other lighthousee keepers, namely, £180 a year, he only receives only £150 a year.** There was even more danger than before the lights were put up for captains would, of course, expect to see the lights there. He moved the adjournment of the house. Mr. SAMUEL said he would inquire further into the subject. The Superintendent of Lighthouses had recommended that this man's salary should be raised but he considered that ho ought to perform all the duties. The Government contemplated the erection of a permanent lighthouse there. But **some delay had arisen from a dispute about the title of the land**. PARLIAMENT. (**1870, March 9**). *Empire* (Sydney, NSW : 1850 - 1875), p. 3. Retrieved from http://nla.gov.au/nla.news-article60891977



Subsequent shipping disasters and the increasing frequency of trade via vessels up and down the coast increased the need for a stronger light that were not subject to prevailing storms, the times such beacons are most needed. Then Colonial Architect **James Barnet** (picture at left, circa 1888)was waiting to go to work although more years lapsed between his estimates for the work and a call for tenders being advertised;

COLONIAL ARCHITECT.-A sum not exceedingL52.000, under the head " Colonial Architect, '-being L**5000 for light-house, Barrenjoey, Broken Bay** ; L4000for light-house, Solitary Island ; L20,000 towards the erection of public offices ; L20,000 towards the erection of public offices (Lands department) ; and L3000towards the erection of Custom-house, Newcastle, further sum. Loan Estimate, 1874. **(1874, June 27**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 26. Retrieved from http://nla.gov.au/nla.news-article70475647



Contour survey of part of Barrenjoey Head, Broken Bay - showing position of proposed lighthouse, by James Barnet - NSW Colonial Architect, 1877. Source http://recordsearch.naa.gov.au/scripts/Imagine.asp?B=4957003

TENDERS FOR PUBLIC WORKS AND SUPPLIES.-TENDERS are invited for the following Public Works and Supplies. For full particulars see Government Gazette, a file of which is kept at every Post-office in the colony. Tenderers may be in attendance when the tenders are opened, and the name of the successful tenderer will be announced, if possible, before the duties of the Board have terminated. No tender will be taken Into consideration unless the terms of the notice are strictly complied with. The Government does not bind itself to accept the lowest or any tender. **Erection of Lighthouse, Barrenjoey** GOVERNMENT RAILWAYS. (**1878, December 18**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article13426464

Until dawned the day of:

LAYING THE FOUNDATION-STONE of a NEW LIGHTHOUSE at BARRENJOEY. (BY OUR OWN REFORTEB.)

The ceremony of laying the cornerstone of the new |lighthouse at Barrenjoey was performed on Thursday, by Miss Rosa Barnet, daughter of the Colonial Architect, and everything connected therewith passed off in a highly satisfactory manner. The contractor issued invitations to several ladies and gentlemen to be present, and among those who responded thereto were Messrs. J. S. Farnell, E. Greville, and J. Hurley, M.L.A., Captain Hixson, and Messrs. Thompson, Whiting, Jeannerett, Wilson, Walker, Barnet and Spencer. Mrs. and Miss Barnet and several other ladies were also present. The party loft the Circular Quay at a quarter past 7 o'clock, in the steamer Emu, for Manly Beach, whence they were to go overland in vehicles. The morning was somewhat cloudy, and the harbour overspread with a fog. Before the steamer reached Manly, however, the fog had entirely disappeared, and the sun made an effort to beam forth through the somewhat sombre sky. Arrived at Manly, three coaches were found in waiting, which were quickly filled, and a start was then made for host Cohen's hotel, on reaching which it was announced that breakfast was awaiting us. The early hour at which most of the party had been compelled to shake off dull sleep, in order to be in time for the boat and the trip down the harbour, had renderedit quite unnecessary that the announcement should be repeated. Accordingly, we immediately wended our way upstairs to the dining-room, where a really excellent breakfast had been provided. Good humour reigned supreme. After breakfast we again took our seats in the vehicles-the ladies in one and the sterner portion of humanity in two others, and made a start on our journey proper, the vehicle containing the ladies going on first. The road for some distance, after leaving Sydney's favourite marine suburb, was dull and uninteresting ; but as we went on the features of the landscape changed, and the level tracts covered with stunted timber and brushwood gave place to undulating country, with trees of large dimensions, though evidently not of much commercial value. One conspicuous features was the number and great variety of ferns, which, after the shower of rain, looked beautiful. I almost forgot to say that just after leaving Manly rain began to fall, but it was not heavy and only lasted a short time, so that mackintoshes and umbrellas were speedily dispensed with. The sun then came out in full force, and the remainder of the day, with the exception of one very slight shower, was beautifully fine. Until Narrabeen Lagoon was reached, the journey was not productive of anything worthy of record beyond the fact that every one seemed to be m the best of spirits. The passage of the lagoon was, however, rather exciting to most of the party, from the fact that hints had been thrown out beforehand that the horses might jib, and leave us in the middle of the water before it was accomplished ; that the water was deep, and the swerving of the horses to either side might be the means of increasing the applications for space at Haslem's Creek. Notwithstanding our "critical position" the utmost coolness was observed; whilst we were crossing the ladies were assured by one gentleman in our vehicle of their perfect safety by the fact of so many " life-boys " bring close to them. A merry peal of laughter was the only reply. Frequent inquiries were made of the ladies as to whether "their feet were wet yet," as the bottom of the body of their vehicle seemed to be immersed; and it was evident that if such a calamity had happened several of our party were prepared to go to any extreme to avert its repetition. However they were not called upon to exercise their undoubted courage, or manifest other than in the way mentioned, their chivalric devotion. We got through the lagoon in safety.

The remainder of the road-or rather track was in fair order, and we made respectable progress. As we neared the end of our journey we gradually ascended a hill, on reaching the top of which a magnificent panoramic view burst upon us. At our feet lay the waters of Broken Bay, or rather that portion of it termed Pitt Water. For miles it stretched towards the entrance to the mouth of the Hawkesbury ; while, on either side, bold headlands, crowned to their summits with timber, and looking like great sentinels, rose from the water's edge. Expressions of wonder at the beauty of the scene were heard on all sides, and the fact that this lovely place is so little known to denizens of the metropolis was freely commented on.

But our steamer, **the good ship Florrie**, owned by Mr. Jeannerett, was in waiting, lying alongside a jetty at the head of the bay, so we immediately embarked for our destination, Barrenjoey, a distance of about eight miles. On the opposite side of the bay is New Port, the property of Messrs. Mills and Pile and Mr. Jeannerett, who are erecting an hotel, for the accommodation of visitors to the bay. It will have a fine situation ; and when the place becomes more widely known, as it deserves to be, the hotel will doubtless be largely availed of. The trip down the bay was greatly enjoyed ; and every point of interest critically scanned. Shortly before 1 o'clock, or about on hour after leaving the wharf, we steamed opposite the jetty, at the Customs-house landing, a short distance away-the depth of water not permitting us to go alongside, and soon Mr. Black, with his whaleboat, came along-side. The whole of the party were then transferred to her, and safely taken on shore, while the provisions, ice., were conveyed in another boat. After a short stay at Mr. Black's house, we prepared to make the assent of the frowning rock upon which the lighthouse is to be erected. As it is over 300 feet high with sides almost perpendicular, the task was looked forward to with a degree of interest which all under-takings of a similar nature excite in the persons principally concerned. Fortunately for the ladies, Mr. Banks, the contractor, had a " tram-car," or rather trolly, in waiting, upon which they were to be taken to the top. It may be said here that this tramway, the rails of which are of hardwood, is a remarkable evidence of the ingenuity Mr. Banks has exhibited in overcoming the many difficulties in -separable from an undertaking of such magnitude as that of the erection of the Barrenjoey lighthouse. For sometime otter the erection of the lighthouse was decided upon it was contended that it would not be possible to have a road constructed by which the necessary materials could be conveyed from the base of the rock: to the site of the lighthouse, and that they would have to be hauled up os-or the face of the rock ; but Mr. Banks has completely upset this contention. The tramway is 1000 yards long, and is used for the conveyance of everything, except the stone, which is obtained on the top of the rock itself. It has been found invaluable for the purposes for which it was designed and constructed. It is drawn by two horses, which, it may be imagined, when it is stated that some of the gradients are 1 ni 12, have their work to do. The car or trolly is fitted with a brake, which is so powerful that the car can be stopped almost in its own length when going down the steepest incline.

However, this is a digression. The ladies were taken up safely, though not without some misgivings on their part " that the thing would go back." It is questionable if there is along the whole-coast-line a finer view than that which is presented to the eye of the beholder from the top of this Barrenjoey. Away to the north is the north head of Broken Bay ; taking this as the beginning of a semi-circle, round towards the left Brisbane-water, the mouth of the Hawkesbury, and Pitt Water are seen in succession, with Mount Elliott (in the form of a lion couchant) guarding the entrance to the second named.

Shortly after the whole of the party reached the top due preparations were made for the ceremony. The crane and other places were decorated with bunting, while the flagstaff was "staggering" almost with flags, amongst them being the figures denoting the motto " Advance Australia," so that ships in the offing-of which there were several would be enabled to read it. After all the preparations had been completed, and the bottle containing the papers, coins, &c, had been placed in the receptacle prepared for it.

Mr. Greville said : Miss Barnet,-I have the pleasure of presenting to you, on behalf of the contractor, this mallet and silver trowel, for the purpose of laying the foundation-stone of the Barrenjoey lighthouse. They are implements small and delicate enough for such fragile hands, but yet in those hands they will be instruments for initiating a noble work. With a few light touches of this pretty piece of metal, and a few taps of too mallet, you will lay the first stone of a tower which will be the guide and safeguard of many future voyagers. Above the spot on which you stand I here will arise a noble beacon-the silent sentinel of the storm-tost mariner, the shining monitor, warning those who brave the perils of the deep to shun the more obdurate dangers of these callous rocks. A writer of great colonial reputation, and one whose untimely death will be received with the deepest regret by everyone who has had the pleasure of his acquaintance, "Peter Possum," once repeated a rendering of the old word "*spea.*" "*Spes*" is usually translated by the English word "hope" but what a beautiful illustration of that translation flashes upon the mind when we discover that the literal interpretation of the Latin " spes " is a light in the distance, towards which we look and long. The light upon the tower which is soon to arise upon these rocks might fitly be called " Spes." It will be a light looked for and longed for on many a darksome night. It will be the star of hope to many a weather-beaten crew, and the saviour of many a storm-pressed ship. (Hear, hear.) It is for you, Miss Barnet, to place the first stone of that tower-a task easy in itself, but noble in its associations, and fitted well for a fair hand and a benevolent heart. (Applause.)

The mallet and trowel were then, handed to Miss Barnet, who, after the orthodox preliminaries, had been gone through, declared the stone to be well and truly laid.. On the call of Mr. Barnet, three hearty cheers were given for her Majesty the Queen, and three for his Excellency the Governor; and, on the call of Mr. Hurley, three cheers were given for Miss Barnet. The silver trowel and mallet were from the atelier of Messrs. Hardy, Brothers, and are very handsome articles. On the face of the trowel is the inscription, *' Presented to Miss Rosa Barnet upon the occasion of her laying the foundation-stone of the lighthouse at Barrenjoey, New South Wales, 15th April, 1880." The trowel is of solid silver, neatly chased, and the handle of ivory, the mallet being of tulip wood. Mr. Barnet thanked the company for the honour which they had done his daughter, which was certainly quite unexpected. He had intended to come down and see the stone laid, but did not expect any ceremony. He had, therefore, all the greater reason to thank them. (Applause.) After the ceremony had terminated, the party returned to the bottom of the rock, the ladies going as they came-on the tramway, and adjourned to Mr. Blade's house where luncheon was served up, and a most enjoyable affair it proved to be.

The necessity for a lighthouse at Barrenjoey was brought under the notice of the Government as far back as 1868, when the present site was selected as the best adapted for the purpose, **but the land being private Property, with the probability of considerable delay before the Government would be enabled to take possession of it in order to meet immediate requirements**, Captain Hixson, H.N., superintendent of harbours, lighthouses, and pilots, recommended the erection of two temporary wooden buildings, in which lights might be exhibited. This recommendation was approved of by the then Colonial Treasurer, the Hon. Geoffrey Bagar, the work being carried out by Messrs. Hudson, Brothers, of Sydney, at a cost of about £300, including- £35 for the two lanterns, &o'., made and supplied by Messrs. F. B. Robinson and Son, of George-street, Sydney, and completed in August, 1868. In the year 1873, at a conference of the principal officers of the Marine Departments of the Australian colonies, held in Sydney, at which Captain Hixson was unanimously elected chairman, the members of the Conference being:-New South Wales. Captain Hixson, President of the Marine Board; Queensland, Captain Heath, B.N., Chairman of the Marine Board, and Port Master; South Australia: Captain Ferguson, President of the Marine Board; Tasmania, Mr. C M. Maxwell (Warden of the Hobart Town Marine Board) ; Victoria, Captain Payne, R. N.(Chief Harbour-master and Chairman of Steam Navigation and Pilot Board); Western Australia, Captain Ferguson (President of State Marine Board of South Australia),-it was resolved to recommend the erection of a lighthouse at Barrenjoey, with light of the second order fixed red light, and in the year 1874 plans for a permanent light and quarters were prepared, and the sum of £6000 was also in that year voted towards the erection of the buildings. The matter, however, was postponed from time to time, and tenders were not invited until October, 1878, but those received being considered too high, they were declined. **Ultimately, in October, 1879, the tender of Mr. Isaac Banks, amounting to £18,696, was accepted**, and preparations were at once made for commencing the work. This tender, however, did not provide for the lantern and dioptric lenses which were obtained from Messrs. Chance, Brothers, of England, at a cost of £2210. **The light about to be placed upon this prominent headland is of the second order of fixed dioptric red lights, with capacious well-ventilated lantern, having all modern improvements, placed in a substantial iron light-room, the whole standing upon a strong tower, 38 feet high, built with the stone of the locality. The height of the light will be 371 feet over high-water mark, and it will be visible at about eighteen miles distance. The tower will be fitted with an iron spiral stair, communicating with the upper floor. Adjoining the tower will be an oil room, with passage and exterior stairway communicating with the principal quarters. The underkeeper's quarters will be placed slightly lower on the hill to the south-west. The tower and buildings will be replete with every convenience for; the efficient working of the light. The new light will supplant the present "Stewart" lights, which have been in use for the last thirteen years.** This work has been designed by the Colonial Architect of Now South Wales-Mr. James Barnet-and is being carried out under the superintendence of Mr. E. S. V. Spencer, clerk of works, and Mr. John Kelly, foreman of works; the contractor, as before stated, being Mr. Isaac Banks.

James Barnet's plan for the Barrenjuey Lighthouse and attached head Lighthouse Keeper's Cottage.Source: AMSA

The bottle which was placed under the stone contained a paper with the names of the Government and of the vice-regal staff; list of members of both Houses of Parliament; report of proceedings of the Marine Board Conference on lighthouses; report of the laying of the foundation-stone of Macquarie Lighthouse ; Moore's Almonas ; a copy each of the Sydney Morning Herald, Sydney Mail, Echo, Evening News, Town and Country journal, Sydney Punch, Daily Telegraph, and the Illustrated Sydney News ; report of the Shipwreck Relief Society, and a medallion of Queen Victoria, besides several current coins of the realm. It maybe added the site selected by the Marine Board has been so closely adhered to that the "broad-arrow " out in the solid rock, by which it was marked, appears directly in the centre of the foundations.

The arrangements for carrying on the works seem to meet all the requirements. Houses for the accommodation of the workmen have been erected on the seaward side of the isthmus which joins Barrenjoey to the mainland, and the men seem comfortable and contented.

Above: Wharf, Barrenjoey, Hawkesbury River, 1900-1910. Pic No: a116421, Courtesy of The State Library of NSW

At half-past 4 the steamer arrived, and after good-byes had been exchanged, the party were soon taken on board by the whaleboat, and a start made for home. An hour's steaming brought us alongside the wharf which we had left in the morning, where the vehicles were found drawn up in readiness. After a little time they were filled, and the land journey was proceeded with. Nothing of moment occurred on the way ; the dreaded Narrabeen was crossed in safety, and the party put down in safety at Host Cohen's Hotel, Manly, where a cup of tea was hastily partaken of and a move once more made to the wharf. Alter a pleasant trip of a little less than an hour, we were landed at the Circular Quay, having spent a day's unalloyed enjoyment. Everything connected with the trip, from first to last, had been most carefully attended to, and the result was a genuine success. LAYING the FOUNDATION-STONE of a NEW, LIGHTHOUSE at BARRENJOEY. (**1880, April 17**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article13458288

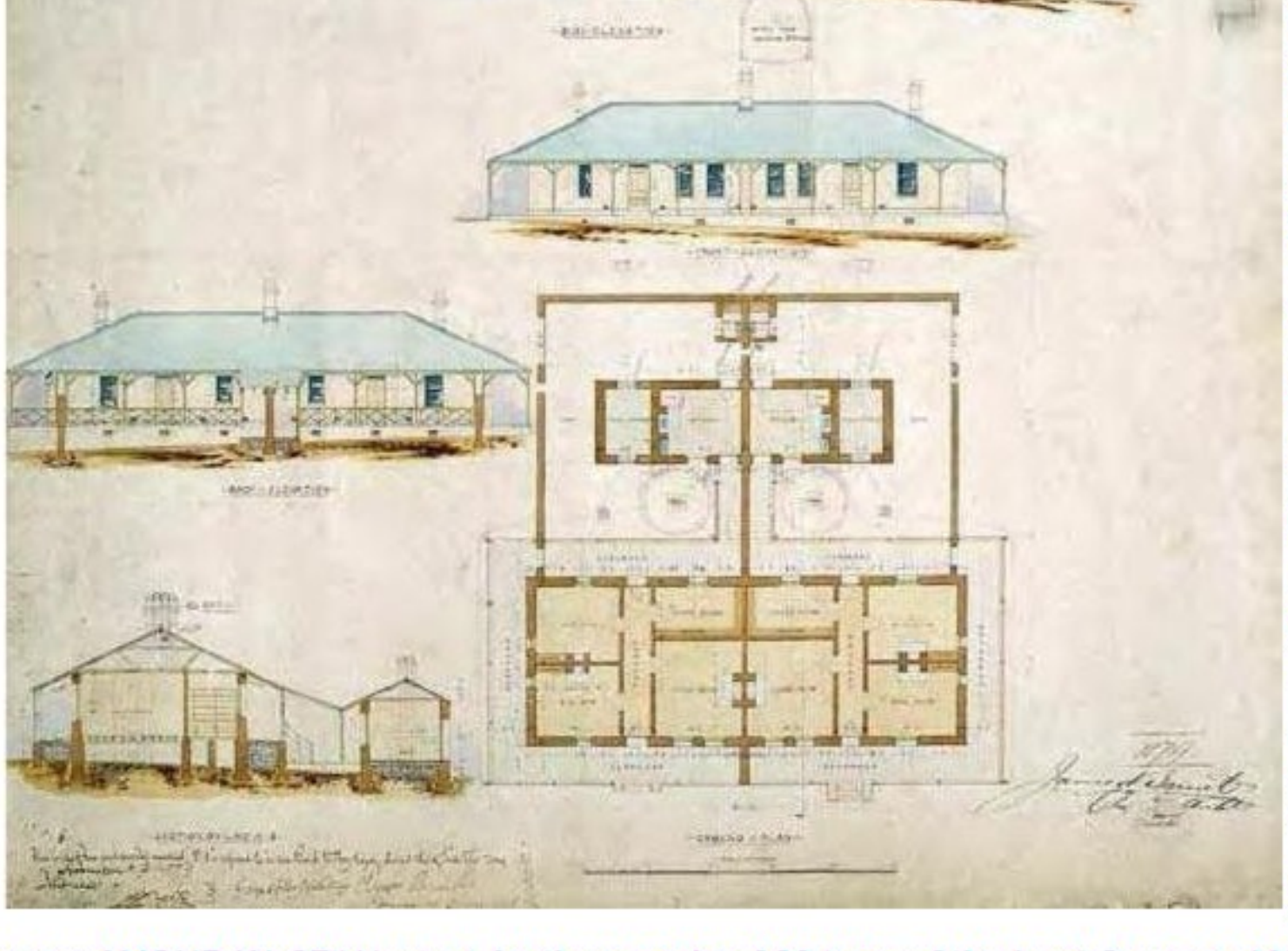
Two men lost their lives in the building of the Barrenjoey Lighthouse and lighthouse keepers cottages. One was **William Stark** who died in an onsite accident when the jib of a crane fell on him. The second, **George Cobb,** drowned in a boating accident. Both were buried at the original St John's The Baptist Church on the hillside overlooking Bongin Bongin Beach (now Mona Vale Beach), within the 280-hectare Bassett-Darley Pittwater Estate. Their headstones were made by their fellow workers.

Particulars of the fatal boat- accident previously reported from Barrenjoey are given. It appears that Mrs. Phillips, her son John Phillips, Joseph Modini, a fisherman, and **George Cobb, a foreman in the employ of Mr. Banks, lighthouse contractor here**, were returning home in a small boat, when from some unexplained cause the boat filled. Modini and John Phillips succeeded in gaining the shore about aquarter of a mile off, but **Mrs. Phillips and George Cobb were drowned**. **Mr. Black, of H. M. Customs, immediately upon receiving information, started with a party to attempt to recover the bodies.** SYDNEY. (**1881, April 20**). *Goulburn Herald* (NSW : 1881 - 1908), p. 3. Retrieved from http://nla.gov.au/nla.news-article117443807

Mr. John Kelly was Foreman of Works thereafter, and guided by Mr. E. S. W. Spencer, the then Clerk of Works. The stone used for the lighthouse, lighthouse keepers and assistant lighthouse keepers cottages was quarried from the headland itself, just below the site of the current assistant lighthouse-keeper cottages. The other materials required were brought by ship to the Customs Station Wharf and carried via the trolley devised by Mr Banks to the constructions site. The original estimate did not include the lights needed and by completion twenty thousand pounds had been spent. Build time was fourteen months, completion on July 20th, 1881.

Of lighthouses the Colonial Architect has the completion of four under his direction. The principal one is that known as the Macquarie lighthouse, near South Head. Several months ago this reached its full height so far as the tower is concerned, but its completion has been delayed pending the arrival of the lantern from England, which has taken more time to prepare than was anticipated. This will be fitted with an electric light, which Mr. Douglas, of the Trinity Board, has written to state will be superior to any in the world. In order to make it as perfect as possible, Professor Tyndall, whose authority on light is unquestioned, was consulted. Mr. J. Elphinston is the contractor for the erection of the lighthouse, and the work is estimated to cost £11,300.

Barrenjoey lighthouse will be ready for use early in August, the building being nearly completed. A second-class red dioptric light, produced from oil, will be introduced. Mr. Banks is the contractor, and the work of erection is estimated to cost £18, 695.



1879 Barnet Plan of the Assistant Keepers' cottages for Barrenjoey Lighthouse showing the underground water tanks inside the enclosed yards (Source: NAA 4957002 Series A9568)

At Montague Island the quarters of the lighthouse keeper are being roofed in. The tower of the lighthouse, which is situated on a huge granite boulder, and is to be built of granite, is about ten feet out of the ground. When completed a lantern containing a first-class revolving dioptric light will be added to it.Mr. Jennings is the contractor, and the work is estimated to cost £16,950. The fourth lighthouse is situated at Green Cape, towards the southern boundary of the colony. Mr. Aspinall, the contractor, has just commenced operations, his first work being the formation of a tramway, about four miles long, from the beach to the site of the building, for the easy conveyance of materials. The lighthouse will be constructed of concrete ; the men's quarters of rubble. A first-class revolvingdioptric light will be introduced. The work is estimated to cost £12,936. Public Works in Progress. (**1881, May 5**). *The Maitland Mercury & Hunter River General Advertiser* (NSW : 1843 - 1893), p. 6. Retrieved from http://nla.gov.au/nla.news-article817064

The light shone for the first time on the 1st of August 1881. Subsequent notices indicate some of what was needed, accidents and maintenance and repairs in the first decades of the beacon:

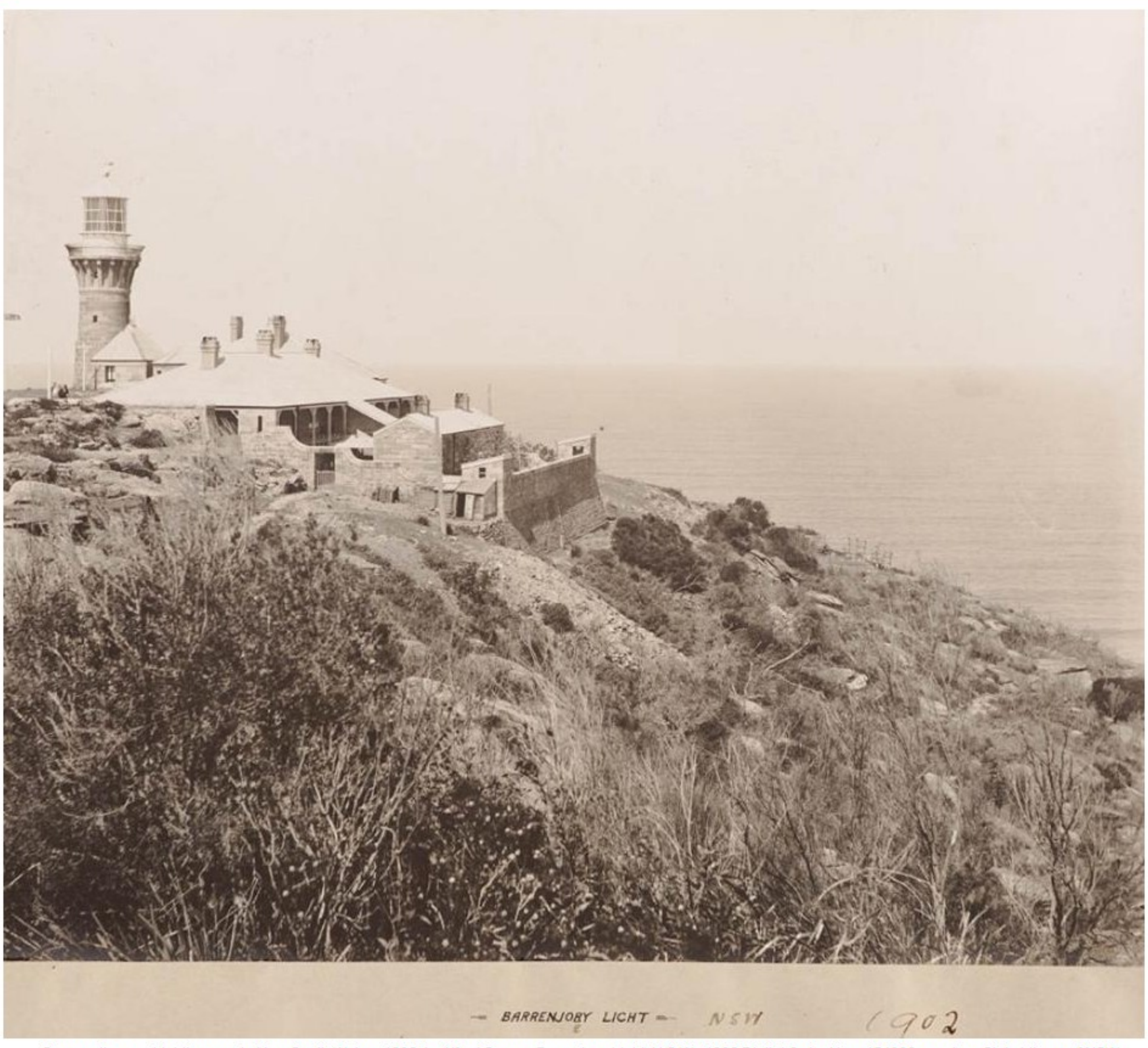
Office of the Marine Board, Sydney, 20th May, 1889. TENDERS will be received at this Office up to noon of MONDAY, 27th' instant, for **the supply of 20 tons of the best Screened Newcastle Coal for Barrenjoey Lighthouse.** Coal to be landed on clear level space near south side of Wharf, at Pittwater. Particulars may be ascertained at this office. By order. GEO. S. LINDEMAN, Secretary. Advertising. (**1889, May 25**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article13723897

BARRENJOEY LIGHTHOUSE. AN EXPLOSION. Captain Edie, Superintendent Department Navigation, has received a communication **from the Barrenjoey lighthouse-keeper, advising that a terrific explosion took place last night at 8.15 during the storm. The floor under the verandah tower was soon in flames, but the keeper extinguished the fire before it reached the kerosene oil which is kept on the premises. All the telegraph wires were destroyed, also a long length of telephone -wire; while the keeper himself narrowly escaped accident.** BARREN JOEY LIGHTHOUSE. AN EXPLOSION. (**1901, January 2**). *Evening News* (Sydney, NSW : 1869 - 1931), p. 7. Retrieved from http://nla.gov.au/nla.news-article114019571

NEW WORKS. BY PUBLIC WORKS DEPARTMENT. **repairs to lighthouse, Barrenjoey,** NEW WORKS. (**1908, April 14**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article14912310

TENDERS ACCEPTED. **Repairs to Lighthouse, Barrenjoey, John Devitt, The Oaks, £110 12s.** New Public Works. (**1908, May 4**). *Evening News* (Sydney, NSW : 1869 - 1931), p. 4. Retrieved from http://nla.gov.au/nla.news-article112960775

GOVERNMENT CONTRACTS. TENDERS ACCEPTED. **purchase and removal of 6 tons of old galvanised corrugated iron lying at Barrenjoey Lighthouse**, 7 tenders-Watson and Co, £21, highest, GOVERNMENT CONTRACTS. (**1909, August 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article15093612



Searcy albums : Lighthouses in New South Wales, 1902, by Alfred Searcy, Barrenjoey Light, N.S.W., 1902 Digital Order No. a154002, courtesy State Library of NSW.

Barrenjoey Lighthouse - The Construction threads collected by A J Guesdon, 2013.

Pittwater Online News

July 14 - 20, 2013: Issue 119

Virtual excursions bringing Australia to the classroom

A new web portal will take students and teachers directly to a number of iconic Australian institutions through a partnership developed between Virtual Excursions Australia and arts, cultural, science and education organisations.

Minister Assisting for Innovation and Industry and the Digital Economy Senator Kate Lundy today launched Virtual Excursions Australia (VEA) at the Interactive Technology in Education Conference (ITEC 2013) at the Sydney Opera House.

"The Virtual Excursions web portal is an initiative that will help transform education in Australia and ensure it is an experience that goes far beyond the traditional classroom walls," said Senator Lundy.

"Not all locations are accessible to all students, all of the time and virtual excursions allow classrooms to be transported to some of Australia's most important arts, cultural, science, and education institutions.

"There are some fantastic institutions across Australia that have joined the program to open their virtual doors to classrooms, including the Australian Museum, Sydney Opera House, and Questacon.

"The Virtual Excursions project will be particularly useful for those in regional and rural Australia where research has found that for people in regional centres the relative cost of excursions ranges from 20 to 100 per cent higher than in capital cities. For students in remote areas that figure can be 200 to 500 per cent higher.

"Teachers will have access to tools to book and plan virtual excursions through the Virtual Excursions Australia website which acts as a portal for teachers wanting information about video conferencing events and content providers.

"I applaud Virtual Excursions Australia and the institutions involved who are helping to bring the classroom of the future to students today," said Senator Lundy.

More information: www.virtualexcursionsaustralia.com.au

and www.sydneyoperahouse.com/ITEC2013.aspx

Eric Whitacre's Virtual Choir - 'Lux Aurumque'

Eric Whitacre's Virtual Choir - 'Lux Aurumque'
Playlist Polycom Education Video's - and my favorites (69 videos)

Gondwana Choir

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

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

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

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

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

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

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

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

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

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

Lyn Williams, OAM

Artistic Director & Founder

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

VEGEMITE SurfGroms Roadtrip To Wilcannia - Published on 11 Jul 2013

A group of Indigenous children from remote, outback Australia recently felt sand in their feet, swam in the ocean for the first time and hung out with two-time World Champion Tom Carroll thanks to VEGEMITE SurfGroms, the Quiksilver Foundation and Save the Children.

VEGEMITE SurfGroms Roadtrip To Wilcannia
Playlist Uploaded videos (264 videos)

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

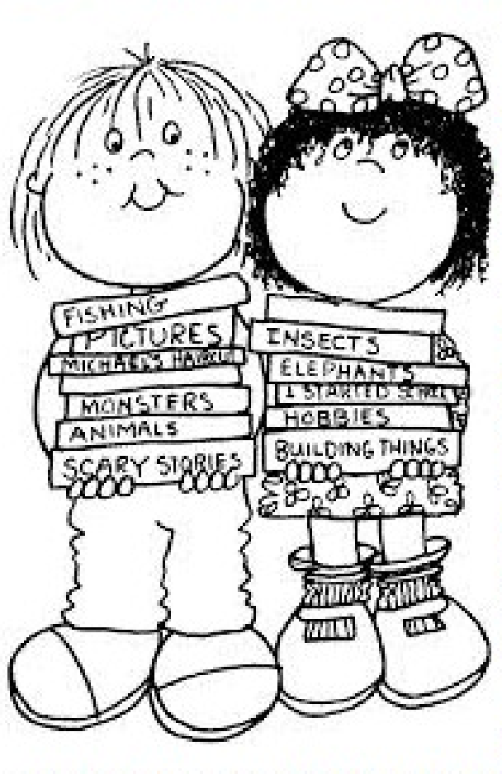
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

Keep children safe online

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

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.

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.

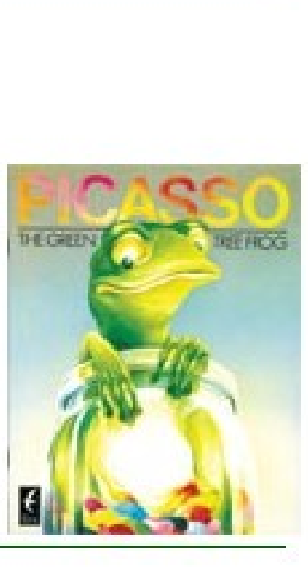
Children's Storytime at Mona Vale Library

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.



How much?
It's free!

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

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

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

Softball – Pittwater - Registration for 2013 Season - Blastball, T-ball, Juniors and Seniors

Fri. 19th July 3pm – 4:30pm: Newport Public School, Newport

Saturday 20 July 4:00 -6:00pm: Pittwater RSL CLub

Contact: Jacqui Paton 0467 640 835 .
Email: dpadn@hotmail.com Web: www.pittwater.softball.org.au/

Monkey taunts tiger

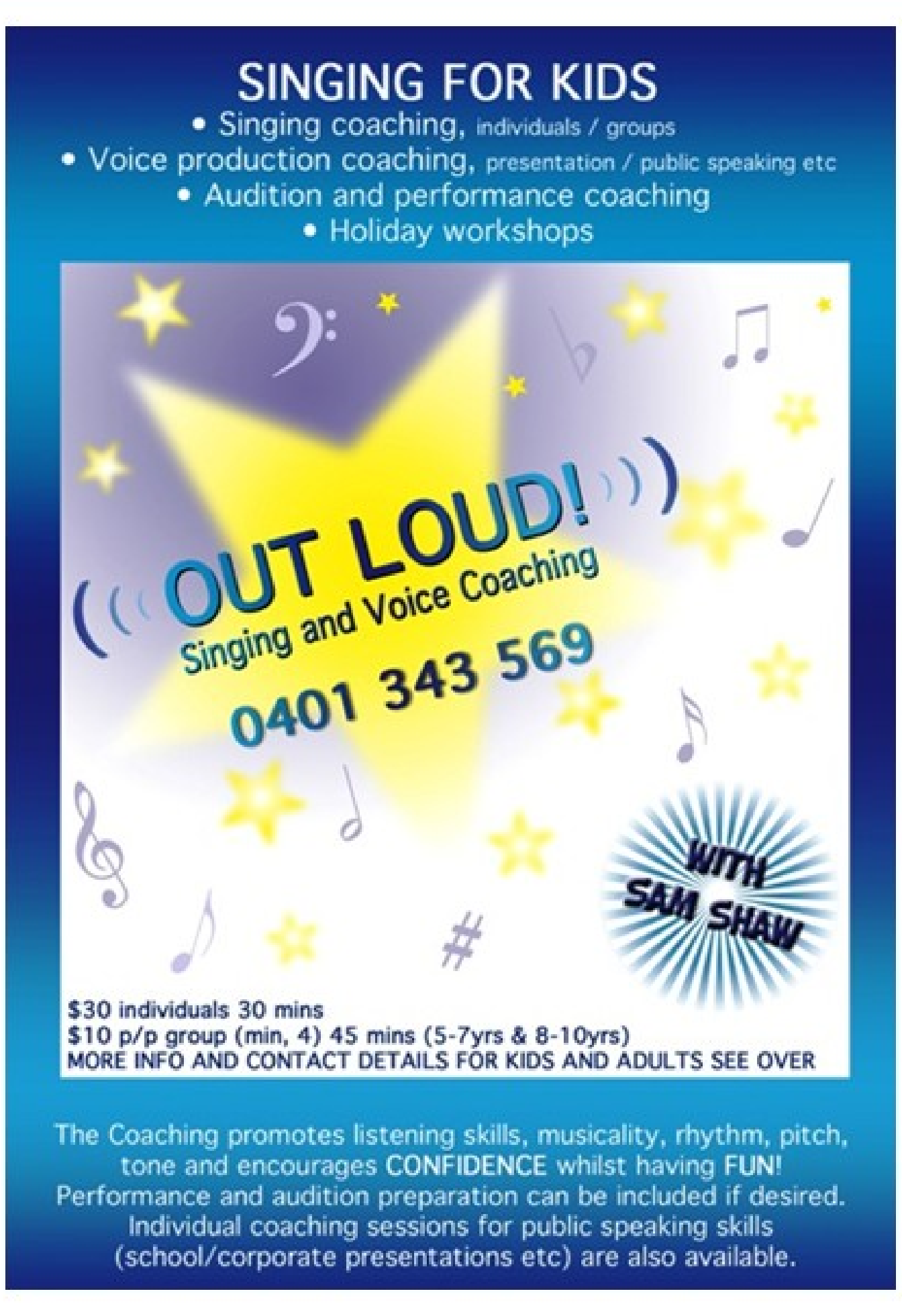
Sometimes you need to talk to a two year old just so you can understand life again.
~ Unknown

BackMeUp poll - Posted 14 May 2013 by Commission

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

Don't stand by. It could be YOU!

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



SINGING FOR KIDS
- Singing coaching, individuals / groups
- Voice production coaching, presentation / public speaking etc
- Audition and performance coaching
- Holiday workshops

$30 individuals 30 mins
$10 p/p group (min, 4) 45 mins (5-7yrs & 8-10yrs)
MORE INFO AND CONTACT DETAILS FOR KIDS AND ADULTS SEE OVER

The Coaching promotes listening skills, musicality, rhythm, pitch, tone and encourages CONFIDENCE whilst having FUN! Performance and audition preparation can be included if desired. Individual coaching sessions for public speaking skills (school/corporate presentations etc) are also available.

Triple Zero Kids' Challenge

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

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

Stories for you already run:

- Adrenalin 360 Surf and Skate Competition and Kids Festival
- Are You up to the RED BELT CHALLENGE by Hoshin Australia
- ArtFest 2012 - Biannual Children's Art Exhibition
- Australian Ibis for Children
- Australia's First School Launch was in Pittwater
- Australia's First Steamers
- Avalon Bulldogs Season Open Pictorial
- Avalon Sailing Club Teaches A Novice To Sail
- Bilgola Plateau Public School - Sustainable Practices
- Bilgola Student and Avalon lady attend Aboriginal and Torres Strait Islander Veterans 6th Annual Commemorative Service at Hyde Park
- Bilgola Plateau's NAIDOC Week Celebrations; Darinyung Sculpture and Under A Starry Sky
- Dance Fever 2012 by Peta Wise
- Friendly Toulouse Goose at Palm Beach - Yes! Pittwater has her very own 'Mother Goose'
- Grandparents Day 2012 by Peta Wise
- Harvest Day 2012 at Maria Regina Avalon by Alexis Conn and Peta Wise
- Heartsong - an Anthology of Pittwater Poetry Launched
- Hoishin Anti-Bullying Summer Camp 2012
- Kangaroo Dance
- Learn2Swim Narrabeen Coastal Platform Tour for children
- Maria Regina Catholic School at Avalon: Christmas Crafts for Children
- Maria Regina Celebrates Timor-Leste's 10th Anniversary of Independence 2012
- Mona Vale Public School's Centenary Launch
- Mona Vale Public School Centenary Festival Day 15th of September, 2012
- MV Reliance and Maria Regina Avalon - Clareville Outing
- Newport Student Wins RMYC MArine Art Prize
- NLASC Narrabeen Rockpool Learn to Swim Program by J P Fisher and Glenn Nicholls
- Online World To Be Safer - Sonar Dolphins Arise!
- Pacific Black Duck taking a bath at Careel Creek
- Pelican Dreamsong - A Legend of the Great Flood - dreamtime legend for children
- Pink Ribbon Day at Maria Regina by Joanne Seves
- RPAYC Youth Development Program Graduates Win 2012 Bird Island Race by Damian Devine
- RPAYC Hosts 20th HARKEN International Youth Match Racing Championships by Damian Devine
- Schoolchildren's gifting of 'play!' to their fellow schoolchildren
- SLSC 2013 Interstate Championships - at Newport
- Spotted Gums of Pittwater Inspirations
- Summer is Channel-billed Cuckoos Season - Fledglings 2013 by Jeffrey Sabri and Andrew Tiede
- The Northern Beaches Music Festival's YOUNGBLOODS Competition
- The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year by Damian Devine
- Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2013
- Winning the Homework War by Rosemary Smith
- Zoomobile at Loquat Valley School, Bayview

WILLY WAGTAIL

Willy Willy Wagtail!
Waistcoat snowy white,
Topcoat black and shiny,
What a pretty sight

Willy Willy Wagtail!
Flitting to and fro,
Sees, a juicy fat-grub,
Flash! Oh, see him go.

Willy Willy Wagtail,
"Creature pretty sweet!" . .
Singing to the fairies,
From his leafy seat.

Willy Willy Wagtail,
Building up his nest;
Twigs and wool and horsehair,
Willy knows what's best

-BETH SWAYNE (9).

WILLY WAGTAIL. (1937, June 1). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 23 Supplement: Women's Supplement. Retrieved from http://nla.gov.au/nla.news-article27983658

More about Willy Wagtails in this Issue HERE

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"Teachers will have access to tools to book and plan virtual excursions through the Virtual Excursions Australia website which acts as a portal for teachers wanting information about video conferencing events and content providers.

"I applaud Virtual Excursions Australia and the institutions involved who are helping to bring the classroom of the future to students today," said Senator Lundy.

More information: www.virtualexcursionsaustralia.com.au and www.sydneyoperahouse.com/ITEC2013.aspx

Eric Whitacre's Virtual Choir - 'Lux Aurumque'

Eric Whitacre's Virtual Choir - 'Lux Aurumque'
Playlist Polycom Education Video's - and my favorites (69 videos)

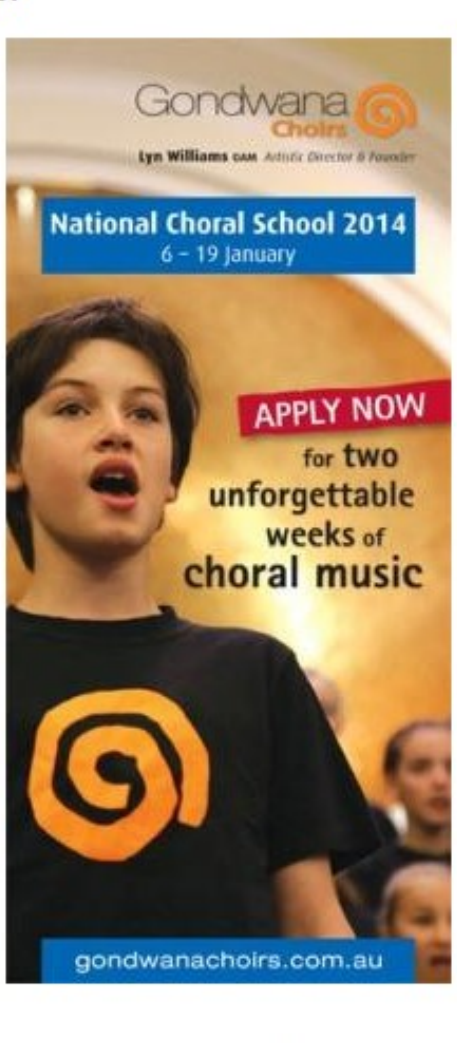
VEGEMITE SurfGroms Roadtrip To Wilcannia - Published on 11 Jul 2013

A group of Indigenous children from remote, outback Australia recently felt sand in their feet, swam in the ocean for the first time and hung out with two-time World Champion Tom Carroll thanks to VEGEMITE SurfGroms, the Quiksilver Foundation and Save the Children.

VEGEMITE SurfGroms Roadtrip To Wilcannia
Playlist Uploaded videos (264 videos)

Gondwana Choir

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


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

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

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

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

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

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

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

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

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

Lyn Williams, OAM

Artistic Director & Founder

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

Ancient Jigsaw Puzzle of Past Supercontinent Revealed

July 5, 2013 — A new study published today in the journal Gondwana Research, has revealed the past position of the Australian, Antarctic and Indian tectonic plates, demonstrating how they formed the supercontinent Gondwana 165 million years ago.

Researchers from Royal Holloway University, The Australian National University and Geoscience Australia, have helped clear up previous uncertainties on how the plates evolved and where they should be positioned when drawing up a picture of the past.

Dr Lloyd White from the Department of Earth Sciences at Royal Holloway University said: "The Earth's tectonic plates move around through time. As these movements occur over many millions of years, it has previously been difficult to produce accurate maps of where the continents were in the past.

"We used a computer program to move geological maps of Australia, India and Antarctica back through time and built a 'jigsaw puzzle' of the supercontinent Gondwana. During the process, we found that many existing studies had positioned the plates in the wrong place because the geological units did not align on each plate."

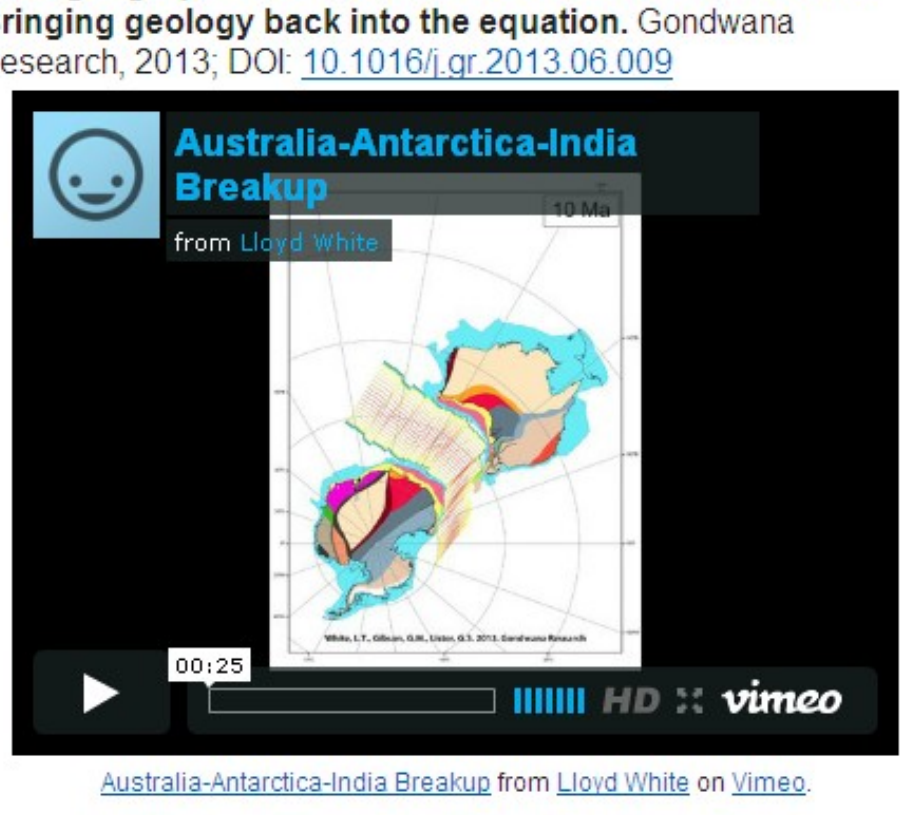
The researchers adopted an old technique used by people who discovered the theories of continental drift and plate tectonics, but which had largely been ignored by many modern scientists.

"It was a simple technique, matching the geological boundaries on each plate. The geological units formed before the continents broke apart, so we used their position to put this ancient jigsaw puzzle back together again," Dr White added.

"It is important that we know where the plates existed many millions of years ago, and how they broke apart, as the regions where plates break are often where we find major oil and gas deposits, such as those that are found along Australia's southern margin."

A video demonstrating the ancient jigsaw puzzle can be viewed here: http://vimeo.com/68311221

L.T. White, G.M. Gibson, G.S. Lister. **A reassessment of paleogeographic reconstructions of eastern Gondwana: Bringing geology back into the equation.** Gondwana Research, 2013; DOI: 10.1016/j.gr.2013.06.009



Australia-Antarctica-India Breakup from Lloyd White on Vimeo.

How People Sense Acceleration – by CSIRO, Published on 10 Jul 2013

Teacher's notes available here: http://ow.ly/mOWal

When your head turns, thick fluid moves within the semicircular canals in your inner ear, bending a cluster of hairs located at the base of each canal. The bending of these hairs transmits signals to your brain, giving you a sense of balance. A second organ, the utricle uses a similar system of fluid and hairs to give us the ability to sense acceleration.

The homemade accelerometer works on the same principle these organs use to sense acceleration. The water inside the container is just like your ear fluid, the cork just like that cluster of hairs.

How To Make An Accelerometer

AUSTRALIAN NAVY CADETS - On the Northern Beaches

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

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

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

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

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

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

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

Sculptural work from Milne Bay Province, Papua New Guinea, part of Gabriel Keleny's collection.

Museums studies students at the University of Sydney are preparing to sift through a highly unusual donation of hundreds of Papua New Guinean artefacts from a Hungarian-Australian collector, who is returning them to their original home.

Between 300 and 400 items from the collection of Gabriel Keleny are being donated to the Papua New Guinea National Museum and Art Gallery, the largest single collection to be donated to the museum.

Five University of Sydney museum studies students will descend on the King & Wilson Essential Art Services warehouse in Botany on Thursday 11 July, where the items are being transported before returning to Papua New Guinea. The students will document the items, note any conservation concerns, and give them a quick clean before they are formally packed for travel.

Mr Keleny, 92, is gifting his entire collection of artefacts from Papua New Guinea, where he lived from 1949 to 1975. Originally from Hungary, he landed in Port Moresby in 1949 en route to Australia and decided to stay, working at the agricultural ministry until his retirement in 1975 when he finally moved to Sydney.

While in Papua New Guinea Mr Keleny began buying artworks and local craft, gradually building a collection of pieces underrepresented in international collections of Papua New Guinean material. Among his collection are bags, food hooks used to hang food away from the reach of rodents, masks and contemporary sculpture.

"Until this week they occupied every nook and cranny of Mr Keleny's home," says Jude Philp, senior curator of the Macleay Museum, which is helping to organise the donation from Australia.

"We've brought them to Essential Art Services warehouse to put them in order for the museum in PNG so it will receive a collection that's ready for instant display and archiving. It also gives museum studies students hands-on experience in working and organising internationally significant artefacts.

The delegation from PNG: (L-R) Sylvia Pascoe, Dr Andrew Moutu, Julius Violaris, Dr Jude Philp, Hon Boka Kondra, Professor Jill White, David Ellis, Noel Sarei, Andrew Able.

For Mr Keleny, the most important concern is keeping the collection together. Some pieces have fond memories and fascinating back stories, such as a canoe model given in lieu of payment to the local hospital by a visiting patient.

"It is not unusual for museums to be offered a souvenir of an individual's time working in Papua New Guinea, and spears, masks and print works often come into museum collections from families whose grandfathers fought in the war or whose relatives worked for the Australian Administration. However, it is highly unusual for an Australian to offer their entire collection back to the people of Papua New Guinea," says Philp.

"By being part of the donation process in many ways we get it all," says Philp. "We can continue our role in teaching students at the University through material collection, increase our research knowledge on this period of Australian-Papua New Guinean history, and make new partnerships for future projects in collaboration with the National Museum of Papua New Guinea."

To cement the deal, on Friday 5 July, the Hon Boka Kondra, Papua New Guinea Minister for Tourism, Culture and the Arts, Julius Violaris, Director of the Trustees of the National Museum of Papua New Guinea, and Andrew Moutu, Director of the National Museum of Papua New Guinea, will travel to Australia to personally thank Mr Keleny and accept the donation at the Macleay Museum.

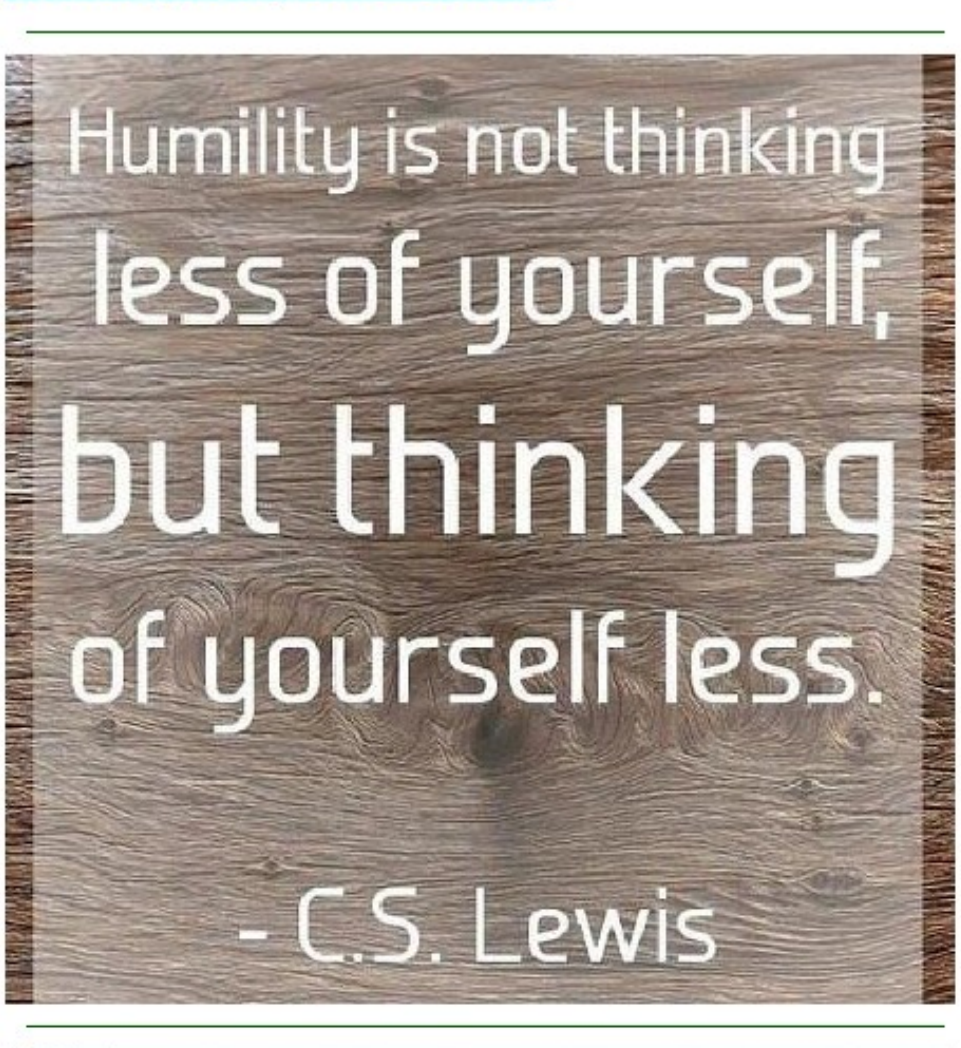
Hubble Space Telescope

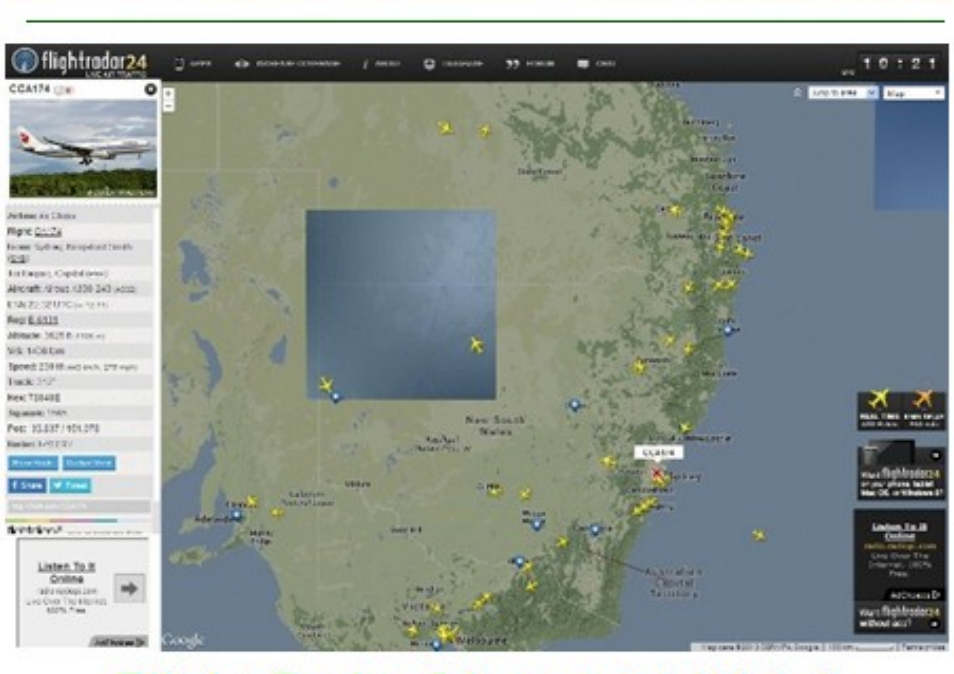
Curious to know where Hubble is? Track the space telescope with the Star Chart Free Windows app. You can zoom in to have a closer look at Hubble and also enjoy our ESA/Hubble Pictures of the Week! Escapist Games Limited — Star Chart Free Windows app

BackMeUp poll - Posted 14 May 2013 by Commission

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

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


Humility is not thinking less of yourself, but thinking of yourself less.
- C.S. Lewis



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

Have you ever wondered where that plane flying over head is going and what type of aircraft it is? On flightrader24.com you can do just that.

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

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

If you can get this working for you it will tell you who is flying and where they are going. Here is a note to help you get more out of your visit to this site:

These are all the aircraft in the air right now. In the left hand column, there is a box called "planes." The number in the box is the number of aircraft airborne. This view is what the traffic management people see for planning purposes at the various airports.

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

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

Some tricks;

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

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.

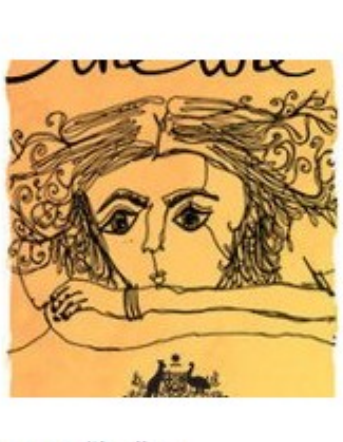
For works now archived and available to all, please visit: http://www.archive.org/

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.

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 or Kids Helpline on 1800 55 1800.

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

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

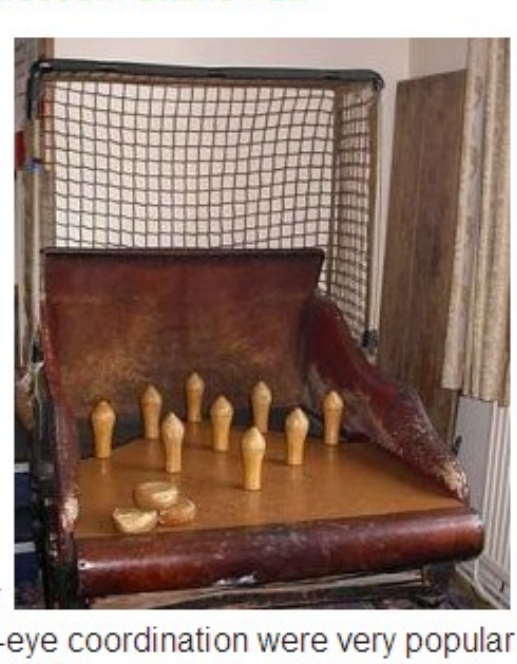
Online Safety and Cyberbullying: Are you being bullied online or has something happened online that makes you feel uncomfortable, scared or sad? Call Kids Helpline on 1800 55 1800 or go to the Kids Helpline online counselling service

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

Crisis Support, Suicide and Mental Health

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

Powerhouse Museum Online Fun

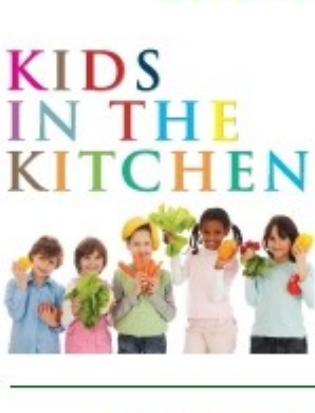


The Powerhouse Museum, besides offering great exhibits, also has a range of online activities and games with a bit of educational insight.

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

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

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

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

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

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

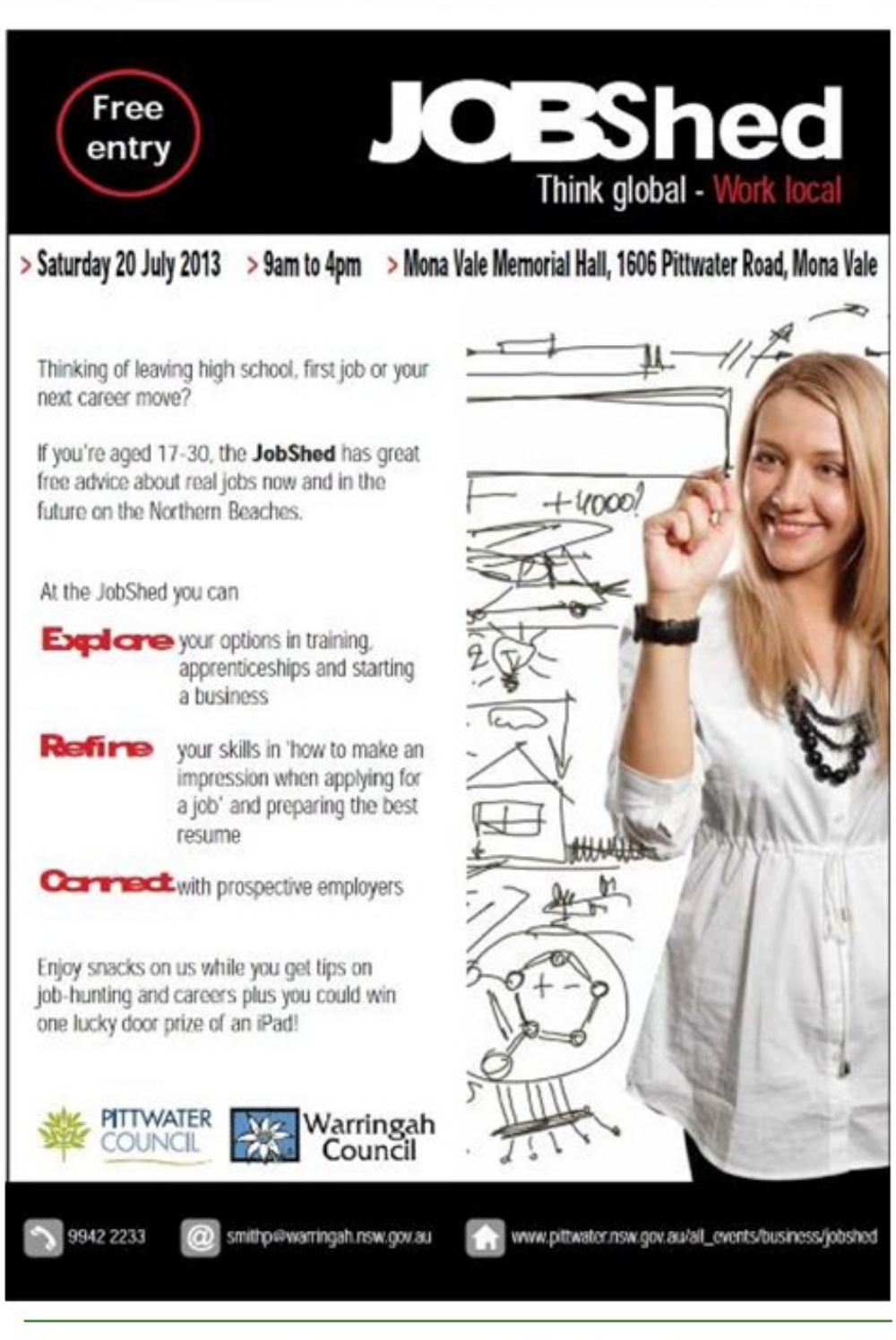
Checklist
Before submitting your nominated entries to your state coordinator please make sure you:
- select a maximum of six (6) entries for each Year Level category.
- have also nominated relevant entries for a Special Category award.
- submit the required number of copies of the selected entries (for 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/

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.



