Pittwater Online News

September 22 - 28, 2013: Issue 129

10 Year Olds Julia and Natalie Prove - Pittwater's Got Talent !!!

Julia Manias and Natalie Theodore during the auditions.

Julia Manias and Natalie Theodore are performing in tonight's (22.9.2013) ***Australia's Got Talent*** show on Channel Nine at 6.30pm. The bubbly 10 year olds have made the first round of the finals with a powerful rendition of *River Deep, Mountain High* and shall take on a song made famous by Aretha Franklin that extends and shows off their great voices this evening. By showing your support for our local Pittwater songstresses and voting for them you will get to hear the next song they have prepared. Definitely not one to be missed !

Full story HERE

Ding Dong Belle at Royal Motor Yacht Club's Ladies Luncheon - A Lady Who Is Still Bringing Joy to Hearts

Royal Motor Yacht Club- Broken Bay General Manager Karen Baldwin with Denise Drysdale on Wednesday this week - drawing raffle tickets from a barrel can be an hilarious occupation when Ding Dong is in the room! Picture by Sally Bacon, 2013.

One of Australia's favourite ladies, Denise Drysdale, affectionately known as 'Ding Dong', had a full room in stitches on Wednesday as she spoke of her decades long career in the entertainment industry. Effervescent, hilarious and raising funds for the Heart Foundation, this multi talented artist brought a bit of zing to the spring RMYC's Ladies Luncheon.

Full story HERE

Mayor Townsend Elected for Second Term - Councillor Kylie Ferguson Elected as Deputy Mayor

Mayor Jacqui Townsend.

Cr. Jacqui Townsend has been re-elected by her Councillor colleagues to the role of Mayor for a second successive year. Cr. Kylie Ferguson has been elected to the position of Deputy Mayor. The vote took place at this week's Council meeting on Monday 16th of September.

Pittwater Council has also released news in conjunction with Manly Council's Mayor, Jean Hay, regarding the proposed amagalgamation of councils this week.

Full story HERE

Deputy Mayor Kylie Ferguson.

Kenya Care Wear Launched

Brenda Allsop and Kathryn Hall at last Sunday's launch of Kenya Care Wear. Picture by A J Guesdon, 2013.

Mothers Brenda Allsop and Kathryn Hall launched Kenya Care Wear at Keen Hall in Avalon last Sunday. These traditional Kenyan cloths in glorious colours and cool fabrics were snapped up by those attending and the funds riased will be heading back to Kenya to support a range of community projects.

Full story HERE

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Articles This Week:

Front Page Issue 129 - 10 Year Olds Julia and Natalie Prove - Pittwater's Got Talent !!! - Ding Dong Belle at Royal Motor Yacht Club's Ladies Luncheon - Mayor Townsend Elected for Second Term - Councillor Kylie Ferguson Elected as Deputy Mayor - Kenya Care Wear Launched

Pittwater's Got Talent !! - Mona Vale schoolgirls Julia and Natalie are singing in Tonight's Australia's Got Talent Final - watch and vote so they may sing again for you!

Bigger is Better Theory on Council Amalgamations De-bunked by Mayors Townsend and Hay of Pittwater and Manly (New Report: *AN ASSESSMENT OF SGS REPORT LOCAL GOVERNMENT STRUCTURAL CHANGE: OPTIONS ANALYSIS)* - published 6 September 2013 - Professor Brian Dollery

The Arrival of the Australia's Navy in Sydney Harbour - 4th of October, 1913 - **International Fleet Review 2013 precursors - Article III**

Denise Drysdale wows all at Royal Motor Yacht Club's September Ladies Luncheon from Sally Bacon

24/7 Youth Film Festival 2013 - Winners and results

Reflections by George Repin: CHAIRMAN MAO'S PERSONAL PHYSICIAN

Kenya Care Wear Launched

Pictures: **Art in Odd Places** - This week we are privileged to share some images from the Dee Why Art in Odd Places Event last weekend. The identical art installations will be seen this weekend in Manly for their Arts Festival – Saturday and Sunday, from Cindy Goode Milman and photos by Susan Milne, Local Curator - AiOP and Artistic Director, ERAMBOO artist environment

Artist of the Month for September 2013: **Meredith Scott** -Beautiful mosaics elevate new, found and recycled materials into glorious works of art - if art is a font then Meredith, one of our premier Pittwater artists, epitomises how boundless the ancient traditions of mosaics still are - what a great way to celebrate the first month of Spring!

All Previous Articles

Profile: September 2013 - Pittwater Spring Ladies - Elly Willan - NNSW Waratah's player, captain for SI1 MWNA and a working engineer too! A breath of fresh Spring air personified

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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 DoreenCherry 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 EGConstructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. NinaCurtis 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 StephanieBrown Judith Bennett Gemma Rasdall Gwynneth Ross Peter Verrills Tom Gilbert Tony Carr Gwenyth Sneesby Bobbie Squire Philip Bond Save Mona Vale Hospital Committee Southern Cross Wildlife Care Wingala Lapidary Club Surfers Against Suicide Tracy Ponich Katerina Cosgrove Christina Stewart Mermaids of Palm Beach Rob Romer Bert King OAM John L Gordon Jackson Davies Mona Vale Mountain cub Scouts Sydney Wildlife Henry John Chisholm Easy Transport Manly - Warringah - Pittwater John and Bob Johnson - The Johnson Brothers Meredith Scott Shelagh Bokenham Brenda Allsop

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History: September 2013 -Surf Life Saving Clubs of Pittwater- Bilgola SLSC – the first 10 years

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Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I Pittwater Aquatic Club Part I Woody Point Yacht Club Royal Motor Yacht Club Part I Dorothea Mackellar Elaine Haxton Neva Carr Glynn Margaret Mulvey Jean Mary Daly Walter Oswald Watt Wilfrid Kingsford Smith John William Cherry George Scotty Allan McCarrs Creek Narrabeen Creek Careel Creek Currawong Beach Creek Bushrangers at Pittwater Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds Warriewood SLSC Whale Beach SLSC Flagstaff Hill Mount Loftus Pill Hill Sheep Station Hill S.S. Florrie S.S. Phoenix and General Gordon Paddlewheeler MV Reliance The Elvina Florida House Careel House Ocean House and Billabong Melrose-The Green Frog The Small Yacht Cruising Club of Pittwater Canoe and I Go With The Mosquito Fleet - 1896 Pittwater Regattas Part I - Dates and Flagships to 1950 Shark Incidents In Pittwater The Kalori Church Point Wharf Bayview Wharf Newport Wharf Palm Beach Jetty - Gow's Wharf Max Watt Sir Francis Anderson Mark Foy John Roche Albert Verrills Broken Bay Customs Station At Barrenjoey Broken Bay Water Police Broken Bay Marine Rescue - Volunteer Coastal Patrol Pittwater Fire-Boats Prospector Powder Hulk at Towler's Bay Naval Visits to Pittwater 1788-1952 Pittwater's Torpedo Wharf and Range Naval Sea Cadets in Pittwater S.S. Charlotte Fenwick S.S. Erringhi P.S. Namoi S.Y. Ena I, II and III Barrenjoey Headland - The Lessees Barrenjoey Lighthouse - The Construction Barrenjoey Broken Bay Shipwrecks Up To 1900 Barrenjoey Light Keepers Douglas Adrian Ross Newport SLSC 1909 - 1938 Part I Overview North Narrabeen SLSC - The Formative Years Bilgola SLSC - the First 10 years

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Park Bench Philosopher: Graffito by Warwick Dalzell

News From Our Inbox Catamaran Sailing - Palm Beach Sydney from Peter Salter, Australian World-first study finds midwifery care costs less and delivers equally safe care, Push the Shark Away, Find Your Past.com Aust&NZ - has released 1.5 million records detailing ship passenger arrivals, Beach Sculpture - Boulder Woman, When the war is over - UNSW's Uniken out now; More than 27,500 Australian soldiers have served in Afghanistan since 2001, The 14th Australian Social Policy Conference; Gender divide hits working from home and Key traits young people look for in trusted adults, What Direction Does Earth's Center Spin? New Insights Solve 300-Year-Old Problem, All Over the World - Boys will be Boys, CSIRO-MAGNETIC FIELD MAY SHAPE "BLOOMING" STAR, MJA- DIY renovators at risk from asbestos exposure, Humans, CSIRO - 3D MAPPING IS A 'PISA' CAKE FOR ZEBEDEE, Life On Earth May Have Come from out of This World, Gigantic Fish Sows Seeds of Unity Between Poland and Ukraine, How Birds Got Their Wings, Health papers published this week: Heart Attacks in Young Women - Not All Have Chest Pain; Varenicline Helps Smokers With Depression Quit Smoking; Immune System Marker Tied to Improved Bone Marrow Transplant Outcomes; 'Vicious Cycle' Shields, Spreads Cancer Cells; Diet Is Associated With Risk of Depression; Tracking Drug's Ability to Prevent Type 1 Diabetes; Gut Microbes Closely Linked to Proper Immune Function, Other Health Issues; Women Can Lower Their Risk for Gynecologic Cancers; Risk of Birth Defects Among Women Who Take Antihistamines in Pregnancy; Extremely Potent, Improved Derivatives of Successful Anticancer Drug Created; New Target for Melanoma Treatment.

Events: Grants Writing Workshop, Art, Music, Paddling, Walking, Music, Music, Music, Australia II 30th Anniversary, Katandra Season, Buddy Holly Evening at Pittwater RSL, Lime Cordial All Ages Gig at Manly, Art In Odd Places, AvPals Term 3 2013, Pittwater Camera Club, FoNLC Activities: **if it's happening here it's probably listed HERE. Also See Environment, Seniors, Children's and Youth pages for age or specific Events and Courses**

Collector's Corner: Trinket Boxes - a delight for small and big girls alike, these dainty colourful craft made or purchased small boxes have a history that goes back several hundred years

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Community News: DOG DAY BY THE BAY TODAY, Pittwater Has Talent!!, Pittwater Rotary's Spring Concert a Success, Tour The Investigator Research Vessel, Imagine Pittwater, NSW Surf Patrol Season Begins, AMALGAMATION OF MANLY AND NORTHERN BEACHES LOCAL AREA COMMANDS, National Police Remembrance Day 2013, Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition, Artists Set Sail to Catch the 'Colorful Killers', David Suzuki explains why you should join the East Coast Odyssey, PCA makes first donation to the Mona Vale Hospital 50 Year Golden Jubilee, NSWRF Open Day 2013, PCA – Open Meeting, National Trust NSW 2013 Ball, PITTWATER BEACHES SET TO BE SMOKE-FREE, Wearing of Lifejackets by Rock Fishers, The Lion Island Challenge, Wingala Lapidary Club re -opened, Australia's newest indigenous Festival launches 2013 Program RAV4 UP FOR GRABS IN THE BE THE INFLUENCE AUSTRALIAN BOARDRIDERS BATTLE MONSTER RAFFLE, MONA VALE HOSPITAL AUXILIARY STALLS, September 2013, Avalon Sailing Club 75th Anniversary, Our Councils Notices and more

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Environment; PITTWATER BUILDINGS MAKE THEIR MARK, Ice Berg Aurora by Richard Youd, Songbirds Massacred - St John, Canada, Stony Range Regional Botanic Garden – Dee Why, Blobfish – Voted World's ugliest, New Sydney Environment Institute takes holistic approach to tackling climate change, **Ecodivers** and the Seahorses of Sydney Harbour, 25 years of the IPCC, Professor Elaine Baker appointed as UNESCO Chair, Lyrebird song, Algorithm Finds Missing Phytoplankton in Southern Ocean, Overfishing of Sharks Is Harming Coral Reefs, Great rewards for Asparagus attack!, MARINE AND MARITIME RESEARCH FESTIVAL, The Earth Wins: Fantastic resource for teachers, Aus-wide, Early-Warning System to Prevent Fishery Collapse, Environmentally Friendly Cement Is Stronger Than Ordinary Cement, World's Most Vulnerable Areas to Climate Change Mapped, Antartica - Achilles' Heel of Ice Shelves Is Beneath the Water, Wetlands More Cost-Effective in Nutrient Removal, **COOEE SEPTEMBER 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations and more.

Lynda Hill: Update 19.9.13: From Seeds To Harvest - September's Pisces Full Moon

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Pictures: Art in Odd Places - This week we are privileged to share some images from the Dee Why Art in Odd Places Event last weekend. The identical art installations will be seen this weekend in Manly for their Arts Festival – Saturday and Sunday, from Cindy Goode Milman and photos by Susan Milne, Local Curator - AiOP and Artistic Director, ERAMBOO artist environment

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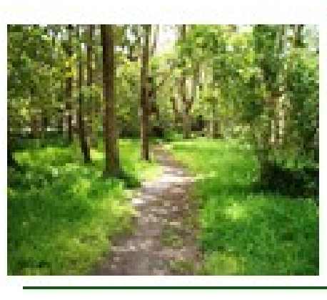
Children: For you this week: Pittwater's Got Talent !! - Mona Vale schoolgirls Julia and Natalie are singing in Tonight's Australia's Got Talent Final - watch and vote so they may sing again for you! AND 24/7 Youth Film Festival 2013 - Winners and results + The Earth Wins, Creative Creatures Willbes Film Competition (5years to 15 years), What Does the Universe Sound Like?, An Octopus Love Story!, Sea Otters holding hands, Kids Art Adventures at Manly, Lego Pirates, Titanoboa, Baby Stingrays, Step Aside, 2 Streams of Water Colliding, Mended, Building Sydney Harbour Bridge, Holiday Movies for you: James And The Giant Peach, Madeline, Bridge to Terabithia and TARZAN 2, ATLAS OF LIVING AUSTRALIA - 40 million specimen records now available online, Explore the West with WilderQuest!, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

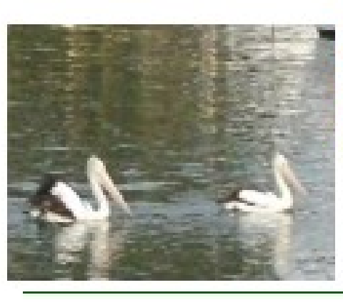
Youth: BLAST OFF 2013 ON THIS WEEK - SEE YOU ON THE BEACH!! For you this week: Pittwater's Got Talent !! - **Mona Vale schoolgirls Julia and Natalie are singing in Tonight's Australia's Got Talent Final** - watch and vote so they may sing again for you! + 24/7 Youth Film Festival 2013 - Winners and results, Pool Bike, Time off after school can reap benefits at university, The Earth Wins, Voyager Enters Interstellar Space!, Wild Horses - The Rolling Stones, Australian businesses support undergraduate scholarships honouring businessman James Strong, The Rolling Stones - Moonlight Mile, **Calling young buskers! Mona Vale Market Day is looking for young people aged 12-24 for Sunday 3 November,** Human Beings, International Fleet Review Art Competition - Secondary Students Section, Duffys Defenders Launched, My school is posting these everywhere – use commas!!!!, Lime at Nth. Manly - All Ages Gig, Mini Doc. Comp, STONES - Sweet Summer Sun - Hyde Park Live Released this week, Holiday Concert - Rolling Stones - New Jersey - 2012, Rolling Stones - The Second Wave Doco., Creative Creatures Film Festival Comp On, , **RockCorps Barrenjoey - EARN A $70 TICKETMASTER VOUCHER!,** ATLAS OF LIVING AUSTRALIA - 40 million specimen records now available online, Holiday Flick - Have a Great Two Weeks Off! - Spy Kids 4 All The Time In The World, Band Camp with Tommy Emmanuel!, AUSTRALIAN NAVY CADETS - On the Northern Beaches, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards.

Seniors; 83% of older patients return home after hospital stay - New Austalian Report Released 20.9.2013, Avalon Computer Pals for Seniors is running a free lecture demonstration on: 'Finding the right computer, iPad or tablet for you', Tchaikovsky Flashwaltz at Hadassah Hospital, Efficient draw-down structures needed as population ages, National Seniors Australia welcomes New Ministers, Never Too Old for an iPod, Eurobodella Spring Fair, Clever Cow, 15th Australian Computer Conference for Seniors, Give It A Go Month, Grandparents Day 2013, Bowen Island Is Fisherman's Paradise, Dancing Child, Cat Teaches BAby to Walk, Boys Own Adventures - The Internet Craftsmanship Museum, Say It With Music, Voyager Enters Interstellar Space!, Wingala Lapidary Club re-opened, Meanwhile... In Alaska, Flight Radar 24.com, Health papers published this week: Copper Bracelets, Magnetic Wrist Straps Fail to Help Rheumatoid Arthritis; Lifestyle Changes May Lengthen Telomeres, a Measure of Cell Aging; Hospital Study Finds Connection Between Dementia, Delirium and Declining Health; Use of Cognitive Enhancers Discouraged in Some Patients; Scientists Reveal How Beta-Amyloid May Cause Alzheimer's; AvPals Term 3, National Seniors Literary Prize 2013, local Events, Support and Education Activities.



Community Clubs: Updates on Activities and links to sites.

Artist of the Month: September 2013 - Meredith Scott - Beautiful mosaics elevate new, found and recycled materials into glorious works of art - if art is a font then Meredith, one of our premier Pittwater artists, epitomises how boundless the ancient traditions of mosaics still are - what a great way to celebrate the first day of Spring!



Reflections: by George Repin. **This week; CHAIRMAN MAO'S PERSONAL PHYSICIAN**

DIY Hints: Spring Garden Chores - Johnson Brothers have some great Spring Specials - just perfect for spending time in your own garden

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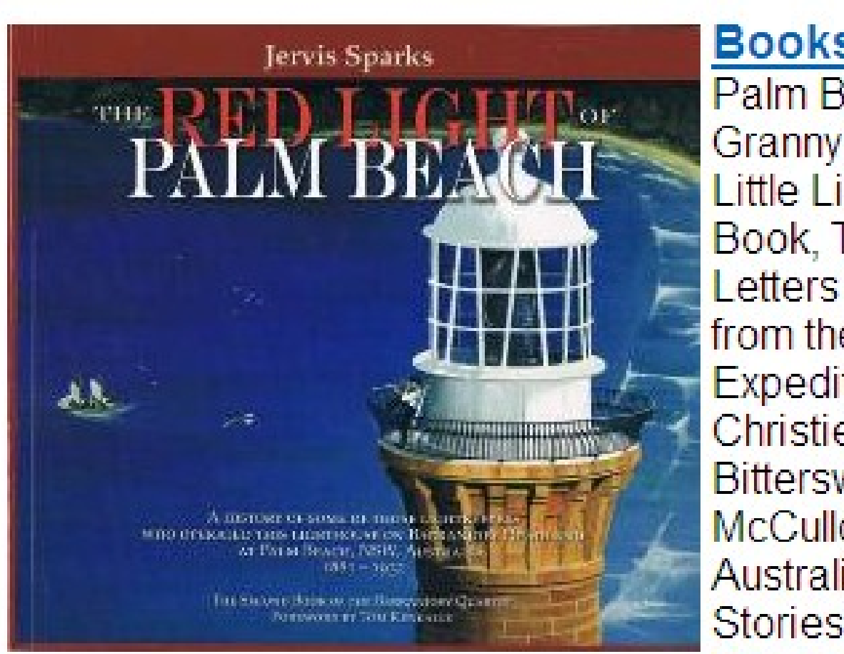

Books: The Red Light of Palm Beach, The Great Granny Gang, Peppa Pig - Little Library Box Board Book, The Grand Tour: Letters and photographs from the British Empire Expedition 1922 By Agatha Christie (Australia Included), Bittersweet By Colleen McCullough, Great Australian Outback School Stories by Bill ' Swampy' Marsh, Seasonal Kitchen - Serge Dansereau (Bathers Pavillion), Future Park - Imagining Tomorrow's Urban Parks by Amalie Wright, Australasian Nature Photography - ANZANG Tenth Collection

Old Books: - **September 2013** - read in full here: online! **Australian Life (1892) by Francis William Lauderdale Adams**

The Great Barrier Reef of Australia; its products and potentialities (1893) by William Saville Kent

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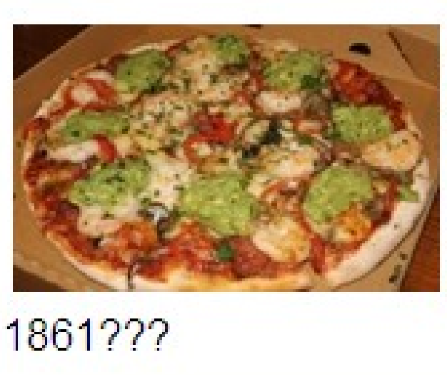

Food: Cranzgot's Pizza café - located in North Avalon, this gourmet and Traditional pizzeria dishes up pure yum five days a week - did you know that pizza is almost two thousand years old?? That the first report on this dish in Australia was in 1861???

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10 Year Olds Julia and Natalie Prove - Pittwater's Got Talent !!!

Pittwater's Got Talent

by Anita Manias and Leon Theodore

Northern Beaches 10 years old singing duo Natalie Theodore and Julia Manias were recently featured on Channel Nine's Australia's Got Talent, belting out a stirring audition performance of the Tina Turner classic *River Deep Mountain High*. Displaying powerful vocals and strong harmonies, the girls were given a rousing reception and will be featured in the semi finals to be aired on **Sunday September 22nd, at 6.30**.

Teaming up for the first time as 8 year olds, they came to public attention winning first prize in Warringah Mall's Star Search at the beginning of 2012, performing *Good Morning Baltimore* from the musical **Hairspray**. Since then, they have gone on to perform successfully at a number of talent shows and public events on the northern beaches including the 2012 Manly Choral Christmas Concert.

Star Search '12
Fame starts here

Julia and Natalie at Star Search, 2012

The girls have also been busy on the Eisteddfod circuit competing in a number of vocal categories including pop, musical theatre and jazz in the last two years. They have achieved success both as soloists and as a duet at the Northern Beaches, Ryde, St George and Sydney Eisteddfods.

Natalie's and Julia's performance experience also received a boost earlier this year when they each landed roles in significant stage productions. Natalie featured in the Belvoir St Theatre production of Cat on a Hot Tin Roof, alongside acclaimed Australian actors, Jacqueline Mackenzie and Ewan Leslie.

Meanwhile, Julia scored the role as Little Cossette in the highly successful Willoughby Theatre Company production of Les Misérables.

Having first met at pre-school (Jack and Jill at Mona Vale) they have developed a strong friendship through their shared passion for music and performance. When not pursuing their extra curricular interests they also share the same class in Year 4 at Sacred Heart Catholic School Mona Vale.

Exhibiting musicality at a young age they have both been learning piano, singing and dance from the age of 5 years and currently attend Dynamite Performing Arts school at Newport where they study ballet, musical theatre and jazz dancing.

The girls also attend Sydney Vocal Arts Centre at Manly, where under the tutelage of director Margi Coen, they are learning their vocal craft and exploring drama and musical theatre performance.

Apart from singing, dancing, and piano, Julia loves the mighty Manly Sea Eagles, Taylor Swift, her two border collies, and downloading apps onto the ipad. Natalie's other interests include reading, art, netball and her much loved cavoodle Lulu.

Australia's Got Talent: The Finals Sunday 6.30, Channel Nine - Website and on Mornings program Here

Link to audition performance at Australia's Got Talent 2013:

http://www.youtube.com/watch?v=TKjLq5eAxgM&feature=youtu.be

Link to articles in news.com.au **re Oscar winning costume designer fitting out the girls and story about kids making semis.**

Performing at Manly Arts Festival - aged 9 years.

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‘BIGGER IS BETTER’ THEORY ON COUNCILS DEBUNKED

A new independent report has provided concrete evidence that larger councils are not necessarily better for residents and ratepayers - and that forced amalgamations do not improve financial sustainability or customer experience. The report, prepared by local government expert Professor Brian Dollery from the University of New England, was commissioned by Manly and Pittwater Councils in response to the Warringah Council's Local Government Structural Change report which recommends amalgamating the three local councils and an even wider merger with Ku-ring-gai, Hornsby and Mosman Councils.

Warringah Council has subsequently written to Manly and Pittwater Councils requesting they attend a 'working party' formed to look at ways to amalgamate local councils. The Dollery report found that the proposed model of a northern beaches council advocated by Warringah Council was not viable for several key reasons. These were:

1. There is no 'community of interest' between Manly, Warringah and Pittwater Councils considered essential for amalgamation to occur successfully

2. Local boards are both expensive and inappropriate for NSW

3. Amalgamation options proposed do not improve financial sustainability and in the short-term increase costs to ratepayers substantially

4. No economies of scale are present in the amalgamation options proposed by Warringah Council.

Manly Mayor Jean Hay AM said that 'the economic analysis reveals Warringah’s report does not address communities of interest, the cost of additional tiers of government and the potential for cost savings through economies of scale in its various merger options presented for the Northern Beaches, Ku-ring-gai, Hornsby and Mosman'.

“Manly Council’s services cater to the particular demographic needs and character of the Manly area,” Mayor Hay said. "This would be lost in the model of an amalgamated council that is being proposed by Warringah."

"Professor Dollery's report clearly shows amalgamations cannot be justified due to the stark differences existing between Manly, Mosman, Warringah, Pittwater and Ku-ring-gai. In fact, a merger could lead to a widening of the socio-economic differences between local councils if a forced amalgamation strategy is pursued. Forced amalgamation could cost our ratepayers $2 million a year.” added Mayor Hay.

Pittwater Mayor Jacqui Townsend said that council amalgamations also have other adverse consequences, such as loss of local identity and a ‘local voice’.

"Assumptions of economies of scale through population size and per capita expenditure do not necessarily follow forced mergers," she said

Mayor Townsend said that northern beaches councils have successfully delivered cost savings and streamlined services through the SHOROC regional organisation of councils.

"Both Manly and Pittwater intend continuing to save residents costs in our service delivery through SHOROC and other networks. The evidence is clear that amalgamations will not result in better services or lower costs for our residents. Smaller councils are more responsive and less bureaucratic, so there is nothing for residents to gain from yet more layers of Council structures such as boards."

Both Mayors said they would write to the State Government on behalf of their communities objecting to any forced amalgamations of the type proposed by Warringah Council.

To view the full report, go to http://www.pittwater.nsw.gov.au or http://www.manly.nsw.gov.au

Direct link to ***AN ASSESSMENT OF SGS REPORT LOCAL GOVERNMENT STRUCTURAL CHANGE: OPTIONS ANALYSIS*** - published 6 September 2013 - Professor Brian Dollery HERE

Mayor of Pittwater, Jacqui Townsend.

Mayor of Manly, Jean Hay.

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THE ARRIVAL OF AUSTRALIA'S NAVY IN SYDNEY HARBOUR 4TH OF OCTOBER, 2013

If William Cresswell grew weary of all that needed to be done to bring about what we now know as the Royal Australian Navy, an Australian Fleet entering Sydney Harbour on the 4th of October, 1913, was surely a realisation of words he'd spoken years before and the culmination of decades of a Great Work and then some. It would have done his heart good to know the flagship carried one of his sons as part of its crew:

A NAVY OF OUR OWN, OR A HIRED ONE ? (FOR THE 'SUNDAY TIMES.')

Of the two naval schemes before the public, that of Admiral Beaumont proposing a modification of the present system, and that of the Naval Commandant of Queensland, who advocates the formation of an Australian navy, owned and controlled by the Commonwealth, only the latter need be considered, as the principle is admittedly favored by the great majority of the public here. **Captain Cresswell** suggests ' the purchase of a cruiser every two years for ten years, and, reckoning the construction to take two years, if the first were ordered at once, **the Commonwealth would in 1913 possess a fleet of five vessels of its own**.' The most of these at- £300, 000 apiece, and their annual maintenance at £47,000 each, could be covered by a yearly Federal appropriation of £300,000 or £350,000, the burden of which might be lessened by the gradual diminution and ultimate extinction of the auxiliary squadron subsidy and a reduction in the ordinary naval defence expenditure. From our present annual contribution of £.126,000 per annum— really as New Zealand is not in the Commonwealth, about£90,000— to £350,000 is a big jump, and as all the capital expenditure of £1,500,000 will be outside our limits, members of Parliament can hardly be expected to let so much water go past their own mill without opposition. A NAVY OF OUR OWN, OR A HIRED ONE?. (**1902, January 5**).*Sunday Times* (Sydney, NSW : 1895 - 1930), p. 3. Retrieved from http://nla.gov.au/nla.news-article126433458

Flagship of Rear-Admiral Commanding Australian Fleet. Officers : Rear-Admiral Sir George E. Patey, K.C.V.O. ; secretary, Cuthbert H. Rodham ; flag-lieutenant, Basil R. Poe ; clerks to secretary, Leslie S. Brown and James D. Jackson ;captain, Stephen H. Radcliffe ; commander. George F. Hyde ; lieutenants :C, D. Longstaff, J. G. Walsh, H. C.Allen, A. R. A. Macdonald, W. M. V.Lewis, F. C. Darley, D. C. Pillans, J.G. Crace, 0. C. Warner, C. Emmott,G. A. Hill, H. L. Quick (acting) ; sublieutenant, C. M. Mereweather ; engineer-commander, W. C. Johnson ; engineer-lieutenants : Ii. A. Lee, H. Bleackley, T. W. Ross, H.,M. F. Robinson, O. 0. Ireland, and A. B.Doyle ; chaplains : Rev. P. J. Gibbons, B.A., and Rev. Frederick Riley, M.A.; fleet paymaster, R. E. Ward -roper ; staff surgeon, A. R. Caw; surgeon, W. E. Roberts ; assistant-pay -master, L. H. Mosse-Robinson ; gunners : D. Ogilvie, J. Wilkes (T.), A.C. Newton, A. E. Shute, W. Gregory boatswain, A. McCutcheon ; signal boatswain, W. D. Hunter (acting) ;carpenter, A. H. Martin ; midshipmen :H. H. Mcwilliam, **C. F. Cresswell,** W.H. Bremmer, F. A. B. Haworth Booth, A. L. Pears, H. A. Packer, R.R. Lyle, E. E. Hill, R. G. Fenton-Livingston, J. B. Findlay, E. W. Billyard-Leake, V. R. Bowley, G. H. E. Maison, J. W. Pinhey ; paymaster's clerks : J. Hehir and A. E. Sharp. Commissioned in the Clyde, June 21, 1913.

Protected-Cruiser Sydney. 5,400 tons ; h.p., 22,000 N.D.; speed,27 knots ; length, 430ft. ; beam, 48ft.oin. ; draught, 15ft. ; armament, eight6in. guns, four 3 pr. ; builders. Cammell, Laird and Co., Birkenhead ; **sister ship to Melbourne and Brisbane**. Officers : Captain, John C. T Glossop ; lieutenants ; J. F. Finlay -son, H. J. Feakes, D. E. Rohilly, B.0. BeUSalter, G. CE. Hampden; sub-lieutenants : F. L. Cavaye, J. M.C. Johnstone ; engineer-lieutenants :A. W. Coleman and L. P. Fowler ; engineer sub-lieutenant, C. Dennis ; surgeon, L. Darby, M.B., Ch. B- ; chaplain, Rev. V. A. Little, M.A. ; pay -master, A. F. B. Livesay (acting) ;gunners : G. B. Salter and J. C.Macfarlane (acting) ; boatswain, A.M. Martin (acting'), carpenter, E. G.Behenna ; artificer-engineer, G. A.Hutchinson (acting) ; paymastcr'-s clerks : D. Munro and N. J. Embelton. Commissioned in the Clyde, June 27, 1913. THE VISITING WARSHIPS. (**1913, September 17**). Albany Advertiser (WA : 1897 - 1950), p. 3. Retrieved from http://nla.gov.au/nla.news-article70110057

Colin Francis Creswell 1894 - 1917 was appointed to the Battle cruiser HMAS *Australia* on 24 May 1913. He was the fourth child and a son of Rear Admiral Sir William Rooke Creswell the first Member of the Naval Board Royal Australian Navy and Adelaide Creswell OBE of Fernadale, Silvan Victoria Australia.

As early as May 1913 a shift in thinking and acceptance began to be expressed. Ever present in this establishing of a Federation of states was the knowledge that a nation of Australia, if not for a Royal Navy, would never have been

'THE AUSTRALIAN NAVY. "This will be the third and last occasion," said Sir George King-Hall, "on which I shall have the honour and pleasure of addressing many of the leading citizens of. Sydney on Empire Day, citizens of a most important city in the Empire, the capital of the mother State, and which from its very situation and, may I add, the magnificent harbour-(laugh-ter)-Is destined by nature to be the Queen City of the Pacific, as Venice was the Queen of the Adriatic. The British Empire is a maritime federation of States, an Empire unique in history, for these States so widely scattered are linked together by the roads on the oceans, along which voyage the rich argosies that bring wealth and prosperity to its various members. Block these roads, or cut these arteries of life, and we bleed to death; so it is an absolute necessity to our very existence that we throw the shield of our protection over the seas under which our commerce and communications shall be practically safe and secure. Consequently, the question of naval defence is uppermost in the minds of every, thoughtful person, both at home and in the dominions beyond the seas, how we are all to share in the defence, to mutually support one another in times of stress and strain; and to no part of the Empire is this co-ordination and co-operation more necessary and vital to its very existence than it is to the Commonwealth. (Applause.)

"I will touch on the share that Australia has taken in this respect. It is not in my province to criticise the naval policy of other dominions, but keeping Australia only in view, I am absolutely convinced that no other policy is or ever was feasible than the one adopted. This policy is more natural, more enduring than that of paying a contribution, and I. am perfectly astonished that to anyone living out here the latter idea should still be considered in the region of practicability. It is not sound politically, and hence cannot be sound from the Imperial point of view. All past history teaches us this lesson. The critics of the present Australian naval policy, may I venture to say, have a limited horizon, only considering present needs. The statesman, on the other hand, with a large grasp of the situation, and a keen, piercing insight into the future, has an horizon stretching out to coming possibilities, whilst not neglecting the present. He says, 'We will shoulder the task; we will help the mother country by building up a naval force which will be the Commonwealth division of the Imperial Fleet; we will not only give of our money but give of our manhood, and thus generate an ardent naval spirit amongst our people.' What will be the result? The whole .nation will appreciate and take a personal interest in the men and the ships that are provided and maintained for the defence of the Empire. (Applause.)

"Do not listen to those who say that it will be a sectional force. It will never be so, unless mad, fatuous folly seizes hold of all Commonwealth statesmen and Australians generally to their own undoing and absolute ruin. You will find that as years roll on the Royal Australian Navy will more and more become a stronger and stronger tie binding the old country and her young, vigorous offspring together. Time does not allow me to dwell on this point. There can only be one control in war, and if it should ever unfortunately break out, you will find that such is the case; and must be so. I have the fullest confidence that any Commonwealth Government will send the ships or those required to any part of the world if they are needed to take their part in the general war plan, which,. Of course, has been thought out and prepared beforehand.

SERIOUS PROBLEMS. .

"What of the R.A.N.? It has been from the beginning most successful. Two years ago the cry was that the Australians would never take to the sea. The result has proved that they will do so-as ducks take to the water, and as their forefathers have done in the past centuries. (Hear, hear.)

The naval spirit evoked has been most remarkable. There has been no lack of entries. All the reports that I have received of the personnel from, home and officers out here-and I know it from my own observation-are most satisfactory as regards discipline and Intelligence, and a fine esprit de corps is being evolved. Mistakes from time to time-and perhaps serious mistakes-will be made. Young nations, like young people, must buy their experience; but keep the goal in view, and it will be reached in time. 'Nil desperandum" should be our motto.

"Here I will mention two facts that should be noted, viz., but the success of the Australian policy is not only due to those in Australia who have never allowed themselves to be daunted or discouraged by difficulties, but have gone right ahead with courage, looking to the ultimate issue, and in this connection I must-mention Admiral Sir William Cresswell; but it is also due to the generosity and support of the Admiralty, who have given of their best both of officers and men, to assist in starting and developing the Royal Australian Navy on the right lines-officers and men that they can ill spare at present. Without them there could be no Australian Navy. This must never be forgotten either in the present or in the future. (Applause.)

I am glad it is my lot to hand over the Australian part of the station to such an able successor as Admiral Patey, who will be out hero shortly, as I am sure that the R.A.N., under his leading and guidance, will be everything that it should be, and the ships and men will be ready to take their places in the one of battle whenever or wherever required.

It has been a most Interesting time for over two years that I have been in command and I shall remember these Empire Days at the Royal Exchange where you have given me the opportunity and privilege of speaking on the naval question and policy, which in the years to come will prove, if rightly guided, that tho true perception of the naval and Imperial situation has been realised by the British race in Australia, in carrying out the present naval policy that Will enable us to face the great and most serious problems that must come sooner or later in tho Pacific. I conclude by wishing every prosperity to Australia, one of the brightest gems in the galaxy of nations that form the British Empire. I see in the future this nation growing in strength and virility, standing as guardian over Imperial interests in those great southern seas, mighty for good. (Applause.)

May we on. this Empire Day not breathe a spirit of jingoism or bravado, but a prayer that we may remember that the motto of 'Advance Australia,' will be accomplished in so much and in so far only as the people look to the Divine guidance and blessing for carrying out the high mission that has been entrusted to them now and in the years to come." (Loud applause.) AT THE ROYAL EXCHANGE. (**1913, May 26**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article28125523 Image from anouncement of appointment to Australian Station: No title. (**1911, February 18**). Chronicle (Adelaide, SA : 1895 - 1954), p. 31. Retrieved from http://nla.gov.au/nla.news-article88682113

Meanwhile in Sydney, on the 4th of April 1911 the Warrego was launched from Cockatoo Island and in the UK, two happy events were taking place later this same year. On 10 July 1911, King George V granted the title of "Royal Australian Navy" and :

H.M.A.S. AUSTRALIA LAUNCHED. The Commonwealth cruiser battleship Australia was successfully launched at Clydebank by **Lady Reid on Wednesday. Lady Reid, in performing the ceremony, said : "May the old flag and the new flag ever fly together in peace and war."-Sir George Reid received telegrams from Mr. Andrew Fisher, Prime Minister of the Commonwealth, and the officers and crew of the battleship Commonwealth, wishing success to' the Australia. Lord Aberconway, chairman of John Brown and Co., the builders, in proposing the toast of ."Success to the Australia," said that the Commonwealth s reason for building the vessel was twofold— to defend her own territory, and to support the rest of the Empire. Sir George Reid deplored the necessity for building warships, but declared that the ships were guarantees of peace, and Australia 'believed that as such they served the highest interests of mankind.'** Australia, he added, had no hostile neighbors, and no racial troubles. She had universal service, and she wished 'to have a fleet', recognising as she did her obligations to the motherland. In the meantime the warships prevented wrong being done, and kept peace. It was in that .spirit that they were launching the vessel that day. He hoped that the old and new flags would always fly together in the cause of peace and commerce. Admiral Sir Reginald Henderson said that by her policy Australia was creating a naval spirit that would fit her to be an efficient member of an Empire that was now more than ever dependent on her sea power. H.M.A.S. AUSTRALIA LAUNCHED. (**1911, October 29. Sunday**). *Sunday Times* (Sydney, NSW : 1895 - 1930), p. 14. Retrieved from http://nla.gov.au/nla.news-article120685423

Lady Reid was the wife of Sir George Houstoun Reid (1845-1918), premier, fourth prime minister of Australia and appointed as first high commissioner in London December 1909. He purchased the site for Australia House and arranged for its building, and took responsibility for overseeing the construction of the new Australian fleet. He married on 5 November 1891, Flora Ann Brumby, daughter of a Longford, Tasmania, farmer. Lady Reid, for her work in assisting Australian soldiers recuperating in London from World War I, was appointed a Dame Grand Cross of the Order of the British Empire (GBE) in August 1917, being in the first list of appointments to the order, which had been created only in June 1917. (1.)

SIR GEORGE AND LADY REID AND FAMILY

Sir George and Lady Florence Reid and their children (left to right) Douglas, Thelma and Clive, in London c. 1915. Courtesy National Library of Australia.

COMMANDER-IN-CHIEF INTERVEWED. CAPE TOWN, August 20. Rear-Admiral Sir George Patey, Commander-in-Chief of the Royal Australian Navy, was interviewed yesterday on the arrival of his flagship, the Australia, at Cape Town. He emphasised the fact that no dividing line would be drawn between the men lent by the Imperial Navy and those who joined the service in Australia. They were all the same to him, he said, and they would all be officers and men of the Royal Australian Navy. The Commander-in-Chief said he would treat all the ships under his command in Australia in the same way as he would treat a similar squadron under his command in England.

HMAS Australia at Cape Town

Questioned regarding the naval policy in general, Sir George said he believed Australia was doing the right thing in regard to contributing towards the defence of the motherland. He considered the Australian naval scheme outlined by Admiral Henderson was excellent. The soundly built-up individual independence of the overseas Dominions need never clash with the unity of the Empire as a whole. It needed an instinct contrary to nature to conceive that an outsider could hope to interfere with 'success between a mother and her children. H.M.A.S. AUSTRALIA. (**1913, August 21**). The Advertiser(Adelaide, SA : 1889 - 1931), p. 15. Retrieved from http://nla.gov.au/nla.news-article5798029

AN HISTORICAL EVENT. Sydney could never have fleet week over again. Like the first baby, it was surrounded by all the enthusiasm and glamour of novelty. When America's fleet steamed into Sydney harbour the whole populace was more or less hysterical with excitement, and this frame of mind lasted until Uncle Sam's battleships were out of sight of their homeward journey. The visit of the American men-'o-war is credited with having aroused the determination to have a fleet of our own, and on October 4th Australia's fleet unit will sail into Sydney harbour amid much pomp and exultation. The event is to be celebrated royally, and the rejoicings are to be worthy of the importance of the historical event which will mark the acceptance of responsibility by the Commonwealth for the sea defence of Australian shores. AN HISTORICAL EVENT. (**1913, September 19**). *Forbes Times*(NSW : 1912 - 1920), p. 6. Retrieved from http://nla.gov.au/nla.news-article100261032

FAREWELL. "OUR SISTER SERVICE. **On the arrival of the Australia flying the flag of Rear Admiral Sir George Patey the flag of Vice-Admiral King Hall now flying on HMS *Cambrian*, will be hauled down and His Excellency will issue the following memorandum to the ships of the Royal Navy in these waters -**

"Before relinquishing the command of the Australian station I desire to express my satisfaction to all who have served under my flag for the loyal support that has been rendered to me during this transitional period that I have been commander in chief.

'"The new Australian station has been transferred to the Commonwealth, and the ships of the Royal Australian Navy are now the guardians of these water-thus preserving the continuity of Imperial naval defence in this part of the southern hemisphere which has been in charge of the Royal Navy since 1788.

On behalf of myself and the officers and men of the Royal Navy I have tendered through His Excellency the Governor General our best wishes for the continued success and welfare of our comrades m our sister service, the Royal Australian Navy which with the Royal Navy forms one great Imperial fleet for the defence of our King and the peoples of this worldwide Empire which Providence has entrusted to our care.

C KING HALL

Admiral, Commander in Chief

WELCOMING THE FLEET. (**1913, October 4**). *The Argus* (Melbourne, Vic. : 1848 - 1957), p. 19. Retrieved from http://nla.gov.au/nla.news-article7290558

WELCOMING THE FLEET, SYDNEY'S PREPARATIONS.CITY FULL OF SIGHTSEERS. GAY STREET AND HARBOUR SCENES.

(From Our Special Correspondent.) SYDNEY, Friday - All day long the streets of Sydney have echoed to the tapping of countless hammers. Over the precipitous building fronts a modern race of cliff men are swarming. In and out of the windows they pop unceasingly along the window ledges and the parapets they crawl, tap tapping as they go and as they pass they leave behind them long loops of fluttering pennants and lines strung with electric light globes that look like pendants of diamonds in the sunlight. The water tables arc littered with their paraphernalia, their ladders span the footpaths and divide the populace into two sections-those who are superstitious and those who are not. Ropes are slung across the streets and after them follow the streamers. Big shields and trophies of flags are being swung aloft on hastily improvised tackle. What with the lofty shouts of ' Under below ' as men work the dangling ropes that make it necessary to keep a sharp look-out above, and the lumber on the footpath that makes traps for the feet, the pedestrian has a feeling that he is on the stage before his time. The Australia, the first battleship of the Australian fleet, is to arrive in the harbour tomorrow and all these preparations are for her welcome.

The business people have risen nobly one might better say, perhaps, patriotically-to the unique occasion. But where their efforts an being supplemented by the civic and State authorities the display promises to be one of great beauty. In Martin place, for instance, the business houses on one side and the Post-office on the other are decorated, while the roadway has been transformed by a scheme of decoration most elaborate There are big white arches at each end of the street, and in between Venetian masts, streamers, flag trophies, and shields have been used with artistic effect In Macquarie street the arches have been covered with foliage, and the green and the bright coloured flags used as festoons between the Venetian masts contribute towards an indescribably beautiful effect. In addition to a liberal use of bunting that makes Sydney a gay sight by day, the electric light is being pressed into service for elaborate night illuminations.

More beautiful than the city is the harbour on these festive occasions, and for the welcome of the fleet a special effort is being made to add to the lighting effects which give the beautiful reaches of the waterway so fairy like an appearance. An aquatic carnival is being arranged on an extensive scale, and during the whole of today an army of workmen has been engaged in carrying the electric light lines along the water front and through some of the wooded slopes that make so charming a background.

The Cambrian, Admiral Sir George King Hall's flagship, and the Psyche ride at anchor in Farm Cove ready to take then part in the formal welcome to the fleet and the informal celebrations that are to follow.

The city is full of visitors and in the booking offices at large hotels one hears the self reproaches of the man who omitted to bespeak accommodation. Country visitors are flocking in by every train, and the adjoining States are also contributing their quota. A party of Federal members arrived by the Melbourne express this morning. It included the Prime Minister (Mr Cook), the Speaker of the House of Representatives (Mr Elliot Johnson),Mr Hughes, and about a dozen other members. A large party will arrive by special train to morrow morning.

His Excellency the Governor General and Lady Denman and suite are passengers by the special, and considerable interest is being taken in their visit, for it is the first time that they have arranged to stay in Sydney since Government House ceased to be at their disposal. Lord Denman was here for the cadet parade some time ago, but he left again almost immediately, and although Lady Denman passed through the port on her return from England at the last weekend she did not enter the city proper. The party on the present occasion will be the guests of Admiral Sir George King Hall at Admiralty House, Kirribilli Point.

Up to the present Sydney has been concerned mainly with its preparations. The fleet does not arrive until the morning, and so plays no immediate part in this busy and animated scene As the main feature of the morrows historic event however, it looms large in the public mind, and fires the imagination by what it is and what it stands for.

All day long the vessels have been anchored in Jervis Bay. This evening came a message that they had steamed out to sea Although temporarily out of touch with the mainland, they have kindled a torch of popular interest that will not soon be extinguished.

Photographs of the vessels and of the officers are placarded all over the city in train and tram and at street corners there is an exchange of titbits of information about the war-ships. Much of the spectacular effect of tomorrow's welcome will depend upon the weather and each bulletin from the Meteorological Bureau is being anxiously scanned. During the past few days the temperature has been slowly rising. Today the atmosphere has been close, but this afternoon the forecast for tomorrow was –'Fine with easterly winds'

Late in the afternoon it looked to one used to Australian conditions as though the weather might become unsettled, and in the early evening there were some drops of rain that brought the umbrellas out. The forecast from the meteorologist tonight, however, is for fine weather.

The fleet is timed to enter the Heads at half past 10 o'clock **the flagship Australia leading followed by the cruisers Sydney, Encounter, and Melbourne, and the torpedo boat destroyers Warrego, Yarra and Parramatta.** The vessels will be met at the Heads by steamers conveying Federal Ministers members mid friends, and State Ministers and party. There will be a stately procession into the harbour and after the fleet is anchored Rear Admiral Sir George Patey, **will call on Admiral Sir George King Hall on board the Cambrian** and **then proceed to Admiralty House** where he will meet the Naval Board and be presented to His Excellency the Governor General. Afterwards the Rear Admiral will call upon the State Governor (Sir Gerald Strickland) In the afternoon a party from the war vessels will attend the A.J.C. Spring Meeting at the Randwick race course and in the evening the officers of the fleet will be entertained at a banquet in the Town Hall at which His Excellency the Governor General will preside. The fleet and the city will be illuminated during the evening.

On Sunday there will be an official church parade and an afternoon service in the Town Hall for the men. The attractions on Monday are - Vessels open for inspection in the morning, Eight Hours demonstration and sports, A.J.C. Spring Meeting officers' theatre party and city and fleet illuminations. In the evening on Tuesday there will be a march through the city and an at home on the Australia, a ball at Government House and illuminations. The celebrations will be continued on Wednesday, Thursday, Friday, and Saturday. WELCOMING THE FLEET. (**1913, October 4**). *The Argus*(Melbourne, Vic. : 1848 - 1957), p. 19. Retrieved from http://nla.gov.au/nla.news-article7290558

While these reports were being run, the Australian Fleet was moving up the coast from Jervis Bay. The great day had arrived:

ARRIVAL OF AUSTRALIA'S NAVY.

From out the morning mist the long grey line came in.

It was not the Great White Fleet this time. **It was the Great Grey Fleet**, smaller but a greater thing to us than the warships of the United States. We were conscious of the pride of ownership as we watched that thin grey line over the waters come creeping on from the east, and growing larger and larger as it came. It was Australia's Fleet In Being.

As Mr. Fisher, the ex-Prime Minister, put it, as he stood at the rail of the steamer Kubu with Senator Millen (Minister for Defence) and Senator Pearce (ex-Minister for Defence), and watched the fleet come in, "The thing is done, and there is now no turning back;"

SS Kubu, launched 1912. Photo circa 1932.

It was the thought that was uppermost in all men's minds-the scores of thousands of them who, on land and water, were gazing at the ships. The thing was done. The talking time was past. The net had been performed. There in front of their eyes, on this bright morning, was the splendid realisation of the dream of years-a dream that was born of our Nationhood. Not the full realisation of it, in truth, but the beginning of it, the nucleus of the Fleet that is to be. And all knew, as they looked, that there could be no turning back. The full meaning of it, with all its responsibilities, shot home, as these terrible engines of war, withal so stately and majestic, rode in triumph through the Heads.

Sir Henniker Henton, watching them from the same steamer, renounced his pre-conceived ideas of a separate navy in that impressive moment. "I am almost persuaded," he said. "This splendid sight and the talks I have had with our fine Admiral, Sir George King-Hall, have upset my convictions. There is no doubt of Australia's loyalty, and their hearts will swell bigger now than ever before."

THE SPIRIT OF THE NAVY.

The fourth of October-it will be a memorable day for us, even as the month is a memorable one for all British people. For on the 21st of October every year the mastheads of the old Victory, lying in Portsmouth Harbour, are crowned with laurel, in remembrance of her last great fight at sea. The crews of the Australia, our flagship, and of the Sydney-17 percent of them Australians-sailed out of that same harbour on July 21, with memories of the old flagship of Trafalgar and the gallant sailor whose famous signal reminds us of what Australia, as well as England, expects of every man in her navy.

And it would have been strange if the people who on Saturday watched our ships come in, had not recalled memories of the past, of the glories of the Royal Navy, and of famous British warships and their commanders of the Victory and Nelson, the Revenge and Sir Richard Grenville, the Queen Charlotte and Lord Howe, the Ramillies and Admiral Byng, the Royal George and Kempenfelt, the Royal Sovereign and Collingwood, and many other famous ships and men.

Was it but coincidence, or was it the memory of Collingwood's own words as he took the Royal Sovereign into action, that led one on board the Kubu to exclaim: "What would Nelson give to be here!"

WORLDS TO KEEP.

There may be no more worlds to conquer, but there are worlds to keep-and "the fleet of England is her all in all." And ever since Trafalgar, wherever our ships of war have gone, they have been a protection to the weak against the strong, they have been the symbol of liberty against oppression, and of right against might. For this same thing our Australian fleet stands. As the Minister for Defence says, it is not merely the embodiment of force-it is the expression of Australia's resolve to pursue in freedom its national ideals, and to hand down, unimpaired and unsullied, the heritage it has received, and which it holds and cherishes as an inviolable trust.

Thus has Australia played her part as a daughter of the Homeland. Such is her contribution to the naval defence of the Empire.

Carry the word to my Sisters-to the Queens of the North and South, I have proven faith in the heritage by more than word of mouth.

With that action which speaks louder than words, we have fashioned a fleet of our own. And from out the cannon's mouth the big ships spoke our message to the Empire and the world. It was Australia's salute to the nations.

A separate navy, and yet attached to the Royal Navy, with the same traditions to live up to, the same worlds to keep. A thing apart, and yet a part of a glorious and indivisible whole. ARRIVAL OF AUSTRALIA'S NAVY. Illustrated. (**1913, October 6**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15455422

THE ENTRANCE. HOW THE SHIPS CAME IN. A NOBLE SIGHT. THOUSANDS OF CHEERING CITIZENS.

Far away on the horizon there was a faint grey streak. It was scarcely visible, but someone on the steamer Kubu, which took the Ministry and members of the Federal Parliament, together with a large number of specially invited guests to the Heads to welcome the Fleet, espied the streak of grey and exclaimed "There she comes."

The morning was somewhat dull, and the sky overcast-it had seemed earlier that there would be rain-but gradually as the wisp of smoke afar off became more definite against the sky-line, the clouds began to lift. Then another faint grey line was seen, another and yet another, until at last there were seven of them. Out of the mist of the morning the ships came into sight. The blur became something definite and tangible, and seven ships of war rode in from the east.

Seven ships of war in line rode slowly towards the Heads. One thought of Phillip and the First Fleet, a century and a quarter ago, heading for the self-came harbour. Here, on the shores of Port Jackson, Phillip founded a meagre settlement, and gave immortality to an obscure statesman by naming it 'Sydney'; and on Saturday the great city which he founded gave welcome to this other and far greater Fleet.

THE MEETING OF THE ADMIRALS.
REAR-ADMIRAL SIR GEO. PATEY AND ADMIRAL SIR GEO. F. KING-HALL ON BOARD H.M.S. CAMBRIAN.

THE MEETING OF THE ADMIRALS. - REAR-ADMIRAL SIR GEO. PATEY AND ADMIRAL SIR GEO. F. KING-HALL . ON BOARD H.M.S. CAMBRIAN. (Photo)

A GRIM, PORTENTOUS THING.

Majestic and beautiful, yet a grim, portentous thing, the fleet took shape before our eyes. From seven grey ships rose seven great grey clouds of smoke-rose and curled away to the south. Slowly they came on, nearer and nearer, till they stood out, bold and clear-cut, against the sky.

A balloon ascent at Watson's Bay-a beautiful ascent and descent-for a minute or two held the attention of the people, who in their thousands were crowding the foreshores and the boats that lay within the harbour, and perhaps it also interested the crews of the warships, for the balloonist was throwing bombs down from high up in the air to demonstrate its possibilities in war time; but this was soon over. Impressive as it was, the sight beyond the Heads was a more impressive and more fascinating thing.

Thought of that other fleet-the American fleet-which entered Sydney Harbour a few years ago, a magnificent and awe-inspiring spectacle, came to one; but one made no comparisons .This was a different thing, and in its way more wonderful to us. It was our Own.

AUSTRALIA'S GREYHOUNDS.

They will do twenty knots and more these ships, when occasion comes. On Saturday they crept up to the Heads like snails. A hydro-plane came racing across the harbour at terrific speed, churning the waters into angry foam. But the battle-cruiser Australia and her consorts, like greyhounds straining in the leash, were waiting the call of time.

The Navy is never late. And the time fixed for the entrance was half-past 10. That was why the advance of the ships was slow. They were waiting till the clock should strike. Out of the south-east they came in beautiful single line, like a long, lithe snake, turned, and came in direct from the east, so that, looking from inside the Heads, the flagship was for a time all that was visible.

And exactly at half-past 10 H.M.A.S. Australia, flagship of the Australian Fleet, Rear-Admiral Sir George Patey, K.C.V.O., in command, was passing through the Heads. And as she did so her band played "Rule Britannia," and the crew stood at their stations.

And simultaneously **on the Kubu, where the welcoming Ministers and members of the Federal Parliament were, another band played "Home, Sweet Home;" and from ten thousand throats on harbour and on shore came cheer upon cheer.** It was a proud moment for all.

There, high up on the foremast flew, the Rear-Admiral's flag, alongside **the Australian flag-the starred blue ensign**; on the mainmast was **the White Ensign of the Royal Navy**. The Commonwealth Flag was the symbol of our ownership. It is the Blue Ensign, with a Southern Cross on the field, made of five-pointed stars and a six-pointed star underneath the Union Jack in the centre.

MAGNIFICENT GRACE AND BEAUTY.

And the ship herself. . . . She rode in with magnificent grace and beauty, nineteen thousand and two hundred tons of massive grandeur, the biggest warship that has ever entered Sydney Harbour.

We had seen pictures of her, but the sight of her revealed **the nation's Dreadnought** in all her beauty and majesty-no longer a thing to be looked at on a printed page, but a living, sentient thing, whose mission is to guard our shores and protect our commerce and our trade routes. We do not look upon her as standing for war, but for peace-that peace which comes by being prepared for war. Yet we know when we look upon her that she is a grim and powerful thing, fearfully and wonderfully made, and that she is something to be reckoned with by an enemy. That broad belt of steel armour, 7in thick, those great 12in guns, 50ft long, which hurl 860lbshells through the air at a rate of some-thing between 2000ft and 3000ft a second, carrying death in their train, remind us of what terrible engines of destruction they are. And so with **the light cruisers Melbourne and Sydney, which followed the flagship in; and so with the Encounter and the destroyers Warrego, Parramatta, and Yarra**. Each one is an engine of war, a deadly thing. As they came through the Heads in the order, named, a distance of two cables and a half, from foremast to foremast, they spoke to us of the potential force they stand for. And it was heightened when, nearing Farm Cove, the big guns of the flagship boomed out their salute. It was magnificent, but, fortunately, it was not war.

A STATELY PROCESSION.

We had seen the destroyers before-those swift, destruction-dealing things which Kipling calls the "Choosers of the Slain"-and we had seen the cruiser Melbourne; but the Sydney, sister ship to the Melbourne, and the Australia, greatest of them all, we had not seen. Now, for the first time, we saw a real and compact Fleet-a real Australian Fleet, if not as yet a big one. But our eyes were chiefly on the great ship in the van-the Bulldog of the Fleet, with its great turrets and its torpedo-net booms, that looked like great steel stays to strengthen the hull. It was the first time a battleship with torpedo-net booms had been seen in Australian waters; and it was an Australian battleship.

Because a feature of modern warships is a clearance of all unnecessary superstructure, there were some who seemed disappointed. "The Connecticut was a finer ship," one with a remembrance of the American Fleet mistakenly remarked. He forgot the thirty feet below the waterline, and he forgot that this ship of his is made for fighting, and not for spectacular purposes. **The Australia is the greatest fighting ship the Commonwealth has seen. And most of those who cheered her proudly knew it.**

Seven ships in single line rode in and down the harbour. A stately procession, and an impressive sight. And on each foremast flew Australia's flag, and on each mainmast the White Ensign. The sun was now shining brightly, and the harbour waters were as peaceful as a lake. All the way along, at every vantage-point on the foreshores, dense crowds of people cheered.

THE SALUTES.

And suddenly a shaft of light shot out from the side of the flagship, immediately followed by a thick smoke-cloud-then a loud report. It was the First Gun. And from Bradley's Head onwards the big guns of the Australia, on starboard and port, continued to boom-seventeen of them. It was the salute of Rear-Admiral Sir George Patey to Admiral Sir George King-Hall. And from H.M S. Cambrian, moored in Farm Cove, thirteen guns were fired in return-the "Admiral's" salute to the Rear-Admiral.

"DRESS SHIP."

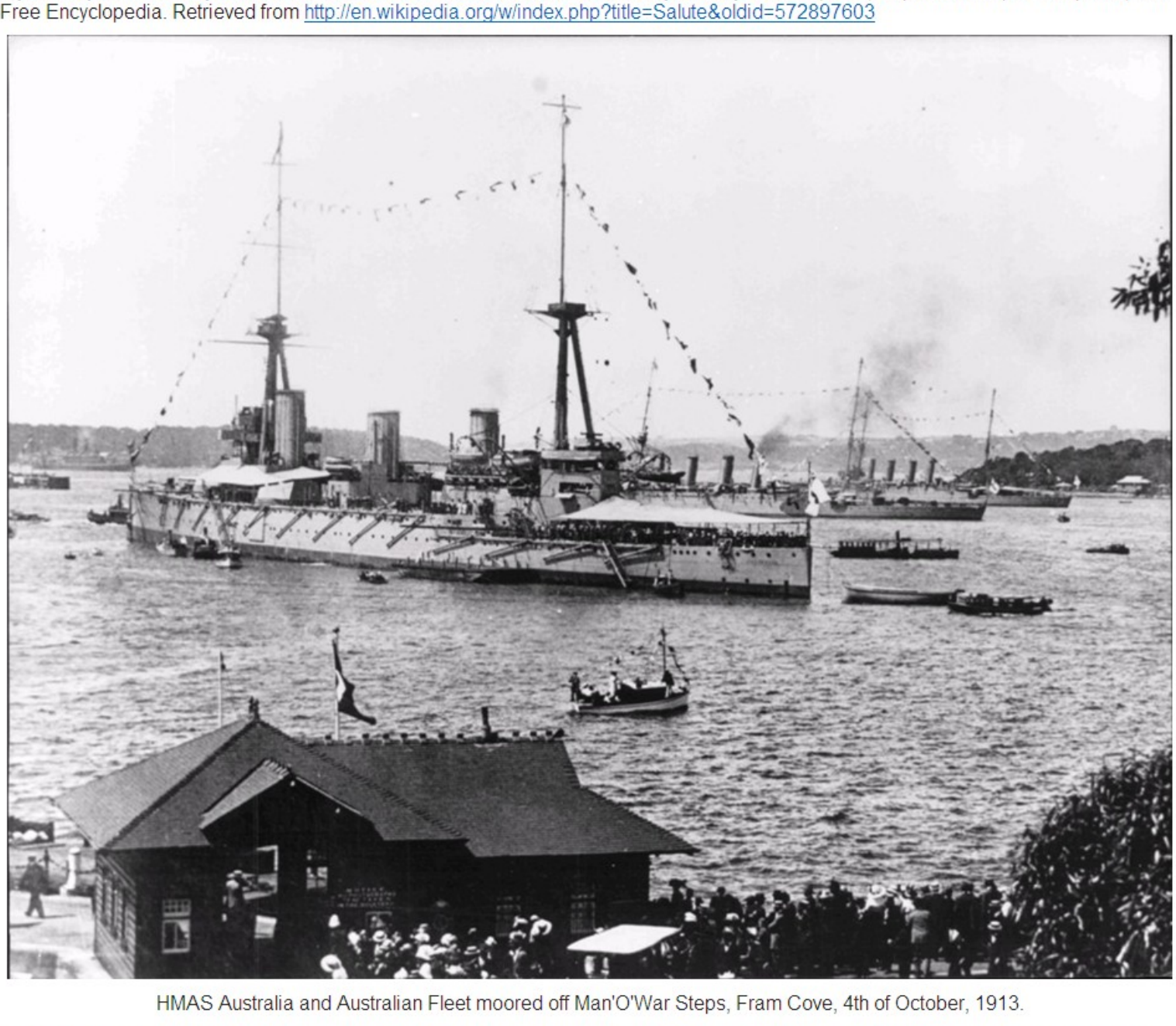
Quietly and methodically the ships of the fleet went to their moorings in Farm Cove. And then the strains of a bugle rang out on the flagship-"Dress Ship"- and in a moment, a magical thing, every warship there was dressed from stem to stern with flags. Rear-Admiral Patey descended into his barge, and proceeded to the Cambrian to visit Admiral Sir George King-Hall. The Admiral a few minutes later returned the call. **Our ships had come to their home.**

THE FLEET, LED BY THE FLAGSHIP, ENTERING THE HEADS ON SATURDAY MORNING. THE ENTRANCE. (**1913, October 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15455420

The custom of firing cannon salutes originated in the Royal Navy. When a cannon was fired, it partially disarmed the ship, so needlessly firing a cannon showed respect and trust. As a matter of courtesy a warship would fire her guns harmlessly out to sea, to show that she had no hostile intent. At first, ships were required to fire seven guns, and forts, with their more numerous guns and a larger supply of gunpowder, to fire 21 times. Later, as the quality of gunpowder improved, the British increased the number of shots required from ships to match the forts. The system of odd numbered rounds is said to have been originated by Samuel Pepys, Secretary to the Navy in the Restoration, as a way of economising on the use of powder, the rule until that time having been that all guns had to be fired. Odd numbers were chosen, as even numbers indicated a death.

As naval customs evolved the 21-gun salute came to be reserved for heads of state, with fewer rounds used to salute lower ranking officials. Today, heads of government and cabinet ministers and military officers with five star rank receive 19 rounds; **four stars receive 17 rounds;** 3 stars receive 15; two stars receive 13; and a one-star general or admiral receives 11. These same standards are currently adhered to by ground-based saluting batteries.

Multiples of 21-gun salutes may be fired for particularly important celebrations. In monarchies this is often done at births of members of the royal family of the country and other official celebrations associated with the royal family. Salute. (2013, September 14). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Salute&oldid=572897603



HMAS Australia and Australian Fleet moored off Man'O'War Steps, Fram Cove, 4th of October, 1913.

Every newspaper in Australia ran articles on this momentous event, many similar and all without the benefit of today's 'instant publication' and indicating physical distance could still be measured by time lapse then. Two had variations - one as a 'view from on bvoard the HMAS Sydney, and the other as it was the only version to mention the residents supply of a **'guard of honour'**;

AUSTRALIAN FLEET. TRUMPHANT ENTRY TO SYDNEY HARBOUR. ENTHUSITASIC SCENES

SYDNEY, Saturday,—Early this morning the city bore a festive appearance, the occasion being the arrival of the Commonwealth fleet—the flagship Australia, three cruisers Sydney, Melbourne, and Encounter, and destroyers Warrego, Parramatta, and Yarra. Everybody was on holiday bens, and enthusiasm was rampant. Great crowds gathered at all the points of vantage to watch the triumphal entry of the battleships to Port Jackson. The crowd was thickest near the Heads, while thousands went out to Coogee and Bondi.

The city was gaily decorated in honour of the occasion, and hundreds of craft on the water made a picturesque show clad with bunting. The flagship Australia headed the grand entry at 10.30 a.m. amid the crash of saluting artillery from the South Head first. The other vessels following in line, making magnificent spectacle. The air was rent with cheer upon cheer for Australia's navy, and the sirens of all craft in the harbour joined in the welcome.

The Federal Ministry and a party of 400 guests were on board the ferry steamer Kubu, while **the State Ministry and their friends were accommodated on the pilot steamer, Captain Cook.** In the reserve at South Head were massed a choir of school children and bands, which played the fleet through the heads. **The guard of honour for the fleet was provided by the Motor Yacht Club.**

The fleet dropped anchor at Farm Cove at 11 a.m., and the event was marked by the booming of the guns of the Australia, conveying the salute of Admiral Sir George Patey to his senior officer, Admiral Sir George King-Hall, whose full admiral's flag was flying on the Cambrian at her moorings in Farm Cove.

The first official call was made by Admiral Patey to Admiral King-Hall, and later the Naval Board presented Admiral Patey to the Governor-General.

AUSTRALIAN WAR MEMORIAL
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Rear Admiral Sir George Patey (right) and Admiral Sir George King-Hall (left) is received by the Governor General Lord Denham on the steps of Admiralty House, 4 October 1913.

These calls were followed by visits to the State Governor and Lord Mayor. The scene in the harbour on this epoch-making day was indescribable and will be long remembered. The enthusiasm of the crowd was even greater than on the occasion of the visit of the American- fleet. In the evening the fleet officers were entertained at a banquet, at which the Governor-General presided. AUSTRALIAN FLEET. (**1913, October 6**). *Warwick Examiner and Times* (Qld. : 1867 - 1919), p. 5. Retrieved from http://nla.gov.au/nla.news-article82178560

AT SOUTH HEAD. AN ENTHUSIASTIC CROWD. THE FIRST GLIMPSE. A dull grey morning, with the sky almost overcast with leaden clouds, and the sea and cliffs enshrouded in a dull haze. That was what met the eyes of early morning watchers from South Head for a first glimpse of the Australian fleet. In a short time the haze thickens into a fog, damp and heavy. The sun rises over the rim of the ocean, and touches hills and headlands and the broad surface of the ocean with the rosy hues of dawn. His glory is but short-lived. The heavy bank of clouds offshore enshrouds his face, and the outlook becomes gloomy indeed. The foggy atmosphere, the cloudy sky, and the leaden tinted sea suggest a day of rain and squalls. But the sun comes out again, and claims the day.

A PHANTOM FLEET.

Information concerning the movement of the fleet was scanty. It was known that the flagship and her consorts had left Jervis Bay on the previous evening. As the naval base is only a matter of 90 miles or so southward, the distance to the Heads could be left behind by the vessels of the fleet so speedily that even the greatest land lubber would hardly have time to get seasick. Some people hurried down to South Head the first thing in the morning, in full expectation of finding the Admiral and his merry men at anchor under the cliffs, awaiting the striking of the hour at which the vessels were timed to enter the Heads. Not finding them there all the sightseers could do was to sit on the cliffs and stare patiently into the haze which curtained the sea ten or fifteen miles distant. There was no telling from which point the vessels would leave the unknown, but the general impression was that they would come from the south. Half past 6, half past 7, half past 8 and still the heavy mass of haze remained unbroken. A few coastal vessels cruised hither and thither outside, but they excited no attention, the people being anxious to glimpse, a nobler machine, and to see for the first time their own complete fleet unit.

OUT OF THE UNKNOWN.

The minutes dragged round past 9 o'clock, and still there was no sign of the war-ships. Nine o'clock became 9.30, and a minutes later word went up from the signal station that, the fog had been pierced, and the vessels were to be seen. Fifteen miles due east was the pronouncement made by Mr. Gibson, who is in charge of the station. Hundreds of glasses were immediately levelled in the direction indicated, and gradually the vessels were descried. They crept out of the fog ever so slowly. At first the Australia, which led the line, with its pall of black smoke, appeared as a huge blur. Then the lines were discerned and the vessel gradually took shape and presented herself in all her grim majesty to the eyes of her admirers. After Australia's bull-dog came the grey-hounds of the fleet, the Sydney, the Melbourne, and the Encounter, and the pro-cession was closed by the three terriers, the destroyers Warrego, Parramatta, and Yarra.

ARMIES OF POLICE.

At one time there seemed to be more police than people along the cliffs. A large squad of mounted men were the first to put in an appearance, and then what looked like an army of helmeted men marched along the roadway. These were scattered round here and there, and were followed by two other armies of men in blue. At this time there were very few people on the cliffs, and it looked as if every man, woman, or child present would be able to have the undivided attention of at least two policemen. However, things changed rapidly. Once the trams were set going properly they literally poured picnic parties and sightseers along the South Head road, while thousands discarded the tramways and adopted other means of locomotion.

PROFITING BY EXPERIENCE.

Comparing the crowd with that which flocked to South Head when the American fleet arrived, it seemed to be of much smaller proportions, but it must be borne in mind that it was scattered over a much wider area. The cliffs round the lighthouse, the signal station, and down towards the Gap accommodated thousands, but as far as glasses could reach cliff and bench were dotted with people. Those who visited South Head evidently profited by the experience gained through the visit of the Americans. They were not guilty of such foolishness, as going down to the cliffs and remaining there all night. Neither did they rise very early. They seemed to take up the position that 10.30 was the time for the boats to enter the Heads, and if they got there by then they would see them. One solitary vendor of oranges took time by the forelock. He appeared on the scene as early as 4 o'clock on Friday afternoon. He camped there all night, so that he could be up in time to trade bright and early. This time his foresight played him a sorry trick, for he could have arrived comfortably at 8 o'clock in the morning, set up his stand, and commenced business. As it was, he spent a night in the open, and had the mortification of seeing others who had spent their night comfortably at home, come along and do a roaring trade.

NO GREAT DEMONSTRATION.

The appearance of the Fleet on its entry into the Harbour was not signalised by any great demonstration. But everyone gazed at the boats in wrapt attention, noted the glittering brasswork, the grim looking guns, and other appurtenances which go to make the vessel more dangerous and more difficult to purchase. The admiration held them. AT SOUTH HEAD. (**1913, October 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15455495

VOYAGE FROM JERVIS BAY. THE RECEPTION. SEEN FROM THE FLEET. (**From our Special Commissioner on board H.M.A.S. Sydney.**) Late on Friday night the fleet was some 30 or 40 miles east of the Australian coast. Going on deck for a breath of air before turning in, one found the quarter-deck pitch black. Only aft, under the low awning, the dark shield of the after six-inch gun stood out against a restless waving light reflected in the silky water of our wake. From where I stood the lights that caused that reflection were in

ILLUMINATION OF COLONIAL' SECRETARY'S OFFICE AND DECORATED, ARCH.

DRAWN FROM GOVERNMENT HOUSE GATES, MACQUARIE-STREET.

visible-shut out by the awning. But as one moved towards the stern they came into view-the sidelights, masthead lights, and steaming lights of the Encounter. Far away on the beam was a set of faint white lights, low on the water; a second set, and a third, at intervals, astern of it. One know that those were the destroyers. Indeed, we were far outside the route of coastal traffic. After leaving Jervis Bay the destroyers, which at first had been astern, had been ordered to take station parallel to the fleet. In the morning they were still there, moving steadily about a mile abreast of us, and the En-counter's ram was sawing the water, as it had done all night, just 350 yards astern of us. In short, we were steaming as a fleet, in close order, an event which did not often happen in the training of the old Australian squadron, but which will be a constant part of the training of the new.

THE LAND.

It must have been some time between 6.30and 7 o'clock, and the white light of morning was streaming in through the port, when, looking out, one could see that we were al-ready close in to the land. A heavy mist hung over it, and made the distance difficult to Judge, but through it one could make out dimly the form of what seemed to be North Head. The request to the Admiral had been to make the entry to the Heads at 10.30, and so the fleet altered course again, and the land soon vanished In the mist. Those who saw the arrival of the American fleet will remember that a special request was sent to Admiral Sperry by wireless to make the coast at Maroubra, which he agreed to do. The American fleet, on arrival at this spot at dawn, turned up the coast, and was about to enter the Heads, some two hours earlier than was expected, but was induced, by urgent representations of those who boarded the Connecticut with the pilots, to postpone the entrance until the time arranged. He accordingly turned his fleet to sea, and, after standing out for some distance, led his line round and entered the harbour. It is a curious coincidence that a very similar course was taken by the Australian fleet five years later. Owing to the heavy mist, however, the ships were not seen from the South Head signal station.

It was about a quarter past 8 when the flag-ship turned a complete half-circle to port. This time the destroyers took station astern of the Encounter; and the whole fleet, in single line ahead, steamed back along the course which it had just travelled, and made for Sydney Heads. At the time when we turned in again North Head may have been about 20 miles away.

I was in the Sydney's engine-room, taking a last look at the marvels there, when the telegraph rang to stop. When a ship stops or goes astern or alters speed, that is all the engine-room knows about it. Why she should stop or quicken or slacken speed is no concern of theirs. Possibly we were altering course again, and had to reduce speed in doing so. That is no affair of the engine-room. All they know down there is that the turbines must stop. They will remain stop-ped until they are told to go again.. Then somebody turns one wheel-just one large wheel in a corner somewhere, the same which they turned when they stopped her-and the ship goes ahead.

THE FIRST WELCOME.

By the time we reached the deck the fleet was moving as before. The mist was rising now, and far ahead of us we could make out the line of the South Head cliffs. Beneath them could faintly be seen the smoke of some steamer coming out. To the south-east were one or two other smudges of brown smoke. They seemed to be making towards the port. By the brown cloud of smoke they were evidently hurrying. It was one of the big sea-ports of the world that we were coming to, and as we neared it the signs of its traffic increased. But one speculated for a moment what business merchant steamers could have in that particular direction. It was not a trade route to anywhere, except the South Pole. A small coaster, bound for some North Coast inlet, steamed down along the whole line before turning north upon her proper errand. We could see the skipper and the mate leaning over the bridge to watch us, whilst the cook and most of the hands leant over the rail below. A motor launch or two coughed past. The first steamer that we had seen ahead had a curious list to port. As she came nearer we noticed a peculiar mass of dark colour covering the whole of her portside, bulwarks, deck, uppen works, piled even high up the rigging.

And then, with a flash, it came upon one, that it was not the Hawkesbury that this steamer was bound for. Those fuming black smudges to the south-east were not making for Sydney. They were making for us. I doubt if there were many in the fleet who realised until that moment that we were really the centre of attraction. It was only bit by bit, as sight after sight opened out, that there was driven in upon one the full impression of this reception. The excursion steamer was passing us by this time. Across the water we could hear them cheering-hats were waving, handkerchiefs flying. We were Sydney's namesake and I had been long enough in the ship to know that the fact means something to her. Those cheers did not go unappreciated.

THE FRINGE

It was just about this time-we were about five miles east of Sydney Heads-when some-one first noticed, using a strong glass, a certain dark fringe above the edge of some of the cliffs at South Head. Looking again one was convinced that it was just the grassy slope which surmounted the Heads. Following the skyline with the glasses towards the south one saw that this same shaded line was there, too-rising and falling with the edge of the cliffs until it ran out into the haze in the direction of Bondi. The suspicion did just enter one's brain that it might be... but I took another long, hard look, and a friend who was standing by me and who was far more used to telescopes than I, agreed it could not be . . .But it was. A few minutes later there was no doubt of it. The whole skyline was crowded with forests of people. Every shoulder and summit was black with them. One followed the line of them without a break past the lighthouse, past the signal station, down the rim of the Gap, until the ship's side shut out the further view. By this time every person, who was not officially supposed to be seen, was off the ship's deck. The full guard was paraded on the quarterdeck. The sides were lined with seamen in blue serge and straw hats. An officer, in engine-room rig, came to the side for a moment. Someone told him that the crowd on the Heads could be seen. "Then it's time for me to get out of sight," he said, and dived down to his work again. A few moments later the same door, into which he had disappeared, opened ever so little, and two heads with the sweat of hard work on their foreheads, appeared at the chink.

I saw them there again afterwards at intervals, until we moored. But this time, when we were close under South Head, and the cliffs around the lighthouse were swimming slowly past our field of view, one head came out further than the other, and, after taking in the scene with one comprehensive stare, turned to its mate. "Fahsands, Bill, Fah-sands," it said.

AT 10.30 EXACTLY.

