Pittwater Online News

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

July 28 - August 3, 2013: Issue 121

Junior Rugby League Season 2013 - Semis Finals Commence!

Above: UNder 15's Avalon Bulldogs in their Northcote jerseys (New Zealand Tour 2013) playing against Harboard Devils on Saturday afternoon. Photos by A J Guesdon.

At Hitchcock Park yesterday. Photo by Michale Mannington, 2013.

Junior Rugby League Season - the rounds of semi-finals began yesterday and we asked award winning photographer Michael Mannington to "get some of the action" yesterday - In the afternoon AJG went to see how the teenagers were doing and found the Under 17's had their match forfeited by their opposing team, and since next week is a 'bye' for them, they are now Minor Premiers 2013. The Under 15's played against Harbord and it was 16 all until ten minutes before the end of match. The A Grade team played last night against the Manly Cove Rebels and came out on top! See some of this action in Under 15's 17's and A Grade HERE Pictorials **for all our younger readers,** and their mums and dads !

Mermaids Of Palm Beach

Faye Byrnes receives a special award from Elyse Cole and Beryl Driver. Photo by Michael Mannington, 2013.

Monday night saw 150 supporters attend a great meal and an evening of fun at Club Palm Beach (Palm Beach RSL). On August 22nd the girls are off on Australia's penultimate version of the 'road trip' - the 2013 Variety Club Bash which will see them travel from Bankstown to Ballarat and through three states in eight days! We're sure all here wish Beryl, Viktoria, Elyse and Carissa the very best and look forward to a few tales from the road.

Trainee mermaid Carissa Gonsalves with Viktoria McDonell, Beryl Driver. Photo by Michael Mannington.

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Pittwater Online News

July 28 - August 3, 2013: Issue 121

Articles This Week:

Front Page Issue 121 - Mermaids of Palm Beach ready to race! + Rugby League Season in Pittwater 2013

Junior Rugby League Season - and Senior Rugby League - the rounds of semi-finals have begun and we asked award winning photographer Michael Mannington to "get some of the action" yesterday - A Pictorial **for all our younger readers,** and their mums and dads, of some of the action of the Avalon, Narraweena, Forestville, Harbord, manly Cove and Mona Vale teams. A Super Saturday at Hitchcock Park!

Reflections by George Repin: **Around Angkor – 1963**

Pictures: Marine Rescue Broken Bay - The Vessels

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

All Previous Articles

Profile: August 2013 - Clubs, Groups and Organisations - Mona Vale Mountain Cub Scouts - Be Prepared to Fly !

Previous Profiles:

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

History: July 2013 - Barrenjoey Headland - the lights, the people, the landscape, **the Barrenjoey and Broken Bay Shipwrecks until 1900**!

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

Park Bench Philosopher: PLANT A TREE By Lucy Larcom and to celebrate National Tree Day a little about Arbor Day

News From Our Inbox Huey Flight Avalon Military Tattoo 2013, International partnership to protect us from deadly viruses, King David's Palace? New Archaeological Evidence Uncovered in Judean Shephelah, Jonas Salk, Valley Networks Suggest Ancient Snowfall On Mars, NASA Releases Images of Earth by Two Interplanetary Spacecraft, Clever Goat, Health papers published this week: Plain Packaging Seems to Make Cigarettes Less Appealing and Increase Urgency to Quit Smoking; Skipping Breakfast May Increase Coronary Heart Disease Risk; Breastfed Children Are Less Likely to Develop ADHD Later in Life Study Suggests; Brain Picks out Salient Sounds from Background Noise by Tracking Frequency and Time; Oxygen – Key to Most Life – Decelerates Many Cancer Tumors When Combined With Radiation Therapy; Marijuana Use in Adolescence May Cause Permanent Brain Abnormalities

Events: L90 at BArrenjoey, Denise Drysdale at RMYC, Wedding Expo, Art Show at Bilgola, International Beer Day at The Sands, Seafood Feast at RMYC, Paddling at Narrabeen Lagoon, ZONTA TRIVIA FUNDRAISER, Frenzal Rhomb at MVH, BOBBY SOX AT PALM BEACH GC, Brahms in Manly, Manly Art Gallery - Current Exhibitions, Winter Warming Workshop, National Tree Day Native Plant Give-away, Vietnam Vets.@ Palm Beach RSL 2013, AFTS 2013 Fundraiser, Sly Dogs Unplugged at Church Point Cafe, Loosley Woven in Avalon, Stay Warm In Winter Workshop, Nationa Tree Day 2013, Mums For Mums Cocktail Party, Aurora Australia Photo Festival, AvPals Term 3 2013, Torn and Frayed at PBGC, Pittwater Camera Club, FoNLC Activities: if it's happening here it's probably listed HERE. Also See Seniors, Children's and Youth pages for age specific Events

Food: Silverbeet- Ancient vegetable filled with Vitamin C and A - perfect winter vegetable that also signals Spring is coming ! Some facts and classic recipes

Community News: National Tree Day 2013 – Sunday July 28th, Planting Day – Careel Creek,National Missing Persons Week, International Lighthouse Weekend at Barrenjoey, RUOK Day 2013, Barrenjoey Trivia and Dance Night, New guide promotes positive online engagement, Technology Skills for Home and Business, Councils oppose merger focus of Future Directions paper, 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014, Australian of the Year Awards now Open, Petrol prices smartphone App, CALLING KNITTERS AND SEWERS - WE NEED YOU!, FREE CHILD RESTRAINT FITTING AT FLYING FOX PARK, FREE MOVIE NIGHT AT MONA VALE LIBRARY, Sydney International Boat Show 2013, SLS- Real Social Network, ABFE Level 1, Volunteer Monitors Needed, September 2013, Objective Australia Update, , SLS - SNB Golf Day Fundraiser, Barrenjoey HS NT Band Tour 2013, Avalon Sailing Club 75th Anniversary, Join the NBI Pub2Pub Team, Be A Spy!, 'NEVER FORGET YOU' - "LOOSELY WOVEN" gives FREE CONCERT in AVALON, MONA VALE HOSPITAL AUXILIARY STALLS, Our Councils Notices and more

Environment; National Tree Day 2013 – Sunday July 28th, No More Tuckeroos Please, **Sydney Wildlife - Carers NEEDED**, Climate science boost with tropical aerosols profile, Australia takes global leadership on whale research, Extinct Ancient Ape Did Not Walk Like a Human, **Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations**, Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released, An afternoon at West Head lookout, Tropical Ecosystems Boost Carbon Dioxide as Temperatures Rises, Climate Threatens Food Security of Pacific Islands, Katandra Bushland Sanctuary, Environmental Toxins Enter the Brain Tissue of Polar Bears, **COOEE JULY 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

Lynda Hill: Update 17.7.13: Aligning With Self And Others: July's Aquarian Full Moon

Pictures: Marine Rescue Broken Bay - The Vessels

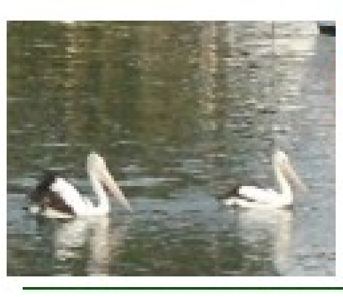
Children: Mona Vale Mountain Cub Scouts Profile + Junior Rugby League Season Pictorial FOR YOU!!, Reading at Twilight at Mona Vale Library, Be A Spy!, Drumz Buzz, Fishing, Raccoon, 100 Basketball Players - July 2013 School Holidays!, Gondwana Choir, How the Sydney Harbour Bridge Was Built, Be A Spy!, OUT LOUD for Children, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: 1 - 4- U - Mona Vale Mountain Cub Scouts Profile of the Week Issue 121, City of Sydney - Modelling the Future, 24/7 Film Info Night this Tuesday, POTTER LEAGUE August 2013, Parental bonds survive teen angst, Be the Influence Surfing Ambassadors Sally Fitzgibbons and Owen Wright, I Heart Music, Microscope an Australian first, Marsupial links to South America and Africa, Longboarding, There's No Such Thing As Suction, Canneries Help to Preserve Nature's Bounty, Surfing in rapids, 100 Basketball Players, Youth Environment Congress 2013 Open for Registration, 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! New Facebook Page for young bands on the Northern Beaches, The Line, Mona Vale Library - Duke of Edinburgh Awards.

Seniors; New skills for more than 3,000 older Australians, City of Sydney - Modelling the Future, Skateboard Whizz, Women In Chicago 1922, Australian Boost to neuroscience, Actual Personal Ads from Florida Senior Citizens, Age-Activated Attention Deficit Disorder, Sleeping Pill, Grandchildren, Health papers published this week: Key Molecular Pathways Leading to Alzheimer's Identified; Failure to Destroy Toxic Protein - Not Buildup of Protein Itself - Contributes to Huntington's Disease; Potential Cause of Parkinson's Disease Points to New Therapeutic Strategy 2013 Solar Challenge In Australia; Volunteers Wanted, **Term 3 2013 - Computer Classes for Seniors at Newport**, National Seniors Literary Prize 2013, local Events, Support and Education Activities.

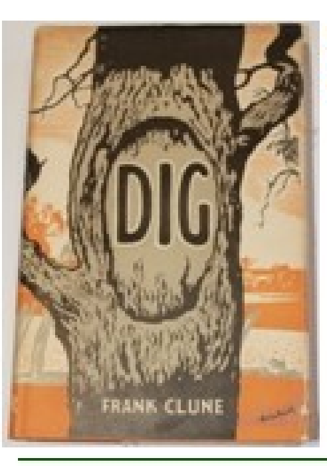
Community Clubs: Updates on Activities and links to sites.

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

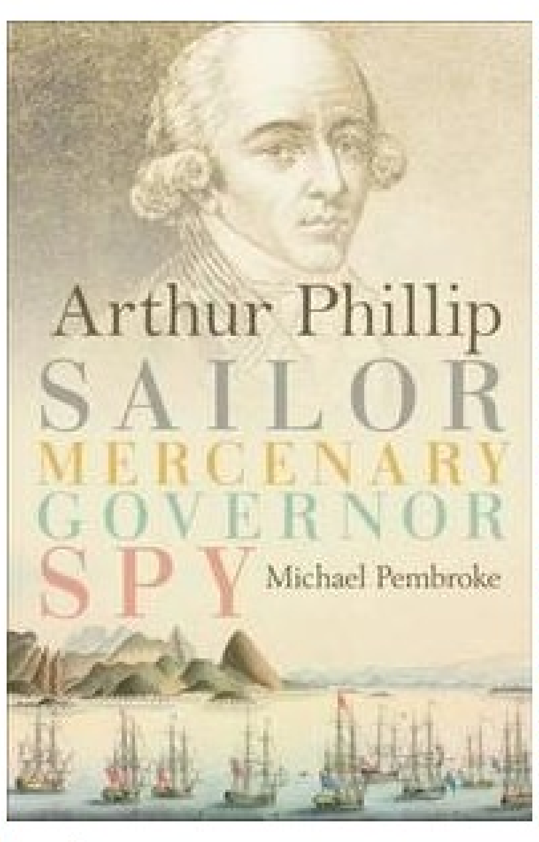


Reflections: by George Repin. **This week; Around Angkor – 1963**

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



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



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

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

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

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

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July 28 - August 3, 2013: Issue 121

Junior Rugby League Season 2013 - The Semis

The rounds of semi-finals have begun and we asked our award winning photographer Michael Mannington to "get some of the action" yesterday - A Pictorial for all our younger readers, and their mums and dads !

Draw for SATURDAY JULY 27 at HITCHCOCK PARK - SUPER SATURDAY

8.15 U/6w V Narraweena

9.00 U/6m v Narraweena

9.45 U/7 v Mona Vale

9.00 U/8w v Forestville

MADISON
MADISON
STEEDEN

AVALON
BULLDOGS

Ground Manager and President of Avalon Bulldogs,Michael Birtwhistle.

Photos by Michael Mannington, 2013.

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July 28 - August 3, 2013: Issue 121

Avalon Bulldogs - Under 15's and Under 17's Matches - 27. 7.2013

Anyone who thinks watching the 'big boys' of rugby league is exciting should attend a local league match played by the next generation of men. On Saturday the Under 17's of Avalon Bulldogs became Minor Premiers 2013 due to those they were playing against forfeiting and next week's match being a bye.

The Under 15's went hard against Harbord and didn't give up. This week we share a few images from Saturday afternoon and evening in our second Pictorial for our younger readers this Issue.

Mascot - Pollyanna

Truck's dad, Wombat's dog.

Under 15's

Under 15's photos by A J Guesdon,2013.

A Few Under 17's

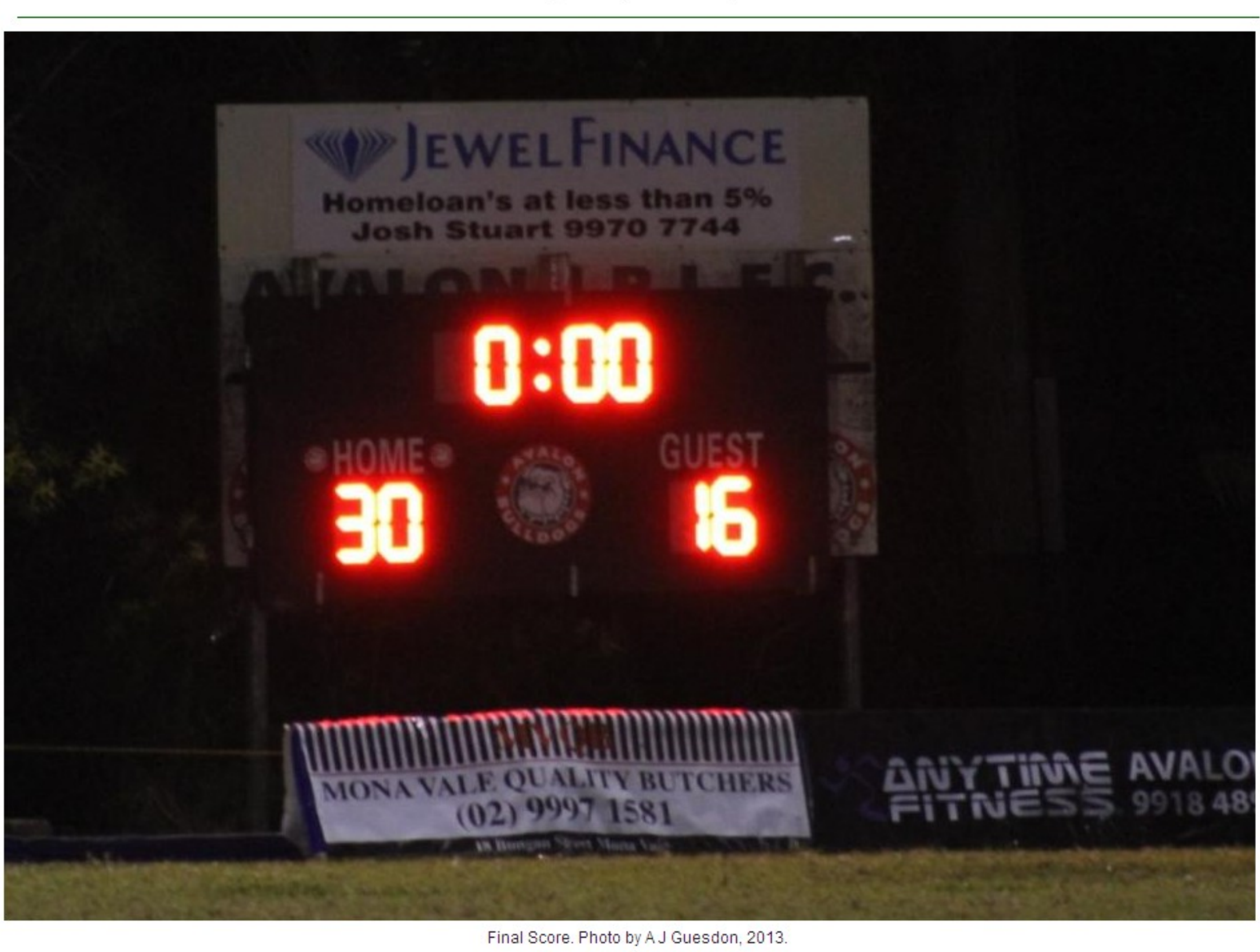
Left to right: Will Kelly, Aaron Grrom, Jason Matthews, Oscar Borry, Ryan Clissold, Jake Crutch. Photo by A J Guesdon.

A Grade

A Grade Team shot with Lisa Hewitt (17 years of hard work for the Bulldogs) and Michael Birtwhistle(President of avalon Bulldogs). Photo by Michael Mannington.

Final Try. Photo by A J Guesdon, 2013.

Final Try. Photo by A J Guesdon, 2013.



JEWEL FINANCE
Homeloan's at less than 5%
Josh Stuart 9970 7744
0:00
HOME
30
GUEST
16
MONA VALE QUALITY BUTCHERS
(02) 9997 1581
ANYTIME AVALON FITNESS 9918 48

Final Score. Photo by A J Guesdon, 2013.

Joy. Photo by A J Guesdon, 2013.

Photos by A J Guesdon and Michale Mannington, 2013.

Pittwater Online News

July 28 - August 3, 2013: Issue 121

PLANT A TREE.

By Lucy Larcom

He who plants a tree
Plants a hope.
Rootlets up through fibres blindly grope ;
Leaves unfold into horizons free.
So man's life must climb
From the clods of time
Unto heavens sublime.
Can'at thou prophesy, thou little tree,
"What the glory of the boughs shall be ?

He who plants a tree
Plants a joy;
Plants a comfort that will never cloy ;
Every day a fresh reality.
Beautiful and strong,
To whose shelter throng
Creatures blithe with song.
If thou could'st but know, thou happy tree,
Of the bliss that shall inhabit thee !

He who plants a tree
He plants peace.
Under its green curtain jargons cease.
Leaf and zephyr murmur soothingly ;
Shadows soft with sleep
Down tired eyelids creep,
Balm of slumber deep.
Never hast thou dreamed, thou blessed tree,
Of the benediction thou shalt be.

He who plants a tree-
He plants youth;
Vigour won for centuries, in sooth ;
Life of time, that hints eternity !
Boughs their strength uprear,
New shoots every year
On old growths appear.
Thou shall teach the ages, sturdy tree,
Youth of soul is immortality.

He who plants a tree
He plants a love ;
Tents of coolnees spreading out above
Wayfarers, he may not live to see.
Gifts that grow are best;
Hands that bless are blest;
Plant ! Life does the rest !
Heaven and earth help him who plants atree,
And his work its own reward shall be.

Another Poem for Arbor Day. (**1893, July 29**). *The Maitland Mercury & Hunter River General Advertiser* (NSW : 1843 - 1893), p. 3. Retrieved from http://nla.gov.au/nla.news-article19025070

Arbor Day (from the Latin arbor, meaning tree) is a holiday in which individuals and groups are encouraged to plant and care for trees. It originated in Nebraska City, Nebraska, United States by J. Sterling Morton. The first Arbor Day was held in the state of Nebraska on April 10, 1872; an estimated one million trees were planted that day. Today, many countries observe a similar holiday. Though usually observed in the spring, the date varies, depending on climate and suitable planting season.
Birdsey Northrop of Connecticut was responsible for globalizing it when he visited Japan in 1883 and delivered his Arbor Day and Village Improvement message. In that same year, the American Forestry Association made Northrop the Chairman of the committee to campaign for Arbor Day nationwide. He also brought his enthusiasm for Arbor Day to Australia, Canada and Europe.

Australia

National Schools Tree Day is held on the last Friday of July for schools and National Tree Day the last Sunday in July throughout Australia. Many states have Arbor Day although only Victoria has Arbor Week, which was suggested by Premier Dick Hamer in the 1980s. Arbor Day has been observed in Australia since 20 June 1889
Arbor Day. (2013, July 24). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Arbor_Day&oldid=565593178

Lucy Larcom (March 5, 1824 – April 17, 1893) was an American poet, born in Beverly, Massachusetts, in 1824, the ninth of ten children and died in Boston in 1893. She left Beverly, Massachusetts, in 1835 to work cotton mills in Lowell from the ages of 11 to 21 as a doffer. As a mill girl she hoped to earn some extra money for her family. While working at the mills in Lowell, Lucy made a huge impact. She wrote and published many of her songs, poems, and letters describing her life at the mills. Her idealistic poems caught the attention of John Greenleaf Whittier. Larcom served as a model for the change in women's roles in society.
She was a friend of Harriet Hanson Robinson, who worked in the Lowell mills at the same time, and who also became a poet and author. Much later, Harriet Hanson Robinson was to become prominent in the women's suffrage movement. In the 1840s (circa 1846), Larcom taught at a school in Illinois before returning to Massachusetts. From 1865 to 1873, she was the editor of the Boston-basedOur Young Folks, which merged with St. Nicholas Magazine in 1874.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Pittwater Online News

July 28 - August 3, 2013: Issue 121

Mona Vale Mountain Cub Scouts

Don't just talk about what you can do!
Get stuck in...

Scouts is one of the best kept secrets for young people aged 8 – 15 and no wonder! It is the biggest and most successful youth organisation in Australia – not to mention the world – with thousands of boys and girls enjoying an almost unlimited range of activities. And there's always room for more!

Don't get lost!
As a scout you'll receive expert instruction in a wide variety of outdoor skills, together with the all important basic theory to make sure you don't get lost and can deal with life's emergencies.

You'll go on camps with a few friends or join thousands of boys and girls for fun and adventure at a national Jamboree. Your confidence will build and you'll learn how to make decisions and work as part of a team. Weekly meetings are held to build up skill levels, play games and have fun and plan for weekend adventures.

Mona Vale mountain cub scouts welcome Elmo as their newest member. Elmo joined the group on the Avalon Tattoo and has so far participated in launching water rockets, rocket balloons and slimy catapults, propelling mini-marshmallows with blow pipes, racing a Billy-cart, setting off popsicle stick bomb chain reactions and learning to light a fire like Bear Grylls.

In September the mountain cub scouts will attempt a world record to make and launch the biggest recycled foam walk-along glider in September. They may not succeed but will have hugemungous amount of fun making and breaking the glider.

The mountain cub scouts have also developed a crazy program called 'Back From The Future' which will be run at Sydney Olympic Park's 'Kids in the Park' holiday program.

The group's new cub leader, Mark Boyle, was selected as an Australian finalist in the Coca Cola Active Factor community awards for the "development of an innovative program that inspires children in the community to be physically active". Channel 7 selected Mark's program, DrumzBuzz, out of 40 Sydney Olympic Park activities as the show-case activity for their Sydney Weekender program in July 2010. You can see it for yourself on Youtube just by searching for "DrumzBuzz".

The mountain cub scouts meet at 7pm on Thursday nights at the Mona Vale scout hall at the corner of Barrenjoey Road and Golf Avenue, Mona Vale, during school terms. New members receive a special mountain TAG award if they can survive 4 meetings. Cubs ages from 8 to 10 years and Scouts from 11-15 years. More information and contact details can be found on their web site at http://www.MonaValeScoutGroup.com

Mona Vale Scouts in mud commando course

Is this a traditional Scout Group?

Traditional? NO WAY: If anyone want's to join a 'normal' scout group they should go elsewhere. We want to be different from every other scout group in Australia. We are a scientific and innovation scout group. This means we make and break stuff; we blow up stuff, we propel things, etc . This term we will attempt a world record to make and fly a recycled foam model glider. Our aim is to make it so big that it will crash and break apart. If it does not break then we have failed the task.

What is meant by Mona Vale mountain Cub Scouts'?

In an adult's world "Mona Vale mountain" does not exist. But imagine if there was a Mona Vale mountain. What type of mountain would you want Mona Vale mountain to be? We asked this question to our cub scouts. So far Mona Vale mountain is higher than Mount Everest, it is an erupting volcano, it has a cave with a huge spider and it has a pig. We don't know the name of the pig. We just know that the mountain has a pig. What else can this mountain be? Purple with orange spots?

So apart from an amazing opportunity to use our imagination we are using the mountain scout theme to focus our program of specialized activities. We have already developed the TAG award. This stands for "Trust And Grit" and is awarded to any boy or girl who survives 4 weekly meetings at Mona Vale mountain cub scouts.

What is the aim of Group ?

One of our main aims is to help each person (child, adult) to be a natural leader simply by leading by example.

We also want to make lots of noise through the award winning DrumzBuzz program. It's so simple that if you can walk you can do it. The hardest thing is making the decision to actually participate. For many people it's easier to do nothing. We want cub scouts who embrace participation.

Do you have Camps away?

Yes; for example:
- Possible caving camp in November in Wee Jasper with an ACT scout group
- Family camp with Pirates of the Carabineer theme in February, 2014.
- Newnes Glow Worm tunnel hike and camp May 2014
- Liloing and camp on Colo River starting at Bob Turners track.

What is coming up?

1. Twilight communications activity at Barrenjoey Lighthouse with Manly-Warringah Amateur Radio Club on Saturday 17th August starting at 5pm.
2. Onesie and Chip competition (which fish & chips shop in Mova Vale sells the best chips) night on Thursday 22nd August
3. Be a SPY for an hour at Mona Vale library on 7th Sept starting at 11am
4. Be a scout for an hour at the Mona Vale mountain scout group on Sunday 27th October 2pm to 3pm; includes a being slimed competition.
5. WhereIsElmo.com's geocaching adventure in Avalon on 1st December

What are some of Mona Vale Mountain Cub Scouts favourite places in Pittwater and why?

Mona Vale beach because it is close to the scout hall and Barrenjoey Lighthouse because it is one of the best locations in Australia. Pittwater is a great place to be active.

What is Mona Vale Mountain Cub Scouts motto for life or a favourite phrase it tries to live by?

"Mona Vale mountain scouts - the gateway to adventure on the peninsula."
"Trust And Grit"

Mona Vale Mountain Cub Scouts and Bayview Sea Scouts at Avalon Tattoo 2013. Photo by A J Guesdon.

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Pittwater Online News

July 28 - August 3, 2013: Issue 121

Barrenjoey and Broken Bay Shipwrecks

The waters, shoals, island of Lion (formerly Mount Elliot), the headland and foothills of Barrenjoey are filled with the echoes of the souls of all who have been there. People who, with what's in them, with works, created and Kept infrastructure that allows the human spirit to fly, in this case, **on** the water.

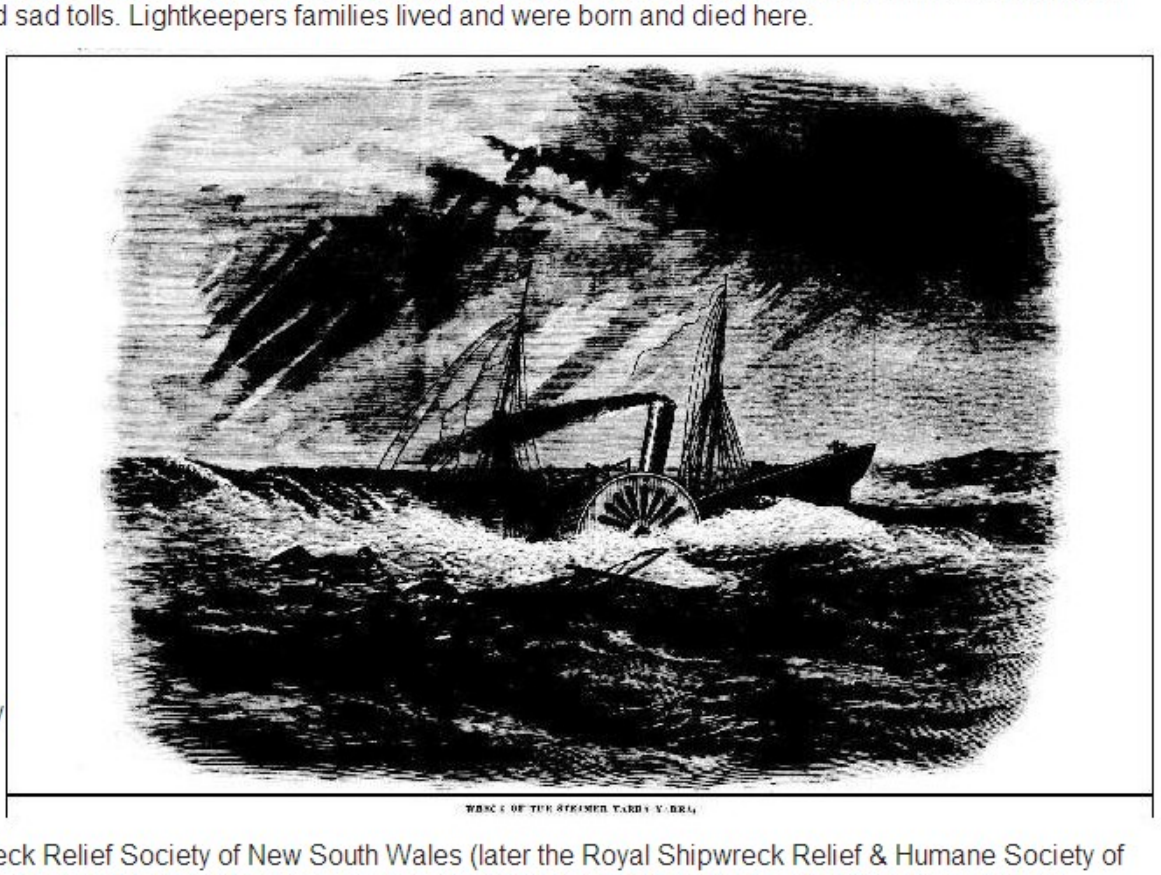
In reading the long list of all the vessels that have foundered in these waters a list grows with weekly and monthly entries dating back to the first recorded in 1803, and brings up visions of times when there were no life jackets, mere lines to shore if you were lucky, and life boats that capsized in the huge gale increased swells they were launched into or were smashed onto rocks unseen in darkness. It is a sad sad toll of souls who rest in this place, people who were seamen committed to transporting others to a new place and new hope, the families who travelled with them, and the growing teeming passageways up and down our coasts as a colony became a town and then a city with all a cities hungers for coal, for lumber, for food to feed all those who came. The gold rush of the 1850s brought more and those who could not strike it rich caught vessels to where work may be.

Some survived being shipwrecked, many did not.

Those who guarded their ways and rescued them when they could were the men and women placed in 'stations' up and down our coast. At Barrenjoey it was the Broken Bay Customs Station to begin with, whose officers and boat waiters first shone a light from at least 1855. A few years later the Barrenjoey Light Station came to be.

A 'station' by definition is 'A place or position where a person or thing stands or is assigned to stand; a post: a sentry station; The place, building, or establishment from which a service is provided or operations are directed; (Historical Terms) (in British India) a place where the British district officials or garrison officers resided' a place equipped for some particular kind of work, service, research, or activity' From 1350–1400; Middle English stacioun; Anglo-French < Latin *statiō* a standing still, halting place =sta-, variant s. *ofstāre* to stand + *-tiō* -tion

In looking at Barrenjoey's Light Keepers, who had to be married, with three men determined by law to be on each shift, The Head Light Keeper, the First Assistant and Second Assistant, whose wives and children were the telephonists, by telegraph, for shipping and weather reports, men who went out, as Customs and Light Stations officers to save others from 1843, and 'Gales' that brought mast bereft tides, and visions of ships, and people at water level and slipping under the dark briny, and the bombora that rolls between Barrenjoey and Lion Island in storm times, sometime even into the river Hawkesbury's mouth, the count of Light Keepers, and where they came from and then went offers notes of joy amongst all the sad sad tolls. Lightkeepers families lived and were born and died here.


WRECK OF THE STEAMER YARRA YARRA.

The ships, the ships… the steamers, ferries, sloops, schooners, yachts, motor cruisers, dinghies, long boats, whalers… are a long list of legendary names. Vessels that were the first built in these waters, vessels that were the first brought out from all other ports to fulfil the trade needs of a new nation that went everywhere, mostly, on the water. Ships in increase making the run north, daily, hourly, meant that every year and then every week or month there was someone to be saved or logged as faring well for over 200 years.

The count of these and where they floundered, some right under yon Light House, at Cape Three Points x 15, at Elliot/Lion Island x 5, at Flint and Steel x 9, those saved, those lost and 'membered' ever after in In Memorial Columns tides for ten years plus, can really only be 'reckoned' at.

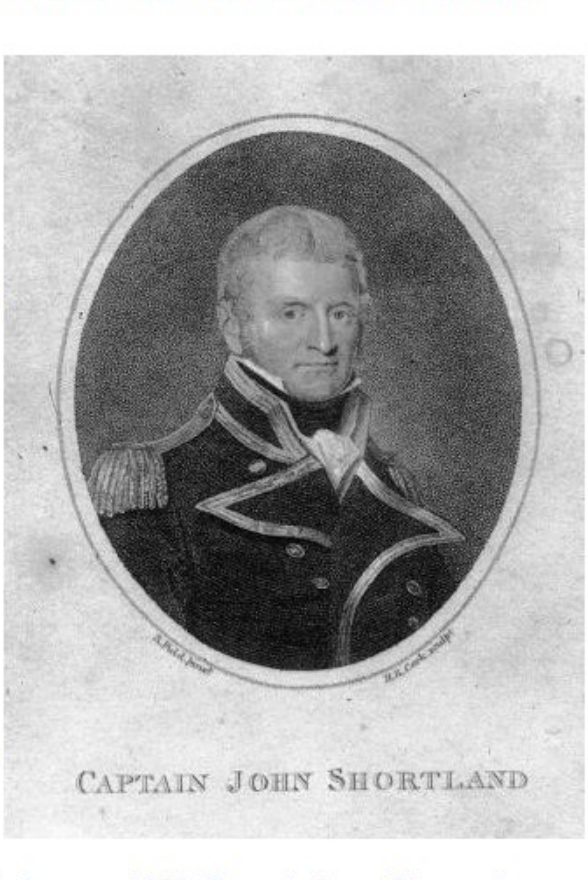
And with these, and for those left to weep ashore, a counteracting Life Saving Tide rose in us. And a entity, a National Shipwreck Relief Society of New South Wales (later the Royal Shipwreck Relief & Humane Society of New South Wales society), that evolved to become the Royal Humane Society, and even Sailors Homes for all those who gave their livelihood, their all, to building a nation.

A vast number of our pioneers did not know how to swim. On our ships there were no life jackets, mere lines and clumsy life boats. When a demand for an increase in all materials, particularly coal sent south by overloaded steamer from Newcastle to Sydney, the watery environs around the light station, where small wallabies once gambolled, renders up all in her.

This week we shall list in chronological order a sample of those we can find records for up until 1900 and a little of these events and their people where we can. To list all would require many volumes and require full pages in some cases. Next Issue the Light Keepers, and their works, will remind us all of what a Light Station is about.

Our coastline is a graveyard for over 6,500 wrecked ships. That's one for every nine kilometres of coast. With the growing number of steamers travelling along our coasts the increase in shipping disasters also rose.

Newcastle itself, where all the coal came from, stems from a vessel being stolen by convicts from Broken Bay and their being pursued there. Since so many of the vessels wrecked near Barrenjoey may be attributed to Newcastle shipping lanes a record of this from those closer to these times:



NEWCASTLE, the second town of importance in New South Wales, situated at the mouth of the Hunter River, was discovered by Lieut. **John Shortland, of H.M.S. "Reliance**," in September, 1797, whose portrait we give in this number. On the 16th September, 1797, when in pursuit of a boat called the "**Cumberland," stolen by some convicts**, Lieutenant Shortland discovered the Hunter River ; he also found coal close to the water's edge, specimens of which he brought back with him to Sydney. Nothing of importance followed on this discovery till April, 1804, when Newcastle was established as a penal settlement for the colony, for second and third offences committed by convicts sentenced at the Supreme Court, Sydney. The convict establishment was first formed under the direction of a commandant—Chas. Throsby, Esq. In 1813, Lieut Shotlowe, of the 73rd Foot, was the commandant. A flagstaff and coal beacon were placed on the hill, where at present the residence of the Harbour Master stands. Other buildings, such as a gaol, barracks, store, officers' quarters, and a hospital, were progressed with as rapidly as possible, while gangs of convicts were sent up the rivers Hunter, Paterson, and Williams, to cut cedar and other timber. A breakwater was commenced between Nobby's and the main-land, to give the worst characters employment. A coal shaft was sunk on the present site of the market, and by these means over a thousand convicts were kept profitably employed. Nobby's Island was used as a place of punishment for refractory convict women, similar to Biloela, in Sydney. In 1814 Lieutenant Thompson, of the 46th Foot, was commandant, succeeded by Captain Wallis, of the same regiment, who effected several improvements during his term of office, and erected several public buildings, amongst which may be mentioned that of Christ Church, which was completed in 1821. In 1816, the Government colonial brig, "**Elizabeth Henriette**," visited the port of Newcastle, and met with an accident at her moorings in the harbour. She was upset, and two persons were drowned. In 1818 Governor Macquarie paid the settlement a visit in the same vessel, and inspected the public buildings and convict establishment. In 1819 **the first vessel built on the Hunter—the "Princess Charlotte**"—was launched, and, in January, 1820, Commissioner Bigge, who was sent out specially by the Home Government to enquire into the working and expenditure of Governor Macquarie's Government, paid the town a visit, and was much pleased and astonished at the discipline he found preserved under Major Morriset's command. In December, 1821, Mr. Bingle visited Newcastle, in H.M.S. **Colonial sloop, "Sally,"** while on a voyage to examine the coast survey between Sydney and Torres Straits. His reports of its capabilities were considered so favourable, that Mr. Oxley, the Surveyor-General, was sent to select and lay out the settlement. Shortly after this, in the following year, the Hunter River was thrown open to free settlers, and soon the banks of the Hunter, Paterson, and Williams, swarmed with free emigrants, and the hitherto very stringent severity practised in the convict establishment was considerably modified under Sir Thomas Brisbane's Government. In 1823 Sir Thomas Brisbane paid Newcastle a visit, in **H.M.S. "Satellite**," Captain Currie, the first man-of-war that had yet visited the place. The Hunter River District was meanwhile becoming populated with numerous respectable settlers from Great Britain, who were arriving in Sydney with their goods and chattels ; and, to provide for their wants, Mr. Bingle received permission from the Government to build a vessel adapted to the trade, which was called the "Eclipse," and was used expressly for the conveyance of passengers and the trade of the port. The first two town allotments were granted to Mr. Bingle and his partner, Mr. Dillon, and surveyed by Mr. Henry Dangar. **In 1829 the "Eclipse" was run away with by a gang of convicts.** The trade was carried on by **the cutter "Lord Liverpool**," until 1833, when **the steamers "Sophia Jane" and "Tamar," from Tasmania**, commenced a daily trade between Sydney, Newcastle, and Morpeth. A company was formed, called the "Australian Company," and they bought the "William IV." which they added to the fleet, and carried on the trade till this company was merged into the A.S.N. Co., established in 1841. In 1844 the Hunter River Steam Navigation Company was formed, and they brought into the trade three other boats, which divided the trade with the A. S. N. Company. The name of the town itself originated with the settlers, who thought it appropriate, on account of the coal deposits. Up to the year 1827 the Government were the sole producers of coal, but in that year they handed over the whole of their vested interest to the A. A. Company, who at once commenced operations. A pit was sunk on the hill, at the back of the present loading staiths. A temporary shipping place, where vessels could load by means of an inclined plane, was constructed, and a wooden bridge was built, to cross the road, a little to the eastward of the present one, which was built in 1862. The English Government granted the Company a large area of land, and a monopoly on the production of coals, which was the cause of much complaint. The mono-poly, however, was terminated in 1851 or 1852, by an action in the Supreme Court. The pit called the A pit was worked for many years, and others were sunk, in proportion to the increase of trade. No. 2 pit produces 600 tons of the best screened coal every working day. The late Dr. Mitchell owned a considerable portion of the adjoining property, and discovered the richness of its coal deposits, and that they could be worked at a trifling cost, without sinking. Messrs. Donaldson and Brown rented a portion of Dr. Mitchell's estate, for the purpose of supplying coal to the shipping in the harbour, and sold their interest to the Coal and Copper Company, which commenced operations in 1853. By mismanagement their funds were soon exhausted, and the Company wound up, the plant falling hack into Dr. Mitchell's hands, in 1862. The Scottish Australian Company was then formed, and has been successful. Other companies were formed since, in Sydney, which have all succeeded, more or less. The following returns show the enormous progress made during the last quarter of a century.

Tons. Value.
In 1849 the total Coal raised was ... 48,500 £14,000
1857, ; 210,400 148,200 1872, ; 858,716 340,973, 1873, ; 1,014,233 581,801

The principal street in Newcastle is Hunter-street, parallel to which are King-street and Church-Street, crossed at right angles by Pacific-street, Watt-street, Newcombe-street, and other small streets, of no importance. Most of the principal buildings in the town are situated in Hunter-street, which forms the leading business thoroughfare. Cross streets lead down to the wharves and shipping. NEWCASTLE. (**1875, April 8**). *Illustrated Sydney News* (NSW : 1853 - 1872), p. 2. Retrieved from http://nla.gov.au/nla.news-article63105285

Image: Captain John Shortland, 1889 (photographic copy), image No: gpo1_06405, courtesy State Library of NSW.

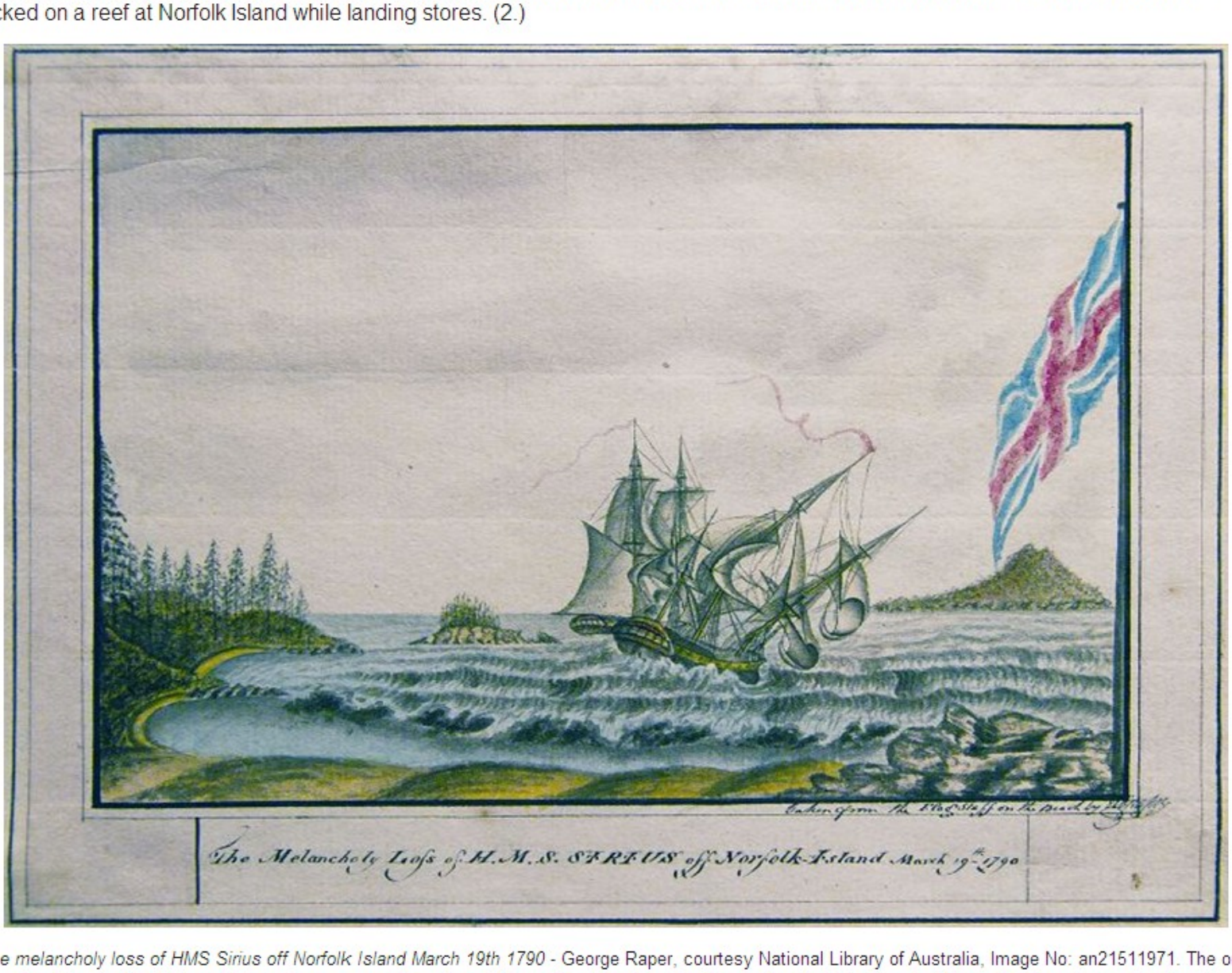
Although vessels were lost prior to this date, the first recorded shipwreck in the waters around Barrenjoey stems from 1803.

This was a wooden sloop named ***John***, Captain T. Williams and was the first of two sloops of this same name owned by John Palmer, who was originally the purser on the *Sirius* the flagship of the First Fleet, arrived in NSW on January 26th, 1788. The John capsized in Broken Bay on the 22nd of May 1803 while carrying wheat from the Hawkesbury to Sydney when forced to anchor in bad weather. A hawser snapped, forcing her to stand out from the shore, but **she capsized in Broken Bay, at Flint and Steel Bay**. The crew of four were saved.

John Palmer (17 June 1760 - 27 September 1833 ,aged 73), was appointed Commissary General of New South Wales on 2 June 1791. In this post he was responsible for the reception and issue of all government stores, virtually the only supplies in the colony, and their supplement by purchase from private merchants. Palmer received his first land grant of 100 acres (40 ha) in 1793 which he named Woolloomooloo Farm. Here he planted an extensive orchard, built one of the colony's first permanent residences, and elegantly entertained the first rank of colonial society. In 1795 he was described him as one of the three principal farmers and stockholders in the colony. In 1803 Palmer was hailed as the first exponent of improved farming methods when he reduced the men employed on his 300-acre (121 ha) Hawkesbury farm from a hundred to fifteen. Also by 1803 he owned several small colonial-built craft. When he died at Waddon near Parramatta on 27 September 1833, he was 'the last surviving officer of the first fleet that arrived in this part of His Majesty's Dominions'. (1.)

Image: Dockyard ship building (courtesy Ellis Luciano Silas 1883-1972)

The Sirius had been converted from a merchantman; *Berwick*. The *Berwick* was likely built in 1780 by Christopher Watson and Co. of Rotherhithe, who also built another ship of the first fleet, the Prince of Wales. She had a burthen of 511 83⁄94 tons and, after being burnt in a fire, was bought and rebuilt by the Royal Navy in November 1781, retaining her original name. Between September and December 1786 she was fitted for service with the First Fleet and on the 12 October 1786 **Berwick was renamed Sirius**, after the southern star *Sirius*. The *Sirius* sailed under the command of Captain John Hunter and carried Captain Arthur Phillip, who would be the first governor of the new colony. She also carried Major Robert Ross, commander of the Royal Marines who would be responsible for providing security for the colony. When Botany Bay was found to be unsuited to supporting a penal colony she helped move the new settlement to Sydney Cove, Port Jackson, arriving January 26th, 1788. it was also the Sirius who made a mercy dash to South Africa in October 1788, returning seven months later with supplies that saved the starving fledgling colony. Coincidentally on 19 March 1790, the Sirius was wrecked on a reef at Norfolk Island while landing stores. (2.)


The Melancholy Loss of H.M.S. SIRIUS off Norfolk Island March 19th 1790

The melancholy loss of HMS Sirius off Norfolk Island March 19th 1790 - George Raper, courtesy National Library of Australia, Image No: an21511971. The only authentic pictures of theSirius which are known are a dozen beautiful small watercolour sketches by her first Lieutenant, William Bradley, drawn at various intervals during the voyage, and contained in his journal, now in possession of the Mitchell Library.

Next the ***Speedwell*** a sloop of 18 tons owned by Andrew Thompson who named Scotland Island, ran aground in a creek near Mt.Elliot, Broken Bay, NSW, **14 October 1804**; and was refloated 5th of December.

Andrew Thompson was the master and/or owner of several ships in NSW in the years 1802-1807. Some of his ships (and the years in which they were registered) were the *Hope*, (1802); *Hawkesbury*, (1804); *Hope of Hawkesbury*, *Nancy*, and, in 1807, the *Governor Bligh*. Andrew Thompson died in 1810 at the age of 37, some sources state as a result of the after effects of saving so many in the Hawkesbury Floods of 1809.

Broken Bay and Pittwater were considered a safe harbour from gales during this time and many vessels fill the records with staying in this 'second port' during these first centuries of New South Wales:

The Ann, Captain Gwynn, and Ann and Eliza, Captain Gardner, remain in Broken Bay. SHIP NEWS. (**1805, November 3**). *The Sydney Gazette and New South Wales Advertiser* (NSW : 1803 - 1842), p. 2. Retrieved from http://nla.gov.au/nla.news-article626955

The third, fourth and fifth vessels on record as being wrecked in the watery environs of near or below Barrenjoey occurred during one of the many gales that took lives and vessels:

On Thursday a boat came in from Broken Bay, with the melancholy information of **the total loss of the Argument**, Pate (Benjamin Pate (3.)), loaded in wheat from Hawkesbury, and the death of all the persons onboard, comprising Pate himself, a woman of the name of Mary Kirk, and James Dicey, Pate's boat assistant. Their bodies were found about the short reef, nearly four miles from the Heads of Broken Bay, and interred on the morning of Thursday last. **We last week mentioned her sailing out of Pittwater in company with the Hazard and Experiment**, the latter of which got safe in the 17th ultimo, without being able to give any further account of the above vessel than that they lost sight of her in a heavy squall on the Sunday previous. The conjecture therefore is that Pate, although well experienced in this navigation, **had in the dark, mistaken the short reef for the entrance of Broken Bay**, whither he thought it prudent to return; but unfortunately this mistake proved fatal.—The vessel was dashed to pieces.
Another small colonial vessel, the property of Daniel McLeese, laden with lime, has since also been lost near the same place, but no lives lost. **The Hazard**, belonging to Messrs. Thorley and Griffiths, which got ashore at Box Head, **has been got off**, with the loss of her whole freight of wheat. SHIP NEWS. (**1809, April 2**). *The Sydney Gazette and New South Wales Advertiser* (NSW : 1803 - 1842), p. 1. Retrieved from http://nla.gov.au/nla.news-article627714

The wooden sloop ***Experiment*** was later destroyed in another gale when she was driven ashore on the south-east arm of Broken Bay, **12 March 1818**, this time no lives lost.

Endeavour. Wooden schooner, 50 tons. Built c1809. Lost off Broken Bay, **12 June 1825**
The schr. Endeavour got on shore at Broken Bay Sunday week. A report reached Town on Saturday, by one of the Five Island boats, that the wreck of a vessel was seen by some natives, between the Pigeon-house and Jarvis' Bay, about ninety miles, to the Southward of Sydney. At first it was supposed to be the Eclipse and one of the owners was preparing to go down in a whale boat, to learn the particulars ; but in tracing the report , to its foundation, the wreck was found to be that of a smaller vessel than the Eclipse. All the crew have, been killed by the natives, who have possession of some muskets that belonged to her. It is said that she has been wrecked more than three or four months since; **it also is supposed to be the vessel which belonged to Thomas Street, and which was taken away from Broken Bay, some time back.** No title. (**1825, June 23**). *The Australian* (Sydney, NSW : 1824 - 1848), p. 2. Retrieved from http://nla.gov.au/nla.news-article37073067

Sometimes only remnants of what was on board came into shore as in the case of the **Elizabeth, a wooden two masted brig of 130 tons**. Built NSW, 1821-1822; reg. Sydney 7/1829. Lbd 61.3 x 19 x 10 ft. Built Hawkesbury River, 1821. Sailed from Launceston for **Sydney 24 November 1829** and **never seen again**. Wreckage was found on the coast between Sydney and Newcastle in **May 1830, and mail was washed ashore in Broken Bay**. (4.)

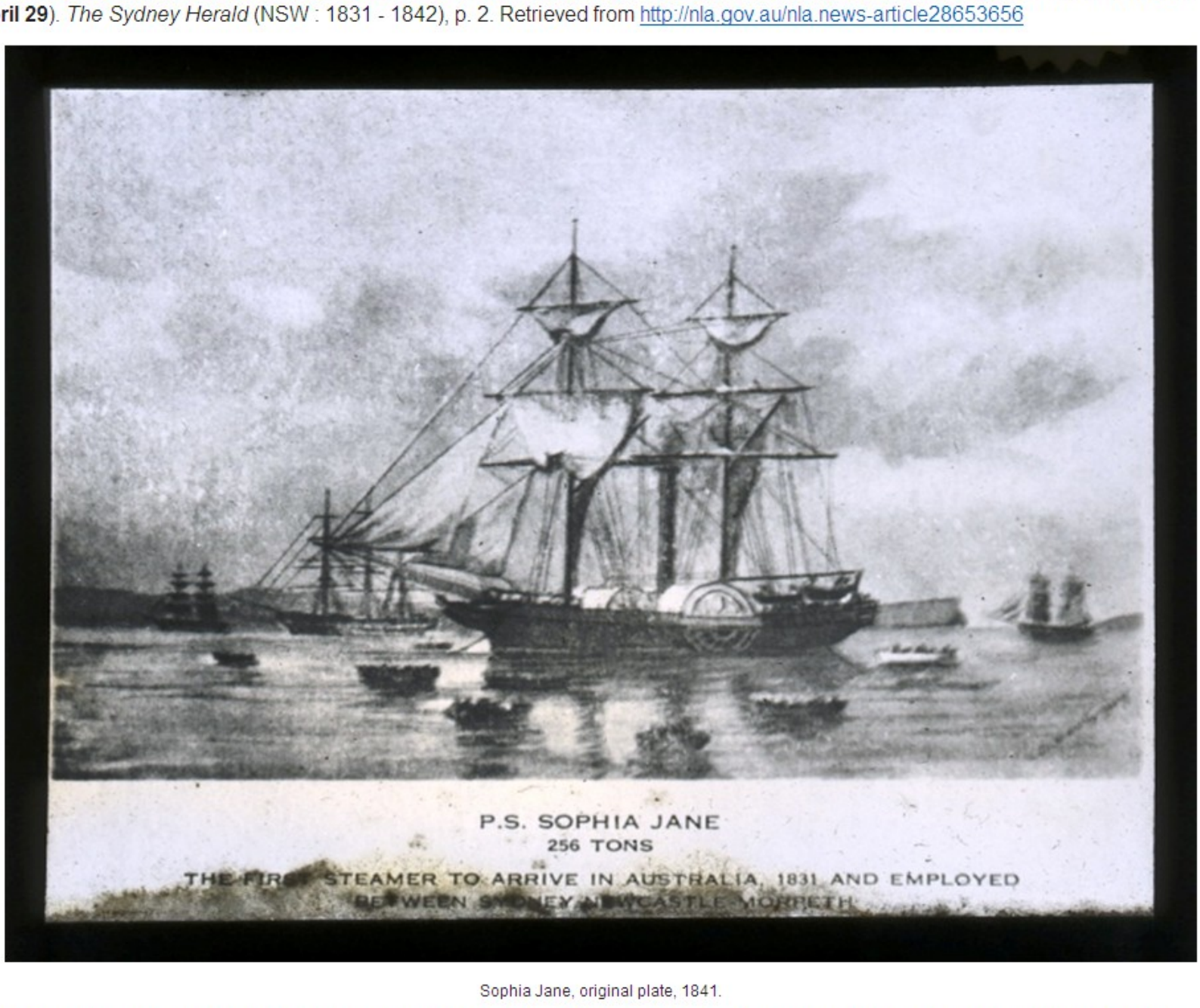
The cutter Linnet, 10 tons, belonging to Mr. Marks, of Sydney, was totally **wrecked last week in Broken Bay**, and the whole of her cargo lost. Her anchors, cable, and part of her rigging, were all that could be saved from her. DOMESTIC INTELLIGENCE. (**1834, April 28**). *The Sydney Herald* (NSW : 1831 - 1842), p. 2. Retrieved from http://nla.gov.au/nla.news-article12849207

The difficulty in finding all these vessels is that many were named the same and the tonnage and type must be scrutinised. Two other 'Linnet' vessels existed in this same year, one for sale at Plymouth as an ex-ship of war of British origin with 10 guns and of 237 tons, and another a brig of 112 tons that was bringing people to Australia. Just one listing of all those going up the coast from Sydney or arriving names yet another past this shipwreck;

Coastwise — **Inwards** 13; tons, 403: Viz; Lambton, Shamrock, John, Sophia Jane, Nancy, Glatton, Mary Ann, Linnet, Emma Kemp, Red Rover, Monitor, Emma,. Abcona. **Outwards** 10; tons, 435; viz — Brisbane, Betsy, Redpole, Caledonia, Fanny, Experiment, Shamrock, John, Sophia Jane, Glutton, Lambton, Edward, Northumberland, Lord Liverpool, Nancy, Linnet. SHIP NEWS. (**1831, July 29**). *The Australian* (Sydney, NSW : 1824 - 1848), p. 3. Retrieved from http://nla.gov.au/nla.news-article36866167

Competition to carry more and more coal faster and faster to Sydney claimed a few casualties in the ensuing decades. The first of these we can find a record of is the Denmark Hill, a wooden three-masted barque, of 253 tons. Reg. Sydney, 43/1838. Lbd 91.6 x 25.6 x 5.4 ft. Captain Clements. The Denmark Hill regularly traded between England, Port Jackson and Hobart and is recorded landing 'merchandise' at Hobart as early as 1822. The Encyclopaedia of Australian Shipwrecks states this vessel's wreckage caused the sinking of the wooden cutter Rover, three years later:

THE DENMARK HILL. The ship Denmark Hill, Captain Clements, the property of Mr J. S. Brown, while lying at Newcastle **for the purpose of taking in coals**, a few days since took the ground, and went over on her broadside, but she was righted, without, as was supposed having received any material damage. She put to sea for the purpose of coming on to Sydney on Thursday morning, then leaning considerably and a few hours after she had cleared Nobby's Island, a fresh leak was sprung and the pumps got choked with coals. The pumps were hoisted upon deck and cleared, and upon endeavouring to replace them, Captain Clements found the coals had shifted and blocked up the well and that it was impossible to do so. As the water was gaining fast on them, the vessel was run under the lee of Bird Island, about thirty miles from Newcastle, where the anchor was let go in the hope of being able to stop some portion of the leaks. A little after four o'clock the Sophia Jane steamer, from Newcastle bound to Sydney hove in sight, when the captain of the Denmark Hill gave orders to slip the cable, make sail on the vessel, and stand in the course of the steamer, in order to obtain assistance. **About six o'clock the Sophia Jane** came up, when the **Captain of the Denmark Hill informed Captain Griffin that she had then five feet water in the hold, and as the leak was increasing he requested Captain G. to stay by them that night, us he did not expect the vessel would keep afloat till morning. The wind at that time falling light, and there being every appearance of a westerly breeze setting off the land in the night, Captain Griffin thought it advisable to tow the Denmark Hill into Broken Bay**, to which Captain Clements consented, and at the same time requested that the vessel might be laid on some beach inside the harbour, where she would ground. Captain Griffin immediately ordered the warps to be got aft, and the boats to be lowered down for the purpose of running them on board the Denmark Hill, then tying astern with her main top-sail aback. The ends of the warps were taken onboard and made fast, during which time the steamer had drifted to leeward of the Denmark Hill, which occasioned the warps to hang in a bight ,and the boat returning from the Denmark Hill to the steamer, for the purpose of getting hold of a towline hanging over the stern, Captain Griffin was unable for some time to gather headway upon the steamer, lest the warps should come in contact with the boat and capsize her; nor did he do so until the Denmark Hill was close on board of the steamer. On nearing, the jib boom of the Denmark Hill carried away the main-mast head of the steamer, and her own jib boom and foretop mast head, the foretop-gallant mast and yard the same time going over the side, and the fore topsail yard, falling on the cap, was carried away the bunt and fell on deck. Capt. Griffin was compelled for the safety of the steamer to make some headway, in doing which the warps became a little tighter, and the men in the boat, in order to clear themselves, passed the warp over their heads, which unfortunately occasioned the boat to capsize, and two of the men were precipitated into the water; the other (the mate of the steamer) succeeded in saving himself by clinging to the tow-rope over the stern, by means of which he got onboard. **A boat from the Denmark Hill was immediately lowered, but before it could reach the unfortunate men they were drowned. There was a very heavy swell on, which carried away the warps by which the Denmark Hill is being towed**, several times, but Captain Griffin got a third one on board, and succeeded, in reaching the entrance of Broken Bay about three o'clock on Friday morning, at which time Captain Clements hailed him again, to enquire how long it would be before he could run his vessel on shore as she was settling down fast and the water was then up to her between-deck beams, and on being told about an hour, he replied, "It is not possible she can keep up above half an hour longer". Finally, **however, they succeeded in grounding her on a sandy beach between Barrenjoey and the mainland, where she now lies. The Sophia Jane** did not arrive in Sydney till seven o'clock on Friday morning. SHIP NEWS. (**1839, April 29**). *The Sydney Herald* (NSW : 1831 - 1842), p. 2. Retrieved from http://nla.gov.au/nla.news-article28653656


P.S. SOPHIA JANE
256 TONS
THE FIRST STEAMER TO ARRIVE IN AUSTRALIA, 1831 AND EMPLOYED BETWEEN SYDNEY & NEWCASTLE-MORPETH

Sophia Jane, original plate, 1841.

