Pittwater Online News

May 19 - 25, 2013: Issue 111

Easy Transport Manly Warringah Pittwater – New Name, New Website, New Premises – Better Fantastic Care

Helen Battellino, Manager of the ABS (Accessible Bridge Services Inc) Regional Co-ordination Office, Kain Allen, General Manager of Manly Warringah Pittwater Community Transport – NOW Easy Transport and Hon. Bronwyn Bishop, Federal MP for Mackellar. Picture by A J Guesdon.

The Saturday afternoon launch of new premises, a new name and a new website showcased and celebrated some of our finest volunteers as part of National Volunteers Week 2013. Apart from hearing from those who use this vital service, learning more about this great community organisation, the Hon. Bronwyn Bishop also shared some insights into her current focus as shadow Minister for Seniors.

Full Report HERE

Live Life Loudly - Guringai Festival 2013 Begins !

Guringai Dariny ung

Neil Evers of Aboriginal Support Group Manly Warringah Pittwater and Cathy Freeman at Bilgola Plateau Public school on Tuesday afternoon. Picture courtesy ASGMWP.

Pittwater has a deep and abiding connection and respect for our Aboriginal peoples. Their knowledge and wisdom is interwoven throughout our region, enriching all. This week two events commenced our annual participation in the Guringai Festival in high caliber style; a discussion about what may be wrong with the NT Intervention and our schoolchildren's gifting of 'play!' to their fellow schoolchildren. Respected speakers Jeff McMullen, Graeme Mundine and the wonderful Cathy Freeman

Report from Neil Evers of Aboriginal Support Group - Manly Warringah Pittwater and Susan Tickle, Relieving Principal, Bilgola Plateau PS **HERE**

Songs for Soibada III - Victorious Celebration For a Very Special Village in Timor Leste

Jack Vidgen on Friday evening at Songs for Soibada III. Picture by A J Guesdon.

The village of Soibada in the highlands of Timor Leste has granted Pittwater the honour of a Friendship Agreement. On Friday evening beautiful songs, contemporary classics and originals performed by some of the most talented vocalists and musicians in Australia were heard by an appreciative audience who, along with these artists, hope may be heard in the place they were also sung for and to.

Full Report HERE

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Easy Transport Manly Warringah Pittwater – New Name, New Website, New Premises – Better Fantastic Care

On Saturday morning the Manly Warringah Pittwater Community Transport service officially opened their brand new premises at 30 Howard Avenue Dee Why and launched their brand new website, filled with information and where you may now book online exactly what you need, as well as let all attending know that the more specific name 'Easy Transport' has now become official. As always we spoke to those who use this service to get their perspective and were fortunate to meet four lovely ladies from Newport and Avalon respectively.

Rita Stark, Molly Brooks, Maureen Bonny and Joyce Crumpton spoke glowingly of John Wilson, volunteer driver for eight years, and of all the services they have had provided for them, some of which they couldn't do without. High on the 'vital' list was a fortnightly shopping trip or arranging transport for doctors appointments or hospital visits. Their favourite is the fortnightly Mystery Tour, the most recent of which took them to Centennial Park and the Botanical Gardens. The girls raved about how John is so knowledgeable on all things Sydney and provides commentary and insights on every place he takes them to. John and wife Judith, "a gem" also hold a Christmas Party at their home each year and part of this is a tour of the Christmas Lights display on homes at Davidson.

Left to right: Rita Stark, Molly Brooks, Maureen Bonny and Joyce Crumpton with John Wilson.

John shrugged off their praise stating he gets a lot of pleasure out of his work as a volunteer. How personal and connected to those they care for these volunteers are is underlined in a quarterly celebration of those whose birthdays have fallen during those months by having a cake, by ensuring each person is celebrated by giving them a card and scratchie. Small things you don't see and don't often hear about are what make and keep heart in community.

Saturday was a day to celebrate the huge contribution the 70 volunteers who work at Easy Transport Manly Warringah Pittwater make though. Three other great reasons, the launch of an interactive website where you may now source and book what you need online, the opening of new premises more suited to what this organisation wishes to provide and officially shifting to a name you don't need long breaths for, indicate the dynamic side of Easy Transport Manly Warringah Pittwater where changing needs are being anticipated and met.

Angela Doolan, Operations Manager and Pat Lang, Administration Coordinator (Fleet and Volunteers)

Helen Battellino, Manager of the ABS (Accessible Bridge Services Inc) Regional Co-ordination Office, officiated, welcoming guests, volunteers and Mackellar's Federal MP for over 20 years, Hon. Bronwyn Bishop prior to introducing Kain Allen, General Manager of Manly Warringah Pittwater Community Transport – NOW Easy Transport. Mr Allen has kindly allowed us to share his address which better words what Easy Transport's aims and services now are;

Thank you all very much for coming along to help us celebrate National Volunteers Week by officially opening our new office here at 30 Howard Ave and also Launching our NEW revamped WEBSITE. I am very proud of this organisation and what it has achieved and I am also very proud of our dedicated team who always give 110%.

Easy Transport has grown significantly over the past few years, each year providing around 39,000 passenger trips, turning over more than one million dollars. We now have 70 volunteers on the books, 13 staff and a fleet of 13 vehicles with a seating capacity of 150. To steer all this we have a very professional and forward thinking Board of Management who set the direction for the organisation and then let us get on with the Job. Many of our Board Members have been participating for a number of years and we have two that also volunteer their time as Community Transport Drivers.

As some of you may know there are many unknowns on the horizon in regards to models of funding for Community Services and this includes traditional block funding for Community Transport. Though we are uncertain of what these changes might consist of or what they may look like Easy Transport sees an opportunity in this changing environment to partner and work more collaboratively with other service providers including Community Groups, NSW Health, Medicare locals and others. Doing this we will be able to offer more effective and efficient transport solutions to help meet growing demand.

In opening our new offices and launching our new website Easy Transport is looking to the future. This office as you can see has improved access. There is more parking for clients, staff and volunteers, it is a flat walk to the shops for those waiting for linking services, it is conveniently located on a bus stop and there is plenty of room for passengers to wait in our transit lounge for our North Shore Services. It really is a great site. We couldn't of have wished for anything better.

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.

We believe that with the intended introduction of consumer directed care an EASY to use system and the use of technology is fundamental. As a matter of fact when we did a soft launch of our website on Wednesday at 14.00, at 14.15 we had our first online referral form a man in Seaforth looking for transport for his mother.

Shaun from Digital Lounge did a wonderful job so thank you Shaun.

In terms of Technology, Easy Transport commenced using Health Management Systems in July last year and we are the First Community Transport group in NSW to do so. HMS and TRANSIT is a software solution that matches client needs to our vehicles. HMS TRANSIT also auto allocates pick up and drop of times for our drivers. TRANSIT has cut our scheduling times dramatically for individual transport services and has assisted us in moving to a more flexible per kilometre rate for our customers. TRANSIT will certainly assist Easy Transport to get the best client and efficiency outcomes as we move forward. Yes there is still a bit to do and we are working closely with HMS to make sure the system continues to meet our evolving needs.

A couple of thank you's; To our Volunteers who do an absolutely wonderful job. They provide thousands of hours of community support each year by giving up their time either driving our clients, supporting clients by assisting them on and off of vehicles, assisting us with the fleet maintenance schedule, or helping out in the office and transit lounge area. All of this of course improves social inclusion for residents living on the beaches. You all do a wonderful job. We really appreciate it and we could not achieve what we do without your effort and support.

We appreciate the support that Warringah Council has provided. This opening would not have been possible had it not been for support of council. In addition to 30 Howard Ave Warringah Council also provides Easy Transport the use of a fully accessible 18 Seat Toyota Coaster and space to house the Easy Transport fleet down at the Middleton Road Depot. During our office relocation Warringah's Community Service Staff were a massive help especially Caroline Psaltis and Cameron Lanchley. So a big thanks to Warringah council and we look forward to our continued collaboration.

I would like to thank the Dee Why branch of the Rotary Club who is here today helping us with the catering. I would like to thank the Launch Team Patti and Angela top job!!!

Finally I just wanted to say how important Easy Transport and organisations just like it are to local communities. Community Businesses such as this one enable people to access the services they need quickly and hassle free. Community Businesses are also in a fantastic position to promptly respond to local needs as they arise. I encourage all levels of Government to recognise the contribution that we all make and to support us accordingly.

Donna Johnston and Ann Tattam, also volunteers, in charge of sample bags on Saturday.

Hon. Bronwyn Bishop is always an articulate speaker and as current shadow Minister for Seniors has a passionate interest and commitment to all that affects not only those who still have so much to share but every other Australian. We reproduce extracts of her words in launching the updated Easy Transport as they give some insight into her current focus and all the work we don't witness her doing;

Hon. Bronwyn Bishop MP Shadow Minister for Seniors:

Thank you very much and can I just say to Kain, congratulations for bringing together the newness of technology with the eternally important question of volunteers giving of their services to enable their own community to be able to have communication with the rest of our area by having transport to get around, nothing could be more important.

When Tony Abbot asked me to be the Minister for Seniors I was delighted to and am delighted to tell you that should we be successful on the 14th of September, only 121 sleeps to go (laughter from crowd) but whose counting, should we be successful I will be the Minister for Seniors, taking the commitment we have made into Government Forums. As part of that portfolio recognising and servicing community groups is part and parcel of what we regard as important.

I very often say that **volunteers are like the mortar between the bricks that hold an edifice together.** Without the mortar it would all collapse. That is absolutely true of this organisation. Without the volunteers the service couldn't be provided. Here again is an excellent example of volunteers who are working in an organisation or running an organisation and yet they are totally professional.

In launching the updated website and the new premises, and the new name, as I do like the new name 'Easy Transport'; when we had to say all the council's names everytime we wanted to mention it, it was quite a mouthful and it didn't really describe what was happening, we are fortunate to have the councils committed to ensuring that this service is able to be delivered. When we have the plethora of methods for funding we have had, and we now have had in two stages as, under Mr Rudd, he took over the last 40 cents of the dollar that came from State Government for HACC Funding(Commonwealth Home and Community Care (HACC) Program), but only for Aged Care, so for Disabilities State Government still puts in the 40 cents, you get a crossover of people who are both in the Aged Care system but have a disability, who's paying the bill?; there is definitely a case for rationalisation in this area. Of course with the new NDIS transport is going to be very much part and parcel of the services that are going to be needed. The NDIS is a policy which is quite unique because it has the backing of all sides of parliament. What we need now is to see the detail and how it's going to work and how people are going to get the services that have been sadly missing for a lot of people over time.

Transport has been at the forefront. The ability to have a reliable and a system of transport where the people involved care about their customers, care about the people who are using the service, is again vitally important.

Because we care about everyone in our society we have an obligation to make sure that we are looking after people when they need that care. That applies whether it's because of a catastrophic accident or because of a chronic disease or whatever it is, we have an obligation. **One of the things that upsets me about the NDIS, and we're going to work hard on this, is that if you are over 65 you're not covered. We will need to have a look at how the integrated services are going to be applied in a very careful way.** I hope some of that will fall to me should we be successful.

When people talk about our aging population I say it's a cause of great joy that people are living longer and healthier lives. I get very cranky when I hear ministers talk about doom and gloom and about how we're going to have fewer and fewer people supporting more and more who aren't earning anything. Well, I say that's rubbish; trying to tell you that everybody doesn't contribute anything in tax. They do; everybody pays the GST, people pay rates, people are paying taxes that are hidden taxes; everybody is making a contribution. And that's what is important; that we don't get into the business of saying somebody's contribution is better then somebody else's. Everybody is making a contribution.

In coming to say how delighted I am that the new premises have been made available for Easy Transport and that the new sophisticated website has been launched, and I say sophisticated in the sense that it will be modern and accessible, it has been put together using the best skills to provide the required services and represents that meld of technology with experience, I would like to speak about this meld of experience and technology.

One of the things I look at in the shadow portfolio for Seniors is, and you may well ask 'what is a senior?'; for the purposes of the portfolio, if you're over 50, you're in!, is looking at a lot of workforce issues, people who might find themselves redundant at 55 and can't get back into the workforce. In looking at all those areas it is always uppermost in my mind that every single solitary Australian matters and is important whether they're the quietest people in the land, somebody who's getting along just fine, or someone who is disabled or someone who is disadvantaged. Everyone is important in making policy so that we can see the Australian people prosper.

In that context of the workforce issues **I work with the concept of melding knowledge and wisdom with new technology**. I'm working with large firms and part of the policy we've introduced is mentoring but not the sort of mentoring that is practiced at present where someone remains in the paid workforce, mentors a younger person until the younger person has all the knowledge and then you're out the door but rather to **have mutual mentoring where the older person mentors the younger person and the younger person mentors the older person to keep them up to date with technology**, so that **both** stay in the workforce. This way you get the benefit of corporate knowledge and wisdom and experience together with the newest technology.

I think there's an analogy here today for what you're doing bringing in up to date technology to make a more efficient running service, to make good use of a website and how that can interact with the people who are using it but most importantly, it all is designed to ensure that the service delivered is the one that is needed and the one that suits the needs of the people. We need to hear from you about this service and your use of it and how it may be further improved to suit those using it.

So congratulations to Helen and to you Kain and congratulations to all the volunteers who are here this morning. Without you it couldn't work.

John Wilson, President of the Board who has enjoyed eight years of being a volunteer driver now and the gentleman praised so highly by our Avalon and Newport ladies, took the opportunity to thank all the volunteers, letting them know they are 70 out of the 6.4 million Australians in Australia who work in some voluntary capacity every single year. Australia may be deemed rich and lucky by those standing outside looking in but it is the people who give so much or even a little every week of every year that make us so, all six and half million of you.

The wide range of services and information provided ONLINE can be seen by exploring the new website below.

Easy Transport - Manly Warringah Pittwater Community Transport
www.easytransportmwp.org.au/

Volunteer Photography pictures by Mike O'Flynn at HERE

DEE WHY
WARRINGAH
ROTARY
DEE WHY

Rotary Club of Dee Why - Warringah members at BBQ.

John Wilson and Hon. Bronwyn Bishop.

COMMUNITY TRANSPORT
Easy Transport
Manly-Warringah-Pittwater
9971 5110
MANLY WARRINGAH PITTWATER
COMMUNITY TRANSPORT
02 9971 5110

Report and photos by A J Guesdon, 2013.

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Live Life Loudly – Guringai Festival 2013 and the Wonderful Schoolchildren of the Peninsula Community of Schools

This year's Guringgai Festival has already begun in Pittwater with vital discussions and a great example of how to invest 'play' into the future were seen this week on Monday night at Mona Vale Memorial Hall - then Tuesday at Bilgola Plateau Public School. We thank Neil Evers and Susan Tickle for providing insights and background into these events.

What an incredible way to start the Guringgai Festival 2013

On Monday night the ASGMWP Community Forum and guests listened to Jeff McMullen and Graham Mundine, a Bundjalung man from Northern NSW and well respected Indigenous Catholic leader, report on 'What's going on in the Northern Territory'. The book 'A Decision to Discriminate' was also discussed as was The Stronger Futures legislation. There was a deep sense of betrayal; to learn there was no genuine debate, that the legislation had been rushed through Parliament for political reasons.

Alcohol management, food security, land reform, income management and school attendance were all part of the report to the more than 50 people in attendance. Koori radio 93.1 recorded the very informative meeting. The meeting concluded with an invitation to join in the Guringai Festival 2013 with more than 66 events between May 26th - 14th July, involving 11 Councils and local groups and schools. www.guringaifestival.com.au www.asgmwp.net

On Tuesday afternoon at Bilgola School Cathy Freeman and Preston Campbell congratulated the Peninsula Community of Schools for donating over 2,000 items of sporting equipment to the Katherine Group School in the Northern Territory. It was wonderful to see the enthusiasm from all involved, both teachers and students, and to think that the equipment could have stayed at the Bilgola School. Together we can make a difference.

To those organising the day, thank you for putting it all together it was great. Well done. As a descendant of the Guringai people it was a privilege to have Cathy and Preston have their photo taken with me beside the newly dedicated Guringai sculpture at the entrance to the Bilgola School. What a great way to start the Guringai Festival.

Neil Evers, Aboriginal Support Group – Manly Warringah Pittwater

The Peninsula Community of Schools Give Their Sports Equipment to the Katherine Group of Schools

The 13 Peninsula Community of Schools; Avalon PS, Barrenjoey HS, Bilgola Plateau PS, Collaroy Plateau PS, Cromer PS, Elanora Heights PS, Mona Vale PS, Narrabeen Lakes PS, Narrabeen North PS, Narrabeen Sports HS, Newport PS, Pittwater HS & Wheeler Heights PS have banded together to donate the sport equipment from their 'Coles Sports for Schools vouchers' to the Katherine Group Schools.

The Katherine Group Schools (KGS) are a largely indigenous community of 13 schools in the Katherine area of Arnhem Land. Despite the numerous hardships faced in these remote communities they have benefited from the funding and educational resources that Fountain for Youth has provided over the last 9 years. See: http://ianthorpes-fountainforyouth.com/

Three years ago a small group of teachers from the PCS visited the Katherine Group Schools and saw the great work that Ian Thorpe's charity - 'Fountain for Youth' had done in providing much needed reading material through the Literacy backpack program for remote Indigenous schools and families. These schools now have Smart boards to enhance student engagement and learning, libraries with quality reading materials, PM home readers and of course the Literacy backpacks. The pride these students had in their school was testimony to the collaboration that has been created between teachers, community members and Fountain of Youth.

These schools are a success story but there are many more communities that do not yet have these necessary facilities and resources that we, on the Northern Beaches take for granted. For the last 3 years, the PCS have collaboratively fundraised within the 13 Public Schools to assist in the sponsoring of Literacy Backpacks, maintaining links with these schools and donating the sports equipment from the collection of Coles vouchers to the KGS.

This Tuesday 14th at 2pm Cathy Freeman and Preston Campbell (Coles ambassadors) were at Bilgola Plateau Public School to formally handover the sports equipment in an assembly with the PCS Principals and school leaders, recognising the contribution that the PCS students and families have made to the indigenous communities of the Katherine Group Schools.

A formal handover of the sporting equipment to the Katherine Group Schools will be made in the last week of May. The PCS will be sending a number of staff to the Northern Territory along with Preston Campbell.

Susan Tickle, Relieving Principal, Bilgola Plateau PS

This years Guringai Festival has a theme of Live Life Loudly. A full list of all Pittwater events and link to the brochure listing all on offer to inform, educate, participate and celebrate forms part of this week's Events page.

Photos provided by Aboriginal Support Group - Manly Warringah Pittwater, Sabine Kacha and Bilgola Plateau Public School.

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Neil Evers of Aboriginal Support Group Manly Warringah Pittwater and Cathy Freeman at Bilgola Plateau Public school on Tuesday afternoon with Darinyung Sculpture at entrance to school. Picture courtesy ASGMWP.

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Songs for Soibada III – 17th of May, 2013

Wow is the only word that covers Friday evening at Warriewood's Maria Regina Catholic College and the array of songs and entertainment experienced by those who attended the third concert to support our community project, Pittwater Friends of Soibada. A wonderful mix of Simon Hyland reprising his role as Peter Allen had everyone jumping out of their seat as he shimmied between audience members to 'Rio' and then made spines straighter with 'I Still Call Australia Home', the ethereal Samantha Shaw raising the roof a few feet higher with her soaring rendition of 'Don't Cry for Me Argentina' among other superlative theatre songs, while the Crows Feet Crew led by Shane Withington had people up and dancing to great blues/country originals and covers from a bunch of likely lads to culminate.

The evening opened with a man who once a prefect at Pittwater High School, eptiomised the Australian Bush spirit in the *Man from Snowy River*, brought quality to venues with his Frank Sinatra show, and currently is touring '*Now We're Swinging*!' to high acclaim. Tom Burlinson opened with the penultimate 'New Day' a song that allows his vocal range to show its full extension. He followed this up with the tune he rarely gets off stage without singing due to his superlative tribute, 'New York, New York'.

His Excellency Ambassador Abel Guterres thanking Tom Burlinson for his performance with a traditional scarf

Jack Vidgen is clearly as genuinely nice as you glimmer during brief appearances elsewhere. Opening with '*Yes I Am*', a song that defines one of the best attitudes you can have to anything and penned by the singer, is some indication of how bright and how talented he is. Having a superlative voice to fill these words is one thing, the heart behind them is what makes any song stay with you and this is what you hear when Jack Vidgen sings; a great voice connected to a great heart. Following this with his version of Pink's '*Glitter in the Air*' affirms why everyone says "Australia's Got Jack!"

The Lamont Studio Dancers tribute to Beyounce was a vibrant skilled display. Dale Burridge and Danielle Everett, both of whom have taken Les Misérables to new heights on the West End and have been celebrated here for decades, sang duets as well as treated all to solo performances that sent shivers up the spine. Keiron Conroy and David Wooltorton were joined by their friend Josh sang and played contemporary classics to resounding applause. Rohan Senior, although a singer too, acted as MC for the evening.

Although the large crowd who gathered had the huge bonus of enjoying great music from some of Australia's best musicians, the reason for the evening was to empower a people many here have a great love and respect for; the children and people of Soibada. The address given by Chairlady of Pittwater Friends of Soibada, Tamara Sloper Harding, the dynamo who began all this so many years ago, has kindly been provided for those of you who could not attend and this reiterates why so many now determinedly sing and dance or attend this annual concert where once we wept and stumbled:

Good evening everyone and welcome to Songs for Soibada! Welcome also to our special guests, Ambassador Abel Guterres and Mrs Ana Paula Mok Guterres and Consul General Maria de Jesus, some of who have travelled long distances to join us tonight.

Monday 20th of May marks 11 years since Timor Leste gained Independence and tonight we begin our celebrations here in Pittwater! There are so many people to thank for making this evening a possibility.

Our fantastic performers who have once again donated their time and talents. Sam Shaw who has put the concert together. Pittwater Council, Pittwater Parish, Pittwater Rotary, the staff and students of Mater Maria and of course the tireless volunteers – and you - the Friends of Soibada!

This project is very close to my heart – I do consider it a calling and something I am destined to do. In 1999 I began a journey, a journey I wasn't too keen on taking at the time, but it was something that changed the course of my life and has had far reaching consequences. It was the path to a friendship that was to develop not just between me and the small village of Soibada in Timor Leste but a friendship that has grown to embrace the entire community of Pittwater at so many different levels. The amount of support we are receiving form you in this community is absolutely tremendous.

Soibada was selected for Pittwater by the Timorese Government. In 2010 a Pittwater Council team visited Soibada to formalize our friendship agreement. This project actually was initiated by the small school of Maria Regina in Avalon. The staff and the children should be acknowledged for their enthusiasm and interest beyond the privileged area of the Northern Beaches. With the support of Pittwater Catholic Parish, local churches of all denominations, community groups, Pittwater Council and Rotary, it has since grown to encompass the wider community.

It is touching people of all ages in different ways. Last year two teams from the Northern Beaches visited Soibada. Our volunteers included medical and teaching personnel from Pittwater who established a mentorship program and volunteer scheme. Pittwater Rotary Club was represented by award winning architect, Emile Jansen. Film maker David Haythornthwaite recorded various short documentaries for education and publicity purposes.

We even had some training programs in haircutting run by Ian Laidlaw of Scally's in Avalon. Ian gave eight young people the basic techniques prior to them attending small business training courses that we fund in Dili. Already one young man from the group is successful and charging $2 a hair cut!

Background

Australia has had ties to East Timor for far longer than most people are aware. – In WWII over 40,000 East Timorese died as a result of assisting Australia. **We promised them friendship and protection ……. And we let them down.**

The 'Battle for Timor' is not a story you'll find in our media or in our school's curriculums. Thousands of Australians are totally ignorant of this unique relationship.

In 1941, when the Second World War spread rapidly into the Pacific a few hundred specially trained Australian commandos, "**Sparrow Force**", were sent to Portuguese Timor to protect Darwin from Japanese invasion. This had the effect of compelling more Japanese forces to engage in combat on Timor. The Australians were befriended by the local people, who fed, housed and nursed them.
They survived only because of the generosity of the East Timorese who sent their young sons, aged ten to sixteen years, to guide, to feed them - and to spy for them. The Australian soldiers were eventually withdrawn from Timor and they described the day they left Timor as their worst, because they knew what awaited their loyal Timorese friends. Over 40,000 Timorese were murdered by the Japanese in reprisal. No other nation has lost so many civilians as a result of helping Australian soldiers. In 1944, the RAAF also dropped leaflets over Portuguese Timor promising liberation from Japanese forces and stating that Australia would never forget the people of Timor.

Australia forgot those promises. We forgot them in 1975 when the Indonesians invaded, killing at least 200,000 East Timorese.
Only since 1999 has the Australian Government begun to practically acknowledge the historical debt it owes the East Timorese people and honour those promises.

Our project in Soibada is divided into three separate areas:

1. Construction and physical improvements to existing facilities.
2. Community development and education
3. Major Projects:
- Community Centre
- Investigation into tourism possibilities
- Scoping of major projects, including the bridge and road repairs
- Attendance at the annual Pilgrimage of Our Lady Of Aitara
- Trade skills

We are currently funding educations programs for the community with the assistance of Timorese run NGOs. The Soibada Project aims to utilize NGOs already based in Timor Leste and staffed by Timorese people.

Appropriately trained local educators, nutritionists and other medical staff are better placed for liaising with the community of Soibada, not just geographically, (saving money that would be spent on airfares for Australian volunteers – money put to better use within the village) but also linguistically and culturally. Working under the philosophy of "Give the man a fish and feed him for a day; teach a man to fish feed himself for life." our goal is to facilitate the change so that it comes from within the Soibada community. We must enable the people to help themselves and restore the dignity that has been stolen from them during years of opression. They need ownership of any project and the impetus for change must be internal.

All of those who showcased their favourite songs on Friday evening expressed their thanks for being able to support this great firendship and its many projects. The large crowd attending indicates many here care for those in that beautiful village of Soibada in the highlands of Timor Leste. Most of us may never get to speak face to face to the brave people who have shown so much courage and dignity over decades and now, resilient to the core, are rising and shining again.

On Monday 20th of May (tomorrow) Timor Leste will be celebrating her 11th anniversary of Independence. This would be a great day for you to visit the Pittwater Friends of Soibada website and see how you too can contribute your friendship.

www.pittwaterfriendsofsoibada.org

Those who attended and those who performed fill our **Pictorial page** this week.

Performers:

Jack Vidgen: http://www.jackvidgen.com/
Lamont Dance Studio: http://www.lamontdancestudio.com.au/
Samantha Shaw (OUT LOUD! Singing and Voice Coaching for adults and children).
Simon Hyland and: http://www.pittwaterparish.org/music/director.html
The Crows Feet Crew: https://www.facebook.com/crowsfeetcrew
Tom Burlinson's *Now We're Swinging* current tour dates at: http://www.tomburlinson.com.au/?page_id=565

Dale Burridge and Danielle Everett, brilliant again this year.

Left to right: Mrs Ana Paula Mok Guterres, Hon. Rob Stokes - MP for Pittwater, Consul General Maria de Jesus, Tamara Sloper Harding - Chairlady of Pittwater Friends of Soibada, His Excellency Ambassador Abel Guterres, Cr. Jacqueline Townsend - Mayor of Pittwater, Cr. Bob Grace Deputy - Mayor of Pittwater.

Songs for Soibada stalwarts Samantha Shaw and Simon Hyland.

Paul Wilson (one of the 'Glorious Brothers' according to SW) and Shane Withington of Crows Feet Crew - currently getting airplay in Oz, UK and US for their music.

Report and photos by A J Guesdon, 2013.

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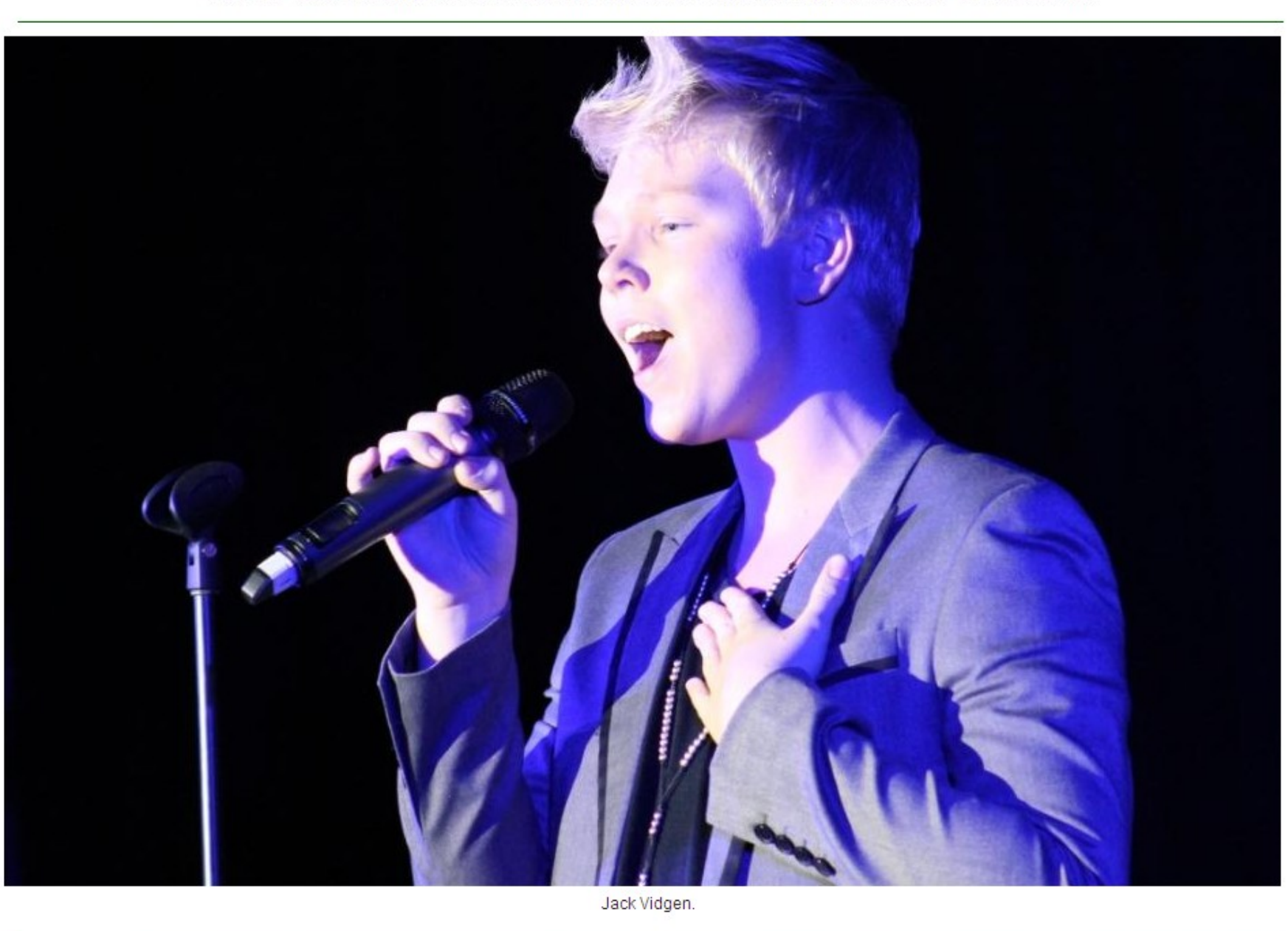
Songs for Soibada III - May 17, 2013

Julian, Maddy and Adriana.

Tom Burlinson.

Gail Carew - Mona Vale Hospital Auxiliary and Rotary Club of Pittwater with Cr. Jacqueline Townsend - Mayor of Pittwater.


Jack Vidgen.

Kathy Gee - Principal of Maroia Regina Catholic Primary School at Avalon with Julie Campbell.

Simon Hyland in Peter Allen mode.

Tamara Sloper Harding.

Anne Harvey - PFOS, Virpi Tuite - PFOS and Larriane Hall - President of the Rotary Club of Pittwater.

The Lamont Studio Dancers .

Karl Sandles, David Haythornthwaite and Rob Romer.

Rohan Senior - MC.

Mrs Ana Paula Mok Guterres, Consul General Maria de Jesus and Cr. Bob Grace, Deputy Mayore of Pittwater.

Samantha Shaw.

Richard Morgan of Pittwater Business Limited and Emile Jansen - Pittwater Friends of Soibada and Rotary Club of Pittwater.

Keiron, Josh, David.

Just four of the wonderful mums of Maria Regina Avalon schoolchildren who are always helping out Pittwater Friends of Soibada.

Danielle Everett.

Dale Burridge.

Roger Digby - President-elect of the Rotary Club of Pittwater and His Excellency Ambassador Abel Guterres.

Shane Withington.

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Photos by A J Guesdon, May 2013.

Pittwater Online News

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Articles This Week:

Easy Transport Manly Warringah Pittwater Launch - this vital community service has a new premises, new website which provides ONLINE bookings and a new name

Guringai Festival 2013 Begins and Local Schools band together to give 'play' to schoolchildren in Katherine

Songs For Soibada III - wonderful evening for a wonderful place

Reflections by George Repin: AZZALIN ORLANDO ROMANO AND ROMANO'S RESTAURANT

Spotted Gums of Pittwater Inspirations - for Children

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

All Previous Articles

Profile: May 2013 - May 2013 - Northern Beaches Club: WINGALA LAPIDARY CLUB by Ian Lee - finding ancient stones and wood and creating beautiful Australian jewellry

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Previous Profiles:

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

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History: May 2013 - The NAVY in Pittwater: this year's **Avalon Tattoo, is on June 15th, 2013.** Each year it is the turn of one of our Services to present the Challenge and this year it's our RAN Cadets; To Prelude this we will look at some of the long and varying links with the Navy - **Pittwater's Torpedo Wharf and Range**

Previous History Pages:

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

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Park Bench Philosopher: Christmas Day at Sea - A POEM BY ROBERT LOUIS STEVENSON; Scottish born author and wordsmith, from a family of lighthouse engineers, who moved to Samoa

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News From Our Inbox Malaria Parasites 'Talk' to Each Other - New discovery by Australian Scientists, From Ocean to Land: The Fishy Origins of Our Hips, Australian BREAST moves overseas, White Fronted Chat filmed at Pittwater; Tasmania, Data mining takes opal mining into the 21st century, Longest truck in the world, New Method of Finding Planets Scores Its First Discovery, Copycat, Power of Prayer: Studies Find Prayer Can Lead to Cooperation, Forgiveness in Relationships, Brain Frontal Lobes Not Sole Center of Human Intelligence, Fossil Saved from Mule Track Revolutionizes Understanding of Ancient Dolphin-Like Marine Reptile, Oldest Fossil Hominin Ear Bones Ever Recovered, Picture of the sun taken at same time over a year, Oh goodness... it's not a cushion!, Isolated Shower, Health papers published this week: World First Clinical Trial Supports Use of Kava to Treat Anxiety; Agent Orange Exposure Linked to Life-Threatening Prostate Cancer; Bird Flu in Live Poultry Markets Are the Source of Viruses Causing Human Infections; Water Governs Cell Movement; Flu in Pregnancy May Quadruple Child's Risk for Bipolar Disorder; Out of Sync: Body Clocks Altered at Cell Level in Depression; Tumor-Activated Protein Promotes Cancer Spread; Leap in Leukemia Treatment; North Carolina Coal Plant Emissions Might Play Role in State Suicide Numbers; Global Warming Trends Contribute to Spread of West Nile Virus to New Regions in Europe

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Events: Northern Beaches MUsic Festival, **Artists Trail 2013**, U3A Events, NT Forum, PB Market, Baby Animals and Tin Sparrow at Mona Vale, Vivid Festival 2013, Aboriginal Forum at Narrabeen, Avalon RSL- Karoke World Championships, Sydney Film Festival, Psychic at Pittwater RSL, Paddling-Walking, ANMM Exhibitions and Kids Events, RMYC Events, Pittwater Camera Club, FoNLC Activities and much much more.

Food: **Pumpkin:** What would Autumn be like without enjoying these golden vegetables; some recipes (not soup!), history, facts and health benefits

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Disclaimer: The content of editorials and Advertisements in this Publication have been provided by a number of independent sources. Any opinions expressed are not necessarily those of *Pittwater Online News*, and no responsibility is taken for the accuracy of the information, or any factual errors contained within items published. Readers should make their own enquiries directly to any organisation or business prior to making any plans or taking any action.

Community News: Vital Community Meetings You Can Attend – **Proposed Amalgamation of Councils** and the White Paper, New $12 million Rehabilitation Unit For Mona Vale Hospital, **Pittwater Artists Trail on TODAY**, Mona Vale Hospital Auxiliary - Volunteers Needed, National Sorry Day 2013, Car Park Sale in support of SLSC Nippers, 2013 Australian Surf Llfe Saving Championships Teaser, National Cyber Security Awareness Week 20 to 24 May 2013, **Irrawong Planting Day- Sunday May 19th; 1pm - 3pm**, The Zonta Club of Northern Beaches needs your help to pack 3000 birthing kits, St Ives Show, BowelCare 2013, Future of boating on Sydney Harbour open for public comment, SCWC May 2013 Critters of the Month - Theodore and Blossom - Orphaned babies, Sydney Writers Festival, Funding Opportunity For Local Fishing Groups, Sly Dogs Unplugged at Church Point Cafe, CUPPA FOR CANCER AT MONA VALE LIBRARY, CAREEL CREEK FLOOD STUDY ON EXHIBITION, COMMEMORATE SORRY DAY AT NORTH NARRABEEN, Bushcare Notices - May 2013, Our Councils Notices, Fed. Govt. Media Releases this week and more

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Environment; **CAREEL CREEK FLOOD STUDY ON EXHIBITION, Pittwater Environment Stories this week:** Spotted Gums of Pittwater Inspirations - for Children, Carbon dioxide levels hit record high, **Irrawong Planting Day Sunday May 19th, PNHA June 2013 - Birdwatching & monitoring, Warriewood Wetlands: Winter Bir**ds, 'Fish Thermometer' Reveals Long-Standing, Global Impact of Climate Change, Conservation award for wetland engineers, Insecticides Lead to Starvation of Aquatic Organisms, Cooling Ocean Temperature Could Buy More Time for Coral Reefs, World's Most Extraordinary Species Mapped for the First Time, Western Indian Ocean Earthquake and Tsunami Hazard Potential Greater Than Previously Thought, Seabird Bones Reveal Changes in Open-Ocean Food Chain, **COOEE May 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

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

Pictures: Songs for Soibada III - 2013 ; the glitz, the glamour, the singers and those they sang to !!!

Children: For you this week: **Spotted Gums of Pittwater**, **Walk Safely to School Day 2013**, **PITTWATER SHORT STORY COMPETITION**, **BackMeUp poll, Piggy and Puggy, Hickory Dickory Dock from Super Simple Songs**, **Pilobolus Amazing Shadow Dance**, **Children's rhymes, children's games, children's songs, children's stories : a book for bairns and big folk**, **The Sorcerer's Apprentice [HD] (VHS Version), Triple Zero Kids' Challenge, OUT LOUD - singing for kids!**, **Festival of Small Hands 2013, Whale Cloud,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Mona Vale Library - Young Runarounds!, Children's Storytime at Mona Vale Library**

Youth: Enter Connect With Science, Back- Me-Up poll and survey, **Year 13: have questions? Get answers**, LANDFILL HARMONIC: Inspiring dreams one note at a time!, National Cyber Security Awareness Week, 20 to 24 May 2013, INAUGURAL NATIONAL YOUTH AWARDS!, Cures, Feedback Conference on Music for you!, Space Oddity 2013 style, Tools of the trade - 3D Printer, **another movie inspired by real events - Our Hospitality (1923)**, Triple your Jays hottest 100 over 20 years, PITTWATER SHORT STORY COMPETITION, Workshop for parents and supervisors of learner drivers, Andrew Tink speaking about "Air Disaster Canberra. The Plane crash that destroyed a government" - FREE for Students Exercises, YoYos unplugged, ECO. Clean Beach Initiative, Luminosity youth conference, Sydney Writers Festival 2013 – May 20-26 Youth Events, Girls-Boys, National History Competition, Surfing Goat, On A Great Hollow Tree by William Strode - some Old English for you, **The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? New Facebook Page for young bands on the Northern Beaches, The Line, National History Competition, Mona Vale Library - Duke of Edinburgh Awards.**

Seniors; Seniors Escape Budget Cuts, Eternal youth for seniors!, Goose Parade, 'Living in the Dark' Transcript; understand the legally binding nature of advance health care directives, 2013 COTA NSW Survey, Men-Women, May 2013 - States of Culture Week Three: Adelaide - John Giles, SS Moonta and GM Holden Parade 1920-1960, Remember the day you brought me home ?..., U3A Universe Presentation, Health Papers Published this week: New Drug Reverses Memory Deficits and Slows Alzheimer's in Mice; Reversing Paralysis With a Restorative Gel; Fish Oil Doesn't Seem to Help Age-Related Macular Degeneration; 'Good Vibrations:' Brain Ultrasound Improves Mood, **2013 COTA NSW Survey**, **Term 2 2013 - Computer Classes for Seniors at Newport**, How to make symbols using your keyboard, National Seniors Literary Prize 2013, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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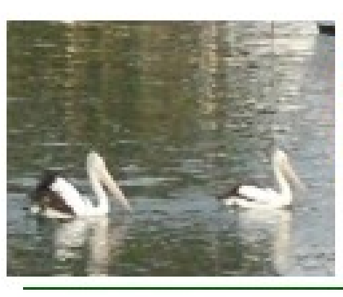

Reflections: by George Repin. **This week; AZZALIN ORLANDO ROMANO AND ROMANO'S RESTAURANT**

DIY Hints: Growing Your Own Winter Vegetables by Paul Johnson

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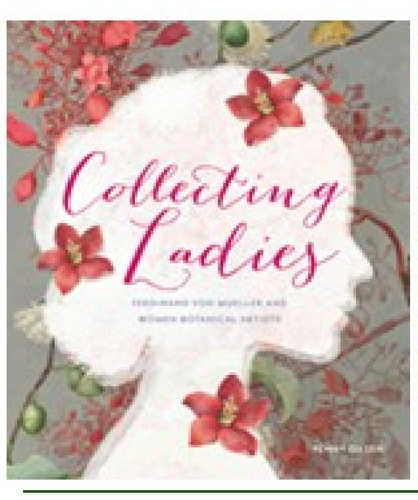
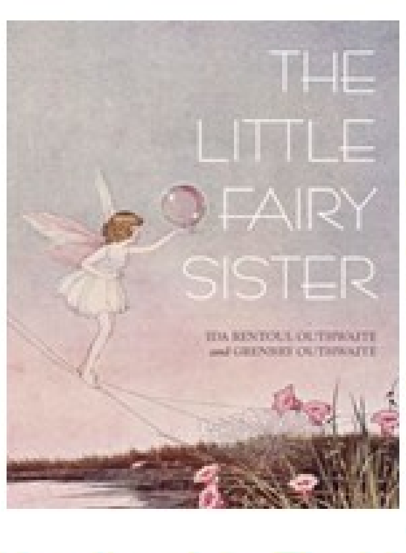


Collector's Corner: ***Collecting Ladies - Ferdinand Von Mueller and Women Botanical Artists*** by Penny Olsen AM - extensive and well researched insight, illuminated by beautiful illustrations and examples of their works, this is for students of Botany and art lovers. **Interview with Penny Olsen**



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

Old Books: **- May 2013**

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

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Spotted Gums of Pittwater at Palm Beach

These great tall trees grow along the ridge overlooking the Pittwater estuary at Palm Beach, up high on the ridge where you can see the beach from the other side. They were planted over twenty five years ago now and have grown very tall. Spotted gums, if they get enough rain, will grow on average between 4 metres in high rainfall areas and 2.5 metres each year. This makes them what are called 'fast growing' trees. They need between 650mm to 1050mm of rain each year to grow this tall and strong so fast.

All plants have another name other then the one we give them which comes from either the Greek or the Latin language. This way of describing a plant so others may recognise it has been used since people first tried describing and naming plants. The words used as 'names' communicates the parts, places and even the height, colour or other history associated with the plant.

This is not the same as when plants are named after the people who 'discovered' them. This 'naming' is in English and is a person paying tribute to a grower of roses for example 'Mrs Partridge's blue rose' or a 'Granny Smith' which was named after a lady in Eastwood (now one of Sydney's suburbs) called Maria Ann Smith who developed this yummy green apple by chance when a wild apple and a domestic one accidentally seeded a new apple. Every year now the granny smith apple is celebrated as the Granny Smith Festival and will be again this year on October 20th, 2013. See here for details.

A few examples of Latin plant words used in plant names:

abyssinica = from Abysinnia (Ethiopia) (North Africa)
acaulis = stemless
aestivalis = flowering in spring
bellidifolia = with leaves like those of a daisy
borealis = from the north
bulbifera = bearing bulbs
caerulea = blue
caespitosa = dense
campanulata = campanulate, like a bell
campestris = of the field

The Latin name given to our spotted gums is Corymbia maculate and if we look at these two words we see: Corymbia is from Latin: corymbus, cluster, ie the floral cluster and maculate is from the Latin word maculosus, meaning 'spotted' (referring to the spotted pattern on the irregularly-shed bark). So you can see how names in this way can describe a plant.

This species was first formally described by English Botanist William Jackson Hooker in 1844, and given the name Eucalyptus maculata. The specific name maculata is derived from the Latin word maculosus, meaning "spotted" (referring to the spotted pattern on the irregularly-shed bark). The species was transferred to the genus Corymbia by K.D.Hill & L.A.S.Johnson in 1995 when further examination of our eucalypts showed distinct differences in leaves, flowers and stalks.
The word 'eucalypts' is from Greek words ευ (eu) "well" and καλυπτος (kalyptos) "covered", and refers to the operculum on the calyx that initially conceals the flower.

Tree groves have always been special places and when you see a row of these giants or stared up at one until your neck is craned back you can understand why they inspire stories, poems and songs.

One poem you may have heard, which was written by Alfred Joyce Kilmer, an American journalist, editor and poet, is 'Trees'.

Trees (1913)
I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that may in Summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

You can probably make up your own stories while sitting under or strolling among such trees. Late afternoon or early morning light makes dew drops cast haloes of rainbows over even the smallest blade of grass, or the sound and sight of the wind soughing through the tree crowns may help you to make up your own dance! We took these photographs of some of our own Pittwater Spotted gums for you earlier this week and hope you enjoy looking at them and that they may inspire a few stories of your own. We had a bit of fun inspired by being among these wonderful big trees; see below.

There's a great competition on at present where you can write your own story. You still have a few weeks to get your stories in. See details on **your page**.

The Enchanted Grove of the Old Spotted Gums (2013)

There is an enchanted grove we know
Where the spotted gums grow very tall
They're not as tall as they were hundreds of years ago
But neither are they small

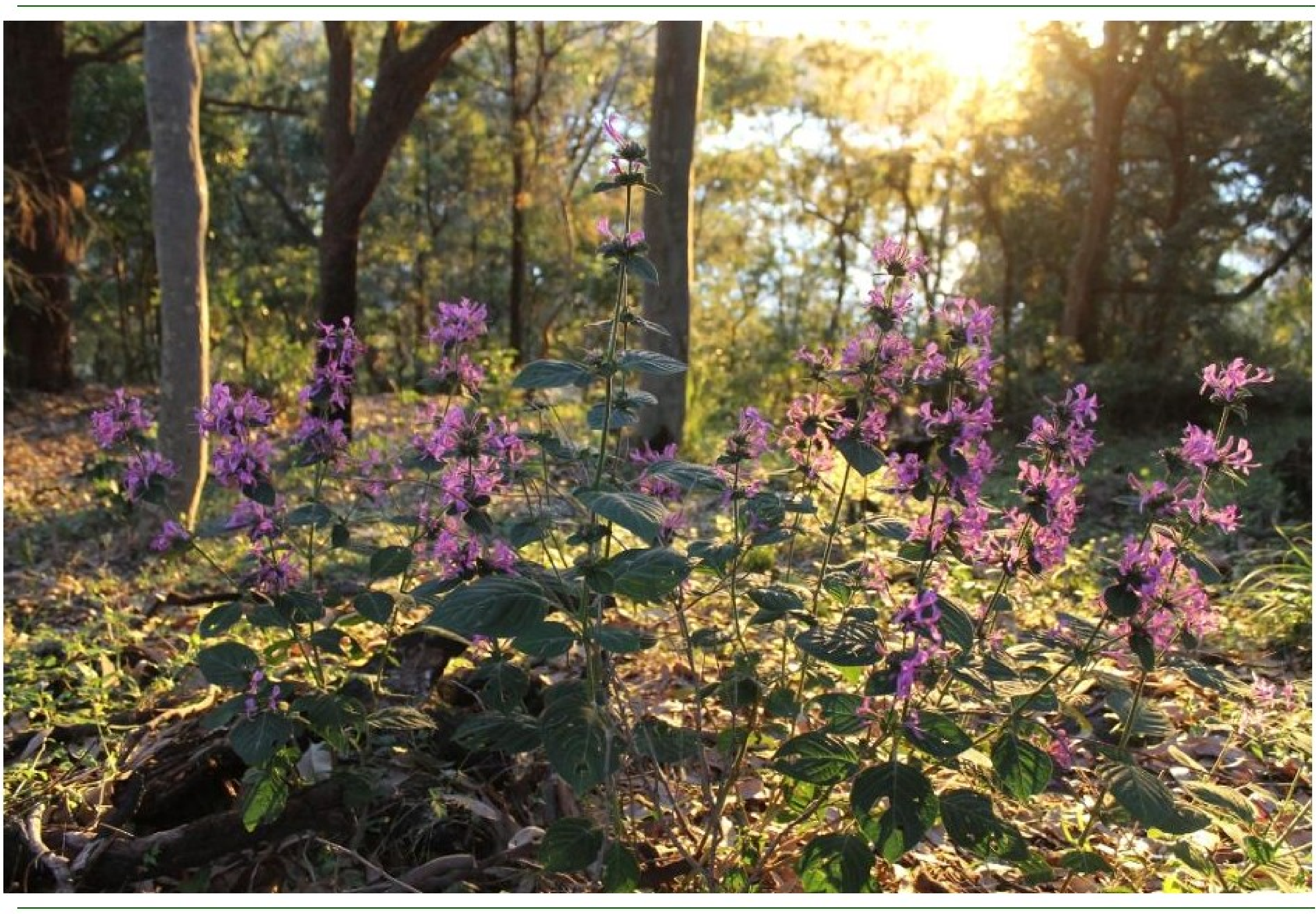
Interlaced branches overhead,
Colourful flowers at bush edge,
Pittwater gleaming before us
Resplendent in late Autumn sun

We stand here stolid
Whisper of many years past
Watch you skip between our trunks
Gaze up at our living masts

As dusk gilds us gold
We sing songs from seas of old
And shift our roots through
The beach each child has brought home on their sandy feet

Home by the bush and the sea
Home by the estuary
We've heard the children laugh in the golden dusks
Seen them grow tall and strong like us

We are the spotted gums of Pittwater
In our arms are cradled every son and daughter
We are home to the possum and bandicoot
A perch for every owl that hoots



Words and Pictures by A J Guesdon, 2013.

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Christmas Day at Sea.

A POEM BY ROBERT LOUIS STEVENSON;

In view of the quite recent report of the talented author's death, the following poem from the ballads of Robert Louis Stevenson has a special Interest :

The sheets were frozen hard, and they cut the naked hand;
The decks were like a slide, where a seaman scarce could stand;
The wind was a nor'-wester, blowing squally off the sea;
And cliffs and spouting breakers were the only things a-lee.
They heard the suff a-roaring before the break of day;
But 'twas only with the peep of light we saw how ill we lay.
We tumbled every hand on deck instanter, with a shout,
And we gave her the maintops'l, and stood by to go about.

All day we tacked and tacked between the South Head and the North;
All day we hauled the frozen sheets, and got no further forth;
All day as cold as charity, in bitter pain and dread,
For very life and nature we tacked from head to head.

We gave the South a wider berth, for there the tide-race roared;
But every tack we made we brought the North Head close aboard.
So's we saw the cliff and houses and the breakers running high,
And the coastguard in his garden, with his glass against his eye.

The frost was on the village roofs as white as ocean foam;
The good red fires were burning bright in every longshore home;
The windows sparkled clear, and the chimneys volleyed out;
And I vow we sniffed the victuals as the vessel went about.

The bells upon the church were rung with a mighty jovial cheer;
For it's just that I should tell you how (of all days in the year)
This day of our adversity was blessed Christmas morn,
And the house above the coastguard's was the house where I was born.

O well I saw the pleasant room, the pleasant faces there,
My mother's silver spectacles, my father's silver hair;
And well I saw the firelight, like a flight of homely elves,
Go dancing round the china plates that stand upon the shelves.

And well I knew the talk they had, the talk that was of me,
Of the shadow on the household and the son that went to sea;
And O the wicked fool I seemed, in every kind of way,
To be here and hauling frozen ropes on blessed Christmas Day.

They lit the high sea-light, and the dark began to fall.
"All hands to loose topgallant sails," I heard the captain call.
"By the Lord, she'll never stand it," our first mate, Jackson, cried.
. . . ."It's the one way or the other, Mr. Jackson," he replied.

She staggered to her bearings, but the sails were new and good,
And the ship smelt up to windward just as though she understood;
As the winter's day was ending, in the entry of the night,
We cleared the weary headland, and passed below the light.

And they heaved a mighty breath, every soul on board but me,
As they saw her nose again pointing handsome out to sea;
But all that I could think of, in the darkness and the cold,
Was just that I was leaving home and my folks were growing old.

Christmas Day at Sea. (**1895, January 5**). *Oakleigh Leader*(North Brighton, Vic. : 1888 - 1902), p. 7. Retrieved from http://nla.gov.au/nla.news-article66218576

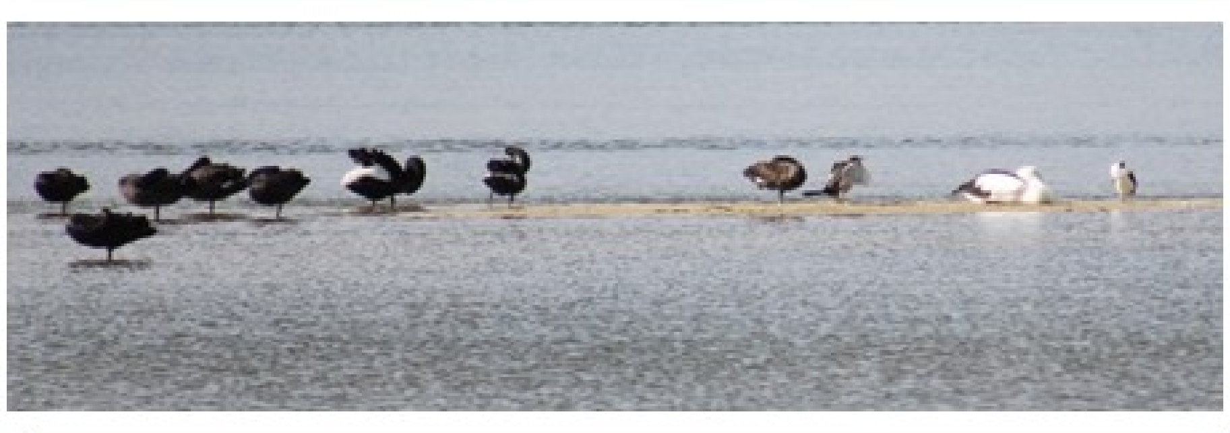
Park Bench Philosophers

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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Robert Louis Balfour Stevenson (13 November 1850 – 3 December 1894) was aScottish novelist, poet, essayist, and travel writer. His most famous works areTreasure Island, Kidnapped, and Strange Case of Dr Jekyll and Mr Hyde. A literary celebrity during his lifetime, Stevenson now ranks among the 26 most translated authors in the world.

Stevenson was born Robert Lewis Balfour Stevenson at 8 Howard Place, Edinburgh, Scotland, on 13 November 1850 to Margaret Isabella Balfour (1829–1897) and Thomas Stevenson (1818–1887), a leadinglighthouse engineer. **Lighthouse design was the family profession:** Thomas's own father (Robert's grandfather) was the famous Robert Stevenson, and Thomas's maternal grandfather, Thomas Smith, and brothers Alan and David were also in the business. On Margaret's side, the family were gentry, tracing their name back to an Alexander Balfour, who held the lands of Inchrye in Fife in the fifteenth century. Her father, Lewis Balfour (1777–1860), was a minister of the Church of Scotland at nearby Colinton, and Stevenson spent the greater part of his boyhood holidays in his house. "Now I often wonder", wrote Stevenson, "what I inherited from this old minister. I must suppose, indeed, that he was fond of preaching sermons, and so am I, though I never heard it maintained that either of us loved to hear them."

Lewis Balfour and his daughter both had weak chests, and often needed to stay in warmer climates for their health. Stevenson inherited a tendency to coughs and fevers, exacerbated when the family moved to a damp, chilly house at 1 Inverleith Terrace in 1851. The family moved again to the sunnier 17 Heriot Row when Stevenson was six years old, but the tendency to extreme sickness in winter remained with him until he was eleven. Illness would be a recurrent feature of his adult life and left him extraordinarily thin.

He compulsively wrote stories throughout his childhood. His father was proud of this interest; he had also written stories in his spare time until his own father found them and told him to "give up such nonsense and mind your business." He paid for the printing of Robert's first publication at sixteen, an account of the covenanters' rebellion which was published on its two hundredth anniversary, *The Pentland Rising: A Page of History, 1666* (1866).

In November 1867 Stevenson entered the University of Edinburgh to study engineering. He showed from the start no enthusiasm for his studies and devoted much energy to avoiding lectures. This time was more important for the friendships he made with other students in the Speculative Society (an exclusive debating club), particularly with Charles Baxter, who would become Stevenson's financial agent, and with a professor,Fleeming Jenkin, whose house staged amateur drama in which Stevenson took part, and whose biography he would later write. Perhaps most important at this point in his life was a cousin, Robert Alan Mowbray Stevenson (known as "Bob"), a lively and light-hearted young man who instead of the family profession had chosen to study art. Each year during vacations, Stevenson travelled to inspect the family's engineering works—to Anstruther and Wick in 1868, with his father on his official tour of Orkneyand Shetland islands lighthouses in 1869, and for three weeks to the island of Erraid in 1870. He enjoyed the travels more for the material they gave for his writing than for any engineering interest. The voyage with his father pleased him because a similar journey of Walter Scott with Robert Stevenson had provided the inspiration for Scott's 1822 novel *The Pirate*.

In April 1871 Stevenson notified his father of his decision to pursue a life of letters. Though the elder Stevenson was naturally disappointed, the surprise cannot have been great, and Stevenson's mother reported that he was "wonderfully resigned" to his son's choice. To provide some security, it was agreed that Stevenson should read Law (again at Edinburgh University) and be called to the Scottish bar. In his 1887 poetry collection Underwoods, Stevenson muses his turning from the family profession:

Say not of me that weakly I declined
The labours of my sires, and fled the sea,
The towers we founded and the lamps we lit,
But rather say: In the afternoon of time
A strenuous family dusted from its hands
The sand of granite, and beholding far
Along the sounding coast its pyramids
And tall memorials catch the dying sun,
Smiled well content, and to this childish task
Around the fire addressed its evening hours.
Underwoods (1887), Poem XXXVIII

Between 1880 and 1887, Stevenson searched in vain for a place of residence suitable to his state of health. He spent his summers at various places in Scotland and England, including Westbourne, Dorset, a residential area inBournemouth. It was during his time in Bournemouth that he wrote the story Strange Case of Dr Jekyll and Mr Hyde, naming one of the characters Mr.Poole after the town of Poole which is situated next to Bournemouth. In Westbourne he named his houseSkerryvore after the tallest lighthouse in Scotland, which his uncle Alan had built (1838-1844).

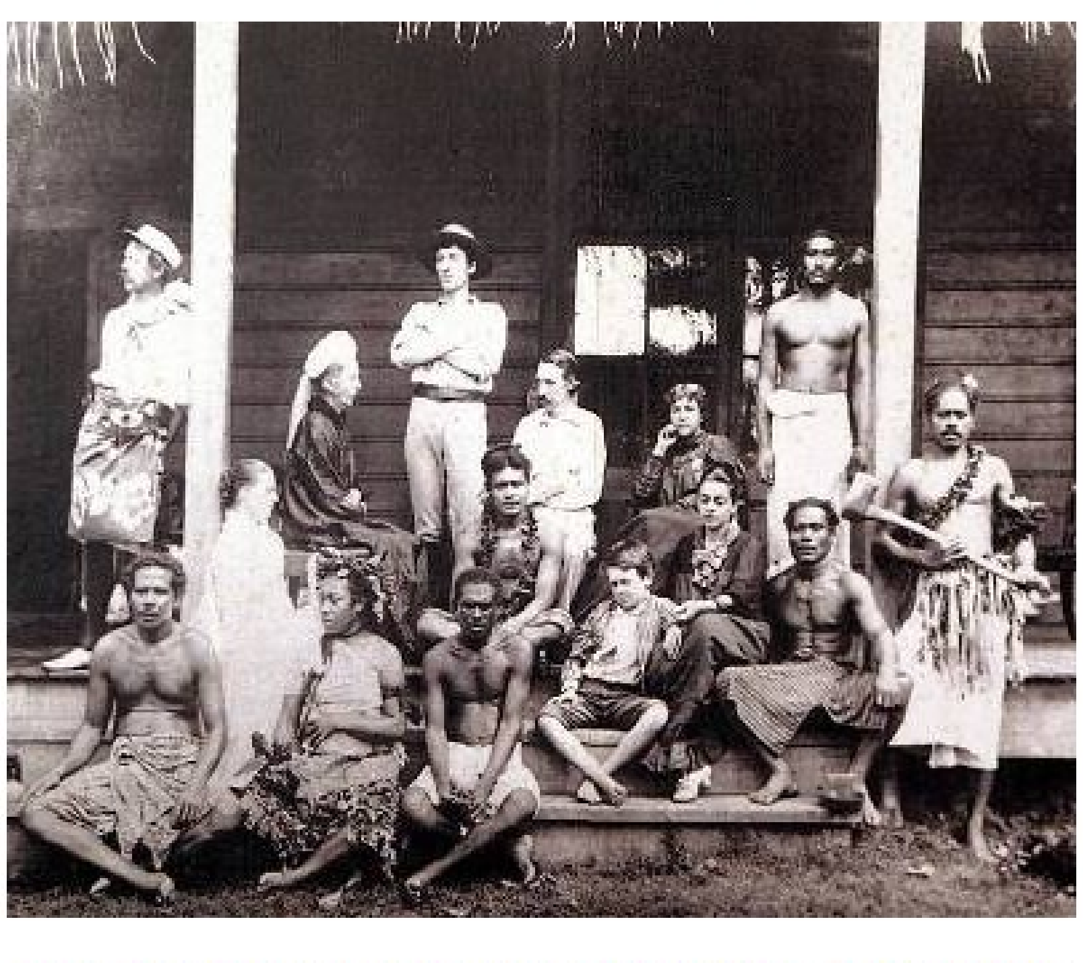
In the wintertime Stevenson traveled to France and lived at Davos-Platz and the Chalet de Solitude at Hyères, where, for a time, he enjoyed almost complete happiness. "I have so many things to make life sweet for me," he wrote, "it seems a pity I cannot have that other one thing—health. But though you will be angry to hear it, I believe, for myself at least, what is is best. I believed it all through my worst days, and I am not ashamed to profess it now." In spite of his ill health, he produced the bulk of his best-known work during these years: *Treasure Island*, his first widely popular book; *Kidnapped; Strange Case of Dr Jekyll and Mr Hyde*, the story which established his wider reputation; *The Black Arrow*, and two volumes of verse, *A Child's Garden of Verses* and *Underwoods*. At Skerryvore he gave a copy of Kidnapped to his friend and frequent visitor Henry James.

Journey to the Pacific

In June 1888 Stevenson chartered the yacht Casco and set sail with his family from San Francisco. The vessel "plowed her path of snow across the empty deep, far from all track of commerce, far from any hand of help." The sea air and thrill of adventure for a time restored his health, and for nearly three years he wandered the eastern and central Pacific, stopping for extended stays at the Hawaiian Islands, where he spent much time with and became a good friend of King Kalākaua. He befriended the king's niece, Princess Victoria Kaiulani, who also had a link to Scottish heritage. He spent time at the Gilbert Islands, Tahiti, New Zealand and the Samoan Islands.