It was exactly 10.30 a.m. by my watch when the flagship turned round the Hornsby light and into Sydney Harbour. **The Melbourne, Sydney, Encounter, Warrego, Yarra, and Parramatta followed her in that order. The cruisers were keeping station at 2½ cables, and the destroyers at 1¼ cable. And those of us who will live to see this fleet expanded to six times its present size will never see station more prettily kept than in this first fleet as it entered its home harbour. The intervals at this point were practically perfect.** All the ships were "dressed" as far as any ship dresses when she is at sea. That is to say, they carried the Australian flag at the fore and the White Ensign at the main. In the flagship the Rear-Admiral's flag flew side by aide with the blue Australian ensign on the foremast.

I have never seen Sydney Harbour look truer to itself than on this day. The sun was shining, the water was blue, the foreshores were bathed in light. As we opened it out **we could see first the craft lined up off Middle Head, three Manly ferry steamers all heeling at a heavy angle, the Kubu, the Captain Cook, boats of all sorts and sizes. Then came the masses of people on the inner slopes of South Head, masses at Bradley's Head, masses at Mosman, masses in Rose Bay. There was a good deal of interest onboard as we passed the naval reserve drawn up at Garden Island. But it was not until we caught our first glimpse of the Domain and of the slopes of Government House grounds that the full force of the spectators was realised.**

"I thought we had seen all Sydney at the Heads," an officer said to me, "but where do these come from?"

ARRIVED.

As we turned Bradley's we had seen the flagship steaming through wreaths of smoke from her own guns as the Rear-Admiral in command of the arriving **Australian fleet saluted with 17 guns the Admiral commanding in chief. Afterwards we saw the Cambrian returning the salute with 13 guns for a Rear-Admiral.** Then the flagship, the Melbourne, and the Sydney at the same instant reached their buoys; two destroyers swept past us to Farm Cove. A third turned in off Garden Island. The Encounter was moving past us on the other beam to take a position off Neutral-Bay. She had to signal some small fry there that she was turning to starboard. Presently we saw her port anchor splash and the rust running out of her hawse-pipes. A lather of water came forward along her side as she went astern to swivel her two cables.

So long as it is free to move and go about its business, a fleet does not cover itself with strings of flags. But **the signal had been made that the fleet was to be dressed as soon as the ships were secured. The Encounter had scarcely let go her second anchor, and the *Sydney's* hawser was just on the buoy, when the signal was given, and the whole fleet burst in a second into a mass of colour.**

HMAS Sydney, courtesy State Library of Victoria.

HONESTLY SURPRISED.

It is no exaggeration to say that those onboard were honestly surprised by the reception. By some of those in authority it has perhaps been looked forward to-as to my knowledge was the case in the American fleet also-with mixed feelings. T**he flagship and the Sydney have now had a procession of fetes lasting over two months, and the fleet feels, as the American fleet did at the end of a similar cruise, that it ought soon to be getting to work.** It is not easy for young seamen to perform work for which they have been only half trained, and there are many young sea-men in this fleet. Over and above this, the rigging of ships for illuminations, the opening of ships to visitors, and the attendance of certain shore functions, such as the review, gladly though they are undertaken, entail an amount of trouble of which people ashore have not the remotest conception. The display which was given to the spectators last night, when the ships flashed suddenly into light, was only attained by constant hard work, which began at Albany and was continued at Jervis Bay. All the time, although routine is necessarily broken, the ordinary work of the ship has to go on; and when it is explained that a single six-inch gun is such a complicated affair nowadays that it takes two men half an hour a day to keep it clean, and it must be kept clean unless the Australian navy is to Join the same class as that of Turkey, It can be understood what that work is. For that reason, when the pre-sent week is over officers and men will probably welcome a quiet spell in which the necessary instruction can be given, and the ships can fit themselves to make the good showing which all on board desire them to make, when gunnery and other results come to be compared with those of the mother navy. Fleet week in Sydney is looked forward to as a sort of grand finale of the festivities. It means a great deal to this fleet to know that it has the whole country behind it. The reception in Sydney has been looked forward to with a great deal of curiosity and interest.

"THE HALF WAS NOT TOLD ME."

And there is no question that the fleet was impressed by it. It is said that the Admiral was honestly delighted. And amongst the officers, even with those who were inclined to be somewhat sceptical as to fleet weeks, the sentiment was summed up in an expression of honest admiration which I heard from more than one, **"Well, they've done this thundering well."**

There are hundreds of Sydney men in these ships; and they could not help being pleased with the remarks which fell around them, and in their hearts they endorsed every word. For the harbour was simply radiant. As launch after launch, crowded with laughing faces and gay colours, swept round the ships one could not help wondering if there were any setting in the world so fitted for such a scene.

"I've heard a lot of Sydney," said one of those whose kindness had made the past three days a thorough holiday for me, as he looked round over the glancing water. "I've heard a lot, but-the half was not told me." FROM THE SEA. (**1913, October 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article15455491

Although there are volumes of material on all that led up to and all that happened on this day of days for Sydney, final words here go to the gentleman who we suspect fell in love with Australia and her peoples and would encourage a fledgling navy and give credit where credit was due:

ADMIRAL SIR G. F. KING-HALL. FAREWELL TO AUSTRALIA. Melbourne, October 24. Admiral Sir George King-Hall left -Melbourne yesterday in the steamer Demosthenes. In saying good-bye to Rear Admiral Sir W. R. Creswell from the steamer's gangway he sent the following message to the people of Australia:-**'I hope the country will never forget what she owes to Admiral Creswell and all that he has done for her in the last twenty-eight years."** ADMIRAL SIR G. F. KING-HALL. (**1913, October 25**). *The Advertiser* (Adelaide, SA : 1889 - 1931), p. 21. Retrieved from http://nla.gov.au/nla.news-article5807539

Our Final International Fleet Review 2013 prelude will be a look at the days of events and celebrations that accompanied the Australian Fleet's arrival.

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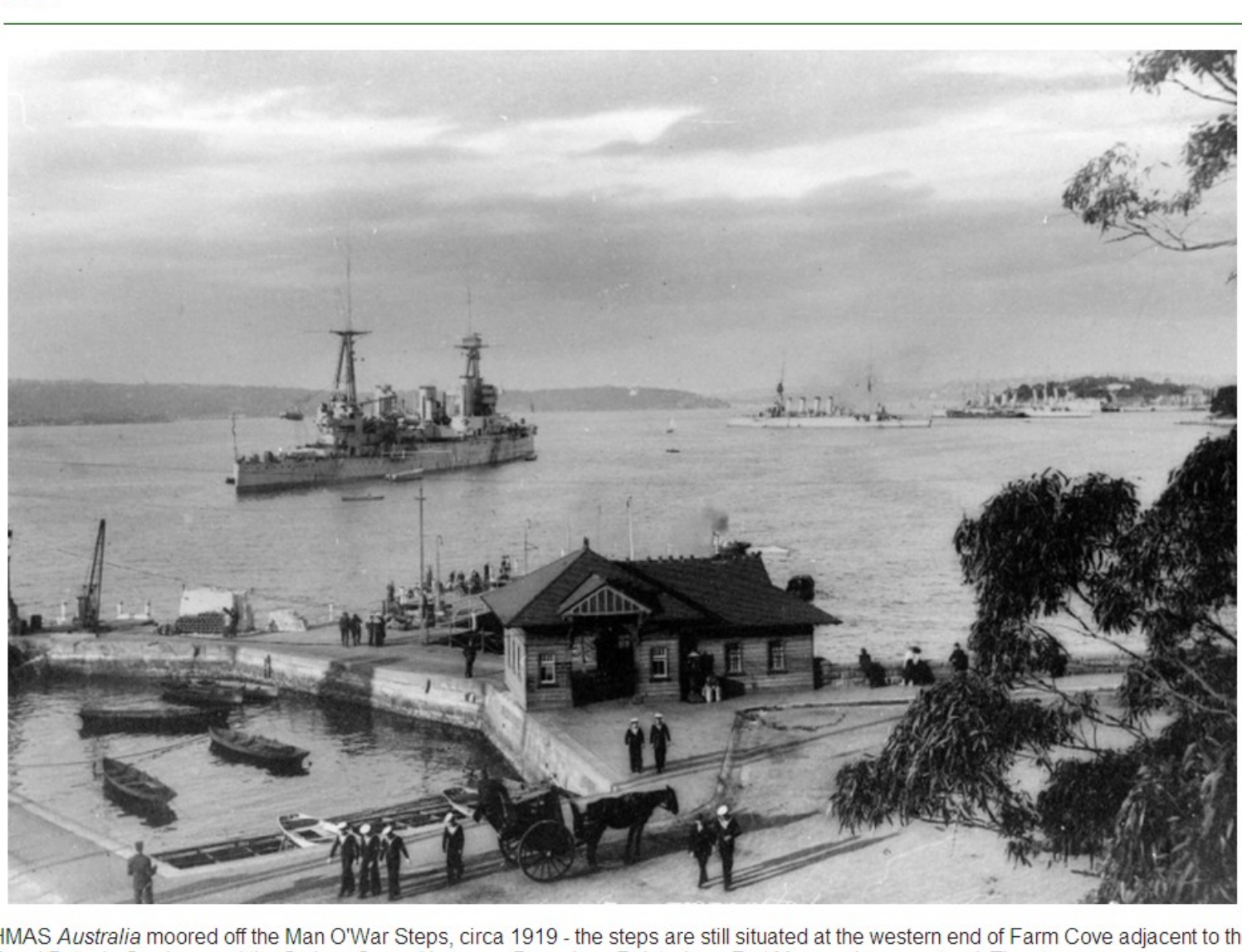
From Colonial Navy Brigades in Second Hand Ships to Where the Australian Navy was Born – The Practical Verses of William Rooke Cresswell's Charter - International Fleet Review 2013 precursors - Article II

First Naval Exercises by New South Wales Colonial Ships – The Wolverene at Broken Bay - International Fleet Review 2013 precursors - Article I



HMAS *Australia* moored off the Man O'War Steps, circa 1919 - the steps are still situated at the western end of Farm Cove adjacent to the Royal Botanic Gardens and the Sydney Opera House on Bennelong Point where Fort Macquarie once stood. The steps were reconstructed in 1973 to coincide with the opening of the Sydney Opera House but their origins date to the governorship of Lachlan Macquarie, between 1810 and 1821, when a stone jetty and steps were constructed for the movement of military stores and personnel to and from Man O'War anchored nearby in Sydney Harbour. The Steps were transferred from the Royal Navy in 1913 to the then newly formed Royal Australian Navy and after some 60 years control was then transferred to the Maritime Services Board of NSW, now Sydney Ports Corporation.

'Endeavour ' was the motto of the flagship of the Royal Australian Navy – H.M.A.S. Australia, to honour Captain Cook's 'Endeavour.

The Arrival of Australia's Navy in Sydney Harbour - 4th of October, 1913 threads collected by A J Guesdon, 2013.

Pittwater Online News

September 22 - 28, 2013: Issue 129

24/7 Youth Film Festival - WINNERS OF YOUNG FILM-MAKERS COMPETITION

The winners of the 2013 - 24/7 Youth Film Festival competition were announced at the Final Awards Night on Sunday 15 September.

The 24/7 film festival is run annually for young residents of Mosman, Manly, Warringah and Pittwater and asks entrants to produce a 7 minute or less film in 24 hours that includes special items, dialogue and locations that are only revealed at the beginning of the 24 hours.

Free workshops are provided to entrants leading up to the competition weekend providing coaching by professionals in script-writing, acting, post-production and cinematography in preparation for their film.

Over 300 people attended the finale of the festival this weekend, where the winners were announced and presented with their awards.

The winners are:

People's Choice – Dos Colectore

Best Use of Sound – The Final Project

Most Original / Creative - Pause

Best Cinematography – Dos Colectore

Best Editing – Dos Colectore

Best Male Actor – Joel Leifer in Extreme Cooking

Best Female Actor – Georgie Walker-Powell in The Final Project

Best Script – Dos Colectore

Best Film Under 15 Years – The Final Project

Best Film Under 18 Years – Captain Sexilicious

Best Film - Dos Colectore

Category sponsors Mac & Me, AMF Bowling, Videocraft, Screen Actors Workshop, Adobe, Miller, SHOROC, Channel 7 and Metro Screen provided prizes worth more than $10,000.

Head of the judging panel Alan Nurthern spoke on behalf of his fellow panel members saying they were really impressed with how the quality and number of films had developed over the last decade.

Copies of this year's 24/7 Film Festival DVD which includes the entire 29 films submitted, including the Top 10 is available by contacting any of the participating Councils.

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

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

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

Photos by Michael Manington, 2013.

Films Screened this Year

4th September - Collaroy Cinema 6 - 9 pm
06 The Scarf Stealer
02 The Second
07 Pause
01 Till Death do us Part
12 Rainy Days
10 Super Happy Funtimes Camping
28 Hot Chocolate
25 Annoying
18 I Was I Am
22 Onesie
20 Mean Warts
27 Ditched
17 Turn the Page
09 The Final Project
04 Sand Burn

9th September - Collaroy Cinema 6 - 9 pm
21 Drop
26 Dos Colectore
15 Kentucky Killer
16 Powers
13 Extreme Cooking
08 Neverlasting Love
11 Obsession
03 Locked Out
23 Surf's Up
05 Cotards Delusion
19 Loss
24 Captain Sexalicious
29 Framed
14 AAAAAHHHH

Pittwater Online News

September 22 - 28, 2013: Issue 129

Art in Odd Places - September, 2013

This week we are privileged to share some images from the Dee Why Art in Odd Places Event last weekend. The identical art installations will be seen this weekend in Manly for their Arts Festival – Saturday and Sunday.

ABOUT ART IN ODD PLACES:

Art in Odd Places (AiOP) is a thematic annual festival that presents visual and performance art in public spaces along 14th Street in Manhattan, NYC from Avenue C to the Hudson River each October. Active in New York City since 2005, AiOP aims to stretch the boundaries of communication in the public realm by presenting artworks in all disciplines outside the confines of traditional public space regulations. Using 14th Street as a laboratory, this project continues AiOP's work to locate apertures in public space policies, and to inspire the popular imagination for new possibilities and engagement with civic space. www.artinoddplaces.org.

Art in Odd Places (AiOP) aims to present art that stretches the boundaries of communication in the public realm by presenting artworks in all disciplines outside the confines of traditional public space regulations. AiOP reminds us that public spaces function as the epicenter for diverse social interactions and the unfettered exchange of ideas. AiOP is directed by artist Ed Woodham and is a project of GOH Productions. www.gohproductions.com.

Pictures by Susan Milne, Local Curator - AiOP

Artistic Director, ERAMBOO artist environment

See: www.eramboo and wwwmilnestonehouse.com

Coffee Break by Art & Soul Collective Inc

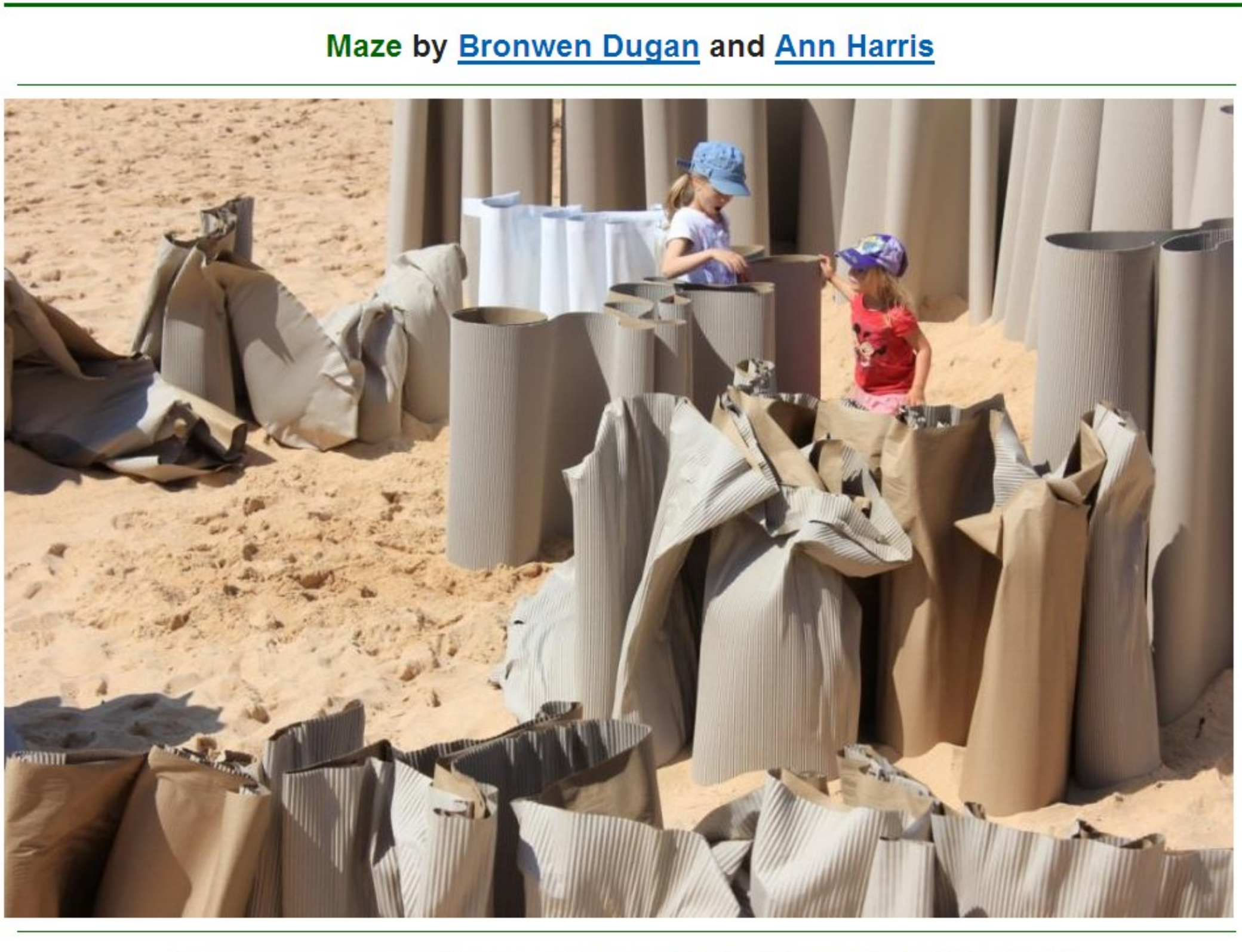
Zygote - Angela van Boxtel

Wind Songs - Christina Frank, Lisa Marshall and Suzanne Davey

Harry Bush - by Ed Woodham - AiOP founder / director

Guessing Game by Georgia Brown and Alicia Poppett

Maze by Bronwen Dugan and Ann Harris



Drowning by Numbers by Eva Frengstad and Victoria O'Neill

from Cindy Goode Milman and photos by Susan Milne, 2013.

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Graffito

Graffito - a drawing or inscription scratched on a wall or other surfaces on ancient buildings in Pompeii or Rome. Well, that's what it says in the dictionary. Silly me - for all those years I imagined it was the mindless scribbling of a vandal with a spray can but it just shows how wrong you can be. All the time I was lamenting the irrational defacement of public conveniences, schools, and public buildings, I was condemning myself out of my own mouth as a philistine (anything ancient must be revered -right?). Graffiti, as it is more popularly known, rather than being dismissed as a blot on the landscape is something to be encouraged in these dysfunctional times.

In essence it is the expropriation, by an underclass, of an art form of ancient lineage, the poor man's Expressionism.

I can't claim a monopoly on philistinism. In Thomas Hardy's Return of the Native he writes, "There's too much of that sending to school these days! Every gatepost or barn door you come to is sure to have some bad word or other chalked on it by young rascals" and in a debate on the 1870 Education Act, one opponent railed against the idea of universal education as providing the hoi polloi with the perfect tool for graffiti (there's that word again) and literacy".

The word itself is derived from the Greek meaning a mark or scratch. In archaeological terms it refers to the drawings or scratchings on the wall of ancient buildings in Pompeii or Rome. One famous example is found on the wall of the Domus Gelotiana, Rome. In Italian art it is 'a method of decoration in which designs are scratched through a superficial layer, as of plaster, showing a ground of different colour beneath' called sgraffito.

Unfortunately examples of the third definition are those which most people perceive, from the spray can art of the New York subway to the infamous daubing of two the Anzac Memorial a few years ago. The former has been hailed as the Blue Poles of subterranean New York, the latter a sacrilege. I have been the unwilling witness of countless acts of the graffitist, some clever, others merely obscene. My first experience of this increasingly prevalent art form was on a visit to a public convenience. I was intrigued by writing on the cubicle wall. I bent down to read it better and was informed that I was now straining at an angle of 45 degrees 30 minutes and 15 seconds. I had no means of checking the accuracy of this measurement but to the mathematical mind it was an intriguing statement. My reaction was that the perpetrator, although misguided, had finally made some practical use of a skill which he presumably learnt at school or in the workplace.

In the current controversy over punitive measures to apply to graffitists it is difficult to be a dissenting voice. However, it is that memory that prompts me to urge the authorities to introduce the Art of Graffito into the school curriculum. By entering the mainstream it would encourage graffito artists of every hue to improve their work, from the architect who gave us the Toaster to the deranged author of- 'If God had not meant us to write on walls he would not have given us the example'.

This courageous act would eventually save a great deal of money and could lead to the setting up of a School of Graffito with the power to confer degrees. Local authorities would no longer need to buy special paint for public buildings and employ designated Graffito removers. We could look forward to a Golden Age where newspapers would hold competitions for potential graffitists; television stations could devise shows like Backyard Graffiti and even to the establishment of a Museum Of Contemporary Graffiti. For the time poor there could be a Certificate of Tagging, which would be a springboard to BG degree.3

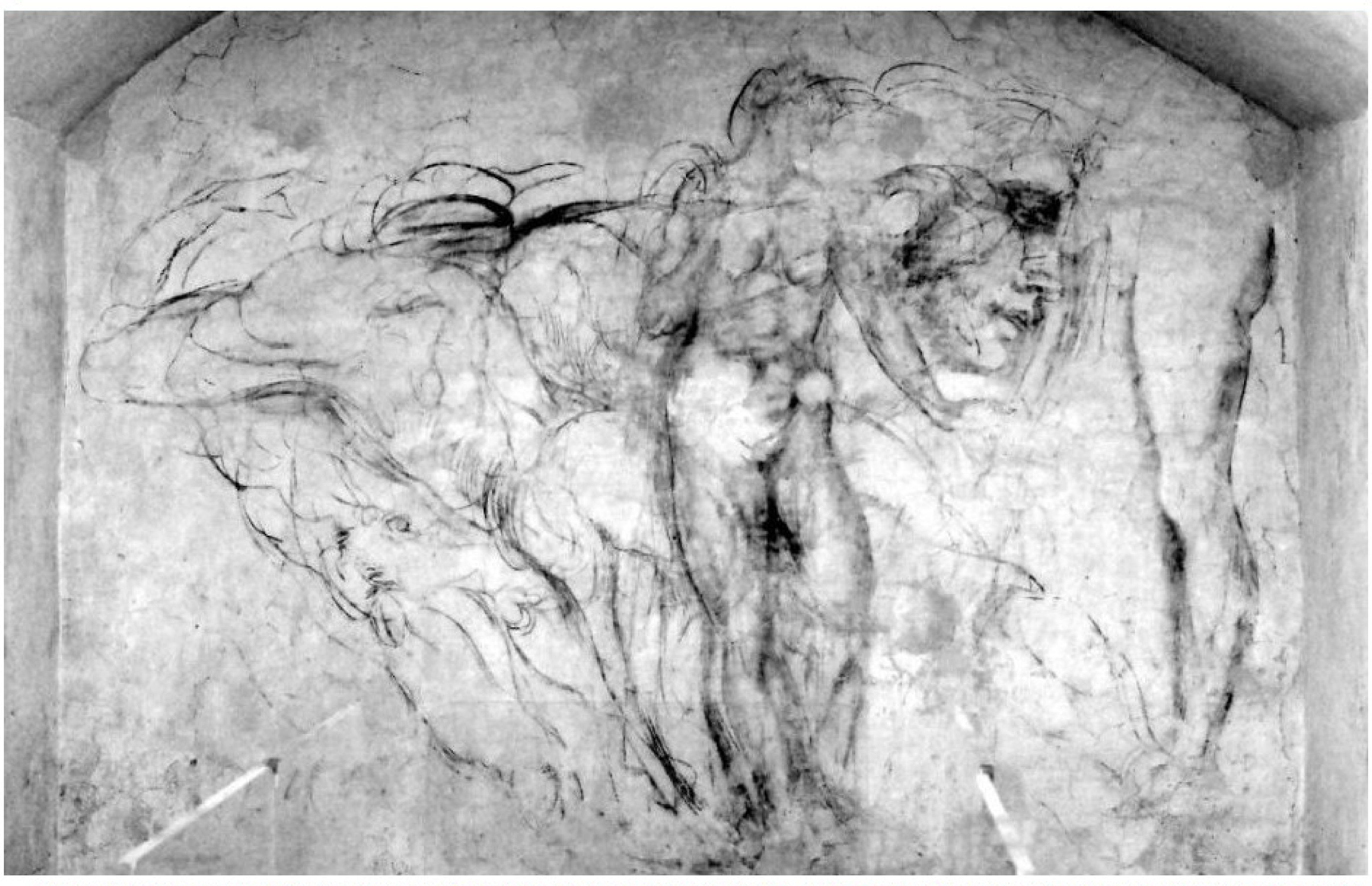
I favour the provision of a dedicated Graffito 'Wall' in every municipality. This has been trialled in overseas countries with varying degrees of success. I am confident that Australians will find their own unique way of decriminalising Graffito without lowering the standards of public display.

Questions like, Is 'If you feel strongly about graffiti sign a partition' smart or smart alec? or Is 'Reality is for people who can't cope with drugs' - social comment or incitement? could become debating points at morning coffee. The arguments for and against graffito can't easily be reduced to a few words, but I have confidence that when Graffito is introduced to academia it will develop a language of its own.

Michelangelo is probably the most significant artist to add his imprimatur to the fine art with his graffiti in the basement of St Lorenzo church, Florence.

Hand me the spray can then?

Warwick Dalzell



One of the walls in Michelangelo's hiding place beneath the Basilica of San Lorenzo in Florence - in 1530, the Medici returned to power. Michelangelo joined an uprising against them in 1527 and added to their 'hit list' and needing a place to hide, chose a cell beneath this famous building where he covered the walls with images. "I hid in a tiny cell," he later recalled, "entombed like the dead Medici above, though hiding from a live one. To forget my fears, I filled the walls with drawings." . The room, and its walls, was rediscovered during restoration works in 1975.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Articles This Week

Front Page Issue 129 - 10 Year Olds Julia and Natalie Prove - Pittwater's Got Talent !!! - Ding Dong Belle at Royal Motor Yacht Club's Ladies Luncheon - Mayor Townsend Elected for Second Term - Councillor Kylie Ferguson Elected as Deputy Mayor - Kenya Care Wear Launched

Pittwater's Got Talent !! - Mona Vale schoolgirls Julia and Natalie are singing in Tonight's Australia's Got Talent Final - watch and vote so they may sing again for you!

Bigger is Better Theory on Council Amalgamations De-bunked by Mayors Townsend and Hay of Pittwater and Manly - (New Report: *AN ASSESSMENT OF SGS REPORT LOCAL GOVERNMENT STRUCTURAL CHANGE: OPTIONS ANALYSIS*) - published September 2013 - Professor Brian Dollery

The Arrival of the Australia's Navy in Sydney Harbour - 4th of October, 1913 - **International Fleet Review 2013 precursors - Article III**

Denise Drysdale wows all at Royal Motor Yacht Club's September Ladies Luncheon from Sally Bacon

24/7 Youth Film Festival 2013 - Winners and results

Reflections by George Repin: CHAIRMAN MAO'S PERSONAL PHYSICIAN

Kenya Care Wear Launched

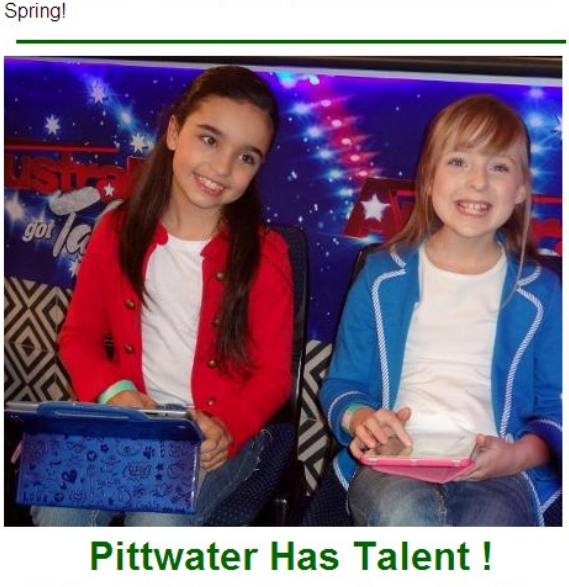
Pictures: **Art in Odd Places** - This week we are privileged to share some images from the Dee Why Art in Odd Places Event last weekend. The identical art installations will be seen this weekend in Manly for their Arts Festival – Saturday and Sunday, from Cindy Goode Milman and photos by Susan Milne, Local Curator - AiOP and Artistic Director, ERAMBOO artist environment

Profile of the Week: **September 2013 - Pittwater Spring Ladies - Elly Willan** - NNSW Waratah's player, captain for SI1 MWNA and a working engineer too! A breath of fresh Spring air personified

History: **August 2013 -Surf Life Saving Clubs of Pittwater - Bilgola SLSC – the first 10 years**

Collector's Corner: **Metters - An Australian Company and Products**

Artist of the Month for September 2013: **Meredith Scott** -Beautiful mosaics elevate new, found and recycled materials into glorious works of art - if art is a font then Meredith, one of our premier Pittwater artists, epitomises how boundless the ancient traditions of mosaics still are - what a great way to celebrate the first month of Spring!



Pittwater Has Talent !

Julia Manias and Natalie Theodore are performing in tonight's (22.9.2013) ***Australia's Got Talent*** show on Channel Nine at 6.30pm. The bubbly 10 year olds have made the first round of the finals with a powerful rendition of *River Deep, Mountain High* and shall take on a song made famous by Aretha Franklin that extends and shows off their great voices this evening. By showing your support for our local Pittwater songstresses and voting for them you will get to hear the next song they have prepared. Definitely not one to be missed !

Full story HERE

Imagine Pittwater by Pittwater Council

Imagine Pittwater
0:00 / 2:47

NSW Surf Patrol Season Begins- Fri 20 Sep 2013

Our flags are up! Patrol season has begun.

NSW Minister for Police and Emergency Services, Michael Gallacher, has officially launched the 2013/14 NSW Surf Life Saving patrol season today at the brand new North Bondi Surf Life Saving Club.

From this Saturday (21.9.2013), over 21,000 volunteer surf lifesavers will hit beaches across the state, patrolling on weekends and public holidays through until the end of April 2014.

"Last year just under 4000 lives were saved while over 18,000 people were treated for first aid from volunteer surf lifesavers along our coastline," Minister Gallacher said.

"When anyone puts their hand up in the water, it's our surf life savers who respond to that call for help. The volunteers put their lives on the line to ensure safety at some of our most popular beaches and swimming spots.

"As a member of Surf Life Saving for over a decade, I know the dedication and passion our surf lifesavers have both on and off the beach," Minister Gallacher said. "I am proud to be part of such an important organisation and look forward to patrolling our coastline this summer."

Surf Life Saving NSW has also seen a boost in membership numbers across the organisation which has reached an all-time high of 76,922, including more than 31,000 nippers.

Surf Life Saving NSW President, Tony Haven, said that the movement continues to go from strength to strength on the back of the thousands of volunteers who dedicate their time and energy to Surf Lifesaving.

"This year our lifesavers will once again spend in excess of 670,000 voluntary hours patrolling beaches along the state's coastline. This enormous contribution will continue to help create a safer swimming environment for beachgoers as it has done for over 100 years," Mr Haven said.

With last season's NSW coastal drowning statistics remaining high (48), Surf Life Saving NSW is urging beachgoers to swim at patrolled locations in between the red and yellow flags.

With the growing demand for more effective lifesaving services, Surf Life Saving is working closely with equipment providers such as BRP which has provided Rescue Water Craft and All-Terrain Vehicles to surf clubs across the state.

At the season launch at Nth Bondi, BRP General Manager Gregoire Dupont said the company was proud to support the state's volunteers with vital lifesaving equipment.

"Without the life savers' commitment and bravery, Australia would not be able to boast about its vibrant and safe beach culture which is the envy of many around the world."

The volunteer patrol season ends on **Sunday 27 April 2014**

Artists Set Sail to Catch the 'Colorful Killers' -

Internationally renowned flautist and passionate anti-plastic pollution campaigner Jane Rutter today launched a unique Manly Arts Festival event designed to highlight the looming problem of marine plastics.

"If you love the ocean, if you love the environment, if you love art, if you love music, please give up just one piece of disposable plastic a day,"Ms Rutter said."More than 50% of the world's disposable plastic ends up in the ocean and we can't sustain it."

On September 27-29, eleven well-known Manly artists will join the crew of the East Coast Odyssey Expedition on board their tall ship Yukon to create their own special depiction of the issue.

Guests are invited on half-day cruises to watch the artists create, ask questions, learn about the ocean from the crew and sail the Yukon, an 80 year-old Danish ketch.

The East Coast Odyssey is the first expedition of its kind to tackle insidious micro-plastics in Australian waters with the crew collecting vital data en route from Hobart along Australia's east coast.

Katherine Roberts, Manly Arts Festival coordinator, said the festival was delighted to be involved with the mission to 'catch the colourful killers', the millions of multi-coloured plastic remnants killing marine wildlife and poisoning seafood at an alarming rate.

"The Manly Arts Festival has a focus on the conservation of our natural environment, so it is most fitting that we join forces and support the team on the Yukon on their important and historic mission to gather data on plastic pollution," Ms Roberts said.

The Yukon will be taking half-day cruises until October 8, including during the International Naval Review. Guests can board from Quarantine Station Wharf.

Manly Arts Festival Half–day cruises can be purchased online here: http://wildiaries.com See More at: http://eastcoastodyssey.wildiaries.com/

Or at the Manly Kayak Centre - 1300 529 257 sales@manlykayakcentre.com.au 1/40 East Esplanade, Manly NSW 2095

Picture: Jane Rutter and David Nash aboard the sailing vessel *Yukon.*

David Suzuki explains why you should join the East Coast Odyssey

David Suzuki explains why you should join the E...
0:00 / 0:40

PCA makes first donation to the Mona Vale Hospital 50 Year Golden Jubilee.

Peninsula Community Arts President Lorrie Morgan has made the first donation of one thousand dollars to the Golden Jubilee organising committee. The event is scheduled for 22 and 23 February next year and will be a celebration of the Hospital and its half century as the centre of the Pittwater community. The organising committee's chairman Parry Thomas said "The event will be a fun a day to commemorate the role the hospital has played in our community. So many residents have personal connections with the hospital and it is hoped that it will also be a reunion of friends who have worked or been connected through the volunteer organisations. Everyone will be welcome and we are very grateful for this donation towards making this a fun day for everyone." PCA's Lorrie Morgan said "it is very appropriate that our community organisation should donate to this significant day in recognition of the role the hospital has played in our community. We hope other community organisations can follow our lead." Details of the 50 year Golden Jubilee will be available shortly at www.mvhospitaljubilee.org and on Facebook.

Above: Jubilee Chairman Parry Thomas thanks PCA President Lorrie Morgan

PCA – Open Meeting

Pittwater Community Arts held an open meeting on Wednesday with guest presenter local artist Mignon Parker. Mignon is well know as an art teacher and holds classes in many parts of Australia. PCA President Lorrie Morgan says "Mignon is a fantastic teacher who has been painting all her life." "Last night she demonstrated techniques to get colours to 'pop' by using a black background". Mignon well known for her floral art, painted hydrangeas on a black canvas under the close watch of everybody attending. This attracted the audience to come up close to interact with Mignon and see her painting technique in detail. After supper another local artist Karen Hick won the major raffle prize, a painting on canvas donated by Mignon worth $900. Other prizes were deliciously consumable.

Pittwater Community Arts hold two open meetings each year.

Below: Mignon Parker on Wednesday evening. Photos by Michael Mannington

National Trust NSW 2013 Ball

Join the National Trust (NSW) at our fund raising Casablanca Ball on Friday 15th November, 8pm - Midnight.

A night of 1940s glamour at the beautiful Queen Victoria Building in Sydney. Dance the night away with entertainment by The Janna Seeley Trio. Tickets are strictly limited, so book early to avoid disappointment.

Buy tickets online at http://tix.yt/casablancaball

The Lion Island Challenge is on Saturday October 12th, 2013. Race will include ocean and spec skis, SUPs, racing mals and 12 foot an unlimited paddleboards. Registrations are opening in the next week. See all details on Lion Island Challenge Facebook page.

DONATE
YOUR VOICE
OCTOBER 10 2013
ZIPIT FOR MENTAL HEALTH
REGISTER NOW!
www.zipit.org.au

Lifeline - ZIP IT 2013

We are very excited to announce we're partnering with ZIP IT again this year to help raise funds & awareness for mental health on **World Mental Health Day - 10 October 2013**. Last year's participants raised over $55,000. Let's better it this year! DONATE YOUR VOICE and ZIP IT for Lifeline.

Select Lifeline as your charity of choice. Register now: http://www.zipit.org.au/

Hon Bronwyn Bishop – Nominee for Speaker of the House

Popular Federal member for Mackellar Hon. Bronwyn Bishop has been nominated by newly elected Prime Minister Abbot to become the next Speaker of the House.

"I want to bring some dignity back to the parliament and that means a Speaker who can control the parliament and who can act without fear nor favour," Prime Minister Abbott said this week. "And I want someone who is as tough on the government as on the opposition, because I think the people expect a parliament which is a genuine debating chamber and not just a chamber where the government bludgeons the opposition."

Ms Bishop said: "I certainly feel that the parliament itself is entitled to have dignity returned to it. That doesn't mean it won't be a robust place but it does mean that it will have a dignity that has been lacking in the last little while.

"Just as I feel it will have a strong and dignified government, I think the parliament needs to be that way as well.

"So I am delighted to put myself forward as a nominee for the Speaker of the House of Representatives."

Hon Bronwyn Bishop is the first woman senator popularly elected from NSW and would become the first woman speaker from the Coalition side. Mr Abbott is Australia's 28th Prime Minister and Ms Bishop will be the 29th Speaker in the House of Representatives - the final decision will be made by the party room just before the first sitting of Parliament.

Photo by A J Guesdon.

Sydney Wildlife - Baby Season for our Native Wildlife

Its baby season for all our Native furred, feathered, and scaled animals. Please keep a look out for little creatures that have lost their mummies. This juvenile Ringtail possum being raised by a trained Sydney Wildlife carer. If you find sick, injured or orphaned native wildlife call Sydney Wildlife on 9413 4300 for advice and assistance.

Rate exemption review needed to ensure equity - from LGNSW

A report commissioned by Local Government NSW (LGNSW) has found that many rate exemptions that councils are forced to provide to commercial operations are inequitable and place an unfair burden on ratepayers.

The report was undertaken by highly respected independent analyst Deloitte Access Economics and was commissioned by LGNSW after the NSW Government announced it was undertaking a review of the Local Government Act (NSW) 1993.

The report, which has been forwarded to the Local Government Acts Taskforce, found that the exemptions councils provide under the current Local Government Act (NSW)1993 to organisations, institutions and some government business enterprises are no longer justified because the distinction between charitable, social and commercial activity have blurred. The section dealing with exemptions in the current Act were carried over from the Local Government Act (NSW) 1919.

Joint President of Local Government NSW, Cr Ray Donald, said the antiquated section in the current Local Government Act dealing with rate exemptions was no longer relevant.

"When these sections relating to rate exemption provisions were written 94 years ago, it was obviously developed for a different time," Cr Donald said. "The intention was to provide organisations that undertake charitable and social activities within our communities with financial relief as acknowledgement of the valuable and important work they do."

"It is unfair on the broader community that some commercially operated enterprises that have the capacity to pay rates are receiving a rate exemption all because the Local Government Act hasn't kept up with the times."

Joint President of Local Government NSW, Cr Keith Rhoades AFSM, said with the NSW Government currently undertaking a review of the Local Government Act, opportunity exists to modernise rate exemption provisions.

"LGNSW has been calling for a review of rate exemptions for over a decade, and with the NSW Government now reviewing the Local Government Act, a rare opportunity exists to reform these provisions," Cr Rhoades said. "Deloitte Access Economics has produced a framework to assess the adequacy of current exemptions and the report recommends the removal or redesign of many of these on the basis of equity and efficiency."

"The report validates many of the criticisms that we at LGNSW have repeatedly made about the current Act, and we call on the NSW Government to seriously consider the Deloitte Access Economics Report when reviewing the Local Government Act."

The Deloitte Access Economics Report is available at the LGNSW website.

LGNSW welcomes Minister's consideration to changes to Planning Bill - 18th of September, 2013

Local Government NSW (LGNSW) welcomes the agreement by the Hon Brad Hazzard MP to give consideration to review and make amendments to the contentious legislation following a meeting with LGNSW yesterday. The meeting followed correspondence from the LGNSW Joint Presidents to NSW Premier, the Hon Barry O'Farrell MP, urging him to restore the balance back to the community in his Government's proposed planning reforms.

Minister Hazzard confirmed he was willing to actively consider a number of concessions on the proposed new Planning legislation, responding to LGNSW calls for action. These include:

Code assessable developments will no longer be used in existing low density suburbs and will be limited to growth areas and Urban Activation Precincts.

The triple bottom line (economic, social and environmental) will be strengthened, restoring the balance to decision making.

The proposed limit on holding infrastructure contributions extends from three to five years, with provision for applying for an extension.

Joint President of Local Government NSW, Cr Keith Rhoades AFSM, said the meeting with Minister Hazzard was productive and a good result for Local Government.

"I was very pleased that Minister Hazzard suggested we meet, following our approach to Premier O'Farrell. To his credit, the Minister was very open to listening to the concerns Local Government has with the proposed planning legislation," Cr Rhoades said.

"In all the changes that Minister Hazzard agreed to reconsider, the big win for Local Government is the removal of the use of code assessable developments in existing low density suburbs. If implemented as previously proposed, there was a massive risk that the character of suburbs would dramatically change without even providing residents with the opportunity to have their say."

"There are obviously other areas of the proposed legislation that we still disagree on, but the Minister is taking LGNSW's concerns seriously, and that is extremely positive."

Joint President of Local Government NSW, Cr Ray Donald, said it was good news that these amendments can be taken to the upcoming Local Government NSW Conference in October.

"It is important that Local and State Government maintain a strong relationship, so I am pleased that Minister Hazzard has taken our concerns seriously, and agreed to reconsider," Cr Donald said. "The Minister's comments are definitely a step in the right direction. He addresses one of our major concerns, to ensure that communities and councils are included in planning decisions."

"Minister Hazzard will have the opportunity to present these amendments at our upcoming LGNSW Conference, and further hear the views of councils from around the State. I'm sure many Conference delegates will be happy that some changes and progress has been made, and we look forward to hearing further detail and proposed timelines."

Blue September
FIGHTING CANCER IN MEN

Blue September is a nationwide awareness and fundraising initiative about all the cancers that affect men – not just prostate and testicular cancer, but also bowel, lung, liver, pancreatic and other cancers. The campaign aims to raise funds for Australian Prostate Cancer Research and Australian Cancer Research Foundation charities to raise men's awareness of cancer and help them to reduce the risk of developing and dying from cancer by making better lifestyle choices and seeking help sooner rather than later.

Can we really prevent cancer?

At least one in three cancer cases is preventable. Thousands of men's lives could be saved by making healthy lifestyle decisions such as quitting smoking, reducing alcohol intake, taking care in the sun, regular exercise, maintaining a healthy weight and eating a balanced diet.

Lives can also be saved if more men know more about the symptoms of cancer and contact a health professional as soon as they notice something worrying such as a lump or a nagging cough.

So let's face up to cancer in men this September! Show your support by painting your face blue and raise awareness and funds to save lives!

You can help. You can do something.

In fact thanks to support from Blue September, Australian Prostate Cancer Research are about to launch a world-first online cancer support program for men with prostate cancer. Prostmate is a ground breaking personalised support system for men and their families dealing with prostate cancer. It will provide access to the latest research validated information, personalised support, specialised programs and consultations with prostate cancer specialist nurses and psychologists. Prostmate is being developed in partnership with leading cancer agencies, researchers and clinicians. It will be free to join, easy to use and a valuable resource to help make informed choices.

The cancer statistics:

Australia has the highest rate of prostate cancer in the developed world

In 2013, it is estimated that over 122,000 Australians will be diagnosed with cancer and more than half of these cases are expected to be males

In recent decades cancer mortality rates have fallen due to vital advances in research

In 2013, the campaign is set to be bigger than ever with the launch of the Blue September wristband, which will help us raise awareness and well needed funds for cancer research to develop new treatments, online medical support and cutting edge equipment. See more at:

http://www.bluseptember.org.au/index.php

IMPROVEMENTS COMING TO PITTWATER'S WASTE SERVICE

The Council has approved a series of improvements to Pittwater's general clean up and vegetation collection services. A report presented to the Council at its meeting on Monday night **recommended that the twice-yearly household general clean-up on mainland Pittwater be replaced with a prebooked service from 1 January 2014.**

Mayor Jacqui Townsend said the new system would reduce the level of unsightly goods left on nature strips for weeks before collection time, as well as reducing potential hazards to pedestrians.

"We've listened to residents' concerns and acted on them," she said. "The new system will allow people to book their two general clean up collections either by phone or online. Up to 125 households can book each week day over 50 weeks of the year," said Mayor Townsend.

"From January general clean up items will be collected from households on the same day of the week that their garbage and recycling is currently collected," she said. "Also from 1 July next year, mainland Pittwater residents will be able to put out vegetation for collection each fortnight using new 240 litre vegetation bins, supplied free of charge to each household."

"This will replace the current vegetation collection service which occurs eight times per year.

Mayor Townsend said there would be no change to the waste collection schedule for Pittwater's 3000 offshore residents, but added that new user-friendly bins would be installed at public areas such as wharves.

General Manager Mark Ferguson said the service improvements have been negotiated with the Council's waste contractor United Resource Management under a contract extension. They foreshadow further improvements to waste services when the new Kimbriki waste & recycling centre begins operations in 2017.

SPRING INTO READING AT MONA VALE LIBRARY

Bookworms are invited to take part in Mona Vale Library's Spring reading competition **called Transformations during September and October**, with the winner receiving a free Kobo glo e-book reader.

Transformations invites library members to read three books of their choice, then comment on them by completing a mini-review form.

Library Manager Cathy Howie said the competition gave readers the opportunity to share their thoughts on the books they had read with other readers.

"Each review form will be made into a bookmark that will be placed in the reviewed books and then made available at the front desk", said Ms Howie.

Event Librarian Heather Thomson said many readers enjoy sharing their reading experiences.

"We've designed easy to complete review forms, that are quite short," said Mrs Thomson. "There are questions about the themes explored in the book and if the book was an enjoyable read. The reader is also asked to comment on whether they learned anything new and if they would recommend the book to another reader," added Mrs Thomson.

The competition will open on Monday 16 September and run until Friday 25 October.

For more information about what's happening at Mona Vale Library, visit www.pittwater.nsw.gov.au/library

MIND MATTERS!

Local residents are invited to learn more about mental health issues with a series of free seminars at Mona Vale Library. The seminars will run during October to recognise Mental Health Month.

The month kicks off with a seminar about '**Breaking down depression and building resilience' presented by the Black Dog Institute on Tuesday 1 October.**

On **Tuesday 8 October from 2pm Uniting Care hosts a discussion on support services, referral pathways and contacts for families and carers of people with a mental illness**.

A seminar '**Living with the mental illness schizophrenia'** will be presented by a sufferer who will discuss their experiences on **Tuesday 15 October from 2pm**.

The final session will be delivered by a local doctor who will discuss the importance of mindfulness in maintaining good mental health on **Tuesday 22 October at 2pm.**

Library Manager Cathy Howie said Mental Health Month is an initiative of the Mental Health Association of NSW.

"The aim of the month is to promote social and emotional wellbeing by encouraging people to maximise their mental health," said Ms Howie.

"**This year's theme is 'Kindness: little acts, big impacts!'** with the intention of promoting kindness to oneself and to others as beneficial to the health and wellbeing of everyone," she added.

For full details of other events being held visit www.mentalhealth.asn.au

PITTWATER BUILDINGS MAKE THEIR MARK

Council-owned properties in Pittwater are now being signposted for their sustainability features through a trial of so-called 'eco-markers'. The distinctive signs have been installed at seven locations including community centres, Pittwater Rugby Park, Lakeside Holiday Park, the Coastal Environment Centre and Council administration buildings. Each sign highlights a sustainable feature in the building, ranging from rainwater tanks and solar panels through to irrigation systems and retrofitted lighting.

The signs also point to the Council website for more detailed information about the sustainable features.

Eco-markers are the brainchild of local resident Graeme Jessup, who is also a member of one of the Council's advisory committees looking at ways to improve Pittwater's natural environment. Mr Jessup is no stranger to sustainability, having built a new home at Mona Vale to be energy self-sufficient by using a combination of solar panels and thermal design. The eco-markers were installed as a trial and a review is carried out to decide whether to continue the project.

Mayor Jacqui Townsend said the Council had embarked on a rolling program of improvements to public buildings to make them more sustainable.

"One example is the huge water savings we have been able to make at Pittwater Rugby Park, just by recycling rainwater collected from the roof and using bore water. We estimate we are saving over 300,000 litres every week in using mains water for irrigation."

"We have also installed dimmer lights at the fields saving a further 52,000 kWh each year."

To find out more about Pittwater's eco-markers visit www.pittwater.nsw.gov.au/ecomarker

ARTS PAPER ADOPTED

Pittwater Council adopted a new arts paper for Pittwater at its meeting this week. The paper which was developed over a six month period, forms part of Pittwater's Social Plan known as '***Live, Connect, Participate***' 2012-2016.

Pittwater Mayor Jacqui Townsend said the paper assesses the opportunities and challenges for artistic development in the local area, with a view to identifying partnership opportunities and informing resource allocation over the next three years.

"I am excited to see what will emerge from the arts paper, given that there is certainly no shortage of creative talent in Pittwater," said Mayor Townsend. "We have many wonderful artistic events already on our social calendar such as ArtZpace, Artfest, the Northside Aboriginal Art & Craft Exhibition and our Pittwater Artists Trail," said Mayor Townsend.

Council's Social, Community & Economic Coordinator Melinda Hewitt said the document had been developed through extensive consultation with the arts community and local residents.

"We conducted a survey, spoke to local creative people and held the Picnic Perfect event, allowing residents to talk about their vision for the arts in a relaxed environment," said Ms Hewitt.

"From these discussions we gained a clearer perspective of the local arts scene including an understanding of audiences and creative professionals."

"Overall Pittwater has a creative population and this document informs us of the opportunities and challenges," she said.

Some of the key findings of the draft arts paper include:

- Pittwater audiences strongly support the events run in Pittwater, and expressed their wish for a more regular program of arts activities
- Creative people in Pittwater want more opportunities to present their work
- Public art has been identified as the top priority in community consultation
- Community members have highlighted the potential of linking art events with the natural environment; along the lines of the 'Sculpture by the Sea' exhibition.
- Pop-ups and short-term leases are identified as possible ways of showing more arts, retail and recreation.

A copy of the arts paper is available at HERE

FREE WORKSHOPS FOR TOURISM & HOSPITALITY BUSINESSES

Tourism and hospitality businesses in the Pittwater and Warringah area are invited to free workshops to get a clearer understanding of workforce issues relating to their industry. The tourism and hospitality industries provide significant employment opportunities on the northern beaches.

In Pittwater, there are nearly 2,000 people working in tourism and hospitality jobs, accounting for more than 10.5% of the workforce. Warringah's tourism and hospitality sector supports nearly 3,900 people in jobs, which is 8.2% of the workforce.

"The Tourism & Hospitality Industry is vitally important economically and job-wise to the Pittwater community," said Pittwater Mayor Jacqueline Townsend.

Warringah Mayor Michael Regan said there are numerous career prospects available in this significant industry sector, however there can be challenges for business operators to recruit and retain suitable staff.

The workshops are being coordinated by the Stafford Group who has been engaged by The Department of Resources, Energy and Tourism to develop a Tourism Employment Plan (TEP) to address workforce, employment and skills development issues for Sydney. The project is supported by NSW Trade and Investment and Destination NSW.

The free workshops will communicate information on the TEP and will discuss issues impacting on tourism and hospitality businesses in the Pittwater and Warringah areas. Local operators, tourism trainers and interested parties are invited to discuss workforce issues such as employment gaps and upskilling needs and help identify potential solutions.

The workshops will provide participants with a guide to accessing workforce planning solutions, potential visa programs and the potential to engage mature aged and indigenous workers.

Workshops are being held in the following locations in the area:

Pittwater Council: Coastal Environment Centre Narrabeen Lake Monday, 9 September 2013, 9.30am to 12pm

Warringah Council: Council Chambers Warringah Council 725 Pittwater Rd Dee Why Monday, 9 September 2013, 2pm to 4.30pm

Please RSVP to admin@thestaffordgroup.com.au or phone Mandy on 9331 6222.

NEW SWIMMING POOLS INSPECTION PROGRAM

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

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

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

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

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

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

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

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

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

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

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.**

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood. Mona Vale Library has started a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is October 6th, 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.

Aboriginal Support Group Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

Bushcare Notices - August 2013

Bushcare at Warriewood

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

Sun September 22
Bungan Bch 8-11am
Winn Bay 9-12pm

Sat September 28
Pindari Res 8-11am
Nth Newport Beach 8:30-11:30am
Careel Creek 8:30-11:30am
Kywong Res 8:30-11:30am

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 September 2013

TOYOTA RAV4 UP FOR GRABS IN THE BE THE INFLUENCE AUSTRALIAN BOARDRIDERS BATTLE MONSTER RAFFLE

Running in conjunction with the Be the Influence Australian Boardriders Battle is a Monster Raffle with one lucky ticket holder to drive away in a Toyota RAV4 valued at up to $55,000.

COOLANGATTA/QLD (12th Sept, 2013): Australia's boardriders club community will be the big winners from a Monster Raffle being run in conjunction with the Be the Influence Australian Boardriders Battle.

The Be the Influence Australian Boardriders Battle is the biggest grassroots, boardriders event series in Australian surfing history with more than $100,000 in prize money and starts on October 12.

It will involve more than 100 of Australia's best boardriding clubs in seven State qualifying rounds and culminate in a two-day, National Final for 16 clubs on the Australia Day Long Weekend on 25-26 January, 2014 at Cronulla in Sydney.

In total, $105,000 is up for grabs across the entire National Series including the National Final. There is $30,000 available across the seven State qualifying events, while $75,000 will be split between the 16 clubs that make the National Final.

Running in conjunction with the National Series is a Monster Raffle with one lucky ticket holder to drive away in a Toyota RAV4 valued at up to $55,000. Other prizes include a Billabong pack valued at more than $1500 and a Nikon camera valued at up to $1000.

"Toyota Australia is proud to be associated with the Be the Influence Australian Boardriders Battle and would like to wish all the clubs the best of luck in their respective events," said Toyota Australia's Divisional Manager - National Marketing Brad Cramb.

Surfing Australia Chief Executive Officer Andrew Stark said the Monster Raffle is a Surfing Australia initiative designed to raise $250,000 for community boardriders clubs Australia wide.

"We want to build capacity in clubs and this monster raffle initiative will ensure that every Surfing Australia affiliated club in Australia will have the opportunity to raise valuable funds for their club," he said.

"Only 16 clubs will make the national final of the Be the Influence Australian Boardriders Battle however the Monster Raffle will touch every club in the country that chooses to take advantage of the program. We are very pleased to provide this valuable fund raising opportunity to clubs."

Tickets are $5.00 each (open to public) with proceeds going back to the grassroots Australian boardriders clubs of your choice.

All Surfing Australia affiliated boardriders clubs can register to be a part of the Monster Raffle (whether they are participating in the Be the Influence Australian Boardriders Battle or not).

For more information on the Be the Influence Australian Boardriders Battle and to buy tickets in the Monster Raffle visit www.australianboardridersbattle.com.

The Be the Influence Australian Boardriders Battle is proudly supported by *Be the Influence – Tackling Binge Drinking*, Billabong, Toyota, Nikon, Destination NSW, Surfing Australia, the Association of Surfing Professionals and Sutherland Shire Council.

The Be The Influence Australian Boardriders Battle Schedule:

EVENT 1: South Australia, October 12, 2013, Victor Harbor

EVENT 2: New South Wales, Northern Region, October 26-27, 2013, Forster

EVENT 3: Queensland, November 2-3, 2013, Gold Coast

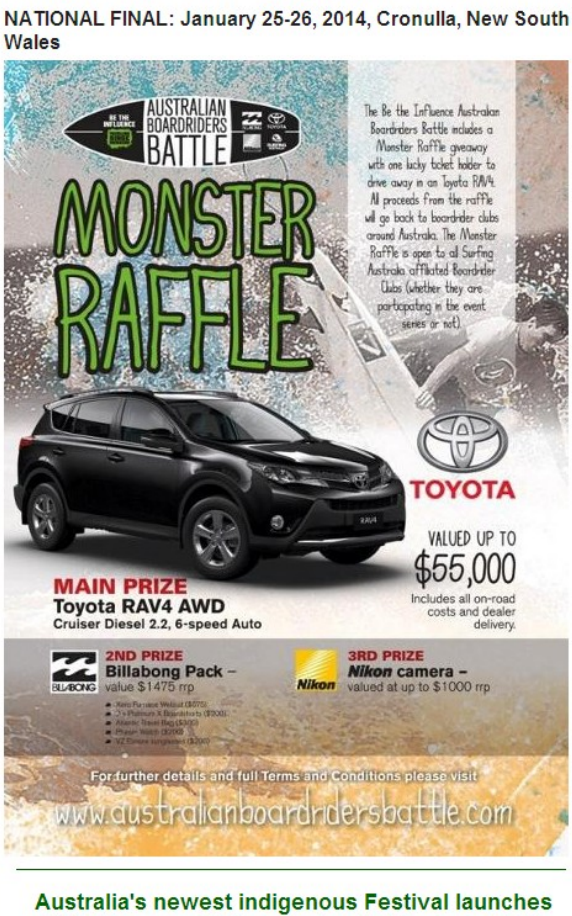
EVENT 4: Western Australia, November 16 or 17, 2013, (conditions depending), Trigg Point, Perth

EVENT 5: Victoria, December 14, 2013, Phillip Island

EVENT 6: Tasmania, December 21, 2013, East Coast

EVENT 7: New South Wales, Southern Region, January 11-12, 2014, Wollongong

NATIONAL FINAL: January 25-26, 2014, Cronulla, New South Wales


AUSTRALIAN BOARDRIDERS BATTLE
MONSTER RAFFLE
TOYOTA
VALUED UP TO $55,000
Includes all on-road costs and dealer delivery.
MAIN PRIZE
Toyota RAV4 AWD
Cruiser Diesel 2.2, 6-speed Auto
2ND PRIZE
Billabong Pack – value $1475 rrp
3RD PRIZE
Nikon camera – valued at up to $1000 rrp
For further details and full Terms and Conditions please visit
www.australianboardridersbattle.com

Australia's newest indigenous Festival launches 2013 Program -19 September 2013 – from NSW Government

The NSW Governor, Her Excellency Professor Marie Bashir, has joined Minister for Tourism, Major Events and the Arts, George Souris, and the Corroboree Council of Elders in launching the official program for this year's Corroboree Sydney, Australia's newest annual, national Indigenous festival.

The program for Corroboree Sydney, which **takes place from 14 to 24 November**, includes a range of free and ticketed events held around Sydney's Harbour foreshore, arts precinct and parks showcasing Indigenous literature, visual arts, performing arts, live music, films, crafts and design.

Nine of Sydney's premier institutions with strong Indigenous programs have contributed to the Corroboree Sydney program, including Bangarra Dance Theatre, the Royal Botanic Garden Sydney, State Library, Australian Museum, Museum of Contemporary Art Australia, Art Gallery of NSW, Sydney Opera House, Blackfella Films and Koori Radio 97.3FM.

Program highlights include a parade of 1,000 school children through Sydney's city streets in celebration of local Aboriginal culture, a special firelight ceremony and a range of activities taking place at Corroboree Central based at Walsh Bay's historic Pier 2/3 including the Corroboree Black Arts Market, Corroboree Cinema and Corroboree Studio.

"I must congratulate Hetti Perkins and members of the working group most warmly for presenting such a diverse and authentic Indigenous program that will be accessible to everyone and hopefully for many years to come," Governor Bashir said.

Mr Souris said: "The NSW Government is proud to support Corroboree Sydney, an event of considerable importance to Indigenous communities both here in NSW and across Australia.

"Corroboree Sydney will showcase a diverse, vibrant program that will bring together activities, exhibitions and performances produced by some of our most significant Indigenous artists and institutions.

"Destination NSW estimates Corroboree Sydney will deliver approximately $21 million in direct economic impact over the next three years, with an expected 55,000 interstate, intrastate and international visitors to attend.

Minister for Aboriginal Affairs, Victor Dominello, said: "This is an important event that will demonstrate and celebrate the diversity and strength of Indigenous art and culture to the people of Sydney, NSW and beyond.

"Art and culture is a crucial part of the social fabric of Aboriginal and Torres Strait Islander communities throughout Australia.

"This event will help provide opportunities for Aboriginal and Torres Strait Islander people to share their important and vibrant cultures with all Australians as well as visitors from overseas."

Corroboree Sydney's Creative Director, Hetti Perkins, said: "Corroboree Sydney was born from the shared desire of members of the Aboriginal and Torres Strait Islander community working in Sydney's key cultural organisations to bring to the fore the rich cultural heritage of Sydney and NSW.

"Showcased in the context of Indigenous culture Australia-wide, this festival celebrates the ongoing significance of contemporary cultural expression in the heart of Sydney. We would like to thank the NSW Government for their continued support of Corroboree Sydney."

For more information on the Corroboree Sydney 2013 program please visit www.corroboreesydney.com.au.

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.

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

THE SUMBA FOUNDATION AUSTRALIA

DOG DAY BY THE BAY TODAY

Pittwater Council will host the annual Dog Day by the Bay at Rowland Reserve Bayview **today Sunday 22 September.**

Organiser Emma Mackay said the event was now in its 13th year attracting over 2000 families and their dogs with a mix of fun competitions, demonstrations and talks on interesting topics relevant to dog owners.

"We're pleased to have TV vet Dr Katrina Warren back again this year with her 'Wonder Dogs' who will be performing tricks and training demonstrations," said Ms Mackay.

"Dr Warren has become a household name for promoting responsible pet ownership and animal welfare," she said.

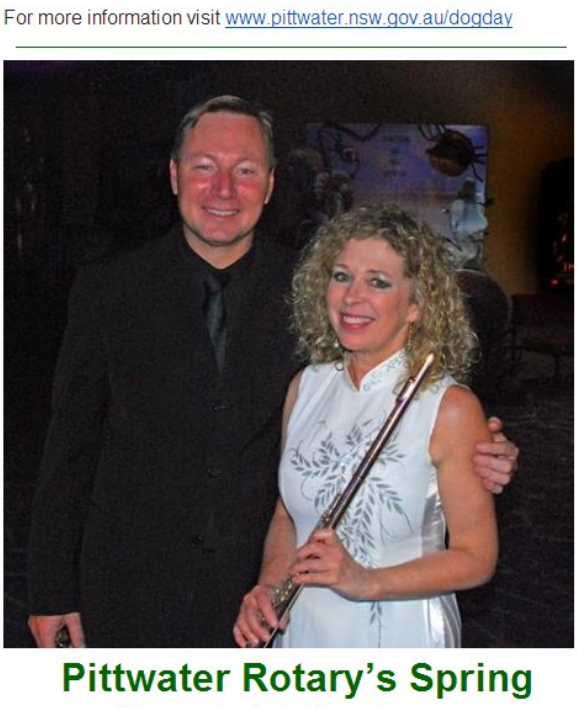
Other highlights include the return of popular Pet Talk Radio Brian and Kaye and the Flipbooks photo booth where owners and dogs can have their pictures collated into a mini cartoon!

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

Dog Day by the Bay runs from 10am to 3pm with activities including agility demonstrations, education talks, children's activities in the kids' corner and competitions including the Canine Fancy Dress Parade and the kids under 12's 'Pooper Scooper' race. A variety of food and drink stalls will also be at the event and proceeds raised will be donated to local branch of the Animal Welfare League. Entry and parking are free.

The popular "Pittwater Dog of the Year" photo competition will also be announced on the day with entries in two categories, namely Pittwater Dog of the Year and a 'Look-a-Like' competition.

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



Pittwater Rotary's Spring Concert a Success

The fourth annual Pittwater Rotary Club's Northern Beaches Spring Concert on Wednesday 18th September showed once again that there is a demand in the area for fine orchestral music. Local superstars the Northern Beaches Orchestra, along with special guest, acclaimed Australian flautist Jane Rutter, provided a stellar evening of music from the great Broadway and Hollywood musicals. The musical numbers included medleys from Chicago, West Side Story and Phantom of the Opera, plus songs such as "Fascinating Rhythm" and "I Could Have Danced All Night". Jane Rutter brought her dramatic sensual flute style to the party, entertaining the packed Grand Theatre at Warriewood Cinema with her virtuoso playing and bright personality.

Event sponsors and VIPs, including Pittwater Mayor Jacqui Townsend and state MP Rob Stokes, mingled in a pre-concert reception hosted by Roy and Josephine Mustaca, the owners of United Cinemas.

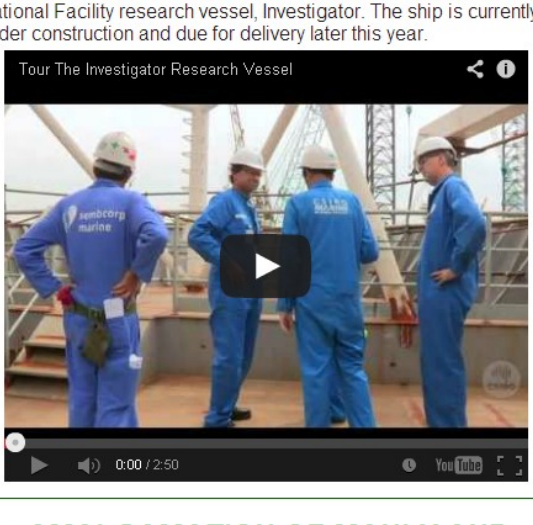
Proceeds from the evening, which amounted to about $30,000 from ticket and raffle sales, a silent auction and generous sponsorships by local businesses, will go towards equipment for the newly-expanded Palliative Care Centre at Mona Vale Hospital.

The evening would not have been possible without the efforts of Rotary's local volunteers and the kind participation of Roy and Josephine Mustaca and their wonderful staff.

Above: NBO conductor Martin Hardy and special guest soloist Jane Rutter. Photo by Doug Elliott

Tour The Investigator Research Vessel - Published on 18 Sep 2013

We recently had the Chair of CSIRO, Simon McKeon, CSIRO's Deputy Chief Executive, Craig Roy, and the Executive Director of the Future Research Vessel Project, Toni Moate, in the Sembawang Shipyard in Singapore, to tour Australia's new Marine National Facility research vessel, Investigator. The ship is currently under construction and due for delivery later this year.



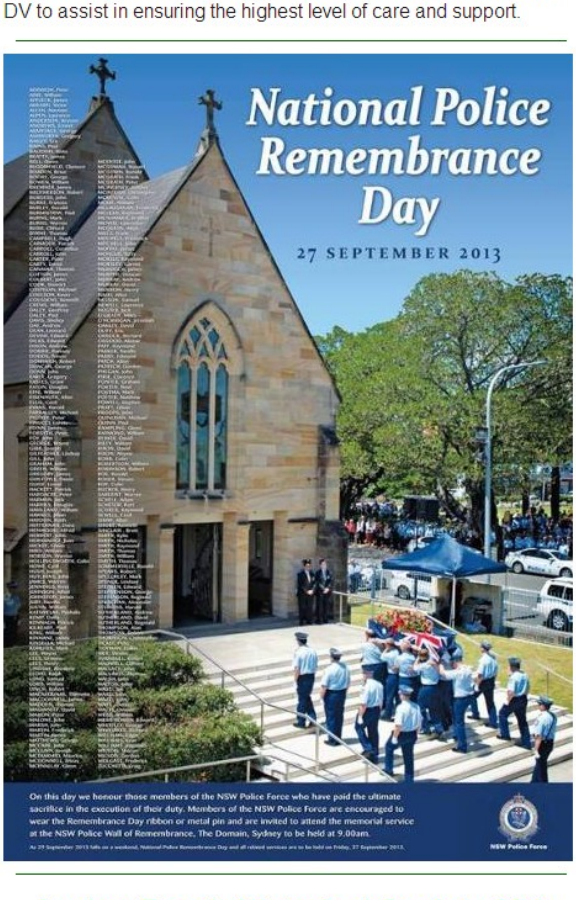
AMALGAMATION OF MANLY AND NORTHERN BEACHES LOCAL AREA COMMANDS - PLANNED FOR THE 10 NOVEMBER.

The amalgamated command of Manly and Northern Beaches will be known as Northern Beaches. This will form a 300 plus strong Local Area Command that provides economies of scale that greatly improves response times and provides a better service.

This command was designed in consultation with staff and the Senior Management Team of both commands and the local branches of the Police Association.

KEY FEATURES OF THE AMALGAMATED COMMAND INCLUDE:

1. Ten positions returned to the front line.
2. Very strong focus on street policing and mid level crime with the formation of a 34 strong high visibility beats and bikes Street Policing Team, a fourteen strong detective Strike Force focused on mid level drug supply and organised crime, a 15 strong Proactive Team focused on street crime and repeat offenders.
3. Enhancement of Domestic Violence with a Sergeant added to DV to assist in ensuring the highest level of care and support.



Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition

On this October long weekend **(5th to 7th)** the Avalon Beach Historical Society will be celebrating its 30th Anniversary with a mammoth '8th Great Historic Photographic Exhibition'. For the first time and on such a grand occasion, it will be held in the main hall of the Avalon Recreation Centre at 59a Old Barrenjoey Road, where we will have the space to exhibit over 700 photographs. That number of photos will cover around 55 different topics, aspects and many eras of our local history and it will certainly rank alongside the best photo exhibitions of local history seen in the Manly-Warringah area.

Of course there will be the all-time favourites such as 'Koalas', 'Clareville Torpedo Base', 'Women & Avalon Beach', 'The Hole in the Wall', 'Avalon Squash Courts' and 'St Michael's Cave' etc. but we have added some new panels of interest, such as 'Love in Avalon Beach', the 'Mudlarks of McCarr's Creek Reserve', 'Shark!', 'The Big Tree', 'The Rock Lily', 'Surfboats', 'Westcott' and the Sanders Family' and a couple of photos of 'Night Golf at Avalon Golf Links in 1938' etc.

We will also have on display some of our fabulous historic panoramic photos, some originals by EB Studios from the early 1920s.

Besides the 'still' photographs there will be a screen set up to continually show many short 'movie' segments collected and compiled over the years, relating to our area. Besides the popular 'Bandstand and the Stomp on Avalon Beach' in 1965, there will also be 'A Day in the Life of Avalon School' shot in the 1950s by the ABC.

You will also be able to see the beach and the 'Avaputt' mini golf course in action during 1930 from a film shot by the 'father of Avalon Beach' - A.J. Small. We also have a great short film called 'Cave Folk' showing a folk concert shot in St Michael's Cave in 1964.

'Ghost Ships' will show the search conducted off Palm Beach for survivors of the 'Birchgrove Park' in 1956 and some recent excellent colour footage shot by diver/photographer Max Gleeson of the wreck 3 kms off Avalon Beach.

We will also have on sale our 30th Anniversary Calendar for 2014. Like our last calendar in 2009, the photos are printed so that they could be framed if you wish or send one overseas. Besides the calendar there will be photographs for sale, historic, panoramic bookmarks and copies of Jervis Sparks 2nd book "The Red Light of Palm Beach" with almost 65% off the original retail price.

Admission will still only be $3 for adults and children free, no change over the last 15 years!!

There will be a 1947 Dennis Fire Engine with outfitted enthusiasts (including brass helmets) publicising the exhibition on Saturday morning around the streets, eventually parking on Dunbar Park to allow children access. It will be accompanied by 2 early 1920s T-model Fords.

Below is one of the new panels is called "Love in Avalon Beach" and this is Geoff Searl's Mum and Dad on their honeymoon at Avalon Beach in 1944. They are out on the rockshelf at North Av. near the stone lady (the remains of the hole in the wall).

From Avalon Beach Historical Society

See More Photos from this Great Historical Society Shared this week HERE

Avalon Beach Historical Society: avalonbeachhistory.com.au

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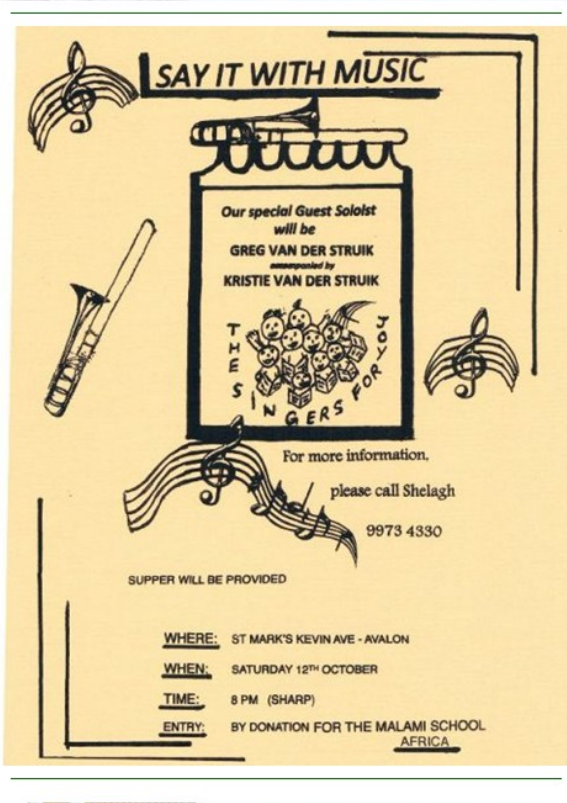


SAY IT WITH MUSIC

Our special Guest Soloist will be GREG VAN DER STRUIK accompanied by KRISTIE VAN DER STRUIK

THE SINGERS FOR JOY

For more information, please call Shelagh 9973 4330

SUPPER WILL BE PROVIDED

WHERE: ST MARK'S KEVIN AVE - AVALON
WHEN: SATURDAY 12TH OCTOBER
TIME: 8 PM (SHARP)
ENTRY: BY DONATION FOR THE MALAMI SCHOOL AFRICA

FIRE DANGER RATING
NSW RURAL FIRE SERVICE
OPEN DAY 2013
Saturday 28 September
Visit www.rfs.nsw.gov.au to locate your closest participating Brigade.
PREPARE ACT SURVIVE

http://www.rfs.nsw.gov.au/

The NSW Rural Fire Service State-wide Open Day will take place on Saturday 28 September and there's a good chance a brigade near you is taking part. Join in the fun, meet your local volunteers and thank them for the invaluable work they do for the community. Check your area on the map below by zooming in. Please be patient while the map loads. Hover over the Open Day location for the time, location and activities scheduled.

Information is correct at the time of publication and is subject to change without notice. Some Brigades will hold their Open Day on an alternate date.

West Pittwater
West Pittwater Rural Fire Brigade Station
Address: 20-22 Wirringulla Avenue , Elvina Bay
Date: 28/09/2013
Start Time: 10:00 AM
Finish Time: 2:00 PM
Activities: Static display; sausage sizzle

Scotland Island
Scotland Island Rural Fire Brigade Station
Address: Thompson Street, Scotland Island
Date: 28/09/2013
Start Time: 10:00 AM
Finish Time: 2:00 PM
Activities: Static display; bookings for property inspection & to review Bush Fire Survival Plan; sausage sizzle; fire truck & hose demonstrations

Coal and Candle
d'Albora Marina, Akuna Bay
Address: General San Martin Drive, Ku-ring-gai Chase National Park
Date: 28/09/2013
Start Time: 9:30 AM
Finish Time: 2:00 PM
Activities: Static display; sausage sizzle

Duffys Forest
Terrey Hills Rural Fire Brigade Station
Address: Yulong Avenue, Terrey Hills
Date: 28/09/2013
Start Time: 10:00 AM
Finish Time: 2:00 PM
Activities: Static display

AMNESTY INTERNATIONAL

CANDLELIGHT VIGIL: WORLD DAY AGAINST THE DEATH PENALTY

Amnesty International Avalon Group are inviting those who support human rights to come to a candlelight vigil. This will be held in AVALON in Dunbar Park from 7 p.m. - 8 p.m. on Thursday 10th Oct.

Amnesty believes that the death penalty is a violent and inhuman punishment, and also denies the chance of reform. There are 21 Countries still using the death penalty; 23.000 are on death row; and undeclared thousands of executions are carried out in China. The death penalty is also used for minor offences and is irrevocable when mistakes are made. Juveniles are also executed, and so are those who work for freedom and human rights.

Avalon Amnesty Group will be at Dunbar Park with candles to light, and petitions to sign, on the World Day against the Death Penalty. We hope that many such vigils around the world will show those 21 countries that the Death Penalty is cruel, inhuman, degrading.

PLEASE JOIN US to promote a peaceful and just world. Light a candle, sign a petition.

Event Details:

What: CANDLELIGHT VIGIL against DEATH PENALTY

Where: DUNBAR PARK Avalon (near the Community Centre opp Woolies car park) Old Barrenjoey Rd.

When: **Thursday Oct. 10th 7 pm - 8 pm**

Info: Gerd Hollander 9918 -6386

PITTWATER BEACHES SET TO BE SMOKE-FREE

The Council has signalled its intention to make Pittwater beaches smoke-free, following a decision at its meeting last week.

The Council's smoke-free policy in public buildings is set to be extended to include all nine of Pittwater's beaches. The amended policy is now on public exhibition for comment **until 6 October.**

Pittwater's public playgrounds, spectator areas at sportsgrounds, public transport stops including ferry wharves and outdoor dining areas are already smoke-free.

If adopted by the Council, the amended policy will mean no smoking signage will be placed at all beaches advising the public that smoking is banned.

Mayor Jacqueline Townsend said the Council had been commended by the Heart Foundation for its move.

"Passive smoking is directly linked to a range of diseases and we believe we need to take a leadership role on this issue," she said. "The other concern is the damage to the environment that cigarette butts cause. Clean Up Australia estimate that 50% of litter is made up of discarded butts."