A few years later the continuous smuggling Pittwater and Broken Bay had become renowned for caused an investigation, a finding of contraband spirits, and the opening of the Broken Bay Customs Station in 1843:

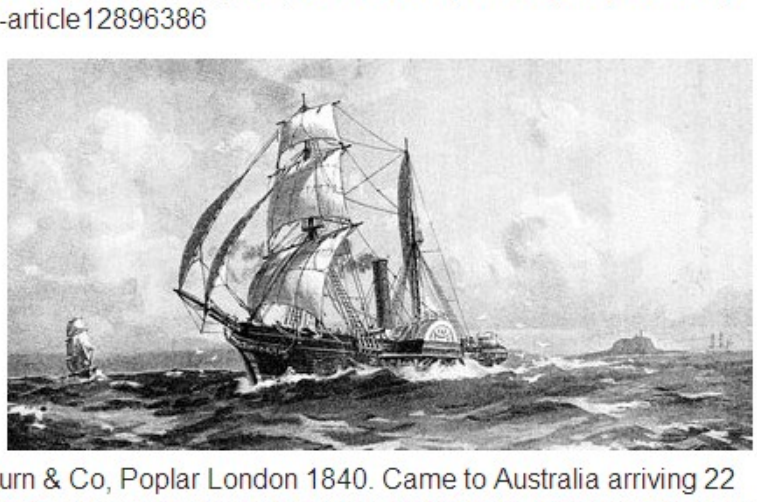
SYDNEY ANOTHER SEIZURE BY THE WATER POLICE. — On Sunday afternoon Capt. Brown, received information that some casks of contraband spirits were concealed along the coast, and he immediately commenced operations for their capture. **The water-police schooner Ariel got under weigh about eleven o'clock at night, and, having cleared the heads, proceeded in a northerly direction until day-break, when the spot was pointed out where the goods were last seen — a small sandy beach on the sea shore. The sea was breaking heavy on it at the time, and it was therefore deemed necessary by the captain (Mr. Drew) to come to an anchor beside the Sandpit at Pittwater, whence they walked overland to the beach**, well armed, and having implements for digging, &c. After probing the sand in different places, they at length succeeded in finding five hogs-heads of brandy buried under it. The method of getting the casks on board was by rolling them over about two miles of dead sand. This was accomplished with difficulty. It is supposed that these five casks are part of those landed at the Hawkesbury. The schooner returned to port on Tuesday afternoon, and as no commission from the customs is now held by the water police, Captain Brown gave information of the seizure to the Collector of Customs, who will of course enjoy all the advantages derived from the vigilance and activity of Captain Brown. SYDNEY. (**1842, September 10**). *Launceston Examiner*(Tas. : 1842 - 1899), p. 6 Edition: MORNING. Retrieved August 1, 2012, from http://nla.gov.au/nla.news-article36249884

On November 3rd, 1842 the Rover, a wooden cutter of 10 tons, built Hawkesbury River, 1839; reg. Sydney, 86/1840. Lbd: 26 x 10.5 x 4.5 ft was lost after striking the hull of the Denmark Hill, Pittwater, Broken Bay, NSW, 3 November 1842. No loss of life. She was carrying a cargo of lime from Pittwater to Sydney, which became saturated when the vessel sank, and burst her sides. (4.)
Brothers; wooden cutter, 11 tons. Built Hawkesbury River, NSW 1840; reg. Sydney, 75/1842. Lbd 25.6 x 10.2 x 4.9 ft. Traded between Sydney and Hawkesbury River. **Capsized whilst attempting to shelter in Broken Bay in a gale, October 18**45. (4.)

Eliza Ann; built Manning River, NSW, 1841; reg. Sydney, 2/1847. Her original size appears to be 32 tons, lbd 41 x 14.4 x 7 ft, but appears she was altered to lbd 56.7 x 14.5 x 6.4 ft. Captain Hunter. From Sydney to Richmond River, **drifted ashore and lost near Broken Bay, NSW, south of Barrenjoey lighthouse, 19 October 1847**; one of four crew lost. (4.)

The report of the loss of the schooner Eliza Ann has been confirmed, by the arrival of two of the seamen from Broken Bay. It appears she left the Heads about five o'clock on Tuesday afternoon, for the Richmond River, with a light south-east wind, during the evening it veered more east, and about twelve o'clock altogether died away. She was then a few miles this side of Broken Bay, and being close in shore, **the heavy swell drove her on to the rocks, where she became a total wreck**. The crew were three seamen on board, besides the master (Hunter), and a passenger; one of the former, we are sorry to state, was drowned, and the master very severely injured in getting up the rocks, so much so that he still remains at Broken Bay, being unable to come on to Sydney. The Eliza Ann was a schooner of 45 tons register, and the property of Mr. Garrison, of Lower George-street. PORT PHILLIP. (**1847, October 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article12896386

We have been informed that one boat only, on her way hence to Broken Bay, was lost a short time ago. One man was drowned, in the instance alluded to. **The Thistle** left Newcastle for Sydney on Saturday morning, and had **proceeded as far as Broken Bay, when she was compelled to bear up again inconsequence of the heavy gale from the south- west,** and arrived at Newcastle at midnight. LAUNCESTON. (**1848, July 12**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 2. Retrieved from http://nla.gov.au/nla.news-article12908349



The *Thistle* was one of three vessels(*Rose* and *Shamrock*) brought out from by the Hunter River Steam Navigation Co. to meet the rising demand of passenger services and transporting goods. She arrived April 22nd 1841 and was 278 gross tons, 175 net. Her Length breadth, depth: 148'7" x 19'5" x 11'0". Iron paddle steamer, schooner rigged Built by William Fairburn & Co, Poplar London 1840. Came to Australia arriving 22 April 1841, 130 days out from England. Thistle 1841 illustration from "The Newcastle Packets and the Hunter Valley" by J.H.M Abbott, (Sydney 1942), facing p84. Courtesy of the State Library of Queensland

Rose of Eden. Wooden schooner, 50 tons. Built NSW, 1848; reg. Sydney, 87/1849. Length 57.8 ft. Lost in bay between Broken Bay and Barranjoey heads; **ashore south of Broken Bay, NSW, July 1852**. Homeward bound from Macleay River with a cargo of tallow, hides and furniture; **all passengers and crew lost**. (4.)

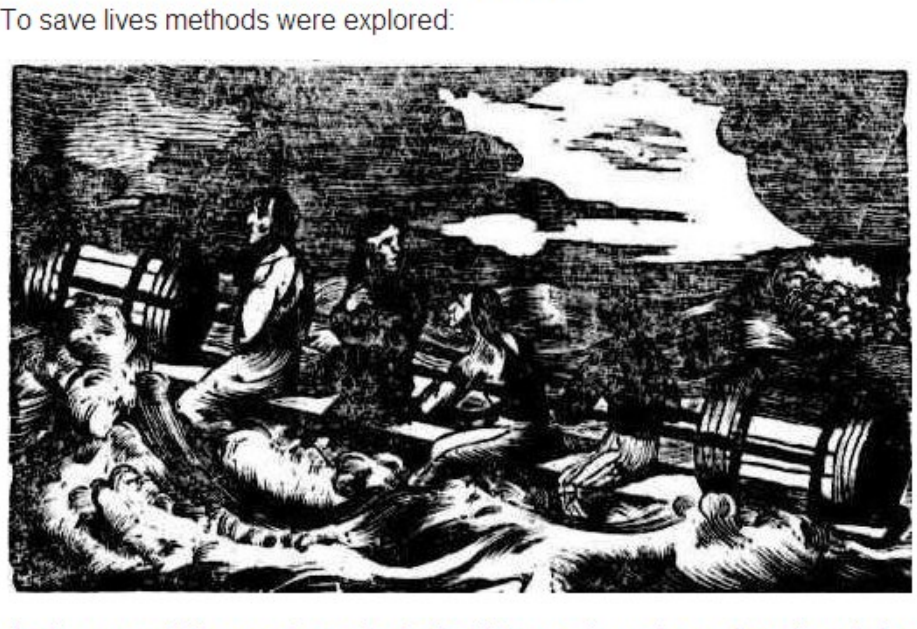
To the Editors of the Sydney Morning Herald. Gentlemen, I see by this morning's Herald, in which you report **the loss of the schooner Rose of Eden, between Sydney and Broken Bay**, that you state that W. H. Chapman, Esq., is the owner of the schooner ; and from the account given of the cargo, that the greater part of it belonged, to Mr. Chapman also. I beg to state most distinctly that **the vessel does not belong to Mr. Chapman**, neither does the cargo, with the exception of a very small portion, if any. With regard to the passengers, I beg to say from a letter I received from Mrs. Chapman, dated the 10th instant, that lady states that Mrs. Miss, and Master Wilson, were passengers by that unfortunate vessel, with several others whose names I do not know. I am, Gentlemen, yours, obediently, WM. DALTON Agent for Mr. Chapman. Sydney, June 25. To the Editors of the Sydney Morning Herald. (**1852, June 26**).*The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article12937928

Wreck of the Rose of Eden.-information has reached Sydney respecting the total wreck of this schooner, on the Little Reef, to the southward of South Head, of Broken Bay. The Rose of Eden was the property of Mr. W. H. Chapman. She was homeward bound, from the M'Leay. River, with a cargo of tallow and hides; a great portion of the tallow was washed ashore, together with some pieces of furniture and wearing apparel. **Report states that she had, in-addition to her own crew and passengers, the crew of another vessel stranded on the bar of the M'Leay River**; as yet, it is impossible to give a list of their names. Not a single trace could be found of any of the people of the Rose of Eden, and it is to be feared that all on board her met with an untimely death. Seventy-one casks or tallow have been secured. **No doubt all on board perished and the bodies have been swept out to sea** - **S. M. Herald. Miscellaneous**. (**1852, July 17**). *Launceston Examiner* (Tas. : 1842 - 1899), p. 7 Edition: AFTERNOON. Retrieved from http://nla.gov.au/nla.news-article36263581

The coasts then, as now, were a wilderness with no Voluntary Coastal Patrol and although the Customs Station men would put to sea to save those who they could when they could, so many vessels disappeared, with their passengers and crew, never to be seen again. One interesting article found during research offers some 'Broken Bay' explanations:

"Barrier." **The coast dingoes are not so plentiful as of old**. An occasional shipwreck brings them to the beach in quest of a sheep's carcase, or whatever the tide brings in or smashes against the rocks. But the dingo has never learned to keep the safe side of a shark's dinner. One midnight, while **camped I with a party of fisherman, below Broken Bay we discerned a piece of whale beef, about 10 feet square, drifting towards the rocks**. It had evidently become detached from a big 'kill' higher up the coast. It was an ancient bit of whale, and the odour was strong enough to fight a battleship. In the darkness **we saw a swarm of sharks tearing** and rending the edge to fragments. As each monster swirled unto the floating mass, a sound like the splitting of timber followed, as the big snouts ripped bone and fat asunder. The smell of the whale junk grew violent as the struggle continued; we decided to shift camp to the cleaner atmosphere beyond the sandhills. An hour before dawn I strolled along the beach, to recover some nets left within reach of the rising tide. Turning the angle of the cliff, **I saw a pack of dingoes skirmishing from point to point towards the strong-smelling whale heap**. The tide had lifted it almost to the rocks, and the dingo leader, an old brown and black ruffian, seemed in a dreadful hurry to get to business. The dingo is not a water dog, but he will risk wetting his feet to snatch at a bit of rich meat and bone. The pack trotted to the water's edge, and yelped at the In-driving whale junk. The leader sniffed hungrily, then measured the distance carefully, and sprang to the oval shaped mass. He landed square in the centre, but his feet slipped on the greasy hide, and with a penetrating yell he vanished in the water. A terrific commotion followed, as though the school of sharks were sampling an underfed sheep-stealer. A gentle silence followed, as the dingo pack glared hungrily and suspiciously at the blood-smeared waters around the In-rushing whale beef. A loan, white-chested …. took the next jump, and she clung with mouth and toes to the spongy, oily mass. Her sudden appearance on the junk of beef seemed to enrage the monsters underneath. With the cunning of horse thieves, they began dragging their spoil Into deeper water. It moved slowly, as though they were hauling it from beneath. The …. seemed to realise her position. She clung to the outgoing mass, with hair bristling about her neck and shoulders. The pack on shore howled dolefully, and requested her to come home and study navigation before going to sea. A sudden wave swung the whale beef skyward, and Mrs. Dingo disappeared with a great splash. The wild dog is only a new chum when it comes to stealing a shark's breakfast. BY THE WAY. (**1906, June 6**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 28. Retrieved from http://nla.gov.au/nla.news-article71531016

To save lives methods were explored:



SHIPWRECK. In cases of shipwreck, upon reefs unconnected with the main land or islands, it not unfrequently happens that the vessel's boats afford little chance of preservation for the crew. From the nature of their construction, they are ill calculated to be managed successfully in broken water. The risk, likewise, is very great in getting them over a vessel's side, ina situation of danger, and it is seldom that after along passage they are in a fit state for service. A plan(which, for its simpleness and easy construction, deserves the attention of mariners), once afforded a friend of the writer and three or his crew, the means of preservation from shipwreck on a reef seven miles from the main. **The boats, in which the remainder of the crew had attempted to reach the shore, were swamped** in the attempt, when an old sailor, (the ship having parted in midships), proposed **rigging a raft**, (a description of which is roughly attempted underneath), which was complete) and afloat in less than fifteen minutes. It consisted of a broad plank, upon which a cask was lashed with two pair or slings at each end. **A rope passed from one cask to the other**, and, seized on to the slings, secured them to their places, and formed a life rope, between which the luckless passengers sat with the utmost security. Although the raft passed over several reefs, on which the sea broke with terrific violence, and was several times capsized, it as often regained its correct position, and ultimately reached a beach upon the main. It is rare, indeed, that a vessel is without a broad plank at hand; empty casks must always be in the way, and slings, which any rope will make, can be fitted very quickly by the youngest apprentice boy. The simplicity, then, of its construction, renders it worthy of notice, were it possible to doubt the bouyancy of its material. Our motive in submitting to our readers a description of this simple life-preserving raft, will be an excuse for the clumsiness of the cutting. SHIPWRECK. (1837, April 15). The Cornwall Chronicle(Launceston, Tas. : 1835 - 1880), p. 1. Retrieved from http://nla.gov.au/nla.news-article65952737

Fortitude: Wooden brigantine, changed to schooner, 41 ton. Built Manning River, NSW, 1852; reg. Sydney, 4/1853. Lbd 48.7 x 14.5 x 6.5 ft. Captain Fittock. (4.)

This was an action to recover damages for the total destruction of the schooner Fortitude,' belonging to the plaintiffs, by a collision with the company's steamer Thistle, said to have been occasioned by negligence on board the latter. The defendants pleaded not guilty. The contest here in fact was, whether there had been a want of proper care on board the Thistle, or whether those on board the Fortitude had, by a similar want, been contributory to this collision. Mr. Isaacs and Mr. Wise appeared for the plaintiff; and the Attorney General and Mr. Cary for the defendants. **The schooner Fortitude was a coaster of 41 tons register, and was at the time of this collision, on the 9th of, May, 1856, on a voyage from Newcastle to Sydney, with 50 tons of coal on board**. **The Thistle** was going from Sydney to the Hunter, and they came into collision at a very early hour in the morning, near BrokenBay. The morning was calm and starlit. The schooner went down at once, and of her crew-a master and three seamen-two seamen perished. The other two got on board the steamer, which lowered a boat to search for those who were missing. The circumstances of this collision were inquired into, shortly after it took place, before the Steam Navigation Board, and the evidence taken on that occasion was made public. The evidence given on the trial was of a consisting character upon the main points at issue-as to the courses of the two vessels, as to whether the schooner could, with proper care, have avoided the steamer, and vice versa, and as to whether the schooner had a proper and sufficient light.
His Honor having summed up, the jury, after a few minutes deliberation gave a verdict for the defendants. (From the Empire.) BANCO COURT. (**1857, December 1**). *The Maitland Mercury & Hunter River General Advertiser* (NSW : 1843 - 1893), p. 3. Retrieved from http://nla.gov.au/nla.news-article18657806

A vessel carrying more then its own weight in coal would have been low in the water. 1856's toll seems small compared to what came in July 1957:

Anne Maria. Wooden schooner, 50 tons. #32382. Built NSW, 1848; reg. Sydney, 34/1850. L 66.6 ft. Foundered near Broken Bay, NSW, **21 July 1857**; loss of seven lives. (4.)

A week later:

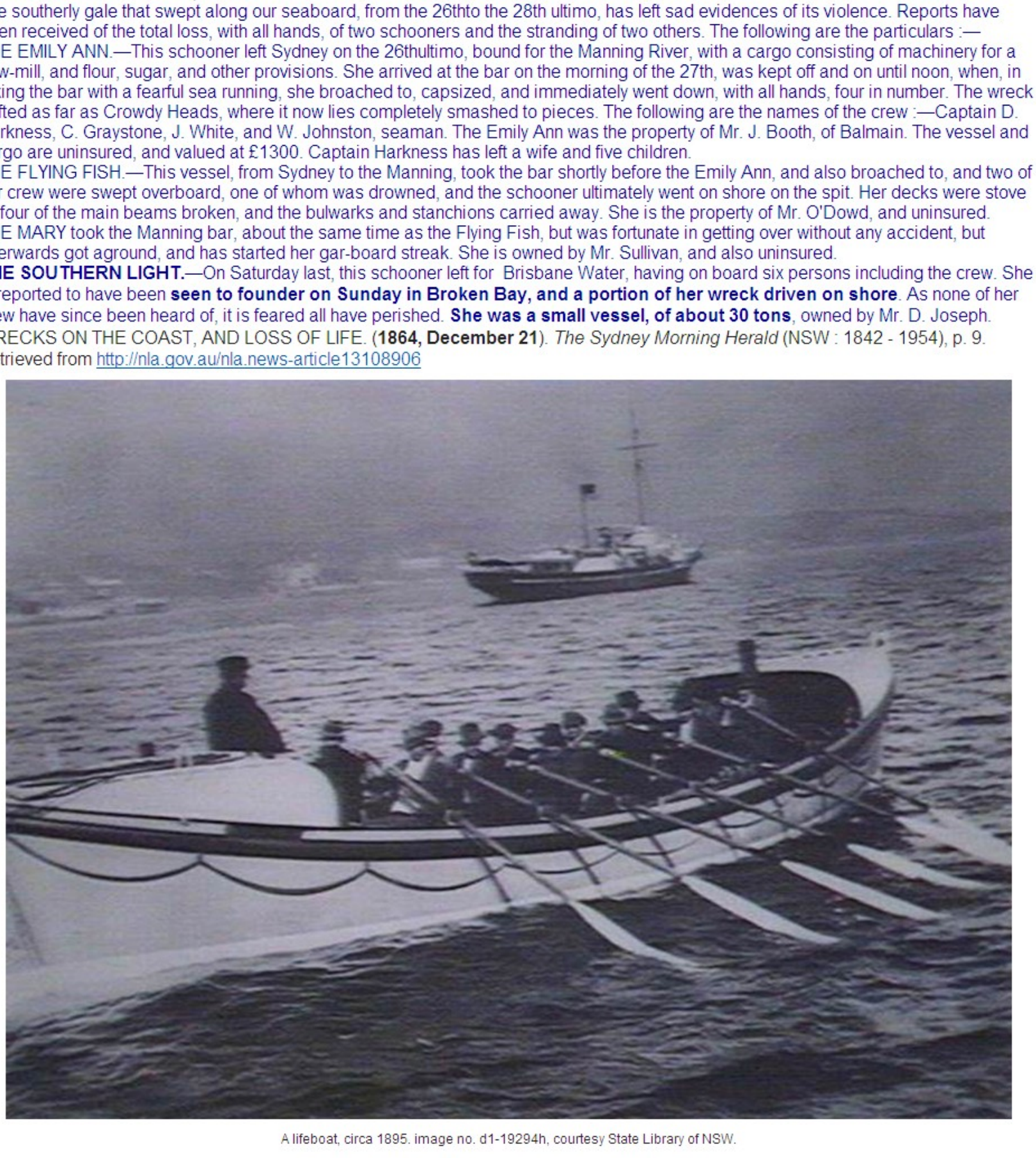
LOSS OF THE SCHOONERS NORNA, HARP, RAPID, AND ARIEL.
CAPTAIN CULLEN, of the Norna, with his crew and one man belonging to the Ariel, left Broken Bay yesterday morning about eight o'clock, and reached town in the evening. He has furnished us with particulars respecting the loss of the above vessels. The Norna, 43 tons, sailed for Newcastle about five on Sunday evening, the wind E.S.E. The Ariel, Rapid, and Harp, bound to Newcastle, were in company, and put back to Broken Bay. The Norna was off Bungaree … about 12 o'clock. The wind then changed to E.N.E., and fearing more easterly weather, ran back to Broken Bay, and brought to an anchor about three a.m. on Monday morning. It blew hard from the eastward all Monday, varying from E. to S.E. At ten p.m., let go second anchor, both chains to an end, the gale and squalls increasing in violence. About four on Tuesday morning, **the Harp went ashore close to West Head, were she now lies bilged**. Between nine and ten **the Rapid was close ashore in the breakers, the sea making a breach over her. The crew for safety took to the boats, and went on board the Ariel; the Rapid went ashore shortly after. The Ariel parted one anchor, slipped the other chain, and made sail, and ran ashore under Barranjoey.** Finding there was **no hope of saving the Norna, the crew also took to the boats and had to run some distance up the Hawkesbury. The vessel immediately drifted ashore, and became a total wreck**. The barque H. M. Warfield rode out the gale safely. The sea was running a great height on Tuesday and Wednesday morning into the Bay. No lives, we are happy to say, were lost, but the crews have lost their all. The Harp belongs to Mr. E. M. Sayers, and is said to be insured ; the Norna to Mr. H. B. Morris It was reported that a schooner was seen ashore near Mount Elliott. The Policeman, and the Paterson Packet, for Newcastle, sailed on Sunday, a few hours before the Norna. The master of the Harp with some of the Rapid's crew, also walked from Broken Bay yesterday. Two of the Rapid's crew went on to Newcastle in the H. M. Warfield. The captain of the Rapid has his leg severely injured in hoisting the boat on board the Ariel, and is staying at Broken Bay with the captain of the Ariel. Some heavy pieces of timber were seen floating down the Hawkesbury yesterday morning. LOSS OF THE SCHOONERS NORNA, HARP, RAPID, AND ARIEL. (**1857, July 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article12998714

Less then two weeks later:

Star. Paddle steamer, 45 tons. #32360. Built Balmain, NSW, 1852; reg. Sydney, 102/1855. Lbd 73.4 x 10 x 6.8 ft. From Sydney to the Hawkesbury, ashore on Black Beach inside Broken Bay, NSW, 11 August 1857. One man drowned attempting to swim ashore. (4.)
Caroline. Schooner, 127 tons. Built 1845. Lbd 59.4 x 18.1 x 12.1 ft. Captain Watkins. Left Newcastle with a cargo of coal and two passengers (the wife and daughter of the master); **when abreast of Broken Bay, struck by squall, ran for shelter but wrecked, lost, with all crew and passengers, May 1860.** (4.)

Southern Light. Ketch: Built Brisbane Water, 1863. Left Brisbane Water with six passengers and crew; capsized, lost, during **a gale which blew from 26 to 28 November 1864, Broken Bay, NSW. All drowned.** (4.)

WRECKS ON THE COAST, AND LOSS OF LIFE.
The southerly gale that swept along our seaboard, from the 26thto the 28th ultimo, has left sad evidences of its violence. Reports have been received of the total loss, with all hands, of two schooners and the stranding of two others. The following are the particulars :—
THE EMILY ANN.—This schooner left Sydney on the 26thultimo, bound for the Manning River, with a cargo consisting of machinery for a saw-mill, and flour, sugar, and other provisions. She arrived at the bar on the morning of the 27th, was kept off and on until noon, when, in taking the bar with a fearful sea running, she broached to, capsized, and immediately went down, with all hands, four in number. The wreck drifted as far as Crowdy Heads, where it now lies completely smashed to pieces. The following are the names of the crew :—Captain D. Harkness, C. Graystone, J. White, and W. Johnston, seaman. The Emily Ann was the property of Mr. J. Booth, of Balmain. The vessel and cargo are uninsured, and valued at £1300. Captain Harkness has left a wife and five children.
THE FLYING FISH.—This vessel, from Sydney to the Manning, took the bar shortly before the Emily Ann, and also broached to, and two of her crew were swept overboard, one of whom was drowned, and the schooner ultimately went on shore on the spit. Her decks were stove in, four of the main beams broken, and the bulwarks and stanchions carried away. She is the property of Mr. O'Dowd, and uninsured.
THE MARY took the Manning bar, about the same time as the Flying Fish, but was fortunate in getting over without any accident, but afterwards got aground, and has started her gar-board streak. She is owned by Mr. Sullivan, and also uninsured.
THE SOUTHERN LIGHT.—On Saturday last, this schooner left for Brisbane Water, having on board six persons including the crew. She is reported to have been **seen to founder on Sunday in Broken Bay, and a portion of her wreck driven on shore**. As none of her crew have since been heard of, it is feared all have perished. **She was a small vessel, of about 30 tons**, owned by Mr. D. Joseph. WRECKS ON THE COAST, AND LOSS OF LIFE. (**1864, December 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article13108906



A lifeboat, circa 1895. image no. d1-19294h, courtesy State Library of NSW.

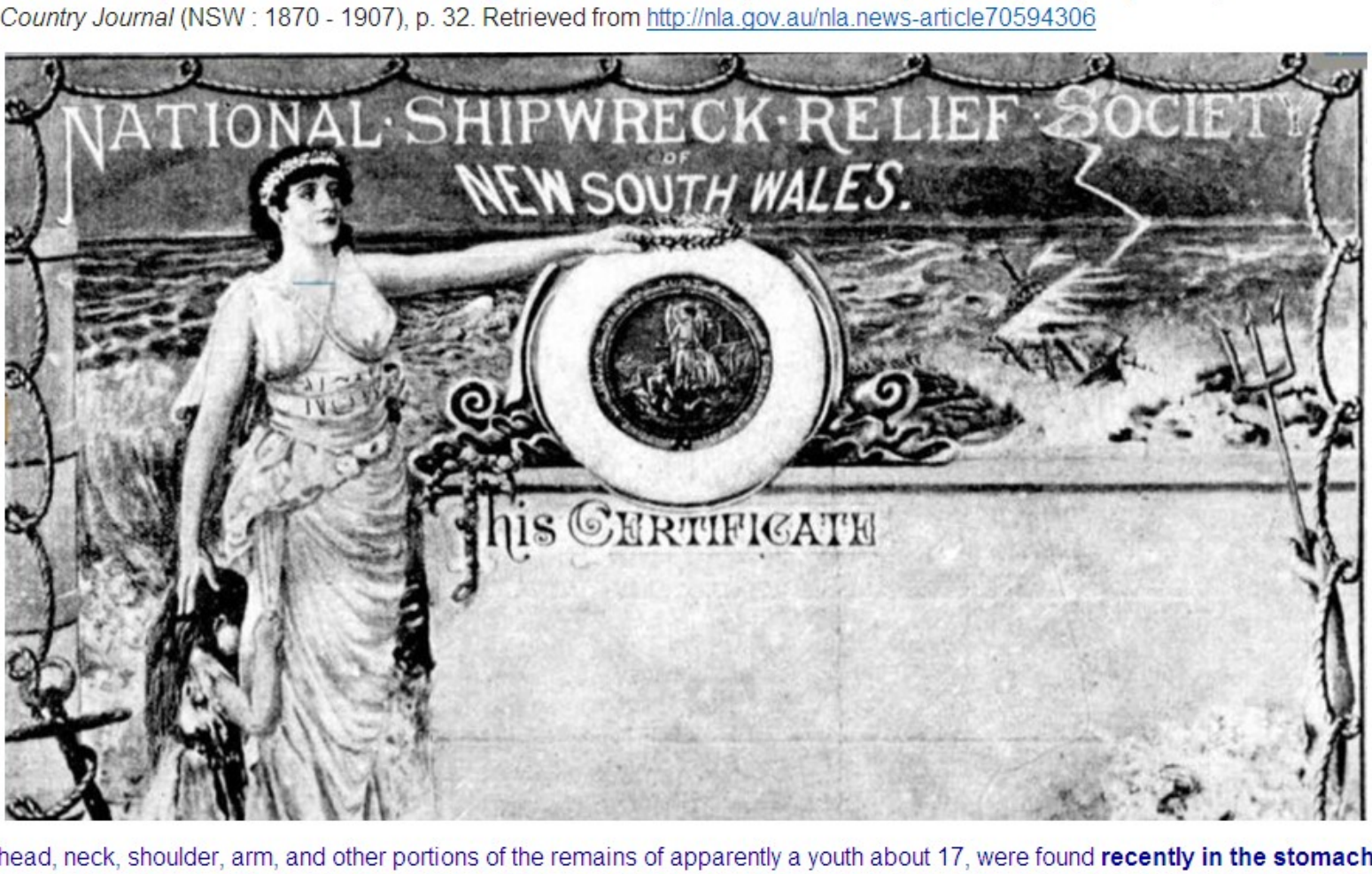
Barrenjoey-, Tuesday,10.50. At 4p.m on Sunday, **the pleasure boat Ada, from Sydney, sank off Barrenjoey**. One of the occupants (Henry Tucker) was drowned, but his body was recovered. The other gentlemen-**Mr. Frank Smith**, Mr. Walker, and. Mr, Williams were **rescued by the Customs boat**. The inquest on the body of Tucker is now proceeding. TELEGRAPHIC INTELLIGENCE. (1871, December 27). Empire(Sydney, NSW : 1850 - 1875), p. 3. Retrieved July 12, 2013, from http://nla.gov.au/nla.news-article60879495

BARRANJUIE LIGHTHOUSE. TO THE EDITOR OF THE HERALD.
Sir,-I was rather surprised to find in the Herald of Saturday, a communication wherein " **George Mulhall, jun**," contradicts **the sworn evidence of myself J. Walker, and G. Williams, given at the inquest held on the body of the late Henry Tucker, to the effect that up till quite dark on the night in question and we were not within two miles of the land, so that if the lights had been there, we must have seen them**.
They were anxiously looked for, our position being a most critical one, as we had either to risk running among the breakers on shore, or standing out to sea in a small boat on a "dark night", in a fresh southerly wind. I have spoken to some one experienced yachtsman, who entered Broken Bay the same night; he confirms our statement as to there being **no light visible up till 9 o'clock**'. I am convinced that Mr. Mulhall will fail to bring any evidence to the contrary. We did not expect to see any light from where we were camped. As this is a matter of the greatest importance, I trust that the proper authorities will cause a strict investigation-to be made, and not rest satisfied with the simple denial of Mr. Mulhall.
I remain, Sir, your obedient servant,
FRANK SMITH.
BARRANJUIE LIGHTHOUSE. (**1872, January 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 2. Retrieved July 12, 2013, from http://nla.gov.au/nla.news-article28416937

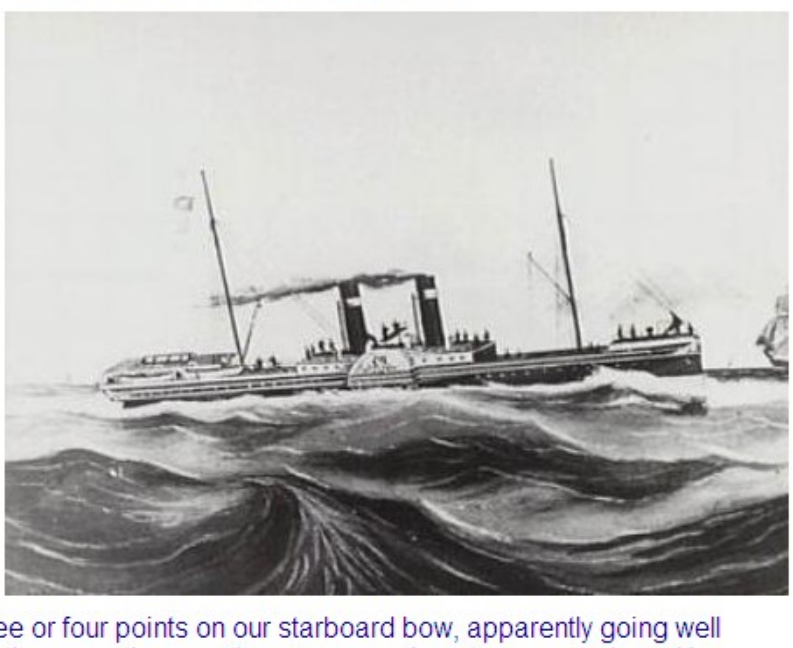
On the 15th of July 1877, in yet another south-east gale, the wrecking of **the paddle steamer Yarra Yarra** at Newcastle, which many bore witness to, caused right minded people to begin to look after those left on shore. The National Shipwreck Relief Society of New South Wales (later the Royal Shipwreck Relief & Humane Society of New South Wales) was founded in 1877 'for the relief of the widows, orphans and others dependent upon men lost in the marine service of our coast, or elsewhere, such relief to be distributed at the discretion of the Committee'. In 1902 it became the Royal Shipwreck Relief & Humane Society of New South Wales, and in 1968 it was re-named the Royal Humane Society of New South Wales. Medals and certificates were given to those who saved lives.

SUNT LACRYMÆ RERUM SUNT ET SUA PRÆMIA LAUDI
NATIONAL SHIPWRECK RELIEF SOCIETY OF NSW

THE NATIONAL SHIPWRECK SOCIETY'S MEDAL. The National Shipwreck Society's Medal.
RECENTLY the National Shipwreck Society solicited competitive designs for a medal distinctive of the society, for presentation in recognition of acts of bravery and saving of life at sea. A goodly number of artistic designs were forwarded by competitors, and, after due consideration, the committee decided to adopt the design of Mr. James F. Sayers, manager of the London Chartered Bank at Newcastle, and award the prize to that gentleman. The design, as may be seen from an engraving, represents in a spirited manner a life-boat putting off for a shipwrecked vessel. Lying on the shore is a man saved from a watery grave, his rescuer using means to restore animation. Over the latter is an angel resting one hand on the shoulders of a weeping mother with a babe in her arms; the other containing a wreath, which is held towards the rescuer. The other side has the name of the society, a space in the centre being left for the name of the recipient and the deed that is recognised. The National Shipwreck Society's Medal. (**1878, August 24**).*Australian Town and Country Journal* (NSW : 1870 - 1907), p. 32. Retrieved from http://nla.gov.au/nla.news-article70594306


NATIONAL SHIPWRECK RELIEF SOCIETY OF NEW SOUTH WALES.
This Certificate

The head, neck, shoulder, arm, and other portions of the remains of apparently a youth about 17, were found **recently in the stomach of a shark caught at Barrenjoey**, New South Wales. The **remains are believed to be those of the cabin boy drowned in the collision of the Barrabool and the Bonnie Dundee.** The Sydney Marine Board have concluded the inquiry in the late collision case of the Barrabool and the Bonnie Dundee. They exonerated the captain of the Bonnie Dundee, and adjudged the mate in default. The latter had his certificate suspended for twelve months. Facts V Scraps. (**1879, April 12**). *The Australasian Sketcher with Pen and Pencil* (Melbourne, Vic. : 1873 - 1889), p. 11. Retrieved July 12, 2013, from http://nla.gov.au/nla.news-article60623206



COLLISION BETWEEN TWO STEAMERS. (BY SPECIAL WIRE.) (FROM OUR OWN CORRESPONDENT.) SYDNEY, THURSDAY. Between 2 and 3 o'clock this morning, a serious collision occurred at sea between the Newcastle Steamship Company's Steamer **Kembla, and a Steamer of which the name is unknown**, The starboard paddle-box of the Kembla was smashed to splinters, and one of her boats stove in, The delay necessary for examination and repairs causd the Kembla to be very late on arriving at the wharf this morning. The passengers describe the shock of the collision as very great, but there was no confusion on board. The worst feature of the affair is that the steamer which ran into the Kembla did not offer the least assistance, nor wait to see what damage the Newcastle boat had sustained, but went away north. **The name of the steamer is supposed to be the City of Grafton, but some persons on board the Kembla were under the impression that it was the Rosedale**. The statement of the captain of the Kembla, who was on deck at the time of the collision, ¡s as follows :-" The Steamer Kembla left Newcastle last night with a full complement of cargo and passengers. All went well until about 20 minutes past 2 this morning. After passing Terrigal, and when Broken Bay light had opened well out, a steamer's mast-head light was seen three or four points on our starboard bow, apparently going well inside of us. Suddenly she ported her helm, showiog her red light, and at the same time another steamer, almost on our starboard beam, showed her masthead and red light, I watched this boat, and found she was steering to northward, that is, going the same way as ourselves, and that we were passing her fast by the Broken Bay light. By this time the boat first seen was approaching close, and to clear her I ported a little, when the boat that was steering south suddenly altered her coarse, and I found she was sheering up alongside. I star-boarded to clear her at the risk of going too near the other steamer, and called out, ' Where are you coming to ?'Shortly after she struck us on the after part of the starboard sponson, cutting the beams and paddlebox to pieces. I stopped and hailed, but receiving no answer, lowered a boat, and was going to see if she required assistance, but she was noticed to steam away north without stopping or answering. After securing the broken sponsons with derricks, &c, I proceeded at half speed, and arrived at half-past 7 all well, I don't know what boat it was,"
LATER,
It was the steamer Rosedale which came into collision with the Kembla off Broken Bay at half-past 2 this morning. The Rosedale had her bow plate stove in, but reached Newcastle safely this morning. She leaves again for the north to-night. Her captain is very reticent regarding the cause of the accident. COLLISION BETWEEN TWO STEAMERS. (**1883, January 12**).*The Argus* (Melbourne, Vic. : 1848 - 1957), p. 6. Retrieved from http://nla.gov.au/nla.news-article8489946

Whilst the ketch Favourite was on her voyage to Cape Hawke, yesterday, she met with very heavy weather, and a man was washed overboard. No attempt was made to save him, in consequence of the heavy sea causing the ballast to shift. **The vessel had to put in to Barrenjoey.** LATEST TELEGRAPHIC NEWS. (**1885, March 3**). *Clarence and Richmond Examiner and New England Advertiser* (Grafton, NSW : 1859 - 1889), p. 2. Retrieved July 12, 2013, from http://nla.gov.au/nla.news-article62146690

A Boating Accident. Barrenjoey, Tuesday.— A pleasure boat, having on board several members of the Orpheus Club, including Mr. Johnson (secretary) and another gentlemen, capsized on Monday evening in Pittwater. Fortunately some fishermen — by named, Strongman, Webster, Edwards, and others — saw the accident. They quickly put off and succeeded in rescuing all the party, none of whom (excepting Mr. Elwin, of Dubbo) were much the worse for their immersion. Mr. Elwin, on landing, received every attention from F. Jackson of the yacht Violet, and by the evening he had fully recovered. A Boating Accident. (**1888, October 9**). *Evening News* (Sydney, NSW : 1869 - 1931), p. 5. Retrieved from http://nla.gov.au/nla.news-article108113588

LOSS OF A HULK. **The Gem Sunk Off Barrenjoey. Two Men Drowned**.
The tug Stormcock, which arrived here early this morning, brought news of a sad fatality that took place off Barrenjoey at about 2 a.m. **The tug left Newcastle last night for Sydney with. Captain Jas. Donnelly in command. She had in tow the hulk Gem**; on board of which were Captain Hall, Tierney (mate)Thos. Holmes (deck hand), and Emil Larson (caretaker), Mrs Larsen and a son, aged 9, and three daughters, aged 7, 3, and 1 respectively. The vessel had a pretty rough time during the night, and as Sydney was neared a heavy S.S.E. gale, with high seas, came up. **The hulk shipped a great deal of water, and when about four miles off Barrenjoey** Larsen came down to the cabin and told his wife to collect what valuables she had and give them into his care. She did so, and shortly after came on deck, when to her horror she saw her husband and Holmes washed overboard. By some means the tug was communicated with, and Captain Donnelly, backing up to the hulk, took off the rest of the people the Gem sinking soon after. The Gem made a start from Newcastle on Sunday morning last but had to put back owing to the weather. At 6 o'clock last evening she is said to have been swept by several seas. The coal on board the hulk was being shipped to Sydney for the R.M.S. Mariposa. **Mrs. Larsen is left perfectly destitute, and in addition to the children with her she has another son and daughter in Sydney. Messrs. J. and A. Brown, the owners of the vessel, have provided lodgings for her and family and Captain Webber, of the Shipwreck Relief Society**, is engaged in supplying clothes and other necessaries. The deck hand Holmes leaves a widow, living at North Shore. The Gem had been a barque before being used for a hulk, and is said to have been built in the North of England. For sometime previous to coming to Newcastle she had been used as a hulk at Brisbane. Owing to the heavy weather prevailing outside the Heads, there is little prospect of the bodies of the unfortunate men being found. LOSS OF A HULK. (**1895, September 27**). *Evening News*(Sydney, NSW : 1869 - 1931), p. 6. Retrieved from http://nla.gov.au/nla.news-article109886553

We end this small list of vessels and incidents with a small insight into two shipwrecks that then gave their names to places, both to honour those who were lost and those who were saved, and on final wondering, as it always is when anyone discovers wreckage washed onto a shore:

MAITLAND GALE. Anniversary of Two Wrecks By Illabo.
Forty-one years ago a great storm, now known as the Maitland Gale, raged along the New South Wales coast. The gale continued for several days, but during May 5-6,1898, the steamer Maitland and the ship Hereward were driven ashore-the Maitland north of Sydney, and the Hereward to the south. **The Maitland, a steamer of 555 tons, was wrecked near Cape Three Points, a little north of Broken Bay**, 15 passengers and 11members of the crew being drowned. The remainder of those on board were saved by means of a line most gallantly taken ashore, and along which the people were hauled through the breakers.
Some parts of the Maitland still remain near where the vessel was wrecked. The scene is frequently visited by many hikers and others.
Maroubra "Discovered."
In the same storm the ship Hereward was stranded at the northern end of Maroubra Bay, south of Coogee. The wreck of the Hereward was responsible for the "discovery" of what is now one of Sydney's most popular surfing beaches. Until the time the Here-ward was driven ashore. Maroubra was merely a name. Occasionally, before that period, a few venturesome spirits would walk from Coogee over to Maroubra, but the only "permanents" were employees of a wool scouring establishment at the northern end of the bay, near where the vessel went ashore.
No lives were lost In the stranding of the Hereward. The ship remained on the beach for some time, when a coffer dam was built around it, and eventually the vessel was re-floated. While being towed away, however, she was again driven ashore-on to the rocks in the bay-and later broke up. The stranded ship attracted hundreds of people to Maroubra, which was thus "placed on the map."
Illustrated: The Hereward fast on the beach at Maroubra. **Remains of the hull may still be seen** in the surf at low tide. MAITLAND GALE. (**1939, May 6**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17568731

of the Maitland

Above and Below: The wreck of the Maitland, May 5th, 1898 photo by Perier, image no perier 34615h, courtesy State Library of NSW.

Last night, and several small crafts put back into Newcastle. **The captain of the schooner Hannah Nicholson, which put into Barrenjoey this afternoon windbound, reports that eight miles to the Eastward she passed a large wreckage, consisting of half a boat, deck, planking, and part of a topmast and bulwarks, painted black and white**. Telegraphic News. (**1899, June 5**). *The North Queensland Register* (Townsville, Qld. : 1892 - 1905), p. 10. Retrieved from http://nla.gov.au/nla.news-article84407685

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1. John Palmer (Commissary of New South Wales). (2010, December 16). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=John_Palmer_(Commissary_of_New_South_Wales)&oldid=402700850
2. HMS Sirius (1786). (2013, July 20). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=HMS_Sirius_(1786)&oldid=565008733
3. Australian Shipwrecks - vol 1 1622-1850, Charles Bateson, AH and AW Reed, Sydney, 1972, ISBN 0-589-07112-2 p45
4. Encyclopaedia of Australian Shipwrecks

The Hereward on Maroubra Beach - her wreck and the subsequent visitors, Digital Order No. perier 34611h, courtesy State Library of NSW.

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

Pittwater Online News

July 28 - August 3, 2013: Issue 121

Mona Vale Mountain Cub Scouts Profile

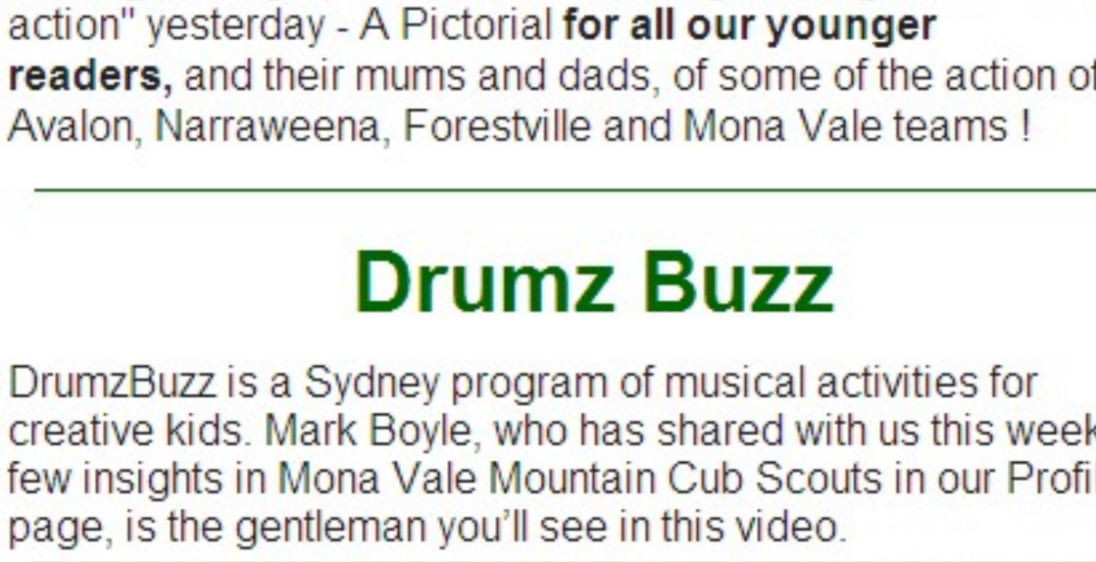
Find out more about all the fun you can have at Mona Vale Mountain Cub Scouts Profile – yes, our Profile pages aren't just about those who can tell you about Pittwater before you were born, they're also about great clubs and activities that you too can get involved in!

Junior Rugby League Season

The rounds of semi-finals have begun and we asked our award winning photographer Michael Mannington to "get some of the action" yesterday - A Pictorial **for all our younger readers,** and their mums and dads, of some of the action of the Avalon, Narraweena, Forestville and Mona Vale teams !

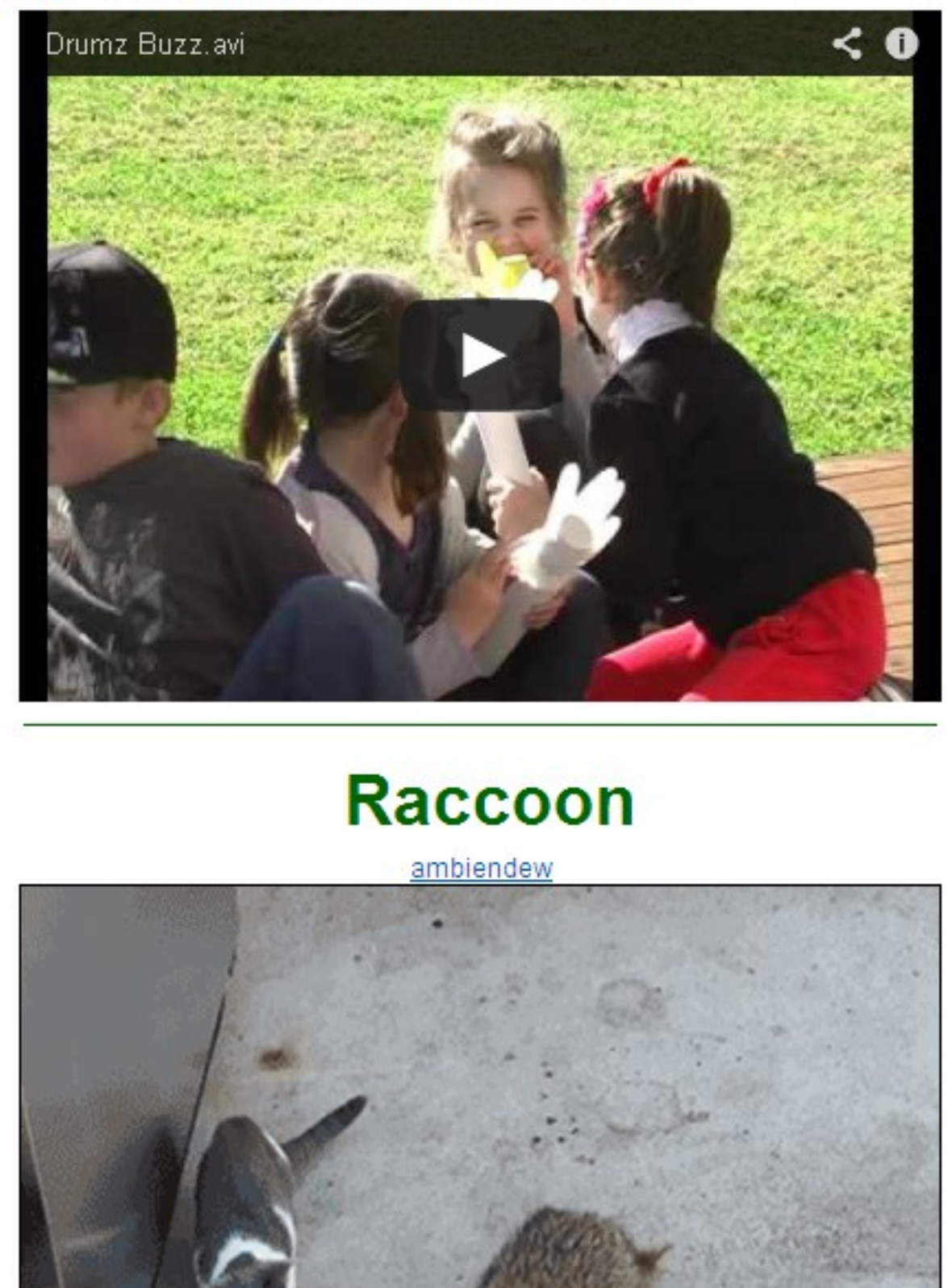
Drumz Buzz

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



Raccoon

ambiendew



#funny gif #raccoon gif #funny raccoon #hilarious gif #cute gif
69 notes

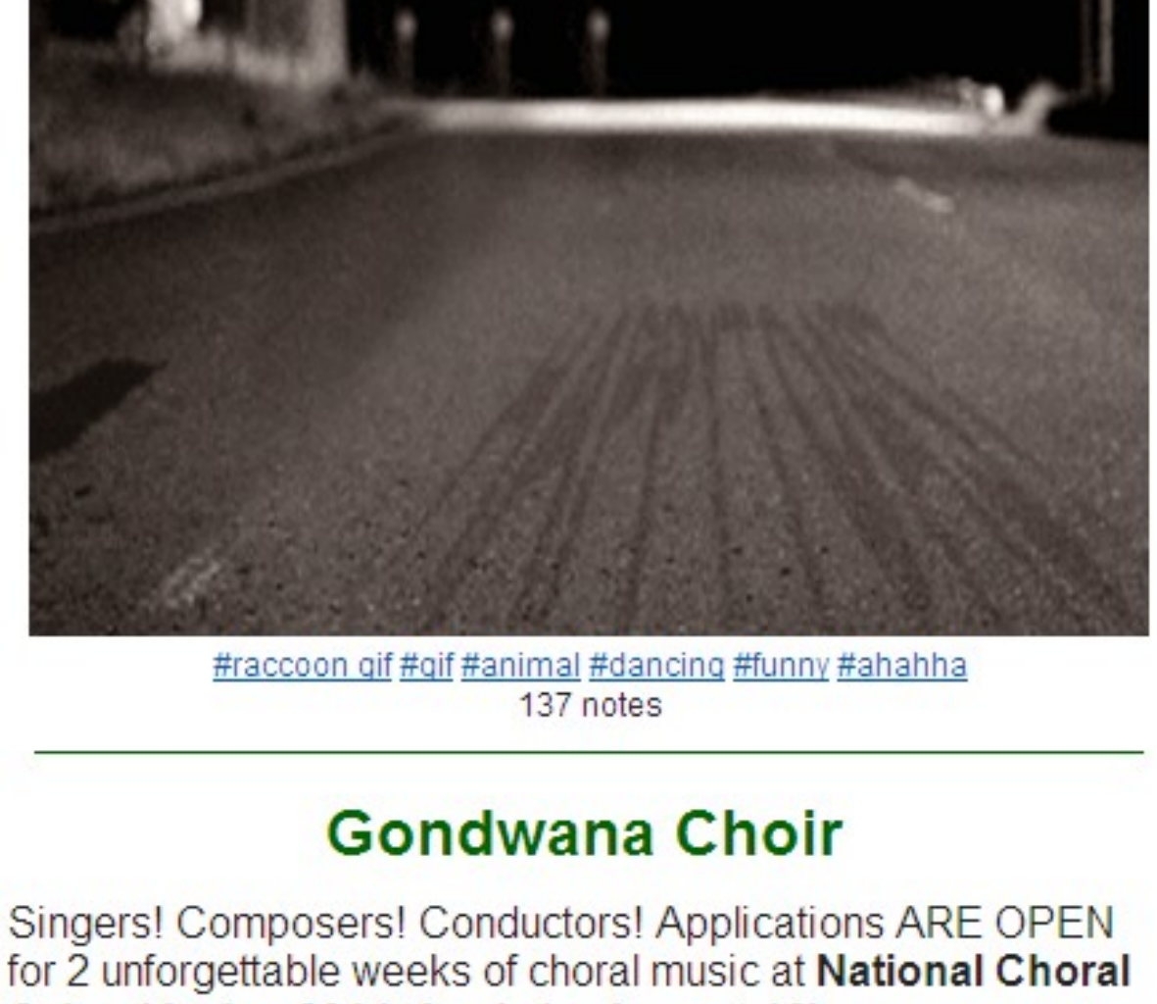
The raccoon, sometimes spelled racoon, also known as the common raccoon, North American raccoon, northern raccoon and colloquially as coon, is a medium-sized mammal native to North America. The raccoon is the largest of the procyonid family, having a body length of 40 to 70 cm (16 to 28 in) and a body weight of 3.5 to 9 kg (8 to 20 lb). Its grayish coat mostly consists of dense underfur which insulates against cold weather. Two of the raccoon's most distinctive features are its extremely dexterous front paws and its facial mask, which are themes in the mythology of several Native American tribes. Raccoons are noted for their intelligence, with studies showing that they are able to remember the solution to tasks for up to three years. The diet of the omnivorous raccoon, which is usually nocturnal, consists of about 40% invertebrates, 33% plant foods, and 27% vertebrates.

The original habitats of the raccoon are deciduous and mixed forests, but due to their adaptability they have extended their range to mountainous areas, coastal marshes, and urban areas, where some homeowners consider them to be pests. As a result of escapes and deliberate introductions in the mid-20th century, raccoons are now also distributed across the European mainland, the Caucasus region and Japan.

Though previously thought to be solitary, there is now evidence that raccoons engage in gender-specific social behavior. Related females often share a common area, while unrelated males live together in groups of up to four animals to maintain their positions against foreign males during the mating season, and other potential invaders.Home range sizes vary anywhere from 3 hectares (7 acres) for females in cities to 50 km2 (20 sq mi) for males inprairies. After a gestation period of about 65 days, two to five young, known as "kits", are born in spring

Raccoon. (2013, July 20). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Raccoon&oldid=565062826

chasingshadowss



#raccoon gif #gif #animal #dancing #funny #ahahha
137 notes

Gondwana Choir

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

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

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

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

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

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

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

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

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

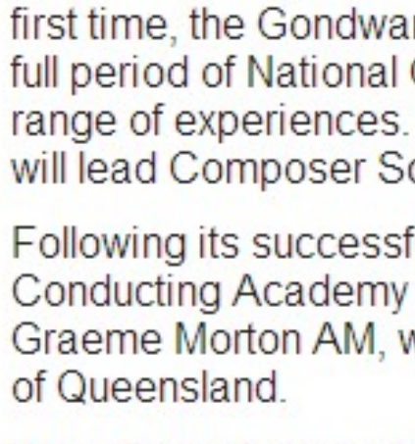
I look forward to seeing you all for two great weeks of sheer choral joy at Gondwana National Choral School 2014.

Lyn Williams, OAM

Artistic Director & Founder

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

Love Food, Hate Waste Cookbook



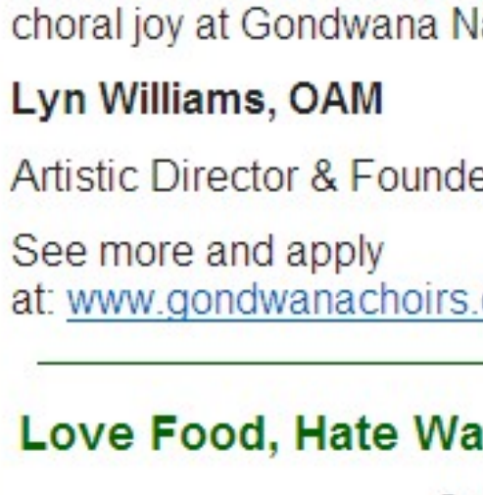
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

Keep children safe online

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

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



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

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

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

DOWNLOAD A FREE READING PACK!

