Pittwater Online News

August 18 - 24, 2013: Issue 124

International Lighthouse Lightship Weekend at Barrenjoey on Today

John Black, grandson of Albert Black, atop Barrenjoey Lighthouse yesterday (17.8.2013). Picture by A J Guesdon.

The twelfth International Lighthouse Weekend is on this weekend and **Barrenjoey is open to visitors today**! International Lighthouse Weekend is a simple way of raising the profile of lighthouses, lightvessels and other navigational aids while promoting our maritime heritage. The objective is to share awareness of lighthouses and lightships and their need for preservation and restoration, and at the same time to promote amateur radio and to foster International goodwill.

At Barrenjoey on Saturday, and again today, the Manly-Warringah Radio Society, have established a station and are speaking to people around the world. Since 2003 they have spoken to others 'joining in' on every continent except Antartica. This is a great event for families, those interested in the heritage of Barrenjoey or simply for those who are visiitng the headland. Full Report HERE

Sailability Pittwater Supported To Keep *Freedom On Water* Available for All

COMMUTER WHARF

Malcolm Murray, John McCausland of Sailability Pittwater, Mayor of Pittwater, Cr. Jacqui Townsend, Tom Sims Sales Manager Sydney Marine Contracting. Picture by Michael Mannington.

Pittwater Council and Sydney Marina Contracting handed over a cheque for $2,500 to Sailability Pittwater at a presentation on Friday 16th of August. The cheque represents a bonus for finishing the new Commuter Wharf at Church Point ahead of schedule, an incentive unique to our forward thinking Council and indicative of the ethos prevailing at Sydney Marina Contracting. Full Report HERE

Pittwater Honours Those Who Have Served Australia

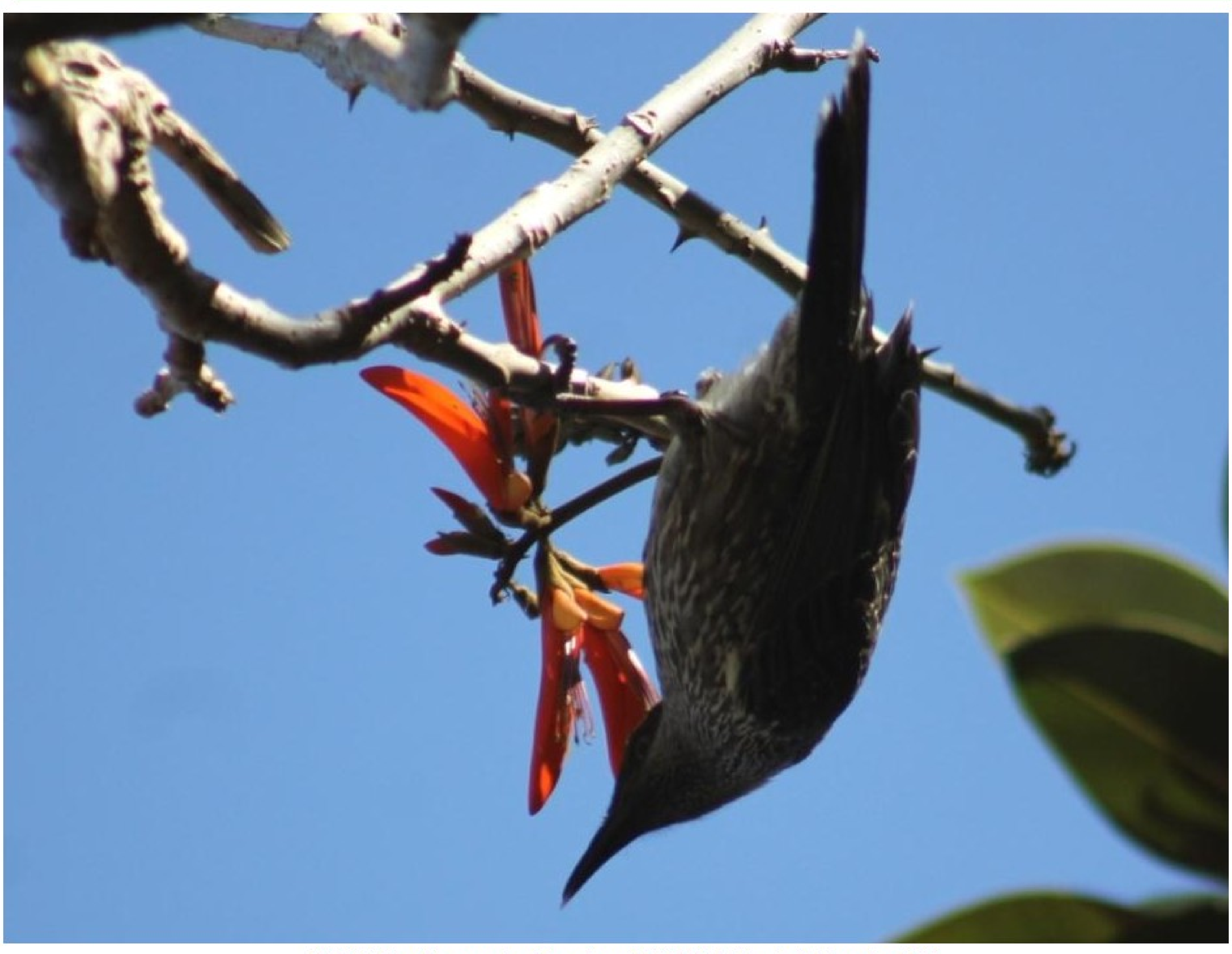
AUSTRALIAN ARMED FORCES
VIETNAM

Vietnam Veterans (Northern) March from Palm Beach Ferry Wharf to Palm Beach RSL last Sunday. Picture by A J Guesdon, 2013.

Commemorative Services were held this week to honour the fallen, those still with us and those who have served in the Pacific through Victory in the Pacific Day on Thursday, 15th of August at Avalon Beach RSL and at Palm Beach RSL last Sunday when the Vietnam Veterans (Northern) held their annual March and Service. Today, 18th of August, is the official Vietnam Veterans Day, the day originally known as Long Tan Day, chosen to commemorate the men of D Company, 6RAR who fought in the battle of Long Tan in 1966.

Our reports: Vietnam Veterans Day (Northern) 2013 and Victory in the Pacific Day 2013

Honeyeaters Paradise - Birdsong Is A Lovesong at this Time Of Year



Wattlebird Feasting on nectar at Barrenjoey, (17.8.2013). Phicture by A J Guesdon, 2013

When you see birds chasing other birds away from 'their trees', or flying around with twigs and feathers in their beaks, or hear them singing a little softer to a mate just one foot away in the branch beside them, you know Spring is most definitely springing and the love season has commenced. Birders Paradise HERE

Past Features

Archives

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Pittwater Online News

August 18 - 24, 2013: Issue 124

Articles This Week:

Front Page Issue 124 - International Lighthouse Weekend - Sailability Pittwater Supported to Bring Freedom on Water to All - Pittwater Veterans Honour Vietnam Veterans and Victory in the Pacific Day at Commemorative Services - Honeyeaters Song

Pittwater Gives to Sailability Pittwater

International Lighthouse Lightship Weekend 2013 at Barrenjoey on Today - definite 'do yourself a favour' department

Victory in the Pacific Day - 2013 Commemorative service at Avalon Beach RSL

Pictures - Vietnam Veterans (Northern) Day 2013

DIY Hints: **Fathers Day – DIY Gift List** - Johnson Brothers have some great Father's Day gift ideas for September 1st and we also have some craft ideas for mum and the children to do together

Birdsong Is a Lovesong at This time of The Year - Brown Falcon, Little Wattle Bird, Australian Pied cormorant, Mangrove or Striated Heron, Great Egret, Grey Butcherbird, White-faced Heron

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

All Previous Articles

COMMUNITY TRANSPORT
Easy Transport
Manly-Warringah-Pittwater
9971 5110
www.easytransport.org.au

Profile: August 2013 - Community Organisation: Easy Transport Manly Warringah Pittwater- a not-for-profit charitable community organisation that provides transport solutions for those who cannot access public transport as well as a range of social activities.

Previous Profiles:

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

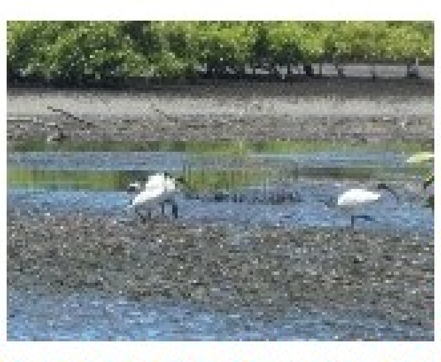
History: August 2013 -Surf Life Saving Clubs of Pittwater- Newport SLSC – saving people since 1909

Previous History Pages:

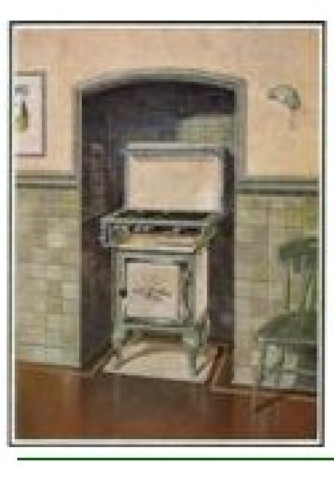
Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I Pittwater Aquatic Club Part I Woody Point Yacht Club Royal Motor Yacht Club Part I Dorothea Mackellar Elaine Haxton Neva Carr Glynn Margaret Mulvey Jean Mary Daly Walter Oswald Watt Wilfrid Kingsford Smith John William Cherry George Scotty Allan McCarrs Creek Narrabeen Creek Careel Creek Currawong Beach Creek Bushrangers at Pittwater Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds Warriewood SLSC Whale Beach SLSC Flagstaff Hill Mount Loftus Pill Hill Sheep Station Hill S.S. Florrie S.S. Phoenix and General Gordon Paddlewheeler MV Reliance The Elvina Florida House Careel House Ocean House and Billabong Melrose-The Green Frog The Small Yacht Cruising Club of Pittwater Canoe and I Go With The Mosquito Fleet - 1896 Pittwater Regattas Part I - Dates and Flagships to 1950 Shark Incidents In Pittwater The Kalori Church Point Wharf Bayview Wharf Newport Wharf Palm Beach Jetty - Gow's Wharf Max Watt Sir Francis Anderson Mark Foy John Roche Albert Verrills Broken Bay Customs Station At Barrenjoey Broken Bay Water Police Broken Bay Marine Rescue - Volunteer Coastal Patrol Pittwater Fire-Boats Prospector Powder Hulk at Towler's Bay Naval Visits to Pittwater 1788-1952 Pittwater's Torpedo Wharf and Range Naval Sea Cadets in Pittwater S.S. Charlotte Fenwick S.S. Erringhi P.S. Namoi S.Y. Ena I, II and III Barrenjoey Headland - The Lessees Barrenjoey Lighthouse - The Construction Barrenjoey Broken Bay Shipwrecks Up To 1900 Barrenjoey Light Keepers Douglas Adrian Ross

Park Bench Philosopher: With the Surf Life Saving Season a little over four weeks away it's time to share some old SLSC pictures and stories - beginning with - SUN AND SURF. The Call of the Beach. (BY D.Y.) from 1938

News From Our Inbox Film Australia Real Australia, Teleported by Electronic Circuit: Physicists 'Beam' Information, Simulating Flow from Volcanoes and Oil Spills, Dolphin collision, Real Hot Wheels Loop, Canine Distemper Virus: An Emerging Disease in Rare Amur Tigers, 'Talking' to Structures to Boost Public Safety, Fishing, Hubble Finds Source of Magellanic Stream, First Documented Report of Swimming and Diving in Apes, Health papers published this week: ADHD and Texting Found to Significantly Impair Teenage Driving; Autism Four Times Likelier When Mother's Thyroid Is Weakened; Newly Discovered 'Switch' Plays Dual Role in Memory Formation; Cancer's Origins Revealed: Genetic Imprints and Signatures Left by DNA-Damaging Processes That Lead to Cancer Identified; UNSW - $4m funding for research to end HIV



Events: Artspace Rougue OPen Today, Fathers Day at RMYC, Katandra Season, Buddy Holly Evening at Pittwater RSL, ABFE Online Workshops, Denise Drysdale at RMYC, Art In Odd Places, Tank Stream Tour, Glass at Manly, ASGMWP September Meeting, BOBBY SOX AT PALM BEACH GC, Brahms in Manly, Lifeline Book Fair, Vietnam Vets.@ Palm Beach RSL 2013, AFTS 2013 Fundraiser, Bangalley Bush Walk, Mums For Mums Cocktail Party, Aurora Australia Photo Festival, AvPals Term 3 2013, Pittwater Camera Club, FoNLC Activities: if it's happening here it's probably listed HERE. Also See Seniors, Children's and Youth pages for age specific Events



Collector's Corner: Metters – Australian Stoves, Windmills, Baths and more

There is a good stove
And a better stove,
But the best stove
Is a Metters stove

Tweet Like +1

Community News: International Lighthouse Weekend TODAY, Scotland Island Hazard Reduction Burn, Funding To Help Can Graffiti At Berry Reserve, Local Government Referendum Off due to Early Federal Election, QUICK FLIX VIA MONA VALE LIBRARY, Slender Rice Flower-ing, Surf Life Saving Nippers 2013-14, YOUTH CONFERENCE WITH ECO FOCUS, Consultation on draft POEO (General) Amendment (Native Forest Bio-material) Regulation 2013, Free forum to call for recognition of South Sea Islanders, NEW LOOSELY WOVEN CONCERT WAS TERRIFIC!, Objective Australia Update, Whipper's Journey - The Tale of No Tail, MONA VALE HOSPITAL AUXILIARY STALLS, YOUTH SUPPORT PROGRAM, BOOK FAIR, September 2013, Avalon Sailing Club 75th Anniversary, Join the NBI Pub2Pub Team, Our Councils Notices and more

Environment; Berowra Creek - Back from the brink, The Journal of the Australian Plants Society, Weeds Threaten Carbon Offset Programs, Baby Corals Pass the Acid Test, Bright Birds Make Good Mothers, Do Herbicides Alter Ecosystems Around the World?, Highest Winter Losses in Recent Years for Honey Bees in Scotland, Extinctions of Large Animals Sever the Earth's 'Nutrient Arteries' , Living with Fire in NSW National Parks, **COOEE AUGUST 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

Lynda Hill: Update 17.8.13: Emergence Into Self, Life And Love: August's Aquarius Full Moon

Pictures: Vietnam Veterans (Northern) Day 2013

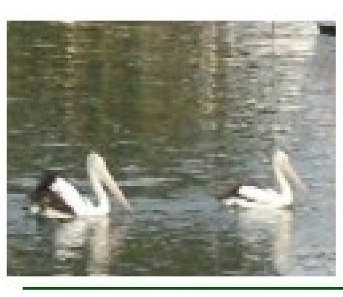
Children: Children's Book Week 2013, I Can Talk! - Charlotte's Web, Avalon School Drum Corp - Juniors, Enviroweek 2013, Curious George Swings Into Spring 2013 - Full Movie, Make a Magnetic Rocket, Water bear (Tardigrada), YOUTH CONFERENCE WITH ECO FOCUS!, FAST & FURIOUS FILM-MAKING!, 10 Year Old Mozart's protegee unveils new chamber opera at free Sydney Conservatorium of Music recital, Reading at Twilight at Mona Vale Library, Hurley Surfing Australia High Performance Centre - Grand Tour, Change the World in 5 Minutes - Everyday at School, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: FAST & FURIOUS FILM-MAKING!, YOUTH CONFERENCE WITH ECO FOCUS, **Open days 2013 – Sydney Universities,** Michael Franti - I'm Alive, Paul Robeson - A Giant in Stature, Heart, Health and Voice, Make a Magnetic Rocket, How Do We Measure the Distance to Stars?, Pretty cool, 10 year old Mozart's protegee unveils new chamber opera at free Sydney Conservatorium of Music recital, Developing our future leaders - Engineering scholarships, Humans love other animals – proof!, Backflip, Drinking water in space, Beetles in Rubber Boots: Scientists Study Ladybugs' Feet, MWBA PRIMARY AGE, BASKETBALL COMP: 'THE POTTER LEAGUE', BLAST OFF 2013, Hurley Surfing Australia High Performance Centre - Grand Tour With Barton Lynch, Enviroweek 2013, FBi turns 10 Concert, AUSTRALIAN NAVY CADETS - On the Northern Beaches, TEDx Northern Sydney Institute presents This Way Up, Man teaches alpaca to surf, Youth Environment Congress 2013, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards.

Seniors; Profile of the Week Issue 124: Easy Transport Manly Warringah Pittwater, The Beatles-Magical Mystery Tour, Seniors Pack A Lot of Political Clout, Older Investors Suffer When Advisers Go Belly-up, U3A Northern Beaches: My Journey of friendship - the Road to Soibada, Historical Photographs, Grandparents Day 2013 - Grants Available, True Love, NOT on my Bucket (Bouquet!) List, Hyacinth On The Telephone, Over reaching, Tech Help at Mona Vale Library for you!, GRACEFUL AGEING ONLINE WORKSHOP, Know your rights at retirement, The History of the San Clemente Lifeguards by Surfing Heritage, The Reasons They Cry, Mona Vale Grandfriends Group, 9.5 points awarded, Health papers published this week: A New Wrinkle in Parkinson's Disease Research: Skin Cream Ingredient May Stop Effects of Parkinson's On Brain Cells; Heart's Own Stem Cells Offer Hope for New Treatment of Heart Failure; At 75, Would Popeye Still Be Able to Take On Bluto?; Mediterranean Diet Counteracts a Genetic Risk of Stroke; A Genetic Answer to the Alzheimer's Riddle?2013 Solar Challenge In Australia; Volunteers Wanted, **Term 3 2013 - Computer Classes for Seniors at Newport**, National Seniors Literary Prize 2013, local Events, Support and Education Activities.

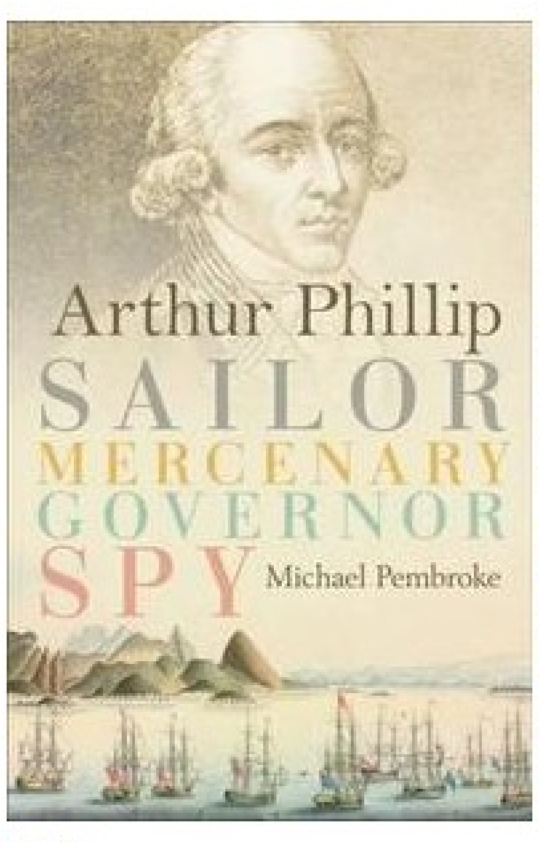
Community Clubs: Updates on Activities and links to sites.

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



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

DIY Hints: Fathers Day – DIY Gift List - Johnson Brothers have some great Father's Day gift ideas for September 1st and we also have some craft ideas for mum and the children to do together



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

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

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

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

Food: Potato- Ancient Winter vegetable - Some facts, nutrition and classic recipes

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PITTWATER DONATES TO SAILABILITY

COMMUTER WHARF

Malcolm Murray, John McCausland of Sailability Pittwater, Mayor of Pittwater, Cr. Jacqui Townsend, Tom Sims Sales Manager Sydney Marine Contracting

PITTWATER DONATES TO SAILABILITY

Pittwater Council and Sydney Marina Contracting handed over a cheque for $2,500 to Sailability Pittwater at a presentation on Friday 16th of August. Pittwater Mayor Jacqui Townsend said Sydney Marina Contracting had been commissioned by the Council to build the new commuter wharf at Church Point.

"As part of Council's contract with the company, a bonus was awarded for finishing the work before the agreed completion date," said Mayor Townsend. "The company has decided to donate the bonus that they received to Sailability Pittwater," she said.

"I am pleased that this money will go to such a worthy cause. Sailability Pittwater is a not-for-profit organisation that enriches the lives of those with a disability."

John McCausland from Sailability Pittwater said he was delighted to receive the money on behalf of the volunteer organisation.

"The money will come in handy to help us upgrade some of our sailing equipment," he said. "Our focus is on helping sailors with a wide range of disabilities to have 'freedom on the water'."

"The pleasure the experience gives to our clients is obvious and is a strong motivator to all of those volunteers involved. There is a great spirit of camaraderie among both the volunteers and sailors," Mr McCausland said.

Council's General Manager Mark Ferguson said the commuter wharf was completed in 2012 and is capable of servicing up to 180 commuter boats, significantly increasing the previous capacity.

"The wharf is an important facility for the 2000 offshore residents that are dependent on small boats to carry them to and from the mainland."

"We are pleased that the efficient completion of the contract has also resulted in a contribution to Sailability," said Mr Ferguson.

Michael Mannington attended the presentation on Friday and was able to record a few extra remarks the gentlemen of Sailability Pittwater and Sydney Marine Contracting made;

Mr McCausland praised Pittwater Council, stating Council had always been strong supporters of Sailability Pittwater, helping them with providing better facilities, better buildings and maintaining those facilities.

John also expressed his thanks to all in the community, many of whom have been strong supporters of Sailability Pittwater and all its great works.

He stated the extra funds will be put towards placing guards around the propellers of their outboard motors, a new insurance requirement that has recently come in. Sailability Pittwater has three outboard motors that will require this new fitting.

Mr Sims, Sales Manager of Sydney Marine Contracting, stated it was great to see a Council offering an incentive to finish a contract early and that for his team and company it was a pleasure for them to be able to put this bonus back out into the community.

Pittwater Sailability has ten year volunteers who are looking forward to sharing some '***freedom on water'*** over the coming season, which starts on the 7th of September.

And as we all know around here….

`Believe me, my young friend, there is NOTHING--absolute nothing--half so much worth doing as simply messing about in boats. Simply messing,' he went on dreamily: `messing--about--in--boats; messing----'
Kenneth Grahame, *The Wind in the Willows*, Chapter 1

Sailability Pittwater Profile

COMMUTER WHARF

Malcolm Murray, John McCausland of Sailability Pittwater, Mayor of Pittwater, Cr. Jacqui Townsend, Tom Sims Sales Manager Sydney Marine Contracting.

The new Commuter Wharf at Church Point.

Photos By Michael Mannington, 2013.

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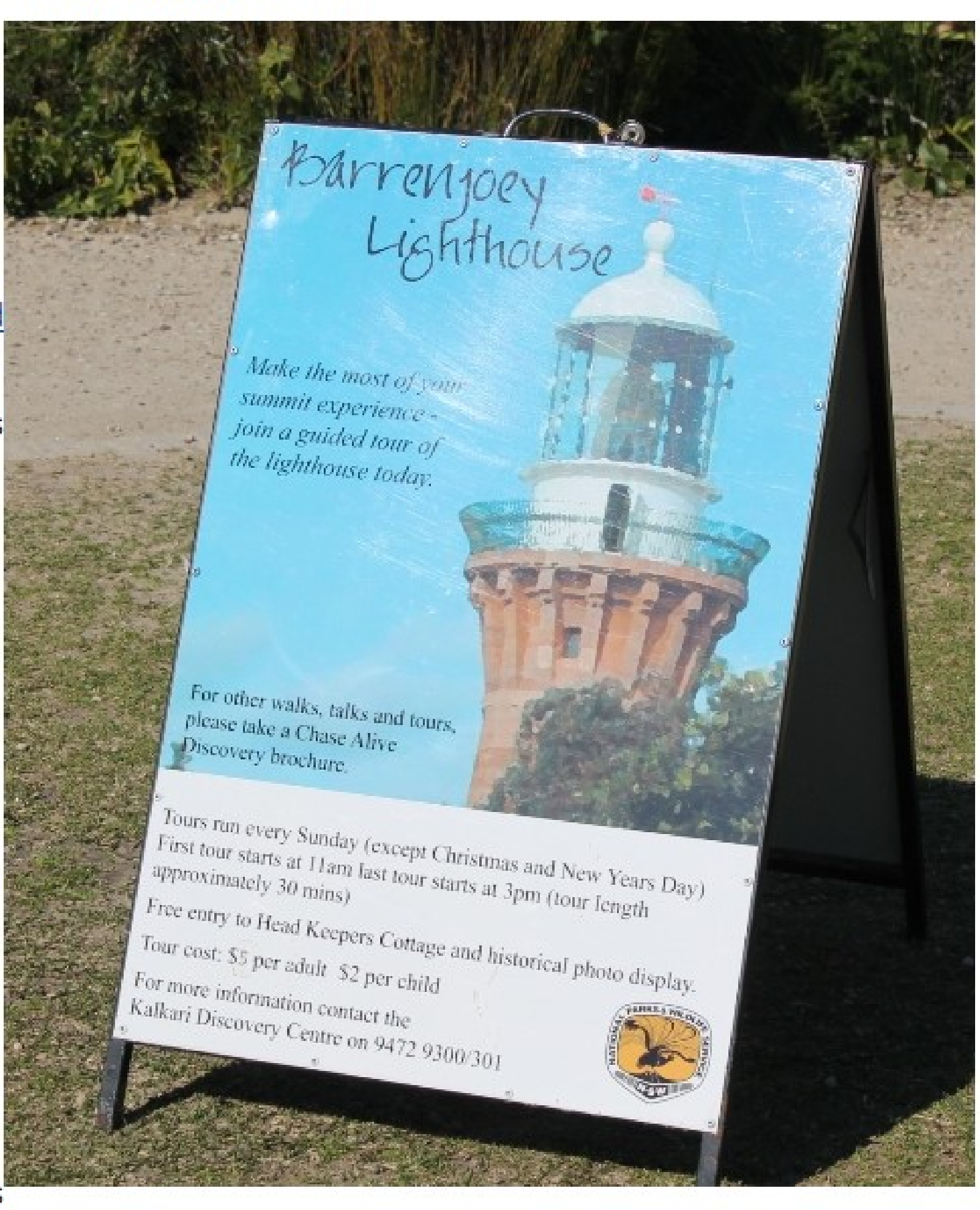
International Lighthouse Lightship Weekend- 2013 at Barrenjoey

Left to right: John Black, Carlo Nizeti, Geoff Vanderwagen, Geoff Osborne.

International Lighthouse Lightship Weekend- 2013

An Annual Amateur Radio Weekend Event
Conducted under the Sponsorship of the Ayr Amateur Radio Group (AARG) Scotland
This year's event - 17-18 August 2013 - Duration 48 hours from 0001 UTC 17.8.2013
Next year's event - 16-17 August 2014.


Barrenjoey Lighthouse
Make the most of your summit experience - join a guided tour of the lighthouse today.
For other walks, talks and tours, please take a Chase Alive Discovery brochure.
Tours run every Sunday (except Christmas and New Years Day) First tour starts at 11am last tour starts at 3pm (tour length approximately 30 mins)
Free entry to Head Keepers Cottage and historical photo display.
Tour cost: $5 per adult $2 per child
For more information contact the Kalkari Discovery Centre on 9472 9300/301

This annual amateur radio event was started in Scotland by John Forsyth, GM4OOU, and the late Mike Dalrymple (GM4SUC), both members of Ayr Amateur Radio Group (AARG). Through the years the event has grown probably far beyond what John and Mike envisaged. Some 85 countries have been represented in this event since inception and many consider it one of the premier events on the ham radio calendar.

The weekend evolved from the Scottish Northern Lighthouses Award Weekend a biennial event which was first held in 1993 and became the ILLW in 1998. Over the years it has continued to grow and to date more than 450 lighthouses and Lightships in some 50 countries around the world are participating in the event each year. Our own Barrenjoey Lighthouse is one of these.

The event is usually held on the third full weekend in August starting at 0001 UTC on Saturday and finishing at 2359 UTC on Sunday. It also coincides with the International Lighthouse Weekend an event organised by the Association of Lighthouse Keepers whereby many world lighthouses are open to the public for either the Saturday, Sunday or the whole weekend with tours, entertainment and functions for visitors. This year marks the 12th Annual Lighthouse and Lightship Weekend.

The International Lighthouse Weekend is a simple way of raising the profile of lighthouses, lightvessels and other navigational aids, promoting our maritime heritage. The objective is to promote public awareness of lighthouses and lightships and their need for preservation and restoration, and at the same time to promote amateur radio and to foster International goodwill. Lighthouses are fast becoming an endangered species with the introduction of Global Positioning Systems and Satellite Navigation and the automation of the light source to solar power which has resulted in the withdrawal of Keepers. It is hoped that this event will highlight this situation and help prevent further desecration of these magnificent structures all around the world.

At Barrenjoey on Saturday, and again today, the Manly-Warringah Radio Society, active since July 1923 and possibly earlier as the Manly Radio Club, have established a station and are speaking to people around the world. They have participated since 2003 and have contacted over 300 radio stations during this time on every continent except Antarctica.

INTERNATIONAL CODE OF SIGNALS

As you can also see, NPWS volunteer guides, including Pittwater's own John Black, grandson of Albert Black of Broken Bay Customs Station, are on hand over the weekend to share knowledge about our own lighthouse and conduct tours through the structure and explain some history behind all in what once was the oil room. Just standing in those old rooms, or hearing about the different eras of Barrenjoey and seeing all the apparatus used is a very nice way to learn something new. This is classic and pure Australiana that is untouched, untainted.

So go and join them in the fun of the weekend. The Manly-Warringah Radio Society are friendly people who will let you know what they're doing and whom they are speaking to. It really is magical stuff how all this can come together and great to know such skills are being maintained and handed on…more on that soon.

Scale the lighthouse tower and see a view you won't get anywhere else unless you have wings or simply stand in the Lightkeeper's cottage and squint back through time. The main track is open again all weekend and this is one day you and your family will never forget. Don't miss it!

Manly-Warringah Radio Society www.mwrs.org.au

Fo the history of the event see this page and here for the original ILLW web site and 1998 list by Bob Dixon, GM3ZDH.

Left to right: Barbara Sullivan, Roger Hynes and Bev Wilson.

International Light Keepers Flag

John Black - Barrenjoey Lighthouse Volunteer Tour Guide and member of the Manly-Warringah Radio Society!

Photos by A J Guesdon, 2013.

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Commemorative Service for Victory in the Pacific Day – 15th of August, 2013 at Avalon Beach RSL

A large crowd attended the Victory in Pacific Day Commemorative Service at Avalon Beach RSL this year. Graham Sloper (Cmdr. Rtd.) was MC for the service, ably assisted by Avalon Beach RSL Sub-Branch vice-president Robert Dodds, while sub-branch Treasurer John Anderson read the Prayer for the Fallen. The Colour Party this year was formed by Andrew MacGregor, Peter Kelly and Vic Callaghan.

Over one hundred members of the Avalon Beach Sub-Branch, their partners and guests attended a lunch after the service. Mr Sloper extended a special thanks to the Club and staff for all their efforts again on this day.

The Commemorative Address was given this year by Neil Johnston and we are privileged to share and record this for you who could not attend;

Commemorative Address given by Neil Johnston

Five years ago the Chief of the Army. General Ken Gillespie AO, DSC, CSM made a Victory in the Pacific speech at the Kokoda Track Memorial at Concord. I thought I'd share his words with you today.

On August 15th, 1945, Prime Minister Chifley announced to the nation that the Japanese had agreed to unconditionally surrender, and as a consequence, the Second World War was over. Australians reacted to the surrender in a tremendous mood of joy, with spontaneous celebrations breaking out all over the nation.

For a jubilant Australia wildly celebrating on the 15th of August one thought was paramount. The war was over, but in the immediate aftermath of these celebrations, Australians began to appreciate, that because of the six years of war, the world has changed and Australia too was forever changed buy this most destructive of conflicts.

We gather here today to commemorate the end of the war in the pacific 68 years ago. Of the many occasions and anniversaries we commemorate in the course of each year, including those marking the conclusion of past conflicts, this one is of particular significance. The Pacific War was the first and only time on the short history of our nation when our territorial integrity was subject to threat, and when acts of war were carried out against our people on, and above, Australian soil.

VP Day is an important occasion for all Australians but it holds special meaning for those who endured the second World war, particularly for our veterans, those whose loved ones did not return or who were returned suffering grave physical and mental injury.

Today, as we reflect on the service and sacrifice of our veterans, we should take a moment to consider what it was they fought for 68 years ago.

While the early years of World War II in Europe and the Middle East brought little change to daily life for most Australian families, the bombing of Pearl Harbour in December 1941 signalled the start of Japan's rapid advance through the pacific. The day after crippling the US Navy Fleet at Pearl Harbour, Japan landed its first troops in Malaya. A powerful Japanese offensive ensued and Australia hastily prepared for possible invasion.

With the majority of our 2nd AIF, Naval and Air Forces already heavily committed to Europe, the Middle East and North Africa, Prime Minister John Curtin decide to withdraw most of them to meet the needs of defending Australia.

In January 1942 the Japanese forces captured Rabual, the capital of the Australian controlled territory of New Guinea. Within weeks, Australian and Dutch forces had surrendered the island of Ambon in the Netherlands East Indies.

When Singapore fell on the 15th of February, 1942, 15, 000 men of Australia's 8th Division were taken captive, which was the start of over three long years in captivity. The loss of Singapore meant the 'Malay Barrier' had been breached and Australia was in potential danger.

The war arrived on Australia's shores on the morning of the 19th of February, 1942 with a devastating air raid on Darwin. Nearly 260 Japanese Fighters and Bombers attacked the port. They targeted the shipping in the harbour twice during that day, killing 252 allied service personnel and civilians. In succeeding months air attacks were made on many towns including Wyndham, Port Hedland and Derby in Western Australia, Darwin and Katherine in the Northern Territory, Townsville and Mossman in Queensland and Horn Island in the Torres Strait.

In May 1942 three midget submarines attacked Sydney Harbour, followed by several minor attacks on Australia's southern coastline by conventional submarines. This included the shelling of Newcastle. In the following months, Japanese submarines sank six allied merchant ships off the east coast of Australia. Several more merchant ships were hit in 1943 and, in May of that year, 268 perished when the Australian Hospital ship *Centaur* was sunk in Queensland waters.

These attacks, and the Japanese landings in Papua New Guinea in July, led to most Australians feeling a great sense of peril. While debate today still questions whether the Japanese had really developed a coherent strategy to invade Australia, it would have been extremely difficult at that time not to imagine Australia being the next objective of the Japanese. The first sic months of 1942 were indeed a grim time for Australians and her Allies in the Pacific.

But in September of that year Australian Forces achieved something that no other Allied Force had yet achieved. At Milne Bay a combined force of Australian Army, Air Force and US Forces defeated the Japanese for the first time.

Victory here, and a few weeks later, the recapture of Ioribaiwa in New Guinea by the Australians on the 28th of September, marked a turning point. The seemingly 'unstoppable' Japanese had been stopped. This was an important psychological victory.

British Field-Marshall Sir William Slim, the brilliant Commander of the 14th Army in Burma, later commented that;

"***Australian troops had, at Milne Bay, inflicted on the Japanese their first undoubted defeat on land. Some of us may forget that of all the Allies, it was the Australians who first broke the invincibility of the Japanese Army.***"

After the defeat of the Japanese at Kokoda and Milne Bay, Australian and American Units between November 1942 and January 1943 fought the Japanese in Northern Papua at Buna, Gona, Sanananda, Finschhafen and Wewak in a series of costly battles where no quarter was shown or expected. By early 1943 Allied forces had halted Japanese offensives in the Solomon Islands and New Guinea.

In 1945, Australian Land, Air and Sea forces launched coordinated assaults against the Japanese at Tarakan, Labuan and Balikpapan. These were the biggest, most complex and the final Australian campaigns of World War II.

Preparations were then being made for what would have been an extraordinarily costly assault on Japan itself. However, with the atomic bombing of Hiroshima and Nagasaki in August 1945, the Emperor of Japan finally realised the futility of continuing the war and was persuaded to unconditionally surrender on 15th of August, 1945.

During the early years of the war, over 22, 000 Australian Servicemen and almost 40 Burses were captured by the Japanese. Most were captured early in 1942 when Japanese forces captured Malaya, Singapore, New Britain and the Netherlands East Indies. Hundreds of Australian civilians were also interned.

Although it is difficult for us to understand what these brave Australians endured, the fact that one third of our POW's (Prisoners of war) perished in captivity is some indication of the appalling conditions they suffered. Most became victim of their captor's indifference and brutality. Tragically over a thousand died when Allied submarines torpedoed the unmarked ships carrying prisoners around Japan's wartime empire.

For Australia, Victory in the Pacfic Day ended six years of hardship, sacrifice and anguish. It heralded the start of what many people had hoped would be a new era of peace.

So in remembering the nearly one million Australian men and women who served, and the 40, 000 who died fighting to protect the freedom we enjoy today, it is worth refecting on the legacies of that great generation of Australians.

Lest we forget.

The Avalon Voices - led the hymns singing in fine form.

Robert Dodds, John Anderson, Bob Lacey, Neil Johnston.

Laurie Malone, Trevor Newman, Frank Russell, Noel Hurley - Avalon Beach RSL Sub-Branch members.

Danni Sloper and Doreen Cherry.

Norman and Wendy Field.

Mick Wales and Ernie Parker - Avalon Beach RSL Sub-Branch.

Colour Party.

Graham Sloper (Cmdr. Rtd.) - Avalon Beach RSL Sub-Branch.

Photos by A J Guesdon, 2013.

August 18 - 24, 2013: Issue 124

Vietnam Veterans (Northern) Day 2013

On Sunday 11th of August 2013 the Vietnam Veterans (Northern) branch held their annual March, Commemorative Service and lunch at Palm Beach RSL (Club Palm Beach). Our Pittwater Vietnam Veterans were joined by many who have served and serve in Australian Army, Navy and Air Force branches as well as veterans from Dee Why, Wangi Wangi or those who were part of the National Serviceman's Association, many of these gentlemen travelling from the Central Coast and further to join in honouring each other and those who did not come home.

A beautiful blue day greeted those who gathered at Palm Beach Ferry wharf, some who had not been able to catch up since this time last year. This great idea, to get together nearer to where those who are Vietnam Veterans live, has spread in recent years with many other suburban RSL's holding their own Vietnam Veterans Commemorative Services and get togethers over great food throughout the Sydney Metropolitan area.

The drums corps leading the March was provided again this year by the wonderful students of The Avalon School Drum Corp – Juniors, as too was the trumpets for the Last Post and Reveille. The support of this school and the children's parents always brings a smile to the faces of the veterans attending, many of them grandparents themselves now, while the sound of their drums stirs the heart of all Marching and all on each side of Barrenjoey road who attend this Commemorative service each year.

Today, Sunday 18th of August 2013, marks the official Vietnam Veterans Day and Commemorative Services, remembered each year on the day known as Long Tan Day, and chosen to commemorate the men of D Company, 6RAR who fought in the battle of Long Tan in 1966. On that day, 108 Australian and New Zealand soldiers fought a pitched battle against over 2,000 North Vietnamese and Viet Cong troops in a rubber plantation not far from the small village of Long Tan. The Australians prevailed, but only after fighting in torrential rain for four hours. Our Vietnam Veteran Profile for 2013 is a gentleman who was part of this battle.

Mark Ferguson, who started Vietnam Veteran's (Northern) at Palm Beach RSL in 2002 with Ian Traveller and John Roxburgh, was on hand once again, as was President of Vietnam Veterans (Northern) Peter Rumble. Patrons Hon. Bronwyn Bishop and Hon. Rob Stokes and representatives from Avalon Beach RSL Sub-branch, Pittwater RSL Sub-branch and Wangi Wangi RSL Sub-branch laid wreaths to commemorate those who fell in this conflict.

We would like, this year, to share the opening words spoken by Mr Rumble, president of Vietname Veteran's (Northern) so that you who could not attend last Sunday can hear what should be remembered of those who left their homes to defend the freedoms and rights of the peoples of South Vietnam:

On this day above all days we recall those who, in the great tragedy of war, gave their lives in the battlefields of Vietnam. Names such as Coral, Long Hais and Long Tan will live forever etched, never to be forgotten by Vietnam Veterans on this day of remembrance.
Today, as you stand to salute them, they too will be here at your side.

Rest ye, of warrior, you'll battle no more
No longer to live the horrors of war
Your Duty was done, with honour and pride
Farewell, oh Brother, until we march by your side
Well done, thou good and faithful Friend
We can never forget

Michael Mannington's Volunteer Photography Vietnam Veterans (Northern) 2013 Public Gallery

Meeting at Palm Beach Ferry Wharf

Peter Rumble, President Vietnam Veterans (Northern), Graham Sloper (Cmdr. Rtd.) Avalon Beach Sub-Branch, Robert Dodds, Vice-President Avalon Beach RSL Sub-Branch.

Left to right: National Servicemen's Association of Australia, John McGuigan, National Servicemen's Association of Australia-Sydney Northern Beaches Sub-Branch, Barry Andrews, National Servicemen's Association of Australia-Sydney Northern Beaches Sub-Branch, Tom Warne

Left to right; Len Brown, Wayne Edwards, Stuart Brown.

Left to right: Deborah Hendy, Pittwater RSL Sub-Branch, John McInerney, Vice President Avalon Beach RSL Sub-Branch, Michael Carrodus, Vice-President Pittwater RSL Sub-Branch and Inez John.

The March

Commemorative Service

Wreath: Peter Rumble, President Vietnam Veterans (Northern).

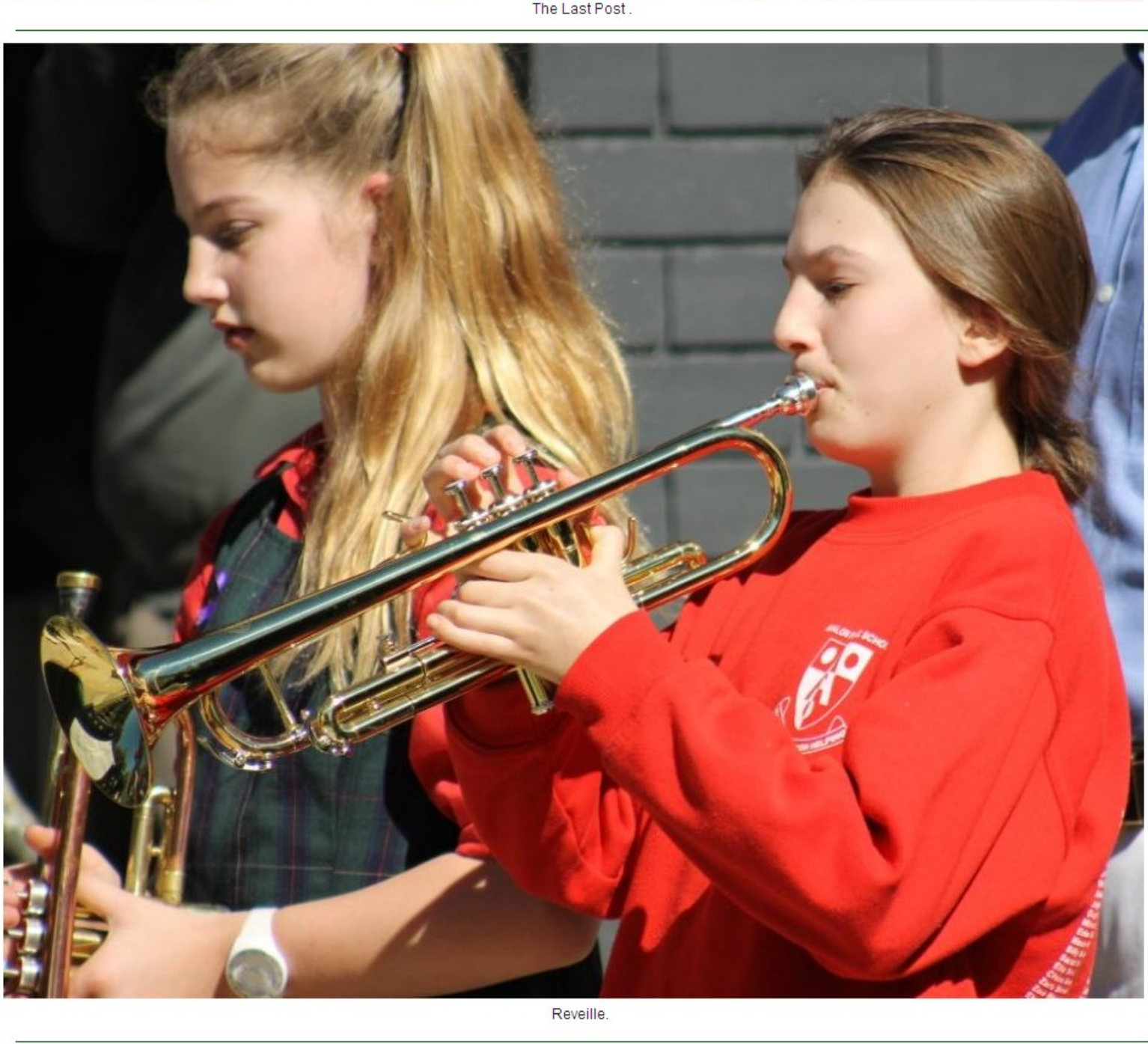
Wreath: President of the Wangi Wangi RSL Sub Branch, Mr David Edmonds

Wreath: on behalf of National Servicemen's Association of Australia - NSW Branch, Dennis Moran.

Wreath: Bryan Webster President Palm Beach RSL Sub Branch

Wreath: Hon. Bronwyn Bishop, Federal Member for Mackellar.

The Last Post.


Reveille.

Vietnam Veterans(Northern) - Originators and Keepers

Left to right: Peter Rumble, Mark Ferguson, John Roxburgh, Ian Traveller and Russel Marsh.

Photos by A J Guesdon, 2013.

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August 18 - 24, 2013: Issue 124

Birdsong Is a Lovesong at This time of The Year

Over the past few weeks the bush, native trees and waterways have been becoming more and more tuneful with the sounds of resident, returning or visiting birds finding feasts and their songs of courtship.

Everywhere there are birds bringing large fish to re-romance 'wives' or mates, including a bit of wattle blossom amongst the twigs and leaves being gathered and woven into this year's nests, or sitting up high in branches calling to their lifelong companions.

You hear a lot of birds before you see them, in fact, standing and listening for their songs is what most birders will do in thick scrub. Just remember, nine times out of ten; you hear them before you see them. You may also find that all these caroling birds are not that perturbed by those humans who stand watching them at this time of the year. In fact, some are quite brazen in coming closer to peer back at you too.

In listening for them you may be accustomed to what each 'song' seems to be saying; whether they are 'calling' to a mate who may be near (softer coos) or further across the way (a longer more piercing call), whether they are calling to young chicks, singing the songs of romance to one near or to call another in to begin a romance.

A few studies have begun pointing to how each and every bird has its own 'song', not just within species but in each single bird itself, that makes them identifiable to those in their family and the species. Individuality, despite a sharing of feather colours, is marked.

Just in the last week and a half a Little Wattle bird's loud song to his mate a mere foot away on a banksias was heard on Barrenjoey Headland.

The Australasian Figbird shown here, and heard before being seen at Careel Creek, was clearly calling for his female companion.

The Brown Falcon pictured here, residents overlooking Palm Beach Ferry wharf for a few generations by now, could be seen with a twig and bit of flower in, gathering materials to refurbish this year's nest.

If you know where they are after then, and which verges of light they rise in at dawn to go hunting if raptors, which trees they will frequent, year in year out, if native fruit and seed lovers, you can chart your seasons by our residents and visiting birds in wetland, dunes, scrub, and tree canopy.

What they have been singing in the last few weeks is that the season of love is commencing and for those with ears that hear, who can then turn their eyes to see, a glimpse into the world of birds that annually sings itself in renewing, has begun yet again.

Australasian Figbird *Sphecotheres vieilloti* (male)

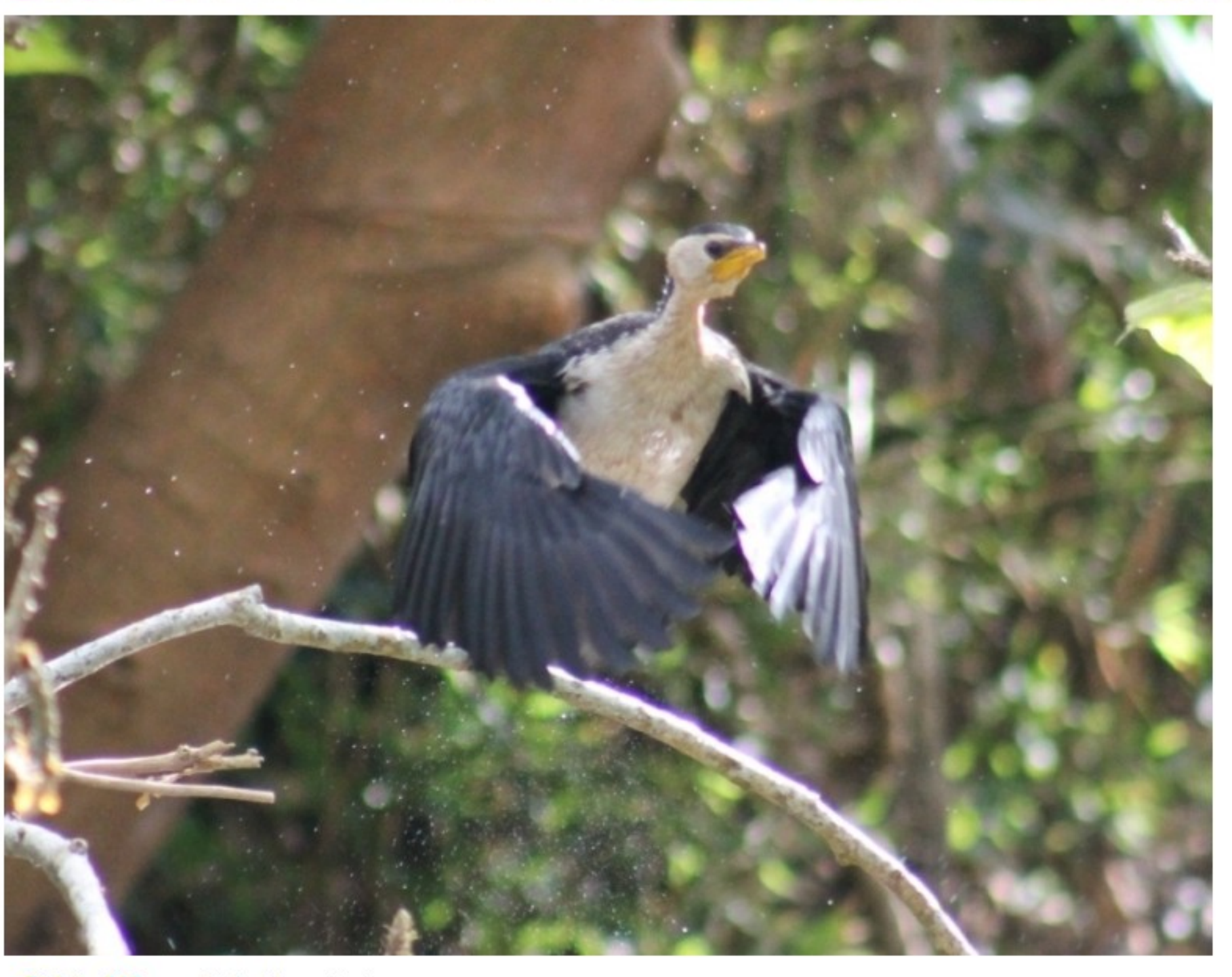
The male Australasian Figbird is olive green with black crown and grey neck and throat. He has bare, red skin around the eye. The underside of tail is white. The female is brown-green above and dull-white below, streaked with brown. She has grey skin around the eye and does not have black head markings. Males north of Proserpine in Queensland have a yellow front. Breeding season is September to January.

Little Wattle Bird *Anthochaera chrysoptera*

The Little Wattlebird is a medium to large honeyeater, but is the smallest of the wattlebirds. It is mostly dark grey-brown above, with faint white shafts on each of the feathers. The underparts are grey and are heavily streaked with white. The streaks are finer around the throat, becoming more blotched on the sides of the belly. In flight, there is a large rufous patch in the wings. The eye is blue-grey. Birds of Western Australia have a red eye and a silver patch on the side of the throat; these are sometimes regarded as a different species. The sexes are similar. Young Little Wattlebirds resemble the adults, but are duller, have less streaking and a have a browner eye. They prefer the drier and often scrubby, habitats, such as banksia heaths, forests, woodlands and urban parks and gardens. A member of the honeyeaters family, Little Wattlebirds feed on nectar, which is obtained using a long, brush-tipped tongue, specially adapted to probing deep into flowers. Other food includes insects, flowers, berries and some seeds. Most feeding is done while perched, but some insects are caught in mid-air. Birds may feed alone or in small to large groups. Their breeding season is from August to December but they can breed year round. (1)

1. Birds Australia

Australian Pied Cormorant *Phalacrocorax varius*



Mangrove or Striated Heron *Butorides striata*

The Striated Heron is probably the least obtrusive of Australia's herons. It lives quietly among the mangrove forests, mudflats and oyster-beds of eastern, northern and north-western Australia, where it creeps about in the soft mud among the mangrove roots in search of prey such as fish, crabs and other marine invertebrates. When foraging, these herons usually adopt a hunched posture, with the head and neck drawn back into the bird's body, while keeping the bill held horizontally, parallel to the surface of the mud.

Great Egret – *Ardea alba*

Grey Butcherbird – *Cracticus torquatus*

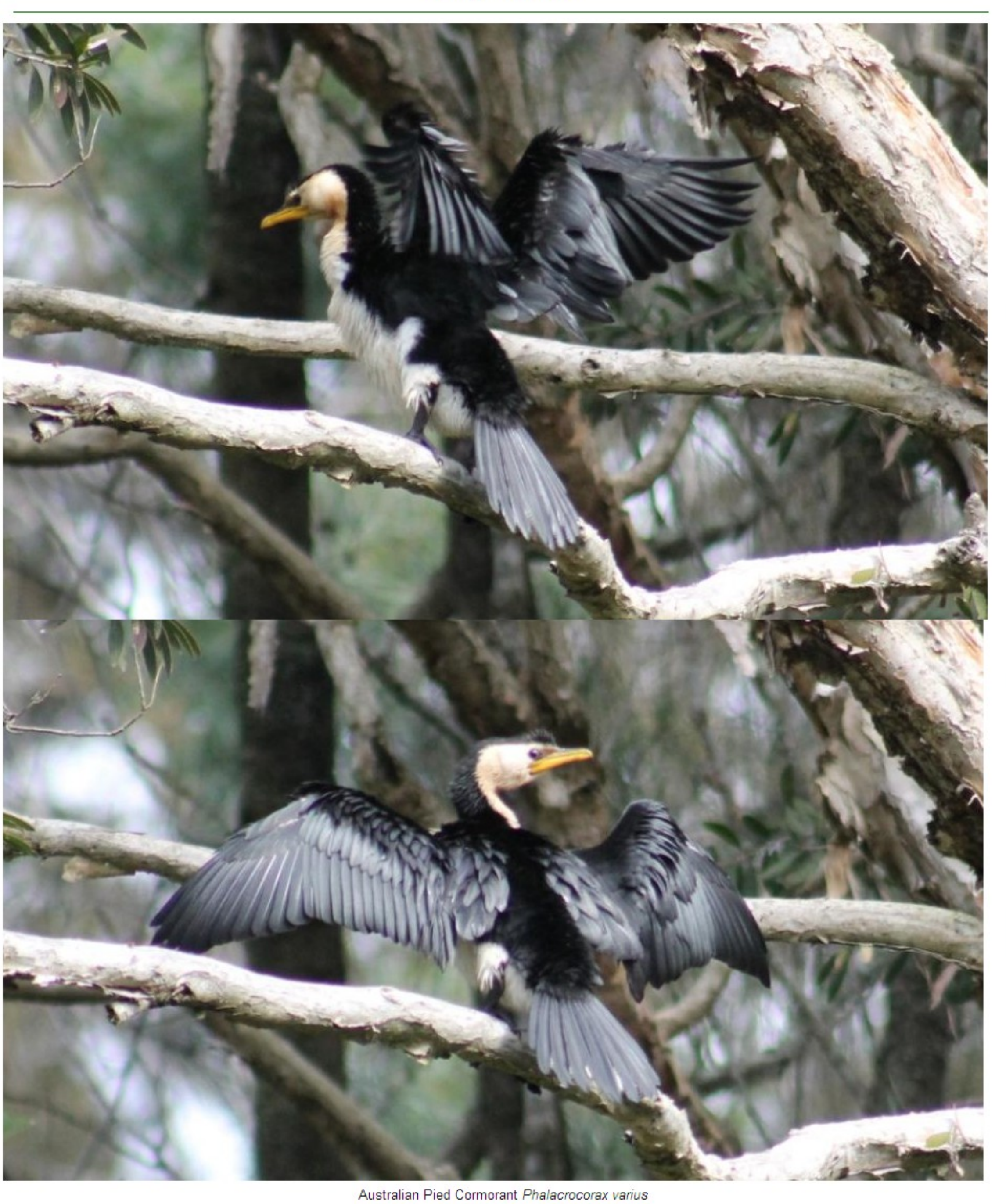
White-faced Heron – *Egretta novaehollandiae*

Australasian Figbird *Sphecotheres vieilloti*

Little Wattle Bird *Anthochaera chrysoptera*

Mangrove or Striated Heron *Butorides striata*

Great Egret – *Ardea alba*



Australian Pied Cormorant *Phalacrocorax varius*

Photos by A J Guesdon, 2013.

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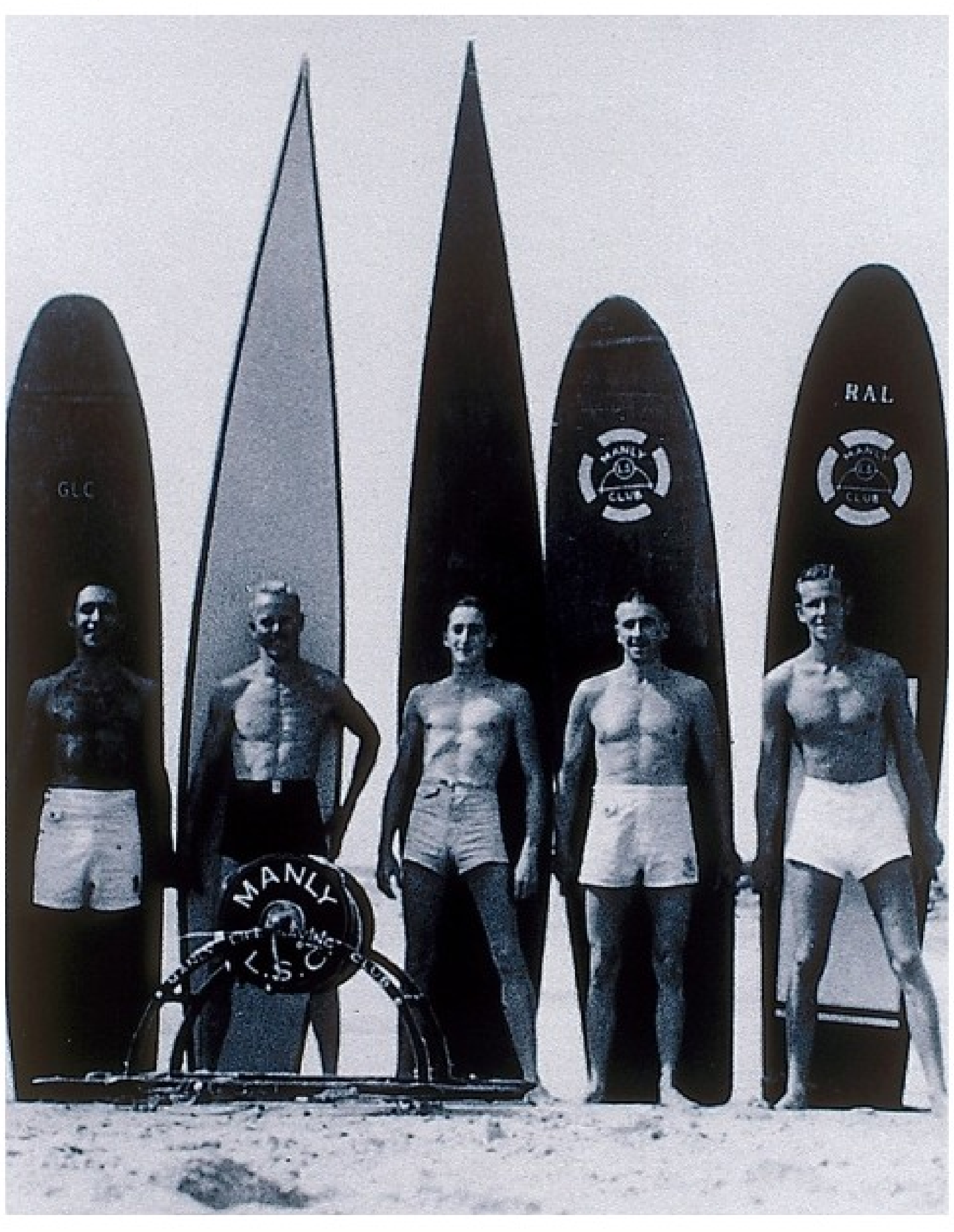
August 18 - 24, 2013: Issue 124

SUN AND SURF.
The Call of the Beach.
(BY D.Y.)



All roads lead to the surf. So we find –when the car Joins the stream of traffic northward bound for the wonderful beaches that fringe the coast **from Manly to Broken Bay**. At last parking space is found In the ranks of cars that crowd the ocean parade of one of the further resorts. The crowd is In holiday mood, and there Is pleasure In watching the living, colourful pageant before our eyes.

A murmur In the crowd, and we turn to see an outward surf-boat planing down a rushing green hill of water, the spray flying from its bow. A towering statuesque figure In the stern dips and strains on the great rudder oar; the craft turns, rides head-on through a crashing "dumper," and soon Is tossing, a dazzling white shape, on the blue water further out. As it surges from trough to crest, there Is a glimpse of four bronzed Argonauts straining at the sculls, while the sunlight glances on the white helmet of the young Jason In the prow and the flashing sweep of oars. These are the men our beaches breed; Vikings of peace whose mission Is to save.

SURF HEROES.

Out beyond the breakers Is a youngster lying full length on a huge surf-board, which he paddles slowly with his arms, heaving lazily on the' swell. He crouches, watching a following wave, and next Instant is erect, with legs apart and arms outstretched-a picture of Neptune's charioteer driving his racing team from shield-shaped ear.

Aloft in the watch tower is "Ossie," the team captain, yarning with a group of idolising youngsters. With arms clasping sunburn legs they loam how their hero and his mates showed the South Africans the noble art of surfing at Durban. For among the senior clubmen of the coast are hundreds of A.I.F. men-great-limbed, massive fellows In their prime, who not long ago put the fear of death Into the Prussian Guards. And the younger men, still with the grace of the schoolboy athlete, are sons and brothers of Anzacs. Lithe and slender of limb, theirs are the depth of chest and breadth of shoulder that come of battling with a stubborn surf from childhood,

A delighted squeal from little "Skeeter" interrupts the talk. Following his pointing finger we see "big brother Bluey" carving his way through a heavy sea to his "patient," who is treading water a hundred yards out. Bluey (aged 15) has the bolt, and is practising for the great day when he will Join the life-saving club, the beach Asgard where dwell the kings and heroes of the surf.

Well, the day is getting hot and the water is inviting. Answering its call, one is soon threading a way through the ranks of splashing bathers to where a dozen heads bob in a line far beyond the rest. These are the vanguard, masters of every kind of roller that sends the greenhorn gasping to the shallows. The experts Ignore a dozen seemingly identical breakers and seize unerringly on the coveted "shoot."

DUMPERS AND SHOOTS.

Beware of that tall billow with the concave face! Its crest will curl and crash vertically, seizing the foolhardy surfer, to roll him unmercifully head over heels, dragged spread-eagled hither and thither by a dozen seething cross-currents. Such is the "dumper," foe of the unwary. But mark how the cognoscenti deal with this monster. Retire to where they break In a tumbling yard-high bank of seething foam, with the spindrift flying from their crests. Now, break the charge of Neptune's cavalry; turn side-on to their onslaught; lunge and spring for their manes, every muscle braced for the shock. Or, again, dive for the bottom, feel them crash on your feet as they thunder over with a noise like distant cannon. Then spring for air with the frothy backwash creaming on your face.

The dumpers cease for a time, followed by a series of "flats"-waves with the full face of a shoot, but whoso lighter green betrays the hollow back which means lack of pace and body. Suddenly there Is an eager surge and the front-rankers are racing out to "get on to" a shoot. Yes! There Is no mistaking the dull green bulge of that big roller capped with the curl of foam which Is the badge of speed. The vanguard wheel ns one man, kick off and lash the water with frantic strokes as the wave Is on them. The shoulders and upflung head surge forward, racing like the figurehead on some storm-driven galley. The cave crashes and they are lost to view, but soon the broad back shows, head down, boring torpedo-like through the shallows. . . . Fifty yards Inshore a dripping figure rises among the wondering paddlers and struggles back for his next ride.

RESCUE.

Away to the left a bather is caught in a channel, and heralds the fact with much splashing and struggling. In a flash a man has plunged in, and is flogging his way through the choppy water with the saving belt round his chest. At intervals on the shore are three reelmen standing like statues, calmly paying out the lifeline with hands raised over-head. An upflung arm is the signal for them to bend to the task, hauling rhythmically hand over hand, with muscles starting under the double load. After a long pull the couple are wading back to safety. The rescuer grins, slaps his salvage on the back, and flings the belt at a comrade with a laughing word. A fine boy this, yet typical of hundreds of young savers. He Is breathless, hut dashes the water from his eyes, and mounts the sloping beach with all the grace of the marching stride he has learned in sand and shallow water. The poise of head, the swinging shoulders, and sway of hips are a delight to the eye, while the firm, rounded limbs move with effortless grace. Truly a feast for our sculptors-a model all ready in living bronze.

HALCYON'.

After a swim, a smart run along the sand is voted breathless work, so one sits for a space like the Lotus Eaters.

To watch the crisping ripples on the beach
And tender curving lines of creamy spray.

The sun pours down a flood of streaming golden light like a benison upon the sand. Its' warm kiss glows on the skin still tingling with the cool salt drops; the heavy, spray-laden breeze trembles on the limbs like a caress, and the air is quivering in a mellow dream from the great blue arc of sky down to the living glow of sand. Under half closed eyelids we are aware of the bright flash of colour-the flutter of a silken wrap, a gleam of gold on some girl's rounded arm; rainbow patchwork of sunshades and the flowing lines of sinewy limbs. Beyond it all, the boil of surf and a haze of distant headlands; above It all, that clean, blue vastness- the miracle of an Australian sky.

Why envy the gods of Homer, debauched In the marble palaces of Olympus, swilling nectar from gold and Ivory vessels? What need of nectar when the mouth rejoices in that cold, salt freshness which only the surf can give? The gods of Tennyson's poem lived to the sound of

Clanging fights and flaming towns
And sinking ships mid praying hands.

But what have we? The sea's dull soothing roar and the happy shouts of children. Basking in the rich sunlight we know perfect freedom and relaxation In every fibre-the happy state when repose of soul and limb recalls to life the shy little gleams of beauty lost In the scramble of daily life, Banished by the magic breath of sun, sea, and air, cares seem very far away.

SUN AND SURF. (1928, February 25). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16444810

Images in sequance:

Photograph; 'Boys and their boards - Geoff Cohen, Harry Wicke, Jim Austin, Lou Morath, Ray ?'. Manly beach, New South Wales, Australia. In this image five men stand in front of their upright surfboards, arms crossed, wearing swimsuits. The surf reel in the foreground features the Manly Life Saving Club logo. Photographer: Ray Leighton (1917 - 2002). Taken some time in 1938. courtesy Australian National Maritime Museum

This image depicts the surfboat AKUBRA on a beach with five members of Queenscliff Surf Life Saving Club. Taken circa 1920. Object number: 00031998, courtesy Australian National Maritime Museum
Palm beach aerobics Object number 00017899, circa 1920, courtesy Australian National Maritime Museum

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Pittwater Online News

August 18 - 24, 2013: Issue 124

Easy Transport Manly Warringah Pittwater

http://www.easytransportmwp.org.au/index.html

Think Transport? Think Easy Transport Manly Warringah Pittwater! A not-for-profit community group providing transport solutions for the residents of Manly Warringah and Pittwater LGAs. Easy Transport Manly Warringah Pittwater provides affordable transport solutions for frail-aged, people with a disability and their carers, plus others who cannot access mainstream transport services to medical and hospital appointments, shopping, social outings and activities.

Easy Transport operates a shuttle bus TO and FROM Royal North Shore hospital and Mater Hospitals four times a day Monday to Friday. All services are door-to-door providing reassurance to those who may need a little extra assistance. Fees apply. Bookings are essential.

Visit our great central location at 30 Howard Avenue Dee Why. You can also visit us ONLINE at www.easytransportmwp.org.au where you can quote, book, pay and confirm travel, to become a client or a volunteer

Who is the service for?

Community Transport services are designed for:
- frail aged people over 65 years
- younger people with disabilities
- and the carers of these people

Community Transport services are provided by cars and minibuses for purposes such as medical appointments, shopping and social outings.
Passengers are transported door-to-door by drivers trained to provide a supportive service for frail aged and disabled clients, and many of the vehicles used are wheelchair accessible.

What are the Costs of Community Transport Services?

Community Transport providers are not-for-profit organisations that receive federal and state government funding as part of the Home and Community Care (HACC) Program. Community Transport providers charge passengers a small fee for services. However clients are not denied a service if they are unable to pay. Carers can accompany a frail aged or disabled passenger at no extra cost. Our Rates are listed below

A Shopping Trip; what does this involve?

We all need to get to the shops. Easy Transport provides a full range of shopping options for residents on the Northern Beaches. Regular group services provide access to each of the three major shopping centres, Warringah Mall, Warriewood Square and Forestway. These services go out each fortnight from different areas on the peninsula. Regular groups services also offer passengers the opportunity to catch up with friends or just have a cuppa.
On demand shopping is also available though our flexible transport service. You'll need to book a time to be there and also a time to be returned.

Bookings are essential and require a minimum of TWO days notice. Please note that bookings made with less than TWO day notice will incur an additional administration fee. A reminder call will be done before 3pm the working day prior to travel.

You can make a booking online on our new website just hit BOOKING REQUEST or you can phone the office on 9971 5110 between 11am and 3pm.

GROUP SHOPPING AND SOCIAL OUTINGS
The following is a general guide to areas covered. Please telephone to discuss the service best for you. Fortnightly SHOPPING TRIPS from individual homes to Warriewood Square, Warringah Mall and Forestway.

Day of week	General Pick up Area
Monday	Collaroy to Bayview
Tuesday	Mona Vale to Avalon and Dee Why to Seaforth/Manly
Wednesday	Collaroy to Beacon Hill and Allambie to Belrose
Thursday	Forestville to Belrose
Friday	Dee Why to Manly

The Mystery Tours and Saturday Outings; what are these about?

Easy Transport has Social Trips with a number of options if you want to get out and about.

Mystery Drives - Book on one of our regular Mystery Drives and discover the sights and sounds of Sydney. Services operate each fortnight from all over the Northern Beaches and Forest. Mystery Drives are full and half day outing taking in some of Sydney's finest attractions. Afternoon tea is supplied.

Fortnightly MYSTERY DRIVE outings full day or half day.

Day of week	General Pick up Area
Tuesday	Dee Why to Palm Beach
Wednesday	Forestville to Belrose and Dee Why to Allambie
Thursday	Narrabeen to Palm Beach and Dee Why to Seaforth/Manly
Friday	Narrabeen to Palm Beach

Saturday Outings
Easy Transport has introduced Saturday Outings. Once a month Easy Transport takes out up to 45 passengers to a pre arranged destination for a scenic drive and a delicious two course lunch.

Please contact the office on 9971 5110 to enquire or reserve your seat.

SATURDAY LUNCHEON CLUB - 4th Saturday of each Month
Door to door transport which includes a scenic drive to various locations for 2 course lunch . All you need is to be a registered client (call 9971 5110 to become one if not already on the service). You will be picked up at home and taken back home at the end of the day. COST $50 per person

Upcoming Outings are:

August 24	Ettalong Beach Club, Ettalong
September 28	Bowling Club, Wisemans Ferry
October 26	Bowling Club, South Cronulla or Camden Valley Inn, Camden
November 23	Mean Fiddler, Rouse Hill

BOOKINGS ESSENTIAL: Ring 9971 5110 between 11 am – 3 pm (48 hours required for cancellation otherwise $25 fee will apply)

You also provide assistance for people to and from Medical appointments; what does this involve?

Our flexible services aim to provide safe, reliable and cost effective transport to health facilities. Services are provided door to door for those who need it. Bookings are essential and require a minimum of TWO days notice. You will be asked to provide details of appointment and return time along with addresses and phone numbers. Please note that bookings made with less than TWO day notice will incur an additional administration fee.

You can make a booking here on line just hit BOOKING REQUEST or you can phone the office on 99715110 between 11am and 3pm.

Also note that reminder call will be done before 3pm the working day prior to travel. IF YOU HAVE NOT RECEIVED A CALL PLEASE CONTACT THE OFFICE before 4pm.

The North Shore Shuttle Service operates to a timetable (please see below). The pick-up spots for the Shuttle Service on the Northern Beaches are our office at 30 Howard Ave Dee Why and also Forestville Community Arts Centre Darley St Forestville.

Hospital Shuttle

You now have an Online Booking Facility; please explain to first time users how this works and how they use it

We have a new website. Those of you who are tech savvy can access the Website and book all your appointments on line. The website is an innovative way in which all users of the service can access information including getting a quote if you need a certain type of service, how to make a booking and also refer people who may need our services.
Simply click on what is appropriate for you on our Home page, either 'Get A Quote' or 'Booking Request'. Our new website makes it EASY for Service Providers, Community Members, Carers and Family Members to REGISTER, REFER, BOOK and QUOTE journeys ONLINE. This is a huge step forward not just for Easy Transport but for the industry.

People can also get involved as volunteers; what kind of positions are available?

Easy Transport Manly Warringah Pittwater needs volunteers for a range of duties for those looking to make a difference. Easy Transport is always on the lookout for suitably qualified and committed Drivers, Bus Assistants, Fleet Assistants and Administration Assistants duties.

A great variety of volunteer opportunities with comprehensive volunteer's induction, training and a rewarding program. Join our great Volunteers' Team at Easy Transport and share the great community spirit!

To register your interest, please enter your details and we will call you to arrange an appointment to discuss a role that may best suit you or contact (02) 9971 5110 for more details. Register at: http://www.easytransportmwp.org.au/getinvolved/volunteers.html

What is Easy Transport MWP's 'motto'?

Easy Transport is a not for profit organisation providing transport solutions for those who are transport disadvantaged including frail aged, people with a disability and their carers.

Further: Easy Transport Manly Warringah Pittwater – New Name, New Website, New Premises – Better Fantastic Care - Issue 111

PRICE STRUCTURE

As of April 2013

GROUP TRANSPORT SERVICE:

Mystery Drives
Full day $15
Half day $10

Shopping Trips
Return $10

Saturday Luncheon Club
Transport and lunch $50

North Shore Shuttle (To/ From Transit Lounge)
One Way $5

INDIVIDUAL TRANSPORT SERVICE:
HACC & CTP passengers
Booking Fee $5 plus:
In area service: 50c km (Capped at $10 one way)
Saturday: $1.00 km (Capped at $15 one way)
Out of area: 80c km
Travel assistant: $5 one way

OTHER PASSENGERS
Booking Fee $5 plus:
In area service $1.50 km
Out of Area $1.50 km plus volunteer expenses
Or 80c km plus $40 ph worker charge
OTHER CHARGES
Booking within 42 hours (subject to availability) $5 one way
Tolls and parking

NORTH SHORE SHUTTLE (DEE WHY OR FORESTVILLE TO/ FROM TRANSIT LOUNGE)
One Way $5
Return $10

North Shore Service Timetable – Departure time
Morning
8.25am Dee Why Office
9.30am RNS
9.45am Mater Hospital
10.30am Dee Why Office
11.15am RNS
11.30am Mater Hospital
Afternoon
1.00pm Dee Why Office
1.45 pm RNS
2.00pm Mater Hospital
2.45pm Dee Why Office
3.30pm RNS
3.45pm Mater Hospital
4.30pm Dee Why Office

Bookings Essential: 9971 5110 Monday–Friday 11am–3pm

Easy Transport MWP at Palm Beach Ferry Wharf 11.8.2013. Photo by A J Guesdon.

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Pittwater Online News

August 18 - 24, 2013: Issue 124

Newport Surf Club – Newport SLSC to 1938 Part I

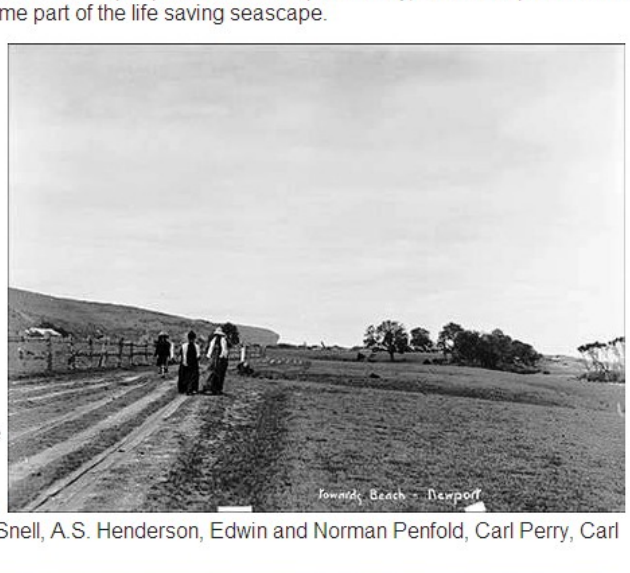
With over one hundred years of saving lives Newport SLSC is Pittwater's first organisation intent on ensuring the safety of all who visit this long stretch of sand and the ocean that meets it. Newport SLSC rose from resident Pittwater legends, necessitated by ensuring the safety of the increasing amounts of their visitors, and was supported and taken forward by people who would come to spend their Summer's either camping or in holiday homes they had built. The surnames of those listed in club annals are the Local hoteliers in succession at Newport (now the Newport Arms), the storekeepers, Scott's boarding house keepers and their children.

Newport SLSC also indicates when Pittwater was changing rapidly from **a rural domain**, where people grew and supplied produce to Sydney, into one of the premier holiday 'resorts' of Sydney. Thousands came to **Newport** by **steamers**, then ferries, coaches and then buses from Manly carried them.

There are a number of other firsts associated with this club, first women's reel team, decades before women were 'officially' allowed into the water as surf life savers, first power boat rescues, first radio, as well as feats in carnivals and in saving lives that, as with all our surf clubs, are too numerous to list here.

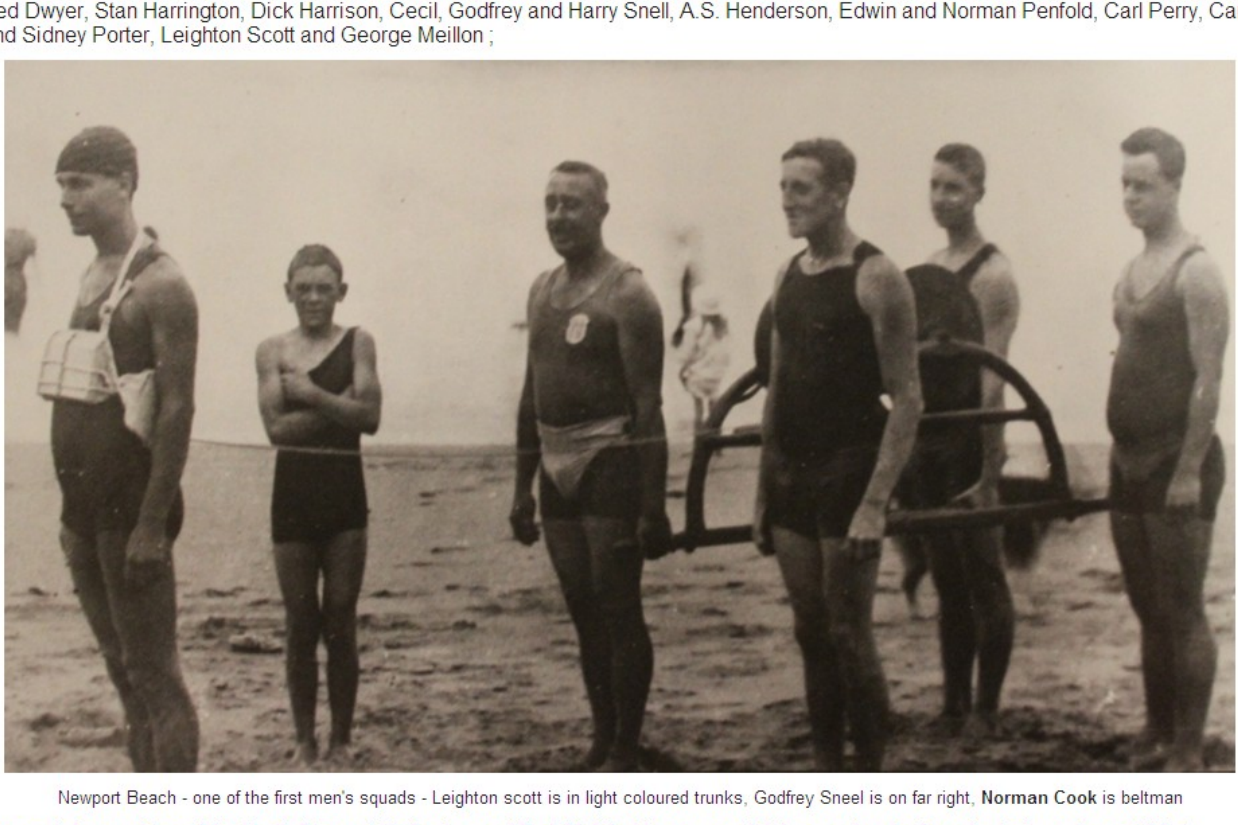
As there are so many aspects, not only eras, of every surf club, the first page for Newport SLSC will share insights into its commencement, its social aspects, especially during the 1920's and into the 1930's where Annual Balls to raise funds to improve the clubhouse facilities or purchase new and better life-saving equipment were all the rage, and up until the outbreak of WWII – when so many surf clubs lost their fittest members to the Services in defence of Australia. There were also numerous people who held the presidency, or were captains of the teams in alarm and surf reel or the surf boats themselves as they became part of the life saving seascape.

Right: 'Walking towards Newport Beach' Pic No: 18526_a024_000069, dated 31/12/1908, courtesy the State Records of NSW



Walking over the hill and short distance from where they were deposited at Newport Wharf, to the surf beach, was the thing to do if going to Newport as an 'excursionist'. With the advent and popularity of 'surf bathing' and trying to do this in 'neck to knee' costumes, in sometimes treacherous seas where those visiting had little or no knowledge of how to keep themselves safe, a Surf Club, that then had reel and line followed by buoy, and people trained to operate this equipment, became paramount.