Mayor Townsend said she believed community sentiment would be strong enough to discourage people from lighting up at beaches, but added that if the policy came into effect Council rangers could be given the power to issue on-the-spot fines.

To view the draft policy visit www.pittwater.nsw.gov.au/exhibition

Wearing of Lifejackets by Rock Fishers

Discussion Paper

A significant number of people drown every year in and around our coastal environment. This has necessitated significant rescue attempts, often utilising volunteers in treacherous conditions. Anglers also drown while rock fishing in NSW.

Among other initiatives, the NSW Government is responding to this level of drowning rates for rock fishers through this discussion paper. A range of actions to address other areas of concern are being progressed under the direction of the Water Safety Advisory Council.

The discussion paper does not deal with the wearing of lifejackets while boating or fishing from a vessel, or while undertaking other recreational water activities.

The issues for consideration are questions that were aired during the development of the paper by the Ministry for Police and Emergency Services. They are included solely to prompt discussion and not every 'question' needs to be answered in a submission.

Submissions may include a general comment or may answer a number of specific questions posed. Certain questions in the online submission are mandatory to provide a minimum of information on which to consider outcomes, however do not indicate a particular preference and may be answered with a no comment.

The questions raised in this paper are intended to stimulate discussion and are not indicative of a proposed course of action. They do not reflect the formal views of the NSW Government.

The last date for submissions is 30 September 2013

See Paper and do survey at: HERE

MARINE AND MARITIME RESEARCH FESTIVAL - WEDNESDAY NOVEMBER 6TH – SATURDAY NOVEMBER 9

Details in our Environment page

Upgrades to beach areas

Pittwater Council has started upgrades at Avalon and Palm Beaches in time for summer. At Avalon the southern reserve is having tiered sandstone seating and a pathway from the beach to the bus stop installed. At South Palm Beach new toilets are being built, along with a pathway behind the new amenities block. The Pavilion toilet block north of 'Kiddies Corner' will be open for public use during this time.

INTERNATIONAL FLEET REVIEW
SYDNEY · AUSTRALIA · 3 – 11 OCTOBER 2013

International Fleet Review 2013 - Updates

Headlands on both sides of the harbour from North & South Head to Balls Head Reserve west of the Sydney Harbour Bridge will have views of the tall ship and warship activities on key IFR dates of 3, 4 and 5 October. Please refer to the maps for each date on the IFR website to determine which headland best suits your requirements.

The biggest day will be Saturday 5 October, when there will be a range of entertainment and activities on and around Sydney Harbour from 11am until the Fireworks and Lightshow Spectacular starting at 7.40pm. The Fireworks and Lightshow Spectacular will also be televised live on ABC Television from 7.40pm.

There are a number of public vantage points from which to see the tall ships, warships, aerial displays and formation flypast, and the fireworks. Key vantage points include Dawes Point, Bradfield Park, Mrs Macquaries Chair and Circular Quay.

All these sites will be very popular and will fill up quickly so plan to get there early and have an alternative location in case the site is full.

The interactive map provides detailed information about the facilities and services available at all public vantage points. If these sites reach capacity on the Saturday 5 October this map will show the site as closed. We strongly encourage you to check your chosen vantage point before leaving home.

Please note, **there will be significant road closures in place for all the IFR events, particularly on Saturday 5 October** so leave the car at home and plan your trip into the city or vantage points on public transport. There will also be limited ferry services and extended exclusion zones for boats on the harbour. For information about these restrictions, and extra bus and train services to get you into the city and home again afterwards, go to fleetreviewtransport.info.

The other aspect to remember is that Daylight Saving begins in NSW Sunday, 6 Oct 2013 - you need to bear this in mind for October 6th Events you wish to attend.

Day Sails onboard HMB Endeavour

Get in quick to secure your place onboard the magnificent replica HMB Endeavour for a harbour sail during the IFR. You can enjoy great food, entertainment and fun for the whole family, and the best vantage points to take in all the IFR activities on the water.

The NSW National Parks and Wildlife Service is selling tickets to three premier vantage points in the harbour so you can enjoy the naval activities taking place throughout the day, soak up the atmosphere of the Ceremonial Review and be 'wowed' by the evening Spectacular. Receive a 15% discount off the ticket price for 5 October by entering promotional code "NPWSIFR" at the time of ticket purchase. Tickets are limited so book early.

International Fleet Review Warship Open Days - 6-7 October 2013

Tickets Please

With the world's biggest Navies visiting for the IFR, not to mention all the beautiful tall ships, you're sure to want to get on board a few and check them out. **Tickets go on sale Monday 9 Sept through Ticketek for $3** (plus Ticketek handling fee). Until then, start planning your open day visits by having a look at the participating ships.

Be a part of the International Fleet Review celebrations! Step on board warships from Australia and the world, and see what life is like for a sailor in today's modern navies. View helicopters, weapon systems, and the bridge of some of the most advanced warships in the world - you may even get the chance to sit in the Captain's chair!

Warships from Russia, China, several South East Asian nations and Australia will be open at Garden Island, with ships from Japan, the United Kingdom, United States of America, and Australia at Barangaroo. Be entertained by the Australian, New Zealand and Royal Marine bands, and witness demonstrations in the Navy dive tank, or try your hand at the firefighting and physical training displays, plus loads more. Tickets are limited and will sell out.

For more information visit www.navy.gov.au/ifr

Tickets for ship's open days are going quick, with over 20% sold already! Get in quick so you don't miss out. http://bit.ly/17vWspf

Your Free IFR App

We are excited to announce the launch of the Royal Australian Navy International Fleet Review 2013 app. It's the perfect way to be 'in the know' for all the IFR information and events. You can use it to check out the best harbour vantage points for the IFR fireworks and lightshow spectacular and find all the information you need for the many exciting activities happening during the IFR, such as the fleet entry and ceremonial fleet review. You can also read up on all the participating Australian and international warships, tall ships, military and historic aircraft and military bands. Plus there is heaps of general info such as the history behind the IFR and how to make finding your way around Sydney as hassle free as possible.

eftpos media release - 16 September 2013

Australians asked to help choose worthy causes for up to $2 million eftpos Giveback donation

eftpos is calling on Australians to help choose which worthy causes should receive a share of up to $2 million that will be donated to charity in the eftpos Giveback program this Christmas.

eftpos Managing Director, Mr Bruce Mansfield, said with so many worthy causes and a record number of charity submissions for the 2013 eftpos Giveback program, the organisation is seeking input from the community about where the money could be put to best use this year.

"The eftpos Giveback tradition is in its third year and we are looking to double the donation value up to $2 million," Mr Mansfield said. "It is important that the community has a say about which causes they support.

From today, Australians can vote for their favourite cause in an online poll that will close at 11.59pm on Saturday 12 October and can be found at: eftposgiveback.com.au

Australians can choose to support the eftpos Giveback donation being directed to any of the following causes:

- Sick kids and their families
- Disease prevention, management and medical research
- Mental health, depression and suicide
- People with disabilities
- Disadvantaged kids, families and communities
- Homeless people and poverty
- Environment, flora and fauna
- Animal and pet welfare

"Based on our research and the submissions we have received from about 140 Australian charities, these are some of the major issues in our society that would benefit from a significant donation," Mr Mansfield said. "We have already spoken to a number of these Australian charities but the community's opinion will also be one of the key considerations in making our decision."

Last year's online poll showed overwhelming support for eftpos to direct the 2012 Giveback donation towards a charity that assisted people with disabilities. Of the more than 40,000 Australians who voted in the poll, 30% indicated their support for a charity that assisted people with disabilities.

In 2012, eftpos donated $1 million to Vision Australia to help fulfil the organisation's long time ambition to build a new Seeing Eye Dog breeding and training centre in Melbourne. In 2011, $1 million was donated to The Salvos for a number of community programs.

This year, eftpos Giveback will run in the lead up to Christmas, during which time Australians will be asked to support Australian charities by pressing CHQ or SAV at the checkout.

About eftpos

eftpos is the most widely used debit card system in Australia, accounting for about 70% of debit card transactions. More than 6 million eftpos transactions are made each day at more than 500,000 merchants, using 760,000 eftpos terminals. For more information on eftpos, please visit: www.eftposaustralia.com.au

Vote Online HERE

Wingala Lapidary Club re-opened

After several weeks closed for major maintenance, Wingala Lapidary Arts and Crafts Council has reopened and members have resumed turning precious, semi-precious and common gems and stones into their own jewellery creations.

While the club was closed, repair work was undertaken by members on the flooring and workbenches. The lapidary machinery was also refurbished.

The only lapidary club on the northern beaches, Wingala is located in Harbord Park, off Wyadra Avenue, near the intersection with Oliver Street, Freshwater.

The club is open Mondays and Wednesdays from 9:30 AM to 3:30 PM and on the first and third Tuesday evening each month from 7:30 PM to 9:30 PM. New members are always welcome.

For further information, phone Ian Lee, President, on 9918 2900.

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

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

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

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

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

"Unfortunately this area is regularly targeted by graffiti vandals and it's tarnished what can be a great community precinct," Rob Stokes said. "This funding will enable Council to create a more vibrant atmosphere by installing coloured paving and covering graffiti-damaged walls, including those at the basketball court, with 'non-aerosol' art."

"Trees or shrubs will be planted along the blank walls to minimise access to surfaces that could be used for graffiti. Security mesh will also be installed to limit access to the roof of the precinct's toilet block, which is frequently damaged by vandals.

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

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

"Cleaning up graffiti costs our local Councils ridiculous amounts of money every year which could be better spent on improved community services. I encourage all local sporting clubs, businesses and community organisations to sign up for this event and demonstrate what people power can achieve in the fight against graffiti," Mr Stokes said.

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

Funding On Offer For Local Surf Clubs - Tuesday, 27 August 2013

Member for Pittwater Rob Stokes today said it would be fantastic to see Pittwater's recent success under the NSW Government's Surf Club Facility Development Program continue this year.

Applications are now open for the annual $2 million grant program which offers funding up to $350,000 to assist with the development, expansion and improvement of surf life saving clubs in NSW.

Pittwater's surf clubs had great success with this program last year when they received over $478,000 from the $2 million on offer. This included the State's biggest grant of $320,000 to assist with the renovation of Avalon Beach Surf Life Saving Club.

"Surf clubs are an integral part of our community and provide invaluable benefits to local residents," Rob Stokes said today.

"This program aims to increase the availability, standard and quality of surf life saving facilities along our beaches and help ensure their increasing popularity is catered for.

"The recent success of our local surf clubs in attracting funds under this program shows just how important they are to our community and the wider Sydney region.

"This program is specifically designed to support key surf club projects which require a financial leg up to help get started.

"Further information on the grant program and details on how to apply is available by visiting the NSW Government's community grants website https://grants.communities.nsw.gov.au .

"Applications are now open and will be accepted **until 5pm Monday 30 September.**

"This is a great opportunity which I encourage all our local surf clubs to explore," Rob Stokes said.

CULTURAL EXCHANGE OPPORTUNITY

Pittwater Council is seeking to contact local marathon runners who would like to participate in the 2014 Senshu International City Marathon to be held in Tadaoka, Japan on 16 February 2014.

Tadaoka, the host city of the international marathon has a friendship agreement with Pittwater and has invited runners from the area to participate in this annual race. The city of Tadaoka will pay for the return travel from Sydney to Osaka for the participants as well as accommodation costs in Japan. The period of stay in Japan will be from 13 to 18 February.

Preference will be given to Pittwater residents

Enquiries: Catherine Buddin 9970 1605at Mona Vale Library or Catherine_buddin@pittwater.nsw.gov.au

MONA VALE LIBRARY PITTWATER COUNCIL

Katandra Bushland Sanctuary 2013 Season

KATANDRA BUSHLAND SANCTUARY
OPEN 10AM – 4PM EVERY SUNDAY JULY – OCTOBER 9979 6077
OPEN TODAY PARKING INSIDE

Walking Group for Women

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

Register Now!
Steptember.org.au
STEPTEMBER

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

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

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

There are 3 ways you can support Steptember:

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

2. Donate directly to our Conductive Education team at: https://event.steptember.org.au/donate/onbehalfof?id=15675c6e-63c5-48a2-a591-2f2d29da9713

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

Thank you for your Support! Keep on walking!

Captain Gabriel

Gabriel Pinter | Senior Conductive Educator

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

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

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

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

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

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

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

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

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

Email: 75th_ann@avalonsailingclub.com.au

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

MONA VALE HOSPITAL AUXILIARY STALLS FOR JUNE TO DECEMBER, 2013

Mona Vale Hospital Auxiliary.

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

September

20th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm

October

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

November

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

December

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

Pittwater Offshore Newsletter Update 23/9/2013: click on Logo. Also has an Extensive Local Directory.

To contact Julian: editor@scotlandisland.org.au

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

Baby Water Dragon

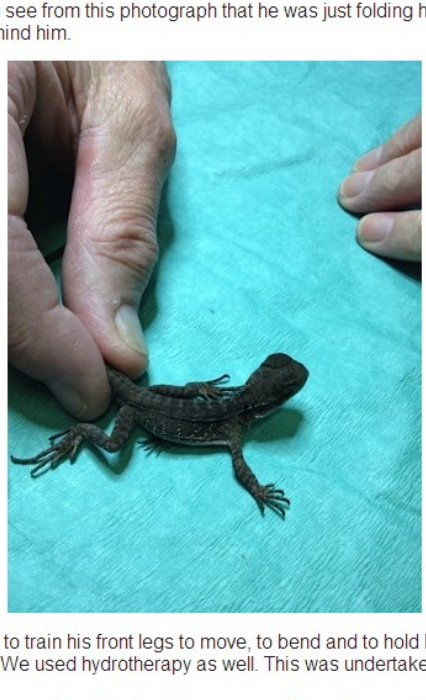
In January of this year, a baby water dragon was found in Chatswood running around awkwardly in someone's backyard. The home owner noticed he wasn't using his front legs correctly, picked him up and took him to a local vet.

He was then passed on to us.

This is Greville. All 4 grams of him!

Dr Howard Ralph examined him. He was convinced Greville was suffering from a cervical injury and took him down to the clinic in Braidwood for an X-ray. Sure enough, the X-ray showed a neck injury and so began Greville's 8-months of physiotherapy...

You can see from this photograph that he was just folding his front legs behind him.



We had to train his front legs to move, to bend and to hold him upright. We used hydrotherapy as well. This was undertaken daily.

For company, Greville shared accommodation with a pair of baby Bearded Dragons. They became very good friends and all cuddled together on a log at bedtime. They also shared mealtimes: crickets, mealworms and veggies. Yum...

As the months went by, Greville began to get the feeling back into his tiny front legs and his muscles began to build up again. We were so pleased with his progress! Once or twice he managed to wriggle free and have a run...! Water dragons are quite tricky to catch...

After 8 months of daily treatment, Greville was ready to face the world again. We took him to a gorgeous area with an abundance of insects for mealtimes, lots of water and plenty of undergrowth in which to hide.

This photo shows him looking to his new and brighter future.

Good luck, little man!

Federal Government Media Releases this week:

Update on TGA decision to cancel prescription pain-killers, 19 September 2013

The TGA is providing updated information to consumers and health professionals about the regulatory status of dextropropoxyphene-containing pain-killers. On for consumers and health professionals about the regulatory status of dextropropoxyphene-containing pain-killers after a preliminary decision by the AAT on 16 February 2012 to grant a stay on the implementation of the cancellation decisions for Di-Gesic and Doloxene. On 12 September 2013, the AAT handed down a decision imposing conditions on the registration of Di-Gesic and Doloxene that will allow them to remain on the ARTG.

Crocodile size 3 walker

Recall for product correction - potential for handle to break. If a child you care for uses a Crocodile size 3 walker supplied by Mobility Plus, you will be contacted by them to arrange for the fitting of the new bolts. If you believe you have purchased a Crocodile 3 walker that has been supplied by R82 Australia and have not been contacted or have any questions or concerns about this issue, contact the retailer from which you purchased the walker or phone R82 Australia on 02 8213 6666.

One chance to see top Waterhouse artworks - 19 September 2013 National Archives of Australia

SNIPPET: Media release: Thursday, 19 September 2013. The top entries in the prestigious Waterhouse Natural Science Art Prize will be on show at the National Archives in Canberra from 20 September, the only location outside of Adelaide to host the works. The exhibition is on show at the National Archives of Australia, Queen Victoria Terrace, Parkes, ACT from 20 September until 10 November 2013.

Wanted: Hot Shots for Screen Australia's new short film program

Funding for audience-engaging features of any genre. Screen Australia today launched , a new short film program that will fund up to three short dramas, each up to a maximum of eight minutes, with a budget of $70,000 per project. Screen Australia's Head of Development said, Hot Shots builds on our overall professional development strategy by helping talented and ambitious filmmakers who are still honing their voice in the short film format.

Release of the National Water Account 2012 | Murray-Darling Basin Authority

The Bureau of Meteorology has released their final round of National Water Account 2012 regional reports. The National Water Account is Australia's most comprehensive water information resource. The 2012 Account marks the third National Water Account published by the Bureau under the Water Act 2007.

Don't answer a scammer's survey | ACCC

The ACCC is warning shoppers to watch out for a fake Woolworths customer satisfaction survey that asks for bank account details in exchange for a $150 gift voucher. Sharyn* was checking her Facebook page and found a friend had liked' a link to a Woolworths survey, which offered a $150 voucher for a five minute survey. Don't trust the legitimacy of a survey linked from social networking sites, even if they are recommended by people you know.

Call for research proposals

SNIPPET: RIRDC is calling for research proposals in a number of its R&D programs. Research proposals for the following RIRDC R&D programs will be accepted from Monday, 16 September 2013 and must be submitted by 5pm (AEDST) on Friday, 18 October 2013:. National Rural Issues (project proposal 5).

Record value of farm production expected - Department of Agriculture, Fisheries and Forestry

SNIPPET: Australia's gross value of farm production is expected to achieve a record of $49 billion* in 2013-14, according to the Australian Bureau of Agricultural and Resource Economics and Sciences (ABARES). Releasing the September edition of today, Executive Director of ABARES, Paul Morris, said the value of farm production was expected to exceed $46 billion for the fourth year in a row. The value of exports is also expected to remain firm, but with a slight easing to $37.2 billion in 2013-14 from the record high of $38 billion* achieved in 2012-13.

Australia's Chinook mission in Afghanistan complete - Department of Defence

SNIPPET: Defence News Published: 17 September 2013. Rotary Wing Group - Eight (RWG-8), the Australian Army Aviation Detachment, has completed its five-month mission in Afghanistan. Australian Army Aviation Task Groups have completed 11 tours in Afghanistan starting in 2006 as the Aviation Support Element.

Australian Securities and Investments Commission - 13-259MR ASIC imposes licence condition on Moneywise Securities

SNIPPET: Tuesday 17 September 2013. ASIC has imposed an additional licence condition on Moneywise Securities Pty Ltd (Moneywise) after a surveillance identified concerns about advice provided to clients regarding margin lending and the establishment of a self-managed superannuation fund (SMSF). The independent expert will report to ASIC and Moneywise over the next 18 months to ensure ASIC's concerns are addressed.

ACMA formally warns Telstra on billing accuracy for data roaming | ACMA

SNIPPET: The Australian Communications and Media Authority (ACMA) has Telstra for breaching the Telecommunications Consumer Protection Code 2007 (TCP Code). The ACMA's decision on this occasion to formally warn Telstra for the breach took into account the facts that Telstra was not the original cause of the problem that this was the first time a billing issue of this nature had been investigated under the TCP Code that Telstra itself reported the matter and that Telstra appears to be otherwise currently compliant with the relevant parts of the TCP Code 2012. In November 2012, Telstra self-reported to the ACMA that it had overcharged just over 260,000 customers a total of around $30 million for international data roaming.

Tweet Like +1

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Pittwater Online News

September 22 - 28, 2013: Issue 129

Elly Willan

The sport of Netball is played by more than 20 million people in more than 80 countries. Three major competitions take place internationally: the quadrennial World Netball Championships, the Commonwealth Games, and the yearly World Netball Series. In 1995, netball became an International Olympic Committee recognised sport. In Australia it is the sport played by more girls and women than any other and affords an opportunity for fun, to keep fit and to meet people who are walking other paths, some of them becoming lifelong friends.

In NSW's State League players compete for what is called The Waratah Cup. There is also a National Netball League where state teams compete with Netball NSW Blues and Netball NSW Waratahs, comprising some of the best players from around our state. The Netball NSW Waratah's have consistently done well and this year played in the ANL final against the Victorian Fury.

The Manly Warringah Netball Association has in Elly Willan a lady whose passion for this sport, the camaraderie it brings for all girls and women, while applying herself 'To learn as much as possible and put it into practice' someone we may all be proud of.

Although her down to earth nature would not credit it, Elly is an inspiration to many younger players, beginning as a 'Netta' herself. She does, however, prove that not all 'captains' are sailing on the oceans. Some of them are defter on netball courts;

Where were you born and where did you grow up?

I was born at Mona Vale and grew up in Avalon/Whale Beach.

What do you remember most from then?

Going to the beach with friends and family (most of summer) and netball all day Saturdays – for me to play and to watch mum play.

You're an Engineer; why engineering and where did you get you degree?

Like most school leavers I had no idea what I wanted to do and I applied for a few different courses. My brother was studying Civil Engineering at UTS and I was able to see what was involved and I found it very interesting so this became my first choice. I was successful on my first option to study Civil and Environmental Engineering at UTS.

What stands out from this period of study ?

The UTS course includes a diploma in Engineering Practice, which involves the students undertaking 2x 6 months internships to complete the degree. This allowed me to experience the industry and my first job was in the construction industry and I found this very rewarding and knew I had made the right choice. My second internship was also in the Construction industry at Paragon Project Management which I am now employed full time.

What area of Engineering are you most interested in and why?

I am really enjoying working in project management in the construction industry as I get to see the workings of the entire project. I learn new things all the time and there is so much more to learn. I also am interested in sustainable design and the new designs and methods being introduced to minimise the impact of the built environment on the natural environment.

When did you first start playing Netball?

I started playing netball when I was 7 in Peninsula Netta's

How did it feel to be selected for the NNSW Blues (2008) and now the NNSW Waratahs?

I have represented NSW in the Australian Netball League on four occasions and love every opportunity I get to represent the State. I have matured a lot since then and love the competitiveness of that level of netball and being pushed by the young ones coming through.

What is the role of a Defender (Goal Keeper)in Netball?

The role of the Defender (Goal Keeper) is to make life as hard as possible for the opposition. The aim is to prevent the opposition from scoring and to gain possession of the ball to ensure our attackers have plenty of opportunity to score goals.

How far do you want to go with your Netball Career... to the 14th World Championships in 2015 (to be held in Sydney) …or?

I would love to represent my country in netball and further my netball career but understandably this is a massive commitment. I have been lucky enough to be able to balance full time employment with playing competitive netball. If I were to pursue netball further I would lose this balance. I am at a stage where furthering my career is becoming a main priority. I love playing competitive netball and will continue to play, as long as I can manage both commitments.

Lifestyle balance; you work as an Engineer, train with your team and then play of a weekend; how do you maintain a balance?

When I am full in the netball season, I was playing for MWNA Waratah Cup on a Wednesday night and travelling on weekends to play for NNSW Waratahs with the training and full time work on top of that. This is extremely hard to balance and at times I struggled but I am extremely lucky to have such great support from my family, boyfriend and work that it made it possible. I found it very beneficial to be open about how I was feeling and both netball and work were very accommodating and tried to assist where possible.

Describe your perfect 'day off'

My perfect day off would be going to the beach in the morning for a swim and a relaxing lie on the beach, then eating at one of the amazing cafes on the northern beaches and finish it off with an afternoon in the sun with friends in Manly. Doesn't get much better than that.

If you could be another creature for a day, furred, feathered, finned or scaled; what would you be and what would you then do?

I would have to say either a honey badger or a dolphin. A dolphin would swim the waves and roam the beautiful oceans. Whereas the honey badger has no fear and does whatever it wants.

What are your favourite places in Pittwater and why?

One of my favourite restaurants is Barrenjoey House, a combination of the location, food and drinks make it one of my best.

Another one of my favourite places is North Narrabeen beach; I spend a lot of my summers here as it's a short leisurely bike ride away.

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

No Regrets.

Elly Mentioned in NSW Parliament - 2011 NNSW Waratah's win Grand Final HERE

A Few Netball Career highlights:

2013 GK NNSW Waratahs ANL team; 2013 SL1 Captain Manly Warringah Netball Association ;2011 Netball NSW Waratahs ANL team; 2010 Netball NSW Waratahs ANL team; 2008 Netball NSW Blues ANL team; 2006 NSW 19/U State Team; 2006 Hunter Jaegers; 2005 NSW 19/U State Team; 2005 Hunter Jaegers; 2005 NSWIS Scholarship Holder; 2004 NSWIS Scholarship Holder

Get Involved:

Manly Warringah Netball Association: HERE Clubs in our Area HERE

Netball NSW: www.netballnsw.com/default.asp and Netball Australia: www.netball.asn.au/

The Australian national netball team is regarded as the most successful netball team in international netball. It won the first world championships in 1963 in England, and nine of the twelve Netball World Championships. In addition to being the current world champions, the Australian Dimaonds are ranked first on the IFNA World Rankings. Netball in Australia. (2013, July 29). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Netball_in_Australia&oldid=566269572

Above: NNSW Waratahs Vs. Victorian Flames. In Text: with Victorian Fury Goal Scorer. All Photos courtesy of Netball NSW/SMP Images.

Copyright Elly Willan, 2013.

September 22 - 28, 2013: Issue 129

For you this week:

Pittwater's Got Talent !! - Mona Vale schoolgirls Julia and Natalie are singing in Tonight's Australia's Got Talent Final - watch and vote so they may sing again for you!

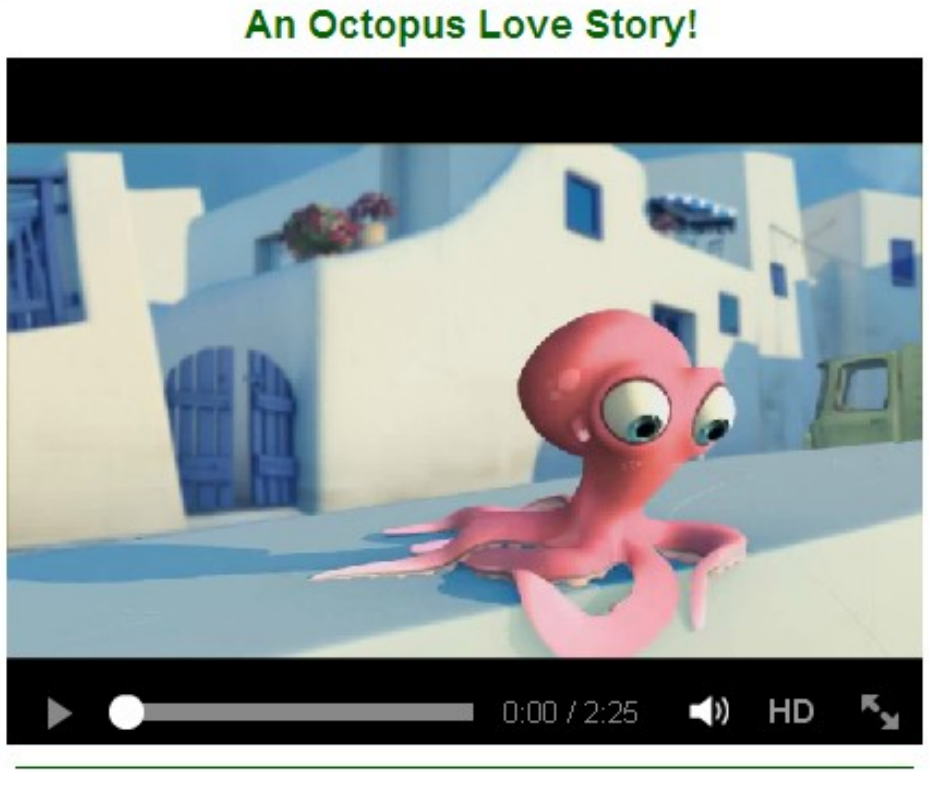
24/7 Youth Film Festival 2013 - Winners and results

OHMAGIF.COM

What Does the Universe Sound Like? - Instant Egghead - Published on 17 Sep 2013

With sensitive instruments and some creative translations, astronomers can derive the sounds of a silent universe. Scientific American contributor Sophie Bushwick explains.

An Octopus Love Story!



James And The Giant Peach (1996)

James and the Giant Peach is a Walt Disney 1996 musical fantasy film, based on the 1961 novel of the same name. The film is a combination of live action and stop-motion animation.

James And The Giant Peach (1996)
0:00:00 / 1:19:24

Sea Otters holding hands

The sea otter (*Enhydra lutris*) is a marine mammal native to the coasts of the northern and eastern North Pacific Ocean. Adult sea otters typically weigh between 14 and 45 kg (31 and 99 lb), making them the heaviest members of the weasel family, but among the smallest marine mammals. Unlike most marine mammals, the sea otter's primary form of insulation is an exceptionally thick coat of fur, the densest in the animal kingdom. Although it can walk on land, the sea otter lives mostly in the ocean.

The sea otter inhabits offshore environments, where it dives to the sea floor to forage. It preys mostly on marine invertebrates such as sea urchins, various molluscs and crustaceans, and some species of fish. Its foraging and eating habits are noteworthy in several respects. First, its use of rocks to dislodge prey and to open shells makes it one of the few mammal species to use tools. In most of its range, it is a keystone species, controlling sea urchin populations which would otherwise inflict extensive damage to kelp forest ecosystems. Its diet includes prey species that are also valued by humans as food, leading to conflicts between sea otters and fisheries.

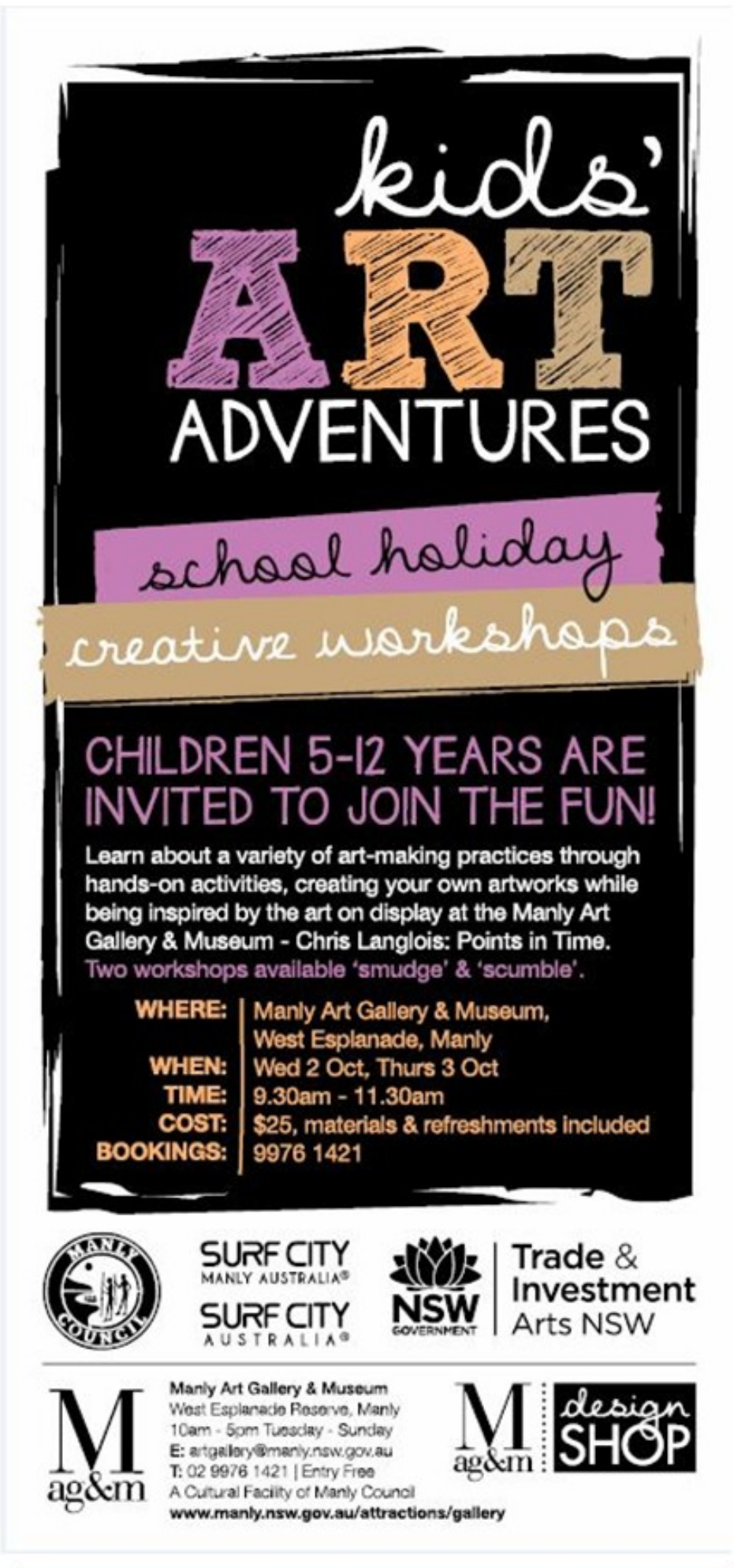
Sea otters, whose numbers were once estimated at 150,000–300,000, were hunted extensively for their fur between 1741 and 1911, and the world population fell to 1,000–2,000 individuals living in a fraction of their historic range. A subsequent international ban on hunting, conservation efforts, and reintroduction programs into previously populated areas have contributed to numbers rebounding, and the species now occupies about two-thirds of its former range. The recovery of the sea otter is considered an important success in marine conservation, although populations in the Aleutian Islands and California have recently declined or have plateaued at depressed levels. For these reasons, the sea otter remains classified as an endangered species.

The first scientific description of the sea otter is contained in the field notes of Georg Steller from 1751, and the species was described by Linnaeus in his *Systema Naturae* of 1758. Originally named Lutra marina, it underwent numerous name changes before being accepted as Enhydra lutris in 1922. The generic name Enhydra, derives from the Ancient Greek *en/εν* "in" and *hydra/ύδρα* "water", meaning "in the water", and the Latin word *lutris*, meaning "otter".

Sea otter. (2013, September 12). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Sea_otter&oldid=572632351

Mona Vale Mountain Cub Scouts Profile

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


kids' ART ADVENTURES
school holiday
creative workshops

CHILDREN 5-12 YEARS ARE INVITED TO JOIN THE FUN!

Learn about a variety of art-making practices through hands-on activities, creating your own artworks while being inspired by the art on display at the Manly Art Gallery & Museum - Chris Langlois: Points in Time.
Two workshops available 'smudge' & 'scumble'.

WHERE: Manly Art Gallery & Museum, West Esplanade, Manly
WHEN: Wed 2 Oct, Thurs 3 Oct
TIME: 9.30am - 11.30am
COST: $25, materials & refreshments included
BOOKINGS: 9976 1421

Manly Art Gallery & Museum
West Esplanade Reserve, Manly
10am - 5pm Tuesday - Sunday
E: artgallery@manly.nsw.gov.au
T: 02 9976 1421 | Entry Free
A Cultural Facility of Manly Council
www.manly.nsw.gov.au/attractions/gallery

Just driving my bike in my hometown when I noticed these LEGO pirates...

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 !

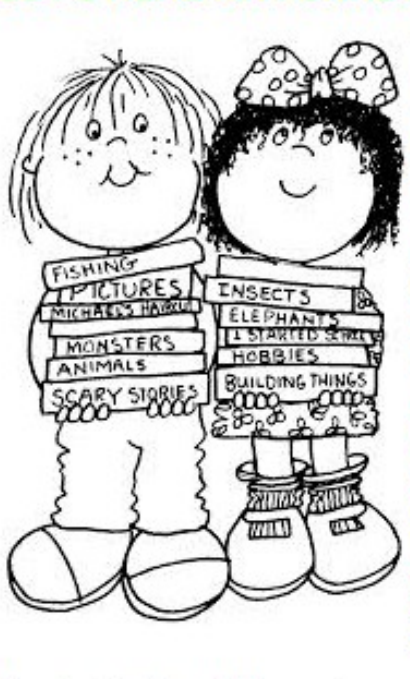
Love food hate waste book: HERE

BackMeUp poll

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

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



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

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

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

DOWNLOAD A FREE READING PACK!

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

Mona Vale Library - Young Runarounds!

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

Children's Storytime at Mona Vale Library

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

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

Mended

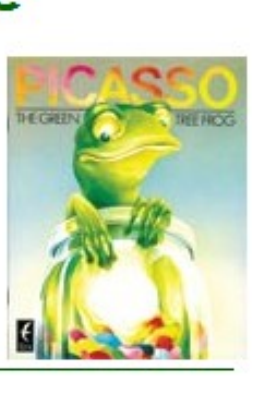
NATIONAL GEOGRAPHIC Little kids
Tree Frog

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

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.

Baby stingrays

Holiday Movie Too - Madeline

The Earth Wins: http://theearthwins.com/ - Fantastic resource for teachers, Aus-wide - 09 Sep 2013

THE EARTH WINS is delighted to partner with Cool Australia. Cool Australia have taken the wonderful Educator's Guide that was created for THE EARTH WINS, by Senior Educators Phillipa Beeson and Jane Morrison, and made it available to every classroom in Australia via their online learning resource. (coolaustralia.org)

Together we have created free interactive digital learning materials, made up of National Curriculum-aligned lesson plans and activities that complement the movie.

Not only are they fun and easy to access, these free learning resources available via Cool Australia will help teachers to meet classroom requirements of sustainability focused content.

Click here for the following units:

Year 1 &2 Year 3 & 4 Year 5 & 6 Year 7 & 8 Year 9 & 10

Digital Toolbox

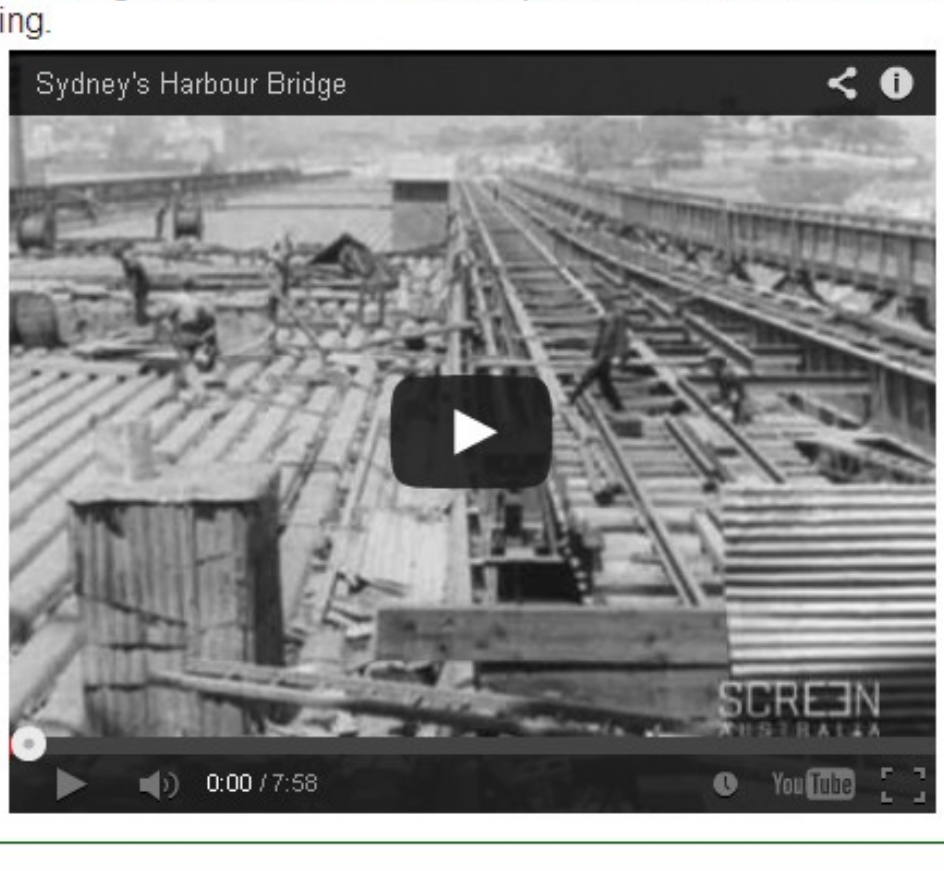
And wherever you may be in Australia, you now have the chance to take your class to see THE EARTH WINS. Together, we are also proud to bring you 'Cinema On-Demand': an opportunity for educator's to request a screening of THE EARTH WINS at your local cinema, even if you're thousands of kilometres from a capital city.

If you are a teacher and wish to see the film with your class, click here to email Helifilms to make a booking request.

Please include the name of your local cinema, the number of students, preferred times, date and contact details.

Building Sydney Harbour Bridge - C/- W.A.G.

Made by the Cinema Branch 1933. Directed by Lyn T Maplestone. Officially opened on 19 March 1932, the Sydney Harbour Bridge was a massive engineering undertaking that transformed the city. This short film documents the construction of one of the world's great landmarks in its various stages, and provides a fascinating glimpse of life around Sydney Harbour and Circular Quay in the twenties and thirties. The Cinema Branch regularly filmed events of special interest to the nation. There were at least 3 different films on the progress of the bridge. Sydney's Harbour bridge was filmed over several years and edited to celebrate the opening.



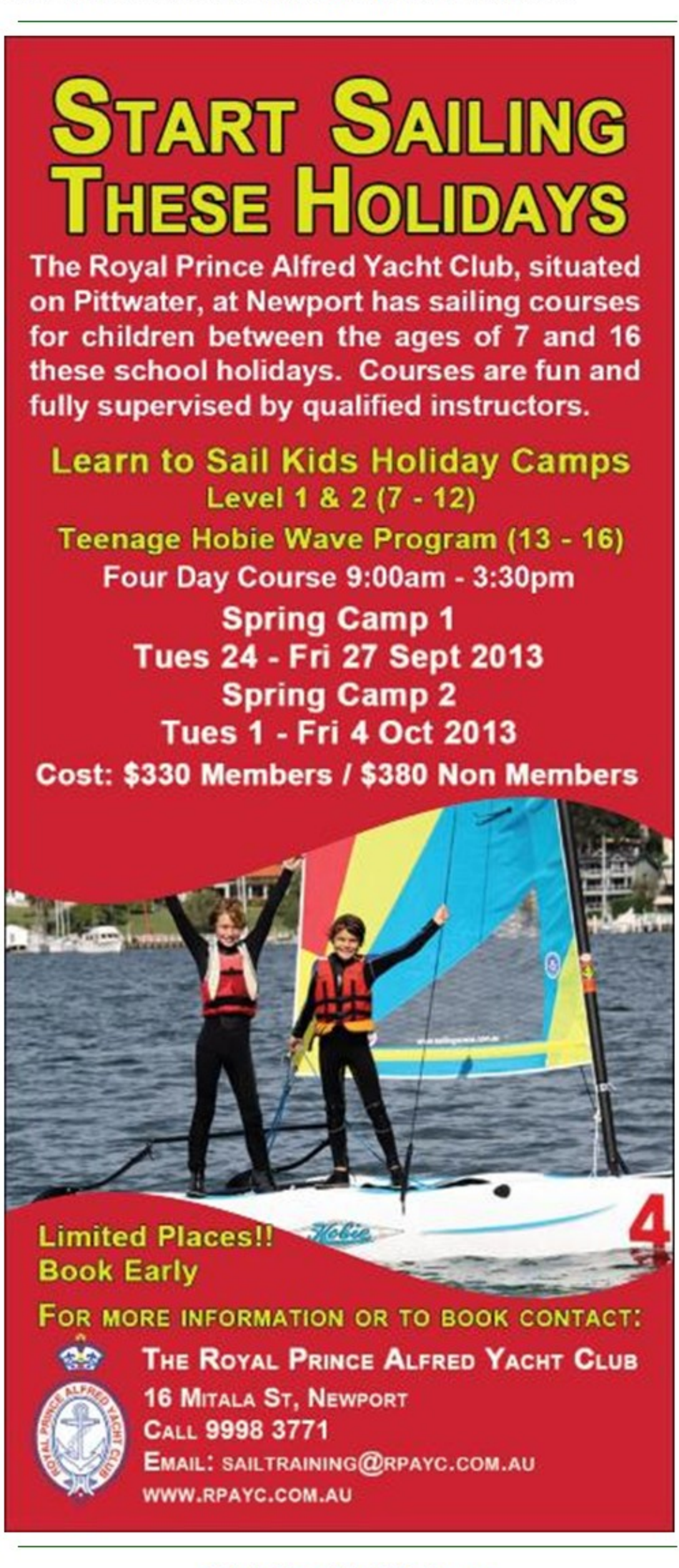
Starting school?
Tell Puffin all about it!
'Dear Puffin' Competition
Anna Walker
STARTING SCHOOL

'DEAR PUFFIN' COMPETITION

To celebrate the publication of STARTING SCHOOL written by JANE GODWIN and illustrated by ANNA WALKER you could win a signed set of beautiful picture books created by this award-winning team. To enter send a letter or drawing addressed to 'Dear Puffin' - sharing your thoughts and feelings about starting school. (Caregivers and parents will need to submit competition entry on behalf of entrants under 18 years of age.)

For more information, terms and conditions and to find out how to submit an entry click here.

Offer closes 10am AEST Monday September 30th, 2013.



START SAILING THESE HOLIDAYS

The Royal Prince Alfred Yacht Club, situated on Pittwater, at Newport has sailing courses for children between the ages of 7 and 16 these school holidays. Courses are fun and fully supervised by qualified instructors.

Learn to Sail Kids Holiday Camps
Level 1 & 2 (7 - 12)
Teenage Hobie Wave Program (13 - 16)
Four Day Course 9:00am - 3:30pm
Spring Camp 1
Tues 24 - Fri 27 Sept 2013
Spring Camp 2
Tues 1 - Fri 4 Oct 2013
Cost: $330 Members / $380 Non Members

Limited Places!!
Book Early

FOR MORE INFORMATION OR TO BOOK CONTACT:
THE ROYAL PRINCE ALFRED YACHT CLUB
16 MITALA ST, NEWPORT
CALL 9998 3771
EMAIL: SAILTRAINING@RPAYC.COM.AU
WWW.RPAYC.COM.AU

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/

CEC – Kids on the Coast School Holiday Program

Monday 23rd of September – Friday 4th of October, 2013

This year's program combines a mix of outdoor adventure, discovery and learning, art, craft, fun and games, with an emphasis on the plants and animals that make up our coastal environment. Field trips to the headlands, lagoon, beach or bushland are fun and exciting, and a great way for kids to learn more about our coast. Our activities suit kids aged 5 - 12 years. These holidays we have some great activities that your children will love!

The Spring 2013 program is here!

Session Times (unless otherwise specified): Morning session (am): 10am to 12pm or Afternoon session (pm): 1pm to 3pm

Full-Day Program: 10am to 3pm (two environmental educational activities, including supervision over lunch)

Note - BYO lunch, snacks and drinks. Please avoid nut products.

See Terms and Conditions.

Cost (inc. GST): Single session $22 per child; Full-day $55 per child

Bookings & Enquiries: Online Booking. Call the CEC on 1300 000 CEC (232) or in person at the CEC - Pelican Path, Lake Park Road, North Narrabeen (see map)

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

Stories for you already run:

Adrenalin 360 Surf and Skate Competition and Kids Festival

Are You up to the RED BELT CHALLENGE by Hoshin Australia

ArtFest 2012 - Biannual Children's Art Exhibition

Australian Ibis for Children

Australia's First School Launch was in Pittwater

Australia's First Steamers

Avalon Bulldogs Season Open Pictorial

Avalon Junior Rugby League Super Saturday

Avalon Sailing Club Teaches A Novice To Sail

Bilgola Plateau Public School - Sustainable Practices

Bilgola Student and Avalon lady attend Aboriginal and Torres Strait Islander Veterans 6th Annual Commemorative Service at Hyde Park

Bilgola Plateau's NAIDOC Week Celebrations; Darinyung Sculpture and Under A Starry Sky

Dance Fever 2012 by Peta Wise

Friendly Toulouse Goose at Palm Beach - Yes! Pittwater has her very own 'Mother Goose'

Grandparents Day 2012 by Peta Wise

Harvest Day 2012 at Maria Regina Avalon by Alexis Conn and Peta Wise

Heartsong - an Anthology of Pittwater Poetry Launched

Hoishin Anti-Bullying Summer Camp 2012

Kangaroo Dance

Learn2Swim Narrabeen Coastal Platform Tour for children

Maria Regina Catholic School at Avalon: Christmas Crafts for Children

Maria Regina Celebrates Timor-Leste's 10th Anniversary of Independence 2012

Maria Regina Catholic Primary School's DanceFever 2013 Winners

Mona Vale Public School's Centenary Launch

Mona Vale Public School Centenary Festival Day 15th of September, 2012

Mr Wiseacre Discourses. ON LIGHTHOUSES

MV Reliance and Maria Regina Avalon - Clareville Outing

Newport Student Wins RMYC MArine Art Prize

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

112th National Australian Flag Day this Tuesday, 3rd of September

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

Pittwater's Break The Famine Lunch 2013

RPAYC Youth Development Program Graduates Win 2012 Bird Island Race by Damian Devine

RPAYC Hosts 20th HARKEN International Youth Match Racing Championships by Damian Devine

Schoolchildren's gifting of 'play!' to their fellow schoolchildren

SLSC 2013 Interstate Championships - at Newport

Spotted Gums of Pittwater Inspirations

Summer is Channel-billed Cuckoos Season - Fledglings 2013 by Jeffrey Sabri and Andrew Tiede

The Northern Beaches Music Festival's YOUNGBLOODS Competition

The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year by Damian Devine

Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2013

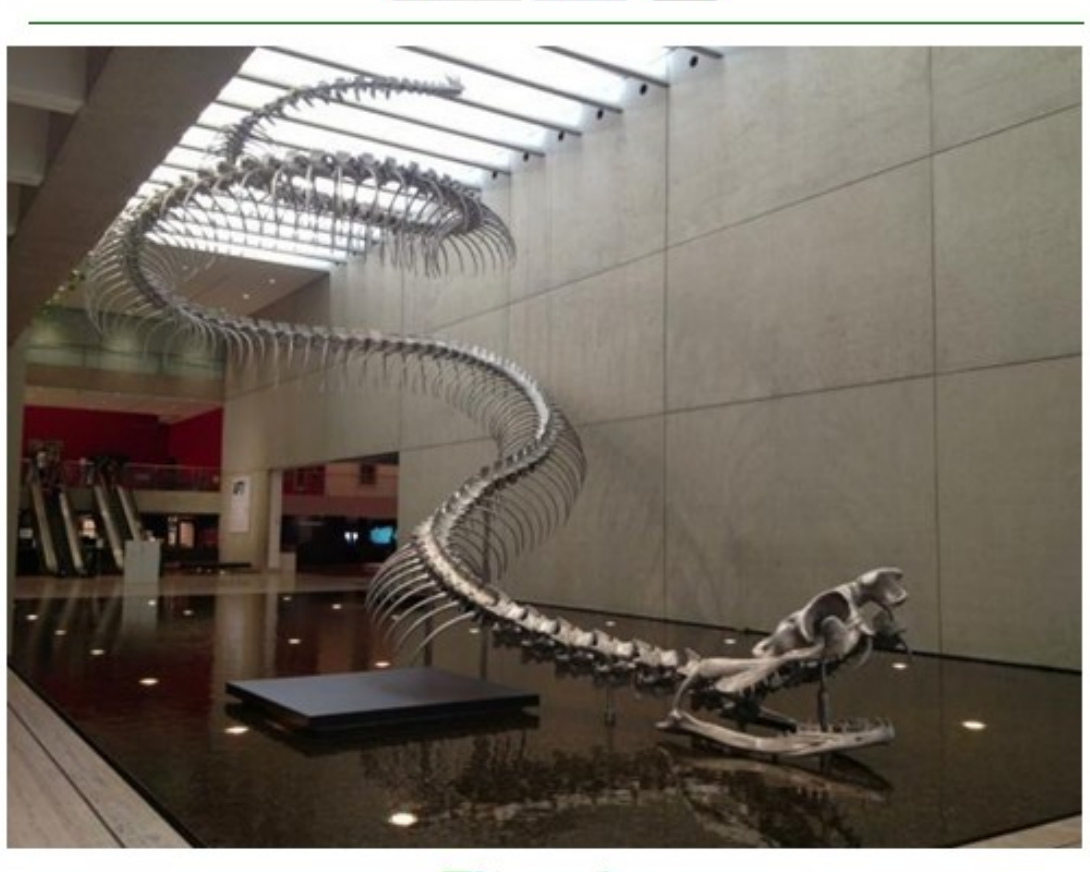
Winning the Homework War by Rosemary Smith

World's Largest Grommet Festival Returns - an outline of the September 23-26 2013 Blast Off

Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change

Zoomobile at Loquat Valley School, Bayview

Tweet Like +1



Titanoboa

Titanoboa, meaning "titanic boa," is an extinct genus of snake that lived approximately 60–58 million years ago, during the Paleocene epoch, a 10-million-year period immediately following the dinosaur extinction event. The only known species is *Titanoboa cerrejonensis*, the largest, longest, and heaviest snake ever discovered, which supplanted the previous record holder, Gigantophis. By comparing the sizes and shapes of its fossilized vertebrae to those of extant snakes, researchers estimated T. cerrejonensis reached a maximum length of 12 to 15 m (40 to 50 ft), weighed about 1,135 kg (2,500 lb). In 2009, the fossils of 28 individual T. cerrejonensis were found in the Cerrejón Formation of the coal mines ofCerrejón in La Guajira, Colombia. Prior to this discovery, few fossils of Paleocene-epoch vertebrates had been found in ancient tropical environments of South America. The snake was discovered on an expedition by a team of international scientists led by Jonathan Bloch, a University of Florida vertebrate paleontologist, and Carlos Jaramillo, a paleobotanist from the Smithsonian Tropical Research Institute in Panama.

In 2011, Charlie Brinson and his team created a 10-metre-long (33 ft) electromechanical, robotic reincarnation of the Titanoboa snake, using twenty high-strength aluminum vertebrae and forty proportional hydraulic cylinders. There are plans to extend it to the full 15-metre (49 ft) length. [14]

On 22 March 2012, a full-scale-model replica of a 15-metre-long (49 ft), 1,100-kilogram (2,425 lb) Titanoboa was displayed in Grand Central Station in New York City. It was a promotion for a TV show on the Smithsonian Channel called Titanoboa: Monster Snake which aired 1 April 2012.

Titanoboa. (2013, September 17). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Titanoboa&oldid=573422917

Step aside

TARZAN 2 [Full Movie] [Disney Movie]

TARZAN 2 [Full Movie] [Disney Movie]
0:00:00 / 1:08:15

Two Streams of Water Colliding

ATLAS OF LIVING AUSTRALIA CELEBRATES 40 MILLION MILESTONE

How many amphibians, arthropods or protozoa are living in your backyard? **With over 40 million specimen records now available online** in one location, you can find out! **The Atlas of Living Australia** has achieved a significant leap forward in bringing Australia's biodiversity information together online, making it easy to access and analyse.

The Atlas now provides access to over 40 million records thanks to the addition of over 700,000 specimen records from Queensland Museum and 560,000 new and updated specimen records from Museum Victoria, including 23,000 images.

"Queensland Museum's entire digitised biodiversity collections are now available online for anyone to access for any purpose, from simply admiring our country's unique and beautiful biodiversity, to figuring out how to sustain our natural environment," Queensland Museum Network CEO Professor Suzanne Miller said. "The Atlas of Living Australia provides immediate access to reliable and verifiable information about Australia's remarkable biodiversity and lets us share this information with the world."

The 40 million records available via the Atlas include specimens held in collections, observations made in the field, molecular data, literature, maps, sound recordings and photographs.

"Museum Victoria's collection dates back over 150 years. Our specimens, data and images are critical to furthering the understanding of Australia's biodiversity and we are pleased to share them with the nation through the Atlas of Living Australia," Museum Victoria CEO Dr J Patrick Greene said.

The Atlas is also calling for citizen scientists to upload their own photos and sightings of Australian species and is crowd sourcing digitisation of field notes, diaries and specimen labels held by museums and collections.

"With over half a billion records downloaded, the Atlas demonstrates the power of collecting biodiversity data once and reusing it many times over to benefit research, conservation and planning. There are still a lot of biodiversity records out there and we encourage organisations to come forward and share their data via the Atlas," Atlas of Living Australia Director Dr John La Salle said. "The records in the Atlas can be put to many uses, from simply looking up species or finding out what species occur at any location in Australia, to informing pest management, helping revegetation groups understand what species to plant and predicting species distributions in the future."

The Atlas of Living Australia is a partnership between CSIRO, Australia's museums and herbaria, biological collections, research organisations, universities and government departments.

The Atlas of Living Australia has received Australian Government contribution of $41.3 million, comprising $8.5 million from the National Collaborative Research Infrastructure Strategy program, $30 million from the Super Science Initiative and $2.8 million from the Collaborative Research Infrastructure Scheme.

ATLAS OF LIVING AUSTRALIA
sharing biodiversity knowledge
My profile | Log in
Search the Atlas
Search the Atlas
Sharing biodiversity knowledge
Get involved
Explore
Australia's species
Species by location
Natural history collections
Mapping & analysis
Data sets
FieldData software
Blogs & news
RSS
Twitter
My alerts

Contributed by Australia's academic, scientific, environmental communities and you.

Science Symposium presentations now available
5 August, 2013

Holiday Movie - Have A Great Two Weeks Off! - Bridge to Terabithia (Full Movie)

Bridge to Terabithia (Full Movie)
0:00:00 / 1:35:32

Explore the West with WilderQuest!

The WilderQuest website is now even bigger with the addition of our new desert environment. From the mighty red kangaroo to the mighty useful dung beetle, there's an abundance of new plants and animals for your kids to discover. Check out the website.

WilderQuest is a fun and innovative children's program designed to inspire love and care for nature. Its aim is to motivate and encourage children to learn about and experience the natural world, using a combination of digital and real-life encounters.

Stay up-to-date with all of the great things happening at WilderQuest at our brand new Facebook page. We'll be posting game updates, fun tours for kids and lots of quirky wildlife facts that are sure to impress your friends and family.

About

www.nationalparks.nsw.gov.au/wilderquest Ignite your kids love of nature with WilderQuest! WilderQuest makes nature fun and easy for children to understand by experiencing the natural world online and in NSW national parks and reserves.

Mission

To engage, excite and create a fun place to inspire children to learn about and experience the natural world.

Company Overview

WilderQuest is an initiative run by the NSW National Parks and Wildlife Services (NPWS), which is part of the NSW Office of Environment and Heritage (OEH).

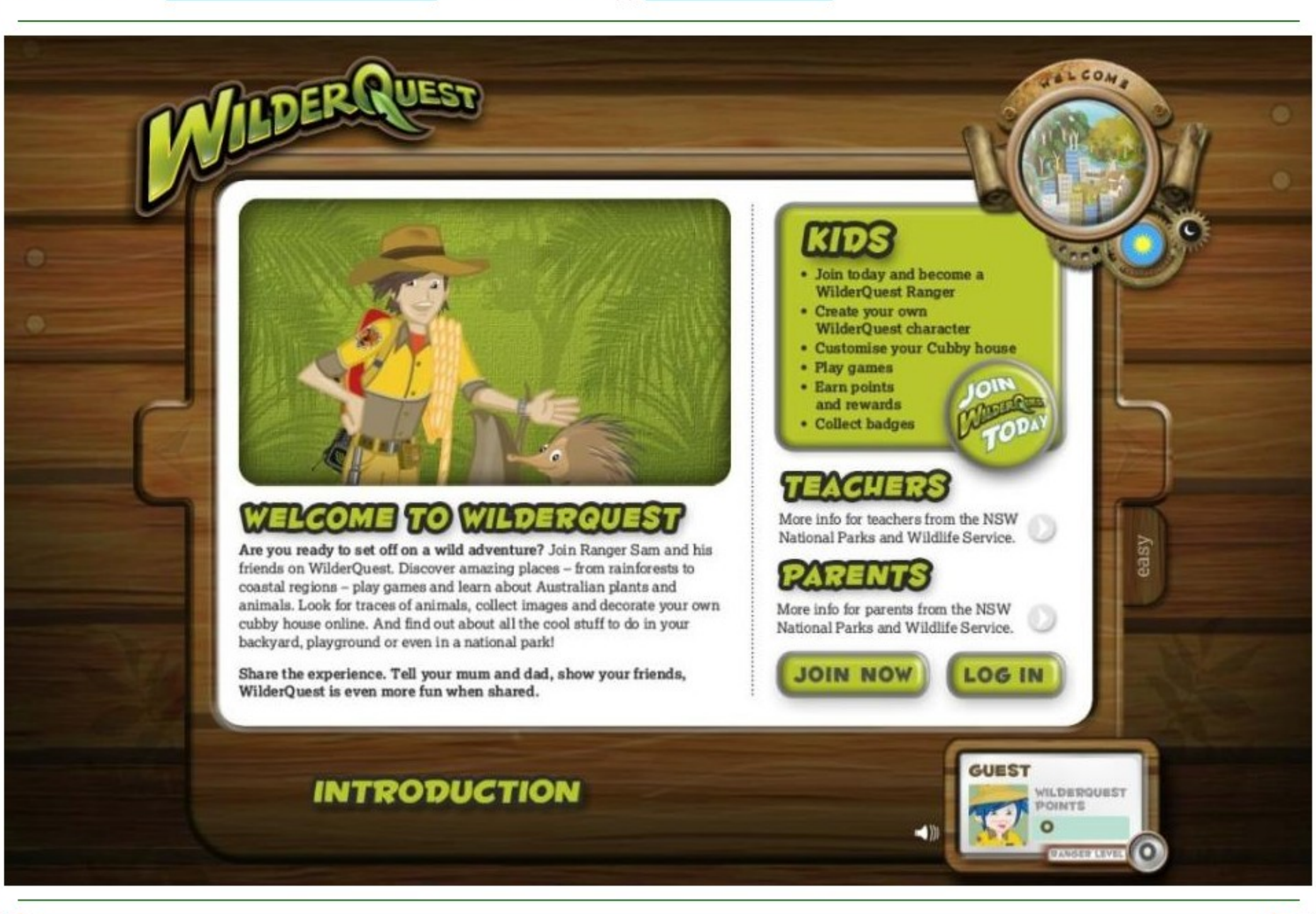
NPWS manages over 880 national parks and reserves. This comprises of more than 7 million hectares of landscapes from rainforests and rugged bush to coastal landscapes and outback deserts. Through WilderQuest, NPWS invites children and families to visit, explore, discover and enjoy these special places and to commit to their protection and enhancement.

Description

WilderQuest aims to educate and inform children and their families about nature and provide opportunities for them to engage with nature in easily accessible national parks.

WilderQuest also promotes an online learning environment, through the WilderQuest website and app, to help Australian children become comfortable with and fascinated by nature. Children can discover ecosystems – from rainforests to coastal regions – play games and learn about Australian plants and animals, guided by Ranger Sam and his host of friendly and cheeky native animals.

Visit the website www.wilderquest.nsw.gov.au or Download the app http://bit.ly/15vDcKt



WELCOME TO WILDERQUEST

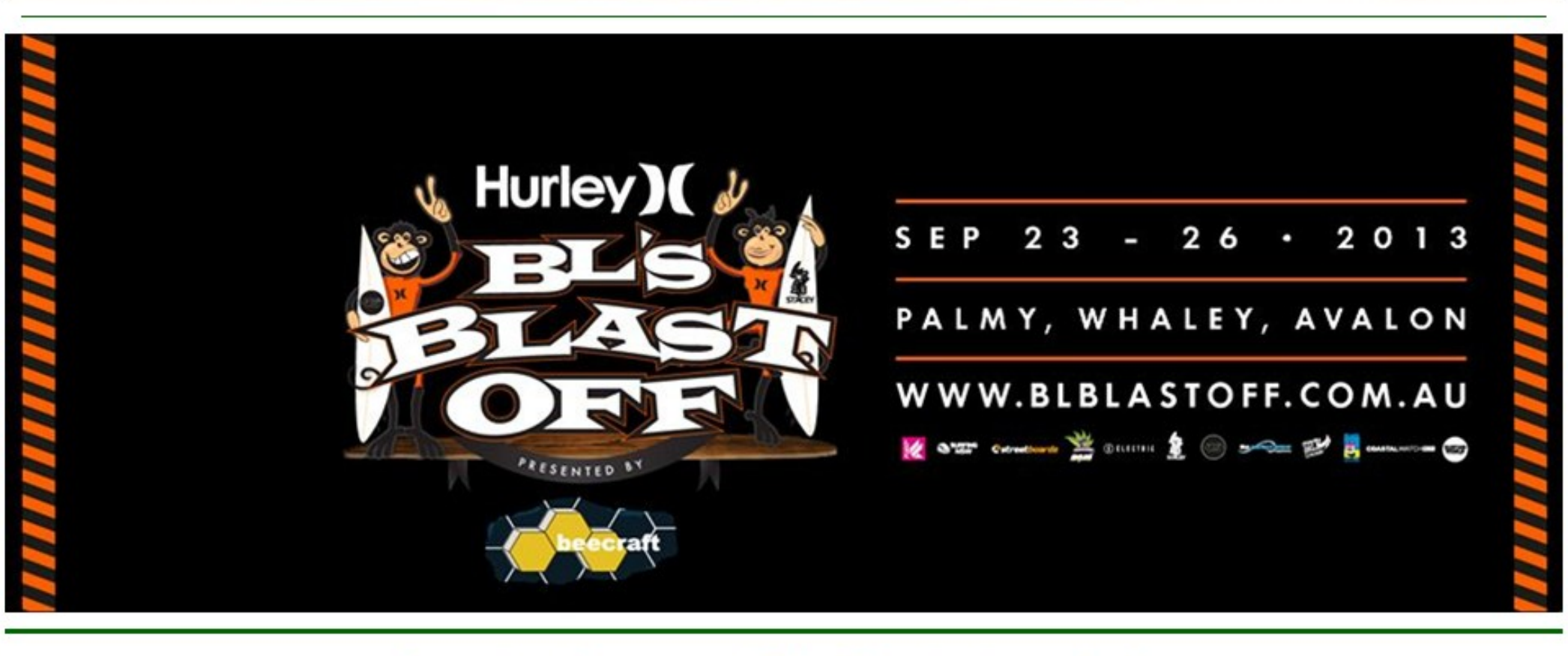
Are you ready to set off on a wild adventure? Join Ranger Sam and his friends on WilderQuest. Discover amazing places – from rainforests to coastal regions – play games and learn about Australian plants and animals. Look for traces of animals, collect images and decorate your own cubby house online. And find out about all the cool stuff to do in your backyard, playground or even in a national park!

Share the experience. Tell your mum and dad, show your friends, WilderQuest is even more fun when shared.

- Join today and become a WilderQuest Ranger
- Create your own WilderQuest character
- Customise your Cubby house
- Play games
- Earn points and rewards
- Collect badges

More info for teachers from the NSW National Parks and Wildlife Service.

More info for parents from the NSW National Parks and Wildlife Service.



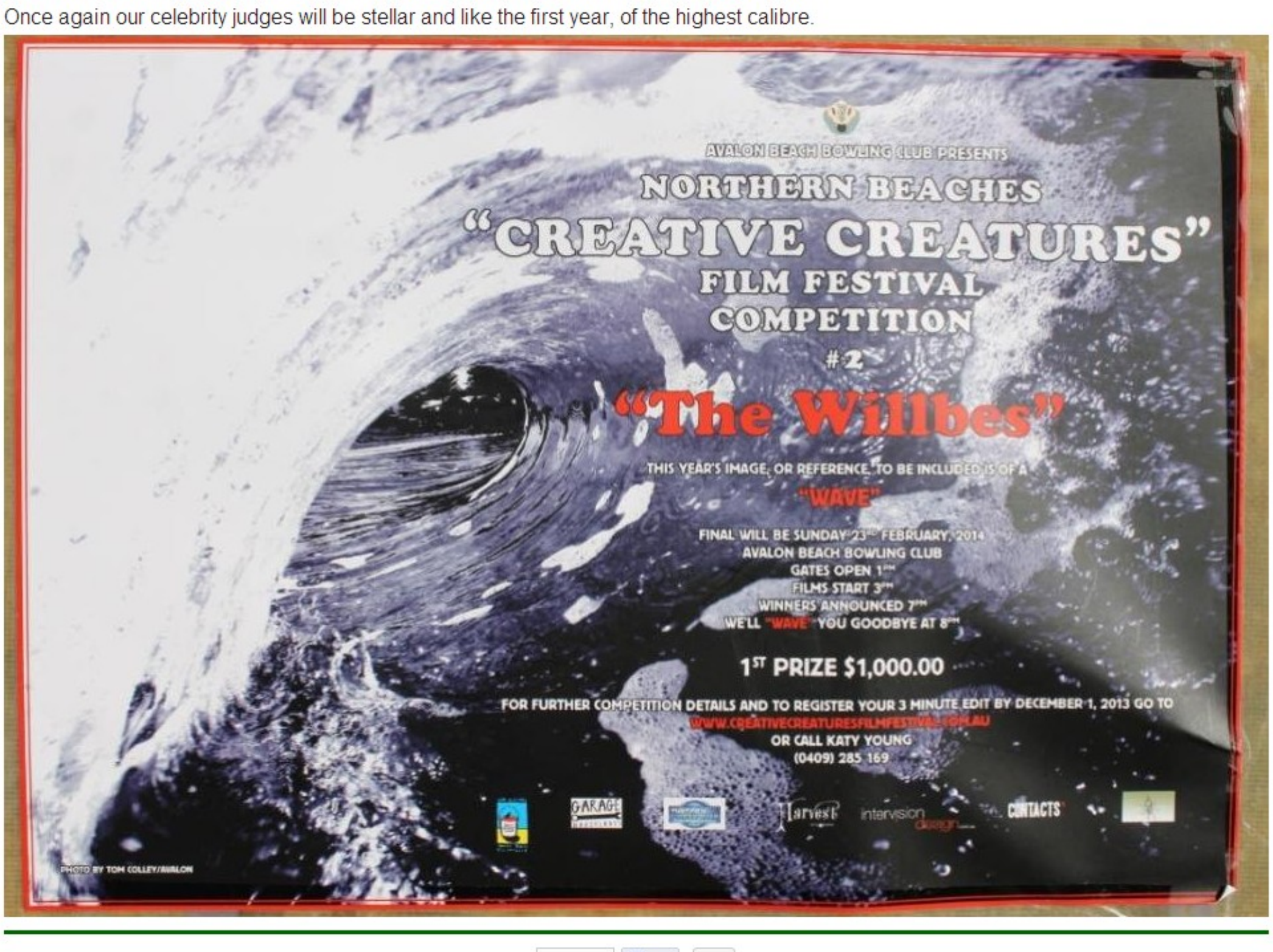
Creative Creatures Film Festival - website

First prize: $500.00 (5 – 15 Yrs entrant) then $1,000.00 For 16+ years entrants

Second prize: $350.00 (5 – 15Yrs entrants) $750.00 For 16+ years entrants

Third prize: $250.00 (5 – 15 Years entrants) then $500.00 For 16+ years entrants

Once again our celebrity judges will be stellar and like the first year, of the highest calibre.



AVALON BEACH BOWLING CLUB PRESENTS
NORTHERN BEACHES
"CREATIVE CREATURES"
FILM FESTIVAL
COMPETITION
#2
"The Willbes"
THIS YEAR'S IMAGE, OR REFERENCE, TO BE INCLUDED IS OF A
"WAVE"
FINAL WILL BE SUNDAY 23RD FEBRUARY, 2014
AVALON BEACH BOWLING CLUB
GATES OPEN 1PM
FILMS START 3PM
WINNERS ANNOUNCED 7PM
WE'LL "WAVE" YOU GOODBYE AT 8PM
1ST PRIZE $1,000.00
FOR FURTHER COMPETITION DETAILS AND TO REGISTER YOUR 3 MINUTE EDIT BY DECEMBER 1, 2013 GO TO
WWW.CREATIVECREATURESFILMFESTIVAL.COM.AU
OR CALL KATY YOUNG
(0409) 285 169
PHOTO BY TOM COLLEY/AVALON

Tweet Like +1

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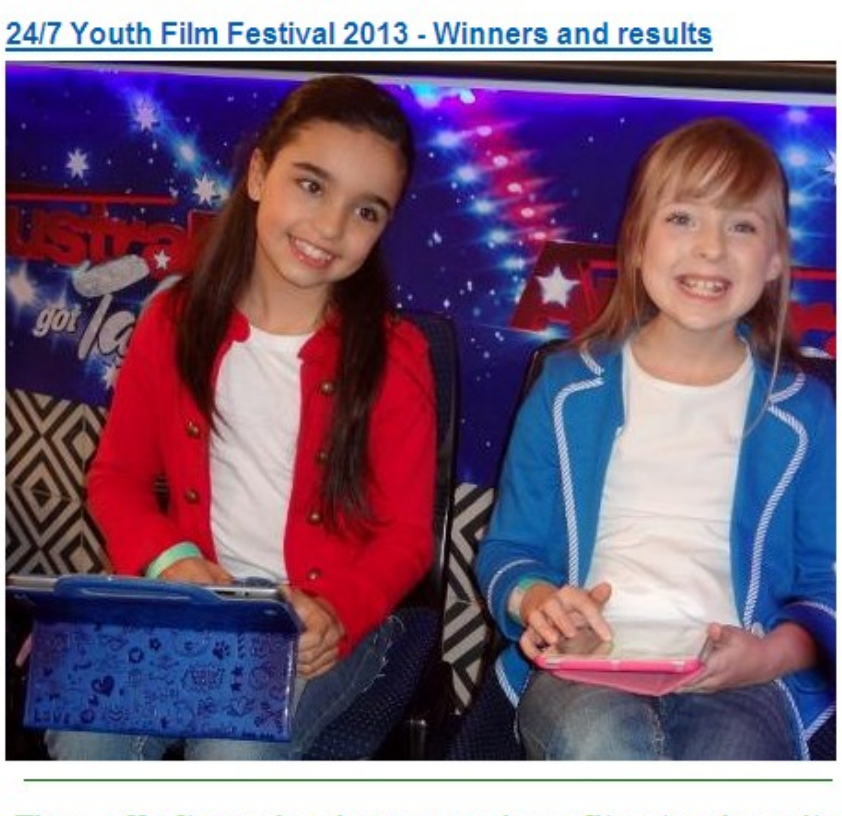


Time off after school can reap benefits at university - 17 September 2013

A University of Sydney study suggests students who have a gap year achieve more highly at university than students who enter university straight after school and mature age students.

The findings of the research, conducted by researchers at the Faculty of Education and Social Work, have been published in the prestigious *Journal of Higher Education*.

Another major finding was that the effects of school achievement on university achievement diminished over the first three semesters at university. A much stronger influence on university achievement in later semesters was performing well at university in earlier semesters.

The study of 904 Australian undergraduate university students tracked achievement over their first four semesters at university. Students were from the disciplines of arts, social sciences, and science.

"The study shows school achievement will get students into university, but its impact on university achievement is relatively limited," says the study's lead author Professor Andrew Martin. "Instead, factors beyond school achievement come into play. For example, taking a gap year seems to contribute to university achievement further into one's course. Doing well in the first semester of study is also great boost to one's achievement in subsequent semesters."

Very little research has investigated the effects of a gap year. Previous published research by Professor Martin found a positive effect of a gap year on university students' motivation. This research is a major extension of that prior study because it is longitudinal, examines actual achievement, and found much the same positive effect of a gap year.

"Once school is over, post-school education is a new chapter, a fresh start, a blank slate - it's yours to make of it what you will," says Professor Martin. "For students with great school results, our findings underscore the importance of not resting on one's oars. For those who might have done better at school, the year following school is a chance to shape something new. This might mean a constructive year off in the form of a gap year; or it might mean having an honest look at what academic skills they need enhance in order to make university a more positive experience."

Dr Rachel Wilson, Dr Paul Ginns, Dr Gregory Liem - all from the University's Faculty of Education and Social Work - also worked on this study.

Voyager Enters Interstellar Space! - The Countdown #31 - Published on 19 Sep 2013

SUBSCRIBE, future astronauts: http://goo.gl/bRbj4

Voyager Enters Interstellar Space! - The Countd...
0:00 / 6:05

HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!

Mona Vale Library is once again offering to 'lock up' HSC students for special after-hours study sessions at the library from 24 September. To make studying for the HSC exams even more palatable, the library will be offering students free pizza along with Tuesday evening study sessions.

The lock-in and free pizza sessions will be **every Tuesday evening from 6pm to 9pm between 24 September and 22 October**. **Early opening hours at Mona Vale Library** will also be on offer **to HSC students each weekday from 9am to 10am, from Monday 23 September to Tuesday 5 November.**

The library normally opens at 10am on weekdays, but HSC students will have access to the library from 9am during this period.

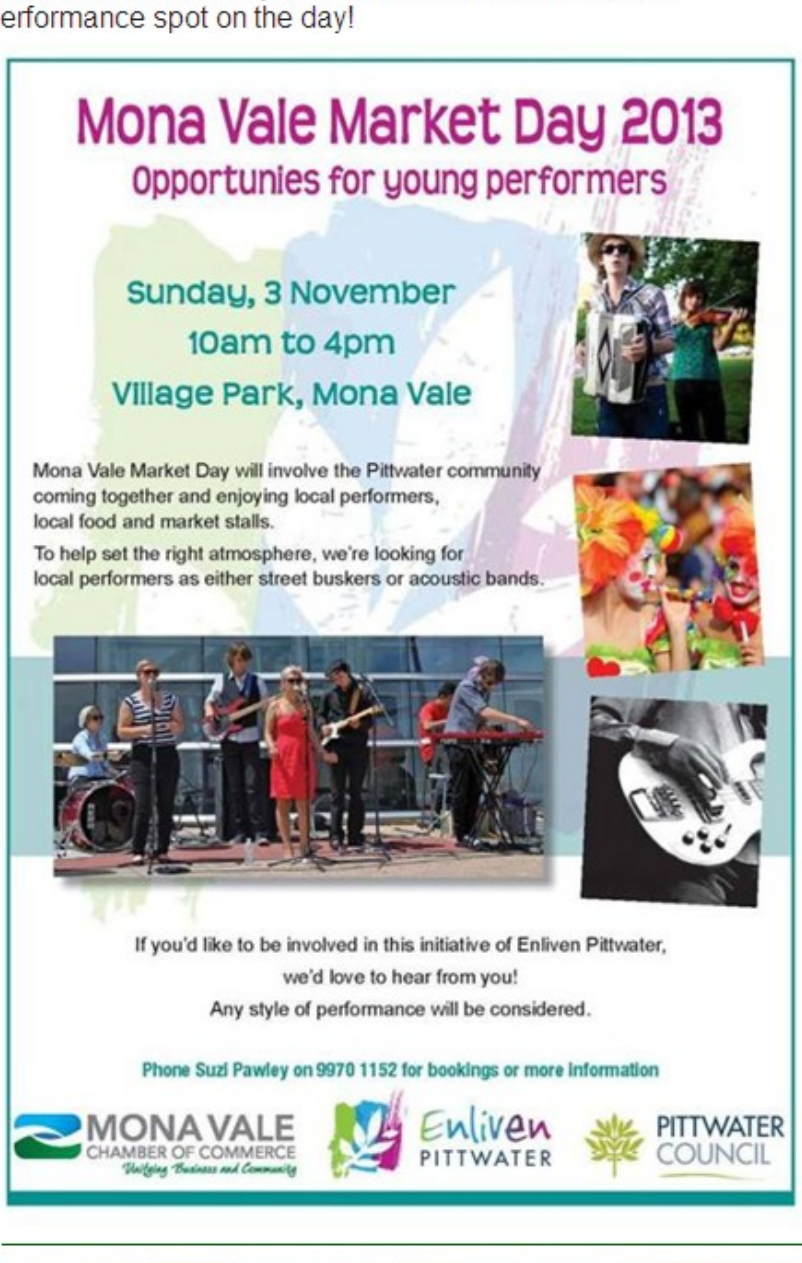
Library Manager Cathy Howie said that the after-hours study sessions aimed to help HSC students to make use of a quieter environment for studying.