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

My Little Pony - A Very Pony Place (Full Movie)

My Little Pony - A Very Pony Place (Full Movie)

PITTWATER COUNCIL

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

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

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

Contact: 9970 1600 Heather Thomson

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

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

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

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

VENUE: NBISC, Jacksons Rd, Warriewood

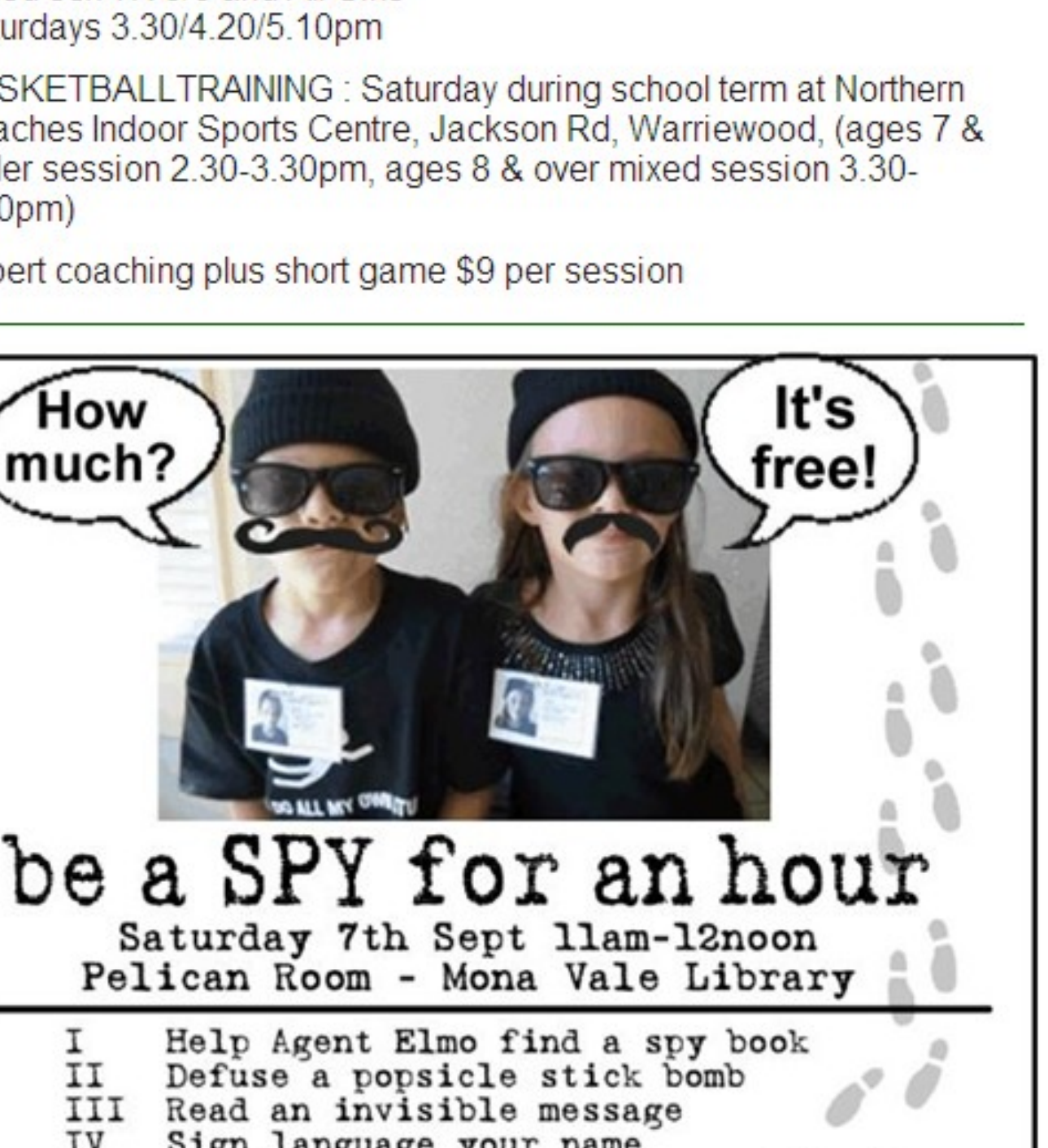
GAME TIMES:

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

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

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

Expert coaching plus short game $9 per session


How much?
It's free!

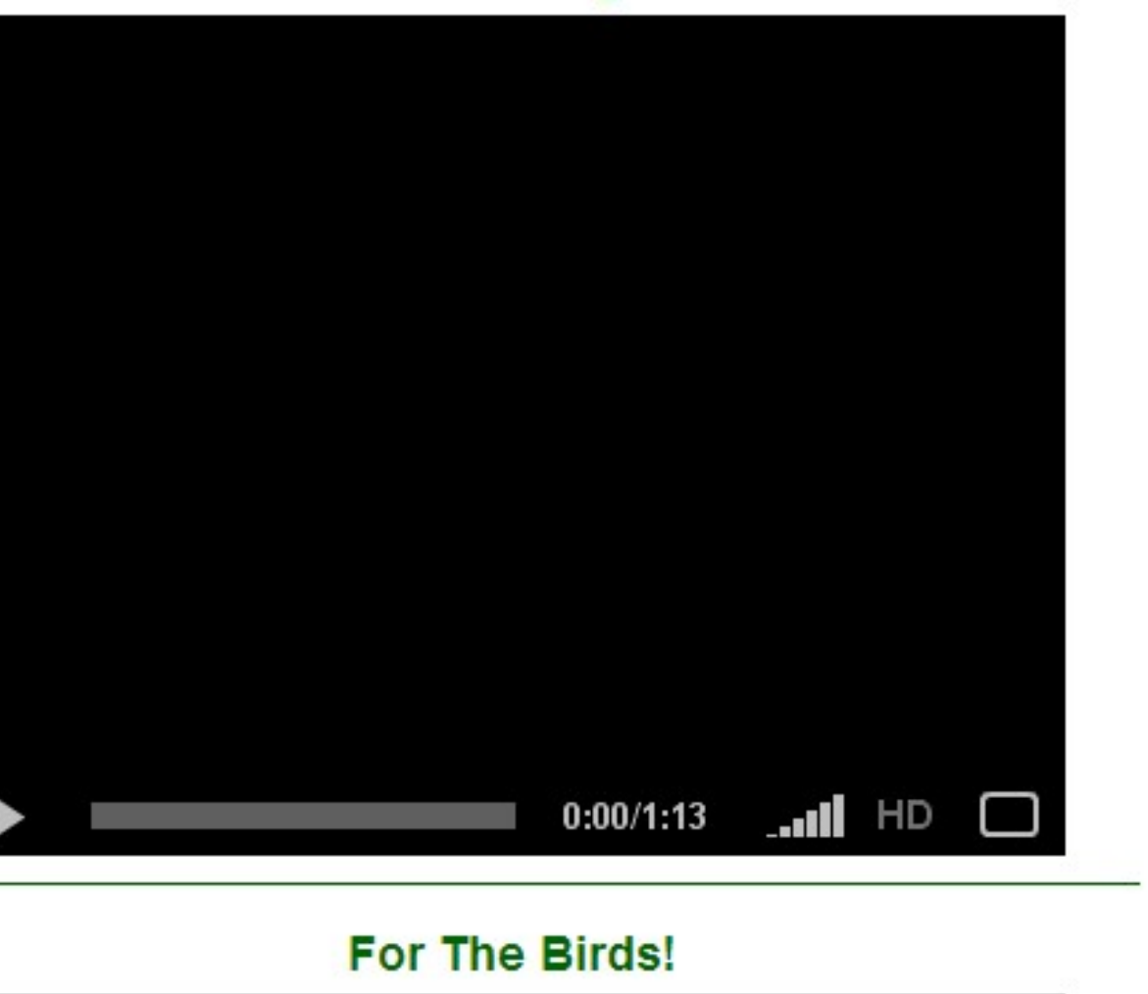
be a SPY for an hour
Saturday 7th Sept 11am-12noon
Pelican Room - Mona Vale Library

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

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

Fishing

For The Birds!

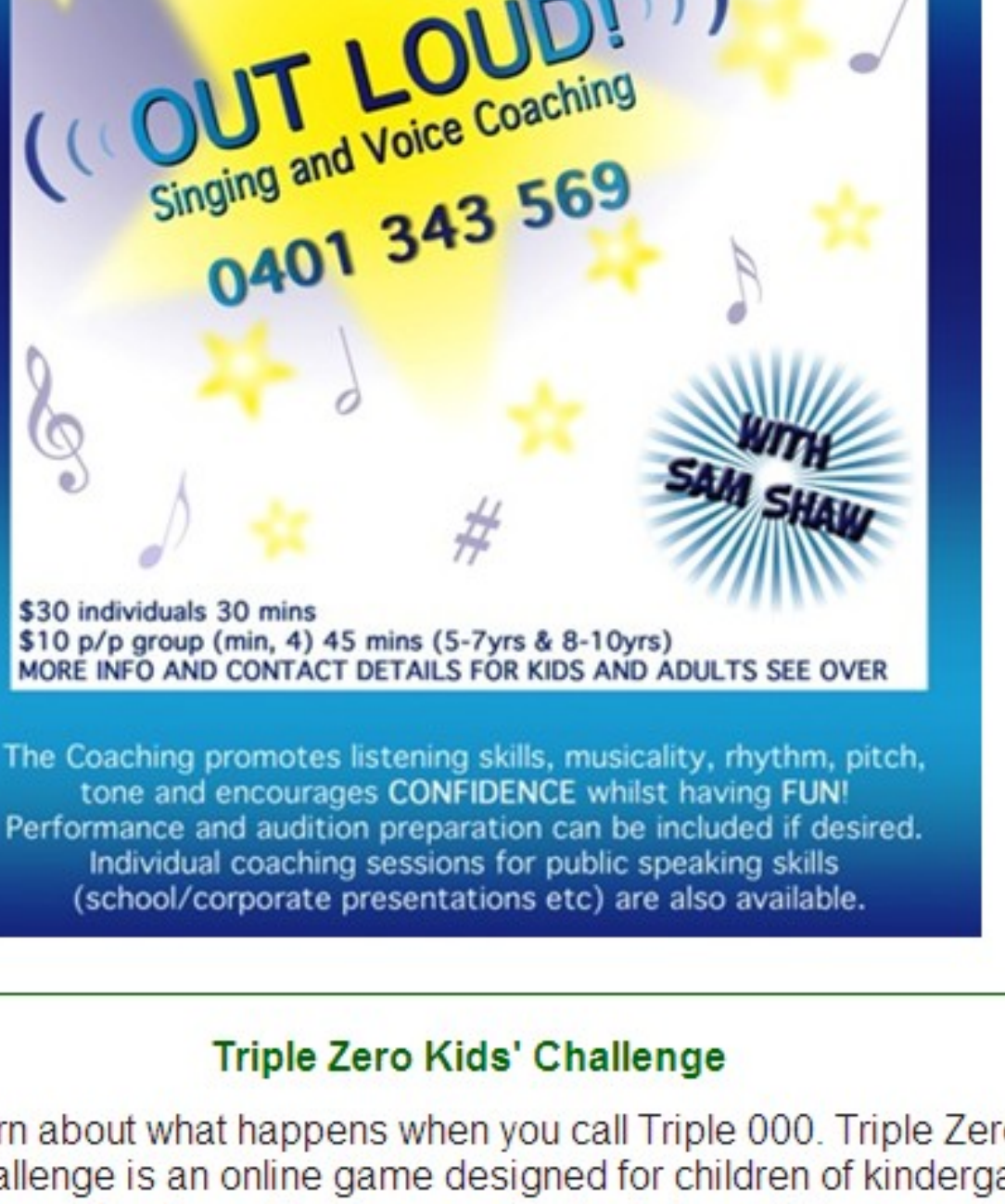


Snow Sculpture

BackMeUp poll - Posted 14 May 2013 by Commission

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

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



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

OUT LOUD!
Singing and Voice Coaching
0401 343 569
WITH SAM SHAW

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

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

Triple Zero Kids' Challenge

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

NATIONAL GEOGRAPHIC
Little kids
Tree Frog

National Geographic online fun For little kids:

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

HERE

Stories for you already run:

Adrenalin 360 Surf and Skate Competition and Kids Festival

Are You up to the RED BELT CHALLENGE by Hoshin Australia

ArtFest 2012 - Biannual Children's Art Exhibition

Australian Ibis for Children

Australia's First School Launch was in Pittwater

Australia's First Steamers

Avalon Bulldogs Season Open Pictorial

Avalon Sailing Club Teaches A Novice To Sail

Bilgola Plateau Public School - Sustainable Practices

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

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

Dance Fever 2012 by Peta Wise

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

Grandparents Day 2012 by Peta Wise

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

Heartsong - an Anthology of Pittwater Poetry Launched

Hoishin Anti-Bullying Summer Camp 2012

Kangaroo Dance

Learn2Swim Narrabeen Coastal Platform Tour for children

Maria Regina Catholic School at Avalon: Christmas Crafts for Children

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

Mona Vale Public School's Centenary Launch

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

MV Reliance and Maria Regina Avalon - Clareville Outing

Newport Student Wins RMYC MArine Art Prize

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

Online World To Be Safer - Sonar Dolphins Arise!

Pacific Black Duck taking a bath at Careel Creek

Pelican Dreamsong - A Legend of the Great Flood - dreamtime legend for children

Pink Ribbon Day at Maria Regina by Joanne Seves

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

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

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

SLSC 2013 Interstate Championships - at Newport

Spotted Gums of Pittwater Inspirations

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

The Northern Beaches Music Festival's YOUNGBLOODS Competition

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

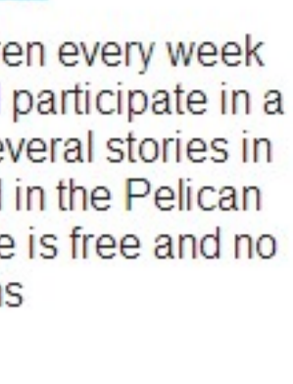
Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2013

Winning the Homework War by Rosemary Smith

Zoomobile at Loquat Valley School, Bayview

Tweet | Like | +1

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.

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

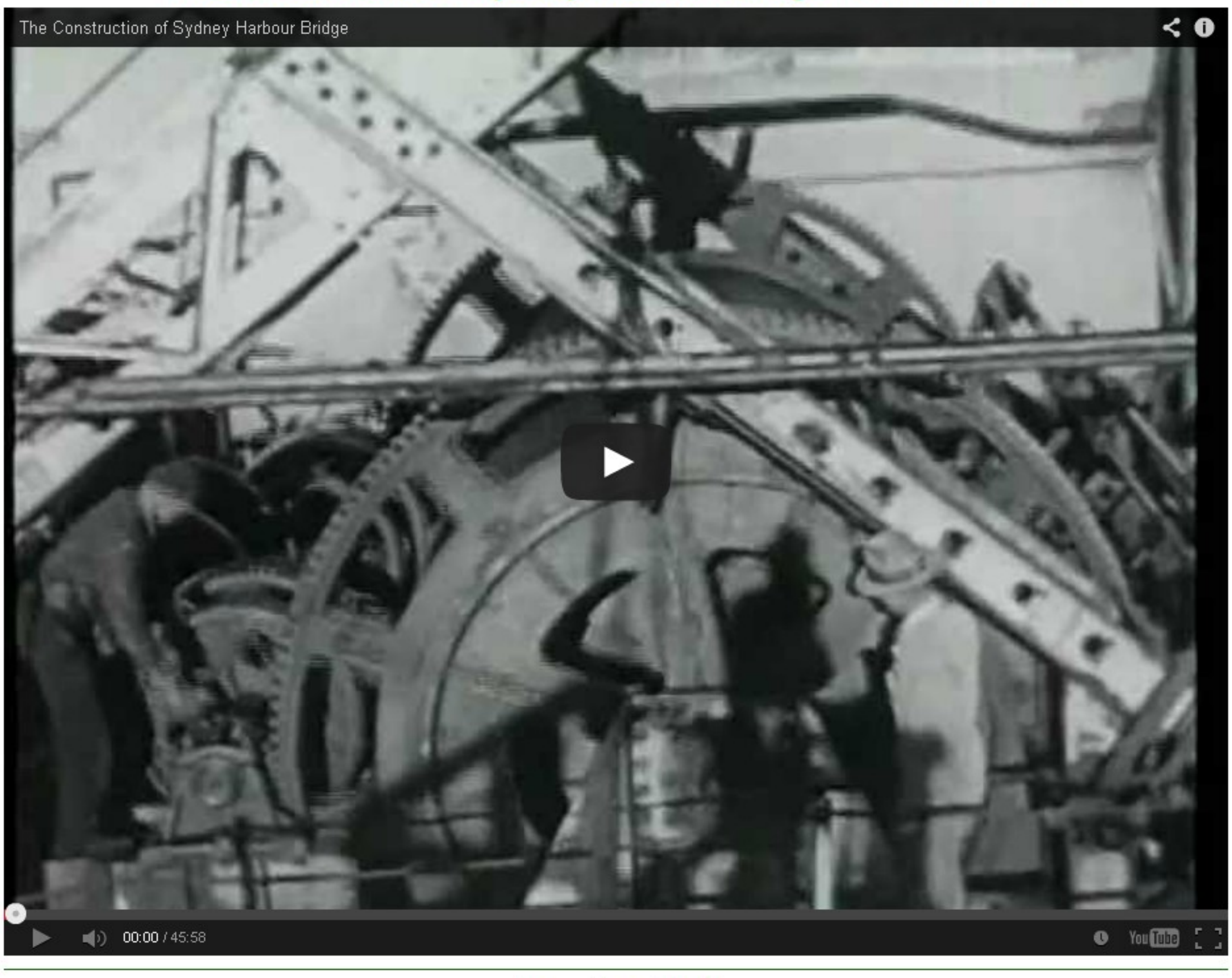
Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

100 Basketball Players - July 2013 School Holidays!

MWBA enjoyed the company of over 100 kids in the 5 to 10 year old group in the July school holiday camp. The coaches would like to congratulate the effort of all the kids who participated and hope that they had as much fun as they did.

5 to 10 year old July Holiday Camp 2013

The Construction of Sydney Harbour Bridge from David Male



Tweet | Like | +1

Pittwater Online News

July 28 - August 3, 2013: Issue 121

City of Sydney - Modelling the Future by UNSW

Cities of the future may one day be planned using a combination of traditional architectural models and fun gaming technology. Professor Richard Goodwin and Russell Lowe, have created an installation where people can interact in real-time with both the physical and gaming model, which creates a whole new range of possibilities for urban planning.

The installation is entitled "CRYSIS IN PARASITE PARADISE: The work of Realtime Porosity Studio, 2013" and displayed at ISEA's "Running the City" exhibition at COFA. A world-first interactive replica of Sydney's CBD created with commercial gaming technology is providing a prototype for international urban planning and security.

The new computer interface, developed by Professor Richard Goodwin (College of Fine Arts) and Russell Lowe (Faculty of Built Environment) in partnership with the NSW Government's Emergency Information Coordination Unit (EICU), combines gaming technology from the commercial video game, Crysis, with traditional architectural modelling and environmental sensors.

The virtual representation of Sydney, which updates automatically in real-time, has the potential to provide urban-planners, developers and architects with previously inaccessible security and spatial data critical to Sydney's emergency response planning.

Professor Goodwin said the technology will provide an invaluable central database for the mapping of Sydney. The researchers aim to make the interface open-access with privacy settings that can be switched on and off according to the user.

"Patterns of use, mobility, and security have changed rapidly since 9/11 and this has been recognised by civic authorities, dependent industries and academics, globally," he said.

"Our research pulls together what has been a disparate soup of databases and software into one cohesive program that developers, planners and architects can access easily and inexpensively – this technology had the potential to act as the "brain of the city".

By modelling the city in the virtual world of the computer game, simulations of explosions, floods, emergencies and varying weather patterns can be modelled and analysed.

Sensor controlled avatars act as residents reacting to emergency scenarios. Their responses are then closely monitored, advancing the capability to map, test and analyse pedestrian movement in Sydney and other cities globally.

"To date no one has attempted to map the movement of people in cities using gaming technology," Mr Lowe said. "Our software offers far more comprehensive data than existing tracking devices, including CCTV or GPS."

The project is funded by a $1.3 million Australia Research Council Linkage grant and builds on Goodwin's 2003 ARC Discovery grant, Porosity, which measured security problems relating to public and private spaces in Sydney's CBD and modelled safe compromises for future building redesign.

COFA

http://www.cofa.unsw.edu.au

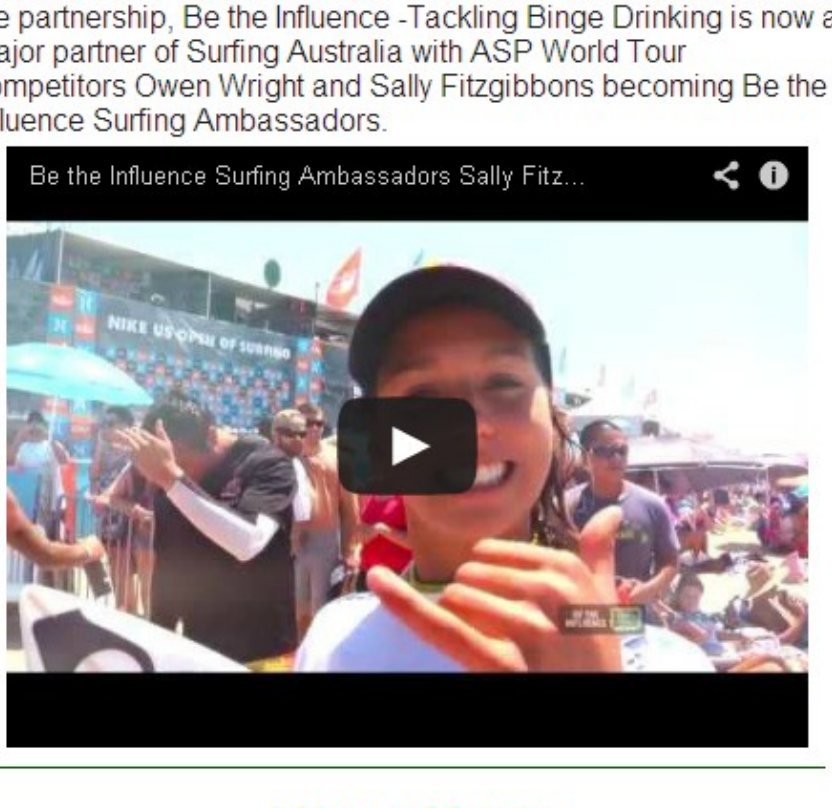
Built Environment:

http://www.be.unsw.edu.au/

City of Sydney - Modelling the Future

Be the Influence Surfing Ambassadors Sally Fitzgibbons and Owen Wright - Published on 23 Jul 2013

Surfing Australia is proud to be the latest national sporting organisation to join the Australian Government's Be the Influence - Tackling Binge Drinking initiative. Be the Influence - Tackling Binge Drinking is addressing youth binge drinking and the influence of alcohol promotion on young Australians by promoting anti-binge drinking messaging through sport sponsorships. Under the partnership, Be the Influence -Tackling Binge Drinking is now a major partner of Surfing Australia with ASP World Tour competitors Owen Wright and Sally Fitzgibbons becoming Be the Influence Surfing Ambassadors.



I Heart Music

4 beats to the bar

70 beats in a minute

3 billion beats in a lifetime

For **National Scienceweek (August 10-18)**, at venues around Australia you can have your heart beat recorded - played to musicians and streamed back to you. You may also have the opportunity to do your own Electro Cardio Graph (ECG), watch a live Cardiac Ultrasound and try to control your own heart beat just with your thoughts. We are creating new opportunities all the time so come back for more information.

See more at http://mohdiheartmusic.eventbrite.com.au/

Museum of Human Disease presents
i ♥ music
Find out more
UNSW
AUSTRALIA

Marsupial links to South America and Africa - 23 July 2013

Two tiny fossils - an ankle bone and a tooth - are prompting an overhaul of theories about marsupial evolution after they revealed unexpected links to South America - and possibly Africa. One of the fossils, found at the Tingamarra site in south-eastern Queensland, is a 55 million-year-old ankle bone from a mouse-sized marsupial previously known only from South America. The second is a tooth, which derives from a formerly unknown species that shows similarities to fossils found in South America and, surprisingly, North Africa.

The two fragments are set to overturn the conventional theory about the evolution of marsupials, which holds that there was a single migration from the part of the Gondwana 'supercontinent' that became South America to the part that became Australia.

"The origins of Australian marsupials suddenly got a lot more complicated," says UNSW palaeontologist Dr Robin Beck, an ARC DECRA postdoctoral fellow.

"All the species of modern day marsupials here are quite closely related. The species represented by the ankle-bone belongs to an entirely different group - a group that we know lived in South America but, up until now, we thought never made it to Australia.

"The tooth is more of a mystery: are its origins in South America, Africa or somewhere else?

"It is impossible to explain the presence of these new fossils in Australia using the single dispersal model. Instead, there may have been multiple movements of marsupials between South America and Australia."

Because the fossil tooth comes from a species previously unknown to science, Dr Beck had the honour of formally describing and naming it. His paper on the subject has been accepted for publication this year in the journal Acta Palaeontologica Polonica.

"I've named it after one of my colleagues, Henk Godthelp, who has led research at Tingamarra together with Mike Archer and Sue Hand," he says.

"Henk's nickname is 'The Old Bastard', so I've called the species *Archaeonothos henkgodthelpi*, which translates, roughly, to 'the ancient illegitimate of Henk Godthelp'. The name also implies the species is unrelated to other Australian marsupials."

The similarities between the fossil tooth and those of an extinct species recorded in Tunisia remain the tantalising subject of further research. For the moment, though, Dr Beck thinks the tooth and the ankle-bone - which he described in the German journal Naturwissenschaften - provide fascinating **new information about the history of marsupials in Australia.**

"They mean that extinction has played a much bigger role in the story than we previously thought," he says. "Some species became extinct in Australia but survived in South America. And perhaps the opposite is also the case - will there be discoveries in South America of typically 'Australian' fossils?"

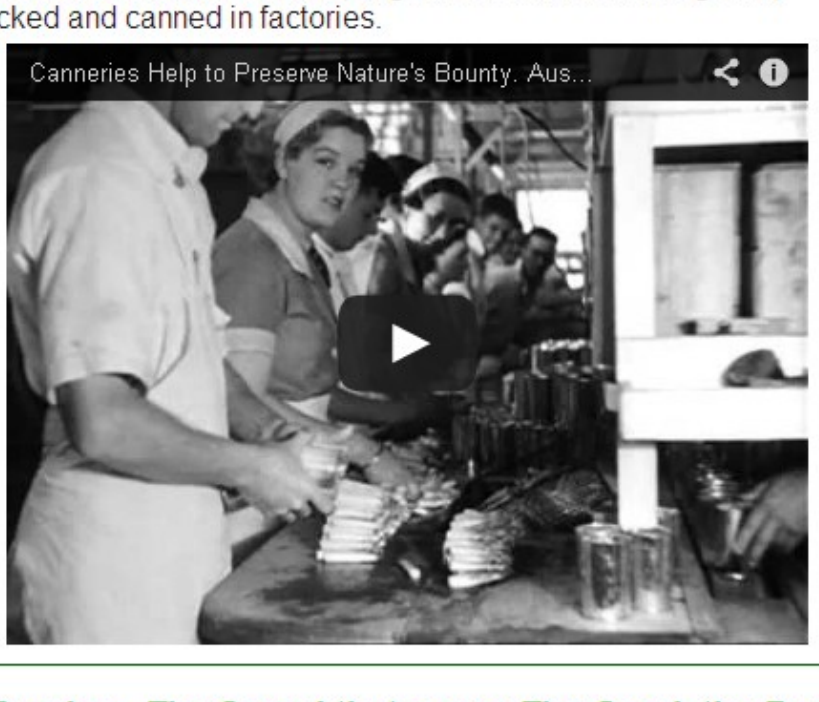
Dr Beck says climate change might have played a role in the disappearance of the 'ameridelphian' marsupials. The Tingamarra fossil deposits date from 55 million years ago, when the climate was very warm. "It would have been lush rainforest," he says. "Since then, the climate in Australia has been gradually cooling."

Dr Beck is one of 12 early-career scientists unveiling their research to the public for the first time thanks to Fresh Science, a national program sponsored by the Australian Government through the Inspiring Australia initiative.

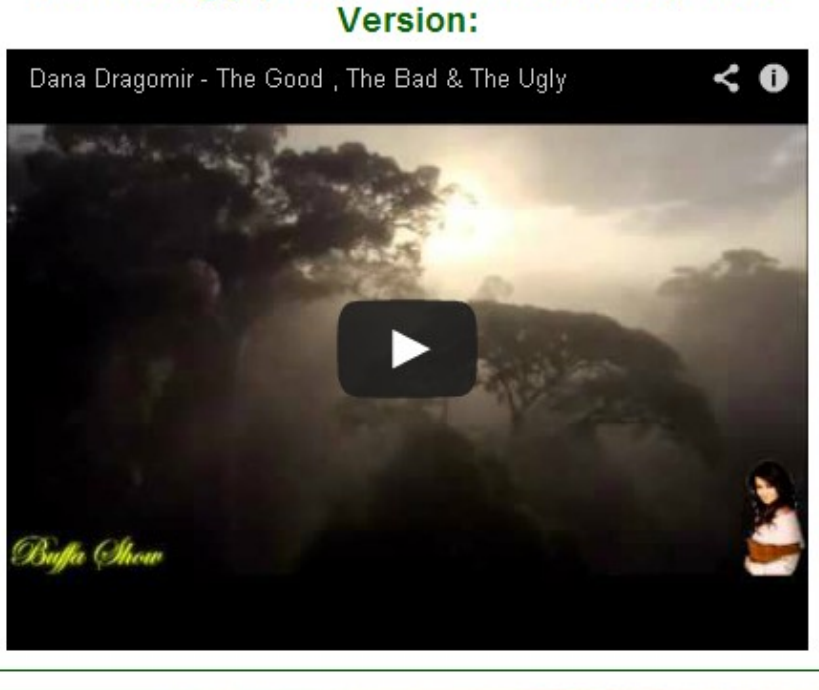
Picture: Dr Robin Beck

Canneries Help to Preserve Nature's Bounty. Australian Diary from Film Australia - Published on 24 Jul 2013

Made by The National Film Board **1949**. Directed by Jack S Allan. A look at how Australian fruit, vegetables and meat are grown, picked and canned in factories.



Ocarina - The Sound that opens The Good, the Bad and the Ugly (Clint Eastwood Western)- 2013 Version:

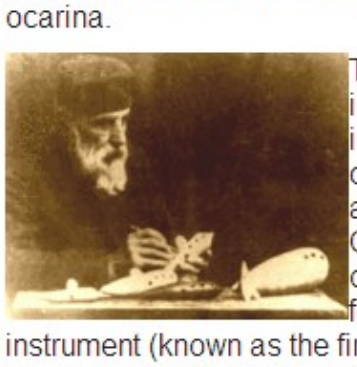


Unusual Musical Instruments - Wind

Ocarina

The ocarina is a wind instrument in the category of vessel flutes. Variations do exist, but a typical ocarina is an enclosed space with four to twelve finger holes and a mouthpiece that projects from the body. It is traditionally made from clay or ceramic, but other materials may also be used, such as plastic, wood, glass, metal, or bone. An example of an ocarina made of an animal horn is the medieval German gemshorn.

The ocarina belongs to a very old family of instruments, believed to date back over 12,000 years. Ocarina-type instruments have been of particular importance in Chinese and Mesoamerican cultures. For the Chinese, the instrument played an important role in their long history of song and dance. The ocarina has similar features to the Xun another important Chinese instrument (but is different in that Ocarina uses an internal duct, whereas Xun is blown across the outer edge). In Japan, the traditional ocarina is known as the tsuchibue (kanji: literally "earthen flute"). Different expeditions to Mesoamerica, including the one conducted by Cortés, resulted in the introduction of the ocarina to the courts of Europe. Both the Mayans and Aztecs had produced versions of the ocarina, but it was the Aztecs who brought to Europe the song and dance that accompanied the ocarina.



The ocarina went on to become popular in European communities as a toy instrument. Its earliest use in Europe dates back to the 19th century in Budrio, a town near Bologna, Italy, where Giuseppe Donati transformed the ocarina from a toy, which only played a few notes, into a more comprehensive instrument (known as the first "classical" ocarinas). The word ocarina in the Bolognese dialect of the Italian language means "little goose." The earlier form was known in Europe as a gemshorn, which was made from animal horns of the chamois (Dutch: gems).

Ocarina. (2013, June 30). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Ocarina&oldid=562198932

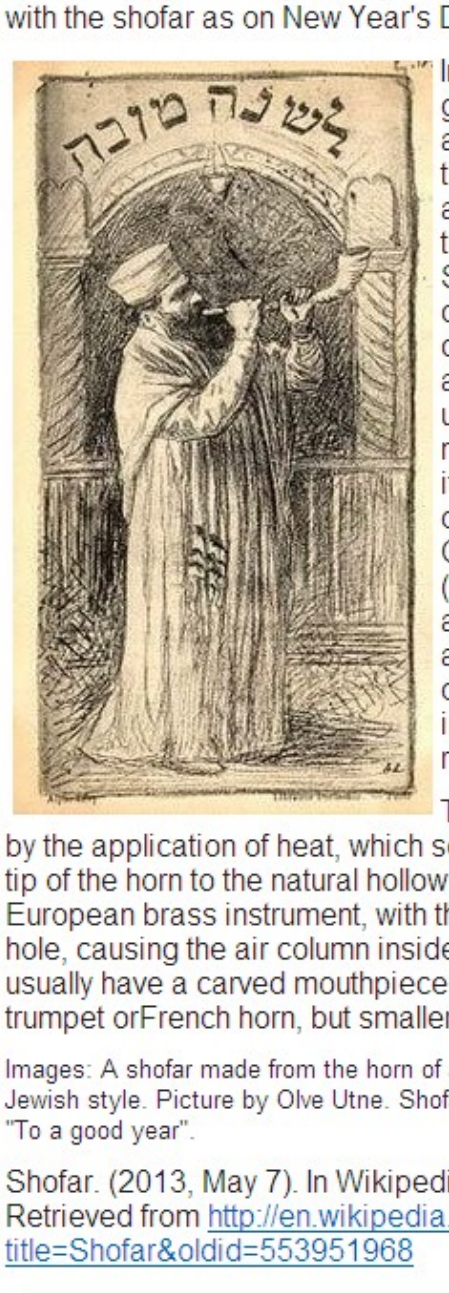
Shofar

A shofar is a horn, traditionally that of a ram, used for Jewishreligious purposes. Shofar-blowing is incorporated in synagogue services on Rosh Hashanah andYom Kippur. Shofars come in a variety of sizes. The shofar is mentioned frequently in the Hebrew Bible, the Talmud and rabbinic literature. The blast of a shofar emanating from the thick cloud on Mount Sinai made the Israelites tremble in awe (Exodus 19:16).

The shofar was used to announce holidays (Ps. lxxxi. 4), and the Jubilee year (Lev. 25:9). The first day of the seventh month (Tishri) is termed "a memorial of blowing" (Lev. 23:24), or "a day of blowing" (Num. 29:1), the shofar. They were for signifying the start of a war (Josh. 6:4; Judges 3:27; 7:16, 20; I Sam. 8:3). Later, it was also employed in processions (II Sam. 6:15; I Chron. 15:28), as musical accompaniment (Ps. 98:6; comp. ib. 47:5) and eventually it was inserted into the temple orchestra by David (Ps. 150:3). Note that the 'trumpets' described in Numbers 10 are a different instrument, described by the Hebrew word 'trumpet' (Hebrew: חֲצֹצְרָה; ḥaṣoṣrah), not the word for shofar (Hebrew: שׁוֹפָר).

The Torah describes the first day of the seventh month (1st of Tishri = Rosh ha-Shanah) as a zikron teruʿah (Hebrew: זכרון תרועה; memorial of blowing; Lev. xxiii) and as a yom teruʿah (Hebrew: יום תרועה; day of blowing; Num. 29). This was interpreted by the Jewish sages as referring to the sounding of the shofar.

In the Temple in Jerusalem, the shofar was sometimes used together with the trumpet. On New Year's Day the principal ceremony was conducted with the shofar, which instrument was placed in the center with a trumpet on either side; it was the horn of a wild goat and straight in shape, being ornamented with gold at the mouthpiece. On fast days the principal ceremony was conducted with the trumpets in the center and with a shofar on either side. On those occasions the shofarot wererams' horns curved in shape and ornamented with silver at the mouthpieces. On Yom Kippur of thejubilee year the ceremony was performed with the shofar as on New Year's Day.



In practice two species are generally used: the Ashkenazi and Sefardi shofar is made from the horn of a domestic ram, while a Yemeni shofar is made from the horn of a kudu. A Moroccan Shofar is a flat Shofar with no curves besides the main curve. A crack or hole in the shofar affecting the sound renders it unfit for ceremonial use. A shofar may not be painted in colors, but it may be carved with artistic designs (Shulkhan Arukh, Orach Chayim, 586, 17). Shofars (especially the Sephardi shofars) are sometimes plated with silver across part of their length for display purposes, although this invalidates them for use in religious practices.

The horn is flattened and shaped by the application of heat, which softens it. A hole is made from the tip of the horn to the natural hollow inside. It is played much like a European brass instrument, with the player blowing through the hole, causing the air column inside to vibrate. Sephardi shofars usually have a carved mouthpiece resembling that of a European trumpet orFrench horn, but smaller. Ashkenazi shofars do not.

Images: A shofar made from the horn of a Greater kudu, in the Yemenite Jewish style. Picture by Olve Utne. Shofar (by Alphonse Lévy) Caption says: "To a good year".

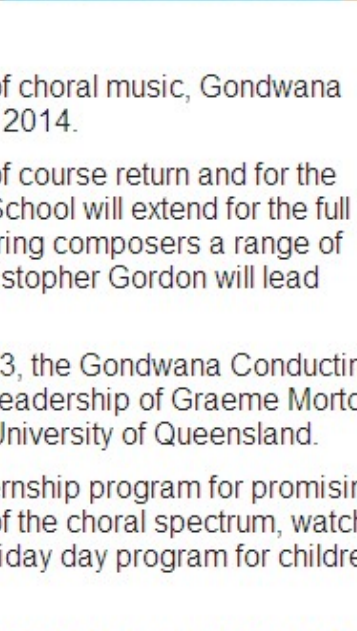
Shofar. (2013, May 7). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Shofar&oldid=553951968

The Four 4 Traditional Shofar Blasts

The Four 4 Traditional Shofar Blasts

Gondwana Choir

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



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

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

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

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

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

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

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

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

Lyn Williams, OAM

Artistic Director & Founder

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

Ancient Jigsaw Puzzle of Past Supercontinent Revealed

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

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

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

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

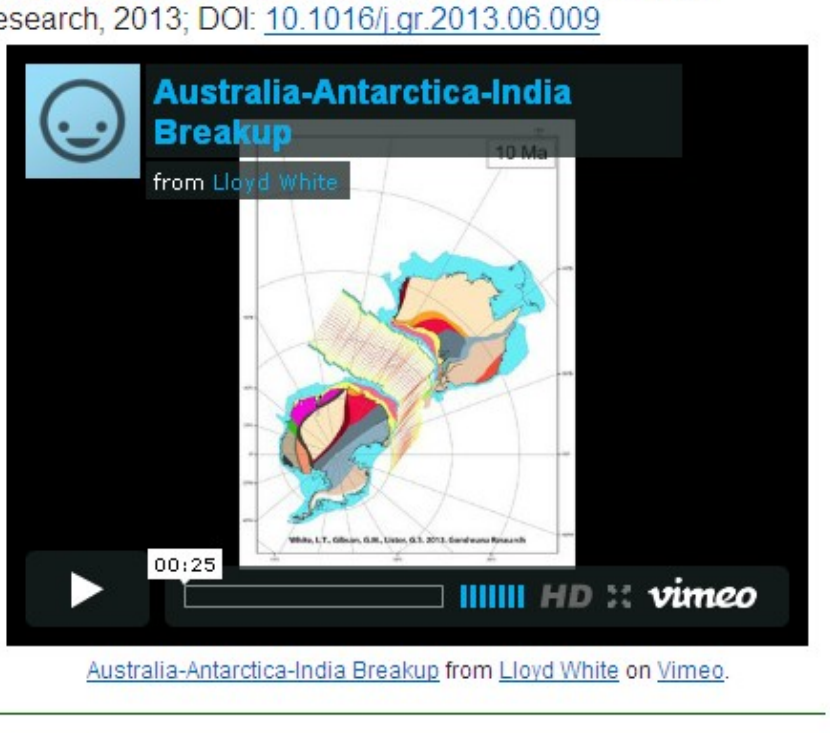
The researchers adopted an old technique used by people who discovered the theories of continental drift and plate tectonics, but which had largely been ignored by many modern scientists.

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

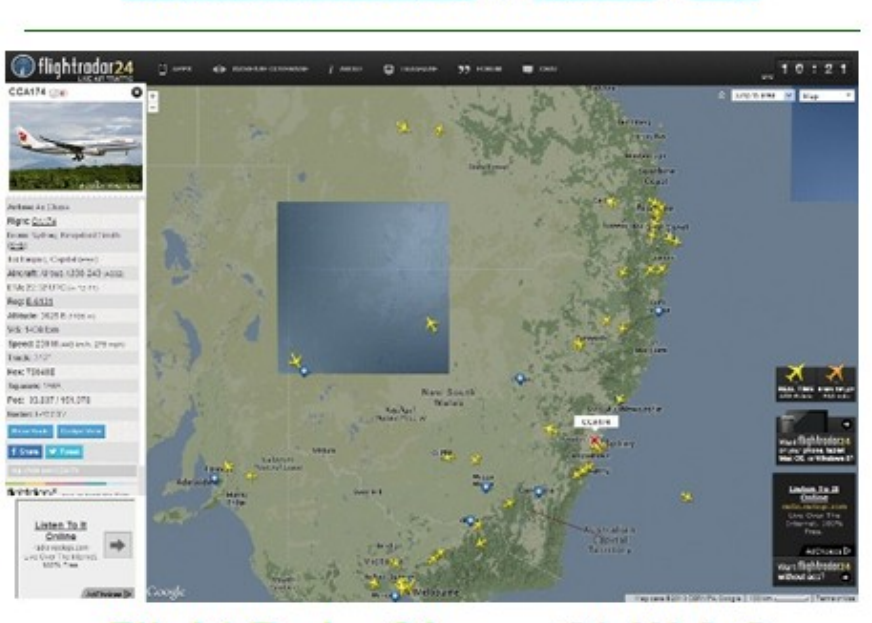
"It is important that we know where the plates existed many millions of years ago, and how they broke apart, as the regions where plates break are often where we find major oil and gas deposits, such as those that are found along Australia's southern margin."

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

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



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



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.

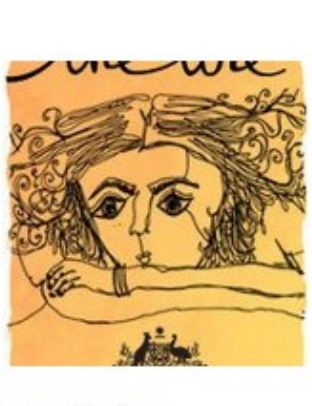
Every day you see planes in the sky, sometimes very high, with or without con-trails. We ask ourselves questions :

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

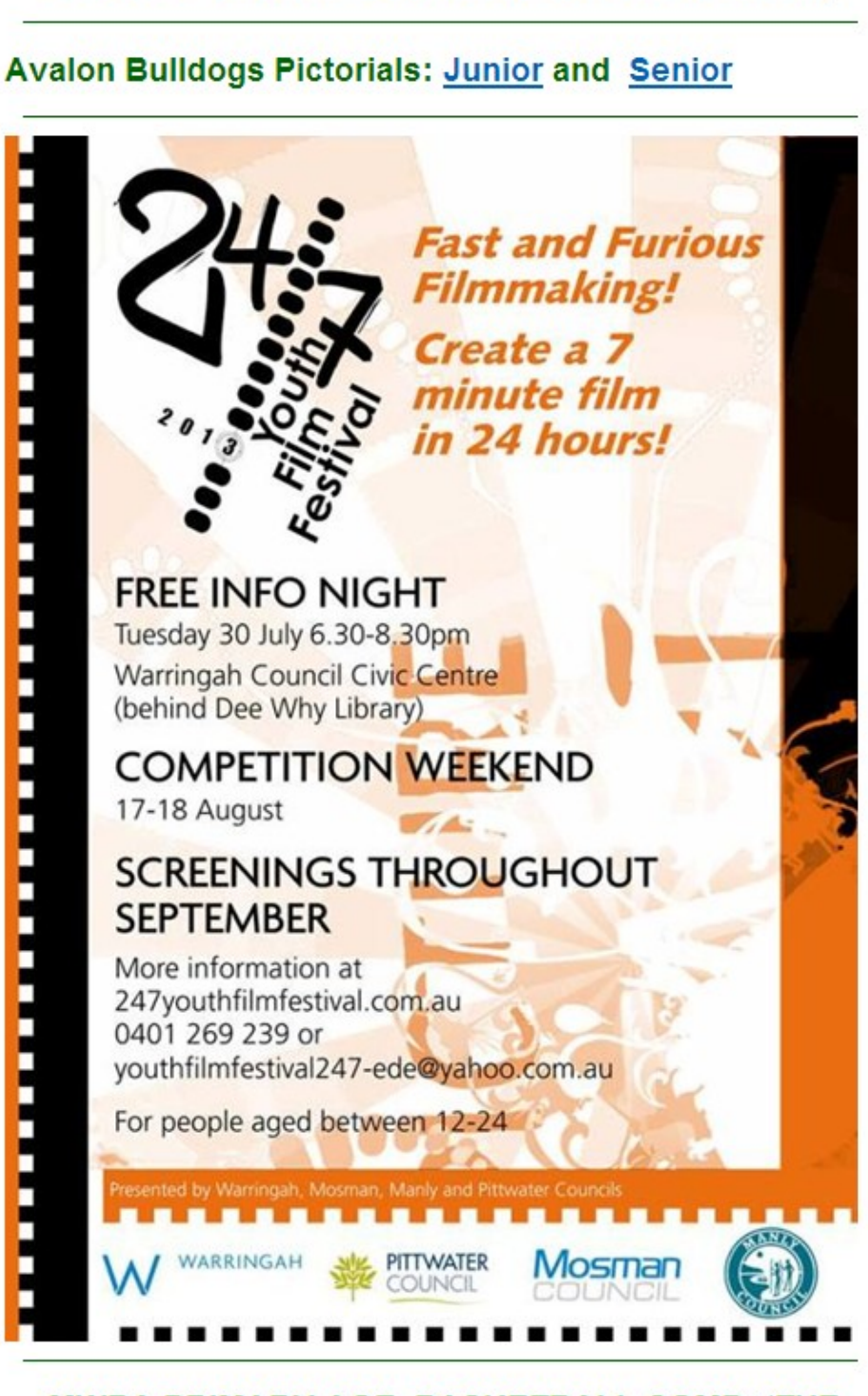
Relationship Violence: Are you or have you been: scared of someone hurting you? sexually assaulted? concerned about violence in a relationship with a friend, partner or family member? Call 1800 RESPECT (1800 737 732) or talk to a counsellor online.

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

1 - 4- U - Mona Vale Mountain Cub Scouts Profile of the Week Issue 121

Avalon Bulldogs Pictorials: Junior and Senior


24/7 Youth Film Festival 2013
Fast and Furious Filmmaking!
Create a 7 minute film in 24 hours!
FREE INFO NIGHT
Tuesday 30 July 6.30-8.30pm
Warringah Council Civic Centre
(behind Dee Why Library)
COMPETITION WEEKEND
17-18 August
SCREENINGS THROUGHOUT SEPTEMBER
More information at
247youthfilmfestival.com.au
0401 269 239 or
youthfilmfestival247-ede@yahoo.com.au
For people aged between 12-24
Presented by Warringah, Mosman, Manly and Pittwater Councils
WARRINGAH
PITTWATER COUNCIL
Mosman COUNCIL
MANLY COUNCIL

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

Sea Eagles
Basketball

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

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

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

VENUE: NBISC, Jacksons Rd, Warriewood

GAME TIMES:

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

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

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

Expert coaching plus short game $9 per session

Parental bonds survive teen angst - Media release - 22 July 2013

The stereotype of adolescence as a time of storm and strife with parents is far from accurate, according to a family trends report released today by the Australian Institute of Family Studies.

The AIFS' report Australian Families With Children and Adolescents reveals that an overwhelming 72 per cent of teenagers aged between 15 and 17 are 'highly satisfied' with their relationships with their parents.

AIFS' Director, Professor Alan Hayes said that contrary to the myth of the teenage years being accompanied by constant arguments or fighting between teenagers and parents, most young people and their parents are very happy with their relationships with each other.

"On a rating scale of zero to ten, most adolescents rank their parents at eight or above indicating high levels of satisfaction with the quality of the relationship they have with their parents," Professor Hayes said.

"So while adolescents may want more freedom, and may rail against the level of supervision and monitoring they may perceive they are being subjected to by their mothers in particular, generally parental relationships are very strong.

"While some adolescents do encounter times of strife, most in fact go on to complete the journey to adulthood in good shape with the ability to be resilient and cope with challenges and difficulties.

"We also know from other, longer-term research that adolescents with high quality relationships with their parents are progressing better than others across all aspects of life, including peer relationships and school progress."

Professor Hayes said the majority of parents were also highly satisfied with their relationships with their children.

"Mothers were particularly upbeat, with 82 per cent of mothers expressing satisfaction with their relationship with their children, compared to 71 per cent of fathers with their father-child relationship."

AIFS' Assistant Director (Research) Ms Ruth Weston, said the report also examined parents' personal relationships with their step-children, an area that appeared to be more problematic than relationships between biological parents and their adolescent children.

"This is clearly much trickier terrain and our research showed that around 42 per cent of step-mothers, were highly satisfied with their personal relationship with their step-children. Step-fathers were more likely to express high satisfaction than were step-mothers, but not nearly as likely to do so as biological parents. Fifty-seven per cent of step-fathers expressed high satisfaction with the relationship they had with their step-children," Ms Weston said.

"The feeling appears to be mutual when it comes to what step-children think of their step-parents, with both step-daughters and step-sons far from satisfied with their relationships with step-parents. Thirty-eight per cent of girls and 48 per cent of boys were highly satisfied with their relationships with step-parents.

"There are a lot of complexities in step-families. In times past, you typically became a step-parent when a biological parent died. However, these days it's more likely to come about through separation and re-partnering, so children may have one or two step-parents.

"Family relationships are also more complex than in the past. Whether a new partner is seen as a step-parent may vary not only across families but also within a family.

"These family dynamics can be especially complicated for adolescents who find themselves moving between households and having to balance these new relationships along with different household rules and approaches to parenting.

"Of course, no two families are quite the same and it is clear that the way families function is more important for everyone's well-being than the way a family is formed."

Read Australian Family Trends No. 5 Australian families with children and adolescents

Microscope an Australian first - 25 Jul 2013

A new microscope that enables scientists and industry to measure materials and structures a million times smaller than a grain of sand is now in operation at the National Measurement Institute (NMI) in Sydney.

Minister for Innovation, Industry, Science and Research, Senator Kim Carr, said that Australia's first metrological scanning probe microscope (mSPM) would open up new business opportunities for Australian industry.

"Although the microscope measures very small objects, the benefit for Australian business is substantial," Senator Carr said.

"Nanotechnology is rapidly developing and finding more and more real-life applications: think targeted drug delivery, coatings for energy efficient buildings, and lighter and longer- lasting batteries.

"Australian businesses wanting to compete in global markets, especially in the growing Asian market, will now have access to this leading-edge instrument."

The unique mSPM was designed and built to extremely exacting specifications by NMI scientists and engineers.

"The mSPM is the culmination of five years of work and will provide highly accurate nanoscale measurements, giving the Australian community confidence when decisions are made about nanotechnologies," Senator Carr said.

Measurements made by the mSPM are directly traceable to the SI unit of length, the metre. This makes them comparable with similar measurements made anywhere in the world, satisfying the principle 'once measured, accepted all over the world'.

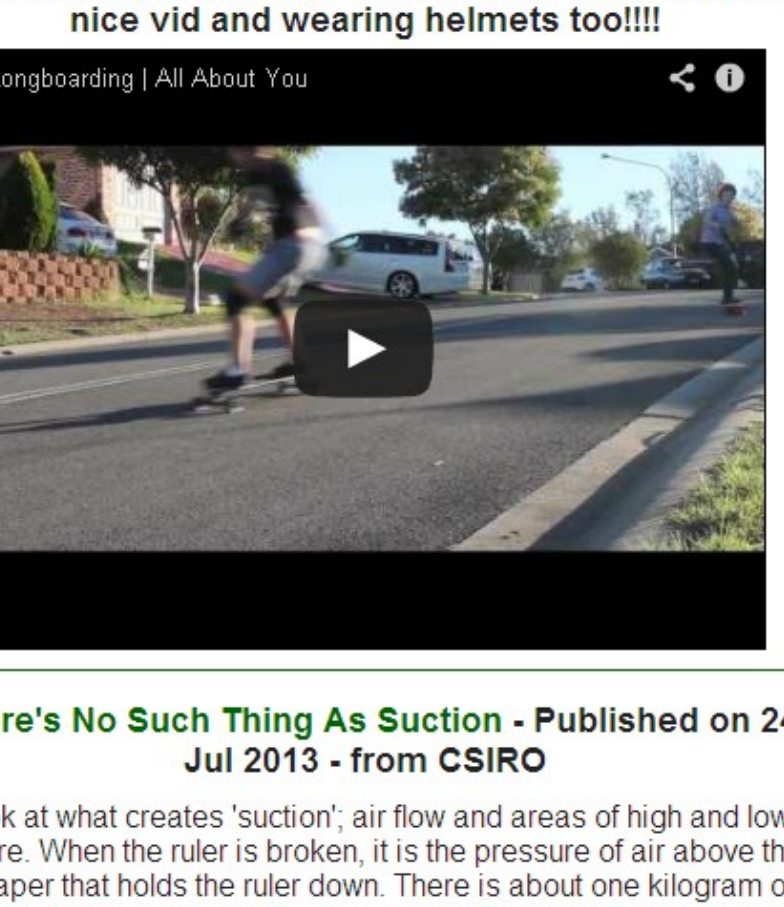
Longboarding | All About You by SydneyRoadSurfers: nice vid and wearing helmets too!!!!

Longboarding | All About You

There's No Such Thing As Suction - Published on 24 Jul 2013 - from CSIRO

We look at what creates 'suction'; air flow and areas of high and low pressure. When the ruler is broken, it is the pressure of air above the newspaper that holds the ruler down. There is about one kilogram of pressure above each square centimetre of newspaper. On a typical broadsheet this equates to around 5,000 kg pressing on the ruler.

How square centimetres do you think cover the garbage bag? If you consider that there is about one kilogram of pressure for each square centimetre of the garbage bag covering the person inside. It's not comfortable!



Facebook Privacy Changes – July 2013

To stop your personally shared details going global: place your cursor over a friend's photo that appears in their box (without clicking) and a window will open. Now move the cursor to the word "Friends", again without clicking and then on "Settings". Uncheck "Life Events" and "Comments and Like". This way your activity with your family and friends will no longer be made public.

To protect your images and/or details being used commercially, Copy and paste this text below onto your Facebook page:

Today 21st July 2013 and in response to the new Facebook guidelines and under articles L.111, 112 and 113 of the code of intellectual property, I, (insert your name), declare that my rights are attached to all my personal data, drawings, paintings, photos, texts etc... published on my profile. For commercial use of the foregoing my written consent is required at all times. Those reading this text can copy it and paste it on their Facebook wall. This will allow them to place themselves under the protection of copyright. By this release, I tell Facebook that it is strictly forbidden to disclose, copy, distribute, broadcast, or to take any other action against me on the basis of this profile and/or its contents. The actions mentioned above apply equally to employees, students, agents and/or other staff under the direction of Facebook. The contents of my profile includes private information. The violation of my privacy is punishable by the law (UCC 1 1-308 - 308 1 - 103 and the Rome Statute).

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

Bus Pass Replacement

HERE

ECO Clean Beach Initiative

ECO.
Clean Beach Initiative

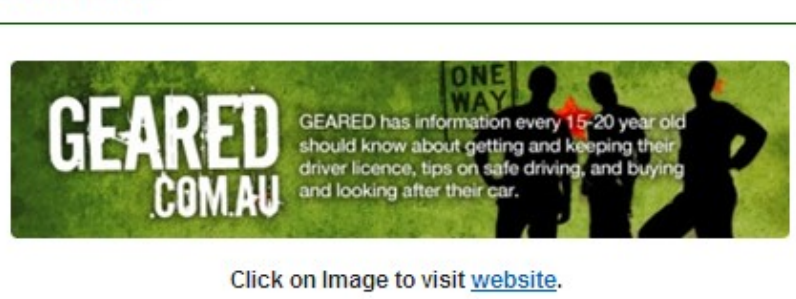
The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement! Interested? All you need to do is show us how you're contributing to our fight against marine pollution.

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

Young Endeavour – celebrating 25 years

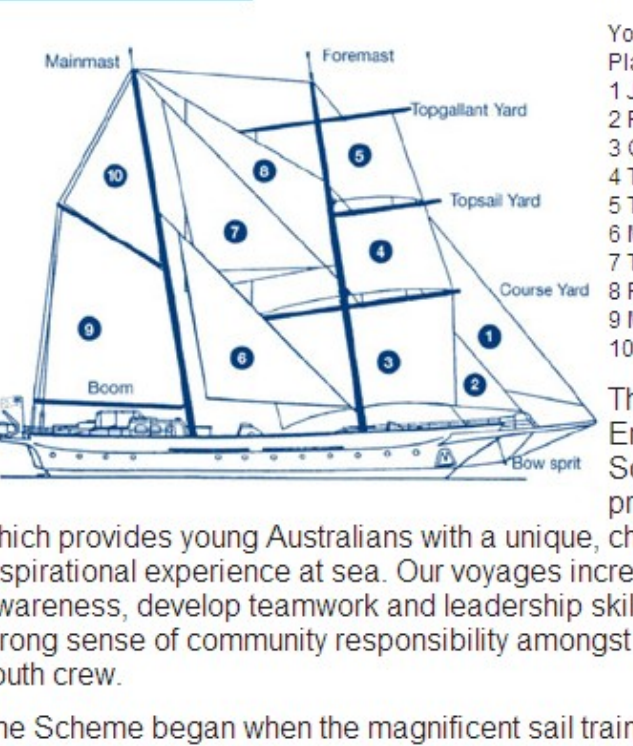
The Minister for Defence Science and Personnel, Warren Snowdon, has congratulated the Young Endeavour Youth Scheme on 25 years of youth development voyages aboard the national Sail Training Ship Young Endeavour.

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

SAIL YOUNG ENDEAVOUR

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

Click here to apply.



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

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

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

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

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

Our Values

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

Ship's History

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

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

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

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 !

National History Competition

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

How to enter

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

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

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

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

Checklist

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

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

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

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

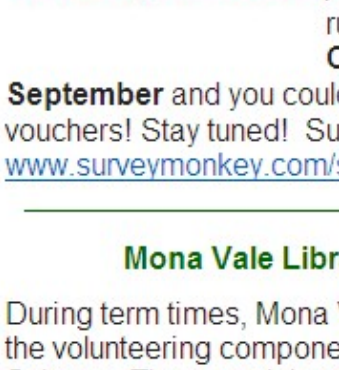
https://www.cadetnet.gov.au/anc

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

Hubble Space Telescope

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


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

BackMeUp poll - Posted 14 May 2013 by Commission

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

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

Mona Vale Library - Duke of Edinburgh Awards

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

Keep children safe online

The Easyguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here

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

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

The Project Gutenberg Library of Australiana

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

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

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

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.