Founded in 1909, and issued by Warringah Council with a reel and line, originally along the lines set out by the Royal Life Saving Society, Newport Surf Club was a sporting club as much as a group dedicated to guarding the lives of those enthralled with 'surf bathing'. Reports point to a strong link with the North Steyne Life Saving and Surf Club, as it was called then, with demonstrations and training sessions on the beach as well as social days. **Leighton Scott** , Minnie's younger brother was the first Captain and William Boulton first Vice-Captain. The Foundation members are listed as James Booth, William Boulton, Fed Dwyer, Stan Harrington, Dick Harrison, Cecil, Godfrey and Harry Snell, A.S. Henderson, Edwin and Norman Penfold, Carl Perry, Carl and Sidney Porter, Leighton Scott and George Meillon ;



Newport Beach - one of the first men's squads - Leighton scott is in light coloured trunks, Godfrey Sneel is on far right, **Norman Cook** is beltman

The social committee of the North Steyne Life Saving and Surf Club held a successful drag and motor launch picnic on August 30 -to celebrate the close of its successful winter social season. The party drove to Mona Vale, thence to the Newport Hotel, where a banquet was prepared in a first-class manner. Speeches were made by Alderman Quirk and Mr. Field. After the banquet the motor launch Wiga Wiga conveyed the visitors round M'Garr's Creek, Lion's Point,and to Kurring-gai Chase, where they alighted, and were photographed; thence to the. Basin, and past Barrenjoey Lighthouse. Among the guests were Alderman Quirk, Messrs. Field, Franklin, Dale, Hurd, Fox, Veness, Richmond, B. .Hard, Mesdames Franklin, Rogers, Fox, Quirk, Denmead, Field, Hind, and the Misses Heaton, M'Grubbon, Denmead, Masters Field and Quirk. Mr. Field and Alderman Quirk were thanked for their successful efforts. The guests returned to Manly laden with lovely wild flowers and fruit at about 6 p.m. SOCIAL ITEMS. (**1908, September 5**). *Evening News* (Sydney, NSW : 1869 - 1931), p. 14. Retrieved from http://nla.gov.au/nla.news-article114760762

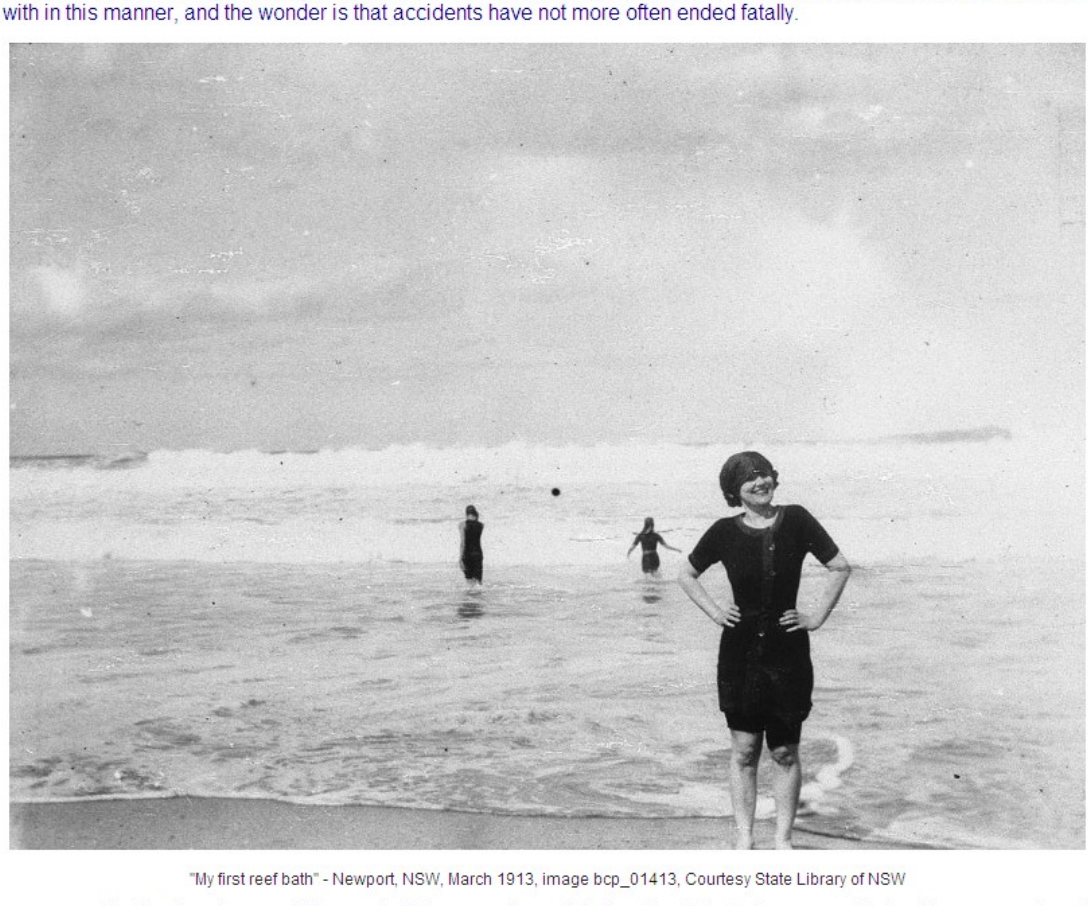
The members of the North Steyne Life-saving Club, in charge if Mr. C.D. Paterson (captain) and Mr. J Johns (Royal Life-saving Society), visited Newport on Saturday afternoon for the purpose of giving a practical demonstration in the art of life-saving. The following members took part-:
No 1 Team – Neilson (patient), Holmes (support), Childers (belt) and Messrs. H. Hind, Bonice, Beale and Cameron.
No. 2 Team – Anderson (patient), C. Hind (support), J. Vernon (belt), E. Nicholls, A. Kelly, J. Morgan, D.V. Green. The Newport Surf Club Members also gave an interesting display. LIFE-SAVING EXHIBITION. (**1911, April 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article15235413

SURF-BATHING (BY A W RELPH.)
During the last few years no outdoor sport has made more rapid progress In New SouthWales than surf bathing. This month is regarded by its devotees as the beginning of the season, although there are many regular bathers at several of the main beaches all the year round. The pastime has undoubtedly come to stay, for as year follows year the number of bathers on the beaches increase rapidly, and last year at Manly, Bondi, and Coogee there were occasions when two or three thousand bathers were to be seen on each beach at one and the same time.

One has only to look at the accounts of sales of land agents during the last few years to realise what a marvellous effect surf bathing has had in causing the value of land In seaside suburbs to increase in value. Wherever there Is a beach land has Jumped from a few shillings to as many pounds per foot, whewre before ne ,thor It is at Maroubra, where five £»"?*?,land was unsalable, or at Freshwater, Curl Curl, or Narrabeen, where water or beach frontages are almost unobtainable, prices have gone up and up, and are still going up, and land Is changing hands more frequently than anywhere else adjacent to Sydney. Furnished cottages at Manly, where in the summer months country people gather from all parts of the State, are booked months in advance; Cronulla is now also coming on fast, many cottages are built and building where a very few years ago was little sign of population.

It is remarkable to think that this sport has become so popular during the short space of five or six years, more especially when It Is remembered that so much opposition had to be encountered in its early stages. Before the period above mentioned surf bathing was prohibited after 7 o'clock In the morning, and the thanks of many thousands of people who have since benefited In health and spirits by Indulgence in the pastime are due to tha tsmall but plucky band of pioneers at Manly who gave notice to the authorities that they Intended to defy the law, and did, with the result that the sport Is now a recognised Institution, and duly provided for under the regulations of the Local Government Act. Again," when the latter Act came Into fore, the first set of regulations wore so obnoxious, providing as they did for the much-detested skirt costume, as well as other objectionable features, that once again the bathers rose in revolt, and made their Influence felt, and these regulations were wisely amended In accordance with their suggestions. The popularity of the pastime has also led to the establishment "of life-saving clubs, the volunteer members of which vie with each other In their attempts to perfect the means of saving life, and in their efforts to Improve their swimming and endurance powers.

With a view to enabling the public to realise what valuable work is being done on the beaches of these clubs, the officers of the Royal Life-saving Society are attempting to obtain the numbers of the actual lives saved by means of the life-lines and by members of the clubs during the past three years. It Is stated that the Coogee Club has records that no less' than 500 people 'have ' been thus saved; the Bondi Bathers' Life-saving Club has also saved a very large number. At Manly the volunteer life-savers have done excellent work at both ends of the beach, and It Is Impossible to say how many people have been rescued. The attendants employed by the local council have probably, too, saved several hundreds of people. Early this year a life was lost owing to the fact that a number of Inexperienced persons rushed the rope and pulled the life-saver back before he had reached the victim. And this calamity emphasises the need for some supervision over the public when cases of accident happen. When large numbers of people are present there Is always a rush to the reels, the men who understand the work(who are always at hand) are Impeded, the lines are trampled on, and confusion exists where there is the greatest necessity for order and calm Judgment. Again and again the volunteer life-savers as well as the employees of the council, have been interfered with in this manner, and the wonder is that accidents have not more often ended fatally.

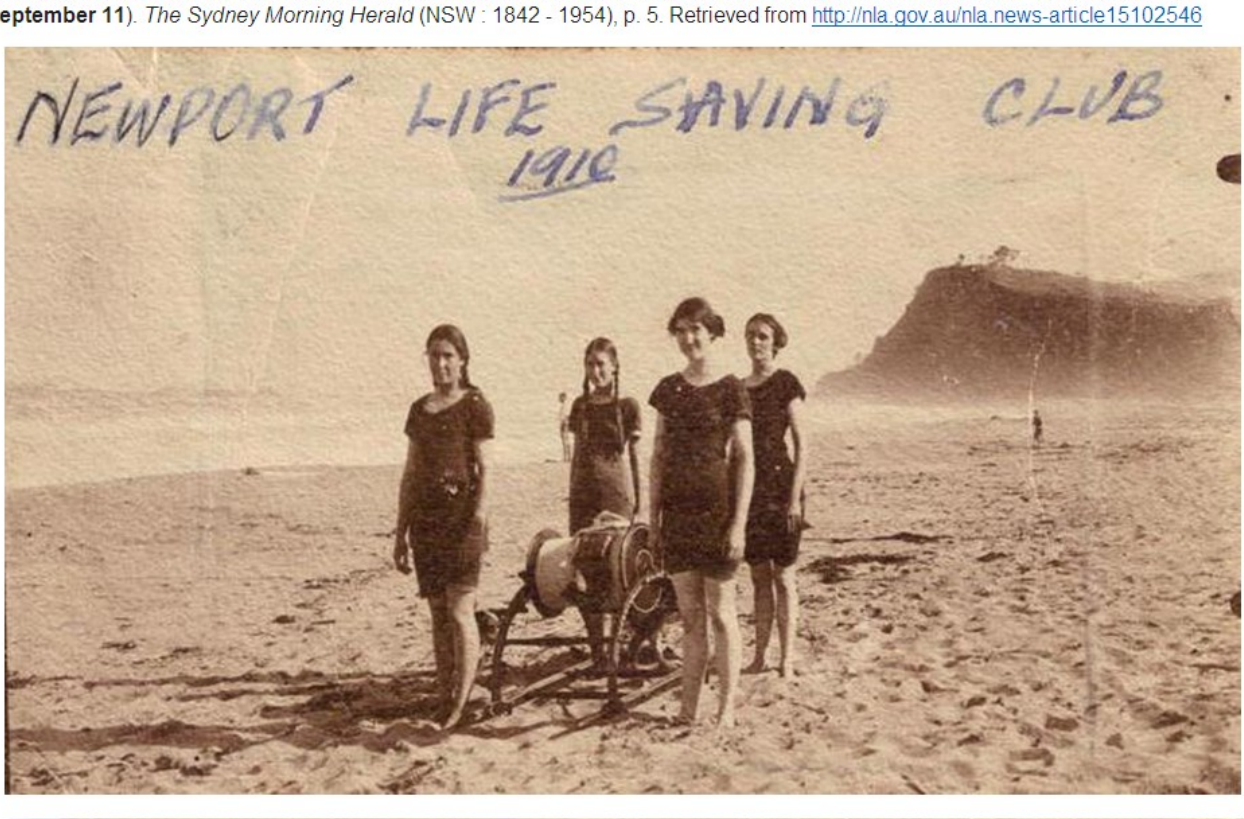


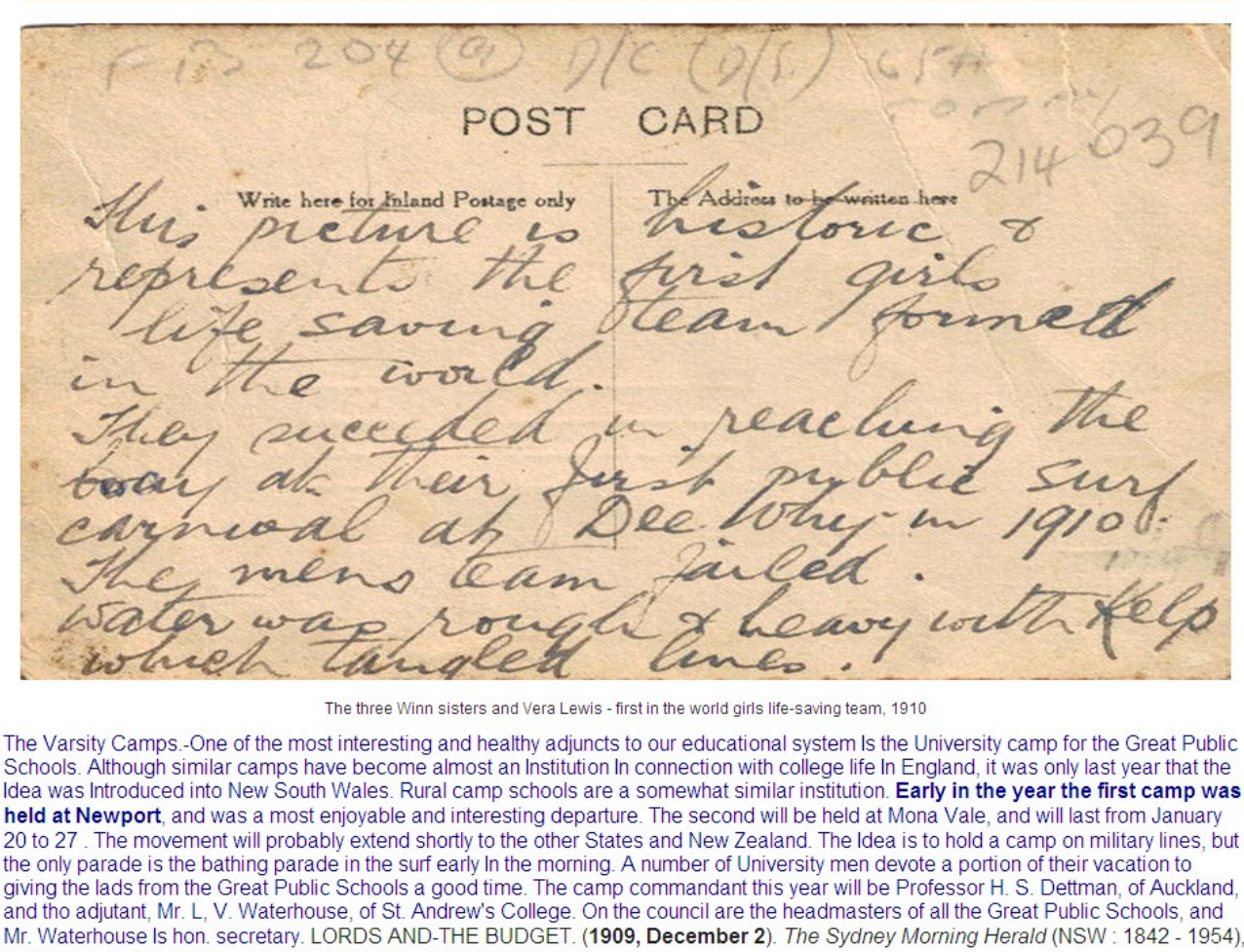
"My first reef bath" - Newport, NSW, March 1913, image bcp_01413, Courtesy State Library of NSW

A great improvement in this direction would be made If the councils would allow the clubs to have movable hurdles or roped enclosures surrounding the reels; and notices might be posted prohibiting the public from Interfering with the reels and lines. There is an objection, on the part of some of the councils to giving the clubs any authority of any kind whatever on the beaches, and no doubt this is a matter that requires careful consideration. .'If the councils could themselves employ a number of men on the beaches to attend to this life-saving work, there would be no necessity for volunteers. But this would be too expensive. It there-fore becomes necessary for them to consider whether they will not recognise the clubs. In some way, use them to safeguard the bathers, and assist them as far as possible in their operations. For ns long as surf bathing is permitted there will be at times great danger, and If the public are allowed to continue to interfere with the volunteers there will be more accidents. The young men belonging to the clubs are doing excel-lent work for the benefit of the public, as well OB themselves, and the seaside councils will not lose anything by making use of this material and giving the clubs some recognised footing on the benches, Including special accommodation, for In safeguarding the past-time they are filling a gap that the councils cannot otherwise supply, and so long as their efforts are rightly directed they should be assisted and appreciated nt their right value-not treated as intruders, and their efforts discouraged. Volunteer fire brigades are encouraged by the councils; the life-saving clubs deserve similar encouragement.

One of the most noticeable facts at the carnivals held during last season was that almost all of the most noted swimmers-Cecil Henly, L. Solomon. Alec. Wickham, Harold Baker, Clive Smith, and others-took part In the competitions, and became enthusiastic members of the life-saving clubs. Formerly swimmers were said to look with rather Jealous eye on the new pastime, and arguments were brought forward to dissuade the champions from taking part In It. The fascination of this sport has won the day, and the flower of our swimmers now rival each other In the life-saving competitions in the surf equally as much as they do in the swimming contests in the baths. The swimmers are also commencing to recognize the value of the life-saving methods and examinations of the Royal Life-saving Society, and a number of them obtained their first certificates during last season. At several of the swimming carnivals held at the baths rescue competitions and life-saving exhibitions with line and reel were held. At the competitions held at the surf carnivals great Improvement was noticed in regard to the handling of line and reel by the competitors and in regard to the methods of the rescuers. The Idea of the first rescuer making after a victim unencumbered, the second rescuer following with the belt and line, originated at Bondi, and has now been adopted by all the clubs. There is still room for improvement, however, and several suggestions and plans in regard to elevating the reel on a platform are now being considered by the Surf-bathing Association. During the winter months, when the surf has not proved such an attraction, the young men attached to the clubs have been doing good work In other directions. - The Bondi, Coogee, and North Steyne clubs have devoted themselves to ambulance and first-aid lectures, and recently a large number of members obtained their certificates while a number of the members of the Manly Surf Club Joined the local rifle club. It is not likely that men of this stamp will abuse any concessions that may be given them on the benches.

The matter that concerns the great majority of surf-bathers chiefly Is the accommodation on the beaches. There Is yet much to be done to Improve the conditions. During the past year, in spite of the promise of for grant by the Government, there is little Improvement. The Manly council Is, however, now taking steps In this direction, and will during the next few weeks expend a sum of £700 In making improvements suggested at a conference recently held with the two local clubs. It Is to be hoped the other councils will do likewise, for the pastime Is not only a direct health restorer to the old and the young, but it Is teaching the nation to love the freedom of the outdoor life, and Is helping to build up a fine vigorous race from amongst the young people who live In the cities bordering on our shores. SURF-BATHING. (**1909, September 11**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15102546





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This picture is historic &
represents the first girls
life saving team formed
in the world.
They succeeded in reaching the
buoy at their first public surf
carnival at Dee Why in 1910.
The mens team failed.
water was rough & heavy with kelp
which tangled lines.

The three Winn sisters and Vera Lewis - first in the world girls life-saving team, 1910

The Varsity Camps.-One of the most interesting and healthy adjuncts to our educational system Is the University camp for the Great Public Schools. Although similar camps have become almost an Institution In connection with college life In England, it was only last year that the Idea was Introduced into New South Wales. Rural camp schools are a somewhat similar institution. **Early in the year the first camp was held at Newport**, and was a most enjoyable and interesting departure. The second will be held at Mona Vale, and will last from January 20 to 27 . The movement will probably extend shortly to the other States and New Zealand. The Idea is to hold a camp on military lines, but the only parade is the bathing parade in the surf early In the morning. A number of University men devote a portion of their vacation to giving the lads from the Great Public Schools a good time. The camp commandant this year will be Professor H. S. Dettman, of Auckland, and tho adjutant, Mr. L, V. Waterhouse, of St. Andrew's College. On the council are the headmasters of all the Great Public Schools, and Mr. Waterhouse Is hon. secretary. LORDS AND-THE BUDGET. (**1909, December 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article15076784

Newport Beach was not public land to begin with. the Farrell family, after whom the beach was called for many years, had to be persuaded to allow it to become so. With the resumption

Proposed Resumption of Newport Beach. At a public meeting held at Newport resolutions were carried urging the Government to have the Newport beach resumed by the Warringah shire council as a public reserve. Speakers representing local residents, tourists to the district, and **the Newport Surf Club** pointed out that resumption would been easier matter at present than later on, when the beach would probably come under private ownership. The proposal is to resume the whole of the beach from low water-mark to Barranjoey-road, and it was decided to ask tho council to arrange a deputation to the Minister for Lands on the subject. EMPIRE FORESTS. (**1910, March 22**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article15133762

NEWPORT BEACH OPENED.
The Newport Beach, which was recently resumed by the Lands Department and Warringah Shire Council, was dedicated on Saturday before a large gathering. The ceremony was performed by Mrs. Nielson (wife of the Minister for Lands). Councillor Ralston, (president of Warringah Shire) in presenting Mrs. Nielson with a pair of silver scissors with which to sever the blue ribbon, said they could well call it a red-letter day in the annals of the shire. The council had recognized the nescessity of securing the beaches for the people, and a few more would be resumed later on.
Mrs Nielson, in cutting the ribbon, said "**I hereby declare the Newport beach open for the public**."
Alderman C. D. Paterson and Dr Arthur, M.L.A. also spoke and congratulated the shire on securing such a fine beach.
During the afternoon the members of the North Steyne Surf Club and Newport Surf Club gave exhibitions in the surf and refreshments were supplied by a committee of local ladies and gentlemen. The Warringah Shire Band rendered a programme of music. NEWPORT BEACH OPENED. (**1911, April 10**). *Evening News*(Sydney, NSW : 1869 - 1931), p. 10. Retrieved from http://nla.gov.au/nla.news-article114136984

SURF-BATHING ASSOCIATION
The annual report of the Surf bathing Association of New South Wales, to be presented to members at the fifth annual meeting on Monday night, congratulates the delegates on the success achieved and progress made in the development and safeguarding of the pastime during the past year. The number of clubs and kindred associations is now 22, on increase of five on the previous season and comprises no fewer than seven clubs outside the suburban area, namely, the Helensburg Stanwell, Kiama, Newcastle, **Newport**, Port Kembla, Redhead and Stockton clubs. During the season 50 surf medallions were presented to persons passing an examination on life saving methods for the surf, bringing the total number of awards to 140. The awards during the season were distributed as follows -North Bondi 22 Bondi 12 Manly 12 Stockton, 3, and North Steyne 1 North Bondi also heads the list of awards with 35, North Steyne being next with 33, and Bondi Surf Bathers next with 31. SURF-BATHING ASSOCIATION. (**1912, October 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 18. Retrieved from http://nla.gov.au/nla.news-article15365920

Newport was off and racing !!:

NORTH STEYNE SURFCARNIVAL
The North Steyne Surf Carnival for Saturday next has received a record total of 452 entries. The following clubs will be represented: — Newcastle Surf, Helensburgh and Stanwell Park Life Saving, **Newport Life Saving**, Manly Surf, Coogee Surf, Manly Seagulls Life Saving, Freshwater Life Saving, Bronte Surf, Little Coogee Surf, Bondi Surf, Manly Life Saving, and the North Steyne Surf Club. NORTH STEYNE SURF CARNIVAL. (**1912, December 26**).*Evening News* (Sydney, NSW : 1869 - 1931), p. 6. Retrieved from http://nla.gov.au/nla.news-article113781043

NEWPORT. **Norman Cook, the captain of the Newport Surf Club**, together **with Smelles, another member**, has just returned from an extended tour of the Continent. He has picked up some fine ideas concerning club work, and intends putting them into operation on the Newport beach. The Newport Club, unfortunately suffers from the want of local talent. Most of its good active members are fellows who visit this spot on Saturdays and holidays. The sixth annual meeting of the club was held last Saturday. The report showed a very prosperous state of affairs, and pointed to the necessity of its members devoting all their spare time to beach work. SURFING. (**1913, November 14**). *Evening News* (Sydney, NSW : 1869 - 1931), p. 5. Retrieved from http://nla.gov.au/nla.news-article117958278

Newport's first official surfboat was acquired in 1914. This surfboat was 20' (6 metres) long with four rowers and a sweep. These surfboats, as shown in a slightly later version below, had the two middle rowers sitting next to each other, all rowers had bench seats and did not slide, and all rowed with their upper body. If they wanted to get to a carnival, even one more then a few beaches away, they would row there....all the way to Bondi, or hitch a 'tow' with a passing steamer if going further north then Barrenjoey.

This determination, and the huge open expanses of the Newport Beach landscape backing up a need for surfboat prowess, established a very strong surfboat team and a passion for this sport that is still prevelant at Newport SLSC today.

Surf Life Saving boats, including the North Steyne club, Shelley Beach in Manly, taken circa 1925, Object number 00012597, courtesy The Australian National Maritime Museum

Surf Carnivals were a means, as today, of raising much needed funds for these all volunteer organisations and spectators flocked to witness the events, so much so, that a little bit of attempted regulation came into play:

SURF GOSSIP: WEEKLY BUDGET FROM THE BEACHES, RESCUE AND RESUSCITATION COMPETITIONS TO BE RESTRICTED.
At the monthly meeting of the Association on Monday night the most important matter dealt with was the President's minute, recommending a curtailment of rescue and resuscitation competitions at carnivals, in order that such functions-might be made more attractive in the eyes of the public. After a lengthy, and involved discussion, the original motion, moved by Mr. Sherwell, was adopted. His proposal was that there should be four competitions during the season, one to be confined to clubs whose headquarters are situated on beaches in the Northern District (that is to say from Newport on). one for the Southern District clubs (south of Cronulla), and two for those within the metropolitan area. One event to be decided in Sydney is' to constitute a championship embracing all districts.. The chairman was , asked for a ruling ;as to whether a club could, in; the face of the resolution, include a rescue and resuscitation competition : in its programme, if so desired ; and Mr. Paterson pointed out that the Association was restricted now to the appointment of officials for the number of contests stipulated, and that, therefore, no other event could be sanctioned. It simply means that clubs will be obliged to confine fixtures of this description to exhibitions. . ' :The completion of the club-house in connection with the South Steyne acommodation precipitated the Council's decision as to which of the exiting clubs was to take possession of if. Delegates from the rival bodies advanced their respective claims. -The aldermen in the end agreed to hand it over to the Manly Life-saving Club on condition that it absorbed those members of the South Steyne Club -'who were efficient life-savers. It was at the same time given permission to increase its membership roll to 150 in order to enable it to do so. It is to be hoped, now that the battle is over, that the hatchet will be buried,, friendship cemented, and the best of good fellowship prevail. SURF GOSSIP. (**1914, March 22**). *Sunday Times* (Sydney, NSW : 1895 - 1930), p. 15. Retrieved from http://nla.gov.au/nla.news-article120361150

World War I saw members of Newport SLSC join Australia's Battalions, six losing their lives in this conflict; Sydney Arnold, James edward Booth, Francis Edward Dwyer, Albert Edward Porter, William James Porter and Sidney George Porter. As the club began to recover from these tragic losses the members also demonstrated the kind of strength and dedication that marks all SLS clubs in Pittwater. In March 1922 the first Bronze Medallions were the start of many recorded achievements;

BRONZE MEDALLIONS. At an examination for the Bronze Medallion, under the auspices of the Life-saving Association of N.S.W., at Newport, seven candidates appeared and passed, viz., Gordon Robinson, Colin Robinson, George Meillon, Carl Perry, Ralph Corke, Alan Henderson and Edwin Penfold. The examiner congratulated the competitors of their handling of the line in the surf under heavy conditions. At a dinner in the evening, at Greig's Hotel, Newport. Mr. S. L. Cole presided. WITH THE SURFERS. (**1922, March 31**). *Arrow* (Sydney, NSW : 1916 - 1933), p. 9. Retrieved from http://nla.gov.au/nla.news-article103442241

This Carnival, held at Manly, was filmed;

SENIOR ALARM REEL RACE. **Newport's beltman (G. Robertson)was declared the winner** from George Proudfoot (North Narrabeen). SURF CARNIVAL FILMED. (**1923, April 6**). *Arrow* (Sydney, NSW : 1916 - 1933), p. 6. Retrieved from http://nla.gov.au/nla.news-article103539856

SURFING SEASONS PREPARATIONS
SURF LIFE ASSOCIATION'S PROGRESSIVENESS News from All the Beaches (By BELTMAN.)
It is now sixteen years since the surf clubs banded together and formed the N.S.W. Surf bathers' Association. The organisation was re-christened the N.S.W. Surf Life-saving Association, and It is now world famous. Last Tuesday the name was again changed to The Surf Life-saving Association of Australia.
NEWPORT PROGRESSING. At Newport's annual meeting on Sunday, another successful year was reported. Finances are sound with 18/19/ surplus. Newport spurred by Dee- Why's success have set their hearts on possessing, a clubhouse wherein dances can be held to augment the club funds. The president is L. S. Coir; vice-presidents, Tucker and A. Robertson: captain, Gordon Robertson; vice captain G. Meillor: hon. sec. J. C. Buffin; assistant hon. secretary, Miss M. Buffin (**Miss Buffin is the only lady holding an official position in any surf club**) hon. treasurer, A. Moss. **Newport is fortunate in possessing some generous supporters who during last season subscribed sufficient funds to purchase a fine surf lifeboat**. SURFING SEASON'S PREPARATIONS. (**1923, October 5**).*Arrow* (Sydney, NSW : 1916 - 1933), p. 7. Retrieved from http://nla.gov.au/nla.news-article103541659

Newport has been the landing and departing point for many visiting Royals. This particular peer of the realm was Prince Arthur, Duke of Connaught and Strathearn, the seventh child and third son of Queen Victoria and Prince Albert of Saxe-Coburg and Gotha, who visited Newport SLSC during the Roaring Twenties:

THE SURFING ACTIVITIES
EARL OF SUSSEX JOINS NEWPORT
(By BELTMAN.)
The Earl of Sussex spent a most enjoyable Sunday with Newport Club, who have elected him an honorary member. He is a keen surfer and may visit Newport many times during his stay in Sydney. AN EARL AT NEWPORT. Gordon Robertson and other Newport lads have expanded their chest since Sunday, when **the club was honored by a visit from the Earl of Sussex, who spent the day with the lads and enjoyed every minute of it. Newport conferred honorary membership on his lordship, and can now probably claim to be the only surf life saving club to include as a member a peer of the realm.** Newport will be strongly represented at North Steyne tomorrow with a march past team, and competitors in alarm reel and surf race. The club will not be represented in the Cecil Healy event. GREAT PICTURE LOST.A priceless picture was missed at Newport on Sunday, because there was no camera fiend present when the lads, assisted by an old white moke. Gordon Robertson up, and four wheels badly affected by toothache, transported the surf lifeboat from Newport to Pittwater for the regatta. Horse, rider, boat and urgers experienced many hairbreadth escapes from total destruction. **On Sunday Examiner L. A. Palmer tested four members for surf bronze medallions. A. M. Staynes and R. Cathels succeeded in passing, and S. A.Dyer qualified as an hon. instructor.** THE SURFING ACTIVITIES. (1923, December 21). Arrow(Sydney, NSW : 1916 - 1933), p. 11. Retrieved from http://nla.gov.au/nla.news-article103540844

The Earl of Sussex was not their only visitor, the Newporyts renown and passion for rowing attracted other rowers:

NEW ZEALANDERS ENTERTAINED.
The New South Wales Rowing Association yesterday entertained the New Zealand rowers in a motor outing and luncheon at Newport. About 20 motor cars left Sydney at 10.30 a.m., and proceeded to Pittwater by way of the bridges.
During the afternoon the party visited the beach, and was welcomed by Mr. A. Robertson, president of {he Newport Surf Life –saving Club. Members of the club gave an exhibition of surf life saving and surf-boat work. Before returning to the city the party was entertained by Mr. O. O. S. Lane. NEW ZEALANDERS ENTERTAINED. (**1925, March 16**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16205289

A few Carnival snippets:

SURFING. CARNIVAL AT PALM BEACH.
The second annual carnival of the Palm Beach Surf Club was held at Palm Beach on New Year's Day under favourable conditions. North Narrabeen secured six wins out of the nine events decided. The final of the alarm reel provided a keenly con-tested race between Proudfoot, of North Narrabeen, and G. Oatley, of Palm Beach, the former winning by narrow margin.
Following are the results:
March Past-.-North Narrabeen, 1: Palm Beach, 2.
Rescue and Resuscitation Competition.-North Narrabeen (63 points). 1; Palm Beach (58 points), 2.
Alarm Reel Race.-North Narrabeen (beltman, G.Proudfoot). 1; Palm Beach (beltman. G. Oatley), 1.
Surf Relay.-North Narrabeen (G. . Proudfoot, J.Lester Black, W. Grose, and S. Bethel), 1; Palm Beach,
Surf Rare.-Hunter (Palm Beach), 1; G. Henry (Manly), 2.
Surf Lifeboat Race.-Newport, 1: Freshwater, 2.
SURFING. (**1924, January 3**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16124794

SURF CARNIVALS. NEWPORT CLUB. NORTH NARRABEEN SUCCESSFUL.
Tile Newport Surf Life Saving Club held its fourth annual carnival yesterday on the local beach, and the weather and surf being excellent, the attendance was large, and The various events Keenly contested the surf was calm and free from currents, and there was consequently some fine swimming, particularly in the rescue event, the alarm reel race, the surf teams race, mid the open surf race.
North Narrabeen club, which has had many successes at this season s carnivals, was again prominent, and carried off the march past, the rescue event, and the alarm reel race. The performances of North Narrabcen will be watched with interest ... the club is pitted against the champions of the Manly Surf Club and the clubs on the southern side of Sydney Harbour
The surf boat race was a keen contest, in which Newport, Palm Beach, Freshwater, North Narrabeen, and Collaroy took part, and **which resulted in the local club securing a well merited win**
The arrangements of the carnival were in the hands of the executive officers of the Newport club-Messrs A Robertson (president), G S Meillon (hon secretary), C Robertson (assistant Hon secretary), and L T Mulhall (hon treasurer) The principal carnival officials were - Referee, Mr C D Paterson, referee's steward, Mr L A Ellison, starter, Mr C Whitehead, check starter, Mr R Burns. Judges (water events), Messrs R D Doyle, T Glazcbrook, and W. Owen, judges (beach events), Messrs E Sheldon, G Snell, and Z H Lcmaire.
Results -
Grand Parade and March Past North Narrabeen; 1, North Steyne; 2 Freshwater, 3 Newport, Palm Beach, Queenscliff, and Collaroy also competed
Rescue Event North Narrabeen (J Black, G Proudfoot J Cameron, W Barnett, W Grosse, and H W White), 63.44 points, 1 North Steyne (G Ryddington, R Nicholl, D Thompson, P W Ryan, G Boulton, and G Ryan), 62.6 points, 2 Collaroy (M Walters, C Proctor, A M Linns, W Palmer, W Abbott, and R Chequer) 61 points, 3 freshwater and Newport also competed
Surf Boat Race Newport (G D Banks, G Robertson, A M Stainer, C Brennan, and G S Meillon), 1, Palm Beach (A Dellitt, A Goddard, H Gonsalves, H. E. Gonsalves and H T Holt), 2, Freshwater (R Mathieson, D Mathieson, H Lassen, J Vindon, and E. Wiltshire) 3
SURF CARNIVALS. (**1925, January 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16194912

SURF LIFE-SAVING. NEWPORT CARNIVAL.
Although the various events at the sixth annual carnival of the Newport Surf Life having Club on Saturday were keenly contested, the holiday spirit was present to a more marked degree than at the carnivals
held nearer the city. There was a large crowd on the beach, and the surf was sufficiently lively to call for strong swimming and for careful handling of the surf boats Representatives of 10 clubs took part, and seven clubs participated in the parade and march past the event tomg to "North Steyne, which club is having a remarkable season
The principal event was the senior surf boat race for the Harrington Cup, presented by Mr John Harrington, a vice president of the Newport Club. A condition governing the competition for the cup Is that the event must take place on Newport Beach The cup is to remain the property of the club winning it twice m succession, or three times in all Lastj car the Newport Club won the cup, but on Saturday North Steyne wrested the trophy from the local club. The rate for the cup was rowed in two heats, in the first of which Newport and North Steyne A teamsqualified for tile final In the second heat Deewhy and North Steyne B teams secured first and second places respectively North Steyne Club having only one boat at Newport, that club's B team did not compete in the final, which was a tussle between Newport, North Steyne A, and Deewhy. The final was a most thrilling race, and has not been equalled on any beach round Sydney for many a day Newport and North Steyne got away first, and the former led to the buoy, and rounded it half a length ahead of North Steyne A few yards after turning the two boats became level, and maintained that position until nearing the beach Then both boats c night the uime wave,and although for a moment Newport's boat was a little in the lead North Steyne shot ahead on the wave, and reached the beach a boat's length in front of the local boat. SURF LIFE-SAVING. (**1927, January 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article16344606

MR. J. HARRINGTON.

Mr. John Harrington, who died at his home, Baigalla, Turramurra, on Friday, at the age of 66 years, was the founder of Harrington's, Ltd., Australia and New Zealand. Born in Donaghadee County Down Ireland in 1867 Mr Harrington came to Australia m 1885. At Perth he opened a photographic store. Four years later he removed to Sydney where he entered into partnership with Captain Cargill in a photographic warehouse in Kent street Later he started the business of Harrington and Co in King-street which was afterwards registered as Harrington's Ltd and carried on in George street. Mr Harrington was a Freemason a former president of the Northern Suburbs A and H Association and of the Newport Surf Club and a member of the Killara Golf Club. He was also a honorary member of the Nothing Under Seventy Club He left a widow two sons and three daughters One son was killed in the Great War.
The funeral took place on Saturday at the Northern Suburbs Crematorium after a short service at the house conducted by Rev John Harrington-Vaughan (nephew) and Rev A Ogilvie
The chief mourners were Messrs. John E Harrington and Stanley Harrington (sons) Thomas Harrington and W E Harrington (brothers) G CMcOce and W B Hindmarsh (sons In law)
Amongst those who attended were -Mc3rs GD Cree (mangling director) A Magee (secretary)A V Paterson E. A Bally H Mallard J Green and A Willson (Harringtons Ltd) Sir Arthur Rickard Messrs G A Vaughan W Q Forsyth A D Carlson A D Crawford A Vaughan P E Manning S Lippman A J Paris J A Gregory W P Maschwitz R Sands G Meillon A Stayner R Stayner C Rudd (Newport Surf L S Club) W Watl In-(Nothing Under Seventy Club) E Higgins and r Conway (Northern Suburb A and H Association) G Sandes Drs E Asplnall A R Hamilton J G Edwards and 8 Rea Lieutenant Colonel C Cameron (representing the Rev R Cameron) Messrs J H Dennett J T DennettR Dennett Gilbert Gee T E Rofe P Rofe R C Alliopp F Plnel S Newlands E s Caicly E Wilcox J Skinner S Skinner D H McLachlan A L Rickard R Hamilton »A Gibbons RSainty L Sainty K Nettleton 1. Johnson GJohnson S Nettleton J Chapple, L WhalmoreK Crawford M Crawford G Heath. J Kirkwood W Kirkwood H Vaughan T Vaughan R Monteith A Shortland M Oxley R Stedman MonteLui e T A Boatwright MR. J. HARRINGTON. (**1934, August 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article17082621

SURF THRILLS. NEWPORT CARNIVAL.
Boats Disabled.
Heavy seas, the aftermath of Sunday after-noon's southerly gale, made the surf exceedingly treacherous for the surf boat races at the Newport surf carnival yesterday afternoon. A number of the competing boats were swamped, and several competitors received slight Injuries.
A deep, wide channel existed along the beach, and huge waves bumped heavily on the sandbank on the seaward side of the channel. Many of the swimmers had hard tussles against the breakers, and in the rescue event some of the beltmen experienced difficulty in reaching their "patients." The heavy sea was a fine test for the competitors, who displayed remarkable endurance.
BOAT RACE.
The real thrills of the carnival were provided by the surf boat race. The event was decided in two heats and a final, and each contest was marked by exciting incidents. Crews from the Manly, Dee Why, North Steyne and North Narrabeen Clubs competed in the first heat and the four boats were buffeted by the big seas from the moment they touched the water. The North Steyne boat, In charge of H. C. Evans, was struck by a huge wave and the captain had difficulty In retaining hold of the "sweep." Soon after leaving the beach the Dee Why boat was swamped, and one of tho crew, G. Opperman, vice-captain of the club, received a slight injury. Either the boat, or one of the oars, hit him, and he had to be brought ashore and treated by other competitors. The Manly boat, the Saw-fish, was first round the buoy, and when "shooting" towards the beach on a breaker the captain, R. Ford, was thrown out of the boat, but with some difficulty was able to get aboard again.
In the second heat, Collaroy, Newport, and Freshwater were the competitors. Freshwater got away nicely, but the Collaroy and Newport boats were soon in trouble. Both the craft became waterlogged and were brought back to the beach. The water was emptied out of the boats, which then resumed the race. The Collaroy boat was well handled by the captain, W. Forbes, and although the captain of the Newport boat, Gordon Robertson, made a great effort to got through the seas, the craft was again swamped, and had to be towed ashore with a line.
While excitement was running high, and the crews wore working at high pressure to got the boats away, a competitor gave a fine display of surf-board shooting, standing on the board, and also standing on his head on the board while It rode the breakers to the beach.
TANGLED IN LIFELINES.
In the first heat of the alarm reel race, Newport's beltman, R. Rolfe, had a thrilling experience. The lines of the other competing teams got tangled round his body and dragged him under the water. He was brought ashore, suffering to effects of the Immersion, but soon recovered. Several other minor mishaps happened during the afternoon, but none of them was of a serious nature. SURF THRILLS. (**1928, January 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article16431285

The 1930's were also when we begin to hear more about the ladies behind this surf life saving club - always clearly present and supportive, their activities to raise funds to support the men brought out the genteel social side of this club and this era. Not without criticism to begin with:

WIFE-SAVERS NOW. MARRIAGES BUSTUP CLUBSYDNEY. To-day.
There's a popular song that beware the fact that 'Wedding bells have broken up that Old Gang of Mine. **But what have they done to the Newport Surf Club. Once it flourished. Members took an active interest in all suiting matters, carnivals were a success, crowds thronged the beach and admired the sturdy, bronze types who handled the surf-lines so well. Now it languishes. In fact, in the eyes of the N.S. Wales Surf life-Saving Association, it is defunct. The club house remains. In It there is all the gear required by the up to date club, and many evidences of PAST PROSPERITY while a surf boat rests near by. But there are no life-savers! And all because of wedding bells**. The story of the club's demise came out at the meeting of the Warringah Shire Council. Since last season all the club's members decided to desert the Newport sands and single bliss, and get married. But the wedding bells may not have the last ring. An attempt is to be made to form another club. Perhaps membership nominations will be restricted to bachelors well past the age of eligibility. WIFE-SAVERS NOW. (**1931, January 3**). *Mirror* (Perth, WA : 1921 - 1956), p. 14. Retrieved from http://nla.gov.au/nla.news-article75489122

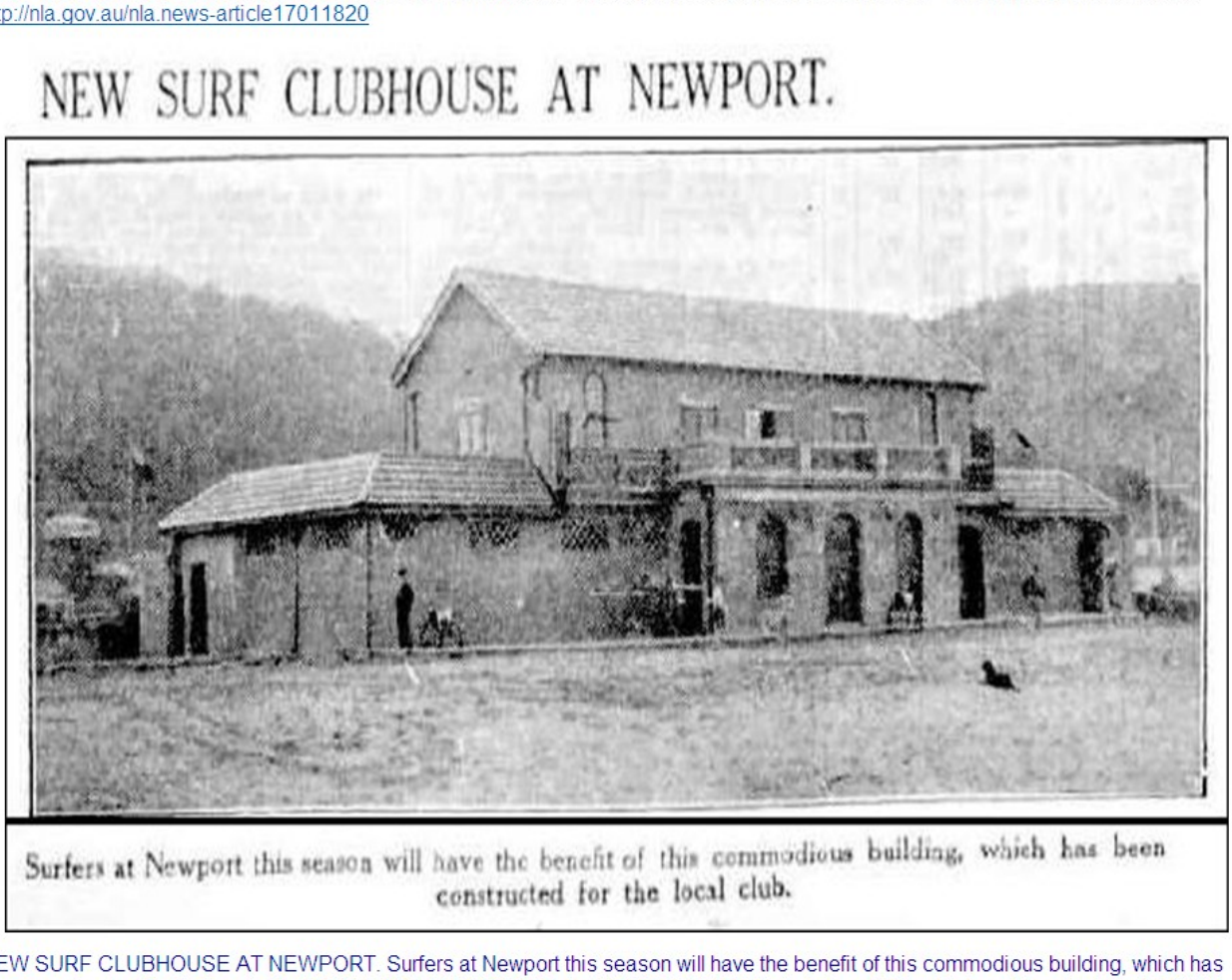
LADIES' SURF CLUB.
The members of the Collaroy Ladies' Surf Club entertained the members of the newly formed Newport Ladies' Surf Club at their clubrooms at Collaroy on January 30. The afternoon was spent in discussing the organisation of a surf club, and much valuable advice was given to the visitors. It was decided during the afternoon to hold a picnic at Narrabeen on February 27, when all those who attend will meet at Narrabeen bridge at 11 a.m. Among those present at this gathering were Mrs. Vennard (president of the Collaroy Club),Mrs. White (captain), Mrs. F. H. Booth (president of the Newport Club), Mrs. Cliff Rudd(honorary secretary), and Miss Mary Thompson (captain).
So far the members of the Newport Club, which has only been formed about a fortnight, have collected the sum of £16 towards their clubhouse. It is estimated that £100 is needed to carry out their venture. Many people have volunteered help, and among the offers is one of a roof for the new building, which it is hoped to have erected this year.
To augment the building fund an all-day tennis tournament will be held on the courts of Mrs. Stead Thompson and Mrs. S. Blundell, of Newport, on February 10. **Plans are also being made to hold a dance In April.** LADIES' SURF CLUB. (**1932, February 5**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article16839058

NEWPORT SURF CLUB.
A new surf boat, built for the Newport Surf Life-saving Club, will be launched officially at Newport Bench by Mrs Dunningham (wife of the Minister for Labour and Industry) next Sunday afternoon at 3 o'clock, when the club will open its season. NEWPORT SURF CLUB. (**1932, September 29**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16918271

SURF CLUB DANCE. Huge baskets of multi-coloured flowers were an additional attraction to many of the tables which were all **decorated with the club colours, maroon and gold, at the tenth annual dance of the Newport Surf Life Saving Club**, which was held at Hordern Brothers' last night. The official party was entertained by Mr and Mrs Robin Cale, the latter wearing a classical gown of black trimmed with gold lame. Among their guests were Mr and Mrs Percy Cran, Mr and Mrs J H Stevenson, Mr and Mrs Norman Gilbert, Mr Ronald Wilkinson, and Mr and Mrs Jack Cran. The club's treasurer and captain, Mr S Roberts, with Miss Joyce Moore, entertained a large party, which included the Misses Winifred Needham, Ena Bayliss, and Joan Harbutt. Another large party was entertained by Mr G S Gilder, the club's secretary, and Miss Paddy Francis Also present were Messrs J Stringer, Frank Stayner, Cliff Rudd, George Mellion Miss Joy Stayner, Miss Lynda Ross, Mr E Wells, Mr and Mrs T P Nossiter, Mr and Mrs N Hawley, Miss Bernice Ross, Miss Nancy Kelk, Mr E R Bromley, and Mr J Sanders. SURF CLUB DANCE. (**1935, May 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article17146801

The third Newport surf club building officially opened September 30th, 1933 – the height of the Depression in Australia – is the structure most will recognize in today's Newport SLSC clubhouse

LIFE-SAVING CLUBS. Work Praised by Minister. The Minister for Labour (Mr. Dunningham), speaking at the opening of the Newport Surf Clubhouse, on Saturday, warmly praised the work of life-saving clubs, and said they should be subsidised by the State at some future date. The beaches were a great national asset, and the sport associated with them tended to develop the best type of citizen. The Postmaster-General (Mr. Parkhill) said that he had urged the remission of sales tax on life-saving gear. Expenditure on the new club building and recreation hall included £1850 contributed by the State Government, which also allocated£5000 for the draining of an adjacent swamp area. LIFE-SAVING CLUBS. (**1933, October 2, Monday**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article17011820

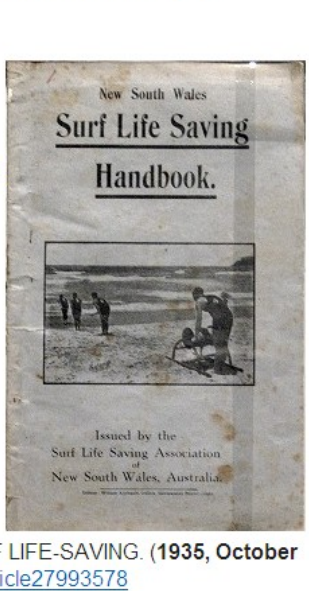


NEW SURF CLUBHOUSE AT NEWPORT.

Surfers at Newport this season will have the benefit of this commodious building, which has been constructed for the local club.

NEW SURF CLUBHOUSE AT NEWPORT. Surfers at Newport this season will have the benefit of this commodious building, which has been constructed for the local club. NEW SURF CLUBHOUSE AT NEWPORT. (**1933, October 4**).*The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17012280

The rumblings you may discern in the 1931 article about men deciding they'll get married and surf-life-saving is 'defunct' points to a clash that was ooccurring during these years between the Australian folks in charge of the Royal Life saving Society and the emerging Australian Surf Life Saving Association. This was finally settled in 1935:



SURF LIFE-SAVING. LIFE-SAVING AGREEMENT.
The council of the Surf Life-saving Association, at its last meeting, decided to notify the Royal Life-saving Society and the Minister for Local Government that it would in future eliminate clause seven from the agreement between the two organisations, as it considers it against the Interests of both bodies for its members to be taught two methods of life saving. **It was also decided that members of affiliated life-saving clubs shall in future teach and practice only the methods defined in the handbook of the Surf Life-saving Association**. In support of these motions Mr. M. J. Burke, examiner in chief of the association, said that their records showed that at least 1300 cases of resuscitation by association methods had been effected without a single failure or loss of life.

The motions relating to the disagreement which has arisen between the Surf Life-saving Association of Australia and the Royal Life-saving Society were debated at great length by the **Surf Association Council before Mr. M. J. Burke's motion to inform the Royal Life-saving Society that the association will eliminate the clause in their agreement permitting clubs to affiliate with both organisations, was passed.**

The general tone of the speakers in favour of **the motion indicated an apprehension that, the Royal Life-saving Society in England, through its different State centres and also the newly-formed Australian Federal Council, was attempting to supplant the Surf Life-saving Association, and to substitute for the methods of the latter body in rescue and resuscitation work, an English system which the association regards as unsuitable and inefficient for Australian conditions**.
There was however, a strong section of the meeting which supported the Royal Life-saving Society. SURF LIFE-SAVING. (**1935, October 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article27993578

After all that was settled, the band played on...

MISS RUTH LAYTON, who is assisting members of the Newport Surf Life-Saving Club to arrange their dance to be held at Hordern Brothers' on May 1. Others assisting are Miss Janet McMaster and Miss Elise Budge. Mr. Frank Chapman is president and Mr. S. Roberts hon. secretary.

MISS RUTH LAYTON, who is assisting members of the Newport Surf Life-Saving Club to arrange their dance lo be held at Hordern Brothers' on May 1. Others assisting are Miss Janet McMaster and Miss Elise Budge. Mr. Frank Chapman is president and Mr. S. Roberts hon. secretary. THE WEEK IN LONDON. (**1936, April 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 22. Retrieved from http://nla.gov.au/nla.news-article17315919

MODEL SURF REEL At Life-savers' Dance. PHOTO PLACE CARDS.
A model surf reel with the rolled cord in gold and blue, the club colours, and streamers of the same shades decorated tile official table at tile 11th annual ball of the Newport Surf Life Saving Club held at the Florentine Ball-room, Hordern Brothers, last night, to augment the club funds.
A basket of golden flowers and autumn leaves tied with blue ribbon and place cards of photos of different views of Newport were also set on the table where Mr. Robin Cale, president, and his wife entertained. Mrs. Cale chose a gown of Chinese floral silt, which she brought back with her from a recent trip to the East. It was fluted round the neckline and at the back of the full skirt to give a trained effect.
Among their guests were Dr. and Mrs. H. Hanson, her frock being of dull red crepe with slightly caped sleeves; Mr. and Mrs. P. E. Cran, the latter choosing a gown of gold lame; Mr. Norman Gilbert and Mi's. Gilbert, who draped a wide scarf of amber-toned georgette around the neck and shoulders of her magnolia stain frock; Mr. and Mrs. R. Parr, Mrs. Parr's gown of parchment lace finished with a heavily shirred neckline and a sash of cherry red velvet; and Mr. N. Capies.
TAFFETAS AND SILVER LEAVES.
Another big party was arranged by Mr. George Glider and Miss Edna Davis, who fastened a long spray of blue flowers across the throat of her bouffant frock of pink taffeta. Silver leaves distinguished the black velvet coat covering the lake blue crepe frock worn by Mrs. N. Cornish, who was accompanied byher husband. Miss Pat Southwell Keely chose a gown of orchid blue suede crepe with long sleeves and a high cowl neck. Clips of bluestones set in diamante caught the shoulders of the blue and white floral frock worn by MissRuth Willis. Miss Margaret McManus favoured tailored black velvet with a long diamante brooch fostered Into the folds of white lace on the corsage. Miss Gwen Coleman's frock of Gloucester green ribbed crepe showeda full skirt falling from a ruching of gold lameat the knees; and Miss Kath Givney danced in a simply designed gown of black velvet. Misses Elise Bridge, Janet McMaster, and Ruth Layton, members of the ball committee, entertained a large party, and also among the dancers were Mr. S. Roberts and Miss Peggy Roberts, in lily of the valley green crepe with frilled cape sleeves; Miss Winifred Reedhom, whose old-world frock of white taffeta had horizontal bands of net inserted in the full skirt, Misses Joyce Clarke, Marion Limpus, Enid Fountain, Joan and Betty Harbutt, Joyce Beart, Molly Longford, and Mimi Minnett. MODEL SURF REEL. (**1936, May 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17337285

ON DANCE COMMITTEE.

MRS. ROBIN CALE, a member of the committee arranging the twelfth annual ball for the Newport Surf Life-Saving Club, to be held at Hordern Bros.' Florentine Ballroom to-morrow night.

ON DANCE COMMITTEE. MRS. ROBIN CALE, a member of the committee arranging **the twelfth annual ball for the Newport Surf Life-saving Club, to be held at Hordern Bros.' Florentine Ballroom** tomorrow night. ON DANCE COMMITTEE. (**1937, April 29**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 22. Retrieved from http://nla.gov.au/nla.news-article17363734

TWO rubber surf-boards were the appropriate prizes presented to winners of a lucky number competition at Hordern Brothers' last night, when members of the Newport Surf Club herd their twelfth annual ball. The decorations were carried out in the club's colours, maroon and gold, with balloons, streamers, Jazz caps, and Dolly Varden hats, and every man present wore in his buttonhole a miniature pennant, inscribed "Newport." The official party was entertained by the president, Mr. Robin Cale, assisted by Mrs. Cale and their guests included **Mr. and Mrs. Adrian Curlewis**, Mr. and Mrs. John Ralston, Mr. and Mrs. Alan Henderson, Mr. and Mrs. Cram. Mr. S. J. Roberts (captain) entertained Misses Ethel Gilkes, Peggy Colbert, Dot Blackley, Nancy Benham; and among Mr. K. Campbell's guests were Misses Kath. Harwood, Florence Beehag, Joyce Moore, M. Lanzines. Others present included Mr. and Mrs.Cliff Rudd, Mr. and Mrs. Lawrence Payne, Mr. and Mrs. George Meillon, Messrs. Fred Stayner, Maurice Atkinson, Roland Jeffrey, and Wallace Birrell. From Day to Day in Sydney. (**1937, May 1**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17364585

All this dancing led to more rowing:

GIFT OF SURF BOAT.
Members of Newport Women's Surf Club will present Newport Surf Life-Saving Club with a surf-boat, which will be launched on Sunday afternoon, and to raise funds for the purchase they held an informal dance at the clubhouse on Saturday night. Committee workers present included the president, Mrs. F. H. Booth, the honorary secretary, Mrs Cliff Rudd, and Misses Jean and Sheila Dawson, Georgette Jeffries, and Betty and Mary Hickey. GIFT OF SURF BOAT. (**1939, January 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article27974746

And the reasons for it all, the saving of lives:

SURF RESCUE. Plucky Newport Youths.
Four lightly built youths, **all less than 18 years of age**, took part in a plucky rescue in the surf at Newport yesterday. They are **N and R Birrell. who are twins, N. Illingsworth, and N. Porter**. All four are junior members of the local surf club. They were on the beach while a strong southerly wind was whipping the sea into a strong and difficult surf yesterday. Conditions were so unpleasant that few people ventured to bathe at all, when a man about 50 years of age was caught in the undertow and swept out rapidly.
His plight was observed when he was about200 yards out, and N. Birrell swam out to his assistance. Before Birrell reached him the distressed swimmer was another 50 yards out. The other three lads took out a line and belt, reaching Birrell and the man about 300yards from the shore. Almost the full length of the line was used. Rescuers and patient were brought ashore on the line. The man suffered from shock and the effects of immersion, but after resting for a while in the ambulance room at the surf club, recovered sufficiently to leave for his home. SURF RESCUE. (**1938, March 14**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article17448503

Newport Surf Life Saving Club Members, 1936

We would like to acknowledge the splendid book *Newport Surf Life Saving Club, 1909-2009 : the first century* ; produced, designed and compiled by Guy Jennings as our main reference work for this page and thank the members of Newport SLSC for their kind gift of this tome. Future pages on Newport SLSC clubhouses, members, surf-boats and other aspects of this great club are scheduled.

A few Newport SLSC Gentlemen of this first era:

MR. A. ROBERTSON.
Mr Andrew Robertson, who had been residing at Newport Beach for the past few years, died on Tuesday. Born at Mudgee in 1864 Mr Robertson spent his early days on the land with his father. At the age of 25 he joined the firm of Walter A Wood, agricultural machinery manufacturers of U.S.A , at their Sydney branch in 1897 he joined the staff of the Massy Harris Company at Sydney and was appointed chief inspector. Later he was given the management of the Queensland branch of the firm. Upon the formation of the motor car business of Cluttebuck Bros. Sydney in 1910 Mr Robertson was appointed to the management. He retained that position until the termination of the company in 1923. **Mr Robertson spent most of his spare time at Newport Beach where he eventually opened an estate agency and general store. He was president of the Newport Surf Club for a number of years and was also a councillor of the Warringah Shire** at the time of his death. Mr Robertson is survived by Mrs Robertson and two sons Mr Gordon Robertson of Willsford, Limited, and Mr Colin Robertson, solicitor. MR. A. ROBERTSON. (**1931, September 25**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16818125

MR. PERCY F. HORLEY.
The death occurred suddenly on Friday of Mr. Percy F. Horley, partner In the firm" of Horley and Horley, chartered accountants. He was in partnership with his brother. Mr Cobred F Horley, for 26 years. Mr. Horley was president of the Association of Accountants of Australia. Fellow of the Institute of Chartered Accountants in Australia. Fellow of the Chartered Institute of Secretaries, Secretary of the Master Cabinetmakers ol N.S.W.. and was a member of the Conciliation Committee of the Industrial Court. Mr. Horley was also a member A the New South Wales Club. Tattersalls Club, the Automobile Club, and the Newport Surf Club. MR. PERCY F. HORLEY. (**1938, November 8**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17535460

MR. L. P. KEARNEY.
Mr. Louis Patrick Kearney, a well known timber and gravel merchant, died recently. Mr. Kearney was a son of the late Mr. T. J. Kearney, for many years a well-known solicitor of Armidale, and a brother of the late Mr. S. T. Kearney, formerly M.L.A.for Armidale; Mr. Cyril Basil Kearney, a member of the firm of Messrs. Taylorand Kearney, solicitors, of Sydney; Mr. F. D. Kearney, timber merchant, of Challis House, Mrs. W. S. Gardner, of Newcastle, and Mrs. Geo. McKerrow, of Fairfield. He has left a widow and one son. The late Mr. Kearney was a large importer of Oregon, and was largely interested in the timber and gravel industries in New South Wales. He was director of the Teralba Gravel Quarries, Ltd., and proprietor of the Sodwalls and UrallaGravel Companies. He had, besides, timber and gravel interests in Queensland.
The funeral took place at the Northern Suburbs Cemetery, Father Wall officiating at the graveside. A short service at his late residence at Naremburn was conducted by Father Rohan prior to the funeral. Among those present at the funeral were Mrs. Josephine Kearney (widow), Mr. NevilleKearney (son), Messrs. C. B. and F. D.Kearney (brothers), Mrs. Gardner and Mrs. McKerrow (sisters), Mr. W. S. Gardner (brother-in-law), Messrs. Cecil, Charles, and Frank Kearney, and Frank Gard-ner (nephews), Kitty Kearney (niece), Mr. W.A. Peek (cousin), Messra. Allen C. Lewis and R.Wilson (Concrete Constructions, Ltd.), F. C.Cook (Nicolai Door Manufacturing Co.), Alder-man H. W. Clarke (Mayor of Willoughby), J.H. Tonkin (engineer, Mosman Council), R.Aitken (engineer, Willoughby Council), E. J.Siddeley (Teralba Granite Co.), J. W. Rain-ford (National Bank of Australasia), A. Robertson, J. Gould (Lands Department), C. H. Murphy, M.L.A., Gordon Robertson (Newport Surf Club), C. P. Gent, J. D. Flexman, A. L.Melrose, R. C. Watt, Harry Wright (Sodwalls Gravel Co.), S. Whitehurst, R. C. Watt, J. M. Taylor (Taylor and Kearney), J. T. Ryan, P.D. Walsh, J. G. Taylor (City Mutual Life As-surance Co.), W. E. Tucker, H. MacDermott, J.Radford, A. A. Ward, J. T. McCarthy, C. Lloyd, Gordon Morgan, S. F. Marsh, J. J. Barnes (A.A. Burns, Ltd.). E. J. Lay, F. A. Merchant,Percy Sawkins, R. Hutchinson, J. O'Brien, W.H. Kells, C. F. Massey, J. Russell, J. Russell(jun.), H. Y. Banderson (Technical College),F. O. Turner, R. J. Sands, G. D. Banks, P.McCormick, J. D. Scott, and J. W. Wilson, Mrs. Watt, Mrs. Davoren, Mrs. Scott, Mrs. Wilson, and Miss Watt. MR. L. P. KEARNEY. (**1925, March 25**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16189035

MR. C. D.PATERSON, GOVERNMENT TOURIST OFFICER, NEW SOUTH WALES.
The resignation of Mr. C. D. Paterson is announced, and will take effect from the f end of the current month, from which date he has been granted extended leave of absence on account of over 20 years ;n the State service. Mr Paterson joined the Railway Department in September, 1892, and after serving 13 years there, was transferred to the Intelligence Department, on the establishment of that office as a Tourist Officer, which position he created in the railway service some months before. .He has continued in that position for over seven years, and much of the success of the Tourist Bureau is undoubtedly due to the enthusiasm which he put into the work, and the extensive experiencene he was able to bring to bear in all matters connected with the travelling public. Notwithstanding the calls upon his time in connection with the organisation and maintenance on progressive lines as such an office as the Tourist Bureau, Mr. Paterson has taken an active interest in municipal affairs, and general public movements. As an alderman of Manly, he has devoted considerable attention to the beautifying of that popular resort, and to the extension of public facilities. The establishment of the Manly Watson's Bay ferry Service **and motor service between Narrabeen and Newport** were owing greatly to the energy which he put into the movements, and he is organiser and originator of the Manly Venetian Carnival, to eventuate early next year. As a member of the Surf Bathing Commission, who recently reported to the Government, he did good work, and a grant of £7000 has been made by the Minister for Works towards **the construction of new surf dressing pavilions at Manly.** Mr Paterson is president of the Surf Bathing Association of New South Wales, and the North Steyne Life-Saving Club, as well as being connected with many other associations, committees and clubs. MR. C. D. PATERSON,. (**1912, November 24**). *Sunday Times*(Sydney, NSW : 1895 - 1930), p. 24. Retrieved from http://nla.gov.au/nla.news-article120679208

THE LIFE SAVERS, MANLY.
HALL PHOTO.

This photographic postcard is titled 'The Lifesavers, Manly', and is likely referring to the Sly brothers. The Sly brothers were fishermen from Fairy Bower, who, in 1903, received funding from Manly Council to build a modified whaleboat to patrol Manly and nearby beaches. The image used for this postcard was taken by William Hall photographic studio, Sydney. The photo was taken in 1907/8. Object number: 00001991, courtesy the Australian National Maritime Museum's William J Hall collection.

Incidentals:

A SKETCH OF PITTWATER.
When Governor Phillip first set out in search of good farming land, close to the settlement at Sydney Cove, he found some on the coast a few miles north of Manly, where he also discovered ' the finest piece of water I ever saw,' which he named after William Pitt the younger, the British Prime Minister at that time. It took the Governor and his party three days to complete their excursion to Pittwater. They had to wade through the swamps and marshes of 'Curl Curl, Dewhy, and Narrabeen lagoons. The same journey can now be performed in little over an hour. The swamps and marshes have been drained, the lagoons bridged, and there is an excellent road from Manly to Newport. It is very popular with cyclists from the city and suburbs. **Narrabeen and Rock Lily are favourite picnic grounds on holidays**, and were more facilities for transit available, there is no doubt that the bulk of the vast crowds that visit Manly on Saturdays and public holidays would extend their journey outwards to enjoy the magnificent scenery of sea and land, for which the drive to Pittwater is justly celebrated. **The people of Pittwater and Narrabeen are agitating for a light railway or tramway from Manly to Newport. Such a. means of communication would open up a splendid district, and afford excursionists the healthiest and most attractive outlet perhaps in the whole world.** The Hawkesbury has been called by Trollope and other travellers the Rhine of Australia. Pittwater at its mouth deserves to be designated the garden of the beautiful river. That part of Pittwater between Newport and Barrenjoey is a true peninsula, Atone time, and not very long ago apparently, it must have been an island. A few feet depression in the neck at the foot of Mount Loftus would make it one now. **The road from Newport to Barrenjoey is neglected. For two miles it is a series of hills and hollows, cut, rutted, and washed away in divers places. The cyclists generally avoid it, and so would the horse if he could help himself. It is dangerous and laborious to vehicular traffic, and is a drawback to settlement in that part of the district. Now that Barrenjoey is to be fortified, there is some talk of nutting down or tunnelling the hills, and filling in the hollows**. As it is the only road by which an invading army could reach Sydney from Broken Bay, their progress could be stemmed in the cuttings there by a few hundred men, as effectually as the 300 Spartans blocked the Persian hosts at the Pass of Thermopylae. But apart from the military use that may be made of the road, it is a work of necessity on the part of the Government to make its hilly ways level in the interests of those who have taken up land there. Settlement has been delayed there by the difficulty of road access, it is said. The owners of land about there have been taking things too easy. They neither approached the Government nor their representative on the matter. Mr. Dugald Thomson, the member for the district, would, I am sure, have done something for them had their requirements been brought under his notice. It may not yet be too late to do so. There are still, unfortunately, unemployed. If the Government is to provide work for them, what work is more urgent than this road? It is a national work that must be done some day. It is a work that will facilitate settlement on the land beyond Newport. It is a work that will be of more lasting benefit than sand-shifting or Bogan scrubbing. It is a work in which the tourist and the excursionist in quest of the grand and beautiful are interested. The **landmarks on the road from Newport to Careel Bay are Farrell's farm, west of Bilgola Beach, and Dalley's Villa, situated on the ocean beach, in the valley of calms and ferns.**
There the deceased Privy Councillor often retired to enjoy ' rapture on the lonely shore,' and the music of the boundless Pacific. The 'old homestead' near the head of Careel Bay, where the pioneer settler and patriarch of Pittwater, Mr. John Collins lived, is a place of interest. He was monarch of all he surveyed there for upwards of a generation, until the estate was sold in 1880. It consisted of two grants to Father Therry in 1833 and 1837, made to the good and holy Archpriest probably as compensation for the injustice inflicted upon him, and the bitter persecution of which he was the victim some years before then. By his will Father Therry left the; estate to the Jesuits, who sold it, as I have said, in 1880. The western shore of Pittwater harbour is all taken up, and dotted with pretty homesteads and a few cyclist 'boxes.' There is a good road skirting the shore as far as Church Point or M'Gar's Creek, which gives it an advantage over the eastern side of the harbour. Mr. J. Roche's orchard at Bay View is a place of beauty and of profit to the enterprising owner. His poultry-yard is an exhibition in itself, where the rarest varieties of fowls may be seen, all in first-class condition. Over this pen and that and the other is the Agricultural Society's first-class award, given at different exhibitions. A visitor's judgment is that if he had sent his. whole stock to the Exhibition he might defy all competition. The Bay View Post-office, with a telephone, is attached to a store in front of his grounds. The various industries that Mr. and Mrs. Roche successfully conduct are worthy of praise and admiration. There is also a post and telegraph office at Newport, so that in the matter of postage, telegraphic, and telephonic communication Pittwater is up to date. Religion and education are amply provided for at Pittwater. Most of the denominations have places of Divine worship there. There are two Catholic churches, one at Josephton, Careel Bay, and the other at Mona Vale, which are served by the Rev. Father Dowling, or one of the priests attached to St. Patrick's College, Manly. There is a Public school at Bay View, and one also at Newport. A SKETCH OF PITTWATER. (**1898, May 7**). *Freeman's Journal*(Sydney, NSW : 1850 - 1932), p. 20. Retrieved from http://nla.gov.au/nla.news-article115386531

NEWPORT BEACH 1600
BROADHURST COPYRIGHT

Scenes of Newport, N.S.W.ca. 1900-1927, Sydney & Ashfield : Broadhurst Post Card Publishers, Image 823335, courtesy State Library of NSW.

LOCAL OPTION COURTS.
The Special Licensing Court appointed to deal with the question of reduction in hotel and wine licences in the electorates of the metropolitan area sat at Darlinghurst this morning. Judge Backhouse presiding. Regarding the electorate of Marrickville, evidence was called to show that since the Court first sat the Terminus Hotel had been transferred from Carl Frohne to Louisa Webber. There had been no change, however, in regard to colonial wine licences or clubs. In Petersham there had been three changes since the Court first sat, but only one since the actual work of the Court began, viz., the Oxford Hotel in New Canterbury-road, which had been transferred from F. W. Rudd to Margaret Boden. There had been no change in regard to wine licences or clubs. The Court continued hearing detailed evidence from licensees of hotels in the Manly district regarding their takings, and the amount of bar and residential trade done by each. A mass of evidence was heard with regard to the growing importance of Manly, and the other seaside resorts in the Middle Harb6r electorate. William George Todd, manager of the Sydney Ferries, Limited, stated that last year his company had carried 52,000 persons to Clifton Gardens, and chartered steamers had carried an extra 36,000. The popularity of Clifton Gardens was growing to such an extent that these figures were likely to be: doubled this year. For this reason the Hotel at Clifton Gardens was necessary. Mr. Lamb addressed the Court at length on behalf of the Ivanhoe and other hotels. He said the Court would find itself in a difficulty with regard to Manly. There wer3 hotels in the electorate of Middle Harbor, and the Court had power to reduce that number to 10, and it was bound to cancel the licenses of at least two hotels. His Honor: If it will shorten these proceedings we can tell you now that, in view of the evidence given by, the police, we do not intend to reduce the number to 10. **We are bound by the Act to take away two licenses**, and we will only takeaway that number. Mr. Lamb argued that any reduction that would be made must apply to Manly itself. It was impossible to consider the question of local wants in regard to the other hotels in the electorate, which really existed for the convenience of thousands of visitors. There was such an enormous demand for residence in the matter of the hotels at such places as Newport, Narrabeen, Clifton. Gardens, and. soon, that it would be a serious matter for the public if any of these hotels were to go. He indicated two licences at Manly which might be cancelled without doing -a great deal of harm. Mr. Ralston said that if at least one hotel in Manly bad to go, it should be one of the smaller hotels on the left-hand side of the Corso, which was least used by surf-bathers and others who passed them after leaving the Manly steamers. **An hotel at Rocklily also could go without causing a large amount of discomfort to the public**. He was of opinion, however, that, as far as Clifton Gardens were concerned, there were no requirements for a licence. The Court must consider that thousands of persons went to Clifton Gardens on-Sundays who were not legally entitled to get a drink.
His Honor; The same thing applies to Manly.
Mr. Ralston: Possibly, but there are a large number of people In Manly, rich and poor, who get in bottled supplies. There is no requirement of that kind at Clifton gardens. LOCAL OPTION COURTS. (**1908, March 5**). *Evening News*(Sydney, NSW : 1869 - 1931), p. 5. Retrieved from http://nla.gov.au/nla.news-article114104666

LIFE-SAVING. FIRST PUBLIC APPEAL.
Immediate Response.
At the monthly meeting of the committee of the Surf Life-saving Association, which was held last night, formal approval was given to the first appeal which the association has ever made for financial support by the public. Already more than £160 has been subscribed, and the appeal is expected, because of the valuable work of the association, to receive generous support. Subscriptions to the fund may be made either to the "Sydney Morning Herald" or to the honorary treasurer of the Surf Life-saving Association, Phillip House, Phillip Street, Sydney. Subscriptions will be acknowledged In the "Herald." The fund was opened yesterday by a donation of £100 from Messrs. John Fairfax and Sons Pty., Ltd., proprietors of the "Herald."
Every day bathers on every beach are protected by the surveillance of lIfe-savers patrols. **During the last 30 years, the lifesavers on the beaches have saved 36,000 lives. In other words, 20 bathers a week might have lost their lives If it had not been for the supervision and the help of the life-savers.**
During recent years no Press photographs from Australia, and no Australian cinematograph films shown in England have impressed the British public more than those showing the magnificent physique of Sydney's lifesavers. For several years photographs from the "Herald" of these life-savers in processions,were a strong attraction In the windows of Aus-tralia House in London, and during his re-cent visit to Sydney for the celebrations, Britain's Lord Privy Spal, Earl de la Warr, stated that his hope was that whatever else was included in the "March to Nationhood" Regeant procession on Anniversary Day, (here would be a contingent of Sydney's magnificent life-savers.
He was not disappointed. A number of these men marched in the procession through three miles of city streets. Later, Lord dela Warr, had opportunities to see the lifesavers on several Sydney beaches, and he spoke very highly of their physique and of their work.

ONLY £500 A YEAR.
At present, the Surf Life-saving Association receives a subsidy of only £500 a year from the State Government. it did not receive any Government subsidy until 16 years ago, when a grant of £200 a year was first, made-.This was increased to £300 In 1928, but for the depression years, 1931-33, the association voluntarily agreed to a reduction of the grant to £100 a year.
Apart from the small Government subsidy the only other Government help which has been given to life-saving clubs has been loans of money at 3 per cent for the erection of club houses. The interest on this money has been raised by dances and carnivals arranged by individual club.-.

Thirty years ago, when the Surf Life-saving Association was formed, surf bathing was a novelty; today it is a daily habit of thousands of people, not only on Sydney beaches, but also at other places on the coast, such as Newcastle, Stockton, and Wollongong.

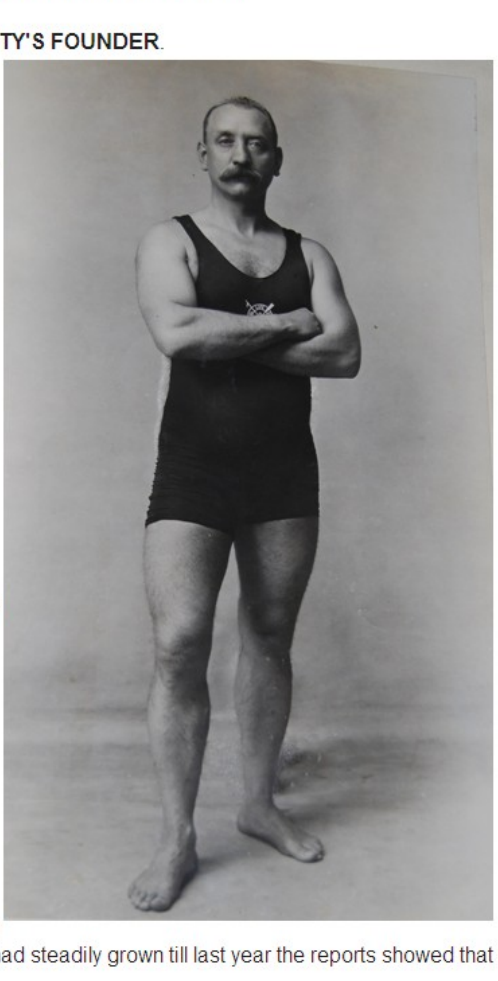
Subscriptions received after the fund was opened yesterday were:
Messrs. John Fairfax and Sons Pty., Ltd.£100 0 0
Mr. Warwick Fairfax . 25 0 0
Miss Dorothea Mackellar _ 10 10 0
J.F.G. 7 7 0
Mrs. Ethel S. Curlewis . 6 5 0
Mr. H. Gratton Guinness _ 5* J5. 0
Mr. R. C. Clarke . 2 2 0
Mr. F. A. Thorpe ....->.'.' 212-0
'Mrs. S. Kirkland . 1.1 0
Mr. Rex Chambers . 1 1 0
Mr. Gordon Wallace . 1 1 0
Mr. W. .J. V. Windeyer . 1 1 0
Mr. L. H. Bell .'...' 1 1 .0
Mr. F. Beardmore . 1 1 0
Mr. A. C. Leslie . 1 1 0
Mr. A. G. Hill .'...'....*' 1 1 0
Total .£ 165 19 0
LIFE-SAVING. (**1938, March 2**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article27979827

AIF. LIFE-SAVING CLUBS. Equipment Needed.
An effort is being made by surf life-saving clubs in New South Wales to send a number of Australian life saving reels to Palestine for the use of the surf life-saving clubs which have been formed by members of the AIF A letter sent by Sergeant R Johnson A M C AIF to the general secretary of the surf Life saving Association of Australia Mr. G Millar reports that among the leading Australian surfers who have joined the soldiers life saving club in Palestine are P Smith Winton Heal. D McErlane D Wauchope R Davis R W G (Chips) Henderson R Carter R Sutton and P Kenny. A.I.F. LIFE-SAVING CLUBS. (**1940, April 20**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 19. Retrieved from http://nla.gov.au/nla.news-article17649317

SAPPERS NEARLY DROWNED One Admitted To Hospital SYDNEY. Wednesday. SEVERAL A.I.F. sappers narrowly escaped drowning at Maroubra Beach today when they were caught in the undertow and carried out to sea. One was admitted to hospital suffering from immersion. The men had marched to Maroubra this morning, and during the lunch-time spell several decided on a swim. **Sapper Birrell, of the Newport Surf Club, had taken a wave when he noticed that Sapper McMahon was being taken out by the undertow. He brought him ashore after a 15 minutes struggle**. Soon several others were in difficulties, but they were rescued after a hard struggle. SAPPERS NEARLY DROWNED. (**1940, August 29**). *Barrier Miner* (Broken Hill, NSW : 1888 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article48358749

A sapper, also called pioneer or combat engineer, is a combatant or soldier who performs a variety of military engineering duties such as bridge-building, laying or clearing minefields, demolitions, field defenses and general construction, as well as road and airfield construction and repair. They are also trained to serve as infantry personnel in defensive and offensive operations. A sapper's duties are devoted to tasks involving facilitating movement of allied forces and impeding those of enemies. A sapper, in the sense first used by the Assyrian Army in the early 7th Century BC[citation needed], was one who excavated trenches under defensive fire to advance a besieging army's position in relation to the works of an attacked fortification, which was referred to as sapping the enemy fortifications.
Saps were excavated by brigades of trained sappers or instructed troops. When an army was defending a fortress with cannon, they had an obvious height and therefore range advantage over the attacker's guns. The attacking army's artillery had to be brought forward, under fire, so as to facilitate effective counter-battery fire. This was achieved by digging what the French termed a sappe (derived from the archaic French word for spade). Sapper. (2013, July 30). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Sapper&oldid=566463657

LIFE-SAVING PIONEER. WELCOME TO MR. WILLIAM HENRY. ROYAL SOCIETY'S FOUNDER.



Mr William Henry the founder of the Royal Life saving Society and present chief secretary who is on a tour of Australasia in the Interests of that body arrived in Sydney yesterday. Hewas extended a formal welcome by the local branch of the society the New South Wales Amateur Swimming Association and the Surf bathing Association at the Sports Club at noon. Sir Francis B Suttor president of the Sydney branch of the Royal Life Saving Society occupied the chair and there was a large attendance of members of the various bodies
The chairman In proposing the health of the guest said he would be made welcome not only by the members of the associations represented there that day but by all who knew of the great work accomplished by the Royal Life saving Society-which was practically everyone. Added to that he would get the double welcome of thousands of sportsmen who realised what eminently good service Mr. Henry had rendered sport Australian swimmers were under a particularly heavt debt of gratitude to him by reason of the great kindness and hospitality he had extended to the representatives they had from time to time sent to England
(Cheers)

The toast was supported by Colonel Roth Mr Jas Taylor chairman of the Now South Wales Amateur Swimming Association Mr J Lord chairman of the New South 'Wales Surf bathing Association and Messrs Cecil Healy and 'Snowy' Baker

Mr Henry in responding referred to the freemasonry of sport and said that it he had done anything for their swimmers in London that pleased them he was only too delighted to know it. It was gratifying to look upon the progress the Royal Life Saving Society had made. From small beginnings In 1891 a huge body had grown up with branches In every country where English was spoken and in many others as well. Just before he left London he had been notified that a branch had been formed among the Parsees in India. It was a notable thing that a man wearing the badge of the society was now made genuinely welcome –wherever he went on the Continent. Reverting to the sportsmen Australia had sent to England he said this country hid ever been willing to send its best and the men who had gone home had invariably been such as tended by their personality as well ns their prowess to uplift the particular branch of sport they were connected with (Cheers)

AN Interview.
In an Interview with a Herald reporter Mr. Henry explained that he was a Londoner and was now 51 years of age. The Royal Life saving Society was formed at his instigation in 1891 and after a hard j car s worl they were able to i oint to tho fact that 86 candidates had passed the prescribed examinations in life saving. That number had steadily grown till last year the reports showed that no less than 10495 candidates had passed.