Free entry

JOBShed
Think global - Work local

> Saturday 20 July 2013 > 9am to 4pm > Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale

Thinking of leaving high school, first job or your next career move?

If you're aged 17-30, the **JobShed** has great free advice about real jobs now and in the future on the Northern Beaches.

At the JobShed you can

Explore your options in training, apprenticeships and starting a business

Refine your skills in 'how to make an impression when applying for a job' and preparing the best resume

Connect with prospective employers

Enjoy snacks on us while you get tips on job-hunting and careers plus you could win one lucky door prize of an iPad!

Pittwater Council | Warringah Council

9942 2233 | smithp@warringah.nsw.gov.au | www.pittwater.nsw.gov.au/all_events/business/jobshed

Golden Tigers

A golden tiger, golden tabby tiger or strawberry tiger is one with an extremely rare color variation caused by a recessive gene that is currently only found in captive tigers. Like the white tiger, it is a color form and not a separate species. In the case of the golden tiger, this is the wide band gene; while the white tiger is due to the color inhibitor (chinchilla) gene. There are currently believed to be fewer than 30 of these rare tigers in the world, but many more carriers of the gene.

An example of a Golden tiger is in Dream World in Australia from India. Samara, a normal orange tigress, had been mated with nearly-stripeless white male tiger, Mohan. Her litter included one normal orange cub (Sultan), the first white tiger born in Australia (Taj, also nearly stripeless), and the first two tabby-colored tigers (male Rama and female Sita) born in Australia. The cubs weighed around 1.5 kilograms and measured approximately 30 centimeters in length. They were removed from their mother soon after birth and hand raised. The births and hand-raising process were filmed and presented in an hour long documentary.

Golden tiger. (2013, June 29). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Golden_tiger&oldid=562123515

Awesome Pawsome - Tiger Island P1

Documentary special that chronicles the first year of four Bengal tiger cubs -- Sita, Rama, Taj and Sultan. Born at Tiger Island at Dreamworld, on Australia's Gold Coast and raised in captivity to help preserve the species, the program captures the unpredictable moments of their infancy, from birth to feeding, living with their handlers, getting their first bath and even meeting dogs, children and learning to be adult tigers.

Awesome Pawsome - Tiger Island P1

HELP 2 Drive - 22nd Jul 2013, 6:30pm - 8:30pm

HELP 2 Drive is a free workshop for parents and young drivers which will provide Help and Encouragement for Learners and their Parents. The workshop will be held at the Mona Vale Memorial Hall, Pittwater Road, Mona Vale and will commence at 6.30pm.

If you feel confused, lost and need some survival skills and techniques then this workshop is for you and your learner driver. This workshop will offer:

Tips to help both you and your learner driver survive the L plate process. How to teach practical skills in a safe environment. How to organise the driving task of teaching someone to drive. Working together in partnership between the supervising driver and learner driver. Information on young driver crash risks.

This workshop will be presented by Jeff McDougall who has over 35 years of driving instructor experience.

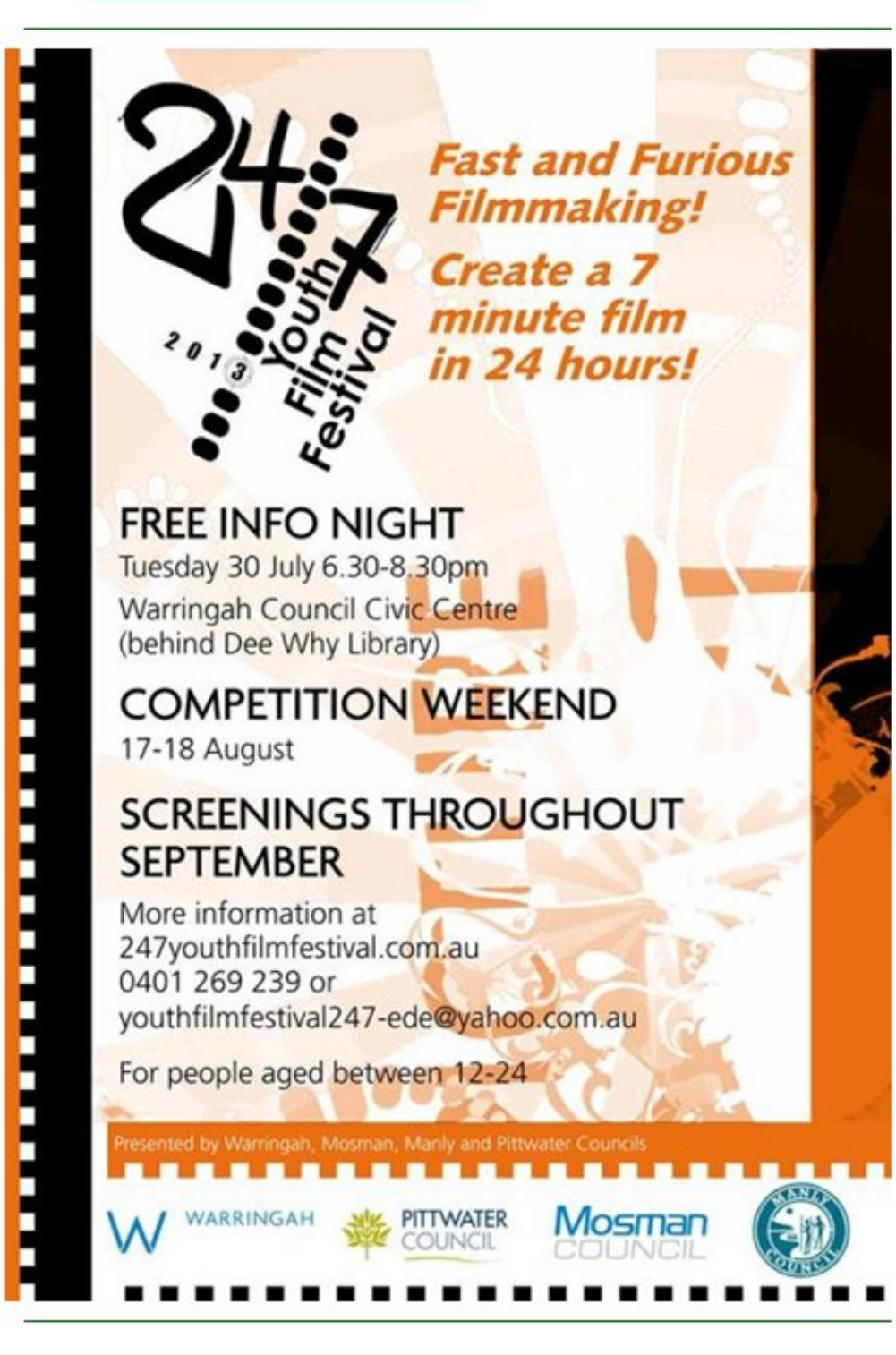
Bookings are essential and can be made by contacting the Road Safety Officer on 9970 1196 or by email at michelle_carter@pittwater.nsw.gov.au

Softball – Pittwater - Registration for 2013 Season - Blastball, T-ball, Juniors and Seniors

Fri. 19th July 3pm – 4:30pm: Newport Public School, Newport

Saturday 20 July 4:00-6:00pm: Pittwater RSL CLub

Contact: Jacqui Paton 0467 640 835 . Email: dpadn@hotmail.com
Web: www.pittwater.softball.org.au/



2013 24/7 Youth Film Festival

Fast and Furious Filmmaking!
Create a 7 minute film in 24 hours!

FREE INFO NIGHT
Tuesday 30 July 6.30-8.30pm
Warringah Council Civic Centre
(behind Dee Why Library)

COMPETITION WEEKEND
17-18 August

SCREENINGS THROUGHOUT SEPTEMBER

More information at
247youthfilmfestival.com.au
0401 269 239 or
youthfilmfestival247-ede@yahoo.com.au

For people aged between 12-24

Presented by Warringah, Mosman, Manly and Pittwater Councils

DON'T LET DRUGS DESTROY YOUR FUTURE

Illicit drugs can be harmful to athletes and bring sport into disrepute. There are many examples of how drug and alcohol abuse can destroy the careers of successful young athletes. The use of illicit drugs in sport is particularly disappointing because so many young Australians look up to our athletes as role models.

Through the Illicit Drugs in Sport (IDIS) Program, Surfing Australia has partnered with the Australian Government to ensure Australian athletes have the education and support to make the right choices when it comes to illicit drugs.

IDIS DVD - Part 3 by SurfingAustraliaVids

IDIS DVD - Part 3
TYLER WRIGHT
PROFESSIONAL SURFER

Sydney Students Speak

Sydney Students Speak offers tertiary students of art and art history the chance to get involved with *Sydney moderns: art for a new world.*

Six students will be selected to each deliver a 20-minute, public talk in the exhibition on one of the artworks, part of the Gallery's Art After Hours program of exhibition talks at 5.30pm on Wednesday evenings.

Successful applicants will be given an introduction to the Sydney moderns exhibition and training in gallery speaking by the Gallery's Public Programs professionals.

Eligibility and key dates

Places are limited, and eligible applications will be accepted for audition as they are received so get in early.

To be eligible, you must be a student in the second, third, or fourth year of an art or art history and theory course at a NSW tertiary institution.

You must also be available on the following days, if selected:

Wednesday 24 July 2013 in the evening for an audition

Saturday 27 July 2013 11am–4pm for a training day

Wednesdays 28 August – 2 October 2013, 5–6pm for the talks

This is a great chance to get some hands-on experience in one of Australia's major galleries, to participate in the official Sydney moderns program, and to add an interesting line to your CV.

How to apply

1. Register your interest by Friday 19 July

Email tertiary@ag.nsw.gov.au with the following information:

your full name; contact phone number; institution, degree name and major; student number; name, email address and phone number of a referee (a current lecturer/tutor would be ideal); artist and title of the work selected (see list)

Successful applicants will be contacted by email regarding the audition.

2. Prepare for your audition

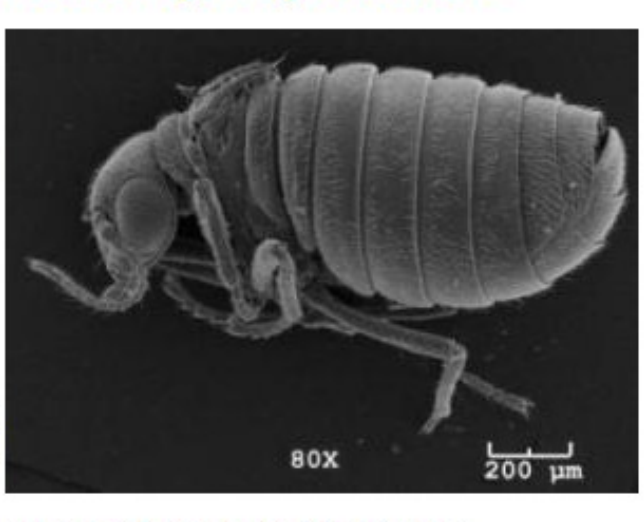
Plan a 3-5 minute talk on one of the listed artworks to present to the panel. Keep a general, non-specialist audience in mind. Consider subject, style and meaning in relation to the artwork's historical context.

List of works you may choose from at: www.artgallery.nsw.gov.au/education/tertiary/sydney-students-speak/

Image: Max Dupain, 'Silos through windscreen', c.1935, gelatin silver photograph, gift of Peta Phillips 1996.

Steel wool and a Battery – Science!

Discovery of a Strange New Snow Scorpionfly Species in Alaska Helped by Facebook



July 11, 2013 — Researchers from the University of Alaska Fairbanks (Derek Sikes and Jill Stockbridge) discovered a strange new insect on Prince of Wales Island, Alaska. It belongs to an enigmatic group that might help scientists understand the evolutionary origin of the Fleas. The new species belongs to the insect order *Mecoptera* which includes the scorpionflies, hangingflies, and snow scorpionflies.

The description has been published recently in the open access journal *ZooKeys*.

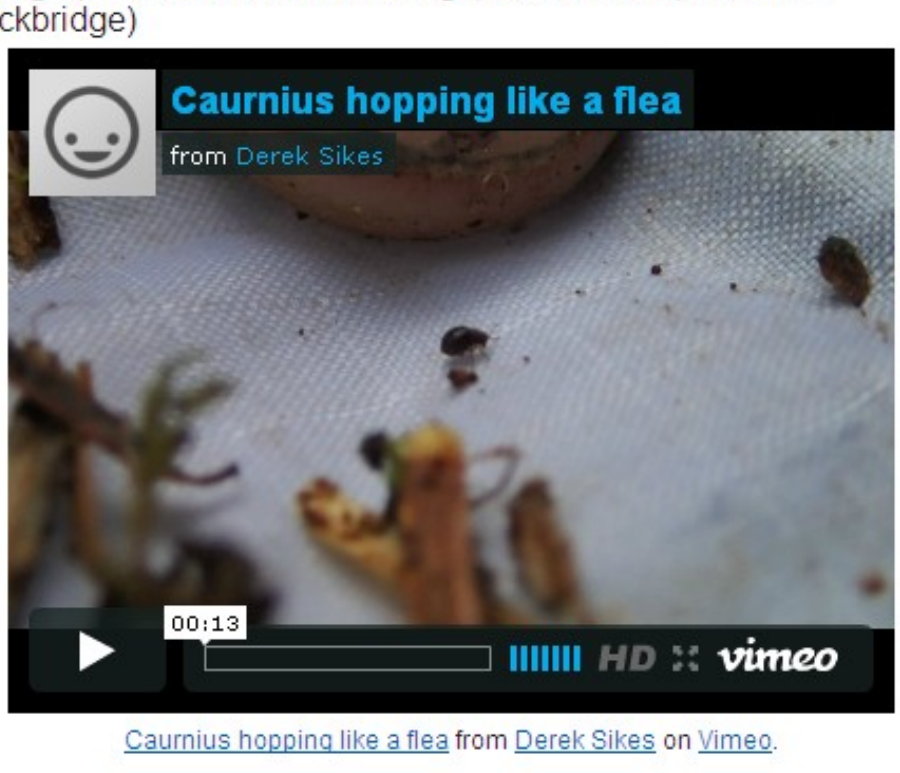
"We process thousands of Alaskan insects specimens into our collections at the University of Alaska Museum every year so it's rare that we see something that throws us for a loop. I called Derek, the Curator of Insects for the museum, into the lab and asked him what kind of insect this was and he didn't even know the order!," said co-author Jill Stockbridge.

With a digital photo in hand they posted the image on Facebook so their entomologist friends could offer their opinions. It's such a strange insect that, not surprisingly, most suggestions were wrong. One entomologist, Michael Ivie, of Montana State University, recognized it as the genus Caurinus of which only one species, from Washington and Oregon, was previously known.

"In addition to being the second known species of such an usual group of insects, we were excited to learn from fossil evidence that these two species belong to a group that probably dates back over 145 million years, to the Jurassic!" said the lead author Derek Sikes.

These tiny (2 mm) flea-like animals feed on a leafy liverwort that grows in coastal forests. A video in which Loren Russell, the author of the first species and who joined the authors during a May 2013 expedition in Alaska, shows how to collect this new species is online at: https://vimeo.com/68819818 and a video showing this new species hopping is online at: https://vimeo.com/68819819 .

Derek Sikes, Jill Stockbridge. **Description of Caurinus tlagu, new species, from Prince of Wales Island, Alaska (Mecoptera, Boreidae, Caurininae).** ZooKeys, 2013; 316: 35 DOI: 10.3897/zookeys.316.5400 Picture: This is a Scanning Electron Micrograph of a male Caurinus tlagu, lateral view. (Credit: Jill Stockbridge)

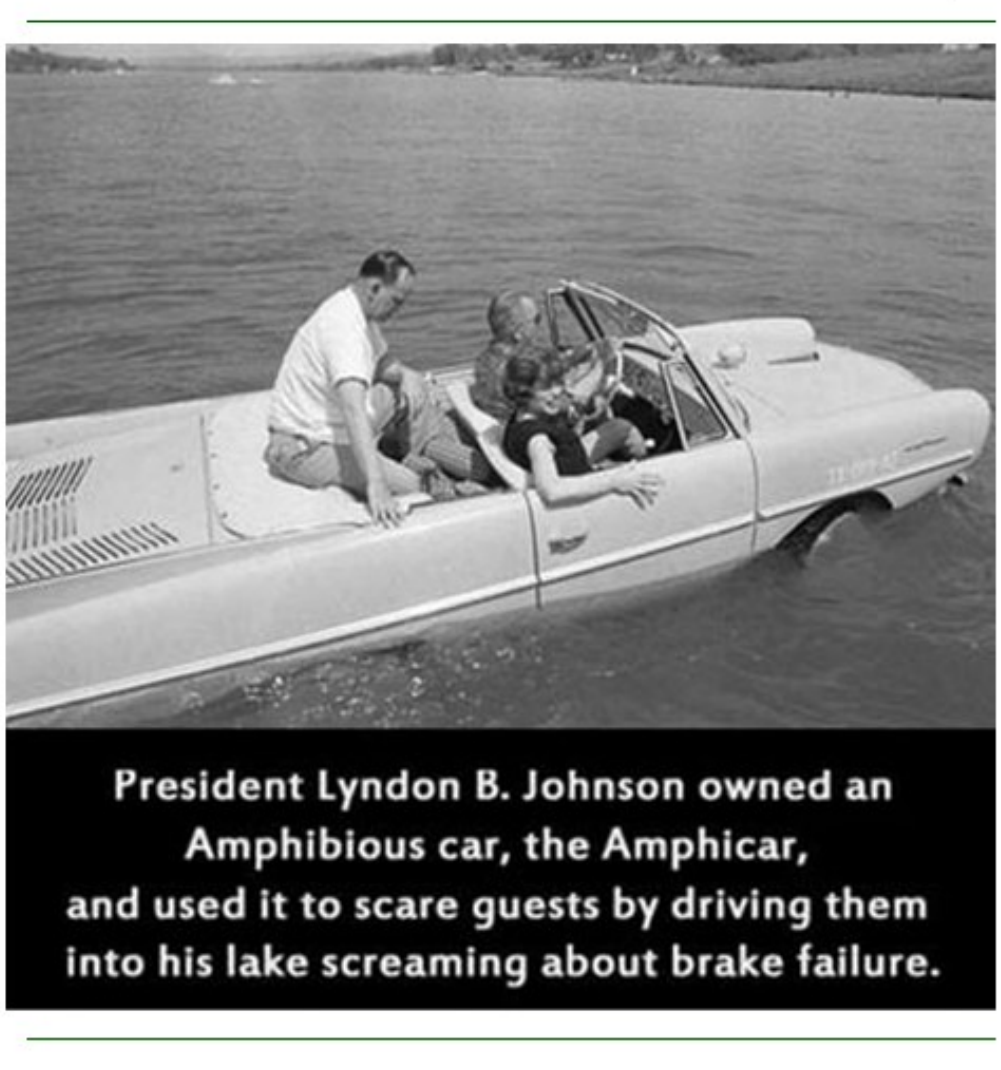


Caurnius hopping like a flea from Derek Sikes on Vimeo.

Geoscience Enters The Cloud by CSIRO - Published on 8 Jul 2013

We are developing a national integrated geoscience data network that will allow scientists to solve society's biggest challenges including natural disasters, climate change, water security and the sustainable development of our mineral and energy resources.

Geoscience Enters The Cloud



President Lyndon B. Johnson owned an Amphibious car, the Amphicar, and used it to scare guests by driving them into his lake screaming about brake failure.

Year 13: Finishing school and want some answers as to what your options are next ? Have a look at the Year 13 website for a plethora of answers. At: http://year13.com.au/

Bus Pass Replacement

HERE

ECO Clean Beach Initiative

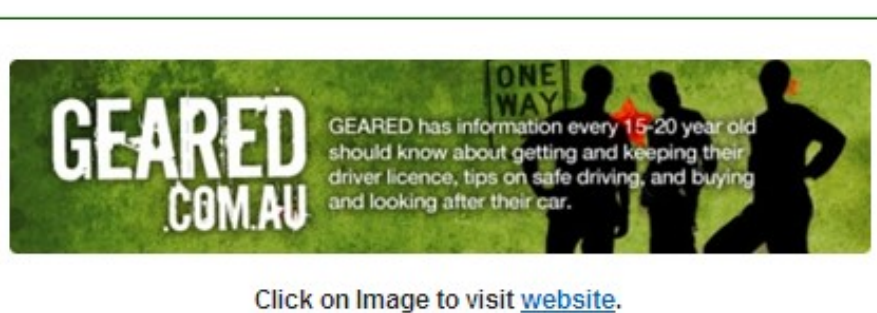
The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? All you need to do is show us how you're contributing to our fight against marine pollution.

Simply send us a video or Instagram us with pictures of you cleaning up your local beach, protecting your local wildlife or hosting your own ECO. Clean Beach Initiative fundraiser with your friends and family.

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

A LED surfboards from Bilton Custom Surfboards so much that we're getting the team to create a special ECO. Clean Beach board for the winner of our Find our Face competition.

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



GEARED .COM.AU

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.

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

Young Endeavour – celebrating 25 years

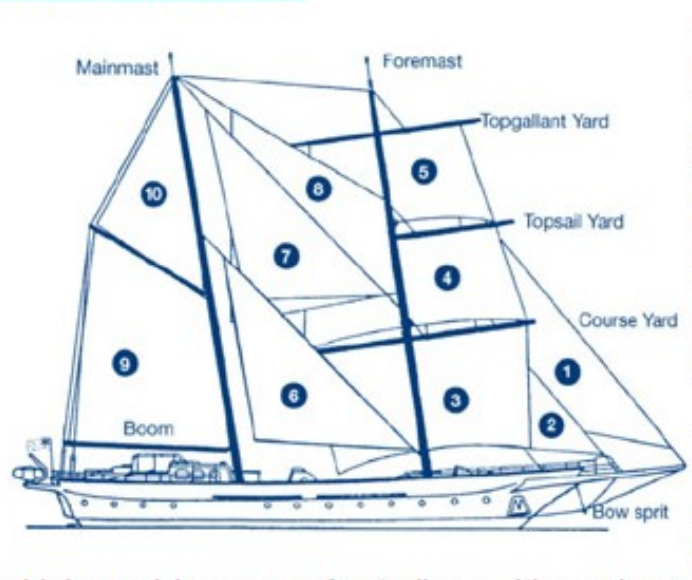
The Minister for Defence Science and Personnel, Warren Snowdon, has congratulated the Young Endeavour Youth Scheme on 25 years of youth development voyages aboard the national Sail Training Ship Young Endeavour.

"Twenty-five years of continuous service is a great accomplishment worthy of much celebration," Mr Snowdon said. "Since 1988 more than 11,000 young Australians have joined 472 challenging training voyages in Young Endeavour, and a further 10,000 guests from organisations supporting youth with special needs have joined a community day sail. During each voyage, youth who join Young Endeavour live and work with a diverse range of people, adapting to a challenging and unfamiliar environment as they learn to sail a square-rigged tall ship," he said. "In doing so they develop a broad range of personal skills and attributes – becoming more effective team members, leaders and communicators. Young people reap enormous benefit from the Young Endeavour Youth Development Program and, in turn, the Australian people also benefit as participants go on to make valuable contributions to their family, their employer, their community and their country. I congratulate the Young Endeavour Youth Scheme and the members of the Royal Australian Navy who crew the ship and deliver this internationally recognised program. It is a wonderful example of the contribution our people make in the Australian community."

SAIL YOUNG ENDEAVOUR

Are you between 16 and 23 years old? Looking for a challenge? A voyage aboard Young Endeavour is an awesome experience, and one which will give you skills for life. The Royal Australian Navy crew will teach you how to sail a square-rigged vessel, including how to navigate, keep watch, take the helm, cook in the galley, tie knots, work aloft and even take command. Not only that, you will develop teamwork, leadership and communication skills, work with disadvantaged youth and meet people from around the country. Applications are currently being accepted for voyages sailing between August 2013 and January 2014.

Click here to apply.



Young Endeavour's Sail Plan
1 Jib
2 Forestaysail
3 Course
4 Topsail
5 Topgallant
6 Main Staysail
7 Topgallant Staysail
8 Fisherman Staysail
9 Main Sail
10 Main Gaff Topsail

The Young Endeavour Youth Scheme is a not for profit organisation which provides young Australians with a unique, challenging and inspirational experience at sea. Our voyages increase self awareness, develop teamwork and leadership skills and create a strong sense of community responsibility amongst members of the youth crew.

The Scheme began when the magnificent sail training ship STS Young Endeavour was given to the people of Australia by the United Kingdom as a Bicentennial gift back in 1988. Since then, the Scheme, in partnership with the Australian Government and the Royal Australian Navy, has provided challenging training voyages for over 11,000 young Australians aboard Young Endeavour.

Young Endeavour undertakes around 20 voyages each year, mostly along the east and south coasts of Australia. Each voyage we embark 24 young Australians - the youth crew - and nine specially trained Royal Australian Navy crew, usually for an eleven day adventure at sea.

The Young Endeavour Youth Scheme is run in partnership with the Royal Australian Navy with the head office at GardenIsland, Sydney. It is supported by Commonwealth funding and private donations. If you're into facts and figures you can download the Annual Report of Proceedings (3MB).

Our Values

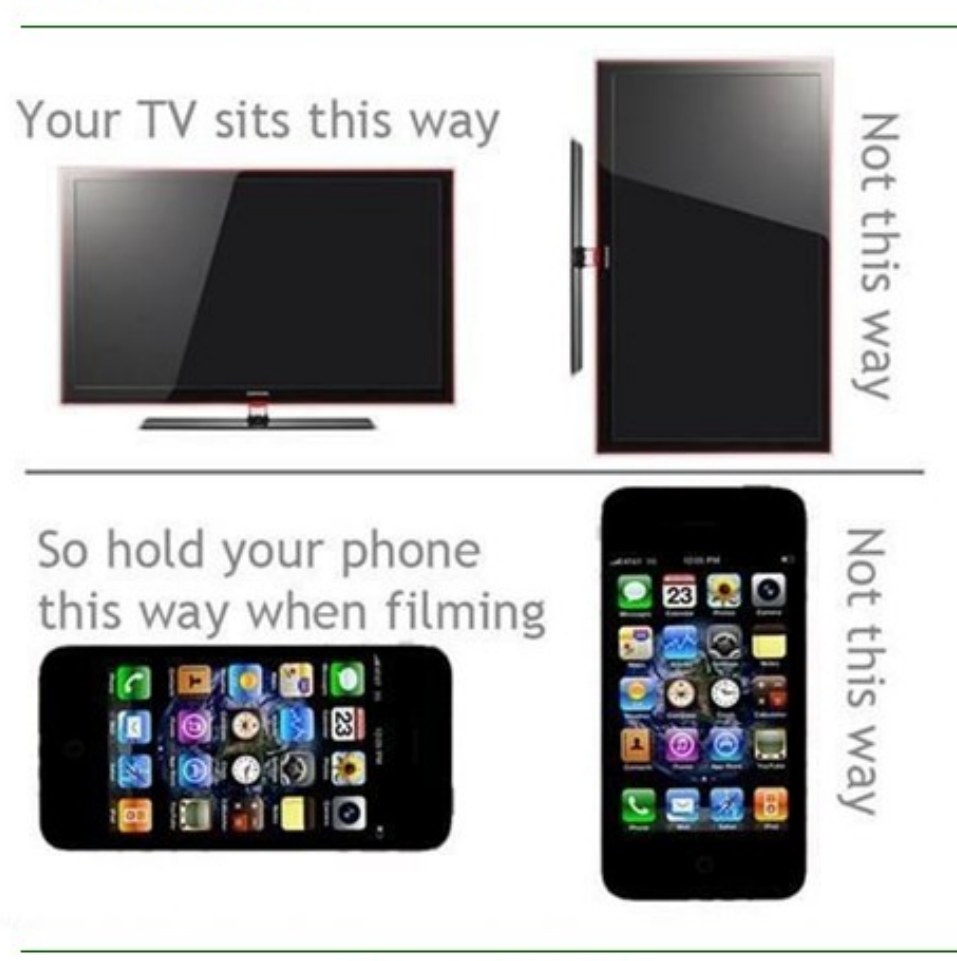
- We are committed to upholding the practice of equitable access to our activities.
- Our programs are conducted with the highest regard for safety.
- We support each youth participant to achieve his/her goals.
- We operate as a financially responsible business unit.

Ship's History

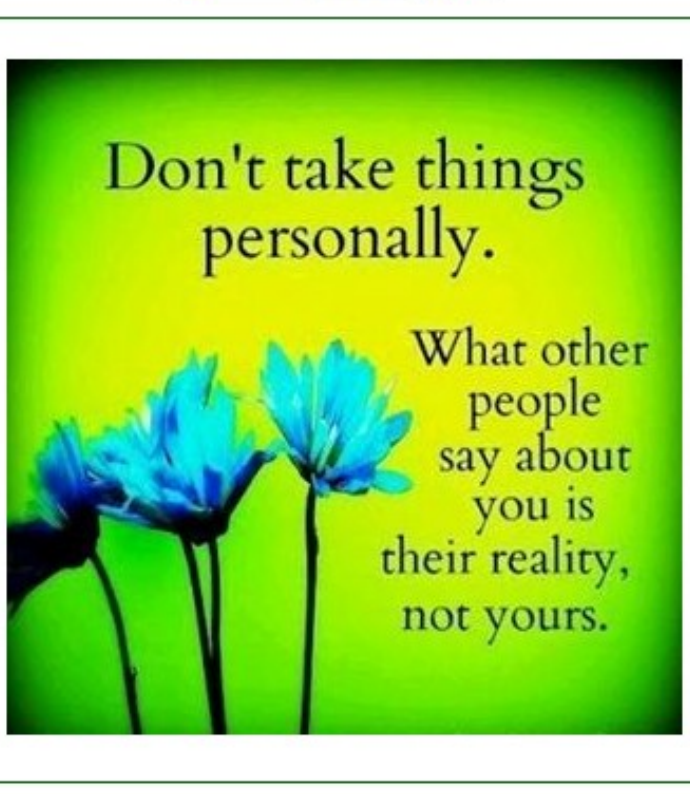
Young Endeavour was a gift from the United Kingdom to the Government and people of Australia to mark the Bicentenary in 1988. Construction began on the ship in May 1986 in Lowestoft, England and on 3 August 1987 she began the long voyage to Australia with a crew which included 24 young people from Britain and Australia. The official handover ceremony took place on 25 January 1988 in the presence of their Royal Highnesses the Prince and Princess of Wales in Farm Cove, Sydney Harbour.

In his acceptance speech, the ship was pledged by the then Prime Minister, Mr Bob Hawke, to serve Australian youth. For a land girt by sea, the ship was a reminder of the maritime heritage shared by the two countries. Her arrival heralded the start of a new era of sail training in Australia. The Government decided that the Royal Australian Navy would operate and maintain the ship, and that the Young Endeavour Youth Scheme would be set up to manage the associated sail training program.

The Scheme was established in early 1988 with a Board appointed by and responsible to the Minister for Defence. The Scheme's management and administration is undertaken by civilian staff, and is based in the ship's home portof Sydney. As Australia's sail training flagship, Young Endeavour participates in major eventsin Australia and around the world.


Your TV sits this way
Not this way
So hold your phone this way when filming
Not this way

Tweet | Like | +1


Don't take things personally.
What other people say about you is their reality, not yours.

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 !

2012 Particpants at CEC, Narrabeen.

Youth Environment Congress - September 3 - 5: Register Now!

The environmental congress "Youth Leading the World" is coming to the Northern Beaches again. Run by non-profit organisation OzGREEN in partnership with Pittwater and Warringah Council, the congress will be held at the Coastal Environment Centre, Narrabeen, 3 - 5 September 2013, 9am to 3pm. Young people aged 12 to 25 years are invited to attend the interactive, hands-on congress for free. Just bring along a keen interest in environmental and social issues and the passion to make a difference. Now in its fifth year, "Youth Leading the World" is run simultaneously in over 90 locations in Australia and overseas, connected by digital media.

Participants will explore local and global environmental challenges; measure and understand their own eco-footprint; and work on action plans for more sustainable living at home, at school and in their community.

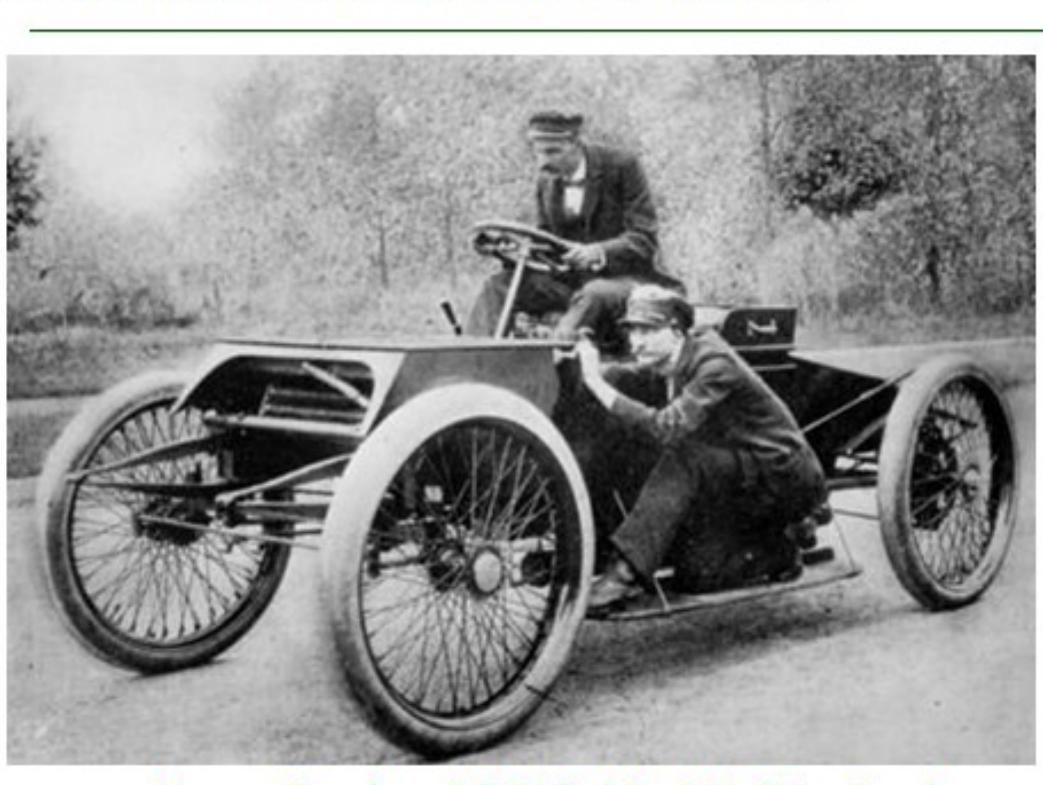
For more information contact Ann-Charlott Paduch, OzGREEN Northern Beaches coordinator, at apaduch@ozgreen.org.au or 0439 981 035 and visit www.ozgreen.org.au.

Pittwater Online News

July 14 - 20, 2013: Issue 119

NO MATTER HOW BIG AND BAD YOU ARE, WHEN A TWO YEAR OLD HANDS YOU A TOY PHONE, YOU ANSWER IT

ASCCA president Nan Bosler's participation in the 2013 Korean Gerontological Events - courtesy Australian Seniors Computer Clubs Association - by Joan Craymer and Nan Bosler



Henry Ford and Ed 'Spider' Huff in Ford 'Sweepstakes' race car, Detroit, Michigan, 1901

This is Henry Ford's first race car. Seeking to revive his reputation as an automobile engineer after the failure of his first auto company, Ford built this two-cylinder race car with the help of his friends Oliver Barthel and Ed "Spider" Huff in 1901. In October, at a horse track in Grosse Pointe, Michigan, Ford defeated a much better known and more experienced auto manufacturer and driver from Cleveland, Alexander Winton. Winton's car was faster, but developed engine trouble, allowing Ford to win the ten-mile race. Ford's victory helped him finance his second auto company. He left that company after a few months, eventually forming his third company, Ford Motor Company, in 1903. Engine: Ford horizontally opposed 2-cylinder, atmospheric overhead intake valves and side exhaust valves, 539 cu. in., 26 hp.

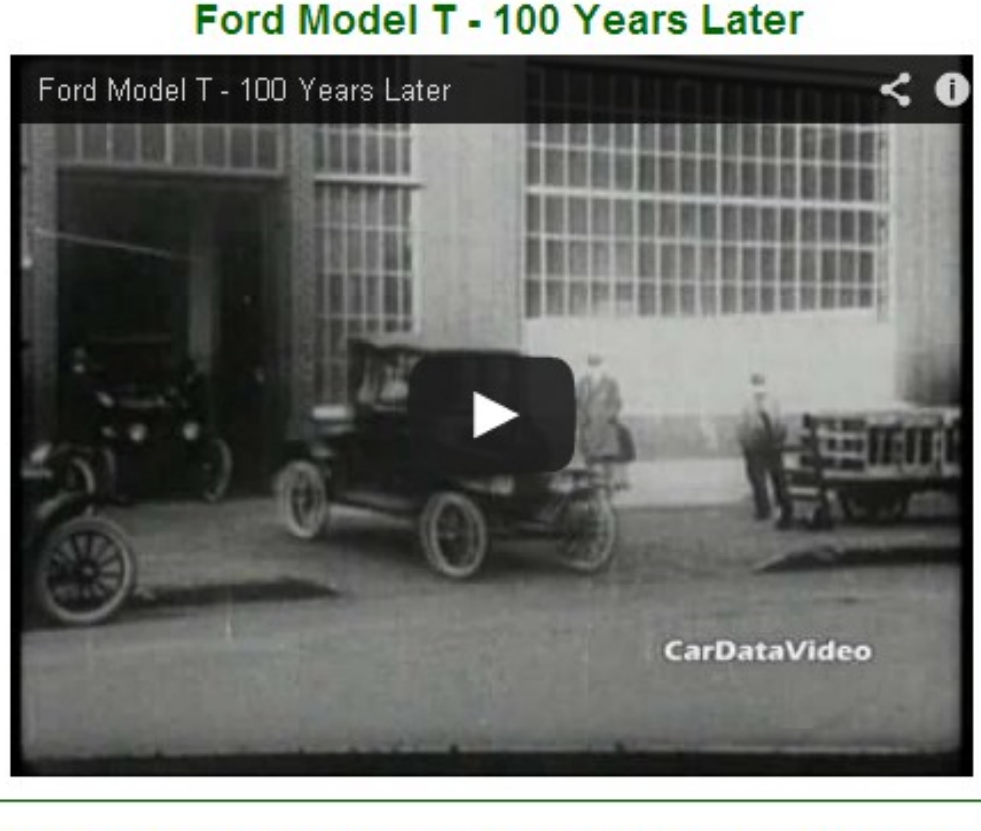
Maker: Built by Henry Ford in Detroit, Michigan, based on a design by Oliver Barthel.

Sweepstakes Rides Again by FordRacingTV - Published on 10 Jul 2013

NASCAR Sprint Cup driver Carl Edwards takes the ride of a lifetime as he gets behind the wheel of Henry Ford's first and only race car, Sweepstakes.

Sweepstakes Rides Again

Ford Model T - 100 Years Later



Psychiatry : How it should be practiced ! C/ W.A.G.

Psychiatry : How it should be practiced !

Chudfest Dance Number c/- Brian Friend (Friendly)

This dance number is one that anyone can do. It works with colours effecting what you see. This is something that some of the 'dance groups' could perform at either schools, old people's homes or just for fun. If you look at the end girl and watch her legs it shows you just how easy it can be done. Enjoy.

Танец, ломающий мозги

University Of The Third Age Northern Beaches U3A

Wednesday Afternoons at Newport

Newport Community Centre, 11-13 The Boulevarde

Tony Whittingham

Presents

Great Screen Lovers

Wednesday 2—4 pm

7 August

Enjoy a trip down memory lane to explore the lives, loves and movies of Elizabeth Taylor and Richard Burton

All welcome—no need to book

Afternoon tea provided. For more information contact:
Nancy Weir p: 8919 0243 or Mavis Bickerton p: 9970 7161
e: mavis.bickerton@bigpond.com

BUNNINGS JOB APPLICATION

This is an actual job application that a 75-year-old pensioner submitted to Bunnings in Burleigh Heads. They hired him because he was so funny....

NAME:

Adam Landon Jones (Grumpy Bastard)

SEX:

Not lately, but I am looking for the right woman (or at least one who will cooperate)

DESIRED POSITON:

Company's Chief Executive or Managing Director. But seriously, whatever's available. If I was in a position to be picky, I wouldn't be applying in the first place - would I?

DESIRED SALARY:

$150,000 a year plus share options and a good redundancy package. If that's not possible, make an offer and we can haggle.

EDUCATION:

Yes.

LAST POSITON HELD:

Target for middle management hostility.

PREVIOUS SALARY:

A lot less than I'm worth.

MOST NOTABLE ACHIEVEMENT:

My incredible collection of stolen pens and post-it notes.

REASON FOR LEAVING:

It was a crap job.

HOURS AVAILABLE TO WORK:

Any.

PREFERRED HOURS:

1:30 - 3:30 p.m. Monday, Tuesday, and Thursday.

DO YOU HAVE ANY SPECIAL SKILLS?:

Yes, but they're better suited to a more intimate environment.

MAY WE CONTACT YOUR CURRENT EMPLOYER?:

If I had one, would I be here'?

DO YOU HAVE ANY PHYSICAL CONDITIONS THAT WOULD PROHIBIT YOU FROM LIFTING UP TO 50 lbs.?:

Of what?

DO YOU HAVE A CAR?:

I think the more appropriate question here would be "Do you have a car that runs?"

HAVE YOU RECEIVED ANY SPECIAL AWARDS OR RECOGNITION?:

I may already be a winner of the Reader's Digest Timeshare Free Holiday Offer, so they tell me.

DO YOU SMOKE?:

On the job - no! On my breaks - yes!

WHAT WOULD YOU LIKE TO BE DOING IN FIVE YEARS?:

Living in the Bahamas with a fabulously wealthy Swedish supermodel with a big chest and who thinks I'm the greatest thing since sliced bread.

Actually, I'd like to be doing that now.

NEAREST RELATIVE?:

12 Kms

DO YOU CERTIFY THAT THE ABOVE IS TRUE AND COMPLETE TO THE BEST OF YOUR KNOWLEDGE?:

Oh yes. Absolutely.

After landing my new job as a Bunnings "Greeter" - a good find for many retirees, I lasted less than a day . . . . . About two hours into my first day on the job a very loud, unattractive, mean-acting Bogan babe walked into the store with her two kids, yelling obscenities at them all the way through the entrance.

As I had been instructed, I said, pleasantly, "Good morning and welcome to Bunnings."

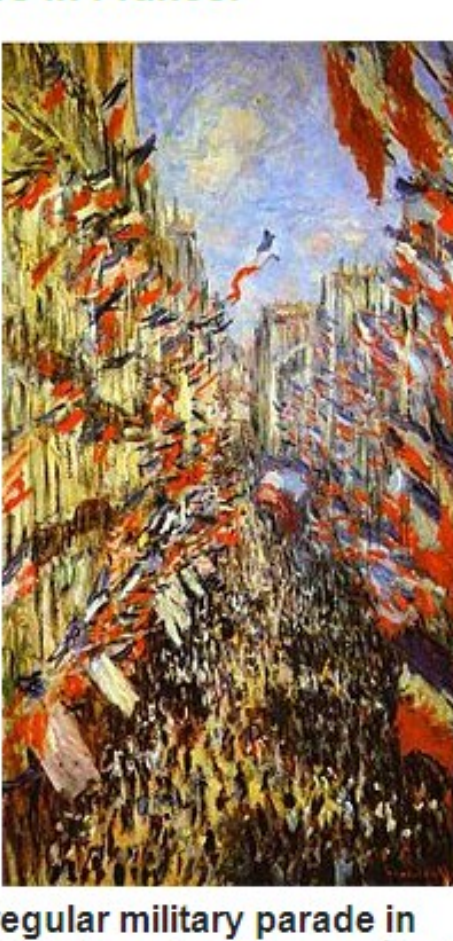
I then said, "Nice children you have there. Are they twins?"

The woman stopped yelling long enough to say, "No, they ain't effin twins. The oldest one's 9, and the other one's 7, why the hell would you think they're twins? Are you blind, or just effin stupid?"

I replied, "I'm neither blind nor stupid, Madam. I just couldn't believe someone shagged you twice..... Have a good day and thank you for shopping at Bunnings."

My supervisor said I probably wasn't cut out for this line of work.

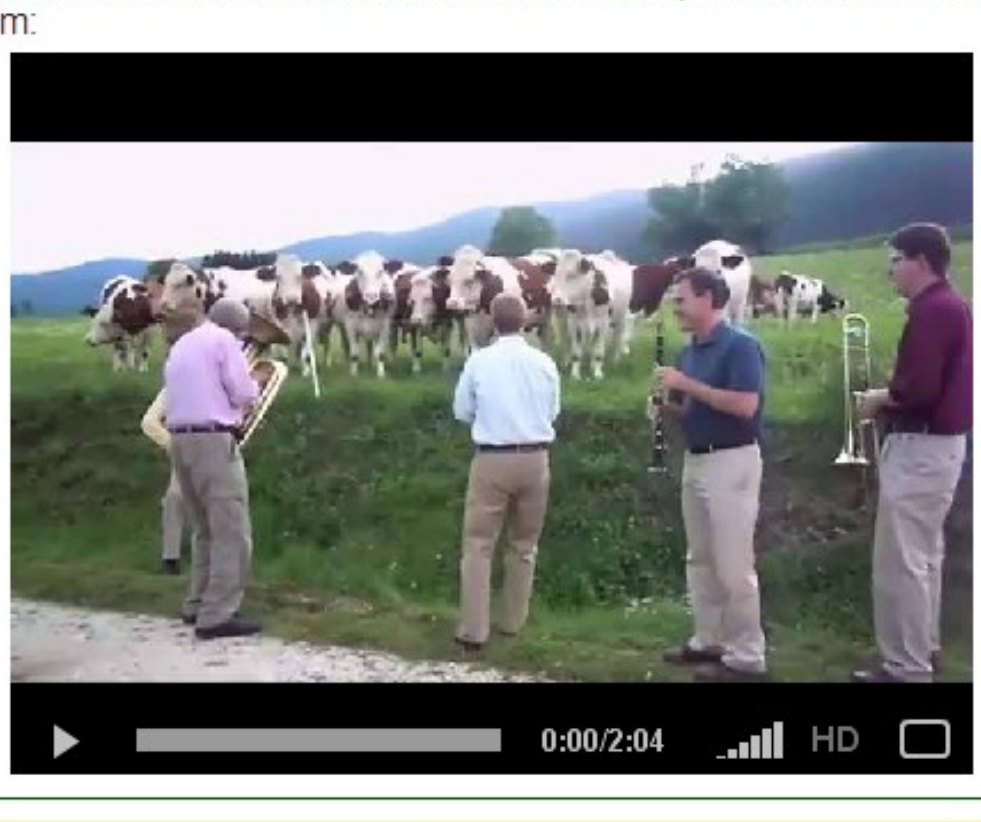
Jazz for Cows in France!

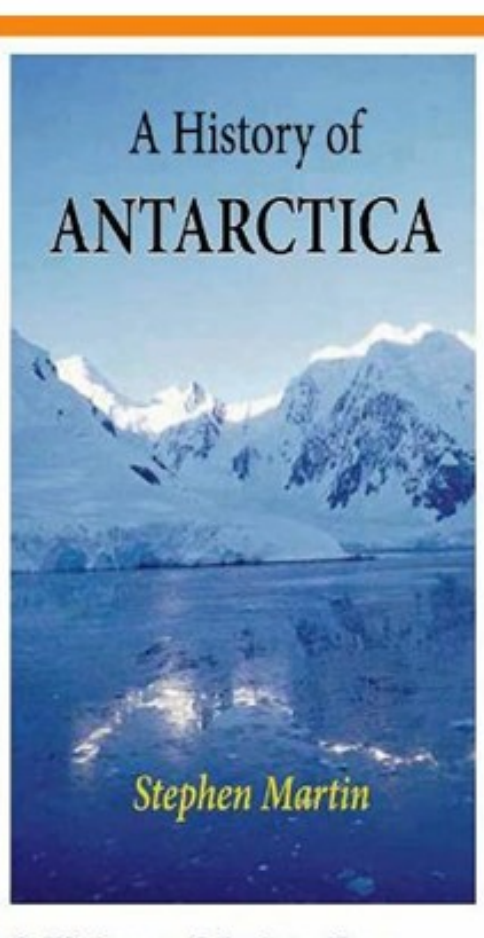


It's Bastille Day today (Sunday July 14th) - Bastille Day is the name given in English-speaking countries to the French National Day, which is celebrated on 14 July each year. In France, it is formally called La Fête Nationale. It commemorates the 1790 Fête de la Fédération, held on the first anniversary of the storming of the Bastille on 14 July 1789; the anniversary of the storming of the Bastille fortress-prison was seen as a symbol of the uprising of the modern nation, and of the reconciliation of all the French inside the constitutional monarchy which preceded the First Republic, during the French Revolution. Festivities and official ceremonies are held all over France. **The oldest and largest regular military parade in Europe** is held on the morning of 14 July, on the Champs-Élysées avenue in Paris in front of the President of the Republic, French officials and foreign guests.

Picture Claude Monet, Rue Montorgueil, Paris, Festival of 30 June 1878.

Pittwater has benefited from a lot of French input over the years so we thought you may like to see what the French are up to in further afar fields as our own small nod to where many of our bloods stem from:





Author Talks 2013

Date:
Tuesday 30 July 2013
Time:
6.30pm
Venue:
Mona Vale Library
1 Park Street, Mona Vale
Cost:
$8/$6 concession for Pensioners & Students
(passes must be shown)
Bookings essential
Payment within 3 days of booking
Phone:
9970 1600
FREE FOR SCHOOL STUDENTS

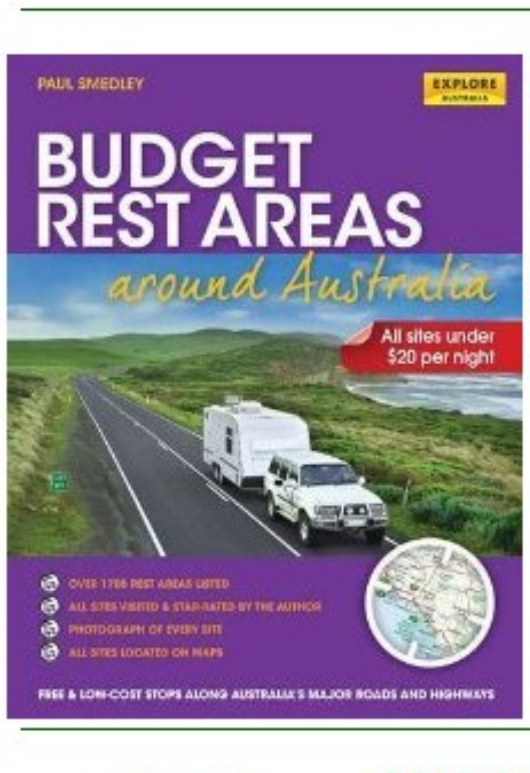
A History of Antarctica
By Stephen Martin

This publication has been completely revised and rewritten with new information, maps and illustrations, bringing the fascinating story of people in Antarctica up to date. The book also reveals the importance of this continent to international science, environmental change, tourism and politics.

Stephen Martin is a writer and Antarctic historian who has travelled south since 1994 as a history lecturer, tourist and sailor. He worked for many years with the Antarctic collections of the State Library of New South Wales and the Antarctic collection of Kerry Stokes.

Other publications include *The Whales Journey* and *Penguin*.

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL



Budget Rest Areas Around Australia by Paul Smedley. $39.99

This guide lists the exact location of hundreds of roadside rest areas, parking areas, bush campsites and caravan stops along Australia's major highways.

2013 Solar Challenge – Australia

WORLD SOLAR CHALLENGE

Turning up the heat - new rules & record entries

This year's new look World Solar Challenge is set to sizzle. New rules have fired up the competition with arecord breaking 48 teams from 26 countries now preparing to take on the Aussie outback in the 3,000 kilometre journey from Darwin to Adelaide,starting 6 October, in a bid to prove they have what it takes to deliver the world's most efficient electric solar car.

Announcing the largest ever field, CEO of the South Australian Motor Sports Board, Mark Warren, said it was fitting to be able to say on World Environment Day that teams from around the world had responded in the best possible way to the new classes and new regulations by entering in record numbers.

"We threw down the gauntlet asking designers to push the limits of new technology and innovation by creating three new formalised classes. We wanted to ensure our event remained at the forefront of technology driving experienced teams and industry sponsors to exceed past results and at the same time inspire newcomers. Their response has been a resounding, bring it on!" Mr Warren said.

"We now have the makings of our most competitive field ever – in terms of time, speed, energy efficiency and innovation. All our top contenders are back to chase line honours. The changes also mean teams in both Challenger and Cruiser classes will be competing in brand new cars".

Volunteers Wanted

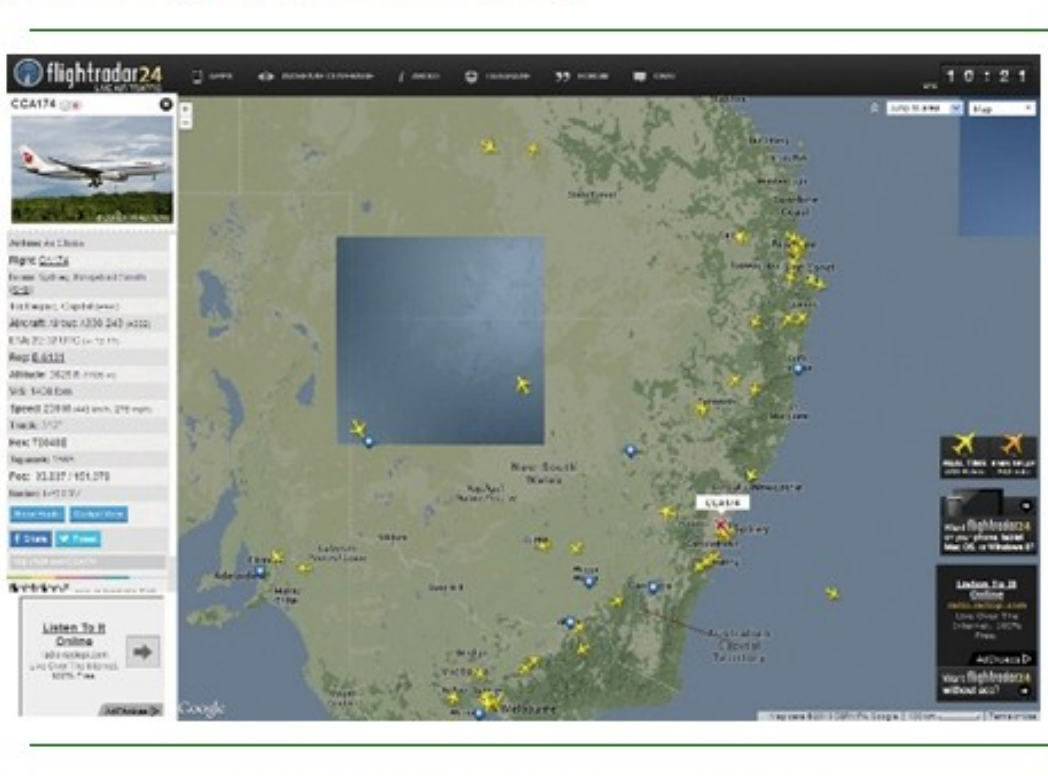
Volunteering for the World Solar Challenge is not like volunteering for any other event. Volunteers are away from home for extended periods and, at times, may not be provided with the most comfortable accommodation or favourite food. It is however a great adventure on which you will not only make new friends, but will take home many stories and a lifetime of memories.

See volunteer stories

The event relies on its volunteers and seeks a mix of experience and new blood, therefore there will always be new volunteer positions available each event.

Volunteering for the World Solar Challenge requires commitment, professionalism and, in many cases, diplomacy.

If you would like to register for a volunteer role for the World Solar Challenge, please send us an email to: volunteers@worldsolarchallenge.org



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

Have you ever wondered where that plane flying over head is going and what type of aircraft it is? On flightrader24.com you can do just that.

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

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

If you can get this working for you it will tell you who is flying and where they are going. Here is a note to help you get more out of your visit to this site:

These are all the aircraft in the air right now. In the left hand column, there is a box called "planes." The number in the box is the number of aircraft airborne. This view is what the traffic management people see for planning purposes at the various airports.

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

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

Some tricks;

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

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Contact Community Care Northern Beaches HERE:

COTA – NSW - http://cotansw.com.au/

ABOUT US

The Council on the Ageing NSW (COTA NSW) is the peak organisation for people over 50 in our state. We're an independent, non-partisan, consumer-based non-government organisation. We work with politicians, policy makers, and service providers as well as media representatives to make sure your views are heard and your needs are met. COTA NSW works to empower and engage people over 50. For decades, we've shaped the policies and programs that change lives.

Since our beginning in 1956, COTA NSW has introduced policies and programs that make a real difference to peoples' lives. We have proud record, having created:

▪Meals on Wheels, ▪Retirement Village Residents Association, ▪Australian Seniors Computer Clubs Association, ▪Seniors Clubs, ▪Seniors Information Service, ▪OM:NI – Older Men: New Ideas, ▪Grandfriends, ▪Grandparents, Relatives and Kinship Care Alliance, ▪Medication Management for Older People, and the ▪Mature Employment Line.

COTA NSW, through constant contact with consumers and consumer groups across the state, through the research it conducts and through partnerships with other NGOs, research bodies and universities, is also an important source of information and advice on issues and decisions that people will navigate through as they live long, healthy, and productive lives. We have always made this information and advice available publically through telephone advice and over eighty Fact Sheets. Browse through our website or contact us and help COTA NSW continue its work in advancing the interests of people over 50.

HAVE YOUR SAY!

We have launched our 2013 COTA NSW Survey. We want to know what you think about important issues. Your input helps to determine the policies and positions we communicate to Government. Everyone who completes the survey goes into a draw to win one of five $50 gift cards. Click the link to access the survey.

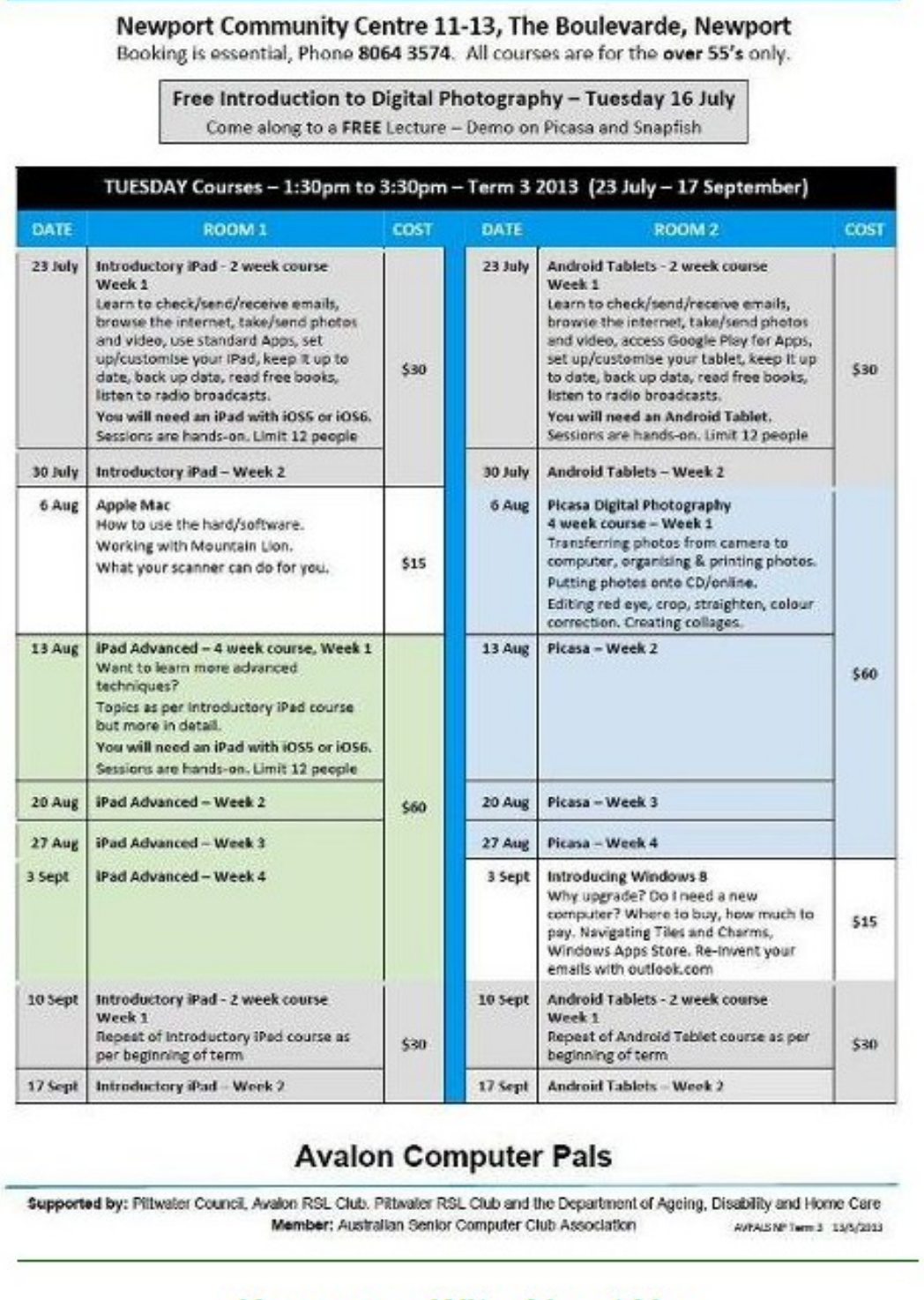
Click here to complete the COTA NSW 2013 Survey.