During this period he completed *The Master of Ballantrae*, composed two ballads based on the legends of the islanders, and wrote *The Bottle Imp*. He witnessed the Samoan crisis. He preserved the experience of these years in his various letters and in his *In the South Seas* (which was published posthumously), an account of the 1888 cruise which Stevenson and Fanny undertook on the Casco from the Hawaiian Islands to the Marquesas andTuamotu islands. An 1889 voyage, this time with Lloyd, on the trading schooner *Equator*, visiting Butaritari, Mariki, Apaiang and Abemama in the Gilbert Islands, (also known as the Kingsmills) now Kiribati. During the 1889 voyage they spent several months on Abemama with the tyrant-chief Tem Binoka, of Abemama, Aranuka and Kuria. Stevenson extensively described Binoka in In the South Seas.

In 1890 Stevenson purchased a tract of about 400 acres (1.6 km²) in Upolu, an island in Samoa. Here, after two aborted attempts to visit Scotland, he established himself, after much work, upon his estate in the village of Vailima. He took the native name Tusitala (Samoan for "Teller of Tales", i.e. a storyteller). His influence spread to the Samoans, who consulted him for advice, and he soon became involved in local politics. He was convinced the European officials appointed to rule the Samoans were incompetent, and after many futile attempts to resolve the matter, he published A Footnote to History. This was such a stinging protest against existing conditions that it resulted in the recall of two officials, and Stevenson feared for a time it would result in his own deportation.



The author with his wife and their household in Vailima, Samoa, c. 1892

On 3 December 1894, Stevenson was talking to his wife and straining to open a bottle of wine when he suddenly exclaimed, "What's that!" asking his wife "Does my face look strange?" and collapsed. He died within a few hours, probably of a cerebral hemorrhage. He was forty-four years old. The Samoans insisted on surrounding his body with a watch-guard during the night and on bearing their Tusitala upon their shoulders to nearby Mount Vaea, where they buried him on a spot overlooking the sea. Stevenson had always wanted his 'Requiem' inscribed on his tomb:

Under the wide and starry sky,
Dig the grave and let me lie.
Glad did I live and gladly die,
And I laid me down with a will.
This be the verse you grave for me:
Here he lies where he longed to be;
Home is the sailor, home from sea,
And the hunter home from the hill.

Stevenson was loved by the Samoans, and his tombstone epigraph was translated to a Samoan song of grief which is well-known and still sung in Samoa.

Robert Louis Stevenson. (2013, May 15). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Robert_Louis_Stevenson&oldid=555256422

Pittwater Online News

May 19 - 25, 2013: Issue 111

Articles This Week

Easy Transport Manly Warringah Pittwater Launch - this vital community service has a new premises, new website which provides ONLINE bookings and a new name

Guringai Festival 2013 Begins and Local Schools band together to give 'play' to schoolchildren in Katherine

Songs For Soibada III - wonderful evening for a wonderful place

Reflections by George Repin: AZZALIN ORLANDO ROMANO AND ROMANO'S RESTAURANT

Spotted Gums of Pittwater Inspirations - for Children

DIY Hints: Growing Your Own Winter Vegetables by Paul Johnson

Profile of the Week: **May 2013 - Northern Beaches Club: WINGALA LAPIDARY CLUB by Ian Lee - finding ancient stones and wood and creating beautiful Australian jewellry**

History: **May 2013 - The NAVY in Pittwater:** this year's **Avalon Tattoo, is on June 15th, 2013.** Each year it is the turn of one of our Services to present the Challenge and this year it's our RAN Cadets; To Prelude this we will look at some of the long and varying links with the Navy Pittwater - **Pittwater's Torpedo Wharf and Range**

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

Vital Community Meetings You Can Attend – Proposed Amalgamation of Councils and the White Paper

In recent months we have run information regarding proposed changes that directly affect you and links to these documents and where you may contribute your views. The proposal to amalgamate Pittwater with other councils is one of these and could see us become not only one of the most recent new Councils but also one of the shortest lived ones. The second is the NSW Department of Planning & Infrastructure - White Paper which may be finding an inappropriate structure being constructed in an inappropriate place and you having no say on this.

There are two meetings Pittwater Council is inviting all to attend the first of these being **May 28th, Tuesday week, at Mona Vale Memorial Hall.** Full details from Pittwater Council's website are below. Please attend!!

Council Reform - the proposal to amalgamate Pittwater

Reform 1 - NSW Department of Planning & Infrastructure - White Paper

Planning laws in NSW will be replaced by a new system aimed at fast-tracking development. The White Paper 'A New Planning System for NSW' (released April 2013) is on exhibition for public comment until 28 June 2013. The state government intends to bring in these changes by the end of this year.

The main changes are:
Putting development and growth ahead of the environment and the character of neighbourhoods
80% of development applications will not be notified to neighbours
Developments such as 20 townhouses or units can be approved without notifying neighbours
Residential zones with a wide range of uses, meaning in theory a factory could be built next to a house
Ministerial power to override local planning decisions
Minimal local representation on a regional board that will decide future planning for Pittwater.

Progress so far on the White Paper
Tuesday 21 May- 6:00pm to 7:30pm at Brookvale
The NSW Department of Planning is hosting a regional discussion for northern beaches residents on the White Paper. To obtain full details of the meeting and be able to attend you must pre-register online at www.planning.nsw.gov.au

Tuesday 28 May - Mona Vale Memorial Hall, Park Street Mona Vale between 6.30pm and 8pm.

Pittwater Council is hosting a forum on the issue with local Councillors. You do not need to register to attend.

Other important dates for your diary
Monday 24 June 2013 - 6.30pm - Mona Vale Memorial Hall, Park Street, Mona Vale

Pittwater Council is preparing a detailed submission to the NSW Department of Planning & Infrastructure outlining its objections to the proposed changes. The Council meeting on 24 June will consider Pittwater's submission on the White Paper. Residents are welcome to attend.

Friday 28 June 2013
Public submissions close on the White Paper planning reforms. To make a comment visit www.planning.nsw.gov.au and follow the links to make an online submission on the "A New Planning System for NSW - White Paper".

Reform 2 - Future Directions for NSW Local Government report (released April 2013)

The NSW government has commissioned an independent panel to look into the future of local councils in the state. The three-member Independent Local Government Review Panel has been examining NSW councils since July 2012. Its latest report - *Future Directions for NSW Local Government* - was released in April 2013. A final report will be delivered to the government by September 2013, after which the NSW government will consider its position on local government reform. We believe that the September report will not be made public.

The Panel's Future Directions report released last month proposes the following changes:

The number of Sydney councils be reduced to 15 mega-councils
Amalgamate Pittwater with Warringah and Manly Councils or create a 'county council' for the northern beaches
Streamline rate pegging so that the new mega-councils can increase rates by an extra 3% over four years.
Given that Pittwater would no longer have a council representing the community's interests, Pittwater Council is opposed to this proposal.

At its meeting on 6 May 2013 the Council resolved unanimously:-
"That Council remains committed to a strong independent Pittwater Council providing local representation and delivering local services to the people of Pittwater. That Council is opposed to the Panel option of either amalgamating with Manly and Warringah Councils or combining as a strong County Council as outlined in the Future Directions paper."

Progress so far on the Local Government Review

The Independent Local Government Review Panel is seeking public feedback on the recommendations of the Future Directions report until 28 June 2013.

Tuesday 28 May 2013
Pittwater Council is hosting a community forum to discuss the issue at Mona Vale Memorial Hall, Park Street Mona Vale between 6.30pm and 8pm. You do not need to register to attend this forum.

Tuesday 4 June 2013

The Independent Local Government Review Panel is holding a Public Hearing between 5pm and 7pm at Warringah Council Chambers, 725 Pittwater Road Dee Why.

You must pre-register to speak at this meeting. If you wish to address the Panel for 5 minutes complete this form through the following link www.localgovernmentreview.nsw.gov.au and email to info@localgovernmentreview.nsw.gov.au You can attend the meeting but not speak without pre-registering.

Pittwater Council is arranging buses to assist members of the public to attend the public hearing. Buses will depart at 4pm on Tuesday 4 June from Warriewood Valley Sportsground, Jacksons Road opposite Warriewood Square Shopping Centre.
Book a place online or phone 9970 1157.

Other important dates for your diary
Monday 24 June 2013- 6.30pm Mona Vale Memorial Hall Park Street Mona Vale

Pittwater Council is preparing a detailed submission to the Independent Local Government Review Panel outlining its objections to the proposed reforms. The Council meeting on 24 June will consider Pittwater's submission to the Panel. Residents are welcome to attend.

Friday 28 June 2013
Public submissions close on the Panel's recommended reforms of local councils. To make a comment visit www.localgovernmentreview.nsw.gov.au and follow the links to Have Your Say to make an online submission on the Independent Local Government Review Panel Paper.

See: http://www.pittwater.nsw.gov.au/reform

Swamp Mahogany at Warriewood - Saturday morning (18.5.2013) Picture by AJG.

Pittwater Environmental Foundation - Irrawong Planting Day- Sunday May 19th, 1pm - 3pm.

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

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

Next PNHA Activity: Sunday 23 June - Birdwatching & monitoring, Warriewood Wetlands: Winter Birds.

Swamp Mahoganies will be in flower attracting many honeyeaters and different species of lorikeets. Meet: 8am at Katoa Close off Garden St Narrabeen ends 11am. Bring: Binoculars, water, morning tea. To Book: P: Kerry Smith 9944 6271 0402 605 721 E:pnhabirdwatching@gmail.com.

Elvis to open St Ives Show + fireworks and police presence

David Cazalet as Elvis

Entertainment and inspiration for the whole family

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

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

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

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

Stop scaremongering on referendum - Media Release, May 16, 2013

Local Government NSW completely rejects the Minister for Local Government's misleading and ill-informed claims that financially recognising Local Government in the Australian Constitution will lead to pork-barrelling.

Joint President of Local Government NSW, Cr Ray Donald, said the Howard Coalition Government initiated direct federal funding to local councils more than a decade ago.

"This financially-specific relationship between Canberra and councils has helped thousands of community projects get off the ground right across NSW, regardless of the politics of individual councils.

"This referendum seeks a modest change to our Constitution to guarantee the continued flow of direct Commonwealth funding to local communities without fear of a High Court challenge jeopardising these much needed funds," said Cr Donald. "Given the recent TCorp Report into NSW council finances, it's astounding the NSW Coalition Government won't support a practical change to the Constitution securing tens of millions of dollars each year for NSW communities and their infrastructure."

"Our governments should be working together to provide a solid base for improving and maintaining the lifestyles and economic futures of our communities, and I call on the NSW Government to change its position on this crucial referendum for communities."

Joint President of Local Government NSW, Cr Keith Rhoades AFSM, said there are at least 96 million reasons why the O'Farrell Government and Minister Page should support this referendum - and that's the total Roads to Recovery funding provided to NSW councils for 2012/13.

"The comments made by Don Page, who continually claims to be the Minister 'for' Local Government, are baseless and equate to nothing more than a scaremongering campaign!"

"It seems a tad contradictory for the NSW Coalition Government to trumpet criticism of councils' financial sustainability, then fail to support a referendum which would protect federal grants for the most basic community needs, like local roads."

"The upcoming federal referendum will not erode the power of the NSW Government or change its relationship with NSW councils."

"The proposed amendment has been carefully crafted with expert advice from constitutional lawyers to ensure it does not reduce or remove the State's constitutional oversight of Local Government."

"Minister Page should stop misleading the people of NSW and get on with the job of being the Minister for Local Government."

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

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

Theme this year – Have We Got A Story For You

POETRY IS FOR EVERYONE

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

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

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

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

Bard boys clean up Sydney streets

Bard boys clean up Sydney streets

Avalon Golf Course

Where everyone's welcome!

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

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

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

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

Sly Dogs Unplugged at Church Point Cafe
Live music Sunday 12 May, mid-afternoon

The Sly Dogs will be doing some "winter healing" unplugged every second Sunday at Church Point Cafe on the deck. First session is this coming Sunday May 12th, Mother's Day, bring mum along and relax. Other dates are: **June 9th, July 14th, August 11th.**

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

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

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

Awards For Public Sector Excellence - Friday, 05 April 2013

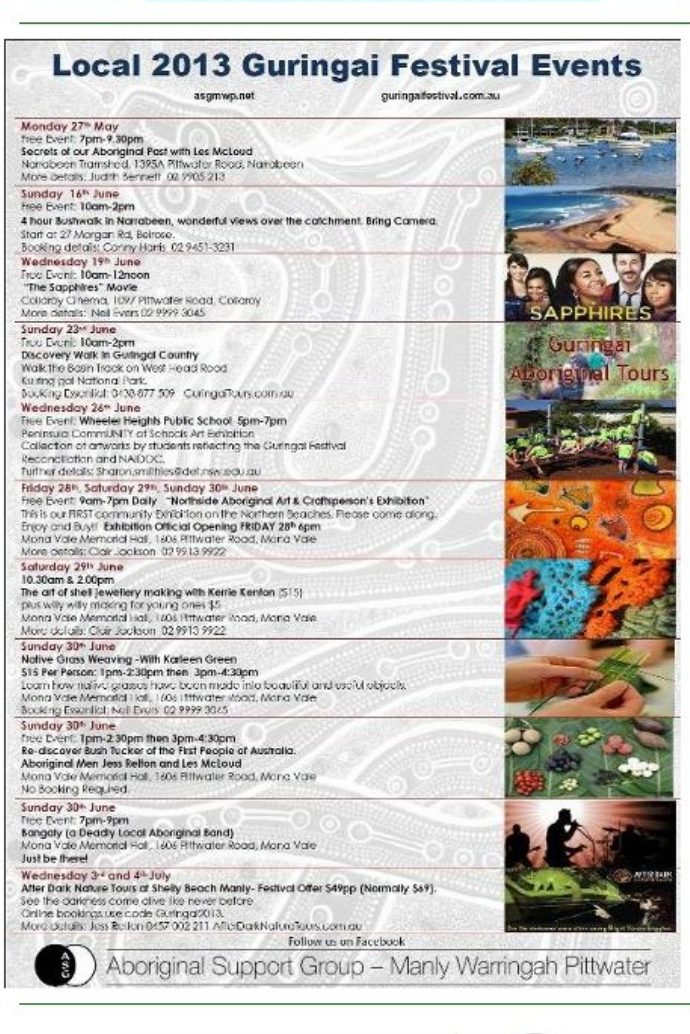
Member for Pittwater Rob Stokes today encouraged the community to nominate deserving local public sector employees for state-wide recognition. The Premier's Awards for Excellence in Public Service are now open for nominations for employees, such as teachers, nurses, police officers and fire-fighters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

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

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

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

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



Local 2013 Guringai Festival Events

Aboriginal Support Group – Manly Warringah Pittwater

EXPRESSIONS OF INTEREST TO ENLIVEN PITTWATER!

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

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

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

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

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

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

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

CUPPA FOR CANCER AT MONA VALE LIBRARY

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

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

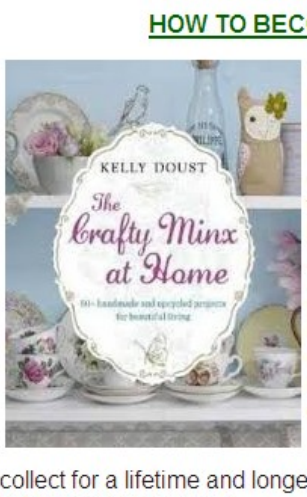
"It's an ideal opportunity for people to have a relaxing morning, catching up with others and at the same time support a very worthy cause," she said. "We're asking those coming to our morning tea for a $5 donation to go towards cancer research, prevention, education and support services. There'll also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

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

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

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

HOW TO BECOME A CRAFTY MINX



Mona Vale Library will host author and passionate craft creator Kelly Doust on **Wednesday 5 June at 3pm**. Kelly has produced a practical guide to creating original, handmade and vintage items for the home with her book The Crafty Minx at Home.

The book shows how to make gorgeous things from pre-loved, remnant and vintage items. It is written especially for non-crafters who are desperate to be more creative but don't know how.

Kelly shows readers how to make and collect for a lifetime and longer, creating the treasured family heirlooms of tomorrow.

Crafty Minx features over 50 immediately do-able craft projects and a wealth of advice on how to source beautiful vintage items and materials in flea markets, charity shops and auction houses, plus tips on how to display and use them in your home.

Kelly shares the delicious rewards of living with and giving away beautiful handmade objects - from brightly patterned summer beach bags and cotton apron tops to cosy lambs' wool throws and cashmere-covered hot water bottles, or a soft toy for a friend's new baby. The book is broken down into different areas of the home for easy inspiration. Kelly suggests that 'No matter where you live or what your circumstances, discover just how easy it is to be a crafty minx'!

Kelly Doust has been making and reinventing things in her own trial-and-error way since she was a girl, scouring flea markets and charity stores for vintage fashion and homewares to upcycle.

Other books by Kelly include The Crafty Kid, which shows just how easy it is to make irresistible items for and with children, A Life in Frocks, a bestselling memoir about the 'divine obsession' women have for clothes and Minxy Vintage: how to customise & wear vintage clothing.

In addition to her published works, Kelly has also appeared on Sunrise, The Morning Show and 9am with David & Kim, in segments presenting her work with craft and reinvented vintage fashion. She is a freelance contributor to the Australian Women's Weekly and Vogue.

The talk will begin at 3pm at Mona Vale Library, 1 Park Street, Mona Vale. **Bookings are essential; to book phone 9970 1600**. Following the talk there will be book signings and light refreshments. Admission is $5.

CAREEL CREEK FLOOD STUDY ON EXHIBITION

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

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

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

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

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

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

NEW RULES FOR BACKYARD POOLS

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

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

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

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

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

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

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

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

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

SPEEDING? YOU'RE IN OUR SIGHTS!

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

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

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

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

Sgt Janssen said that young drivers are of particular concern.

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

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

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

PITTWATER SHORT STORY COMPETITION

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

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

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

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

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

2013 Northern Beaches Local Business Sustainability Award

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

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

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

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

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

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

For more information or to vote, visit warringah.nsw.gov.au

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

LONG RANGE PLANS FOR PITTWATER ON EXHIBITION

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

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

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

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

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

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

MORE FOOTPATHS FOR PITTWATER

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

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

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

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

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

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

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

LOCAL ARTISTS INVITED TO APPLY FOR ARTZPACE 2014

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

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

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

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

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

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

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

Aboriginal Support Group Manly Warringah Pittwater asgmwp.net

Click on logo above to visit their website.

New Season for Sailability Pittwater

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

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

ANZAC Centenary 2015

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

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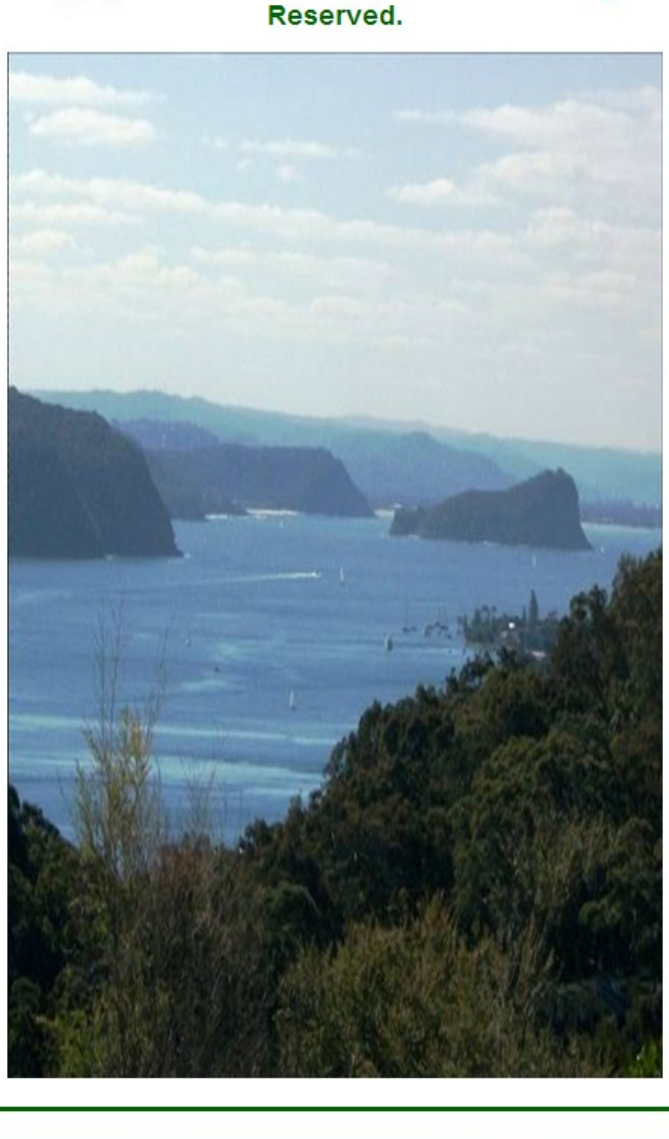
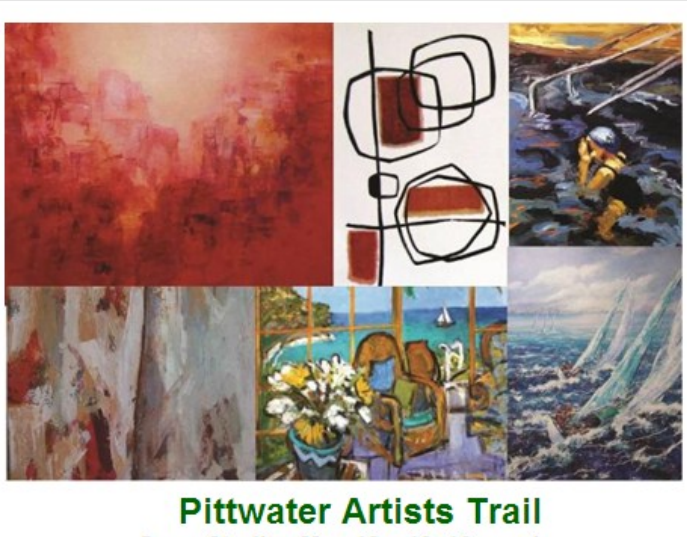




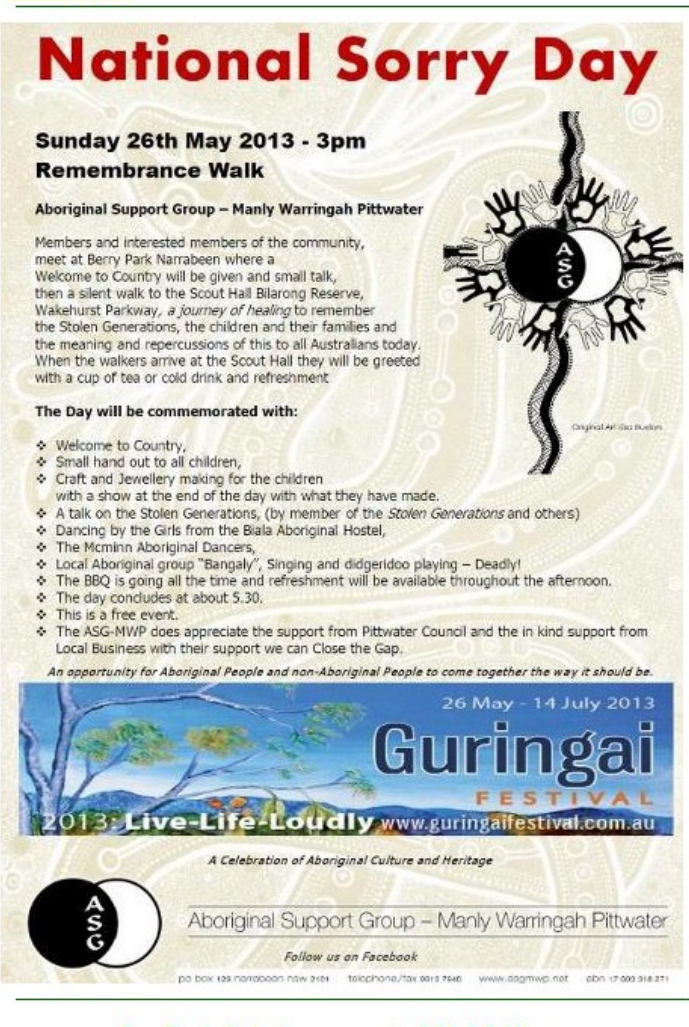
Pittwater Artists Trail

Open Studios May 18 – 19, 10am - 4pm

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

Look for the Pittwater Artists Trail logo when visiting studios.

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



National Sorry Day

Sunday 26th May 2013 - 3pm
Remembrance Walk

Aboriginal Support Group – Manly Warringah Pittwater

Members and interested members of the community, meet at Berry Park Narrabeen where a Welcome to Country will be given and small talk, then a silent walk to the Scout Hall Bilarong Reserve, Wakehurst Parkway, *a journey of healing* to remember the Stolen Generations, the children and their families and the meaning and repercussions of this to all Australians today. When the walkers arrive at the Scout Hall they will be greeted with a cup of tea or cold drink and refreshment

The Day will be commemorated with:

- Welcome to Country,
- Small hand out to all children,
- Craft and Jewellery making for the children with a show at the end of the day with what they have made.
- A talk on the Stolen Generations, (by member of the *Stolen Generations* and others)
- Dancing by the Girls from the Biala Aboriginal Hostel,
- The Mcminn Aboriginal Dancers,
- Local Aboriginal group "Bangaly", Singing and didgeridoo playing – Deadly!
- The BBQ is going all the time and refreshment will be available throughout the afternoon.
- The day concludes at about 5.30.
- This is a free event.
- The ASG-MWP does appreciate the support from Pittwater Council and the in kind support from Local Business with their support we can Close the Gap.

An opportunity for Aboriginal People and non-Aboriginal People to come together the way it should be.

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

A Celebration of Aboriginal Culture and Heritage

Aboriginal Support Group – Manly Warringah Pittwater

Follow us on Facebook

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

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

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

New $12 million Rehabilitation Unit For Mona Vale Hospital -13 May 2013

Member for Pittwater Rob Stokes today announced ADCO Constructions has been awarded the tender to construct Mona Vale Hospital's new $12 million rehabilitation unit.

This state of the art facility will be co-located and fully integrated with the hospital's existing rehabilitation and assessment unit and will expand the range and quality of services available to the community.

Once completed the new unit will assist patients recovering function or abilities following the onset of disease or injury and will include:

• A mix of single and two-bed rooms, • Multi-function spaces for activities and daily living exercise, • Gymnasium, • Group therapy spaces, • Lounge and dining areas, • Outdoor therapy areas

"This is the largest capital works project seen at Mona Vale Hospital in decades," Rob Stokes said today."This project forms part of the ongoing redevelopment of Mona Vale Hospital and will provide a huge boost to our community's health services.

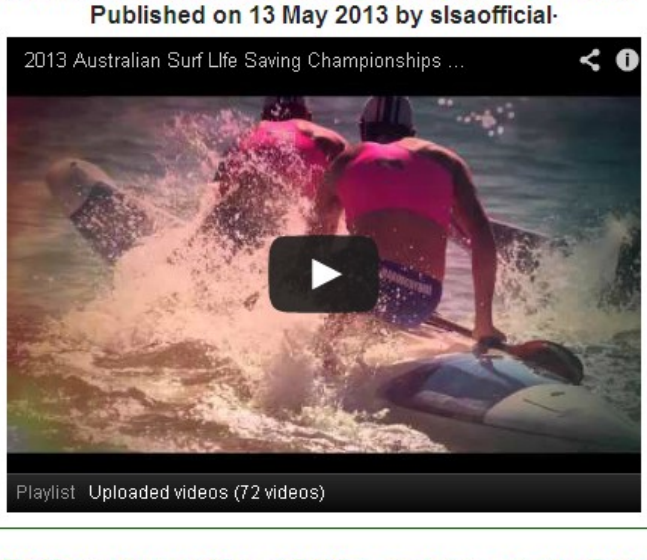
"This state of the art facility will incorporate the latest in building design and promote best practice techniques in rehabilitation medicine.

"The completed project will also include additional car parking spaces - which are vital as Mona Vale Hospital continues to expand.

"Early works for the project are well underway, including excavation for a new car park and the laying of new stormwater drains.

"Construction will begin this month and the new unit is expected to be open in mid-2014," Rob Stokes said.

2013 Australian Surf Life Saving Championships Teaser - Published on 13 May 2013 by slsaofficial·



2013 Australian Surf Life Saving Championships ...
Playlist Uploaded videos (72 videos)

Different walks of life, same goal: Stay Smart Online

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

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

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

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

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

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

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

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

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

Use strong passwords and different passwords for different uses.

Stop and think before you click on links and attachments.

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

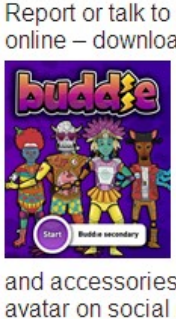
Only download "apps" from reputable publishers and read all permission requests.

Regularly check your privacy settings on social networking sites.

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

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

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



Budd:e Secondary

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

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

Shopping Sham

Zonta Club of Northern Beaches Inc
Member of Zonta International

The Zonta Club of Northern Beaches needs your help to pack 3000 birthing kits to be sent to developing countries. More than 60 million women world-wide give birth each year with only the assistance of a birth attendant or no assistance at all.

Zonta Birthing Kits permit a clean birth that can reduce the risk of death from infection and bleeding. These kits are distributed through health professionals in hospitals or health clinics.

Bring your friends and pitch in!

Saturday 1 June at 9.30am: Barrenjoey High School, Coonanga Rd, Avalon (Access at beach end of Tasman Rd)

Address by Dr Susan Bliss. Fundraising sausage sizzle after packing.

For details, enquiries and to volunteer, contact: Margaret White 9918 2393 marg.white@me.com

Zonta International is a global organization of executives and professionals working together to advance the status of women worldwide through service and advocacy

BowelCare is on again for 2013

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

Pittwater Offshore Newsletter Update 8/5/2013: 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

Future of boating on Sydney Harbour open for public comment

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Funding Opportunity For Local Fishing Groups -

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

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

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

Mona Vale Hospital Auxiliary - Volunteers Needed

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

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

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

Upcoming Events by the Mona Vale Hospital Auxiliary.

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

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

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

Bushcare Notices - May 2013

Bushcare at Warriewood

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

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

Tue May 21
Porter Reserve 9-12pm

Wed May 22
W'wood Bch 8-11am

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

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

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

Pittwater Council's COOEE Newsletter May 2013

NEWPORT RUGBY CLUB

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

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

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

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

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

THE SUMBA FOUNDATION AUSTRALIA

north sydney THE ART PRIZE toward 2020
27 July – 5 August 2013
call for entries
entries close 24 May 2013
The North Sydney Art Prize takes a new direction exhibiting **painting, drawing, printmaking, photography, sculpture, installation** and **site specific works** across two venues:
The Coal Loader Centre for Sustainability 2 Balls Head Drive, Waverton
Hutley Hall, North Sydney Council 200 Miller Street, North Sydney
Prizes to the value of $20,000
To download the North Sydney Art Prize Brief, Entry Form, Rules, Site Plan and Map visit www.northsydney.nsw.gov.au or phone 02 9936 8100

The NSW Government Gazette

The New South Wales Government Gazette is the official channel for the circulation of Proclamations, Regulations, Government Notices, Private Legal Advertisements 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.**

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

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

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

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

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

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

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

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

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

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

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

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

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

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is June 2nd, 2013.**

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

Federal Government Media Releases this week:

Nominations Open for National Disability Awards | The Hon Amanda Rishworth
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
URL: http://amandarishworth.fahcsia.gov.au/node/44
SNIPPET: Minister for Families, Community Services and Indigenous Affairs, Minister for Disability Reform. Disability advocate and 2011 Senior Australian of the Year, Emeritus Professor Ron McCallum AO, has today been named as this year's Patron for International Day of People with Disability and the National Disability Awards. Ms Rishworth encouraged Australians to nominate individuals and organisations that make a positive contribution to the lives of people with disability for the seventh annual National Disability Awards.

Beast Amphetalean powder
PORTFOLIO: Health and Ageing
URL: http://www.tga.gov.au/safety/alerts-medicine-beast-amphetalean-130513.htm
SNIPPET: **Beast Amphetalean powder poses a serious risk to your health and should not be taken.** The supply of Beast Amphetalean powder is illegal. Beast Amphetalean powder has not been assessed by the TGA for quality, safety or efficacy as required under Australian legislation, and the place of manufacture is not approved by the TGA.

Yixiu L-Carnitine Slimming capsules
PORTFOLIO: Health and Ageing
URL: http://www.tga.gov.au/safety/alerts-medicine-yixiu-l-carnitine-130513.htm
SNIPPET: The supply of Yixiu L-Carnitine Slimming capsule in Australia is illegal. The Therapeutic Goods Administration (TGA) has tested Yixiu L-Carnitine Slimming capsule and found that:. **Yixiu L-Carnitine Slimming capsule poses a serious risk to your health.**

Have Your Say on Car Park Mix
PORTFOLIO: Regional Australia, Local Government, Arts and Sport
URL: http://www.nationalcapital.gov.au/index.php?option=com_content&view=article&id=2564:have-your-say-on-car-park-mix&catid=143:2013-media-releases&Itemid=187
SNIPPET: The National Capital Authority invites public comment on the allocation of car parks for long stay and short stay on National Land from 1 July 2014. The National Capital Authority will implement the pay parking arrangements on behalf of the Australian Government. Drop-in sessions will be held at the National Capital Authority offices, Ground Floor, Treasury Building, King Edward Terrace, Parkes on Thursday 30 May.

Release of Medicare Levy and DisabilityCare Australia Fund Draft Legislation | The Hon Jenny Macklin MP
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
URL: http://jennymacklin.fahcsia.gov.au/node/2352
SNIPPET: Deputy Prime Minister and Treasurer. DisabilityCare Australia will provide peace of mind to all Australians that if they or a loved one acquire or are born with a disability, they will get the support they need. In addition, the legislation will establish the DisabilityCare Australia Fund in which the additional Medicare levy proceeds will be invested.

Live the dream become an Antarctic station leader - Australian Antarctic Division
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
URL: http://www.antarctica.gov.au/media/news/2013/live-the-dream-becme-an-antarctic-station-leader
SNIPPET: The Australian Antarctic Division is currently recruiting station leaders for 2014 onwards for its stations at Casey, Davis and Mawson on the Antarctic continent and its Macquarie Island station. I work with the Australian Antarctic Division in what I think is one of the best jobs in the world. And I managed to get it.

Defence Trade Cooperation Treaty comes into force
PORTFOLIO: Defence
URL: http://www.minister.defence.gov.au/2013/05/16/minister-for-defence-media-release-defence-trade-cooperation-treaty-comes-into-force/
SNIPPET: Minister for Defence Stephen Smith and the United States Ambassador to Australia, His Excellency Jeffrey Bleich, today exchanged diplomatic notes to bring the Australia United States Defence Trade Cooperation Treaty into force. The Treaty will improve delivery times, improve sustainment and give Australian industry better access to technical data to tender for United States contracts. . Information on the implementation of the Treaty, including the application process, is available on the Defence website:

Keeping Kids Active After School | Prime Minister of Australia
PORTFOLIO: Prime Minister and Cabinet
URL: http://www.pm.gov.au/press-office/keeping-kids-active-after-school
SNIPPET: Children will be encouraged to participate in sport from a young age, through $39.4 million in funding to continue the popular Active After-school Communities program. The Active After-school Communities program is currently delivered at more than 3200 sites across Australia to about 190,000 children. The Prime Minister and the Minister for Sport today visited Red Hill Primary School in Canberra to see first-hand how children are getting active through the program.

Indonesian, Korean and French curriculum consultation opens | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/garrett/indonesian-korean-and-french-curriculum-consultation-opens
SNIPPET: Thedraft Australian Curriculum: Languages for Indonesian, Korean and French was released today for public consultation in the next step towards giving every Australian student access to the study of an Asian language. The next languages for Foundation to Year 10 to be released for consultation will be the Framework for Aboriginal Languages and Torres Strait Islander Languages, Modern Greek, Spanish and Vietnamese on Monday 20 May, followed by Arabic, German and Japanese on 27 May, with all consultation open until 25 July. The draft curriculum for languages has been developed in consultation with education authorities, curriculum experts, teachers, professional associations and universities.

Chair of Past Forced Adoptions Working Group | The Hon Julie Collins MP
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
URL: http://juliecollins.fahcsia.gov.au/node/360
SNIPPET: Minister for Emergency Management. The Minister for Community Services, Julie Collins, today announced Adjunct Professor Nahum Mushin as the chair of the Australian Government's Past Forced Adoptions Implementation Working Group. The establishment of the Working Group follows Prime Minister Julia Gillard's National Apology for Forced Adoptions on 21 March this year.

New Indigenous Languages Support funding open for applications - Office for the Arts
PORTFOLIO: Regional Australia, Local Government, Arts and Sport
URL: http://arts.gov.au/news/2013/05/new-indigenous-languages-support-funding-open-applications
SNIPPET: Thursday 16 May 2013. Aboriginal and Torres Strait Islander community groups are invited to apply for $3 million in new Indigenous Language Support funding to assist the development of innovative digital and multi-media language learning resources to revive and maintain Australia's Indigenous languages.

Anketell Point Port Project approved - media release 16 May 2013
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
URL: http://www.environment.gov.au/minister/burke/2013/mr20130516a.html
SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. Federal Environment Minister, Tony Burke, today approved the Anketell Point Iron Ore Processing and Export Port project in Western Australia, subject to 45 strict conditions. The development of Anketell Point Port will allow the processing and export of iron ore from API's previously approved West Pilbara Iron Ore Project, with a capacity of 115 million tonnes per annum.

Second reading speech: The Superannuation (Excess Concessional Contributions Tax) Amendment (DisabilityCare Australia) Bill 2013 | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/shorten/second-reading-speech-superannuation-excess-concessional-contributions-tax-amendment
SNIPPET: The Superannuation (Excess Concessional Contributions Tax) Amendment (DisabilityCare Australia) Bill 2013 is part of a package of measures increasing the Medicare levy by half a percentage point. This bill contains consequential amendments as a result of the increase in the Medicare levy, contained in the Medicare Levy Amendment (DisabilityCare Australia) Bill 2013. Contributions to superannuation are subject to a number of different caps, which vary depending on the age and retirement status of the person making the contribution, and on whether the contribution is made out of before- or fter-tax income.

Good Old Eagle Rock's Here to Stay Restoring an iconic Oz rock film // National Film and Sound Archive, Australia
PORTFOLIO: Regional Australia, Local Government, Arts and Sport
URL: http://www.nfsa.gov.au/about/media/releases/2013/05/15/_good-old-eagle-rocks-here-stay_-restoring-iconic-oz-rock-film/
SNIPPET: Forty two years after the distinctive opening guitar riff of one of Australia's best loved rock anthems detonated across Australian radio, a rarely seen experimental colourised version of Daddy Cool's iconic promotional film clip for Eagle Rock has recently been found and restored by the National Film and Sound Archive of Australia (NFSA). Originally shot on 16mm black and white film in 1971 by 23-year-old Melbourne filmmaker Chris Lofven, the newly discovered version features a 37 second section using colour filters printed onto colour film stock. The total budget for the film Lofven recalls was between $200 and $300, all of which was spent on film stock, film processing and print production.

Tourism Australia Australia's "Best Jobs" finalists get ready for show time
PORTFOLIO: Resources, Energy and Tourism
URL: http://www.media.australia.com/en-au/mediareleases/default_10248.aspx
SNIPPET: The 18 finalists for Tourism Australia's three for each of the six dream jobs have been chosen and will travel Down Under next month to spend a week undergoing the final stage of the global competition. The campaign is supported by Destination NSW, Tourism NT, Tourism Victoria, Tourism Western Australia, Tourism and Events Queensland and South Australian Tourism Commission. &copy Tourism Australia 2013.

Reef HQ Aquarium volunteers add million-dollar touch - GBRMPA
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
URL: http://www.gbrmpa.gov.au/media-room/latest-news/reef-hq/2013/reef-hq-aquarium-volunteers-add-million-dollar-touch
SNIPPET: Reef HQ Aquarium is celebrating the work of hundreds of volunteers who have donated 350,000 hours of their time since the centre opened in 1987 a feat worth more than $5 million. President of the Reef HQ Aquarium Volunteers Association Tracey Street attributed the loyalty of volunteers to their passion for the special nature of the Reef and their desire to share it.

AFMA's strong measures result in zero sea lion deaths Australian Fisheries Management Authority
PORTFOLIO: Agriculture, Fisheries and Forestry
URL: http://www.afma.gov.au/2013/05/afmas-strong-measures-result-in-zero-sea-lion-deaths/
SNIPPET: The Australian Fisheries Management Authority (AFMA). No Australian Sea Lion deaths have been reported in any Commonwealth fishery since March 2012. This is confirmed by monitoring on every gillnet trip, either with video cameras or an Australian Fisheries Management Authority (AFMA) observer on board and is an excellent result for sea lion populations and the fishing industry.

Increasing access to justice because everyone deserves a fair go'
PORTFOLIO: Attorney-General's
URL: http://www.attorneygeneral.gov.au/Mediareleases/Pages/2013/Second%20quarter/14May2013-Increasingaccesstojusticebecauseeveryonedeservesafairgo.aspx
SNIPPET: The Gillard Government has committed an additional $129.5 million in the 2013-14 Budget to improve access to justice for Australians. The Gillard Government is increasing access to justice through:. Legal aid commissions play a vital role in providing access to justice for Australians in need, Minister Dreyfus said.

Extra $149.9 million to tackle crime
PORTFOLIO: Attorney-General's
URL: http://www.ministerhomeaffairs.gov.au/Mediareleases/Pages/2013/Second%20Quarter/14May2013-Extra149-9milliontotacklecrime.aspx
SNIPPET: The 2013-14 Federal Budget includes $149.9 million in new funding over the forward estimates to target gang violence, organised crime and the illegal firearms market and to fund community safety infrastructure and youth outreach programs. The National Anti-Gang Taskforce will be made up of 70 members from the Australian Federal Police and State Police Forces and will include officers from the Australian Crime Commission, the Australian Customs and Border Protection Service, the Department of Immigration and Citizenship, the Australian Taxation Office and Centrelink. The taskforce will commence operations on July 1, 2013 and will be fully operational by January 2014.

Government extends the Satellite Phone Subsidy Scheme | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy
PORTFOLIO: Broadband, Communications and the Digital Economy
URL: http://www.minister.dbcde.gov.au/media/media_releases/2013/073
SNIPPET: Leader of the Government in the Senate. &raquo Government extends the Satellite Phone Subsidy Scheme. Minister for Broadband, Communications and the Digital Economy.

$12.9 million extra for NBN initiatives across Australia | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy
PORTFOLIO: Broadband, Communications and the Digital Economy
URL: http://www.minister.dbcde.gov.au/media/media_releases/2013/074
SNIPPET: Leader of the Government in the Senate. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today announced an extra $12.9 million for new digital initiatives to showcase the possibilities of the National Broadband Network.

$19.2 million to help more Australians find work and regional businesses find apprentices | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/shorten/budget-2013-14-192-million-help-more-australians-find-work-and-regional-businesses-find
SNIPPET: Australians looking for work and businesses looking for apprentices in areas doing it tough will benefit from an extra $19.2 million from the Australian Government to better link job seekers with employers. That's why we are investing $3.5 million in this very practical and targeted measure to help these industries attract more apprentices and workers to those parts of Australia that lie beyond the big cities. This is a win for regional and remote businesses and communities, a win for young Australians looking to develop skills that will help them build a great career, and a win for workers looking to build new futures in new communities built on our great bedrock industries, Mr Shorten said.

Budget 2013-14: $47.2 million to support vulnerable workers | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/shorten/budget-2013-14-472-million-support-vulnerable-workers
SNIPPET: The Gillard Government will invest $47.2 million to support Australia's vulnerable workers, including $21.4 million to help Australians who have been bullied at work and $25.7 million to ensure Australian employers and employees have access to information about their rights and obligations. The $21.4 million will enable the Fair Work Commission to implement the Government's commitment to providing workers with a quick and effective way to resolve bullying at work and to prevent it happening again. The Government is also committing $25.7 million to ensure the Fair Work Ombudsman can continue to do its important work and make it easier for employers and employees to understand their rights and obligations at work, as employers and employees continue their transition into a truly national workplace relations system.

VA041
PORTFOLIO: Defence
URL: http://minister.dva.gov.au/media_releases/2013/may/va041.htm
SNIPPET: The Gillard Government will deliver an additional $66.7 million in the 2013-14 Federal Budget for increased support and services to Australia's veteran and ex-service community, and to ensure the dignified commemoration of the Centenary of Anzac. The 2013-14 Federal Budget will also deliver an additional $66.7 million in funding to ensure veterans and their families, receive quality care, services and support, and their service is commemorated. Additional funding in the 2013-14 Budget includesan additional $26.4 million over four years to strengthen the mental health support available to Australia's veteran community, with new measures to take effect from July 2014.

Defence Budget Overview
PORTFOLIO: Defence
URL: http://www.minister.defence.gov.au/2013/05/14/minister-for-defence-budget-2013-14-defence-budget-overview/
SNIPPET: On 3 May, the Prime Minister and I released the 2013 Defence White Paper. This six-year funding guidance is based on the need to continue increasing investment in Defence capabilities as outlined in the White Paper and an assessment of sustainable growth in the Defence Budget after 2016-17. Defence funding in the Forward Estimates and general guidance in the following six years will enable Defence to plan and progress the acquisition of important Defence capabilities, including:.

Extra $114 million for students with disability | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/collins/budget-2013-14-extra-114-million-students-disability
SNIPPET: Thousands of school students with disability across Australia will benefit from an extra $100 million under the Gillard Government's More Support for Students with Disabilities program. Senator Collins said the Government would also provide $14 million for the phased implementation of a nationally consistent collection of data and for other support to school students with disability. It is anticipated that the loading for students with a disability will be implemented from 2015.

$659 million to help ensure Aboriginal and Torres Strait Islander kids get to school | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/garrett/budget-2013-14-659-million-help-ensure-aboriginal-and-torres-strait-islander-kids-get-school
SNIPPET: The Gillard Government will invest $659 million to support Aboriginal and Torres Strait Islander students over the next five years. Mr Garrett said a lot of great work is already being done, but there are still too many Aboriginal and Torres Strait Islander kids missing out on school, and too often families don't know how they can work with the school. Statistics show that more than 30 per cent of Aboriginal and Torres Strait Islander people aged 15 cease attending school in Year 9, compared with 16 per cent of non-Indigenous students.

Budget delivers for young Australians | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/garrett/budget-2013-14-budget-delivers-young-australians
SNIPPET: The Gillard Government will commit $127.7 million to extend three key programs to support young Australians into jobs and study. These programs make a real difference to young Australians by helping them complete year 12 or an equivalent qualification, Mr Garrett said. This funding will give more young Australians a much better chance of successful transition to work or further study or training, helping them to achieve their full potential.

Foreign Aid, media release, 13 May 2013, Australian Minister for Foreign Affairs
PORTFOLIO: Foreign Affairs and Trade
URL: http://www.foreignminister.gov.au/releases/2013/bc_mr_130513.html
SNIPPET: The Gillard Government will increase Australia's Official Development Assistance to a record $5.7 billion in 2013-14. It will be the highest aid budget in Australian history. Australia remains committed to increasing its aid budget to 0.5 per cent of GNI.

Budget 2013-14: A fairer funding plan for all Australian schools | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/gillard/budget-2013-14-fairer-funding-plan-all-australian-schools
SNIPPET: The Gillard Government has made a $9.8 billion commitment to increase school funding over six years, along with better indexation and reforms to lift student achievement, under the National Plan for School Improvement..

Record investment in child care continues | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/garrett/budget-2013-14-record-investment-child-care-continues
SNIPPET: The Gillard Government will invest more than $25 billion over four years to continue building a more affordable, flexible and high quality child care sector, helping more Australian parents return to work and ensuring more children are school-ready. The record investment in this Budget for child care will support around 1.4 million children to access child care each year by 2016-17, Ms Ellis said.

Leading the way for positive body image | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/garrett/leading-way-positive-body-image
SNIPPET: Professor Susan Paxton, a member of the Positive Body Image Awards panel, has been recognised for her outstanding achievements in promoting positive body image. Professor Paxton has been on several body image and eating disorder advisory committees. The Positive Body Image Awards is a Gillard Government initiative that recognises positive steps being taken across Australia's fashion, media, entertainment and advertising industries to adopt more body image friendly practices.

New body to boost efforts to prevent violence against women | The Hon Julie Collins MP
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
URL: http://juliecollins.fahcsia.gov.au/node/356
SNIPPET: The Minister for the Status of Women, Julie Collins, opened the inaugural White Ribbon International Conference in Sydney today by announcing $1 million a year for a new national organisation to advocate and engage with the community about preventing violence against women and their children. Speaking ahead of tomorrow's Federal Budget, Ms Collins said the primary role of this new body will be to drive at a national level cultural change to prevent violence against women and their children.

Bulk Billing Rates for GP Services Reach New Record High
PORTFOLIO: Health and Ageing
URL: http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr13-tp-tp041.htm?OpenDocument&yr=2013&mth=05
SNIPPET: THE HON TANYA PLIBERSEK MP. Bulk billing rates for GP services reached a new record high of 82.4% in the March quarter. Bulk billing rates for GP services reached a new record high of 82.4% in the March quarter - the highest rate in Australia's history.

Pittwater Online News

May 19 - 25, 2013: Issue 111

WINGALA LAPIDARY CLUB

The long, long trailer lives again. Remember the old movie? It is often on TV of a Saturday afternoon. Lucille Ball and Desi Arnaz travel around America in an enormous travel trailer or caravan as we call it. Lucy collects rocks. So many the weight brings car and caravan grinding to a halt on a long and dangerous climb through the Sierra Nevada mountains.

It is happening here in Australia. Every year more and more people head off in caravans and almost everybody does some fossicking.

They find opal at Lightning Ridge, sapphires at Inverell, petrified wood at Chinchilla and zircons in the Harts Ranges. Other finds include agate, carnelian, topaz, quartz crystal, jasper and chrysoprase.

Wingala club members fossicking for precious and semi-precious gems on a gravel pit in outback New South Wales

What can you do with the rock you bring home?

Wingala Lapidary Club has the answer. It is the only lapidary club on the Northern beaches and by joining you can learn to turn your rocks into unique jewellery. What a thrill to wear something you found and personally crafted!

Right: Grinding a stone into shape for jewellery at Wingala Lapidary Club. After the initial shaping, the stone will be finished on fine sanding wheels and then polished on a rotary buff.

Wingala has all the equipment. If, unlike Lucy, you have no suitable rock, slabs are available for you to transform. New members are given a slab and coached through their first project.

The club was established in 1965 by a group of enthusiasts attending evening classes in lapidary at the Manly Boys High School. Two founding members, Marie Kinnersly and Ron Orth, are still active in the day to day operation of the club.

Wingala is in the south east corner of Harbord Park, adjacent to the corner of Wyadra Avenue and Oliver St, Freshwater. It is thought that Marie's father built the Harbord Park premises for the local cricket club before World War II.

Before moving to Harbord Park, Wingala led a nomadic existence. From operating in members' garages, it moved to Hibiscus Park Nursery at Warriewod, then to the Presbyterian Church at Allambie Heights before moving in 1971 to a disused kiosk at Brookvale Oval. A fire forced a move to the Hallstrom Pavilion at the oval and then another move took the club to rented premises in Harbord.

In 1976, Wingala moved to the Manly Surf pavilion before demolition forced another move in 1980 to Narrabeen. Sale of the premises forced storage of equipment for 12 months.

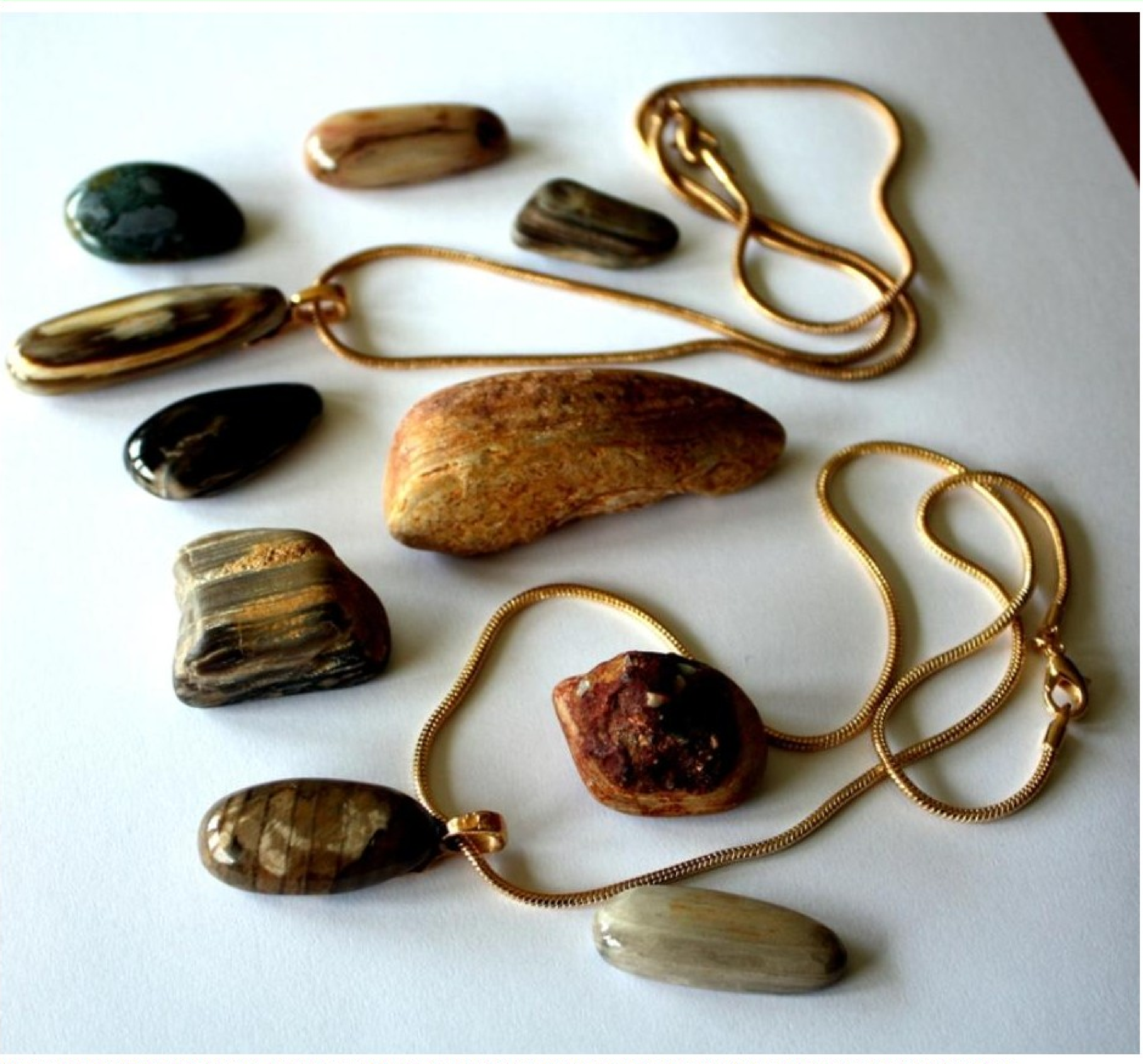
Since February 1985, Wingala has been in Harbord Park. New members are always welcome. When they join, they are coached through making a cabochon, or domed stone, suitable for jewellery. Members are all happy to pass on their knowledge and skills to newcomers.

The club currently has around 50 members. Many are retired but there is a growing group of younger members who work in the evening.

Sessions are held on Mondays, Wednesdays and Thursdays between 9:30 am and 3:30 pm. Evening sessions are held on the first and third Tuesday of the month from 7:00 pm to 9:30 pm.

For further information, contact Marie Kinnersly on 9416 3106, Ian Lee on 9918 2900 or for evening sessions David Gwillam on 0427 132

Ron Orth showing opals and other gems he found and cut. Ron was one of the founding members of Wingala lapidary Club in 1965. He still attends each week to work on specimens and pass on knowledge gained over the years to newer members.



Who could believe that a dirty old stone, in this case a 100 million year old piece of petrified wood, can be transformed into unique and attractive jewellery.

Michelle making her own jewellery at Wingala Lapidary Club

Profile by Ian Lee. Copyright WINGALA LAPIDARY CLUB , 2013.

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Pittwater Online News

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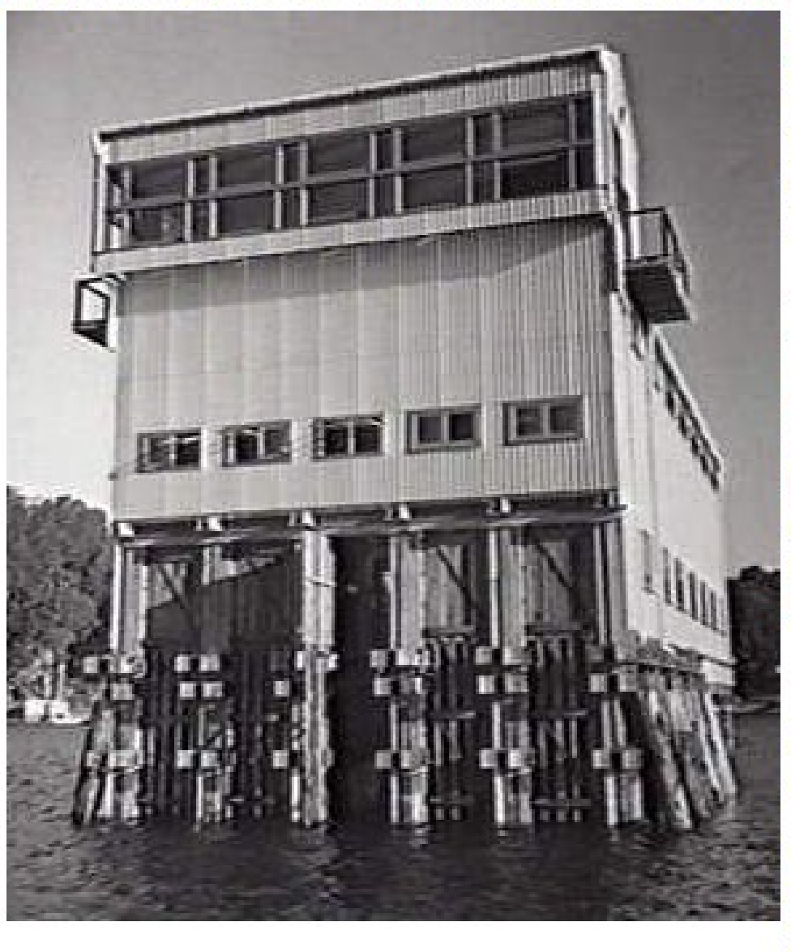
Pittwater'sTorpedo Wharf and Range

As seen in Naval Visits to Pittwater 1788-1952 the testing of torpedoes in Pittwater has numerous instances prior to the establishment of the torpedo wharf at Taylor's Point.

TORPEDO PRACTICE AT PITTWATER.
Shipmasters and others are hereby notified that Torpedo Practice will take place In Pittwater, commencing on 10th October, and continuing dally (Saturdays and Sundays excepted) until 27th October, 1933. Practice will only take place between the hours of 8 a.m. and 12 noon, and between 1 p.m. and 4p.m. Torpedoes will be fired from a destroyer anchored towards the southern end of Pittwater, near Taylor's Point, in a northerly direction of Observatory Point. Mark buoys will be laid at the northern end of torpedo range. A red flag will be flown by the destroyer while practice is in progress, and a red flag will be flown by a motor launch in the vicinity of Rock Head, when range is dangerous. Vessels are not to proceed south of Observation Head or north of destroyer when these signals are flying.
The signal (Black Ball over the International Code signal K.J.Y.), will be flown with small size flags from a boat fitted with a mast anchored in the fairway, about 440 yards to the north of the torpedo range limit. Advertising. (**1933, October 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article17013385

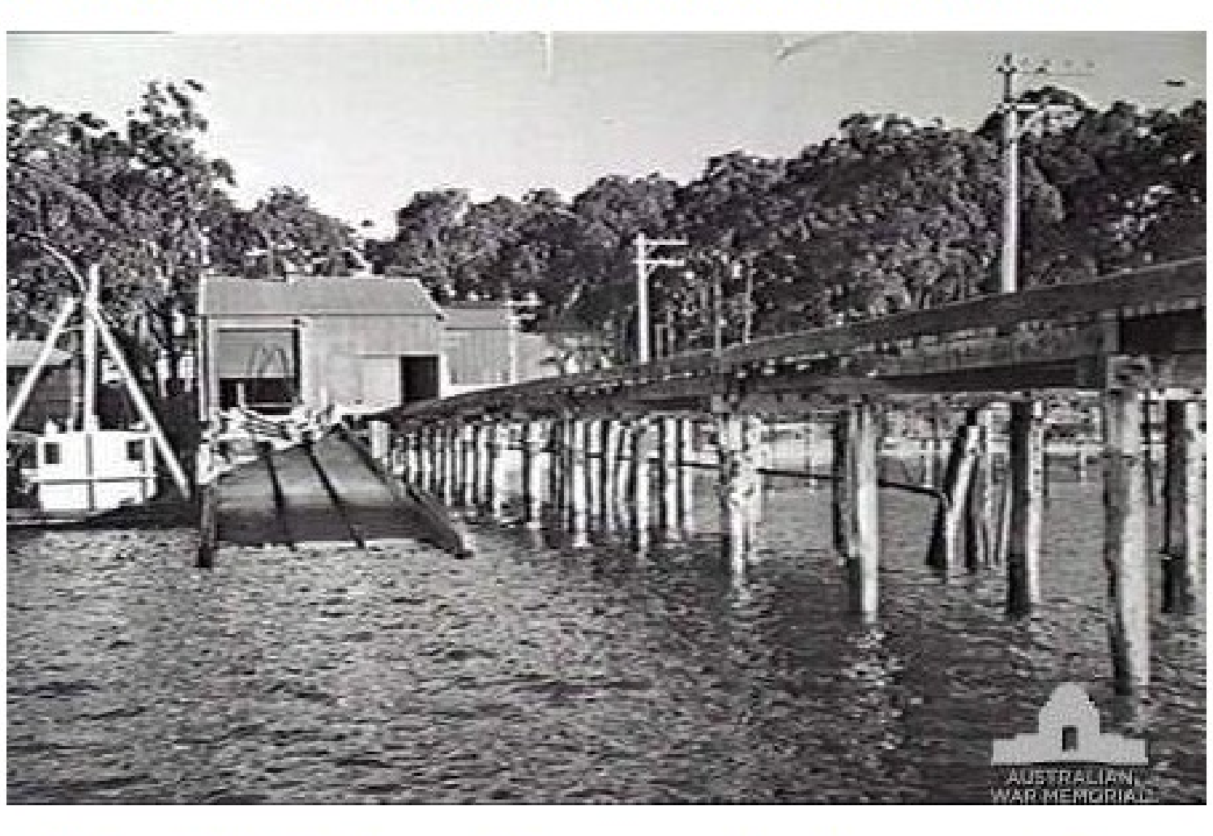
On the 26th of March 1941 the trawler Millimumul was sunk east of Broken Bay after hitting a mine laid by Pinquin, a German auxiliary cruiser. As May became June in 1942 torpedos from Japanese miniature subs were fired at Bondi, Bellevue Hill and into Sydney Harbour, sinking HMS Kuttabl and killing some of the young men billeted onto this vessel. As early as 1940 Australia began to lose ships to mines laid by German vessels off our Victorian coast and ships further at sea to torpedo attacks. Protection against further attacks and preparations against invasion were crucial. The manufacture of torpedos within Australia, decentralising this weaponry production from Britain, came as a request from Admiralty.

TORPEDOES AND MINES
THE decision to manufacture torpedoes in Australia, taken at a meeting of the War Cabinet on 22nd December 1941, committed the country 's precision engineering to a most difficult undertaking; by reason of the position occupied by torpedoes among modern armaments, the undertaking was one of great potential importance . With sea power as the corner-stone of Britain's dominant strength among world powers in the nineteenth century it is not surprising that the development of the torpedo was essentially a British achievement, though it was not in the first instance a British invention). Britain's early lead in the adoption of the torpedo owed much to the enthusiasm of Commander (later Admiral Lord) Fisher, but other great powers were not long in entering the field. The tremendous possibilities of the weapon were first apparent during the war of 1914-18 when Germany, by means of the U-boat and the torpedo, inflicted such heavy losses on merchant shipping that she very nearly brought Great Britain to her knees. During the two decades that followed the first world war the torpedo acquired even greater destructive potentialities by the development of methods for dropping it from aircraft, and no great insight was required to predict the part the torpedo would play in a future war.