CALCULATORS

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

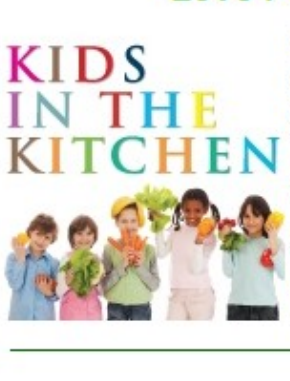
Don't follow the Guru
you are the Guru
MARLA ?
SAVE THE FORESTS

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

Love Food, Hate Waste Cookbook



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

Love food hate waste book: HERE

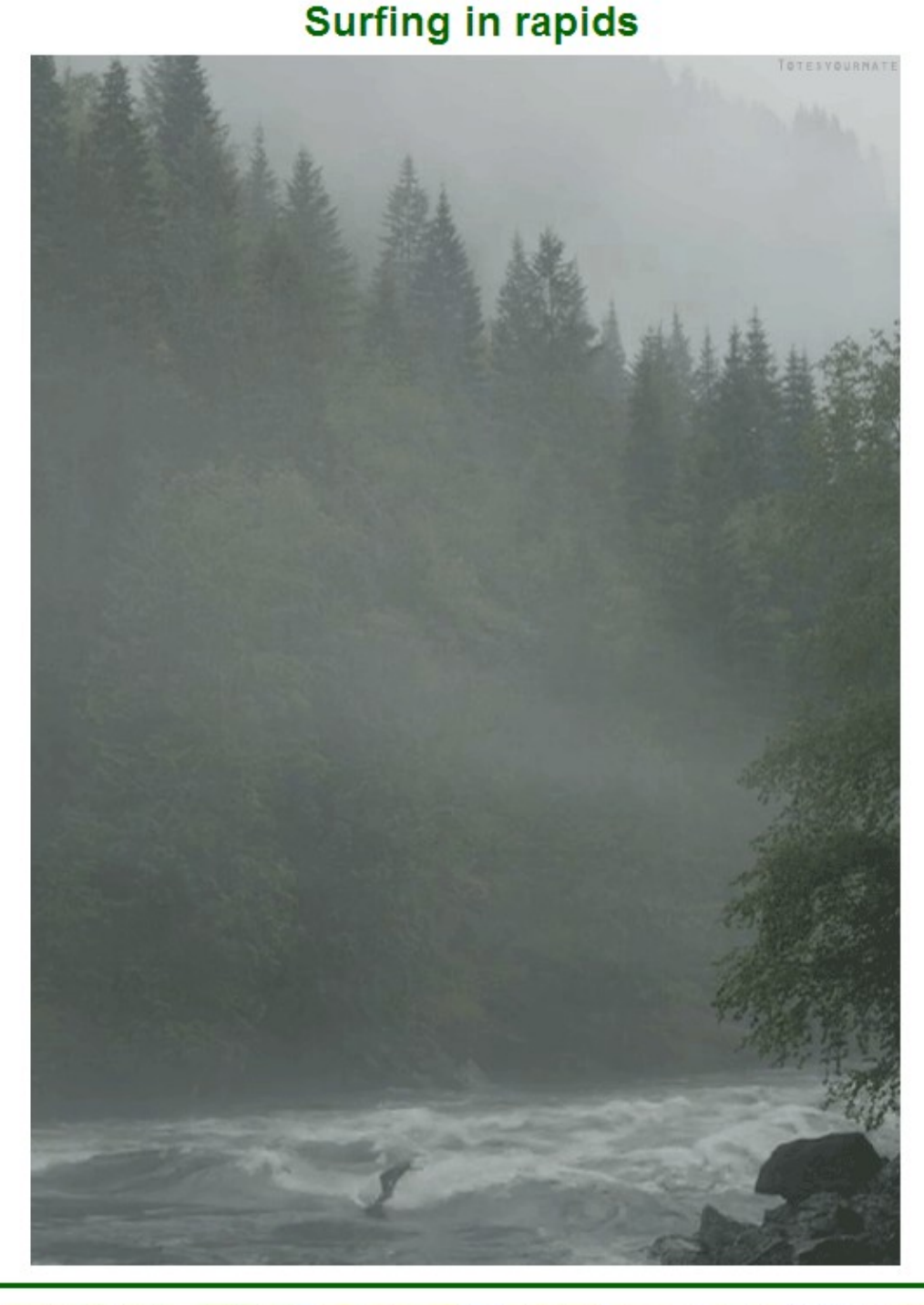
Front Page - Issue 121

100 Basketball Players - July 2013 School Holidays!

5 to 10 year old July Holiday Camp 2013

MWBA enjoyed the company of over 100 kids in the 5 to 10 year old group in the July school holiday camp. The coaches would like to congratulate the effort of all the kids who participated and hope that they had as much fun as they did.

Surfing in rapids



2012 Participants at CEC, Narrabeen.

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

Youth LEADing the World

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

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

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

Pittwater Online News

July 28 - August 3, 2013: Issue 121

City of Sydney - Modelling the Future by UNSW

Cities of the future may one day be planned using a combination of traditional architectural models and fun gaming technology. Professor Richard Goodwin and Russell Lowe, have created an installation where people can interact in real-time with both the physical and gaming model, which creates a whole new range of possibilities for urban planning.

The installation is entitled "CRYSIS IN PARASITE PARADISE: The work of Realtime Porosity Studio, 2013" and displayed at ISEA's "Running the City" exhibition at COFA. A world-first interactive replica of Sydney's CBD created with commercial gaming technology is providing a prototype for international urban planning and security.

The new computer interface, developed by Professor Richard Goodwin (College of Fine Arts) and Russell Lowe (Faculty of Built Environment) in partnership with the NSW Government's Emergency Information Coordination Unit (EICU), combines gaming technology from the commercial video game, Crysis, with traditional architectural modelling and environmental sensors.

The virtual representation of Sydney, which updates automatically in real-time, has the potential to provide urban-planners, developers and architects with previously inaccessible security and spatial data critical to Sydney's emergency response planning.

Professor Goodwin said the technology will provide an invaluable central database for the mapping of Sydney. The researchers aim to make the interface open-access with privacy settings that can be switched on and off according to the user.

"Patterns of use, mobility, and security have changed rapidly since 9/11 and this has been recognised by civic authorities, dependent industries and academics, globally," he said.

"Our research pulls together what has been a disparate soup of databases and software into one cohesive program that developers, planners and architects can access easily and inexpensively – this technology had the potential to act as the "brain of the city".

By modelling the city in the virtual world of the computer game, simulations of explosions, floods, emergencies and varying weather patterns can be modelled and analysed.

Sensor controlled avatars act as residents reacting to emergency scenarios. Their responses are then closely monitored, advancing the capability to map, test and analyse pedestrian movement in Sydney and other cities globally.

"To date no one has attempted to map the movement of people in cities using gaming technology," Mr Lowe said. "Our software offers far more comprehensive data than existing tracking devices, including CCTV or GPS."

The project is funded by a $1.3 million Australia Research Council Linkage grant and builds on Goodwin's 2003 ARC Discovery grant, Porosity, which measured security problems relating to public and private spaces in Sydney's CBD and modelled safe compromises for future building redesign.

COFA

http://www.cofa.unsw.edu.au

Built Environment:

http://www.be.unsw.edu.au/

City of Sydney - Modelling the Future

Actual Personal Ads from Florida Senior Citizens c/- W.A.G.

FOXY LADY

Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4" (used to be 5'6"), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

LONG-TERM COMMITMENT

Recent widow who has just buried fourth husband and am looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW

I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

WINNING SMILE

Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES?

I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

MEMORIES

I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION

Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

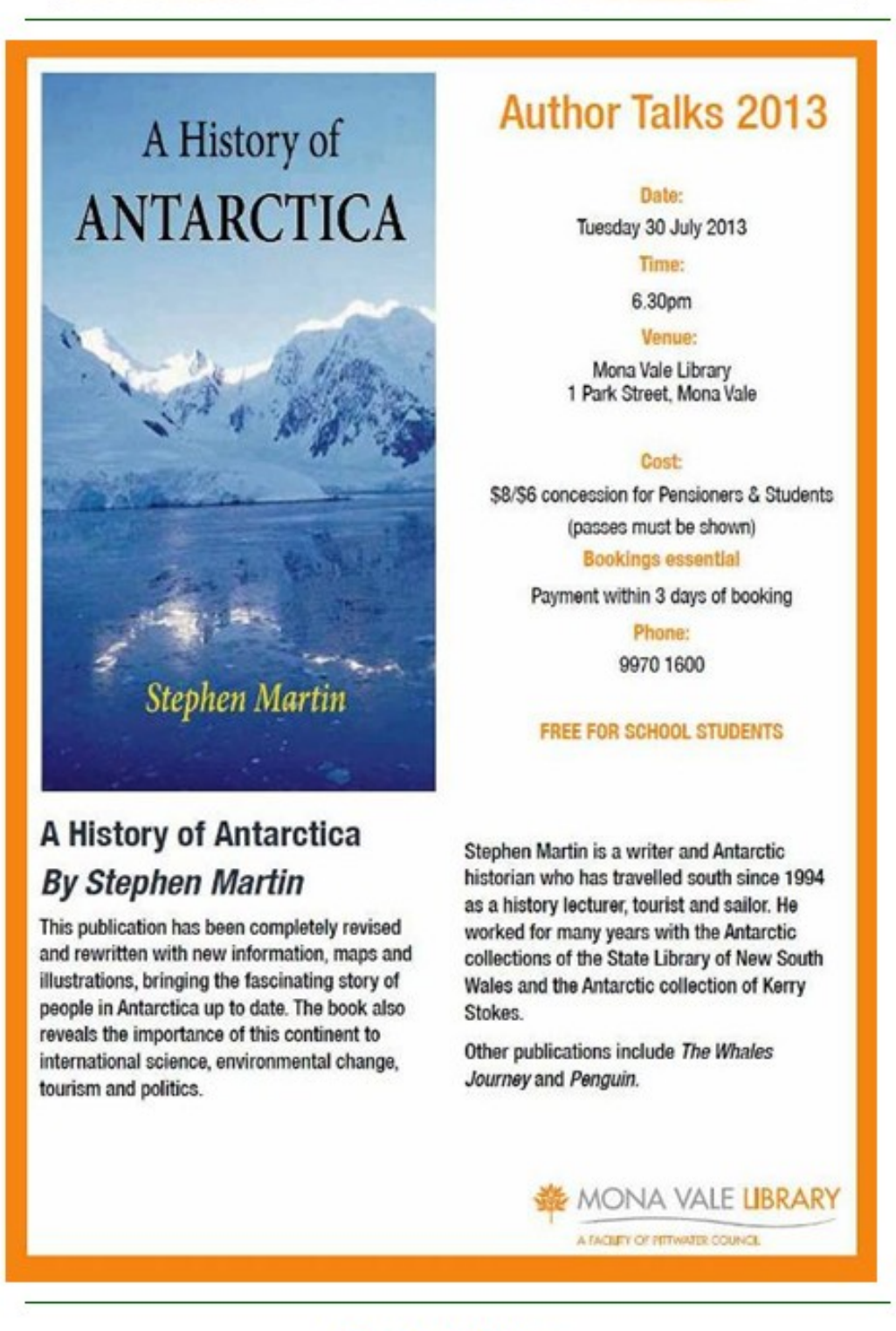
Canneries Help to Preserve Nature's Bounty. Australian Diary from Film Australia - Published on 24 Jul 2013

Made by The National Film Board 1949. Directed by Jack S Allan. A look at how Australian fruit, vegetables and meat are grown, picked and canned in factories.

Canneries Help to Preserve Nature's Bounty. Aus...

Age-Activated Attention Deficit Disorder C/ - I&J Anderson

Age-Activated Attention Deficit Disorder



A History of ANTARCTICA

Stephen Martin

Author Talks 2013

Date:
Tuesday 30 July 2013
Time:
6.30pm
Venue:
Mona Vale Library
1 Park Street, Mona Vale

Cost:
$8/$6 concession for Pensioners & Students
(passes must be shown)
Bookings essential
Payment within 3 days of booking
Phone:
9970 1600

FREE FOR SCHOOL STUDENTS

A History of Antarctica
By Stephen Martin

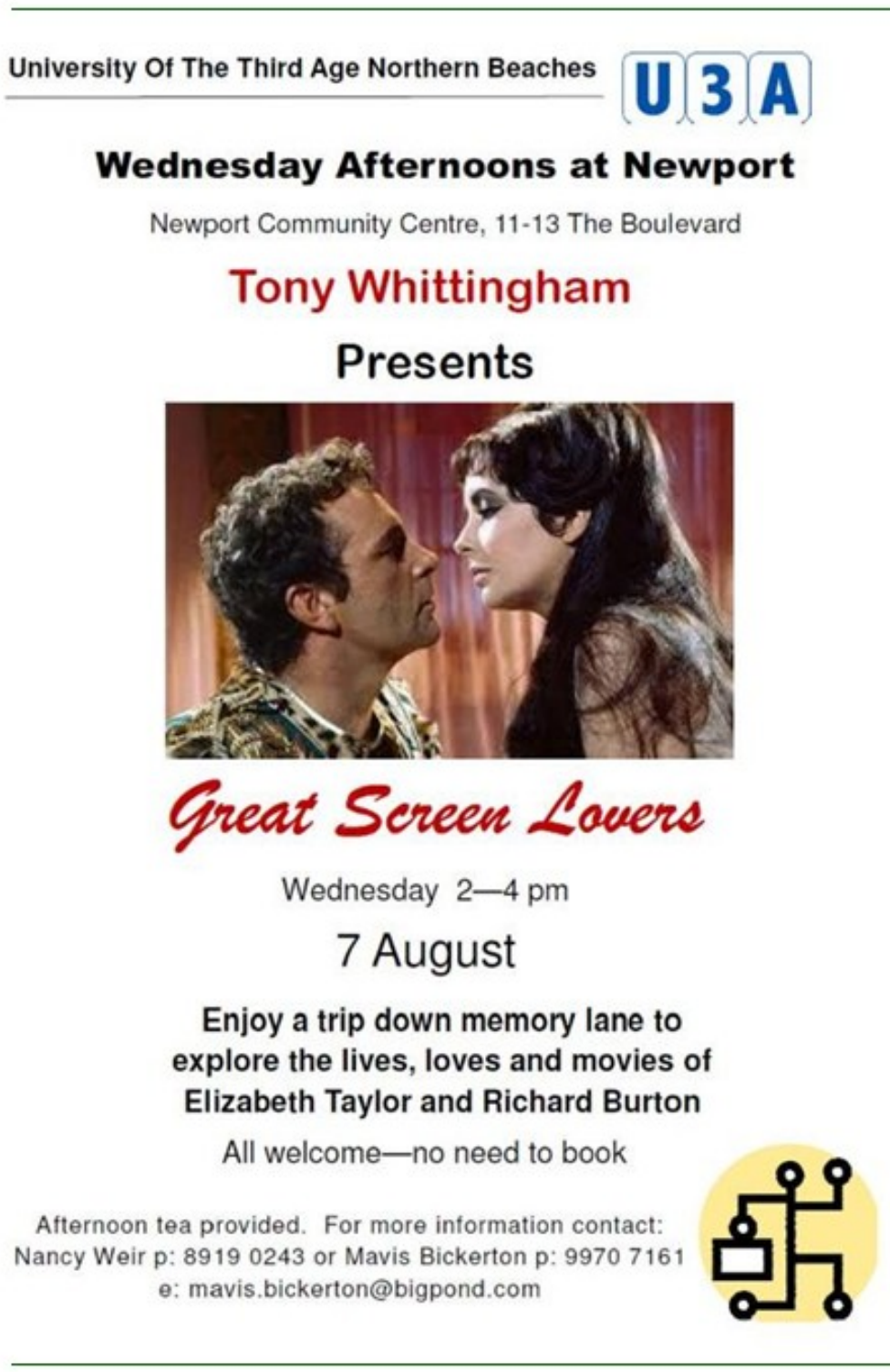
This publication has been completely revised and rewritten with new information, maps and illustrations, bringing the fascinating story of people in Antarctica up to date. The book also reveals the importance of this continent to international science, environmental change, tourism and politics.

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

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

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Grandchildren



University Of The Third Age Northern Beaches U3A

Wednesday Afternoons at Newport

Newport Community Centre, 11-13 The Boulevard

Tony Whittingham

Presents

Great Screen Lovers

Wednesday 2—4 pm

7 August

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

All welcome—no need to book

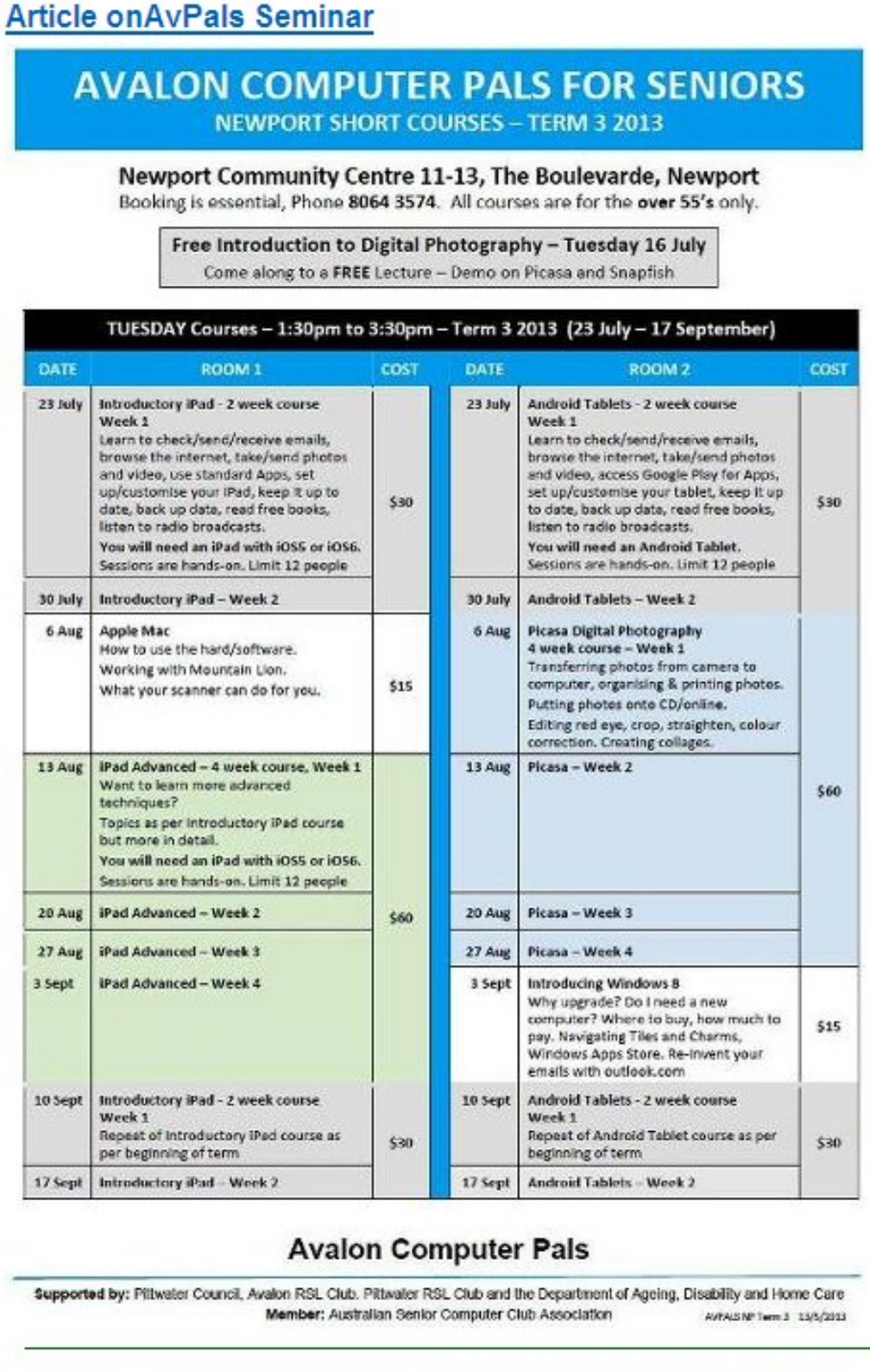
Afternoon tea provided. For more information contact:
Nancy Weir p: 8919 0243 or Mavis Bickerton p: 9970 7161
e: mavis.bickerton@bigpond.com

Avalon Computer Pals for Seniors

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

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

Article onAvPals Seminar



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

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

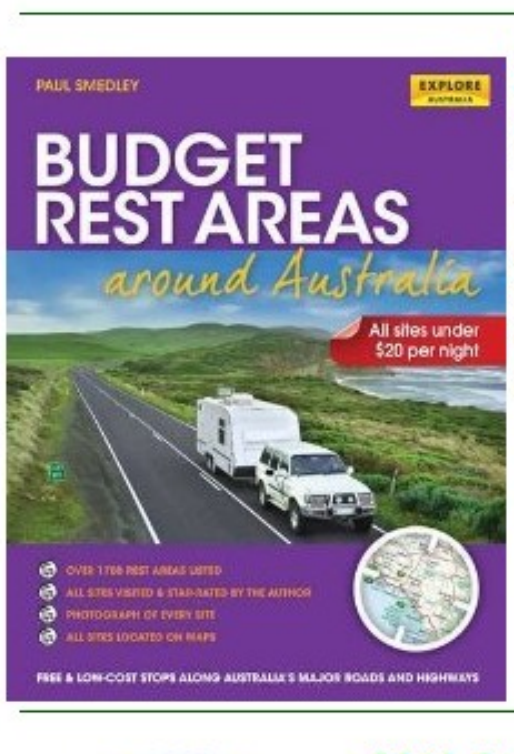
Free Introduction to Digital Photography – Tuesday 16 July
Come along to a **FREE** Lecture – Demo on Picasa and Snapfish

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

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

Avalon Computer Pals

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



Budget Rest Areas Around Australia by Paul Smedley. $39.99

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

2013 Solar Challenge – Australia

Turning up the heat - new rules & record entries

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

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

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

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

Volunteers Wanted

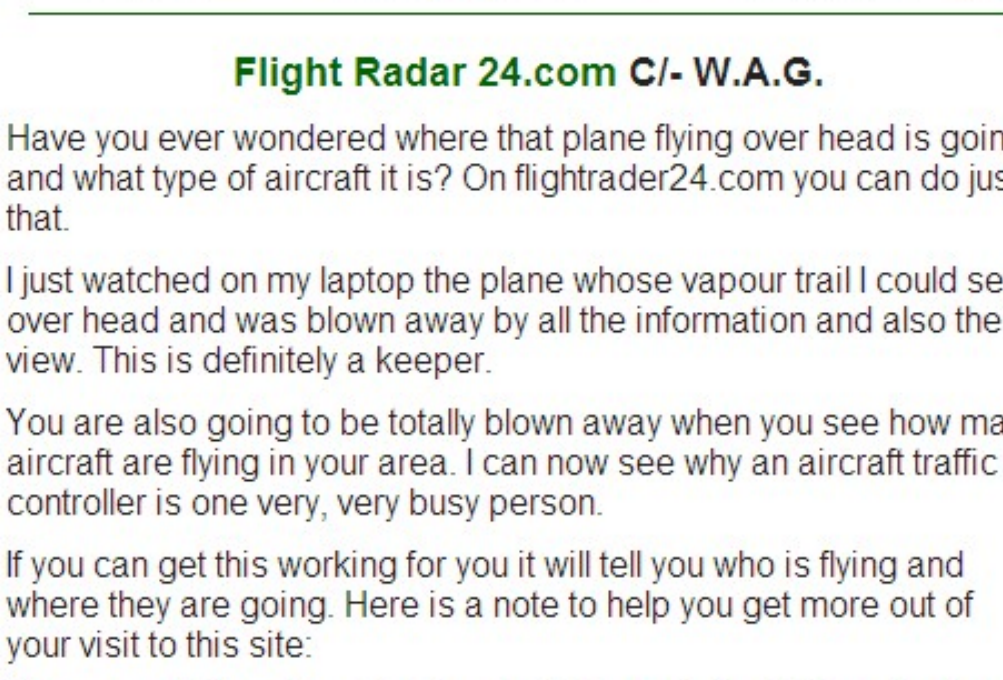
Volunteering for the World Solar Challenge is not like volunteering for any other event. Volunteers are away from home for extended periods and, at times, may not be provided with the most comfortable accommodation or favourite food. It is however a great adventure on which you will not only make new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

See volunteer stories

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

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

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



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

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

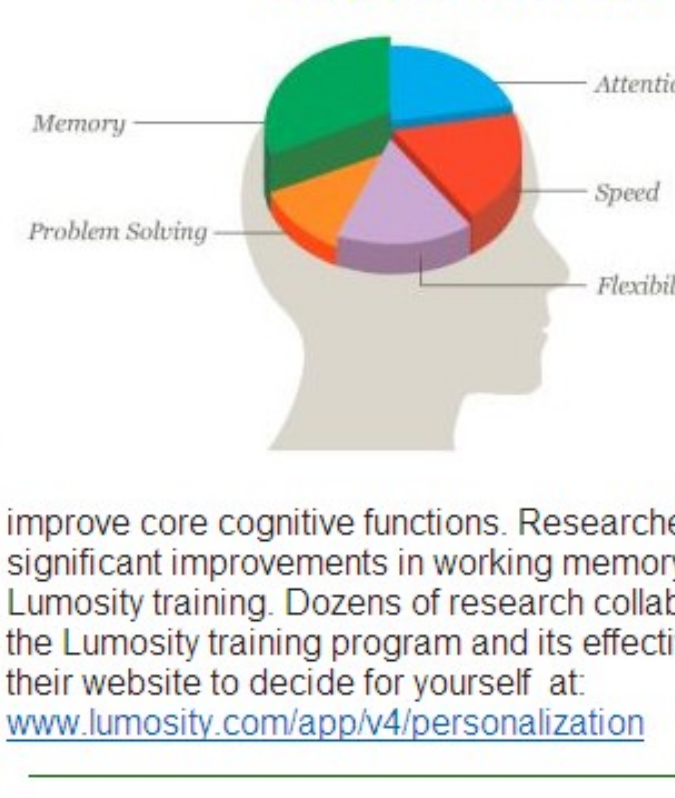
COTA NSW, through constant contact with consumers and consumer groups across the state, through the research it conducts and through partnerships with other NGOs, research bodies and universities, is also an important source of information and advice on issues and decisions that people will navigate 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.

Keep your Wits About You



A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself at: www.lumosity.com/app/v4/personalization

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

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

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

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

U3A Monthly Lectures Wednesday Afternoons at Newport

First Wednesday of the month 2 – 4pm All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre, for more information contact Nancy Weir 8919 0243 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org

Sydney Northern Beaches Woodturners Inc

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every Tuesday, Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au Website: https://sites.google.com/site/woodturner60/

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

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

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

www.seniormovers.com.au

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

Seniors Card 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

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

Copyright Pittwater Online News

New skills for more than 3,000 older Australians - 25 Jul 2013

More than 3,000 older Australians will have the opportunity to learn new skills and stay engaged with like-minded locals after $1.2 million funding was allocated to almost 100 community education courses.

The Minister for Skills and Training Brendan O'Connor today announced the funding would be distributed to adult education and community groups to run courses for people aged 60 and over.

Most of the offerings will be short courses covering a broad range of topics from health and fitness to computer skills and art courses.

"I am pleased to say that these community education courses for seniors will be offered in every state and territory and for people in metropolitan and regional areas," Mr O'Connor said.

"As well as enabling older Australians to learn new skills, many of these courses provide fresh opportunities for volunteering, further study or employment.

"This is a great example of how the Federal Labor Government recognises the crucial role of seniors and is assisting to keep older Australians engaged and active."

The funding will provide course places for 3300 senior Australians including:

computer skills for seniors in rural and remote WA with Technology for the Terrified; cycling skills for Queenslanders enrolling in Seniors on Saddles; and training to support adults living with a chronic illness through a course in South Australia.

This is the first allocation of funding under the new $4.2 million Productive Ageing through Community Education (PAtCE) program.

For further information and the full list of grant recipients visit www.innovation.gov.au/patce.

Women in Chicago in 1922 being arrested for wearing one piece bathing suits, without the required leg coverings.

Boost to neuroscience - 23 July 2013

Brain research in Australia has received a significant boost with the opening of a world-class facility - part of the Neuroscience Research Precinct.

The seven-storey, $54 million Margarete Ainsworth Building, the new home of medical research institute NeuRA (Neuroscience Research Australia), was officially opened by Federal Minister for Health and Minister for Medical Research, Tanya Plibersek, and NSW Minister for Health and Minister for Medical Research, Jillian Skinner.

"The building, with its cutting-edge laboratories, is the first stage of an internationally significant neuroscience research precinct that will employ 700 research staff," Ms Plibersek said during the opening ceremony.

Located in Randwick, the precinct links the research of the University of New South Wales (UNSW), NeuRA (an UNSW-affiliated research institute), UNSW's National Drug and Alcohol Research Centre, the Black Dog Institute and the Prince of Wales hospital campus.

The building is named in honour of major donor Margarete (Gretel) Ainsworth, businesswoman and wife of gaming magnate Len Ainsworth, in recognition of her generous $10 million gift. This is one of the largest single gifts given by a female philanthropist in Australian history.

The Federal and State Governments made significant contributions to the construction of the building, as have other philanthropic individuals and organisations.

Professor Peter Schofield, Executive Director and CEO of NeuRA, said: "This new facility will radically increase Australia's capacity to conduct world-class research into brain and nervous system diseases.

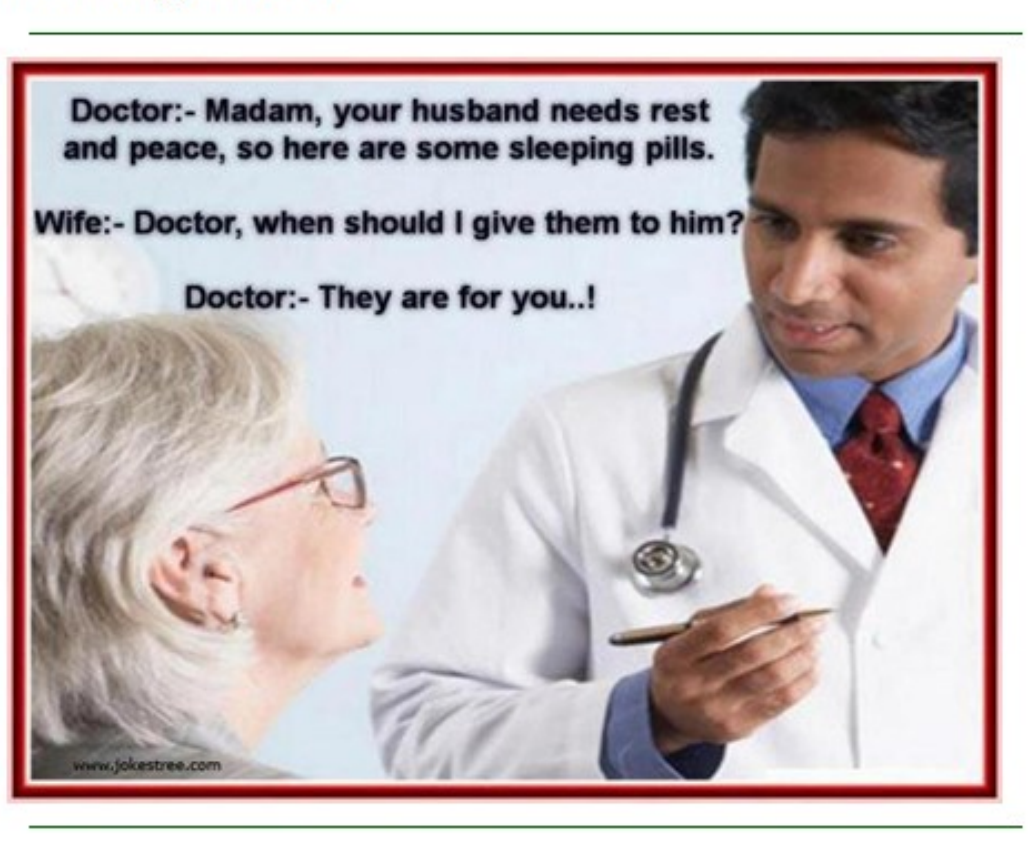
"With an ageing population there has never been a greater need for state-of-the-art facilities like these. With this building, we are bringing together the best minds in science to find cures for these conditions."

The building consists of seven levels, including two floors of wet labs and one floor of dry labs, two floors of clinical research facilities, spacious office areas, an expansive atrium entry and staff amenities. The facility is also designed to house two sophisticated MRI scanners for both clinical and research imaging.

Five levels of the building are either wholly or partially completed, with another two awaiting funding to complete the fit out.

Images: The Margarete Ainsworth Building

Ministers Plibersek and Skinner, with Margarete Ainsworth in one of the building's new labs


Doctor:- Madam, your husband needs rest and peace, so here are some sleeping pills.
Wife:- Doctor, when should I give them to him?
Doctor:- They are for you..!

Health papers published this week:

Key Molecular Pathways Leading to Alzheimer's Identified

July 24, 2013 — Key molecular pathways that ultimately lead to late-onset Alzheimer's disease, the most common form of the disorder, have been identified by researchers at Columbia University Medical Center (CUMC). The study, which used a combination of systems biology and cell biology tools, presents a new approach to Alzheimer's disease research and highlights several new potential drug targets. The paper was published today in the journal Nature.

Much of what is known about Alzheimer's comes from laboratory studies of rare, early-onset, familial (inherited) forms of the disease. "Such studies have provided important clues as to the underlying disease process, but it's unclear how these rare familial forms of Alzheimer's relate to the common form of the disease," said study leader Asa Abeliovich, MD, PhD, associate professor of pathology and cell biology and of neurology in the Taub Institute for Research on Alzheimer's Disease and the Aging Brain at CUMC. "Most important, dozens of drugs that 'work' in mouse models of familial disease have ultimately failed when tested in patients with late-onset Alzheimer's. This has driven us, and other laboratories, to pursue mechanisms of the common form of the disease."

Non-familial Alzheimer's is complex; it is thought to be caused by a combination of genetic and environmental risk factors, each having a modest effect individually. Using so-called genome-wide association studies (GWAS), prior reports have identified a handful of common genetic variants that increase the likelihood of Alzheimer's. A key goal has been to understand how such common genetic variants function to impact the likelihood of Alzheimer's.

In the current study, the CUMC researchers identified key molecular pathways that link such genetic risk factors to Alzheimer's disease. The work combined cell biology studies with systems biology tools, which are based on computational analysis of the complex network of changes in the expression of genes in the at-risk human brain.

More specifically, the researchers first focused on the single most significant genetic factor that puts people at high risk for Alzheimer's, called APOE4 (found in about a third of all individuals). People with one copy of this genetic variant have a three-fold increased risk of developing late-onset Alzheimer's, while those with two copies have a ten-fold increased risk. "In this study," said Dr. Abeliovich, "we initially asked: If we look at autopsy brain tissue from individuals at high risk for Alzheimer's, is there a consistent pattern?"

Surprisingly, even in the absence of Alzheimer's disease, brain tissue from individuals at high risk (who carried APOE4 in their genes) harbored certain changes reminiscent of those seen in full-blown Alzheimer's disease," said Dr. Abeliovich. "We therefore focused on trying to understand these changes, which seem to put people at risk. The brain changes we considered were based on 'transcriptomics' - a broad molecular survey of the expression levels of the thousands of genes expressed in brain."

Using the network analysis tools mentioned above, the researchers then identified a dozen candidate "master regulator" factors that link APOE4 to the cascade of destructive events that culminates in Alzheimer's dementia. Subsequent cell biology studies revealed that a number of these master regulators are involved in the processing and trafficking of amyloid precursor protein (APP) within brain neurons. APP gives rise to amyloid beta, the protein that accumulates in the brain cells of patients with Alzheimer's. In sum, the work ultimately connected the dots between a common genetic factor that puts individuals at high risk for Alzheimer's, APOE4, and the disease pathology.

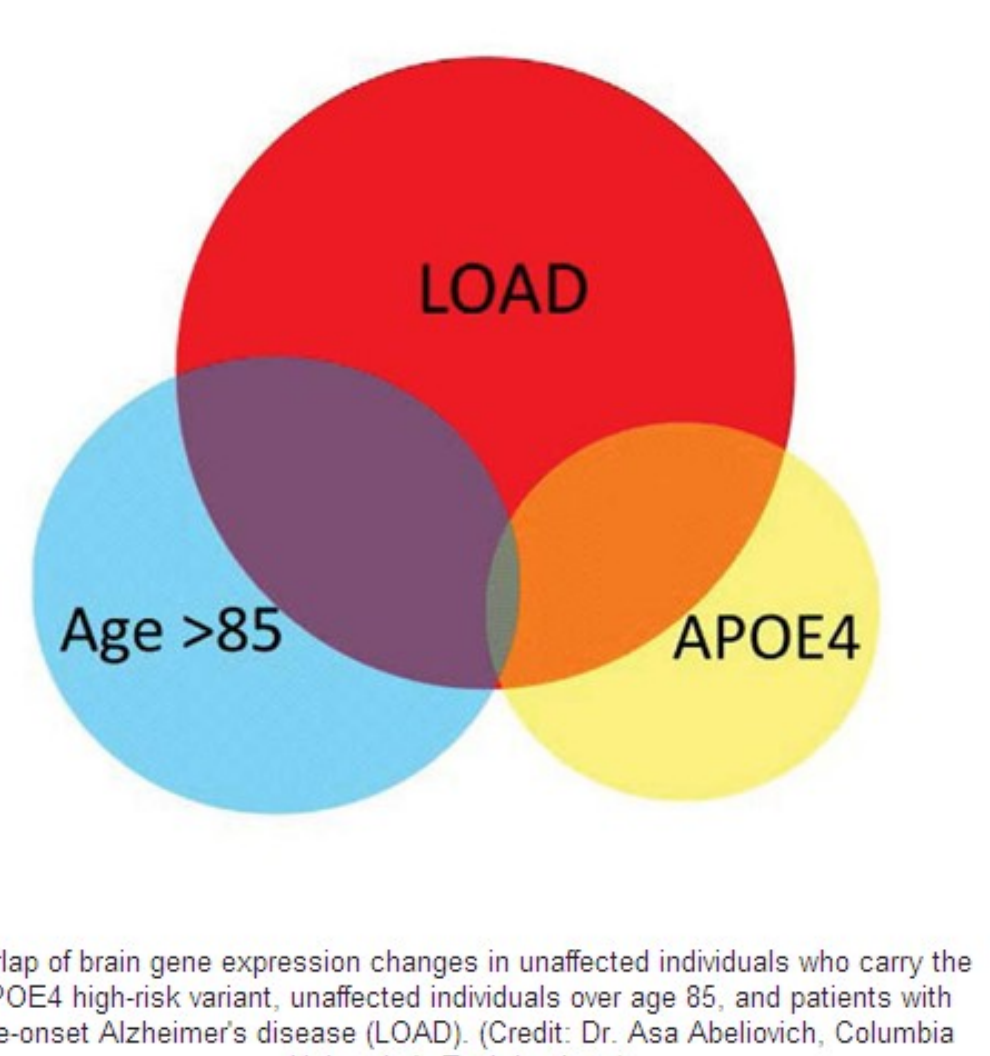
Among the candidate "master regulators" identified, the team further analyzed two genes, SV2A and RFN219. "We were particularly interested in SV2A, as it is the target of a commonly used anti-epileptic drug, levetiracetam. This suggested a therapeutic strategy. But more research is needed before we can develop clinical trials of levetiracetam for patients with signs of late-onset Alzheimer's disease."

The researchers evaluated the role of SV2A, using human-induced neurons that carry the APOE4 genetic variant. (The neurons were generated by directed conversion of skin fibroblasts from individuals at high risk for Alzheimer's, using a technology developed in the Abeliovich laboratory.) Treating neurons that harbor the APOE4 at-risk genetic variant with levetiracetam (which inhibits SV2A) led to reduced production of amyloid beta. The study also showed that RFN219 appears to play a role in APP-processing in cells with the APOE4 variant.

"Our findings suggest that both SV2A and RFN219 are candidate drug targets," said Dr. Abeliovich. "What's exciting to us is that these approaches may play a role in the development of drugs for the common non-familial form of Alzheimer's disease. This has been an enormous challenge."

The paper is titled, "Integrative genomics identifies APOE ε4 effectors in Alzheimer's disease." The other contributors are all members of CUMC's Taub Institute for Research on Alzheimer's Disease and the Aging Brain: Herve Rhinn, Ryousuke Fujita, Liang Qiang, Rong Chen, and Joseph H. Lee. Dr. Lee is also a member of CUMC's Gertrude H. Sergievsky Center.

Herve Rhinn, Ryousuke Fujita, Liang Qiang, Rong Cheng, Joseph H. Lee, Asa Abeliovich. **Integrative genomics identifies APOE ε4 effectors in Alzheimer's disease** Nature, 2013; DOI: 10.1038/nature12415



Overlap of brain gene expression changes in unaffected individuals who carry the APOE4 high-risk variant, unaffected individuals over age 85, and patients with late-onset Alzheimer's disease (LOAD). (Credit: Dr. Asa Abeliovich, Columbia University's Taub Institute)

Failure to Destroy Toxic Protein - Not Buildup of Protein Itself - Contributes to Huntington's Disease

July 21, 2013 — Recycling is not only good for the environment, it's good for the brain. A study using rat cells indicates that quickly clearing out defective proteins in the brain may prevent loss of brain cells.

Results of a study in Nature Chemical Biology suggest that the speed at which damaged proteins are cleared from neurons may affect cell survival and may explain why some cells are targeted for death in neurodegenerative disorders. The research was supported by the National Institute of Neurological Disorders and Stroke (NINDS), part of the National Institutes of Health.

One of the mysteries surrounding neurodegenerative diseases is why some nerve cells are marked for destruction whereas their neighbors are spared. It is especially puzzling because the protein thought to be responsible for cell death is found throughout the brain in many of these diseases, yet only certain brain areas or cell types are affected.

In Huntington's disease and many other neurodegenerative disorders, proteins that are misfolded (have abnormal shapes), accumulate inside and around neurons and are thought to damage and kill nearby brain cells. Normally, cells sense the presence of malformed proteins and clear them away before they do any damage. This is regulated by a process called proteostasis, which the cell uses to control protein levels and quality.

In the study, Andrey S. Tsvetkov and his colleagues from the University of California, San Francisco (UCSF) and Duke University, Durham, N.C., showed that differences in the rate of proteostasis may be the clue to understanding why certain nerve cells die in Huntington's, a genetic brain disorder that leads to uncontrolled movements and death.

To measure how quickly proteins are cleared away from cells, the researchers developed a new technique called optical pulse-labeling, allowing them to follow specific proteins in individual living cells. To test the technique, they grew brain cells in a dish and turned on Dendra2, a photoswitchable protein that glows from green to red after being hit by a specific type of light. Both the red and green glow can be followed until the protein is cleared from the cell. In this way, the researchers could track the lifetime of newly produced Dendra2 (which glows green) and older, photoswitched Dendra2 (which glows red) until the protein was cleared away from the cell.

"Before this new technique, there was no way to look at individual neurons and their capacity to handle proteins. This method provides a real-time readout of how fast proteins are turned over in neurons and gives us a look at some of the mechanisms involved," said Margaret Sutherland, Ph.D., program director at NINDS.

The researchers followed Dendra2 in a set of striatal neurons, which they obtained from rats. The striatum (where striatal neurons are located) is a brain region involved in a number of brain functions including planning movements and is most heavily affected in Huntington's disease. They discovered that the mean lifetime of the protein (how long it remained in the cell) varied three- to fourfold, suggesting that rates of proteostasis were different among individual neurons. In other words, some cells may process an identical protein much slower than others.

Then, the researchers investigated how cells deal with different forms of huntingtin, the protein involved in Huntington's. They fused Dendra2 on the end of a normal or mutant version of huntingtin to track how long the protein remained in cells. The mutant version of huntingtin is longer, and contains three building blocks of the protein repeated an abnormal number of times. These repeats in huntingtin are what cause it to misfold, eventually leading to neuron death and the symptoms of the disease. As predicted, in their experiments, the mutant form of huntingtin caused more rat cells to die than did the normal form of the protein.

The researchers found that the amount of time the mutant protein remained in the cell predicted neuronal survival: shorter mean lifetimes of mutant huntingtin were associated with longer neuronal survival. A shorter mean lifetime indicates that a protein does not remain in the cell for a long time, and that proteostasis is working effectively to clear it away. This suggests that improving proteostasis in Huntington's brains may improve neuronal survival.

To test this idea, the researchers activated Nrf2, a protein known to regulate protein processing. When Nrf2 was turned on, the mean lifetime of huntingtin was shortened, and the neuron lived longer.

"Nrf2 seems like a potentially exciting therapeutic target. It is profoundly neuroprotective in our Huntington's model and it accelerates the clearance of mutant huntingtin," said Dr. Steven Finkbeiner, senior author of the paper.

Although both striatal and cortical neurons are affected by mutant huntingtin, striatal neurons are more susceptible to cell death. The investigators found that striatal neurons were not as effective as cortical neurons in recognizing and clearing away the mutant protein.

"One surprising finding from these experiments was the significance of single cells' ability to clear mutant huntingtin. It turned out that this ability largely predicted their susceptibility, whether that neuron came from the most vulnerable region of the brain - the striatum, or the cortex, which is less vulnerable," said Dr. Finkbeiner. The findings indicate that the toxicity of the damaged proteins may cause neurodegeneration by interfering with the proteostasis system, affecting how quickly they are cleared from neurons.

"The results should remind us that focusing on the disease-causing proteins is only one side of the coin. To understand why some cells die and others are spared, we may need to recognize that there are major, largely unrecognized cell-specific differences in the ways that various types of neurons recognize and dispose of disease-causing proteins," continued Dr. Finkbeiner.

The researchers explored potential mechanisms behind differences in proteostasis. One way that cells normally get rid of proteins is through autophagy - a process in which proteins are packed up into spheres and then broken down. Results in this paper suggested that neurons increased the rate of autophagy when they sensed that the mutant form of huntingtin was accumulating, indicating the autophagy system may be a drug target.

"These findings provide evidence that our brains have powerful coping mechanisms to deal with disease-causing proteins. The fact that some of these diseases don't cause symptoms we can detect until the fourth or fifth decade of life, even when the gene has been present since birth, suggests that those mechanisms are pretty good," said Dr. Finkbeiner.

Future research is needed to determine why coping mechanisms fail as brain cells age and how neurons in the healthy brain keep the proteostasis system functioning.

"New research methods that help us understand how individual neurons function will increase our understanding of central nervous system disorders and help identify new treatments. It is critical to continue working on the methods such as those described in this paper," said Dr. Sutherland.

Andrey S Tsvetkov, Montserrat Arrasate, Sami Barmada, D Michael Ando, Punita Sharma, Benjamin A Shaby, Steven Finkbeiner. **Proteostasis of polyglutamine varies among neurons and predicts neurodegeneration.** Nature Chemical Biology, 2013; DOI: 10.1038/nchembio.1308

Potential Cause of Parkinson's Disease Points to New Therapeutic Strategy

July 24, 2013 — Biologists at The Scripps Research Institute (TSRI) have made a significant discovery that could lead to a new therapeutic strategy for Parkinson's disease.

The findings, recently **published online ahead of print** in the journal *Molecular and Cell Biology*, focus on an enzyme known as parkin, whose absence causes an early-onset form of Parkinson's disease. Precisely how the loss of this enzyme leads to the deaths of neurons has been unclear. But the TSRI researchers showed that parkin's loss sharply reduces the level of another protein that normally helps protect neurons from stress.

"We now have a good model for how parkin loss can lead to the deaths of neurons under stress," said TSRI Professor Steven I. Reed, who was senior author of the new study. "This also suggests a therapeutic strategy that might work against Parkinson's and other neurodegenerative diseases."

Genetic Clues

Parkinson's is the world's second-most common neurodegenerative disease, affecting about one million people in the United States alone. The disease is usually diagnosed after the appearance of the characteristic motor symptoms, which include tremor, muscle rigidity and slowness of movements. These symptoms are caused by the loss of neurons in the substantia nigra, a brain region that normally supplies the neurotransmitter dopamine to other regions that regulate muscle movements.

Most cases of Parkinson's are considered "sporadic" and are thought to be caused by a variable mix of factors including advanced age, subtle genetic influences, chronic neuroinflammation and exposure to pesticides and other toxins. But between 5 and 15 percent of cases arise specifically from inherited gene mutations. Among these, mutations to the parkin gene are relatively common. Patients who have no functional parkin gene typically develop Parkinson's-like symptoms before age 40.

Parkin belongs to a family of enzymes called ubiquitin ligases, whose main function is to regulate the levels of other proteins. They do so principally by "tagging" their protein targets with ubiquitin molecules, thus marking them for disposal by roving protein-breakers in cells known as proteasomes. Because parkin is a ubiquitin ligase, researchers have assumed that its absence allows some other protein or proteins to evade proteasomal destruction and thus accumulate abnormally and harm neurons. But since 1998, when parkin mutations were first identified as a cause of early-onset Parkinson's, consensus about the identity of this protein culprit has been elusive.

"There have been a lot of theories, but no one has come up with a truly satisfactory answer," Reed said.

Oxidative Stress

In 2005, Reed and his postdoctoral research associate (and wife) Susanna Ekholm-Reed decided to investigate a report that parkin associates with another ubiquitin ligase known as Fbw7. "We soon discovered that parkin regulates Fbw7 levels by tagging it with ubiquitin and thus targeting it for degradation by the proteasome," said Ekholm-Reed.

Loss of parkin, they found, leads to rises in Fbw7 levels, specifically for a form of the protein known as Fbw7β. The scientists observed these elevated levels of Fbw7β in embryonic mouse neurons from which parkin had been deleted, in transgenic mice that were born without the parkin gene, and even in autopsied brain tissue from Parkinson's patients who had parkin mutations.

Subsequent experiments showed that when neurons are exposed to harmful molecules known as reactive oxygen species, parkin appears to work harder at tagging Fbw7β for destruction, so that Fbw7β levels fall. Without the parkin-driven decrease in Fbw7β levels, the neurons become more sensitive to this "oxidative stress" - so that more of them undergo a programmed self-destruction called apoptosis. Oxidative stress, to which dopamine-producing substantia nigra neurons may be particularly vulnerable, has long been considered a likely contributor to Parkinson's.

"We realized that there must be a downstream target of Fbw7β that's important for neuronal survival during oxidative stress," said Ekholm-Reed.

A New Neuroprotective Strategy

The research slowed for a period due to a lack of funding. But then, in 2011, came a breakthrough. Other researchers who were investigating Fbw7's role in cancer reported that it normally tags a cell-survival protein called Mcl-1 for destruction. The loss of Fbw7 leads to rises in Mcl-1, which in turn makes cells more resistant to apoptosis. "We were very excited about that finding," said Ekholm-Reed. The TSRI lab's experiments quickly confirmed the chain of events in neurons: parkin keeps levels of Fbw7β under control, and Fbw7β keeps levels of Mcl-1 under control. Full silencing of Mcl-1 leaves neurons extremely sensitive to oxidative stress.

Members of the team suspect that this is the principal explanation for how parkin mutations lead to Parkinson's disease. But perhaps more importantly, they believe that their discovery points to a broad new "neuroprotective" strategy: reducing the Fbw7β-mediated destruction of Mcl-1 in neurons, which should make neurons more resistant to oxidative and other stresses.

"If we can find a way to inhibit Fbw7β in a way that specifically raises Mcl-1 levels, we might be able to prevent the progressive neuronal loss that's seen not only in Parkinson's but also in other major neurological diseases, such as Huntington's disease and ALS [amyotrophic lateral sclerosis]," said Reed.

Finding such an Mcl-1-boosting compound, he added, is now a major focus of his laboratory's work.

S. Ekholm-Reed, M. S. Goldberg, M. G. Schlossmacher, S. I. Reed. **Parkin-Dependent Degradation of the F-box protein Fbw7β Promotes Neuronal Survival in response to oxidative stress by Stabilizing Mcl-1..** Molecular and Cellular Biology, 2013; DOI: 10.1128/MCB.00535-13

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.

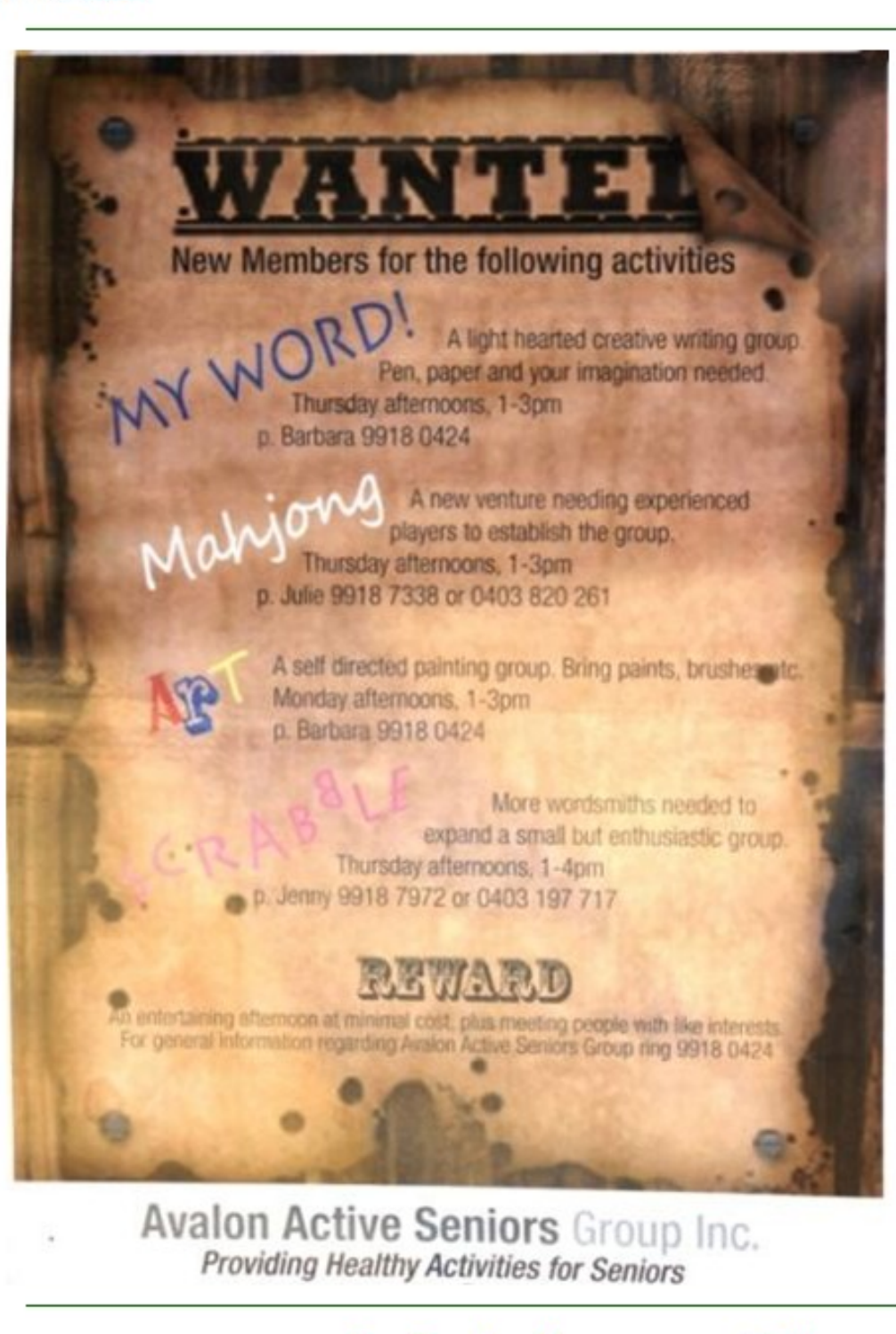
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

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

The Senior Newspaper Online HERE

Media Releases concerning Seniors this week from **National Seniors Australia**

With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.

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

Pittwater Online News

July 28 - August 3, 2013: Issue 121

Climate science boost with tropical aerosols profile- 25 July 2013

The seasonal influence of aerosols on Australia's tropical climate can now be included in climate models following completion of the first long-term study of fine smoke particles generated by burning of the savanna open woodland and grassland. Australia's biomass burning emissions comprise about eight per cent of the global total, ranking third by continent behind Africa (48 per cent) and South America (27 per cent).

Lead researcher, CSIRO's Dr Ross Mitchell, said fine particles generated by burning of the tropical savanna of Northern Australia are a globally significant aerosol source, with impacts on regional climate and air quality.

"Aerosols play a very important role in modulating climate, yet the knowledge of perhaps the most basic piece of information - the seasonal climatology - remains undetermined for many aerosol producing regions.

"Our latest research defines the aerosol climatology of the Australian savanna - by combining observations from CSIRO and the Bureau of Meteorology monitoring stations across northern Australia, spanning 12-14 years.

"This foundation stone of the aerosol cycle allows hard-nosed testing and development of the aerosol modules used within global climate models," Dr Mitchell said.

The paper was published in the 3 July print edition of *Geophysical Research Letters*.

Burning is widespread during the May to October dry season, with approximately 30 per cent by area of the savanna regions lying within Western Australia and the Northern Territory being burnt each season. Similar seasonal burning also takes place in the savanna regions of Queensland. The majority of burning is carried out deliberately in order to reduce woody undergrowth and promote subsequent grass growth for grazing, although fires also occur naturally through lightning strikes.

The new monthly climatology shows the expected rise in emissions during the late dry season - when most burning takes place – to a peak in October, with clear evidence of dominant fine-particle smoke emission.

The measurements were carried out at three widely-separated stations across northern Australia.

"It was expected that there would be a lot of variation between the stations due to differences in the timing and intensity of fires, combined with separations of up to 800 kilometres.

"You expect to see a relationship between the measurements if you average them over time, say a month, as the day to day variations are smoothed out and the 'seasonal' factors of fuel flammability and meteorology take over. The measurements indeed confirm this.

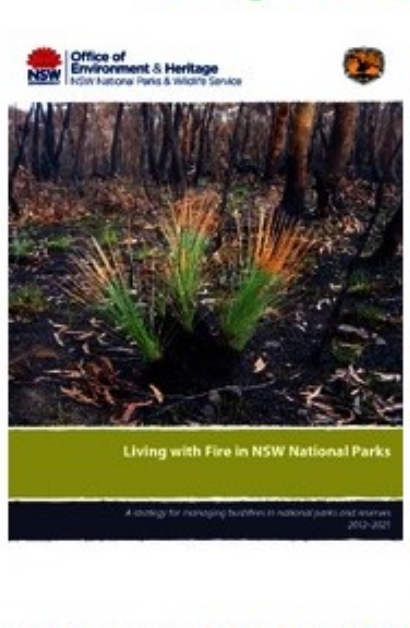
"Surprisingly, the relationship remains high even for periods as short as five days. This tells us something unexpected about the combustion and transport of the smoke that needs to be captured by fire models. It also tells us that having just one seasonal cycle for the entire Australian savanna might be enough – simplifying the task of properly representing this aerosol in climate models," Dr Mitchell said.

This research connects with the carbon cycle work of Dr Vanessa Haverd and her team, who recently showed that lack of adequate fire modelling in the Australian savanna contributes very large uncertainty to the regional and national carbon budget.

Dr Mitchell anticipates that the results of the paper will be used to guide development of a fire model for this region.

The research was supported by the Australian Government's Climate Change Science Program, the US Department of Energy, and Bureau of Meteorology observers. Picture: Deploying a deep ocean mooring system in the Indian Ocean

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.