Avalon Computer Pals for Seniors

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

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

Article onAvPals Seminar



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 3 2013

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

Free Introduction to Digital Photography – Tuesday 16 July
Come along to a **FREE** Lecture – Demo on Picasa and Snapfish

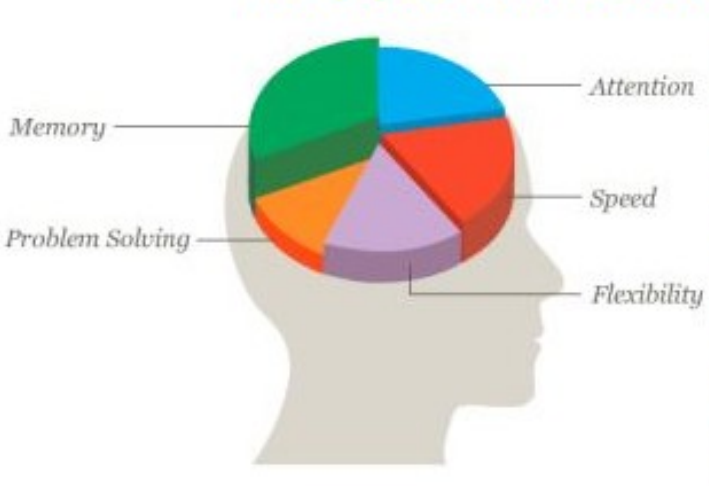
TUESDAY Courses – 1:30pm to 3:30pm – Term 3 2013 (23 July – 17 September)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
23 July	Introductory iPad - 2 week course Week 1 Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. You will need an iPad with iOS5 or iOS6. Sessions are hands-on. Limit 12 people	$30	23 July	Android Tablets - 2 week course Week 1 Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. You will need an Android Tablet. Sessions are hands-on. Limit 12 people	$30
30 July	Introductory iPad – Week 2		30 July	Android Tablets – Week 2	
6 Aug	Apple Mac How to use the hard/software. Working with Mountain Lion. What your scanner can do for you.	$15	6 Aug	Picasa Digital Photography 4 week course – Week 1 Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
13 Aug	iPad Advanced – 4 week course, Week 1 Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. You will need an iPad with iOS5 or iOS6. Sessions are hands-on. Limit 12 people	$60	13 Aug	Picasa – Week 2	
20 Aug	iPad Advanced – Week 2		20 Aug	Picasa – Week 3	
27 Aug	iPad Advanced – Week 3		27 Aug	Picasa – Week 4	
3 Sept	iPad Advanced – Week 4		3 Sept	Introducing Windows 8 Why upgrade? Do I need a new computer? Where to buy, how much to pay. Navigating Tiles and Charms, Windows Apps Store. Re-invent your emails with outlook.com	$15
10 Sept	Introductory iPad - 2 week course Week 1 Repeat of Introductory iPad course as per beginning of term	$30	10 Sept	Android Tablets - 2 week course Week 1 Repeat of Android Tablet course as per beginning of term	$30
17 Sept	Introductory iPad – Week 2		17 Sept	Android Tablets – Week 2	

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association
AVPALS NP Term 3 13/5/2013

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

Home Care Updates - 5 July 2013, Fed. Govt. Media Release

The first Home Care packages for older Australians have been announced today by Minister for Mental Health and Ageing, Senator Jacinta Collins, as part of more than $500 million in new annual aged care funding.

A total of 5,835 new Home Care packages will provide vital services so Australians can stay in their own homes, while 7,775 new residential aged care places will also be established.

Home Care Packages are specially tailored to older people's care needs, with services including personal care, house cleaning and home modifications, transport and clinical care.

The 2012-13 Aged Care Approvals Round (ACAR) will also provide aged care homes with $51 million in capital grants while $156 million in zero real interest loans will help them build or upgrade.

Culturally and linguistically diverse (CALD) communities and special needs groups will receive significant new capital funding as well as residential places, such as:

$11million and 60 residential places to establish a new aged care home in Melbourne for people from the Indo-Chinese community;

$12.5 million and 19 residential places to redevelop and expand an aged care home for Indigenous Australians in Queensland's Logan River Valley;

$3.95 million and 14 residential places for new accommodation at Lionsbrae Hostel in Melbourne for people who are homeless or at risk of homelessness.

Minister for Mental Health and Ageing Senator Jacinta Collins announced the funding today while visiting Lionsbrae Hostel in Ringwood East with federal member for Deakin Mike Symon.

Minister Collins said. "The Labor Government is building a better and fairer aged care system so that older Australians can look forward to more certainty and greater choice of care in their later years. Labor's reforms will allow more Australians to remain in their own homes as the Government increases the number of Home Care packages from 60,000 to about 140,000 over the next 10 years. Home Care packages will be provided on a Consumer Directed Care basis, meaning older Australians and their carers will have a greater say in the services they receive as well as how they are delivered."

Mr Symon said: "I am delighted I could take our new Minister to Lionsbrae Hostel to see how Labor's investment is transforming lives, and to tour a great facility receiving $4 million and 14 new places."

Launch of world-first technology to enable blind and vision impaired Australians to enjoy live theatre - 9 July 2013, Fed. Govt. Media Release

From today, a cutting-edge new app will enable people who are blind or vision impaired to enjoy live theatre by providing high-quality audio descriptions on their mobile devices, including smart phones and tablets.

Parliamentary Secretary for Disabilities and Carers Amanda Rishworth today launched the GoTheatrical! mobile app, developed by award-winning Australian company The Captioning Studio, at the Art Gallery of South Australia.

Ms Rishworth congratulated The Captioning Studio for developing this new technology that now gives people who are blind or vision impaired the same choices as other theatre-goers.

"People with disability have the right to the same opportunities as other Australians," Ms Rishworth said. "This new app will allow users to access the audio description delivered during gaps in the dialogue, and visualise the action taking place from detailed descriptions of costumes, body language, set design and scene locations.

"This technology replaces the old portable FM systems, which could be frustrating for theatre-goers as users often experienced interference from radio stations and technical failures such as batteries dying.

"By using WiFi and Voice Over IP, this technology allows a much higher quality audio signal with a greater degree of reliability, and I'm pleased many more Australians will now be able to enjoy a wonderful night out at the theatre."

"The Government is working hard to ensure people with disability have the same opportunities as other Australians," Ms Rishworth said. "Catching a movie with friends and family is something that many of us don't think twice about but the fact is there are many Australians who haven't been able to enjoy this popular pastime. That's why the Federal Government committed $500,000 to improve access to cinemas for people who are deaf, blind, or visually or hearing impaired, which will see captions and audio description available in 242 screens by the end of 2014.

"Through our National Disability Strategy, which includes $11 million in community initiatives, we are delivering a range of accessibility measures to make it easier for people with disability, their carers and families to participate in community life, including going to the cinema, attending conferences, using public libraries and accessing public buildings."

The Captioning Studio app has been made available from the App Store and GooglePlay, and enables patrons to access captions from their mobile phones and tablets.

Or click on link above. Link to App at base of page; **AJG- Ed.**

GoTheatrical Theatre Captioning

GoTheatrical Theatre Captioning
Sue Daw
OAM
captioning

He's very good at this!

Stay Smart Online with Nan Bosler - Published on May 13, 2013

How can older Australians become cyber smart? Stay Smart Online ambassador Nan Bosler explains that we can all be active and confident online no matter how old or young we are.

Stay Smart Online with Nan Bosler
COMPUTER PALS FOR SENIORS

Australian Seniors Computer Clubs Association

ASCCA Working for Seniors

JULY 2013 NEWSLETTER: here

Includes:

A wonderful opportunity for ASCCA- on Nan Bosler's trip to Korea for the Active Aging 2013 International Conference ; ASCCA Notice Board; Fact or Fiction - Research Report 2013; How could the Dividend Spectrum Auction affect you?; Goals of International Network for prevention of Elder Abuse; Showcasing the benefits of high speed Broadband; Aust Govt. Express Plus Seniors App

Health Papers Published this Week:

Researchers Investigate Mechanism of Alzheimer's Therapy

July 8, 2013 — Researchers at the University of Kentucky Sanders-Brown Center on Aging, led by faculty member Donna Wilcock, have recently published a new paper in the Journal of Neurosciencedetailing an advance in treatment of Alzheimer's disease.

Gammagard™ IVIg is a therapy that has been investigated for treatment of Alzheimer's. Despite small clinical studies that have reported efficacy of the approach, the mechanism of action is poorly understood.

The UK researchers set out to investigate the mechanism by which the treatment may act in the brain to lower amyloid deposition (amyloid deposits being a key pathology in Alzheimer's).

To conduct their investigation, researchers introduced IVIg directly into the brains of mice which carry a human gene causing them to develop amyloid plaques. They found that IVIg lowers amyloid deposits in the brains of the mice over the course of seven days. Their data suggest that the modulation of inflammation in the brain by IVIg is a key event that leads to the reduction in amyloid deposition.

The scientists hypothesize that the IVIg acts as an immune modulator, and this immune modulation is responsible for the reductions in amyloid pathology.

The data suggests that modulating the immune response in the brain may help ameliorate the Alzheimer's pathology. Researchers are currently investigating other ways to produce the same modulation of the immune response because the access of IVIg to the brain when administered peripherally is very limited.

The above story is reprinted from materials provided byUniversity of Kentucky

Researchers Identify 'Switch' for Long-Term Memory

July 8, 2013 — Neurobiologists at Heidelberg University have identified calcium in the cell nucleus to be a cellular "switch" responsible for the formation of long-term memory. Using the fruit fly Drosophila melanogaster as a model, the team led by Prof. Dr. Christoph Schuster and Prof. Dr. Hilmar Bading investigates how the brain learns. The researchers wanted to know which signals in the brain were responsible for building long-term memory and for forming the special proteins involved. The results of the research were published in the journal *Science Signaling*.

The team from the Interdisciplinary Center for Neurosciences (IZN) measured nuclear calcium levels with a fluorescent protein in the association and learning centres of the insect's brain to investigate any changes that might occur during the learning process. Their work on the fruit fly revealed brief surges in calcium levels in the cell nuclei of certain neurons during learning. It was this calcium signal that researchers identified as the trigger of a genetic programme that controls the production of "memory proteins." If this nuclear calcium switch is blocked, the flies are unable to form long-term memory.

Prof. Schuster explains that insects and mammals separated evolutionary paths approximately 600 million years ago. In spite of this sizable gap, certain vitally important processes such as memory formation use similar cellular mechanisms in humans, mice and flies, as the researchers' experiments were able to prove. "These commonalities indicate that the formation of long-term memory is an ancient phenomenon already present in the shared ancestors of insects and vertebrates. Both species probably use similar cellular mechanisms for forming long-term memory, including the nuclear calcium switch," Schuster continues.

The IZN researchers assume that similar switches based on nuclear calcium signals may have applications in other areas - presumably whenever organisms need to adapt to new conditions over the long term. "Pain memory, for example, or certain protective and survival functions of neurons use this nuclear calcium switch, too," says Prof. Bading. This cellular switch may no longer work as well in the elderly, which Bading believes may explain the decline in memory typically observed in old age. Thus, the discoveries by the Heidelberg neurobiologists open up new perspectives for the treatment of age- and illness-related changes in brain functions.

J.-M. Weislogel, C. P. Bengtson, M. K. Muller, J. N. Hortzsch, M. Bujard, C. M. Schuster, H. Bading.**Requirement for Nuclear Calcium Signaling in Drosophila Long-Term Memory.** Science Signaling, 2013; 6 (274): ra33 DOI: 10.1126/scisignal.2003598

Research Points to Biomarker That Could Track Huntington's Disease Progression

July 8, 2013 — A hallmark of neurodegenerative diseases such as Alzheimer's, Parkinson's and Huntington's is that by the time symptoms appear, significant brain damage has already occurred - and currently there are no treatments that can reverse it. A team of SRI International researchers has demonstrated that measurements of electrical activity in the brains of mouse models of Huntington's disease could indicate the presence of disease before the onset of major symptoms.

The findings, "Longitudinal Analysis of the Electroencephalogram and Sleep Phenotype in the R6/2 Mouse Model of Huntington's Disease," are published in the July 2013 issue of the neurology journal *Brain*, published by Oxford University Press.

SRI researchers led by Stephen Morairty, Ph.D., a director in the Center for Neuroscience in SRI Biosciences, and Simon Fisher, Ph.D., a postdoctoral fellow at SRI, used electroencephalography (EEG), a noninvasive method commonly used in humans, to measure changes in neuronal electrical activity in a mouse model of Huntington's disease. Identification of significant changes in the EEG prior to the onset of symptoms would add to evidence that the EEG can be used to identify biomarkers to screen for the presence of a neurodegenerative disease. Further research on such potential biomarkers might one day enable the tracking of disease progression in clinical trials and could facilitate drug development.

"EEG signals are composed of different frequency bands such as delta, theta and gamma, much as light is composed of different frequencies that result in the colors we call red, green and blue," explained Thomas Kilduff, Ph.D., senior director, Center for Neuroscience, SRI Biosciences. "Our research identified abnormalities in all three of these bands in Huntington's disease mice. Importantly, the activity in the theta and gamma bands slowed as the disease progressed, indicating that we may be tracking the underlying disease process."

EEG has shown promise as an indicator of underlying brain dysfunction in neurodegenerative diseases, which otherwise occurs surreptitiously until symptoms appear. Until now, most investigations of EEG in patients with neurodegenerative diseases and in animal models of neurodegenerative diseases have shown significant changes in EEG patterns only after disease symptoms occurred.

"Our breakthrough is that we have found an EEG signature that appears to be a biomarker for the presence of disease in this mouse model of Huntington's disease that can identify early changes in the brain prior to the onset of behavioral symptoms," said Morairty, the paper's senior author. "While the current study focused on Huntington's disease, many neurodegenerative diseases produce changes in the EEG that are associated with the degenerative process. This is the first step in being able to use the EEG to predict both the presence and progression of neurodegenerative diseases."

Although previous studies have shown there are distinct and extensive changes in EEG patterns in Alzheimer's and Huntington's disease patients, researchers are looking for changes that may occur decades before disease onset.

Huntington's disease is an inherited disorder that causes certain nerve cells in the brain to die, resulting in motor dysfunction, cognitive decline and psychiatric symptoms. It is the only major neurodegenerative disease where the cause is known with certainty: a genetic mutation that produces a change in a protein that is toxic to neurons.

S. P. Fisher, S. W. Black, M. D. Schwartz, A. J. Wilk, T.-M. Chen, W. U. Lincoln, H. W. Liu, T. S. Kilduff, S. R. **Morairty.Longitudinal analysis of the electroencephalogram and sleep phenotype in the R6/2 mouse model of Huntington's disease**. Brain, 2013; 136 (7): 2159 DOI:10.1093/brain/awt132

Experts Spot Early Signs of Alzheimer's

July 8, 2013 — Early signs of Alzheimer's disease can be detected years before diagnosis, according to researchers at Birmingham City University. The study found that sufferers of a specific type of cognitive impairment have an increased loss of cells in certain parts of the brain, which can be vital in detecting which patients will progress to a diagnosis of Alzheimer's.

A team of researchers from Birmingham City University (UK), in association with colleagues from Lanzhou University (China) and the Alzheimer's Disease Neuroimaging Initiative, conducted a brain scan analysis over two years, of patients suffering from amnestic mild cognitive impairment (aMCI) - a condition involving the diminishing of cognitive abilities, from which 80% of patients progress to a diagnosis of Alzheimer's.

Scans showed that the loss of grey matter in the left hemisphere of the brain was particularly widespread and degenerative for those patients at high risk of developing Alzheimer's, compared with those with no active neurological disorders.

This region of the brain has been associated with language, decision making, expressing personality, executing movement, planning complex cognitive behaviour and moderating social behaviour.

One of the researchers involved in the study, Professor Mike Jackson, from Birmingham City University, said: "Continuous loss of cells within the regions of the brain highlighted in this study should act as alarm bells for doctors, as they may indicate that the patient is on course to developing Alzheimer's."

The brains parahippocampal gyrus, a region which is known to be related to memory encoding and retrieval, was highlighted as an area that should be looked at carefully when examining brain scans to detect early signs of the disease.

Treating Alzheimer's early is thought to be vital to prevent damage to memory and thinking. Although treatments are available to temporarily ease symptoms, there has been little in the way of success in slowing down the cognitive decline in patients with mild to moderate Alzheimer's, which has been partly put down to the late timing of the diagnosis.

Experts at Birmingham City University hope that this study will aid other researchers to find an effective clinical treatment to delay the conversion to Alzheimer's.

Zhijun Yao, Bin Hu, Chuanjiang Liang, Lina Zhao, Mike Jackson. **A Longitudinal Study of Atrophy in Amnestic Mild Cognitive Impairment and Normal Aging Revealed by Cortical Thickness.** PLoS ONE, 2012; 7 (11): e48973 DOI: 10.1371/journal.pone.0048973

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of Pittwater Online News or its staff.

National Seniors Literary Prize a catalyst for change

The 2014 National Seniors Literary Prize will have the theme 'reflections'. It will be open until 29 November 2013.

National Seniors Australia and publishing powerhouse Random House Australia are working together to give one lucky writer, aged 50 years and over, the opportunity to make their mark in the world of publishing.

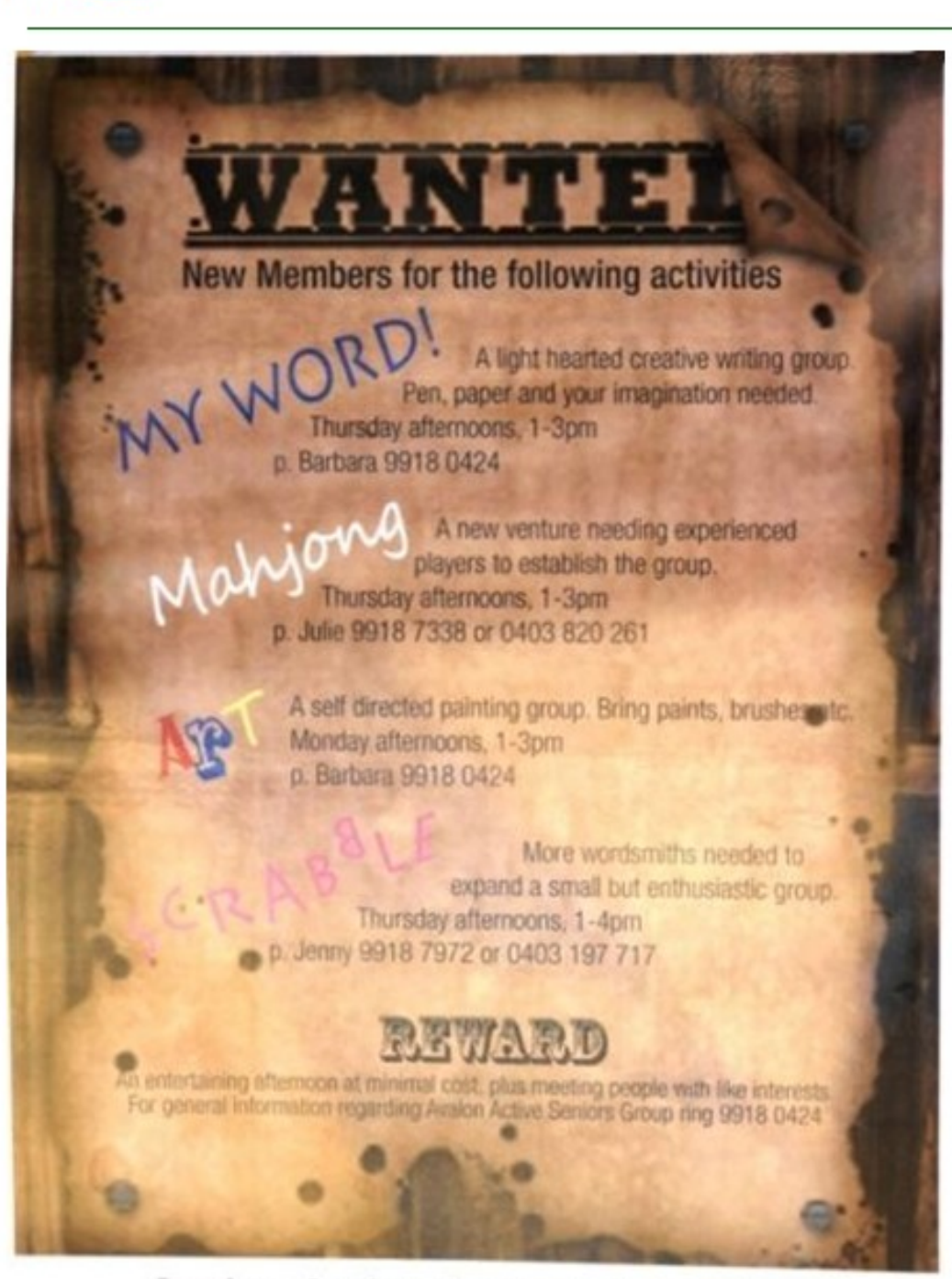
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

The winner of the National Seniors Literary Prize will receive:

$2,000 prize money; A three year membership to National Seniors Australia; A complete cover design for their manuscript; Professional editing by Random House Australia; E-book publication of their manuscript; 12 printed copies of their novel ;The opportunity for print-on-demand versions of their book

Submit your manuscript into the National Seniors Literary Prize 2014.

Got questions? Read the National Seniors Literary Prize frequently asked questions here. Read the full terms and conditions of the prize here.



WANTED
New Members for the following activities

MY WORD! A light hearted creative writing group. Pen, paper and your imagination needed. Thursday afternoons, 1-3pm p. Barbara 9918 0424

Mahjong A new venture needing experienced players to establish the group. Thursday afternoons, 1-3pm p. Julie 9918 7338 or 0403 820 261

ART A self directed painting group. Bring paints, brushes etc. Monday afternoons, 1-3pm p. Barbara 9918 0424

SCRABBLE More wordsmiths needed to expand a small but enthusiastic group. Thursday afternoons, 1-4pm p. Jenny 9918 7972 or 0403 197 717

REWARD
An entertaining afternoon at minimal cost, plus meeting people with like interests
For general information regarding Avalon Active Seniors Group ring 9918 0424

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

A massive directory for all northern beaches seniors is hitting the streets for Seniors Week. The Services, Activities & Housing Directory 2012-2013 is a one-stop-shop for all northern beaches seniors thanks to a successful partnership between Warringah, Pittwater and Manly Councils.

The directories can be found at Council's Customer Service; Libraries, Community Centres or **online** at the council websites.

If older people with mobility problems have difficulty assessing the directory - contact Aged Services and you will be sent a copy.

Australian Senior PUBLICATIONS

The Senior Newspaper Online 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

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/

HEARTMOVES | Heart Foundation

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

Pittwater Community Hub

Northside Community CONNECT

Our office at Mona Vale is ready for service. We are located in Shop 17 on the ground floor of the Peninsula Plaza at 20 Bungan Street. We are open Monday to Friday, 9.00am to 4.00pm. The new Hub is fully 'manned' by our professional staff and local volunteers who can answer enquiries and provide personal assistance to meet the needs of residents of the northern beaches. Pittwater Community Hub **Profile** Click here to visit their website for more

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

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

We want you to we help you gracefully downsize with our experience and care.

www.seniormovers.com.au

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

SENIORS CARD

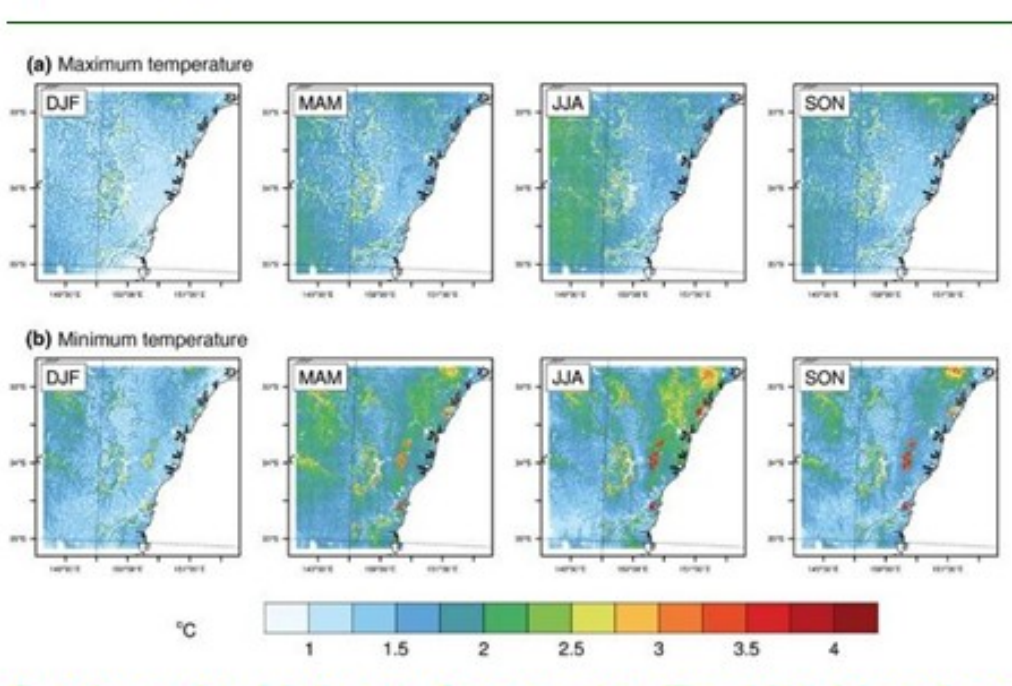
Seniors Card Website; great information Competitions, Newsletters and Events listings HERE

2013 Discount Directory now available - Seniors Card

The 2013 Discount Directory is now available. Please find digital copies of each of the 5 regional directories HERE

Pittwater Online News

July 14 - 20, 2013: Issue 119



Sydney's Urban Areas to Be Hit Hardest by Global Warming

July 8, 2013 — Green spaces, trees and bodies of water are must-have design features for future development in Sydney's suburbs after researchers found that by 2050 global warming combined with Sydney's urban heat island effect could increase temperatures by up to 3.7°C.

The researchers from the ARC Centre of Excellence for Climate System Science found new urban developments, such as the multitude of new estates on Sydney edges expected to house more than 100,000 residents, were prone to the greatest temperature increases.

"Interestingly, we found that overnight temperatures increased far more than temperatures during the day," said lead author from the ARC Centre of Excellence for Climate System Science Dr Daniel Argueso.

"This has implications for health problems related to heat stress accumulation and at an economic level where the higher energy consumption needed to power air conditioning overnight may lead to higher power bills."

The urban heat island effect occurs because urban structures can store more heat than open ground. This accumulated heat is released during the night, which is why nighttime temperatures increase even more than daytime temperatures.

At the same time urban surfaces hinder evaporation and its cooling effect, adding another layer to the heating of urban areas.

New areas on the fringes of Sydney could see temperatures rise between 1.1-3.7°C, while the rural areas near these new suburbs could see increases of 0.8-2.6°C. Existing urban areas closer to the CBD will see likely rises of 1.1-2.5°C.

Changes to planning guidelines could ease the heat impact, said Dr Paul Osmond from the University of New South Wales Built Environment.

"Current research shows that along with other strategies green spaces, street trees and bodies of water can have a marked effect on reducing urban heat island effect," said Dr Osmond.

"Not only do these help keep suburbs cooler, there is also a knock-on effect where these places gain social advantages through additional amenities and recreational areas. Quite often, leafy suburbs that contain a number of parks and bodies of water also tend to see increased real estate values. It's a win-win situation for everyone."

While the regions most affected by this increase in temperature will be new developments on the periphery of Sydney's urban area, it doesn't mean areas closer to the CBD won't see increases in the impacts.

Previous studies have shown that density, in particular vertical expansion, plays an important role in the urban heat island effect. As global warming develops, urban designers will also have to consider ways to ease this likely heat increase.

Importantly, while this research was focused on Sydney it has lessons for cities right across Australia. The mechanisms that cause warmer nights in Sydney are applicable to any city with similar characteristics and can be solved in similar ways.

However, Australia's regional climatic variability means scientists will need to extend their research to other cities to better understand their climatic characteristics and get a more comprehensive understanding of urban impacts on local temperature.

"We need to develop a complete profile of temperature changes for different cities taking into account their various urban expansion prospects and locations," Dr Argueso said.

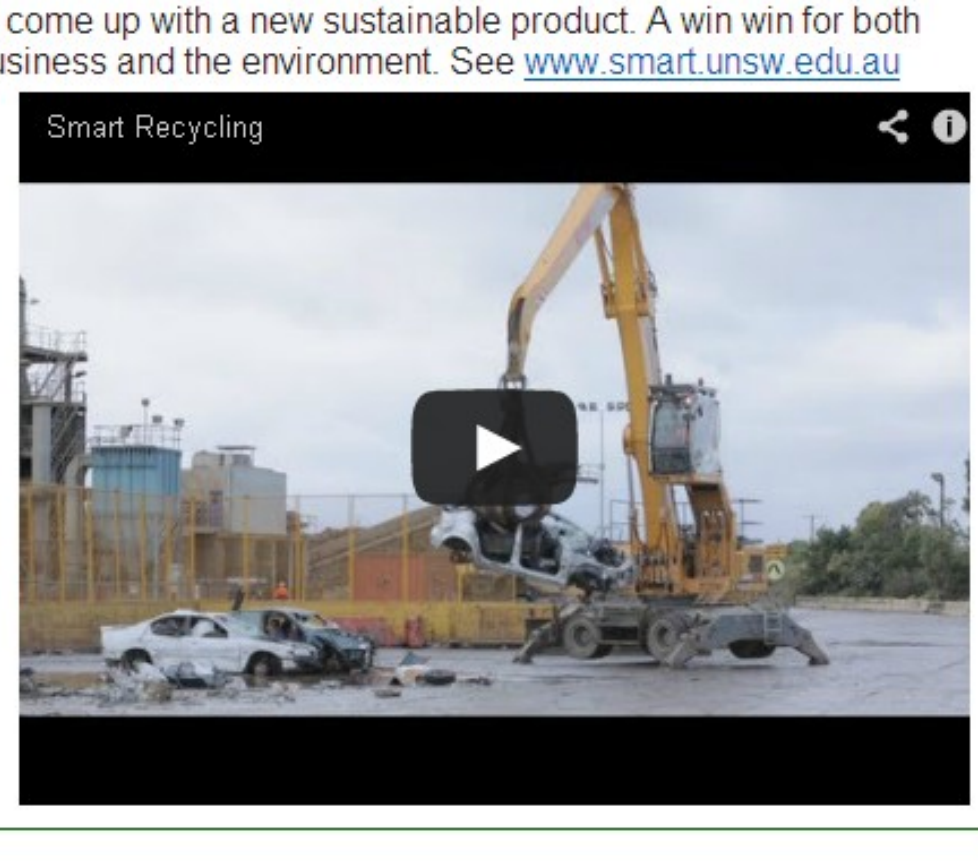
"With this information, we can provide an invaluable tool to help with the future development of Australian cities and the environment many of us live in."

Daniel Argüeso, Jason P. Evans, Lluís Fita, Kathryn J. Bormann. **Temperature response to future urbanization and climate change.** Climate Dynamics, 2013; DOI:10.1007/s00382-013-1789-6

Above: Fig. 6 Bias corrected WRF projected changes of daily maximum (a) and minimum (b) temperature seasonal means (2030–2049 minus 1990–2009). Grid points with non-significant changes using a two-sided Student's t test at 95 % confidence level were set to white. (D. Argueso et al (2013))

Smart Recycling by UNSW published on 9 Jul 2013

A new method of recycling that combines different waste materials to come up with a new sustainable product. A win win for both business and the environment. See www.smart.unsw.edu.au



PITTWATER COUNCIL

Celebrating 20 Years 1992-2012

National Tree Day 2013 – Sunday July 28th

Help beautify and improve Pittwater's natural environment on National Tree Day! Let's grow something really special this year. Be part of the country's largest nature-care initiative and help your local environment thrive. You'll be doing something good for your health and wellbeing, as well as the planet.

Pittwater Council will be contributing again this year by bringing National Tree Day home! We will be assisting residents in greening their own backyards by providing free native plants and offering planting advice at our Native Plant Give-away stall at Centro Warriewood on Saturday 27 July between 9am and 1pm. Additional planting day events in our local reserves are also planned for July so keep reading for more details.

Win a luxury nature getaway courtesy of Planet Ark! Whether you're planting in a backyard or on a balcony or rooftop, make sure to officially register your backyard planting on the National Tree Day website (http://treeday.planetark.org/) or by phone on 1300 88 5000. It only takes a minute and you could WIN a luxurious nature getaway at Wolgan Valley Resort and Spa, valued at close to $4,000. Your neighbours and friends will be green with envy!

Take part in a milestone event as Planet Ark and sponsor Toyota engage hundreds of thousands of Australians to get outside and grow, cherish some green time (without screen time) and help plant the 20-millionth seedling since the campaign began. With your help we can do it! Let's dig in and help green Australia one backyard at a time.

Careel Creek Community Planting Day – Saturday 20 July from 12:30pm to 3:30pm

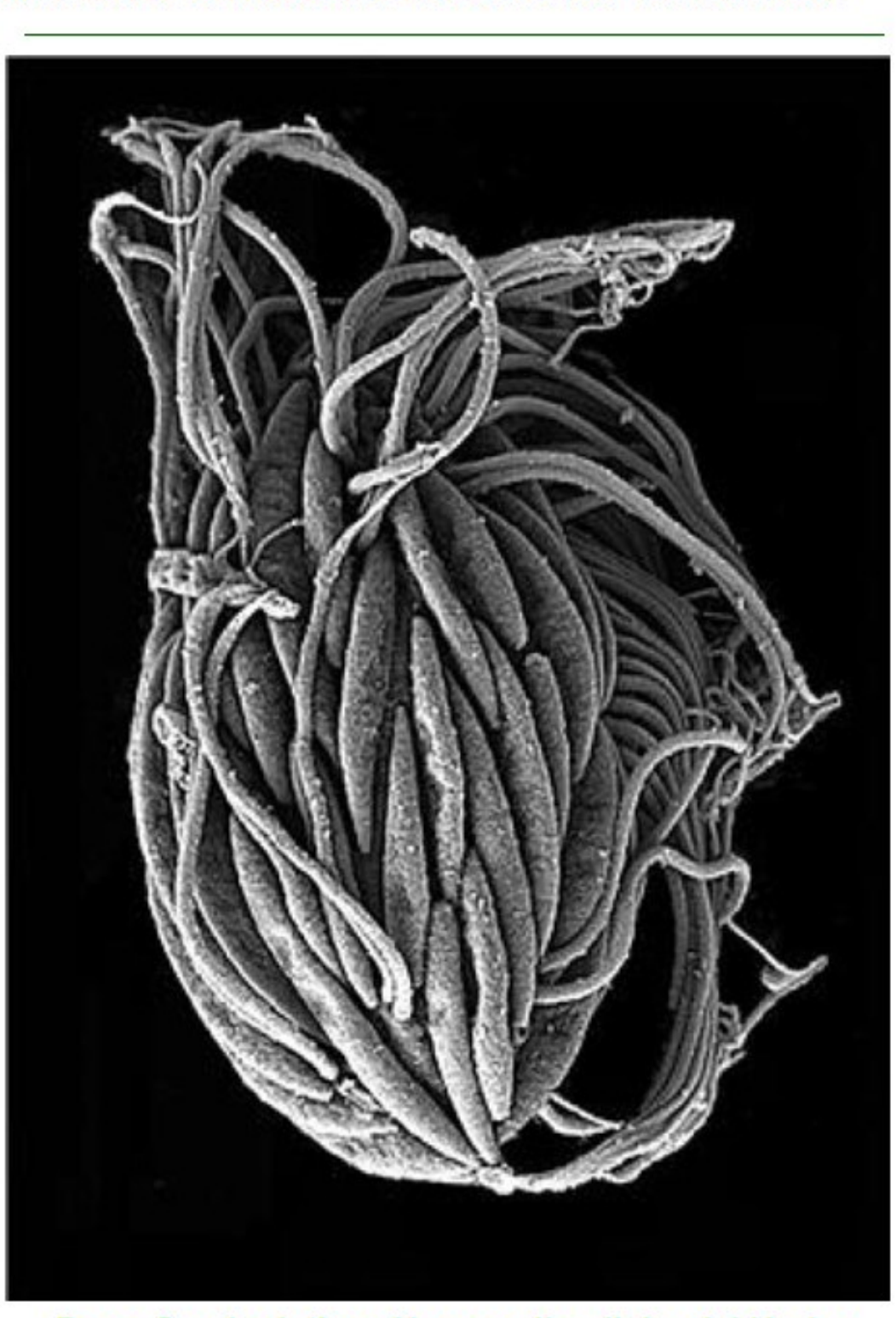
Since 1990 bush regeneration projects are replacing weeds and recreating valuable fauna habitat. To provide a link to Careel Bay, Careel Creek's banks are being progressively revegetated with local native plants. Help us continue the successful restoration of Careel Creek's unique environment on Saturday 20 July. Meet at the end of Etival Street, Avalon between 12:30 and 3:30pm, starting with a BBQ lunch at 12 to boost your energy levels!

This project is being funded by a Community Action grant to Pittwater Natural Heritage Association, in partnership with Pittwater Council. The grant is from the Federal Government via Hawkesbury Nepean Catchment Authority.

National Tree Day at Trafalgar Park – Sunday 28 July from 9am to 12pm.

Want to get outdoors and make a difference in your local area for this year's National Tree Day? Pittwater Council will be hosting a planting morning at Trafalgar Park in Newport on Sunday 28 July from 9am to 12pm. Plants, tools, training and a delicious morning tea for participants will be provided. Council staff will be on hand to provide advice to local residents on suitable native plants for their gardens as well as problematic weeds and their removal. Come along and help us restore and beautify this reserve which is habitat for many bird species including the Powerful Owl, Boobook Owl and Tawny Frogmouth.

More information: Bushcare Officer 9970 1367 or 0408164235



Deep Sea Isolation: Hypersaline 'Islands' Harbor Unique Life

July 8, 2013 — Deep in the ocean exist super salty anoxic basins that form 'islands' allowing evolution to vary between communities of ciliated plankton. These unique communities are presented in BioMed Central's open access journal *BMC Microbiology*, and provide an opportunity to observe multiple results of evolution from the same stock and different solutions to environmental difficulties.

About five and a half million years ago the Mediterranean sea dried up. This resulted in salty sediment, known as Messinian evaporites, in basins which were covered by sea water as the area reflooded. Salts from these basins are slowly leaching out but, since this water is denser than the surrounding sea, they are unmixable and it remains a briny column.

The ciliate plankton which live in these brines all began from the same stock, but over time have had the potential to evolve differently. Researchers from University of Kaiserslautern in collaboration with Woods Hole Oceanographic Institution, USA and CNR- Institute for Coastal Marine Environment, Italy, investigated how isolated these communities are, and whether there has been mixing between them and the surrounding ciliates in the sea.

The researchers found that there was some mixing of ciliate communities at the interfaces immediately above four different brines, and that these communities were very similar to each other. However the communities living at the heart of the brines were very different from each other even though the physical properties of each island were the same.

Dr Thorsten Stoeck who led this project said, "The isolation of these very similar habitats means that we can study alternative courses of evolution. Each of our four communities had taken a subtly different route in adapting to anoxia and hypersalinity, resulting in four very different communities. Other ancient isolated habits which also occur in the Red Sea and Gulf of Mexico may also contain 'hot spots' of as-of-yet unstudied and potentially highly divergent ecosystems."

Alexandra Stock, Virginia Edgcomb, William Orsi, Sabine Filker, Hans-Werner Breiner, Michail M Yakimov, Thorsten Stoeck. **Evidence for isolated evolution of deep-sea ciliate communities through geological separation and environmental selection.** BMC Microbiology, 2013; 13 (1): 150 DOI: 10.1186/1471-2180-13-150

Urania halocline ciliate. (Credit: Image courtesy of BioMed Central Limited)

Scientists Image Vast Subglacial Water System Underpinning West Antarctica's Thwaites Glacier

July 9, 2013 — In a development that will help predict potential sea level rise from the Antarctic ice sheet, scientists from The University of Texas at Austin's Institute for Geophysics have used an innovation in radar analysis to accurately image the vast subglacial water system under West Antarctica's Thwaites Glacier. They have detected a swamp-like canal system beneath the ice that is several times as large as Florida's Everglades.

The findings, as described this week in the Proceedings of the National Academy of Sciences, use new observational techniques to address long-standing questions about subglacial water under Thwaites, a Florida-sized outlet glacier in the Amundsen Sea Embayment considered a key factor in projections of global sea level rise. On its own, Thwaites contains enough fresh water to raise oceans by about a meter, and it is a critical gateway to the majority of West Antarctica's potential sea level contribution of about 5 meters.

The new observations suggest the dynamics of the subglacial water system may be as important as well recognized ocean influences in predicting the fate of Thwaites Glacier.

Without an accurate characterization of the bodies of water deep under Thwaites, scientists have offered competing theories about their existence and organization, especially in the rapidly changing region where the glacier meets the ocean.

Using an innovation in airborne ice-penetrating radar analysis developed by lead author Dusty Schroeder, a doctoral candidate at the Institute for Geophysics, the Texas team shows that Thwaites' subglacial water system consists of a swamp-like canal system several times as large as Florida's Everglades lying under the deep interior of the ice sheet, shifting to a series of mainly stream-like channels downstream as the glacier approaches the ocean.

Scientists have attempted to use ice-penetrating radar to characterize subglacial water for many years, but technical challenges related to the effects of ice temperature on radar made it difficult to confirm the extent and organization of these water systems. Schroeder's technique looking at the geometry of reflections solves this problem, because the temperature of the ice does not affect the angular distribution of radar energy.

"Looking from side angles, we found that distributed patches of water had a radar signature that was reliably distinct from stream-like channels," said Schroeder. He compared the radar signature to light glinting off the surface of many small interconnected ponds when viewed out of an airplane window.

Distinguishing subglacial swamps from streams is important because of their contrasting effect on the movement of glacial ice. Swamp-like formations tend to lubricate the ice above them whereas streams, which conduct water more efficiently, are likely to cause the base of the ice to stick between the streams. (The effect is similar to the way rain grooves on a tire can help prevent a car from hydroplaning on a wet road.)

As a result of this change in slipperiness, the glacier's massive conveyor belt of ice piles up at the zone where the subglacial water system transitions from swamps to streams.

This transition forms a stability point along a subglacial ridge that holds the massive glacier on the Antarctic continent.

"This is where ocean and ice sheet are at war, on that sticking point, and eventually one of them is going to win," said co-author Don Blankenship, a senior research scientist from the Institute for Geophysics.

Observations of the subglacial stream-and-swamp dynamic and the sub-ice topography suggest that Thwaites Glacier is stable in the short term, holding its current position on the continent. However, the large pile of ice that has built up in the transition zone could rapidly collapse if undermined by the ocean warming or changes to the water system.

"Like many systems, the ice can be stabilized until some external factor causes it to jump its stability point," said Blankenship. "We now understand both how the water system is organized and where that dynamic is playing itself out. Our challenge is to begin to understand the timing and processes that will be involved when that stability is breached."

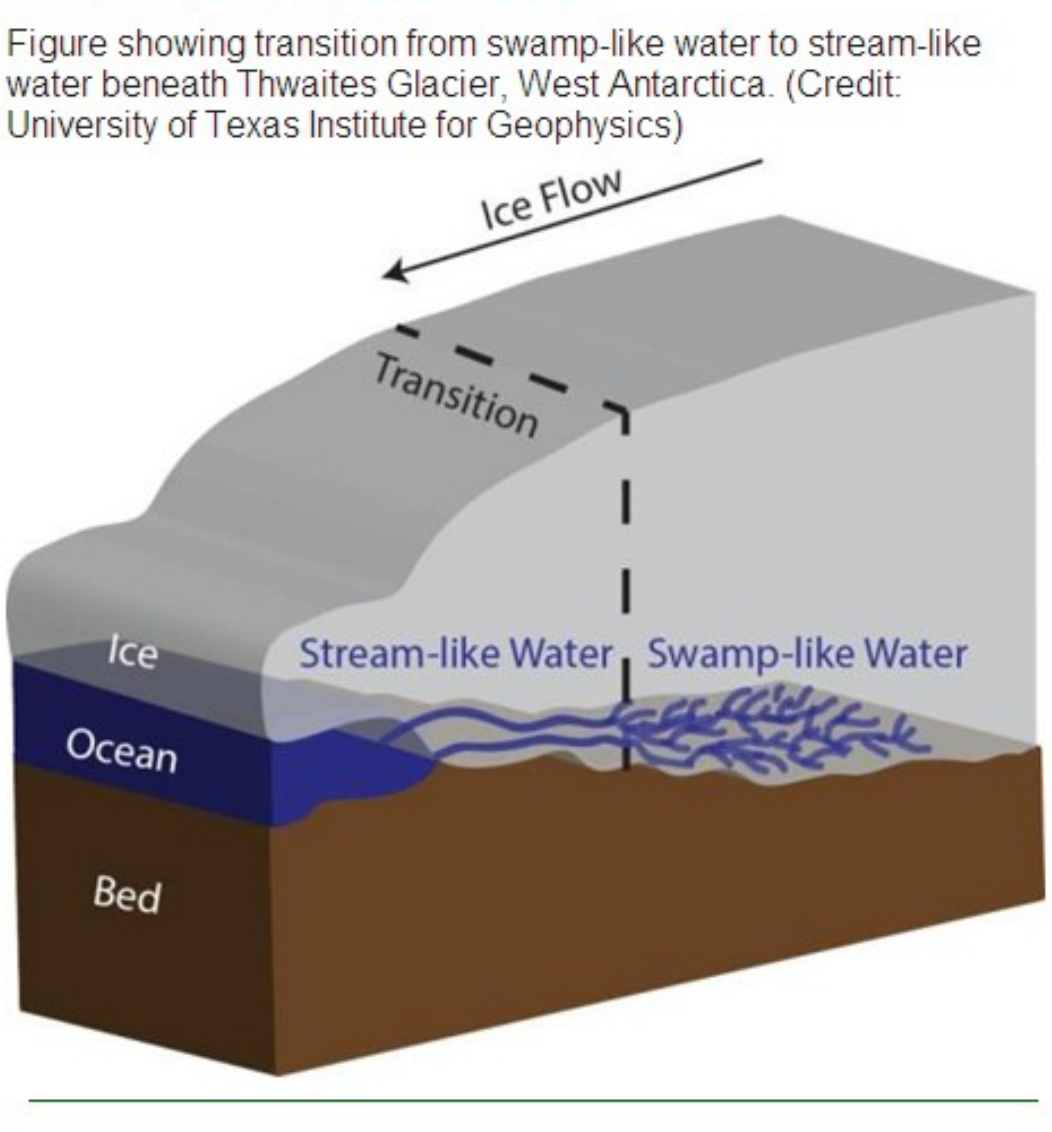
Current models predicting the fate of the glacier do not yet account for these dynamic, subglacial processes.

The findings rely on radar data acquired during airborne geophysical surveys over West Antarctica by the Institute for Geophysics, with operational support from the National Science Foundation. The analysis was enabled through intensive supercomputing supported by the university's Texas Advanced Computing Center.

The research was funded through grants from the National Science Foundation and NASA, with additional support from both the Vetlesen Foundation and the Institute for Geophysics, which is a research unit of the university's Jackson School of Geosciences.

D. M. Schroeder, D. D. Blankenship, D. A. Young. **Evidence for a water system transition beneath Thwaites Glacier, West Antarctica.** Proceedings of the National Academy of Sciences, 2013; DOI: 10.1073/pnas.1302828110

Figure showing transition from swamp-like water to stream-like water beneath Thwaites Glacier, West Antarctica. (Credit: University of Texas Institute for Geophysics)



Less Haze in Singapore as the Cause Becomes Clearer and More Complex

July 8, 2013 — Small and large-scale farmers in Riau province, Sumatra, have been blamed for the recent choking smoke smothering Singapore and parts of Malaysia. But scientists in Indonesia have added a third category of 'mid-level entrepreneurs'. These entrepreneurs buy unregulated access to land for oil palm and clear it by burning, seemingly unrestrained by government.

Scientists at the World Agroforestry Centre, who have been studying land conversion in Sumatra, say they have identified this third group of local land investors who operate outside the government system, making them potentially more difficult to regulate.

These people acquire land under informal rules at village level, effectively sidestepping the Government land-use system. They bring in their own labour to clear the land for oil palm, regardless of the land's formal government status and in the absence of any permits to do so.

Policies and policing need to be adjusted to deal with the newly identified group if the annual fires and subsequent haze are to be reduced. Holding plantation companies accountable for the fires within their boundaries would help reduce the problem but not extinguish it.

About half of the fire 'hot spots' in Riau province are on land with legal permits for large-scale operations (industrial timber, oil palm and logging). The rest occur as part of illegal activities, in areas which have been slated for conservation or non-production.

These hot spots are mostly concentrated in three districts within Riau province. Some neighbouring districts with similar conditions have so far avoided the problem this year, which suggests that lessons might be learnt about governance.

The fire-haze episode straddling the Strait of Malacca in June 2013 has reignited a decades-long debate about responsibility. In the current debate, finger pointing still alternates between the small- and large-scale agricultural operators. The latter include companies with headquarters in Singapore and Malaysia, where the undesirable haze accompanies the financial returns on their investments.

Before 1998, the blame for starting the fires was put exclusively on smallholders' 'shifting cultivation' techniques, with large-scale plantations and development projects protected from any criticism by the government.

But the 1997/8 fires in Sumatra and the change of regime in Indonesia threw new light onto the debate and it became evident that burning was the cheapest option widely used by all farmers, whether on a small or large scale or on peat or mineral soils.

Further information: HERE

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration. eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quaterly informative newsletter, online or paper
Members email group for leaset environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Lobbies Pittwater Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA-approved grant applications for environmental projects
Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, $20.00rrp, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

Email: pnhainfo@gmail.com Or click on Logo to visit website.
PROFILE

growing together
Pittwater Community Gardens

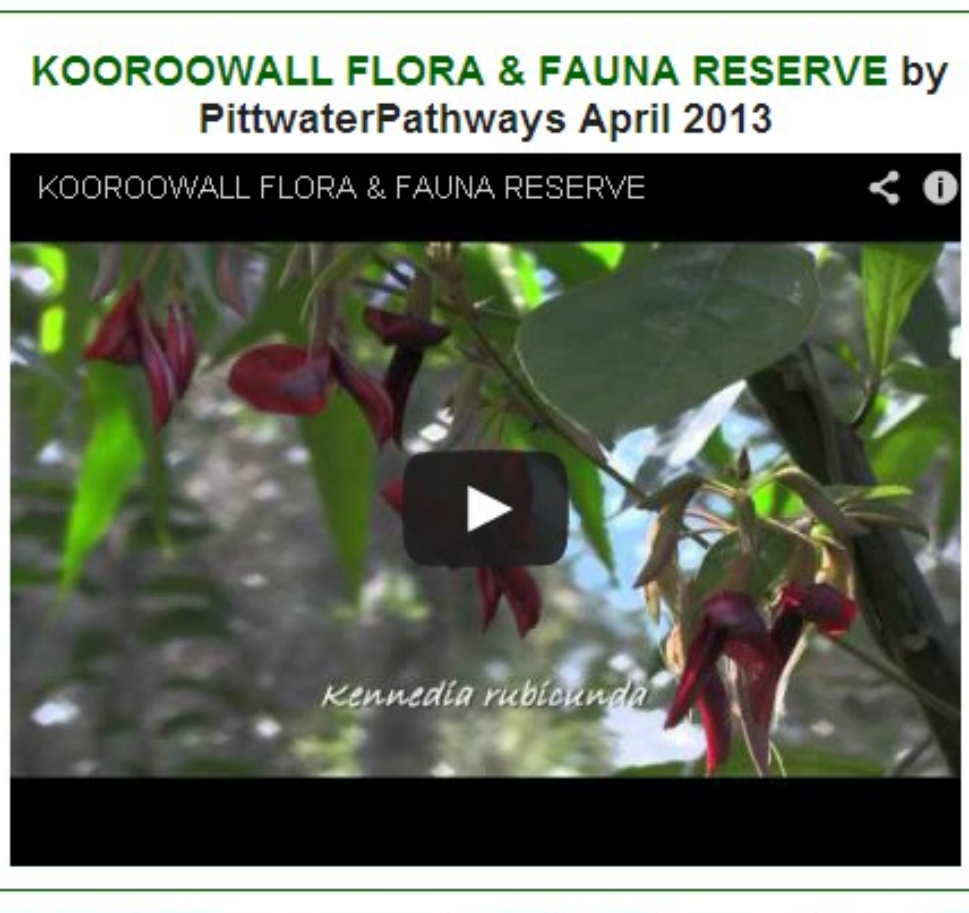
Community Gardens bring people together and enrich communities. They build a sense of place and shared connection.

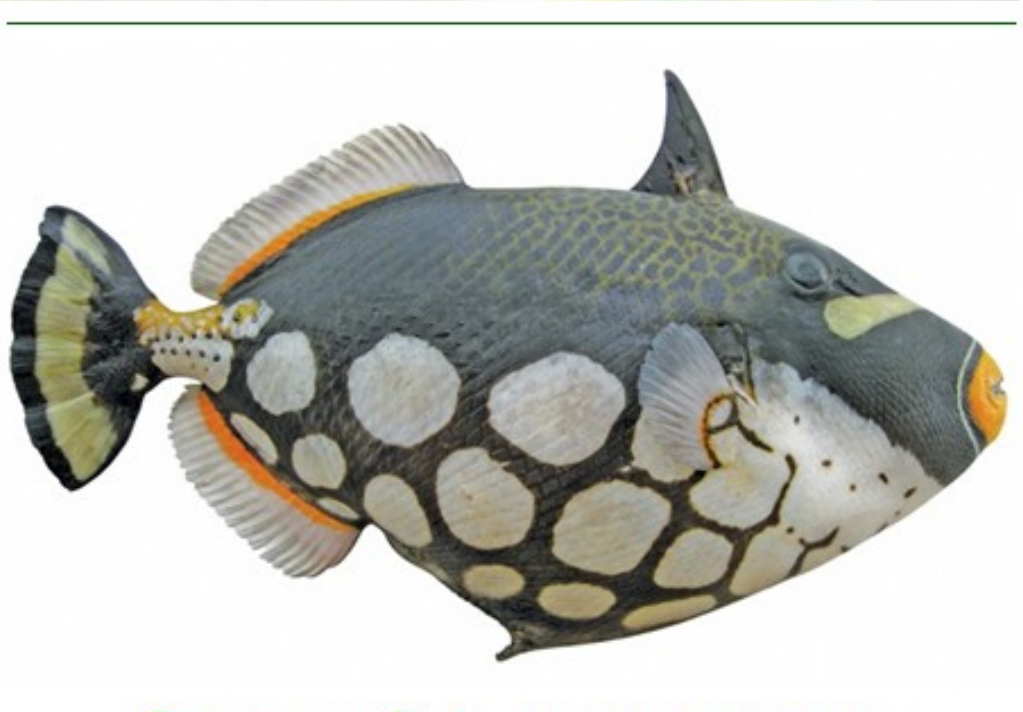
Pittwater Community Gardens is a community led initiative to create accessible food gardens in public places throughout the Pittwater area. Our aim is to share skills and knowledge in creating fabulous local, organic food. But it's not just about great food. We also aim to foster community connection, stimulate creative ideas for community resilience and celebrate our abundance. Open to all ages and skills, our first garden is on the grounds of Barrenjoey High School (off Tasman Road). Become part of this exciting initiative to change the world locally.

www.pcga.org.au Contact us info@pcg.org.au or Visit us at facebook.com/pcga.org; image artwork: www.gravey.com

Australian Native Foods website: http://www.anfil.org.au/

KOOROOWALL FLORA & FAUNA RESERVE by PittwaterPathways April 2013





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).

birdlife AUSTRALIA

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.

Tweet | Like | +1

July to February in Australia is Willy Wagtail Breeding Season

Winter In Pittwater

Katandra Bushland Sanctuary

KATANDRA BUSHLAND SANCTUARY
OPEN 10AM - 4PM EVERY SUNDAY JULY - OCTOBER 9979 8077
OPEN TODAY PARKING INSIDE

Seahorse Reef 6 July 2013 Published on 8 Jul 2013 by Graeme Heard

Scuba Dive at Gorgeous Reef, Henry Head, Botany Bay, NSW, Australia on 6 July 2013 with the BDC Group.

Seahorse Reef 6 July 2013 HD

Winner Sustainability Business Award 2013 – YHA Pittwater

Australia - NSW - Sydney - Pittwater YHA backpackers hostel

Sydney 's Pittwater YHA is the ideal home for your adventures. In this video you will see what the Sydney Pittwater area has to offer. You can Kayak and picnic around the bay. Bushwalk to lookouts, Aboriginal engraving sites and waterfalls. See native animals in their natural setting. Try twilight sailing or just doing nothing!

Hillside lodge nestled over Morning Bay in Ku-ring-gai Chase National Park.

Book at www.yha.com.au

Australia - NSW - Sydney - Pittwater YHA backpa...

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Glimpse Into the Future of Acidic Oceans Shows Ecosystems Transformed

July 8, 2013 — Ocean acidification may create an impact similar to extinction on marine ecosystems, according to a study released today by the University of California, Davis.

The study, **published online** in the journal *Proceedings of the National Academy of Sciences*, found that ocean acidification can degrade not only individual species, as past studies have shown, but entire ecosystems. This results in a homogenized marine community, dominated by fewer plants and animals.

"The background, low-grade stress caused by ocean acidification can cause a whole shift in the ecosystem so that everything is dominated by the same plants, which tend to be turf algae," said lead author Kristy Kroeker, a postdoctoral researcher at the Bodega Marine Laboratory at UC Davis.

"In most ecosystems, there are lots of different colorful patches of plants and animals - of algae, of sponges, of anemones," Kroeker said. "With ocean acidification, you lose that patchiness. We call it a loss of functional diversity; everything looks the same."

In the waters surrounding Castello Aragonese, a 14th century castle off the coast of Italy, volcanic vents naturally release bubbles of carbon dioxide gas, creating different levels of acidity among the marine-animal and plant communities there. These gradients of acidity gave the scientists a glimpse of what a future marked by increasingly acidic ocean waters could look like, and how the creatures and plants living in those environments may react to it.

The researchers selected three reef zones - of low, high and extremely high acidity, representing world ocean conditions for the present day, 2100 and 2500, respectively. Then they removed animals and vegetation from the rocks there. Every few months for three years, Kroeker dived to the study plots to photograph them and watch how the plots in each zone recovered.

By examining how recovery differed among zones, the study found that acidic water reduced the number and variety of species. In the non-acidic plots, many different plants and animals, including turf algae, would colonize and grow. Calcareous species, such as sea urchins and snails, would then eat them, allowing for variety through time.

However, in both the high and extremely high acidic plots, fleshy turf algae increased steadily and overtook the zones, as the urchins and other grazers were either not present or did not graze on the algae while in these zones.

Calcareous grazers play key roles in maintaining the balance within marine ecosystems. They are also considered among the most vulnerable species to ocean acidification.

"Our research is showing that if the role of these grazers changes with ocean acidification, you might expect to see cascading effects of the whole ecosystem," Kroeker said. "If the pattern holds for other calcareous grazers, this has implications for other ecosystems, as well."

Co-authors in the study include Maria Cristina Gambi of the Stazione Zoologica Anton Dohrn in Naples, Italy, and Fiorenza Micheli of Stanford University.

Kristy J. Kroeker, Maria Cristin Gambi, and Fiorenza Micheli.**Community dynamics and ecosystem simplification in a high-CO2 ocean.** PNAS, 2013 DOI:10.1073/pnas.1216464110

A zone of ambient acidity shows algae growth. In waters with lower acidity, "grazers" like sea urchins, help keep algae in check. (Credit: Kristy Kroeker/UC Davis photo)

Golden Tigers

A golden tiger, golden tabby tiger or strawberry tiger is one with an extremely rare color variation caused by a recessive gene that is currently only found in captive tigers. Like the white tiger, it is a color form and not a separate species. In the case of the golden tiger, this is the wide band gene; while the white tiger is due to the color inhibitor (chinchilla) gene. There are currently believed to be fewer than 30 of these rare tigers in the world, but many more carriers of the gene.

An example of a Golden tiger is in Dream World in Australia from India. Samara, a normal orange tigress, had been mated with nearly -stripeless white male tiger, Mohan. Her litter included one normal orange cub (Sultan), the first white tiger born in Australia (Taj, also nearly stripeless), and the first two tabby-colored tigers (male Rama and female Sita) born in Australia. The cubs weighed around 1.5 kilograms and measured approximately 30 centimeters in length. They were removed from their mother soon after birth and hand raised. The births and hand-raising process were filmed and presented in an hour long documentary.

Golden tiger. (2013, June 29). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Golden_tiger&oldid=562123515

Looking for a sea change? – Work on the Investigator

The Southern Surveyor research vessel has been at sea for thousands of sunsets... above and below are a few of our favourites.

If you're looking for a sea change, the new research vessel Investigator is looking for more people to join its team. More on how to wave goodbye to your old job: http://ow.ly/mjgyl

If you can see yourself as part of this team, then check out the multiple support positions then go to the CSIRO Careers portal www.csiro.au/Portals/Careers.aspx.

Applications and inquiries can ONLY be received via the CSIRO Careers portal. For more information on Australia's Marine National Facility go to www.marine.csiro.au/nationalfacility/.

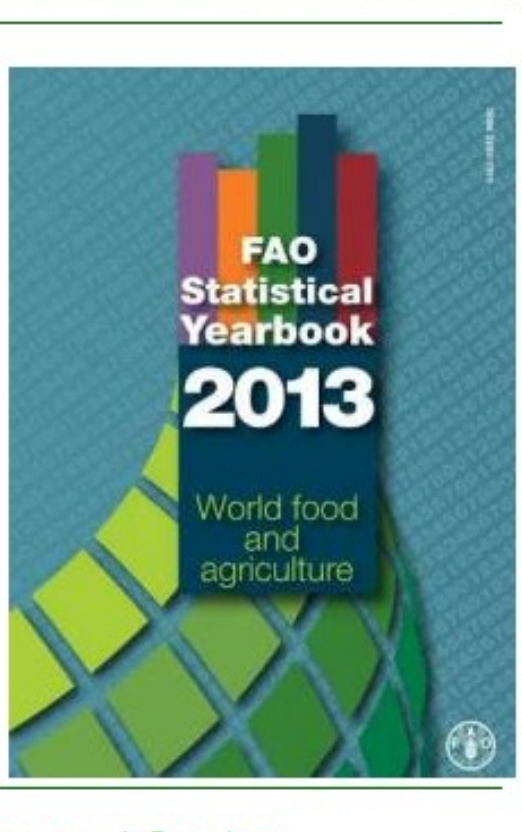
Later this year the MNF will take delivery of Investigator, a new state-of-the-art, research vessel capable of carry up to 40 scientists and support staff, on voyages that can last for 60 days, to destinations like Antarctica, the Southern, Indian and Pacific Oceans and up into the oceans near East Timor.

The delivery of Investigator to Hobart, Australia, means the MNF needs more support staff, some of whom will go to sea, while others will gladly stand and the wharf and wave others off. Have a look at this recently produced video from onboard the MNF's current research vessel, Southern Surveyor, showing some of the work that occurs onboard.