The manufacture of torpedoes in Britain was carried out principally by a private firm, the Whitehead Torpedo Company, which manufactured for all corners, and by the Admiralty at Greenock, Scotland . In July 1941 the Admiralty, concerned at the possibility that Britain 's production of torpedoes might be hindered if not prevented altogether by bombing or invasion, began to investigate means of providing alternative centres for such an emergency. Manufacture in Britain had been decentralised as far as practicable but nothing had been done towards establishing centres outside Britain.

The final and most important of all the tests applied to a torpedo was ranging, which consisted of firing it from a discharge tube located on shore over a carefully selected stretch of water. During ranging the war head was replaced by a dummy head filled with water. At the end of the run the water was expelled and replaced by air, which caused the torpedo to float upright and so made it easy to recover. The direction, depth and speed were closely observed and noted with special instruments.



THE BUILDING HOUSING THE TORPEDO FIRING GEAR AT THE RAN TORPEDO FIRING RANGE AND THE JETTY OF THE RAN TORPEDO RANGE, LOOKING LANDWARD, SHOWING THE TRAMWAY IN USE. (NAVAL HISTORICAL COLLECTION). Images no: 306035 and 306036, courtesy Australian War Memorial.

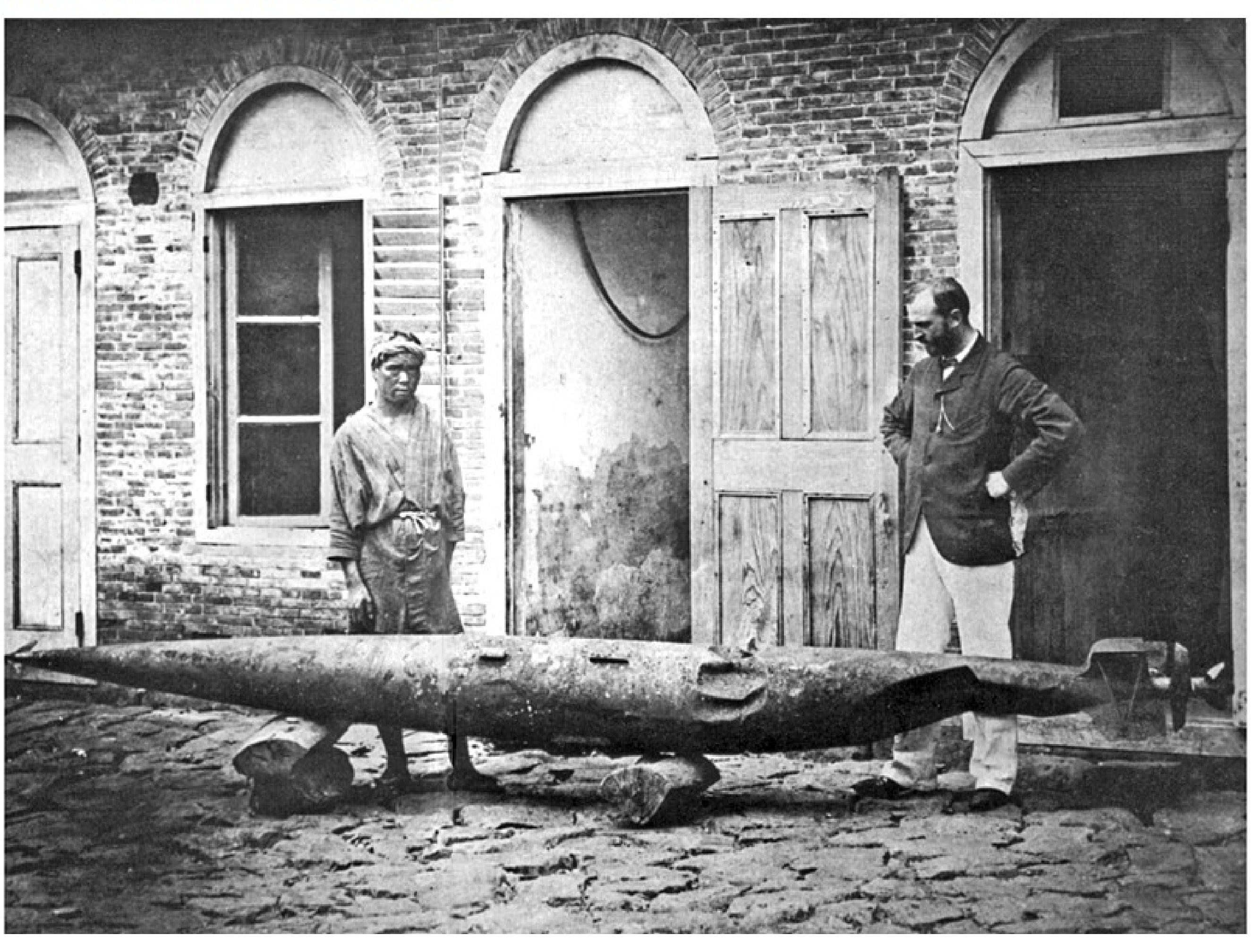
***A range surveyed by the Hydrographic Branch of the R .A.N. was set up at Pittwater, in Broken Bay**, 30 miles north of Sydney. **Firing tubes, observation station, workshop, pier and target rafts were designed and erected while the torpedoes were being made.** Normally every torpedo was ranged twice. The ranging of the first Australian-made torpedo at Pittwater on 24th February 1944 was a signal success ; it sailed straight through all Admiralty tests without needing any of the small adjustments that are often called for in a first trial. The range officer, Lieutenant Owens, reported, "the performance of this torpedo could not be bettered" .*
D P Mellor. *Australia in the War of 1939–1945. Series 4 – Civil - Volume V – The Role of Science and Industry* (1st edition, 1958)
Retrieved from :
http://www.awm.gov.au/collection/records/awmohww2/civil/vol5/awmohww2-civil-vol5-ch13.pdf

In December 1942 construction of this range was not without difficulty;

The torpedo range at Pittwater was another difficult survey job. - Concrete blocks had to be dropped from a naval tender at a specific point so that the targets could be anchored. It was a difficult task to manoeuvre the vessel into the correct position. Mr. Brett said this was the first survey work ever carried out in Australia by wireless.." IMPORTANCE OF HAVING A SURVEY BASIS. (1947, July 25). Goulburn Evening Post (NSW : 1940 - 1957), p. 7 Edition: Daily and Evening. Retrieved from http://nla.gov.au/nla.news-article103324772

By late 1943 the first Australian made torpedoes were being tested at Pittwater.

Torpedos in their original forms were what we today would call 'mines'. From around 1900 the term 'torpedo' has been used to designate an underwater self-propelled weapon. The first working prototype of the modern self-propelled torpedo was created by a commission placed by Giovanni Luppis(Croatian: Ivan Lupis), an Austrian naval officer from Fiume (now called Rijeka), a port city of the Austro-Hungarian Monarchy (modern Croatia), and Robert Whitehead, an English engineer who was the manager of a town factory. In 1864, Luppis presented Whitehead with the plans of the salvacoste(coastsaver), a floating weapon driven by ropes from the land, and made a contract with him in order to perfect the invention. (1.)



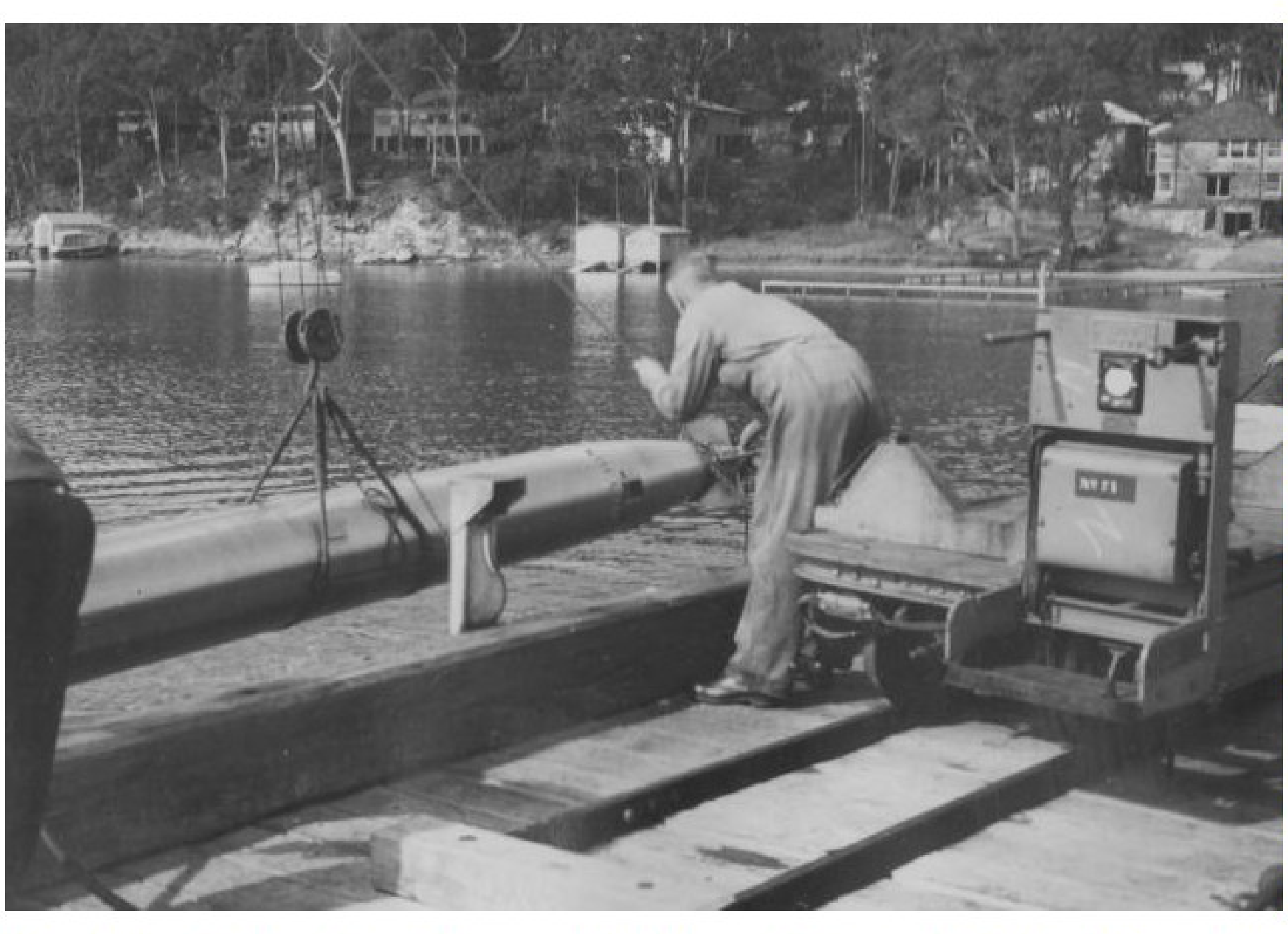
(1.) Robert Whitehead (right) with a rather battered test torpedo, Fiume, c1875. His son John is at left. Retrieved from http://en.wikipedia.org/w/index.php?title=Torpedo&oldid=552553790

The R.A.N. was given responsibility for setting up a Torpedo Factory and supervising manufacture:

The site chosen for the factory was that of the North Sydney Gasworks, and as a result of quick and effective action by the Business Board immediate possession was gained late in 1941. The original plan was to economise by adapting the existing buildings, which were in some respects suitable, but when after several months work had not even begun, the navy sought the aid of Mr Essington Lewis. Lewis decided that to keep pace with the program agreed upon it was necessary to demolish the existing building and erect an entirely new factory. The next day, a Friday, he called a meeting at his office in Melbourne which was attended by all concerned, including representatives of the architects and the contractor from Sydney. A contract was placed that night and the contractor began to clear the site on the following Monday morning. This was a good example of what could be done when it was possible to make a clean cut through red tape. By February 1943 the buildings, known as the Royal Australian Naval Torpedo Factory, were completed, in remarkably short time. The factory was well designed and splendidly equipped; so completely did its structure harmonise with its surroundings that despite the fact that it covered over 100,000 square feet, it was by no means a conspicuous landmark. D P Mellor. *Australia in the War of 1939–1945. Series 4 – Civil, Volume V – The Role of Science and Industry* (1st edition, 1958), Chapter 13, Torpedoes and Mines, pp. 282-300: retrieved from: http://www.awm.gov.au/histories/second_world_war/volume.asp?levelID=67920

Supervision of all Pittwater torpedo activities was also supervised by our R.A.N.:

Commonwealth Navy Order 287 (1947)



R.A.N. TORPEDO RANGE, PITTWATER, N.S.W.

The R.A.N. Torpedo Range is situated in Broken Bay, N.S.W., the firing point being on Taylor's Point, Pittwater, and the range extending from there in a northerly direction.

2. Transport of torpedoes is normally carried out by road from the R.A.N. Torpedo Factory, a distance of 22 miles, as no vessel with a draught greater than 12 ft. 6 in. can enter Pittwater. 3. The following firing guns are fitted:—

1—No. 21-in. above water firing tube.
2—No. 18-in. tubes.
1—No. 21-in. submerged firing tube.

There is also a launching cradle for use in running torpedoes not otherwise catered for.

Left: Recovered Torpedo at RAN Torpedo Range, Pittwater, 1949, courtesy Robert Curran.

4. The Torpedo Range workshop is capable of carrying out complete overhauls on all torpedoes.

5. Applications for torpedoes to be ranged should be made by signal to Admiral Superintendent, Sydney, repeated for information to Superintendent, R.A.N. Torpedo Factory.

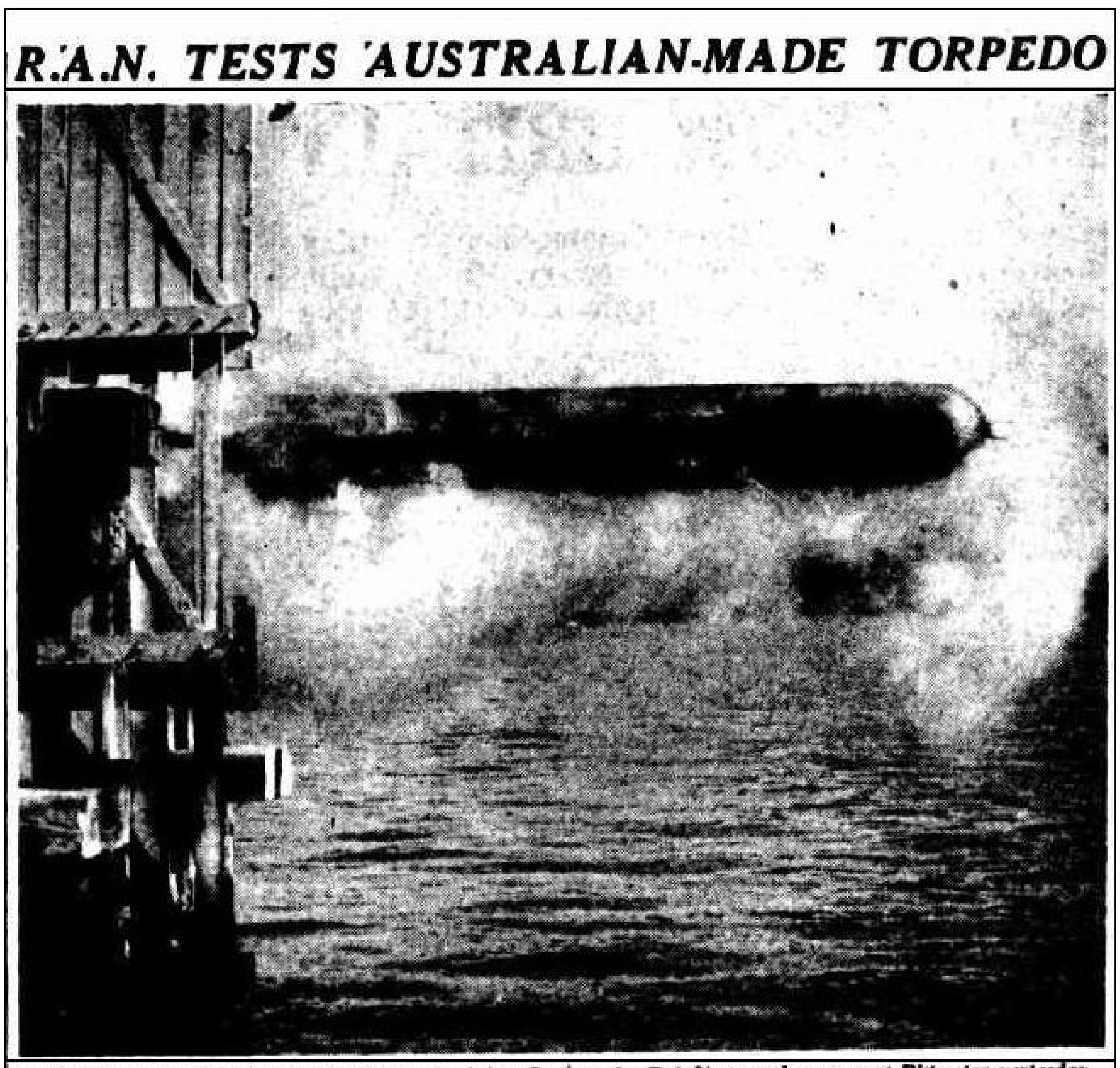
6. Transport of torpedoes from the ship's side to the range and return will be arranged by the Superintendent, R.A.N. Torpedo Factory.

The Torpedo wharf soon became part of the local landscape, a landmark:

Pittwater: Good catches of mulloway have been made **at the torpedo wharf** and bream on the flats at Careel Bay. **FISHING AND WHERE.** (**1949, December 4**). *The Sunday Herald* (Sydney, NSW : 1949 - 1953), p. 14 Section: Sporting Section. Retrieved from http://nla.gov.au/nla.news-article28667213

Recovering these devices for a second firing and to examine their devices was part of naval duties. The torpedo range had several firsts in testing these devices, among them:

Australia Makes First Torpedo SYDNEY, Wed. (AUP). The first Australian built torpedo for use by surface ships was successfully tested at Pittwater torpedo range today. Destroyers and frigates will be the first RAN ships to be equipped with the new 21in. torpedoes. Navy Minister McMahon, who watched the tests today said Australian built torpedoes were part of Australia's contribution to world peace. "The only way to maintain peace," he said, "was for the western democracies to be ready to meet aggression." Australia Makes First Torpedo. (**1952, July 30**). *Singleton Argus* (NSW : 1880 - 1954) , p. 3. Retrieved from http://nla.gov.au/nla.news-article82769589



R.A.N. TESTS AUSTRALIAN-MADE TORPEDO

The first Australian-made 21-inch torpedo being fired at the R.A.N. torpedo range at Pittwater yesterday during a test of the torpedo's mechanism. The torpedo, which is worth between £4,000 and £5,000, was recovered by a R.A.N. launch from the water after the test.

Right: R.A.N. TESTS AUSTRALIAN-MADE TORPEDO. (**1952, July 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article18275646

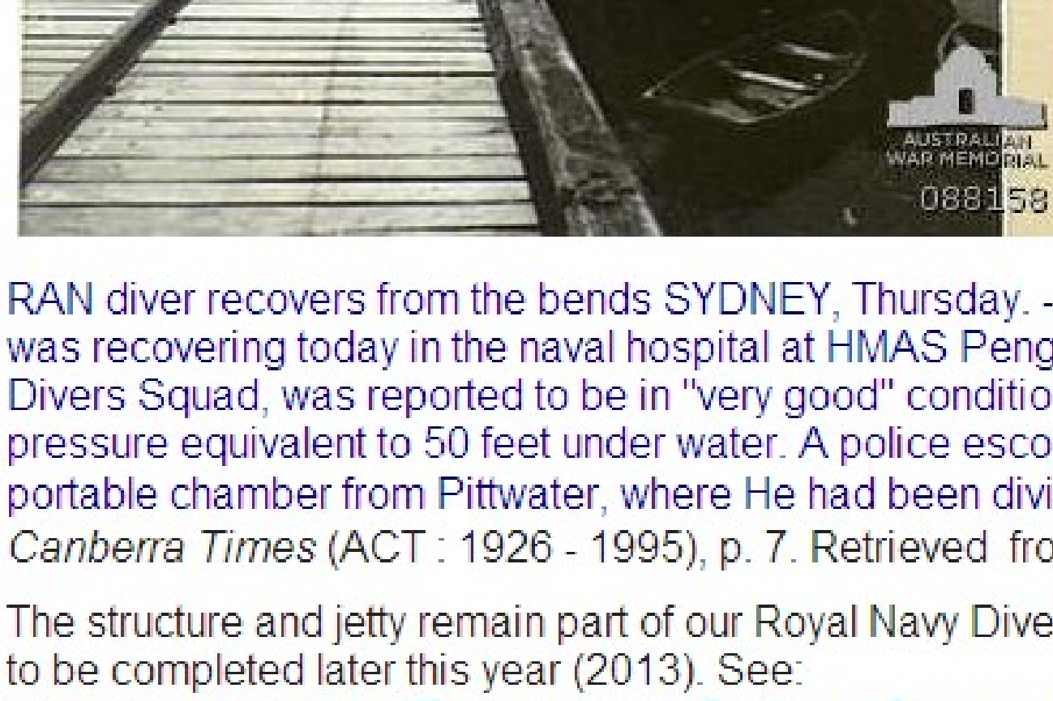
The Velocity of these missiles caused the structure they were issued from to shake anfd the wear and tear of the railway track to shift them was hard on the jetty. Maintenance of both structires was required:

Pittwater RAN Torpedo Establishment Strengthening of torpedo firing head and repair to slipway, £34,357, F Jenkins and Sons, Carlton. TENDERS. (**1954, October 5**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article18456175

Pittwater after World War II had become a more residential area with young families as much as retirees finding such a beautiful place so close to a city center, and afforable then, more and more attractive.

As with the *Propsector* Powder Hulk and an Australia no longer under threat of conflict arriving on her shores, those who dwelled on the shores of the estuary began to question why vital training could not be carried out elsewhere. A few torpedoes going astray, the basis for 'ranging', further underlined a need for the R.A.N. to test elsewhere and use the torpedo wharf and building for another training necessity;

R.A.N. Torpedo Crashes Into Small Island
Sydney, Wednesday – A Royal Australian Navy torpedo ran off course and crashed on to rocks on private property on Scotland Island, Pittwater, to-day. It was the second navy torpedo to "run- away" since August 26th when a torpedo ran on to Clarevile Beach, Avalon, through scores of swimmers narrowly missing pleasure craft moored nearby. A navy spokesman said today the latest torpedo was fired in routine tests over the navy range in Pittwater, and had not been , loaded. No-one had been injured and no damage had been caused. However, a local resident said the torpedo crashed through a private swimming pool and sea wall on privateproperty. The Minister for the Navy, Senator Gorton, last August said the testing range would not be moved. He had called for a report on the previous torpedo, but said there was little risk in the present siting of the range. R.A.N. Torpedo Crashes Into Small Island. (**1960, January 28**). *The Canberra Times* (ACT : 1926 - 1995), p. 5. Retrieved from http://nla.gov.au/nla.news-article105900778



Torpedo misfire LONDON, Sunday (AAP). - The Greater London Council has a opened an inquiry into the RAN's misfiring of an un armed torpedo during testing on Thursday. It landed at Clareville Beach, on the Pittwater, North Sydney, near a group of children. Plaque LONDON, Sunday (AAP). *The Canberra Times* (ACT : 1926 - 1995) **Monday 11 December 1978** p 10 Article

The Pittwater R.A.N. torpedo jetty and building became an annexe of the *Penguin* and the Royal Australian Navy Dive School began training personnel here;

RAN diver recovers from the bends SYDNEY, Thursday. - A naval diver, who suffered the bends and lung injuries while diving yesterday, was recovering today in the naval hospital at HMAS Penguin, Balmoral. The diver, Able Seaman L. L. Platts, 23, of the Naval Clearance Divers Squad, was reported to be in "very good" condition after spending more than three hours in a decompression chamber at a pressure equivalent to 50 feet under water. A police escort cleared the way yesterday for doctors when Platts was taken 20 miles in a portable chamber from Pittwater, where He had been diving, to Balmoral. RAN diver recovers from the bends. (**1968, July 26**). *The Canberra Times* (ACT : 1926 - 1995), p. 7. Retrieved from http://nla.gov.au/nla.news-article107064636

The structure and jetty remain part of our Royal Navy Dive School and are currently undergoing long overdue refurbishments which are due to be completed later this year (2013). See:
http://www.aph.gov.au/Parliamentary_Business/Committees/House_of_Representatives_Committees?url=pwc/hmaspenguin/report/chapter2.htm#_ftnref

Australia Day, 2013. Picture by A J Guesdon.

Pittwater's Torpedo Wharf and Range threads collected by A J Guesdon, 2013.

Tweet | Like | +1

Pittwater Online News

May 19 - 25, 2013: Issue 111

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

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

For you this week: **Schoolchildren's gifting of 'play!' to their fellow schoolchildren** and **Spotted Gums of Pittwater Inspirations**

PITTWATER COUNCIL · CELEBRATING 20 YEARS 1992-2012

PITTWATER SHORT STORY COMPETITION

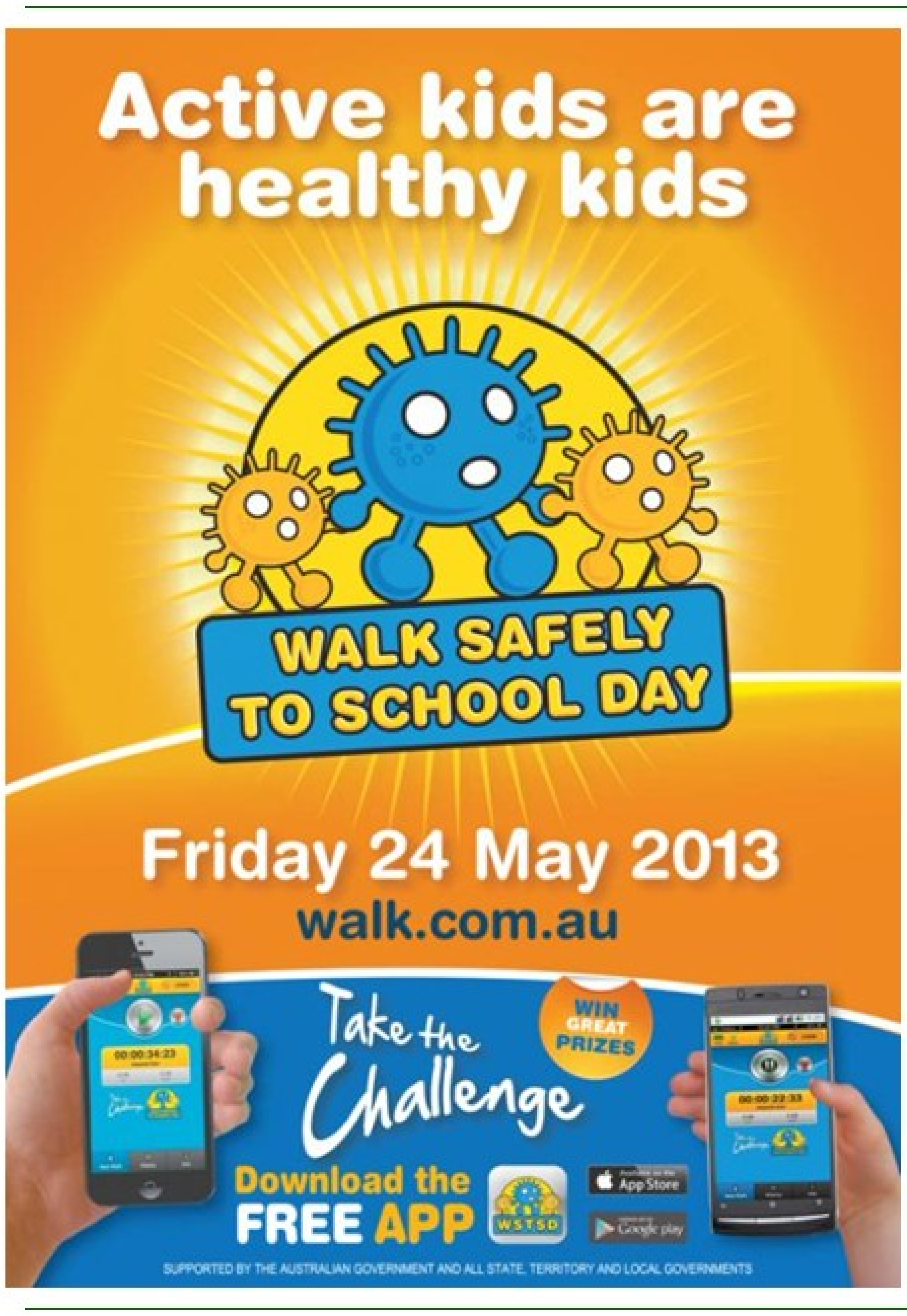
Pittwater residents with a flair for writing are invited to enter the 2013 Pittwater Short Story competition. The competition which is run by Mona Vale Library and Berkelouw Books is open to children as well as adults and asks participants to write a short story that is identifiably located in the Pittwater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

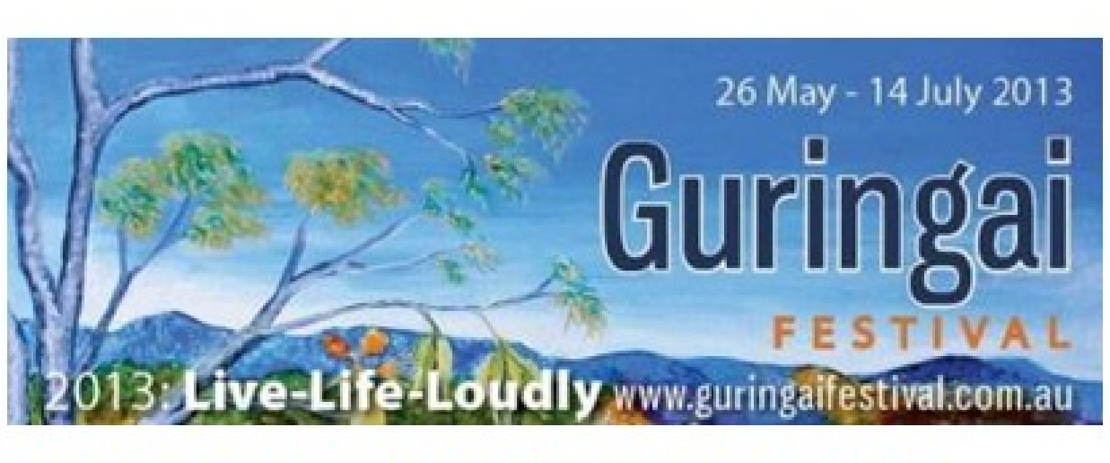
"The competition is open to three age groups, including 9 to 12 years, 13 to 16 years and an open age group," said Ms Howie. "The word limit of the short story varies depending on the age category, with 9-12 year olds needing to submit no more than 500 words; 13-16 years a maximum of 1000 words and no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

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

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

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


Active kids are healthy kids
WALK SAFELY TO SCHOOL DAY
Friday 24 May 2013
walk.com.au
Take the Challenge
WIN GREAT PRIZES
Download the FREE APP
WSTSD
App Store
Google play
SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS


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

Peninsula CommUNITY of Schools Art Exhibition
Wednesday 26 June, 5pm – 7pm
Wheeler Heights Public School, Veterans Parade, Wheeler Heights. Gold coin donation
UNITY in our community! An exhibition of artworks by students from Kindergarten to Year 12 who attend the Peninsula Community of Schools. The collection of artworks reflect the Guringai Festival's theme: "Live Life Loudly", the Reconciliation theme "Say Something" and the 2013 NAIDOC theme "Yirrkala Bark Petitions 1963"
Enquiries: Sharon.smithies@det.nsw.edu.au

Aboriginal Cultural Performance for Children
Wednesday 10 July, 11am – 12.15pm
Mona Vale Library, 1 Park Street, Mona Vale
Admission: $10
Come along and enjoy the didgeridoo, face painting, song and dance, Aboriginal art and storytelling. For children aged 5 to 12 years. Under 7 will require parental supervision. Bookings essential: Sharelle Ravenscroft 9970 1600 www.pittwater.nsw.gov.au/library

Dorothea Mackellar Poetry Awards - 2013

OPTIONAL THEME FOR 2013
Wherever the Wind Blows

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

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

Categories and Prizes

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

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

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

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

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

Entries for 2013 now open, **click here to enter online**

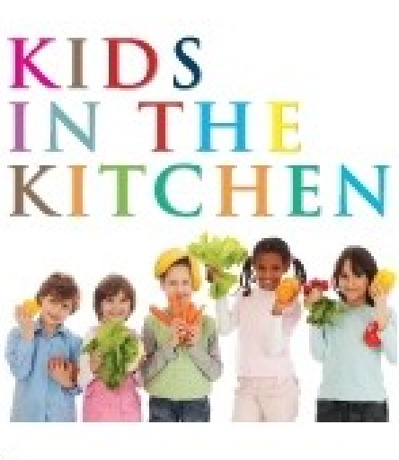
NATIONAL GEOGRAPHIC Little kids
Tree Frog

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

Love Food, Hate Waste Cookbook


KIDS IN THE KITCHEN

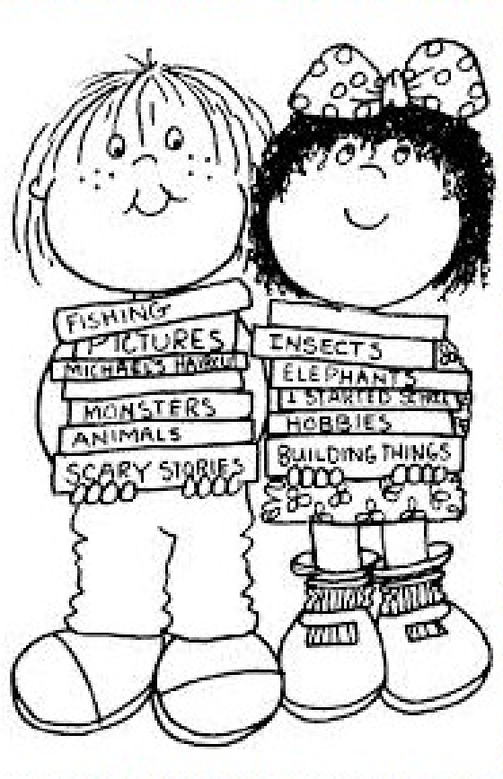
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

First Mickey Mouse Apperance EVER! (May 15, 1928)

First Mickey Mouse Apperance EVER! (May 15, 1928)

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN


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

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

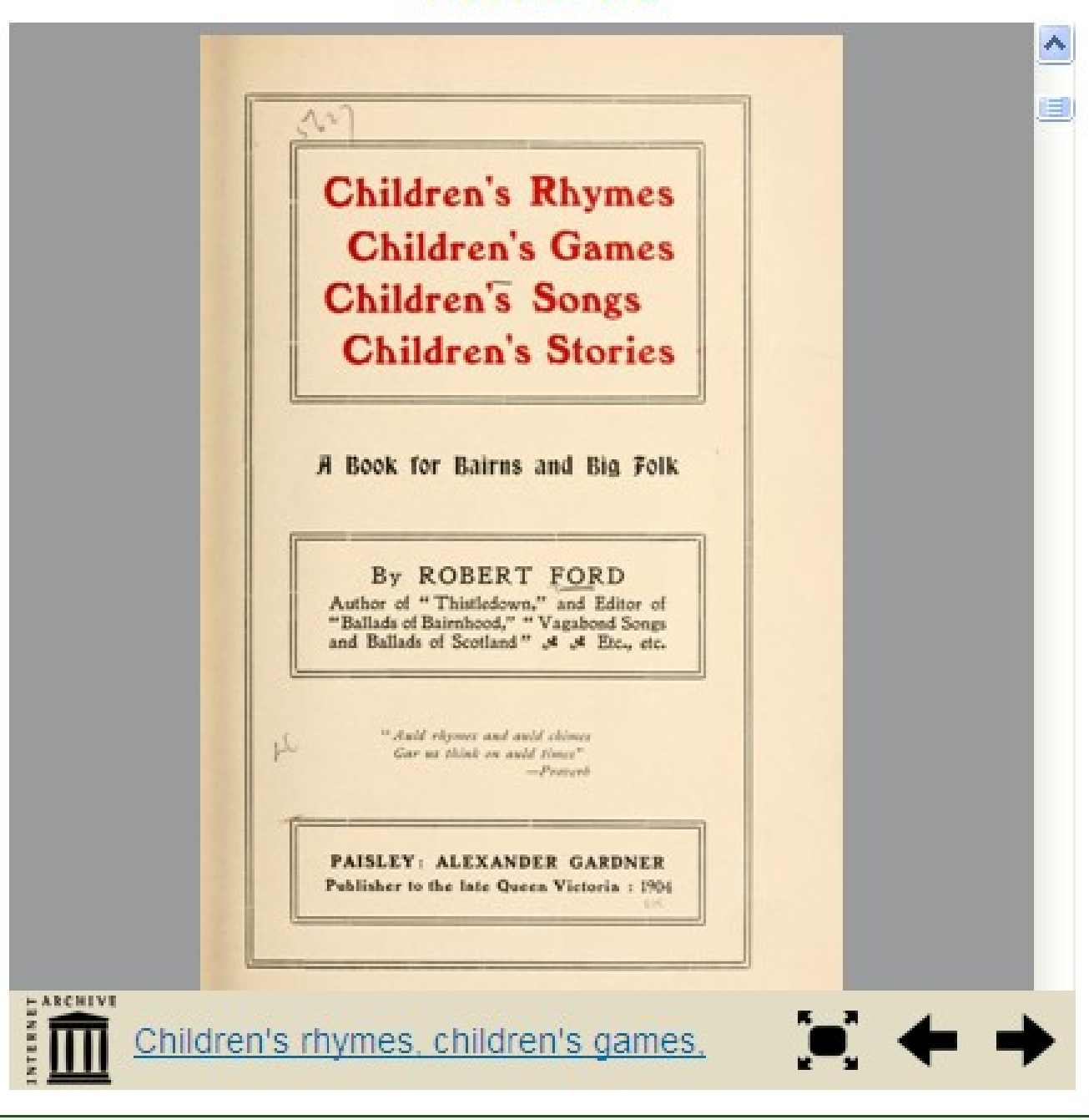
The Let's Read Campaign engages families, professionals and communities to promote reading with children from birth. Sharing books from birth helps children develop the skills they will need when it's time to start school. Let's Read anywhere, anytime is the national campaign call to action for families,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

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

DOWNLOAD A FREE READING PACK!

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

Children's rhymes, children's games, children's songs, children's stories : a book for bairns and big folk (1904) by Robert Ford



Children's Rhymes
Children's Games
Children's Songs
Children's Stories

A Book for Bairns and Big Folk

By ROBERT FORD
Author of "Thistledown," and Editor of "Ballads of Bairnhood," "Vagabond Songs and Ballads of Scotland" ❧ ❧ Etc., etc.

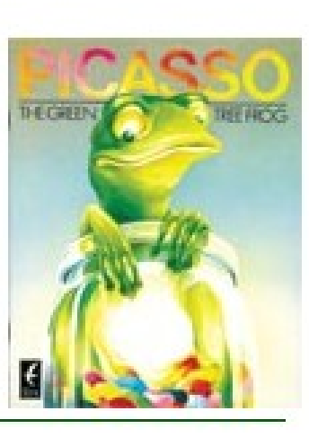
"Auld rhymes and auld chimes
Gar us think on auld times"
—Proverb

PAISLEY: ALEXANDER GARDNER
Publisher to the late Queen Victoria : 1904

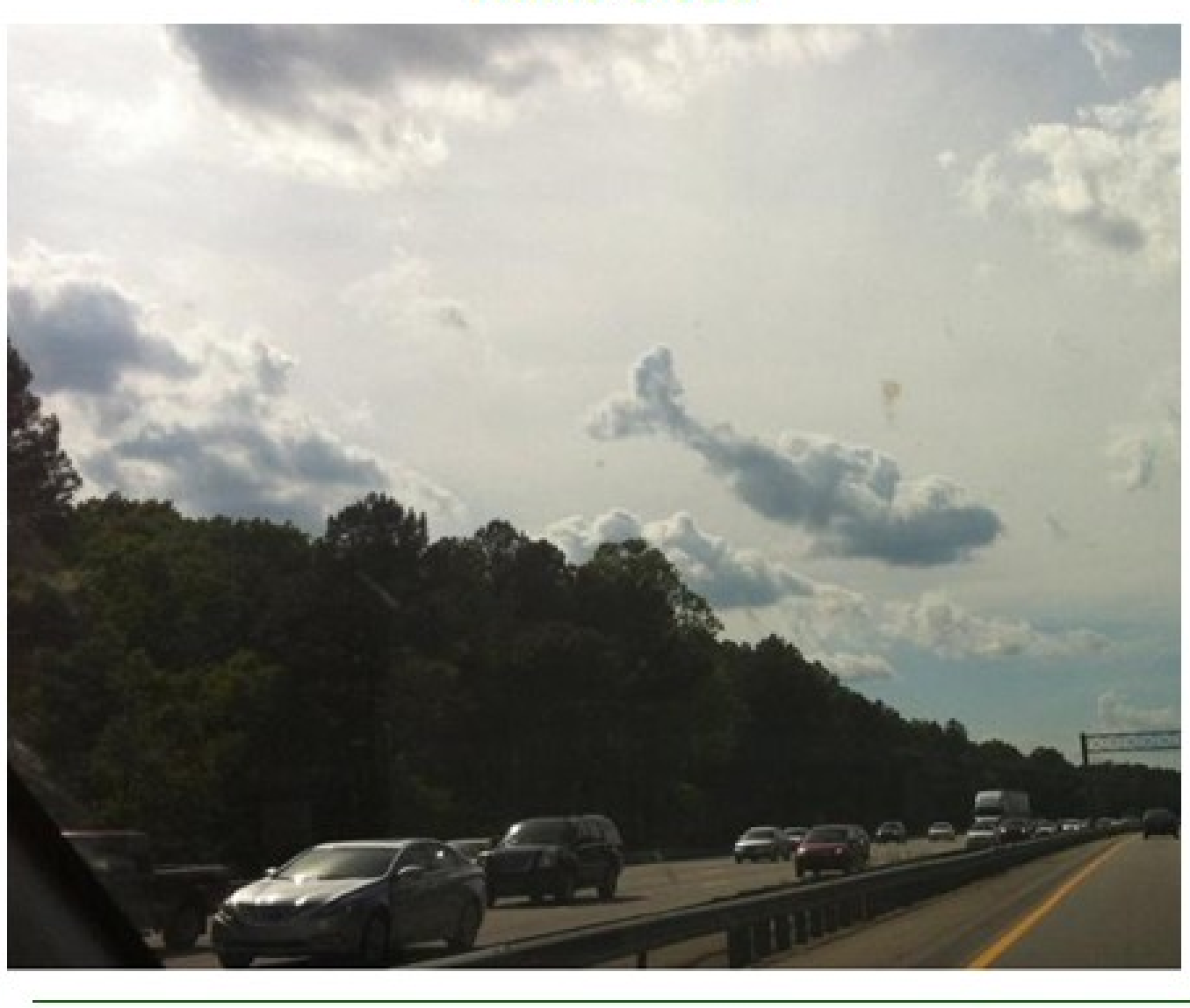
INTERNET ARCHIVE
Children's rhymes, children's games,

Picture Books Online

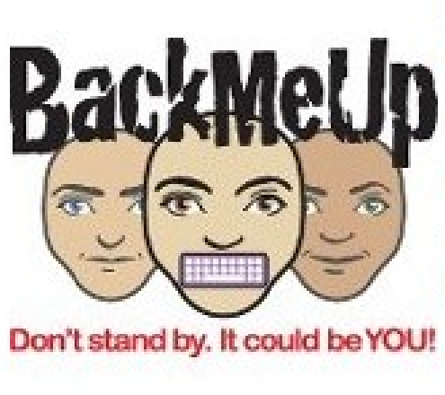
Picture Books Online is a collection of classic picture books from Era Publications. Watch your favourite characters, stories and imagination come to life through Picture Books Online.


PICASSO
THE GREEN TREE FROG

Whale Cloud



BackMeUp poll - Posted 14 May 2013 by Commission


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

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

Piggy and Puggy C/- Irene and John Anderson

Piggy (Tabitha) and Puggy (Susie) the boxer playing together at Hillside.

Piggy and Puggy

stalls
face painting
rides
entertainment
food
festival
of small hands
FunFair OpenDay

The annual Barrenjoey Montessori School Fun Fair & Open Day ; **Sunday, 26 May 2013, 10am – 3pm**

Des Creagh Reserve, North Avalon (next to North Avalon Beach carpark)

Barrenjoey Montessori School invites all children and their parents to our annual fun filled family event. Our event has been part of the community since 1985 and is much looked forward to for a number of reasons.

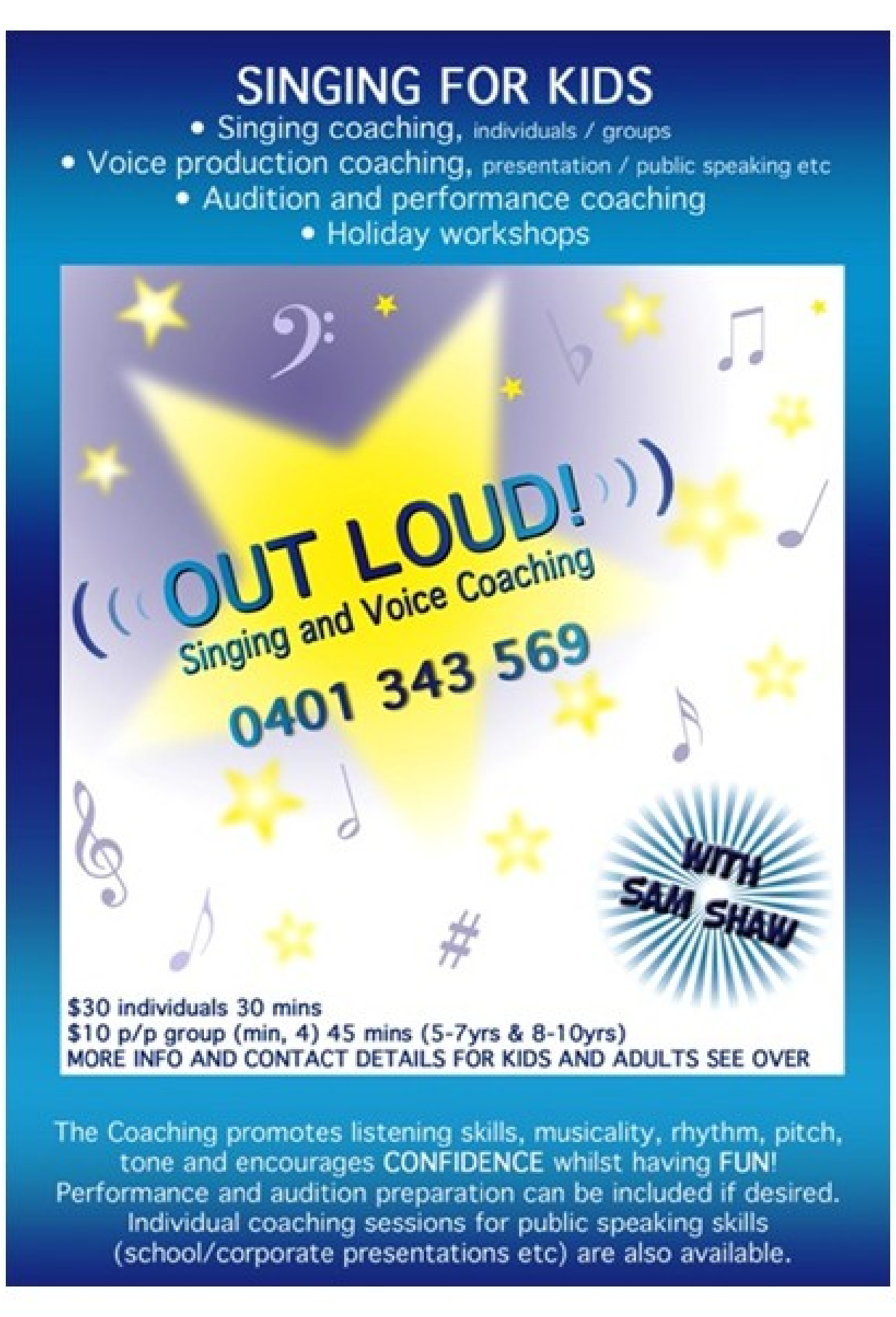
To have fun…

It is call the Festival of Small Hands as it is tailored first and foremost for our children, but parents, grandparents and family friends can have a great time too. From rides, crafts and creative activities, to music and great food, there is something for everyone.

To learn…

If you would like to visit our school and learn about the approach and benefits of a Montessori education, you will also have the opportunity to talk to students, parents and teachers and stroll through the classrooms and school grounds.

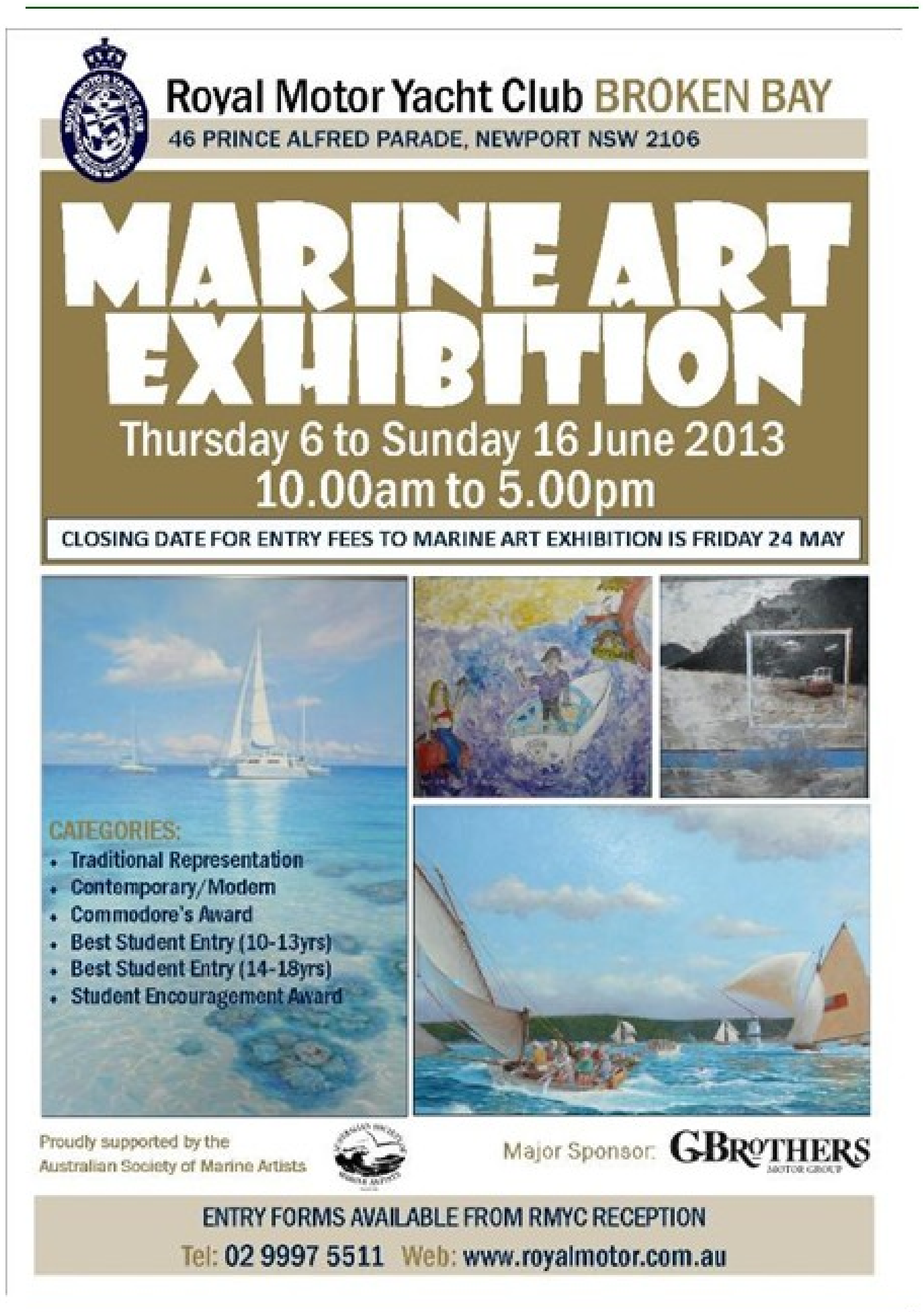
We look forward to welcoming you and sharing in the celebration and fun.


SINGING FOR KIDS
• Singing coaching, individuals / groups
• Voice production coaching, presentation / public speaking etc
• Audition and performance coaching
• Holiday workshops
OUT LOUD!
Singing and Voice Coaching
0401 343 569
WITH SAM SHAW
$30 individuals 30 mins
$10 p/p group (min, 4) 45 mins (5-7yrs & 8-10yrs)
MORE INFO AND CONTACT DETAILS FOR KIDS AND ADULTS SEE OVER
The Coaching promotes listening skills, musicality, rhythm, pitch, tone and encourages CONFIDENCE whilst having FUN!
Performance and audition preparation can be included if desired.
Individual coaching sessions for public speaking skills (school/corporate presentations etc) are also available.

Triple Zero Kids' Challenge

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

kids.triplezero.gov.au/


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

The Sorcerer's Apprentice [HD] (VHS Version)

The Sorcerer's Apprentice [HD] (VHS Version)

Keep children safe online

The Easyguide to Socialising Online is available here

The Cybersafety Help Button is available to download free of chargehere

More information about the ACMA's Cybersmart program is here

Stories for you already run:

- Adrenalin 360 Surf and Skate Competition and Kids Festival
- Are You up to the RED BELT CHALLENGE by Hoshin Australia
- ArtFest 2012 - Biannual Children's Art Exhibition
- Australian Ibis for Children
- Avalon Bulldogs Season Open Pictorial
- Avalon Sailing Club Teaches A Novice To Sail
- Bilgola Plateau Public School - Sustainable Practices
- Bilgola Student and Avalon lady attend Aboriginal and Torres Strait Islander Veterans 6th Annual Commemorative Service at Hyde Park
- Bilgola Plateau's NAIDOC Week Celebrations; Darinyung Sculpture and Under A Starry Sky
- Dance Fever 2012 by Peta Wise
- Grandparents Day 2012 by Peta Wise
- Harvest Day 2012 at Maria Regina Avalon by Alexis Conn and Peta Wise
- Heartsong - an Anthology of Pittwater Poetry Launched
- Hoishin Anti-Bullying Summer Camp 2012
- Learn2Swim Narrabeen Coastal Platform Tour for children
- Maria Regina Catholic School at Avalon: Christmas Crafts for Children
- Maria Regina Celebrates Timor-Leste's 10th Anniversary of Independence 2012
- Mona Vale Public School's Centenary Launch
- Mona Vale Public School Centenary Festival Day 15th of September, 2012
- MV Reliance and Maria Regina Avalon - Clareville Outing
- NLASC Narrabeen Rockpool Learn to Swim Program by J P Fisher and Glenn Nicholls
- Online World To Be Safer - Sonar Dolphins Arise!
- 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
- SLSC 2013 Interstate Championships - at Newport
- Summer is Channel-billed Cuckoos Season - Fledglings 2013 by Jeffrey Sabri and Andrew Tiede
- The Northern Beaches Music Festival's YOUNGBLOODS Competition
- The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year by Damian Devine
- Winning the Homework War by Rosemary Smith
- Zoomobile at Loquat Valley School, Bayview

Mona Vale Library - Young Runarounds!

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

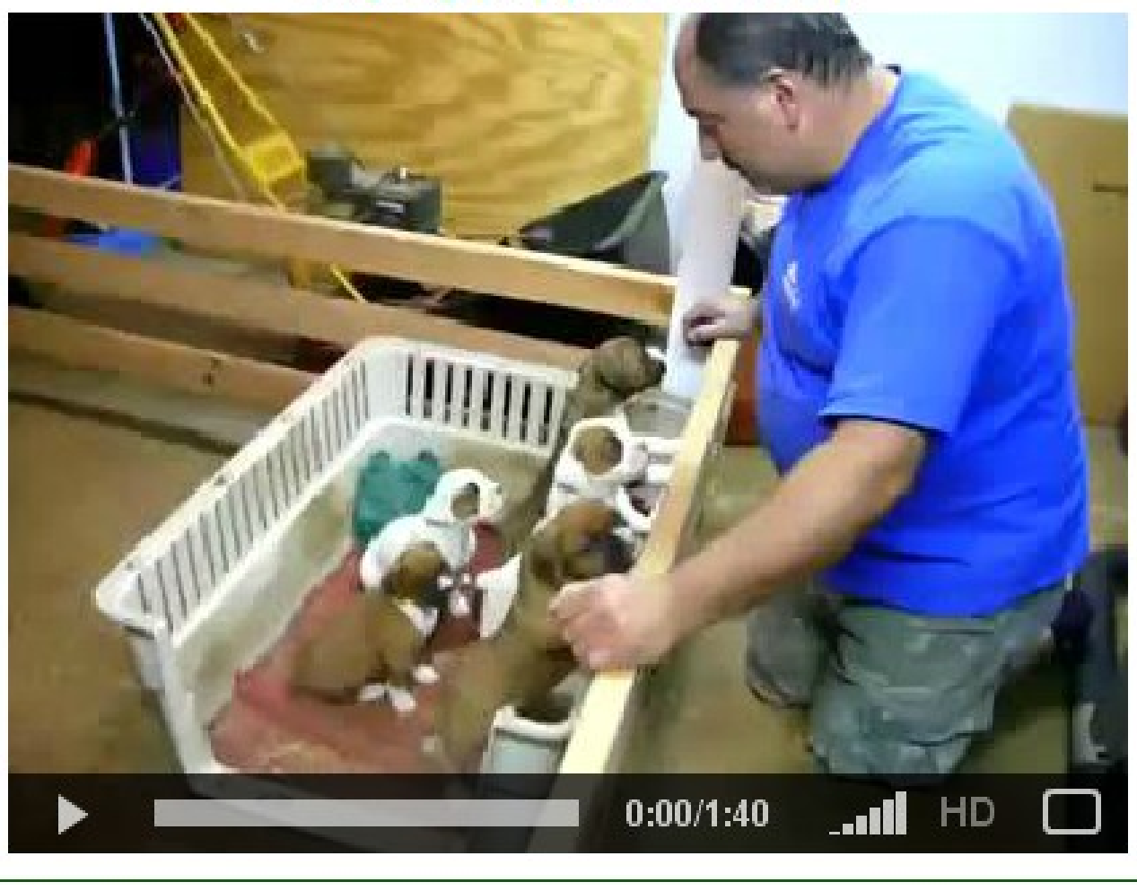
Children's Storytime at Mona Vale Library

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

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

Gruppe Pilobolus Amazing Shadow Dance
ZOO

Singing puppies to sleep



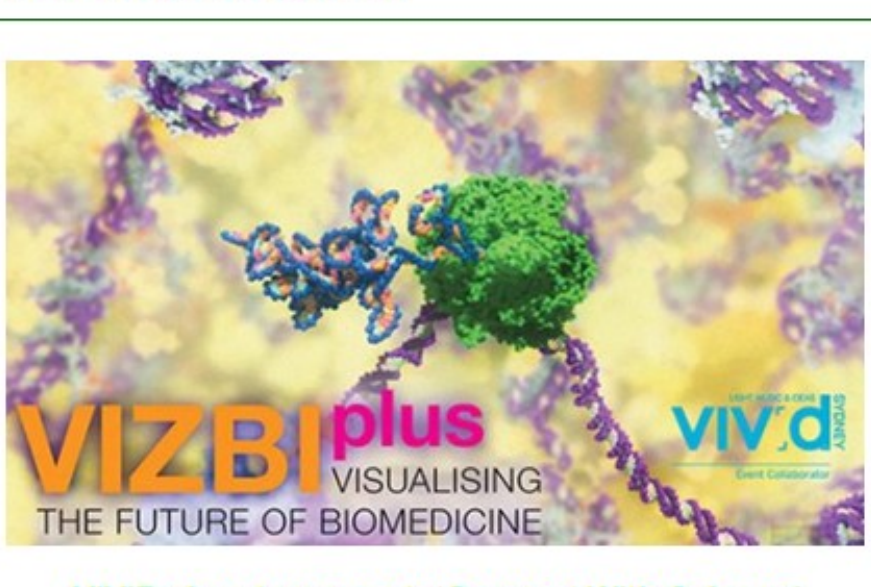
Hickory Dickory Dock from Super Simple Songs

Hickory Dickory Dock from Super Simple Songs
Super Simple Learning

Spotted Gums of Pittwater Inspirations - for Children

Pittwater Online News

May 19 - 25, 2013: Issue 111


VIZBI plus
VISUALISING THE FUTURE OF BIOMEDICINE
viv.d

VIVID signature event: 'Connect With Science'

Connect With Science is a public event taking place at the Museum of Contemporary Art in Sydney, Australia, on **Thursday 30 May 2013 from 7:00 pm-8:30 pm**, followed by a mixer. The event is part of the VIVID Ideas festival, and will feature two world-renowned biomedical animators: Graham Johnson (UCSF, USA) and Drew Berry (Walter and Eliza Hall Institute, Melbourne), whose work has received international recognition (BAFTA award, 2004; Emmy award, 2005, MacArthur Fellowship, 2010). They will present awe-inspiring animations showing the intricate molecular machines inside your body.

This event is co-organized by 'VIZBI+ Visualising the Future of Biomedicine', a new project funded by the Inspiring Australia initiative, the Garvan Institute of Medical Research, the Walter & Eliza Hall Institute, and CSIRO, Australia. For further details, see http://bit.ly/VIVID-VIZBIplus.

HOW YOU CAN PARTICIPATE:

Does your work bridge science and art? Perhaps you're an artist inspired by science or perhaps you're a creative scientist? If so, you have an opportunity to share your work with other like-minded people at the event. Around 8:15 pm, just after the keynote talks and preceding the mixer (8:30 pm onwards), there will be an opportunity for a limited number of participants to briefly introduce themselves and their work to the audience (in approx. one minute, and using one projected image). If you wish to take advantage of this opportunity, please send the image you propose to show (PNG format) plus a one-paragraph description of the work you would present to vizbiplus@vizbi.org after you have registered for this event. **Submissions close 5pm AEST on Wednesday 22 May. Successful participants will be notified by email on Friday 24 May.**

TRAVEL FELLOWSHIPS:

We are excited to be able to offer a limited number of travel fellowships to participants based in Australia who need financial help either for purchasing tickets or to get themselves to the event. If you are applying for financial help, in addition to your image and description of your work, you are also required to submit one paragraph explaining of why you need funding and how you plan to "spread the science" from this event back to your community.

Different walks of life, same goal: Stay Smart Online

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

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

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

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

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

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

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

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

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

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

Use strong passwords and different passwords for different uses.

Stop and think before you click on links and attachments.

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

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

Regularly check your privacy settings on social networking sites.

