Pittwater Online News

March 17 - 23, 2013: Issue 102

High Energy Adrenalin 360 Surf and Skate Grommet Competition at Avalon Lives up to its Name

Matt Jones, local hero, being thanked by the girls he rescued at yesterday's Surf and Skate Compeition. Photograph by Mike O'Flynn.

The Adrenalin 350 Surf and Skate Competition for boys and girls aged under 12 to under 16 years of age was a power packed display of skills in the Avalon skate rink and in the water all day yesterday. Difficult surf conditions tested those competing in the surfing rounds all day with waves that closed out too quickly or were sets of pure wash. A rip to the south of the competition area beside the pool area earlier in the afternoon carried one young boy who moved out of a heat's way on his boogie board close to the rocks and then further out to sea. Commentator for the event, 'Tezza' or Terry not only alerted the Avalon SLSC patrol members on duty to this boy's plight, he then spoke over the microphone coaxing the boy until he had moved out of danger, returned to shore, and was with Avalon Beach SLSC lifesavers.

Later in the afternoon local surfer Matt Jones rescued two girls in the finals as they too were carried out to sea.

In the skate rink boys and girls put on a display of turns, flips, airs and glides along the rails to an appreciative crowd. Full Report **HERE**

SkaterHQ
www.skaterhq.com.au

One of the spectacular tricks seen in the U14's final yesterday. Photo by Michael Mannington.

Palm Beach Sailing Club Bullets Regatta - 16th and 17th of March, 2013

Palm Beach Sailing Club members, brother and sister Jason and Bridget Waterhouse - Jason is Skipper for the Objective Australia Youth America's Cup which is being launched at the RPAYC next Saturday night. Picture by A J Guesdon.

Palm Beach Sailing Club began their Bullets Regatta on Saturday. Four races were held in the waters out from Snapperman Beach and off Sandy Point. After a briefing from Peter Salter emphasising a Safety First for both the public who use Sand Point beach and the participants and exercising courtesy to the neighbours the race outline, course and laps were introduced.

The Bullets Regatta is the major fundraiser for the PBSC each year and attracts racers from many other clubs. 16's and 18's were racing yesterday. One of note we met, in particular his vessel, was the *Flying Fish* owned by Sydney Flying Squadron members Stuart Morton with Andrew Wilson crewing. The *Flying Fish* was the favourite catamaran of Mark Foy amongst all his vessels and Stuart said his had been named after Mr Foy's. Mark Foy was one of the three Foy brothers who began Mark Foy's, Sydney and also the gentleman who founded the Sydney Flying Squadron. Serendipitous indeed considering he is the gentleman you will find featured in this week's history page.

Palm Beach Sailing Club members and their guests were dining at Club Palm Beach (RSL) last night and racing will continue today, weather permitting. As Mr Salter, secretary for PBSC said on Saturday morning: "It's good to see this event back in action and on our calendar."

If you're not around Palmie today, and don't get to see them in action due to forecast gale winds, there are more pictures as part of this week's Pictorial and we'll be able to bring a full report in our next Issue.

Club Marine Pittwater Sail Expo at RPAYC - 16-17 March, 2013

The second annual Club Marine Pittwater Sail Expo is on over this weekend at the Royal Prince Alfred Yacht Club and includes being able to tour such beautiful vessels as Wild Oats X, as above, as well as many other equally stunning yachts, catamarans and find out more about everything under the sun you may need to keep your boat 'ship shape'. With great food on offer, nice music to listen while you're eating it and an opportunity to learn about the RPAYC's racing, cruising, sail training and children's sailing program it's a great way to enjoy a few hours today at one of our premier yacht clubs. More details as part of this week's Pictorial.

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Adrenalin 360 Surf and Skate Competition at Avalon – 16th of March 2013

The Adrenalin 360 comp at Avalon was an opportunity for local success story Adrenalin 360, who began on a street corner shop in Avalon, to practice one of their core philosophies; to encourage those who enjoy their skateboards, scooters, safety equipment and accessories to hone their skills and then bring them into a competition where they can not only show how much they have progressed but enjoy the company and skills of fellow skaters.

Competitors could compete in The Surf Competition or The Skate Competition or in both competitions. The competitors with the highest combined score from both events were awarded the title of The Adrenalin 360 King or Queen.

There were trophies and prizes for top three in each division as well as encouragement awards, huge competitors draw and beach side giveaways. All entrants received an Adrenalin Event T Shirt and a block of WaxyWax Surf Wax.

Although girls were under-represented in the skate comp comp, there were over 60 boys. Mark 'Rady' Radford and his team ensured the heats flowed smoothly and fast. Just watching them was exciting as you can probably tell from some of the photographs on this page.

The surfing component of the competition was run in very difficult conditions that will probably cause long discussions between organisers and their backers this week. Our main photographers reported that the rescue by Matt Jones when two young girls were washed out to sea was one of two incidents they witnessed that afternoon. The other being a surfer who was not part of the competition being washed onto the rocks. Matt Jones, who stayed in the background during the prize giving presentations, had lots of parents and kids coming up to him and thank him for his brave deed.

There was still some great surfing though. Those who did select a good wave among the sets executed some great manoeuvres and went for length of ride as best they could. Many came into the beach at the south end after a ride and would run back to mid beach and paddle out through the wash to attempt another a few times during each heat.

We will be sent a full list of results early this week and will add these into this page when received; so perhaps check back later in the week to see how you and your mates went.

The organisers were very thankful to Avalon Beach SLSC, whose members patrolled the beach on Saturday and also extended big thanks to the Johnson Bros Mitre 10 team who arranged a long list of fun activities for the day.

As this is the inaugural Kids Festival of this kind in Pittwater a review of how to make it safer and even more spectacular may see an even more exciting Grom Comp here again. We certainly need this kind of event for our younger teenagers, they thrive on it, love getting to do the kind of activities that will build their sports skills and spending time meeting and being with people their own age.

Michael Mannington's and Mike O'Flynn's Adrenalin 360 Grom Comp Volunteer Photography public gallery is here. Extra photos as part of this week's Pictorial

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SkaterHQ
www.skaterhq.com.au

Under 14's Boys Finalists. Photo by A J Guesdon.

'Tezza' - commentator and 'Rady'. Photo by Michale Mannington.

Matt Jones - Local Hero. Picture by Mike O'Flynn.

All Pictures by Michael Mannington, Mike O'Flynn and AJG, 2013.

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Saturday 16th of March, 2013 in Pittwater was one of those all action days where if you weren't watching the Palm Beach Sailing Club's Bullets Regatta or visiting the Royal Prince Alfred Yacht Club's second Club Marine Sail Expo then you may have caught some of the upcoming skaters, scooters and surfers at the Adrenalin 360 Surf and Skate Comp hosted by Avalon Beach SLSC. Some of what we saw yesterday at each event is below.

Palm Beach Sailing Club's 2013 Bullets Regatta

Charmaine Beckett and Anthony Duchatel, Commodore of the PBSC - local legends; Charmaine was one of the first women to go surfing in Australia and with husband Upu Kila, past Commodore of PBSC (pictured below), has sailed for decades in New Guinea and Pitwtater. Anthony Duchatel is a champion sailor, recently coming 1st at the 2012 Hobie National Titles H 16 Grand Master- Mooloolaba.

Flying Fish 2013! Owned and sailed by Stuart Morton (at front) with team sailor Andrew Wilson of Sydney Flying Squadron and named in honour of Mark Foy, founder of their club with her distinctive red cross, as below, like the original Flying Fish, which disappeared from Pittwater so many years ago. Great to see this 2013 namesake on Pittwater again!

Boab Boat Hires gentlemen Ryan and Brendan. Boab Boats are a principle sponsor of this year's PBSC Bullets Regatta and generously provided this boat and crew for on water support at the regatta. More about Boab Boat Hire in the Pittwater - Broken Bay area HERE

Royal Prince Alfred Yacht Club's 2013 Club Marine Sail Expo

Marty and Mark from Barrenjoey Marine Electrics (BME). Mark Coates (right) is a huge supporter of Pittwater Online News and loans us his launch, and brother Andrew to skipper it, every time we need to get out on the water to cover sailing and boating events. Barrenjoey Marine Electrics has been operating in Pittwater for over 30 years and is your 'go to' place for everything you may need in the Marine Electrics department. Their website at: www.bme.net.au/

Broken Bay Marine Rescue volunteers (left to right) Matt Palmer, Joh Vos and Alan Worsley raising vital funds at their sausage sizzle as part of the Sail Expo at RPAYC

Some of the yachts on display which you may learn more about at this year's Club Marine Sail Expo.

Beautiful ladies making beautiful music in Halyards Bar and Cafe at RPAYC.

Adrenalin 360 Surf and Skate Competition at Avalon

Avalon Beach SLSC members Robert Hopton, Ken Davidson (life member for 46 years), Christine Hopton (president) at yesterday's Adrenalin 360 Surf and Skate Competition.

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Photos this page by Michael Mannington, Mike O'Flynn and A J Guesdon, 2013.

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Articles This Week:

Adrenalin 360 Surf and Skate Competition at Avalon

Palm Beach Sailing Club's 2013 Bullets Regatta

RPAYC Club Marine Sail Expo

Give - Get Given Asparagus Fern Out Day at Barrenjoey

INGLESIDE LAND RELEASE ON AGAIN BUT MANY CHALLENGES AHEAD by David Palmer

ASGMWP Tribal Warrior Evening by Michael Mannington

Pictures: **Action!: Bullets Regatta at Palm Beach, Grom Comp at Avalon, RPAYC 2013 Club Marine Sail Expo**

Artist of the Month for March 2013: **Stephanie Brown**- Extraordinary Portrait Artist, teacher, champion of Volunteers with a genuine respect for the artistry of children too allows us to share a few of her wonderful creations with you

All Previous Articles

Profile: March 2013 Ladies with a golden glow about them: Gemma Rasdall, talented artist with a ken for all things nautical, competitive sailor, Uni student

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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

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History: **March 2013 - Pittwater Gentlemen: Mark Foy of The Cabin, Bay View- initiator of handicap rules in sailing, motor boat cruising, saver of spotted gums and horse racing on the side when you're opening a new shop anywhere! The development of silk mercers and drapers in colonial Australia, catamarans and ensuring everyone gets to sail**

Previous History Pages:

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

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Park Bench Philosopher: **Lance Fallaw, another oft forgotten Australian poet, and a few of his words regarding our home during the 1930's Sydneyside Songs.**

News From our Inbox Ray Of Hope - TB in Australia in 1954, Dog Story of the Week - Service and its Sacrifices, Russian Meteor One Month On, Spacebook Twittering - An Alternative, 2012 Darwins are out !!, Closest Star System Found in a Century, And God promised men..., Rewriting History of Universe's Stellar Baby Boom: Ancient, Highly Active Galaxies Discovered, Mummy CT Scans Show Preindustrial Hunter Gatherers Had Clogged Arteries, Health Papers Published this week: Length of DNA Strands Can Predict Life Expectancy; Aspirin May Lower Melanoma Risk; Weight Gain After Quitting Smoking Does Not Negate Health Benefits; Bitter Melon Juice Prevents Pancreatic Cancer in Mouse Models; New Hope for Reversing the Effects of Spinal Cord Injury; Drug Treatment Corrects Autism Symptoms in Mouse Model; Paving the Way for Greater Use of Ancient Medical Knowledge

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Events: Rc at the Arms, Historic Walk, Grace Knight at Palm Beach Golf club, Tribal Warrior Mentor Program, Possum High Tea, Comedy Capers, Bird Forum, Hallelujah Girls, MW Choir, Avalon Quilt Show 2013, Donavon Frankenreiter @ The Arms, ANMM Exhibitions, RMYC Events, Rock and Roll at RMYC, ABFE Workshop, Old Fella @ Pittwater RSL, LIFELINE Fundraiser, YHA, Pittwater Camera Club, FoNLC Activities, Historic Houses Trust Event - House music 2013.

Community News: Upcoming Events by the Mona Vale Hospital Auxiliary, Sydney Northern Beaches Symphonic Wind Ensemble March Concert, Newport Surf Racing Academy, WINGALA LAPIDARY CLUB, Extra Nurses Welcomed To Mona Vale Hospital, Franklin Round Australia Cannonball Run - Careflight!, Objective Australia Youth America's Cup Campaign Launch at RPAYC, Email scam warning, ANMM Rescue Exhibition, Creative Australia cultural policy, **Look Good Feel Better**, Sail Expo 2013, Newport Breakers Rugby Club 50th - photos please, RMYC Marine Art 2013, Golf Ball Charity Drop, SNBSWE Concerts, Monotones seeks players, ABFE Level 1, Our Councils Notices, Fed. Govt. Media Releases this week and more

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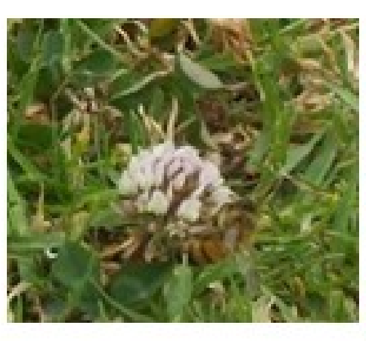
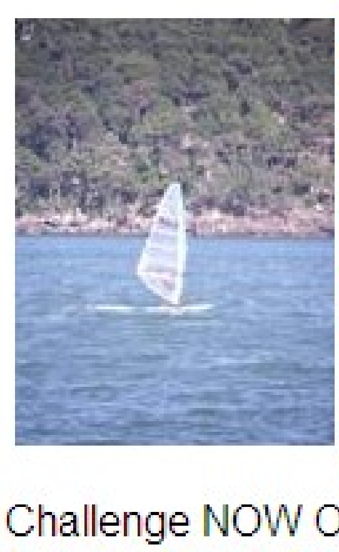


Environment; **Pittwater Environment Articles this week: INGLESIDE LAND RELEASE ON AGAIN BUT MANY CHALLENGES AHEAD by David Palmer** and **110 Young Adults attend Give - Get Given Asparagus Fern out Day at Barrenjoey** +; NSW's Govt. Who Cares About the Environment? survey and seminars, **Violet Snail,** EXPLORE PITTWATER'S ENVIRONMENT IN MARCH, Hope for Threatened Tasmanian Devils, Amplified Greenhouse Effect Shaping North Into South, Are Tropical Forests Resilient to Global Warming?, Earth Hour 2013, Marine Diversity Study Proves Value of Citizen Science, FishMap, New App for Gardeners, **Possum High Tea**, Environmentalist of the Year awards open, Live Penguin Cam, local Environment groups, and organisations.

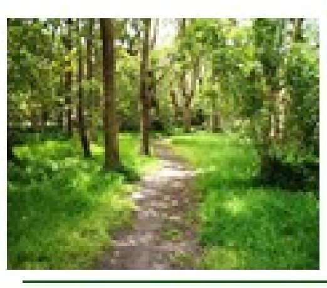
Lynda Hill: **Update 11.3.13: Shifting Paradigms: Proclamations, Appropriations and Protestations - March's Pisces New Moon**

Pictures: **a few little and big things spotted this week**



Youth: St Patrick's Day Song, Dinosaurs in Spain, Funny Ocean and great website with kids games and learning activities, Clever Bear, Music your Grandparents listened to, **YouthRock 2013, 100 YOUNG PEOPLE IN PITTWATER,** SHOREFEST 2013 - YOUTH WEEK CONCERT, Kids on the Coast Autumn Fun, Mona Vale Library - Young Runarounds! and Duke of Edinburgh Awards, GameHouse - Free Online Games 2013 Premier's Sport Challenge NOW OPEN!, National History Competition and National Science Week 2013, The Project Gutenberg Library of Australiana - free downloads for inspirations, Library Story-times for Littlies and more for you.

Seniors; **NDIS 65-year age limit a cruel lottery for older Australians, Longer hospital stays, higher care costs for people with dementia, FlexToBa Exercise at Home for Older Adults,** HAGOP GARAGEM THE BEST CARS C/- W.A.G., The Band Wagon to dance into Heather Nelson Centre, Car Pool from the Red Green Show, 3 German Shephards in a British Pub, Seniors Week 2013, Health Papers Published this week: Robots to Get Stroke Patients Back On Their Feet; Sleep Loss Precedes Alzheimer's Symptoms; New Add-On Drug May Improve Memory in People With Moderate Alzheimer's Disease, 'LIVE LIFE' IN SENIORS WEEK, 2014 National Seniors Literary Prize, local Support and Education Activities.



Community Clubs: Updates on Activities and links to sites.

Artist of the Month: **March 2013 - Stephanie Brown**- Extraordinary Portrait Artist, teacher, champion of Volunteers with a genuine respect for the artistry of children too allows us to share a few of her wonderful creations with you

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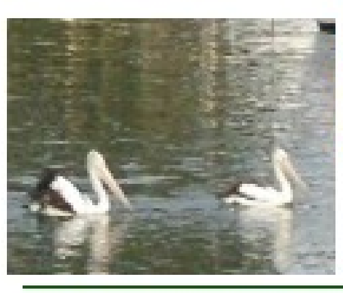
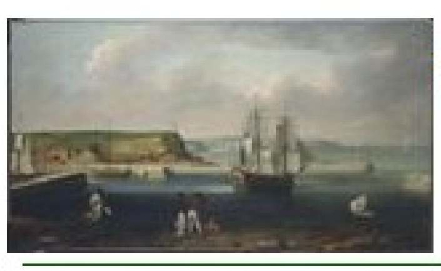


Reflections by George Repin. **This week; FROM POUNDS AND PENCE TO DOLLARS AND CENTS**

DIY Hints: **How to winter proof your lawn! By Paul Johnson**



Collector's Corner: HMS Endeaveour replica cannon at RPAYC

Food: the Leek - March Vegetable in Australia, some facts, history and two recipes; Potato and Leek Soup and Goats Cheese and Leek Tart

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A&R
AUSTRALIAN CLASSICS
COME IN SPINNER
DYMPHNA CUSACK &
FLORENCE JAMES

Books: **HarperCollins is proud to announce the launch of a series of A&R Classics** (Sample): **Come in Spinner (Pittwater connection here)**, My Brilliant Career & My Career Goes Bung, My Brother Jack, **Manuscript Found in Accra By Paulo Coelho** (April 2013), For our Younger Readers; Gangsta Granny & Where's Hello Kitty? CSIRO March 2013: Desert Lake - Art, Science and Stories from Paruku + Australian Rainforest Fruits - A Field Guide and in April 2013 - Ecology of Australian Freshwater Fishes

Old Books:

A list of the insectivorous birds of New South Wales (1897) by Alfred J. (Alfred John) North, 1855-1917 Volume: pt.1 (1896) + Geography of New South Wales (1914) by J. M. (John Michael)Taylor, Subject: New South Wales. Publisher: Sydney : Angus & Robertson READ THESE WORKS ON THE SITE- ONLINE

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Give-Get Given Bushcare at Barrenjoey – March 10th, 2013

Last Sunday Barrenjoey dunes and the green areas close to Pittwater and the beach had one of their most successful Bush Care days in removing that weed so much of our area is plagued by, Aspargus Fern as part of the Give/Get-Given program currently underway nation wide which in Sydney is sponsored by Optus.

From their website:

Optus RockCorps is a partnership between Optus and RockCorps to engage, empower and celebrate youth giving back. Give 4 hours volunteering and Get Given 1 ticket to the Optus RockCorps Concert. It is the only way to get into the hottest show of the year. Optus believes in the power of giving back and the change people can make in their communities, and RockCorps' mission is to move a generation to change the world - and this is your chance to do just that. All you need to do is register and find a project that works for you. It will be the best thing you do today!

On the March 10th project:

Ever fantasised about being Indiana Jones? Chopping your way through overgrown vines and climbing through the wilderness, never knowing what hidden treasures you could uncover? Well this is your chance! OK, so you may not find the Temple of Doom but the dunes at Palm Beach sport some rather impressive weed overgrowth which is preventing the native bush from growing happily and healthily. Our expedition goal is to wrestle away these weeds threatening to take over the north end of the beach - grab your hat and come help protect the native plant community!

Optus RockCorps produces some of the hottest gigs in the music calendar. You can't buy a ticket. You can't win a ticket. You have to earn a ticket.

The concert those who toiled on Sunday will attend is at the Hordern Pavilion on April 11th and will feature The Script, Tinie Tempah and Guy Sebastian.

During the week we contacted the ladies who co-ordinate and work at so many of local Bush Care activities, Marita Macrae of Pittwater Natural Heritage Association and Sonja Elwood of Pittwater Council to find out how it all went and where this great initiative has sprung from;

Great event, kids awesome, 110 approx. turned up. In my group of 30 they came from all over - Blue Mountains, Baulkham Hills, Ryde, Fairfield, Bankstown, Central Coast, and Manly. **Sonja Elwood.**

The RockCorps team of 110 volunteers removed about 100 bags of Asparagus Fern from Barrenjoey Dunes on March 10. This wonderful result contributes to the Pittwater Estuary Care project, which targets Asparagus Fern and cares for salt marsh areas around Careel Bay. The project is funded by a grant to Pittwater Natural Heritage Association from Hawkesbury Nepean Catchment Management Authority. RockCorps is funded by Optus.

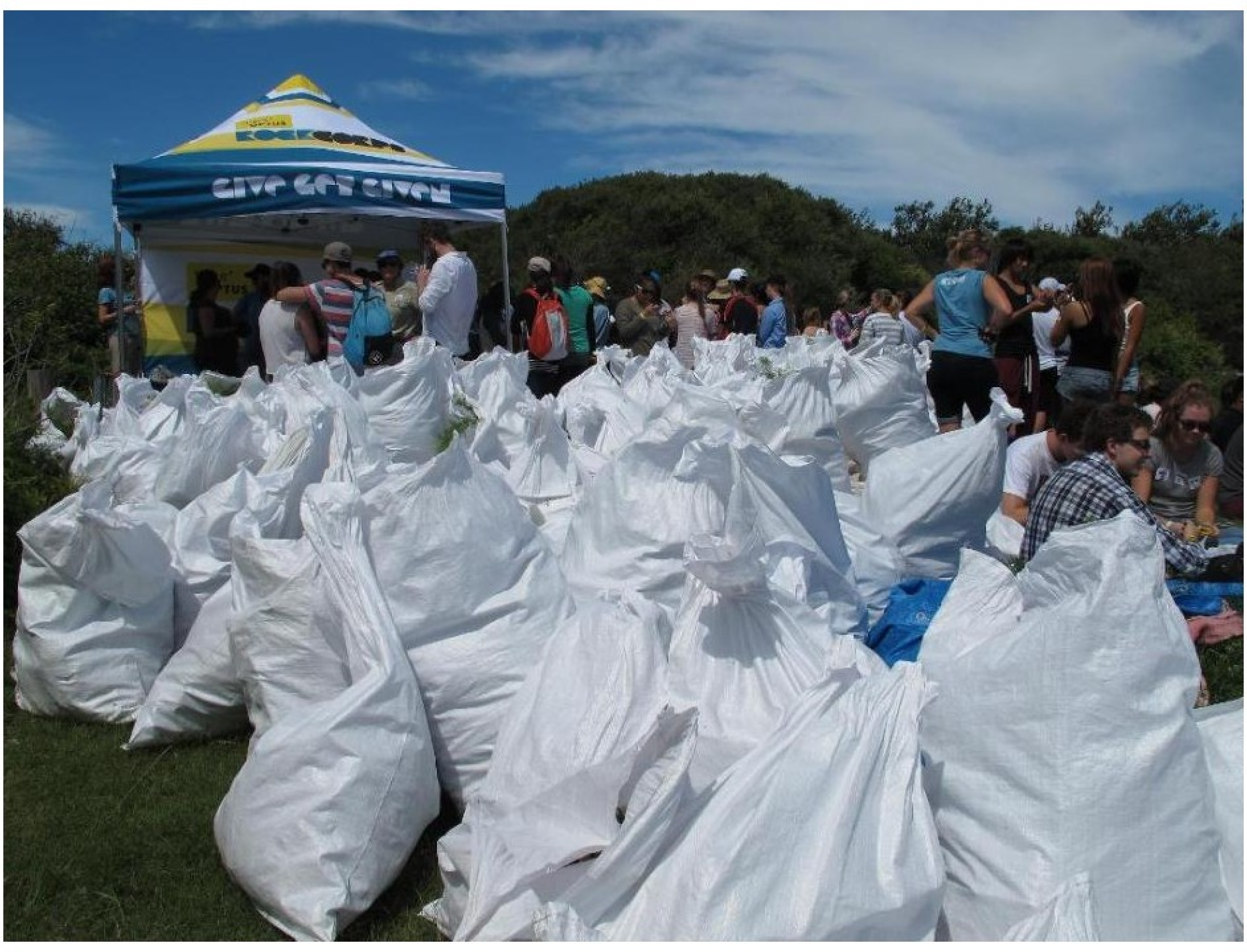
Several PNHA members worked alongside the RockCorps and we rejoiced to see such a happy enthusiastic group of mainly younger people getting stuck into this awful weed.

A big thank you to Optus for making this possible. **Marita Macrae PNHA**

Bushcare Days in Pittwater are always listed on our Community News page, and overseen by Helen Dewis if you need any information about how to join in or simply turn up at the listed places and times. There is also an oppurtunity to stay at the YHA for less then price of a pizza if you put your hands to a few hours worth of Bushcare Custodianship listed on our Events page coming up.

Future opportunities to Give/Get-Given prior to the April concert are listed here: www.optusrockcorps.com.au/get-involved/projects

You will definitely feel better for getting involved; it's great exercise, you're investing in your community and all the wildlife that lives in these places and in a way, investing in yourself too by letting yourself....**give back.**



All Photos courtesy of Marita Macrae and Sonja Elwood, 2013.

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INGLESIDE LAND RELEASE ON AGAIN BUT MANY CHALLENGES AHEAD

by David Palmer

The Ingleside land release has been pending for a long time. Since 1991 various plans have been discussed by Pittwater Council and the State Government, which holds a substantial amount of land in the area.

Now it is back on the agenda. In February this year Pittwater Council resolved to participate with the NSW Department of Planning and Infrastructure in planning for residential development of Ingleside, however, as acknowledged in Council reports, this process is not without a number of challenges.

One of the most significant of these is how to deal with the extra traffic on Mona Vale and Powderworks Roads, as both are already at or close to the limit of their traffic carrying capacity.

The Department of Roads & Maritime Services is currently investigating an upgrade of Mona Vale Road to four lanes for the section from Ingleside to Terrey Hills, currently estimated to cost about $130 million, but Pittwater Council has said that it won't support the land release unless the road from Mona Vale to Terrey Hills was fully upgraded to four lanes along its whole length. Many of the journeys from Ingleside are to Mona Vale and a road solution that doesn't fix the problem of being caught behind a slow moving truck going up the hill out of Mona Vale won't have much appeal for most Pittwater commuters.

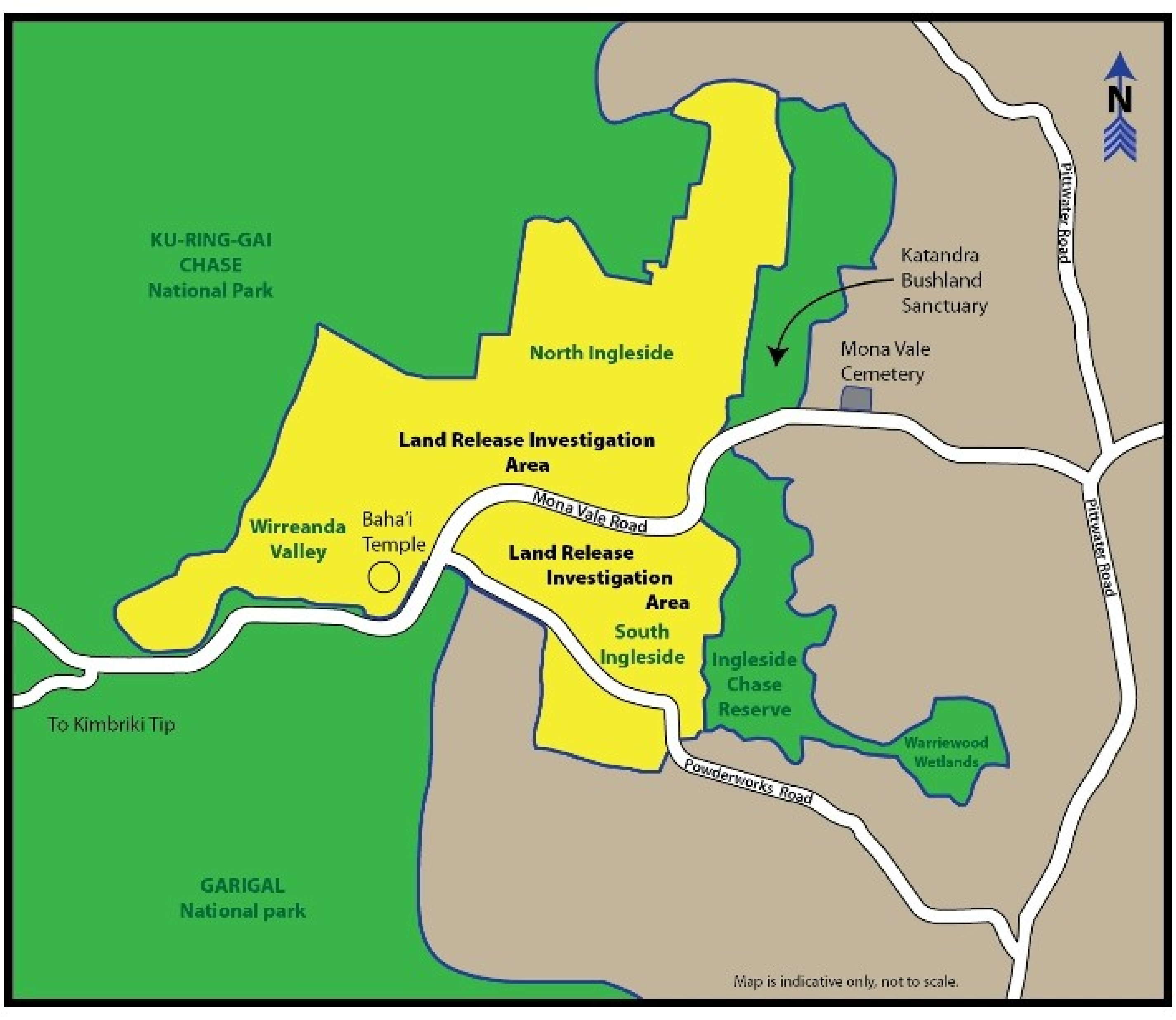
As for Powderworks Road, a recent transport study commissioned by Pittwater Council showed that a development in South Ingleside of less than one thousand dwellings could be accommodated with some modifications to the road, but an increase of about 2500 dwellings would mean upgrading it to four lanes, or closing it to through traffic. This is a dilemma for the planners as upgrading the road to four lanes would be extremely costly, and it would be reasonable to say that closing the road to through traffic would be inefficient and unpopular with commuters from Elanora and surrounding suburbs.

So, even though the Ingleside area seems a little out of the way, development has implications for most Pittwater motorists.

Another major challenge concerning both Pittwater Council and the State Government is economic viability. The costs of land acquisition, internal roads, water supply and sewerage in parts of Ingleside are quite high, and obviously there is a limit to the selling price of residential lots in the completed development, so there is a risk that development of at least part of the area may not be commercially viable. Council staff, in a 2009 report, expressed their concern that Council may have to pay for millions of dollars worth of infrastructure up front and not get their money back for decades, leaving them with crippling debt.

Other concerns that will affect the size and nature of the development are: the effect on water quality in Pittwater and Narrabeen Lagoon; the lack of a reticulated water supply and sewerage system in the area; impacts on native fauna and flora; and the threat of bushfire, which Ingleside has already experienced, the last event being in 1994.

Here is a glimpse, based mainly on reports to Pittwater Council, of what Ingleside may look like in the future if the plans are realised.

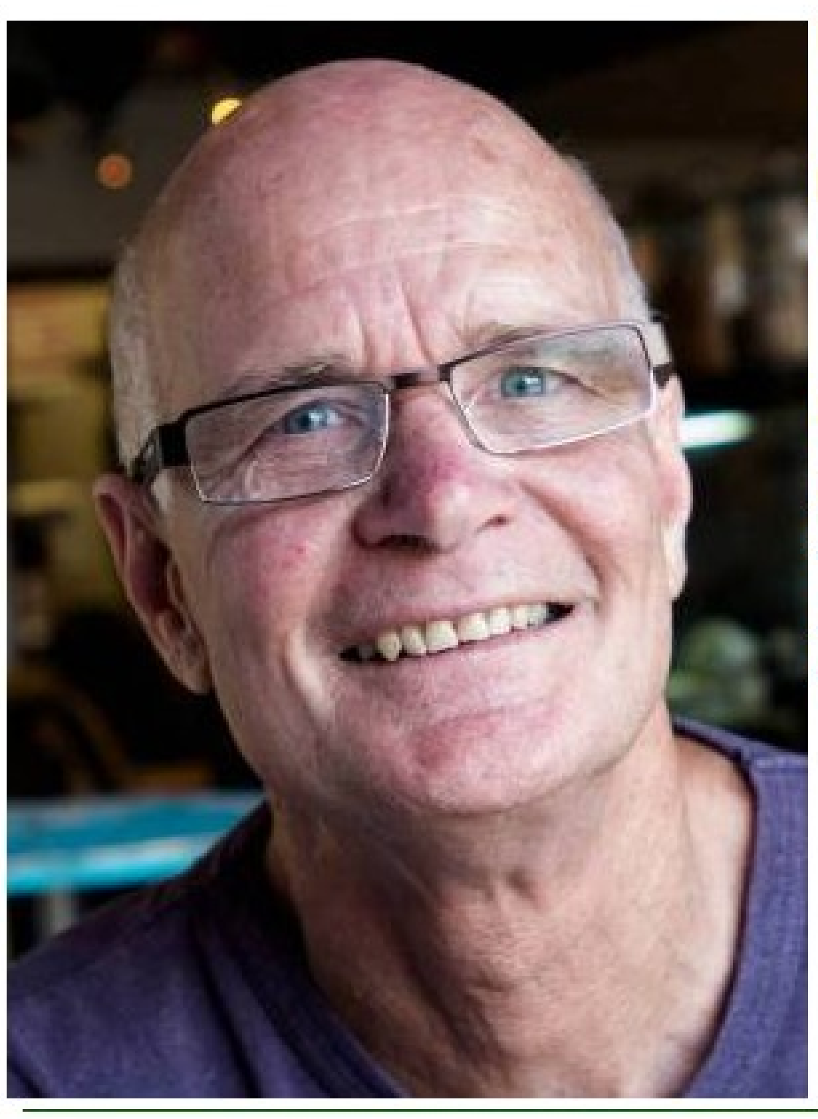


Part of Ingleside might be limited to rural residential lots big enough to allow on-site wastewater management, of maybe one acre minimum size. This would eliminate the cost of providing a sewerage system connected to the Warriewood treatment works. Subject to soil tests to ensure that there will be no polluted wastewater runoff, this form of development is likely to be specified for North Ingleside.

South Ingleside, with its proximity to Elanora, is easier to service and so looks set for more dense urban development - if the Powderworks Road problem can be satisfactorily solved.

The Wirreanda Valley, however, may remain mostly 2 hectare lots, as this is the most expensive area to service.

It is early days yet, with much investigation still to do and many challenges still to overcome. But Pittwater Council and a number of State Government agencies are working hard to ensure that they get it right. They have committed to a community engagement process, so we will hear more about this development as it progresses.



David Palmer: Biographical information

Has lived in Ingleside for 40 years

Is involved with a number of local community and environmental organisations

Has been following the proposed land release since 1991

References

INGLESIDE INVESTIGATION AREA. PRELIMINARY SCOPING REPORT. Pittwater Council. September 2009 (PDF)

Draft Ingleside Chase Reserve Bushfire Management Plan. Prepared by Eco Logical Australia for Pittwater Council. 30 April, 2012. (PDF)

Copyright David Palmer, 2013. All Rights Reserved. Picture of David Palmer by Michael Mannington. Location Photographs by Nick Hill, 2013.

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Shane Phillips Tribal Warrior Evening hosted by Aboriginal Support Group - Manly Warringah Pittwater

The Aboriginal Support Group of Manly-Warringah-Pittwater hosted a very special evening on Monday the 10th of March when speaker, Shane Phillips, CEO of the Tribal Warrior program and 2013 Australian Local Hero Award winner, visited Pittwater to deliver an inspiring address to a large crowd in Mona Vale Memorial Hall. A few quick words with Mr Phillip's before his presentation gave an insight into his work as well as an opportunity to hear about the Clean Slate Without Prejudice Program which was under jeopardy until great news was announced on Friday evening by the ABC that necessary funds have come forward from a generous soul. More funds are needed to keep this program going either through sponsorship or donations but it will keep going, like the stalwarts who developed and maintain it.

Shane Phillips: What we hope to share with the community out here this evening is some information about the work we're doing in Redfern and the inner city area. This is about kids owning and being responsible for their own lives and solutions coming from within the community, that's the key factor. Because we've acknowledged we're responsible for our own actions we can also then own the future. We'll build the future by our selves. By building partnerships within the community, and with *everyone* in the community, we can change lives, one at a time.

How long have you been doing this?

Our Clean Slate program has only been going for three years but the Tribal Warriors have been going for 14 years.

Is this your first time to the Northern Beaches?

No, I've been here a few times. We actually had a Tribal Warrior doing some training up here in Pittwater many times. So we're in this area regularly. It's really nice to be welcomed out here.

From the Tribal Warriors website:

The Tribal Warrior Association is an Indigenous charitable organisation which is involved in a number of successful activities designed to assist and support disadvantaged Aboriginal Youth. We hope to present a creative and ongoing vision for Aboriginal youth by generating self-empowerment, economic stability and cultural affirmation.

Another of the Tribal Warriors clear sighted visions is to get our Aboriginal young adults out in the good salt air as part of their Maritime Training Program. From their website:

Maritime Training - Training disadvantaged Aboriginal youth in maritime qualifications. The Tribal Warrior Association Incorporated is the only Indigenous Maritime Training Company operating within Australia. Our specialised training programs are all via correspondence courses facilitated by a qualified Maritime trainer (OTEN & Western Australia Maritime College).

The Tribal Warrior has successfully trained many skippers who have gained employment and are working boats around Sydney Harbour. One of our former students is now teaching naval personnel small boat sailing skills around the Harbour based at Garden Island. We have trained youth at risk from Inverell TAFE and have other students undergoing courses with us.

We contacted Neil Evers of the Aboriginal Support Group of Manly-Warringah-Pittwater during the week for a comment on Monday evening's presentation;

Shane is so down to earth, so positive it is understandable why the early intervention project 'Clean Slate Without Prejudice' has been so successful. Shane said it is due to the work of this program in engaging with people that the crime rate in the Redfern area has gone down and the health of the ones involved in the program is better. He spoke about his time on the old Tribal Warrior boat and of a trip up to Coffs Harbour that changed his life. Someone had taken the time to mentor and guide him. What a lesson we can all learn from this.

It's people like him we need to close the gap. As Shane said on Monday, the only way is forward and to stay positive. The Tribal Warrior is a working business but the money from that enterprise has been supporting this program at the expense of other projects.

To read more about what Tribal Warrior are doing or to help with a donation to a very deserving cause of empowering our Indigenous youths visit - **http://tribalwarrior.org/get-involved.html**

Neil Evers, ASGMWP.

Report and photo by Michael Mannington, 2013.

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SYDNEYSIDE SONGS.
No. 6.-REVISITINGS.

New ferries swing at Circular Quay,
New motors pack the swarming ways.
We see, but see them not, for we
Gained long ago the Inmost maze.
And hearts that here learned other days
Need little that the new can teach.
Careless what keels be now afloat,
We take, It seems, a phantom boat
For Manly beach.

For us the chattering crowds are not;
Back in our Village by the Sea,
We find some old familiar spot
Where peace, or dreams of peace, may be.
And northward lie, a kingdom free,
Lagoon and headland, mile on mile;
Still Curl Curl laps the lazy spray.
Still swims in blue at Broken Bay
The Lion Isle.

A score of years are shed like leaves;
Again with wondering eyes we grope.
Mist draws us on to golden eves.
Morn wakes us with whole earth for scope.
Here, with a world to win, came Hope,
And drank desire, and doubt, and dread.
Here, here was Fancy's Spanish Main
And middle age finds youth again
By Middle Head.
LANCE FALLAW.

SYDNEYSIDE SONGS. (**1930, May 17**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved March 15, 2013, from http://nla.gov.au/nla.news-article16678655

SYDNEYSIDE SONGS.
NO. 5.-WATERWAYS.

I met a little raindrop
up on the Great Divide
I said, "Good day.
And what's the way
By which you hope to glide?
I guess you'll get a yard or two."
But said the little drop:
'I mean to go to Sydney,
The whole road to Sydney,
And nowhere short of Sydnev
Will I ever, ever stop."

So I laughed, but he left me:
He splashed from his leaf.
And lie met a merry brother.
And they travelled with each other
A grassy road and brief
Down a slope with many more,
Till they found a running brook:
And bank-high for Sydney,
By creek's bed for Sydney,
A brimming band for Sydney
Their pilgrimage they took

Oh, the pert little raindrop.
He swam by himself.
He led the rank.
Thro' Hawkesbury banks.
A racing river elf
Past Windsor and past Wiseman's
Till he came to Broken Bay:
And southward bound for Svdney
Past Lion's Isle to Sydney
(It's rougher now lo Sydney,
And saltier grows the spray.)

And so at last the raindrop.
With many millions more.
Mixed In the sea
Goes rolling free
To break on Sydney shore.
And a proud ship above them.
The North Head past.
Rides the king tide to Sydney,
The hundredth league to Sydney:
So they that fared for Sydney
Are together there at last.
LANCE FALLAW.
SYDNEYSIDE SONGS. (**1930, May 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16688209

INIATE

I saw Australia's self, a spirit serene.
Was it where crowding peaks
Build the last, ridge that seeks
To make a couch on which broad heaven may lean?

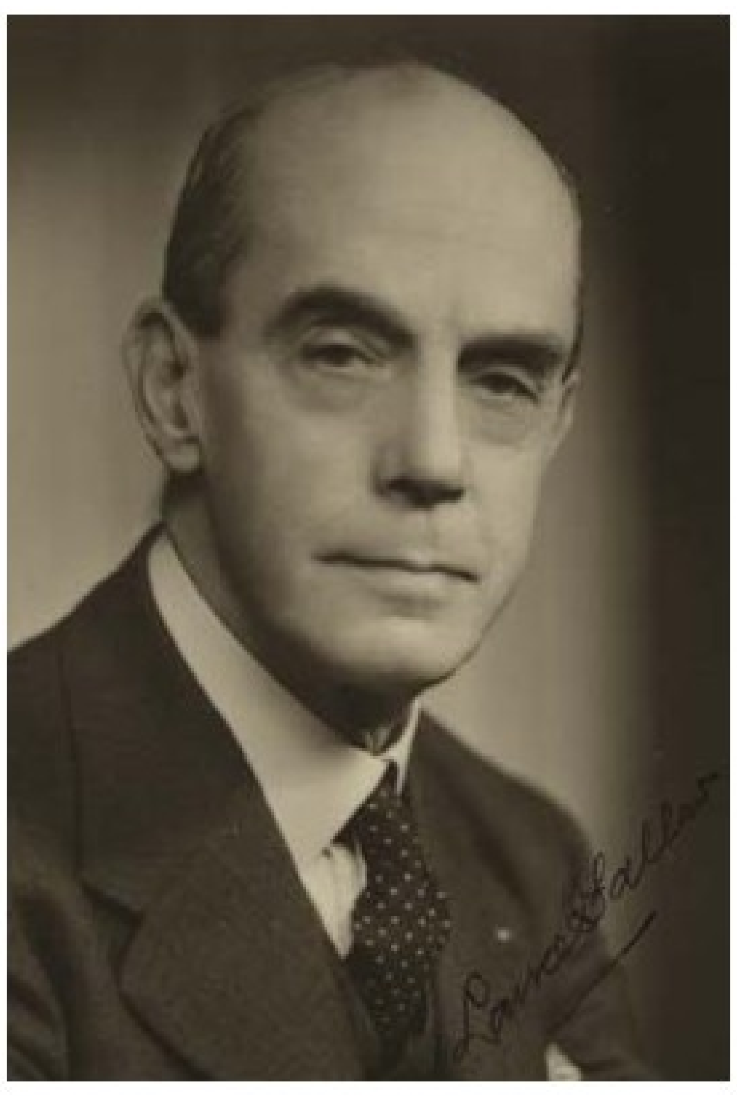
Or where all sky presses the endless plain,
Save for one outlaw hill
Day-long pursued, until
Just as eve dies we catch It by the mane?

Then, as her gaze cut clean into my heart
With sword of stars, I cried:
"Hero must my steps abide,
Lest ever from my soul the spell depart."

But answered me the wind that was her breath:
"Rather go hence, and bear
My accolade everywhere,
Since, having seen, thou knowest me to the death.

"Whether thou seek the silent northern sea,
Or tread the city's ways,
Or thread the bushland's maze,
I and my chosen shall encompass thee.
"No rivers, no wide wastes, no rampant range
Shall sunder those, my sons,
For whom the record runs
Writ In the secret seals that mock at change.

"For all who pledge their troth to bear my gage
Have sign before them set,
Nor ever shall one forget
How great my house, how large Its heritage."
LANCE FALLAW.
INITIATE. (**1932, September 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article16911047



Lance Fallaw (1876-1959), born Gateshead, England, joined the staff of the Rockhampton Daily Record in 1908 after a period as a newspaperman in South Africa. He was later editor of the Charters Towers Telegraph, Cairns Post, Geelong Advertiser and associate editor of the Sydney Morning Herald (1929-1936). He published a collection of verse, Silverleaf and Oak (1906), before he arrived in Queensland; later volumes of poetry were The Ampler Sky (1909), Unending Ways (1926) and Hostage and Survival (1939). JOURNALISTS; LUNCHEON.

Mr. Lance Fallaw (president of the N.S.W. Institute of Journalists) and Mrs. Fallaw,who are about to leave Sydney on a tripabroad, will to-day be entertained at luncheon by the institute at Farmer's. JOURNALISTS' LUNCHEON. (1937, February 26). The Sydney Morning Herald (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article17299405

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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Articles This Week

- Adrenalin 360 Surf and Skate Competition at Avalon
- Palm Beach Sailing Club's 2013 Bullets Regatta
- RPAYC Club Marine Sail Expo
- Give - Get Given Asparagus Fern Out Day at Barrenjoey
- INGLESIDE LAND RELEASE ON AGAIN BUT MANY CHALLENGES AHEAD by David Palmer
- ASGMWP Tribal Warrior Evening by Michael Mannington
- Pictures: **Action!: Bullets Regatta at Palm Beach, Grom Comp at Avalon, RPAYC 2013 Club Marine Sail Expo**
- Profile of the Week: **March 2013 - a celebration of Pittwater Ladies- Gemma Rasdall, talented artist with a ken for all things nautical, competitive sailor, Uni student**
- History: **March 2013 - Pittwater Gentlemen: Mark Foy of The Cabin, Bay View- initiator of handicap rules in sailing, motor boat cruising, saver of spotted gums and horse racing on the side when you're opening a new shop anywhere! The development of silk mercers and drapers in colonial Australia, catamarans and ensuring everyone gets to sail**
- Artist of the Month for March 2013: **Stephanie Brown-** Extraordinary Portrait Artist, teacher, champion of Volunteers with a genuine respect for the artistry of children too allows us to share a few of her wonderful creations with you
- DIY Hints: How to winter proof your lawn! By Paul Johnson
- Collector's Corner:

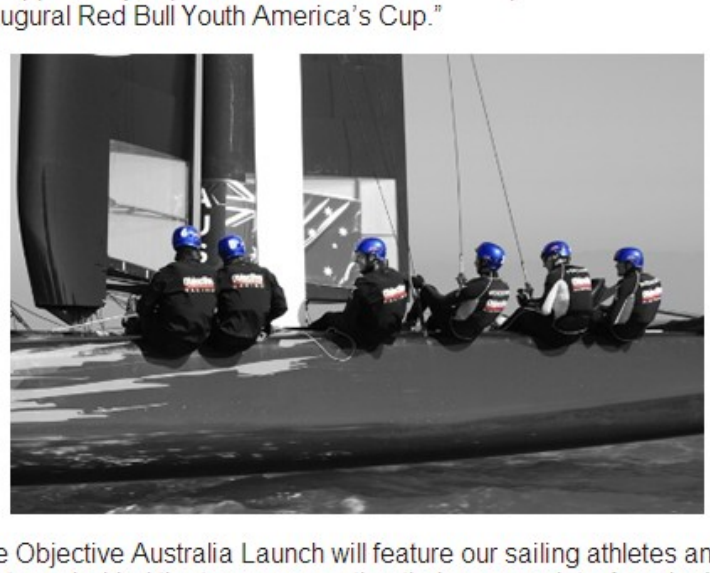
Objective Australia Youth America's Cup Campaign Launch to be held on Saturday 23 March at the Royal Prince Alfred Yacht Club

Objective Australia, the Australian team competing for the inaugural Red Bull Youth America's Cup will have its official campaign launch at the Royal Prince Alfred Yacht Club (RPAYC) Newport on Saturday 23 March at 5:30pm. Objective Australia is the first Australian team compete for America's Cup success in over a decade and will be competing against seven other nations in September 2013.

The Objective Australia team is comprised of the cream of 19-25 year old Australian sailors, many of whom are campaigning towards the 2016 Olympics and other major sailing championships. The nine member Team features Jason Waterhouse (NSW), Josh McKnight (NSW), Tom Burton (NSW), Jordan Reece (NSW), Oliver Tweddell (VIC), Luke Parkinson (WA), Keiran Searle (NSW), James Wierzbowski (VIC) and Ted Hackney (NSW).

The team qualified for this event in recent trials conducted in San Francisco.

Tony Walls, Team Principal, Objective Australia said, "Objective Australia's selection as the National team for Youth America's Cup confirms that Australia has some of the most talented young sailing athletes in the world. We are thrilled to be able to provide them with the opportunity to pursue their dreams and compete for the inaugural Red Bull Youth America's Cup."



The Objective Australia Launch will feature our sailing athletes and the team behind the team; presenting their approach to America's Cup success; discussing their insights into the professionalism, skills and the drive required to sail one of the most exciting and challenging sailing machines – the AC45.

The RPAYC in Newport is the home of Objective Australia's Youth America's Cup campaign. While many previous America's Cup athletes have come from the Alfreds, this is the first time that it has been the home of an America's Cup campaign. The event is open to the Northern Beaches community and will be followed by the Team signing posters and taking photos with our supporters at the launch.

Royal Prince Alfred Yacht Club, 16 Mitala Street, Newport NSW 2106

Photos: Objective Australia Youth America's Cup Team - © ACEA / Photo Gilles Martin-Raget

Email scam warning - **from Australia Post, 13 March 2013**

We have been notified of a number of fraudulent emails being sent to customers, claiming to be from Australia Post. If you receive one of the following in your inbox, please delete it immediately:

•An email with the title '**Receive Free Gift**' - this email contains a link to a phishing website

•An email with the title '**Track Advice Notification: Consignment XXXXXXXXX**' - this email may contain a PDF file which is possibly infected by a virus (standard Australia Post tracking notifications do not contain an attachment)

Find out more about online security, scams and frauds and how you can help protect yourself in future.

Australian National Maritime Museum Rescue Exhibition

A new exhibition has opened Saturday 16th of March at the Australian National Maritime Museum and offers a special discount to all those who give their time, energy and selves to look after others in our community. From their website:

Calling our heroes

We invite the personnel and families from the following organisations to enjoy Rescue for 40% off the Big Ticket for the duration of the exhibition. Identification must be presented at the museum ticket desks to redeem the offer.

Eligible organisations include: NSW Police, Marine Rescue NSW, Maritime Services NSW, Surf Life Savers, professional lifeguards, SES, Australian Red Cross, Fire and Rescue NSW, Rural Fire Service, AMSA, St John Ambulance, and Ambulance of Service NSW.

The exhibition runs until July 14, 2013 and includes exciting hands-on and full body experiences such as fire-fighting, surf rescue and real life survival, whilst comprehensive graphic panels communicate the technology and techniques that rescuers use.
More **HERE**

A national cultural policy for a Creative Australia -13 March 2013 – Federal Government Media Release

Creative Australia, the new national cultural policy, will create jobs and encourage a new generation of artists and creative industry business with sweeping reforms to Australian Government support for the arts, cultural heritage and creative industries.

Arts Minister Simon Crean today launched Creative Australia, a $235 million vision and strategy to place arts and culture at the centre of modern Australian life.

"Creative Australia is about creating excellence, creating jobs, creating prosperity, creating opportunity and creating unique Australian stories—all vital to an outward looking, competitive and confident nation," Mr Crean said. "I've long held a passion for the arts. It's not just the enjoyment they bring, I see the artist as central to us a nation and to securing its future.

"Creative Australia, the first national cultural policy for nearly 20 years, recognises that we must update our strategies because of the major changes sweeping through the cultural sector with digital communication and because more and more Australians are actively participating in cultural activities.

"The cultural sector—the arts, cultural heritage and the creative industries—must have the skills, resources, and resilience to play an active role in Australia's future. Australia must be a creative nation that spurs innovation, creates jobs for the 21st century and shapes a future of prosperity and shared opportunity.

"In 2011, the cultural workforce represented 5.3 per cent of the workforce and Census data shows that creative services employment is one of the fastest growing areas as the economy digitises. There's a social dividend in investing in the cultural sectors with the return in strengthening our underlying values of inclusiveness, openness and democratic practice. There's another benefit to the nation from investing in the arts and artists to build a rich cultural life: the economic dividend. A creative nation is a productive nation."

Creative Australia sets a long term agenda for cultural growth centred around five core goals with 11 pathways for action that provide a strategic framework to drive our national creative capacity

It will guide funding and support, recognise the centrality of Aboriginal and Torres Strait Islander cultures in national life, encourage creative expression, recognise the role of the artist and connect the arts to national life for a social and economic dividend.

"The Australian Government will immediately implement structural reforms to the Australia Council. These are the most significant since its creation 40 years ago at a time when the arts were only beginning to realise their potential," Mr Crean said.

"I will be introducing new legislation into Parliament next week, which will be backed by an investment of $75.3 million in new funding for the Australia Council over four years.

"The Australia Council will be a more responsive funding body with a clear mandate to support and promote a vibrant and distinctively Australian creative arts practice, and have a new emphasis on independent peer-assessed grants to recognise and build artistic excellence.

"We will provide $8.6 million in additional new funding to Creative Partnerships Australia to build partnerships between artists, business and private donors to build a new culture of giving in Australia.

"Partnership across all levels of government will be strengthened with the finalisation next month of a National Arts and Culture Accord with state, territory and local government.

"As every Australian student gains a universal arts education with the implementation of the Australian Curriculum: the Arts, the Government will invest in building links to training with $20.8 million of new funding for Australia's arts training organisations over four years for the highest achieving.

"As well as this **$8.1 million for the Creative Young Stars Program will be made available in every Australian community** with grants for participation in national competitions and training. We will also extend the successful AFL SportsReady program to engage students in learning through ArtsReady.

"There's also an additional $10 million to support digital production and augment Screen Australia's development of multiplatform programs and distribution.

"This new screen funding, along with our previous commitment of $20 million for the creation of an Australian Interactive Games Fund, is about the development and distribution of Australian content in the context of this technological revolution and builds on the Convergence Review recommendations.

"The Government also commits to increase Australia's competitiveness as a world-class filming destination with a further $20 million incentive to bring international production to our shores.

"This is as a precursor to an increase in the Location Offset should the Australian dollar remain high. This new incentive fund is in addition to our investment in securing The Wolverine, and the current negotiations with Disney to secure 20,000 Leagues Under the Sea: Captain Nemo."

We know young people are passionate about their music, design and the arts as they are about sport—we are giving them real opportunities to train for jobs in rapidly growing service and creative industries which build on this passion.

"I am very proud to release Creative Australia—a national cultural policy that is all about creating excellence, creating jobs, creating prosperity, creating opportunity and creating unique Australian stories," he said.

Read the full suite of Pathways for Action and initiatives in Creative Australia: creativeaustraliaculture.arts.gov.au

NBI Respite, Recreation, Support

We've been introduced to a new blog http://voice.aussieblogs.com.au/ written by a Psychologist and mother of a child with Cerebral Palsy. The blog aims to provide information and support to parents and carers of people with a disability. Check it out!

Club Palm Beach - Palm Beach RSL

Attention all smart phone users... Download our FREE mobile APP, It looks great and it will keep you up to date with our latest news, promotions, meal deals, drink deals and so much more.

New Club Palm Beach Facebook Page

Surf Life Saving Sydney - Northern Beaches

SurfCom Warringah Rescue Base located at Long Reef Headland is on the look out for new radio operators. The base covers the Radio communications for Surf Life Saving Sydney Northern Beaches and Surf Life Saving Illawarra. The base also has the capabilities to provide radio communications for the entire Surf Life Saving NSW Radio Network as required from time to time.

You don't need to be a lifesaver or hold a bronze medallion to be a operator. All required training will be provided. If you are interested please email us at surfcom@surflifesaving.net.au

Sydney Northern Beaches Symphonic Wind Ensemble is hosting two exciting concerts at Pittwater High School, Mona Street, Mona Vale.

The first, **Sunday 24th March at 3.00 pm**, features two guest bands, one being local Warringah Concert Brass C grade Band. Tickets $10 adults, $5 concession, $25 family.

The second, **Thursday 4th April at 7.00 pm**, features Manly West Public School, Bilgola Public School and the adult Manly District Band. Tickets $5 Adult, $3 concession, $10 family.

Sydney Northern Beaches Symphonic Wind Ensemble is a local adult community band which rehearses at Pittwater High School every Thursday night at 7.30pm during school term times. We welcome experienced professional and amateur adult musicians and we provide a concert platform for other local school and community adult bands at the end of each term. The ticket prices we charge just cover our costs.

Come along and enjoy these aspiring young, mature and older musicians performances. Further details, 9999 0655 or 0414 560 263, Tickets at door on day of concert.

YOUR INVITATION TO THE TWO DAY LEVEL 1 WORKSHOP

AUSTRALIAN BUSH FLOWERS - 2-DAY LEVEL ONE WORKSHOP in Sydney - 23rd & 24th March 2013 - Lecturer: Ian White

You can discover the healing qualities of the Australian Bush. Don't miss this opportunity to:

Become competent and confident in using the Bush Essences; Learn the history and philosophy of Flower Essences; Gain new insights into nature, the plant kingdom and yourself; Understand how emotional patterns affect you; Learn how to powerfully, yet gently change these patterns and improve the quality of your life; Receive the most up to date in depth information on the research and development of Flower Essences; Discover new tools to meet and resolve life's challenges, crises and family issues; Discover how to enhance self-esteem and self-confidence; Enjoy a stunning visual presentation of the flowers used to make the Essences as well as the diverse regions of Australia in which they grow; Actively participate in a bush walk, flower meditation and outdoor intuitive art process; Learn the ancient metaphysical teachings of the four elemental personality types and their corresponding Essences; Learn how to make a Flower Essence as well as prescribe the Australian Bush Flower Essences; Master how to identify and clear negative subconscious sabotage programs.

Venue: Kamaroi Rudolf Steiner School, 220 Forest Way, Belrose NSW. Date & Time: Saturday 23rd and Sunday 24th March 2013, 9.30am to 6.00pm. Registration: 9.00am

Contact Sharon Selvage. Phone: (02) 9450 1388 bh. Fax: (02) 9450 2866. Email: uschi@ausflowers.com.au

Cost: $295 thereafter (Prices include morning/afternoon tea and 10% GST.).

Like some good news?

Well, I have found a drop off spot for the many people who have asked where they may leave scarves for "look good, feel better" for cancer (Particularly for people who are having chemotherapy treatment, with hair loss). The support comes from Di and Jim Langford of OneAgency Langford Property, Real Estate. The Address: 4/55 Old Barrenjoey Road , Avalon Beach (The office is located in the Angophora Arcade, next to the Avalon Recreation Centre). Phone: 9918 7888

The Langfords are long time supporters for many years of our local community organisations. "*Once a boy scout, always a scout.*" - Thank you Jim, Di, and Family.

Scarves may be pre-loved or new, bandana, square or rectangle. Ask friends and neighbours that are moving or downsizing also. The scarves can be delivered to Jim and Di's office at the above address.

Some donations of scarves have come from RSL Clubs, Girl Guides, Women of the Year, Zonta, Schools, Students, Strangers and Children. Making in total, from this area, more than 1200 scarves for about 150 centres that help people to 'look good and feel better' and have a change of headwear.

Watch this space for more details of this mainly voluntary organisation, that have lifted the spirits of thousands of women (mainly).