Life onboard RV Southern Surveyor
0:00 / 3:35

Save Pittwater.com People for Pittwater.com.au

FREE
The Avalon Tattoo
DUNBAR PARK - SATURDAY JUNE 15
BANDS - CONCERTS - DISPLAYS
SavePittwater.com



Food and Agriculture Organization of the United Nations (FAO)

While global crop production tripled during the last 50 years, greenhouse gas emissions from agriculture grew 1.6% per year in the last decade. Find out the latest data and trends for agriculture in the new edition of FAO Statistical Yearbook: http://bit.ly/15j0px3

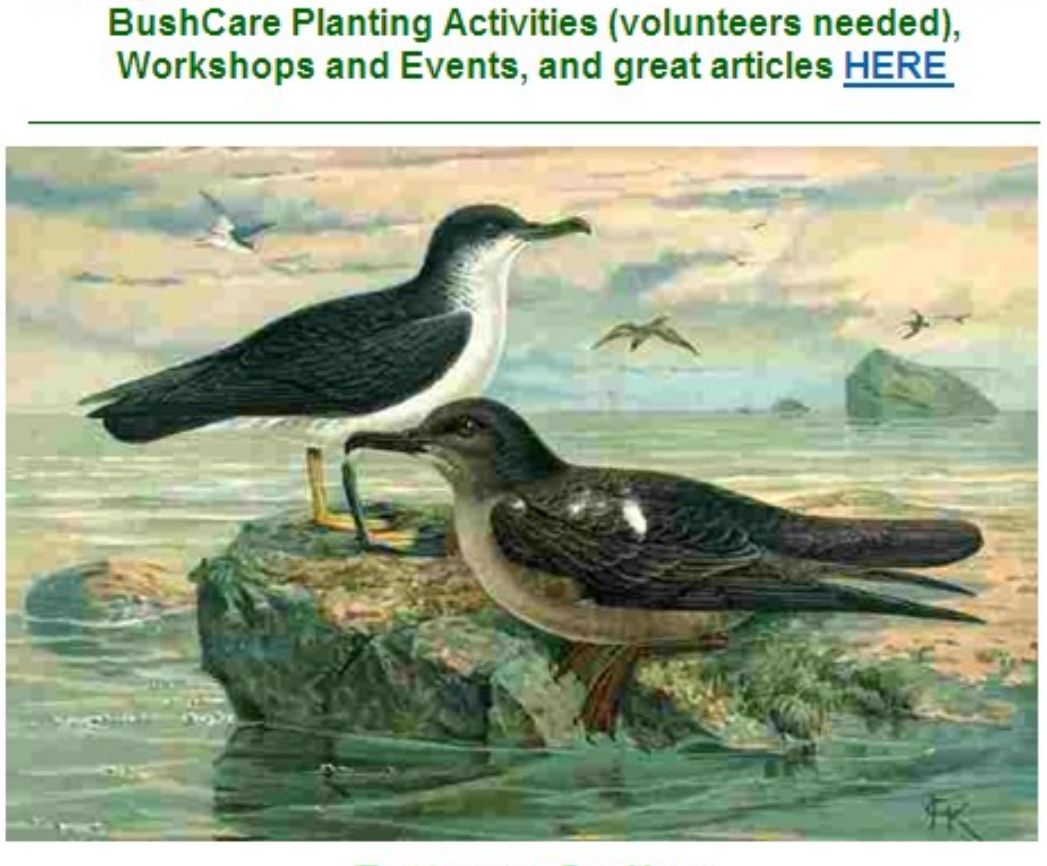
Coastal Environment Centre

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

July 2013 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

.....all that students are eager to know ! BOTANY online discovers the world of the internet for teaching. We invite all of you, especially all those botanists, biologists, computer scientists, teachers and students out there to contribute. BOTANY online is open for all kinds of changes and supplements ....your participation keeps it alive! **Botany Online** CONTENTS PAGE

Above, from this website: *Puffinus puffinus* - **Manx petrel** *Puffinus griseus* - Dark PetrelNaumann, NATURAL HISTORY OF BIRDS OF CENTRAL EUROPE: Volume XII, Table 4 - Gera, **1903**. Digital Editing: Peter Seng v. Bus

Pittwater's Environmental Foundation

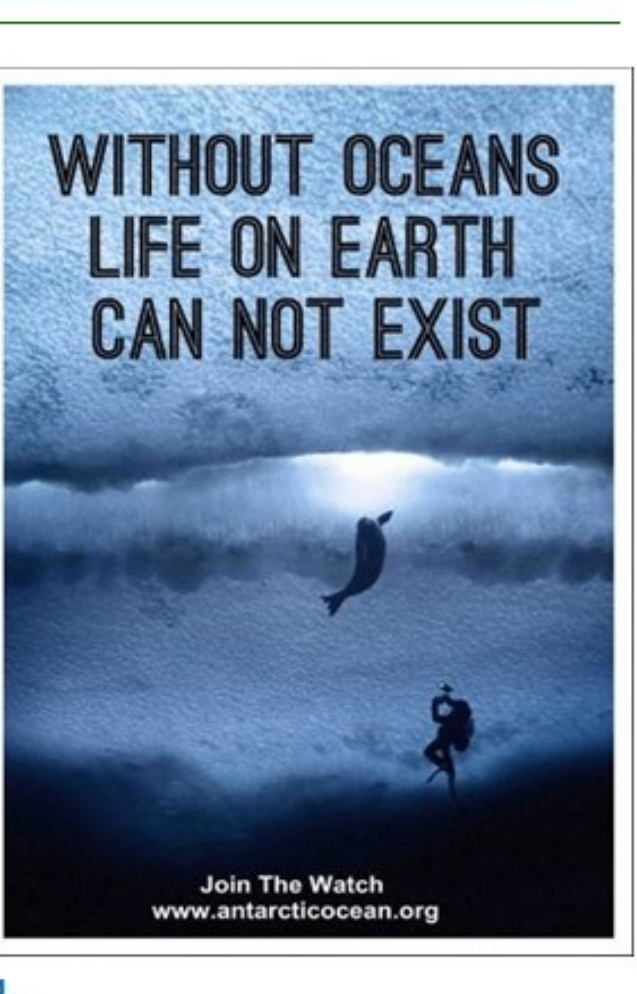
Pittwater Environmental Foundation

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.

Kimbriki Resource Recovery Centre

Antarctic Ocean Alliance


WITHOUT OCEANS LIFE ON EARTH CAN NOT EXIST
Join The Watch
www.antarcticocean.org

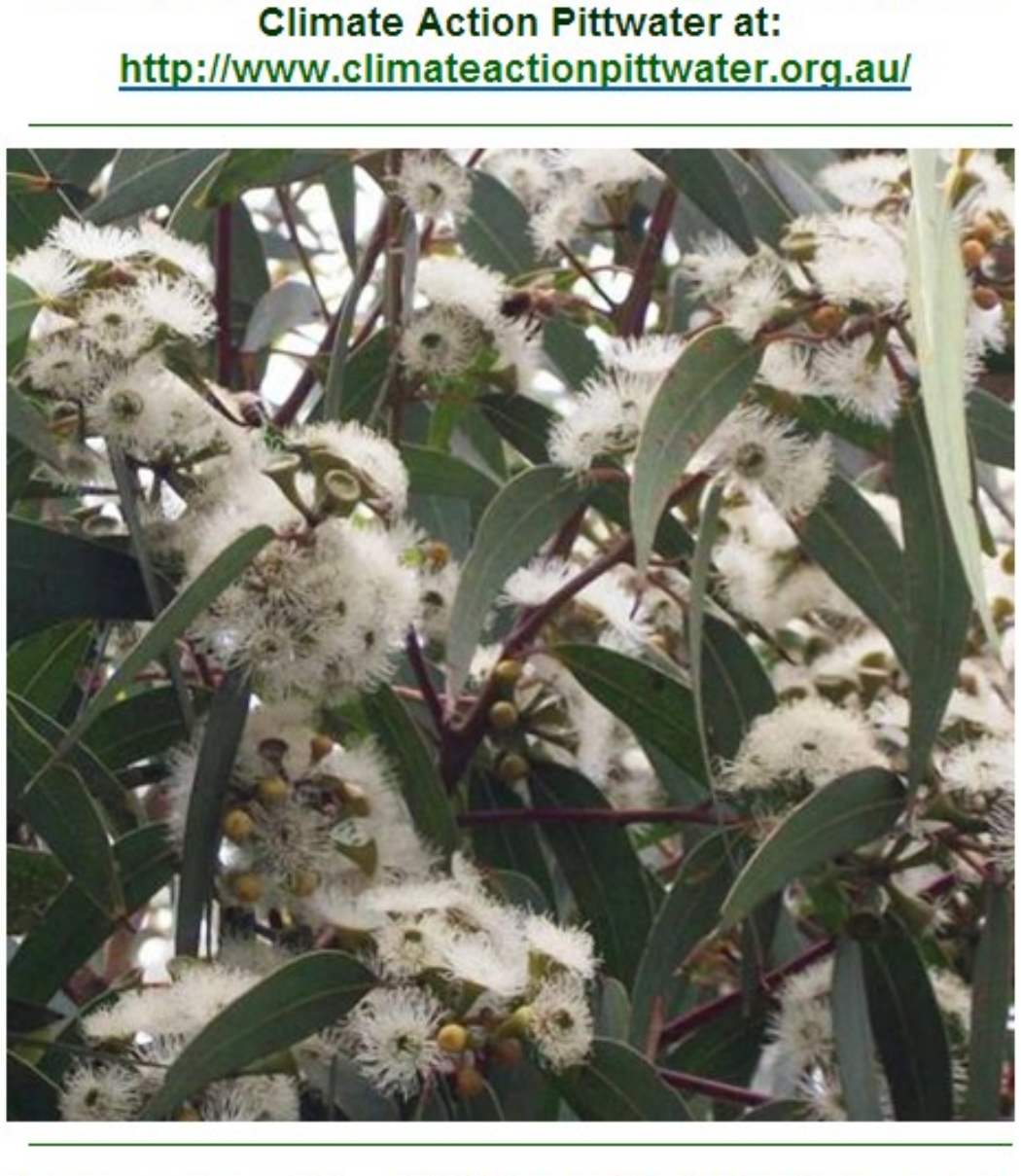
In july the Commission for the Conservation of Antarctic Marine Living Resources will meet in Germany to revisit their commitment to establish the largest network of marine reserve in the world around Antarctica.

If you want the meeting in Germany to be a success, ask your friends and family to sign our petition:

www.antarcticocean.org.

CLIMATE ACTION PITTWATER

For tips on how to be more energy efficient, visit Climate Action Pittwater at: http://www.climateactionpittwater.org.au/



> *"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*

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

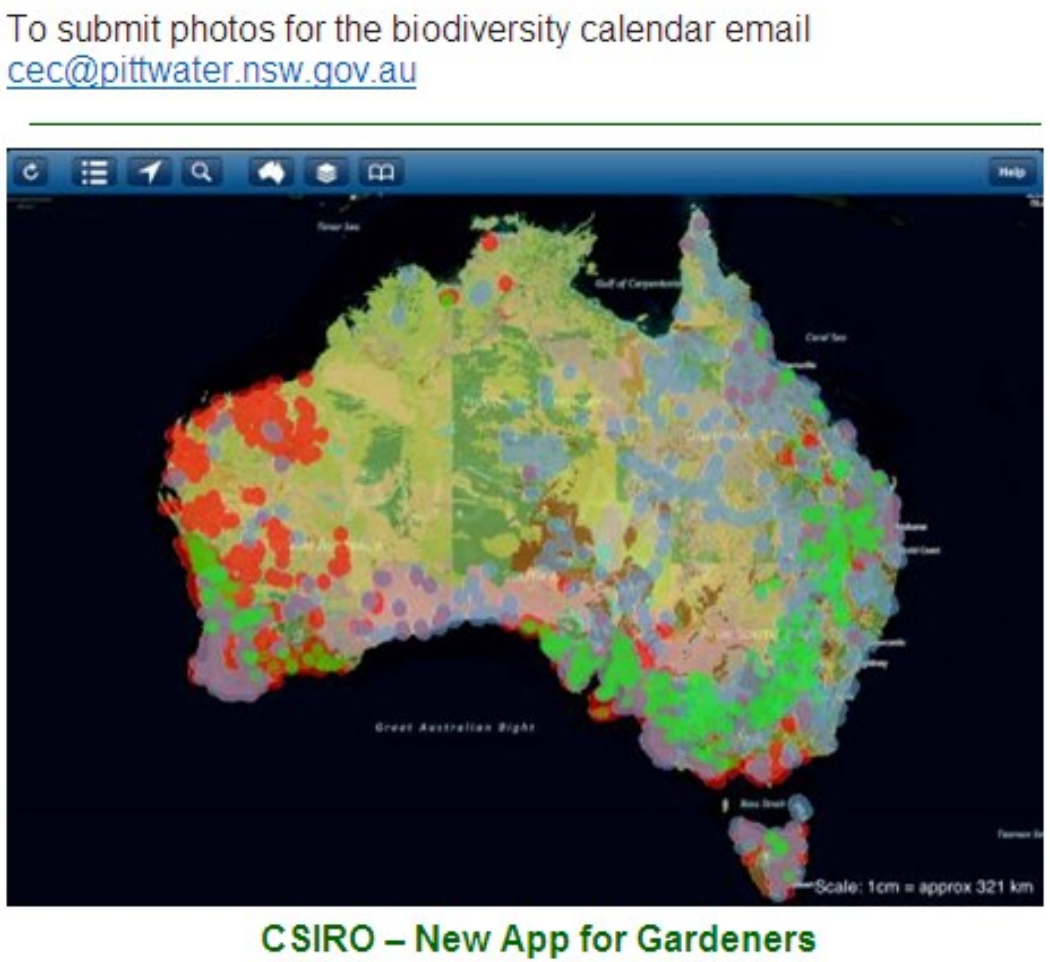
PITTWATER COUNCIL

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



CSIRO – New App for Gardeners

How does your garden grow? Find out what's under your feet with SoilMapp, our new app for iPad. More on new science apps in 2013 on our blog: http://ow.ly/hPQO2

Pittwater Online News

July 14 - 20, 2013: Issue 119

Articles This Week

Front Page Issue 119

Eileen Gordon and Winifred Taylor receive Awards for decades of Service to Mona Vale Hospital Auxiliary by Waverney Perman and Michael Mannington

Avalon Active Seniors Group 2013 Art Show

Reflections by George Repin: **THE MERCURY THEATRE**

Willy Wagtail - **Breeding season commences now**

Beer In Sydney - **A Beer Fest is happening at the Narrabeen Sands soon (see Events page for Details) and we have recently discovered certain facts about how long beer has been brewed in Sydney, soon after settlement!**

Profile of the Week: **July 2013 - Pittwater Gentlemen- John Gordon** Lecturer, Sandstone specialist, sailor in the Inaugural Sydney to Hobart Yacht Race, known here as 'Honest Long John Gordon' - Legend!

History: **July 2013 - Barrenjoey Headland** - the lights, the people, the landscape, **the Construction** !

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

Collector's Corner: **Hand Plough and Stump Jump Ploughs - The Australian Plough**

Artist of the Month for July 2013: **Tracy Ponich** - Scotland Island Photographic Artist

BARRENJOEY RALLY AGAINST DEVELOPMENT by PittwaterPathways July 15th 2013

Submisisons close 19/7/2013 at HERE

Sign the Petition against HERE

BARRENJOEY RALLY AGAINST DEVELOPMENT, SHORT

Soibada Update – 13th of July, 2013

The Pittwater community was represented at Parliament House in Canberra this week for the visit of the President of Timor Leste, His Excellency, Taur Matan Ruak. He values highly the partnership between Soibada and Pittwater and requested that I pass on his gratitude on behalf of his people to Pittwater Friends of Soibada, Pittwater Council, Pittwater Catholic Parish, Pittwater Rotary and all of you in our community.

President Taur Matan Ruak met several volunteers from the Northern Beaches last October in Soibada for the celebrations of the Pilgrimage of Our Lady of Aitara and was touched by your continued support. The Pittwater Community is known as one of the most steadfast sister relationships between our two countries.

Shirley Shakleton, wife of Australian journalist Greg Shackelton who was murdered in Balibo East Timor in the 1970s, was awarded the Timor Solidarity medal at a ceremony at the Timor Leste Embassy. It was an honour to meet this feisty 81 year old who has fought long and courageously for Timor's independence.

Next weekend another team sets off for Soibada. On the request of the village Chiefs, this time we will be looking at custard apple farming, coffee, craft and small business workshops, more hairdressing training and medical and educational support. The highlight of this visit will be the installation of the TANKPRO by Rob Romer of Bilgola Plateau.

This will ensure that the villagers have clean water. Our continued support will make a significant difference to the lives of many in the small village of Soibada. Although appreciation is not what we are after, it is encouraging to note that the friendship of our Community is appreciated at so many levels in Timor Leste.

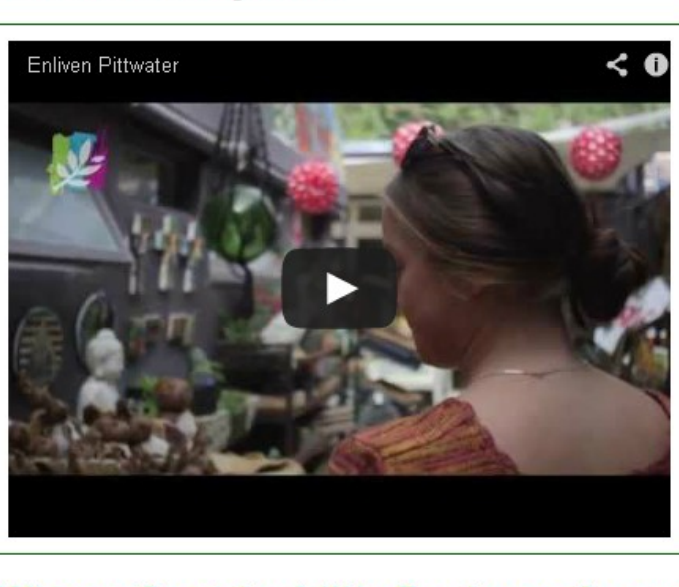
Tamara Sloper Harding
Chair Pittwater Friends Of Soibada
http://pittwaterfriendsofsoibada.org/

Enliven Pittwater by Pittwater Council

Published on 1 Jul 2013

http://www.pittwater.nsw.gov.au/enliven

Enliven Pittwater is a revitalisation project designed to improve the vibrancy of village centres across Pittwater. Enliven will use technology, social, cultural and retail activities to create a buzz in our villages. Don't be surprised to find music, art, pop-up bars, picnics and special retail events happening in Mona Vale, Newport and Avalon in the coming months!



Winner Sustainability Business Award 2013 – YHA Pittwater

Australia - NSW - Sydney - Pittwater YHA backpackers hostel

Sydney 's Pittwater YHA is the ideal home for your adventures. In this video you will see what the Sydney Pittwater area has to offer. You can Kayak and picnic around the bay. Bushwalk to lookouts, Aboriginal engraving sites and waterfalls. See native animals in their natural setting. Try twilight sailing or just doing nothing! Book at www.yha.com.au

Australia - NSW - Sydney - Pittwater YHA backpa...

33rd Club Marine Pittwater & Coffs Harbour Regatta 2014 - 12 July 2013

Notice of Race and online entry now available

The Royal Prince Alfred Yacht Club, organiser of the 33rd Club Marine Pittwater to Coffs Harbour Yacht Race and associated Pittwater & Coffs Harbour regatta, has announced the release of the Notice of Race and invites applications for entry.

The five race regatta starts with the first ocean race of the New Year, the category 2, 226nm Pittwater to Coffs Harbour ocean race on 2 January, 2014, followed by four category 4 races in Coffs Harbour over two consecutive days on 5 & 6 January. The five races shall count for the overall regatta score with no discards and points awarded for race one, shall be doubled in value.

There will be five entry categories including IRC, PHS, ORCi, Shorthanded and One Design Classes. All boats are eligible to enter the Australian PHS Championships, a five race series.

RPAYC Commodore Robert Curtis commented, "The Royal Prince Alfred Yacht Club invites all past competitors and indeed newcomers to get a taste of some challenging and spectacular east coast racing in this warm water classic that's entering its 33rd year.

Both the RPAYC and Coffs Harbour Yacht Club have put in a lot of hard work into setting up the regatta and we know it will be another great event for everybody. My crew and I are very much looking forward to the race and regatta this year and especially, the turning left aspect towards Coffs."

Corey Yeung NSW State Manager of naming sponsor Club Marine added, "Club Marine is proud to be associated with this iconic ocean racing event and yachtsmen and women competing in it. For us, it's a great opportunity to be a part of the Pittwater & Coffs Harbour Regatta and the Club's Blue Water Series. Having witnessed the great camaraderie had by all in Coffs Harbour this year, we once again look forward to meeting all the competitors and seeing them out on the water and welcoming them when they arrive in Coffs Harbour in early January".

2013 Club Marine Pittwater to Coffs race line honours winner Wedgetail - photo by Damian Devine

This year's Club Marine Pittwater to Coffs race offered up a new line honours winner in Bill Wild's Queensland based Wedgetail, which finished with an elapsed course time of 19hrs 53mins 3secs, the third fastest for the time-honoured Bluewater race.

Wedgetail's savvy crew duelled with Syd Fischer's TP52 Ragamuffin for all of the 226 nautical mile sprint north, winning by a mere 3 minutes and 30 seconds, with the latter getting their own back with a clean handicap sweep – IRC, ORCi and PHS – just days after Fischer's second over-the-line in the Rolex Sydney Hobart with his plus size stablemate, Ragamuffin Loyal.

The 2013 overall regatta winners were the Middle Harbour Yacht Club's Philip Dash's Beneteau First 40 Just a Dash in IRC, Peter Hewson's Sydney 41 Storage King Wallop from the Lake Macquarie Yacht Club in PHS and Mark Tinworth and Mark Waterhouse's Beneteau 44.7 Le Billet from the host Club, The Royal Prince Alfred Yacht Club's in ORCi. Storage King Wallop was also crowned the 2013 Australian PHS Champion.

2013 Club Marine Pittwater & Coffs Harbour Regatta overall IRC winner Justadash - photo by Damian Devine

Competitors are invited to submit their entry online via the event website and the race will once again feature the Yellow Brick yacht tracking system to assist competitors, spectators, media and families onshore to follow the race with 15 minute updates.

Renowned as a fun, family event, there will also be plenty of onshore activity for families organised by the receiving club, Coffs Harbour Yacht Club.

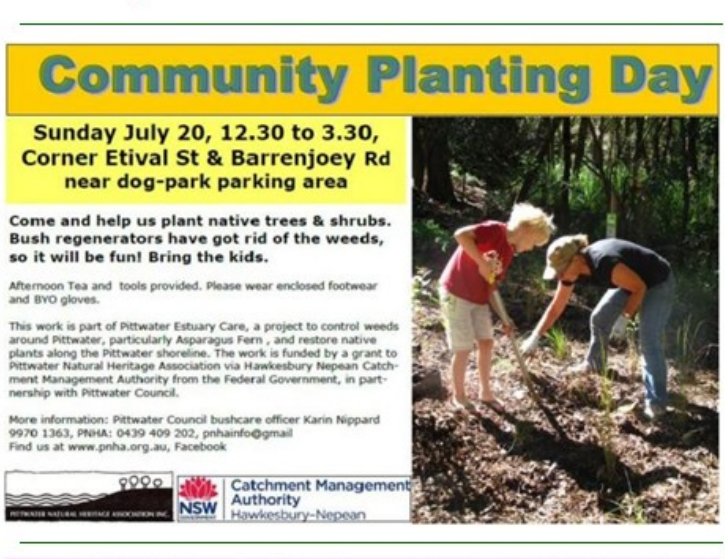
The RPAYC is predicting a fleet of around 50 yachts will make the start line off Barrenjoey headland on Thursday 2 January 2014 at 1pm, for the race dubbed the warm water classic.

Applications for entry close Friday 6 December 2013 at 1700hrs.

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

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

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



Community Planting Day

Sunday July 20, 12.30 to 3.30, Corner Etival St & Barrenjoey Rd near dog-park parking area

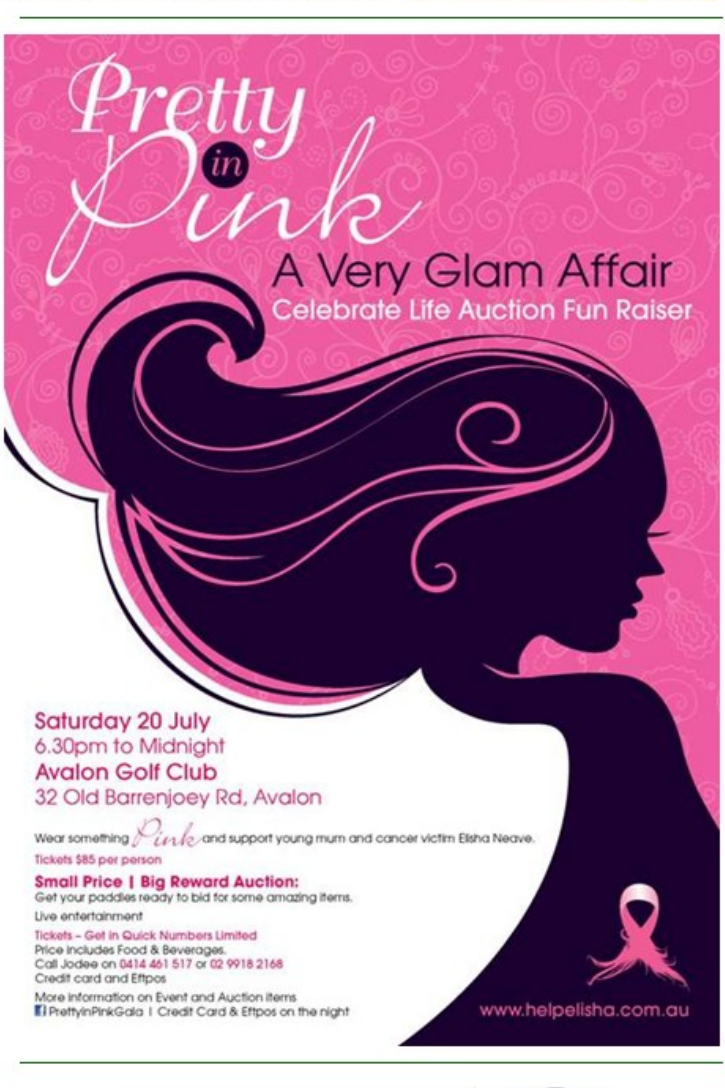
Come and help us plant native trees & shrubs. Bush regenerators have got rid of the weeds, so it will be fun! Bring the kids.

Afternoon Tea and tools provided. Please wear enclosed footwear and BYO gloves.

This work is part of Pittwater Estuary Care, a project to control weeds around Pittwater, particularly Asparagus Fern, and restore native plants along the Pittwater shoreline. The work is funded by a grant to Pittwater Natural Heritage Association via Hawkesbury Nepean Catchment Management Authority from the Federal Government, in partnership with Pittwater Council.

More information: Pittwater Council bushcare officer Karin Nippard 9970 1363, PNHA: 0439 409 202, pnhainfo@gmail
Find us at www.pnha.org.au, Facebook

Catchment Management Authority Hawkesbury-Nepean



Pretty in Pink
A Very Glam Affair
Celebrate Life Auction Fun Raiser

Saturday 20 July
6.30pm to Midnight
Avalon Golf Club
32 Old Barrenjoey Rd, Avalon

Wear something Pink and support young mum and cancer victim Elisha Neave.
Tickets $85 per person
Small Price | Big Reward Auction:
Get your paddles ready to bid for some amazing items.
Live entertainment
Tickets – Get in Quick Numbers Limited
Price includes Food & Beverages.
Call Jodee on 0414 461 517 or 02 9918 2168
Credit card and Eftpos
More information on Event and Auction items
PrettyInPinkGala | Credit Card & Eftpos on the night
www.helpelisha.com.au

National Tree Day 2013 – Sunday July 28th

Help beautify and improve Pittwater's natural environment on National Tree Day! Let's grow something really special this year. Be part of the country's largest nature-care initiative and help your local environment thrive. You'll be doing something good for your health and wellbeing, as well as the planet.

Pittwater Council will be contributing again this year by bringing National Tree Day home! We will be assisting residents in greening their own backyards by providing free native plants and offering planting advice at our **Native Plant Give-away stall at Centro Warriewood on Saturday 27 July between 9am and 1pm**. Additional planting day events in our local reserves are also planned for July so keep reading for more details.

Win a luxury nature getaway courtesy of Planet Ark! Whether you're planting in a backyard or on a balcony or rooftop, make sure to officially register your backyard planting on the National Tree Day website (http://treeday.planetark.org/) or by phone on 1300 88 5000. It only takes a minute and you could WIN a luxurious nature getaway at Wolgan Valley Resort and Spa, valued at close to $4,000.

Take part in a milestone event as Planet Ark and sponsor Toyota engage hundreds of thousands of Australians to get outside and grow, cherish some green time (without screen time) and help plant the 20-millionth seedling since the campaign began. With your help we can do it! Let's dig in and help green Australia one backyard at a time.

Careel Creek Community Planting Day – Saturday 20 July from 12:30pm to 3:30pm

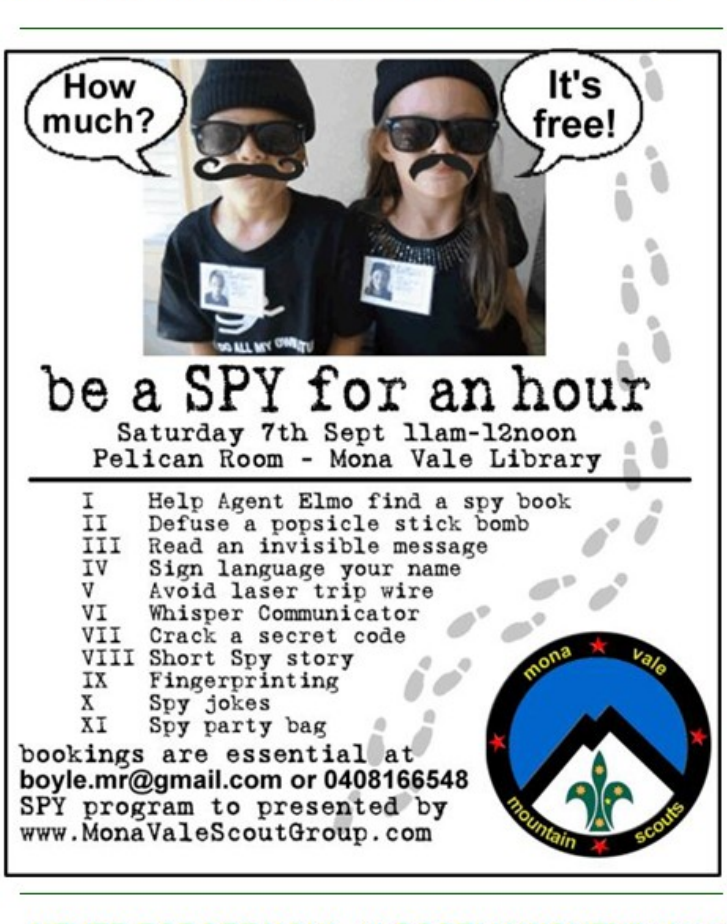
Since 1990 bush regeneration projects are replacing weeds and recreating valuable fauna habitat. To provide a link to Careel Bay, Careel Creek's banks are being progressively revegetated with local native plants. Help us continue the successful restoration of Careel Creek's unique environment on Saturday 20 July. Meet at the end of Etival Street, Avalon between 12:30 and 3:30pm, starting with a BBQ lunch at 12 to boost your energy levels!

This project is being funded by a Community Action grant to Pittwater Natural Heritage Association, in partnership with Pittwater Council. The grant is from the Federal Government via Hawkesbury Nepean Catchment Authority.

National Tree Day at Trafalgar Park – Sunday 28 July from 9am to 12pm.

Want to get outdoors and make a difference in your local area for this year's National Tree Day? Pittwater Council will be hosting a planting morning at Trafalgar Park in Newport on Sunday 28 July from 9am to 12pm. Plants, tools, training and a delicious morning tea for participants will be provided. Council staff will be on hand to provide advice to local residents on suitable native plants for their gardens as well as problematic weeds and their removal. Come along and help us restore and beautify this reserve which is habitat for many bird species including the Powerful Owl, Boobook Owl and Tawny Frogmouth.

More information: Bushcare Officer 99701367 or 0408164235


How much?
It's free!

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

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

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

'NEVER FORGET YOU' - "LOOSELY WOVEN" gives FREE CONCERT in AVALON - Fund raiser for Amnesty International

The local music group "LOOSELY WOVEN" led by Wayne Richmond, will be giving a free community concert in Avalon Baptist Church (2 George St.) on Sunday 4th August at 4 pm.

This concert is dedicated to the memory of Denis Kevans (1939-2005), Australia's 'Poet Lorikeet'. It will feature the glorious voice of Denis's musical partner, Sonia Bennett. The concert gets its name from the opening song based on Denis's powerful poem about the empty promises made to the people of East Timor by the Australian authorities after the 2nd World War. The program features a number of original songs by Sonia Bennett and Denis Kevans including:

Lock the gates', Sonia's protest against the environmentally devastating practice of coal-seam mining, 'Duck Shooting Season', Denis's hilarious but topical take on 'hunters', 'Bogong Ranges' Billie Wye's beautiful homage to a particularly wonderful part of Australia's bushland set to music by Sonia. Sonia's setting of Henry Lawson's poem 'Flour Bin'

Sonia and Denis

Also performing in this concert for the first time for a while is Ian Hamilton who will be singing two of his own songs - one his setting of Henry Lawson's poem 'Ned Kelly's Smiling Eyes' which refers to the painting made of Ned shortly before his execution. The other, 'Amy's Song', he wrote for his granddaughter.

There will be 22 instrumentalists and singers and these will be playing flutes, harp, clarinets, saxophones, trumpet, recorders, violin, viola, glockenspiel, guitars, mandolin, concertinas, accordion, keyboard and percussion. You can enjoy a musical treat and also support human rights by coming.

The concert is free and so is the supper but donations will go to help the work of Amnesty International in its efforts to help people around the world suffering human rights abuse.

Avalon Amnesty International group is at present working on several campaigns – for Refugees; for Indigenous people; equal rights for Afghan women. There will be information about campaigns and petitions to sign at the concert.

DATE: Sunday 4th August, 4 pm. PLACE: Avalon Baptist Church 2 George St. Avalon. Free entry/ free afternoon tea. Donations to Avalon Group of Amnesty International.

Information: Kath Moody 9918 2502 Email: kath_moody@hotmail.com http://avalonbaptistchurch.net/ (Sec. Avalon Group Amnesty International Aust. Social Justice Co-ordinator: Avalon Baptist Peace Church)

Applications Open For 2013 Community Building Partnership Program

Member for Pittwater Rob Stokes is encouraging local community and sporting groups to apply for funding under the NSW Government's 2013 Community Building Partnership Program.

The NSW Government has allocated $200,000 to the Pittwater community as part of this highly successful program which aims to provide financial assistance to projects that will deliver wide-reaching benefits to the community.

More than $1.3 million has been provided to the Pittwater community as part of this program over recent years and has contributed to the construction of various community facilities including Mona Vale Hospital's Palliative Care Unit extension, Avalon Beach Surf Life Saving Club's upgrade, Narrabeen Sport High School's new synthetic sports field and new security fencing at Pittwater High School.

"This program is a great opportunity for local community groups to access a helpful source of funds," Rob Stokes said today. "Pittwater has had huge success with this program over recent years and it's always fantastic to see the vital community projects that are supported.

"Applications will be accepted from all local groups and associations that can demonstrate how their projects will deliver wide-reaching benefits to the community.

"Projects seeking moderate contributions and supported by leveraged funds have been particularly successful in the past.

"Applications for the program are now open and **will be accepted until Wednesday 31 July 2013.**

"Further details and information on how to apply is available by visiting the program's website www.communitybuildingpartnership.nsw.gov.au .

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 August 3rd, 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.

Lifelines Stress Down Day July 26th 2013

5 tips to reduce stress

International Tall Ship Festival 2013

In 2013 tall ships from around the world will embark on an exciting journey to Australia to celebrate the centenary of the first entry of the Royal Australian Navy's Fleet into Sydney Harbour.

The International Fleet Review will take place on **Saturday 5 October 2013** and will include a moving line of Naval and civilian vessels on Sydney Harbour supported by formation fly-pasts by fixed and rotary wing aircraft, naval displays and demonstrations, naval gun salutes, dragon boat races and naval band performances. The day will culminate in a spectacular evening of pyrotechnics and a light show on the harbour.

Australian and International Tall Ships will visit Fremantle, Adelaide, Melbourne and Hobart before gathering in Sydney on 5 October 2013. The Tall Ship Fleet will depart Sydney on 10 October 2013 and race to Auckland, New Zealand.

Tall ships are currently seeking crew for voyages to Australia and between each port. **Over 1,000 berths are available for crew of all ages to join the fleet for seven to fifteen day voyages.** Take a holiday with a difference - learn to sail a square rigged tall ship and set sail for the adventure of a lifetime. No sailing experience is required.

Find more information on festivals in Fremantle, Adelaide, Melbourne, Hobart, Sydney and Auckland or register now to receive updates or learn more about opportunities to join the tall ship fleet for the adventure of a lifetime!

Pub2Pub
Charity Fun Run & Walk

21st Annual Pub 2 Pub - Registrations NOW OPEN

Register via www.pub2pub.com.au - Early Bird Offer - 1st 500 entrants receive a FREE BUPA Pedometer. Note: Limited to 5000 entrants

Northern Beaches most famous fun run is celebrating its 21st birthday marking a major milestone for the annual Pub 2 Pub charity fun run & walk. The 13km event starts at 8am sharp on Sunday August 25th, so now is the time to throw on your runners & start training for this fantastic family event.

Our 2012 event was a record with 5000 entries and $185,000 raised by our entrants. Our 2013 target is $200,000. Good luck!

CONNECT AT JOBSHED

JOBShed is a free careers event taking place at the Mona Vale Memorial Hall, Mona Vale on Saturday 20 July from 9am to 4pm. An initiative of Pittwater and Warringah Councils, the event will help those aged under 30 years to identify employment, training and business opportunities on the northern beaches.

Regional Economic Development Coordinator Paul William-Smith said JOBShed is suitable for school leavers, university students transitioning into the workforce, employees considering a career move as well as young entrepreneurs with a business idea.

"We will have over 20 exhibitors available on the day providing information about training opportunities, securing employment or looking to set up a business. There are employers from a range of industries including banking, retail, hospitality, the creative industries, leisure & recreation, defence, policing and health," said Mr William-Smith. "Industry professionals and recruitment officers will also be participating in two Q & A panels."

The first session -Winning that Job - offers tips on brushing up your resume, helping you present yourself professionally and managing the interview process.

The second session known as Create it will explore how you could set yourself up in one of the creative industries, looking at the possibilities around technology and information.

Industry experts including the Interview Doctor and Sydney Business will also run workshops in an area known as The Den.

JOBShed will be formally opened by Pittwater Mayor Jacqui Townsend at 10am. All JOBShed visitors aged between 17 and 30 will enter a draw to win one of two iPads drawn at 3 pm.

"This will be the first time that local job seekers and employers can come together at one location," added Mr William-Smith.

For more information on JOBShed including the full program and a list of the exhibitors visit www.pittwater.nsw.gov.au/businessevents or www.warringah.nsw.gov.au/play/whats/warringah-council-events/jobshed

ENLIVEN PITTWATER LEADERSHIP GROUP ANNOUNCED

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

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

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

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

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

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

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

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

Draft Narrabeen Lagoon Flood Study

Pittwater and Warringah Councils are exhibiting the Draft Narrabeen Lagoon Flood Study and you are invited to have your say. The final Draft Narrabeen Lagoon Flood Study will update the 1990 flood study and define current and future flood behaviour of the catchment, which extends as far as Mona Vale to the north, Belrose to the west and Beacon Hill to the south.

The draft study, which is being prepared to meet the objectives of the NSW State Government's Flood Prone Land Policy, will establish the basis for subsequent floodplain management activities and is on public exhibition until Monday 12 August.

Under the State Policy, NSW Local Governments are responsible for identifying and managing the risk to life and property from flooding. One of the most important steps in this process is increasing our community's awareness of flooding so that people are better able to understand and plan for the flood risks they face.

For most people, there will be no immediate change to their situation. However, property owners who are planning redevelopment of their property may need to take some additional steps as part of the consent process because flood-related development controls will apply. For example, the construction of new buildings will need to be set at or above the Flood Planning Level (1 in 100 year flood plus 0.5m) and out of flood danger.

Community Information Sessions are being held during the public exhibition to give people whose properties may be affected by the study the chance to have a 15-minute, one-on-one talk with Council Officers. The information sessions will be held on:

Saturday 20, Friday 26, Tuesday 30 July, 9.30am – 5pm - Coastal Environment Centre, Pelican Way, Lake Park Rd, North Narrabeen

Monday 22 July, 9.30am – 5pm - Tramshed Arts and Community Centre, 1395A Pittwater Rd, Narrabeen

Bookings essential on:

Pittwater Council area: Debbi Millener on 9970 1111 or floodplain@pittwater.nsw.gov.au

Warringah Council area: Valerie Tulk on 9942 2111 or valerie.tulk@warringah.nsw.gov.au

The Draft Narrabeen Lagoon Flood Study is on public exhibition at pittwater.nsw.gov.au; and warringah.nsw.gov.au; Pittwater Council Offices and Warringah Council Chambers, and Council libraries.

This study has been prepared for Pittwater and Warringah Councils with financial assistance from the NSW and Commonwealth Governments through the Natural Disaster Resilience Program.

WINNERS ANNOUNCED AT LOCAL BUSINESS AWARDS

Winners of the 2013 Northern Beaches Local Business Awards were announced at a gala presentation this week at Miramare Gardens Terrey Hills. Pittwater Mayor Jacqui Townsend said the awards evening showcased a broad range of outstanding businesses in the local area, with winners selected across 32 categories ranging from fast food to fashion to professional services.

The Business of the Year was named as Forrest Marketing Group, a telemarketing and customer service solutions business based in Manly Vale. The Business Person of the Year was awarded to Sam Madikian from Peninsula Auto Clinic Mona Vale and this year's youth award was taken out by Jessica Hansor from Bennett Property Management located in Warriewood.

Mayor Townsend said that it was the second year that the awards program had included a Sustainability Awards category.

"We are delighted that this year's award went to Pittwater YHA located in the Ku-ring-gai Chase National Park who have demonstrated an ongoing commitment to sustainable practices."

The theme for this year's awards was Everything About You highlighting the interaction between businesses and the community.

Mayor Townsend said local businesses play an important role in building a strong local community and create vital employment opportunities along with a thriving local economy."

"I congratulate all the winners and also thank all members of the community that participated in the voting process," she added.

For details of all award winners visit www.businessawards.com.au

WINTER WARMING WORKSHOP

Pittwater Council is hosting a free Winter Warming Workshop on Saturday 27 July at the Coastal Environment Centre, North Narrabeen.

The energy-saving workshop runs from 2.30pm to 4.30pm and will focus on how to stay warm in winter without breaking the budget.

Natural Environment & Education Manager Mark Beharrell said with energy costs rising, the workshop will help residents identify where energy is being wasted along with solutions.

Mr Beharrell said that solutions could range from simple low cost ones through to higher cost retrofit measures.

The workshop will provide advice on:

draft-proofing your home; maximising solar gain in winter; using appliances more efficiently ; staying warm in winter with reduced energy usage; identifying energy-saving actions to reduce power bills.

"The Winter Warming workshop provides energy-saving tips to not only help you keep warm and save money but will also reduce your greenhouse gas emissions," added Mr Beharrell.

The event is free, however bookings are essential at www.pittwater.nsw.gov.au/cecbookings or call 1300 000 232.

GREEN THUMBS SOUGHT FOR GRAVESITE CARE

Pittwater Council is keen to hear from garden lovers who would be interested in joining the newly established Mona Vale Cemetery Gardening Group. The group has been set up to tend older gravesites at Mona Vale Cemetery.

Mona Vale Cemetery has over 6,400 grave sites, many of which have become untidy and overgrown with weeds over time, or where there is an absence of family members to take care of graves. Cemetery Officer Nadine Phipps said that having a group of keen gardeners to tend some of the cemetery's older gravesites would help significantly.

"We're looking for a small group of people to meet for a few hours once a month," she said. "A few hours of weeding and tending by volunteers to the gravesites would make a big difference to the appearance of the cemetery.

"It would also mean so much to those who visitors who are either too old or infirm to maintain their family graves themselves," said Ms Phipps.

Mona Vale General Cemetery is located in a peaceful bushland setting at 107 Mona Vale Road, Mona Vale. It is managed by Pittwater Council on behalf of the State Government.

Anyone wishing to become involved in the gardening group can do so by contacting the Cemetery administration officer on 9970 1341 or email mvgcemetery@pittwater.nsw.gov.au

LONG RANGE PLANS FOR PITTWATER ADOPTED

Two long range plans for Pittwater's future were adopted by the Council at its meeting this week.

Pittwater 2025 – Our Community Strategic Plan, is the Council's strategic plan which maps out the goals and aspirations of local residents over the next twelve 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, Jacqui Townsend acknowledged the significant contribution from the Pittwater community during the revision of Pittwater 2025, saying over 700 community members had contributed to its development.

The Council's **Delivery Program and budget for 2013-2017** consists of a $22.7 million capital works program. In addition, the Council is budgeting for an operating surplus of just over $1.5 million for the 2013–2014 financial year.

Council's General Manager Mark Ferguson said several major capital works projects would be the focus for the coming year.

"I'm pleased to say that work on the new car park at Bungan Road Mona Vale and the redevelopment of Avalon Beach surf club is already underway."

"We will be looking at upgrades to Village Park and Kitchener Park Mona Vale, with the bulk of this work identified in next year's budget," 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.

The adopted **Delivery Program and budget** and ***Pittwater 2025 – Our Community Strategic Plan*** can be seen at here

From a Canadian friend this week; Homemade Tick Repellent

Several people asked me to share the tick/flea repellent recipe...so here it is! :-) It's summer! Time for camping, hiking and getting outside to play. Don't let those pesky annoying ticks stop you. Here's how with a simple homemade solution!

Repellent for your pets:

For pets, add 1 cup of water to a spray bottle, followed by 2 cups of distilled white vinegar. Ticks hate the smell and taste of vinegar, and will be easily be repelled by this ingredient alone. Then, add two spoonfuls of vegetable or almond oil, which both contain sulfur (another natural tick repellent).

To make a repellent that will also deter fleas, mix in a few spoonfuls of lemon juice, citrus oil, or peppermint oil, any of which will repel ticks and fleas while also creating a nicely scented repellent. Spray onto the pet's dry coat, staying away from sensitive areas including eyes, nose, mouth, and genitals. When outdoors for an extended period, spray this solution on two to three times per day.

For you and your family:

In a spray bottle, mix 2 cups of distilled white vinegar and 1 cup of water. To make a scented solution so you do not smell like bitter vinegar all day, add 20 drops of your favorite essential oil.

Eucalyptus oil is a calm, soothing scent that also works as a tick repellent, while peppermint and citrus oils give off a strong crisp scent that also repel ticks.

After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay, and examine your skin and hair when back inside to make sure no ticks are on the body.

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

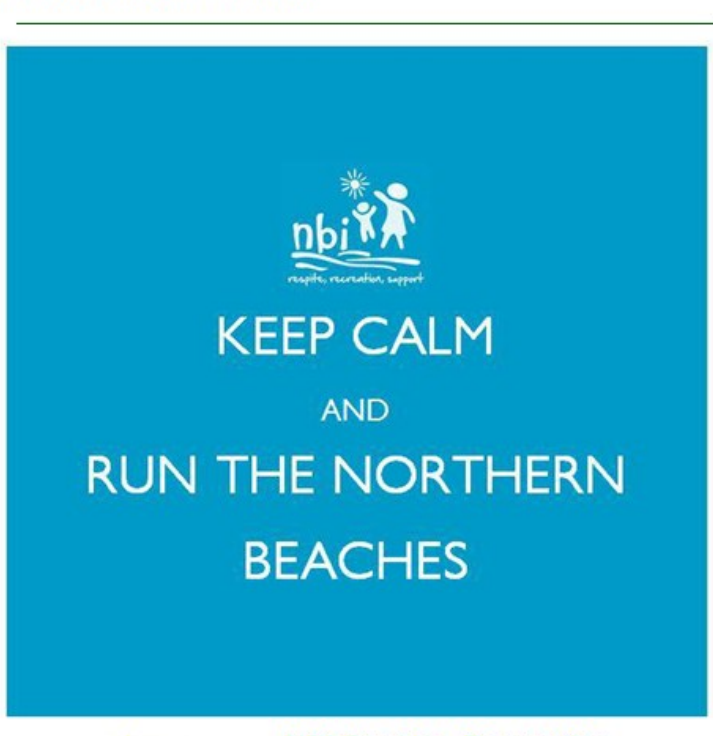
New Season for Sailability Pittwater

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

Avalon Craft Cottage Returns to Avalon

The members of the Avalon Craft Cottage had a wonderful display of beautiful handmade works at the Avalon Recreation centre from Thursday to Saturday and were also raising funds for the Mona Vale Hospital Auxiliary in offering morning teas. If you missed out on buying some high quality handcrafts this time they will be back before Christmas and we'll bring you details then.

If you'd like to see some of the items available have a peruse of Michael Mannington's Volunteer Photography Public Gallery HERE
Above photo by A J Guesdon.



NBI Respite, Recreation, Support - 45 DAYS TO GO until Pub2Pub2013!!!!!

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

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

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

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

The drain is just for RAIN
and flows to Pittwater
PITTWATER COUNCIL

Surf Life Saving Sydney Northern Beaches

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

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

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

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

Room To Rent

M/F to share great house in Newport overlooking beach and bush - furnished or unfurnished bedroom with built in robes - $220pw - avail 14th July. My mobile 0424 979 907 or can email me at: sonjaelwood15@gmail.com

Katandra Bushland Sanctuary 2013 Season

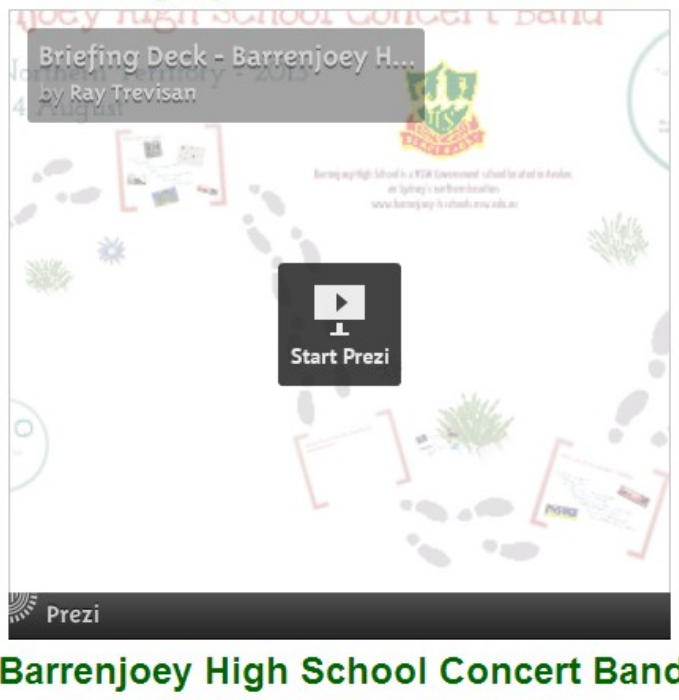
KATANDRA BUSHLAND SANCTUARY
OPEN 10AM - 4PM EVERY SUNDAY JULY - OCTOBER 9979 8077
OPEN TODAY PARKING INSIDE

Australian of the Year Awards now Open

Is there someone who inspires you and makes you feel proud to be an Australian? Perhaps they even live right here in Pittwater? If so, why not nominate them for the Australian of the Year Awards 2014?

The focus for these awards is not on the greatest scientist or sporting achievements but to recognise ordinary Australians who achieve extraordinary things. **Nominations close 2 August.** http://bit.ly/eC8vYU

Barrenjoey HS NT Band Tour 2013



Barrenjoey High School Concert Band Tour 2013 to Northern Territory

Barrenjoey's Concert Band will be touring the Top End later this year (26 July - 4 August). The Band Committee has devised a diverse and entertaining itinerary that will include visiting remote Aboriginal communities in and around Katherine, Kakadu National Park and Darwin.

During the Tour, the BHS Band will be performing most days including gigs at the Darwin Show, the Mindil Sunset Beach Markets as well as many Top End schools. If you're interested in a closer look, have a look at their above presentation.

The bands supporters and organisers are also chasing corporate sponsorship opportunities, so if you know of someone, or a company, who may be interested, have them take a look at http://tinyurl.com/c96gobh for further details.

Inquiries can be made through the school's Band Committee or Ray Trevisan at ray@trevisan.com.au or 0400 186 446.

Barrenjoey High School website: www.barrenjoey-h.schools.nsw.edu.au/

Band Tour Initiative Praised In State Parliament - Thursday, 20 June 2013

Member for Pittwater Rob Stokes today in State Parliament highlighted the importance of Barrenjoey High School's upcoming band tour to the Northern Territory.

Over 50 students from the school's Concert Band will visit various remote communities on a 10 day tour in July to perform at events, experience Aboriginal culture and develop a greater appreciation for Australia's rich diversity.

"This will be an enormously rewarding opportunity for these students", Rob Stokes said today. "With music being such an important part of indigenous culture there is so much to be gained from this experience.

"Opportunities such as this enable students to develop and even greater understanding and appreciation of Australia's diversity and the importance of its continued celebration.

"This tour will be an enlightening and eye-opening experience for everyone involved and further leverages Barrenjoey High School's strength in creative arts education.

"I encourage anyone who is interested in supporting the tour to contact the school's band co-ordinator Ray Trevisan.

"This is a fantastic initiative by Barrenjoey High School and demonstrates the vibrancy and innovation in our local schools," Rob Stokes said.

Hon. Rob Stokes BHS Concert Band - Hansard: Legislative Assembly - 20 June 2013 HERE

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

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

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

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

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

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

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

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

Email: 75th_ann@avalonsailingclub.com.au

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

Update on Beeby Reserve and Mona Vale Car Park - 14 July 2013

Thank you to those in the community who objected to the planned Pittwater Council Beeby Reserve Car Park corner of Golf Ave and Barrenjoey Rd, Mona Vale.

For those who haven't yet objected it's not too late to do so.

Beeby Reserve still needs your help, this time at STATE level, please read on!!

No doubt you have heard by now Pittwater Councillors 24 June 2013 voted 6 to 2 against Councillor Young's Motion to defer construction until the Kitchener and Beeby Park Plan of Management could be reviewed.

Councillors Townsend (Mayor), Grace (Deputy Mayor), White, McTaggart, Ferguson and Miller all voted to continue with the carpark, while Councillors Young and Griffith voted against it and Councillor Hegarty was absent.

On advice from the Crown Lands Office at Parramatta and our Local Member Rob Stokes our committee presented Rob with a 125 page hard copy objection, which he presented personally to the Crown Lands Minister Andrew Stoner on 18 June 2013.

It contained a request to meet with the Minister, 12 pages summary of the issues, 14 questions for the Minister to answer along with photos and other evidence to support the objection of the community. There are inconsistencies the proposal has with the Crown Lands Act and concerns that Pittwater Council is not managing the Trust in the interest of the Trust in proposing a car park on this site which is not consistent with the declared purpose of Public Recreation and that is not in the Public Interest with the high level of community objection.

We followed this up with further correspondence emailed to the Ministers office on 24 June, 1 July, 3 July and 8 July 2013 raising more concerns and once again requesting a meeting with the Minister.

We have now received a reply from the Ministers office stating: -

The issue you have raised relates to Council's responsibilities as Reserve Trust Manager and unfortunately this office is not in a position to intervene in the matter.

We feel this is totally unacceptable, this is CROWN LAND and Pittwater Council is only Manager of the Trust, merely the caretaker of it, the land ultimately belongs to the State and people of NSW, not Pittwater Council.

Minister Stoner we feel must investigate the matter with 847 signatures on our petition, 171 on line survey respondents, approx. 100 emails and handwritten objections and 350 separate on line comments is sufficient public interest for an investigation by his office.

We ask readers of Pittwater online News to please send correspondence to the NSW Premier Barry O'Farrell outlining your concerns that his Deputy Premier Andrew Stoner who is the Minister for Crown Land is not prepared to investigate the matter and Pittwater Council.

Send to: office@premier.nsw.gov.au

CC to: office@deputypremier.nsw.gov.au and savebeebypark@gmail.com

Please send your correspondence ASAP to the Premier of NSW so that we may still save Beeby Reserve from Pittwater Council's Bulldozers and Chainsaws, time is short so please act immediately.

Thank you for your support in this.

Save Beeby Park Committee: savebeebypark@gmail.com

LATE NEWS

Our position has always been that "Shoppers" and "Commuters" with Park and Ride will not be permitted to use the new carpark as it is Crown Land and can only be used for ancillary purposes relating to the park designated use of Public Recreation. The Crown Act clearly states this and it is also the advice we have received from the Crown Lands office at Parramatta. We are most concerned that Pittwater Council has stated since April this year over and over again that the car park will be for "Shoppers". In a recent article a quote is attributed to The Mayor as: -

• *"Mayor Townsend said the Council had legal advice that the objectors argument that the park, at the corner of Golf Road and Barrenjoey Road, was on Crown Land and therefore could not be used for parking by shoppers was not correct".*

Subsequent to this we lodged an application under the GIPA Act where we sought the following information: -

• *Council's legal advice regarding parking on Crown Land – Kitchener Park and Beeby Park.*

The outcome and reply from Council dated 9 July 2013 is: -

• *A thorough search of Council's records has been conducted, to identify all information falling within the scope of your application. This has included a search of our Electronic Management System, an iFerret search of hard copy files. The following has been found: -*

>"No document or electronic record matching or relating to the information sought was identified or located"

An email has been sent to the Mayor with a request of:-

"Could you please outline what Legal Advice Council has received on this matter"

At this stage we have received no reply.

It should also be noted Council's report of 07 September 2009, intended proceeding with the car park in Beeby Park on the basis that:-

• *"The proposed car park at the north end of the park is ancillary to the use of the Kitchener Park precinct for the benefit of the 1,900 members of existing sporting groups and to allow for the future growth including the regional skate facility" and "the draft plan considers pay- and- display parking to prevent its use by commuters, shoppers and local workers".*

Our Committee also has great concern that the current stated Budget funding of $400,000 to build this carpark is coming from developer section 94 contribution funds, which we understood where collected from developers to benefit the shoppers and commercial centre of Mona Vale. The fact that "Shoppers" under the Crown Lands Act will not be permitted to use the new Beeby Reserve carpark appears to be inconsistent with the intended use of the section 94 collected funding.

PLEASE EMAIL YOUR CONCERNS ASAP

MONA VALE HOSPITAL AUXILIARY STALLS FOR JUNE TO DECEMBER, 2013

Mona Vale Hospital Auxiliary.

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

July

19th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm

August

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

September

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

October

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

November

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

December

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

UnitingCare
Ageing

Jacaranda Enriching Life Day Centre provides a range of activities, care and respite for older people and their carers in the local community. Located in the Pittwater Uniting Church in Warriewood, **Jacaranda is looking for volunteers on Mondays and Wednesdays.**

We **need bus drivers** (Light Rigid or C Class licences) and carers to help transport elderly people to and from the Centre.
Willing hands to heat and serve lunch and morning tea are always welcome. If you can assist, Jasmine or Janice would love to hear from you:

T: 9979 4299
E: nsrinfo@unitingcarenswact.org.au
W: www.unitingcareageing.org.au

Bushcare Notices - July 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 July 14
Bangalley Headland 9-12pm
Catherine Park 10-12:30pm

Tue July 16
Porter Res 9-12pm Wed July 17

Thu July 18
Mona Vale Dunes 8:30-11:30am

Sat July 20
Toongari Res 8-11am
Old Wharf Res 8-11am
North Palm Beach 9-12pm
Pathilda Res 9-12pm
Careel Creek Planting Day 12 - 3:30pm

Sun July 21
Angophora Res 8:30-11:30am
Crescent Res 9-12pm McCarrs
Creek Res 8-11am
Irrawong Res 1-4pm

Wed July 24
W'wood Bch 8-11am

Sat July 27
Pindari Res 8-11am
Nth Newport Beach 8:30-11:30am
Careel Creek 8:30-11:30am
Kywong Res 8:30-111:30am

Sun July 28
Bungan Bch 8-11am
Winn Bay 9-12pm
National Tree Day Planting at Trafalgar Park 9-12pm

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

Pittwater Council's COOEE Newsletter July 2013

Pittwater Offshore Newsletter Update 14/7/2013: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackeral Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

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

Fuzzy Little Wilbur By Lynleigh Grieg

Say hello to Wilbur, the Brushtail Possum.

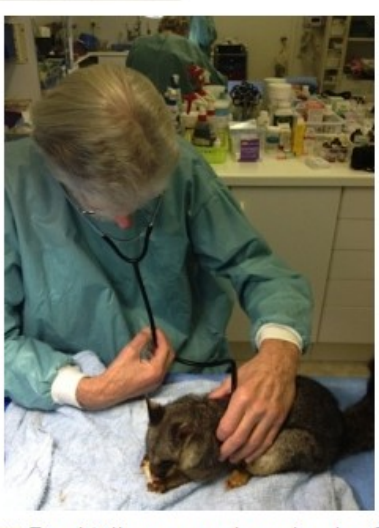
Wilbur's Mum was hit by a car. Luckily the driver stopped to see if she could be saved, but sadly it was too late for her. As they dragged her body off the road, they saw tiny Wilbur peeking out of her pouch.

Wilbur was placed into care and hand-raised from the weight of 150g. Right from the start, his carer began to notice that he was having mini-seizures - possibly as a result of head trauma from the impact of the car. As he grew, his seizures became more frequent and his vision seemed impaired, so his carer brought him to us.

Wilbur was booked in to see Southern Cross Wildlife Care's veterinary surgeon, Dr Howard Ralph. But first he needed to look presentable...

We popped him into a warm Betadine bath and towel-dried him in front of the fire before he got to see the doc :)

He enjoyed it thoroughly, but kept trying to eat the bubbles!



Dr Ralph examined Wilbur (who was being entertained with a piece of banana) to see what could be done. They had a chat about life in general and Wilbur was sent home with various medications to help prevent his seizures. Now - we just need to keep up with his treatment and see what happens...

Well, Wilbur now has a weekly bath as it's his favourite thing to do. After we bath him and drain away the water, we say "Shake, shake, Wilbur!" and he shakes off the water obediently - it's so sweet.

Brushtail possums have loads of character and are a wonderful addition to any backyard. There's nothing like sitting out on the back deck watching the sunset and seeing a fat, fluffy possum waddle across the fence in search of a snack. They eat mostly native foliage and native flowers but they also enjoy fruit such as apples, bananas and grapes and veggies such as carrot, spinach and sweet potato.

Brush-tailed possums are marsupials, and their young are usually born around May/June after a gestation period (pregnancy period) of just 17 days. The newborn possum crawls its way into the mother's pouch and attaches itself to a teat.

It stays attached to the Mum's teat for around five months and then spends another two months clinging to its mother's back as she moves about. Usually only one young is born at a time.

They are fully grown by about 10 months' old.

Wilbur is such a sweet boy. We're holding thumbs for you, little man.

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.

The NSW Government Gazette

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

The NSW Government Gazette contains:

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

Federal Government Media Releases this week;

Nite Rider capsules

SNIPPET: **Nite Rider capsules pose a serious risk to your health and should not be taken. The supply of Nite Rider capsules is illegal. Nite Rider capsules have not been assessed by the TGA for quality, safety or efficacy as required under Australian legislation, and the place of manufacture is not approved by the TGA.**

Historic agreement reached with Independent schools

SNIPPET: Today the Australian Government and Independent Schools Council of Australia (ISCA) reached an historic agreement that will deliver real benefits to 562,000 students in independent schools across Australia. The agreement will see more than $1 billion additional funding flow to Australian independent schools over the next six years. The Australian Government and the Independent Schools Council of Australia have worked cooperatively, respectfully and intensively to ensure this is a good deal for independent schools.