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

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

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

Budd:e Secondary

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

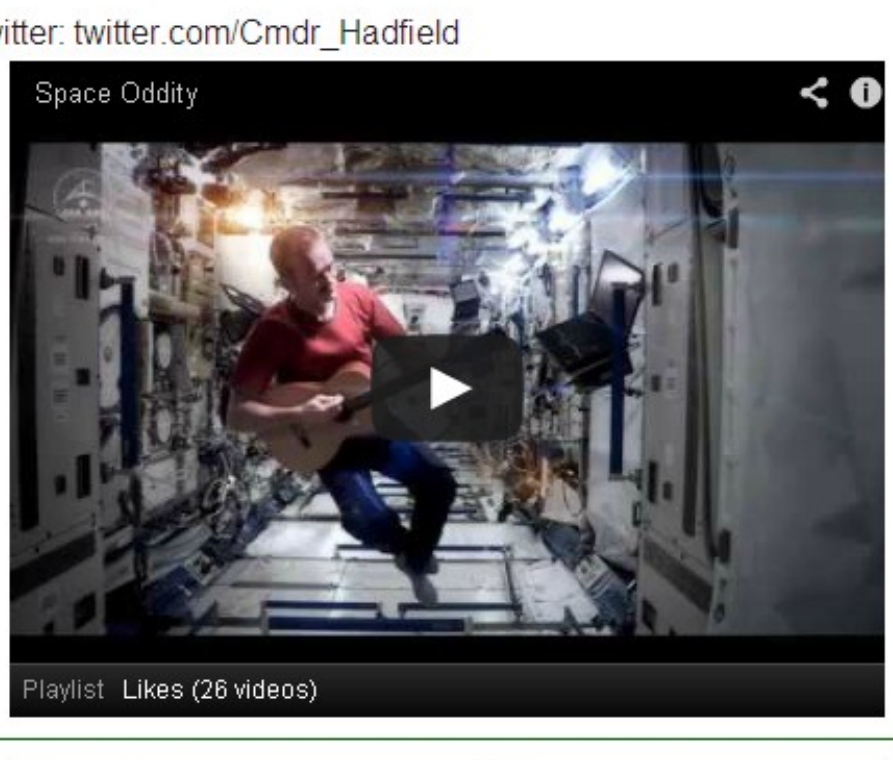
To subscribe to Stay Smart Online Alert Service and for more tips to protect your home, business or school online, visit **www.staysmartonline.gov.au**

Space Oddity - Published on May 12, 2013

A revised version of David Bowie's Space Oddity, recorded by Commander Chris Hadfield on board the International Space Station. With thanks to Emm Gryner, Joe Corcoran, Andrew Tidby and Evan Hadfield for all their hard work. Captioning kindly provided by CHS (www.chs.ca)

Find out more:

Twitter: twitter.com/Cmdr_Hadfield



Our Hospitality (1923)

Another movie inspired by real events - Our Hospitality

Our Hospitality is a silent comedy directed, produced, written by and starring Buster Keaton. Released in 1923 by Metro Pictures Corporation, the movie uses slapstick and situational comedy to tell the story of Willie McKay, a city slicker who gets caught in the middle of the infamous Canfield & McKay feud, an obvious satire of the real-life Hatfield-McCoy feud.

The Hatfield–McCoy feud (1863–1891) involved two families of the West Virginia–Kentucky area along the Tug Fork of the Big Sandy River. The Hatfields of West Virginia were led by William Anderson "Devil Anse" Hatfield while the McCoys of Kentucky were under the leadership of Randolph "Ole Ran'l" McCoy. Those involved in the feud were descended from Ephraim Hatfield (born c. 1765) and William McCoy (born c. 1750). The feud has entered the American folklore lexicon as a metonym for any bitterly feuding rival parties. More than 100 years later, the story of the feud has become a modern symbol of the perils of family honor, justice, and vengeance.

William McCoy, the patriarch of the McCoys, was born in Ireland around 1750 and immigrated to Doe Hill, Virginia [1][2] The family, led by grandson Randolph "Ole Ran'l" McCoy, lived mostly on the Kentucky side of Tug Fork (a tributary of the Big Sandy River). Of English origin the Hatfields, led by William Anderson "Devil Anse" Hatfield, son of Ephraim and Nancy (Vance) Hatfield, lived mostly on the West Virginia side. Both families were part of the first wave of pioneers who came from Northern Ireland (Ulster), to settle the Tug Valley (also called the Grand Horse Valley).

The feud began when Asa Harmon McCoy, who was despised by Jim Vance (uncle of Devil Anse Hatfield) for joining the Union Army during the Civil War, was discharged from the army early because of a broken leg. He returned home to a warning from Vance that Harmon could expect a visit from Devil Anse's Wildcats. Frightened by gunshots as he drew water from his well, Harmon hid in a nearby cave, supplied with food and necessities each day by his slave, Pete, but the Wildcats followed Pete's tracks in the snow, discovered Harmon, and fatally shot him on January 7, 1865. Between this first murder and 1888 dozens of murders occurred. Between 1880 and 1891, the feud claimed more than a dozen members of the two families, becoming headline news around the country, and compelling the governors of both Kentucky and West Virginia to call up their state militias to restore order.

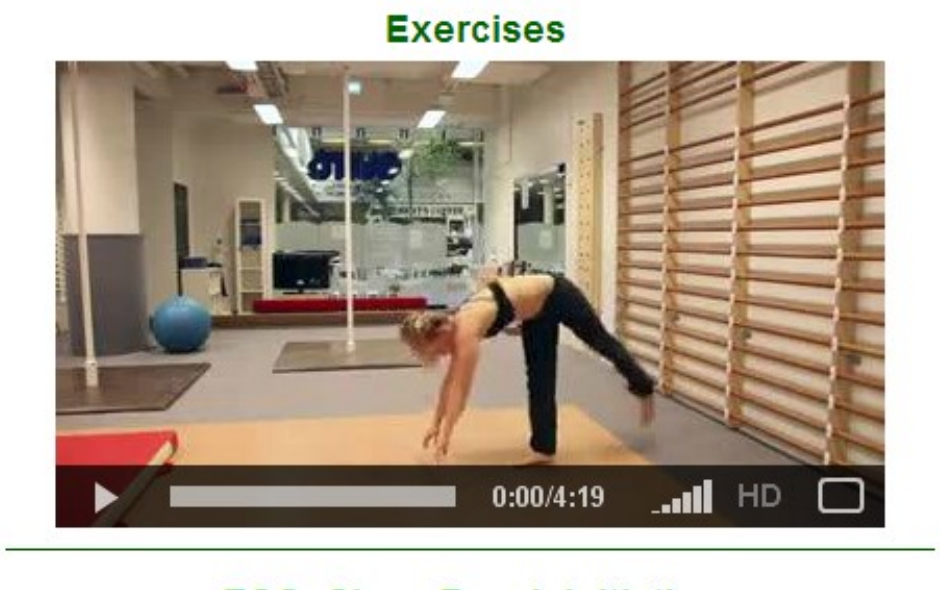
The feud reached its peak during the 1888 New Year's Night Massacre. Several members of the Hatfield clan surrounded the McCoy cabin and opened fire on the sleeping family. The cabin was set on fire in an effort to drive Randolph McCoy into the open. He escaped by making a break for it, but two of his children were shot, and his wife was beaten and left for dead. The remaining McCoys moved to Pikeville to escape the West Virginia raiding parties.

In 1888, Wall Hatfield and eight others were arrested by a posse led by Frank Phillips and brought to Kentucky to stand trial for the murder of Alifair McCoy, killed during the New Year's Massacre.Seven received life imprisonment, while the eighth, Ellison "Cottontop" Mounts, was executed by hanging. Thousands attended the hanging in Pikeville.

Hatfield–McCoy feud. (2013, May 16). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Hatfield%E2%80%93McCoy_feud&oldid=555361973

Our Hospitality. (2013, March 14). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Our_Hospitality&oldid=544127926

Exercises



ECO. Clean Beach Initiative

ECO. Clean Beach Initiative

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

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

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

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

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

SYDNEY WRITERS' FESTIVAL

Sydney Writers Festival 2013 – May 20-26

Youth Events

FANTASTICAL TALES

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

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

FUN AND GAMES WITH LIBBA AND JUSTINE

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

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

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

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

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

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

Girls' room
Girls' Car
Boys' room
Boys' Car

There are over 700 online courses available for free here: http://bit.ly/10OPhfE
Please SHARE this information with family and friends.

Get Smarter in your Spare Time - ONLINE !

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

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

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

Mona Vale Library - Duke of Edinburgh Awards

During term times, Mona Vale Library accepts students completing the volunteering component of their Duke of Edinburgh Award Scheme. There are jobs available for the Bronze, Silver and Gold levels of the Scheme. Students who wish to participate in the Duke of Edinburgh program at the library need to be prepared to commit one hour per week during school terms for however many weeks they need to complete. Hours can be made up only in rare circumstances. Details HERE.

Keep children safe online

The Easyguide to Socialising Online is available here

The Cybersafety Help Button is available to download free of charge here

More information about the ACMA's Cybersmart program is here

The Internet allows us to store and access Old Books, Films and photos that may not be accessible elsewhere.

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

The Project Gutenberg Library of Australiana

Australian writers, works about Australia and works which may be of interest to Australians.This Australiana page boasts many ebooks by Australian writers, or books about Australia. There is a diverse range; from the journals of the land and sea explorers; to the early accounts of white settlement in Australia; to the fiction of 'Banjo' Paterson, Henry Lawson and many other Australian writers.

The list of titles form part of the huge collection of ebooks **freely downloadable** from **Project Gutenberg Australia**. Follow the links to read more about the authors and titles and to read and/or download the ebooks.

Bullying; NO WAY !!!

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

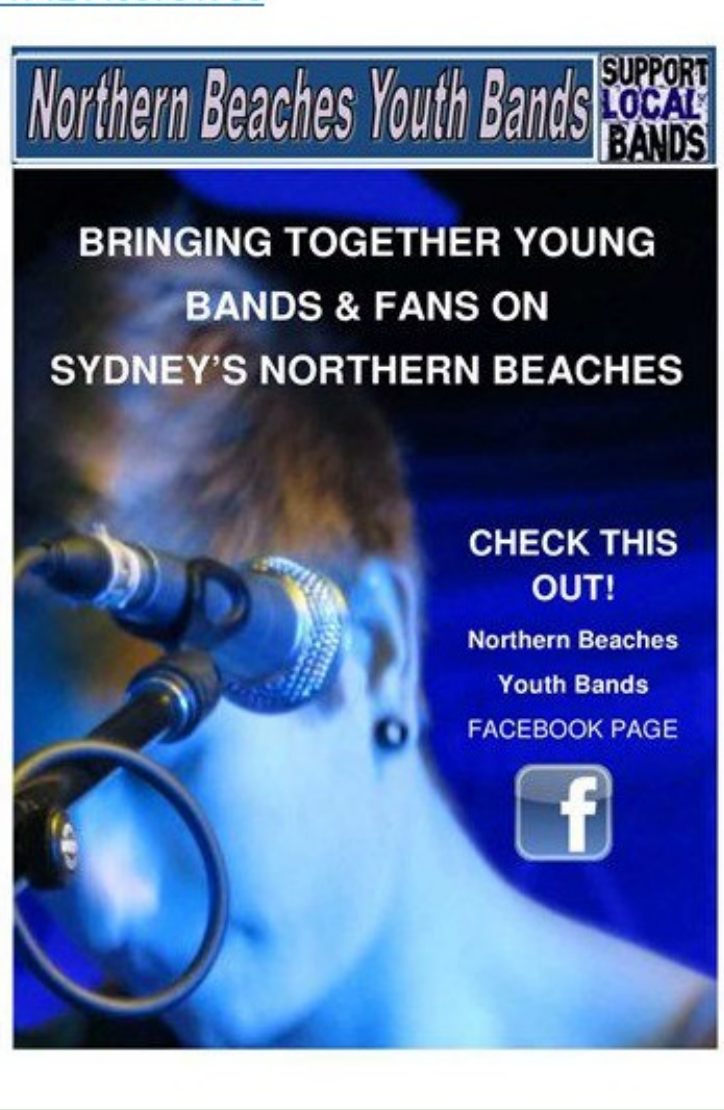
Manly Youth Centre Kangaroo Street is bringing back more band nights. The amazing talent on the northern beaches needs to be heard. The first will be on the 17th May. An outstanding line up of heavy metal hard core bands. They will kick start the Kangaroo Street venue. It will be a night not to be missed.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

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

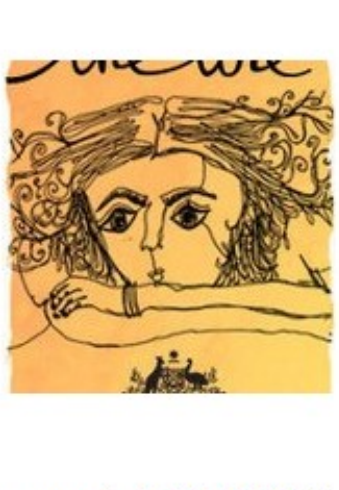
please email - Jennifer.beaches@hotmail.com

New Facebook Page for young bands on the Northern Beaches - it has info about upcoming gigs, and if you play in a band you can list your gigs on it!

Keep in the loop and support local bands! Northern Beaches Youth Bands at: www.facebook.com/pages/Northern-Beaches-Youth-Bands/347121408731758


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

The Line



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

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

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

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

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

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

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

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

Crisis Support, Suicide and Mental Health

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

Bus Pass Replacement

HERE

Powerhouse Museum Online Fun

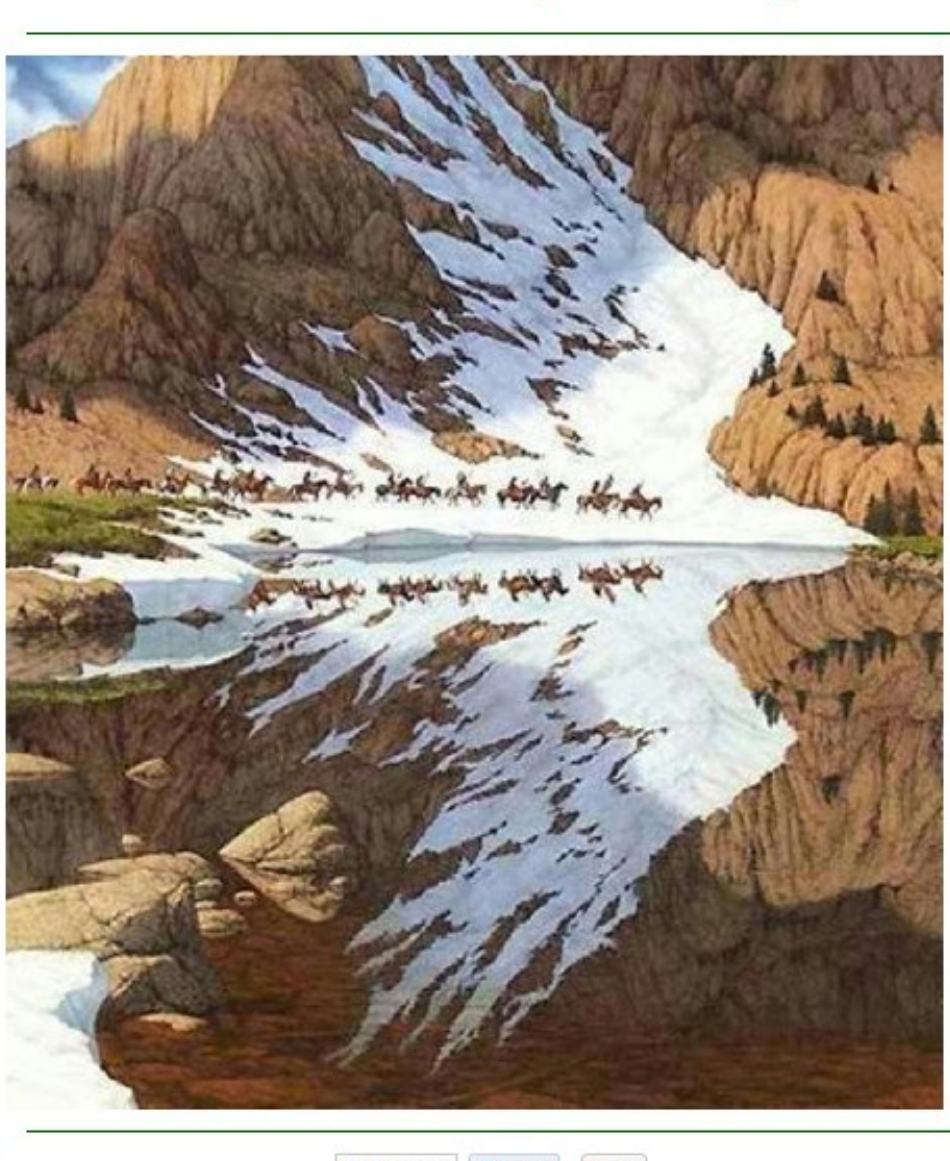
The Powerhouse Museum, besides offering great exhibits, also has a range of online activities and games with a bit of educational insight.

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

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 !



BackMeUp poll - Posted 14 May 2013 by Commission

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

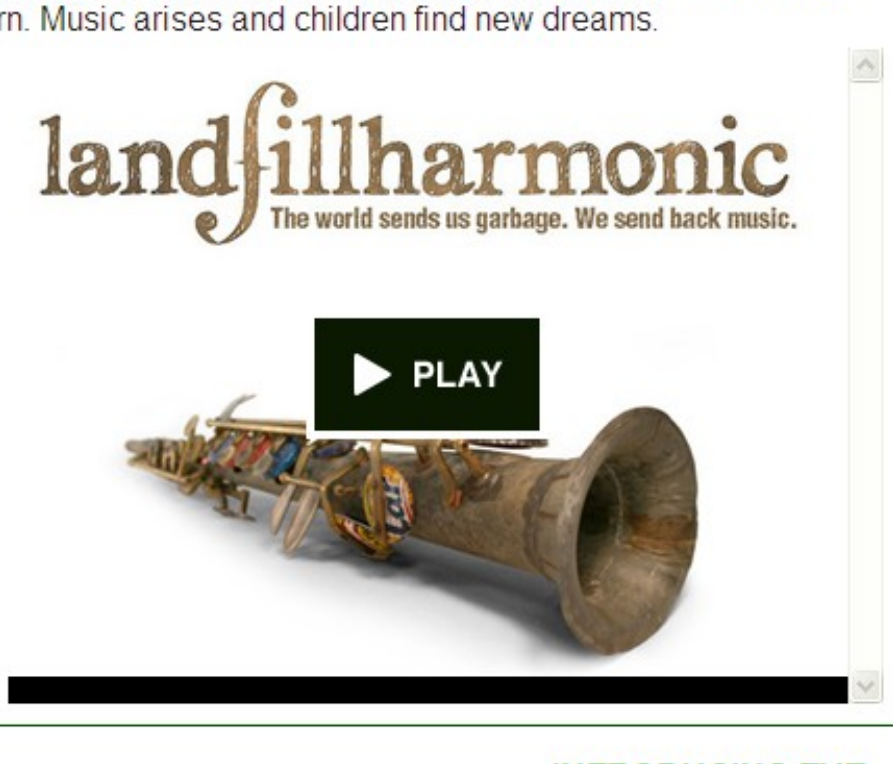
The BackMeUp cyberbullying video competition is going to run again in 2013 and we need your help to select the best prizes for the winning videos. Vote HERE

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

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/

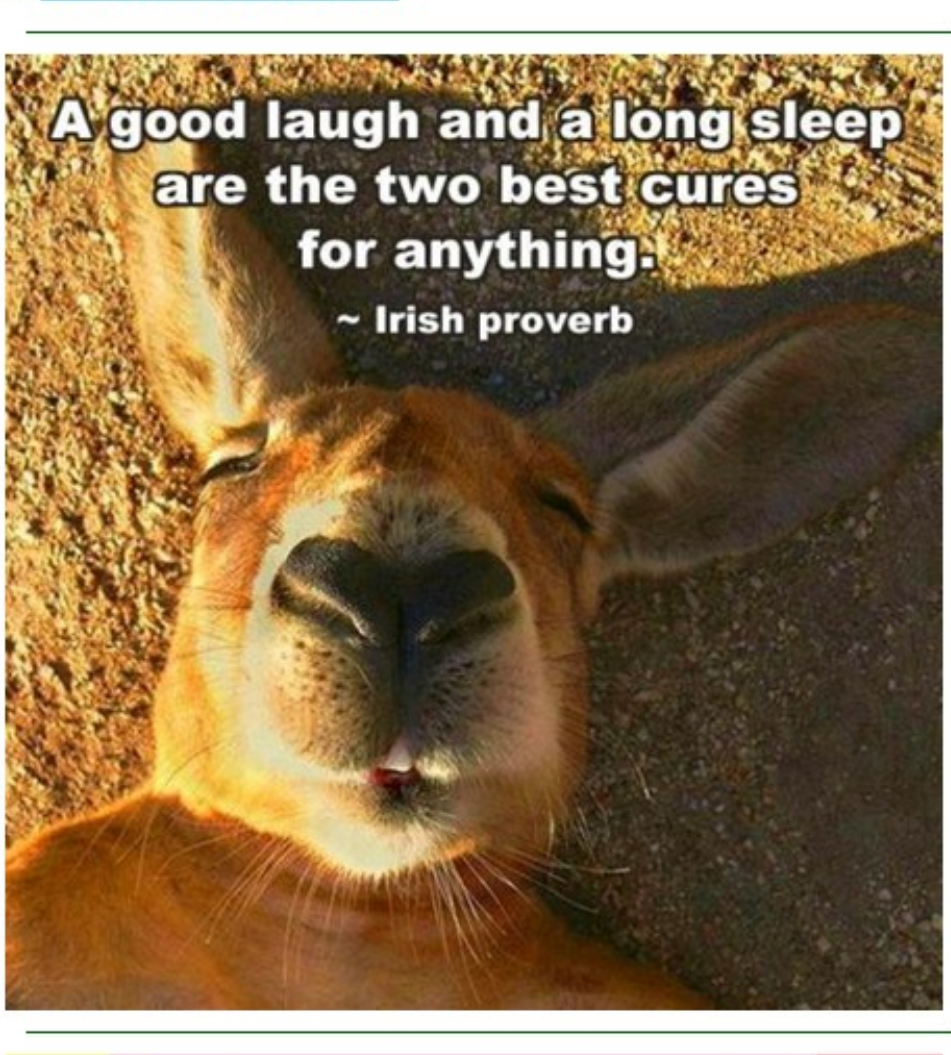
LANDFILL HARMONIC: Inspiring dreams one note at a time!

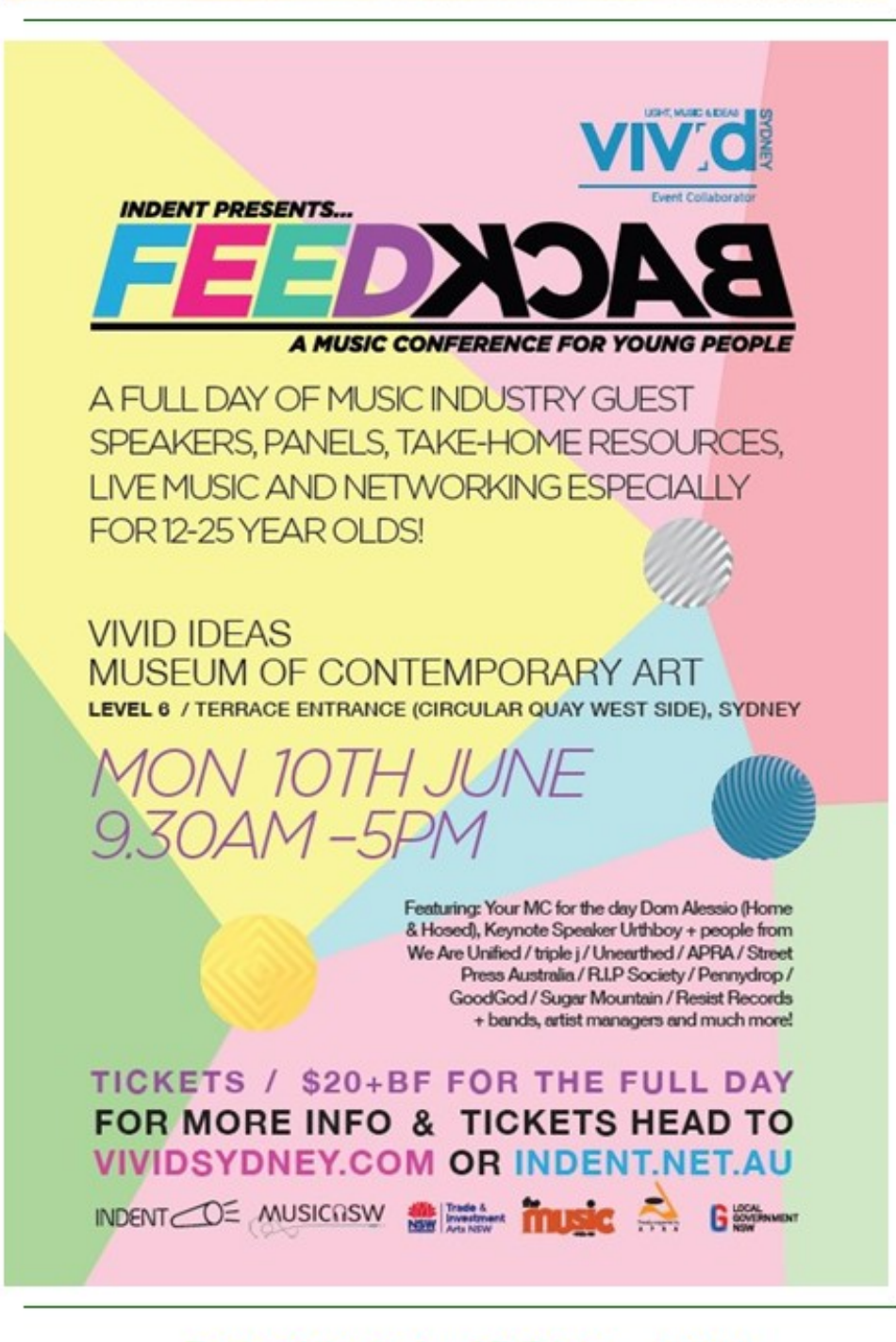
Landfill Harmonic reveals a mind-boggling, inventive effort to change that - musical instruments made from trash. In the barrios of Paraguay, a humble garbage picker uses his ingenuity to craft instruments out of recycled materials - and a youth orchestra is born. Music arises and children find new dreams.



INTRODUCING THE INAUGURAL NATIONAL YOUTH AWARDS!

The Minister for Youth, Peter Garret announced on April 5 that this year the Australian government will contribute to NYW by presenting the first ever National Youth Awards. The initiative was created to acknowledge and celebrate the countries young people. Awards will go to those young people who have demonstrate excellence and initiative! Applications for the inaugural National Youth Awards open Friday 24 May 2013. Information on how to apply will be available at http://youthweek.com/nya


A good laugh and a long sleep are the two best cures for anything.
~ Irish proverb



viv.d

INDENT PRESENTS...

FEEDBACK

A MUSIC CONFERENCE FOR YOUNG PEOPLE

A FULL DAY OF MUSIC INDUSTRY GUEST SPEAKERS, PANELS, TAKE-HOME RESOURCES, LIVE MUSIC AND NETWORKING ESPECIALLY FOR 12-25 YEAR OLDS!

VIVID IDEAS
MUSEUM OF CONTEMPORARY ART
LEVEL 6 / TERRACE ENTRANCE (CIRCULAR QUAY WEST SIDE), SYDNEY

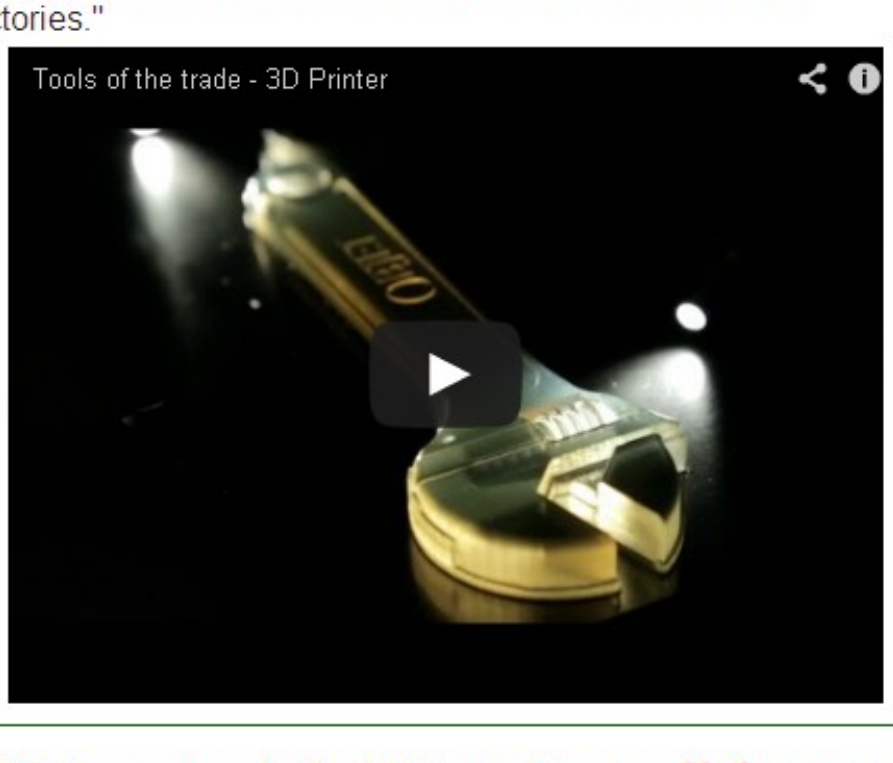
MON 10TH JUNE
9.30AM –5PM

Featuring: Your MC for the day Dom Alessio (Home & Hosed), Keynote Speaker Urthboy + people from We Are Unified / triple j / Unearthed / APRA / Street Press Australia / RLP Society / Pennydrop / GoodGod / Sugar Mountain / Resist Records + bands, artist managers and much more!

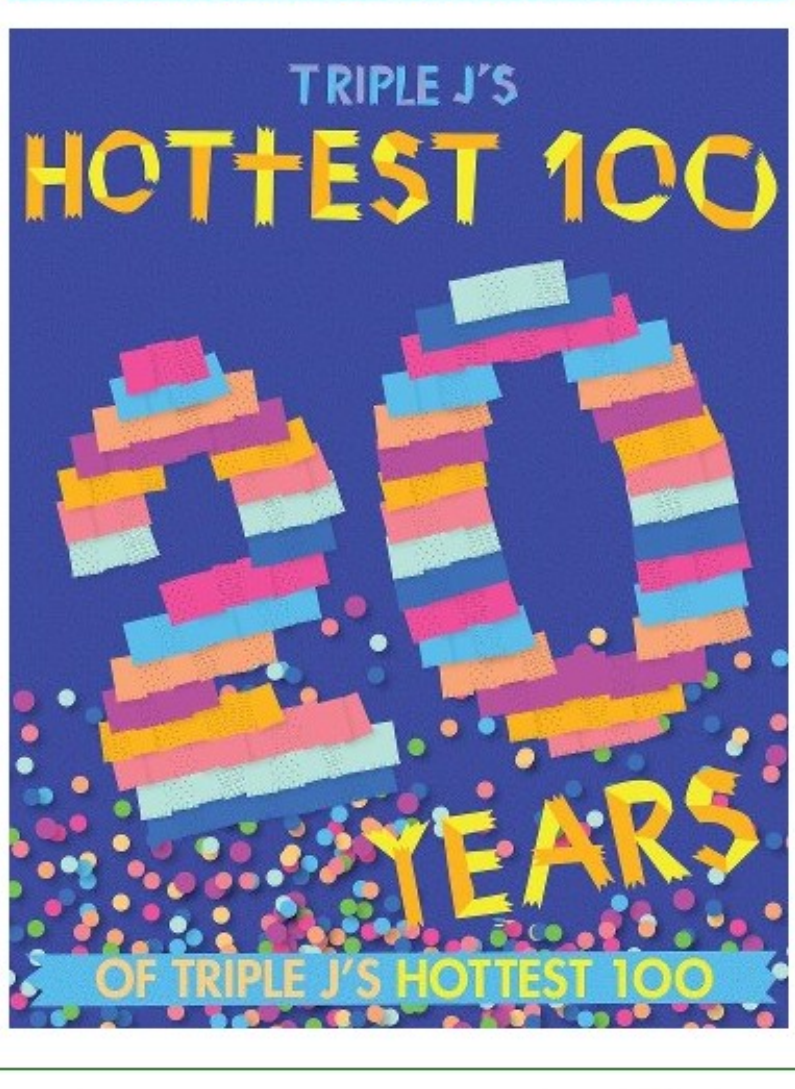
TICKETS / $20+BF FOR THE FULL DAY
FOR MORE INFO & TICKETS HEAD TO VIVIDSYDNEY.COM OR INDENT.NET.AU

Tools of the trade - 3D Printer – UNSW

Associate Professor Sami Kara from UNSW's School of Mechanical and Manufacturing Engineering on the 3D printer, and why it could lead to a new manufacturing world of "desktop factories."



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



PITTWATER COUNCIL

PITTWATER SHORT STORY COMPETITION

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

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

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

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

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

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

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

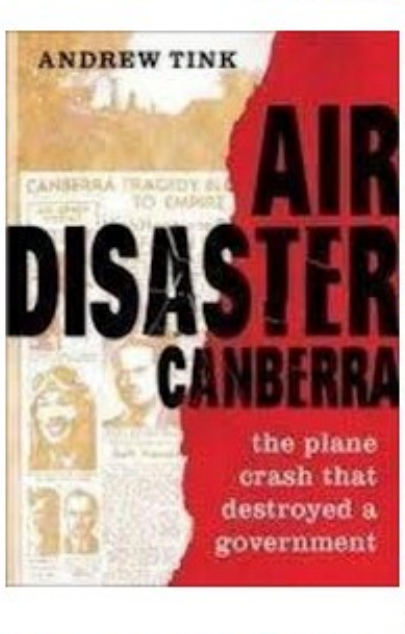
The free 2 hour workshop provides practical advice on how to conduct effective driving lessons. The course, developed by the RMS assists parents and supervisors of learner drivers with the important role of advising and teaching novice drivers.

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

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

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

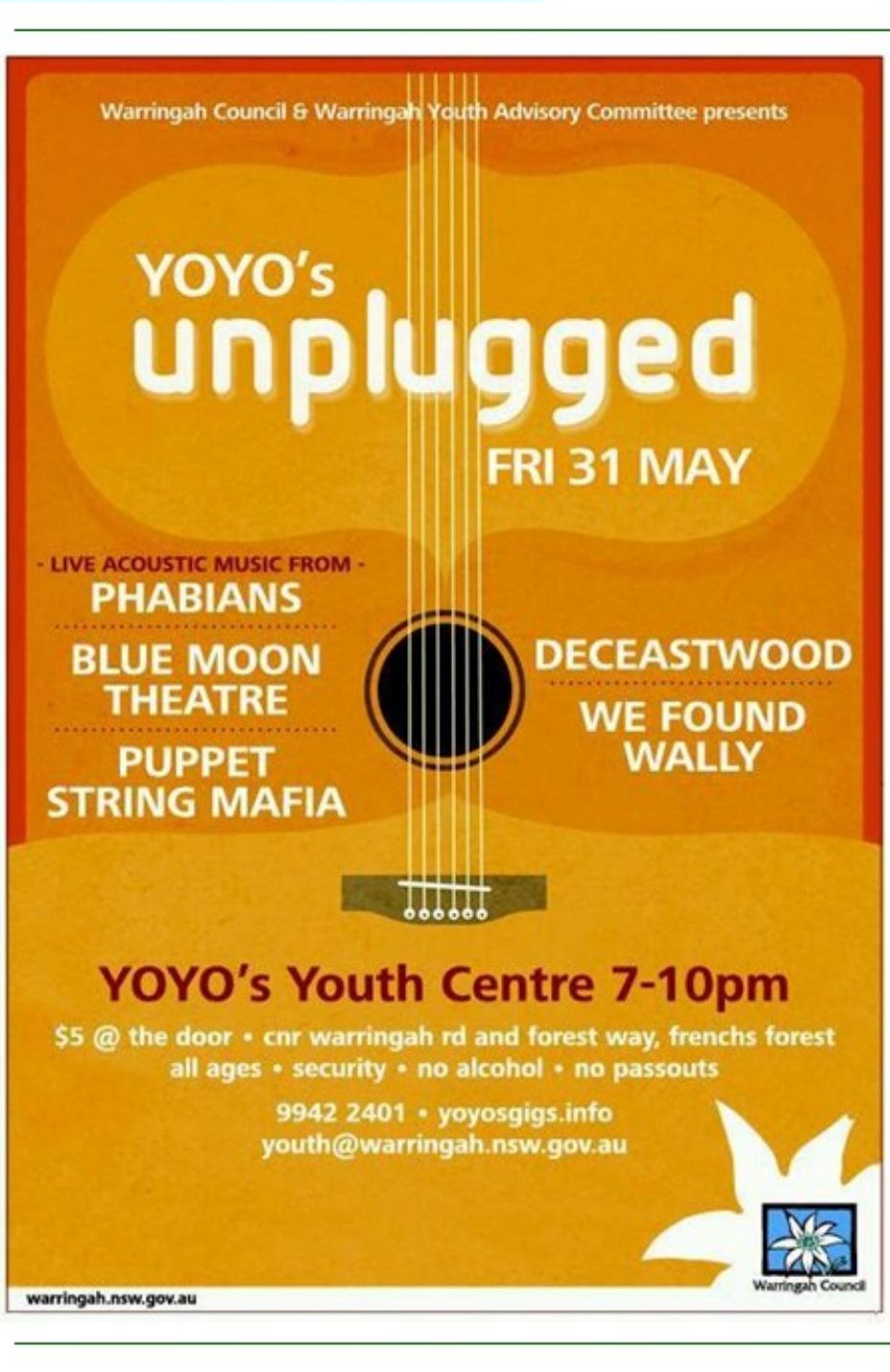
Author Talks at Mona Vale Library - Andrew Tink
30th May 2013, 6:30pm - 8pm



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

FREE FOR SCHOOL STUDENTS

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



Warringah Council & Warringah Youth Advisory Committee presents

YOYO's unplugged

FRI 31 MAY

LIVE ACOUSTIC MUSIC FROM -

PHABIANS
BLUE MOON THEATRE
PUPPET STRING MAFIA
DECEASTWOOD
WE FOUND WALLY

YOYO's Youth Centre 7-10pm

$5 @ the door • cnr warringah rd and forest way, frenchs forest
all ages • security • no alcohol • no passouts

9942 2401 • yoyosgigs.info
youth@warringah.nsw.gov.au

warringah.nsw.gov.au

LUMINOSITY YOUTH SUMMIT 24-26 JULY 2013 INSPIRE CHALLENGE EXCEL

Luminosity youth conference

The theme for the Summit is 'Dangerous Ideas' i.e. Thinking big! Daring to dream and create, taking calculated risks to achieve success. The aim is to provide you with the skills, knowledge and confidence to 'just do it' and take a risk to achieve success.

You will be challenged to create dangerous ideas for the future...

New ideas and strategies for business, education, environment, charity and ultimately personal success

What are the risks you will need to take to achieve your dreams?

What are the tools and resources you will need to put your idea into action?

What do you need to do to mitigate the risks involved and achieve success?

Day One - Inspire

The theme for day one focuses on inspiration and goal setting. You will be provided with inspirational stories that send a very powerful message that you are not defined by your circumstances. Journeys are made up of both struggles and triumphs but with perseverance and determination will come success.

Day Two - Challenge

Day two will focus on the theme of 'challenging yourself' where both local and global entrepreneurs will share their story. Speakers will share their experiences from starting out to achieving their goal and becoming a master in their chosen craft.

Day Three - Excel

The third day will be all about 'excelling' and encouraging you to take a chance on yourself and shine their inner light. We want participants to be empowered to be the best version of themselves and to achieve and exceed their own expectations. They will be asked to explore and identify tools to blueprint their journey to success. Structure - subject to change

See more at: www.luminosityyouthsummit.com.au/key-inspirational-speakers.php

National History Competition

The Hon Peter Garrett AM, MP, Minister for School Education, Early Childhood and Youth has announced **the theme for 2013 "Legends, Fact and History"**. Full details will be released in February!

How to enter
It is easy to enter the NHC. Register your school, obligation free, and receive a Welcome Kit by clicking here. Select up to 6 entries from each year level category, using the judging sheet as a guide.

Complete and sign the entry form and the declaration. On the entry form you may also nominate each entry for one special category award. Print four (4) copies of your selected entries and entry form (for judging purposes).

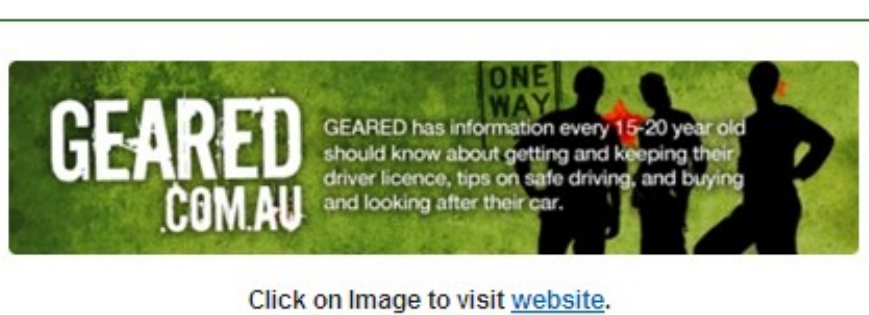
Submit your entries to your State Coordinator, as detailed below. If you wish to order Certificates Of Participation please do so by downloading the certificate request form and fax it to 08 9204 5112. Remember these are for ALL participants not just those whose entries were submitted for judging.

Where to send your entries for NSW: Send to HTANSW, PO Box 219, ANNANDALE, NSW. 2038

Checklist
Before submitting your nominated entries to your state coordinator please make sure you:
- select a maximum of six (6) entries for each Year Level category.
- have also nominated relevant entries for a Special Category award.
- submit the required number of copies of the selected entries (for judging purposes).
- submit a signed copy of the entry form and the declaration with each entry.
- send the entries to your state coordinator before the due date.

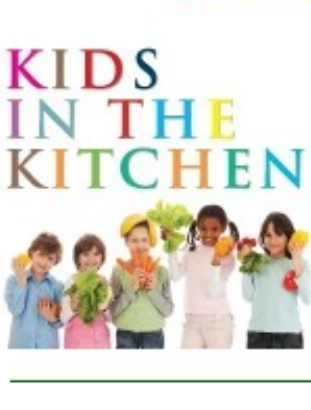
What do I do if I have any questions or problems or need more details? For more contest information please click here. You can also email us at admin@historychallenge.org.au or contact your state coordinator. Contact Number: NSW: 0426 275 166

When can I start? You can register for the 2012 NHC **from February, 2013.** The **competition closes** on **Friday, August 30**.From: http://historychallenge.org.au/contest-information/teachers-how-to-enter/


GEARED.COM.AU
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.
ONE WAY

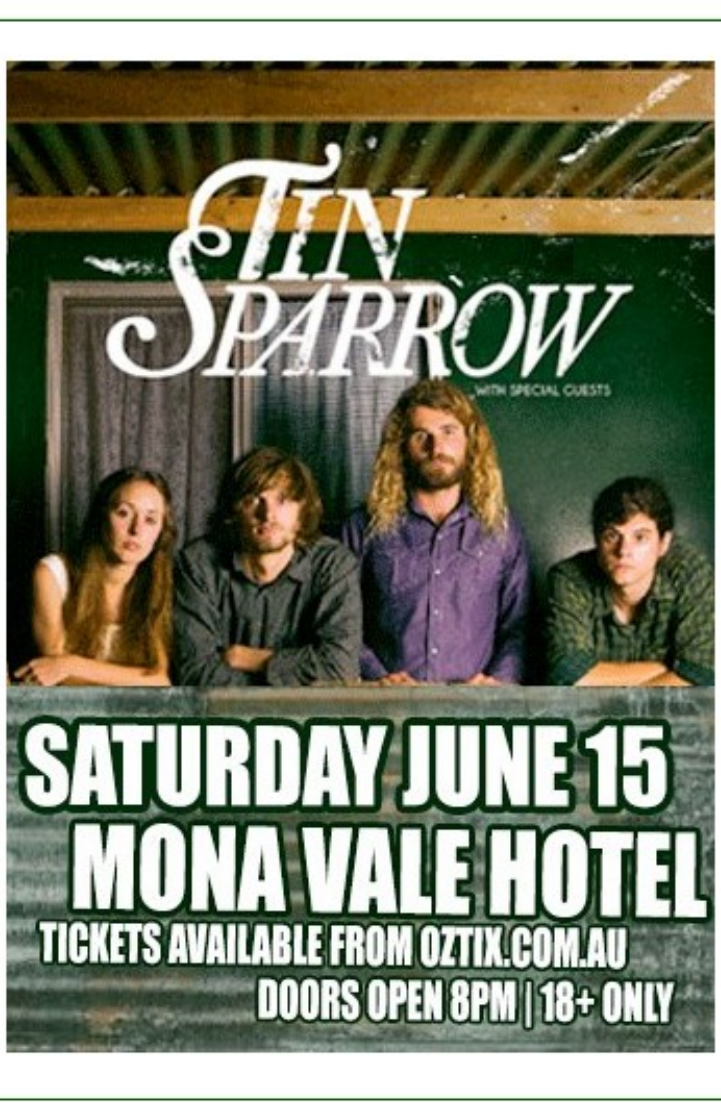
Click on Image to visit website.

Love Food, Hate Waste Cookbook



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

Love food hate waste book: HERE



TIN SPARROW
WITH SPECIAL GUESTS

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

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

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

Headspace 'We've got your back' campaign

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

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

Dorothea Mackellar Poetry Awards - 2013

OPTIONAL THEME FOR 2013
Wherever the Wind Blows

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

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

Categories and Prizes

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

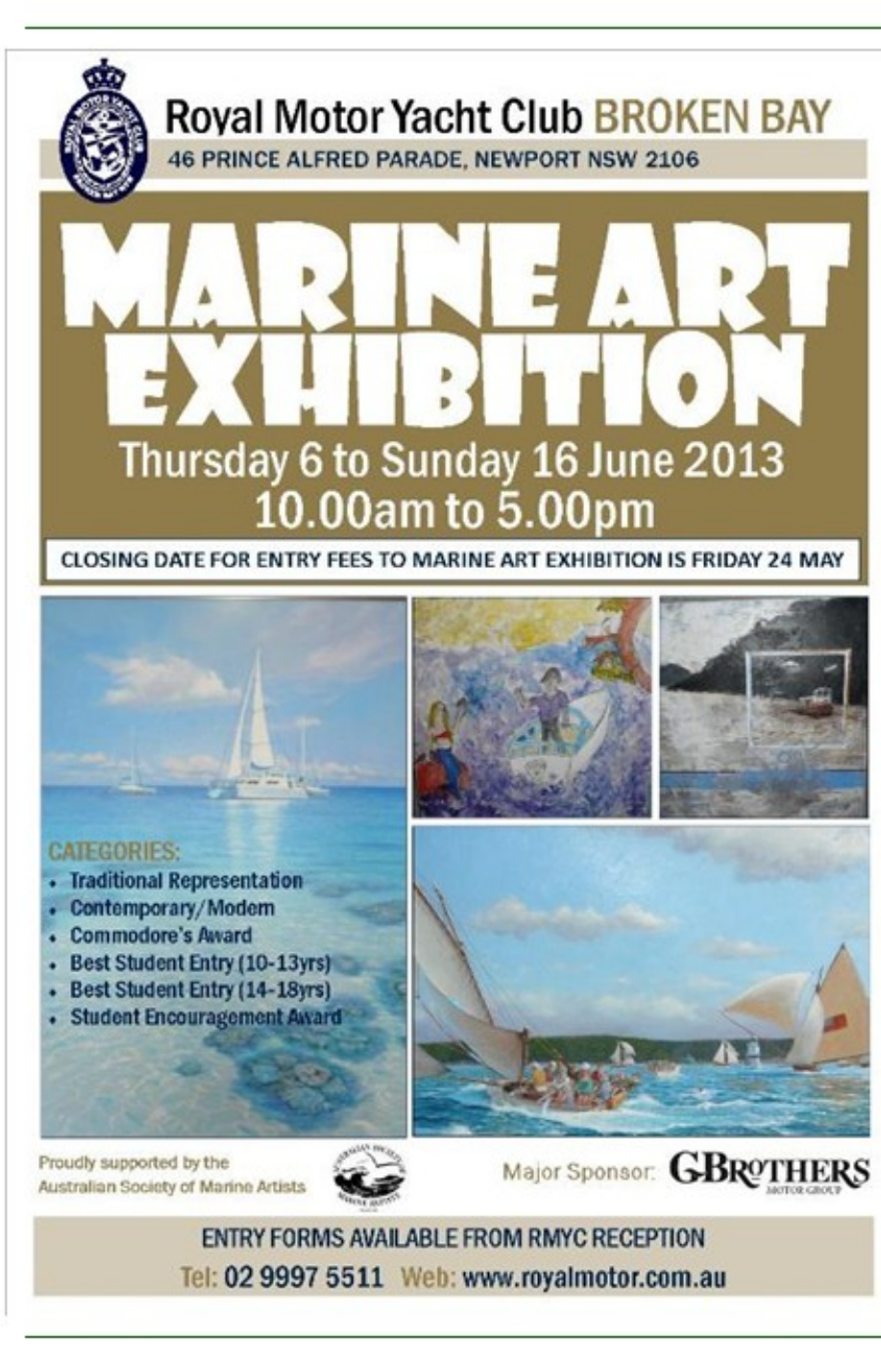
Upper Primary (Years 4 – 6, Inc. Year 7 in QLD, WA, SA)
Winner: $400, trophy and prize pack
Runner-up: $200 and prize pack

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

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

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

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



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

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

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

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

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

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

On A Great Hollow Tree

Pree thee stand still awhile, and view this tree
Renown'd and honour'd for antiquitie
By all the neighbour twiggs; for such are all
The trees adjoyning, bee they nere so tall,
Comparde to this: if here Jacke Maypole stood
All men would sweare 'twere but a fishing rodde.
Mark but the gyant trunk, which when you see
You see how many woods and groves there bee
Compris'd within one elme. The hardy stocke
Is knotted like a clubb, and who dares mocke
His strength by shaking it? Each brawny limbe
Could pose the centaure Monychus, or him
That wav'de a hundred hands ere hee could wield
That sturdy waight, whose large extent might shield
A poore man's tenement. Greate Ceres' oake
Which Erisichthon feld, could not provoke
Halfe so much hunger for his punishment
As hewing this would doe by consequent.

Nothing but age could tame it: Age came on,
And loe a lingering consumption
Devour'd the entralls, where an hollow cave
Without the workman's helpe beganne to have
The figure of a Tent: a pretty cell
Where grand Silenus might not scorne to dwell,
And owles might feare to harbour, though they brought
Minerva's warrant for to bear them out
In this their bold attempt. Looke down into
The twisted curles, the wreathing to and fro
Contrived by nature: where you may descry
How hall and parlour, how the chambers lie.
And wer't not strange to see men stand alone
On leggs of skinne without or flesh or bone?
Or that the selfe same creature should survive
After the heart is dead? This tree can thrive
Thus maym'd and thus impayr'd: no other proppe,
But only barke remayns to keep it uppe.
Yet thus supported it doth firmly stand,
Scorning the saw-pitt, though so neere at hand.
No yawning grave this grandsire Elme can fright,
Whilst yongling trees are martyr'd in his sight.
O learne the thrift of Nature, that maintaines
With needy myre stolne upp in hidden veynes
So great a bulke of wood. Three columes rest
Upon the rotten trunke, wherof the least
Were mast for Argos. Th' open backe below
And three long leggs alone doe make it shew
Like a huge trivett, or a monstrous chayre
With the heeles turn'd upward. How proper, O how fayre
A seate were this for old Diogenes
To grumble in and barke out oracles,
And answere to the Raven's augury
That builds above. Why grew not this strange tree
Neere Delphos? had this wooden majesty
Stood in Dodona forrest, then would Jove
Foregoe his oake, and only this approve.
Had those old Germans that did once admire
Deformed Groves; and worshipping with fire
Burnt men unto theyr gods: had they but seene
These horrid stumps, they canonizde had beene,
And highly too. This tree would calme more gods
Than they had men to sacrifice by odds.

You Hamadryades, that wood-borne bee,
Tell mee the causes, how this portly tree
Grew to this haughty stature? Was it then
Because the mummys of so many men
Fattned the ground? or cause the neighbor spring
Conduits of water to the roote did bring?
Was it with Whitsun sweat, or ample snuffes
Of my Lord's beere that such a bignesse stuffes
And breaks the barke? O this it is, no doubt:
This tree, I warrant you, can number out
Your Westwell annals, & distinctly tell
The progresse of this hundred years, as well
By Lords and Ladies, as ere Rome could doe
By Consulships. These boughes can witnesse too
How goodman Berry tript it in his youth,
And how his daughter Joane, of late forsooth
Became her place. It might as well have grown,
If Pan had pleas'd, on toppe of Westwell downe,
Instead of that proud Ash; and easily
Have given ayme to travellers passing by
With wider armes. But see, it more desirde
Here to bee lov'd at home than there admirde:
And porter-like it here defends the gate,
As if it once had beene greate Askapate.
Had warlike Arthur's dayes enjoy'd this Elme
Sir Tristram's blade and good Sir Lancelot's helme
Had then bedeckt his locks, with fertile store
Of votive reliques which those champions wore:
Untill perhaps (as 'tis with great men found)
Those burdenous honours crusht it to the ground:
But in these merry times 'twere farre more trimme
If pipes and citterns hung on every limbe;
And since the fidlers it hath heard so long,
I'me sure by this time it deserves my song.

William Strode

William Strode (1600–1643) was an English poet. He was born in Devon, the only son of Philip Strode, and educated at Westminster School and Christ Church, Oxford. He began writing English and Latin verse at an early age; his first published work was a Latin poem in the collection Annae Funebria Sacra (1619). He remained at Christ Church for the rest of his life, taking his B.A. in 1621 and his M.A. three years later. It is not known when he took deacon's orders, but in 1628 he was ordained priest, and gained a reputation as a preacher; he also became chaplain to his friend Bishop Corbett, formerly been Dean of Christ Church. When Corbett was translated from Oxford to the see of Norwich in 1632 they continued friends; Strode preached at an episcopal visitation in Norfolk the following year, and produced a Latin version of the bishop's epitaph on his mother for use on her monument. In 1629 he was made Public Orator of the University, a post he held till his death; he was also made proctor for 1629 under the newly-introduced rotational system.

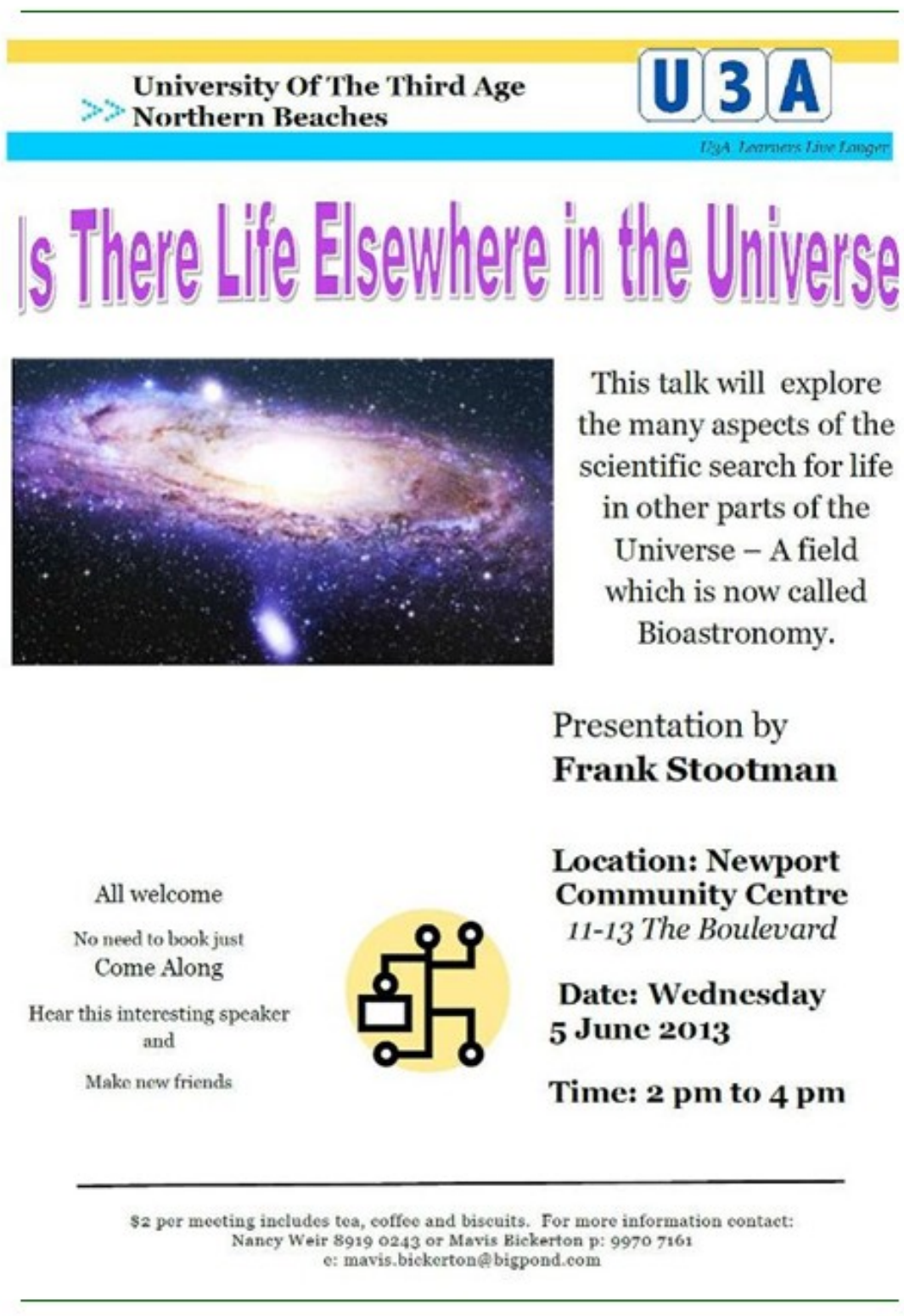
Pittwater Online News

May 19 - 25, 2013: Issue 111

Eternal youth for seniors! C/- W.A.G.

baby&me / the new evian film - Published on 19 Apr 2013

baby&me / the new evian film



University Of The Third Age
Northern Beaches
U3A

Is There Life Elsewhere in the Universe

This talk will explore the many aspects of the scientific search for life in other parts of the Universe – A field which is now called Bioastronomy.

Presentation by
Frank Stootman

All welcome
No need to book just
Come Along
Hear this interesting speaker
and
Make new friends

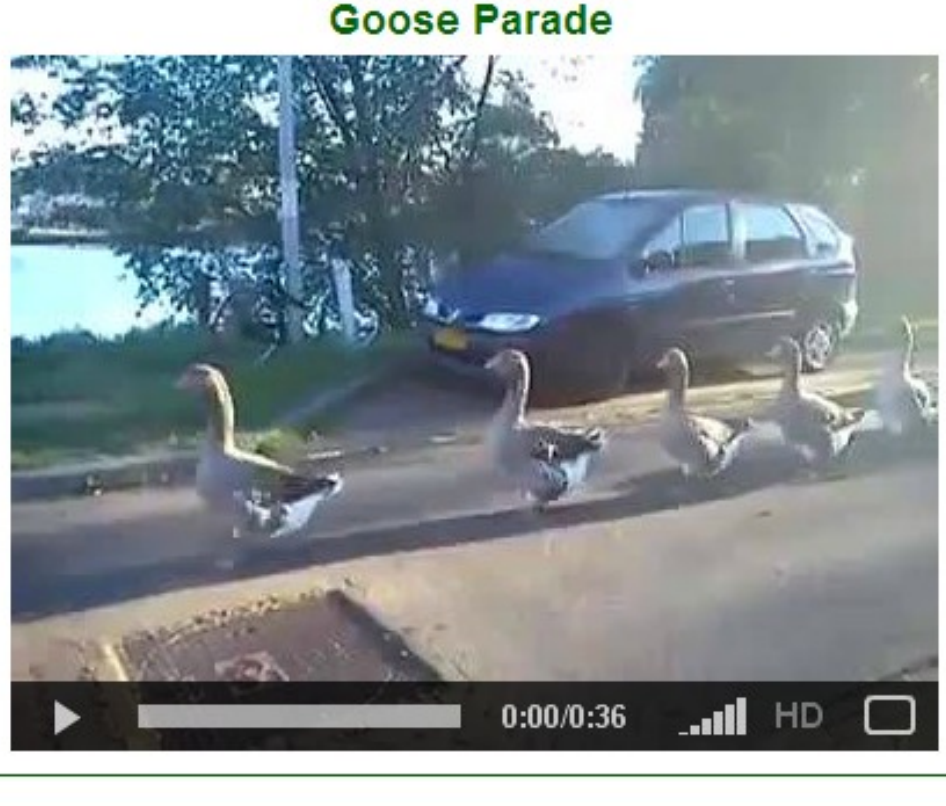
Location: Newport Community Centre
11-13 The Boulevard

Date: Wednesday 5 June 2013

Time: 2 pm to 4 pm

$2 per meeting includes tea, coffee and biscuits. For more information contact:
Nancy Weir 8919 0243 or Mavis Bickerton p: 9970 7161
e: mavis.bickerton@bigpond.com

Goose Parade



COTA – NSW - http://cotansw.com.au/

ABOUT US

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

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

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

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

HAVE YOUR SAY! - 8th of May 2013

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

Click here to complete the COTA NSW 2013 Survey.

May 2013 - States of Culture

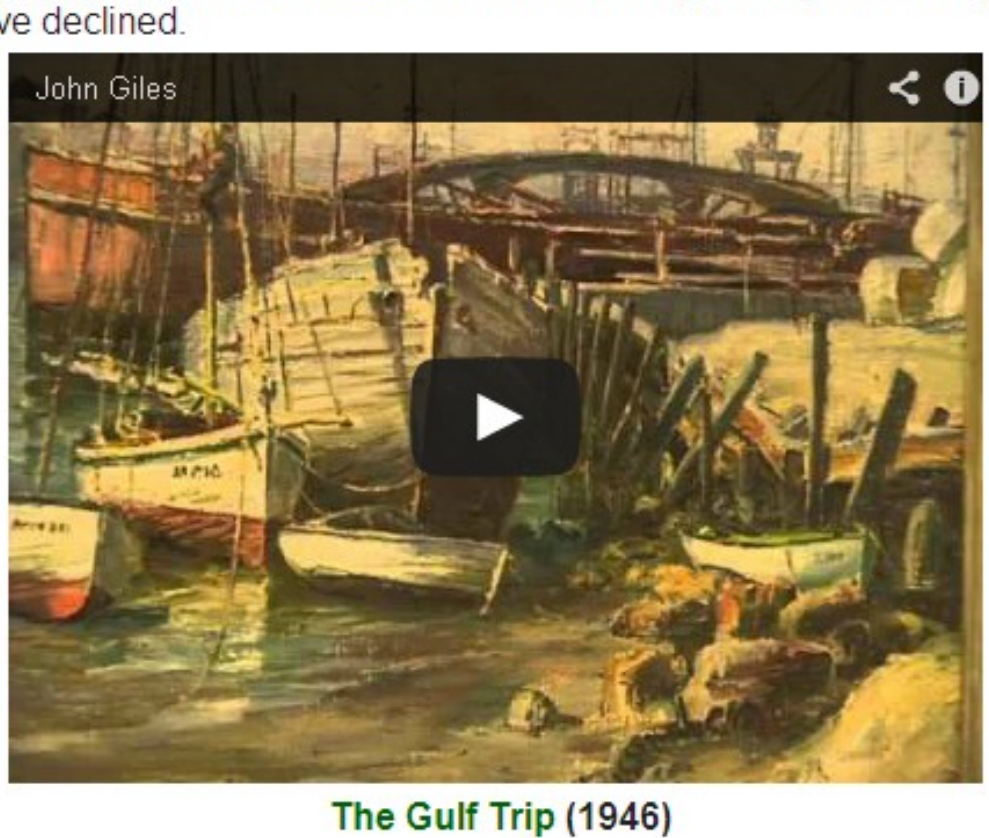
Week Three: Adelaide - John Giles, SS Moonta and GM Holden Parade 1920-1960

Suggestions can be forwarded to the editor HERE

John Giles - from SA Maritime Museum

Captured on Canvas: John Giles' Port Adelaide 1930-1960 showcases paintings by the highly talented, but largely unrecognised South Australian artist, John Giles.

John Giles loved Port Adelaide. While working as a local tailor, he spent every spare moment capturing the colour and movement of the bustling working harbour. Lugging his easel, stool and paint box, he executed his paintings on the spot -- recording snapshots of the port at work and play. The paintings depict the Port's boat building yards, its sugar and flour mills, the picturesque wooden ketches that hauled grain from the Gulf to Adelaide, lumbering cargo ships, and the tiny recreational sail boats that flitted in between them. They highlight the dramatic changes in the working Port over the 20th century. Many of the structures depicted have been demolished and traditional port industries such as boat building, milling and fishing have declined.



The Gulf Trip (1946)

The Gulf Trip, SS Moonta, 1946: This video chronicles a Gulf Trip journey in 1946. South Australian Maritime Museum Collection.