"We hope the offer of free pizza on Tuesday evenings will also make studying a little less stressful for them," she said. "The only requirement for students to take advantage of the study 'lock-in' is for them to arrive by 6.15pm on the Tuesday evening at the library, or by 9.15am for the early morning sessions."

Mona Vale Library is located at 1 Park Street, Mona Vale.

Enliven Pittwater

Calling young buskers! Mona Vale Market Day is looking for young people aged 12-24 for Sunday 3 November. Are you a busker, or acoustic band? See flyer for contact details to secure a performance spot on the day!



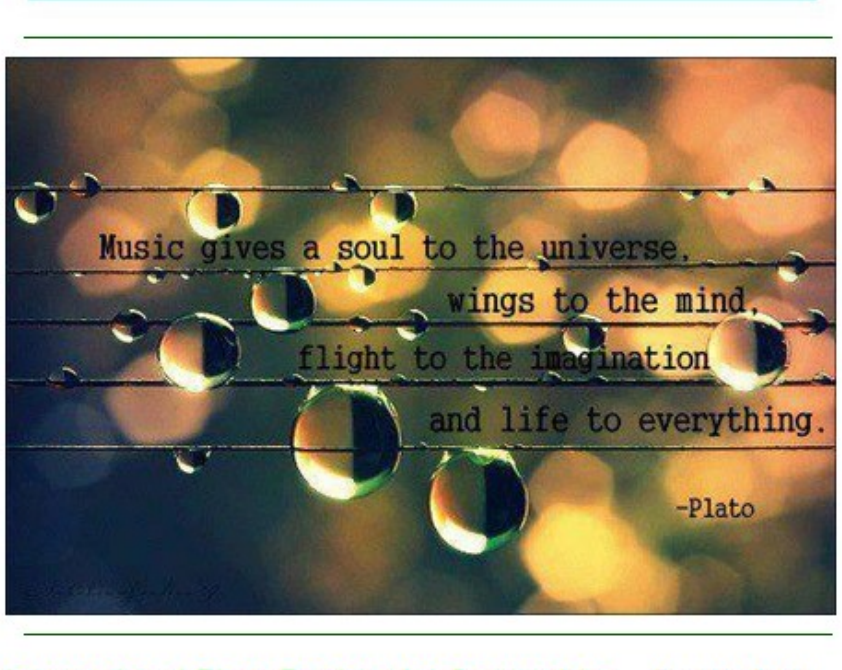
Mona Vale Market Day 2013
Opportunies for young performers
Sunday, 3 November
10am to 4pm
Village Park, Mona Vale

Mona Vale Market Day will involve the Pittwater community coming together and enjoying local performers, local food and market stalls.

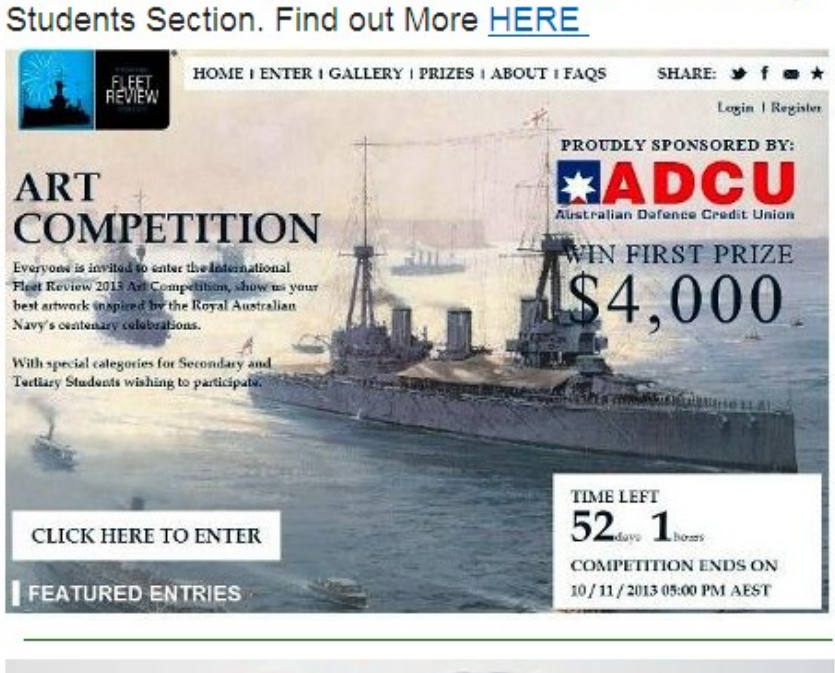
To help set the right atmosphere, we're looking for local performers as either street buskers or acoustic bands.

If you'd like to be involved in this initiative of Enliven Pittwater, we'd love to hear from you! Any style of performance will be considered.

Phone Suzi Pawley on 9970 1152 for bookings or more information


Music gives a soul to the universe,
wings to the mind,
flight to the imagination
and life to everything.
-Plato

International Fleet Review Art Competition - Secondary Students Section. Find out More HERE


HOME | ENTER | GALLERY | PRIZES | ABOUT | FAQS
SHARE:
Login | Register
PROUDLY SPONSORED BY:
ADCU
Australian Defence Credit Union
WIN FIRST PRIZE
$4,000
CLICK HERE TO ENTER
FEATURED ENTRIES
TIME LEFT
52 days 1 hours
COMPETITION ENDS ON
10/11/2013 05:00 PM AEST

ART COMPETITION

Everyone is invited to enter the International Fleet Review 2013 Art Competition, show us your best artwork inspired by the Royal Australian Navy's centenary celebrations.

With special categories for Secondary and Tertiary Students wishing to participate.

ORIGINAL SOURCE
INTENSE SURF CHALLENGE

Australia's leading big-wave maniacs are on a new hunt with the launch today of the inaugural Original Source Intense Surf Challenge. But they won't be alone as the public will be riding with the contestants on every massive wave in this unique, interactive, digital surf tour. Fifteen of Australia's top big-wave surfers and slab hunters were invited to join the six-month competition running **from 1st August, 2013, to 31st January, 2014 with the winner to receive $30,000.**

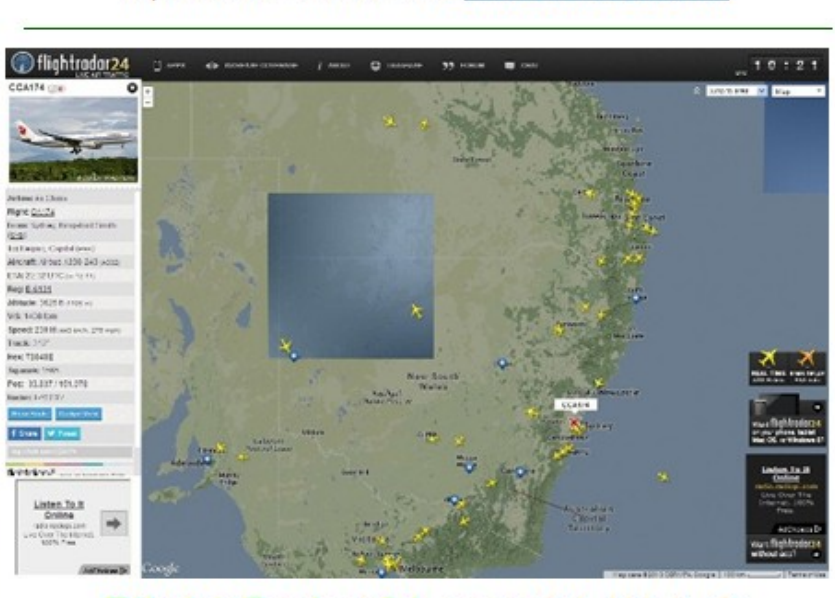
The 15 surfers taking on the challenge are: Jamie Mitchell, Asher Pacey, Jeff Rowley, Richie Vaculik, Riley Laing, Kerby Brown, Marti Paradisis, Dean Morrison, Anthony Walsh, Laurie Towner, Ryan Hipwood, Dean Bowen, Tyler Hollmer-Cross, Brett Burcher and Josiah Schmucker.

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

Have you voted in the Original Source Intense Surf Challenge yet? What are you waiting for?

You could win $5000 and a trip to Fiji just by voting and sharing. Get over to http://www.intensesurfchallenge.com/ to vote on your favourite clip.

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/



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

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

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

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

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

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

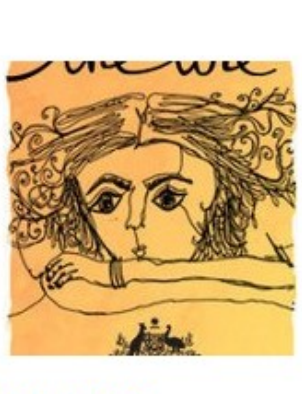
Every day you see planes in the sky, sometimes very high, with or without con-trails. We ask ourselves questions :

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

Some tricks;

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

The Line



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

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

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

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

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

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

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

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

Crisis Support, Suicide and Mental Health

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

Bullying; NO WAY !!!

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

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

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

Bus Pass Replacement

HERE

BackMeUp poll - Posted 14 May 2013 by Commission

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

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 !

Tweet Like +1

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

AUSTRALIAN NAVY CADETS - On the Northern Beaches

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

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

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

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

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

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

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

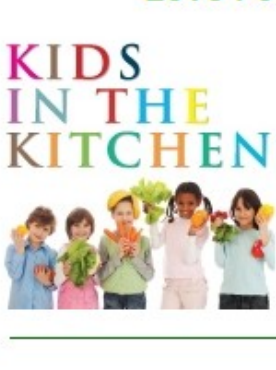
The Internet allows us to store and access Old Books, Films and photos that may not be accessible elsewhere.

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

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.

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

Great rewards for Asparagus attack!

The war against Pittwater's worst weed, Asparagus Fern, will be waged again at spectacular **Barrenjoey Headland and North Palm Beach Dunes on Saturday 28 September.**

Give 4 hours of your time helping us continue the amazing work achieved by Optus RockCorps volunteers earlier this year, then share your story with the Optus RockCorps Collective to EARN A $70 TICKETMASTER VOUCHER! You'll also feel pretty good about yourself!

Want to know more? Sign up to share your volunteer story at www.optusrockcorps.com.au and then RSVP for this event by contacting Council's Bushcare Officer on 9970 1367 or email Helena_dewis@pittwater.nsw.gov.au

OHMAGIF.COM

THE EARTH WINS - Trailer
THE EARTH WINS
IF WE LISTEN, SO DO WE.
0:00 / 1:48

The Earth Wins: http://theearthwins.com/ - Fantastic resource for teachers, Aus-wide - 09 Sep 2013

THE EARTH WINS is delighted to partner with Cool Australia. Cool Australia have taken the wonderful Educator's Guide that was created for THE EARTH WINS, by Senior Educators Phillipa Beeson and Jane Morrison, and made it available to every classroom in Australia via their online learning resource. (coolaustralia.org)

Together we have created free interactive digital learning materials, made up of National Curriculum-aligned lesson plans and activities that complement the movie.

Not only are they fun and easy to access, these free learning resources available via Cool Australia will help teachers to meet classroom requirements of sustainability focused content.

Click here for the following units:

Year 1 &2 Year 3 & 4 Year 5 & 6 Year 7 & 8 Year 9 & 10

Digital Toolbox

And wherever you may be in Australia, you now have the chance to take your class to see THE EARTH WINS. Together, we are also proud to bring you 'Cinema On-Demand': an opportunity for educator's to request a screening of THE EARTH WINS at your local cinema, even if you're thousands of kilometres from a capital city.

If you are a teacher and wish to see the film with your class, click here to email Helifilms to make a booking request.

Please include the name of your local cinema, the number of students, preferred times, date and contact details.

Australian businesses support undergraduate scholarships honouring businessman James Strong - 16 September 2013

The endowment of six perpetual undergraduate scholarships at the University of Sydney, supported by a number of leading Australian companies, will commemorate the long and distinguished career of renowned Australian businessman James Strong AO.

Qantas, Woolworths, Nomura and IAG have each provided a scholarship for students studying at the University of Sydney Business School, while the Dymocks Group has established a scholarship for Australian literature at the Faculty of Arts and Social Sciences. Rip Curl has created a scholarship in the Faculty of Science for students that have demonstrated an outstanding ability in sport.

Sadly, Mr Strong died in March 2013. At the time of his death, Mr Strong had been serving as an independent non-executive director of Qantas; as chairman of the ICC Cricket World Cup, Kathmandu and Saxton Speakers Bureau and a member of Nomura's Australian Advisory Board. Mr Strong was a former chairman of the Australia Council for the Arts, Woolworths, Rip Curl and IAG.

John Forsyth, Chairman, Dymocks Group of Companies said: "James was a big supporter of young people who wanted to excel. He was also extremely proud of the companies he worked with throughout his career. Partnering with the University of Sydney will help ensure James' legacy lives on, changing lives for generations to come."

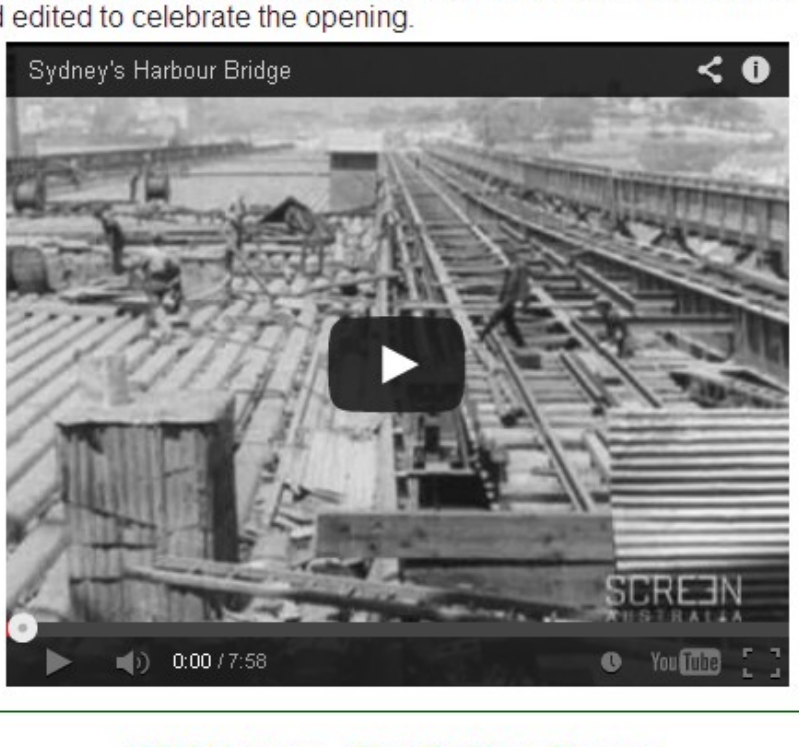
Vice-Chancellor and Principal Dr Michael Spence said: "Mr Strong had such a profound impact on the people he worked with. It is an honour to commemorate Mr Strong's varied pursuits and outstanding achievements by establishing scholarships that will help encourage and challenge the emerging leaders of tomorrow. We are inspired by the generosity of these organisations who share our vision for the future."

The funds invested to establish the six James Strong scholarships will also contribute towards the University's newly launched INSPIRED fundraising Campaign, which aims to raise $600m from more than 40,000 donors.

The inaugural James Strong scholarship recipients will be announced later this year

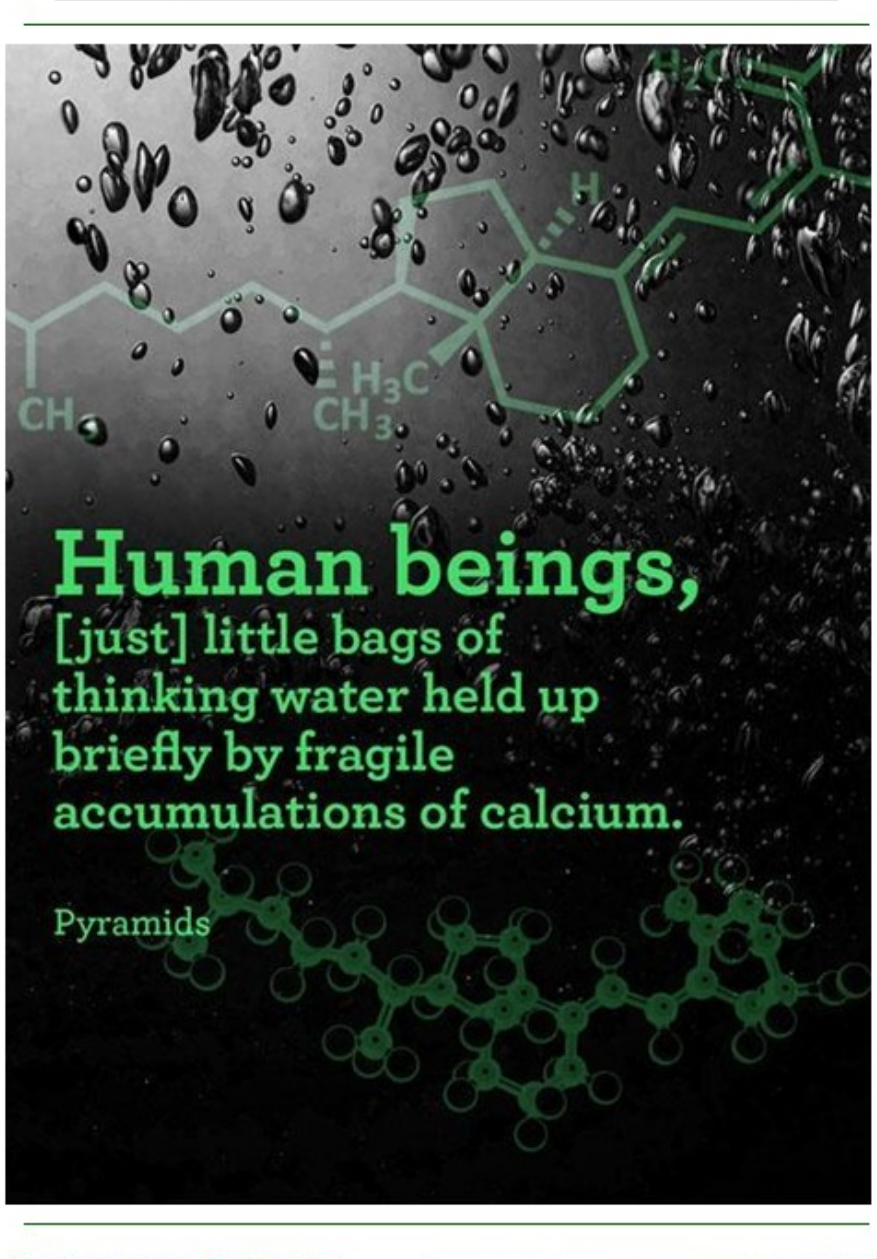
Building Sydney Harbour Bridge - C/- W.A.G.

Made by the Cinema Branch 1933. Directed by Lyn T Maplestone. Officially opened on 19 March 1932, the Sydney Harbour Bridge was a massive engineering undertaking that transformed the city. This short film documents the construction of one of the world's great landmarks in its various stages, and provides a fascinating glimpse of life around Sydney Harbour and Circular Quay in the twenties and thirties. The Cinema Branch regularly filmed events of special interest to the nation. There were at least 3 different films on the progress of the bridge. Sydney's Harbour bridge was filmed over several years and edited to celebrate the opening.

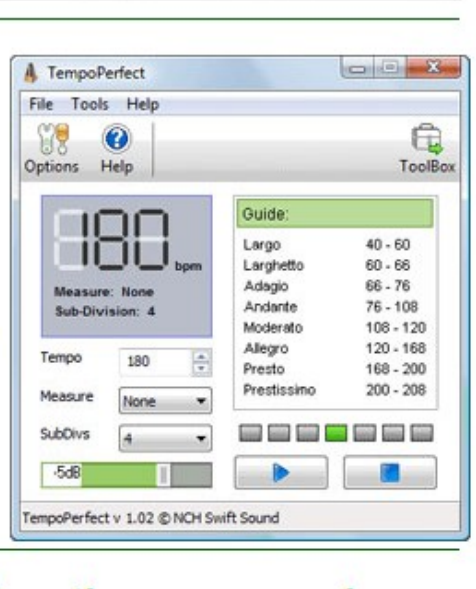

Sydney's Harbour Bridge
SCREEN AUSTRALIA
0:00 / 7:58

Wild Horses - The Rolling Stones

Wild Horses - The Rolling Stones 1995
0:00 / 5:21


Human beings,
[just] little bags of
thinking water held up
briefly by fragile
accumulations of calcium.
Pyramids

Metronome Software. Free Download for Musicians - c/- **Paul Wheeler**


TempoPerfect
File Tools Help
Options Help ToolBox
180 bpm
Measure: None
Sub-Division: 4
Guide:
Largo 40 - 60
Larghetto 60 - 66
Adagio 66 - 76
Andante 76 - 108
Moderato 108 - 120
Allegro 120 - 168
Presto 168 - 200
Prestissimo 200 - 208
Tempo 180
Measure None
SubDivs 4
TempoPerfect v 1.02 © NCH Swift Sound

www.nch.com.au

Download free metronome software to keep tempo. This freeware electronic metronome was created by musicians for musicians. Download free software online.

My school is posting these everywhere – use commas!!!!

I like cooking my family and my pets.
Use commas.
Don't be a psycho.
WRITING.COM

ECO Clean Beach Initiative

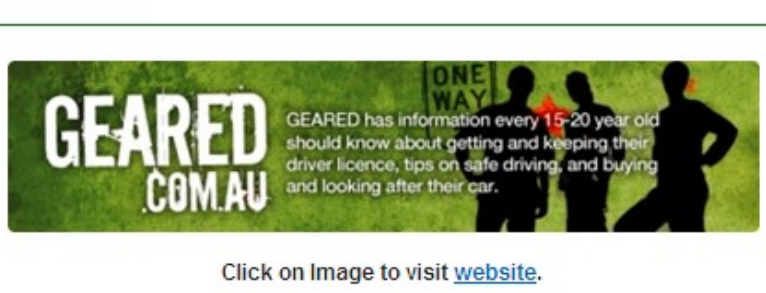
The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? All you need to do is show us how you're contributing to our fight against marine pollution.

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

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

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

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


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

Click on Image to visit website.

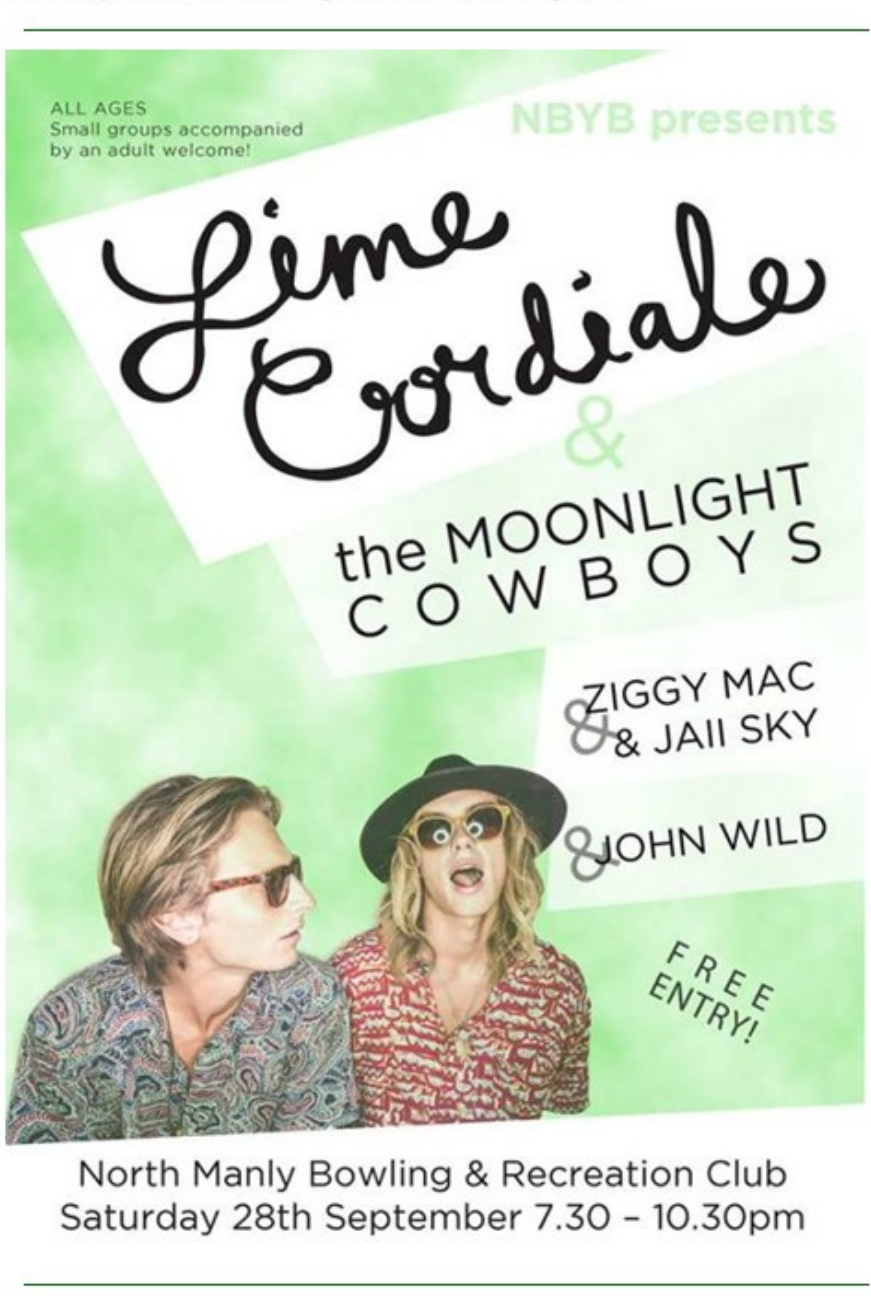
New Facebook Page for young bands on the Northern Beaches - it has info about upcoming gigs, and if you play in a band you can list your gigs on it!

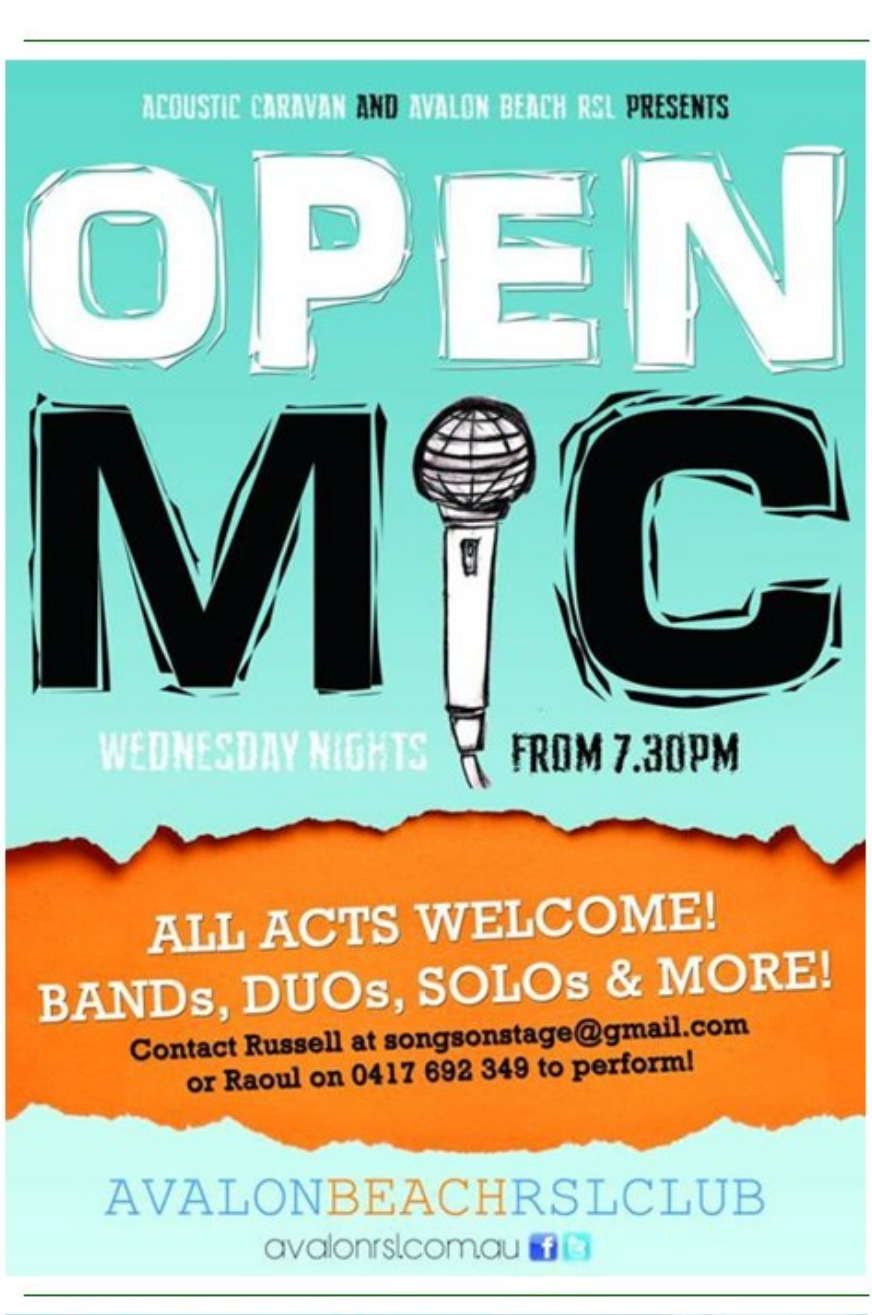
Keep in the loop and support local bands! Northern Beaches Youth Bands at: www.facebook.com/pages/Northern-Beaches-Youth-Bands/347121408731758

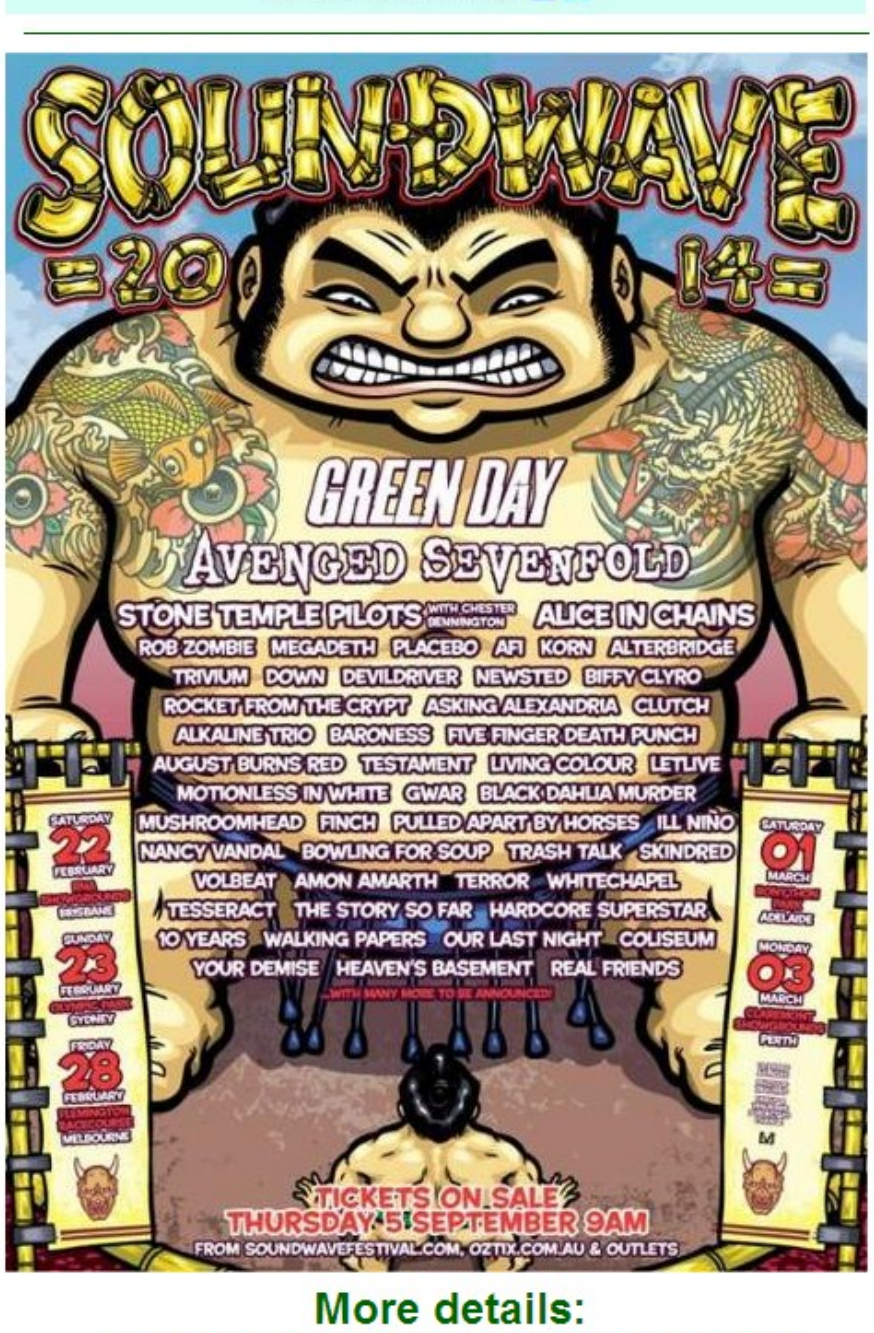
Headspace 'We've got your back' campaign

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.

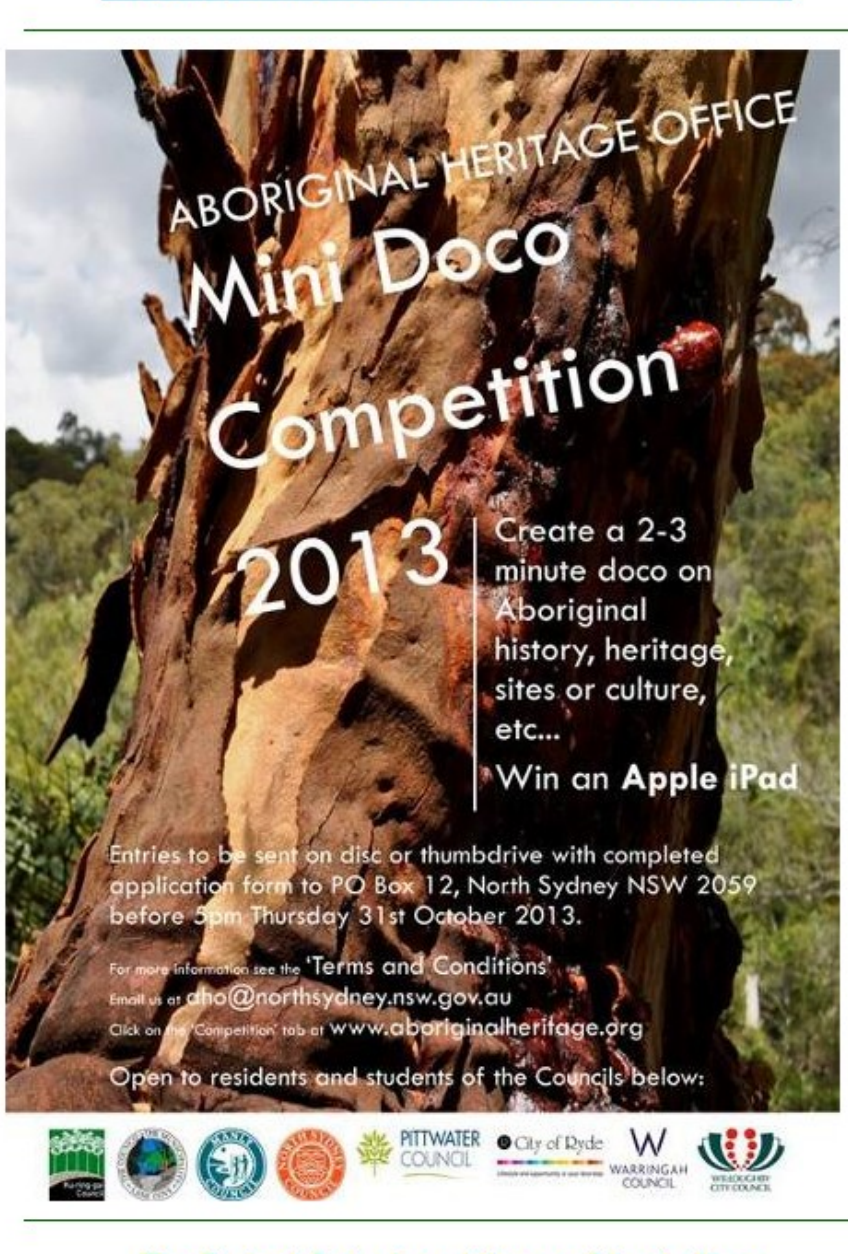
eheadspace is a confidential, free, anonymous, secure space where you can chat, email or speak with qualified youth mental health professionals if you are 12 to 25 years


ALL AGES
Small groups accompanied by an adult welcome!
NBYB presents
Lime Cordiale
&
the MOONLIGHT COWBOYS
& ZIGGY MAC & JAII SKY
& JOHN WILD
FREE ENTRY!
North Manly Bowling & Recreation Club
Saturday 28th September 7.30 – 10.30pm


ACOUSTIC CARAVAN AND AVALON BEACH RSL PRESENTS
OPEN MIC
WEDNESDAY NIGHTS
FROM 7.30PM
ALL ACTS WELCOME!
BANDs, DUOs, SOLOs & MORE!
Contact Russell at songsonstage@gmail.com or Raoul on 0417 692 349 to perform!
AVALONBEACHRSLCLUB
avalonrsl.com.au


SOUNDWAVE 2014
GREEN DAY
AVENGED SEVENFOLD
STONE TEMPLE PILOTS WITH CHESTER BENNINGTON
ALICE IN CHAINS
ROB ZOMBIE MEGADETH PLACEBO AFI KORN ALTERBRIDGE
TRIVIUM DOWN DEVILDRIVER NEWSTED BIFFY CLYRO
ROCKET FROM THE CRYPT ASKING ALEXANDRIA CLUTCH
ALKALINE TRIO BARONESS FIVE FINGER DEATH PUNCH
AUGUST BURNS RED TESTAMENT LIVING COLOUR LETLIVE
MOTIONLESS IN WHITE GWAR BLACK DAHLIA MURDER
MUSHROOMHEAD FINCH PULLED APART BY HORSES ILL NIÑO
NANCY VANDAL BOWLING FOR SOUP TRASH TALK SKINDRED
VOLBEAT AMON AMARTH TERROR WHITECHAPEL
TESSERACT THE STORY SO FAR HARDCORE SUPERSTAR
10 YEARS WALKING PAPERS OUR LAST NIGHT COLISEUM
YOUR DEMISE HEAVEN'S BASEMENT REAL FRIENDS
TICKETS ON SALE THURSDAY 5 SEPTEMBER 9AM
FROM SOUNDWAVEFESTIVAL.COM, OZTIX.COM.AU & OUTLETS

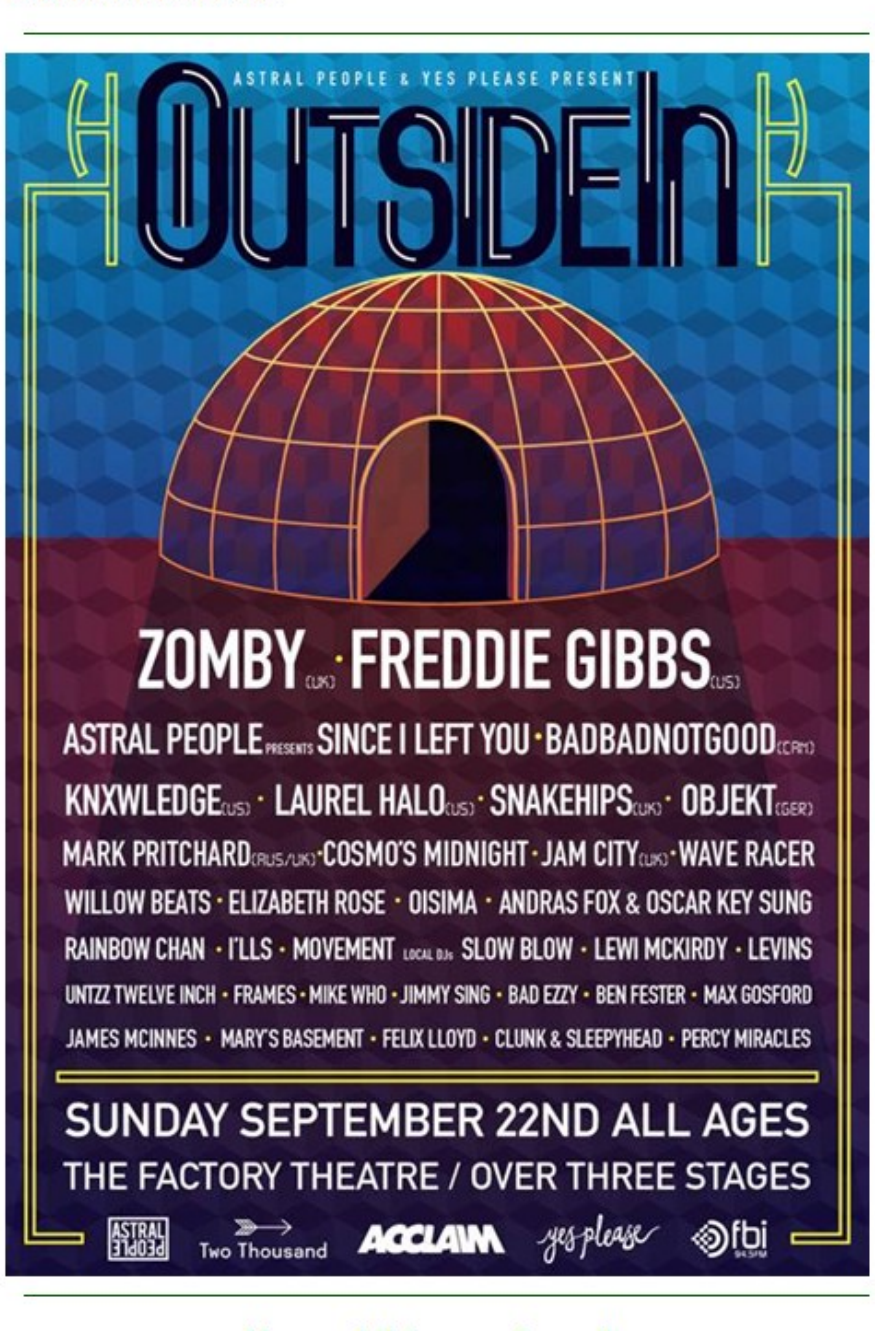
More details:
http://www.soundwavefestival.com/


ABORIGINAL HERITAGE OFFICE
Mini Doco Competition 2013
Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...
Win an Apple iPad
Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.
For more information see the 'Terms and Conditions'
Email us at aho@northsydney.nsw.gov.au
Click on the 'Competition' tab at www.aboriginalheritage.org
Open to residents and students of the Councils below:

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.


ASTRAL PEOPLE & YES PLEASE PRESENT
OUTSIDEIN
ZOMBY (UK) · FREDDIE GIBBS (US)
ASTRAL PEOPLE PRESENTS SINCE I LEFT YOU · BADBADNOTGOOD (CAN)
KNXWLEDGE (US) · LAUREL HALO (US) · SNAKEHIPS (UK) · OBJEKT (GER)
MARK PRITCHARD (AUS/UK) · COSMO'S MIDNIGHT · JAM CITY (UK) · WAVE RACER
WILLOW BEATS · ELIZABETH ROSE · OISIMA · ANDRAS FOX & OSCAR KEY SUNG
RAINBOW CHAN · I'LLS · MOVEMENT · SLOW BLOW · LEWI MCKIRDY · LEVINS
UNTZZ TWELVE INCH · FRAMES · MIKE WHO · JIMMY SING · BAD EZZY · BEN FESTER · MAX GOSFORD
JAMES MCINNES · MARY'S BASEMENT · FELIX LLOYD · CLUNK & SLEEPYHEAD · PERCY MIRACLES
SUNDAY SEPTEMBER 22ND ALL AGES
THE FACTORY THEATRE / OVER THREE STAGES
Two Thousand ACCLAIM yes please fbi

Keep children safe online

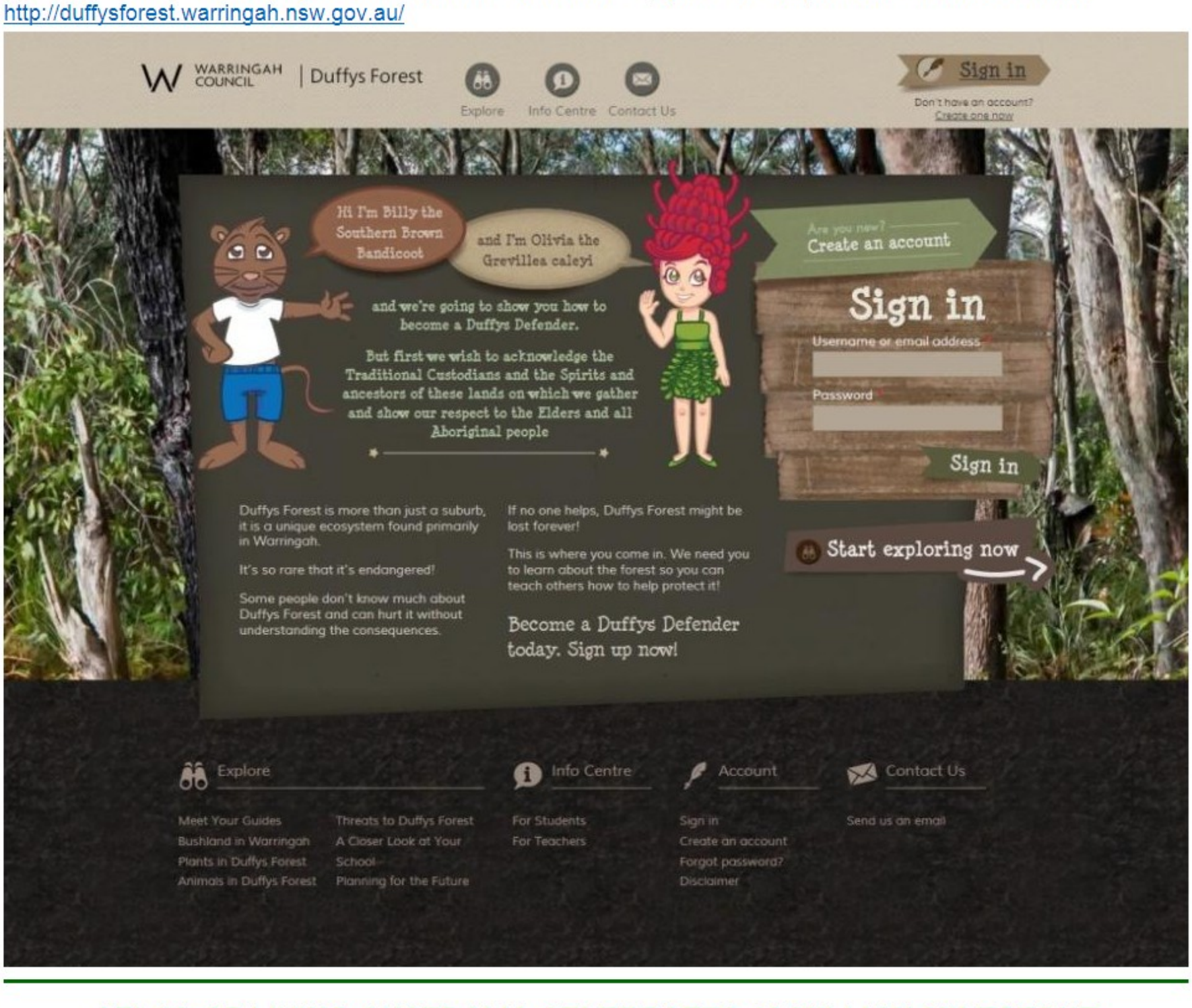
The Easyguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here

Duffy Forest Defenders

The launch of our new webpage and educational resources to help preserve Duffys Forest habitat. See it here http://duffysforest.warringah.nsw.gov.au/


WARRINGAH COUNCIL | Duffys Forest
Explore Info Centre Contact Us
Sign in
Don't have an account? Create one now
Hi I'm Billy the Southern Brown Bandicoot
and I'm Olivia the Grevillea caleyi
Are you new? Create an account
Sign in
Username or email address
Password
Sign in
Start exploring now
Explore
Meet Your Guides
Bushland in Warringah
Plants in Duffys Forest
Animals in Duffys Forest
Threats to Duffys Forest
A Closer Look at Your School
Planning for the Future
Info Centre
For Students
For Teachers
Account
Sign in
Create an account
Forgot password?
Disclaimer
Contact Us
Send us an email

and we're going to show you how to become a Duffys Defender.

But first we wish to acknowledge the Traditional Custodians and the Spirits and ancestors of these lands on which we gather and show our respect to the Elders and all Aboriginal people

Duffys Forest is more than just a suburb, it is a unique ecosystem found primarily in Warringah.

It's so rare that it's endangered!

Some people don't know much about Duffys Forest and can hurt it without understanding the consequences.

If no one helps, Duffys Forest might be lost forever!

This is where you come in. We need you to learn about the forest so you can teach others how to help protect it!

Become a Duffys Defender today. Sign up now!

ATLAS OF LIVING AUSTRALIA CELEBRATES 40 MILLION MILESTONE

How many amphibians, arthropods or protozoa are living in your backyard? **With over 40 million specimen records now available online** in one location, you can find out! **The Atlas of Living Australia** has achieved a significant leap forward in bringing Australia's biodiversity information together online, making it easy to access and analyse.

The Atlas now provides access to over 40 million records thanks to the addition of over 700,000 specimen records from Queensland Museum and 560,000 new and updated specimen records from Museum Victoria, including 23,000 images.

"Queensland Museum's entire digitised biodiversity collections are now available online for anyone to access for any purpose, from simply admiring our country's unique and beautiful biodiversity, to figuring out how to sustain our natural environment," Queensland Museum Network CEO Professor Suzanne Miller said. "The Atlas of Living Australia provides immediate access to reliable and verifiable information about Australia's remarkable biodiversity and lets us share this information with the world."

The 40 million records available via the Atlas include specimens held in collections, observations made in the field, molecular data, literature, maps, sound recordings and photographs.

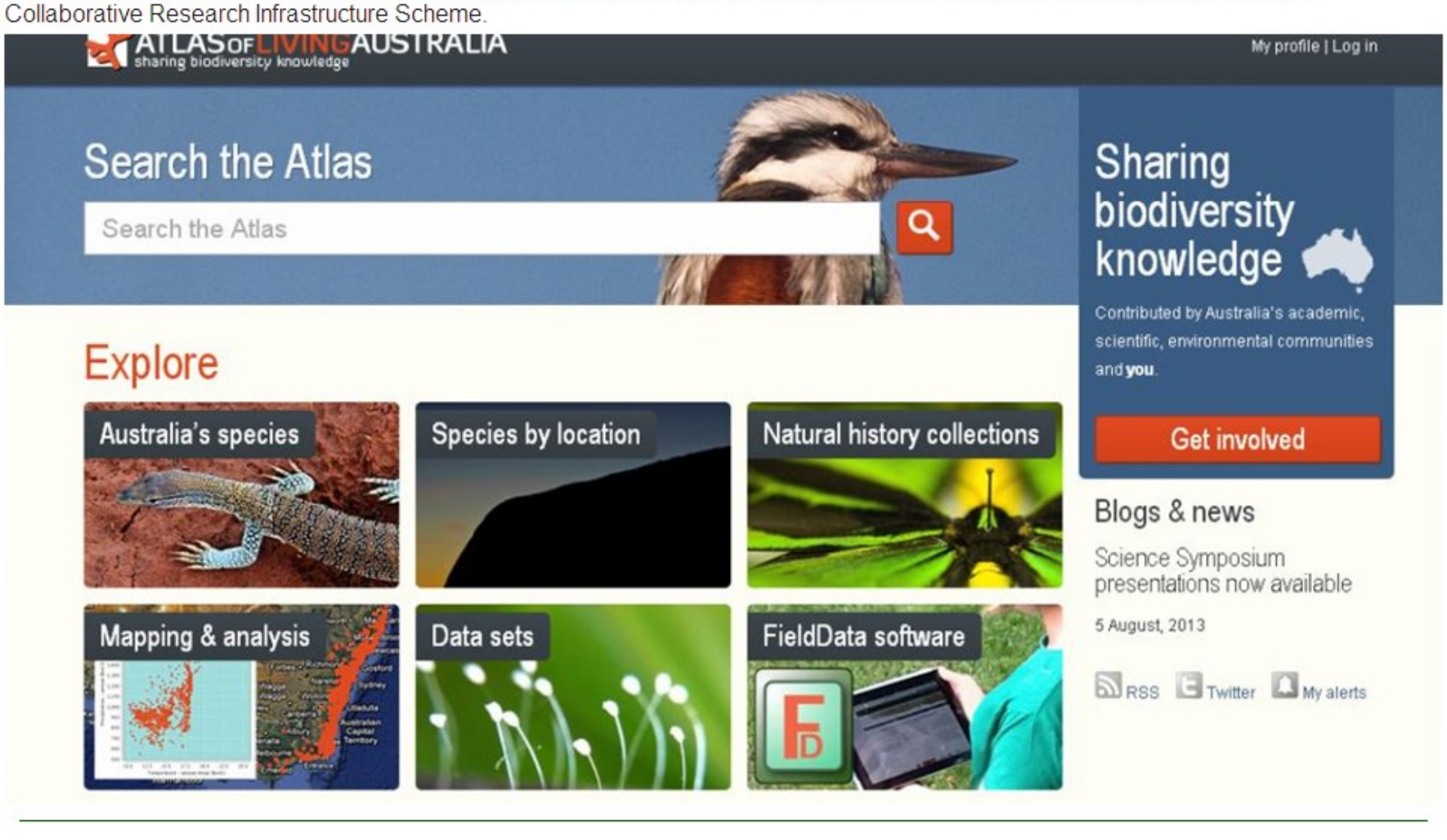
"Museum Victoria's collection dates back over 150 years. Our specimens, data and images are critical to furthering the understanding of Australia's biodiversity and we are pleased to share them with the nation through the Atlas of Living Australia," Museum Victoria CEO Dr J Patrick Greene said.

The Atlas is also calling for citizen scientists to upload their own photos and sightings of Australian species and is crowd sourcing digitisation of field notes, diaries and specimen labels held by museums and collections.

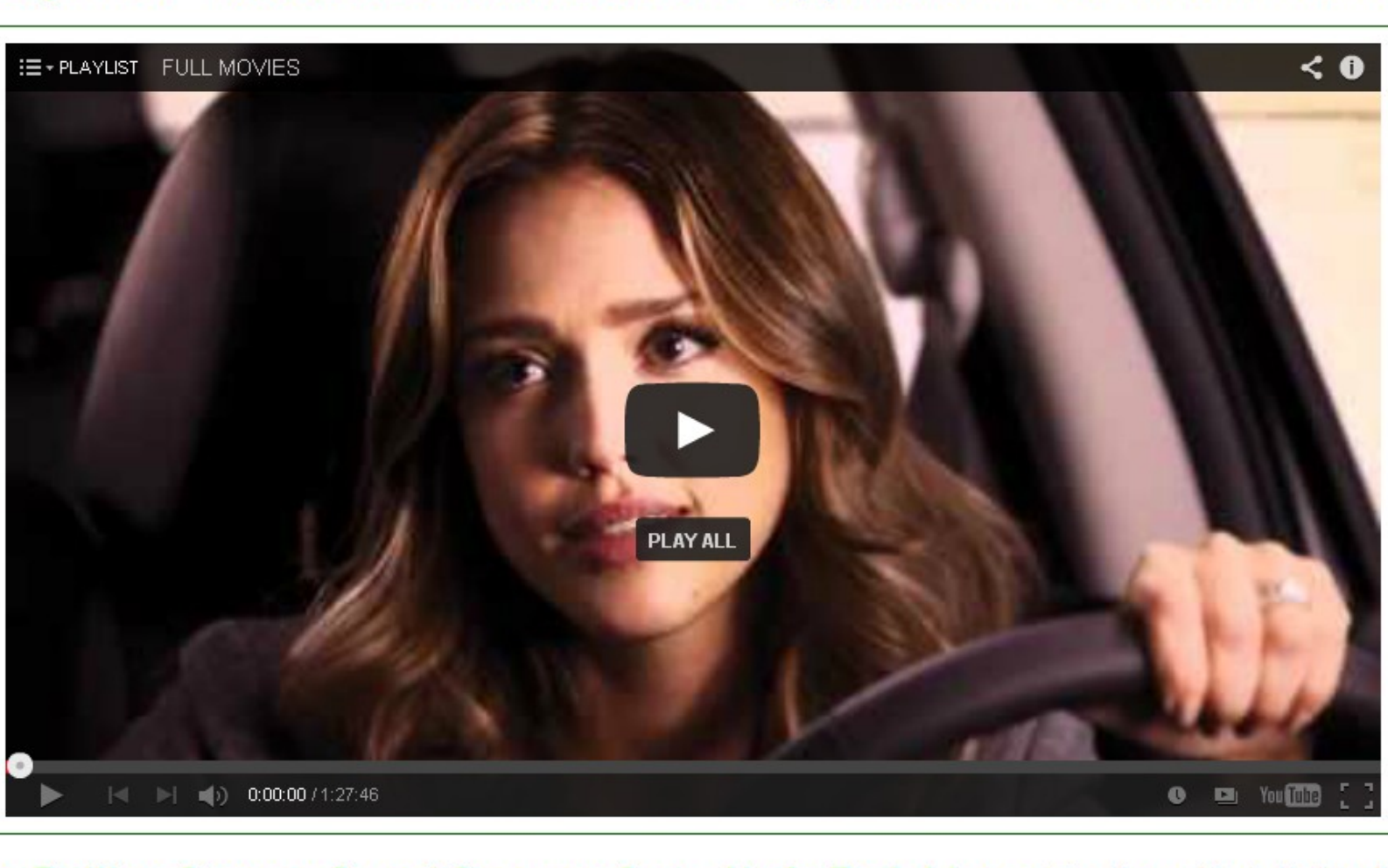
"With over half a billion records downloaded, the Atlas demonstrates the power of collecting biodiversity data once and reusing it many times over to benefit research, conservation and planning. There are still a lot of biodiversity records out there and we encourage organisations to come forward and share their data via the Atlas," Atlas of Living Australia Director Dr John La Salle said. "The records in the Atlas can be put to many uses, from simply looking up species or finding out what species occur at any location in Australia, to informing pest management, helping revegetation groups understand what species to plant and predicting species distributions in the future."

The Atlas of Living Australia is a partnership between CSIRO, Australia's museums and herbaria, biological collections, research organisations, universities and government departments.

The Atlas of Living Australia has received Australian Government contribution of $41.3 million, comprising $8.5 million from the National Collaborative Research Infrastructure Strategy program, $30 million from the Super Science Initiative and $2.8 million from the Collaborative Research Infrastructure Scheme.

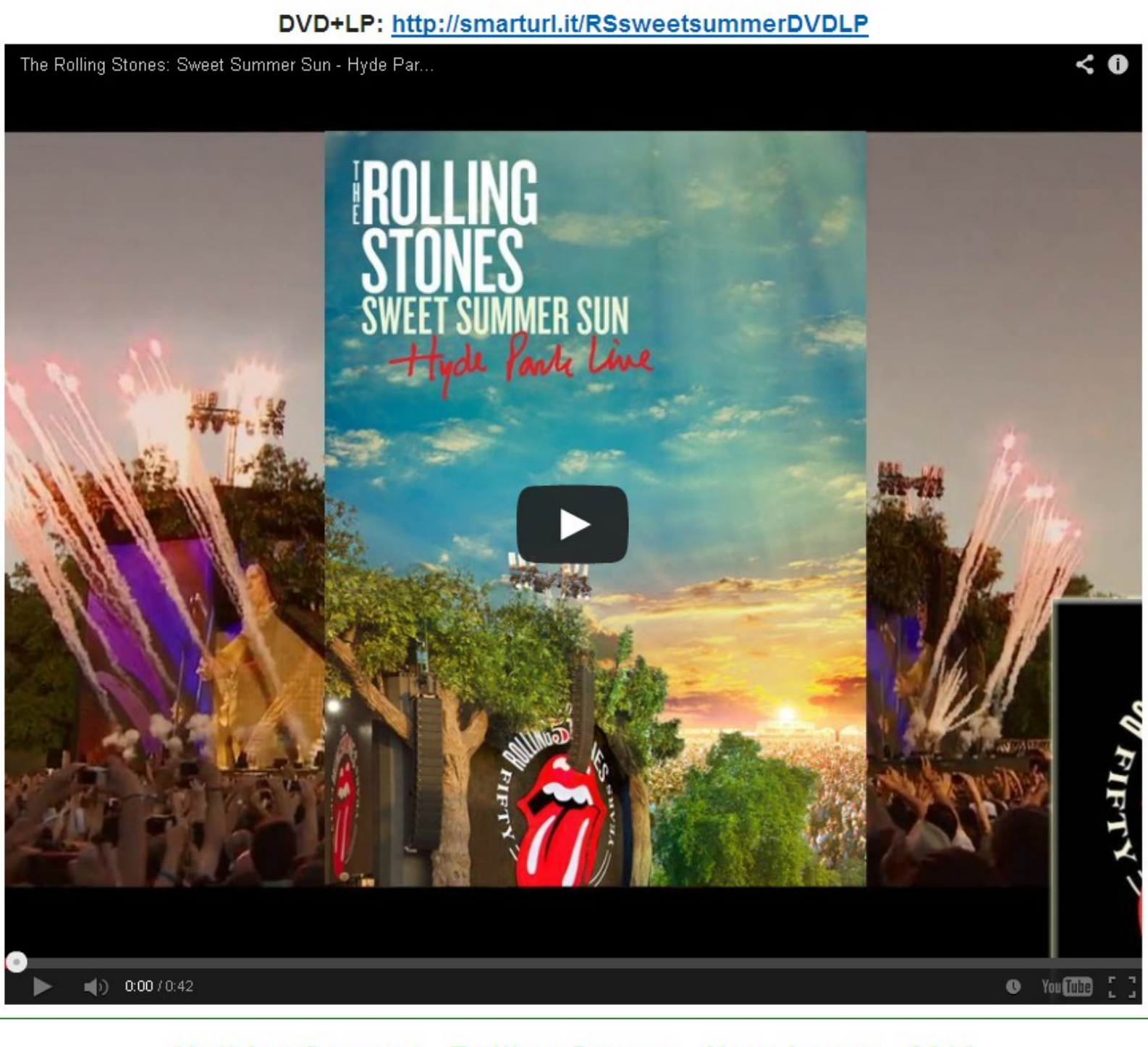

ATLAS OF LIVING AUSTRALIA
sharing biodiversity knowledge
My profile | Log in
Search the Atlas
Search the Atlas
Sharing biodiversity knowledge
Contributed by Australia's academic, scientific, environmental communities and you
Get involved
Explore
Australia's species
Species by location
Natural history collections
Mapping & analysis
Data sets
FieldData software
Blogs & news
Science Symposium presentations now available
5 August, 2013
RSS Twitter My alerts

Holiday Flick - Have a Great Two Weeks Off! - Spy Kids 4 All The Time In The World


PLAYLIST FULL MOVIES
PLAY ALL
0:00:00 / 1:27:46

The Rolling Stones: Sweet Summer Sun - Hyde Park Live ~ Trailer - Published on 18 Sep 2013

DVD: http://smarturl.it/RSsweetsummerDVD
DVD+CD: http://smarturl.it/RSsweetsummerDVDCD
DVD+LP: http://smarturl.it/RSsweetsummerDVDLP


The Rolling Stones: Sweet Summer Sun - Hyde Par...
THE ROLLING STONES
SWEET SUMMER SUN
Hyde Park Live
0:00 / 0:42

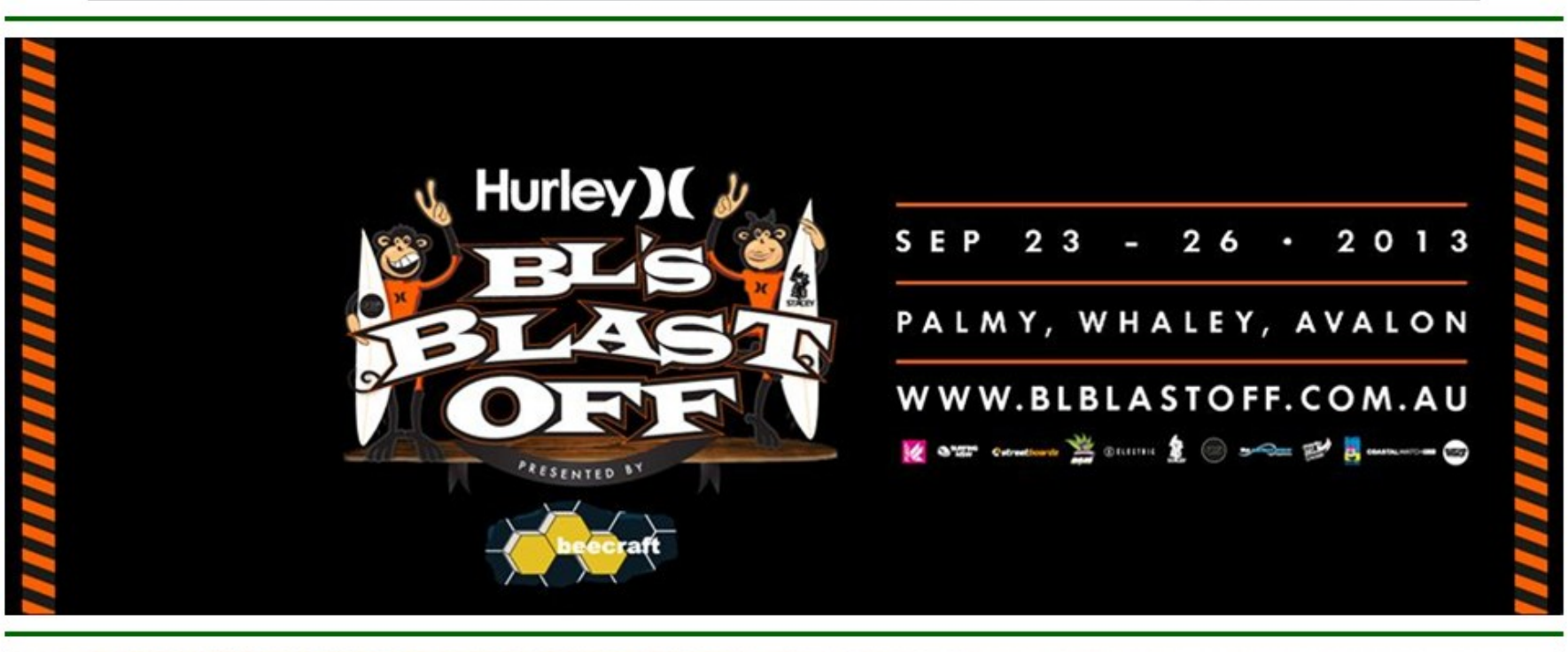
Holiday Concert - Rolling Stones - New Jersey - 2012

The Rolling Stones - Prudential Center - Newark...
0:00:00 / 2:29:49

Rolling Stones - The Second Wave - Published on 19 Jun 2013

Charting the great bands progress through the late 60's. A fascinating and entertaining documentary film. Official **WEBSITE**

Rolling Stones - The Second Wave (Full Movie)
0:00:00 / 1:19:11


Hurley
BL'S BLAST OFF
PRESENTED BY
beecraft
SEP 23 - 26 · 2013
PALMY, WHALEY, AVALON
WWW.BLBLASTOFF.COM.AU

www.clockworksentertainment.com
TOMMY EMMANUEL
Guitar Camp
21st - 24th of November 2013
3 Days and 3 Nights of Teaching
-also featuring-
Michael Fix
-and-
Steve Henderson
Sydney, Australia

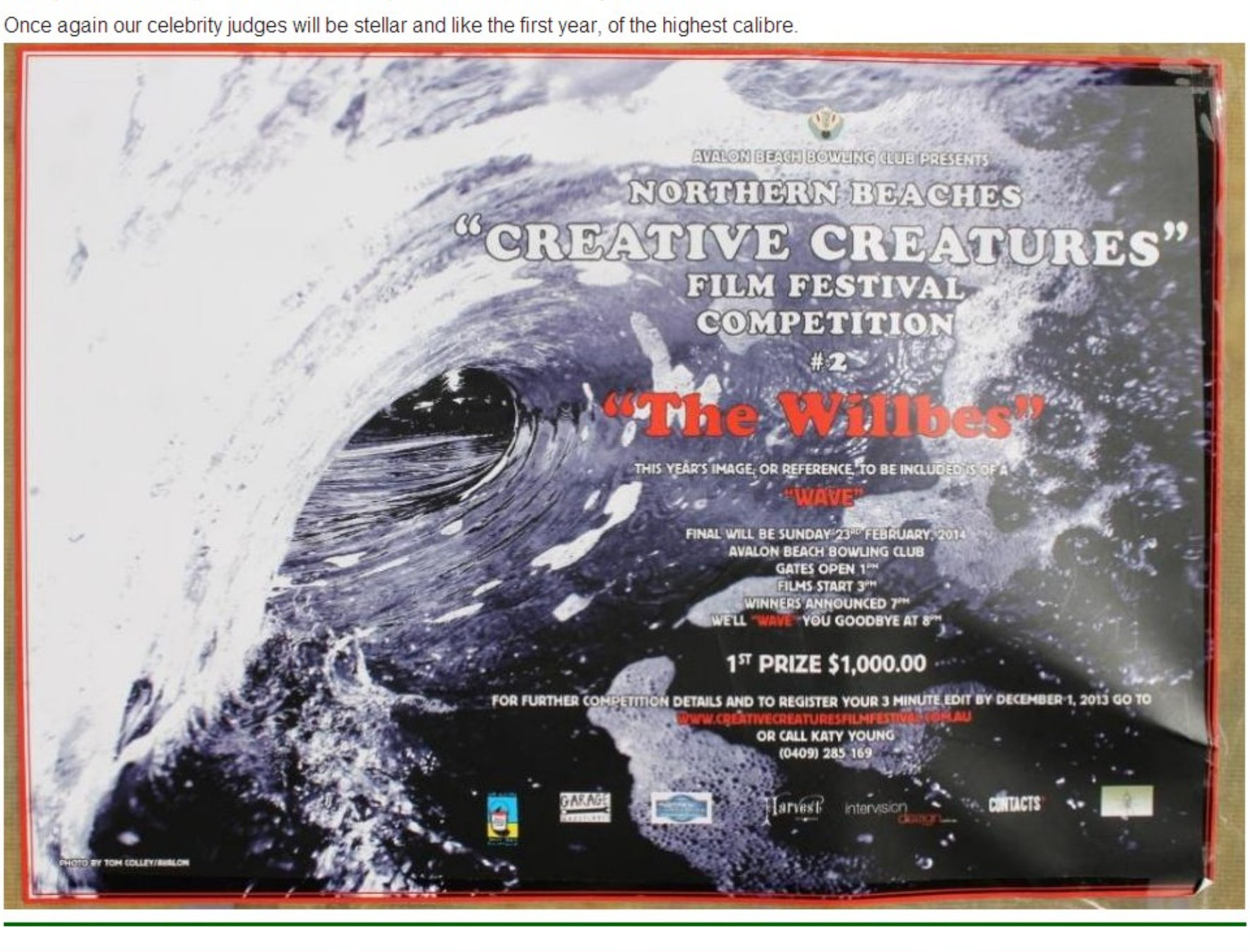
Creative Creatures Film Festival - website

First prize: $500.00 (5 – 15 Yrs entrant) then $1,000.00 For 16+ years entrants

Second prize: $350.00 (5 – 15Yrs entrants) $750.00 For 16+ years entrants

Third prize: $250.00 (5 – 15 Years entrants) then $500.00 For 16+ years entrants

Once again our celebrity judges will be stellar and like the first year, of the highest calibre.


AVALON BEACH BOWLING CLUB PRESENTS
NORTHERN BEACHES
"CREATIVE CREATURES"
FILM FESTIVAL COMPETITION
#2
"The Willbes"
THIS YEAR'S IMAGE, OR REFERENCE, TO BE INCLUDED IS OF A "WAVE"
FINAL WILL BE SUNDAY 23RD FEBRUARY, 2014
AVALON BEACH BOWLING CLUB
GATES OPEN 1PM
FILMS START 3PM
WINNERS ANNOUNCED 7PM
WE'LL "WAVE" YOU GOODBYE AT 8PM
1ST PRIZE $1,000.00
FOR FURTHER COMPETITION DETAILS AND TO REGISTER YOUR 3 MINUTE EDIT BY DECEMBER 1, 2013 GO TO WWW.CREATIVECREATURESFILMFESTIVAL.COM.AU
OR CALL KATY YOUNG (0409) 285 169
PHOTO BY TOM COLLEY/BUBLON

Pittwater Online News

September 22 - 28, 2013: Issue 129

Avalon Computer Pals for Seniors is running a free lecture demonstration on:

'Finding the right computer, iPad or tablet for you'

Tuesday 8th October - 1.30pm: Newport Community Centre, 11 The Boulevard Newport. Bookings not required.

Information 8064 3574

Tchaikovsky Flashwaltz at Hadassah Hospital c/ - Irene and John Anderson

Forty students from the Jerusalem Academy of Music and Dance took a classical approach to the flashmob as they flashwaltzed Tchaikovsky's Waltz of the Flowers at the new Sarah Wetsman Davidson Hospital Tower in Jerusalem. Doctors, patients and passers-by joined in the fun.

The surprise concert was part of **Good Deeds Day**, an annual event that originated in Israel in 2007 and now takes place in over 50 countries worldwide. On this day volunteers reach out to the less fortunate and the vulnerable.

The Academy students enjoyed the day so much that they have decided to schedule regular concerts at the hospital. Hadassah Medical Organization treats over one million patients annually, without regard to race, religion or national origin.

http://www.jamd.ac.il/ and http://www.jamd.ac.il/en

Tchaikovsky Flashwaltz at Hadassah Hospital
EXCLUSIVE: ...ATCH Tchaikovsky FLASHWALT...
HADASSAH HOSPITAL
0:00 / 5:34

National Seniors Australia welcomes New Ministers

National Seniors Australia has welcomed the appointment of Kevin Andrews as Minister for Social Services with responsibility for several aspects of ageing and Senator Mitch Fifield as Assistant Minister with responsibility for both age care and NDIS.

National Seniors chief executive Michael O'Neill said he welcomed the appointment of Andrews and Fifield to what would be a challenging role, particularly with seniors comprising a rapidly growing percentage of the population.

"As a minister in the inner Cabinet, Mr Andrews will oversee a huge and increasingly important portfolio and we wish him every success in his endeavours," O'Neill said.

Health Minister Peter Dutton would also be a key appointment, according to O'Neill.

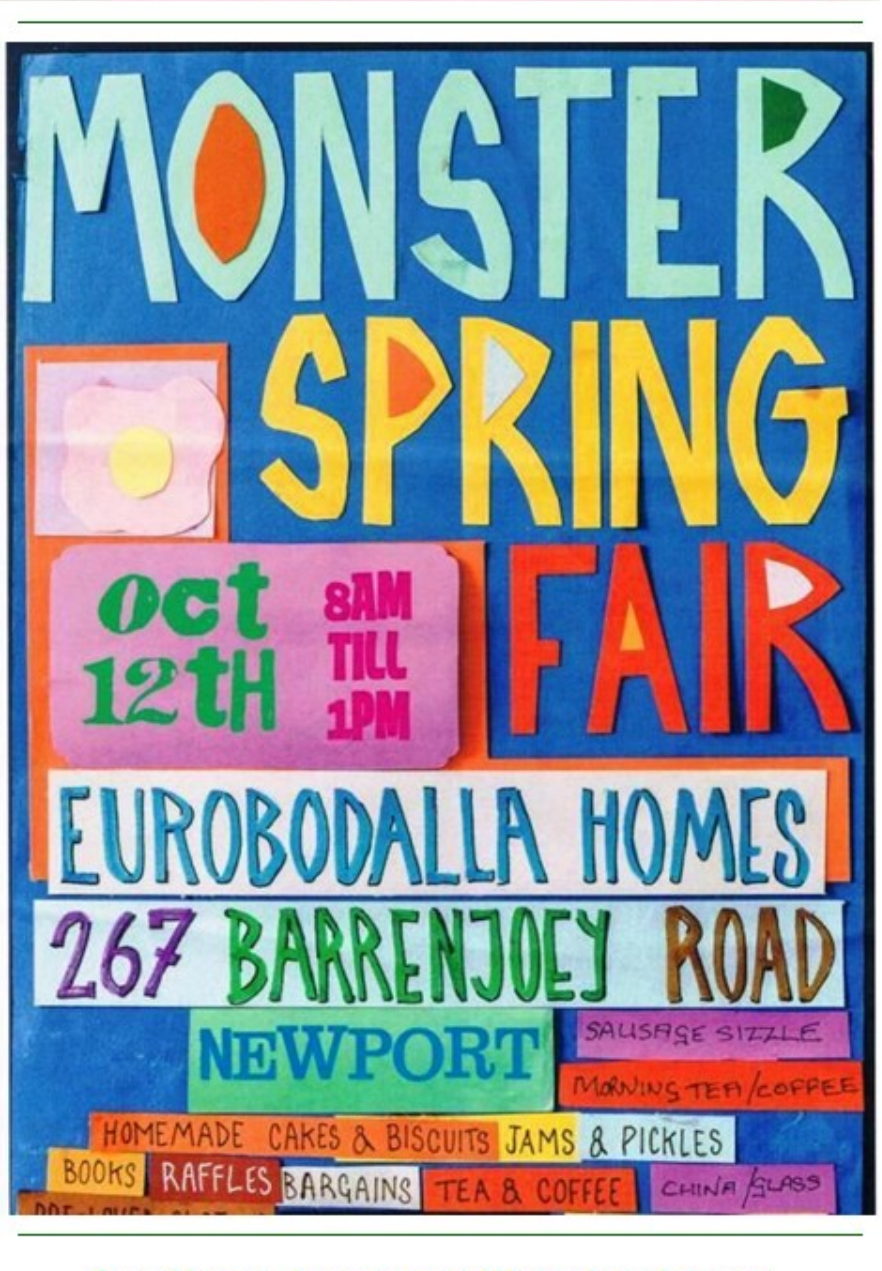
"Health, health costs, health insurance, PBS and so forth are all critical issues to the over 50s and we look forward to providing input from a consumer perspective."