Commonwealth Grants Commission Appointments [08/07/2013]

SNIPPET: I am pleased to announce the appointment of Greg Smith as the part-time Chairperson of the Commonwealth Grants Commission for a five-year period from 1 July 2013, and the appointment of Alan Henderson AM as a part-time member of the Commission for a 12 month period from 1 July 2013. Mr Smith is a current Commission member and was appointed in 2006. With these new appointments, the Commission will consist of a part-time Chairperson and five part-time members.

Teacher Quality foundations overwhelmingly achieved | Ministers&#039 Media Centre

SNIPPET: Minister for Education Bill Shorten today welcomed the COAG Reform Council Report on the Teacher Quality National Partnership released today. The Report released today indicates that 94 per cent of the Teacher Quality milestones have been achieved by states and territories to date.

Investor Update: Australia sets up $36m centre to support business in the Asian Century - Austrade

SNIPPET: Australia's unique position as a platform to access the dynamic high-growth Asian region has been strengthened with the establishment of a new $36 million centre to support business in the Asian Century. The centre 'will tap into the expertise of business and community organisations, peak bodies, training providers and business councils to help business leaders develop a deeper knowledge and expertise of Asian countries and cultures, Mr Marles said. More than a third of the country's foreign-born population is from Asia and more than 2.1 million Australians, or nearly 10 per cent of the population, speak an Asian language at home.

Tribunal's Reconciliation Action Plan 2013 - 2015 - News - National Native Title Tribunal

SNIPPET: Today the Tribunal launched its. The Tribunal's Reconciliation Action Plan is a living document that outlines our commitment to reconciliation, by focussing on three key areas in our work:. Our RAP for 2013 2015 has incorporated the goals set out in the Tribunal's Indigenous Employment Strategy, and the merging of the documents will allow for effective implementation of the Tribunal's reconciliation targets and the efficient monitoring of results.

Navy commissions 808 Squadron and new helicopter - Department of Defence

SNIPPET: Defence News Published: 11 July 2013. Members of 808 Squadron bow their heads for the Naval Prayer, during the commissioning of 808 Squadron held at HMAS Albatross. The commissioning of 808 Squadron is a significant milestone for the Navy as we formally welcome into service a new generation, maritime support helicopter that not only replaces the retired Sea Kings, but delivers new capabilities and a capacity to meet emerging requirements in the future, Rear Admiral Barrett said.

AEC call to enlist community support to find missing voters - Australian Electoral Commission

SNIPPET: With the 2013 federal election fast approaching, the Australian Electoral Commission (AEC) is calling on the community to help find almost 1.4 million eligible missing voters. 'More than one million Australians have experienced how quick and easy it is to enrol or update their details online and I encourage the 1.4 million Australians still missing to follow their lead.'. &copy Australian Electoral Commission 2013.

Investor Update: A$10 million for Australian bionic eye research - Austrade

SNIPPET: The Australian government is providing an extra $A10 million to fund Australian researchers working to develop a bionic eye. The Australian Research Council will provide an additional $8 million for BVA, which has already performed the first human implantation of an early prototype bionic eye. MVG recently unveiled the prototype Gennaris wireless device, a direct-to-brain bionic eye which will assist patients with a damaged optic nerve.

Robust response to Franchising Code consultations

SNIPPET: The strong response to the consultation process conducted on the recent independent review of the Franchising Code of Conduct demonstrates a healthy engagement by businesses and people with an interest in the franchising sector. The Australian Government wants to ensure that its response to the 18 recommendations of the review of the Franchising Code of Conduct is measured and takes into account sector views. The government will now develop its response to the recommendations in the review report and is committed to ensuring any reforms provide the foundation for productivity and fairness in the franchising sector.

More spent on disability support services in 201112 (AIHW)

SNIPPET: Spending on disability support services provided under the National Disability Agreement rose by 10% between 2010-11 and 2011-12, according to a report released today by the Australian Institute of Health and Welfare (AIHW). The report, Disability support services: services provided under the National Disability Agreement 2011-12, provides information on spending on disability support services, changes in service use and the support needs of service users. 'Spending on disability support services has continued to rise-after adjusting for inflation, it grew to $6.9 billion in 2011-12, up 10% from 2010-11 and up 28% since 2007-08.'.

New Mental Health Help for LGBTI Australians

SNIPPET: SENATOR THE HON JACINTA COLLINS. Minister for Mental Health and Ageing. Announcing the project in Perth today with WA Senator Louise Pratt, Minister for Mental Health and Ageing Jacinta Collins said the Australian Government would give $3.3 million over two years to the National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Health Alliance to provide the QLife support service.

A plan to protect the Great Barrier Reef - media release 10 July 2013

SNIPPET: Minister for Climate Change. The Australian and Queensland governments confirmed their commitment to protecting the Great Barrier Reef with today's release of the 2013 Reef Water Quality Protection Plan and the 2011 Great Barrier Reef Report Card. For more information about the 2013 Reef Water Quality Protection Plan and the 2011 Great Barrier Reef Report Card, visit.

2013 Comcare Work Health and Safety Awards finalists announced page

SNIPPET: The Comcare Work Health and Safety Awards are entering their second year, recognising and celebrating initiatives in workplace health and safety and rehabilitation and return to work. Comcare CEO Paul O'Connor has commended this year's entries and announced the finalists, with the winners to be announced at a gala dinner in Canberra on Wednesday 18 September 2013. 'The entries this year were of extremely high quality, with the finalists demonstrating a high level of impact, innovation and collaboration in their health and safety or rehabilitation solutions,' Mr O'Connor said.

Launch of world-first technology to enable blind and vision impaired Australians to enjoy live theatre | The Hon Amanda Rishworth MP

SNIPPET: From today, a cutting-edge new app will enable people who are blind or vision impaired to enjoy live theatre by providing high-quality audio descriptions on their mobile devices, including smart phones and tablets. Ms Rishworth congratulated The Captioning Studio for developing this new technology that now gives people who are blind or vision impaired the same choices as other theatre-goers. By using WiFi and Voice Over IP, this technology allows a much higher quality audio signal with a greater degree of reliability, and I'm pleased many more Australians will now be able to enjoy a wonderful night out at the theatre.

Save the Children and Fred Hollows Foundation sign up to AusAID Partnership

SNIPPET: Released By: The Hon Melissa Parke MP, Minister for International Development. Minister for International Development, Melissa Parke, today welcomed the Fred Hollows Foundation and Save the Children to the Government's NGO Cooperation Program (ANCP). 'I am proud to today have signed an agreement with the Fred Hollows Foundation and Save the Children Australia, which will see them included as Partners in AusAID's NGO Cooperation Program,' Ms Parke said.

Geoscience enters the cloud to tackle society's biggest challenges | CSIRO

SNIPPET: CSIRO aims to establish and build relationships with members of the community. CSIRO and Geoscience Australia are working on a national geoscience data network that will enhance the way scientists work together to tackle the big issues impacting on our society, environment and resources. The AuScope Grid is an integral part of building a national geoscience data network.

National Archives Forced Adoptions History Project, 9 July 2013 National Archives of Australia

SNIPPET: Media release: Tuesday, 9 July 2013. Nine Australians affected by forced adoptions have been appointed to a federal government working group that will liaise with the National Archives of Australia to help implement its Forced Adoptions History Project. Information about the Forced Adoptions History Project can be found at.

Kiaps' awarded Police Overseas Service Medal

SNIPPET: Minister for Home Affairs and Minister for Justice today awarded the Police Overseas Service Medal to 55 Kiaps' the former Australian members of the Royal Papua New Guinea Constabulary between 1949 and 1973. This recognition comes after a community campaign to increase recognition and public awareness of the role Kiaps' played in providing security to our region. The Police Overseas Service Medal complements the Australian Service Medal, which is awarded to members of the Australian Defence Force and the Humanitarian Overseas Service Medal.

New rules to provide Triple Zero access for satellite phone services | ACMA

SNIPPET: People in remote Australia will now have the peace of mind that their handheld satellite phones have access to the Triple Zero emergency call service. The rules address the issue of the small number of handheld satellite phone services that previously did not provide Triple Zero access. 'The ACMA however cautions that access to Triple Zero from handheld satellite phones is only one component of improving public safety.

Daru TB and isolation ward to boost fight against TB in Papua New Guinea

SNIPPET: The effort to stop tuberculosis (TB) in Papua New Guinea received a boost today with the opening of new specialist treatment facilities at Daru General Hospital in PNG's Western Province. Parliamentary Secretary for Pacific Island Affairs, Senator The Hon Matt Thistlethwaite, opened the 22-bed TB and isolation ward at Daru General Hospital with PNG Minister for Health and HIV, the Hon Michael Malabag MP. The ward comprises six isolation rooms that meet international standards for isolation of airborne infections, as well as a 16 bed ward for patients recovering from TB.

Key Antarctic species under threat from ocean acidification - Australian Antarctic Division

SNIPPET: Normal 0 false false false EN-US X-NONE X-NONE. New research, led by the Australian Antarctic Division, indicates serious challenges facing Antarctic krill - the primary food source for whales, seals and penguins - due to acidification in the Southern Ocean. Dr So Kawaguchi, lead author and krill biologist, said that Antarctic krill are the keystone species in the Southern Ocean and their fate is closely linked to the entire Antarctic ecosystem.

Indigenous Australians honoured by Australia Post - Australia Post

SNIPPET: - Aboriginal and Torres Strait Islander people are warned that this document contains names and images of deceased people. Five eminent Indigenous Australians are being honoured by Australia Post in a new stamp issue. Australia Post Managing Director and CEO Ahmed Fahour said Australia Post has a long standing commitment to improving the social and economic wellbeing of Indigenous Australians.

New Anglican Bishop to the ADF - Department of Defence

SNIPPET: Defence News Published: 05 July 2013. Right Reverend Ian Keese Lambert kneels as he is commissioned as the Anglican Bishop to the Australian Defence Force. Bishop Ian Lambert was today officially commissioned as the new Anglican Bishop to the Australian Defence Force.

Applications open for migrant employment program

SNIPPET: Applications are now open to create innovative, sustainable employment projects for underemployed migrant and refugee job seekers through the Migrant Communities Employment Fund (MCEF). The Migrant Communities Employment Fund will fund projects to address migrant and refugee employment issues at the local grass-root level. I encourage migrant community organisations, other community organisations, employment services providers, government agencies and employers to get involved.

Members of forced adoptions working group announced | The Hon Julie Collins MP

SNIPPET: A new panel of 12 experts will provide key advice to Government on services and projects to improve support for people who have been affected by forced adoption practices. Minister for Community Services Julie Collins today announced the membership of the Forced Adoptions Implementation Working Group. We want to deliver the best possible support for those impacted by forced adoption practices and have selected 12 outstanding Australians for the working group, Ms Collins said.

Indigenous community safety programs examined (AIHW)

SNIPPET: Two new papers released today on the Closing the Gap Clearinghouse website examine the role and effectiveness of programs promoting safety in Indigenous communities. The first paper released today, Programs to improve interpersonal safety in Indigenous communities: evidence and issues provides an overview of community safety programs and interventions delivered to Indigenous Australians. While the paper found that there were limited data on the outcomes of community safety programs in Indigenous communities, there was a small range of community safety initiatives that had been rigorously evaluated and had shown positive outcomes.

Global crackdown against counterfeit and illegal medicines

SNIPPET: Between 18 and 25 June 2013, the Australian Customs and Border Protection Service (ACBPS), the Therapeutic Goods Administration (TGA) and the Australian Pesticides and Veterinary Medicines Authority (APVMA) took part in a week-long international crackdown on fake and illegal medicines purchased over the Internet. Operation Pangea is a worldwide operation that occurs annually, which aims to disrupt the organised crime networks behind the online trade of fake and illicit medicines. Taking action against those behind the online trade of fake and illicit medicines is only one step.

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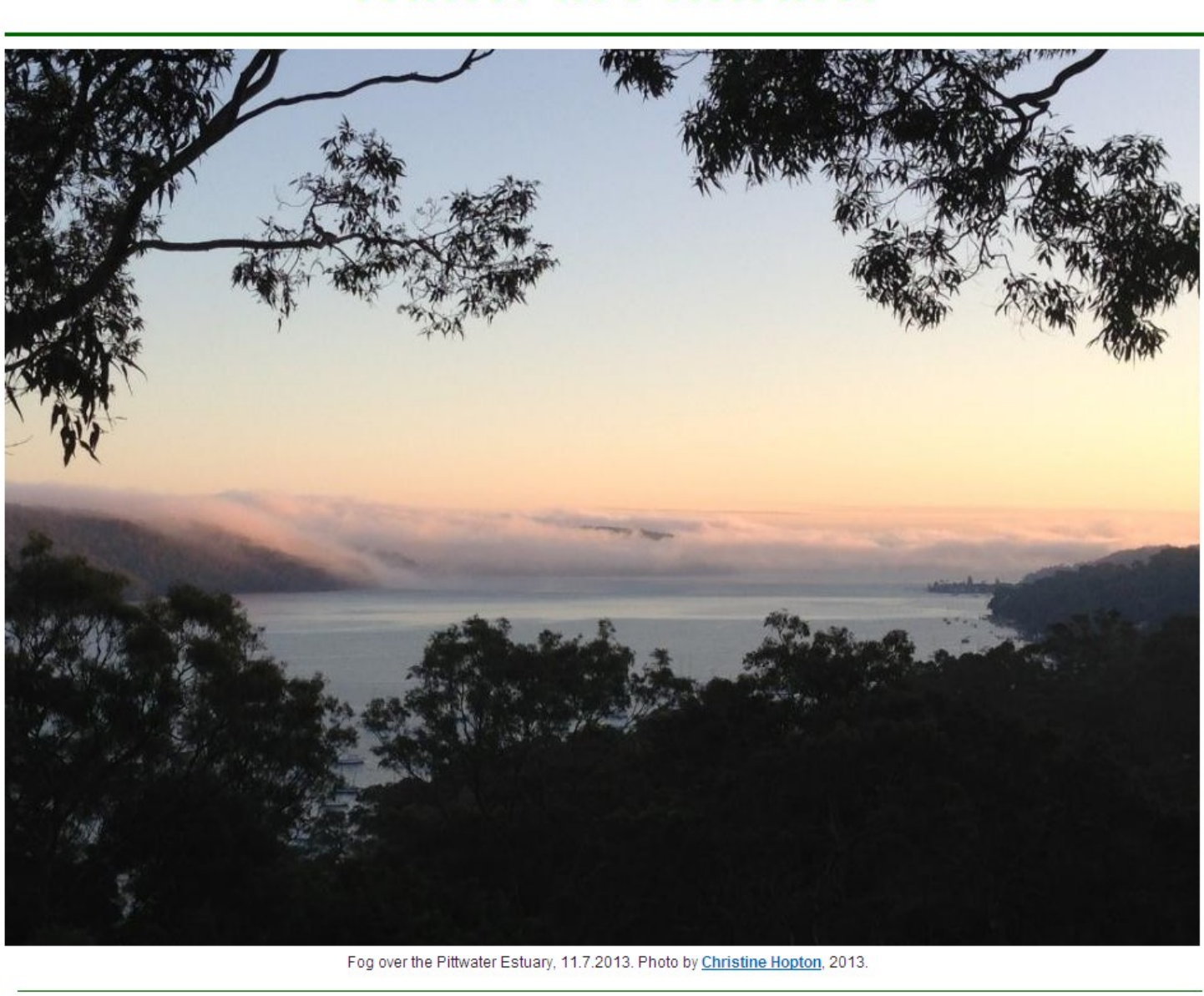
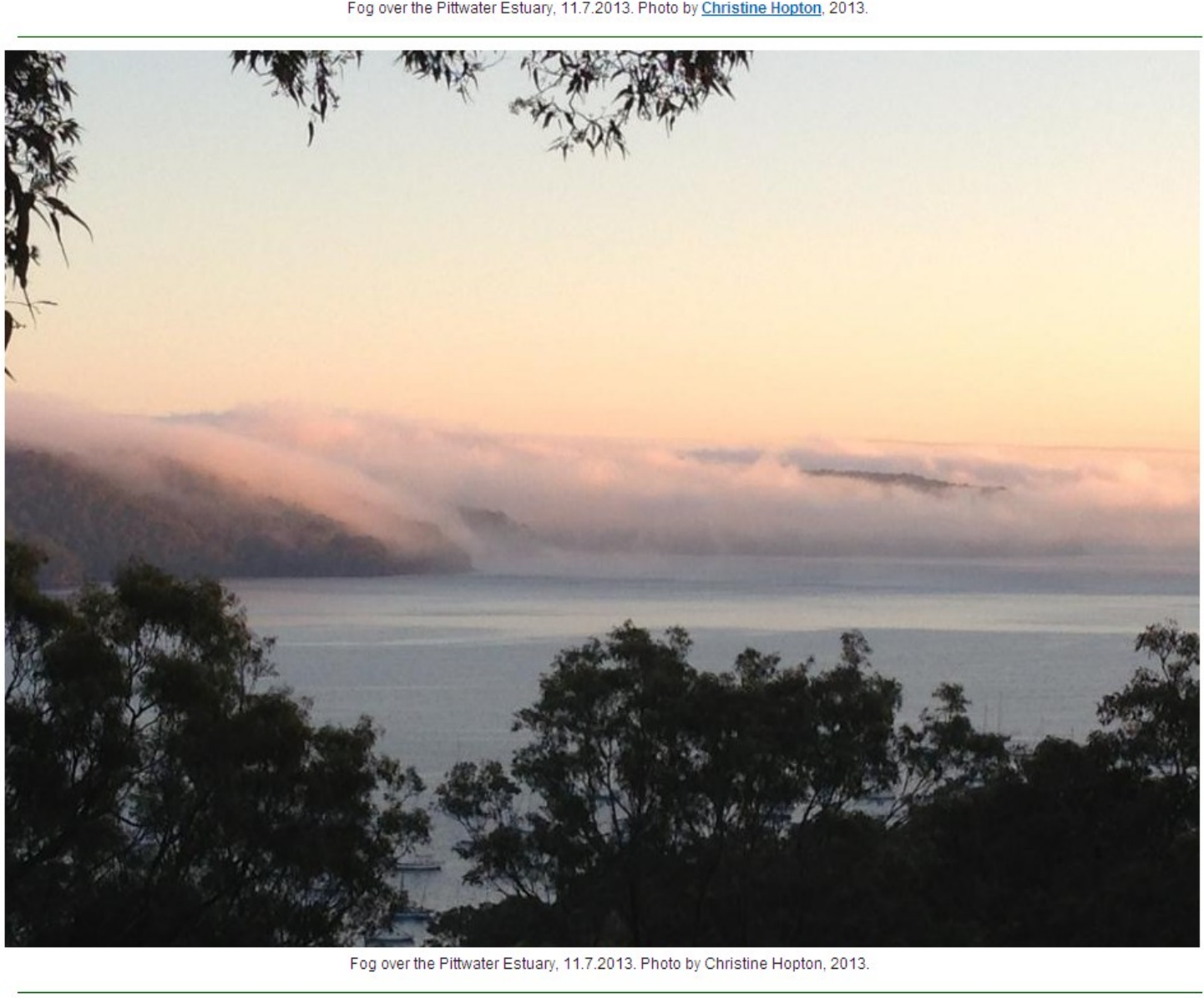
Pittwater Online News

July 14 - 20, 2013: Issue 119

Winter In Pittwater



Fog over the Pittwater Estuary, 11.7.2013. Photo by Christine Hopton, 2013.

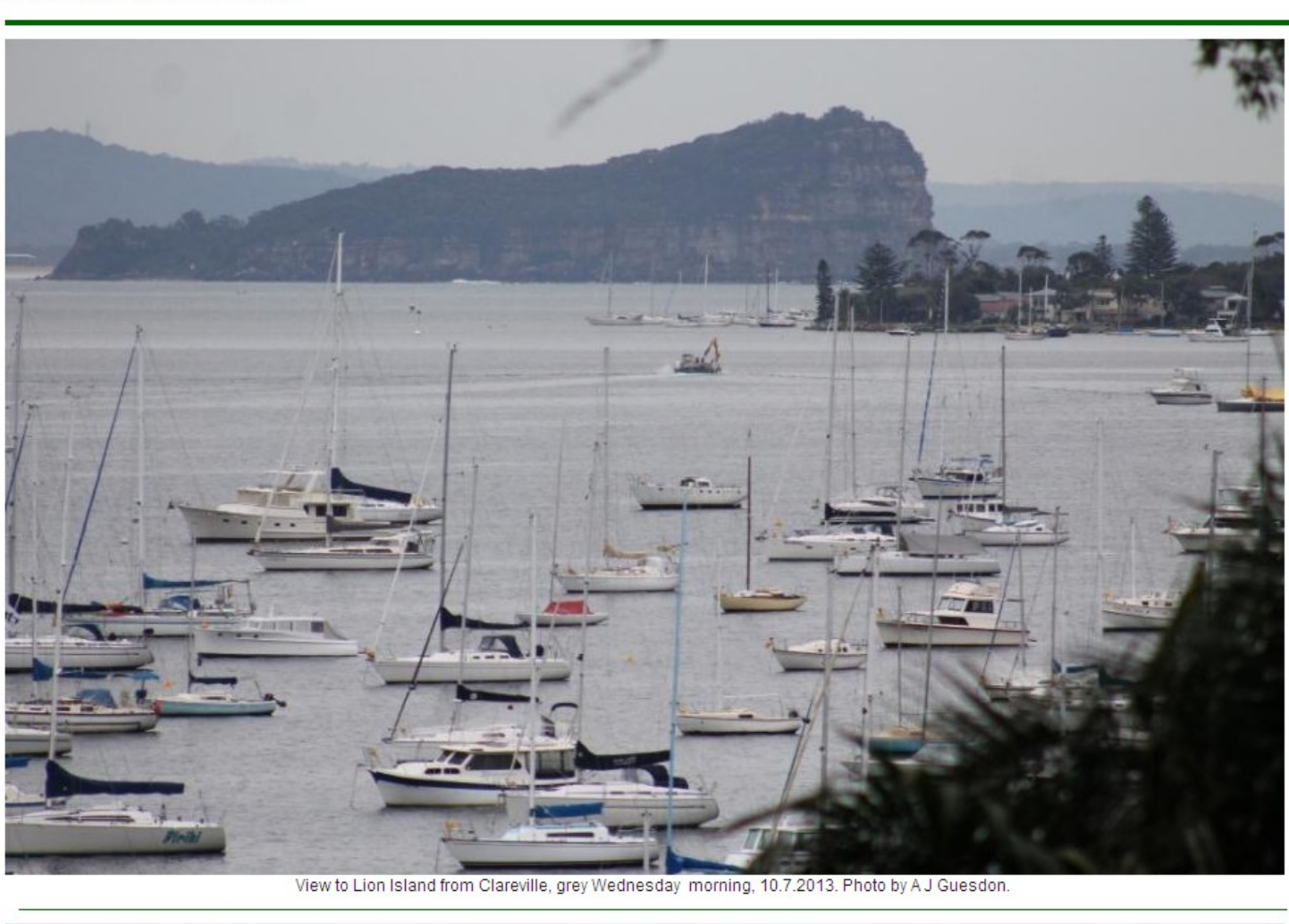


Fog over the Pittwater Estuary, 11.7.2013. Photo by Christine Hopton, 2013.

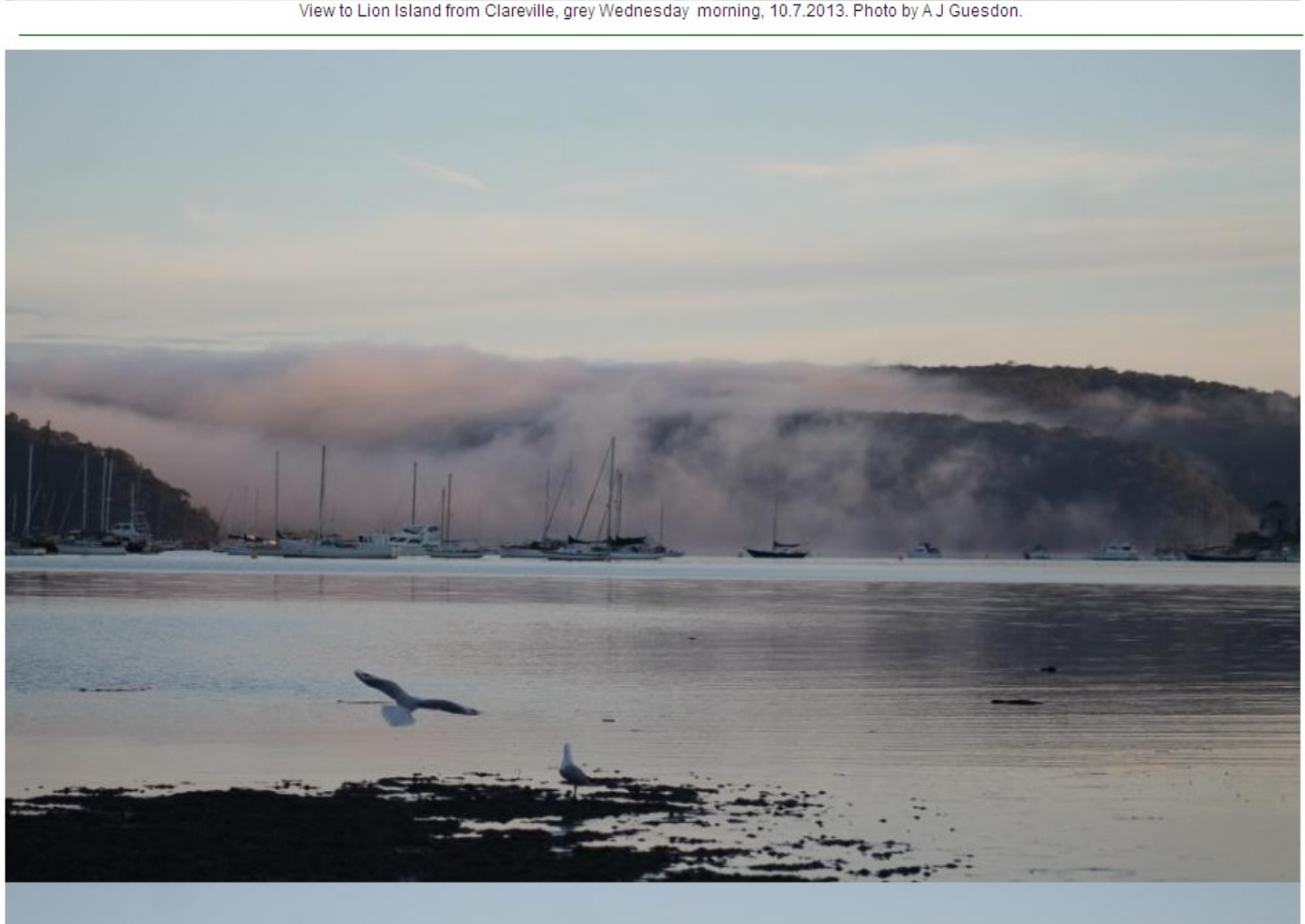
These beautiful photographs taken by Christine Hopton, President of Avalon Beach SLSC, show how the estuary looks on a foggy morning. Taken at sunrise on the 11th of July, 2013, they epitomise how great it is to be in Pittwater even on cold frosty mornings. Huge thanks to Chris for sharing these.

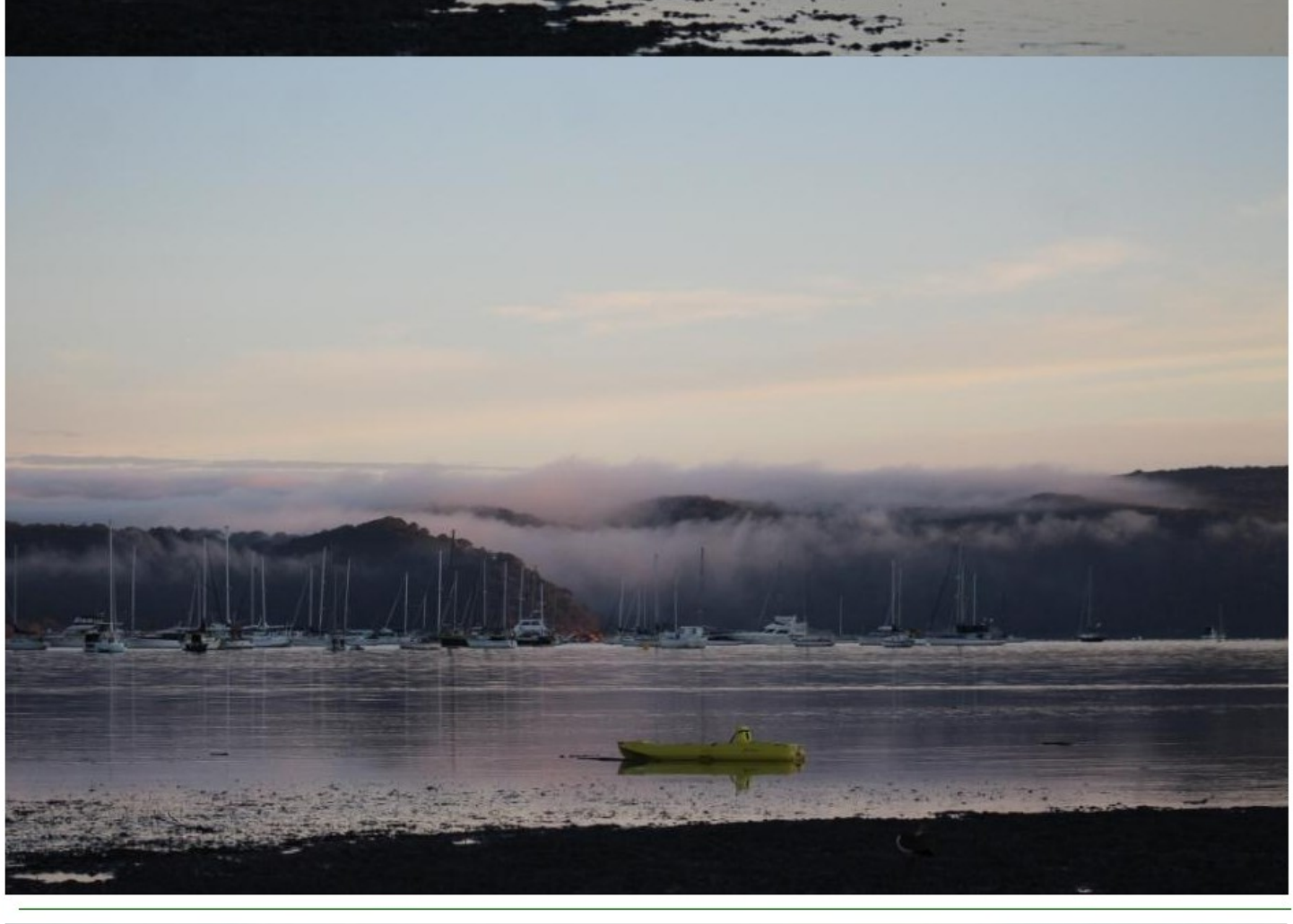
Australia is one of the few places in the world that has wildflowers that bloom all year round and the Winter wattles that brighten the bush in Pittwater are coming out now; a sure sign that Spring will definitely return. We also have a number of birds of the tree, water and ground who are quite happy here all year round.

This week we trudged beside estuary and creeks, climbed hills, lingered at the beach and escaped into the bush reserves to bring you a few sights of Winter In Pittwater.



View to Lion Island from Clareville, grey Wednesday morning, 10.7.2013. Photo by A J Guesdon.

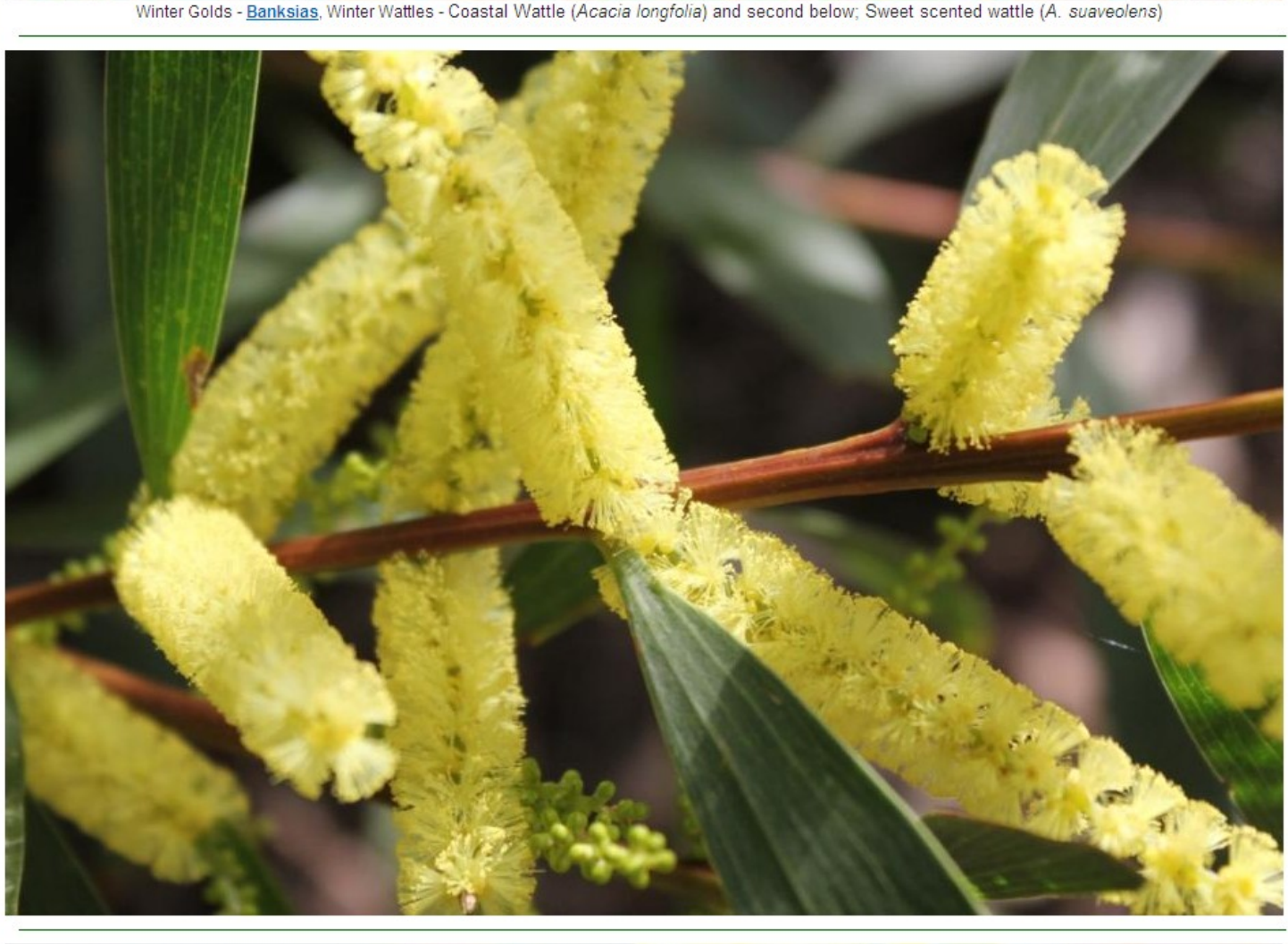




Fog Pictures 12.7.2013 by A J Guesdon, 2013.

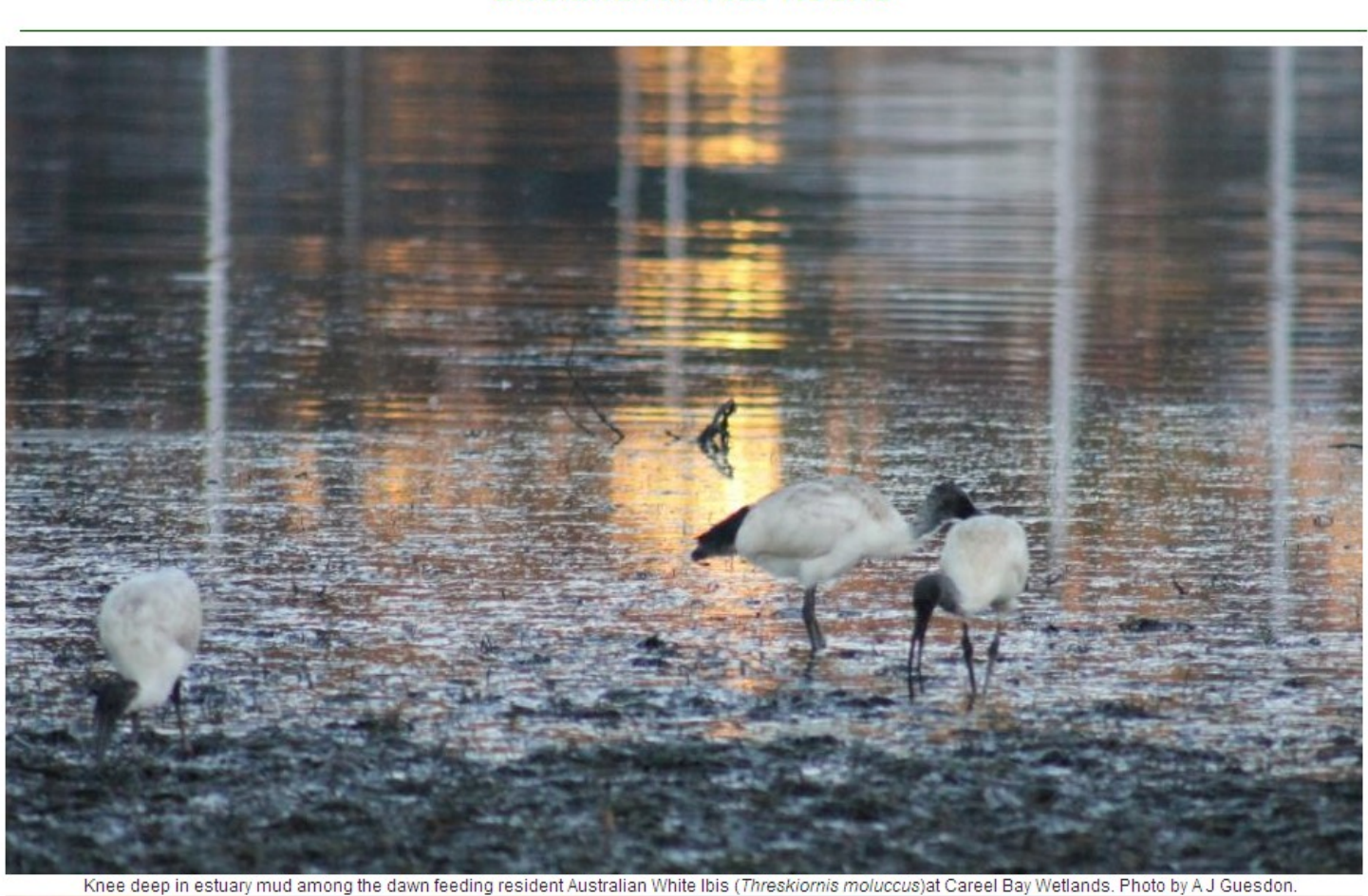
Winter = Naturally Gold Flowerings

Winter Golds - Banksias, Winter Wattles - Coastal Wattle (*Acacia longfolia*) and second below; Sweet scented wattle (*A. suaveolens*)



Grey and White Mangroves (*Avicennia marina*) fruiting.

Birdland All Year Round



Knee deep in estuary mud among the dawn feeding resident Australian White Ibis (*Threskiornis moluccus*)at Careel Bay Wetlands. Photo by A J Guesdon.

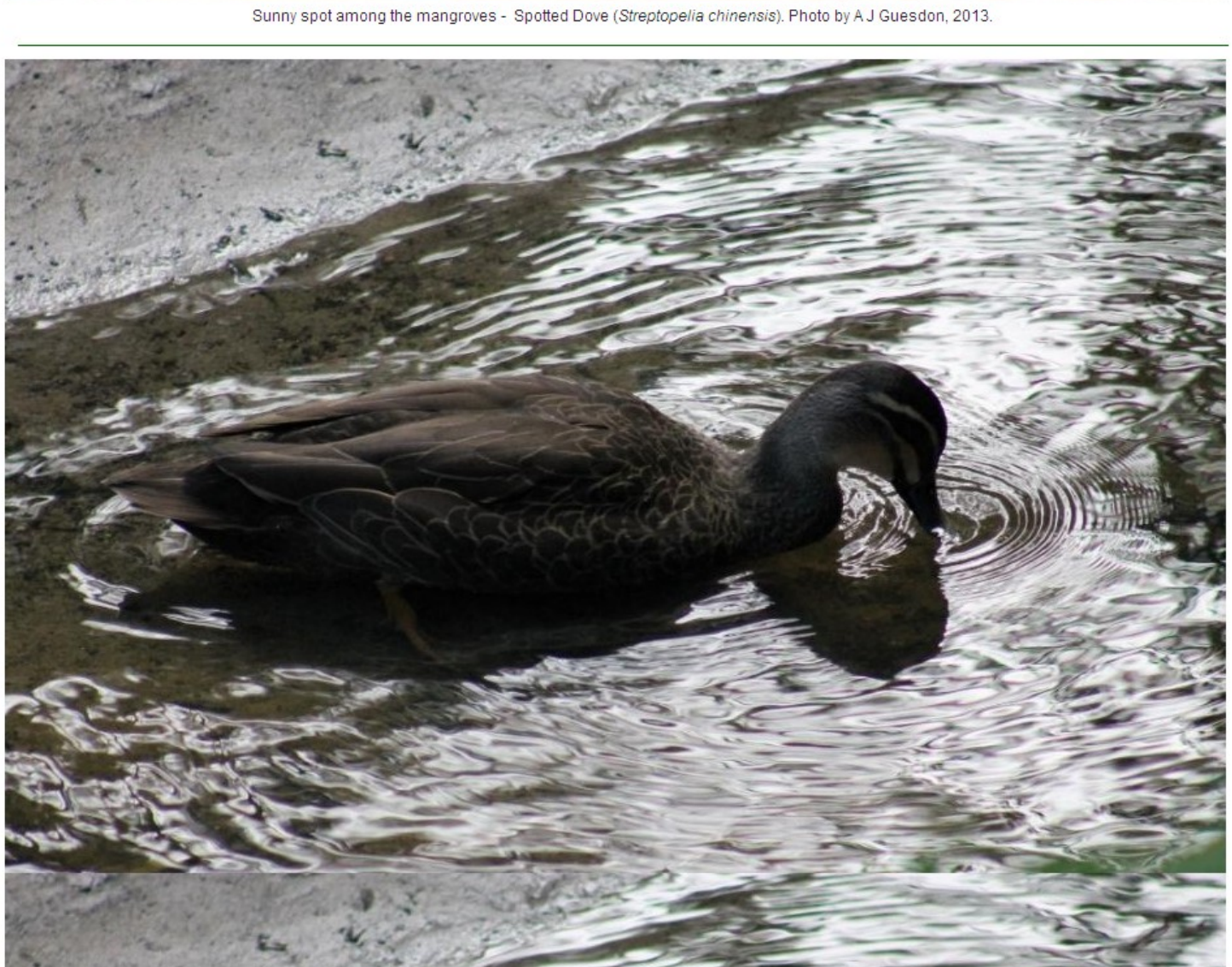
Royal Spoonbill (*Platalea regia*) finding fish with Red-billed Gulls (*Chroicocephalus scopulinus*) and Black-tailed Gull(*Larus crassirostris*), dawn at Careel Bay.

Willy Wagtail Monday Morning, 8.7.2013. July begins the Willy Wagtail breeding season. Photo by A J Guesdon, 2013.

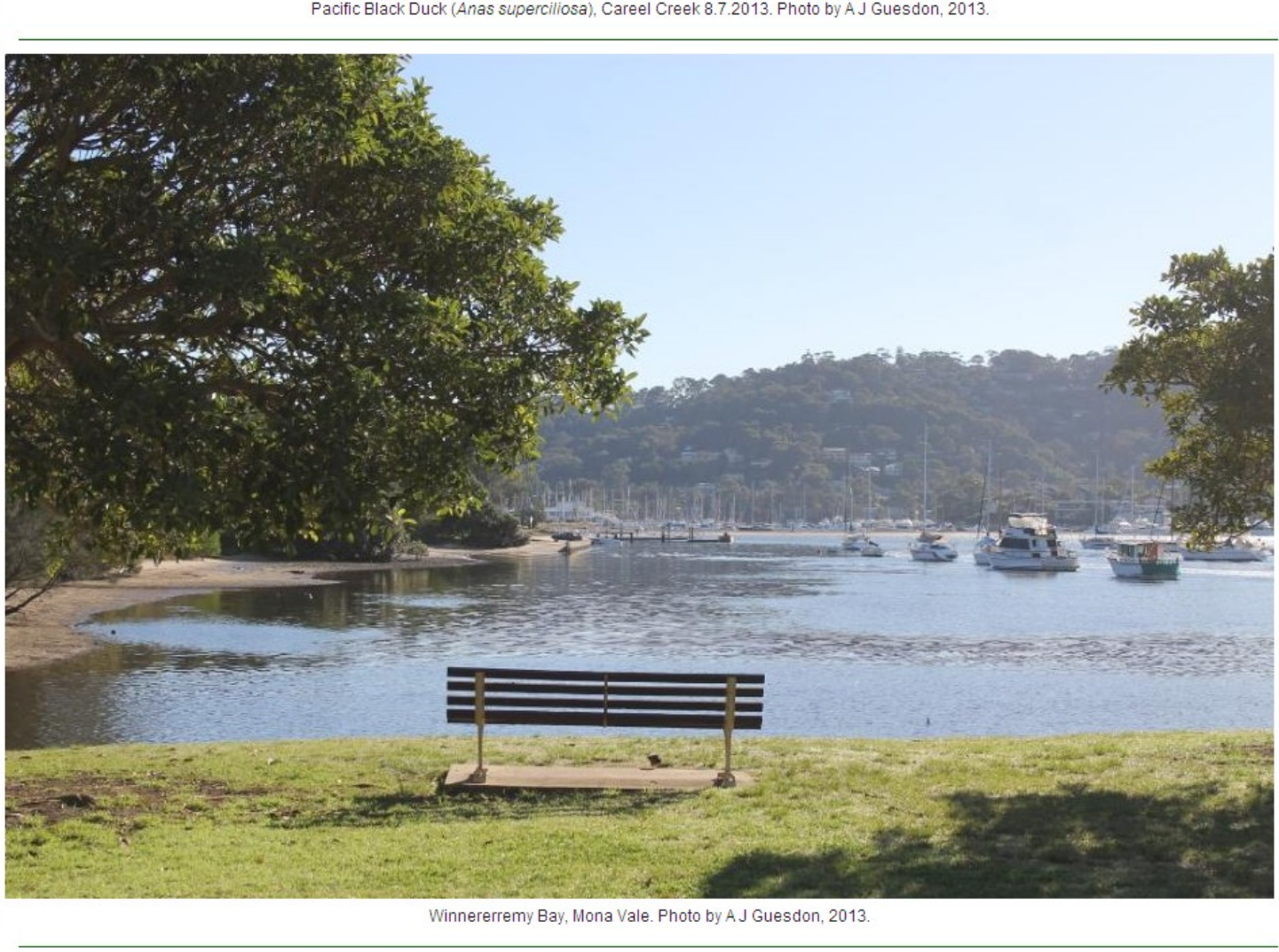
Sulphur Crested cockatoos are year round residents. Photo by A J Guesdon, 2013.

Swallow flitting over the sand, Avalon Beach, 8.7.2013. Photo by A J Guesdon, 2013.

Sunny spot among the mangroves - Spotted Dove (*Streptopelia chinensis*). Photo by A J Guesdon, 2013.



Pacific Black Duck (*Anas superciliosa*), Careel Creek 8.7.2013. Photo by A J Guesdon, 2013.

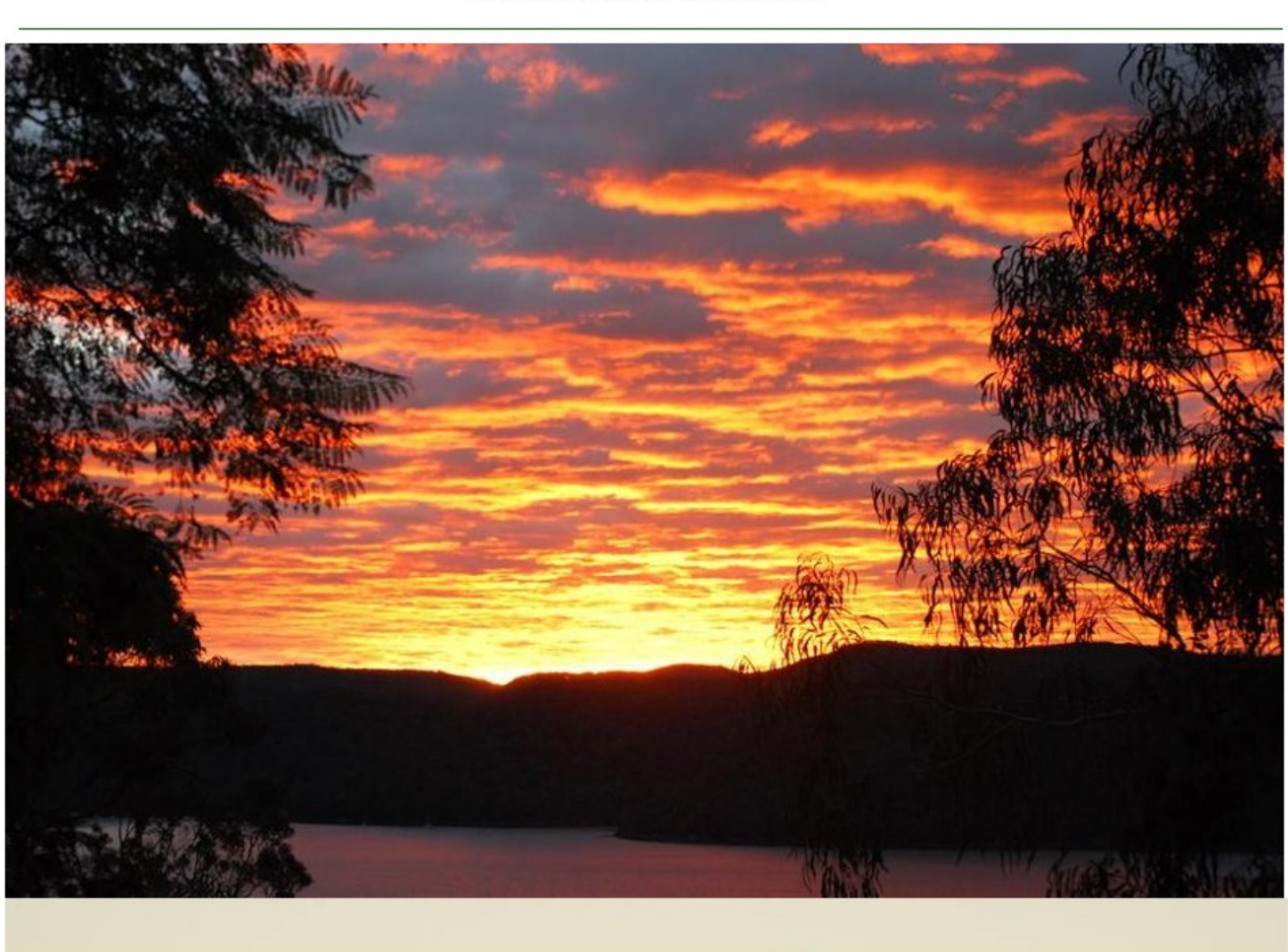


Winnererremy Bay, Mona Vale. Photo by A J Guesdon, 2013.

Dusk Over Bungan Beach

Dusk over Bungan Beach. Photo By Michael Mannington, 10.7.2013.

Sunset Over Clareville



Sunset over Clareville, 8.7.2013. Photos by Paul Wheeler.

Photos by Christine Hopton, A J Guesdon, Paul Wheeler and Michale Mannington 2013.

Pittwater Online News

July 14 - 20, 2013: Issue 119

Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

CSIRO - Supercomputer

Rock on, technology! A supercomputer with the processing power of more than 15,000 desktop computers will form a new national geoscience data network, helping us study big challenges like natural disasters. What previously took scientists months to achieve with big data, can now take just a matter of minutes. More: http://ow.ly/mOA7R

Health papers published this week:

Early Life and in Utero Factors Found to Influence Testicular Function in Adulthood

July 8, 2013 — Studies over the past 20 years have suggested (though not unequivocally confirmed) that semen quality is in decline, reflected most evidently in falling sperm counts and reduced sperm motility.(1) The explanations have been controversially attributed to environmental factors (such as exposure to toxins) and to male smoking. Now, a new study based on a 20-year follow-up of one of the world's largest study cohorts, suggests that exposure to several factors in utero and in early life may also lead to reduced semen parameters in adulthood - and potentially to a decline in male fertility.

The study, which found that adverse fetal growth, exposure to maternal smoking, and a lower childhood growth trajectory were all associated with a subsequent decline in testicular function, is reported today at the annual meeting of ESHRE by Roger Hart, Professor of Reproductive Medicine at the University of Western Australia and medical director of Fertility Specialists of Western Australia in Perth.

The study was based on follow-up of the Western Australian Pregnancy (Raine) Cohort, which began in 1989-91 with the environment of 2900 mothers during pregnancy; their babies had regular assessment from birth, which included fetal growth measurements. Part of the 20-year follow-up of this cohort (in 423 of the men at the age of 20-22 years) involved a testicular assessment, which included measurement of testicular volume, analysis of semen quality and hormone production - as well as body composition for fat distribution.

Results showed that around one in six of the men tested had sperm parameters below the "normal" threshold recently defined by the World Health Organization (WHO). That is:

14.8% were below the threshold of 1.5 ml seminal volume

18.9% below the threshold of 39 million total sperm

17.5% below the threshold of 15 million sperms/ml sperm count

14.4% below the threshold of 32% motility

In addition, a quarter of the subjects (26.4%) had sperm whose appearance (morphology) did not meet the WHO's acceptable criteria.

When these results were correlated with the earlier fetal growth assessments, being consistently small in utero was associated with a significantly greater chance of having a sperm assessment within the lowest quartile of all the men assessed; men with good intrauterine growth were less likely to be in this lowest quartile of sperm production in adulthood. Being exposed to their mothers' smoking (18.6% of men) was also associated with lower sperm production.

Increased testicular volume was correlated with childhood growth, height and total lean body mass.

Commenting on the results, Professor Hart proposed that poor fetal growth, exposure to maternal smoking, poor childhood growth patterns, increased fat deposition in adolescence, and smoking and drug use in adulthood may ultimately lead to reduced semen parameters. Hence, public health measures to address these influences may help to reduce these risks in the future. Professor Hart said: "The main message from our study is that to reach adulthood with the best possible testicular function a man should not be exposed to his mother's smoking, should have good fetal growth and, in childhood and through adolescence, should be 'appropriately grown' - that is, neither underweight nor overweight, and as an adult should not smoke or take drugs."

On the question of environmental "endocrine disruptors" as an explanation for a decline in semen quality, Professor Hart added: "The extent of the risk posed by environmental endocrine disrupters is still unclear, but some researchers do attribute the perceived decline in sperm counts to these chemicals within the environment. We do not have any evidence to suggest such a link in our study, but we do intend to measure the fetal exposure to endocrine disrupting chemicals from maternal blood that was stored in 1990, prior to the study recruits' birth, and to relate these chemical exposures to the men's semen counts in 2012-3."

The above story is reprinted from materials provided by **European Society of Human Reproduction and Embryology**

Lifesaving HIV Treatment Could Reach Millions More People Following Landmark Study

July 4, 2013 — Millions more people could get access to life-saving HIV drug therapy, following a landmark study led by Australian researchers based at the Kirby Institute at the **University of New South Wales (UNSW).**

The researchers have found a lower daily dose of an important HIV drug therapy is safe and as effective in suppressing the virus as the standard recommended dose.

The findings have been presented at the International AIDS Society Conference in Kuala Lumpur, Malaysia.

"This has the potential to affect the treatment of millions of HIV positive people," says UNSW Professor Sean Emery, the protocol chairperson of the study, known as ENCORE1 and Head of the Therapeutic and Vaccine Research Program at the Kirby Institute.

"A reduced daily dose should translate into a lower cost of treatment and permit more effective and efficient use of health care resources. Essentially, more people could receive this life-saving treatment for the same amount of funding."

HIV-positive people from 13 countries in Africa, Asia, Australia, Europe and Latin America took part in the trial. Half these people took two-thirds of the current standard daily dose of the antiretroviral (ART) efavirenz, a commonly used treatment for HIV; the other half took the standard daily dose. The 630 participants were observed regularly for a year. The results indicate that a reduction in daily dose of one third is both safe and effective compared to the higher dose currently recommended for people with HIV infection.

The research was part of a program funded with a grant of US$12.42 million from the Bill & Melinda Gates Foundation. The above story is reprinted from materials provided by **University of New South Wales.**

Breakthrough Study Reveals Biological Basis for Sensory Processing Disorders in Kids

July 9, 2013 — Sensory processing disorders (SPD) are more prevalent in children than autism and as common as attention deficit hyperactivity disorder, yet it receives far less attention partly because it's never been recognized as a distinct disease.

In a groundbreaking new study from UC San Francisco, researchers have found that children affected with SPD have quantifiable differences in brain structure, for the first time showing a biological basis for the disease that sets it apart from other neurodevelopmental disorders.

One of the reasons SPD has been overlooked until now is that it often occurs in children who also have ADHD or autism, and the disorders have not been listed in the Diagnostic and Statistical Manual used by psychiatrists and psychologists.

"Until now, SPD hasn't had a known biological underpinning," said senior author Pratik Mukherjee, MD, PhD, a professor of radiology and biomedical imaging and bioengineering at UCSF. "Our findings point the way to establishing a biological basis for the disease that can be easily measured and used as a diagnostic tool," Mukherjee said. The work is published in the **open access online journal** *NeuroImage:Clinical.*

'Out of Sync' Kids

Sensory processing disorders affect 5 to 16 percent of school-aged children.

Children with SPD struggle with how to process stimulation, which can cause a wide range of symptoms including hypersensitivity to sound, sight and touch, poor fine motor skills and easy distractibility. Some SPD children cannot tolerate the sound of a vacuum, while others can't hold a pencil or struggle with social interaction. Furthermore, a sound that one day is an irritant can the next day be sought out. The disease can be baffling for parents and has been a source of much controversy for clinicians, according to the researchers.

"Most people don't know how to support these kids because they don't fall into a traditional clinical group," said Elysa Marco, MD, who led the study along with postdoctoral fellow Julia Owen, PhD. Marco is a cognitive and behavioral child neurologist at UCSF Benioff Children's Hospital, ranked among the nation's best and one of California's top-ranked centers for neurology and other specialties, according to the 2013-2014 U.S. News & World Report Best Children's Hospitals survey.

"Sometimes they are called the 'out of sync' kids. Their language is good, but they seem to have trouble with just about everything else, especially emotional regulation and distraction. In the real world, they're just less able to process information efficiently, and they get left out and bullied," said Marco, who treats affected children in her cognitive and behavioral neurology clinic.

"If we can better understand these kids who are falling through the cracks, we will not only help a whole lot of families, but we will better understand sensory processing in general. This work is laying the foundation for expanding our research and clinical evaluation of children with a wide range of neurodevelopmental challenges - stretching beyond autism and ADHD," she said.

Imaging the Brain's White Matter

In the study, researchers used an advanced form of MRI called diffusion tensor imaging (DTI), which measures the microscopic movement of water molecules within the brain in order to give information about the brain's white matter tracts. DTI shows the direction of the white matter fibers and the integrity of the white matter. The brain's white matter is essential for perceiving, thinking and learning.

The study examined 16 boys, between the ages of eight and 11, with SPD but without a diagnosis of autism or prematurity, and compared the results with 24 typically developing boys who were matched for age, gender, right- or left-handedness and IQ. The patients' and control subjects' behaviors were first characterized using a parent report measure of sensory behavior called the Sensory Profile.

The imaging detected abnormal white matter tracts in the SPD subjects, primarily involving areas in the back of the brain, that serve as connections for the auditory, visual and somatosensory (tactile) systems involved in sensory processing, including their connections between the left and right halves of the brain.

"These are tracts that are emblematic of someone with problems with sensory processing," said Mukherjee. "More frontal anterior white matter tracts are typically involved in children with only ADHD or autistic spectrum disorders. The abnormalities we found are focused in a different region of the brain, indicating SPD may be neuroanatomically distinct."

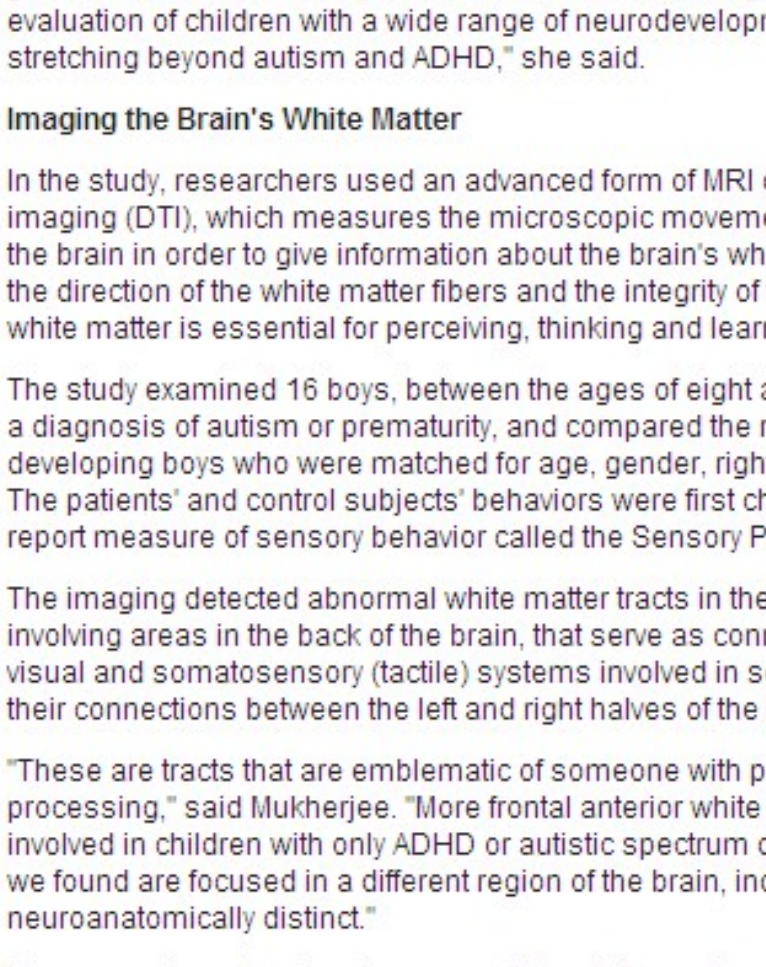
The researchers found a strong correlation between the micro-structural abnormalities in the white matter of the posterior cerebral tracts focused on sensory processing and the auditory, multisensory and inattention scores reported by parents in the Sensory Profile. The strongest correlation was for auditory processing, with other correlations observed for multi-sensory integration, vision, tactile and inattention.

The abnormal microstructure of sensory white matter tracts shown by DTI in kids with SPD likely alters the timing of sensory transmission so that processing of sensory stimuli and integrating information across multiple senses becomes difficult or impossible.

"We are just at the beginning, because people didn't believe this existed," said Marco. "This is absolutely the first structural imaging comparison of kids with research diagnosed sensory processing disorder and typically developing kids. It shows it is a brain-based disorder and gives us a way to evaluate them in clinic."

Future studies need to be done, she said, to research the many children affected by sensory processing differences who have a known genetic disorder or brain injury related to prematurity.