Mr Henry confesses to having won 600 prizes in the water and at various times has held a number of swimming and diving championships. He has held both the salt water and long distance championships of England and he won the Olympic life saving trophy at the Olympic games carnival in Paris in 1900. He was one of the pioneers of water polo in captained the first English team to defeat Scotland The last 20 years of Mr Henry' s life have been devoted to life saving and the teaching of swimming to the young. He has furthered the sport of swimming in Canada Sweden Finland Germany Austria France and Italy. He is a member of the British Olympic Council and was director of the stadium at the great Oljmpic Games and Sports at Shepherd s Bush london in 1903 LIFE-SAVING PIONEER. (**1910, October 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article15174524

Newport Surf Life Saving Club to 1939 - Part I threads collected by A J Guesdon, 2013.

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Children Youth Seniors Environment Food Lynda Hill
Community News Pictures Inbox News Books Events Artist of the Month Reflections DIY Hints Collector's Corner Past Features
Community Clubs Community Forum

August 18 - 24, 2013: Issue 124

Articles This Week

Front Page Issue 124 - International Lighthouse Weekend - Sailability Pittwater Supported to Bring *Freedom on Water* to All - Pittwater Veterans Honour Vietnam Veterans and Victory in the Pacific Day at Commemorative Services - Honeyeaters Song

Pittwater Gives to Sailability Pittwater

International Lighthouse Lightship Weekend 2013 at Barrenjoey on Today - definite 'do yourself a favour' department

Victory in the Pacific Day - 2013 Commemorative service at Avalon Beach RSL

Pictures - Vietnam Veterans (Northern) Day 2013

DIY Hints: **Fathers Day – DIY Gift List** - Johnson Brothers have some great Father's Day gift ideas for September 1st and we also have some craft ideas for mum and the children to do together

Birdsong Is a Lovesong at This time of The Year - Brown Falcon, Little Wattle Bird, Australian Pied cormorant, Mangrove or Striated Heron, Great Egret, Grey Butcherbird, White-faced Heron

Profile of the Week: **August 2013 - Community Organisation: Easy Transport Manly Warringah Pittwater**- a not-for-profit charitable community organisation that provides transport solutions for those who cannot access public transport as well as a range of social activities..

History: **August 2013 -Surf Life Saving Clubs of Pittwater- Newport SLSC – saving people since 1909**

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

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

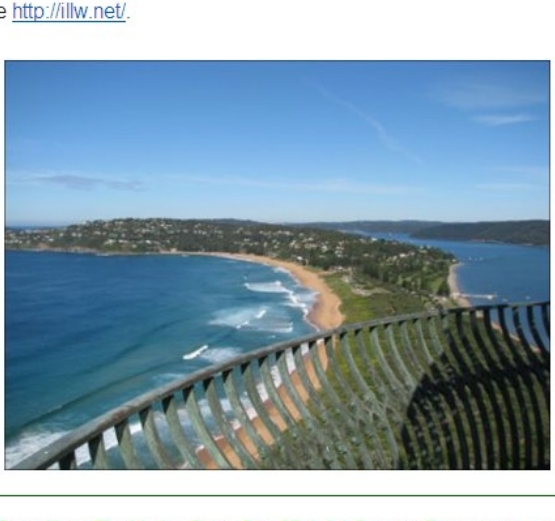
International Lighthouse Weekend at Barrenjoey - 17 - 18 of August

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

The lighthouse is normally open every Sunday, from 11 to 3 pm, but for ILLW it will be open on Saturday as well. New information brochures in Chinese, French, German and Spanish will be available, in case you have international guests. Tours take half an hour. Allow about 2 hours from the carpark to walk up and return. Note there are no toilets on the headland, so make a call at those in the park if needed, and take your own water as there is no water either.

Walk along the beach on the Pittwater side, then up either the original convict-built Smugglers track (steep and uneven) or the nearly-completed service road. Cottage entry is free, lighthouse tours cost $5 adults, $2 school-age children. If weather looks doubtful, call Kalkari Visitor Centre 9472 9300 after 9.15 am to check if tours are operating.

On ILLW, you can talk with the radio operators and might like to try your speed at texting against a Morse code operator. Other activities with signal and semaphore flags will be organised to illustrate communications at the time. For information about ILLW, see http://illw.net/.



Funding To Help Can Graffiti At Berry Reserve - 16 August 2013

NSW Attorney General Greg Smith SC and Member for Pittwater Rob Stokes today announced the NSW Government has awarded Warringah Council $131,000 to revitalise the Community Recreation Precinct at Berry Reserve in Narrabeen and make it more resistant to graffiti.

Mr Smith said the planned improvements to the precinct were designed to increase legitimate use of the area's facilities and deter vandals.

"The installation of outdoor fitness equipment and new seating will attract more visitors to the community precinct, which will increase 'natural surveillance' in the area and make it harder for vandals to avoid being seen," Mr Smith said.

Mr Stokes said clever landscaping and art installations would provide further protection to commonly vandalised sections of the precinct.

"Unfortunately this area is regularly targeted by graffiti vandals and it's tarnished what can be a great community precinct," Rob Stokes said.

"This funding will enable Council to create a more vibrant atmosphere by installing coloured paving and covering graffiti-damaged walls, including those at the basketball court, with 'non-aerosol' art."

"Trees or shrubs will be planted along the blank walls to minimise access to surfaces that could be used for graffiti.

"Security mesh will also be installed to limit access to the roof of the precinct's toilet block, which is frequently damaged by vandals.

The NSW Government has awarded more than $2.3 million to local councils over the past three years as part of its Graffiti Hotspot Program.

The Government is also teaming up with Rotary Down Under to conduct Graffiti Removal Day, which will give community members an opportunity to clean up their area. **Graffiti Removal Day will be held on Sunday, October 20 between 10am and 4pm.**

"Cleaning up graffiti costs our local Councils ridiculous amounts of money every year which could be better spent on improved community services.

"I encourage all local sporting clubs, businesses and community organisations to sign up for this event and demonstrate what people power can achieve in the fight against graffiti," Mr Stokes said.

People can volunteer or nominate a clean-up site for Graffiti Removal Day by completing an online registration form at www.graffitiremovalday.org.au . Volunteers will be provided with training, graffiti removal equipment and protective gear on the day. Anyone can report graffiti by contacting the Graffiti Hotline on 1800 707 125.

Surf Life Saving Nippers 2013-14

This list will be updated as Pittwater SLSC's finalise their 2013-14 Seasons dates.

Warriewood SLSC

Nippers Home Page: **HERE**

Mona Vale SLSC - Nippers registration - **8 & 15 Sept 2013**.

http://monavaleslsc.org.au/

Mona Vale Patrols begin - Saturday September 21

Bungan SLSC

Phone: 9979 5097 (Clubhouse)

Newport SLSC - 8th and 15th September between 9:00am and 11:00am

Nippers home page: HERE

Bilgola SLSC

Nippers home page: HERE

Avalon SLSC

http://avalonbeachslsc.com.au/

Our patrolling season for 2013/2014 begins at the end of September and finishes on Anzac Day next year. We patrol our beach every weekend and public holidays throughout the season. Members can check their patrols on the 2013/2014 roster or the calendar which will be available in August. We also have a Nippers program which is held on Sunday mornings beginning in October.

Whale Beach SLSC

www.whalebeachsurfclub.org/

North Palm Beach SLSC

Surf Patrol

Surf Patrol shows the work of the volunteer life-savers who patrol Australia's dangerous surf beaches, saving hundreds of lives each year.

Australia's beaches, ringed as they are by dangerous surf, call for vigilance by even the best swimmers. The film stresses that these men and women, who devote their energies to this, give up much of their leisure to equip themselves for the task. As well as being expert swimmers and qualifying for swimming awards, they spend as many as two or three evenings a week studying life-saving methods and human physiology. How they man life-boats which fight huge seas, how with belt and line they brave heavy seas to rescue the unfortunate and unwary, and how they apply the most efficient methods of resuscitation to the apparently drowned, makes a highly exciting and interesting film. 1950. Directed by Jack S. Allan. Produced by National Film Board. Locations: Manly Beach and Surf Club

Surf Patrol

Consultation on draft POEO (General) Amendment (Native Forest Bio-material) Regulation 2013

The Environment Protection Authority is seeking comment on a draft Regulation to exclude two additional types of materials from the definition of 'native forest bio-material' under the Protection of the Environment Operations (General) Regulation 2009. This will allow them to be burnt in electricity generating works with a capacity of over 200 kilowatts.

The two materials proposed to be excluded are:

invasive native species cleared in accordance with a property vegetation plan, within the meaning of the Native Vegetation Act 2003

certain material resulting from forestry operations carried out on land to which an Integrated Forestry Operations Approval (IFOA) applies under Part 5B of the Forestry Act 2012, as well asdebris from clearing carried out in accordance with a private native forestry property vegetation plan.

Changes to the current Regulation will be achieved by passage of the following amending instrument:

Protection of the Environment Operations (General) Amendment (Native Forest Bio-material) Regulation 2013 (pdf, 148KB)

More details on the proposed changes are available on the Native Forest Bio-fuels Amendment Q&As webpage.

Have your say

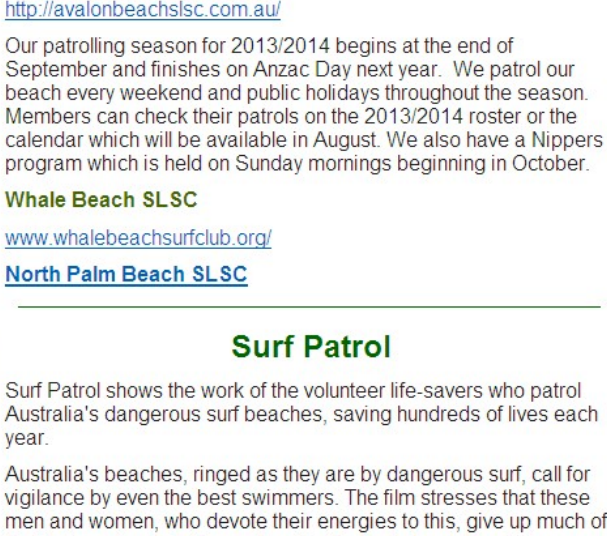
Public exhibition on the draft Regulation has now commenced and comments will be **received until 20 August 2013**.

During this period, members of the public are invited to comment on the document, by sending a submission via mail or email to:

Postal address: Native Forest Biomaterials Consultation, Reform and Compliance Branch, Environment Protection Authority. PO Box A290. Sydney South NSW 1232

Email: native.biomass@epa.nsw.gov.au

From: http://www.epa.nsw.gov.au/licensing/natforestbiofuel.htm



NEW LOOSELY WOVEN CONCERT WAS TERRIFIC!

"some hotly contested issues were canvassed with larrikin humour and true reverence - that is, in typical Loosely Woven style"

"Sonia's lovely 'Bogong Ranges' stole my breath away"

These quotes from the following review by Paul Cruise give us the essence of "NEVER FORGET YOU" the new concert given in Avalon on the 4th August by Loosely Woven musicians led by Wayne Richmond. The concert raised over $600 for Avalon Group of Amnesty International.

URROOH
URROOH

Wayne Hunts in National Parks

An enthusiastic audience of over 80 were enthralled by the music, and were also supportive of the Avalon Amnesty Group's petitions on behalf of prisoners of conscience in Iraq and Bahrain.

Many commented also on the great refreshments provided by Avalon Baptist Church and the AIA Group.

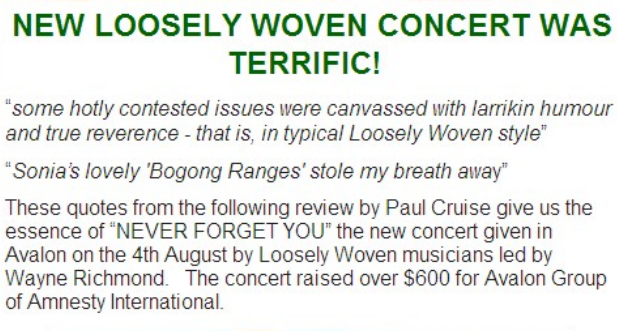
Review **(Paul Cruise)**

I've come to expect a range of emotions to move me during a Loosely Woven concert. Tonight I was more impressed by the sheer skill and talent of these performers. "Never Forget You", a programme dedicated to the late Denis Kevans, was a slight departure from the group's customary palette of widely varied material but the local theme served them well. Indeed, with his musical partner Sonia Bennett leading the charge, this tribute to our own 'Poet Lorikeet' just couldn't miss. It was a sublime experience. The emphasis on original songs by Denis, Sonia and others, plus a couple from Henry Lawson, shone a spotlight on contemporary Australia without sentimentalism or bravado. From coal seam gas to the plight of the Great Barrier Reef and hunting in National Parks, some hotly contested issues were canvassed with larrikin humour and true reverence - that is, in typical Loosely Woven style.

Ah, yes, the performers! A very strong, tight chorus ably complemented Sonia's leads and splendid guitar work - her lovely 'Bogong Ranges' stole my breath away. Bee Higgins's warm clarinets and Cathy Kirk's trumpet interjections deepened the sonic texture, while some fine arrangements allowed harp and xylophone to shine in the hands of Noni Dickson and Meredith Williams. Even maestro Wayne Richmond's concertinas got a look in, as did the blues! So the usual mad mixture was there after all, in the execution as much as the instrumentation. It's the nature of what they do, and it's getting better all the time (as Sir Paul McCartney might say)!

Avalon Amnesty Group wish to give heartfelt thanks to Wayne and Loosely Woven for their great music, and for their continuing work in raising money to help those who suffer injustice around the world.

Photo at top: Sonia Bennet and Loosely Woven



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

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

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

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

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

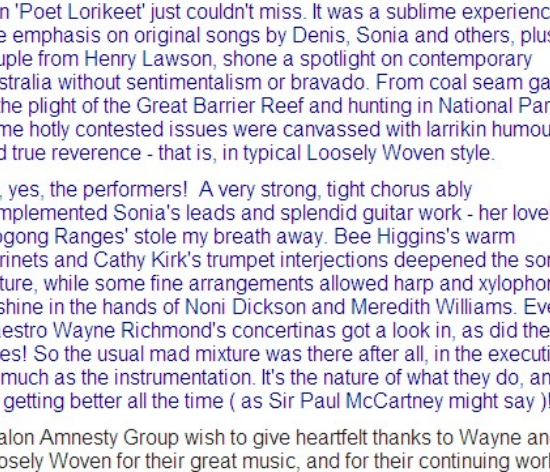
"It's a hell of a job preparing for the big races so I thought I'd pop my entry in while I was at it. Hopefully we'll be able to encourage a few more Lake boats to enter," Hall said.

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

Lifeline

BOOK FAIR

Friday 23 Aug - Sunday 25 Aug

Dear Book Gourmet,

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

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

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

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

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

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

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

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

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

Read the proposed Legislation:

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

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

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

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

AND IT GOES ON...

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

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

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

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

104R Environmental assessment

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

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

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

NATIONAL & MARINE PARKS UP FOR GRABS

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

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

104V Obstruction

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

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

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

2013-07-26

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

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

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

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

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

Local Government Referendum Off due to Early Federal Election

The referendum to financially recognise Local Government in the Australian Constitution will no longer proceed alongside the upcoming Federal election. With Prime Minister Kevin Rudd's announcement on Sunday 4 August that the Federal election will be taking place on 7 September, plans to hold the referendum have been cancelled.

The news is disappointing for Local Government as polling suggested there was an extremely good chance of winning the referendum. The need for Local Government to be recognised in the Australian Constitution remains a priority and Local Government NSW (LGNSW) will advocate that a referendum should be held in the near future. Already, the current Federal Government has committed to holding a referendum if re-elected and ALGA will be seeking the same commitment from the Federal Opposition.

The referendum could not proceed as it could only be held no more than two months and not less than six months after it passed through Federal Parliament. As the referendum bill passed through the Senate on Monday June 24, and pre-polling will commence on Monday August 19, not enough time will have elapsed. A letter was sent from the LGNSW Joint Presidents to all Mayors and General Managers earlier this week updating them on the referendum campaign and council's contributions.

PITTWATER COUNCIL

NEW SWIMMING POOLS INSPECTION PROGRAM

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

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

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

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

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

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

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

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

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

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

QUICK FLIX VIA MONA VALE LIBRARY

Pittwater library members can now access thousands of award-winning short films and documentaries free with the introduction of IndieFlix at Mona Vale Library. This innovative platform provides easy access to independent films that have been hits at film festivals across the globe, including Sundance, Cannes, Tribeca and more.

Library Manager Cathy Howie praised the IndieFlix platform for directly supporting independent filmmakers and providing a wider distribution of their work.

"There's a vast array of short stories and features to choose from, collected from over 50 countries. We're pleased to be able to offer this service to our members at no cost and it's easily accessible via the library website," said Ms Howie.

Ms Howie said all that was needed was a Pittwater library membership number and a broadband or wi-fi internet connection.

"IndieFlix will also work with tablets, iPads and smartphones and is also available on Roku and Xbox." Ms Howie added.

To view the latest short films visit www.pittwater.nsw.gov.au/library and select the button Digital Films and Magazines.

Not a Pittwater library member? Why not become one via the online form at www.pittwater.nsw.gov.au under "Using the Library". Or call Catherine Buddin on 9970 1605.

Free Course to Mentor Local Tibetans

The Northern Sydney Institute, part of TAFE NSW and NSW Health are offering a free mentor training program for residents interested in supporting the local Tibetan community. Many Tibetan migrants have chosen to make the northern beaches their home, with Dee Why and surrounding suburbs containing the largest concentration.

The course will run each Friday for six weeks and starts on Friday 6 September and runs until 25 October 2013. The course is offered at Northern Beaches Campus and each session is from 10am to 2.30pm.

An information session about the course will be held at the Northern Beaches Campus Library on Friday 23 August at 1pm.

According to Daena Tyerman from the Northern Sydney Institute, the course covers the role of a mentor and focuses on communication, interpersonal skills, values, ethics and community referral skills.

"Volunteer mentors are needed to assist refugees in getting to know their local community and adapting to the Australian way of life," said Ms Tyerman. "If you would like to learn more about Tibetans and their culture and help them with employment, education, social and health services, then this is the course for you," she said.

Ms Tyerman said that mentors come from all walks of life and might be retired, between jobs or working part-time.

"We have found previous courses have been very successful, with many mentors forming unique friendships with Tibetans as a result of taking the course," added Ms Tyerman.

The course will be held at:

Library, Room 222, Block M, Northern Beaches Campus, The Northern Sydney Institute: 154 Old Pittwater Rd, Brookvale.

For more information about the mentoring course call Daena Tyerman on 9448 4426 or email daena.tyerman@tafensw.edu.au

STORY OF WAR HERO LOST AT SEA

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

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

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

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

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

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

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

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

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

SEEKING STALLHOLDERS FOR DOG DAY BY THE BAY

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

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

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

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

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

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

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

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

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

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

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

CELEBRATE THE WORKS OF ROALD DAHL

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

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

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

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

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

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

Enliven PITTWATER

ENLIVEN PITTWATER LEADERSHIP GROUP ANNOUNCED

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

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

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

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

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

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

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

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

The Council, the NSW Department of Planning & Infrastructure and Urban Growth

NSW have begun a precinct planning process for Ingleside which will lead to potential changes in planning controls to allow for future urban development . Information sessions will be held this month for landowners. To find out more ring the Department on 1300 730 550 or email community@planning.nsw.gov.au.

Pittwater's library service is offering its members free downloads of films and magazines through its website. Select the button Digital Films or Magazines here and enter your library membership number. Magazines and films can be downloaded to your smartphone or tablet.

LEGO AT THE LIBRARY

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

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

Bushcare Notices - August 2013

Bushcare at Warriewood

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

Sun August 18
Angophora Res 8:30-11:30am
Crescent Res 9-12pm
McCarrs Creek Res 9-12pm
Irrawong Res 1-4pm
Wed August 21
Warriewood Beach 8-11am
Sat August 24
Pindari Res 8-11am
Nth Newport Bch 8:30-11:30am
Careel Ck 8:30-11:30am
Kywong Res 8:30-11:30am
Sun August 25
Bungan Bch 8-11am
Winn Bay 9-12pm

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

Pittwater Council's COOEE Newsletter August 2013

New Season for Sailability Pittwater

Sailability NSW
Freedom on the water
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

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.

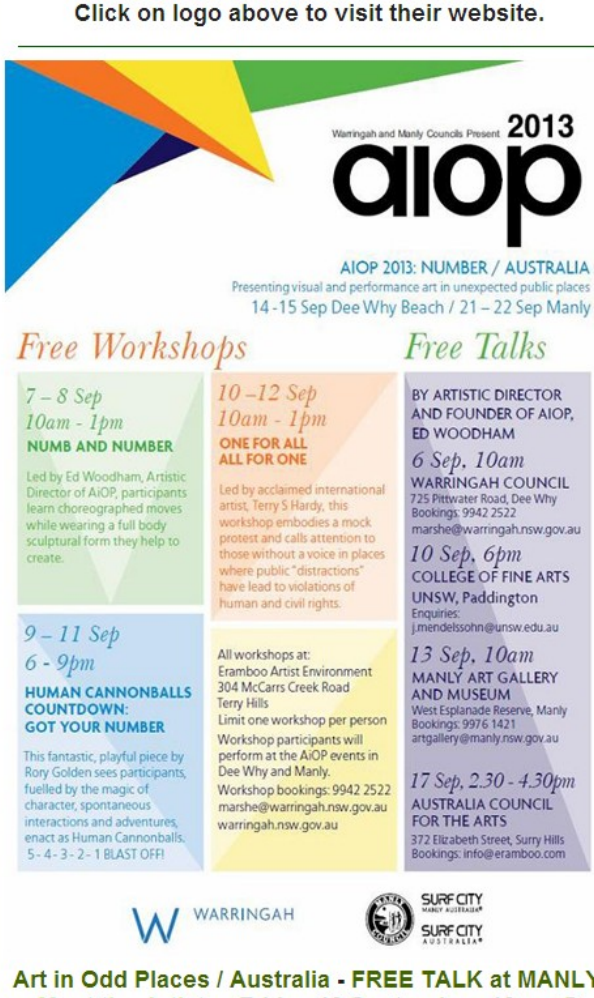
The NSW Government Gazette contains:

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.**

THE SUMBA FOUNDATION
AUSTRALIA

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.



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

Free Workshops

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

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

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

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

Free Talks

BY ARTISTIC DIRECTOR AND FOUNDER OF AIOP, ED WOODHAM

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

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

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

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

WARRINGAH
SURF CITY
SURF CITY

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

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

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

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

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

For more details please visit

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

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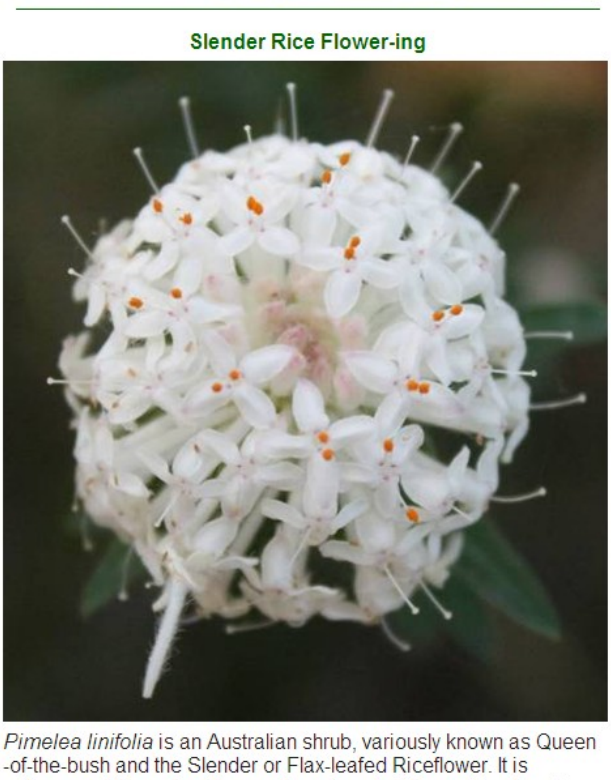
Scotland Island Hazard Reduction Burn

Last weekend the Scotland Island Fire Brigade and RFS began their preparations for the upcoming bushfire season. These images are courtesy of the Pittwater Offshore Newsletter.

Prepare. Act. Survive. will be the motto for us all again this Summer. To find out more about upcoming Hazard Reduction Burns or support our local firies visit the NSW Rural Fire Service at www.rfs.nsw.gov.au/

Slender Rice Flower-ing



Pimelea linifolia is an Australian shrub, variously known as Queen-of-the-bush and the Slender or Flax-leafed Riceflower. It is widespread throughout the south and east of the continent and is toxic to livestock.

The bark can be processed into fine strong thread for catching Agrotis infusa, the Bogong moth. This string, called a 'Bushman's bootlace', is produced by a traditional method that involves wetting, drying, beating and rolling the material. The plant is prostrate or 1.5 m high. The leaves of the species are narrow or oblanceolate, 2-7 mm, and may be up to 30mm long. Up to 60 white flowers form brachteate heads on glabrous peduncles, bracts are 4 or 8. It was first published in 1793 by James Edward Smith, in his *A Specimen of the Botany of New Holland*. It is endemic to south-eastern Australia, occurring in South Australia, Victoria, Tasmania, New South Wales and Queensland. Pimelea linifolia. (2013, May 17). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Pimelea_linifolia&oldid=555493949

YOUTH CONFERENCE WITH ECO FOCUS

YOUth LEADing theWorld

Pittwater and Warringah Councils will host the Youth Leading the World (YLTW) conference at the Coastal Environment Centre (CEC) at North Narrabeen from **3 to 5 September 2013. The Global Youth Leadership Congress invites young people aged between 12 and 25 to come together locally and connect globally on issues of sustainability.** The congress is facilitated by the not-for-profit organisation OzGreen and is one of 90 being held worldwide.

Pittwater Mayor Jacqui Townsend said the congress was a great initiative involving young people across the world, educating and inspiring them to act on their environmental concerns.

"This hands-on three day session allows young people to work out their own eco-footprint and on action plans to make changes in their lives, at their schools and in their communities," she said. "I encourage every young resident on the northern beaches to become involved in this great event," added Mayor Townsend.

Warringah Mayor Michael Regan also praised the program and said it was a way of developing real solutions to environmental issues at a community level.

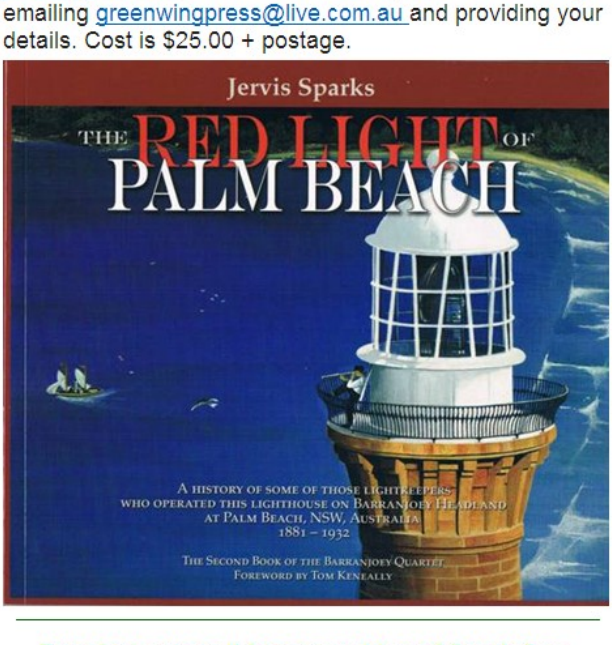
"This is a great opportunity for young people to participate at a local and global level to voice their concerns about the environment," said Mayor Regan.

"I am pleased that Warringah Council is, once again, contributing financial support to the running of this very important youth event."

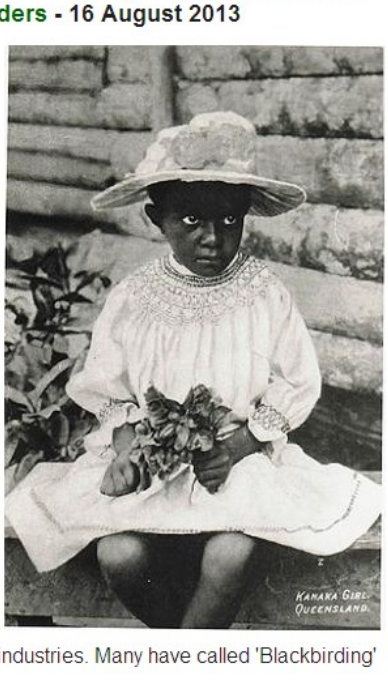
David Lowery from the CEC said the Congress would culminate with a community forum for young people to share their inspirational plans with the wider community.

Young residents across the northern beaches are invited to register at www.ozgreen.org

The Red Light Of Palm Beach is available at Barrenjoey Boating Services, at The Boat House, Palm Beach or by emailing greenwingpress@live.com.au and providing your details. Cost is $25.00 + postage.



Free forum to call for recognition of South Sea Islanders - 16 August 2013



Kanaka Girl, Queensland, courtesy of the Macleay Museum Historic Photo Archive.

The University of Sydney will next week co-host a Sydney Ideas forum calling for formal recognition of Australia's South Sea Island people.

Australian South Sea Islanders were brought to Australia from Vanuatu, Solomon and surrounding islands under the infamous 'Blackbirding' scheme which lasted from 1863 until 1906. Under the scheme an estimated 60,000 islanders worked as indentured labourers for the sugar cane, pastoral and maritime industries. Many have called 'Blackbirding' a new form of slavery.

In 1901 the Commonwealth - as part of its White Australia Policy - passed the Pacific Island Labourers Act, intended to deport South Sea Islanders to their country of origin. After an outcry, 1,500 were allowed to stay in Australia while another 1,000 people hid in the bush for a few years, resulting in what today is a culturally distinct population of about 40,000 people.

Next week's The Call for Recognition of the Australian South Sea Islander Peoples: A Human Rights issue for a 'Forgotten People' will bring together historians, community members, politicians and other interested parties to discuss the need to acknowledge these people as a distinct group. It will be opened by Eddie Koiki Mabo's widow Bonita, patron of the event's co-host the national Australian Association of South Sea Islanders Port Jackson (ASSI.PJ).

"Often Australian South Sea Islanders are confused with modern migrants from Melanesian countries," says one of the forum's coordinators Matt Poll, an ASSI.PJ member and curator of the University's Indigenous collection at its Macleay Museum.

"Some have been here for six generations, often existing on the fringes of society. Restitution issues, such as unpaid wages from the Queensland government, dual citizenship and reunification with families remain unresolved."

"Consequently, many ASSI's suffer the same disadvantages as Aboriginal and Torres Strait Islander communities and remain marginalised."

Lobbying by the ASSI community has resulted in some recognition: after a Human Rights and Equal Opportunity Commission report the ASSI community in 1994 were recognised by the Commonwealth as a disadvantaged ethnic group. However, subsequent political momentum has floundered as supportive politicians such as Prime Minister Paul Keating and NSW Premier Bob Carr left office.

Panel member Alex Greenwich MP urged the NSW Parliament for a debate and motion to recognise the NSW ASSI community on Thursday 15 August.

"We are calling on the Commonwealth to remind it of its commitment to our community, made in 1994, for the rightful recognition of our forefathers and our future generations," says ASSI.PJ President Emelda Davis.

Next week's forum is one of a host of events marking the 150th anniversary of the beginning of Blackbirding. Renowned ASSI historian Professor Clive Moore, human rights activist and former journalist Jeff McMullen, community member Shireen Malamoo, and Queensland representatives Paula Viti and Professor Gracelyn Smallwood will be among those who will discuss the need to give the ASSI people recognition.

This free forum will highlight a largely forgotten yet culturally important era of Australia's history and address the human rights of this small, but important, group of Australians. It is co-presented by the Macleay Museum, the ASSI national representative body and the Australian Association for Pacific Studies.

Event details

What: The Call for Recognition of the Australian South Sea Islander Peoples: A Human Rights issue

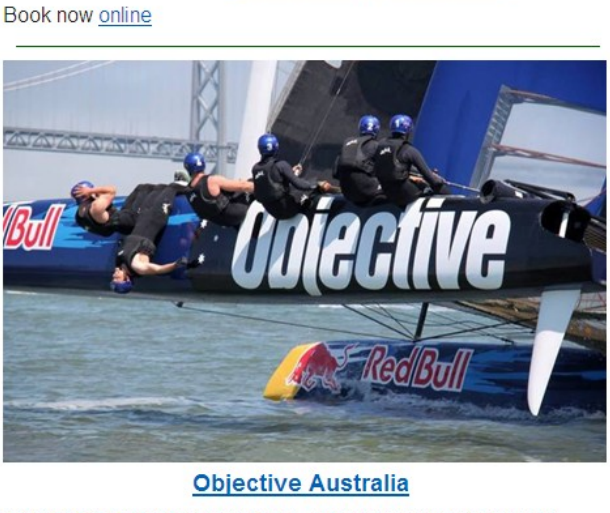
When: **6 to 7.30pm, Tuesday 20 August**

Where: Foyer, New Law Building, Camperdown Campus

Cost: Free

Contact: 02 9351 2943 or sydney.ideas@sydney.edu.au

Book now online



Objective Australia

12.8.2013: History in the making. After 15 months of planning, logistics, the selection series and just damn hard work, Objective Australia's AC45 launched in San Francisco today, right under the Bay Bridge. First day on the water tomorrow and counting down the days until the start of the **Red Bull Youth America's Cup on 1 to 4 September**. Bring it on!

14.8.2013: It's hard to believe we are already 10 days into our San Francisco preparations for the Red Bull Youth America's Cup. There is no room for complacency and no point in looking in in the mirror on September 5 wondering what else we could have done to prepare. Eight of Australia's fittest, most successful, and diverse young sailors have embarked upon the most most extreme sailing competition of its kind. The equipment is cutting edge technology and requires untold amounts of work to optimise, maintain and develop. The schedule is gruelling starting at 5am to cover the administration, planning, logistics, and nutrition required to endure the seven day a week format. Bed time is 11. If we are not sailing we are working on the boat, in the gym, in front of a camera, eating, debriefing or asleep. None of us have ventured more than 100 metres from a direct route between our apartment to our operations centre and that is a 200 metre walk! Every second of the day is full to the brim and one must factor in extra time to talk to the crowds that peer through the fences at the activity surrounding the Red Bull Youth America's Cup base. We are overwhelmed by the interest this event is generating. We are so excited to be here representing Australia and we are doing everything in our power to be a player on race day.

Soibada Visit - Tasi Fatin

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

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

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

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

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

This week:

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

Tamara Sloper Harding
Tamara.harding@bigpond.com

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

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

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

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

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

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

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

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

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

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

Direct to Mona Vale Road page link HERE

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

YOUTH DEVELOPMENT & SUPPORT PROGRAM

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

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

Youth Development and Support Program 2013-14

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

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

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

These Projects will:

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

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

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

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

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

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

Full details here

Walking Group for Women

Get healthier and meet new friends with a walking group **based in Narrabeen for women aged 50+.** Walks are around an hour and suitable for all fitness levels, with coffee and chat afterwards! For more info email jenniferhe@ransw.org.au

ADHD support group

Northern Beaches
ADHD
Support Group

A new support group for parents and guardians of children with ADHD has started up in Mona Vale. The first meeting will take place on 9 September with guest speaker Dr Caroline Stevenson, who's an expert in the diagnosis and treatment of ADHD.

RSVP for the meeting here

http://northernbeachesadhdsupportgroup.com.au/

Northern Beaches Futsal Association

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

Want to learn about birds? Sunday September 8th

Birdwatching & monitoring on the Chiltern Track, Ingleside.

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

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

Bring: Binoculars, water, morning tea.

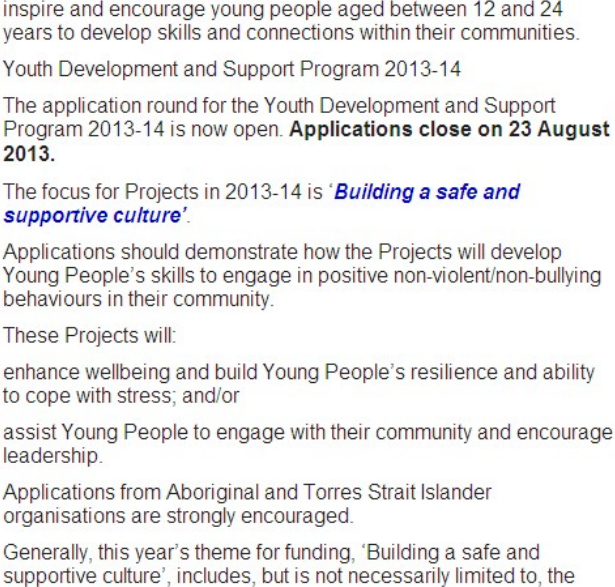
To Book: P. Kerry Smith 9944 6271 0402 605 721

E: pnhabirdwatching@gmail.com

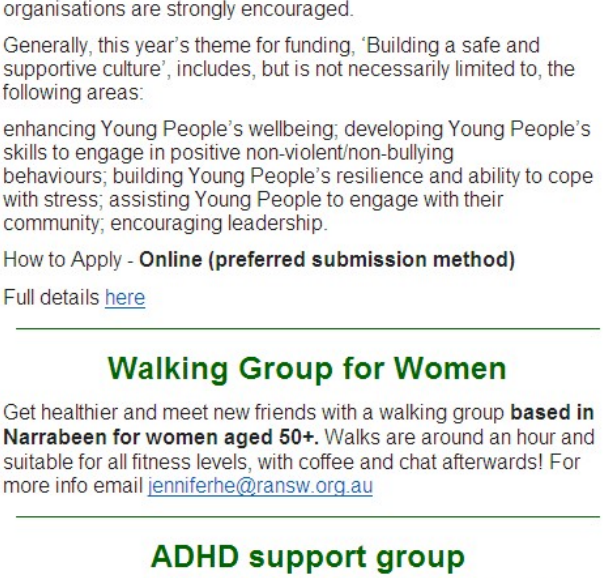
PITTWATER NATURAL HERITAGE ASSOCIATION INC

Pittwater Environmental Foundation

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



Katandra Bushland Sanctuary 2013 Season


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

nbi
KEEP CALM
AND
RUN THE NORTHERN BEACHES

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

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

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

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

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

Surf Life Saving Sydney Northern Beaches

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

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

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

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

Register Now!
Steptember.org.au
STEPTEMBER

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

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

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

There are 3 ways you can support Steptember:

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

2. Donate directly to our Conductive Education team at:

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

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

Thank you for your $upport! Keep on walking!

Captain Gabriel

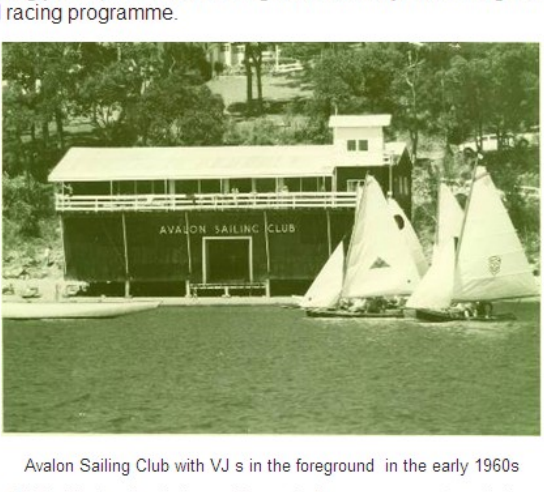
Gabriel Pinter | Senior Conductive Educator

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

CELEBRATING 75 YEARS 1938 - 2013

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

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



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

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

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

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

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

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

Email: 75th_ann@avalonsailingclub.com.au

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

MONA VALE HOSPITAL AUXILIARY STALLS FOR JUNE TO DECEMBER, 2013

Mona Vale Hospital Auxiliary.

UNITED HOSPITAL AUXILIARIES N.S.W. INC.

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

August

30th Father's Day stall at Avalon, outside ANZ Bank, baking, craft, bric-a-brac, knitting

September

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

October

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

November

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

December

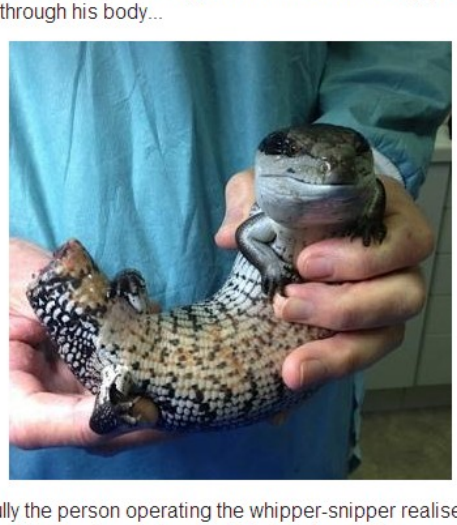
7th Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
14th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm
20th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm

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

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

By Lynleigh Greig

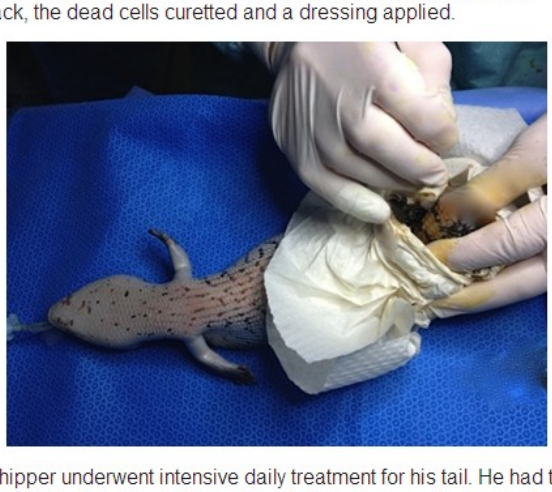
On a balmy May afternoon, this beautiful Blue-tongue lizard was hiding in the long grass, minding his own business probably just waiting for a juicy snail to amble by... All of a sudden a loud noise ripped through the serenity and the blade of a whipper-snipper came bearing down on him. With no time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



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

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

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



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

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

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

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

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

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

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

The Moral of the Story is:

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

ANZAC Centenary 2015

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

Pittwater Offshore Newsletter Update 15/8/2013: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackerel Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

Federal Government Media Releases this week:

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

Release of the Pre-election Economic and Fiscal Outlook (PEFO) - Department of Finance and Deregulation

SNIPPET: Release of the Pre-election Economic and Fiscal Outlook (PEFO). Consistent with the requirements of the Charter of Budget Honesty Act 1998 , the Pre-Election Economic and Fiscal Outlook (PEFO) was released at 10:00 am on Tuesday 13 August 2013. Department of Finance and Deregulation.

Australia welcomes UN cyber report - - Media - Australian Government Department of Foreign Affairs and Trade

SNIPPET: Australia has welcomed a new United Nations report affirming that international law applies to states' use of cyberspace. In a report (A/68/98) released last week, the United Nations Group of Governmental Experts on developments in the field of information and telecommunications in the context of international security affirmed that international law, and in particular the UN Charter, applied to states' use of information and communications technologies. The UN group was established by the UN Secretary-General Ban Ki-moon in 2012 to study existing and potential threats in the sphere of information security and how nations could cooperate to overcome them.

Plasma-treated nano filters help purify world water supply | CSIRO

SNIPPET: CSIRO aims to establish and build relationships with members of the community. The study paves the way for the next generation of portable water purification devices, which could provide relief to the 780 million people around the world who face every day without access to a clean water supply. The study paves the way for the next generation of portable water purification devices, which could provide relief to the 780 million people around the world who face every day without access to a clean water supply.

Hinchinbrook students band together for health of the Great Barrier Reef - GBRMPA

SNIPPET: Students from Reef Guardian Schools in the Hinchinbrook region are working together to help ensure the health of the iconic Great Barrier Reef. Nine local Reef Guardian schools are taking part in the Great Barrier Reef Marine Park Authority's 2013 Future Leaders Eco Challenge with students participating in environmental activities to learn new skills to help them look after their local ecosystems. Reef Guardian Schools is an environmental education program run by the Great Barrier Reef Marine Park Authority.

Two businesses miss the Do Not Call mark | ACMA

SNIPPET: Australian Communications and Media Authority investigations have found Teleus Pty Ltd, a telecommunications provider, and Flexi Marketing Solutions Pty Ltd, a promoter of holiday accommodation deals, made calls to numbers on the Do Not Call Register. The ACMA has accepted from the two companies for breaching the Do Not Call Register Act The undertakings are enforceable in the Federal Court. In response to consumer complaints, the ACMA has investigated more than 50 businesses since the Do Not Call Register Act commenced in 2007.

Australia's trade with East Asia, Europe and the Americas: 2012 - - Media - Australian Government Department of Foreign Affairs and Trade

SNIPPET: Three new geographic trade statistical publications released by the Department of Foreign Affairs and Trade today showed that in 2012:. Combined, East Asia, Europe and the Americas accounted for the majority of Australia's international trade in 2012. These trade publications are part of a series published each year by the Department of Foreign Affairs and Trade on Australia's international trade in goods and services.

Australia welcomes Mexico into Australia Group - - Media - Australian Government Department of Foreign Affairs and Trade

SNIPPET: Australia today congratulated Mexico on becoming the 42nd member of the Australia Group, an informal forum of like-minded countries committed to preventing the spread of chemical and biological weapons for nearly 30 years. Australia looks forward to the contribution Mexico will make to the work being done to prevent the spread of chemical and biological weapons. Australia took the initiative to establish the Australia Group in 1985 and provides its permanent chair and Secretariat.

Senior staff appointments and changes at TGA

SNIPPET: The has overall responsibility for the management of the TGA's regulatory functions and activities. Dr Studdert has a PhD from Cornell University and a postgraduate management qualification. On his return to TGA on 1 November 2013, Dr Harry Rothenfluh will lead the Office of Manufacturing Quality (OMQ).

The Aboriginal story of Burke and Wills | CSIRO

SNIPPET: CSIRO aims to establish and build relationships with members of the community. A new book from CSIRO Publishing, The Aboriginal Story of Burke and Wills: Forgotten Narratives , examines the cross-cultural differences and perspectives of the European explorers and the Indigenous inhabitants, and exposes the fundamental failure of Burke and Wills - not to profit from Aboriginal knowledge. A new book from CSIRO Publishing, The Aboriginal Story of Burke and Wills: Forgotten Narratives , examines the cross-cultural differences and perspectives of the European explorers and the Indigenous inhabitants, and exposes the fundamental failure of Burke and Wills - not to profit from Aboriginal knowledge.

Royal Coin Swap put to Twitter vote

SNIPPET: The Holey Dollar and Dump are the only Australian coins which have had their 'legal tender' status removed, or been 'demonetised'. **The capital city with the most number of votes by midday on Monday 26 August 2013** will become the location for the coin swap of one of the Royal Australian Mint's most popular coins of 2013 - the 60th anniversary of the Coronation of Her Majesty Queen Elizabeth II $2 coloured circulating coin. 'The idea to choose the coin swap location via votes received on Twitter was inspired by the release of the 2013 60th anniversary of the Coronation of Her Majesty Queen Elizabeth II $2 coloured circulating coin, which was revealed through stages on a purpose built website and promoted heavily through social media,' said Royal Australian Mint Acting Marketing Director Mark Cartwright.

Calling all broadacre and dairy farmers - Department of Agriculture, Fisheries and Forestry

SNIPPET: The Australian Bureau of Agricultural and Resource Economics and Sciences (ABARES) has started its annual survey focusing on wheat and other crops, mixed livestock, sheep, beef and dairy farms. 'Survey collection officers will visit around 1900 farms to speak to farmers and collect physical, financial and management information about each farm business. ABARES annual broadacre and dairy industries surveys are funded by the Australian Government Department of Agriculture, Fisheries and Forestry, Meat & Livestock Australia, the Grains Research & Development Corporation and Dairy Australia.

Airservices seeking aviation fire fighters - Airservices Online Newsroom

SNIPPET: Aviation fire fighters operate the largest fire fighting vehicles in Australia-ultra-large high visibility Rosenbauer Mk8 fire vehicles which can discharge almost 9000 litres of water within two minutes of arrival at an emergency. 'On average, Airservices aviation fire fighters respond to over 7000 emergency calls each year at Australia's busiest regional, domestic and international airports.

Tweet Like +1

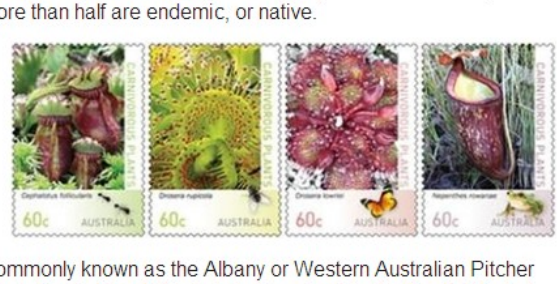
Unique plants on stamps

Australians have a great love of plants and some of the most unique specimens are featured on Australia Post's latest stamp issue. They are the carnivores of the plant world - *Cephalotus follicularis; Drosera rupicola; Drosera lowriei* and *Nepenthes rowanae.*

Australia Post Philatelic Manager Michael Zsolt said carnivorous plants receive most of their nutrients from eating animals and insects, and often look very unique.

"While Australian flora continues to be a popular theme, especially with collectors, we hope everyone will find these plants both intriguing and beautiful."

There are more than 670 species of carnivorous plants found across the world and more than 200 species in Australia, of which more than half are endemic, or native.



Commonly known as the Albany or Western Australian Pitcher Plant, Cephalotus follicularis is found only in the South West of Australia. It has a pitcher or pitfall trap which captures mostly ants, two of which are shown on the stamp.

Drosera rupicola is a tuberous species found exclusively in the southern wheat belt and goldfields areas of Western Australia. Its prey consists of mainly small flying insects such as flies, one of which appears on this stamp.

Drosera lowriei can be found on the granite outcrops in South Western Australia and was named after Allen Lowrie, a West Australian botanist. It has sticky tentacles on its leaves, a useful trap for capturing small insects. A butterfly appears on the stamp, an unsuspecting victim.

Nepenthes rowanae was named after the famous Australian botanical artist Ellis Rowan. It is the largest of the three species found in Australia producing traps that can hold up to half a litre of fluid. Their victims are mostly small prey but also lizards and frogs. They occur only on the Cape York Peninsula in Queensland.

The stamps and associated products were designed by Jo Muré of the Australia Post Design Studio, and based on photographs by Greg Bourke, renowned Australian carnivorous plant expert and author (with Richard Nunn) of Australian Carnivorous Plants.

The associated products available are a first day cover, stamp pack, maxicard set of four, booklet of 10 x 60c self-adhesive stamps and a gutter strip of 10 x 60c stamps with design.

The Carnivorous Plants stamp issue is available from 13 August 2013 at participating Australia Post retail outlets, via mail order on 1800 331 794 and online at auspost.com.au/stamps while stocks last.

Pittwater Online News

August 18 - 24, 2013: Issue 124

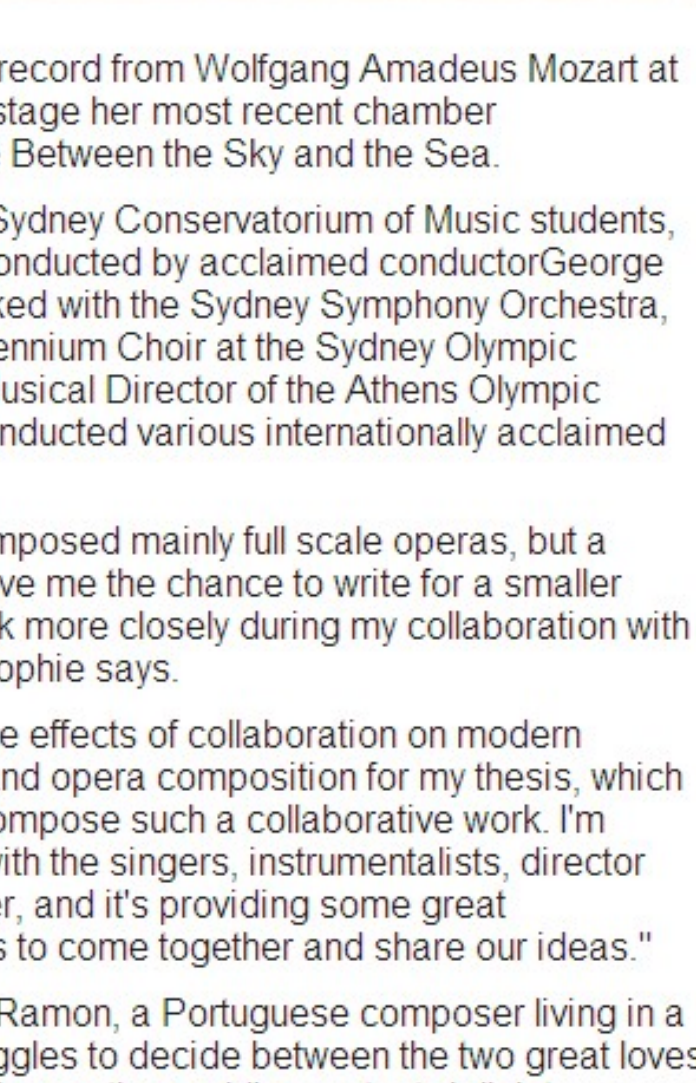
Reading at Twilight at Mona Vale Library - Roald Dahl - 21st Aug 2013, 6:30pm - 8pm

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

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

Contact: 9970 1600 Heather Thomson

Mozart's protegee unveils new chamber opera at free Sydney Conservatorium of Music recital - 14 August 2013



At **10 years old**, Sophie Spargo eclipsed Mozart to become the youngest person in history to have written a full scale opera and libretto

A new work by one of Australia's most prodigious young composers will go on show at a free recital at the Sydney Conservatorium of Music on 23 August.

Sophie Spargo, who became the youngest person in history to have written a full scale opera and libretto when she clinched the world record from Wolfgang Amadeus Mozart at the age of 10, will stage her most recent chamber opera,Somewhere Between the Sky and the Sea.

Starring a cast of Sydney Conservatorium of Music students, the opera will be conducted by acclaimed conductorGeorge Ellis, who has worked with the Sydney Symphony Orchestra, conducted the Millennium Choir at the Sydney Olympic Games, was the Musical Director of the Athens Olympic games and has conducted various internationally acclaimed orchestras.

"In the past I've composed mainly full scale operas, but a chamber opera gave me the chance to write for a smaller ensemble and work more closely during my collaboration with the performers," Sophie says.

"I chose to study the effects of collaboration on modern Australian dance and opera composition for my thesis, which is how I came to compose such a collaborative work. I'm enjoying working with the singers, instrumentalists, director and stage manager, and it's providing some great opportunities for us to come together and share our ideas."

The opera follows Ramon, a Portuguese composer living in a big city, as he struggles to decide between the two great loves of his life. Will he choose the world's greatest violinist, Stephanie Lythe, for whom he has composed the perfect violin concerto? Or his new girlfriend Madeleine, a cellist, who makes the best beef vindaloo and pays the rent?

"There's been a lot of giggling through our hard work - which really doesn't help my thesis, but reinforces why it is that I feel compelled to write operatic works."

Based on a short play of the same name by Alex Broun, which was a finalist in the 10-minute play festival Short + Sweet, the performance is part of the Conservatorium's extensive program of events.

The Conservatorium stages regular events featuring rising stars, seasoned performers and staff and students in a broad range of genres.

"Opera is a coming together of all of my favourite musical and theatrical elements - it's more than just a play and more than just a chamber music performance. The human voice is one of my favourite instruments as it gives another level and layer of meaning to the music, and it's so much more emotional," Sophie says.

"I think the most important thing is that audiences know there is much more to opera than the stereotype of a screeching soprano in a Viking outfit!"

At the age of 27, Spargo is already a seasoned composer and performer. As a 10-year-old, she trumped Mozart to become the youngest person in history to have written a full-scale opera, including musical score and libretto.

By the age of 14, she had completed 'The White Cat', a full-scale two-hour opera and ballet with an orchestrated musical score and libretto, based on a 1699 French fairytale. She directed the world premiere performance of her opera at the Arts Centre in Melbourne in 2003, which had three sell-out performances.

When she won a $3000 performance grant from the Foundation for Young Australians in 2011, Sophie decided to share it with her fellow students to stage 'New Works by Young Composers', which included 15 new compositions.

Event details:

What: ***Somewhere between the sky and the sea***, a new chamber opera by Sophie Spargo

When: **7.30pm, Friday 23 August 2013**

Where: Music Workshop, Sydney Conservatorium of Music, corner Bridge and Macquarie Streets

Cost: **Free,** no bookings required, unreserved seating

Mr Wiseacre Discourses. ON LIGHTHOUSES - International Lighthouse Weekend today!

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

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

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

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

VENUE: NBISC, Jacksons Rd, Warriewood

GAME TIMES:

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

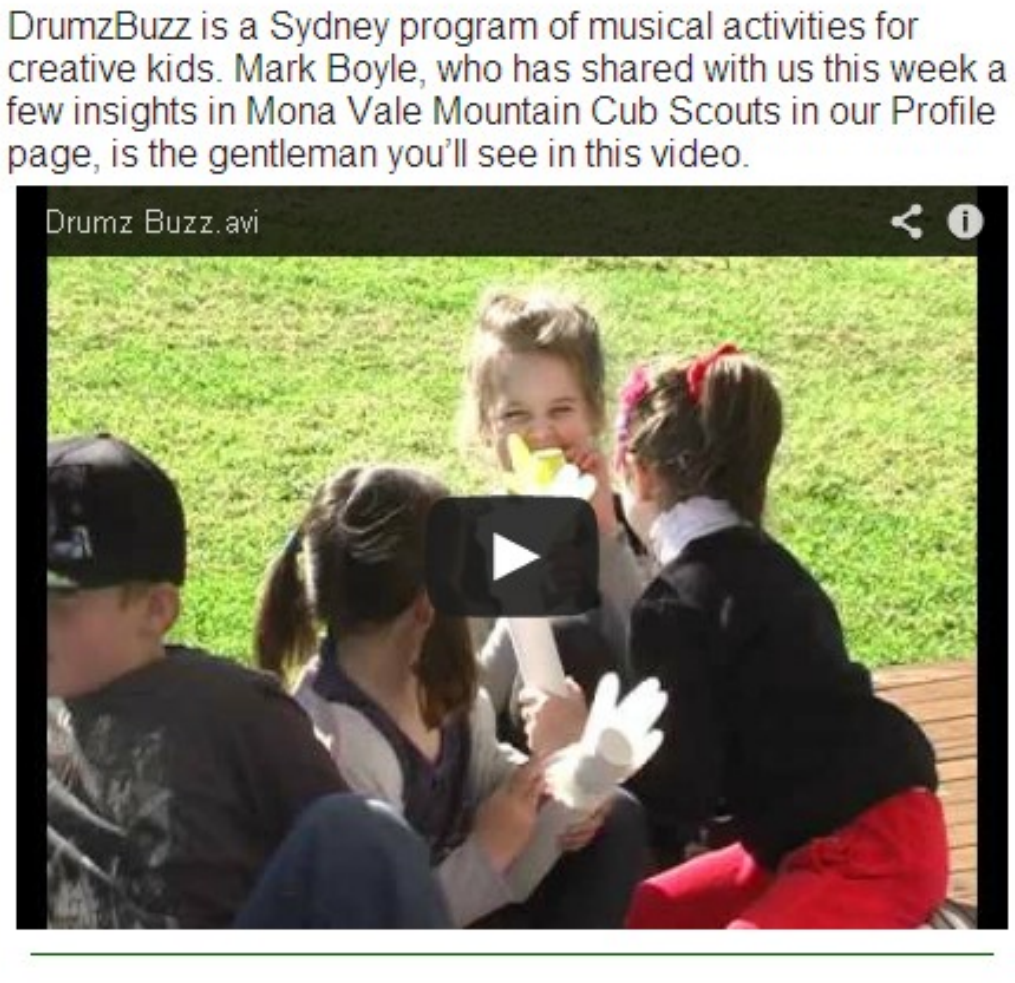
Mixed sex YR 5/6 and All Girls Saturdays 3.30/4.20/5.10pm

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

Expert coaching plus short game $9 per session

Drumz Buzz

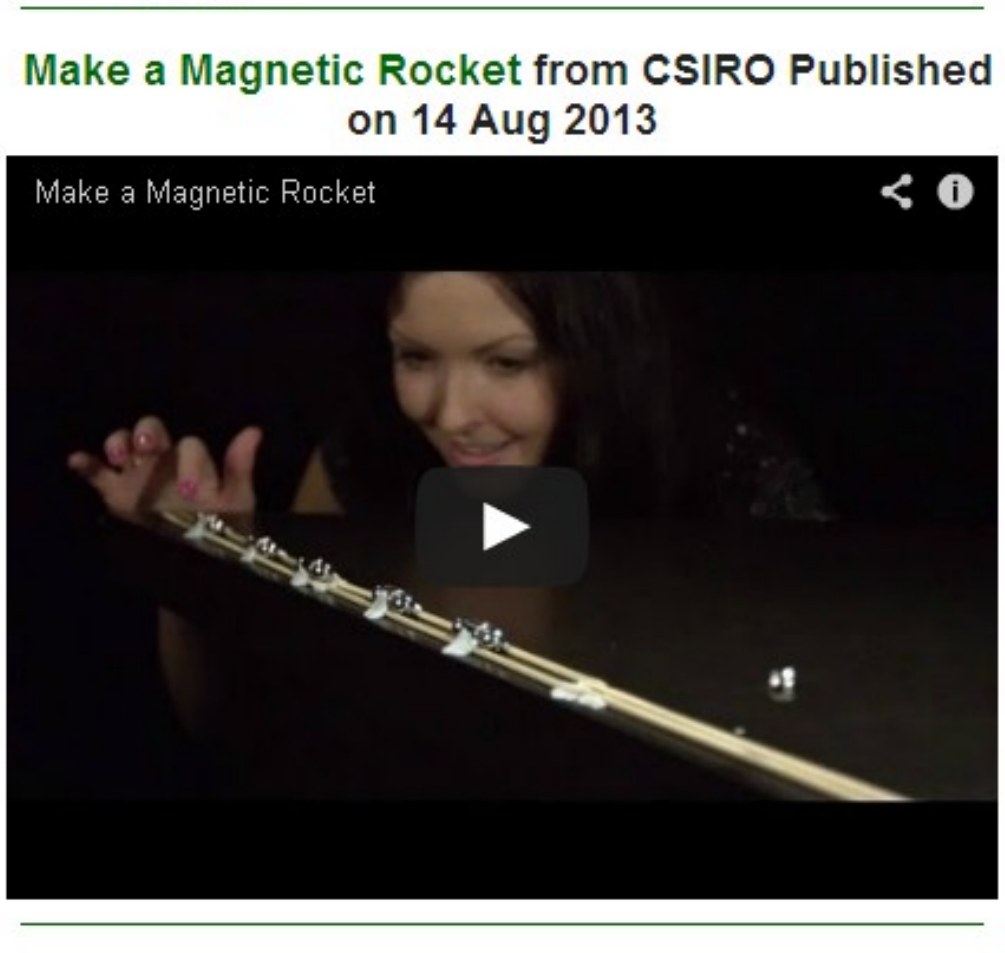
DrumzBuzz is a Sydney program of musical activities for creative kids. Mark Boyle, who has shared with us this week a few insights in Mona Vale Mountain Cub Scouts in our Profile page, is the gentleman you'll see in this video.



Mona Vale Mountain Cub Scouts Profile

Find out more about all the fun you can have at Mona Vale Mountain Cub Scouts Profile – yes, our Profile pages aren't just about those who can tell you about Pittwater before you were born, they're also about great clubs and activities that you too can get involved in!

Make a Magnetic Rocket from CSIRO Published on 14 Aug 2013



Love Food, Hate Waste Cookbook

KIDS
IN THE
KITCHEN

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

Love food hate waste book: HERE

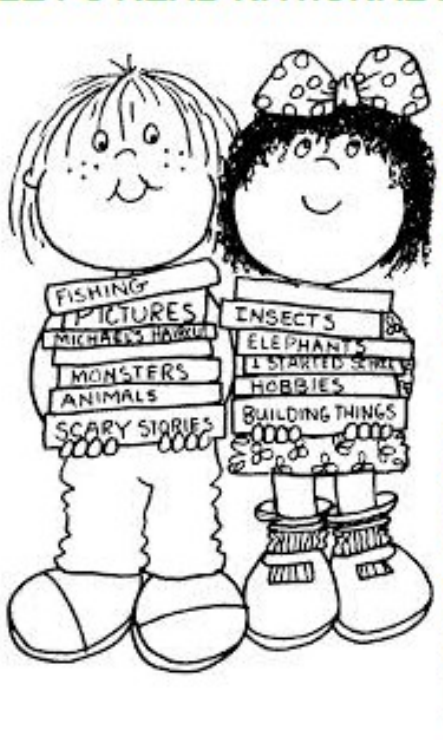
Keep children safe online

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

Triple Zero Kids' Challenge

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

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



The Federal Government's Department of Education, Employment and Workplace Relations has funded the Murdoch Childrens Research Institute $1 million over 12 months to implement a Let's Read National Early Literacy Campaign. Building on existing evidence-based programs and leveraging off the designation of 2012 as the National Year of Reading, this campaign aims to develop and generate national, integrated early years literacy promotion and support.

The Let's Read Campaign engages families, professionals and communities to promote reading with children from birth. Sharing books from birth helps children develop the skills they will need when it's time to start school. Let's Read anywhere, anytime is the national campaign call to action for families, carers and early childhood education professionals to share rhymes, songs and stories and books every day. The campaign uses a multi-tiered approach to engage families, professionals and communities in a range of messages relevant to children's early literacy development from birth to five years.

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

DOWNLOAD A FREE READING PACK!

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

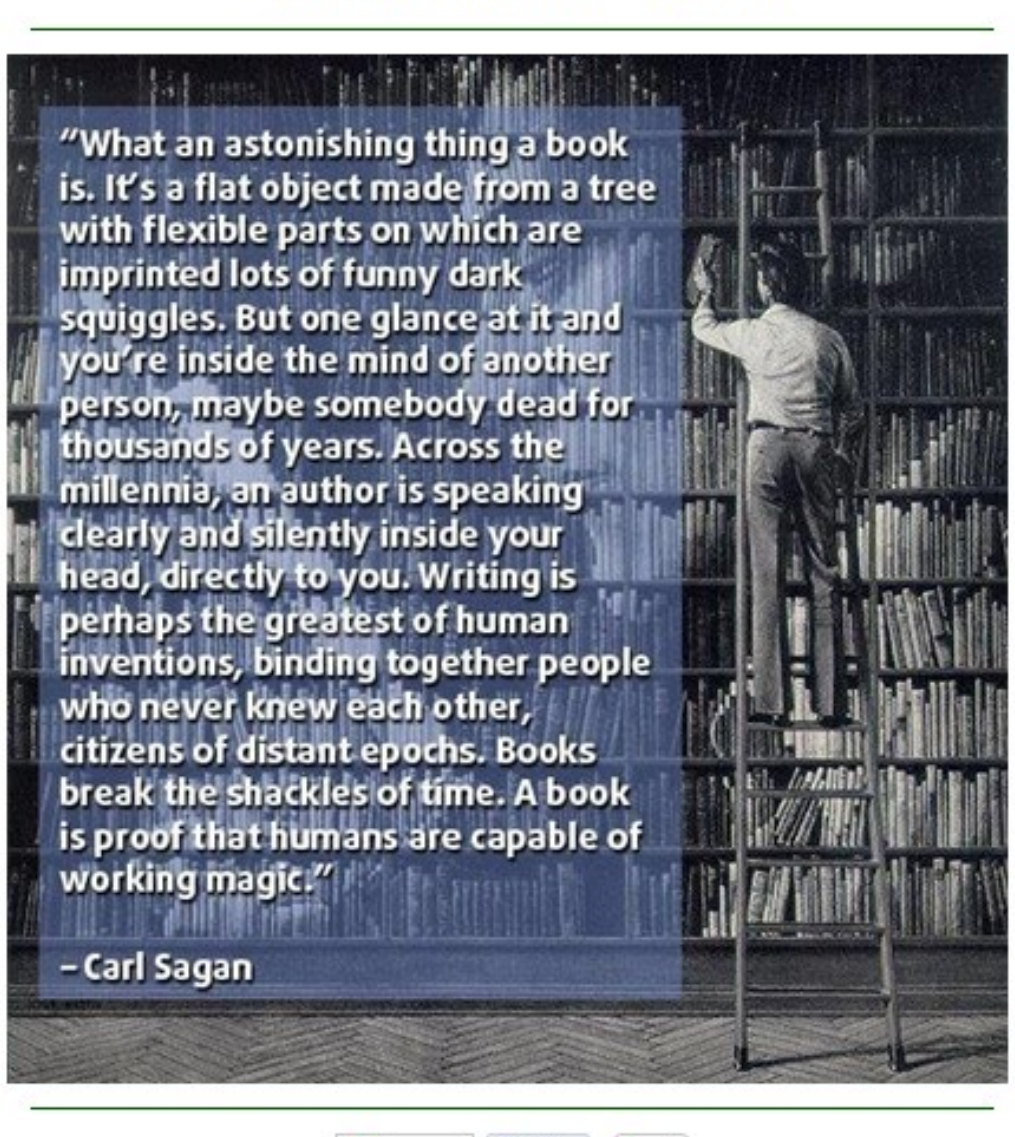
Mona Vale Library - Young Runarounds!

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

Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am



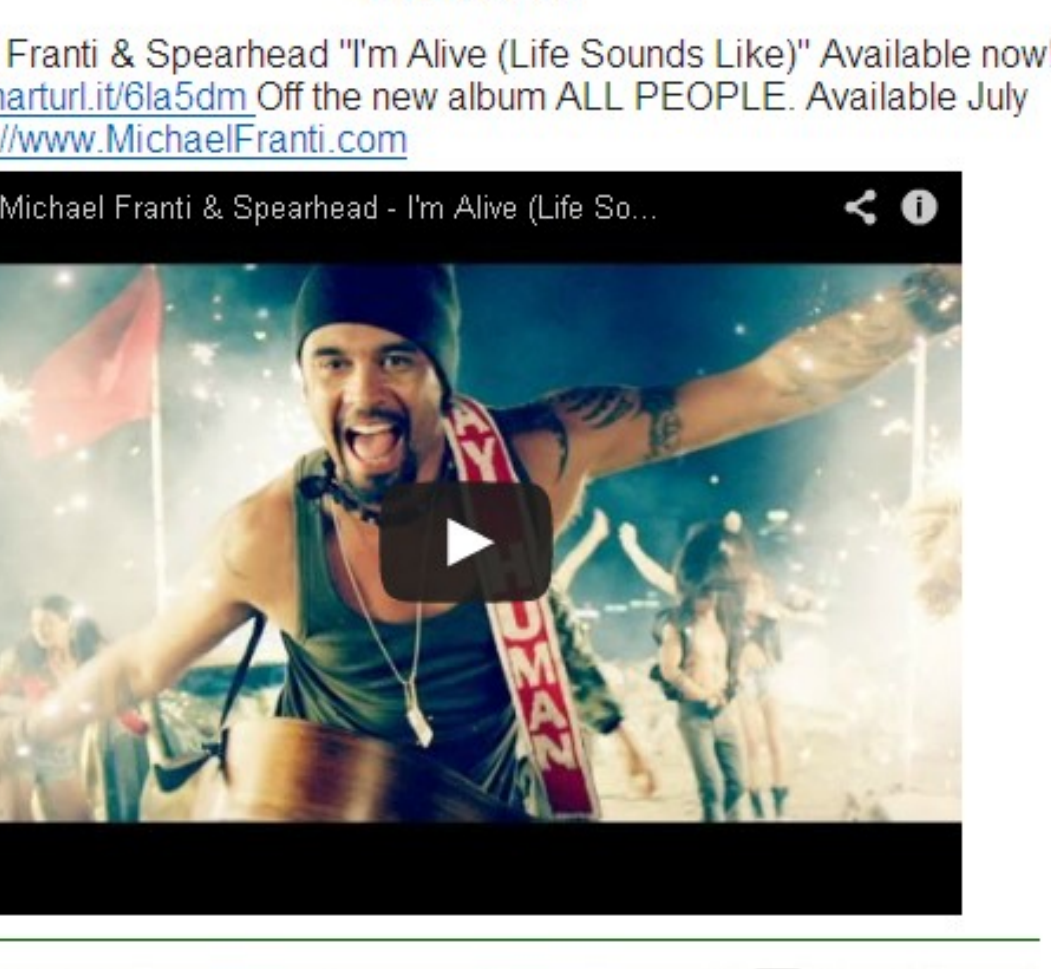
"What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic."

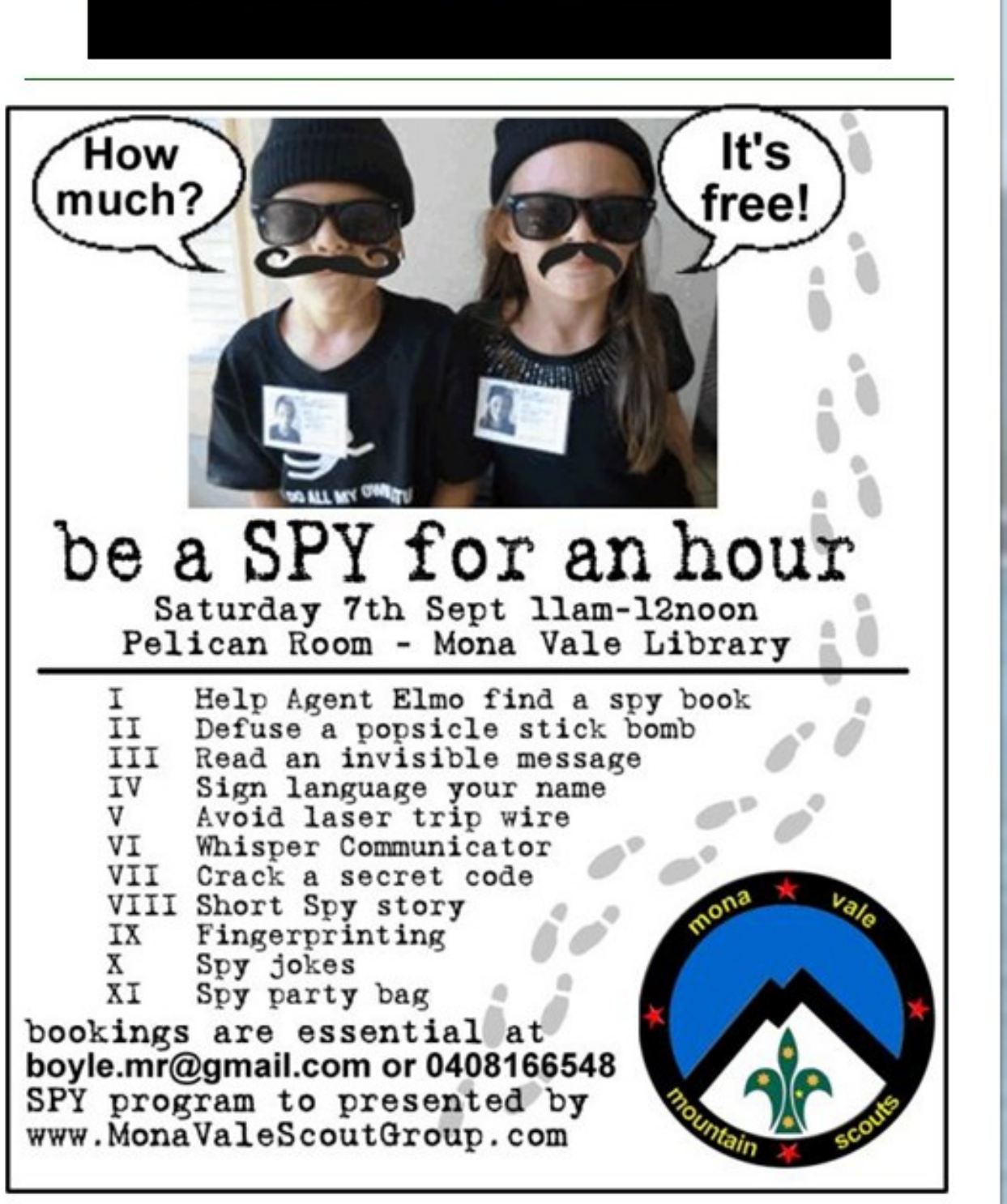
– Carl Sagan

Tweet Like +1

Michael Franti - I'm Alive (Life Sounds Like) Published on 6 Jun 2013

Michael Franti & Spearhead "I'm Alive (Life Sounds Like)" Available now! http://smarturl.it/6la5dm Off the new album ALL PEOPLE. Available July 30. http://www.MichaelFranti.com




How much?
It's free!
mona vale mountain scouts

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

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

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

FAST & FURIOUS FILM-MAKING!

Now in its eleventh year, the 24/7 Youth Film Festival will kick off this weekend on Saturday 17 and Sunday 18 August. 24/7 is supported by Pittwater, Warringah, Manly, and Mosman Councils. **The festival is aimed at young film-makers aged 12-24** with the goal of shooting a short 7 minute film in the space of 24 hours. The festival also showcases local creative talent, giving valuable training, exposure and experience in all aspects of film making – and to have a great time in the process!

The competition weekend will take place over the weekend of 17-18 August, kicking off at Star of the Sea Theatre in Manly. Registrations opened at 10am on Saturday 17 August, with the 24 hour film-making process starting at midday. At the launch participants will be given the secret items to be included in their film.

All films submitted will be shown on the big screen at Collaroy Cinema on 4 and 9 September from 6pm. A panel of industry professionals plus young people from outside the region will judge the films to decide the Top 10.

The films will be unveiled at the Finals Awards Night at Warriewood Cinema on Sunday 15 September. Awards on the night will be given for criteria such as Best Film, Best Actor, Best Script, and People's Choice Award, with great prizes on offer.

24/7 Youth Film Festival can be found online: Facebook and http://247youthfilmfestival.tumblr.com/

YOUTH CONFERENCE WITH ECO FOCUS

Pittwater and Warringah Councils will host the Youth Leading the World (YLTW) conference at the Coastal Environment Centre (CEC) at North Narrabeen from 3 to 5 September 2013. The Global Youth Leadership Congress invites young people aged **between 12 and 25** to come together locally and connect globally on issues of sustainability. The congress is facilitated by the not-for-profit organisation OzGreen and is one of 90 being held worldwide.

Pittwater Mayor Jacqui Townsend said the congress was a great initiative involving young people across the world, educating and inspiring them to act on their environmental concerns.

"This hands-on three day session allows young people to work out their own eco-footprint and on action plans to make changes in their lives, at their schools and in their communities," she said. "I encourage every young resident on the northern beaches to become involved in this great event," added Mayor Townsend.

Warringah Mayor Michael Regan also praised the program and said it was a way of developing real solutions to environmental issues at a community level.

"This is a great opportunity for young people to participate at a local and global level to voice their concerns about the environment," said Mayor Regan. "I am pleased that Warringah Council is, once again, contributing financial support to the running of this very important youth event."

David Lowery from the CEC said the Congress would culminate with a community forum for young people to share their inspirational plans with the wider community.

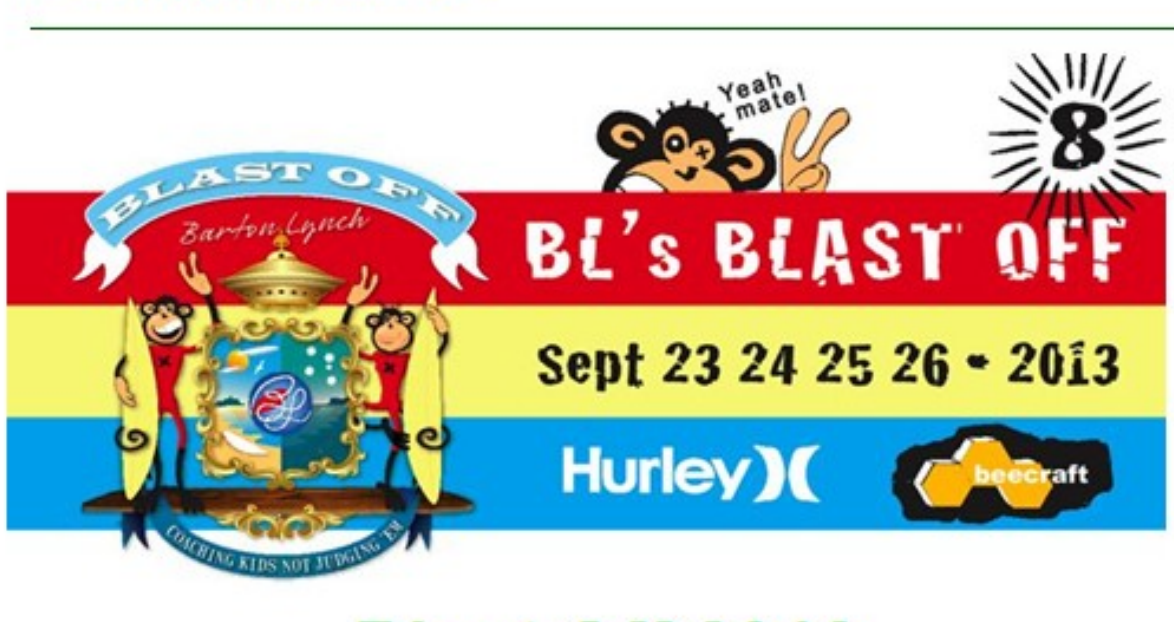
Young residents across the northern beaches are invited to register at www.ozgreen.org

Water bear (Tardigrada)

Tardigrades (commonly known as waterbears or moss piglets) are small, water-dwelling, segmented micro-animals with eight legs. The name Tardigrada means "slow walker" and was given by Lazzaro Spallanzani in 1773. The name water bear comes from the way they walk, reminiscent of a bear's gait. The biggest adults may reach a body length of 1.5 millimetres (0.059 in), the smallest below 0.1 mm. Freshly hatched **tardigrades may be smaller than 0.05 mm.**

Tardigrades form the phylum Tardigrada, part of the superphylum Ecdysozoa. It is an ancient group, with fossils dating from 530 million years ago, in the Cambrian period. The first tardigrades were discovered by Johann August Ephraim Goeze in 1773. Since 1778, over 500 tardigrade species have been found.

Tardigrades are notable for being one of the most complex of all known polyextremophiles. An extremophile is anorganism that can thrive in a physically or geochemically extreme condition that would be detrimental to most life on Earth. For example, **tardigrades can withstand temperatures from just above absolute zero to well above the boiling point of water, pressures about 6 times stronger than pressures found in the deepest ocean trenches**, ionizing radiation at doses hundreds of times higher than would kill a person, and the vacuum of outer space. They can go without food or water for nearly 120 years, drying out to the point where they are 3% or less water, only to rehydrate, forage, and reproduce. Tardigrade. (2013, August 13). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Tardigrade&oldid=568316261



Blast Off 2013

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

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

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

BackMeUp poll - Posted 14 May 2013 by Commission

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

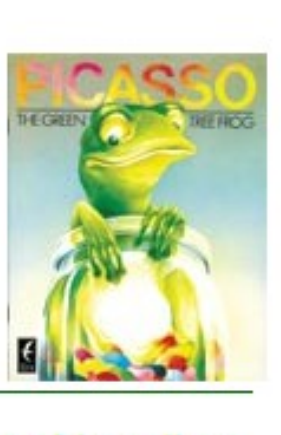
A reminder that the BackMeUp survey is still running, and we'd love to hear your thoughts. **Complete the survey by the 14th of September and you could go into the draw to win $50 JB Hi-Fi vouchers!** Stay tuned! Survey At: www.surveymonkey.com/s/XFXKXZC

Stories for you already run:

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

Picture Books Online

Picture Books Online is a collection of classic picture books from Era Publications. Watch your favourite characters, stories and imagination come to life through Picture Books Online.