The Gulf Trip (1946)

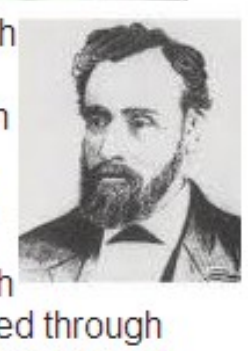
SS Moonta is a 1931 built Australian coastal passenger ship. Later in life she became the landlocked casino ship and tourist attraction Casino Le Lydia in Le Barcarès, France.

The Moonta was launched in June 1931 Burmeister & Wain shipyard in Copenhagen, Denmark for the Adelaide Steamship Company. She started service with a six day itinerary, disembarking in Adelaide and ending in Port Lincoln, usually with four or five calls along the way. Moonta became well known and beloved for her excellent service and relaxing voyages, being called the perfect "romantic holiday" ship. After serving in World War II the Moonta continued her Australian coastal service until 1955, when Moonta was sold to the Greek Hellenic Mediterranean Lines for cruising.

SS Moonta at Port Adelaide: 'Moonta', Adelaide Steamship company vessel, used on Gulf Trips, pictured moored at wharf at Port Adelaide. [Photo by Harbours Board of South Australia.] DATE.ca.1935. Image No. B69063 courtesy State Library of SA

Procession of GM (Holden) cars through Adelaide

A procession of cars from General Motors Holden travels along King William Street in Adelaide during the 1920s. The footage shows the street busy with trams, a horse and cart and people walking and shopping. Near the end of the film a man conducting traffic can be seen.



In 1852, James Alexander Holden emigrated to South Australia from Walsall, England and in 1856 established J.A. Holden & Co, a saddlery business in Adelaide. In 1885 German-born Henry Frederick Frost joined the business as a junior partner and J.A. Holden & Co became Holden & Frost Ltd. Edward Holden, James' grandson, joined the firm in 1905 with an interest in automobiles. From there, the firm evolved through various partnerships and, in 1908, Holden & Frost moved into the business of minor repairs to car upholstery.

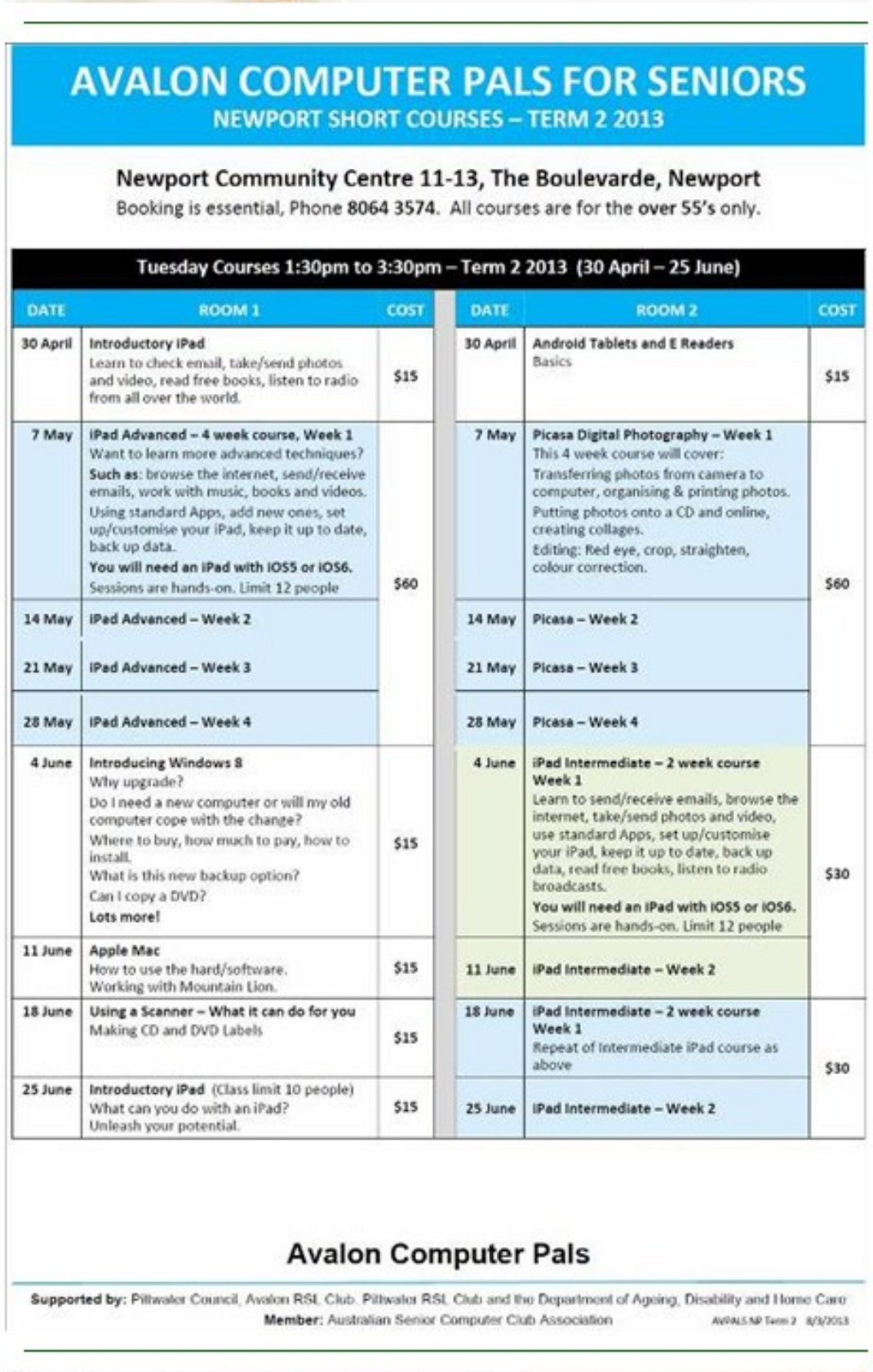
Holden and Frost premises, Grenfell Street, Adelaide

The company began to produce complete motorcycle sidecar bodies in 1913, and Edward experimented with fitting bodies to different types of carriages. After 1917, wartime trade restrictions led the company to start full-scale production of vehicle body shells. J.A. Holden founded a new company in 1919, Holden's Motor Body Builders Ltd (HMBB) specialising in car bodies and utilising a facility on King William Street in Adelaide.

By 1923, HMBB were producing 12,000 units per year. During this time, HMBB was the first company to assemble bodies for Ford Australia until their Geelong, plant was completed. From 1924, HMBB became the exclusive supplier of car bodies for GM in Australia, with manufacturing taking place at the new Woodville, South Australia plant. These bodies were made to suit a number of chassis imported from manufacturers such as Chevrolet and Dodge.

In 1926 General Motors (Australia) was established with assembly plants at Newstead, Queensland; Marrickville, New South Wales; City Road, Melbourne, Victoria; Birkenhead, South Australia; and Cottesloe, Western Australia utilizing bodies produced by Holden Motor Body Builders and imported complete knock down (CKD) chassis. The Great Depression led to a substantial downturn in production by Holden, from 34,000 units annually in 1930 to just 1,651 units one year later. In 1931 General Motors purchased Holden Motor Body Builders and merged it with General Motors (Australia) Pty Ltd to form General Motors-Holden's Ltd (GM-H). Throughout the 1920s Holden also supplied tramcars to Melbourne and Metropolitan Tramways Board. Several have been preserved in both Australia and New Zealand.

Remember the day you brought me home and you were filled with joy? Go to that happy place because I just covered the wall with your lipstick collection and shaved the dog.



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

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

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

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

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association

HOW TO MAKE SYMBOLS WITH KEYBOARD
Alt + 0153..... ™... trademark symbol
Alt + 0169.... ©.... copyright symbol
Alt + 0174..... ®....registered trademark symbol
Alt + 0176 ...°......degre e symbol
Alt + 0177 ...±....plus-or -minus sign
Alt + 0182 ...¶.....paragr aph mark
Alt + 0190 ...¾....fractio n, three-fourths
Alt + 0215 ....×.....multi plication sign
Alt + 0162...¢....the cent sign
Alt + 0161.....¡..... .upside down exclamation point
Alt + 0191.....¿..... upside down question mark
Alt + 1.......☺....sm iley face
Alt + 2 ...... ☻.....bla ck smiley face
Alt + 15.....☼.....su n
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Alt + 8236.....∞..... infinity
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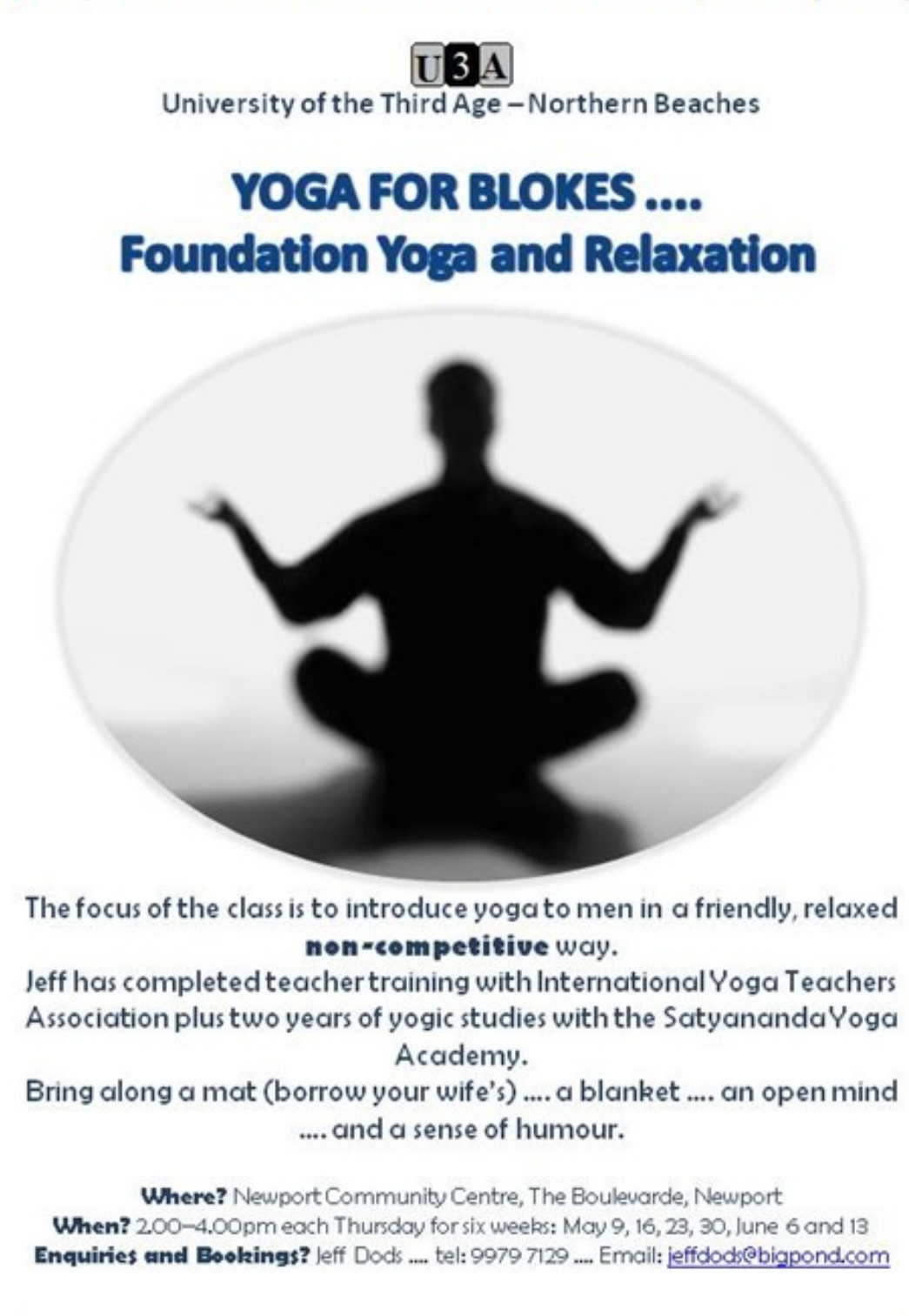
2013 Discount Directory now available - Seniors Card

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

U3A
The University of the Third Age
Sydney U3A

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



U3A
University of the Third Age – Northern Beaches

YOGA FOR BLOKES ....
Foundation Yoga and Relaxation

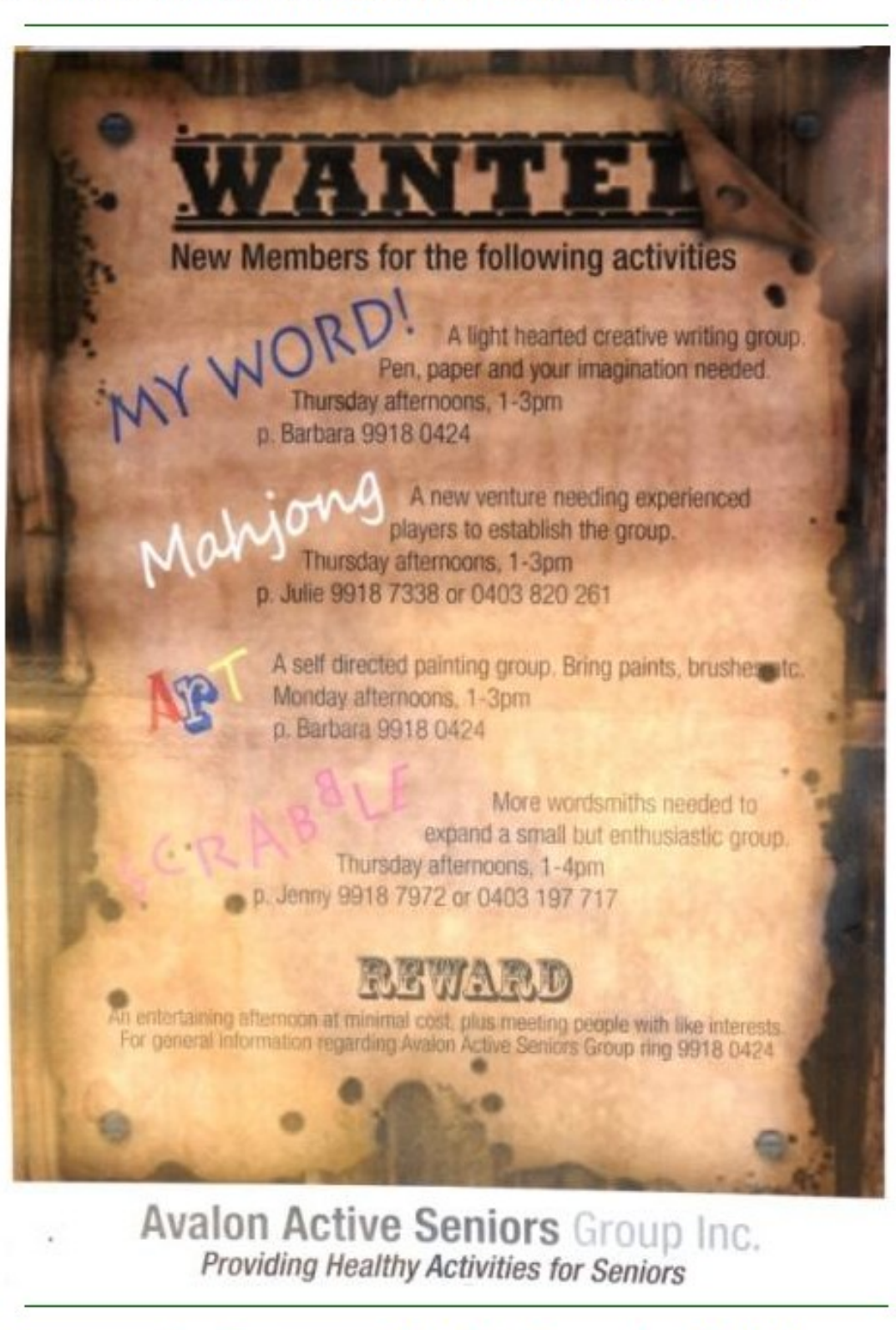
The focus of the class is to introduce yoga to men in a friendly, relaxed **non-competitive** way.
Jeff has completed teacher training with International Yoga Teachers Association plus two years of yogic studies with the Satyananda Yoga Academy.
Bring along a mat (borrow your wife's) .... a blanket ....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

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

Website to help you plan for later life

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

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



WANTED
New Members for the following activities

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

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

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

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

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

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

SENIORS CARD

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

HERE

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/

Tweet Like +1

Senior Movers

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

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

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

www.seniormovers.com.au

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

Easy Transport Manly Warringah Pittwater – New Name, New Website, New Premises – Better Fantastic Care

Seniors Escape Budget Cuts - 15th of May, 2013 from National Seniors Media Release

Seniors, relatively unscathed by last night's budget, are cautiously welcoming an innovative $112.4 million pilot scheme that will allow them to quarantine the proceeds of the family home from the age pension means test. Under the scheme, pensioners must have lived in their own home for 25 years and be required to put a minimum of 80 per cent of the excess proceeds from the sale into a special account, up to a maximum of $200,000 (plus earned interest). These funds would remain exempt from the pension income and assets test for up to ten years or until a withdrawal was made from the account.

National Seniors chief executive Michael O'Neill said that on the face of it, the policy looked interesting but warranted further scrutiny.

"Any innovative attempts to alleviate the everyday living pressures on Australia's so-called asset-rich, income poor retirees without penalty are welcome," he said. "However, rather than the pension assets test, National Seniors research indicates that it's stamp duty that acts as a disincentive to downsizing. After doing the sums, elderly Australians with stairs and big gardens often find they simply can't afford to downsize after being slapped with state taxes and agent fees.

"Whilst it appears to be a way of releasing equity from the family home, as soon as a withdrawal is made from that account their money is counted in the income and assets test. It begs the question: If pensioners can't use the money to help out with electricity bills or a leaky roof, who is it sitting there for?"

"Low income retirees should be able to at least withdraw interest without penalty," said O'Neill. "We look forward to seeing more detail."

On the downside, older Australians continue to be excluded from Labor's centrepiece disability scheme on the basis of age.

"It's disappointing that any Australian who acquires a severe disability after age 65 will not have access to the NDIS, despite paying the increased Medicare levy," said O'Neill. "Instead they will be shunted into a user-pays aged care system currently ill-equipped for disability. **This is a human rights issue, and it should be pursued by the Age Discrimination Commissioner. It is an issue that older Australians and their families won't let up on. We will take it to the September election**," he said.

Other small gains included $0.3 million of existing Health and Ageing money for a wounds management study; $4.6 million over four years for an international ageing policy institute; and an $9.9 million over four years for Broadband for Seniors kiosks.

VERDICT

"All in all, older Australians expected a tough budget. We acknowledge this one was about getting the fundamentals right and getting back on track. Seniors fared better than expected," said O'Neill.

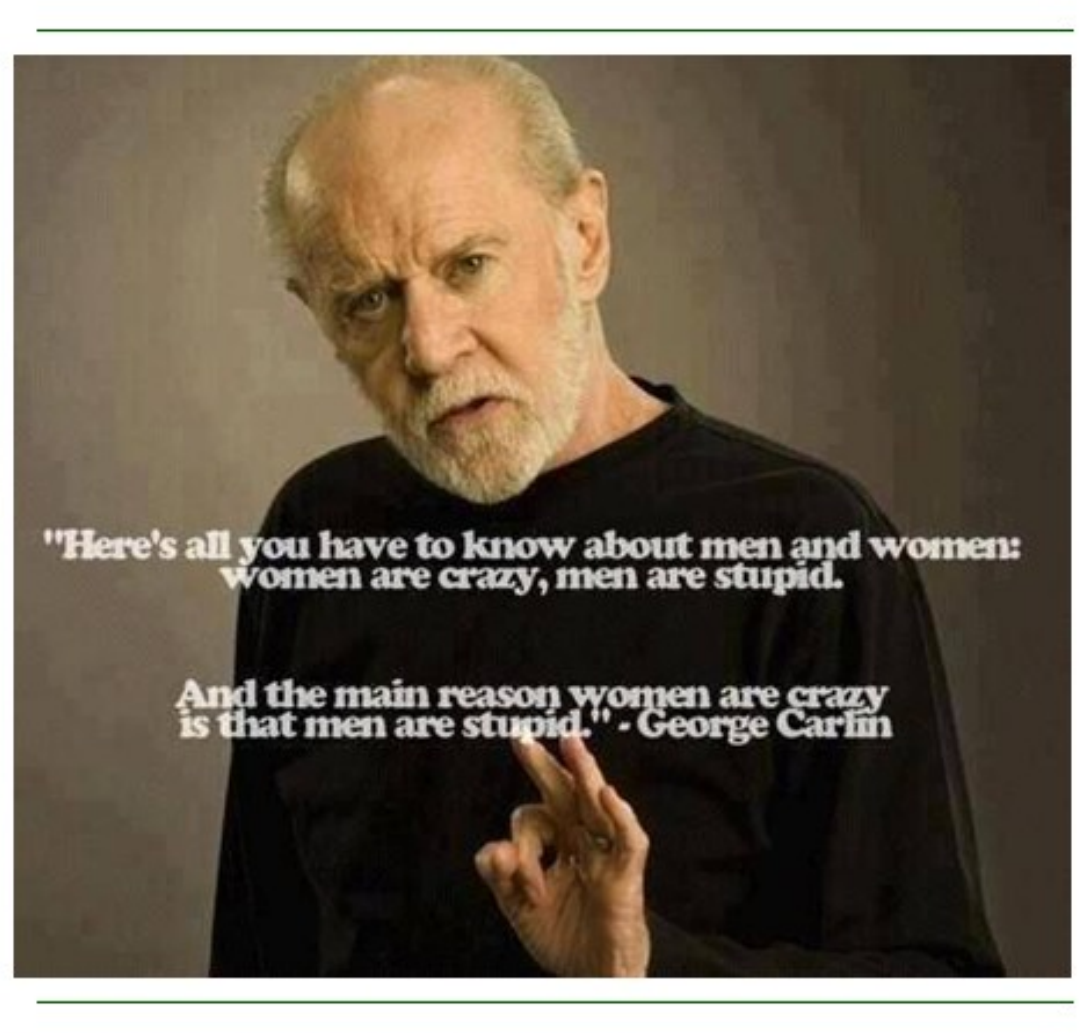
National Seniors polling of 1400 members conducted in recent weeks showed the three concepts that resonate most strongly with the over-50s are: a strong economy (81.4%); world class health care (79.2%); and rewarding/promoting self-provision in retirement (67.7%)

'Living in the Dark' - 15th of May 2013, from COTA NSW

COTA NSW Board Member Professor Colleen Cartwright appeared on 'Living in the dark on plans for dying' which aired on The Law Report, ABC Radio National, on 14 May 2013. The radio programme addressed the need for members of the community in general – and of the medical and legal communities in particular – **to understand the legally binding nature of advance health care directives.**

To hear the show or to read a transcript, go to: **HERE**

COTA NSW will explore this and other issues at our next Parliamentary Forum. Titled 'Let's talk about dying – a conversation about end of life issues' the forum will be held on **Thursday 27 June 2013**. Visit their website in coming weeks to see our full speaker list and to hear how to RSVP.


"Here's all you have to know about men and women: women are crazy, men are stupid.
And the main reason women are crazy is that men are stupid." - George Carlin

Health Papers Published this week:

New Drug Reverses Memory Deficits and Slows Alzheimer's in Mice

May 13, 2013 — A drug developed by scientists at the Salk Institute for Biological Studies, known as J147, reverses memory deficits and slows Alzheimer's disease in aged mice following short-term treatment. The findings, published May 14 in the journal Alzheimer's Research and Therapy, may pave the way to a new treatment for Alzheimer's disease in humans.

"J147 is an exciting new compound because it really has strong potential to be an Alzheimer's disease therapeutic by slowing disease progression and reversing memory deficits following short-term treatment," says lead study author Marguerite Prior, a research associate in Salk's Cellular Neurobiology Laboratory.

Despite years of research, there are no disease-modifying drugs for Alzheimer's. Current FDA-approved medications, including Aricept, Razadyne and Exelon, offer only fleeting short-term benefits for Alzheimer's patients, but they do nothing to slow the steady, irreversible decline of brain function that erases a person's memory and ability to think clearly.

According to the Alzheimer's Association, more than 5 million Americans are living with Alzheimer's disease, the sixth leading cause of death in the country and the only one among the top 10 that cannot be prevented, cured or even slowed.

J147 was developed at Salk in the laboratory of David Schubert, a professor in the Cellular Neurobiology Laboratory. He and his colleagues bucked the trend within the pharmaceutical industry, which has focused on the biological pathways involved in the formation of amyloid plaques, the dense deposits of protein that characterize the disease. Instead, the Salk team used living neurons grown in laboratory dishes to test whether their new synthetic compounds, which are based upon natural products derived from plants, were effective at protecting brain cells against several pathologies associated with brain aging. From the test results of each chemical iteration of the lead compound, they were able to alter their chemical structures to make them much more potent. Although J147 appears to be safe in mice, the next step will require clinical trials to determine whether the compound will prove safe and effective in humans.

"Alzheimer's disease research has traditionally focused on a single target, the amyloid pathway," says Schubert, "but unfortunately drugs that have been developed through this pathway have not been successful in clinical trials. Our approach is based on the pathologies associated with old age-the greatest risk factor for Alzheimer's and other neurodegenerative diseases-rather than only the specificities of the disease."

To test the efficacy of J147 in a much more rigorous preclinical Alzheimer's model, the Salk team treated mice using a therapeutic strategy that they say more accurately reflects the human symptomatic stage of Alzheimer's. Administered in the food of 20-month-old genetically engineered mice, at a stage when Alzheimer's pathology is advanced, J147 rescued severe memory loss, reduced soluble levels of amyloid, and increased neurotrophic factors essential for memory, after only three months of treatment.

In a different experiment, the scientists tested J147 directly against Aricept, the most widely prescribed Alzheimer's drug, and found that it performed as well or better in several memory tests.

"In addition to yielding an exceptionally promising therapeutic, both the strategy of using mice with existing disease and the drug discovery process based upon aging are what make the study interesting and exciting," says Schubert, "because it more closely resembles what happens in humans, who have advanced pathology when diagnosis occurs and treatment begins." Most studies test drugs before pathology is present, which is preventive rather than therapeutic and may be the reason drugs don't transfer from animal studies to humans.

Prior and her colleagues say that several cellular processes known to be associated with Alzheimer's pathology are affected by J147, including an increase in a protein called brain-derived neurotrophic factor (BDNF), which protects neurons from toxic insults, helps new neurons grow and connect with other brain cells, and is involved in memory formation. Postmortem studies show lower than normal levels of BDNF in the brains of people with Alzheimer's.

Because of its broad ability to protect nerve cells, the researchers believe that J147 may also be effective for treating other neurological disorders, such as Parkinson's disease, Huntington's disease and amyotrophic lateral sclerosis (ALS), as well as stroke, although their study did not directly explore the drug's efficacy as a therapy for those diseases.

The Salk researchers say that J147, with its memory enhancing and neuroprotective properties, along with its safety and availability as an oral medication, would make an "ideal candidate" for Alzheimer's disease clinical trials. They are currently seeking funding for such a trial.

Marguerite Prior, Richard Dargusch, Jennifer L Ehren, Chandramouli Chiruta and Dave Schubert. The neurotrophic compound J147 reverses cognitive impairment in aged Alzheimer's disease mice.Alzheimer's Research & Therapy, 2013 **(in press)**

Picture: Marguerite Prior, Salk Institute, is a research associate in Salk's Cellular Neurobiology Laboratory. (Credit: Photo: Courtesy of the Salk institute for Biological Studies)

Reversing Paralysis With a Restorative Gel

May 13, 2013 — Some parts of the body, like the liver, can regenerate themselves after damage. But others, such as our nervous system, are considered either irreparable or slow to recover, leaving thousands with a lifetime of pain, limited mobility, or even paralysis.

Now a team of Tel Aviv University researchers, including Dr. Shimon Rochkind of TAU's Sackler Faculty of Medicine and Tel Aviv Sourasky Medical Center and Prof. Zvi Nevo of TAU's Department of Human Molecular Genetics and Biochemistry, has invented a method for repairing damaged peripheral nerves. Through a biodegradable implant in combination with a newly-developed Guiding Regeneration Gel (GRG) that increases nerve growth and healing, the functionality of a torn or damaged nerve could ultimately be restored.

This innovative project is now gaining international recognition. Its initial successes were reported at several recent scientific congresses, including the World Federation of Neurological Societies and the European Neurological Society. And the therapy, already tested in animal models, is only a few years away from clinical use, says Dr. Rochkind.

Like healing in the womb

A nerve is like an electrical cable. When severed or otherwise damaged, power can no longer be transferred and the cable loses its functionality. Similarly, a damaged nerve loses the ability to transfer signals for movement and feeling through the nervous system.

But Dr. Rochkind and Prof. Nevo found a way to breach the gap. In their method, two severed ends of a damaged nerve are reconnected by implanting a soft, biodegradable tube, which serves as a bridge to help the nerve ends connect. The innovative gel which lines the inside of the tube nurtures nerve fibers' growth, encouraging the nerve to reconnect the severed ends through the tube, even in cases with massive nerve damage, Dr. Rochkind says.

The key lies in the composition of the gel, the researchers say, which has three main components: anti-oxidants, which exhibit high anti-inflammatory activities; synthetic laminin peptides, which act as a railway or track for the nerve fibers to grow along; and hyaluronic acid, commonly found in the human fetus, which serves as a buffer against drying, a major danger for most implants. These components allow the nerve to heal the way a fetus does in the womb - quickly and smoothly.

Keeping cells safe for transplant

The implant has already been tested in animal models, and the gel by itself can be used as a stand-alone product, acting as an aid to cell therapy. GRG is not only able to preserve cells, it can support their survival while being used for therapy and transplantation, says Dr. Rochkind. When grown in the gel, cells show excellent development, as well as intensive fiber growth. This could have implications for the treatment of diseases such as Parkinson's, for which researchers are actively exploring cell therapy as a potential solution.

The above story is reprinted from materials provided by American Friends of Tel Aviv University.

Fish Oil Doesn't Seem to Help Age-Related Macular Degeneration

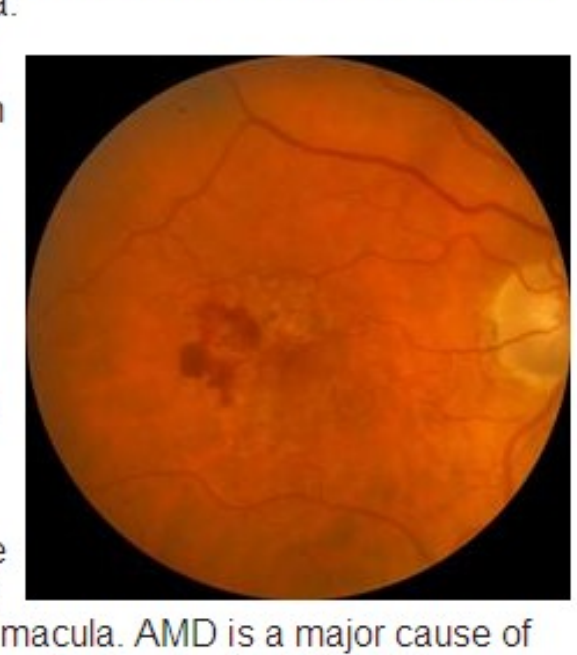
May 13, 2013 — A large-scale National Eye Institute study has shown fish oil supplements containing omega-3 fatty acids do not alter the progression of age-related macular degeneration, says a national team of researchers including David M. Brown, M.D., an retina specialist at The Methodist Hospital who ran Houston's part of the study. Another key finding of the Age-Related Eye Disease Study 2, or AREDS 2, is that lutein and zeaxanthin may be safer than beta-carotene in reducing risk of disease progression.

"If you look at all the analysis performed in the AREDS 2 study, it looks like lutein taken with zeaxanthin is at least as effective and may be better than beta-carotene," Brown said. "If you also consider that beta-carotene was associated with increased lung cancer rates in all former smokers, I no longer recommend any formulations containing beta-carotene."

Researchers saw a modest decrease in the development of age-related macular degeneration (AMD) among those who took high amounts of zinc, but that result was not statistically significant.

"Millions of older Americans take nutritional supplements to protect their sight without clear guidance regarding benefit and risk," said NEI director Paul A. Sieving, M.D., Ph.D. "This study clarifies the role of supplements in helping prevent advanced AMD, an incurable, common, and devastating disease that robs older people of their sight and independence."

Like beta-carotene, lutein and zeaxanthin can be converted to vitamin A in humans and can collect at the retina, where they probably limit chemical damage caused by light. Lutein is found in foods like egg yolk and animal fat deposits. Zeaxanthin is found in some berries, corn, and paprika.



AREDS 2's results agree with past studies that have shown an association between beta-carotene consumption and the development of lung cancer in current or former smokers. About half of AREDS 2 participants reported having been smokers at some point in their lives.

Macular degeneration is a disease in which retina damage causes a loss of visual acuity in the center of the eye, called the macula. AMD is a major cause of blindness in the elderly, and currently affects about 11 million Americans. National Eye Institute experts believe that number will double by 2050.

About 12 years ago, the National Eye Institute began funding studies to look at how diet and dietary supplements affect the progression of the disease. AREDS showed a 25 percent decreased risk of AMD when study participants took vitamin C, beta-carotene (a precursor to vitamin A), vitamin E, zinc, and copper (called the AREDS Formulation).

The five-year AREDS 2, which began in 2006, was a national study of more than 4,200 people. It suggests fish oil supplements probably do not need to be added to the formulation, and that lutein with zeaxanthin might replace beta-carotene in the AREDS Formulation, since lutein is not associated with increased risk for lung cancer.

"The first AREDS study showed us that vitamins really make a difference in decreasing the complications of AMD," Brown said. "Now with the AREDS 2, we have solid data on what to recommend to our patients. Based on the AREDS 2 data, I now recommend that my patients no longer take beta-carotene but look for a vitamin with 10 mg Lutein, 2 mg zeaxanthin, 80mg zinc, 2mg copper, 500mg vitamin C, and 400 IU vitamin E."

The above story is reprinted from materials provided by Methodist Hospital, Houston. Picture: A retina with age-related macular degeneration, or AMD, converting from the dry form of the disease (yellow mottling) to the wet form (red spots). (Credit: Image by Eric Kegley)

'Good Vibrations:' Brain Ultrasound Improves Mood

May 15, 2013 — Non-invasive brain stimulation techniques aimed at mental and neurological conditions include transcranial magnetic stimulation (TMS) for depression, and transcranial direct current (electrical) stimulation (tDCS), shown to improve memory. Transcranial ultrasound stimulation (TUS) has also shown promise.

Ultrasound consists of mechanical vibrations, like sound, but with frequencies far greater than the upper limit of human hearing, around 20 thousand to 20 million cycles per second (20 kilohertz to 20 megahertz). Ultrasound vibrations penetrate bodily tissue including bone, and are widely used to image anatomical structures via echo effects, e.g. visualizing unborn babies in mothers' wombs, and organs, blood vessels, nerves and other structures in medical procedures. Virtually every part of the body, including the brain, has been safely imaged with low to moderate intensity ultrasound.

High intensity, focused ultrasound can damage tissue by heating and cavitation, and has been used to ablate tumors and other lesions. 'Sub-thermal' ultrasound can safely stimulate neural tissue. In 2002 a UCLA group led by Alexander Bystritsky noticed beneficial side effects in psychiatric patients whose brains were imaged by TUS. A team led by Virginia Tech's W. Jamie Tyler has shown TUS-induced behavioral and electrophysiological changes in animals. A Harvard group led by S-S Yoo has used focused ultrasound aimed at mouse motor cortex to wag the mouse's tail. But clinical trials of TUS aimed at human mental states have been lacking.

Now, in an article in the journal *Brain Stimulation*, a group from the Departments of Anesthesiology and Radiology at the University of Arizona Medical Center in Tucson, Arizona has investigated TUS for modulating mental states in a pilot study in human volunteers suffering from chronic pain. A clinical ultrasound imaging device (General Electric LOGIQe) was used, with the ultrasound probe applied at the scalp overlying the brain's temporal and frontal cortex (visible on the imaging screen). In random order, each subject received two 15 second exposures: sham/placebo, and 8 megahertz ultrasound (undetectable to subjects). Following exposure, subjects reported (by visual analog scales) significant improvement in mood both 10 minutes and 40 minutes after TUS, but not after sham/placebo. In a followup study (led by University of Arizona psychologists Jay Sanguineti and John JB Allen) preliminary results suggest 2 megahertz TUS (which traverses skull more readily) may be more effective in mood enhancement than 8 megahertz TUS.

The mechanism by which TUS can affect mental states is unknown (as is the mechanism by which the brain produces mental states). Tyler proposed TUS acts by vibrational stretching of neuronal membranes and/or extracellular matrix, but two recent papers from the group of Anirban Bandyopadhyay at National Institute of Material Sciences (NIMS) in Tsukuba, Japan (Sahu et al. [2013] Appl. Phys. Letts. 102, 123701; Sahu et al [2013] Biosensors and Bioelectronics 47:141) have suggested another possibility. The NIMS group used nanotechnology to study conductive properties of individual microtubules, protein polymers of tubulin (the brain's most prevalent protein). **Major components of the neuronal cytoskeleton, microtubules grow and extend neurons, form and regulate synapses, are disrupted in Alzheimer's disease, and theoretically linked to information processing, memory encoding and mental states.** Bandyopadhyay's NIMS group found that microtubules have remarkable electronic conductive properties when excited at certain specific resonant frequencies, e.g. in the low megahertz, precisely the range of TUS.

Dr. Stuart Hameroff, lead author on the new TUS study, said: "This suggests TUS may stimulate natural megahertz resonances in brain microtubules, enhancing not only mood and conscious mental states, but perhaps also microtubule functions in synaptic plasticity, nerve growth and repair. We plan further studies of TUS on traumatic brain injury, Alzheimer's disease and post-traumatic stress disorders. 'Tuning the tubules' may help a variety of mental states and cognitive disorders."

Stuart Hameroff, Michael Trakas, Chris Duffield, Emil Annabi, M. Bagambhrini Gerace, Patrick Boyle, Anthony Lucas, Quinlan Amos, Annemarie Buadu, John J. Badal. **Transcranial Ultrasound (TUS) Effects on Mental States: A Pilot Study.** Brain Stimulation, 2013; 6 (3): 409 DOI: 10.1016/j.brs.2012.05.002

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

National Seniors Literary Prize a catalyst for change

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

National Seniors Australia and publishing powerhouse Random House Australia are working together to give one lucky writer, aged 50 years and over, the opportunity to make their mark in the world of publishing.
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

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

Submit your manuscript into the National Seniors Literary Prize 2014.

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

Media Releases concerning Seniors this week from National Seniors Australia

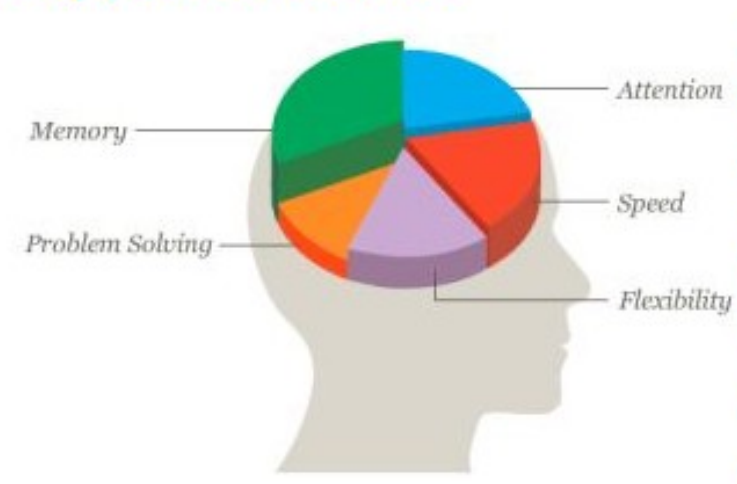
With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.

U3A
The University of the Third Age
Sydney U3A

U3A Monthly Lectures Wednesday Afternoons at Newport -

First Wednesday of the month 2 – 4pm. All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre, for more information contact Nancy Weir 8919 0243 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org Website: www.sydneyu3a.org

Keep your Wits About You



A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself at: www.lumosity.com/app/v4/personalization

The Senior Newspaper Online

Click on logo:

Australian Senior
PUBLICATIONS

Pittwater Community Hub

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

Click on logo to visit their website for more

Northside Community
CONNECT

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.

Contact Community Care Northern Beaches by clicking their logo:

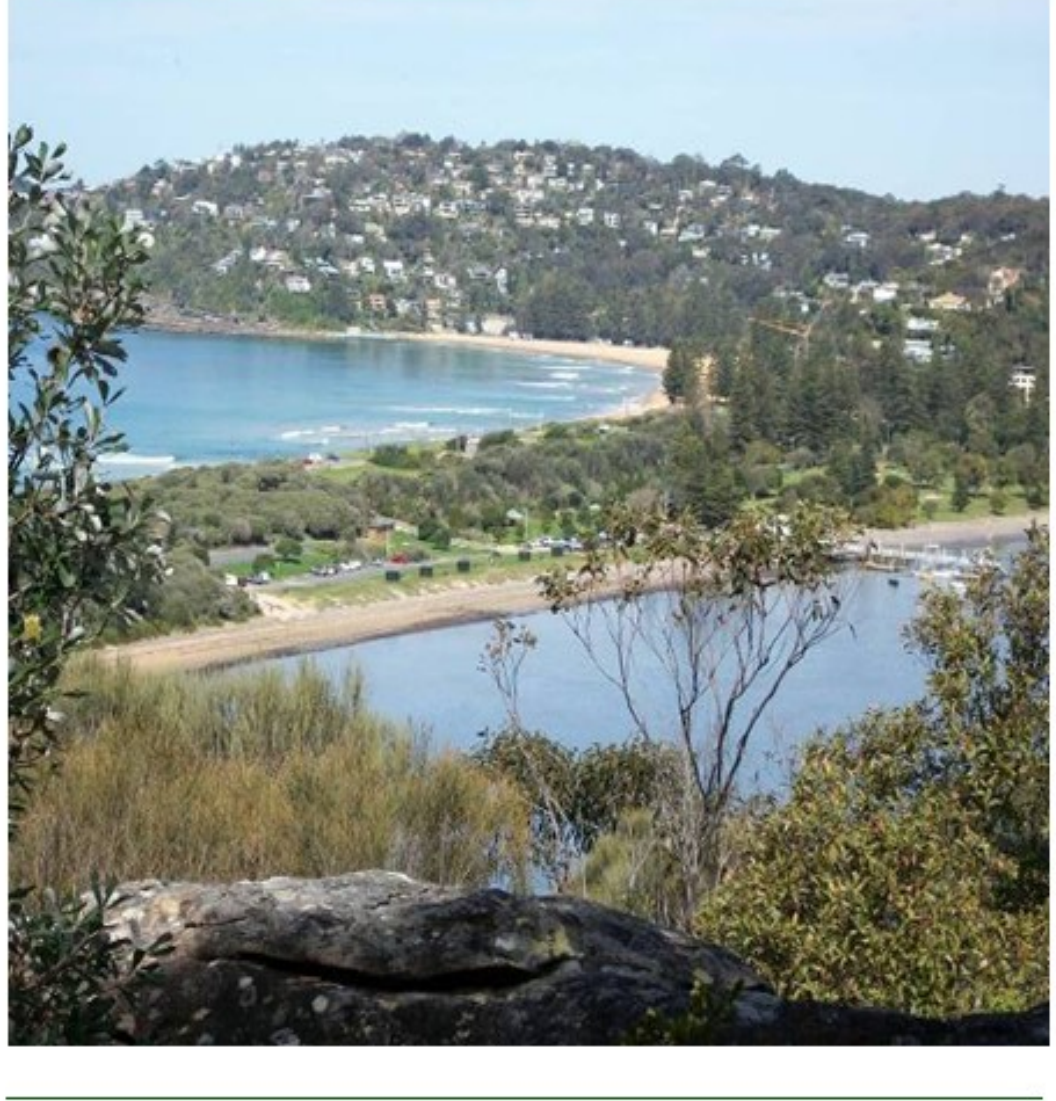
CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

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

May 19 - 25, 2013: Issue 111

Carbon dioxide levels hit record high - 13 May 2013, UNSW

Last week the carbon dioxide concentration in the atmosphere has finally crossed the 400 parts-per-million mark. The last time that happened was 3-5 million years ago during the Pliocene epoch, several million years before the evolution of modern humans. During this period the planet was 3-4 degrees warmer and sea levels 5-40m higher than today. Now, however, our activities are adding this gas hundreds or thousands of times faster than the natural sources that caused climate to change over Earth's history.

The concentration is measured at the Mauna Loa observatory in Hawaii, and is averaged on a daily, weekly and monthly basis. CO2 has increased since 1800 from under 300ppm, and has rapidly increased since 1950.

So what should we be doing about this? One idea is starting to get a lot of attention. Instead of reducing carbon emissions, let's tinker with the system to cool the planet off – a type of geo-engineering.

For example, we might be able to lower the temperature of the planet by several degrees by flying a small fleet of aircraft in the stratosphere, spraying sulphur-containing gases. This would form a mist that reflects some sunlight back to space – maybe enough to offset many decades' worth of greenhouse gas emissions, at least as far as the global temperature is concerned.

If only it were that simple. Geo-engineering is not a miracle cure for climate change. It is more like a tourniquet. It may save the patient's life as a last option, but that life will never be the same.

Doesn't CO2 just heat things up?

Recent studies, including this one published last week, and to which I contributed, show that carbon dioxide from fossil fuels would alter our world in ways that have nothing to do with global warming at the earth's surface. Carbon dioxide affects climate by itself, and without its warming influence.

Sound strange? CO2 does this by interfering with natural energy flows within the atmosphere. This in turn affects how the air circulates, and shifts rainfall patterns.

It also reduces total global precipitation. While the overall change in precipitation is less than that caused by global warming, the regional shifts in precipitation are comparable. In short, some areas that were used to lots of rain will likely get less. Others will get more.

What does this mean? A few isolated skeptics claim that our climate has strong negative feedbacks. Instead of temperature increasing indefinitely, changes in climate like increased cloud cover may act to cool the planet. Even if these far-fetched claims proved correct on a large scale, the new studies now show that humanity's carbon dioxide emissions would still alter global rainfall patterns, albeit less severely.

Negative feedbacks, even if they existed, would not stop this. Neither would artificial cooling of the planet.

The geo-engineering tourniquet?

This new effect adds to the list of drawbacks already associated with artificial cooling plans such as the one involving aircraft sprays into the stratosphere.

Such plans leave carbon accumulating in the system and acidifying the oceans. These geo-engineering solutions probably could not cope with the massive amounts of carbon dioxide released if all recoverable fossil fuels are burned.

Still worse, artificial cooling increases the risk of even greater harm. It would have to be sustained annually for a century or two until enough of the carbon dioxide had finally seeped into the ocean depths. If artificial cooling were interrupted by war, economic collapse, or some other crisis, nearly all of the pent-up climate change would be unleashed in the space of a few short years, hitting some future generation when it is already struggling.

There are ideas around to actually remove carbon dioxide from the atmosphere. These would be great if they worked, but to me they look like impractical pipe dreams. Artificial cooling is by contrast cheap, relatively feasible and, to some, tempting.

We should resist this temptation. You do not apply a tourniquet to a man's leg if, with a bit of extra effort, you could get him to a hospital and save the leg. Bringing down carbon emissions is a matter of rolling up our sleeves and choosing to do it. For this generation to say, "we can't" would be a sad admission of failure for a civilisation that has achieved so much.

Professor Steve Sherwood is director of the UNSW Climate Change Research Centre.

'Fish Thermometer' Reveals Long-Standing, Global Impact of Climate Change

May 15, 2013 — Climate change has been impacting global fisheries for the past four decades by driving species towards cooler, deeper waters, according to University of British Columbia scientists. In a Nature study published this week, UBC researchers used temperature preferences of fish and other marine species as a sort of "thermometer" to assess effects of climate change on the world's oceans between 1970 and 2006.

They found that global fisheries catches were increasingly dominated by warm-water species as a result of fish migrating towards the poles in response to rising ocean temperatures.

"One way for marine animals to respond to ocean warming is by moving to cooler regions," says the study's lead author William Cheung, an assistant professor at UBC's Fisheries Centre. "As a result, places like New England on the northeast coast of the U.S. saw new species typically found in warmer waters, closer to the tropics.

"Meanwhile in the tropics, climate change meant fewer marine species and reduced catches, with serious implications for food security."

"We've been talking about climate change as if it's something that's going to happen in the distant future - our study shows that it has been affecting our fisheries and oceans for decades," says Daniel Pauly, principal investigator with UBC's Sea Around Us Project and the study's co-author. "These global changes have implications for everyone in every part of the planet."

A summary of the study is available at http://www.pewenvironment.org/news-room/fact-sheets/warming-oceans-are-reshaping-fisheries-85899474034

Insecticides Lead to Starvation of Aquatic Organisms

May 15, 2013 — Neonicotinoid insecticides have adverse effects not only on bees but also on freshwater invertebrates. Exposure to low but constant concentrations of these substances - which are highly soluble in water - has lethal effects on these aquatic organisms. **At the end of April, the EU imposed a 2-year ban on the use of neurotoxic agents belonging to the neonicotinoid group**. In Switzerland, the Federal Office for Agriculture (FOAG) has followed suit, suspending the authorizations of three insecticides used on oilseed rape and maize fields. These measures have been taken in response to evidence that neonicotinoids are toxic to honeybees and are contributing to the decline of bee colonies.

Problems seen with constant exposure

An Eawag study published today in the journal PLOS ONE(Public Library of Science) now shows that at least one of the insecticides in this class also has toxic effects on freshwater invertebrates. In this study, native freshwater shrimps (gammarids) were exposed to pulsed high and to constant low concentrations of imidacloprid. Peak concentrations typically occur when rain falls on farmland during or shortly after the application of insecticides; these soluble but persistent substances can then enter surface waters via runoff. Interestingly, pulses lasting no more than a day proved less harmful to the organisms than concentrations that were much lower but persisted for several days or weeks. While organisms transferred to clean water after pulsed exposure recovered relatively rapidly, constant exposure led to starvation after 2 to 3 weeks. This was because the organisms' mobility and feeding behaviour was impaired by the neurotoxin.

Failure of conventional toxicity testing

The slow starvation effect observed under constant exposure to low levels of neonicotinoids is not detected by conventional toxicity tests, as they are not carried out over a period of several weeks. In addition, the study indicated that seasonal and environmental factors can be crucial: the results of the experiments are significantly affected by organisms' initial fitness and lipid reserves. To eliminate these effects and to identify processes other than starvation that influence survival rates in aquatic organisms, the research team has also developed a mathematical model which makes it possible to predict harmful concentrations and exposure times.

Anna-Maija Nyman, Anita Hintermeister, Kristin Schirmer, Roman Ashauer. T**he Insecticide Imidacloprid Causes Mortality of the Freshwater Amphipod Gammarus pulex by Interfering with Feeding Behavior.** PLoS ONE, 2013; 8 (5): e62472 DOI:10.1371/journal.pone.0062472

Gammaruspule and a leaf 'skeleton.' (Credit: Image courtesy of EAWAG: Swiss Federal Institute of Aquatic Science and Technology)

Cooling Ocean Temperature Could Buy More Time for Coral Reefs

May 14, 2013 — Limiting the amount of warming experienced by the world's oceans in the future could buy some time for tropical coral reefs, say researchers from the University of Bristol. The study, published by the journal *Geophysical Research Letters*, used computer models to investigate how shallow-water tropical coral reef habitats may respond to climate change over the coming decades.

Elena Couce and colleagues found that restricting greenhouse warming to three watts per square metre (equivalent to just 50-100 parts per million carbon dioxide, or approximately half again the increase since the Industrial Revolution) is needed in order to avoid large-scale reductions in reef habitat occurring in the future.

Shallow-water tropical coral reefs are amongst the most productive and diverse ecosystems on the planet. They are currently in decline due to increasing frequency of bleaching events, linked to rising temperatures and fossil fuel emissions.

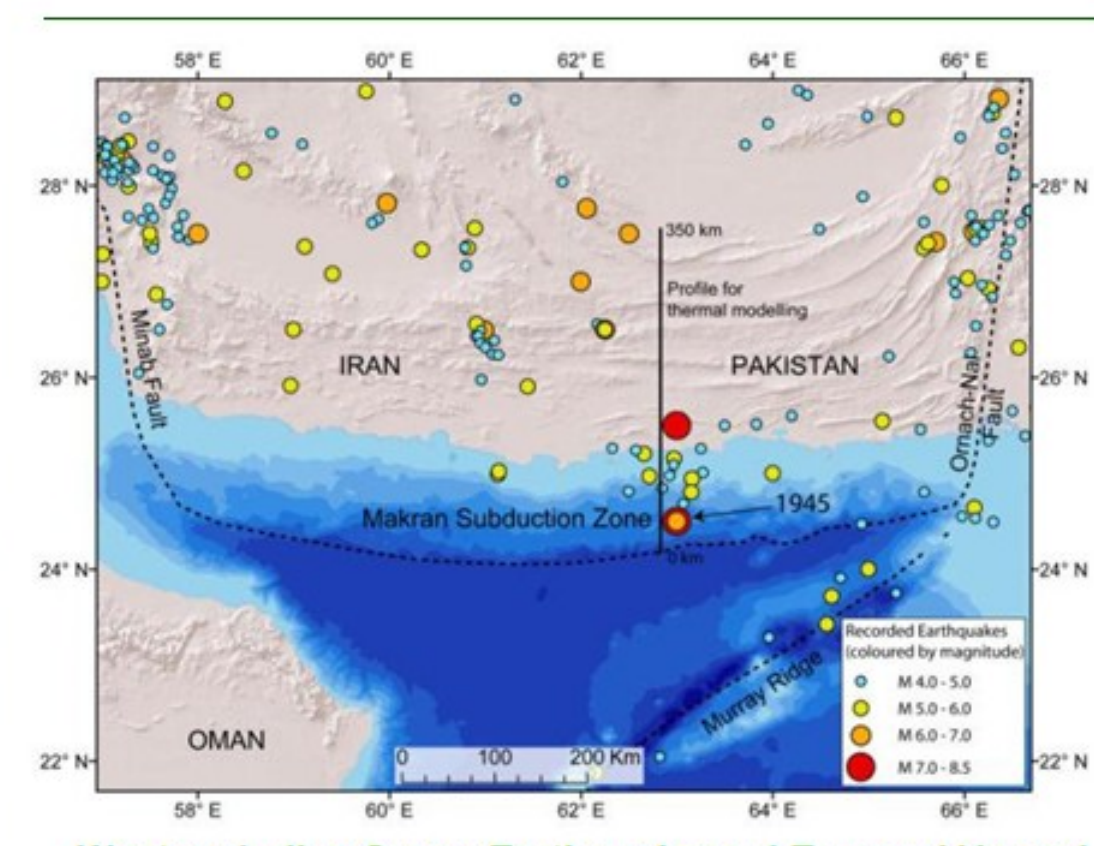
Elena Couce said: "If sea surface temperatures continue to rise, our models predict a large habitat collapse in the tropical western Pacific which would affect some of the most biodiverse coral reefs in the world. To protect shallow-water tropical coral reefs, the warming experienced by the world's oceans needs to be limited."

The researchers modelled whether artificial means of limiting global temperatures - known as solar radiation 'geoengineering' - could help. Their results suggest that if geoengineering could be successfully deployed then the decline of suitable habitats for tropical coral reefs could be slowed. They found, however, that over-engineering the climate could actually be detrimental as tropical corals do not favour overly-cool conditions. Solar radiation geoengineering also leaves unchecked a carbon dioxide problem known as 'ocean acidification'.

Elena Couce said: "The use of geoengineering technologies cannot safeguard coral habitat long term because ocean acidification will continue unabated. Decreasing the amount of carbon dioxide in the atmosphere is the only way to address reef decline caused by ocean acidification."

Dr Erica Hendy, one of the co-authors, added: "This is the first attempt to model the consequences of using solar radiation geoengineering on a marine ecosystem. There are many dangers associated with deliberate human interventions in the climate system and a lot more work is needed to fully appreciate the consequences of intervening in this way."

E. Couce, P. J. Irvine, L. J. Gregorie, A. Ridgwell, E. J. Hendy. **Tropical coral reef habitat in a geoengineered, high-CO2world.** Geophysical Research Letters, 2013; DOI:10.1002/grl.50340



Western Indian Ocean Earthquake and Tsunami Hazard Potential Greater Than Previously Thought

May 13, 2013 — Earthquakes similar in magnitude to the 2004 Sumatra earthquake could occur in an area beneath the Arabian Sea at the Makran subduction zone, according to recent research published in Geophysical Research Letters.

The research was carried out by scientists from the University of Southampton based at the National Oceanography Centre Southampton (NOCS), and the Pacific Geoscience Centre, Natural Resources Canada.

The study suggests that the risk from undersea earthquakes and associated tsunami in this area of the Western Indian Ocean - which could threaten the coastlines of Pakistan, Iran, Oman, India and potentially further afield - has been previously underestimated. The results highlight the need for further investigation of pre-historic earthquakes and should be fed into hazard assessment and planning for the region.

Subduction zones are areas where two of Earth's tectonic plates collide and one is pushed beneath the other. When an earthquake occurs here, the seabed moves horizontally and vertically as the pressure is released, displacing large volumes of water that can result in a tsunami.

The Makran subduction zone has shown little earthquake activity since a magnitude 8.1 earthquake in 1945 and magnitude 7.3 in 1947. Because of its relatively low seismicity and limited recorded historic earthquakes it has often been considered incapable of generating major earthquakes.

Plate boundary faults at subduction zones are expected to be prone to rupture generating earthquakes at temperatures of between 150 and 450 °C. The scientists used this relationship to map out the area of the potential fault rupture zone beneath the Makran by calculating the temperatures where the plates meet. Larger fault rupture zones result in larger magnitude earthquakes.

"Thermal modelling suggests that the potential earthquake rupture zone extends a long way northward, to a width of up to 350 kilometres which is unusually wide relative to most other subduction zones," says Gemma Smith, lead author and PhD student at University of Southampton School of Ocean and Earth Science, which is based at NOCS.

The team also found that the thickness of the sediment on the subducting plate could be a contributing factor to the magnitude of an earthquake and tsunami there.

"If the sediments between the plates are too weak then they might not be strong enough to allow the strain between the two plates to build up," says Smith. "But here we see much thicker sediments than usual, which means the deeper sediments will be more compressed and warmer. The heat and pressure make the sediments stronger. This results in the shallowest part of the subduction zone fault being potentially capable of slipping during an earthquake.

"These combined factors mean the Makran subduction zone is potentially capable of producing major earthquakes, up to magnitude 8.7-9.2. Past assumptions may have significantly underestimated the earthquake and tsunami hazard in this region."

Gemma L. Smith, Lisa C. McNeill, Kelin Wang, Jiangheng He, Timothy J. Henstock. **Thermal structure and megathrust seismogenic potential of the Makran subduction zone.** Geophysical Research Letters, 2013; DOI: 10.1002/grl.50374 Picture: Makran map earthquakes. (Credit: Image courtesy of National Oceanography Centre)

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

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to educate the community about the coastal environment, based on traditional Aboriginal knowledge. The calendar, which is web-based, works through hundreds of images of coastal native birds, animals and plants. Many of the images were provided by local residents and collated by staff from the Council's Coastal Environment Centre at North Narrabeen.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species. The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

Birdlife Australia - New Website and Quarterly Magazine

Birdlife Australia has begun a quarterly magazine which is available online at: www.birdlife.org.au/australian-birdlife

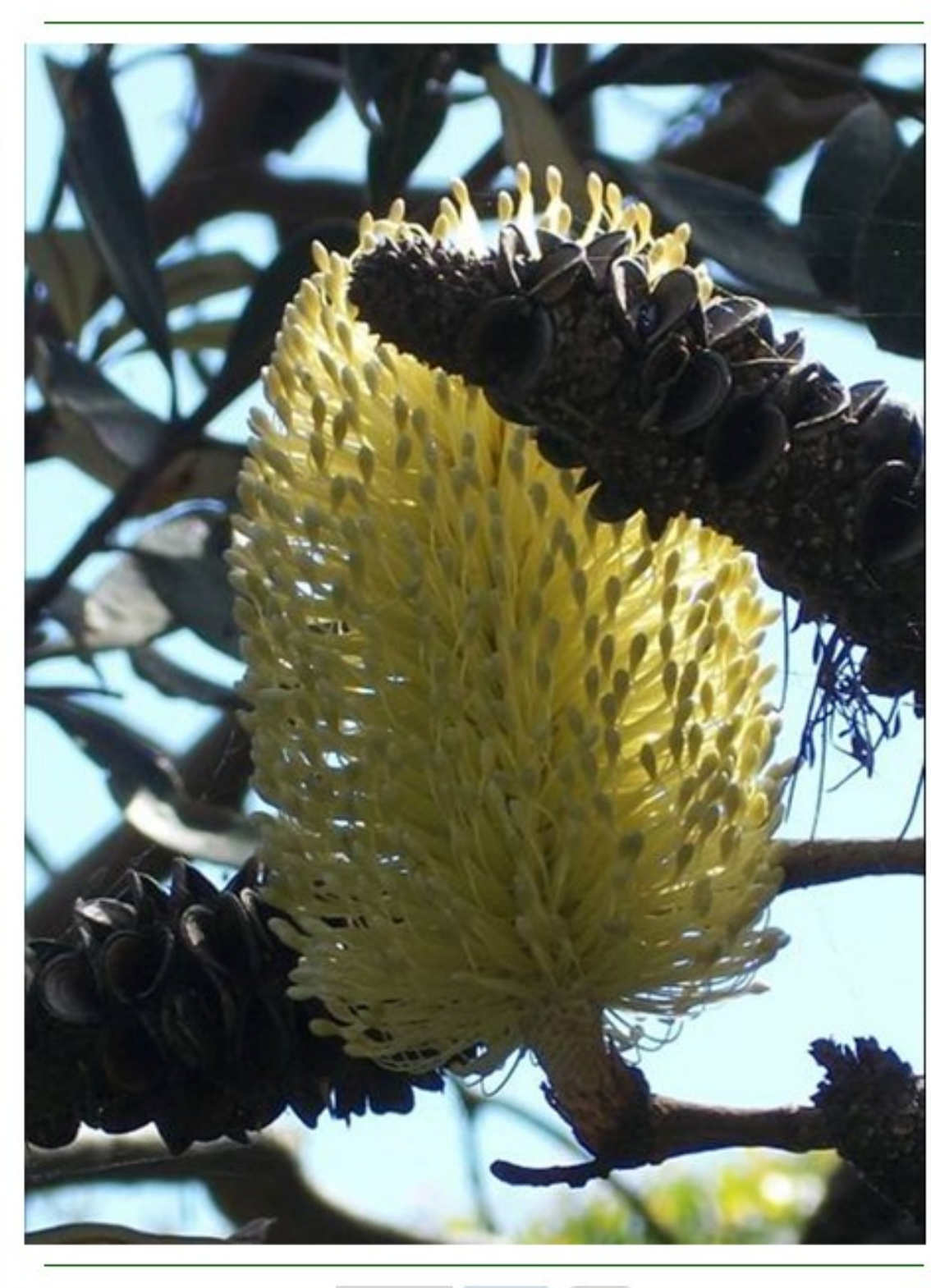
This organisation, which has been going for over a century now, have been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create real and positive outcomes. They state that over 200 species of birds in Australia are considered threatened at present. Visit their new website, have a look at all the information collated, and see if you could help them out as a volunteer or donor.

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).



Tweet | Like | +1

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." - from the Prayer of Saint Patrick

Pittwater Environment Stories this week:

Spotted Gums of Pittwater Inspirations - for Children

May Environment Activities

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

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

PITTWATER COUNCIL

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

This is one of the largest Bushcare projects hosted by the Pittwater Environmental Foundation and Pittwater Council. The project offers residents the chance to explore this little known and picturesque reserve, rich in native wildlife and habitat for rare and threatened species such as the Powerful Owl, Regent Honeyeater and Giant Burrowing Frog. If you'd like to help, please wear sturdy covered shoes, a hat, sunscreen and bring along a water bottle. Tools, training and delicious morning tea are provided!

Where: **Meet at the grassed area at 49 Wesley Street, Elanora Heights.** When: Sunday 26 May, 9:30am - 12:30pm. All welcome! RSVP and more information: Bushcare Officer 9970 1367 or helena_dewis@pittwater.nsw.gov.au.

Neil Fifer Sydney,Aust Jul 2004

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Next PNHA Activity: Sunday 23 June - Birdwatching & monitoring, Warriewood Wetlands: Winter Birds.