O'Neill said the future would be challenging and it was likely the new government would look long and hard at policy issues and entitlements of all kinds including those involving older Australians.

"We need to ensure that all considerations have regard to a consumer perspective and that more generally, there is an understanding among ministers of the challenge that is ageing.

"I am confident that the ministers concerned will be very capable in this regard."

Never Too Old for an iPod



MONSTER SPRING FAIR
oct 12th 8AM TILL 1PM
EUROBODALLA HOMES
267 BARRENJOEY ROAD
NEWPORT
SAUSAGE SIZZLE
MORNING TEA/COFFEE
HOMEMADE CAKES & BISCUITS | JAMS & PICKLES
BOOKS | RAFFLES | BARGAINS | TEA & COFFEE | CHINA/GLASS

Cow Knows how to use Water hand-pump

OHMAGIF.COM

Give It A Go Month – courtesy ASCCA

The month of September is Give it a Go! month in NSW.

Minister for Sport and Recreation, Graham Annesley, is encouraging NSW Seniors to step outside their comfort zone during September and 'Give it a Go' at one of the State's Sport and Recreation Centres. Give it a Go month is all about encouraging seniors to get active and take part in an exciting range of programs at specially discounted prices, Mr Annesley said. Bushwalks, canoe tours and cycling - there are a host of fun and affordable activities on offer at each of our 11 Centres all of which are located in picturesque settings around the state. There is something for all budgets, with events starting at just $25 for a whole day of activities and lunch, and will be on offer for the month of September.

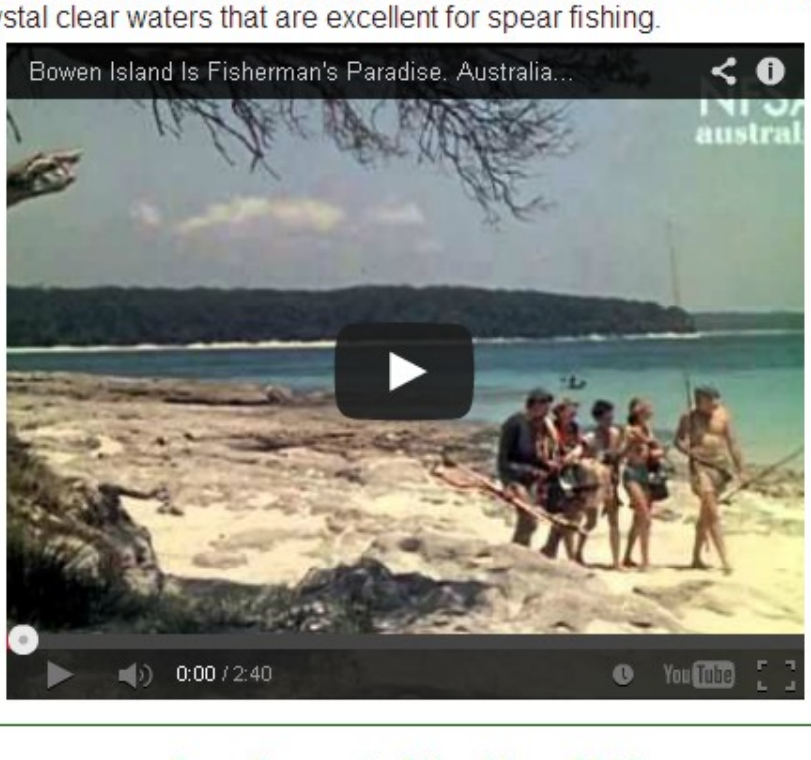
These activities will also provide a fun way to meet new people and connect with the great Australian outdoors. You can do as much as you like; all programs and

activities are flexible and alternate activities are offered to ensure everyone is catered for.

For more information or to book call 13 13 02 or visit www.dsr.nsw.gov.au/seniors/index.asp

Bowen Island Is Fisherman's Paradise. Australian Colour Diary 1 from Film Australia- Published on 19 Sep 2013

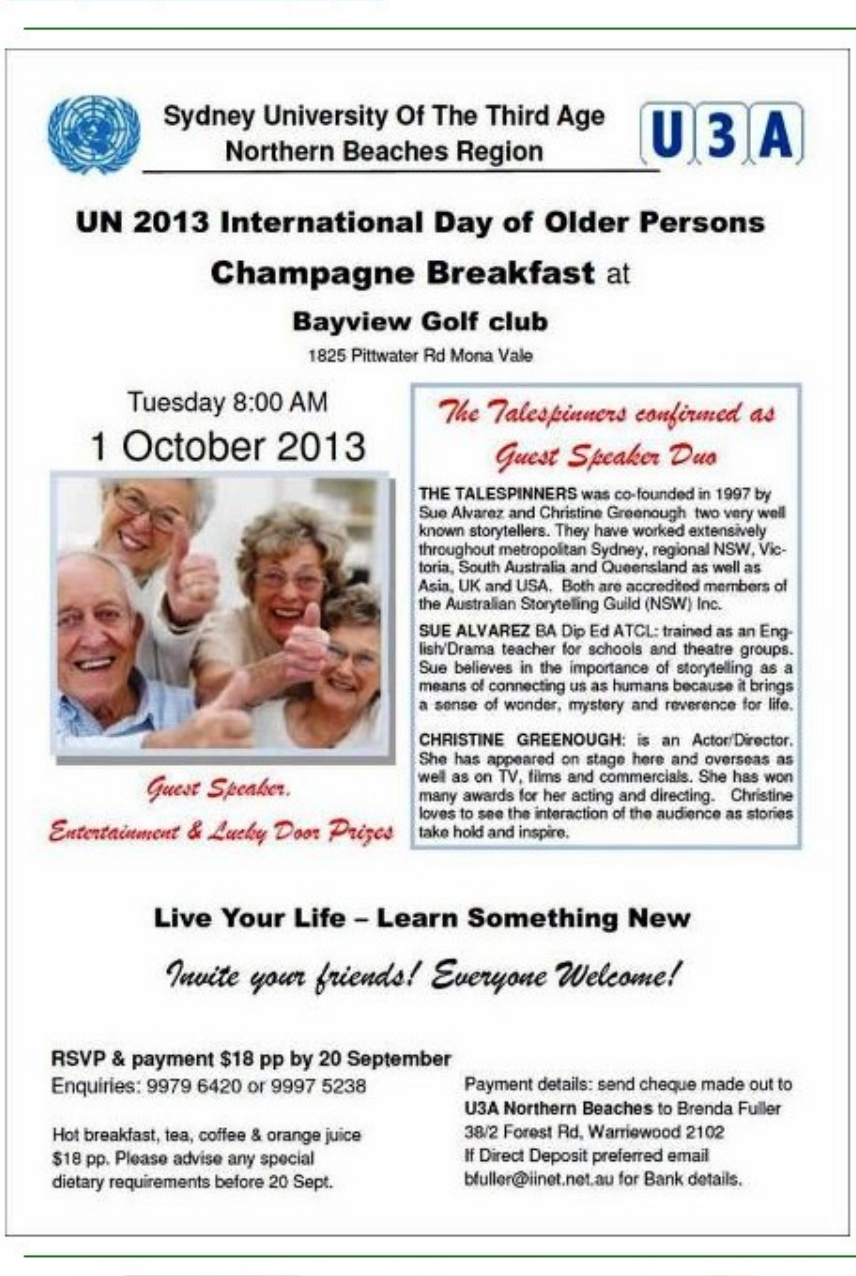
Made by The Commonwealth Film Unit 1956. Directed by Jack S Allan. A place of "piscatorial plenty", Bowen Island - off Jervis Bay south of Sydney - is one of the best fishing spots on the east coast of Australia. This short film highlights some of its attractions including crystal clear waters that are excellent for spear fishing.



Grandparent of the Year 2013

Nominations are now open for the 2013 Grandparent of the Year Awards. The Council on the Ageing NSW (COTA) is seeking nominations for **Community Grandparent of the Year**, **Grandparent Carer of the Year** and **Grand Friend of the Year**.

For more information or to nominate someone, please visit www.grandparentsday.org.au or call 02 8281 327.



Sydney University Of The Third Age
Northern Beaches Region
U3A

UN 2013 International Day of Older Persons
Champagne Breakfast at
Bayview Golf club
1825 Pittwater Rd Mona Vale

Tuesday 8:00 AM
1 October 2013

Guest Speaker.
Entertainment & Lucky Door Prizes

The Talespinners confirmed as Guest Speaker Duo

THE TALESPINNERS was co-founded in 1997 by Sue Alvarez and Christine Greenough two very well known storytellers. They have worked extensively throughout metropolitan Sydney, regional NSW, Victoria, South Australia and Queensland as well as Asia, UK and USA. Both are accredited members of the Australian Storytelling Guild (NSW) Inc.

SUE ALVAREZ BA Dip Ed ATCL: trained as an English/Drama teacher for schools and theatre groups. Sue believes in the importance of storytelling as a means of connecting us as humans because it brings a sense of wonder, mystery and reverence for life.

CHRISTINE GREENOUGH: is an Actor/Director. She has appeared on stage here and overseas as well as on TV, films and commercials. She has won many awards for her acting and directing. Christine loves to see the interaction of the audience as stories take hold and inspire.

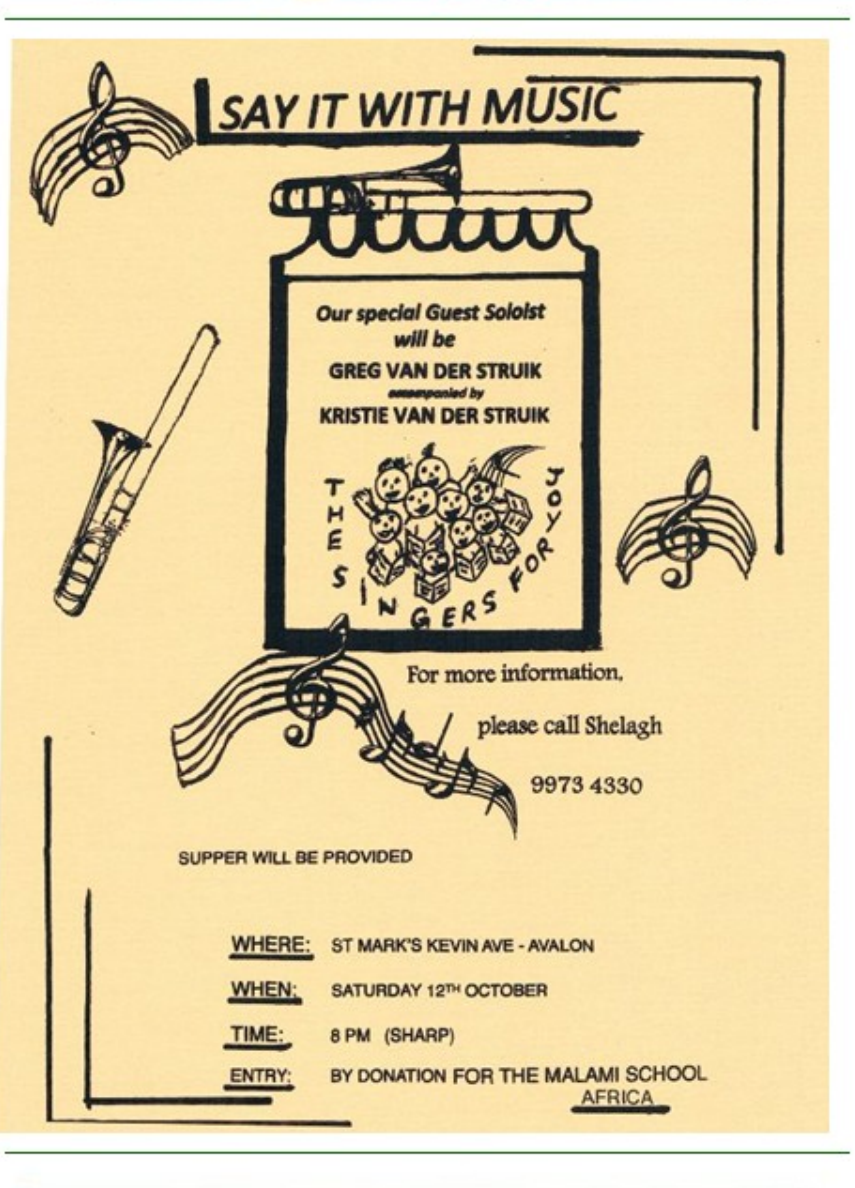
Live Your Life – Learn Something New

Invite your friends! Everyone Welcome!

RSVP & payment $18 pp by 20 September
Enquiries: 9979 6420 or 9997 5238

Hot breakfast, tea, coffee & orange juice $18 pp. Please advise any special dietary requirements before 20 Sept.

Payment details: send cheque made out to U3A Northern Beaches to Brenda Fuller
38/2 Forest Rd, Warriewood 2102
If Direct Deposit preferred email bfuller@iinet.net.au for Bank details.



SAY IT WITH MUSIC

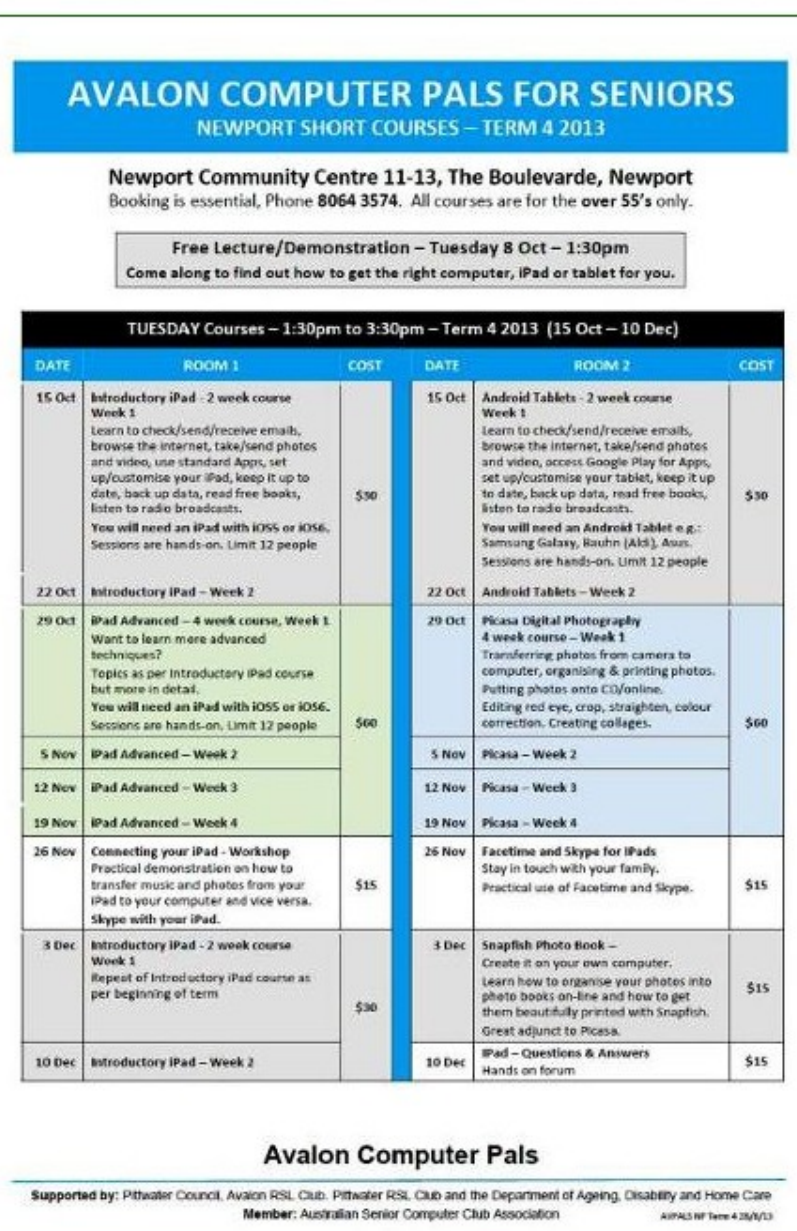
Our special Guest Soloist will be
GREG VAN DER STRUIK
accompanied by
KRISTIE VAN DER STRUIK

THE SINGERS FOR JOY

For more information,
please call Shelagh
9973 4330

SUPPER WILL BE PROVIDED

WHERE: ST MARK'S KEVIN AVE - AVALON
WHEN: SATURDAY 12TH OCTOBER
TIME: 8 PM (SHARP)
ENTRY: BY DONATION FOR THE MALAMI SCHOOL AFRICA



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013

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

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	Introductory iPad - 2 week course Week 1 Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. You will need an iPad with iOS5 or iOS6. Sessions are hands-on. Limit 12 people	$30	15 Oct	Android Tablets - 2 week course Week 1 Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. You will need an Android Tablet e.g.: Samsung Galaxy, Bauhn (Aldi), Asus. Sessions are hands-on. Limit 12 people	$30
22 Oct	Introductory iPad – Week 2		22 Oct	Android Tablets – Week 2	
29 Oct	iPad Advanced – 4 week course, Week 1 Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. You will need an iPad with iOS5 or iOS6. Sessions are hands-on. Limit 12 people	$60	29 Oct	Picasa Digital Photography 4 week course – Week 1 Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
5 Nov	iPad Advanced – Week 2		5 Nov	Picasa – Week 2	
12 Nov	iPad Advanced – Week 3		12 Nov	Picasa – Week 3	
19 Nov	iPad Advanced – Week 4		19 Nov	Picasa – Week 4	
26 Nov	Connecting your iPad - Workshop Practical demonstration on how to transfer music and photos from your iPad to your computer and vice versa. Skype with your iPad.	$15	26 Nov	Facetime and Skype for iPads Stay in touch with your family. Practical use of Facetime and Skype.	$15
3 Dec	Introductory iPad - 2 week course Week 1 Repeat of Introductory iPad course as per beginning of term	$30	3 Dec	Snapfish Photo Book – Create it on your own computer. Learn how to organise your photos into photo books on-line and how to get them beautifully printed with Snapfish. Great adjunct to Picasa.	$15
10 Dec	Introductory iPad – Week 2		10 Dec	iPad – Questions & Answers Hands on forum	$15

Avalon Computer Pals

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

OHMAGIF.COM

Voyager Enters Interstellar Space! - The Countdown #31 - Published on 19 Sep 2013

Voyager Enters Interstellar Space! - The Countd...
0:00 / 6:05

In 2007 a new discovery of gem crystal and hydrophane Opal was discovered in Ethiopia. Ethiopian Opal was found in Gondar which was at first called desert Opal but it is from a plateau in the highlands. The main field which is creating a lot of excitement now is from a field called Welo.

This is found in a plateau 2500 to 3299 meters. Only the locals are allowed to mine this field and the government has even supplied basic tools. This field produces a variety of crystals, brown base and even black material. Opals from this field are known as Ethiopian Opal from Welo.

Ethiopian Welo opal is popular as the crystal Opals from Welo Ethiopian is very bright and spectacular Opal.

The colors are very striking with red being common and blue quite rare which is the opposite to Australian Opals. Anthropologists report that around 4,000 years BC, early man used Opals to make tools, which means that Africa mined Opals before Australia.

Wingala Lapidary Club re-opened

After several weeks closed for major maintenance, Wingala Lapidary Arts and Crafts Council has reopened and members have resumed turning precious, semi-precious and common gems and stones into their own jewellery creations.

While the club was closed, repair work was undertaken by members on the flooring and workbenches. The lapidary machinery was also refurbished.

The only lapidary club on the northern beaches, Wingala is located in Harbord Park, off Wyadra Avenue, near the intersection with Oliver Street, Freshwater.

The club is open Mondays and Wednesdays from 9:30 AM to 3:30 PM and on the first and third Tuesday evening each month from 7:30 PM to 9:30 PM. New members are always welcome.

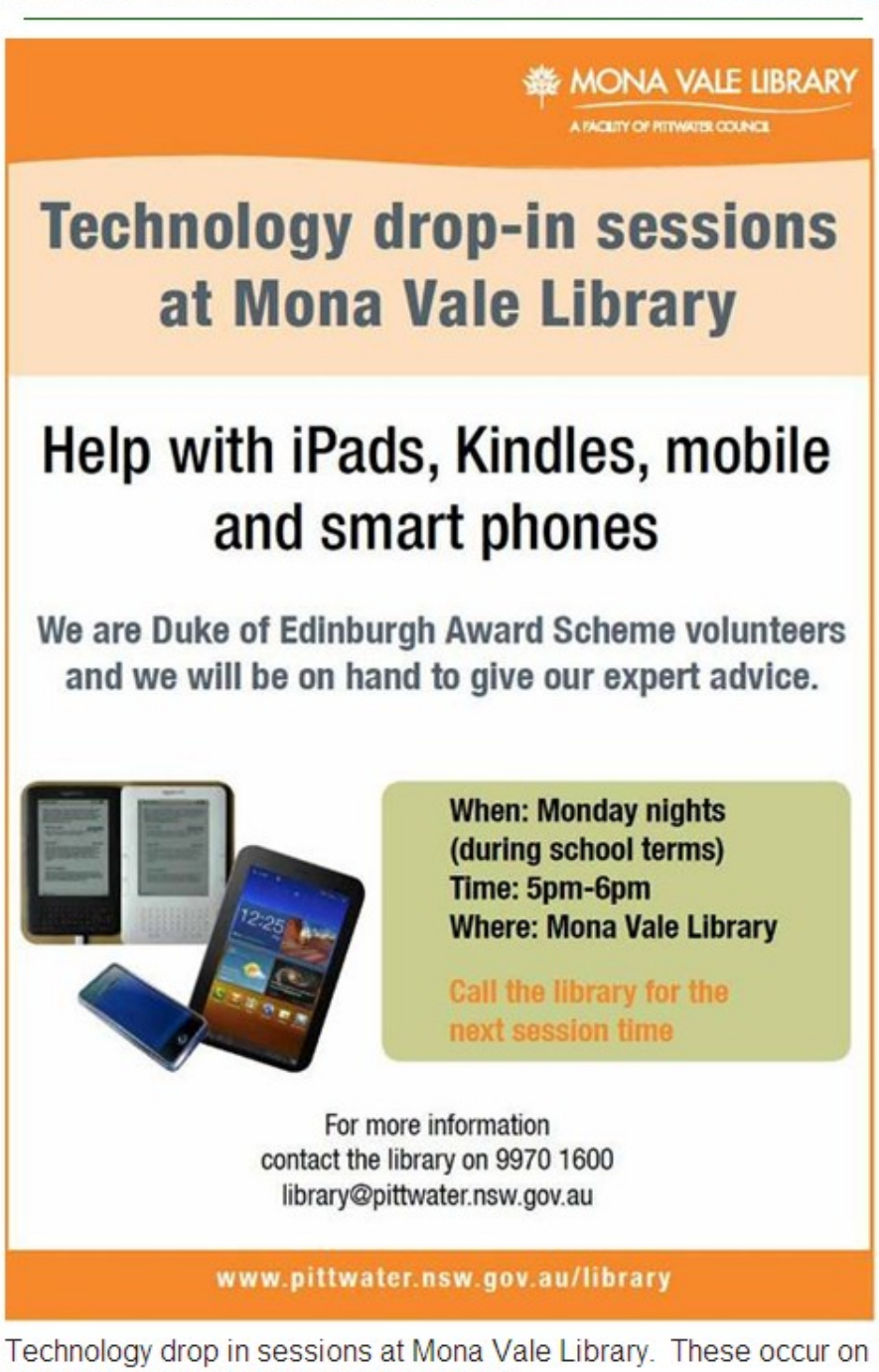
For further information, phone Ian Lee, President, on 9918 2900.

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

Profile of the Week Issue 124: Easy Transport Manly Warringah Pittwater - medical appointments, shopping trips, mystery tours and Saturday Lunch - this great non-profit organisation offers great ideas and solutions

Meanwhile...In Alaska

YIELD
TO BOAT
ON ROAD



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

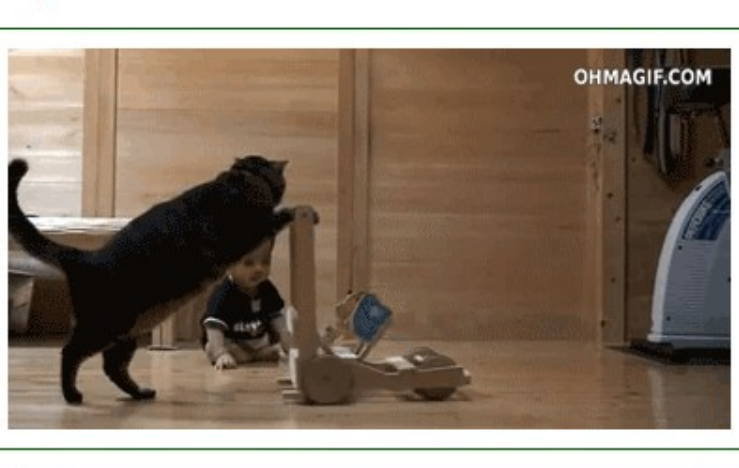
Technology drop in sessions at Mona Vale Library. These occur on Monday afternoon **during school term.**

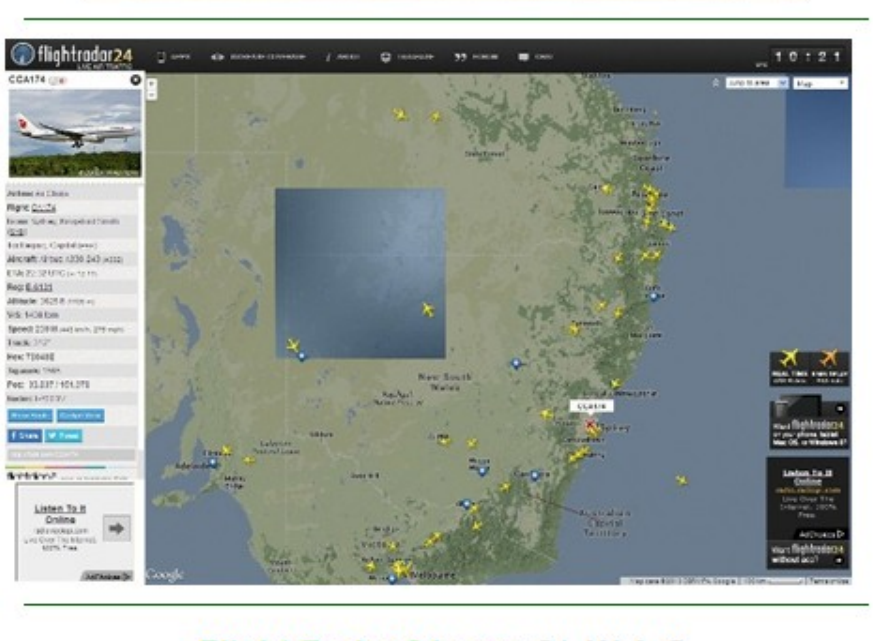
Australian Seniors Computer Clubs Association ASCCA

ASCCA is the national peak body for seniors and technology

Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant.

We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge





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

Have you ever wondered where that plane flying over head is going and what type of aircraft it is? On flightradar24.com you can do just that.

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

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

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

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

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

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

Some tricks;

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

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Contact Community Care Northern Beaches HERE:

COTA – NSW - http://cotansw.com.au/

ABOUT US

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

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

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

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

HAVE YOUR SAY!

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

Click here to complete the COTA NSW 2013 Survey.

SENIORS CARD

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

2013 Discount Directory now available - Seniors Card

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

Australian Senior PUBLICATIONS

The Senior Newspaper Online HERE

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

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

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

www.seniormovers.com.au

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

Keep your Wits About You

Memory
Problem Solving
Attention
Speed
Flexibility

A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself at: www.lumosity.com/app/v4/personalization

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

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

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

Avalon Computer Pals for Seniors

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

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

Article onAvPals Seminar

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83% of older patients return home after hospital stay - Canberra, 20 September 2013

The majority of older Australians who are admitted to hospital are able to return to their home in the community after they are discharged, according to a report released today by the Australian Institute of Health and Welfare (AIHW).

The report, Movement between hospital and residential aged care 2008-09, focuses on people aged 65 and over and includes the first analysis of the use of hospitals by people already in residential care.

AIHW spokesperson Dr Pamela Kinnear said that about 90% of the 1.1 million hospitalisations a year for older Australians were for people who lived at home in the community. Nearly all the rest were for those living in residential aged care.

'On leaving hospital, 83% of patients returned to their home in the community and 8% were discharged back to their home in residential care,' Dr Kinnear said.

'Just over 4% of patients were admitted into residential aged care or transition care when they left hospital. The remaining 5% of hospitalisations ended with the patient's death.'

Dr Kinnear said factors such as age and having dementia increased the likelihood of a person entering care after being discharged.

'People were more likely to be admitted into residential aged care than return to the community if they were in hospital for longer, were diagnosed with dementia or stroke, were older, had an unplanned hospital admission, or were in palliative care before being discharged,' Dr Kinnear said.

Aged care residents entered hospital for different reasons than older people living in the community.

'Respiratory conditions were the leading cause of admission for permanent aged care residents, while circulatory conditions were most common for people admitted from the community,' Dr Kinnear said.

Aged care residents were twice as likely as other older Australians to be admitted to hospital because of a fall (10% versus 5%).

There were just over 120,000 admissions into residential aged care nationally in 2008-09, including transfers between aged care facilities. Almost one-third of all these admissions were from hospital.

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

Full publication: ***Movement between hospital and residential aged care 2008-09***

Efficient draw-down structures needed as population ages - 16 September 2013 - from UNSW

OPINION: With the election of the new government, incoming Treasurer Joe Hockey is being asked to firm up his plans for his "Son of Wallis" root and branch review of the Australian financial system.

Certainly a big picture review of the financial system is a step worth considering. Such a review should look beyond banks to the broader interaction of the banking and other financial sectors, especially superannuation.

As the first of Australia's baby boomers turn 65 and start to retire, the challenges presented by population ageing will crystallise. There is still much to be done to address these challenges.

Australia's superannuation system comprises three pillars – means tested pension, compulsory savings, and voluntary savings – and is, from a government expenditure perspective, one of the most sustainable retirement income systems in the world. Commonwealth expenditure on pensions is projected to increase from 2.7 per cent of gross domestic product in 2010 to 3.9 per cent of GDP, compared to an OECD average of 8.4 per cent in 2010 and 11.4 per cent in 2050.

But the retirement income system in Australia is a bridge part built. Part of its sustainability is due to the system's focus on protecting those on low incomes through the age pension. The role of superannuation should be to replace earnings for people across the income distribution. But the remarkable success in accumulating super assets has not been matched by structures that will allow super to be efficiently drawn down as a reliable income stream.

Total estimated superannuation assets reached $1.62 trillion in the June 2013 quarter, an increase of 15.5 per cent over the previous 12 months. Some of that increase has been due to solid returns, but much of it is related to contributions exceeding benefit payments. It indicates the system is still maturing. As more baby boomers retire and the population ages over the next couple of decades, asset withdrawal will become a greater part of the picture. This is the part of the bridge that Australia still needs to build.

MORE SUPPORT NEEDED

The financial products that will allow superannuation benefits to provide steady income streams, such as those featuring lifetime or deferred longevity insurance, are lacking. For innovative longevity insurance products to flourish, governance and regulatory support for this market must be carefully developed to be in tune with products which will support consumer needs.

While the previous government's Cooper Review made strides in making the accumulation phase more efficient and implementing an accumulation default, there has been little thinking about products and defaults for the stage when funds need to provide income.

As life expectancy in later life, that is our life expectancy from 50, continues to rise, the continued sustainability and efficacy of our retirement income system depends on a closer examination of the draw-down phase.

Should Australia follow the example of Singapore, where mandated savings at a certain level translate to a certain level of mandated annuity? Or, perhaps we should look to Chile, where annuitisation is voluntary but well supported, and permits a combination of a deferred life annuity and programmed withdrawal. This arrangement, suggested by a group of us in Australia more than 10 years ago, can help negotiate the balance between flexibility and security at the time of retirement.

Is the age pension sufficient in providing income insurance for all people all of the time? And if not, then what should be the product options? And how can policy help to bring them to market?

The next stage of Australia's superannuation success story should be about how it provides actual retirement income though a thriving financial retirement products market. A financial sector review that answers questions and addresses concerns about the draw-down phase of super would be a welcome start.

Professor John Piggott is director of the ARC Centre of Excellence in Population Ageing Research (CEPAR) at UNSW's Australian School of Business.

This opinion piece first ran in the Australian Financial Review

Gala concerts

Premier's Gala Concerts

The Premier's Gala Concerts are free concerts for seniors, presented by the NSW Government. The Government has announced some changes to these concerts.

The Seniors Week concerts will continue to be held at the Sydney Entertainment Centre and will be expanded from three concerts to five concerts, allowing up to 50,000 seniors to attend.

A community Christmas Concert will tour to various regional and/or outer metropolitan locations. This concert tour will replace the Christmas concerts previously held in Sydney.

These changes will provide more seniors across Sydney and NSW the opportunity to experience the concerts.

Seniors concerts to be shared across NSW

2013 Christmas Concerts

Instead of concerts in inner Sydney, a community Christmas concert will tour to various locations. The locations of these concerts will change each year.

Venues and ticketing information for these concerts have not yet been confirmed. Further information on the Christmas concerts, including venues and ticketing details, will be available from late September 2013 on this website and the Concerts Information Line 1300 855 501. (Note - please do not contact Ticketmaster)

2014 Seniors Week Concerts

The 2014 Premier's Seniors Week Gala Concerts will be held from 18 - 20 March 2014 at the Sydney Entertainment Centre.

Five concerts will be held over three days: Tuesday 18 March (2 concerts), Wednesday 19 March (2 concerts) and Thursday 20 March (1 concert). Group ticket applications for the 2014 Seniors Week concerts will be posted to all registered groups by early December 2013. Tickets for individuals are expected to be available in early February 2014, similar to previous years. Ticketing details will be announced in mid December 2013.

Further information on the Seniors Week concerts will be available from mid December 2013 on the Seniors Week website and the Concerts Information Line 1300 855 501. (Note - please do not contact Ticketmaster)

Further information

The Seniors Week website will continue to be updated with venue, ticketing and other concerts information as it becomes available.

For any general enquiries, please call the Concerts Information Line on 1300 855 501 (cost of a local call) or email swfeedback@facs.nsw.gov.au

Registered groups can call the Premier's Gala Concerts Groups Information Office on 1300 361 106 (cost of a local call) or email groupsconcert@facs.nsw.gov.au

15th Australian Computer Conference for Seniors

Tuesday 12 & Wednesday 13 November, 2013 - 15th Annual ASCCA Computer Conference for Seniors to be held at Rydges World Square Hotel, Pitt Street, Sydney.

Make sure to put these dates in your diary NOW - we are pleased to be able to keep the costs the same as last year! We look forward to seeing you there!

Our speakers understand and engage with their audience and are generous in donating their time. We learn so much and are enthused by what we hear and learn. See our 2013 Speakers on the ASCCA Website www.ascca.org.au

Grandparents Day Website

Grandparents have a unique role. They don't just connect us to the values, stories and histories of our families, but to the values, stories and histories of our communities.

In 2011 the NSW State Government chose to recognise the contributions that grandparents make by launching Grandparents Day. Each year, Grandparents Day will be celebrated in NSW on the last Sunday of October.

This year, Grandparents Day is on **Sunday 27 October**, and community groups and councils around NSW are planning their Grandparents Day events. Visit the Grandparents Day website to find out how you can involved involved in Grandparents Day this year.

Grandparents Day Grants

COTA NSW is offering grants of up to $1000 to help you run your event. These grants are designed to help local community, sporting or social groups hold events in their communities.

Apply for a NSW Grandparents Day grant now. Grant applications will **close on Friday 6 September 2013**

Attend an event in your local area.

Promote your own event.

Download resources for your event.

Nominate a grandparent for the NSW Grandparent of the Year Awards.

- See more at: http://cotansw.com.au/2012/08/grandparents-day-website/#sthash.E6DKAEwC.dpuf

The Internet Craftsmanship Museum

Use the navigation bar at the top or scroll down to visit our site featuring the best craftsmen from around the world and their miniature projects in metal and wood! **ONLINE Museum**

The Craftsmanship Museum in Carlsbad, CA

The Craftsmanship Museum moved from Vista to Carlsbad, CA in early 2011. It is now open to the public 4 days a week and admission is free. This video takes you on a brief tour of the new facility and shows some of the fine miniature craftsmanship on display. Featured are miniature engines, vehicles, guns, clocks, tools and more. For those who can't visit the museum in person, a link to the on-line version is also provided in the video. Sponsored by the Joe Martin Foundation for Exceptional Craftsmanship, the museum honors the work of the world's best metal and wood working craftsman for their work at the small end of the size scale.

The Craftsmanship Museum in Carlsbad, CA
0:00 / 6:48

Health papers published this week:

Copper Bracelets, Magnetic Wrist Straps Fail to Help Rheumatoid Arthritis

Sep. 16, 2013 — Copper bracelets and magnet wrist straps have no real effect on pain, swelling, or disease progression in rheumatoid arthritis, according to new findings from a study conducted at the University of York.

In the first randomised controlled trial to study the effects of copper bracelets and magnetic wrist straps on rheumatoid arthritis, 70 patients with active symptoms each wore four different devices over a five-month period, reporting on their pain, disability, and medication use throughout the study. Participants also provided blood samples, after wearing each device for five weeks, in order to monitor changes in inflammation.

The research published in *PLOS ONE*, show that both the standard magnetic wrist strap and the copper bracelet provided no meaningful therapeutic effects beyond those of a placebo, which was not magnetic and did not contain copper.

Dr Stewart Richmond, a Research Fellow in the Department of Health Sciences at York, who led the study, said: "It's a shame that these devices don't seem to have any genuine benefit. They're so simple and generally safe to use. But what these findings do tell us is that people who suffer with rheumatoid arthritis may be better off saving their money, or spending it on other complementary interventions, such as dietary fish oils for example, which have far better evidence for effectiveness. Warning people who suspect they may have rheumatoid arthritis to consult their GP and seek early medical treatment, rather than placing faith in such devices, is also important in helping to avoid long-term joint damage resulting from uncontrolled inflammation."

Dr Richmond suggests there are two main reasons why wearers sometimes report benefit: "Firstly, devices such as these provide a placebo effect for users who believe in them; secondly, people normally begin wearing them during a flare up period and then as their symptoms subside naturally over time they confuse this with a therapeutic effect. Pain varies greatly over time in conditions like rheumatoid arthritis, and the way we perceive pain can be altered significantly by the power of the mind."

Magnet therapy is often privately used for the management of chronic pain, with estimated worldwide annual sales of devices exceeding one billion US dollars. The practice of wearing copper bracelets to combat rheumatism has been popular since the 1970s. An earlier study by Dr Richmond and his colleagues, published in 2009, threw doubt on the effectiveness of such devices for osteoarthritis. The present study builds on and extends these findings.

Stewart J. Richmond, Shalmini Gunadasa, Martin Bland, Hugh MacPherson. **Copper Bracelets and Magnetic Wrist Straps for Rheumatoid Arthritis – Analgesic and Anti-Inflammatory Effects: A Randomised Double-Blind Placebo Controlled Crossover Trial.** PLoS ONE, 2013; 8 (9): e71529 DOI: 10.1371/journal.pone.0071529

Lifestyle Changes May Lengthen Telomeres, a Measure of Cell Aging

Sep. 16, 2013 — A small pilot study shows for the first time that changes in diet, exercise, stress management and social support may result in longer telomeres, the parts of chromosomes that affect aging.

It is the first controlled trial to show that any intervention might lengthen telomeres over time.

The study will be published online on Sept. 16, 2013 in *The Lancet Oncology*.

The study was conducted by scientists at UC San Francisco and the Preventive Medicine Research Institute, a nonprofit public research institute in Sausalito, Calif. that investigates the effect of diet and lifestyle choices on health and disease. The researchers say they hope the results will inspire larger trials to test the validity of the findings.

"Our genes, and our telomeres, are not necessarily our fate," said lead author Dean Ornish, MD, UCSF clinical professor of medicine, and founder and president of the Preventive Medicine Research Institute.

"So often people think 'Oh, I have bad genes, there's nothing I can do about it,'" Ornish said. "But these findings indicate that telomeres may lengthen to the degree that people change how they live. Research indicates that longer telomeres are associated with fewer illnesses and longer life."

Telomeres are the protective caps on the ends of chromosomes that affect how quickly cells age. They are combinations of DNA and protein that protect the ends of chromosomes and help them remain stable. As they become shorter, and as their structural integrity weakens, the cells age and die quicker.

In recent years, shorter telomeres have become associated with a broad range of aging-related diseases, including many forms of cancer, stroke, vascular dementia, cardiovascular disease, obesity, osteoporosis and diabetes.

For five years, the researchers followed 35 men with localized, early-stage prostate cancer to explore the relationship between comprehensive lifestyle changes, and telomere length and telomerase activity. All the men were engaged in active surveillance, which involves closely monitoring a patient's condition through screening and biopsies.

Ten of the patients embarked on lifestyle changes that included: a plant-based diet (high in fruits, vegetables and unrefined grains, and low in fat and refined carbohydrates); moderate exercise (walking 30 minutes a day, six days a week); stress reduction (gentle yoga-based stretching, breathing, meditation). They also participated in weekly group support.

They were compared to the other 25 study participants who were not asked to make major lifestyle changes.

The group that made the lifestyle changes experienced a "significant" increase in telomere length of approximately 10 percent. Further, the more people changed their behavior by adhering to the recommended lifestyle program, the more dramatic their improvements in telomere length, the scientists learned.

By contrast, the men in the control group who were not asked to alter their lifestyle had measurably shorter telomeres - nearly 3 percent shorter - when the five-year study ended. Telomere length usually decreases over time.

The researchers say the findings may not be limited to men with prostate cancer, and are likely to be relevant to the general population.

"We looked at telomeres in the participants' blood, not their prostate tissue," said Ornish.

The new study is a follow up to a similar, three-month pilot investigation in 2008 in which the same participants were asked to follow the same lifestyle program. After three months, the men in the initial study exhibited significantly increased telomerase activity. Telomerase is an enzyme that repairs and lengthens telomeres.

The new study was designed to determine if the lifestyle changes would affect telomere length and telomerase activity in these men over a longer time period.

"This was a breakthrough finding that needs to be confirmed by larger studies," said co-senior author Peter R. Carroll, MD, MPH, professor and chair of the UCSF Department of Urology.

"Telomere shortening increases the risk of a wide variety of chronic diseases," Carroll said. "We believe that increases in telomere length may help to prevent these conditions and perhaps even lengthen lifespan."

Dean Ornish et al. **Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study.** The Lancet Oncology, 17 September 2013 DOI: 10.1016/S1470-2045(13)70366-8

Hospital Study Finds Connection Between Dementia, Delirium and Declining Health

Sep. 16, 2013 — More than half of all patients with pre-existing dementia will experience delirium while hospitalized. Failing to detect and treat their delirium early leads to a faster decline of both their physical and mental health, according to health researchers.

"This study is important, as delirium is often overlooked and minimized in the hospital setting, especially in persons with dementia," said Donna M. Fick, Distinguished Professor of Nursing at Penn State and principal investigator for this study. "And it illustrates that delirium is deadly, costly and impacts patient functioning."

The researchers followed 139 hospitalized adults, ages 65 and older, with dementia and found that the patients who developed delirium had a 25 percent chance of dying within 30 days, as reported in the current issue of the *Journal of Hospital Medicine*.

Dementia is an irreversible, progressive condition that affects cognitive and physical function. Symptoms usually occur over months to years and can include memory loss, inability to solve simple problems, difficulties with language and thinking, personality and behavior changes and other mental problems.

Delirium, on the other hand, is a reversible cognitive condition that comes on quickly and if caught and treated early can be resolved. Many of the symptoms of delirium may appear similar to dementia, but signs such as marked inattention and sleepiness or hyperactivity can help differentiate delirium from dementia.

Fick and colleagues focused on this combination of disorders, known as delirium superimposed on dementia (DSD), in this study. The researchers found a 32 percent incidence of new delirium in the hospitalized patients with dementia. These patients stayed in the hospital about four days longer than patients without delirium, and also had a reduced level of physical and mental ability when they left the hospital and at follow-up visits one month later. Additionally, patients with DSD were more likely to have died a month after their hospital stay.

Previous studies have found the cost of delirious episodes rivals those for diabetes and heart disease. Decreasing the length of stay by just one day would save more than $20 million in health care costs per year.

Common causes of delirium are infections, dehydration and medication changes. A third of the patients in this study arrived at the hospital dehydrated.

"Preventing delirium is important because we want to discharge patients at their baseline or improved functioning," said Fick. "We do not want them to go home with worse functioning than when they came into the hospital."

The goal of the researchers is to help practitioners recognize and treat delirium in patients with DSD as early as possible, helping to improve quality of life for the patient.

Donna M. Fick, Melinda R. Steis, Jennifer L. Waller, Sharon K. Inouye. **Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults.** Journal of Hospital Medicine, 2013; 8 (9): 500 DOI: 10.1002/jhm.2077

Use of Cognitive Enhancers Discouraged in Some Patients

Sep. 16, 2013 — Cognitive enhancers - drugs taken to enhance concentration, memory, alertness and moods - do not improve cognition or function in people with mild cognitive impairment in the long term, according to a new study by researchers at St. Michael's Hospital.

In fact, patients on these medications experienced significantly more nausea, diarrhea, vomiting and headaches, according to the study published today in the Canadian Medical Association Journal.

"Our findings do not support the use of cognitive enhancers for mild cognitive impairment," wrote Dr. Andrea Tricco and Dr. Sharon Straus, who are both scientists in the hospital's Li Ka Shing Knowledge Institute. Dr. Straus is also a geriatrician at the hospital.

Mild cognitive impairment is a condition characterized by memory complaints without significant limitations in everyday activity. Between 3 and 42 per cent of people are diagnosed with the condition each year, about 4.6 million people worldwide. Each year about 3 to 17 per cent of people with mild cognitive impairment will develop dementia, such as Alzheimer's disease. Given the aging population, it's estimated the number of Canadians with dementia will double to more than 1 million in the next 25 years.

It has been hypothesized that cognitive enhancers may delay the onset of dementia. Families and patients are increasingly requesting these drugs even though their efficacy for patients with mild cognitive impairment has not been established. In Canada, cognitive enhancers can be obtained only with special authorization.

Drs. Tricco and Straus conducted a review of existing evidence to understand the efficacy and safety of cognitive enhancers. They looked at eight randomized trials that compared one of four cognitive enhancers (donepezil, rivastigmine, galantamine or memantine) to a placebo among patients diagnosed with mild cognitive impairment.

While they found short-term benefits to using these drugs on one cognition scale, there were no long-term effects after about a year and a half. No other benefits were observed on the second cognition scale or on function, behaviour, and mortality. As well, patients on these medications experienced significantly more nausea, diarrhea, vomiting and headaches. One study also found a higher risk of a heart condition known as bradycardia (slow heartbeat) among patients who received galantamine.

"Our results do not support the use of cognitive enhancers for patients with mild cognitive impairment," the authors wrote. "These agents were not associated with any benefit and led to an increase in harms. Patients and their families should consider this information when requesting these medications. Similarly, health care decision-makers may not wish to approve the use of these medications for mild cognitive impairment, because these drugs might not be effective and are likely associated with harm."

Andrea C. Tricco, Charlene Soobiah, Shirra Berliner, Joanne M. Ho, G. David Batty, Carmen H. Ng, Huda M. Ashoor, Maggie H. Chen, Brenda Hemmelgarn, Sharon E. Straus. **Efficacy and safety of cognitive enhancers for patients with mild cognitive impairment: a systematic review and meta-analysis.** Canadian Medical Association Journal, September 2013 DOI: 10.1503/cmaj.130451

Scientists Reveal How Beta-Amyloid May Cause Alzheimer's

Sep. 19, 2013 — Scientists at the Stanford University School of Medicine have shown how a protein fragment known as beta-amyloid, strongly implicated in Alzheimer's disease, begins destroying synapses before it clumps into plaques that lead to nerve cell death.

Key features of Alzheimer's, which affects about 5 million Americans, are wholesale loss of synapses - contact points via which nerve cells relay signals to one another - and a parallel deterioration in brain function, notably in the ability to remember.

"Our discovery suggests that Alzheimer's disease starts to manifest long before plaque formation becomes evident," said Carla Shatz, PhD, professor of neurobiology and of biology and senior author of a study that will be published Sept. 20 in *Science*.

Investigators at Harvard University also contributed to the study. The research, conducted in mice and in human brain tissue, may help to explain the failures in recent years of large-scale clinical trials attempting to slow the progression of Alzheimer's by pharmacologically ridding the brain of amyloid plaques. It may also point the way to better treatments at earlier stages of the disease.

Beta-amyloid begins life as a solitary molecule but tends to bunch up - initially into small clusters that are still soluble and can travel freely in the brain, and finally into the plaques that are hallmarks of Alzheimer's. The study showed for the first time that in this clustered form, beta-amyloid can bind strongly to a receptor on nerve cells, setting in motion an intercellular process that erodes their synapses with other nerve cells.

Synapses are the connections between nerve cells. They are essential to storing memories, processing thoughts and emotions, and planning and ordering how we move our bodies. The relative strength of these connections, moreover, can change in response to new experiences.

Using an experimental mouse strain that is highly susceptible to the synaptic and cognitive impairments of Alzheimer's disease, Shatz and her colleagues showed that if these mice lacked a surface protein ordinarily situated very close to synapses, they were resistant to the memory breakdown and synapse loss associated with the disorder. The study demonstrated for the first time that this protein, called PirB, is a high-affinity receptor for beta-amyloid in its "soluble cluster" form, meaning that soluble beta-amyloid clusters stick to PirB quite powerfully. That trips off a cascade of biochemical activities culminating in the destruction of synapses.

Shatz is the Sapp Family Provostial Professor, as well as the director of Bio-X, a large Stanford interdisciplinary consortium drawing on medical, engineering and biology faculty. She has been studying PirB for many years, but in a different context. In earlier work, Shatz explored the role of PirB in the brain using genetically engineered mice that lacked it. She discovered that PirB, previously thought to be used only by cells in the immune system, is also found on nerve cells in the brain, where it slows the ability of synapses to strengthen in proportion to the extent to which they are engaged, and actually promotes their weakening. Such brakes are desirable in the brain because too-easy synaptic strength-shifting could trigger untoward consequences like epilepsy.

In the new study, Shatz's team employed a different genetically engineered mouse strain whose genome contained mutant copies of two separate human genes. Each of these mutations is known to predispose individuals to Alzheimer's disease. When both mutations are present in mice, which ordinarily never develop amyloid plaques, the result is abundant amyloid plaque deposition with advancing age, as well as an eventual decline in performance on various tests of memory.

"I've always found it strange that these mice - and, in fact, all the mouse models for Alzheimer's disease that we and other people study - seem not to have any problems with memory until they get old," Shatz said. "These mice's brains have high levels of beta-amyloid at a very early age."

Shatz found herself wondering if there might be a more sensitive measure of beta-amyloid's early effects on young brains. A study she co-authored in 2012 demonstrated that a particular mouse brain region, whose constituent synapses are normally quite nimble at shifting their relative strengths in response to early-life experiences, showed no such flexibility in young Alzheimer's-prone mice. This suggested that subtle Alzheimer's-related effects might appear far earlier than plaques or memory loss do.

Now, Shatz wondered whether eliminating PirB from the Alzheimer's mouse strain could restore that flexibility. So her team bred the Alzheimer's-genes-carrying strain with the PirB-lacking strain to create hybrids. Experimentation showed that the brains of young "Alzheimer's mice" in which PirB was absent retained as much synaptic-strength-shifting flexibility as those of normal mice. PirB-lacking Alzheimer's mice also performed as well in adulthood as normal mice did on well-established tests of memory, while their otherwise identical PirB-expressing peers suffered substantial synapse and memory loss.

"The PirB-lacking Alzheimer's mice were protected from the beta-amyloid-generating consequences of their mutations," Shatz said. The question now was, why?

Taeho Kim, PhD, a postdoctoral scholar in Shatz's lab and the lead author of the new study, advanced a hypothesis he had cooked up in 2011 while describing his research to a captive audience of one - his then-4-year-old son, whom he was driving to the Monterey Bay Aquarium: Maybe PirB and beta-amyloid were binding. This might cause PirB to stomp on the brakes even more than it usually does, weakening synapses so much they could disappear altogether, taking memories with them.

Further experiments showed that, indeed, beta-amyloid binds strongly to PirB. While PirB is specifically a mouse protein, Kim also identified for the first time an analogous beta-amyloid receptor in the human brain: a protein called LilrB2.

In another experiment, Kim compared proteins in the brains of PirB-lacking Alzheimer's mice to those in the brains of PirB-expressing Alzheimer's mice. The latter showed significantly increased activity on the part of a few workhorse proteins, notably an enzyme called cofilin. Subsequent studies also found that cofilin activity in the brains of autopsied Alzheimer's patients is substantially higher than in the brains of people without the disorder.

Here the plot thickens: Cofilin works by breaking down actin, a building-block protein essential to maintaining synaptic structure. And, as the new study also showed, beta-amyloid's binding to PirB results in biochemical changes to cofilin that revs up its actin-busting, synapse-disassembling activity.

"No actin, no synapse," Shatz said.

Kim's hypothesis appears to have been correct. Beta-amyloid binds to PirB (and, the researchers proved, to its human analog, LilrB2), boosting cofilin activity and busting synapses' structural integrity.

Although there may be other avenues of destruction along which synapses are forced to walk, Shatz doubts there are very many. She said she thinks the direct participation of beta-amyloid - as well as cofilin, so clearly implicated in synaptic breakdown - suggests that this pathway is important. "We looked at human brains in this study, too, and we found that a similar derangement of cofilin activity is present in Alzheimer's brains but not healthy brains," she said.

Shatz suggested that drugs that block beta-amyloid's binding to PirB on nerve-cell surfaces - for example, soluble PirB fragments containing portions of the molecule that could act as decoy - might be able to exert a therapeutic effect. "I hope this finding will be enticing enough to pharmaceutical and biotechnology companies that someone will try pushing this idea forward," she said.

Kim T, Vidal GS, Djurisic M, William CM, Birnbaum ME, Garcia KC, Hyman BT, and Shatz CJ. **Human LilrB2 is a beta-amyloid receptor and its murine homolog PirB regulates synaptic plasticity in an Alzheimer's model.**Science, September 2013 DOI: 10.1126/science.1242077

PirB (red) is heavily concentrated on the surface of growing nerve cells. (Credit: Dr. Carla Shatz, Stanford University.)

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

National Seniors Literary Prize a catalyst for change

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

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

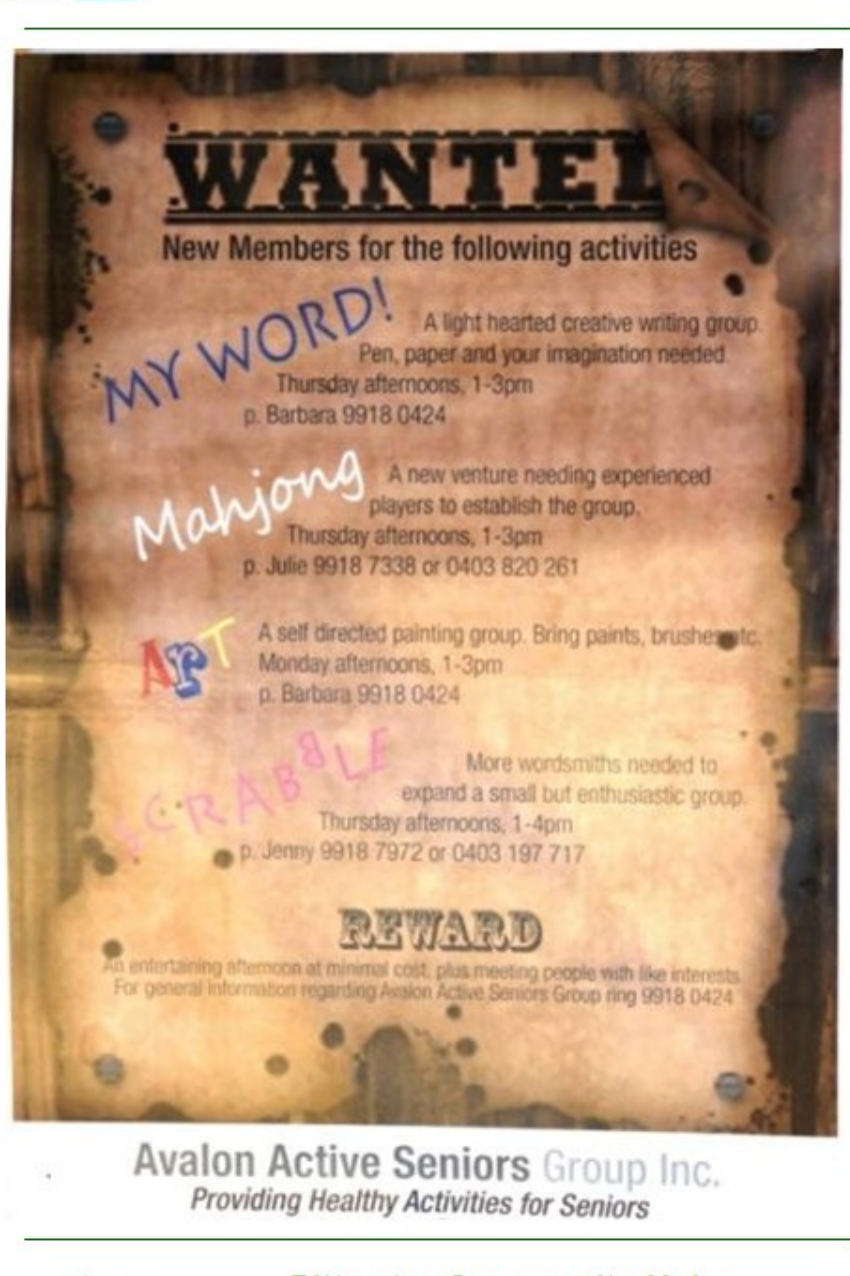
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

The winner of the National Seniors Literary Prize will receive:

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

Submit your manuscript into the National Seniors Literary Prize 2014.

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



WANTED
New Members for the following activities

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

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

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

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

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

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Northside Community CONNECT

Pittwater Community Hub

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

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/

Pittwater Online News

September 22 - 28, 2013: Issue 129

PITTWATER COUNCIL

PITTWATER BUILDINGS MAKE THEIR MARK

Council-owned properties in Pittwater are now being signposted for their sustainability features through a trial of so-called 'eco-markers'. The distinctive signs have been installed at seven locations including community centres, Pittwater Rugby Park, Lakeside Holiday Park, the Coastal Environment Centre and Council administration buildings. Each sign highlights a sustainable feature in the building, ranging from rainwater tanks and solar panels through to irrigation systems and retrofitted lighting.

The signs also point to the Council website for more detailed information about the sustainable features.

Eco-markers are the brainchild of local resident Graeme Jessup, who is also a member of one of the Council's advisory committees looking at ways to improve Pittwater's natural environment. Mr Jessup is no stranger to sustainability, having built a new home at Mona Vale to be energy self-sufficient by using a combination of solar panels and thermal design. The eco-markers were installed as a trial and a review is carried out to decide whether to continue the project.

Mayor Jacqui Townsend said the Council had embarked on a rolling program of improvements to public buildings to make them more sustainable.

"One example is the huge water savings we have been able to make at Pittwater Rugby Park, just by recycling rainwater collected from the roof and using bore water. We estimate we are saving over 300,000 litres every week in using mains water for irrigation."

"We have also installed dimmer lights at the fields saving a further 52,000 kWh each year."

To find out more about Pittwater's eco-markers visit www.pittwater.nsw.gov.au/ecomarker

Blobfish – Voted World's ugliest

A slimy pink Australian fish which resembles a grumpy and obese old man with a bulbous nose has been voted the world's ugliest animal. The blobfish, which lives in deep waters off the southern Australian coast, has been named as the mascot of the British-based Ugly Animal Preservation Society, which aims to protect the world's weird and wonderful creatures.

Image: courtesy Australian Museum

25 years of the IPCC - Nature Video - Published on 18 Sep 2013

The Intergovernmental Panel on Climate Change (IPCC) was founded 25 years ago to provide authoritative assessments on the emerging problem of climate change. Since its first report in 1990, the IPCC has issued increasingly complex follow-ups about every six years.

The climate models that feed into the assessments have grown bigger and better, but researchers have not succeeded in reducing some key uncertainties about climate change. Where the reports have grown most firm is in declaring that humans are causing the world to warm.

25 years of the IPCC - Nature Video
naturevideo
IPCC
0:00 / 1:34

Sydney Environment Institute takes holistic approach to tackling climate change

Some of Australia's leading sustainability thinkers across a broad spectrum of disciplines joined forces this week to seek innovative solutions to climate change with the launch of the new Sydney Environment Institute (SEI) at the University of Sydney on Tuesday 17 September.

As one of the nation's first wholly interdisciplinary environment networks, the SEI will conduct cutting-edge research, bringing together historians, marine biologists, environmental scientists, veterinarians, urban planners, and other researchers across the University of Sydney's 16 faculties in pursuit of integrated knowledge and action on global ecological issues.

From climate change to food security, cultural studies and sustainable business, the SEI draws upon the University's research strengths to unite academics to understand and redesign the relationship between human communities and the natural world.

"Any hopes of tackling climate change will require such broad thinking, combining both scientific approaches and a keen awareness of how human societies need to adapt to our warming world," says co-Director of the Institute Professor Iain McCalman.

"We need to face up to how best we can live in this extraordinarily changing world, which is changing faster than any of us realise," he says. "What can we do to live with these changes, to make something good and positive out of these forces we cant stop? That's our mission."

SEI researchers will work across seven nodes that mirror the multifaceted nature of sustainability issues worldwide: climate change and society; environment and culture; Australian marine and maritime culture; the human animal research network; sustainable cities; food security; and sustainable business and balanced enterprise.

At the launch event on Tuesday 17 September, co-presented with Sydney Ideas, Professor McCalman discussed the goals of the Institute and drew upon his forthcoming book, ***The Reef: A Passionate History*** (Penguin), a ground-breaking analysis of the shifting status of the Great Barrier Reef from colonial labyrinth of terror to today's global treasure.

Importantly, the SEI will also raise awareness of these issues through several planned public outreach programs, working with non-government organisations, government bodies, museums and the private sector to share their findings on environmental action.

In one of the first events co-presented by the Institute on Wednesday 25 September, internationally renowned environmental campaigner Dr David Suzuki will deliver the public lecture **'The Challenge of the 21st Century: Setting the Real Bottom Line'** at the University of Sydney's Great Hall.

Please note - this event has reached capacity

An inclusive approach to environmental problems can help counter the undue criticisms facing the scientific community in the wake of serious climate threats, Professor McCalman says.

"We can't afford to neglect that people also have feelings about places and changes to their lives; about their homes and places they love disappearing, and these human sides of the problem need to be addressed. We need to work with both things: our imagination and a love of beauty, as well as with science and technology, which has a great capacity to solve problems and change things.

"If we don't take people with us, we get nowhere."

SYDNEY ENVIRONMENT INSTITUTE

The Sydney Environment Institute at the University of Sydney has been established to address the central problems of our time: how we understand and redesign the fundamental relationship between human communities and the natural world that supports them, and how we enable the positive adaptation of people and societies to environmental change.

The directors:

- Professor Iain McCalman
- Professor David Schlosberg

The SEI is comprised of research groups focused on the social impacts of climate change, human/non-human relations, environment and culture, sustainable cities, food security, and organizational adaptation in both the public and private realm. Our current research nodes include:

Climate Change & Society

Environment & Culture (inl Environmental Humanities Observatory)

Australian Marine and Maritime Culture

Human Animal Research Network

Sustainable Cities

Food Security

Sustainable Business and Balanced Enterprise

The purpose of the Institute will be to:

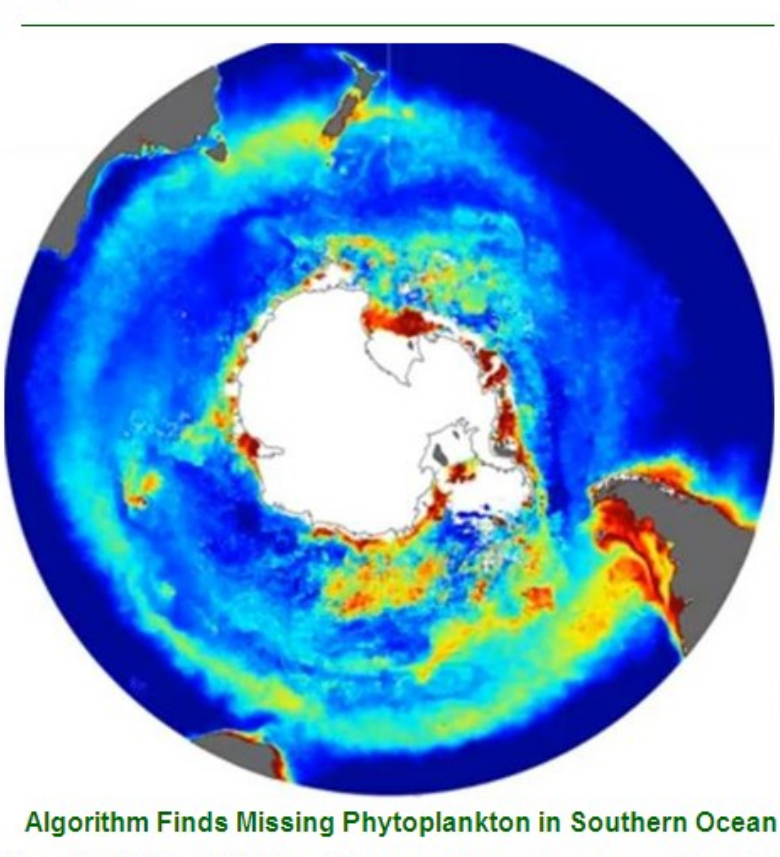
Lead cross-disciplinary intellectual engagement on a range of environmental and sustainability issues. The Institute will play the role of translator/matchmaker between the diverse range of researchers, projects, and disciplines that it encompasses, and with areas of strength that lie outside or across currently defined parameters. The model will leave autonomy, however, for the relevant research programs with the core researchers in those areas.

Engage academics and research centres across the globe on shared issues and concerns, bringing Sydney and Australia into numerous ongoing international conversations and projects

Facilitate the shaping of new and additional major research questions

Promote and communicate the work going on at the university, the message of positive adaptation, and the research capability (and services) of the Institute

Engage with the community and society, specifically with NGOs, governments and commercial organisations. The Institute will offer a flexible and dynamic mechanism for embedding our expertise in the external world through which environmental research can be translated into better-informed public discourse, decision-making, and policy.



Algorithm Finds Missing Phytoplankton in Southern Ocean

Sep. 18, 2013 — NASA satellites may have missed more than 50% of the phytoplankton in the Southern Ocean, making it far more difficult to estimate the carbon capture potential of this vast area of sea.

But now, new research published in theJournal of Geophysical Research, "Three improved satellite chlorophyll algorithms for the Southern Ocean," has led to the development of an algorithm that produces substantially more accurate estimates of Southern Ocean phytoplankton populations.

That research from the University of Tasmania's Institute for Marine and Antarctic Studies (IMAS) was led by PhD student Rob Johnson and Associate Prof Peter Strutton.

"This new algorithm allows us to detect changes in plankton numbers that have previously gone unnoticed," said Johnson.

"This better understanding of the phytoplankton population will, in turn, allow us to gain a much more accurate idea of how much carbon this ocean can take up."

The importance of phytoplankton and their role in our planetary ecosystem cannot be underestimated. They form the base of the marine food chain, produce half the oxygen on Earth and are partly responsible for the ocean uptake of at least a third of total human induced CO2 emissions.

So it was important to understand why existing ocean colour satellites systematically underestimated the chlorophyll concentration (a proxy for phytoplankton biomass) of the Southern Ocean and Antarctica.

To get the observations needed to make valid comparisons and develop the algorithm, the researchers used more than 1000 Southern Ocean phytoplankton samples collected over 10 years and compared these to satellite measurements.

The majority of the samples used in this study were collected by the French Antarctic vessel MV L'Astrolabe through a collaborative and long-term monitoring program between the CSIRO, the Australian Antarctic program, and the French Antarctic Program.

Once this observational data was collected, the new algorithm was used to process satellite data and make comparisons. It quickly became clear that the algorithm produced a much closer estimate of phytoplankton numbers than past satellite measurements.

"Our improved satellite chlorophyll algorithms will be used to produce higher-accuracy observations on the vitally important phytoplankton of the Southern Ocean and Antarctica," said Assoc Prof Peter Strutton.

"This will go a long way towards improving our understanding of how the Southern Ocean works and how the movement of carbon is changing in these remote waters."

The improved data will also be made freely available to the global research community through the Integrated Marine Observing System (IMOS).

Robert Johnson, Peter G. Strutton, Simon W. Wright, Andrew McMinn, Klaus M. Meiners. Three improved satellite chlorophyll algorithms for the Southern Ocean. Journal of Geophysical Research: Oceans, 2013; 118 (7): 3694 DOI:10.1002/jgrc.20270

Concentration of phytoplankton observed by satellites in the Southern Ocean over the summer months. (Credit: Image courtesy of University of New South Wales)

Lyrebird song - Stephen Powell Wildlife Artist

This lyrebird is just 1 of 10 lyrebirds heard singing during a late afternoon walk in the Dandenong Ranges National Park

Lyrebird song - Stephen Powell Wildlife Artist
0:00 / 6:55

Early-Warning System to Prevent Fishery Collapse

Sep. 16, 2013 — Threats from overfishing can be detected early enough to save fisheries - and livelihoods - with minimal adjustments in harvesting practices, a new study by researchers in the University of Minnesota's College of Biological Sciences shows.

The work indicates that a healthy fishery can be maintained the way a skillful captain steers an oil tanker: by small course corrections that prevent disaster far ahead.

The study, by Ecology, Evolution and Behavior (EEB) graduate student Matt Burgess and co-advisors Stephen Polasky (EEB and Applied Economics in the College of Food, Agricultural and Natural Resource Sciences) and David Tilman (EEB), was published on September 16 in the Early Edition of *Proceedings of the National Academy of Sciences*.

Specifically, the work demonstrates how extinction and overfishing threats from multispecies fisheries can be identified decades before valuable species are over-harvested and populations decline.

Most of the world's large fisheries use nets or lines with multiple hooks, which catch multiple species simultaneously and have serious ecological consequences. Past population declines and current increases in harvest rates can be used to assess current threats of overfishing and extinction, but this approach doesn't apply to future threats. By predicting future threats, the researchers' new method would enable conservation measures to prevent overfishing and extinction.

The "Eventual Threat Index," presented in the study, uses minimal data to identify the conditions that would eventually cause a species to be harvested at an unsustainable rate. The central premise of the Eventual Threat Index is that because multispecies fisheries impact many species with the same effort, the long-term fates of all species can be predicted if the fate of any one species can be predicted. In any multispecies fishery, there are a few 'key' profitable or managed species, which are easy to identify and whose socio-economic importance makes their long-term harvest rate somewhat predictable. Threats to other species are predicted by measuring their harvest rates relative to these key species.

"The data we collect includes estimates of the relative population sizes, catch rates and the growth rates of different fish populations," Burgess says. "This index uses what we know about what tends to happen to economically important fish to predict the fate of other species caught along with them."

The approach was tested on eight Pacific tuna and billfish populations; four of which have been identified recently by conventional methods as in decline and threatened with overfishing. The study found that the severe depletion of all four populations could have been predicted in the 1950s using the Eventual Threat Index. These results demonstrate that species threatened by human harvesting can be identified much earlier, providing time for adjustments in harvesting practices before consequences become severe and fishery closures or other socioeconomically disruptive interventions are required to protect species.

Burgess says the index is easy and inexpensive to use. He hopes fisheries will adopt it soon.

"In many fisheries, managers could calculate this index tomorrow using the description in the paper and data they have already collected," Burgess says.

The study is based on marine fisheries but could be applied to multispecies fisheries in large bodies of fresh water, such as Lake Superior.

Matthew G. Burgess, Stephen Polasky, and David Tilman. **Predicting overfishing and extinction threats in multispecies fisheries**. PNAS, September 16, 2013 DOI:10.1073/pnas.1314472110 . School of bluefin tuna. (Credit: NOAA Fisheries Service)

World's Most Vulnerable Areas to Climate Change Mapped

Sep. 16, 2013 — Using data from the world's ecosystems and predictions of how climate change will impact them, scientists from the Wildlife Conservation Society, the University of Queensland, and Stanford University have produced a roadmap that identifies the world's most vulnerable and least vulnerable areas in the Age of Climate Change.

The authors say the vulnerability map will help governments, environmental agencies, and donors identify areas where to best invest in protected area establishment, restoration efforts, and other conservation activities so as to have the biggest return on investment in saving ecosystems and the services they provide to wildlife and people alike.

The study appears in an online version of the journal Nature Climate Change. The authors include: Dr James Watson of the Wildlife Conservation Society and the University of Queensland; Dr Takuya Iwamura of Stanford University; and Nathalie Butt of the University of Queensland.

"We need to realize that climate change is going to impact ecosystems both directly and indirectly in a variety of ways and we can't keep on assuming that all adaptation actions are suitable everywhere. The fact is there is only limited funds out there and we need to start to be clever in our investments in adaptation strategies around the world,," said Dr. James Watson, Director of WCS's Climate Change Program and lead author of the Nature study. "The analysis and map in this study is a means of bringing clarity to complicated decisions on where limited resources will do the most good."

The researchers argue that almost all climate change assessments to date are incomplete in that they assess how future climate change is going to impact landscapes and seascapes, without considering the fact that most of these landscapes have modified by human activities in different ways, making them more or less susceptible to climate change.

A vulnerability map produced in the study examines the relationship of two metrics: how intact an ecosystem is, and how stable the ecosystem is going to be under predictions of future climate change. The analysis creates a rating system with four general categories for the world's terrestrial regions, with management recommendations determined by the combination of factors.

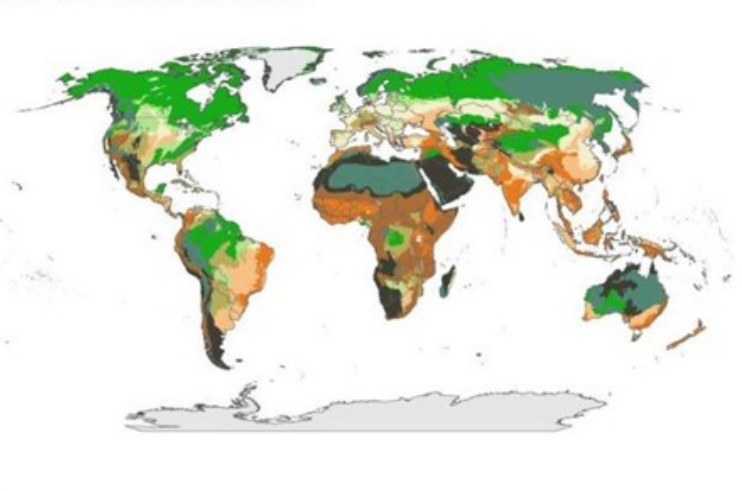
Ecosystems with highly intact vegetation and high relative climate stability, for instance, are the best locations for future protected areas, as these have the best chance of retaining species. In contrast, ecosystems with low levels of vegetation and high relative climate stability could merit efforts at habitat restoration. Ecosystems with low levels of vegetation intactness and low climate stability would be most at risk and would require significant levels of investment to achieve conservation outcomes.

The new map, the authors say, identifies southern and southeastern Asia, western and central Europe, eastern South America, and southern Australia as some of the most vulnerable regions. The analysis differs from previous climate change exposure assessments based on only climate change exposure which shows the most vulnerable regions as central Africa, northern South America, and northern Australia.

"Effective conservation strategies must anticipate not only how species and habitats will cope with future climate change, but how humans will respond to these challenges," added Dr. John Robinson, Executive Vice President for Conservation and Science. "To that end, maintaining the integrity of the world's ecosystems will be the most important means of safeguarding the natural world and our own future."

The above story is based on materials provided by Wildlife Conservation Society

The map below illustrates the global distribution of the climate stability/ecoregional intactness relationship. Ecoregions with both high climate stability and vegetation intactness are dark grey. Ecoregions with high climate stability but low levels of vegetation intactness are dark orange. Ecoregions with low climate stability but high vegetation intactness are dark green. Ecoregions that have both low climate stability and low levels of vegetation intactness are pale cream. (Credit: WCS)



Wetlands More Cost-Effective in Nutrient Removal, but Multiple Payments Would Be of Uncertain Value

Sep. 17, 2013 — Removing nitrogen from the environment "the natural way" by creating a wetland is a long-term, nutrient-removal solution, more cost effective than upgrading a wastewater treatment plant, but it isn't necessarily socially beneficial to offer landowners multiple payments for the environmental services that flow from such wetlands, according to a study conducted at the University of Illinois.