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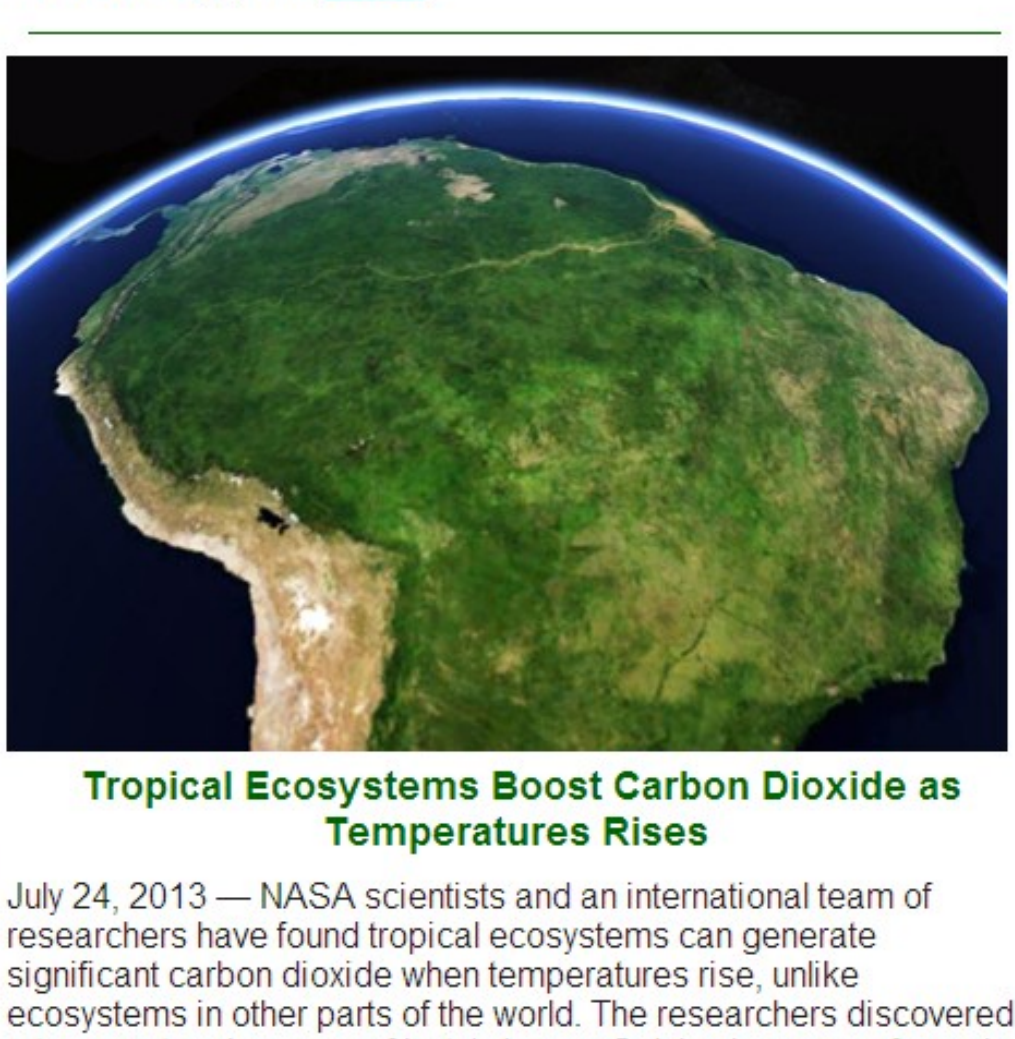


Tropical Ecosystems Boost Carbon Dioxide as Temperatures Rises

July 24, 2013 — NASA scientists and an international team of researchers have found tropical ecosystems can generate significant carbon dioxide when temperatures rise, unlike ecosystems in other parts of the world. The researchers discovered a temperature increase of just 1 degree Celsius in near-surface air temperatures in the tropics leads to an average annual growth rate of atmospheric carbon dioxide equivalent to one-third of the annual global emissions from combustion of fossil fuels and deforestation combined. In tropical ecosystems carbon uptake is reduced at higher temperatures. This finding provides scientists with a key diagnostic tool to better understand the global carbon cycle.

"What we learned is that in spite of droughts, floods, volcano eruptions, El Niño and other events, the Earth system has been remarkably consistent in regulating the year-to-year variations in atmospheric carbon dioxide levels," said Weile Wang, a research scientist at NASA's Ames Research Center in Moffett Field, Calif., and lead author of a paper published Wednesday, July 24, in the Proceedings of the National Academy of Sciences.

The study provides support for the "carbon-climate feedback" hypothesis proposed by many scientists. This hypothesis asserts a warming climate will lead to accelerated carbon dioxide growth in the atmosphere from vegetation and soils. Multiple Earth system processes, such as droughts and floods, also contribute to changes in the atmospheric carbon dioxide growth rate. The new finding demonstrates observed temperature changes are a more important factor than rainfall changes in the tropics.

The team used a state-of-the-art, high-performance computing and data access facility called NASA Earth Exchange (NEX) at Ames to investigate the mechanisms underlying the relationship between carbon dioxide levels and increased temperatures. The NEX facility allowed scientists to analyze widely available data of atmospheric carbon dioxide concentrations and global air temperatures between 1959 and 2011, while studying outputs from several global dynamic vegetation models.

"Climate warming is what we know with certainty will happen under climate change in the tropics,," said Josep G. Canadell, **executive director of the Global Carbon Project in Canberra, Australia, and co-author on the paper. This implies that the release of carbon dioxide from the tropical ecosystems will very likely be accelerated with future warming.**

Events that can temporarily influence climate, such as volcanic eruptions, may disturb the strength of the relationship between annual temperature and carbon dioxide growth for a few years, but the coupling always recovers after such events.

"The study really highlights the importance of long-term Earth observations for improving our understanding of the Earth system," said Rama Nemani, principal scientist at Ames for the NEX project." Conclusions drawn from analysis of shorter records could be misleading."

Weile Wang, Philippe Ciais, Ramakrishna R. Nemani, Josep G. Canadell, Shilong Piao, Stephen Sitch, Michael A. White, Hirofumi Hashimoto, Cristina Milesi, and Ranga B. Myneni. **Variations in atmospheric CO2 growth rates coupled with tropical temperature.** Proceedings of the National Academy of Sciences, 2013; DOI: 10.1073/pnas.1219683110

Above image was made with the satellite instrument MODIS (or Moderate Resolution Imaging Spectroradiometer) data. It is a key instrument aboard the Terra (EOS AM) and Aqua (EOS PM) satellites. (Credit: Weile Wang)

Australia takes global leadership on whale research - 24th July 2013 Joint press release

Australia's global leadership in whale conservation has been consolidated today with an extra $6 million in federal funding to build on our non-lethal whale research program, which remains the largest program in the world.

The funding will support new research, including an Antarctic blue whale research voyage in 2014/15 to examine their post-exploitation recovery and explain their important role in the Southern Ocean ecosystem.

Federal Minister for the Environment Mark Butler said the funding would be provided over two years under the International Whales and Marine Mammal Conservation Initiative which underpins a broader commitment to the conservation and protection of the ocean's giants.

"This funding supports the comprehensive reform agenda Australia has taken to the International Whaling Commission and sends a clear message to the world about Australia's determination to ensure whale research is conducted through non-lethal means," Mr Butler said.

Member for Franklin, Julie Collins said Australia's world-leading whale research effort is spearheaded by the Tasmanian based Australian Marine Mammal Centre in Tasmania and additional funding is being provided to the Centre as part of this initiative.

"An additional $1 million will be available through the Tasmanian based Australian Marine Mammal Centre as grants to further research into the conservation of Australian marine mammals," Ms Collins said.

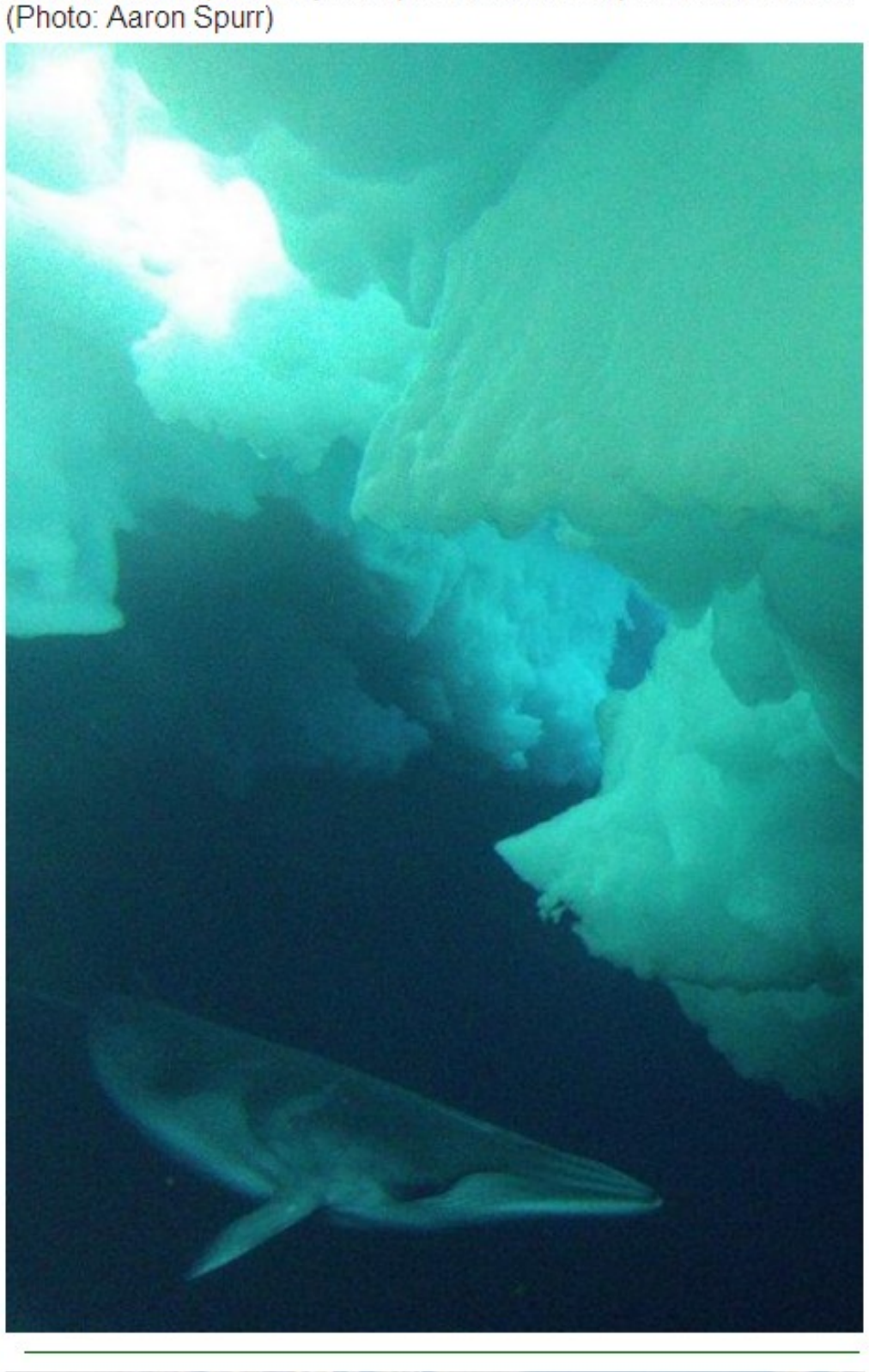
"Our researchers will also lead a voyage to the Antarctic which will study the recovery of Antarctic blue whales which were nearly hunted to extinction earlier last century."

Mr Butler said that the excellent work carried out under the Australian-initiated Southern Ocean Research Partnership had delivered huge dividends which will contribute markedly to the international scientific community's understanding of these different whale species.

"Innovative non-lethal research technology and techniques trialled by Australia during this year's Antarctic Blue Whale Project research expedition, were so successful they will now become the model for other whale researchers across the world," Mr Butler said.

This funding is in addition to the 2008 $32 million investment already made by this Labor Government into alternatives to invasive whale research.

Visit the Australian Marine Mammal Centre website. Photos The small boat team aboard the Remora (Photo: Paula Olson) The minke whale captured by a Gopro camera on a pole under the ice (Photo: Aaron Spurr)



Environmental Toxins Enter the Brain Tissue of Polar Bears

July 23, 2013 — Scientists from Denmark and Canada are worried by their new findings showing that several bioaccumulative perfluoroalkyl substances (PFASs) are crossing the blood brain barrier of polar bears from Scoresby Sound, East Greenland.

PerFluoroAlkyl Substances (PFASs) and precursor compounds have been used in a wide variety of commercial and industrial products over the past six decades. Applications include water and oil repellent coatings, e.g. for textiles, paper products, carpets and food packaging, pharmaceuticals and surfactants in cleaning products and fire-fighting foams. PFASs are highly resistant to chemical, thermal and biological degradation.

PFASs and their precursor compounds have shown a dramatic increase and dispersal around the world over the past four decades. An increasing amount of information is becoming available on the toxicity of these compounds. Hence, studies have documented the toxicity of PFASs on wildlife and human health, including carcinogenesis, genotoxicity and epigenetic effects as well as reproductive and developmental toxicities, neurotoxicity, effects on the endocrine system and immunotoxicity.

Bioaccumulative PFASs enter all parts of the brain

Despite the fact that the liver is considered the major repository in the body for most PFASs, some shorter chain compounds from this grouping have previously been reported in the brain of chicken embryos, suggesting that they are able to cross the blood-brain barrier.

Previous studies have shown a dramatic biomagnification of several PFASs, and particularly one known as perfluorooctane sulfonate (PFOS) as well as several compounds of the perfluorinated carboxylate (PFCAs) grouping, in polar bears. PFOS have been shown to be at concentrations in the liver that are 100 fold higher than the ringed seals on which they are predating. In a new study Arctic researchers from Carleton University in Canada and Aarhus University in Denmark have used the polar bear as a sentinel species for humans and other predators in the top of the food chain. The researchers documented accumulation of PFOS and several PFCAs in eight brain regions of polar bears collected from Scoresby Sound, East Greenland. Dr. Robert Letcher, Carleton University, explains:

"We know that fat soluble contaminants are able to cross the brain-blood barrier, but is it quite worrying that the PFOS and PFCAs, which are more associated with proteins in the body, were present in all the brain regions we analyzed."

Professor Rune Dietz, Aarhus University, is also worried about the results: "If PFOS and PFCAs can cross the blood brain barrier in polar bears, it will also be the case in humans. The brain is one of the most essential parts of the body, where anthropogenic chemicals can have a severe impact. However, we are beginning to see the effect of the efforts to minimize the dispersal of this group of contaminants."

Select environmentally labeled products

The eight carbon chain PFOS and perfluorooctane carboxylate (PFOA) are PFASs have been phased out and are no longer produced in the western world. However, production in China, today the only known production source of PFOS and PFOA, has increased by roughly a factor of 10, since it was phased out in the USA. Unfortunately, no emission inventory is so far available from this region. Furthermore, replacements for PFOS and PFOA are now marketed and produced in e.g. the U.S.A. and China, which generally have perfluorinated carbon chains that are shorter or branched.

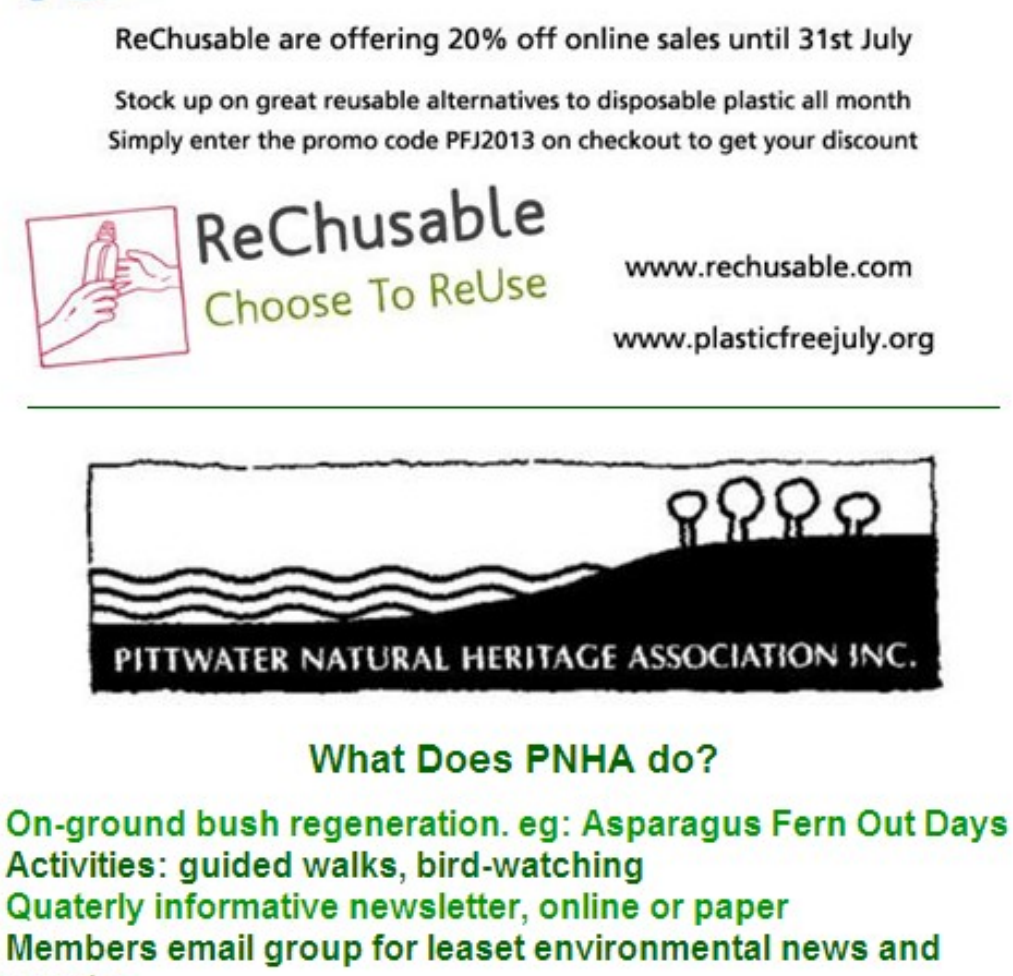
Another recent study from Aarhus University documents that PFOS concentrations in Greenlandic polar bears and ringed seals started to decline after 2006. Other wildlife populations closer to the sources in Europe and North America have shown a decline prior to the Greenlandic animals. Rune Dietz comments: "It is promising to see that the PFAS are on the decline. This development should be encouraged by the authorities globally.

In the meantime my best advice to the consumers is to go for environmentally labeled products. But avoiding products is difficult, because PFASs are so widespread in many kind of products and they are rarely declared."

FACTS With fluorine in the tail

Perfluoroalkyl substances (PFASs) constitute a group of compounds where one end of the molecule consists of a carbon chain in which all the hydrogen atoms are replaced by fluorine atoms. This so-called perfluoroalkyl "tail" can be short or long, but the strong C-F bonds make the tail more or less impossible to degrade, compared to the more well known CFC-bonds. The best known PFAS is PFOS with an eight-chained perfluoroalkyl tail.

Greaves, A.K., R.J. Letcher, C. Sonne, R. Dietz. **Brain region distribution and patterns of bioaccumulative perfluoroalkyl carboxylic and sulfonic acids in highly exposed East Greenland polar bears (Ursus maritimus).** Environ. Toxicol. Chem., 2013 DOI: 10.1002/etc.2107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PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

growing together
Pittwater Community Gardens

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

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

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

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

KOOROOWALL FLORA & FAUNA RESERVE by PittwaterPathways April 2013

KOOROOWALL FLORA & FAUNA RESERVE
Kennedia rubicunda

birdlife AUSTRALIA

Birdlife Australia - New Website and Quarterly Magazine

Birdlife Australia has begun a quarterly magazine which is available online at: www.birdlife.org.au/australian-birdlife

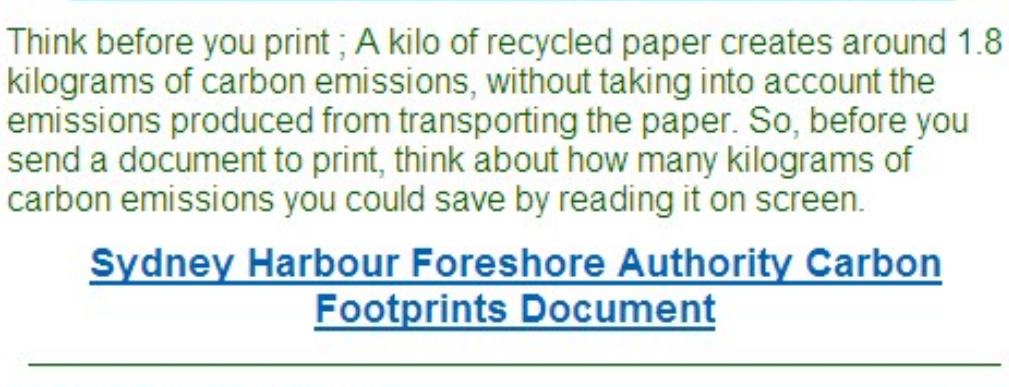
This organisation, which has been going for over a century now, has been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create real and positive outcomes. They state that over 200 species of birds in Australia are considered threatened at present. Visit their new website, have a look at all the information collated, and see if you could help them out as a volunteer or donor.

Tweet Like +1

Kimbriki Resource Recovery Centre

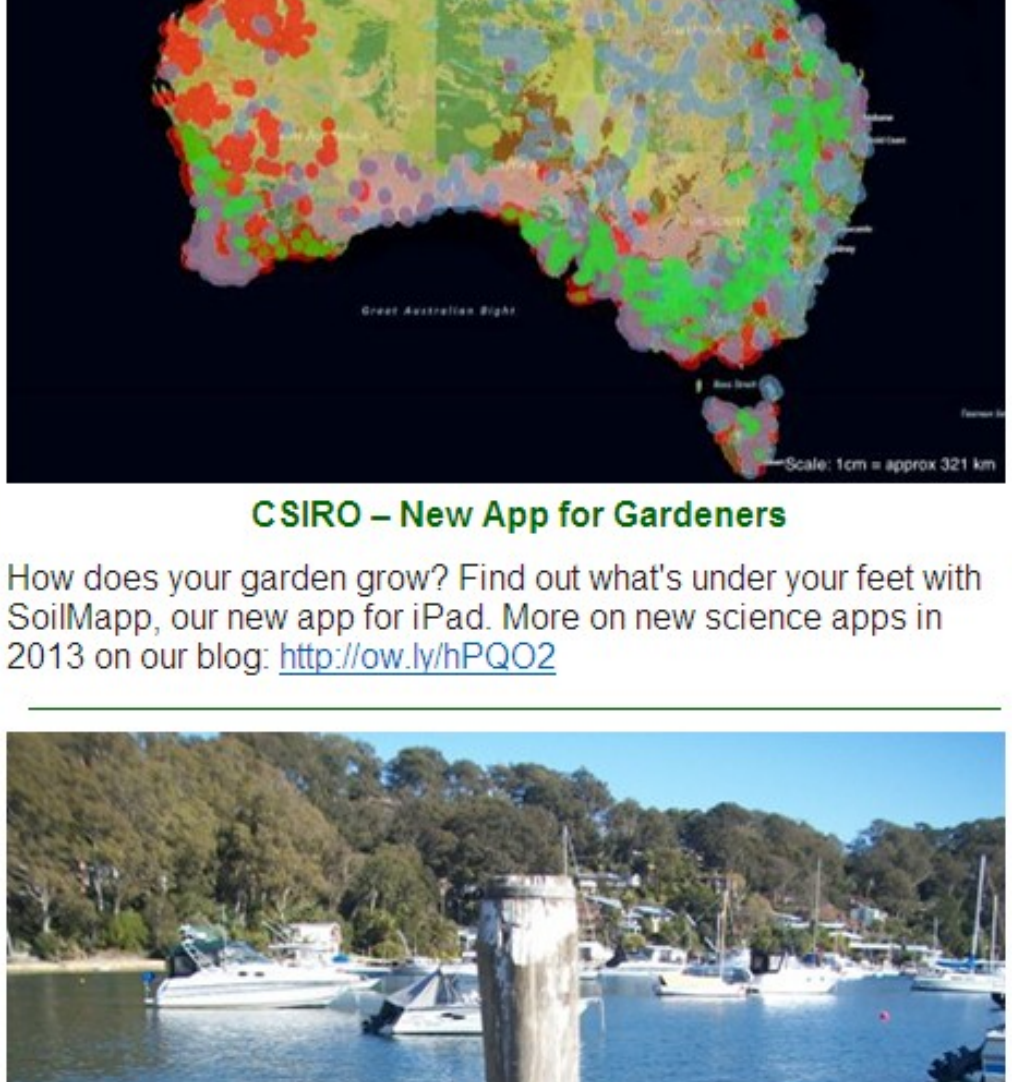
Think before you print : A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it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

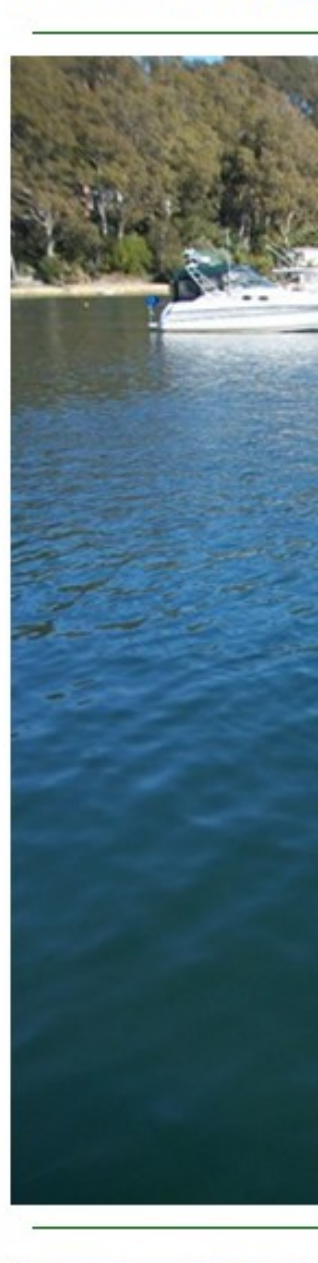
Sydney Harbour Foreshore Authority Carbon Footprints Document



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 NATURAL HERITAGE ASSOCIATION INC

No More Tuckeroos Please

National Tree Day is coming up on Sunday July 28. Do plant local native trees, but no more Tuckeroos please. Many have already planted a lot of these trees, *Cupaniopsis anacardioides* but they are not native to the northern beaches and have become a weed. The trees produce a lot of berries, spread by birds such as Pied Currawong and Indian Myna. (above photo: fruit- M.Macrae)

Firm evidence of its weediness came last year when weeding in the grounds of Barrenjoey High School produced about 170 seedlings in a small area of the native plant re-vegetation area.

photo of seedlings – M. Macrae

In recognition of this the Council now does not allow Tuckeroo to be planted in landscaping required under a development application.

Pittwater Council's events for National Tree Day include a Native plant giveaway at Warriewood Square on July 27 and on July 28th, tree planting in Trafalgar Park Newport.

Tuckeroos will not be included.

PNHA contacted the Royal Botanic Gardens in 2009 to determine the range of this plant, a coastal species of littoral rainforest from Gerroa in NSW to coastal Queensland and New Guinea. In Sydney it occurs near Port Hacking and Botany Bay. We could not find a record of it in Pittwater on the RBG database and experienced bush regenerators in Pittwater had never seen it locally.

Reports of its invasiveness came in about 2000 from bush regenerators working in heathland near Harbord Diggers Club, where several had been planted.

Most environmental weeds, such as Lantana, Cassia, Privet and so on started off as beloved garden plants that escaped. Tuckeroo is a noxious weed in Florida, where its common name is Carrot Wood.

PITTWATER COUNCIL

CELEBRATING 20 YEARS 1992-2012

National Tree Day 2013 – Sunday July 28th

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

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

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

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

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

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

More information: Bushcare Officer 9970 1367 or 0408164235

Help us

Care for native wildlife

Sydney Wildlife is a volunteer organisation concerned with the rescue, rehabilitation and release of sick, injured and orphaned native wildlife.

If you are at least 18 years old you can train to rescue native wildlife in your local area and/or care for native wildlife in your own home. Courses entail 2 full days' training. The next course will be held on Saturday and Sunday 10th & 11th August 2013 at Northbridge (near North Sydney).

You don't need any special qualifications to do the course, just a love of animals and a commitment to the protection of native wildlife and their habitat. Once you have completed the initial course and gained some experience you can go on to do other specialised courses.

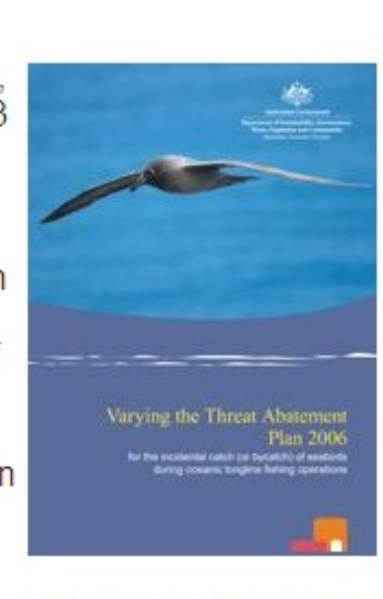
If you go out to work; have pets or live in a unit you can still be a rescuer or carer. **Act quickly** to register for the August 10th & 11th course.

To request an information pack call
9413 4300
or visit www.sydneywildlife.org.au

sydney wildlife

Sydney Metropolitan Wildlife Services (Sydney Wildlife) PO Box 78 Lindfield NSW 2070 Tel: 02 9413 4300 www.sydneywildlife.org.au
Like us on Facebook www.facebook.com/sydneywildlife.smws

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.**

An afternoon at West Head lookout in Sydney by jpccw - Published on Jan 10, 2013

Spectacular views from West Head lookout (in the Ku-ring-gai Chase National Park) of Lion Island, Patonga and Umina beaches and Barrenjoey Head. More views of Barrenjoey Head down at Resolute Beach (with seaplanes regularly taking off or "landing" among the sailing boats). Bonus wildlife encounter with a kangaroo, a goanna and an eagle (probably a white-bellied sea-eagle).

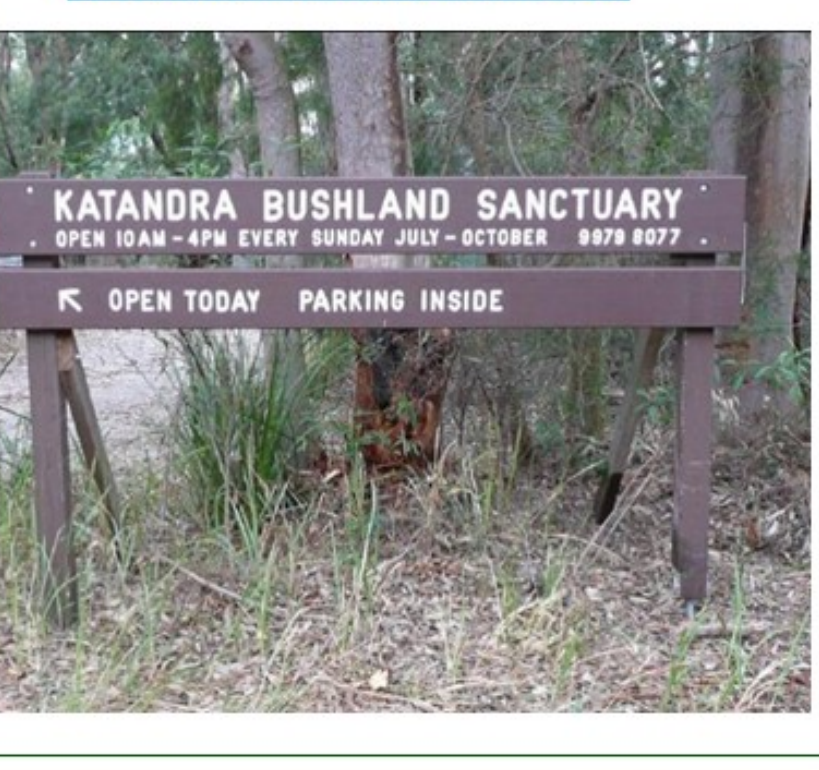
Music: "The last day on earth" by Kate Miller-Heidke.

An afternoon at West Head lookout in Sydney

July to February in Australia is Willy Wagtail Breeding Season

Winter In Pittwater

Katandra Bushland Sanctuary


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

Climate Threatens Food Security of Pacific Islands

July 22, 2013 — Isolated in the middle of the ocean, Pacific islands rely closely on fishing for their economy and food security. But global warming could considerably reduce their accessible fish resources over the coming decades. This is what has been revealed in the journal Nature Climate Change, a study by the IRD, the Secretariat of the Pacific Community (SPC) and their French, Australian and American partners. According to IPCC climate forecasts, the quantity of coral reef fish, essential for the inhabitants' food, could drop by 20% by 2050.

Tuna fleeing eastwards

The scientists studied the response of the fish biomass to climate change in the Pacific, according to the forecasts of the intergovernmental panel on climate change (IPCC). Fishing for skipjack in particular, a fish in the tuna family making up 90% of catches, will be seriously affected. According to the models, the rise in surface water temperature, greater in the western ocean, will lead to the migration of tuna towards eastern Polynesia. Thus, catchment areas will move away from the Melanesian coast, the Salomon islands or Papua New Guinea. The exodus of tuna from the territorial waters of these countries will be a significant economic loss. Fishing rights paid by major international fisheries are an important source of revenue for these small insular Nations.

Coral ecosystems threatened

Along the coasts, the availability of coral fish is also under threat. Forecast ocean warming will increase coral bleaching leading to the death of numerous reefs. Population growth in these territories, preserved up to now, will also exert strong pressure on coral ecosystems - exploitation, damage, pollution, etc. The recovery rate of coral reefs should fall from 40% throughout the Pacific today, to 10 or 20% in 2050. According to the study, this loss will reduce by 20 % the quantity of coral fish, an essential resource for local populations.

Sectors to develop

Some Pacific islands could however turn to aquaculture and fresh-water fisheries. On land, it's a whole different scenario. The expected rise in rainfall, increasing the surface of lakes, rivers, etc. by 10% by 2050, could be beneficial to these activities. In their study therefore, the scientists are encouraging the development of these sectors. To make up for expected losses, they are inviting governments to facilitate access of local fishermen to tuna resources - for example by installing fish aggregation devices, sorts of floating pontoons that attract them, along the coast. Finally, other fish resources still unexploited, could be drawn upon, such as mackerel, anchovy, sardine, etc.

Minimising the risks by preserving reefs and maximising opportunities: a challenge that the public authorities of these small Pacific Nations will have to face in the coming decades to cope with climate change and the increasing need of their growing population for fish.

Johann D. Bell, Alexandre Ganachaud, Peter C. Gehrke, Shane P. Griffiths, Alistair J. Hobday, Ove Hoegh-Guldberg, Johanna E. Johnson, Robert Le Borgne, Patrick Lehodey, Janice M. Lough, Richard J. Matear, Timothy D. Pickering, Morgan S. Pratchett, Alex Sen Gupta, Inna Senina, Michelle Waycott. **Mixed responses of tropical Pacific fisheries and aquaculture to climate change.** Nature Climate Change, 2013; DOI: 10.1038/nclimate1838

Isolated in the middle of the ocean, Pacific islands rely closely on fishing for their economy and food security. But global warming could considerably reduce their accessible fish resources over the coming decades. (Credit: © IRD / P. Laboute)

Extinct Ancient Ape Did Not Walk Like a Human, Study Shows

July 25, 2013 — According to a new study, led by University of Texas at Austin anthropologists Gabrielle A. Russo and Liza Shapiro, a 9- to 7-million-year-old ape from Italy did not, in fact, walk habitually on two legs. The findings refute a long body of evidence, suggesting that Oreopithecus had the capabilities for bipedal (moving on two legs) walking.

The study, published in a forthcoming issue of the Journal of Human Evolution, confirms that anatomical features related to habitual upright, two-legged walking remain exclusively associated with humans and their fossil ancestors.

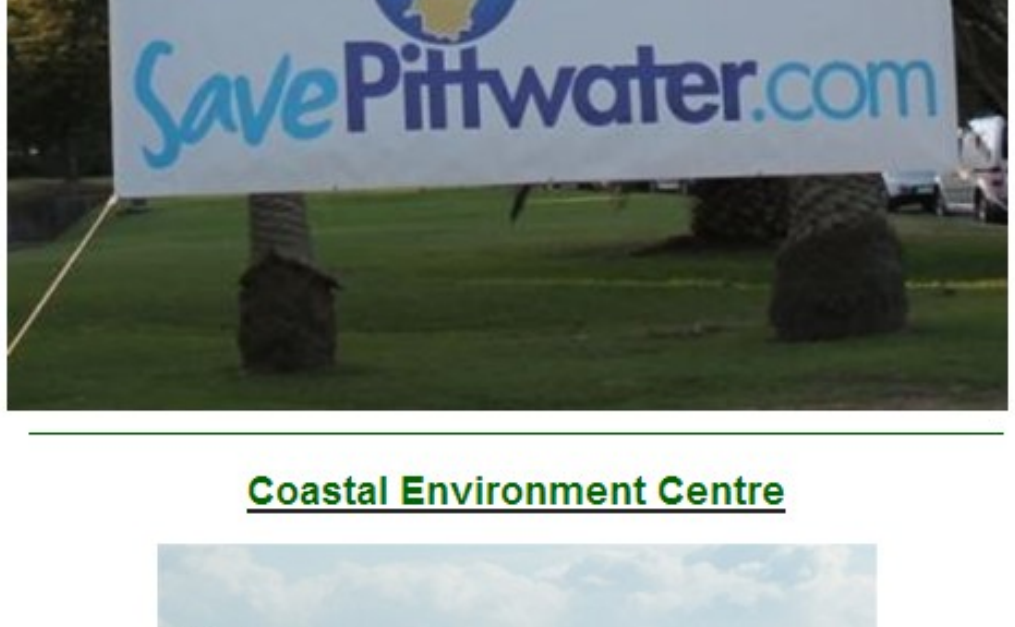
"Our findings offer new insight into the Oreopithecus locomotor debate," says Russo, who is currently a postdoctoral research fellow at Northeast Ohio Medical University. "While it's certainly possible that Oreopithecus walked on two legs to some extent, as apes are known to employ short bouts of this activity, an increasing amount of anatomical evidence clearly demonstrates that it didn't do so habitually."
As part of the study, the researchers analyzed the fossil ape to see whether it possessed lower spine anatomy consistent with bipedal walking. They compared measurements of its lumbar vertebrae (lower back) and sacrum (a triangular bone at the base of the spine) to those of modern humans, fossil hominins (extinct bipedal human ancestors), and a sample of mammals that commonly move around in trees, including apes, sloths and an extinct lemur.

The lower spine serves as a good basis for testing the habitual bipedal locomotion hypothesis because human lumbar vertebrae and sacra exhibit distinct features that facilitate the transmission of body weight for habitual bipedalism, says Russo.
According to the findings, the anatomy of Oreopithecus lumbar vertebrae and sacrum is unlike that of humans, and more similar to apes, indicating that it is incompatible with the functional demands of walking upright as a human does.

"The lower spine of humans is highly specialized for habitual bipedalism, and is therefore a key region for assessing whether this uniquely human form of locomotion was present in Oreopithecus," says Shapiro, a professor of anthropology. "Previous debate on the locomotor behavior of Oreopithecus had focused on the anatomy of the limbs and pelvis, but no one had reassessed the controversial claim that its lower back was human-like."

Gabrielle A. Russo, Liza J. Shapiro. Reevaluation of the lumbosacral region of Oreopithecus bambolii. Journal of Human Evolution, 2013; DOI: 10.1016/j.jhevol.2013.05.004
Fossil of Oreopithecus bambolii, an extinct ape. (Credit: By Ghedoghedo (Own work)

Save Pittwater.com People for Pittwater.com.au



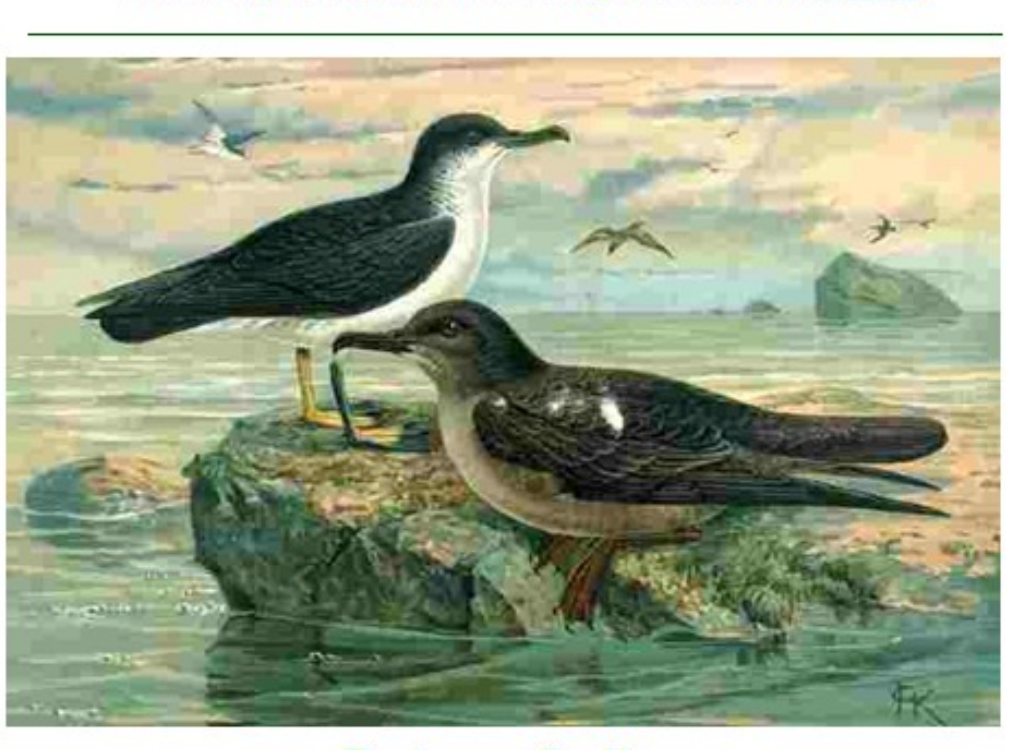
Coastal Environment Centre

The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

More at: www.pittwater.nsw.gov.au/cec

Monthly Cooee Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact jodi_harvey@pittwater.nsw.gov.au

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



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

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

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

Pittwater Environmental Foundation

Pittwater's Environmental Foundation

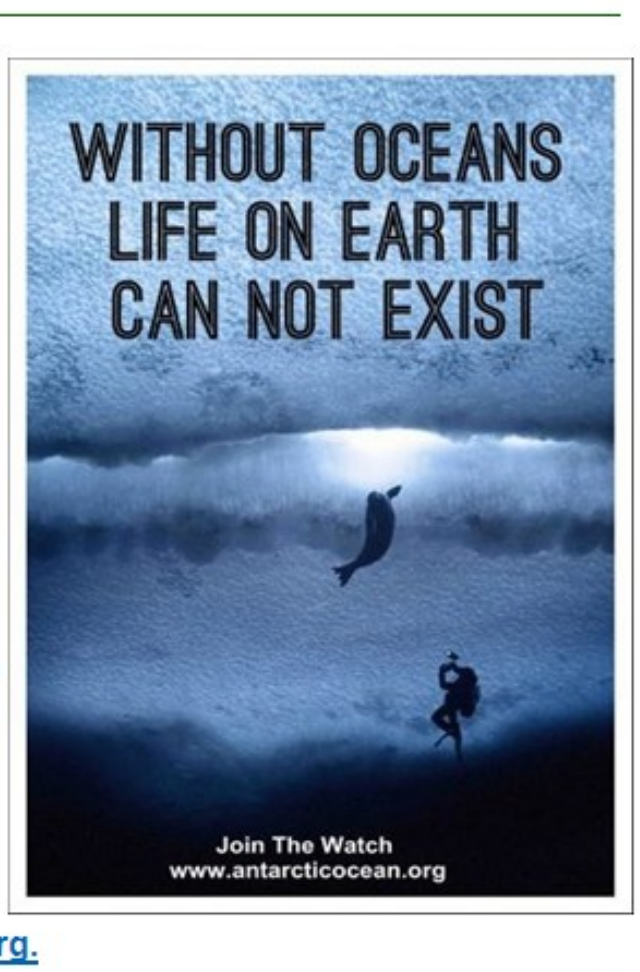
Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council. Our **PROFILE**

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
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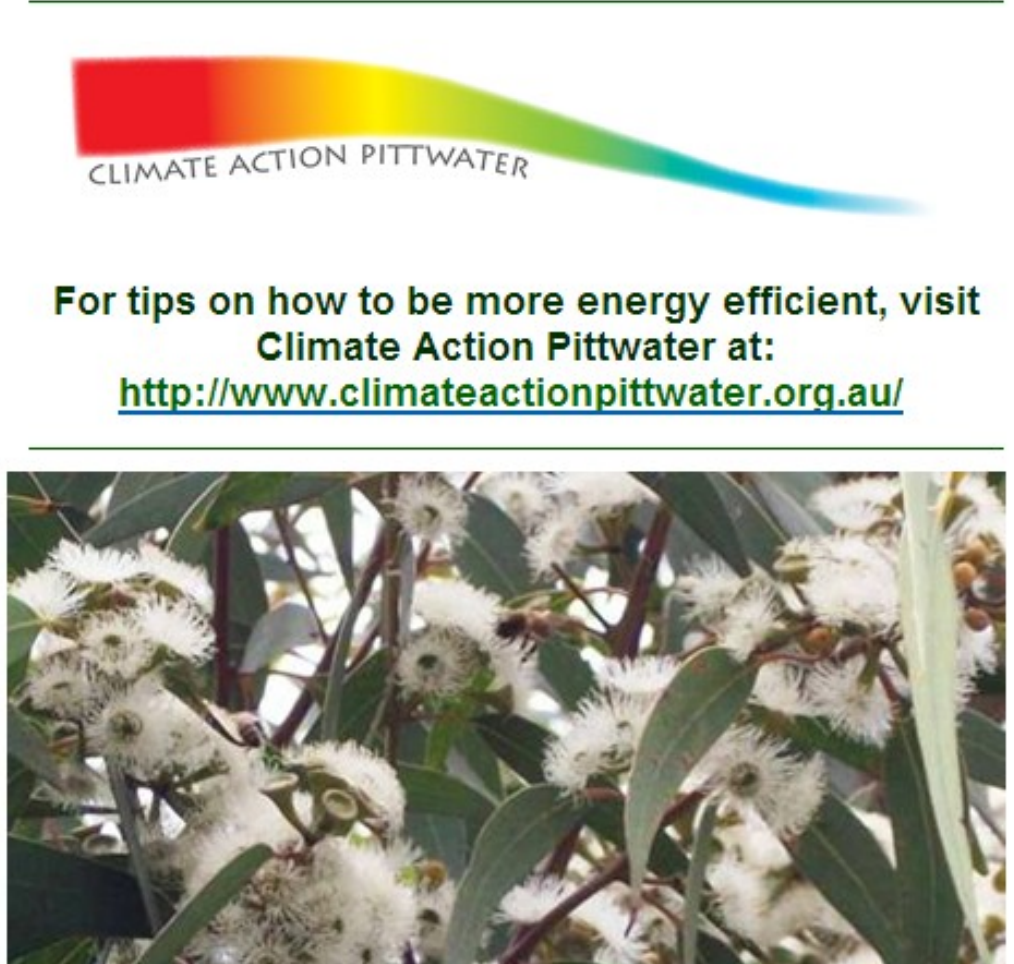
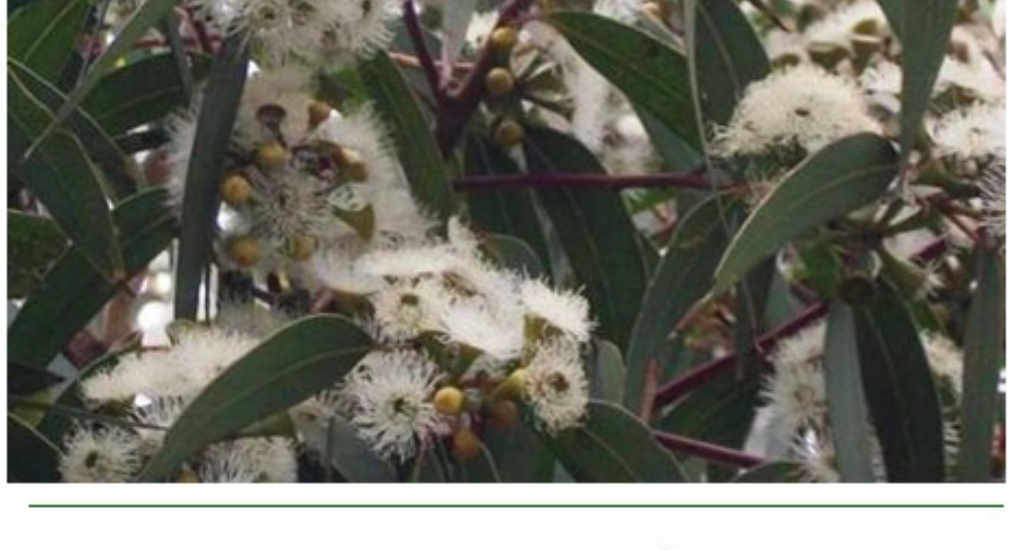
CLIMATE ACTION PITTWATER

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





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).

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to educate the community about the coastal environment, based on traditional Aboriginal knowledge. The calendar, which is web-based, works through hundreds of images of coastal native birds, animals and plants. Many of the images were provided by local residents and collated by staff from the Council's Coastal Environment Centre at North Narrabeen.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species. The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

Pittwater Online News

July 28 - August 3, 2013: Issue 121

Silver beet

Silver beet is coming into season now, and like all seasonal crops, rises to keep balance in all that may ail thee throughout every season of every year. High in Vitamin C as well as Vitamin A, this leafy green vegetable will support your immune system through the sniffle season and act as de-tox for all those other poisons that may arise during the last month of winter.

This week we offer a range of pure silver beet recipes which you can serve as mains or side dishes. The classic Spanikopita is also delicious cold.

Silverbeet and feta dip

1 bunch (about 825g) silverbeet
2 tbs olive oil
3 anchovy fillets, finely chopped
1 small brown onion, halved, finely chopped
500g fresh ricotta
2 tsp finely grated lemon rind
1 250g container light Philadelphia spreadable (Kraft brand)
2 tbs fresh lemon juice
150g creamy feta (South Cape brand), crumbled
Salt & freshly ground black pepper
2 (about 40cm long) Turkish bread, cut crossways into fingers to serve

Wash silverbeet. Use a sharp knife to cut down sides of stems. Discard stems. Finely shred the leaves.
Combine oil and anchovies in a large frying pan over medium heat. Cook, stirring, for 6-7 minutes or until the anchovies almost dissolve in the oil.
Add the onion and cook, stirring occasionally, for 12 minutes or until onion is soft. Add the silverbeet and cook, covered, shaking the pan occasionally, for 5-6 minutes or until the silverbeet is bright green and just wilts. Transfer to a large heatproof bowl. Set aside for 5 minutes to cool.
Use an electric beater to beat the ricotta and lemon rind in a large bowl until smooth and creamy. Add the Philadelphia and lemon juice, and beat until just combined. Stir in the feta.
Add the ricotta mixture to the silverbeet mixture and stir until combined. Taste and season with salt and pepper.
Transfer to a large serving bowl and serve with the Turkish bread fingers.

Mushroom and Silver Beet Cannelloni

1 bunch (1.3kg) silver beet
500 grams of field mushrooms
2 tablespoons olive oil
2 cloves garlic, crushed
600g fresh ricotta cheese
salt and freshly ground black pepper
4 fresh lasagne sheets
2 cups (500g) passata (classic tomato cooking sauce)
½ cup (125ml) vegetable stock
1/3 cup (25g) finely grated parmesan cheese
Preheat oven to moderate (180°C/160°C fan-forced).

Remove silver beet leaves from stalks. Wash silver beet and drain well; pat dry. Heat the oil in a large saucepan and cook garlic, stirring, until fragrant. Add chopped mushrooms, silver beet leaves and stir to coat in garlic mixture. Cook, covered, turning occasionally, until the silver beet is wilted. Drain the silver beet; cool slightly. Squeeze to extract as much moisture as possible. Chop silver beet finely. Combine chopped silver beet with ricotta in a large bowl with salt and pepper to taste. Cut the lasagne sheets in half crossways. Divide silver beet and mushroom mixture among short sides of lasagne sheets; roll up firmly to enclose the filling. Arrange the cannelloni in a single layer in a lightly greased ovenproof dish (12-cup capacity). Pour over the combined pasta sauce and stock; sprinkle with cheese. Bake, uncovered, in a moderate oven for about 30 minutes or until heated through. You can also prepare this dish prior to and just pop it in the oven when you get home on cold nights. Serve with a fresh green salad and hot bread for all those juices.

Spanikopita (spinach pie)

1kg (about 1 bunch) silverbeet, washed
160mls (2/3 cup) olive oil
3 medium brown onions, finely chopped
250g feta, crumbled
200g cottage cheese
4 eggs, lightly whisked
2 tbs finely chopped fresh Continental parsley
1 tbs finely chopped fresh dill
1/4 tsp freshly grated or ground nutmeg
Ground black pepper, to taste
9 sheets filo pastry
1 tbs water

Preheat oven to 180°C. Remove stems from the silverbeet leaves and chop the stems finely. Coarsely Shred the leaves. Place the stems and leaves in a metal colander over a saucepan of boiling water, cover and steam for about 10 minutes or until wilted. Drain well and cool. Meanwhile, heat 3 tbs of the olive oil in a saucepan over medium heat and cook the onion for 5-8 minutes or until soft. Squeeze the cooled spinach with your hands, to remove excess liquid. Add onions, feta, cottage cheese, eggs, parsley, dill and nutmeg to the spinach and mix. Season with pepper.
Brush a 20 x 30cm (2-1itre/8-cup) ovenproof dish with a little of the olive oil. Lay filo pastry flat on a work surface. Cover with a clean tea towel and then with a damp tea towel. Brush one half of a pastry sheet with the olive oil and then fold it in half. Place over the base of greased dish. Repeat with 2 more pastry sheets, brushing with a little olive oil between each layer.
Spread 1/2 the spinach mixture evenly over the pastry. Top with 3 more doubled pastry sheets, brushing with oil between each. Spread with the remaining spinach mixture and then top with another 3 doubled pastry sheets, brushing between each. Tuck any overhanging pastry down the side of the dish and brush with a little oil. Score the top with a sharp knife and sprinkle with the water. Bake in preheated oven for 45 minutes or until the pastry is crisp and golden.

Silverbeet, classically known as Chard (Beta vulgaris subsp. cicla), is a leafy green vegetable often used in Mediterranean cooking. The first varieties have been traced back to Sicily. The leaves can be green or reddish in color like Bib Lettuce, chard stalks also vary in color. Chard has been bred to have highly nutritious leaves at the expense of the root (which is not as nutritious as the leaves). Silverbeet is considered to be one of the healthiest vegetables available, and is a valuable addition to a healthy diet (like other green leafy vegetables). Chard has been around for centuries, but because of its similarity to beets it is difficult to determine the exact evolution of the different varieties of chard. Chard and the other beets are chenopods, a group which is either its own family Chenopodiaceae or a subfamily within the Amaranthaceae. Although the leaves of chard are eaten, it is in the same species as beetroot (garden beet), which is grown primarily for its edible roots. Both are cultivated descendants of the sea beet, Beta vulgaris subsp. maritima, but they were selected for different characteristics. It is rich in minerals, dietary fiber and protein and high in Vitamins A C and K. All parts of the plant contain Beta-carotene, a strong anti-oxidant that helps to protect the eyes against sun damage and your body against heart disease and cancer.

Red Chard growing in the garden of Slow Food Nation by mercedesfromtheeighties

Spanikopita with cubed feta cheese on yellow dish by Tanya Bakogiannis

Tweet Like +1

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Pittwater Online News

July 28 - August 3, 2013: Issue 121

Articles This Week

Front Page Issue 121 - the Mermaids of Palm Beach ready to race! + Rugby League Season in Pittwater 2013

Junior Rugby League Season - and Senior Rugby League - the rounds of semi-finals have begun and we asked award winning photographer Michael Mannington to "get some of the action" yesterday - A Pictorial **for all our younger readers,** and their mums and dads, of some of the action of the Avalon, Narraweena, Forestville, Harbord, manly Cove and Mona Vale teams. A Super Saturday at Hitchcock Park!

Reflections by George Repin: **Around Angkor – 1963**

Profile of the Week: **August 2013 - Clubs, Groups and Organisations - Mona Vale Mountain Cub Scouts - Be Prepared to Fly !**

History: **July 2013 - Barrenjoey Headland** the lights, the people, the landscape, **the Barrenjoey and Broken Bay Shipwrecks until 1900**

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

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

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PITTWATER COUNCIL CELEBRATING 20 YEARS 1992-2012

National Tree Day 2013 – Sunday July 28th

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

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

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

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

Planting Day – Careel Creek

PITTWATER NATURAL HERITAGE ASSOCIATION INC

We had an excellent time and planted lots of Swamp Mahogany, Bangalay, Sword Sedge, Carex and moisture loving plants to turn this once weedy area back to good bush.

Since 1990 bush regeneration projects are replacing weeds and recreating valuable fauna habitat. To provide a link to Careel Bay, Careel Creek's banks are being progressively re-vegetated with local native plants. Help us continue the successful restoration of Careel Creek's unique environment on Saturday 20 July.

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

Want to learn about birds? Sunday September 8th - 2013

Birdwatching & monitoring on the Chiltern Track, Ingleside.

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

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

Bring: Binoculars, water, morning tea.

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

E: pnhabirdwatching@gmail.com

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

More information: Bushcare Officer 99701367 or 0408164235

Australian Sailing Team

Australia's and Pittwater's Jason Waterhouse and Lisa Darmanin have booked themselves a spot in the medal race at the 2013 Nacra 17 World Championship in The Netherlands after a great day on the water on Friday. They have also earned their way into the Australian Sailing Team.

http://australiansailingteam.com.au/?Page=68283

Jason Waterhouse and Lisa Darmanin on day 5 of the Nacra 17 Worlds
Photograph:Thom Touw

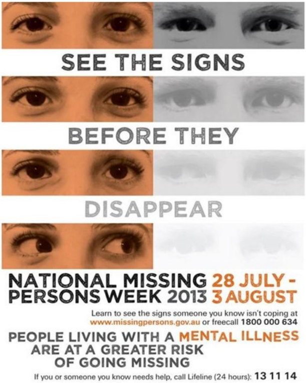
AFLOAT Magazine

August AFLOAT - Out Now!

Flip through our New Digital Magazine

Australian Federal Police

This week is the 25th anniversary of National Missing Persons Week. The vast majority of Australians believe that you have to wait 24hrs before you can report a missing person. This is not true. If you have fears for the safety and well-being of someone, report it to police immediately.


SEE THE SIGNS
BEFORE THEY
DISAPPEAR
NATIONAL MISSING PERSONS WEEK 2013
28 JULY - 3 AUGUST
Learn to see the signs someone you know isn't coping at www.missingpersons.gov.au or freecall 1800 000 634
PEOPLE LIVING WITH A MENTAL ILLNESS ARE AT A GREATER RISK OF GOING MISSING
If you or someone you know needs help, call Lifeline (24 hours): 13 11 14

Pittwater Environmental Foundation

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

Ku-ring-gai Council

Get excited - Daryl Braithwaite is coming to Ku-ring-gai!

The Twilight Concert in the Park Series returns with Aussie favourite Daryl Braithwaite set to perform all his greatest hits **at Wahroonga Park on Saturday 14 September**.
www.kmc.nsw.gov.au/twilight

Dear Parents,

The Northern Beaches Local Area Command has received a number of reports recently regarding alleged suspicious behaviour by persons driving vans in the area. It has come to the attention of police that newsletters, emails and other social media sites are posting and sending information regarding suspicious white vans driving around targeting children.