Swamp Mahoganies will be in flower attracting many honeyeaters and different species of lorikeets. Meet: 8am at Katoa Close off Garden St Narrabeen ends 11am. Bring: Binoculars, water, morning tea. To Book: P: Kerry Smith 9944 6271 0402 605 721 E: pnhabirdwatching@gmail.com. Photo: White-naped Honeyeater - Neil Fifer

PITTWATER COUNCIL

CAREEL CREEK FLOOD STUDY ON EXHIBITION

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

The draft study is a technical investigation of flood behaviour in the Careel Creek catchment and updates a previous study carried out in 1999.

The new study looks at the changes in catchment conditions such as overland flows, plus the potential impacts of climate change using historical data on flooding, floodplain modelling techniques and projections of future flood behaviour.

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

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

"When finalised, the study will assist the Council in making flood-related planning decisions for existing and future developments as well as informing residents of the potential risks of flooding in the area," he said.

"We're also inviting affected property-owners to face-to-face or over-the-phone sessions with staff who can explain exactly what the findings mean for them," he said.

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

Conservation award for wetland engineers - 13 May 2013

A near decade-long restoration project of a Hunter Valley wetland has earned a team of UNSW engineers a National Trust Heritage Award for environmental conservation.

Natural hydrology has been restored to roughly 600 hectares at the Tomago Wetlands just north of Newcastle, and locals have begun seeing the return of migratory wading birds – an important indicator of improving ecological health.

"In 2004 this whole area was completely dry and looked like a farm paddock," says Dr William Glamore, the lead project engineer from the UNSW Water Research Lab.

"Extensive flooding in the 1950s resulted in short sighted drainage infrastructure being installed over the next two decades. These drainage lines were essentially ditches with floodgates that closed when the tides rose, and while they allowed floodwater to escape, they prevented the water from re-entering the wetlands, which was very detrimental," he says.

Glamore says this type of "antiquated" infrastructure was installed at many coastal sites across NSW, leading to negative impacts on water quality and wetland health.

Over the past 40 years, the dried-out Tomago site was used for military and agricultural purposes. However, the site is now part of the Kooragang Nature Reserve, which is recognised under an international conventiondedicated to the protection of wetlands.

As part of their restoration project, Glamore and his team from UNSW have developed an automated floodgate system called SmartGate, which controls, at various points, the volume of water re-entering the wetland.

At this particular site, researchers want to create a saltwater marsh to attract migratory wading birds. This means allowing just enough tidal water in, but not so much that it fosters the growth of mangroves – which deter the birds – or encroaches on farmland beyond the perimeter of the wetland, as this could pose problems for agricultural productivity.

The engineers also want incoming saltwater to neutralise the sulphuric acid in the soil, which degrades the environment and builds up during prolonged dry-spells when naturally occurring acid sulphate soil is exposed to oxygen.

"It's a careful balance that requires a coordinated surveillance effort involving researchers, park rangers and community members," says Glamore. "We're excited that this work has been recognised by the National Trust."

Construction of the third and final stage of the restoration plan is now underway and proceeding well. The project also involves the NSW Parks and Wildlife Services and NSW Fisheries. Image: Tomago wetlands - 2007 before the tide was restored (left) and in 2012. (Credit: Dr William Glamore)

World's Most Extraordinary Species Mapped for the First Time

May 15, 2013 — Scientists pinpointed areas of the world where Evolutionarily Distinct and Globally Endangered (EDGE) mammals and amphibians occur. Regions containing the highest concentrations of these species are highlighted as global conservation priorities. The research paper is published today (15th May) in *PLOS ONE*.

The map reveals that high priority conservation areas for mammals and amphibians are different, reflecting the varied evolutionary histories and threats facing the two groups. **For mammals, management efforts are best focused in Southeast Asia**, southern Africa and Madagascar. For amphibians, Central and southern America are highlighted as priorities.

Professor Jonathan Baillie, ZSL's Director of Conservation says: "The results of the mapping exercise are alarming. Currently only five percent of the areas we've identified as priorities for EDGE mammals and 15 percent of the EDGE amphibian areas are protected.

"These areas highlighted should all be global conservation priorities because they contain species that are not only highly threatened but also unique in the way they look, live and behave. These new maps will inform the development of larger-scale work to help secure the future of some of the most remarkable species on Earth," Professor Baillie added.

Madagascar's black-and-white ruffed lemur is the largest lemur in the world and is threatened by hunting and the loss of its forest habitat to logging, mining and cutting and burning for agriculture. The Sunda pangolin, also known as the scaly anteater, occurs in Southeast Asia and is threatened by illegal poaching for its meat which is a culinary delicacy, as well as its scales which are thought to have high medicinal value. Other mammal species occurring in priority areas include the black rhino and western lowland gorilla.

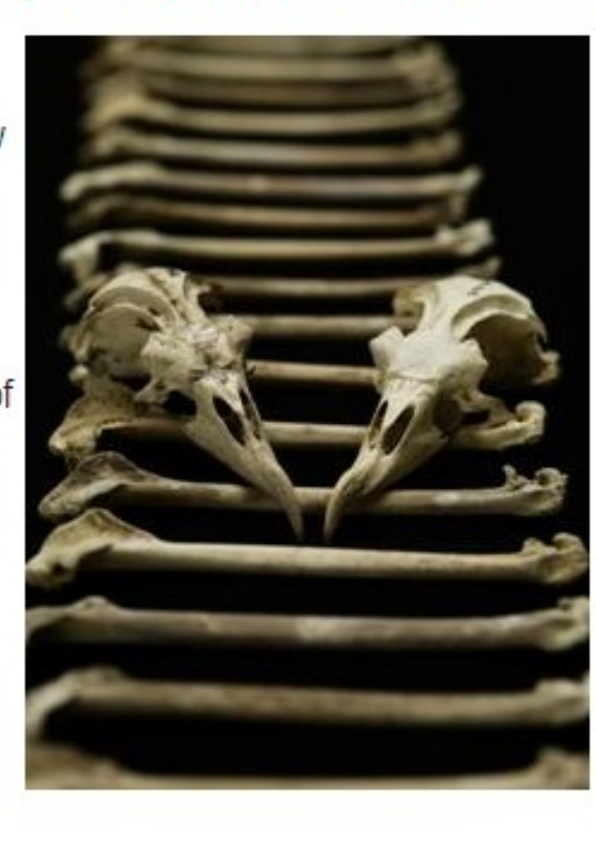
Amphibians are facing a terrifying rate of extinction making them the most threatened vertebrates in the world. The Mexican salamander, or axolotl, is critically endangered due to urbanization, polluted waters, and the introduction of non-native fish which eat the axolotl's young. With the aid of the global map of EDGE amphibians, it will now be possible to concentrate efforts in countries such as, Mexico, Costa Rica and Guatemala where the most distinct and threatened species are found.

Dr. Kamran Safi, lead author of the paper from the Max Planck Institute for Ornithology says: "This is the first global map to take into account species' uniqueness as well as threat. Now that we've identified EDGE priority areas for mammals and amphibians we can more effectively continue to ensure their protection.¬"

It is critical that conservationists prioritise the allocation of limited resources for the best conservation outcomes. ZSL's EDGE of Existence programme has already launched targeted conservation projects for more than 40 EDGE species around the world.

Kamran Safi, Katrina Armour-Marshall, Jonathan E. M. Baillie, Nick J. B. Isaac. **Global Patterns of Evolutionary Distinct and Globally Endangered Amphibians and Mammals.** PLoS ONE, 2013; 8 (5): e63582 DOI:10.1371/journal.pone.0063582 Black and white ruffed lemur. (Credit: Copyright tomalin wildviews)

Seabird Bones Reveal Changes in Open-Ocean Food Chain



May 13, 2013 — Remains of endangered Hawaiian petrels - both ancient and modern - show how drastically today's open seas fish menu has changed. A research team, led by Michigan State University and Smithsonian Institution scientists, analyzed the bones of Hawaiian petrels - birds that spend the majority of their lives foraging the open waters of the Pacific. They found that the substantial change in petrels' eating habits, eating prey that are lower rather than higher in the food chain, coincides with the growth of industrialized fishing.

The birds' dramatic shift in diet, shown in the current issue of the *Proceedings of the National Academy of Sciences*, leaves scientists pondering the fate of petrels as well as wondering how many other species face similar challenges.

"Our bone record is alarming because it suggests that open-ocean food webs are changing on a large scale due to human influence," said Peggy Ostrom, co-author and MSU zoologist. "Our study is among the first to address one of the great mysteries of biological oceanography - whether fishing has gone beyond an influence on targeted species to affect nontarget species and potentially, entire food webs in the open ocean."

Hawaiian petrels' diet is recorded in the chemistry of their bones. By studying the bones' ratio of nitrogen-15 and nitrogen-14 isotopes, researchers can tell at what level in the food chain the birds are feasting; generally, the larger the isotope ratio, the bigger the prey (fish, squid and crustaceans).

Between 4,000 and 100 years ago, petrels had high isotope ratios, indicating they ate bigger prey. After the onset of industrial fishing, which began extending past the continental shelves around 1950, the isotope ratios declined, indicating a species-wide shift to a diet of smaller fish and other prey.

Much research has focused on the impact of fishing near the coasts. In contrast, the open ocean covers nearly half of Earth's surface. But due to a lack of historical records, fishing's impact on most open-ocean animal populations is completely unknown, said lead author Anne Wiley, formerly an MSU doctoral student and now a Smithsonian postdoctoral researcher.

"Hawaiian petrels spend the majority of their lives foraging over vast expanses of open ocean," she said. "In their search for food, they've done what scientists can only dream of. For thousands of years, they've captured a variety of fish, squid and crustaceans from a large portion of the North Pacific Ocean, and a record of their diet is preserved in their bones."

Addressing fishery impact through a chronology of bones is remarkable. Most marine animals die at sea, where their bones are buried on the ocean bottom. But after three decades of fossil collection in the Hawaiian Islands - the breeding grounds of the Hawaiian petrel - co-author Helen James of the Smithsonian Institution and her colleagues have amassed a collection of more than 17,000 ancient Hawaiian petrel bones.

"The petrels breed in burrows and caves where, if they die, their bones are likely to be preserved for a long time," James said. "It's fortuitous to find such a rich bone record for a rare oceanic predator."

Further studies are needed to explore how the shift down the food chain is affecting Hawaiian petrels. For a coastal seabird, however, a similar shift in diet has been associated with decreases in population - bad news for a federally protected bird.

Since petrels exploit fishing grounds from the equator to near the Aleutian Islands - an area larger than the continental United States - their foraging habits are quite telling. If petrels, signal flares for open-ocean food webs, have had a species-wide change in feeding habits, how many other predators around the world has fishing impacted? And what role do consumers play?

"What you choose to put on your dinner plate - that's your connection with the endangered Hawaiian petrel, and with many other marine species," Wiley said.

Anne E. Wiley, Peggy H. Ostrom, Andreanna J. Welch, Robert C. Fleischer, Hasand Gandhi, John R. Southon, Thomas W. Stafford, Jr., Jay F. Penniman, Darcy Hu, Fern P. Duvall, and Helen F. James. **Millennial-scale isotope records from a wide-ranging predator show evidence of recent human impact to oceanic food webs.** PNAS, May 13, 2013 DOI: 10.1073/pnas.1300213110

Picture: Excavated bones of Hawaiian petrels – birds that spend the majority of their lives foraging the Pacific – show substantial change in the birds' eating habits. (Credit: Courtesy of Brittany Hance, Imaging Lab, Smithsonian Institution)

Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

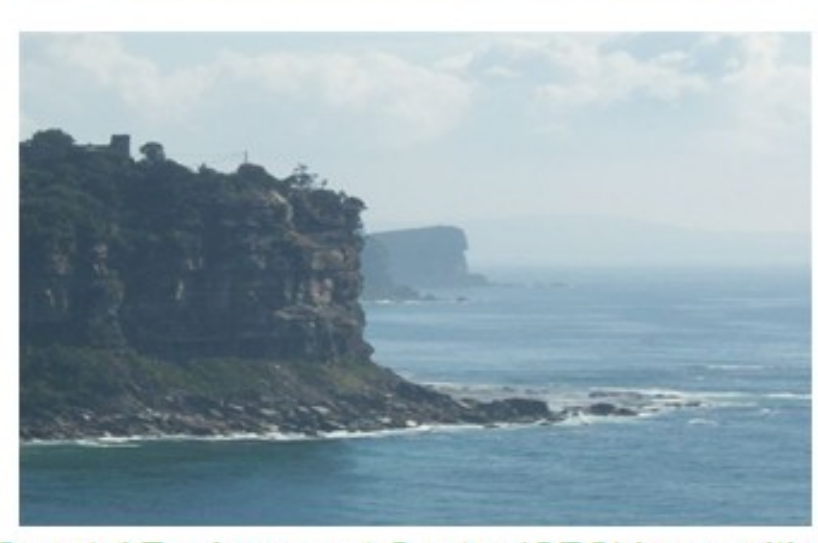
.....all that students are eager to know ! BOTANY online discovers the world of the internet for teaching. We invite all of you, especially all those botanists, biologists, computer scientists, teachers and students out there to contribute. BOTANY online is open for all kinds of changes and supplements ....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

Kimbriki Resource Recovery Centre

Coastal Environment Centre



The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

More at: www.pittwater.nsw.gov.au/cec

Monthly Cooee Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact jodi_harvey@pittwater.nsw.gov.au

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

growing together
to change the world locally
Pittwater Community Gardens

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

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

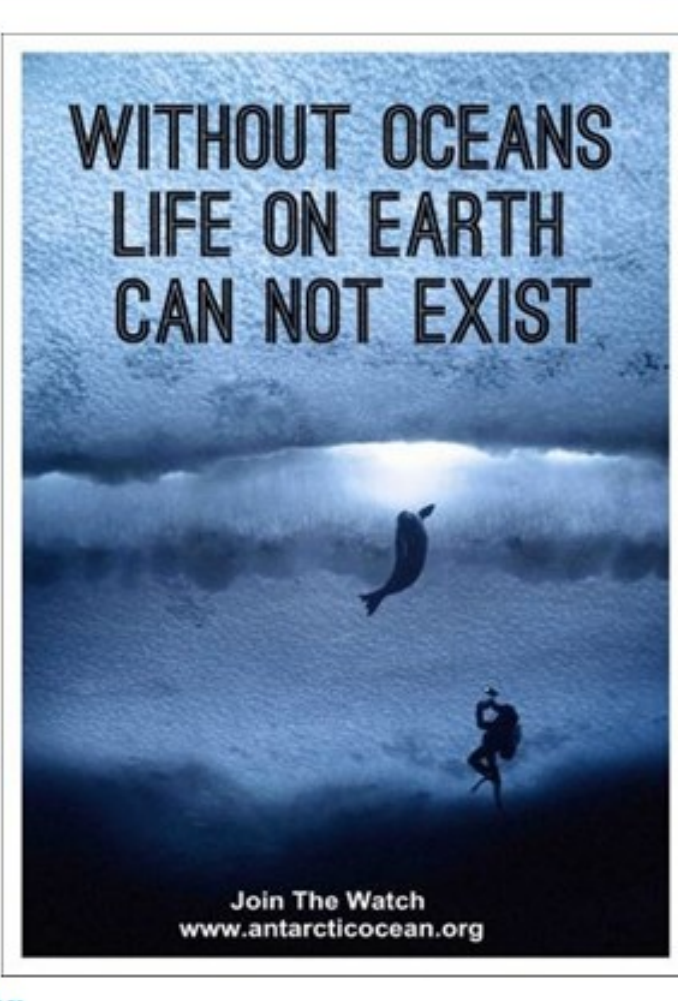
www.pcga.org.au Contact us info@pcg.org.au or Visit us at facebook.com/pcga.org; image artwork: www.gravey.com

Pittwater'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.

Antarctic Ocean Alliance


WITHOUT OCEANS LIFE ON EARTH CAN NOT EXIST
Join The Watch
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In just 6 months the Commission for the Conservation of Antarctic Marine Living Resources will meet in Germany to revisit their commitment to establish the largest network of marine reserve in the world around Antarctica.

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

www.antarcticocean.org.

CLIMATE ACTION PITTWATER

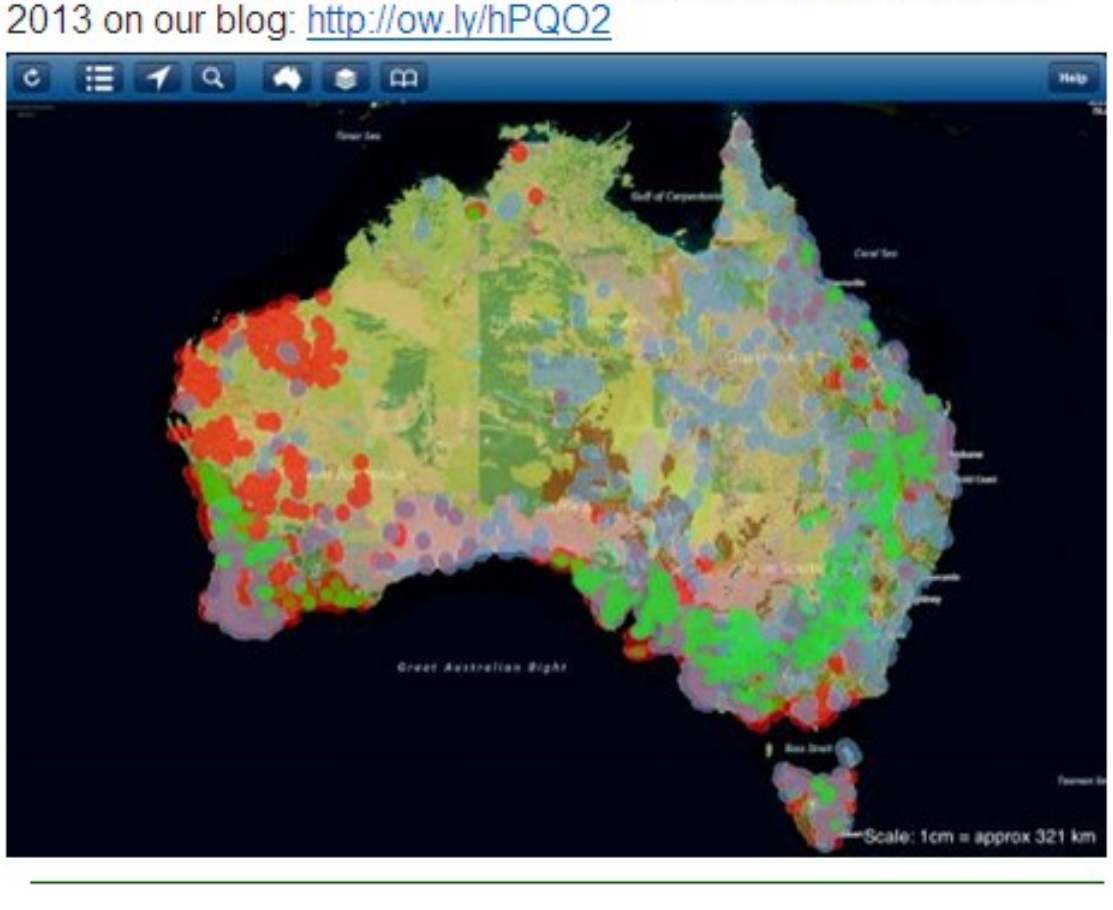
For tips on how to be more energy efficient, visit Climate Action Pittwater at:
http://www.climateactionpittwater.org.au/

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

CSIRO – New App for Gardeners

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



Pittwater Online News

May 19 - 25, 2013: Issue 111

Pumpkin

Autumn Pumpkin crops are coming into our stores at present. With a high Vitamin A content they are great for health when the sun begins to wane or for those who spend most of their week indoors. Vitamin A boosts your immune system; just what we need as we head into cold and flu season.

Pumpkin & Lentil Curry

Ingredients
2 tbs. (40g / 1 fl oz) red curry paste
400ml can lite coconut milk
250g (9oz) pumpkin, peeled and chopped
1 cup (170g / 6oz) green lentils

In a non-stick frying pan, add paste and fry over medium heat until fragrant. Pour in coconut milk and ½ cup of water and mix to combine. Add pumpkin and simmer for 25 minutes or until almost soft. Add lentils, cover and simmer until soft. Serve with rice and chapattis. Serving Size: makes 4 1 cup servings

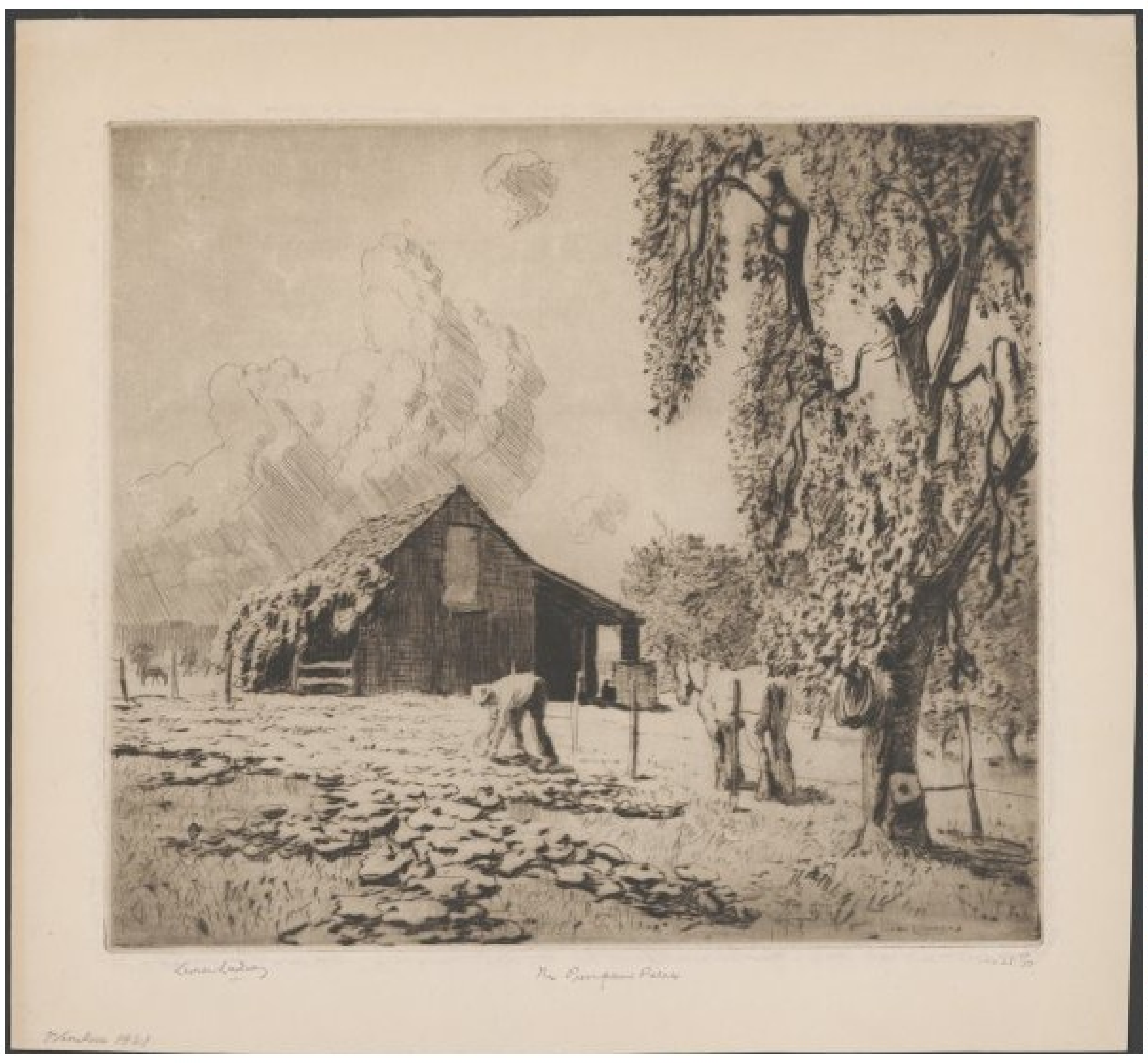
Lamb Casserole with Pumpkin and Chickpeas
From Heart Foundation

Try this tasty recipe for casserole that the whole family is sure to love. Adding fibre and protein to your diet can be done by simply adding chickpeas and other beans to casseroles.
Serves: 4 Cooking time: 60 minutes

Ingredients
2 tablespoons plain flour
500g extra-lean lamb leg steaks, cut into cubes
extra-light olive oil cooking spray
2 brown onions, halved, sliced
6 garlic cloves, chopped
1 cup salt-reduced beef liquid stock
400g can reduced-salt or no-salt whole peeled tomatoes
500g butternut pumpkin, peeled, deseeded, cut into 1.5cm cubes
3 large rosemary sprigs
400g can Edgell Chick Peas, drained, rinsed*
2 cups Birds Eye frozen Garden Peas*
2 cups SunRice Doongara CleverRice*
Make this meal even healthier by using Tick approved ingredients

1. Preheat oven to 180°C. Place flour in a snap-lock bag. Add lamb and shake bag to coat.
Spray a heavy-based casserole dish lightly with oil. Heat over medium-high heat. Add half the lamb. Cook, stirring, for 3 to 4 minutes or until browned. Remove to a plate. Repeat with oil and remaining lamb.
2. Spray pan lightly with oil. Add onion. Cook, stirring, for 3 to 4 minutes or until onion is tender. Add garlic and cook for 1 minute. Add stock, tomatoes, pumpkin and rosemary. Return lamb with juices to pan. Bring to the boil.
3. Cover and place in the oven. Cook for 30 to 40 minutes or until lamb is tender. Remove from oven. Stir in chickpeas and peas. Cover and return to oven. Cook for a further 5 to 10 minutes or until heated through. Remove rosemary sprigs and discard.
4. Cook rice, following the absorption method on the packet. Spoon casserole over rice. Serve. For a vegetarian version simply leave out the meat.

A pumpkin is a gourd-like squash of the genus *Cucurbita* and the family *Cucurbitaceae*(which also includes gourds). It commonly refers to cultivars of any one of the speciesCucurbita pepo, Cucurbita mixta, Cucurbita maxima, and Cucurbita moschata, and is native to North America. They typically have a thick, orange or yellow shell, creased from the stem to the bottom, containing the seeds and pulp. In Australian English, the name 'pumpkin' generally refers to the broader category called winter squash in North America.
The word pumpkin originates from the word pepon, which is Greek for 'large melon'. The French adapted this word topompon, which the British changed to pumpion and later American colonists changed that to the word we use today, "pumpkin". The origin of pumpkins is not definitively known, although they are thought to have originated in North America. The oldest evidence, pumpkin-related seeds dating between 7000 and 5500 BC, were found in Mexico. Although called a kind of melon they are classified as a vegetable here.
Pumpkin seeds, also known as pepitas, are small, flat, green, edible seeds. Most pumpkin seeds are covered by a white husk, although some pumpkin varieties produce seeds without them. They are a good source of protein,magnesium, copper and zinc.



Vitamin C - Vitamin C helps fight free radicals, improves immunity and promotes the production of collagen. The high Vitamin C content in pumpkins also offers protection against various forms of cancer.
Magnesium - Both the pulp and seeds of pumpkin are rich in magnesium, which is an important mineral required for various biological functions. Magnesium is also required for the maintenance bones and teeth.
Potassium & Zinc – Pumpkin is loaded with potassium and Zinc. Studies show that eating a potassium-rich diet can prevent onset of cardiovascular diseases and hypertension. Zinc is important for providing bone density support for people at risk for osteoporosis. It boosts the immune system and promotes reproductive health.
Fiber – Pumpkin flesh is very low in calories and contains abundant quantities of extremely good dietary fiber. It is extremely effective for treating gastrointestinal disorders such as constipation, indigestion etc. The high amount of fiber also helps in lowering the LDL (bad) cholesterol levels in the blood and in regulating the blood sugar levels.
The skin of pumpkins (roast whole with skin on and eat) contains L-tryptophan, a chemical compound that triggers feelings of well-being and happiness. Pumpkins are also natural diuretics and help in flushing out the toxins and unwanted waste material from the body. Some sources state the Beta carotene present in pumpkin seeds and flesh has antioxidant and anti-inflammatory properties which can protect against joint inflammation and arthritis.

Picture: ***The pumpkin patch, Windsor***, New South Wales, 1921, etching by Sir Lionel Lindsay (1874-1961). Image no nla.pic-an10691715, part of A collection of prints and woodcuts by Lionel Lindsay, 1890-1939, courtesy National Library of Australia.

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Pittwater Online News

May 19 - 25, 2013: Issue 111

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

No Idle Chatter: Malaria Parasites 'Talk' to Each Other

May 15, 2013 — Melbourne scientists have made the surprise discovery that malaria parasites can 'talk' to each other - a social behaviour to ensure the parasite's survival and improve its chances of being transmitted to other humans. The finding could provide a niche for developing antimalarial drugs and vaccines that prevent or treat the disease by cutting these communication networks.

Professor Alan Cowman, Dr Neta Regev-Rudzki, Dr Danny Wilson and colleagues from the Walter and Eliza Hall Institute's Infection and Immunity division, in collaboration with Professor Andrew Hill from the University of Melbourne's Bio21 Institute and Department of Biochemistry and Molecular Biology showed that malaria parasites are able to send out messages to communicate with other malaria parasites in the body. The study was published today in the journal Cell.

Professor Cowman said the researchers were shocked to discover that malaria parasites work in unison to enhance 'activation' into sexually mature forms that can be picked up by mosquitoes, which are the carriers of this deadly disease.

"When Neta showed me the data, I was absolutely amazed, I couldn't believe it," Professor Cowman said. "We repeated the experiments many times in many different ways before I really started to believe that these parasites were signalling to each other and communicating. But we came to appreciate why the malaria parasite really needs this mechanism - it needs to know how many other parasites are in the human to sense when is the right time to activate into sexual forms that give it the best chance of being transmitted back to the mosquito."

Malaria kills about 700,000 people a year, mostly children aged under five and pregnant women. Every year, hundreds of millions of people are infected with the malaria parasite,Plasmodium, which is transmitted through mosquito bites. It is estimated that half the world's population is at risk of contracting malaria, with the disease being concentrated in tropical and subtropical regions including many of Australia's near neighbours.

Dr Regev-Rudzki said the malaria parasites inside red blood cells communicate by sending packages of DNA to each other during the blood stage of infection. "We showed that the parasites inside infected red blood cells can send little packets of information from one parasite to another, particularly in response to stress," she said.

The communication network is a social behaviour that has evolved to signal when the parasites should complete their lifecycle and be transmitted back to a mosquito, Dr Regev-Rudzki said. "Once they receive this information, they change their fate - the signals tell the parasites to become sexual forms, which are the forms of the malaria parasite that can live and replicate in the mosquito, ensuring the parasites survives and is transmitted to another human."

Professor Cowman said he hopes to see the discovery pave the way to new antimalarial drugs or vaccines for preventing malaria. "This discovery has fundamentally changed our view of the malaria parasite and is a big step in understanding how the malaria parasite survives and is transmitted," he said. "The next step is to identify the molecules involved in this signalling process, and ways that we could block these communication networks to block the transmission of malaria from the human to the mosquito. That would be the ultimate goal."

This project was supported by the National Health and Medical Research Council of Australia, Howard Hughes Medical Institute and the Victorian Government.

Neta Regev-Rudzki, Danny W. Wilson, Teresa G. Carvalho, Xavier Sisquella, Bradley M. Coleman, Melanie Rug, Dejan Bursac, Fiona Angrisano, Michelle Gee, Andrew F. Hill, Jake Baum, Alan F. Cowman. Cell-Cell Communication between Malaria-Infected Red Blood Cells via Exosome-like Vesicles. Cell, 2013; DOI:10.1016/j.cell.2013.04.029

Picture: Professor Alan Cowman (left) and Dr Neta Regev-Rudzki have made the surprise discovery that malaria parasites can 'talk' to each other. This social behaviour ensures the parasite's survival and improves its chances of being transmitted to other humans. (Credit: Image courtesy of Walter and Eliza Hall Institute)

Australian BREAST moves overseas - 15 May 2013, University of Sydney

A web-based training tool for reading mammograms developed by researchers at the University of Sydney's Faculty of Health Sciences is poised to be implemented by breast screening services across the globe.

The online tool known as Breast Screen Reader Assessment Strategy (BREAST) has been used successfully in Australia for more than two years and monitors the performance of radiologists in detecting and diagnosing abnormalities in breast x-rays.

BREAST was recently adopted by the New Zealand Ministry of Health and plans for its implementation as an essential training tool for radiologists are underway with health ministries in countries where the incidence of breast cancer is on the rise including Saudi Arabia, China, Vietnam and the United States.

According to Professor Patrick Brennan, Associate Dean of International Research Development, at the Faculty of Health Sciences as many as 800,000 Australian women undergo a mammogram each year and reading a mammogram can be one of the most challenging components of a radiologist's job.

Professor Brennan says while he is currently finalising plans for the programs implementation in several countries, BREAST will be made available to radiologists and radiology registrars who read mammograms in screening services throughout New Zealand in the next few weeks.

"BREAST will give clinicians in New Zealand the opportunity to assess their proficiency in spotting tumors and correctly identifying normal cases," states Professor Brennan.

The New Zealand Ministry of Health said it had approved the implementation of the Breast Screen Reader Assessment Strategy as their national training, assessment and research tool to improve the early detection of breast cancer in women across the country. The department also said the program was a key feature in Breast Screen Aotearoa's commitment to providing a quality service to women in New Zealand and transforming the detection of breast cancer.

Professor Brennan says as the program which was co-developed with Professor Warwick Lee and Ms Kriscia Tapia provides clinicians with immediate, meaningful feedback on their ability to read and interpret mammograms and is coupled with training for clinicians continuing professional development.

"Information gathered from participants during training sessions will be valuable in addressing some of the questions around breast cancer and continuing development of imaging technologies," states Professor Brennan.

White Fronted Chat filmed at Pittwater, Tasmania by Mike Grant

White Fronted Chat filmed at Pitt Water, Tasmania

OW. YOU CAN GO BACK TO WORK NOW AND FEEL BE

Health papers published this week:

World First Clinical Trial Supports Use of Kava to Treat Anxiety

May 13, 2013 — A world-first completed clinical study by **an Australian team has found Kava, a medicinal South Pacific plant, significantly reduced the symptoms of people suffering anxiety.** The study, led by the University of Melbourne and published in the *Journal of Clinical Psychopharmacology*, revealed Kava could be an alternative treatment to pharmaceutical products for the hundreds of thousands of Australians who suffer from Generalised Anxiety Disorders (GAD)

Lead researcher, Dr Jerome Sarris from Department of Psychiatry at the University of Melbourne, said GAD is a complex condition that significantly affected people's day-today lives. Existing medications have a modest clinical effect and new effective options were needed for patients with anxiety. "Based on previous work we have recognised that plant based medicines may be a viable treatment for patients with chronic anxiety. In this study we've been able to show that Kava offers a potential natural alternative for the treatment of chronic clinical anxiety. Unlike some other options it has less risk of dependency and less potential for side effects," he said.

The study also found that people's genetic differences (polymorphisms) of certain neurobiological mechanisms called GABA transporters, may modify their response to Kava. "If this finding is replicated, it may pave the way for simple genetic tests to determine which people may be likely to have a beneficial anxiety-reducing effect from taking Kava," Dr Sarris said.

During the eight-week study, 75 patients with clinically diagnosed Generalised Anxiety Disorder were given Kava or placebo, and anxiety levels were regularly assessed. Results showed a significant reduction in anxiety for the Kava group compared to the placebo group at the end of the study.

In participants diagnosed with moderate to severe GAD, Kava had an even greater effect in reducing anxiety. Following the completion of the controlled phase, 26 per cent of the Kava group were classified as in remission from their symptoms compared to six per cent of the placebo group.

Participants in the Kava group were given tablets twice per day consisting of water-soluble extracted Kava (peeled rootstock) for a total dose of 120mg of kavalactones for the first three-week controlled phase. In cases of non-response this was increased to a double-dose twice per day for the second three-week controlled phase. Participants in the placebo group took matching dummy tablets in the same manner.

Kava was also well tolerated. Results showed no significant differences across the two groups for liver function which had previously been a concern for Kava's medicinal use. In addition there were no considerable adverse reactions that could be attributed to Kava and no difference in withdrawal or addiction between the groups.

An additional novel finding of the study, recently published in Phytotherapy Research was that Kava increased women's sex drive compared to those in the placebo group, believed to be due to the reduction of anxiety, rather than any aphrodisiac effect.

Future studies confirming the genetic relationship to therapeutic response, and any libido-improving effects from Kava is now required. Dr Sarris said these significant findings are of importance to sufferers of anxiety and to the South Pacific region which relies on Kava as a major export.

The study was funded by the NHMRC and Integria Healthcare who manufacture MediHerb and Thompson's Kava products.

Jerome Sarris, Con Stough, Chad A. Bousman, Zahra T. Wahid, Greg Murray, Rolf Teschke, Karen M. Savage, Ashley Dowell, Chee Ng, Isaac Schweitzer. **Kava in the Treatment of Generalized Anxiety Disorder.** Journal of Clinical Psychopharmacology, 2013; : 1 DOI:10.1097/JCP.0b013e318291be67

Agent Orange Exposure Linked to Life-Threatening Prostate Cancer

May 13, 2013 — A new analysis has found a link between exposure to Agent Orange and lethal forms of prostate cancer among US Veterans. Published early online in Cancer, a peer-reviewed journal of the American Cancer Society, the findings suggest that Agent Orange exposure history should be incorporated into prostate screening decisions for Veterans.

The herbicide Agent Orange was heavily used during the Vietnam War era and was often contaminated with dioxin, a dangerous toxin and potential carcinogen. Prior research suggests that exposure to Agent Orange may increase men's risk of developing prostate cancer, but it is unclear whether it specifically increases their risk of developing lethal forms of the disease. "This is an important distinction as the majority of prostate cancer cases are non-lethal and thus do not necessarily require detection or therapy. Having a means of specifically detecting life-threatening cancer would improve the effectiveness of screening and treatment of prostate cancer," said Mark Garzotto, MD, of the Portland Veterans Administration Medical Center and Oregon Health & Science University.

To look for a link between Agent Orange exposure and life-threatening, or high-grade, prostate cancer, Nathan Ansbaugh, MPH, designed and conducted analyses on a group of 2,720 US Veterans who were referred by multiple providers for initial prostate biopsy. Biopsy results and clinical information were compiled for analysis by principal investigator Dr. Garzotto.

Prostate cancer was diagnosed in 896 (32.9 percent) of the Veterans; 459 (16.9 percent) had high-grade disease. Agent Orange exposure was linked with a 52 percent increase in overall risk of prostate cancer detection by biopsy. Exposure to the herbicide did not confer an increase in risk of low-grade prostate cancer, but it was linked with a 75 percent increase in risk of high-grade prostate cancer. In addition, Agent Orange exposure was associated with more than a two-fold increase in the highest-grade, most lethal cancers.

This study indicates that determining men's Agent Orange exposure status is a readily identifiable means of improving prostate cancer screening for US Veterans, allowing for earlier detection and treatment of lethal cases and potentially prolonging survival and improving quality of life. "It also should raise awareness about potential harms of chemical contaminants in biologic agents used in warfare and the risks associated with waste handling and other chemical processes that generate dioxin or dioxin-related compounds," said Dr. Garzotto.

Nathan Ansbaugh, Jackilen Shannon, Motomi Mori, Paige E. Farris, Mark Garzotto. **Agent Orange as a risk factor for high-grade prostate cancer.** Cancer, 2013; DOI:10.1002/cncr.27941

Bird Flu in Live Poultry Markets Are the Source of Viruses Causing Human Infections

May 13, 2013 — On 31 March 2013, the Chinese National Health and Family Planning Commission announced human cases of novel H7N9 influenza virus infections. A group of scientists, led by Professor Chen Hualan of the Harbin Veterinary Research Institute at the Chinese Academy of Agricultural Sciences, has investigated the origins of this novel H7N9 influenza virus and published their results in Springer's open access journal Chinese Science Bulletin (SpringerOpen).

Following analysis of H7N9 influenza viruses collected from live poultry markets, it was found that these viruses circulating among birds were responsible for human infections. These results provide a basis for the government to take actions for controlling this public health threat. The novel H7N9 influenza virus was identified in China as the agent, that causes a flu-like disease in humans, resulting in some deaths.

A total of 970 samples were collected from live poultry markets and poultry farms located in Shanghai and Anhui Province. Samples analyzed included drinking water, feces, contaminated soil, and cloacal and tracheal swabs. Of these samples, 20 were positive for the presence of H7N9 influenza viruses. All of the positive samples originated from live poultry markets in Shanghai. Of these 20 positive samples, 10 were isolated from chickens, 3 from pigeons, and 7 were from environmental samples.

The complete genome of three H7N9 isolates, from a chicken, pigeon, and environmental sample, was sequenced and deposited into the GISAID database (http://platform.gisaid.org/epi3/frontend).

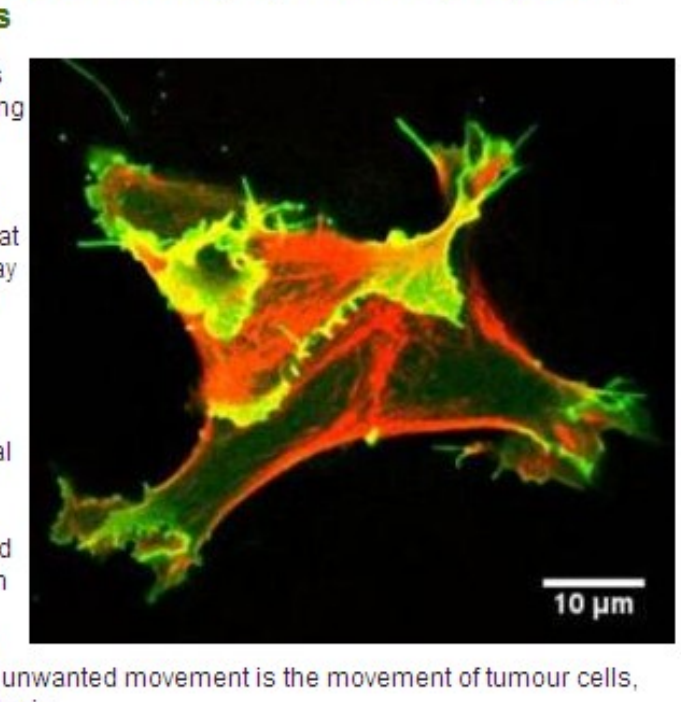
Genetic analysis of these isolates revealed high homology across all eight gene segments. The analysis of these novel H7N9 influenza virus isolates showed that that the six internal genes were derived from avian H9N2 viruses, but the ancestor of their hemagglutinin (HA) and neuraminidase (NA) genes is unknown.HA receptor-binding specificity is a major molecular determinant for the host range of influenza viruses. Within the HA protein of novel H7N9 viruses, there was a leucine residue at position 226, which is characteristic of the HA gene in human influenza viruses.

This finding implies that H7N9 viruses have partially acquired human receptor-binding specificity.

The authors conclude: "We suggest that strong measures, such as continued surveillance of avian and human hosts, control of animal movement, shutdown of live poultry markets, and culling of poultry in affected areas, should be taken during this initial stage of virus prevalence to prevent a possible pandemic. Additionally, it is also imperative to evaluate the pathogenicity and transmissibility of these H7N9 viruses, and to develop effective vaccines and antiviral drugs so as to reduce their adverse effects upon human health.

JianZhong Shi, GuoHua Deng, PeiHong Liu, JinPing Zhou, LiZheng Guan, WenHui Li, XuYong Li, Jing Guo, GuoJun Wang, Jun Fan, JinLiang Wang, YuanYuan Li, YongPing Jiang, LiLing Liu, GuoBin Tian, ChengJun Li, HuaLan Chen. **Isolation and characterization of H7N9 viruses from live poultry markets—Implication of the source of current H7N9 infection in humans.** Chinese Science Bulletin, 2013; DOI: 10.1007/s11434-013-5873-4

Water Governs Cell Movement: Aquaporins Play Key Role, New Research Finds



May 14, 2013 — Water gives life. Researchers at Linköping University in Sweden now show how the cells in our bodies are driven mainly by water power - a discovery that in the long run opens the way for a new strategy in cancer therapy.

The ability of cells to move and change shape is significant in many biological processes. White blood corpuscles gather at "hotspots" like infections and inflammations. Stem cells in the embryo move off in different directions to make the organs of the body. One unwanted movement is the movement of tumour cells, which lead to cancer metastasis.

Cells have a clear leading and trailing edge and move by a broad, thin membrane protrusion shooting out in front while the rest of the cell follows it. Small, finger-like filopodia can also project out from the protrusion, probably a type of cellular antenna that senses the chemical environment - bacterial secretions, for example. But what governs this ability to move? Water, say the Linköping research team, who set out their hypothesis in the scientific journal *PLOS ONE*.

For a cell to be able to initiate a movement there needs to be a complex interaction between the outer cell membrane and the cytoskeleton on the inside. One of the most important components is the protein actin, which has the ability to create dynamic fibres that can grow at one end and recede at the other. The current thinking is that, in this way, the membrane can push out and create the protrusions. But experiments and modelling have led the LiU researchers to another picture of the mechanism.

"We looked at how cells create the membrane protrusions they need in order to be able to move. We showed that the water flow out of and into the cells through water channels, or aquaporins, in the cell membrane is important," says Thommie Karlsson, researcher in medical microbiology and principal author of the article.

In order to study the process he and his colleagues used living cells which expressed the "fluorescent" protein GFP, attached to the aquaporin AQP9. It turned out that this water channel increased the movement capacity of the white blood cells, and also accumulated in the cell membrane where it promoted the formation of protrusions.

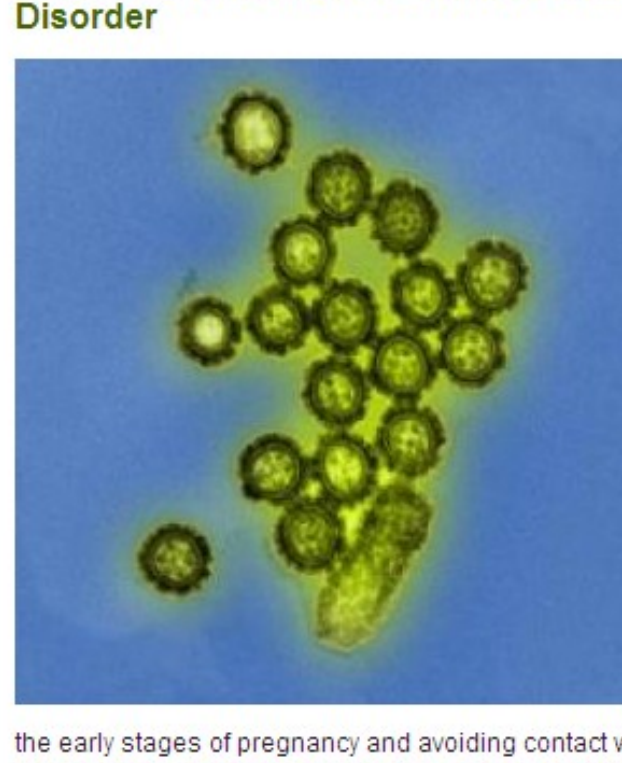
In models that were developed based on these results, the water flows through AQP9 in the cell where it creates an increased pressure between the cell membrane and the cytoskeleton. A protrusion forms, which is then anchored by actin fibres.

"This is a fundamentally new way of looking at cell movement. Our fellow researchers will try to disprove our results," says Professor Karl-Eric Magnusson, leader of the study.

The discovery in which aquaporin plays a crucial part opens the way to a new strategy to stop metastatic cancer tumours. There are 13 different types of aquaporin that react to different factors. By shutting off one or several with an inhibitor, we should be able to influence the movement of tumour cells, thereby preventing their spread through the body.

Thommie Karlsson, Anastasia Bolshakova, Marco A. O. Magalhães, Vesa M. Loitto, Karl-Eric Magnusson. **Fluxes of Water through Aquaporin 9 Weaken Membrane-Cytoskeleton Anchorage and Promote Formation of Membrane Protrusions.** PLoS ONE, 2013; 8 (4): e59901 DOI: 10.1371/journal.pone.0059901 Picture: Cells move by thin membrane protrusions. This image of a human renal cell also shows finger-like filopodia (green). (Credit: Image courtesy of Linköping Universitet)

Flu in Pregnancy May Quadruple Child's Risk for Bipolar Disorder



May 14, 2013 — Pregnant mothers' exposure to the flu was associated with a nearly fourfold increased risk that their child would develop bipolar disorder in adulthood, in a study funded by the National Institutes of Health. The findings add to mounting evidence of possible shared underlying causes and illness processes with schizophrenia, which some studies have also linked to prenatal exposure to influenza.

"Prospective mothers should take common sense preventive measures, such as getting flu shots prior to and in the early stages of pregnancy and avoiding contact with people who are symptomatic," said Alan Brown, M.D., M.P.H, of Columbia University and New York State Psychiatric Institute, a grantee of the NIH's National Institute of Mental Health (NIMH). "In spite of public health recommendations, only a relatively small fraction of such women get immunized. The weight of evidence now suggests that benefits of the vaccine likely outweigh any possible risk to the mother or newborn."

Brown and colleagues reported their findings **online** May 8, 2013 in *JAMA Psychiatry*. Although there have been hints of a maternal influenza/bipolar disorder connection, the new study is the first to prospectively follow families in the same HMO, using physician-based diagnoses and structured standardized psychiatric measures. Access to unique Kaiser-Permanente, county and Child Health and Development Study databases made it possible to include more cases with detailed maternal flu exposure information than in previous studies.

Among nearly a third of all children born in a northern California county during 1959-1966, researchers followed, 92 who developed bipolar disorder, comparing rates of maternal flu diagnoses during pregnancy with 722 matched controls.

The nearly fourfold increased risk implicated influenza infection at any time during pregnancy, but there was evidence suggesting slightly higher risk if the flu occurred during the second or third trimesters. Moreover, the researchers linked flu exposure to a nearly sixfold increase in a subtype of bipolar disorder with psychotic features.

A previous study, by Brown and colleagues, in a related northern California sample, found a threefold increased risk for schizophrenia associated with maternal influenza during the first half of pregnancy. Autism has similarly been linked to first trimester maternal viral infections and to possibly related increases in inflammatory molecules.

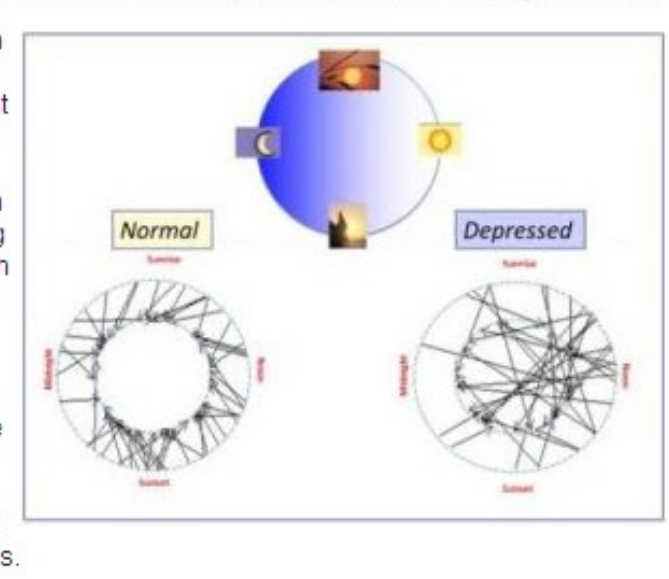
"Future research might investigate whether this same environmental risk factor might give rise to different disorders, depending on how the timing of the prenatal insult affects the developing fetal brain," suggested Brown.

Bipolar disorder shares with schizophrenia a number of other suspected causes and illness features, the researchers note. For example, both share onset of symptoms in early adulthood, susceptibility genes, run in the same families, affect nearly one percent of the population, show psychotic behaviors and respond to antipsychotic medications.

Increasing evidence of such overlap between traditional diagnostic categories has led to the NIMH Research Domain Criteria (RDoC) project, which is laying the foundation for a new mental disorders classification system based on brain circuits and dimensional mechanisms that cut across traditional diagnostic categories.

Raveen Parboosing, Yuanyuan Bao, Ling Shen, PhD; Catherine A. Schaefer, Alan S. Brown. **Gestational Influenza and Bipolar Disorder in Adult Offspring.** JAMA Psychiatry, 2013 DOI:10.1001/jamapsychiatry.2013.896 Picture: This colorized transmission electron micrograph shows H1N1 influenza virus particles. Surface proteins on the virus particles are shown in black. (Credit: NIAID)

Out of Sync: Body Clocks Altered at Cell Level in Depression



May 13, 2013 — Every cell in our bodies runs on a 24-hour clock, tuned to the night-day, light-dark cycles that have ruled us since the dawn of humanity. The brain acts as timekeeper, keeping the cellular clock in sync with the outside world so that it can govern our appetites, sleep, moods and much more. But new research shows that the clock may be broken in the brains of people with depression - even at the level of the gene activity inside their brain cells.

It's the first direct evidence of altered circadian rhythms in the brain of people with depression, and shows that they operate out of sync with the usual ingrained daily cycle. The findings, in the *Proceedings of the National Academy of Sciences*, come from scientists from the University of Michigan Medical School and other institutions.

The discovery was made by sifting through massive amounts of data gleaned from donated brains of depressed and non-depressed people. With further research, the findings could lead to more precise diagnosis and treatment for a condition that affects more than 350 million people worldwide.

What's more, the research also reveals a previously unknown daily rhythm to the activity of many genes across many areas of the brain - expanding the sense of how crucial our master clock is.

In a normal brain, the pattern of gene activity at a given time of the day is so distinctive that the authors could use it to accurately estimate the hour of death of the brain donor, suggesting that studying this "stopped clock" could conceivably be useful in forensics. By contrast, in severely depressed patients, the circadian clock was so disrupted that a patient's "day" pattern of gene activity could look like a "night" pattern - and vice versa.

The team uses material from donated brains obtained shortly after death, along with extensive clinical information about the individual. Numerous regions of each brain are dissected by hand or even with lasers that can capture more specialized cell types, then analyzed to measure gene activity. The resulting flood of information is picked apart with advanced data-mining tools.

Lead author Jun Li, Ph.D., an assistant professor in the U-M Department of Human Genetics, describes how this approach allowed the team to accurately back-predict the hour of the day when each non-depressed individual died - literally plotting them out on a 24-hour clock by noting which genes were active at the time they died. They looked at 12,000 gene transcripts isolated from six regions of 55 brains from people who did not have depression.

This provided a detailed understanding of how gene activity varied throughout the day in the brain regions studied. But when the team tried to do the same in the brains of 34 depressed individuals, the gene activity was off by hours. The cells looked as if it were an entirely different time of day.

"There really was a moment of discovery," says Li, who led the analysis of the massive amount of data generated by the rest of the team and is a research assistant professor in U-M's Department of Computational Medicine at Bioinformatics. "It was when we realized that many of the genes that show 24-hour cycles in the normal individuals were well-known circadian rhythm genes - and when we saw that the people with depression were not synchronized to the usual solar day in terms of this gene activity. It's as if they were living in a different time zone than the one they died in."

Huda Akil, Ph.D., the co-director of the U-M Molecular & Behavioral Neuroscience Institute and co-director of the U-M site of the Pritzker Neuropsychiatric Disorders Research Consortium, notes that the findings go beyond previous research on circadian rhythms, using animals or human skin cells, which were more easily accessible than human brain tissues.

"Hundreds of new genes that are very sensitive to circadian rhythms emerged from this research - not just the primary clock genes that have been studied in animals or cell cultures, but other genes whose activity rises and falls throughout the day," she says. "We were truly able to watch the daily rhythm play out in a symphony of biological activity, by studying where the clock had stopped at the time of death. And then, in depressed people, we could see how this was disrupted."

Now, she adds, scientists must use this information to help find new ways to predict depression, fine-tune treatment for each depressed patient, and even find new medications or other types of treatment to develop and test. One possibility, she notes, could be to identify biomarkers for depression - telltale molecules that can be detected in blood, skin or hair.

And, the challenge of determining why the circadian clock is altered in depression still remains. "We can only glimpse the possibility that the disruption seen in depression may have more than one cause. We need to learn more about whether something in the nature of the clock itself is affected, because **if you could fix the clock you might be able to help people get better**," Akil notes.

Jun Z. Li, Blynn G. Bunney, Fan Meng, Megan H. Hagenauer, David M. Walsh, Marquis P. Vawter, Simon J. Evans, Prabhakara V. Choudary, Preston Cartagena, Jack D. Barchas, Alan F. Schatzberg, Edward G. Jones, Richard M. Myers, Stanley J. Watson, Jr., Huda Akil, and William E. Bunney. **Circadian patterns of gene expression in the human brain and disruption in major depressive disorder.** PNAS, 2013 DOI:10.1073/pnas.1305814110 Picture: Credit: Image courtesy of University of Michigan Health System

Tumor-Activated Protein Promotes Cancer Spread

May 13, 2013 — Researchers at the University of California, San Diego School of Medicine and UC San Diego Moores Cancer Center report that cancers physically alter cells in the lymphatic system - a network of vessels that transports and stores immune cells throughout the body - to promote the spread of disease, a process called metastasis.

The findings are published in this week's **online Early Edition** of the *Proceedings of the National Academy of Sciences.*

Roughly 90 percent of all cancer deaths are due to metastasis - the disease spreading from the original tumor site to multiple, distant tissues and finally overwhelming the patient's body. Lymph vessels are often the path of transmission, with circulating tumor cells lodging in the lymph nodes - organs distributed throughout the body that act as immune system garrisons and traps for pathogens and foreign particles.

The researchers, led by principal investigator Judith A. Varner, PhD, professor of medicine at UC San Diego Moores Cancer Center, found that a protein growth factor expressed by tumors called VEGF-C activates a receptor called integrin α4β1 on lymphatic vessels in lymph node tissues, making them more attractive and sticky to metastatic tumor cells.

"One of the most significant features of this work is that it highlights the way that tumors can have long-range effects on other parts of the body, which can then impact tumor metastasis or growth," said Varner.

Varner said α4β1 could prove to be a valuable biomarker for measuring cancer risk, since increased levels of the activated protein in lymph tissues is an indirect indicator that an undetected tumor may be nearby.

She said whole-body imaging scans of the lymphatic network might identify problem areas relatively quickly and effectively. "The idea is that a radiolabeled or otherwise labeled anti-integrin α4β1 antibody could be injected into the lymphatic circulation, and it would only bind to and highlight the lymphatic vessels that have been activated by the presence of a tumor."

Varner noted that α4β1 levels correlate with metastasis - the higher the level, the greater the chance of the cancer spreading. With additional research and clinical studies, doctors could refine treatment protocols so that patients at higher risk are treated appropriately, but patients at lower or no risk of metastasis are not over-treated.

The researchers noted in their studies that it is possible to suppress tumor metastasis by reducing growth factor levels or by blocking activation of the α4β1 receptor. Varner said an antibody to VEGF-R3 is currently in Phase 1 clinical trials. An approved humanized anti-α4β1 antibody is currently approved for the treatment of multiple sclerosis and Crohn's disease. Varner said her lab at UC San Diego Moores Cancer Center is investigating the possibility of developing one for treating cancer.

Barbara Garmy-Susini, Christie J. Avraamides, Jay S. Desgrosellier, Michael C. Schmid, Philippe Foubert, Lesley G. Ellies, Andrew M. Lowy, Sarah L. Blair, Scott R. Vandenberg, Brian Datnow, Huan-You Wang, David A. Cheresh, and Judith Varner. **PI3Kα activates integrin α4β1 to establish a metastatic niche in lymph nodes.** PNAS, 2013 DOI:10.1073/pnas.1219603110

Leap in Leukemia Treatment

May 13, 2013 — Doctors at Dartmouth-Hitchcock's Norris Cotton Cancer Center (NCCC) have found a combination of drugs to potentially treat chronic lymphocytic leukemia (CLL) more effectively. The research was **published online** on May 3, 2013, and it will appear as a letter in the journal *Leukemia*, a publication of the Nature Publishing Group. The study helps address a basic problem of treating CLL.

CLL lives both in the blood in circulation, and in lymph nodes and bone marrow. The former is relatively easy to kill, but the disease recurs because of resistant CLL cells in the lymph nodes and bone marrow. The researchers found an innovative drug combination that targets the stubborn CLL cells.

"We have been studying the mechanism in the cancer cells that causes the resistance to treatment," says Alan Eastman, the senior researcher on the team and a professor of pharmacology and toxicology at the Geisel School of Medicine at Dartmouth, "and that in turn, led us to find drugs that target the resistance." Eastman led the team at Dartmouth-Hitchcock's Norris Cotton Cancer Center that also included Ryan Soderquist, Darcy Bates, and Alexey Danilov.

The researchers found a very effective drug combination of gossypol plus navitoclax to kill CLL cells. "Both drugs have been given to patients, but never in combination, because no one had the mechanistic rationale for doing that. Now we have what we think is the most promising drug combination so far for the treatment of CLL," says Eastman.

CLL cells in the lymph nodes have an increased level of a protein known as BCL-X. Gossypol likely inhibits this protein, which allows the navitoclax to work more effectively to kill the cancer cells. Eastman and his team tested this drug combination on CLL immediately after they came out of the patients.

The willingness of the patients to participate was integral to this study," Eastman adds. "After 40 years of research, I think this is the most promising idea I have had that might truly impact patient outcome." The researchers hope a clinical trial will soon follow.

R Soderquist, D J P Bates, A V Danilov, A Eastman.**Gossypol overcomes stroma-mediated resistance to the BCL2 inhibitor ABT-737 in chronic lymphocytic leukemia cells ex vivo.** Leukemia, 2013; DOI:10.1038/leu.2013.138

North Carolina Coal Plant Emissions Might Play Role in State Suicide Numbers

May 13, 2013 — New research from Wake Forest Baptist Medical Center finds that suicide, while strongly associated with psychiatric conditions, also correlates with environmental pollution. Lead researcher John G. Spangler, M.D., M.P.H., a professor of family medicine at Wake Forest Baptist, looked specifically at the relationship between air pollution and emissions from coal-fired electricity plants.

"This study raises interesting questions about suicide rates in counties where coal-fired electrical plants operate and suggests that the quality of air can affect people suffering from different mood disorders," Spangler said.

For this ecological study, Spangler evaluated air level contaminates in 20 North Carolina counties where coal-fired electricity plants existed, using data from the 2000 U.S. Census, 2001-2005 mortality rates from the N.C. State Center for Health Statistics and the U.S. Environmental Protection Agency.

County-level suicide rates were higher overall in North Carolina (12.4 per 100,000 population) compared to the U.S. population (10.8 per 100,000). The study found that for each additional coal-fired electricity plant per N.C. county, there were about two additional suicides per 100,000 population annually per county. As there were 20 coal-fired electricity plants in North Carolina when this study was carried out, that means there were about 40 suicides a year per 100,000 population related to the plants. When applied to the state's year 2,000 population of 8,049,313, this equals about 3,220 suicides a year associated with coal-fired electricity plants.

The study is published in the most recent online edition of theJournal of Mood Disorders.

"The presence of a coal-fired electricity plant correlated with airborne levels of nickel, mercury, lead, chromium, cadmium, beryllium and arsenic," Spangler said.

While prior research has evaluated the association between environmental contamination and mood disorders and suicide, coal emissions have not been looked at in this fashion, Spangler said. "This is the first study to show that the existence of coal-fired electricity plants is related to population-level suicide rates. Because suicide might be associated with environmental pollution, this study may help inform regulations not only of air pollutants, but also of coal-fired electrical power plant emissions."

Spangler has conducted previous ecological research into environmental heavy metals, looking at their correlation to diabetes mortality, chronic liver disease death, cancer mortality and infant mortality. Spangler said the study was subject to a number of limitations because it only looked at county-level characteristics and could not control for factors in individual residents.

"Still, it raises the interesting question of whether suicide in a given population is related to the presence or absence of coal-fired electricity plants and the air quality," he said. "Further research is needed to understand what factors related to coal burning actually are at play and suggest that tighter regulation of coal-fired power plant emissions might cut down on county suicide rates in North Carolina."

John Spangler. **Association of Suicide Rates and Coal-Fired Electricity Plants by County in North Carolina.** Journal of Mood Disorders, 2012; : 1 DOI:10.5455/jmood.20121120043720

Global Warming Trends Contribute to Spread of West Nile Virus to New Regions in Europe

May 13, 2013 — Global warming trends have a significant influence on the spread of West Nile Virus to new regions in Europe and neighboring countries, where the disease wasn't present before, according to a new study by the University of Haifa. The study was commissioned by the European Centre for Disease Prevention and Control (ECDC) in Stockholm, which belongs to the European Union. The study found that rising temperatures have a more considerable contribution than humidity, to the spread of the disease, while the effect of rain was inconclusive.