Thank you,
Doreen Cherry
(PO Box 369 , Avalon Beach NSW 2107)

A letter from Joanne Meehan, State Program Manager of '**Look Good…Feel Better**' says it all:

"On behalf of the 'Look good… Feel Better' program and the many women cancer patients we help, I wish to extend this huge thank you to you and your members for the scarves you sent. I will distribute them to the NSW workshops; I know the feedback will be one of appreciation and gratitude. I'm sure you would understand the monotony of wearing the same head dress day in and day out, receiving the scarves from your ladies will be a very welcome change for the patients.
Thank you so much for your generosity of spirit and time, it is much appreciated."

Picture at top is of Doreen (front) with Stephanie, Lola and Di Langford.

Better Planning Network - BPN

The White Paper on proposed changes to NSW Planning Law is due for release in March. Are you able to act on this one? Could you write to or email all NSW Cabinet Ministers ?

Click here to see the points you could choose from to make. With the imminent release of the White Paper on NSW Planning Law and the accompanying draft planning legislation, we have one last opportunity to influence the contents of these documents.

We know that before their release (some time in March), the White Paper and draft legislation will need to be discussed and endorsed by the NSW Cabinet (ie - all current NSW Ministers). The White Paper and the draft legislation cannot be released until they have Cabinet endorsement. We can influence this process and you have a powerful opportunity to do 2 things:
1/ Write/email/phone all NSW Cabinet members and make your views known as individuals and as local community groups; and
2/ If your state MP is a member of the Liberal party- write/email/phone them as well, and make your views known.

We must make our message clear to politicians! If you have not got the time for a letter (and even if you do), you can also:
- Email them some key bullet points
- Phone them; or
- Send a Votergram. A Votergram is a 100 word message instantly delivered to all State MPs - http://www.fairgo.org/campaigns.htm .

Don't under-estimate the power of writing/emailing/phoning as an individual. Politicians can sometimes dismiss groups as 'interest-based lobbies' but they see all individuals as voters. To ensure maximum benefit and influence on the White Paper and draft legislation, we need to act ASAP and before 5 March at the latest.

It is much, much easier to influence outcomes before the White Paper is released than afterwards, and it is therefore essential that we take up this opportunity.

Judith Bennett
Friends of Narrabeen Lagoon Catchment

CONSULTATION BEGINS ON NEW LOCAL ENVIRONMENTAL PLAN

One of the Council's biggest consultation projects will get underway this month as Pittwater prepares its new Local Environmental Plan. The Plan, more commonly known as the Pittwater LEP, is the guiding document for development in Pittwater. Along with all other NSW Councils, Pittwater has been asked by the state government to create a new LEP.

The state government's aim is to have all councils follow a standard template for planning across the state. Pittwater's new LEP is intended as a translation of the current LEP into the state government's standard template.

Mayor Jacqui Townsend believes the new LEP will make it easier for people to understand what they can do on their land.

"We see community consultation on the new LEP integral to the process and will spend the next few months explaining what the LEP is and how it will affect residents," she said.

The new LEP will have standard definitions and land use zones, created by the state government. The Council will apply these standard definitions and land use zones to the Pittwater area.

Mayor Townsend said it is imperative that the new LEP when completed, 'maintains the quality of our built and natural environments, while effectively managing the challenges of Pittwater's natural hazards.'

General Manager Mark Ferguson said the new LEP would bring changes for Pittwater. "Nonetheless we'll spend the next couple of months explaining the changes and how they will affect residents."

He said the new LEP would be publicly exhibited twice before its final format is decided. "The first exhibition is from now until May and public feedback will be reported to the Council before the second exhibition after that."

The new LEP will be on public exhibition from 16 March 2013 to 10 May. It is available on the Council's website at www.pittwater.nsw.gov.au/LEP and at Council customer service centres and libraries at Avalon and Mona Vale.

Residents will be able to find out more information on the LEP and discuss their property with Council's strategic planners by attending information sessions, or booking an appointment on a scheduled day. All residents will be notified of when these information sessions will be held.

FUN AUTUMN HOLIDAY ACTIVITIES FOR KIDS

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of an exciting autumn holiday program for kids. Kids on the Coast offers healthy and fun outdoor activities **for 5 to 12 year olds** from **Monday 15 to Friday 26 April 2013.**

A new activity includes Underwater Gardens where kids will have the chance to explore the wonderful world of sea plants by viewing them on the rock platform, then examining them under a microscope. Alternatively become a Marine biologist for a day by discovering the fascinating creatures inhabiting our oceans and shores. Or become an Eco ranger by getting involved in fun environmental projects such as bush regeneration and water quality testing.

Council's Natural Environment & Education Manager Mark Beharrell said the program encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Beharrell.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from 10am to 3pm at $55 per child, (for standard activities) which includes supervision between sessions (BYO lunch).

The Kids on the Coast program was awarded top prize in the 2011 Northern Beaches Local Business Awards for 'Outstanding Education Service'.

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance.

Book online at www.pittwater.nsw.gov.au/ceckids or for more information call 1300 000 CEC (232).

TECHNOLOGY DROP IN SESSIONS

Mona Vale library will be hosting a number of free technology drop-in sessions on Monday nights throughout the year during school terms. The sessions, being run from 5pm – 6pm will provide insight and answer nagging questions users may have on using iPads, mobile / smart phones and Kindles. The drop-in sessions are suitable for residents of any age.

"They're ideal for people who may have a question about their device and just didn't know who to ask," said Council's event coordinator Sarah Thompson.

The drop-in sessions will be run by volunteers from the Duke of Edinburgh Award Scheme, who will be on hand to give expert advice. Mona Vale Library has supported The Duke of Edinburgh program for over five years, and in recent years the number of volunteers from the scheme assisting at the library has grown substantially.

Ms Thompson said the idea behind the drop-in technology sessions was to provide accessible learning opportunities to everyone in the Pittwater community.

"Previously we've run the drop-in days and they were very popular. The one hour sessions provides a quick opportunity for people come along and have their questions answered."

Participants should bring along their devices and their questions to the sessions. Participants should call the library on 9970 1600 to confirm their place at a session.

BUSINESSES WANTED FOR CAREER EXPO

Pittwater and Warringah Councils along with the Northern Beaches Business Enterprise Network are inviting local businesses to be part of this year's Northern Beaches Career Expo at Miramare Gardens, Terrey Hills. The Expo which **runs from 16 to 18 May is inviting businesses to exhibit on the Saturday from 8am to 3pm** when young people and parents can visit to explore and discuss local job and training opportunities.

Regional Economic Development Coordinator Paul William-Smith said this is the first time we are offering businesses the chance to showcase their career and training opportunities available to young people across the northern beaches.

"This is a great opportunity for businesses to target local young people who are considering job opportunities post high school. Whilst many young people attend university following high school, that pathway is not for everyone," said Mr William-Smith. "This expo will give business the chance to promote real jobs, both skilled and unskilled positions, as well as apprenticeship and training opportunities.

Mr William-Smith said that the economic development plans for the region highlighted the need to develop a strong local economy that builds on a locally-based skilled workforce which will help to reduce the 'brain drain' from our region.

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

Exhibitors are encouraged to take advantage of the early bird discount of $100 stall space (normally $150). For more information or to book visit www.nbben.com or call 9942 2233

DOG BEHAVIOUR WORKSHOP

Pittwater's dog owners are invited to a free workshop on training and behavioural issues.

The two-hour workshop, hosted by dog expert and elite dog trainer Steve Austin will provide owners with tips on dealing with aggressive pets, behavioural problems, excessive barking and the importance of training. With each owner having individual needs, environmental education officer Emma Mackay said extra time would be set aside to deal with tricky questions.

"We'd like owners who register for the workshop to email us beforehand with questions about their pet," she said. "This allows our trainer and facilitator to address the participant's needs individually and provide them with answers specifically for their situation," added Ms Mackay.

The free workshop is on **Tuesday 26 March at the Newport Community Centre, 11-13 The Boulevarde, Newport between 6.30pm and 8.30pm.**

Topics covered in the workshop include dealing with aggressive dogs – avoidance and response, controlling barking; simple command training; exercising your dog, preventing roaming by dogs and how to be a responsible owner.

Places are limited so please phone 9970 1194 or email us at eceducation_team@pittwater.nsw.gov.au to book your place and send in your questions. Please note also that the workshop is for dog-owners only, please leave your pets at home.

MOVIE NIGHTS AT MONA VALE LIBRARY

Relive some memorable moments from two classic movies at Mona Vale Library this autumn. Residents of all ages are invited to attend the free screenings during March and April.

On April 17, the young and the young at heart can enjoy the original 1968 film about the musical car 'Chitty Chitty Bang Bang' from 6.30pm.

This entertaining musical tells the story of a wacky professor who invents a musical car! When a foreign government becomes interested in it, they resort to underhanded tricks to get their hands on it. Dick Van Dyke leads the cast as the weird inventor Caractacus, in this amusing tale adapted loosely from Ian Fleming's book Chitty Chitty Bang-Bang: The Magical Car.

Mona Vale Library's Manager, Cathy Howie said the movie nights are guaranteed entertainment. "They are also a great way of reminding residents of our extensive DVD collection that can be borrowed free-of-charge!"

"We held a number of film nights over the summer months that proved to be very popular with residents of all ages, so we decided to continue them," said Ms Howie.

Ms Howie reminded residents that the library is more than just a place to borrow books. "It's a community facility where people can go to learn, listen to authors, read, access the internet or simply meet and enjoy a movie together."

Bookings for the movies can be made at the front desk at Mona Vale library or by phoning

9970 1600. Refreshments will be available for purchase during the screening.

FOOD & WINE FAIR ONLINE COMPETITION

Foodies and wine-lovers can win a degustation lunch for four people in the Hunter Valley and a private winery tour as part of the 2013 Pittwater Food and Wine Fair. Other great prizes include a two-night stay at Currawong Cottages for four people, a case of First Creek Chardonnay and a delicious hamper of goodies.
The online competition will be open until the May event with entries limited to one per person. Visit www.pittwater.nsw.gov.au/foodandwinefair to submit an entry.
Winners will be drawn at the Fair on Sunday 5 May and to be eligible for a prize in the competition, you must attend the fair and place your ticket in the barrel.
Now in its fourth year, the Food and Wine Fair will be held at picturesque setting of Winnererremy Bay Reserve in Mona Vale. Mayor Jacqueline Townsend said this year's fair would not only have an array of wines and food on offer, but would also include a Volunteer Expo and a 'sustainability lane' of eco-stalls.
"The expo will profile all the different volunteering opportunities that exist across the fields of community transport, childcare and home care," she said. "If people are keen to volunteer but not sure how, we'll be providing a skill matching service at the expo that will highlight potential areas where you could be suited.
"Visitors are also invited to take a trip down 'sustainability lane' where they will be able to pick up useful tips on living more sustainably, how to save energy and ultimately help to protect our precious environment," said Cr Townsend. "The popular native plant give-away will also feature at the fair with advice available from experts on selecting the best species for your garden," added Cr Townsend.
The Food & Wine Fair will be located next to the children's playground at Winnererremy Bay. Residents and visitors are invited to come along and sample fine Australian wines from boutique and classic wine stalls and enjoy tasty gourmet foods and live music. Other stalls will be offering freshly baked breads, biscuits, cakes, olive oils, roasted nuts, jams and chutneys. A variety of hot food will also be available. Music will be played throughout the day from the stage area by the Kristen Lanesbury Band and 2 Shots Classic Rock Band.

The fair is proudly sponsored by URM, McWilliams Mt Pleasant, Hunter Valley and Currawong Beach Cottages and supported by Cooks Lot, Lizottes and First Creek Wines.
Winnererremy Bay Reserve is located at Mona Street, Mona Vale. For more information about the Food & Wine Fair, contact Nikki Griffith on 9970 1355 or visit www.pittwater.nsw.gov.au/foodandwinefair

PLANNING PROCESS FOR INGLESIDE

Pittwater Council has accepted an invitation by the NSW Department of Planning to participate in a 'precinct planning' process for the Ingleside area. According to Mayor Jacqui Townsend, the precinct planning process is 'a significant opportunity for the Council to work closely with the state government in managing an orderly release of land in Ingleside.'

"Last night's unanimous decision to participate in the process is the result of lengthy negotiations between the Council, the government and landowners to resolve the development question for Ingleside," she said.

Mayor Townsend said the process was already used in other land release areas in south west and north west Sydney and would be the first time it had been used in the northern Sydney region to address a major land release. "The outcome of the precinct planning process is to rezone land in a holistic way involving multiple government agencies and taking account of infrastructure and service needs for any new development," she said.

She said that once the process was completed, complementary planning controls would be prepared for Pittwater's new Local Environmental Plan and corresponding Development Control Plan, as well as a developer contributions plan for funding and a delivery program of infrastructure and services.

The Council also decided last night to ensure extensive community consultation was an important part of the precinct planning process from the outset.

"We have already set up an email address so residents can be informed of progress on the planning process and also write in with their questions about future development in Ingleside," said Mayor Townsend. The Mayor said that Ingleside landowners had been notified of the precinct planning process and would also have the opportunity to be thoroughly involved.

She said the agreement between the Council and the NSW government would take account of the expected infrastructure needs to be provided by all levels of government.

"It will take a combination of relevant government agencies to deal with issues such as bushfire, flooding and of course traffic along Powderworks Road and Mona Vale Road. I would like to thank Minister Hazzard for this significant opportunity for the Council to work with the state government in managing a major land release in the area."

The email address for enquiries about the precinct planning process in Ingleside is inglesiderelease@pittwater.nsw.gov.au

'LIVE LIFE' IN SENIORS WEEK

An historical walk and internet training are just part of a host of free activities taking place in Pittwater during March for this year's Seniors Week. Mayor Jacqueline Townsend said that as a commitment to older residents, Pittwater Council would be supporting Seniors Week throughout March.

The theme for this year is 'Live Life' and the Council's Community Development Coordinator Melinda Hewitt said that the range of events on offer will give participants a chance to do exactly that!

"We have a mix of groups such as seniors clubs and community organisations working with us to provide free activities that will offer something for everyone," said Ms Hewitt. "One of the highlights of this year's program is an open day at the Nelson Heather Centre with a fun fashion parade and a chance to sample a delicious two-course lunch provided by the Northern Beaches Food Service," she said.

Some of the other activities include:
Small group sessions for internet training will take place at Mona Vale Library starting Monday 18 March. Bookings essential: 9970 1600.

Fun sessions by U3A including a behind-the-scenes look at the successful TV series Skippy the superstar and a chance to explore the history of theatre. Enquiries: 9982 3450.
A trip to the beautiful Pittwater YHA overlooking Morning Bay on Thursday 21 March. Enjoy a morning tea and the chance to win an afternoon of kayaking by sharing a memorable travel story. Enquiries: 9999 5748.
Sailing for beginners with Sailability Pittwater on Wednesday 3 April from 1pm to 4pm. Crew with an experienced sailor in a safe and unsinkable dinghy. Enquiries: 9451 9074.

The Pittwater Seniors Week program will be available free-of-charge from Council's customer service centres, libraries and community centres from Wednesday 20 February 2013. The program can also be downloaded at www.pittwater.nsw.gov.au/seniorsweek For details of events across NSW visit www.nswseniorsweek.com.au For more information about Seniors Week in Pittwater call 9970 1181.

Vaccination Recommended for Pet Rabbits

Pittwater Council is encouraging residents with pet rabbits to vaccinate their animals prior to the planned release of the calicivirus at the end of March. The release of calicivirus is part of a regional program across northern Sydney in which Pittwater Council is participating to control feral rabbits.

Cumberland Livestock Health and Pest Authority (LHPA) Ranger, Steve Parker said the calicivirus was an effective control tool for populations of wild rabbits around urban areas where traditional control methods such as poisons or fumigants may not be appropriate.

Pittwater Council's Natural Environment and Education Manager, Mark Beharrell said the release of the virus is expected to take place towards the end of March but would depend on favourable weather conditions.

"**The release of the virus will take place in Autumn** which is considered to be the most suitable time of the year to get an effective result," said Mr Beharrell. "Feral rabbits are particularly concentrated on our headland reserves, where we have seen a considerable amount of land degradation," he said.
"However, feral rabbits can also be found in smaller bushland reserves, on golf courses and sporting fields where they cause significant damage to native vegetation and grounds and even weaken building foundations," said Mr Beharrell.

Cumberland LHPA Ranger, Steve Parker reassured residents, that there was no specific evidence that the rabbit calicivirus infects other animals or humans.
"Owners of rabbits should consult with their vet regarding a suitable vaccination program to protect their pet," added Mr Beharrell. For information on rabbit control visit www.pittwater.nsw.gov.au/rabbitcontrol

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 April 7th, 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.

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

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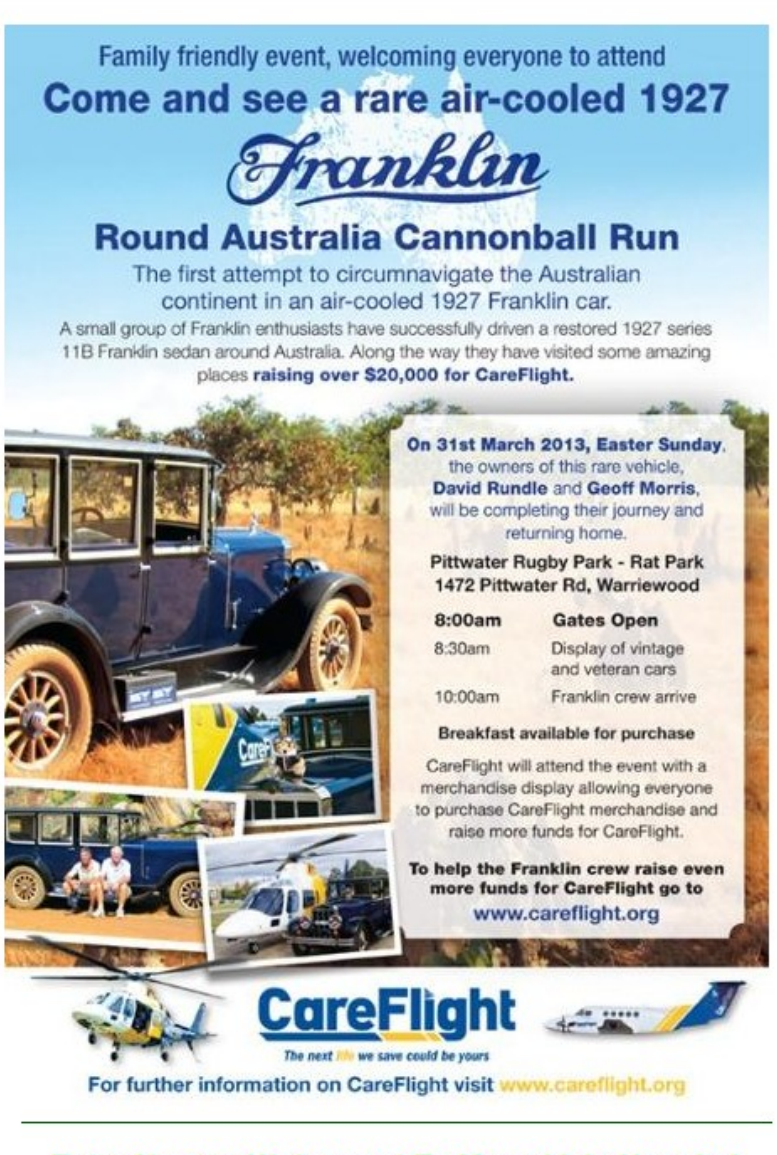


Family friendly event, welcoming everyone to attend
Come and see a rare air-cooled 1927
Franklin
Round Australia Cannonball Run
The first attempt to circumnavigate the Australian continent in an air-cooled 1927 Franklin car.
A small group of Franklin enthusiasts have successfully driven a restored 1927 series 11B Franklin sedan around Australia. Along the way they have visited some amazing places **raising over $20,000 for CareFlight.**

On 31st March 2013, Easter Sunday, the owners of this rare vehicle, **David Rundle** and **Geoff Morris,** will be completing their journey and returning home.
Pittwater Rugby Park - Rat Park
1472 Pittwater Rd, Warriewood

8:00am	**Gates Open**
8:30am	Display of vintage and veteran cars
10:00am	Franklin crew arrive

Breakfast available for purchase
CareFlight will attend the event with a merchandise display allowing everyone to purchase CareFlight merchandise and raise more funds for CareFlight.
To help the Franklin crew raise even more funds for CareFlight go to www.careflight.org
CareFlight
The next life we save could be yours
For further information on CareFlight visit www.careflight.org

Extra Nurses Welcomed To Mona Vale Hospital - March 15, 2013

Member for Pittwater Rob Stokes today welcomed Mona Vale Hospital's newest nursing graduates at the Northern Beaches Health Service's orientation morning at Manly Hospital.

25 graduate nurses have been secured to begin work at Mona Vale Hospital this year in response to increasing demands being placed upon local health services.

Manly Hospital is also earmarked to receive 18 new nurse graduates this year, whilst the Northern Beaches Health Service, encompassing both Mona Vale and Manly Hospitals, will receive 2 extra midwives and 2 extra mental health nurses.

Today's orientation session was the second of the year and involved 9 nursing graduates commencing at Mona Vale Hospital next week, and 12 commencing at Manly Hospital.

"Extra nurses are vital to help respond to the increasing demands Mona Vale Hospital is coming under," Rob Stokes said today. "Nurses are unquestionably the pillars of our local hospital and do an outstanding job under tiring and often difficult conditions.

"These graduates will join our fantastic team of local nurses and help contribute to the continuing improvements currently underway at Mona Vale Hospital.

"In recent years our community has welcomed dozens of nursing graduates and I'm delighted this is continuing.

"These graduates are highly skilled and enthusiastic and will provide a welcome boost to patient care.

"I was delighted to welcome our newest nurses and look forward to seeing them on our hospital wards over coming weeks," Rob Stokes said.

COMMUNITY REPRESENTATION SOUGHT

Pittwater Council is seeking expressions of interest from residents who wish to participate in one of four community reference groups. Reference groups are made up of residents, Councillors and council staff and look at issues affecting the Pittwater community.

Mayor Jacqueline Townsend said the groups were open to individuals, members of registered community groups and representatives from community organisations.

"We recognise that Pittwater residents can make a worthwhile contribution through these groups. They are a very important component of our consultation framework," said Mayor Townsend.

Reference group meetings are held quarterly and members are appointed for a period of two years. Positions on the groups are voluntary. Mayor Townsend said the Council was keen to have the community to play an active role in assisting them to progress the Community Strategic Plan Pittwater 2025.

The groups have been renamed to reflect the key directions of Pittwater 2025. They are:

Connecting Communities
Natural Environment
Sustainable Towns and Villages
Leading and Learning

Each reference group will have a maximum of 14 members made up of individuals, representatives from community groups and community-based organisations. A maximum of one person from registered community organisations can be appointed to each reference group.

Applications to become a reference group member are open from Saturday 9 March to Friday 5 April 2013. For more information or to submit an application visit www.pittwater.nsw.gov.au and click on 'community reference groups'.

WINGALA LAPIDARY CLUB - OPEN DAY AND SALE OF MEMBER'S WORK - Saturday March 23, 9:00 AM to 3:00 PM

Unique Mothers' Day and Easter gifts. Jewellery hand crafted from Australian precious and semi-precious gemstones: opal, agate, carnelian, topaz, sapphires, quartz crystal, jasper, chrysoprase and more. At the clubrooms, **South Eastern corner of Harbord Park, near intersection with Oliver Street and Wyadra Avenue, Harbord.** Tea. Coffee, cakes, sandwiches available. **New members welcome.** Ian Lee 9918 2900.

Surf Life Saving Club News courtesy Surf Life Saving Sydney - Northern Beaches

Newport Beach SLSC are determined not to lose their very talented young water competitors to the richer Queensland clubs.

Over the years Sydney Northern Beaches have lost top competitors like Jeremy Cotter , Matt Poole and Kendrick Louis and Newport want to put a stop to it.

The club will launch the Newport Surf Racing Academy on Sunday, March 24 at 3pm.

The plan is to nurture talent from an early age and develop a structure capable of retaining elite talent on the northern beaches.

Newport already has had outstanding crop of youngsters, especially at under 19 level.

"Through the Newport Academy we plan to attract sponsors at different levels who recognise, not only the corporate opportunities, but also want to support the young people at Newport," says club president Rob Emerson.

Pittwater Offshore Newsletter Update 17/3/2013: click on Logo. Also has an Extensive Local Directory.

To contact Julian: editor@scotlandisland.org.au

Club Marine Pittwater Sail Expo set to sail at RPAYC

Win a Sailing Holiday for two valued at $15,000

All the preparations are in place and the doors are ready to open for the second annual Club Marine Pittwater Sail Expo to be hosted on the grounds of The Royal Prince Alfred Yacht Club, Newport over the week-end of the 16 & 17 March between 10am and 5pm.

This free community event will feature over 45 exhibitors supplying goods and services to the professional and leisure sailor. The club itself will be a feature exhibitor with members on hand to discuss all activities on offer including yacht racing, cruising, kids sailing and training and offer tours of the club. The RPAYC will also waive 50% of the joining fee for anyone who wishes to join the club on the sail expo weekend.

The RPAYC will be bursting with activity with yachts of all shapes and sizes on display on the floating marinas, product demonstrations in the exhibitor marquees, tours of Wild Oats X and information sessions within the club.

Many leading marine industry brands will be exhibiting at the Pittwater Sail Expo including monohull and multihull yachts by Bavaria, Beneteau, Bluewater Cruising, Dehler, Dufour, Farr, Fountaine Pajot, Hanse, Hunter, Island Packet, Jeanneau, J-Yachts, Leopard, Moody, Salana, Seawind, Sunbeam, US Yachts and X-Yachts as well as Optimist dinghies, Etchells and Weta Trimarans.

Other marine goods and services will be displaying their wares such as charter and chandlery services, inflatable boats, marine paints, sail makers and sail cleaning, marine groups, electrical, batteries, ropes, marine insurance, yacht share and much, much more.

Pittwater authorities will have a presence also with the Water Police, NSW Maritime and Marine Rescue having their vessels on display on one of the marina arms whilst Marine Rescue Broken Bay will be volunteering their time to assist with the sausage sizzle, raffles and assisting visitors at the car parks.

With organisers expecting between 2000 and 3000 people to visit the Club Marine Pittwater Sail Expo over the week-end, a shuttle bus has been organised to ferry people to and from the club to pick up and drop off points in Newport to assist with parking demands. The Club offers limited car parking in Crystal Bay car park in Crystal St, next door to the club with public car parking available at Newport surf club and Newport shops. The shuttle bus will depart every 30 minutes from the main boom gate at the RPAYC. More details including a bus and parking map are available on the expo website.

Another great incentive to visit the Sail Expo is the opportunity to win a fabulous prize; a free trip for two during 2014 to one of Mariner Boating's now famous yacht rallies in the Mediterranean valued at approximately $15,000 being offered by major sponsor Mariner Boating Holidays. It includes two weeks on a yacht sailing in company while making passage between ports where you peel off to do your own thing on alternate days off. The prize is also inclusive of international airfares. Visit the Mariner Boating stand at Sail Expo, register with them and you are eligible to participate in the draw.

Go into the draw to win a Mariner Boating Holiday when you visit the Club Marine Pittwater Sail expo – photo courtesy of Mariner Boating

The notion of sailing the coasts and islands of the Mediterranean, Caribbean or South Pacific is one that is commonly held by aspiring holiday makers but once again many deem such an experience to be out of reach, either from a cost point of view or because sailing skills and a crew are indispensable from such an equation.

This perception is also wrong as a visit to the stand of Mariner Boating Holidays at the show will prove. Mariner has holidays on the water for singles, couples and people with or without sailing experience at a price compatible with a holiday on the land. The added attraction though, on the sea, is that there is no driving, parking, hotel check in and check out and many of the best places on some of the busiest coasts are not accessible by road anyway. And then there is the sailing experience itself; environmentally clean, invigorating and very rewarding at the end of the day, to be savoured over a cold beverage upon arrival in port.

On Saturday at 1pm and Sunday 12pm there will be a presentation by Mariner Boating on their cruising holidays to the Mediterranean and beyond. Also on Sunday at 1:30pm there will be a presentation by Olympic silver medallist Nina Curtis and current youth AC skipper for Objective Australia Jason Waterhouse on their experiences and how they got into sailing and some of the pathways available for kids at the RPAYC.

There will be plenty to see at the Club Marine Pittwater Sail Expo – photo by Damian Devine

Club Marine Pittwater Sail Expo spokesman Maurice Gilet said, "We look forward to welcoming and providing a great sail expo experience for both exhibitors and visitors and showcasing the club and majestic Pittwater. It's an excellent opportunity for the public who have an interest in sailing to learn more about what the club has to offer and all aspects of sailing, training and membership."

So if you have an interest or want to learn more about sailing don't miss the Club Marine Pittwater Sail Expo.

The Royal Prince Alfred Yacht Club is located at 16 Mitala St Newport and admission is free. A Sail Expo visitor guide is also available.

For more info on the Club Marine Pittwater Sail Expo visit: www.rpayc.com.au/pittwater-sail-expo

A big thank you to the sponsors Club Marine Insurance and Mariner Boating Holidays.

By Damian Devine, RPAYC Marketing & Publicity Manager

Funding to boost women's participation in non-traditional trades - NSW Government Media Release, 1 March 2013

The NSW Government is boosting support for women's economic participation with $200,000 for innovative projects that assist women into non-traditional trades. Investing in Women funding is available to encourage new approaches to increase the number of girls and women entering non-traditional trades.

Organisations are eligible to apply for up to $25,000 from **Investing in Women** to lift women's economic participation.

The Government is encouraging projects which support women into non-traditional occupations - trades with 25 per cent or less participation of women, such as electricians, cabinet makers and motor mechanics.

Master Painter and small businesswoman Victoria Waring is in the minority as a female tradie. She said the new funding will help to establish more women just like her.

"When I was in school I wanted to be a tradie, but was told repeatedly that it wasn't a job for girls and so I went on to try jobs that were seen as being more acceptable for women. Twelve years ago I decided it was time to have the career that I had always wanted and I set up my Ms Fix business and haven't looked back since," Ms Waring said. "I love being able to work in new locations every day, work my own hours and be financially independent. I don't see any problems to being a woman in a trade; I love being a painter and would never do anything else," she said. "I hope the new funding brings about more initiatives that make women in trades more socially acceptable, it will help normalise it."

The funding is part of the Government's target to increase the proportion of women employed in non-traditional trades.

Information about the application process is at www.women.nsw.gov.au. **Grants are open continuously with rounds closing for assessment on 30 April 2013 and 31 August 2013.**

Upcoming Events by the Mona Vale Hospital Auxiliary.

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

March: Friday March 22, stall Avalon Parade, Avalon outside ANZ Bank. Bric-a-brac, craft, knitting, baking etc. 8.30 – 4pm

April: 6th stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm

13th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

May: Friday, May 3, stall at Centro, Warriewood. Knitting and craft. 9 – 3pm

4th stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm
10th stall at Avalon Parade outside ANZ Bank, bric-a-brac, craft books, baking; 9am – 3pm
18th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

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

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

Community Engagement Policy

A revised Community Engagement Policy is currently on public exhibition until Monday 25 March. The policy outlines Council's approach to community engagement and seeks to clarify the role the community will have in decision-making processes.

Feedback from the public during the public exhibition will be considered for the policy. It will then be presented to the Council for final adoption.

Community Strategic Plan

Consultation on revising the community strategic plan has been progressing well. Feedback from community workshops, an online workshop and online comments received have been incorporated into a draft called the Community Strategic Plan Pittwater 2025. The draft plan can be viewed here. The complete document will be available on Wednesday 6 March.

Community Workshop - You are invited to a community workshop to discuss the plan from **6pm to 7:30pm at Mona Vale Golf Club on Wednesday 20 March**. Please register online or phone 9970 1224 or email rsvp@pittwater.nsw.gov.au

COMMUNITY ENGAGEMENT ON EXHIBITION

Pittwater Council has placed a renewed community engagement policy on public exhibition until 25 March. Mayor Jacqui Townsend said the draft policy was a result of a review carried out by a community-based committee made up of councillors, Council staff and residents, including a youth representative.

"I encourage residents to have their say on this policy because it's vital that councillors have your input when it comes to making decisions on your behalf," said Mayor Townsend.

Cr Townsend said she had initiated the policy review as one of her first decisions as Mayor. "While the Council already had a comprehensive process in place for consultation, I wanted to ensure that the best methods are in place to get feedback from the whole community, not just segments of it."

"I stress that we cannot always be responsible for residents not engaging in consultation activities, given that the community does not generally provide feedback unless the matter affects them directly."

She said the committee had found that the Council had a broad and varied approach to community engagement, but feedback to the community on how their input had been considered needed strengthening.

The committee also assessed the methods used to engage and inform the community about key projects. The review acknowledged that while Council uses new methods such as social media to inform the community, this should not preclude use of more traditional methods such as email, letters and face to face.

The committee also highlighted the importance of ensuring young people are part of the decision making process, while recognising that Council was already developing other methods to engage more effectively with young people.

The policy is on exhibition from Saturday 23 February to Monday 25 March and can be viewed at www.pittwater.nsw.gov.au/exhibition

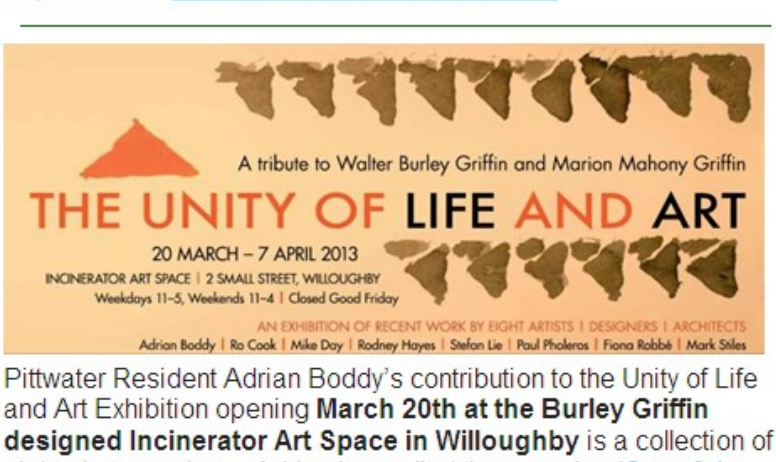
Rotary Club of Dee Why Warringah

The Golf Ball Charity Drop is on again at Collaroy Centre, Homestead Avenue, **Collaroy on 06.04.2013**. All proceeds go to SES, Bear Cottage, Lifeline, and other Local Organisations & Rotary Projects. Many amazing prizes for a $10 ticket:

1st Prize: Tour to Wildlife of the Lake Eyre & Cooper Basins Valued at $11,560 donated by Australian Eco Adventures. 2nd Prize: $1500.00 Cash. 3rd Prize: Collaroy Centre weekend – Valued at $1,000.00. 4th Prize: 2 nights accommodation at Dolphin Point Resort. 5th Prize: Weekend at Hawks Nest

Good Luck to you all!

Buy tickets at: www.rotarynews.info/Club4204/r.i



A tribute to Walter Burley Griffin and Marion Mahony Griffin
THE UNITY OF LIFE AND ART
20 MARCH – 7 APRIL 2013
INCINERATOR ART SPACE | 2 SMALL STREET, WILLOUGHBY
Weekdays 11–5, Weekends 11–4 | Closed Good Friday
AN EXHIBITION OF RECENT WORK BY EIGHT ARTISTS | DESIGNERS | ARCHITECTS

Pittwater Resident Adrian Boddy's contribution to the Unity of Life and Art Exhibition opening **March 20th at the Burley Griffin designed Incinerator Art Space in Willoughby** is a collection of eight photographs — Adrian has called these works: *'Out of the Ashes'.*

The first, and most significant, are architectural photographs of the Walter Burley Griffin Willoughby Incinerator — fused, or merged with images of fire and ash. The result is a transformative sequence that seeks to remind us of the original fiery industrial nature of the building. The second, a smaller series — more surreal — where the restored building takes its place in modern life. This week he shares some of his great images as a prelude to what will be one of the exhibitions for 2013.

About the Unity of Life and Art Exhibition:

Eight Sydney artists and architects join in an exhibition as a tribute to Walter Burley Griffin and Marion Mahony Griffin to mark the centenary of their arrival in Australia in 1913. The exhibition will include drawings, photography, lighting designs, journals, furniture, landscape design and textiles. One of the few Sydney based celebrations of the Griffins' centenary.

"The Unity of Life and Art"
The Incinerator Art Space, 2 Small Street, Willoughby NSW 2068. Open 20 March - 7 April, 2013. Wednesday – Friday 11am to 5pm, Saturday – Sunday 11am to 4pm. Closed Good Friday.

Community Heritage Grants

Applications for the 2013 Community Heritage Grants funding round are now open. The Community Heritage Grants (CHG) program provides grants of up to $15,000 to community organisations such as libraries, archives, museums, genealogical and historical societies, multicultural and Indigenous groups. The grants are provided to assist with the preservation of locally owned, but nationally significant collections of materials that are publicly accessible including artefacts, letters, diaries, maps, photographs, and audio visual material.

Since 1994, $4.5 million has been awarded to community organisations throughout Australia. The types of projects supported include Significance Assessments of collections; Preservation Needs Assessments of collections; conservation activities and collection management; and training workshops.

CHG is funded by the Australian Government through the National Library of Australia; the Department of Regional Australia, Local Government, Arts and Sport; the National Archives of Australia; the National Film and Sound Archive and the National Museum of Australia. **Applications close at 5:00pm (AEDT) Thursday, 21 March 2013**. Late applications will not be assessed.See More here

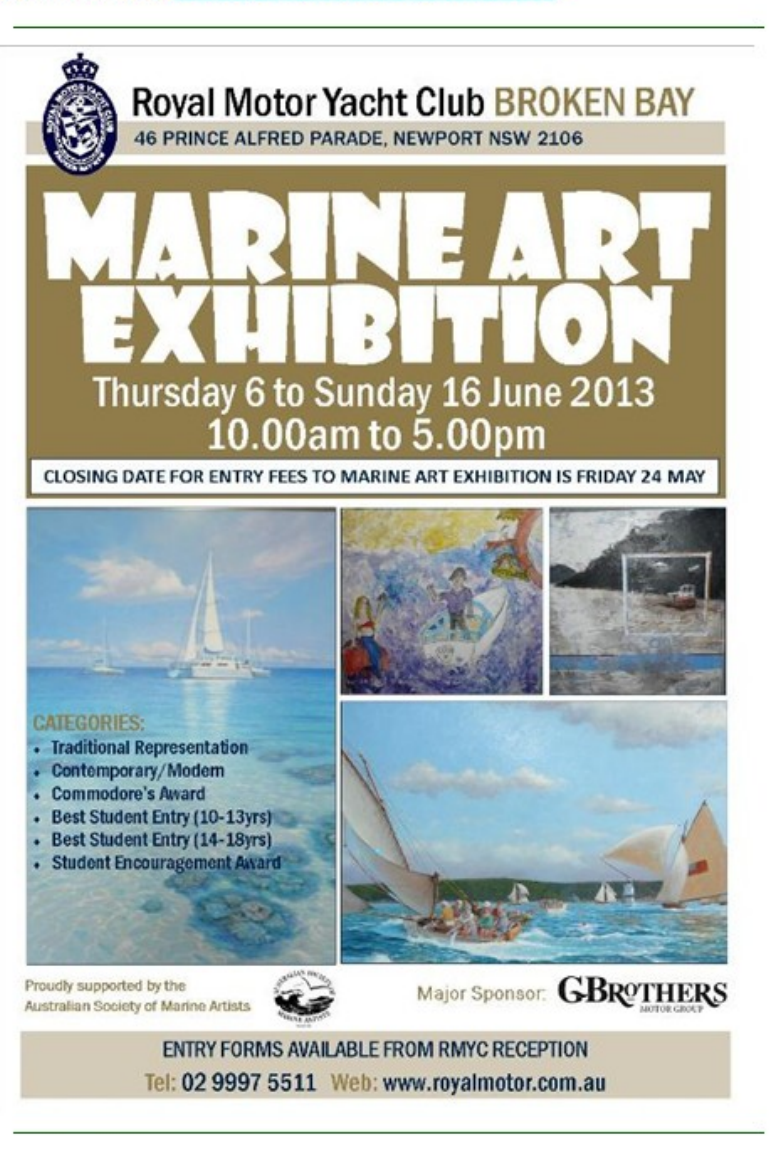
The Newport Breakers Rugby Club is calling out to former players, supporters and community members to come forward with photos of Porters Reserve as they prepare to celebrate the clubs 50th birthday. The club has come a long way from its humble beginnings in 1963, when a former cow paddock turned rubbish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

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

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

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

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



Royal Motor Yacht Club BROKEN BAY
46 PRINCE ALFRED PARADE, NEWPORT NSW 2106
MARINE ART EXHIBITION
Thursday 6 to Sunday 16 June 2013
10.00am to 5.00pm
CLOSING DATE FOR ENTRY FEES TO MARINE ART EXHIBITION IS FRIDAY 24 MAY
CATEGORIES:
- Traditional Representation
- Contemporary/Modern
- Commodore's Award
- Best Student Entry (10-13yrs)
- Best Student Entry (14-18yrs)
- Student Encouragement Award

Proudly supported by the Australian Society of Marine Artists
Major Sponsor: GBROTHERS
ENTRY FORMS AVAILABLE FROM RMYC RECEPTION
Tel: 02 9997 5511 Web: www.royalmotor.com.au

Bushcare Notices - March 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 March 17
Angophora Res 8:30-11:30am
Crescent Res 9-12pm
McCarrs Creek Res 8-11am

Tue March 19
Porter Res 9-12pm
Thu March 21
Mona Vale Dunes 8:30-11:30am

Sat March 23
Pindari Res 8-11am
Careel Creek 8:30-11:30am
Kywong 8:30-11:30am
Nth Newport Bch 8:30-11:30am

Sun March 24
Bungan Beach 8-11am
Winn Bay 9-12pm

Wed March 27
W'wood Bch 8-11am

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 February 2013

DO YOU HAVE A CLARINET OR TROMBONE IN YOUR CUPBOARD?

Monatones is calling on all adults who have a clarinet or trombone tucked away in a cupboard somewhere to come and join the band. Dust it off, give it a blow and come and join in the fun, making music together.

Monatones, a community concert band, based on Sydney's northern beaches, kicked off its first rehearsal last Wednesday night with Disco Lives and Towards a New Horizon. Despite having over 35 active members, this year however we have a shortage of clarinets and trombones.

The band plans a number of performances throughout 2013 and has a wide repertoire of music to choose from.

Monatones fits within a Northern beaches trio of community bands that ranges from adult beginner, intermediate to adult advanced. Monatones is an intermediate band. Adults who have played in the past or who are currently learning an instrument, are very welcome to come along to rehearsal and try us out!

Concert band members enjoy regular rehearsals at Pittwater High School, 7.30pm, Mona Street, Mona Vale, every Wednesday night during school term times.

The band usually has a weekend workshop away sometime during the year and members get a great kick out of playing in small groups as well as the whole ensemble. Last year's workshop was held in Katoomba and members and partners and friends all combined to have a really great weekend.
So why not grab that instrument pining away in the cupboard and come and see what you and the band can do. Details 9999 0655 or 0414 560 263.

The photo above features Lorraine Rein and John McRae, longstanding members of Monatones.

The NSW Government Gazette

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

The NSW Government Gazette contains:

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

Aboriginal Support Group Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

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.

Tweet | Like | +1

Federal Government Media Releases this week:

Government amendments to NDIS Bill | The Hon Jenny Macklin MP

SNIPPET: Parliamentary Secretary to the Prime Minister. Following consultation with stakeholders in the aged care and disability sectors, the Government's amendments make clear that people with degenerative conditions who are under the age of 65 can enter the NDIS, and that people who are NDIS participants will be able to choose to remain in the scheme after they turn 65. Amendments today also clarify that all NDIS participants will be able to choose whether to continue to receive support under the NDIS after they turn 65.

Greater protection for water resources

SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. The Gillard Government is implementing greater environmental protection for water resources impacted by coal seam gas and large coal mining developments. 'Australia's water resources are among our most vital natural resources and it is important that we ensure they are protected,' Mr Burke said.

Government to Establish Chief Allied Health Officer

SNIPPET: THE HON TANYA PLIBERSEK MP. Minister for Health, Tanya Plibersek, announced that the Government would establish the Commonwealth's first Chief Allied Health Officer to support the work of thousands of important health professionals. The Minister has congratulated Allied Health Professions Australia (AHPA), Services for Australian Rural and Remote Allied Health (SARRAH) and Indigenous Allied Health Australia (IAHA) on their commitment to advancing allied health care and supporting allied health students and practitioners across Australia.

New investment in Australian creativity

SNIPPET: Enriching Australia by supporting the practice and enjoyment of the arts. You are here: New investment in Australian creativity. Creative Australia includes the Government's response to the review of the Australia Council.

Grand biosecurity effort ahead of the Australian Grand Prix- The Hon. Joe Ludwig - Minister for Agriculture, Fisheries and Forestry

SNIPPET: A $30 million boost to the Victorian economy is being fast-tracked with today's arrival of over 700 tonnes of high octane machinery for the Australian Grand Prix. Protecting Australia from pests, diseases and bugs means the machinery is inspected just like any other import,' said Minister for Agriculture, Fisheries and Forestry Minister, Senator Joe Ludwig. 'The Australian Grand Prix promotes and showcases our country internationally, with hundreds of millions of viewers watching world-wide.

A national cultural policy for a Creative Australia

SNIPPET: Creative Australia , the new national cultural policy, will create jobs and encourage a new generation of artists and creative industry business with sweeping reforms to Australian Government support for the arts, cultural heritage and creative industries. A creative nation is a productive nation.' The Australia Council will be a more responsive funding body with a clear mandate to support and promote a vibrant and distinctively Australian creative arts practice, and have a new emphasis on independent peer-assessed grants to recognise and build artistic excellence.

Shining a light on the homelessness challenge in Brisbane and Sydney:

SNIPPET: Research released today on initiatives to tackle homelessness in Brisbane and Sydney sheds a light on some of the struggles faced by people who are homeless. Street to Home and Way2Home take a holistic approach to helping some of Brisbane and Sydney's most vulnerable people to break the cycle of homelessness once and for all, MsParke said. Ms Parke said the Australian Government continues to make homelessness a high national priority.

Rural debt the focus of talks with banks

SNIPPET: Rural debt and industry outlook were the focus of a bi-annual Agricultural Finance Forum which brought together Government, finance and agriculture sector representatives in Canberra today. Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig, said the forum discussed the economic outlook for the rural sector, with the Australian Bureau of Agricultural and Resource Economics and Sciences (ABARES) providing an overview of future prospects and forecasts for major agriculture, fisheries and forestry industries. Minister Ludwig said the forum provided an important outlet for communication between the agriculture sector, Government and financial institutions on rural debt.

Strengthened consumer protection for online gambling

SNIPPET: Leader of the Government in the Senate. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today announced that the Gillard Government will work with the states and territories to implement a national harm minimisation and consumer protection standard for all licensed online gambling activities. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today announced that the Gillard Government will work with the states and territories to implement a national harm minimisation and consumer protection standard for all licensed online gambling activities.

Further charges laid in foreign bribery investigation - Australian Federal Police

SNIPPET: The Australian Federal Police (AFP) has laid additional charges as part of an ongoing investigation into the alleged bribery of foreign public officials. A 64-year-old man, a 62-year-old man and a 68-year old man have received two additional charges for offences relating to foreign bribery and false accounting activity. This brings the number of people charged with foreign bribery offences as part of this investigation to a total of nine.

Greater protection for water resources

SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. The Gillard Government is implementing greater environmental protection for water resources impacted by coal seam gas and large coal mining developments. 'Australia's water resources are among our most vital natural resources and it is important that we ensure they are protected,' Mr Burke said.

DEFENCE: Security and Gender Defence Conference

SNIPPET: Defence News Published: 14 March 2013. AIRCDRE Kathryn Dunn addresses the Gender in Defence and Security Leadership Conference held in Canberra. More than 200 representatives from the Australian Defence Force and the national security community attended the inaugural Gender in Defence and Security Leadership Conference recently held in Canberra on 12 and 13 March 2013.

Response to allegations of abuse in Defence

SNIPPET: Minister for Defence Stephen Smith today provided an update to the Parliament on the Government's response to allegations of sexual or other forms of abuse in Defence. The Minister also tabled the First Interim Report of the independent Defence Abuse Response Taskforce (the Taskforce') to the Minister and the Attorney-General. The Minister also announced that the cut-off for the Taskforce accepting new allegations of abuse that are alleged to have occurred prior to 11 April 2011 will be 31 May this year, giving the Taskforce a full year in which to assess these allegations and conclude its work.

Biggest monthly jobs increase in 13 years

SNIPPET: Labour force figures released today by the ABS show that seasonally adjusted employment surged by 71,500 in February (exceeding all market expectations), to stand at a record high of 11,628,300. This is the strongest monthly increase in jobs growth since July 2000. The Minister for Employment and Workplace Relations Bill Shorten and Minister for Employment Participation Kate Ellis both welcomed today's much stronger than expected employment result, highlighting that 926,000 jobs have been created since the Labor Government came to office in November 2007 (or around 480 jobs per day), an excellent achievement given the turbulent global conditions over the past five years.. The strong jobs growth in February takes the number of jobs created over the past year to almost 200,000, including more than 133,000 since the introduction of the carbon price on 1July. This equates to some 550 jobs created each day since the price on carbon came into effect in Australia.

Ambassador for Counter-Terrorism

SNIPPET: Foreign Minister Bob Carr today announced Mr Bill Fisher as Australia's next Ambassador for Counter-Terrorism. Mr Fisher will be Australia's fifth Ambassador for Counter-Terrorism. Mr Fisher is a senior career officer with the Department of Foreign Affairs and Trade.

Australia supports Mining for Development in Mozambique

SNIPPET: Australian expertise is helping Mozambique sustainably manage its mineral resources and ensure that mining revenue supports development. Parliamentary Secretary for Foreign Affairs, Richard Marles, and Mozambican Minister for Foreign Affairs and Cooperation, His Excellency Mr Oldemiro Baloi signed a Memorandum of Understanding on Mining for Development at Parliament House this afternoon to formalise the growing partnership between Australia and Mozambique. 'The Australian Government is working closely with the Government of Mozambique to support its efforts to maximise economic growth from its mineral reserves,' Mr Marles said.

Government Bill Introduced to Ban Gag Clauses | Office for the Not-for-Profit Sector

SNIPPET: The Government introduced legislation on 13 March 2013 to ban gag clauses in federal government contracts with the not-for-profit sector. Over 6 million Australians volunteer each year with not-for-profit organisations, contributing more than $14.6 billion in unpaid work. Publication : PDF (3.46MB).

Creative Australia to back students to pursue their dreams

SNIPPET: Arts Minister Simon Crean today urged creative arts students in Australia's regions to pursue their dreams-with the backing of the Federal Government. In Newcastle today to speak at the Creating Spaces Community Renewal Conference, Mr Crean said the $8.1 million Creative Young Stars program announced in the national cultural policy Creative Australia recognised that creative talent was emerging in communities across Australia. ' Creative Australia is a vision and strategy to place arts and culture at the centre of Australian life.

Male Bag Ride hit the road again for men's health - Australia Post

SNIPPET: Australia Post is proud to support the Prostate Cancer Foundation Australia (PCFA) in their 2013 Male Bag Ride Event. AFL legend David Parkin OAM, patron and participant for the Male Bag Ride said the Male Bag Ride will help break down the barriers men have when discussing their health. Andrea Pearman, Australia Post General Manager Community and Partnerships, said Australia Post was proud to support the Male Bag Ride adventure.

Better maths and science teachers for our schools

SNIPPET: The Minister for Tertiary Education, Skills, Science and Research, Chris Bowen MP, and the Minister for School Education, Early Childhood and Youth, Peter Garrett MP, today announced a new $12.4 million program to improve university training and preparation for maths and science teachers. The Enhancing the Training of Mathematics and Science Teachers program will help to boost the effectiveness of science and maths teaching in schools by better preparing graduate teachers for the classroom. That starts in the classroom by giving maths and science teachers the skills they need to inspire the next generation of scientists and mathematicians.

Five filmmaking teams selected for Springboard 2013

SNIPPET: Funding for audience-engaging features of any genre. Five teams have been selected to develop a short film script that will speak to the sensibilities of their developed feature film screenplay. Zak Hilditch is in post-production on his feature film .

Cancer screening programs reach target groups (AIHW)

SNIPPET: Australia's breast cancer and cervical screening programs are continuing to reach their target groups, according to a web update released today by the Australian Institute of Health and Welfare (AIHW). 'Today's web update contains a fast -tracked release of the latest national participation data for Australia's breast cancer and cervical screening programs for 2010 and 2011,' said AIHW spokesperson Justin Harvey. The AIHW reports on three national cancer screening programs, BreastScreen Australia, the National Cervical Screening Program, and the National Bowel Cancer Screening Program.

Pittwater Online News

March 17 - 23, 2013: Issue 102

Gemma Rasdall

Meeting Gemma Rasdall is coming into contact with a human lightening bolt. A young and evolving artist, this young lady already has a clear vision for her works that points back to a lifetime of sailing and refining how this and living on the estuary has played so large a part in her life as represented through her works. Gemma's energy, enthusiasm and 'seize the day' attitude is a blast of pure fresh air. This 20 year old dynamo, a part of a family that has and continues to contribute so much to Pittwater quietly, letting their work and its results speak for itself, and to whom she attributes so much of her own creative deftness, is also a really lovely girl. Bright eyed, smiling, already selling numerous works to those who appreciate her art, this week we share a small insight into one of our upcoming artists.

How old were you when you did your first art work and what did you do?

About 2 or 3 from memory, mum had us drawing from the get go. Growing up in my family had a huge focus on art; I suppose that comes with the territory of having an artist for a mother. I think the first picture I ever drew was of my dad, every year my sisters and I used to hand draw his birthday cards.

Who were your main influences on your earlier art works?

The shaping my artistic practice began when I was in High School for my Visual Art Major Work. I responded to artists who experimented with colour and unusual painterly styles such as Kerrie Lester, John Firth-Smith and Peter Kingston.

What was the subject matter of this major work?

My subject matter was a no-brainer; I remember mum telling me to choose to focus on something I was most passionate about and if I made the right decision, this passion would be reflected in my work. So for me, as a Pittwater based sailor, boats were an obvious choice. That body of work (entitled "Drift") led into my first collaborative exhibition and after receiving a positive feedback I decided that I had found my niche, and have stuck with boats ever since.

You have always been around the water, you've grown up on boats. Is that the main focus for your work?

Yes. I've grown up on and around boats my whole life and in turn developed a love for sailing. I started off learning to sail at **Avalon Sailing Club** when I was 7 years old, sailing for leisure and then later on at a competitive level in a range of different classes of boats. At 17 I moved clubs to RPA (Royal Prince Alfred Yacht Club) to become part of the **Youth Development Match Racing Squad**. That was so much fun and I loved it because it was so team focused compared to the dinghy racing where you only have one or two people in your boat. In Match Racing every member of the team has specific roles and working together with a strong focus on communication is essential, I love how its not only physically demanding, but mentally as well. Unfortunately I am no longer sailing on a regular basis at the moment as I have so much going on but sailing is always going to be a part of my life so I know I'll back to it eventually.

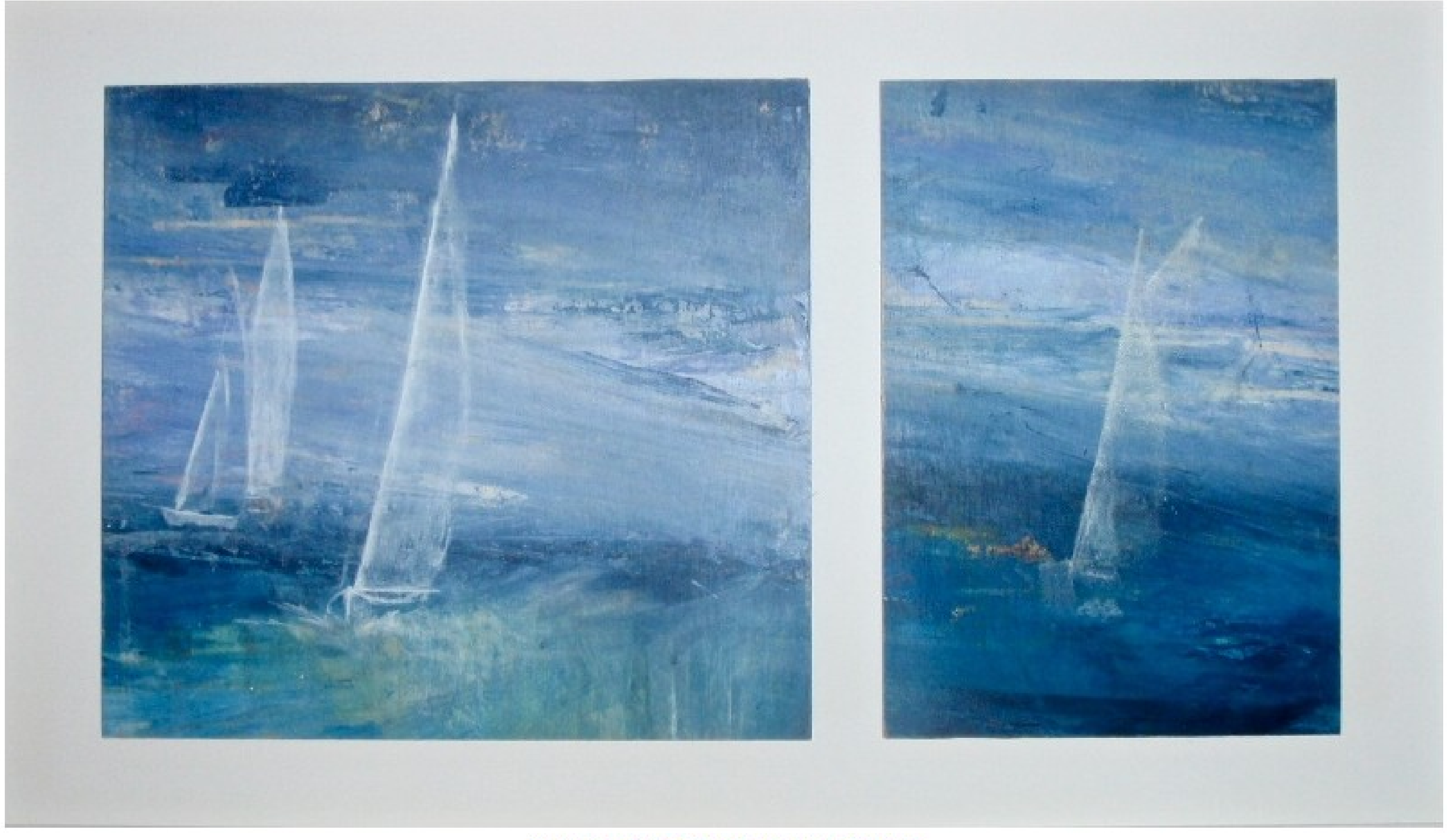
You work in other mediums?
I combine charcoal with painting and ink. My works are multilayered with a combination of different mediums.

You also choose to paint on old sails, why is that?
I love the texture of them. Obviously it's very different from canvas or paper. It absorbs the paint very differently so you get an unusual result. It also links to the boating culture and is an excellent way to recycle sails that would otherwise end up in landfill.
This is beautiful…and down at Paradise beach?

Yes, I run there most mornings, the beautiful scenery makes getting up early totally worth it.
You have a very disciplined life…
Yes, very, I'm a pretty driven person, which is not always a good thing, as I've been known to take it too far and exhaust myself in the past. But I find it hard to take a step back when I have so many things I want to accomplish.
Do you take an afternoon or a few hours off sometimes and curl up in front of a movie?
Rarely. I actually need to do more of that. I think I'm too disciplined. Mum is always reminding me I have to chill out and relax, something I find quite hard to do.