Of the incidents that have been reported to police, NONE of these incidents have involved any inappropriate conversations or any suggestion of touching or coercing the children in any way. There have been a number of differing descriptions of vehicles given to police and NONE of these vehicles have been linked to any offences.

Northern Beaches Police have received a number of phone calls from parents and members of the community concerned about these reports and the information that is being posted on social media sites. Of the incidents reported to police, there have been NO incidents indicating that any offences have occurred.

We ask that any information sent out to school networks or via social media be confirmed with police prior to sending out. We encourage schools and parents to educate children on stranger danger and safety issues and be vigilant at all times. Do not hesitate to report any suspicious behaviour to police.

If you have any further concerns please contact Northern Beaches Police on 9971 3399.

Thanking you,

Rochelle Bird
Senior Constable
Crime Prevention Officer
Northern Beaches Local Area Command

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

Authorised by the Australian Government, Capital Hill, Canberra. Designed by Amelia Menzies Printed by <printer>

International Lighthouse Weekend at Barrenjoey

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

The lighthouse is normally open every Sunday, from 11 to 3 pm, when tours are conducted by volunteer guides of the Chase Alive Discovery Program of NPWS. Cottage entry is free, but to go up the lighthouse you need to join a tour costing $5 adults, $2 school-age children. Tours take about half an hour. Walk from the Governor Phillip Park carpark (parking fees apply) along the beach on the Pittwater side, then up either the original convict-built Smugglers track (steep and uneven) or the just-completed service road, steep pinches but well-graded, taking about half an hour each way, so allow about 2 hours total. Note there are no toilets on the headland, so make a call at those in the park if needed, and take your own water as there is no water either.

In very wet, windy or bushfire weather, tours do not operate. If weather looks doubtful, call Kalkari Visitor Centre 9472 9300 after 9.15 am to check if tours are operating.

For ILLW, tours will operate Saturday as well as Sunday, and other activities are being organised around a theme of communication at sea, such as signal flags, semaphore messaging, ship-to-shore radio.

You can talk with the radio operators and might like to try your speed at texting against a Morse code operator. More information about Barrenjoey lighthouse appears on the NPWS website at http://www.nationalparks.nsw.gov.au/ku-ring-gai-chase-national-park/barrenjoey-lighthouse/historic-site, and Lighthouse of Australia website at http://www.lighthouse.net.au/lights/NSW/Barrenjoey/Barrenjoey.htm

Information about ILLW, for which entrants are still coming in, is at http://illw.net/
For any other information, contact Kalkari Visitor Centre.

2013-07-26

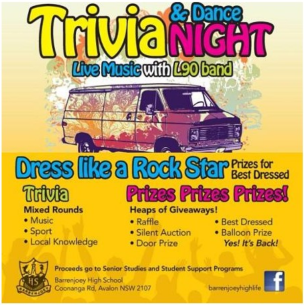
To help students understand how to ask the question meaningfully, R U OK? has released R U OK? at School resources for 14-18 year olds, as well as suggestions for students to engage their friends on R U OK?Day.

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

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

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

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



Trivia & Dance NIGHT

Live Music with L90 band

Dress like a Rock Star Prizes for Best Dressed

Trivia

Mixed Rounds
- Music
- Sport
- Local Knowledge

Prizes Prizes Prizes!

Heaps of Giveaways!
- Raffle
- Silent Auction
- Door Prize
- Best Dressed
- Balloon Prize

Yes! It's Back!

Proceeds go to Senior Studies and Student Support Programs

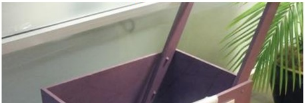
Barrenjoey High School
Coonanga Rd, Avalon NSW 2107

barrenjoeyhighlife

Monika's Doggie Rescue - Drivers Needed

Calling all drivers, we need drivers willing to transport dogs from our vets in Parramatta to our shelter at Ingleside (near Mona Vale) Saturday mornings. Crates provided. If you can help, please contact the shelter on 9486 3133 or admin@doggierescue.com Thank you.

Peninsula Senior Citizens Toy Repair Group Cart at Entrance to Customer Services at Pittwater Council Mona Vale - opposite Inch Cafe exit



National Archives of Australia

HELP! We've got 9,202 records that need transcribing over on the arcHIVE website. Thanks to you, 4,559 have already been transcribed. But we're adding new ones all the time. Jump on and have a go. You can either register to earn points towards copies of records and other prizes, or simply select a record and start typing.

http://transcribe.naa.gov.au/

That's right. 9,202 and counting...
A
B
THE ARC HIVE
transcribe.naa.gov.au

Digital Citizens Guide

New guide promotes positive online engagement

Being positive about digital engagement rather than being a wary internet user is the theme of the Digital Citizens Guide launched today by the ACMA.

The Guide facilitates confident online engagement by citizens through identifying three principles which reflect the required values, skills and knowledge:

> Engage positively: exercise your rights and responsibilities as a digital citizen

> Know your online world: learn new skills and digital technologies

> Choose consciously: take charge of how you interact online.

'Today's networked society needs confident connected citizens,' said ACMA Deputy Chairman Richard Bean. "As individuals we play an increasingly important role in the digital economy, and the ACMA's Digital Citizens Guide will help all of us 'engage positively', 'know our online world,' and 'choose consciously' when online."

The Guide is part of the ACMA's multifaceted and flexible response to the challenges facing Australia's increasingly networked society. Australian citizens are citizens of a digital world, and the ACMA's guide facilitates Australians' confident online engagement through identifying three principles which reflect the values, skills and knowledge we need.

"As online communications and digital content become more embedded in the experience of citizens, I expect that a greater emphasis on the ACMA's communication and facilitation strategies, such as this Guide, will be both needed and welcomed", Richard Bean added.

Peninsula Senior Citizens
Toy Repair Group Inc.
Please leave your unwanted toys here. Thank you

PITTWATER COUNCIL

CELEBRATING 20 YEARS 1992-2012

TAFE Course - Technology Skills for Home and Business
12th Aug 2013, 10am - 1pm

A five week short course for women to improve their computer skills. Mona Vale Library in partnership with The Northern Sydney Institute will run a five week course to improve and update your computer skills, covering topics such as social networking and working with photos.
The course commences Monday 12 August and runs to Monday 9 September.
Cost: $275.00, bookings essential, telephone Heather Sullivan on 9942 0140 or email heather.m.sullivan@tafensw.edu.au.

Registrations and payment must be completed by 8 August, 2013. Venue: Mona Vale Library. Contact: Heather Sullivan 9942 0140

ZUMBA® fitness

Thursday Nights 6:30-7:30pm
@ Avalon Bulldogs Football Club Hitchcock Park, Careel Bay
Zumba combined with circuit!!
$15 for a single class or pay 5 classes upfront for $50. This class is so much fun you forget that you're exercising!!

SYDNEY INTERNATIONAL
BOATSHOW
like no other
1-5 August 2013
Darling Harbour

Just over two weeks to go! Australia's largest boat show opens in just over two weeks!

The 46th Sydney International Boat Show will be on again in Darling Harbour from 1 – 5 August.

Whether it's a tinnie you're looking for, a kayak or a super yacht you'll find it all at the Sydney International Boat Show. The show has over 300 exhibits and 900 boats on display in all six halls plus the spectacular marina.

WHAT'S HAPPENING NEXT YEAR?

This year the Boat Show is celebrating its 25th anniversary and final exhibition at what has become its ancestral home since 1989, the Sydney Convention and Exhibition Centre at Darling Harbour.

As has been well documented, the world-renowned exhibition site is now facing a major change with plans revealed for a massive re-development.

Show visitors for the next three years will find the Sydney International Boat Show being staged across two locations; a purpose-built, temporary facility at Glebe Island will house the exhibits previously displayed within the Sydney Convention and Exhibition Centre and the floating marina in Cockle Bay, always a major component of the show, will stay in its present location on the waters of Cockle Bay.

Access between Glebe Island and the marina in Cockle Bay will be easy with complimentary transport provided by both road and

The new Digital Citizens Guide is also welcomed by a wide range of industry and community partners, including: Google, Facebook, Telstra, Microsoft, the Commonwealth Bank, The Alannah and Madeline Foundation, Yahoo!7, the Interactive Games and Entertainment Association, the Internet Industry Association, the Australian Mobile Telecommunications Association, the Family Online Safety Institute, Bravehearts, and the Centre for Internet Safety.

Richard Bean says the Guide's message is not about being wary online, but coming up to speed with digital technologies and making informed choices.

"Our long experience in the cybersafety world has confirmed that a positive approach to the use of the internet is what's really needed."

"Our research tells us that Australians will welcome these clearly actionable steps. The Digital Citizens Guide will help Australians stay safe, and reflect positive values while participating in everyday online activities like socialising, shopping and accessing information."

The Guide is available at cybersmart.gov.au/digitalcitizens

Councils oppose merger focus of Future Directions paper – 22nd July, 2013 from LGNSW

The Independent Local Government Review Panel needs to greatly rethink the options on the size and structures of NSW councils it has suggested in its *Future Directions - 20 Essential Steps* discussion paper.

After consulting with Mayors and General Managers at a Forum on 28 June, Local Government NSW (LGNSW) has now submitted its response to the Future Directions paper, strongly opposing its proposals on mass council amalgamations and its County Council model.

Joint President of Local Government NSW, Cr Ray Donald, said the Panel's Terms of Reference included 'barriers and incentives to encourage voluntary boundary changes'; however the report almost overlooks this instead offering a single-minded approach of council mergers."

"While LGNSW supports voluntary council amalgamations, it does not believe there is anything in the Future Directions paper that would entice the vast majority of councils and their communities to merge with their neighbours," said Cr Donald.

"Small rural communities have not escaped the Panel's preference for 'big councils', and LGNSW strongly opposes establishing 20 County Councils with regional-level functions and converting councils with small populations into Local Boards."

"LGNSW instead proposes establishing 'regional Local Government entities' that are owned by member councils, are comprised of elected members of councils, and that match with the NSW Government's regional boundaries following consultation with councils and communities."

"The regional entities should also have their governance, powers, responsibilities and liabilities properly set out in the revised Local Government Act," said Cr Donald.

"Metropolitan councils are also concerned about the lack of detail provided on the Local Board model in large council areas, which varies from the option proposed for small rural communities, and we look forward reviewing the additional discussion paper when it is released."

"Despite LGNSW's concerns over the proposed structures of councils, there are many ideas on how to improve councils' financial sustainability within the Future Directions paper that councils agree with," said Cr Donald.

Joint President, Cr Keith Rhoades AFSM, said one of the most sensible set of proposals in the whole report was improving the rating system, so that councils had a larger revenue base.

"Archaic and inequitable rate exemptions for private schools, government businesses and other 'community-orientated' organisations that are engaged in commercial enterprises are no longer justifiable - nor is it fair to expect ratepayers to subsidise them," said Cr Rhoades.

"Streamlining rate-pegging, as suggested by the Panel, would also improve councils' revenue base by enabling them to increase rates three per cent above the rate cap without applying for a special variation."

water.

The Boat Show will return fully to Darling Harbour and the fantastic new facility in 2017, coinciding with our planned celebrations for the Show's 50th event.

Sydney International Boat Show…like no other

www.sydneyboatshow.com.au

nbi
respite, recreation, support
KEEP CALM
AND
RUN THE NORTHERN
BEACHES

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

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

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

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

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

Volunteer Monitors Needed

The Aboriginal Heritage Office is looking for volunteers willing to help monitor and care for Aboriginal sites within northern Sydney and Armidale on a regular basis (about once a month). All training will be provided, although experience in bush care, knowledge of sites or having attended one of our walks or training sessions is an advantage. Preference is given to local residents of one our our partner Councils (Ku-ring-gai, Lane Cove, Manly, North Sydney, Pittwater, Warringah, Willoughby and Armidale Dumaresq Councils).

If you would like to help out or need more information, please contact the office or drop in and check out the latest exhibits at the Education Centre and Keeping Place, Northbridge.

The Aboriginal Heritage Office is located at 39/137-145 Sailors Bay Road, Northbridge, NSW 2063.

Contact: David Watts
Aboriginal Heritage Manager
Phone: (02) 9949 9882
Fax: (02) 9958 2799
Email: info@aboriginalheritage.org

"However, LGNSW is extremely disappointed that the Panel has taken the 'soft' option, despite their own acknowledgement that rate-pegging is 'democracy regulated', and believe that this practice should be removed altogether," said Cr Rhoades.

"To help bring down interest costs and help councils make better use of borrowings, the State Government should help establish a NSW Local Government Financing Agency, in a similar vein as the highly successful model currently used in South Australia."

"Couple this with maintaining the Local Infrastructure Renewal Scheme indefinitely and councils will be in a much better position to address the annual $600 million infrastructure backlog."

For more information or for a full copy of Local Government NSW's full submission to the Independent Local Government Review Panel's Future Directions paper, visit: http://www.lgnsw.org.au/key-initiatives/local-government-review-panel

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Real Social Network: Katie- It's all about friends by Surf Life Saving NSW - published 15 Sep 2011

Katie first joined Surf Life Saving when she was four years old along with her brothers and parents. Katie's fondest memories revolve around the friendships she's formed, the social events and the surf club community she has immersed herself in. Surf Life Saving has taken her around the country both for competing and training camps, and her relay team members have become her closest friends and the Surf Club their local hang out.

Real Social Network: Katie- It's all about friends
PLAY ALL
Playlist Join a a real social network (6 videos)

Australian Bush Flower Essences Level One Workshop - Saturday and Sunday 3rd & 4th August 2013, 9.30 am to 6.00 pm

Registration: 9.00 am. Cost: $295.00. Prices include morning/afternoon tea and 10 % GST. (Group discount and special review price available).

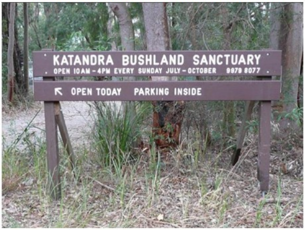
Kamaroi Rudolf Steiner School - 220 Forest Way. Belrose NSW

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

Right click on file below and 'save as' for all details and an enrollment form.

L1_Belrose_Aug2013_Linn_EMAIL.pdf
Size : 98.154 Kb
Type : pdf

Katandra Bushland Sanctuary 2013 Season


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

33rd Club Marine Pittwater & Coffs

Surf Life Saving Sydney Northern Beaches

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

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

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

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

Room To Rent

M/F to share great house in Newport overlooking beach and bush - furnished or unfurnished bedroom with built in robes - $220pw - avail 14th July. My mobile 0424 979 907 or can email me at: sonjaelwood15@gmail.com

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Australian of the Year Awards now Open

Is there someone who inspires you and makes you feel proud to be an Australian? Perhaps they even live right here in Pittwater? If so, why not nominate them for the Australian of the Year Awards 2014?

The focus for these awards is not on the greatest scientist or sporting achievements but to recognise ordinary Australians who achieve extraordinary things. **Nominations close 2 August.** http://bit.ly/eC8vYU

Register Now!
Steptember.org.au
STEPTEMBER

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

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

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

There are 3 ways you can support Steptember:

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

2. Donate directly to our Conductive Education team at:

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

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

Thank you for your $upport! Keep on walking!

Captain Gabriel

Harbour Regatta 2014

Notice of Race and online entry now available

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

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

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

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

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

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

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

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

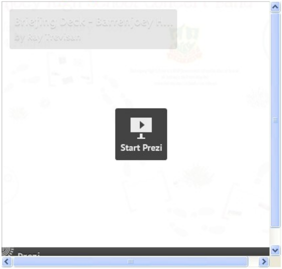
Wedgetail's savvy crew duelled with Syd Fischer's TP52 Ragamuffin for all of the 226 nautical mile sprint north, winning by a mere 3 minutes and 30 seconds, with the latter getting their own back with a clean handicap sweep – IRC, ORCi and PHS – just days after Fischer's second over-the-line in the Rolex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

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

Gabriel Pinter | Senior Conductive Educator

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

Barrenjoey HS NT Band Tour 2013



Barrenjoey High School Concert Band Tour 2013 to Northern Territory

Barrenjoey's Concert Band will be touring the Top End later this year (26 July - 4 August). The Band Committee has devised a diverse and entertaining itinerary that will include visiting remote Aboriginal communities in and around Katherine, Kakadu National Park and Darwin.

During the Tour, the BHS Band will be performing most days including gigs at the Darwin Show, the Mindil Sunset Beach Markets as well as many Top End schools. If you're interested in a closer look, have a look at their above presentation.

The bands supporters and organisers are also chasing corporate sponsorship opportunities, so if you know of someone, or a company, who may be interested, have them take a look at http://tinyurl.com/c96gobh for further details.

Inquiries can be made through the school's Band Committee or Ray Trevisan at ray@trevisan.com.au or 0400 186 446.

Barrenjoey High School website: www.barrenjoey-h.schools.nsw.edu.au/

Band Tour Initiative Praised In State Parliament - Thursday, 20 June 2013

Member for Pittwater Rob Stokes today in State Parliament highlighted the importance of Barrenjoey High School's upcoming band tour to the Northern Territory.

Over 50 students from the school's Concert Band will visit various remote communities on a 10 day tour in July to perform at events, experience Aboriginal culture and develop a greater appreciation for Australia's rich diversity.

"This will be an enormously rewarding opportunity for these students", Rob Stokes said today. "With music being such an important part of indigenous culture there is so much to be gained from this experience.

"Opportunities such as this enable students to develop and even greater understanding and appreciation of Australia's diversity and the importance of its continued celebration.

"This tour will be an enlightening and eye-opening experience for everyone involved and further leverages Barrenjoey High School's strength in creative arts education.

"I encourage anyone who is interested in supporting the tour to contact the school's band co-ordinator Ray Trevisan.

"This is a fantastic initiative by Barrenjoey High School and demonstrates the vibrancy and innovation in our local schools," Rob Stokes said.

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

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

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

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

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

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

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

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

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Petrol prices smartphone App C/- W.A.G.

The All New
MotorMouth App
Available Now

From the team at MotorMouth; It is with great pleasure that today we announce the release our first smartphone application. For regular readers, you will be aware that this application has been a long time coming, but we think it has certainly been worth the wait! Available through both the iTunes App Store and Google Play Store, our app aims to help you decide WHEN is a good time to fill up. From our user polls, you have told us that 80% of people, 80% of the time, buy from the same 1 or 2 service stations so it is more valuable to know when to buy than where.

Over the years, we have received a huge amount of valuable feedback and we have tried to take it all on board, however we are still looking to perfect the app so please keep it coming. Thanks again for your continued support and we hope this app will help you keep more pennies in your pocket!

As always, Safe Motoring,

Tim and the MotorMouth Team.

Objective Australia

It's just a few weeks to go until we touch down in San Francisco ahead of the Red Bull Youth America's Cup – read about what we've been up to here: http://www.rpayc.com.au/news-events/980-objective-australia-a-few-weeks-to-go

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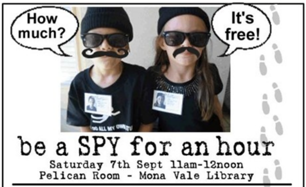
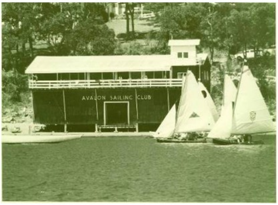

How much?
It's free!

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

Hon. Rob Stokes BHS Concert Band - Hansard: Legislative Assembly - 20 June 2013 HERE

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

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



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

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

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

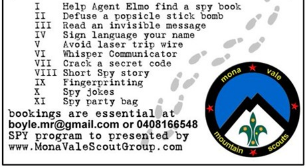
From Friday 1st November to Sunday 3rd November activities will include fun for younger members; a historical display (contributions needed); the taking of commemorative photos of office bearers past and present; a formal dinner; historic vessel sailing, as well as a regatta including all types of craft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

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

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

Email: 75th_ann@avalonsailingclub.com.au

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



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

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

‘NEVER FORGET YOU’ - “LOOSELY WOVEN” gives FREE CONCERT in AVALON - Fund raiser for Amnesty International

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

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

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

Sonia and Denis

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

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

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

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

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

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

Applications Open For 2013 Community Building Partnership Program

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

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.

August

3rd Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
11th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm
16th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm
30th Father's Day stall at Avalon, outside ANZ Bank, baking, craft, bric-a-brac, knitting

September

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

October

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

November

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

December

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

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

Fuzzy Little Wilbur By Lynleigh Grieg

Say hello to Wilbur, the Brushtail Possum.

Wilbur's Mum was hit by a car. Luckily the driver stopped to see if she could be saved, but sadly it was too late for her. As they dragged her body off the road, they saw tiny Wilbur peeking out of her pouch.

Wilbur was placed into care and hand-raised from the weight of 150g. Right from the start, his carer began to notice that he was having mini-seizures - possibly as a result of head trauma from the impact of the car. As he grew, his seizures became more frequent and his vision seemed impaired, so his carer brought him to us.

Wilbur was booked in to see Southern Cross Wildlife Care's

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

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

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

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

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

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

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

Jacaranda Enriching Life Day Centre provides a range of activities, care and respite for older people and their carers in the local community. Located in the Pittwater Uniting Church in Warriewood, **Jacaranda is looking for volunteers on Mondays and Wednesdays.**

UnitingCare
Ageing

We **need bus drivers** (Light Rigid or C Class licences) and carers to help transport elderly people to and from the Centre.
Willing hands to heat and serve lunch and morning tea are always welcome. If you can assist, Jasmine or Janice would love to hear from you:

T: 9979 4299
E: nsrinfo@unitingcarenswact.org.au
W: www.unitingcareageing.org.au

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is August 3rd, 2013.**

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

Pub2Pub
Charity Fun Run & Walk

21st Annual Pub 2 Pub - Registrations NOW OPEN

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

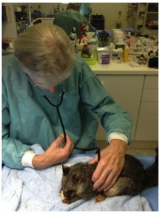
Northern Beaches most famous fun run is celebrating its 21st birthday marking a major milestone for the annual Pub 2 Pub charity fun run & walk. The 13km event starts at 8am sharp on **Sunday August 25th**, so now is the time to throw on your runners & start training for this fantastic family event.

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

veterinary surgeon, Dr Howard Ralph. But first he needed to look presentable...

We popped him into a warm Betadine bath and towel-dried him in front of the fire before he got to see the doc :)

He enjoyed it thoroughly, but kept trying to eat the bubbles!



Dr Ralph examined Wilbur (who was being entertained with a piece of banana) to see what could be done. They had a chat about life in general and Wilbur was sent home with various medications to help prevent his seizures. Now - we just need to keep up with his treatment and see what happens...

Well, Wilbur now has a weekly bath as it's his favourite thing to do. After we bath him and drain away the water, we say "Shake, shake, Wilbur!" and he shakes off the water obediently - it's so sweet.

Brushtail possums have loads of character and are a wonderful addition to any backyard. There's nothing like sitting out on the back deck watching the sunset and seeing a fat, fluffy possum waddle across the fence in search of a snack. They eat mostly native foliage and native flowers but they also enjoy fruit such as apples, bananas and grapes and veggies such as carrot, spinach and sweet potato.

Brush-tailed possums are marsupials, and their young are usually born around May/June after a gestation period (pregnancy period) of just 17 days. The newborn possum crawls its way into the mother's pouch and attaches itself to a teat.

It stays attached to the Mum's teat for around five months and then spends another two months clinging to its mother's back as she moves about. Usually only one young is born at a time.

They are fully grown by about 10 months' old.

Wilbur is such a sweet boy. We're holding thumbs for you, little man.

ANZAC Centenary 2015

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

The NSW Government Gazette

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

Pittwater Offshore Newsletter Update 22/7/2013: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackeral Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

Bushcare Notices - July 2013

Bushcare at Warriewood

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

Sun July 28
Bungan Bch 8-11am
Winn Bay 9-12pm
National Tree Day Planting at Trafalgar Park 9-12pm

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

Pittwater Council's COOEE Newsletter July 2013

PITTWATER COUNCIL
CELEBRATING 20 YEARS 1992-2012

CALLING KNITTERS AND SEWERS - WE NEED YOU!

Mona Vale Library is holding a day-long 'Knit In' to support the charity Wrap with Love on **Friday 9 August**. Knitters and sewers are invited to help create squares between 9am and 5pm on the day that will be sewn into warm wraps for communities in need worldwide.

Library Manager Cathy Howie said whether you are a knitting pro or have always wanted to learn, everyone was welcome.

"Feel free to drop in for an hour or two or come for the day, with morning and afternoon tea on us!" said Ms Howie. "The library has hosted this event since 2008 and is particularly appreciative of the Friday knitting group the Pittwater Stitchers, who help throughout the year and on the day," she said.

"Residents can start knitting straight away and bring their squares on the day or drop them off anytime during library opening hours."

Squares should measure 10" x 10" (25cm x 25cm), with full instructions available at www.pittwater.nsw.gov.au/library

Printed copies of the instructions are also available from the service desk at the library at 1 Park Street, Mona Vale.

Ms Howie said the Knit In was a great way to support people in need globally.

For more information visit www.pittwater.nsw.gov.au/library or call 9970 1600.

FREE CHILD RESTRAINT FITTING AT FLYING FOX PARK

Pittwater Council together with Roads and Maritime Services invite Pittwater parents and guardians to a free child restraint check on Thursday 15 August. The safety check provides peace of mind that your child's car restraint, harnesses and/ or booster seats are correctly anchored and fitted. The free check will take place at Winnererremy Bay car park, Mona Street, Mona Vale between **9.30am and 2.30pm on Thursday 15 August.**

Legislation requires that children younger than six months must be secured in a rear-facing restraint and those between six months and four years of age must be secured in a restraint which can be forward or rear-facing. Children aged between four and seven years must be seated in a forward facing restraint or booster seat.

Pittwater Council's Road Safety Officer Michelle Carter said the restraints would be checked by an authorised restraint fitter, who is authorised to fit and check only those seats that meet the Australian / New Zealand Standard 1754.

"They will also be able to fit new car seats or turn rear facing seats to the forward facing position.

The NSW Government Gazette contains:

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

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

THE SUMBA FOUNDATION
AUSTRALIA

Federal Government Media Releases this week:

Consumers warned about another off shore cold calling scam impersonating ASIC

SNIPPET: Tuesday 23 July 2013. These offshore cold callers claim that your credit union, building society or bank have overcharged you and ask for your personal bank details. If you think you have been a victim of this scam or believe your account may have been compromised, you should contact your credit union, building society or bank immediately.

UPMAX capsules

SNIPPET: UPMAX capsules pose a serious risk to your health and should not be taken. The supply of UPMAX capsules is illegal. UPMAX capsules have not been assessed by the TGA for quality, safety or efficacy as required under Australian legislation, and the place of manufacture is not approved by the TGA.

AirSep Impulse Elite oxygen conserving device

SNIPPET: Recall - potential gas leak. Consumers and health professionals are advised that Air Liquide Healthcare, in consultation with the TGA, is recalling from the market certain AirSep Impulse Elite oxygen conserving devices (OCDs) manufactured before early 2006. AirSep Impulse Elite OCDs are used with portable cylinders to provide users medical oxygen at their prescribed dosages.

MSS Maximum Sexual Stimulant tablets

SNIPPET: MSS Maximum Sexual Stimulant tablets pose a serious risk to your health and should not be taken. The Therapeutic Goods Administration (TGA) has tested MSS Maximum Sexual Stimulant tablets and found that:. The supply of MSS Maximum Sexual Stimulant tablets is illegal.

NordiPen used with 5 mg, 10 mg and 15 mg Norditropin SimpleXx cartridges

SNIPPET: Recall for product correction - potential for under-dosing due to assembling difficulties. NordiPen is used with 5 mg, 10 mg and 15 mg Norditropin SimpleXx (somatropin) cartridges. Included in this information are two updated instruction documents intended for users - 'Additional information regarding assembly of NordiPen 5 mg, NordiPen 10 mg and NordiPen 15 mg' and 'Additional information regarding assembly of NordiPen 5 mg, NordiPen 10 mg and NordiPen 15 mg when using NordiPenMate'.

Finalists announced for National Disability Awards | The Hon Amanda Rishworth MP

SNIPPET: Minister for Families, Community Services and Indigenous Affairs, Minister for Disability Reform. The seventh annual National Disability Awards will be held on 26 November as a special celebration leading up to International Day of People with Disability on 3 December. Robert Pask is an advocate for people living with disability and chronic illness.

Small businesses to gain access to the Superannuation Complaints Tribunal

SNIPPET: Small businesses will now have greater access to dispute resolution for resolving complaints against APRA-regulated superannuation funds. The Government has announced that it will expand the jurisdiction of the Superannuation Complaints Tribunal (SCT) to include complaints made by small businesses against superannuation funds and will seek to appoint additional members to the Tribunal with relevant experience. Minister for Small Business, Gary Gray, said these new measures also provide small business with similar access to the SCT as members and beneficiaries of APRA-regulated superannuation funds.

Volunteering conference to be held in Albury NSW on 29 and 30 August 2013 | Office for the Not-for-Profit Sector

SNIPPET: Want to build innovative ideas into your volunteering programs and organisations? Register now for the two-day volunteering conference, Country and City Volunteering in the 21st Century , to be held in Albury NSW on 29 and 30 August 2013. Country and City Volunteering in the 21st Century is a two day conference that comprises a mixture of plenary sessions, interactive workshops, panels and case studies. Visit the to register now.

Australia takes global leadership on whale research - Australian Antarctic Division

SNIPPET: The Hon Mark Butler MP. Australia's global leadership in whale conservation has been consolidated today with an extra $6 million in federal funding to build on our non-lethal whale research program, which remains the largest program in the world. 'Innovative non-lethal research technology and techniques trialled by Australia during this year's Antarctic Blue Whale Project research expedition, were so successful they will now become the model for other whale researchers across the world,' Mr Butler said.

Ms Carter said that the free check of car restraints did not include the cost of any new equipment required to make restraints safe and only direct guardians or parents of children were eligible for the service.

"**The service is free. However, bookings are essential and can be made by calling Council on 9970 1196**," added Ms Carter.

Residents are also reminded that legislation requires children under the age of seven should not be seated in the front seat of vehicles, where there are two rows of seating or more. For more information on the new child restraint laws visit: HERE

Bookings will only be taken for Pittwater residents. Warringah residents should contact 9942 2447, and Manly residents can call 9976 1619 to ascertain the next child restraint fitting day for their respective areas.

FREE MOVIE NIGHT AT MONA VALE LIBRARY

Relive some memorable moments with the classic movie **To Kill a Mockingbird at Mona Vale Library** this winter. Residents of all ages are invited to attend the free screening on **Wednesday 7 August from 7pm.** The movie is based on Harper Lee's Pulitzer Prize winning book of 1961.

Atticus Finch played by Gregory Peck is a lawyer in a racially divided Alabama town. He agrees to defend a young black man who is accused of raping a white woman. Many of the townspeople try to persuade Atticus to pull out of the trial, but he decides to go ahead.

Seen through the young eyes of Scout and Jem Finch, the story explores with rich humour and unswerving honesty the irrationality of adult attitudes towards race and class in the Deep South during the 1930s.

The conscience of a town steeped in prejudice, violence, and hypocrisy is pricked by the stamina and quiet heroism of one man's struggle for justice—but the weight of history will only tolerate so much.

Mona Vale Library's Manager, Cathy Howie said the movie nights are guaranteed entertainment. "T**hey are also a great way of reminding residents of our extensive DVD collection that can be borrowed free of charge!"**

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

Bookings for the movies can be made at the front desk at Mona Vale library or by phoning 9970 1600. Refreshments will be available for purchase during the screening.

ENLIVEN PITTWATER LEADERSHIP GROUP ANNOUNCED

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

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

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

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

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

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

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

Tackling base erosion and profit shifting [24/07/2013]

SNIPPET: Assistant Treasurer David Bradbury has today released a examining the risks to the sustainability of Australia's corporate tax base. A principal recommendation of the paper and a key plank in global cooperation to tackle base erosion and profit shifting is the endorsement of the recently released OECD Action Plan. The release of the paper follows the significant efforts of the Government to strengthen Australia's corporate tax system.

End Date Approaches For Queensland Flood Payments

SNIPPET: Minister for Human Services. People affected by the floods this year in the Rockhampton Local Government Area have until 6 August 2013 to lodge a claim for the Australian Government Disaster Recovery Payment (AGDRP). More than 120,000 Australian Government Disaster Recovery Payments have already been made to date to residents affected by the Queensland Floods, totalling over $139 million in assistance.

Guidelines to improve emergency communication with people with disability

SNIPPET: New national guidelines will help emergency managers and emergency service personnel better communicate with Australians with disability. These guidelines will help emergency managers and organisations who support our communities to make sure emergency messaging is effective and clear. The guidelines include recommended communication methods and resources and incorporate the emergency management principles of prevention, preparedness, response and recovery.

New skills for more than 3,000 older Australians

SNIPPET: More than 3,000 older Australians will have the opportunity to learn new skills and stay engaged with like-minded locals after $1.2 million funding was allocated to almost 100 community education courses. As well as enabling older Australians to learn new skills, many of these courses provide fresh opportunities for volunteering, further study or employment. This is a great example of how the Federal Labor Government recognises the crucial role of seniors and is assisting to keep older Australians engaged and active.

Consultation underway | IP Australia

SNIPPET: A consultation is underway on a proposal to introduce amendments to the Patents Act 1990. The Government accepted recommendations to amend the Patents Act 1990 to introduce:. A consultation paper has been released to encourage discussion and seek views on the proposed amendments.

New Not-for-Profit Mentor the Treasurer' program | Office for the Not-for-Profit Sector

SNIPPET: CPA Australia, in partnership with Pro Bono Australia, is offering qualified accountants the opportunity to add value to the community through a new Not-for-Profit Mentor the Treasurer' program. Commonwealth departments have nominated to further support the relationship with the not-for-profit sector.

Natural Disaster Community Grants Program | Office for the Not-for-Profit Sector

SNIPPET: Grants of up to $20,000 are available for community recovery projects with a charitable purpose. Commonwealth departments have nominated to further support the relationship with the not-for-profit sector.

Calculating the prospects of solar thermal

SNIPPET: Resources and Energy Minister Gary Gray today launched new online tools supported by the Australian Renewable Energy Agency that will help researchers, developers and financiers assess the commercial prospects of Concentrating Solar Thermal power projects in Australia. These new tools which will optimise an industry-leading United States model for Australian conditions will make it easier for developers and financiers to assess the commercial viability of concentrating solar thermal projects. This type of analysis is critical to attracting investors and will help pave the way for the energy industry and the finance sector to deploy concentrating solar thermal technologies in Australia, Mr Gray said.

Minor amendments to the Tobacco Information Standard [25/07/2013]

SNIPPET: Minor amendments to the Competition and Consumer (Tobacco) Information Standard 2011 to remove the obligation on retailers to rotate the health warnings on tobacco products come into force tomorrow. The amendment reinstates the position under the Trade Practices (Consumer Product Information Standards) (Tobacco) Regulations 2004 which placed the onus on the manufacturer and the importer to rotate the graphic health warnings, relieving a red tape burden for small businesses. In December 2011, the Government made the Tobacco Information Standard , with the support of relevant State and Territory Ministers, which forms an important part of the Government's plain packaging reforms to target tobacco use and its harmful effects.

ACCC Commissioner Joe Dimasi [25/07/2013]

SNIPPET: ACCC Commissioner Mr Joe Dimasi has today informed the Government that he will not seek reappointment to his position, due to expire in November this year. The Government would like to thank Mr Dimasi, who acted as the petrol commissioner, for his work at the ACCC during his five-year term as a Commissioner and for his long contribution to competition policy in Australia. The Government is committed to promoting competition and transparency in Australia's fuel markets and has provided funding to the ACCC each year since 2007 to monitor the fuel market.

Visa holders warned to watch out for potential scammers | ACCC

SNIPPET: The Australian Competition and Consumer Commission (ACCC) and Department of Immigration and Citizenship (DIAC) are warning people who have migrated to Australia or hold a temporary visa to be wary of a scam which may target them. ACCC Deputy Chair Delia Rickard said that the ACCC has received 60 reports of this scam this year with more than $20,000 reported lost. Ms Rickard said that scammers may try to pressure you by repeatedly calling and harassing you but if you give your money to a scammer you will never see it again.

Industry and government take action on slaughter boxes - Department of Agriculture, Fisheries and Forestry

SNIPPET: Mark IV type boxes, and their ability to be used to humanely slaughter cattle, have been independently reviewed with the results released today by the Department of Agriculture, Fisheries and Forestry (DAFF). DAFF will require licensed livestock exporters to assess current Mark IV type boxes in ESCAS approved supply chains and. DAFF will require licensed livestock exporters to ensure operators of Mark IV type boxes are routinely assessed through audit verification.

ALRC Review of equal recognition before the law and legal capacity for people with disability announced | ALRC

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

Draft Narrabeen Lagoon Flood Study

Pittwater and Warringah Councils are exhibiting the Draft Narrabeen Lagoon Flood Study and you are invited to have your say. The final Draft Narrabeen Lagoon Flood Study will update the 1990 flood study and define current and future flood behaviour of the catchment, which extends as far as Mona Vale to the north, Belrose to the west and Beacon Hill to the south.

The draft study, which is being prepared to meet the objectives of the NSW State Government's Flood Prone Land Policy, will establish the basis for subsequent floodplain management activities and is on public exhibition until Monday 12 August.

Under the State Policy, NSW Local Governments are responsible for identifying and managing the risk to life and property from flooding. One of the most important steps in this process is increasing our community's awareness of flooding so that people are better able to understand and plan for the flood risks they face.

For most people, there will be no immediate change to their situation. However, property owners who are planning redevelopment of their property may need to take some additional steps as part of the consent process because flood-related development controls will apply. For example, the construction of new buildings will need to be set at or above the Flood Planning Level (1 in 100 year flood plus 0.5m) and out of flood danger.

Community Information Sessions are being held during the public exhibition to give people whose properties may be affected by the study the chance to have a 15-minute, one-on-one talk with Council Officers. The information sessions will be held on:

Saturday 20, Friday 26, Tuesday 30 July, 9.30am – 5pm - Coastal Environment Centre, Pelican Way, Lake Park Rd, North Narrabeen

Monday 22 July, 9.30am – 5pm - Tramshed Arts and Community Centre, 1395A Pittwater Rd, Narrabeen

Bookings essential on:

Pittwater Council area: Debbi Millener on 9970 1111 or floodplain@pittwater.nsw.gov.au

Warringah Council area: Valerie Tulk on 9942 2111 or valerie.tulk@warringah.nsw.gov.au

The Draft Narrabeen Lagoon Flood Study is on public exhibition at pittwater.nsw.gov.au; and warringah.nsw.gov.au; Pittwater Council Offices and Warringah Council Chambers, and Council libraries.

This study has been prepared for Pittwater and Warringah Councils with financial assistance from the NSW and Commonwealth Governments through the Natural Disaster Resilience Program.

GREEN THUMBS SOUGHT FOR GRAVESITE CARE

Pittwater Council is keen to hear from garden lovers who would be interested in joining the newly established Mona Vale Cemetery Gardening Group. The group has been set up to tend older gravesites at Mona Vale Cemetery.

Mona Vale Cemetery has over 6,400 grave sites, many of which have become untidy and overgrown with weeds over time, or where there is an absence of family members to take care of graves. Cemetery Officer Nadine Phipps said that having a group of keen gardeners to tend some of the cemetery's older gravesites would help significantly.

"We're looking for a small group of people to meet for a few hours once a month," she said. "A few hours of weeding and tending by volunteers to the gravesites would make a big difference to the appearance of the cemetery.

"It would also mean so much to those who visitors who are either too old or infirm to maintain their family graves themselves," said Ms Phipps.

Mona Vale General Cemetery is located in a peaceful bushland setting at 107 Mona Vale Road, Mona Vale. It is managed by Pittwater Council on behalf of the State Government.

Anyone wishing to become involved in the gardening group can do so by contacting the Cemetery administration officer on 9970 1341 or email mvgcemetery@pittwater.nsw.gov.au

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SNIPPET: The Australian Law Reform Commission (ALRC) today received. The Terms of Reference specifically ask the ALRC to have particular regard for the ways that people with disability who are also children, women, Indigenous people, older people, people in rural, remote and regional areas, people from culturally and linguistically diverse backgrounds and lesbian, gay, bisexual, transgender and intersex people are affected by these laws and frameworks. In undertaking this reference, the ALRC has been asked to identify and consult with relevant stakeholders, particularly people with disability and their representative, advocacy and legal organisations, including through accessible formats, but also families and carers of people with disability, relevant Government departments and agencies in the Commonwealth and States and Territories, the Australian Human Rights Commission, and other key non-government stakeholders.

Its OK to talk about mental health in the workplace page

SNIPPET: Mental ill health can touch anyone as workers or carers. It will help the Australian Public Service (APS) to create workplaces that are mentally healthy and build workplace confidence to respond to mental ill health at work. The Guide has been developed in collaboration with experts in mental health including employees with lived experience of mental ill health, beyondblue, the Australian Human Rights Commission and colleagues across the Australian Public Service.

Improved access to financial counselling for farmers in need

SNIPPET: The Rudd Government is rolling out an extra $5.9million to boost support for farmers by funding 17 fulltime additional rural financial counsellors. I know that many farm businesses are doing it tough and the Rudd Government is offering assistance so farmers can access free financial counselling services to help them manage debt and ease financial pressure, Mr Fitzgibbon said. Farm Finance is an initiative of the Australian Government designed to build the ongoing financial resilience of farmers who are currently struggling with high levels of debt.

Attorney-General calls on industry to help prevent terrorism

SNIPPET: Attorney-General Mark Dreyfus QC today launched a National Code of Practice to help business prevent potentially dangerous chemicals finding their way into the hands of terrorists. Potassium perchlorate at a concentration of or above, and. Sodium perchlorate at a concentration of or above, and.

$4 million to assist UN Represented litigants

SNIPPET: Minister for Emergency Management. Parliamentary Secretary to the Attorney-General. Attorney-General Mark Dreyfus QC and Parliamentary Secretary Shayne Neumann have announced new funding of $4 million over four years to support unrepresented litigants who would not otherwise have access to legal assistance and advice.

Australia's Fighting Felines combine for Talisman Saber - Department of Defence

SNIPPET: Defence News Published: 25 July 2013. Perth is currently in the Coral Sea participating in Exercise Talisman Saber 13, along with other Royal Australian Navy vessels HMA Ships Choules, Sydney, Waller, Tarakan and Sirius, together with helicopters from 816 and 808 Squadrons. Exercise Talisman Saber 13 (15 July 5 August) is a major bilateral exercise designed to improve training and interoperability between Australian and United States military forces and other government agencies.

Troops awarded Australian service medal in final Solomon Islands medal parade - Department of Defence

SNIPPET: Defence News Published: 25 July 2013. Australian Defence Force (ADF) personnel serving on the last rotation of Operation ANODE, the ADFs military contribution to the Regional Assistance Mission Solomon Islands, have been presented with the Australian Service Medal prior to returning home to next month. Increasingly, responsibility for security rests with the Government of Solomon Islands which is a powerful message and one of great comfort that the Combined Task Force is leaving Solomon Islands in a good place.

A glimpse of life at sea reaffirms Brodericks beliefs - Department of Defence

SNIPPET: Defence News Published: 25 July 2013. My experience on HMAS Choules reinforces my belief that both men and women play a vital role in the Australian Defence Force (ADF), she said. Exercise Talisman Saber 2013 is a biennial training activity jointly sponsored by the US Pacific Command and Australian Defence Force (ADF) Joint Operations Command to train the US 7th Fleet and Australian Deployable Joint Headquarters staff as a designated Combined Task Force.

Indonesian Defence Minister visits Perth for bilateral discussions

SNIPPET: Today Thursday, 25 July and tomorrow Friday, 26 July I host Indonesia's Minister of Defence, DrPurnomo Yusgiantoro, in Perth for bilateral discussions and the second Annual Australia-Indonesia Defence Ministers' Meeting.. This will be the ninth time I have met with Minister Purnomo in my capacity as Minister for Defence, and the third time we have met this year.. Our bilateral security and strategic cooperation with Indonesia has steadily increased in recent years under the auspices of the Lombok Treaty, which came into effect when I exchanged notes with then Indonesian Foreign Minister Wirajuda in Perth in February 2008.

Creating stronger futures for children in the Territory | The Hon Jenny Macklin MP

SNIPPET: Children and families in five remote Aboriginal communities in the Northern Territory will benefit from extra support services with more than $11 million in funding under Federal Labor's Stronger Communities for Children initiative. Minister for Indigenous Affairs Jenny Macklin said local Aboriginal organisations will work with other non-government organisations and local people to deliver programs such as early learning and literacy classes, parenting and family support programs, and child nutrition advice. Improving the safety, wellbeing and development of Aboriginal children means working in partnership with local people and local Aboriginal organisations.

Senator Carr visits China, media release, 25 July 2013, Australian Minister for Foreign Affairs

SNIPPET: Foreign Minister Bob Carr today began a 10-day visit to boost bilateral ties and economic links with China. Senator Carr will have a series of high-level meetings in China, including in Hong Kong, Sichuan, Chongqing and Fujian. Across the three provinces, Senator Carr will meet provincial and municipal leaders, and engage Australian business representatives.

Australian assistance for Syria reaches $100 million

From a Canadian friend this week; Homemade Tick Repellent

Several people asked me to share the tick/flea repellent recipe...so here it is! :-) It's summer! Time for camping, hiking and getting outside to play. Don't let those pesky annoying ticks stop you. Here's how with a simple homemade solution!

Repellent for your pets:

For pets, add 1 cup of water to a spray bottle, followed by 2 cups of distilled white vinegar. Ticks hate the smell and taste of vinegar, and will be easily be repelled by this ingredient alone. Then, add two spoonfuls of vegetable or almond oil, which both contain sulfur (another natural tick repellent).

To make a repellent that will also deter fleas, mix in a few spoonfuls of lemon juice, citrus oil, or peppermint oil, any of which will repel ticks and fleas while also creating a nicely scented repellent. Spray onto the pet's dry coat, staying away from sensitive areas including eyes, nose, mouth, and genitals. When outdoors for an extended period, spray this solution on two to three times per day.

For you and your family:

In a spray bottle, mix 2 cups of distilled white vinegar and 1 cup of water. To make a scented solution so you do not smell like bitter vinegar all day, add 20 drops of your favorite essential oil.

Eucalyptus oil is a calm, soothing scent that also works as a tick repellent, while peppermint and citrus oils give off a strong crisp scent that also repel ticks.

After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay, and examine your skin and hair when back inside to make sure no ticks are on the body.

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

SNIPPET: Released By: Bob Carr, Minister for Foreign Affairs, and Melissa Parke, Minister for International Development. This brings Australia's total humanitarian assistance in response to the crisis in Syria to $100 million since June 2011. This additional Australian assistance will benefit people inside Syria and also those who have fled to neighbouring countries like Jordan, Lebanon and Turkey.'.

Online payment firm Braintree opens in Australia - Austrade

SNIPPET: Online payments firm Braintree has expanded to Australia, increasing payment options in an active e-commerce market. Late last year, Braintree began selling its services to businesses in Australia and found robust demand, spurring a decision to open an office in Sydney. Tyson Hackwood, who set up the Australian operations of Braintree rival PayPal, will lead Braintree's team in Sydney.

Xylitol and oil of wormwood

SNIPPET: No longer subject to customs import controls. Content last updated: Thursday, 25 July 2013. Content last reviewed: Thursday, 25 July 2013.

Microscope an Australian first

SNIPPET: A new microscope that enables scientists and industry to measure materials and structures a million times smaller than a grain of sand is now in operation at the National Measurement Institute (NMI) in Sydney. Minister for Innovation, Industry, Science and Research, Senator Kim Carr, said that Australia's first metrological scanning probe microscope (mSPM) would open up new business opportunities for Australian industry. Although the microscope measures very small objects, the benefit for Australian business is substantial, Senator Carr said.

Catholic systemic schools to benefit from Better Schools Plan

SNIPPET: Catholic systemic schools across Australia will benefit from extra funding and more resources after the National Catholic Education Commission (NCEC) and the Australian Government today reached an historic agreement on the Better Schools Plan. This additional funding will enable Catholic systemic schools to implement the signature reforms of the Better Schools Plan including initiatives around quality teaching, quality learning, meeting student need, empowered school leadership and better data collection and research to drive improvements within schools. Today's announcement brings the Catholic systemic schools in line with the rest of the non-government schools sector in Australia, following the recent agreement between the Australian Government and the Independent Schools Council of Australia (ISCA).

More flexibility in the National Rental Affordability Scheme | Office for the Not-for-Profit Sector

SNIPPET: The introduction of greater flexibility for endorsed charities participating in the National Rental Affordability Scheme (NRAS) is set to make the scheme more attractive to investors. For further informationplease see the. Commonwealth departments have nominated to further support the relationship with the not-for-profit sector.

New Screen Australia Board appointments

SNIPPET: Funding for audience-engaging features of any genre. Screen Australia resources for documentary filmmakers. 30 June 2013 marked the conclusion of inaugural Board member and Deputy Chair 's time on the Screen Australia Board.

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Pittwater Online News

July 28 - August 3, 2013: Issue 121

Marine Rescue Broken Bay - The Vessels

Marine Rescue Broken Bay – The Vessels

MARINE RESCUE BROKEN BAY
A 100% VOLUNTEER ORGANISATION
'VOLUNTEERS SAVING LIVES ON WATER'
http://www.mrbrokenbay.com.au/
Phone (02) 9999 3554 or (02) 9997 1399 / VHF 16

The Royal Volunteer Coastal Patrol was founded on March 27th, 1937 and was the oldest and largest volunteer maritime search and rescue organisation in Australia. The Broken Bay Division was part of the original foundation organisation and was administered as part of the Sydney region command. In 1947, a separate division was set up known as the Broken Bay Division, with Skipper Ray Weingott as its first Divisional Commander, and was operated directly from the members' own private vessels. Since then, the Division has operated from bases at Church Point, Royal Prince Alfred Yacht Club and Royal Motor Yacht Club.

The Division moved to the Royal Motor Yacht Club, in 1992, who donated the use of two rooms as a Base. They, also, generously provided berthing facilities for our rescue vessels along with other assistance.

On 12th March, 2005, the Division moved to its own premises, acquired with the much-appreciated assistance of the Pittwater Council, within the grounds of the Bayview Boat Ramp. This wheelchair-friendly Base boasts a radio room, administration office, two bunk rooms, galley, and a large education/meeting room.

On 1st January, 2010, the Royal Volunteer Coastal Patrol, Australian Volunteer Coast Guard and Volunteer Rescue Association were unified into one organisation, Marine Rescue NSW.

During the years since its foundation, the Broken Bay Unit has provided the radio coverage and rescue facilities for the boating public in the area and all those who visit Pittwater during the boating season. Marine Rescue Broken Bay has assisted in the setting up of three other units as requirements grew at Gosford, Hawkesbury and the Radio Centre at Terrey Hills (call sign 'Marine Rescue Sydney'). Members of the Unit also assist the local community by serving on various committees such as the Local Emergency Management Committee and various safety committees. The Unit is, also, available to be called out, by the local Emergency Management Officers, to assist in all community emergencies whenever it can help - even in non-marine situations.

Marine Rescue Broken Bay is accredited to teach and train the public in all aspects of keeping yourself safe at sea, offering Combined Theory & Practical Boat Licence, Elementary Navigation, Marine First Aid, Seaman's Meteorology and Survival at Sea courses. This week we share a few images taken of two of the vessels of this Pittwater based unit and will bring you more insights into the vital 100% volunteer organisation as we head into the boating season.

History
Profile

Keren Muir-McCarey, Margarita Weir, Graham Weir, Ron Carr, Victor Lawrence and Michael Stupar (seated).

David B Harrison

David B Harrison, RHIB (Rigid Hull Inflatable Boat)
Builder : GeminiLength : 6.5 metresSpeed : 35/40 Knots
Motors : Twin Mercury 75 HP
Cost : $120,000
crew numbers : 3
range : at cruse speed (25 knots) 200 nautical miles
Call sign: Broken Bay two zero
Fitted with: AIS (Automatic Identification System), two VHF and one 27 Meg radios, GPS and Depth sounder.

Peter E Weston

Peter E Weston, Commercial 28
Builder : Steber
Length : 8.5 metresSpeed : 25 Knots
Motors : Twin turbo charged Yanmar diesel
Cost : $322,000crew numbers : 4
range : at cruse speed (19 knots) 200 nautical miles
Call sign: Broken Bay three zero
Fitted with: AIS (Automatic Identification System), three VHF, one UHF and one 27 Meg radios, GPS, radar, RDF (Radio Direction Finder) and Depth sounder.

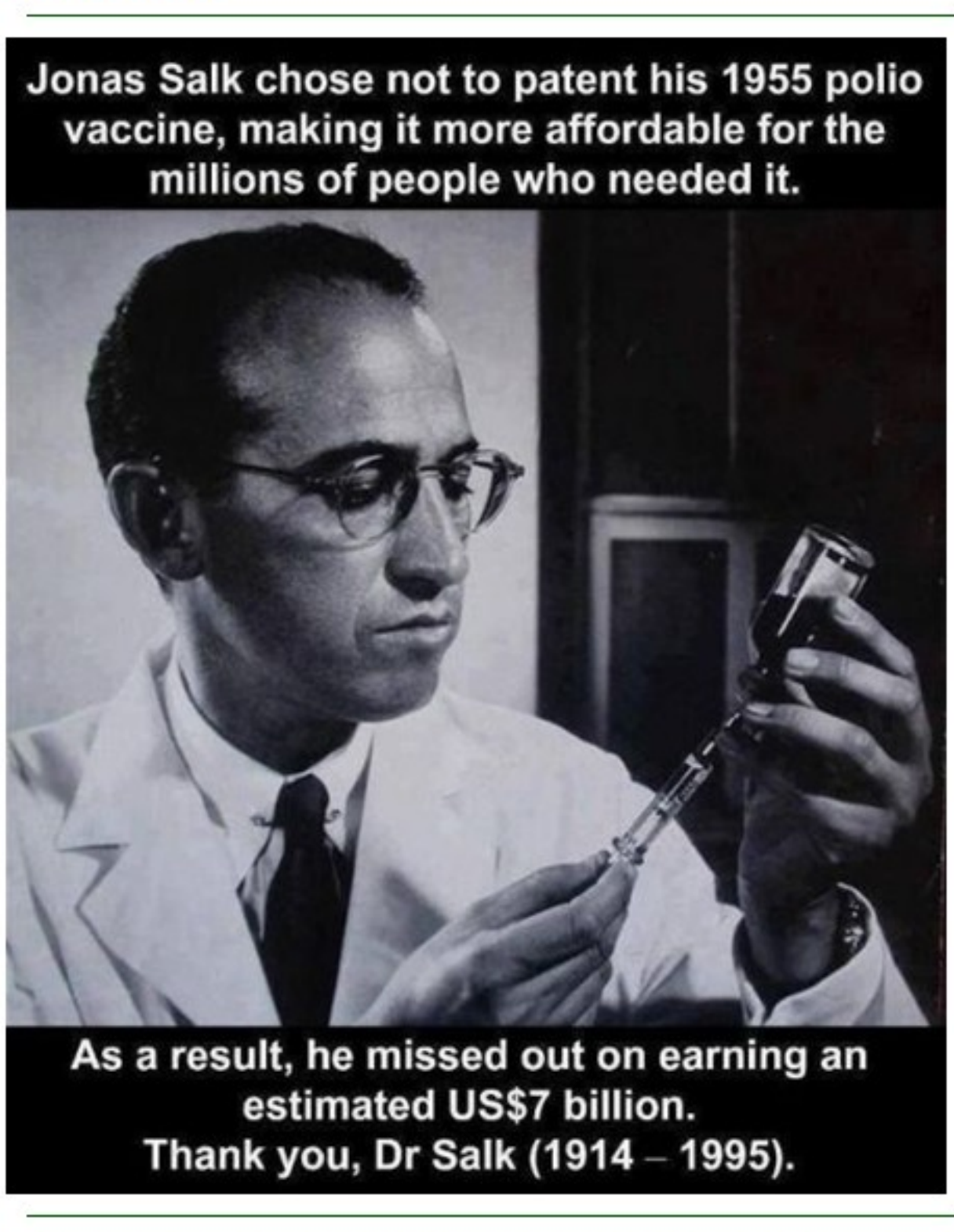
Photos by Michael Mannington 2013.

Pittwater Online News

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

July 28 - August 3, 2013: Issue 121

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


Jonas Salk chose not to patent his 1955 polio vaccine, making it more affordable for the millions of people who needed it.
As a result, he missed out on earning an estimated US$7 billion.
Thank you, Dr Salk (1914 – 1995).

Young men's mental health in crisis- 22 July 2013

The University of Sydney's Brain and Mind Research Institute has joined with the Young and Well CRC, Movember and beyondblue to declare it is 'game on' for tackling the mental health and wellbeing of young men aged 16 to 25, after their national survey revealed almost 20 percent of young men do not think their life is worth living.

The first Young and Well National Survey, a scientific study of young men from across Australia, identified alarming statistics that suggest our current mental health system is failing young men, including:

nearly one in five young men in the past 12 months have felt that life is hardly worth living; nearly one in 10 young men having thought about taking their own life; unemployment and moderate to very high levels of psychological distress predicting suicidal thoughts and behaviour; 42 percent of young men experiencing psychological distress.

On the positive side, the research also identifies new methods of engagement with young men via technology that matches their current usage and behaviour online, offering new hope for improving their mental health and wellbeing.

Young men with 'moderate' to 'very high' levels of psychological distress were more likely to:

talk about problems on the internet, with 66 percent finding it helpful; use the internet to find information for a mental health, alcohol or other substance abuse problem (48 percent); 95 percent were 'somewhat' to 'very satisfied' with the information they received online

young men who reported higher levels of psychological distress were more likely to access health information, listen to (or download/upload) music and play games with others on the internet.

Young and Well CRC CEO, Associate Professor Jane Burns said the findings offered an unprecedented opportunity to tailor mental health and wellbeing programs to engage young men where they are active, and importantly, at the right time.

"Unfortunately, young men do not seek help and many young men are not using services until they reach crisis point," she said. "Technology presents our best prospect yet to work directly with young men to create new ways of engagement, new models of care, and greater empowerment for young men in their management of stress and life pressure.

"For the last 20 years we have known our young men are not faring well: suicide, motor vehicle accidents and violence are the major killers of young men in Australia. Good mental health and wellbeing are critical to their prevention and lay the foundation for health and happiness," Associate Professor Burns said.

The Young and Well CRC is providing this research to government, service providers, schools and employers of young men to increase awareness of the current state of young men's mental health in Australia, with the aim of avoiding escalation of mental health issues to crisis point where young men may choose to end their life.

About the report: The first Young and Well National Survey was designed, analysed and authored by the Young and Well CRC and the Brain and Mind Research Institute. It was co-authored by staff from ConNetica and the Black Dog Institute. The report of the survey findings is titled '*Game On: Exploring the Impact of Technologies on Young Men's Mental Health and Wellbeing*'.

Health papers published this week:

Plain Packaging Seems to Make Cigarettes Less Appealing and Increase Urgency to Quit Smoking

July 22, 2013 — Plain packaging for cigarettes seems to make tobacco less appealing and increase the urgency to quit smoking, suggest early findings from Australia, published in the **online journal BMJ Open**. **Australia formally introduced plain brown packaging, accompanied by graphic health warnings taking up three quarters of the front of the pack, for all tobacco products on December 1 2012. So far, it is the only country in the world to have done so.**

The researchers wanted to find out what effects the policy was having in the early stages, and whether it helped curb the appeal of tobacco, emphasise its harms, and boost thoughts of quitting among smokers.

They therefore interviewed 536 cigarette smokers in the Australian state of Victoria during November 2012 when plain packs were already available, in the run-up to, and immediately after, implementation of the legislation requiring all tobacco sold at retail outlets to be contained in plain packs.