"These results are an additional testament that global warming contributes to the outbreak of mosquito-borne and other temperature-sensitive vector-borne diseases. The indications to this are piling up in different parts around the globe," says Dr. Shlomit Paz, who led this research. These findings were recently published in the online scientific journal, PLoS One.

West Nile Virus is spread by mosquitoes that repeatedly bite infected birds. The potential threat the infection poses to man is the possibility of causing irreversible brain damage or even death through encephalitis or meningitis. The elderly and people with weak immune systems are most susceptible.

The research, conducted by a team from the University of Haifa led by Dr. Shlomit Paz, also included Dr. Dan Malkinson and Gil Tzioni from the Department of Geography and Environmental Studies, along with Prof. Manfred Green, the head of the School of Public Health, and in collaboration with Prof. Jan Semenza from the ECDC. The Israeli research team was chosen by the EU's ECDC, after winning an international tender. The current study examined the link between daily temperature, humidity and precipitation data and West Nile incidence in Europe and neighboring countries. "We used statistical tools and found that as a result of heat waves, a dramatic increase in the number of cases resulted from increased activity of the virus and a growth of the mosquito population," claims Paz. According to her, these results were seen in various countries.

Paz says these results have a significant importance considering the rising temperatures seen in Europe in recent years. She is now conducting a continuing study on the subject for the ECDC and the French research center, CIRAD. "In our new research our aim is to look for additional potential influences on the spread of the disease, such as the location of mosquito populations or various human aspects," she says.

Shlomit Paz, Dan Malkinson, Manfred S. Green, Gil Tsioni, Anna Papa, Kostas Danis, Anca Sirbu, Cornelia Ceianu, Krisztalovics Katalin, Emőke Ferenczi, Herve Zeller, Jan C. Semenza. **Permissive Summer Temperatures of the 2010 European West Nile Fever Upsurge.** PLoS ONE, 2013; 8 (2): e56398 DOI: 10.1371/journal.pone.0056398

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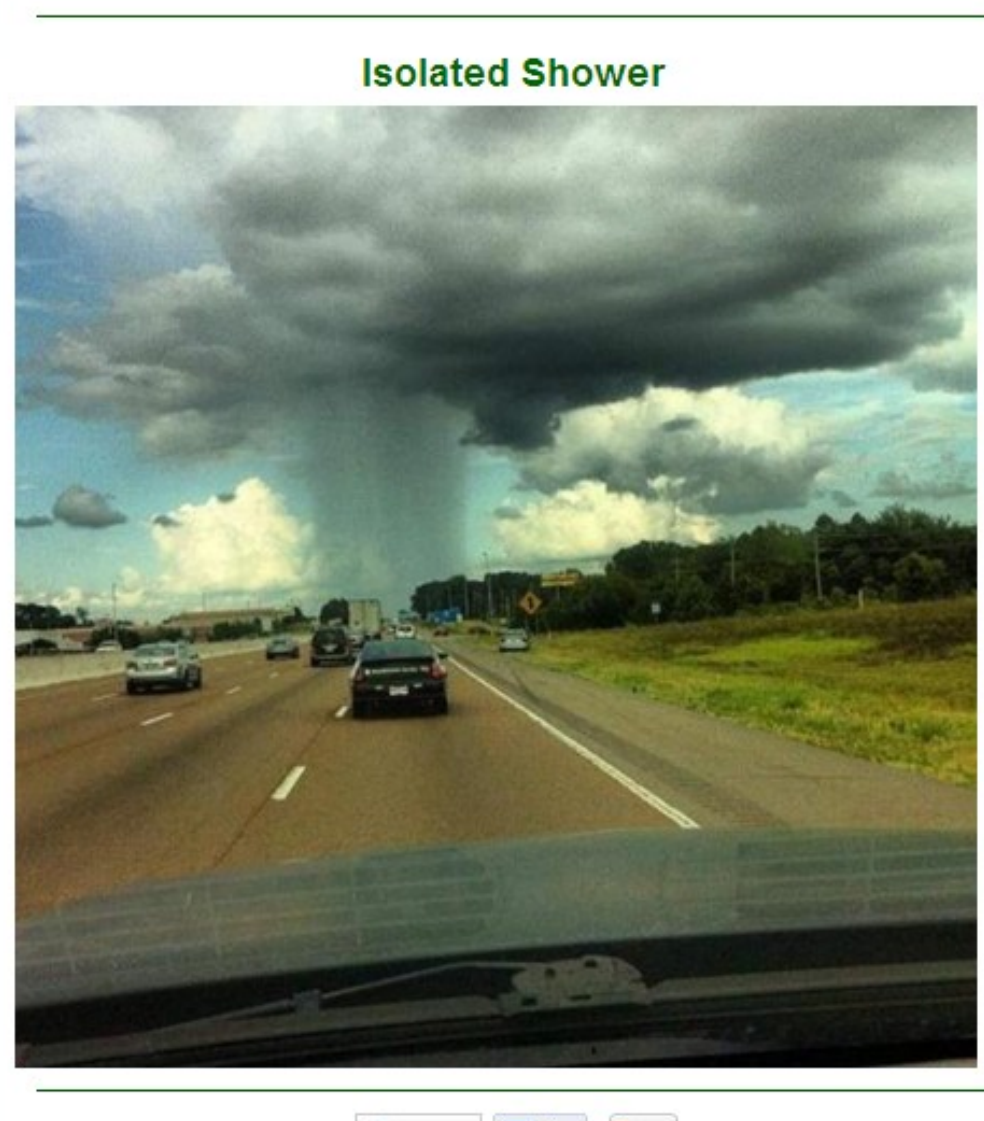
Isolated Shower



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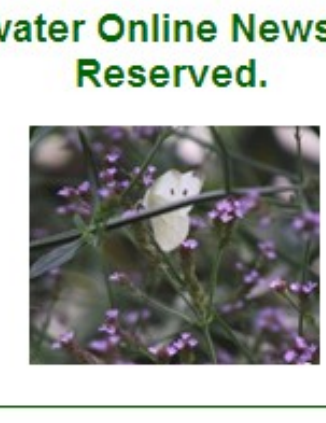


From Ocean to Land: The Fishy Origins of Our Hips

May 14, 2013 — New research has revealed that the evolution of the complex, weight-bearing hips of walking animals from the basic hips of fish was a much simpler process than previously thought.

Tetrapods, or four-legged animals, first stepped onto land about 395 million years ago. This significant change was made possible by strong hipbones and a connection through the spine via an ilium - features that were not present in the fish ancestors of tetrapods.

In a study published in the journalEvolution and Development, Dr Catherine Boisvert of the Australian Regenerative Medicine Institute at Monash University, MacQuarie University's Professor Jean Joss and Professor Per Ahlberg of Uppsala University examined the hip structures of some of human's closest fish cousins.

They found the differences between us and them are not as great as they appear - most of the key elements necessary for the transformation to human hips were actually already present in our fish ancestors.

Dr Boisvert and her collaborators compared the hip development - bones and musculature - of the Australian lung fish and the Axolotl, commonly known as the Mexican Walking Fish. The results showed that, surprisingly, the transition from simple fish hip to complex weight-bearing hip could be done in a few evolutionary steps.

"Many of the muscles thought to be 'new' in tetrapods evolved from muscles already present in lungfish. We also found evidence of a new, more simple path by which skeletal structures would have evolved," Dr Boisvert said.

The researchers found that the sitting bones would have evolved by the extension of the already existing pubis. The connection to the vertebral column could have evolved from an illiac process already present in fish.

"The transition from ocean-dwelling to land-dwelling animals was a major event in the evolution of terrestrial animals, including humans, and an altered hip was an essential enabling step," Dr Boisvert said.

"Our research shows that what initially appeared to be a large change in morphology could be done with relatively few developmental steps."

The above story is reprinted from materials provided by Monash University. Picture: Axolotl (Ambystoma mexicanum). (Credit: © mgkuijpers / Fotolia)

Data mining takes opal mining into the 21st century - 15 May 2013, University of Sydney

The first digital opal map for the Australian continent, showing where gem-quality opal is most likely to be found, has been created by a team of researchers at the University of Sydney. The research was recently published in the *Journal of Australian Earth Sciences* and in *Computers & Geosciences*.

Opal is Australia's national gemstone but no new significant opal discoveries have been made since the early 1900s. Most opal exploration is carried out by individual miners digging in desolate areas around old opal fields in the Great Artesian Basin.

"Unlike in gold exploration, there are no accepted concepts or methodologies available to guide opal miners where new fields may be found, and there are as many theories as there are opal miners," said Dr Adriana Dutkiewicz, part of the opal research team from the University's School of Geosciences.

Using cutting edge data mining strategies the team has developed a methodology that will help opal miners concentrate their efforts on areas that have not been explored previously. The researchers were able to pinpoint a number of new 'hotspots' that are favourable for finding gem-quality opal by combining a multitude of digital geological and geophysical data sets.

"The geological conditions under which opal formed resulted from a very particular sequence of surface environments over geological time," said Dr Thomas Landgrebe, the team's data mining expert.

These conditions involved alternating shallow seas and river systems followed by uplift and erosion. The environmental changes occurred from about 145 million years ago (during the Age of the Dinosaurs) until the present-day and shaped the surface of vast parts of outback Australia.

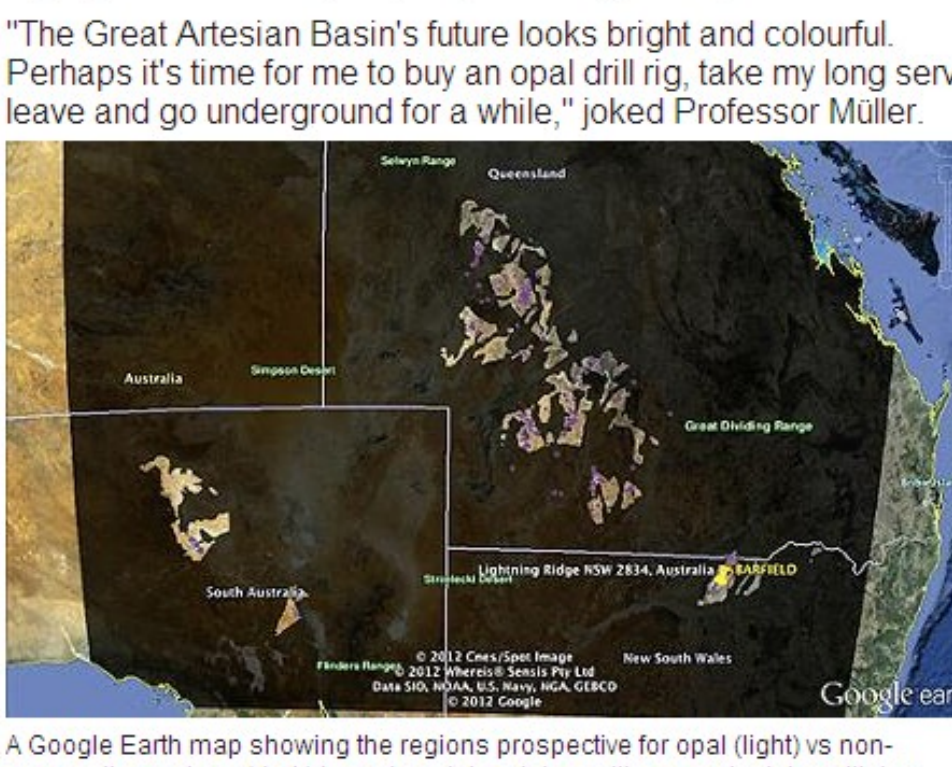
Most Australian opal is found in the Great Artesian Basin but the new digital opal prospectivity map dramatically reduces the area where a good opal find is likely from 1.35 million km2 to 0.08 million km2. The most likely locations for new opal fields occur along the south-western extent of the Great Artesian Basin in South Australia, in a northwest-southeast corridor throughout central Queensland and in areas around Lightning Ridge in NSW.

Interestingly, a new opal field was discovered last year 75km southwest of Lightning Ridge.

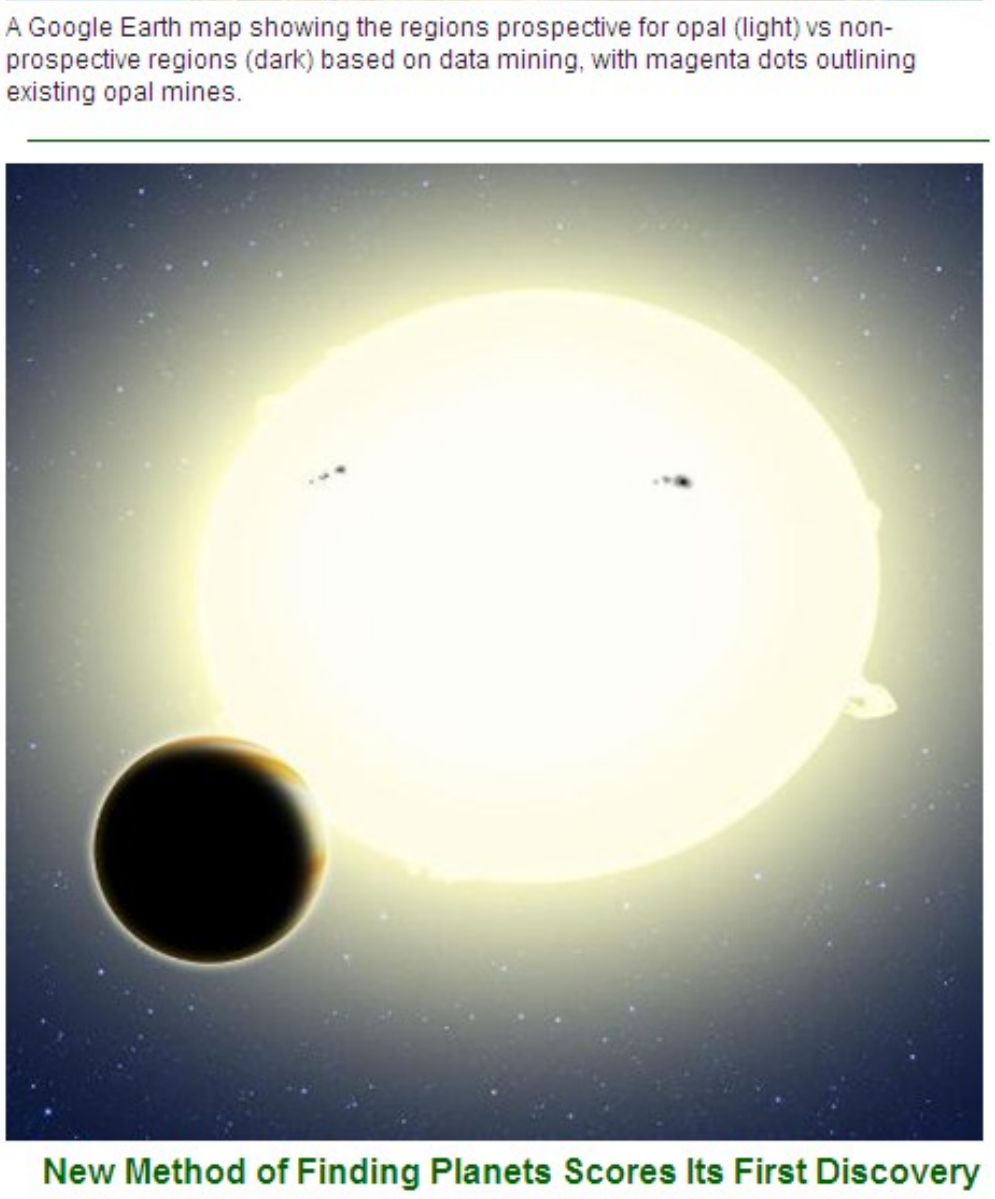
"This is precisely an area where our new map, which was completed before that discovery was made, suggests high opal prospectivity" added Professor Dietmar Müller, who holds an Australian Research Council fellowship to study the evolution of the Australian continent.

This gives credence to the team's approach to mining data through geological time and space and suggests that other areas highlighted on the map may be promising new opal fields.

"The Great Artesian Basin's future looks bright and colourful. Perhaps it's time for me to buy an opal drill rig, take my long service leave and go underground for a while," joked Professor Müller.



A Google Earth map showing the regions prospective for opal (light) vs non-prospective regions (dark) based on data mining, with magenta dots outlining existing opal mines.



New Method of Finding Planets Scores Its First Discovery

May 13, 2013 — Detecting alien worlds presents a significant challenge since they are small, faint, and close to their stars. The two most prolific techniques for finding exoplanets are radial velocity (looking for wobbling stars) and transits (looking for dimming stars). A team at Tel Aviv University and the Harvard-Smithsonian Center for Astrophysics (CfA) has just discovered an exoplanet using a new method that relies on Einstein's special theory of relativity.

"We are looking for very subtle effects. We needed high quality measurements of stellar brightnesses, accurate to a few parts per million," said team member David Latham of the CfA.

"This was only possible because of the exquisite data NASA is collecting with the Kepler spacecraft," added lead author Simchon Faigler of Tel Aviv University, Israel.

Although Kepler was designed to find transiting planets, this planet was not identified using the transit method. Instead, it was discovered using a technique first proposed by Avi Loeb of the CfA and his colleague Scott Gaudi (now at Ohio State University) in 2003. (Coincidentally, they developed their theory while visiting the Institute for Advanced Study in Princeton, where Einstein once worked.)

The new method looks for three small effects that occur simultaneously as a planet orbits the star. Einstein's "beaming" effect causes the star to brighten as it moves toward us, tugged by the planet, and dim as it moves away. The brightening results from photons "piling up" in energy, as well as light getting focused in the direction of the star's motion due to relativistic effects.

"This is the first time that this aspect of Einstein's theory of relativity has been used to discover a planet," said co-author Tsevi Mazeh of Tel Aviv University.

The team also looked for signs that the star was stretched into a football shape by gravitational tides from the orbiting planet. The star would appear brighter when we observe the "football" from the side, due to more visible surface area, and fainter when viewed end-on. The third small effect was due to starlight reflected by the planet itself.

Once the new planet was identified, it was confirmed by Latham using radial velocity observations gathered by the TRES spectrograph at Whipple Observatory in Arizona, and by Lev Tal-Or (Tel Aviv University) using the SOPHIE spectrograph at the Haute-Provence Observatory in France. A closer look at the Kepler data also showed that the planet transits its star, providing additional confirmation.

"Einstein's planet," formally known as Kepler-76b, is a "hot Jupiter" that orbits its star every 1.5 days. Its diameter is about 25 percent larger than Jupiter and it weighs twice as much. It orbits a type F star located about 2,000 light-years from Earth in the constellation Cygnus.

The planet is tidally locked to its star, always showing the same face to it, just as the Moon is tidally locked to Earth. As a result, Kepler-76b broils at a temperature of about 3,600 degrees Fahrenheit.

Interestingly, the team found strong evidence that the planet has extremely fast jet-stream winds that carry the heat around it. As a result, the hottest point on Kepler-76b isn't the substellar point ("high noon") but a location offset by about 10,000 miles. This effect has only been observed once before, on HD 189733b, and only in infrared light with the Spitzer Space Telescope. This is the first time optical observations have shown evidence of alien jet stream winds at work.

Although the new method can't find Earth-sized worlds using current technology, it offers astronomers a unique discovery opportunity. Unlike radial velocity searches, it doesn't require high-precision spectra. Unlike transits, it doesn't require a precise alignment of planet and star as seen from Earth.

"Each planet-hunting technique has its strengths and weaknesses. And each novel technique we add to the arsenal allows us to probe planets in new regimes," said CfA's Avi Loeb.

Kepler-76b was identified by the BEER algorithm, whose acronym stands for relativistic BEaming, Ellipsoidal, and Reflection/emission modulations. BEER was developed by Professor Tsevi Mazeh and his student, Simchon Faigler, at Tel Aviv University, Israel.

The paper announcing this discovery has been accepted for publication in The Astrophysical Journal and is available online.

Simchon Faigler, Lev Tal-Or, Tsevi Mazeh, Dave W. Latham, Lars A. Buchhave. BEER analysis of Kepler and CoRoT light curves: I. Discovery of Kepler-76b: A hot Jupiter with evidence for superrotation. The Astrophysical Journal, 2013 [link] Picture: Credit: David A. Aguilar (CfA)

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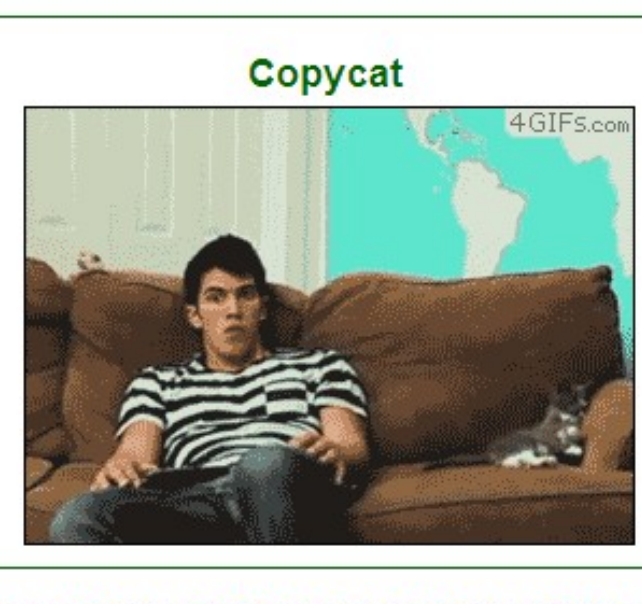


Power of Prayer: Studies Find Prayer Can Lead to Cooperation, Forgiveness in Relationships

May 14, 2013 — Praying for a romantic partner or close friend can lead to more cooperative and forgiving behavior toward the partner, according to a new study co-authored by a Florida State University researcher. **The findings are significant because they are the first in which the partners who are the subject of the prayers reported a positive change in the behavior of the person who prayed**, said Frank D. Fincham, scholar and director of the Florida State University Family Institute.

"My previous research had shown that those who prayed for their partner reported more prosocial behavior toward their partner, but self-reports are subject to potential biased reporting," Fincham said. "This set of studies is the very first to use objective indicators to show that prayer changed actual behavior, and that this behavior was apparent to the other partner, the subject of the prayer."

In addition, objective observers found those who engaged in partner-focused prayer exhibited more positive behavior toward their partners compared to those who did not pray for their partner.

Fincham is one of several authors of the study led by Nathanial Lambert, a former FSU doctoral student who is now an assistant professor at Brigham Young University. Their paper, "Shifting Toward Cooperative Tendencies and Forgiveness: How Partner-Focused Prayer Transforms Motivation," was published in the journal Personal Relationships. In addition to Lambert and Fincham, the co-authors are C. Nathan DeWall and Richard Pond of the University of Kentucky and Steven R. Beach of the University of Georgia.

The paper reports the results of five separate studies designed to find out whether partner-focused prayer shifted individuals toward cooperative behaviors and tendencies both over time and in the immediate aftermath of hurtful behavior. Among the findings:

- Participants who prayed more frequently for their partner were rated as less vengeful in discussing something the partner had done to upset or annoy them.
- The partners of participants who prayed for them noticed more forgiving behavior than the partners of participants who were assigned to set aside time each day to think positive thoughts about them.
- Participants assigned to pray following a partner's hurtful behavior were more cooperative with their partners compared to participants assigned to engage in thinking about God.
- Participants who prayed for a close relationship partner on days in which conflict occurred reported higher levels of cooperative tendencies and forgiveness than on days when conflict occurred and they did not pray.

"These findings highlight the potential benefit of using partner-focused prayer, where culturally appropriate, in clinical settings or in relationship education programs," the researchers wrote.

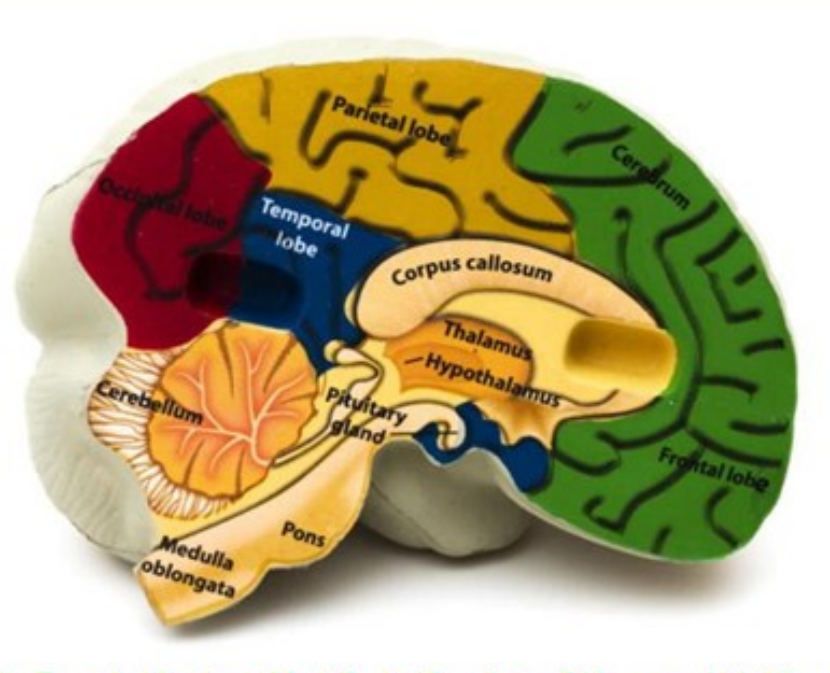
In addition to informing relationship education and couples therapy for religious clients, the research findings may also help clarify the types of interventions - that is, those that increase cooperation in order to facilitate forgiveness - that might be developed for nonreligious couples, according to the researchers.

Study participants were undergraduate college students who indicated they were comfortable with prayer and praying for others. Further studies need to be conducted with older, more mature or more ethnically diverse couples to ensure that the effects of partner-focused prayer is not limited to young adult relationships, the researchers said.

Until recently, social scientists have stayed away from studying religion, spirituality and especially prayer, Fincham said, despite the fact that some 5 billion people, or about 75 percent of the world's population, profess some religious faith.

"In the United States, some 90 percent of people say that they pray at least occasionally, and prayer is a form of spiritual activity common to all the Abrahamic traditions, including Judaism, Christianity and Islam, with strong parallels in other religious traditions, such as Buddhism, Hinduism, and Shinto," Fincham said. "Yet we know very little about its role in romantic relationships. This is the first time that objective indicators have documented the impact of prayer in such relationships."

Nathaniel Lambert, Frank D. Fincham, Nathan C. Dewall, Richard Pond, Steven R. Beach. **Shifting toward cooperative tendencies and forgiveness: How partner-focused prayer transforms motivation.** Personal Relationships, 2013; 20 (1): 184 DOI: 10.1111/j.1475-6811.2012.01411.x Picture: Mary Magdalene by Ary Scheffer (1795–1858).



Brain Frontal Lobes Not Sole Center of Human Intelligence, Comparative Research Suggests

May 13, 2013 — Human intelligence cannot be explained by the size of the brain's frontal lobes, say researchers.

Research into the comparative size of the frontal lobes in humans and other species has determined that they are not - as previously thought - disproportionately enlarged relative to other areas of the brain, according to the most accurate and conclusive study of this area of the brain. **It concludes that the size of our frontal lobes cannot solely account for humans' superior cognitive abilities.**

The study by Durham and Reading universities suggests that supposedly more 'primitive' areas, such as the cerebellum, were equally important in the expansion of the human brain. These areas may therefore play unexpectedly important roles in human cognition and its disorders, such as autism and dyslexia, say the researchers.

The study is published in the *Proceedings of the National Academy of Sciences* (PNAS) today.

The frontal lobes are an area in the brain of mammals located at the front of each cerebral hemisphere, and are thought to be critical for advanced intelligence.

Lead author Professor Robert Barton from the Department of Anthropology at Durham University, said: "Probably the most widespread assumption about how the human brain evolved is that size increase was concentrated in the frontal lobes.

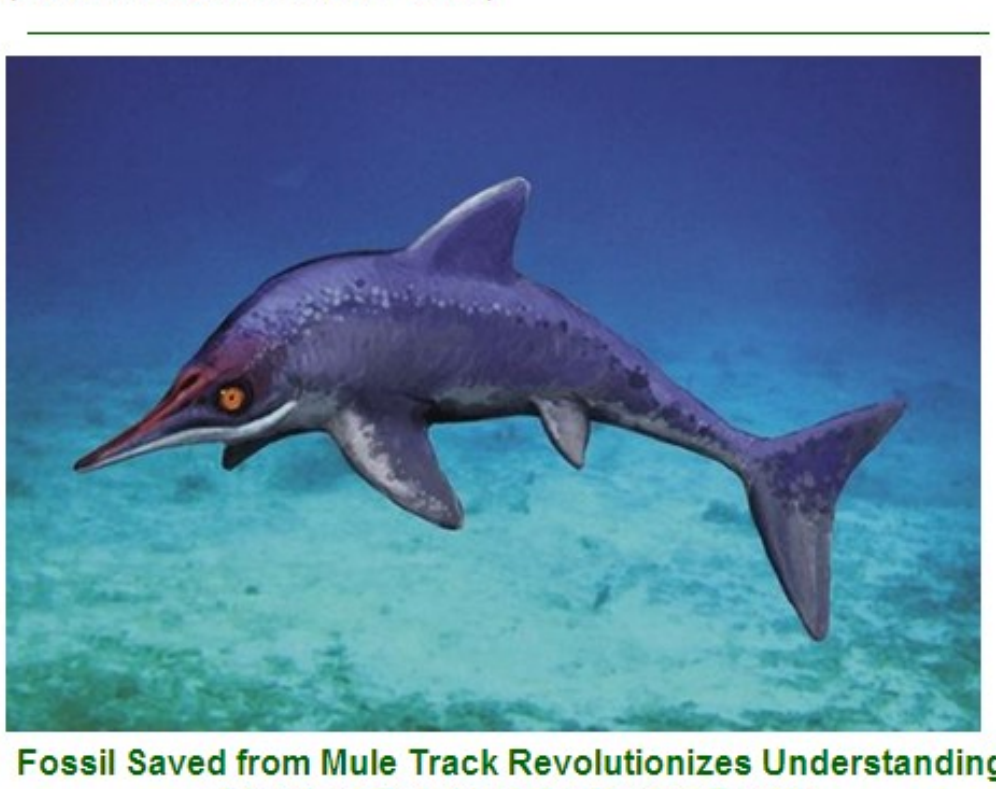
"It has been thought that frontal lobe expansion was particularly crucial to the development of modern human behaviour, thought and language, and that it is our bulging frontal lobes that truly make us human. We show that this is untrue: human frontal lobes are exactly the size expected for a non-human brain scaled up to human size.

"This means that areas traditionally considered to be more primitive were just as important during our evolution. These other areas should now get more attention. In fact there is already some evidence that damage to the cerebellum, for example, is a factor in disorders such as autism and dyslexia."

The scientists argue that many of our high-level abilities are carried out by more extensive brain networks linking many different areas of the brain. They suggest it may be the structure of these extended networks more than the size of any isolated brain region that is critical for cognitive functioning.

Previously, various studies have been conducted to try and establish whether humans' frontal lobes are disproportionately enlarged compared to their size in other primates such as apes and monkeys. They have resulted in a confused picture with use of different methods and measurements leading to inconsistent findings.

Robert A. Barton and Chris Venditti. **Human frontal lobes are not relatively large.** PNAS, May 13, 2013 DOI:10.1073/pnas.1215723110 Picture: Model of human brain. (Credit: © Karen Roach / Fotolia)



Fossil Saved from Mule Track Revolutionizes Understanding of Ancient Dolphin-Like Marine Reptile

May 14, 2013 — An international team of scientists have revealed a new species of ichthyosaur (a dolphin-like marine reptile from the age of dinosaurs) from Iraq, which revolutionises our understanding of the evolution and extinction of these ancient marine reptiles. The results, produced by a collaboration of researchers from universities and museums in Belgium and the UK and published today (May 15) in *Biology Letters*, contradict previous theories that suggest the ichthyosaurs of the Cretaceous period (the span of time between 145 and 66 million years ago) were the last survivors of a group on the decline.

Ichthyosaurs are marine reptiles known from hundreds of fossils from the time of the dinosaurs. "They ranged in size from less than one to over 20 metres in length. All gave birth to live young at sea, and some were fast-swimming, deep-diving animals with enormous eyeballs and a so-called warm-blooded physiology," says lead author Dr Valentin Fischer of the University of Liege in Belgium.

Until recently, it was thought that ichthyosaurs declined gradually in diversity through multiple extinction events during the Jurassic period. These successive events were thought to have killed off all ichthyosaurs except those strongly adapted for fast-swimming life in the open ocean. Due to this pattern, it has been assumed that ichthyosaurs were constantly and rapidly evolving to be ever-faster open-water swimmers; seemingly, there was no 'stasis' in their long evolutionary history.

However, an entirely new ichthyosaur from the Kurdistan region of Iraq substantially alters this view of the group. The specimen concerned was found during the 1950s by British petroleum geologists. "The fossil - a well-preserved partial skeleton that consists of much of the front half of the animal - wasn't exactly being treated with the respect it deserves. Preserved within a large, flat slab of rock, it was being used as a stepping stone on a mule track," says co-author Darren Naish of the University of Southampton. "Luckily, the geologists realized its potential importance and took it back to the UK, where it remains today," adds Dr Naish, who is based at the National Oceanography Centre, Southampton.

Study of the specimen began during the 1970s with ichthyosaur expert Robert Appleby, then of University College, Cardiff. "Robert Appleby recognised that the specimen was significant, but unfortunately died before resolving the precise age of the fossil, which he realised was critical," says Jeff Liston of National Museums Scotland and manager of the research project. "So continuation of the study fell to a new generation of researchers."

In the new study (which properly includes Appleby as an author), researchers name it Malawania anachronus, which means 'out of time swimmer'. Despite being Cretaceous in age,Malawania represents the last-known member of a kind of ichthyosaur long believed to have gone extinct during the Early Jurassic, more than 66 million years earlier. Remarkably, this kind of archaic ichthyosaur appears characterised by an evolutionary stasis: they seem not to have changed much between the Early Jurassic and the Cretaceous, a very rare feat in the evolution of marine reptiles.

"Malawania's discovery is similar to that of the coelacanth in the 1930s: it represents an animal that seems 'out of time' for its age. This 'living fossil' of its time demonstrates the existence of a lineage that we had never even imagined. Maybe the existence of such Jurassic-style ichthyosaurs in the Cretaceous has been missed because they always lived in the Middle-East, a region that has previously yielded only a single, very fragmentary ichthyosaur fossil," adds Dr Fischer.

Thanks to both their study of microscopic spores and pollen preserved on the same slab as Malawania, and to their several analyses of the ichthyosaur family tree, Fischer and his colleagues retraced the evolutionary history of Cretaceous ichthyosaurs. In fact, the team was able to show that numerous ichthyosaur groups that appeared during the Triassic and Jurassic ichthyosaur survived into the Cretaceous. It means that the supposed end of Jurassic extinction event did not ever occur for ichthyosaurs, a fact that makes their fossil record quite different from that of other marine reptile groups.

When viewed together with the discovery of another ichthyosaur by the same team in 2012 and namedAcamptonectes densus, the discovery of Malawaniaconstitutes a 'revolution' in how we imagine ichthyosaur evolution and extinction. It now seems that ichthyosaurs were still important and diverse during the early part of the Cretaceous. The final extinction of the ichthyosaurs - an event that occurred about 95 million years ago (long before the major meteorite-driven extinction event that ended the Cretaceous) - is now even more confusing than previously assumed.

Fischer V, Appleby RM, Naish D, Liston J, Riding JB, Brindley S and Godefroit **P. A basal thunnosaurian from Iraq reveals disparate phylogenetic origins for Cretaceous ichthyosaurs.** Biology Letters, 2013 DOI:10.1098/rsbl.2013.0021

Picture: Malawania, the Jurassic-style Cretaceous ichthyosaur from Iraq. (Credit: Illustration by Robert Nicholls (www.paleocreations.com); coloring by C. M. Kosemen (www.cmkosemen.com).)

Oldest Fossil Hominin Ear Bones Ever Recovered: Discovery Could Yield Important Clues On Human Origins

May 13, 2013 — A new study, led by a Binghamton University anthropologist and published this week by the Proceedings of the National Academy of Sciences, could shed new light on the earliest existence of humans. The study analyzed the tiny ear bones, the malleus, incus and stapes, from two species of early human ancestor in South Africa. The ear ossicles are the smallest bones in the human body and are among the rarest of human fossils recovered.

Unlike other bones of the skeleton, the ossicles are already fully formed and adult-sized at birth. This indicates that their size and shape is under very strong genetic control and, despite their small size, they hold a wealth of evolutionary information.

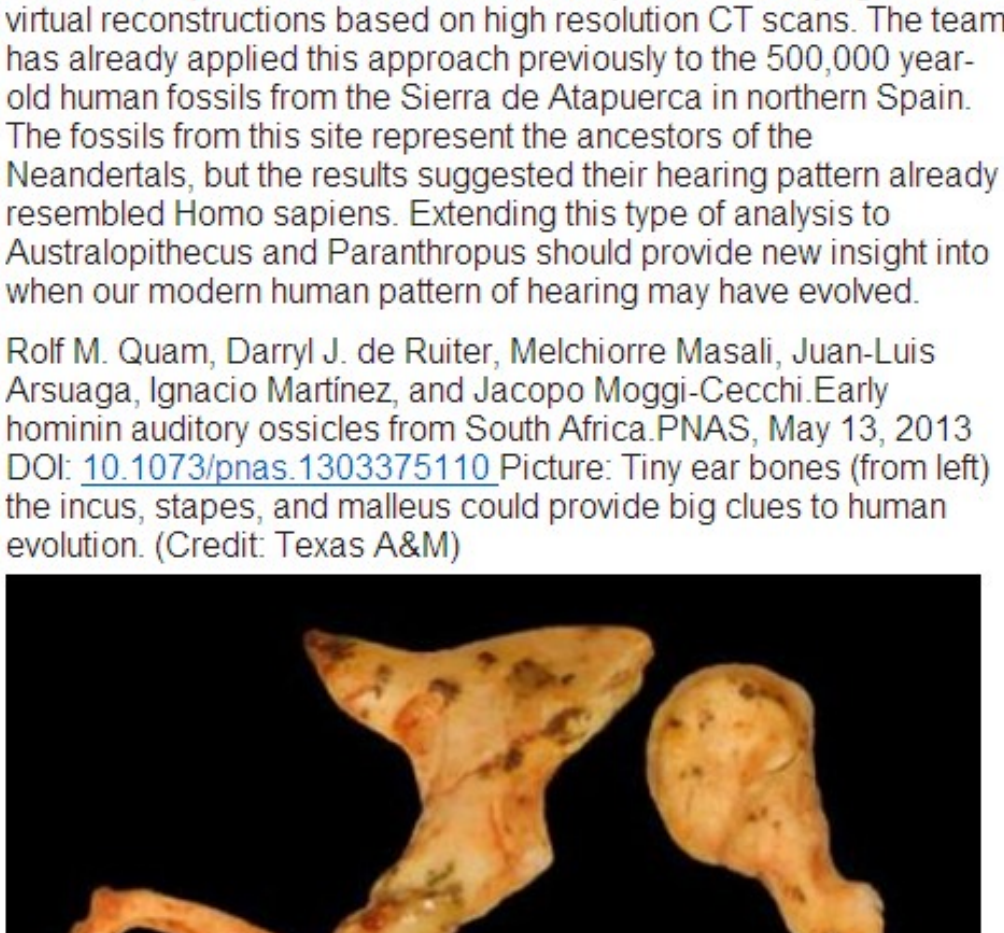
The study, led by Binghamton University anthropologist Rolf Quam, was carried out by an international team of researchers from institutions in the US, Italy and Spain. They analyzed several auditory ossicles representing the early hominin species Paranthropus robustus and Australopithecus africanus. The new study includes the oldest complete ossicular chain (i.e. all three ear bones) of a fossil hominin ever recovered. The bones date to around two million years ago and come from the well-known South African cave sites of Swartkrans and Sterkfontein, which have yielded abundant fossils of these early human ancestors.

The researchers report several significant findings from the study. The malleus is clearly human-like, and its size and shape can be easily distinguished from our closest living relatives, chimpanzees, gorillas and orangutans. Many aspects of the skull, teeth and skeleton in these early human ancestors remain quite primitive and ape-like, but the malleus is one of the very few features of these early hominins that is similar to our own species, Homo sapiens. Since both the early hominin species share this human-like malleus, the anatomical changes in this bone must have occurred very early in our evolutionary history. Says Quam, "Bipedalism (walking on two feet) and a reduction in the size of the canine teeth have long been held up as the "hallmark of humanity" since they seem to be present in the earliest human fossils recovered to date.

Our study suggests that the list may need to be updated to include changes in the malleus as well." More fossils from even earlier time periods are needed to corroborate this assertion, says Quam. In contrast to the malleus, the two other ear ossicles, the incus and stapes, appear more similar to chimpanzees, gorillas and orangutans. The ossicles, then, show an interesting mixture of ape-like and human-like features.

The anatomical differences from humans found in the ossicles, along with other differences in the outer, middle and inner ear, are consistent with different hearing capacities in these early hominin taxa compared to modern humans. Although the current study does not demonstrate this conclusively, the team plans on studying the functional aspects of the ear in these early hominins relying on 3D virtual reconstructions based on high resolution CT scans. The team has already applied this approach previously to the 500,000 year-old human fossils from the Sierra de Atapuerca in northern Spain. The fossils from this site represent the ancestors of the Neandertals, but the results suggested their hearing pattern already resembled Homo sapiens. Extending this type of analysis to Australopithecus and Paranthropus should provide new insight into when our modern human pattern of hearing may have evolved.

Rolf M. Quam, Darryl J. de Ruiter, Melchiorre Masali, Juan-Luis Arsuaga, Ignacio Martínez, and Jacopo Moggi-Cecchi.Early hominin auditory ossicles from South Africa.PNAS, May 13, 2013 DOI: 10.1073/pnas.1303375110 Picture: Tiny ear bones (from left) the incus, stapes, and malleus could provide big clues to human evolution. (Credit: Texas A&M)



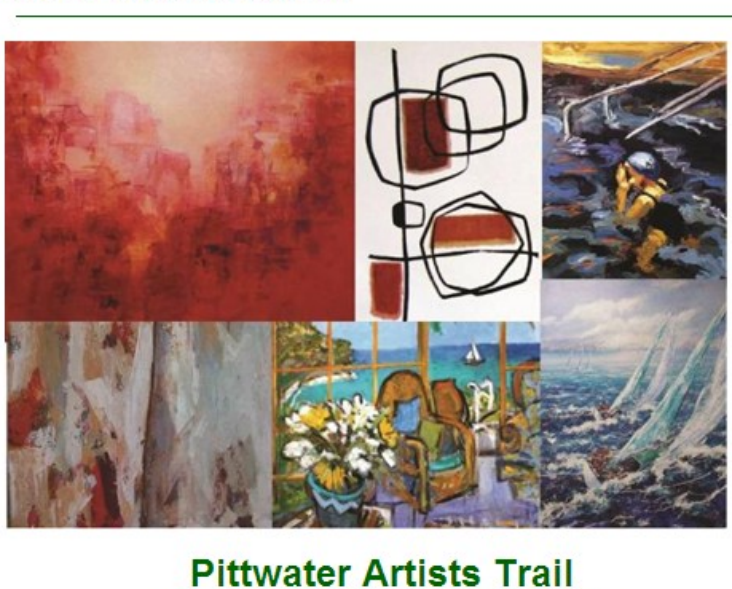
Oh goodness... it's not a cushion!

Picture of the sun taken at same time over a year

© V. Rumyantsev

Pittwater Online News

May 19 - 25, 2013: Issue 111



Pittwater Artists Trail

Open Studios May 18 – 19, 10am - 4pm

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

Look for the Pittwater Artists Trail logo when visiting studios.

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

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

Guringai Festival 2013 - Events in Pittwater

Sorry Day 2013
Sunday 26 May, 3pm-5.30pm
Scout Hall, Bilarong Reserve, Wakehurst Parkway, North Narrabeen
Free event. Meet members of Aboriginal Support Group - Manly Warringah Pittwater at 3pm, Berry Park Narrabeen (near the Tramshed), after a Welcome to Country, then a silent Remembrance Walk to Bilarong Scout Hall. The day will be commemorated with dancers and didgeridoo playing, storytelling, Kids craft making and a BBQ. Enquiries: Neil Evers 9999 3045 www.asgmwp.net

Aboriginal Heritage of Narrabeen Area
Monday 27 May, 7pm – 9pm
Narrabeen Tramshed, 1395A Pittwater Road, Narrabeen
Free event. Join Les McLeod for a history talk about "Narrabeen the Man" the camping grounds and sites used in the area with the seasonal movement of the Guringai people and the methods and uses of tools and weapons. Supper Provided. Bookings essential. Enquiries: Judith Bennett 99052135
email@narrabeenlagoon.org.au

Indigenous Walk - Ku ring gai National Park
Sunday 16 June, 9am – 11.30am
The Basin Track, West Head Road, Ku ring gai National Park
Free event. Come and join us for an informative and relaxing walk in beautiful Ku ring gai National Park taking in amazing indigenous engravings along the way. The flat well defined track makes this ideal for all ages. Bookings essential. To book please go to: www.pittwater.nsw.gov.au/cecbookings
Enquiries: Sonja Elwood 9970 1308 www.pittwater.nsw.gov.au

Narrabeen Lagoon Catchment Transverse
Sunday 16 June, 10am – 2pm 27 Morgan Rd, Oxford Falls
Free event. What flowers will bloom during the 'season of Burrugin' when the days are short and cold? We walk through many different vegetation communities and get wonderful views over the catchment. Bring your Camera. Enquiries: Dr Conny Harris 0432 643 295
conny.harris@gmail.com

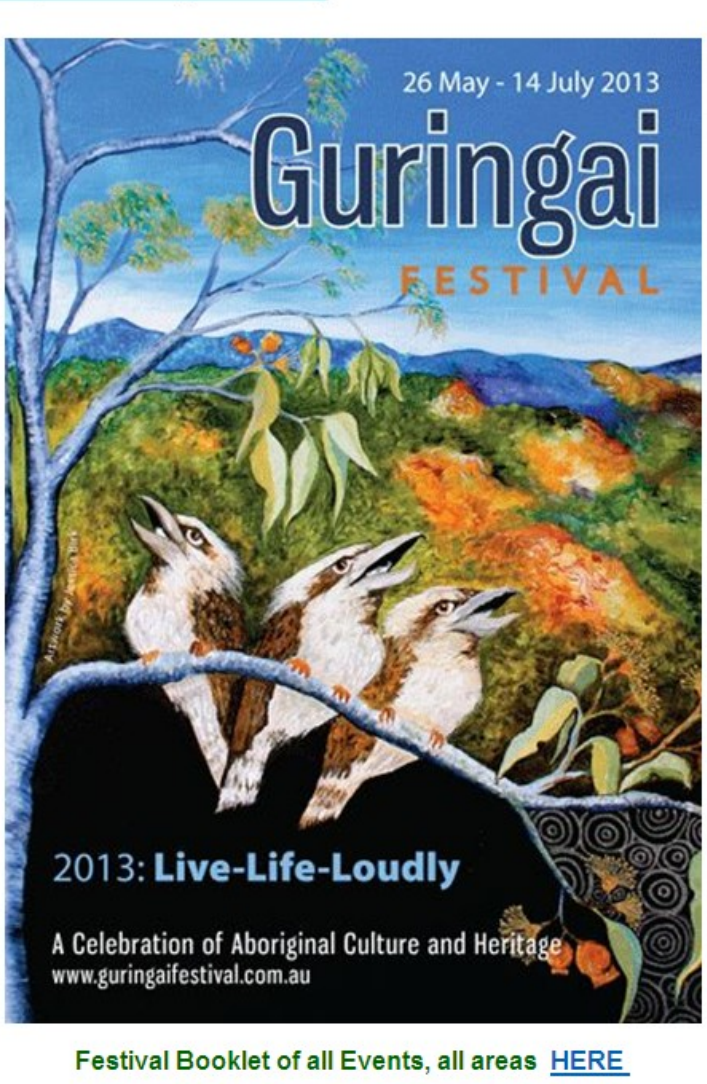
Peninsula CommUNITY of Schools Art Exhibition
Wednesday 26 June, 6pm – 7pm
Wheeler Heights Public School, Veterans Parade, Wheeler Heights
Gold coin donation. UNITY in our community! An exhibition of artworks by students from Kindergarten to Year 12 who attend the Peninsula Community of Schools. The collection of artworks reflect the Guringai Festival's theme: "Live Life Loudly", the Reconciliation theme "Say Something" and the 2013 NAIDOC theme "Yirrkala Bark Petitions 1963" Enquiries: Sharon.smithies@det.nsw.edu.au

Northside Aboriginal Artists & Craftspersons Exhibition
Friday 28 – Sunday 30 June, 10am – 7pm
Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale (Next to Mona Vale Library) **Free entry.** A 3-day selling exhibition of works by Aboriginal artists living and working on the Northside of Sydney and particularly the Guringai Lands of the Northern Beaches. Painting, collage, photography, video, pottery, jewellery.
Exhibition opening event: 6pm – 8.30pm Friday 28 June
On Saturday 29 June there will be two workshops with weaver/painter Keri Kenton: 10.30am and 2pm Event cost: $15 per child or adult. Enquiries: Clair Jackson 9913 9922
ljackson@vtown.com.au

Bangaly Performance
Sunday 30 June, 7pm- 9pm
Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale (Next to Mona Vale Library)**Free event.** Bangaly is a local Aboriginal group that will amaze you. Mother, Sister and Brother singing, with Cody playing the didgeridoo; they are Deadly! Enquiries: Neil Evers 9999 3045 www.asgmwp.net

Re-discover Bush Tucker of the First People of Australia
Sunday 30 June, 1pm – 2.30pm or 3pm – 4.30pm
Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale (Next to Mona Vale Library) **Free event.** Meet Jess Relton and Les McLeod when they will talk about Bush Tucker, Traditional foods like homemade jams and cheese will be made using native herbs for flavour, you can taste test and purchase food on the day.
Enquiries: Neil Evers 99993045 www.asgmwp.net

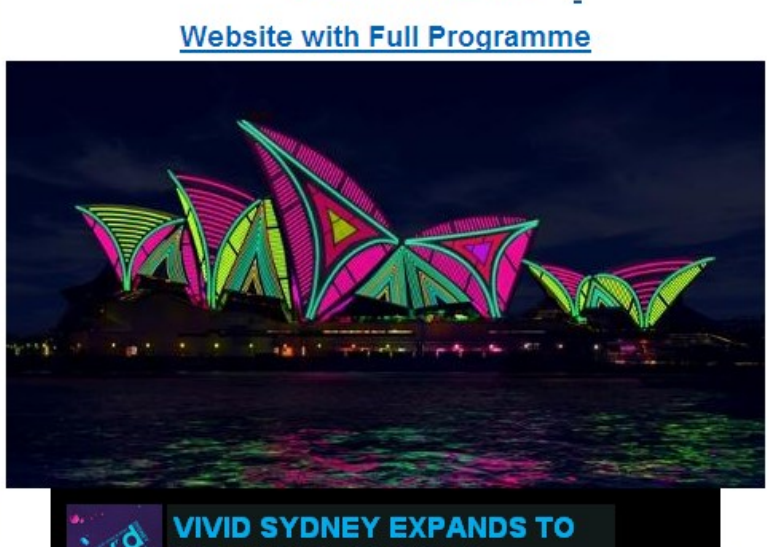
Aboriginal Cultural Performance for Children
Wednesday 10 July, 11am – 12.15pm
Mona Vale Library, 1 Park Street, Mona Vale
Admission: $10. Come along and enjoy the didgeridoo, face painting, song and dance, Aboriginal art and storytelling. For children aged 5 to 12 years. Under 7 will require parental supervision. Bookings essential: Sharelle Ravenscroft 9970 1600
www.pittwater.nsw.gov.au/library

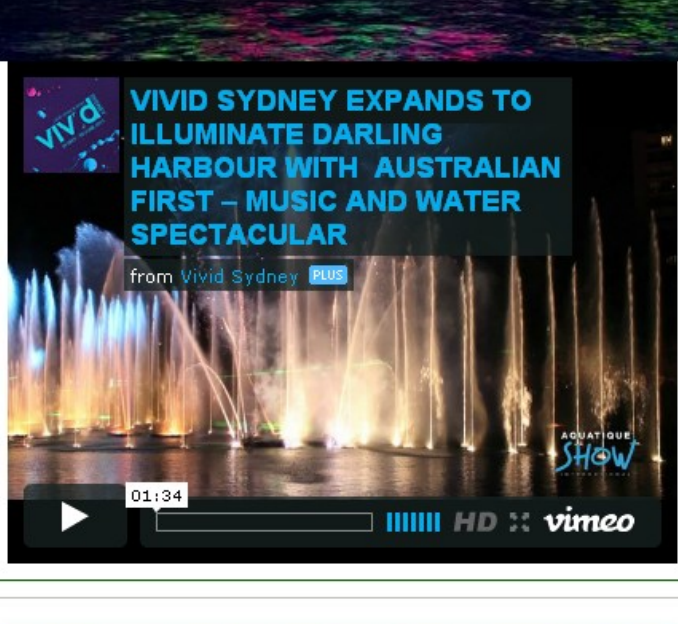

26 May - 14 July 2013
Guringai
FESTIVAL
2013: Live-Life-Loudly
A Celebration of Aboriginal Culture and Heritage
www.guringaifestival.com.au

Festival Booklet of all Events, all areas HERE

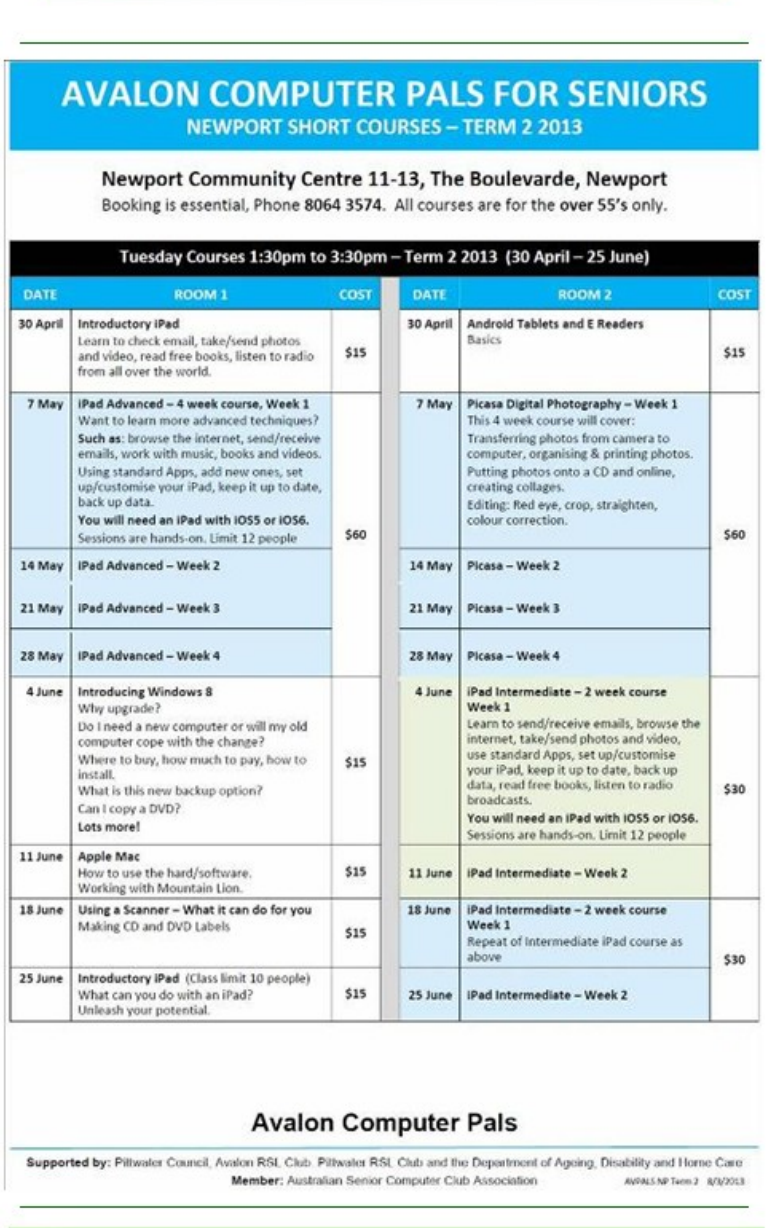
LIGHT, MUSIC & IDEAS
VIVID SYDNEY
24 MAY - 10 JUNE 2013

Website with Full Programme




VIVID SYDNEY EXPANDS TO ILLUMINATE DARLING HARBOUR WITH AUSTRALIAN FIRST – MUSIC AND WATER SPECTACULAR
from Vivid Sydney PLUS
AQUATIQUE SHOW
01:34
HD
vimeo

LADIES
Luncheon
Wednesday 22 May 2013
Guest Speaker: Susie Elelman
THE THINKING PERSON'S DIET
HALF MY SIZE
Susie Elelman
Susie Elelman is an Australian television presenter, model, and author, most famous for her appearances on daytime television in Australia....
Beneficiaries:
Cerebral Palsy Alliance
$65.00 per person
Includes 2 course lunch - wine, tea & coffee
12.00 for 12.30pm
ROBERT OATLEY VINEYARDS
www.royalmotor.com.au
www.facebook.com/rmycbb



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

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

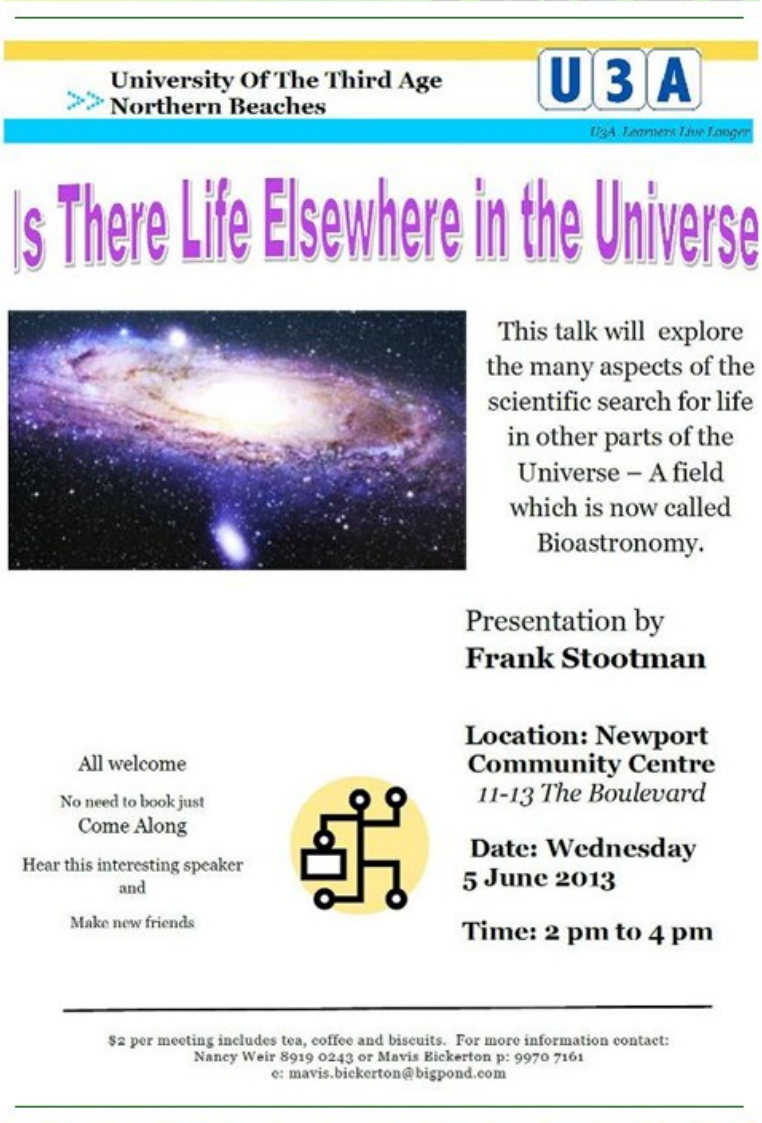
Tuesday Courses 1:30pm to 3:30pm – Term 2 2013 (30 April – 25 June)

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

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association

DOMAYNE
BELROSE
FURNITURE / BEDDING / HOMEWARES SPECIALISTS
PROUDLY PRESENTS
NORTHERN BEACHES EXPO
May 25th & 26th 2013
Northern Beaches Indoor Sports Centre
Jacksons Road, Warriewood
FREE ENTRY



University Of The Third Age
Northern Beaches
U3A
U3A Learners Live Longer

Is There Life Elsewhere in the Universe

This talk will explore the many aspects of the scientific search for life in other parts of the Universe – A field which is now called Bioastronomy.

Presentation by
Frank Stootman

All welcome
No need to book just Come Along
Hear this interesting speaker and
Make new friends

Location: Newport Community Centre
11-13 The Boulevard

Date: Wednesday
5 June 2013

Time: 2 pm to 4 pm

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

Remarkable Reptiles! - 19th May 2013, 2p.m.-4p.m.

A workshop about our local reptile friends for the whole family. Looking for something fun and educational that the whole family can be part of? Fancy getting up close and personal with a few scaly critters? Then this event's for you!!

The Northern Beaches is home to many species of snakes and reptiles. Find out what some of these species are and where they are likely to be found. Bring along your questions for our reptile specialists. Come and join us at the Coastal Environment Centre for a couple of hours and meet our local reptile rescuer from Sydney Wildlife and her scaly animal friends.

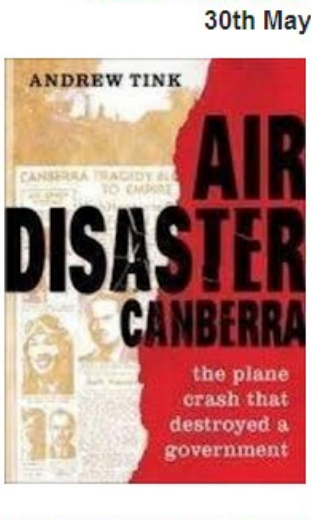
Where: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen. Cost: **Free!**. Bookings Essential! Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Palm Beach Market
26th May 2013, 9am - 3pm
Governor Phillip Park

Come and browse the numerous stalls at the Palm Beach markets. You will find fashion, jewellery, shoes, food, furniture, hats and lots more.

Other 2013 Dates: 22 Sept, 27 Oct, 8 Dec
Venue: Governor Phillip Park, Palm Beach
Contact: Nikki Griffith - 9970 1355

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



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

FREE FOR SCHOOL STUDENTS

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

LATIN SUNDAY SESSIONS

- ITS SO GOOD WE'RE KEEPING IT GOING IN AUTUMN! - FREE Live Entertainment from 5pm in the Beer Garden SUNDAY afternoons. **Avalon Beach RSL**

Duo performs each week, rotating roster includes: Taigo Passos, James Willings, Josh Fergus, Marco d'Avila, Dave Calandra, Fernando Aragones, Nick Downey, Tiago de Luca, Angelo Francalanci & more.

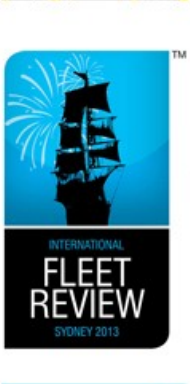
Avalon Tattoo
Saturday 15th June
Army Tank, Guns, Trucks, Jeeps
Royal Australian Navy Band
Free 'Big Band' Concert 3-5.30pm
Navy Divers at Work Underwater

AUSTRALIAN NATIONAL MARITIME MUSEUM

Australian National Maritime Museuem - Events March to October 2013

Rescue exhibition - Opens 16 March

Search and rescue operations take place every minute, every hour, every day, all around the world. From the air to the sea and on land, responsive operations are lifelines to many people in times of need. But what does a rescue scenario really involve? Find out in this hands-on exhibition.