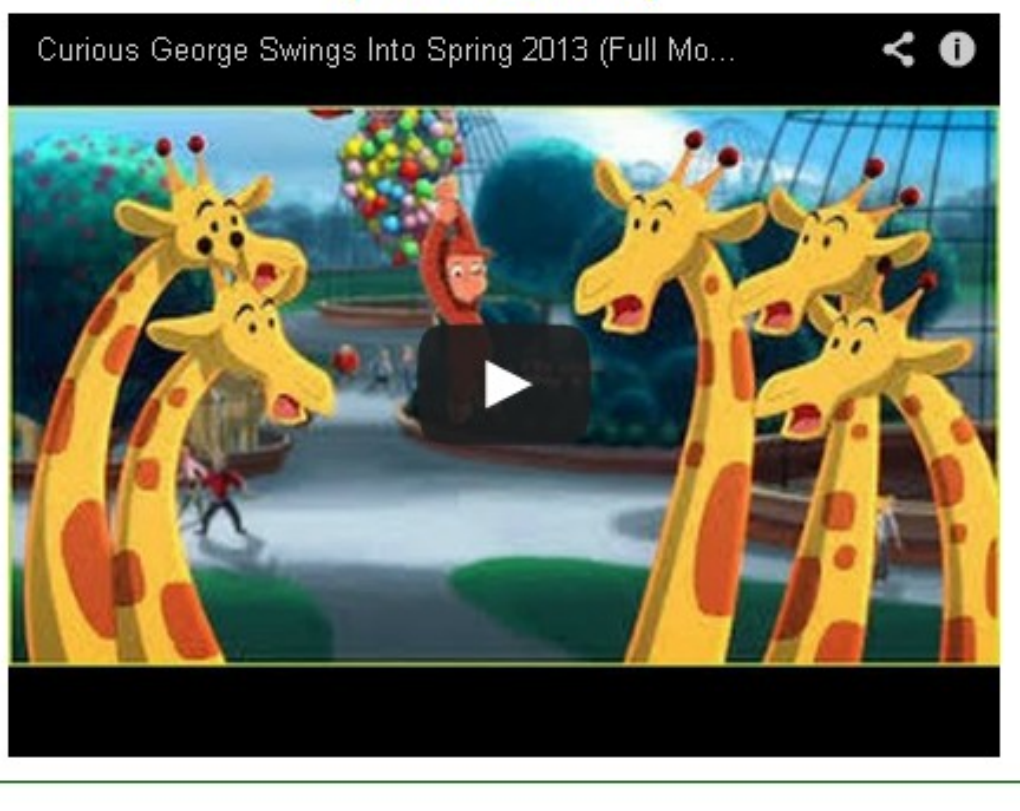
NATIONAL GEOGRAPHIC
Little kids
Tree Frog

National Geographic online fun For little kids:

Online Fun, games and a magazine they can subscribe to, all vetted by industry experts on this award winning website

HERE

Curious George Swings Into Spring 2013 (Full Movie)



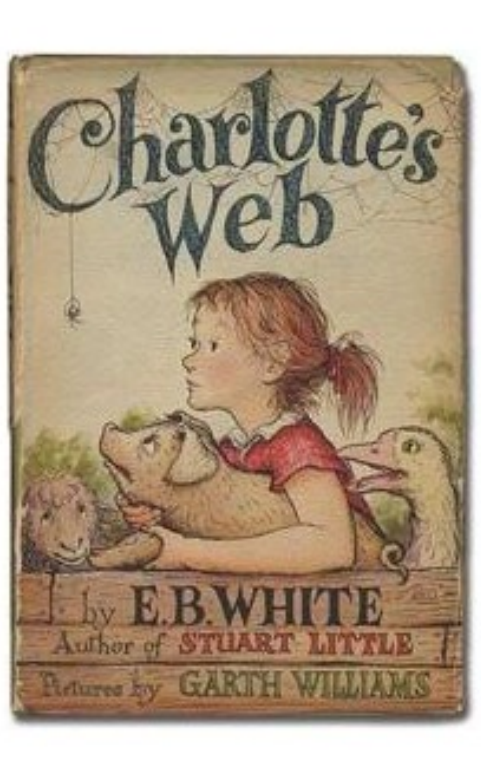
Children's Book Week 2013

Book Week is the longest running children's festival in Australia, celebrating its 65th birthday in 2010. The dates for Book Week 2013 will be **Saturday 17 – Friday 23 August**. Yes! This week! The theme in 2013 is... Read across the universe. We hope you read lots of stories or have them read to you. And....

With that in mind we thought you may like to hear from one of the writer's of a favourite book for children ...Charlotte's Web:

Charlotte's Web

In September of 1952, a few weeks before the publication of Charlotte's Web—the now-classic tale of a pig, Wilbur, who becomes friends with a heroic spider named Charlotte—its author, E. B. (Elwyn Brooks) White, was asked to explain why he wrote the book by his editor at Harper & Row, Ursula Nordstrom. On the 29th of that month, White responded with the following typewritten letter and explanation, both of which have been kindly supplied to Letters of Note by HarperCollins.



Transcript follows.

E. B. WHITE

NORTH BROOKLIN, MAINE

29 Sept

Dear Ursula:

Thanks for your dandy letter and for the book. If I ever get time I'm going to read the book. I think it looks very nice and I agree with you that the endpaper is too bright. But on the other hand, I'm not sure that anybody thinks about endpaper except publishers, and probably not more than 1800 people in the United States have ever heard the word "endpaper", and they are all Stevenson people.

Enclosed are some remarks that I hope will satisfy your Publicity Department.

Sorry to learn that Dr. Canby is revolted by spiders. Probably doesn't meet the right spiders. Did you know that Dr. Canby has a wife named "Lady"? Yrs, Andy

I have been asked to tell how I came to write "Charlotte's Web." Well, I like animals, and it would be odd if I failed to write about them. Animals are a weakness with me, and when I got a place in the country I was quite sure animals would appear, and they did.

A farm is a peculiar problem for a man who likes animals, because the fate of most livestock is that they are murdered by their benefactors. The creatures may live serenely but they end violently, and the odor of doom hangs about them always. I have kept several pigs, starting them in spring as weanlings and carrying trays to them all through summer and fall. The relationship bothered me. Day by day I became better acquainted with my pig, and he with me, and the fact that the whole adventure pointed toward an eventual piece of double-dealing on my part lent an eerie quality to the thing. I do not like to betray a person or a creature, and I tend to agree with Mr. E.M. Forster that in these times the duty of a man, above all else, is to be reliable. It used to be clear to me, slopping a pig, that as far as the pig was concerned I could not be counted on, and this, as I say, troubled me. Anyway, the theme of "Charlotte's Web" is that a pig shall be saved, and I have an idea that somewhere deep inside me there was a wish to that effect.

As for Charlotte herself, I had never paid much attention to spiders until a few years ago. Once you begin watching spiders, you haven't time for much else---the world is really loaded with them. I do not find them repulsive or revolting, any more than I find anything in nature repulsive or revolting, and I think it is too bad that children are often corrupted by their elders in this hate campaign. Spiders are skilful, amusing and useful. and only in rare instances has anybody ever come to grief because of a spider.

One cold October evening I was lucky enough to see Aranea Cavatica spin her egg sac and deposit her eggs. (I did not know her name at the time, but I admired her, and later Mr. Willis J. Gertsch of the American Museum of Natural History told me her name.) When I saw that she was fixing to become a mother, I got a stepladder and an extension light and had an excellent view of the whole business. A few days later, when it was time to return to New York, not wishing to part with my spider, I took a razor blade, cut the sac adrift from the underside of the shed roof, put spider and sac in a candy box, and carried them to town. I tossed the box on my dresser. Some weeks later I was surprised and pleased to find that Charlotte's daughters were emerging from the air holes in the cover of the box. They strung tiny lines from my comb to my brush, from my brush to my mirror, and from my mirror to my nail scissors. They were very busy and almost invisible, they were so small. We all lived together happily for a couple of weeks, and then somebody whose duty it was to dust my dresser balked, and I broke up the show.

At the present time, three of Charlotte's granddaughters are trapping at the foot of the stairs in my barn cellar, where the morning light, coming through the east window, illuminates their embroidery and makes it seem even more wonderful than it is.

I haven't told why I wrote the book, but I haven't told you why I sneeze, either. A book is a sneeze.

I Can Talk! - Charlotte's Web

I Can Talk! - Charlotte's Web
0:00 / 1:47

Avalon School Drum Corp - Juniors

Avalon School Drum Corps - Junior, led the Vietnam Veterans March last Sunday and were brilliant! Well done to everyone who played, big thanks to all the mums and dads who helped out, and congratulations to Avalon School. Picture by Michael Mannington, 2013.

Change the World in 5 Minutes - Everyday at School

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

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

cool australia's enviroweek 25 - 31 AUGUST, 2013

Challenge yourself during Enviroweek

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

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

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

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

Real-life learning

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

Why schools join in

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

Free on-line education resources

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

Find out more at Enviroweek: www.enviroweek.org

Cool Australia free education resources: www.coolaustralia.org

Or even Ingleside Wildflowers August 2013 This Issue

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

Hurley Surfing Australia High Performance Centr...

Tweet Like +1

August 18 - 24, 2013: Issue 124

FAST & FURIOUS FILM-MAKING!

Now in its eleventh year, the 24/7 Youth Film Festival will kick off this weekend on Saturday 17 and Sunday 18 August. 24/7 is supported by Pittwater, Warringah, Manly, and Mosman Councils. **The festival is aimed at young film-makers aged 12-24** with the goal of shooting a short 7 minute film in the space of 24 hours. The festival also showcases local creative talent, giving valuable training, exposure and experience in all aspects of film making – and to have a great time in the process!

The competition weekend will take place over the weekend of 17-18 August, kicking off at Star of the Sea Theatre in Manly. Registrations opened at 10am on Saturday 17 August, with the 24 hour film-making process starting at midday. At the launch participants will be given the secret items to be included in their film.

All films submitted will be shown on the big screen at Collaroy Cinema on 4 and 9 September from 6pm. A panel of industry professionals plus young people from outside the region will judge the films to decide the Top 10.

The films will be unveiled at the Finals Awards Night at Warriewood Cinema on Sunday 15 September. Awards on the night will be given for criteria such as Best Film, Best Actor, Best Script, and People's Choice Award, with great prizes on offer.

24/7 Youth Film Festival can be found online: Facebook and http://247youthfilmfestival.tumblr.com/

YOUTH CONFERENCE WITH ECO FOCUS

Pittwater and Warringah Councils will host the Youth Leading the World (YLTW) conference at the Coastal Environment Centre (CEC) at North Narrabeen from 3 to 5 September 2013. The Global Youth Leadership Congress invites young people aged **between 12 and 25** to come together locally and connect globally on issues of sustainability. The congress is facilitated by the not-for-profit organisation OzGreen and is one of 90 being held worldwide.

Pittwater Mayor Jacqui Townsend said the congress was a great initiative involving young people across the world, educating and inspiring them to act on their environmental concerns.

"This hands-on three day session allows young people to work out their own eco-footprint and on action plans to make changes in their lives, at their schools and in their communities," she said. "I encourage every young resident on the northern beaches to become involved in this great event," added Mayor Townsend.

Warringah Mayor Michael Regan also praised the program and said it was a way of developing real solutions to environmental issues at a community level.

"This is a great opportunity for young people to participate at a local and global level to voice their concerns about the environment," said Mayor Regan. "I am pleased that Warringah Council is, once again, contributing financial support to the running of this very important youth event."

David Lowery from the CEC said the Congress would culminate with a community forum for young people to share their inspirational plans with the wider community.

Young residents across the northern beaches are invited to register at www.ozgreen.org

Mozart's protegee unveils new chamber opera at free Sydney Conservatorium of Music recital - 14 August 2013

At 10 years old, Sophie Spargo eclipsed Mozart to become the youngest person in history to have written a full scale opera and libretto

A new work by one of Australia's most prodigious young composers will go on show at a free recital at the Sydney Conservatorium of Music on 23 August.

Sophie Spargo, who became the youngest person in history to have written a full scale opera and libretto when she clinched the world record from Wolfgang Amadeus Mozart at the age of 10, will stage her most recent chamber opera,Somewhere Between the Sky and the Sea.

Starring a cast of Sydney Conservatorium of Music students, the opera will be conducted by acclaimed conductorGeorge Ellis, who has worked with the Sydney Symphony Orchestra, conducted the Millennium Choir at the Sydney Olympic Games, was the Musical Director of the Athens Olympic games and has conducted various internationally acclaimed orchestras.

"In the past I've composed mainly full scale operas, but a chamber opera gave me the chance to write for a smaller ensemble and work more closely during my collaboration with the performers," Sophie says.

"I chose to study the effects of collaboration on modern Australian dance and opera composition for my thesis, which is how I came to compose such a collaborative work. I'm enjoying working with the singers, instrumentalists, director and stage manager, and it's providing some great opportunities for us to come together and share our ideas."

The opera follows Ramon, a Portuguese composer living in a big city, as he struggles to decide between the two great loves of his life. Will he choose the world's greatest violinist, Stephanie Lythe, for whom he has composed the perfect violin concerto? Or his new girlfriend Madeleine, a cellist, who makes the best beef vindaloo and pays the rent?

"There's been a lot of giggling through our hard work - which really doesn't help my thesis, but reinforces why it is that I feel compelled to write operatic works."

Based on a short play of the same name by Alex Broun, which was a finalist in the 10-minute play festival Short + Sweet, the performance is part of the Conservatorium's extensive program of events.

The Conservatorium stages regular events featuring rising stars, seasoned performers and staff and students in a broad range of genres.

"Opera is a coming together of all of my favourite musical and theatrical elements - it's more than just a play and more than just a chamber music performance. The human voice is one of my favourite instruments as it gives another level and layer of meaning to the music, and it's so much more emotional," Sophie says.

"I think the most important thing is that audiences know there is much more to opera than the stereotype of a screeching soprano in a Viking outfit!"

At the age of 27, Spargo is already a seasoned composer and performer. As a 10-year-old, she trumped Mozart to become the youngest person in history to have written a full-scale opera, including musical score and libretto.

By the age of 14, she had completed 'The White Cat', a full-scale two-hour opera and ballet with an orchestrated musical score and libretto, based on a 1699 French fairytale. She directed the world premiere performance of her opera at the Arts Centre in Melbourne in 2003, which had three sell-out performances.

When she won a $3000 performance grant from the Foundation for Young Australians in 2011, Sophie decided to share it with her fellow students to stage 'New Works by Young Composers', which included 15 new compositions.

Event details:

What: ***Somewhere between the sky and the sea***, a new chamber opera by Sophie Spargo

When: **7.30pm, Friday 23 August 2013**

Where: Music Workshop, Sydney Conservatorium of Music, corner Bridge and Macquarie Streets

Cost: **Free,** no bookings required, unreserved seating

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Or even Ingleside Wildflowers August 2013 or Birdsong is A Lovesong at This Time of Year

Make a Magnetic Rocket from CSIRO Published on 14 Aug 2013

Make a Magnetic Rocket

ORIGINAL SOURCE
INTENSE
SURF CHALLENGE

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

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

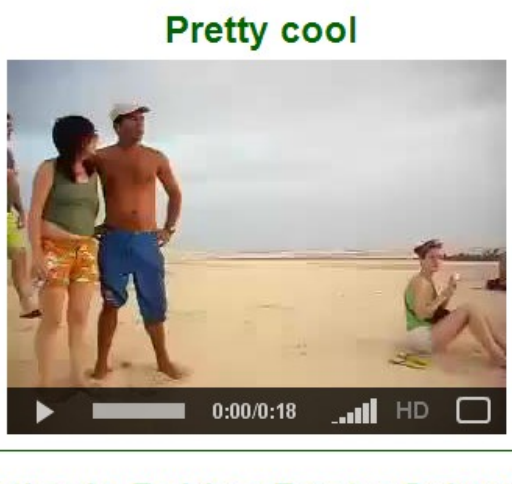
Fifteen of Australia's top big-wave surfers and slab hunters were invited to join the six-month competition running **from 1st August, 2013, to 31st January, 2014 with the winner to receive $30,000.**

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

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

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

Pretty cool



Beetles in Rubber Boots: Scientists Study Ladybugs' Feet

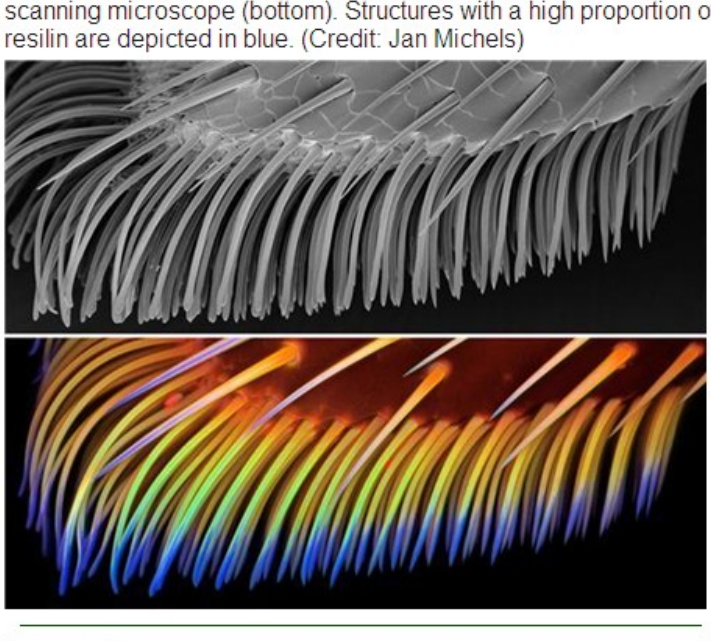
Aug. 14, 2013 — During their evolution, insects have developed various unique features to survive in their environment. The knowledge of the working principles of insects' microstructures holds great potential for the development of new materials, which could be of use to humans. With this idea in mind, Dr. Jan Michels, a scientist at the Institute of Zoology at Kiel University, investigates how insects manage to efficiently cling to diverse surfaces. Michels and his colleagues recently published their new findings on the adhesive structures of ladybirds in the scientific journal Nature Communications.

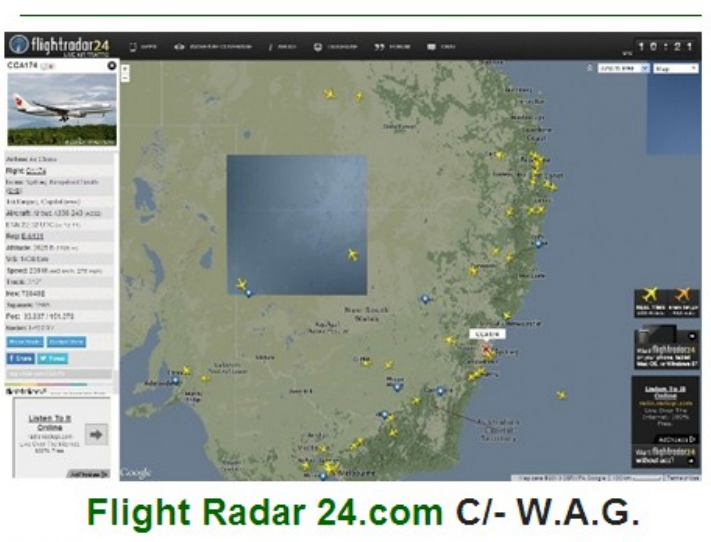
A lot of insects are able to climb up walls or walk upside down on surfaces. The new study shows for the first time what astonishing materials allow for these abilities. Using special microscopy techniques, confocal laser scanning microscopy and atomic force microscopy, Michels and his colleagues investigated the legs of ladybirds. "Each leg is equipped with fine adhesive hair, which enable the insect to cling to surfaces in a most impressive way," explains Michels. "Our results show that different parts of the single hair feature varying material compositions and properties. While the bases are relatively hard and stiff, the material in the tips of every single hair is rather soft and flexible." The scientists assume that this enables the tips to adjust to uneven surfaces resulting in a better adhesion to rough substrates.

The research team composed of Dr. Jan Michels, Dr. Henrik Peisker and Professor Stanislav Gorb came upon these findings by visualising the protein resilin, which is responsible for the softness and elasticity of the hair tips. This protein is present in many insect structures with strong resilience properties such as wings, leg joints and, as shown now, adhesive hair of ladybirds.

Increasing scientific knowledge of nature's tricks represents important fundamental research for the future development and improvement of surface active materials. The scientists can imagine to optimise the basic material used for the so-called Gecko®-Tape, which was developed and characterised by Stanislav Gorb and his team in cooperation with their industry partner. However, the material composition of the ladybird's adhesive hair is so complex that there is currently no material available, which would make such a reproduction possible. "Nature is a ladybird's step ahead of us," jokes Jan Michels. He sets his hopes on materials scientists: "It's their turn now."

Henrik Peisker, Jan Michels, Stanislav N. Gorb. **Evidence for a material gradient in the adhesive tarsal setae of the ladybird beetle Coccinella septempunctata.** Nature Communications, 2013; 4: 1661 DOI: 10.1038/ncomms2576 Adhesive hair of a seven-spot ladybird (Coccinella septempunctata) – made visible with a scanning electron microscope (above) and a confocal laser scanning microscope (bottom). Structures with a high proportion of resilin are depicted in blue. (Credit: Jan Michels)





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

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

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

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

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

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

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

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

Some tricks;

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

Drinking water in space

The Line

Official "The Line" page on Facebook, brought to you by the Australian Government. We've created this space to discuss respectful relationships. Please read our moderation guidelines before participating http://on.fb.me/Yp9eYy

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

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

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

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

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

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

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

Crisis Support, Suicide and Mental Health

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

Bullying; NO WAY !!!

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

Don't follow the Guru
you are the Guru

AUSTRALIAN NAVY CADETS - On the Northern Beaches

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

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

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

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

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

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

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

BackMeUp poll - Posted 14 May 2013 by Commission

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

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

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

Powerhouse Museum Online Fun

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

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

The Internet allows us to store and access Old Books, Films and photos that may not be accessible elsewhere.

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

The Project Gutenberg Library of Australiana

Australian writers, works about Australia and works which may be of interest to Australians.This Australiana page boasts many ebooks by Australian writers, or books about Australia. There is a diverse range; from the journals of the land and sea explorers; to the early accounts of white settlement in Australia; to the fiction of 'Banjo' Paterson, Henry Lawson and many other Australian writers.

The list of titles form part of the huge collection of ebooks **freely downloadable** from **Project Gutenberg Australia**. Follow the links to read more about the authors and titles and to read and/or download the ebooks.

Very Clear Water

Michael Franti - I'm Alive (Life Sounds Like) Published on 6 Jun 2013

Michael Franti & Spearhead "I'm Alive (Life Sounds Like)" Available now! http://smarturl.it/6la5dm

Off the new album ALL PEOPLE. Available July 30

http://www.MichaelFranti.com

Michael Franti & Spearhead - I'm Alive (Life So...

Open days 2013 – Sydney Universities

University of NSW: Saturday, 7 September 2013 more at: http://openday.unsw.edu.au/

Every generation wants to change the world. Yours can.
GO
ARTS & SOCIAL SCIENCES
OPEN DAY 2013
Saturday, 7TH SEPTEMBER, 9AM – 4PM
REGISTER NOW

Open Day is your chance to see UNSW up-close and personal. Chat face-to-face with our academics and our current students - have all your questions answered. Find the right information to help you choose your ideal degree from Faculties and Schools; Learn more about life as a student at UNSW - including study costs, admission, accommodation, student services and more. Experience the UNSW vibe - grab some food, listen to some music, and get interactive with student and Faculty displays all over campus.

Come to Open Day - Explore the possibilities!

Don't forget you can visit the UNSW Kensington campus and take a campus tour any Friday afternoon - click here to book now.

University of Western Sydney http://www.uws.edu.au/

OPEN DAY
Sun 1 Sept
10am-2pm
PARRAMATTA CAMPUS

Sydney University - http://sydney.edu.au/

Find out everything you need to know about undergraduate study at Sydney.

When: **Saturday 31 August, 9am to 4pm**

Where: Camperdown and Darlington Campuses (main campus)

Add Open Day to your calendar: Outlook and iCal | Google Calendar

Get one-on-one advice

Do you have questions about admissions, courses or other aspects of studying at the University of Sydney? Talk to our faculty representatives, career experts and admissions advisers at the information booths in the Quadrangle. Between them, they can answer all your questions.

Take in a lecture or three

We're running a program of mini lectures all day, covering many different aspects of life and study at the University.

Invite your parents to a seminar

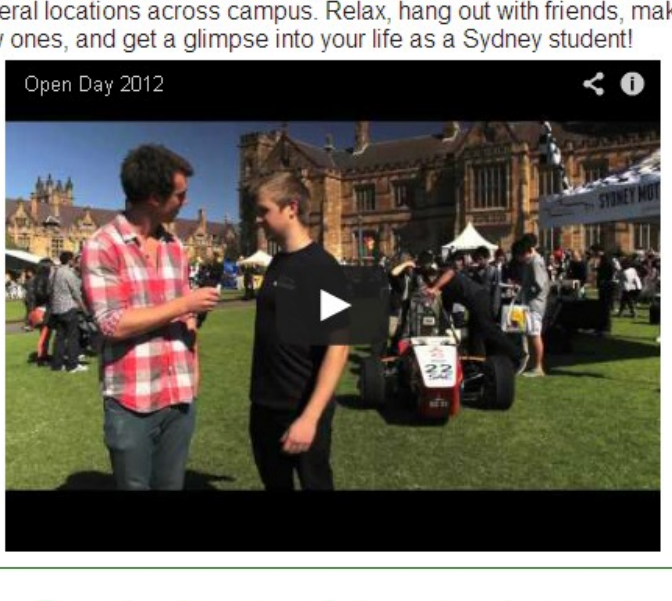
If your parents or guardians are coming along to Open Day, they might want to catch the Parents' Seminar at 11am in the New Law Building Annex – Auditorium 101. They'll get some useful information about how they can help support you during your time at university. They might also be interested to find out about postgraduate study options at the Postgraduate Expo which is held in the New Law Building Foyer.

See the sights

All throughout Open Day we run regular tours of the campus, faculty buildings, museums and residential colleges. Pick the ones that interest you, and don't forget to check out the other hands-on activities at University Place by the Quadrangle.

Soak up the atmosphere

Entertainment, food and music will be provided by current students in several locations across campus. Relax, hang out with friends, make new ones, and get a glimpse into your life as a Sydney student!



Developing our future leaders - 15 August 2013

The University of Sydney has announced a new scholarship program aimed at developing future engineering leaders. The University is partnering with a number of companies, including global engineering enterprise Laing O'Rourke, to deliver the first-of-its-kind scholarships in 2014. This new program will provide undergraduate engineering students with a unique accelerated leadership pathway.

The enrichment scholarships will provide financial support over four years for the students and will include industry mentoring and an annual professional experiential program.

Laing O'Rourke's Australia Hub Chief Executive David Stewart said the company was extremely proud to be involved in such an innovative program.

"At Laing O'Rourke we are committed to supporting and inspiring the future leaders of our industry," Mr Stewart said. "We believe these scholarships are the most valuable engineering undergraduate scholarships available in Australia and we are extremely proud to support to such an important initiative.

"The students will not only gain the relevant academic experience but they will also spend time working with us in the field allowing them to graduate with a much more developed sense of what leadership and engineering practice means in today's work environment."

Dean of the Faculty of Engineering and Information Technologies, Professor Archie Johnston says "The new scholarships support the University's endeavours to meet the future leadership needs of industry. Building on our successful advanced engineering program and re-engineered curriculum, the scholarships demonstrate our commitment to leadership in engineering education."

Designed in conjunction with industry, these engineering scholarships will fast-track our most talented students, providing them with business and leadership skills for the workplace.

The **scholarships, valued at $72,000 over four years**, will also enable the students the opportunity to work with the University's Design Researcher Professor Andy Dong, the Warren Centre's Chair in Engineering Innovation, and within the John Grill Centre for Project Leadership.

The scholarships are open now for study in 2014 and include other leading businesses such as Thomas Electronics of Australia and SMEC Australia Pty Ltd.

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

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

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

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

Cheers

Russell Neal

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

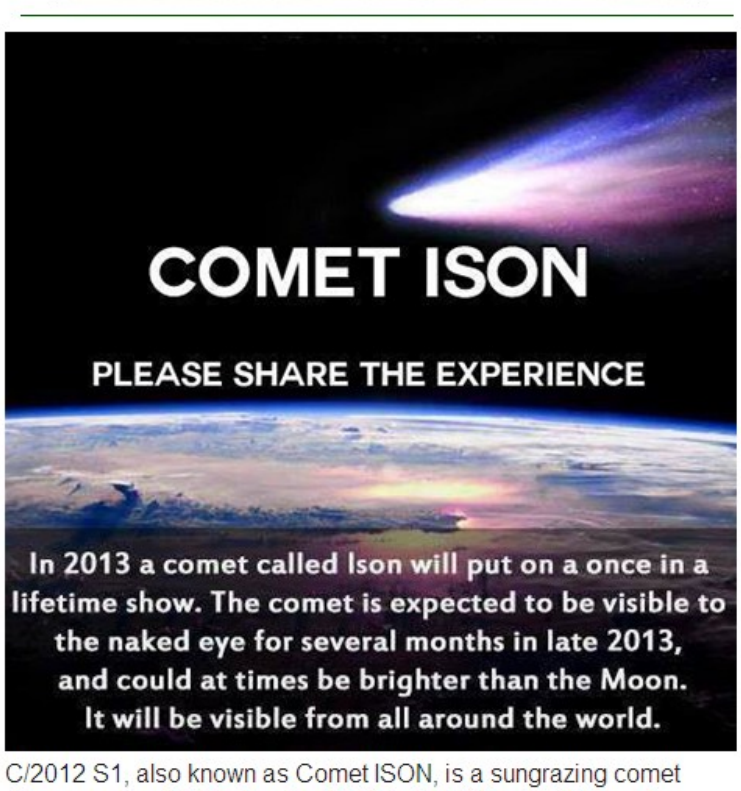
facebook/SongsOnStage Why note like my facebook page and befriend me at www.facebook.com/russellnealmusic

How Do We Measure the Distance to Stars? Published on 13 Aug 2013

How Do We Measure the Distance to Stars?

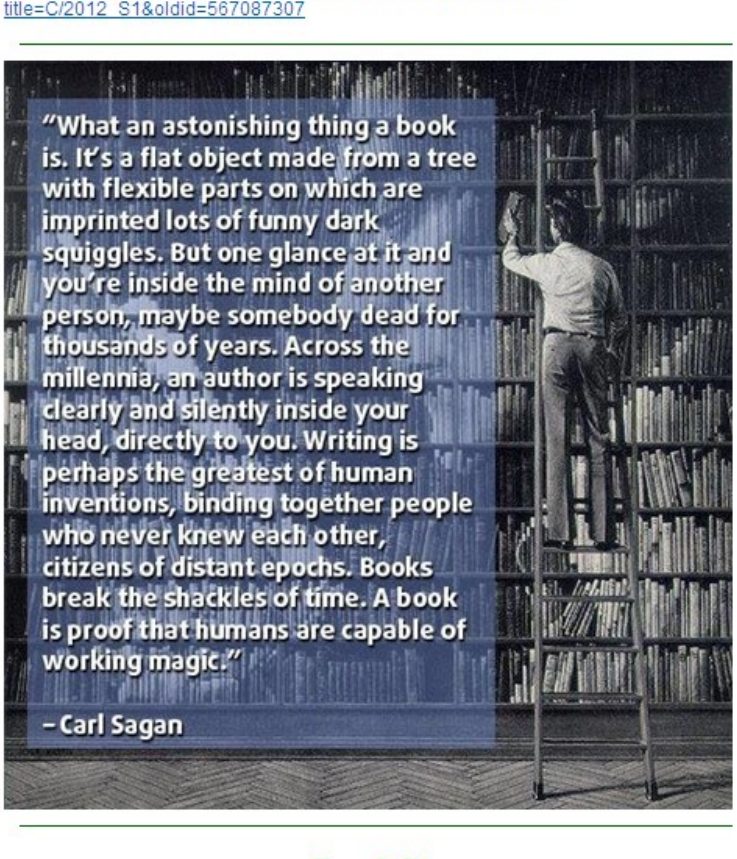
Humans love other animals – proof!

LiveLeak
Alexandr Mish
0:00/4:20
HD


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

C/2012 S1, also known as Comet ISON, is a sungrazing comet discovered on 21 September 2012 by Vitali Nevski (Виталий Невский, Vitebsk, Belarus) and Artyom Novichonok (Артём Новичонок, Kondopoga,Russia). The discovery was made using the 0.4-meter (16 in) reflector of the International Scientific Optical Network near Kislovodsk, Russia and the automated asteroid-discovery program CoLiTec. Precovery images by the Mount Lemmon Survey from 28 December 2011 and by Pan-STARRS from 28 January 2012 were quickly located. Follow-up observations were made on 22 September by a team from Remanzacco Observatory in Italy using the iTelescope network. The discovery was announced by the Minor Planet Center on 24 September. Observations by SWIFT suggest that C/2012 S1's nucleus is around 5 kilometers (3.1 mi) in diameter.

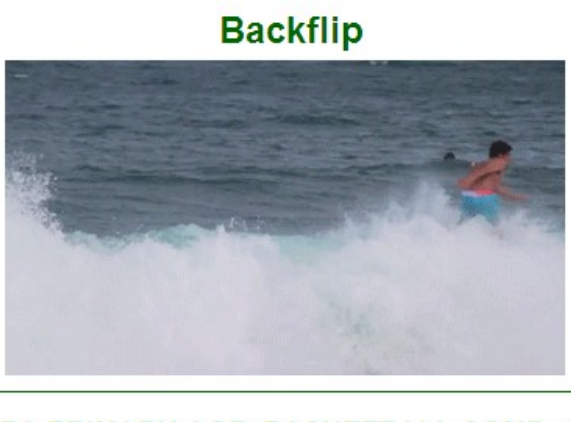
C/2012 S1 will come to perihelion (closest approach to the Sun) on 28 November 2013 at a distance of 0.012 AU (1,800,000 km; 1,100,000 mi) from the center point of the Sun. Accounting for the solar radiusof 695,500 km (432,200 mi), C/2012 S1 will pass approximately 1,100,000 km (680,000 mi) above the Sun's surface. Its trajectory is nearly parabolic, which suggests that it may be a dynamically new comet coming freshly from the Oort cloud. On its closest approach, C/2012 S1 will pass about 0.0724 AU (10,830,000 km; 6,730,000 mi) from Mars on **1 October 2013**, and it will pass about 0.429 AU (64,200,000 km; 39,900,000 mi) from Earth on 26 December 2013. C/2012 S1. (2013, August 4). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=C/2012_S1&oldid=567087307



"What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic."

- Carl Sagan

Backflip



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

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

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

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

VENUE: NBISC, Jacksons Rd, Warriewood

GAME TIMES:

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

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

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

Expert coaching plus short game $9 per session

BLAST OFF
Barton Lynch
Yeah mate!
8
BL's BLAST OFF
Sept 23 24 25 26 • 2013
Hurley
Beecraft

Blast Off 2013

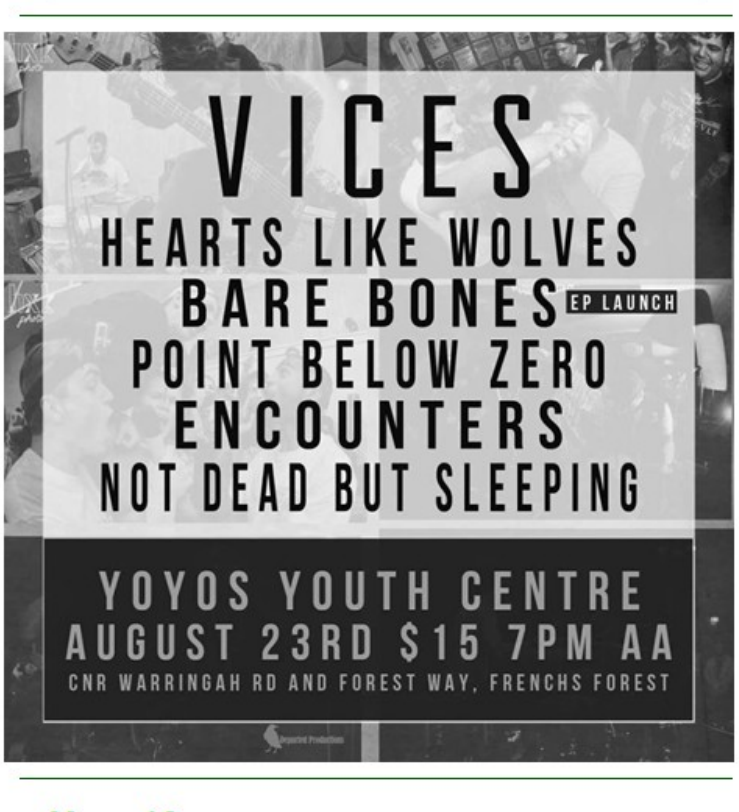
FOR ALL ENQUIRIES RE THE ONLINE PROCESSING OF ENTRIES PLEASE CALL 02 82276469 - THIS INCLUDES ALL QUERIES RE CARD PROCESSING & ENTRY CONFIRMATION.

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

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

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

Hurley Surfing Australia High Performance Centr...



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

Bus Pass Replacement

HERE

ECO Clean Beach Initiative

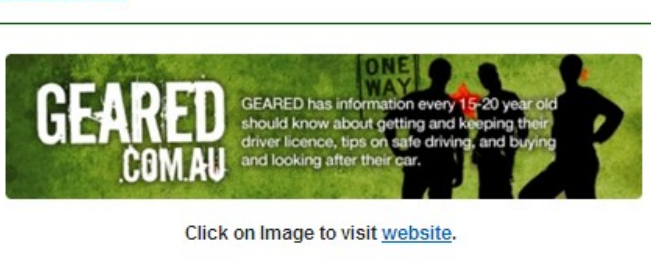
The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? All you need to do is show us how you're contributing to our fight against marine pollution.

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

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

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

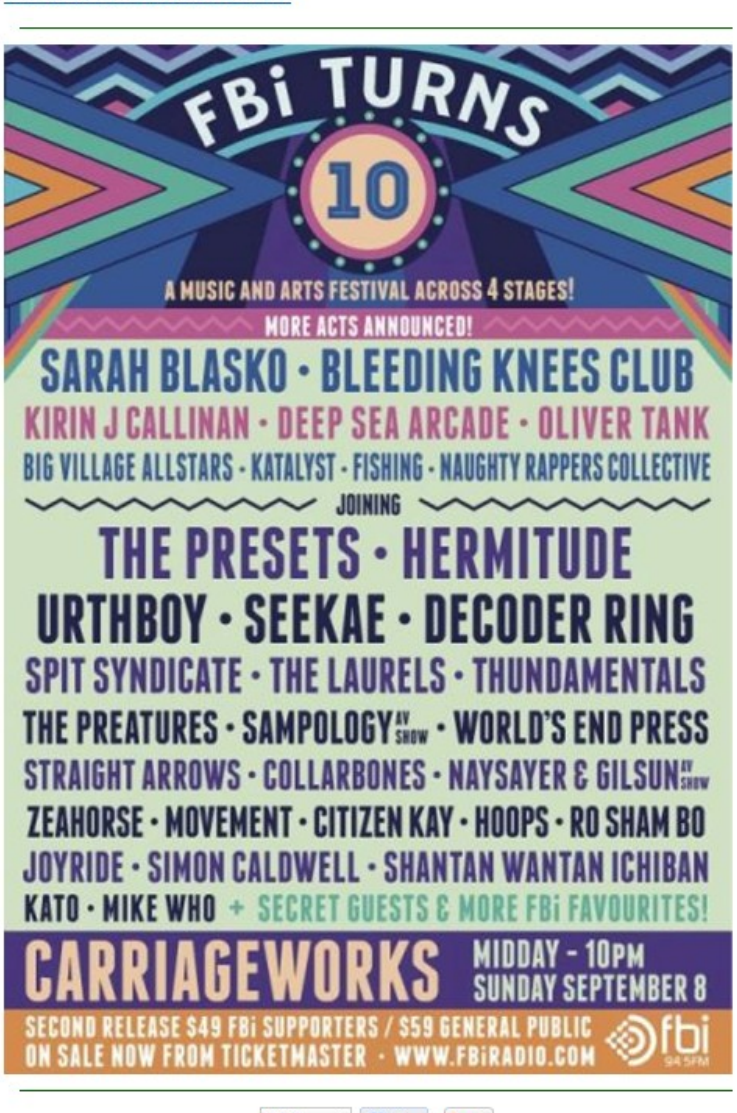
For your chance to win, send us a video of how you're helping to keep our beaches clean. Visit www.ecocleanbeach.com for more details. Facebook Page


GEARED .COM.AU
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.

New Facebook Page for young bands on the Northern Beaches - it has info about upcoming gigs, and if you play in a band you can list your gigs on it!

Keep in the loop and support local bands! Northern Beaches Youth Bands at: www.facebook.com/pages/Northern-Beaches-Youth-Bands/347121408731758


FBi TURNS 10
A MUSIC AND ARTS FESTIVAL ACROSS 4 STAGES!
MORE ACTS ANNOUNCED!
SARAH BLASKO • BLEEDING KNEES CLUB
KIRIN J CALLINAN • DEEP SEA ARCADE • OLIVER TANK
BIG VILLAGE ALLSTARS • KATALYST • FISHING • NAUGHTY RAPPERS COLLECTIVE
JOINING
THE PRESETS • HERMITUDE
URTHBOY • SEEKAE • DECODER RING
SPIT SYNDICATE • THE LAURELS • THUNDAMENTALS
THE PREATURES • SAMPOLOGY • WORLD'S END PRESS
STRAIGHT ARROWS • COLLARBONES • NAYSAYER & GILSUN
ZEAHORSE • MOVEMENT • CITIZEN KAY • HOOPS • RO SHAM BO
JOYRIDE • SIMON CALDWELL • SHANTAN WANTAN ICHIBAN
KATO • MIKE WHO + SECRET GUESTS & MORE FBi FAVOURITES!
CARRIAGEWORKS MIDDAY - 10PM SUNDAY SEPTEMBER 8
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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

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 !

Mona Vale Library - Duke of Edinburgh Awards

During term times, Mona Vale Library accepts students completing the volunteering component of their Duke of Edinburgh Award Scheme. There are jobs available for the Bronze, Silver and Gold levels of the Scheme. Students who wish to participate in the Duke of Edinburgh program at the library need to be prepared to commit one hour per week during school terms for however many weeks they need to complete. Hours can be made up only in rare circumstances. Details HERE.

Keep children safe online

The Easyguide to Socialising Online is available here

The Cybersafety Help Button is available to download free of charge here

More information about the ACMA's Cybersmart program is here

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

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/

Paul Robeson sings for the workers at Sydney Opera House

Paul Robeson sings for the workers at Sydney Op...

Paul Robeson - A Giant in Stature, Heart, Health and Voice

Paul Leroy Robeson (April 9, 1898 – January 23, 1976) was an African-American bass-baritone singer and actor who became involved with the Civil Rights Movement. At university, he was an outstanding American football player, then had an international career in singing, as well as acting in theater and cinema. He became politically involved in response to the Spanish Civil War, Fascism, and social injustices. His advocacy of anti-imperialism, affiliation with Communism, and his criticism of the US government caused him to be blacklistedduring McCarthyism. Ill health forced him into retirement from his career. To the end he remained unapologetic for the unpopular political stances he took.

Paul Robeson was born in Princeton, New Jersey, in 1898, to Reverend William Drew Robeson and Maria Louisa Bustill. His mother was from a prominent Quaker family of mixed ancestry: African, Anglo-American, and Lenape. His father, William, escaped from a plantation in his teens and eventually became the minister of Princeton's Witherspoon Street Presbyterian Church in 1881. Robeson had three brothers: William Drew, Jr. (born 1881), Reeve (born c. 1887), and Ben (born c. 1893); and one sister, Marian (born c. 1895).

Robeson won an academic scholarship to Rutgers University, where he became a football All-American and the class valedictorian. He received his LL.B. from Columbia Law School, while playing in the National Football League (NFL). At Columbia, he sang and acted in off-campus productions and, after graduating, he became a participant in the Harlem Renaissance with performances in The Emperor Jones and All God's Chillun Got Wings. Robeson initiated his international artistic résumé with a theatrical role in Great Britain, settling in London for the next several years with his wife Essie.

Robeson next appeared as Othello at the Savoy Theatre before becoming an international cinematic star through roles in Show Boat and Sanders of the River. Robeson played "Joe" in the London production of the American musical Show Boat, at the Theatre Royal, Drury Lane. His rendition of "Ol' Man River" became the benchmark for all future performers of the song. Some black critics were not pleased with the play due to its usage of the word nigger. It was, none the less, immensely popular with white audiences.

Robeson leading Moore Shipyard Oakland, California workers in singing theStar Spangled Banner, September 1942. Robeson himself was a shipyard worker in World War I.

He became increasingly attuned towards the sufferings of all cultures and peoples. Acting against advice, which warned of his economic ruin if he became politically active, he set aside his theatrical career to advocate the cause of the Republican forces of the Spanish Civil War. He then became active in the Council on African Affairs (CAA).

During World War II, he supported America's war efforts and won accolades for his portrayal of Othello on Broadway. However, his history of supporting pro-Soviet policies brought scrutiny from the FBI. After the war ended, the CAA was placed on the Attorney General's List of Subversive Organizations (AGLOSO) and Robeson was investigated during the age of McCarthyism. In 1956, Robeson was called before HUAC after he refused to sign an affidavit affirming that he was not a Communist. In his testimony, he invoked the Fifth Amendment and refused to reveal his political affiliations. When he was asked why he had not remained in the USSR because of his affinity with the political ideology of the USSR, he replied that "because my father was a slave and my people died to build [the United States and], I am going to stay here, and have a part of it just like you and no fascist-minded people will drive me from it!"

Due to his decision not to recant his public advocacy of pro-Soviet policies, he was denied a passport by the U.S. State Department, and his income, consequently, plummeted. He moved to Harlem and published a periodical critical of US policies. His right to travel was eventually restored by Kent v. Dulles, but his health broke down. He retired and he lived out the remaining years of his life privately in Philadelphia.

Paul Robeson. (2013, August 17). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Paul_Robeson&oldid=568916190

In 1960 Mr Robeson visited Australia on his final concert tour. The clip above is from November 9th of that year. Robeson left Australia as a respected, albeit controversial, figure and his open and vocal support for Aboriginal rights while here had a profound effect in Australia over the next decade.

This wasn't the first time he had spoken about Australia or planned to visit. In 1936, 1937, 1939 and again in 1946 and 1950, the newspapers of the day reported he planned to visit on a concert tour.

The song he is most well known for 'Ol' Man River' and which shows how well he could sing, is a classic we'd like to share with you this week.

Ol' Man River - Show Boat (1936) - Paul Robeson

AFI #24 - Ol' Man River - Show Boat (1936) - Pa...
La Misere
0:00 / 4:32

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

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

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

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

2012 Particpants at CEC, Narrabeen.

CSIRO Undergraduate Vacation Scholarships - Food, Health, and Life Science Industries (FHLSI)

Get hands-on research experience in plant science.

Access CSIRO's world-class facilities.

Apply for CSIRO Plant Industry's Summer Student Vacation program today!

The Position:

2013 Summer Vacation Studentships are available to undergraduates who have completed subjects offered to students in the second or third year of their degrees. Each student who is offered a position in the program will be working on a small independent research program supervised by a CSIRO scientist.

The nature of the work undertaken will vary with the project. Some projects comprise a mix of field, glasshouse and laboratory work whereas others are solely laboratory based. Students will learn a range of skills including microscopy, molecular biology, tissue culture, crop physiology and science communication. All students will be expected to present their results in the Summer Student symposium that is held in Canberra at the end of the program.

Scholarships are to commence on the 2 December 2013 and continue for a period of 10 weeks. There are a total of 17 projects available for 2013.

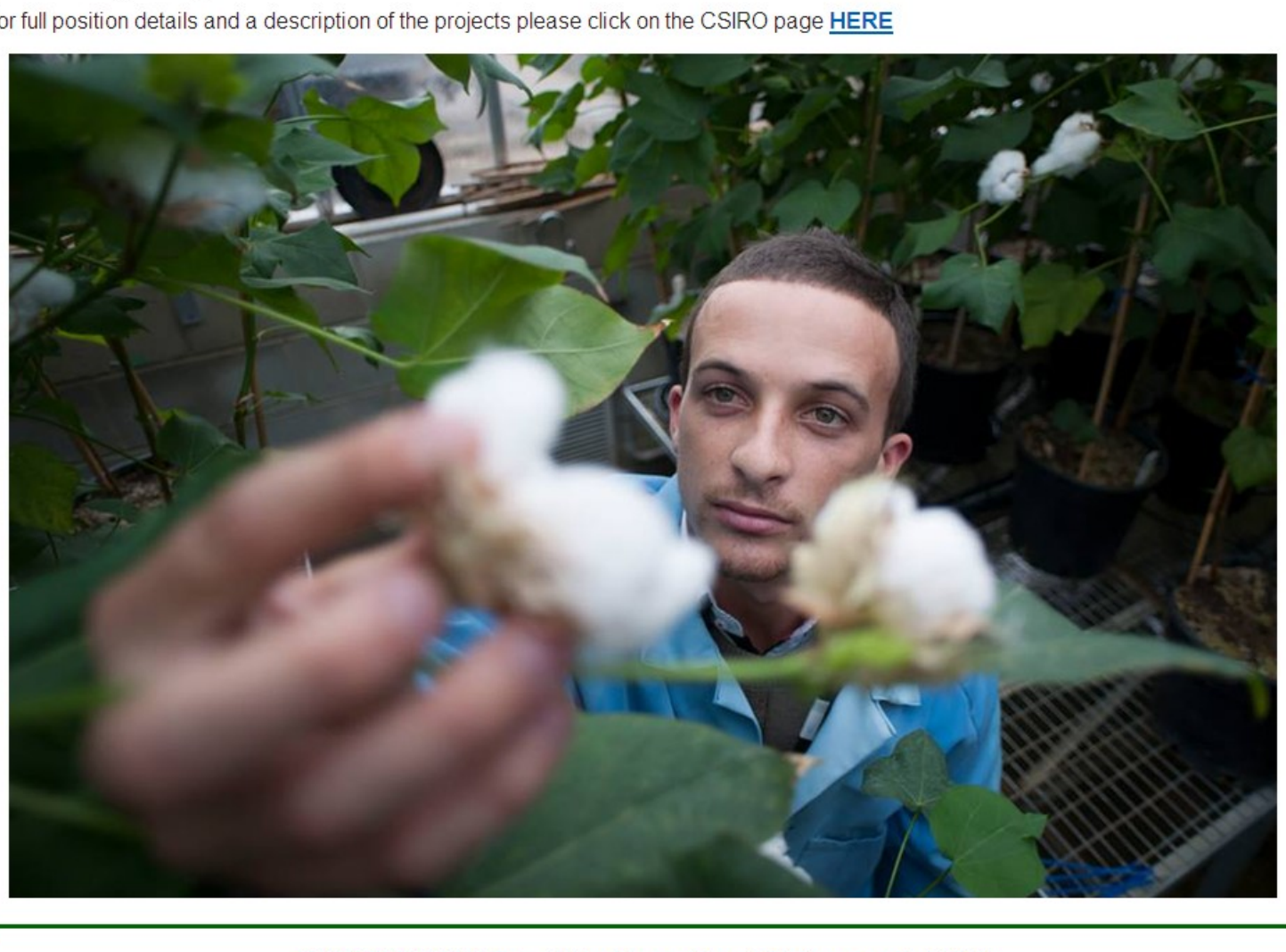
Location: Canberra ACT, Brisbane, Sippy Downs and Cairns QLD, Narrabri NSW

Scholarship: $1462.77 per fortnight

Reference: NSWACTQ13/02860

About CSIRO: The Commonwealth Scientific and Industrial Research Organisation (CSIRO) is one of the largest and most diverse scientific organisations in the world. By igniting the creative spirit of our people, we deliver great science and innovative solutions that benefit industry, society and the environment.

For full position details and a description of the projects please click on the CSIRO page **HERE**



THIS WAY UP – Wednesday 28 August 2013

TEDx Northern Sydney Institute presents This Way Up, an event featuring speakers who will stimulate and challenge, amaze and delight. Aspiration and strength can be the key to success, but with it comes the fragility and vulnerability involved with putting everything on the line to pursue a dream. This Way Up is about people who have found their own way to the top, about people who have braved new ground and found ways through that are a little bit different, and often against the odds.

The explosion of new technology will propel us all down roads less travelled, learning in ways we haven't even realised are possible and planning for jobs that don't even exist yet.

Which direction are you heading? It's This Way Up.

http://tedxnorthernsydneyinstitute.com/

Presenters & Program

James Bradfield Moody

James sits on the Advisory Board of the Australian Bureau of Statistics and the board of the Australian Indonesia Institute and the Australian Museum. He is passionate about science communication and was a regular panellist on the ABC TV television program The New Inventors and the co-author of the best-selling book The Sixth Wave: How to Succeed in a Resource Limited World.

Philip Porter

Philip Porter is a poet from Willoughby in NSW with a long held passion for learning and sharing knowledge. He has been a writer his whole life but only started studying poetry four years ago and is now completing a MA in creative writing at Sydney University. Philip outlines projects he and fellow alumni of Arthur Phillip High School Parramatta have achieved over several years, highlighting the networking involved to include the local community, professional bodies and universities. The beauty of the model is that, as graduates from the same school, the alumni understand the trials and tribulations faced by their contemporary counterparts as they cross the school leaver abyss, particularly in low socio-economic areas.

Erica Harrison

Erica is a writer, filmmaker and storyteller based in Sydney. Her non-fiction writing and documentary photography have featured in Australian and international publications including The Australian, The Sydney Morning Herald, Australian Geographic, ProPhoto, Limelight, Cosmos and New Internationalist. A Cautionary Tail is currently screening at film festivals around the world. The picture book is published by Penguin and will be available in September 2013.

You can find out more about the film and its creators by visiting the website, www.acautionarytail.com

Hamish Hawthorn

Through his role at ATP Innovations, Hamish has had the fortune of working with many entrepreneurs and founders of startup companies, guiding them toward the achievement of their vision, and has seen the incredibly positive impact that comes from a strong and enduring mentor relationship.

Dr Fiona Chatteur (nee Kerr)

Technology, Entertainment and Design: a personal narrative through the addictive nature of gaming and 3D. Fiona Chatteur will take you on a journey from the origins of 3D modeling through a personal history of Australian gaming and games development. From the first computer built from the 1976 edition of Electronics Australia where Pong consumed hours of her childhood, through to working for Australia's second oldest gaming company as a 3D addict (I mean artist). Do polygons chase you in your sleep? Do you understand why games are so addictive? Want to know your vertex from a primitive? If you've ever had that fire in the belly for design, 3D and gaming, this talk will stoke your fire.

Dr John Pegg

Have you ever been in a learning situation where you feel you are not good enough and will never be good enough? Many, many thousands of students in upper primary and lower secondary school confront this issue most days and a caught in a cycle of continued failure. Recent national data suggest this is also true, in more subtle ways, with fundamental numeracy, literacy and problem-solving skills for approximately half the adult population. Without a solid knowledge base in fundamental skills the chances for at-risk learners to become informed and active participants in society are greatly reduced. How do we help these at-risk learners acquire necessary fundamental skills? What is needed in offering learners a second chance that will make a difference?

Olivia Loadwick

With a background in international relations, in technology and in investment banking, Olivia Loadwick proposes that there must be a better way to link the worlds of finance and technology and to link corporations with development projects in a way that provides optimal and sustainable outcomes for all. She proposes that as "Collaboration" must be the new buzzword in the technology world, it must also be the buzzword of the new breed of corporation that uses philanthropy not as a tool but integrates it into the fabric of the organisation and into every aspect of a company's strategic plan.

Marisol Miró Quesada

Marisol's search for a deeper understanding of people-environment interactions continues to take her through a journey of experimentation linking professions like architecture, design, sustainable development and business, all of which she channels into fostering personal and community change through nurturing and sustaining our environment. She was awarded 2013 NSW International Student of the Year for her outstanding contribution to the NSW community.

Dr Duane Hamacher

A trained astrophysicist, Dr Duane Hamacher is a lecturer in the Nura Gili Indigenous Centre at the University of New South Wales. After studying planets orbiting other stars for two years, his interest in the crossroads of science and culture was too great and he decided to complete a PhD in Indigenous Studies at Macquarie University studying Aboriginal astronomy.

Tim Ferguson

As Australia's foremost academic teacher of narrative comedy, Tim explains why the writing establishment erroneously regards comedy as an inferior craft to drama and tragedy. (Not a single Miles Franklin Awards has gone to a comedy.)

Combining Ancient Greece, Western culture and Australia's recent history his talk will explain the entrenched imbalance between these two and how Narrative Comedy is the world's highest and lowest writing form.

Ferguson claims our modern literature and screenwriting is 'lost in a miasma of misery-porn'. He will prove that most Australian writers are ignorant of the fundamental demands of the writing craft, a deficit that renders them unread, unappreciated and broke.

Register to attend HERE http://tedxnorthernsydneyinstitute.com/register-to-attend-2/

Pittwater Online News

August 18 - 24, 2013: Issue 124

COMMUNITY TRANSPORT
Easy Transport
Manly-Warringah-Pittwater
9971 5110
www.easytransport.org.au

Profile of the Week Issue 124: Easy Transport Manly Warringah Pittwater - medical appointments, shopping trips, mystery tours and Saturday Lunch - this great non-profit organisation offers great ideas and solutions

The Beatles-Magical Mystery Tour

The Beatles Magical Mystery Tour clip HD 1080p

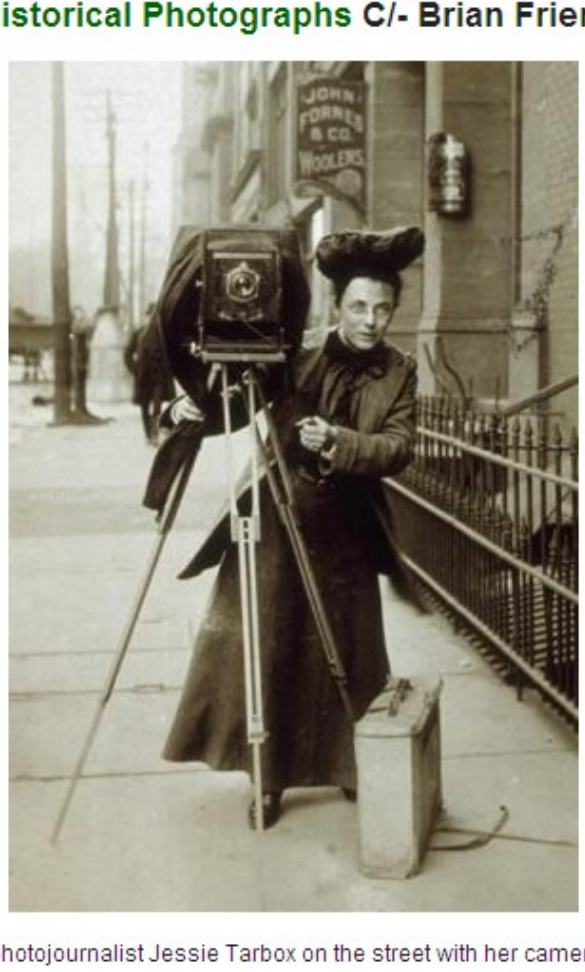
U3A Northern Beaches: My Journey of friendship - the Road to Soibada

As part of our Wednesday Afternoon at Newport lecture series, Tamara Sloper Harding will share her experiences of working as part of a community group to assist a remote village community in East Timor.

Wednesday 4 September 2013 from 2.00-4.00pm at Newport Community Centre, 11-13 The Boulevard, Newport

Bookings not required, just turn up. Further information from: Mavis Bickerton on 9970 7161 or mavis.bickerton@bigpond.com

Historical Photographs C/- Brian Friend



Female photojournalist Jessie Tarbox on the street with her camera, 1900s.

Friendly has sent us a wide range of Historical Photographs – we'll bring you some of these and the stories behind them during the coming weeks.

Jessie Tarbox Beals (December 23, 1870 – May 30, 1942) was an American photographer and the first published female photojournalist in the United States. She is best known for her freelance news photographs, particularly of the 1904 St. Louis World's Fair, and portraits of places such as Bohemian Greenwich Village. Her trademarks were her self-described "ability to hustle" and her tenacity in overcoming gender barriers in her profession.

Beals was a "bright and precocious child" and did well in school. At age fourteen she was admitted to the Collegiate Institute of Ontario, and at seventeen received her teaching certificate. Beals began teaching at a one-room schoolhouse in Williamsburg, Massachusetts, where her brother Paul was also living at the time.

Around this time Beals won a subscription prize camera through the Youth's Companion magazine. The camera was small and somewhat rudimentary, but Beals began to use it to take photographs of her students and their surroundings. Beals soon bought a higher quality Kodak camera and set up Williamsburg's first photography studio in front of her house, although photography largely remained her side hobby.

In 1893 Beals took a new teaching position in Greenfield, Massachusetts. After a visit to the World's Columbian Exposition in Chicago that year, Beals' interest in traveling and photography was sparked. In 1897, Beals married Alfred Tennyson Beals, an Amherst graduate and factory machinist. In 1899, Beals received her first professional assignment when she was asked by the Boston Post to photograph the Massachusetts state prison. Beals taught Alfred the basics of photography and the couple set out to work as itinerant photographers in 1900, with Alfred as Beals's darkroom assistant. That year Beals also received her first credit line for her photographs in a publication, the Windham County Reformer.

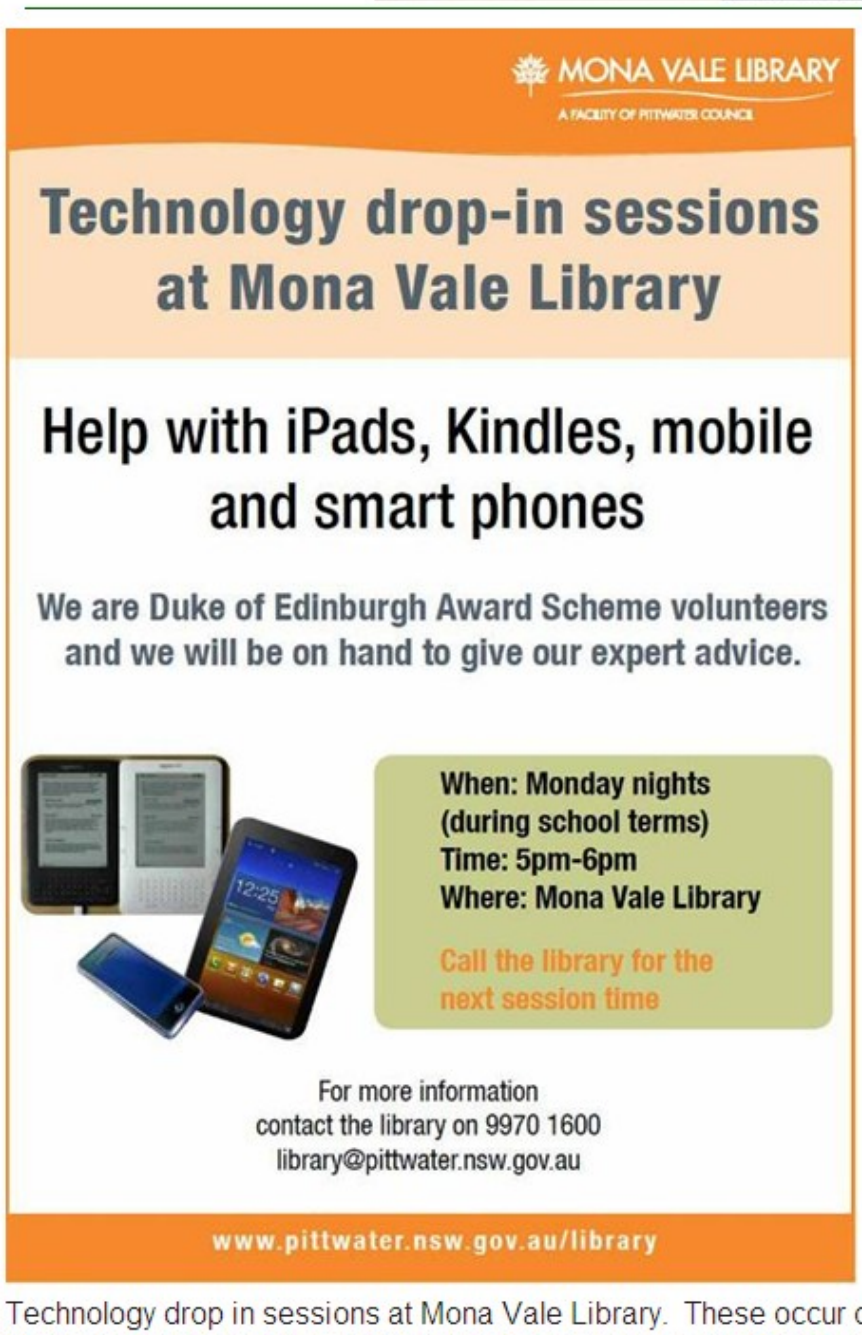
In 1905 Beals opened her own studio on Sixth Avenue in New York City. Beals continued to take on a variety of photograph assignments, ranging from shots of auto races and portraits of society figures, to her well known photographs of Bohemian Greenwich Village and the New York slums. Over the years Beals also photographed several presidents and celebrities, including Presidents Coolidge, Hoover and Taft; Mark Twain; Edna St. Vincent Millay; and Emily Post. Jessie Tarbox Beals. (2013, July 6). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Jessie_Tarbox_Beals&oldid=563051200

True Love

A husband and wife from China who are each more than 100 years old have been married for 88 years have finally gotten around to taking the wedding photos they couldn't take when they were first married.

Wu Conghan, 101, and his wife Wu Sognshi, 103, married in 1924, and have been together for almost nine decades.

Full Story: http://tinyurl.com/aq62qu9



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

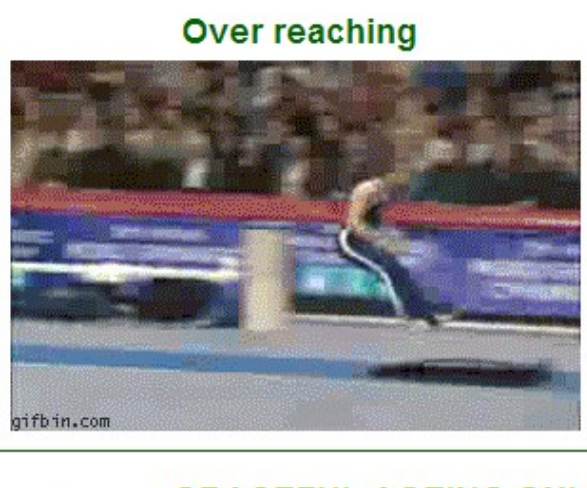
Call the library for the next session time

For more information contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

Technology drop in sessions at Mona Vale Library. These occur on Monday afternoon during school term, the next dates are **Mondays 12, 19, 26 Aug and 2 Sept.**

Over reaching



AUSTRALIAN BUSH FLOWER ESSENCES

GRACEFUL AGEING ONLINE WORKSHOP

Sessions over 3 Tuesdays — 3rd, 10th & 17th September 2013

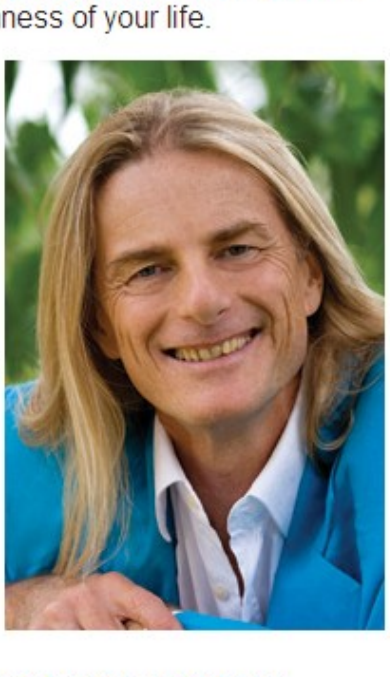
In this *NEW* workshop with Australian Bush Flower Essences Founder, Ian White, you will learn strategies, latest research and philosophies to address the major life, health and spiritual issues from age 50 onwards.

This will include topics such as:

physical limitation, movement and co-ordination; digestion; sleep; sexuality; spirituality; releasing negative beliefs around your health and longevity; career and retirement; exercise; family issues; common health issues of older people; confronting one's mortality; living alone; death of a spouse; moving into and adjusting to a retirement or nursing home;

And so much more invaluable information and tips to live your life more gracefully.

You can't change your chronological age but you can change your biological age and the quality and richness of your life.



There is no prerequisite to register for this unique workshop — only your desire to discover more about yourself, ageing gracefully and the Australian Bush Flower Essences directly from the founder, Ian White.

Ian has been making the Bush Essences for just on 30 years and practising as a naturopath for over 35 years, as a 5th Generation Herbalist. Spending time with Ian, a world-leading expert in this field, will gain you access to rare and invaluable knowledge you won't find anywhere else, as well as the chance to share Ian's insights and passion for the Bush Essences.

When & Where: The event will be held online in 2 Hour Sessions over 3 Tuesdays — 3rd, 10th and 17th September 2013

Sessions will run live 7.30pm to 9.30pm AEST** (If you can't make the live sessions, they will be recorded and available afterwards.)

Once registered, we will email you with your personal log-in details to access our secure site and join the workshop at the specified times. All you need is a computer, basic headset (or you can use your computer's speakers) and a decent internet connection.

Contact: (for more information and to book your place) ; Sharon Selvage

Phone +61 (0)2 9450 1388 (AEST** business hours)

Email: uschi@ausflowers.com.au

Cost: AUD $175.00 if pre-paid by 12th August 2013 (or AUD $199.00 thereafter)

**If you are not operating at Australian Eastern Standard Time (AEST), you will need to check the difference in times. To convert your local time, go to: http://www.thetimezoneconverter.com.

45 Booralie Road, Terrey Hills NSW 2084

Tel: +61 2 9450 1388 Fax: +61 2 9450 2866 Email: uschi@ausflowers.com.au Website: www.ausflowers.com.au

Know your rights at retirement

Your Rights at Retirement is a one-stop shop reference that will help people navigate services and supports that are part of planning and managing retirement.

It also includes practical information to help protect against scams and dishonest approaches that target seniors.

One of the key objectives of the NSW Ageing Strategy is to support people to plan ahead for their retirement in their middle years and for people to be knowledgeable about their rights.

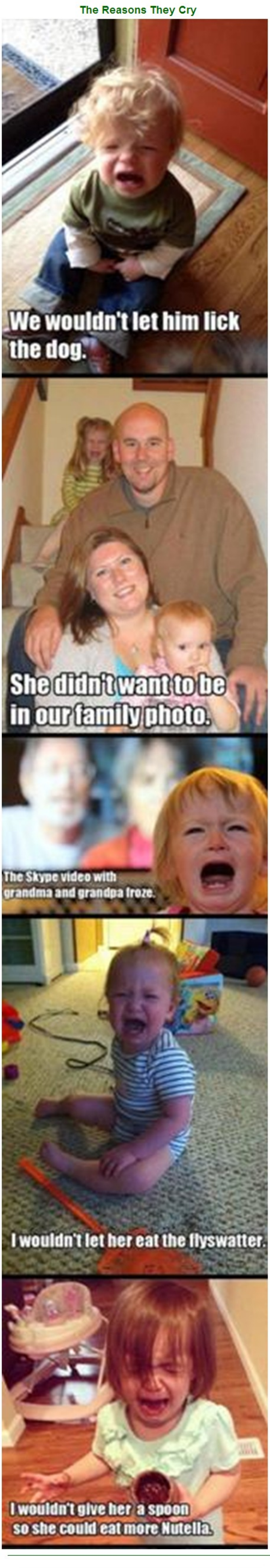
The NSW Government launched the NSW Ageing Strategy in July 2012 with the vision of people in NSW experiencing the benefits of living longer.

Download a copy of Your Rights at Retirement (July 20913 PDF) here: www.humanrights.gov.au/publications/your-rightsretirement

A limited number of hard copies are available. Call the Office for Ageing on 1800 729 368.

YOUR RIGHTS AT RETIREMENT

The Reasons They Cry


We wouldn't let him lick the dog.
She didn't want to be in our family photo.
The Skype video with grandma and grandpa froze.
I wouldn't let her eat the flyswatter.
I wouldn't give her a spoon so she could eat more Nutella.

Australian Seniors Computer Clubs Association ASCCA

ASCCA is the national peak body for seniors and technology

Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant.

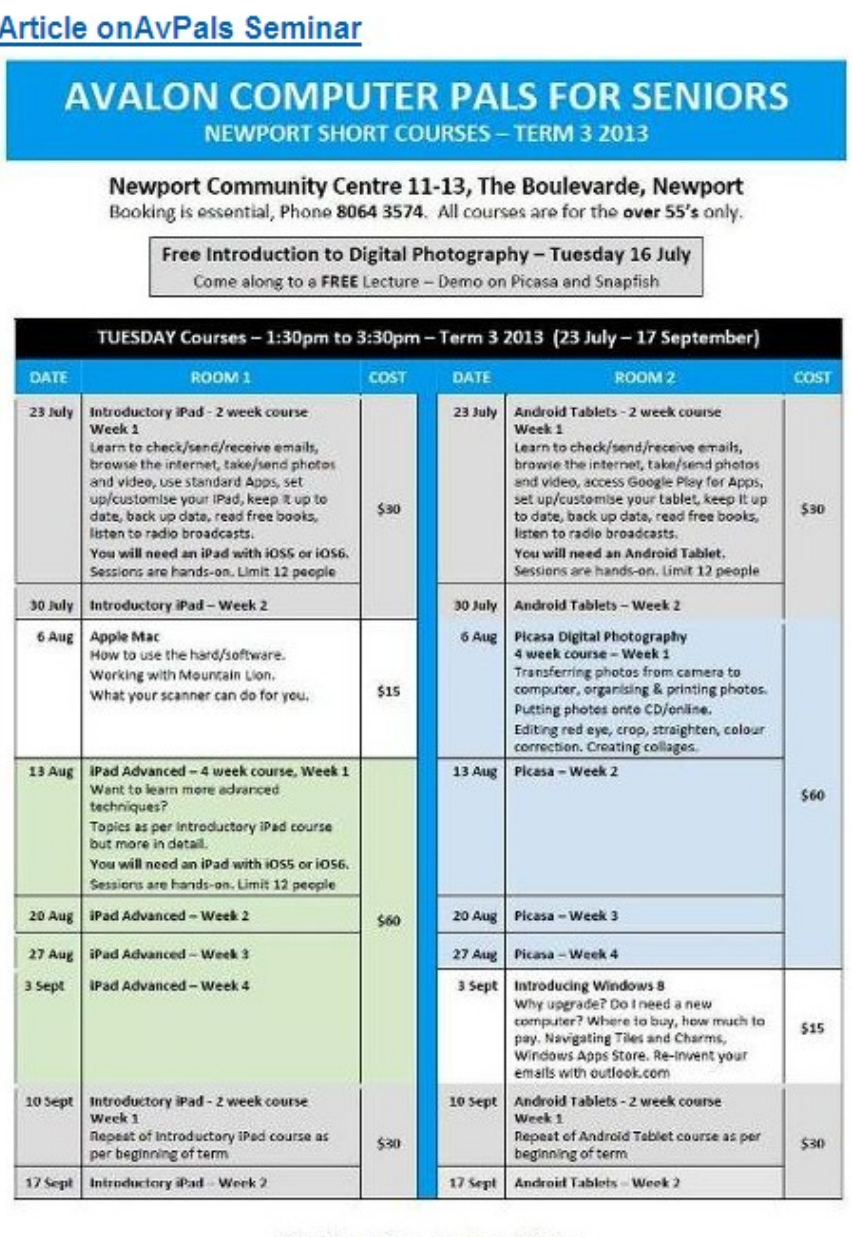
We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge

Avalon Computer Pals for Seniors

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

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

Article onAvPals Seminar



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

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

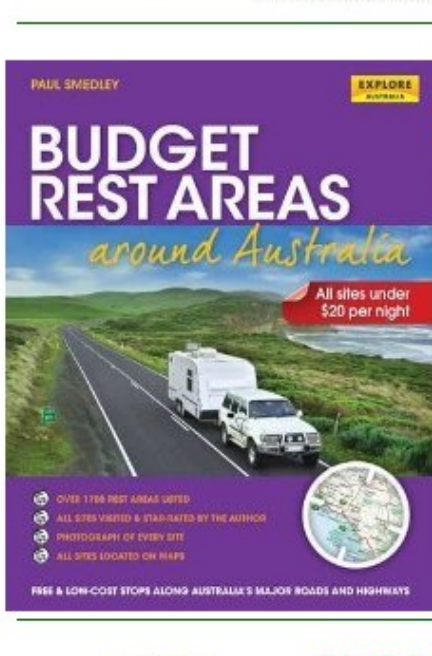
Free Introduction to Digital Photography – Tuesday 16 July
Come along to a FREE Lecture – Demo on Picasa and Snapfish

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

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

Avalon Computer Pals

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


PAUL SMEDLEY
EXPLORE
BUDGET REST AREAS around Australia
All sites under $20 per night

Budget Rest Areas Around Australia by Paul Smedley. $39.99

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

WORLD SOLAR CHALLENGE

2013 Solar Challenge – Australia

Turning up the heat - new rules & record entries

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

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

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

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

Volunteers Wanted

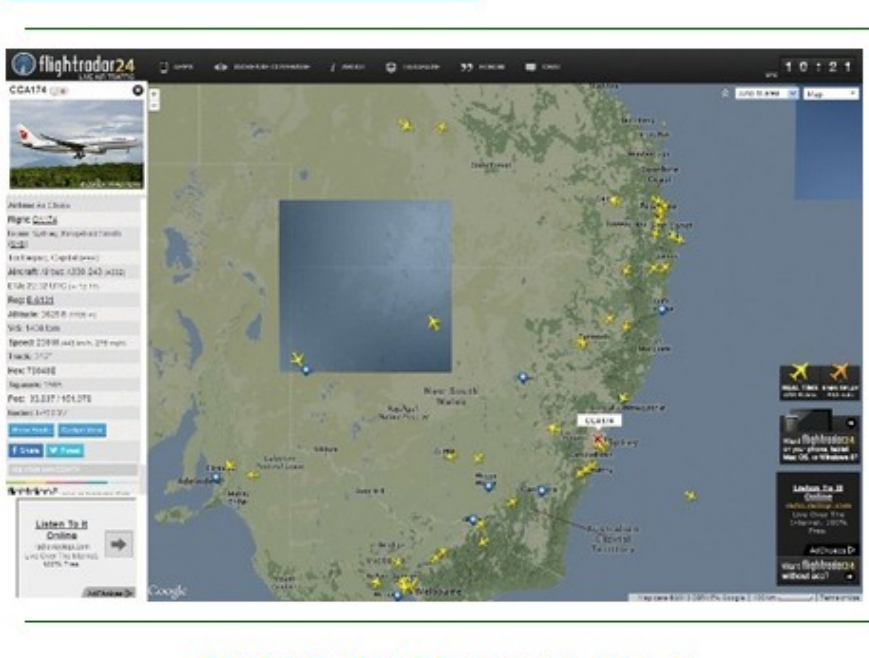
Volunteering for the World Solar Challenge is not like volunteering for any other event. Volunteers are away from home for extended periods and, at times, may not be provided with the most comfortable accommodation or favourite food. It is however a great adventure on which you will not only make new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

See volunteer stories

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

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

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



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

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

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

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

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

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

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

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

Some tricks;

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

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Contact Community Care Northern Beaches HERE:

COTA – NSW - http://cotansw.com.au/

ABOUT US

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

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

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

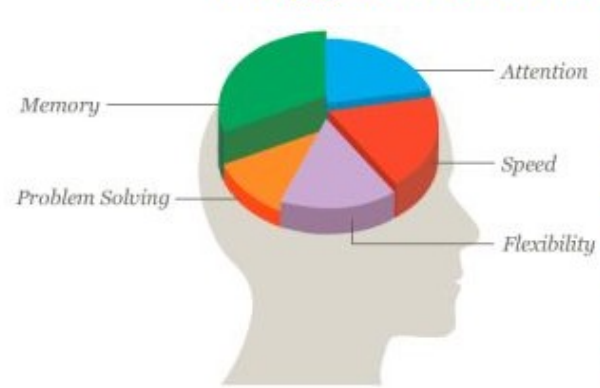
COTA NSW, through constant contact with consumers and consumer groups across the state, through the research it conducts and through partnerships with other NGOs, research bodies and universities, is also an important source of information and advice on issues and decisions that people will navigate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

HAVE YOUR SAY!

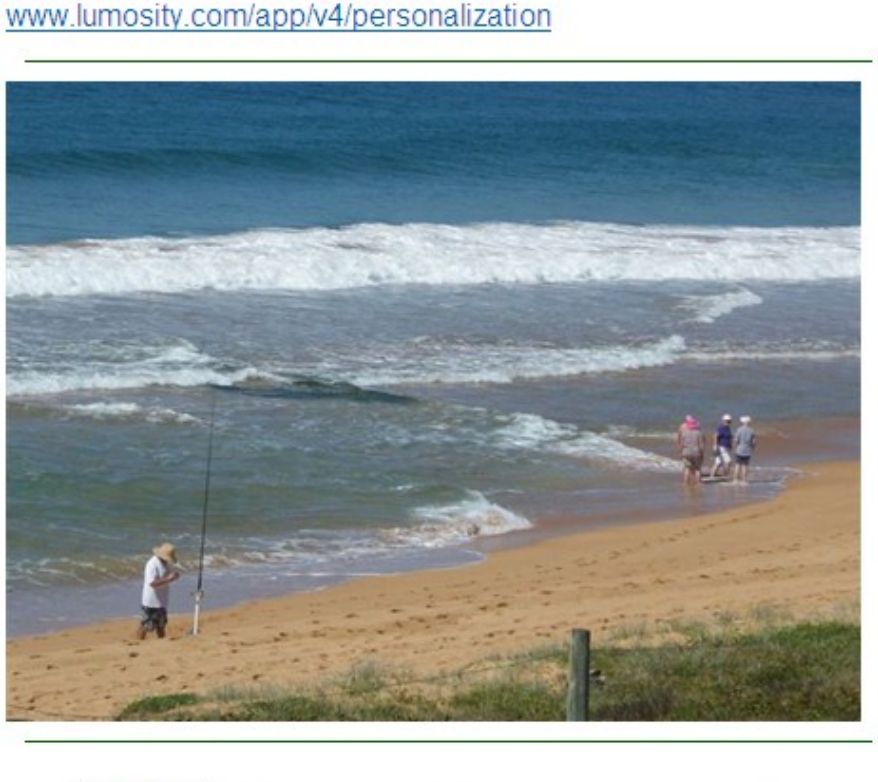
We have launched our 2013 COTA NSW Survey. We want to know what you think about important issues. Your input helps to determine the policies and positions we communicate to Government. Everyone who completes the survey goes into a draw to win one of five $50 gift cards. Click the link to access the survey.

Click here to complete the COTA NSW 2013 Survey.