"In the areas we studied in Bureau County with small wastewater treatment plants (WWTPs), it was much cheaper to do pollution control by installing just a few wetlands than it was to have the WWTPs do the upgrades that would be necessary to achieve the same thing," said U of I environmental economist Amy Ando.

Bureau County was selected for the simulation because it is an area that has waterways with heavy nitrogen and phosphorus pollution, and it is a rural area of the state but with some population density and a couple of WWTPs. "In some ways, it's a poster child for an environment where a program like this could work," Ando said. "There is enough farmland to put in some wetlands, but there are also enough people contributing to the WWTPs that are generating nutrients - so there are parties on both sides that could trade with each other."

The study analyzed the amount of land needed to reduce nitrogen pollution, data on the costs of actual wetland restorations, and other factors such as the opportunity costs to the landowner from no longer farming the new wetland area.

"Wastewater treatment plants can already remove nitrogen, but their current technology is only capable of removing them up to a point," Ando said. "If they wanted to do more nitrogen removal, they would have to make upgrades. The cost of phosphorus removal isn't high, but for nitrogen, the upgrades are pretty expensive."

Ando also explained that, depending on how environmental permit markets are set up, **if an area is set aside as a wetland, the landowner could qualify for several incentive programs through pollution trading markets, even if the original purpose of the wetland conversion was only to reduce nitrogen.**

"This is a big issue in the design of markets for ecosystem services," Ando said. "A wetland does a lot of things. It will filter out nutrients, but it also creates habitat for waterfowl, and it might sequester carbon. The cost of installing a wetland is large enough that in some cases no single payment might be enough to convince a farmer to do it, but if they get paid for the full value to society of all three benefits, then they might be willing to do it.

"There's an almost violent debate among scholars and environmental groups and people who are trying to get these markets into place about whether farmers should be able to stack payments. We were trying to be agnostic and just ask the question, what effects would stacking have on market outcomes?" she said.

Ando said that, under some circumstances, if multiple payments for the same action are not allowed, it can result in inefficiently low levels of conservation activity on parcels of land that generate nutrient removal and other benefits such as wildlife habitat. However, some farmers may be willing to convert farmland to wetland on the strength of just one payment.

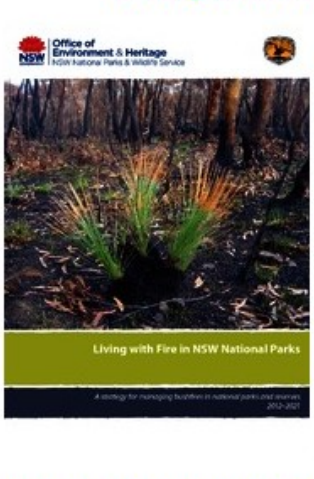
"Ideally we want to pay farmers to create a wetland that they would not have done anyway," Ando said. "But in some cases, they might not need the extra incentive and would have been happy to do it for the nitrogen payment alone. In our study area, we found that allowing multiple payments may or may not make society as a whole better off, depending on the details of the policy situation."

When questioned about the fairness of stacking credits, Ando said "Fair is a different question than efficient and from cost-effectiveness overall. If multiple payments for a single wetland don't increase the provision of ecosystem services relative to single payments, then it's not cost-effective. Some of that money could be used to pay a different landowner and get more services overall. So there might be a trade-off between what seems fair and just and what yields the greatest environmental benefit to society for a fixed amount of money available for payments," she said.

Adam H. Lentz, Amy W. Ando, Nicholas Brozovićć. **Water Quality Trading with Lumpy Investments, Credit Stacking, and Ancillary Benefits.** JAWRA Journal of the American Water Resources Association, 2013; DOI:10.1111/jawr.12117

Removing nitrogen from the environment "the natural way" by creating a wetland is a long-term, nutrient-removal solution, more cost effective than upgrading a wastewater treatment plant. (Credit: ACES)

Living with Fire in NSW National Parks


Office of Environment & Heritage
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The document provides a statewide approach to managing bushfires in NSW national parks and reserves over the next decade. The strategy was developed following several rounds of consultation with key internal and external stakeholders.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with:

NSW 2021 external link (Goal 28)

the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

growing together
Pittwater Community Gardens

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

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

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

For the latest on all the great things to do and see in NSW National Parks, including all things whales during the whale-watching season, sign up for our enewsletter Naturescapes. Click here to sign up http://bit.ly/SE58IX

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).

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

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

CLIMATE ACTION PITTWATER

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

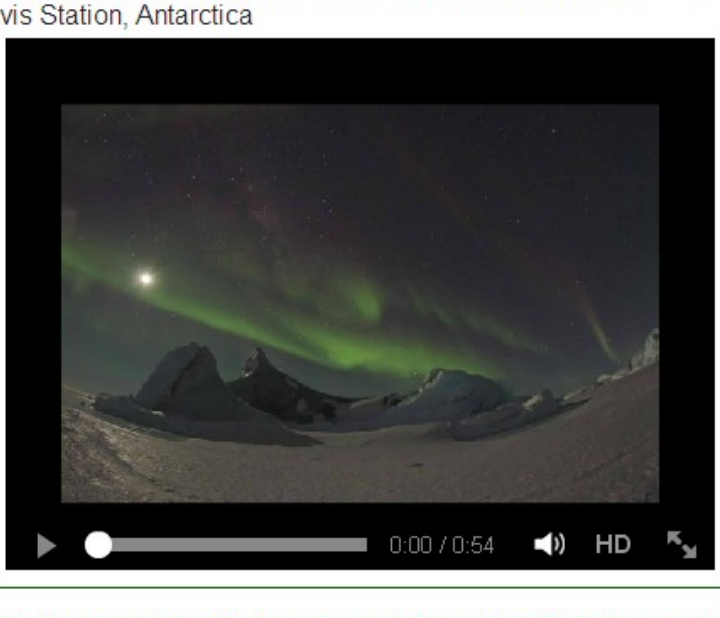
Kimbriki Resource Recovery Centre

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

Ice Berg Aurora by Richard Youd - September 12, 2013

Headed out with a few of the guys to try get some night photography amongst the ice bergs... needless to say it was successful. — at Davis Station, Antarctica



Professor Elaine Baker appointed as UNESCO Chair - By Katynna Gill - 20 September 2013

Professor Elaine Baker, from the School of Geosciences, has received the prestigious appointment of a UNESCO Chair in ocean governance from the United Nations Educational, Scientific and Cultural Organisation, starting in mid-September 2013.

The international UNESCO Chair positions aim to improve the capacity of institutions to work globally and form partnerships with each other to deal with issues which transcend the borders of any single state. Professor Baker's position is for four years, with the option of renewal at the end of this period.

Professor Elaine Baker, from the School of Geosciences, has received the prestigious appointment of a UNESCO Chair in ocean governance from the United Nations Educational, Scientific and Cultural Organisation.

"Being made a UNESCO Chair is a great honour and I am hoping that it will enable us to develop a more visible presence at the University of Sydney for the science that supports the sustainable use of the oceans. There is growing interest in how we use and value the resources of the ocean," said Professor Baker.

"Most recently the United Nations has launched a program - the World Ocean Assessment - to make regular reports on the state of the marine environment including socioeconomic aspects. I have been very much involved in this process," explained Professor Baker.

"In addition, we have a number of programs, such as the University of the Sea, the Pacific Marine Spatial Information System, Deep Sea Mining and Blue Carbon, that link institutions in research, capacity building and knowledge transfer partnerships."

Professor Baker is the co-ordinator of University of the Sea - a program of the Asian Neighbours Network that allows senior researchers from the Asia-Pacific region to work with young local scholars on marine issues of direct interest to the region.

She leads the partnership between the 28 organisations involved in University of the Sea, which include the University of Sydney, University of NSW, University of Technology Sydney, Australian National University, University of Tokyo, Korean Ocean Research and Development Institute, Tongji University China, Partnership for Observation of the Global Oceans Canada, National Institute of Oceanography Goa, Indonesian Research Centre for Marine Technology, and the Intergovernmental Oceanographic Commission of UNESCO.

"The UNESCO Chair position came about as the result of the collaborative project that is University of the Sea, but this is only one of many collaborative projects and capacity building activities that I am involved in. In addition to the 28 partner organisations in University of the Sea, I work with many other state government and institutional partners in the Pacific and West Africa on aspects of ocean governance," said Professor Baker.

Marine spatial planning and The Economics of Ecosystems and Biodiversity (TEEB) for oceans project will be Professor Baker's major research focuses in this new position. She has recently received a large AusAID grant from the Australian federal government to conduct marine spatial planning with Pacific partners. The TEEB project was kicked off by a discussion paper commissioned by the United Nations Environment Program (UNEP), on which Professor Baker was an author. She is now developing a large scale project for TEEB with global partners.

"I think the UNESCO Chairs program is a great opportunity to capitalise on the research done at universities like Sydney, where we have fantastic people and research capacity, and can really contribute to the global debate on how we manage our marine environment, a large part of which has been designated the common heritage of mankind.

"Importantly, it gives us the opportunity to help build the expertise and leadership of marine scientists from the region so that they can sustainably manage their marine resources. This is very important for developing states and small island developing states in our area, as they are custodians to some of the largest marine jurisdictions and most valuable marine resources on the planet."

Read more about the UNESCO Chairs program at: https://en.unesco.org/unitwin-unesco-chairs-programme

Songbirds Massacred - St John, Canada – September 17th, 2013

Sources state that "About 7,500 songbirds, possibly including some endangered species, were killed while flying over a gas plant in Saint John last Friday (13-14.9.2013)."

The plant, owned by Repsol and Irving Oil Ltd., lists bird monitoring as among its environmental and reporting activities on its website.

Officials says 90% of the bird carcases have been gathered from the grounds around the 64 metre flare tower. The birds that weren't killed automatically by the flame are in the process of being put down. It appears the migrating birds flew into the gas flare at Canaport LNG between Friday night and Saturday morning, said Fraser Forsythe, the company's health, safety, security and environmental manager. The birds were drawn to the flame like moths, an extremely unusual event, according to Don McAlpine, the head of zoology at the New Brunswick Museum.

A large number of red-eyed vireos were among the estimated 7,500 migrating songbirds killed by the flare at Canaport LNG. (Courtesy of the Migration Research Foundation) The weather conditions were foggy and overcast at the time, which may have contributed to the incident, said McAlpine. The flare tower at the Canaport liquefied natural gas receiving and regasification terminal is about 30 metres tall and the size of the flame varies, depending on weather conditions. It is typically higher amid low-pressure systems. Flaring is part of the standard operation at the east side plant, located on Red Head Road, and is designed as a safety release system. It is used to maintain normal operating pressure by burning off small amounts of excess natural gas.

An estimated 6,800 birds were killed, while several hundred more were injured and had to be put down. "There were too many birds to count," said McAlpine.

"Although this is certainly a tragic event and it's shocking to see 7,500 dead birds, it's a drop in the bucket in terms of the number of birds that are killed from human actions every year." said Don McAlpine, New Brunswick Museum zoologist, "The leading cause of death is birds flying into tall office buildings, while house cats rank third." he said. **An estimated one billion birds in the U.S. are killed every year from human causes.**

McAlpine is still examining several hundred of the dead birds, which are being stored in a freezer, to try to identify their species. There were a large number of red-eyed vireos, several types of warblers, including parula, black-and-white, magnolias and redstarts, as well as a few thrushes and rose-breasted grosbeaks, he said.

"It's possible there may have also been some endangered species, such as the olive-sided flycatcher and Canada warbler, which are on the federal government's species at risk registry," said McAlpine. "There are some flycatchers involved, but I haven't identified them yet. There's very few. Likewise with the Canada warbler, I haven't seen any yet, but it doesn't mean they're not there."

The affected birds, which are mostly insect-eating, spend their summers in New Brunswick nesting and breeding before heading to Mexico, Central and South America for the winter.

Canaport LNG, owned by Repsol and Irving Oil Ltd., lists bird monitoring as among its environmental and reporting activities on its website. Migratory birds have been considered in previous environmental impact assessments at the terminal. In March 2012, Canaport LNG announced plans for a $43-million upgrade to make the facility more efficient and cut down on flaring.

Retrieved from: HERE

A large number of red-eyed vireos were among the estimated 7,500 migrating songbirds killed by the flare at Canaport LNG. (Image Courtesy of the Migration Research Foundation)

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

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

Stony Range Regional Botanic Garden – Dee Why by Warringah Council – September 5th, 2013

The Stony Range Botanic Garden is a little touch of paradise in the middle of Dee Why - it's free to walk through and enjoy the serenity! Situated just near Officeworks.

Stony Range Regional Botanic Garden
0:00 / 2:32

PITTWATER COUNCIL

Great rewards for Asparagus attack!

The war against Pittwater's worst weed, Asparagus Fern, will be waged again at spectacular **Barrenjoey Headland and North Palm Beach Dunes on Saturday 28 September.**

Give 4 hours of your time helping us continue the amazing work achieved by Optus RockCorps volunteers earlier this year, then share your story with the Optus RockCorps Collective to EARN A $70 TICKETMASTER VOUCHER! You'll also feel pretty good about yourself!

Want to know more? Sign up to share your volunteer story at www.optusrockcorps.com.au and then RSVP for this event by contacting Council's Bushcare Officer on 9970 1367 or email Helena_dewis@pittwater.nsw.gov.au

Katandra Bushland Sanctuary

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

Ecodivers and the Seahorses of Sydney Harbour by AustraliasWildlife - Published on 18 Sep 2013

"Seahorses ...", Dave says "... are in the top of the list of things all divers want to see". They hold almost mythical fascination with people and they live right here, in one of the busiest city ports in Australia ... read more on Wildiaries at http://sydney-harbour.wildiaries.com

Ecodivers and the Seahorses of Sydney Harbour
0:00 / 2:46

Overfishing of Sharks Is Harming Coral Reefs, Study Suggests

Sep. 18, 2013 — A team of scientists from Canada and Australia has discovered that a decline in shark populations is detrimental to coral reefs.

"Where shark numbers are reduced due to commercial fishing, there is also a decrease in the herbivorous fishes which play a key role in promoting reef health," said Jonathan Ruppert, a recent University of Toronto PhD graduate. Ruppert was part of a team engaged in long-term monitoring of reefs off Australia's northwest coast.

Team leader Mark Meekan, of the Australian Institute of Marine Science (AIMS), said that the results might, at first glance, seem strange.

"However our analysis suggests that where shark numbers are reduced, we see a fundamental change in the structure of food chains on reefs," Meekan said.

"We saw increasing numbers of mid-level predators - such as snappers - and a reduction in the number of herbivores such as parrotfishes," said Meekan. "The parrotfishes are very important to coral reef health because they eat the algae that would otherwise overwhelm young corals on reefs recovering from natural disturbances."

According to Ruppert, the study comes at an opportune time - coral reefs are facing a number of pressures both from direct human activity, such as over-fishing, as well as from climate change.

The reefs studied are about 300 kilometres off the coast of northwest Australia where Indonesian fishers target sharks - a practice stretching back several centuries and which continues under an Australian-Indonesian memorandum of understanding.

"The reefs provided us with a unique opportunity to isolate the impact of over-fishing of sharks on reef resilience, and assess that impact in the broader context of climate change pressures threatening coral reefs," said Ruppert. "Shark fishing appears to have quite dramatic effects on coral reef ecosystems.

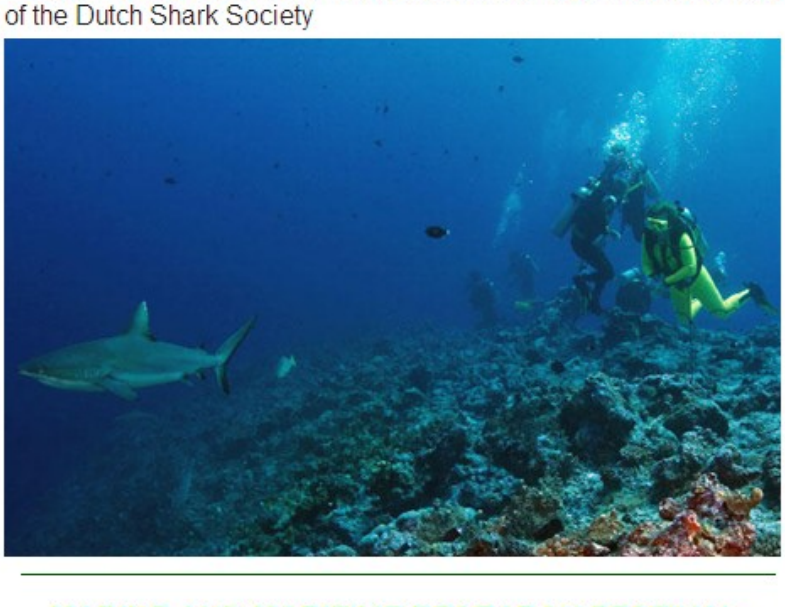
"Given that sharks are in decline on reefs worldwide, largely due to the shark fin trade, this information may prove integral to restoration and conservation efforts."

Tracking studies show that, in many cases, individual reef sharks are closely attached to certain coral reefs. This means that even relatively small marine-protected areas could be effective in protecting the top-level predators and allowing coral reefs to more fully recover from coral bleaching or large cyclones which are increasing in frequency due to the warming of the oceans as a result of climate change.

The study will appear in the September 28 issue of journal *PLOS One*.

Jonathan L. W. Ruppert, Michael J. Travers, Luke L. Smith, Marie-Josée Fortin, Mark G. Meekan. **Caught in the Middle: Combined Impacts of Shark Removal and Coral Loss on the Fish Communities of Coral Reefs**. PLoS ONE, 2013; 8 (9): e74648 DOI: 10.1371/journal.pone.0074648

Overfishing of sharks is harming coral reefs. (Credit: Peter Verhoog of the Dutch Shark Society



MARINE AND MARITIME RESEARCH FESTIVAL - WEDNESDAY NOVEMBER 6TH – SATURDAY NOVEMBER 9

The Sea - Episodes and Imaginings - Wednesday 6 November 2013

(Open to the public)

Australian National Maritime Museum

A unique one day symposium examining the construction of histories through film, literature, theatre, museology, film, visual arts and music with a particular focus on maritime histories and cultures. It will explore the many facets of storytelling and interpreting maritime historical events through a multitude of creative disciplines. These historical narratives are drawn from primary and secondary source materials and can include oral histories, naval records, scientific and ethnographic research, ships logs, official records such as births, deaths and marriages, and passenger crew lists.

The symposium brings together eminent cultural theorists, historians, museum curators, documentary filmmakers, writers, composers, collectors and visual artists to interrogate and navigate through the complex terrain of public history, to engage in debate about the transmission and presentation of history, the role of historical fiction and specific genres such as documentary-dramas, musical compositions, museum master narratives and visual arts.

Episodes and Imaginings will be linked to the Sydney Climate Change Network's marine environmental humanities and social science conferences being presented by the University of Sydney and dedicated to looking at Coastlines, the other focussing on Oysters.

The project also links to current maritime, environmental and underwater archaeological research through an existing Australian Research Council initiative between the ANMM/University of Sydney/Queensland Museum and Silentworld Foundation entitled - Cultures of Coast and Sea: maritime environmental, cultural and ethnographic histories of north-east Australia 1770-2010. The symposium also aligns with the ANMM's broader interest in researching and mapping out revised master narratives for the development of the museum's core exhibitions and future creative partnerships.

BOOKINGS ESSENTIAL

Cost: Full $30, Concession $15 (includes morning and afternoon tea). Please contact Michelle St Anne for more information. **Click here to register**

Partners: ARC Linkage Grant, The Andrew Mellon Australian-Pacific Observatory and The Australian National Maritime Museum

THE CHANGING COASTLINES SYMPOSIUM

Thursday 7-Friday 8 November 2013

See All associated Events HERE

The Earth Wins: http://theearthwins.com/ - Fantastic resource for teachers, Aus-wide - 09 Sep 2013

THE EARTH WINS is delighted to partner with Cool Australia. Cool Australia have taken the wonderful Educator's Guide that was created for THE EARTH WINS, by Senior Educators Phillipa Beeson and Jane Morrison, and made it available to every classroom in Australia via their online learning resource. (coolaustralia.org)

Together we have created free interactive digital learning materials, made up of National Curriculum-aligned lesson plans and activities that complement the movie.

Not only are they fun and easy to access, these free learning resources available via Cool Australia will help teachers to meet classroom requirements of sustainability focused content.

Click here for the following units:

Year 1 &2 Year 3 & 4 Year 5 & 6 Year 7 & 8 Year 9 & 10

Digital Toolbox

And wherever you may be in Australia, you now have the chance to take your class to see THE EARTH WINS. Together, we are also proud to bring you 'Cinema On-Demand': an opportunity for educator's to request a screening of THE EARTH WINS at your local cinema, even if you're thousands of kilometres from a capital city.

If you are a teacher and wish to see the film with your class, click here to email Helifilms to make a booking request.

Please include the name of your local cinema, the number of students, preferred times, date and contact details.

THE EARTH WINS - Trailer
THE EARTH WINS
IF WE LISTEN, SO DO WE.
0:00 / 1:48

Environmentally Friendly Cement Is Stronger Than Ordinary Cement

Sep. 16, 2013 — New research from the Niels Bohr Institute shows that cement made with waste ash from sugar production is stronger than ordinary cement. The research shows that the ash helps to bind water in the cement so that it is stronger, can withstand higher pressure and crumbles less. At the same time, energy is saved and pollution from cement production is reduced.

The results are published in the scientific journal, *Scientific Reports*.

Cement is composed of chalk and clay, which are mixed together and heated at high temperatures in a cement kiln. The mixture is then crushed into a powder. When the cement powder is mixed with water a chemical process takes place, which causes the cement mixture to harden. Cement is used as a building material throughout the world.

In some countries where sugar cane is grown, agricultural waste product from sugar production has been added to the cement mixture for many years. Once the sugar has been extracted from the sugar can you are left with a lot of fibre waste, which is used as fuel for energy production. From the energy production you get a lot of ash, which needs to be disposed of. In some countries, like Cuba and Brazil, the ash is added into cement mixtures.

"I have been studying cement using quasi-elastic neutron scattering for several years and researchers from Brazil asked whether I wanted to analyse samples of cement mixed with waste products in the form of sugar cane ash. I decided to say yes to the project, which aimed to investigate the properties on a nano-scale and map the mobility of water in the cement. The quality and strength of cement is directly related to how much of the water is chemically bonded. The more the water can move around, the worse it is for the strength and durability," explains Heloisa Bordallo, who does research in nanophysics at the Niels Bohr Institute at the University of Copenhagen.

Neutron scattering reveals water

Heloisa Bordallo was sent a number of cement samples from Brazil. The samples contained varying amounts of ash from sugar can production. Their innermost dynamics were then examined. This took place at the ISIS facility in the UK. The samples were placed in an instrument where they were bombarded by neutrons.

"Using neutron scattering, we can see how the water inside the sample moves. Neutrons are shot into the sample and when neutrons hit the water's hydrogen atoms, they interact and the neutrons scatter and are picked up by the detectors. We repeat this for several hours and by analysing the data we can determine how the water inside the sample is moving and also determine its local environment," explains Johan Jacobsen, who performed the experiments as part of his thesis for the graduate programme in physics at the Niels Bohr Institute.

The experiments showed that the cement mixed with approx. 20 percent ash had good properties. The water the cement pores was bound to the ash and moved around less. This explains why the ash cement is stronger, can withstand higher pressure and will crumble less.

Potential for environmentally friendly ash cement

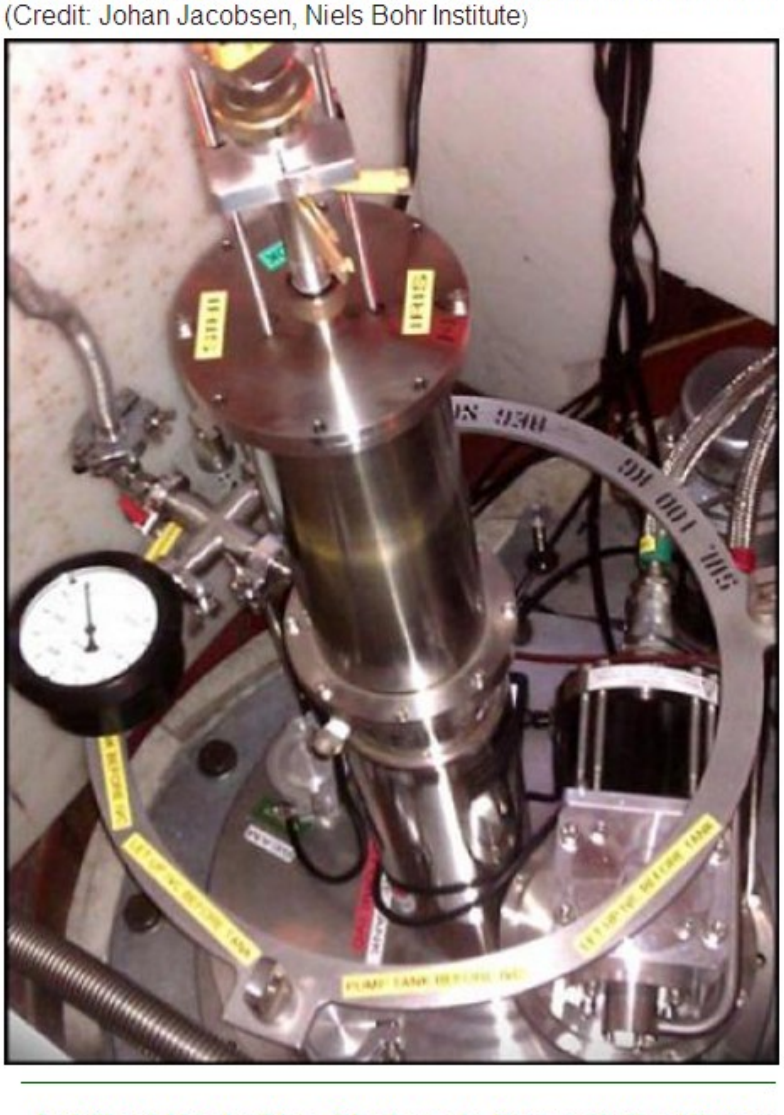
Cement typically takes a week to solidify. After one month, 70 percent of the process has been completed, but the process continues for many years. Ordinary cement is generally stronger during the first few months than the ash cement, but after a year the ash cement is stronger than the ordinary cement.

Ash cement has been used for many years, but only locally. Now it could have great potential.

"The cement industry is huge and if they are to adopt a new idea, they need to have proof that it works. Using quasi-elastic neutron scattering we have now studied cement mixed with ash and shown what is happening and why it is stronger. Cement production uses a lot of energy and emits large amounts of CO2, because it needs to be heated up to very high temperatures. Cement production accounts for 5 percent of global CO2emissions. If you replace 20 percent of the content with ash, you are saving both CO2 emissions and raw materials, as you use 20 percent less by utilizing a waste product like ash," says Heloisa Bordallo.

Johan Jacobsen, Michelle Santos Rodrigues, Mark T. F. Telling, Antonio Ludovico Beraldo, Sérgio Francisco Santos, Laurence P. Aldridge, Heloisa N. Bordallo. **Nano-scale hydrogen-bond network improves the durability of greener cements**. Scientific Reports, 2013; 3 DOI:10.1038/srep02667

The IRIS instrument is viewed from above. The cement sample is lowered about 120 cm into a cryostat so that it is hit by the neutron beam. The cryostat is emptied of air to avoid signal noise from air. (Credit: Johan Jacobsen, Niels Bohr Institute)



Achilles' Heel of Ice Shelves Is Beneath the Water, Scientists Reveal

Sep. 15, 2013 — New research has revealed that more ice leaves Antarctica by melting from the underside of submerged ice shelves than was previously thought, accounting for as much as 90 per cent of ice loss in some areas.

Iceberg production and melting causes 2,800 cubic kilometres of ice to leave the Antarctic ice sheet every year. Most of this is replaced by snowfall but any imbalance contributes to a change in global sea level.

For many decades, experts have believed that the most important process responsible for this huge loss was iceberg calving - the breaking off of chunks of ice at the edge of a glacier.

New research, led by academics at the University of Bristol with colleagues at Utrecht University and the University of California, has used satellite and climate model data to prove that this sub-shelf melting has as large an impact as iceberg calving for Antarctica as a whole and for some areas is far more important.

The findings, published today [15 September] in *Nature*, are crucial for understanding how the ice sheet interacts with the rest of the climate system and particularly the ocean.

During the last decade, the Antarctic ice-sheet has been losing an increasing amount of its volume. The annual turnover of ice equates to 700 times the four cubic kilometres per year which makes up the entire domestic water supply for the UK.

Researchers found that, for some ice shelves, melting on its underbelly could account for as much as 90 per cent of the mass loss, while for others it was only 10 per cent.

Ice shelves which are thinning already were identified as losing most of their mass from this melting, a finding which will be a good indicator for which ice shelves may be particularly vulnerable to changes in ocean warming in the future.

The scientists used data from a suite of satellite and airborne missions to accurately measure the flow of the ice, its elevation and its thickness. These observations were combined with the output of a climate model for snowfall over the ice sheet.

They compared how much snow was falling on the surface and accumulating against how much ice was leaving the continent, entering the ocean and calving. By comparing these estimates, they were able to determine the proportion that was lost by each process.

Professor Jonathan Bamber, from the University of Bristol's School of Geographical Sciences, said: "Understanding how the largest ice mass on the planet loses ice to the oceans is one of the most fundamental things we need to know for Antarctica. Until recently, we assumed that most of the ice was lost through icebergs.

"Now we realise that melting underneath the ice shelves by the ocean is equally important and for some places, far more important. This knowledge is crucial for understanding how the ice sheets interact now, and in the future, to changes in climate."

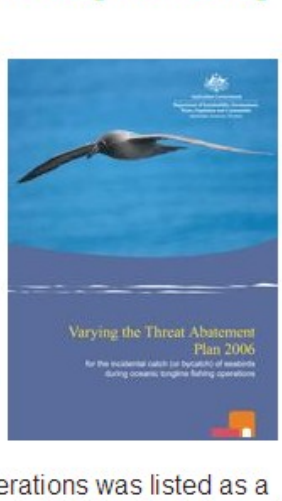
M. A. Depoorter, J. L. Bamber, J. A. Griggs, J. T. M. Lenaerts, S. R. M. Ligtenberg, M. R. van den Broeke, G. Moholdt. **Calving fluxes and basal melt rates of Antarctic ice shelves.** Nature, 2013; DOI: 10.1038/nature12567

Calving front of the Filchner Ice Shelf, Antarctica. (Credit: Jonathan Bamber)

habitat for iPad
Download on the App Store
Eco stories at your fingertips

Habitat magazine is chock full of great environmental reportage, covering enviro heroes, climate change and the interconnectedness of our natural world. FREE to download on your iPad: http://bit.ly/RR8zre

Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations



Department of Sustainability, Environment, Water, Population and Communities, 2013

Introduction

Oceanic longlining is a fishing technique used to target pelagic and demersal finfish and shark species. Longlining occurs in almost all Australian waters. The impact of longline fishing activities on seabirds was not fully realised until the 1980s when seabird bycatch was first reported and then documented.

The incidental catch (or bycatch) of seabirds during oceanic longline fishing operations was listed as a key threatening process on 24 July 1995. An initial threat abatement plan was released in 1998 and the current Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations (the 2006 Threat Abatement Plan for Seabirds) was released in 2006. In 2011, the Minister for Sustainability, Environment, Water, Population and Communities approved preparation of a variation to the 2006 Threat Abatement Plan for Seabirds.

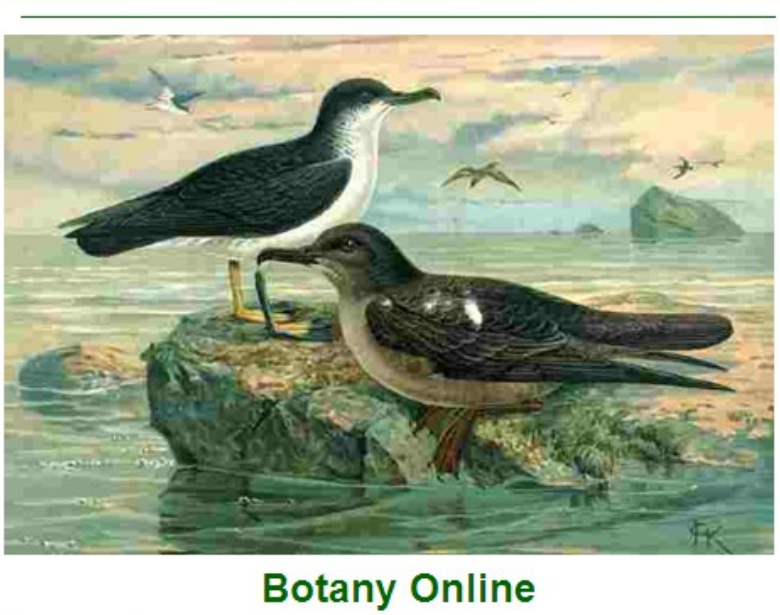
Information on the level and nature of interactions between seabirds and fishing gear has increased significantly. There is now extensive information available upon which to base decision-making. Considerable research and development activities have been undertaken since 1995 into seabird bycatch mitigation measures including at-sea trials. There is now increased confidence about mitigation measures that, when used in combination, are effective. These mitigation measures form the basis of prescriptions set out in the proposed variation to the 2006 Threat Abatement Plan for Seabirds.

Public consultation

The Minister for Environment, Heritage and Water has released the consultation paper on varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations for three-month **public consultation until 31 October 2013.**

Save Pittwater.com People for Pittwater.com.au

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



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

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

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

Pittwater's Environmental Foundation

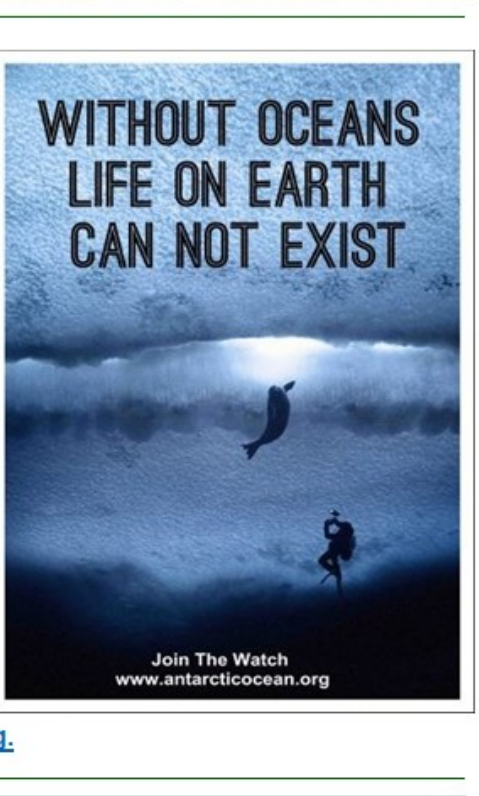
Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council. Our **PROFILE**

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

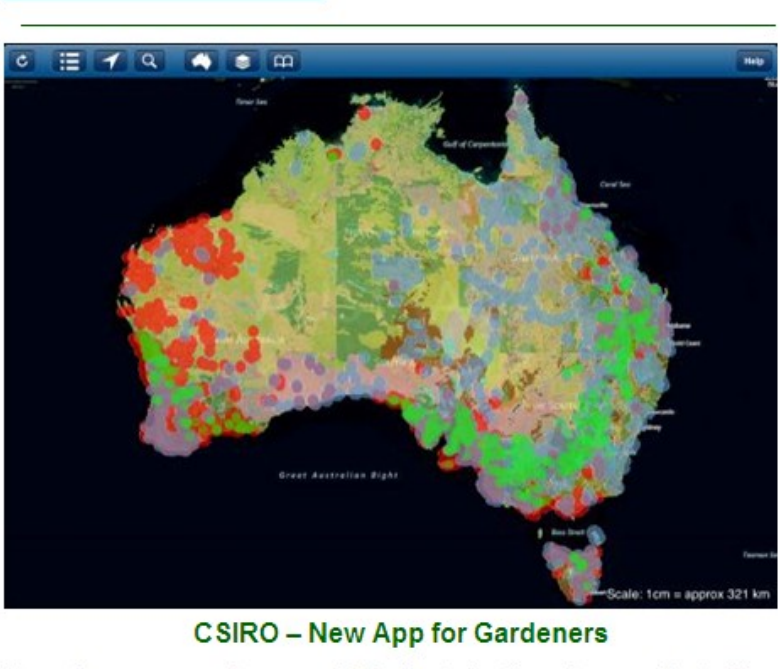
Antarctic Ocean Alliance

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

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


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

www.antarcticocean.org.



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

"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 Online News

September 22 - 28, 2013: Issue 129

Cranzgot's Pizza café

When it comes to gourmet pizzas it's hard to do better then Cranzgot's pizza café at North Avalon. Eight years ago John Faithfull bought the establishment and has continued to serve up traditional and scrumptious versions of this ancient dish ever since. Now joined in the work by son Tali, these two locals know what we all like and something for children's palates as well as their mums and dads is always hot and fresh from here.

Our favourite is the Monty although we're also partial to the Bernard – pan friend prawns in garlic, a hint of heat, snowpeas and brie topped with fresh and sundried tomatoes in the case of the first recipe and garlic prawns, Spanish pinion, peppadew, avocado and shaved parmesan on the Bernard. Never much left if any.

There are also the old recipes, Margherita among them, but even these traditionals, acquire a bit of extra pizzazz when they come out of the Cranzgot's kitchen. An extensive list of chicken pizzas are also on offer for those who Salads are on offer – Greek and Garden, and even an Antipasto plate to nibble on while your order is cooking.

John and Tali Faithfull

B.Y.O & Take Away Open Wed-Sun
1/1 Careel Head Rd North Avalon NSW 2107
Ph: 9918 5550

Although pizza was made and served in many Italian homes in Australia when these ancient and noble people moved to the land down under, and we found records of it being spoken of in newspapers in Australia as far back as 1861, its popularity here, the commercialisation and opening of pizza shops did not occur until the 1970's and even during this decade still formed part of social studies' courses on Italian heritage. At the end of the 1970's an explosion in its popularity saw pizza parlours opening everywhere and Australian farmers pleased because they would be producing a new kind of cheese – mozzarella, to meet the demand. Like so much of our now well known culture, this too came with its originators to our shores and the various recipes and now 'gourmet' versions, introduced with the ever expanding range of ingredients, has become something that connoisseurs indulge in and children are happy about. Pizza ovens in backyards recently becoming popular is just one more proof of our love of this dish.

THE NEAPOLITAN PIZZA. - "The pizza!" I hear your readers exclaim ; "what do you mean by the pizza?" Well, the pizza is a favourite Neapolitan delicacy, which is only made and eaten between sunset and two and three in the morning, and it must be baked in five minutes in the oven; at the very moment when it is ordered it is pulled out of the oven and served up piping hot, otherwise it is not worth a grano. The pizza baker takes a ball of dough, knead sit, and spreads it out with the palm of his hand, giving it about half the thickness of a muffin, then pours over it mozzerella, which is nothing more than rich cream, beaten almost like a cream-cheese, then he adds grated cheese, herbs, and tomato, puts the cake - which, made after this fashion, is termed the pizza- just for five minutes into the oven, and serves it up as hot as possible. The cheese and the cream are, of course, all melted, and unite with the herbs and the tomato. The outside crust must, in the case of a perfect pizza, possess a certain orthodox crispness, Now, at this season of the year, there is no person, high or low, from the first Neapolitan duke to the lowest lazzaroni, with whom it is not a primary article of faith to eat pizza. The pizza cake is your only social leveller, for in the pizza shops rich and poor harmoniously congregate; they are the only places where the members of the Neapolitan aristocracy - far haughtier than those of any other part of Italy - may be seen masticating their favourite delicacy side by side with their own coachmen, and valo's, and barbers. - Morning Post Correspondent at Naples. THE COTTON SUPPLY. (**1861, March 19**). *The Argus*(Melbourne, Vic. : 1848 - 1957), p. 5. Retrieved from http://nla.gov.au/nla.news-article5698575

Although the word "*pizza*" was first documented in 997 AD in Gaeta, which claims that a tenant of certain property is to give the bishop of Gaeta 'duodecim pizze' ['twelve pizzas'] every Christmas Day, and another twelve every Easter Sunday", and successively in different parts of Central and South Italy, the history of the dish itself is not very clear or well documented. The precursor of pizza was probably the focaccia, a flat bread known to the Romans as "panis focacius", to which toppings were then added.

In 16th century Naples a Galette flatbread was referred to as a pizza. Known as the dish for poor people, it was sold in the street and was not considered a kitchen recipe for a long time. This was later replaced by oil, tomatoes (after Europeans came into contact with the Americas) or fish. In 1843, Alexandre Dumas, père described the diversity of pizza toppings. An often recounted story holds that in June 1889, to honour the Queen consort of Italy, Margherita of Savoy, the Neapolitan pizzamaker Raffaele Esposito created the "Pizza Margherita," a pizza garnished with tomatoes, mozzarella cheese, and basil, to represent the colors of the Italian flag.

Pizza is now a type of bread and tomato dish, often served with cheese. However, until the late nineteenth or early twentieth century, the dish was sweet, not savory, and earlier versions which were savory more resembled the flat breads now known as schiacciata. Pellegrino Artusi's classic early twentieth century cookbook, La Scienza in cucina e l'Arte di mangiar bene gives three recipes for pizza, all of which are sweet. However, by 1927, Ada Boni's collection of regional cooking includes a recipe using tomatoes and mozzarella.
The Margherita, topped with modest amounts of tomato sauce, mozzarella cheese and fresh basil, is widely attributed to baker Raffaele Esposito. Esposito worked at the pizzeria "Pizzeria di Pietro" which was established in 1880. In 1889, he baked three different pizzas for the visit of King Umberto I and Queen Margherita of Savoy. The Queen's favorite was a pizza evoking the colors of the Italian flag — green (basil leaves), white (mozzarella), and red (tomatoes). This combination was named Pizza Margherita in her honor. Although those were the most preferred, today there are many variations of pizzas.

There are many famous pizzerias in Naples where these traditional pizzas can be found like Da Michele, Port'Alba, Brandi, Di Matteo, Sorbillo, Trianon and Umberto (founded: 1916). Most of them are in the ancient historical centre of Naples. These pizzerias will go even further than the specified rules by, for example, only using "San Marzano" tomatoes grown on the slopes of Mount Vesuvius and only drizzling the olive oil and adding tomato topping in a clockwise direction.
The pizza bases in Naples are soft and pliable. In Rome they prefer a thin and crispy base. Another popular form of pizza in Italy is "pizza al taglio" which is pizza baked in rectangular trays with a wide variety of toppings and sold by weight.
History of pizza. (2013, September 19). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=History_of_pizza&oldid=573579970

CRANZGOT'S
pizza cafe

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Pittwater Online News

September 22 - 28, 2013: Issue 129

From Seeds To Harvest - September's Pisces Full Moon

HARVEST MOON
BRAND
SOUPS
MADE FROM THE FINEST VEGETABLES
GATHERED UNDER THE HARVEST MOON
SPRINGFIELD, OHIO

Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character; reap a destiny. **Anon**

Sow much, reap much; sow little, reap little. **Chinese Proverb**

Give fools their gold, and knaves their power; Let fortune's bubbles rise and fall; Who sows a field, or trains a flower, Or plants a tree, is more than all. **John Greenleaf Whittier**

Moons and Junes and Ferris wheels

The dizzy dancing way you feel

As every fairy tale comes real

I've looked at love that way.

Joni Mitchell

Write your wishes on the door and come in. Stand outside in the pools of the harvest moon. **Carl Sandburg**

Talk unbelief, and you will have unbelief; but talk faith, and you will have faith. According to the seed sown will be the harvest. **Ellen G. White**

Falling on September 19, the Sabian Symbol for the full Moon is Pisces 27: 'A Harvest Moon Illuminates the Sky'. So many people are describing this full Moon as a 'harvest Moon' and that is exactly what it is, but it is curious that that is the actual Sabian Symbol of this full Moon.

It is extraordinary considering the fact that these Symbols came through the clairvoyant, Elsie Wheeler, in random order. It's extraordinary because the 'Harvest Moon' can very easily fall on this degree, as the 'Harvest Moon' is calculated as the full moon occurring nearest to the autumnal equinox in the northern hemisphere, about September 23. On several nights in succession, at this time of the year, the moonrise is at nearly the same time, because of the relation of the moon's path to the horizon. On these nights, there is full moonlight almost from sunset to sunrise if the sky is unclouded.

On two occasions, I have asked for a special message from Elsie Wheeler. Both times, I received this Sabian Symbol. I was born smack on the full Moon and my Moon/Sun opposition sits exactly on Elsie Wheeler's Asc/Desc - one could say that my 'Harvest Moon' - my full Moon, illuminates her landscape (her horizon).

The following is from my book *The Sabian Oracle: 360 Degrees Of Wisdom:*

This Symbol shows an abundant time of 'Harvest'. The 'Harvest Moon' is a positive sign, with high energy abounding. The sky is clear and conditions are perfect. It's a time of fertility and abundance, but it is also a sign that there may still be much work to be done. For now, this can be an opportunity to relax, enjoy, and to conserve strength in anticipation of the tasks ahead. For the time being, you can reap the benefits of the work that's been accomplished so far. There can be strong feelings of culmination, fertility and fullness. You may feel that it has taken a while to get where you are, and this is a good chance to take some time out to celebrate and reconnect with family and loved ones. Capture this magical moment whilst it lasts, as the energy may start to wane before you know it. However, while it is great now to celebrate the achievements of the 'Harvest', it is also a time of self-discipline because the task must be completed or the fruits of one's labors may go rotten or be wasted. Be sure not to get so carried away in the celebration that you neglect finishing the tasks before you. With all of this light 'Illuminating' the night 'Sky', take a look around with open eyes and see what can be seen.

Keywords: Situations that are very ripe and full of fruition. Celebrating what you have. Expanded perspective making everything clear. A sense of achievement. Seizing the moment to make the most of what's possible. Nature's bounty.

The Caution: Neglecting the tasks at hand because of the appearance of abundance. Achievements waning because of neglect. Wasting energy on inconsequential activities.

The degree following the full Moon is a 'moon' Symbol as well. It's Pisces 28: A Fertile Garden Under The Full Moon, so, this full Moon promises to be a very special moon event.

A mind without instruction can no more bear fruit than can a field, however fertile, without cultivation. **Cicero**

Keywords: Fullness and fertility. Peak of energy and experiences. Brilliantly active unconscious life. Cycles. Waiting for the right time to approach or handle a situation. The effect of the moon. Astrology and predictive practices.

The Caution: Jealous protection of possessions. Not being able to make one's mind up because of the number of possibilities. Missed opportunities.

The degree of the Sun at this full Moon is Virgo 27: Aristocratic Elderly Ladies Drinking Afternoon Tea In A Wealthy Home. This degree suggests the opportunity, or the need, to be thankful for one's home, friends, opportunities to just enjoy one another and to take some time out for yourself.

It can also show up the differences between the haves and the have nots and this can be quite stark on a full Moon. Being grateful and gracious brings more to be grateful for in ones life.

Keywords: Quiet knowing atmosphere. Enjoying the company of others. Special privileges. Taking time off to relax, confident that all is ok. The elite versus the masses. The appreciation of culture. Beauty and wealth. Gossip and chatter. Afternoon teas, brunches and lunches. Charity drives. Being in the group. Exclusivity vs. open armed acceptance. Ladies at the club. Girls having fun. Knowing how to entertain. Joy in social communion. Servants. Fine furnishings. Fine china. Silver cutlery. Candles. Bridge games. Toasting abundance. Tea, coffee, cake and biscuits.

The Caution: Snobbery and elitism. Always having to go to others or have them come to you. People expecting others to do all the work while they just sit around and chat. Mindless talk. Indulgent behavior. Having little to think about or do. Exclusion of others as not being worthy. Loneliness.

The ruler of this full Moon is Neptune and Neptune is in Pisces, on Pisces 4: Heavy Car Traffic Linking Two Seaside Resorts. This degree can show a lot going on and sometimes we're in control and other times we have to just go with the flow as backing up, reversing, doing u-turns may not work to our advantage. We may have to just keep going, plowing on ahead to get through any blockages or obstructions to progress. I have a bumper sticker I would love to print up "If A Woman's Place Is In The Kitchen, How Come I'm Always In The Car?"

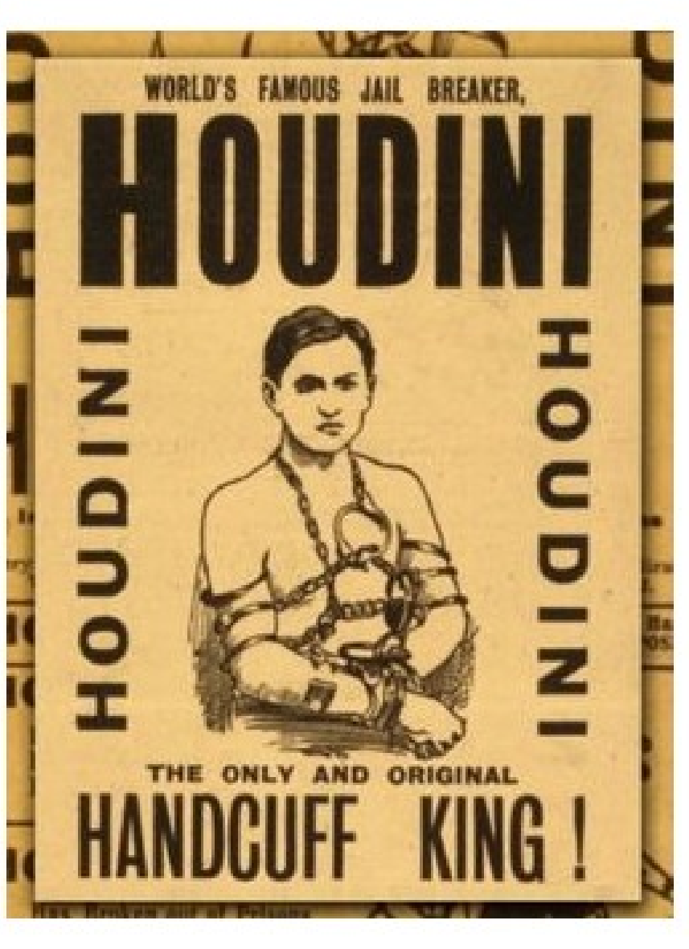
Keywords: Going with the flow. Running back and forth. Having to move continually. Pollution and car exhaust. Rush hour and road-rage. Plans for arrivals and departures. Public holidays. Traffic jams. Traffic banking up. Having trouble making left hand turns. Detours. Packing and unpacking. Luggage. Travel itineraries. Impasses. Nervous systems. Urine therapy. Constant phone calls. Switchboard jams.

The Caution: Creating barriers. Constant traffic stopping the possibility of real human interchange. Claustrophobia. Feeling like there is no escape. Exhaustion due to everyday hustle and bustle. Running out of fuel. Exhaust fumes. Road rage. Accidents. Traffic snarls. Taking the long way round. Blockages.

Mercury is on Libra 17: A Retired Sea Captains Watches Ships Entering and Leaving The Harbor. Just when we may have a lot of running around to do, or a lot to get done, Mercury is asking us to slow down and think about things, at least for a little while. Mercury seems to be suggesting we need to consider our lives, perhaps think about the storms we may have endured (and survived) and to figure out a plan of where to from here.

A ship in the harbor is safe, but that is not what ships are built for. **Proverb**

Give wind and tide a chance to change. **Richard E. Byrd**



The two days following the full Moon could be rather challenging as Mercury is on **Libra 18:Handcuff King HoudiniTwo Men Placed Under Arrest Are Bought Before The Tribunal Of Society To Give An Accounting Of Their Actions** and **Libra 19: A Gang Of Robbers In Hiding.**

Now, with these two degrees, it's not so much about being placed under arrest or having robbers in hiding waiting to get you. It's likely to be about the need to free up stuck energies, to let go of relationships that don't serve you and to identify what thoughts and emotions you may be running that rob you of your peace of mind and heart. Both, the 'men under arrest' and the 'robbers' show the need to assess where you might be holding yourself, or others, up and where you may need to reprogram what's going on for you. Of course, this could manifest as the 'robbers' out there in society (politicians, corporations, bankers, etc) are brought to justice, or made to explain their actions.

So, a few days after this full Moon could bring up all kinds of things and a lot of them are likely to be subliminal and may need to be ferreted out.

Venus is on Scorpio 10: A Fellowship Supper Reunites Old Comrades. This is a wonderful degree. It often speaks of gathering with friends, old or new, and finding companionship and reigniting friendships. It can be over coffee or a good cup of tea (as with the degree of the Sun with the Aristocratic Ladies), it can be lunch or dinner, or, it can be a Skype call or an email or phone call that comes, sometimes from out of the blue. This is a kind of reunion degree and it can feel like there's some kind of past life thing working itself out in the mix.

Keywords: Renewed bonds with those you've shared struggles with. Past life connections. Feeling like you've known someone for lifetimes. Reaching out to others. Having a million and one things to talk about. Reunions and memories. Talking about the past. Sharing meals. Drinking wine. The Last Supper.

The Caution: Only feeling comfortable with the past. Resisting joining with others. Feeling like a loner, with no one to share the good things in life. Being uneasy about having to face old comrades or adversaries. Secrets being revealed. Gossip that belittles others.

Saturn and the Moon's north node are conjunct (together with) Venus, bringing a very strong feeling of fatedness to relationships, issues to do with money, etc. It could bring a strong feeling of 'karmic' retribution or justice being meted out. In Australia, we are seeing a very conservative government making some seriously horrible moves straight after being elected.

Saturn and the Moon's north node are on Scorpio 9: The Dentist At Work. This is also the 'Karmic Condition' of Venus - it's curious that we have The Dentist At Work right before The Fellow Supper - the two Symbols tie in amazingly with each other. With the general feeling we have of such things as dentistry, it can feel like our greatest fears have come to the surface. How can we cope with such demands as are being placed on us emotionally, financially or spiritually? Perhaps it's merely a matter of getting disciplined about what needs to be done. This could be a period where a lot is achieved through concentrated focus and attention and not through procrastination and fear of those things that are perhaps bigger than you, or far in the distant and feeling rather untouchable.

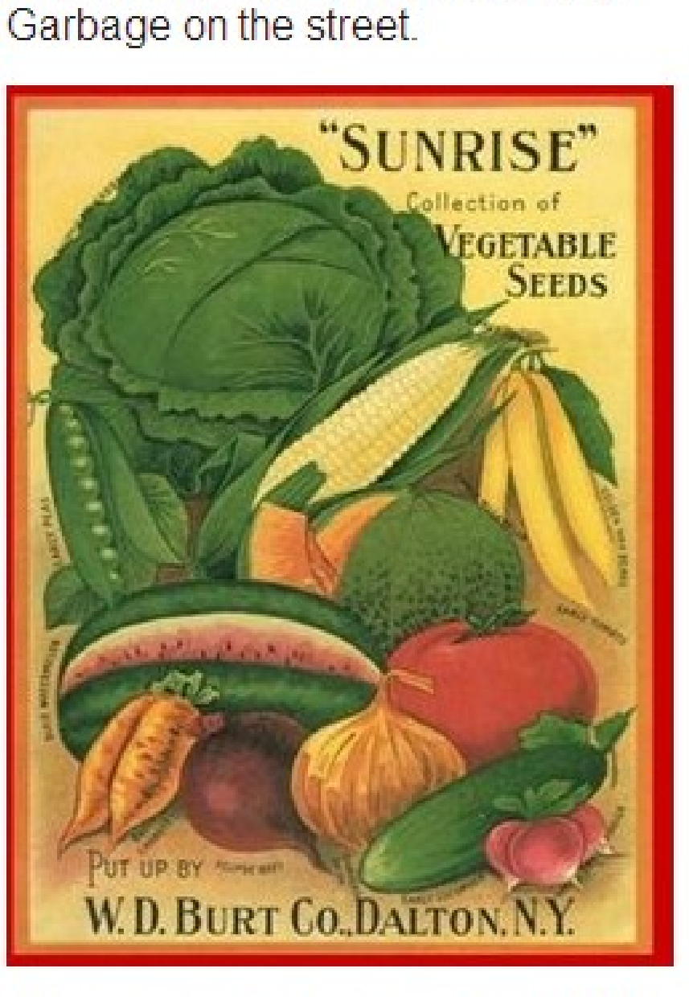
Keywords: Repairing damage. Drilling at something. Plugging up situations. Being the responsible one who always has to fix things. Not being able to relax. Causing pain to erase pain. Tooth decay and bad breath. Medical equipment. Therapists. Treatments. Social comment to invoke a cure. Flossing and oral care.

The Caution: Getting further into a hole by using more and more social solutions. Causing more pollution and damage when one should be honoring and fixing things. The fear of pain. Making wrong judgments and causing harm. Big dentist bills because of neglect. Always having to come up with solutions to problems. Always being "on duty".

Mars is on Leo 15: A Street Pageant Moving Along A Street Packed With People. This can show people celebrating, but it can also be people protesting. It can show fun in the street with others all the way to road rage as others won't get out of your way. Particularly with Mars, there can be a feeling of being jammed in with too many people. Or, there could be the desire to get out amongst the seething mass of humanity.

Keywords: Demonstrations of joy. Spectacular shows of solidarity. Ticker-tape parades. Community celebrations of victory or faith. Food and drink stalls. Mardi gras and gay pride parades. Being a participant or an observer. Having a following. Gaiety and spectacle. Performers, musicians, magicians. Street stalls. Traffic management. The mob. Barriers.

The Caution: Displays of egocentric achievements. Blowing one's trumpet. Closing off some areas of life, overplaying others. Problems with neighbors or people. Displays with little warmth or genuine communal feelings. Feeling like sardines in a can. Noisy neighborhoods. Loud music that annoys. Disruptive behavior. Hooligans and louts. Looting. Lack of privacy and quiet. Garbage on the street.



Jupiter is on Cancer 17: The Seed That Grows Into Knowledge And Life. The energy of this Symbol seems to be backing up that of the Moon's Symbol - The Harvest Moon. This degree is very much about the possibility (or the need) of nurturing small beginnings, bringing things to a peak of harvest through nurturing their needs at the very onset of the journey out of the seed's husk.

Keywords: Small and careful beginnings leading to a beautiful flowering. Seeding things. New ideas bringing fulfillment. Pregnancy, childbirth and growing up. The growth of knowledge. Embryonic cells. Giving and receiving lessons. The urge to grow. Germination. Reaching towards light. Fertilization. Nourishment. Tender care. Genetic engineering. Transmutations. Teachers and students. The tree of knowledge. The Kabbalah.

The Caution: Rushing and missing vital parts. Arrogance about how much one knows. Being afraid to start a project because of time constraints. Not giving small things the reverence they deserve. Grabbing the fast dollar. Things that get out of hand.

Uranus is on Aries 12: A Flock Of Wild Geese. This talks about joining together with others in order to achieve something or get somewhere. It can also show the possibility of working alone, but knowing that others are there, helping you on, egging you towards what you need to be doing.

Keywords: Aquarian ideals of brotherhood. Attunement to planetary rhythms. Spirit liberated from matter. Wanting to take off by one's self, but not being able to. Focused group activity and support. Group mentality, action and agreement. Intuition and telepathy. Choreography. Camaraderie. "Honking" to egg each other on. Flying in the slipstream. Responses to seasonal changes.

The Caution: Following the leader without knowing where one's going. Never knowing where to land, or where to ground oneself. Wild goose chases. Not recognizing the brotherhood in humanity. Losing a sense of individual identity. Going off in the wrong direction.

It is useful to mention that Uranus is retrograde and will very soon move backwards onto Aries 11: The President Of The Republic Or The Ruler Of One's Country. This could have interesting political implications around the world. As an Australian, I am waiting to see what will happen with the new government that is forming. So far, it looks horrendous and the chart for the swearing in of our new prime minister is the very picture of something that will drag us back a half century or so. It will be interesting to see how it plays out.

On a more personal level, **Uranus** in Aries on the Ruler Of One's Country degree is asking, no, insisting that we take personal responsibility for our lives. To stand up and be counted as strong, reliable, accountable and powerful individuals in our own right.

Ongoing issues to do with GMO's and internet spying and all kinds of things that impinge on our ability to be free thinking and in charge of our own destinies are bound to come up.

In Australia, the new prime minister, Tony Abbott (who wanted to be a Jesuit priest) has put himself in charge of women's affairs. It would be entirely laughable if it wasn't so gobsmackingly dragging us back into the last millennium. I do fear for the state of my country whilst also having a laugh at how pathetically ridiculous things have become. He has also wiped out any investigation into climate change. It will be coal, coal, coal and other dirty sources of energy, all the way!

Pluto is on Capricorn 9: An Angel Comes Carrying A Harp. Calling on one's angels could be a good idea at the moment, as is spreading harmony and joy. It can be a hard task with Pluto on this degree, but we would do well to listen to music, to tune into those rhythms

Keywords: Demons driven away by music lifting faith and hope. Messages of peace from the other side. Having a message to spin. Being in tune, spiritually. Having an elevated view of humanity. Creating harmony. Blowing the whistle. Advertising. Salvation that arrives when most needed. Harmonics. Music and musical instruments. Visitations of spirit. Messages arriving. Pulling on the heartstrings. Heavenly attunement. Beautiful tunes.

The Caution: Having a holier-than-thou attitude. Losing oneself in fantasy. Promising more than can be delivered. "Melodies" that deceive or lead astray. 'Harping' on things (dwelling on issues).

Another thing with Pluto on this degree is the need to be discerning about what those in authority (the Plutocracy in many cases) are telling us. Can we trust the message? Is there anything really real in the message? Is the tune they are playing one that resonates with your inner being?

Last but not least is Chiron on Pisces 11: People Travelling A Narrow Path, Seeking Illumination. This is a wonderful image to wrap this newsletter up with. It is basically telling us to stay on our paths, to keep going when it may seem easier to give up, to see that 'illumination' that is available to us through knowledge, beauty, nature and, perhaps, stillness.

Keywords: People "on the Path". Sticking to one mindset, diet, regimen or habit. Having a cause to follow. Not looking sideways. Awakening one's base senses in order to progress. Physical ecstasy. Being in the now. Going towards the light. Staying true to self. The promise of light at the end of the journey.

The Caution: Blinded by the light. Not knowing where you're really going. Disillusionment about what's been chosen. Being one-eyed about goals and beliefs. The denial of physical pleasure. Puritanical behavior. Distractions that stop forward movement. Narrow mindedness.

I apologise for this newsletter being late. As I've mentioned before, the influences of the lunations (new and full Moons) stretch on into the future and do not end once the moment is passed.

I almost didn't write this newsletter. It takes me several hours, often more than a day and the last one took me over three days. I cut and paste sections from my book which is in pdf form and I've been having a hard time with all the formatting that comes with it. My wrists and back ache by the time I've finished it...as I don't get any monetary recompense from it, I am finding it hard to concentrate on getting it done. I will be offering readings and copies of my book in another email. If you are interested, please do contribute by getting a reading or purchasing a book (which comes with a set of cards for drawing the Oracle). The books make wonderful gifts. **Or, if you could donate a little to keep me going, here's my Paypal address to make a contribution: lyndahill@gmail.com**

Thanking you.

I also have new information about Elsie Wheeler and have in my hands a copy of her will. This has brought up all kinds of realizations about her and her life and all kinds of emotions for me. Life is certainly curious!

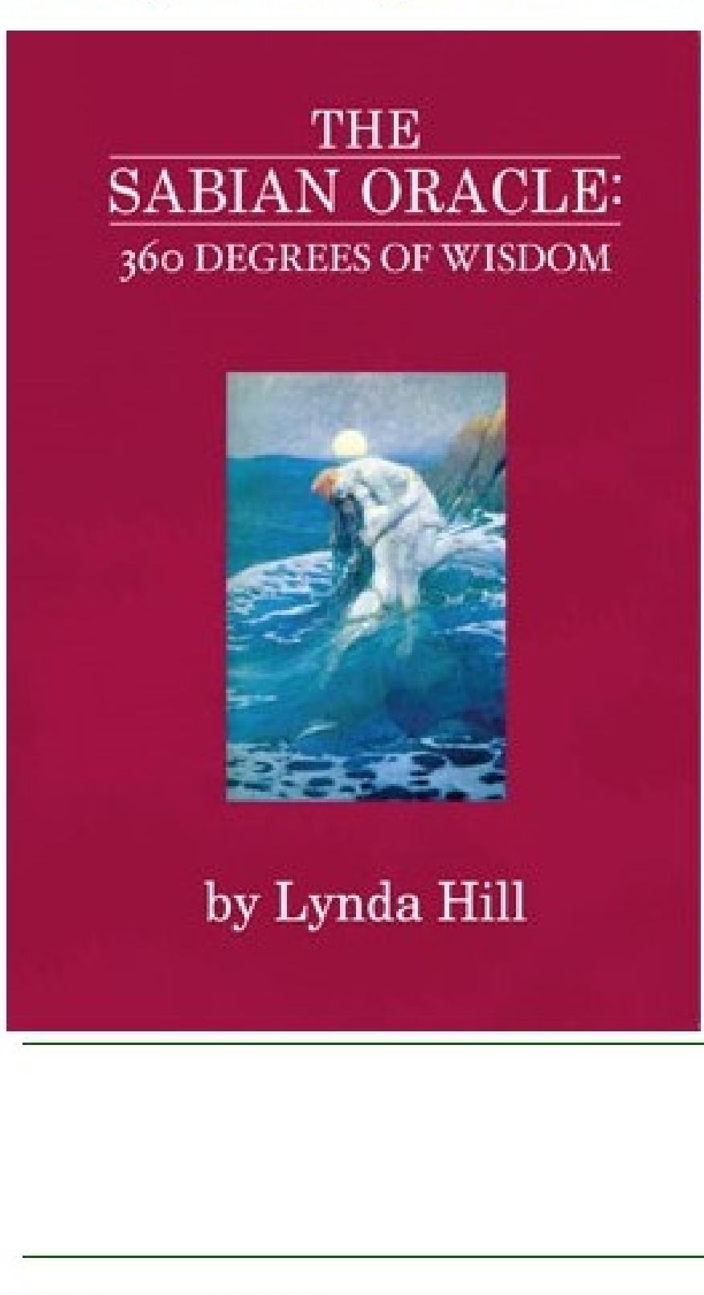
Happy Harvest Moon!

Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public througout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.



The Sabian Symbols were given birth in San Diego, ???California, in 1925 by Marc Edmund Jones, a noted American astrologer and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of word images to go with every degree of the zodiac. Elsie Wheeler was an extraordinary clairvoyant confined to a wheelchair for most of her life. Jones chose Elsie Wheeler as his partner in this 'experiment' (as M.E. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more Information: click here

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September 22 - 28, 2013: Issue 129

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

World-first study finds midwifery care costs less and delivers equally safe care - 17 September 2013

A world-first University of Sydney randomised controlled trial comparing continuity of midwifery care throughout pregnancy with standard public hospital care found that caseload midwifery reduced interventions in birth and reduced costs.

Published in ***The Lancet*** today, this ground-breaking study, led by Sally Tracy, Professor of Midwifery at the University of Sydney, recruited 1748 pregnant women, of all risk types, from Sydney's Royal Hospital for Women and Brisbane's Mater Mother's Hospital, and allocated them to receive either caseload midwifery care (871) or standard maternity care (877).

The study found more women in caseload midwifery experienced an unassisted vaginal birth without pharmacological analgesia, while fewer women experienced an elective caesarean.

While the trial findings did not show a significant difference in the rate of caesarean sections between either group, the overall rate fell by more than 20 percent from pre-trial levels.

Newborn infants in both groups achieved similar physical assessment scores (Apgar scores). A slightly lower number of pre-term births and neonatal intensive care admissions among the midwifery caseload group was not statistically significant.

Important secondary findings of the study include:

•30 percent more spontaneous onset of labour

•less induction of labour

•less severe blood loss, and

•more likelihood of breastfeeding at discharge from hospital.

The overall median cost of birth per woman was AU$566.74 less with caseload midwifery than with standard care.

Professor Sally Tracy, said the study confirmed for the first time that caseload midwifery care is feasible for women of all risk and cost effective at all levels of care.

"Given the limited information available about the cost of maternity services in Australia, it's significant to find that caseload midwifery produces a saving of $566.74 for each woman who gave birth in the public hospital," she said.

Professor Tracy said the study refuted the common misconception that one-to-one caseload midwifery care was expensive.

"Caseload midwifery care has been largely overlooked because of the incorrect belief that the service will be too expensive and that the model is not safe for complex pregnancies.

Our randomised trial showed that caseload care can achieve similar outcomes to standard care - and it costs the public purse significantly less.

"Given that maternity is one of the most frequent causes of hospitalisation in Australia today, caseload midwifery could play a major role in the future in reducing public health expenditure," Professor Tracy said.

"Our study found that caseload midwifery appeared to alter some of the pathways that recurrently contribute to increased obstetric intervention.

"Caseload midwifery care works on the assumption that women will labour more effectively, need to stay in hospital less time and feel a stronger sense of satisfaction and personal control if they have the opportunity to get to know their midwife at the beginning of pregnancy."

Co-author and obstetrician, Professor Alec Welsh, Director of the Australian Centre for Perinatal Science at UNSW, said policy makers should not view one-on-one midwife care as an expensive, boutique service and pregnant women should be made aware of the benefits of such schemes.

Push the Shark Away

WHEN THE WAR
IS OVER

When the war is over - UNSW's Uniken out now - 18 September 2013

When Private Paul Warren had one of his legs blown off by an improvised explosive device just six weeks into his first tour of duty in Afghanistan, he was one of the luckier ones on patrol that day. His mate 22-year-old Private Benjamin Ranaudo was killed.

What followed for Warren was months of rehabilitation and an ongoing battle with post-traumatic stress disorder (PTSD).

More than 27,500 Australian soldiers have served in Afghanistan since 2001, including 40 who have died. The war has been Australia's most intensive commitment since Vietnam.

In our cover story, we look at how the Australian military is preparing for a battle at home as the mental toll of our commitment in Afghanistan impacts on returning troops. UNSW's Professor Richard Bryant, a world expert in PTSD, believes the Australian military has learned from experience in Vietnam, and despite predictions to the contrary, there will be no "epidemic" of PTSD.

Also in the our Spring issue, we look at Big Data and some of the questions being asked about how our personal information is being collected and used online; we investigate the relatively new field of neurofinance and how some of us have brains hardwired for business success; and we meet The Bone Builder, Professor Melissa Knothe Tate, UNSW's new Chair in Biomedical Engineering.

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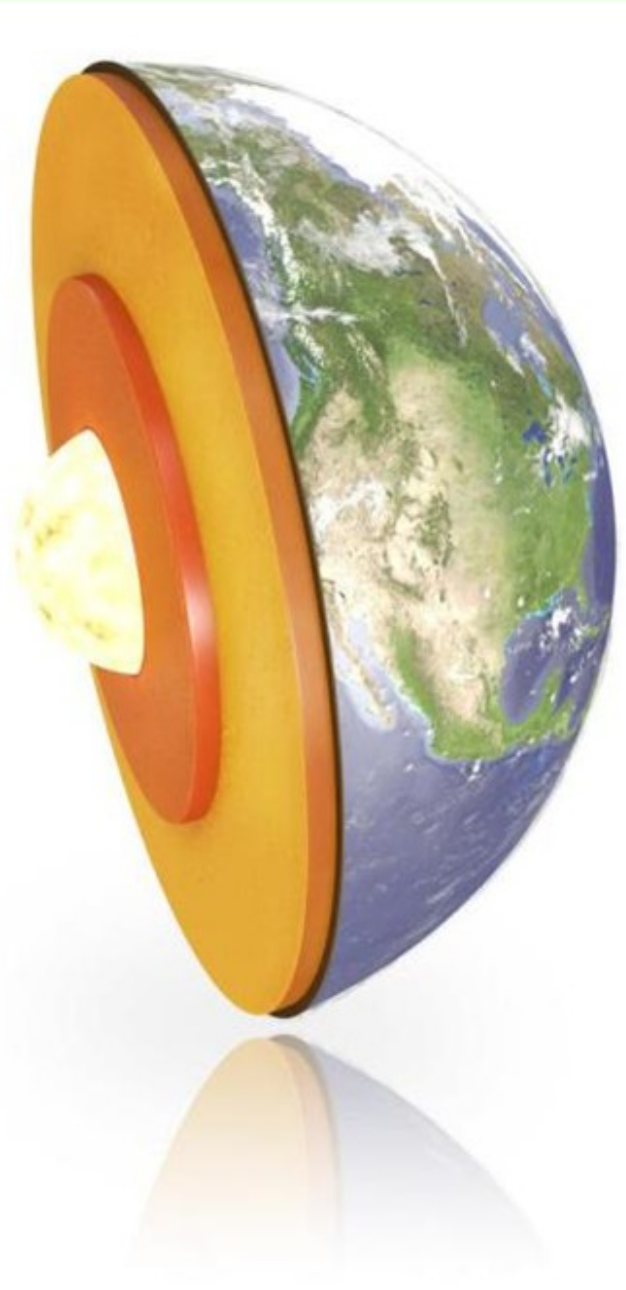

What Direction Does Earth's Center Spin? New Insights Solve 300-Year-Old Problem

Sep. 16, 2013 — Scientists at the University of Leeds have solved a 300-year-old riddle about which direction the centre of Earth spins. Earth's inner core, made up of solid iron, 'superrotates' in an eastward direction - meaning it spins faster than the rest of the planet - while the outer core, comprising mainly molten iron, spins westwards at a slower pace.

Although Edmund Halley - who also discovered the famous comet - showed the westward-drifting motion of Earth's geomagnetic field in 1692, it is the first time that scientists have been able to link the way the inner core spins to the behavior of the outer core. The planet behaves in this way because it is responding to Earth's geomagnetic field.

The findings, published today in *Proceedings of the National Academy of Sciences*, help scientists to interpret the dynamics of the core of Earth, the source of our planet's magnetic field.

In the last few decades, seismometers measuring earthquakes travelling through Earth's core have identified an eastwards, or superrotation of the solid inner core, relative to Earth's surface.

"The link is simply explained in terms of equal and opposite action," explains Dr Philip Livermore, of the School of Earth and Environment at the University of Leeds. "The magnetic field pushes eastwards on the inner core, causing it to spin faster than Earth, but it also pushes in the opposite direction in the liquid outer core, which creates a westward motion."

The solid iron inner core is about the size of the Moon. It is surrounded by the liquid outer core, an iron alloy, whose convection -driven movement generates the geomagnetic field.

The fact that Earth's internal magnetic field changes slowly, over a timescale of decades, means that the electromagnetic force responsible for pushing the inner and outer cores will itself change over time. This may explain fluctuations in the predominantly eastwards rotation of the inner core, a phenomenon reported for the last 50 years by Tkalčić et al. in a recent study published in Nature Geoscience.

Other previous research based on archeological artefacts and rocks, with ages of hundreds to thousands of years, suggests that the drift direction has not always been westwards: some periods of eastwards motion may have occurred in the last 3,000 years. Viewed within the conclusions of the new model, this suggests that the inner core may have undergone a westwards rotation in such periods.

The authors used a model of Earth's core which was run on the giant super-computer Monte Rosa, part of the Swiss National Supercomputing Centre in Lugano, Switzerland. Using a new method, they were able to simulate Earth's core with an accuracy about 100 times better than other models.

P.W. Livermore, R. Hollerbach and A. Jackson. **Electromagnetically driven westward drift and inner-core superrotation in Earth's core.** PNAS, 2013 DOI:10.1073/pnas.1307825110. Picture: Credit: © KristijanZontar / Fotolia

Health papers published this week:

Heart Attacks in Young Women - Not All Have Chest Pain

Sep. 16, 2013 — Chest pain is recognized as a symptom of heart troubles, but one out of five women aged 55 years or less having a heart attack do not experience this symptom, according to a study led by the Research Institute of the McGill University Health Centre (RI-MUHC). The research findings, gathered from partner institutions across Canada including the University of British Columbia (UBC), are the first to describe this phenomenon in young women. The study, published in *JAMA Internal Medicine*, has implications for emergency room healthcare professionals and for at-risk individuals, as seconds matter when it comes to the accurate diagnosis and treatment of heart attack.

"We need to move away from the image of an older man clutching his chest, when we think about acute coronary syndrome (ACS - the umbrella term referring to heart attacks and angina), says senior author of the study, Dr. Louise Pilote, director of the Division of General Internal Medicine at the MUHC and McGill University and professor of medicine at McGill University. "The reality is that chest pain, age and gender are no longer the definers of a heart attack. Our study demonstrates that young people and women who come into the emergency without chest pain, but other telltale ACS symptoms such as weakness, shortness of breath and/or rapid heartbeats are in crisis. We need to be able to recognize this and adapt to new standard assessments in previously unrecognized groups such as young women."

"Women less than 55 years old are more likely to have their ACS misdiagnosed in the ER than men, and they have higher risk of death," adds first author Dr. Nadia Khan, associate professor of Medicine, UBC. "The public and physicians need to be aware of this problem."

Pain not an indicator of disease severity

Drs. Pilote, Khan and colleagues evaluated more than 1000 young patients who were hospitalized for ACS. Their findings showed that women were less likely to experience chest pain compared with men and that the absence of this pain did not correlate with less severe heart attacks. Patients without chest pain had fewer symptoms overall but their ACS was not less severe. The diagnosis of ACS therefore depended on detailed cardiological assessments.

"It is important to remember that chest pain is a main indicator of ACS, but not the only one," says Dr. Pilote.

"We need to remind ourselves that even without chest pain, something serious could still be happening," adds Dr. Khan.

Nadia A. Khan. **Sex Differences in Acute Coronary Syndrome Symptom Presentation in Young PatientsAcute Coronary Syndrome Symptoms in Young Patients Acute Coronary Syndrome Symptoms i.** JAMA Internal Medicine, 2013; DOI:10.1001/jamainternmed.2013.10149

Varenicline Helps Smokers With Depression Quit Smoking

Sep. 16, 2013 — About half of smokers seeking treatment for smoking cessation have a history of depression. Compared with smokers who are not depressed, those who suffer from a major depressive disorder (MDD) have greater difficulty quitting.

In a Pfizer-sponsored clinical trial to assess the effect of varenicline (Chantix®) on smoking cessation, as well as mood and anxiety levels in smokers with current or a history of depression, researchers concluded that the drug does help some of these patients to quit smoking without worsening symptoms of depression or anxiety.

The study was led by Robert Anthenelli, MD, associate chief of staff for mental health at VA San Diego Healthcare System and professor of psychiatry at UC San Diego School of Medicine, where he directs the Pacific Treatment and Research Center. It will be published September 17 in the journal *Annals of Internal Medicine*.