The 'Sailors Sense', your current body of work; what is that about?
I have a strong connection with the weather. It always has a strong influence on my emotions, which would be because I spend a lot of time around the water. With sailing especially the weather plays a huge role in how you prepare for each race and how your results end up. That has stuck with me now, I have developed a feeling for the wind, I can sense when a storm is rolling in, I watch for them in the clouds and can smell them in the breeze. There are twenty works in this series and these were shown in the recent **ArtSpot** exhibition where I was lucky enough to sell half.
Was this your first big exhibition?
No, I also did the one the year before in Avalon called **Artzpace** and did reasonably well so they asked me back for the next one.
Do you think that has helped or empowered your painting as all art seems to have a component which is part instinct or listening to your instincts?
Yes, exactly. I find that certain weather patterns ignite my artistic drive, especially storms.
I think you have a lightening bolt personality and just channel it in; it's energy meeting energy.
Yes I do, but I'm yet to fully understand exactly what that means to me.
Your currently at University at the College of Fine Arts (COFA); where is that?
That's in Paddington. It's part of the University of NSW, COFA is their school of art, design and media. It's a four-year course.
What do you hope to do once you have your degree?
I'm not quite sure yet. My degree is very broad. I'm majoring in Graphics and Textiles, which is quite different from my painting. I like having the painting on the side so it doesn't become like a job or a chore. That way I can make sure I continue to enjoy the creative process of my art making, something I don't think would be possible if I was revolving my career around it.
Textiles, is that fabrics?
Yes. I do a lot of print making onto fabric that I thoroughly enjoy. I also love to draw and do so a lot within the Graphics major of my degree and then print these designs onto fabric in my Textiles classes. The two design practices compliment each other beautifully, allowing me to design and create my own fabrics. I think this may be the industry I'll go into when I finish studying. I love printmaking.
You mentioned you want to go to Germany as an exchange student to learn more about Graphic Design and study there. Where in Germany is this?
It's in Hamburg and I just got accepted a couple of weeks ago. I'm going at the end of June which I'm very excited about. The university I'll be going to is the Hamburg University of Applied Sciences. It has a really good reputation for its Graphics teaching and this was the main appeal. I'm majoring in Graphic Design there and I picked up a couple of different electives such as Book Illustration and Print Making. I'll be living on campus in the College and am lucky that a couple of my friends from Uni got into the same place so I'll have some support close by.
How long will you be there?
I'll be studying for six months and I'm going to travel for a few months as well so I'll be gone for 8 months in total.
Of all the paintings you've done so far what are your two favourites?
One of my favourites is called '*Tranquil Taylor's*' and is an artwork of Taylor's Point Wharf, which is not only where I live, but also, in my belief, one of the most beautiful places in the world. It's positioning means it is entirely sheltered from the south, so it's an idyllic place to watch the storm roll in above you. I love to sit out there with my camera and document the way the weather totally transforms Pittwater. The image I worked off for this painting was taken in a 'calm before the storm'. A sense of complete tranquillity, stillness and silence had consumed the ocean and me along with it, so I raced straight home in hope of translating this feeling with paint onto sailcloth. I was in a really good, I guess it's termed 'creative state of mind', and whipped it out in a couple of hours. That rarely happens to me, its hard to get on that kind of roll, normally I spends hours across a number of weeks trying to finish one work.
Has that one sold?

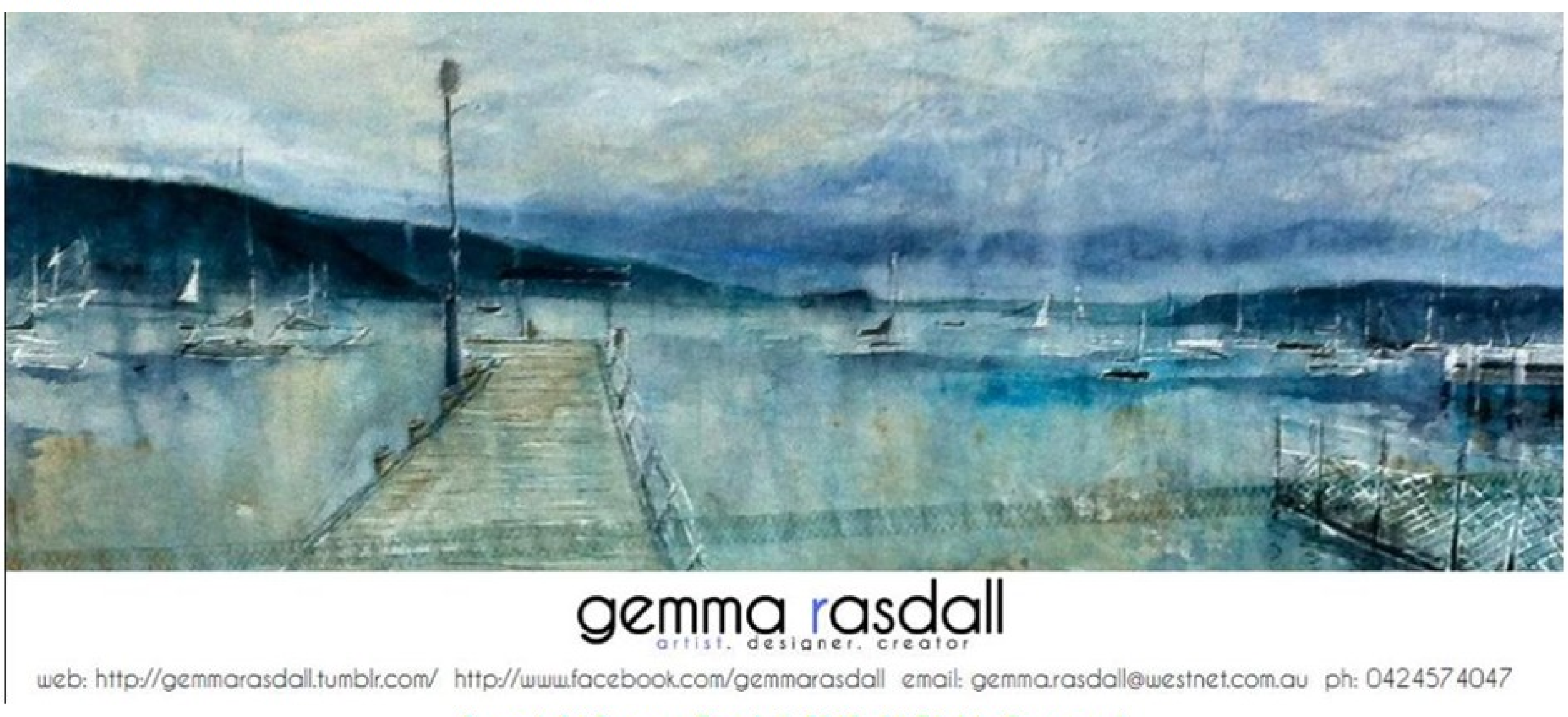
Yes, I was quite upset about that one going, I find myself getting quite emotionally attached to some of my works. Another favourite of mine I'm lucky enough to still have at home, it is called '*Nautical Shadows*', which was part of my high school major work. When I first finished school I wanted to sell it as I had quite a few interested buyers but mum wouldn't let me. So in the end she bought off me so she could keep it in the house, which I'm very glad about now. That again was a really spontaneous work where I wasn't thinking too much about what I was doing when I created it. When I'm not focused or stressed about trying to produce work and am just experimenting, the best artworks are always created.



Nautical Shadows by Gemma Rasdall

If you could be another creature for a day, furred, feathered or finned, what would you be?
I really like ducks. I'm not sure why, probably because they have a particularly cute appeal and always look to be completely content with a life spent frolicking about in the water.
They're also a waterbird which can be in the water, under the water, on the water, fly and also be on land.
Yes, they definitely have best of both worlds.
What is your favourite place in Pittwater and why?
Taylor's Point would probably be one of my favourite spots and Avalon Sailing Club also holds a soft spot in my heart because I've grown up there. My whole family has grown up there; I spent every Sunday there throughout my childhood, learning to sail and forming lifelong friendships so it will always remain a special place to me.
What is your motto for life or a favourite phrase you try to live by?
There's a quote by Vincent van Gogh that I love that is something like; ***We know the seas are rough and the storm is wild, but that has never been sufficient reason for remaining ashore.*** I see in that, sure, life is full of scary and unpredictable circumstances but that's no excuse for not giving it a go. I believe in throwing yourself headfirst into the deep end, sink or swim, either way you learn something from the experience and come out of it better off than when you jumped in. For example, the ideal of studying overseas for a long period of time is daunting, but its something I have to do; I have to experience it. I love to push myself; I love the thrill, the fear and the adrenaline rush of pushing the boundaries. It's in situations like this where you surprise yourself by exceeding your expectations and achieving great things.

Gemma will be exhibiting in the 9th annual Marine Art Exhibition at the Royal Motor Yacht Club - Broken Bay, June 6-16th, 2013 or can be contacted as listed below:



web: http://gemmarasdall.tumblr.com/ http://www.facebook.com/gemmarasdall email: gemma.rasdall@westnet.com.au ph: 0424574047

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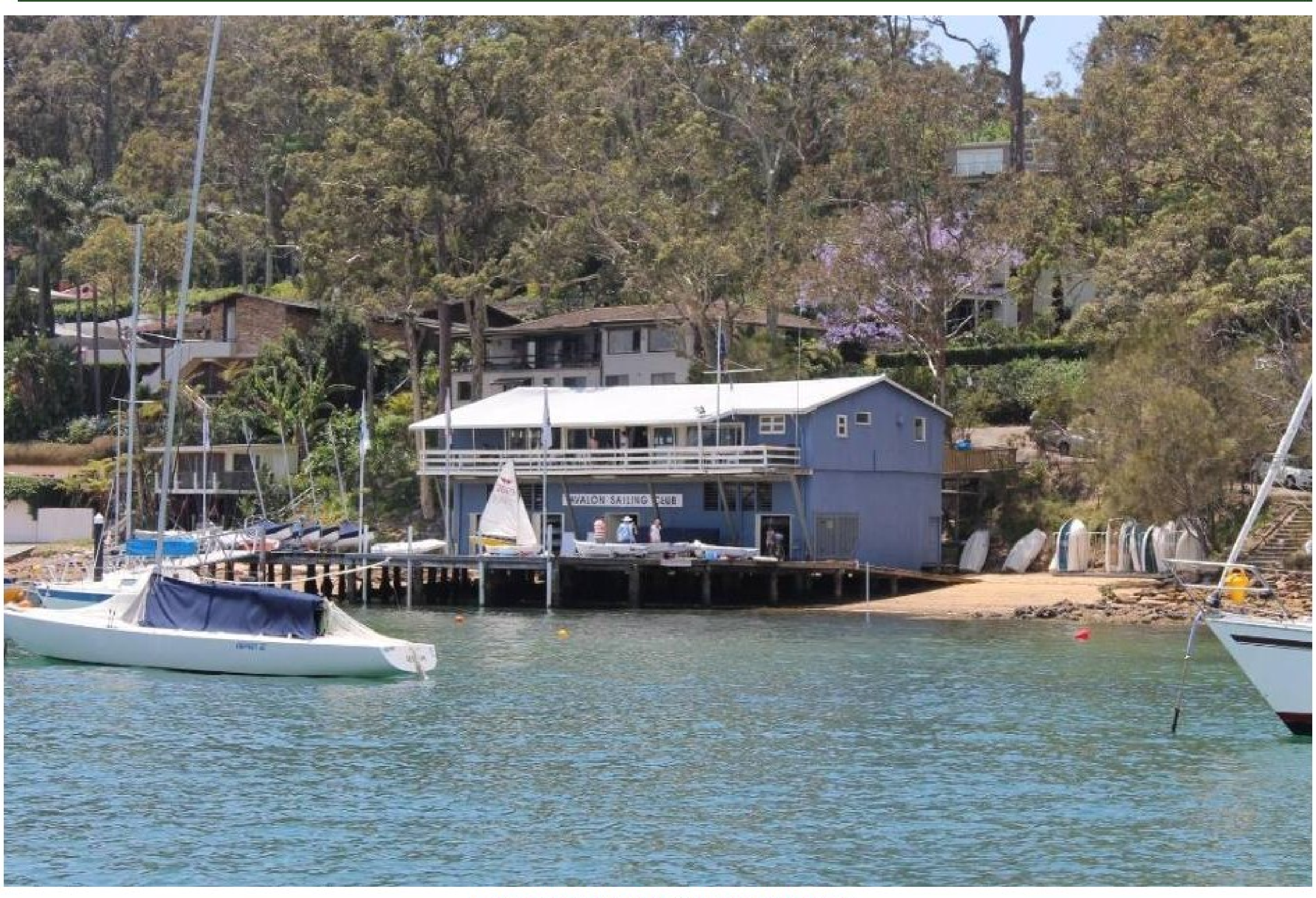
Taylor's Point Wharf, 2013. Picture by A J Guesdon.



Avalon Sailing Club, 2013. Picture by A J Guesdon.

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March 17 - 23, 2013: Issue 102

Mark Foy

15 February 1865 - 15 November 1950

In the life of Mark Foy is seen some of our pioneer Australian spirit, our impetus to get up and go, to create new frontiers where old class systems tried to place obstacles as we headed towards Federation by establishing sailing for all, especially the working man, and being the founder of the Sydney Flying Squadron in 1890 (some sources state it was 1891, others cite 1892) as well as introducing handicap racing, which was originally referred to as the 'Mark Foy System';

The Columnist **Neptune encouraged the club to support the new Mark Foy system. Named for the Australian who invented it, this system of staggered start times according to handicaps, so that participants and spectators know exactly where the boats place without having to wait for the handicappers' report**; **Notes by "Neptune."**. (**1890, March 1**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 38. Retrieved from http://nla.gov.au/nla.news-article71108468

And he exemplified how business can be combined with pleasure and sportsmanship, whichever area or state of Australia you may be in, as the list of Mark Foy Cups or championships run in sailing and horse racing extended from Queensland to Western Australia and follows a pattern of introduction that aligns his setting up and opening of further Mark Foy stores in these same areas. Mark Foy is also one of the first people on record to ensure Pittwater's beautiful spotted gums stayed where they belong; growing and stretching towards the sky.

SPOTTED GUMS AT BAYVIEW. Bayview, one of the most delightful of the many beauty spots round the waterfront at Pittwater, is more beautiful than usual today because of the presence of numbers of the young and middle-aged spotted gums on the roadside. Anyone, who has an eye for a tree trunk and a shapely headpiece, should see these hardwoods at work on their home holdings, over which Mr. Mark Foy and his neighbours hold sway. The grown trees are 30 and 40 feet in the barrel, and are quite perpendicular. All the young stock are lighter in body and shorter as well, but even the babies among these yellow-stemmed trees are as straight as a plumb line. Young trunks and old trunks, too, are coloured with unbroken bark of yellow-green pastel shade, blotched with spots of dull mauve, which clearly indicate the family to which they all belong. Only lately they were engaged in dropping their old bark in readiness for the work which has to be done during the year.

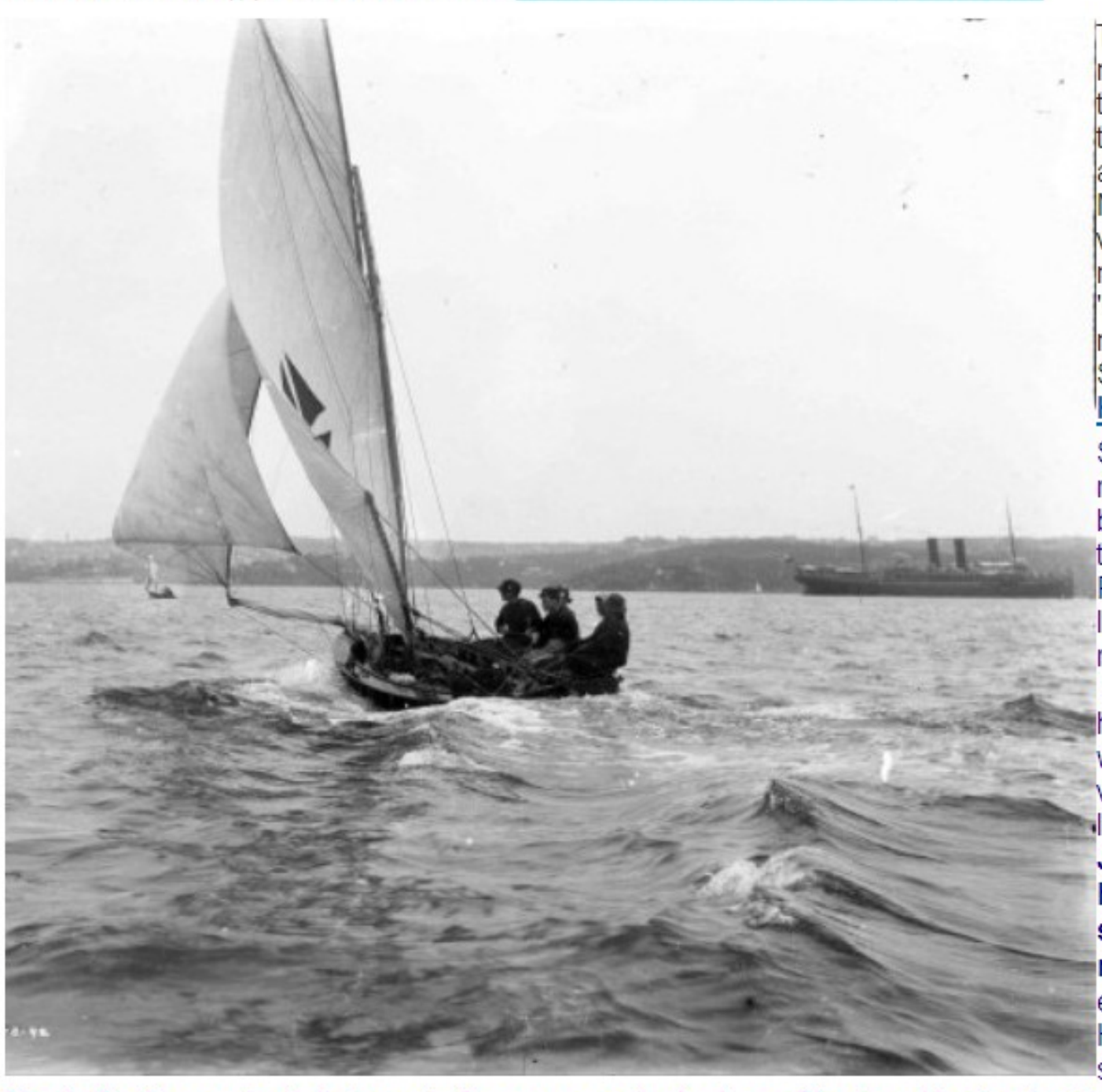
Thanks to Mr. Foy, Mr. Graham, Mr. Sinclair, and to the other tree lovers of Bayview, who are bent on preserving these native timber trees, visitors are able to enjoy from the roadside pictures which are too seldom seen on or near an outer suburban highway. In too many places all the native trees are cut down to make room for favourites from other continents. None of the Imported trees compare with those of our own wild land. Bayview's spotted gums stand head and shoulders above anything near them. While their present owners have power to protect them they are safe from the axemen. Recently, some splendid trees were taken off the roadside to make room for the electric light wires. Other trees were lopped or shortened for the same purpose. Many a bayside resident was sorry to see that work done. However, the chopping could not well have been avoided. The men who handled those spotted gums did their work feelingly, and saved every tree they could. SPOTTED GUMS AT BAYVIEW. (**1930, January 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16615090

Mark Foy had a residence in Pittwater called The Cabin at 28 Bay View Road before this access was renamed 'Pittwater Road' by Warringah Council. Other family members also purchased property in Pittwater in 1926, which we will include, in turn, at a later date;

IN consequence of leaving for Algiers, Mr. Mark Foy's residence, EUMEMMERING HALL, Bellevue Hill, is to Let on lease for a term of 5 years: also a water-frontage seaside Residence, **THE CABIN, Bayview, Pittwater, 6 rooms, motor garage, and boathouse and baths.** SHELEAGH COTTAGE, Medlow Bath, tho mosthandsome cottage on the Blue Mountains, electriclight and water laid on, beautifully furnished', also GLENARA COTTAGE, Medlow Bath, unfurnished, anda dwelling-house at Blackheath, six rooms, unfurnished. THE BUNGALOW, In KANIMBLA VALLEY, also STOEWER OFFICE, 12 City road. Full particulars of all these propcrties at HOOAN'S KIOSK, VICTORIA ARCADE.Opposite the Australia Hotel. Advertising. (**1914, April 11**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 25. Retrieved from http://nla.gov.au/nla.news-article15500675

Mr Foy brought cars and car racing to Australia, was a proponent of motor boats and cruisers, and these were just a few of the investments he made in Australia. The list of health initiatives he contributed large sums to reflects early tragedy in his own life as much as a few personal health scares and an unceasing love of world wide travel paralleled bringing the latest and best back to Australia when people journeyed by ship.

MOTORING 'ON THE WATER.' The latest information received in Adelaide from England states that the Kingwho has always taken a keen interest in motoring on land, has recently entered with enthusiasm on the new development of the motor, which is seen now on thewaters along the English coasts. There does not seem to be any valid reason why South Australians should not enter heartily into the same sport, for there is ample sea space to practise on round the shore from Brighton to Largs Bay, while it is a very simple matter to run the motors into safe harbor when rough weather threatens. In European waters the oil launch-a dainty looking boat, containing an engine similar to that of the best French motor cars, capable of speeds running from ten miles up to 30 miles an hour-has long been popular, while of late years its vogue has almost rivalled that of the motor cars. **In Sydney the European fashion has already been largely followed, and the Daily Telegraph states that there are today 300 oil launches on "the beautiful harbor." Mr. Mark Foy, a great patron of automobilism, was among the pioneers of the sport there.** TOPICS OF THE DAY. (**1904, September 21**). *The Advertiser*(Adelaide, SA : 1889 - 1931), p. 4. Retrieved from http://nla.gov.au/nla.news-article5007959



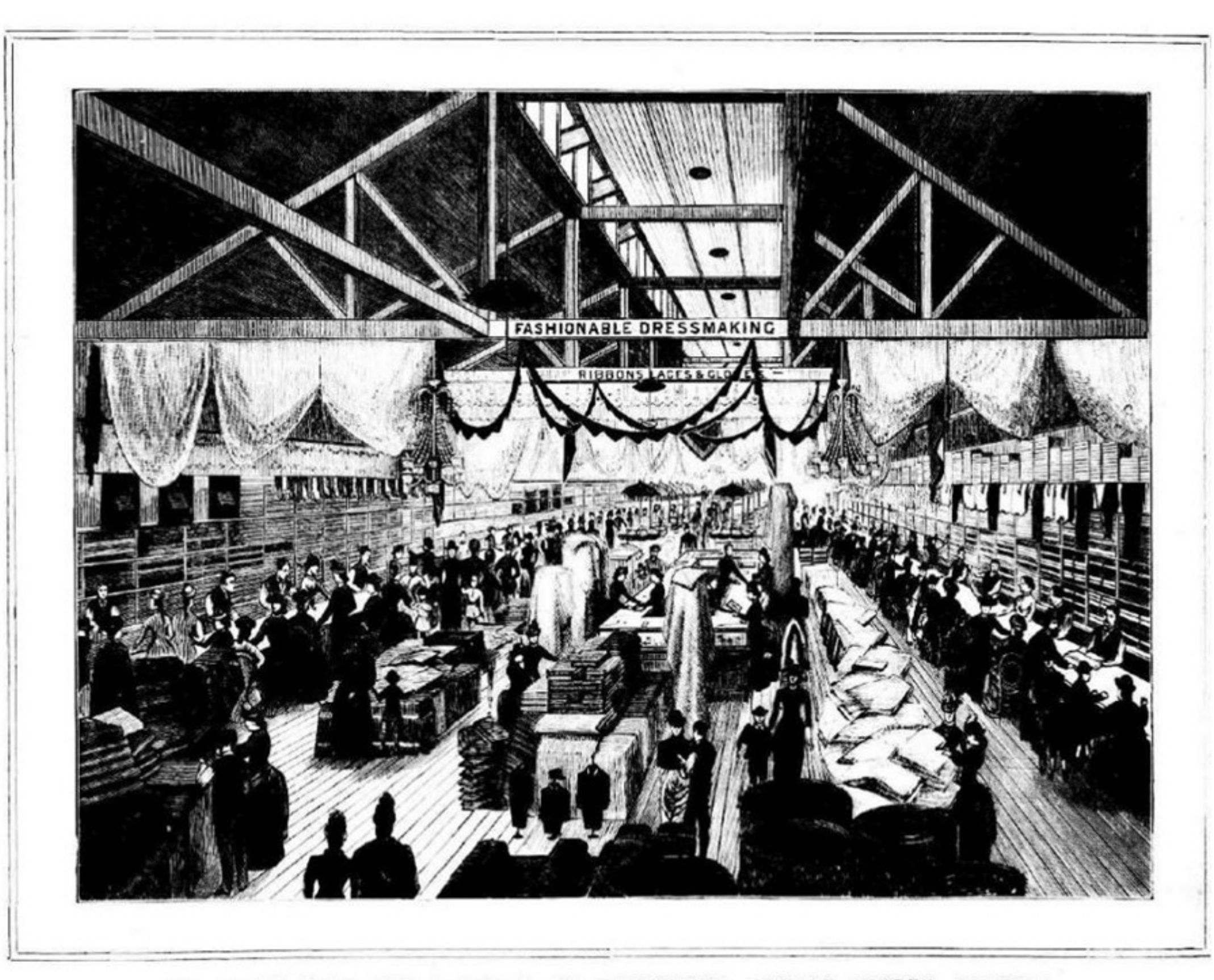
The note that resonates strongest from masses of material is a love of sailing and his favourite vessel, the ***Flying Fish***, an earlier catamaran which he tried to find or rebuild once she disappeared. The picture at left, courtesy of the Australian National Maritime Musueum and dated 1898, is one version of this favourite. A story regarding her modifications from a gentleman known only as 'Clipper', who claims to have witnessed a SFS meeting, may be found in the Australian Historical Sailing Skiff Association Inc. August Newsletter 2012 **HERE**

Sailing Man's Search For Freak Racer . The old racing 24-footer Flying Fish is being anxiously sought by the well-known sailing enthusiast Mr. Mark Foy. If the hull can be found, even in a derelict condition, Mr. Foy plans to build a big racer, 60ft long, on the same lines. For some time he has been advertising a reward of £5 for news of the boat's whereabouts. Several reports that she was at George's River, and had become a houseboat, have proved untrue. The whereabouts of Flying Fish is still a mystery. Sailing veteran and boatbuilder Peter Cowie believes the lost boat will never be found. Some years ago the late **Jack Gorman told him Flying Fish broke from her moorings at Pittwater and drifted out to sea. Mr. Foy, who gave Gorman the freak racer nearly 50 years ago**, said last night that this explanation was quite plausible.
He claims that Flying Fish had an amazing turn of speed on a beam wind. **She often sailed past Manly ferries**, and out-distanced all-comers on the harbour. Shortened by two feet to enter an ocean race Flying Fish won it by about three miles, according to Mr.Foy. The craft was of unorthodox build. **She was actually two boats, each of 2ft 3in beam, bolted together by two cross pieces, one at the mast and one further aft. Flying Fish carried a crew of 20. She was rigged with a French lug sail and overall measured 60ft from bowsprit to tip of bumpkin.** Mr. Foy is confident that if the Flying Fish could be found and reproduced with a 60ft hull the new boat would be a record-breaker.
"She was perfectly balanced," he declares.
A copy named the Flying Fox did not have the same balance and proved a complete failure. Mr. Foy is dubious about the success of any other attempts to duplicate the performance of the craft without her exact dimensions. Sailing Man's Search For Freak Racer. (**1946, February 26**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article27919832

Mark Foy was born at Bendigo on February 15th 1865 to Mark Foy and Mary (nee Macken). His father, a draper in his former home of Dublin, had moved to Melbourne by 1870 and set up a store in Smith Street, Collingwood that prospered and had become big enough to occupy six shops by 1880. He was already a keen sportsman winning medals in the United States of America for rifle shooting.
At the age of 19, in 1884, he moved to Sydney with older brothers Francis and Hugh Victor, with sisters Alice and Sophie included, to set up their own store. The stories of how this came about are many. One of them;

Fateful Toss By A. L. BRIENT . IN HIS ARTICLE on the origin of some of Melbourne's famous old stores (Week-end Magazine, 2/4/49), Ron Testro mentions the circumstances in which the Foy and Gibson partnership was dissolved. As two of Australia's leaders in the retail drapery trade were concerned, the story seems worth telling in greater detail. William Gibson; by the way, was a comparative latecomer into the business, which had been established by Mark Foy in the Victorian gold-digging days, first at Bendigo, afterwards extending to Greytown and Castlemaine (in partnership with a Mr Bentley), and finally to Smith st, Collingwood (1868). It was in Collingwood that Mark Foy's elder son, Francis, grew to manhood, and during his father's declining years (he died in 1882 while on a health trip in USA), became responsible for the conduct of the business.

It was in this period that William Gibson, a Scottish commercial traveller, with capital to invest on behalf of his uncle, Robert Dick, well-known Glasgow leather belt manufacturer, became a partner. Then something entirely unpredictable happened. While Francis Foy was absent on a prolonged buying mission, William Gibson, fascinated by the overhead cash-carrier system then coming into favour, installed one in the Smith st premises as a surprise for his partner on his return. However, it was with a wry sort of smile that Francis Foy beheld the new contraption. It was not because he was opposed to innovations. On the contrary, his reputation was that of a man ever on the look-out for new ideas in business. It was that he had not been consulted on a major item of expenditure.
THEN HE DECIDED that Smith st could not hold both Gibson and himself. So it was that each partner agreed to write down his valuation of the share he held in the business, and decide who should buy the other out on the toss of a coin. Francis Foy never baulked at risks. He won the toss. Gibson's disappointment was manifest in his face, although he was prepared to stand by the bargain. Francis Foy, son of an emotional Irish mother and a mercurial French father, relented. "Consider you've won," he exclaimed. "I will take your chance, sell at the figure I've given (£8,000), and go to Sydney." Conservative estimates at the time were that the amount should have been more like £60,000. Nevertheless, Francis Foy left Smith st, never to return (although a regular visitor to the Melbourne Cup meeting),opened in Oxford st, Sydney, under his father's original sign, "Mark Foy," and in 20 years made £1 million. Today, the business is carried on in palatial premises in Liver-pool st. Francis Foy died in 1918, in the Sydney express, returning from the Melbourne Cup of that year. William Gibson did not forsake his old partner during the difficult period of finding a footing in Sydney. He was always ready to lend an expert or two from his Smith st staff, to tide over a difficulty in the new city. I have mentioned Francis Foy's French ancestry. His paternal grandfather, a stubborn monarchist, fled from Paris during the French Revolution, and acquired a flour milling business and a fortune in Ireland, but lost all when his bank failed. Fateful Toss. (**1949, June 18**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 5 Supplement: The Argus Week-End Magazine. Retrieved from http://nla.gov.au/nla.news-article22735875



MR. MARK FOY'S NEW DRAPERY ESTABLISHMENT, OXFORD STREET, SYDNEY.

MR. MARK FOY'S NEW DRAPERY ESTABLISHMENT, OXFORD STREET, SYDNEY. (1885, October 24). *Illustrated Sydney News* (NSW : 1853 - 1872), p. 16. Retrieved March 11, 2013, from http://nla.gov.au/nla.news-article64036628 and Mr. Mark Foy's Drapery Establishment,
MOST old Victorians, or even those who have made only occasional visits to Melbourne, will remember the establishment of Mr. Mark Foy, in Collingwood. This enterprising gentleman made it amongst the most famous places of business in the southern city or its suburbs, and its proprietor was as widely known as he was generally respected. The firm have now opened an establishment of a similar kind in Oxford Street, Sydney. The new premises have just been completed, and business is now in full swing. Our illustration gives a capital and graphic idea of the interior of this extensive and handsomely fitted establishment, which, during the afternoons and hours when ladies usually indulge in the amiable weakness of shopping, is a. perfect beehive of life and activity. We have no doubt the enterprising proprietors will reap the full reward of their energy, capital, and farsightedness in their new venture. , Mr. Mark Foy's Drapery Establishment. (1885, October 24).Illustrated Sydney News (NSW : 1853 - 1872), p. 13. Retrieved from http://nla.gov.au/nla.news-article64036651

Mark Foy senior, after whom this store was named, to honour him, actually died in 1884: FOY.—In loving remembrance of Mark Foy, J.P., Collingwood, who died of Bright's disease, on the 14th January, 1884, at San Francisco, aged 54. Family Notices. (**1886, January 14**). The Argus (Melbourne, Vic. : 1848 - 1956), p. 1. Retrieved from http://nla.gov.au/nla.news-article6080307 and FOY –In loving remembrance of Mark Foy, JP, Collingwood, who died of Brights disease and gangrene of the leg at San Francisco, on the 14th of January, 1831, aged 54 years. Family Notices. (**1885, January 14**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 1. Retrieved from http://nla.gov.au/nla.news-article6065050

These notices would have been placed by Mark Foy senior's second wife Catherine (nee Power);

In the Equity Court on Wednesday last, before His Honor Mr. Justice Molesworth, an action of the Trustees, Executors, and Agency Company, Limited, v. Foy, was heard. The plaintiffs were executors of the will of the late Mr. Mark Foy, draper, of Smith-street, Collingwood, and the defendants, Mrs. Catherine Foy, widow of the testator, and Maximilian John Foy, his infant son, now aged three years, who was represented by Mr. David Power (name of both father and brother of Catherine)as guardian ad litem. The deceased died on the 14thJanuary, 1884, at San Francisco, California, leaving a will executed at the same place on the 13th December, 1883. Mrs. Catherine Foy was the second wife of the testator, and the infant defendant is his only child by her. The present action was brought to have the will of the testator construed by the court. **Mr. Foy** (Snr.) **by his will bequeathed sums of £5 to his daughter, Mary Anne Foy, and £500 to his sister, Miss H. F. Foy, of Bourke-street, Melbourne.** He then directed that the residue of his estate should be held in trust by the widow for her child and herself, share and share alike, but provided that in the event of the widow marrying again, the whole of the residue should go to the child. **He explained that he did not make any provision by his will for his children, Francis Foy, Mark Foy, Hugh Victor Foy, Alice Foy, and Sophie Foy, because he had already provided for them otherwise.** The deceased appointed the plaintiffs and his widow executors and executrix of his will, but the latter renounced, and probate was granted to the company alone. The deceased left real property of the value of.£1696, and personal property of the value of £14,400. His debts amounted to £881.The immediate object of the present action was to ascertain from the Court what was to be done with the corpus of the widow's half of the residue. It was pointed out on behalf of the plaintiffs that if she got possession of it she might spend it and then marry again, when the money could not be recovered from her. On behalf of the widow it was submitted that she was entitled to the possession and absolute control of one-half share of the corpus, and that as to that share no trustee should be appointed. The moiety claimed by Mrs. Foy amounts to about £7607. Mr. Higgins, instructed by Messrs. Davies and Campbell, appeared for the plaintiffs; Dr. M'Inerney, instructed by Mr. Walter Davies, for the defendant, Mrs. Foy; and Mr. Campbell, instructed by Mr. C. S. Price, for the infant defendant. His Honor reserved judgment. LOCAL BUILDING SOCIETY, BRUNSWICK. (**1884, October 25**). *Mercury and Weekly Courier* (Vic. : 1878 - 1903), p. 2. Retrieved from http://nla.gov.au/nla.news-article59752597

In 1888 Mark Foy junior married a lady whom he may have met in his childhood, Annie Davy (June 2nd, 1864 - May 26th, 1921). Annie was the daughter of Mary Ann and John Davy both of whom had died by 1870, leaving her an orphan. Consumption, a term which describes how this disease wastes or 'consumes' its victims, and which is now called tuberculosis and spread by breathing the air of those infected during close contact, claimed her grandfather, uncle, her mother and her aspiring father;

MARRIAGES. DAVY—O'CONNELL.—On the 20th inst., at St. Francis's Cathedral, Melbourne, by the Rev. W. M. Finn, Mr.John Davy, merchant, Melbourne, to Mary Anne, only daughter of the late Mr. Daniel O'Connell, Melbourne. STOCK AND SHARE LIST. (**1862, November 27**). *The Argus*(Melbourne, Vic. : 1848 - 1956), p. 4. Retrieved from http://nla.gov.au/nla.news-article6481457
TO LET, first-class HOUSE, Fitzroy-street. Apply Mr. Foy, No.29 King William-street, Collingwood. Advertising. (**1859, June 11**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 8. Retrieved from http://nla.gov.au/nla.news-article5682618
On the 18th inst, at his residence, Morning Star Hotel, Little Bourke-street, Melbourne, Mr. Daniel O'Connell, aged 42 years. Family Notices. (**1860, November 19**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 4. Retrieved from http://nla.gov.au/nla.news-article5693477
THE Friends of the late Mr. DANIEL O'CONNELL are respectfully invited to follow his remains to the place of interment, Melbourne General Cemetery. The funeral to move from his residence, Morning Star Hotel, Little Bourke street east, this day (Tuesday). 20th inst., at 3 o'clock p.m. JOHN DALEY, undertaker, La Trobe and Spring streets, Melbourne. Family Notices. (**1860, November 20**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 8. Retrieved from http://nla.gov.au/nla.news-article5693584
DEATH. O'CONNELL.-On the 16th inst., of consumption, at the residence of his brother-in-law, Mr. John Davy, Brunswick-street, Fitzroy, John, eldest son of the late Mr. Daniel O'Connell, aged twenty-three years. Family Notices. (**1865, December 18**). The Argus (Melbourne, Vic. : 1848 - 1956), p. 4. Retrieved from http://nla.gov.au/nla.news-article5766894
DAVY.—On the 19th inst, at her residence, 88 Rathdowne street, Carlton, Mrs. Mary Anne Davy, widow of the late Mr. John Davy, merchant, and only daughter of the late Mr. Daniel O'Connell, aged 26 years. R.I.P. Family Notices. (**1870, October 21**). *The Argus* (Melbourne, Vic. : 1848 - 1956), p. 4. Retrieved from http://nla.gov.au/nla.news-article5836583

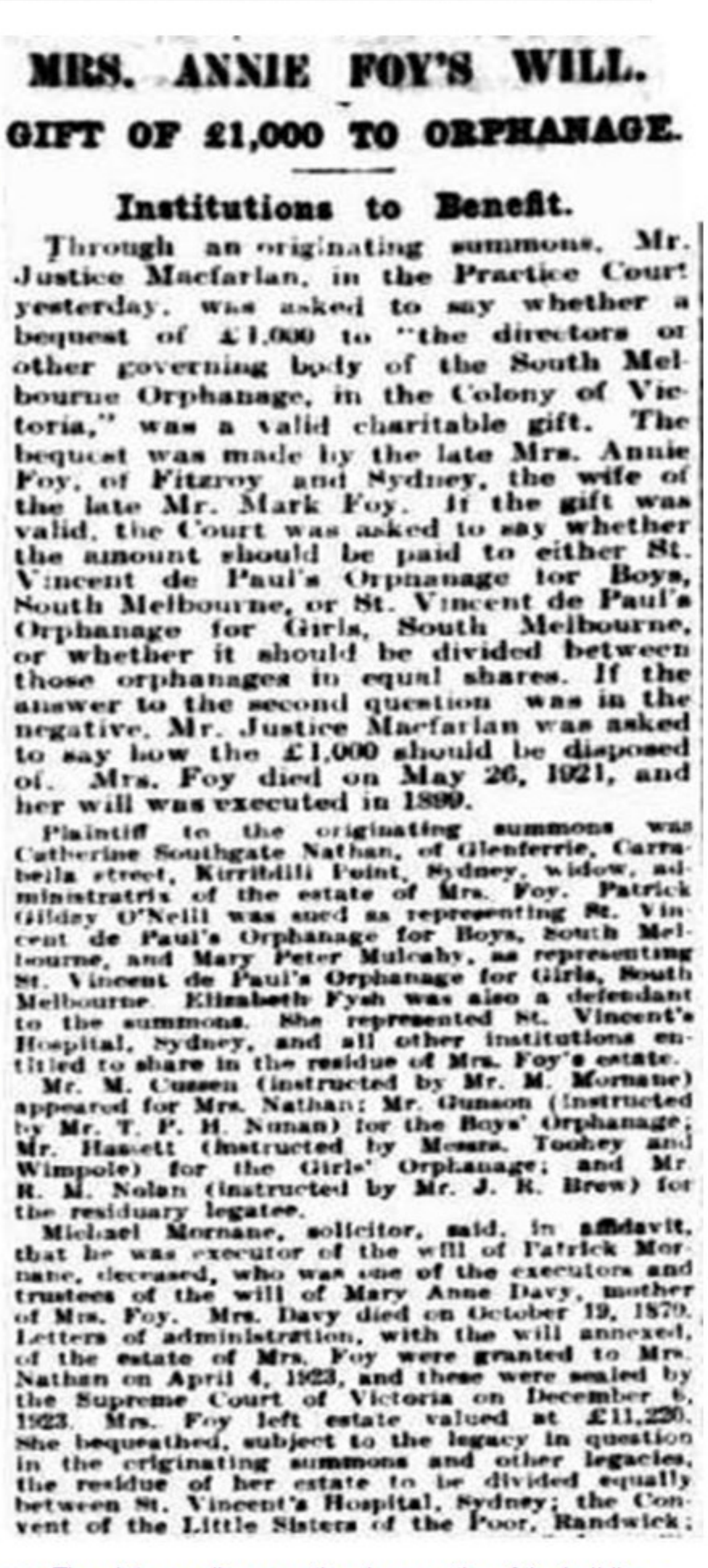
FOY-DAVEY.-April 18 at St Mary's Cathedral, Sydney, by the Rev. Father Byrne, Mark, second son of the late Mark Foy, Esq .J P., of Melbourne, to Annie, only daughter of the late John Davey, of Melbourne. Family Notices. (**1888, May 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article13687300

'20. Bournemouth pier approach in 1899.

It seems the heartache was not over for Annie. In 1898 Mark Francis Foy, eldest son of Mark Foy junior, was born in London. Some sources state this first son was born of Elizabeth Dominca Foy (nee Tweedie) who Mark Foy married in St Mary's Cathedral, Hobart, Tasmania on the 19th of September, 1900, two years later. As the Foy's were staunchly Catholic, an anulment must have been sought and granted. Annie died at Bournemouth a place renowned for its Baths and treatments for people suffering from Consumption at that time. A will, sealed and lodged in 1899 offers some insight;

Foy, Annie, formerly wife of Mark Foy, of Crescent-road, Bournemouth, died 26th May, 1921. Next of kin wanted. £13,368 NEXT OF KIN. (**1922, July 4**). *The Brisbane Courier* (Qld. : 1864 - 1933), p. 4. Retrieved from http://nla.gov.au/nla.news-article20556969
MRS. ANNIE FOY'S WILL. (**1926, May 26**). *The Argus*(Melbourne, Vic. : 1848 - 1956), p. 9. Retrieved from http://nla.gov.au/nla.news-article3784431

Some of what Mark Foy may have been experiencing during these events can be glimpsed in him retiring from full time work at Mark Foy's in 1898 to 'pursue other interests' and his zeal for acquiring land in the Blue Mountains to begin building in 1902 what would become the Hydro Majestic Medlow Baths;



MRS. ANNIE FOY'S WILL.

GIFT OF £1,000 TO ORPHANAGE.

Institutions to Benefit.

Through an originating summons, Mr. Justice Macfarlan, in the Practice Court yesterday, was asked to say whether a bequest of £1,000 to "the directors or other governing body of the South Melbourne Orphanage, in the Colony of Victoria," was a valid charitable gift. The bequest was made by the late Mrs. Annie Foy, of Fitzroy and Sydney, the wife of the late Mr. Mark Foy. If the gift was valid, the Court was asked to say whether the amount should be paid to either St. Vincent de Paul's Orphanage for Boys, South Melbourne, or St. Vincent de Paul's Orphanage for Girls, South Melbourne, or whether it should be divided between those orphanages in equal shares. If the answer to the second question was in the negative, Mr. Justice Macfarlan was asked to say how the £1,000 should be disposed of. Mrs. Foy died on May 26, 1921, and her will was executed in 1899.

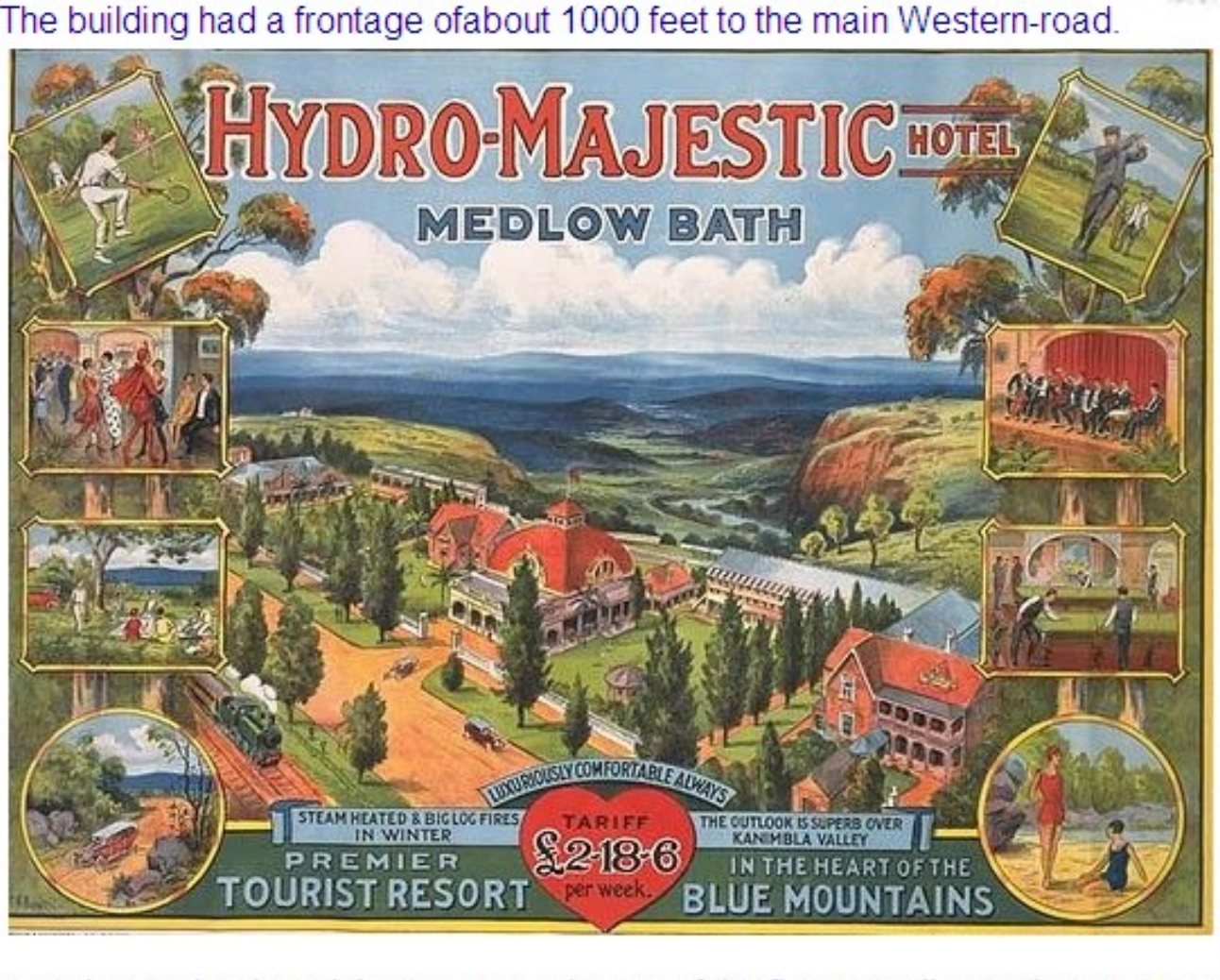
Plaintiff to the originating summons was Catherine Southgate Nathan, of Glenferrie, Carrabella street, Kirribilli Point, Sydney, widow, administratrix of the estate of Mrs. Foy. Patrick Gilday O'Neill was sued as representing St. Vincent de Paul's Orphanage for Boys, South Melbourne, and Mary Peter Mulcahy, as representing St. Vincent de Paul's Orphanage for Girls, South Melbourne. Elizabeth Fysh was also a defendant to the summons. She represented St. Vincent's Hospital, Sydney, and all other institutions entitled to share in the residue of Mrs. Foy's estate.

Mr. M. Cussen (instructed by Mr. M. Mornane) appeared for Mrs. Nathan; Mr. Gunson (instructed by Mr. T. P. H. Nunan) for the Boys' Orphanage; Mr. Hassett (instructed by Messrs. Toohey and Wimpole) for the Girls' Orphanage; and Mr. R. M. Nolan (instructed by Mr. J. R. Brew) for the residuary legatee.

Michael Mornane, solicitor, said, in affidavit, that he was executor of the will of Patrick Mornane, deceased, who was one of the executors and trustees of the will of Mary Anne Davy, mother of Mrs. Foy. Mrs. Davy died on October 19, 1879. Letters of administration, with the will annexed, of the estate of Mrs. Foy were granted to Mrs. Nathan on April 4, 1923, and these were sealed by the Supreme Court of Victoria on December 6, 1923. Mrs. Foy left estate valued at £11,220. She bequeathed, subject to the legacy in question and other legacies, the residue of her estate to be divided equally between St. Vincent's Hospital, Sydney; the Convent of the Little Sisters of the Poor, Randwick;

KATOOMBA BLAZE. Famous Hotel Destroyed. £30,000 DAMAGE. KATOOMBA, Friday. - The Hydro-Majestic Hotel at Medlow Bath, a famous tourist resort in the Blue Moun-tains, has been partially destroyed byfire. The fire broke out from an un-known cause in the early hours thismorning. The manager, his wife and family, who were awakened by thecaretaker, had a narrow escape fromthe burning building in their night attire. The whole of the central section, known as Belgravia, with its renowned picture gallery, and two storeys ofbedrooms, is a smouldering mass of ruins. The picture gallery was one of thefeatures of the Hydro. It contained specimens by many well known artists, also many fine marble busts. It contained specimensof such well-known artists as Lister, Julian Ashton, Tebbutt, Gladstone, Ayre, and **Cayley**. **The Hydro was erected about 20 years ago.** It was intended to mark a new departure in hotel accommodation. Altogether it has cost about £90,000. The damage, as a result of the fire, is roughly estimated at £30,000. The building was owned by Mr. Mark Foy. It was leased to the Joynton SmithTrust. The whole of the buildings and contents were insured.KATOOMBA BLAZE. (**1922, August 19**). *Advocate* (Burnie, Tas. : 1890 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article66728078 and A BIG FIRE. (**1922, August 26**). Chronicle (Adelaide, SA : 1895 - 1954), p. 42. Retrieved from http://nla.gov.au/nla.news-article87435205

Few tourists, visit the Blue Mountains without looking over the great, somewhat straggling building which picturesquely hangs over the Kanimbla Valley. Well-known as the Hydro-Majestic was as a mountain resort,it was even better known because of its history, its unusual architecture, and itsunique, in places luxurious, appointments andfittings. The building had a frontage ofabout 1000 feet to the main Western-road.


HYDRO-MAJESTIC HOTEL
MEDLOW BATH
LUXURIOUSLY COMFORTABLE ALWAYS
STEAM HEATED & BIG LOG FIRES IN WINTER
TARIFF £2-18-6 per week.
THE OUTLOOK IS SUPERB OVER KANIMBLA VALLEY
PREMIER TOURIST RESORT
IN THE HEART OF THE BLUE MOUNTAINS

The picture gallery was the show portionof the building, where, in addition to canvasesby some well-known painters, there werea number of good pieces of statuary. The residential portion of the building hadbeen closed for some weeks, the only visit-ors being tourists, who stopped for an houror so to look through the building. Mr. Millett, the manager of the hotel, lived in the building with his wife and family and four children. The first person to notice the fire was oneof the employees of the place, Mr. Harry Skeen, who lived in a cottage nearby. Hewas sleeping out on the verandah of his cottage, and was awakened at about 3 a.m. by an unusual glare. He found the westernwing of the building ablaze, and rushed across to awaken the manager. Mr. Millett and hisfamily were all asleep, although heavy smoke was pouring into that portion of the hotel. They all got out safely. The flames, fanned by a stiff westerly wind, spread rapidly, andformed a fiery pillar that was visible for manymiles about. The Katoomba Fire Brigade was notified, but it was not until 4.30 a.m. that it came into action. The few firemen had a difficult task, rendered harder by a poor water supply,which was later augmented by running a lineof hose to a hydrant nearly a quarter of amile away. It was not until a couple ofhours later that the flames were beatenback and there was no danger of the firespreading to the eastern portion of the hotel,which contains, in addition to many bed-rooms, a casino and large billiard-rooms. The Hydro-Majestic was built some 20 years ago by Mr. Mark Foy, who intended it as a luxurious tourist hotel. Later it was leased to Sir Joynton Smith, the present lessee. HYDRO-MAJESTIC. FIRE AT MEDLOW. (1922, August 19). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16019743

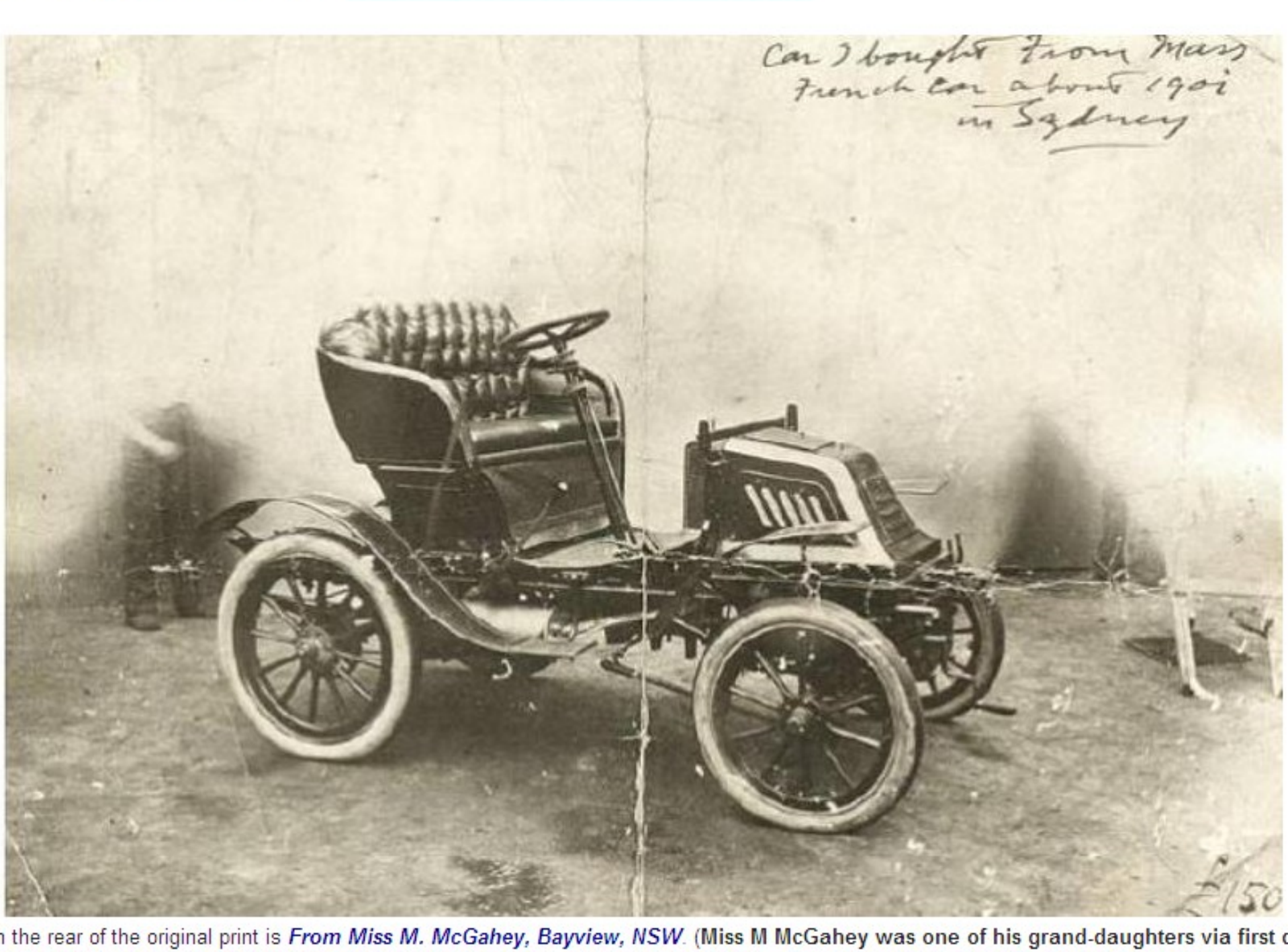
Elizabeth gave birth to their child Maxine in 1902, the same year this huge 'healing' edifice was opened. In 1903 Alice S R (called Sheleagh) was born and his second son, Francis Jefferson, in 1908.

Mark Foy's clearly quick mind and passion for all new innovations of humankind, combined with a buy and sell upbringing of knowing how to keep the financial wheels turning to back all ventures, runs through his passion for motor cars. Not only did he compete in the first ever marathon car race in Australia from Sydney to Melbourne he also had the knack for using his collection at Medlow Baths as well as selling it off when it suited:

MOTORING. DUNLOP RELIABILITY RACE. TWO CARS WRECKED. GUNDAGAI, Wednesday -The section of the Dunlop Reliability Motor Race today from Goulburn to Gundagai, through beautiful country and on comparatively good roads, was not accomplished with out stirring incidents. Two Victorian competitors for the Buchanan Trophy met with accidents, and there is no prospect of either car concerned being repaired for the three remaining sections. A third Victorian, Mr. H. J. Stevens, again proved himself to be the speediest motorist on the road. He went for speed, and notched a great performance when the long hill climbing is taken into account. The first batch of motorcycles was despatched at a quarter to 7 o'clock. By 8 o' clock nearly 30 cycles or cars were on the road. Mr. Mark Foy, whose car suffered on Tuesday, was a late starter, with one or two others. MOTORING. (**1905, February 23**). The Argus (Melbourne, Vic. : 1848 - 1956), p. 5. Retrieved from http://nla.gov.au/nla.news-article9885216

A GOOD IDEA. MARK FOY'S MOTORS, FROM MEDLOW BATH. Regarding the UNRESERVED SALE of the 15 MOTORCARS of Mr. MARK FOY, who is leaving for England, a good idea is suggested, and will be carried out, SALE ON THE LAWNS OF "EU-MEMMERING," BELLEVUE HILL, near Tram Terminus, 7th SEPTEMBER-WEDNESDAY. CARS ON VIEW: Sunday, Monday,Tuesday, and Wednesday. INTENDING PURCHASERS can have a trial on the stiff hills in the neighbourhood to show that all is right with the cars. A**s all the famous Medlow Bath drivers, who are the best in Australia**, will be temporarily out of work, and attending the Sale to show the cars off, they will instruct any purchaser of a Car how to drive it, and give them, if it is necessary, ONE WEEK'S LESSON IN THE PARK FOR ONE GUINEA. If you are a buyer you will thusly get the most expert training in driving your purchased Car in a manner as not to injure it until you become your-self thoroughly experienced. Advertising. (**1910, September 1**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article15183655

MOTOR CARS. On the Lawn of EUMEMMERING HALL, BELLEVUE BILL.Under favoured instructions received from MARK FOY, ESQ., Consequent upon his early departure for Europe,The Whole of his FINE COLLECTION OF MOTOR CARS, of Various Manufacture. Including: TWO 18-31 H.P. FIAT CARS. TWO 10-12 H.P. FIAT CARS. 15-22 NEW CABRIOLET STOEWER CAR. This Car has not run 1500 miles, fitted with C..A.A'.Lighting Set, and is the most perfectly fitted Car in the State. TWO 8-10 H.P. DE DION CARS. 12-10 H.P. LIMOUSINE N.A.G. CAR. 10-12 H.P. STOEWER CAR. Detailed particulars set out in Catalogues, which can be obtained from the Auctioneers, or will be posted on application. BARNARD AND CO. will sell by auction as above.
POSITIVELY WITHOUT RESERVE. Auctioneers' Offices, 77 Castlereagh-st. Advertising. (**1913, March 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article15409004



Written on the rear of the original print is ***From Miss M. McGahey, Bayview, NSW*.** (**Miss M McGahey was one of his grand-daughters via first daughter Maxine.Ed.)** Car belonged to late Mr. Mark Foy while the front reads – in Mark Foy's hand? – *Car I bought from Mass(?). French car about 1901(?) in Sydney. £150.* Photo owned by David Manson and sourced from Serpolette's Tricycle, The Early Motor in Australiasia, Newsletter, No 6, December 2012 who state Mark Foy is a "pioneer NSW motorist Mark Foy".