Julia P. Owen, Elysa J. Marco, Shivani Desai, Emily Fourie, Julia Harris, Susanna S. Hill, Anne B. Arnett, Pratik Mukherjee. **Abnormal white matter microstructure in children with sensory processing disorders.** NeuroImage: Clinical, 2013; DOI: 10.1016/j.nicl.2013.06.009



These brain images, taken with DTI, show water diffusion within the white matter of children with sensory processing disorders. Row FA: The blue areas show white matter where water diffusion was less directional than in typical children, ndicating impaired white matter microstructure. Row MD: The red areas show white matter where the overall rate of water diffusion was higher than in typical children, also indicating abnormal white matter. Row RD: The red areas show white matter where SPD children have higher rates of water diffusion perpendicular to the axonal fibers, indicating a loss of integrity of the fiber bundles comprising the white matter tracts. (Credit: Image courtesy of University of California - San Francisco)

Breakthrough Could Lead to 'Artificial Skin' That Senses Touch, Humidity and Temperature

July 8, 2013 — Using tiny gold particles and a kind of resin, a team of scientists at the Technion-Israel Institute of Technology has discovered how to make a new kind of flexible sensor that one day could be integrated into electronic skin, or e-skin. If scientists learn how to attach e-skin to prosthetic limbs, people with amputations might once again be able to feel changes in their environments.

The findings appear in the June issue ofACS Applied Materials & Interfaces.

The secret lies in the sensor's ability to detect three kinds of data simultaneously. While current kinds of e-skin detect only touch, the Technion team's invention "can simultaneously sense touch, humidity, and temperature, as real skin can do," says research team leader Professor Hossam Haick. Additionally, the new system "is at least 10 times more sensitive in touch than the currently existing touch-based e-skin systems."

Researchers have long been interested in flexible sensors, but have had trouble adapting them for real-world use. To make its way into mainstream society, a flexible sensor would have to run on low voltage (so it would be compatible with the batteries in today's portable devices), measure a wide range of pressures, and make more than one measurement at a time, including humidity, temperature, pressure, and the presence of chemicals. In addition, these sensors would also have to be able to be made quickly, easily, and cheaply.

The Technion team's sensor has all of these qualities. The secret is the use of monolayer-capped nanoparticles that are only 5-8 nanometers in diameter. They are made of gold and surrounded by connector molecules called ligands. In fact, "monolayer-capped nanoparticles can be thought of as flowers, where the center of the flower is the gold or metal nanoparticle and the petals are the monolayer of organic ligands that generally protect it," says Haick.

The team discovered that when these nanoparticles are laid on top of a substrate - in this case, made of PET (flexible polyethylene terephthalate), the same plastic found in soda bottles - the resulting compound conducted electricity differently depending on how the substrate was bent. (The bending motion brings some particles closer to others, increasing how quickly electrons can pass between them.) This electrical property means that the sensor can detect a large range of pressures, from tens of milligrams to tens of grams. "The sensor is very stable and can be attached to any surface shape while keeping the function stable," says Dr. Nir Peled, Head of the Thoracic Cancer Research and Detection Center at Israel's Sheba Medical Center, who was not involved in the research.

And by varying how thick the substrate is, as well as what it is made of, scientists can modify how sensitive the sensor is. Because these sensors can be customized, they could in the future perform a variety of other tasks, including monitoring strain on bridges and detecting cracks in engines.

"Indeed," says Dr. Peled, "the development of the artificial skin as biosensor by Professor Haick and his team is another breakthrough that puts nanotechnology at the front of the diagnostic era."

Meital Segev-Bar, Avigail Landman, Maayan Nir-Shapira, Gregory Shuster, Hossam Haick. **Tunable Touch Sensor and Combined Sensing Platform: Toward Nanoparticle-based Electronic Skin**. ACS Applied Materials & Interfaces, 2013; 5 (12): 5531 DOI: 10.1021/am400757q

Two Blood Pressure Drugs Linked to Lower Risk of Heart Disease in Diabetics

July 8, 2013 — Two drugs, telmisartan and valsartan, which are used to reduce blood pressure in people with diabetes, are associated with a lower risk of hospitalization for heart attack, stroke or heart failure, according to a study published in CMAJ (Canadian Medical Association Journal).

For people with type 2 diabetes, disease-related vascular illnesses are the main causes of death. Angiotensin-receptor blockers including telmisartan, valsartan, candesartan, irbesartan and losartan, are generally used interchangeably to control blood pressure. However, there is some evidence from small trials that telmisartan has slightly different properties than other angiotensin-receptor blockers and may improve cardiovascular health.

Researchers looked at data for 54 186 Ontario residents with diabetes who were over age 65 who took angiotensin-receptor blockers between Apr. 1, 2001 and Mar. 31, 2010. They sought to determine if there was a lower risk of cardiovascular illnesses in people taking telmisartan compared with other drugs in the same class. They found that telmisartan and valsartan were associated with a significantly lower risk of hospitalization for heart attack, stroke or heart failure compared with other angiotensin-receptor blockers.

"Our findings suggest that statistically important differences exist in the effectiveness of angiotensin-receptor blockers when used for the prevention of diabetes-related macrovascular disease, and that a class effect for these agents may not be assumed when used for this purpose in clinical practice," writes Dr. Tony Antoniou, Department of Family and Community Medicine, St. Michael's Hospital, Toronto, with coauthors.

"Although angiotensin-receptor blockers share common structural features, important pharmacologic differences exist between the drugs that may explain our results," the authors state. "Specifically, at clinically attainable serum concentrations, telmisartan is unique among these drugs in its ability to structurally interact with and activate the PPARg receptor, a ligand-activated transcription factor that regulates lipid metabolism and insulin sensitivity."

The authors suggest that randomized controlled trials and large observational studies looking at cardiovascular health and deaths in patients taking different angiotensin-receptor blockers are needed.

Tony Antoniou, Ximena Camacho, Zhan Yao, Tara Gomes, David N. Juurlink, Muhammad M. Mamdani. **Comparative effectiveness of angiotensin-receptor blockers for preventing macrovascular disease in patients with diabetes: a population-based cohort study**. CMAJ, 2013 DOI: 10.1503/cmaj.121771

CPAP Therapy Reduces Nightmares in Veterans With PTSD and Sleep Apnea

July 8, 2013 — A new study suggests that CPAP therapy reduces nightmares in veterans with post-traumatic stress disorder (PTSD) and obstructive sleep apnea (OSA).

Results show that the mean number of nightmares per week fell significantly with CPAP use, and reduced nightmare frequency after starting CPAP was best predicted by CPAP compliance.

"Patients with PTSD get more motivated to use CPAP once they get restful sleep without frequent nightmares, and their compliance improves" said principal investigator Sadeka Tamanna, MD, MPH, medical director of the Sleep Disorders Laboratory at G.V. (Sonny) VA Medical Center in Jackson, Miss.

The research abstract was published recently in an online supplement of the journal SLEEP, and Tamanna presented the findings at SLEEP 2013, the 27th annual meeting of the Associated Professional Sleep Societies LLC.

The study involved a retrospective review of medical records to identify OSA patients who also carried a PTSD diagnosis and were treated in a VA medical center sleep clinic between May 2011 and May 2012. Mean number of nightmares per week before treatment and up to six months after CPAP prescription were extracted. Treatment compliance was determined from CPAP memory cards.

"One out of six veterans suffers from PTSD, which affects their personal, social and productive life," said Tamanna. "Nightmares are one of the major symptoms that affect their daily life, and prevalence of OSA is also high among PTSD patients and can trigger their nightmares."

The American Academy of Sleep Medicine reports that obstructive sleep apnea is a common sleep illness affecting up to seven percent of men and five percent of women. It involves repetitive episodes of complete or partial upper airway obstruction occurring during sleep despite an ongoing effort to breathe. The most effective treatment option for OSA is continuous positive airway pressure therapy, CPAP, which helps keep the airway open by providing a stream of air through a mask that is worn during sleep.

According to the National Center for PTSD of the U.S. Department of Veterans Affairs, PTSD symptoms such as nightmares or flashbacks usually start soon after a traumatic event, but they may not appear until months or years later. Symptoms that last longer than four weeks, cause great distress or interfere with daily life may be a sign of PTSD. To get help for PTSD, veterans can call the Veterans Crisis Line at 1-800-273-8255 and press 1, text 838255, contact a local VA Medical Center, or use the online PTSD program locator on the VA website.

The study is entitled, "Effect of continuous positive airway pressure (CPAP) therapy on nightmares in patients with post-traumatic stress disorder and obstructive sleep apnea."

The above story is reprinted from materials provided byAmerican Academy of Sleep Medicine.

Nearly Half of Sarcoma Surgeries Done by Nonsurgical Oncology Specialists

July 8, 2013 — Orthopedic oncologists and surgical oncologists, who have been trained in the complex procedures required to remove sarcomas located deep in the muscles and other soft tissues of the limbs, conducted only 52 percent of these operations at 85 academic medical centers during a three year period, according to an analysis of national data by UC Davis researchers that is published online today in the *Journal of Surgical Oncology*.

The remaining 48 percent of these sarcoma surgeries were conducted by general surgeons, plastic surgeons and orthopedic surgeons, whose post-medical degree fellowship training did not emphasize the multi-disciplinary evaluation and surgical management of sarcomas and other cancers located deep in the soft tissue of the arms and legs, said Robert J. Canter, associate professor of surgery at UC Davis and first author of the journal article.

The UC Davis study is the first to examine the overall frequency and distribution nationwide of the different surgical specialists who remove sarcomas and other deep-seated tumors in the soft tissue of patients' limbs.

"Our findings may have significant implications for the quality of care provided to patients who undergo surgery to resect, or remove, sarcomas in the deep soft tissue of the limbs," said Canter, a surgical oncologist.

Canter explained that only orthopedic oncologists and surgical oncologists, but not general surgeons, plastic surgeons and orthopedic surgeons, have been trained in how to remove sarcomas from muscles and other soft tissue without leaving behind cancerous cells that could trigger another tumor. Studies have shown that achieving tumor-free margins improves the long-term survival of cancer patients.

Patients whose sarcomas are not diagnosed until after the surgery often require a second operation to remove remaining cancer cells, Canter said. A repeat operation puts the patient at risk again for surgical complications, he noted.

A sarcoma can be diagnosed before surgery by needle biopsy. However, because sarcomas are rare, many general surgeons, plastic surgeons and orthopedic surgeons may not consider that the tumor could be a sarcoma before operating on the patient, Canter said.

According to the American Cancer Society, about 11,410 new soft tissue sarcomas will be diagnosed and 4,390 Americans are expected to die of soft tissue sarcomas in 2013. About 50 percent of soft tissue sarcomas occur in the limbs.

Most tumors in muscles and other soft tissue are sarcomas, said Canter. Approximately 50 percent of these sarcomas are at risk for spreading to other tissues in the body.

When the tumor is diagnosed as a sarcoma before the operation, the surgeon can carefully evaluate the cancer to determine whether radiation or chemotherapy will be needed to reduce the size of the tumor and whether a plastic surgeon or a vascular surgeon should be part of the surgical team. Canter said a patient's need for physical therapy or occupational therapy after the operation also is taken into consideration during the pre-surgical evaluation and planning period.

These considerations led both the U.S. National Comprehensive Cancer Network and European Society of Medical Oncology to develop guidelines recommending that surgeons with expertise and training in the management of soft tissue sarcomas should operate on patients with tumors that may be sarcomas.

The UC Davis researchers' analysis also revealed that 17% of these operations were performed during 2007 to 2009 by surgeons who conducted an average of only one or two of these surgeries each year. Previous studies have shown that better clinical outcomes result when the surgeon performs a greater volume of these specialized operations.

Canter and his collaborators determined that during 2007 to 2009 sarcoma surgeries were performed by 2,195 general surgeons, 1,979 general orthopedic surgeons, 792 plastic surgeons, 533 surgical oncologists and 83 orthopedic oncologists.

Adjusting for the number of physicians in the database, Canter and his collaborators determined that the mean number of deep soft tissue tumor removals from the extremities, including sarcomas, per specialty was: 9.4 percent for general surgeons, 7.7 percent for plastic surgeons, 26 percent by surgical oncologists, 30.8 percent by general orthopedic surgeons and 26 percent by orthopedic oncologists.

In contrast, the mean number of operations to remove soft tissue tumors that were not sarcomas and that were located subcutaneously, or under the skin, did not differ significantly among general surgeons, orthopedic surgeons, plastic surgeons, surgical oncologists and orthopedic oncologists.

For their analysis, the researchers used the Faculty Practice Solution Center database administered by the University Health System Consortium and the Association of American Medical Colleges.

Because the database does not include information about clinical outcomes, Canter and his colleagues were unable to associate each surgical specialty to a rate of postsurgical complications or post-surgical survival.

Robert J. Canter, Caitlin A. Smith, Steve R. Martinez, James E. Goodnight, Richard J. Bold, David H. Wisner. **Extremity soft tissue tumor surgery by surgical specialty: A comparison of case volume among oncology and non-oncology-designated surgeons.** Journal of Surgical Oncology, 2013; DOI: 10.1002/jso.23372

Potential Biomarker for Cancer Diagnosis Identified

July 8, 2013 — Scientists studying cancer development have known about micronuclei for some time. These erratic, small extra nuclei, which contain fragments or whole chromosomes that were not incorporated into daughter cells after cell division, are associated with specific forms of cancer and are predictive of poorer prognosis.

In a new study, published on July 3 in *Cell,* a team of scientists at the Salk Institute for Biological Studies finds that disrupted micronuclei, which can trigger massive DNA damage on chromosomes, might play an even more active role in carcinogenesis than previously thought. They also found that disrupted micronuclei can be an objective biomarker for the genetic instability common to many solid tumors, including non-small cell lung cancer (NSCLC).

"Our study shows that more than 60 percent of micronuclei undergo catastrophic dysfunction in solid tumors such as NSCLC," says Martin Hetzer, a professor in Salk's Molecular and Cell Biology Laboratory and holder of the Jesse and Caryl Phillips Foundation Chair. "We identified disrupted micronuclei in two major subtypes of human non-small cell lung cancer, which suggests that they could be a valuable tool for cancer diagnosis."

As a result of a glitch in cell division, whole chromosomes can sometimes end up outside the nucleus. During normal division, a cell duplicates its chromosomes and sends them to two newly formed daughter cells. One set of chromosomes goes to each daughter cell, but, for a variety of reasons, the chromosomes sometimes are not divided evenly, with one cell receiving an extra set and the other cell coming up short. These lagging chromosomes, which acquire their own nuclear membrane and are called micronuclei, often don't make it to the nucleus, ending up elsewhere within the cell and becoming wrapped in their own nuclear envelope. Micronuclei appear at a higher frequency in cancer cells.

In their study, Hetzer and his team found that during a certain phase of cancer cell division previously undetected defects in the nuclear lamina, filaments that provide support and stability to the cell's nucleus, cause the nuclear envelope surrounding micronuclei to catastrophically collapse, leading to the loss of basic nuclear functions such as replication, transcription, and DNA damage recognition and repair. More than 60 percent of micronuclei undergo this irreversible loss of function following nuclear envelope collapse, precipitating cancer-causing aneuploidy, the accumulation of an abnormal number of intact chromosomes within cancer cells.

"In the micronuclei," says Emily Hatch, a research associate in the Hetzer laboratory, "we saw holes developing in the lamina. We think the membrane has no support at the site of these holes, so it weakens and ruptures. We don't fully understand why this happens in micronuclei."

Previous studies have found that the DNA damage and arrest of gene transcription caused by nuclear envelope collapse can promote aneuploidy. This damaged DNA can then enter the next generation of daughter cells and undergo chromothripsis, a rearrangement of genomic information in one chromosome, which leads to massive DNA damage and the formation of tumors.

In the current study, Hatch identified biomarkers to identify disrupted micronuclei, which may greatly increase pathologists' ability to recognize these structures in tumor sections. Currently, few objective markers exist to detect genomic instability in solid tumors, she says, although several cancers rely on the identification of aneuploidy.

"Our ability to identify disrupted micronuclei in solid tumors suggests a new way to evaluate aneuploidy in these tissues," adds Hetzer, who says that it is not clear if all or how many cancers are affected by disrupted micronuclei. In addition to NSCLC, scientists believe that micronuclei disruption may play a role in bone cancer, melanoma and other forms of lung cancer.

Because they are strongly correlated with mitotic errors, micronuclei are regarded as an accurate indicator of genomic stability and aneuploidy, two hallmarks which characterize non-small cell lung cancer. Hetzer's team found disrupted micronuclei in pulmonary adenocarcinomas, the most common form of primary lung cancer and roughly 50 percent of all NSCLCs, and squamous cell carcinomas, which make up about 30 percent of NSCLCs.

Emily M. Hatch, Andrew H. Fischer, Thomas J. Deerinck, Martin W. Hetzer. **Catastrophic Nuclear Envelope Collapse in Cancer Cell Micronuclei.** Cell, 2013; 154 (1): 47 DOI: 10.1016/j.cell.2013.06.007

How Well Can You See With Your Ears? Device Offers New Alternative to Blind People

July 8, 2013 — A device that trains the brain to turn sounds into images could be used as an alternative to invasive treatment for blind and partially-sighted people, researchers at the University of Bath have found.

The vOICe sensory substitution device is a revolutionary tool that helps blind people to use sounds to build an image in their minds of the things around them.

A research team, led by Dr Michael Proulx, from the University's Department of Psychology, looked at how blindfolded sighted participants responded to an eye test using the device.

They were asked to perform a standard eye chart test called the Snellen Tumbling E test, which asked participants to view the letter E turned in four different directions and in various sizes. Normal, best-corrected visual acuity is considered 20/20, calculated in terms of the distance (in feet) and the size of the E on the eye chart.

The participants, even without any training in the use of the device, were able to perform the best performance possible, nearly 20/400. This limit appears to be the highest resolution currently possible with the ever-improving technology.

Dr Michael Proulx said: "This level of visual performance exceeds that of the current invasive techniques for vision restoration, such as stem cell implants and retinal prostheses after extensive training.

"A recent study found successful vision at a level of 20/800 after the use of stem cells. Although this might improve with time and provide the literal sensation of sight, the affordable and non-invasive nature of The vOICe provides another option.

"Sensory substitution devices are not only an alternative, but might also be best employed in combination with such invasive techniques to train the brain to see again or for the first time."

Alastair Haigh, David J. Brown, Peter Meijer, Michael J. Proulx. **How well do you see what you hear? The acuity of visual-to-auditory sensory substitution.** Frontiers in Psychology, 2013; 4 DOI: 10.3389/fpsyg.2013.00330

This is a participant wearing camera glasses and listening to the soundscape from the camera's view of the optotype displayed. (Credit: Alastair Haigh, David J. Brown, Peter Meijer and Michael J. Proulx How well do you see what you hear? The acuity of visual-to-auditory sensory substitution. www.frontiersin.org/Cognitive_Science/10.3389/fpsyg.2013.00330/abstract; CC license

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.

Solar Impulse's Solar-Powered Plane by U.S. Department of Energy - Published on Jul 8, 2013

Congrats! The Solar Impulse just completed its Across America Mission. In 2015, its mission is to fly around the world. Learn more about the project and the people behind this state-of-the-art technology at http://www.solarimpulse.com/

Solar Impulse lands in Washington, DC at Washington Dulles International Airport as part of its journey across the United States. Secretary Ernest Moniz speaks about how advancements like those at the Department of Energy are leading the way for innovations like the solar-powered plane. Footage of the solar-powered plane courtesy of Solar Impulse. More about the solar-powered plane: http://go.usa.gov/j3h9

Solar Impulse's Solar-Powered Plane

Melody Modulates Choir Members' Heart Rate

July 8, 2013 — When people sing in a choir their heart beats are synchronised, so that the pulse of choir members tends to increase and decrease in unison. This has been shown by a study from the Sahlgrenska Academy at University of Gothenburg that examined the health effects for choir members.

In the research project "Kroppens Partitur" (The Body's Musical Score), researchers at the Sahlgrenska Academy are studying how music, in purely biological terms, affects our body and our health. The object is to find new forms where music may be used for medical purposes, primarily within rehabilitation and preventive care.

In the latest study, published in the open-access journal *Frontiers in Neuroscience*, the research group is able to show how the musical structure influences the heart rate of choir members.

In December 2012, Björn Vickhoff and his research group brought together fifteen 18-year-olds at Hvitfeltska High School in Gothenburg and arranged for them to perform three different choral exercises: monotone humming, singing the well-known Swedish hymn "Härlig är Jorden" (Lovely is the Earth) as well as the chanting of a slow mantra. The heart rhythm of the choir members was registered as they performed in each case.

The results from the study show that the music's melody and structure has a direct link is linked to the cardiac activity of the individual choir member; to sing in unison has a synchronising effect so that the heart rate of the singers tends to increase and decrease at the same time.

"Singing regulates activity in the so-called vagus nerve which is involved in our emotional life and our communication with others and which, for example, affects our vocal timbre. Songs with long phrases achieve the same effect as breathing exercises in yoga. In other words, through song we can exercise a certain control over mental states," explains Björn Vickhoff, lead author of the study.

Choral singing's positive effects on health and well-being are testified by many, although it has only been studied scientifically to a lesser extent. The researchers' hypothesis is that the health effects arise through singing "imposing" a calm and regular breathing pattern which has a dramatic effect on heart rate variability - something that, in its turn, is assumed to have a favourable effect on health.

"In the case of controlled breathing, the heart rate or pulse decreases when breathing out during exhalation in order to then increase again when breathing in during inhalation. This is due to breathing out Exhalation activates the vagus nerve that lowers the heart rate which slows down the heart. The medical term for this fluctuation in heart rate the connection between breathing and heart rate is RSA and it is more pronounced with young people in good physical condition and not subject to stress. Our hypothesis is that song is a form of regular, controlled breathing, since breathing out exhaling occurs on the song phrases and breathing in inhaling between these," says Björn Vickhoff.

"We already know that choral singing synchronises the singers' muscular movements and neural activities in large parts of the body. Now we also know that this applies to the heart, to a large extent."

The research group now wishes to investigate whether the biological synchronising of the choral singers also creates a shared mental perspective which could be used as a method for strengthening the ability to collaborate.

Wherever acting and singing in unison takes place there is a link Collective acting and singing is often an expression of a collective will, according to Björn Vickhoff. "One need only think of football stadiums, work songs, hymn singing at school, festival processions, religious choirs or military parades. Research shows that synchronised rites contribute to group solidarity. We are now considering testing choral singing as a means of strengthening working relationships in schools," he says.

Björn Vickhoff, Helge Malmgren, Rickard Åström, Gunnar Nyberg, Seth-Reino Ekström, Mathias Engwall, Johan Snygg, Michael Nilsson, and Rebecka Jörnsten. **Music determines heart rate variability of singers.** Frontiers in Neuroscience, 2013 DOI: 10.3389/fpsyg.2013.00334 Credit: © Glenda Powers / Fotolia

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No Sir Officer, we've only been fishing... 2,000 HP Outboard Inflatable.

Below is the latest drug runner toy from Europe. This thing belts across the English channel 3 times per week and was just a blur on the radar of the British Coast Guard. They were so astonished by the speed of the unknown craft, they brought in a special high speed helicopter to chase it. Drugs were found on board. Of course, you'd have to be on drugs to put the throttle down on this thing!

Archaeologists Unearth a Virtually Intact Late Roman Well

July 8, 2013 — Archaeologists from the University of York say a virtually intact Late Roman well discovered near Heslington, on the outskirts of the city, may have had significance in contemporary local agricultural cycles and fertility practices.

The well, which is thought to have been in use for several decades in the late 4th and early 5th centuries, was unearthed during archaeological excavations on the site of the University's campus expansion at Heslington East.

From at least the Early Bronze Age, a range of methods were used here to access natural springs, including watering holes and primitive wells. In contrast, this Late Roman feature was carefully engineered, positioned high on a hillside and used newly acquired, good-quality masonry.

The research published in the latest issue of *Internet Archaeology* says that the well's main structure featured facing stones of newly quarried, roughly squared, oolitic limestone blocks, probably from a source near Malton, 30km to the north-east. Curved on their outer surface, the stones were set in carefully defined, regular courses. The base of the well was dish-shaped and composed of triangular limestone slabs set directly on natural clay. The engineering employed suggests an intimate understanding of the subsoil. The masonry lining did however incorporate a former roof finial, the only element from any earlier structure to be reused. The excavation team from the Department of Archaeology at York say its recycling is best interpreted as symbolic rather than opportunistic.

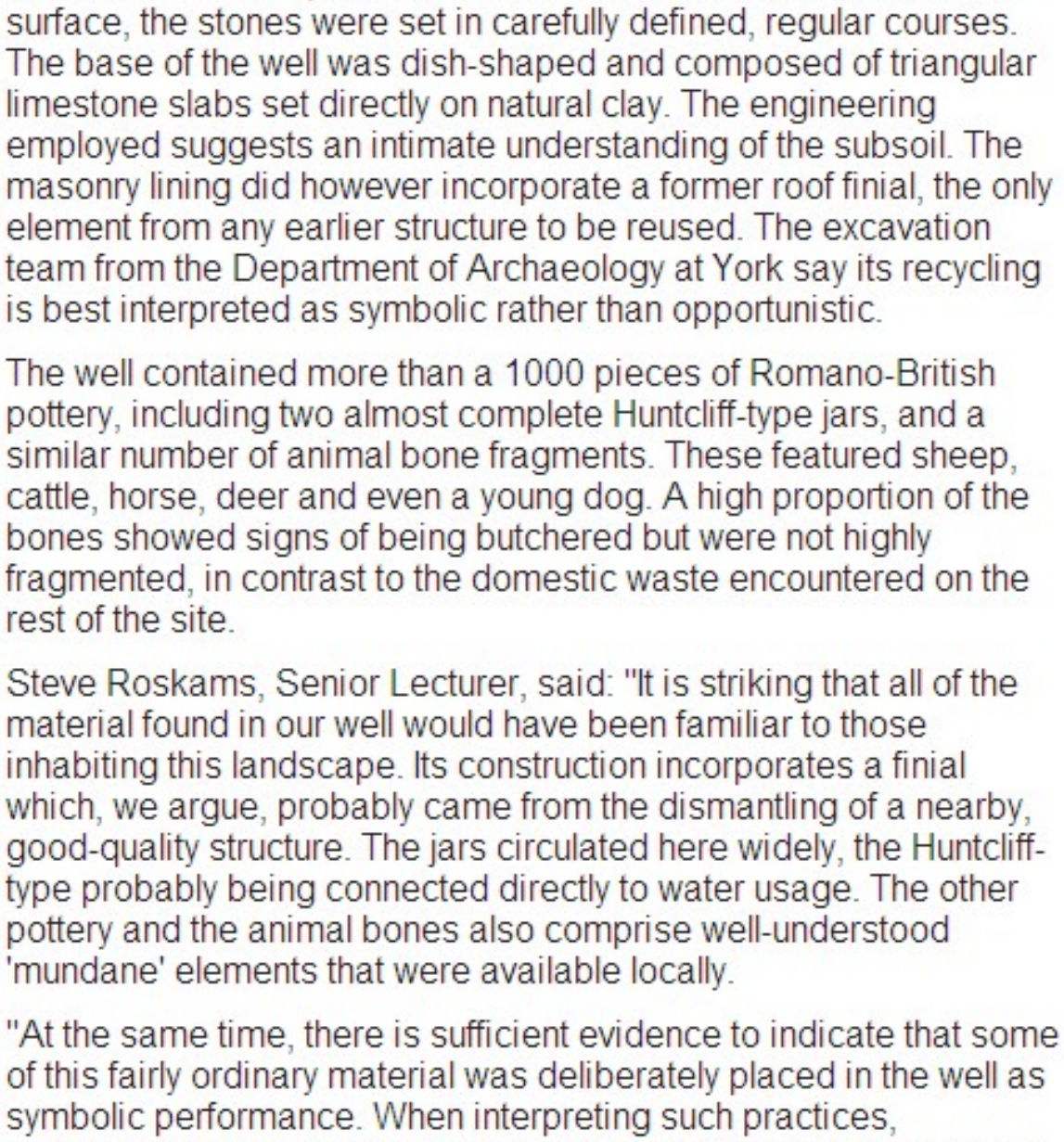
The well contained more than a 1000 pieces of Romano-British pottery, including two almost complete Huntcliff-type jars, and a similar number of animal bone fragments. These featured sheep, cattle, horse, deer and even a young dog. A high proportion of the bones showed signs of being butchered but were not highly fragmented, in contrast to the domestic waste encountered on the rest of the site.

Steve Roskams, Senior Lecturer, said: "It is striking that all of the material found in our well would have been familiar to those inhabiting this landscape. Its construction incorporates a finial which, we argue, probably came from the dismantling of a nearby, good-quality structure. The jars circulated here widely, the Huntcliff-type probably being connected directly to water usage. The other pottery and the animal bones also comprise well-understood 'mundane' elements that were available locally.

"At the same time, there is sufficient evidence to indicate that some of this fairly ordinary material was deliberately placed in the well as symbolic performance. When interpreting such practices, archaeologists often concern themselves with whether they belong to 'Roman' or 'Iron Age' traditions. However, if we are to understand these forms of routine ritual fully, we would do better to look to local agricultural cycles and fertility practices, whether annual, generational or longer-term transitions. The economic pressures and social tensions, which came to fore at such points, were of far greater significance to these communities as they sought to establish and reinforce their own, immediate identities."

Steve Roskams, Cath Neal, Jane Richardson, Ruth Leary. **A Late Roman Well at Heslington East, York: ritual or routine practices?** Internet Archaeology, 2013; (34) DOI:10.11141/ia.34.5

Waterspout 'touchdown' at Florida - early July, 2013



Historical Clues to Stradivari's Craft: Evidence That Violin Maker's Workmanship Was Based On Traditions of Ancient Artists

July 8, 2013 — A new study, by Marco Malagodi from the Università degli Studi di Pavia in Italy and colleagues, uses a range of analytical methods to identify the techniques used by violin master Antonio Stradivari in the 17th century, and attempts to replicate his craftsmanship.

The work is **published online** in Springer's journal, *Applied Physics A - Materials Science & Processing.*

Antonio Stradivari is universally recognized as one of the most famous violin makers in the world. During his life, he and his apprentices built more than a thousand violins, violas, cellos and other stringed instruments. The importance of Stradivari's work lies in his craftsmanship, the quality of the materials used and the finishes on the instruments' surfaces. The sound of a violin is a result of the combination of the materials used e.g. wood species and varnishes, the construction technique and the skill of the maker.

Malagodi and team used a range of different diagnostic techniques to identify the characteristics and composition of the materials in an original violin top plate, made by Antonio Stradivari. They also studied surface coatings and decorations.

Their analyses revealed the absence of varnish layers on the surface of the top plate as a result of extended and excessive restoring. They also identified the dye used for the black layers of the purflings*, and the characteristics of the black and white elements of the decorations, which confirmed that Stradivari used ancient techniques of wood coloring.

The researchers then copied the top plate based on their discoveries, using materials similar to those identified on the original Stradivari. They carried out the same detailed analyses for comparison.

The authors conclude: "Our investigations have provided several important insights about the manufacturing techniques of Antonio Stradivari and allowed us to hypothesize about the recipes used by this violin master, or by his suppliers, to decorate his instruments. These findings represent an important step in the study of the materials used by violin makers during the second half of the 17th century in Northern Italy."

*The purflings are three strips of wood, glued together and set in as a decorative detail, encircling the outline of the violin, just inside the edge.

M. Malagodi, C. Canevari, L. Bonizzoni, A. Galli, F. Maspero, M. Martini. **A multi-technique chemical characterization of a Stradivari decorated violin top plate.** Applied Physics A, 2013; DOI: 10.1007/s00339-013-7792-2

New research uses a range of analytical methods to identify the techniques used by violin master Antonio Stradivari in the 17th century, and attempts to replicate his craftsmanship. (Credit: Marco Malagodi/Claudio Canevari)

Brain and Eye Combined Monitoring Breakthrough Could Lead to Fewer Road Accidents

July 8, 2013 — Latest advances in capturing data on brain activity and eye movement are being combined to open up a host of 'mindreading' possibilities for the future. These include the potential development of a system that can detect when drivers are in danger of falling asleep at the wheel.

The research has been undertaken at the University of Leicester with funding from the Engineering and Physical Sciences Research Council (EPSRC), and in collaboration with the University of Buenos Aires in Argentina.

The breakthrough involves bringing two recent developments in the world of technology together: high-speed eye tracking that records eye movements in unprecedented detail using cutting-edge infra-red cameras*; and high-density electroencephalograph** (EEG) technology that measures electrical brain activity with millisecond precision through electrodes placed on the scalp.

The research has overcome previous technological challenges which made it difficult to monitor eye movement and brain activity simultaneously. The team has done this by developing novel signal processing techniques.

This could be the first step towards a system that combines brain and eye monitoring to automatically alert drivers who are showing signs of drowsiness. The system would be built into the vehicle and connected unobtrusively to the driver, with the EEG looking out for brain signals that only occur in the early stages of sleepiness. The eye tracker would reinforce this by looking for erratic gaze patterns symptomatic of someone starting to feel drowsy and different from those characteristic of someone driving who is constantly looking out for hazards. Fatigue has been estimated to account for around 20 per cent of traffic accidents on the UK's motorways.***

The breakthrough achieved by the University of Leicester could also ultimately be built on to deliver many other everyday applications in the years ahead. For example:

Computer games of the future could dispense with the need for the player to physically interact with any type of console, mouse or other hand-operated system. Instead, eye movement and brain activity data would be collected and processed to indicate what action the player wants to take. By distinguishing the tiny differences in various types of brain activity, the EEG would identify the precise action the player desires (e.g. run, jump or throw), while the eye movement data would show exactly where on the screen the player was looking when they had this thought. This information could be combined to enable the correct action to occur. An unobtrusive headset would be all that would be required to capture the necessary data.

People who have no arm functionality could move their wheelchairs simply through their eye movements. These movements could be tracked and the corresponding brain activity analysed to identify when these indicate a desire to move in a certain direction. This would then automatically activate a steering and propulsion mechanism that would drive the wheelchair to that place.

The breakthrough could also provide the basis for improved tests to diagnose dyslexia and other reading disorders. Current tests revolve around a rapid succession of single words flashed onto a computer screen, with the resulting brain activity monitored by EEG. The new technique could enable the person being tested to move their eyes and read longer passages of text in a natural way, making the tests much more realistic and revealing.

With the basic concept now demonstrated successfully, the team aim to continue their work and eventually develop software that, in real time, automatically monitors both eye movement and brain activity.

Dr Matias Ison, who has led the research, says: "Historically, eye-tracking and EEG have evolved as independent fields. We have managed to overcome the challenges that were standing in the way of integrating these technologies. This is already leading to a much better understanding of how the brain responds when the eyes are moving. Monitoring the alertness of drivers is just one of many potential applications for this work. Building on the foundation provided by our EPSRC-funded project, we hope to see the first of these starting to become feasible within the next three to five years."

* The infra-red cameras used in this project worked in conjunction with arrays of red light-emitting diodes (LEDs); these LEDs illuminated the subject's eyes, with the camera sensing this reflection.

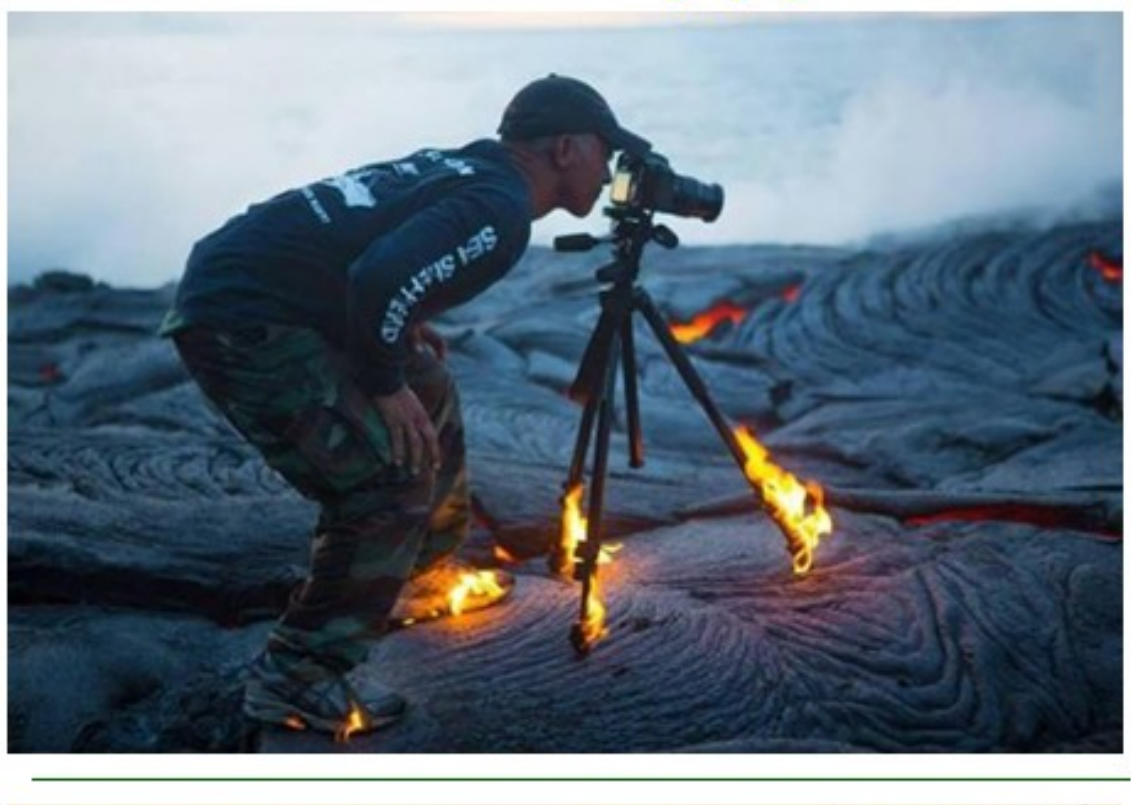
** An electroencephalograph (EEG) measures neural activity within the brain. It is usually attached to the head via electrodes. Conventional EEG has been in use for several decades.

*** Source: Department for Transport.

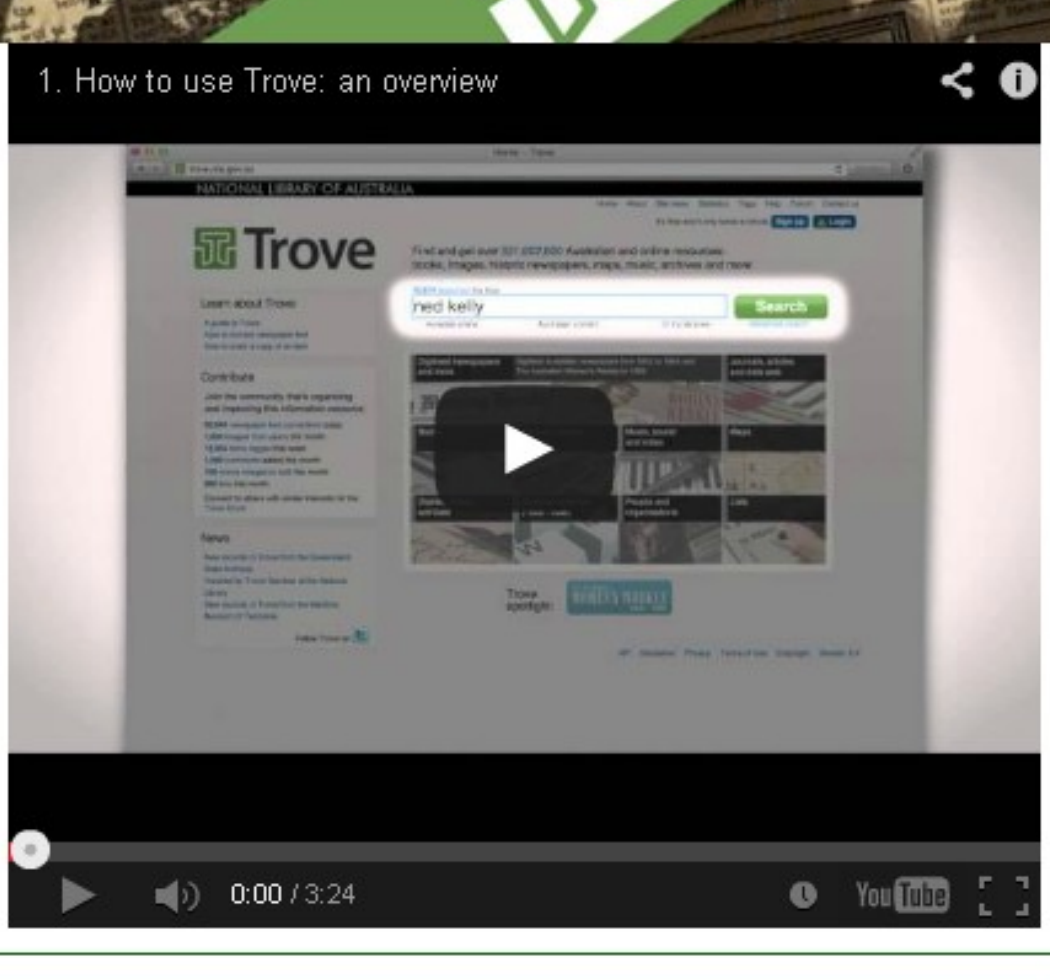
The above story is reprinted from materials provided by Engineering and Physical Sciences Research Council.

An eye-tracking, brain monitoring experiment in progress. The infra-red camera is on the small black console on the desk in front of the main PC screen. (Credit: Image courtesy of Engineering and Physical Sciences Research Council)

Fearless Photography



Don't Worry, Come Straight to HANSEN'S !
The Leader
and Orange Stock and Station News.
ORANGE: SATURDAY MORNING, JULY 31, 1915.
10 million pages



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Pittwater Online News

July 14 - 20, 2013: Issue 119

Scotland Island Fireshed Dinner - July 2013

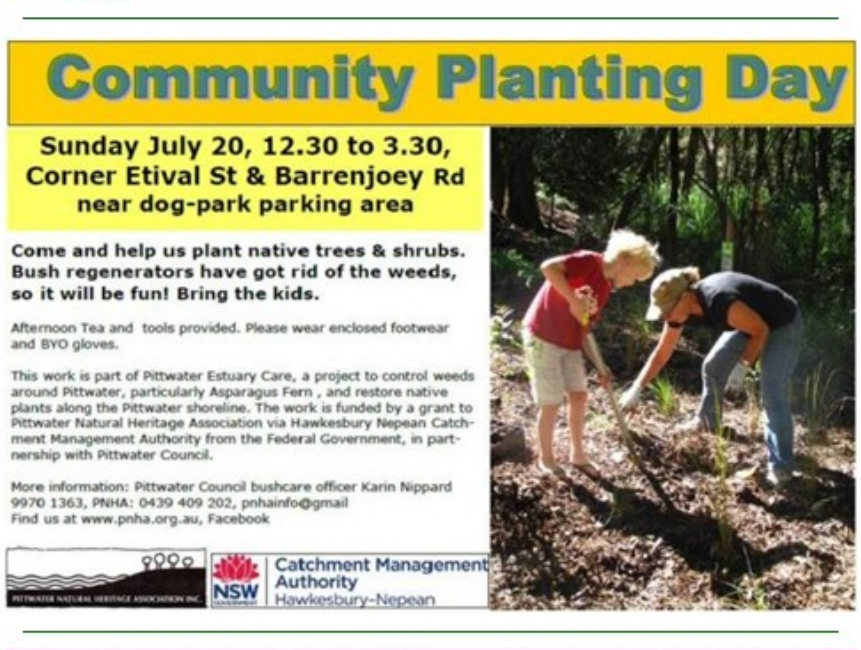
Theme: British (Royal's & Ashes)
Entertainment: Play list of great British tracks
Cost: Adults $20, 12 - 16 $10, Under 12 $5

Welcoming all Kings and Queens

I say old chaps, the fireshed is having a dinner to celebrate the birth of the future king / queen of England and to mark the 67th Ashes Series...

Food: English and hearty
Date: July 20
Time: 7pm

Calling all English & Australian cricketing greats



Community Planting Day

Sunday July 20, 12.30 to 3.30, Corner Etival St & Barrenjoey Rd near dog-park parking area

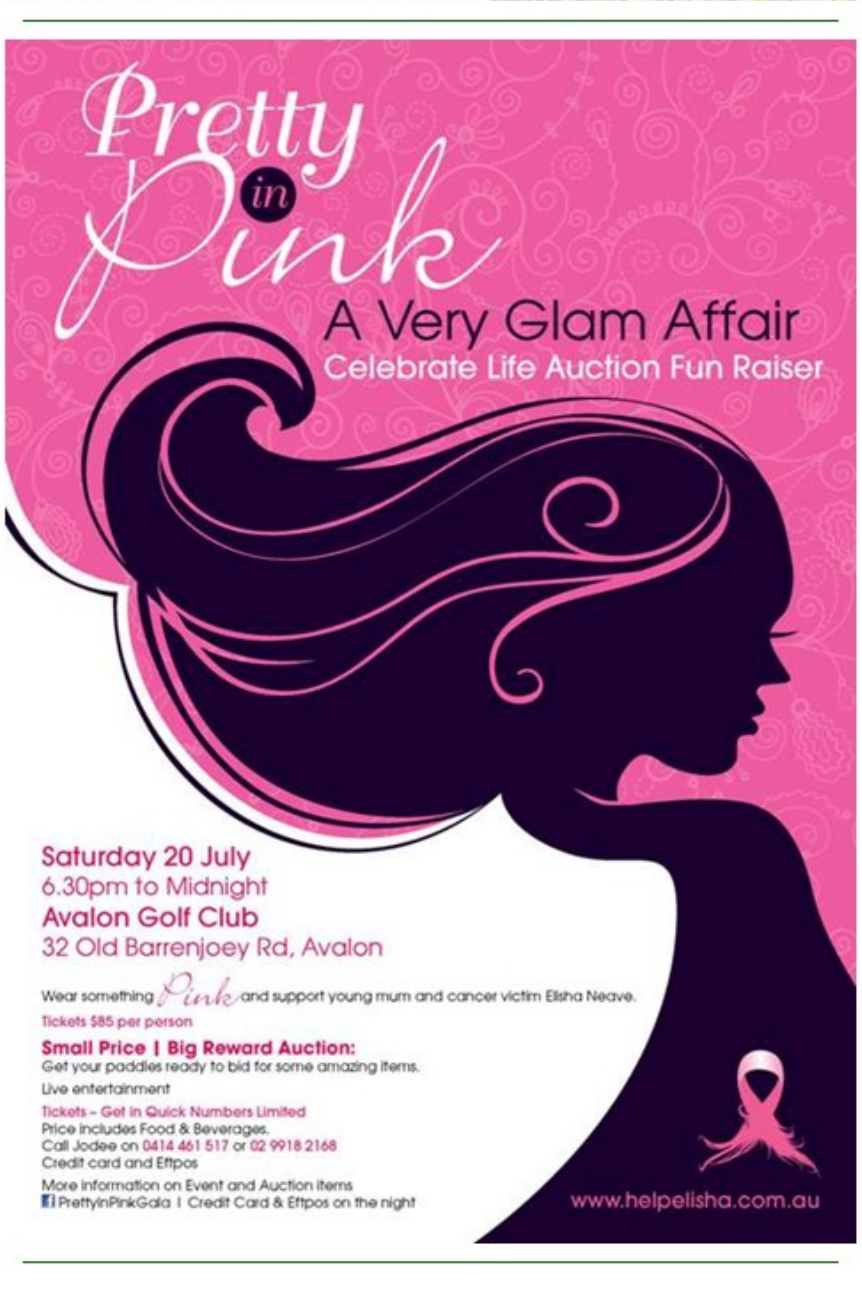
Come and help us plant native trees & shrubs. Bush regenerators have got rid of the weeds, so it will be fun! Bring the kids.

Afternoon Tea and tools provided. Please wear enclosed footwear and BYO gloves.

This work is part of Pittwater Estuary Care, a project to control weeds around Pittwater, particularly Asparagus Fern, and restore native plants along the Pittwater shoreline. The work is funded by a grant to Pittwater Natural Heritage Association via Hawkesbury Nepean Catchment Management Authority from the Federal Government, in partnership with Pittwater Council.

More information: Pittwater Council bushcare officer Karin Nippard 9970 1363, PNHA: 0439 409 202, pnhainfo@gmail. Find us at www.pnha.org.au, Facebook

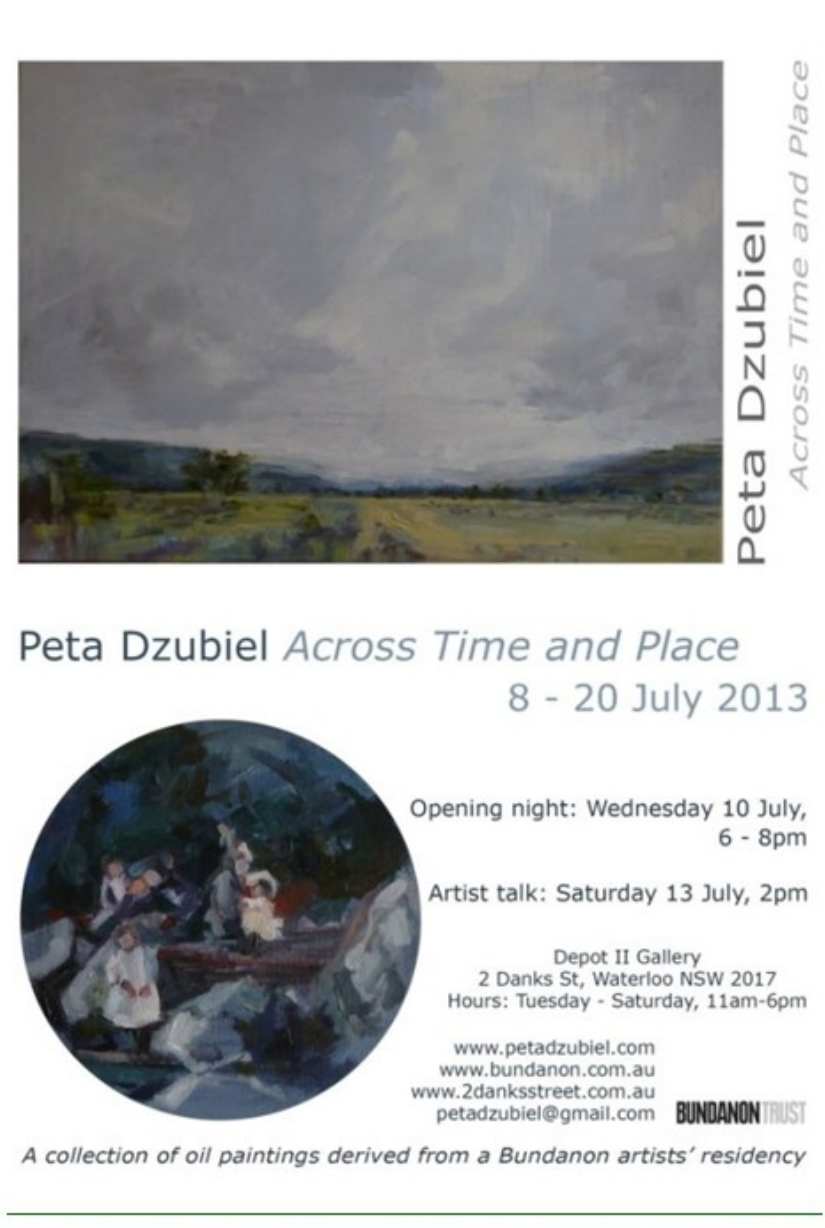
Catchment Management Authority Hawkesbury-Nepean



Pretty in Pink
A Very Glam Affair
Celebrate Life Auction Fun Raiser

Saturday 20 July
6.30pm to Midnight
Avalon Golf Club
32 Old Barrenjoey Rd, Avalon

Wear something Pink and support young mum and cancer victim Elisha Neave.
Tickets $85 per person
Small Price | Big Reward Auction:
Get your paddles ready to bid for some amazing items.
Live entertainment
Tickets – Get in Quick Numbers Limited
Price includes Food & Beverages.
Call Jodee on 0414 461 517 or 02 9918 2168
Credit card and Eftpos
More information on Event and Auction items
PrettyInPinkGala | Credit Card & Eftpos on the night
www.helpelisha.com.au



Peta Dzubiel Across Time and Place
8 - 20 July 2013

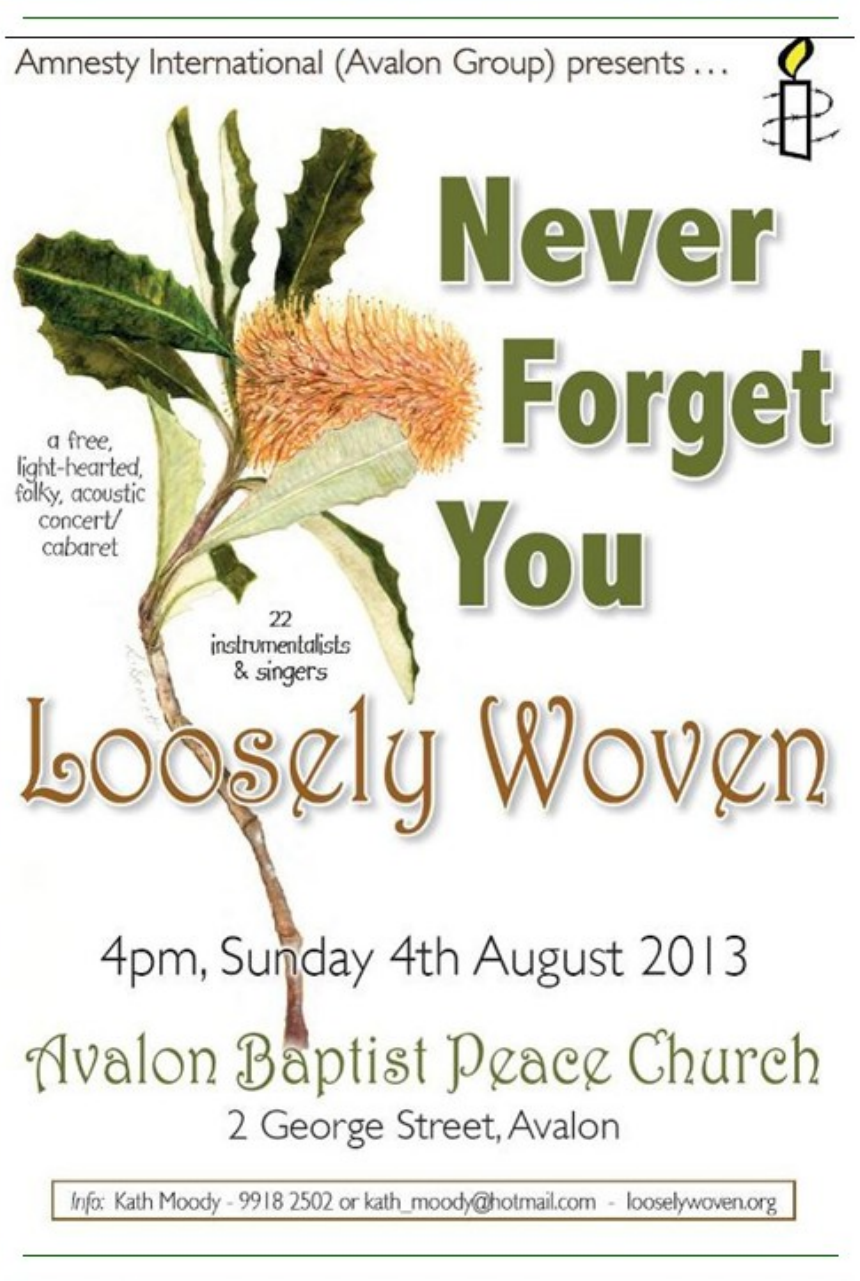
Opening night: Wednesday 10 July, 6 - 8pm
Artist talk: Saturday 13 July, 2pm

Depot II Gallery
2 Danks St, Waterloo NSW 2017
Hours: Tuesday - Saturday, 11am-6pm

www.petadzubiel.com
www.bundanon.com.au
www.2danksstreet.com.au
petadzubiel@gmail.com
BUNDANON TRUST

A collection of oil paintings derived from a Bundanon artists' residency

WINTER PARTY
JULY 20th
$5 Snowball Cocktails!
BANDS:
Stunky Zen
The Desert Sea
the Sands



Amnesty International (Avalon Group) presents ...

Never Forget You

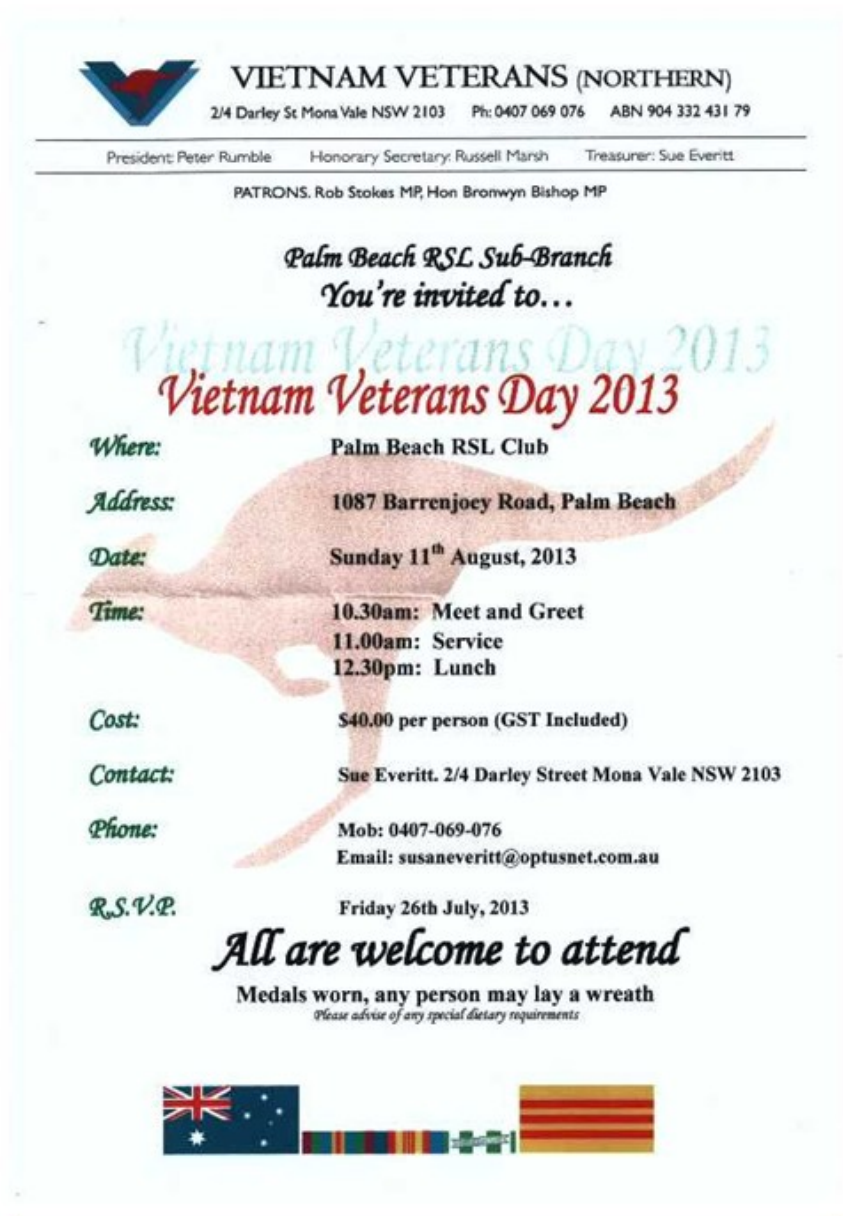
a free, light-hearted, folky, acoustic concert/ cabaret

22 instrumentalists & singers

Loosely Woven

4pm, Sunday 4th August 2013
Avalon Baptist Peace Church
2 George Street, Avalon

Info: Kath Moody - 9918 2502 or kath_moody@hotmail.com - looselywoven.org



VIETNAM VETERANS (NORTHERN)
2/4 Darley St Mona Vale NSW 2103 Ph: 0407 069 076 ABN 904 332 431 79
President Peter Rumble Honorary Secretary Russell Marsh Treasurer Sue Everitt
PATRONS: Rob Stokes MP, Hon Bronwyn Bishop MP

Palm Beach RSL Sub-Branch
You're invited to...
Vietnam Veterans Day 2013

Where: Palm Beach RSL Club
Address: 1087 Barrenjoey Road, Palm Beach
Date: Sunday 11th August, 2013
Time: 10.30am: Meet and Greet
11.00am: Service
12.30pm: Lunch
Cost: $40.00 per person (GST Included)
Contact: Sue Everitt. 2/4 Darley Street Mona Vale NSW 2103
Phone: Mob: 0407-069-076
Email: susaneveritt@optusnet.com.au
R.S.V.P. Friday 26th July, 2013

All are welcome to attend
Medals worn, any person may lay a wreath
Please advise of any special dietary requirements

PITTWATER COUNCIL
Celebrating 20 Years 1992-2012

Winter Warming Workshop - 27th Jul 2013, 2:30pm - 4:30pm

Learn how to keep ahead of rising energy costs and stay warm in winter. With rising energy costs, staying warm in winter without breaking the budget is an issue for us all. This workshop focuses on how to identify where energy is being wasted, and what to do about it from simple low-cost solutions, through to higher cost retrofit solutions. You will learn how to:

draft-proof you home; maximise solar gain in winter; use appliances most efficiently; stay warm in winter with the least energy use; identify energy saving actions you can take to reduce power bills and GHG emissions;

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential! Online In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

National Tree Day Native Plant Give-away - 27th Jul 2013, 9am - 1pm

Bring National Tree Day Home! To help celebrate National Tree Day, Pittwater Council will be providing FREE native trees and shrubs to residents as well as providing advice on planting and care of your new tree. Bring National Tree Day home, dig in and be part of the country's largest nature-care initiative and help your local environment thrive!

Venue: Centro Warriewood Shopping Centre. Contact: Helena Dewis (Bushcare Officer), 99701367. Website: http://treeday.planetark.org

National Tree Day at Trafalgar Park - Newport - 28th Jul 2013, 9am - 12pm

Help restore and beautify Trafalgar Park this National Tree Day. Would you like to make a difference in your local area for this year's National Tree Day? Pittwater Council will be hosting a planting morning at Trafalgar Park in Newport on Sunday 28th July between 9am and 12pm.

Plants, tools, training and a delicious morning tea for participants will be provided. Come along and help us restore and beautify this reserve which is habitat for many bird species including the Powerful Owl, Boobook Owl and Tawny Frogmouth.