Keep your Wits About You



A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself at: www.lumosity.com/app/v4/personalization



Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

U3A The University of the Third Age Sydney U3A

U3A Monthly Lectures Wednesday Afternoons at Newport

First Wednesday of the month 2 – 4pm.All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre, for more information contact Nancy Weir 8919 0243 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org

Sydney Northern Beaches Woodturners Inc

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every Tuesday, Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au Website: https://sites.google.com/site/woodturner60/

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

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

Copyright Pittwater Online News

Seniors Pack A Lot of Political Clout - August 15, 2013

National Seniors Australia today mounted its election campaign seeking fairer treatment for nearly half the voting population aged over 50. National Seniors chief executive Michael O'Neill told seniors and political representatives at the launch in Brisbane's west today that older people comprise 47% of voters.

This figure is likely to determine the result of the upcoming election and with that kind of political clout, parties which ignore seniors' issues and concerns will pay the price at the ballot box, he said.

"Seniors are middle Australians who have contributed all their lives to their communities and now deserve not to have more than others but to be treated the same," O'Neill said "All expect leadership from government. They demand sound economic management, certainty and consistency in policy direction. They expect recognition of the value and contribution of people of all ages."

National Seniors has called on whichever political party wins power on 7 September to provide more certainty in four key areas: the economy, living costs, health care and an end to stereotyping of older Australians and their exclusion on the basis of age. **The over 50s are calling for:**

No further interference in the rules governing superannuation

The establishment of an additional retirement income pillar, Education and Awareness, to enhance financial literacy

Expanded support for mature age employment

The retainment of current arrangements for bi annual pension adjustments

A $10,000 increase in the income thresholds for the Commonwealth Seniors Health Card

Commonwealth funded senior and pensioner supplements to reach the recipient in full and not be subject to income assessments for state and territory charges

Inclusion of oral health within Medicare

A vision health strategy focused on medical and ancillary services

Increased support for initiatives to change community attitudes to ageism

Reform of taxation treatment of redundancies for over 65s to ensure equitable treatment with people of other ages

Removal of age as a basis for determining access to DisabilityCare.

For a full copy of the National Seniors' election priorities document click here

Older Investors Suffer When Advisers Go Belly-up – August 13, 2013

Failed financial advisers often with lapsed professional indemnity insurance are devastating the retirement plans of older Australians, consumer lobby group for the over 50s, National Seniors Australia says. And to add insult to injury, the investors – many of them with Self Managed Super Funds (SMSFs) – are unlikely to get their money back because they cannot sue the principals of the failed businesses, according to a report in *The Australian* newspaper today.

The report said that Australian Financial Services and AFS Group had elderly clients with SMSFs containing hundreds of thousands of dollars in "inappropriate" investments recommended by AFS authorised representatives. National Seniors chief executive Michael O'Neill said that retirees' savings already hit hard by the GFC remained vulnerable to further losses unless the Australian Securities and Investments Commission (ASIC) took a tougher approach.

"Some financial advisers are taking advantage of trusting and inexperienced retirees and frankly giving the rest of the industry a bad name," O'Neill said. "What retirees and people approaching retirement want is assurance and meaningful protection to make advisers accountable and the regulations that govern them more enforceable. ASIC also needs to be accountable for the role it has in creating a fair environment especially for inexperienced investors. **All investors**, including SMSF trustees, **should ensure the advice they receive includes information about the adviser's insurance** and how they can insure their own investment." he said.

Earlier this year, National Seniors released a report showing that investors' knowledge had not kept pace with the growing number and complexity of financial products over the last 20 years.

"Many were too embarrassed to talk to their financial advisers for fear of being judged negatively," Mr O'Neill said. "The federal government needs to act now – not only to encourage people to become better informed and more aware of the risks associated with investing, but also to ensure that financial advisers are better regulated."

Grandparents Day Website

grand parents day

Grandparents have a unique role. They don't just connect us to the values, stories and histories of our families, but to the values, stories and histories of our communities.

In 2011 the NSW State Government chose to recognise the contributions that grandparents make by launching Grandparents Day. Each year, Grandparents Day will be celebrated in NSW on the last Sunday of October.

This year, Grandparents Day is on **Sunday 27 October,** and community groups and councils around NSW are planning their Grandparents Day events. Visit the Grandparents Day website to find out how you can involved involved in Grandparents Day this year.

Grandparents Day Grants

COTA NSW is offering grants of up to $1000 to help you run your event. These grants are designed to help local community, sporting or social groups hold events in their communities.

Apply for a NSW Grandparents Day grant now. Grant applications will **close on Friday 6 September 2013**

Attend an event in your local area.

Promote your own event.

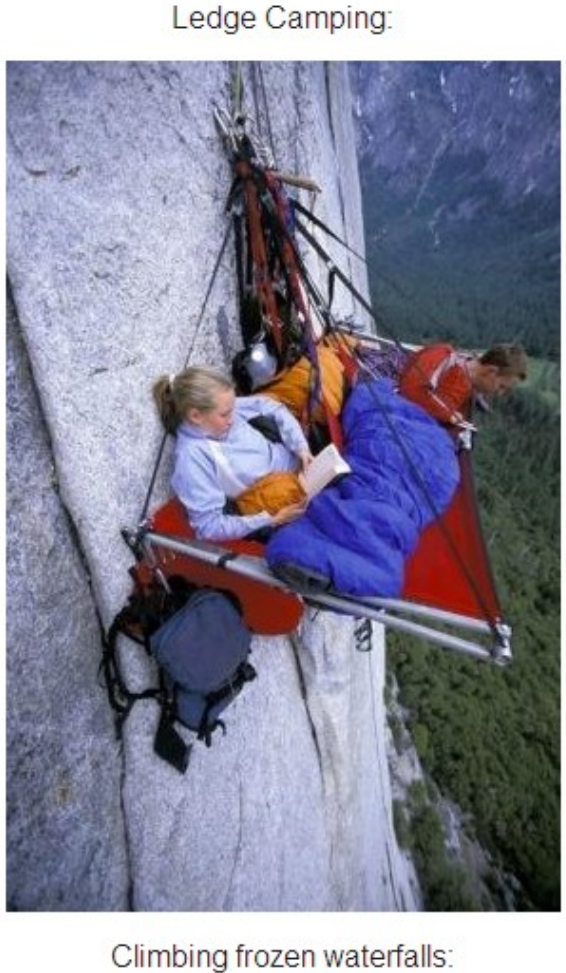
Download resources for your event.

Nominate a grandparent for the NSW Grandparent of the Year Awards.

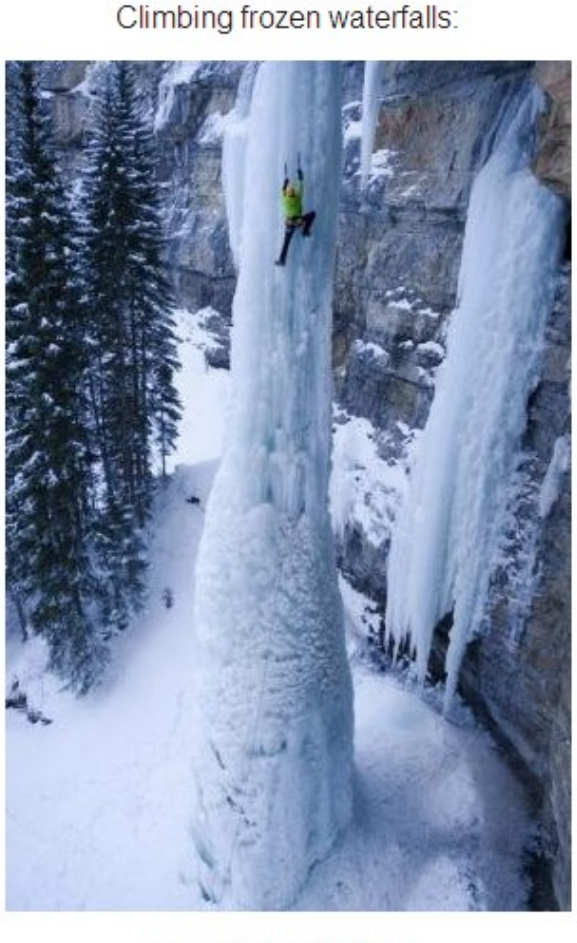
- See more at: http://cotansw.com.au/2012/08/grandparents-day-website/#sthash.E6DKAEwC.dpuf

NOT on my Bucket (Bouquet!) List C/- W.A.G.

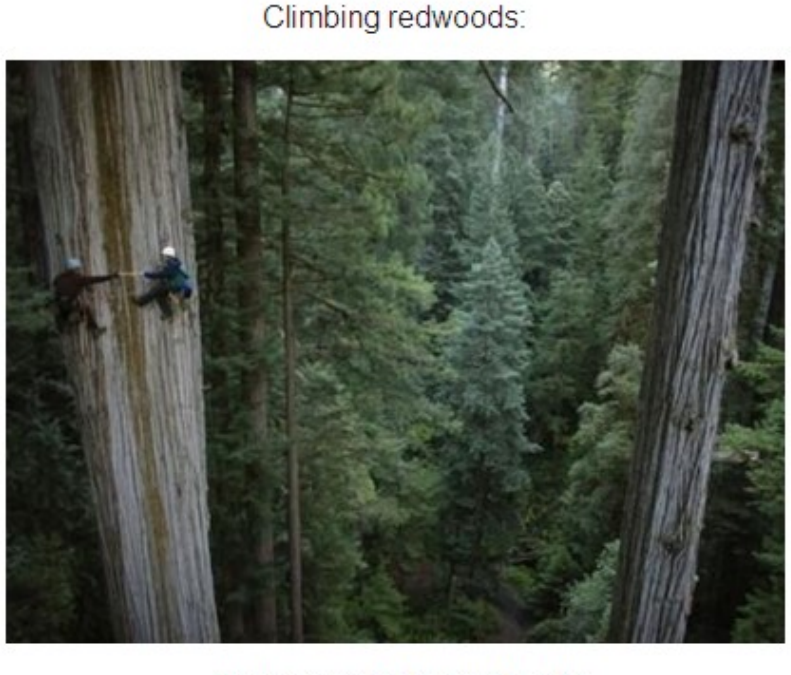
Ledge Camping:



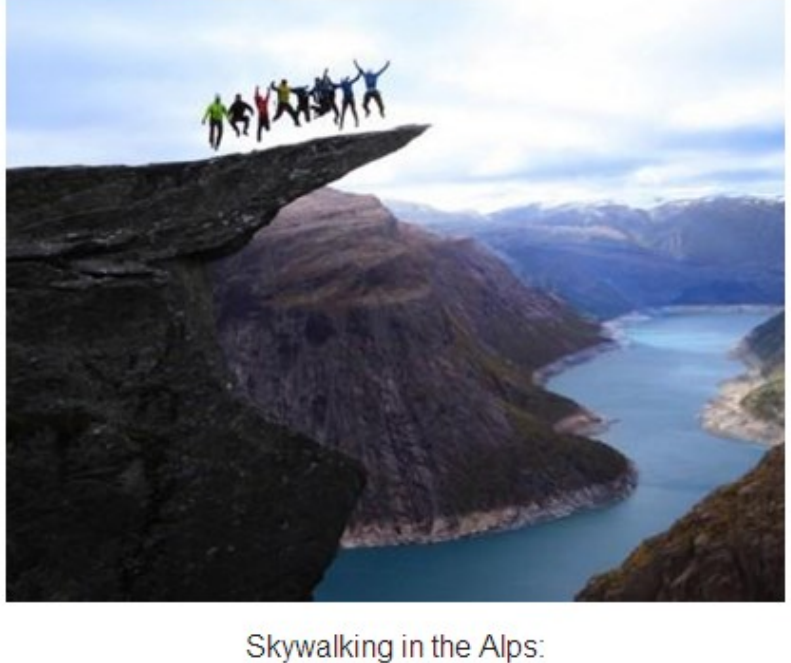
Climbing frozen waterfalls:



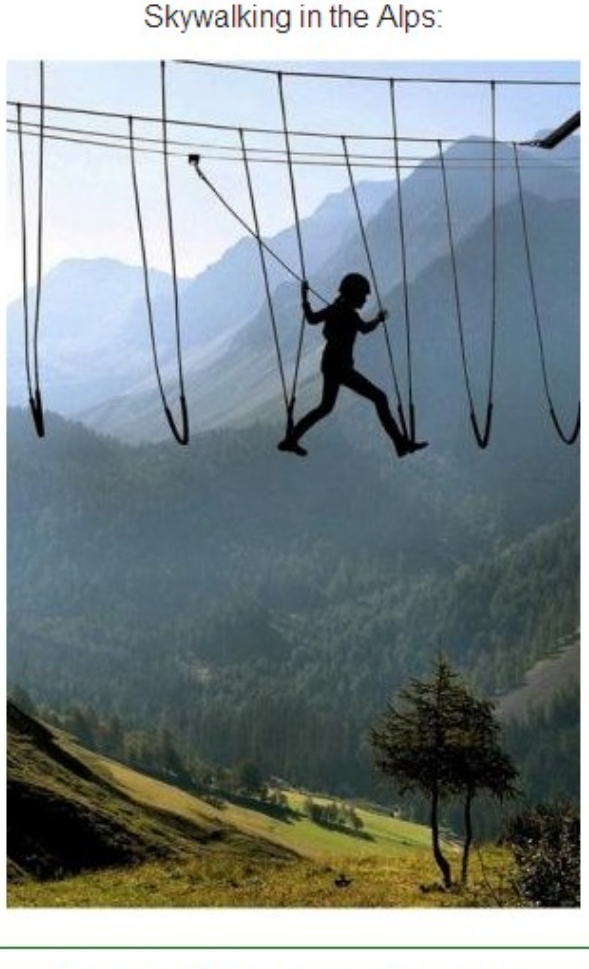
Climbing redwoods:



Jumping on Troltunger Rock:



Skywalking in the Alps:



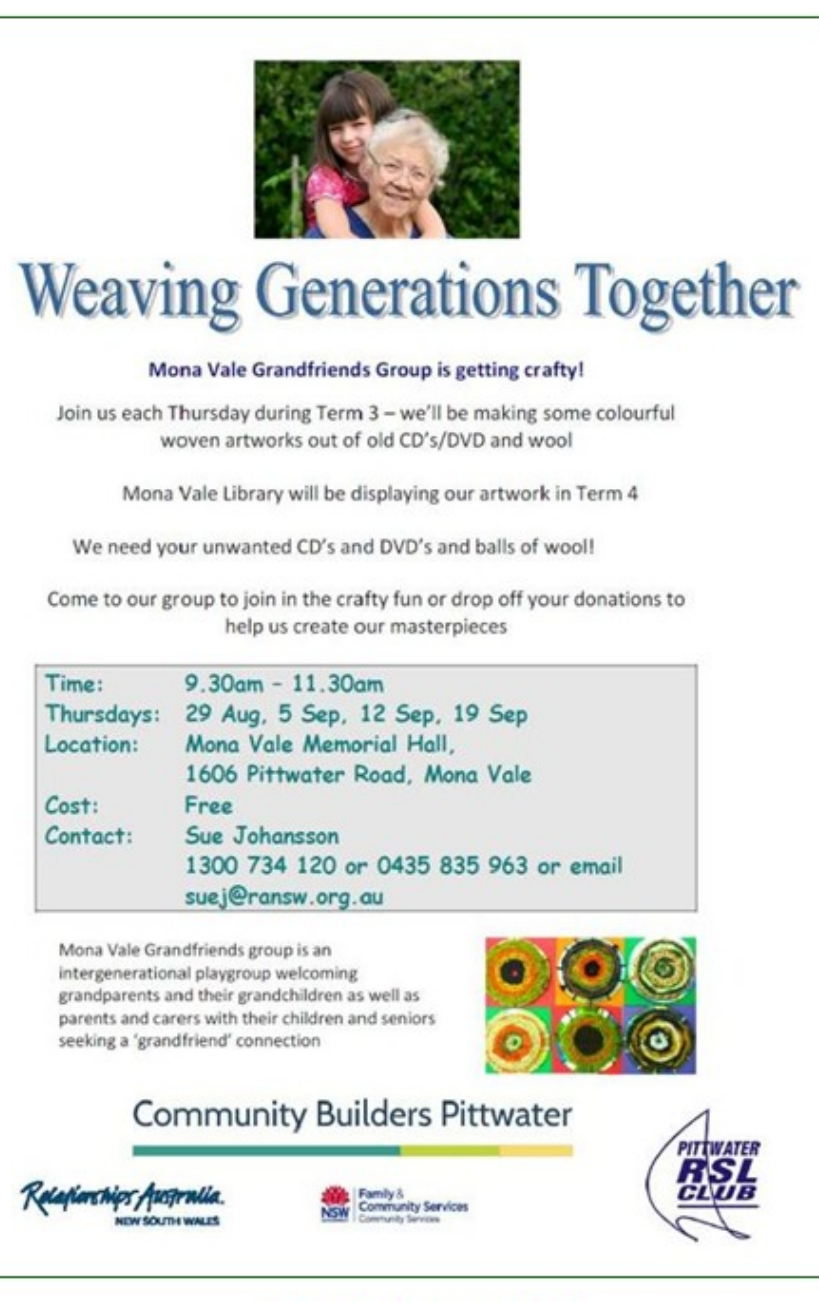
Hyacinth On The Telephone

Hyacinth On The Telephone

The History of the San Clemente Lifeguards by Surfing Heritage & Culture Center - Published on Aug 8, 2013

This videos was created in 2006 for the 75th anniversary of the San Clemente Lifeguard Department. It includes an interview of oldest surviving lifeguard, Cliff Russel, who guarded in the late 30's. Also includes a brief history of San Clemente.

The History of the San Clemente Lifeguards
The ... of San Clemente



Weaving Generations Together

Mona Vale Grandfriends Group is getting crafty!

Join us each Thursday during Term 3 – we'll be making some colourful woven artworks out of old CD's/DVD and wool

Mona Vale Library will be displaying our artwork in Term 4

We need your unwanted CD's and DVD's and balls of wool!

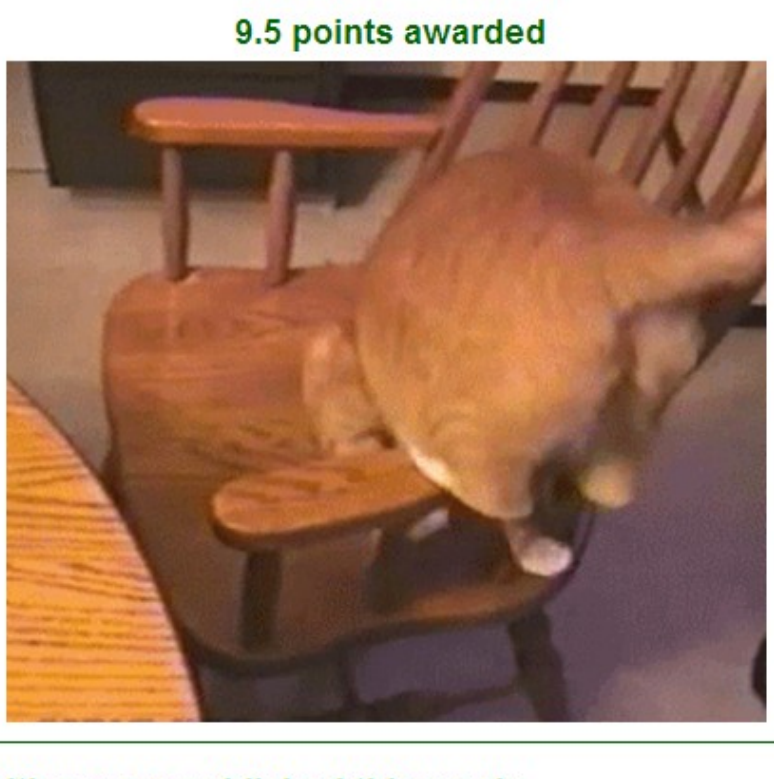
Come to our group to join in the crafty fun or drop off your donations to help us create our masterpieces

Time: 9.30am - 11.30am
Thursdays: 29 Aug, 5 Sep, 12 Sep, 19 Sep
Location: Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale
Cost: Free
Contact: Sue Johansson 1300 734 120 or 0435 835 963 or email suej@ransw.org.au

Mona Vale Grandfriends group is an intergenerational playgroup welcoming grandparents and their grandchildren as well as parents and carers with their children and seniors seeking a 'grandfriend' connection

Community Builders Pittwater

9.5 points awarded



Health papers published this week:

A New Wrinkle in Parkinson's Disease Research: Skin Cream Ingredient May Stop Effects of Parkinson's On Brain Cells

Aug. 15, 2013 — The active ingredient in an over-the-counter skin cream might do more than prevent wrinkles. Scientists have discovered that the drug, called kinetin, also slows or stops the effects of Parkinson's disease on brain cells.

Scientists identified the link through biochemical and cellular studies, but the research team is now testing the drug in animal models of Parkinson's. The research is published in the August 15, 2013 issue of the journal *Cell*.

"Kinetin is a great molecule to pursue because it's already sold in drugstores as a topical anti-wrinkle cream," says HHMI investigator Kevan Shokat of the University of California, San Francisco. "So it's a drug we know has been in people and is safe."

Parkinson's disease is a degenerative disease that causes the death of neurons in the brain. Initially, the disease affects one's movement and causes tremors, difficulty walking, and slurred speech. Later stages of the disease can cause dementia and broader health problems. In 2004, researchers studying an Italian family with a high prevalence of early-onset Parkinson's disease discovered mutations in a protein called PINK1 associated with the inherited form of the disease.

Since then, studies have shown that PINK1 normally wedges into the membrane of damaged mitochondria inside cells that causes another protein, Parkin, to be recruited to the mitochondria, which are organelles responsible for energy generation. Neurons require high levels of energy production, therefore when mitochondrial damage occurs, it can lead to neuronal death. However, when Parkin is present on damaged mitochondria, studding the mitochondrial surface, the cell is able to survive the damage. In people who inherit mutations in PINK1, however, Parkin is never recruited to the organelles, leading to more frequent neuronal death than usual.

Shokat and his colleagues wanted to develop a way to turn on or crank up PINK1 activity, therefore preventing an excess of cell death, in those with inherited Parkinson's disease. But turning on activity of a mutant enzyme is typically more difficult than blocking activity of an overactive version.

"When we started this project, we really thought that there would be no conceivable way to make something that directly turns on the enzyme," says Shokat. "For any enzyme we know that causes a disease, we have ways to make inhibitors but no real ways to turn up activity."

His team expected it would have to find a less direct way to mimic the activity of PINK1 and recruit Parkin. In the hopes of more fully understanding how PINK1 works, they began investigating how PINK1 binds to ATP, the energy molecule that normally turns it on. In one test, instead of adding ATP to the enzymes, they added different ATP analogues, versions of ATP with altered chemical groups that slightly change its shape. Scientists typically must engineer new versions of proteins to be able to accept these analogs, since they don't fit into the typical ATP binding site. But to Shokat's surprise, one of the analogs - kinetin triphosphate, or KTP - turned on the activity of not only normal PINK1, but also the mutated version, which doesn't bind ATP.

"This drug does something that chemically we just never thought was possible," says Shokat. "But it goes to show that if you find the right key for the right lock, you'll be able to open the door."

To test whether the binding of KTP to PINK1 led to the same consequences as the usual ATP binding, Shokat's group measured the activity of PINK1 directly, as well as the downstream consequences of this activity, including the amount of Parkin recruited to the mitochondrial surface, and the levels of cell death. Adding the precursor of KTP, kinetin, to cells - both those with PINK1 mutations and those with normal physiology - amplified the activity of PINK1, increased the level of Parkin on damaged mitochondria, and decreased levels of neuron death, they found.

"What we have here is a case where the molecular target has been shown to be important to Parkinson's in human genetic studies," says Shokat. "And now we have a drug that specifically acts on this target and reverses the cellular causes of the disease."

The similar results in cells with and without PINK1 mutations suggest that kinetin, which is a precursor to KTP, could be used to treat not only Parkinson's patients with a known PINK1 mutation, but to slow progression of the disease in those without a family history by decreasing cell death.

Shokat is now performing experiments on the effects of kinetin in mice with various forms of Parkinson's disease. However, the usefulness of animal models in Parkinson's research has been debated, and therefore the positive results from the cellular data, he says, is a good indicator as results in animals that this drug has potential to treat Parkinson's in humans. Initial human studies will likely focus on the small population of patients with PINK1 mutations, and if successful in that group the drug could later be tested in a wider array of Parkinson's patients.

Nicholas T. Hertz, Amandine Berthet, Martin L. Sos, Kurt S. Thorn, Al L. Burlingame, Ken Nakamura, Kevan M. Shokat. **A Neo-Substrate that Amplifies Catalytic Activity of Parkinson's-Disease-Related Kinase PINK1.** Cell, 2013; 154 (4): 737 DOI: 10.1016/j.cell.2013.07.030

Heart's Own Stem Cells Offer Hope for New Treatment of Heart Failure

Aug. 15, 2013 — Researchers at King's College London have for the first time highlighted the natural regenerative capacity of a group of stem cells that reside in the heart. This new study shows that these cells are responsible for repairing and regenerating muscle tissue damaged by a heart attack which leads to heart failure.

The study, published today in the journalCell, shows that if the stem cells are eliminated, the heart is unable to repair after damage. If the cardiac stem cells are replaced the heart repairs itself, leading to complete cellular, anatomical and functional heart recovery, with the heart returning to normal and pumping at a regular rate.

Also, if the cardiac stem cells are removed and re-injected, they naturally 'home' to and repair the damaged heart, a discovery that could lead to less-invasive treatments and even early prevention of heart failure in the future.

The study, funded by the European Commission Seventh Framework Programme (FP7), set out to establish the role of cardiac stem cells (eCSCs) by first removing the cells from the hearts of rodents with heart failure. This stopped regeneration and recovery of the heart, demonstrating the intrinsic regenerative capacity of these cells for repairing the heart in response to heart failure.

Heart failure - when the heart is unable to pump blood around the body adequately - affects more than 750,000 people in the UK, causing breathlessness and impeding daily activities. Current treatments are aimed at treating the underlying causes, such as coronary heart disease, heart attack and blood pressure through lifestyle changes, medicines and in severe cases, surgery. These treatments are sometimes successful in preventing or delaying heart failure. However, once heart failure develops the only curative treatment is heart transplantation.

By revealing this robust homing mechanism, which causes cardiac stem cells to home to and repair the heart's damaged muscle, the findings could lead to less invasive treatments or even preventative measures aimed at maintaining or increasing the activity of the heart's own cardiac stem cells.

Dr Georgina Ellison, the first author of the paper and Professor Bernardo Nadal-Ginard, the study's corresponding author, both from the Centre of Human & Aerospace Physiological Sciences and the Centre for Stem Cells and Regenerative Medicine at King's, said: 'In a healthy heart the quantity of cardiac stem cells is sufficient to repair muscle tissue in the heart. However, in damaged hearts many of these cells cannot multiply or produce new muscle tissue. In these cases it could be possible to replace the damaged cardiac stem cells or add new ones by growing them in the laboratory and administering them intravenously.'

Dr Ellison added: 'Understanding the role and potential of cardiac stems cells could pave the way for a variety of new ways to prevent and treat heart failure. These new approaches involve maintaining or increasing the activity of cardiac stem cells so that muscle tissue in the heart can be renewed with new heart cells, replacing old cells or those damaged by wear and tear.

'The cardiac stem cells naturally home to the heart because the heart is their home - they know to go there. Current practices involve major operations such as injection through the heart's muscle wall (intramyocardial) or coronary vessels (intracoronary). The homing mechanism shown by our research could lead to a less invasive treatment whereby cardiac stem cells are injected through a vein in the skin (intravenously).'

Professor Nadal-Ginard added: 'Although an early study, our findings are very promising. Next steps include clinical trials, due to start early 2014, aimed at assessing the effectiveness of cardiac stem cells for preventing and treating heart failure in humans.'

Georgina M. Ellison, Carla Vicinanza, Andrew J. Smith, Iolanda Aquila, Angelo Leone, Cheryl D. Waring, Beverley J. Henning, Giuliano Giuseppe Stirparo, Roberto Papait, Marzia Scarfò, Valter Agosti, Giuseppe Viglietto, Gianluigi Condorelli, Ciro Indolfi, Sergio Ottolenghi, Daniele Torella, Bernardo Nadal-Ginard. **Adult c-kitpos Cardiac Stem Cells Are Necessary and Sufficient for Functional Cardiac Regeneration and Repair.** Cell, 2013; 154 (4): 827 DOI:10.1016/j.cell.2013.07.039

At 75, Would Popeye Still Be Able to Take On Bluto?

Aug. 12, 2013 — If Popeye were to age naturally like the rest of us, he would need more than just big muscles to stay independent during his senior years. When it comes to muscles and aging, the important thing is quality, not quantity, as shown by the findings of a study by Mylène Aubertin-Leheudre, PhD, a researcher at the Research Centre of the Institut universitaire de gériatrie de Montréal, affiliated with Université de Montréal.

Published in the *Journal of the American Medical Directors Association*, the study looked at the relationship between functional independence and muscle mass and quality in 1219 healthy women aged 75 and older. It should be noted that these results are applicable to men's health as well. The analysis showed that women who maintained better muscle quality (the ratio of strength to muscle mass) also had better functional reserves, which help people maintain independence. Women with lower muscle quality had a three to six times higher risk of developing functional impairments (e.g., difficulty walking, getting up from a chair, or climbing stairs).

"These results contradict what has been believed for a long time about muscles and aging. Many seniors, whom we often perceive as frail and fragile, can surprise us by their muscle strength. Although inevitable, age-related muscle loss (a normal process called "sarcopenia") should no longer be seen as a sign of weakness," stated Mylène Aubertin-Leheudre, PhD.

She hopes that these findings will give health care professionals tools to better identify seniors at risk of functional decline and to design physical activity programs that would specifically target resistance and power and not simply a gain in muscle mass. Popeye should take heed!

Sébastien Barbat-Artigas, Yves Rolland, Bruno Vellas, Mylène Aubertin-Leheudre. **Muscle Quantity Is Not Synonymous With Muscle Quality.** Journal of the American Medical Directors Association, 2013; DOI:10.1016/j.jamda.2013.06.003

Mediterranean Diet Counteracts a Genetic Risk of Stroke

Aug. 13, 2013 — A gene variant strongly associated with development of type 2 diabetes appears to interact with a Mediterranean diet pattern to prevent stroke, report researchers from the Jean Mayer USDA Human Nutrition Research Center on Aging (USDA HNRCA) at Tufts University and from the CIBER Fisiopatología de la Obesidad y Nutrición in Spain. Their results, **published online** today in *Diabetes Care*, are a significant advance for nutrigenomics, the study of the linkages between nutrition and gene function and their impact on human health, particularly chronic disease risk.

The researchers set out to investigate whether genetics contribute to the cardiovascular benefits seen in the Prevencion con Dieta Mediterranea (PREDIMED) trial. Based in Spain, the randomized, controlled trial enrolled more than 7,000 men and women assigned to either a Mediterranean or low fat control diet and monitored them for cardiovascular disease, stroke and heart attack for almost five years.

"Our study is the first to identify a gene-diet interaction affecting stroke in a nutrition intervention trial carried out over a number of years in thousands of men and women," said senior author José M. Ordovás, Ph.D., director of the Nutrition and Genomics Laboratory at the USDA HNRCA at Tufts University. "The PREDIMED study design provides us with stronger results than we have ever had before. With the ability to analyze the relationship between diet, genetics and life-threatening cardiac events, we can begin to think seriously about developing genetic tests to identify people who may reduce their risk for chronic disease, or even prevent it, by making meaningful changes to the way they eat."

Led by Ordovás and corresponding author Dolores Corella, Ph.D., of the CIBER Fisiopatología de la Obesidad y Nutrición, the researchers focused on a variant in the Transcription Factor 7-Like 2 (TCF7L2) gene, which has been implicated in glucose metabolism but its relationship to cardiovascular disease risk has been uncertain. About 14 percent of the PREDIMED participants were homozygous carriers, meaning they carried two copies of the gene variant and had an increased risk of disease.

"Being on the Mediterranean diet reduced the number of strokes in people with two copies of the variant. The food they ate appeared to eliminate any increased stroke susceptibility, putting put them on an even playing field with people with one or no copies of the variant," explained Ordovás, who is also a professor at the Friedman School of Nutrition Science and Policy at Tufts University. "The results were quite different in the control group following the low fat control diet, where homozygous carriers were almost three times as likely to have a stroke compared to people with one or no copies of the gene variant."

The Mediterranean diet features olive oil, fish, complex carbohydrates and nuts. To find out how closely the PREDIMED participants adhered to the Mediterranean diet prior to the trial, the authors examined food frequency questionnaires. "Again, we saw that the Mediterranean diet appeared to compensate for genetic influence," said Corella, who is also a scientist in the Genetic and Molecular Epidemiology Unit at the University of Valencia. "If adherence to the diet was high, having two copies of the gene variant had no significant influence on fasting glucose levels. The same was true for three common measures of cardiovascular disease risk: total blood cholesterol, low density lipoprotein and triglycerides. Conversely, these risk factors were considerably higher in homozygous carriers with low adherence to the diet."

The results of the study were not significantly changed by adjusting for variables that could have affected the findings, including type 2 diabetes, body mass index (BMI), and heart and diabetes medications. The authors note more studies are needed to determine what mechanism may be involved in the interaction they observed. They also intend to continue to mine the PREDIMED data for other gene diet interactions that may be associated with stroke as well as heart attacks.

Corella D, Carrasco P, Sorlí JV, Estruch R, Rico-Sanz J, Martínez-González M, Salas-Salvadó J, Covas MI, Coltell O, Arós F, Lapetra J, Serra-Majem L, Ruiz-Guiterrez V, Warnberg J, Fiol M, Pintó X, Ortega-Azrín C, Muñoz MA, Martínez JA, Gómez-Gracia E, González JI, Ros E, and Ordovás JM. **Mediterranean Diet Reduces the Adverse Effect of the TCF7L2-rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence.**Diabetes Care, August 13, 2013 DOI: 10.2337/dc13-0955

A Genetic Answer to the Alzheimer's Riddle?

Aug. 14, 2013 — What if we could pinpoint a hereditary cause for Alzheimer's, and intervene to reduce the risk of the disease? We may be closer to that goal, thanks to a team at the University of Kentucky. Researchers affiliated with the UK Sanders-Brown Center on Aging have completed new work in Alzheimer's genetics; the research is detailed in a paper published today in the *Journal of Neuroscience.*

Emerging evidence indicates that, much like in the case of high cholesterol, some Alzheimer's disease risk is inherited while the remainder is environmental. Family and twin studies suggest that about 70 percent of total Alzheimer's risk is hereditary.

Recently published studies identified several variations in DNA sequence that each modify Alzheimer's risk. In their work, the UK researchers investigated how one of these sequence variations may act. They found that a "protective" genetic variation near a gene called CD33 correlated strongly with how the CD33 mRNA was assembled in the human brain. The authors found that a form of CD33 that lacked a critical functional domain correlates with reduced risk of Alzheimers disease. CD33 is thought to inhibit clearance of amyloid beta, a hallmark of Alzheimers disease.

The results obtained by the UK scientists indicate that inhibiting CD33 may reduce Alzheimer's risk. A drug tested for acute myeloid leukemia targets CD33, suggesting the potential for treatments based on CD33 to mitigate the risk for Alzheimer's disease. Additional studies must be conducted before this treatment approach could be tested in humans.

M. Malik, J. F. Simpson, I. Parikh, B. R. Wilfred, D. W. Fardo, P. T. Nelson, S. Estus. **CD33 Alzheimer's Risk-Altering Polymorphism, CD33 Expression, and Exon 2 Splicing.** Journal of Neuroscience, 2013; 33 (33): 13320 DOI:10.1523/JNEUROSCI.1224-13.2013

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

National Seniors Literary Prize a catalyst for change

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

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

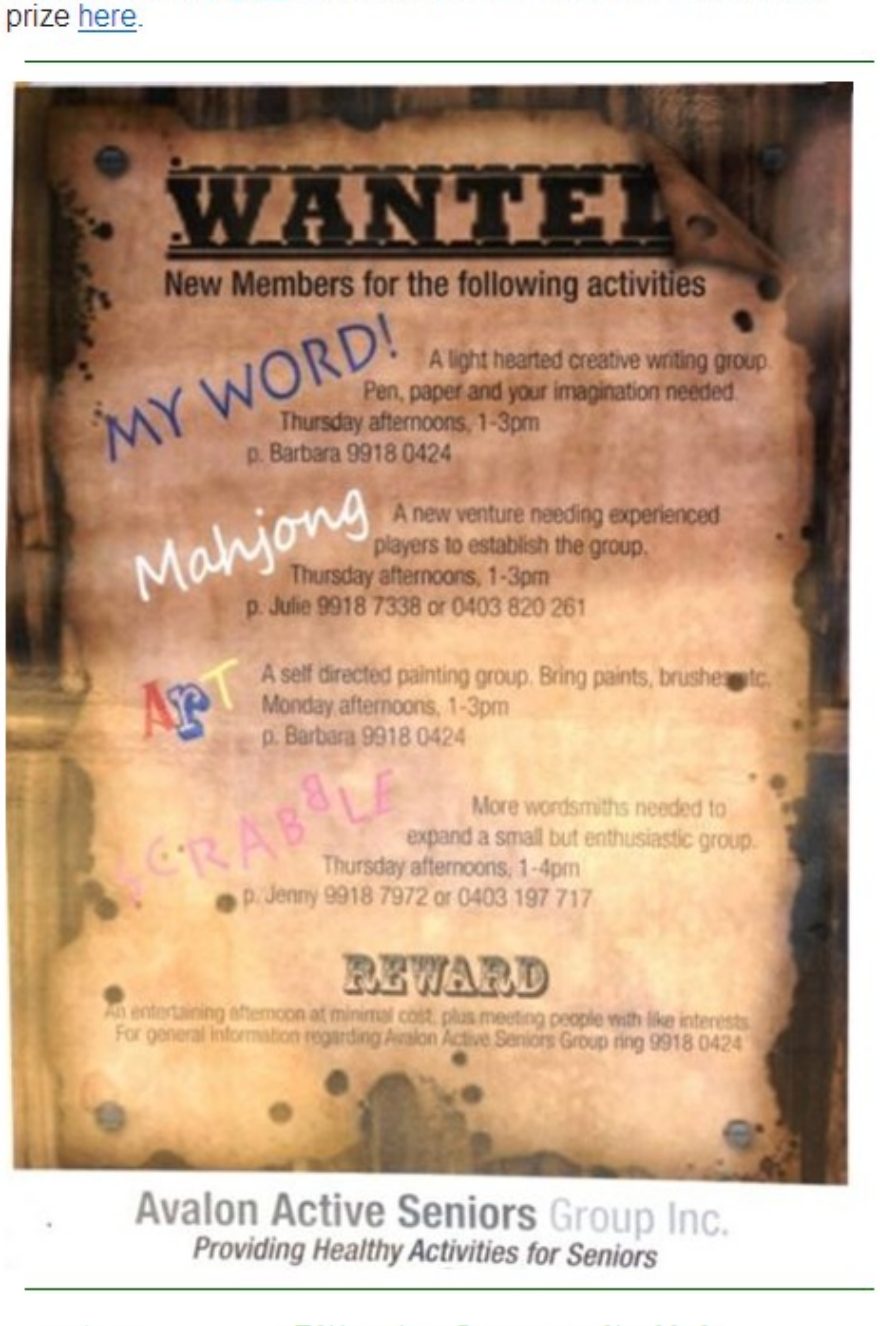
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

The winner of the National Seniors Literary Prize will receive:

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

Submit your manuscript into the National Seniors Literary Prize 2014.

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



WANTED
New Members for the following activities

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

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

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

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

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

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Northside Community CONNECT

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 here to visit their website for more

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

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

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

www.seniormovers.com.au

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

SENIORS CARD

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

2013 Discount Directory now available - Seniors Card

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

Australian Senior PUBLICATIONS

The Senior Newspaper Online HERE

HEARTMOVES | Heart Foundation

Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

Better manage weight, blood sugars, blood pressure and cholesterol

Improve fitness, balance, co-ordination and flexibility

Enhance your quality of life and meet other people

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you. Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. $8.00 casual Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

Pittwater Online News

August 18 - 24, 2013: Issue 124

The Journal of the Australian Plants Society is called "Australian Plants" and is published quarterly. Current issues are included as a standard part of the membership package for the The Australian Plants Society, NSW. So that you can see an example of what is covered in an issue of Australian Plants, a PDF file of the September 2011 issue has been provided as a sample. (click on either the image, or the PDF icon to view this issue). HERE:

Australian Plants
September 2011
Vol 26 No 208

http://austplants.com.au/publications7.html

Weeds Threaten Carbon Offset Programs

Aug. 12, 2013 — Researchers have identified gamba grass and other invasive weeds as a potential threat to landholder involvement in environmental offset programs such as the Carbon Farming Initiative.

Strategic savanna burning is one way to reduce Australia's carbon emissions and create new markets in northern Australia, but the increased fuel load and emissions from weed infestations could make it unfeasible.

Dr Vanessa Adams says that late dry season wildfires in Australia's tropical north generate about 3% of the country's annual greenhouse gas emissions, so strategic burning could be an important abatement activity.

"But when native savannas are invaded by weeds such as gamba grass, fuel loads are dramatically increased and fires can burn up to five times hotter than a native wildfire," Dr Adams said.

"We examined the spatial and financial extent of the threat of gamba grass and found that 75% of the area across northern Australia suitable for savanna burning is also highly suitable for gamba grass.

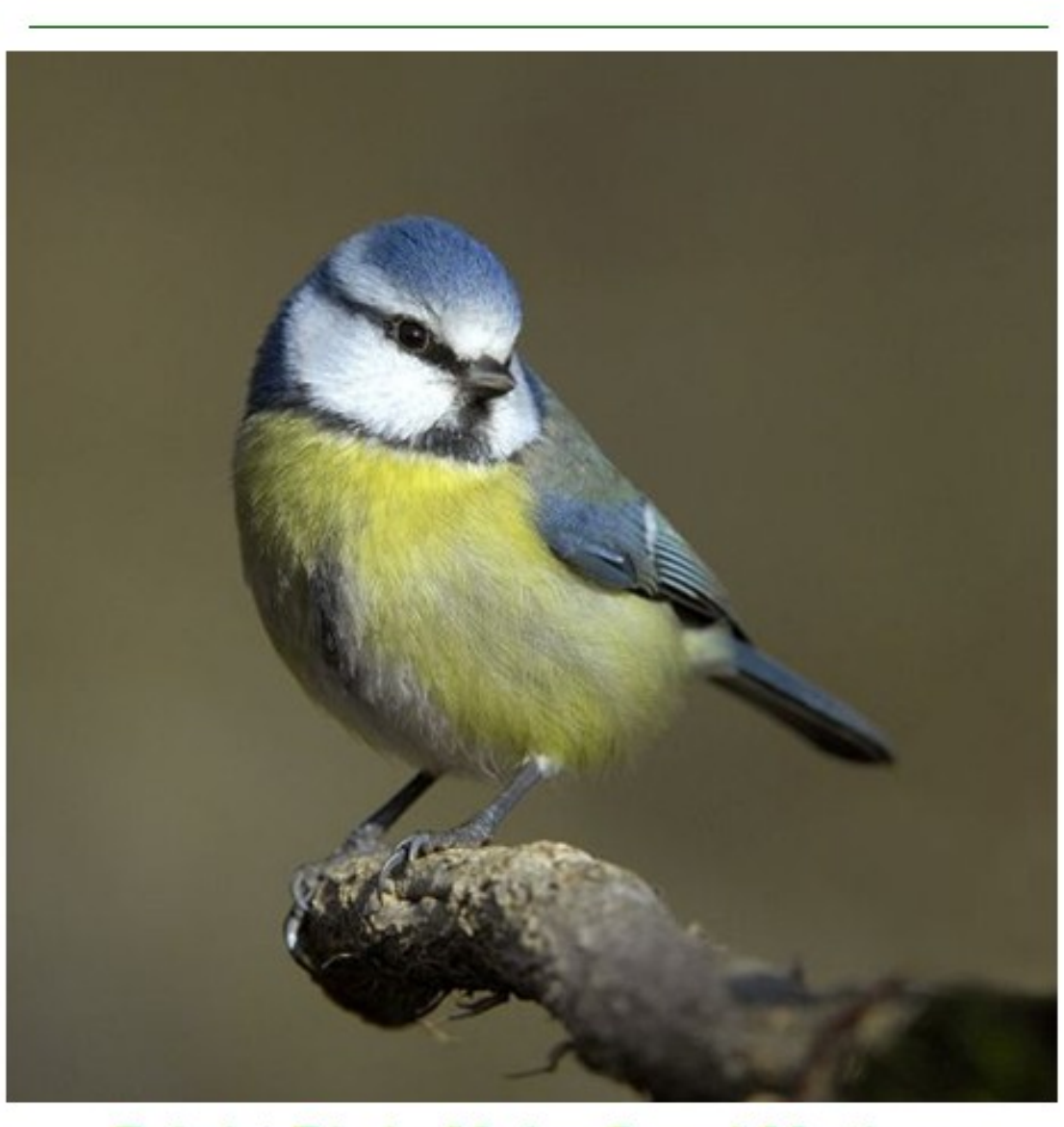
"There's a large disparity between the profits generated from savanna burning - $1.92 per hectare - and the costs of managing gamba grass - $40 per hectare - meaning that much more savanna needs to be enrolled for carbon farming to cover the costs of weed eradication.

"The good news is that in the Northern Territory, only about 20% of properties that could run profitable savanna burning programs had gamba grass, and of these, about 16% had small infestations.

"A one-off investment of $200,000 would eradicate these infestations, and for the majority of properties that are gamba free, an effective control program would safeguard them into the future.

"It's really important we look at how these types of barriers might prevent landholders from getting involved in environmental offset programs and that we strategically manage weeds so that they don't become an intractable problem in the future."

Vanessa M Adams, Samantha A Setterfield. **Estimating the financial risks ofAndropogon gayanusto greenhouse gas abatement projects in northern Australia.** Environmental Research Letters, 2013; 8 (2): 025018 DOI: 10.1088/1748-9326/8/2/025018 . Gamba grass wildfire. (Credit: Image courtesy of Charles Darwin University)



Bright Birds Make Good Mothers

Aug. 13, 2013 — Female blue tits with brightly coloured crowns are better mothers than duller birds, according to a new study led by the University of York.

Unlike humans, birds can see ultra-violet (UV) light. While the crown of a blue tit looks just blue to us, to another bird it has the added dimension of appearing UV-reflectant.

The three-year study of blue tits, which also involved researchers from the University of California Davis, USA and the University of Glasgow, showed that mothers with more UV-reflectant crown feathers did not lay more eggs, but did fledge more offspring than duller females. These brightly coloured mothers also experienced relatively lower levels of stress hormones during arduous periods of chick rearing.

The results of the study are published in the journal *Behavioral Ecology*.

Author Dr Kathryn Arnold, from the University of York's Environment Department, said: "Previous studies have shown that male blue tits prefer mates that exhibit highly UV-reflectant crown feathers. Our work shows that this is a wise choice. UV plumage can signal maternal quality in blue tits, so a male choosing a brightly coloured female will gain a good mother for his chicks and a less stressed partner."

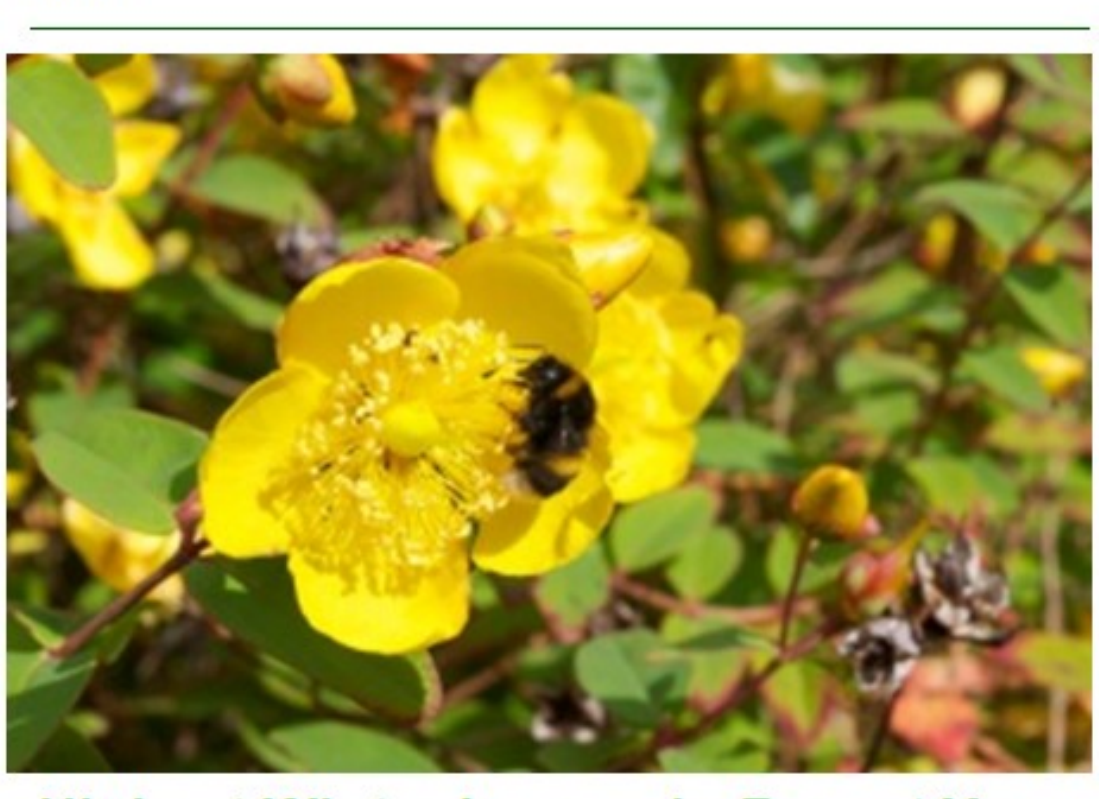
Funded by the Royal Society and the Natural Environment Research Council (NERC), the project was based in woodlands on the shores of Loch Lomond, Scotland and investigated the factors that affect breeding success in wild birds.

In blue tits (Cyanistes Caeruleus) both sexes exhibit bright UV-reflectant crown feathers. The birds are socially monogamous, with the female solely incubating the eggs and both parents feeding the chicks.

The researchers looked at the relative UV reflectance of the crown feathers of female blue tits and related this to indices of reproductive success - lay date, clutch size, and number of chicks fledged - as well as the birds' maternal state.

Dr Arnold said: "With up to 14 chicks to care for, blue tit mothers in our study were feeding their broods every couple of minutes. We showed that dowdy coloured females found this level of hard work twice as stressful compared with brighter mothers. Also, the mothers with more UV-reflectant crowns were highly successful, fledging up to eight more chicks than females with drabber feathers."

L. J. Henderson, B. J. Heidinger, N. P. Evans, K. E. Arnold. **Ultraviolet crown coloration in female blue tits predicts reproductive success and baseline corticosterone**.Behavioral Ecology, 2013; DOI: 10.1093/beheco/art066 photo by Maximilian Dorsch



Highest Winter Losses in Recent Years for Honey Bees in Scotland

Aug. 13, 2013 — Soaring numbers of honey bees died last winter, University of Strathclyde research has revealed.

A survey, run by Strathclyde academics on behalf of the Scottish Beekeepers' Association, indicated 31.3 per cent of managed honey bee colonies in Scotland failed to survive last winter - almost double the previous year's loss rate of 15.9 per cent.

Dr Alison Gray and Magnus Peterson, of Strathclyde's Department of Mathematics and Statistics, warn the figures ought to be of major concern because bees play a pivotal role in crop pollination, agricultural yields and, therefore, food supply and prices.

Last winter's figures represent 156 colonies lost during the winter of 2012-13, out of a total of 498 colonies being managed by beekeepers taking part in the survey. Furthermore, 67 of the 117 beekeepers who provided useable data reported losing at least some of their colonies between 1 October 2012 and 1 April 2013.

Dr Gray said: "This is an extremely high loss rate.

"In fact, the loss rate last winter is the highest we have found since these surveys began in 2006 - and is similar to that over the winter of 2009-10, when we estimate that 30.9 per cent of colonies were lost.

"Results from European colleagues conducting similar surveys show that the loss rate in Scotland is amongst the highest in Europe this year, while similarly high losses have been reported recently from England and Wales."

The results were based on responses to online and postal questionnaires from a random sample of 300 members of the Scottish Beekeepers' Association, which is thought to represent most of the country's estimated 1,300 beekeepers.

Since the spring of 2008, Mr Peterson has also been collecting data twice a year, from a network of volunteers across Scotland, on wild honey bees - those not managed by beekeepers and which instead live in habitats such as hollow trees and the roofs of old buildings. Last winter, 11 out of 20 wild honey bee colonies known to be alive last September - and reported on this spring - are known to have died.

Mr Peterson said: "The latest results indicate a low survival rate, of just 45 per cent, amongst feral colonies over this last winter. This is the worst winter survival rate amongst the feral colonies known to the volunteers since they started monitoring them five years ago."

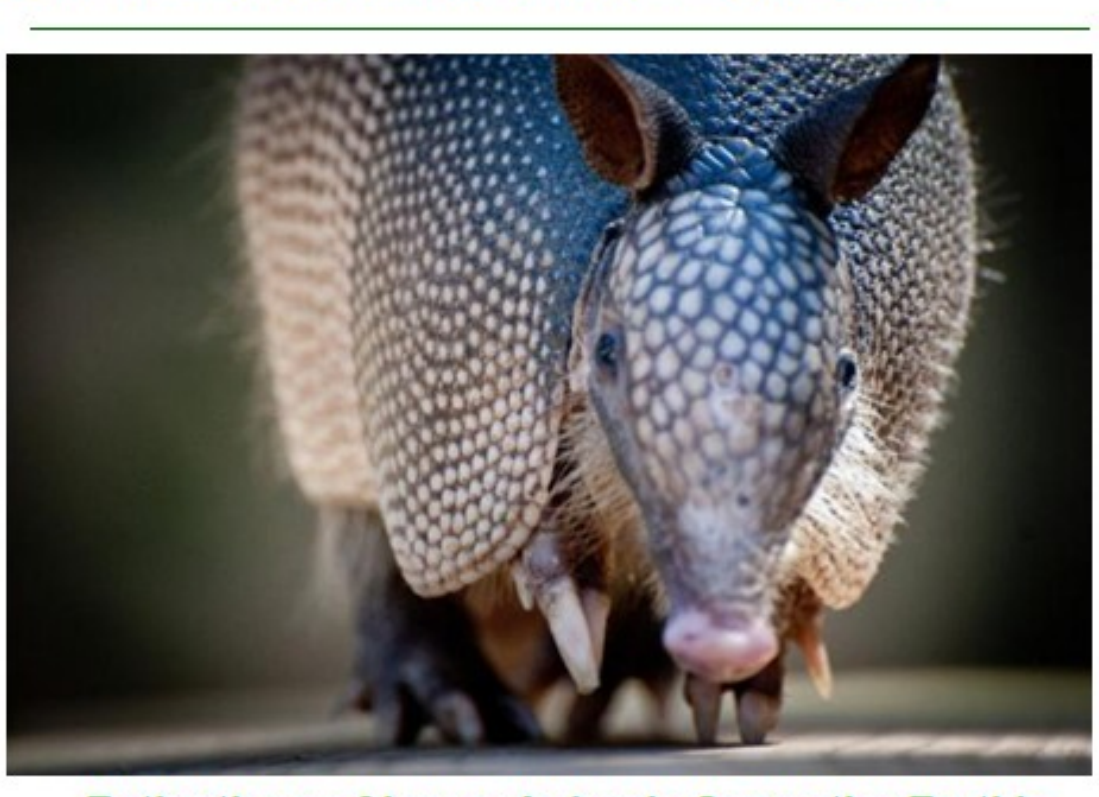
Dr Gray told how bees face many challenges internationally. She said: "Honey bees worldwide are having to contend with habitat loss and reduction in variety of forage sources due to pressures of intensifying land use, increasing spread of new and old pests - caused by globalisation of trade in bees and bee products - as well as possible adverse effects of agricultural pesticides.

"For bees in northern Europe, poor weather conditions - combined with these various other factors which impact adversely on bees - are certainly making beekeeping a challenge and survival difficult for honey bees generally.

"The difficult weather conditions are a particular problem in Scotland, with severe winters followed by long cold wet springs being a problem, especially if it comes after a poor wet summer as in this last year."

In April, Rural Affairs Secretary Richard Lochhead announced the Scottish Government was making £200,000 available to help commercial bee farmers to restock and rebuild their colonies, which were devastated by prolonged winter weather conditions.

The above story is based on materials provided by University of Strathclyde: http://www.strath.ac.uk/press/newsreleases/headline_735862_en.html



Extinctions of Large Animals Sever the Earth's 'Nutrient Arteries'

Aug. 13, 2013 — A new study has demonstrated that large animals have acted as carriers of key nutrients to plants and animals over thousands of years and on continental scales.

The paper in the advance online publication of the journal *Nature Geoscience* explains that vital nutrients are contained in the dung and bodies of big animals. As they eat and move more than small animals, they have a particularly important role in transporting nutrients into areas where the soil is otherwise infertile.

In the study, the researchers use a new mathematical model to calculate the effect of mass extinctions of big animals around 12,000 years ago, focusing on a case study of the Amazon forest. They estimate that extinctions back then reduced the dispersal of phosphorus in the Amazon by 98%, with far-reaching environmental consequences that remain to this day. The model also enables them to forecast the likely environmental effects of the extinction of large animals currently under threat in Africa and Asian forests.

Up until 12,000 years ago, much of the world looked like an African savannah. For instance, South America was teeming with large animals, described by scientists as 'megafauna' - a term for animals with a body mass of more than 44kg (the size of a large dog). These megafauna in South America, which overlapped with the earliest humans, included several species of elephant-like creatures, giant ground sloths, and armadillo-like creatures the size of a small car. In South America, most nutrients originate in the Andes mountain range and are washed into the forests through the river system. However, on dry land, these nutrients are in short supply unless they are transported through animal dung and bodies. While small animals distribute nutrients over small distances, large animals have a much greater range. According to the study, the extinctions of large animals 12,000 years ago wiped out one of the main means of transporting nutrients far from the rivers creating a nutrient deficiency which continues to affect plant and animal life in parts of the region today.

The researchers have developed a mathematical model, similar to one used by physicists to calculate the diffusion of heat, to estimate the ability of animals to distribute nutrients. The model is based on the body size of the animal, drawing on existing data of their fossilized remains. From this, the researchers have been able to estimate how much the animal ate, defecated, and the range and distance they travelled, which was then combined into one simple term. This model allows them to calculate the ability of animals to distribute nutrients anywhere on the planet at any time, if the animal's average size and distribution is known. It can estimate the effects of past extinctions, such as those in the Amazon. It can also forecast the effects of potential events thousands of years in the future, such as calculating how much the fertility levels of the soil would fall following elephant extinction in Africa.

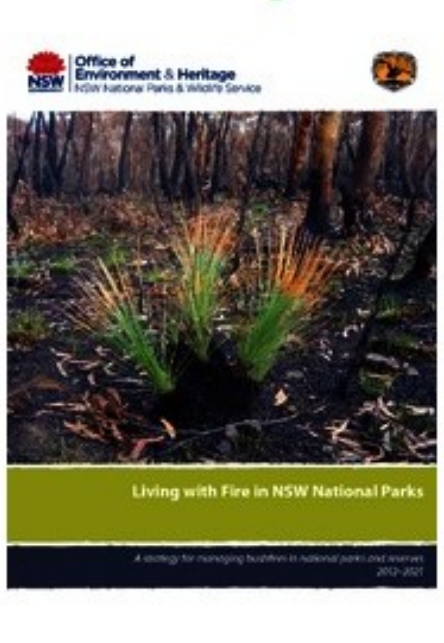
The study finds that the effect of the mass extinction of megafauna 12,000 years ago was to switch off a nutrient pump - vital nutrients, such as phosphorus, were no longer spread around the region but became concentrated in those areas bordering the floodplains and other fertile areas. It concludes that even thousands of years after the extinctions, the Amazon basin has not yet recovered from this step change. Nutrients may continue to decline in the Amazon and other global regions for thousands of years to come, says the paper.

Lead author Dr Christopher Doughty from the Environmental Change Institute at the School of Geography and the Environment, University of Oxford, said: 'We have developed a model, based on the size of the animal, that enables us to calculate how extinctions affect the fertility of the landscape that species once inhabited. While 12,000 years may be a timescale that is beyond most people's understanding, through this model we show that extinctions back then still affect the health of the planet to this day. Put simply, the bigger the animal, the bigger its role in distributing nutrients that enrich the environment. Most of the planet's large animals have already gone extinct, thereby severing the arteries that carried nutrients far beyond the rivers into infertile areas. We can also predict the effects of further extinctions - a fate fast approaching many of the large animals that remain - and examine the likely impact thousands of years into the future.'

Co-author Dr Adam Wolf from the Department of Ecology and Evolutionary Biology at Princeton University said: 'On today's planet, the supply of nutrients in the soil is determined by river deposits or nutrients that are airborne. Yet this analysis suggests that we may be experiencing a peculiar post-extinction phase in Amazonia, and probably many other parts of the world. We believe that large animals once played a vital role in fertilising their landscape, so that the naturally occurring deposits in rocks were less important. If humans contributed to the mass extinction of big animals 12,000 years ago, this suggests that humans started to affect the environment at global scales well before the dawn of agriculture.'

Christopher E. Doughty, Adam Wolf, Yadvinder Malhi. The legacy of the Pleistocene megafauna extinctions on nutrient availability in Amazonia. Nature Geoscience, 2013; DOI: 10.1038/ngeo1895 Present-day armadillo. Giant armadillo-like creatures roamed South America until about 12,000 years ago. (Credit: © Heiko Kiera / Fotolia)

Living with Fire in NSW National Parks


Office of Environment & Heritage
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The document provides a statewide approach to managing bushfires in NSW national parks and reserves over the next decade. The strategy was developed following several rounds of consultation with key internal and external stakeholders.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with:

NSW 2021 external link (Goal 28)

the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

growing together
Pittwater Community Gardens

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

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

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

Birdlife Australia - New Website and Quarterly Magazine

Birdlife Australia has begun a quarterly magazine which is available online at: www.birdlife.org.au/australian-birdlife

This organisation, which has been going for over a century now, have been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create real and positive outcomes. They state that over 200 species of birds in Australia are considered threatened at present. Visit their new website, have a look at all the information collated, and see if you could help them out as a volunteer or donor.

So many fish, one great map-

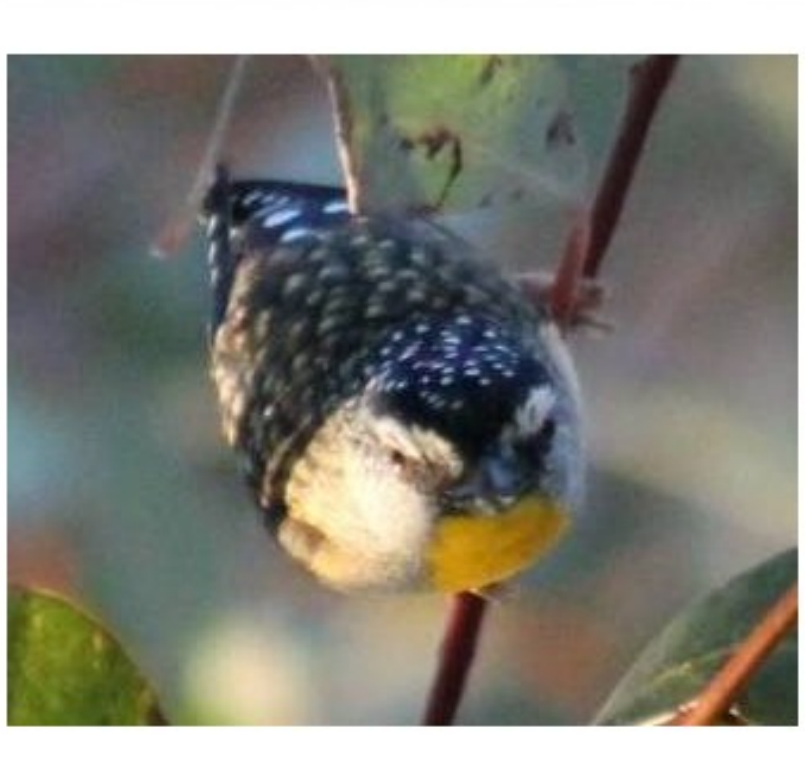
From identifying what's on the end of your fishing line, to finding out which fishes occur in your local waters, FishMap has the answers. FishMap is a free online mapping tool that allows anyone interested in fish to discover which fish species occur at any location or depth throughout the marine waters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

Environment Aricle Issue 124

Birdsong Is a Lovesong at This time of The Year - Brown Falcon, Little Wattle Bird, Australian Pied cormorant, Mangrove or Striated Heron, Great Egret, Grey Butcherbird, White-faced Heron



Katandra Bushland Sanctuary

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

Berowra Creek - Back from the brink - by Hornsby Council Published on 1 Aug 2013

By the 1990s pollution in Berowra Creek and the Lower Hawkesbury had reached a disastrous level. This is the story of how community action helped save them - and continues to do so.

Berowra Creek - Back from the brink

Baby Corals Pass the Acid Test

Aug. 13, 2013 — Corals can survive the early stages of their development even under the tough conditions that rising carbon emissions will impose on them says a new study from the ARC Centre of Excellence for Coral Reef Studies.

Globally, ocean acidification due to the burning of fossil fuels remains a major concern and scientists say it could have severe consequences for the health of adult corals, however, the evidence for negative effects on the early life stages of corals is less clear cut.

Dr Andrew Baird, Principal Research Fellow at the ARC Centre of Excellence for Coral Reef Studies and James Cook University, was part of the research team and explains their findings.

"The prevailing view is that ocean acidification will act like a toxin to corals, but we were unconvinced by results from previous work on young corals and ocean acidification so we tested critical early stages of development in several coral species at several different acid (or 'pH') concentrations of seawater.

"Our results showed no clear response to increasing ocean acidification in any of the stages, or for any of the coral species," says Dr Baird. "In fact, in only one of nine experiments did we get the response expected if CO2 was acting like a toxin. More often than not we found no effect."

By bubbling CO2 through seawater the research team was able to simulate future levels of ocean acidification expected to result from rising human carbon emissions. They tested the success of embryo development, the survival of coral larvae and finally their success in settling on coral reefs.

Although their results suggest that ocean acidification may not affect the early stages of coral development, the team warn that this does not mean acidification is not a threat to corals.

"Undoubtedly, as the oceans become more acidic adult corals are going to struggle to build their skeletons, which might hinder their ability to grow, reproduce and compete for space on reefs. We also have to remember that the oceans are getting warmer, so corals will be dealing with higher temperatures, as well as higher acidity.

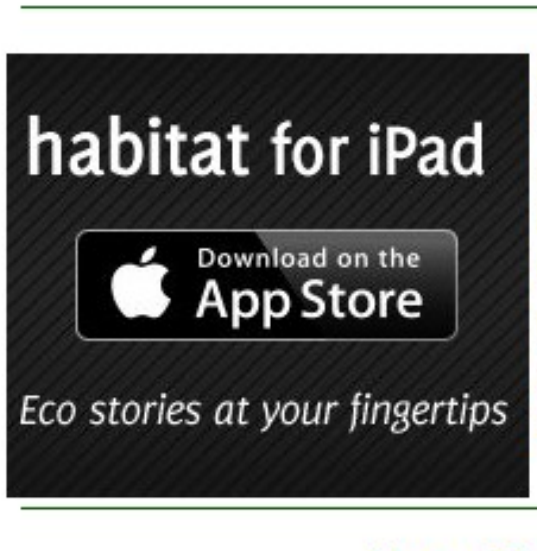
"Fortunately, before corals settle on to reefs they don't need to grow a skeleton, which might explain why they are apparently unaffected in by higher levels of ocean acidification," says Dr Chia-Miin Chua, the lead author of the study.

"This message is reinforced when we look at the early life stages of creatures that do need a larval skeleton, such as sea urchins and oysters. In these cases we see early life stage development slowing down as acidity increases."

However the study does not discount the possibility that coral larvae may suffer other ill-effects from increasing ocean acidification, for example, their swimming speeds may slow down, but because coral larvae typically settle on the reef two or three weeks after birth it is unlikely that these effects will have a major impact on the survival or settlement of coral larvae.

Dr Baird says that while the long-term outlook for corals may be gloomy, this research highlights the fact that not all life stages of corals will be equally affected.

CM Chua, W Leggat, A Moya, AH Baird. **Near-future reductions in pH will have no consistent ecological effects on the early life-history stages of reef corals.**Marine Ecology Progress Series, 2013; 486: 143 DOI:10.3354/meps10318 . Credit: © borisoff / Fotoli



Habitat magazine is chock full of great environmental reportage, covering enviro heroes, climate change and the interconnectedness of our natural world. FREE to download on your iPad: http://bit.ly/RR8zre

Very Clear Water

Do Herbicides Alter Ecosystems Around the World? Scant Research Makes It Hard to Prove

Aug. 16, 2013 — The number of humans on the planet has almost doubled in the past 50 years – and so has global food production. As a result, the use of pesticides and their effect on humans, animals and plants have become more important. Many laboratory studies have shown that pesticides can harm organisms which they were not meant to affect. Intensive farming is also linked to collapsing populations of wild animals and the endangerment of species such as amphibians. Can the biochemical effects of pesticides upset entire ecosystems?

Professor Heinz Köhler and Professor Rita Triebskorn from the University of Tübingen's Institute of Evolution and Ecology (EvE) have published a study on the link between pesticides and changing ecological systems in the latest edition of Science. The two ecotoxicologists cite deficits in the research which have prevented recognition of the consequences of biochemical pesticide effects on a species population or on the composition of biological communities. "Although there are many indications of animal populations and ecosystems changing because of pesticides, there are few studies proving the connection without a doubt," Köhler and Triebskorn say. The researchers point to mathematical and experimental approaches which can be used to recognize links between the effects of pesticides in individuals and ecological changes in biological communities and ecosystems in regions where intensive farming is practiced.

An important role is played by number of rare studies combining experimental fieldwork and research on sections of ecosystems, as well as a broad selection of chemical and biological analyses. An interdisciplinary approach can plausibly demonstrate connections between the effects of chemicals in humans and animals and the often indirect consequences on the population, community and ecosystem levels.

Köhler and Triebskorn also postulate interdependent effects between pesticides and global warming. The researchers forecast changes to "natural" selection, the spread of infections, and the sexual development and fertility of wild animals. This in turn could have a knock-on effect on populations, ecosystems and food chains. The researchers say it is a further challenge for science to show how strongly the effects of pesticides are influenced by climate change - and to find out which ecological processes are especially sensitive to this interdependence. "The links to the effect of pesticides at every level of increasing biological complexity require more thorough research," say Köhler and Triebskorn.

H.-R. Kohler, R. Triebskorn. Wildlife Ecotoxicology of Pesticides: Can We Track Effects to the Population Level and Beyond? Science, 2013; 341 (6147): 759 DOI:10.1126/science.1237591

Using pesticides in Vaucluse, France. (Credit: Rita Triebskorn/University of Tübingen)

Coastal Environment Centre

The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

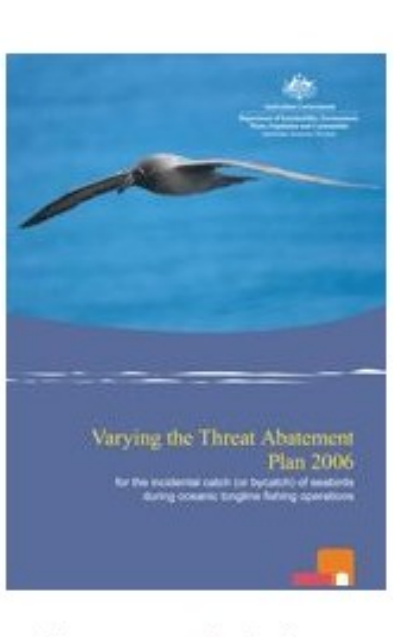
More at: www.pittwater.nsw.gov.au/cec

Monthly Cooee Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact jodi_harvey@pittwater.nsw.gov.au

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

Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations

Department of Sustainability, Environment, Water, Population and Communities, 2013



Introduction

Oceanic longlining is a fishing technique used to target pelagic and demersal finfish and shark species. Longlining occurs in almost all Australian waters. The impact of longline fishing activities on seabirds was not fully realised until the 1980s when seabird bycatch was first reported and then documented.

The incidental catch (or bycatch) of seabirds during oceanic longline fishing operations was listed as a key threatening process on 24 July 1995. An initial threat abatement plan was released in 1998 and the current Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations (the 2006 Threat Abatement Plan for Seabirds) was released in 2006. In 2011, the Minister for Sustainability, Environment, Water, Population and Communities approved preparation of a variation to the 2006 Threat Abatement Plan for Seabirds.

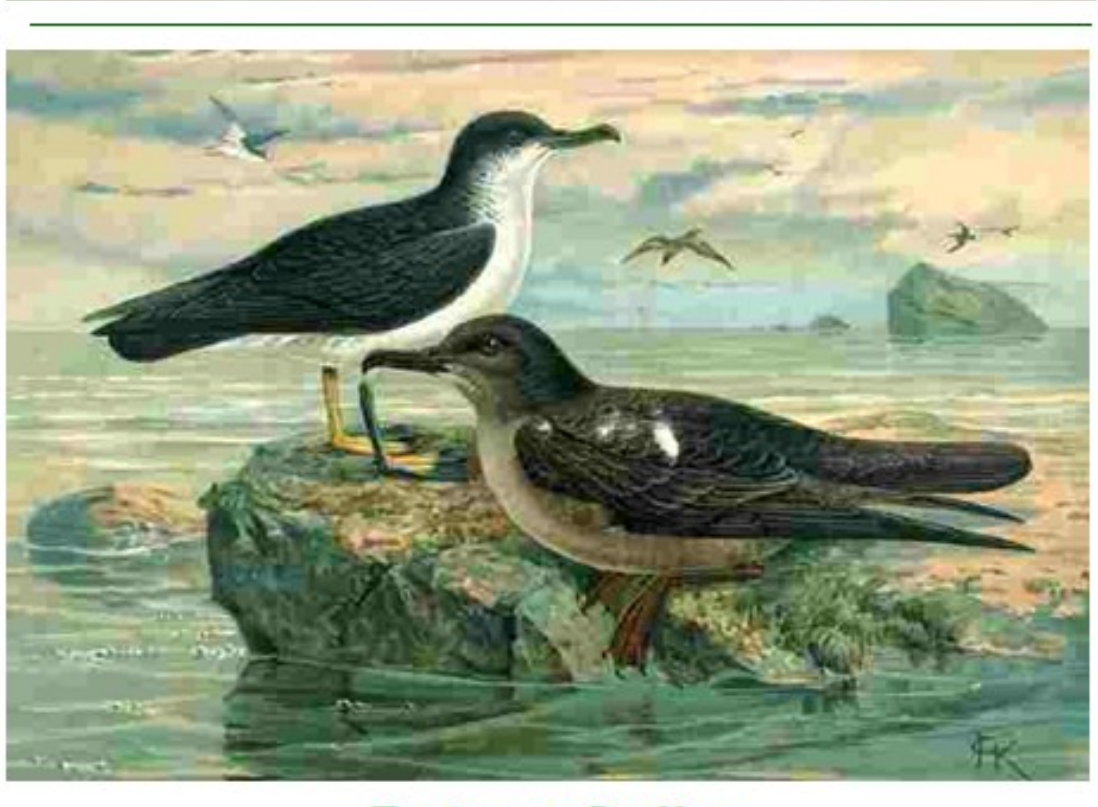
Information on the level and nature of interactions between seabirds and fishing gear has increased significantly. There is now extensive information available upon which to base decision-making. Considerable research and development activities have been undertaken since 1995 into seabird bycatch mitigation measures including at-sea trials. There is now increased confidence about mitigation measures that, when used in combination, are effective. These mitigation measures form the basis of prescriptions set out in the proposed variation to the 2006 Threat Abatement Plan for Seabirds.

Public consultation

The Minister for Environment, Heritage and Water has released the consultation paper on varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations for three-month **public consultation until 31 October 2013.**

Save Pittwater.com People for Pittwater.com.au

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



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

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

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

Pittwater's Environmental Foundation

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

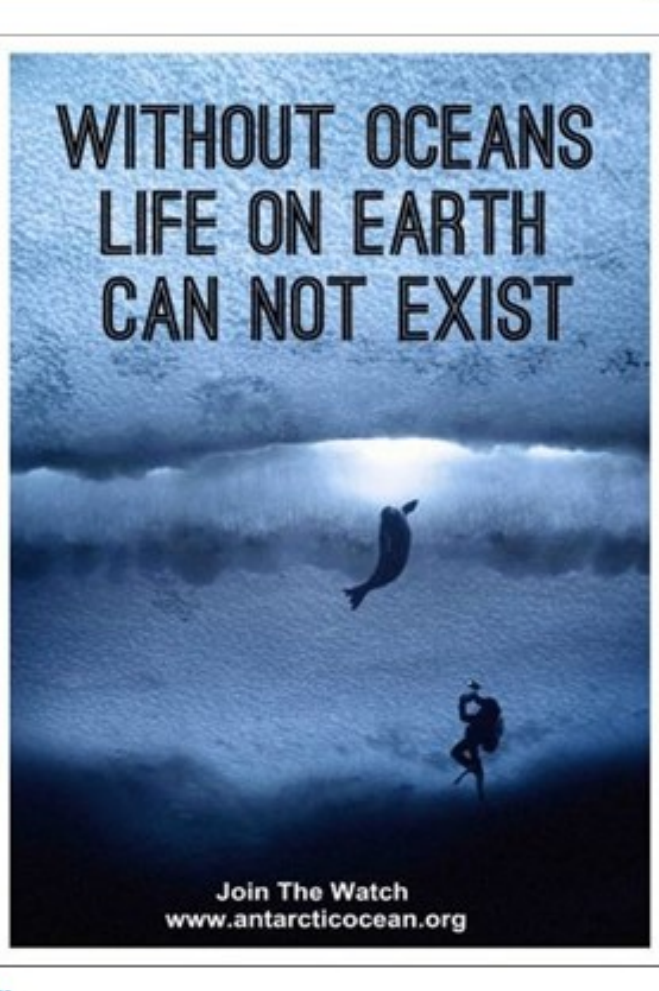
About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion,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

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

Antarctic Ocean Alliance

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

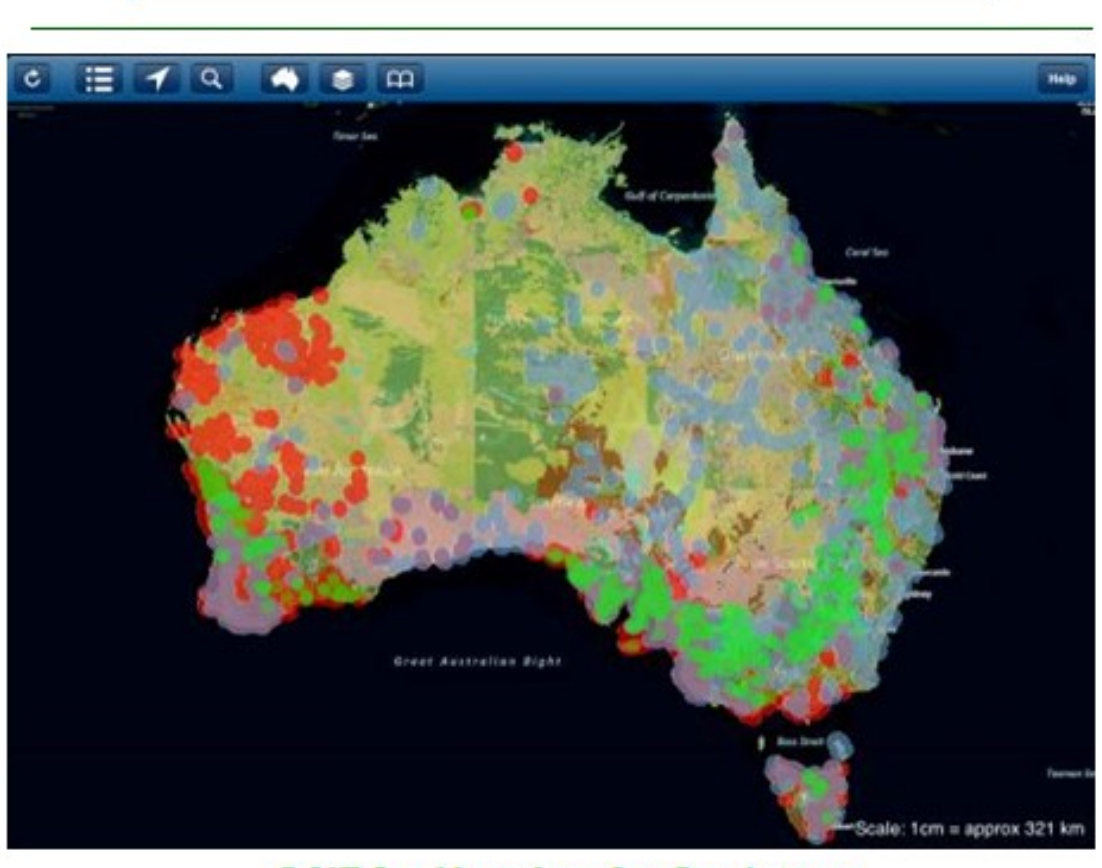
If you want the meeting in Germany to be a success, ask your friends and family to sign our petition:


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

www.antarcticocean.org.

CLIMATE ACTION PITTWATER

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



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

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

Kimbriki Resource Recovery Centre

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." - from the Prayer of Saint Patrick

PITTWATER 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

Pittwater Online News

August 18 - 24, 2013: Issue 124

Potato

Potatoes have been expensive all Winter this year, despite being a winter crop, but in the past few weeks the prices have dropped dramatically so for those of us with a tatse for this humble and ancient vegetable the time is ripe to indulge. One of the dishes made here for decades when potatoes are cheap is potato gnocchi which can then be added to any classic pasta sauce, plain tomato and basil or the more indulgent Bosciola recipes, to make a meal that will not only warm you up but give energy to burn.

We have always 'cheated' and used self raising flour instead of plain flour – this seems to make a lighter dumpling and also makes the gnocchi roise a little quicker in the boiling water. Remember, as soon as they float, they're ready; scoop them out and add them into your already simmering sauce and allow the flavours to seep in for a minute prior to serving with a green salad and fresh bread – yum!

Potato Gnocchi

1 kilogram of starchy potatoes
1/4 cup egg, lightly beaten (or 1 eggs)
1 cup of plain flour or same of self-raising flour
fine grain sea salt

First: Place potatoes in a saucepan. Cover with cold water and bring to the boil over high heat. Cook for 20-25 minutes or until just tender when tested with a skewer (don't test too much as potatoes will become waterlogged). Drain well. Set aside until just cool enough to handle. While still hot, peel by hand and discard skins. Using a potato ricer or mouli (French rotary grater), puree potatoes into a bowl or simply mash until without lumps. Season to taste with salt. Cool slightly.

Add flour to potatoes then use your hands to knead briefly until a soft dough forms. If mixture is still sticky, add a little more flour (the amount of flour added is crucial - too much flour will make the cooked gnocchi heavy and tough, while too little flour will cause gnocchi to disintegrate during cooking). Turn dough on to a lightly floured surface.

Cut dough into 4 equal-sized pieces. Using your hands, gently roll each piece out to form a log about 2cm wide. Using a lightly floured knife, cut each log into 1.5cm-long pieces.

Roll each ball of gnocchi over the tines of a lightly-floured fork, pressing gently with your index finger or thumb underneath as you go, to form a dent in the back of each one and fork marks on the other side (this creates a textured surface, helping sauces to cling to cooked gnocchi).