Another aspect of this man's interests that shows up in Pittwater and perhaps points to friendly support of his then neighbours the **Pittwater Aquatic Club** and their early history of rowing, shows in his sponsorship of the Mark Foy Race in Pittwater Regattas during the 1920's and 1930's. This too can be traced back to an older interest in this sport;

THE SCULLING CHAMPIONSHIP-**MARK FOY GIVES STANBURY A NEW BOAT** London, July 6. James Stanbury is undergoing a sound preparation for his match with Harding for the sculling championship of the world on Monday next. Mr. Mark Foy, of Sydney, has presented Stanbury with a new boat, to be used in the match. THE SCULLING CHAMPIONSHIP. (**1896, July 10**). *The Inquirer & Commercial News* (Perth, WA : 1855 - 1901), p. 7. Retrieved from http://nla.gov.au/nla.news-article66541367

James (Jim) Stanbury (1868-1945), sculler, was born on 25 February 1868 at Mullet Island, Broken Bay, New South Wales, son of James Stanbury, a farm labourer from Devonshire, and his Sydney-born wife Catherine, née Reilly. Several years later the family shifted to Nowra where young James learned to row on the Shoalhaven. In 1887 he moved to Sydney to join the professional sculling ranks and within a year had stunned onlookers by finishing a close second when Henry Searle set a Parramatta River record. Following Stanbury's successful defence of his title against Charles Harding, the English champion, in July 1896 in London, Gaudaur agreed to race over the neutral Thames course. In a contest where Stanbury claimed a foul, Gaudaur took the world title on 7 September. The Australian was received coolly in Sydney for having refused to row out the match at racing speed.
Scott Bennett, *'Stanbury, James (Jim)* (1868–1945)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/stanbury-james-jim-8618/text15055

Professional Sculling: The Mark Foy Mens Single Sculls (heavy boats) "Final H Robson 1 J Wilson 2 C Mudie 3 won by three lengths ". PITTWATER REGATTA. (**1934, December 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved March 6, 2013, from http://nla.gov.au/nla.news-article17117750

Mark Foy continued to travel every year. World events which affected the high seas on one occasion meeting his path mid-voyage;

MR. MARK FOY A PRISONER. A letter received in Sydney from a German resident at Yap Island, near Carolines, stated Mr. Mark Foy, of Mark Foy Ltd. was a prisoner there MR. MARK FOY A PRISONER. (**1914, October 9**). *Bendigo Advertiser* (Vic. : 1855 - 1918), p. 8. Retrieved from http://nla.gov.au/nla.news-article90727010 and;

MR. MARK FOY. PRISONER OF WAR Mr. Mark Foy, who recently left Sydney on a pleasure trip to Japan, has had a novel and exciting experience. He left Sydney in a German mail steamer, and while the vessel was on the Australian coast war was declared between England and Germany. The vessel immediately altered her course, and the passengers, much to their surprise, were landed at Rabaul, in New Britain, where they had to shift for them-selves as best they could. Mr. Foy remained on the Island some days, and, finding it impossible to get away by other means, chartered a small vessel with the assistance of other passengers in which they proposed to make for the Philippine Islands. Their troubles were not at an end, however, for their new craft struck a reef, and was wrecked. The passengers and crew were picked up by a passing vessel and conveyed to Yap. Mr. Foy cabled to Sydney from Yap, stating that he was well. A letter however, was received in Sydney a couple of days ago from a German source stating that Mr. Foy was detained as a prisoner of war, together with the British Consul, and the pair of them had been placed on a small island near Yap. It is likely, however, that Mr. Foy has since been released, for the Japanese have taken possession of Yap, and that he will be able to continue his voyage to the East or return to Sydney. MR. MARK FOY. (**1914, October 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article15537531

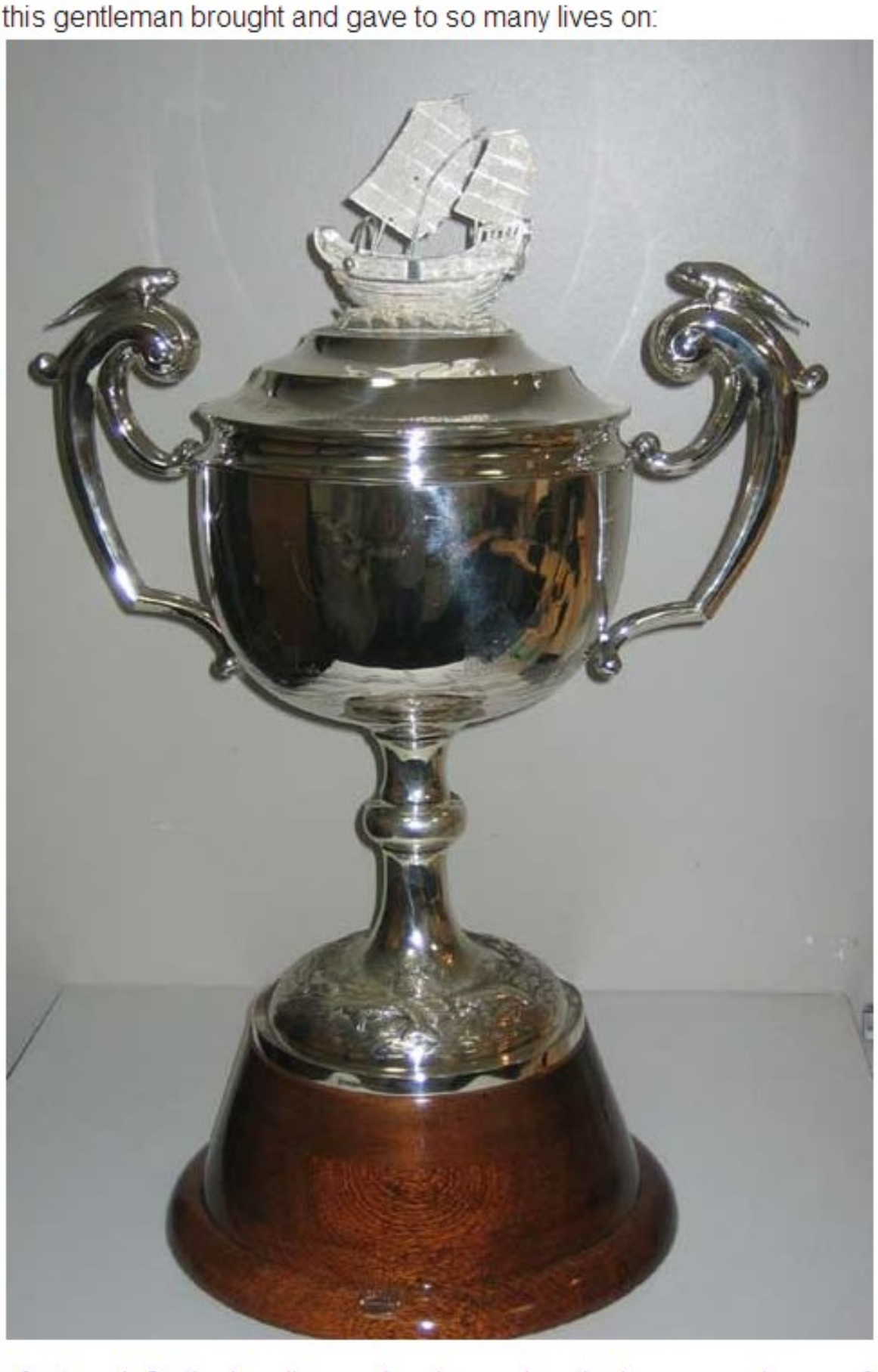
Shortly after the next world war began Mr Foy lost his second wife;

DEATH OF MRS. MARK FOY. Mrs. Elizabeth Foy, daughter-in-law of the founder of Mark Foy's Ltd has died in California after an operation for appendicitis. She left Australia on a world tour in April 1939 with her husband, Mr. Mark Foy, chairman of directors of Hydro Majestic Ltd Med-low Bath, and their daughter Miss Sheleagh Foy. Their elder son, Mr. Mark Francis Foy, and his wife left Sydney in December to join his parents in the United States and all had taken their passages to return this week by the same steamer. Two other members of the family, Mrs. Maxine McGahey and Mr. Jefferson Foy are in Sydney. The body will be be brought to Sydney for the funeral. DEATH OF MRS. MARK FOY. (**1940, July 11**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article17683793

Elizabeth's funeral took place almost six weeks later;FUNERAL OF MRS. ELIZABETH FOY. The remains of Mrs. Elizabeth FOY, daughter-in-law of the founder of Mark Foy's, Ltd., who died in Southern California on July 9 after an operation for appendicitis, have been brought to Sydney for burial. There will be a Requiem Mass at St Mary's Cathedral at 10 o'clock this morning, after which the cortege will move to the South Head Cemetery. FUNERAL OF MRS. ELIZABETH FOY. (**1940, August 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17677065

This gentleman of innovation continued in his love of sailing, attending to family business and watching his precious Hydro Majestic come in for War Service as this construction against the toll of disease and unhappiness was used for convalescing American servicemen during WWII to once again be a haven of restorative health and a few laughs. ONe source researched states; *"Instead of getting out of bed to turn a light switch off, they'd shoot the bulb out with a revolver," said Mrs Mary Shaw, grand-daughter of the hotel's founder, Mark Foy. "They had mouse traps hidden on couches and chairs to catch the unwary and they rolled some statuary down the cliffs at the back... They disposed of a herd of wild goats that my grandfather had imported... the whole lot of them for target practice just for something to do."* GERALDINE O'BRIEN, Heritage Writer, *Glory days are coming back to the Hydro Majestic*. 2009.

After a lifetime filled to the brim with doing, giving, and introducing new innovations to his fellow Australians, Mr Foy, by now aged, responded with characteristic determination to one last challenge.
The following is an obituary for Mark Foy
FALL CAUSES DEATH OF LEADING BUSINESSMAN. Mr. Mark Foy, who with two other brothers started the firm of Mark Foy's Limited more than 70 years ago, died in St. Vincent's Hospital last night, aged 85. Mr. Foy, who lived at Victoria Road, Bellevue Hill, died following a fall in his garden at his Bayview cottage. He was admitted to hospital at noon yesterday and died about midnight. Mr. Foy was in bed about 4 o'clock yesterday morning, when he thought he heard a burglar in the grounds. He got out of bed and was walking through a garden patch when he slipped. Mr. Foy was one of Sydney's leading business figures. He was known for his generosity and donated large amount to charity. He was also "prominent" in the sporting world. His main activity was sailing and he was the originator of 18ft sailing in Australia. He owned many championship boats and sailed them in England and Europe. In his youth Mr. Foy was also a good rifle shot. In America when 16 he won several medals for shooting. Mr. Foy was born in Bendigo. His father, an Irishman started the Melbourne firm of 'Foy and Gibson.' The Foy family decided to branch out into Sydney, and Mr. Mark Foy and two other brothers came here and established the business. He was the only surviving brother. Mr. Foy built the Hydro Majestic at Medlow Bath. Sydney Flying Squadron's fleet will fly black mourning ribbons from masts in Saturday's race in the Harbour. This will be the Squadron's tribute to its founder and its patron, Mr. Foy. Mr. Foy founded the Squadron in 1892 and retained the keenest interest in it until his death. SFS secretary (Mr. W.J. Anderson) said today that all skippers should see black ribbons were flown on Saturday. "Mr. Foy's death has cast gloom over the Sport, his sportsmanship and generosity will long be remembered" added Mr. Anderson. Mr. Foy is survived by two sons and two daughters. Mr. Mark F. Foy, Mr. F. J. Foy, Mrs. McGahey and Miss Sheila Foy. No arrangements have yet been made for the funeral. DEATH OF MR. MARK FOY. (**1950, November 17**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article18186921
Fortunately in 2008 a discovery allows us to ensure the legacy of all this gentleman brought and gave to so many lives on:



International 18ft Skiff Class Association - Double Bay, Sydney, Australia, Press Release, December 13, 2008 -New Trophy for the International 18ft Skiff Circuit - The 18 Foot Skiff International Association is delighted to announce a new global competition, the Mark Foy Trophy, to be sailed for the first time in Carnac (France) between June 29th and July 04th 2009. Mark Foy was one of the founders of the 18ft Skiff Class in Sydney in 1892 and a uniquely designed trophy bearing his name was recently rediscovered in the clubhouse of the Sydney Flying Squadron. Newly renovated and kindly donated by the Foy family, this valuable trophy will now take its rightful place as an International 18ft Skiff trophy. As a sign of the importance of the class outside Australia, and to show particular support for the class in Europe, the first venue to hold a series of races for this Trophy will be Carnac in France, often cited as the birthplace of European 18ft Skiff racing. A huge turnout of 18ft Skiffs is expected, with over 30 boats representing Australia, New Zealand, the USA and many European countries, with previous JJ Giltinan winners and champions from other classes competing over 6 days in a gala event hosted by Yacht Club de Carnac. John Harris, Commodore of the Australian 18 Footer League, comments, "Our International class organisation is mandated to foster the growth of the class building on its success Internationally, and promoting the regattas held annually in Australia, Europe and the USA. The JJ Giltinan Trophy has been raced as a "world championship" on Sydney Harbour since 1935, and the Mark Foy Trophy is both a reflection of the popularity of 18 Footer Sailing Internationally and a fitting celebration for the class as it looks to continue its growth on all continents. The JJ Giltinan event will continue to be run in Sydney every year and maintain its iconic status as one of the ultimate sailing trophies to be won in the world today".

In 2010, the Mark Foy Trophy will return to its birthplace in Sydney, Australia and will be run alongside the JJ Giltinan Trophy to celebrate the 75th Anniversary of the world's most exciting skiff class. San Francisco in 2011 and Auckland in 2012 are then scheduled hosts for the Mark Foy Trophy.

Notes on the trophy:
The trophy was designed by Mark Foy and crafted in Hong Kong in 1935. It stands 50cm tall, and is decorated with an ornate Chinese junk on top, reflecting the origin of the trophy and Mark Foy's passion for travel. On the handles, and embossed on the base, are shapes of the Australian "Dugong", a native Australian fish that by law can now only be fished by indigenous Australians. This unique and valuable trophy will take up permanent residence in the Sydney Flying Squadron opposite the Harbour Bridge, overlooking the waters where 18ft skiff racing started. From: http://www.sailingtexas.com/markfoytrophy

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Mark Foy threads collected and collated by A J Guesdon, 2013.

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Pittwater Online News

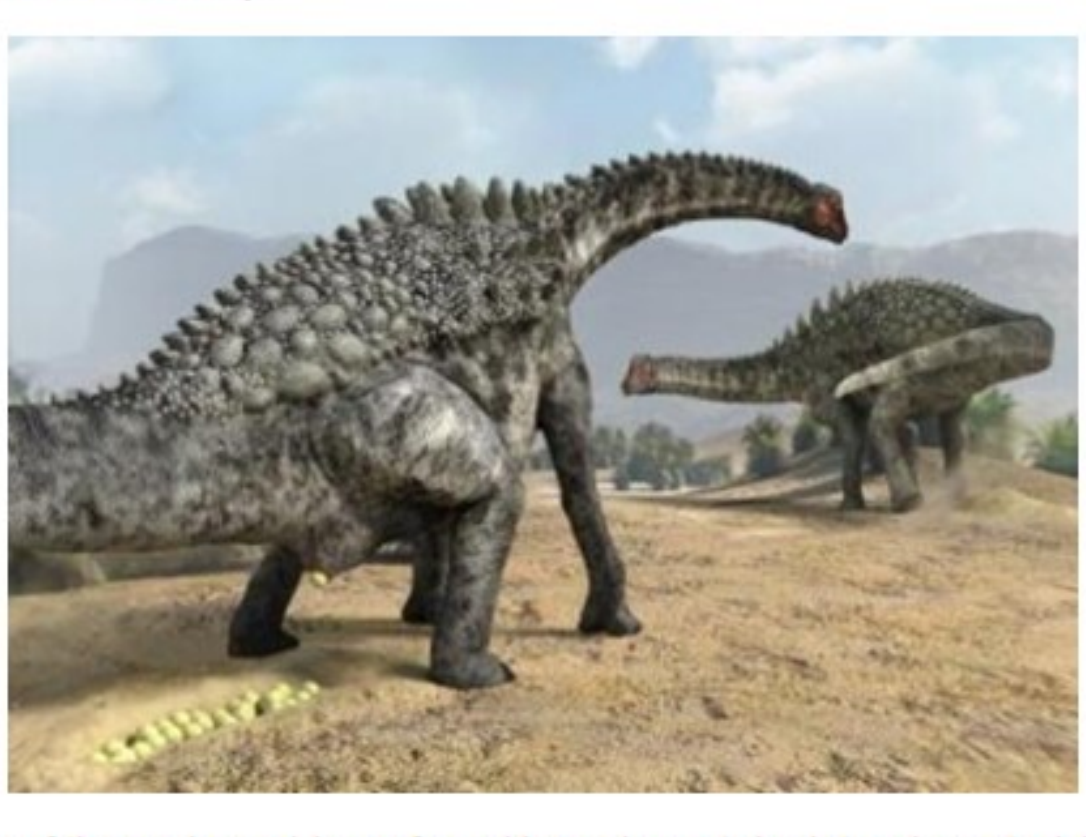
March 17 - 23, 2013: Issue 102

Adrenalin 360 Surf and Skate Competition at Avalon

Four Dinosaur Egg Species Identified in Lleida, Spain

Mar. 12, 2013 — A study headed by the Miquel Crusafont Catalan Palaeontology Institute has for the first time documented detailed records of dinosaur egg fossils in the Coll de Nargó archaeological site in Lleida, Spain. Up until now, only one type of dinosaur egg had been documented in the region. The archaeological site in Coll de Nargó containing dinosaur eggs lies some 8 kilometres to the west of the town that bears the same name in the province of Lleida. This region is home to different types of geological formations, including the Areniscas de Arén Formation and the Tremp Formation, which have provided a rich and varied yield of dinosaur fossils through the entire Pyrenees region.

"Eggshells, eggs and nests were found in abundance and they all belong to dinosaurs, sauropods in particular. Up until now, only one type of dinosaur egg had been documented in the region:Megaloolithus siruguei. After analysing more than 25 stratus throughout the Tremp Formation, a minimum of four different additional types were identified: *Cairanoolithus roussetensis, Megaloolithus aureliensis, Megaloolithus siruguei* and *Megaloolithus baghensis*," as explained by Albert García Sellés from the Miquel Crusafont Catalan Palaeontology Institute and lead author of the study.



One of the main problems faced by palaeontologists when studying fossil remains is determining the age of the sediments that contain them. There are fossils known as "guide fossils" whose characteristics allow for the age of rocks to be deduced. However, these fossils are frequent in marine sediments but more scarce and difficult to find in land sediments.

"It has come to light that the different types of eggs (oospecies) are located at very specific time intervals. This allows us to create biochronological scales with a precise dating capacity. In short, thanks to the collection of oospecies found in Coll de Nargó we have been able to determine the age of the site at between 71 and 67 million years," ensures the expert.

The paleontological sites in the south of Europe containing dinosaur remains have a high scientific value since they allow us to understand and thus reconstruct the ecosystems at the end of the **Mesozoic Era**. The latest scientific investigations show that the dinosaur fauna of the European Continent living for a short time before the great extinction some 66 million years ago can be found exactly on the southern side of the Pyrenees.

A connection between French and Spanish dinosaurs
The discovery of Cairanoolithus fossils in this area is an important finding. Given that this type of eggs is only known in the south of France, they are the first of their kind found in the Iberian Peninsula. According to García Sellés, **this discovery constitutes a new proof of the connection between dinosaur fauna in France and in the Iberian Peninsula some 70 million years ago**.

Furthermore, finding dinosaur eggs and nests in more than 25 stratigraphic levels provides clear evidence that these sauropods used the Coll de Nargó region as a nesting area for millions of years.

"We had never found so many nests in the one area before. In addition, the presence of various oospecies at the same level suggests that different types of dinosaurs shared the same nesting area," concludes the scientist.

Albert G. Sellés, Ana María Bravo, Xavier Delclòs, Ferran Colombo, Xavier Martí, Jaume Ortega-Blanco, Carme Parellada, Àngel Galobart. **Dinosaur eggs in the Upper Cretaceous of the Coll de Nargó area, Lleida Province, south-central Pyrenees, Spain: Oodiversity, biostratigraphy and their implications.** Cretaceous Research, 2013; 40: 10 DOI: 10.1016/j.cretres.2012.05.004. Picture: This is an artist's impression of the egg laying of an Ampelosaurus. (Credit: J.A. Peñas - SINC)

TXT2BFiT: new weight management program for young adults delivered via mobiles - 11 March 2013

Researchers at the University of Sydney have joined forces with colleagues at the University of NSW and University of Technology, Sydney to launch a world-first weight management program for young adults - to be delivered via mobile phones.
Lead researcher, Associate Professor Margaret Allman-Farinelli said unlike anything currently available, the program uses mobile phone technology.

"The program helps people to make better food choices - to eat and drink better and to include more fresh produce in their diets, especially fruit and vegetables," she said. "We advocate for people to reduce their intake of unhealthy takeaways, sugary drinks and alcohol and to increase their physical activity. The program is mainly aimed at those finding they are putting on a few kilos now they are in their twenties and early thirties rather than the obese, who are needing to lose considerable weight."

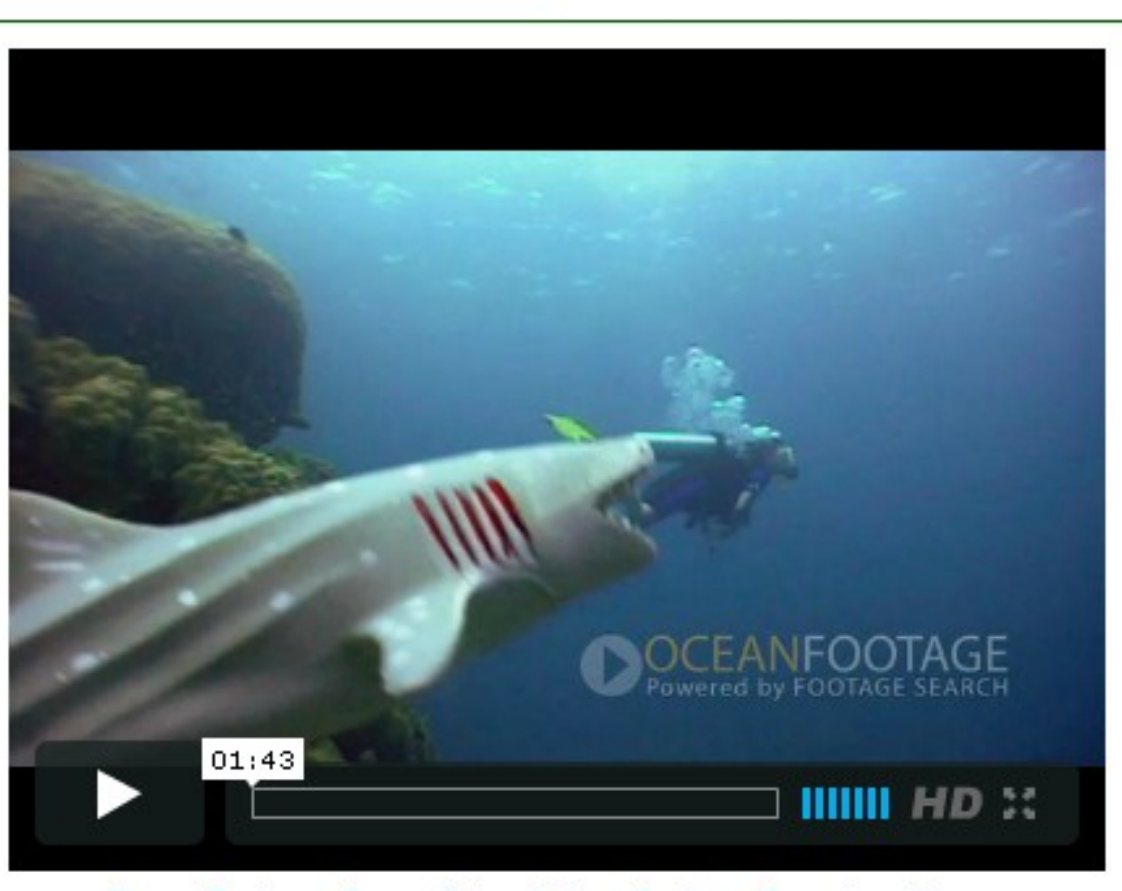
The researchers are currently recruiting for young participants aged 18 to 35 to be part of a randomised controlled trial to test the program's efficacy, before making the program publicly available.

"We are in the midst of an obesity epidemic and there is good evidence showing that today's young adults are more likely to become overweight or obese than their parents," Associate Professor Allman-Farinelli said. "Weight gain during these years is very common. Healthy meals and exercise takes a back seat to study, work, social commitments, relationships and life events.

"All current programs are for children or middle-aged adults. **This study is to assess the efficacy of a 12-week program designed by dietitians, exercise specialists and doctors for young adults, ages 18 to 35, using their communication technologies. It is free to the participant, flexible to their busy schedules, and run through mobile phones."**

Chief investigators: Associate Professor Margaret Allman-Farinelli AdvAPD, Professor Adrian Bauman FAFPH, Dr Kevin McGeechan, Professor Mark Harris FRACGP, Dr Elizabeth Denney-Wilson RN. University of Sydney, University NSW and University of Technology, Sydney.

Interested participants can contact the Research Officer, Kate Balestracci, on 02 9351 3815, 0402 978 752 or kate.balestracci@sydney.edu.au



Ocean Footage: Funny Animals from Footage Search on Vimeo.

Music your Parent's Parents listened to (Your grandparents!) - Etta James - At Last

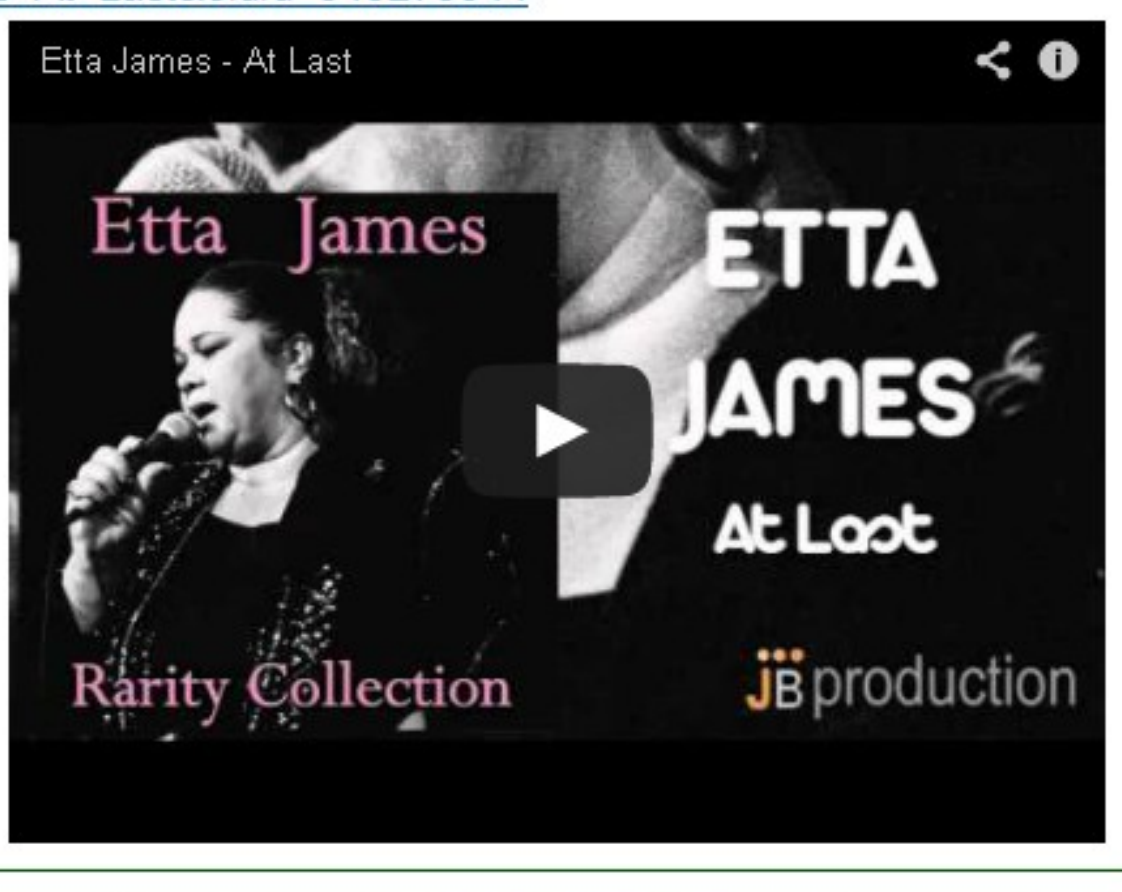
"At Last" is a 1941 song written by Mack Gordon and Harry Warren for the musical film Orchestra Wives, starring George Montgomery and Ann Rutherford. It was performed in the film and on record by Glenn Miller and his orchestra, with vocals by Ray Eberle and Pat Friday. Unreleased recordings of the song, however, had been made in 1941 by Glenn Miller for possible inclusion in the film Sun Valley Serenade. An orchestral version of the song without lyrics first appeared in that movie in 1941. A new version was recorded by Glenn Miller and His Orchestra in Chicago on May 20, 1942, and released by RCA Victor Records as a 78 single, catalogue number 27934-B, backed with the A side "(I've Got a Gal In) Kalamazoo". The song reached number 9 on the Billboard pop charts in 1942, staying on the charts for 9 weeks, and later became a standard. In 1960, it was covered by blues singer Etta James in an arrangement by Riley Hampton that improvised on Warren's melody. James' version was the title track in the same-named album At Last! and was inducted into the Grammy Hall of Fame in 1999.

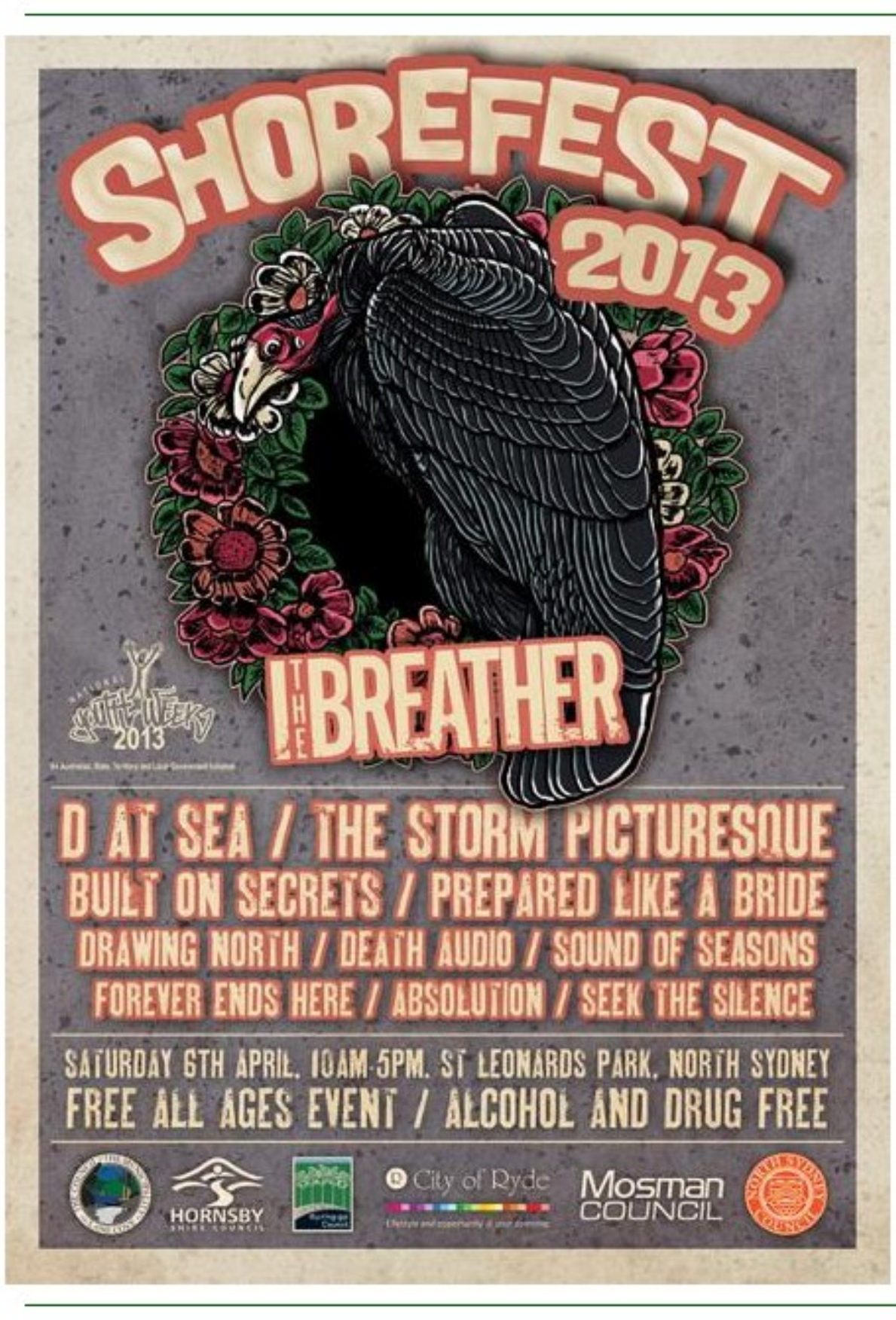
Etta James (born Jamesetta Hawkins; January 25, 1938 – January 20, 2012) was an American singer. Her style spanned a variety of music genres including blues, rhythm and blues, rock and roll, soul, gospel and jazz. Starting her career in 1954, she gained fame with hits such as "Roll With Me, Henry", "At Last", "Tell Mama", "Something's Got a Hold on Me", and "I'd Rather Go Blind" for which she wrote the lyrics.James is regarded as having bridged the gap between rhythm and blues and rock and roll, and is the winner of six Grammys and 17 Blues Music Awards. She was inducted into the Rock & Roll Hall of Fame in 1993, the Blues Hall of Fame in 2001, and the Grammy Hall of Fame in both 1999 and 2008.[3] Rolling Stone ranked James number 22 on their list of the 100 Greatest Singers of All Time and number 62 on the list of the 100 Greatest Artists.

At Last! is the debut studio album by American blues and soul artist Etta James, which includes the title song "At Last". The album was released on Argo Records in 1961 and was produced by Phil and Leonard Chess. The original release contained four of James' hits on the Rhythm and Blues Records Chart between 1960 and 1961. It was her first of five studio albums James would release on the Argo label.

Etta James. (2013, March 12). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Etta_James&oldid=543685432

At Last. (2013, March 10). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=At_Last&oldid=543273044




SHOREFEST 2013
THE BREATHER
D AT SEA / THE STORM PICTURESQUE
BUILT ON SECRETS / PREPARED LIKE A BRIDE
DRAWING NORTH / DEATH AUDIO / SOUND OF SEASONS
FOREVER ENDS HERE / ABSOLUTION / SEEK THE SILENCE
SATURDAY 6TH APRIL. 10AM-5PM. ST LEONARDS PARK, NORTH SYDNEY
FREE ALL AGES EVENT / ALCOHOL AND DRUG FREE
HORNSBY
City of Ryde
Mosman COUNCIL

Showcasing science for National Science Week

For more information on **National Science Week from 10-18 August visit**: www.scienceweek.net.au and also to view other States events.

Run your own Science Week event

On **this page** you'll find ideas for events and advice on running a public Science Week event. We encourage creativity and innovation when planning an event. There are no restrictions in terms of topics, audience, venue or format; we only ask that your event seeks to fulfill the National Science Week objectives to:

1.Promote and encourage interest in the areas of science, engineering, technology and/or innovation; and

2.Communicate the relevance of this area in everyday life.

Need more help? Consider contacting your state Science Week Committee

Sample of NSW Events you may attend:

Museum of Human Disease, UNSW: iHeart Music

Mostly ignored, your heart will beat billions of times in your life, but most of us never hear our own. In iHeart Music, recordings will be made of the heart beats of audiences from around Australia and played to renowned improvisers to create music to be beamed back through video conferencing to events in at least nine locations. Academics, researchers and practitioners from across Australia will provide expert information. iHeart Music is about the importance of science in our lives and it touches on one of the major health issues in Australia – heart disease.

Macquarie University: The Indigenous Science Experience @ Redfern

An exciting celebration of Western and Indigenous science, highlighting achievements of Indigenous youth and Elders. It will incorporate a range of interactive science activities using household and environment themes, and immersive practicals exploring Aboriginal technology. It will also highlight Indigenous scientific knowledge through seminars and chat sessions presented by Indigenous representatives from across Australia about their customary practices and ways of life. This event will be held over 4 days and be hosted at the Redfern Community Centre in Sydney and will be open to the public, with hands-on science activities and seminars of relevance to all ages.

Australian Museum: Science Festival

A combination of activities that spans two weeks from 10 August. This will be a public event focused on showcasing all of the natural, physical and social science research undertaken at the Australia Museum over the past 100 years to coincide with the National Science Week 2013 theme of A Century of Australian Science. It will feature an interactive expo, hands-on workshops and shows that will engage audiences. Around 250 science activities will be on offer from a wide-range of science research institutions and organisations.

Tom Farrell Institute for the Environment: Racing for Science Engagement

Racing for Science Engagement is an electric vehicle race day where members of schools, Universities, TAFE colleges and the general public build an electric vehicle throughout the year and race it at a track day held in National Science Week. The electric vehicle platform is a fun basis to explore physics, chemistry, engineering and mathematics as well as emerging sciences such as nanotechnology, which is the basis for all recent improvements in battery technology. Teams will be assisted in engaging their supporters in understanding the significance of different technologies and challenges.

Centennial Parklands: Science in the Swamp

Science in the Swamp will be one big fun, buzzy day of displays, activities, talks, food and music for everyone, to be held around the Lachland Swamp area in the middle of Centennial Park. From this big fete-style event we hope to connect people with ongoing science events and activities they can get involved with through the year, both at Centennial Parklands and other local organisations. Activities will include: tours of flying fox colony in Lachlan Swamp (with Centennial Parklands volunteer guides and bat researchers); Cooking with Chemistry (Galit Segev); Birdwatching; Fizzics Education (science toys for all ages); Forest School activities; Dipnetting Researcher Lounge (live short interviews with local scientists); Scinema screenings; Taronga Zoo and Sydney Wildlife (live animals and wildlife advice); the IBM Weather Station; and an electric vehicle display.

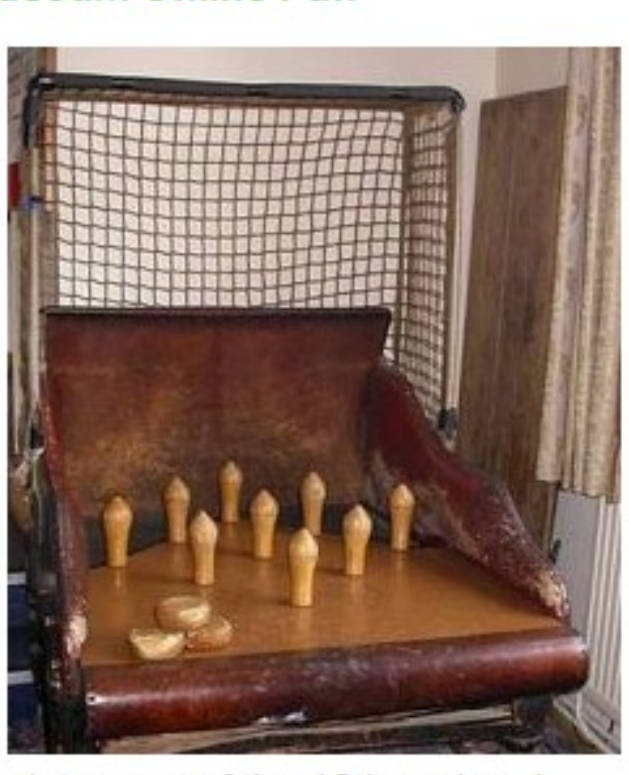
The Computer History Museum offers many online exhibits on a variety of topics related to the history of computing. The first 2000 years of Computers is HERE

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

Bus Pass Replacement

HERE

Powerhouse Museum Online Fun



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

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

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

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/

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

NATIONAL GEOGRAPHIC
Little kids
Tree Frog
THE MAGAZINE FOR YOUNG EXPLORERS

March 17th is St Patrick's Day!

Saint Patrick Song - Songs for Children

Saint Patrick Song - Songs for Children - Written by Wendy Wiseman

St. Patrick's Day Song for children is a great way to celebrate a Happy St. Patrick's Day! Music videos are great teaching tools for children. Kiboomu.com offers one of the largest collections of best-selling and award-winning children's educational music in the world -- with song lyrics, sheet music, videos, and English, French and Spanish kids songs and nursery rhymes.

DOWNLOAD The Saint Patrick Song and other great Kids Songs: www.kiboomukidssongs.com

PITTWATER COUNCIL

100 YOUNG PEOPLE IN PITTWATER

Pittwater's young residents are being invited to take part in an innovative photo collaboration to celebrate National Youth Week in April. The '100 Young People in Pittwater' event will ask young people to document their experiences of living in Pittwater through images using Facebook. The event is open to any local resident between the ages of 15 and 24.

Images will be given a score through the number of 'likes' they obtain, putting them in the running to win a range of prizes including one of three iPad Minis.

Online registrations are open now and the event will take place on Saturday 6 & Sunday 7 April. Entrants must confirm their registration in person at Newport Community Centre between 5pm and 6pm on Friday 5 April. Once confirmed, entrants have the weekend of 6 & 7 April to upload their images and get as many likes as possible!

Ms Hewitt said the event aimed to have at least 100 young people take part, hence its name.

"We want to capture what young residents really think and feel about the area they live in and we believe photos are the best and most immediate way to do that."

Ms Hewitt said she would be seeking the support of local businesses and organisations as part of 100 Young People event and asking them to promote it through their own social media sites.

Students from Narrabeen Sports, Pittwater and Barrenjoey High Schools and Mater Maria Catholic College are also helping coordinate and promote the event.

To register as an entrant in the competition visit www.pittwater.nsw.gov.au/100ypp

FUN AUTUMN HOLIDAY ACTIVITIES FOR KIDS

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of an exciting autumn holiday program for kids. Kids on the Coast offers healthy and fun outdoor activities for 5 to 12 year olds from Monday 15 to Friday 26 April 2013.

A new activity includes Underwater Gardens where kids will have the chance to explore the wonderful world of sea plants by viewing them on the rock platform, then examining them under a microscope. Alternatively become a Marine biologist for a day by discovering the fascinating creatures inhabiting our oceans and shores. Or become an Eco ranger by getting involved in fun environmental projects such as bush regeneration and water quality testing.

Council's Natural Environment & Education Manager Mark Beharrell said the program encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Beharrell.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from 10am to 3pm at $55 per child, (for standard activities) which includes supervision between sessions (BYO lunch).

The Kids on the Coast program was awarded top prize in the 2011 Northern Beaches Local Business Awards for 'Outstanding Education Service'.

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance. Book online at www.pittwater.nsw.gov.au/ceckids or for more information call 1300 000 CEC (232).

ABC scholarship promotes careers for women in technology - Media Release, 13th March 2013

The ABC is celebrating 21 years of providing career scholarships for women in broadcast technology. The ABC's Women in Broadcast Technology Scholarships (WiBT) were launched in 1992, to encourage women to pursue careers in the technical side of media broadcasting.

Eight scholarships are available nationally, every year for Australian women studying TAFE or equivalent level courses, in electrical engineering, computer systems/shared technology, electronics technology and communications engineering. Each scholarship recipient is awarded four weeks paid work experience in the Technology Division of the ABC and a $1,000 book allowance.

Over the past 21 years, 105 women have been awarded scholarships and seven recipients are currently still working at the ABC, in Hobart, Melbourne, Perth, Longreach and Sydney.

Technologist with ABC Western Australia's Technical Services department, Li Xu, loved watching her electrician father repair TVs and video players when she was a child. She studied electronics in China and worked as a patent officer, before immigrating to Australia, where she studied electronic systems and electrical drafting at TAFE.

Mrs Xu received a WiBT scholarship in 2009 and has been working at the ABC ever since she completed her TAFE course. "I love my job" she said. "My dad's really proud of me because there aren't many girls working in the engineering field."

ABC Chief Operating Officer, David Pendelton, said:

"These scholarships offer an invaluable hands-on opportunity for female electrical engineering students to experience the fast paced and rapidly evolving broadcast media environment.

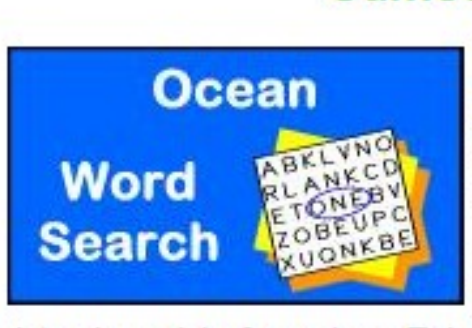
"They also provide a professional development opportunity for our Technology staff to work with some of the nation's brightest, up and coming broadcast engineers."

2012 Victorian WiBT recipient, Anita Rolfe, said:

"The Women in Broadcasting Scholarship cemented my desire to work in broadcasting, particularly Radio. It is a career where I can learn more about cutting edge technology and the big picture, as well as the intricate detail – such as satellite, digital and transmission processes. It's a fascinating and dynamic area to explore."

Entries for the 2013 Women in Broadcast Technology Scholarships **open on Friday March 8 and close on April 19, 2013.** Visit the ABC Careers website for all the application details: abc.net.au/careers. or **HERE**

Games at PrimaryGames



PrimaryGames is the fun place to learn and play! Play kids games, math games, reading games, girl games, puzzles, sports games, print coloring pages, read online storybooks, and hang out with friends while playing one of the many virtual worlds found on PrimaryGames. Play your favorite Virtual Worlds right here on PrimaryGames. We have popular games like Fantage, Club Penguin, our World, and Disney Fairies: Pixie Hollow in our virtual worlds section. All games are free to play and new content is added every week. We work hard to bring you best content for kids on the web! Each game is reviewed to ensure that is is kid safe. With over 1,000 flash game titles and growing we have the largest collection of games for kids online. Whether you like Adventure or Racing, Classic Arcade or Action, Strategy Puzzles or Dress Up games, we have something for you! Grades 1 to 10 included!

Fish Tycoon

View their Science Fun Ocean Games HERE

Clever Bear

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.

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.

Earth Hour 2013

Earth Hour is back! And it's better than ever. But this year the date has changed – **8.30pm on 23 March 2013** - pencil it in your diary now so you don't miss out on the fun.

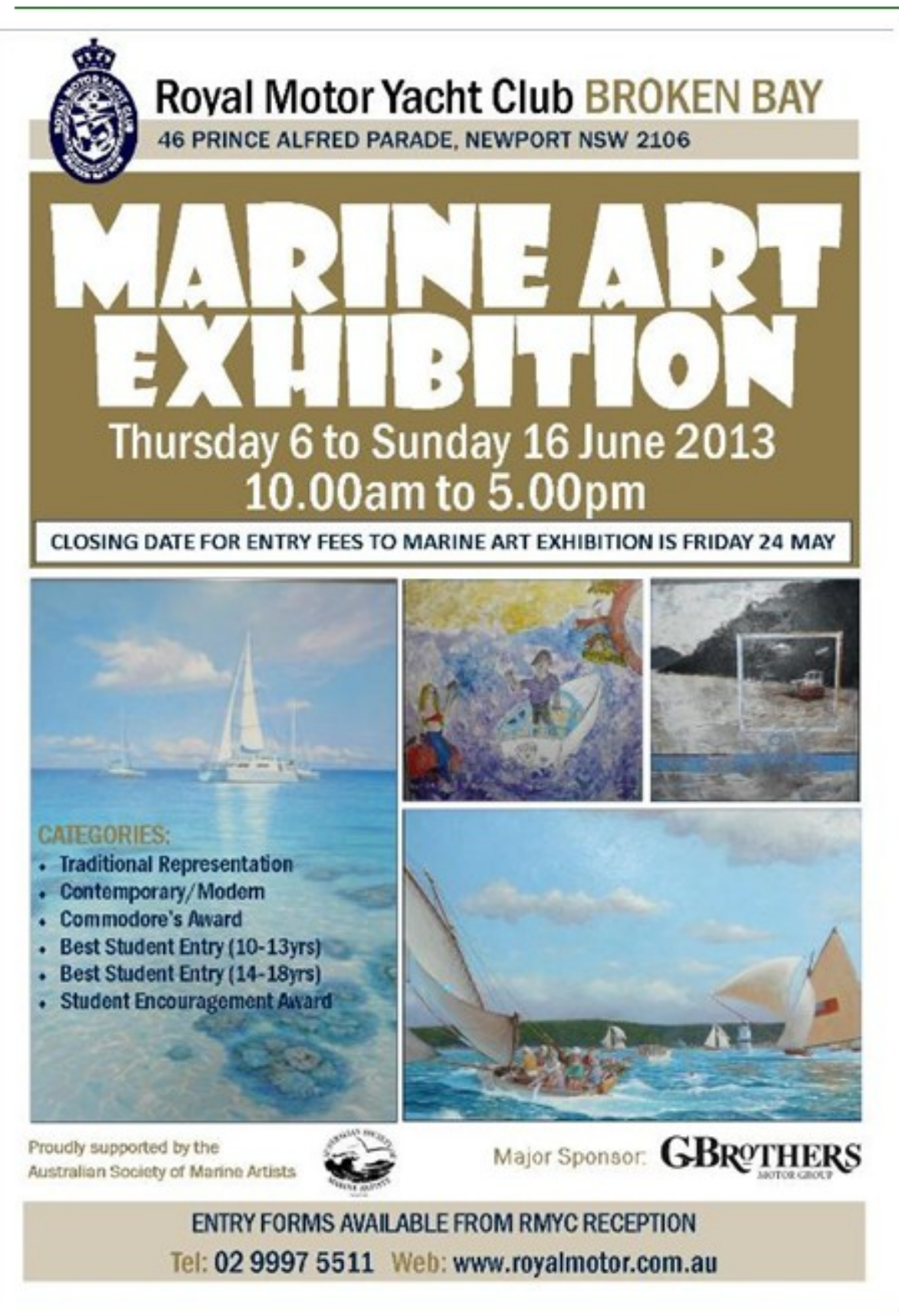
Earth Hour was started by WWF in Australia as a local event, but was soon embraced by the rest of the world. Last year, hundreds of millions of people from 152 countries and territories took part, and 7 million Australians switched off in support of the planet.

In 2013, Australians aren't just switching off their lights for Earth Hour. They're taking action into their own hands, and pledging to switch on to renewable energy. The reason? Our planet is in serious need of our help. And in the face of climate change, increasing fossil fuel costs and rising electricity prices, there's never been a better time to switch to clean, renewable energy.

The best bit? **You'll go into the draw to win a FREE solar panel system valued at $7500.*** Just make the pledge to switch at the new Earth Hour Australia website. Or tell us if you're one of the 1.5 million Australians who have already switched to solar or GreenPower.

All of your favourites are back again too, including the WWF Earth Hour Awards, community challenge, and **great activities and resources for schools.**

Our incredible planet needs you to lead once again. Head to earthhour.org.au to take the pledge and find out more about Earth Hour 2013.



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

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

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

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

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

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

Australian Government
Department of Human Services
Express Plus Students
Login using your 4 digit PIN
Contact
Locator

Federal Government Media Release

App saves time for new students | Minister for Human Services

SNIPPET: Students starting university this year will find it easier than ever to keep up to date with their Youth Allowance, Austudy, or ABSTUDY payments, thanks to the Australian Government's popular students' app. Minister for Human Services Senator Kim Carr said the Express Plus Students app was a useful tool for new students starting uni this year. Youth Allowance and Austudy students can also report their income.

Start Planning NOW for the 2013 Premier's Sport Challenge!

The 2013 Premier's Sport Challenge will commence at the beginning of term two and run through terms two and three. **SCHOOL REGISTRATIONS WILL BE OPEN FOR THE MONTH OF MARCH.** Be sure to register to receive your school's PSC supporting grant.

Start planning NOW to ensure you incorporate carnivals, fun runs, walk-a-thons and so on into the physical activity schedule for students and staff during the Challenge.

For inquiries regarding the 2013 Challenge, contact the PSC team (email psc@det.nsw.edu.au or telephone 9266 8773 or 9244 5274).

From: https://products.schools.nsw.edu.au/psc/home.html

The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier's Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

Sport plays an important role in developing regular physical activity, provides positive health outcomes and is a fun and healthy way to connect with your local community. We invite students to take up the Challenge - and take the path to a healthier life.

Coastal Platform Tour by Learn2Swim Narrabeen children

All articles written For, About and By you are listed on our Past Features page

AUSTRALIAN BUREAU OF STATISTICS RELEASES CENSUSATSCHOOL 2013

Parliamentary Secretary for the Treasurer, the Hon Bernie Ripoll MP, today announced the opening of the Australian Bureau of Statistics' CensusAtSchool for 2013. Aimed at primary and secondary students, CensusAtSchool is an engaging online questionnaire and data resource that asks simple questions about students' everyday lives, experiences, opinions and interests.

"I am excited to support the CensusAtSchool project," Mr Ripoll said. "It is a great way of getting our students interested and involved in statistics."

Once the questionnaire closes, CensusAtSchool data for 2013 is available free through an online random sampler, which gives students the power to create their own tables and make comparisons between themselves and peers.

"Once students are able to see and interact with the CensusAtSchool data, it will help them understand the importance and value of statistics in their lives," Mr Ripoll said.

CensusAtSchool is supported by a suite of free online resources, provided to assist teachers across year levels to use authentic data to teach statistical concepts and develop students' statistical literacy.

The CensusAtSchool questionnaire will remain **open until 19 July** and can be completed on the ABS website at www.abs.gov.au/censusatschool with data available for free from 26 July 2013.

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

Click on Image to visit website.

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 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/

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 !

Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and young people themselves, as well as policymakers, researchers and practitioners in other sectors working with youth. The clearinghouse focuses on information about early adolescence to the early adult years (12 to 25 years).

ACYS's mission is to contribute to the wellbeing of young people by providing comprehensive and up-to-date information about key issues and practices in the youth field for access by the community. ACYS achieves its mission by providing information on the complex and wide-ranging issues that affect young people today, and by disseminating news of research and developments on best-practice in the youth field, encouraging networking, discussions and collaboration.

Great Website with daily Updates 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

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

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

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.

Pittwater Online News

March 17 - 23, 2013: Issue 102

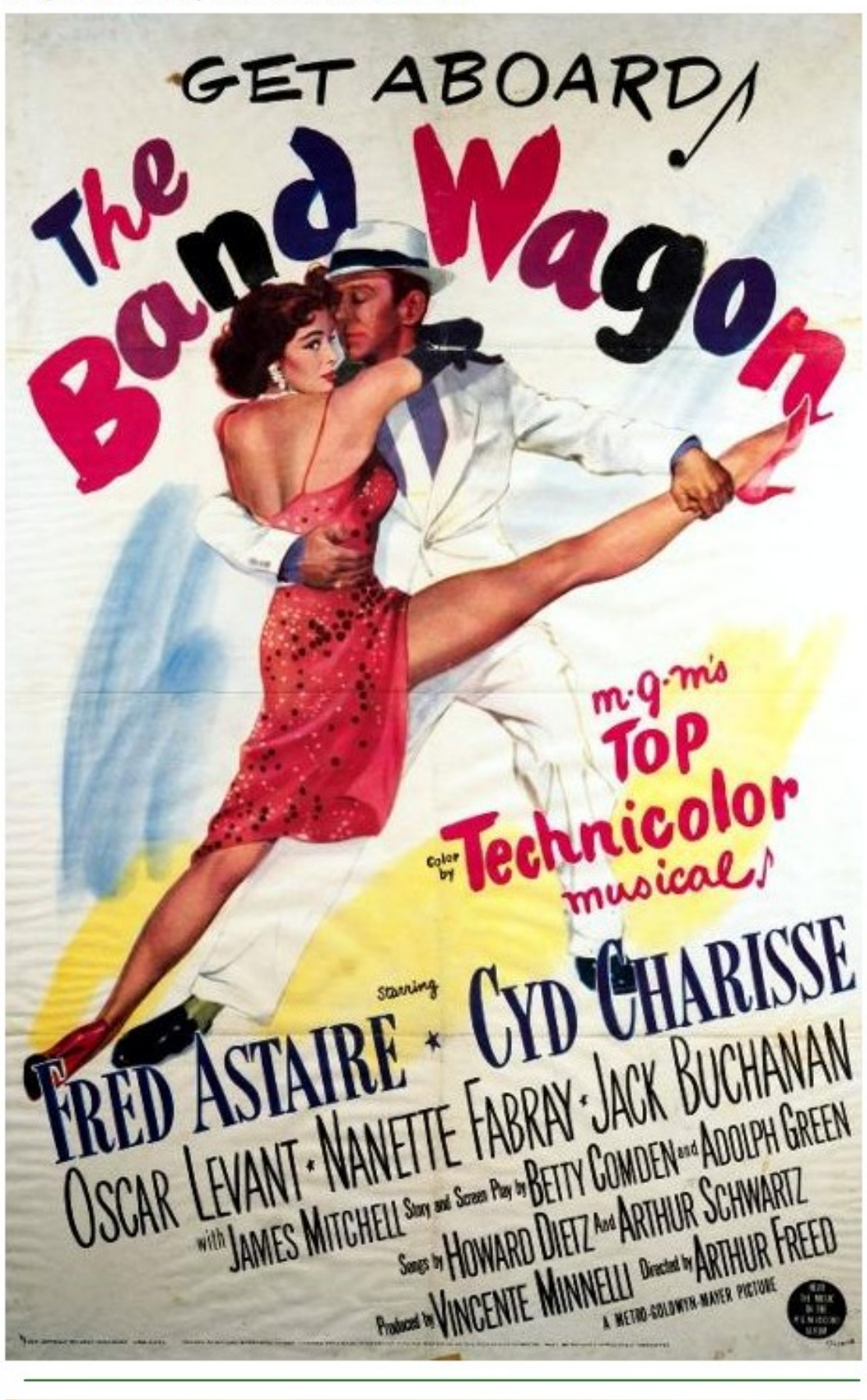
HAGOP GARAGEM THE BEST CARS - (accompanied by wonderful music) - C/- W.A.G.

WINGALA LAPIDARY CLUB - OPEN DAY AND SALE OF MEMBER'S WORK - Saturday March 23, 9:00 AM to 3:00 PM

Unique Mothers' Day and Easter gifts. Jewellery hand crafted from Australian precious and semi-precious gemstones: opal, agate, carnelian, topaz, sapphires, quartz crystal, jasper, chrysoprase and more. At the clubrooms, South Eastern corner of Harbord Park, near intersection with Oliver Street and Wyadra Avenue, Harbord. Tea. Coffee, cakes, sandwiches available. New members welcome. Ian Lee 9918 2900

U3A

The Band Wagon starring Cyd Charisse and Fred Astaire. Venue: Nelson Heather, Warriewood When: 20 March 2013 1:30 – 4PM All welcome. Enquiries: 9982 6181. Cost is $2 for Tea, coffee & biscuits.


GET ABOARD
The Band Wagon
m-g-m's
Top
Color by Technicolor musical
starring
FRED ASTAIRE · CYD CHARISSE
OSCAR LEVANT · NANETTE FABRAY · JACK BUCHANAN
with JAMES MITCHELL
Story and Screen Play by BETTY COMDEN and ADOLPH GREEN
Songs by HOWARD DIETZ and ARTHUR SCHWARTZ
Produced by ARTHUR FREED
Directed by VINCENTE MINNELLI
A METRO-GOLDWYN-MAYER PICTURE

Avalon Computer Pals Seniors Week Open Day. 1.30 - 3pm Wednesday 20th March at Newport Community Centre.

Avalon Computer Pals will be holding an Open Day in the Newport Community Centre as part of Seniors Week on 20th March starting at 1.30pm to 3pm. Avalon Computer Pals (Avpals) trainers will be demonstrating some of the new computer tools suitable for Seniors. This will include Skype a computer, tablet or mobile device means of making phone calls that include video for no cost. Its easy and great for keeping in touch with distant family and friends. The ability to use video is of particular fun with grandchildren.

Tablet devices are easy to carry particularly when travelling and are fast becoming common place with Seniors. Avpals has beginners and advanced courses for both iPads and Android devices. A course is an excellent way to quickly become familiar with these exciting and easy to use devices and the Avpals trainers can explain the range of courses available at Newport. At the Open Day trainers will be on hand to show the differences and advantages of these two types. Large TV screens will be used to demonstrate both computers and the smaller mobile devices.

The Seniors Week Open day is free and is an ideal way to see the range of courses Avpals offers. Take this opportunity to discuss your needs with the trainers and see demonstrations of some of the latest technologies including new versions of Windows and Apple Mac. Trainers are themselves seniors and understand the requirements of others who need help at all levels of experience. Come and talk to us, we make using new devices and computers both useful and fun. Bookings for courses can be made during the Open Day.

Please note that no courses are conducted during the Open Day.

Avalon Computer Pals conducts weekly courses on Skype and iPad and other exciting technologies for both beginners and more advanced users at Newport Community Centre 11-13, The Boulevarde, Newport. The afternoon courses are very popular so you need to check availability and bookings are essential, phone 8064 3574. All courses are for the over 55's only. Full details are on the website www.avpals.com.

Government amendments to NDIS Bill - 13 March 2013, Joint Media Release with: Senator Jan McLucas, Parliamentary Secretary to the Prime Minister, Parliamentary Secretary for Disabilities and Carers

The Gillard Government is today introducing amendments to the National Disability Insurance Scheme (NDIS) Bill, that respond to feedback from extensive consultations with people with disability, their families and carers, and with states and territories. The NDIS will provide peace of mind to people with a disability, their families and carers, and to Australians who may in the future acquire a significant and permanent disability. The NDIS will give people with disability choice and control over the care and support they receive, rather than exposing them **to the cruel lottery that currently exists.** The Government's amendments also respond directly to submissions made to the inquiry by the Senate Community Affairs Legislation Committee, which will table its report this week.

Key amendments include:

•Elevating the importance of certain obligations that Australia has as a party to the Convention on the Rights of Persons with Disabilities and explicitly recognising the broader context for disability reform. This ensures that the rights of people with disability, their families and carers are at the heart of the NDIS.