The interviewees were all taking part in the annual phone Victorian Smoking and Health Survey, which is a representative survey of adults in the state.

Almost three out of four (72.3%) were smoking cigarettes from plain packs while the remainder (27.7%) were still using branded packs with smaller health warnings.

The smokers were asked whether they were as satisfied with their cigarettes as they were a year ago, and whether they felt the quality was the same. They were also asked how often they thought about the harms of smoking and about quitting smoking, and if they approved of the plain pack policy. And they were asked if they thought the harms of smoking had been exaggerated.

The results indicated that perception of exaggerated tobacco harm or the frequency with which smokers thought about the damage cigarettes might be doing to them differed little between the two groups. But plain pack smokers were 51% more likely to back the plain pack policy than were brand pack smokers.

And compared with smokers still using brand packs, the plain pack smokers were 66% more likely to think their cigarettes were poorer quality than a year ago. And they were 70% more likely to say they found them less satisfying.

They were also 81% more likely to have thought about quitting at least once a day during the previous week and to rate quitting as a higher priority in their lives than were smokers using brand packs.

As the date for the legislation drew nearer, and more of the sample were smoking from plain packs, the responses of those smoking brand packs more closely matched those of plain pack smokers in terms of smoking's appeal.

This could simply reflect the reduced likelihood of being able to smoke from a brand pack or "social contagion," suggest the authors.

But, they conclude: "The finding that smokers smoking from a plain pack evidenced more frequent thought about, and priority for quitting, than branded pack smokers is important, since frequency of thoughts about quitting has strong predictive validity in prospective studies for actually making a quit attempt."

And they add: "Overall, the introductory effects we observed are consistent with the broad objectives of the plain packaging legislation. We await further research to examine more durable effects on smokers and any effects on youth."

M. A. Wakefield, L. Hayes, S. Durkin, R. Borland.**Introduction effects of the Australian plain packaging policy on adult smokers: a cross-sectional study**. BMJ Open, 2013; 3 (7): e003175 DOI: 10.1136/bmjopen-2013-003175

Skipping Breakfast May Increase Coronary Heart Disease Risk

July 22, 2013 — A large 16-year study finds men who reported that they skipped breakfast had higher risk of heart attack or death from coronary heart disease. The timing of meals, whether it's missing a meal in the morning or eating a meal very late at night, may cause adverse metabolic effects that lead to coronary heart disease. Even after accounting for modest differences in diet, physical activity, smoking and other lifestyle factors, the association between skipping breakfast (or eating very late at night) and coronary heart disease persisted.

Here's more evidence why breakfast may be the most important meal of the day: Men who reported that they regularly skipped breakfast had a higher risk of a heart attack or fatal coronary heart disease in a study reported in the American Heart Association journalCirculation.

Researchers analyzed food frequency questionnaire data and tracked health outcomes for 16 years (1992-2008) on 26,902 male health professionals ages 45-82. They found:

Men who reported they skipped breakfast had a 27 percent higher risk of heart attack or death from coronary heart disease than those who reported they didn't.

The men who reported not eating breakfast were younger than those who did, and were more likely to be smokers, employed full time, unmarried, less physically active and drank more alcohol.

Men who reported eating late at night (eating after going to bed) had a 55 percent higher coronary heart disease risk than those who didn't. But researchers were less convinced this was a major public health concern because few men in the study reported this behavior. **During the study, 1,572 of the men had first-time cardiac events.**

"Skipping breakfast may lead to one or more risk factors, including obesity, high blood pressure, high cholesterol and diabetes, which may in turn lead to a heart attack over time," said Leah E. Cahill, Ph.D., study lead author and Postdoctoral Research Fellow in the Department of Nutrition at Harvard School of Public Health in Boston, Mass.

"Our study group has spent decades studying the health effects of diet quality and composition, and now this new data also suggests overall dietary habits can be important to lower risk of coronary heart disease," said Eric Rimm, Sc.D., senior author and Associate Professor of Epidemiology and Nutrition, Harvard School of Public Health and Associate Professor of Medicine at the Harvard Medical School.

Men who reported eating breakfast ate on average one more time per day than those who skipped breakfast, implying that those who abstained from breakfast were not eating additional make-up meals later in the day. Although there was some overlap between those who skipped breakfast and those who ate late at night, 76 percent of late-night eaters also ate breakfast, researchers said.

The study collected comprehensive questionnaire data from the participants and accounted for many important factors such as TV watching, physical activity, sleep, diet quality, alcohol intake, medical history, BMI, and social factors like whether or not the men worked full-time, were married, saw their doctor regularly for physical exams, or smoked currently or in the past.

While the current study group was composed of men who were of 97 percent white European descent, the results should also apply to women and other ethnic groups, but this should be tested in additional studies, researchers said.

"Don't skip breakfast," Cahill said. "Eating breakfast is associated with a decreased risk of heart attacks. Incorporating many types of healthy foods into your breakfast is an easy way to ensure your meal provides adequate energy and a healthy balance of nutrients, such as protein, carbohydrates, vitamins and minerals. For example, adding nuts and chopped fruit to a bowl of whole grain cereal or steel-cut oatmeal in the morning is a great way to start the day."

L. E. Cahill, S. E. Chiuve, R. A. Mekary, M. K. Jensen, A. J. Flint, F. B. Hu, E. B. Rimm. **Prospective Study of Breakfast Eating and Incident Coronary Heart Disease in a Cohort of Male US Health Professionals.** Circulation, 2013; 128 (4): 337 DOI:10.1161/CIRCULATIONAHA.113.001474

Breastfed Children Are Less Likely to Develop ADHD Later in Life, Study Suggests

July 22, 2013 — We know that breastfeeding has a positive impact on child development and health - including protection against illness. Now researchers from Tel Aviv University have shown that breastfeeding may also help protect against Attention Deficit/Hyperactivity Disorder (ADHD), the most commonly diagnosed neurobehavioral disorder in children and adolescents.

Seeking to determine if the development of ADHD was associated with lower rates of breastfeeding, Dr. Aviva Mimouni-Bloch, of Tel Aviv University's Sackler Faculty of Medicine and Head of the Child Neurodevelopmental Center in Loewenstein Hospital, and her fellow researchers completed a retrospective study on the breastfeeding habits of parents of three groups of children: a group that had been diagnosed with ADHD; siblings of those diagnosed with ADHD; and a control group of children without ADHD and lacking any genetic ties to the disorder.

The researchers found a clear link between rates of breastfeeding and the likelihood of developing ADHD, even when typical risk factors were taken into consideration. Children who were bottle-fed at three months of age were found to be three times more likely to have ADHD than those who were breastfed during the same period. These results have been published inBreastfeeding Medicine.

Understanding genetics and environment

In their study, the researchers compared breastfeeding histories of children from six to 12 years of age at Schneider's Children Medical Center in Israel. The ADHD group was composed of children that had been diagnosed at the hospital, the second group included the siblings of the ADHD patients, and the control group included children without neurobehavioral issues who had been treated at the clinics for unrelated complaints.

In addition to describing their breastfeeding habits during the first year of their child's life, parents answered a detailed questionnaire on medical and demographic data that might also have an impact on the development of ADHD, including marital status and education of the parents, problems during pregnancy such as hypertension or diabetes, birth weight of the child, and genetic links to ADHD.

Taking all risk factors into account, researchers found that children with ADHD were far less likely to be breastfed in their first year of life than the children in the other groups. At three months, only 43 percent of children in the ADHD group were breastfed compared to 69 percent of the sibling group and 73 percent of the control group. At six months, 29 percent of the ADHD group was breastfed, compared to 50 percent of the sibling group and 57 percent of the control group.

One of the unique elements of the study was the inclusion of the sibling group, says Dr. Mimouni-Bloch. Although a mother will often make the same breastfeeding choices for all her children, this is not always the case. Some children's temperaments might be more difficult than their siblings', making it hard for the mother to breastfeed, she suggests.

Added protection

While researchers do not yet know why breastfeeding has an impact on the future development of ADHD - it could be due to the breast milk itself, or the special bond formed between mother and baby during breastfeeding, for example - they believe this research shows that breastfeeding can have a protective effect against the development of the disorder, and can be counted as an additional biological advantage for breastfeeding.

Dr. Mimouni-Bloch hopes to conduct a further study on breastfeeding and ADHD, examining children who are at high risk for ADHD from birth and following up in six-month intervals until six years of age, to obtain more data on the phenomenon.

Aviva Mimouni-Bloch, Anna Kachevanskaya, Francis Benjamin Mimouni, Avinoam Shuper, Eyal Raveh, Nehama Linder. **Breastfeeding May Protect from Developing Attention-Deficit/Hyperactivity Disorder.** Breastfeeding Medicine, 2013; : 130410052833002 DOI:10.1089/bfm.2012.0145

Brain Picks out Salient Sounds from Background Noise by Tracking Frequency and Time, Study Finds

July 23, 2013 — New research reveals how our brains are able to pick out important sounds from the noisy world around us. The findings, published online today in the journal eLife, could lead to new diagnostic tests for hearing disorders.

Our ears can effortlessly pick out the sounds we need to hear from a noisy environment - hearing our mobile phone ringtone in the middle of the Notting Hill Carnival, for example - but how our brains process this information (the so-called 'cocktail party problem') has been a longstanding research question in hearing science.

Researchers have previously investigated this using simple sounds such as two tones of different pitches, but now researchers at UCL and Newcastle University have used complicated sounds that are more representative of those we hear in real life. The team used 'machine-like beeps' that overlap in both frequency and time to recreate a busy sound environment and obtain new insights into how the brain solves this problem.

In the study, groups of volunteers were asked to identify target sounds from within this noisy background in a series of experiments.

Sundeep Teki, a PhD student from the Wellcome Trust Centre for Neuroimaging at UCL and joint first author of the study, said: "Participants were able to detect complex target sounds from the background noise, even when the target sounds were delivered at a faster rate or there was a loud disruptive noise between them."

Dr Maria Chait, a senior lecturer at UCL Ear Institute and joint first author on the study, adds: "Previous models based on simple tones suggest that people differentiate sounds based on differences in frequency, or pitch. Our findings show that time is also an important factor, with sounds grouped as belonging to one object by virtue of being correlated in time."

Professor Tim Griffiths, Professor of Cognitive Neurology at Newcastle University and lead researcher on the study, said: "Many hearing disorders are characterised by the loss of ability to detect speech in noisy environments. Disorders like this that are caused by problems with how the brain interprets sound information, rather than physical damage to the ear and hearing machinery, remain poorly understood.

"These findings inform us about a fundamental brain mechanism for detecting sound patterns and identifies a process that can go wrong in hearing disorders. We now have an opportunity to create better tests for these types of hearing problems."

Teki S et al. **Segregation of complex acoustic scenes based on temporal coherence.** eLife, 2013 DOI:10.7554/elife.00699

Oxygen – Key to Most Life – Decelerates Many Cancer Tumors When Combined With Radiation Therapy

July 23, 2013 — A multidisciplinary team at UT Southwestern Medical Center has found that measuring the oxygenation of tumors can be a valuable tool in guiding radiation therapy, opening the door for personalized therapies that keep tumors in check with oxygen enhancement.

In research examining tissue oxygenation levels and predicting radiation response, UT Southwestern scientists led by Dr. Ralph Mason reported in the June 27 online issue ofMagnetic Resonance in Medicine that countering hypoxic and aggressive tumors with an "oxygen challenge" - inhaling oxygen while monitoring tumor response - coincides with a greater delay in tumor growth in an irradiated animal model.

Over the past several years, the research of Dr. Mason, professor of radiology and the paper's senior author, and his colleagues has been building on findings that show lack of oxygen actually stimulates the growth of new blood vessels in tumors and leads to metastasis and genetic instability in cancer. The theory follows that breathing oxygen or enriching the oxygen content of hypoxic (low in oxygen) cancer tissues improves therapy.

In the current study, supported by the National Cancer Institute, smaller tumors based on magnetic resonance imaging were found to be significantly better oxygenated than larger ones. This confirmed previous investigations that show a range of hypoxic environments depending on the size of the tumor.

"The next step is clinical trials to assess tumor response to radiation therapy," said Dr. Mason, director of the cancer imaging program at the medical center. "Tumors determined to be hypoxic can be evaluated and made responsive through mild and easy-to-administer interventions, such as breathing more oxygen or taking a vasoactive drug. Monitoring the response to oxygen breathing tells us which tumors will benefit."

If the results are confirmed in humans, the implications for personalized therapies for other cancers could mean fewer radiation treatments, or perhaps, ideally, one single high-dose treatment. Lung cancer, for instance, is a form of the disease whose tumors are poorly oxygenated despite being located in the principle organ charged with oxygenating the blood. "The ability to stratify tumors based on hypoxia offers new opportunities to tailor therapy to tumor characteristics, potentially enhancing success through personalized medicine," Dr. Mason said.

Together with Dr. Robert Timmerman, professor of radiation oncology at the Harold C. Simmons Cancer Center, and Dr. Ivan Pedrosa, professor of radiology and the Advanced Imaging Research Center, Dr. Mason is starting clinical trials to assess the effectiveness of oxygenation during treatment with stereotactic body radiation in humans - work that is supported by the Cancer Prevention and Research Institute of Texas (CPRIT) through one of its Multi-Investigator Research Awards.

With CPRIT support, Dr. Mason's team has worked to understand how low oxygen concentration can cause radiation resistance in tumors. In some cases, the simple addition of oxygen to stereotactic body radiation greatly improves response. The key is to identify those patients who will benefit.

The above story is based on materials provided by UT Southwestern Medical Center.

Marijuana Use in Adolescence May Cause Permanent Brain Abnormalities, Mouse Study Suggests

July 24, 2013 — Regular marijuana use in adolescence, but not adulthood, may permanently impair brain function and cognition, and may increase the risk of developing serious psychiatric disorders such as schizophrenia, according to a recent study from the University of Maryland School of Medicine. Researchers hope that the study, published inNeuropsychopharmacology - a publication of the journal Nature - will help to shed light on the potential long-term effects of marijuana use, particularly as lawmakers in Maryland and elsewhere contemplate legalizing the drug.

"Over the past 20 years, there has been a major controversy about the long-term effects of marijuana, with some evidence that use in adolescence could be damaging," says the study's senior author Asaf Keller, Ph.D., Professor of Anatomy and Neurobiology at the University of Maryland School of Medicine. "Previous research has shown that children who started using marijuana before the age of 16 are at greater risk of permanent cognitive deficits, and have a significantly higher incidence of psychiatric disorders such as schizophrenia. There likely is a genetic susceptibility, and then you add marijuana during adolescence and it becomes the trigger."

"Adolescence is the critical period during which marijuana use can be damaging," says the study's lead author, Sylvina Mullins Raver, a Ph.D. candidate in the Program in Neuroscience in the Department of Anatomy and Neurobiology at the University of Maryland School of Medicine. "We wanted to identify the biological underpinnings and determine whether there is a real, permanent health risk to marijuana use."

The scientists - including co-author Sarah Paige Haughwout, a research technician in Dr. Keller's laboratory - began by examining cortical oscillations in mice. Cortical oscillations are patterns of the activity of neurons in the brain and are believed to underlie the brain's various functions. These oscillations are very abnormal in schizophrenia and in other psychiatric disorders. The scientists exposed young mice to very low doses of the active ingredient in marijuana for 20 days, and then allowed them to return to their siblings and develop normally.

"In the adult mice exposed to marijuana ingredients in adolescence, we found that cortical oscillations were grossly altered, and they exhibited impaired cognitive abilities," says Ms. Raver. "We also found impaired cognitive behavioral performance in those mice. The striking finding is that, even though the mice were exposed to very low drug doses, and only for a brief period during adolescence, their brain abnormalities persisted into adulthood."

The scientists repeated the experiment, this time administering marijuana ingredients to adult mice that had never been exposed to the drug before. Their cortical oscillations and ability to perform cognitive behavioral tasks remained normal, indicating that it was only drug exposure during the critical period of adolescence that impaired cognition through this mechanism. The researchers took the next step in their studies, trying to pinpoint the mechanisms underlying these changes and the time period in which they occur.

"We looked at the different regions of the brain," says Dr. Keller. "The back of the brain develops first, and the frontal parts of the brain develop during adolescence. We found that the frontal cortex is much more affected by the drugs during adolescence. This is the area of the brain controls executive functions such as planning and impulse control. It is also the area most affected in schizophrenia."

Dr. Keller's team believes that the results have indications for humans as well. They will continue to study the underlying mechanisms that cause these changes in cortical oscillations. "The purpose of studying these mechanisms is to see whether we can reverse these effects," says Dr. Keller. "We are hoping we will learn more about schizophrenia and other psychiatric disorders, which are complicated conditions. These cognitive symptoms are not affected by medication, but they might be affected by controlling these cortical oscillations."

Sylvina M Raver, Sarah P Haughwout, Asaf Keller.**Adolescent Cannabinoid Exposure Permanently Suppresses Cortical Oscillations in Adult Mice.**Neuropsychopharmacology, 2013; DOI: 10.1038/npp.2013.164

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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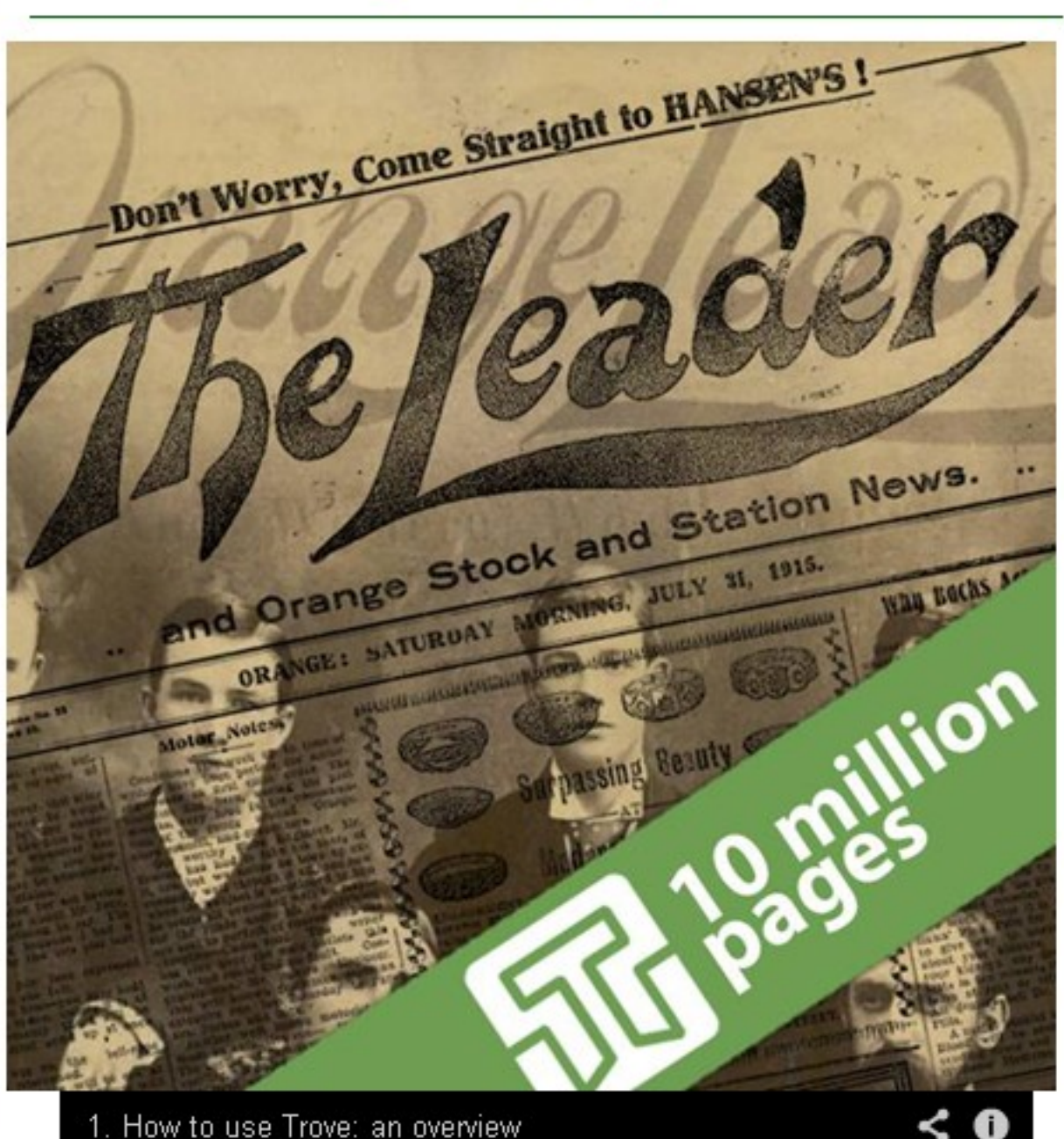
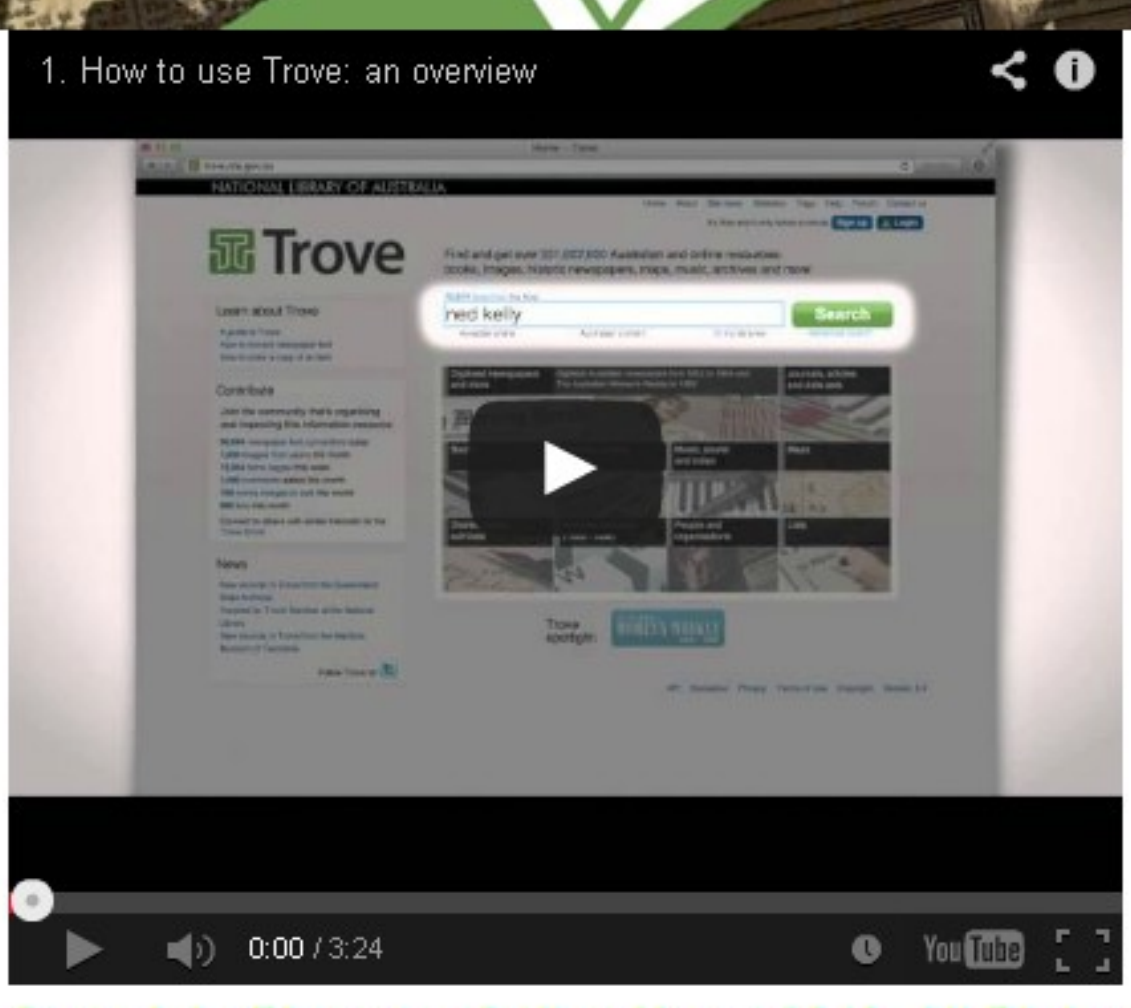

Don't Worry, Come Straight to HANSEN'S!
The Leader
and Orange Stock and Station News.
ORANGE: SATURDAY MORNING, JULY 31, 1915.
10 million pages



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Huey Flight Avalon Military Tattoo 2013 by David Boocock - Published on Jul 12, 2013

Eight volunteer members of the Avalon RSL club took part in the flight of a Huey Helicoptor from Australian Native Landscapes at Terry hills, over Palm Beach (Summer Bay) to Dunbar Park Avalon NSW Australia. Best viewed in "Large Player" or fullscreen.

Huey Flight Avalon Military Tattoo 2013

International partnership to protect us from deadly viruses 25 July 2015

Researchers from Australia, Singapore and the US are joining forces, through a AU$20 million partnership, to help pre-empt and prepare the world for the next human pandemic.

Speaking in Canberra today, before a gathering of Australia's leading biosecurity researchers, Dr Gary Fitt, CSIRO Biosecurity Flagship Director, said recent global events highlighted the need to ramp up research into viruses that spread from animals to humans.

"We now know that 70 per cent of new diseases in people have originated in animals," Dr Fitt said.

"We are lucky to have a strong biosecurity system, backed by world-class science, but we live in an increasingly connected world with trade and people movements putting us at greater risk."

Recently a new SARS-like virus has emerged from the Middle East and has killed 45 of 82 people infected since September 2012.

Known as Middle East Respiratory Syndrome (MERS), it has spread from the Middle East to the United Kingdom, Germany, France, Italy and Tunisia.

While in China there is a new strain of highly pathogenic bird flu, known as H7N9, which is spreading undetected, killing people instead of chickens. It is unknown how it spreads.

CSIRO and Duke-NUS (an alliance between Duke University in North Carolina, USA and the National University of Singapore) have signed a relationship agreement with a view to forming the International Collaborative Centre for One Health to assist in taking a new approach to tackling these deadly viruses.

Dr Linfa Wang, CSIRO Science Leader and Director of the Program in Emerging Infectious Diseases at Duke-NUS, said that responding to these emerging threats needs a different approach to the past and must integrate medical, veterinary, ecological and environmental research.

"Bringing all of these disciplines together to develop a One Health approach rather than working independently is what our new international partnership is all about," Dr Wang said.

"We are combining CSIRO's world-leading bat virology research with Duke-NUS medical expertise in the development of new and more effective methods for the discovery, treatment, prevention and control of new and emerging diseases in people."

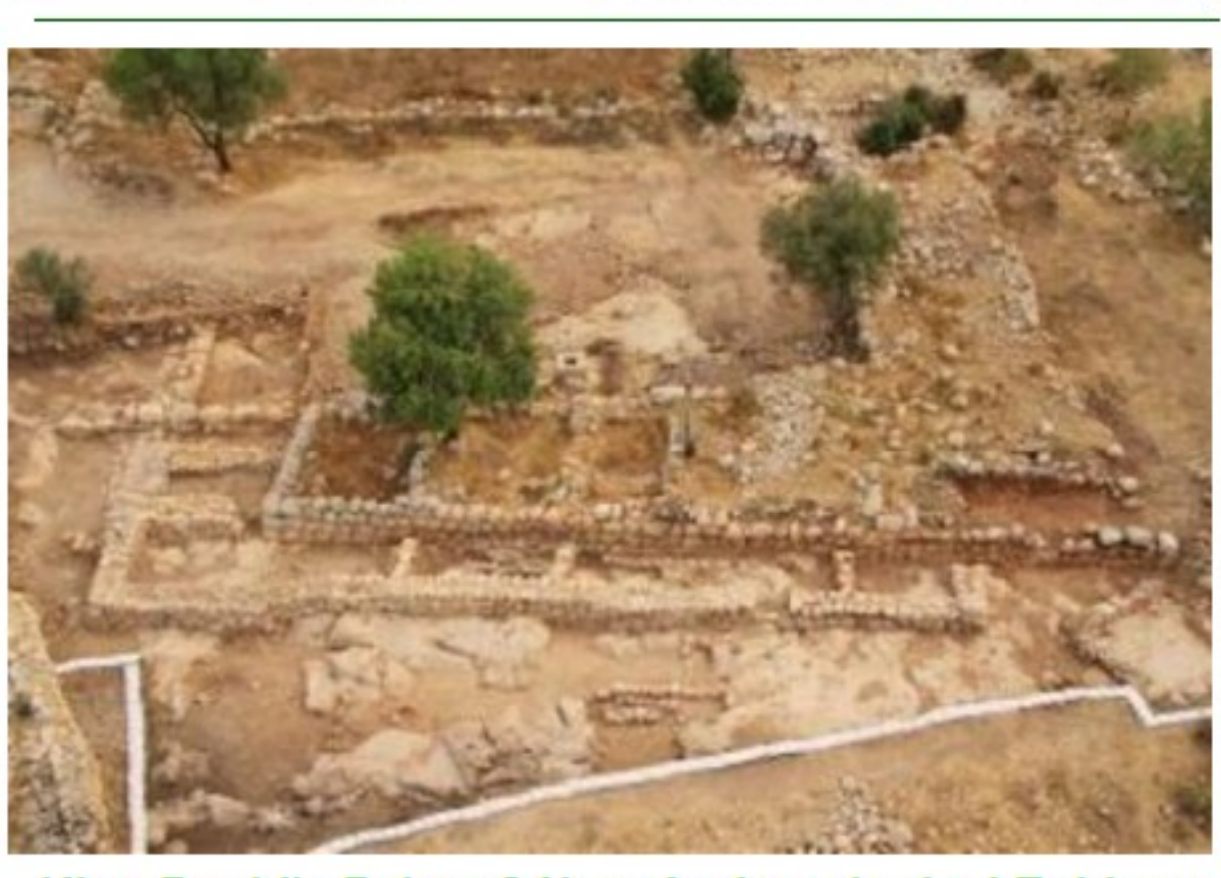
Research is already underway with the team at Duke-NUS working to develop new tests for early and rapid detection of emerging infectious diseases, such as Hendra virus and coronaviruses.

CSIRO scientists with expertise in bat virology will then test and validate these new platforms at the Australian Animal Health Laboratory, the world's most advanced high containment facility, located in Geelong Victoria.

This work builds on CSIRO's major achievements in biosecurity research which have already had a profound impact on Australia's biosecurity status including the delivery of a biological control for one of the world's most invasive pests - the silverleaf whitefly - and the recent development of an equine Hendra virus vaccine.

Photo: The CSIRO Australian Animal Health Laboratory, the world's most advanced high containment facility, located in Geelong Vict

Dog Training DUMMIES



King David's Palace? New Archaeological Evidence Uncovered in Judean Shephelah

July 21, 2013 — Archaeologists have uncovered what they believe may be King David's Palace in the Judean Shephelah. Royal storerooms were also revealed in the joint archaeological excavation of the Hebrew University and the Israel Antiquities Authority at Khirbet Qeiyafa. These are the two largest buildings known to have existed in the tenth century BCE in the Kingdom of Judah.

Two royal public buildings, the likes of which have not previously been found in the Kingdom of Judah of the tenth century BCE, were uncovered this past year by researchers of the Hebrew University and the Israel Antiquities Authority at Khirbet Qeiyafa - a fortified city in Judah dating to the time of King David and identified with the biblical city of Shaarayim.

One of the buildings is identified by the researchers, Professor Yossi Garfinkel of the Hebrew University and Saar Ganor of the Israel Antiquities Authority, as David's palace, and the other structure served as an enormous royal storeroom.

On July 18, the excavation, which was conducted over the past seven years, is drawing to a close. According to Professor Yossi Garfinkel and Sa'ar Ganor, "Khirbet Qeiyafa is the best example exposed to date of a fortified city from the time of King David. The southern part of a large palace that extended across an area of c. 1,000 sq m was revealed at the top of the city. The wall enclosing the palace is c. 30 m long and an impressive entrance is fixed it through which one descended to the southern gate of the city, opposite the Valley of Elah. Around the palace's perimeter were rooms in which various installations were found - evidence of a metal industry, special pottery vessels and fragments of alabaster vessels that were imported from Egypt.

The palace is located in the center of the site and controls all of the houses lower than it in the city. From here one has an excellent vantage looking out into the distance, from as far as the Mediterranean Sea in the west to the Hebron Mountains and Jerusalem in the east. This is an ideal location from which to send messages by means of fire signals. Unfortunately, much of this palace was destroyed c. 1,400 years later when a fortified farmhouse was built there in the Byzantine period."

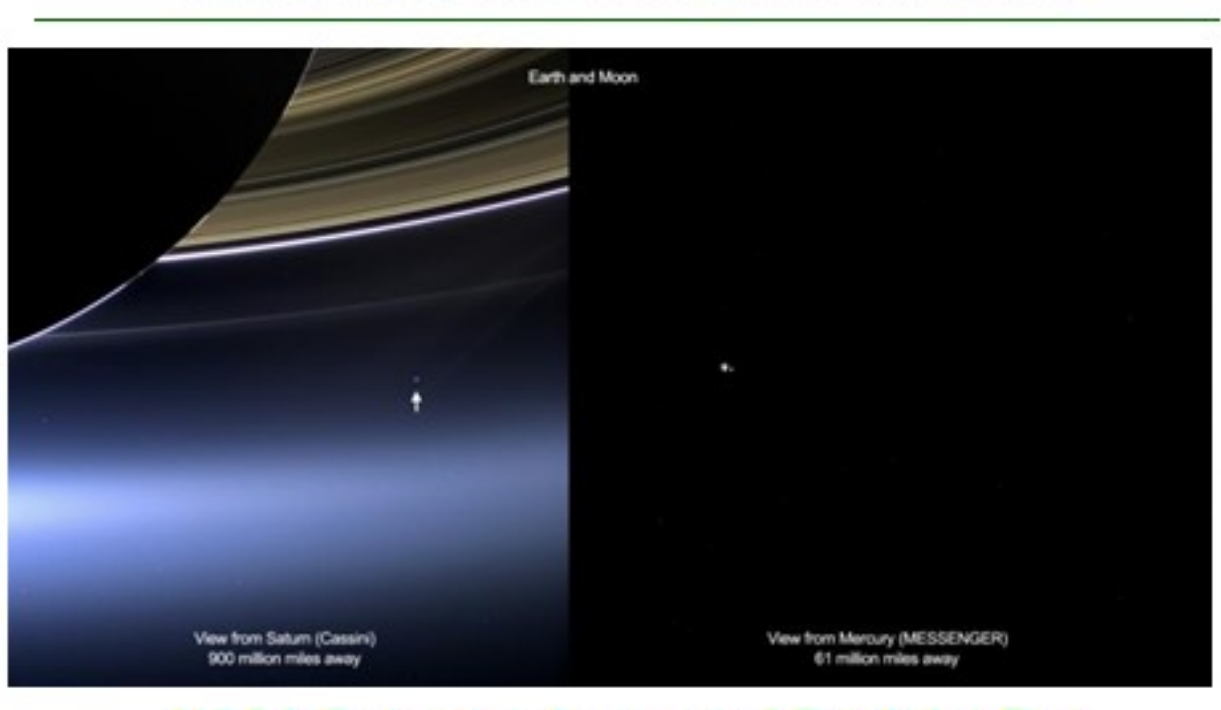
A pillared building c. 15 m long by 6 m wide was exposed in the north of the city, which was used as an administrative storeroom. According to the researchers, "It was in this building the kingdom stored taxes it received in the form of agricultural produce collected from the residents of the different villages in the Judean Shephelah. Hundreds of large store jars were found at the site whose handles were stamped with an official seal as was customary in the Kingdom of Judah for centuries."

The palace and storerooms are evidence of state sponsored construction and an administrative organization during King David's reign. "This is unequivocal evidence of a kingdom's existence, which knew to establish administrative centers at strategic points," the archaeologists say. "To date no palaces have been found that can clearly be ascribed to the early tenth century BCE as we can do now. Khirbet Qeiyafa was probably destroyed in one of the battles that were fought against the Philistines circa 980 BCE. The palace that is now being revealed and the fortified city that was uncovered in recent years are another tier in understanding the beginning of the Kingdom of Judah."

The exposure of the biblical city at Khirbet Qeiyafa and the importance of the finds discovered there have led the Israel Antiquities Authority to act together with the Nature and Parks Authority and the planning agencies to cancel the intended construction of a new neighborhood nearby and to promote declaring the area around the site a national park. This plan stems from the belief that the site will quickly become a place that will attract large numbers of visitors who will be greatly interested in it, and from it one will be able to learn about the culture of the country at the time of King David.

The above story is based on materials provided by Israel Antiquities Authority. An aerial picture of the excavation site, including what may be King David's palace, along with a Byzantine farmhouse. (Credit: Sky View, courtesy of the Hebrew University and the Israel Antiquities Authority)

Clever Goat



NASA Releases Images of Earth by Two Interplanetary Spacecraft

July 22, 2013 — Color and black-and-white images of Earth taken by two NASA interplanetary spacecraft on July 19 show our planet and its moon as bright beacons from millions of miles away in space. NASA's Cassini spacecraft captured the color images of Earth and the moon from its perch in the Saturn system nearly 900 million miles (1.5 billion kilometers) away. MESSENGER, the first probe to orbit Mercury, took a black-and-white image from a distance of 61 million miles (98 million kilometers) as part of a campaign to search for natural satellites of the planet.

In the Cassini images Earth and the moon appear as mere dots - Earth a pale blue and the moon a stark white, visible between Saturn's rings. It was the first time Cassini's highest-resolution camera captured Earth and its moon as two distinct objects.

It also marked the first time people on Earth had advance notice their planet's portrait was being taken from interplanetary distances. NASA invited the public to celebrate by finding Saturn in their part of the sky, waving at the ringed planet and sharing pictures over the Internet. More than 20,000 people around the world participated.

"We can't see individual continents or people in this portrait of Earth, but this pale blue dot is a succinct summary of who we were on July 19," said Linda Spilker, Cassini project scientist, at NASA's Jet Propulsion Laboratory in Pasadena, Calif. "Cassini's picture reminds us how tiny our home planet is in the vastness of space, and also testifies to the ingenuity of the citizens of this tiny planet to send a robotic spacecraft so far away from home to study Saturn and take a look-back photo of Earth."

Pictures of Earth from the outer solar system are rare because from that distance, Earth appears very close to our sun. A camera's sensitive detectors can be damaged by looking directly at the sun, just as a human being can damage his or her retina by doing the same. Cassini was able to take this image because the sun had temporarily moved behind Saturn from the spacecraft's point of view and most of the light was blocked.

A wide-angle image of Earth will become part of a multi-image picture, or mosaic, of Saturn's rings, which scientists are assembling. This image is not expected to be available for several weeks because of the time-consuming challenges involved in blending images taken in changing geometry and at vastly different light levels, with faint and extraordinarily bright targets side by side.

"It thrills me to no end that people all over the world took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker that these images represent," said Carolyn Porco, Cassini imaging team lead at the Space Science Institute in Boulder, Colo. "The whole event underscores for me our 'coming of age' as planetary explorers."

In the MESSENGER image, Earth and the moon are less than a pixel, but appear very large because they are overexposed. Long exposures are required to capture as much light as possible from potentially dim objects. Consequently, bright objects in the field of view become saturated and appear artificially large.

"That images of our planet have been acquired on a single day from two distant solar system outposts reminds us of this nation's stunning technical accomplishments in planetary exploration," said MESSENGER Principal Investigator Sean Solomon of Columbia University's Lamont-Doherty Earth Observatory in Palisades, N.Y. "And because Mercury and Saturn are such different outcomes of planetary formation and evolution, these two images also highlight what is special about Earth. There's no place like home."

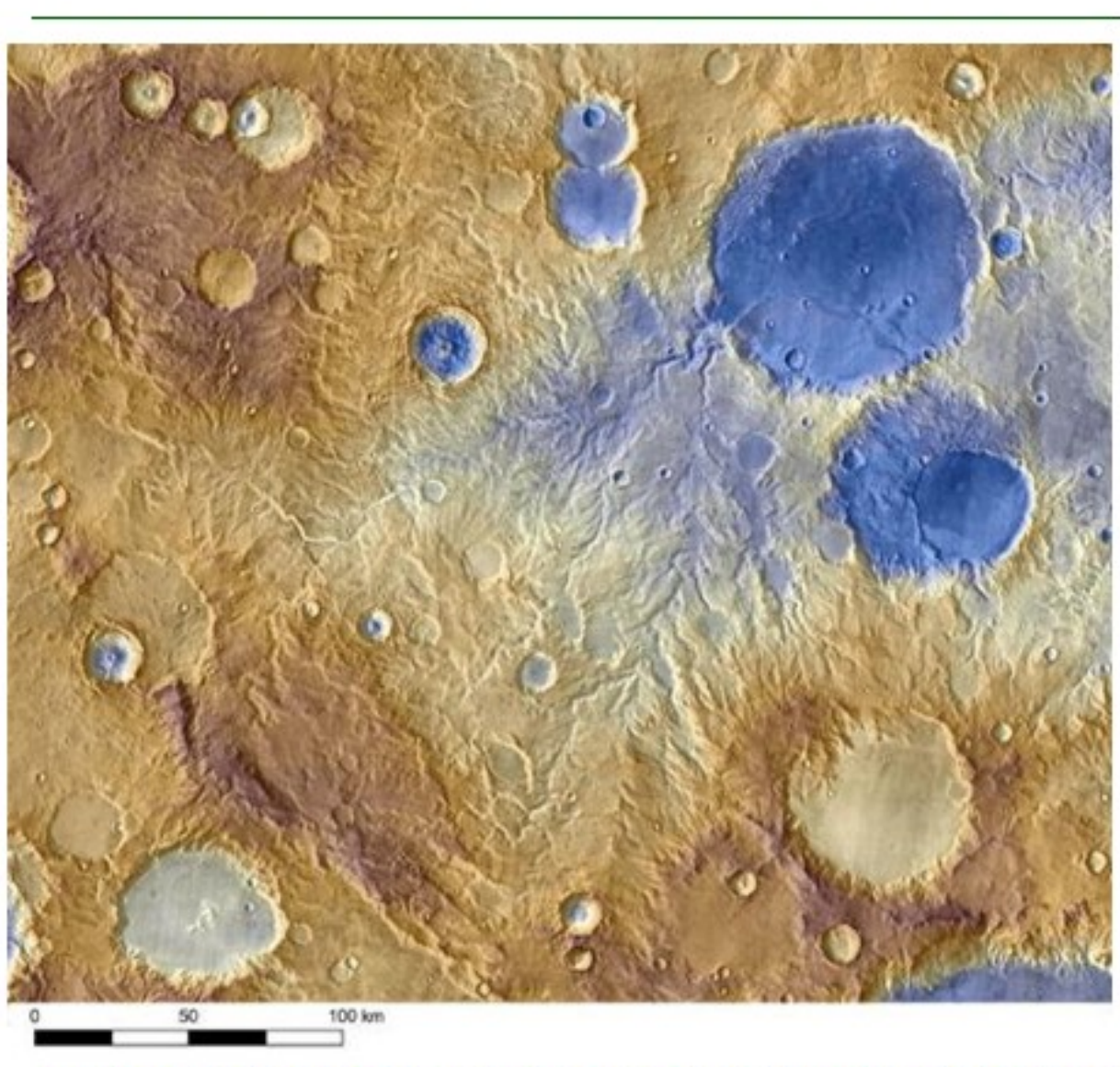
The Cassini-Huygens mission is a cooperative project of NASA, the European Space Agency and the Italian Space Agency. JPL designed, developed and assembled the Cassini orbiter and its two onboard cameras. The Johns Hopkins University Applied Physics Laboratory in Laurel, Md., designed and built MESSENGER, a spacecraft developed under NASA's Discovery Program. NASA's Marshall Space Flight Center in Huntsville, Ala., manages the program for the agency's Science Mission Directorate in Washington. JPL and APL manage their respective missions for NASA. The California Institute of Technology in Pasadena manages JPL for NASA.

More information about the picture and the Wave at Saturn campaign is available at: http://saturn.jpl.nasa.gov/waveatsaturn .

To view the MESSENGER images, visit: http://go.nasa.gov/16Vnt5G .

The above story is based on materials provided by NASA/Jet Propulsion Laboratory.

Two Views of Home: These images show views of Earth and the moon from NASA's Cassini (left) and MESSENGER spacecraft (right) from July 19, 2013. (Credit: NASA/JPL-Caltech/Space Science Institute and NASA/Johns Hopkins University Applied Physics Laboratory/Carnegie Institution of Washington)



Valley Networks Suggest Ancient Snowfall On Mars

July 23, 2013 — Researchers at Brown University have shown that some Martian valleys appear to have been caused by runoff from orographic precipitation - moisture carried part of the way up a mountain and deposited on the slopes. Valley networks branching across the Martian surface leave little doubt that water once flowed on the Red Planet. But where that ancient water came from - whether it bubbled up from underground or fell as rain or snow - is still debated by scientists. A new study by researchers at Brown University puts a new check mark in the precipitation column.

The study finds that water-carved valleys at four different locations on Mars appear to have been caused by runoff from orographic precipitation - snow or rain that falls when moist prevailing winds are pushed upward by mountain ridges. The new findings are the most detailed evidence yet of an orographic effect on ancient Mars and could shed new light on the planet's early climate and atmosphere.

A paper describing the work has been accepted by Geophysical Research Letters and published online in June.

Kat Scanlon, a geological sciences graduate student at Brown, led the research and is well-acquainted with the orographic effect. She did graduate work in meteorology in Hawaii, which is home to a quintessential orographic pattern. Moist tropical winds from the east are pushed upward when they hit the mountains of Hawaii's big island. The winds lack the kinetic energy to reach the mountain summit, so they dump their moisture on the eastern side of the island, making parts of it a tropical jungle. The western side, in contrast, is nearly a desert because it sits in a rain shadow cast by the mountain peak.

Additional modeling might determine how fast Martian snow could have melted and whether snowmelt alone could have carved the valleys.Scanlon thought similar orographic patterns might have been at play on early Mars and that the valley networks might be an indicator. "That's what immediately came to mind in trying to figure out if these valleys on Mars are precipitation related," she said.

The researchers, including Jim Head, professor of geological sciences, started by identifying four locations where valley networks were found along tall mountain ridges or raised crater rims. To establish the direction of the prevailing winds at each location, the researchers used a newly developed general circulation model (GCM) for Mars. The model simulates air movement based on the gas composition scientists think was present in the early Mars atmosphere. Next, the team used a model of orographic precipitation to determine where, given the prevailing winds from the GCM, precipitation would be likely to fall in each of the study areas.

Their simulations showed that precipitation would have been heaviest at the heads of the densest valley networks. "Their drainage density varies in the way you would expect from the complex response of precipitation to topography," Scanlon said. "We were able to confirm that in a pretty solid way."

The atmospheric parameters used in the GCM are based on a new comprehensive general circulation model that predicts a cold climate, so the precipitation modeled in this study was snow. But this snow could have been melted by episodic warming conditions to form the valley networks, and indeed some precipitation could have been rain during this period, Scanlon and Head say.

"The next step is to do some snowmelt modeling," she said. "The question is how fast can you melt a giant snowbank. Do you need rain? Is it even possible to get enough discharge [to carve the valleys] with just the snowmelt?"

With the knowledge from this study that precipitation was important in carving the valleys, the answers to those additional questions could provide important insight into the climate on Mars billions of years ago.

Kathleen E. Scanlon, James W. Head, Jean-Baptiste Madeleine, Robin D. Wordsworth, François Forget.Orographic precipitation in valley network headwaters: Constraints on the ancient Martian atmosphere.Geophysical Research Letters, 2013; DOI: 10.1002/grl.50687

Mars from the Odyssey spacecraft Water-carved valleys on Mars appear to have been caused by runoff from precipitation, likely meltwater from snow. Early Martian precipitation would have fallen on mountainsides and crater rims. (Credit: NASA)

Pittwater Online News

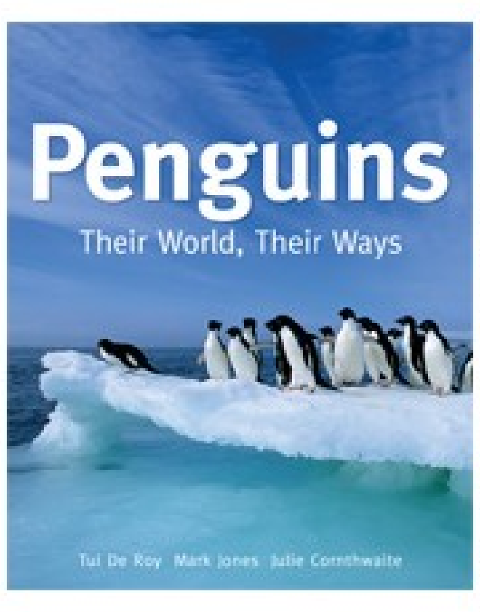
July 28 - August 3, 2013: Issue 121

Old Books: August 2013 - read in full here: online!

Sailing Alone Around the World - by Joshua Slocum -1900: Joshua Slocum was the first man to sail around the world alone in a small boat.

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

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

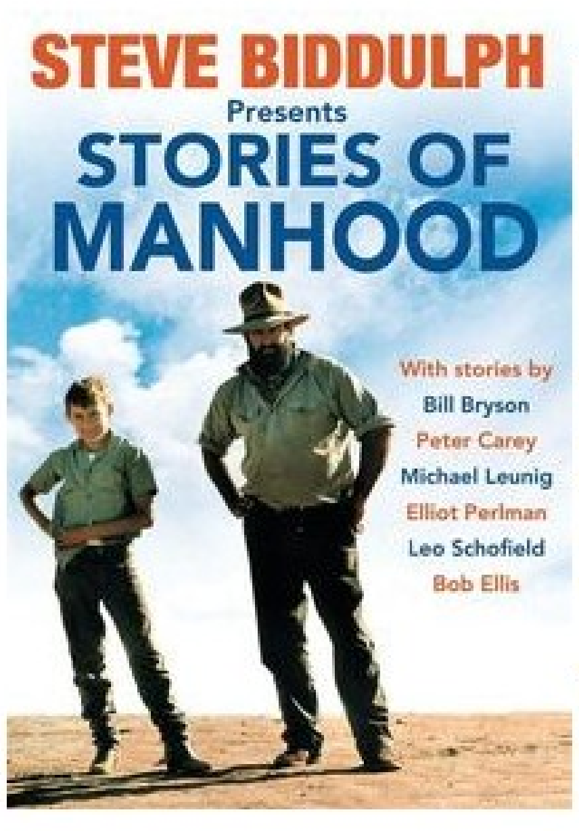


Penguins- Their World, Their Ways by Tui De Roy, Mark Jones, Julie Cornthwaite - August 2013, $ 49.95

Penguins are, perhaps, the most loved of birds. We've been fascinated by them for just about as long as we've known they existed. When penguins are on land, their actions appear to us so humorous and expressive that we can be excused for thinking we understand them perfectly, identifying with what looks like moods and foibles similar to our own. Little do we realise that their private life is as complex and mysterious as that of any wild animal or that the bulk of their existence — in terms of time, space and survival skills — takes place very far from our prying eyes, hidden beneath the ocean waves.

While a few types of penguins are relatively well-known — thanks to zoos, books, films and select travel destinations — not everyone realises the family is represented by 18 species (or even 19, depending on the taxonomy used). Those with retiring personalities or nocturnal habits tend to remain overlooked and rarely photographed. Likewise for species restricted to distant islands, for example the Snares and Erect-crested penguins of the New Zealand Subantarctic, or the extravagantly plumed Northern Rockhopper found on Tristan da Cunha and other isolated islands of the southern Atlantic and Indian oceans.

Many of the extraordinary facets of penguin life are only just being revealed. This book is the first to comprehensively cover all of the 18 penguin species in an engaging blend of accessible writing, the latest scientific research and over 400 breathtaking photographs.



Stories Of Manhood by Steve Biddulph $19.99

In this thought-provoking and moving collection of stories, best-selling author Steve Biddulph brings together an eclectic range of stories of men's experiences. Written with raw honesty, insight and humour, these stories reflect the often hidden, emotional depths of men as they face the ups and downs of life.

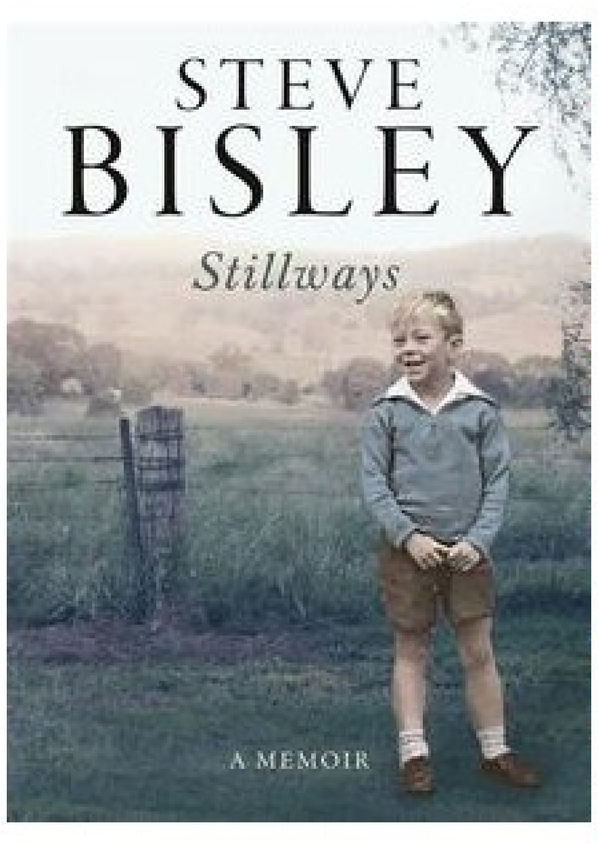
An international best-selling author looks back on a loss he ran away from

A widowed father learns to overcome his grief and demonstrate to his sons how to love again

A man cares for his ageing father while living on a remote island in Bass Strait

A young father has to choose between his sick daughter and the wrath of his boss

A soldier reflects on his experiences in East Timor. **Available 01/08/2013.**



Stillways by Steve Bisley $27.99

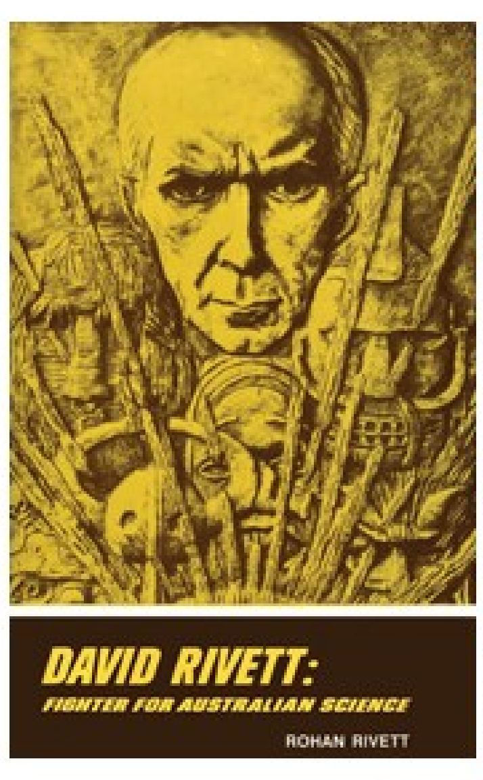
From one of Australia's favourite actors comes a classic memoir of an Australian childhood in the sixties. Young Steve was a larrikin, happy-go-lucky, resilient kid, coming of age in a simpler time. Growing up on a farm cut from virgin scrub at the end of a lake, a farm called Stillways, Steve daydreamed about cars and escape. His story is about him heroworshipping his older brother with Brylcreem in his hair; going to school as a young kid with bus money knotted into a hanky and clutching his Globite schoolcase; fighting bullies at school and dreaming about girls; being amazed at the first television in town; remembering where he was when Marilyn Monroe died... But there's a darker thread running through the story: the father who'd take out his frustrations by savagely belting his young children; a struggling mother who'd do anything to protect her kids; a young boy irrevocably marked by his father's anger.

Endearing, funny, honest and unflinching--this memoir will become an Australian classic. **Available 01/08/2013**

Children's Storytime at Mona Vale Library

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

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



David Rivett - Fighter for Australian Science by Rohan Rivett, 238 pages. Publisher: CSIRO PUBLISHING **FREE DOWNLOAD**

Sir David Rivett was an Australian chemist and Chief Executive Officer of CSIR between 1927 and 1945. He became Chairman from 1945 to 1949, retiring when CSIR was reorganised and became CSIRO.

Because of Sir David's unique contributions to many fields of science and his efforts directed towards CSIR's early development, CSIR became Australia's major research agency. In April 1961 the Prime Minister of Australia, Sir Robert Menzies, commenting on the death of Rivett, said: 'David Rivett was one of the greatest Australians of our time. He combined an absolute first class mind and great scientific attainments with a generous outlook and a quiet, but pervading, enthusiasm. Scientific research in Australia owes a great deal to him'.

The international scientific journal Nature in its issue of June 10, 1961, said that Rivett was 'a man who had contributed perhaps more than any other to the present healthy state of Australian science. ... Rivett and his colleagues contrived, in a country woefully weak in research, to create an atmosphere in which it could flourish... Once one had gained his confidence he was a magnificent friend and backer; he believed in delegating responsibility and with it any credit that accrued, but in times of adversity he it was who wished to shoulder the blame'.

This is an eBook version of the hardback originally published in 1972.