"Depression and smoking are among the leading causes of disability and death in the world, yet studies testing smoking cessation drugs generally exclude participants who are taking antidepressants, and relapse rates are high among those who do manage to quit," said Anthenelli. "To our knowledge, this was the first randomized, controlled study of the prescription smoking-cessation drug, varenicline, which we found to help patients with depression quit smoking, without worsening their depressive symptoms."

The study looked at 525 adult smokers with stable current or past major depression, from 38 centers in eight countries. The study participants smoked at least 10 cigarettes a day, and were motivated to quit smoking. They took either varenicline or a placebo twice daily for 12 weeks; after treatment ended, researchers followed them for an additional 40 weeks.

During the last four weeks of treatment, close to 36 percent of those treated with varenicline quit smoking, compared with 16 percent of the placebo group. At the end of the 40-week follow up, 20 percent of the varenicline group continued to abstain from smoking, compared to10 percent of the placebo group. No differences were reported between the groups in mood, anxiety or thoughts about suicide, according to the researchers.

"While this study didn't look at smokers with untreated depression, this drug may improve efforts by depressed smokers to quit and to maintain abstinence from tobacco use," Anthenelli said.

Robert M. Anthenelli. **Effects of Varenicline on Smoking Cessation in Adults With Stably Treated Current or Past Major DepressionA Randomized Trial.** Annals of Internal Medicine, 2013; 159 (6): 390 DOI: 10.7326/0003-4819-159-6-201309170-00005

Immune System Marker Tied to Improved Bone Marrow Transplant Outcomes

Sep. 16, 2013 — The risk of death following bone marrow transplantation can be reduced about 60 percent using a new technique to identify bone marrow donors who make the most potent cancer-fighting immune cells, according to research from St. Jude Children's Research Hospital. The findings appear in the September 16 **online issue** of the *Journal of Clinical Oncology*.

The research builds on an earlier St. Jude discovery that specialized immune cells called natural killer (NK) cells dispatched cancer cells more efficiently when the NK cells carried a particular version of a KIR protein on their surface. KIR is short for killer-cell immunoglobulin-like receptor. KIR proteins regulate NK cells.

For this study, researchers reviewed the outcomes of the 313 bone marrow transplants performed at St. Jude during the decade ending in January 2010. Investigators found that patients were far more likely to have survived the transplant and far less likely to had their disease progress if their new bone marrow came from donors whose NK cells included the same version of the protein, rather than the alternative form.

"This approach should dramatically improve the outcome for patients undergoing bone marrow transplantation, regardless of their age or underlying condition," said Wing Leung, M.D., Ph.D., the paper's corresponding author and chair of the St. Jude Department of Bone Marrow Transplantation and Cellular Therapy. "NK cells also play an important role in autoimmune disorders, chronic infections and other conditions, so these results will likely have an impact beyond cancer."

Transplant patients benefited regardless of their disease, previous treatment, completeness of the genetic match or other donor characteristics, including whether the donor was a relative. Leung said screening for the NK cell variation uses blood collected for the current donor screening process and will not slow donor selection.

NK cells account for less than 15 percent of white blood cells, but play a major role in defending against cancer and viral infections. This research focused on a protein named KIR2DL1, which belongs to the KIR family of proteins. The KIR2DL1 protein is found on NK cells of nearly all healthy individuals.

Proteins are made up of long chains of amino acids. Due to natural genetic variation, there are 25 versions of KIR2DL1, each with a slightly different amino acid sequence.

In an earlier study, Leung and his colleagues discovered that NK cells with one of the KIR2DL1 variations killed cancer cells growing in the laboratory more efficiently than NK cells with a different version of the protein. The potent NK cells featured the amino acid arginine at position 245 of KIR2DL1 rather than the amino acid cysteine in that spot. That discovery led to this study, which offers the first proof that the amino acid difference impacts patient outcomes.

Researchers checked the outcomes of all bone marrow transplants performed at St. Jude during the 10-year period. They found that donor bone marrow with two copies of the gene for the arginine 245 version of KIR2DL1 was associated with a 60 percent decreased risk of death following transplantation and a 62 percent reduced risk of disease progression compared to transplants with donor bone marrow that carried instructions for making just the cysteine version. The transplants involved patients battling both acute lymphoblastic and acute myeloid leukemia as well as other conditions.

St. Jude has patented and licensed a test to identify potential donors with the preferred amino acid. The goal is to make the screening test widely available to other transplant centers as soon as possible, officials said.

Rafijul Bari, Piya Rujkijyanont, Erin Sullivan, Guolian Kang, Victoria Turner, Kwan Gan, and Wing Leung. **Effect of Donor KIR2DL1 Allelic Polymorphism on the Outcome of Pediatric Allogeneic Hematopoietic Stem-Cell Transplantation.** Journal of Clinical Oncology, September 2013 DOI: 10.1200/JCO.2012.47.4007

'Vicious Cycle' Shields, Spreads Cancer Cells

Sep. 16, 2013 — A "vicious cycle" produces mucus that protects uterine and pancreatic cancer cells and promotes their proliferation, according to researchers at Rice University. The researchers offer hope for a therapeutic solution.

They found that protein receptors on the surface of cancer cells go into overdrive to stimulate the production of MUC1, a glycoprotein that forms mucin, aka mucus. It covers the exposed tips of the elongated epithelial cells that coat internal organs like lungs, stomachs and intestines to protect them from infection.

But when associated with cancer cells, these slippery agents do their jobs too well. They cover the cells completely, help them metastasize and protect them from attack by chemotherapy and the immune system.

Details of the new work led by biochemist Daniel Carson, dean of Rice's Wiess School of Natural Sciences, appear in the *Journal of Cellular Biochemistry*.

In the paper, Carson, lead author Neeraja Dharmaraj, a postdoctoral researcher, and graduate student Brian Engel described MUC1 overexpression as particularly insidious not only for the way it protects tumor cells and promotes metastasis, but also because the cells create a feedback loop in which epidermal growth factor receptors (EGFR) and MUC1 interact to promote each other.

Carson described EGFR as a powerful transmembrane protein that stimulates normal cell growth, proliferation and differentiation. "What hadn't been considered is whether this activated receptor might actually promote the expression of MUC1, which would then further elevate the levels of EGFR and create this vicious cycle.

"That's the question we asked, and the answer is 'yes,'" he said.

Carson compared mucus to Teflon. "Things don't stick to it easily, which is normally what you want. It's a primary barrier that keeps nasty stuff like pathogenic bacteria and viruses from getting into your cells," he said.

But cancer cells "subvert systems and find ways to get out of control," he said. "They auto-activate EGFR by making their own growth factor ligands, for example, or mutating the receptor so it doesn't require the ligand anymore. It's always on."

Mucin proteins can then cover entire surface of a cell. "That lets (the cell) detach and move away from the site of a primary tumor," while still preventing contact with immune system cells and cytotoxins that could otherwise kill cancer cells, Carson said.

Hope comes in the form of a controversial drug, rosiglitazone, in the thiazolidinedione class of medications used in diabetes treatment, he said. The drug is suspected of causing heart problems over long-term use by diabetes patients. But tests on cancer cell lines at Rice found that it effectively attenuates the activation of EGFR and reduces MUC1 expression. That could provide a way to weaken the mucus shield.

"Chronic use of rosiglitazone can produce heart problems in a subset of patients, but if you're dying of pancreatic cancer, you're not worried about the long term," Carson said. "If you can reduce mucin levels in just a few days by using these drugs, they might make cancer cells easier to kill by established methods."

He said more work is required to see if rosiglitazone or some variant is suitable for trials. "We think it's best to understand all the effects," he said. "That might give us a rational way to modify these compounds, to avoid unwanted side effects and focus on what we want them to do."

Neeraja Dharmaraj, Brian J. Engel, Daniel D. Carson.**Activated EGFR stimulates MUC1 expression in human uterine and pancreatic cancer cell lines.** Journal of Cellular Biochemistry, 2013; 114 (10): 2314 DOI:10.1002/jcb.24580

Diet Is Associated With Risk of Depression

Sep. 16, 2013 — A healthy diet may reduce the risk of severe depression, according to a prospective follow-up study of more than 2,000 men conducted at the University of Eastern Finland. In addition, weight loss in the context of a lifestyle intervention was associated with a reduction in depressive symptoms.

"The study reinforces the hypothesis that a healthy diet has potential not only in the warding off of depression, but also in its prevention," says Ms Anu Ruusunen, MSc, who presented the results in her doctoral thesis in the field of nutritional epidemiology.

Depressed individuals often have a poor quality of diet and decreased intake of nutrients. However, it has been unclear whether the diet and the intake of foods and nutrients are associated with the risk of depression in healthy individuals.

Those following a healthy diet are less at risk

A healthy diet characterized by vegetables, fruits, berries, whole-grains, poultry, fish and low-fat cheese was associated with a lower prevalence of depressive symptoms and a lower risk of depression during the follow-up period.

Increased intake of folate was also associated with a decreased risk of depression. Vegetables, fruits, berries, whole-grains, meat and liver are the most important dietary sources of folate. In addition, increased coffee consumption was non-linearly associated with a decreased risk of depression.

In addition, participation in a three-year lifestyle intervention study improved depression scores with no specific group effect. Furthermore, a reduction in the body weight was associated with a greater reduction in depressive symptoms.

Junk food, sugar and processed meats may increase depressive symptoms

Adherence to an unhealthy diet characterized by a high consumption of sausages, processed meats, sugar-containing desserts and snacks, sugary drinks, manufactured foods, French rolls and baked or processed potatoes was associated with an increased prevalence of elevated depressive symptoms.

Contrary to some earlier observations, vitamin B12 intake, serum concentrations of n-3 PUFAs, serum ratio of n-6 to n-3 PUFAs, tea drinking and total caffeine intake were not related to the risk of depression in this study.

The study was based on the population-based Kuopio Ischaemic Heart Disease Risk Factor (KIHD) Study. The participants, over 2,000 middle-aged or older Finnish men were followed-up for an average of 13-20 years. Their diet was measured by food records and food frequency questionnaires, and information on cases of depression was obtained from the National Hospital Discharge Register. The effects of the three-year lifestyle intervention on depressive symptoms were investigated in the Finnish Diabetes Prevention Study (DPS) with 140 middle-aged men and women randomized to intervention and control groups.

Depression is one of the leading health challenges in the world and its effects on public health, economics and quality of life are enormous. Not only treatment of depression, but also prevention of depression needs new approaches. Diet and other lifestyle factors may be one possibility.

The whole study is available online at: http://epublications.uef.fi/pub/urn_isbn_978-952-61-1201-5/urn_isbn_978-952-61-1201-5.pdf

Tracking Drug's Ability to Prevent Type 1 Diabetes

Sep. 16, 2013 — Vanderbilt's Eskind Diabetes Clinic has been selected to examine the ability of the drug abatacept to prevent type 1 diabetes (T1D). As part of the TrialNet consortium, Vanderbilt will be one of 14 North American sites observing the effects of the drug in people at high risk to develop T1D.

T1D, formerly called juvenile diabetes, is an autoimmune disease that is predominant in the younger population and has a strong genetic component. The study is seeking participants between the ages of 6 and 45 whose antibody screening results indicate they have a strong likelihood of developing T1D.

"People often think that screening for type 1 diabetes risk factors is unimportant because there is currently nothing that can be done to mitigate their risk level for type 1 diabetes," said William Russell, M.D., Cornelius Vanderbilt Professor of Pediatrics, director of Pediatric Endocrinology and Diabetes at Monroe Carell Jr. Children's Hospital at Vanderbilt and protocol chair for the international trial.

"The ultimate goal of this trial is to find a method to prevent, or at least delay, the development of type 1 diabetes in persons most at risk," Russell said.

Abatacept, under the brand name Orencia, is FDA approved for the treatment of the autoimmune disease rheumatoid arthritis. Abatacept has shown success in interrupting autoimmune attacks on the body's insulin-producing cells in people newly-diagnosed with T1D.

"The autoimmune process that leads to type 1 diabetes can begin long before any symptoms appear," Russell said. "Autoantibodies that target the insulin-producing cells in the pancreas can be present months or even years before a person develops diabetes. Although the presence of these autoantibodies does not signify certainty of developing type 1 diabetes, it can be a very strong indicator and an opportunity to identify people at risk."

Having a blood relative with T1D is why the first participant, Ric Hudgins, joined the trial. Hudgins says he made a concerted effort to learn all he could about the disease after his 10-year-old son was diagnosed, leading him to become involved with TrialNet and subsequently the abatacept trial.

"I wanted to learn all I could about the disease and I wanted to help in any way to progress potential treatments or preventions for the disease," Hudgins said. "Although this study is targeted toward people who have a high risk of developing type 1 diabetes, and therefore cannot help my son, hopefully trials like these can help researchers find ways to prevent other children from receiving a type 1 diabetes diagnosis."

Hudgins said that his son, now almost 13, is managing his disease very well and is proud that his family is involved in research trials like this one.

The process of enrolling in T1D prevention trials begins with an antibody screening of a blood relative of someone with T1D, at no cost through the National Institutes of Health-funded TrialNet Pathway to Prevention Study (5U01DK085465-05).

Participants in the prevention trial will receive 14 intravenous infusions of abatacept over a one-year period, returning every six months for tests to determine the efficacy of the drug in limiting immune system damage to the healthy insulin-producing cells.

"This trial focuses on prevention and widening the spectrum of what we can do for people at risk of developing diabetes," Russell said.

The above story is based on materials provided by Vanderbilt University Medical Center.

Gut Microbes Closely Linked to Proper Immune Function, Other Health Issues

Sep. 16, 2013 — A new understanding of the essential role of gut microbes in the immune system may hold the key to dealing with some of the more significant health problems facing people in the world today, Oregon State University researchers say in a new analysis.

Problems ranging from autoimmune disease to clinical depression and simple obesity may in fact be linked to immune dysfunction that begins with a "failure to communicate" in the human gut, the scientists say. Health care of the future may include personalized diagnosis of an individual's "microbiome" to determine what prebiotics or probiotics are needed to provide balance.

Appropriate sanitation such as clean water and sewers are good. But some erroneous lessons in health care may need to be unlearned - leaving behind the fear of dirt, the love of antimicrobial cleansers, and the outdated notion that an antibiotic is always a good idea. We live in a world of "germs" and many of them are good for us.

"Asked about their immune system, most people might think of white blood cells, lymph glands or vaccines," said Dr. Natalia Shulzhenko, author of a new report in Clinical Reviews in Allergy and Immunology, and assistant professor and physician in the OSU Department of Biomedical Sciences. "They would be surprised that's not where most of the action is. Our intestines contain more immune cells than the entire rest of our body.

"The human gut plays a huge role in immune function," Shulzhenko said. "This is little appreciated by people who think its only role is digestion. The combined number of genes in the microbiota genome is 150 times larger than the person in which they reside. They do help us digest food, but they do a lot more than that."

An emerging theory of disease, Shulzhenko said, is a disruption in the "crosstalk" between the microbes in the human gut and other cells involved in the immune system and metabolic processes.

"In a healthy person, these microbes in the gut stimulate the immune system as needed, and it in turn talks back," Shulzhenko said. "There's an increasing disruption of these microbes from modern lifestyle, diet, overuse of antibiotics and other issues. With that disruption, the conversation is breaking down."

An explosion of research in the field of genomic sequencing is for the first time allowing researchers to understand some of this conversation and appreciate its significance, Shulzhenko said. The results are surprising, with links that lead to a range of diseases, including celiac disease and inflammatory bowel disease. Obesity may be related. And some studies have found relevance to depression, late-onset autism, allergies, asthma and cancer.

In the new review, researchers analyzed how microbe dysfunction can sometimes result in malabsorption and diarrhea, which affects tens of millions of children worldwide and is often not cured merely by better nutrition. In contrast, a high-fat diet may cause the gut microbes to quickly adapt to and prefer these foods, leading to increased lipid absorption and weight gain.

The chronic inflammation linked to most of the diseases that kill people in the developed world today - heart disease, cancer, diabetes - may begin with dysfunctional gut microbiota.

Understanding these processes is a first step to addressing them, Shulzhenko said. Once researchers have a better idea of what constitutes healthy microbiota in the gut, they may be able to personalize therapies to restore that balance. It should also be possible to identify and use new types of probiotics to mitigate the impact of antibiotics, when such drugs are necessary and must be used.

Such approaches are "an exciting target for therapeutic interventions" to treat health problems in the future, the researchers concluded.

The above story is based on materials provided by Oregon State University.

Women Can Lower Their Risk for Gynecologic Cancers

Sep. 16, 2013 — From losing weight to knowing their family history, there are several things women can do to lower their risk of developing certain types of cancer, and improve their chances for survival if they do develop one of them, according to the Society of Gynecologic Oncology (SGO), the leading organization of doctors and other health care professionals specializing in women's cancers.

During September - Gynecologic Cancer Awareness Month - gynecologic oncology specialists are making several recommendations about women's cancers - cervical, endometrial (uterine), ovarian, vaginal and vulvar - which combined affect over 84,000 women and claim nearly 28,000 lives each year.

Here's what SGO recommends:

Know Your Family History. If you have a family history of breast or ovarian cancer, consult with a genetic counselor and consider genetic testing. Ovarian cancer is difficult to detect early and is the most deadly of the five women's cancers. Having family members with ovarian or breast cancer may increase your risk for both diseases. In addition, in families with colon and endometrial cancer there may also be an increased risk of gynecologic cancers. Genetic counseling can help you determine your risk so that you can then consider steps for lowering it if it's high. Those steps might include more intensive monitoring or surgical prevention.

Watch Your Weight. Endometrial (uterine) cancer is the most common of the women's cancers, and being overweight is a major risk factor for developing the disease. Losing weight may significantly reduce your risk, and may help you survive if you do develop the cancer.

Vaccinate. Cervical cancer was once the most common cancer-related cause of death among women worldwide, and the Pap test has significantly lowered the death rate. But cervical cancer can be nearly eliminated if all girls and boys are vaccinated against the human papillomavirus (HPV), the virus responsible for most cervical cancer. As an adult, you can lower your risk by being tested for HPV and talking with your doctors about the need for monitoring if you have the virus.

Seek a Specialist. If you have a gynecologic cancer, you'll have a better chance of survival if you are treated by specialists in gynecologic oncology, studies show. Gynecologic oncologists are trained and experienced in the most up-to-date treatments for these specific cancers, have access to clinical trials and work as part of a team with other medical professionals to provide comprehensive care. If you have been diagnosed, or if you are at high risk or have concerns about having a gynecologic cancer, ask your doctor for a referral to specialist in gynecologic oncology, or visit https://www.sgo.org/seek-a-specialist/.

"We want women to know that they can take these simple steps to reduce their risks of gynecologic cancers, and that as a team of specialists we are here to help," said SGO President Barbara A. Goff, MD.

The above story is based on materials provided by Society of Gynecologic Oncology

Risk of Birth Defects Among Women Who Take Antihistamines in Pregnancy

Sep. 16, 2013 — Antihistamines are a group of medications that are used to treat various conditions, including allergies and nausea and vomiting. Some antihistamines require a prescription, but most are available over-the-counter (OTC), and both prescription and OTC antihistamines are often used by women during pregnancy. Until recently, little information was available to women and their health care providers on the possible risks and relative safety of these medications in pregnancy, particularly when it came to specific birth defects.

A new study from Boston University's Slone Epidemiology Center, based on interviews with more than 20,000 new mothers, now provides important information for many of these medicines. The researchers considered antihistamines that had been suggested in earlier studies to increase risks of certain defects, and they also considered other possible risks that might not have been identified in the past. Where there was sufficient information in the study data, the authors found no evidence to support suggestions of risk that had been found in earlier studies. In considering possible risks that had not been identified by others, the investigators found very few suggestions that any given medicine might be linked to an increase risk of a specific birth defect, and though these few deserve further research attention, these findings may have been due to chance. The study currently appears in Journal of Allergy and Clinical Immunology: In Practice.

Dr. Allen Mitchell, the study's director, noted that "we were fortunate that our study was able to consider commonly-used antihistamines that were available OTC as well as those available only with a prescription. While our findings provide reassurance about the relative safety of many of these medications in relation to a number of common birth defects, more information is needed. As is the case for all types of medications, women who are pregnant or may become pregnant should consult with their health care provider before taking any medicines, whether they are prescribed or OTC."

Qian Li, Allen A. Mitchell, Martha M. Werler, Wai-Ping Yau, Sonia Hernández-Díaz. **Assessment of Antihistamine Use in Early Pregnancy and Birth Defects.** The Journal of Allergy and Clinical Immunology: In Practice, 2013; DOI:10.1016/j.jaip.2013.07.008

Extremely Potent, Improved Derivatives of Successful Anticancer Drug Created

Sep. 16, 2013 — Scientists at The Scripps Research Institute (TSRI) have found a way to make dramatic improvements to the cancer cell-killing power of vinblastine, one of the most successful chemotherapy drugs of the past few decades. The team's modified versions of vinblastine showed 10 to 200 times greater potency than the clinical drug. Even more significantly, these new compounds overcome the drug resistance that emerges upon treatment relapse, which renders continued or subsequent vinblastine treatment ineffective in some patients.

The TSRI researchers expect that similar modifications will boost the effectiveness of vincristine, a closely related drug that is commonly used against childhood leukemias and Hodgkin's disease.

"These new compounds should improve on what are already superb anticancer drugs," said Dale L. Boger, who is the Richard and Alice Cramer Professor and Chair of the Department of Chemistry at TSRI. Boger and members of his laboratory reported the discovery in a paper recently published online ahead of print by the journal ACS Medicinal Chemistry Letters.

Anticancer Agents

Vinblastine and vincristine are natural products of a pink-flowered herb known as the Madagascar periwinkle. Although the leaves of the plant had been used in traditional medicines for a range of other conditions, from diabetes to hemorrhoids, drug researchers at Eli Lilly found in the 1960s that the two compounds showed excellent potential as anticancer agents.

Both were found to selectively kill cancer cells by a mechanism that many other cancer drugs, including taxol, epothilones, and colchicine, have followed since - they bind a cellular protein called tubulin in a way that interferes with the buildup and breakdown of tubulin-containing chains called microtubules - structural elements of cells that play a key role in cell division. When the normal dynamics of their microtubules are disrupted, fast-dividing cancer cells stop dividing and die.

Since the 1960s, vinblastine has been used successfully in combination with other chemotherapy drugs against lymphomas as well as testicular, ovarian, breast, bladder and lung cancers. Vincristine is routinely used in combination regimes against childhood acute lymphoblastic leukemia and non-Hodgkin lymphomas. Both compounds are presently isolated from cultivated fields of the plants that make them naturally, but in trace amounts (0.0001% of the dry leaf weight). Since they are plant-derived natural products, they cannot be accessed using existing biotechnology or genetic engineering methods and, prior to the TSRI efforts, they were viewed as far too complex to be prepare by laboratory organic chemistry techniques. The authors developed a remarkable three-step preparation from commercially available chemicals using chemistry that they invented specifically for this purpose.

A significant limitation of vinblastine and vincristine is that, with extended treatment, they may evoke a powerful form of drug resistance. This resistance comes from a doorkeeper-type molecule called P-glycoprotein (Pgp), which transports infiltrating drug molecules out of the cancer cells. As cancer cells evolve to produce more and more Pgp, drugs fail to reach effective concentrations in cells and cancerous growth resumes. For years, medicinal chemists have tried to find modified versions - "analogues" - of these drugs that would overcome Pgp-mediated resistance, but without success.

Developing Extraordinary Potency

Last year, however, in a landmark paper in Organic Letters, Boger and his colleagues described a broad new method for modifying organic compounds like vinblastine, and demonstrated the method by making previously inaccessible variants of the drug. "Although it is a versatile method, we developed it specifically so that we could start making these vinblastine analogues that couldn't be made before," Boger said.

As his team used the method to make more new vinblastine analogues, the scientists discovered a type of modification to the drug that limits its usual drop in potency against resistant, Pgp-overproducing cancer cells as compared to non-resistant cancer cells. For the new study, the team explored variations of that modification and eventually found several analogues that were as good at killing resistant cells as ordinary vinblastine is at killingnon-resistant cancer cells.

These new analogues were also many times more potent than vinblastine against non-resistant cells - which are the kinds of cancer cells almost all patients have at diagnosis. The laboratory of a major drug company, Bristol-Myers Squibb, was able to repeat these results in a larger set of clinically important human tumor cell lines, and Boger's team confirmed that the new analogues' greater potency corresponds to their greater ability to bind to tubulin.

"The potency of these analogues is extraordinary - they show activity down at the 100 picomolar level [100 trillionths of a mole] against some cell lines," said Boger. "So we have something here that's really unique, and we discovered it only because of the novel chemistry we developed."

Timothy J. Barker, Katharine K. Duncan, Katerina Otrubova, Dale L. Boger. **Potent Vinblastine C20' Ureas Displaying Additionally Improved Activity Against a Vinblastine-Resistant Cancer Cell Line.** ACS Medicinal Chemistry Letters, 2013; : 130909155105008 DOI: 10.1021/ml400281w

New Target for Melanoma Treatment

Sep. 16, 2013 — Scientists at Sanford-Burnham Medical Research Institute (Sanford-Burnham) today announced the discovery that a gene encoding an enzyme, phosphoinositide-dependent kinase-1 (PDK1), plays an essential role in the development and progression of melanoma. The finding offers a new approach to treating this life-threatening disease.

The team of researchers, led by Ze'ev Ronai, Ph.D., professor and scientific director of Sanford-Burnham Medical Research Institute in La Jolla (San Diego, Calif.), used genetic mouse melanoma models to show the importance of the PDK1 gene in melanoma. Specifically, mice lacking the PDK1 gene in their melanocytes (cells that transform to become melanoma) had smaller melanoma tumors, a significant loss of metastasis, and a prolonged survival time. In some cases, the median survival time was increased by more than 50 percent. Further, by treating mice with the PDK1 gene with an inhibitor of PDK1 (PDK1i), the scientists were able to delay the development of melanoma and inhibit metastasis. **The published results are available online in the advanced online publication of *Oncogene*.**

"We have shown that PDK1 is required for melanoma metastasis, and that by inactivating the PDK1 enzyme we can delay the onset of melanoma lesions and almost completely abolish metastasis," Ronai said. Prior to this study, it was known that PDK1 activity played an important role in normal cell processes such as cell metabolism, protein translation, and cell survival. PDK1 activity was also known to be associated with specific tumor types. For example, inactivation of PDK1 activity has been shown to inhibit pancreatic cancer. This study provides the first genetic evidence for the importance of PDK1 in melanoma.

David Fisher, M.D., Ph.D., professor and chairman of the Edward Wigglesworth Department of Dermatology, director of the Melanoma Program, and director of Cutaneous Biology at Massachusetts General Hospital, Harvard Medical School, commented, "The study by Ronai and colleagues is novel and important for melanoma therapeutics because it identifies a new and tractable treatment approach. The investigators achieved impressive results which validate PDK1 as a new treatment target for melanoma."

"This collaboration between Sanford-Burnham and Yale researchers shows unequivocally that melanoma cells require PDK1 for both development and metastasis. The team also demonstrates that a molecular inhibitor is capable of duplicating the effects of the genetic approaches suggesting that the cancer field should invest more efforts into PDK1 targets," said Meenhard Herlynn D.V.M., D.Sc., director of Melanoma Research and leader, Molecular and Cellular Oncogenesis program at the Wistar Institute in Philadelphia, Pa.

Melanoma, Disease Progression, and Treatment

Although less common than other types of cancer, melanoma is the most deadly form of skin cancer. In the United States, over 70,000 new cases are diagnosed per year and 9,000 deaths are attributed to the disease. Metastatic melanoma is a progressive form of melanoma that happens when cancerous cells from the original tumor break off, circulate, and form new tumors in other parts of the body, leading to life-threatening disease.

Recently, advances in the treatment of melanoma that activate the immune system by targeting the molecules CTLA4 and PD1, and targeting kinases such as BRAF, have shown promise. Although these drugs have led to improved patient survival, they do not cure melanoma. Therefore, additional therapies are needed. Recently, it has been shown that a combination of targeted therapies can be more effective.

"It is important now to demonstrate the impact of PDK1 inhibition in combination with other therapies currently used in melanoma, including BRAFi or immunological targets (PD1/CTL4A), on melanoma development and metastasis. A number of PDKi are available and others are in development, offering an important addition to the currently available combination therapies. Ultimately, our goal is to see if inhibition of PDK1 will contribute to better outcomes for patients with melanoma," Ronai said.

M Scortegagna, C Ruller, Y Feng, R Lazova, H Kluger, J-L Li, S K De, R Rickert, M Pellecchia, M Bosenberg, Z A Ronai. **Genetic inactivation or pharmacological inhibition of Pdk1 delays development and inhibits metastasis of BrafV600E::Pten –/– melanoma.** Oncogene, 2013; DOI:10.1038/onc.2013.383

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

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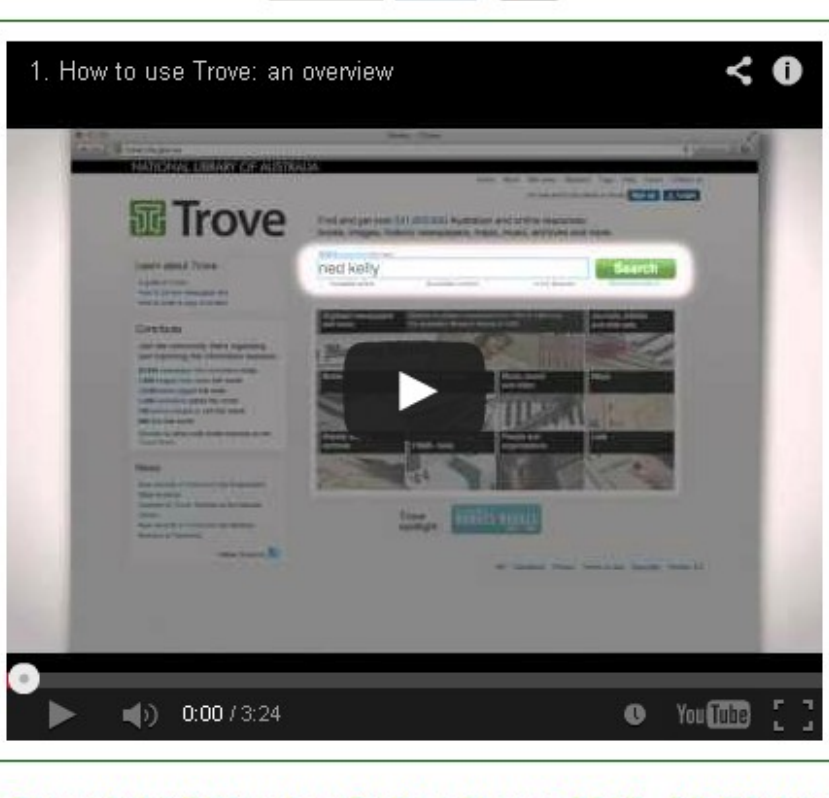

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Catamaran Sailing - Palm Beach Sydney from Peter Salter, PBSC – 16th September 2013

Compilation of Hobie cat action and extreme sailing on Sydney's Pittwater from the sailors at Palm Beach Sailing Club. High speed runs to spectacular cartwheels. Fun sailing.

Catamaran Sailing - Palm Beach Sydney
from Peter Salter
04:39
vimeo

Catamaran Sailing - Palm Beach Sydney from Peter Salter on Vimeo.

MagSonic: Magnesium production at the speed of sound - Published on 16 Sep 2013

MagSonic: Magnesium production at the speed of ...
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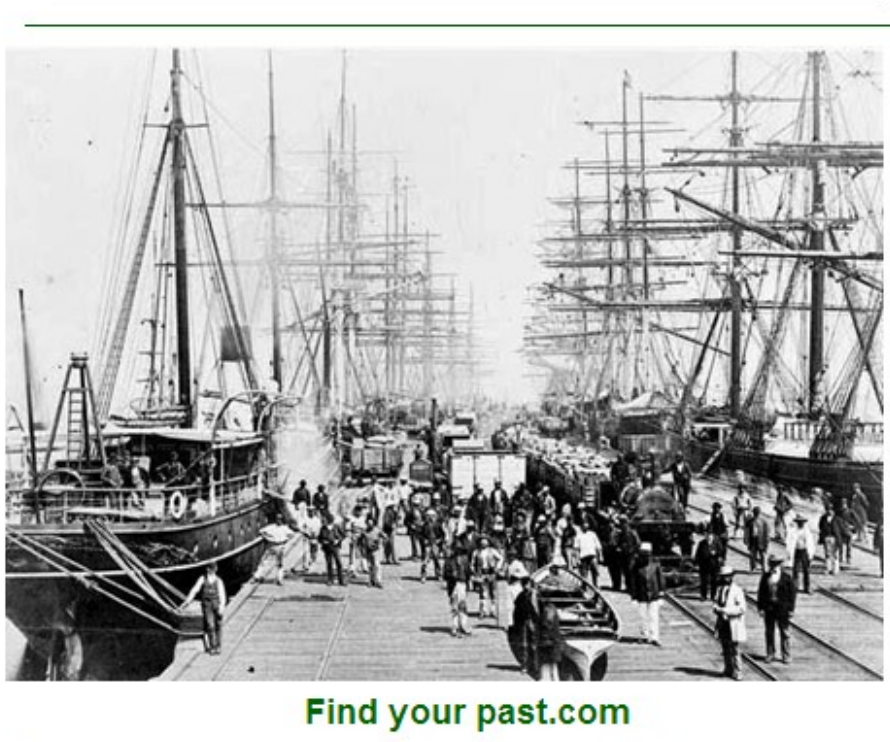
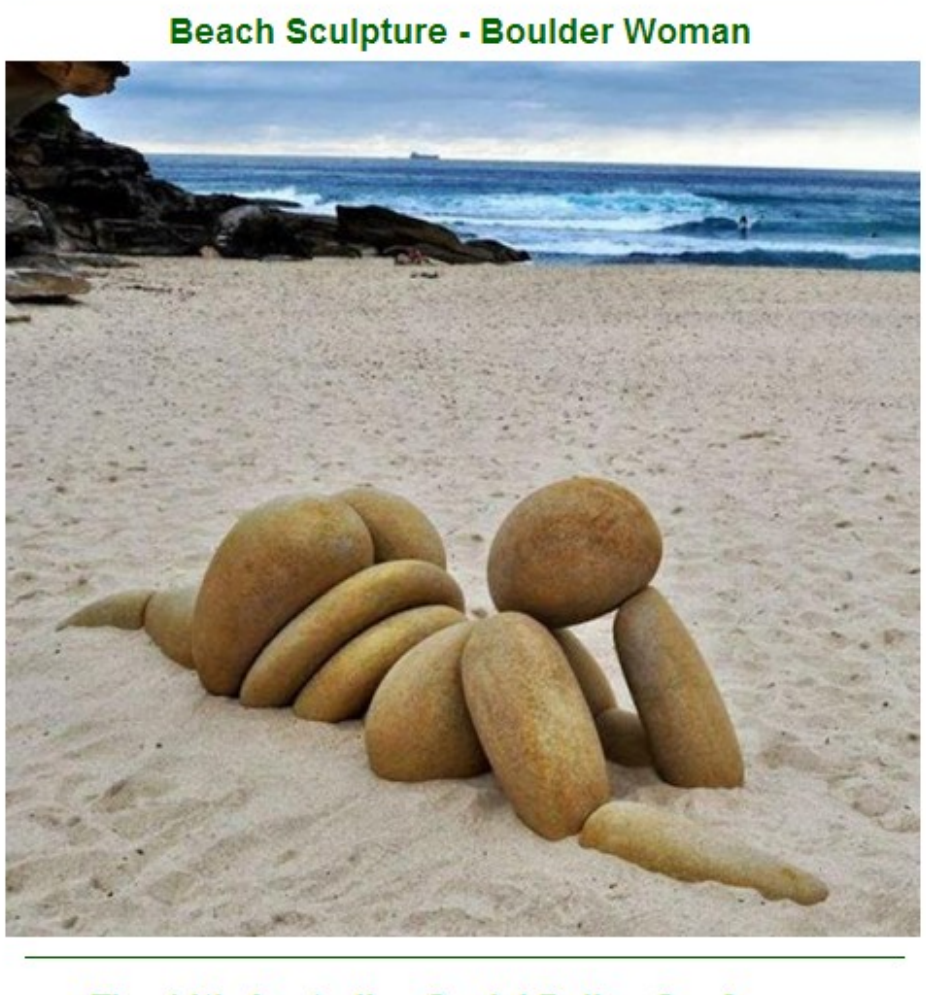


Find your past.com

findmypast.com.au Aust & NZ has released 1.5 million records detailing ship passenger arrivals into Victoria from 1846 and 1899. Click for more:http://ow.ly/oXUOD

The lists include name, age and nationality and you can also view original images and locate their last place of residence, the month and year of their arrival, the ships name and their departure and destination ports.

Beach Sculpture - Boulder Woman



The 14th Australian Social Policy Conference

Gender divide hits working from home - 17 September 2013

Women work from home to take on more childcare duties while men just want to get away from the distractions of the office, according to new UNSW research to be presented today at the Australian Social Policy Conference.

The study by UNSW researchers Dr Abigail Powell and Associate Professor Lyn Craig is the first in-depth look at how so-called telecommuting impacts on work-life balance.

Dr Powell says the study shows men use working at home to do "more work" away from the office, while women work at home so they can do more child care and domestic duties.

Significantly, says Powell, men who work at home did not increase their share of childcare.

The national study involved time-use analysis of more than 7000 employees, which shows a quarter of the participants' paid work from home accounted for less than 50 percent of their employment time while just 3.5 percent of people were working from home for the majority of their working hours.

In a bonus for managers, employees that work from home less than 50 percent of the time repay their employer by working longer than office-based staff.

Working-from-home men recorded an extra 51 minutes of "paid" work a day and women an extra 41 minutes.

The extra work comes at the cost of personal and leisure time for women who also spend an increased amount of time on childcare and domestic duties.

The study also shows men and women who work at home feel more stressed, but despite that are happy with the workplace arrangements.

Powell says further research is required to establish whether working at home caused them to be more stressed or whether working at home was used as a strategy to manage pre-existing stress.

In the same conference session today, Matthew Toohey from the National Centre for Social and Economic Modelling asks the question for women of "whether it is worth working yet" as he examines how changes in the cost of childcare, government subsidies and tax impact on their participation in the workforce.

Professor Michael Bittman, of the University of New England, will present his analysis of six years' data from the Australian Children's Longitudinal Study that finds women with larger gaps between their children are more likely to be in full-time work, and those women who can take maternity leave – whether paid or not – are more likely to return to the permanent workforce.

Key traits young people look for in trusted adults - 18 September 2013

One in every two young people relies in some way on a trusted adult who is either a paid or volunteer worker in their community, new UNSW research suggests.

The in-depth study involving six communities across Australia also reveals the characteristics young people look for in adults when developing significant relationships.

The findings presented at the 2013 Australian Social Policy Conference at UNSW highlight the importance of adults outside the home in helping young people navigate their way to adulthood.

Lead author, UNSW researcher Associate Professor Kristy Muir, says interestingly many significant adults did not realise the impact they were having.

"A lot were surprised. They just thought, 'I'm the soccer coach', but they were really pleased to learn they were making a difference to these young people's lives," says Muir.

Key findings:

About 44% of participants had a family member or family friend they ranked as a trusted adult

Significant adult relationships matter to young people regardless of whether they are working, unemployed or in school.

The advice and support they seek from trusted adults differs with economic engagement:

- Young people in school or work had conversations around problems with friends and pathways to future work or educational achievement.
- For those who had dropped out or were at-risk of leaving schooling, it was about how to re-engage with education and feel valued.

The study identified the key traits young people looked for in these relationships as:

Trust: Young people must inherently trust the significant other adult.

How conversations are constructed: 'Talking' not telling. Discussions are generally reciprocal, not forced and there is a level of equity, but also recognition that the trusted adult has wisdom.

The way advice is delivered and on what basis: Trusted adults ask young people questions and are interested; the relationship is respectful and non-judgmental.

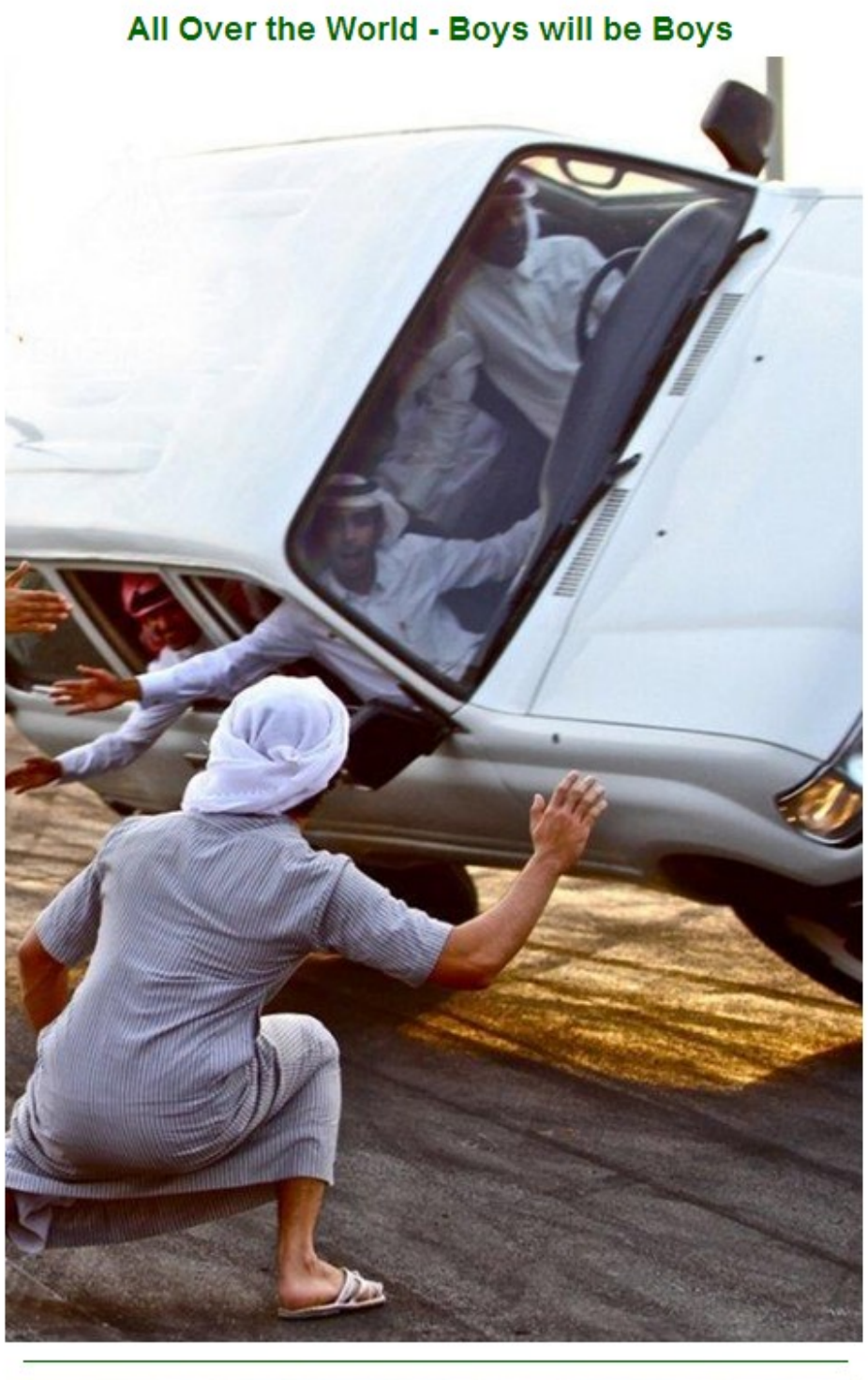
How adults make young people feel: Young people feel listened to, understood and important.

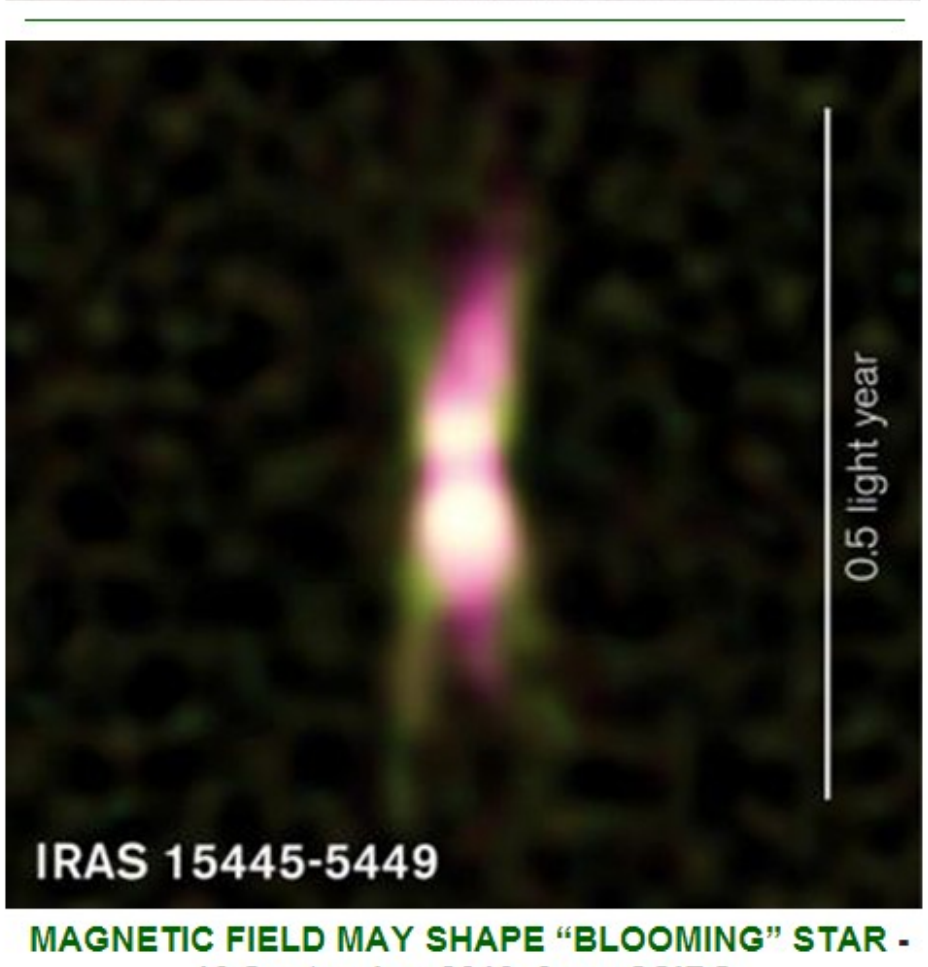
Associate Professor Muir says the trusted adults were often people who went beyond what was expected of them.

"Very few young people identify school counsellors as a trusted adult because they are doing what they expect of them, but there were cases where young adults would turn to their early childhood teacher for advice," she says.

The 14th Australian Social Policy Conference (16-18 September) addresses the theme, Contemporary Challenges for Social Policy. Hosted by UNSW's Social Policy Research Centre, the biennial conference is the country's leading event for the discussion and dissemination of social policy.

All Over the World - Boys will be Boys





MAGNETIC FIELD MAY SHAPE "BLOOMING" STAR - 16 September 2013, from CSIRO

A star is "blooming" in the southern sky — and astronomers using a CSIRO telescope are a step closer to knowing why. An old star, IRAS 15445-5449, has begun to push out a jet of charged particles that glow with radio waves.

A few old stars are known to have jets, "but this is the first one where the radio waves tell us the jet is held together by a strong magnetic field", said Dr Jessica Chapman of CSIRO Astronomy and Space Science, a member of the research team. "That's a clue to what makes these jets switch on."

The finding has been published online today in the journal *Monthly Notices of the Royal Astronomical Society.*

IRAS 15445−5449 lies 230 000 light-years away in the southern constellation Triangulum Australe (the Southern Triangle).

The radio waves from the star's jets were detected with CSIRO's Australia Telescope Compact Array, an array of six 22-m diameter radio dishes near Narrabri in New South Wales (eastern Australia).

The flowering star is turning into one of the most beautiful objects in space — a "planetary nebula".

Planetary nebulae are large glowing objects that early astronomers thought looked like planets. In fact they are stars late in their lives that have shed much of their gas into space. The shed gas glows, powered by energy from the old star's tiny core.

Like Spring flowers, planetary nebulae blossom and go. The "jet" phase seems to show the first stages of the star becoming a planetary nebula. This phase is just a "blink of an eye in a star's life," says Dr Chapman, "probably lasting only about a hundred years".

Roughly half the known planetary nebulae are round blobs. The other half are long and symmetrical, often like a Christmas cracker.

"The question is, what makes this symmetry?" Dr Chapman said.

It could be that the outflowing gas is shaped by the presence of a companion to the old star — another star, or a planet. A second idea, which Dr Chapman favours, is that it's the magnetic field of the old star.

"The magnetic field may get twisted up as the star shrinks, perhaps launching these jets," she said. But more detailed observations are needed to clarify how jets form.

Publication

Andres Pérez-Sánchez (Argelander-Institut für Astronomie, University of Bonn, Germany), Wouter Vlemmings (Onsala Space Observatory, Chalmers University of Technology, Sweden), Daniel Tafoya (Onsala Space Observatory, Chalmers University of Technology, Sweden and UNAM, Morelia, Mexico) and Jessica Chapman (CSIRO, Australia). ***"A synchrotron jet from a post-asymptotic giant branch star*"**. Monthly Notices of the Royal Astronomical Society http://dx.doi.org/10.1093/mnrasl/slt117

Also online at http://arxiv.org/abs/1308.5970

Above: CSIRO Australia Telescope Compact Array observations of a jet of energetic particles emitting radio waves (shown in pink), coming from the star IRAS 15445-5449. Dusty material around the star (shown in green) was imaged with ESO's Very Large Telescope Interferometer. The star itself is hidden by dust. (Credits: A. Pérez-Sánchez /ATCA/CSIRO; E. Lagadec/ESO)

Below: The CSIRO Australia Telescope Compact Array. Photo: David Smyth

DIY renovators at risk from asbestos exposure - 17 September 2013

Home renovators are putting themselves at risk of developing malignant mesothelioma in later life, according to research co-authored by a UNSW academic. Asbestos exposure is causally associated with the development of malignant mesothelioma (MM). While astbestos has been banned in many industrialised countries, including Australia since the 1970s, but asbestos-containing materials are still found in many Australian homes built prior to the mid-1980s. The work has been published in the ***Medical Journal of Australia.***

The research team, including UNSW Associate Professor Deborah Yates, a thoracic physician at the St Vincent's Clinical School, administered a survey by mail to 10,000 New South Wales adults randomly selected from the electoral roll.

The questionnaire examined renovation activity, tasks undertaken during renovation and family members reportedly exposed to asbestos.

Of the 858 respondents who had renovated their homes and described themselves as DIY renovators, 61.4% (527) reported exposure to asbestos during renovation. Additionally, 39.3% of them reported their partner had also been exposed, and 22.8% reported their children had been exposed as well.

Only 12% of the DIY renovators reported using respiratory protection regularly, while 28.4% used it "occasionally".

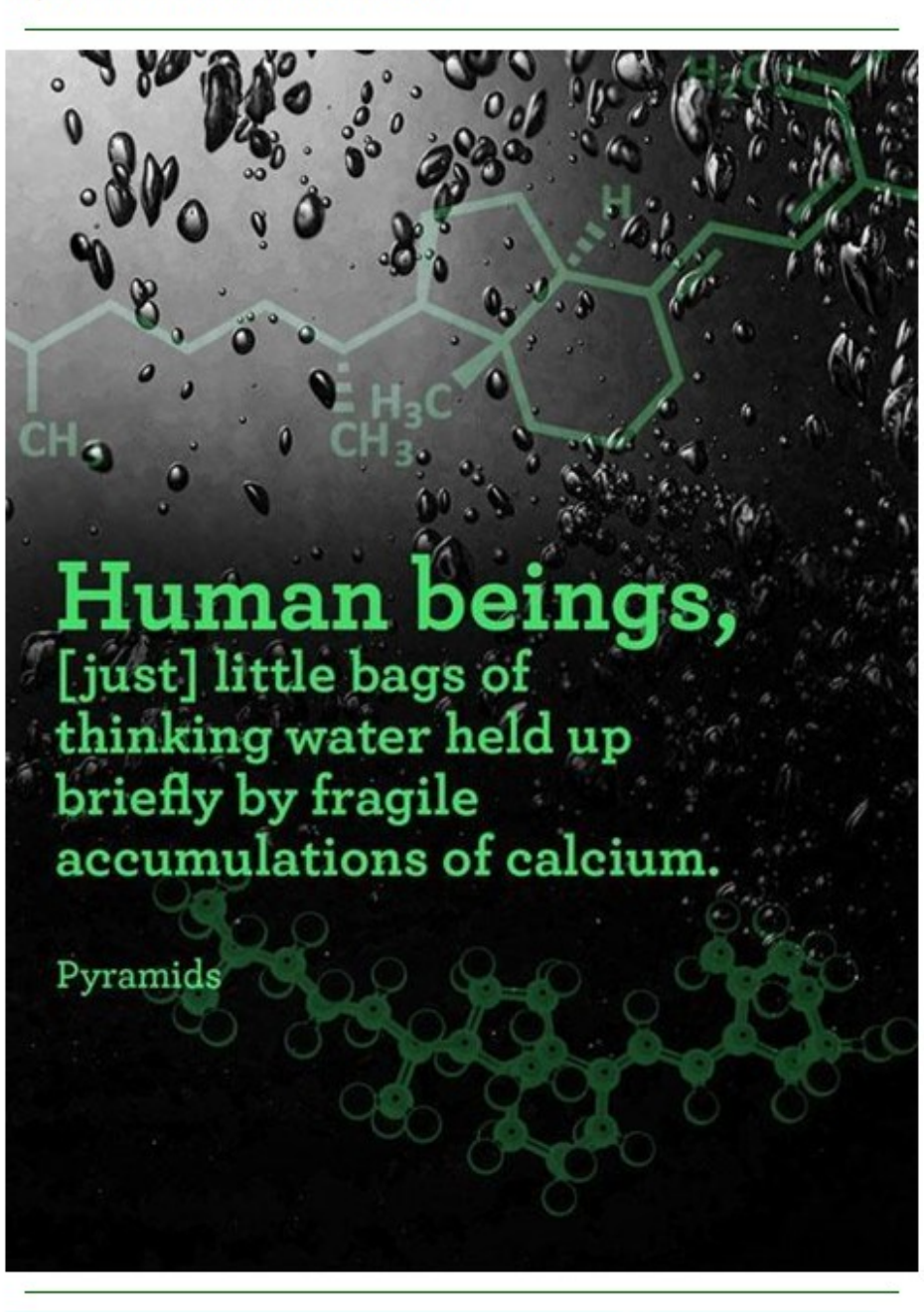
"Australia has the highest per-capita rate of asbestos diseases in the world, and rates of MM continue to climb", the authors wrote.

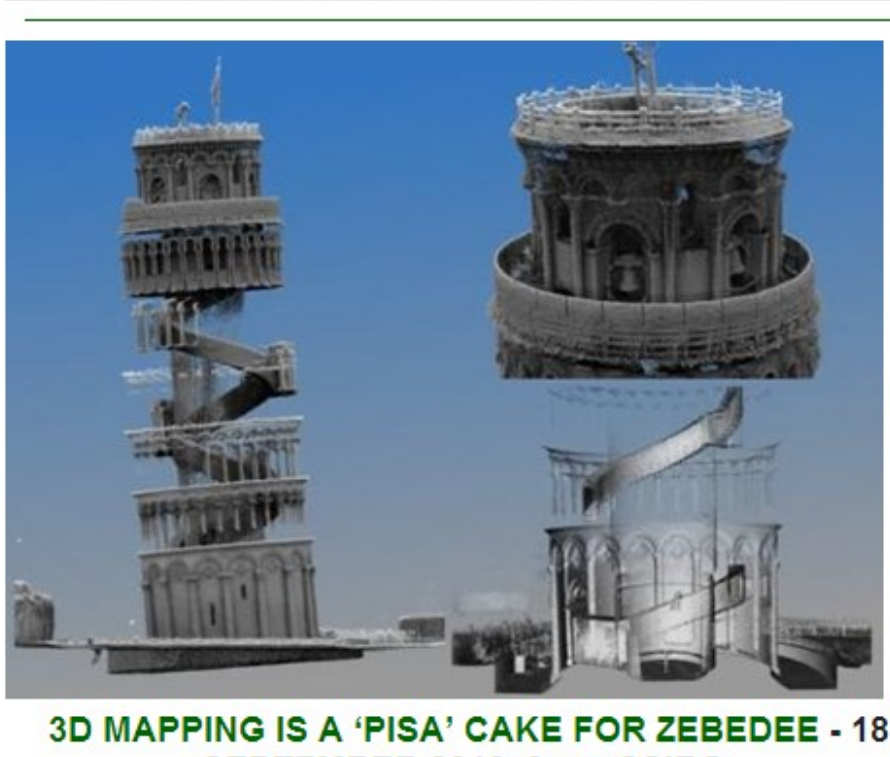
"Recently, there has been concern that exposure from disturbance of building products, including through do-it-yourself home renovation activities, accounts for an increasing proportion of deaths from MM."

The researchers acknowledged that the role of low-dose exposure in the development of MM "remains controversial", saying that one unresolved question was "whether a threshold level exists below which [cancer] does not occur".

However, "even basic precautions regarding protection against asbestos inhalation are not used in many DIY renovations", they wrote.

"Whether exposure during home renovation will result in disease in the future remains to be seen; however, this entirely preventable exposure needs to be addressed."





3D MAPPING IS A 'PISA' CAKE FOR ZEBEDEE - 18 SEPTEMBER 2013, from CSIRO

Australian researchers have created the first ever interior 3D map of Italy's iconic Leaning Tower of Pisa by using a breakthrough mobile laser mapping system.

Developed by the CSIRO, Australia's national science agency, the Zebedee technology is a handheld 3D mapping system incorporating a laser scanner that sways on a spring to capture millions of detailed measurements of a site as fast as an operator can walk through it. Specialised software then converts the system's laser data into a detailed 3D map.

While the tower's cramped stairs and complex architecture have prevented previous mapping technologies from capturing its interior, Zebedee has enabled the researchers to finally create the first comprehensive 3D map of the entire building.

"This technology is ideal for cultural heritage mapping, which is usually very time consuming and labour intensive. It can often take a whole research team a number of days or weeks to map a site with the accuracy and detail of what we can produce in a few hours," said Dr Jonathan Roberts, Research Program Leader at CSIRO's Computational Informatics Division.

"Within 20 minutes we were able to use Zebedee to complete an entire scan of the building's interior. This allowed us to create a uniquely comprehensive and accurate 3D map of the tower's structure and composition, including small details in the stairs and stonework."

During 'Project Pisa', CSIRO also collaborated with local Italian scientists from Scuola Superiore Sant'Anna (SSSA) who believe the research will have significant impact on preserving the cultural heritage of the site.

"Our detailed record of the Leaning Tower of Pisa may one day be critical in being able to reconstruct the site if it was to suffer catastrophic damage due to natural disasters such as a fire or an earthquake. Having a detailed 3D model of the world's most significant cultural heritage sites could also be used to allow people who cannot physically visit these sites to better understand and appreciate their history and architecture," said Franco Tecchia, Assistant Professor at the PERCRO - Perceptual Robotics lab.

In 2012, CSIRO through its Digital Productivity and Services Flagship worked with 3D Laser Mapping, a global developer of laser scanning solutions to commercialise the Zebedee research into the ZEB1 product. As well as its applications in cultural heritage, ZEB1 is also being used to increase efficiencies and improve productivity in a number of different industries. For example, the technology is already assisting mining companies to better manage their operations and helping security forces to quickly scan crime scenes.

CSIRO's Zebedee research was recently awarded a 2013 Eureka Prize, often referred to as an 'Australian Oscar of Science', for Innovative Use of Technology. The Australian national science agency's breakthrough 3D mapping system was also recently recognised as the winner of the Research and Development category at the iAwards, Australia's premier ICT awards program.

About CSIRO:

CSIRO is Australia's national science agency and has been pushing the edge of what's possible for more than 85 years. Today, the organisation has close to 6,500 people working out of 58 centres in Australia and internationally. These people work closely with industry and communities to leave a lasting legacy across five broad areas: food, health and life science industries; energy; environment; information sciences; and manufacturing, materials and minerals.

For more information visit www.csiro.au

About Zebedee:

Zebedee is a handheld 3D mapping system developed by CSIRO that can scan an environment as an operator walks through it. The system produces a 3D map of the environment as well as an accurate record of the trajectory followed. The primary sensing technology utilised is LiDAR (Light Detection and Ranging), in which an infrared laser measures ranges to surfaces in the environment. The distinguishing feature of Zebedee's design is that the laser scanner is mounted on a spring, which provides a lightweight solution for ensuring a wide scanning field of view. The spring converts the natural motions of the operator into a suitable sweeping motion of the scanner. A low-cost inertial sensor provides rough measurements of the spring's rotations. Specially designed software is able to convert the raw range and inertial measurements into a 3D map in less time than it take to collect the data. The 3D maps are represented as point clouds, which consist of millions of points expressed in a common coordinate frame.

For more information visit www.csiro.au

About the TeCIP Institute of Scuola Superiore Sant'Anna:

Scuola Superiore Sant'Anna is a leading Italian research university, where the Institute of Communication, Information and Perception Technologies (TeCIP Institute) was established in 2001 as a "Centre of Excellence" providing research and training related computer systems for embedded real-time systems, sensor networks, communication and sensing using photonic technologies, virtual environments and robotic systems. The TeCIP Institute alone counts today more than 300 employees, about 10 training initiatives - with around 150 students from all over the world attending classes and using the Institute's research facilities - and 125 operative research projects. Its main objectives are to develop high-quality scientific and technological research and innovative international training programmes at graduate level. It is organized into research three units, referring to three main scientific fields: Communication (InRete Laboratory), Embedded Systems (Real-time systems laboratory) and Perceptual Robotics (Percro Laboratory).

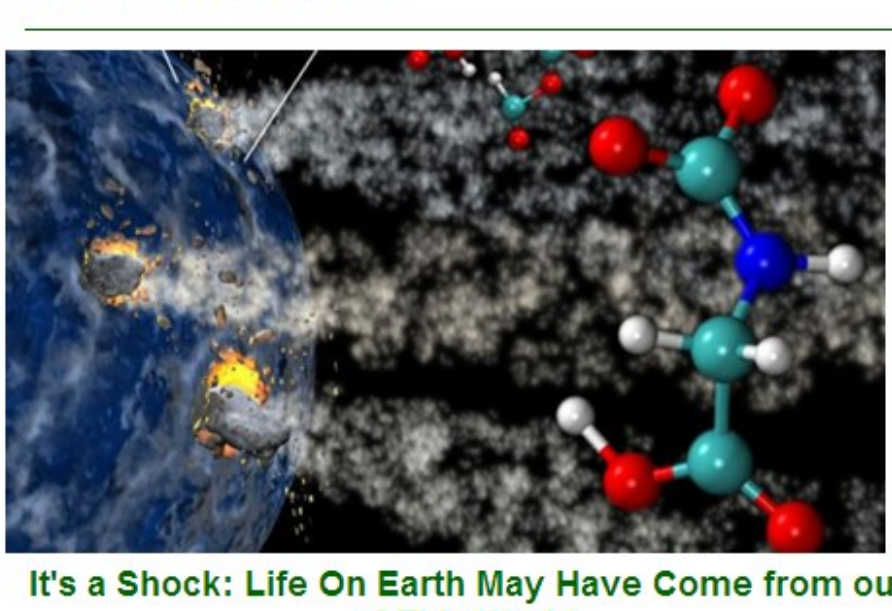
For more information visit http://www.santannaschool.eu/university/about/

About 3D Laser Mapping:

3D Laser Mapping is a global developer of laser scanning solutions for sectors such as mapping, mining and manufacturing. 3D Laser Mapping specialises in integrating laser scanning hardware with their own software and peripherals to create solutions at the cutting edge of technology. Through a worldwide network of distributors 3D Laser Mapping is able to provide frontline support and service for a growing international client base.

For more information please visit www.3dlasermapping.com

Screen shot of 3D point cloud created from CSIRO's Zebedee scan of the Leaning Tower of Pisa



It's a Shock: Life On Earth May Have Come from out of This World

Sep. 16, 2013 — A group of international scientists including a Lawrence Livermore National Laboratory researcher have confirmed that life really could have come from out of this world.

The team shock compressed an icy mixture, similar to what is found in comets, which then created a number of amino acids - the building blocks of life. The research appears in advanced online publication Sept. 15 on the *Nature Geoscience* **journal website.**

This is the first experimental confirmation of what LLNL scientist Nir Goldman first predicted in 2010 and again in 2013 using computer simulations performed on LLNL's supercomputers, including Rzcereal and Aztec.

Goldman's initial research found that the impact of icy comets crashing into Earth billions of years ago could have produced a variety of prebiotic or life-building compounds, including amino acids. Amino acids are critical to life and serve as the building blocks of proteins. His work predicted that the simple molecules found in comets (such as water, ammonia, methanol and carbon dioxide) could have supplied the raw materials, and the impact with early Earth would have yielded an abundant supply of energy to drive this prebiotic chemistry.

In the new work, collaborators from Imperial College in London and University of Kent conducted a series of experiments very similar to Goldman's previous simulations in which a projectile was fired using a light gas gun into a typical cometary ice mixture. The result: Several different types of amino acids formed.

"These results confirm our earlier predictions of impact synthesis of prebiotic material, where the impact itself can yield life-building compounds," Goldman said. "Our work provides a realistic additional synthetic production pathway for the components of proteins in our solar system, expanding the inventory of locations where life could potentially originate."

Comets are known to harbor simple ices and the organic precursors of amino acids. Glycine - the simplest amino acid - was recently confirmed to be present in comet Wild-2.

Goldman's original work used molecular dynamics simulations to show that shock waves due to planetary impact passing into representative comet mixtures could theoretically drive amino acid synthesis. This synthetic mechanism could yield a wide variety of prebiotic molecules at realistic impact conditions, independent of the external features or pre-existing chemical environment on a planet.

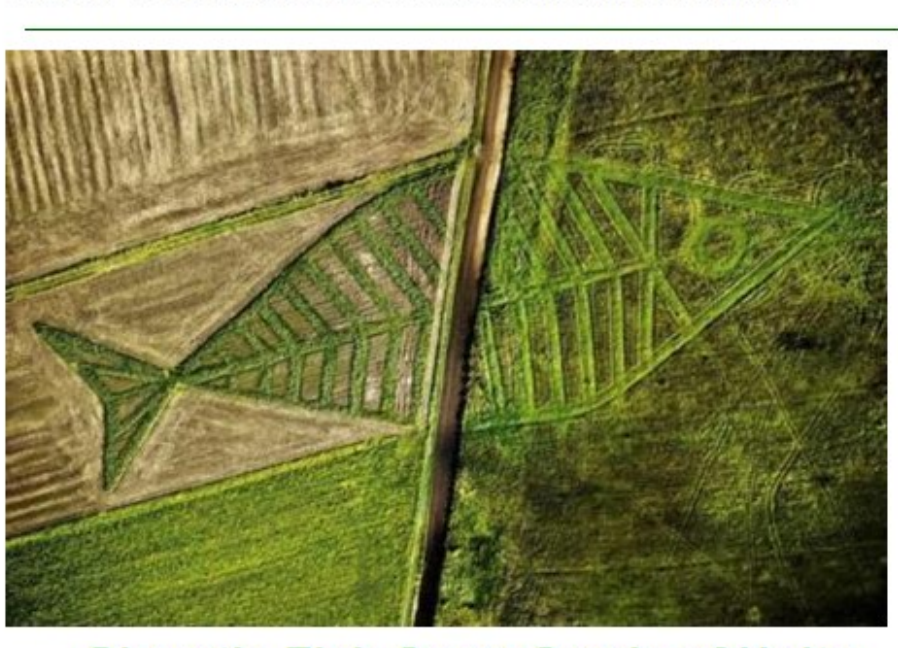
"These results present a significant step forward in our understanding of the origin of the building blocks of life," Goldman said.

The team found that icy bodies with the same compounds created from comet impacts also may be found in the outer solar system. For example, Enceladus (one of Saturn's moons) contains a mix of light organics and water ice. The team concluded that it is highly probable that the impact of a comet traveling with a high enough velocity would impart enough energy to promote shock synthesis of more complex organic compounds, including amino acids, from these ices.

"This increases the chances of life originating and being widespread throughout our solar system," Goldman said.

Zita Martins, Mark C. Price, Nir Goldman, Mark A. Sephton, Mark J. Burchell. S**hock synthesis of amino acids from impacting cometary and icy planet surface analogues.**Nature Geoscience, 2013; DOI: 10.1038/ngeo1930

Comets contain elements such as water, ammonia, methanol and carbon dioxide that could have supplied the raw materials, in which upon impact on early Earth would have yielded an abundant supply of energy to produce amino acids and jump start life. (Credit: Image courtesy of DOE/Lawrence Livermore National Laboratory)



Gigantic Fish Sows Seeds of Unity Between Poland and Ukraine

Artist Jaroslaw Koziara grew this gigantic 'crop circle' fish on fields between Horodyszcze (Poland) and Warez (Ukraine) for the Land Art Festival. He wanted to symbolize the history of unity and of trade along the border between the two nations, showing that nature and culture exist beyond the geo-political borders laid down by humans.

The artist grew the installation by sowing 23 kinds of plants along the border in the shape of two fish. Speaking about the project, Koziara said: "Ukraine is not a part of the Schengen area and thus is the dividing line for the whole European continent. But artists cannot agree with that – this is how we create ideas that bring to life extraordinary border defying projects." Photograph from August 23rd, 2011

How Birds Got Their Wings: Fossil Data Show Scaling of Limbs Altered as Birds Originated from Dinosaurs

Sep. 17, 2013 — Birds originated from a group of small, meat-eating theropod dinosaurs called maniraptorans sometime around 150 million years ago. Recent findings from around the world show that many maniraptorans were very bird-like, with feathers, hollow bones, small body sizes and high metabolic rates.

But the question remains, at what point did forelimbs evolve into wings - making it possible to fly?

McGill University professor Hans Larsson and a former graduate student, Alexander Dececchi, set out to answer that question by examining fossil data, greatly expanded in recent years, from the period marking the origin of birds.

In a study published in the September issue of *Evolution*, Larsson and Dececchi find that throughout most of the history of carnivorous dinosaurs, limb lengths showed a relatively stable scaling relationship to body size. This is despite a 5000-fold difference in mass between Tyrannosaurus rex and the smallest feathered theropods from China. This limb scaling changed, however, at the origin of birds, when both the forelimbs and hind limbs underwent a dramatic decoupling from body size. This change may have been critical in allowing early birds to evolve flight, and then to exploit the forest canopy, the authors conclude.

As forelimbs lengthened, they became long enough to serve as an airfoil, allowing for the evolution of powered flight. When coupled with the shrinking of the hind limbs, this helped refine flight control and efficiency in early birds. Shorter legs would have aided in reducing drag during flight - the reason modern birds tuck their legs as they fly - and also in perching and moving about on small branches in trees. This combination of better wings with more compact legs would have been critical for the survival of birds in a time when another group of flying reptiles, the pterosaurs, dominated the skies and competed for food.

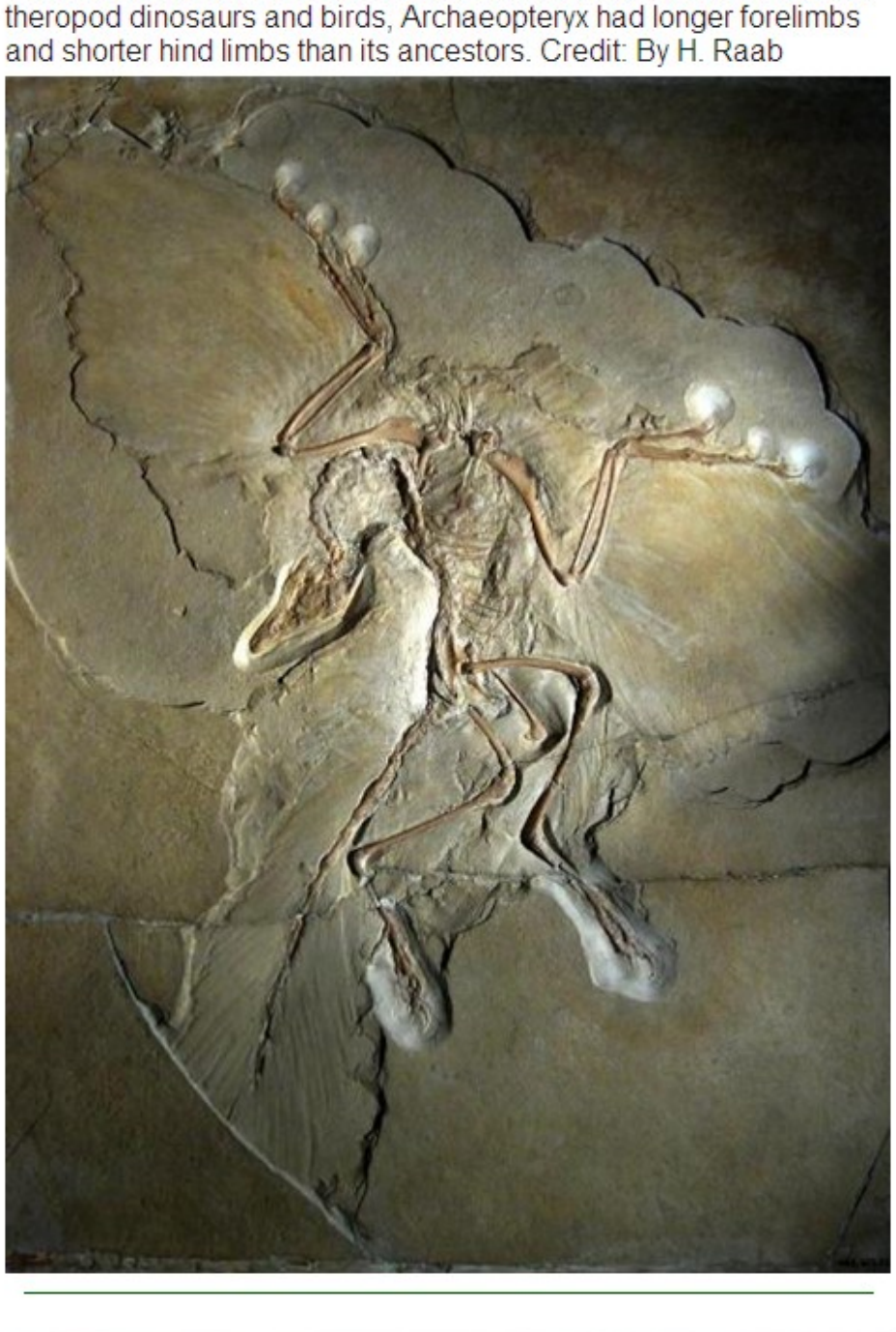
"Our findings suggest that birds underwent an abrupt change in their developmental mechanisms, such that their forelimbs and hind limbs became subject to different length controls," says Larsson, Canada Research Chair in Macroevolution at McGill's Redpath Museum. Deviations from the rules of how an animal's limbs scale with changes in body size - another example is the relatively long legs and short arms of humans - usually indicate some major shift in function or behaviour. "This decoupling may be fundamental to the success of birds, the most diverse class of land vertebrates on Earth today."

"The origin of birds and powered flight is a classic major evolutionary transition," says Dececchi, now a postdoctoral researcher at the University of South Dakota. "Our findings suggest that the limb lengths of birds had to be dissociated from general body size before they could radiate so successfully. It may be that this fact is what allowed them to become more than just another lineage of maniraptorans and led them to expand to the wide range of limb shapes and sizes present in today's birds."

"This work, coupled with our previous findings that the ancestors of birds were not tree dwellers, does much to illuminate the ecology of bird antecedents." says Dr. Dececchi. "Knowing where birds came from, and how they got to where they are now, is crucial for understanding how the modern world came to look the way it is."

T. Alexander Dececchi, Hans C. E. Larsson. **Body and Limb Size Dissociation at the Origin of Birds: Uncoupling Allometric Constraints Across a Macroevolutionary Transition**. Evolution, 2013; 67 (9): 2741 DOI:10.1111/evo.12150

Archaeopteryx lithographica, specimen displayed at the Museum für Naturkunde in Berlin. Believed to be a transitional species between theropod dinosaurs and birds, Archaeopteryx had longer forelimbs and shorter hind limbs than its ancestors. Credit: By H. Raab



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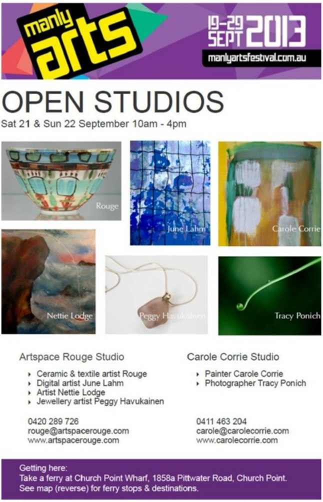
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manlyartsfestival.com.au
Rouge
June Lahm
Carole Corrie
Nettie Lodge
Peggy Havukainen
Tracy Ponich

OPEN STUDIOS

Sat 21 & Sun 22 September 10am - 4pm

Artspace Rouge Studio

- Ceramic & textile artist Rouge
- Digital artist June Lahm
- Artist Nettie Lodge
- Jewellery artist Peggy Havukainen

0420 289 726
rouge@artspacerouge.com
www.artspacerouge.com

Carole Corrie Studio

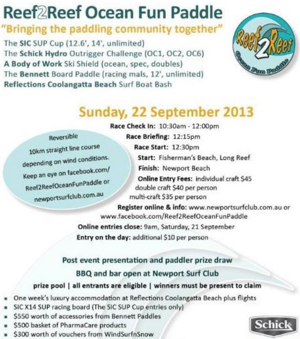
- Painter Carole Corrie
- Photographer Tracy Ponich

0411 463 204
carole@carolecorrie.com
www.carolecorrie.com

Getting here:
Take a ferry at Church Point Wharf, 1858a Pittwater Road, Church Point.
See map (reverse) for ferry stops & destinations.

Map is in Flyer below: Simply click on 'Save as' on your own computer and print out.