•Clarification that people who need early intervention therapies and supports, including for degenerative conditions, and who are not better supported by another systems such as the health care system, can access the NDIS.

•Clarification that all people who are NDIS participants will be able to choose to remain in the scheme after they turn 65.

•Changes to the compensation provisions so that the NDIS Launch Transition Agency (the Agency) can conduct legal proceedings on behalf of a person with disability who does not choose to conduct those proceedings.

•Ensuring the NDIS Board receives and considers actuarial advice, helping to safeguard the financial sustainability of the NDIS.

The Government will also establish an NDIS division of the Administrative Appeals Tribunal and an independent expert panel to advise the Agency's merits review process. To ensure that these review arrangements are working for people with disability, they will be reviewed two years after the launch commences.

Interface with the aged care system

The Productivity Commission **recommended an age-65 threshold** for entry to the NDIS, on the basis that people should get the care they need in the aged care and the disability care systems and that there should not be duplication between the two. The Government has accepted this advice. Our $3.7 billion *Living Longer Living Better* aged care reform plan will deliver more choice, easier access and better care for older Australians and their families.

The NDIS will complement the aged care system to ensure we are delivering a cohesive system that gives people with disability, older people, their families and carers the support they need. Following consultation with stakeholders in the aged care and disability sectors, the Government's amendments make clear that people with degenerative conditions who are under the age of 65 can enter the NDIS, and that people who are NDIS participants will be able to choose to remain in the scheme after they turn 65.

For example, someone with a condition such as Multiple Sclerosis could benefit from early investments under the NDIS before they turn 65 that will help lessen the future impacts of their condition and improve their quality of life.

Existing services for older Australians, such as hearing and vision services, that complement the assistance available through aged care will also continue to provide supports to people who develop a disability after age 65.

Amendments today also clarify that all NDIS participants will be able to choose whether to continue to receive support under the NDIS after they turn 65.

Compensation

The amendments introduced today will also change the compensation provisions to allow the NDIS Launch Transition Agency to take action to claim compensation on behalf of a person with disability. This could apply where harm may have been caused by the negligence of a company and the costs arising from that harm should be borne by the company and not by the taxpayer. **If the Agency takes action or takes over proceedings, any damages awarded for pain and suffering or future earnings would be returned to the person with disability. The Agency would be able to recoup NDIS amounts which had been paid for care and support, and incidental costs.** The Government will seek the support of the Opposition, Greens and Independents to pass the Bill through the House of Representatives this week and the Senate next week.

Labor's NDIS 65-year age limit a cruel lottery for older Australians- Media Release, 13th of March, 2013 from National Seniors Australia

An arbitrary figure plucked out of thin air will be used to exclude older Australians with severe disabilities from the NDIS, says the consumer lobby for the over 50s. The Labor government will today introduce amendments to the National Disability Insurance Scheme Bill which pay no heed to extensive calls from older Australians and their families to scrap the discriminatory 65-year age limit.

"Labor's NDIS age limit is a cruel lottery for older Australians," said National Seniors chief executive Michael O'Neill "**Acquire a severe disability at 64 and you'll be covered for life; acquire exactly the same disability at age 65 and you'll be shunted into the second-rate user-pays aged care system**," he said.

"There is no basis for this figure. Today's 65-year-olds are in good health and, increasingly, in full-time employment. They're still paying taxes, raising and supporting families, volunteering and adding to the rich fabric of their local communities.

"Should they be suddenly struck down by a severe disability, their children and grandchildren, more than anyone else, will grapple to understand why mum or grandpa is denied the help given to other Australians.

"**The user-pays aged care system, where, through this exclusion, these people will be consigned, is no place for them. It is ill-equipped, understaffed and now, at the early stages of reform, in a greater state of flux than ever before. In this election year, the age limit will speak volumes about Labor's attitude towards older Australians**," he said.

According to the Department of Health and Ageing, in 2008-09 the average age of entry into a nursing home for women was 84.3 and rising. This twenty year difference suggests that the distinction between age-related (aged care appropriate) and non-age-related (NDIS appropriate) disability may not prove as blurred as we are led to believe.

Car Pool from the Red Green Show C/- W.A.G.

Handyman Corner - Carpool

Ita Buttrose - NSW Seniors Week Ambassador 2013

because longevity beckons

'LIVE LIFE' IN SENIORS WEEK

An historical walk and internet training are just part of a host of free activities taking place in Pittwater during March for this year's Seniors Week. Mayor Jacqueline Townsend said that as a commitment to older residents, Pittwater Council would be supporting Seniors Week throughout March.

The theme for this year is 'Live Life' and the Council's Community Development Coordinator Melinda Hewitt said that the range of events on offer will give participants a chance to do exactly that!

"We have a mix of groups such as seniors clubs and community organisations working with us to provide free activities that will offer something for everyone," said Ms Hewitt. "One of the highlights of this year's program is an open day at the Nelson Heather Centre with a fun fashion parade and a chance to sample a delicious two-course lunch provided by the Northern Beaches Food Service," she said.

Some of the other activities include:

* A free stress-relieving yoga session at the Nelson Heather Centre on Monday 11 March from 10am to 11am. Bookings essential: 8877 5304.
* Small group sessions for internet training will take place at Mona Vale Library starting Monday 18 March. Bookings essential: 9970 1600.
* A free tour and workshop at 'Reverse Garbage' - Australia's largest creative reuse centre. Tuesday 19 March from 10am to 3pm. Bookings essential: 9970 1194.
* The golden age of cinema with a screening of The Band Wagon starring Fred Astaire on Wednesday 20 March from 1.30pm to 4pm. Hosted by U3A. Enquiries: 9982 6181.
* Fun sessions by U3A including a behind-the-scenes look at the successful TV series Skippy the superstar and a chance to explore the history of theatre. Enquiries: 9982 3450.
* A trip to the beautiful Pittwater YHA overlooking Morning Bay on Thursday 21 March. Enjoy a morning tea and the chance to win an afternoon of kayaking by sharing a memorable travel story. Enquiries: 9999 5748.
* Sailing for beginners with Sailability Pittwater on Wednesday 3 April from 1pm to 4pm. Crew with an experienced sailor in a safe and unsinkable dinghy. Enquiries: 9451 9074.

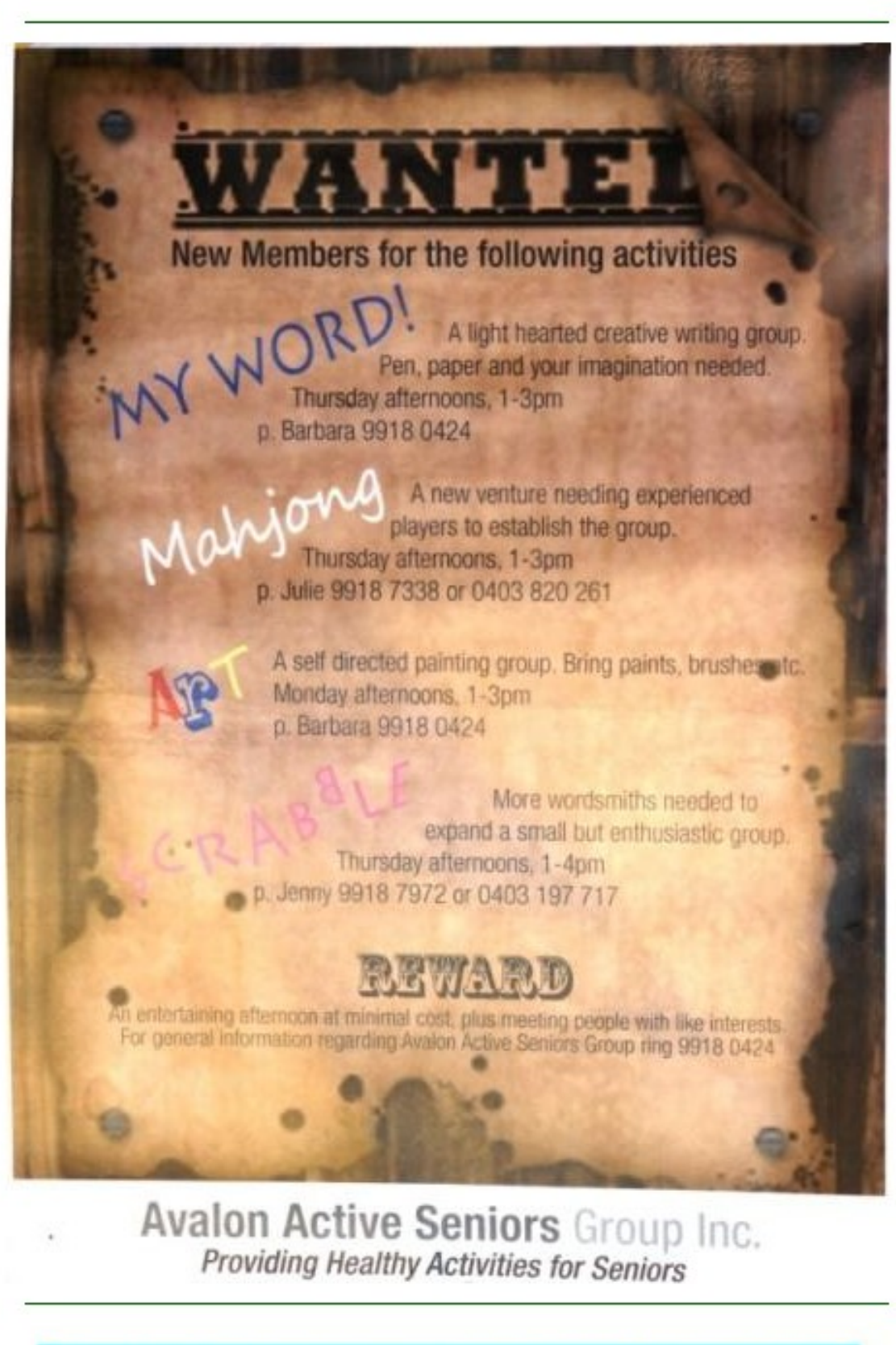
Save Power @ Home: Wednesday 20 March, 2pm – 3.30pm, Pelican Room, Mona Vale Library. Afternoon tea provided

Internet Safety: Friday 22 March, 11am – 12noon, Mona Vale Library. Tea & Coffee provided.

Why not pick up a Seniors Week 2013 Program at your nearest library or customer service centres at Avalon or Mona Vale. They are also available at community centres and can be downloaded from our website at www.pittwater.nsw.gov.au/seniors week

The Pittwater Seniors Week program will be available free-of-charge from Council's customer service centres, libraries and community centres from Wednesday 20 February 2013. The program can also be downloaded at www.pittwater.nsw.gov.au/seniorsweek

For details of events across NSW visit www.nswseniorsweek.com.au For more information about Seniors Week in Pittwater call 9970 1181.



WANTED
New Members for the following activities

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

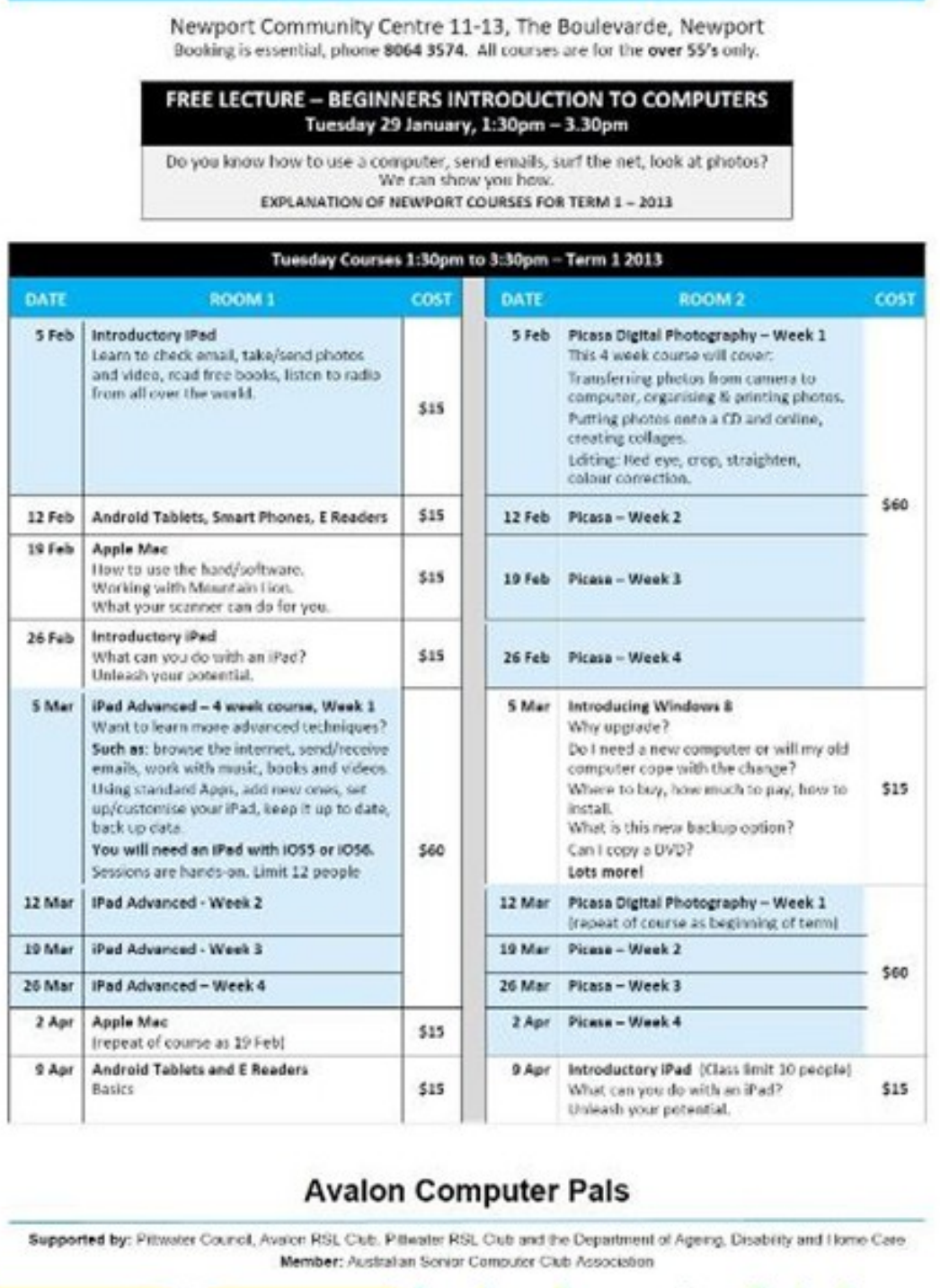
Mahjong A new venture needing experienced players to establish the group. Thursday afternoons, 1-3pm p. Julie 9918 7338 or 0403 820 261

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

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

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

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 1 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 LECTURE – BEGINNERS INTRODUCTION TO COMPUTERS
Tuesday 29 January, 1:30pm – 3.30pm
Do you know how to use a computer, send emails, surf the net, look at photos? We can show you how.
EXPLANATION OF NEWPORT COURSES FOR TERM 1 – 2013

Tuesday Courses 1:30pm to 3:30pm – Term 1 2013

DATE	ROOM 1	COST	DATE	ROOM 2	COST
5 Feb	**Introductory iPad** Learn to check email, take/send photos and video, read free books, listen to radio from all over the world.	$15	5 Feb	**Picasa Digital Photography – Week 1** This 4 week course will cover: Transferring photos from camera to computer, organising & printing photos. Putting photos onto a CD and online, creating collages. Editing: Red eye, crop, straighten, colour correction.	$60
12 Feb	**Android Tablets, Smart Phones, E Readers**	$15	12 Feb	**Picasa – Week 2**	
19 Feb	**Apple Mac** How to use the hard/software. Working with Mountain Lion. What your scanner can do for you.	$15	19 Feb	**Picasa – Week 3**	
26 Feb	**Introductory iPad** What can you do with an iPad? Unleash your potential.	$15	26 Feb	**Picasa – Week 4**	
5 Mar	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? **Such as:** browse the internet, send/receive emails, work with music, books and videos. Using standard Apps, add new ones, set up/customise your iPad, keep it up to date, back up data. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	5 Mar	**Introducing Windows 8** Why upgrade? Do I need a new computer or will my old computer cope with the change? Where to buy, how much to pay, how to install. What is this new backup option? Can I copy a DVD? **Lots more!**	$15
12 Mar	**iPad Advanced - Week 2**		12 Mar	**Picasa Digital Photography – Week 1** (repeat of course as beginning of term)	$60
19 Mar	**iPad Advanced - Week 3**		19 Mar	**Picasa – Week 2**	
26 Mar	**iPad Advanced – Week 4**		26 Mar	**Picasa – Week 3**	
2 Apr	**Apple Mac** (repeat of course as 19 Feb)	$15	2 Apr	**Picasa – Week 4**	
9 Apr	**Android Tablets and E Readers** Basics	$15	9 Apr	**Introductory iPad** (Class limit 10 people) What can you do with an iPad? Unleash your potential.	$15

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

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

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 Lectures on Wednesday Afternoons at Newport -

U3A The University of the Third Age Sydney U3A

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 Jan Malone 9918 9126 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org

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.

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Older Adults Benefit from Home-Based DVD Exercise Program

Mar. 11, 2013 — Fitness DVDs are a multimillion-dollar business, and those targeting adults over the age of 55 are a major part of the market. With names like 'Boomers on the Move', 'Stronger Seniors' and 'Ageless Yoga', the programs promise much, but few have ever been rigorously tested.

"There are tons of DVDs out there, 20 percent of them are purchased by older adults, and with few exceptions there is no evidence that they work," said University of Illinois kinesiology and community health professor Edward McAuley, who led a new study testing the efficacy of a home-based DVD exercise program for people 65 and older.

The study appears in the *Journals of Gerontology Series* A: Biological Sciences and Medical Sciences.

The researchers recruited 307 older adults from 83 towns and cities in Central Illinois. Half of the participants used a special fitness video at home. The others, a control group, watched a different video about healthy aging.

The fitness video was an outgrowth of years of research on interventions to enhance the health of older adults. The program, called 'FlexToBa' (flex-toe-bah), was designed to improve flexibility, toning and balance, three components of function associated with the maintenance of independent living and avoidance of disability in older adults. (Watch a video about the FlexToBa program below.)

The FlexToBa video included several hours of instruction presented over six sessions meant to encourage progressive exercise three times a week over six months. New challenges each month helped keep participants engaged and encouraged them to build on their achievements. In each session of the FlexToBa video, a presenter demonstrated a series of exercises, with age-appropriate models offering alternate approaches for those who found the exercises too challenging or too easy.

"We were very conscious of the fact that we wanted to make something that would reach a broad array of performance levels and physical capabilities," McAuley said.

Participants were asked to complete daily exercise logs and received short support telephone calls with exercise tips every other week for the first two months, and then every month. The control group also received the telephone calls. The researchers were interested in whether a home-based exercise program could be as effective as classes offered in a central location, McAuley said.

"When we run these trials here (at the university) it's a lot of time, a lot of effort and can be an inconvenience for participants," he said. "Physical activity is one of those behaviors that people find very easy to see as inconvenient and they will come up with any excuse not to do it."

A home-based program could reach many more people than a center-based intervention, and at a much lower cost, he said.

At the end of the six months, those who stayed with the FlexToBa program saw "clinically important" improvements in scores on a battery of tests of physical function as compared with the control group. These tests assess strength, balance and gait, and have proven to be useful indicators of future performance, disability and independence in older adults. Unlike those in the control group, FlexToBa participants saw increases in their upper body strength and balance, and were able to maintain their previous level of lower body flexibility.

"This has important implications for an increasingly elderly population who are at risk for subsequent declines in function and increased disability," McAuley said. "We now know that this type of program can help to prevent that decline, and possibly reverse it."

E. McAuley, T. R. Wojcicki, N. P. Gothe, E. L. Mailey, A. N. Szabo, J. Fanning, E. A. Olson, S. M. Phillips, R. W. Motl, S. P. Mullen. **Effects of a DVD-Delivered Exercise Intervention on Physical Function in Older Adults.** The Journals of Gerontology Series A: Biological Sciences and Medical Sciences, 2013; DOI: 10.1093/gerona/glt014

The Importance of Routine Exercise (Featuring E...
BECKMAN BI INSTITUTE

Longer hospital stays, higher care costs for people with dementia - Canberra, 14th of March, 2013

People with dementia stay longer in hospital and have higher associated costs of care, according to a report released today by the Australian Institute of Health and Welfare (AIHW). Dementia care in hospitals: costs and strategies, was launched today by the Minister for Mental Health and Ageing, Mark Butler, the President of Alzheimer's Australia, Ita Buttrose, and AIHW Director and CEO David Kalisch.

The report estimates the cost of caring for people with dementia in New South Wales public hospitals, and presents strategies and practices being implemented in Australia and internationally, that might improve the quality and cost efficiency of dementia care in hospitals.

The average cost of hospital care for people with dementia is generally higher than for people without dementia ($7,720 compared with $5,010 per episode).

The total costs of care in NSW public hospitals for patients who had dementia was estimated to be $462.9 million, of which around 35% ($162.5 million) may be associated with dementia.

'Providing care to people with dementia within a busy hospital ward can be challenging due to difficulties in communication and their often complex needs,' said AIHW Director and CEO David Kalisch.

The study population used for the report included 21,000 people with dementia who had a completed hospital stay including at least one night in a NSW public hospital in 2006-07.

'Identification and reporting of dementia is often poor in hospitals. For almost half of the episodes for people with dementia in this study, dementia was not recorded as either a principal or additional diagnosis,' Mr Kalisch said.

Several strategies are highlighted in the report that could improve outcomes for people with dementia and reduce care costs.

'Our review suggests that the greatest potential benefits to patients lie in a combined approach by hospital, mental health, residential aged care and community services,' Mr Kalisch said. 'For example, simple measures taken in the hospital setting that appear to reduce length of stay for dementia patients and improve outcomes include staff training, discharge planning, dementia-friendly ward adaptations, and mental health and ageing liaison services.'

The AIHW is a major national agency set up by the Australian Government to provide reliable, regular and relevant information and statistics on Australia's health and welfare.

Full publication: Dementia care in hospitals: costs and strategies

Health Papers Published this week:

Robots to Get Stroke Patients Back On Their Feet

Mar. 11, 2013 — In Europe, strokes are the most common cause of physical disability among the elderly. This often result in paralysis of one side of the body, and many patients suffer much reduced physical mobility and are often unable to walk on their own. These are the hard facts the EU project CORBYS has taken seriously. Researchers in six countries are currently developing a robotic system designed to help stroke patients re-train their bodies. The concept is based on helping the patient by constructing a system consisting of powered orthosis to help patient in moving his/her legs and a mobile platform providing patient mobility.

The CORBYS researchers are also working with the cognitive aspects. The aim is to enable the robot to interpret data from the patient and adapt the training programme to his or her capabilities and intention. This will bring rehabilitation robots to the next level.

Robot-patient learning

CORBYS involves the use of physiological data such as heart rate, temperature and muscle activity measurements to provide feedback to the therapist and help control the robot. Do the patient's legs always go where the patient want? Is the patient getting tired and stressed?

"The walking robot has several settings, and the therapist selects the correct mode based on how far the patient has come in his or her rehabilitation," says Liverud. "The first step is to attach sensors to the patient's body and let them walk on a treadmill. A therapist manually corrects the walking pattern and, with the help of the sensors, create a model of the patient's walking pattern," he says.

In the next mode, the system adjusts the walking pattern to the defined model. New adjustments are made and are used to improve optimisation of the walking pattern.

"The patient wears an EEG cap which measures brain activity," says Liverud. "By using these signals combined with input from other physiological and system sensors, the robotic system registers whether the patient wants to stop, change speed or turn, and can adapt immediately," he says. "The robot continues to correct any walking pattern errors. However, since it also allows the patient the freedom to decide where and how he or she walks, the patient experiences control and keeps motivation to continue with the training," says Liverud.

The above story is reprinted from materials provided by SINTEF

New Add-On Drug May Improve Memory in People With Moderate Alzheimer's Disease

Mar. 11, 2013 — A new drug may improve memory problems in people with moderate Alzheimer's disease, according to a phase IIa study released today that will be presented at the American Academy of Neurology's 65th Annual Meeting in San Diego, March 16 to 23, 2013. The drug is called ORM-12741.

The drug is the first to target a specific subtype of adrenergic receptors (alpha-2C) in the brain, which are believed to be involved in modulation of brain functions under stressful conditions, or the "fight or flight" response. For the clinical trial, 100 people with moderate Alzheimer's disease were randomly given either 30 to 60 milligrams or 100 to 200 milligrams of ORM-12741 or matching placebo pill twice a day for three months as add-on therapy to a cholinesterase drug. Additionally, use of memantine was allowed. These are the other Alzheimer drugs currently on the market. Neither the researchers nor the participants knew which treatments participants were receiving.

After three months, researchers retested several aspects of the participants' memory and behavior. Those who took ORM-12741 tested higher on the tests of memory compared to those who received the placebo pill. At three months, the memory scores for those who received the placebo pill had worsened by 33 percent, whereas the scores improved by 4 percent for those who took ORM -12741.

"Currently, there are still only a handful of Alzheimer's drugs on the market and they have only moderate effects on the symptoms of the disease," said study author Juha Rouru, MD, of Orion Pharma in Turku, Finland. "Anytime you have a drug that targets a new pathway in the brain and shows effectiveness in clinical trials, it is exciting."

It is estimated that 13.8 million people will have Alzheimer's disease by 2050.

The above story is reprinted from materials provided by American Academy of Neurology (AAN).

Sleep Loss Precedes Alzheimer's Symptoms

Mar. 11, 2013 — Sleep is disrupted in people who likely have early Alzheimer's disease but do not yet have the memory loss or other cognitive problems characteristic of full-blown disease, researchers at Washington University School of Medicine in St. Louis report March 11 in JAMA Neurology.

The finding confirms earlier observations by some of the same researchers. Those studies showed a link in mice between sleep loss and brain plaques, a hallmark of Alzheimer's disease. Early evidence tentatively suggests the connection may work in both directions: Alzheimer's plaques disrupt sleep, and lack of sleep promotes Alzheimer's plaques.

"This link may provide us with an easily detectable sign of Alzheimer's pathology," says senior author David M. Holtzman, MD, the Andrew B. and Gretchen P. Jones Professor and head of Washington University's Department of Neurology. "As we start to treat people who have markers of early Alzheimer's, changes in sleep in response to treatments may serve as an indicator of whether the new treatments are succeeding."

Sleep problems are common in people who have symptomatic Alzheimer's disease, but scientists recently have begun to suspect that they also may be an indicator of early disease. The new paper is among the first to connect early Alzheimer's disease and sleep disruption in humans.

For the new study, researchers recruited 145 volunteers from the University's Charles F. and Joanne Knight Alzheimer's Disease Research Center. All of the volunteers were 45 to 75 years old and cognitively normal when they enrolled.

As a part of other research at the center, scientists already had analyzed samples of the volunteers' spinal fluids for markers of Alzheimer's disease. The samples showed that 32 participants had preclinical Alzheimer's disease, meaning they were likely to have amyloid plaques present in their brains but were not yet cognitively impaired.

Participants kept daily sleep diaries for two weeks, noting the time they went to bed and got up, the number of naps taken on the previous day, and other sleep-related information.

The researchers tracked the participants' activity levels using sensors worn on the wrist that detected the wearer's movements.

"Most people don't move when they're asleep, and we developed a way to use the data we collected as a marker for whether a person was asleep or awake," says first author Yo-El Ju, MD, assistant professor of neurology. "This let us assess sleep efficiency, which is a measure of how much time in bed is spent asleep."

Participants who had preclinical Alzheimer's disease had poorer sleep efficiency (80.4 percent) than people without markers of Alzheimer's (83.7 percent). On average, those with preclinical disease were in bed as long as other participants, but they spent less time asleep. They also napped more often.

"When we looked specifically at the worst sleepers, those with a sleep efficiency lower than 75 percent, they were more than five times more likely to have preclinical Alzheimer's disease than good sleepers," Ju says.

Ju and her colleagues are following up with studies in younger participants who have sleep disorders.

"We think this may help us get a better feel for the way this connection flows - does sleep loss drive Alzheimer's, does Alzheimer's lead to sleep loss, or is it a combination?" Ju says. "That will help us determine whether we can change the course of disease with pharmaceuticals or other treatments."

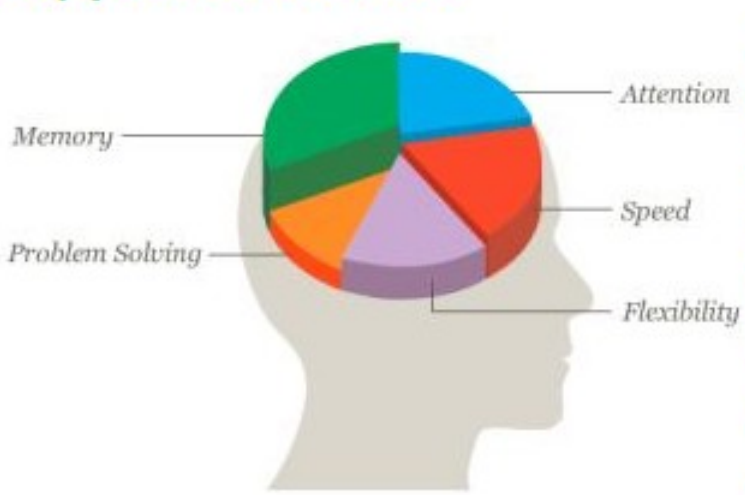
Yo-El S. Ju et al. **Sleep Quality and Preclinical Alzheimer Disease**. JAMA Neurology, 2013 DOI:10.1001/jamaneurol.2013.2334

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.

Three German Shepherds in a British Pub - C/- Brian Friend (Friendly)

Three German Shepherds in a British Pub.
VPRO

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

SENIORS CARD

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

HERE

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community CONNECT

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

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/

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.

Twilight at Taronga - 2013 Summer Concert Series

Special discount ticket offer - $10 off the regular price - tickets only $59 (normally $69) Taronga Zoo - Weekends 1 Feb to 23 March

The hugely popular Twilight at Taronga summer concert series is set to return next February with an exciting new 'Number One Albums' theme. Showcasing fourteen classic albums by the greatest entertainers of the twentieth century, you'll be spoiled for choice... sing along to ABBA, swing to Sinatra, boogie to the Bee Gees, join Elton John on the Yellow Brick Road, soar with the Eagles or simply savour the sweet sounds of Fleetwood Mac and Crowded House. Tickets are all unreserved, picnic style - BYO picnic, rug or chair. Light snacks, drinks available at the kiosk. Experience the thrill of an open-air concert in the wild surrounds of Taronga Zoo, set against the stunning backdrop of Sydney Harbour with an exotic chorus of animal calls... a must-do Sydney summer event.

Hurry, get your tickets soon as they will sell fast! Call Ticketek Ph: 132 849 or go to www.ticketek.com.au

NSW Seniors Card members are entitled to a special $10 discount off tickets. Simply mention you are a NSW Senior when booking through Ticketek.

Offer valid until 23 March 2013

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

Senior Movers

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

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

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

www.seniormovers.com.au

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

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Pittwater Online News

March 17 - 23, 2013: Issue 102

Who Cares About the Environment? - Media Release from NSW Government, 12 March 2013

NSW residents have a more positive view of the environment and its condition and nearly everyone is active in helping out, according to new research. The *Who Cares About the Environment?* survey, conducted every three years, measures people's environmental knowledge, attitudes and behaviour and identifies how these have changed over time.

"The results are very encouraging, with many more people feeling the situation in NSW has become better over the past three years on a range of environmental issues than those who feel it has become worse," said the Office of Environment and Heritage Chief Executive, Sally Barnes. "Importantly almost everyone (98%) said they had often done at least one of the 10 surveyed environmentally friendly 'everyday' activities in the last 12 months, with people, on average, doing five or six of the 10 activities often.

"The activities surveyed included actions such as reducing energy, water and fuel consumption, avoiding tipping oil, fat and paint down the sink or toilet, carefully choosing household products and composting food and garden refuse," she said.

The Who Cares findings complement the State of the Environment Report to give a comprehensive picture of how people in NSW are engaging with the environment and environmental issues.

In the 2012 Who Cares survey, for the first time, no single environmental issue or 'threat' dominated the public mind. Instead a number of issues rated fairly evenly as important including air quality, water conservation, mining, waste, and loss of biodiversity.

"The importance of environmental issues in the community is always relative to other issues directly impacting people's lives in the home and in business, such as the rising cost of energy," Ms Barnes said. "In this way, the research reinforces the importance of many of the current NSW Government programs that focus on supporting business and communities protect the environment while also reducing overall energy and water costs."

The research also shows that a majority of people in the state are getting out and about and spending time in the outdoors, visiting beaches and waterways, gardens and parklands, and natural bushland areas – and expressed very positive emotional responses to being in such settings.

The Office of Environment and Heritage is holding a series of free public seminars for those who are interested in finding out more about the research, with seminars in Sydney and five regional locations.

For more information about the research and the seminars, visit www.environment.nsw.gov.au/community/whocares.htm

Hope for Threatened Tasmanian Devils

Mar. 11, 2013 — New research paves the way for the development of a vaccine for the Tasmanian devil, currently on the brink of extinction because of a contagious cancer. It has been less than two decades since scientists discovered the contagious cancer devil facial tumour disease (DFTD) which causes 100 per cent mortality in the endangered marsupials. The facial cancer, which spreads when the devils bite each other's faces during fighting, kills its victims in a matter of months. As it has already wiped out the majority of the population with sightings of devils reduced by 85 per cent, scientists are desperate to find out more about the mysterious cancer which somehow manages to evade the devils' immune system.

Until now, scientists have believed that the tumours were able to avoid detection by the immune system because the Tasmanian devils have very little genetic diversity (preventing the immune system from recognising the tumour as foreign). However, a University of Cambridge led collaboration with the Universities of Tasmania, Sydney and South Denmark has discovered that the explanation is more complex.

On the surface of nearly every mammalian cell are major histocompatibility complex (MHC) molecules. These molecules enable the immune system to determine if a cell is friend or foe, triggering an immune response if the cell is foreign and a potential threat. The new research, published 11 March, in the journal PNAS, reveals that DFTD cancer cells lack these critical molecules, thereby avoiding detection by the devils' immune system.

Professor Jim Kaufman, from the University of Cambridge's Department of Pathology, said: "Once it was found that the cancer was escaping from the devils' immune system, scientists needed to figure out how."

The researchers found that the DFTD cells have lost the expression of MHC molecules, but that the genes that code for these molecules are still intact. This means that these genes could potentially be turned back on. Indeed, the scientists showed that by introducing signalling molecules such as interferon-gamma, a protein which triggers the immune response, the DFTD cells can be forced to express MHC molecules.

Dr Hannah Siddle, lead author of the paper from the University of Cambridge, said: "Developing a vaccine based on our research could tip the balance in the favour of the devil and give them a fighting chance."

"However, we still face some hurdles. The tumour is evolving over time and any vaccine programme would have to take this into consideration. Also, because of the difficulties of vaccinating a wild population, it may be more efficient to use a vaccine in the context of returning captive devils to the wild."

Although the only other contagious cancer has been found in dogs (canine transmissible venereal cancer), the rapid development of DFTD highlights how quickly they can emerge.

Professor Kaufman added: "Our study has implications beyond the Tasmanian devil. Sooner or later a human strain of contagious cancer will develop, and this work gives us insight into how these diseases emerge and evolve."

Hannah V. Siddle et al. **Reversible epigenetic down-regulation of MHC molecules by devil facial tumour disease illustrates immune escape by a contagious cancer.** PNAS, 2013 DOI: 10.1073/pnas.1219920110 Picture: Healthy Tasmanian devil. (Credit: Darran Leal, Save the Tasmanian Devil Program)

Are Tropical Forests Resilient to Global Warming?

Mar. 10, 2013 — Tropical forests are less likely to lose biomass - plants and plant material - in response to greenhouse gas emissions over the twenty-first century than may previously have been thought, suggests a study **published online this week** in *Nature Geoscience*. In the most comprehensive assessment yet of the risk of tropical forest dieback due to climate change, the results have important implications for the future evolution of tropical rainforests including the role they play in the global climate system and carbon cycle.

To remain effective, programmes such as the United Nation's Reducing Emissions from Deforestation and Degradation+ scheme require rainforest stability, in effect locking carbon within the trees. The research team comprised climate scientists and tropical ecologists from the UK, USA, **Australia** and Brazil and was led by Dr Chris Huntingford from the Centre for Ecology & Hydrology in the UK.

Dr Huntingford and colleagues used computer simulations with 22 climate models to explore the response of tropical forests in the Americas, Africa and Asia to greenhouse-gas-induced climate change. They found loss of forest cover in only one model, and only in the Americas. The researchers found that the largest source of uncertainty in the projections to be differences in how plant physiological processes are represented, ahead of the choice of emission scenario and differences between various climate projections.

Although this work suggests that the risk of climate-induced damage to tropical forests will be relatively small, the paper does list where the considerable uncertainties remain in defining how ecosystems respond to global warming.

Lead author Dr Chris Huntingford, from the Centre for Ecology & Hydrology in the UK, said, "The big surprise in our analysis is that uncertainties in ecological models of the rainforest are significantly larger than uncertainties from differences in climate projections. Despite this we conclude that based on current knowledge of expected climate change and ecological response, there is evidence of forest resilience for the Americas (Amazonia and Central America), Africa and Asia."

Co-author Dr David Galbraith from the University of Leeds said, "This study highlights why we must improve our understanding of how tropical forests respond to increasing temperature and drought. Different vegetation models currently simulate remarkable variability in forest sensitivity to climate change. And while these new results suggest that tropical forests may be quite resilient to warming, it is important also to remember that other factors not included in this study, such as fire and deforestation, will also affect the carbon stored in tropical forests. Their impacts are also difficult to simulate. It is therefore critical that modelling studies are accompanied by further comprehensive forest observations."

Co-author Dr Lina Mercado from the University of Exeter and the Centre for Ecology & Hydrology said, "Building on this study, one of the big challenges that remains is to include, in Earth system models, a full representation of thermal acclimation and adaptation of the rainforest to warming."

The research team came from the Centre for Ecology & Hydrology (UK), National Center for Atmospheric Research (USA), **The Australian National University (Australia),** CCST/Inst Nacl Pesquisas Espaciais (INPE) (Brazil), **James Cook University (Australia)**, University of Leeds (UK), University of Oxford (UK), University of Exeter (UK), University of Sheffield (UK), Met Office Hadley Centre (UK), University College London (UK), and the University of Edinburgh, (UK).

Chris Huntingford, Przemyslaw Zelazowski, David Galbraith, Lina M. Mercado, Stephen Sitch, Rosie Fisher, Mark Lomas, Anthony P. Walker, Chris D. Jones, Ben B. B. Booth, Yadvinder Malhi, Debbie Hemming, Gillian Kay, Peter Good, Simon L. Lewis, Oliver L. Phillips, Owen K. Atkin, Jon Lloyd, Emanuel Gloor, Joana Zaragoza -Castells, Patrick Meir, Richard Betts, Phil P. Harris, Carlos Nobre, Jose Marengo, Peter M. Cox. **Simulated resilience of tropical rainforests to CO2-induced climate change.** Nature Geoscience, 2013; DOI: 10.1038/NGEO1741

Earth Hour 2013

Earth Hour is back! And it's better than ever. But this year the date has changed – **8.30pm on 23 March 2013** - pencil it in your diary now so you don't miss out on the fun.

Earth Hour was started by WWF in Australia as a local event, but was soon embraced by the rest of the world. Last year, hundreds of millions of people from 152 countries and territories took part, and 7 million Australians switched off in support of the planet.

In 2013, Australians aren't just switching off their lights for Earth Hour. They're taking action into their own hands, and pledging to switch on to renewable energy. The reason? Our planet is in serious need of our help. And in the face of climate change, increasing fossil fuel costs and rising electricity prices, there's never been a better time to switch to clean, renewable energy.

The best bit? **You'll go into the draw to win a FREE solar panel system valued at $7500.*** Just make the pledge to switch at the new Earth Hour Australia website. Or tell us if you're one of the 1.5 million Australians who have already switched to solar or GreenPower.

All of your favourites are back again too, including the WWF Earth Hour Awards, community challenge, and great activities and resources for schools.

Our incredible planet needs you to lead once again. Head to earthhour.org.au to take the pledge and find out more about Earth Hour 2013.

Marine Diversity Study Proves Value of Citizen Science

Mar. 12, 2013 — Citizen science surveys compare well with traditional scientific methods when it comes to monitoring species biodiversity - according to new research from the University of East Anglia. Research published today in the journal *Methods in Ecology and Evolution* shows that methods to record marine diversity used by amateurs returned results consistent with techniques favoured by peer-reviewed science.

The findings give weight to the growing phenomenon of citizen science, which sees data crowd-sourced from an army of avid twitchers, divers, walkers and other wildlife enthusiasts. The field study compared methods used by 'citizen' SCUBA divers with those used by professional scientists, to measure the variety of fish species in three Caribbean sites.

The divers surveyed the sites using two methods - the 'belt transect', used in peer reviewed fish diversity studies, and the 'roving diver technique', used by the Reef Environmental Education Foundation (REEF) volunteer fish survey project. Two teams of 12 divers made 144 separate underwater surveys across the sites over four weeks.

While the traditional scientific survey revealed sightings of 106 different types of fish, the volunteer technique detected greater marine diversity with a total of 137 in the same waters.

Dr Ben Holt, from UEA's school of Biological Sciences, led the research in partnership with the Centre for Marine Resource Studies in the Caribbean and the University of Copenhagen, Denmark.

He said: "The results of this study are important for the future of citizen science and the use of data collected by these programs. Allowing volunteers to use flexible and less standardised methods has important consequences for the long term success of citizen science programs. Amateur enthusiasts typically do not have the resources or training to use professional methodology. Our study demonstrates the quality of data collected using a volunteer method can match, and in some respects exceed, protocols used by professional scientists.

"Enlisting the help of a large pool of volunteers helps professional researchers collect valuable data across many ecosystems.

"The popularity of SCUBA diving has resulted in monitoring of the underwater environment on a scale that was previously impossible. For example, the REEF method has been used by volunteers in more than 160,000 underwater surveys across the world. It would have cost many millions of pounds for professionals to have undertaken the same work.

"Very few, if any, scientific groups can collect data on the scale that volunteer groups can, so our proof that both methods return consistent results is very encouraging for citizen science in general.

"I think we will really see the value of volunteer schemes increase in future. We're living in a world that's changing very significantly. Environmental changes are having a big impact on ecosystems around us so we need to harness new ways of measuring the effect.

"For example Lion fish is an invasive species which was not in the Caribbean until roughly 10 years ago. They have now become a real problem in many areas and this invasion has been tracked using volunteer data. Following our study, scientists can have more confidence when using these data to consider the impact of threats, such as invasive species, on the wider natural communities.

"It is important to note that our study does not consider the abilities of the individuals performing the surveys and this is also an important consideration for any large scale biodiversity program. By addressing these issues we can make important steps towards enabling the large pool of volunteer enthusiasts to help professional researchers by collecting valuable data across many ecosystems."

The research was carried out in under water sites close to South Caicos in the Turks and Caicos Islands.

Ben G. Holt, Rodolfo Rioja-Nieto, M. Aaron MacNeil, Jan Lupton and Carsten Rahbek. **Comparing diversity data collected using a protocol designed for volunteers with results from a professional alternative.** Methods in Ecology and Evolution, 2013; DOI: 10.1111/2041-210X.12031 Photo Credit: Jan Lupton

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

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

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

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.

Live Penguin Cam – Warrnambool, Victoria

Almost wiped out a few years ago, the Little Penguin (Fairy Penguin) colony is now thriving under the watchful eyes of two guard dogs: Eudy & Tula. The two Maremmas (Italian sheep dogs) are fierce with foxes but gentle with penguins. A devoted team from the Warrnambool Coastcare and Landcare Group monitor the colony. Exceptional love stories are played out every season as adult birds risk their lives daily just to feed each other and nurture an egg. They will take turns to head into freezing Southern ocean waters with nothing but a matted pelt of downy feathers to keep warm, searching for tiny baitfish and squid.

Tweet | Like | +1

"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

growing
together
to change the world locally
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

Pittwater Environment Articles this week:

INGLESIDE LAND RELEASE ON AGAIN BUT MANY CHALLENGES AHEAD by David Palmer

110 Young Adults attend Give - Get Given Asparagus Fern out Day at Barrenjoey

The Violet Snail is found in Queensland, New South Wales, Victoria, South Australia, Western Australia and eastern Tasmania! Photographer: Jorapache

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

EXPLORE PITTWATER'S ENVIRONMENT IN MARCH

Pittwater is alive with activity in our bushland, wetlands and waterways! We're inviting residents and visitors to come along and explore our unique environment and discover its native fauna and flora. There are three environmental events planned for March. The first offers the chance to explore the beautiful **Ingleside Chase Reserve on Sunday 10 March from 9am.**

Pittwater Council's Natural Environment and Education Manager Mr Beharrell said the guided walk at Ingleside would be at a steady pace covering a three km round trip. 'There are a few steep sections, so a reasonable level of fitness is required," he said.

A Community Planting Day will be held on Saturday 16 March at Careel Creek from 9am to 12pm.

The planting day is part of a major project that will see regenerated bushland linking the northern end of Careel Creek to the southern end. The replanting project is being supported by a grant from the Hawkesbury Nepean Catchment Management Authority.

The third event is the ever-popular **coastal rock platform tour on Sunday 24 March from 1pm**, with the opportunity to investigate the amazing diversity of Pittwater's marine life.

"The rock platform tour is suitable for everyone including young families," said Mr Beharrell. "These events are guided by our natural environment educators who provide an interesting insight into our local biodiversity, ecosystems, coastal management, sustainability and climate change.

Places at these sessions are limited, so book now by calling 1300 000 232 (CEC). For online bookings or more information on what to wear and bring with you on the day visit www.pittwater.nsw.gov.au/cecbookings

Event details are as follows:

Ingleside Chase Reserve. (Meeting details on booking)

Community Planting Day: **Saturday 16 March from 9am to 12 noon;** Careel Creek Causeway, next to Barrenjoey High School

Rock Platform Tour: Sunday 24 March, 1pm to 3pm (Meeting details on booking)

For more information on events during March and the coming months visit www.pittwater.nsw.gov.au/all_events. To subscribe to our environmental newsletter Cooee to keep up-to-date on the latest news, email: jodi_harvey@pittwater.nsw.gov.au

"POSSUM HIGH TEA"
FUNDRAISER

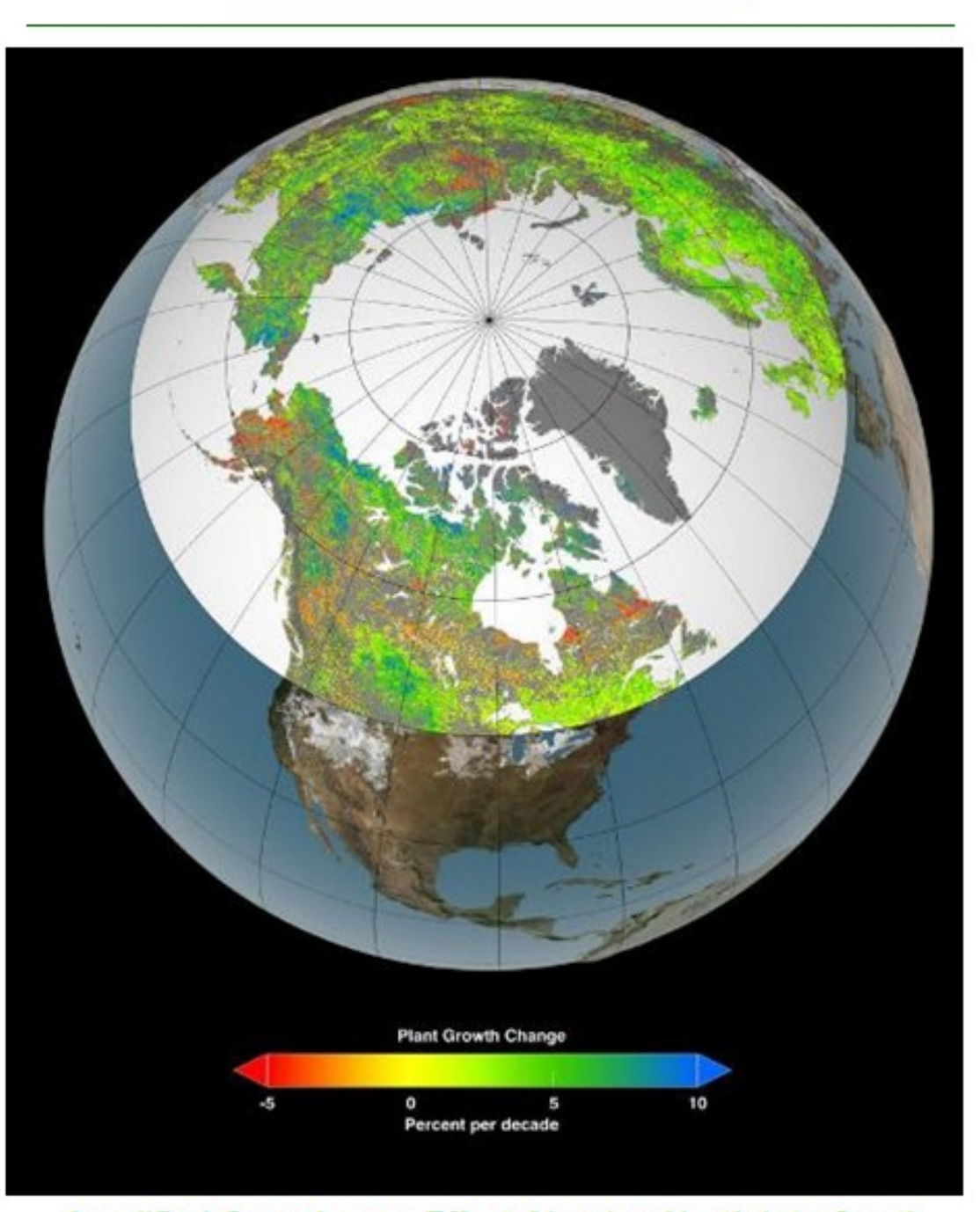
SOUTHERN CROSS WILDLIFE CARE

Sunday 7th April 3pm
8 Lentara Rd Bayview.

Please come and share these beautiful surroundings known as "Coomalong" (possum meeting place) overlooking Pittwater. All funds raised go directly to Southern Cross Wildlife Care for the treatment & rehabilitation of wildlife in need. Our consultant veterinarian Dr Howard Ralph will give a brief talk about the many precious animals he treats each week. Howard's images are touching and inspirational. All Welcome!

Admission $15 Tea/Coffee & Cake $5
RSVP Lindy m # 0409 404570 h # 9982 1751

Southern Cross Wildlife Care



Amplified Greenhouse Effect Shaping North Into South

Mar. 10, 2013 — An international team of 21 authors from 17 institutions in seven countries has just published a study in the journal *Natural Climate Change* showing that, as the cover of snow and ice in the northern latitudes has diminished in recent years, the temperature over the northern land mass has increased at different rates during the four seasons, causing a reduction in temperature and vegetation seasonality in this area. In other words, the temperature and vegetation at northern latitudes increasingly resembles those found several degrees of latitude farther south as recently as 30 years ago.

The NASA-funded study, based on newly improved ground and satellite data sets, examines critically the relationship between changes in temperature and vegetation productivity in northern latitudes.

On the amplified greenhouse effect, Prof. Ranga Myneni, Department of Earth and Environment, Boston University and lead co-author says "A greenhouse effect initiated by increased atmospheric concentration of heat-trapping gasses - such as water vapor, carbon dioxide and methane - causes the Earth's surface and nearby air to warm. The warming reduces the extent of polar sea ice and snow cover on the large land mass that surrounds the Arctic ocean, thereby increasing the amount of solar energy absorbed by the no longer energy-reflecting surface. This sets in motion a cycle of positive reinforcement between warming and loss of sea ice and snow cover, thus amplifying the base greenhouse effect."

"The amplified warming in the circumpolar area roughly above the Canada-USA border is reducing temperature seasonality over time because the colder seasons are warming more rapidly than the summer," says Liang Xu, a Boston University doctoral student and lead co-author of the study.

"As a result of the enhanced warming over a longer ground-thaw season, the total amount of heat available for plant growth in these northern latitudes is increasing. This created during the past 30 years large patches of vigorously productive vegetation, totaling more than a third of the northern landscape - over 9 million km2, which is roughly about the area of the USA - resembling the vegetation that occurs further to the south," says Dr. Compton Tucker, Senior Scientist, NASA's Goddard Space Flight Center, Greenbelt, Maryland.

The authors measured seasonality changes using latitude as a yardstick. They first defined reference latitudinal profiles for the quantities being observed and then quantified changes in them over time as shifts along these profiles.

"Arctic plant growth during the early-1980s reference period equaled that of lands north of 64 degrees north. Today, just 30 years later, it equals that of lands above 57 degrees north - a reduction in vegetation seasonality of about seven degrees south in latitude," says co-author Prof. Terry Chapin, Professor Emeritus, University of Alaska, Fairbanks. "This manner of analyses suggested a decline in temperature and vegetation seasonality of about four to seven degrees of latitude during the past 30 years," says co-author Eugenie Euskirchen, Research Professor, University of Alaska, Fairbanks.

"The reduction of vegetation seasonality, resulting in increased greenness in the Arctic, is visible on the ground as an increasing abundance of tall shrubs and tree incursions in several locations all over the circumpolar Arctic," says co-author Terry Callaghan, Professor, Royal Swedish Academy of Sciences and the University of Sheffield, UK. He notes that the greening in the adjacent Boreal areas is much less conspicuous in North America than in Eurasia.

A key finding of this study is an accelerating greening rate in the Arctic and a decelerating rate in the boreal region, despite a nearly constant rate of temperature seasonality diminishment in these regions over the past 30 years. "This may portend a decoupling between growing season warmth and vegetation productivity in some parts of the North as the ramifications of amplified greenhouse effect - including permafrost thawing, frequent forest fires, outbreak of pest infestations, and summertime droughts - come in to play," says co-author Hans Tømmervik, Senior Researcher, Norwegian Institute for Nature Research, Tromsø, Norway.

According to the authors, the future does indeed look troubling: Based on analysis of 17 state-of-the-art climate model simulations, diminishment of temperature seasonality in these regions could be more than 20 degrees in latitude by the end of this century relative to the 1951-1980 reference period. The projected temperature seasonality decline by these models for the 2001-2010 decade is actually less than the observed decline. "Since we don't know the actual trajectory of atmospheric concentration of various agents capable of forcing a change in climate, long-term projections should be interpreted cautiously," says co-author Bruce Anderson, Professor of Earth and Environment at Boston University.

"These changes will affect local residents through changes in provisioning ecosystem services such as timber and traditional foods," says Research Professor Bruce Forbes, University of Lapland, Rovaniemi, Finland. They will also impact the global community through changes in regulatory ecosystem services relating to emissions of greenhouse gases. "The soils in the northern land mass potentially can release significant amounts of greenhouse gases which are currently locked up in the permanently frozen ground. Any large-scale deep-thawing of these soils has the potential to further amplify the greenhouse effect," says co-author Philippe Ciais, Associate Director, Laboratory of Climate and Environmental Science, Paris, France.

"The way of life of many organisms on Earth is tightly linked to seasonal changes in temperature and availability of food, and all food on land comes first from plants," says Dr. Scott Goetz, Deputy Director and Senior Scientist, Woods Hole Research Center, Falmouth, USA. "Think of migration of birds to the Arctic in the summer and hibernation of bears in the winter: Any significant alterations to temperature and vegetation seasonality are likely to impact life not only in the north but elsewhere in ways that we do not yet know."

L. Xu, R. B. Myneni, F. S. Chapin III, T. V. Callaghan, J. E. Pinzon, C. J. Tucker, Z. Zhu, J. Bi, P. Ciais, H. Tømmervik, E. S. Euskirchen, B. C. Forbes, S. L. Piao, B. T. Anderson, S. Ganguly, R. R. Nemani, S. J. Goetz, P. S. A. Beck, A. G. Bunn, C. Cao, J. C. Stroeve. **Temperature and vegetation seasonality diminishment over northern lands.** Nature Climate Change, 2013; DOI:10.1038/nclimate1836

Picture: Of the 10 million square miles (26 million square kilometers) of northern vegetated lands, 34 to 41 percent showed increases in plant growth (green and blue), 3 to 5 percent showed decreases in plant growth (orange and red), and 51 to 62 percent showed no changes (yellow) over the past 30 years. Satellite data in this visualization are from the AVHRR and MODIS instruments, which contribute to a vegetation index that allows researchers to track changes in plant growth over large areas. (Credit: NASA's Goddard Space Flight Center Scientific Visualization Studio)

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

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

So many fish, one great map.

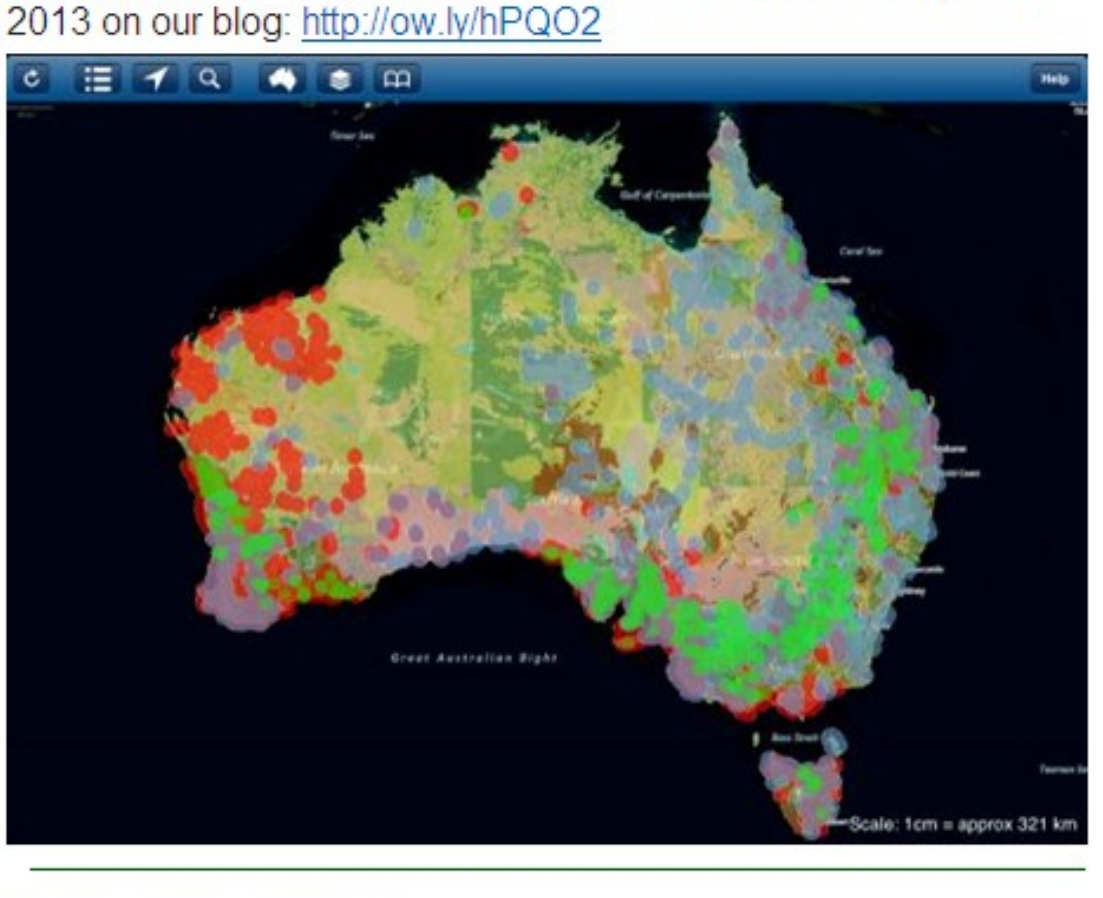
From identifying what's on the end of your fishing line, to finding out which fishes occur in your local waters, FishMap has the answers. FishMap is a free online mapping tool that allows anyone interested in fish to discover which fish species occur at any location or depth throughout the marine waters 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).

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's Environmental Foundation

Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council. Our

PROFILE

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.

Prime Minister's Environmentalist of the Year awards open - Media release, 2013

Nominations for the Prime Minister's Environmentalist of the Year and Young Environmentalist of the Year awards open today. The awards recognise those unsung heroes in our community who have made an outstanding contribution in protecting our environment and creating a sustainable future for Australia. Environment Minister, Tony Burke, today encouraged any individuals, groups or organisations who have been working to protect our environment to nominate for either the Prime Minister's Environmentalist of the Year or Young Environmentalist of the Year awards.

"Volunteers and community groups do a huge amount of work in conserving our environment and creating a more sustainable Australia," Mr Burke said. "These awards recognise those incredible people who give up their time to contribute to our environment. I encourage anyone who knows people who go over and above to protect our environment to nominate them."