International Fleet Review voyage - Register your interest

HMB Endeavour, replica will be one of the nine Australian and eight international tall ships sailing into Sydney Harbour on 3 October to mark the beginning the International Fleet Review celebrating the centenary of the Royal Australian Navy. Register your interest to sail with Endeavour as paying voyage crew.
http://endeavour.anmm.gov.au/Sail-with-us

Kids on Deck: Amazing Antarctic Sundays - 10 am - 4 pm - For ages 5-12 years

Craft your own spyglass telescope, print a bandanna, design a flag or sculpt a ship. Dress up in pirate costumes to perform your own adventure or make stories and siren songs come to life in the mermaids' cavern.

$8.50 per child. FREE for members & Big Ticket holders. Adults general museum fees apply. No booking required.

Friends of Narrabeen Lagoon Catchment next forum will be ...... Forum 25: May 27, 2013
Secrets of our Aboriginal past in Narrabeen Lagoon Catchment

The forum is at Narrabeen Tramshed, Pittwater Road, Narrabeen

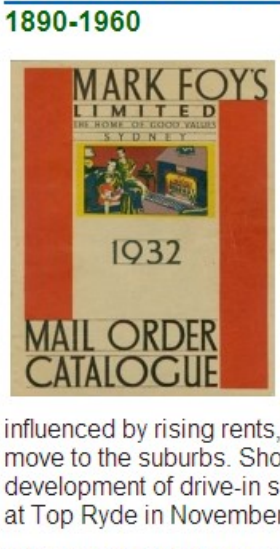
Dennis Foley will give us insights into aspects of Aboriginal Heritage. It is always a treat to hear from Dennis so don't miss out. Les McLeod will talk about seasonal movements of Guringai people, camping sites, weapons and tools used in the Narrabeen area.

Click here to order your ticket: HERE Entry is free but we ask for a donation to cover costs.

St Ives Show - May 18 and 19, 2013

Where: St Ives Showground, Mona Vale Road, St Ives (between north St Ives and Terrey Hills)
Open: 9am – 9pm, Saturday and 9am – 4pm, Sunday
Entry: Children $5.00; adults the same price as the kids
Parking: Free parking available at the ground.
Visit www.stivesshow.com.au or call 02 4579 9436

ONLINE EXHIBITION Sydney's home furnishing stores, 1890-1960



Until the 1960s, Sydney-siders usually 'went to town' to shop for furniture and furnishings for the home. There were dozens of specialist furnishing stores and department stores with furnishing sections in the city centre. Many were concentrated in 'furniture precincts', first along George Street and then from the 1920s around the city circle railway stations and the southern part of Pitt Street.

The decline of home furnishing shopping in central Sydney from the late 1950s was influenced by rising rents, lack of parking and a general population move to the suburbs. Shopping patterns also changed with the development of drive-in suburban shopping centres, the first opening at Top Ryde in November 1957.

A legacy of the city stores is their trade literature such as catalogues and associated ephemera: those used to illustrate this exhibition are part of the Caroline Simpson Library and Research Collection (CSL&RC) at the Historic Houses Trust of NSW.

Written and researched by Michael Lech, Assistant Curator. August 2007.

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/

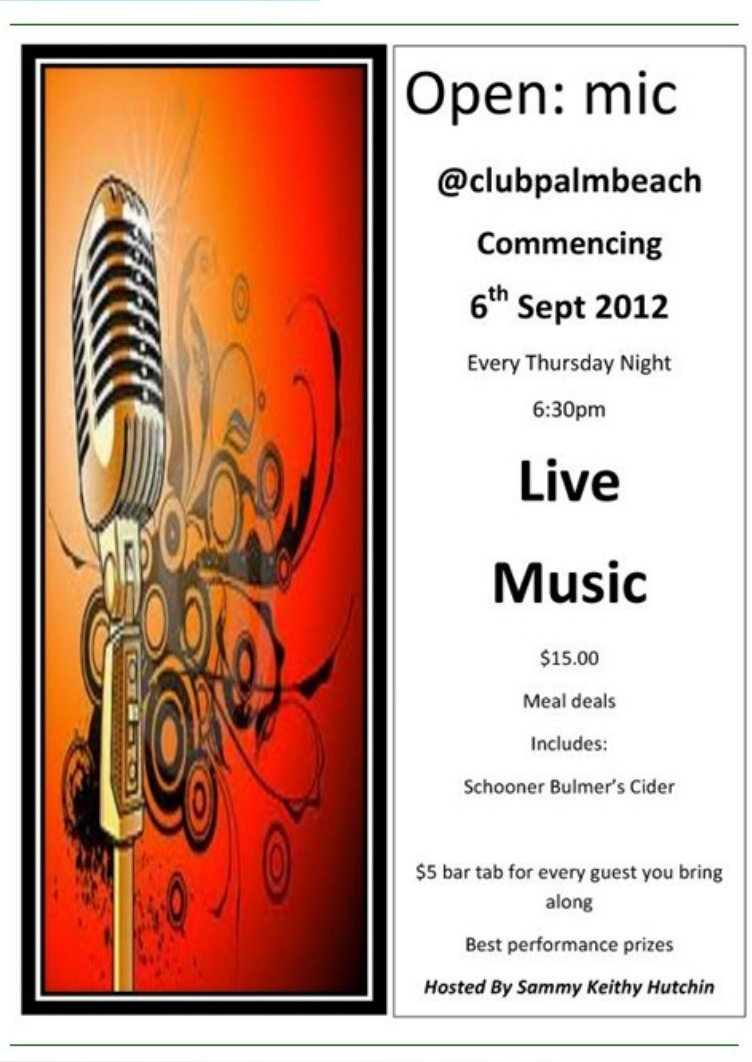
Sydney Film Festival 2013 - Website has full Programme

SYDNEY
FILM
FESTIVAL
5-16 JUNE 2013

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at:**
http://www.snbswe.org.au/



Open: mic

@clubpalmbeach

Commencing

6th Sept 2012

Every Thursday Night

6:30pm

Live

Music

$15.00

Meal deals

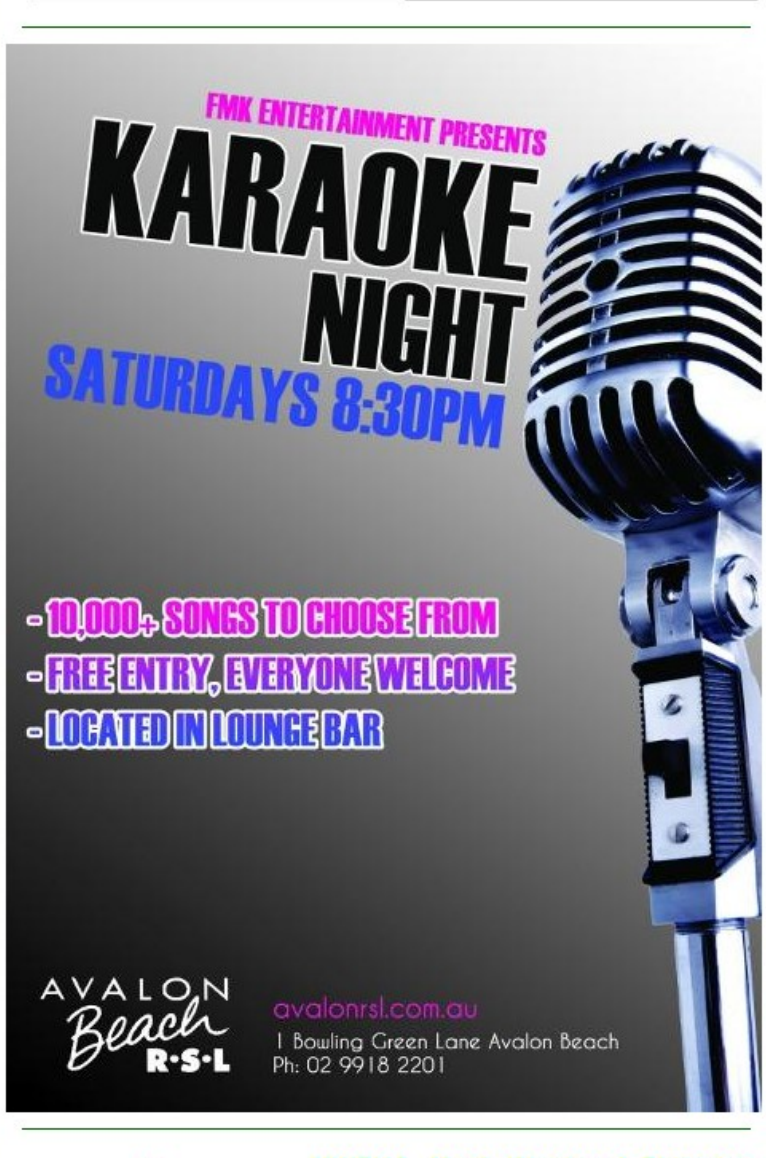
Includes:

Schooner Bulmer's Cider

$5 bar tab for every guest you bring along

Best performance prizes

Hosted By Sammy Keithy Hutchin


FMK ENTERTAINMENT PRESENTS
KARAOKE NIGHT
SATURDAYS 8:30PM
- 10,000+ SONGS TO CHOOSE FROM
- FREE ENTRY, EVERYONE WELCOME
- LOCATED IN LOUNGE BAR
AVALON Beach R·S·L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

Pittwater Camera Club
More at: Profile and
http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday May 20
The very popular Janie News joins us again to demonstrate just how she achieves her fantastic images in Photoshop. It's free.

Monday June 3
The annual Interclub competition between Pittwater Camera Club and Hornsby Heights Camera Club is on tonight. The competition as always will be fierce. Free for visitors to the club.

Monday June 17
DSLR Video Photography has most of us wondering how to achieve great results. Come along and here well respected photographer Pieter de Vries shed light on a very difficult subject. Free for visitors to the club.

Monday July 1
This will be a fun night for members. Camera phones are so popular today so Tim Hixson will be joining us to give some valuable tips on using a camera phone – he will then judge our efforts. Visitors are made welcome.

Monday July 15
Fire up your laptops and bring them along for this FREE 'Hands On' workshop which is all about 'Photoshop'. For those with limited or no skills this workshop is for you. And if you are more experienced there will be something here for you to learn as well. Practice along with the tutors. Everyone welcome at the FREE workshop.

Monday August 5
The topic for tonights competition is 'Street Photography'. Come along and see what our member 'photo journalists' have captured. Free for visitors to the club.

Monday August 19
Mastering Textures in Images is the title of tonight's presentation by Christine Nelson. Free for visitors to the club.

Monday September 2
The ever popular Len Brown will be our guest judge tonight and the competition topic will be 'Food'. This should be a delicious evening. Free for visitors to the club.

Monday September 16
'It's All About The Light' is the subject of this 'Hands On' workshop. With various lighting means, including soft boxes and other lighting forms we will be learning how to take better images with the use of directional lighting. We will have photographic models on the night so we can practice along with our tutors. This promises to be a great learning curve for us all. And as always it is, free for visitors to the club.

Monday October 14
Our members have been given the very hard task of capturing time – without including clocks or other timepieces. Gavin Roberts will determine the winner of this novel competition. Free for visitors to the club.

Monday October 28 – TBA

November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

YOUR INVITATION TO 2 ONE-DAY WORKSHOPS
22 - 23 June 2013
Sydney, NSW

Our Senior Lecturer, Linn Wiggins, will be running the following 2 one-day workshops between Saturday 22nd and Sunday 23rd June 2013 in Sydney NSW:

Women's Wellbeing & ABFE:
This one day workshop will teach a woman how to easily and effectively use the Australian Bush Flower Essences to help her achieve emotional and spiritual balance in the following areas of her life:
Menstruation, Relationships, Sexuality, Family Planning, Fertility, Pregnancy and Birthing, Motherhood, Body Image, The Wounded Feminine, The Workplace, Menopause, Common Health issues, Graceful ageing

Graceful Ageing & ABFE:
Our Graceful Ageing workshop aims to show you ways to journey through life in an eloquent and graceful way, no matter what your biological age is. We will share with you how a wholistic approach to life and ageing can positively affect your wellbeing and the way you look.

As you move through the cycles of your life you will be confronted with many mental, emotional and spiritual challenges. The storms in life can be an opportunity for you to mature, to deepen your character, find your purpose, and become the best possible version of yourself. Regardless of your years, graceful ageing is mastering the art of progressively redefining yourself in a positive, edifying and mature manner. Your Life is precious. Discover how you can begin to make the most of every day, so your journey can be a more meaningful and enriching everyday experience, throughout all the seasons of your life.

Details for these 2 workshops are:

Venue: Kamaroi Rudolf Steiner School
220 Forest Way, Belrose NSW

Date & Time:
Women's Wellbeing & ABFE - Saturday 22nd June 2013
Graceful Ageing & ABFE - Sunday 23rd June 2013
9.30am to 6.00pm (both days) Registration: 9.00am

Contact (For more information or for bookings)
Sharon Selvage
Phone: (02) 9450 1388
Email: uschi@ausflowers.com.au

Cost: $175.00 per workshop if prepaid by 24th May 2013 (or $199 thereafter). Attend both the Women's Wellbeing and Graceful Ageing & ABFE workshops for the discount price of $325.00 early bird. (Prices include morning/afternoon tea and 10% GST.) Group discounts and other discounts are available.

Narrabeen Lagoon free activities – register now for bushwalks and kayak tour

Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. These activities are FREE but you must register in advance. All participants will receive a free DVD – "Caring for our Catchment" and an informative brochure and map.

Oxford Falls Triangle Sat May 25

This walk is slightly shorter 2.5 -3hrs, however if I can get an agreement with NPWS we will pull out a few weeds adding 30 min, expressing our appreciation of this gorgeous environment. Meet 10am.

Narrabeen Lagoon Catchment Transverse Sun Jun 16

.... in midwinter (without snow or ice). On this favourite walk we cross through an extraordinary variety of vegetation communities and enjoy beautiful views. Meet at 10am next to 27 Morgan Rd, car pool back; allow 4hrs.

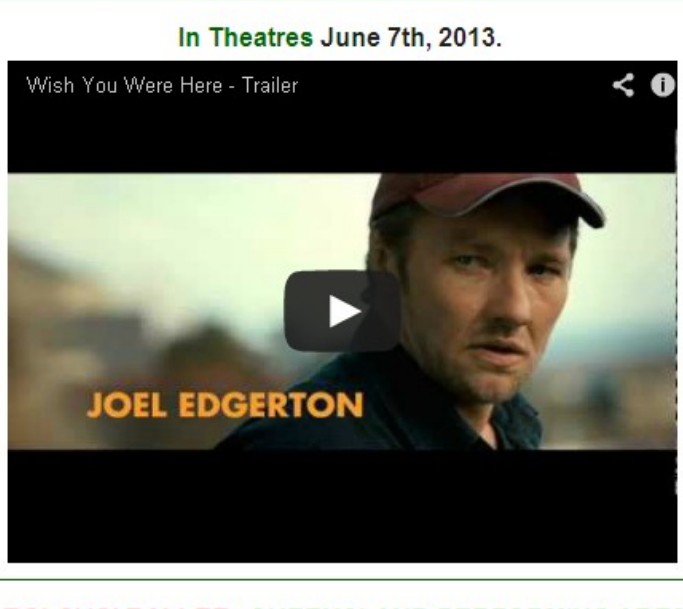
Bookings essential. Phone 0432 643 295 or 9451 3231 or email conny.harris@gmail.com

Eco Paddle on Narrabeen Lagoon – Sunday July 28
Tony Carr, President of Friends of Narrabeen Lagoon Catchment, will lead this paddle to both Deep and Middle Creeks. The Lagoon supports a wide range of threatened flora and fauna, but is under threat of urban development. This paddle is a good introduction to the subject of a substantial remediation programme. A relaxing 2 to 3 hour paddle. Easy - no previous kayaking experience required, tuition given. BYO boat or hire kayak can be arranged. To register email tonycarr@ozemail.com.au or call 0417 502 056.

REGISTER TO ATTEND - DON'T JUST TURN UP ON THE DAY. NUMBERS ARE LIMITED.
Kayaks provided by an organisation independent of Friends.

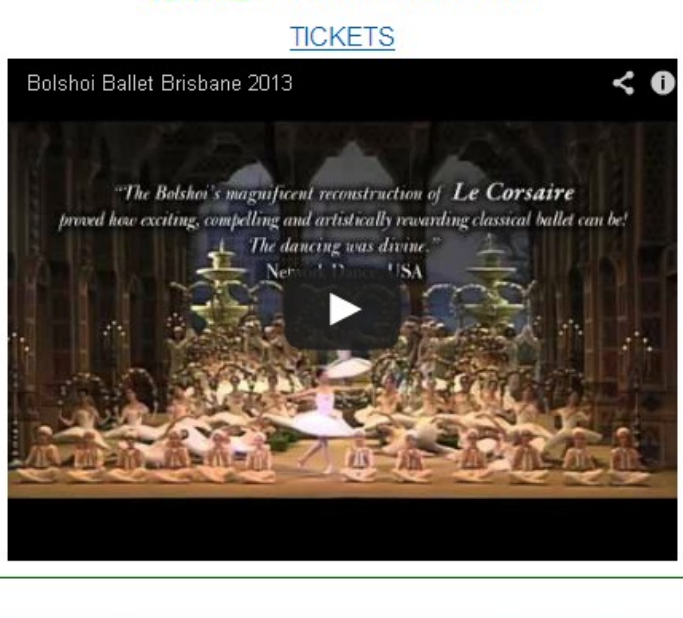
STATE OF ORIGIN
$3.50 VB SCHOONERS: ORIGIN HAPPY HOUR!
$12 CHICKEN SCHNITZELS FROM 6PM
WATCH IT ALL LIVE INDOORS OR OUTDOORS
ORIGIN HAPPY HOUR IS FROM 7-8PM ON ORIGIN GAME DAYS. $3.50 DRINKS INCLUDE VB SCHOONERS ONLY.
GAME 1 - 5TH JUNE GAME 2 - 26TH JUNE GAME 3 - 17TH JULY
AVALON Beach RSL
avalonrsl.com.au

In Theatres June 7th, 2013.



BOLSHOI BALLET - QUEENSLAND PERFORMING ARTS CENTRE - 30 MAY – 9 JUNE 2013

TICKETS


Bolshoi Ballet Brisbane 2013
"The Bolshoi's magnificent reconstruction of Le Corsaire proved how exciting, compelling and artistically rewarding classical ballet can be!
The dancing was divine

Mullet Creek Restoration Project

Pittwater Environmental Foundation - Irrawong Planting Day - Sunday May 19th, 1pm - 3pm.

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

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

Pittwater Council - Mullet Creek Planting Day - Sunday May 26th, 9am - 12 noon

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

MONA VALE MUSIC & NORTHERN BEACHES MUSIC ALLIANCE PRESENTS:
NORTHERN BEACHES MUSIC FESTIVAL 2013
FRI 17TH - SUN 19TH MAY
BUY TICKETS @ WWW.NORTHERNBEACHESMUSICFESTIVAL.ORG
THE LOCATION
BERRY RESERVE & THE TRANSFORM COMMUNITY ARTS CENTRE
THE LINEUP
GREEN MOHAIR
DINGO'S BREAKFAST
THE STEAMGRASS BOYS
WOODEN TONGUE
DAVID FLOYD
THE DESERT SEA
CHANGO RAFT
SPACE INC

hEAd ON photo festival
Tracy Ponich
IT'S SPRING.... LOOK CLOSELY
Newtown Library 1 May - 30 June 2013

Solo exhibition in Newtown - Tracy Ponich

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

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

Add On, a group exhibition

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

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

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

stalls
face painting
rides
entertainment
food
festival
of small hands
FunFair OpenDay

The annual Barrenjoey Montessori School Fun Fair & Open Day : **Sunday, 26 May 2013, 10am – 3pm**

Des Creagh Reserve, North Avalon (next to North Avalon Beach carpark)

Barrenjoey Montessori School invites all children and their parents to our annual fun filled family event. Our event has been part of the community since 1985 and is much looked forward to for a number of reasons.

To have fun...

It is call the Festival of Small Hands as it is tailored first and foremost for our children, but parents, grandparents and family friends can have a great time too. From rides, crafts and creative activities, to music and great food, there is something for everyone.

To learn...

If you would like to visit our school and learn about the approach and benefits of a Montessori education, you will also have the opportunity to talk to students, parents and teachers and stroll through the classrooms and school grounds.

We look forward to welcoming you and sharing in the celebration and fun.

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

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

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

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

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

Southern Cross Wildlife Care FUNDRAISER

Presentation, Dinner and Drinks
$75.00

Saturday 13th July
4.00pm onwards
Joan Pearson's Place
18 Ida Ave, Mosman

Bookings Essential: Joan 9960-2229

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:

Wind & Chop Workshop - Sat May 25 (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.

Kayak Technique Workshop - Sun afternoon May 26
Learn correct stroke technique, how to maintain energy levels and minimise muscle soreness on longer day paddles. Plus steering and correct posture (so your lower back is protected), how to get in and out of your boat with safety and self rescue will be demonstrated. For absolute beginners who want to improve their skills and more experienced paddlers who have technique issues. Only $95, includes kayak hire.

Woronora Wonderland in the Sutherland Shire - Sunday June 2
Here's your chance to see gorgeous, sheltered Woronora River. From the local canoe club we'll paddle to Prince Edward Park and stop for a break at a riverside camping area (we are usually the only ones there)! Lots of sandy beaches and quaint houses to see. Then into the Woronora Reserve - look out for the Sea Eagles. Lunch at The Needles, probably the most beautiful lunch spot of all those we visit. Relax and then enjoy the paddle back for coffee and cake around 3. $85pp includes kayak hire. Easy/med.

NEW: Bobbin Head/Cowan Creek Discovery Paddle - Sat June 8
Be amazed at the sheer grandeur of the western portion of Ku-ring-gai Chase National Park. Steep sandstone cliffs, dense bush to the waters edge, sheltered sandy pull in points and everywhere the sound of birds. Starting from Bobbin Head we'll paddle to a picnic spot near the home of Skippy the Bush Kangaroo, then to Pacifica, the site for the original capital of Australia (where a replica of Windsor Castle was to be built). Lunch at charming and historic Waratah Bay. $85pp. Easy/Medium

3rd Annual Hawkesbury Happening from Wisemans Ferry to Spencer - Monday June 10 (Queens Birthday)
Our paddle from Wisemans to Spencer was the most popular we ran last year. One way, with the tide for boat owners and hirers. Many people think this twisting, turning section of the mighty Hawkesbury is its prettiest. Lovely pull in spots for lunch/breaks. You'll hear what it's like to do the 15 hour Hawkesbury Classic paddle - and who knows, you might even decide to give it a go this October! Car shuffle will be organised. Hire $85. Boat owners also welcome - $55. Grade Easy/Medium.

Perfect Pittwater in Ku-ring-gai Chase National Park - Sunday June 23
Spend a day on colourful Pittwater, famous for its myriad of bays and coves, where we'll cruise from McCarrs Creek Reserve to Elvina and Lovett Bays, made famous in the Susan Duncan book Salvation Creek. We'll walk through the bush to a waterfall and paddle the Creek. Then to the historic YHA Hostel for BYO lunch and some magnificent views. See wonderful homes in isolated splendour. Inspect the hideout of 50s Russian spy Vladimir Petrov. Paddle led by Adrian Clayton. $85pp, includes kayak hire. Easy/medium

Leisurely Lane Cove River – Saturday July 27
Friends of Lane Cove River Committee members will introduce us to this tranquil waterway, centrally located near Sydney Harbour. It's a gentle, meandering river with tree-clad banks, impressive sandstone rock formations and a fascinating history. We'll even pass Fairyland and learn about Australia's most intriguing murder mystery! We'll explore the river from the weir at Fullers Bridge to the harbour. Compact beach for a snack and swim. 11-4pm. $85 per person. Easy paddle ideal for less experienced kayakers.

Narrabeen Lagoon Eco-Paddle – Sunday July 28
The Lagoon supports a wide range threatened flora and fauna, but it is under threat of urban development. This paddle is organised by Friends of Narrabeen Lagoon Catchment and led by its president, Tony Carr! We'll explore the astonishing Deep Creek, which attracts migratory birds from as far away as Russia and Middle Creek, which has recently been the subject of a substantial remediation programme. An easy 2-hour paddle suitable for less experienced kayakers. Only $55pp.

Hawkesbury Happening #2: Sackville to Wisemans – Sun Aug 4
The 2nd stage of our 3 part journey down the Mighty Hawkesbury River. From tiny Sackville we wend our way eastward with the tide, passing cosy settlements, majestic sandstone outcrops, exquisite bush and some lovely riverside homes. The book and more recently play, The Secret River comes to life as we take in the scenic splendour of this amazing river and acknowledge the important part it played in our European and Aboriginal history. Hire $85pp, Own Boat $55. Easy/Med.

NEW: The Cascades Walk & Paddle - Sun August 11
You'll love this combined paddle and walk. Beyond the Roseville Bridge lie the remnants of a huge Cedar forest. The logs were dragged by horse to The Cascades, where there was a dam with a timber floodgate. The logs were washed down Middle Harbour Creek and loaded onto a barge destined for Sydney. Lush bushland with a defined track, spectacular waterway. Full day starting at Davidson Park. $85, includes kayak hire. Easy/medium.

Coral Sea Kayaking Fantasy - August 18 to 26
Includes Hinchinbrook Island & the Great Barrier Reef Marine Park
Off the tropical coast of North Queensland lie 15 continental islands, 11 of which are National Parks surrounded by the Great Barrier Reef Marine Park. On this extraordinary week, you'll paddle the coast of Hinchinbrook Island and take in 5 other islands with their heady mix of abundant marine life including dolphins and migrating whales, sheltered, sandy beaches and towering granite peaks. Good value at $2,165 per person.
Email Tony for full itinerary. A deposit of $350 is all that's needed to secure your spot.

Hawkesbury Happening #3: Brooklyn-Spencer return - Sat Sept 7
Completing our 3 part exploration of the Hawkesbury River, we start our journey at the Deerubbin Reserve, beside the F3 bridge over the Hawkesbury. This is where the 111km Hawkesbury Classic Kayak race finishes. We pass through the Milson Island channel to Bar Point, onto Big Jim's Point and the quaint village of Spencer. Popran National Park on one side, Marramarra on the other. Spectacular views all the way. Kayak hire $85 or bring your own boat $55. Grade Easy/medium.

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au

AMAZE
The Michael Crouch Gallery
Changing objects
Revealing stories
FREE ENTRY

The Mitchell Library - State Library of NSW

Discover the curiosities of our amazing collections and historic Mitchell building direct to your mobile device.

Mitchell Building Discovery Tour delves into the rich history of the Mitchell building with stories about its founders, builders and benefactors, and the many fascinating objects it contains.

AMAZE: The Michael Crouch Gallery features 60 incredibly rare and often quirky objects from the Sir William Dixson collection, including the only known pirated copy of Charles Dickens' Pickwick Club, 1838.

The Greatest Wonder of the World exhibition tour - includes interviews with curator Alan Davies about this internationally significant collection of 19th century photographs of goldfield life in NSW and Victoria, including little-known stories not featured in the exhibition.

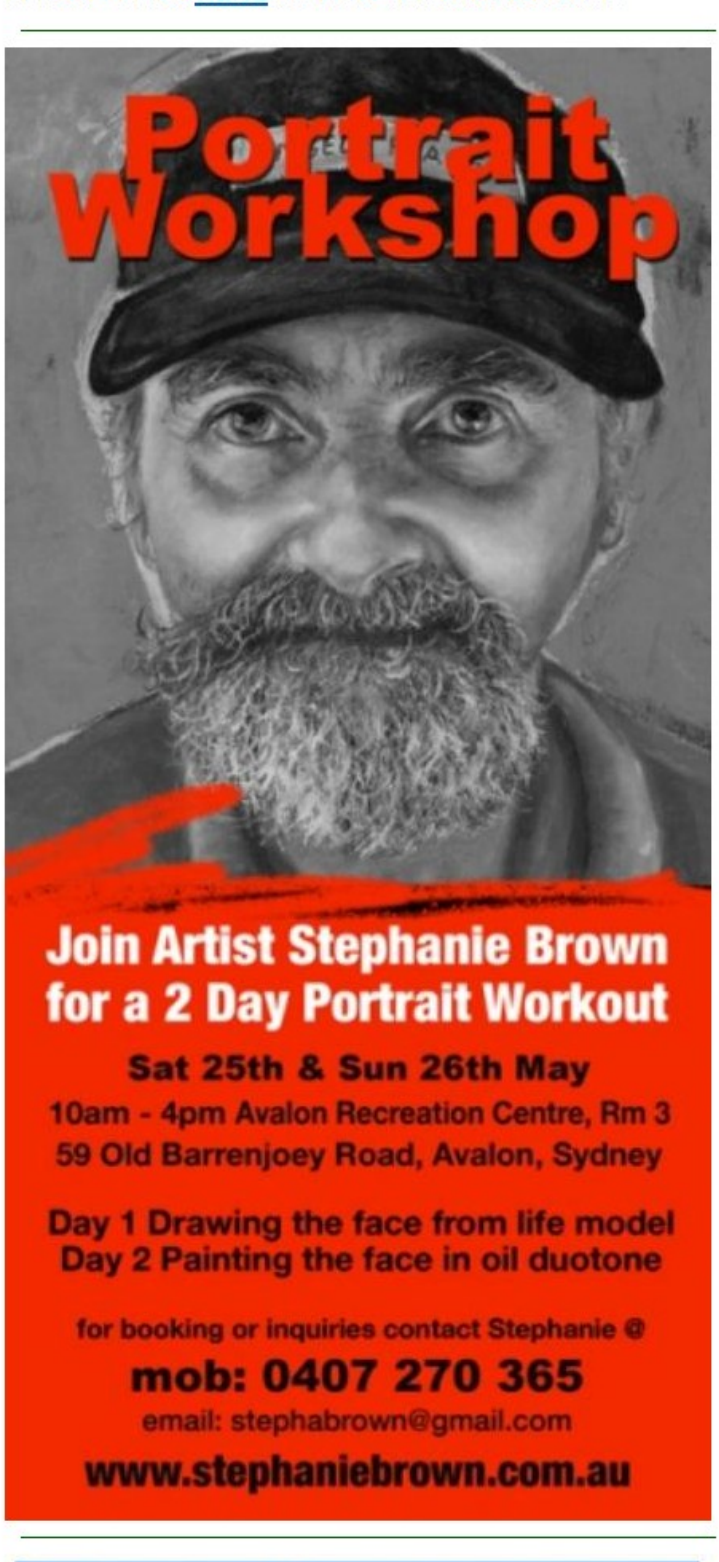
Karaoke
WORLD CHAMPIONSHIPS 2013
Are YOU Australia's next singing sensation?
Represent Australia
in Europe at the KWC 2013 World Finals
Return airfare to Finland PLUS 5 nights accommodation PLUS AU$2000.00 spending money PLUS Capital Karaoke prizes PLUS KWC 2013 Australian Champion trophy!*

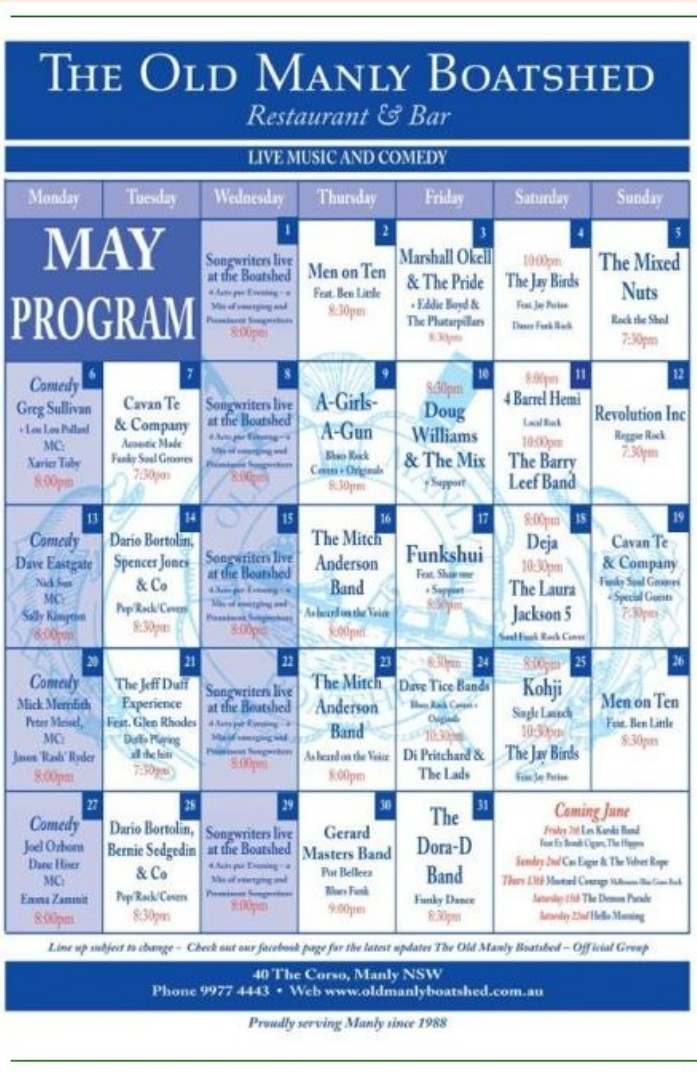
Avalon Beach RSL

HEATS HAVE STARTED!!! - EVERY SATURDAY NIGHT FROM 8:30PM. HEATS FROM SAT 6TH APRIL TO SAT 8TH JUNE. VENUE FINAL SAT 15TH JUNE

Are you Australia's next singing sensation? - Now's your chance to get noticed! Starting in April, Avalon Beach RSL Club will be holding heats for the Karaoke World Championships.

There are weekly prizes, venue prizes, state prizes & the national prize: Airfares to Finland to represent Australia at the KWC 2013 World Finals, accommodation, $2,000 spending money & more FOR ALL THE DETAILS PLUS TERMS & CONDITIONS PLEASE CLICK HERE TO VIEW THE KWC WEBSITE.


Portrait Workshop
Join Artist Stephanie Brown for a 2 Day Portrait Workout
Sat 25th & Sun 26th May
10am - 4pm Avalon Recreation Centre, Rm 3
59 Old Barrenjoey Road, Avalon, Sydney
Day 1 Drawing the face from life model
Day 2 Painting the face in oil duotone
for booking or inquiries contact Stephanie @
mob: 0407 270 365
email: stephabrown@gmail.com
www.stephaniebrown.com.au



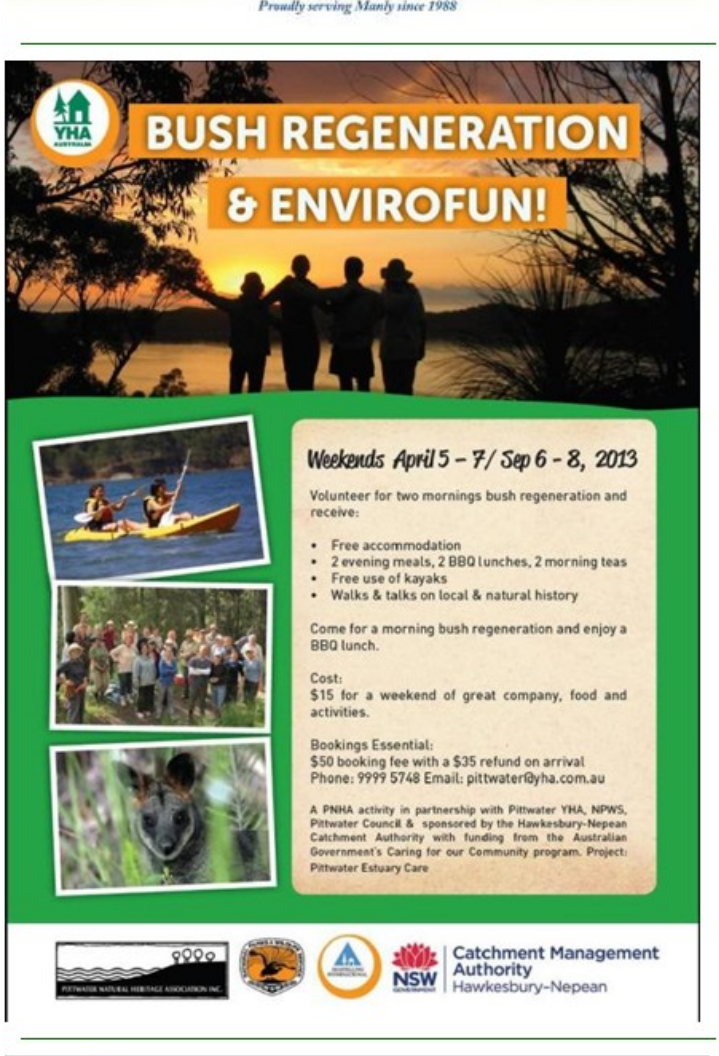
The Old Manly Boatshed
Restaurant & Bar
LIVE MUSIC AND COMEDY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAY PROGRAM		1 Songwriters live at the Boatshed	2 Men on Ten Feat. Ben Little 8.30pm	3 Marshall Okell & The Pride + Eddie Boyd & The Phaturpillars	4 10.00pm The Jay Birds	5 The Mixed Nuts Rock the Shed 7.30pm
6 Comedy Greg Sullivan + Lou Lou Pollard MC: Xavier Toby 8.00pm	7 Cavan Te & Company Acoustic Mash Funky Soul Grooves 7.30pm	8 Songwriters live at the Boatshed	9 A-Girls-A-Gun Blues Rock Covers + Originals 8.30pm	10 8.30pm Doug Williams & The Mix + Support	11 4 Barrel Hemi 10.00pm The Barry Leef Band	12 Revolution Inc Reggae Rock 7.30pm
13 Comedy Dave Eastgate Nick Sun MC: Sally Kimpton 8.00pm	14 Dario Bortolin, Spencer Jones & Co Pop/Rock/Covers 8.30pm	15 Songwriters live at the Boatshed	16 The Mitch Anderson Band As heard on the Voice 8.00pm	17 Funkshui Feat. Shaw-nee + Support	18 8.00pm Deja 10.30pm The Laura Jackson 5	19 Cavan Te & Company Funky Soul Grooves + Special Guests 7.30pm
20 Comedy Mick Meredith Peter Meisel MC: Jason 'Rash' Ryder 8.00pm	21 The Jeff Duff Experience Feat. Glen Rhodes Duffo Playing all the hits 7.30pm	22 Songwriters live at the Boatshed	23 The Mitch Anderson Band As heard on the Voice 8.00pm	24 Dave Tice Band Di Pritchard & The Lads	25 Kohji Single Launch 10.30pm The Jay Birds	26 Men on Ten Feat. Ben Little 8.30pm
27 Comedy Joel Ozborn Dane Hiser MC: Emma Zammit 8.00pm	28 Dario Bortolin, Bernie Sedgelin & Co Pop/Rock/Covers 8.30pm	29 Songwriters live at the Boatshed	30 Gerard Masters Band Pat Bellero Blues Funk 9.00pm	31 The Dora-D Band Funky Dance	Coming June	

Line up subject to change - Check out our facebook page for the latest updates The Old Manly Boatshed - Official Group

40 The Corso, Manly NSW
Phone 9977 4443 • Web www.oldmanlyboatshed.com.au

Proudly serving Manly since 1988



BUSH REGENERATION & ENVIROFUN!

Weekends April 5 – 7/ Sep 6 – 8, 2013

Volunteer for two mornings bush regeneration and receive:

- Free accommodation
- 2 evening meals, 2 BBQ lunches, 2 morning teas
- Free use of kayaks
- Walks & talks on local & natural history

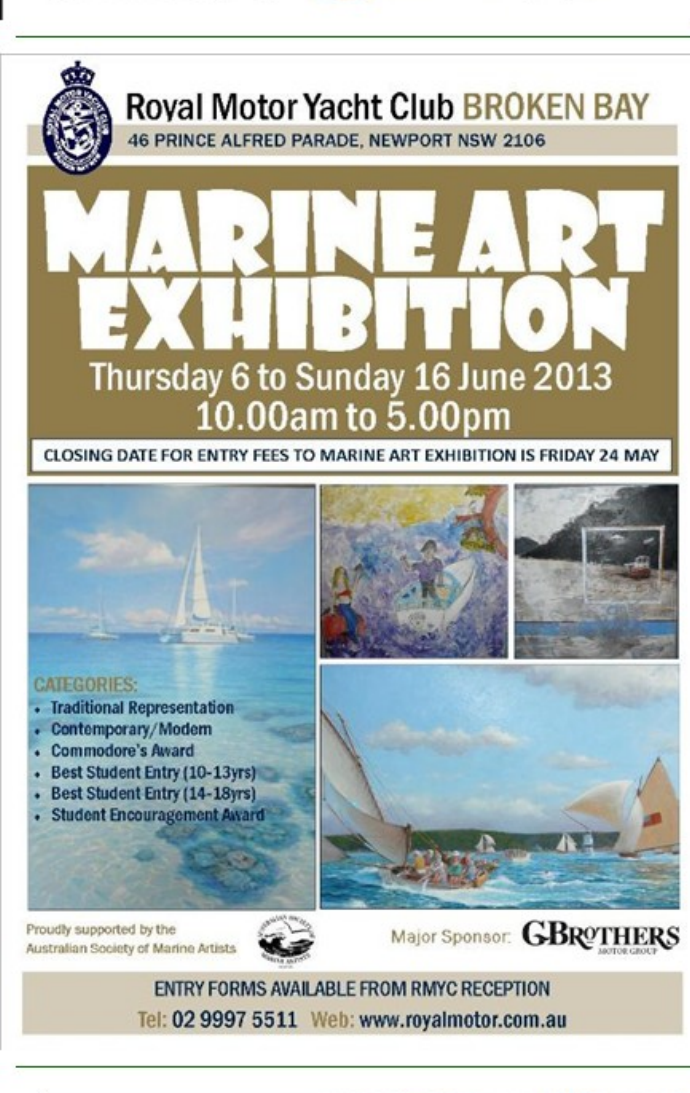
Come for a morning bush regeneration and enjoy a BBQ lunch.

Cost:
$15 for a weekend of great company, food and activities.

Bookings Essential:
$50 booking fee with a $35 refund on arrival
Phone: 9999 5748 Email: pittwater@yha.com.au

A PNHA activity in partnership with Pittwater YHA, NPWS, Pittwater Council & sponsored by the Hawkesbury-Nepean Catchment Authority with funding from the Australian Government's Caring for our Community program. Project: Pittwater Estuary Care

Catchment Management Authority Hawkesbury-Nepean



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

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

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

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

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

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

CONVICT SYDNEY
EXHIBITION ON NOW

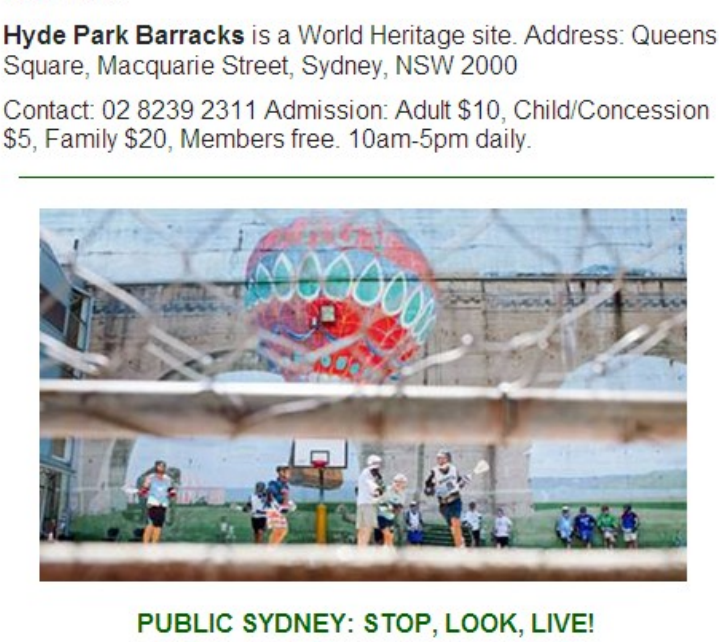
Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street ...

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.



PUBLIC SYDNEY: STOP, LOOK, LIVE!

All around you in Sydney's public spaces people are doing the most unexpected things. This exhibition celebrates the unusual stories of the city's public buildings, parks and street corners, and may answer some of your burning questions about strange things you have seen happening in our shared spaces.
Explore some of our most loved sites – Bennelong Point, the Museum of Sydney, Hyde Park, Central Station and Town Hall – and see how we, the public, are shaping them. Discover what a handmade cedar coffin, a silver trowel and an ASIO surveillance picture can tell you about the remarkable history of Town Hall, or what a 2-tonne cannon has to do with the iconic Sydney Opera House.
Tell us your stories – online and in the exhibition – and share the things that make you stop, look, and embrace life in your public spaces. Alongside the exhibition, this blog will explore the public spaces of Sydney,.

Sponsor:
The Sydney Morning Herald
Museum of Sydney
Saturday 30 March - Sunday 8 September 2013
Address: Corner Phillip and Bridge Streets, Sydney, NSW 2000
Contact: 02 9251 5988 or for Education bookings: 8313 5612
Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free |
Hours: Open daily 10am — 5pm | Closed Good Friday and Christmas Day
Photo: Playing lacrosse in The Rocks, 2012. Photograph © James Horan

TRUSTWORDS – SYDNEY WRITERS' FESTIVAL: THURSDAY

A co-presentation with Sydney Writers' Festival, Trustwords is a vibrant and engaging talks program.
10am – 11am
Public Sydney – Chair: Fenella Kernebone
Public places are essential to a democratic society; yet they are often contested and marginalised. The authors of the new book Public Sydney: drawing the city will discuss in detail the physical form and meaning of our public places, from their origins, through sometimes remarkable changes, to their roles in contemporary life. The talk will be richly illustrated with exquisite scale drawings, photographs and rare maps from the book, which describe and celebrate the public buildings, rooms and spaces of central Sydney.

1pm – 2pm
Shaping Public Sydney – Chair: Dr Caroline Butler-Bowdon
Sydney is a city of phenomenal change. Since its beginnings as a colonial outpost, Sydney has quickly grown to be a powerful contender on the global stage. Former Government Architect Peter Mould and City Historian Lisa Murray discuss the various factors that have influenced Sydney's development – including how economics, power and the changing role of government have shaped our public values – with Dr Caroline Butler-Bowdon, HHT Assistant Director, Creative Services.

3pm – 4pm
Designer Suburbs – Chair: Ian Innes
In the 1950s, 60s and 70s architects such as Harry Seidler, Ken Woolley, Michael Dysart and Graeme Gunn took high-end design to the suburbs. Backed by Pettit & Sevitt, Merchant Builders and other project builders, architects created small, simple houses that transformed the look of suburbia. Today, the distance between architects and the suburbs has never been greater, with Australia's super-sized, energy-guzzling project homes the world's biggest. What can we learn from the designer homes of the postwar years?
See also Sydney Writers' Festival program for Friday 24 May:
Bowerbird – Sibella Court & Karen McCartney
Collectomania: from Objects of Desire to Magnificent Obsession – Claudia Chan Shaw & Dr Sophie Lieberman
For further program details
The Mint
Thursday 23 May: 10am - 11am, 1pm - 2pm & 3pm - 4pm
Free event | Bookings not required
Location:10 Macquarie Street, Sydney, NSW 2000

Prestige Poker League
PITTWATER POKER
MAIN EVENT
$30,000 GUARANTEED MINIMUM
SATURDAY 18TH & 19TH MAY 2013
20K Stack
40 Minute Blinds
1 x $100 Life Line
Saturday/Sunday
11am Rego
12pm Start
Qualify by Pittwater Poker, Prestige Poker Master Poker, Poker Downunder OR $150 Buy In!
2 Day Event
No limit Texas Hold'em Poker!
Held at Pittwater RSL - 82 Mona Vale Road Mona Vale

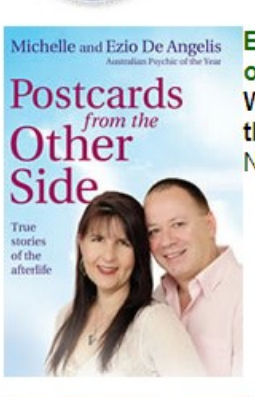
Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

Pittwater RSL



EZIO DE ANGELIS - Australian Psychic of the Year!
Wednesday 22nd May 2013, 7.30pm in the Auditorium All Tickets - $35 - BOOK NOW!

JAMES MORRISON - Saturday 15th June 2013
Doors open 7pm Dinner 7.30pm Show 8pm - Members - $70 Non-Members - $75 Show Only - $40

Australian National Maritime Museum

Vivid Sydney, the countdown begins
24 May - 10 June
For the first time, the museum will light up as part of the exciting Vivid Sydney program. Inspired by upcoming exhibition East of India - Forgotten trade with Australia, our rooftop will come alive with the colours of India.
Stay up late Join us every Friday and Saturday night during Vivid for DJs, bands, bar and Indian-inspired flavours at Yots cafe'. For a full program, visit our website
http://www.anmm.gov.au/vivid

East of India – Forgotten trade with Australia
Opens 1 June
In an Australian first, this exhibition explores our colonial links with India, the power and monopoly of the English East India Company and its subsequent decline. Featuring objects from international collections including the Victoria & Albert Museum, British Museum, and the Royal Collection.
http://www.anmm.gov.au/india

Family fun day: Excellent Endeavour
Sunday 19 May | 11 am - 3 pm
Uncover the stories behind our tall ship HMB Endeavour replica in a day of family fun. Learn seamanship skills, build your own paper tall ship in Kids on Deck or take part in interactive performances and character tours.
For ages 5 - 14 years and adults
$10 child, $10 adult, $45 family
Includes HMB Endeavour, family fun day activities and galleries.
FREE for members. http://www.anmm.gov.au/events

Talks & tours
We have some fascinating talks and tours happening this month - from maritime archaeology to Antarctic expedition, there's sure to be something to spark your interest.
Day tour: Fort Scratchley and Newcastle Maritime Museum - 16 May
Talk: World War 1 at sea - 19 May
Talk: Michael AW, Antarctic expedition leader - 26 May
Cruise: Japanese midget submarine attack anniversary - 31 May
Book online http://www.anmm.gov.au/events

Exhibition: Elysium Antarctic Visual Epic
Open until 3 November
In 2010 a team of wildlife photographers, filmmakers and scientists embarked on an expedition from the Antarctic Peninsula to South Georgia. This stunning photographic exhibition captures the expedition, life above and below the ice, and the magnificence of this great wilderness.
Related event
Talk: Michael AW, Antarctic expedition leader - 26 May
http://www.anmm.gov.au/elysium

Exhibition: Rescue
Open until 14 July
Search and rescue operations take place every minute, every hour, every day, all around the world. From the air to the sea and on land, responsive operations are lifelines to many people in times of need. But what does a rescue scenario really involve? Find out in this hands-on exhibition.
http://www.anmm.gov.au/rescue

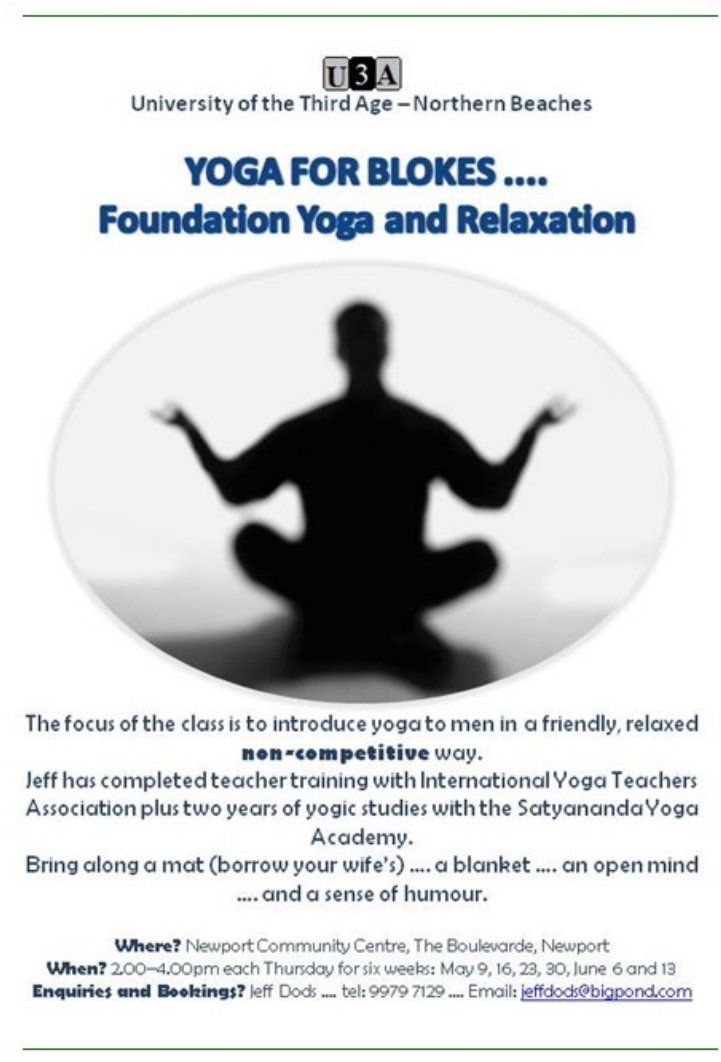
MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

BERNARD FANNING
DEPARTURES TOUR
SPECIAL GUESTS
BIG SCARY & VANCE JOY
SUN 14 JUL NAMBOUR CIVIC CENTRE NAMBOUR
TUE 16 JUL EMPIRE THEATRE TOOWOOMBA
THU 18 JUL TIVOLI THEATRE BRISBANE
FRI 19 JUL THE ARTS CENTRE GOLD COAST
TUE 30 JUL NEWCASTLE CIVIC THEATRE NEWCASTLE
THU 1 AUG ANITA'S THEATRE WOLLONGONG
FRI 2 AUG ENMORE THEATRE SYDNEY
SUN 4 AUG ROYAL THEATRE CANBERRA
FRI 9 AUG PALACE THEATRE MELBOURNE
SAT 10 AUG GPAC – COSTA HALL GEELONG
TUE 13 AUG WREST POINT HOBART
THU 15 AUG THEBARTON THEATRE ADELAIDE
SAT 17 AUG KURANDA AMPHITHEATRE CAIRNS
SUN 18 AUG THE VENUE TOWNSVILLE
TUE 20 AUG PILBEAM THEATRE ROCKHAMPTON
WED 21 AUG ENT. CONVENTION CENTRE PLENARY HALLS MACKAY
SUN 25 AUG ASTOR THEATRE PERTH
TICKETS ON SALE 12 MIDDAY FRIDAY 10 MAY

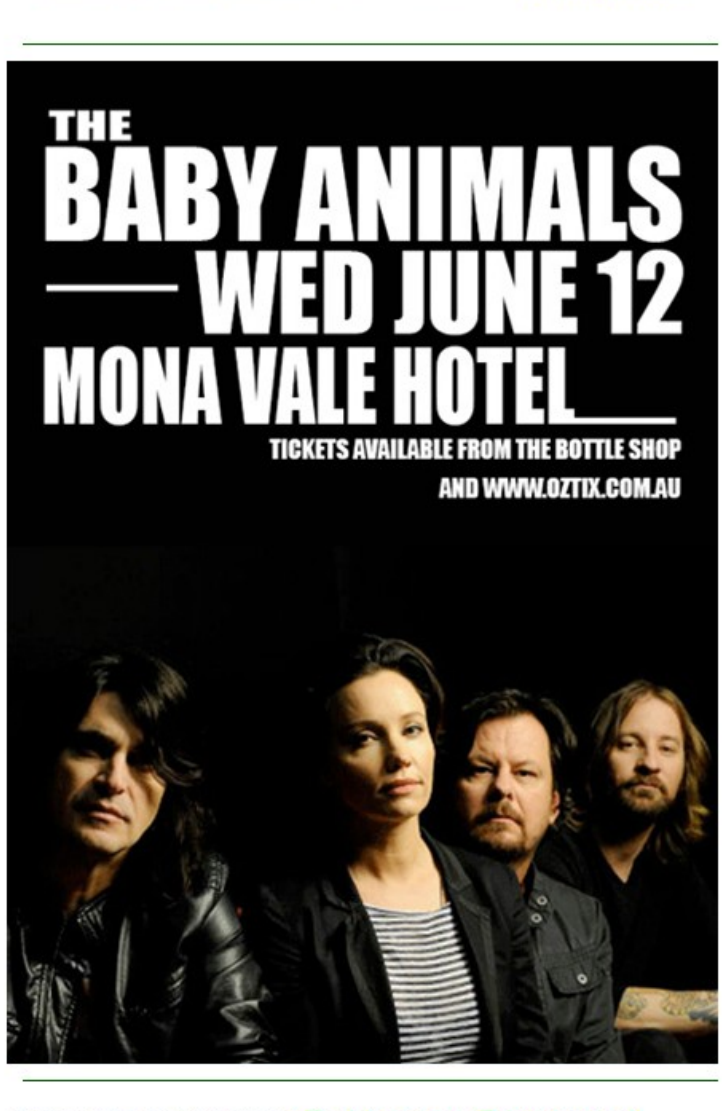


U3A
University of the Third Age – Northern Beaches

YOGA FOR BLOKES ....
Foundation Yoga and Relaxation

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

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



To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.

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Pittwater Online News

May 19 - 25, 2013: Issue 111

AZZALIN ORLANDO ROMANO AND ROMANO'S RESTAURANT

by George Repin

A previous article on *J C Bendrodt and Princes Restaurant*, one of the only two elegant restaurants in Sydney in the immediate pre and post World War II period, observed that the men behind the success of these enterprises, Bendrodt and Romano, could not have been more different.

Romano was born at Padua in Italy in 1894 and baptised Romano Orlando, with the surname Azzalin. In his twenties, when head waiter at the *Ritz Hotel* in London, he adopted Romano as his surname because of his regard for that city's most renowned restaurant of the time.

He had a sound training in the hospitality industry in his teens starting at the *Vienna Hotel* in Bristol and then working in hotels and restaurants in Nice, Monte Carlo, Paris, Berlin and Madrid, returning to England in November, 1914. He worked his way up through various positions gaining valuable experience along the way.

He was persuaded to come to Australia in 1923 by Percy Stewart Dawson and ran the plush *Ambassadors Restaurant* in Pitt Street for four years before opening the first *Romano's Restaurant* in York Street. Because of its low cost structure the restaurant did well during the depression.

The great days of Romano's followed its opening in the basement of the newly built Prudential Insurance Building in Martin Place (fronting Castlereagh and Elizabeth Streets). The entrance to Romano's was in Castlereagh Street next to the now long gone Prince Edward Theatre.

The décor was elegant and sumptuous with subdued concealed lighting. Patrons walked past a bust of Napoleon as they entered and were greeted by a Maitre D'. Because Steak Diane, cooked at the table, often by the Maitre D', was a specialty of the house, there was a gentle residual aroma of garlic. It was a popular venue for lunch with its standards and cuisine attracting celebrities such as Maurice Chevalier and Vivien Leigh. A young handsome central European (probably Hungarian) Karoly Szenassy played the violin moving among the tables. At night it became a social rendezvous for the wealthy wearing evening dress - as a night club with a dance floor and orchestra.

It was an attractive location for business functions such as product launches. On the other hand it was not out of the reach of the less affluent to celebrate special occasions. A private dining room was popular for "bachelor" dinners, when these were more elegant affairs than many are today. Medical student groups at Sydney Hospital, as a gesture to thank their clinical tutors (who in those days taught students without any form of remuneration) at the end of an academic year often entertained them in the private dining room.

The restaurant was briefly in the news when the then Commissioner of Police, a regular client, arrested and charged a waiter working at Romano's, Antonio Agostini, with the murder of the *Pyjama Girl* an unidentified badly burned body of a young woman, clad only in silk pyjamas, found in a culvert near Albury in 1934. The body was kept in formalin at the University of Sydney Medical School until 1942. Agostini confessed to killing his wife, Linda, and was convicted of manslaughter but maintained that Linda was not the *Pyjama Girl*. Some believe that the girl in the culvert may have been Anna Philomena Morgan who disappeared at about the same time in 1934.

Like J C Bendrodt, Romano was involved in horse racing but only with limited success until he bought *Bernborough* which went on to win fifteen races before he sold him to Louis B Mayer the movie mogul of Metro Goldwyn Mayer fame.

Romano lived in Point Piper. He died on 6 November, 1972 survived by his wife, a daughter and a son who at one time was a student at the Scots College.

Azzalin Romano at the opening of Romano's Restaurant, image courtesy National Archives of Australia.

Guests entering past the bust of Napoleon 11/2/1946: possibly Captain Warren Cheney and Sydney actress Anne Bullen. See **Broadway Lead For Sydney Amateur Actress.** (1946, March 6). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article27917013 Image no: 25698r by Hood, courtesy State Library of NSW.

Dance floor, dance band with violinist in white – Karoly Szenassy (?). Image No: Hood 25693, 11/2/1946, Courtesy State Library of NSW.

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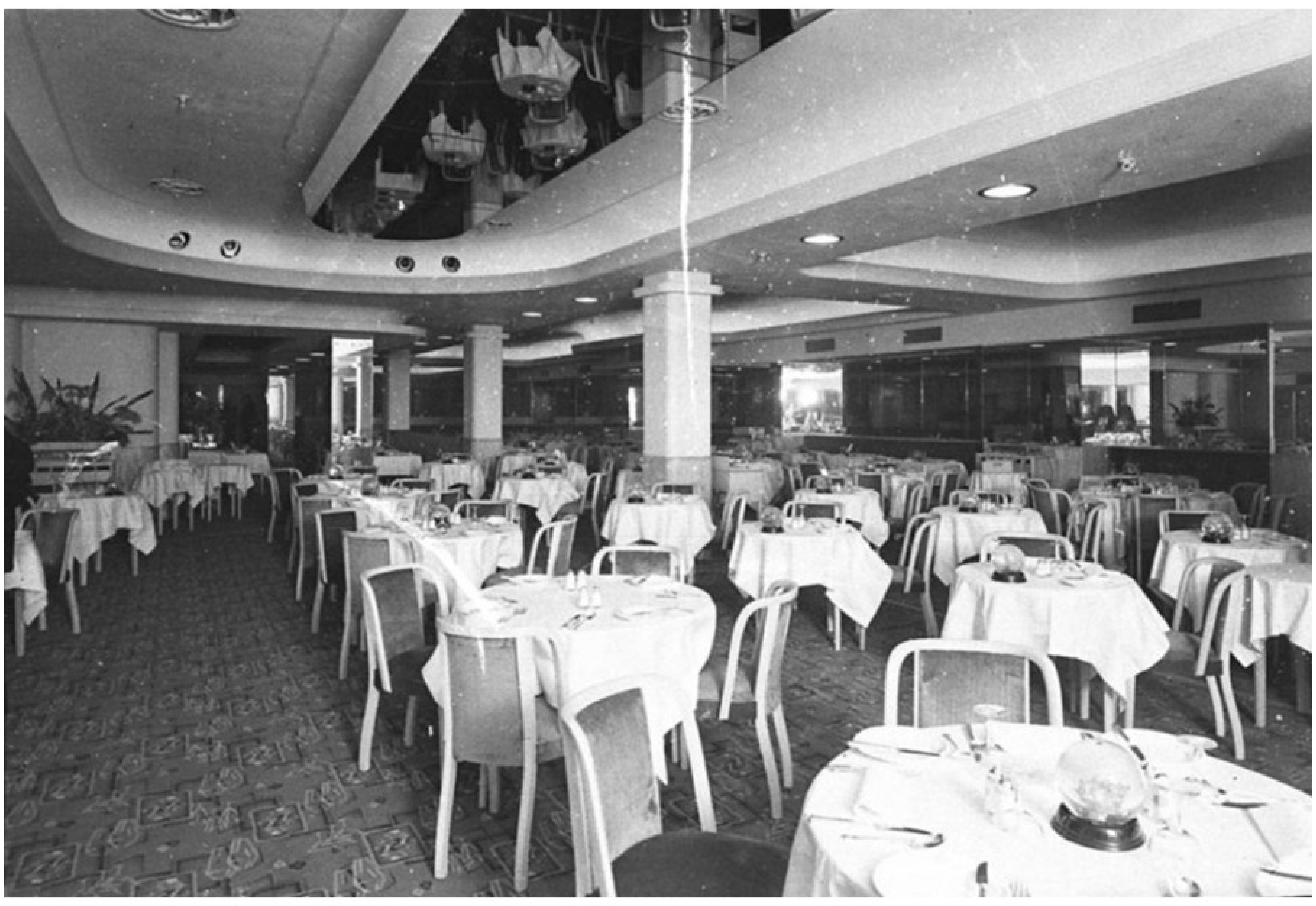
Bernborough, courtesy State Library of QLD.



Interior Romano's restaurant 1961. Image No.: Hood 09896, courtesy State Library of NSW.

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