Bring a large saucepan of water to the boil. Add 1/4 of the gnocchi. As they cook, gnocchi will rise to the surface of the water. Continue cooking gnocchi at the surface for about 10 seconds then remove with a large slotted spoon and drain well. Repeat with remaining gnocchi. Serve immediately, tossed together with your favourite sauce.

Potato Classic - Dauphinoise

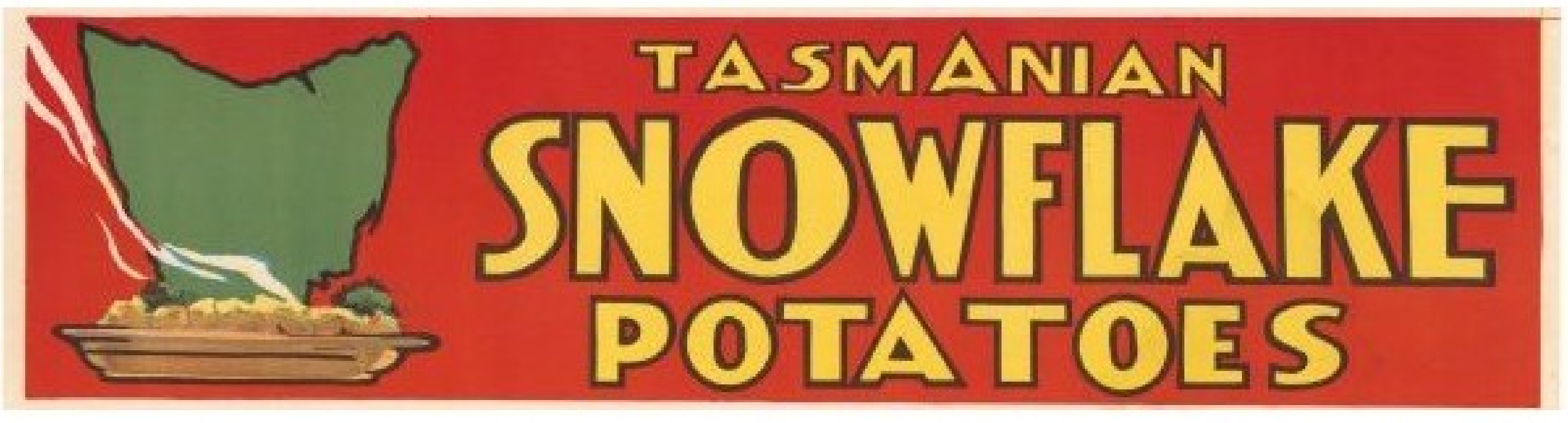
1 kg baking potatoes, peeled and placed in a bowl of cold water to prevent them from browning

3-4 cloves garlic
500ml/17½fl oz double cream (you may need a bit extra)
salt and freshly ground black pepper

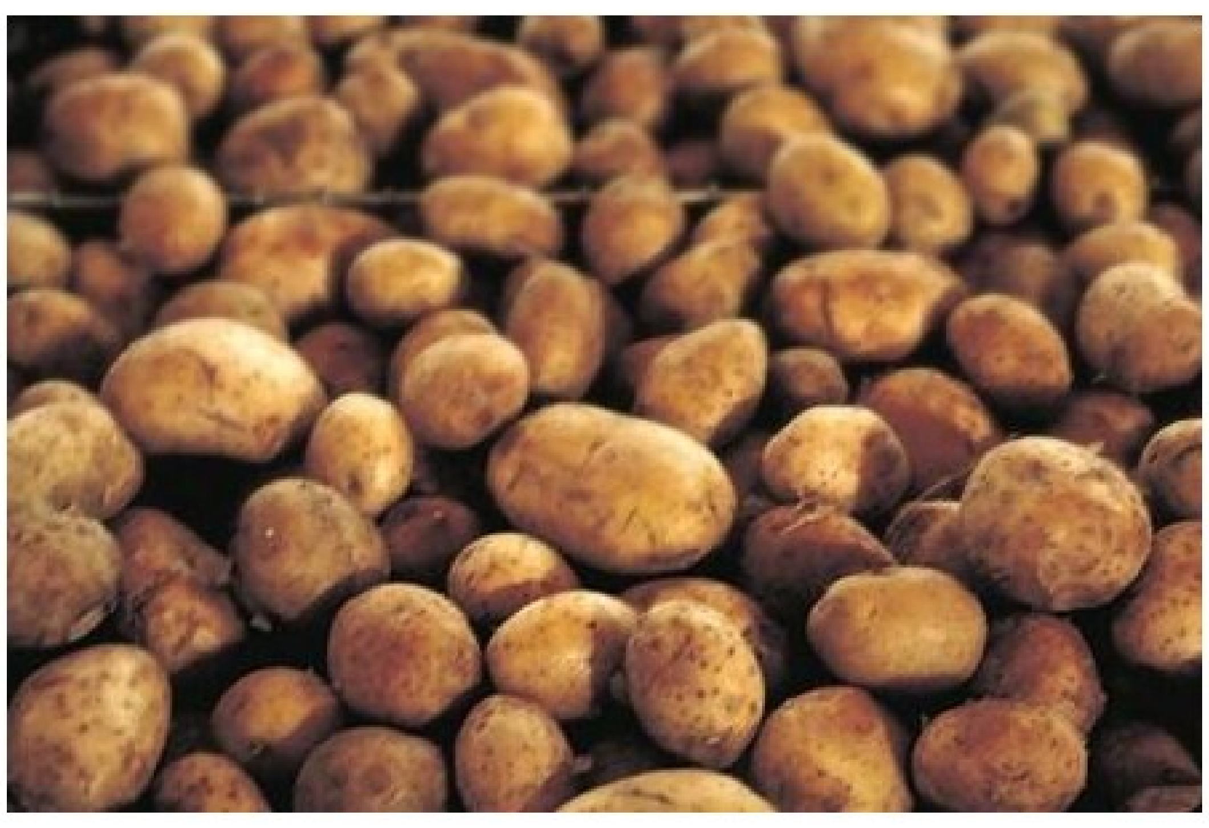
Preheat the oven to 160C. Slice the potatoes into thin slices, about 3mm/⅛in thick. Place the slices into a bowl as you cut them.

Trim the ends off the garlic cloves but don't peel. Grate the cloves on a grater. The flesh will go through the fine holes and the skins will be left behind. Scrape the grated garlic flesh into the bowl with the potatoes. Season the potatoes, to taste, with salt and freshly ground black pepper. Pour the cream over the potatoes and mix well again.

Place the potato slices into the gratin dish. They should come to just below the top of the dish. Press the potato down with the back of a spoon or your hands so it forms a solid layer. The cream should come to just below the top layer of potato (top up with more double cream if necessary). Place the potatoes in the oven and bake for 1-1½ hours, or until the potatoes are completely tender. (If the cream looks like it's splitting, your oven is too hot, so turn it down a bit.) Serve the dauphinoise as a side dish to roasted meat, poultry or with a great green salad.



The potato was first domesticated in the region of modern-day southern Peru and extreme northwestern Bolivia **between 8000 and 5000 BCE.** It has since spread around the world and become a staple crop in many countries. According to conservative estimates, the introduction of the potato was responsible for a quarter of the growth in Old World population and urbanization between 1700 and 1900. Following the Spanish conquest of the Inca Empire, the Spanish introduced the potato to Europe in the second half of the 16th century. The staple was subsequently conveyed by European mariners to territories and ports throughout the world. The potato was slow to be adopted by distrustful European farmers, but soon enough it became an important food staple and field crop that played a major role in the European 19th century population boom. However, lack of genetic diversity, due to the very limited number of varieties initially introduced, left the crop vulnerable to disease. In 1845, a plant disease known as late blight, caused by the fungus-like oomycete Phytophthora infestans, spread rapidly through the poorer communities of western Ireland, resulting in the crop failures that led to the Great Irish Famine. Thousands of varieties still persist in the Andes however, where over 100 cultivars might be found in a single valley, and a dozen or more might be maintained by a single agricultural household.



The potato is a starchy, tuberous crop from the perennial Solanum tuberosum of the Nightshade family. The word may refer to the plant itself as well as the edible tuber. In the region of the Andes, there are some other closely related cultivated potato species. Potatoes were introduced outside the Andes region four centuries ago, and have become an integral part of much of the world's cuisine. Wild potato species occur throughout the Americas, from the United States to southern Chile. The potato was originally believed to have been domesticated independently in multiple locations, but later genetic testing of the wide variety of cultivars and wild species proved a single origin for potatoes in the area of present-day southern Peruand extreme northwestern Bolivia (from a species in the Solanum brevicaule complex), where they were domesticated 7,000–10,000 years ago. Following centuries of selective breeding, there are now over a thousand different types of potatoes. Of these subspecies, a variety that at one point grew in the Chiloé Archipelago (the potato's south-central Chilean sub-center of origin) left its germplasm on over 99% of the cultivated potatoes worldwide.

The annual diet of an average global citizen in the first decade of the 21st century included about 33 kg (73 lb) of potato. However, the local importance of potato is extremely variable and rapidly changing. It remains an essential crop in Europe (especially eastern and central Europe), where per capita production is still the highest in the world, but the most rapid expansion over the past few decades has occurred in southern and eastern Asia. China is now the world's largest potato-producing country, and nearly a third of the world's potatoes are harvested in China and India

The English word potato comes from Spanish patata (the name used in Spain). The Spanish Royal Academy says the Spanish word is a compound of theTaino batata (sweet potato) and the Quechua papa (potato). The name potato originally referred to a type of sweet potato rather than the other way around, although there is actually no close relationship between the two plants. The English confused the two plants one for the other. In many of the chronicles detailing agriculture and plants, no distinction is made between the two. The 16th-century English herbalist John Gerard used the terms "bastard potatoes" and "Virginia potatoes" for this species, and referred to sweet potatoes as "common potatoes". Potatoes are occasionally referred to as "Irish potatoes" or "white potatoes" in the United States, to distinguish them from sweet potatoes.

The name spud for a small potato comes from the digging of soil (or a hole) prior to the planting of potatoes. The word has an unknown origin and was originally (c. 1440) used as a term for a short knife or dagger, probably related to Dutch spyd and/or the Latin "spad-" root meaning "sword"; cf. Spanish "espada", English "spade" and "spadroon". The word spud traces back to the 16th century. It subsequently transferred over to a variety of digging tools. Around 1845 it transferred over to the tuber itself. The origin of "spud" has erroneously been attributed to a 19th-century activist group dedicated to keeping the potato out of Britain, calling itself The Society for the Prevention of an Unwholesome Diet. It was Mario Pei's 1949 The Story of Language that can be blamed for the false origin. Pei writes, "the potato, for its part, was in disrepute some centuries ago. Some Englishmen who did not fancy potatoes formed a Society for the Prevention of Unwholesome Diet. The initials of the main words in this title gave rise to spud." Like most other pre-20th century acronymic origins, this one is false

Nutrition

The potato contains vitamins and minerals, as well as an assortment of phytochemicals, such as carotenoids and natural phenols. Chlorogenic acid constitutes up to 90% of the potato tuber natural phenols. Others found in potatoes are 4-O-caffeoylquinic acid (crypto-chlorogenic acid), 5-O-caffeoylquinic (neo-chlorogenic acid), 3,4-dicaffeoylquinic and 3,5-dicaffeoylquinic acids. A medium-size 150 g (5.3 oz) potato with the skin provides 27 mg of vitamin C (45% of the Daily Value (DV)), 620 mg of potassium (18% of DV), 0.2 mg vitamin B6 (10% of DV) and trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, iron, and zinc. The fiber content of a potato with skin (2 g) is equivalent to that of many whole grain breads, pastas, and cereals.

The potato is best known for its carbohydrate content (approximately 26 grams in a medium potato). The predominant form of this carbohydrate is starch. A small but significant portion of this starch is resistant to digestion by enzymes in the stomach and small intestine, and so reaches the large intestine essentially intact. This resistant starch is considered to have similar physiological effects and health benefits as fiber: It provides bulk, offers protection against colon cancer, improves glucose tolerance and insulin sensitivity, lowers plasma cholesterol and triglyceride concentrations, increases satiety, and possibly even reduces fat storage. The amount of resistant starch in potatoes depends much on preparation methods. Cooking and then cooling potatoes significantly increases resistant starch. For example, cooked potato starch contains about 7% resistant starch, which increases to about 13% upon cooling.

The cooking method used can significantly affect the nutrient availability of the potato.

Potato. (2013, August 8). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Potato&oldid=567674024 Tasmanian snowflake potatoes [picture] 193?, nla.pic-vn5056675, courtesy National Library of Australia

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Pittwater Online News

August 18 - 24, 2013: Issue 124

Emergence Into Self, Life And Love: August's Aquarius Full Moon

Un pareil pour vous.

I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man. **Chuang Tse**

With each passage of human growth we must shed a protective structure [like a hardy crustacean]. We are left exposed and vulnerable—but also yeasty and embryonic again, capable of stretching in ways we hadn't known before. **Gail Sheehy**

*The butterfly becomes only when it's entirely ready.***Chinese Proverb**

There is nothing in a caterpillar that tells you it's going to be a butterfly. **Sarah Margaret Fuller**

It takes courage to push yourself to places that you have never been before… to test your limits… to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom. **Anais Nin**

I feel my immortality over sweep all pains, all tears, all time, all fears, — and peal, like the eternal thunders of the deep, into my ears, this truth; thou livest forever! **Lord Byron**

Hope is the expectation that something outside of ourselves, something or someone external, is going to come to our rescue and we will live happily ever after. **Dr. Robert Anthony**

Higher than the question of our duration is the question of our deserving. Immortality will come to such as are fit for it, and he would be a great soul in future must be a great soul now. **Ralph Waldo Emerson**

I don't want to achieve immortality through my work… I want to achieve it through not dying. **Woody Allen**

If a man carefully examines his thoughts he will be surprised to find how much he lives in the future. His well-being is always ahead. Such a creature is probably immortal. **Ralph Waldo Emerson**

August's Aquarius full Moon falls on August 20 in the United States and August 21 in Australia. This full Moon is likely to be very transformational for many people. A standout aspect to me is one of healing as Jupiter, the Moon's node and Chiron are in a lovely grand trine and Venus is just passing by the Super Galactic Center and on a fantastic degree in Libra, bringing us the opportunity of bringing our objectives into conscious alignment and ready and able to be made manifest.

The Sabian Symbol for the full Moon is Aquarius 29: A Butterfly Emerging From A Chrysalis.

The following is from my book *The Sabian Oracle: 360 Degrees Of Wisdom*

'A Butterfly Emerging From a Chrysalis' is nothing less than a complete emergence into a new life and total transformation. It's facing a whole new beginning and an entirely new life from that which it has previously known. The 'Butterfly', after it struggles to 'Emerge' from its 'Chrysalis', takes a moment to stretch its wings and orient itself. It has shrugged off its 'Chrysalis' and is free to take flight when the moment is right.

Like an awakening, you may feel that you are suddenly able to do something that truly reflects your inner self and what you've always wanted or meant to become. Things have been developing within you that reflect who you truly want to be. Care will need to be taken with this great effort of birth and rebirth to ensure a smooth transition into another dimension of life. With this brand new start you will be able to realize many more of your talents and potentials, even the "latent" ones. What have you been storing up and learning and what do you see your life's purpose to be? There is likely to be an awakening to a whole new field of opportunity, and this can be very exciting, although it can be somewhat confusing and confronting. A cautious but hopeful attitude at first will help you ease into it. There can be nervousness here, a feeling of having to "find one's feet". It may be a good idea to take a moment to adjust to any new developments before taking flight. There can be some pain involved in the birth of the new, but if one has faith in the new beginning, this is soon forgotten and life takes on a whole new meaning. Events often happen to us to help us come out of ourselves in a more meaningful and beautiful way. Seeing each event as an opportunity for rebirth can lead to new depths of life that you've possibly only previously imagined. Imagine the beauty that is coming through in the birthing of your new wings and this new life.

Keywords: Slow building of confidence. Coming out into a fuller participation in the bigger picture. Growing up and out. Emerging from the dark. Leaving yesterday behind. Becoming more and more beautiful. Finding one's feet or wings. Metamorphosis. Huge changes in the works. Giving up struggling. The drama of new life unfolding.

The Caution: Failing to allow changes to be experienced. Feeling like one will never "arrive". Struggling to emerge ahead of time. Feeling confined. Being tied to the past. Rushing leading to disorientation or injury.

Exactly opposite the Butterfly Emerging degree is the Sun on this full Moon - Leo 29: A Mermaid Has Climbed To The Rocky Shore Of A Bleak Coast She Awaits The Prince Who Will Bring Her Immortality.

'A Mermaid Has Climbed to the Rocky Shore of a Bleak Coast', shows a woman who may have felt that she has, until now, merely existed in the waters of life and is now ready to emerge into a more conscious existence as an individual in her own right. She is willing to 'Climb the Rocky Shore' no matter how 'Bleak' the 'Coast' may be. She may have to leave her home and her past behind in order to move into a new life, a new relationship or new beginning of some kind. She will learn to better communicate her emotions, thoughts and ideas. In being able to more fully verbalize and express herself and to "walk her talk", she can find her place and sense of purpose: the 'Immortality' that can be achieved in this new reality.

You must have belief in your ability to cope as an individual emerging into new arenas. 'The Prince Who Will Bring Her Immortality', can show the seeking of perfection in one's self through relationships. Be careful, however, not to project too much authority onto partners. This can lead to feelings of insecurity and being out of one's depth. With this degree prominent, you may expect others to acknowledge your existence, possibly feeling invisible until they do. However, other people, and probably someone in particular, may bring you insights into your capabilities, talents and attributes so that you can become more of what you're meant to become. The female/mermaid, male/prince doesn't necessarily always translate into these gender definitions. The 'Mermaid' may indeed be male, waiting for his "princess" (or his "prince" for that matter) to come to make his life complete. Whichever, is there an issue around how the partner will cope when the 'Mermaid' truly gains her own feet and voice? With this new sense of belonging, ideas can be brought into reality in a new world of experience.

Keywords: Coming into conscious form. New ways of being. Transformation. New forms emerging out of the past. Needing, and probably expecting, recognition. Feeling different from the crowd. Learning to stand on your own two feet. Problems with feet and legs. Longing to make an impression.

The Caution: Focusing on social or rational aspects before being ready. Naivety. Being thrown in the deep end. Relying on relationships too much. Looking to the other for validation of one's existence. Co-dependent behavior.

This is a dynamic opposition, with the Aquarius degree of **The Butterfly Emerging** pointing to the Leo degree of **The Mermaid Awaiting Immortality.** Interestingly, in amongst other things, The Butterfly can have us gaining our 'feet', while the Mermaid can bring us a sense of our 'feet and our voice'. So, for many people, the issue will be about finding your feet (and your voice).

3019 - California Big Trees - The Foresters Cabin

The Karmic Condition (the degree before) of the new Moon is Aquarius 28: A Tree Felled And Sawed To Ensure A Supply Of Wood For The Winter. This Symbol speaks of the need to have resources, food, money, fuel, security, etc, stacked and available for the future, perhaps for harder times or times of scarcity or issues to do with aging such as pensions and retirement funds. Many people are feeling the pinch of these difficult economic times, but there's also a knowing that there is enough in the world; enough money, enough resources and enough of what we truly need. Of course, having resources of all kinds makes it easier to 'emerge' or blossom or create that new life we seek. Dropping any worries about having what you need can lead to having more of what you also desire, especially if you see the emergence of new possibilities through positive thought and appropriate and well-directed action.

Keywords: Gathering resources. Being prepared for harder times. Stocking up and stockpiling. Log cabins. Open fires. Care and reverence for things of wood and the earth. The making of paper. The publishing of books. Renewable resources. Xmas trees. Axes and tools. Stores and provisions. Logging. Timber. Wood for burning. Oil, petrol, fuel of all kinds. Wood chips. Storage. Money.

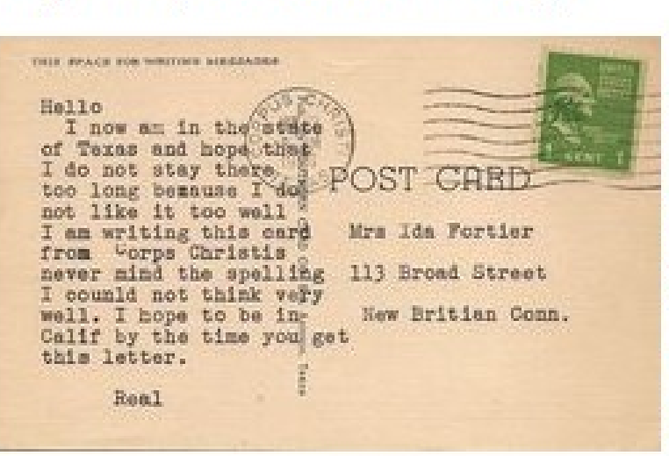
The Caution: Hoarding supplies—not wanting anyone to get them. Destroying the old for modern advances. Feeling cut off at the knees. Being chopped down and stacked away somewhere. Fearing that there won't be enough fuel, money, etc. for harder times. Nonrenewable resources. Wanton destruction and logging of the forests. Waste.

The Quest degree (the degree following) the full Moon is Aquarius 30: Moonlit Fields, Once Babylon, Are Blooming White. This degree holds a message that, like all Symbols, can be interpreted in many ways. One of its manifestations is the decay and dissembling of civilization. I'm not suggesting what's coming is **TEOTWAWKI** (The End Of The World As We Know It), but there is a feeling of having to take environmental issues more seriously, along with a feeling that things could go to hell in a hand basket at any moment. And of course, on some levels they already are - especially in the financial markets, militarily and the general way the world is going. That these 'Fields' were 'Once Babylon' can also bring up issues to do with the middle east, and the terrible events in Egypt this week come to mind. Uranus was transiting this degree as Colin Powell was thumping the desk and saying that a weather station truck in Iraq was a chemical weapons vehicle.

Even though the grandeur of the past may be lost, changed or damaged by war or time, the energy and power of a place remains. This Symbol reflects the permanence of the natural essence of a place, a person, an idea or a civilization. The essence will long remain and the seeds will sprout forth anew as these 'Moonlit Fields Are Now Blooming White'. Rewards come from nature's bounty for all the work that's been done even amongst the devastation and ruin that has been endured. No matter what is thrown at something, the resilience and beauty of its spirit will continue to push through the odds. There may be a feeling that you are in the right place at the right time. All in all, your best qualities or your talents will be recognized and appreciated. When you are following a true path, you are able to rely on the support of the universe in its flow. This is the degree of the beginning of the Age of Aquarius. As the energy of the Age of Pisces wanes, the Age of Aquarius sprouts forth like a "flower" from the ruins of the old.

Keywords: Rewards coming through from past generations. The feeling of ancestors surrounding one's present deeds. Alchemy. Loss of ancient civilizations. Reverence for things from the past. The Middle East and all things middle-eastern. Belly-dancing. Rebirths of old civilizations. Grandeur. Seeds of the past becoming the flowers and fruits of the present. Records. Fields that were once Avalon.

The Caution: Disbelieving because there are no rational structures or support. Destroying ancient lands or monuments because of religious beliefs or greed. The devastation and ruin of Iraq in order for the modern world to succeed. Projecting the sins of the world onto people or places that are foreign.



THIS SPACE FOR WRITING MESSAGES

Hello
I now am in the state
of Texas and hope that
I do not stay there
too long because I do
not like it too well
I am writing this card
from Corps Christis
never mind the spelling
I could not think very
well. I hope to be in-
Calif by the time you get
this letter.
Real

POST CARD

Mrs Ida Fortier
113 Broad Street
New Britian Conn.

The Quest degree of the Sun is Leo 30: An Unsealed Letter Has Vital And Confidential Unsealed Letter Information. This can bring up issues of sharing information with others. How much is 'Confidential' and how much do you want your private or hidden thoughts let out into the ethers? By the same token, it can be a question of having to speak our thoughts, to get our words and emotions out so that others can know and recognise us, along with our knowing and recognising others.

Keywords: Wearing your heart on your sleeve. Shared thoughts and feelings. Declaring what needs to be said. "Dear John" letters. Laying one's self on the line through writing things down. Diaries. Letters. Penmanship. Messages of intent. Things said out loud. Confidences.

The Caution: Playing games with information. Concealing for the purposes of deceit. Blurting things out. Not giving any indication of what's thought. Being upset about having things out in the open. Passing on the secrets of others. Revealing things that shouldn't be revealed.

Mercury is on Leo 25: A Large Camel Crossing A Vast And Forbidding Desert. This speaks of having to take supplies, to have the things that you will need for the time ahead, for the journey, the unfolding, or just your life as you experience it every day. This can show a hard slog, and it can be a lonely journey, but it can also imply voyaging together and finding that place, that oasis in the 'Desert'.

Keywords: Completing a journey. Protecting oneself from spiritual "sunstroke". Tests of karma. Taking on daunting tasks. Taking one step at a time. Feeling totally at home. Provisions that nurture and satisfy. Camels, caravans, oases, mirages, water, deserts. Stamina and fortitude. Crossing to the other side. Endurance. Thirst. Survival against the odds. Transport. Bad backs. Back packs. Cargo. Saddling up.

The Caution: Not preparing properly and running out of reserves. Feeling weighed down and in danger of not making it through. Not seeing the big picture. Lack of sustenance. Big plans with no back up. Taking on huge tasks when one shouldn't. Being daunted by huge projects. Mirages that confuse objectives.

A few days after the full Moon, **Mercury** will traverse over the degrees of **The Mermaid Emerging** and **The Unsealed Letter**, bringing those issues to light once again (or even more).

Venus is on a wonderful degree, Libra 6: A Man Watches His Ideals Taking A Concrete Form Before His Inner Vision. On the few days leading up to the full Moon, Venus will be traversing the **Super Galactic Center**, a place of manifesting power and energy, and it is not only on the SGC, but this degree backs up the meaning of manifestation on a concrete conscious level. This degree shows that this full Moon is a wonderful time to put your beliefs, desires, thoughts, ambitions, etc, out there and see what happens.

When an idea exclusively occupies the mind, it is transformed into an actual physical or mental state. **Sivananda**

The pure impulse of dynamic creation is formless; and being formless, the creation it gives rise to can assume any and every form. **Kabbalah**

Keywords: Vivid confrontations with one's objectives. Creative visualizations. Imagining things. Meditations and affirmations. Ideas crystallized. Putting things out into the universe. Making things happen. Seeing things take shape and form. Clairvoyance. Film making. Writing and getting published. The power of manifestation. Solidification.

The Caution: Being dissatisfied with what was thought to be the true ideal. Feeling that things are "written in stone" and can't be changed. Calcified situations or emotions.

Mars is on Cancer 26 and it forms a minor, but perhaps somewhat irritating quincunx aspect with the full Moon. There can be issues around privacy, quiet times, reading, writing, chatting, being on the same wave length, taking time out to think and digest ideas or conversations, etc. It can also show, especially as it is Mars, issues of who does the work and who gets to sit around and do nothing - to goof off. It could be about someone getting in the way, or someone barging in and taking over or forcing ideas on others.

The Sabian Symbol for Mars is Cancer 26: Guests Are Reading In The Library Of A Luxurious Home.

Keywords: Sharing of thoughts and ideas in an environment of social privilege. Social protocol that says what one should be digesting, emotionally, intellectually or physically. Libraries. Hotel reading rooms. Chatting quietly. Books, magazines. Quiet, knowing atmosphere.

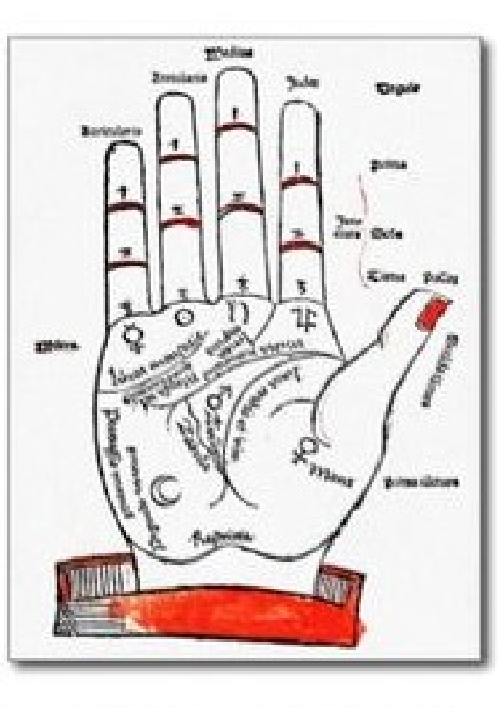
The Caution: Relating on a superficial level or not being able to relate at all because of social expectations. Being told to "keep quiet". Not saying what one really feels. Focusing on the mind, not the heart. Not being invited to the inner circle. Special privileges for the few.

The degree of **Mars in the day or two following** the full Moon is worth mentioning as it is a particularly 'Mars-like' degree and especially with Mars on it. It's **Cancer 27: A Violent Storm In A Residential Canyon Filled With Valuable Homes.**

Keywords: Arguments and emotional confrontations. The "pressure cooker" environments of modern-day living. Psychic energy unleashed. Furious emotions. Changing the status quo. Bad weather and its consequences. Rebuilding from the foundations. Living in canyons. Being surrounded by mountainous peaks. The awesome power of nature.

The Caution: Wrongly believing that you are in control of the uncontrollable. Enjoyment of emotional storms and turmoil. Lots of noise that erupts out of nowhere. Whipping things up. Life threatening behavior. Confrontations. Storm fronts. Social upheavals. Disturbing or violent reaction.

Perhaps we need that time out 'in the library' - or it may help to get outdoors and burn off some energy.



Jupiter is on Cancer 13: A Hand, Which Is Held Out Receptively, Is Remarkable For The Suggestion Of Character In It's Prominent Thumb. This is a degree of extending one's self to others, for reaching out and meeting others and for having a good, strong will.

Keywords: Openness and willingness to extend oneself to others. The handshake and the need for it. Being approachable and friendly. Palmistry and palm reading. Having a firm will. Introductions. Strong characters. Flexible behaviour.

The Caution: An aggressiveness and overbearing nature. Feeling that one is better, or stronger, than others. The smooth handshake that manipulates to impress one's personality. Unbending and dominant behaviour.

Saturn is on Scorpio 7: Deep-Sea Divers With Special Machinery. This is a powerfully intuitive, "all-knowing" type of degree, but with Saturn here, we may need to put on our steam-punk diving helmets.

Working on navy sonar systems, we knew that sound propagates approximately four times faster in water than in air. Now here's an interesting image. When exploring the depths of the seas - symbolic of soulful emotions - acoustic images (as in hearing) arrive four times as fast. The suggestion is that with seeking out the greater depths, hearing, both audible and non-audible, happens substantially faster. Perceptual abilities increase several fold. **Philip Sedgwick**

Keywords: Studying unconscious energies. Uncovering wonders. Breath meditations and techniques. Plunging in. Seeing things that others don't. Having the special insights, talents or technology to affect healing on deep levels. New levels of experience seen and felt. Atlantis and Lemuria. Breathing apparatus. Getting "the bends" and cramping up. Inner space.

The Caution: Pretending to plumb the depths, but only for show. Escapism. Going over the top emotionally. Being unreachable by shutting off to the outside world. Feeling gloomy. No light, no oxygen. Losing touch with reality or the real world. Feeling like you're in a bubble. Isolation and dark thoughts. Not seeing the full picture.

Uranus is on Aries 13: A Bomb Which Failed To Explode Is Now Safely Hidden From Discovery. This can show, especially with Uranus on it retrograde, the relief that can come from situations being defused, or hidden from sight, forgotten or covered up in some way.

Keywords: Pressure valves. Getting away with something. Tantrums and frustration. Tempers that simmer. Explosive behavior. Bombs, explosions. Sudden and forceful events. Intelligence organizations, CIA, FBI, ASIO, etc. Valuable lessons of self-restraint. Relief from problems. Discharging nervous energy.

The Caution: Suppressing stress or illness. Doing inappropriate things and thinking the secret safe. Repressing emotions. Undefined anger. Pressure cooker energy that needs to be released slowly. Explosions damaging more than expected. Activists. Deception behind one's back. Clash of ideals.

Neptune is on Pisces 4: A Church Bazaar. Neptune can be about charity and things done selflessly for others and this is exactly what the Church degree is about. You could feel that you, or someone else, puts in a lot of work for little reward or that you have to put your own needs aside for others.

Keywords: Overcoming loneliness and alienation. Selling things. The issue of real worth. A lot of effort for small rewards. Small scale commercial bartering and interchange. The collection plate. Generosity and charitable community attitudes. Jars of jam and things handmade. Bric-a-brac. Bargains. Practical spirituality. Volunteers. People sharing the load. Charity work. Money raising. Garage or yard sales. Second hand clothes.

The Caution: Spiritual or social exclusivity. Giving things smaller worth than they deserve. Using people. Deception on the grounds of faith. Fussing about small details. Fighting over "position". Issues of territory. Pushy people. Social boundaries that exclude some.

Pluto is on Capricorn 10: An Albatross Feeding From The Hand Of A Sailor. Pluto has been on this degree for some months. It speaks about the beliefs, memories and thoughts we may have about ourselves or life that hangs around our neck like a dead albatross, committing us to the same old round of difficulties or negative outcomes as we allow something or someone to continue to pollute our lives.

Keywords: Feeding one's higher nature with good nourishment. Banishing worries, so that one can fly ever higher. Overcoming superstitions or beliefs. Travelers who put themselves at risk in foreign lands or cultures. Talking to anybody anywhere. Sharing one's bounty. Sailors, boats. Birds. Empathy and sympathy for others. Restoring trust and hope.

The Caution: Manipulating events or people with false nourishment. Having alternative motives for wanting to draw others close. Being extremely afraid of strangers or strange situations. The loss of independence.

Chiron, The Wounded Healer and The Stories We Tell Ourselves, is on Pisces 13: A Sword, Used In Many Battles, Is Now In A Museum. With Chiron on this degree, many are finding that they do not want to continue being in the fight - they want to 'lay down their sword' and let go of the fight.

If we could read the secret history of our enemies we should find in each man's life sorrow and suffering enough to disarm all hostility. **Longfellow**

Keywords: Willpower. Martial arts. Putting aside thoughts of vengeance and revenge. Hanging up or laying down one's 'Sword'. Trophies of conquest that remind us of the past. History. Aging and maturing. Retirement. Remnants of battles. Souvenirs of the past. "Words as swords". The Spear of Destiny. The Sword Excalibur. Disarming weapons. The search for truth and justice. Suits of armor. Peace at last. Sexual impotence.

The Caution: A lack of sensitivity. A pretense of one's abilities. Giving up and "falling on one's sword" from defeat. Grudges. Wanting to go into 'Battle' at the slightest excuse. Selfish agendas. Weapons of mass destruction or weapons of mass distraction? Pre-emptive strikes. Defensive behavior. Domestic violence.

Last, but not least, is the Moon's north node on Scorpio 11: A Drowning Man Is Being Rescued. It sounds like it's time for those who feel like they are 'drowning', whether it's financially, in a relationship or feeling out of their depth, to signal that they are within reach of a rescue of sorts. This is a powerful degree of help arriving when it is needed.

The salvation of the world consists in the salvation of the individual soul. **C.G. Jung**

Keywords: Resuscitation. Regaining one's breath. Finding life renewed. Asthma, bronchitis, breathing difficulties. Finding help in moments of crisis. Needing a hand. Being rescued. Salvation on any level. Ventilators. Breathing equipment. Oxygen. Dependence. Last minute reprieves.

The Caution: Panicking in order to draw help rather than learning how to cope. Constantly finding reasons for losing control of situations. Getting into deep water on a regular basis.

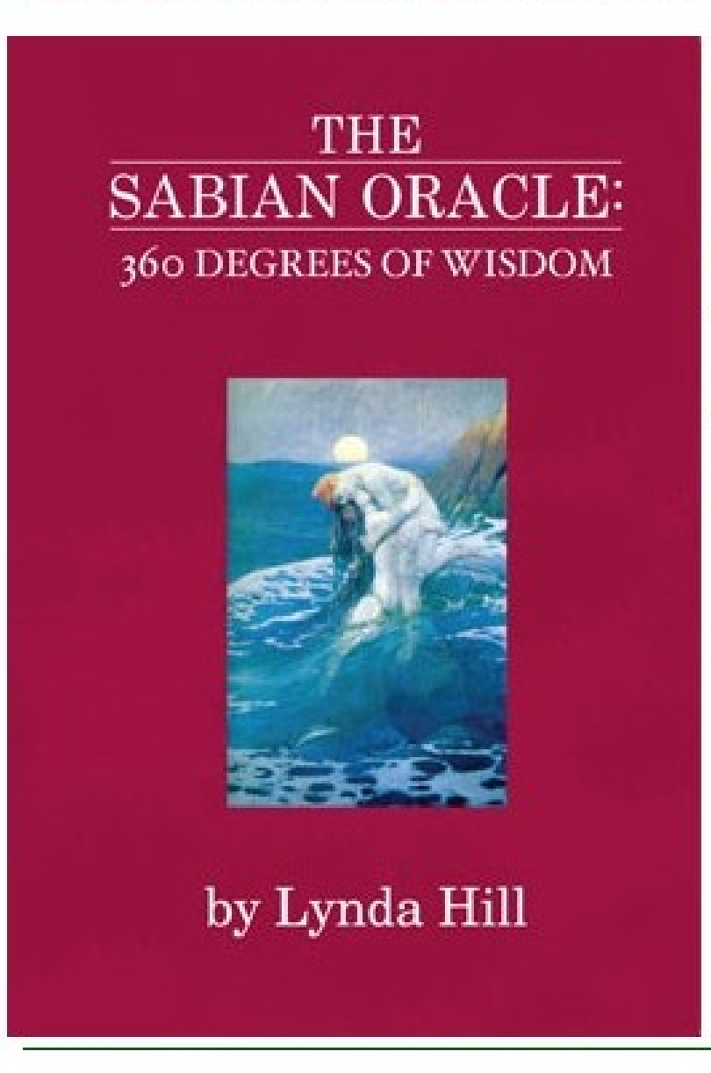
This full Moon feels like a bit of relief after the lunations we've had lately that have felt so fraught with difficult or tense energies. I hope I'm right, after all, I feel certain that we are due for some slack. I like **Venus'** take the most: **A Man Watches His Ideals Taking Concrete Form Before His Inner Vision.**

Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public througout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.



THE
SABIAN ORACLE:
360 DEGREES OF WISDOM
by Lynda Hill

The Sabian Symbols were given birth in San Diego, ???California, in 1925 by Marc Edmund Jones, a noted American astrologer and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of word images to go with every degree of the zodiac. Elsie Wheeler was an extraordinary clairvoyant confined to a wheelchair for most of her life. Jones chose Elsie Wheeler as his partner in this 'experiment' (as M.E. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more Information: click here

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Pittwater Online News

August 18 - 24, 2013: Issue 124

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

Teleported by Electronic Circuit: Physicists 'Beam' Information

Aug. 14, 2013 — ETH-researchers cannot "beam" objects or humans of flesh and blood through space yet, a feat sometimes alluded to in science fiction movies. They managed, however, to teleport information from A to B - for the first time in an electronic circuit, similar to a computer chip.

Physicists at ETH Zurich have for the first time successfully teleported information in a so-called solid state system. The researchers did it by using a device similar to a conventional computer chip. The essential difference to a usual computer chip is that the information is not stored and processed based on the laws of classical physics, but on those of quantum physics. In a study, which is published in the current issue of the scientific journal Nature, the researchers were able to teleport information across a distance of about six millimeters, from one corner of a chip to the opposite one. This was shown to be possible without transporting the physical object carrying the information itself from the sender's to the receiver's corner.

"Usually, in telecommunication information is transmitted by electromagnetic pulses. In mobile communications, for example, microwave pulses are used, while in fiber connections it is optical pulses," explains Andreas Wallraff, Professor at the Department of Physics and head of the study. In contrast, quantum teleportation does not transport the information carrier itself, but only the information. This is possible due to the quantum mechanical properties of the system, in particular the entanglement established between the sender and the receiver. For non-physicists, entanglement constitutes a "magic" link between the two parties which exploits the laws of quantum physics.

"Like beaming"

As a prerequisite for quantum teleportation, an entangled state is created between the sender and the receiver. After that the two parties can be physically separated from each other while preserving their shared entangled state. In the present experiment the physicists program a bit of quantum information into their device at the sender. Because the two parties are entangled, this information can be read out at the receiver. "Quantum teleportation is comparable to beaming as shown in the science fiction series Star Trek," says Wallraff. "The information does not travel from point A to point B. Instead, it appears at point B and disappears at point A, when read out at point B."

High data rates

The distance of six millimeters over which the ETH Zurich-researchers have teleported seems to be short in comparison with other teleportation experiments. A year ago, for example, Austrian scientists managed to teleport information by more than one hundred kilometers between the Canary Islands of La Palma and Tenerife. That and other similar experiments, however, were fundamentally different from the one performed at ETH Zurich, because they use visible light in an optical system for teleportation. The ETH-researchers, however, managed to teleport information for the first time in a system which consists of superconducting electronic circuits. "This is interesting, because such circuits are an important element for the construction of future quantum computers," says Wallraff.

Another advantage of the system of the ETH-scientists: It is extremely fast and much faster than most previous teleportation systems. In this system approximately 10,000 quantum bits can be teleported per second. A quantum bit is a unit of quantum information.

"Key future technology"

In a next step, the researchers plan to increase the distance between sender and receiver in their device. The scientists say, they will try to teleport information from one chip to another. And in the long term the goal will be to explore whether quantum communication can be realised over longer distances with electronic circuits, more comparable to those achieved today with optical systems.

"Teleportation is an important future technology in the field of quantum information processing," says Wallraff. For example, it may be possible to transmit information from one location to another one in a future quantum device or processor. Compared to today's information and communication technologies, which are based on classical physics, quantum information processing has the advantage that the information density is much higher: In quantum bits more information can be stored and more efficiently processed than in classical bits.

L. Steffen, Y. Salathe, M. Oppliger, P. Kurpiers, M. Baur, C. Lang, C. Eichler, G. Puebla-Hellmann, A. Fedorov, A. Wallraff. **Deterministic quantum teleportation with feed-forward in a solid state system.** Nature, 2013; 500 (7462): 319 DOI: 10.1038/nature12422 Credit: © iscatel / Fotolia

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'Talking' to Structures to Boost Public Safety

Aug. 13, 2013 — University of Adelaide researchers are developing low-cost technology which can 'talk' to structures like bridges and aeroplanes to monitor their structural health and assess them for damage.

The technology should help improve public safety, and significantly reduce the cost of maintenance and repair.

"It will allow us to talk to the structure to see whether there are any defects, where they are and, ultimately, provide detail about the shape of any damage and how extensive it is - just like someone going to the doctor for a health check," says researcher Dr Alex Ng, lecturer in the School of Civil, Environmental and Mining Engineering.

The system being developed is for structures made from high-tech materials called fibre-composite laminates, now widely used in the aerospace, construction, energy, transport and sporting goods industries, but is also applicable to other structural materials such as steel.

"These composite materials are incredibly attractive for structural purposes because they are lightweight but extremely strong, with potentially significant energy efficiencies and better fuel consumption," says Dr Ng. "For example, the new Boeing 787 Dreamliner is 80% composite materials by volume.

"However, being a laminated material, it is difficult to accurately determine whether the internal layers are damaged without undertaking destructive testing. Developing cost-effective, non-destructive techniques will be of great value to these industries and for public safety."

One area for potential use is in monitoring the structural integrity of steel bridges. "The collapse in 2007 of the Minneapolis bridge in the US raised questions about inspection as well as design. Visual inspection is not enough to be absolutely certain you have no cracks. Eventually Australia will face the same problem," says Dr Ng. He is a member of the executive committee of Australian Network of Structural Health Monitoring which is working to avoid that situation.

With this new project, the University of Adelaide researchers are using a system of electrical devices (transducers) which send out and receive signals in the form of waves which pass through the structure like ripples on water. Defects or damage are revealed in the data received back.

The transducers can either be embedded into the structure when it's built or bonded to the surface afterwards. The data is collected and transferred to a control centre where it can be monitored online, around the clock, to ensure structural integrity at all times.

Dr Ng received an Australian Research Council (ARC) Discovery Early Career Researcher Award for this three-year project, which started this year.

"To date we've developed a laboratory system to generate the structural waves and receive back signals with some good preliminary results," he says. "Right now we can only detect where the damage is. By the end of three years we aim to also know the size and shape of any defects, ultimately producing a detailed picture of the inside of the structure."

The above story is based on materials provided by University of Adelaide.

Health papers published this week:

ADHD and Texting Found to Significantly Impair Teenage Driving

Aug. 12, 2013 — ADHD and texting both significantly impair driving performance among teenagers, according to a study published online today in JAMA Pediatrics.

Researchers from Cincinnati Children's Hospital Medical Center used a driving simulator to test the driving performance of 16- and 17-year-old drivers; approximately half of the study's 61 participants had been diagnosed with ADHD, the other half had not. During the 40-minute driving simulation, researchers measured the speed and lane position of the young drivers as they texted and talked on the phone.

Texting significantly affected drivers' speed and lane position for all study participants and further increased the risk for drivers with ADHD, according to researchers.

"Texting is especially dangerous because it involves visual, manual and cognitive distractions," said senior author Jeffery N. Epstein, PhD, director of the Center for Attention Deficit/Hyperactivity Disorder at Cincinnati Children's. "Those are the very kinds of distractions that lead to car accidents."

The study found that even when no distractions were present, drivers with ADHD demonstrated significantly more variability in speed and lane position than did teens without ADHD. Researchers report texting added to existing ADHD driving impairments, essentially doubling the amount of time kids with and without ADHD strayed from their lane.

The Cincinnati Children's study is believed to be the first to investigate the effects of texting on the driving performance of adolescent drivers with ADHD.

"Teens as a group are already at increased risk of distracted driving accidents. Now we know that an ADHD diagnosis and texting while driving increase those risks," added Dr. Epstein. "Our results demonstrate the need for increased education and enforcement of regulations against texting while driving for this age group."

Megan Narad, Annie A. Garner, Anne A. Brassell, Dyani Saxby, Tanya N. Antonini, Kathleen M. O'Brien, Leanne Tamm, Gerald Matthews, Jeffery N. Epstein. Impact of Distraction on the Driving Performance of Adolescents With and Without Attention-Deficit/Hyperactivity Disorder. JAMA Pediatr., 2013 DOI:10.1001/jamapediatrics.2013.322

Autism Four Times Likelier When Mother's Thyroid Is Weakened

Aug. 13, 2013 — Pregnant women who don't make nearly enough thyroid hormone are nearly 4 times likelier to produce autistic children than healthy women, report scientists from the Houston Methodist Neurological Institute and Erasmus Medical Centre in an upcoming Annals of Neurology.

The association emerged from a study of more than 4,000 Dutch mothers and their children, and it supports a growing view that autism spectrum disorders can be caused by a lack of maternal thyroid hormone, which past studies have shown is crucial to the migration of fetal brain cells during embryo development.

"It is increasingly apparent to us that autism is caused by environmental factors in most cases, not by genetics," said lead author Gustavo Román, M.D., a neurologist and neuroepidemiologist who directs the Nantz National Alzheimer Center. "That gives me hope that prevention is possible."

The researchers also found that autistic children had more pronounced symptoms if their mothers were severely deficient for T4, also called thyroxine. Mild T4 deficiencies in mothers produced an insignificant increase in autistic children's symptoms.

The most common cause of thyroid hormone deficiency is a lack of dietary iodine - because both the thyroid hormones, T3 and T4, contain that element.

Iodine deficiency is common throughout the world, including developed countries. The World Health Organization estimates nearly 1 in 3 people are affected globally. A 2005 CDC-University of Kansas study estimated that in the U.S., where iodine deficiency had been practically eradicated thanks to iodized salt, 1 in 7 Americans is believed deficient.

The present work was based on the Generation R Study, conducted by Erasmus Medical Centre (Rotterdam, Netherlands) doctors and social scientists, in which thousands of pregnant women were voluntarily enrolled between 2002 and 2006.

Blood was withdrawn from the mothers at or around 13 weeks into their pregnancies to measure levels of T4 and two proteins that could indicate the cause of thyroid deficiency. Six years later, mothers were asked to describe the behavioral and emotional characteristics of their children using a standardized psychology checklist.

Researchers identified 80 "probable autistic children" from a population of 4,039 - a number consistent with the Dutch rate of autism spectrum disorders. 159 mothers were identified as being severely T4 deficient (defined as having 5 percent or less of normal T4, but producing a normal amount of thyroid stimulating hormone), and 136 were identified as mildly T4 deficient. The researchers found a weak association between mild T4 deficiency and the likelihood of producing an autistic child, but a strong association between severe T4 deficiency and autism (3.89 more likely, as compared with mothers with normal thyroid hormone).

Román, who is a physician, says he has advice for women who are now pregnant, or who are considering having children. "If you are planning to become pregnant, have your doctor measure urine iodine and thyroid function beforehand. If you have just become pregnant, have your doctor measure urine iodine, thyroid function, and begin using prenatal vitamins, making sure iodine is present."

A lack of dietary iodine interferes with normal thyroid function, leading to pregnancy complications, as well as deafness and developmental delay in the baby and loss of control of fat and sugar metabolism and heat generation in the mother.

It is well established that expecting mothers' poor thyroid function (whether caused by poor diet, disease, or genetics) can lead to serious problems with fetal brain development, but only in the last 10 years or so has hypothyroidism been implicated as a possible cause of autism spectrum disorders.

Previous work by Román and others has shown that a deficiency of T4 during a crucial period of embryonic development causes mild to severe brain development errors, such as the lackluster migration of specialized brain cells from the cortex to the outer areas of the cerebrum - a characteristic of autistic brains. In a 2007 review Román published in the Journal of the Neurological Sciences, he presented a wide swath of evidence that the near-epidemic rise in autism diagnoses - which Román says cannot be accounted for by heightened awareness alone - could be at least partly the result of an iodine-starved diet and/or exposure to toxins that interfere with normal thyroid function.

The Annals of Neurology study presents a troubling correlation, but it does not prove that the thyroid function of expecting mothers causes autism in their children.

"The next steps are interventional studies," Román said. "We must look at a large nationwide population of women in early pregnancy, to measure urine iodine and thyroid function. We must then correct thyroid deficiencies, if present, and provide prenatal vitamins with supplementary iodine. If autism cases fall precipitously compared with recent historical numbers, I think we will be able to conclude that thyroid function is critical."

The above story is based on materials provided by Houston Methodist.

Newly Discovered 'Switch' Plays Dual Role in Memory Formation

Aug. 13, 2013 — Researchers at Johns Hopkins have uncovered a protein switch that can either increase or decrease memory-building activity in brain cells, depending on the signals it detects. Its dual role means the protein is key to understanding the complex network of signals that shapes our brain's circuitry, the researchers say. A description of their discovery appears in the July 31 issue of the Journal of Neuroscience.

"What's interesting about this protein, AGAP3, is that it is effectively double-sided: One side beefs up synapses in response to brain activity, while the other side helps bring synapse-building back down to the brain's resting state," says Rick Huganir, Ph.D., a professor and director of the Solomon H. Snyder Department of Neuroscience at the Johns Hopkins University School of Medicine and co-director of the Brain Science Institute at Johns Hopkins. "The fact that it links these two opposing activities indicates AGAP3 may turn out to be central to controlling the strength of synapses."

Huganir has long studied how connections between brain cells, known as synapses, are strengthened and weakened to form or erase memories. The new discovery came about when he and postdoctoral fellow Yuko Oku, Ph.D., investigated the chain reaction of signals involved in one type of synaptic strengthening.

In a study of the proteins that interact with one of the known proteins from that chain reaction, the previously unknown AGAP3 turned up. It contained not only a site designed to bind another protein involved in the chain reaction that leads from brain stimulation to learning, but also a second site involved in bringing synapse-building activity down to normal levels after a burst of activity. Although it might seem the two different functions are behaving at cross-purposes, Oku says, it also could be that nature's bundling of these functions together in a single protein is an elegant way of enabling learning and memory while preventing dangerous overstimulation. More research is needed, Oku says, to figure out whether AGAP3's two sites coordinate by affecting each other's activity, or are effectively free agents.

Y. Oku, R. L. Huganir. **AGAP3 and Arf6 Regulate Trafficking of AMPA Receptors and Synaptic Plasticity.** Journal of Neuroscience, 2013; 33 (31): 12586 DOI:10.1523/JNEUROSCI.0341-13.2013

Cancer's Origins Revealed: Genetic Imprints and Signatures Left by DNA-Damaging Processes That Lead to Cancer Identified

Aug. 14, 2013 — Researchers have provided the first comprehensive compendium of mutational processes that drive tumour development. Together, these mutational processes explain most mutations found in 30 of the most common cancer types. This new understanding of cancer development could help to treat and prevent a wide -range of cancers.

Each mutational process leaves a particular pattern of mutations, an imprint or signature, in the genomes of cancers it has caused. By studying 7,042 genomes of people with the most common forms of cancer, the team uncovered more than 20 signatures of processes that mutate DNA. For many of the signatures, they also identified the underlying biological process responsible.

All cancers are caused by mutations in DNA occurring in cells of the body during a person's lifetime. Although we know that chemicals in tobacco smoke cause mutations in lung cells that lead to lung cancers and ultraviolet light causes mutations in skin cells that lead to skin cancers, we have remarkably little understanding of the biological processes that cause the mutations which are responsible for the development of most cancers.

"We have identified the majority of the mutational signatures that explain the genetic development and history of cancers in patients," says Ludmil Alexandrov first author from the Wellcome Trust Sanger Institute. "We are now beginning to understand the complicated biological processes that occur over time and leave these residual mutational signatures on cancer genomes."

All of the cancers contained two or more signatures, reflecting the variety of processes that work together during the development of cancer. However, different cancers have different numbers of mutational processes. For example, two mutational processes underlie the development of ovarian cancer, while six mutational processes underlie the development of liver cancer.

Some of the mutational signatures are found in multiple cancer types, while others are confined to a single cancer type. Out of the 30 cancer types, 25 had signatures arising from age-related mutational processes. Another signature, caused by defects in repairing DNA due to mutations in the breast cancer susceptibility genes BRCA1 and 2, was found in breast, ovarian and pancreatic cancers.

"Through detailed analysis, we can start to use the overwhelming amounts of information buried deep in the DNA of cancers to our advantage in terms of understanding how and why cancers arise,"says Dr Serena Nik-Zainal, author from the Wellcome Trust Sanger Institute. "Our map of the events that cause the majority of cancers in humans is an important step to discovering the processes that drive cancer formation."

The team found that a family of enzymes, which is known to 'edit' (ie mutate) DNA, was linked to more than half of the cancer types. These enzymes, known as APOBECs, can be activated in response to viral infections. It may be that the resulting signatures are collateral damage on the human genome caused by the enzymes' actions to protect cells from viruses.

Ludmil B. Alexandrov, Serena Nik-Zainal, David C. Wedge, Samuel A. J. R. Aparicio, Sam Behjati, Andrew V. Biankin, Graham R. Bignell, Niccolò Bolli, Ake Borg, Anne-Lise Børresen-Dale, Sandrine Boyault, Birgit Burkhardt, Adam P. Butler, Carlos Caldas, Helen R. Davies, Christine Desmedt, Roland Eils, Jórunn Erla Eyfjörd, John A. Foekens, Mel Greaves, Fumie Hosoda, Barbara Hutter, Tomislav Ilicic, Sandrine Imbeaud, Marcin Imielinsk, Natalie Jäger, David T. W. Jones, David Jones, Stian Knappskog, Marcel Kool, Sunil R. Lakhani, Carlos López-Otín, Sancha Martin, Nikhil C. Munshi, Hiromi Nakamura, Paul A. Northcott, Marina Pajic, Elli Papaemmanuil, Angelo Paradiso, John V. Pearson, Xose S. Puente, Keiran Raine, Manasa Ramakrishna, Andrea L. Richardson, Julia Richter, Philip Rosenstiel, Matthias Schlesner, Ton N. Schumacher, Paul N. Span, Jon W. Teague, Yasushi Totoki, Andrew N. J. Tutt, Rafael Valdés-Mas, Marit M. van Buuren, Laura van 't Veer, Anne Vincent-Salomon, Nicola Waddell, Lucy R. Yates, Jessica Zucman-Rossi, P. Andrew Futreal, Ultan McDermott, Peter Lichter, Matthew Meyerson, Sean M. Grimmond, Reiner Siebert, Elías Campo, Tatsuhiro Shibata, Stefan M. Pfister, Peter J. Campbell, Michael R. Stratton. **Signatures of mutational processes in human cancer.** Nature, 2013; DOI:10.1038/nature12477

$4m funding for research to end HIV

The Kirby Institute at UNSW has received $4m as part of a $30m Government funding package that aims to support a major new prevention program and research to address increasing rates of sexually transmissible infections (STIs) and blood borne viruses including HIV, hepatitis B, and hepatitis C.

The funding was announced on 12 August 2013 at the Kirby Institute by the Federal Minister for Health and Minister for Medical Research, the Hon Tanya Plibersek MP. The $4m will create a new Minister's Research Fellowship in Ending HIV.

"This is very welcome news from the Ministry," said Professor David Cooper, Director of the Kirby Institute. "We know that investing in prevention messaging amongst risk groups is so important, but it should be partnered with research into prevention methods as well and this funding package addresses the need for both."

The Minister said recent data showed that while the prevalence of HIV in Australia was low by international standards, new infections were on the rise.

"We can help to end HIV through our important prevention work, but continuing Australia's world class research into finding a cure is critical too. This new fellowship will provide significant support to a leading HIV researcher to further their work," Ms Plibersek said.

The multi-year funding commitment will allow the Kirby Institute to hire an outstanding researcher who will work collaboratively across the Institute's programs.

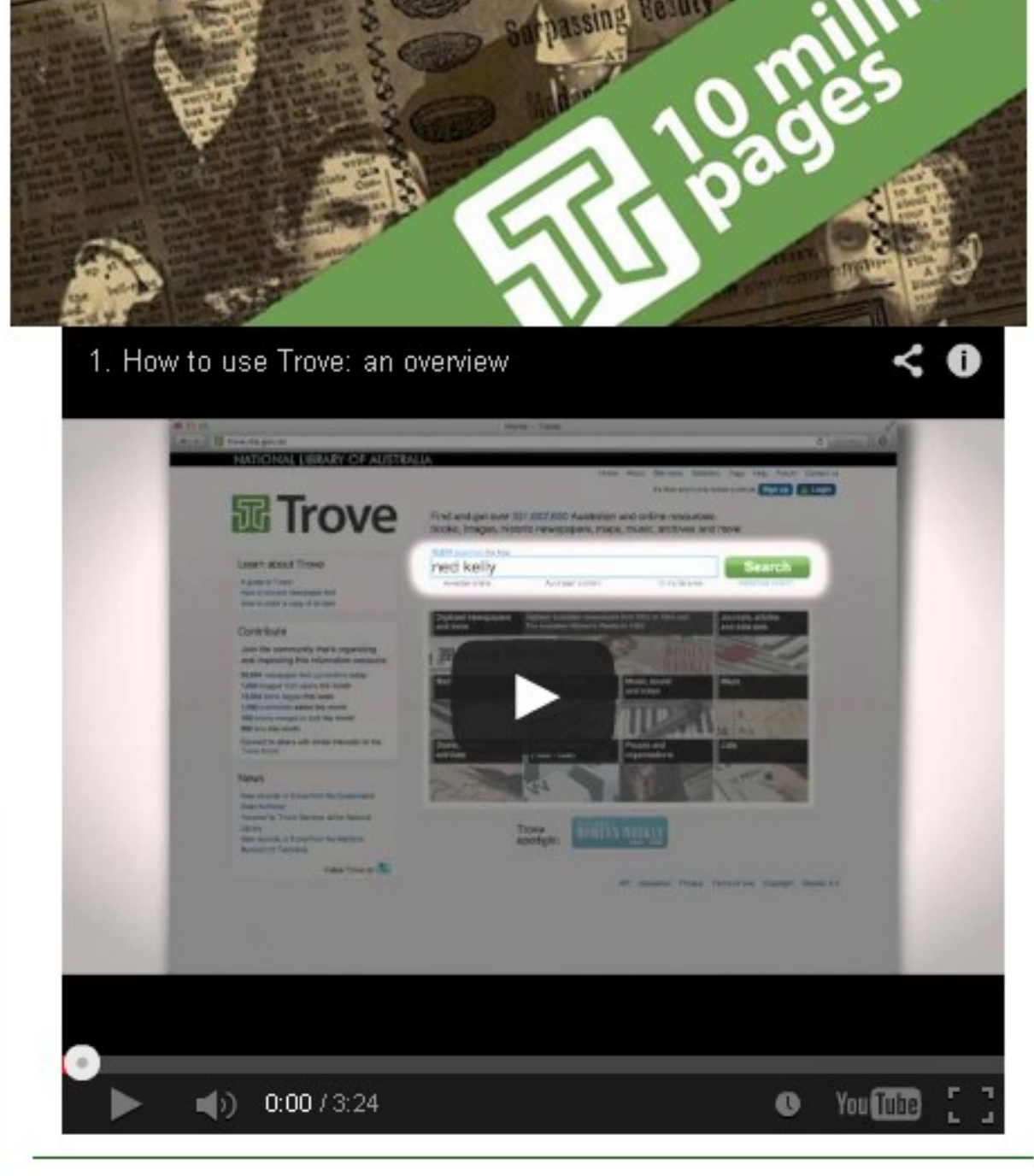
"The Kirby Institute is globally recognised in the area HIV research," said Professor Cooper. "I think this funding puts us in a particularly strong position to lead the way as opportunities for research in this area develop and we look forward seeing the future impact our work in this area will have on affected communities in Australia and world-wide."

The Minister's announcement was also met with enthusiasm by sector partners including: Terry Campbell, Senior Associate Dean (Research), UNSW Medicine; Levinia Crooks, CEO of ASHM; Professor Michael Kidd, Chair of the Australian Government's Ministerial Advisory Committee on Blood Borne Viruses and Sexually Transmissible Infections; Nicolas Parkhill, CEO of ACON; and Helen Tyrrell, CEO of Hepatitis Australia.

About the Kirby Institute:

The Kirby Institute for infection and immunity in society is Australia's premier infectious diseases research institute. Based in Sydney, we conduct research into the HIV/AIDS epidemic, viral hepatitis, blood-borne viruses, and sexually transmissible infections in Australia. The Kirby Institute is a centre of the University of New South Wales.

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.


Don't Worry, Come Straight to HANSEN'S!
The Leader
and Orange Stock and Station News.
ORANGE: SATURDAY MORNING, JULY 31, 1915.
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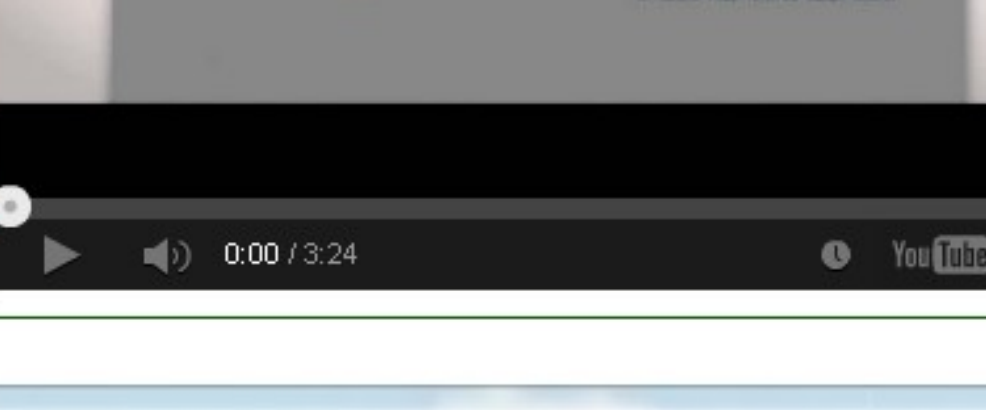


Film Australia Real Australia. FAC Archival Mix and Mash #4 - Published on 13 Aug 2013

Film Australia Real Australia is a mash up created for an event held in conjunction with and at the State Library of Queensland celebrating the Film Australia Collection's 100 year anniversary. As a Queensland event the mash up highlights some of the Queensland titles and footage that can be found in the collection as well as a history of Film Australia. This event was attended by Queensland film makers, archivists, librarians, cinema historians and The Governor of Queensland Ms Penelope Wensley AC. Produced by The National Film and Sound Archive. Footage selected and edited by Richard Carter from the Film Australia Collection. Celebrating 100 Years of the Film Australia Collection. The Nation's Living Memory.

Film Australia Real Australia. FAC Archival Mi...
NFSA australia

Simulating Flow from Volcanoes and Oil Spills

Aug. 12, 2013 — Some time around 37,000 BCE a massive volcano erupted in the Campanian region of Italy, blanketing much of Europe with ash, stunting plant growth and possibly dooming the Neanderthals. While our prehistoric relatives had no way to know the ash cloud was coming, a recent study provides a new tool that may have predicted what path volcanic debris would take.

"This paper provides a model for the pattern of the ash cloud if the wind is blowing past an eruption of a given size," said Peter Baines, a scientist at the University of Melbourne in Australia who did the study. He published his work in the journal *Physics of Fluids*.

Volcanic eruptions are an example of what Baines calls an "intrusion." Other examples include exhaust rising from a chimney, sewage flowing into the ocean, and the oil spilling underwater in the 2010 Deepwater Horizon disaster. In all these events, a fluid rises into a density-stratified environment like the atmosphere or the ocean. As the fluid rises, it is pushed by winds or currents, and this crossflow can cause the intruding fluid to disperse far from its origin.

Scientists have previously modeled intrusions into a completely calm environment, but before Baines nobody had ever attempted to introduce the effect of crosswinds, a necessary step toward making such models more realistic and useful.

Predicting Ash and Oil Flows

Baines thinks his work could be used to estimate how much ash is pouring out of a volcano, or how fast oil is gushing from a hole in the sea floor.

Baines is now working with volcanologists in Britain to apply his model to historic eruptions like the Campanian event and the catastrophic Toba supereruption that occurred around 73,000 years ago in Indonesia. The scientists are hoping to use ash deposits from these volcanoes to develop a sharper picture of the amount and speed of the ejected material.

"Most of what we know about prehistoric eruptions is from sedimentary records," said Baines. "You then have to try to infer what the nature of the eruption was, when this is the only information you've got."

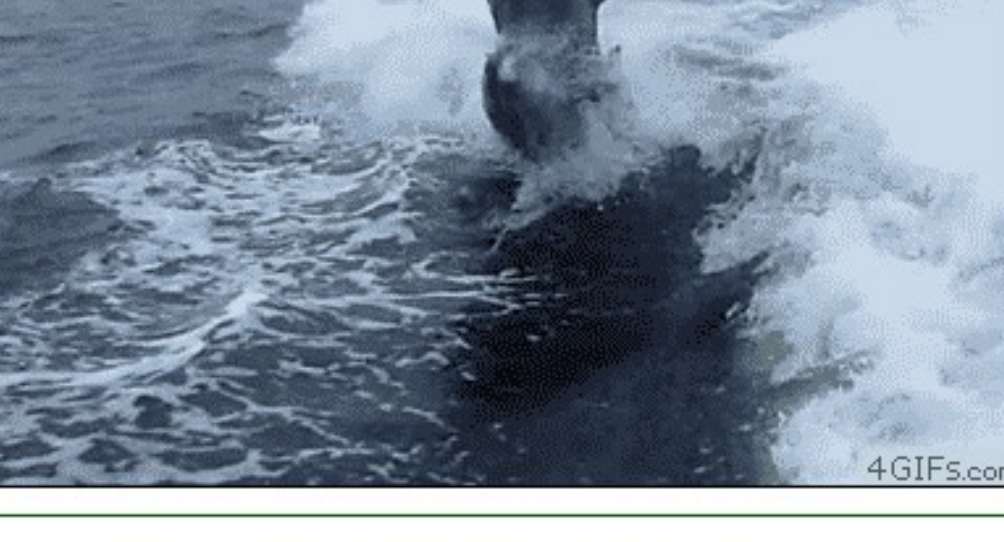
Baines said his model can also help forecast the deposition patterns of future eruptions. And that should give us a big leg up on the poor Neanderthals.

How the Model Works

To understand how intrusions work in the presence of crossflows, Baines developed what he calls a semi-analytical model. He began with fluid dynamics equations, and then used numerical calculations to arrive at approximate solutions for specifics combinations of source flow and spread rates, and crosswind speed. He found that, under normal wind speeds, the intruding fluid reached a maximum thickness at a certain distance upstream from the source, and thinned in the downstream direction. The distance to the upstream stagnation point depended much more on the rate of source flow than the crossflow speed.

Peter G. Baines. **The dynamics of intrusions into a density-stratified crossflow.** Physics of Fluids, 2013; 25 (7): 076601 DOI: 10.1063/1.4811850

Dolphin collision



Canine Distemper Virus: An Emerging Disease in Rare Amur Tigers

Aug. 13, 2013 — Rare Amur tigers in Russia are succumbing to infection with canine distemper virus (CDV), a pathogen most commonly found in domestic dogs, according to the authors of a study published inmBio®, the online open-access journal of the *American Society for Microbiology*.

Pressure from poaching, decimation of their prey base, and habitat fragmentation have diminished the population of Amur tigers (also called Siberian tigers) to fewer than 500. In the study, a team of scientists from the US and Russia show that CDV infected and caused fatal neurological disease in members of this critically endangered species. They estimate that the virus has killed at least 1% of Amur tigers since 2009.

"Losing 1% of an endangered population is pretty significant," says corresponding author Denise McAloose, Head Pathologist at the Wildlife Conservation Society in The Bronx, New York. "And these losses represent only the deaths we know about. I imagine that there were others that we just never saw," says McAloose.

Since 2001, several rare Amur Tigers have exhibited a set of strange behaviors. Normally a reclusive species, tigers have been seen entering villages and wandering onto roads in the Russian Far East, stumbling, emaciated, and unafraid of humans. (One example can be found on YouTube: www.youtube.com/watch?v=mTGRtwV1RlI). In each of the documented cases, the tiger eventually died or was destroyed after its condition worsened. Early findings showed that at least one of the tigers was infected with a member of the morbillivirus family of viruses, but conclusive answers had evaded scientists and wildlife managers until now.

Using tissue samples from five wild Amur tigers that died or were destroyed due to neurological disease in 2001, 2004, or 2010, McAloose and her colleagues proved that infection with CDV, a type of morbillivirus, is to blame for the deaths of two of the tigers and caused a serious infection in a third. Under the microscope, the brains of the two tigers that died of CDV infection were riddled with lesions, indicating they suffered from severe viral encephalitis, consistent with their clumsy, abnormal behavior. Molecular analyses to identify CDV-specific proteins and immunolabelling with CDV-specific antibodies confirmed that CDV was present in these tissues. A gene for a CDV-specific gene was detected in the third tiger.

The problem isn't limited to one location, says McAloose. The three tigers that tested positive for CDV were distributed across the Russian Far East.

"That tells us this is a disease that is distributed all across Amur tiger range," McAloose says. "And it also appears to be a relatively new threat to tigers since blood samples from wild tigers prior to 2000 tested negative for antibodies to the virus."

But how do tigers contract a CDV infection? Relatively few domestic dogs in the Russian Far East are vaccinated against CDV, McAloose says, and tigers do kill and eat dogs, so they represent one possible source. But domestic dogs aren't the only suspects.

"In the Russian Far East, domestic dogs are one of the biggest concerns, but other species, like raccoon dogs or foxes, can also harbor the disease," says McAloose.

McAloose and her colleagues are now working on collecting samples from dogs and small wild carnivores in the Russian Far East to get a more complete picture of the various strains of CDV in circulation in the hopes of linking tiger infections to a source, knowledge that would hopefully aid in preventing more infections among tigers.

"The situation is quite serious," says McAloose, and when asked if CDV could spell the demise of Amur tigers, she says, "It's possible."

"It's the first infectious disease that we know is a significant risk to Amur tiger survival," says McAloose.

Tracie A. Seimon, Dale G. Miquelle, Tylis Y. Chang, Alisa L. Newton, Irina Korotkova, Galina Ivanchuk, Elena Lyubchenko, Andre Tupikov, Evgeny Slabe and Denise McAloose. Canine Distemper Virus: an Emerging Disease in Wild Endangered Amur Tigers (Panthera tigris altaica). mBio, 2013 DOI: 10.1128/mBio.00410-13. Photo by Appaloosa

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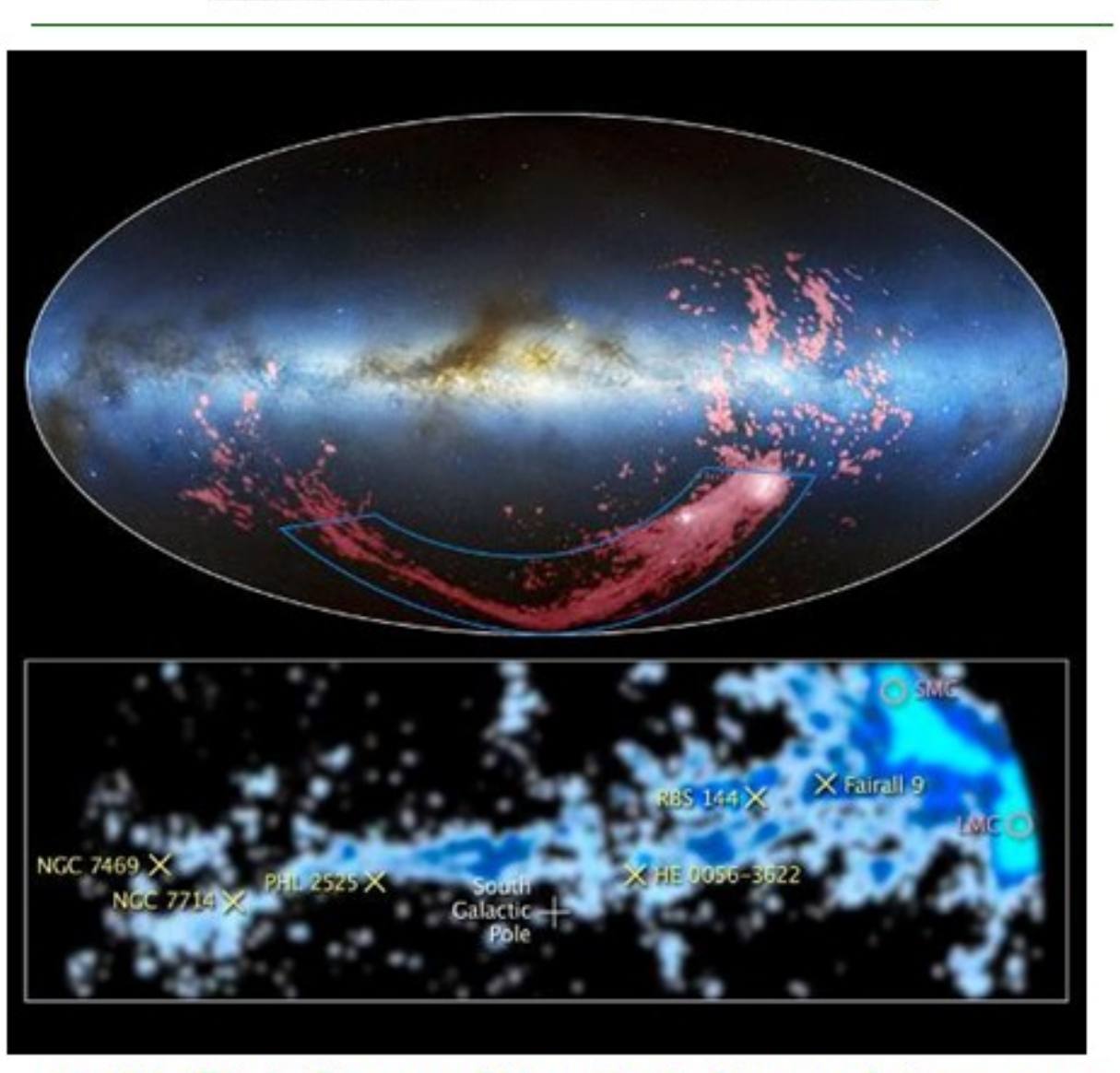
Fishing



Hubble Finds Source of Magellanic Stream: Astronomers Explore Origin of Gas Ribbon Wrapped Around Our Galaxy

Aug. 8, 2013 — Astronomers using NASA's Hubble Space Telescope have solved a 40-year mystery on the origin of the Magellanic Stream, a long ribbon of gas stretching nearly halfway around our Milky Way galaxy.

The Large and Small Magellanic Clouds, two dwarf galaxies orbiting the Milky Way, are at the head of the gaseous stream. Since the stream's discovery by radio telescopes in the early 1970s, astronomers have wondered whether the gas comes from one or both of the satellite galaxies. Now, new Hubble observations reveal that most of the gas was stripped from the Small Magellanic Cloud about 2 billion years ago, and a second region of the stream originated more recently from the Large Magellanic Cloud.

A team of astronomers, led by Andrew J. Fox of the Space Telescope Science Institute in Baltimore, Md., and the European Space Agency, determined the source of the gas filament by using Hubble's Cosmic Origins Spectrograph (COS) to measure the amount of heavy elements, such as oxygen and sulfur, at six locations along the Magellanic Stream. COS observed faraway quasars whose emitted light passes through the stream and detected these elements from the way they absorb ultraviolet light. Quasars are the brilliant cores of active galaxies.

Fox's team found a low amount of oxygen and sulfur along most of the stream, matching the levels in the Small Magellanic Cloud about 2 billion years ago, when the gaseous ribbon was thought to have been formed.

In a surprising twist, the team discovered a much higher level of sulfur in a region closer to the Magellanic Clouds. "We're finding a consistent amount of heavy elements in the stream until we get very close to the Magellanic Clouds, and then the heavy element levels go up," said Fox. "This inner region is very similar in composition to the Large Magellanic Cloud, suggesting it was ripped out of that galaxy more recently."

This discovery was a wrinkle Fox's team didn't expect, because computer models of the stream predicted that the gas came entirely out of the Small Magellanic Cloud, which has less gravity than its more massive cousin.

"Only Hubble can measure these abundances," Fox explained. "You have to go to space because the absorption lines we need to measure these abundances are all in the ultraviolet, and Earth's atmosphere absorbs ultraviolet light."

Astronomers have debated whether the two Magellanic Clouds are on their first pass near our Milky Way or are bound to it.

"What's interesting is that all the other nearby satellite galaxies of the Milky Way have lost their gas," Fox said. "The Magellanic Clouds have been able to retain their gas and are still forming stars because they're more massive than the other satellites. However, as they're now approaching the Milky Way, they're feeling its gravity more and also encountering its halo of hot gas, which puts pressure on them. That process, together with the gravitational tug-of-war between the Magellanic Clouds, leads to the production of the stream. You're seeing material stripped out of the Clouds as they come in toward the Milky Way."

Ultimately, the gaseous stream may rain down onto the Milky Way's disk, fueling the birth of new stars. This infusion of fresh gas is part of one process that triggers star formation in a galaxy. Astronomers want to know the origin of that wayward gas in order to more fully understand how galaxies make new stars.

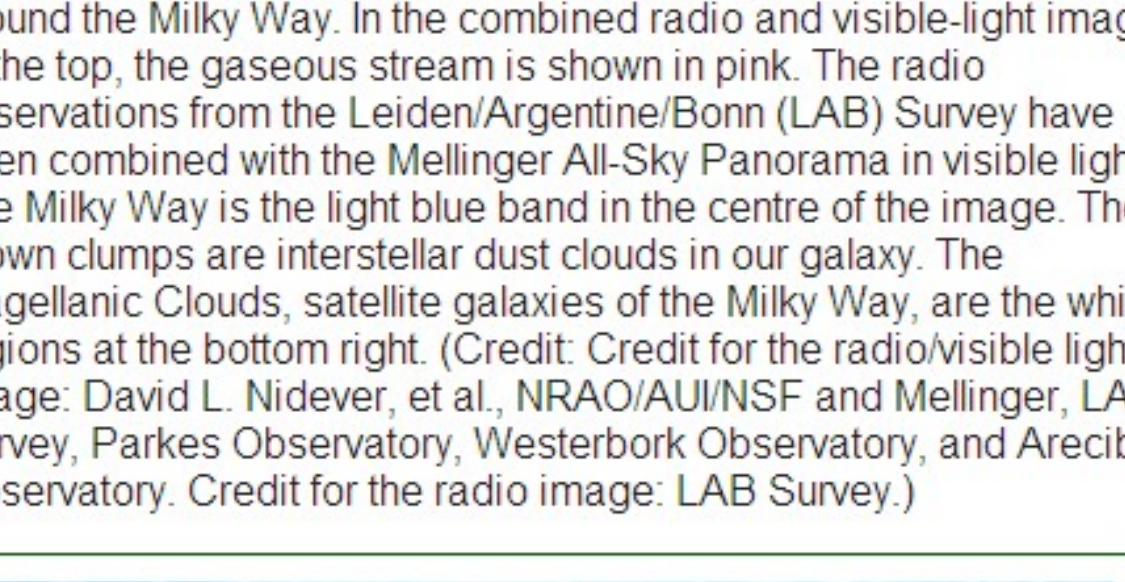
"We want to understand how galaxies like the Milky Way strip the gas from small galaxies that fall into them and use that to form new stars," Fox explained. "This seems like it's an episodic process. It's not a smooth process where a slow stream of gas comes in continuously. Instead, once in a while a large gas cloud falls in. We've got a way of testing that here, where two galaxies are coming in. We have shown which of them is producing the gas that ultimately will fall into the Milky Way."

The team reported its results in two papers that appeared in the Aug. 1 issue of The Astrophysical Journal. Fox is the lead author of one paper; the other paper's lead author is Philipp Richter of the University of Potsdam in Germany.

Philipp Richter, Andrew J. Fox, Bart P. Wakker, Nicolas Lehner, J. Christopher Howk, Joss Bland-Hawthorn, Nadya Ben Bekhti, Cora Fechner. THE COS/UVES ABSORPTION SURVEY OF THE MAGELLANIC STREAM. II. EVIDENCE FOR A COMPLEX ENRICHMENT HISTORY OF THE STREAM FROM THE FAIRALL 9 SIGHTLINE. The Astrophysical Journal, 2013; 772 (2): 111 DOI: 10.1088/0004-637X/772/2/111

Andrew J. Fox, Philipp Richter, Bart P. Wakker, Nicolas Lehner, J. Christopher Howk, Nadya Ben Bekhti, Joss Bland-Hawthorn, Stephen Lucas. THE COS/UVES ABSORPTION SURVEY OF THE MAGELLANIC STREAM. I. ONE-TENTH SOLAR ABUNDANCES ALONG THE BODY OF THE STREAM. The Astrophysical Journal, 2013; 772 (2): 110 DOI:10.1088/0004-637X/772/2/110

These images show wide and close-up views of a long ribbon of gas called the Magellanic Stream, which stretches nearly halfway around the Milky Way. In the combined radio and visible-light image at the top, the gaseous stream is shown in pink. The radio observations from the Leiden/Argentine/Bonn (LAB) Survey have been combined with the Mellinger All-Sky Panorama in visible light. The Milky Way is the light blue band in the centre of the image. The brown clumps are interstellar dust clouds in our galaxy. The Magellanic Clouds, satellite galaxies of the Milky Way, are the white regions at the bottom right. (Credit: Credit for the radio/visible light image: David L. Nidever, et al., NRAO/AUI/NSF and Mellinger, LAB Survey, Parkes Observatory, Westerbork Observatory, and Arecibo Observatory. Credit for the radio image: LAB Survey.)



First Documented Report of Swimming and Diving in Apes

Aug. 14, 2013 — Two researchers have provided the first video-based observation of swimming and diving apes. Instead of the usual dog-paddle stroke used by most terrestrial mammals, these animals use a kind of breaststroke. The swimming strokes peculiar to humans and apes might be the result of an earlier adaptation to an arboreal life.