Nominations are now open for the following awards:

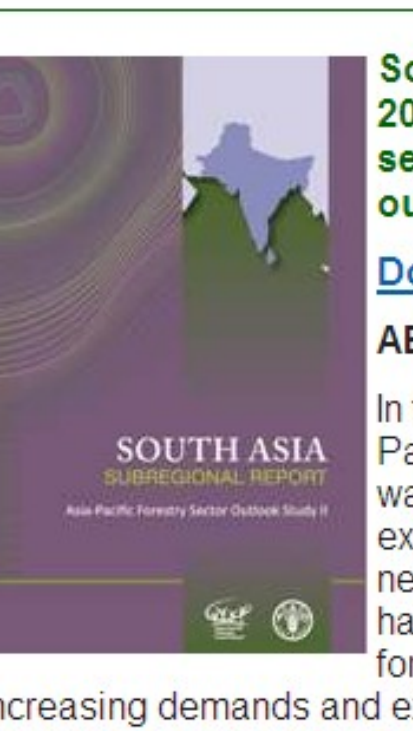
The Prime Minister's Environmentalist of the Year award: open to any Australian individual, group or organisation for a project undertaken within Australia, which has made a significant contribution towards the environment.

The Young Environmentalist of the Year Award: open to any Australian individual under the age of 25 for a project undertaken within Australia which has made a significant contribution towards the environment.

Nominations close on 22 April 2013 and the awards will be announced as part of World Environment Day celebrations in June 2013. Further information regarding the Prime Minister's Environment awards, including an online nomination form, can be found at www.unaavictoria.org.au

Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it on screen.

Sydney Harbour Foreshore Authority Carbon Footprints Document



South Asian forests and forestry to 2020. Subregional report of the second Asia-Pacific forestry sector outlook study

Downlaod Full Report

ABSTRACT

In the 14 years since the first Asia-Pacific Forestry Sector Outlook Study was completed in 1998, the region has experienced tremendous change in nearly every aspect. These changes have been particularly profound in the forestry sector, especially in the context of increasing demands and expectations of society on forests and forestry. This report on South Asia summarizes the key findings and results collated under the second Asia-Pacific Forestry Sector Outlook Study – a comprehensive effort spanning nearly four years and involving all the member countries of the Asia-Pacific Forestry Commission. Based on seven country outlook reports and numerous thematic studies, the report provides an assessment of developments in the South Asian forestry sector , linking it with larger societal changes. It gives an overview of the forestry sector, including the economic, social and ecological significance of forests and summarizes major developments, including changes in demand for forest products and ecosystem services, specifically highlighting resource constraints in the subregion. The publication analyses the key factors driving developments in the sector, scenarios that may unfold and how forests and forestry are likely to evolve to the year 2020. The report also outlines priorities and strategies to enhance forestry's contribution to societal well-being.

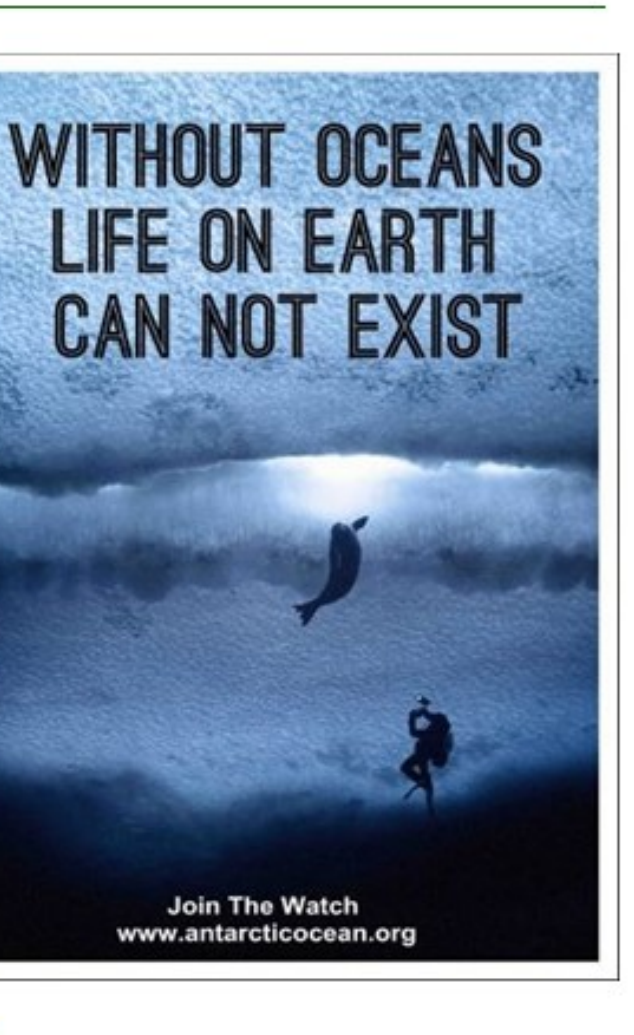
CLIMATE ACTION PITTWATER

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

Antarctic Ocean Alliance

In just 6 months the Commission for the Conservation of Antarctic Marine Living Resources will meet in Germany to revisit their commitment to establish the largest network of marine reserve in the world around Antarctica.

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



www.antarcticocean.org.

ATLAS OF LIVING AUSTRALIA
Search the Atlas
Sharing biodiversity knowledge
Explore
Australia's species
Species by location
Natural history collections
Mapping & analysis
Data sets
Blogs & news

The Atlas of Living Australia a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, and Birdlife Australia. Some of these records come from the diaries of 17th Century Dutch navigators, such as the record for a Brush Bronzewing dated 1629.

March 17 - 23, 2013: Issue 102

Leek – March Vegetables

Potato and Leek Soup – St Patrick's Day (17th of March every year)

Ingredients
4 Potatoes (peeled and cubed)
2 Leeks (washed and sliced)
1 Onion (diced)
2 stalks Celery (chopped)
1 clove Garlic (minced)
2 cups Milk
4 cups Chicken Stock
1/2 cup Half and Half
Extra Virgin Olive Oil
1 Bay Leaf
Salt and Freshly Ground Pepper
2 tablepsoons Fresh Parsley (chopped)

In a large stock pot, heat the oil over medium-high heat. Add the onion, leeks, celery, and garlic, and cook until all have softened and become fragrant, about 5 minutes. Add the stock, milk, bay leaf, and potatoes, and season with salt and pepper. Bring to a simmer. Cook until potatoes are tender, about 25 minutes. Stir in the parsley and half and half. Allow to cool slightly. In batches, puree in a blender.

Goats Cheese and Leek Tart – St David's Day (1st of March every year)

Ingredients
1 tbsp olive oil
2 large leeks , sliced
2 rashers back bacon , chopped
1 x 210g sheet ready-rolled puff pastry
1 tbsp crème fraîche
1 tbsp Dijon or wholegrain mustard
2 slices firm goat's cheese , from a 100g log

Heat oven to 200C/fan 180C/gas 6. Heat the oil in a frying pan, then soften the leeks for 5 mins. Add the bacon, cook for a further 5 mins, season, then tip onto a plate to cool. Unroll the pastry and cut out two 12 x 18cm rectangles - save or freeze the rest for another time. Lift onto a baking sheet. Using the tip of a sharp knife, mark a border inside each one, about 1.5cm from the edge. Mix the crème fraîche and mustard together, then spread over the inside of the pastry frames. Spoon the leek and bacon mix over the mustard mix, then place the goat's cheese on top. Bake for 15-20 mins until the pastry is crisp and golden. Serve with salad. Omit bacon for vegetarian version.

The leek is a vegetable that belongs, along with onion and garlic, to the genus Allium, currently placed in family Amaryllidaceae, subfamily Allioideae. Historically manyscientific names were used for leeks, which are now treated as cultivars of Allium ampeloprasum. Two related vegetables, elephant garlic and kurrat, are also cultivars of A. ampeloprasum, although different in their uses as food.
The edible part of the leek plant is a bundle of leaf sheaths that is sometimes erroneously called a stem or stalk.

Dried specimens from archaeological sites in ancient Egypt, as well as wall carvings and drawings, led Zohary and Hopf to conclude the leek was a part of the Egyptian diet from at least the second millennium BCE onwards. They also allude to surviving texts that show it had been also grown in Mesopotamia from the beginning of the second millennium BCE. The leek was the favourite vegetable of the Emperor Nero, who consumed it in soup or in oil, believing it beneficial to the quality of his voice.

The leek is one of the national emblems of Wales, worn along with the daffodil (in Welsh, the daffodil is known as "Peter's leek," Cenhinen Bedr) on St. David's Day. According to one legend, King Cadwaladr of Gwyneddordered his soldiers to identify themselves by wearing the vegetable on their helmets in an ancient battle against the Saxons that took place in a leek field. This story may have been made up by the English poetMichael Drayton, but the leek has been known to be a symbol of Wales for a long time; Shakespeare, for example, refers to the custom of wearing a leek as an "ancient tradition" in Henry V. In the play, Henry tellsFluellen that he is wearing a leek "for I am Welsh, you know, good countryman." The 1985 and 1990 British one pound coins bear the design of a leek in a coronet, representing Wales.

Alongside the other national floral emblems of countries in the Commonwealth (including the English Tudor Rose, Scottish thistle, Irish shamrock, Canadian maple leaf, and Indian lotus), the Welsh leek appeared on the coronation gown of Elizabeth II. It was designed by Norman Hartnell; when Hartnell asked if he could exchange the leek for the more aesthetically pleasing Welsh daffodil, he was told no. Perhaps the most visible use of the leek, however, is as the cap badge of the Welsh Guards, a regiment within the Household Division of the British Army. In Romania, the leek is also widely considered a symbol of Oltenia, a historical region in the southwestern part of the country.

Saint Patrick's Day or the **Feast of Saint Patrick** (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick") is a cultural and religious holiday celebrated on 17 March. It is named after Saint Patrick (c. AD 385–461), the most commonly recognised of thepatron saints of Ireland. Little is known of Patrick's early life, though it is known that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family. His father was adeacon and his grandfather was a priest in the Christian church. At the age of sixteen, he was kidnapped by Irish raiders and taken captive to Ireland as a slave. It is believed he was held somewhere on the west coast of Ireland, possibly Mayo, but the exact location is unknown. According to his Confession, he was told by God in a dream to flee from captivity to the coast, where he would board a ship and return to Britain. Upon returning, he quickly joined the Church in Auxerre in Gaul and studied to be a priest. In 432, he again said that he was called back to Ireland, though as a bishop, to Christianise the Irish from their native polytheism. Irish folklore tells that one of his teaching methods included using theshamrock to explain the Christian doctrine of the Trinity to the Irish people. After nearly thirty years of evangelism, he died on 17 March 461, and according to tradition, was buried at Downpatrick.

ST PATRICKS DAY
SUNDAY 17 MARCH
12.00pm to 2.00pm
with
Irish Band
'THE CURRENCY LADS'
Guinness
Irish Menu
Fantastic Prizes
to be won
ROYAL MOTOR YACHT CLUB
BROKEN BAY NSW
www.royalmotor.com.au
www.facebook.com/rmycbb

Saint David's Day (Welsh: Dydd Gŵyl Dewi) is the **Feast Day of Saint David**, the patron saint of Wales, and falls on 1 March each year. Saint David (Welsh: Dewi Sant) was born towards the end of the 5th century. He was ascion of the royal house of Ceredigion, and founded a Celtic monastic community at Glyn Rhosyn (The Vale of Roses) on the western headland of Pembrokeshire (Sir Benfro), at the spot where St David's Cathedralstands today. David's fame as a teacher and ascetic spread throughout the Celtic world. His foundation at Glyn Rhosin became an important Christian shrine, and the most important centre in Wales. The date of Saint David's death is recorded as 1 March, but the year is uncertain – possibly 588. As his tearful monks prepared for his death Saint David uttered these words: "*Brothers be ye constant. The yoke which with single mind ye have taken, bear ye to the end; and whatsoever ye have seen with me and heard, keep and fulfil.*" It is celebrated by Welsh societies throughout the world with dinners, parties, and eisteddfodau (recitals and concerts).

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Saint David's Day. (2013, March 1). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Saint_David%27s_Day&oldid=541596824

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Pittwater Online News

March 17 - 23, 2013: Issue 102

Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Ray Of Hope
Playlist NFSA Film Australia Collection. Celebrating 100 years. (31 videos)

Ray Of Hope - FILM AUSTRALIA - Published on Mar 13, 2013

Ray Of Hope, 1954, was designed to promote Australia's national campaign against tuberculosis (called 'consumption' by earlier generations and a plague in Australia from 1830>). It describes the disease and the preventive measures being taken, specifically the use of X-ray machines.

Directed by Jack Rogers and produced by The National Film Board it also features a narration by James Dibble. Dibble would later become a respected newsreader on ABC television. This film, along with School's Out, already published here: http://youtu.be/Fxa6Uxds3lY and In Harbour, which we will publish soon, **were all screened at the inaugural Sydney Film Festival in 1954.** And it is our pleasure to present them here in honour of the **festivals 60th anniversary**. As part of an agreement with Sydney University in 1954 for the Film Festival to use the science faculty's theatrette for the festival screenings it was a condition of use that there be some screenings of science related films. Ray Of Hope was a part fulfillment of that condition.

You can see what's on at this year's festival here: http://sff.org.au/

You can also read how this disease affected one family's life in this week's **History page** on **Mark Foy**.

Russian Meteor Explosion: Amazing Footage (New)...

Russian Meteor One Month On - where's Bruce?

This week Russia's determination that humankind should be more agressively pursuing ways to prevent the kind of catastrophic collision that many think wiped out the dinosaurs 65 million years ago has become the subject of debate in the Russian Parliament. Speaking to a special session of the upper house of the Russian parliament, the Federation Council, officials from that country's space agency, nuclear agency, and astronomical institute pressed their case for billions of dollars of investment to prepare for what could eventually be nuclear strikes to deflect or take out approaching comets or asteroids.

They cited the Apophis asteroid's projected near-miss in 2036 and said concrete measures to monitor and possibly intercept an asteroid could be in place as soon as 2018. (U.S. space agency NASA has said there's nothing to worry about from Apophis.)

"The unexpected appearance of out-of-space objects close to the Earth is not an exception but a typical situation and we may have very little time to make a decision to counteract," Boris Shustov, director of Russian Academy of Sciences Astronomy Institute, chairman of the experts' group for space threats, said, according to Reuters.

The meteor that exploded over Chelyabinsk, Russia on February 15 was thought to have been around 15 meters in diameter before hitting the atmosphere and breaking into many pieces, with its largest chunk most likely plunging into Lake Chebarkul.

"We will have a very limited amount of time to prevent the collision. About a year, including the launch of an interceptor and separating fragments in space," Oleg Shubin, deputy director for nuclear weapons management at nuclear agency Rosatom said, according to Reuters. "It's also worth mentioning that an interception of a meteorite the size of one kilometer will require the use of nuclear explosive devices with a capacity well exceeding the megaton class."

NASA is already spending money to develop an Asteroid Terrestrial-Impact Last Alert System (ATLAS), which its backers say could give about a day's warning in cases like that in Chelyabinsk, pinpointing the area of impact within a kilometer or two.

In late February, less than two weeks after the Russian meteor, Canada's space agency launched a microsatellite as part of its experimental "Sentinel in the Sky," intended to provide an early-warning system for space debris and other near-Earth objects.

The Russian meteor explosion over the city of Chelyabinsk, on Friday (Feb. 15), injured more than 1,000 people and blew out windows across the region in a massive blast captured on cameras by frightened witnesses. Friday afternoon, NASA scientists estimated the meteor was space rock about 50 feet (15 meters) and sparked a blast equivalent of a 300-kiloton explosion. The energy estimate was later increased to 470 kilotons.

On the same day another fireball was spotted over the San Francisco Bay Area in California. That event, also unrelated, occurred at about 7:45 p.m. PST (10:45 p.m. EST/0345 Feb. 16 GMT) and lit up the nighttime sky. Aside from the unexpected light show, the fireball over San Francisco had little other effect.

NASA scientists said the Russian meteor event, however, is a rare occurrence. Not since 1908, when a space rock exploded over Russia's Tunguska River in Siberia and flattened 825 square miles (2,137 square km) of uninhabited forest land, has a meteor event been so devastating.

Researchers at Ural Federal University (UrFU) have already collected hundreds of fragments from the area where the meteorites came down, referred to as the "strewing field."

UrFU's Institute of Physics and Technology professor Viktor Grokhovsky, who launched its meteorite expedition, told RFE/RL recently: "Our expedition has made three visits to the site and found over 300 fragments, from 3 millimeters to 150 millimeters. There have been several thousand fragments found mostly by the local residents. The ones that could have reached the ground can be up to half meter long."

He and his colleagues say the asteroid was ordinary or common chondrite, the most common makeup of asteroids and material that's "the same age as the Solar System - approximately 4.5 billion years old." It consists of minerals like olivine, pyroxene, troilite, and kamacite in combinations that aren't found on Earth.

At present many people are selling 'authentic chunks' of the meteorite over the web which range in price from 99 cents up to ten thousand pounds.

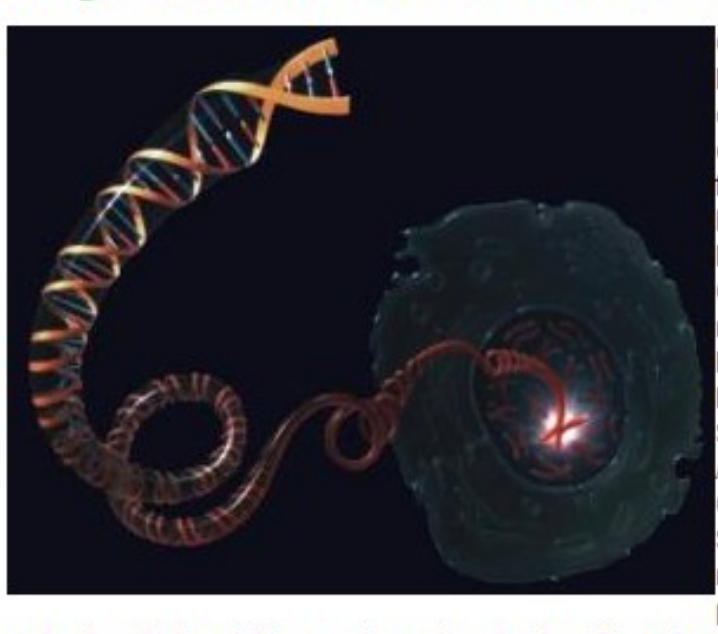
From materials provided by Radio Free Europe - Radio Liberty; The original article was written by Andy Heil, and NASA/Jet Propulsion Laboratory, California. Videos of Feb 14 event (above)and expedition to 1908 event area (below). Be warned that **most recent meteor video is loud at beginning and quite frightening.**

Expedition to find data from 1908 Tunguska River

00:00
01:04
MENU

Health Papers Published this week:

Length of DNA Strands Can Predict Life Expectancy



Can the length of strands of DNA in patients with heart disease predict their life expectancy? Researchers from the Intermountain Heart Institute at Intermountain Medical Center in Salt Lake City, who studied the DNA of more that 3,500 patients with heart disease, say yes it can. In the new study, presented Saturday, March 9, at the American College of Cardiology's Annual Scientific Session in San Francisco, the researchers were able to predict survival rates among patients with heart disease based on the length of strands of DNA found on the ends of chromosomes known as telomeres - the longer the patient's telomeres, the greater the chance of living a longer life. The study is one of 17 studies from the Intermountain Heart Institute at Intermountain Medical Center that are being presented at the scientific session, which is being attended by thousands of cardiologists and heart experts from around the world.

Previous research has shown that telomere length can be used as a measure of age, but these expanded findings suggest that telomere length may also predict the life expectancy of patients with heart disease. Telomeres protect the ends of chromosome from becoming damaged. As people get older, their telomeres get shorter until the cell is no longer able to divide. Shortened telomeres are associated with age-related diseases such as heart disease or cancer, as well as exposure to oxidative damage from stress, smoking, air pollution, or conditions that accelerate biologic aging.

"Chromosomes by their nature get shorter as we get older," said John Carlquist, PhD, director of the Intermountain Heart Institute Genetics Lab. "Once they become too short, they no longer function properly, signaling the end of life for the cell. And when cells reach this stage, the patient's risk for age-associated diseases increases dramatically."

Dr. Carlquist and his colleagues from the Intermountain Heart Institute at Intermountain Medical Center tested the DNA samples from more than 3,500 heart attack and stroke patients.

"**Our research shows that if we statistically adjust for age, patients with longer telomeres live longer, suggesting that telomere length is more than just a measure of age**, but may also indicate the probability for survival. Longer telomere length directly correlate with the likelihood for a longer life - even for patients with heart disease," said Dr. Carlquist.

Dr. Carlquist and his colleagues from the Intermountain Heart Institute at Intermountain Medical Center drew on two unique resources that offer unparalleled opportunity for researchers to study the effects of telomere length and survival rates of heart patients: An archive of peripheral blood DNA samples collected from almost 30,000 heart patients, with as much as 20 years of follow-up clinical and survival data. This is stored in Intermountain Healthcare's computerized medical informatics record system.

"With so many samples and very complete electronic records, it's a unique resource," said Dr. Carlquist. "It's unmatched in the world, and it allows us to measure the rate of change in the length of a patient's telomeres over time rather than just a snapshot in time, which is typical for most studies."

The opportunity to work with experts from around the world, including Richard Cawthon, MD, PhD, who's an international expert on telomere measurement and function.

"I believe telomere length could be used in the future as a way to measure the effectiveness of heart care treatment," said Dr. Carlquist. "We can already test cholesterol and blood pressure of a patient to see how treatment is working, but this could give us a deeper view into how the treatment is affecting the body and whether or not the treatment is working."

The above story is reprinted from materials provided by Intermountain Medical Center. Picture; Illustration of DNA molecule unwinding from a chromosome inside the nucleus of a cell. (Credit: NHGRI)

Aspirin May Lower Melanoma Risk

Mar. 11, 2013 — A new study has found that women who take aspirin have a reduced risk of developing melanoma - and that the longer they take it, the lower the risk. The findings suggest that aspirin's anti-inflammatory effects may help protect against this type of skin cancer. The study is published **early online** in *Cancer*, a peer-reviewed journal of the American Cancer Society.

In the Women's Health Initiative, researchers observed US women aged 50 to 79 years for an average of 12 years and noted which individuals developed cancer. At the beginning of the study, the women were asked which medications they took, what they ate, and what activities they performed.

When Jean Tang MD, PhD, of Stanford University School of Medicine in Palo Alto, and her colleagues analyzed available data from 59,806 Caucasian women in the study, they found that women who took more aspirin were less likely to develop melanoma skin cancer during the 12 years of follow up. Overall, women who used aspirin had a 21 percent lower risk of melanoma relative to non-users. Each incremental increase in duration of aspirin use (less than one year of use, one to four years of use, and five or more years of use) was associated with an 11 percent lower risk of melanoma. Thus, women who used aspirin for five or more years had a 30 percent lower melanoma risk than women who did not use aspirin. The researchers controlled for differences in pigmentation, tanning practices, sunscreen use, and other factors that may affect skin cancer risk.

"Aspirin works by reducing inflammation and this may be why using aspirin may lower your risk of developing melanoma," said Dr. Tang. Other pain medications, such as acetaminophen, did not lower women's melanoma risk. Dr. Tang noted that the findings support the design of a clinical trial to directly test whether aspirin can be taken to prevent melanoma.

Christina A. Gamba et al. **Aspirin is associated with lower melanoma risk among postmenopausal Caucasian women.** Cancer, 2013 DOI:10.1002/cncr.27817

Drug Treatment Corrects Autism Symptoms in Mouse Model

Mar. 13, 2013 — Autism results from abnormal cell communication. Testing a new theory, researchers at the University of California, San Diego School of Medicine have used a newly discovered function of an old drug to restore cell communications in a mouse model of autism, reversing symptoms of the devastating disorder.

The findings are published in the March 13, 2013 issue of the journalPLOS ONE.

"Our (cell danger) theory suggests that autism happens because cells get stuck in a defensive metabolic mode and fail to talk to each other normally, which can interfere with brain development and function," said Robert Naviaux, MD, PhD, professor of medicine and co-director of the Mitochondrial and Metabolic Disease Center at UC San Diego. "We used a class of drugs that has been around for almost a century to treat other diseases to block the 'danger' signal in a mouse model, allowing cells to return to normal metabolism and restore cell communication."

"Of course, correcting abnormalities in a mouse is a long way from a cure for humans," said Naviaux, "but we are encouraged enough to test this approach in a small clinical trial of children with autism spectrum disorder in the coming year. This trial is still in the early stages of development. We think this approach - called antipurinergic therapy or APT - offers a fresh and exciting new path that could lead to development of a new class of drugs to treat autism."

Autism spectrum disorders (ASDs) are complex disorders defined by abnormalities in the development of language, social and repetitive behaviors. Hundreds of different genetic and environment factors are known to confer risk. In this study, nearly a dozen UC San Diego scientists from different disciplines collaborated to find a unifying mechanism that explains autism. Their work is the result of one of just three international "Trailblazer" awards given by the group Autism Speaks in 2011.

Describing a completely new theory for the origin and treatment of autism using APT, Naviaux and colleagues introduce the concept that a large majority of both genetic and environmental causes for autism act by producing a sustained cell danger response - the metabolic state underlying innate immunity and inflammation.

"When cells are exposed to classical forms of dangers, such as a virus, infection or toxic environmental substance, a defense mechanism is activated," Naviaux explained. "This results in changes to metabolism and gene expression, and reduces the communication between neighboring cells. Simply put, when cells stop talking to each other, children stop talking."

Since mitochondria - the so-called "power plants" of the cell - play a central role in both infectious and non-infectious cellular stress, innate immunity and inflammation, Naviaux and colleagues searched for a signaling system in the body that was both linked to mitochondria and critical for innate immunity. They found it in extracellular nucleotides like adenosine triphosphate (ATP) and other mitokines - signaling molecules made by distressed mitochondria. These mitokines have separate metabolic functions outside of the cell where they bind to and regulate receptors present on every cell of the body. Fifteen types of purinergic receptors are known to be stimulated by these extracellular nucleotides, and the receptors are known to control a broad range of biological characteristics with relevance to autism.

The researchers tested suramin - a well-known inhibitor of purinergic signaling used medically for the treatment of African sleeping sickness since shortly after it was synthesized in 1916 - in mice. They found that this APT mediator corrected autism-like symptoms in the animal model, even if the treatment was started well after the onset of symptoms. The drug restored 17 types of multi-symptom abnormalities including normalizing brain synapse structure, cell-to-cell signaling, social behavior, motor coordination and normalizing mitochondrial metabolism.

"The striking effectiveness shown in this study using APT to 'reprogram' the cell danger response and reduce inflammation showcases an opportunity to develop a completely new class of anti-inflammatory drugs to treat autism and several other disorders," Naviaux said.

Robert K. Naviaux, Zarazuela Zolkipli, Lin Wang, Tomohiro Nakayama, Jane C. Naviaux, Thuy P. Le, Michael A. Schuchbauer, Mihael Rogac, Qingbo Tang, Laura L. Dugan, Susan B. Powell. **Antipurinergic Therapy Corrects the Autism-Like Features in the Poly(IC) Mouse Model.**PLoS ONE, 2013; 8 (3): e57380 DOI:10.1371/journal.pone.0057380

Using Fat to Fight Brain Cancer: Stem Cells from Human Adipose Tissue Used to Chase Migrating Cancer Cells

Mar. 12, 2013 — In laboratory studies, Johns Hopkins researchers say they have found that stem cells from a patient's own fat may have the potential to deliver new treatments directly into the brain after the surgical removal of a glioblastoma, the most common and aggressive form of brain tumor.

The investigators say so-called mesenchymal stem cells (MSCs) have an unexplained ability to seek out damaged cells, such as those involved in cancer, and may provide clinicians a new tool for accessing difficult-to-reach parts of the brain where cancer cells can hide and proliferate anew. The researchers say harvesting MSCs from fat is less invasive and less expensive than getting them from bone marrow, a more commonly studied method.

Results of the Johns Hopkins proof-of-principle study are described **online** in the journal *PLOS ONE*.

"The biggest challenge in brain cancer is the migration of cancer cells. Even when we remove the tumor, some of the cells have already slipped away and are causing damage somewhere else," says study leader Alfredo Quinones-Hinojosa, M.D., a professor of neurosurgery, oncology and neuroscience at the Johns Hopkins University School of Medicine. "Building off our findings, we may be able to find a way to arm a patient's own healthy cells with the treatment needed to chase down those cancer cells and destroy them. It's truly personalized medicine."

For their test-tube experiments, Quinones-Hinojosa and his colleagues bought human MSCs derived from both fat and bone marrow, and also isolated and grew their own stem cell lines from fat removed from two patients. Comparing the three cell lines, they discovered that all proliferated, migrated, stayed alive and kept their potential as stem cells equally well.

This was an important finding, Quinones-Hinojosa says, because it suggests that a patient's own fat cells might work as well as any to create cancer-fighting cells. The MSCs, with their ability to home in on cancer cells, might be able to act as a delivery mechanism, bringing drugs, nanoparticles or some other treatment directly to the cells. Quinones-Hinojosa cautions that while further studies are under way, it will be years before human trials of MSC delivery systems can begin.

Ideally, he says, if MSCs work, a patient with a glioblastoma would have some adipose tissue (fat) removed - from any number of locations in the body - a short time before surgery. The MSCs in the fat would be drawn out and manipulated in the lab to carry drugs or other treatments. Then, after surgeons removed the brain tumor, they could deposit these treatment-armed cells into the brain in the hopes that they would seek out and destroy the cancer cells.

Courtney Pendleton, Qian Li, David A. Chesler, Kristy Yuan, Hugo Guerrero-Cazares, Alfredo Quinones-Hinojosa.Mesenchymal Stem Cells Derived from Adipose Tissue vs Bone Marrow: In Vitro Comparison of Their Tropism towards Gliomas. PLoS ONE, 2013; 8 (3): e58198 DOI:10.1371/journal.pone.0058198

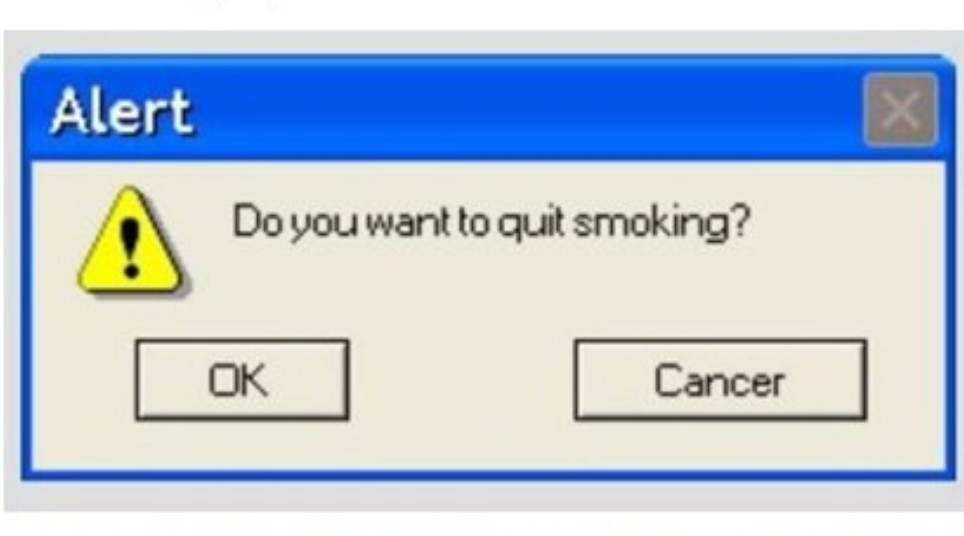
Weight Gain After Quitting Smoking Does Not Negate Health Benefits

Mar. 12, 2013 — An analysis of data from the Framingham Offspring Study - a long-term study that follows children of participants in the original Framingham Heart Study - may have answered a question that has troubled individuals considering stopping smoking: do the health effects of any weight gained after quitting outweigh the known cardiovascular benefits of smoking cessation? The report in the March 13 issue of *JAMA* concludes that the benefits of stopping smoking far exceed any weight-gain associated risk.

"Among people without diabetes, those who stopped smoking had a 50 percent reduction in the risk for heart attack, stroke or cardiovascular death, and accounting for any weight increase didn't change that risk reduction," says James Meigs, MD, MPH, of the General Medicine Unit at Massachusetts General Hospital (MGH) senior author of the JAMAreport. "In patients with diabetes - among whom weight gain is a particular concern - we saw the same pattern of a large risk reduction regardless of weight gained."

No study has previously investigated whether smoking-cessation-associated weight gain increases the risk of cardiovascular disease. One did look at the effects on risk factors such as blood pressure and lipid levels, but none have analyzed the actual occurence of cardiovascular events. Participants in the Framingham Offspring Study, which began in 1971, have a comprehensive medical exam and history taken every four to six years. The current investigation analyzed data from participant visits conducted from the mid 1980s into the mid-2000s, which covering the third to eighth visits for the overall study. The number of participants at each exam cycle ranged from almost 2,400 to about 3,250, totalling 11,148 individual person-exams.

Based on information gathered at each exam, participants were categorized as never smokers, current smokers, recent quitters - who had stopped smoking since their last exam - and long-term quitters. At the third study visit, 31 percent of participants were current smokers, and by the eighth visit only 13 percent continued to smoke. A general trend toward weight gain was seen across all study participants. Smokers, never smokers, and long-term quitters gained an average of 1 to 2 pounds between study visits, while recent quitters had gained an average of 5 to 10 pounds since their previous visit. But no matter how much weight they gained, the risk of cardiovascular events in the six years after quitting dropped in half for participants without diabetes. A similar drop in the incidence of cardiovascular events was seen in participants with diabetes, but it did not reach statistical significance, probably because less than 15 percent of the overall group was know to have diabetes.


Alert
Do you want to quit smoking?
OK
Cancer

"We now can say without question that stopping smoking has a very positive effect on cardiovascular risk for patients with and without diabetes, even if they experience the moderate weight gain seen in this study, which matches post-cessation weight increase reported in other studies," says Meigs, an associate professor of Medicine at Harvard Medical School.

Journal References:

Carole Clair et al. **Association of Smoking Cessation and Weight Change With Cardiovascular Disease Among Adults With and Without Diabetes.** JAMA, 2013 DOI:10.1001/jama.2013.1644

Clair C, Rigotti NA, Porneala B, et al. **Association of Smoking Cessation and Weight Change With Cardiovascular Disease Among Adults With and Without Diabetes.** JAMA, 2013; 309 (10): 1014-1021 DOI:10.1001/jama.2013.1644

Fiore MC, Baker TB. **Should Clinicians Encourage Smoking Cessation for Every Patient Who Smokes?**JAMA, 2013; 309 (10): 1032-1033 DOI:10.1001/jama.2013.1793 Video accompanying this Press Release below

Bitter Melon Juice Prevents Pancreatic Cancer in Mouse Models

Mar. 12, 2013 — A University of Colorado Cancer study published this week in the journal *Carcinogenesis* shows that bitter melon juice restricts the ability of pancreatic cancer cells to metabolize glucose, thus cutting the cells' energy source and eventually killing them.

"**Three years ago researchers showed the effect of bitter melon extract on breast cancer cells only in a Petri dish. This study goes much, much farther. We used the juice - people especially in Asian countries are already consuming it in quantity. We show that it affects the glucose metabolism pathway to restrict energy and kill pancreatic cancer cells**," says Rajesh Agarwal, PhD, co-program leader of Cancer Prevention and Control at the CU Cancer Center and professor at the Skaggs School of Pharmacy and Pharmaceutical Sciences.

Agarwal's interest came from connecting the dots of existing research in a novel way. Diabetes tends to presage pancreatic cancer and bitter melon has been shown to effect type-II diabetes, and has been used for centuries against diabetes in the folk medicines of China and India. Following this line of thinking, Agarwal and colleagues wondered what would happen if they closed out the middle man of diabetes and directly explored the link between bitter melon and pancreatic cancer.

The result, Agarwal says, is, "Alteration in metabolic events in pancreatic cancer cells and an activation of the AMP-activated protein kinase, an enzyme that indicates low energy levels in the cells."

Perhaps not coincidentally, bitter melon also regulates insulin secretion by pancreatic beta cells. After studies in cell cultures, the group showed that mouse models of pancreatic cancer that were fed bitter melon juice were 60 percent less likely to develop the disease than controls.

"It's a very exciting finding," Agarwal says. "Many researchers are engineering new drugs to target cancer cells' ability to supply themselves with energy, and here we have a naturally-occurring compound that may do just that."

The Agarwal Lab is now applying for grants that will allow them to move the study of bitter melon into further chemoprevention trials in mouse models of pancreatic cancer.

M. Kaur, G. Deep, A. K. Jain, K. Raina, C. Agarwal, M. Wempe, R. Agarwal. **Bitter melon juice activates cellular energy sensor AMP-activated protein kinase causing apoptotic death of human pancreatic carcinoma cells.** Carcinogenesis, 2013; DOI:10.1093/carcin/bgt081 Picture: Bitter melon. (Credit: © sil007 / Fotolia)

New Hope for Reversing the Effects of Spinal Cord Injury

Mar. 12, 2013 — Walking is the obvious goal for individuals who have a chronic spinal cord injury, but it is not the only one. Regaining sensation and continence control also are important goals that can positively impact an individual's quality of life. New hope for reversing the effects of spinal cord injury may be found in a combination of stem cell therapy and physical therapy as reported in Cell Transplantation by scientists at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School.

"Our phase one/two clinical trial had one goal: to give patients who have no other treatment options some hope," said Hatem E. Sabaawy, MD, PhD, an assistant professor of medicine in the molecular and regenerative medicine program at Robert Wood Johnson Medical School. "Early findings have concluded that we have met our goal and can improve the quality of life for individuals with spinal cord injuries by providing a safe treatment that restores some neurological function."

Dr. Sabaawy led a clinical trial that included 70 patients who had cervical or thoracic spinal cord injuries and were previously treated for at least six months without response. The patients were randomized into two groups, both of which were given physical therapy treatment. One of the groups also received stem cells derived from their own bone marrow injected near the injury site. Using the American Spinal Injury Association Impairment (AIS) Scale, patients received neurological and physical evaluations monthly for 18 months to determine if sensory and motor functions improved.

"Of primary importance, there was a notable absence of side effects in patients treated with stem cells during the course of our investigation," added Dr. Sabaawy, who also is a resident member of The Cancer Institute of New Jersey at Robert Wood Johnson Medical School.

None of the patients in the control group who received only physical therapy showed any improvement in sensory or motor function during the same time frame. Although the scale of injuries differed, all patients who were treated with a combination of bone -marrow derived stem cells and physical therapy responded to tactile and sensory stimuli as early as 4 weeks into the study. After 12 weeks, they experienced improvements in sensation and muscle strength, which was associated with enhanced potency and improved bladder and bowel control that eventually allowed patients to live catheter-free. Patients who showed improvement based on the AIS scale also were able to sit up and turn in their beds.

"Since the emergence of stem cells as a potential therapy for spinal cord injury, scientists have diligently sought the best application for using their regenerating properties to improve a patient's mobility," said Joseph R. Bertino, MD, University Professor of medicine and pharmacology, interim director, Stem Cell Institute of New Jersey and chief scientific officer at The Cancer Institute of New Jersey. "Dr. Sabaawy's discovery that treatment is more successful when stem cell therapy is combined with physical therapy could provide a remarkable, and hopefully sustainable, improvement in the overall quality of life for patients with spinal cord injury."

At the end of 18 months, 23 of the 50 patients who received both physical therapy and stem cell therapy showed a significant improvement of at least 10 points on the AIS scale. Several were able to walk with assistance. In addition, more gains were made in motor skill control by patients with thoracic spinal cord injuries, suggesting that patients with thoracic spinal cord injuries may respond better to the combined treatment.

Dr. Sabaawy however cautioned that more studies are needed with a larger number of patients to test different cell dose levels and intervals at which stem cell therapy should be delivered.

"**Although a cure for spinal cord injury does not yet exist, it is clear that the regenerative and secretory properties of bone-marrow derived stem cells can improve symptoms of paralysis in some patients when coupled with the current standard of care that physical therapy provides**," said Dr. Sabaawy. "**We will continue monitoring our patients for long-term safety effects of stem cell therapy and work to expand our research through a phase two clinical trial that can be conducted at multiple centers nationwide and internationally.**"

Wael Abo El-kheir, Hala Gabr, Mohamed Reda Awad, Osama Ghannam, Yousef Barakat, Haithem A. Farghali, Zeinab M. El Maadawi, Ibrahim Ewes, Hatem E. Sabaawy.**Autologous bone marrow-derived cell therapy combined with physical therapy induces functional improvement in chronic spinal cord injury patients.**Cell Transplantation, 2013; DOI:10.3727/096368913X664540

Paving the Way for Greater Use of Ancient Medical Knowledge

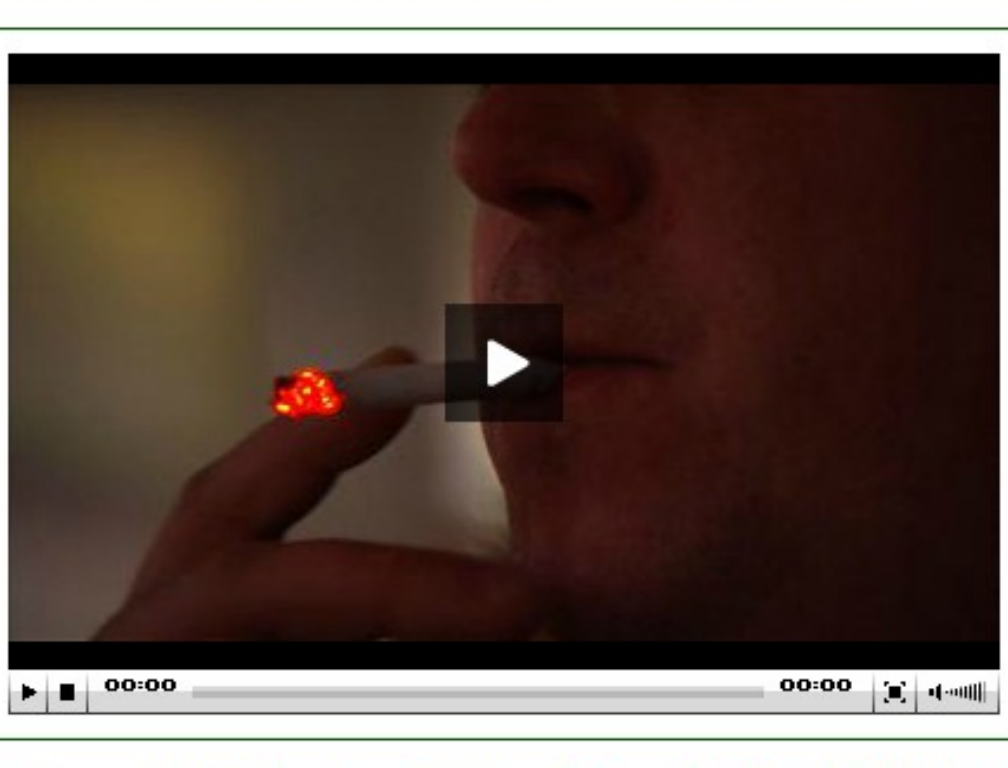
Mar. 13, 2013 — Scientists are reporting an advance toward overcoming a major barrier to tapping the potential of traditional Chinese medicine (TCM) and India's Ayurvedic medicine in developing new and more effective modern drugs. Their report appears in ACS' Journal of Chemical Information and Modeling.

Andreas Bender and colleagues explain that TCM has made key contributions to modern medicine. In the world's largest international clinical trial, for instance, scientists concluded that Artesunate, a derivative of the Chinese herb qinghao, should replace quinine as a treatment for severe malaria in both adults and children worldwide. Traditional medicines have a track record in benefiting human health that spans thousands of years. However, gaps in knowledge about how these medicines work in the body, their "mode of action" (MOA) -- limit their use today. Information about a drug's MOA is important for better understanding of both the beneficial effects and side effects of treatments.

They describe an algorithm that can help explain how these substances work in the body, and use of it to help understand the MOA of traditional anti-inflammatory medicines. An algorithm is a step-by-step procedure to generally analyze data, which the scientists applied to predicting how the active chemical ingredients in traditional medicines affect biological processes. "By establishing the MOA of these compounds, the gap between Western and traditional medicine can be reduced," the report concluded.

Fazlin Mohd Fauzi, Alexios Koutsoukas, Robert Lowe, Kalpana Joshi, Tai-Ping Fan, Robert C. Glen, Andreas Bender. Chemogenomics Approaches to Rationalizing the Mode-of-Action of Traditional Chinese and Ayurvedic Medicines. Journal of Chemical Information and Modeling, 2013; : 130218071700008 DOI:10.1021/ci3005513

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



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Dog Story of the Week - c/- Irene and John ANDERSON

Lab's name was Reggie, as I looked at him lying in his pen. The shelter was clean, no-kill, and the people really friendly. I'd only been in the area for six months, but everywhere I went in the small college town, people were welcoming and open. Everyone waves when you pass them on the street. But something was still missing as I attempted to settle in to my new life here, and I thought a dog couldn't hurt.

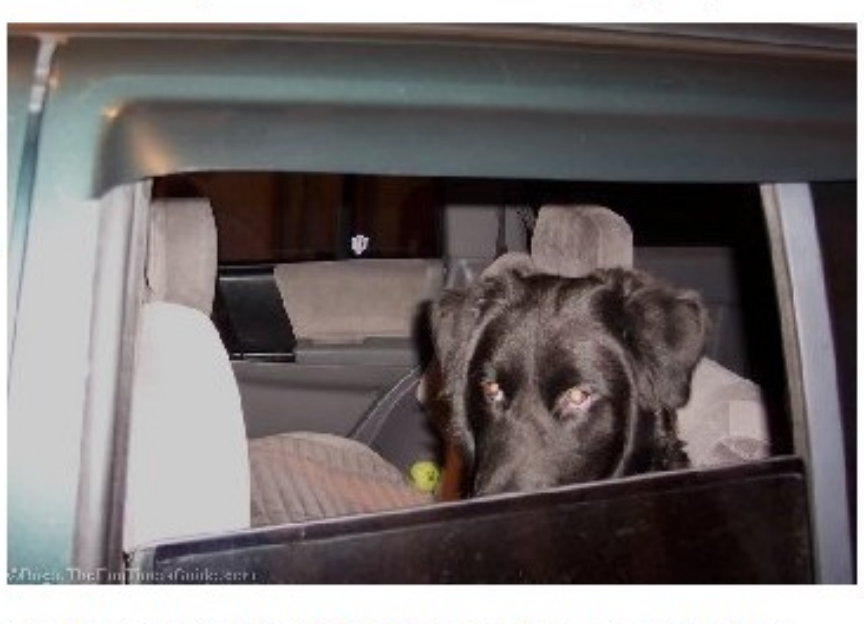
Give me someone to talk to. And I had just seen Reggie's advertisement on the local news. The shelter said they had received numerous calls right after, but they said the people who had come down to see him just didn't look like 'Lab people', whatever that meant. They must've thought I did.

But at first, I thought the shelter had misjudged me in giving me Reggie and his things, which consisted of a dog pad, bag of toys almost all of which were brand new tennis balls, his dishes and a sealed letter from his previous owner. See, Reggie and I didn't really hit it off when we got home. We struggled for two weeks (which is how long the shelter told me to give him to adjust to his new home). Maybe it was the fact that I was trying to adjust, too. Maybe we were too much alike. I saw the sealed envelope. I had completely forgotten about that. "Okay, Reggie," I said out loud, "let's see if your previous owner has any advice."

To Whomever Gets My Dog:

Well, I can't say that I'm happy you're reading this, a letter I told the shelter could only be opened by Reggie's new owner. I'm not even happy writing it. He knew something was different.

So let me tell you about my Lab in the hopes that it will help you bond with him and he with you. First, he loves tennis balls. The more the merrier. Sometimes I think he's part squirrel, the way he hoards them. He usually always has two in his mouth, and he tries to get a third in there. Hasn't done it yet. Doesn't matter where you throw them, he'll bound after them, so be careful. Don't do it by any roads.



Next, commands. Reggie knows the obvious ones -"sit," "stay," "come," "heel." He knows hand signals, too: He knows "ball" and "food" and "bone" and "treat" like nobody's business. Feeding schedule: twice a day, regular store-bought stuff; the shelter has the brand. He's up on his shots. Be forewarned: Reggie hates the vet. Good luck getting him in the car. I don't know how he knows when it's time to go to the vet, but he knows.

Finally, give him some time. It's only been Reggie and me for his whole life. He's gone everywhere with me, so please include him on your daily car rides if you can. He sits well in the backseat, and he doesn't bark or complain. He just loves to be around people, and me most especially. And that's why I need to share one more bit of info with you...

His name's not Reggie. He's a smart dog, he'll get used to it and will respond to it, of that I have no doubt. But I just couldn't bear to give them his real name. But if someone is reading this ... well it means that his new owner should know his real name. His real name is "Tank." Because, that is what I drive.

I told the shelter that they couldn't make "Reggie" available for adoption until they received word from my company commander. You see, my parents are gone, I have no siblings, no one I could've left Tank with ... and it was my only real request of the Army upon my deployment to Iraq, that they make one phone call to the shelter ...in the "event" ... to tell them that Tank could be put up for adoption.

Luckily, my CO is a dog-guy, too, and he knew where my platoon was headed. He said he'd do it personally. And if you're reading this, then he made good on his word.

Tank has been my family for the last six years, almost as long as the Army has been my family. And now I hope and pray that you make him part of your family, too, and that he will adjust and come to love you the same way he loved me.

If I have to give up Tank to keep those terrible people from coming to the US I am glad to have done so. He is my example of service and of love. I hope I honoured him by my service to my country and comrades. All right, that's enough. I deploy this evening and have to drop this letter off at the shelter. Maybe I'll peek in on him and see if he finally got that third tennis ball in his mouth.

Good luck with Tank. Give him a good home, and give him an extra kiss goodnight - every night - from me.

Thank you, **Paul Mallory**

I folded the letter and slipped it back in the envelope. Sure, I had heard of Paul Mallory, everyone in town knew him, even new people like me. Local kid, killed in Iraq a few months ago and posthumously earning the Silver Star when he gave his life to save three buddies. Flags had been at half-mast all summer. I leaned forward in my chair and rested my elbows on my knees, staring at the dog.

"Hey, Tank," I said quietly.

The dog's head whipped up, his ears cocked and his eyes bright.

"C'mere boy."

He was instantly on his feet, his nails clicking on the hardwood floor. He sat in front of me, his head tilted, searching for the name he hadn't heard in months. "Tank," I whispered.

His tail swished.

I kept whispering his name, over and over, and each time, his ears lowered, his eyes softened, and his posture relaxed as a wave of contentment just seemed to flood him. I stroked his ears, rubbed his shoulders, buried my face into his scruff and hugged him.

"It's me now, Tank, just you and me. Your old pal gave you to me."

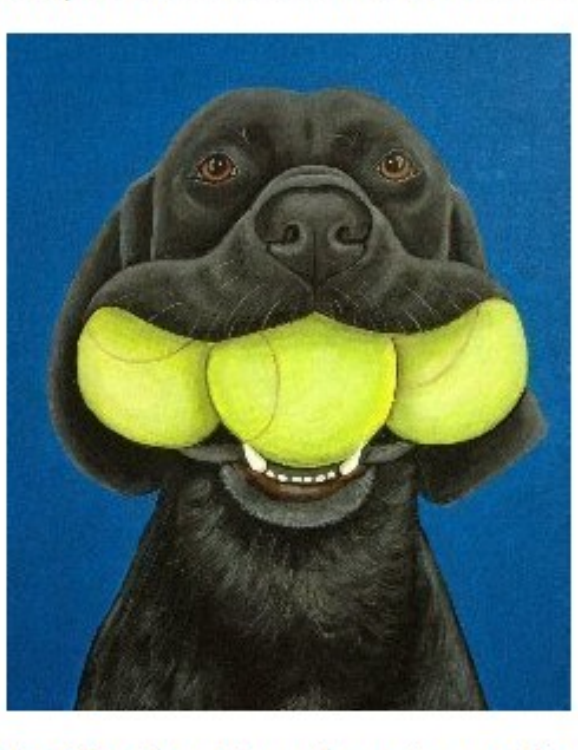
Tank reached up and licked my cheek.

"So whatdaya say we play some ball?"

His ears perked again.

"Yeah? Ball? You like that? Ball?"

Tank tore from my hands and disappeared into the next room. And when he came back, he had three tennis balls in his mouth.

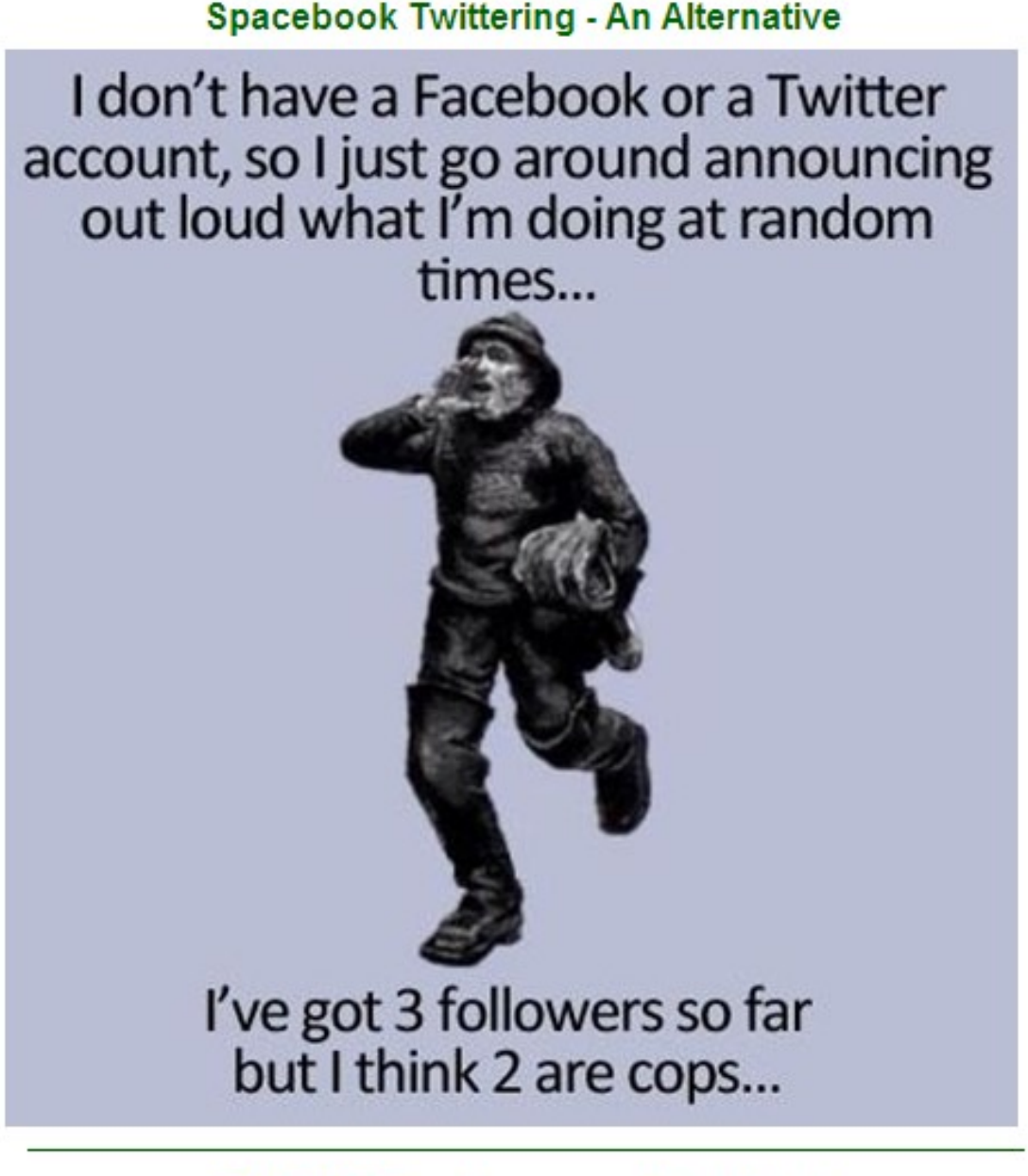


If you can read this without getting a lump in your throat or a tear in your eye, you just ain't right.

> *"The true soldier fights not because he hates what is in front of him, but because he loves what is behind him."*
>
> **G. K. Chesterton**

Although this story has been circulating since 2008, most sources state a 'Paul Mallory' did not serve in Iraq and that this story has been created to demonstrate the sacrifices of all service personnel, on the home front, and in the places of conflict they are ordered into.

Spacebook Twittering - An Alternative


I don't have a Facebook or a Twitter account, so I just go around announcing out loud what I'm doing at random times...
I've got 3 followers so far but I think 2 are cops...

The 2012 Darwins are out !! c/ - W.A.G

Yes ... it's that magical time of year again when the Darwin Awards are bestowed, honouring the least evolved among us.

Here is the glorious winner:

1. When his .38 caliber revolver failed to fire at his intended victim during a hold-up in Long Beach, California, would-be robber James Elliot did something that can only inspire wonder. He peered down the barrel and tried the trigger again. This time it worked.

And now, the honorable mentions:

2. The chef at a hotel in Switzerland lost a finger in a meat cutting machine and after a little shopping around, submitted a claim to his insurance company. The company expecting negligence sent out one of its men to have a look for himself. He tried the machine and he also lost a finger.. The chef's claim was approved.

3. A man who shoveled snow for an hour to clear a space for his car during a blizzard in Chicago returned with his vehicle to find a woman had taken the space. Understandably, he shot her.

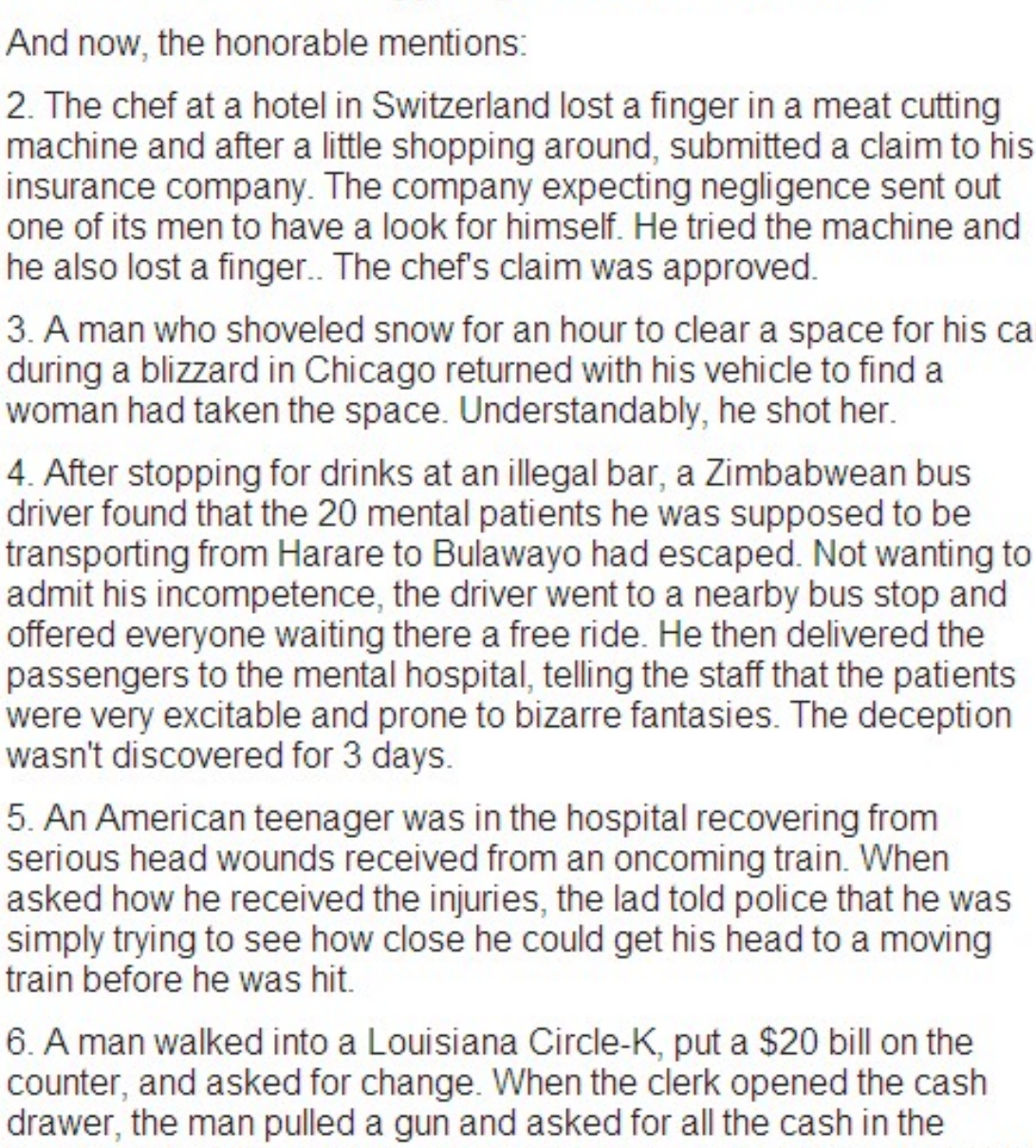
4. After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Bulawayo had escaped. Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone waiting there a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre fantasies. The deception wasn't discovered for 3 days.