Open_Studios_Pittwater.pdf
Size : 432.296 Kb
Type : pdf


Reef2Reef Ocean Fun Paddle

Reef2Reef Ocean Fun Paddle

"Bringing the paddling community together"

The **SIC** SUP Cup (12.6', 14', unlimited)
The **Schick Hydro** Outrigger Challenge (OC1, OC2, OC6)
A Body of Work Ski Shield (ocean, spec, doubles)
The **Bennett** Board Paddle (racing mals, 12', unlimited)
Reflections Coolangatta Beach Surf Boat Bash

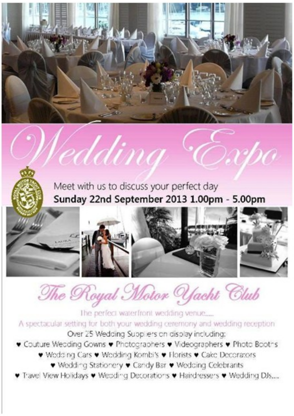
Sunday, 22 September 2013

Reversible 10km straight line course depending on wind conditions. Keep an eye on facebook.com/Reef2ReefOceanFunPaddle or newportsurfclub.com.au

Race Check In: 10:30am - 12:00pm
Race Briefing: 12:15pm
Race Start: 12:30pm
Start: Fisherman's Beach, Long Reef
Finish: Newport Beach
Online Entry Fees: individual craft $45
double craft $40 per person
multi-craft $35 per person
Register online & info: www.newportsurfclub.com.au or www.facebook.com/Reef2ReefOceanFunPaddle
Online entries close: 9am, Saturday, 21 September
Entry on the day: additional $10 per person

Post event presentation and paddler prize draw
BBQ and bar open at Newport Surf Club
prize pool | all entrants are eligible | winners must be present to claim

- One week's luxury accommodation at Reflections Coolangatta Beach plus flights
- SIC X14 SUP racing board (The SIC SUP Cup entries only)
- $550 worth of accessories from Bennett Paddles
- $500 basket of PharmaCare products
- $300 worth of vouchers from WindSurfnSnow



Wedding Expo

Meet with us to discuss your perfect day
Sunday 22nd September 2013 1.00pm - 5.00pm

The Royal Motor Yacht Club

The perfect waterfront wedding venue.....
A spectacular setting for both your wedding ceremony and wedding reception
Over 25 Wedding Suppliers on display including:
♥ Couture Wedding Gowns ♥ Photographers ♥ Videographers ♥ Photo Booths
♥ Wedding Cars ♥ Wedding Kombi's ♥ Florists ♥ Cake Decorators
♥ Wedding Stationery ♥ Candy Bar ♥ Wedding Celebrants
♥ Travel View Holidays ♥ Wedding Decorations ♥ Hairdressers ♥ Wedding DJs....

PITTWATER COUNCIL
CELEBRATING 20 YEARS 1992-2012

DOG DAY BY THE BAY THIS WEEKEND

Pittwater Council will host the annual Dog Day by the Bay at Rowland Reserve Bayview today, **Sunday 22 September**. Organiser Emma Mackay said the event was now in its 13th year attracting over 2000 families and their dogs with a mix of fun competitions, demonstrations and talks on interesting topics relevant to dog owners.

"We're pleased to have TV vet Dr Katrina Warren back again this year with her 'Wonder Dogs' who will be performing tricks and training demonstrations," said Ms Mackay.

"Dr Warren has become a household name for promoting responsible pet ownership and animal welfare," she said.

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

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

Dog Day by the Bay runs from 10am to 3pm with activities including agility demonstrations, education talks, children's activities in the kids' corner and competitions including the Canine Fancy Dress Parade and the kids under 12's 'Pooper Scooper' race. A variety of food and drink stalls will also be at the event and proceeds raised will be donated to local branch of the Animal Welfare League. Entry and parking are free.

The popular "Pittwater Dog of the Year" photo competition will also be announced on the day with entries in two categories, namely Pittwater Dog of the Year and a 'Look-a-Like' competition.

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

- $250 basket of Juniper Pure Organic Skin Care products
- plus Schick Hydro products, Fat Whale Fins merchandise and more!

HYDRO

a body of work Osteopaths, Chiropractors & Physiotherapists · SIC · Bennett · Reflections Coolangatta Beach · Gibbons Racing ski's · Vajda Canoes & Kayaks · windsurfnsnow.com.au · fatwhalefins.com

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Vintage Inspired Art

Vintage Inspired Craft

ARTIST'S CRAFTSMEN PITTWATER

Art & Craft Show

Mona Vale Memorial Hall
Park Street Mona Vale
(next to Library)

3rd 4th 5th OCTOBER 9-4pm

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kids' ART ADVENTURES

school holiday
creative workshops

CHILDREN 5-12 YEARS ARE INVITED TO JOIN THE FUN!

Learn about a variety of art-making practices through hands-on activities, creating your own artworks while being inspired by the art on display at the Manly Art Gallery & Museum - Chris Langlois: Points in Time.
Two workshops available 'smudge' & 'scumble'.

WHERE: Manly Art Gallery & Museum, West Esplanade, Manly
WHEN: Wed 2 Oct, Thurs 3 Oct
TIME: 9.30am - 11.30am
COST: $25, materials & refreshments included
BOOKINGS: 9976 1421

Manly Council · SURF CITY MANLY AUSTRALIA® · SURF CITY AUSTRALIA® · NSW GOVERNMENT | Trade & Investment Arts NSW

Manly Art Gallery & Museum
West Esplanade Reserve, Manly
10am - 5pm Tuesday - Sunday
E: artgallery@manly.nsw.gov.au
T: 02 9976 1421 | Entry Free
A Cultural Facility of Manly Council
www.manly.nsw.gov.au/attractions/gallery

ag&m design SHOP

Dog Side of the Moon

Encore for our friend

Scotland Island Community Hall

RESCHEDULED FRI 27 & SAT 28 SEPT 7.30PM

Tickets $20 on the door

Book on-line via Facebook
or by email: theflamingdoghouse@gmail.com

FIRE DANGER RATING

NSW RURAL FIRE SERVICE OPEN DAY 2013

Saturday 28 September

Visit **www.rfs.nsw.gov.au**
to locate your closest participating Brigade.

PREPARE. ACT. SURVIVE.

ART POP!

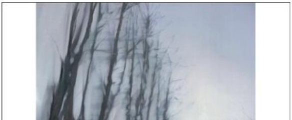
WORKS OF DIEZEL & ARTISTS
FROM THE SUPERSTROKE ART MOVEMENT.

WED 25 – SUN 29 SEPTEMBER, 2013

54 THE CORSO, MANLY
ENTER UPSTAIRS NEXT TO MALOUF'S PHARMACY
OR VIA ST MATTHEWS CHURCH COURTYARD

DAILY 10AM – 7PM

manly arts 13-29 SEPT 2013



Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition

AVALON BEACH
Copyright ABHS

On this October long weekend **(5th to 7th)** the Avalon Beach Historical Society will be celebrating its 30th Anniversary with a mammoth '8th Great Historic Photographic Exhibition'. For the first time and on such a grand occasion, it will be held in the main hall of the Avalon Recreation Centre at 59a Old Barrenjoey Road, where we will have the space to exhibit over 700 photographs. That number of photos will cover around 55 different topics, aspects and many eras of our local history and it will certainly rank alongside the best photo exhibitions of local history seen in the Manly-Warringah area.

Of course there will be the all-time favourites such as 'Koalas', 'Clareville Torpedo Base', 'Women & Avalon Beach', 'The Hole in the Wall', 'Avalon Squash Courts' and 'St Michael's Cave' etc. but we have added some new panels of interest, such as 'Love in Avalon Beach', the 'Mudlarks of McCarr's Creek Reserve', 'Shark!', 'The Big Tree', The 'Rock Lily', 'Surfboats', "Westcott" and the Sanders Family' and a couple of photos of 'Night Golf at Avalon Golf Links in 1938' etc.

We will also have on display some of our fabulous historic panoramic photos, some originals by EB Studios from the early 1920s.

Besides the 'still' photographs there will be a screen set up to continually show many short 'movie' segments collected and compiled over the years, relating to our area. Besides the popular 'Bandstand and the Stomp on Avalon Beach' in 1965, there will also be 'A Day in the Life of Avalon School' shot in the 1950s by the ABC.

You will also be able to see the beach and the 'Avaputt' mini golf course in action during 1930 from a film shot by the 'father of Avalon Beach' - A.J. Small. We also have a great short film called 'Cave Folk' showing a folk concert shot in St Michael's Cave in 1964.

'Ghost Ships' will show the search conducted off Palm Beach for survivors of the 'Birchgrove Park' in 1956 and some recent excellent colour footage shot by diver/photographer Max Gleeson of the wreck 3 kms off Avalon Beach.

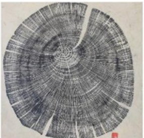
We will also have on sale our 30th Anniversary Calendar for 2014. Like our last calendar in 2009, the photos are printed so that they could be framed if you wish or send one overseas. Besides the calendar there will be photographs for sale, historic, panoramic bookmarks and copies of Jervis Sparks 2nd book "*The Red Light of Palm Beach*" with almost 65% off the original retail price.

Admission will still only be $3 for adults and children free, no change over the last 15 years!!

There will be a 1947 Dennis Fire Engine with outfitted enthusiasts (including brass helmets) publicising the exhibition on Saturday morning around the streets, eventually parking on Dunbar Park to allow children access. It will be accompanied by 2 early 1920s T-model Fords.

From Avalon Beach Historical Society

Avalon Beach Historical Society: avalonbeachhistory.com.au



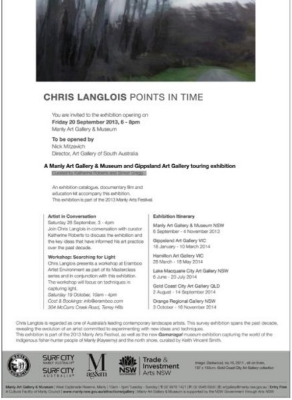
FLYING DAUGHTERS

&

TREE STORIES

An exhibition of works in mixed media and print by

Meredith Rasdall & Julia Sample



CHRIS LANGLOIS **POINTS IN TIME**

You are invited to the exhibition opening on
Friday 20 September 2013, 6 - 8pm
Manly Art Gallery & Museum

To be opened by
Nick Mitzevich
Director, Art Gallery of South Australia

A Manly Art Gallery & Museum and Gippsland Art Gallery touring exhibition
Curated by Katherine Roberts and Simon Gregg

An exhibition catalogue, documentary film and education kit accompany this exhibition.
This exhibition is part of the 2013 Manly Arts Festival.

Artist in Conversation
Saturday 28 September, 3 - 4pm
Join Chris Langlois in conversation with curator Katherine Roberts to discuss the exhibition and the key ideas that have informed his art practice over the past decade.

Workshop: Searching for Light
Chris Langlois presents a workshop at Eramboo Artist Environment as part of its Masterclass series and in conjunction with this exhibition. The workshop will focus on techniques in capturing light.
Saturday 19 October, 10am - 4pm
Cost & Bookings: info@eramboo.com
304 McCarrs Creek Road, Terrey Hills

Exhibition Itinerary

Manly Art Gallery & Museum NSW
6 September - 4 November 2013

Gippsland Art Gallery VIC
18 January - 10 March 2014

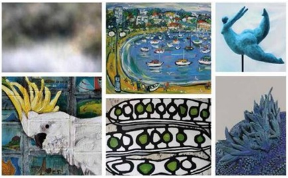
Hamilton Art Gallery VIC
28 March - 18 May 2014

Lake Macquarie City Art Gallery NSW
6 June - 20 July 2014

Gold Coast City Art Gallery QLD
2 August - 14 September 2014

Orange Regional Gallery NSW
3 October - 16 November 2014

Chris Langlois is regarded as one of Australia's leading contemporary landscape artists. This survey exhibition spans the past decade, revealing the evolution of an artist committed to experimenting with new ideas and techniques.
This exhibition is part of the 2013 Manly Arts Festival, as well as the new **Gamaragal** museum exhibition capturing the world of the indigenous fisher-hunter people of Manly (Kayeemy) and the north shore, curated by Keith Vincent Smith.



ARTin *Manly*

6 SOLO SHOWS:

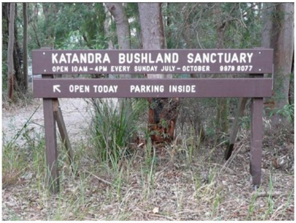
CADE TURNER • NADA HERMAN • THE SHED SCULPTORS
JESSICA WATTS • POD & POD / JULIE HICKSON • KAREN (BLUE) STUART

WED 25 - SUN 29 SEPTEMBER, 2013

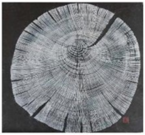
54 THE CORSO, MANLY

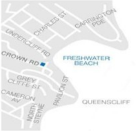
ENTER UPSTAIRS NEXT TO MALOUF'S PHARMACY OR VIA ST MATTHEWS CHURCH COURTYARD

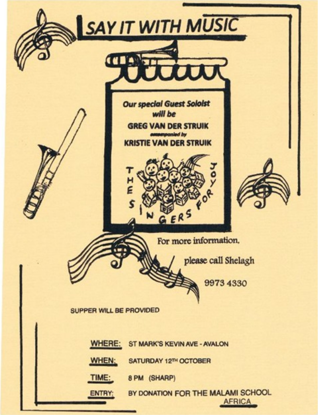
DAILY 10AM - 7PM


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

Angel Restaurant
29 Crown Road Queenscliff NSW
4th-30th September
restaurant hours:
breakfast sat - sun
8.30am - 12
lunch mon-sun
12 -3pm
dinner thurs- sat 6pm-







SAY IT WITH MUSIC

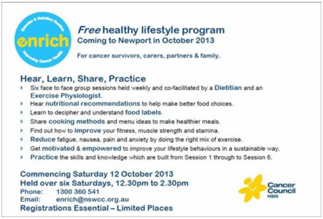
Our special Guest Soloist will be
GREG VAN DER STRUIK
accompanied by
KRISTIE VAN DER STRUIK

THE SINGERS FOR JOY

For more information,
please call Shelagh
9973 4330

SUPPER WILL BE PROVIDED

WHERE: ST MARK'S KEVIN AVE - AVALON
WHEN: SATURDAY 12TH OCTOBER
TIME: 8 PM (SHARP)
ENTRY: BY DONATION FOR THE MALAMI SCHOOL AFRICA


enrich
Exercise & Nutrition Routine
Improving Cancer Health

Free healthy lifestyle program
Coming to Newport in October 2013

For cancer survivors, carers, partners & family.

Hear, Learn, Share, Practice
- Six face to face group sessions held weekly and co-facilitated by a **Dietitian** and an **Exercise Physiologist**.
- Hear **nutritional recommendations** to help make better food choices.
- Learn to decipher and understand **food labels**.
- Share **cooking methods** and menu ideas to make healthier meals.
- Find out how to **improve** your fitness, muscle strength and stamina.
- **Reduce** fatigue, nausea, pain and anxiety by doing the right mix of exercise.
- Get **motivated** & **empowered** to improve your lifestyle behaviours in a sustainable way.
- **Practice** the skills and knowledge which are built from Session 1 through to Session 6.

Commencing Saturday 12 October 2013
Held over six Saturdays, 12.30pm to 2.30pm
Phone: 1300 360 541
Email: enrich@nswcc.org.au
Registrations Essential – Limited Places

Cancer Council NSW

Our doors are open
2013 Surf Club Open Day
Sunday 29 September
SURF RESCUE

This year's **Surf Club Open Day** will be held throughout NSW and QLD on **Sunday 29 September 2013.**

If you have always wanted to be a part of a Surf Life Saving Club or just want some more information, join us on Sunday 29 September as our clubs throw their doors open to the public.

Clubs will host a number of activities, including lifesaving demonstrations, clubhouse tours, barbecues and displays. Some will also offer people the chance to try out a range of beach activities and rescue scenarios first hand to give them a genuine feel for the challenges and excitement of surf lifesaving.

You can sign up on the spot for the upcoming season or register your interest for more information.

Clubs will generally be open from 10am-1pm, however for further information and timetables contact yourl ocal participating club.

Sydney Northern Beaches: Whale Beach, Bungan Beach, Narrabeen Beach, South Narrabeen, Dee Why, Freshwater, Queenscliff

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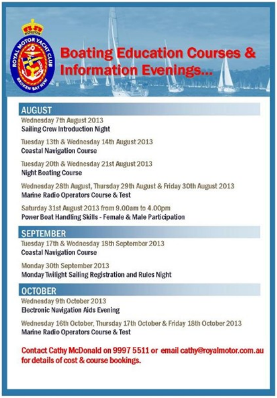

ROYAL MOTOR YACHT CLUB
BROKEN BAY NSW

Boating Education Courses & Information Evenings...

AUGUST
Wednesday 7th August 2013
Sailing Crew Introduction Night

Tuesday 13th & Wednesday 14th August 2013
Coastal Navigation Course

Tuesday 20th & Wednesday 21st August 2013
Night Boating Course

Wednesday 28th August, Thursday 29th August & Friday 30th August 2013
Marine Radio Operators Course & Test

Saturday 31st August 2013 from 9.00am to 4.00pm
Power Boat Handling Skills - Female & Male Participation

SEPTEMBER
Tuesday 17th & Wednesday 18th September 2013
Coastal Navigation Course

Monday 30th September 2013
Monday Twilight Sailing Registration and Rules Night

OCTOBER
Wednesday 9th October 2013
Electronic Navigation Aids Evening

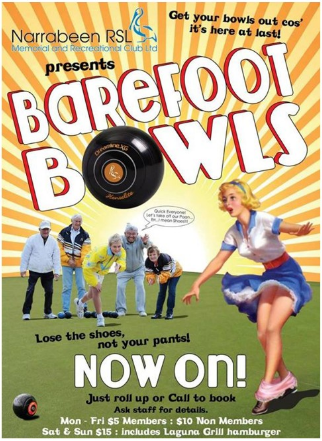
Wednesday 16th October, Thursday 17th October & Friday 18th October 2013
Marine Radio Operators Course & Test

Contact Cathy McDonald on 9997 5511 or email cathy@royalmotor.com.au for details of cost & course bookings.

Mona Vale Garden Club 42nd Spring Flower Show - 28th Sep 2013, 10:30am - 4pm

Spring flower show exhibiting the wonderful variety of plants grown in the peninsula. Display of flowers, floral art, vegetables and herbs, plants, craft, cakes, white elephant stall & raffles.

Cost: Adults $2, children. **All profits to Mona Vale Hospital Auxiliary**. Venue: Ted



Narrabeen RSL
Memorial and Recreational Club Ltd

Get your bowls out cos' it's here at last!

presents

Barefoot Bowls

Quick Everyone! Let's take off our Paan... Err...I mean Shoes!!!

Lose the shoes, not your pants!

NOW ON!

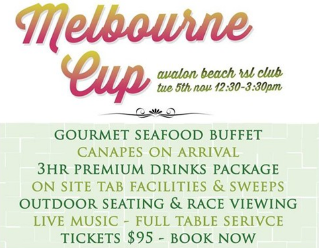
Just roll up or Call to book
Ask staff for details.
Mon - Fri $5 Members : $10 Non Members
Sat & Sun $15 : includes Laguna Grill hamburger

PITTWATER RSL CLUB

WOMEN OF SOUL Dinner Show on Saturday 12 October!!

A Tribute to Soul Divas 'Women of Soul' starring Mindy Kwanten & Evie J Willie is at the Club on Saturday 12th October.

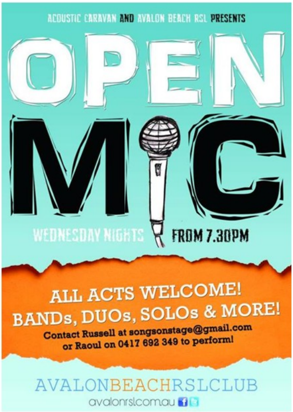
This special performance features Deni Hines, Casey Donovan & Angel Tupai and will also include a special 2 Course Menu by Executive Chef, Paul Sanders. Tickets are $55 for this dinner show so be quick!! Ticket bookings phone 02 9997-3833



Melbourne Cup
avalon beach rsl club
tue 5th nov 12:30-3:30pm

GOURMET SEAFOOD BUFFET
CANAPES ON ARRIVAL
3HR PREMIUM DRINKS PACKAGE
ON SITE TAB FACILITIES & SWEEPS
OUTDOOR SEATING & RACE VIEWING
LIVE MUSIC - FULL TABLE SERIVCE
TICKETS $95 - BOOK NOW

Blackwood Hall - cnr Jacksons & Boondah Roads, Warriewood. Contact: Cheryl 9971 7875



ACOUSTIC CARAVAN AND AVALON BEACH RSL PRESENTS

OPEN MIC

WEDNESDAY NIGHTS FROM 7.30PM

ALL ACTS WELCOME!
BANDs, DUOs, SOLOs & MORE!
Contact Russell at songsonstage@gmail.com or Raoul on 0417 692 349 to perform!

AVALONBEACHRSLCLUB
avalonrsl.com.au

FREEDOM OUTDOORS .COM.AU

Big news - we're going to focus on the mighty Hawkesbury River over the next few months with three paddles that will cover over 75kms of the prettiest part of this historic waterway:

Cruisin' the Royal National Park - Sun September 29

A comprehensive look at our First National Park from water level. We'll paddle our way through a lush tree-scape from Audley Weir to Grays Point for a swim and a snack. A detour up a very pretty mangrove lined creek follows. Lunch, then chill out at South West Arm (Warumbul Reserver, a lovely picnic spot and beach). Then back via Lilli Pilli, Yowie and Gymea Bays and some very expensive real estate. Spectacular scenery, fascinating history - a great day! $85 per person. Easy/Medium.

Leisurely Lane Cove River – Saturday October 5

You'll be charmed by this tranquil waterway, centrally located near Sydney Harbour. It's a gentle, meandering river with tree-clad banks, impressive sandstone rock formations and a fascinating history. We'll even pass Fairyland and learn about Australia's most intriguing murder mystery! We'll explore the river from the weir at Fullers Bridge to the harbour. Compact beach for a snack and swim and a tour of St Ignatius Riverview College and their beautiful grounds. $85 per person. Easy paddle ideal for less experienced kayakers.

Bay of Islands NZ Adventure Paddle - Nov 16 to 24

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Motorua Island, the second largest in the Bay. Learn rock gardening and kayak surfing - great fun and easy to do. Our two qualified instructors will show you how. Climaxed with a full day of tall ship cruising. Led by Adrian Clayton. Amazing value at $1,998

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

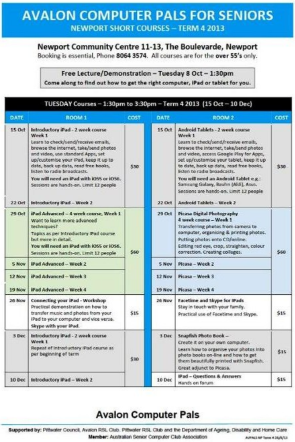
LIMITED TICKETS AVAILABLE

IN CASE OF RAIN, EVENT WILL BE HELD IN THE AUDITORIUM
DRINKS PACKAGE INCLUDES SELECTED PREMIUM BOTTLED BEERS, PREMIUM RED, WHITE AND SPARKLING WINES, JUICES AND SOFT DRINKS. VIEWAVALONRSL.COM.AU FOR FULL DETAILS

BOOK NOW

BOOK A TABLE OF 10 OR MORE AND RECEIVE $5 OFF EACH TICKET
BOOK ONLINE AT AVALONRSL.COM.AU OR VISIT CLUB RECEPTION

avalonrsl.com.au



AVALON COMPUTER PALS FOR SENIORS

NEWPORT SHORT COURSES – TERM 4 2013

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

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

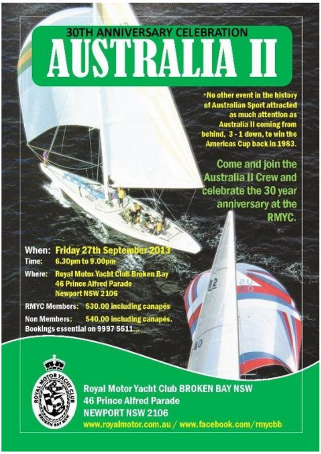
TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	**Introductory iPad - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	15 Oct	**Android Tablets - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet e.g.:** Samsung Galaxy, Bauhn (Aldi), Asus. Sessions are hands-on. Limit 12 people	$30
22 Oct	**Introductory iPad – Week 2**		22 Oct	**Android Tablets – Week 2**	
29 Oct	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	29 Oct	**Picasa Digital Photography 4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
5 Nov	**iPad Advanced – Week 2**		5 Nov	**Picasa – Week 2**	
12 Nov	**iPad Advanced – Week 3**		12 Nov	**Picasa – Week 3**	
19 Nov	**iPad Advanced – Week 4**		19 Nov	**Picasa – Week 4**	
26 Nov	**Connecting your iPad - Workshop** Practical demonstration on how to transfer music and photos from your iPad to your computer and vice versa. **Skype with your iPad.**	$15	26 Nov	**Facetime and Skype for iPads** Stay in touch with your family. Practical use of Facetime and Skype.	$15
3 Dec	**Introductory iPad - 2 week course Week 1** Repeat of Introductory iPad course as per beginning of term	$30	3 Dec	**Snapfish Photo Book –** Create it on your own computer. Learn how to organise your photos into photo books on-line and how to get them beautifully printed with Snapfish. Great adjunct to Picasa.	$15
10 Dec	**Introductory iPad – Week 2**		10 Dec	**iPad – Questions & Answers** Hands on forum	$15

Avalon Computer Pals

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

AVPALS NP Term 4 28/8/13



30TH ANNIVERSARY CELEBRATION

AUSTRALIA II

"No other event in the history of Australian Sport attracted as much attention as Australia II coming from behind, 3 - 1 down, to win the Americas Cup back in 1983.

Come and join the Australia II Crew and celebrate the 30 year anniversary at the RMYC.

When: Friday 27th September 2013
Time: 6.30pm to 9.00pm
Where: Royal Motor Yacht Club Broken Bay
46 Prince Alfred Parade
Newport NSW 2106

RMYC Members: $30.00 including canapés
Non Members: $40.00 including canapés.
Bookings essential on 9997 5511...

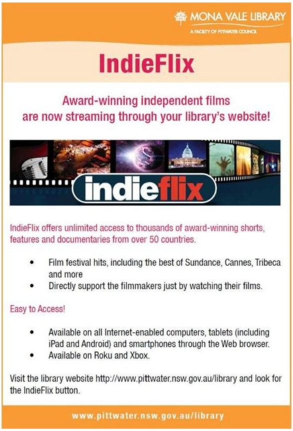
Royal Motor Yacht Club BROKEN BAY NSW
46 Prince Alfred Parade
NEWPORT NSW 2106
www.royalmotor.com.au / www.facebook.com/rmycbb

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



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

IndieFlix

Award-winning independent films are now streaming through your library's website!

IndieFlix offers unlimited access to thousands of award-winning shorts, features and documentaries from over 50 countries.

- Film festival hits, including the best of Sundance, Cannes, Tribeca and more
- Directly support the filmmakers just by watching their films.

Easy to Access!

- Available on all Internet-enabled computers, tablets (including iPad and Android) and smartphones through the Web browser.
- Available on Roku and Xbox.

Visit the library website http://www.pittwater.nsw.gov.au/library and look for the IndieFlix button.

www.pittwater.nsw.gov.au/library

CONVICT SYDNEY
EXHIBITION ON NOW

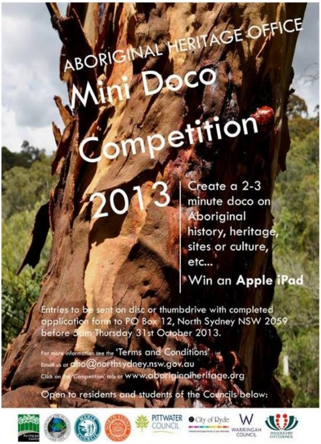
Until Thursday 31 December 2015

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.



ABORIGINAL HERITAGE OFFICE

Mini Doco Competition 2013

Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...

Win an **Apple iPad**

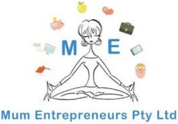
Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.

For more information see the 'Terms and Conditions'

Email us at aho@northsydney.nsw.gov.au

Click on the 'Competition' tab at www.aboriginalheritage.org

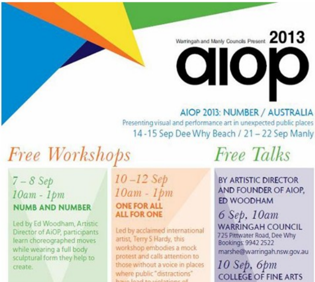
Open to residents and students of the Councils below:



Tuesday, October 1, 2013 from 7.30 PM to 10.00 PM

SEO Is DEAD! So What Can You Do To Market Your Business Online? Guest Speaker: Fiona Lewis Fiona will be giving you an intensive mini Live Training on SEO where you'll discover: Why most current SEO methods are outdated and dangerous How to arm yourself to understand what your outsourcing company is really up to! **Tickets**

AT: Narrabeen Beach SLSC inc., Cnr Albert Street & Ocean Street, Narrabeen



Warringah and Manly Councils Present 2013

aiop

AIOP 2013: NUMBER / AUSTRALIA

Presenting visual and performance art in unexpected public places

14-15 Sep Dee Why Beach / 21 – 22 Sep Manly

Free Workshops

7 – 8 Sep
10am - 1pm
NUMB AND NUMBER

Led by Ed Woodham, Artistic Director of AiOP, participants learn choreographed moves while wearing a full body sculptural form they help to create.

10 –12 Sep
10am - 1pm
ONE FOR ALL
ALL FOR ONE

Led by acclaimed international artist, Terry S Hardy, this workshop embodies a mock protest and calls attention to those without a voice in places where public "distractions"

Free Talks

BY ARTISTIC DIRECTOR AND FOUNDER OF AIOP, ED WOODHAM

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

10 Sep. 6pm
COLLEGE OF FINE ARTS

PUBLIC SYDNEY: STOP, LOOK, LIVE!

All around you in Sydney's public spaces people are doing the most unexpected things. This exhibition celebrates the unusual stories of the city's public buildings, parks and street corners, and may answer some of your burning questions about strange things you have seen happening in our shared spaces. Explore some of our most loved sites – Bennelong Point, the Museum of Sydney, Hyde Park, Central Station and Town Hall – and see how we, the public, are shaping them. Discover what a handmade cedar coffin, a silver trowel and an ASIO surveillance picture can tell you about the remarkable history of Town Hall, or what a 2-tonne cannon has to do with the iconic Sydney Opera House.
Tell us your stories – online and in the exhibition – and share the things that make you stop, look, and embrace life in your public spaces. Alongside the exhibition, this blog will explore the public spaces of Sydney,.

Sponsor: The Sydney Morning Herald
Museum of Sydney
Saturday 30 March - Sunday 8 September 2013
Address: Corner Phillip and Bridge Streets, Sydney, NSW 2000
Contact: 02 9251 5988 or for Education bookings: 8313 5612
Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free |
Hours: Open daily 10am — 5pm | Closed Good Friday and Christmas Day
Photo: Playing lacrosse in The Rocks, 2012. Photograph © James Horan

PITTWATER COUNCIL

CELEBRATING 20 YEARS 1992-2012

Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

Pittwater RSL

AKMAL - Friday 19th July 2013

Doors open 7.30pm Show 8pm All tickets $39

75 years on
BUDDY HOLLY
in concert
Internationally Acclaimed

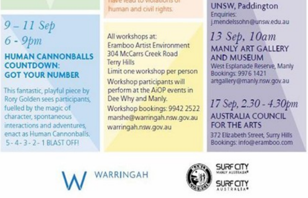
BUDDY HOLLY IN CONCERT - Saturday 24th August 2013

2 Course Dinner Show. Doors open 7pm - Dinner 7.30pm - Show 8.30pm. Members - $40 Non-Members - $45 Show Only from 8pm - $25

THE SWINGING SIXTIES - Saturday 21st September 2013

The Ultimate 60's Party. Doors open 8pm - Show 8.30pm. Members - $15 Non-Members - $20

Australian National Maritime Museum



have lead to violations of human and civil rights.

UNSW, Paddington
Enquiries:
j.mendelssohn@unsw.edu.au

9 – 11 Sep
6 - 9pm

HUMAN CANNONBALLS COUNTDOWN: GOT YOUR NUMBER

This fantastic, playful piece by Rory Golden sees participants, fuelled by the magic of character, spontaneous interactions and adventures, enact as Human Cannonballs. 5 - 4 - 3 - 2 - 1 BLAST OFF!

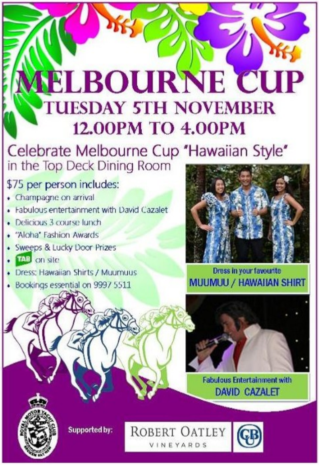
All workshops at:
Eramboo Artist Environment
304 McCarrs Creek Road
Terry Hills
Limit one workshop per person

Workshop participants will perform at the AiOP events in Dee Why and Manly.

Workshop bookings: 9942 2522
marshe@warringah.nsw.gov.au
warringah.nsw.gov.au

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

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



MELBOURNE CUP

TUESDAY 5TH NOVEMBER

12.00PM TO 4.00PM

Celebrate Melbourne Cup "Hawaiian Style"
in the Top Deck Dining Room

$75 per person includes:

- Champagne on arrival
- Fabulous entertainment with David Cazalet
- Delicious 3 course lunch
- "Aloha" Fashion Awards
- Sweeps & Lucky Door Prizes
- TAB on site
- Dress: Hawaiian Shirts / Muumuus
- Bookings essential on 9997 5511

Dress in your favourite
MUUMUU / HAWAIIAN SHIRT

Fabulous Entertainment with
DAVID CAZALET

Supported by:

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 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.

O|PERA AUSTRALI|A

East of India – Forgotten trade with Australia

Opens 1 June
In an Australian first, this exhibition explores our colonial links with India, the power and monopoly of the English East India Company and its subsequent decline. Featuring objects from international collections including the Victoria & Albert Museum, British Museum, and the Royal Collection.
http://www.anmm.gov.au/india

Exhibition: Elysium Antarctic Visual Epic

Open until 3 November

In 2010 a team of wildlife photographers, filmmakers and scientists embarked on an expedition from the Antarctic Peninsula to South Georgia. This stunning photographic exhibition captures the expedition, life above and below the ice, and the magnificence of this great wilderness.
Related event
Talk: Michael AW, Antarctic expedition leader - 26 May
http://www.anmm.gov.au/elysium

Will Anderson at DYRSL

WIL ANDERSON
GOODWIL

Will Anderson is now on sale at DYRSL. Don't miss out on a world class comedian. Will Anderson is a 3 time winner of the People's Choice Award at the Melbourne Comedy Festival.

Friday 11th October, doors open 7:30pm.

Tickets available by calling reception on 9454 4000 or online at http://www.dyrsl.com.au/Entertainment/ticketed.cfm

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MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

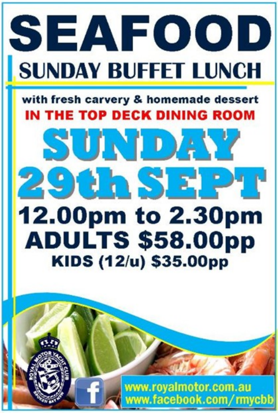
Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

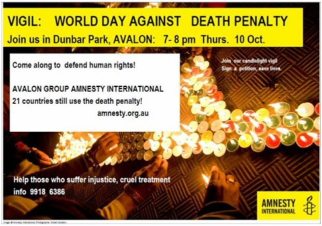
2014 Subscriptions
Now On Sale

Sydney Opera House - 2014 Season

Lecherous womanising. Candy coloured bikinis. Aching nostalgia. Nine metre serpents. See it all in Opera Australia's 2014 season of opera.

Visit www.opera-australia.org.au/


SEAFOOD
SUNDAY BUFFET LUNCH
with fresh carvery & homemade dessert
IN THE TOP DECK DINING ROOM
SUNDAY
29th SEPT
12.00pm to 2.30pm
ADULTS $58.00pp
KIDS (12/u) $35.00pp
www.royalmotor.com.au
www.facebook.com/rmycbb


VIGIL: WORLD DAY AGAINST DEATH PENALTY
Join us in Dunbar Park, AVALON: 7- 8 pm Thurs. 10 Oct.

Come along to defend human rights!

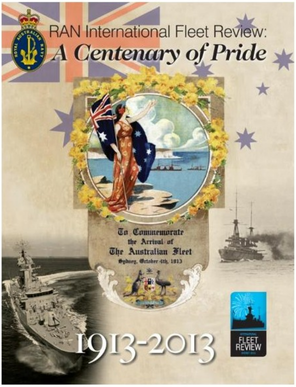
AVALON GROUP AMNESTY INTERNATIONAL
21 countries still use the death penalty!
amnesty.org.au

Join our candlelight vigil
Sign a petition, save lives.

Help those who suffer injustice, cruel treatment
info 9918 6386

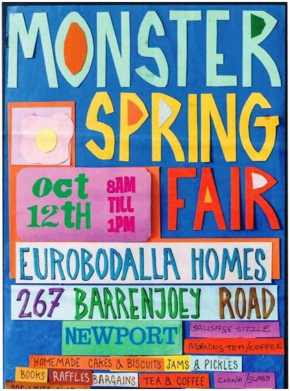
AMNESTY INTERNATIONAL

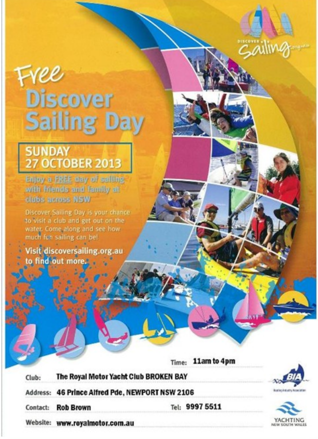
Manly Art Gallery & Museum
MANLY ARTS FESTIVAL


RAN International Fleet Review:
A Centenary of Pride

To Commemorate
the Arrival of
The Australian Fleet
Sydney, October 4th, 1913

1913-2013


MONSTER
SPRING
FAIR
oct 12th
8AM TILL 1PM
EUROBODALLA HOMES
267 BARRENJOEY ROAD
NEWPORT
SAUSAGE SIZZLE
MORNING TEA/COFFEE
HOMEMADE CAKES & BISCUITS JAMS & PICKLES
BOOKS RAFFLES BARGAINS TEA & COFFEE CHINA/GLASS


Discover Sailing .org.au

Free Discover Sailing Day

SUNDAY
27 OCTOBER 2013

Enjoy a FREE day of sailing with friends and family at clubs across NSW

Discover Sailing Day is your chance to visit a club and get out on the water. Come along and see how much fun sailing can be!

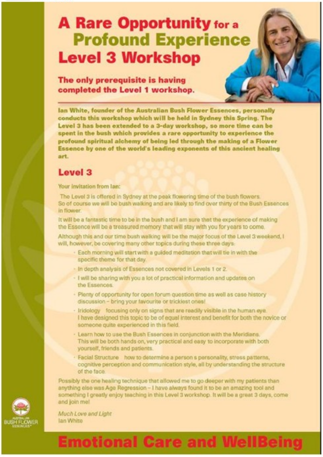
Visit discoversailing.org.au to find out more.

Time: 11am to 4pm
Club: The Royal Motor Yacht Club BROKEN BAY
Address: 46 Prince Alfred Pde, NEWPORT NSW 2106
Contact: Rob Brown Tel: 9997 5511
Website: www.royalmotor.com.au

Australian Bush Flower Essences - Level 3 Workshop - Saturday 5th to Monday 7th October 2013

Details and order form below - simply right click on and 'save as' on your own PC. ABFE Website

ABFE L3 NSW Oct2013.pdf
Size : 109.055 Kb
Type : pdf



A Rare Opportunity for a Profound Experience
Level 3 Workshop

The only prerequisite is having completed the Level 1 workshop.

Ian White, founder of the Australian Bush Flower Essences, personally conducts this workshop which will be held in Sydney this Spring. The Level 3 has been extended to a 3-day workshop, so more time can be spent in the bush which provides a rare opportunity to experience the profound spiritual alchemy of being led through the making of a Flower Essence by one of the world's leading exponents of this ancient healing art.

Level 3

Your invitation from Ian:

The Level 3 is offered in Sydney at the peak flowering time of the bush flowers. So of course we will be bush walking and are likely to find over thirty of the Bush Essences in flower.

It will be a fantastic time to be in the bush and I am sure that the experience of making the Essence will be a treasured memory that will stay with you for years to come.

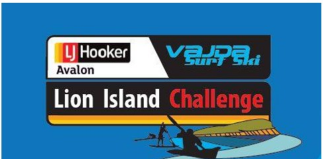
Although this and our time bush walking will be the major focus of the Level 3 weekend, I will, however, be covering many other topics during these three days.

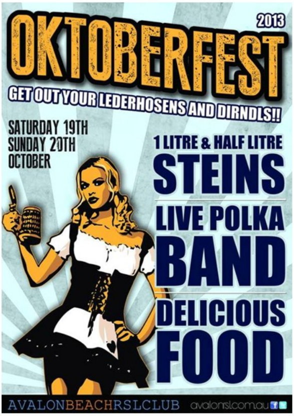
- Each morning will start with a guided meditation that will tie in with the specific theme for that day.
- In depth analysis of Essences not covered in Levels 1 or 2.
- I will be sharing with you a lot of practical information and updates on the Essences.
- Plenty of opportunity for open forum question time as well as case history discussion – bring your favourite or trickiest ones!
- Iridology focusing only on signs that are readily visible in the human eye. I have designed this topic to be of equal interest and benefit for both the novice or someone quite experienced in this field.
- Learn how to use the Bush Essences in conjunction with the Meridians. This will be both hands on, very practical and easy to incorporate with both yourself, friends and patients.
- Facial Structure how to determine a person s personality, stress patterns, cognitive perception and communication style, all by understanding the structure of the face.

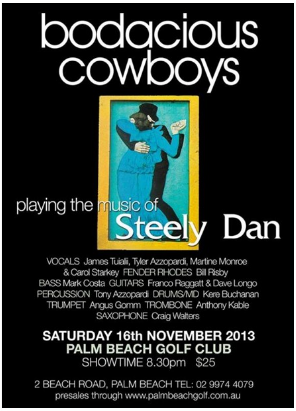
Possibly the one healing technique that allowed me to go deeper with my patients than anything else was Age Regression – I have always found it to be an amazing tool and something I greatly enjoy teaching in this Level 3 workshop. It will be a great 3 days, come and join me!

Much Love and Light
Ian White

Emotional Care and WellBeing







bodacious cowboys

playing the music of Steely Dan

VOCALS James Tuiali, Tyler Azzopardi, Martine Monroe & Carol Starkey FENDER RHODES Bill Risby
BASS Mark Costa GUITARS Franco Raggatt & Dave Longo
PERCUSSION Tony Azzopardi DRUMS/MD Kere Buchanan
TRUMPET Angus Gomm TROMBONE Anthony Kable
SAXOPHONE Craig Walters

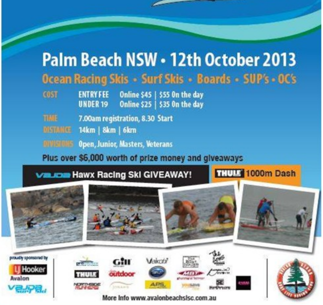
SATURDAY 16th NOVEMBER 2013
PALM BEACH GOLF CLUB
SHOWTIME 8.30pm $25

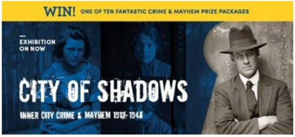
2 BEACH ROAD, PALM BEACH TEL: 02 9974 4079
presales through www.palmbeachgolf.com.au

Tweet Like +1

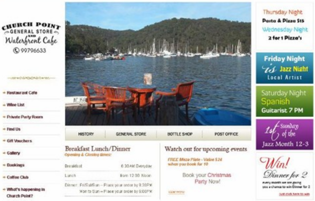
Sydney Living Museums

Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all... You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more.


Palm Beach NSW • 12th October 2013
Ocean Racing Skis • Surf Skis • Boards • SUP's • OC's
COST ENTRY FEE Online $45 | $55 On the day
UNDER 19 Online $25 | $35 On the day
TIME 7.00am registration, 8.30 Start
DISTANCE 14km | 8km | 6km
DIVISIONS Open, Junior, Masters, Veterans
Plus over $6,000 worth of prize money and giveaways
Vajda Hawx Racing Ski GIVEAWAY!
THULE 1000m Dash
proudly sponsored by
LJ Hooker Avalon
Vajda
THULE
Gill
outdoor
Vaikobi
NORTHSIDE RUNNERS
APS
MBT
More Info www.avalonbeachslsc.com.au


WIN! ONE OF TEN FANTASTIC CRIME & MAYHEM PRIZE PACKAGES
EXHIBITION ON NOW
CITY OF SHADOWS
INNER CITY CRIME & MAYHEM 1912-1948

Justice & Police Museum, Cnr Albert and Phillip Streets Circular Quay Circular Quay 2000 . Between Saturday 29 June 2013 and Saturday 31 May 2014: Open Weekends Only: 10am-5pm: Adult: $10; Children: $5; Senior: $5



CHURCH POINT GENERAL STORE AND Waterfront Cafe
✆ 99796633

- Restaurant Cafe
- Wine List
- Private Party Room
- Find Us
- Gift Vouchers
- Gallery
- Bookings
- Coffee Club
- What's happening in Church Point?

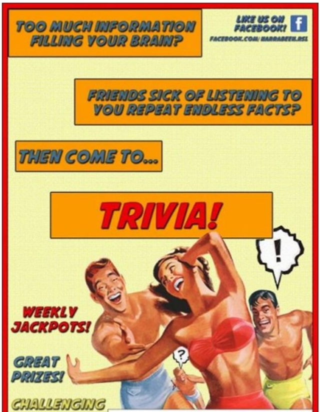
HISTORY | GENERAL STORE | BOTTLE SHOP | POST OFFICE

Breakfast Lunch/Dinner
Opening & Closing times:

Breakfast	6:30AM Everyday
Lunch	from 12:00 Noon
Dinner: Fri/Sat/Sun – Place your order by 8:30PM	
Mon to Sun – Place your order by 5:00PM	

Watch out for upcoming events
FREE Meze Plate - Value $24 when you book for 10
Book your Christmas Party Now!

Thursday Night Pasta & Pizza $15
Wednesday Night 2 for 1 Pizza's
Friday Night is Jazz Night Local Artist
Saturday Night Spanish Guitarist 7 PM
1st Sunday of the Jazz Month 12-3
Win! Dinner for 2
every month we are giving you a chance to win Dinner for 2


TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK!
FACEBOOK.COM/NARRABEEN.RSL
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
!
WEEKLY JACKPOTS!
?
GREAT PRIZES!
CHALLENGING

www.hht.net.au/about/news/lags_and_swells

Twelve Foot Ninja

Mona Vale Hotel
Saturday 21st of September
tickets via oztix.com.au

Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm

Live

Music

$15.00
Meal deals
Includes:
Schooner Bulmer's Cider

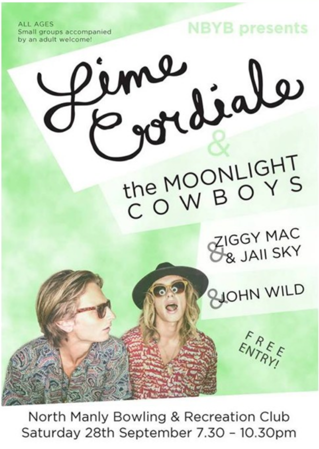
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin

THE GET DOWN
NEWPORT

THURSDAYS AT
Farrell's Basement
7:30 - 11:30

$5 BEERS
$8 COCKTAILS
$5 SHOTS

QUESTIONS! 7:30PM TUESDAYS Narrabeen RSL Memorial and Recreational Club Ltd



ALL AGES
Small groups accompanied
by an adult welcome!

NBYB presents

Lime Cordiale & the MOONLIGHT COWBOYS

& ZIGGY MAC & JAII SKY

& JOHN WILD

FREE ENTRY!

North Manly Bowling & Recreation Club
Saturday 28th September 7.30 – 10.30pm

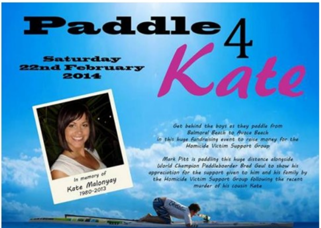
Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday,** Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au . Website: https://sites.google.com/site/woodturner60/



Paddle 4 Kate

Saturday 22nd February 2014

In memory of Kate Malonyay 1980-2013

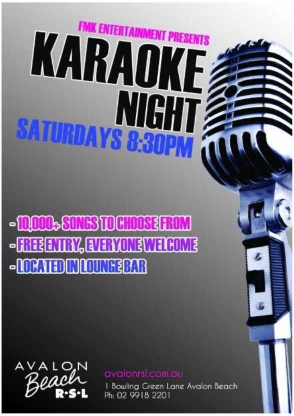
Get behind the boys as they paddle from
Balmoral Beach to Avoca Beach
in this huge fundraising event to raise money for the
Homicide Victim Support Group

Mark Pitt is paddling this huge distance alongside
World Champion Paddleboarder Brad Gaul to show his
appreciation for the support given to him and his family by
the Homicide Victim Support Group following the recent
murder of his cousin Kate

$5 HOUSE WINE

Farrell's Basement

370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE



FMK ENTERTAINMENT PRESENTS

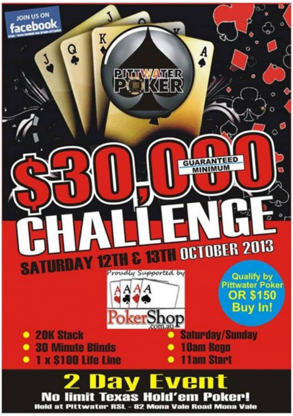
KARAOKE NIGHT

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



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PITTWATER POKER

$30,000 GUARANTEED MINIMUM

CHALLENGE

SATURDAY 12TH & 13TH OCTOBER 2013

Proudly Supported by PokerShop.com.au

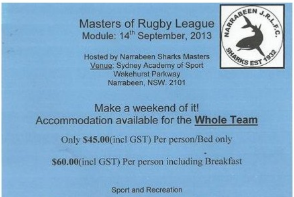
Qualify by Pittwater Poker OR $150 Buy In!

- 20K Stack
- 30 Minute Blinds
- 1 x $100 Life Line
- Saturday/Sunday
- 10am Rego
- 11am Start

2 Day Event

No limit Texas Hold'em Poker!

Held at Pittwater RSL - 82 Mona Vale Road Mona Vale



Masters of Rugby League
Module: 14th September, 2013

NARRABEEN J.R.L.F.C. SHARKS EST 1932

Hosted by Narrabeen Sharks Masters
Venue: Sydney Academy of Sport
Wakehurst Parkway
Narrabeen, NSW. 2101

Make a weekend of it!
Accommodation available for the **Whole Team**

Only **$45.00**(incl GST) Per person/Bed only

$60.00(incl GST) Per person including Breakfast

Sport and Recreation

Balmoral Beach to Avoca Beach

60km

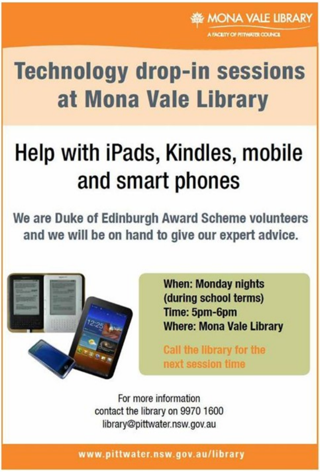
All money raised will be donated to the Homicide Victim Support Group to assist the family and friends of homicide victims

World Champion Paddleboarder Brad Gaul

Supported by:

Donations can be made to:
Paddle 4 Kate
BSB 112-879
Account 412215593

HVSG
Homicide Victims' Support Group (Aust) Inc.
challenger
Find us on: facebook


MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

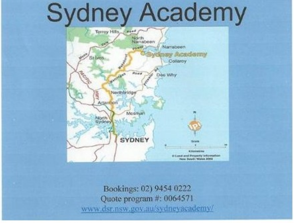
www.pittwater.nsw.gov.au/library

Palm Beach Golf Club - **Saturday 19th of October**

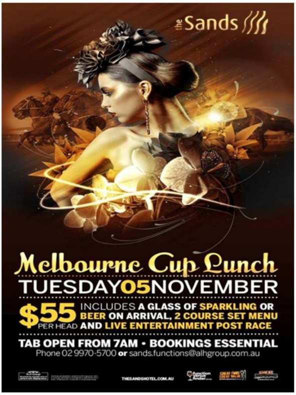
Tickets - $20.00 HERE

RUMOURS A Retrospective Tribute To FLEETWOOD MAC

ACCESS ALL ERAS
Celebrating the music of FLEETWOOD MAC
TRIBUTE


Sydney Academy

Bookings: 02) 9454 0222
Quote program #: 0064571
www.dsr.nsw.gov.au/sydneyacademy/



Melbourne Cup Lunch

TUESDAY 05 NOVEMBER

$55 PER HEAD INCLUDES A GLASS OF SPARKLING OR BEER ON ARRIVAL, 2 COURSE SET MENU AND LIVE ENTERTAINMENT POST RACE

TAB OPEN FROM 7AM • BOOKINGS ESSENTIAL
Phone 02 9970-5700 or sands.functions@alhgroup.com.au

THESANDSHOTEL.COM.AU

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at: http://www.snbswe.org.au/**

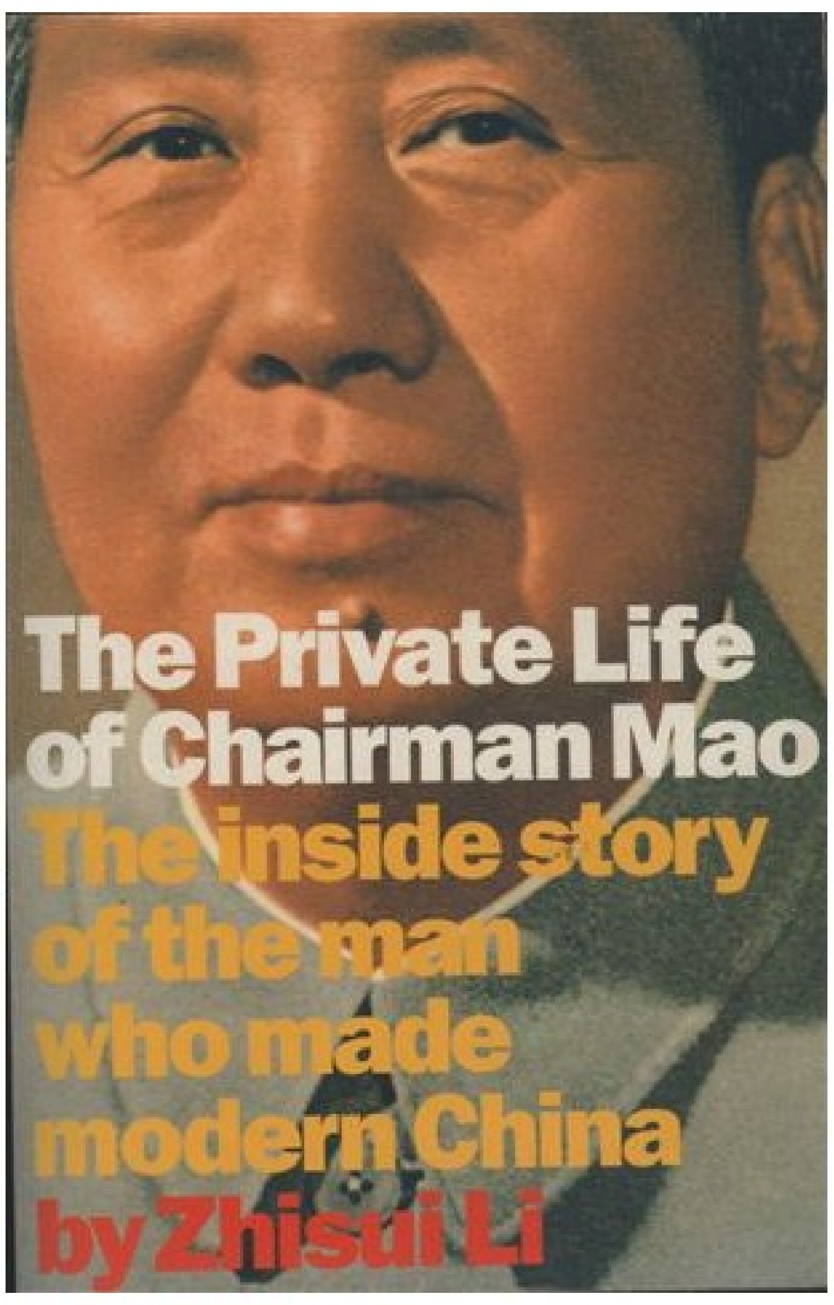
To List your Event email pittwateronlinenews@live.com.au .
Please send all material ready to publish.

Pittwater Online News

September 22 - 28, 2013: Issue 129

CHAIRMAN MAO'S PERSONAL PHYSICIAN

By George Repin



Dr Zhisui Li, Chairman Mao's personal physician from 1954 to Mao's death in 1976, was educated at West China Union University Medical School and Peking Union Medical College, both of which were American-run, with American professors and Rockefeller funded.

For a time in 1948 he practised medicine in Sydney and as a ship's surgeon on trans-Tasman vessels, earning much more than he could in China, but realised that he could not achieve his ambition to be a neurosurgeon under the then White Australia Policy.

When it became apparent that the Communists would gain power his brother, also a doctor, and his mother induced him to return to China. Before long, however, he was disillusioned by what he saw around him.

Through the influence of his brother, who had been a communist since the mid-1930s, Dr Li was assigned to the Zhongnanhai Clinic, a special clinic set up to treat China's top leaders. In 1954 his life changed, irrevocably, when his western medical training proved to be a factor in his appointment as the Chairman's personal physician. His reservations about accepting the appointment were brushed aside when it was made clear to him "there is no room for reconsideration". He did not meet Mao until 25 April 1955 but ultimately was constantly at his side – and at his beck and call. His 663 page book, ***The Private Life of Chairman Mao*** paints an extraordinarily intimate portrait of Mao – his habits, personal behaviour and life style generally.

Following Mao's death there were recriminations, including a suggestion that the medical team, of which Dr Li had been the leader, was culpable. He was sent to Jiangxi for "re-education" with hard labor for a year, but in 1979 he was appointed Vice-President of the Chinese Medical Association. (The Chinese Medical Association is an organ of government whose President is the Health Minister).

Dr Li and Chairman Mao, Wuhan, July 1966

It was in this capacity that he contacted the Secretary General of the Australian Medical Association (AMA) to send a group of appropriate doctors to visit Chinese hospitals and other health facilities in his country. His aim was that the team should see the problems and continuing needs resulting from China being cut off from developments in Western medicine during the Cultural Revolution. The AMA would then be able to facilitate the establishment of networks with relevant institutions in Australia. The team travelled extensively in China for three weeks in 1984.

In the following year Dr Li lead a delegation from China to Australia, as guests of the AMA. The delegation visited State Branches of the AMA, hospitals, private practices and government departments in NSW, Victoria and the ACT.

Right: Dr Zhisui Li, Dr George Repin and Dr Trevor Pickering (President of AMA) Marigold Restaurant, Sydney - September 1985

In Canberra the Secretary General of the AMA accompanied Dr Li to a meeting with the Minister for Health Dr Neal Blewett.

Things did not finish happily for Dr Li. He and his wife Lillian moved to the USA in 1988 to join their two sons and their wives. Lillian died in 1989. In 1992 his home in China was confiscated. His book, with its devastating account of Mao's "court" was published in 1994.

Dr Li wrote "*I have paid for this book with my life. My dreams of becoming a neurosurgeon never came to pass, and my hopes for a new China were dashed. My family life was destroyed.*"

"*I devoted my professional life to Mao and China, but now I am stateless and homeless, unwelcome in my own country.*"

"*I want* (this book) *to serve as a reminder of the terrible human consequences of Mao's dictatorship and of how good and talented people living under his regime were forced to violate their consciences and sacrifice their ideals in order to survive.*"

Professor Zhi-Sui Lee (Vice-President, Chinese Medical Association and Chief Editor, *National Medical Journal of China*) with Health Minister Dr Neal Blewett and AMA Secretary General Dr George Repin at Parliament House, Canberra on September 12.

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Pittwater Online News

September 22 - 28, 2013: Issue 129

Kenya Care Wear Launched

Brenda Allsop and Kathryn Hall - Pittwater Ladies making a difference in Kenya.

Kenya Care Wear Launched

http://kenyacarewear.com/

Last Sunday we attended the launch of Kenya Care Wear at Keen Hall at Avalon. Kenya Care Wear is a not for profit venture of two Australian mothers, Brenda Allsop and Kathryn Hall, aiming to educate and empower children and families amongst the poorest in Kenya. All money raised goes directly to the Kenyan beneficiaries with whom they have direct contact.

The fabrics and beautiful patterns are traditional Kenyan cloths and sure to be a hit with people seeking something cool for summer then can be dressed up or worn casually.

Brenda Allsop, who now resides in Kenya, was introduced by Senior Minister, Rev. Stuart Holman. After thanking the St Marks, St Davids and members of the public who attended the launch, Brenda explained the twofold benefits behind the Kenya Care Wear idea.

This great initiative is empowering the women of the Mathare slum, many of whom are often living in dire need, struggling to feed themselves and children. Kenya Care Wear has purchased sewing machines and is training some of these ladies in sewing and handcraft work, saleable in Australia, which provides them with some supplementary income. They are also using these machines on items for local production with a view to raising funds for their own machines to establish sustainable small businesses. These are all treadle sewing machines and are allowing women to earn a living. As Brenda stated last Sunday, this opportunity is giving a chance "to learn and to earn" and all are delighted with an alternative to day to day seeking of work to feed their children.

Brenda and Kathryn are paying the sewers to make Kenya Care Wear and the margin then goes into other projects.

The current Projects being undertaken are the Milami Primary School at Joska, a poor semi arid rural area on the outskirts of Nairobi. The school was seed funded in 2006 when an Australian friend left some money with the founders to "go realize your vision". That money purchased the first 50x100ft plot on which the school was developed. By 2011 the school housed 175 students in iron sheet classrooms with no power or water but plenty of enthusiasm.

Since then Breda and Kathryn, backed up by congregation members of St Marks in Avalon and St David's at Palm Beach, have helped to provide infrastructure such as more land, more iron classrooms, a staff room, textbooks, readers, uniforms, latrines, water tank, and an income generating chicken coop for the sale of eggs. Many children attend for free but others pay small fees which support the staff and running costs. In 2013 there are over 250 students and the school is registered for its first public exams at Standard 8, the KCPE in November.

The other project currently inching towards realisation is the Mathare slum peace initiative in Nairobi.

St Marks, with Brenda and Kathryn's input, has recently assisted with the purchase of land and building (mud and iron structure in the slum) so the work has a permanent presence and influence in one of the less secure sections of this slum. One of the first projects for Kenya Care Wear will be assistance with the costs of erecting secure permanent multipurpose buildings on the site.

Kathryn and Brenda envision Kenya Care Wear Parties along the lines of Tupperware parties and if you wish to host one of these, please use the forms below - simply rick click on 'save as' on your wn computer, fill out and send through to marketing@kenyacarewear.com

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From the Kenya Care Wear website:

Show you care by wearing African fabric:

Lesso leisure pants, Kikoy casuals, Kitenge aprons, Girls dresses in lesso and kikoy, Or dress your table in: Striped kikoy tablemats and runners

About Us

Kenya Care Wear is the not for profit venture of two Australian mothers, Brenda Allsop and Kathryn Hall:

"Our goal is to enable some of the disadvantaged in Kenya to be self-sufficient, to give them hope and encouragement with the knowledge that there are people on the other side of the world who care and are willing to provide that small hand up that might make a world of difference to the future of their family."

Turning one stone at a time, as the African saying goes.

Our aim is to provide twofold support:

1. Empower individuals by providing small scale business opportunities in sewing and jewelry making. Our products are made in Kenya, by Kenyans working for fair pay in enjoyable conditions.

2. Apply any profit generated from sales to the provision of aid to schools, clinics and community initiatives that benefit the disadvantaged in semi rural and city slums of Kenya.

Brenda is living in Nairobi, Kenya as a self-funded retiree. She was an accountant and business woman in Australia and has a hands on approach, and is able to assess, deal directly and monitor the ventures.

Kathryn is a business woman in Sydney, and is responsible for raising awareness and inspiring philanthropy in those she meets to help with these projects.

All proceeds go to Africa in direct support of projects in which we have personal involvement.

Contact Us

If you want to buy some of our African fabric clothing or tableware to support the work of Kenya Care Wear and show the world that you care. If you want to check the progress of your order or have other questions about our products, please contact: sales@kenyacarewear.com

For information on our projects, or to make a donation (we will receipt and report on expenditure by photo and copy local receipts as soon as possible), please contact: info@kenyacarewear.com

For information on Australian marketing opportunities or to get involved there, please contact: marketing@kenyacarewear.com

SYDNEY OFFICE

C/- Kathryn Hall PO Box 295 Avalon Beach NSW 2107

NAIROBI OFFICE

C/- Brenda Allsop PO Box 64833-00620 Nairobi

Kenya care Wear On Facebook

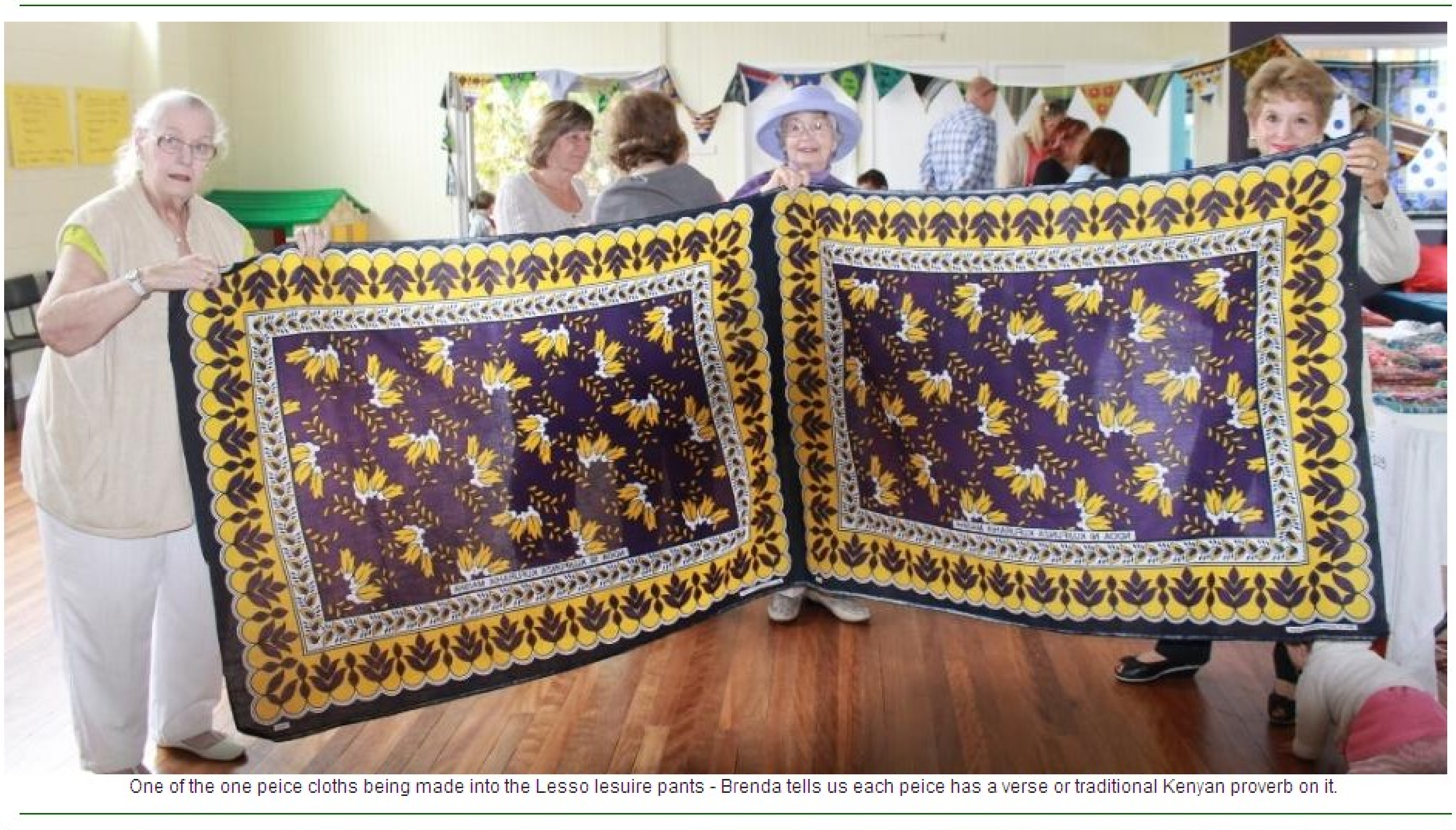
Order form and Register for a Party Forms below:

KCW - Kenya Care Wear Order Form.pdf
Size : 88.232 Kb
Type : pdf

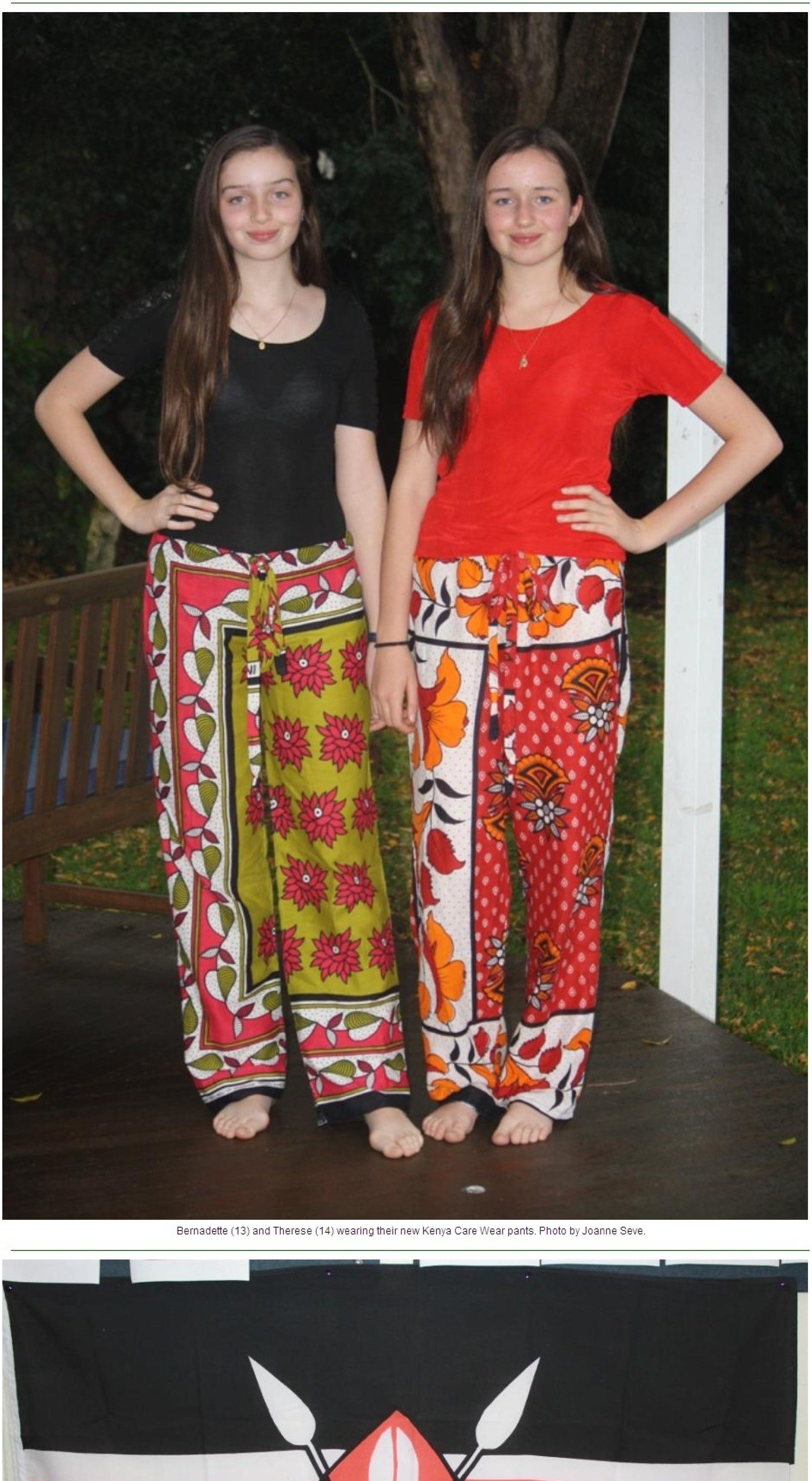
KenyaCareWearPartyRegistration.pdf
Size : 115.341 Kb
Type : pdf

Brenda Allsop and Rev. Stuart Holman.

Jem, Keith and Shelagh - Shelagh has organised the **Say It With Music Concert at St Marks on October 12th** - sure to be a great night. Details on our Events page.



One of the one peice cloths being made into the Lesso lesuire pants - Brenda tells us each peice has a verse or traditional Kenyan proverb on it.



Bernadette (13) and Therese (14) wearing their new Kenya Care Wear pants. Photo by Joanne Seve.

Pittwater Online News

September 22 - 28, 2013: Issue 129

Denise Drysdale – Ladies Luncheon at Royal Motor Yacht Club

Karen Baldwin and Denise drysdale on Wednesday, drawing the raffle winners.

Denise Drysdale – September 2013 Ladies Luncheon at Royal Motor Yacht Club

One of Australia's favourite ladies is Denise Drysdale, a lady who has been in the entertainment industry for decades. On Wednesday 18th of September 'Ding Dong' as she is affectionately known, had the ladies who attended the Royal Motor Yacht Club's September luncheon in stitches with lots of jokes, some of the best jokes heard in quite a while according to those who attended.

The Gold Logie winning songstress, actress and comedian also spoke about the history of television, where she grew up, her travels to London and her September 1967 tour of Vietnam with Patti Newman, as requested by those serving due to a bikini photo that featured in 'Everbody's' magazine.

Impersonations of when she was on Hey Hey Its Saturday, explaining how the nickname of 'Ding Dong' originated with Ernie Sigley (who had a secretary named Denise Bell when working in radio, also nicknamed 'ding-dong' due to the 'bell' surname – a name Denise also went by when working in television with Mr Sigley) left all laughing.

As with every Ladies Luncheon at the Royal Motor Yacht Club, investing back into Australia is always practiced and $2,000 was raised in raffles on Wednesday. This will go to Denise's Charity, The Heart Foundation. Denise herself sold the tickets on Wednesday.

The Ladies Luncheons at the Royal Motor Yacht Club-Broken Bay always feature amazing speakers who present a wide range of information, share hilarious insights and are raising funds for many worthwhile Australian foundations and charities. Coupled with some of the best food in Pittwater from the RMYC's kitchen, a panoramic view of Pittwater from the Top Deck Dining Room, this is one very nice way to catch up with friends while doing a bit of good elsewhere.

The next Ladies Luncheon for 2013 is on **Wednesday 20th of November 2013**.

Royal Motor Yacht Club- Broken Bay
46 Prince Alfred Parade Newport NSW 2106
Ph: (02) 9997 5511
Website: http://www.royalmotor.com.au/

A happy raffle winner

Karen Baldwin, General Manager of RMYC, Denise Drysdale, Kerrie Otto De Grancy and Sarah Hytner.

Report and Pictures from Sally Bacon, RMYC, 2013.

Denise Anne Christina Drysdale, (born 5 December 1948) is one of our most celebrated iconic Australians, a two time Australian Gold Logie award winning television personality, comedian, Australian Day Citizen of the year 2008, mother of two, lover of Australia's country side and a humble woman with a heart of gold.

Her career as a performer started at well before age 6, Denise was destined for the stage and has had an incredibly colourful life on T.V and in the arts. Denise's zest for life and love for supporting worthy causes shines through her exceptional life biography.

Drysdale's popularity led to an invitation to perform for the troops in Vietnam for three weeks in late 1967, along with Patti Newton, the Strangers, and Doug Owen. In 1969, she went to the Far East to entertain American troops.

In 1974, she became Ernie Sigley's barrel girl on The Ernie Sigley Show. It was here she gained the nickname Ding Dong. In 1975, Drysdale won the TV Week Gold Logie for the Most Popular Female Personality on Australian TV. She won her second Gold Logie the following year. In the same period, she also won consecutive Silver Logies.

Over the years, Drysdale has appeared regularly on numerous television shows including: *The Norman Gunston Show, Celebrity Squares, Young Talent Time, Countdown, Division 4,Homicide* and *Bellbird*. Drysdale has also worked in regional television in Victoria including guest appearances on BTV-6 Ballarat and hosting a morning magazine show on GLV-8 in the 1980s. As an actress, she has appeared in the movies, The Last of the Knucklemen, Snap Shot and Blowing Hot and Cold.

On stage, she has appeared in many plays and musicals including: Salad Days, Grease, The Barry Crocker Show, Two Gentlemen of Verona, and Hello, Dolly! in 1994. She also spent two years in Sydney doing Weekend Magazine and Beauty and the Beast.

In 1989, Drysdale again teamed up with Ernie Sigley to host In Melbourne Today, and in 1991 began a Sydney version of the show In Sydney Today. The two programs later merged to a single program: Ernie And Denise. Also in 1989 Denise was asked to fill in on Hey Hey it's Saturday due to Jacki McDonald leaving. She stayed with the show for over a year and returned in host an episode of Hey Hey it's Saturday in Daryl's absence.

In 1998, Drysdale joined the Seven Network to present her own show for the first time, simply called Denise.

In 2005, Channel 9 chose Denise as one of the most 50 important people on television for the last 50 years. In 2008, Drysdale released an album entitled *What A Wonderful World*. The album contains a remake of the single Hey Paula. Originally a duet with Ernie Sigley, the new version features Mark Trevorrow. On 7 October 2009 she made an appearance in the second of the *Hey Hey It's Saturday* reunion specials.

In 2010, Drysdale joined Network Ten's new morning show The Circle alongside Yumi Stynes, Chrissie Swan and Gorgi Coghlan as host. She remained on the show for two seasons, leaving at the end of the 2011 season.
Drysdale regularly performs around Australia on the club circuit, often with her television partner, Ernie Sigley. Drysdale also does regular guest talks around the country.

See more at: http://www.celebrityspeakers.com.au/denise-drysdale/

Tweet Like +1