For many years, zoos have used water moats to confine chimpanzees, gorillas or orangutans. When apes ventured into deep water, they often drowned. Some argued that this indicated a definitive difference between humans and apes: people enjoy the water and are able to learn to swim, while apes prefer to stay on dry land.

But it turns out that this distinction is not absolute. Renato Bender, who is working on a PhD in human evolution at the School of Anatomical Sciences at Wits University, and Nicole Bender, who works as an evolutionary physician and epidemiologist at the Institute of Social and Preventive Medicine at the University of Bern, have studied a chimpanzee and an orangutan in the US. These primates were raised and cared for by humans and have learned to swim and to dive.

'We were extremely surprised when the chimp Cooper dived repeatedly into a swimming pool in Missouri and seemed to feel very comfortable,' said Renato Bender.

To prevent the chimp from drowning, the researchers stretched two ropes over the deepest part of the pool. Cooper became immediately interested in the ropes and, after a few minutes, he started diving into the two-meter-deep water to pick up objects on the bottom of the pool. 'It was very surprising behavior for an animal that is thought to be very afraid of water,' said Renato Bender. Some weeks later, Cooper began to swim on the surface of the water.

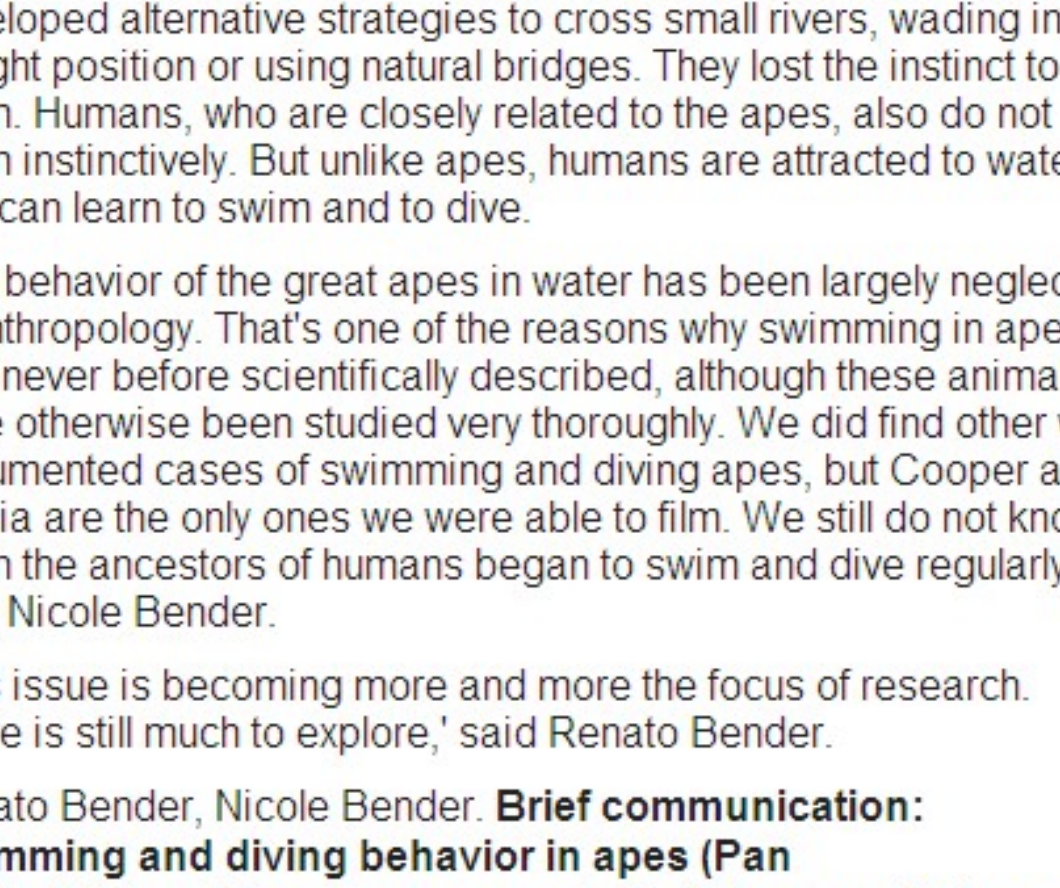
The orangutan Suryia, who was filmed in a private zoo in South Carolina, also possesses this rare swimming and diving ability. Suryia can swim freely up to twelve meters.

Both animals use a leg movement similar to the human breaststroke 'frog kick'. While Cooper moves the hind legs synchronous, Suryia moves them alternatively. The researchers believe that this swimming style might be due to an ancient adaptation to an arboreal life. Most mammals use the so-called dog-paddle, a mode of locomotion that they employ instinctively. Humans and apes, on the other hand, must learn to swim. The tree-dwelling ancestors of apes had less opportunity to move on the ground. They thus developed alternative strategies to cross small rivers, wading in an upright position or using natural bridges. They lost the instinct to swim. Humans, who are closely related to the apes, also do not swim instinctively. But unlike apes, humans are attracted to water and can learn to swim and to dive.

'The behavior of the great apes in water has been largely neglected in anthropology. That's one of the reasons why swimming in apes was never before scientifically described, although these animals have otherwise been studied very thoroughly. We did find other well-documented cases of swimming and diving apes, but Cooper and Suryia are the only ones we were able to film. We still do not know when the ancestors of humans began to swim and dive regularly,' said Nicole Bender.

'This issue is becoming more and more the focus of research. There is still much to explore,' said Renato Bender.

Renato Bender, Nicole Bender. **Brief communication: Swimming and diving behavior in apes (Pan troglodytesandPongo pygmaeus): First documented report.** American Journal of Physical Anthropology, 2013; DOI: 10.1002/ajpa.22338 Swimming ape. (Credit: Image courtesy of Wits University)



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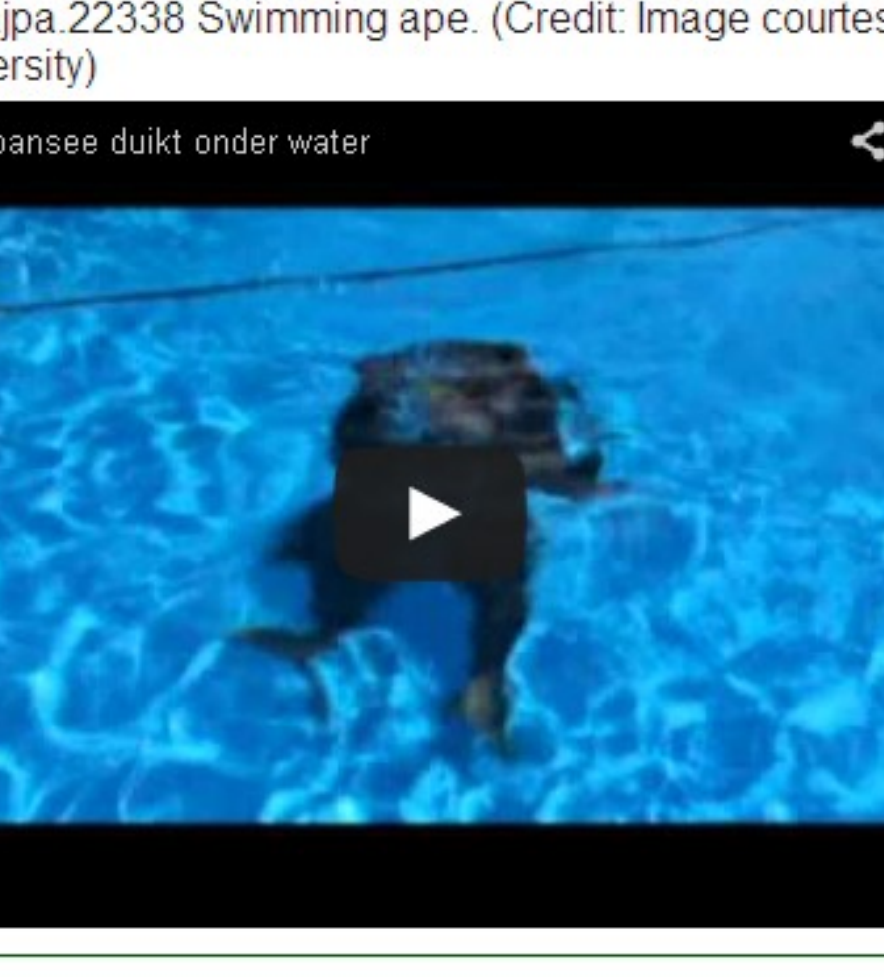


Pittwater Online News

August 18 - 24, 2013: Issue 124

Old Books: August 2013 - read in full here: online!

Sailing Alone Around the World - by Joshua Slocum -1900: Joshua Slocum was the first man to sail around the world alone in a small boat.

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

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

Green Wing Press - The Red Light of Palm Beach

It is with great joy, and at least one small leap into the air, that we announce the launch of Green Wing Press Pty. Ltd, the hard copy publishing arm of which Pittwater Online News is now a subsidiary.

To commence this 'branch' of our ever expanding passion to create and share permanent records of our stories, we have the very great privilege of announcing the first book we will sell is Jervis Sparks's *'The Red Light Of Palm Beach'*.

Bridget and Jervis are doing well in Queensland and we know a lot here miss them. We will bring you more news soon... Jervis has kindly consented to allowing us to run a Profile on him in October and there is a lot to talk of there !

Copies may be purchased for a minuscule $25.00 by contacting us at greenwingpress@live.com.au and providing your details. Please put 'Red Light of Palm Beach' in your subject heading and provide details of a delivery or postage address. Once payment is confirmed you will own your own copy of this great book. You can also post a cheque/money order to the office; 724 Barrenjoey Road, Avalon, 2017, if this works better for you.

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

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

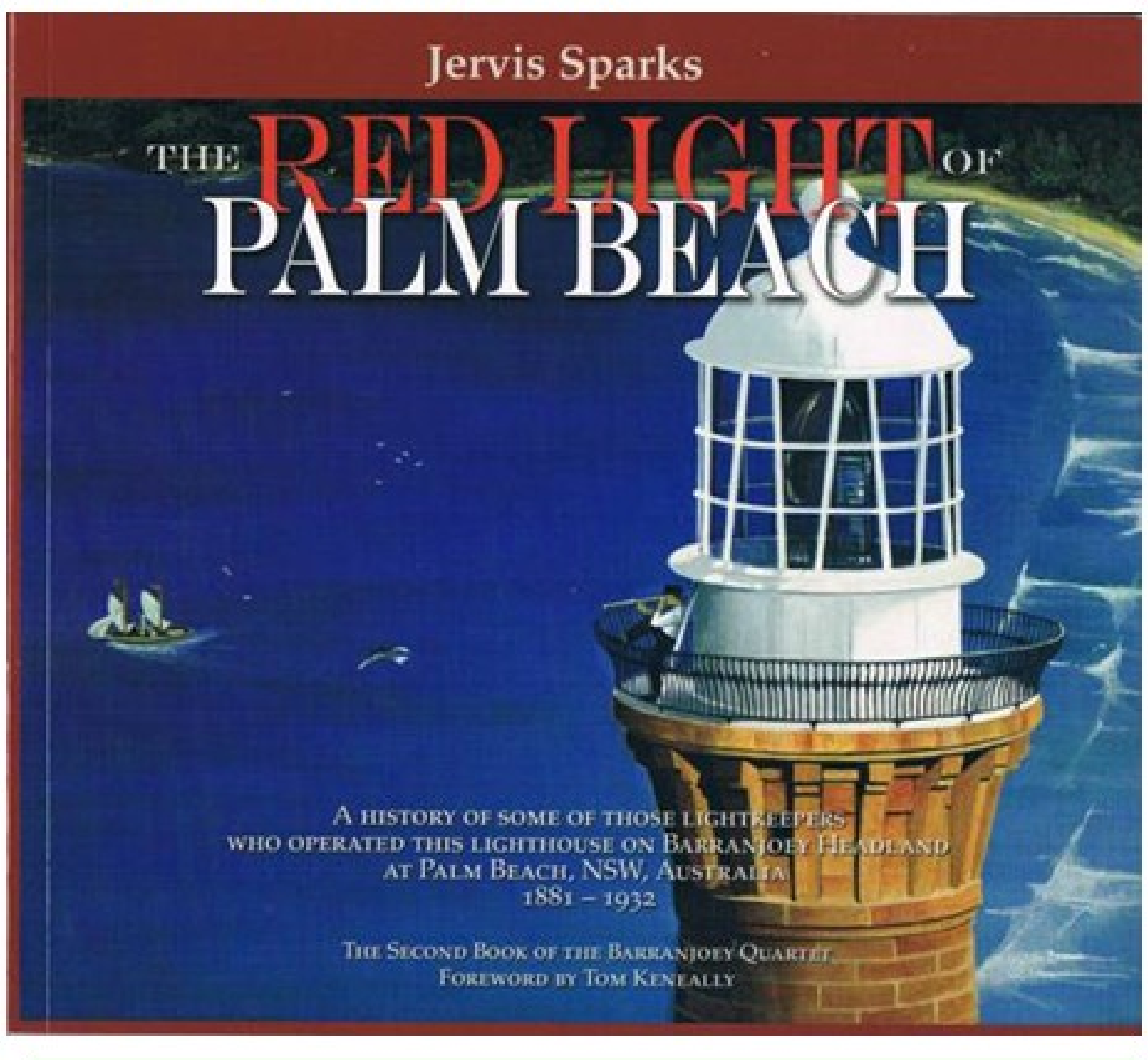
We would like secondly, as requested by so many of you, to publish a hard copy of the stories from Pittwater Online News you want to hold in your hand and curl up under a shady tree to enjoy and we're still running the whole shebang on pure willpower alone, so let us find our feet in this first.

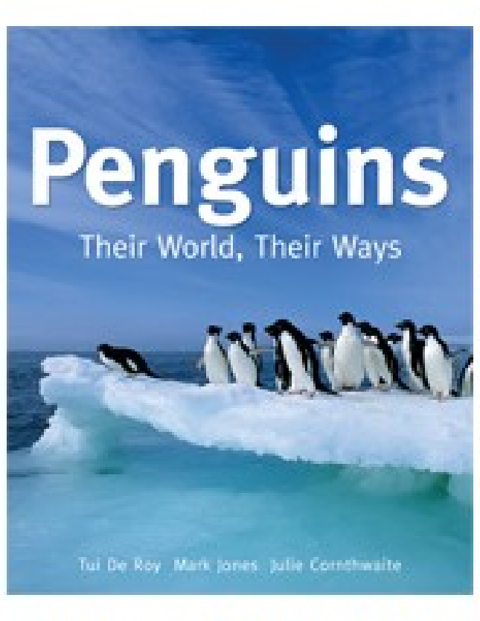
kind regards,

A J Guesdon, Editor.

Above: Recent photo of Bridget and Jervis.

UPDATE: We have placed some copies of The Red Light Of Palm Beach at Barrenjoey Boating Services, at The Boat House, Palm Beach where you can buy them after a yummy breakfast or lunch.


Jervis Sparks
THE RED LIGHT OF PALM BEACH
A history of some of those lightkeepers who operated this lighthouse on Barranjoey Headland at Palm Beach, NSW, Australia 1881 – 1932
The Second Book of the Barranjoey Quartet
Foreword by Tom Keneally

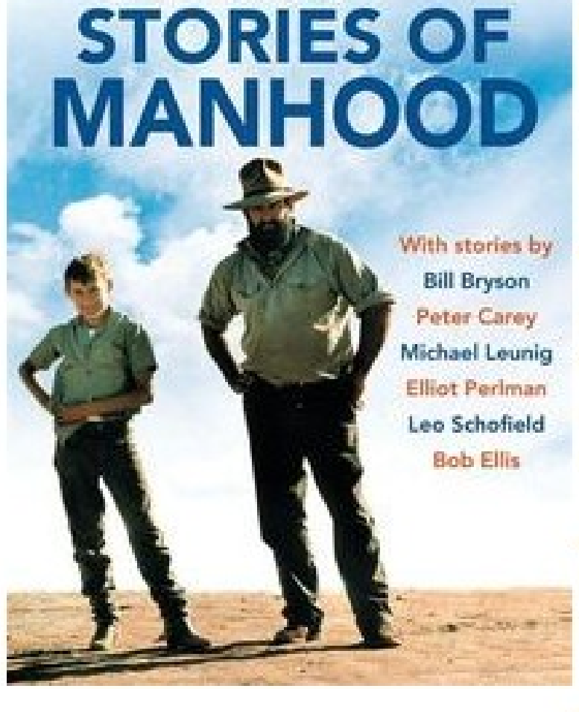


Penguins- Their World, Their Ways by Tui De Roy, Mark Jones, Julie Cornthwaite - August 2013, $ 49.95

Penguins are, perhaps, the most loved of birds. We've been fascinated by them for just about as long as we've known they existed. When penguins are on land, their actions appear to us so humorous and expressive that we can be excused for thinking we understand them perfectly, identifying with what looks like moods and foibles similar to our own. Little do we realise that their private life is as complex and mysterious as that of any wild animal or that the bulk of their existence — in terms of time, space and survival skills — takes place very far from our prying eyes, hidden beneath the ocean waves.

While a few types of penguins are relatively well-known — thanks to zoos, books, films and select travel destinations — not everyone realises the family is represented by 18 species (or even 19, depending on the taxonomy used). Those with retiring personalities or nocturnal habits tend to remain overlooked and rarely photographed. Likewise for species restricted to distant islands, for example the Snares and Erect-crested penguins of the New Zealand Subantarctic, or the extravagantly plumed Northern Rockhopper found on Tristan da Cunha and other isolated islands of the southern Atlantic and Indian oceans.

Many of the extraordinary facets of penguin life are only just being revealed. This book is the first to comprehensively cover all of the 18 penguin species in an engaging blend of accessible writing, the latest scientific research and over 400 breathtaking photographs.



Stories Of Manhood by Steve Biddulph $19.99

In this thought-provoking and moving collection of stories, best-selling author Steve Biddulph brings together an eclectic range of stories of men's experiences. Written with raw honesty, insight and humour, these stories reflect the often hidden, emotional depths of men as they face the ups and downs of life.

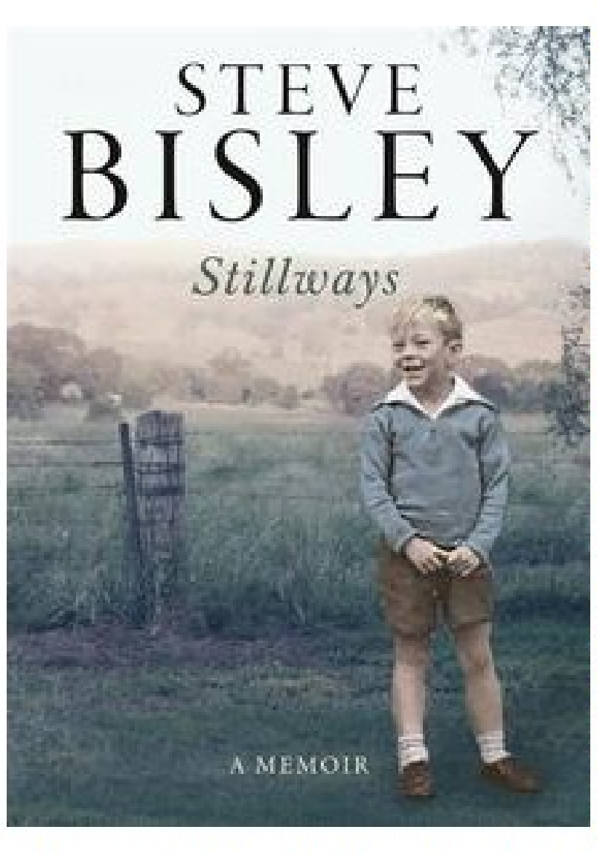
An international best-selling author looks back on a loss he ran away from

A widowed father learns to overcome his grief and demonstrate to his sons how to love again

A man cares for his ageing father while living on a remote island in Bass Strait

A young father has to choose between his sick daughter and the wrath of his boss

A soldier reflects on his experiences in East Timor. **Available 01/08/2013.**



Stillways by Steve Bisley $27.99

From one of Australia's favourite actors comes a classic memoir of an Australian childhood in the sixties. Young Steve was a larrikin, happy-go-lucky, resilient kid, coming of age in a simpler time. Growing up on a farm cut from virgin scrub at the end of a lake, a farm called Stillways, Steve daydreamed about cars and escape. His story is about him heroworshipping his older brother with Brylcreem in his hair; going to school as a young kid with bus money knotted into a hanky and clutching his Globite schoolcase; fighting bullies at school and dreaming about girls; being amazed at the first television in town; remembering where he was when Marilyn Monroe died... But there's a darker thread running through the story: the father who'd take out his frustrations by savagely belting his young children; a struggling mother who'd do anything to protect her kids; a young boy irrevocably marked by his father's anger.

Endearing, funny, honest and unflinching--this memoir will become an Australian classic. **Available 01/08/2013**

Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

Avalon Library Hours

Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

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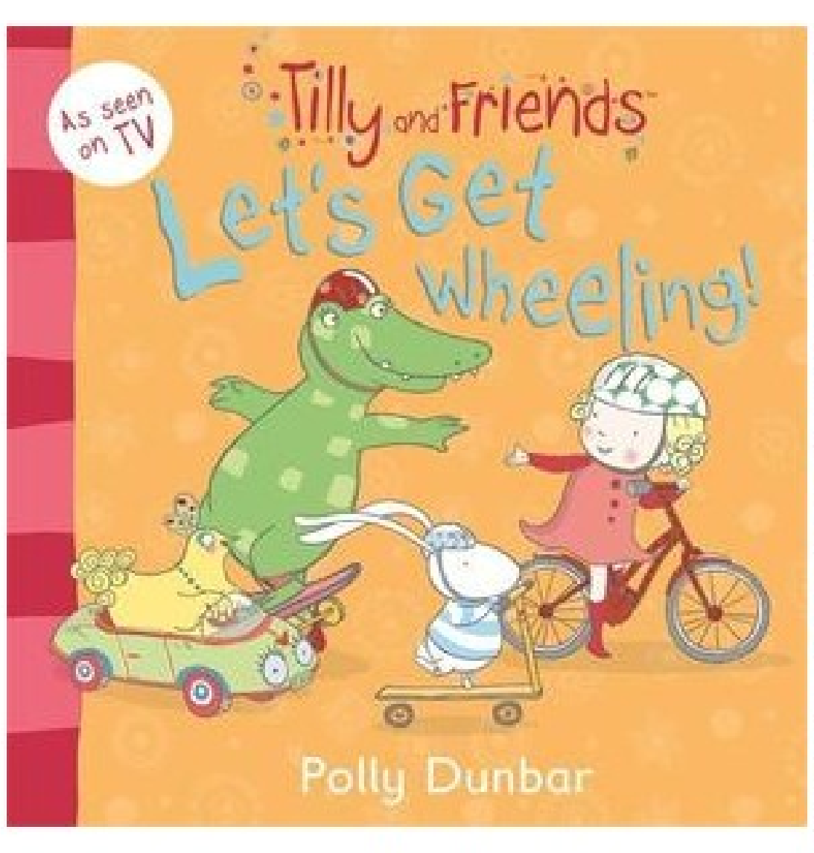
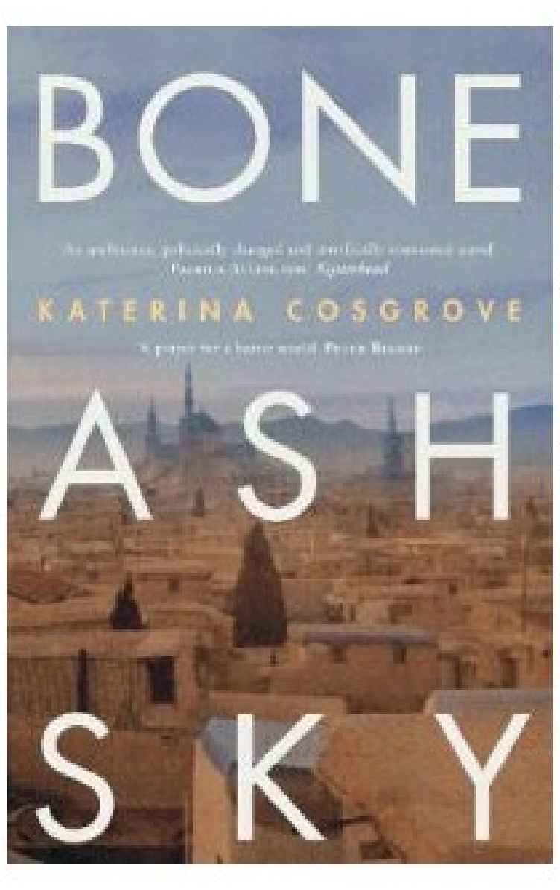
For Children:



Tilly And Friends - Let's Get Wheeling! by Polly Dunbar $9.99

From inspired picture-book creator Polly Dunbar, this televised series follows the escapades of Tilly and her friends. Tilly's tricycle is too small for her, but it's a perfect fit for Hector. There's a toy car for Pru, a skateboard for Doodle, a scooter for Tiptoe, and Tumpty has a smart set of wheels on his four roller-skates! Everyone's having wheelie good fun - but why isn't Tilly riding her new red bike? The friends soon realize that Tilly might need a helping hand to get started on two wheels so that she can join in with the wheelie day too. Tilly and Friends is currently airing on CBeebies, with 52 episodes in the series. Utterly charming artwork, delicious palette, gentle humour and winsome characters have deservedly made this a series of winners. Pre-order now! **Available 01/08/2013.**

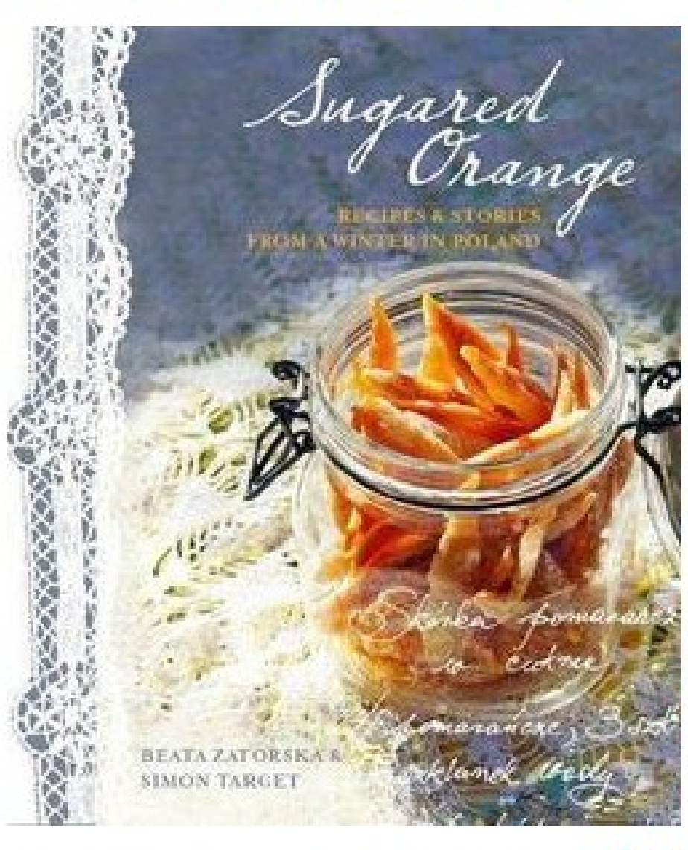


BONE ASH SKY, the sweeping story of an American journalist who goes home to unravel four generations of war and genocide, love and renewal, in Turkish Armenia and modern-day Lebanon, by local writer Katerina Cosgrove was released on May 1st

You can read the first chapter here. Why not put your feet up and get ready to be transported away? See: https://bitly.com/

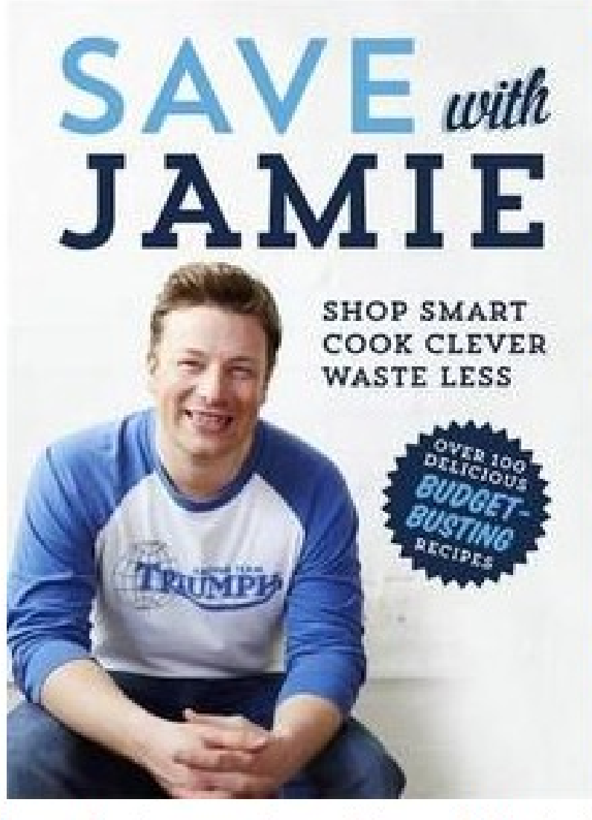
Profile HERE

ABC Books - August 2013



Sugared Orange by Beata Zatorska $49.00

Continues Beata's touching story of a childhood in rural Poland, with 50 new recipes. This beautiful memoir/cookbook includes the food, festivals and Christmas traditions that sustain Poles through long, cold winters - from St Nicholas Day to the vigil of Christmas Eve and the mid winter revelry of a Sylwestern New Years Eve ball.Pre-order now! **Available 06/08/2013**.



Save With Jamie by Jamie Oliver $49.99

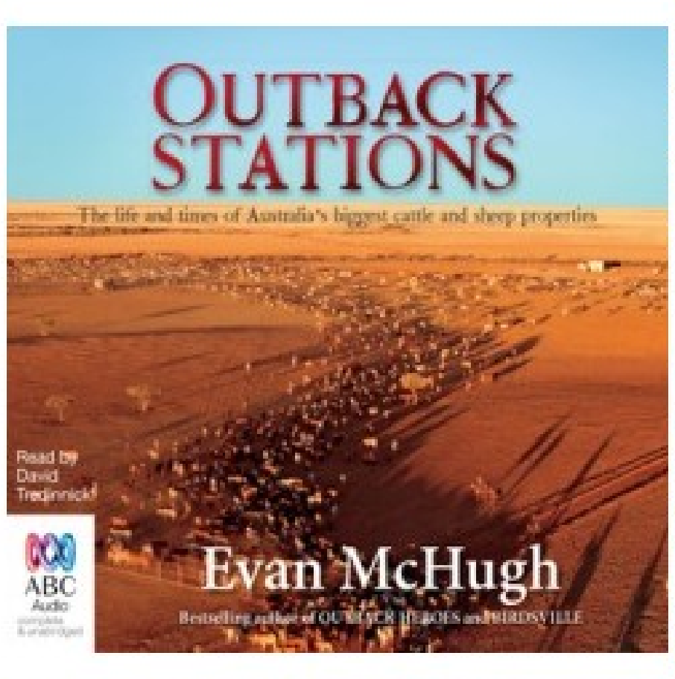
Save With Jamie Shop Smart Cook Clever Waste Less - Jamie gets the nation cooking clever, shopping smart and wasting less with his new cookbook, Save with Jamie.

This year, I've got the message loud and clear that as everyone comes under bigger and bigger financial pressure, they want help to cook tasty, nutritious food on a budget - so this book was born completely out of public demand. Save with Jamie draws on knowledge and cooking skills to help you make better choices, showing you how to buy economically and efficiently, get the most out of your ingredients, save time and prevent food waste.

And there's no compromise - I'm talking big flavours, comfort food that makes you happy, and colourful, optimistic dishes. Our biggest luxury is knowledge, whether times are hard or not, so get kitchen smart and smash the recession.

Jamie Oliver started cooking at his parents' pub, The Cricketers, in Clavering, Essex, at the age of eight. His television and publishing career began in 1999 with The Naked Chef series. Since then he has set up Fifteen restaurant in London, changed school dinners in the UK and revolutionized home cooking.

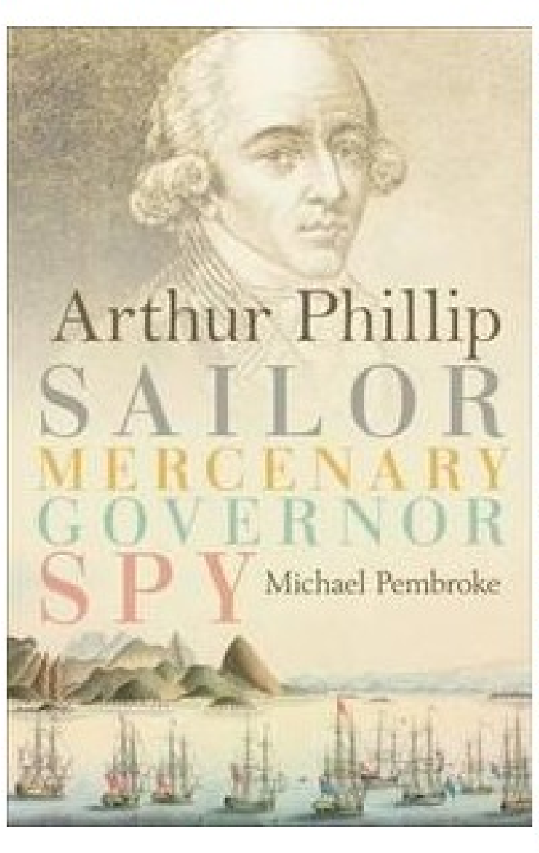
His charity, The Jamie Oliver Foundation, seeks to improve people's lives through food. He writes for publications in the UK and around the world, including his own Jamie Magazine. Jamie lives in London and Essex with his wife Jools and their children. **Pre-order now! Available 29/08/2013.**



Outback Stations - The life and times of Australia's biggest cattle and sheep properties by Evan McHugh $39.99

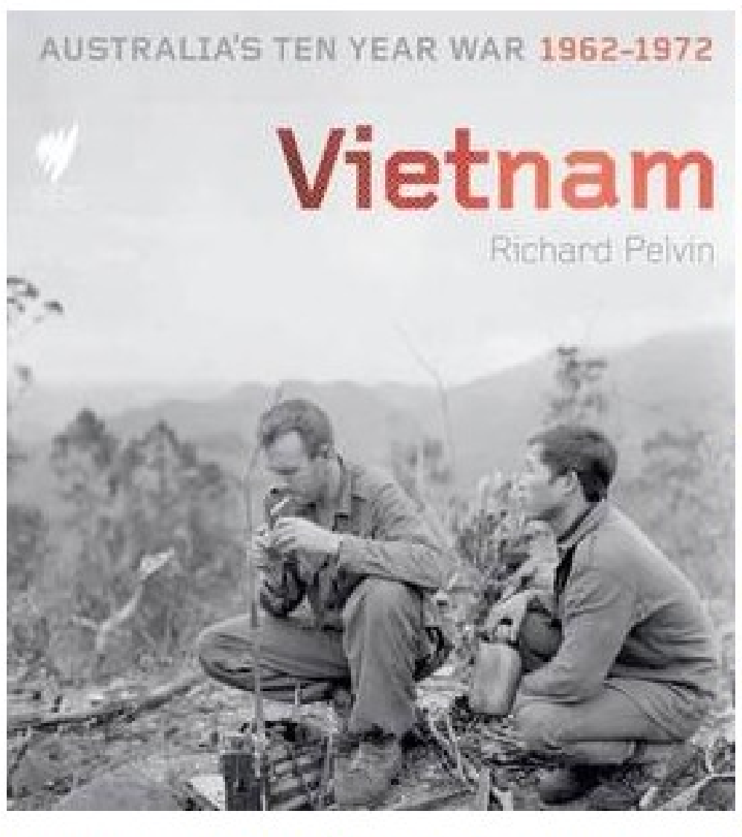
This is big country, the outback, home to the largest cattle and sheep stations in the world. So what's life really like when next door is 500 kilometres away, and mustering livestock in their tens of thousands, backbreaking physical labour, and dealing with extreme heat and long hours is all in a day's work? And why would these tough stockmen and women not have it any other way?

Bestselling author Evan McHugh gets into his four-wheel drive to find out. Given special access to these properties, Evan goes behind the scenes in the dead heart of Central Australia. Following in the footsteps of the pioneering greats, Evan reveals the fascinating history of these outback stations, and what it takes to work on one today. Pre-order now! **Available 01/08/2013.**



Arthur Phillip - Sailor, Mercenary, Governor, Spy by Michael Pembroke $45.00

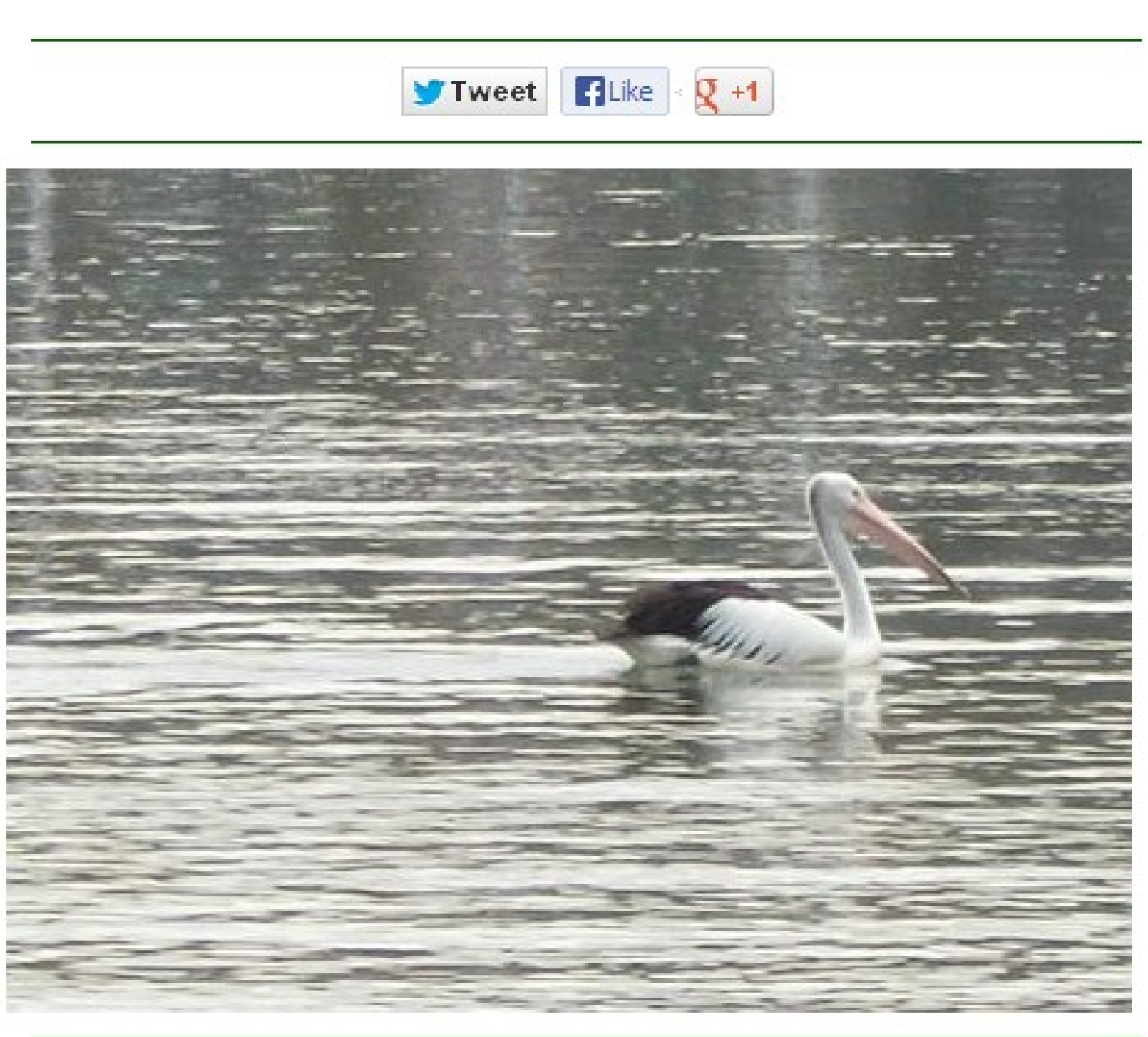
Arthur Phillip was a career soldier, a mercenary and a spy for the British Empire long before he captained the First Fleet and founded Sydney. Through meticulous research, Michael Pembroke has discovered the amazing story behind Australia's first Governor, Arthur Phillip. The story of Phillip's life takes us through wars with Spain and France, battles, court martials, and the taking of Havana from the Spanish. In his 20s he married a wealthy widow (with a pre-nup agreement) and briefly became a gentleman farmer. The marriage ended in divorce, before such a thing existed in England, but Phillip then became a successful merchant in France and likely spy for England. In 1774 he became a paid mercenary for the Portuguese navy at the behest of the Admiralty u his enemy again was Spain but now in South America. Upon his return to London some years later, the revolution in the American colonies triggered another war with France and then Spain as well. England faced the possibility of its first invasion since 1588 and Phillip became the commander of a 74 gun ship with a crew of 600 men defending the channel. Phillip is revealed to have undertaken secret missions for the Admiralty throughout his career and perhaps was among the first to be a part of the Secret Service. And finally it is revealed that the establishment of the colonies in New South Wales were an extension of Phillips work for England. A trusted and strategic thinker who would make sure that England ruled the waves. Pre-order now! **Available 01/08/2013.**

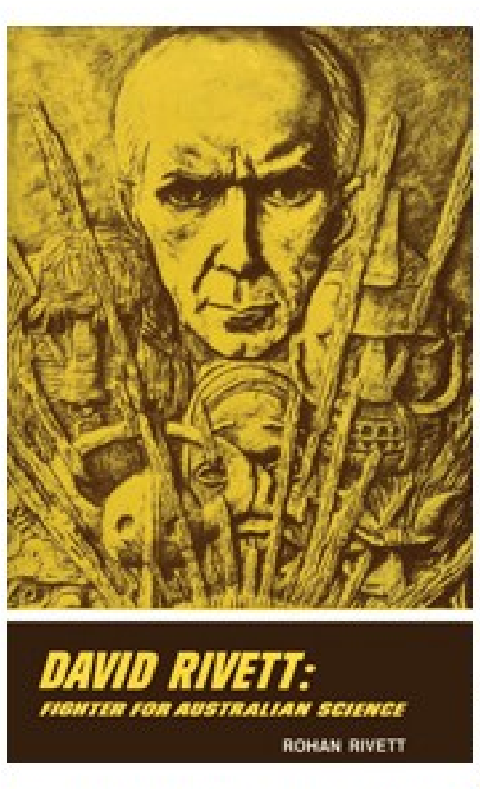


Vietnam - Australia's Ten Year War 1962-1972 by Richard Pelvin $39.99

Over 300 rarely seen photographs, pamphlets, letters, newspaper excerpts and diary entries bring the story of the Vietnam War to life including the famous Battle of Long Tan. An intimate portrayal of the very human side of battle, it covers the debate over National Service, the television media coverage, and reflects on the war's aftermath. The Vietnam War was Australia's longest overseas active service commitment and had the third greatest number of battle casualties. A remarkable record of Australia's involvement in one of the most controversial and divisive wars of the 20th century. Pre-order now! **Available 01/08/2013.**

Tweet Like +1





David Rivett - Fighter for Australian Science by Rohan Rivett, 238 pages. Publisher: CSIRO PUBLISHING **FREE DOWNLOAD**

Sir David Rivett was an Australian chemist and Chief Executive Officer of CSIR between 1927 and 1945. He became Chairman from 1945 to 1949, retiring when CSIR was reorganised and became CSIRO.

Because of Sir David's unique contributions to many fields of science and his efforts directed towards CSIR's early development, CSIR became Australia's major research agency. In April 1961 the Prime Minister of Australia, Sir Robert Menzies, commenting on the death of Rivett, said: 'David Rivett was one of the greatest Australians of our time. He combined an absolute first class mind and great scientific attainments with a generous outlook and a quiet, but pervading, enthusiasm. Scientific research in Australia owes a great deal to him'.

The international scientific journal Nature in its issue of June 10, 1961, said that Rivett was 'a man who had contributed perhaps more than any other to the present healthy state of Australian science. ... Rivett and his colleagues contrived, in a country woefully weak in research, to create an atmosphere in which it could flourish... Once one had gained his confidence he was a magnificent friend and backer; he believed in delegating responsibility and with it any credit that accrued, but in times of adversity he it was who wished to shoulder the blame'.

This is an eBook version of the hardback originally published in 1972.

August 18 - 24, 2013: Issue 124

Fathers Day
Sunday 1 September 2013
BREAKFAST LUNCH & DINNER
in the Quarterdeck Brasserie
Open from 8am for Breakfast
Open from 12.30pm for Lunch & Dinner
Bookings essential on 9997 5511
CARVERY BUFFET LUNCH WITH DESSERT
in the Top Deck Dining Room
12.00pm to 2.30pm
Adults: $48pp Kids u12: $20pp
All dad's receive a free glass of Carlton Draught!
Bookings essential on 9997 5511
www.royalmotor.com.au
www.facebook.com/rmycbb

Photography Exhibition & Book Launch of Sydney Youth Orchestras:
PICTURING THE ORCHESTRAL FAMILY
By DAWNE FAHEY
SUNDAY 18 AUGUST, 1PM
UPPER CONCERT HALL FOYER
THE CONCOURSE, CHATSWOOD
RSVP to marketing@syo.com.au by Friday 9 August

GRACEFUL AGEING ONLINE WORKSHOP

Sessions over 3 Tuesdays — 3rd, 10th & 17th September 2013

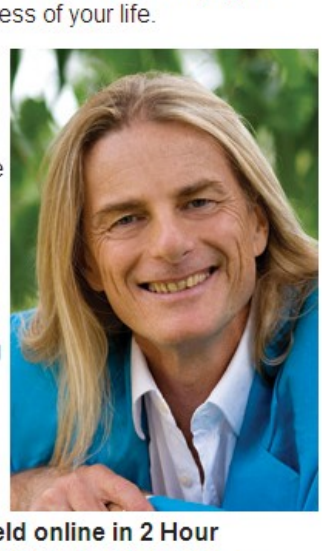
In this *NEW* workshop with Australian Bush Flower Essences Founder, Ian White, you will learn strategies, latest research and philosophies to address the major life, health and spiritual issues from age 50 onwards.

This will include topics such as:

physical limitation, movement and co-ordination; digestion; sleep; sexuality; spirituality; releasing negative beliefs around your health and longevity; career and retirement; exercise; family issues; common health issues of older people; confronting one's mortality; living alone; death of a spouse; moving into and adjusting to a retirement or nursing home;

And so much more invaluable information and tips to live your life more gracefully.

You can't change your chronological age but you can change your biological age and the quality and richness of your life.



There is no prerequisite to register for this unique workshop — only your desire to discover more about yourself, ageing gracefully and the Australian Bush Flower Essences directly from the founder, Ian White.

Ian has been making the Bush Essences for just on 30 years and practising as a naturopath for over 35 years, as a 5th Generation Herbalist. Spending time with Ian, a world-leading expert in this field, will gain you access to rare and invaluable knowledge you won't find anywhere else, as well as the chance to share Ian's insights and passion for the Bush Essences.

When & Where: The event will be held online in 2 Hour Sessions over 3 Tuesdays — 3rd, 10th and 17th September 2013

Sessions will run live 7.30pm to 9.30pm AEST** (If you can't make the live sessions, they will be recorded and available afterwards.)

Once registered, we will email you with your personal log-in details to access our secure site and join the workshop at the specified times. All you need is a computer, basic headset (or you can use your computer's speakers) and a decent internet connection.

Contact: (for more information and to book your place) ; Sharon Selvage

Phone +61 (0)2 9450 1388 (AEST** business hours)

Email: uschi@ausflowers.com.au

Cost: AUD $199.00

**If you are not operating at Australian Eastern Standard Time (AEST), you will need to check the difference in times. To convert your local time, go to: http://www.thetimezoneconverter.com.

45 Booralie Road, Terrey Hills NSW 2084

Tel: +61 2 9450 1388 Fax: +61 2 9450 2866
Email: uschi@ausflowers.com.au Website: www.ausflowers.com.au

Pregnancy & Birthing

Attend our Pregnancy and Birthing Workshop from the comfort of your own home. Learn how the Bush Essences can help during pregnancy, birthing and early motherhood.

This new workshop explores each phase of the journey of pregnancy and birthing in detail, from pre-conception all the way through to 3 months after the birth. Our aim with this workshop is to show pregnancy and birthing in a positive manner, as a normal healthy process and an exciting and joyful time for parents and families. This workshop shows how pregnancy and birthing can be intimate for a couple as well as a source of deep feminine empowerment. Valuable information is shared to help you to more fully appreciate and support this process in a wholistic manner.

Whether you are pregnant or planning to be, or you are a birth attendant or a professional health practitioner, you will gain fresh insights into pregnancy and birthing, along with the knowledge to choose and use the correct Bush Essences during this time.

We explore the emotional and spiritual journey through pregnancy and birthing, including:

Pre-Conception Preparation; Conscious conception; Pregnancy; Birthing; Bonding; Early motherhood/fatherhood; Breastfeeding

You do not need to have attended any other ABFE workshop to enrol.

Presenter: Linn Wiggins, our Senior Lecturer, who has over 20 years experience using the Bush Essences, including within her own naturopathic clinic which specialises in the natural treatment of women and children.

When & Where: The event will be held online as 4 x 2 hour sessions over four Mondays in September — **2nd, 9th, 16th and 23rd September 2013.**

Sessions will run Live from 9.30am to 11.30am AEST.**

(If you can't make the Live sessions, they will be recorded and available for you to view and listen to afterwards.)

Once registered, we will email you with your personal log-in details to access our secure site and join the workshop at the specified times. All you need is a computer, basic headset (or you can use your computer's speakers) and a decent internet connection.

Contact: (for more information)

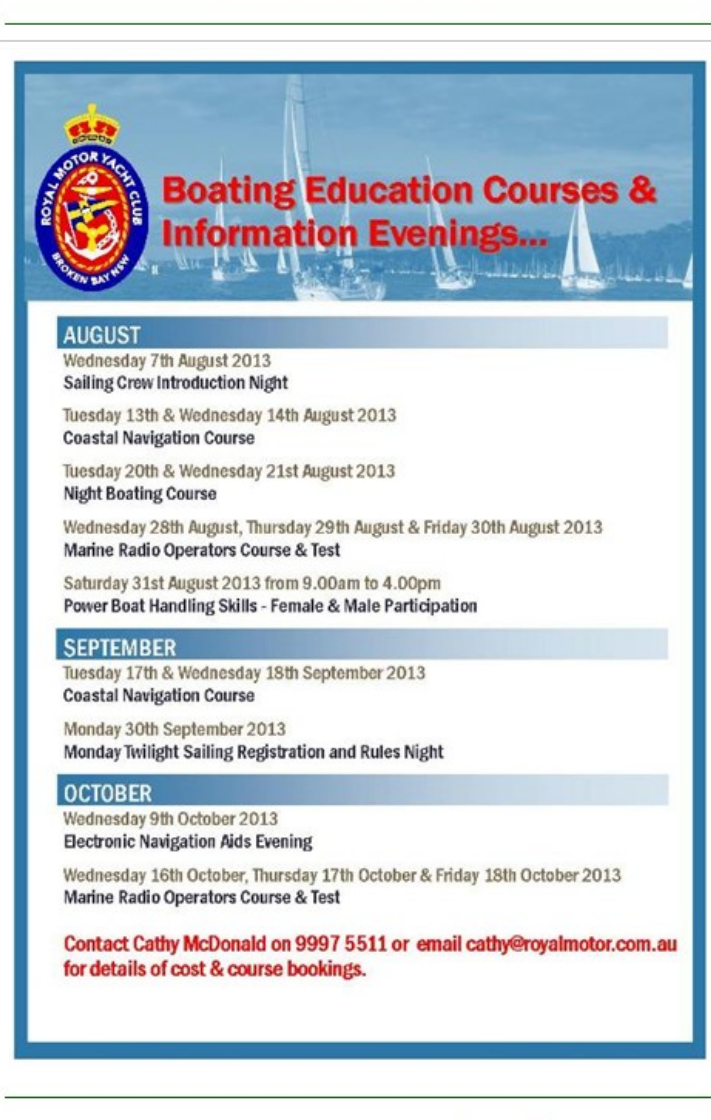
Linn Wiggins: Email: village.herbals@gmail.com . Tel: 0488 217 524

To enrol via our secure automated booking and payment agency click here.

Cost: AUD $175.00 if pre-paid by 23rd August 2013 (or AUD $199.00 thereafter)

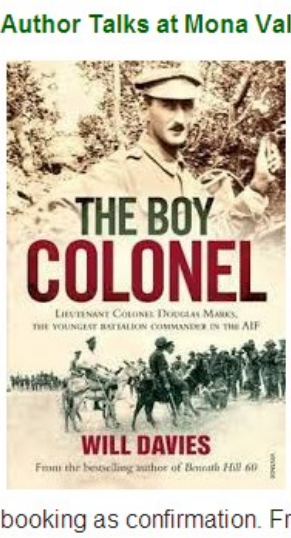
Discounts are available if you wish to attend 2, 3 or 4 on-line workshops with Linn. Please contact her for further details.

AUSTRALIAN BUSH FLOWER ESSENCES®


Boating Education Courses & Information Evenings...
AUGUST
Wednesday 7th August 2013
Sailing Crew Introduction Night
Tuesday 13th & Wednesday 14th August 2013
Coastal Navigation Course
Tuesday 20th & Wednesday 21st August 2013
Night Boating Course
Wednesday 28th August, Thursday 29th August & Friday 30th August 2013
Marine Radio Operators Course & Test
Saturday 31st August 2013 from 9.00am to 4.00pm
Power Boat Handling Skills - Female & Male Participation
SEPTEMBER
Tuesday 17th & Wednesday 18th September 2013
Coastal Navigation Course
Monday 30th September 2013
Monday Twilight Sailing Registration and Rules Night
OCTOBER
Wednesday 9th October 2013
Electronic Navigation Aids Evening
Wednesday 16th October, Thursday 17th October & Friday 18th October 2013
Marine Radio Operators Course & Test
Contact Cathy McDonald on 9997 5511 or email cathy@royalmotor.com.au for details of cost & course bookings.

PITTWATER COUNCIL

Author Talks at Mona Vale Library - Will Davies

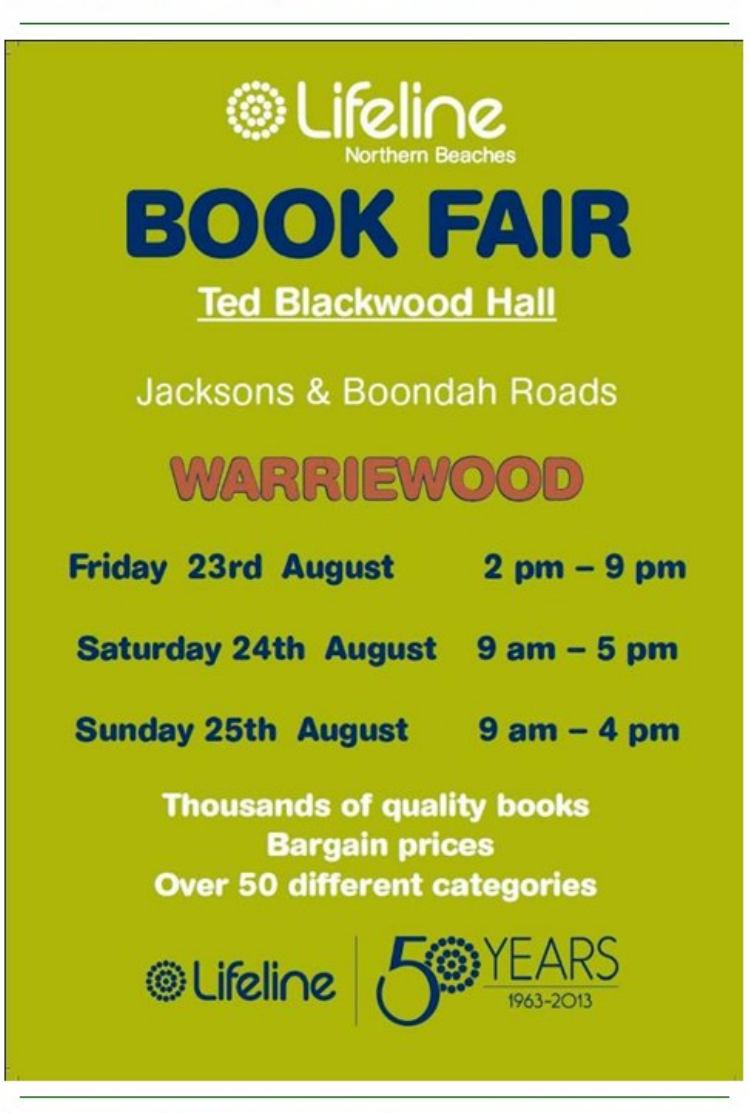


Will Davies speaking about "The Boy Colonel" - **20th Aug 2013, 6.30pm - 8pm**

On 25 January, 1920 at Palm Beach, Douglas Gray Marks went into the surf and attempted to save a young woman. He never came out. This was the sad and tragic fate of a gallant, highly decorated and promising young man, known as the "Boy Colonel". It was a great loss to a nation whose manhood had been decimated and where the pain of the war remained evident and raw.

Bookings: essential tel. 9970 1600, cost $8/$6 concession, card must be shown. Payment required within 3 days of booking as confirmation. Free for school students.

Venue: Mona Vale Library Contact: Catherine Buddin tel. 9970 1600


Lifeline Northern Beaches
BOOK FAIR
Ted Blackwood Hall
Jacksons & Boondah Roads
WARRIEWOOD
Friday 23rd August 2 pm – 9 pm
Saturday 24th August 9 am – 5 pm
Sunday 25th August 9 am – 4 pm
Thousands of quality books
Bargain prices
Over 50 different categories
Lifeline 50 YEARS 1963-2013

Soho Galleries present
GHOSTS of CALEDONIA
new work by Annette Lodge
10-30 August 2013
This body of work is a response to a recent time I spent in Scotland in the winter. The land seemed steeped in the possibility of specters and veiled by dark histories.
Please join us at the preview opening Saturday August 17 from 5pm - 8 pm
SOHO
Corner of Crown & Cathedral Sts
Sydney NSW Australia
(612)9326 906
art@sohogalleries.net

Pittwater Camera Club

More at: Profile and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday August 19
Mastering Textures in Images is the title of tonight's presentation by Christine Nelson. Free for visitors to the club

Monday September 2
The ever popular Len Brown will be our guest judge tonight and the competition topic will be 'Food'. This should be a delicious evening. Free for visitors to the club.

Monday September 16
'It's All About The Light' is the subject of this 'Hands On' workshop. With various lighting means, including soft boxes and other lighting forms we will be learning how to take better images with the use of directional lighting. We will have photographic models on the night so we can practice along with our tutors. This promises to be a great learning curve for us all. And as always it is, free for visitors to the club.

Monday October 14
Our members have been given the very hard task of capturing time – without including clocks or other timepieces. Gavin Roberts will determine the winner of this novel competition. Free for visitors to the club.

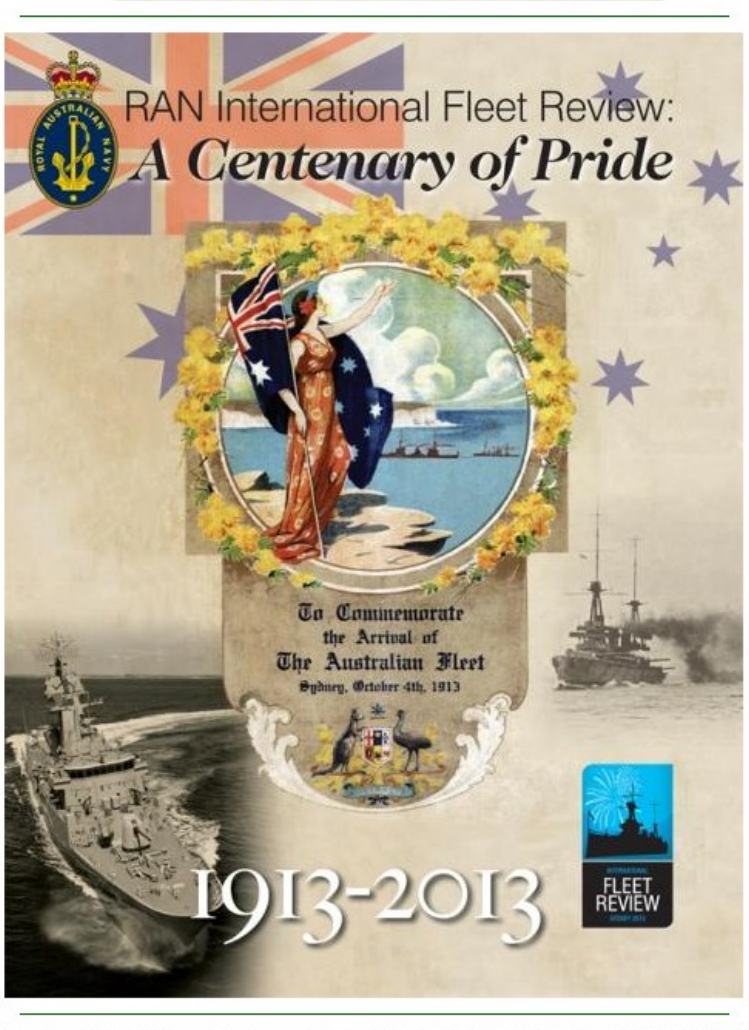
Monday October 28 – TBA

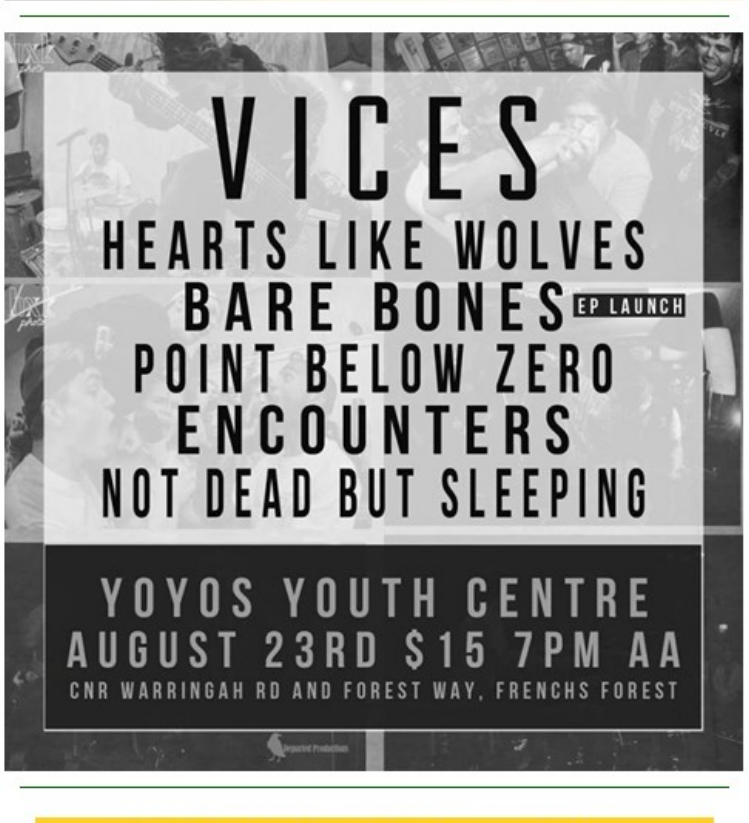
November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

Saturday 7Sept, 2013
ROCK THE VOTE
1 MicRo
2 MicRo
1 MicRo
2 MicRo
3 MicRo
VOTE 1
MICRO AT NARRABEEN RSL
Free entry.
Try the new LAGUNA Grill
JOIN THE ROCK PARTY

The BIG SING
Community Singing Group
Bringing your inner voice out!
Every Tuesday at 10am and every Wednesday at 7pm
Avalon Community Centre
$10 per session
For adults who can sing, can't sing, want to sing, have never sung but want to have a go, think they can sing, sing in the shower, love a laugh and a sing, young or old or somewhere in between, and love to socialise!!
Deeper breathing and singing are known to help us feel much more connected, free and happy. It's good for the heart and soul so come and join with your community and start or end your day with a BIG SING!
Classes are directed by Samantha Shaw, vocal coach on Ch 10's "I Will Survive" and West End performer.
Contact Sam on 0401 343 569 or sammeeshaw@gmail.com


RAN International Fleet Review:
A Centenary of Pride
To Commemorate the Arrival of The Australian Fleet
Sydney, October 4th, 1913
1913-2013
FLEET REVIEW


VICES
HEARTS LIKE WOLVES
BARE BONES EP LAUNCH
POINT BELOW ZERO
ENCOUNTERS
NOT DEAD BUT SLEEPING
YOYOS YOUTH CENTRE
AUGUST 23RD $15 7PM AA
CNR WARRINGAH RD AND FOREST WAY, FRENCHS FOREST

WIN! ONE OF TEN FANTASTIC CRIME & MAYHEM PRIZE PACKAGES
EXHIBITION ON NOW
CITY OF SHADOWS
INNER CITY CRIME & MAYHEM 1912-1948

Justice & Police Museum, Cnr Albert and Phillip Streets Circular Quay Circular Quay 2000 . Between Saturday 29 June 2013 and Saturday 31 May 2014: Open Weekends Only: 10am-5pm: Adult: $10; Children: $5; Senior: $5

Lighthouse larks FAMILY FUN DAY

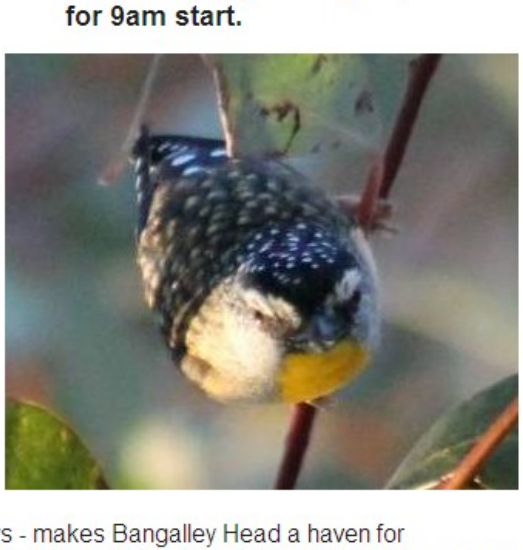
LIGHTHOUSE LARKS! FAMILY FUN DAY! - Sunday 18 August from 11.00 to 15.00

Celebrate International Lighthouse Weekend at the museum! Activities include Storytelling sessions, Family-friendly tours and film screenings. Or enjoy Kids on Deck, with creative crafts inspired by the Cape Bowling Green Lighthouse and our Lightship Carpentaria.

Australian National Maritime Museum, 2 Murray Street Darling Harbour. Cost: Included in museum entry.
http://www.anmm.gov.au/kids

PITTWATER COUNCIL

Bangalley Headland Walk - Sunday 25 August, 8:50am for 9am start.



Join us for a relaxing morning walk taking in the beautiful views and coastal bushland of Bangalley Head. Bangalley Head stands as the highest point and one of Pittwater's largest bushland reserves on its clifftop coast line. This - together with the great variety of native plants in the reserve and beautiful ocean views - makes Bangalley Head a haven for bushwalkers and wildlife alike. Native birds and marsupials - such as ringtail possums, honeyeaters, spinebills, finches and wrens - feed, breed and shelter among the dense thickets of coastal scrub and pockets of rainforest plants. Small animals including the long-nosed bandicoot and elusive geckoes shelter in rock overhangs and crevices, or in dead logs in the eucalypt forest. Lizards and snakes sun themselves lazily on the open rocky platforms, although always wary of any hungry kestrels that may be soaring overhead.

A fun event for all the family.

When: Sunday 25 August, 8:50am for 9am start. Where: Bangalley Headland Track. **Meet at Marine Parade (North Avalon), entrance to Bangalley Head Walking Track.** Bring: Sturdy walking shoes, hat, sunscreen, morning tea/snack, water/drink, insect repellent, camera (optional), field guides (optional). Bookings Essential! Online - www.pittwater.nsw.gov.au/cecbookings. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen Phone: 1300 000 232 (Reception - Option 1)

RANAMOK GLASS PRIZE winners highlighted in Manly Art Gallery & Museum exhibition

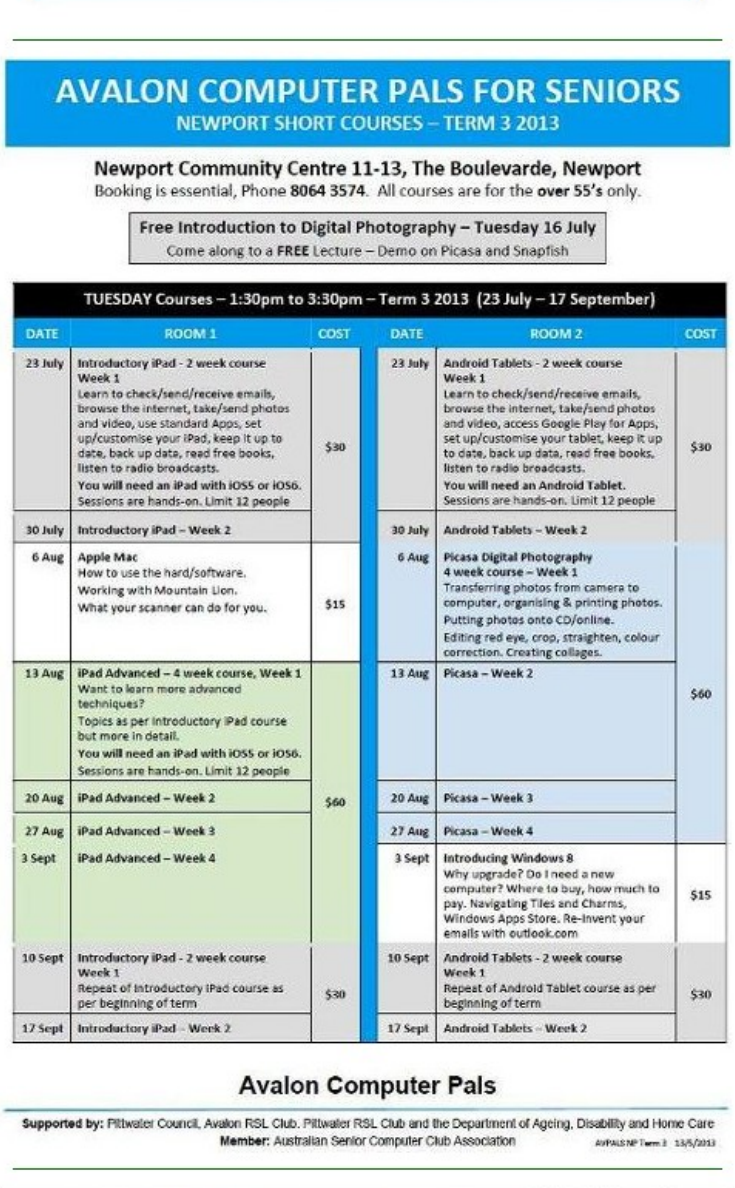
Some of Australia and New Zealand's most exciting glass artists will show off their extraordinary skills and creativity in a diverse showcase of contemporary glass at ManlyRanamok Glass Prize: Denise Pepper, Punto in Aria (Stiches in Air) Art Gallery & Museum from **Friday 26 July to Sunday 1 September**.

The 'Ranamok Glass Exhibition' will feature winning entrants in the Ranamok Glass Prize, an annual acquisitive award for glass artists who are resident in Australia and New Zealand.

A special highlight will be work by the 2012 Ranamok Glass Prize winner, Denise Pepper, chosen from 29 finalists.

The Ranamok Glass Prize was founded in 1994 by Andy Plummer and Maureen Cahill as a way to promote glass as an art form to the public, the Manly Art Gallery & Museum covering works from 1995 to 2012.

LADIES Luncheon
Wednesday 18 Sept 2013
Guest Speaker: Denise Drysdale
One of our most celebrated iconic Australians, Denise is a two time Australian Gold Logie award winning television personality, comedian, Australia Day Citizen of the Year 2008, mother of two, lover of Australia's country side and a humble woman with a heart of gold.
Denise is often affectionately known as Ding Dong!!.
$65.00pp
Includes 2 course lunch - wine, tea & coffee
12.00 for 12.30pm
This event supporting Heart Foundation
www.royalmotor.com.au
www.facebook.com/rmycbb


AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 3 2013
Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only.
Free Introduction to Digital Photography – Tuesday 16 July
Come along to a FREE Lecture – Demo on Picasa and Snapfish

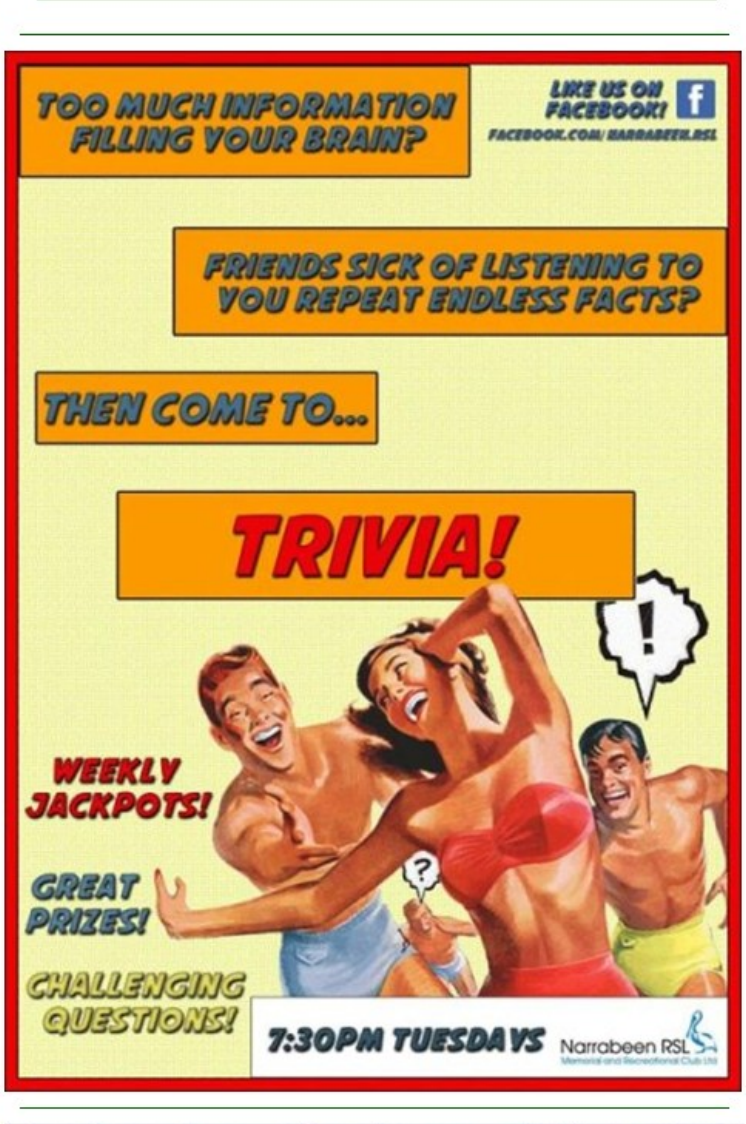
TUESDAY Courses – 1:30pm to 3:30pm – Term 3 2013 (23 July – 17 September)

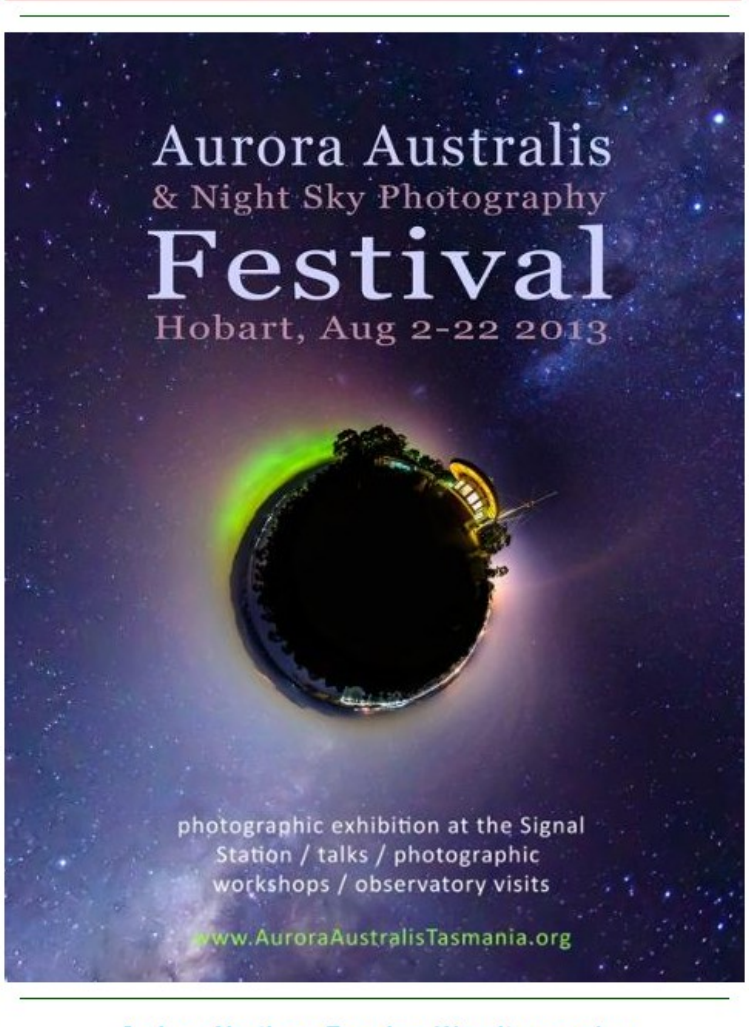
DATE	ROOM 1	COST	DATE	ROOM 2	COST
23 July	Introductory iPad - 2 week course Week 1 Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. You will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

Avalon Computer Pals
Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association

How much?
It's free!
be a SPY for an hour
Saturday 7th Sept 11am-12noon
Pelican Room - Mona Vale Library
I Help Agent Elmo find a spy book
II Defuse a popsicle stick bomb
III Read an invisible message
IV Sign language your name
V Avoid laser trip wire
VI Whisper Communicator
VII Crack a secret code
VIII Short Spy story
IX Fingerprinting
X Spy jokes
XI Spy party bag
bookings are essential at boyle.mr@gmail.com or 0408166548
SPY program to presented by www.MonaValeScoutGroup.com

MONAVALE HOTEL
Over 30's Spring Singles Night
Friday 6th September. Starts at 7.30pm
Tickets available from hotel bottleshop
$20 ($25 at the door)
Includes champagne or beer on arrival, canapes, DJ's, host/hostess, door prizes and more.
www.monavalehotel.com.au


TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK! FACEBOOK.COM/NARRABEENRSL
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
WEEKLY JACKPOTS!
GREAT PRIZES!
CHALLENGING QUESTIONS!
7:30PM TUESDAYS
Narrabeen RSL


Aurora Australis & Night Sky Photography Festival
Hobart, Aug 2-22 2013
photographic exhibition at the Signal Station / talks / photographic workshops / observatory visits
www.AuroraAustralisTasmania.org

Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

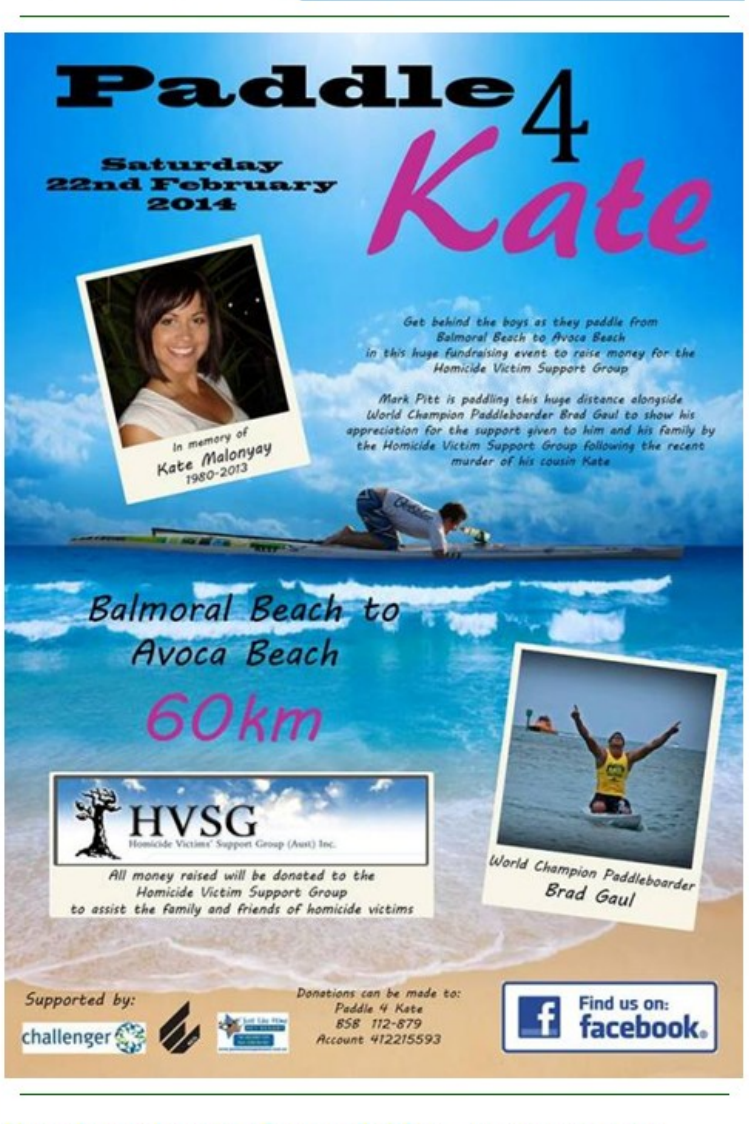
The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday,** Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au . Website: https://sites.google.com/site/woodturner60/

THE TERRACE on Pittwater
Matilda Bay Brewmasters Dinner
Friday 6th September
7 for 7:30pm
Come and enjoy an exciting range of beers from Matilda Bay, the longest-established of all Australian craft breweries. Recent new releases from the brewery has seen it blossom into one of the countries fastest growing craft beer brands.
- Inclusions: 5 course degustation perfectly matched with 10 Matilda Bay beers
- Guest Speaker: Jamie Fox - CUB Beer and Brewery Ambassador
- Tickets: $75pp pre-payment required
- Transport: FREE courtesy shuttle available North or South OR for groups try local shuttle services for door to door service
- Accommodation: Available at Newport Arms (9997 4900) or Newport Mirage (9997 7011)

We look forward to welcoming you, The Bayfields
Bookings 9997 4900
2 Kalinya St, Newport | www.theterraceonpittwater.com.au


Paddle 4 Kate
Saturday 22nd February 2014
Get behind the boys as they paddle from Balmoral Beach to Avoca Beach in this huge fundraising event to raise money for the Homicide Victim Support Group
Mark Pitt is paddling this huge distance alongside World Champion Paddleboarder Brad Gaul to show his appreciation for the support given to him and his family by the Homicide Victim Support Group following the recent murder of his cousin Kate
In memory of Kate Malonyay 1980-2013
Balmoral Beach to Avoca Beach
60km
HVSG
All money raised will be donated to the Homicide Victim Support Group to assist the family and friends of homicide victims
World Champion Paddleboarder Brad Gaul
Supported by:
Donations can be made to: Paddle 4 Kate BSB 112-879 Account 412215593
Find us on: facebook

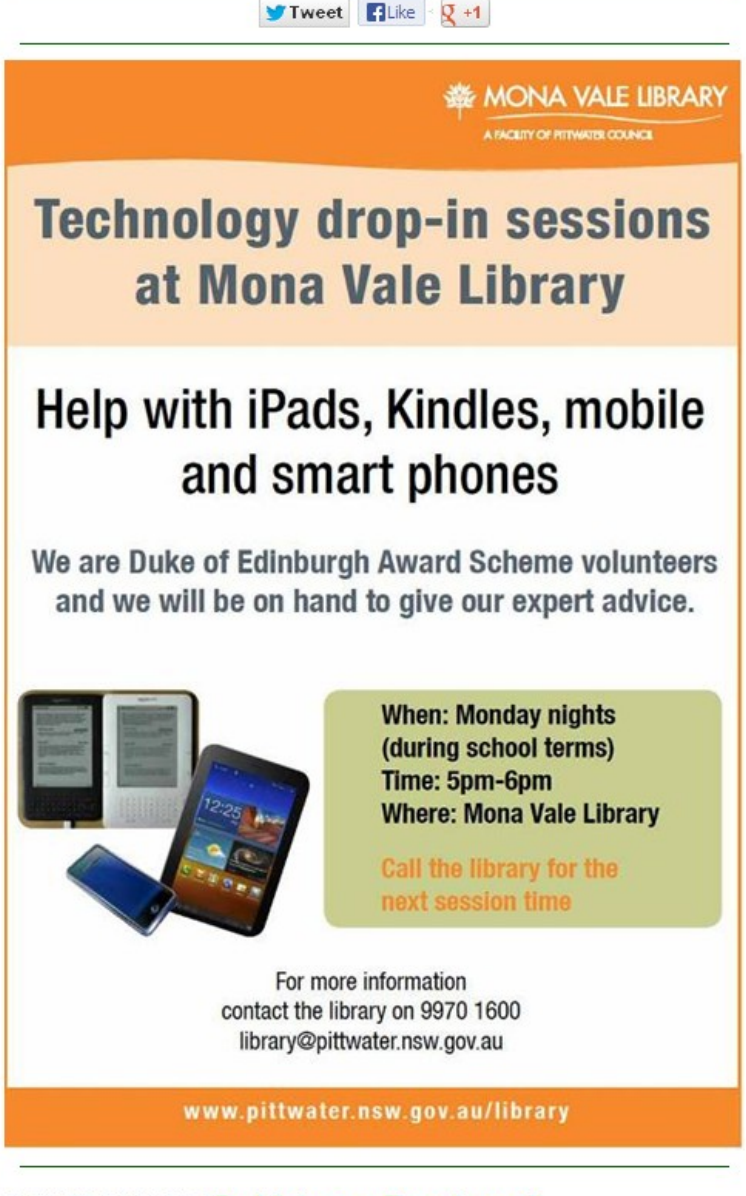
Narrabeen Lagoon free activities – register now for bushwalks and kayak tour

Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. These activities are FREE but you must register in advance. All participants will receive a free DVD – "Caring for our Catchment" and an informative brochure and map.