5. An American teenager was in the hospital recovering from serious head wounds received from an oncoming train. When asked how he received the injuries, the lad told police that he was simply trying to see how close he could get his head to a moving train before he was hit.

6. A man walked into a Louisiana Circle-K, put a $20 bill on the counter, and asked for change. When the clerk opened the cash drawer, the man pulled a gun and asked for all the cash in the register, which the clerk promptly provided. The man took the cash from the clerk and fled, leaving the $20 bill on the counter. The total amount of cash he got from the drawer... $15. [If someone points a gun at you and gives you money, is a crime committed?]

9.. The Ann Arbor News crime column reported that a man walked into a Burger King in Ypsilanti , Michigan at 5 A.M., flashed a gun, and demanded cash. The clerk turned him down because he said he couldn't open the cash register without a food order. When the man ordered onion rings, the clerk said they weren't available for breakfast... The man, frustrated, walked away. [*A 5-STAR STUPIDITY AWARD WINNER]

10. When a man attempted to siphon gasoline from a motor home parked on a Seattle street by sucking on a hose, he got much more than he bargained for.. Police arrived at the scene to find a very sick man curled up next to a motor home near spilled sewage. A police spokesman said that the man admitted to trying to steal gasoline, but he plugged his siphon hose into the motor home's sewage tank by mistake. The owner of the vehicle declined to press charges saying that it was the best laugh he'd ever had.



Closest Star System Found in a Century

Mar. 11, 2013 — A pair of newly discovered stars is the third-closest star system to the Sun, according to a paper that will be published in Astrophysical Journal Letters. The duo is the closest star system discovered since 1916. The discovery was made by Kevin Luhman, an associate professor of astronomy and astrophysics at Penn State University and a researcher in Penn State's Center for Exoplanets and Habitable Worlds.

Both stars in the new binary system are "brown dwarfs," which are stars that are too small in mass to ever become hot enough to ignite hydrogen fusion. As a result, they are very cool and dim, resembling a giant planet like Jupiter more than a bright star like the Sun.

"The distance to this brown dwarf pair is 6.5 light years - so close that Earth's television transmissions from 2006 are now arriving there," Luhman said. "It will be an excellent hunting ground for planets because it is very close to Earth, which makes it a lot easier to see any planets orbiting either of the brown dwarfs." Since it is the third-closest star system, in the distant future it might be one of the first destinations for manned expeditions outside our solar system, Luhman said.

The star system is named "WISE J104915.57-531906" because it was discovered in a map of the entire sky obtained by the NASA-funded Wide-field Infrared Survey Explorer (WISE) satellite. It is only slightly farther away than the second-closest star, Barnard's star, which was discovered 6.0 light years from the Sun in 1916. The closest star system consists of Alpha Centauri, found to be a neighbor of the Sun in 1839 at 4.4 light years, and the fainter Proxima Centauri, discovered in 1917 at 4.2 light years.

Edward (Ned) Wright, the principal investigator for the WISE satellite, said "One major goal when proposing WISE was to find the closest stars to the Sun. WISE 1049-5319 is by far the closest star found to date using the WISE data, and the close-up views of this binary system we can get with big telescopes like Gemini and the future James Webb Space Telescope will tell us a lot about the low mass stars known as brown dwarfs." Wright is the David Saxon Presidential Chair in Physics and a professor of physics and astronomy at UCLA.

Astronomers have long speculated about the possible presence of a distant, dim object orbiting the Sun, which is sometimes called Nemesis. However, Luhman has concluded, "we can rule out that the new brown dwarf system is such an object because it is moving across the sky much too fast to be in orbit around the Sun."

To discover the new star system, Luhman studied the images of the sky that the WISE satellite had obtained during a 13-month period ending in 2011. During its mission, WISE observed each point in the sky 2 to 3 times. "In these time-lapse images, I was able to tell that this system was moving very quickly across the sky - which was a big clue that it was probably very close to our solar system," Luhman said.

After noticing its rapid motion in the WISE images, Luhman went hunting for detections of the suspected nearby star in older sky surveys. He found that it indeed was detected in images spanning from 1978 to 1999 from the Digitized Sky Survey, the Two Micron All-Sky Survey, and the Deep Near Infrared Survey of the Southern Sky. "Based on how this star system was moving in the images from the WISE survey, I was able to extrapolate back in time to predict where it should have been located in the older surveys and, sure enough, it was there," Luhman said.

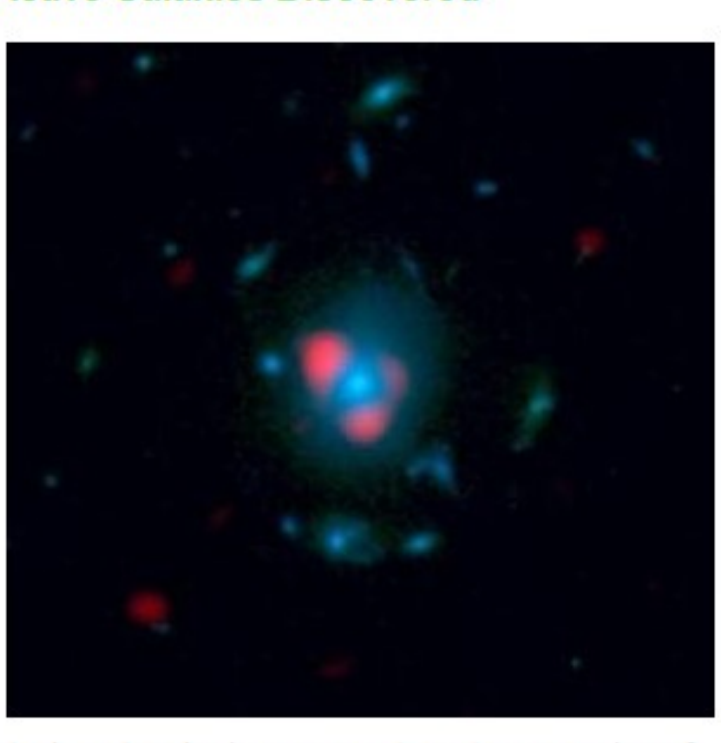
By combining the detections of the star system from the various surveys, Luhman was able to measure its distance via parallax, which is the apparent shift of a star in the sky due to Earth's orbit around the Sun. He then used the Gemini South telescope on Cerro Pachón in Chile to obtain a spectrum of it, which demonstrated that it had a very cool temperature, and hence was a brown dwarf. "As an unexpected bonus, the sharp images from Gemini also revealed that the object actually was not just one but a pair of brown dwarfs orbiting each other," Luhman said.

"It was a lot of detective work," Luhman said. "There are billions of infrared points of light across the sky, and the mystery is which one - if any of them - could be a star that is very close to our solar system."

The above story is reprinted from materials provided by Penn State. The original article was written by Barbara K. Kennedy.

Picture; This image is an artist's conception of the binary system WISE J104915.57-531906 with the Sun in the background. (Credit: Janella Williams, Penn State University)

Rewriting History of Universe's Stellar Baby Boom: Ancient, Highly Active Galaxies Discovered



Mar. 13, 2013 — Observations with the Atacama Large Millimeter/submillimeter Array (ALMA) show that the most vigorous bursts of star birth in the cosmos took place much earlier than previously thought.

The most intense bursts of star birth are thought to have occurred in the early Universe, in massive, bright galaxies. These starburst galaxies convert vast reservoirs of cosmic gas and dust into new stars at a furious pace - many hundreds of times faster than in stately spiral galaxies like our own galaxy, the Milky Way. By looking far into space, at galaxies so distant that their light has taken many billions of years to reach us, astronomers can observe this busy period in the Universe's youth.

The results are published in a set of papers to appear in the journalNature on 14 March 2013, and in theAstrophysical Journal. The research is the most recent example of the discoveries coming from the new international ALMA observatory, which celebrates its inauguration today.

"The more distant the galaxy, the further back in time one is looking, so by measuring their distances we can piece together a timeline of how vigorously the Universe was making new stars at different stages of its 13.7 billion year history," said Joaquin Vieira (California Institute of Technology, USA), who led the team and is lead author of the paper in the journal Nature.

The international team of researchers first discovered these distant and enigmatic starburst galaxies with the US National Science Foundation's 10-metre South Pole Telescope (SPT) and then used ALMA to zoom in on them to explore the stellar baby boom in the young Universe. They were surprised to find that many of these distant dusty star-forming galaxies are even further away than expected. This means that, on average, their bursts of star birth took place 12 billion years ago, when the Universe was just under 2 billion years old - a full billion years earlier than previously thought.

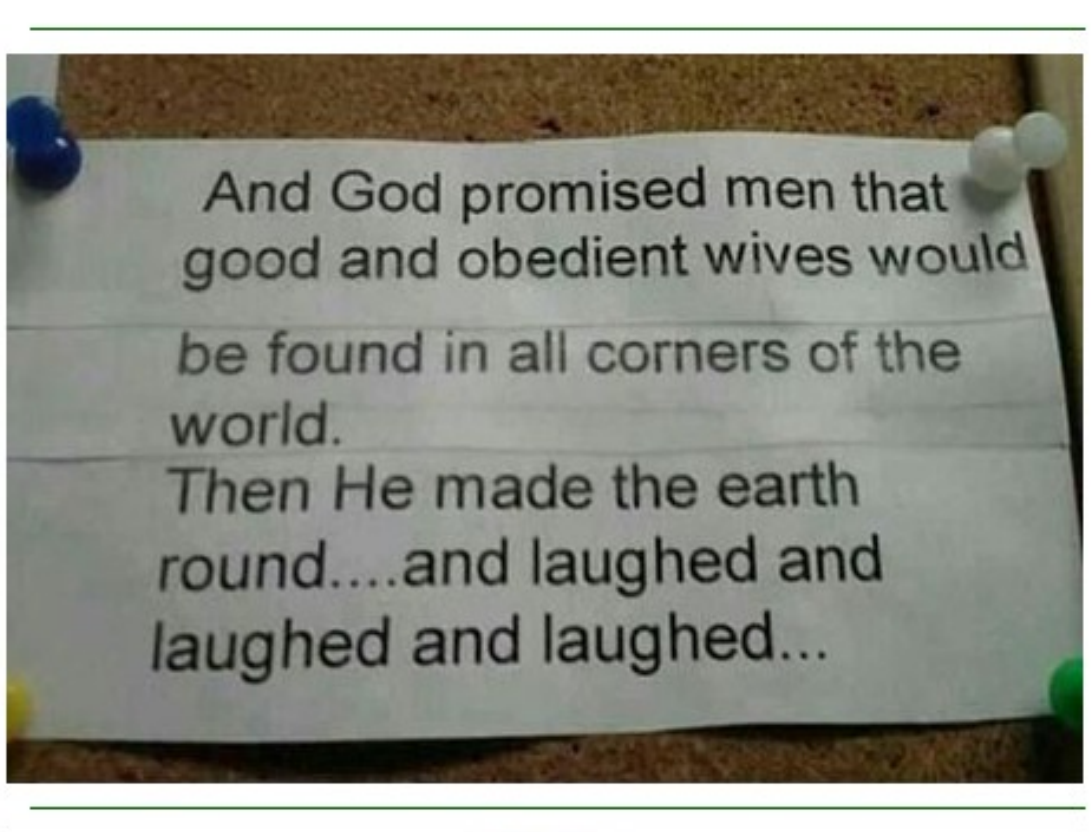
Two of these galaxies are the most distant of their kind ever seen - so distant that their light began its journey when the Universe was only one billion years old. What's more, in one of these record-breakers, water is among the molecules detected, marking the most distant observations of water in the cosmos published to date.

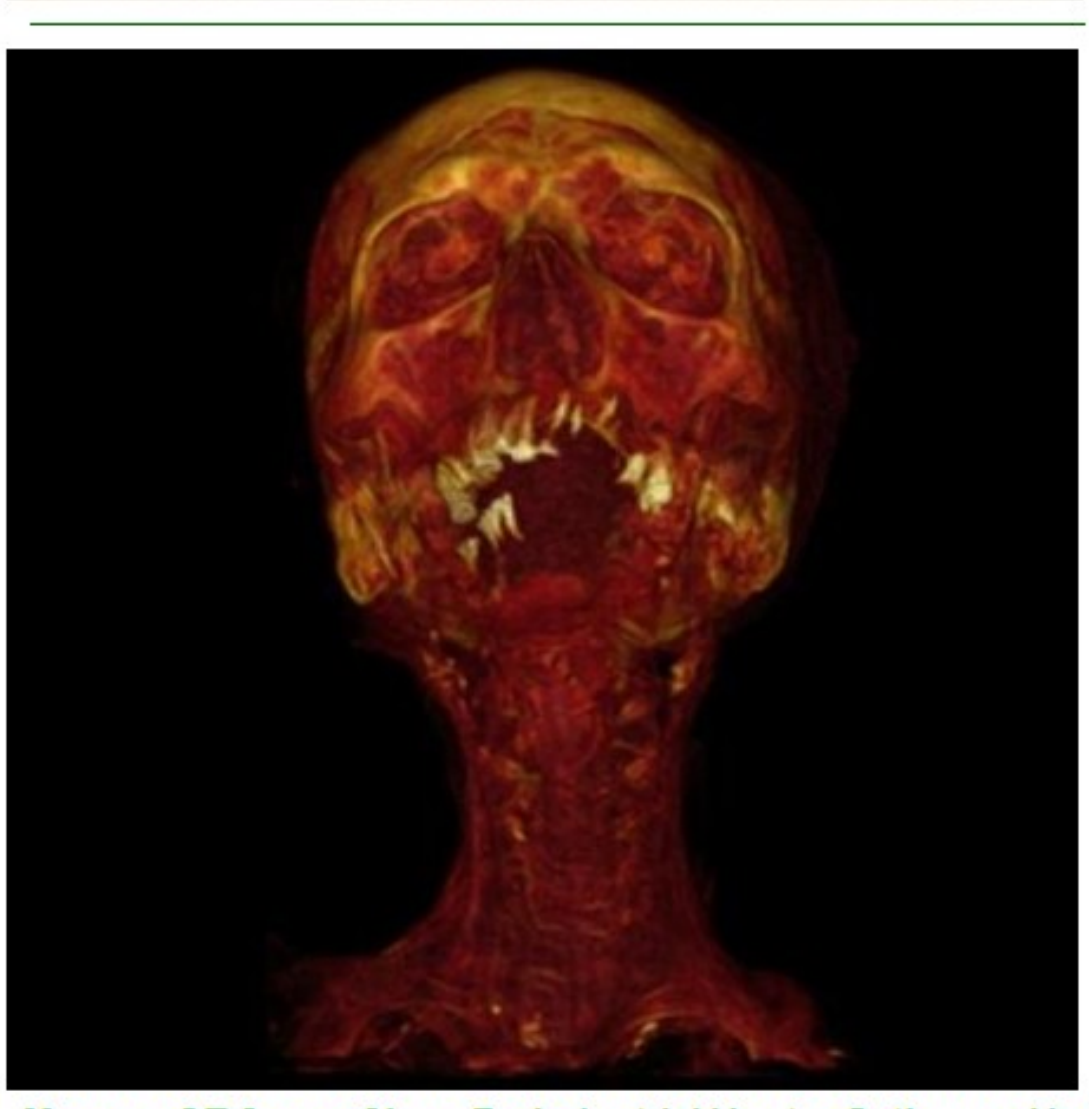
Y. D. Hezaveh et al. ALMA OBSERVATIONS OF SPT-DISCOVERED, STRONGLY LENSED, DUSTY, STAR-FORMING GALAXIES. Astrophysical Journal, 2013 [link] PDF

A. Weiss et al. ALMA REDSHIFTS OF MILLIMETER-SELECTED GALAXIES FROM THE SP TSURVEY: THE REDSHIFT DISTRIBUTION OF DUSTY STAR-FORMING GALAXIES. APJ, 2013 [link] PDF

J. D. Vieira, D. P. Marrone, S. C. Chapman, C. De Breuck, Y. D. Hezaveh, A. Weiβ, J. E. Aguirre, K. A. Aird, M. Aravena, M. L. N. Ashby, M. Bayliss, B. A. Benson, A. D. Biggs, L. E. Bleem, J. J. Bock, M. Bothwell, C. M. Bradford, M. Brodwin, J. E. Carlstrom, C. L. Chang, T. M. Crawford, A. T. Crites, T. de Haan, M. A. Dobbs, E. B. Fomalont, C. D. Fassnacht, E. M. George, M. D. Gladders, A. H. Gonzalez, T. R. Greve, B. Gullberg, N. W. Halverson, F. W. High, G. P. Holder, W. L. Holzapfel, S. Hoover, J. D. Hrubes, T. R. Hunter, R. Keisler, A. T. Lee, E. M. Leitch, M. Lueker, D. Luong-Van, M. Malkan, V. McIntyre, J. J. McMahon, J. Mehl, K. M. Menten, S. S. Meyer, L. M. Mocanu, E. J. Murphy, T. Natoli, S. Padin, T. Plagge, C. L. Reichardt, A. Rest, J. Ruel, J. E. Ruhl, K. Sharon, K. K. Schaffer, L. Shaw, E. Shirokoff, J. S. Spilker, B. Stalder, Z. Staniszewski, A. A. Stark, K. Story, K. Vanderlinde, N. Welikala, R. Williamson. **Dusty starburst galaxies in the early Universe as revealed by gravitational lensing**.Nature, 2013; DOI: 10.1038/nature12001

Picture:Cosmic donut: This image combines data from ALMA and the Hubble Space Telescope. Shown in red is the distant, background galaxy, being distorted by the gravitational lens effect produced by the galaxy in the foreground, depicted as the blue dot seen by Hubble. The background galaxy appears warped into a so-called Einstein ring: a circle of light around the foreground galaxy. (Credit: Dan Marrone)


And God promised men that good and obedient wives would be found in all corners of the world.
Then He made the earth round....and laughed and laughed and laughed...



Mummy CT Scans Show Preindustrial Hunter Gatherers Had Clogged Arteries

Mar. 10, 2013 — Ancient hunter-gatherers also suffered from clogged arteries, revealing that the plaque build-up causing blood clots, heart attacks and strokes is not just a result of fatty diets or couch potato habits, according to new research in the journal The Lancet.

The researchers performed CT scans of 137 mummies from across four continents and found artery plaque in every single population studied, from preagricultural hunter-gatherers in the Aleutian Islands to the ancient Puebloans of southwestern United States.

Their findings provide an important twist to our understanding of atherosclerotic vascular disease, which is the leading cause of death in the developed world: while modern lifestyles can accelerate the development of plaque on our arteries, the prevalence of the disease across human history shows it may have a more basic connection to inflammation and aging.

"This is not a disease only of modern circumstance but a basic feature of human aging in all populations," said Caleb Finch, USC University Professor, ARCO/ Kieschnick Professor of Gerontology at the USC Davis School of Gerontology, and a senior author of the study. "Turns out even a Bronze Age guy from 5,000 years ago had calcified, carotid arteries," Finch said, referring to Otzi the Iceman, a natural mummy who lived around 3200 BCE and was discovered frozen in a glacier in the Italian Alps in 1991.

With Gregory Thomas of Long Beach Memorial, Finch was part of a team that previously showed Egyptian mummies had calcified patches on their arteries indicative of advanced atherosclerosis (from the Greek arthero, meaning "gruel" and scler, meaning "hard").

But ancient Egyptians tended to mummify only royalty or those who had privileged lives. The new study led by Thomas and Randall Thompson of Saint Luke's Mid America Heart Institute examined mummies from four drastically different climates and diets - and from cultures that mummified regular people, including ancient Peruvians, Ancestral Puebloans, the Unangans of the Aleutian Islands and ancient Egyptians.

"Our research shows that we are all at risk for atherosclerosis, the disease that causes heart attacks and strokes - all races, diets and lifestyles," said Thomas, medical director of the MemorialCare Heart & Vascular Institute, Long Beach Memorial. "Because of this we all need to be cautious of our diet, weight and exercise to minimize its impact. The data gathered about individuals from the pre-historic cultures of ancient Peru and the Native Americans living along the Colorado River and the Unangan of the Aleutian Islands is forcing us to think outside the box and look for other factors that may cause heart disease."

Overall, the researchers found probable or definite atherosclerosis in 34 percent of the mummies studied, with calcification of arteries more pronounced in the mummies that were older at time of death. Artherosclerosis was equally common in mummies identified as male or female.

"We found that heart disease is a serial killer that has been stalking mankind for thousands of years," Thompson said. "In the last century, atherosclerotic vascular disease has replaced infectious disease as the leading cause of death across the developed world. A common assumption is that the rise in levels of atherosclerosis is predominantly lifestyle-related, and that if modern humans could emulate pre-industrial or even pre-agricultural lifestyles, that atherosclerosis, or at least its clinical manifestations, would be avoided. Our findings seem to cast doubt on that assumption, and at the very least, we think they suggest that our understanding of the causes of atherosclerosis is incomplete, and that it might be somehow inherent to the process of human aging."

The international team of researchers will next seek to biopsy ancient mummies to get a better understanding of the role chronic infection, inflammation and genetics in promoting the prevalence of atherosclerosis.

"Atherosclerosis starts very early in life. In the United States, most kids have little bumps on their arteries. Even stillbirths have little tiny nests of inflammatory cells. But environmental factors can accelerate this process," Finch said, pointing to studies that show larger plaques in children exposed to household tobacco smoking or who are obese.

Randall C Thompson, Adel H Allam, Guido P Lombardi, L Samuel Wann, M Linda Sutherland, James D Sutherland, Muhammad Al-Tohamy Soliman, Bruno Frohlich, David T Mininberg, Janet M Monge, Clide M Vallodolid, Samantha L Cox, Gomaa Abd el-Maksoud, Ibrahim Badr, Michael I Miyamoto, Abd el-Halim Nur el-din, Jagat Narula, Caleb E Finch, Gregory S Thomas. **Atherosclerosis across 4000 years of human history: the Horus study of four ancient populations**. The Lancet, March 10, 2013 DOI:10.1016/S0140-6736(13)60598-X

Picture: Coronal 3D volume rendered CT reconstruction showing carotid artery disease. Bilateral carotid, bilateral subclavian, and brachiocephalic calcification of Hatiay (mummy 23), a male Egyptian scribe aged 40–50 years, who lived during the New Kingdom (1570–1293 BCE) and was found near modern day Luxor. (Credit: From "Atherosclerosis across 4000 years of human history: the Horus study of four ancient populations," Thompson et al, published Online First in The Lancet, 10 March, 2013)

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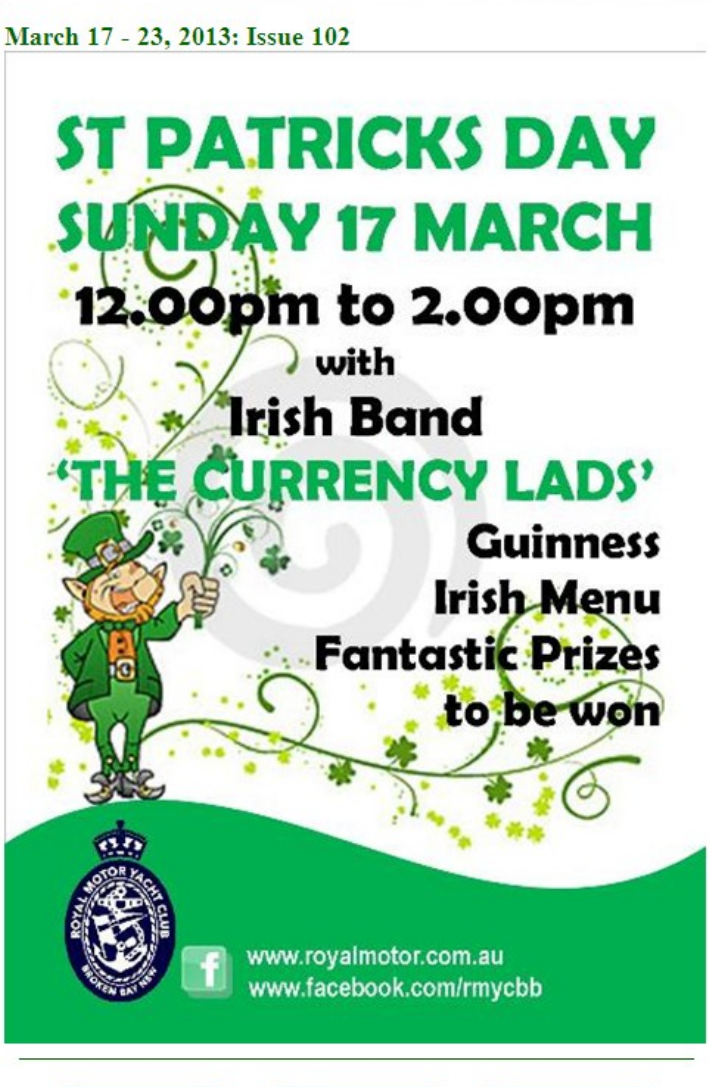
March 17 - 23, 2013: Issue 102



ST PATRICKS DAY
SUNDAY 17 MARCH
12.00pm to 2.00pm
with
Irish Band
'THE CURRENCY LADS'
Guinness
Irish Menu
Fantastic Prizes
to be won
www.royalmotor.com.au
www.facebook.com/rmycbb

U3A

The Band Wagon starring Cyd Charisse and Fred Astaire. Venue: Nelson Heather, Warriewood When: 20 March 2013 1:30 – 4PM All welcome. Enquiries: 9982 6181. Cost is $2 for Tea, coffee & biscuits.

GET ABOARD
The Band Wagon
M-G-M's Top Technicolor musical!
starring FRED ASTAIRE • CYD CHARISSE
OSCAR LEVANT • NANETTE FABRAY • JACK BUCHANAN
with JAMES MITCHELL
BETTY COMDEN and ADOLPH GREEN
HOWARD DIETZ and ARTHUR SCHWARTZ
VINCENTE MINNELLI
ARTHUR FREED
A METRO-GOLDWYN-MAYER PICTURE

The Sydney Northern Beaches Symphonic Wind Ensemble
- plays **European Classics**: Mussorgsky, Schubert, Schumann, Strauss and Rossini

with special guests
Warringah Concert Brass
C Grade Band

Sunday March 24
3pm (Doors Open at 2.30pm)
at Pittwater High School Auditorium
Mona St, Mona Vale

$10 Adult
$5 Concession
$25 Family

Pittwater RSL

SPY V's SPY - Saturday 13th April 2013 . All Tickets $20

ANZAC SUNDAY - 21st April

12.30pm - Form up at Rowan Street, Mona Vale

12.55pm - March to Memorial

1.10pm - Commemorative Service

2.00pm - Lunch in the Main Auditorium

$25 members only (cards must be shown)

ANZAC DAY - 25th April - Dawn Service 5.45am at the Pittwater RSL Club Cenotaph

Breakfast - Members - $5 includes breaky and 2 drinks. Non-Members - $5 includes breaky only. 2UP - 2pm to 8pm

THE VEGAS PACK

VEGAS RAT PACK DINNER SHOW - Saturday 11th May 2013

Doors open 7pm Dinner 7.30pm Show 8pm - Members - $50 Non-Members - $55 Show Only - $25

JAMES MORRISON - Saturday 15th June 2013

Doors open 7pm
Dinner 7.30pm Show 8pm - Members - $70
Non-Members - $75
Show Only - $40

EXPLORE PITTWATER'S ENVIRONMENT IN MARCH

Pittwater is alive with activity in our bushland, wetlands and waterways! We're inviting residents and visitors to come along and explore our unique environment and discover its native fauna and flora. There are three environmental events planned for March. The first offers the chance to explore the beautiful **Ingleside Chase Reserve on Sunday 10 March from 9am.**

Pittwater Council's Natural Environment and Education Manager Mr Beharrell said the guided walk at Ingleside would be at a steady pace covering a three km round trip. 'There are a few steep sections, so a reasonable level of fitness is required," he said.

A Community Planting Day will be held on Saturday 16 March at Careel Creek from 9am to 12pm.

The planting day is part of a major project that will see regenerated bushland linking the northern end of Careel Creek to the southern end. The replanting project is being supported by a grant from the Hawkesbury Nepean Catchment Management Authority.

The third event is the ever-popular **coastal rock platform tour on Sunday 24 March from 1pm**, with the opportunity to investigate the amazing diversity of Pittwater's marine life.

"The rock platform tour is suitable for everyone including young families," said Mr Beharrell. "These events are guided by our natural environment educators who provide an interesting insight into our local biodiversity, ecosystems, coastal management, sustainability and climate change.

Places at these sessions are limited, so book now by calling 1300 000 232 (CEC). For online bookings or more information on what to wear and bring with you on the day visit www.pittwater.nsw.gov.au/cecbookings

Event details are as follows:

Community Planting Day: Saturday 16 March from 9am to 12 noon; Careel Creek Causeway, next to Barrenjoey High School

Rock Platform Tour: Sunday 24 March, 1pm to 3pm (Meeting details on booking)

For more information on events during March and the coming months visit www.pittwater.nsw.gov.au/all_events. To subscribe to our environmental newsletter Cooee to keep up-to-date on the latest news, email: jodi_harvey@pittwater.nsw.gov.au

Australian National Maritime Museum - Events March to October 2013

Rescue exhibition - Opens 16 March

Search and rescue operations take place every minute, every hour, every day, all around the world. From the air to the sea and on land, responsive operations are lifelines to many people in times of need. But what does a rescue scenario really involve? Find out in this hands-on exhibition.

For the diary - Sunday 7 April - Mayday and mayhem! Rescue family fun day www.anmm.gov.au/rescue

INTERNATIONAL FLEET REVIEW
SYDNEY 2013

International Fleet Review voyage - Register your interest

HMB Endeavour, replica will be one of the nine Australian and eight international tall ships sailing into Sydney Harbour on 3 October to mark the beginning the International Fleet Review celebrating the centenary of the Royal Australian Navy. Register your interest to sail with Endeavour as paying voyage crew. http://endeavour.anmm.gov.au/Sail-with-us

Welcome Wall special offer

Register your family name on the Welcome Wall before 20 March 2013 to receive a certificate and a memento photograph (valued at $30) at no extra cost. The Welcome Wall celebrates migration to Australia, with over 25,000 names inscribed on the wall, representing 206 countries.

To redeem this offer contact the Welcome Wall manager on +61 2 9298 3777 or register online http://welcomewall.anmm.gov.au/.

Under 5s: Mini Mariners - Tuesdays in March

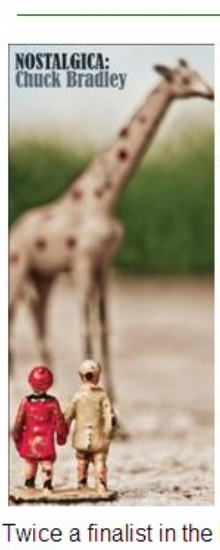
This month's theme is Drip, drop, splash. Expect lots of fun games, craft and story time. Our interactive gallery tour is led by a costumed guide and there is free play in our themed space. For 2-5-year-olds and their parents/carers.

$8.50 per child. $3.50 first adult, $7 additional adults. FREE for members. Bookings essential online. www.anmm.gov.au/under5s

Talk: Wooden boat building, not a dying art! - Thursday 21 March | 6 pm - 8.30 pm

Hear John Young, a respected Tasmanian boat builder and historian, talk about the tradition of wooden boat building and how it 'can be a catalyst for social transformation, a focus of pride and recovery of a sense of place'. $35 general, $25 museum and Sydney Heritage Fleet members. Includes Coral Sea wine and refreshments. www.anmm.gov.au/membersevents

28TH MARCH
MONA VALE HOTEL PRESENTS
Ruckus THURSDAYS
Easter Thursday 2013
TOM PIPER
GUS DA HOODRAT
MATT [illegible]
Ember
THE MOOCH / BRIZZI / STEVE SUI / GIORGI V
MONAVALE HOTEL
www.monavalehotel.com.au
Mona Vale Hotel practices responsible service of alcohol



Scotland Island Artist - Chuck Bradley

Awards:

Two Honorable Mentions IPA 2012 "A Day at the Zoo" "Streets of Vietnam"

SilverShotz Portfolio Selection 2011 (two bodies of work selected)

International Photography Award 2011 2nd place Nature Under water "Life Aquatic"

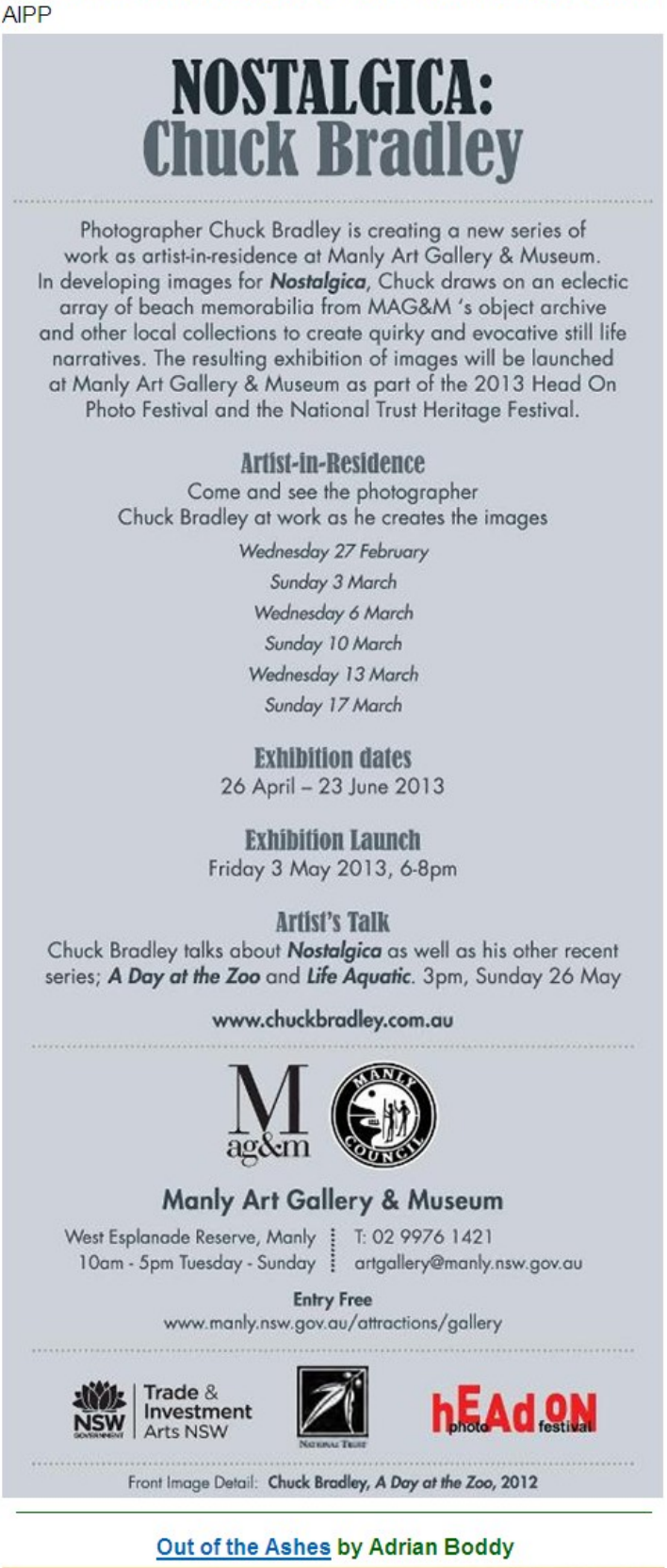
Finalist Olive Cotton Portrait Prize 2010

SilverShotz Portfolio Selection 2010

Three Polaroid transfers aquired by the Polaroid Collection in Cambridge Ma.

Finalist at D&AD and AWARD

Twice a finalist in the Folio Awards + Silver and bronze awards from AIPP



NOSTALGICA:
Chuck Bradley

Photographer Chuck Bradley is creating a new series of work as artist-in-residence at Manly Art Gallery & Museum. In developing images for *Nostalgica*, Chuck draws on an eclectic array of beach memorabilia from MAG&M 's object archive and other local collections to create quirky and evocative still life narratives. The resulting exhibition of images will be launched at Manly Art Gallery & Museum as part of the 2013 Head On Photo Festival and the National Trust Heritage Festival.

Artist-in-Residence
Come and see the photographer
Chuck Bradley at work as he creates the images
Wednesday 27 February
Sunday 3 March
Wednesday 6 March
Sunday 10 March
Wednesday 13 March
Sunday 17 March

Exhibition dates
26 April – 23 June 2013

Exhibition Launch
Friday 3 May 2013, 6-8pm

Artist's Talk
Chuck Bradley talks about *Nostalgica* as well as his other recent series; *A Day at the Zoo* and *Life Aquatic*. 3pm, Sunday 26 May

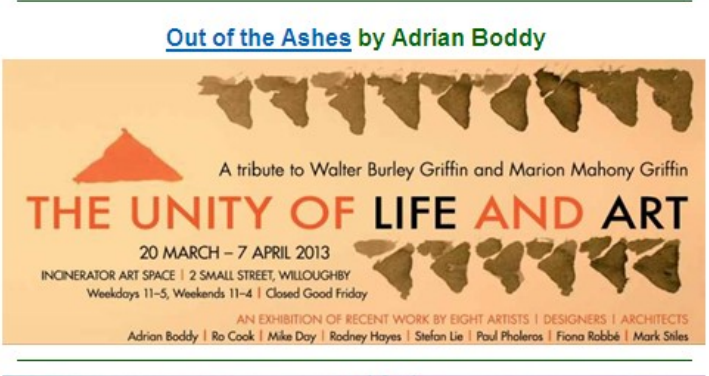
www.chuckbradley.com.au

Manly Art Gallery & Museum
West Esplanade Reserve, Manly | T: 02 9976 1421
10am - 5pm Tuesday - Sunday | artgallery@manly.nsw.gov.au
Entry Free
www.manly.nsw.gov.au/attractions/gallery

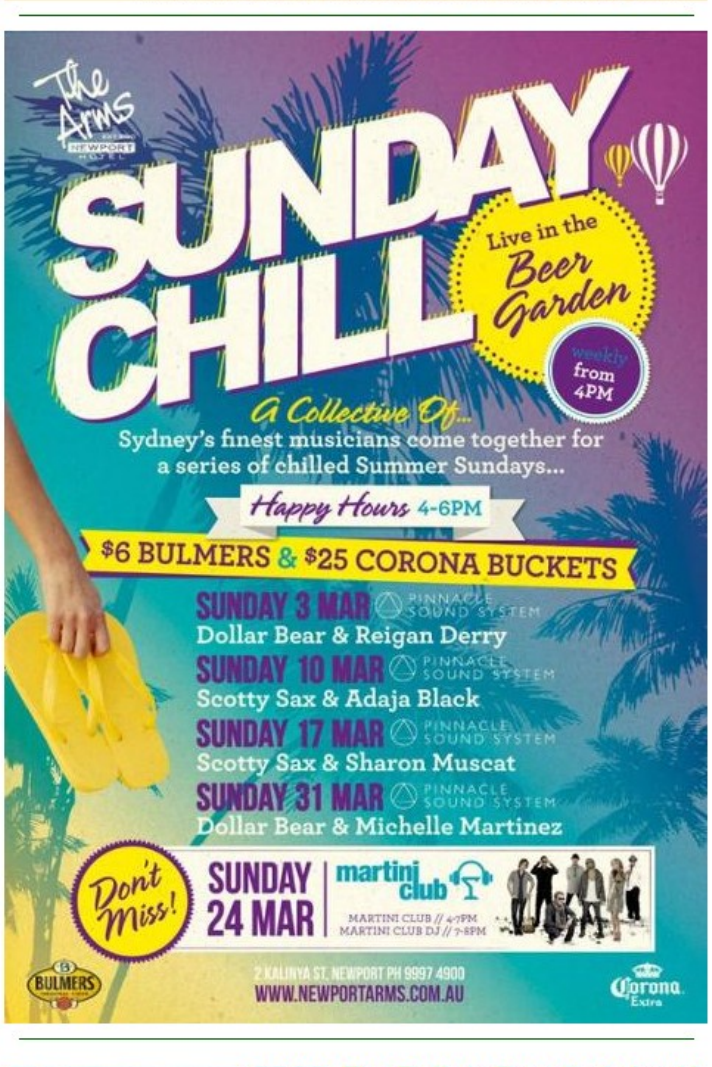
Trade & Investment Arts NSW
hEAd ON photo festival

Front Image Detail: Chuck Bradley, *A Day at the Zoo*, 2012

Out of the Ashes by Adrian Boddy



A tribute to Walter Burley Griffin and Marion Mahony Griffin
THE UNITY OF LIFE AND ART
20 MARCH – 7 APRIL 2013
INCINERATOR ART SPACE | 2 SMALL STREET, WILLOUGHBY
Weekdays 11–5, Weekends 11–4 | Closed Good Friday
AN EXHIBITION OF RECENT WORK BY EIGHT ARTISTS | DESIGNERS | ARCHITECTS
Adrian Boddy | Ro Cook | Mike Doy | Rodney Hayes | Stefan Lie | Paul Pholeros | Fiona Robbie | Mark Stiles



The Arms
SUNDAY CHILL
Live in the Beer Garden
weekly from 4PM
A Collective Of...
Sydney's finest musicians come together for a series of chilled Summer Sundays...
Happy Hours 4-6PM
$6 BULMERS & $25 CORONA BUCKETS
SUNDAY 3 MAR PINNACLE SOUND SYSTEM
Dollar Bear & Reigan Derry
SUNDAY 10 MAR PINNACLE SOUND SYSTEM
Scotty Sax & Adaja Black
SUNDAY 17 MAR PINNACLE SOUND SYSTEM
Scotty Sax & Sharon Muscat
SUNDAY 31 MAR PINNACLE SOUND SYSTEM
Dollar Bear & Michelle Martinez
Don't Miss! SUNDAY 24 MAR martini club
2 KALINYA ST, NEWPORT PH 9997 4900
WWW.NEWPORTARMS.COM.AU

PBSC- The Bullets Regatta is back! - March Sat 16 - Sun 17, 2013.

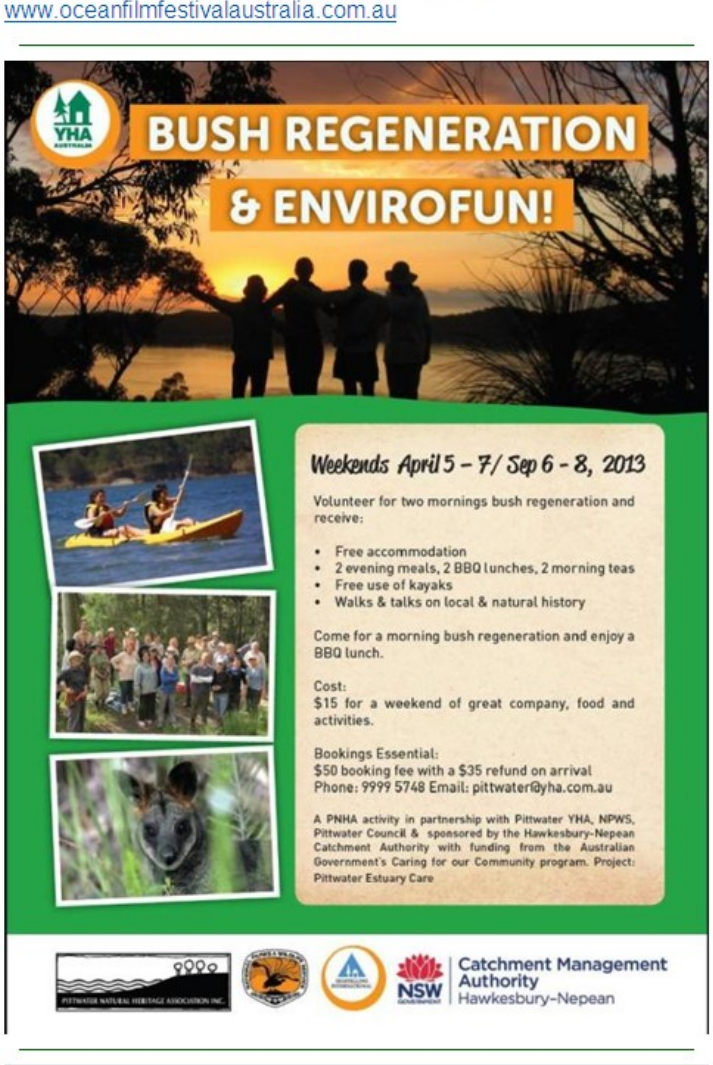
All classes of off the beach catamarans invited. Notice of race and Entry Form will be on the pbsc.org.au website.

Artists performing at this years BluesFest at Byron Bay are also touring Sydney throughout March and April. Simply click on the artists pages HERE to read about where and when.

PAUL SIMON • ROBERT PLANT
BEN HARPER
SANTANA • IGGY & THE STOOGES
STEVE MILLER BAND • COUNTING CROWS • WILCO
JASON MRAZ • MANU CHAO LA VENTURA
THE LUMINEERS • RODRIGUEZ • CHRIS ISAAK
BONNIE RAITT • STATUS QUO • ZAC BROWN BAND
ROGER HODGSON THE LEGENDARY VOICE OF SUPERTRAMP
DROPKICK MURPHYS • JIMMY CLIFF • RUFUS WAINWRIGHT
ROCKWIZ LIVE

SAN FRANCISCO
OCEAN
FILM FESTIVAL
AUSTRALIAN TOUR 2013

In Sydney at Hayden Orpheum, 380 Military Road, Cremorne - Thursday 21st of March, 2013. Book Online at: www.oceanfilmfestivalaustralia.com.au



YHA
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

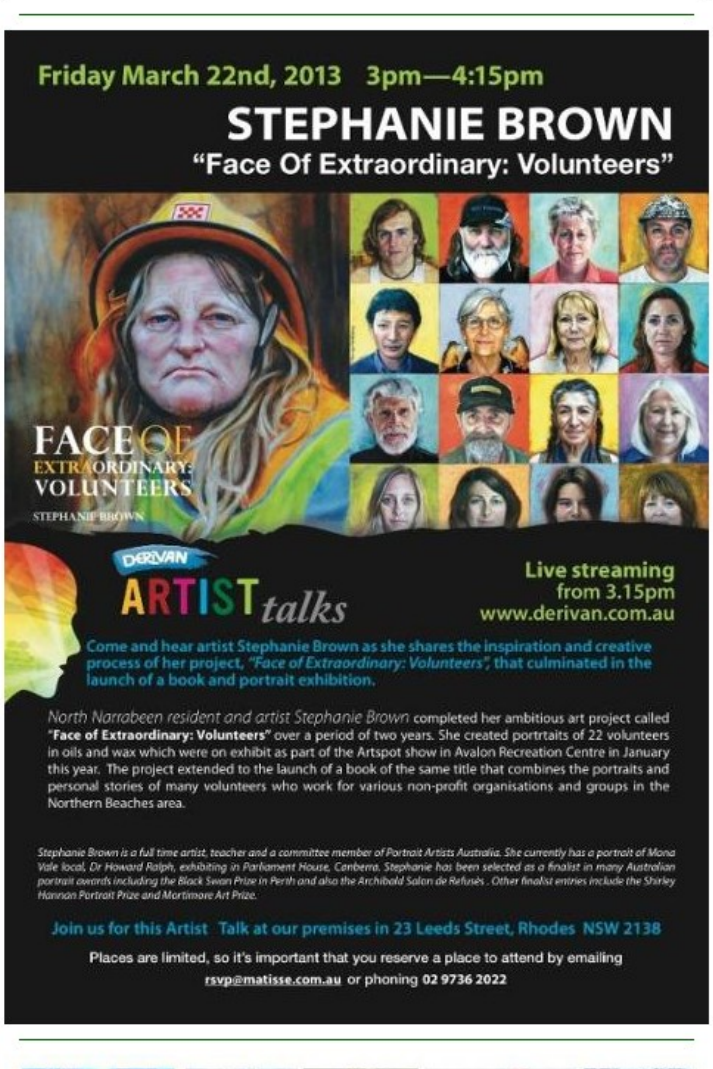
Come for a morning bush regeneration and enjoy a BBQ lunch.

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



Friday March 22nd, 2013 3pm—4:15pm
STEPHANIE BROWN
"Face Of Extraordinary: Volunteers"
FACE OF EXTRAORDINARY: VOLUNTEERS
DERIVAN ARTIST talks
Live streaming from 3.15pm
www.derivan.com.au

Come and hear artist Stephanie Brown as she shares the inspiration and creative process of her project, "Face of Extraordinary: Volunteers", that culminated in the launch of a book and portrait exhibition.

North Narrabeen resident and artist Stephanie Brown completed her ambitious art project called "Face of Extraordinary: Volunteers" over a period of two years. She created portraits of 22 volunteers in oils and wax which were on exhibit as part of the Artspot show in Avalon Recreation Centre in January this year. The project extended to the launch of a book of the same title that combines the portraits and personal stories of many volunteers who work for various non-profit organisations and groups in the Northern Beaches area.

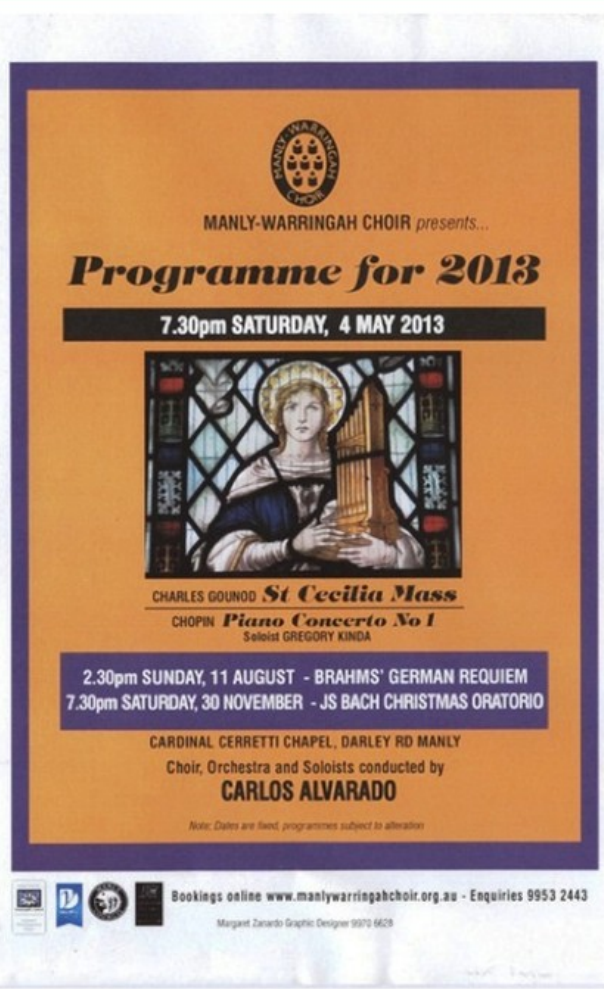
Join us for this Artist Talk at our premises in 23 Leeds Street, Rhodes NSW 2138

Places are limited, so it's important that you reserve a place to attend by emailing rsvp@matisse.com.au or phoning 02 9736 2022

Release your genius artist.
Learn the unique skill of
'Painting in the Third Eye'

Beginner or accomplished artist - join Ted Blackall and the 3rdi School of Painters in studio sessions. Discover the consumate artist within, plus mind expanding technical skills and knowledge that will realize one's infinite creative potential' 3rdi studio sessions are conducted on Mondays and Saturdays 1-4pm on a on a formal basis of 4x8 week [public school] terms [fee $320 per term] and informally between terms throughout the year [fee $40] per session.

See:wwwpaintinginthethirdeye.com email:ted@hamish.org Phone 0411121241



MANLY-WARRINGAH CHOIR presents...
Programme for 2013
7.30pm SATURDAY, 4 MAY 2013
CHARLES GOUNOD St Cecilia Mass
CHOPIN Piano Concerto No 1 Soloist GREGORY KINDA
2.30pm SUNDAY, 11 AUGUST - BRAHMS' GERMAN REQUIEM
7.30pm SATURDAY, 30 NOVEMBER - JS BACH CHRISTMAS ORATORIO
CARDINAL CERRETTI CHAPEL, DARLEY RD MANLY
Choir, Orchestra and Soloists conducted by
CARLOS ALVARADO
Bookings online www.manlywarringahchoir.org.au - Enquiries 9953 2443

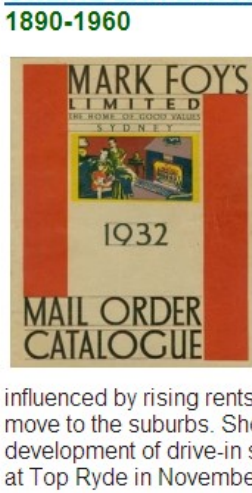
PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Bush Regeneration & Envirofun Weekends Morning Bay, staying at Pittwater YHA - April 5-7 and September 6-8

Cost: $50 booking fee with a $35 refund on arrival. ONLY $15 for a fantastic weekend! Bookings Essential: Phone: 9999 5748 Email: pittwater@yha.com.au

Bushcare work for 2 mornings. BYO breakfasts, lunch and dinners provided. In the afternoons you can enjoy PNHA guided bird and plant walks, go kayaking, relax. Bring your friends!

ONLINE EXHIBITION Sydney's home furnishing stores, 1890-1960



Until the 1960s, Sydney-siders usually 'went to town' to shop for furniture and furnishings for the home. There were dozens of specialist furnishing stores and department stores with furnishing sections in the city centre. Many were concentrated in 'furniture precincts', first along George Street and then from the 1920s around the city circle railway stations and the southern part of Pitt Street.

The decline of home furnishing shopping in central Sydney from the late 1950s was influenced by rising rents, lack of parking and a general population move to the suburbs. Shopping patterns also changed with the development of drive-in suburban shopping centres, the first opening at Top Ryde in November 1957.

A legacy of the city stores is their trade literature such as catalogues and associated ephemera: those used to illustrate this exhibition are part of the Caroline Simpson Library and Research Collection (CSL&RC) at the Historic Houses Trust of NSW.

Written and researched by Michael Lech, Assistant Curator. August 2007.

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/**

PALM BEACH GOLF CLUB PRESENTS - Grace Knight

Up Close and Personal - Saturday, 23rd March 2013

Performing classic standards and tracks from her ARIA nominated album, "Keep Cool Fool" Tickets $35 Showtime 8:30pm

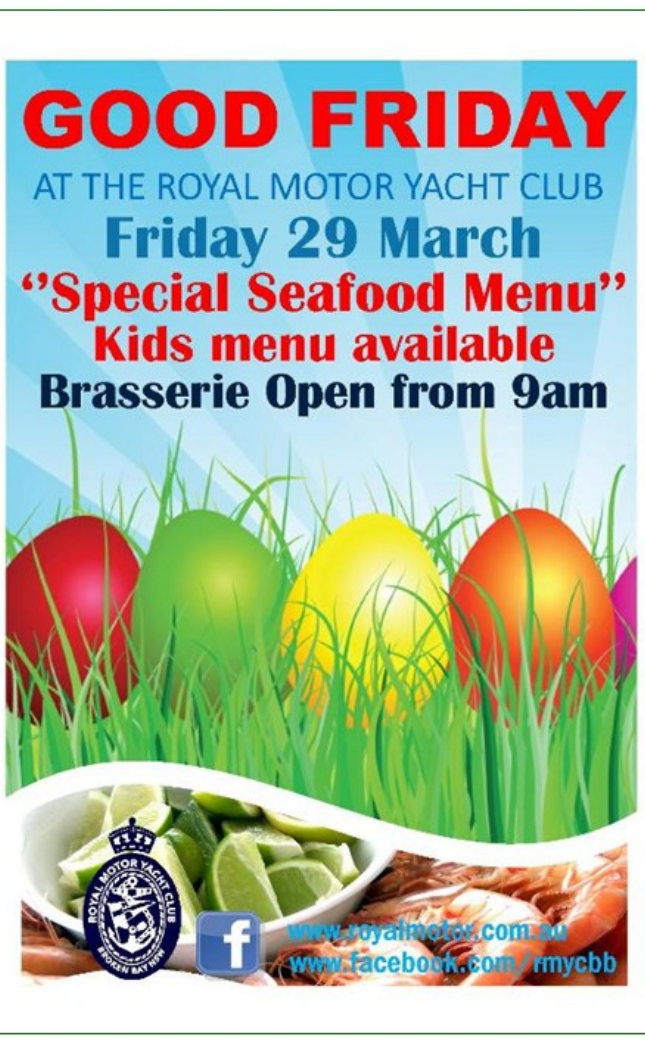
Margaret Olley:
Home

This exhibition is the first to focus on the artist's home in Duxford Street, Paddington. Considering Margaret Olley's paintings alongside photographs of the interior, objects from the house and reflections from her friends, the exhibition explores her home as inspiration.

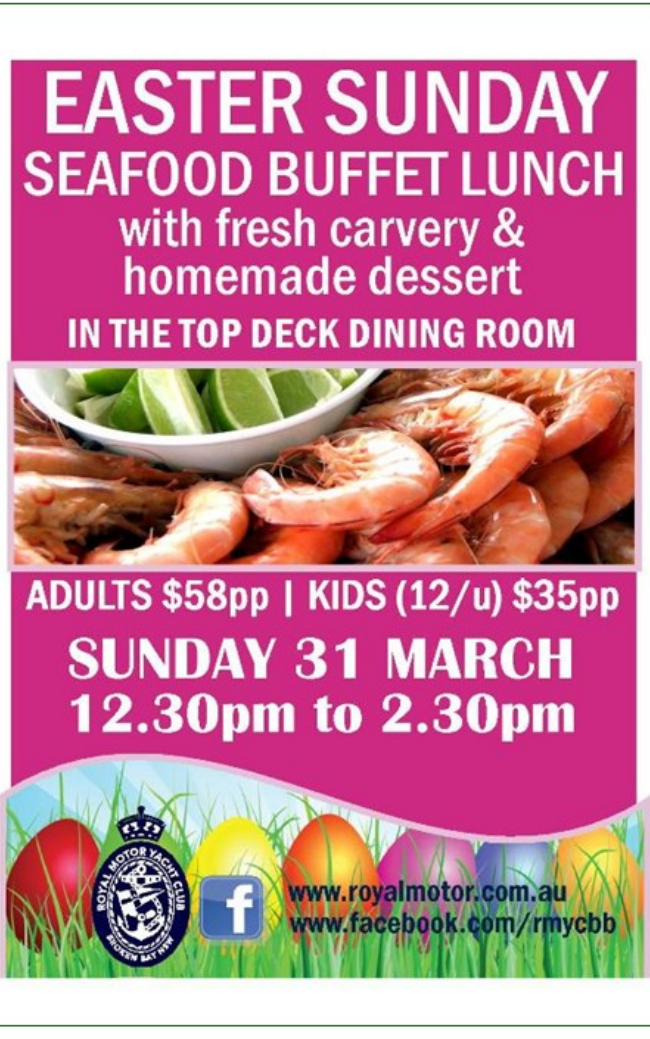
To walk into Olley's home was like walking into a painting. With its fresh paint, rich colours and warm sentiment, the house was a true commemoration of the still-life and interiors tradition in Australian art.

Painted between 1972 and 2011, the artworks in this exhibition reveal the house as a living work of art, while the photographs document the passing years and affirm the aura of the interior spaces.

Museum of Sydney
Saturday 10 November 2012 - Monday 1 April 2013
Corner Phillip and Bridge Streets, Sydney



GOOD FRIDAY
AT THE ROYAL MOTOR YACHT CLUB
Friday 29 March
"Special Seafood Menu"
Kids menu available
Brasserie Open from 9am
www.royalmotor.com.au
www.facebook.com/rmycbb



EASTER SUNDAY
SEAFOOD BUFFET LUNCH
with fresh carvery &
homemade dessert
IN THE TOP DECK DINING ROOM
ADULTS $58pp | KIDS (12/u) $35pp
SUNDAY 31 MARCH
12.30pm to 2.30pm
www.royalmotor.com.au
www.facebook.com/rmycbb

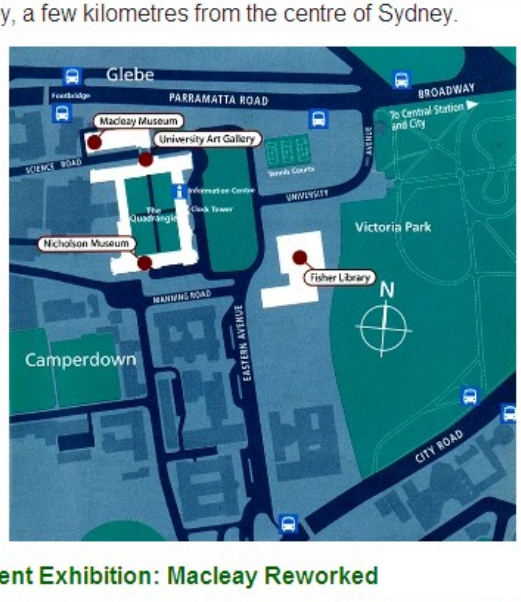
CURRENT EXHIBITIONS IN THE MACLEAY MUSEUM

The Meaning of Life: Celebrating 50 years of Biological Sciences at the University of Sydney

Employing stunning photography, a world of memorabilia, spectacular Lepidoptera and interactive elements, this exhibition invites the public to don a lab coat and look down the microscope and expand their views on the meaning of life through the stories of research in the School of Biological Sciences.