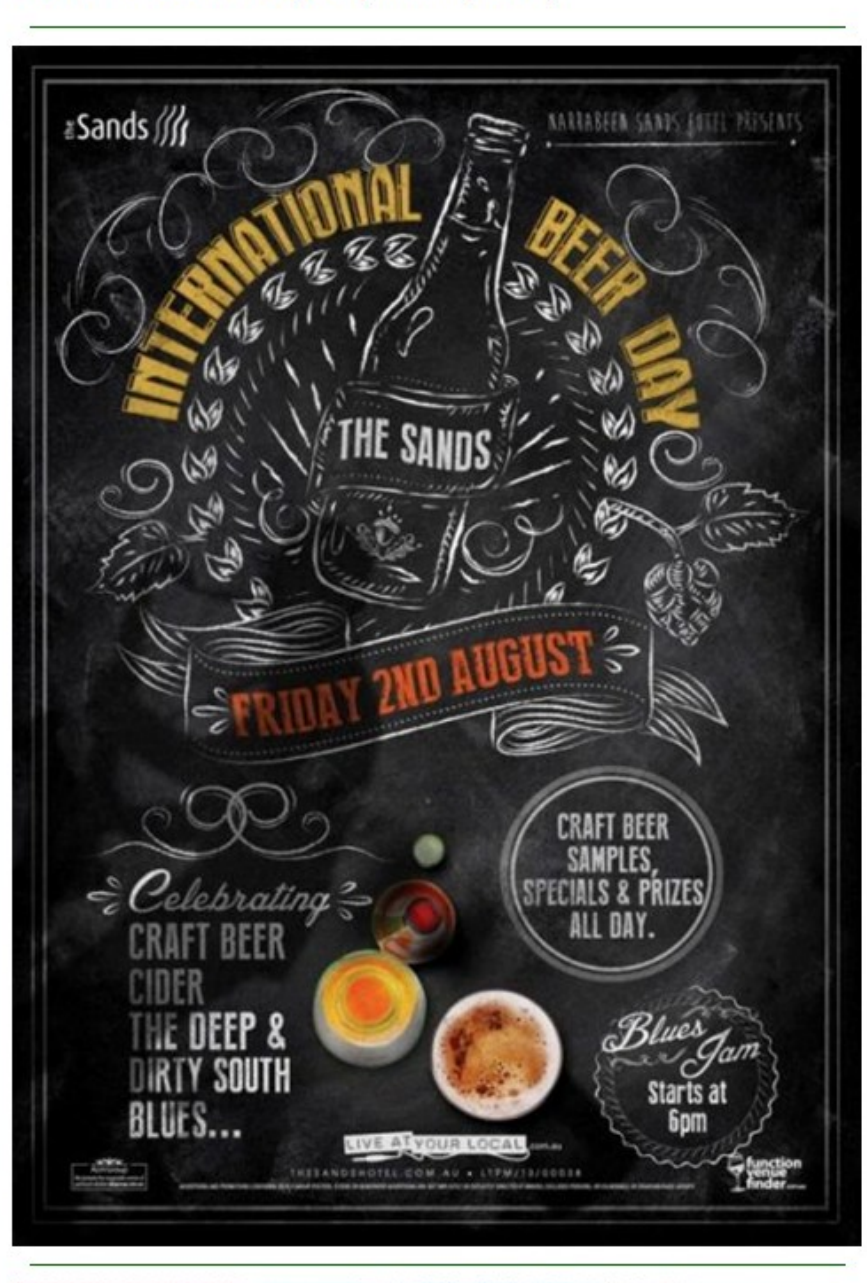
Venue: Trafalgar Park Newport. Contact: Helena Dewis (Bushcare Officer) 99701367 or 0408 164 235. Website: http://treeday.planetark.org/

Remarkable Reptiles - 11th Aug 2013, 2pm - 4pm

Discover some of the northern beaches local reptiles! Come and join us at the Coastal Environment Centre to meet some of our local wildlife rescuers from Sydney Wildlife and their scaly animal friends. Don't forget the camera to get some happy snaps!

The Northern Beaches is home to many species of snakes and reptiles. Find out what some of these species are and where they are likely to be found. Bring along your questions for our reptile specialists.

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential! Online In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)


the Sands
NARRABEEN SANDS HOTEL PRESENTS
INTERNATIONAL BEER DAY
THE SANDS
FRIDAY 2ND AUGUST
Celebrating CRAFT BEER CIDER THE DEEP & DIRTY SOUTH BLUES...
CRAFT BEER SAMPLES, SPECIALS & PRIZES ALL DAY.
Blues Jam Starts at 6pm
LIVE AT YOUR LOCAL

Manly Art Gallery & Museum
MANLY ARTS FESTIVAL

Manly Art Gallery - Current Exhibitions

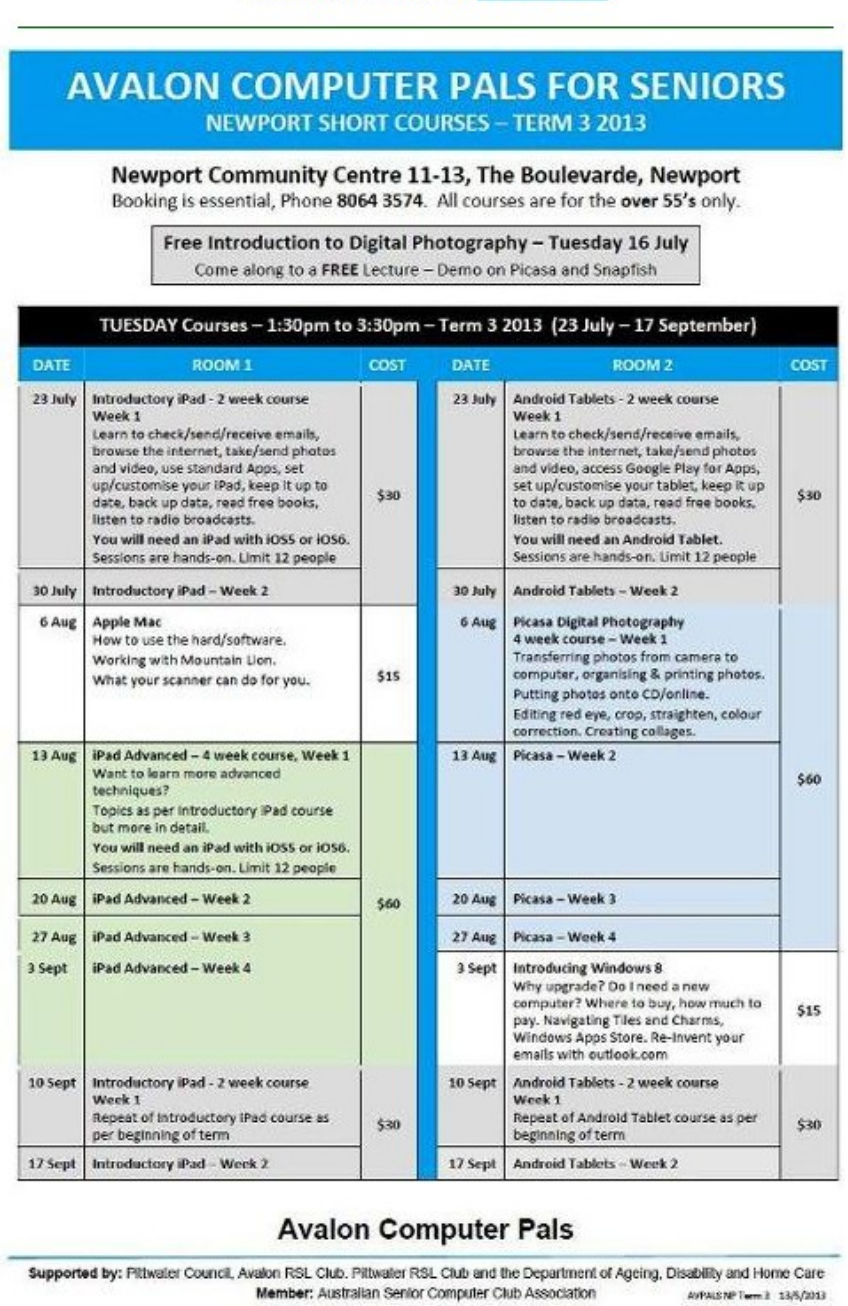
JONATHAN JONES (7 June - 21 July 2013)

As a highlight of the 2013 Guringai Festival, Aboriginal artist Jonathan Jones is to feature in a solo exhibition of one of his celebrated site-specific installations.

TAMWORTH TEXTILE TRIENNIAL – Sensorial Loop (7 June - 21 July 2013)

A Victorian style mourning dress stained with a fugitive dye; pictures made of buttons detailing a migraine experience; hand printed resist style patterned cloth and machine knitted metal sculptural forms. These are some of the textile works included in the 1st Tamworth Textile Triennial exhibition titled Sensorial Loop, and touring to Manly Art Gallery & Museum.

Manly Art Gallery WEBSITE



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 3 2013

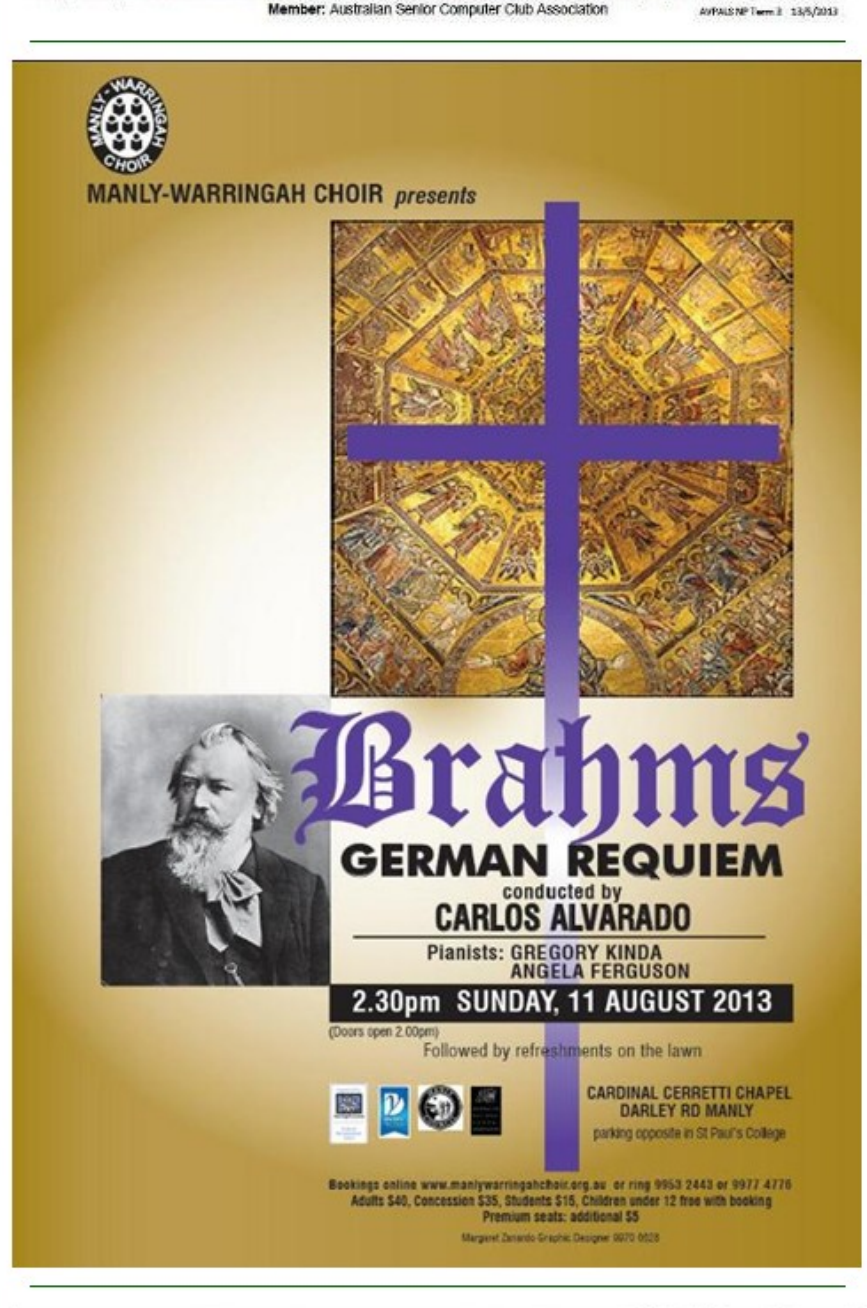
Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only.

Free Introduction to Digital Photography – Tuesday 16 July
Come along to a FREE Lecture – Demo on Picasa and Snapfish

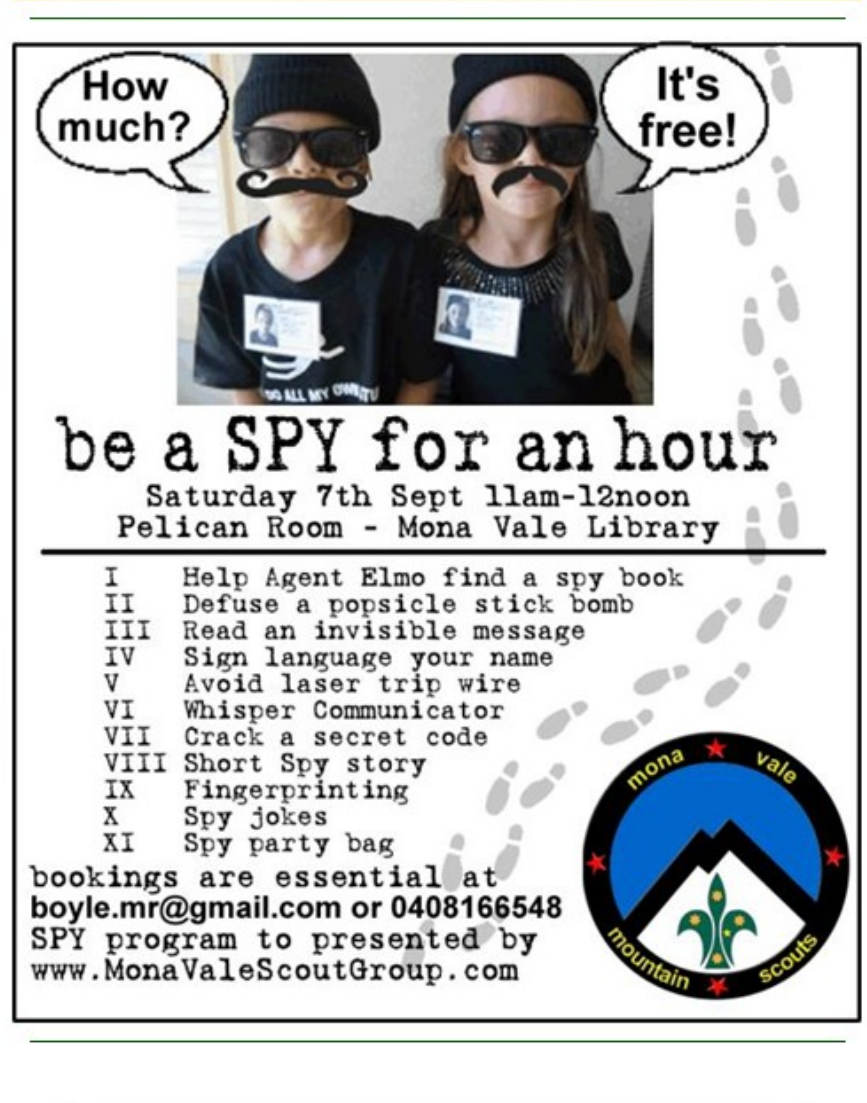
TUESDAY Courses – 1:30pm to 3:30pm – Term 3 2013 (23 July – 17 September)

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

Avalon Computer Pals



MANLY-WARRINGAH CHOIR presents
Brahms
GERMAN REQUIEM
conducted by
CARLOS ALVARADO
Pianists: GREGORY KINDA
ANGELA FERGUSON
2.30pm SUNDAY, 11 AUGUST 2013
(Doors open 1.30pm)
Followed by refreshments on the lawn
CARDINAL CERRETTI CHAPEL
DARLEY RD MANLY

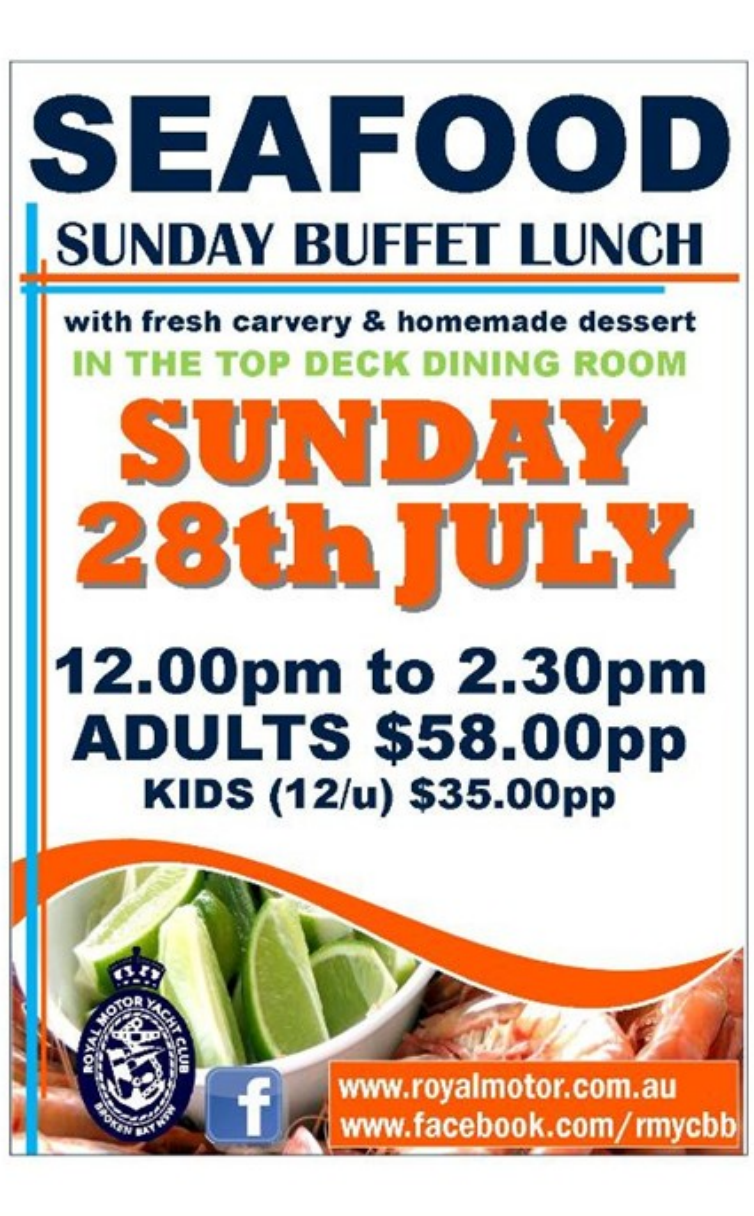


How much?
It's free!

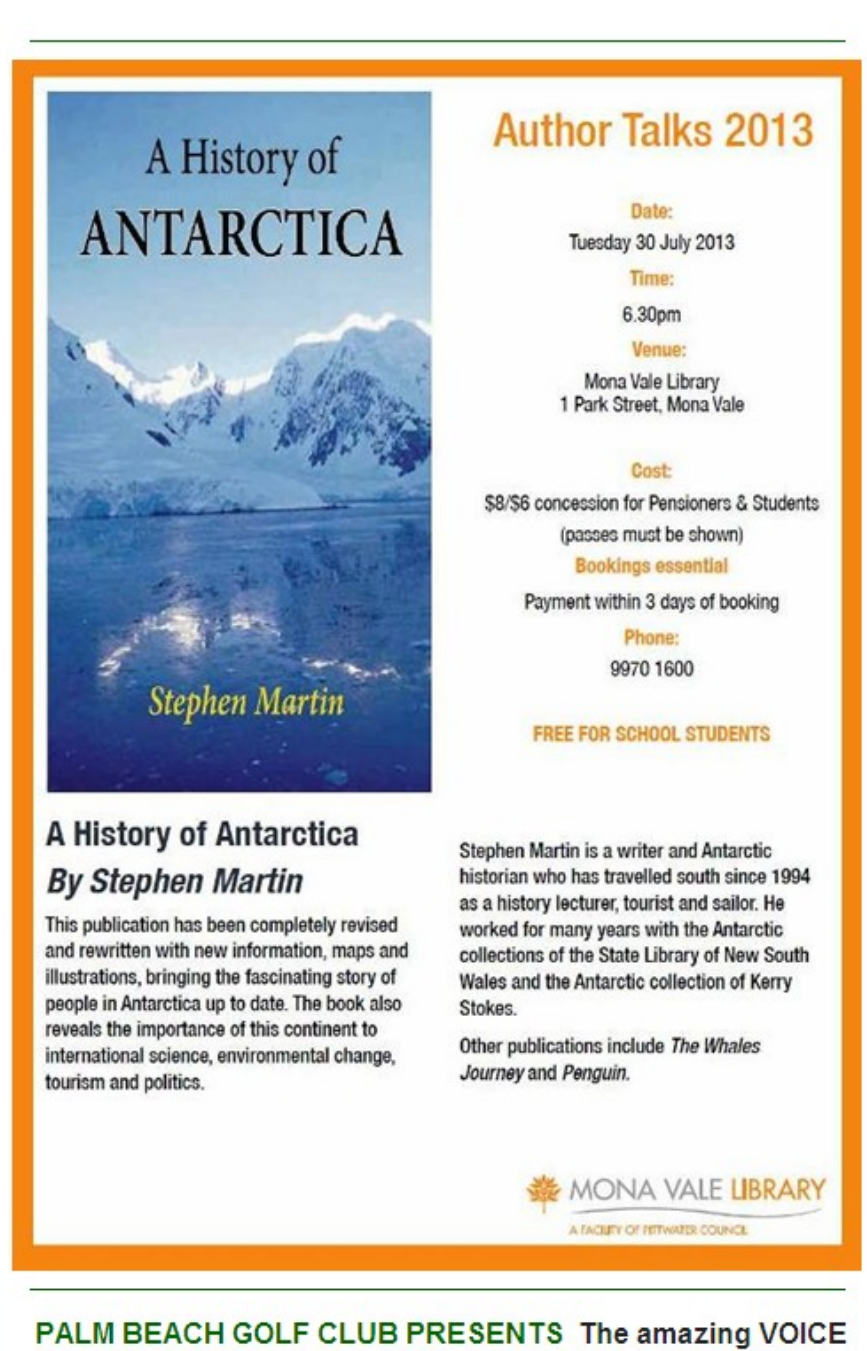
be a SPY for an hour
Saturday 7th Sept 11am-12noon
Pelican Room - Mona Vale Library

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

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



SEAFOOD
SUNDAY BUFFET LUNCH
with fresh carvery & homemade dessert
IN THE TOP DECK DINING ROOM
SUNDAY 28th JULY
12.00pm to 2.30pm
ADULTS $58.00pp
KIDS (12/u) $35.00pp
www.royalmotor.com.au
www.facebook.com/mycbb



A History of ANTARCTICA
Stephen Martin

Author Talks 2013

Date: Tuesday 30 July 2013
Time: 6.30pm
Venue: Mona Vale Library 1 Park Street, Mona Vale
Cost: $8/$6 concession for Pensioners & Students (passes must be shown)
Bookings essential
Payment within 3 days of booking
Phone: 9970 1600
FREE FOR SCHOOL STUDENTS

A History of Antarctica
By Stephen Martin

This publication has been completely revised and rewritten with new information, maps and illustrations, bringing the fascinating story of people in Antarctica up to date. The book also reveals the importance of this continent to international science, environmental change, tourism and politics.

Stephen Martin is a writer and Antarctic historian who has travelled south since 1994 as a history lecturer, tourist and sailor. He worked for many years with the Antarctic collections of the State Library of New South Wales and the Antarctic collection of Kerry Stokes.

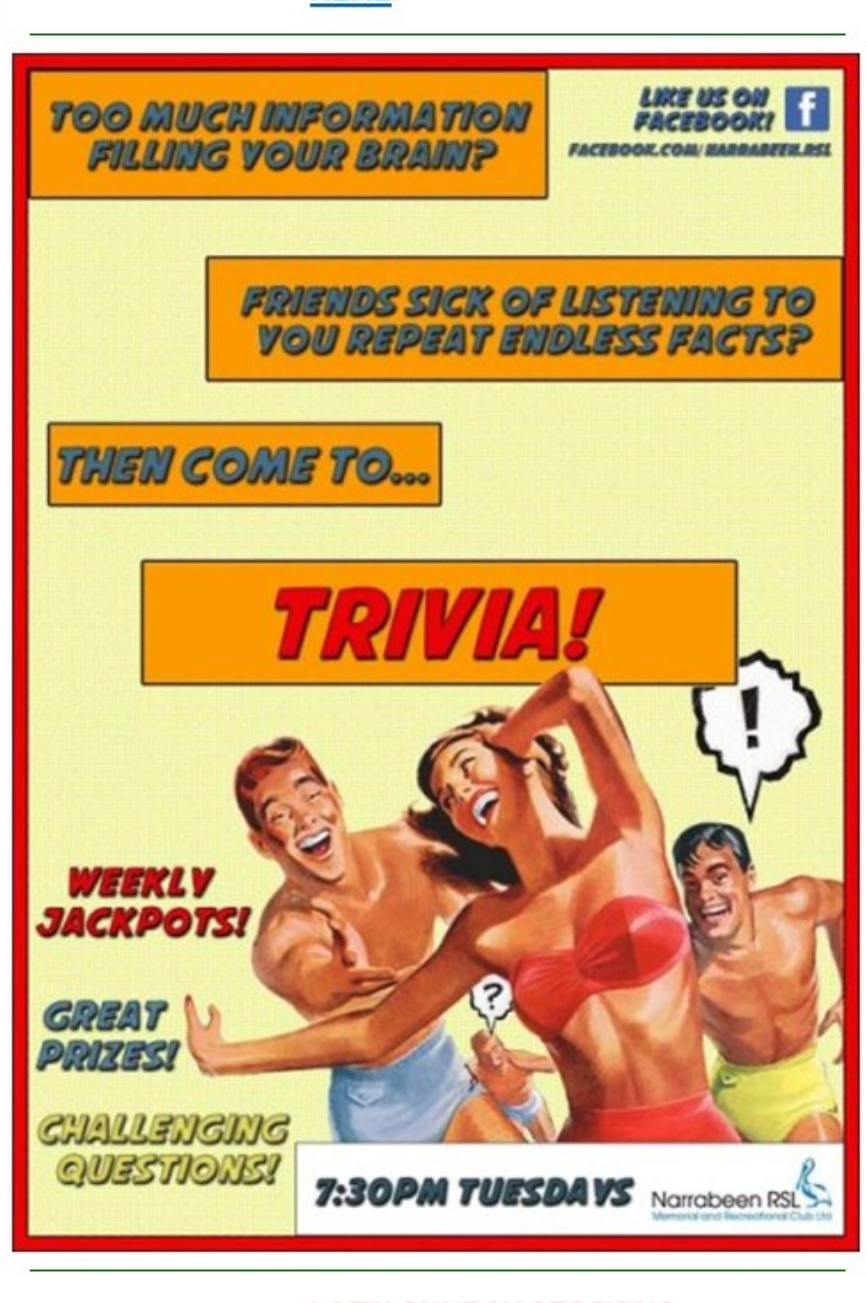
Other publications include The Whales Journey and Penguin.

MONA VALE LIBRARY

PALM BEACH GOLF CLUB PRESENTS The amazing VOICE of MITCHELL ANDERSON - Saturday, 27th July 2013

You have seen him on TV now experience Mitchell Anderson "Live". Mitchell is one of the most dynamic singers Australia has to offer. He delivers a powerful soul-filled performance with a passion which has to be experienced "live" to be believed.

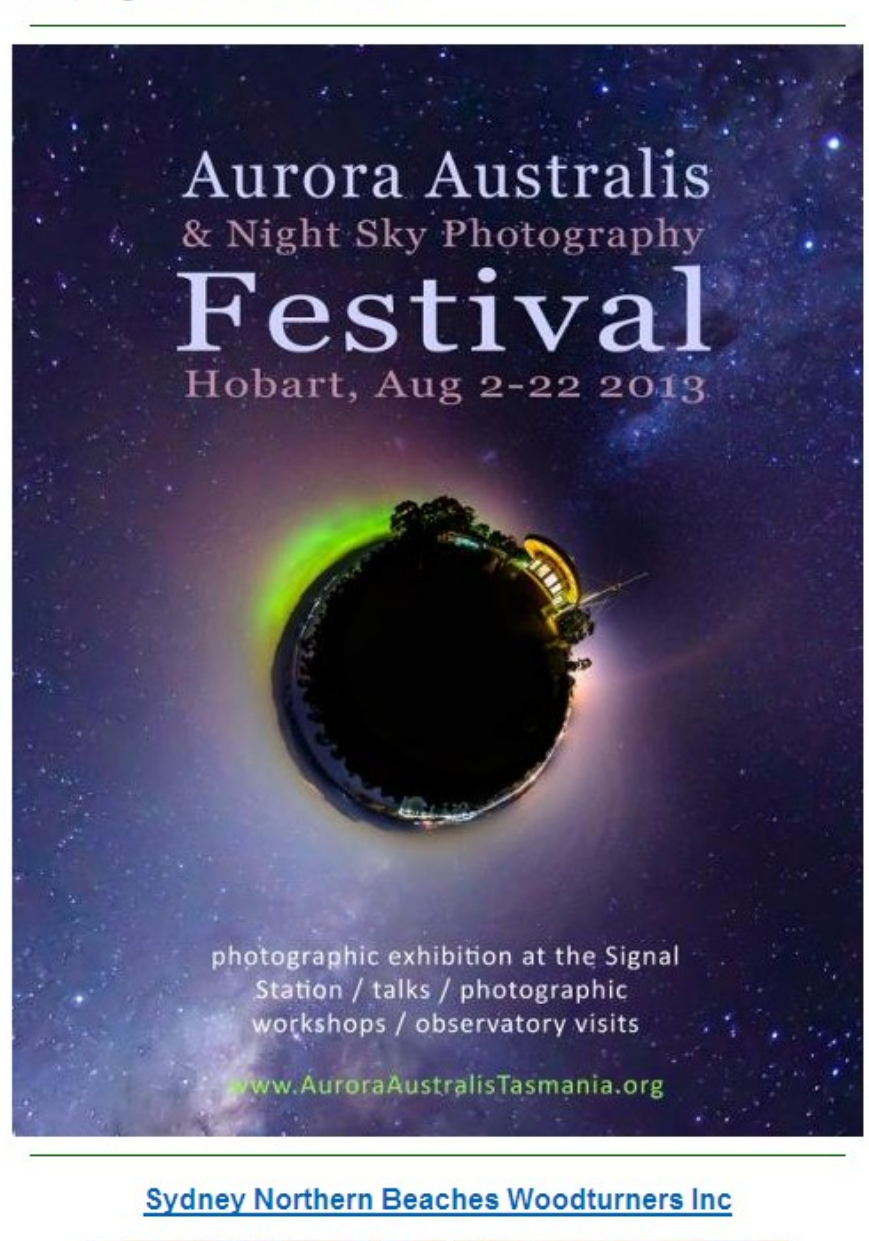
Tickets $25 Showtime 8:30pm Book HERE


TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK!
FACEBOOK.COM/NARRABEENRSL
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
WEEKLY JACKPOTS!
GREAT PRIZES!
CHALLENGING QUESTIONS!
7:30PM TUESDAYS
Narrabeen RSL

LATIN SUNDAY SESSIONS

- ITS SO GOOD WE'RE KEEPING IT GOING IN AUTUMN! - FREE Live Entertainment from 5pm in the Beer Garden SUNDAY afternoons. **Avalon Beach RSL**

Duo performs each week, rotating roster includes: Taigo Passos, James Willings, Josh Fergus, Marco dAvila, Dave Calandra, Fernando Aragones, Nick Downey, Tiago de Luca, Angelo Francalanci & more.


Aurora Australis
& Night Sky Photography
Festival
Hobart, Aug 2-22 2013
photographic exhibition at the Signal Station / talks / photographic workshops / observatory visits
www.AuroraAustralisTasmania.org

Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

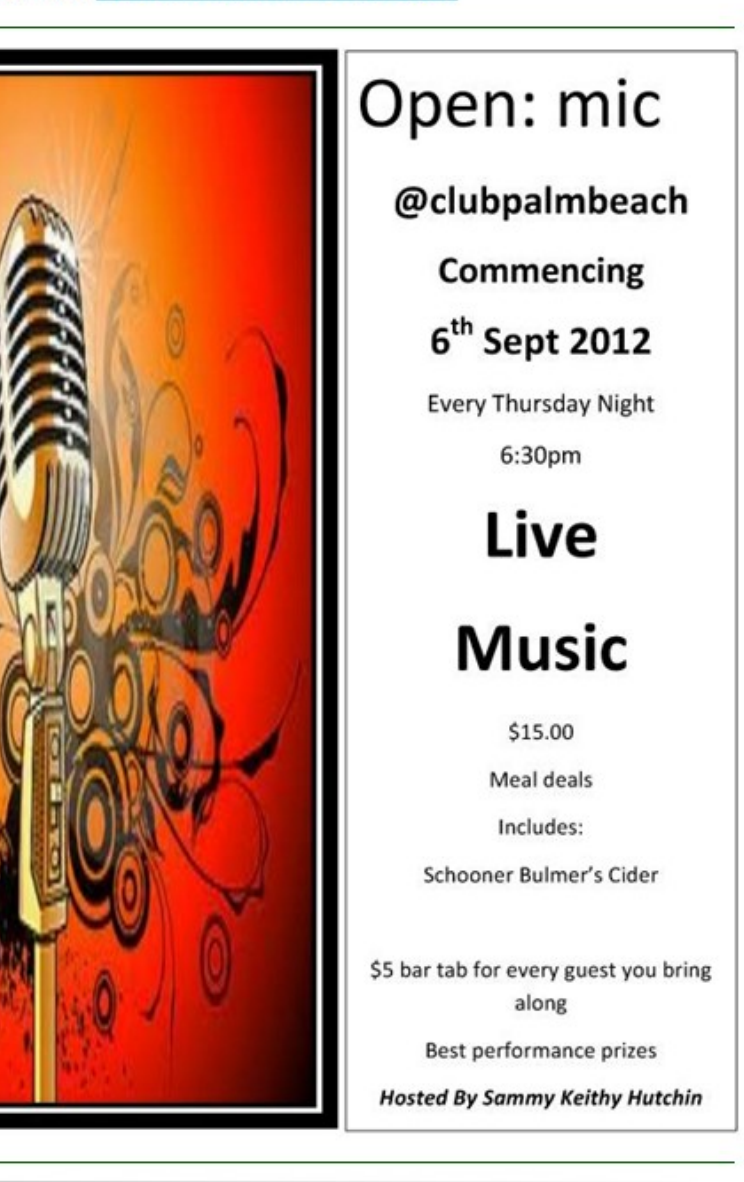
The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday**, Friday and Saturday between 9am and 12 noon.

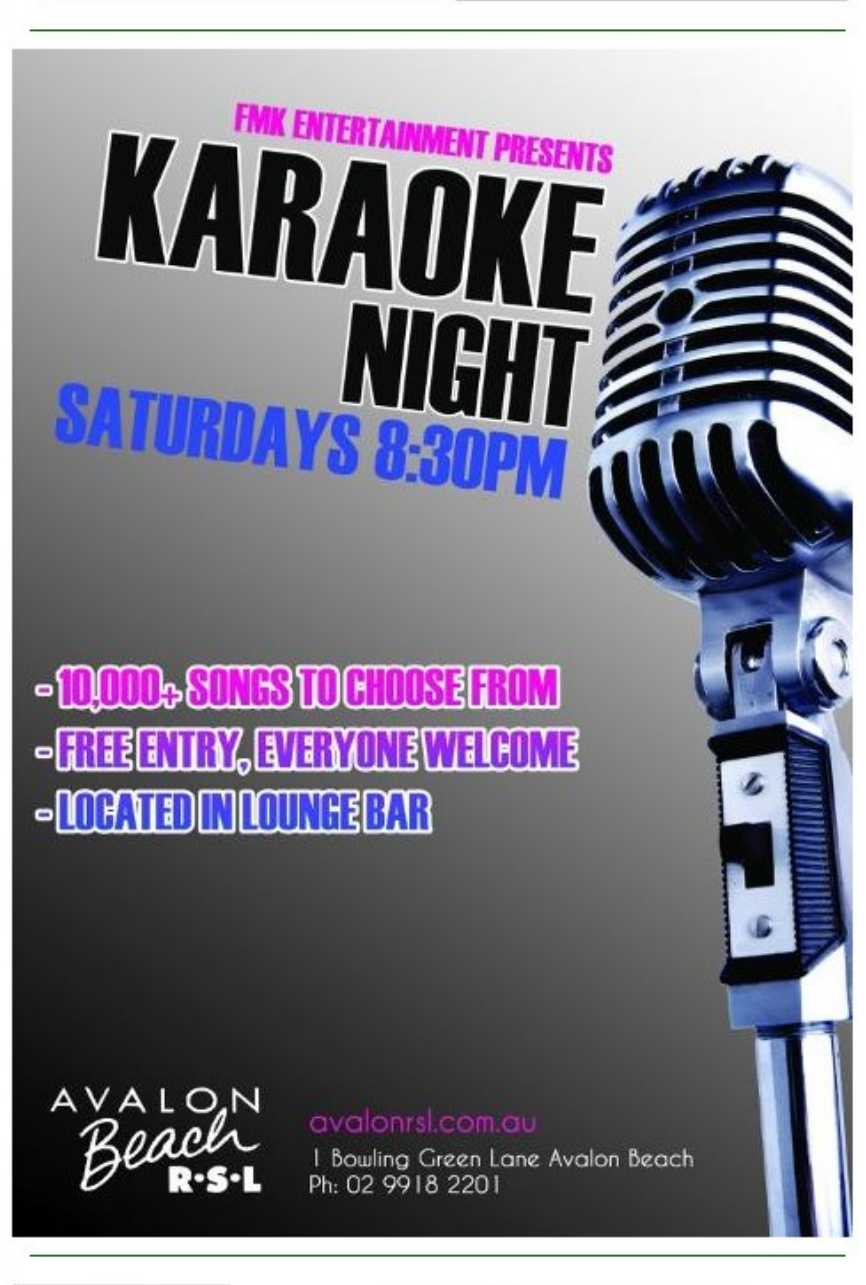
Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au . Website: https://sites.google.com/site/woodturner60/

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at:** http://www.snbswe.org.au/



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

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 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.

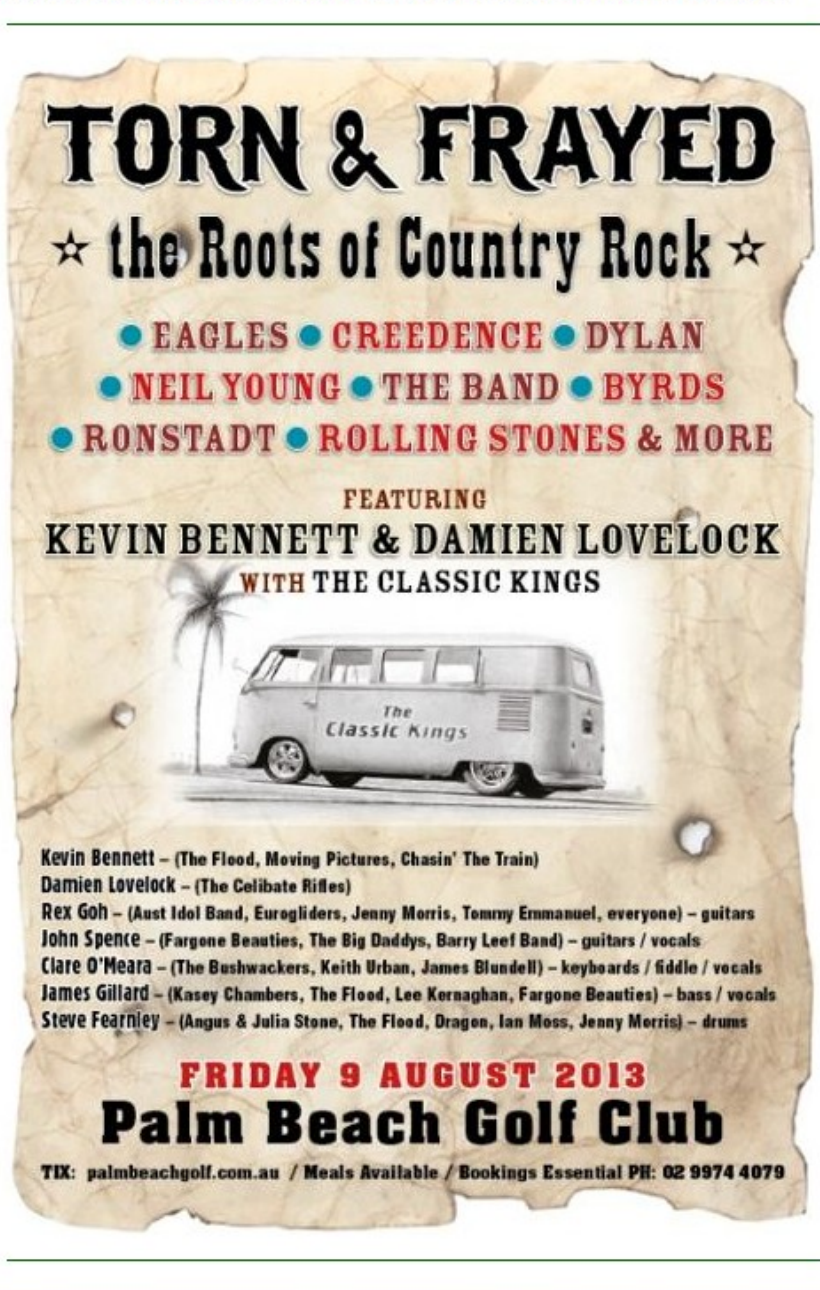
Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

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 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.

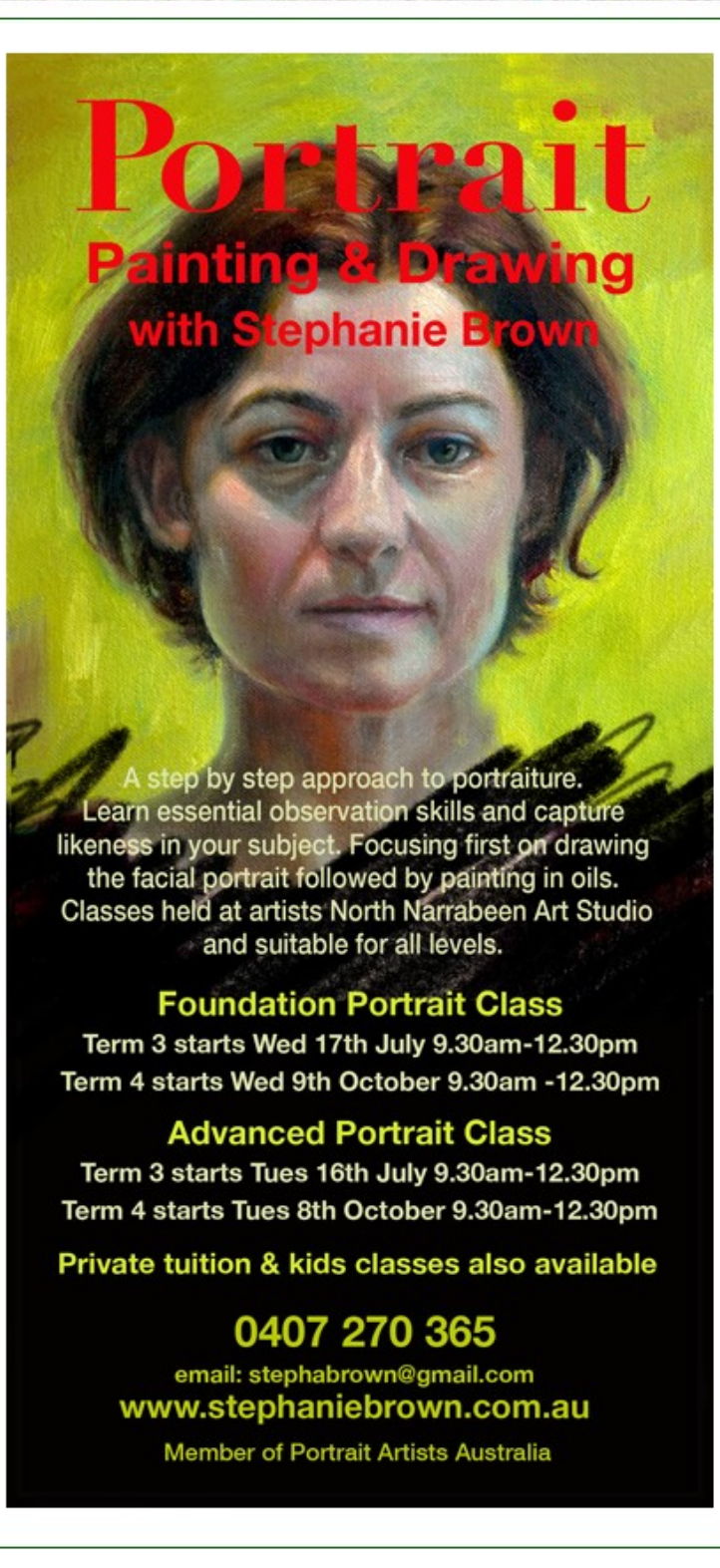
Eco Paddle on Narrabeen Lagoon – Sunday July 28
Tony Carr, President of Friends of Narrabeen Lagoon Catchment, will lead this paddle to both Deep and Middle Creeks. The Lagoon supports a wide range of threatened flora and fauna, but is under threat of urban development. Beautiful Deep Creek attracts 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.



TORN & FRAYED
☆ the Roots of Country Rock ☆
● EAGLES ● CREEDENCE ● DYLAN
● NEIL YOUNG ● THE BAND ● BYRDS
● RONSTADT ● ROLLING STONES & MORE
FEATURING
KEVIN BENNETT & DAMIEN LOVELOCK
WITH THE CLASSIC KINGS
Kevin Bennett – (The Flood, Moving Pictures, Chasin' The Train)
Damien Lovelock – (The Celibate Rifles)
FRIDAY 9 AUGUST 2013
Palm Beach Golf Club
TIX: palmbeachgolf.com.au / Meals Available / Bookings Essential PH: 02 9974 4079

KATANDRA BUSHLAND SANCTUARY
OPEN 10AM – 4PM EVERY SUNDAY JULY – OCTOBER 9978 8077
OPEN TODAY PARKING INSIDE



Portrait
Painting & Drawing
with Stephanie Brown

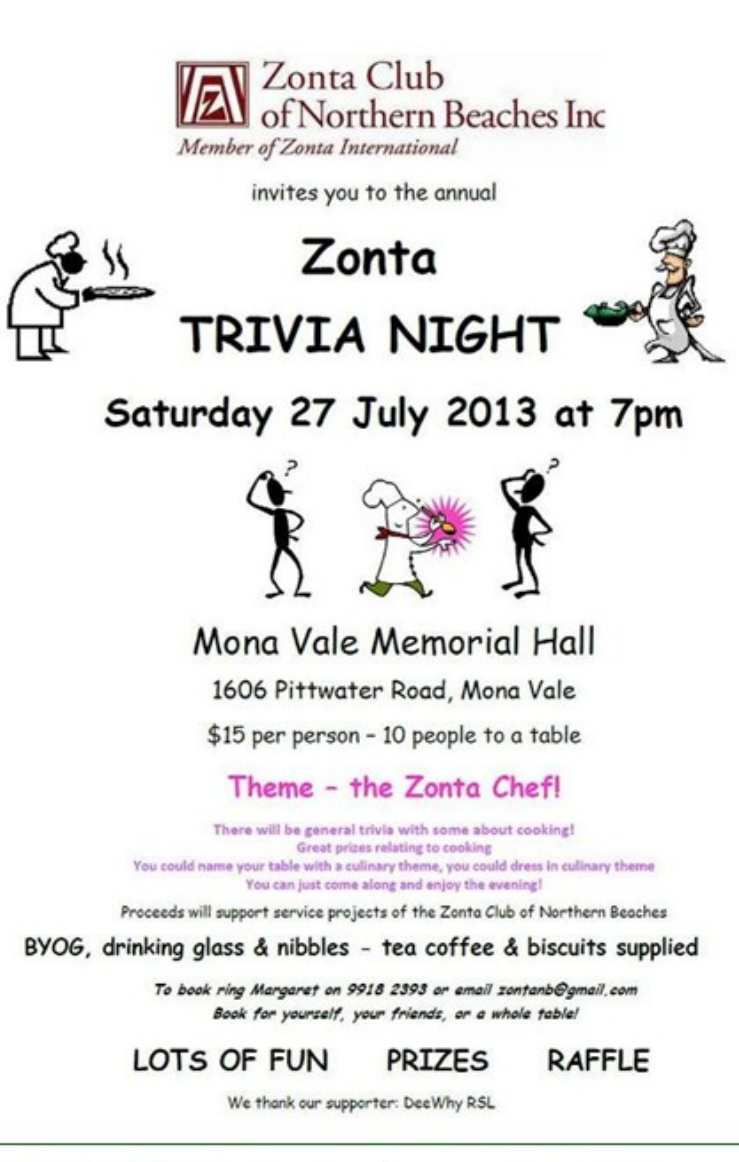
A step by step approach to portraiture. Learn essential observation skills and capture likeness in your subject. Focusing first on drawing the facial portrait followed by painting in oils. Classes held at artists North Narrabeen Art Studio and suitable for all levels.

Foundation Portrait Class
Term 3 starts Wed 17th July 9.30am-12.30pm
Term 4 starts Wed 9th October 9.30am -12.30pm

Advanced Portrait Class
Term 3 starts Tues 16th July 9.30am-12.30pm
Term 4 starts Tues 8th October 9.30am-12.30pm

Private tuition & kids classes also available

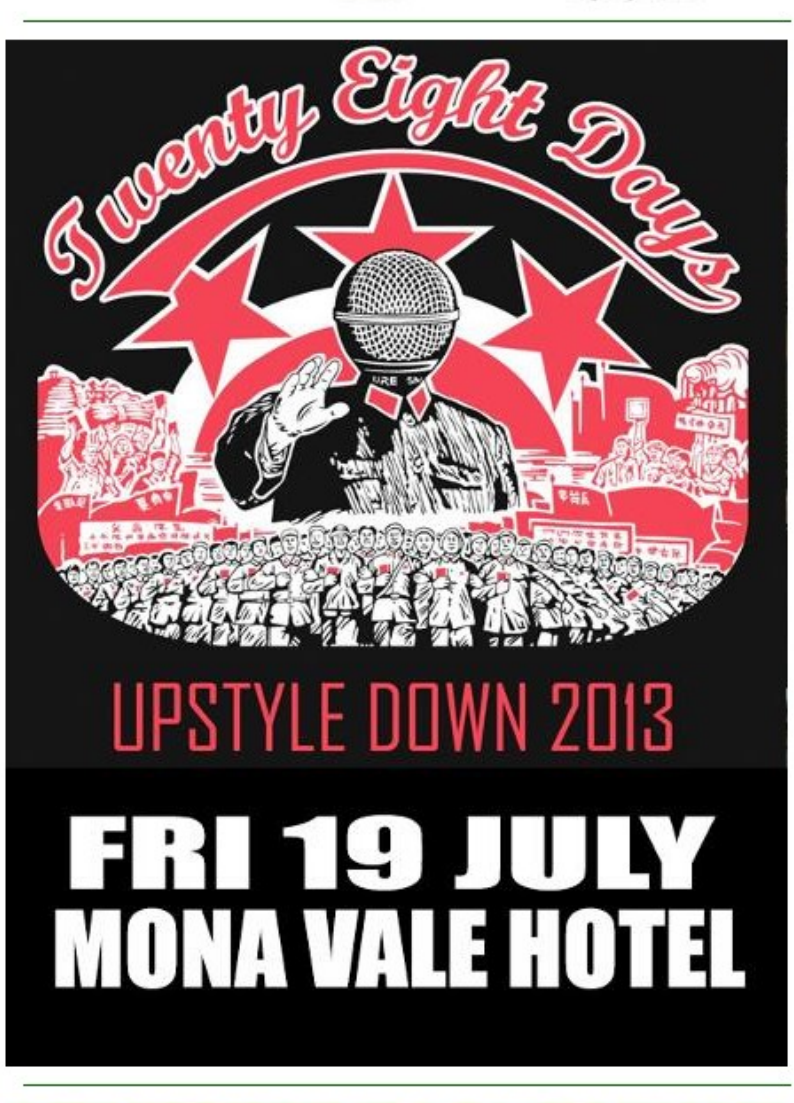
0407 270 365
email: stephabrown@gmail.com
www.stephaniebrown.com.au
Member of Portrait Artists Australia



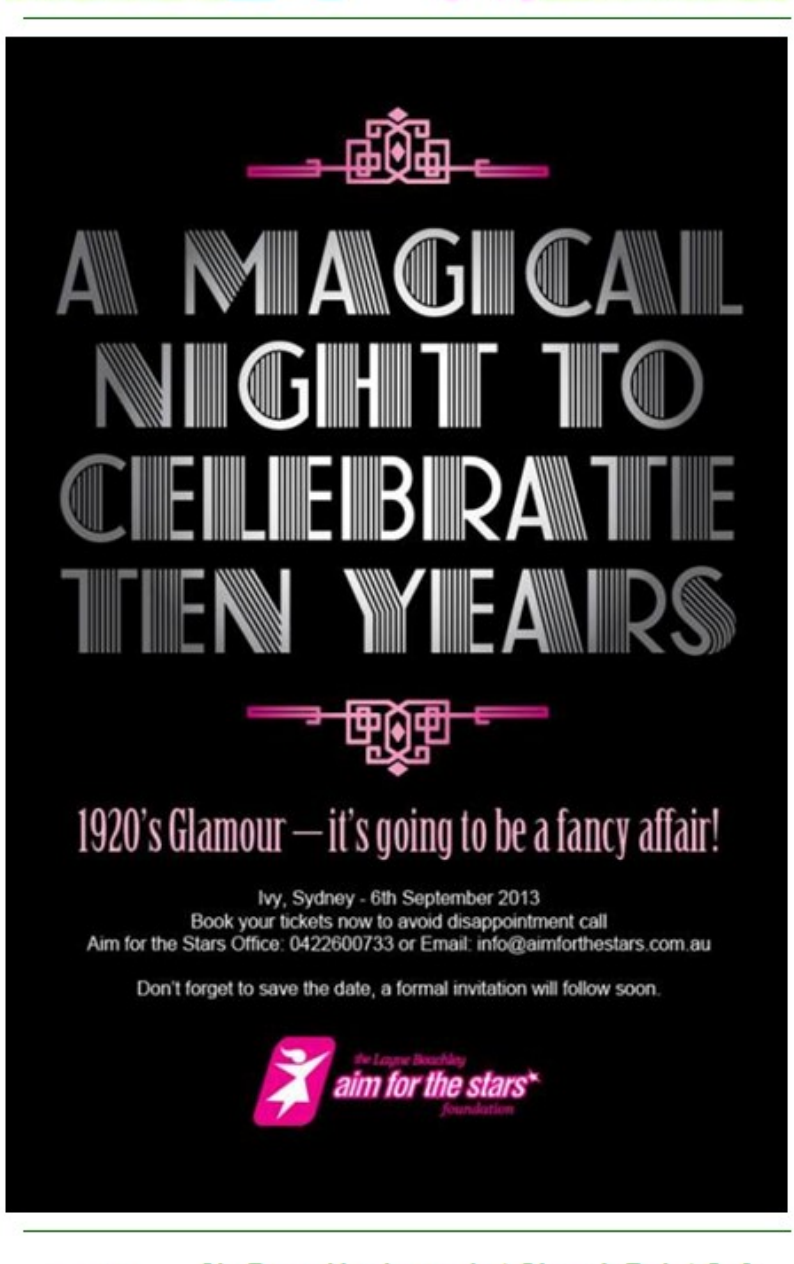
Zonta Club of Northern Beaches Inc
Member of Zonta International
invites you to the annual
Zonta
TRIVIA NIGHT
Saturday 27 July 2013 at 7pm

Mona Vale Memorial Hall
1606 Pittwater Road, Mona Vale
$15 per person – 10 people to a table
Theme – the Zonta Chef!
There will be general trivia with some about cooking!
Great prizes relating to cooking
You could name your table with a culinary theme, you could dress in culinary theme
You can just come along and enjoy the evening!
Proceeds will support service projects of the Zonta Club of Northern Beaches
BYOG, drinking glass & nibbles - tea coffee & biscuits supplied
To book ring Margaret on 9918 2393 or email zontanb@gmail.com
Book for yourself, your friends, or a whole table!
LOTS OF FUN PRIZES RAFFLE
We thank our supporter: DeeWhy RSL

Soho Galleries present
GHOSTS of CALEDONIA
new work by Annette Lodge
10-30 August 2013
This body of work is a response to a recent time I spent in Scotland in the winter. The land seemed steeped in the possibility of specters and veiled by dark histories.
Please join us at the preview opening Saturday August 17 from 5pm - 8 pm
SOHO Galleries
Corner of Crown & Cathedral Sts
Sydney NSW Australia
(612)9326 906
art@sohogalleries.net



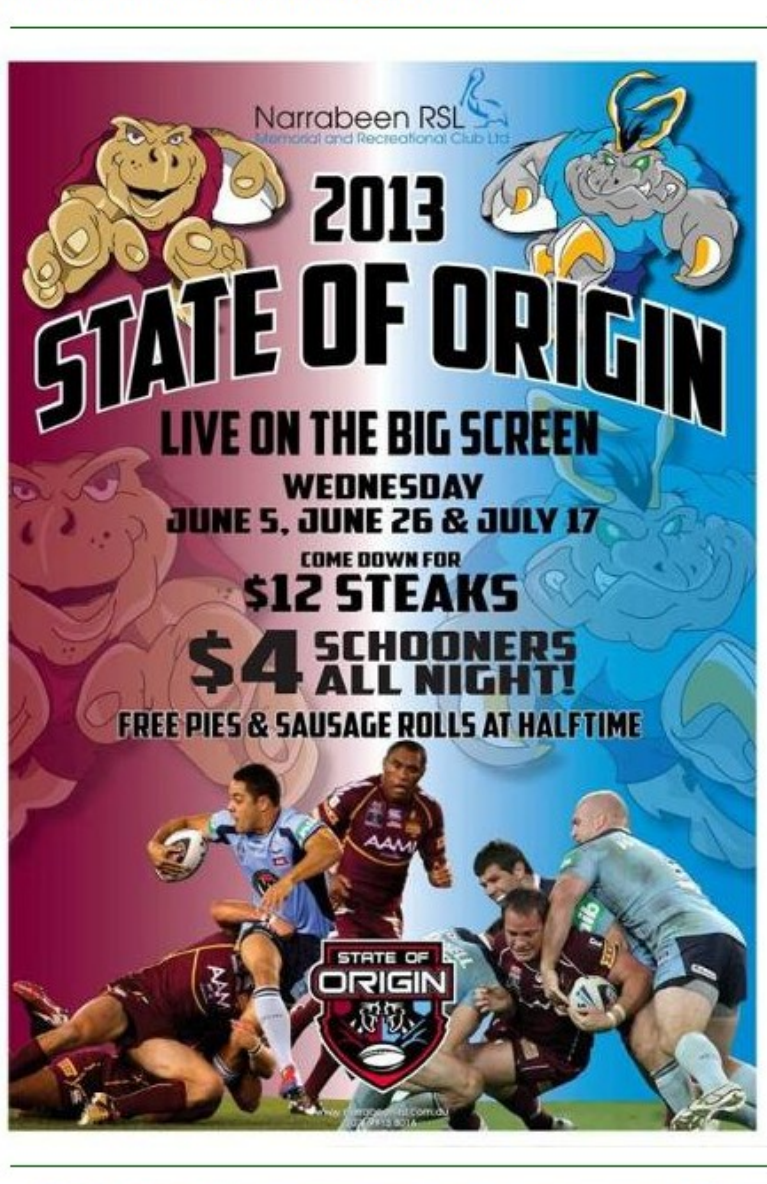
STATE OF ORIGIN
$3.50 VB SCHOONERS: ORIGIN HAPPY HOUR!
$12 CHICKEN SCHNITZELS FROM 6PM
WATCH IT ALL LIVE INDOORS OR OUTDOORS
GAME 1 - 5TH JUNE GAME 2 - 26TH JUNE GAME 3 - 17TH JULY
AVALON Beach RSL
avalonrsl.com.au

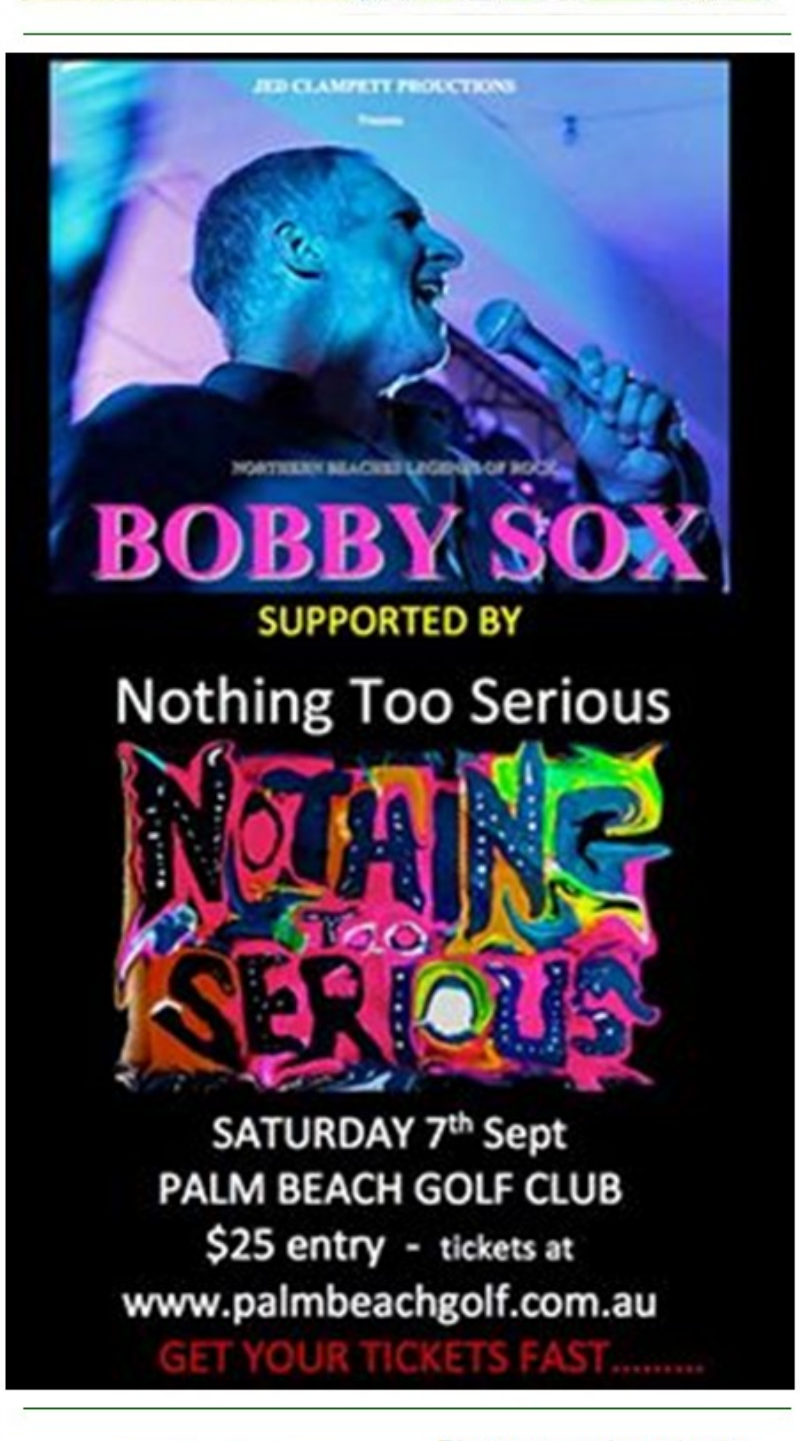

A MAGICAL NIGHT TO CELEBRATE TEN YEARS
1920's Glamour — it's going to be a fancy affair!
Ivy, Sydney - 6th September 2013
Book your tickets now to avoid disappointment call
Aim for the Stars Office: 0422600733 or Email: info@aimforthestars.com.au
Don't forget to save the date, a formal invitation will follow soon.
aim for the stars

Sly Dogs Unplugged at Church Point Cafe

Live music on Sunday mid-afternoon

The Sly Dogs will be doing some "winter healing" unplugged every second Sunday at Church Point Cafe on the deck. First session is this coming Sunday May 12th, Mother's Day, bring mum along and relax. Other dates are: **July 14th, August 11th.**





FREEDOM OUTDOORS .COM.AU

Big news - we're going to focus on the mighty Hawkesbury River over the next few months with three paddles that will cover over 75kms of the prettiest part of this historic waterway.