Pictures of the past - Hosted by Friends of Narrabeen Lagoon Catchment and presented by Bert Rose.

When: **Monday 26 August,** from 7pm. Where: Narrabeen Tramshed Cost: Free but donation requested to cover expenses. RSVP Essential: Judith Bennett – email@narrabeenlagoon.org.au

Tweet | Like | +1

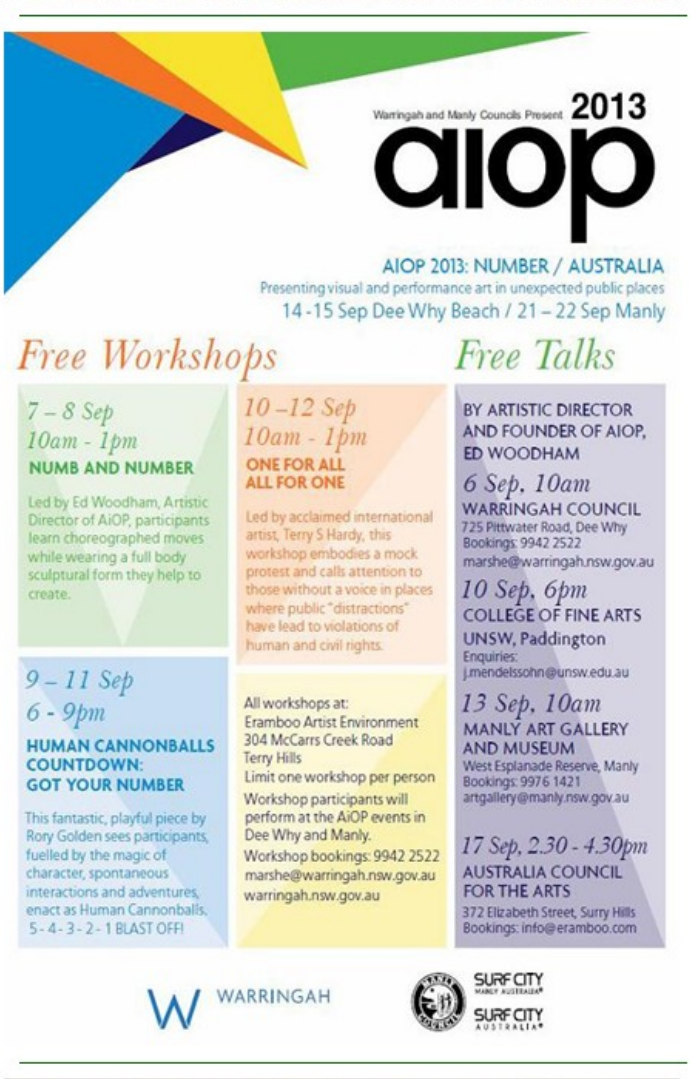

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL
Technology drop-in sessions at Mona Vale Library
Help with iPads, Kindles, mobile and smart phones
We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.
When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library
Call the library for the next session time
For more information contact the library on 9970 1600
library@pittwater.nsw.gov.au
www.pittwater.nsw.gov.au/library

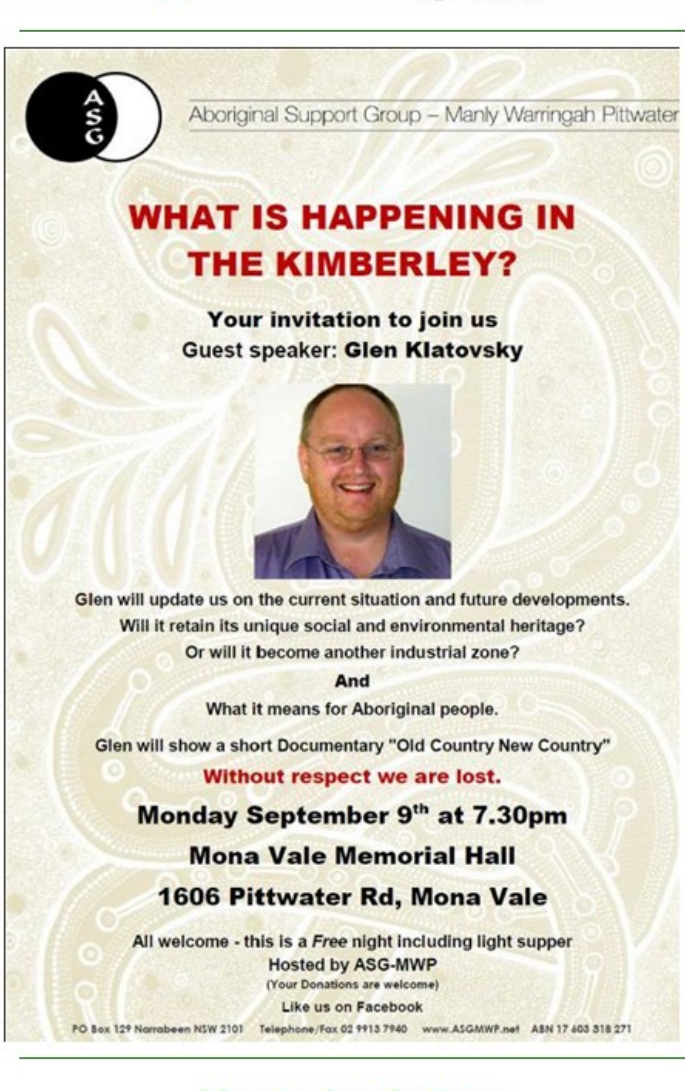
To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.

artspace rouge ceramics
OSCAS - OPEN STUDIO CERAMICS AUSTRALIA SHOWCASE
Unearth your local potter - www.australianceramics.com
SAT 17 - SUN 18 AUGUST 10AM-4PM
COME VISIT & ENJOY ARTSPACE ROUGE - FEATURING ROUGE'S CERAMICS & KATH'S WHOLEFOOD FEAST OF LIGHT MEALS, CAKES, ORGANIC TEAS, & WARRIOR BALLS!
Enjoy a ferry ride from Church Point to North Elvina wharf, at top of steps turn right head up towards Rocky Point Reserve
Ferry timetable: www.churchpointferryservice.com
artspace rouge contact rouge 0420 289 726
8 Sturdee Lane, Lovett Bay, NSW 2105
rouge@artspacerouge.com www.artspacerouge.com

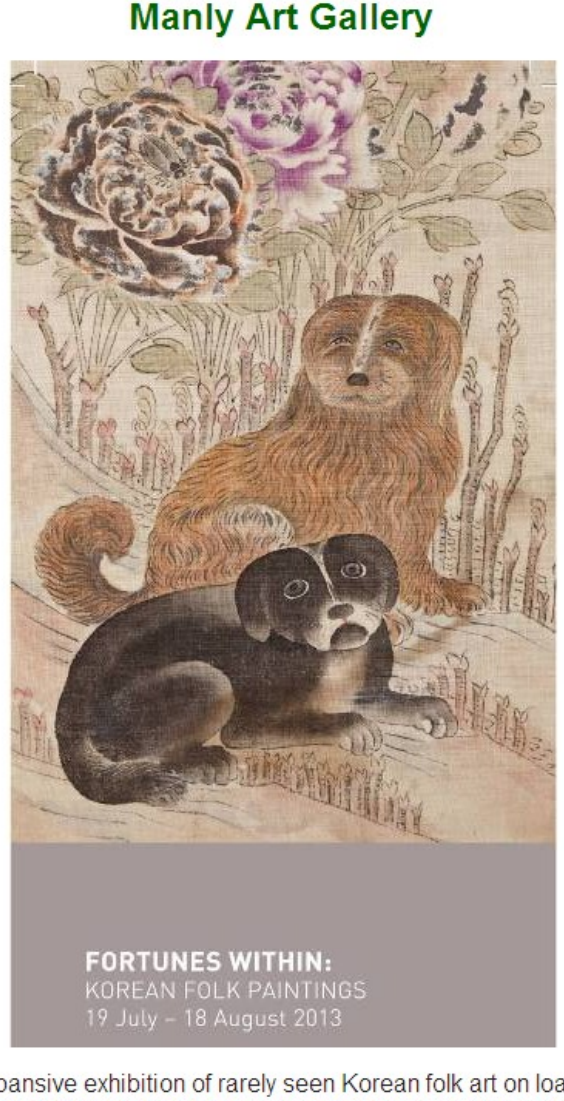
artspace rouge textiles
An exhibition of textile wall hangings created by rouge are on show at artspace rouge on following weekends or else by appointment, contact rouge 0420 289 726
SAT 17 - SUN 18 AUGUST
SAT 21 - SUN 22 SEPT
10AM-4PM

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


Warringah and Manly Councils Present 2013 aiop
AIOP 2013: NUMBER / AUSTRALIA
Presenting visual and performance art in unexpected public places
14-15 Sep Dee Why Beach / 21 – 22 Sep Manly
Free Workshops
7 – 8 Sep 10am - 1pm
NUMB AND NUMBER
Led by Ed Woodham, Artistic Director of AiOP, participants learn choreographed moves while wearing a full body sculptural form they help to create.
10 – 12 Sep 10am - 1pm
ONE FOR ALL ALL FOR ONE
Led by acclaimed international artist, Terry S Hardy, this workshop embodies a mock protest and calls attention to those without a voice in places where public "distractions" have lead to violations of human and civil rights.
9 – 11 Sep 6 - 9pm
HUMAN CANNONBALLS COUNTDOWN: GOT YOUR NUMBER
This fantastic, playful piece by Rory Golden sees participants, fuelled by the magic of character, spontaneous interactions and adventures, enact as Human Cannonballs. 5-4-3-2-1 BLAST OFF!
All workshops at: Eramboo Artist Environment 304 McCarrs Creek Road Terry Hills
Limit one workshop per person
Workshop participants will perform at the AiOP events in Dee Why and Manly.
Workshop bookings: 9942 2522 marshe@warringah.nsw.gov.au warringah.nsw.gov.au
Free Talks
BY ARTISTIC DIRECTOR AND FOUNDER OF AIOP, ED WOODHAM
6 Sep, 10am WARRINGAH COUNCIL 725 Pittwater Road, Dee Why Bookings: 9942 2522 marshe@warringah.nsw.gov.au
10 Sep, 6pm COLLEGE OF FINE ARTS UNSW, Paddington Enquiries: j.mendelssohn@unsw.edu.au
13 Sep, 10am MANLY ART GALLERY AND MUSEUM West Esplanade Reserve, Manly Bookings: 9976 1421 artgallery@manly.nsw.gov.au
17 Sep, 2.30 - 4.30pm AUSTRALIA COUNCIL FOR THE ARTS 372 Elizabeth Street, Surry Hills Bookings: info@eramboo.com
WARRINGAH
SURF CITY


Aboriginal Support Group – Manly Warringah Pittwater
WHAT IS HAPPENING IN THE KIMBERLEY?
Your invitation to join us
Guest speaker: Glen Klatovsky
Glen will update us on the current situation and future developments.
Will it retain its unique social and environmental heritage?
Or will it become another industrial zone?
And
What it means for Aboriginal people.
Glen will show a short Documentary "Old Country New Country"
Without respect we are lost.
Monday September 9th at 7.30pm
Mona Vale Memorial Hall
1606 Pittwater Rd, Mona Vale
All welcome - this is a Free night including light supper
Hosted by ASG-MWP
(Your Donations are welcome)
Like us on Facebook

Manly Art Gallery


FORTUNES WITHIN:
KOREAN FOLK PAINTINGS
19 July – 18 August 2013

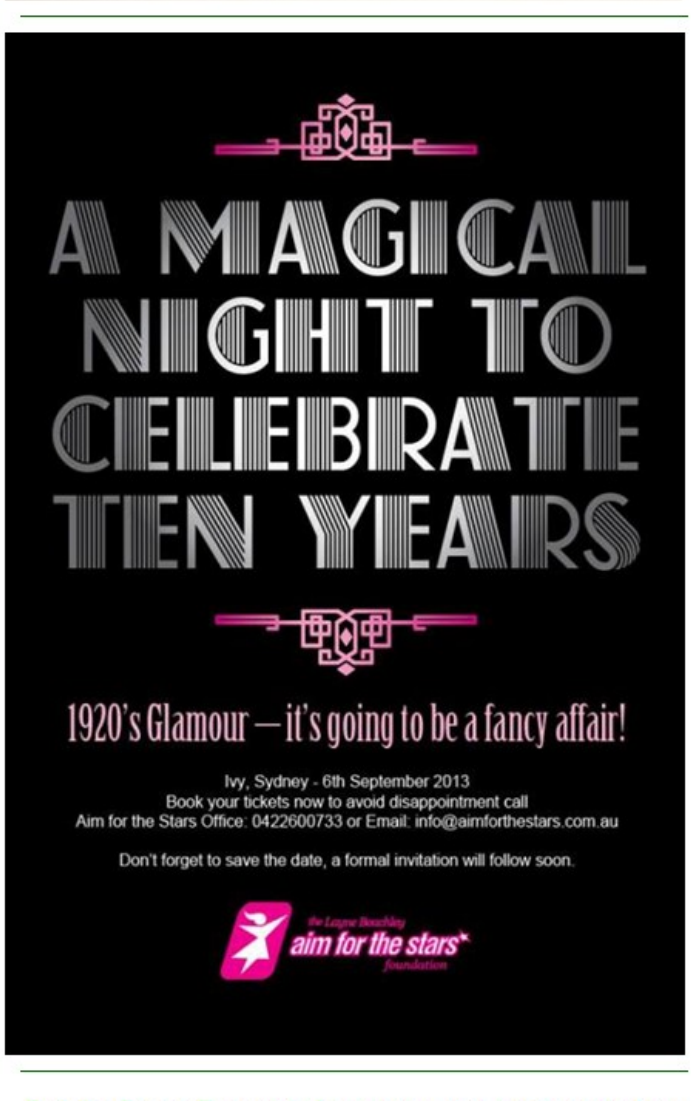
An expansive exhibition of rarely seen Korean folk art on loan from the Gahoe Minhwa Museum in Seoul covering the period from 1392 to 1910 will be on display **at Manly Art Gallery & Museum from Friday 19 July to Sunday 18 August 2013.**

'Minhwa', or 'Korean folk paintings', which were produced and distributed mainly by ordinary people in the Joseon Dynasty (1392 - 1910), mainly to decorate traditional Korean homes or in celebration of a birthday or wedding.

'Minhwa' typically portray events and objects drawn from daily life, so as to be accessible easily appreciated by all levels of society, or otherwise is intended to promote good fortune at New Year or repel evil.

"The principal characteristics of Minhwa are its utility and symbolism, being usually produced to decorate a room or the main door of a house," said Director of the Manly Art Gallery & Museum, Michael Hedger.

Club Palm Beach
Thursday Night Meal Deal Madness!!
Crumbed Lamb Cutlets
With chips and salad or seasonal vegetables
$12 Members
$18 Non Members
Starting Thursday, 25th July & continuing every Thursday night in August!!


A MAGICAL NIGHT TO CELEBRATE TEN YEARS
1920's Glamour – it's going to be a fancy affair!
Ivy, Sydney - 6th September 2013
Book your tickets now to avoid disappointment call Aim for the Stars Office: 0422600733 or Email: info@aimforthestars.com.au
Don't forget to save the date, a formal invitation will follow soon.
aim for the stars foundation

Public Open Day at telescope - 1st of September

CSIRO is holding a public Open Day on Sunday 1 September to mark the 25th anniversary of its Compact Array telescope near Narrabri in northwest NSW.

CSIRO's Australia Telescope Compact Array is a set of six dishes that work together as one radio telescope. It is one of the most important telescopes of its kind in the world and is used to study black holes, regions where stars are forming and dying, and gas and magnetic fields in our galaxy and other, far-off galaxies.

Each year the telescope is used by more than 400 astronomers, from around Australia and from all over the world.

The Compact Array is located 25 km from Narrabri, about 500 km from Sydney, on a site called the Paul Wild Observatory.

The telescope was opened on 2 September 1988. Its 25th anniversary is being celebrated with the public Open Day, a private function on Monday 2 September, and a scientific meeting in Narrabri from Tuesday to Friday (3-6 September).

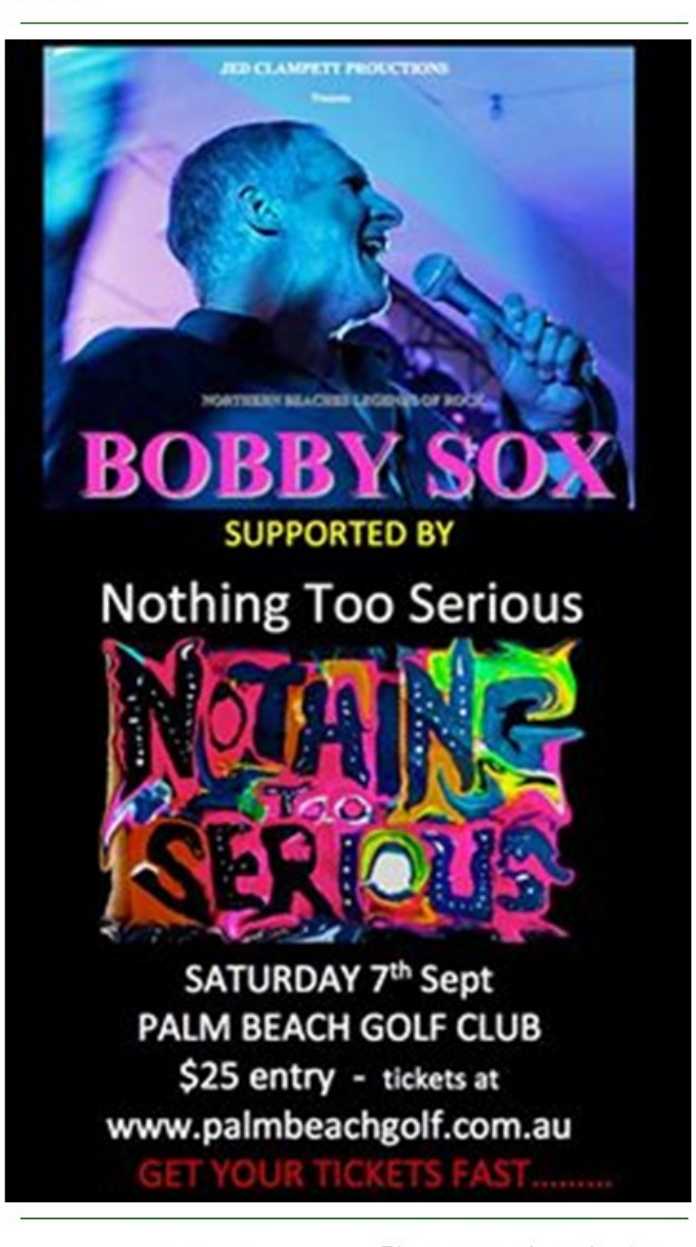
WHAT: Public Open Day to celebrate the 25th anniversary of CSIRO's Compact Array radio telescope

WHEN: **Sunday 1 September 2013 — 10 am - 3 pm**

WHERE: **CSIRO Paul Wild Observatory, Yarrie Lake Road, Narrabri, NSW**

URL: http://www.csiro.au/Outcomes/Understanding-the-Universe/Operating-our-radio-telescopes/ATCA/ATCA-Open-Day-2013.aspx

CSIRO's Australia Telescope Compact Array. (Photo: David Smyth)


JED CLAMPETT PRODUCTIONS Presents
NORTHERN BEACHES LEGENDS OF ROCK
BOBBY SOX
SUPPORTED BY
Nothing Too Serious
SATURDAY 7th Sept
PALM BEACH GOLF CLUB
$25 entry - tickets at
www.palmbeachgolf.com.au
GET YOUR TICKETS FAST.........

FREEDOM OUTDOORS .COM.AU

Big news - we're going to focus on the mighty Hawkesbury River over the next few months with three paddles that will cover over 75kms of the prettiest part of this historic waterway:

Hawkesbury Happening #3: Brooklyn-Spencer return - Sat Sept 7

Completing our 3 part exploration of the Hawkesbury River, we start our journey at the Deerubben Reserve, beside the F3 bridge over the Hawkesbury. This is where the 111km Hawkesbury Classic Kayak race finishes. We pass through the Milson Island channel to Bar Point, onto Big Jim's Point and the quaint village of Spencer. Popran National Park on one side, Marramarra on the other. Spectacular views all the way. Kayak hire $85 or bring your own boat $55. Grade Easy/medium.

Wind & Chop Workshop - Sunday Sept 15 (Small Group)

Never worry again about rough or unpredictable conditions. In this full day clinic, Adrian Clayton will show you how to maintain stability and stay in control when things turn nasty - strong winds, swell, waves and chop coming at you from all directions. Covers identifying risks, adapting tecchnique to conditions, new strokes, reading weather and water, rescue procedures, towing drills and more. Venue Clontarf. Tuition $160 per person. BYO boat or hire an ocean-going kayak for small extra cost.

Dora Creek on Lake Macquarie - Sunday September 22

An amazing network of creeks with lovely and interesting places to stop. Three sheltered waterways to choose from - Sandy, Stockton and Dora Creeks amidst beautiful bush and a Bellbird soundtrack. In the middle of it all - the Weetbix factory! A total of 28kms of bushland and urban scenery to choose from (not that we'll be paddling 28kms!) and a colourful history to ponder over. Easy drive from Newcastle, Gosford and only an hour along the F3 for Sydneysiders. $85pp. Easy/medium.

Cruisin' the Royal National Park - Sun September 29

A comprehensive look at our First National Park from water level. We'll paddle our way through a lush tree-scape from Audley Weir to Grays Point for a swim and a snack. A detour up a very pretty mangrove lined creek follows. Lunch, then chill out at South West Arm (Warumbul Reserve, a lovely picnic spot and beach). Then back via Lilli Pilli, Yowie and Gymea Bays and some very expensive real estate. Spectacular scenery, fascinating history - a great day! $85 per person. Easy/Medium.

Leisurely Lane Cove River – Saturday October 5

You'll be charmed by this tranquil waterway, centrally located near Sydney Harbour. It's a gentle, meandering river with tree-clad banks, impressive sandstone rock formations and a fascinating history. We'll even pass Fairyland and learn about Australia's most intriguing murder mystery! We'll explore the river from the weir at Fullers Bridge to the harbour. Compact beach for a snack and swim and a tour of St Ignatius Riverview College and their beautiful grounds. $85 per person. Easy paddle ideal for less experienced kayakers.

Bay of Islands NZ Adventure Paddle - Nov 16 to 24

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Motorua Island, the second largest in the Bay. Learn rock gardening and kayak surfing - great fun and easy to do. Our two qualified instructors will show you how. Climaxed with a full day of tall ship cruising. Led by Adrian Clayton. Amazing value at $1,998

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

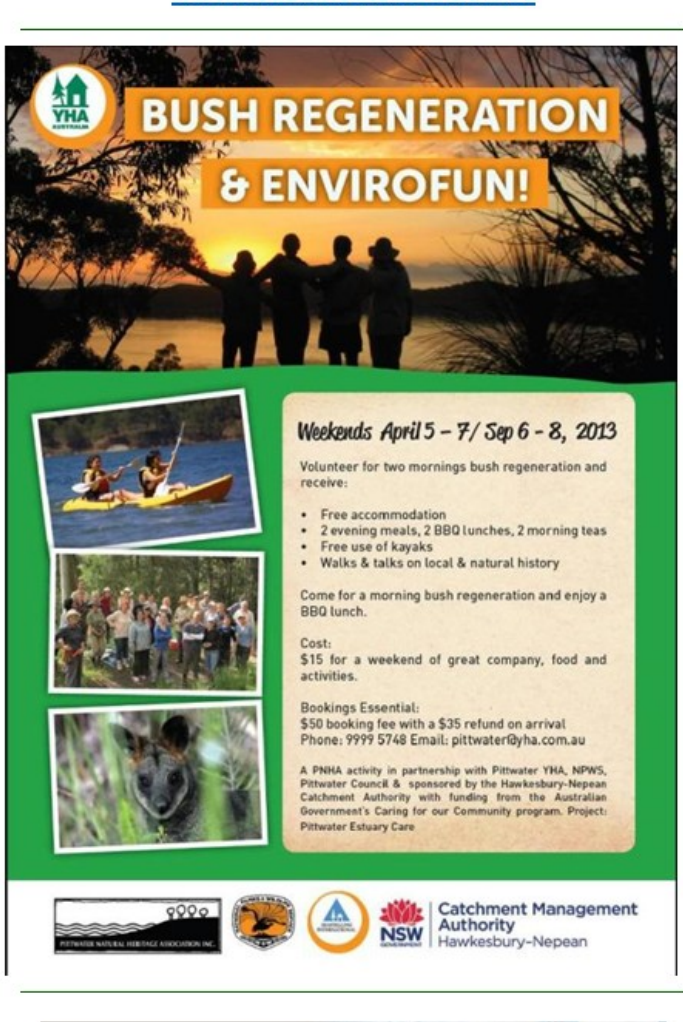
KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on: www.freedomoutdoors.com.au


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

CONVICT SYDNEY
EXHIBITION ON NOW

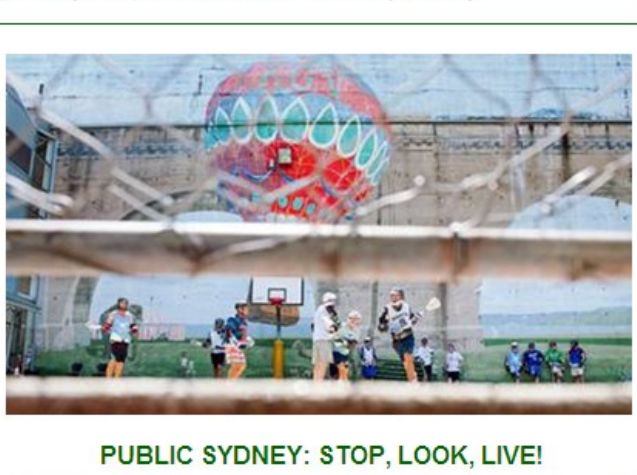
Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street ...

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.



PUBLIC SYDNEY: STOP, LOOK, LIVE!

All around you in Sydney's public spaces people are doing the most unexpected things. This exhibition celebrates the unusual stories of the city's public buildings, parks and street corners, and may answer some of your burning questions about strange things you have seen happening in our shared spaces.
Explore some of our most loved sites – Bennelong Point, the Museum of Sydney, Hyde Park, Central Station and Town Hall – and see how we, the public, are shaping them. Discover what a handmade cedar coffin, a silver trowel and an ASIO surveillance picture can tell you about the remarkable history of Town Hall, or what a 2-tonne cannon has to do with the iconic Sydney Opera House.
Tell us your stories – online and in the exhibition – and share the things that make you stop, look, and embrace life in your public spaces. Alongside the exhibition, this blog will explore the public spaces of Sydney,.

Sponsor: The Sydney Morning Herald
Museum of Sydney
Saturday 30 March - Sunday 8 September 2013
Address: Corner Phillip and Bridge Streets, Sydney, NSW 2000
Contact: 02 9251 5988 or for Education bookings: 8313 5612
Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free |
Hours: Open daily 10am — 5pm | Closed Good Friday and Christmas Day
Photo: Playing lacrosse in The Rocks, 2012. Photograph © James Horan

PITTWATER COUNCIL

Storytime for preschoolers

Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

Pittwater RSL

AKMAL - Friday 19th July 2013

Doors open 7.30pm Show 8pm All tickets $39

BUDDY HOLLY IN CONCERT - Saturday 24th August 2013

2 Course Dinner Show. Doors open 7pm - Dinner 7.30pm - Show 8.30pm. Members - $40 Non-Members - $45 Show Only from 8pm - $25

THE SWINGING SIXTIES - Saturday 21st September 2013

The Ultimate 60's Party. Doors open 8pm - Show 8.30pm. Members - $15 Non-Members - $20

EVENT AT ROSE SEIDLER HOUSE 10AM–4PM
Fifties FAIR 25 AUG
SYDNEY LIVING MUSEUMS
#FiftiesFair Share your photos

Australian National Maritime Museum

East of India – Forgotten trade with Australia
Opens 1 June
In an Australian first, this exhibition explores our colonial links with India, the power and monopoly of the English East India Company and its subsequent decline. Featuring objects from international collections including the Victoria & Albert Museum, British Museum, and the Royal Collection.
http://www.anmm.gov.au/india

Exhibition: Elysium Antarctic Visual Epic
Open until 3 November
In 2010 a team of wildlife photographers, filmmakers and scientists embarked on an expedition from the Antarctic Peninsula to South Georgia. This stunning photographic exhibition captures the expedition, life above and below the ice, and the magnificence of this great wilderness.
Related event
Talk: Michael AW, Antarctic expedition leader - 26 May
http://www.anmm.gov.au/elysium

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

OKTOBERFEST 2013
GET OUT YOUR LEDERHOSENS AND DIRNDLS!!
SATURDAY 19TH SUNDAY 20TH OCTOBER
1 LITRE & HALF LITRE STEINS
LIVE POLKA BAND
DELICIOUS FOOD
AVALONBEACHRSLCLUB avalonrsl.com.au

Sydney Living Museums

Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all... You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more:

www.hht.net.au/about/news/lags_and_swells

MUMS for MUMS
cocktail party
Saturday 24th August, 2013
6.30pm
at the Royal Motor Yacht Club, Newport
Ticket price includes a cocktail on arrival (to be served from 6.30-7pm), canapes and the fabulous band L90.
$80 per person
Dress: cocktail
To purchase tickets visit
www.mumsformums.org.au
Tickets are limited to 300, so please purchase them ASAP to avoid disappointment.
Thanks for helping to support Mums for Mums

LATIN SUNDAY SESSIONS

- ITS SO GOOD WE'RE KEEPING IT GOING IN AUTUMN! - FREE Live Entertainment from 5pm in the Beer Garden SUNDAY afternoons. **Avalon Beach RSL**

Duo performs each week, rotating roster includes: Taigo Passos, James Willings, Josh Fergus, Marco dAvila, Dave Calandra, Fernando Aragones, Nick Downey, Tiago de Luca, Angelo Francalanci & more.

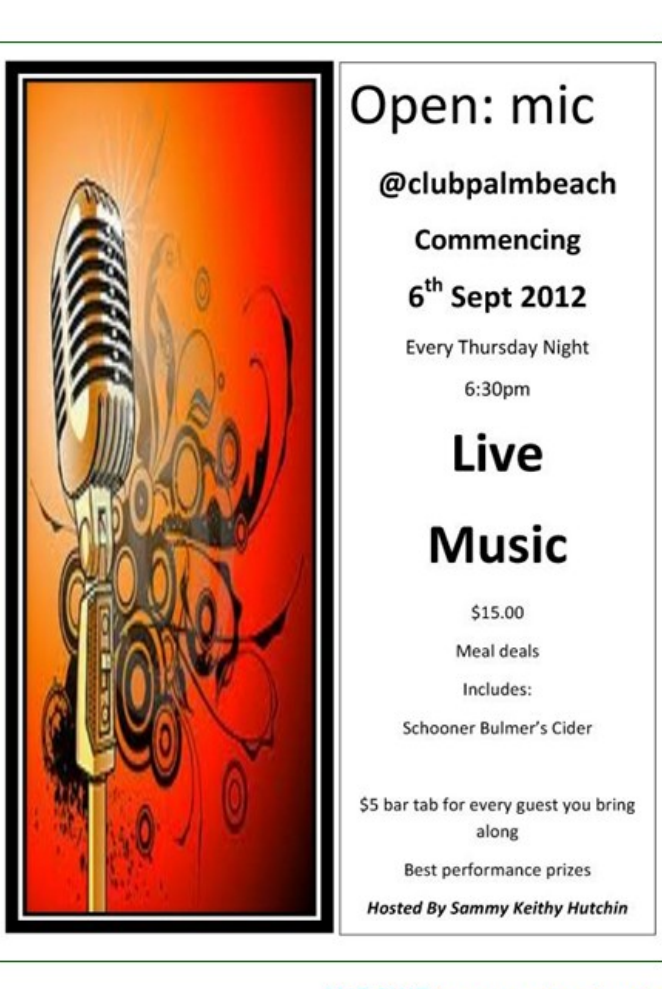
Ku-ring-gai Council

Get excited - Daryl Braithwaite is coming to Ku-ring-gai!

The Twilight Concert in the Park Series returns with Aussie favourite Daryl Braithwaite set to perform all his greatest hits **at Wahroonga Park on Saturday 14 September**.

For more details See: www.kmc.nsw.gov.au/twilight

Twelve Foot Ninja
Mona Vale Hotel
Saturday 21st of September
tickets via oztix.com.au


Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live
Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at: http://www.snbswe.org.au/**

THE GET DOWN NEWPORT
THURSDAYS AT Farrell's Basement
7:30 - 11:30
$5 BEERS
$8 COCKTAILS
$5 SHOTS
$5 HOUSE WINE
370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE

SYDNEY COUNTRY MUSIC FESTIVAL
7 SEPTEMBER 2013

7 September 2013: 12pm – 10pm - Bella Vista Farm Park, Cnr Norwest Blvd and Elizabeth MacArthur Drive, Bella Vista - see Map for directions

Saturday 7th September, sees Bella Vista Farm, play host to the second Sydney County Music Festival, promising a great musical line-up and an array of family friendly country experiences. In addition to the music there will be an array of events including mini-musters, whip cracking and a great range of children's entertainment.

For the first time, as part of the Festival, there will be a Songwriter's Competition to uncover some of Australia's newest local talent. Held in the weeks prior, this competition will give new artists the chance to showcase their talents, with the winner being part of the main line-up on Saturday 7 September.

The Sydney Country Music Festival is being held in conjunction with this year's Orange Blossom Festival providing a weeklong array of family entertainment.

So, muster up your family and friends to enjoy the music and soak up the sounds in the beautiful historic surrounds.

Tickets are on sale now through ticketek.com.au

FMK ENTERTAINMENT PRESENTS
KARAOKE NIGHT
SATURDAYS 8:30PM
- 10,000+ SONGS TO CHOOSE FROM
- FREE ENTRY, EVERYONE WELCOME
- LOCATED IN LOUNGE BAR

AVALON Beach R·S·L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201

Pittwater Online News

August 18 - 24, 2013: Issue 124

Fathers Day – DIY Gift List

The first day of Spring this year is also Father's Day, so if you love your dad, why not get him something that will help him 'spring' into action this father's day.

This year we'd like to share a list of five DIY Father's Day gifts that you can choose from. I'm sure you can find a craft project here or a few inspirations that your dad will absolutely love.

1. Car Kit

Every dad loves his car, or has dreams of the kind of car he would like to be driving. A car care kit is always a good pressie for dad and as the weather begins to warm up, helping him wash the car is great fun!

2. Tool Boxes, Chests and Carts

Has your dad accumulated so many tools that he has difficulty finding the one he wants because all of them are everywhere?! Well, Johnson Brothers Mitre 10 currently has a great range of storage options to choose from to help dad sort out his tools. There are also some great options for adding to these as well. Just pop into one of their stores at either Mona Vale or Avalon and talk to the friendly staff about what may suit best.

There's so **many great specials** on especially for Dad's Day, that even if he isn't a tools man, you're sure to find something he'll love.

3. Tie Organiser

This great gift idea will help you keep your home more organized and dad happier as he will easily be able to see which tie he wants to wear. All you will need is a piece of board (66.04 cm x 15.24 cm x 2.45cm thick), Shaker pegs, originally used to hang chairs on walls in Shaker households, some wood glue and either a light varnish or some paint to finish the board. If you're very creative you can etch a few designs of your own on there; these little touches make gifts very special.

Work out how many 'pegs' you want to use, measure form the middle and make a mark about 5 centimetres apart. The measurements we have provided allow for 13 pegs. Drill a small hole into your board at the points yu have marked with your pencil, place a little wood glue on the base of each peg, and lightly tap it into place.

4. Magnets

This one is for all the children, with mum's help of course. It's made from a simple salt dough which you shape, bake and then decorate! Salt dough is not edible, but it's made from edible ingredients and will not hurt your child if ingested. It doesn't taste very good, so chances are it won't make it past the taste buds anyway! ;-) All you do is mix together 1/4 cup salt, 1/2 cup flour, and 1/4 cup water to form a dough. Roll it out and cut it with cookie cutters or by hand to form a big D-A-D or a sleek red car, golf sticks, boats…everything that dad loves. Put those shapes on a cookie sheet and bake at 250 F for 2 – 2 1/2 hours. Be sure to let them cool completely before painting. Paint each shape with acrylic craft paint, front and back. Attach magnets to the back using white craft glue. When the glue has dried, finish decorating. Once that is dry, coat the magnets with a gloss sealer. Once again this one is limited only by your imagination!

5. Pillows made from Dad's Old Shirts

Supplies for Shirts

- clean, ironed button down shirts (one per pillow)
- pillow forms or old pillows you want to cover
- sewing machine or handheld stitcher or plain old needle and thread!
- scissors
- fabric pen (optional)
- pins

Start with a clean, ironed shirt. Cut the sleeves off 10cm from where they join the shoulder. Turn your shirt inside out and place your pillow form/insert inside your shirt. Finagle the pillow until you have it in the position you want. If you'll be using the pockets be sure they are positioned in a place that makes you happy on the pillow. Pull together the bottoms of the shirt tight and pin into place beginning at the centre (where the buttons are) and working your way out. If you choose to use patterned shirts you can use the pattern as a rough guide as you pin. Trim the excess fabric leaving at least 5 cm margin from your pins. Begin sewing your first side just on the other side of the pins. Once you finish the first side, pick up your shirt and give the pillow a little shake, encouraging it to nestle down against your new seam before moving to the opposite side to begin pinning. Repeat steps 4 through 6 on the other three sides, starting with the opposite side (the collar), then moving to the sides under the arms. When you've done all four sides, trim any excess fabric.

Unbutton your shirt – the pillow one we mean - remove the pillow insert and turn your shirt right-side out. Put the shirt back on the pillow and button. Viola !

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SP-85
MP-83
SP-62
SP-45

Shaker Pegs

STRONG
faithful
HARD WORKING
happy
SMART
FUN
honest
loving
LOYAL
trustworthy
BRAVE
KIND
Yep, that's my
DAD

Products and further friendly advice available at Mona Vale and Avalon Johnson Brothers Mitre 10.

Click on logo to visit their website

JOHNSON BROS MITRE 10

ABN: 12 000 868 866

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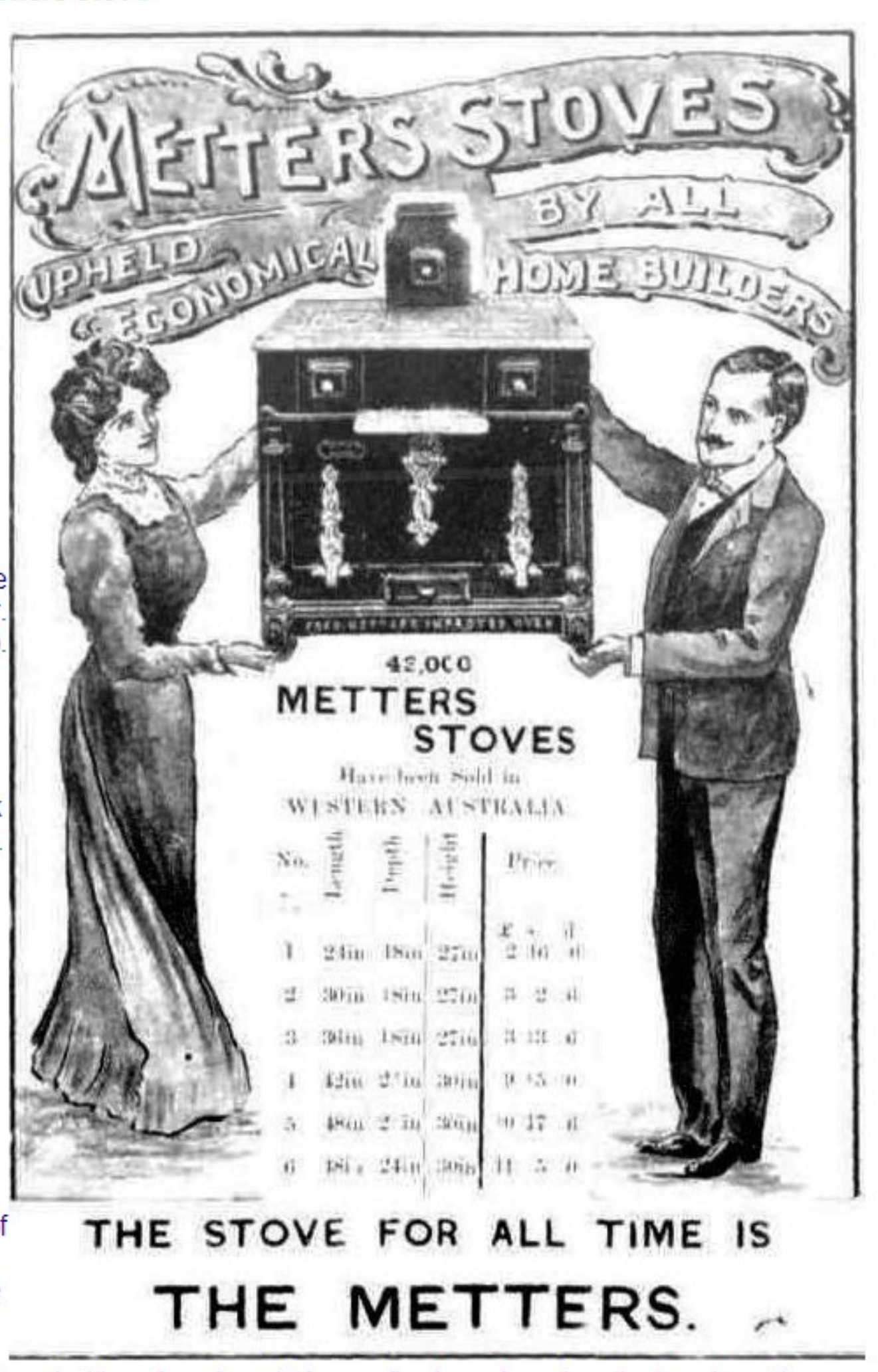
Pittwater Online News

August 18 - 24, 2013: Issue 124

Metters – Australian Stoves, Windmills, Baths and more

There is a good stove
And a better stove,
But the best stove
Is a Metters stove


METTERS STOVES
UPHELD BY ALL HOME BUILDERS
ECONOMICAL
42,000
METTERS STOVES
Have been Sold in WESTERN AUSTRALIA
No.
Length
Depth
Height
Price
THE STOVE FOR ALL TIME IS
THE METTERS.

Although many of us think of stoves when we think of Metters, this firm manufactured bathtubs, fireplaces and many other household items, agricultural equipment, washing machines, yes, even the kitchen sink was among their ever expanding product range! They extended their manufacturing into radiogram cabinets, provided kitchenware, field stoves and pontoon bridges during WWII and many of us can recall their wood fire stoves, gas ranges and even the electric stoves they sold, ranges so well made that people are still using them today.

Metters was started by Frederick Metters, born on 14 May 1858 in Melbourne, eighth child of James Metters, a Cornish-born bricklayer, and his wife Susan, née Flux, from the Isle of Wight. Fred may have worked for his father, who by 1869 was employed as a stove setter. He moved to Adelaide and married married Frances Fisher:

METTERS—FISHER.—On the 8th October, 1883, at Clayton Church, Kensington, by the Rev. T. Hope, Frederick, son of the late James Metters, of Melbourne, Victoria, to Frances, daughter of Mr. I. Fisher, late of Norwood, S.A. Family Notices. (**1908, October 8**). *The Advertiser* (Adelaide, SA : 1889 - 1931), p. 6. Retrieved from http://nla.gov.au/nla.news-article5191144

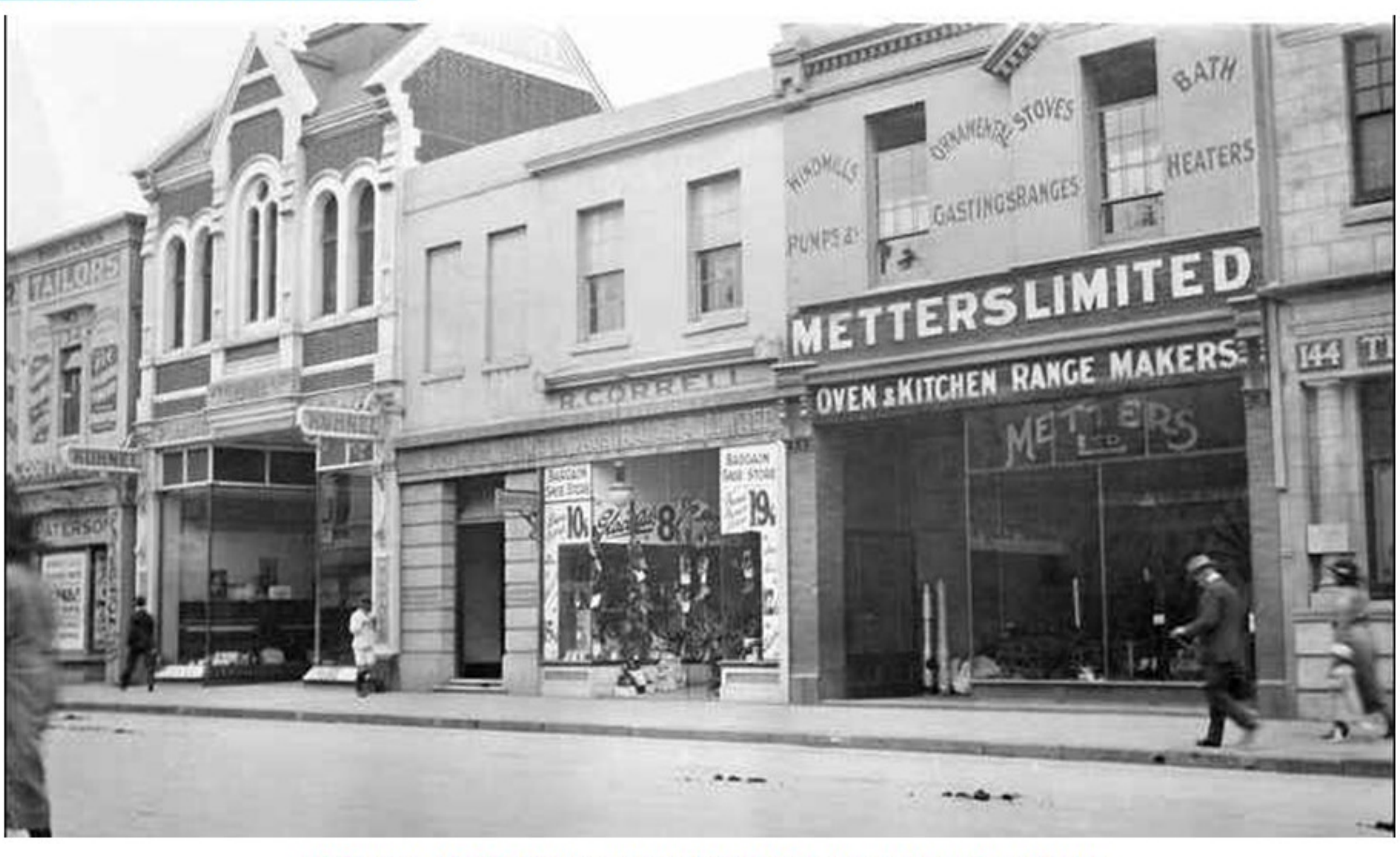
Their first son was born soon after:

METTERS.—On the 18th July, **at Rose Park**, the wife of Frederick Metters, of a son. Both doing well. Family Notices. (**1884, July 22**). *The South Australian Advertiser* (Adelaide, SA : 1858 - 1889), p. 4. Retrieved from http://nla.gov.au/nla.news-article35964297

He took the family returning to Melbourne for a while as he established his stove manufacturing business in 1891. An early experience set the tone for the whole of his career as he became renowned for improving and patening his products prior to their release ever after:

Patent Case. — The Commissioner of Patents on April 2 sealed letters patent for an invention entitled 'Improvements in the Construction of Ovens or Ranges for Cooking Purposes,71 for which application was made by Mr. Frederick Metters, of the firm of Metters Brothers, of 269, Post-Office-place, Melbourne, kitchen range manufacturers. The advantages claimed by the invention are that it permits great economy of fuel and easy regulation of -the heat in addition to being ready movable through being self-contained. These advantages are obtained by causing the heat to travel with a slow draught from a fire-box placed on the top down the whole of both sides and over the whole of the bottom and back of the cooking chamber. The regulation of the heat is accomplished in connection with such arrangement of the flues by providing the firebox with Eliding doors, by means of which the draught can be made slow or quick, as desired. The application was opposed by Mr Matthew V. Adams, and the hearing of the objection held on February 25, 26, and 27 was adjourned in order that the specification might be intended. The adjourned hearing was held on Monday, March 28, the applicant (Mr. Frederick Metters) being again represented by Mr. Francis H. Snow, and the objector Mr. Matthew v. Adams by Mr. C. N. Collison. Mr. Snow reported the amendment of the specification, and that, as ordered, a copy had been supplied to Mr. Collison, acting for the objector. The Commissioner stated that letters patent would be sealed, but that as the specification had been amended he allowed costs to the objector. THE DEVELOPMENT OF THE NORTHERN TERRITORY. (**1891, April 8**). *South Australian Register* (Adelaide, SA : 1839 - 1900), p. 4. Retrieved from http://nla.gov.au/nla.news-article48098330

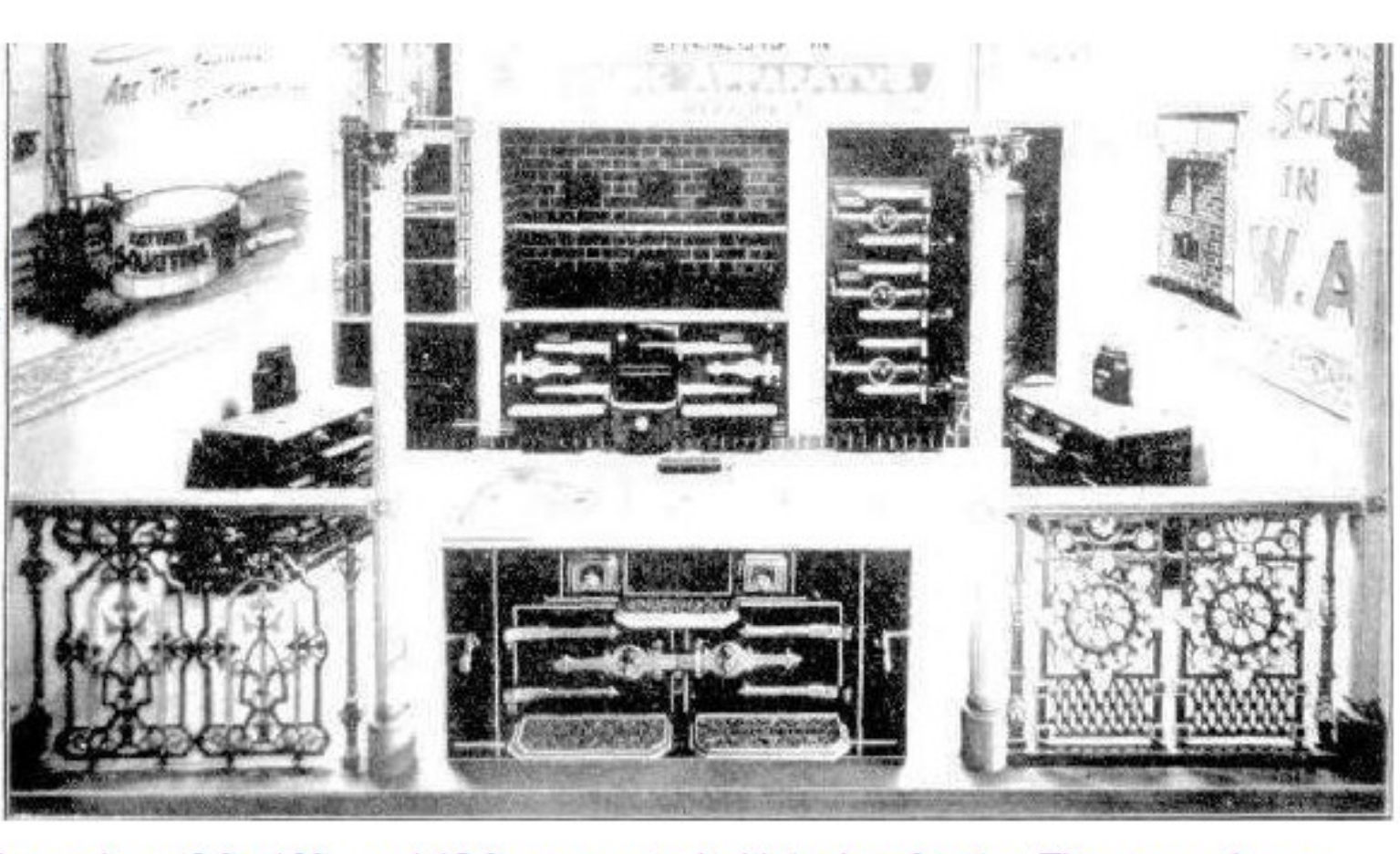
FRED METTERS.
Those persons who intend to enjoy good cheer at Christmas combined with roast beef and plum puddings, must necessarily be anxious to know the best means of cooking those luxuries, and if they look in at Mr. F. Metters' stove department in Hay-street, they will soon be able to select a-range to suit their requirements. In this establishment which, by the way, is a branch of the firm established in Adelaide, they can make choice from a small self contained stove to the more elaborate 8ft. range. In fact, to be guilty of a vile pun, they have a wide range of stoves from which to make a selection. Mr. Metters appears to have reduced stove-making to a science. He aims to provide the largest amount of cooking space with the smallest expenditure of fuel, and in this, judging by the specimens we saw, he has admirably succeeded. The improved ovens, which burn wood, are so constructed that a good bottom heat is obtained, an important consideration with cooks, especially when one has to brown potatoes under a joint or cook a Yorkshire pudding. That the-firm anticipate a large business in this **colony** is evidenced by the fact that they are now erecting a foundry at West Perth, where they will not only be able to cast all the iron work for their own stores, that do general foundry business for builders and others. The establishment of this industry, in Perth will mean the employment of a large number of men, and as a natural corollary the expenditure of money amongst our local tradesmen.. Some idea of the favor in which these stoves are held by housewives and the general public can be formed from a **statement that no less than 1,500 are now in use in the colony. The stoves are used extensively at Coolgardie and all over the goldfields and give general satisfaction. Another novelty which will be greatly appreciated by those having to undertake the weekly wash, is the improved Western washing machine.** This is a most ingenious apparatus, which reduces the hard work of a heavy day's washing to a minimum. The clothes after being soaked are placed in the machine which is filled with hot water, and by the application of a patent lever handle for eight minutes the articles come out beautifully clean. The patent is really the introduction of the old Lancashire dolly, cleverly applied. The firm have on hand a good selection of tailor's and heating stoves, and to the housekeeper an inspection of their various appliances will well repay a visit. FRED METTERS. (**1895, December 27**). *The Inquirer & Commercial News* (Perth, WA : 1855 - 1901), p. 4. Retrieved from http://nla.gov.au/nla.news-article72376272



Rundle street, Adelaide, Metters - courtesy Satte libray of south austalia, image no B1278

Production and distribution of Metters equipment was expanded to Perth, Western Australia, in 1894 where Metters formed a partnership with Henry Spring (1864–1937), and then to Sydney, New South Wales in 1902. They did everything, and although both gentlemen started with nothing, they established empires:

FRED. METTERS and CO., Ornamental and General Ironfounders, engineers, Coppersmiths, etc. Columns, Frieze Brackets, Panels, and all kinds of Builders' Ironwork. Quotations given. Catalogues free on application. Showroom : Corner Hay and William sts., Perth. , Classified Advertising. (**1899, October 31**). *The West Australian*(Perth, WA : 1879 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article3237756

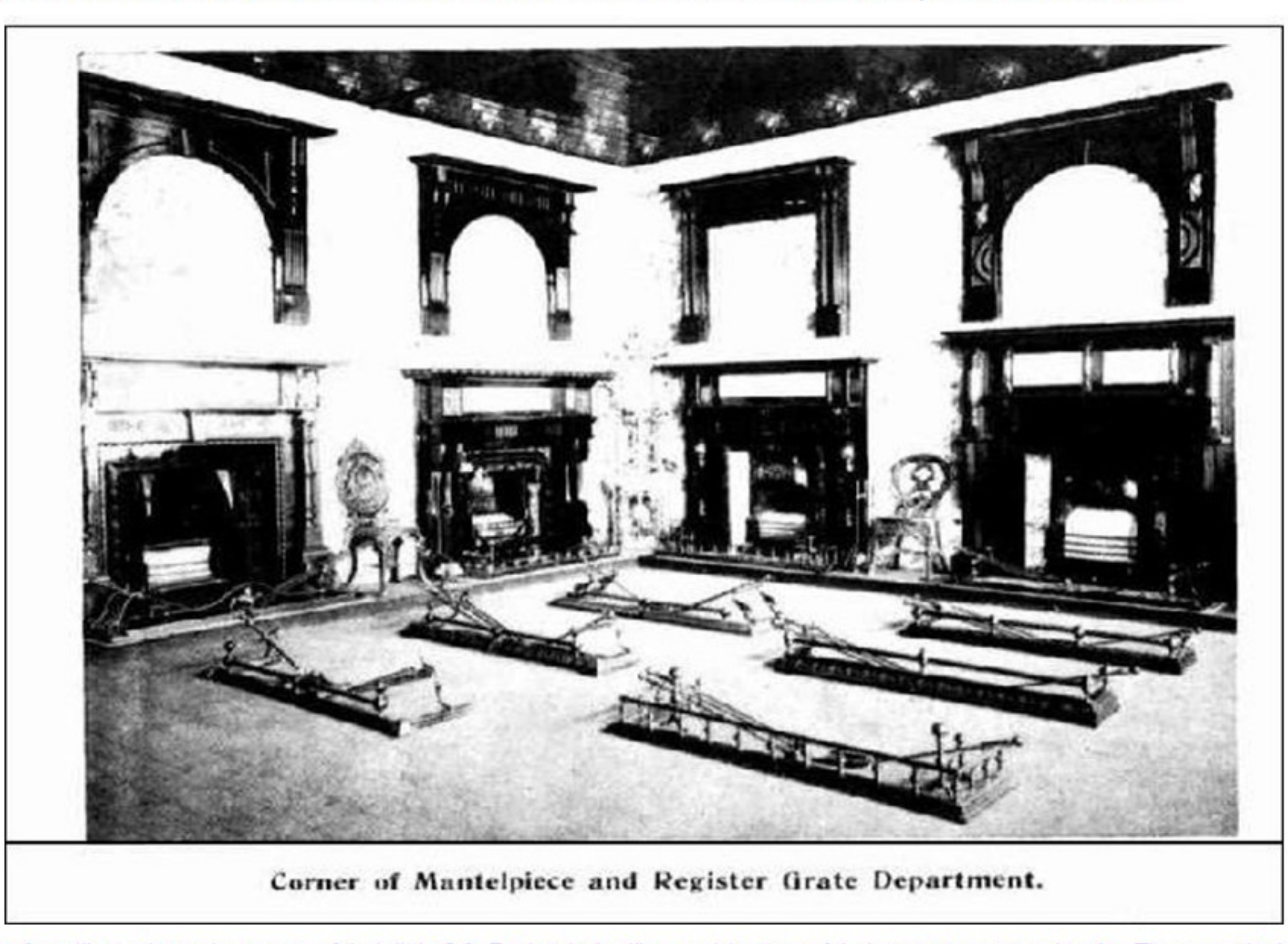


Mr Metters patented and manufactured a number of appliances including the 'top-fire' fuel stoves. The popular 'Metters Improved Stove No 2.' used an enclosed wood fire to heat a hob above and an oven below. Pots and pans could be exposed to direct heat by removing small plates recessed in the cooking surface. Metters also produced a large variety of other wood stoves. The Metters Adelaide foundry manufactured the: 'Beacon Light'; 'New Improved'; 'Barossa'; 'Royal'; 'Dover'; 'Bega'; and 'Wilga' wood stoves. The Metters Sydney foundry maufactured the: 'Beacon Light'; 'Dover; 'Bega'; 'Canberra'; 'Empress'; 'Regina'; 'Herald'; 'Newcastle'; 'Samson'; 'Edford'; 'Capitol'; 'Shearer'; 'Royal'; 'New Royal'; 'Improved'; 'Crawford'; and 'Early Kooka' wood stoves.

Mr. Fred. Metters is making a very complete show of stoves and ranges of his own manufacture. Over 15,000 of these stoves have been sold in South Australia alone. He also exhibits steel wind motors in three sizes, 8 ft., 10ft., and 12 ft., connected with tanks of water. There are also a number of household requisites.
And in the same article. Listing exhibitors at the Horticultural and Royal Agricultural Society, which gave him an award in 1899:
Messrs. A Simpson and Son are the only makers of vitreous enamelware in the southern hemisphere, and deserve much credit for their enterprise and energy. A number of plates and signs are shown, which attest the progress the firm has made in this manufacture. Before long both here, as in England, brass office plates will be almost wholly abandoned for enamel, which, besides being cheaper, is much more easily kept clean. General News. (**1899, March 4**). *Chronicle* (Adelaide, SA : 1895 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article87787726

Mr Metters toured every agricultural show there was, not nly establishing his prime products but manufacturing agircultural equipment as well;

FRED. METTERS & CO., of PERTH, ADELAIDE & SYDNEY.
An Enterprising Firm. Specialists in Ironwork.
AS an instance of the benefits to the Commonwealth produced by a protective policy, we may well point with pride to the manufacturing firm of Messrs. Fred. Metters and Co., **whose Corner of Mantelpiece and Register Grate Department** name has become a household word throughout the length and breadth of Australia. The reputation which they gained by the placing on the market of one-fire stoves was great, and since then the firm has been continually extending its operations, until, at the present time, they are the leading stove manufacturers in Australia. They have works in three States, at Perth. Adelaide, and Sydney, and directly support at least1,000 people. The Perth works extend over an area of four acres at West Perth, and the buildings cover a floor space of46,000 square feet. The illustrations on this page are evidences of the advancement made by Messrs. Metters since their establishment in this State. The view showing portion of their bulk store and despatching room gives a good idea of some of their manufactures. Each year this firm deals a fresh blow at the imported article, on the example set by manufacturers in the New World. **This year two new stoves, the "Dover" and the "Beacon Light," to suit the Australian markets, have been added to their lists. Messrs. Metters and Co**. act on the best lines in confining their efforts to the manufacture of as few lines as possible, believing that success in manufacturing is achieved by "specialising." They, therefore, confine their business to supplying the Australian public with cooking and heating appliances, wind-mills, tanks, etc., and to the manufacture of ornamental ironwork. In these lines the firm are undoubtedly in the lead of all others.



Corner of Mantelpiece and Register Grate Department.

Another of our illustrations shows one of their little 6-ft. Doris wind-mills supplying two of their patent squatters' tanks. These particular tanks each have a capacity of 4.000 gallons, but they make all sizes from 3,000 to 30,000 gallons, and are most ingeniously constructed, in as much as they can be taken to pieces and re-erected by unskilled labour, and will cover little space in transport. The tank on the left of the picture has simply a clay bottom: the other, on the stand, which is filled with sand, the object being to raise the tank for troughing purposes, has an iron bottom. The firm has just taken out a patent for the manner in which the bottom of this tank is connected with the body.

In South Australia. Messrs. Metters and Co. now do three-fourths of the windmill trade, having successfully competed against American competition. In this State, so far, America has been supplying most of the windmills, the product of the Yankee having obtained a big hold before the above firm were able to lay down their plant. But now, however, **this period is drawing to an end, owing to the local manufacturer's ability to produce an article as good and cheap as that imported from other countries. Messrs. Metters and Co. may well be congratulated on their success.**
Perth Showrooms, William-street. Perth.Perth Works, Manpiis-street, West Perth.
Adelaide Showrooms, 142 Rundle-street. Adelaide.
Adelaide Works, Mile End. West Adelaide.
Sydney Showrooms, Bathurst-street. Sydney.
Sydney Works, Alice-st.. Newtown, Sydney.
Portion of Bulk Store and Despatching1 Room.
FRED. METTERS & CO., of PERTH, ADELAIDE & SYDNEY. (**1904, December 25**). Western Mail (Perth, WA : 1885 - 1954), p. 45. Retrieved from http://nla.gov.au/nla.news-article37805814

The expansion and ability to offer other services for builders and a wide range of products enable Fred Metters to take his family overseas on frequent occasions

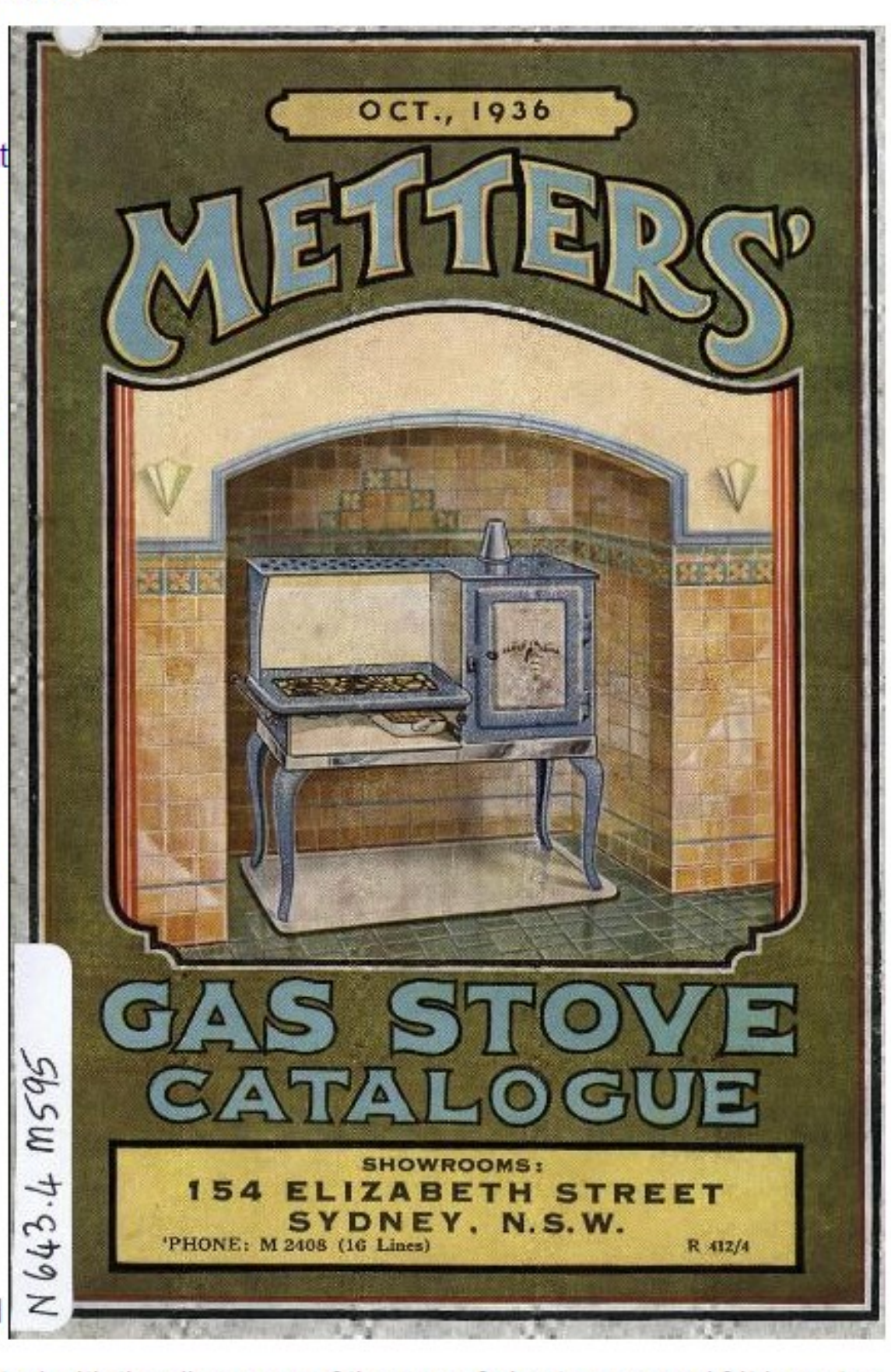
BUSINESS MEN OF SOUTH AUSTRALIA.
MR. FRED METTERS. The well-known Ironmonger. who left for a trip to England last week. Hammer & Co., **photo.** BUSINESS MEN OF SOUTH AUSTRALIA. (1905, April 15).Chronicle (Adelaide, SA : 1895 - 1954), p. 25. Retrieved from http://nla.gov.au/nla.news-article88420882

MR. and Mrs. Frederick Metters and the Misses Muriel and Dora Metters,- who arrived in London recently, having travelled by the Orient liner Orontes, are for the time being doing London's lions from head-quarters at the Bedford Hotel, Bloomsbury. LONDON PERSONAL NOTES. (**1909, June 8**). *The Advertiser*(Adelaide, SA : 1889 - 1931), p. 9. Retrieved from http://nla.gov.au/nla.news-article5728604

MARRIAGES.
METTERS—REES.—On the 18th July, at the Methodist Church, Williamstown, by the Rev. H. W. Frederic, Frederick Hubert, eldest son of Frederick Metters, Esq., West Adelaide, to Lorna Crissie, eldest daughter of Mr. Joseph Rees, Williamstown, Victoria. Family Notices. (**1906, August 11**). *The Register* (Adelaide, SA : 1901 - 1929), p. 6. Retrieved from http://nla.gov.au/nla.news-article57019245

MELLOR-METTERS.-ON the 28th February, at St. Luke's Church, Whitmore square, by the Rev. W. G. Marsh, Stanley Charles, third son of John F. Mellor, Fulham, to Frances Muriel, eldest daughter of F. Metters, Rose Park. METTERS-SMITH.-On the 21st March, at the Congregational Church, Henley Beach, by the Rev. P. Watson, Stanley Harry, second son of F. Metters, Rose Park, to Gladys Irene, only daughter of Mrs. K. Smith, and the late W. G. Smith, of Henley Beach. Family Notices. (1912, May 16). The Register (Adelaide, SA : 1901 - 1929), p. 3. Retrieved from http://nla.gov.au/nla.news-article59066096

The range Frederick Metters is most well known for is his 'Kooka' enamelled stoves:



THE ENAMELLING INDUSTRY. Large Extension by Metters, Ltd. Metters, Ltd., stove manufacturer and ironfounder, whose works are situated at Subiaco, will proceed immediately with the installation of an up-to-date enamelling plant which, with the necessary building extension, will cost about £10,000.The new plant will enable the production of mottled enamelled gas and woodstoves, all classes of enamelled castings, and sheet metal work, including refrigeration cabinet linings and outside sheets, advertising signs, name and numberplates, and enamelled hollow-ware. The new industry, it is stated, will employ a large number of male and female workers. The one-storey building to be erected, which will measure 200ft. by 80ft., will have a steel frame, iron and brick walls, and concrete floors, and will be completed in about two months. As soon as the floor is finished the company will install the furnace, and when that is ready it will put in the plant, a task that will occupy another month. The building will house several spraying booths, a large fuel-heated furnace (or muffle), a large drying room, a sand blast unit, and a compressed air plant. A contract was recently let for the Subiaco Municipal Council to install electric transformers at the company's works, where a new office will also be erected. Minister's Appreciation. The Minister for Industrial Development (Mr. A. R. G. Hawke), expressing gratification at the enterprise of Metters,Ltd., said yesterday that the further extension of industry in this State should be the means of providing employment, apart from the Government's activity, which was mostly on a part-time basis. Only by the extension of our industries could the problem of unemployment be permanently solved. THE ENAMELLING INDUSTRY. (**1936, November 7**). *The West Australian* (Perth, WA : 1879 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article40975395

The Metters company introduced the 'Early Kooka' range of gas cooking appliances in 1936 as shown in the page from the National Library of Australia's catalougue below. The name of this oven, punning on 'cooker', was emblazoned over the enamelled image of a kookaburra gobbling a worm. **Metters Limited was acquired by Email Limited in 1974,** which continued to market electric and gas kitchen cookers under the Metters brand name, but was eventually phased-out in the mid-1980s.

Enamel was first applied commercially to sheet iron and steel in Austria and Germany in about 1850. Industrialization increased as the purity of raw materials increased and costs decreased. The wet application process started with the discovery of the use of clay to suspend frit in water. Developments that followed during the 20th Century include enameling-grade steel, cleaned-only surface preparation, automation, and ongoing improvements in efficiency, performance, and quality. The word enamel comes the High German word '*smelzan*' **later becoming '*esmail*' in Old French**. Hence the current usage of 'smalto' in Italian, 'email' in French and German and 'enamel' in English.

MOFFAT METTERS

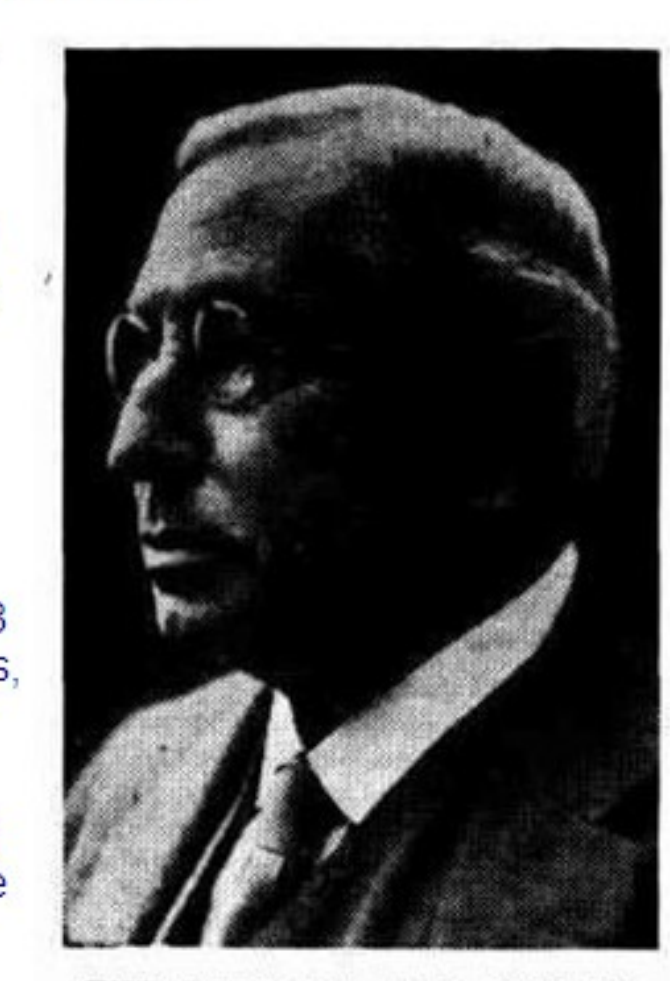
Right: Metters electric stove, circa 1930, courtesy Museum of Victoria

A quick scan of online forums show many others around Australia still have working treasured versions. Now ranging from $50.00 to over a thousand dollars, these Australian made stoves have become an iconic byword for quality and a product built to last. As with so many Australian originators and their stories, tracking down definitive information on the products was easier then the man who ensured thousands of people were employed and products unequalled in quality were designed, manufactured and found in just about every Australian home.

Both Frederick Metters and Henry Soring passed away in 1937. Mr Metters with a simple:

METTERS. —On the 25th of September, at a private hospital. Frederick Metters. aged 79 years.Family Notices. (**1937, September 27**). *The Advertiser* (Adelaide, SA : 1931 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article30780342

Mr Spring, residing by now at Mosman:

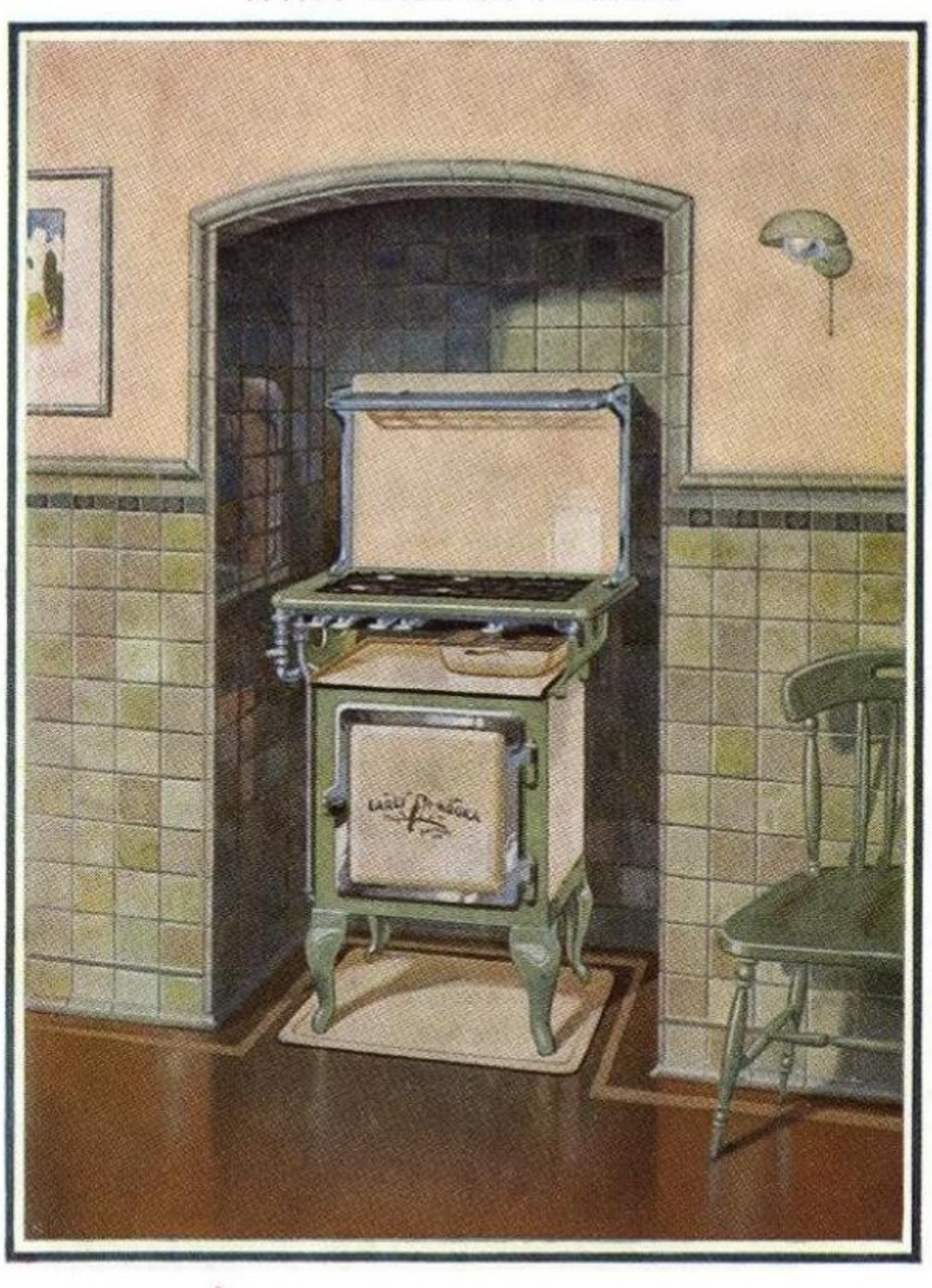


THE LATE MR. H. L. SPRING.

INDUSTRIALIST'S DEATH. The Late Mr. H. L. Spring. The death of Mr. Henry Langdon Spring, which occurred at Sydney on April 21, has removed one of the captains of industry in Australia and a pioneer of Western Australia. Born in London in1864, the late Mr. Spring arrived in Perth in 1894, and came in contact with Mr. Fred Metters, who had commenced manufacturing cooking stoves In a small way in Adelaide. At the time of the influx of population due to the West Australian discoveries of gold, Mr. Spring opened a branch in Perth with a capital of about £160, and established the small West Perth foundry that has grown to the present works at Subiaco. A branch was later formed in Sydney. In 1908 Mr. Spring purchased the interest of his former partner and formed a limited liability company. Metters, Ltd., with him-self as managing director. This position he held uninterruptedly until his death, in addition to being chairman and managing director of General Industries,Ltd.

Although residing in Sydney for some years, Mr. Spring retained his interest in Western Australia and made frequent visits. As managing director of Roy Hill and Marillana stations, he was prominent in the West Australian pastoral industry, and pioneered motor transport of cattle to Meekatharra. He continually advocated better main roads for opening up the country. Under his guidance, the small partnership formed in Perth in 1894-which employed five or six hands-has grown to the present organisation with branches in all States of the Commonwealth (except Tasmania) and in New Zealand. The original capital of about £160 has grown to nearly £1,000,000. INDUSTRIALIST'S DEATH. (**1937, May 27**). *Western Mail* (Perth, WA : 1885 - 1954), p. 26. Retrieved from http://nla.gov.au/nla.news-article37824658

Illustrating No. 12 "EARLY KOOKA"
IN GREEN MOTTLED ENAMEL
WITH CREAM PANELS



METTERS' GAS COOKERS CAN BE SUPPLIED
IN MOTTLED ENAMEL FINISHES
IN THE FOLLOWING COLOURS

GREEN BLUE BROWN GREY.

Panels can be supplied in either Cream or White.
THESE ARE ACTUAL REPRODUCTIONS FROM THE ENAMEL

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