This exhibition will be open from the 28th September until 8th March, 2013 OPENING HOURS: 10am - 4.30pm weekdays, 12pm - 4pm first Saturday of every month CLOSED Sundays, Public Holidays, and other Saturdays.

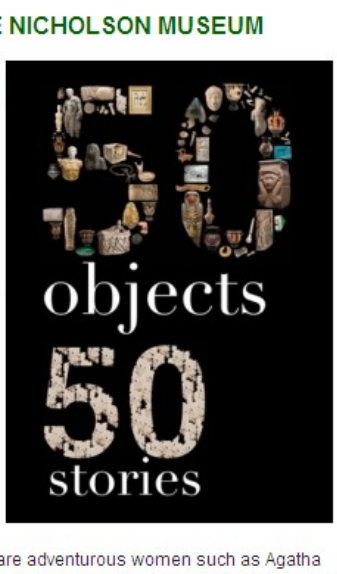
The Macleay Museum, Nicholson Museum and University Art Gallery are open to the public and entry is free. The University's museums are located close together in and around The Quadrangle and clock tower on the Camperdown (main) campus of the University of Sydney, a few kilometres from the centre of Sydney.



Permanent Exhibition: Macleay Reworked

This exhibition encapsulates the early purpose of museums - to exhibit the wonders of the world and its peoples. Housed in historic cedar cabinets within the Victorian surrounds of the Macleay Building, this exhibition is a unique opportunity to peak at the extraordinary diversity of the Macleay collections, from insects collected in the 1770s to medical instruments from Papua New Guinea and the University's first moves into computerisation.

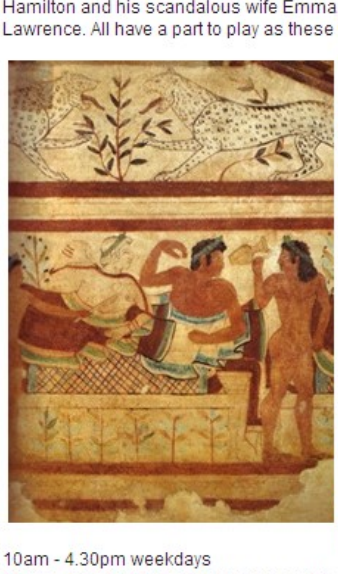
CURRENT EXHIBITIONS AT THE NICHOLSON MUSEUM



50 objects 50 stories
Winner of the 2012 IMAGinE Award for best exhibition and public engagement

50 Objects 50 Stories is not about the most important, or the most beautiful things in the Nicholson Museum. It is about objects with a story to tell. Beginning in 1860 with antiquities from the original donation of Sir Charles Nicholson, the exhibition journeys through to the present day. Along the way, the stories introduce us to a cast of characters, curators and collectors who have helped shape the museum and its collection.

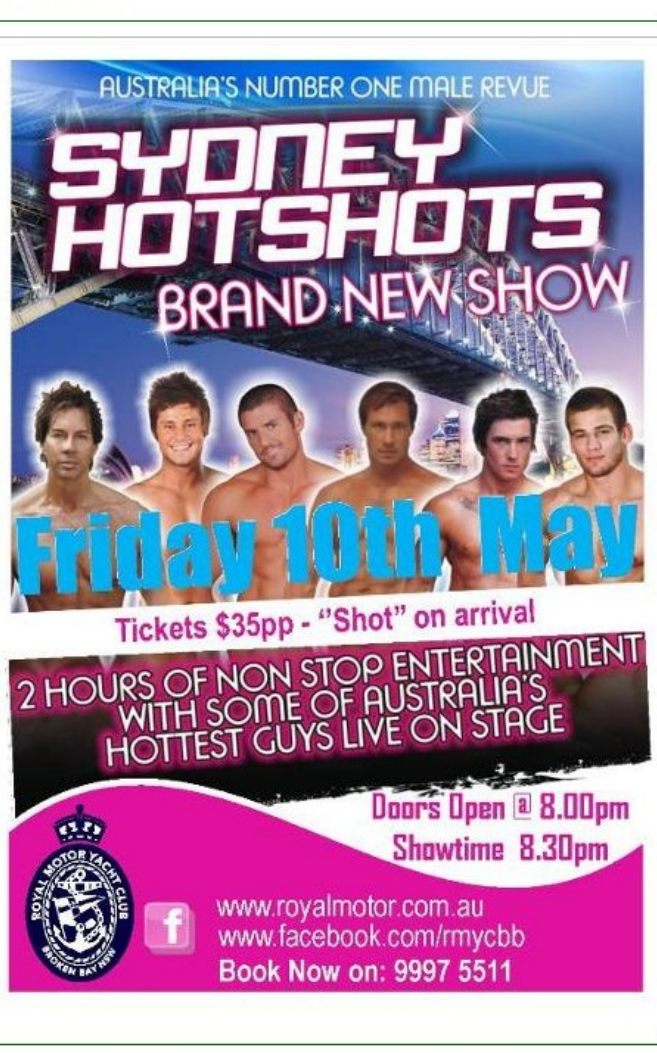
Sir Charles Nicholson, founder of the museum, a man of dramatically humble origins, newspaper reporter Edward Reeve, the museum's first curator (1860-1889 in three terms), Enoch Powell, eminent Greek scholar, later radical English right-wing politician (curator 1938-39) and James Stewart, Cypriot archaeologist, prisoner of war and cat lover (curator 1954-1962). There are adventurous women such as Agatha Christie and the intrepid Mary Woodhouse. There are famous archaeologists Sir Austen Henry Layard, Sir Henry Wellcome, Sir Flinders Petrie, Vere Gordon Childe, Dame Kathleen Kenyon, Sir Max Mallowan, Sir Mortimer Wheeler and some pretty dreadful ones like Luigi Palma di Cesnola. And there are famous men and women Sir William Hamilton and his scandalous wife Emma, Thomas Hope, Orson Welles and D.H. Lawrence. All have a part to play as these wonderful stories unfold. **Until June 2013**



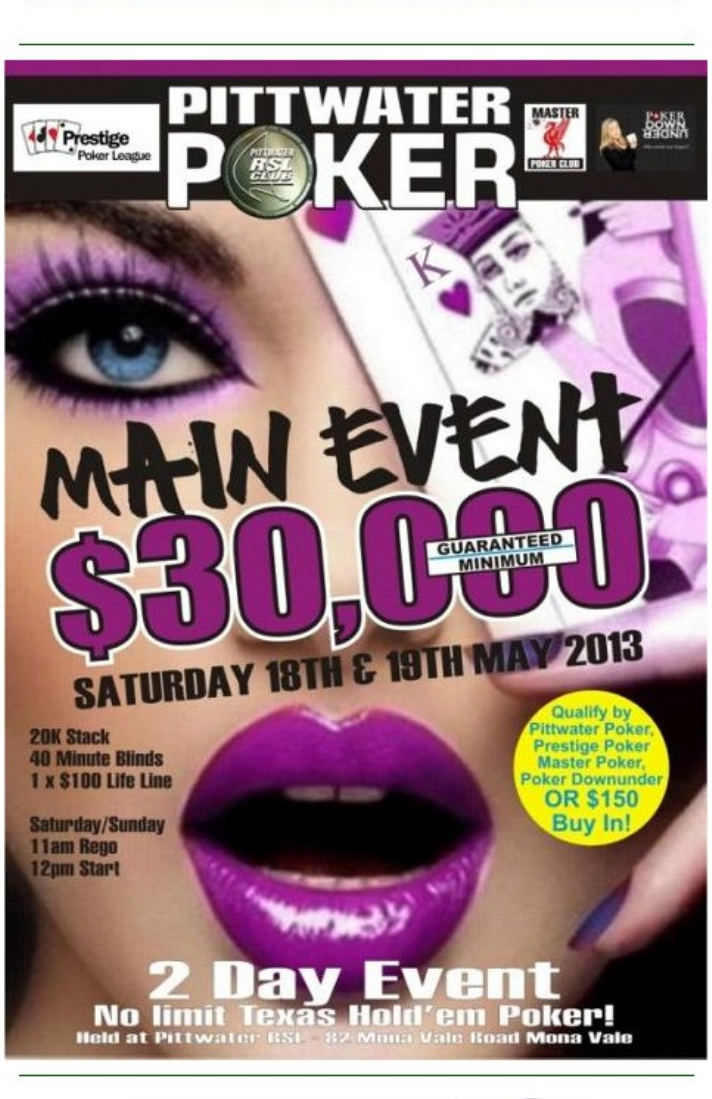
The Etruscans: A Classical Fantasy

Detail of Tomb of the Leopards, Tarquinia 5th century BC.
In popular imagination the Etruscans are the very stuff of fantasy, myth and legend. Who are they, where did they come from, what does their language mean? In reality, although wiped out or assimilated by Rome, they have left us an extraordinarily rich heritage of art, jewellery, metal working, terracotta sculpture, urban planning, walls, and roads. Indeed, in the 6th century BC, the Etruscans were the most powerful people in the Mediterranean. So what went wrong?
Ongoing exhibition

Nicholson Museum - Sydney University Museums
The University of Sydney/Manning Road
Camperdown NSW 2050
(02)9351 2812
OPENING HOURS
10am - 4.30pm weekdays
12pm - 4pm first Saturday of every month
CLOSED Sundays, Public Holidays and other Saturdays
Admission is free



AUSTRALIA'S NUMBER ONE MALE REVUE
SYDNEY HOTSHOTS
BRAND NEW SHOW
Friday 10th May
Tickets $35pp - "Shot" on arrival
2 HOURS OF NON STOP ENTERTAINMENT WITH SOME OF AUSTRALIA'S HOTTEST GUYS LIVE ON STAGE
Doors Open @ 8.00pm
Showtime 8.30pm
www.royalmotor.com.au
www.facebook.com/rmycbb
Book Now on: 9997 5511



Prestige Poker League
PITTWATER POKER
MASTER POKER CLUB
POKER DOWN UNDER
MAIN EVENT
$30,000 GUARANTEED MINIMUM
SATURDAY 18TH & 19TH MAY 2013
20K Stack
40 Minute Blinds
1 x $100 Life Line
Saturday/Sunday
11am Rego
12pm Start
Qualify by Pittwater Poker, Prestige Poker Master Poker, Poker Downunder OR $150 Buy In!
2 Day Event
No limit Texas Hold'em Poker!
Held at Pittwater RSL - 82 Mona Vale Road Mona Vale

Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

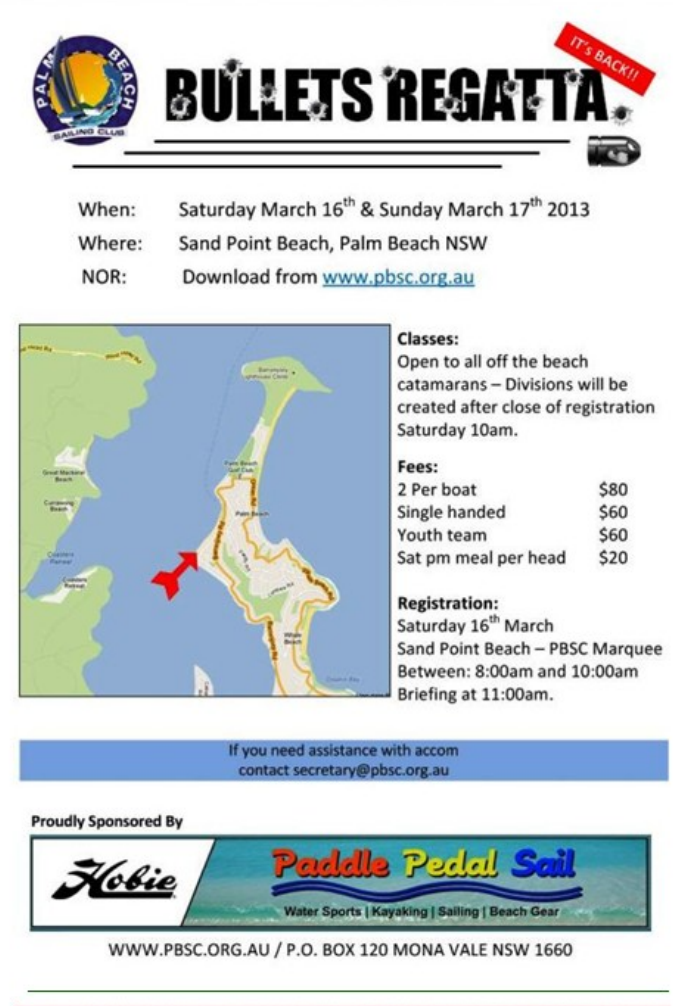
Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). 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

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



BULLETS REGATTA
IT'S BACK!!

When: Saturday March 16th & Sunday March 17th 2013
Where: Sand Point Beach, Palm Beach NSW
NOR: Download from www.pbsc.org.au

Classes:
Open to all off the beach catamarans – Divisions will be created after close of registration Saturday 10am.

Fees:

2 Per boat	$80
Single handed	$60
Youth team	$60
Sat pm meal per head	$20

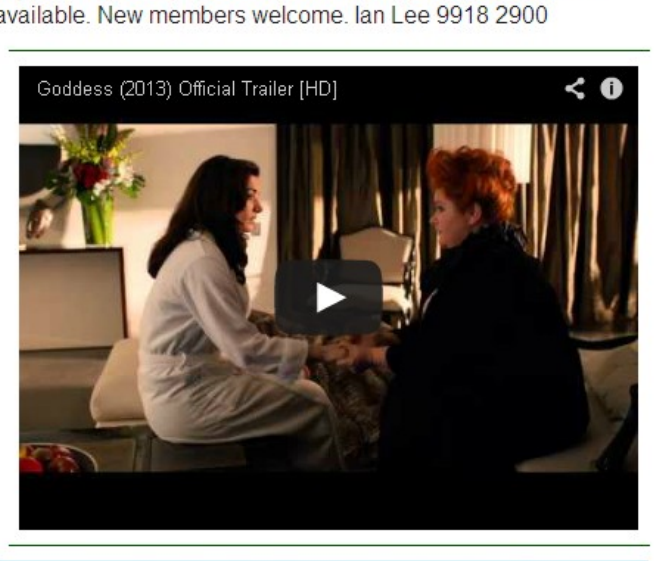
Registration:
Saturday 16th March
Sand Point Beach – PBSC Marquee
Between: 8:00am and 10:00am
Briefing at 11:00am.

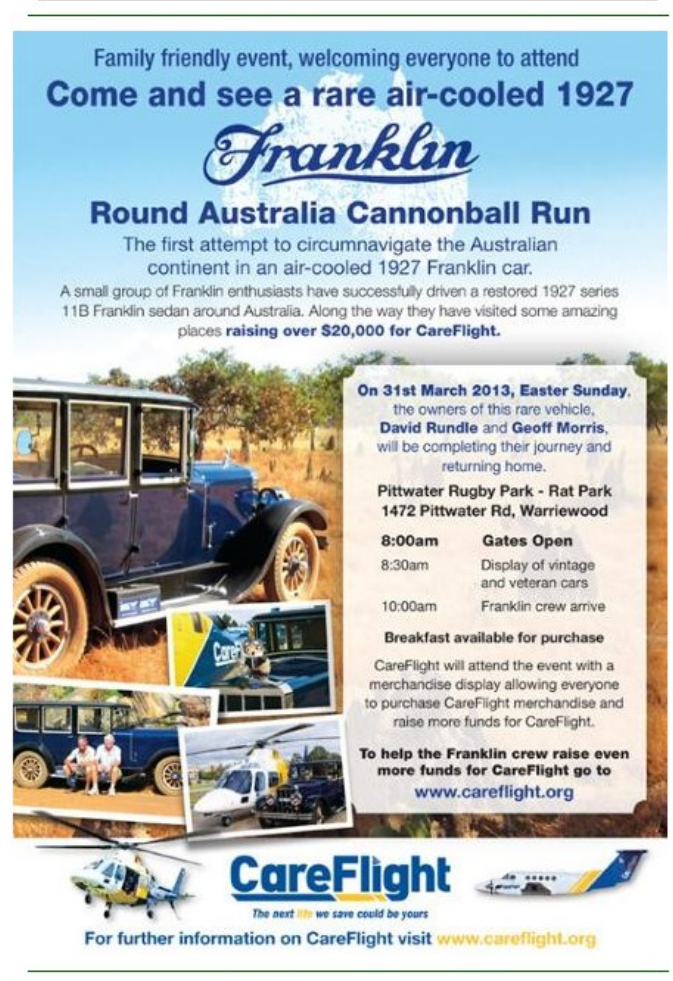
If you need assistance with accom contact secretary@pbsc.org.au

Proudly Sponsored By
Hobie Paddle Pedal Sail
Water Sports | Kayaking | Sailing | Beach Gear
WWW.PBSC.ORG.AU / P.O. BOX 120 MONA VALE NSW 1660

WINGALA LAPIDARY CLUB - OPEN DAY AND SALE OF MEMBER'S WORK - Saturday March 23, 9:00 AM to 3:00 PM

Unique Mothers' Day and Easter gifts. Jewellery hand crafted from Australian precious and semi-precious gemstones: opal, agate, carnelian, topaz, sapphires, quartz crystal, jasper, chrysoprase and more. **At the clubrooms, South Eastern corner of Harbord Park, near intersection with Oliver Street and Wyadra Avenue, Harbord.** Tea. Coffee, cakes, sandwiches available. New members welcome. Ian Lee 9918 2900





Family friendly event, welcoming everyone to attend
Come and see a rare air-cooled 1927
Franklin
Round Australia Cannonball Run
The first attempt to circumnavigate the Australian continent in an air-cooled 1927 Franklin car.

A small group of Franklin enthusiasts have successfully driven a restored 1927 series 11B Franklin sedan around Australia. Along the way they have visited some amazing places **raising over $20,000 for CareFlight.**

On 31st March 2013, Easter Sunday, the owners of this rare vehicle, **David Rundle** and **Geoff Morris,** will be completing their journey and returning home.

Pittwater Rugby Park - Rat Park
1472 Pittwater Rd, Warriewood

8:00am	Gates Open
8:30am	Display of vintage and veteran cars
10:00am	Franklin crew arrive

Breakfast available for purchase

CareFlight will attend the event with a merchandise display allowing everyone to purchase CareFlight merchandise and raise more funds for CareFlight.

To help the Franklin crew raise even more funds for CareFlight go to www.careflight.org

CareFlight
The next life we save could be yours
For further information on CareFlight visit www.careflight.org

Avalon Computer Pals Seniors Week Open Day. 1.30 - 3pm Wednesday 20th March at Newport Community Centre.

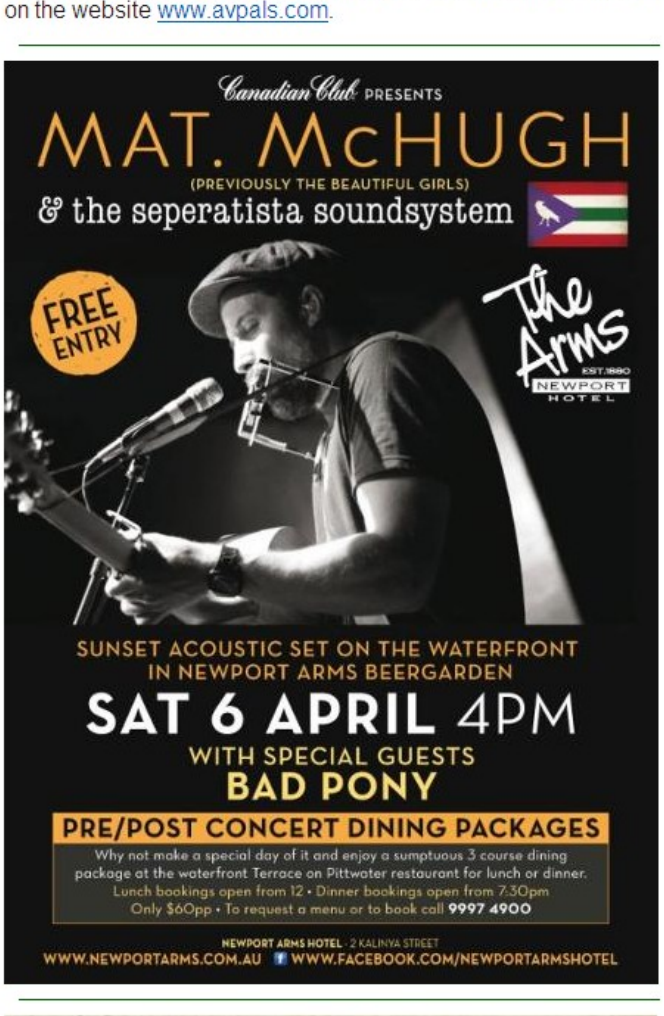
Avalon Computer Pals will be holding an Open Day in the Newport Community Centre as part of Seniors Week on 20th March starting at 1.30pm to 3pm. Avalon Computer Pals (Avpals) trainers will be demonstrating some of the new computer tools suitable for Seniors. This will include Skype a computer, tablet or mobile device means of making phone calls that include video for no cost. Its easy and great for keeping in touch with distant family and friends. The ability to use video is of particular fun with grandchildren.

Tablet devices are easy to carry particularly when travelling and are fast becoming common place with Seniors. Avpals has beginners and advanced courses for both iPads and Android devices. A course is an excellent way to quickly become familiar with these exciting and easy to use devices and the Avpals trainers can explain the range of courses available at Newport. At the Open Day trainers will be on hand to show the differences and advantages of these two types. Large TV screens will be used to demonstrate both computers and the smaller mobile devices.

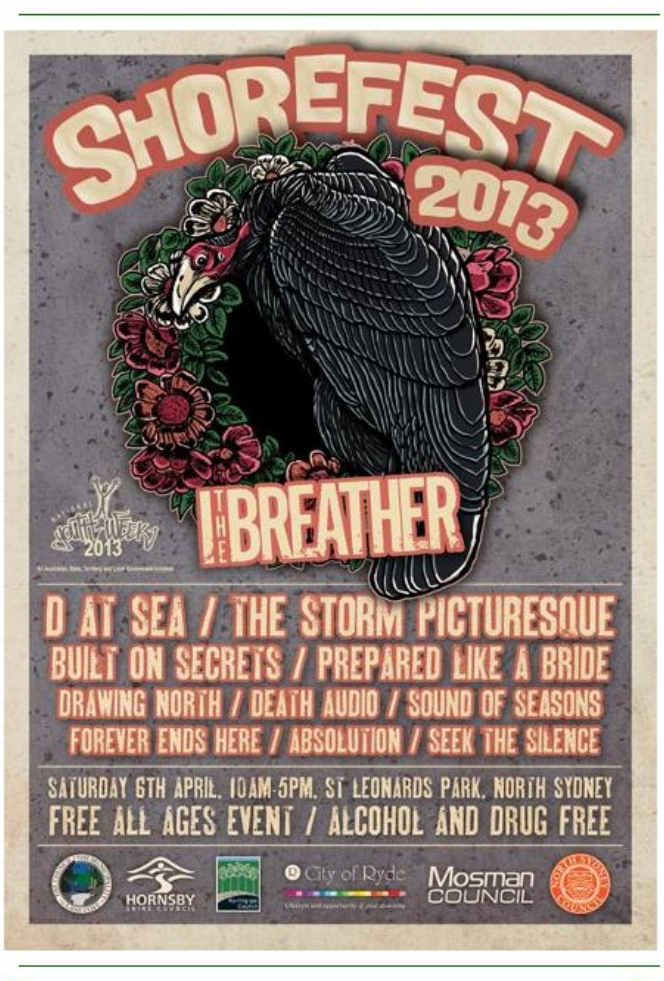
The Seniors Week Open day is free and is an ideal way to see the range of courses Avpals offers. Take this opportunity to discuss your needs with the trainers and see demonstrations of some of the latest technologies including new versions of Windows and Apple Mac. Trainers are themselves seniors and understand the requirements of others who need help at all levels of experience. Come and talk to us, we make using new devices and computers both useful and fun. Bookings for courses can be made during the Open Day.

Please note that no courses are conducted during the Open Day.

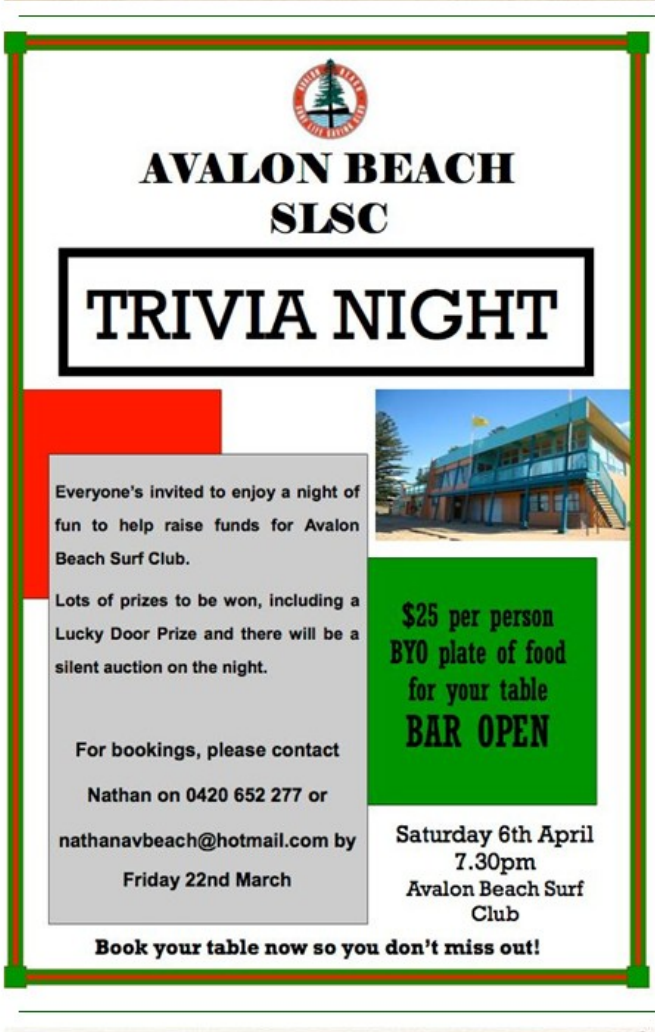
Avalon Computer Pals conducts weekly courses on Skype and iPad and other exciting technologies for both beginners and more advanced users at Newport Community Centre 11-13, The Boulevarde, Newport. The afternoon courses are very popular so you need to check availability and bookings are essential, phone 8064 3574. All courses are for the over 55's only. Full details are on the website www.avpals.com.



Canadian Club PRESENTS
MAT. McHUGH
(PREVIOUSLY THE BEAUTIFUL GIRLS)
& the seperatista soundsystem
FREE ENTRY
The Arms NEWPORT HOTEL
SUNSET ACOUSTIC SET ON THE WATERFRONT IN NEWPORT ARMS BEERGARDEN
SAT 6 APRIL 4PM
WITH SPECIAL GUESTS
BAD PONY
PRE/POST CONCERT DINING PACKAGES
Why not make a special day of it and enjoy a sumptuous 3 course dining package at the waterfront Terrace on Pittwater restaurant for lunch or dinner.
Lunch bookings open from 12 • Dinner bookings open from 7:30pm
Only $60pp • To request a menu or to book call 9997 4900
NEWPORT ARMS HOTEL · 2 KALINYA STREET
WWW.NEWPORTARMS.COM.AU WWW.FACEBOOK.COM/NEWPORTARMSHOTEL



SHOREFEST 2013
THE BREATHER
D AT SEA / THE STORM PICTURESQUE
BUILT ON SECRETS / PREPARED LIKE A BRIDE
DRAWING NORTH / DEATH AUDIO / SOUND OF SEASONS
FOREVER ENDS HERE / ABSOLUTION / SEEK THE SILENCE
SATURDAY 6TH APRIL, 10AM-5PM, ST LEONARDS PARK, NORTH SYDNEY
FREE ALL AGES EVENT / ALCOHOL AND DRUG FREE



AVALON BEACH SLSC
TRIVIA NIGHT

Everyone's invited to enjoy a night of fun to help raise funds for Avalon Beach Surf Club.

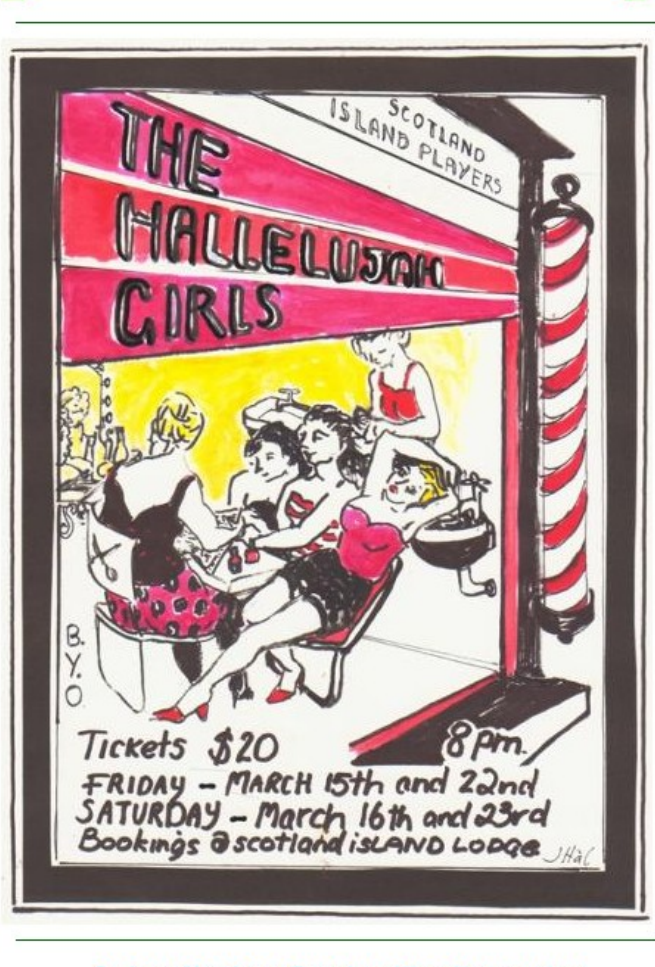
Lots of prizes to be won, including a Lucky Door Prize and there will be a silent auction on the night.

$25 per person
BYO plate of food for your table
BAR OPEN

For bookings, please contact Nathan on 0420 652 277 or nathanavbeach@hotmail.com by Friday 22nd March

Saturday 6th April
7.30pm
Avalon Beach Surf Club

Book your table now so you don't miss out!



Scotland Island Players
THE HALLELUJAH GIRLS
B.Y.O
Tickets $20 8pm
FRIDAY – MARCH 15th and 22nd
SATURDAY – March 16th and 23rd
Bookings @ scotland island LODGE

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/

"POSSUM HIGH TEA"
FUNDRAISER

SOUTHERN CROSS WILDLIFE CARE

Sunday 7th April 3pm
8 Lentara Rd Bayview.

Please come and share these beautiful surroundings known as "Coomalong" (possum meeting place) overlooking Pittwater. All funds raised go directly to Southern Cross Wildlife Care for the treatment & rehabilitation of wildlife in need. Our consultant veterinarian Dr Howard Ralph will give a brief talk about the many precious animals he treats each week. Howard's images are touching and inspirational. All Welcome!

Admission $15 Tea/Coffee & Cake $5
RSVP Lindy m # 0409 404570 h # 9982 1751

FUN AUTUMN HOLIDAY ACTIVITIES FOR KIDS

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of an exciting autumn holiday program for kids. Kids on the Coast offers healthy and fun outdoor activities **for 5 to 12 year olds from Monday 15 to Friday 26 April 2013.**

A new activity includes Underwater Gardens where kids will have the chance to explore the wonderful world of sea plants by viewing them on the rock platform, then examining them under a microscope. Alternatively become a Marine biologist for a day by discovering the fascinating creatures inhabiting our oceans and shores. Or become an Eco ranger by getting involved in fun environmental projects such as bush regeneration and water quality testing.

Council's Natural Environment & Education Manager Mark Beharrell said the program encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Beharrell.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from 10am to 3pm at $55 per child, (for standard activities) which includes supervision between sessions (BYO lunch).

The Kids on the Coast program was awarded top prize in the 2011 Northern Beaches Local Business Awards for 'Outstanding Education Service'.

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance. Book online at www.pittwater.nsw.gov.au/ceckids or for more information call 1300 000 CEC (232).

Eco Bird Walk - 6th Apr 2013, 7.30am to 10am

Join us on a guided walk through Warriewood Wetlands, the largest remaining sand plain wetland in Sydney, made up almost entirely of endangered ecological communities. Warriewood Wetland is of regional conservation significance and is highly valued by the local community. It also provides very important habitat for a number of threatened species and migratory birds.

Join our expert Eco Guide and Local Bird Expert & Enthusiast on a guided nature walk through this amazing natural environment, discovering and identifying the native bird species and local flora and fauna of the Warriewood wetland.

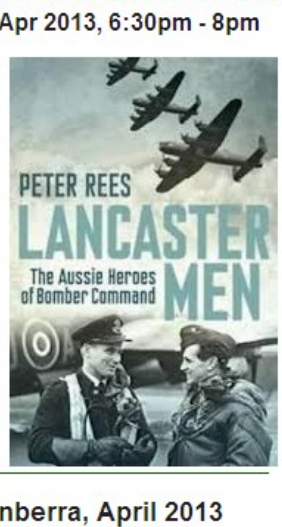
Where: Warriewood Wetlands (meeting point provided upon booking). Bring: sturdy shoes, appropriate clothing for weather conditions, sunscreen, hat, water bottle, camera (optional) **Bookings Essential!** Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Free Child Restraint Checking Day- 11th Apr 2013, 9.30am - 2.30pm

Pittwater Council are offering their residents FREE child restraint safety checks, fits and turns on Thursday 11th April 2013 between 9.30am-2.30pm at Winnererremy Bay, Mona Vale.

Booking are essential and can be made by contacting the road safety officer on 9970 1196. Be quick as places are limited and in high demand. * Pittwater residents only.

Author Talks at Mona Vale Library - Peter Rees speaking about "Lancaster Men. The Aussie Heroes of Bomber Command" - 30th Apr 2013, 6:30pm - 8pm

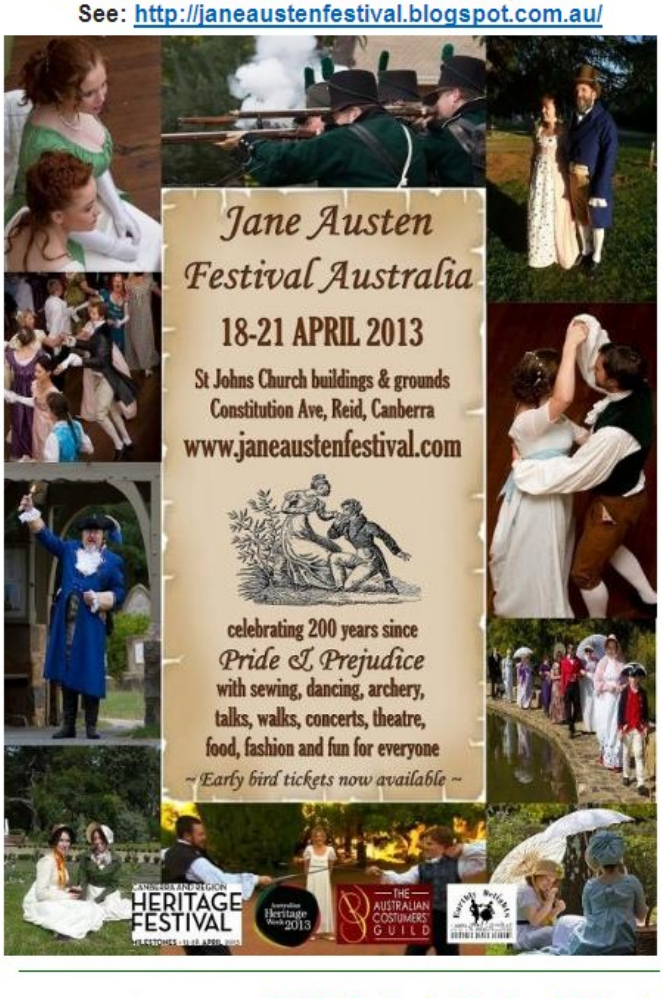


Over 10,000 Australians served with Bomber Command, a highly trained band of elite flyers during WW2. Nearly 3,500 died in the air. Their courage has barely been recognised.

Bookings essential tel 9970 1600, Cost: $8/$6 concession for students and pensioners only, card must be shown.

FREE FOR SCHOOL STUDENTS. Light refreshments served

Jane Austen Festival- Canberra, April 2013
See: http://janeaustenfestival.blogspot.com.au/



Jane Austen Festival Australia
18-21 APRIL 2013
St Johns Church buildings & grounds
Constitution Ave, Reid, Canberra
www.janeaustenfestival.com
celebrating 200 years since Pride & Prejudice with sewing, dancing, archery, talks, walks, concerts, theatre, food, fashion and fun for everyone
~ Early bird tickets now available ~
HERITAGE FESTIVAL

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**

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 March 18
The topic for the evening will be HDR Photography and our guest speaker will be Steve Mullarkey. Free for visitors to the club.

Monday April 8
The winner of the Reg Angus Trophy for Nature photography will be determined tonight by our judge Dennis Jones. Free for visitors to the club.

Monday April 22
David Pix will be our guest presenter tonight. As always he will bring new insights to the art of photography. Free for visitors to the club.

NO.1 ALBUMS
PARTY TO CLASSIC SONGS FROM CHART TOPPING ALBUMS AND OTHER GREATEST HITS YOU KNOW & LOVE!
The Sun-Herald TWILIGHT AT TARONGA 2013
SUMMER CONCERT SERIES

THE 18TH ANNUAL SUN-HERALD TWILIGHT AT TARONGA - SUMMER CONCERT SERIES Presents... NUMBER ONE ALBUMS

'Party to Classic Songs from Chart Topping Albums!' **Every weekend from 1 February until 23 March 2013.**

Remember listening to your favourite album over and over because you loved the songs so much... well, get ready, Sydney, because this summer we'll be partying through decades of chart-topping 'Number One Albums'!

Showcasing fourteen classic albums by the greatest entertainers of the twentieth century, you'll be spoiled for choice.... sing along to ABBA, swing to Sinatra, boogie to the Bee Gees, join Elton John on the Yellow Brick Road, soar with the Eagles or simply savour the sweet sounds of Fleetwood Mac and Crowded House. Here's your chance to hear all the favourite songs from the album plus other greatest hits by the featured Artist, performed live under the stars with a stunning harbour backdrop and the exotic calls of the wild.

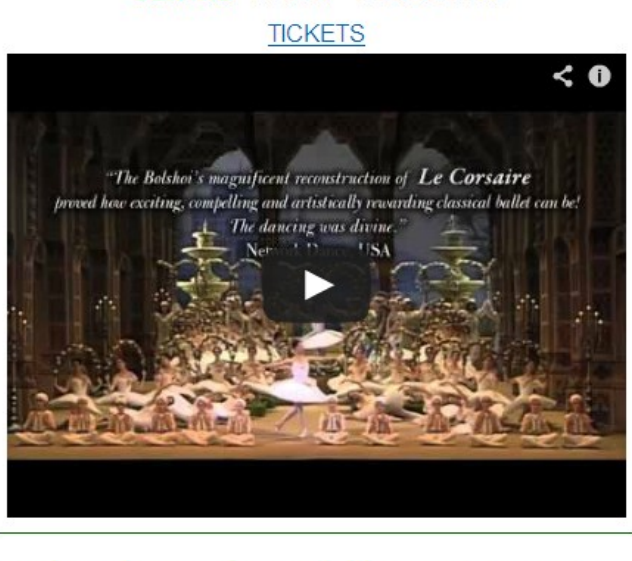
Tickets are all unreserved, picnic style - BYO rug, chair and picnic or purchase with your tickets a freshly made hamper to collect at the concert. This is a fully licensed event - food, wine and beer available at the concert. No BYO alcohol. This exciting new 'Number One Album' series is sure to be as popular as the albums themselves, so grab your friends, pack your picnics and get ready to rock, roll and reminisce all night long in the wild surrounds of Taronga Zoo.

C'mon Sydney, go wild at the Zoo this summer and have a real Thriller of a night!

www.twilightattaronga.com.au TICKETS

BOLSHOI BALLET - QUEENSLAND PERFORMING ARTS CENTRE - 30 MAY – 9 JUNE 2013

TICKETS


"The Bolshoi's magnificent reconstruction of Le Corsaire proved how exciting, compelling and artistically rewarding classical ballet can be!
The dancing was divine

Narrabeen Lagoon free activities – register now for bushwalks and kayak tour

Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. These activities are FREE but you must register in advance. All participants will receive a free DVD – "Caring for our Catchment" and an informative brochure and map.

Afternoon Paddle on Narrabeen Lagoon - Sat Apr 13, 2013

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. Middle Creek has recently been the subject of a substantial remediation program. A relaxing 2 to 3 hour paddle.

Grade - Easy. No previous paddling experience required - tuition will be given. Free with your own kayak or we can provide comfortable hire boat ($55 per person or $48 for Friends members).

Kayaks are provided by a company independent of Friends. Bookings essential. Phone 0417 502 056 or email: tonycarr@ozemail.com.au

Terrey Hills to Oxford Falls Sun Mar 24

This is a NEW WALK passing through recently burned bushland where we can observe the regeneration after fire and then we follow the headwaters of Deep Creek. I noticed some dumped material near the creek and a hand to carry something out will be our thank you to the bushland. Meet at 9am in carpark of BMX track, car pool back, 3-4 hrs

Cromer Circle Sun Apr 21

This walk circles around the high grounds of the catchment on the southern side with beautiful views and surprisingly different vegetation in comparison to the northern section. Cross our most endangered vegetation community in Warringah the 'Heart leaved Stringybark Community'. Meet at 10am on bend of Cromer Rd, up from the golf course, allow 4hrs.

Oxford Falls Triangle Sat May 25

This walk is slightly shorter 2.5 -3hrs, however if I can get an agreement with NPWS we will pull out a few weeds adding 30 min, expressing our appreciation of this gorgeous environment. Meet 10am.

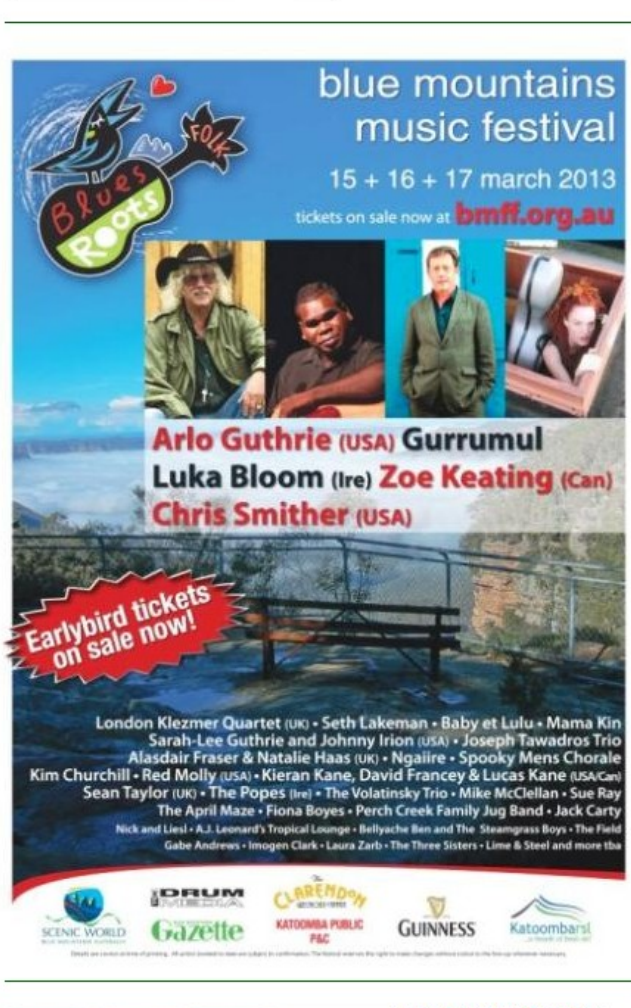
Narrabeen Lagoon Catchment Transverse Sun Jun 16

.... in midwinter (without snow or ice). On this favourite walk we cross through an extraordinary variety of vegetation communities and enjoy beautiful views. Meet at 10am next to 27 Morgan Rd, car pool back; allow 4hrs.

Bookings essential. Phone 0432 643 295 or 9451 3231 or email conny.harris@gmail.com

REGISTER TO ATTEND - DON'T JUST TURN UP ON THE DAY. NUMBERS ARE LIMITED.
Kayaks provided by an organisation independent of Friends.

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

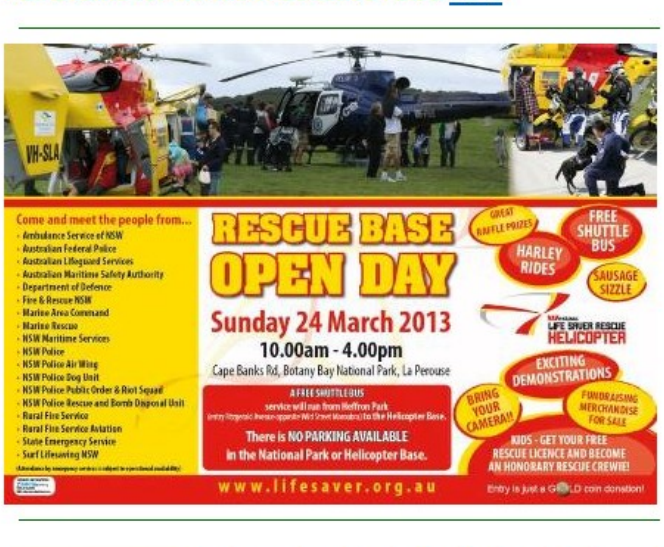


blue mountains music festival
15 + 16 + 17 march 2013
tickets on sale now at bmff.org.au
Blues Roots Folk
Arlo Guthrie (USA) Gurrumul
Luka Bloom (Ire) Zoe Keating (Can)
Chris Smither (USA)
Earlybird tickets on sale now!
London Klezmer Quartet (UK) · Seth Lakeman · Baby et Lulu · Mama Kin
Sarah-Lee Guthrie and Johnny Irion (USA) · Joseph Tawadros Trio
Alasdair Fraser & Natalie Haas (UK) · Ngaiire · Spooky Mens Chorale
Kim Churchill · Red Molly (USA) · Kieran Kane, David Francey & Lucas Kane (USA/Can)
Sean Taylor (UK) · The Popes (Ire) · The Volatinsky Trio · Mike McClellan · Sue Ray
The April Maze · Fiona Boyes · Perch Creek Family Jug Band · Jack Carty
Nick and Liesl · A.J. Leonard's Tropical Lounge · Bellyache Ben and The Steamgrass Boys · The Field
Gabe Andrews · Imogen Clark · Laura Zarb · The Three Sisters · Lime & Steel and more tba
Guinness

U3A The University of the Third Age Sydney U3A

The University of the Third Age offers all seniors a variety of opportunities to use their knowledge, skills and experience and to acquire new ones in an informal, friendly atmosphere.

Full Events for Northern Beaches listed Here



RESCUE BASE OPEN DAY
Sunday 24 March 2013
10.00am - 4.00pm
Cape Banks Rd, Botany Bay National Park, La Perouse
There is NO PARKING AVAILABLE in the National Park or Helicopter Base.
FREE SHUTTLE BUS
HARLEY RIDES
SAUSAGE SIZZLE
LIFE SAVER RESCUE HELICOPTER
EXCITING DEMONSTRATIONS
BRING YOUR CAMERA!
www.lifesaver.org.au

Reine de Joie
par
Victor Joze

Toulouse-Lautrec is the National Gallery of Australia's next summer exhibition and will run from 14 December 2012 to 2 April 2013. The Australian public have never before had the opportunity to see a major retrospective exhibition devoted to the art of French 19th century artist Henri de Toulouse-Lautrec in painting, drawing, posters and prints.

Toulouse-Lautrec will examine the artist's abilities as an acute observer of Parisian life, his skill as a draughtsman, his experimentation in composition and the brilliance of his technical execution in all media. The exhibition will shed new light on Toulouse-Lautrec through an examination of his involvement in Parisian culture—the high life and the low life.

The exhibition will trace Toulouse-Lautrec's career from his earliest works to his extraordinary depictions of the Paris social scene, the dance halls, the café-concerts, the brothels and theatres. This he did in an insightful way, capturing the essence of his Parisian characters and haunts. Toulouse-Lautrec's subject matter was to become thoroughly modern and he became an influential figure in the evolution of the art of the twentieth century.

At National Gallery of Australia. Tickets:

Peninsula Historian
Newsletter of the Manly, Warringah & Pittwater Historical Society Inc.

Compiled by Tony Dawson, Editor.

Manly, Warringah and PittwaterHistorical Society Inc.
Established 1924

President : Jim Boyce
0402 096 080
jimboyce37@gmail.com

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.

Thurs 28 March to Mon 1 April 2013
BYRON BAY BLUESFEST
AUSTRALIA'S PREMIER BLUES & ROOTS MUSIC FESTIVAL
BLUESFEST IS YOUR AUSTRALIAN EVENT OF THE YEAR!
Bluesfest 2nd announcement: Its all about the Blues & Roots!

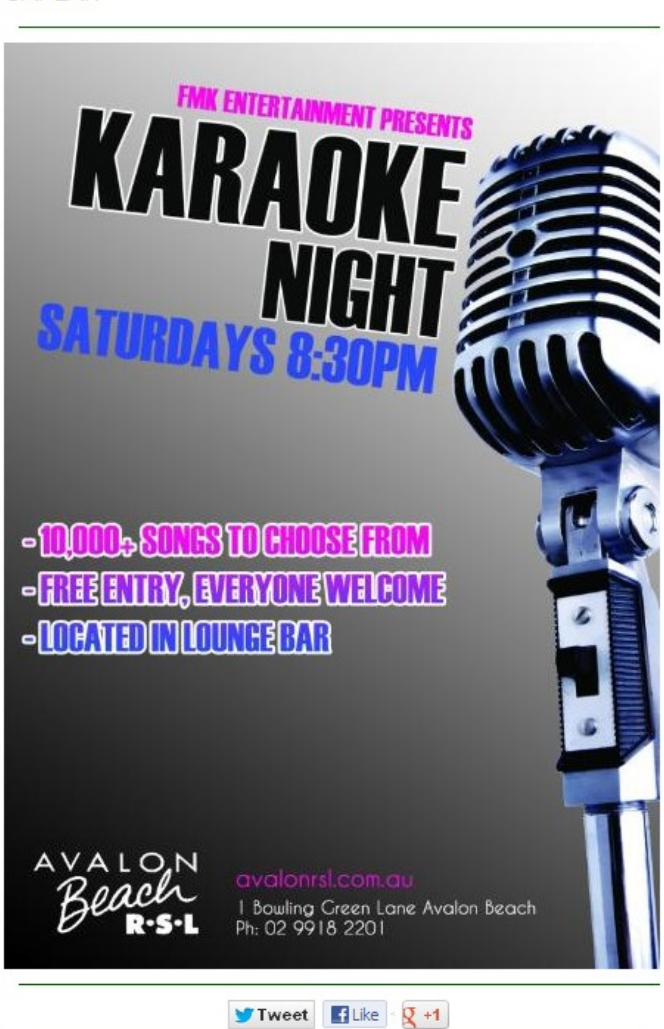
SINGLE day **Tickets will go on sale Thursday 18th of October from 10am!** Only 1000 x Early Bird Single Day Tickets available for each day of the Festival @ $139 only. BOOK HERE

THE BLUES & ROOTS RELEASE includes:

PAUL SIMON, JIMMY CLIFF, JOAN ARMATRADING RODRIGUEZ, ROBERT CRAY TROMBONE SHORTY & ORLEANS AVENUE THE BLIND BOYS OF ALABAMA - MAVIS STAPLES ALLEN TOUSSAINT - WANDA JACKSON FRED WESLEY AND THE NEW JB'S MICHAEL KIWANUKA - BETTYE LAVETTE LUKA BLOOM - RUTHIE FOSTER TONY JOE WHITE - SWEET HONEY IN THE ROCK THE DUKE ROBILLARD BAND SHAWN COLVIN - SETH LAKEMAN

ARTISTS ALREADY ANNOUNCED:

BEN HARPER - SANTANA IGGY & THE STOOGES STEVE MILLER BAND CHRIS ISAAK - WILCO - BONNIE RAITT DROPKICK MURPHYS GLEN HANSARD WITH THE FRAMES TEDESCHI TRUCKS BAND FRANK TURNER AND THE SLEEPING SOULS NEWTON FAULKNER - WILLIAM ELLIOTT WHITMORE GRACE POTTER - PLAYING FOR CHANGE - BEN CAPLAN



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

CONVICT SYDNEY
EXHIBITION ON NOW

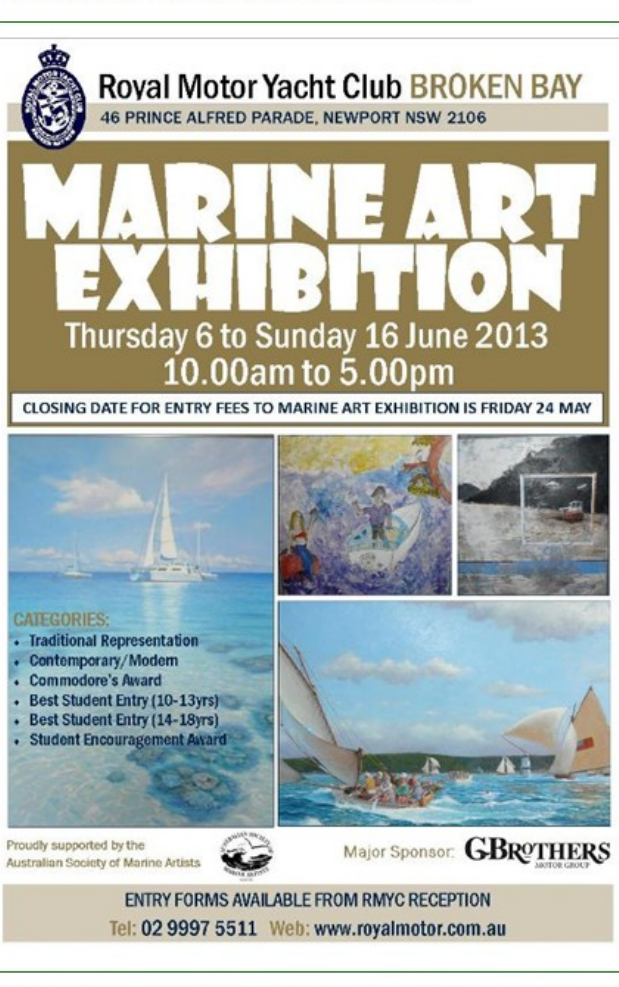
Until Thursday 31 December 2015

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.

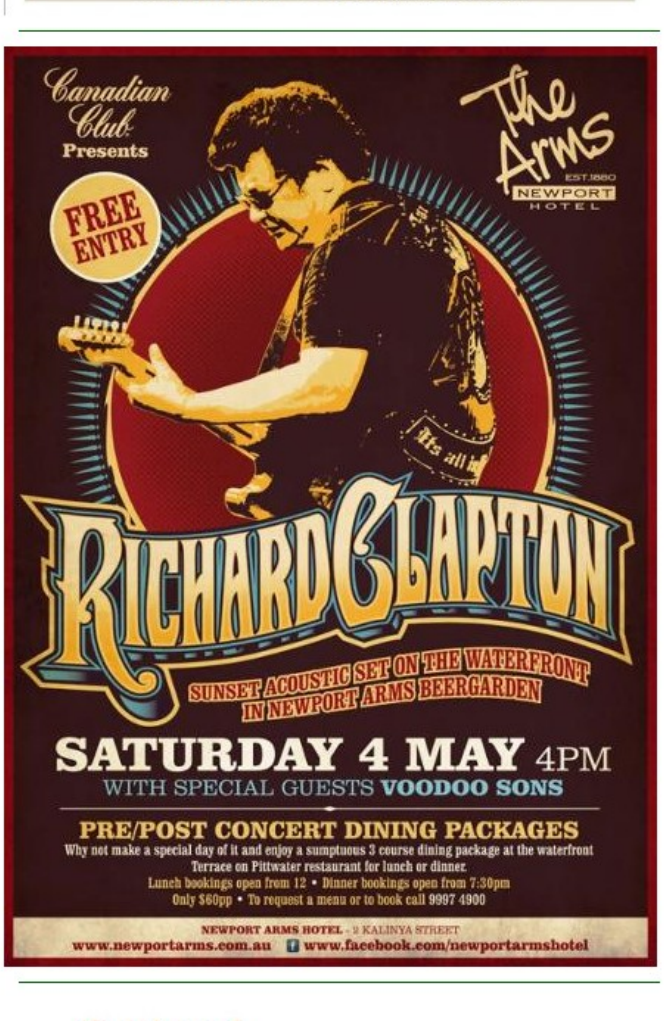
Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.



Royal Motor Yacht Club BROKEN BAY
46 PRINCE ALFRED PARADE, NEWPORT NSW 2106
MARINE ART EXHIBITION
Thursday 6 to Sunday 16 June 2013
10.00am to 5.00pm
CLOSING DATE FOR ENTRY FEES TO MARINE ART EXHIBITION IS FRIDAY 24 MAY
CATEGORIES:
- Traditional Representation
- Contemporary/Modern
- Commodore's Award
- Best Student Entry (10-13yrs)
- Best Student Entry (14-18yrs)
- Student Encouragement Award

Proudly supported by the Australian Society of Marine Artists
Major Sponsor: GBROTHERS
ENTRY FORMS AVAILABLE FROM RMYC RECEPTION
Tel: 02 9997 5511 Web: www.royalmotor.com.au



Canadian Club Presents
FREE ENTRY
The Arms NEWPORT HOTEL
RICHARD CLAPTON
SUNSET ACOUSTIC SET ON THE WATERFRONT IN NEWPORT ARMS BEERGARDEN
SATURDAY 4 MAY 4PM
WITH SPECIAL GUESTS VOODOO SONS
PRE/POST CONCERT DINING PACKAGES
Why not make a special day of it and enjoy a sumptuous 3 course dining package at the waterfront Terrace on Pittwater restaurant for lunch or dinner.
Lunch bookings open from 12 • Dinner bookings open from 7:30pm
Only $60pp • To request a menu or to book call 9997 4900
NEWPORT ARMS HOTEL · 2 KALINYA STREET
www.newportarms.com.au www.facebook.com/newportarmshotel

Guringai Aboriginal Tours **GUIDED TOURS**

The Guringai Aboriginal Tours start at 10.00 am and go until about 2pm at the Basin Track on the West Head Rd Ku-Ring-Gai Chase National Park, NSW 2083. Guiding you through the site will be Aboriginal Ranger Les McLeod and Guringai descendent Laurie Bimson.

At the site you will have explanations as to how the rock carvings were made and be told stories of times long gone by. Lunch will be provided at about 12.00pm with barbecued marinated Kangaroo and Emu, fresh made Damper with tea and coffee. Then after lunch, it is off again this time for a short exciting Guringai Aboriginal Tours experience.

Price including lunch is $88, Children under 12 are half price.

If we have enough children on the day there will be games for them. Remember to bring appropriate clothing, comfortable walking shoes, water, hat, sun screen and be prepared for a great experience. The tour is a little bumpy but wheel chair friendly. Public toilets are available where we break for lunch. You could also visit the lookout at West Head over looking Palm Beach after the Guringai Aboriginal Tours. As there is a limited number of bookings for each tour, please be quick and book you place today. Contact us for more details regarding payment and booking conditions. Book Here: http://guringaitours.com.au/tour/

Next Tour: 24/3/13.

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.

Historic Houses Trust Events

Wicked Women
AN EXHIBITION BY ROSEMARY VALADON

Each sitter chose a classic film poster or book cover featuring a female criminal and re-created the pose. Valadon then painted her own version of the original artwork, which she infused with the modern sitter's personality. As well as portraits of notable actors, writers, lawyers and other professional women, such as author Tara Moss, Wicked Women will display associated drawings and photographs

Justice & Police Museum - Saturday 20 October 2012 - Sunday 28 April 2013 - Free with museum entry

Address: Cnr Albert and Phillip Streets, Circular Quay, Sydney, NSW 2000. Contact: 02 9252 1144. Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free. Hours: Open daily 9.30am — 5pm | Closed Good Friday and Christmas Day

To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.