Leisurely Lane Cove River – Saturday July 27
Friends of Lane Cove River Committee members will introduce us to this tranquil waterway, centrally located near Sydney Harbour. It's a gentle, meandering river with tree-clad banks, impressive sandstone rock formations and a fascinating history. We'll even pass Fairyland and learn about Australia's most intriguing murder mystery! We'll explore the river from the weir at Fullers Bridge to the harbour. Compact beach for a snack and swim. 11-4pm. $85 per person. Easy paddle ideal for less experienced kayakers.

Narrabeen Lagoon Eco-Paddle – Sunday July 28
The Lagoon supports a wide range threatened flora and fauna, but it is under threat of urban development. This paddle is organised by Friends of Narrabeen Lagoon Catchment and led by its president, Tony Carr! We'll explore the astonishing Deep Creek, which attracts migratory birds from as far away as Russia and Middle Creek, which has recently been the subject of a substantial remediation programme. An easy 2-hour paddle suitable for less experienced kayakers. Only $55pp.

Hawkesbury Happening #2: Sackville to Wisemans – Sun Aug 4
The 2nd stage of our 3 part journey down the Mighty Hawkesbury River. From tiny Sackville we wend our way eastward with the tide, passing cosy settlements, majestic sandstone outcrops, exquisite bush and some lovely riverside homes. The book and more recently play, The Secret River comes to life as we take in the scenic splendour of this amazing river and acknowledge the important part it played in our European and Aboriginal history. Hire $85pp, Own Boat $55. Easy/Med.

NEW: The Cascades Walk & Paddle - Sun August 11
You'll love this combined paddle and walk. Beyond the Roseville Bridge lie the remnants of a huge Cedar forest. The logs were dragged by horse to The Cascades, where there was a dam with a timber floodgate. The logs were washed down Middle Harbour Creek and loaded onto a barge destined for Sydney. Lush bushland with a defined track, spectacular waterway. Full day starting at Davidson Park. $85, includes kayak hire. Easy/medium.

Coral Sea Kayaking Fantasy - August 18 to 26
Includes Hinchinbrook Island & the Great Barrier Reef Marine Park
Off the tropical coast of North Queensland lie 15 continental islands, 11 of which are National Parks surrounded by the Great Barrier Reef Marine Park. On this extraordinary week, you'll paddle the coast of Hinchinbrook Island and take in 5 other islands with their heady mix of abundant marine life including dolphins and migrating whales, sheltered, sandy beaches and towering granite peaks. Good value at $2,165 per person. Email Tony for full itinerary. A deposit of $350 is all that's needed to secure your spot.

Hawkesbury Happening #3: Brooklyn-Spencer return - Sat Sept 7
Completing our 3 part exploration of the Hawkesbury River, we start our journey at the Deerubben Reserve, beside the F3 bridge over the Hawkesbury. This is where the 111km Hawkesbury Classic Kayak race finishes. We pass through the Milson Island channel to Bar Point, onto Big Jim's Point and the quaint village of Spencer. Popran National Park on one side, Marramarra on the other. Spectacular views all the way. Kayak hire $85 or bring your own boat $55. Grade Easy/medium.

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

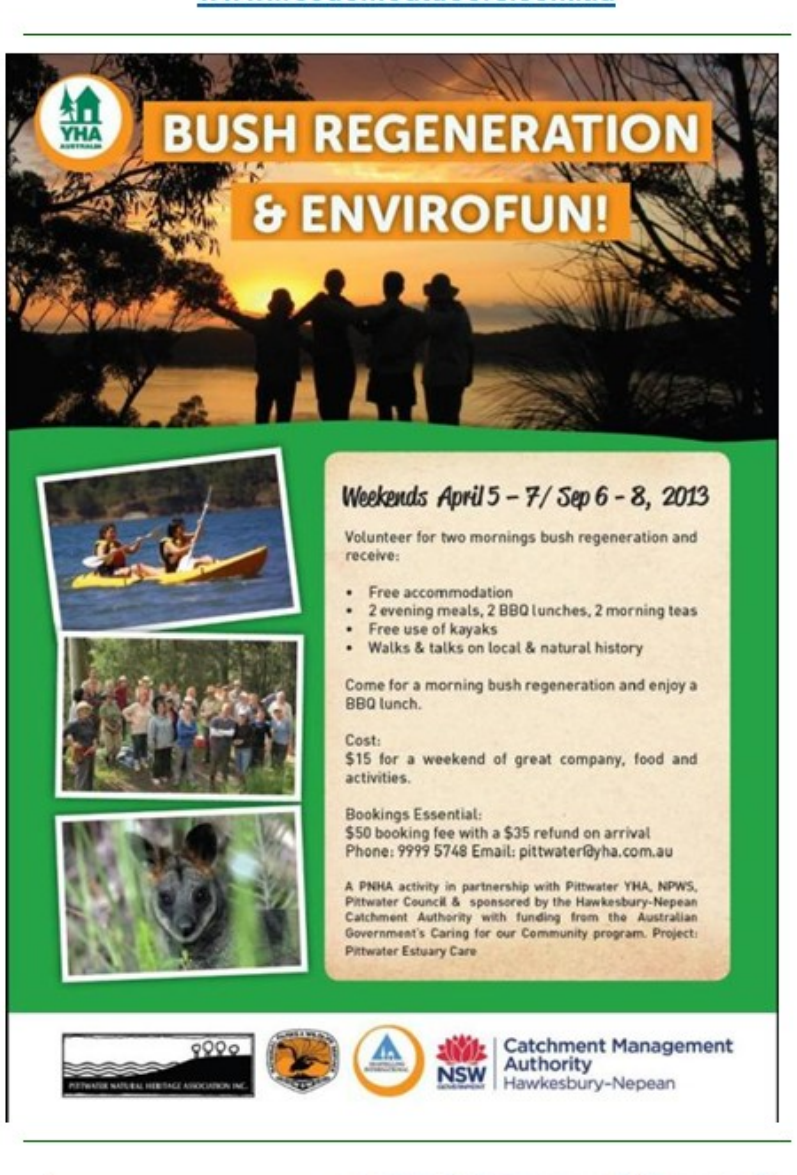
KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au



BUSH REGENERATION & ENVIROFUN!

Weekends April 5 – 7/ Sep 6 – 8, 2013

Volunteer for two mornings bush regeneration and receive:
- Free accommodation
- 2 evening meals, 2 BBQ lunches, 2 morning teas
- Free use of kayaks
- Walks & talks on local & natural history

Come for a morning bush regeneration and enjoy a BBQ lunch.

Cost:
$15 for a weekend of great company, food and activities.

Bookings Essential:
$50 booking fee with a $35 refund on arrival
Phone: 9999 5748 Email: pittwater@yha.com.au

A PNHA activity in partnership with Pittwater YHA, NPWS, Pittwater Council & sponsored by the Hawkesbury-Nepean Catchment Authority with funding from the Australian Government's Caring for our Community program. Project: Pittwater Estuary Care

Catchment Management Authority Hawkesbury-Nepean

CONVICT SYDNEY
EXHIBITION ON NOW

Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street ...

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.

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

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

AKMAL - Friday 19th July 2013

Doors open 7.30pm Show 8pm All tickets $39

Australian National Maritime Museum

East of India – Forgotten trade with Australia
Opens 1 June
In an Australian first, this exhibition explores our colonial links with India, the power and monopoly of the English East India Company and its subsequent decline. Featuring objects from international collections including the Victoria & Albert Museum, British Museum, and the Royal Collection.
http://www.anmm.gov.au/india

Exhibition: Elysium Antarctic Visual Epic
Open until 3 November
In 2010 a team of wildlife photographers, filmmakers and scientists embarked on an expedition from the Antarctic Peninsula to South Georgia. This stunning photographic exhibition captures the expedition, life above and below the ice, and the magnificence of this great wilderness.
Related event
Talk: Michael AW, Antarctic expedition leader - 26 May
http://www.anmm.gov.au/elysium

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

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

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

AVALON COMPUTER PALS FOR SENIORS

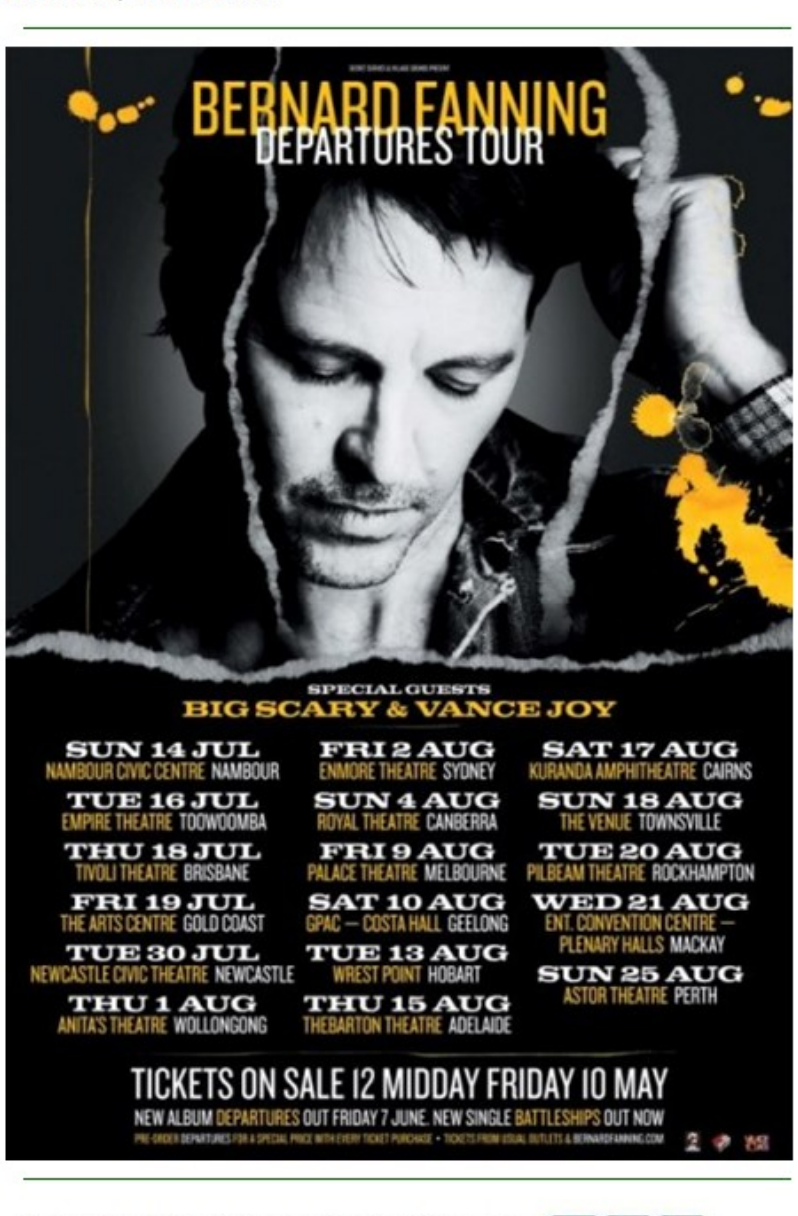
AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

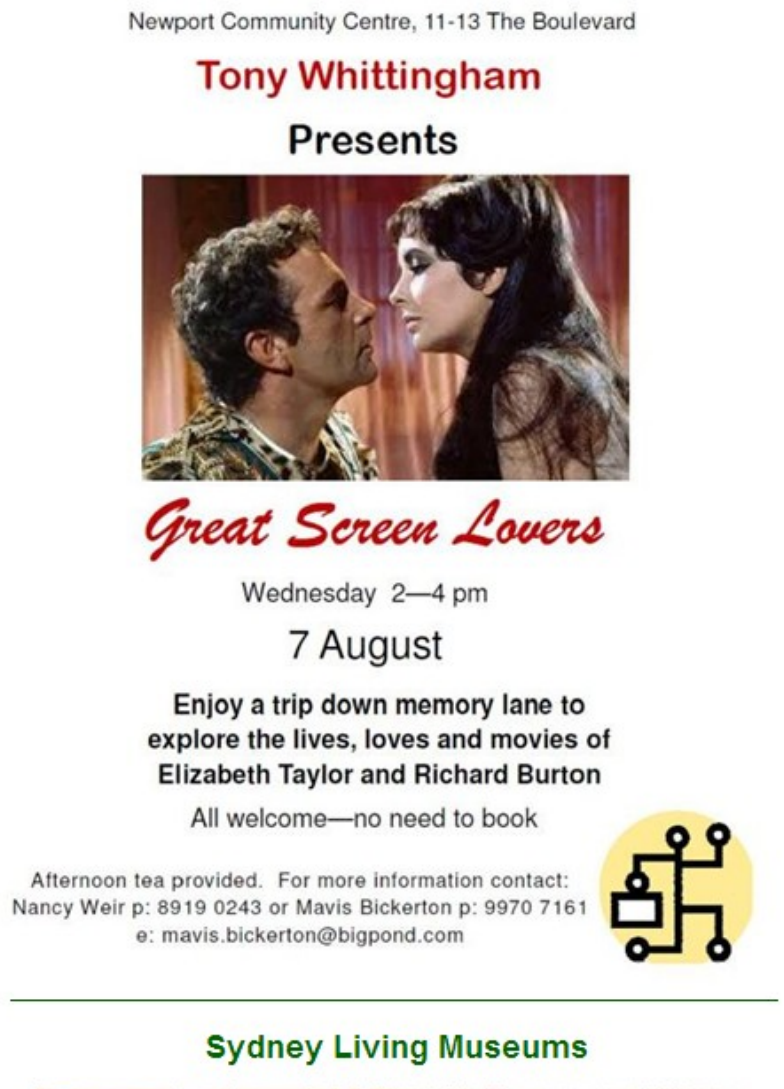
MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.


BERNARD FANNING
DEPARTURES TOUR
SPECIAL GUESTS
BIG SCARY & VANCE JOY
SUN 14 JUL NAMBOUR CIVIC CENTRE NAMBOUR
TUE 16 JUL EMPIRE THEATRE TOOWOOMBA
THU 18 JUL TIVOLI THEATRE BRISBANE
FRI 19 JUL THE ARTS CENTRE GOLD COAST
TUE 30 JUL NEWCASTLE CIVIC THEATRE NEWCASTLE
THU 1 AUG ANITA'S THEATRE WOLLONGONG
FRI 2 AUG ENMORE THEATRE SYDNEY
SUN 4 AUG ROYAL THEATRE CANBERRA
FRI 9 AUG PALACE THEATRE MELBOURNE
SAT 10 AUG GPAC – COSTA HALL GEELONG
TUE 13 AUG WREST POINT HOBART
THU 15 AUG THEBARTON THEATRE ADELAIDE
SAT 17 AUG KURANDA AMPHITHEATRE CAIRNS
SUN 18 AUG THE VENUE TOWNSVILLE
TUE 20 AUG PILBEAM THEATRE ROCKHAMPTON
WED 21 AUG ENT. CONVENTION CENTRE – PLENARY HALLS MACKAY
SUN 25 AUG ASTOR THEATRE PERTH
TICKETS ON SALE 12 MIDDAY FRIDAY 10 MAY
NEW ALBUM DEPARTURES OUT FRIDAY 7 JUNE. NEW SINGLE BATTLESHIPS OUT NOW



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Sydney Living Museums

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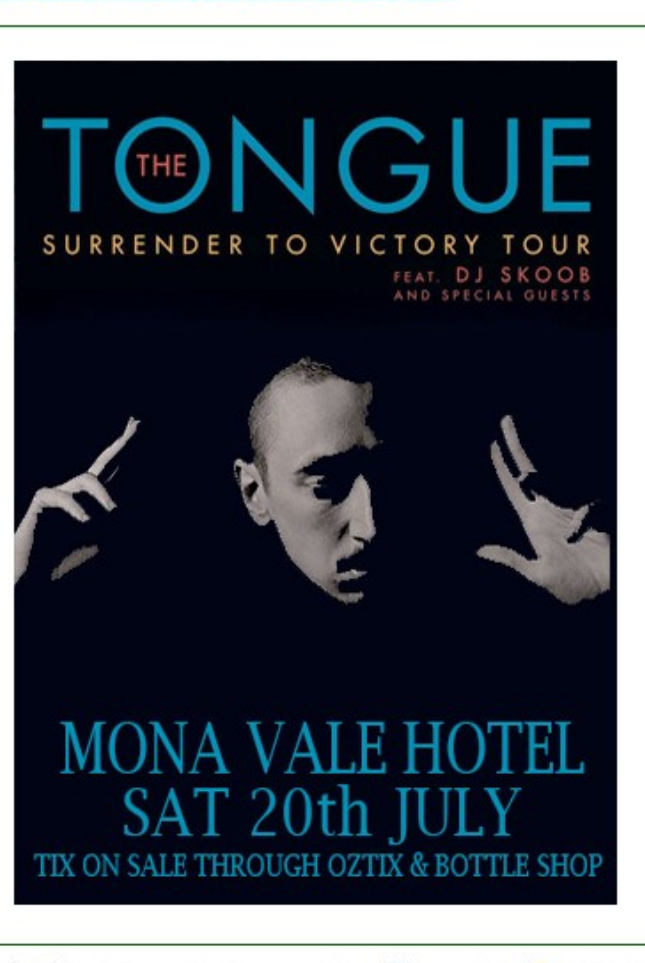
www.hht.net.au/about/news/lags_and_swells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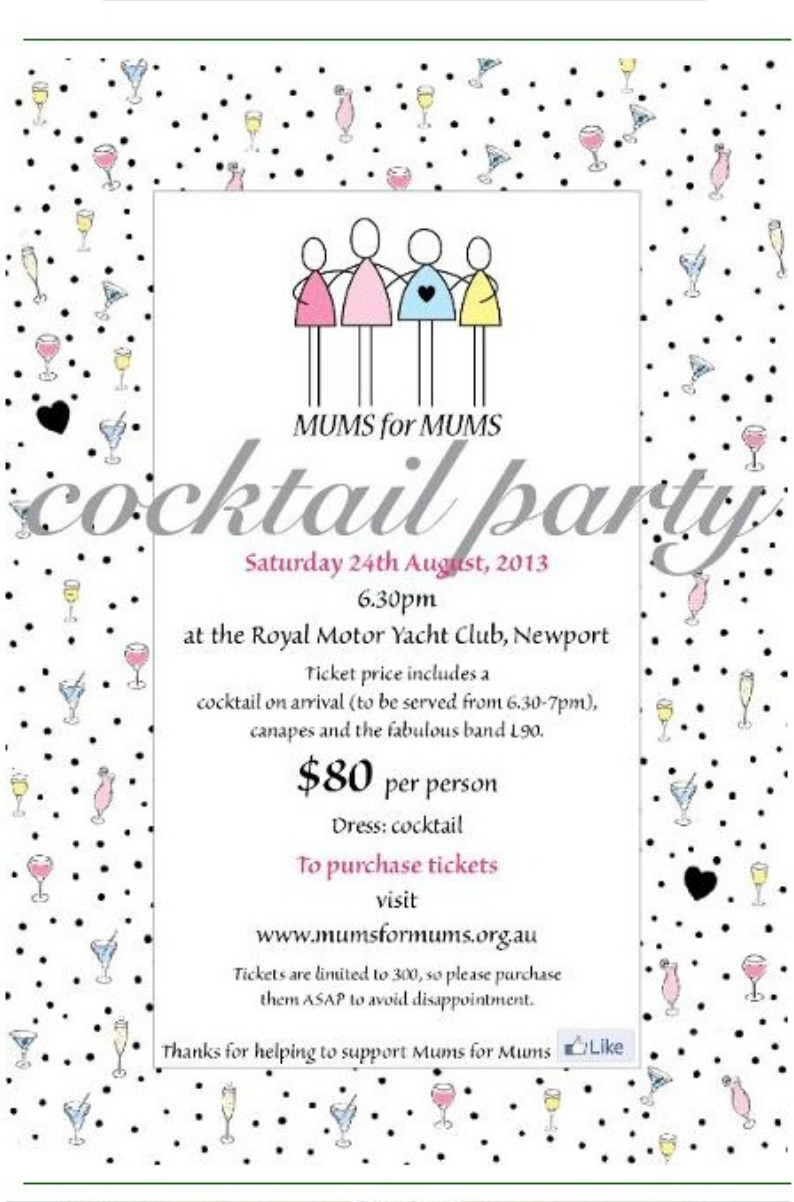

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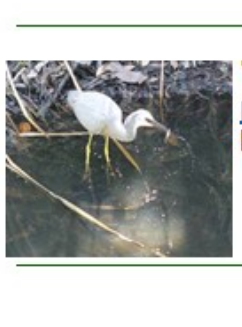

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Pittwater Online News

July 14 - 20, 2013: Issue 119

THE MERCURY THEATRE

By George Repin

In 1946 Sydney, a city of a million and a half, had little in the way of professional theatres - the Theatre Royal mostly showing musical shows and occasionally ballet or latter-day American comedy, the Tivoli given over almost entirely to vaudeville, and the Minerva Theatre in Kings Cross. A few ambitious amateur and semi-professional groups struggled, with insufficient means, to bring to the stage the plays of modern authors and many of the classics, relying on the enthusiasm of their actors and small loyal audiences. They included May Hollingworth's Metropolitan Theatre in Reiby Place near the Quay, Doris Fitton's Independent Theatre in Miller Street, North Sydney, Bryant's Playhouse (the Little Theatre) in Phillips Street, and the New Theatre whose plays were almost invariably left wing. In addition the Sydney University Dramatic Society gave the opportunity for many students, later well known actors on radio and in films, to develop their skills.

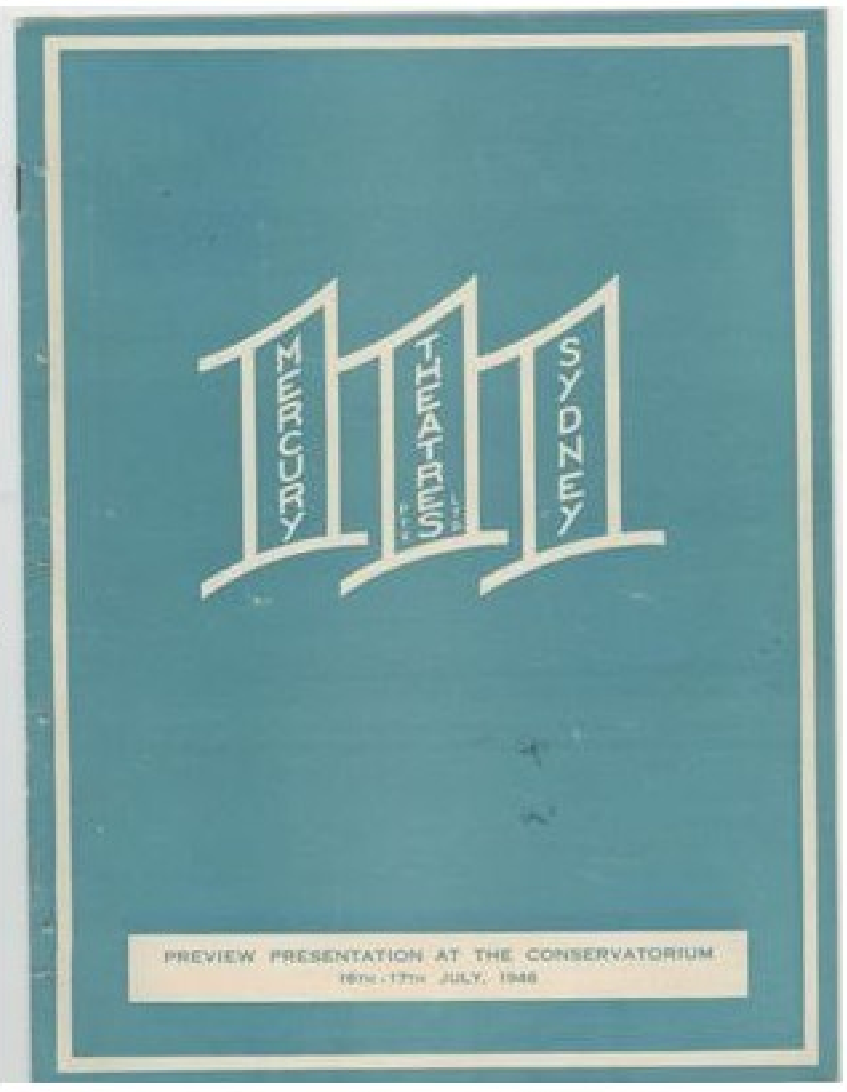
Left: Sydney John Kay

With the aim of filling an obvious gap Sydney John Kay, musician and composer, Peter Finch, actor, John Wiltshire, producer and Allan Ashbolt a writer and actor on radio formed **Mercury Theatres Pty Ltd** with the view to establishing their own playhouse, forming a permanent Stock Company and building up a regular repertoire ranging from classic drama to plays of the present day. As Allan Ashbolt said at the time "*Ultimately, our intention is to demonstrate that the theatre is something more than a useful training ground for the cinema ….. and to show that acting is, as Voltaire said 'the rarest, the most difficult and the most beautiful of the arts'*".

Sydney John Kay, born Kurt Kaiser in Leipzig, was in Sydney with the musical group the Weintraub Syncopators when World War II broke out. He stayed and went on the make a career in Australia.

Peter Finch, after serving in the Middle East with an artillery unit and later as producer of the Army Theatre, was thirty when the Mercury Theatre was formed. He was a brilliant, sensitive actor on stage, radio and film and went on to an outstanding acting career overseas when Laurence Olivier offered him a contract in England after he and Vivien Leigh, in 1948, saw him in a Mercury Mobile Players performance of Moliere's ***The Imaginary Invalid***.

The founders of the Mercury Theatre attracted enthusiastic support from cultural leaders. People associated with their preview presentation of three one-act plays at the Sydney Conservatorium of Music on 16-17 July, 1946 included William Constable who designed the sets and costumes, William Dobell who undertook research for the set of "The Broken Pitcher" but had to withdraw from the project, Margaret Olley who painted the sets, and Alfred Hill who composed an overture for **The Broken Pitcher**. Kay himself composed overtures for the other two plays.



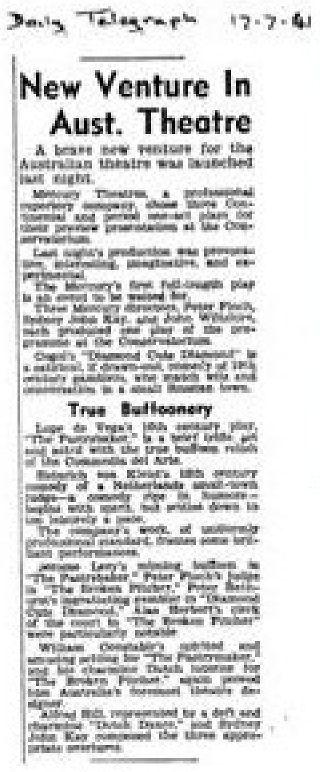
The plays performed were ***Diamond Cuts Diamond*** by Nicolai Gogol, ***The Pastrycook*** by Lope de Vega, and ***The Broken Pitcher*** by Heinrich von Kleist.

Press reports the next day were very favourable:

Daily Telegraph *A brave new venture for the Australian Theatre was launched last night…..Last night's production was provocative, imaginative and experimental.*

Daily Mirror *Impressive first show by new theatrical company.*

Sydney Sun …. *first rate performance, enthusiastically received by a packed house….This is an event of great importance in the progress of the theatre in Australia.*



Daily Telegraph 17-7-46

New Venture In Aust. Theatre

True Buffoonery

However, because a suitable theatre could not be found the Mercury Mobile Players were formed. Kay designed a folding stage which could be carried on a truck and the company took classic comedy plays to factories, schools, hospitals and public halls. The company ceased operations in 1949 when Peter Finch went to London.

A **Mercury Club** was formed in September 1946 to bring together friends of live theatre and the artists, on the model of the Vic-Wells Association (then supporting the "Old Vic" and "Sadlers Wells" in London). June Wimble was the first Honorary Secretary. Lectures, play readings and private performances were held but support waned as hopes raised by the Mercury Theatre were disappointed. The Club was disbanded in September 1948.

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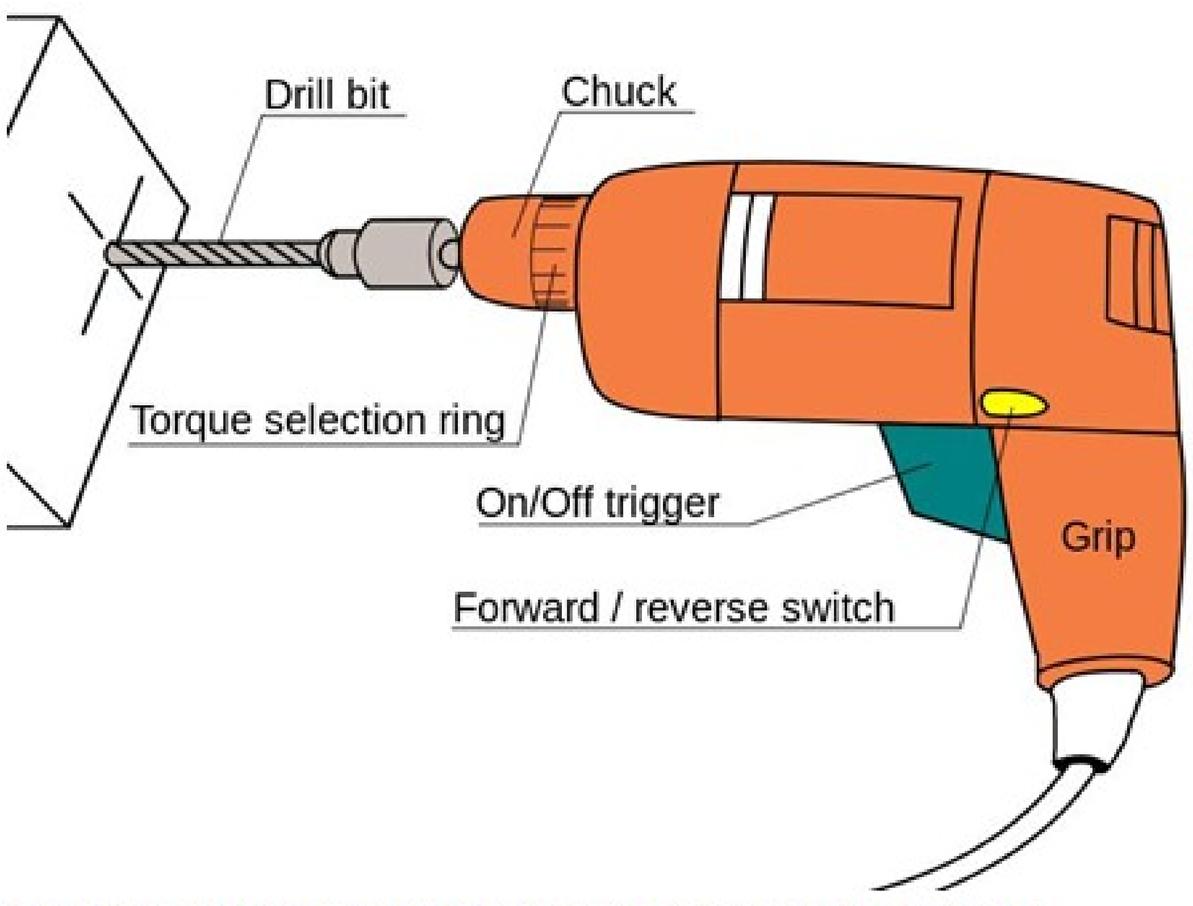

Drill anatomy courtesy of Mikael Häggström from original by Kosiarz-PL

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Power Drills – DIY Tools 101

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

The best choice of drill or screwdriver for you depends a lot on what kind of job you want to do-whether it's general lightweight DIY or more heavy-duty work. You also need to consider how much you want to use the tools and what you want to get out of them-this will determine the type of tool and the price. As in all things, you get what you pay for and if you're planning to use your tools long-term it's best to buy the best and look after them. There are several different types of power drills and screwdrivers as well as many that combine the task of drilling and screwdriving. We will look at those that may suit those wanting something more all-purpose.

If you need a drill and screwdriver for a large range of jobs, then those who use them daily recommend upgrading to a model with additional features which will save you money in the long run, such as a reversible option when using as a screwdriver. These power tools take the effort out of your DIY jobs and will help you to get your job done quickly, easily and more accurately.

Corded or Cordless
A general rule of thumb is that cordless tools are less powerful than corded ones. However, they are lightweight, easy to use and versatile, so a cordless model with a rechargeable battery will be the best option for general DIY. Also read up on how long the battery will take to recharge (measured in hours) as you don't want to be hanging around when you're ready to start your DIY job. The corded models will give you more power and torque so will be better for heavy-duty drilling and more frequent use-you will also benefit from more enhanced features on the mains-powered drills. If you want to be able to do small quick jobs and be able to get at inaccessible areas, the cordless version is going to prove to be safer and more along the lines of what you need.

Percussion Drills
A percussion drill performs hammer and drill functions and is suitable for use with screwdriving jobs into metal and wood. The high torque and impact force means that you'll get the best performance. This drill is ideal as a general purpose drill and is great for most DIY jobs around the house.

Ease of use to Person
Your tools should feel easy to hold and comfortable in your hand. Consider factors such as weight, size and whether it has an ergonomic design, or features soft grip. Most drill models will have three distinctive handle styles. The pistol grip is the most traditional and, generally the preferred choice. The T-handle offers better balance and less wrist strain. The third style is the right-angle hold which is designed for use in a restricted space. A great way to get more of a 'feel' for the tool is visit the store and lift them. Talk to staff and get their advice on which is going to work best for you.

Power rating
Power is measured in voltage for cordless and wattage for corded models in drills. The higher the wattage or voltage, the more powerful the tool, so for heavy-duty work it is advisable to opt for a corded model which also avoids the risk of overheating. Voltages range from 7.2 to 24 volts and the higher the voltage, the quicker you will complete your work, although as a general rule, the battery needed will also be heavier. A larger battery does not necessarily mean that the tool will operate for longer.

Drill speed
The speed of the drill or screwdriver is measured in RPM (revolutions per minute) and is really important to the overall performance of the tool. For budget options there will usually only be one speed, which may not be enough to tackle tougher materials. A variable speed control will give you more flexibility to allow you to match the speed to the material that you are using.
Most experienced users of drills recommend you start drilling slowly and gradually increase the speed to achieve the best accuracy. If the drill has a 'fast stop' this will enable the drill to stop quickly as soon as the trigger is released, making the finish much neater.

Chuck type and size
The chuck is the mechanism that attaches the drill bit securely in place. There are 3 main types of chuck: keyless, keyed and SDS. The capacity of the chuck will dictate the largest size of drill bit or a particular accessory associated with the drill. A minimum of 10mm is adequate for most purposes. For keyless chucks, a 13mm chuck will come with most drills as standard and this allows you to change the drill or screwdriver bits without the need for a special key to release and tighten them. You can change drill bits quickly and easily which is ideal if your job involves lots of different tasks. For key-operated chucks, this means that you use a specific key to tighten the drill which, whilst this may take slightly longer to action, will ensure that you can lock the drill bit in place tightly and prevent slippage. An SDS lock is designed for higher specification models to avoid slippage and to also withstand the force of its hammer action as it drills into hard materials such as concrete. Most models will come instructions on how to safely release or tighten drill bits. If unsure, check with staff prior to leaving the store.

Gears and torque
The gears in a drill work along the same lines as gears in a car-they transmit power from the motor to the chuck and finally to the drill bit. If you are doing general light drilling, then 1 gear will suffice and this will be the standard for the simplest and cheapest drills. If you want to use the drill as a screwdriver then it's best to pay extra for the second gear. This will enable you to have greater torque (twisting force) at lower speeds whilst drilling at a lower torque at a higher speed. Third gears are available but these are usually on the more advanced models that are designed with the professional in mind. With regard to torque settings, most drills will come with five as standard which will be suitable for use on a range of materials.
There is also a reverse gear which is great for undoing screws or freeing jammed drill bits; a quick and easier alternative to manually trying to do this task.

Drill bits
Correct drill bits are essential as each is designed specifically for various different tasks. Use the wrong drill bit and you will get the wrong result. These are:
- HSS (High Speed Steel)

This is a general purpose bit which can be used on metals, wood and plastic.
- Wood drill bits (Bradpoint): This bit is used for accurate drilling in all types of hard and soft wood.
- Flat Wood drill bits: These bits are used for drilling large diameter holes in all types of hard and soft wood.
- Auger bits: These are ideal for drilling large-diameter deep holes in wood or man-made materials and the spiral cutting edge enables fast waste removal from the previous cut circle.
- Masonry: As the name suggests, this is designed for drilling through masonry such as brick, stone and concrete.
- Multi-Purpose: This is used for drilling wood, masonry and plastic and is ideal for use on a variety of different materials.
- Glass and Tile: This is specific to drilling glass, tiles and mirrors.
- SDS: These are for use with all SDS drills and are designed to avoid slippage.

For further product advice on which drill is right for you, pop into Johnson Brothers and talk to the friendly trained staff at either their Avalon or Mona Vale stores.

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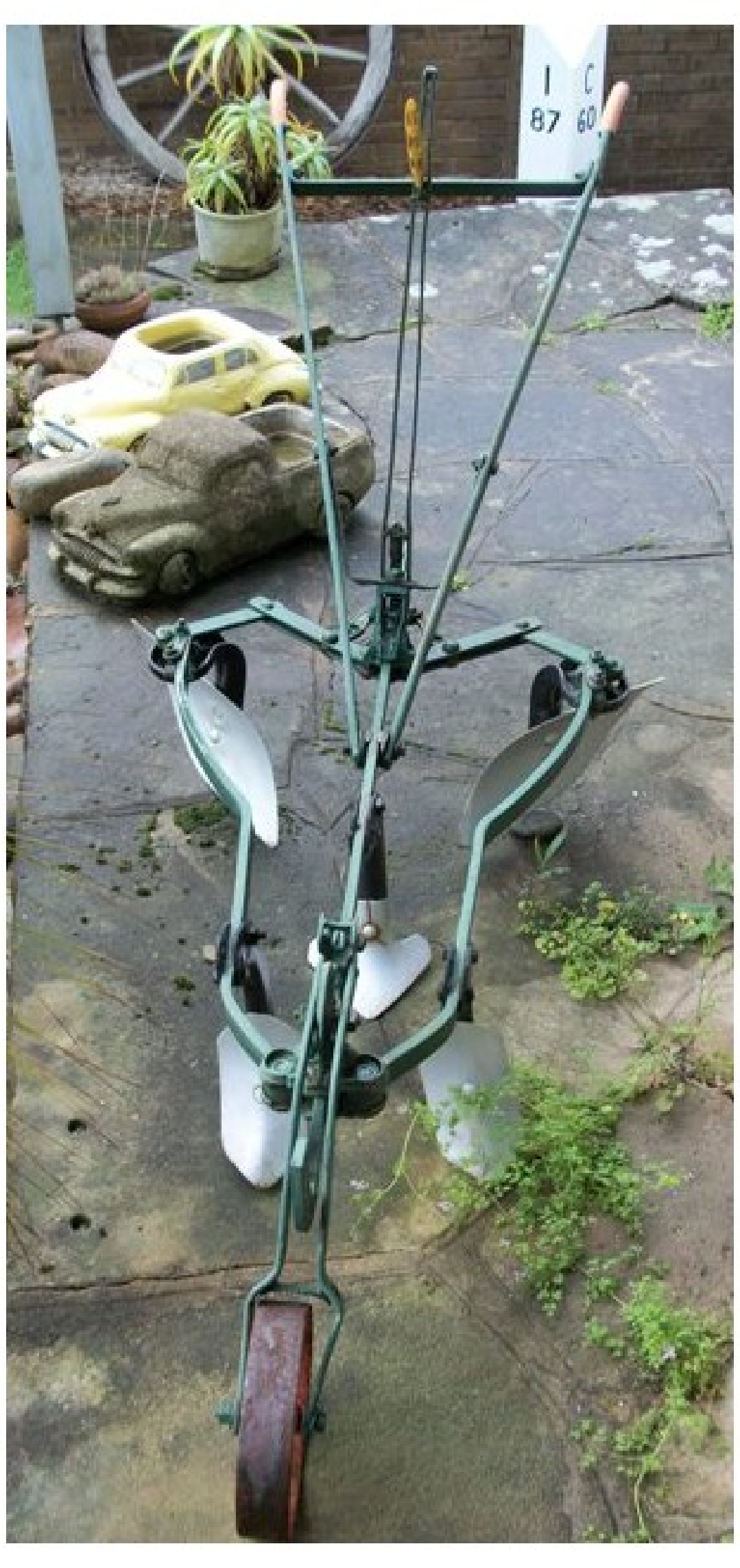
Hand Plough and Stump Jump Ploughs - The Australian Plough



We've spoken to Trevor Goodacre lately and he has let us know there's a few more objects that have been added to Trevor's Museum. So before we go and catch up with this gentleman and see what else he has acquired, we thought we'd bring you one from a few years back that we haven't had an opportunity to share yet.

This is a hand plough, a tool that once used in farming for initial cultivation of soil in preparation for sowing seed or planting to loosen or turn the soil. Ploughs were, and still are in some places, initially human powered, but the process became considerably more efficient once animals were pressed into service. The first animal powered ploughs were undoubtedly pulled by oxen, and later in many areas by horses (generally draught horses) and mules, although various other animals have been used for this purpose. They wer made of wood to begin with and iron later on.

They have been a basic instrument for most of recorded history, and represent one of the major advances in agriculture. When agriculture was first developed, simple hand-held digging sticks and hoes were used in highly fertile areas, such as the banks of the Nile where the annual flood rejuvenates the soil, to create drills (furrows) to plant seeds in. Digging sticks, hoes, and mattocks were not invented in any one place, and hoe-cultivation must have been common everywhere agriculture was practiced. Hoe-farming is the traditional tillage method in tropical or sub-tropical regions, which are characterized by stony soils, steep slope gradients, predominant root crops, and coarse grains grown at wide distances apart. While hoe-agriculture is best suited to these regions, it is used in some fashion everywhere. Instead of hoeing, some cultures use pigs to trample the soil and grub the earth.

The primary purpose of ploughing is to turn over the upper layer of the soil, bringing fresh nutrients to the surface, while burying weeds, the remains of previous crops, and both crop and weed seeds, allowing them to break down. It also aerates the soil, allows it to hold moisture better and provides a seed-free medium for planting an alternate crop. In modern use, a ploughed field is typically left to dry out, and is then harrowed before planting.

In industrialised countries, the first mechanical means of pulling a plough were steam-powered (ploughing engines or steam tractors), but these were gradually superseded by internal-combustion-powered tractors.

In 1763 a Berwickshire man, John Small, first applied mathematical calculations and science to the mouldboard shape. He experimented with varying mouldboard curvatures and patterns, eventually producing a universal cast iron shape that would turn the soil more effectively with less draft, wear and strain on the ploughman. Over the years this 'Scots Plough' as it was know, was the beginning of the plough we all know today.

Trevors looks like a smaller version of the stump jump plough - a purely Australian invention. The stump jump is internationally recognised as one of the most important agricultural inventions since settlement in Australia. It was invented by South Australian farmers Richard and Clarence Smith of Kalkabury on the Yorke Peninsula, while clearing their land. The dense Mallee eucalyptus bush was difficult to clear because of its deep roots. Before the advent of ploughs these mallee stumps had to be removed by hand, but with the increase of wheat farming in country South Australia it was essential to find a machine that could cope with the difficult terrain.

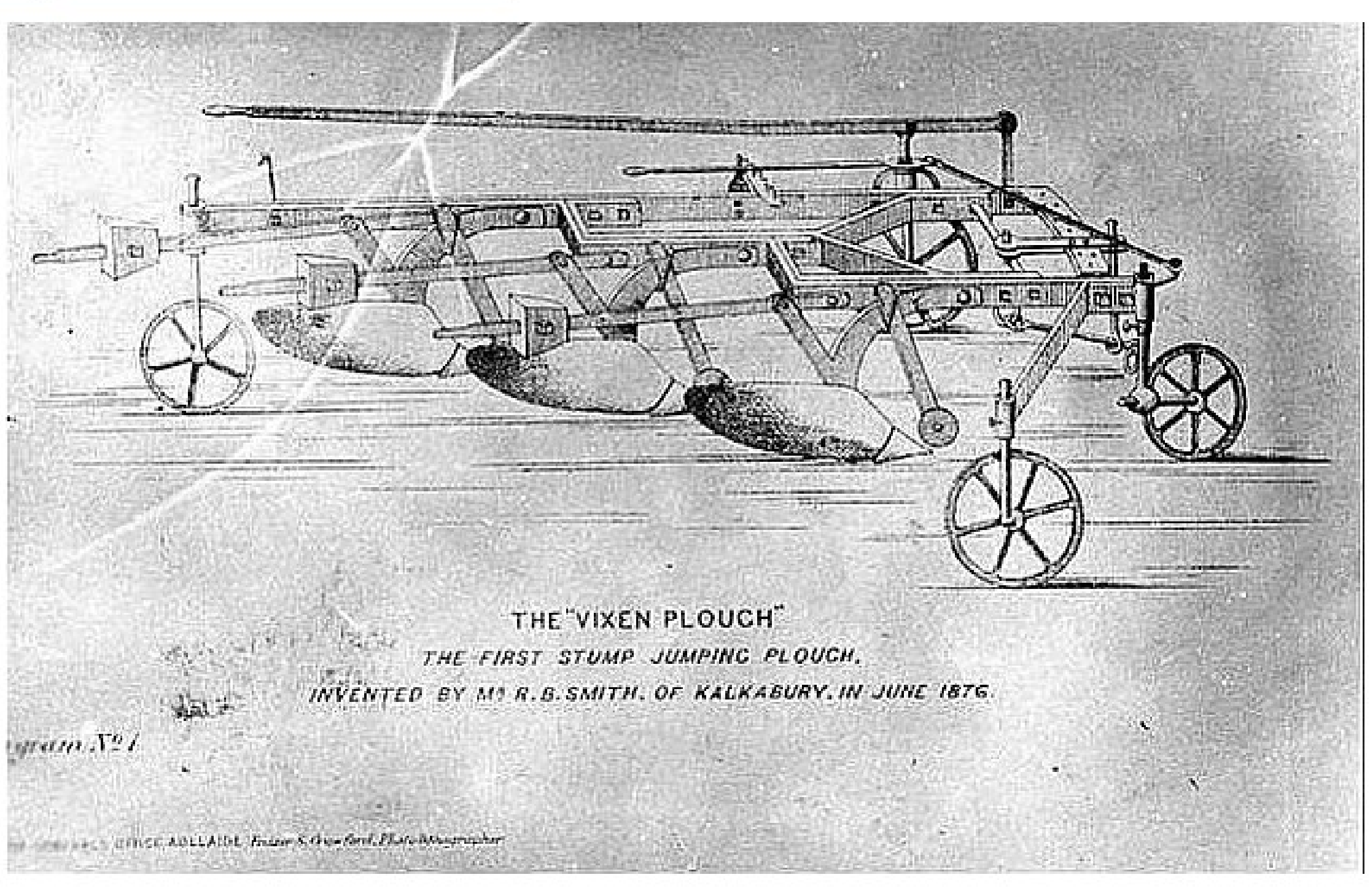
In 1876, after breaking a bolt on his plough and finding that it rode over a stump rather than becoming stuck or breaking on it, Richard Smith first had the idea of a new type of plough which would "jump over" the stumps rather than be stuck in or behind them. His first invention, a three furrow plough, was too heavy, but after some modifications by his brother, it became a workable machine. Over the next few years Richard Smith continued to work on improving the design and began the manufacture of the plough in 1880. The stump jump plough was made up of a row of hinged blades or shares, and when the blades struck a mallee stump or stone in the ground, they rose up to pass over the obstacle. Weights pushed the blade back down into the soil to continuing the furrow after the blade had "jumped over" the root or stone. This new plough had wide applications and revolutionised agricultural practices at the time.

In 1882 the South Australian Parliament declared Richard Bowyer Smith as the inventor of the stump jump plough, and he received a reward of £500. Richard moved to Western Australia and established a manufacturing business. His brother Clarence remained in South Australia, married and set up an agricultural machinery business in Ardrossan, which his sons took over after his death in 1901. His Ardrossan business did not survive the Great Depression of the 1930s

In English, as in other Germanic languages, the plough was traditionally known by other names, e.g. Old English sulh, Old High German medela, geiza, huohili, and Old Norse arðr (Swedish årder), all presumably referring to the scratch plough (ard).

The current word plough comes from Old Norse plógr, and therefore Germanic, but it appears relatively late (it is not attested inGothic), and is thought to be a loanword from one of the north Italic languages. Words with the same root appeared with related meanings: in Raetic plaumorati "wheeled heavy plough" (Pliny), and in Latin plaustrum "farm cart", plōstrum, plōstellum "cart", andplōxenum, plōximum "cart box". The word must have originally referred to the wheeled heavy plough which was known in Roman northwestern Europe by the 5th century a.d. (1)

Farming Implements. Just arrived-n. New Stock of the Celebrated New Zealand Double-furrow and Single-furrow Ploughs, together with a large stock of Plough Shares, Plough Wheels, Wheel-coulters, and other Fittings; also on hand-Single furrow Ploughs, Harrows, Horse Hoes, Mowing Machines, and Corn Shelters. Farming Implements. (1893, October 24). Warwick Argus (Qld. : 1879 - 1901), p. 3. Retrieved from http://nla.gov.au/nla.news-article76644214


THE "VIXEN PLOUGH"
THE FIRST STUMP JUMPING PLOUGH.
INVENTED BY Mr R.B.SMITH. OF KALKABURY. IN JUNE 1876.
Diagram No 7
ADELAIDE

A plan of the a stump-jump plough from 1876; from State Library of South Australia

IMPROVED METHODS. The new century gardener starts with a full line of the finest garden tools. In place of the old-time heavy plough, and the rigid, clumsy wooden cultivator, we now have lightweight ploughs, adjustable steel frame horse hoes, hand wheel-hoes, hand ploughs, and hoes and rakes of every description. There are also seed drills, and seed drills with fertiliser attachments, and every device that science and skill could invent. And then there are the disc, the spike and the spring tooth harrows. Planting potatoes the old way is alright for small patches of an acre or so, but for selling commercially they cost too much that way. At one passage now with a modern potato planter a furrow is opened, seed is dropped, fertiliser is applied and mixed with earth, and the seed is covered. Figure out how many men and horses it would take to do this work in the "old way," Can a potato grower afford to follow his grandfather's method? IMPROVED METHODS. (**1901, June 28**). *Euroa Advertiser* (Vic. : 1884 - 1920), p. 2 Supplement: Supplement to the Euroa Advertiser. Retrieved from http://nla.gov.au/nla.news-article65536453

WHICH PLOUGH— AND WHY? I have looked, in vain in print(writes 'H.S.') and I have asked my bush neighbors without success, for some lucid explanation of the relative values of the different patterns in ploughs. I think there are many others who would like to know. Surely the choice of a plough should not as at present be largely a matter of fad or fancy. Why is one make of plough preferred in one district and quite another make elsewhere? Is it a matter only bf different soil. This is the kind of information I gain from an old hand:— 'Disc ploughs are horse killers. It is true they will turn up stiff land when no others will look at it; but it is not wise to turn land in a dry state. The high mould-board plough is also a horse killer, but not so sudden. It ploughs and harrows at the same time; but you must have the extra power there for the extra work done. The old, long mouldboard is the champion for man and beast. Cheap shares and repairs. No knocking off for a week in a busy time while a broken part comes from Sydney. As I'm afraid, my old friend would commend stage coaches in preference to railway travelling.1 I have doubts about the above. Will some of your readers who are experienced with shapes of ploughs, please give us some light on the question ? WHICH PLOUGH—AND WHY?. (**1909, July 2**). *The Farmer and Settler* (NSW : 1906 - 1957), p. 8. Retrieved from http://nla.gov.au/nla.news-article115963273

Mouldboard plough: It was once thought that to grow crops regularly in less fertile areas, the soil must be turned to bring nutrients to the surface. A major advance for this type of farming was the mouldboard plough which not only cuts furrows with a share (cutting blade) but turns the soil. A coulter (or skeith) could be added to cut vertically into the ground just ahead of the share (in front of the frog), a wedge-shaped cutting edge at the bottom front of the mouldboard with the landside of the frame supporting the undershare (below-ground component). (1).

1. Plough. (2013, July 6). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Plough&oldid=563158979

This steam ploughing engine is an example of the world's first successful method of powered cultivation, developed by John Fowler of Leeds, England in 1863. This involved ploughing with two traction engines, each with a drum carrying cable suspended beneath its boiler. Located on either side of a field, the engines took turns to drag the cable, to which a special balance plough was attached.

Traction engines were developed by the early 1860s, but they were too heavy to pull ploughs directly over the soil. By the mid 1860s Fowler had devised his basic ploughing engine design which was to remain, with improvements, until the last ploughing engine left Fowler's works in England in 1933, superseded by the development of the internal combustion engined tractor.

Ploughing engine sets were very costly to buy and operate in Britain. Far more were exported around the world, to the German, Austro-Hungarian, Russian and Turkish empires, developing the great potential of their vast land resources, and to Egypt, Tunis, South Africa, the Transvaal, Mozambique, Australia, Hawaii, Peru and Brazil.

Owing to the nature of land use in Australia, steam cultivation was not common here. Most holdings were too large, the country was too rough and fuel and water supplies were too scant in many areas. It has been estimated that only about one hundred Fowler ploughing engines were used throughout Australia. The first to operate was in the 1860s in South Australia, closely followed by Victoria, Western Australia, and then Queensland in 1881 and New South Wales in 1882.

Many ploughing engines were not imported for agricultural purposes but for construction of large earth tanks. These techniques were developed for outback sheep stations in the 1870s. During the 1880s some travelling stock routes were improved by government-owned Fowler ploughing engines with excavating scoops.

Steam ploughing was used during the development of the irrigation areas along the Murray and Murrumbidgee Rivers. During the 1920s ploughing engines were used by the Water Conservation and Irrigation Commission to clear and plough land for soldier settlers around Griffith. Another big user was the Queensland sugar industry. where steam ploughing was used on plantations until World War II.

The museum's ploughing engine is the left hand side of a pair of wood-burning engines, Nos. 5933 and 5934, built at John Fowler & Co.'s Steam Plough Works, in Leeds, England in 1889. They were ordered by Michael O'Shaunnassy for his Jerilderie property in New South Wales. The engines were later sold to the pastoralist and philanthropist Sir Samuel McCaughey (1835-1919). McCaughey was a significant sheep breeder in New South Wales and owned numerous stations. In 1900 he bought a North Yanco property and it was there that he employed the two Fowler ploughing engines. He constructed a complex irrigation system with some 200 miles (321.9 km) of channels to irrigate 40 000 acres (16 188 ha) on which he grew lucerne and other fodder crops. In 1912 McCaughey sold the ploughing engines to the Water Conservation and Irrigation Commission for operation at Leeton to remove silt from water channels and to deepen watercourses in catchment areas.

In the 1930s the two engines were separated and the museum's engine, No. 5933, was used one farm for water pumping and another for driving a circular saw. In 1965 the engine went to the Goulburn Steam Museum for display and it was subsequently acquired by the Powerhouse Museum and restored to steaming condition. It has been displayed at steam rallies around Sydney to promote the museum.

Goodman, Ross, 'The Rebirth of Fowler ploughing engine 5933' in "Steaming : The Magazine of the National Traction Engine Trust", Vol.36, No.1, Winter 1992/93, pp.12-15.

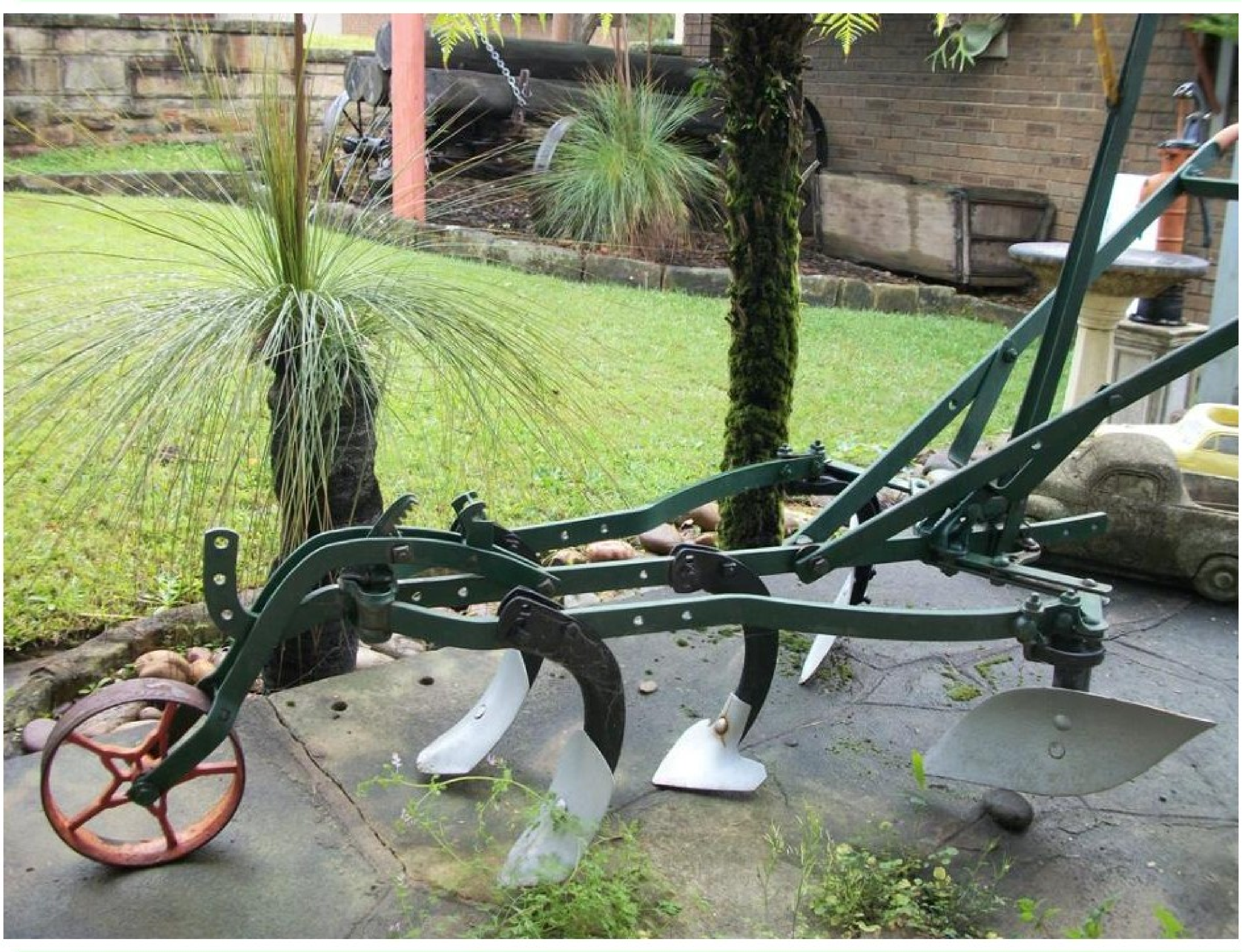
Lane, Michael, 'John Fowler and the Company he Founded' in "Steaming :-The Journal of the National Traction Engine Club, (UK)", Vol.23 No.2, March 1980, pp. 73-87; Vol.23, No.3 , June 1980, pp.145-53; Vol. 23 No.4, Sept 1980, pp. 221-28.

Lane, M.R. "The Story of the Steam Plough Works", Northgate Publishing Co. Ltd, 1980.

Margaret Simpson

Assistant Curator, Transport

Read more: http://www.powerhousemuseum.com/collection/database/?irn=211510#ixzz2YvmY0jb5 . Under Creative Commons License: Attribution Non-Commercial



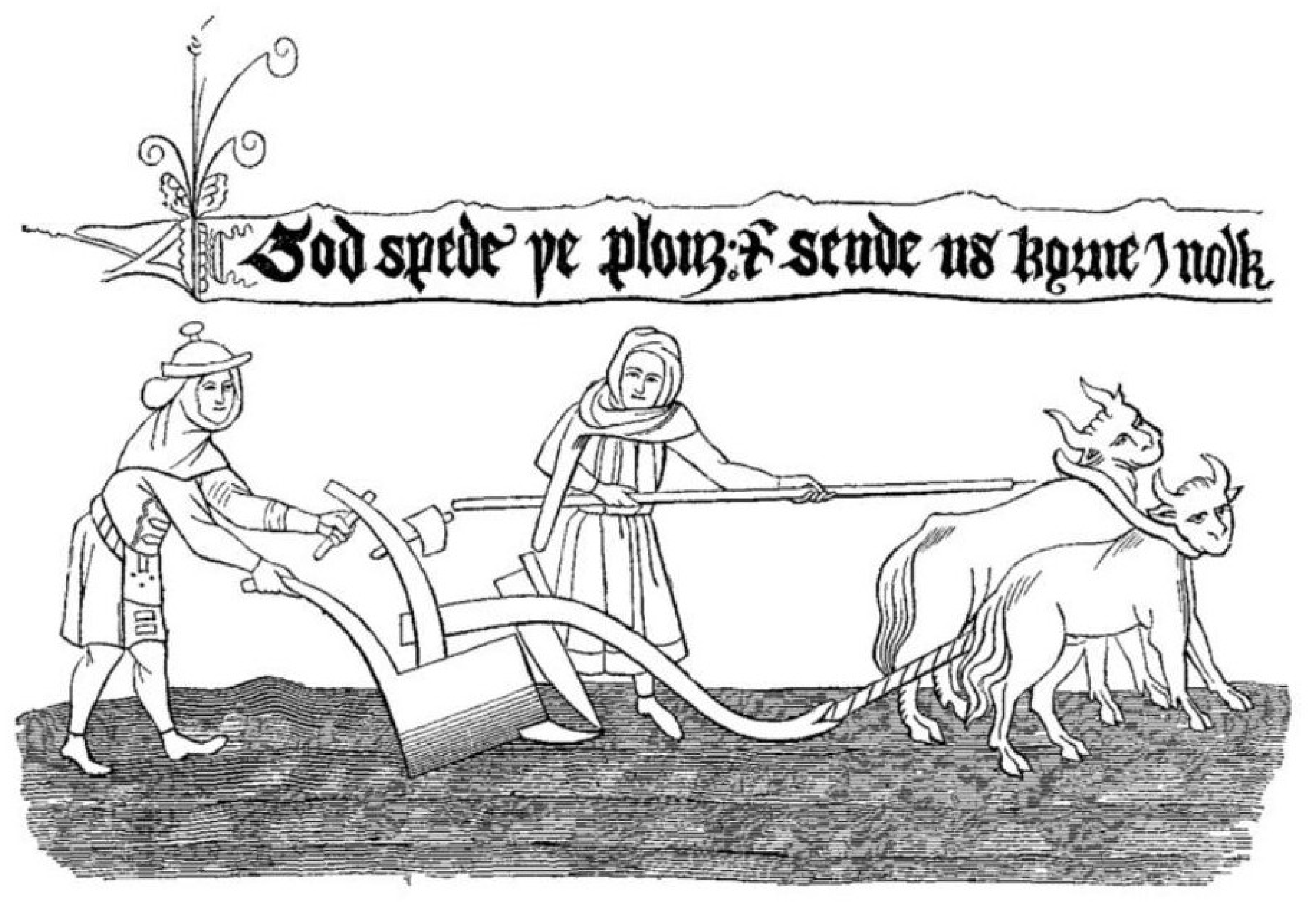

God spede ye plouz: & sende us korne i nolk

Fig. 18.—Ploughmen.—Fac-simile of a Miniature in a very ancient Anglo-Saxon Manuscript published by Shaw, with legend "God Spede ye Plough, and send us Korne enow."

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