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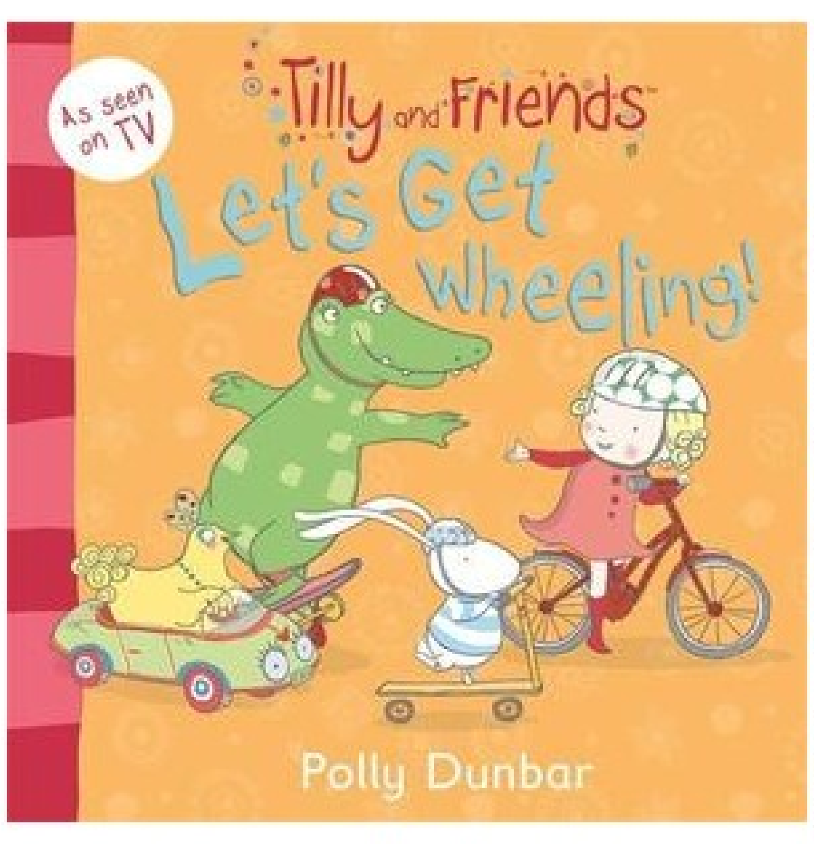
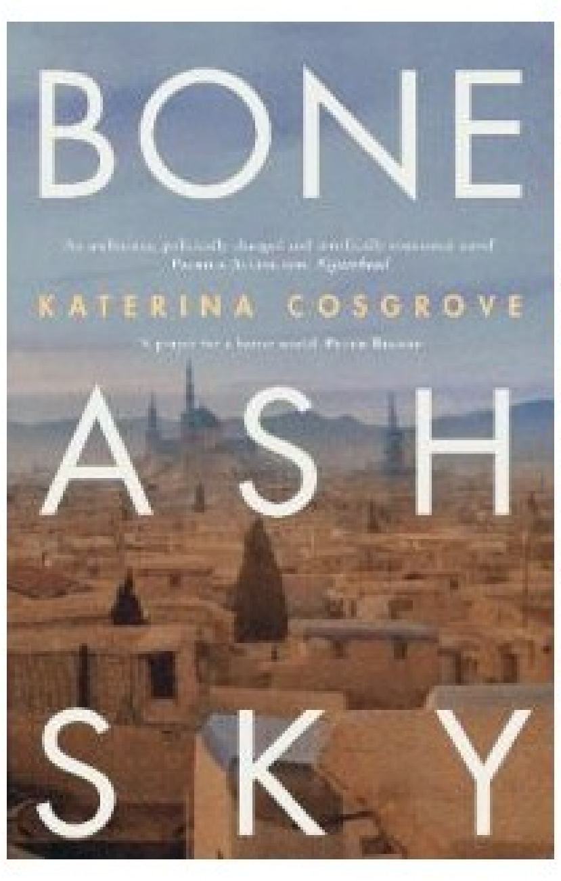
For Children:



Tilly And Friends - Let's Get Wheeling! by Polly Dunbar $9.99

From inspired picture-book creator Polly Dunbar, this televised series follows the escapades of Tilly and her friends. Tilly's tricycle is too small for her, but it's a perfect fit for Hector. There's a toy car for Pru, a skateboard for Doodle, a scooter for Tiptoe, and Tumpty has a smart set of wheels on his four roller-skates! Everyone's having wheelie good fun - but why isn't Tilly riding her new red bike? The friends soon realize that Tilly might need a helping hand to get started on two wheels so that she can join in with the wheelie day too. Tilly and Friends is currently airing on CBeebies, with 52 episodes in the series. Utterly charming artwork, delicious palette, gentle humour and winsome characters have deservedly made this a series of winners. Pre-order now! **Available 01/08/2013.**

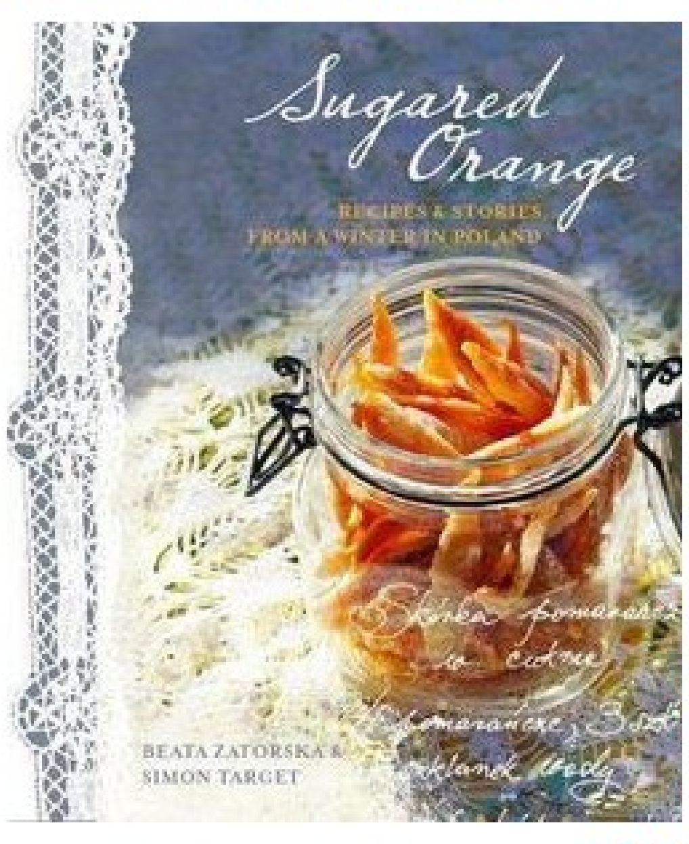


BONE ASH SKY, the sweeping story of an American journalist who goes home to unravel four generations of war and genocide, love and renewal, in Turkish Armenia and modern-day Lebanon, by local writer Katerina Cosgrove was released on May 1st

You can read the first chapter here. Why not put your feet up and get ready to be transported away? See: https://bitly.com/

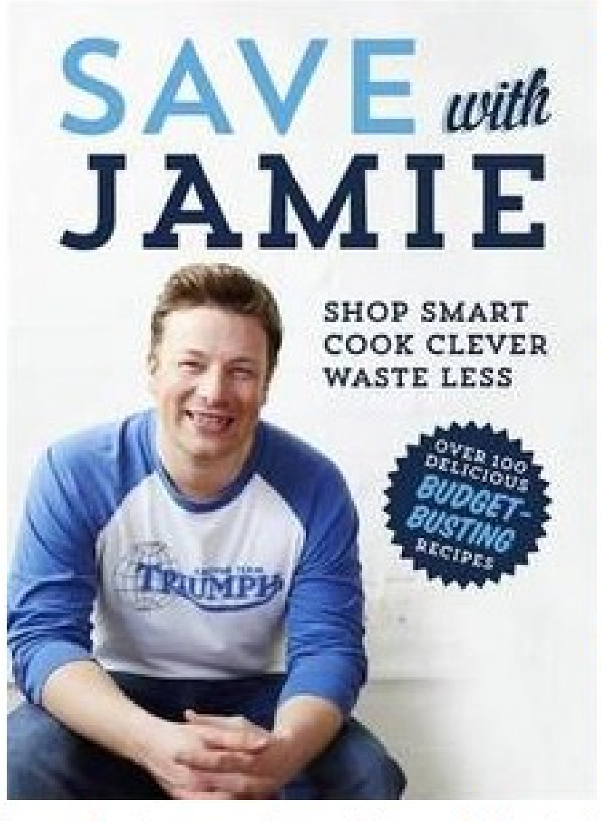
Profile HERE

ABC Books - August 2013



Sugared Orange by Beata Zatorska $49.00

Continues Beata's touching story of a childhood in rural Poland, with 50 new recipes. This beautiful memoir/cookbook includes the food, festivals and Christmas traditions that sustain Poles through long, cold winters - from St Nicholas Day to the vigil of Christmas Eve and the mid winter revelry of a Sylwestern New Years Eve ball.Pre-order now! **Available 06/08/2013.**



Save With Jamie by Jamie Oliver $49.99

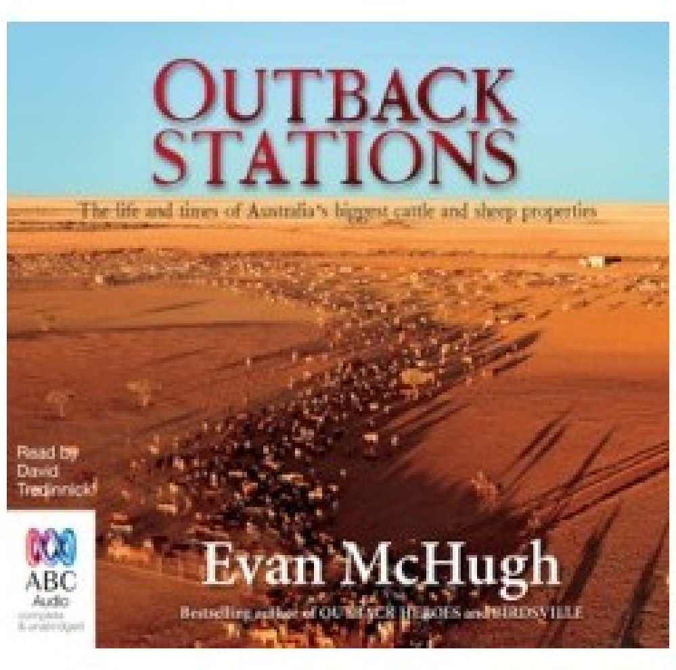
Save With Jamie Shop Smart Cook Clever Waste Less - Jamie gets the nation cooking clever, shopping smart and wasting less with his new cookbook, Save with Jamie.

This year, I've got the message loud and clear that as everyone comes under bigger and bigger financial pressure, they want help to cook tasty, nutritious food on a budget - so this book was born completely out of public demand. Save with Jamie draws on knowledge and cooking skills to help you make better choices, showing you how to buy economically and efficiently, get the most out of your ingredients, save time and prevent food waste.

And there's no compromise - I'm talking big flavours, comfort food that makes you happy, and colourful, optimistic dishes. Our biggest luxury is knowledge, whether times are hard or not, so get kitchen smart and smash the recession.

Jamie Oliver started cooking at his parents' pub, The Cricketers, in Clavering, Essex, at the age of eight. His television and publishing career began in 1999 with The Naked Chef series. Since then he has set up Fifteen restaurant in London, changed school dinners in the UK and revolutionized home cooking.

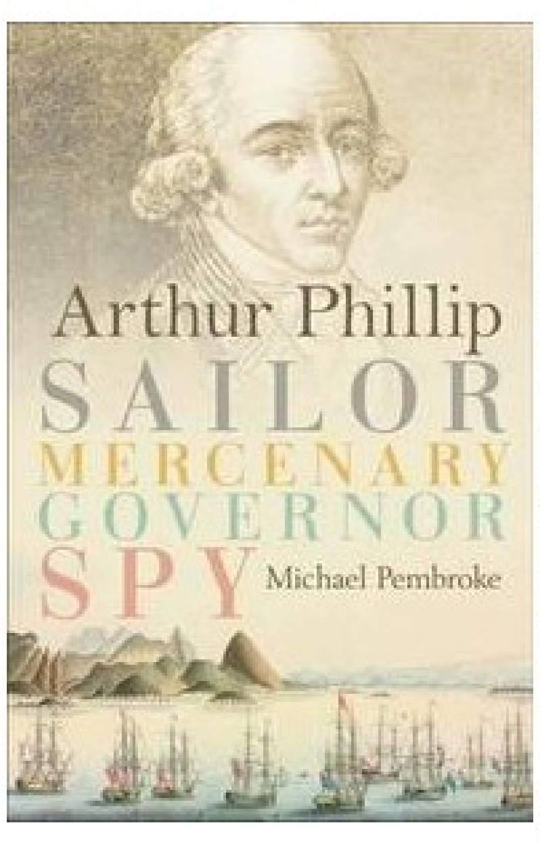
His charity, The Jamie Oliver Foundation, seeks to improve people's lives through food. He writes for publications in the UK and around the world, including his own Jamie Magazine. Jamie lives in London and Essex with his wife Jools and their children. **Pre-order now! Available 29/08/2013.**



Outback Stations - The life and times of Australia's biggest cattle and sheep properties by Evan McHugh $39.99

This is big country, the outback, home to the largest cattle and sheep stations in the world. So what's life really like when next door is 500 kilometres away, and mustering livestock in their tens of thousands, backbreaking physical labour, and dealing with extreme heat and long hours is all in a day's work? And why would these tough stockmen and women not have it any other way?

Bestselling author Evan McHugh gets into his four-wheel drive to find out. Given special access to these properties, Evan goes behind the scenes in the dead heart of Central Australia. Following in the footsteps of the pioneering greats, Evan reveals the fascinating history of these outback stations, and what it takes to work on one today. Pre-order now! **Available 01/08/2013.**



Arthur Phillip - Sailor, Mercenary, Governor, Spy by Michael Pembroke $45.00

Arthur Phillip was a career soldier, a mercenary and a spy for the British Empire long before he captained the First Fleet and founded Sydney. Through meticulous research, Michael Pembroke has discovered the amazing story behind Australia's first Governor, Arthur Phillip. The story of Phillip's life takes us through wars with Spain and France, battles, court martials, and the taking of Havana from the Spanish. In his 20s he married a wealthy widow (with a pre-nup agreement) and briefly became a gentleman farmer. The marriage ended in divorce, before such a thing existed in England, but Phillip then became a successful merchant in France and likely spy for England. In 1774 he became a paid mercenary for the Portuguese navy at the behest of the Admiralty u his enemy again was Spain but now in South America. Upon his return to London some years later, the revolution in the American colonies triggered another war with France and then Spain as well. England faced the possibility of its first invasion since 1588 and Phillip became the commander of a 74 gun ship with a crew of 600 men defending the channel. Phillip is revealed to have undertaken secret missions for the Admiralty throughout his career and perhaps was among the first to be a part of the Secret Service. And finally it is revealed that the establishment of the colonies in New South Wales were an extension of Phillips work for England. A trusted and strategic thinker who would make sure that England ruled the waves. Pre-order now! **Available 01/08/2013.**

Vietnam - Australia's Ten Year War 1962-1972 by Richard Pelvin $39.99

Over 300 rarely seen photographs, pamphlets, letters, newspaper excerpts and diary entries bring the story of the Vietnam War to life including the famous Battle of Long Tan. An intimate portrayal of the very human side of battle, it covers the debate over National Service, the television media coverage, and reflects on the war's aftermath. The Vietnam War was Australia's longest overseas active service commitment and had the third greatest number of battle casualties. A remarkable record of Australia's involvement in one of the most controversial and divisive wars of the 20th century. Pre-order now! **Available 01/08/2013.**

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Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

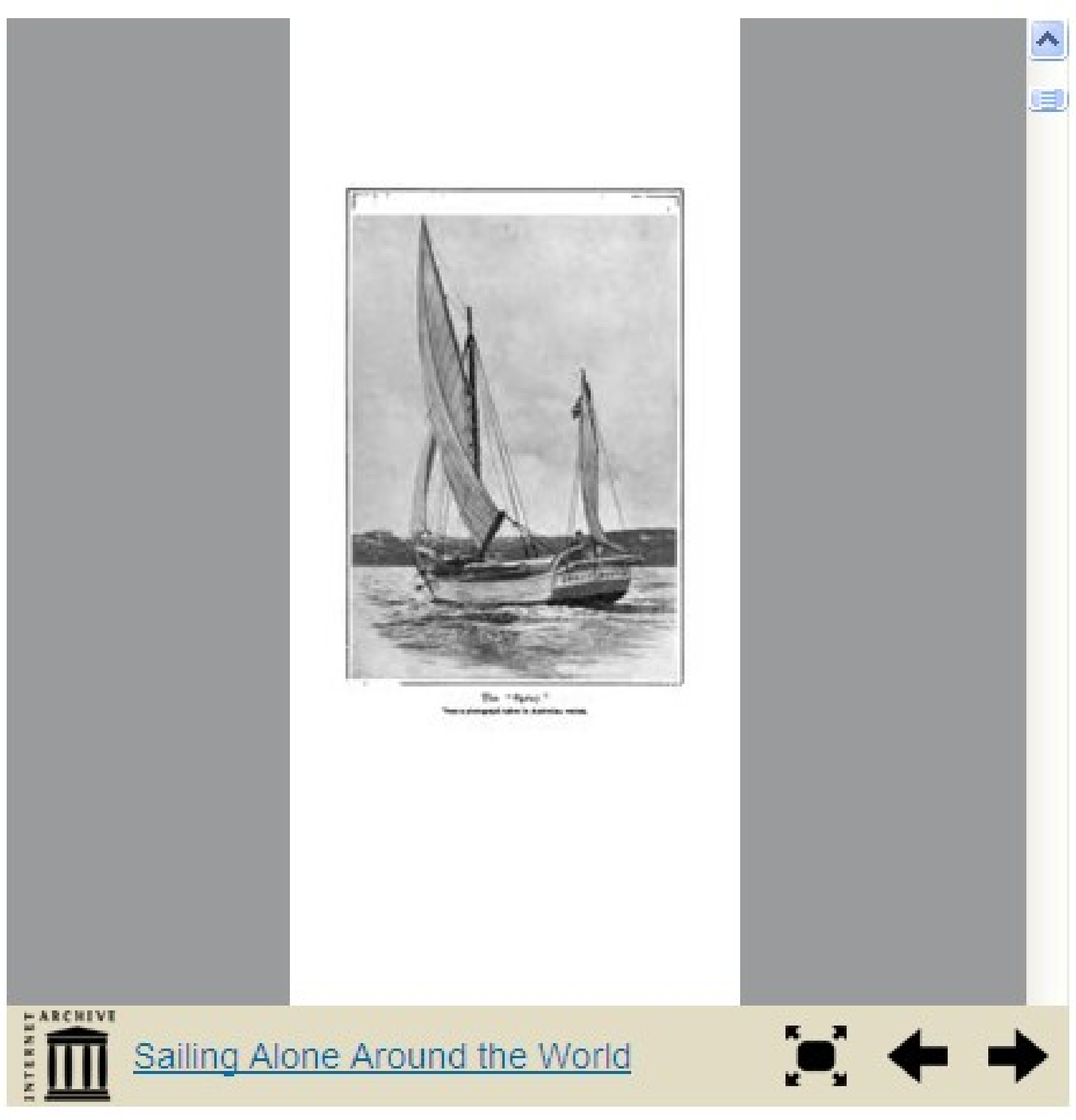
Pittwater Online News

Old Books: we will change these monthly.

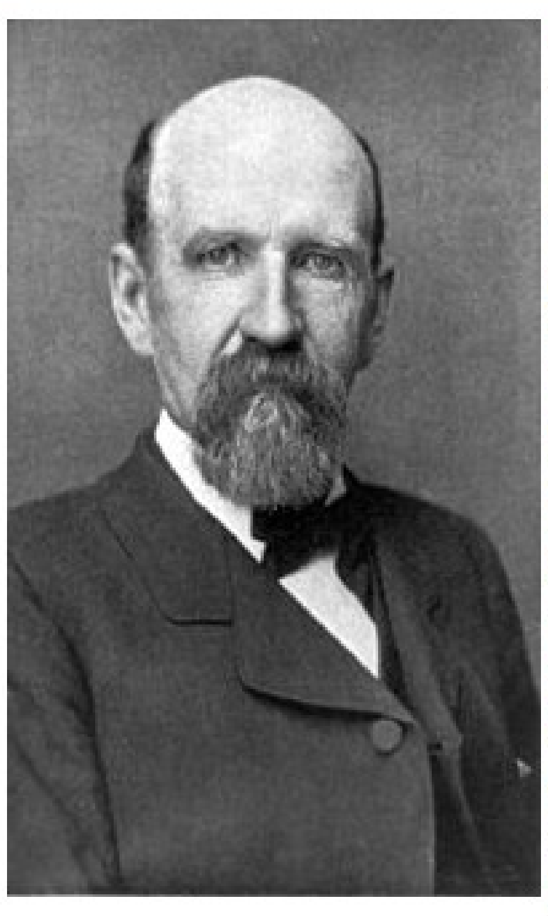
For more works now archived and available to all, please visit: http://www.archive.org/

Sailing Alone Around the World - Slocum, Joshua, 1844-1909

Joshua Slocum was the first man to sail around the world alone in a small boat. He personally rebuilt an 11.2 metre sloop-rigged fishing boat that he named the Spray. On April 24, 1895, he set sail from Boston, Massachusetts. More than three years later, he returned to Newport, Rhode Island, on June 27, 1898 having circumnavigated the world, a distance of 46,000 miles (74,000 km).



Sailing Alone Around the World



Joshua Slocum (February 20, 1844 – on or shortly after November 14, 1909) was the first man to sail single-handedly around the world. He was a Nova Scotian born, naturalised American seaman and adventurer, and a noted writer. In 1900 he wrote a book about his journey Sailing Alone Around the World, which became an international best-seller. He disappeared in November 1909 while aboard his boat, the *Spray*.

The fifth of eleven children of John Slocombe and Sarah Jane Slocombe née Southern, Joshua descended, on his father's side, from a Quaker, known as "John the Exile" who left the United States shortly after 1780 because of his opposition to the American War for Independence. Part of the Loyalist migration to Nova Scotia, the Slocombes were granted 500 acres (2.0 km2) of farmland in Nova Scotia's Annapolis County.

Slocum's maternal grandfather was the keeper of the lighthouse at Southwest Point there. His father, a stern man and strict disciplinarian, took up making leather boots for the local fishermen, and Joshua helped in the shop. However, the boy found the scent of salt air much more alluring than the smell of shoe leather. He yearned for a life of adventure at sea, away from his demanding father and his increasingly chaotic life at home among so many brothers and sisters.

He made several attempts to run away from home, finally succeeding, at age fourteen, by hiring on as a cabin boy and cook on a fishing schooner, but he soon returned home. In 1860, after the birth of the eleventh Slocombe (Joshua changed the spelling of his last name later in his life)child and the subsequent death of his kindly mother, Joshua, then sixteen, left home for good. He and a friend signed on at Halifax as ordinary seamen on a merchant ship bound for Dublin, Ireland.

From Dublin, he crossed to Liverpool to become an ordinary seaman on the British merchant ship Tangier (also recorded as Tanjore), bound for China. During two years as a seaman, he rounded Cape Horn twice, landed at Batavia (now Jakarta) in the Dutch East Indies, and visited the Maluku Islands, Manila, Hong Kong, Saigon, Singapore, and San Francisco. While at sea, he studied for the Board of Trade examination, and, at the age of eighteen, he received his certificate as a fully qualified Second Mate. Slocum quickly rose through the ranks to become a Chief Mate on British ships transporting coal and grain between the British Isles and San Francisco.

In 1865, he settled in San Francisco, became an American citizen, and, after a period of salmon fishing and fur trading in the Oregon Territory of the northwest, he returned to the sea to pilot a schooner in the coastal trade between San Francisco and Seattle. His first blue-water command, in 1869, was the barque Washington, which he took across the Pacific, from San Francisco to Australia, and home via Alaska.

He sailed for thirteen years out of the port of San Francisco, transporting mixed cargo to China, Australia, the Spice Islands, and Japan. Between 1869 and 1889, he was the master of eight vessels, the first four of which (the Washington, the Constitution, the Benjamin Aymar and the Amethyst) he commanded in the employ of others. Later, there would be four others that he himself owned, in whole or in part.

Shortly before Christmas 1870, Slocum and the Washington put in at Sydney, Australia. There, in about a month's time, he met, courted, and married a young woman named Virginia Albertina Walker. Their marriage took place on 31 January 1871. Miss Walker, quite coincidentally, was an American whose New York family had migrated west to California at the time of the 1849 gold rush and eventually continued on, by ship, to settle in Australia. She sailed with Slocum, and, over the next thirteen years, bore him seven children, all at sea or foreign ports. Four children, sons Victor, Benjamin Aymar, and Garfield, and daughter Jessie, survived to adulthood.

In Alaska, the Washington was wrecked when she dragged her anchor during a gale, ran ashore, and broke up. Slocum, however, at considerable risk to himself, managed to save his wife, the crew, and much of the cargo, bringing all back to port safely in the ship's open boats. The owners of the shipping company that had employed Slocum were so impressed by this feat of ingenuity and leadership, they gave him the command of the Constitution which he sailed to Hawaii and the west coast of Mexico.

His next command was the Benjamin Aymar, a merchant vessel in the South Seas trade. However, the owner, strapped for cash, sold the vessel out from under Slocum, and he and Virginia found themselves stranded in the Philippines without a ship.

More at: Joshua Slocum. (2013, July 10). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Joshua_Slocum&oldid=563626932

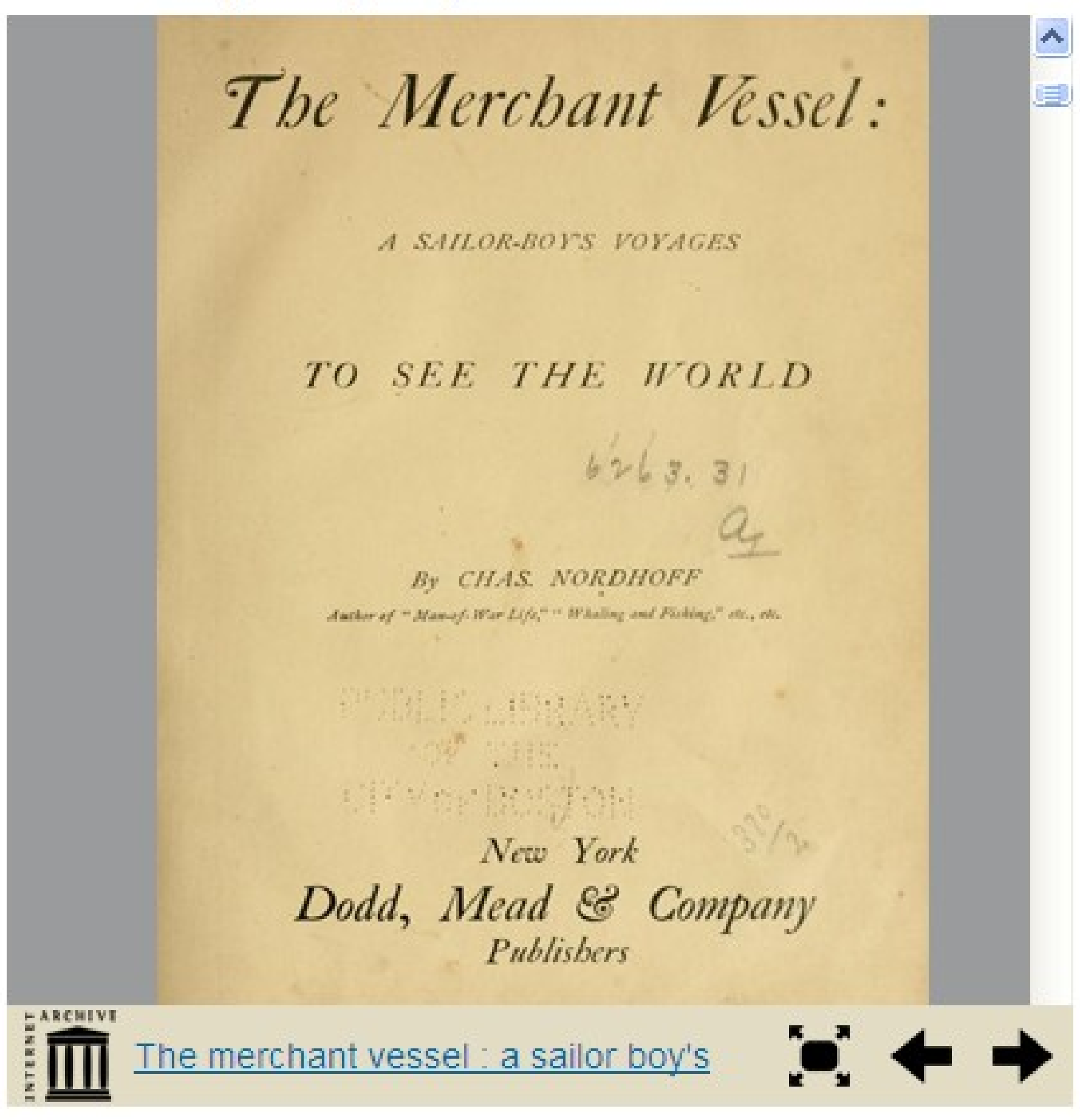
Internet Sacred Text Archive

Sacred Texts Website: http://www.sacred-texts.com/index.htm

The merchant vessel : a sailor boy's voyages around the world (1884)

Authors: Nordhoff, Charles, 1830-1901; LaPlante, Charles. egr; Wyllie, W. L. (William Lionel), 1851-1931. ill; Dodd, Mead & Company. pbl

Includes sailing for Sydney!



The Merchant Vessel:

A SAILOR-BOY'S VOYAGES

TO SEE THE WORLD

6263.31
a

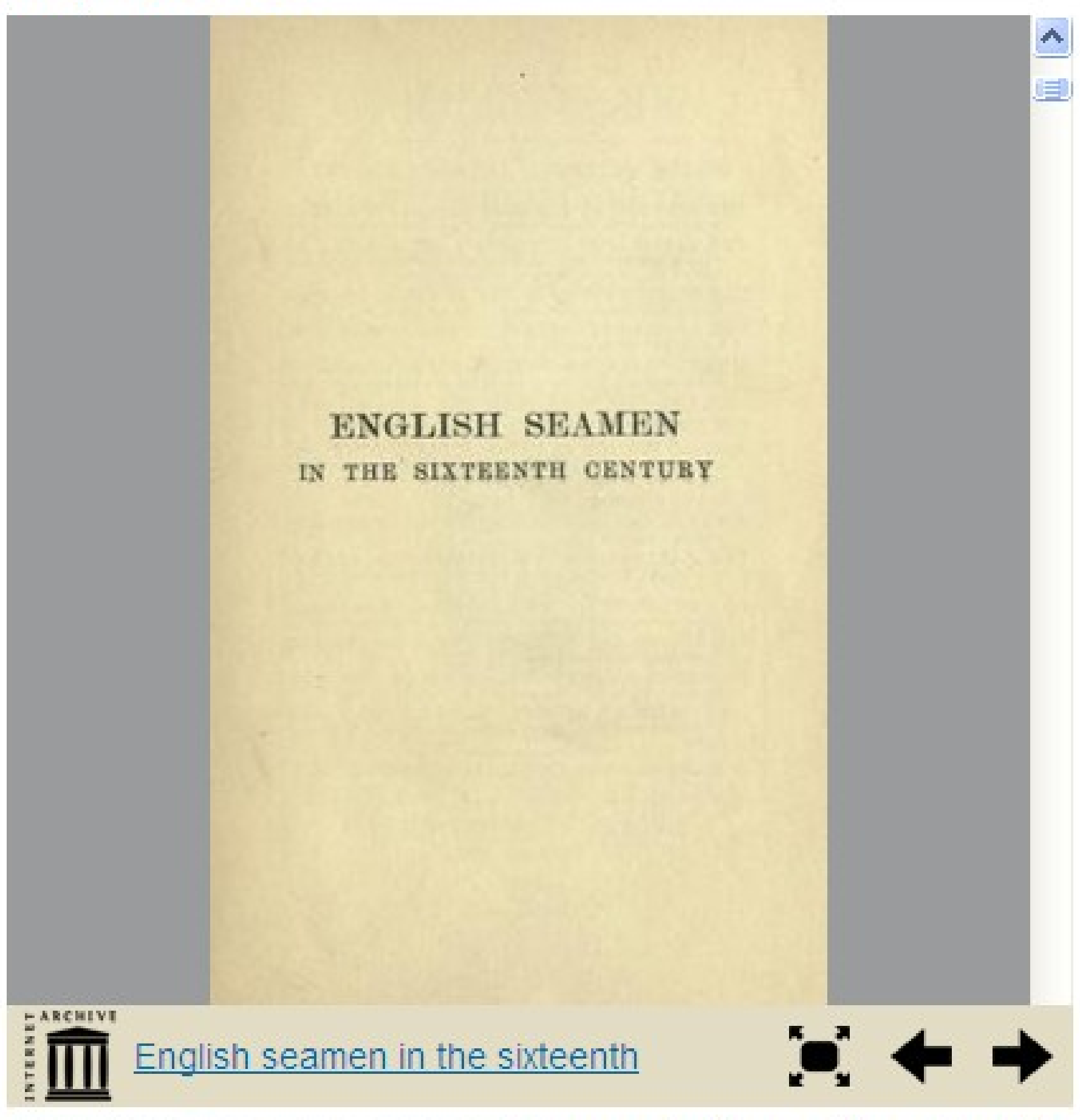
By CHAS. NORDHOFF

Author of "Man-of-War Life," "Whaling and Fishing," etc., etc.

New York
Dodd, Mead & Company
Publishers

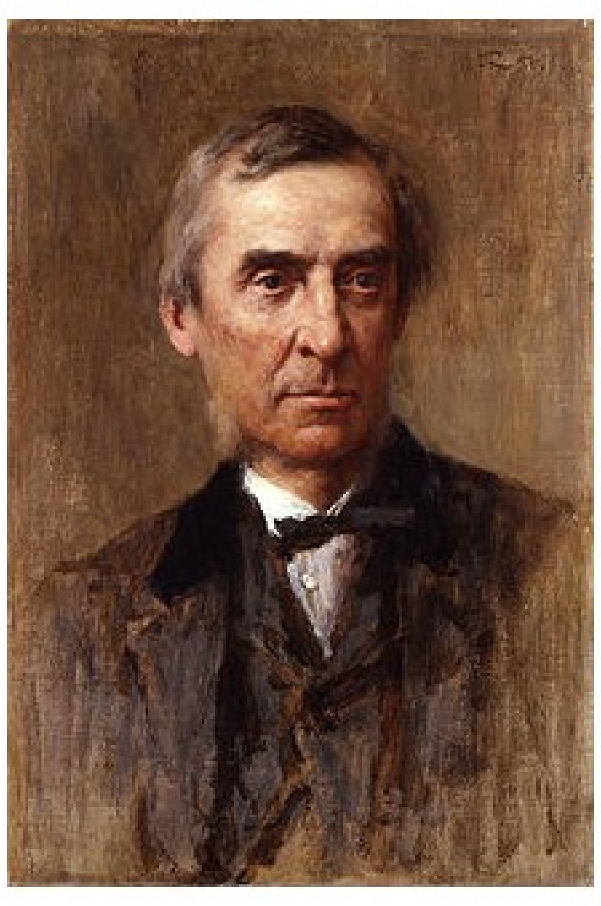
The merchant vessel : a sailor boy's

English seamen in the sixteenth century. Lectures delivered at Oxford, Easter terms, 1893-4 (1901) - James Anthony Froude, 1818-1894



ENGLISH SEAMEN
IN THE SIXTEENTH CENTURY

English seamen in the sixteenth



James Anthony Froude (23 April 1818 – 20 October 1894) was an English historian, novelist, biographer, and editor of Fraser's Magazine. From his upbringing amidst the Anglo-Catholic Oxford Movement, Froude intended to become a clergyman, but doubts about the doctrines of the Anglican church, published in his scandalous 1849 novel The Nemesis of Faith, drove him to abandon his religious career. Froude turned to writing history, becoming one of the best known historians of his time for his *History of England from the Fall of Wolsey to the Defeat of the Spanish Armada*. Inspired by Thomas Carlyle, Froude's historical writings were often fiercely polemical, earning him a number of outspoken opponents. Froude continued to be controversial up until his death for his Life of Carlyle, which he published along with personal writings of Thomas and Jane Welsh Carlyle. These publications illuminated Carlyle's often selfish personality, and led to persistent gossip and discussion of the couple's marital problems.

The son of Robert Hurrell Froude, archdeacon of Totnes, James Anthony was born at Dartington, Devon on 23 April 1818. He was the youngest of eight children, including engineer and naval architect William Froude and Anglo-Catholic polemicist Richard Hurrell Froude, who was fifteen years his elder. By James' third year his mother and five of his siblings had died of consumption, leaving James to what biographer Herbert Paul describes as a "loveless, cheerless boyhood" with his cold, disciplinarian father and brother Richard. He studied at Westminster School from age 11 until 15, where he was "persistently bullied and tormented". Despite his unhappiness and his failure in formal education, Froude cherished the classics and read widely in history and theology.

Beginning in 1836, he was educated at Oriel College, Oxford, then the centre of the ecclesiastical revival now called the Oxford Movement. Here Froude began to thrive personally and intellectually, motivated to succeed by a brief engagement in 1839 (although this was broken off by the lady's father). He obtained a second class degree in 1840 and travelled to Delgany, Ireland as a private tutor. He returned to Oxford in 1842, won the Chancellor's English essay prize for an essay on political economy, and was elected a fellow of Exeter College.

More at: James Anthony Froude. (2013, July 10). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=James_Anthony_Froude&oldid=563705037

July 28 - August 3, 2013: Issue 121

Help us

Care for native wildlife

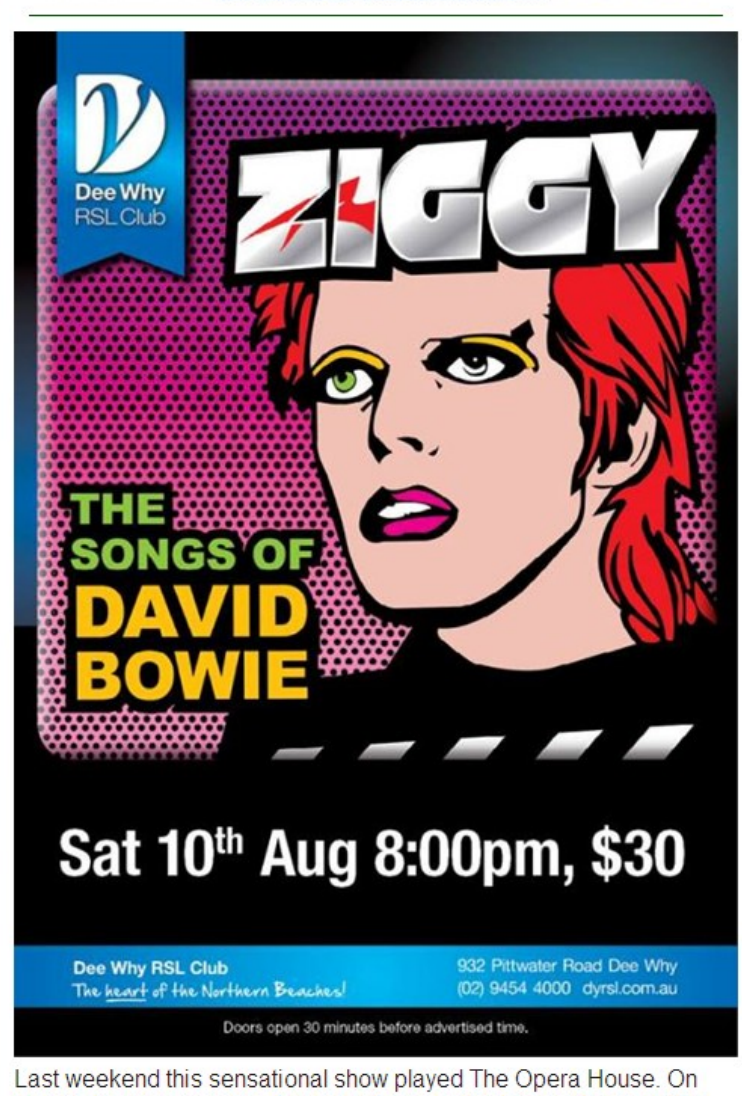
Sydney Wildlife is a volunteer organisation concerned with the rescue, rehabilitation and release of sick, injured and orphaned native wildlife.

If you are at least 18 years old you can train to rescue native wildlife in your local area and/or care for native wildlife in your own home. Courses entail 2 full days' training. The next course will be held on Saturday and Sunday 10th & 11th August 2013 at Northbridge (near North Sydney).

You don't need any special qualifications to do the course, just a love of animals and a commitment to the protection of native wildlife and their habitat. Once you have completed the initial course and gained some experience you can go on to do other specialised courses.

If you go out to work; have pets or live in a unit you can still be a rescuer or carer. **Act quickly** to register for the August 10th & 11th course.

To request an information pack call
9413 4300
or visit www.sydneywildlife.org.au



Dee Why RSL Club
ZIGGY
THE SONGS OF DAVID BOWIE
Sat 10th Aug 8:00pm, $30
Dee Why RSL Club
932 Pittwater Road Dee Why
(02) 9454 4000 · dyrsl.com.au
Doors open 30 minutes before advertised time.

Last weekend this sensational show played The Opera House. On Sat 10 Aug you can see Jeff Duff, Steve Balbi, Brydon Stace & the Ziggy band featuring Phil Ceberano & members of The Whitlams & Noiseworks put on a show to remember at DY RSL. Check this out
http://www.youtube.com/watch?v=nOTtbDJoayQ

PITTWATER COUNCIL 20

Author Talks at Mona Vale Library - Jan Carroll

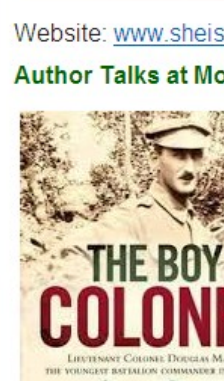
Jan Carroll speaking about "She is Heavy, She's My Mother" - **15th Aug 2013, 6.30pm - 8pm**

A memoir. From a famous and respected family and growing up in Kings Cross, Sydney during the 1940s and 1950s, Jan Carroll learned to hate the way alcohol controlled her mother's life. This is a moving and sometimes hilarious book about a fractured mother-daughter relationship.

Bookings: essential tel: 9970 1600; cost $6/$6 concession, cards must be shown. Venue: Mona Vale Library. Contact: Catherine Buddin tel: 9970 1600

Website: www.sheisheavy.com

Author Talks at Mona Vale Library - Will Davies



Will Davies speaking about "The Boy Colonel" - **20th Aug 2013, 6.30pm - 8pm**

On 25 January, 1920 at Palm Beach, Douglas Gray Marks went into the surf and attempted to save a young woman. He never came out. This was the sad and tragic fate of a gallant, highly decorated and promising young man, known as the "Boy Colonel". It was a great loss to a nation whose manhood had been decimated and where the pain of the war remained evident and raw.

Bookings: essential tel: 9970 1600; cost $6/$6 concession, card must be shown. Payment required within 3 days of booking as confirmation. Free for school students.

Venue: Mona Vale Library Contact: Catherine Buddin tel: 9970 1600

Manly Warringah Orchid Society will be holding their annual **Orchids by the Sea weekend at DYRSL on August 2, 3 & 4th**. Don't miss out on some amazing orchid displays, floral art & craft, potting demonstrations, orchid sales and plenty of free advice. The show will open on the 2nd August at 10am with special guest Clarence Slockee from Gardening Australia.

The BIG SING

Community Singing Group
Bringing your inner voice out!

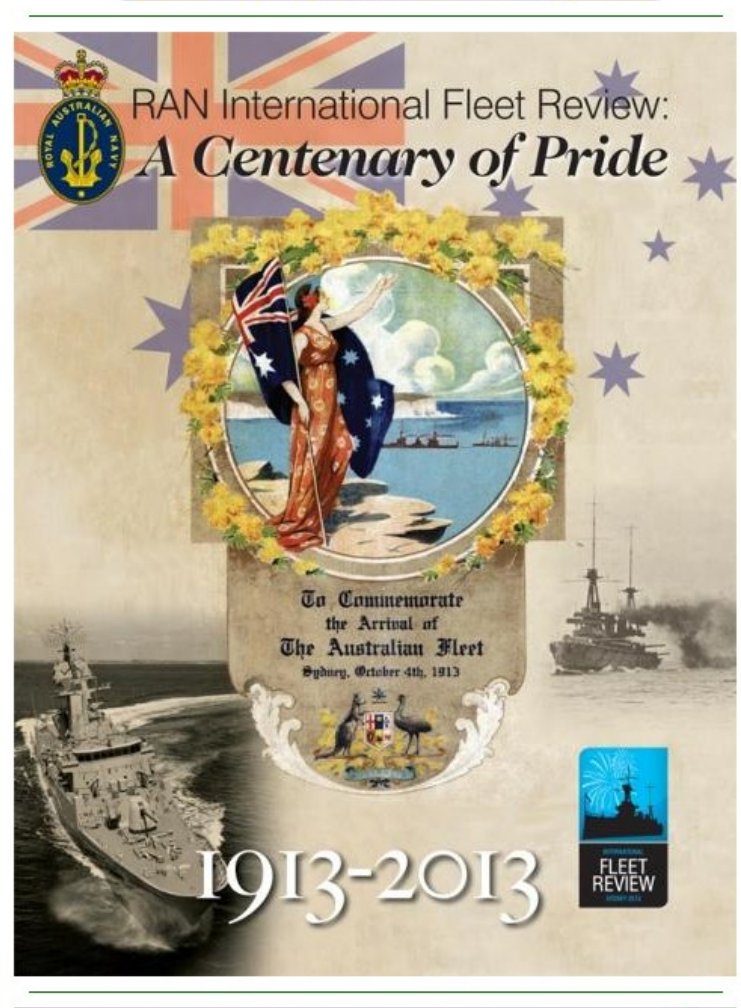
Every Tuesday at 10am
and
every Wednesday at 7pm
Avalon Community Centre
$10 per session

For adults who can sing, can't sing, want to sing, have never sung but want to have a go, think they can sing, sing in the shower, love a laugh and a sing, young or old or somewhere in between, and love to socialise!!

Deeper breathing and singing are known to help us feel much more connected, free and happy. It's good for the heart and soul so come and join with your community and start or end your day with a BIG SING!

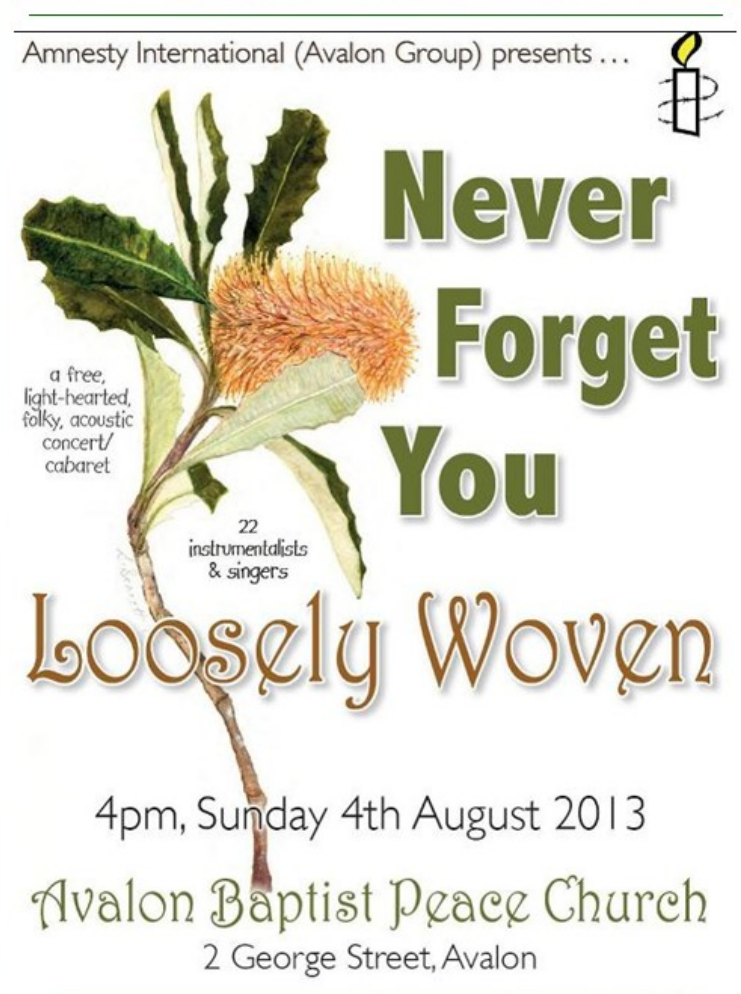
Classes are directed by Samantha Shaw, vocal coach on Ch 10's "I Will Survive" and West End performer.

Contact Sam on 0401 343 569 or sammeeshaw@gmail.com



RAN International Fleet Review:
A Centenary of Pride
To Commemorate the Arrival of The Australian Fleet
Sydney, October 4th, 1913
1913-2013
FLEET REVIEW

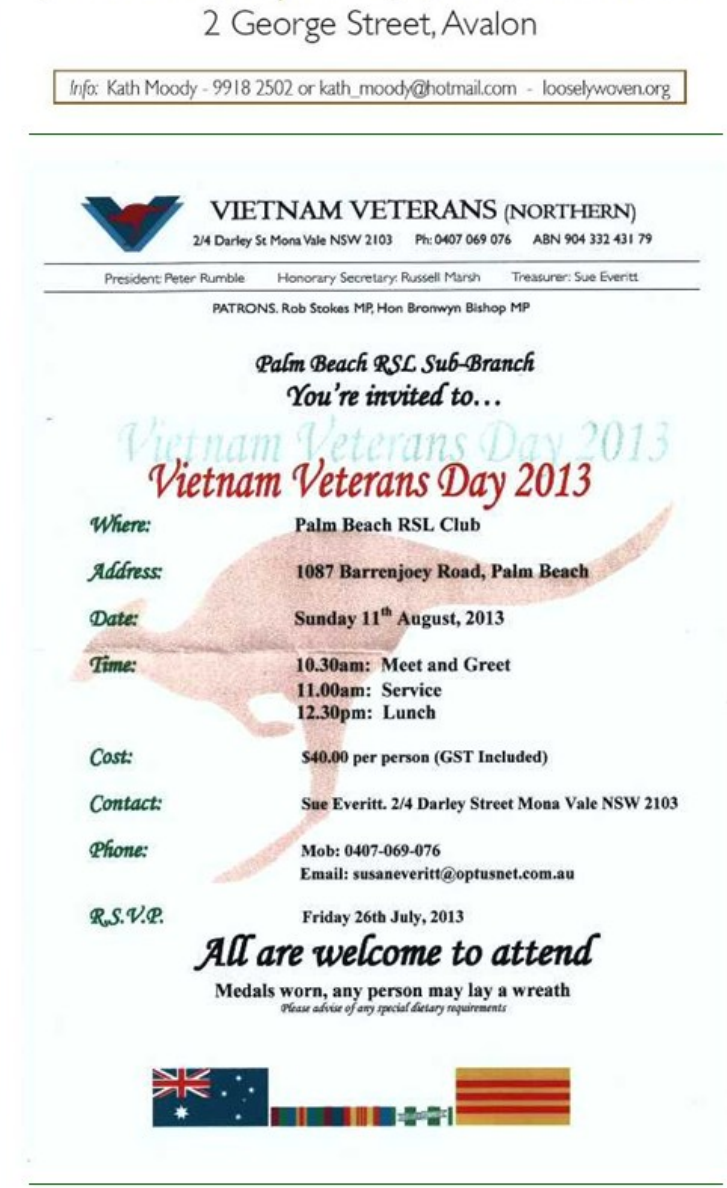
Amnesty International (Avalon Group) presents ...



Never Forget You
a free, light-hearted, folky, acoustic concert/cabaret
22 instrumentalists & singers
Loosely Woven

4pm, Sunday 4th August 2013
Avalon Baptist Peace Church
2 George Street, Avalon

Info: Kath Moody - 9918 2502 or kath_moody@hotmail.com - looselywoven.org



VIETNAM VETERANS (NORTHERN)
2/4 Darley St Mona Vale NSW 2103 · Ph: 0407 069 076 · ABN 904 332 431 79

President: Peter Rumble · Honorary Secretary: Russell Marsh · Treasurer: Sue Everitt
PATRONS: Rob Stokes MP, Hon Bronwyn Bishop MP

Palm Beach RSL Sub-Branch
You're invited to...

Vietnam Veterans Day 2013

Where:	Palm Beach RSL Club
Address:	1087 Barrenjoey Road, Palm Beach
Date:	Sunday 11th August, 2013
Time:	10.30am: Meet and Greet 11.00am: Service 12.30pm: Lunch
Cost:	$40.00 per person (GST Included)
Contact:	Sue Everitt. 2/4 Darley Street Mona Vale NSW 2103
Phone:	Mob: 0407-069-076 Email: susaneveritt@optusnet.com.au
R.S.V.P.	Friday 26th July, 2013

All are welcome to attend
Medals worn, any person may lay a wreath

WIN! ONE OF TEN FANTASTIC CRIME & MAYHEM PRIZE PACKAGES
EXHIBITION ON NOW
CITY OF SHADOWS
INNER CITY CRIME & MAYHEM 1912-1948

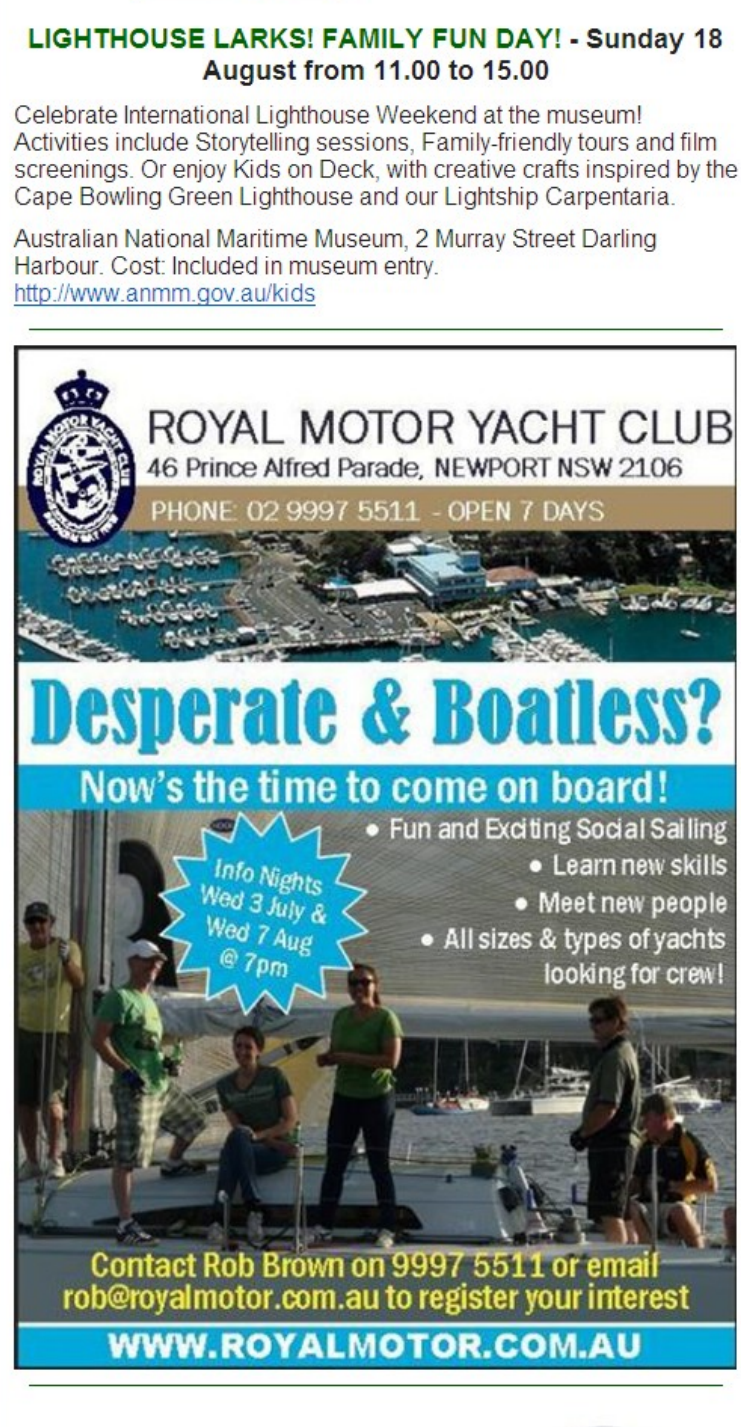
Justice & Police Museum, Cnr Albert and Phillip Streets Circular Quay Circular Quay 2000 . Between Saturday 29 June 2013 and Saturday 31 May 2013: Open Weekends Only: 10am-5pm: Adult $10; Children: $5; Senior: $5

lighthouse larks
FAMILY FUN DAY

LIGHTHOUSE LARKS! FAMILY FUN DAY! - **Sunday 18 August from 11.00 to 15.00**

Celebrate International Lighthouse Weekend at the museum! Activities include Storytelling sessions, Family-friendly tours and film screenings. Or enjoy Kids on Deck, with creative crafts inspired by the Cape Bowling Green Lighthouse and our Lightship Carpentaria.

Australian National Maritime Museum, 2 Murray Street Darling Harbour. Cost: Included in museum entry.
http://www.anmm.gov.au/kids



ROYAL MOTOR YACHT CLUB
46 Prince Alfred Parade, NEWPORT NSW 2106
PHONE: 02 9997 5511 - OPEN 7 DAYS

Desperate & Boatless?
Now's the time to come on board!

- Fun and Exciting Social Sailing
- Learn new skills
- Meet new people
- All sizes & types of yachts looking for crew!

Info Nights Wed 3 July & Wed 7 Aug @ 7pm

Contact Rob Brown on 9997 5511 or email rob@royalmotor.com.au to register your interest
WWW.ROYALMOTOR.COM.AU

PITTWATER COUNCIL 20

Winter Warming Workshop - 27th Jul 2013, 2:30pm - 4:30pm

Learn how to keep ahead of rising energy costs and stay warm in winter. With rising energy costs, staying warm in winter without breaking the budget is an issue for us all. This workshop focuses on how to identify where energy is being wasted, and what to do about it from simple low-cost solutions, through to higher cost retrofit solutions. You will learn how to:

draft-proof you home; maximise solar gain in winter; use appliances most efficiently; stay warm in winter with the least energy use; identify energy saving actions you can take to reduce power bills and GHG emissions;

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential! Online In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

National Tree Day Native Plant Give-away - 27th Jul 2013, 9am - 1pm

Bring National Tree Day Home! To help celebrate National Tree Day, Pittwater Council will be providing FREE native trees and shrubs to residents as well as providing advice on planting and care of your new tree. Bring National Tree Day home, dig in and be part of the country's largest nature-care initiative and help your local environment thrive!

Venue: Centro Warriewood Shopping Centre. Contact: Helena Dewis (Bushcare Officer) 99701367. Website: http://treeday.planetark.org

National Tree Day at Trafalgar Park - Newport - 28th Jul 2013, 9am - 12pm

Help restore and beautify Trafalgar Park this National Tree Day. Would you like to make a difference in your local area for this year's National Tree Day? Pittwater Council will be hosting a planting morning at Trafalgar Park in Newport on Sunday 28th July between 9am and 12pm.

Plants, tools, training and a delicious morning tea for participants will be provided. Come along and help us restore and beautify this reserve which is habitat for many bird species including the Powerful Owl, Boobook Owl and Tawny Frogmouth.

Venue: Trafalgar Park Newport. Contact: Helena Dewis (Bushcare Officer) 99701367 or 0408 164 235. Website: http://treeday.planetark.org

Remarkable Reptiles - 11th Aug 2013, 2pm - 4pm - FULLY BOOKED

Discover some of the northern beaches local reptiles! Come and join us at the Coastal Environment Centre to meet some of our local wildlife rescuers from Sydney Wildlife and their scaly animal friends. Don't forget the camera to get some happy snaps!

The Northern Beaches is home to many species of snakes and reptiles. Find out what some of these species are and where they are likely to be found. Bring along your questions for our reptile specialists.

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential! Online In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Child Restraint Checking Day -15th Aug 2013, 9:30am - 2:30pm

Free event for the Pittwater community. Pittwater Council will be holding a FREE child restraint checking day for Pittwater residents on Thursday 15 August 2013. Please note that this service is not available to family day care providers.

These fitting days are a great way for parents to put their mind at ease and check that they have their children's car seats fitted correctly and safely. On the day we can also fit new car seats or turn rear facing seats to the forward facing position. If you require any spare parts or additional service then you will be charged for this on the day - things like straps and buckles.

The RMS approved child restraint is only permitted to fit and check seats that meet the Australian/New Zealand Standard 1754.

At Winnererremy Bay car park, Mona Street, Mona Vale, 9.30am - 2.30pm. To book: Email: michelle_carter@pittwater.nsw.gov.au or Phone: 02 9970 1196.

Bookings are essential and bookings only taken for Pittwater residents. If you are a resident of Warringah contact 9942 2447. If you are a resident of Manly contact 9976 1619.

EVENT AT ROSE SEIDLER HOUSE 10AM–4PM
Fifties FAIR 25 AUG
SYDNEY LIVING MUSEUMS
#FiftiesFair
Share your photos

The Sands
INTERNATIONAL BEER DAY
THE SANDS
FRIDAY 2ND AUGUST
Celebrating CRAFT BEER CIDER THE DEEP & DIRTY SOUTH BLUES....
CRAFT BEER SAMPLES, SPECIALS & PRIZES ALL DAY.
Blues Jam Starts at 6pm

Manly Art Gallery & Museum
MANLY ARTS FESTIVAL

Manly Art Gallery - Current Exhibitions

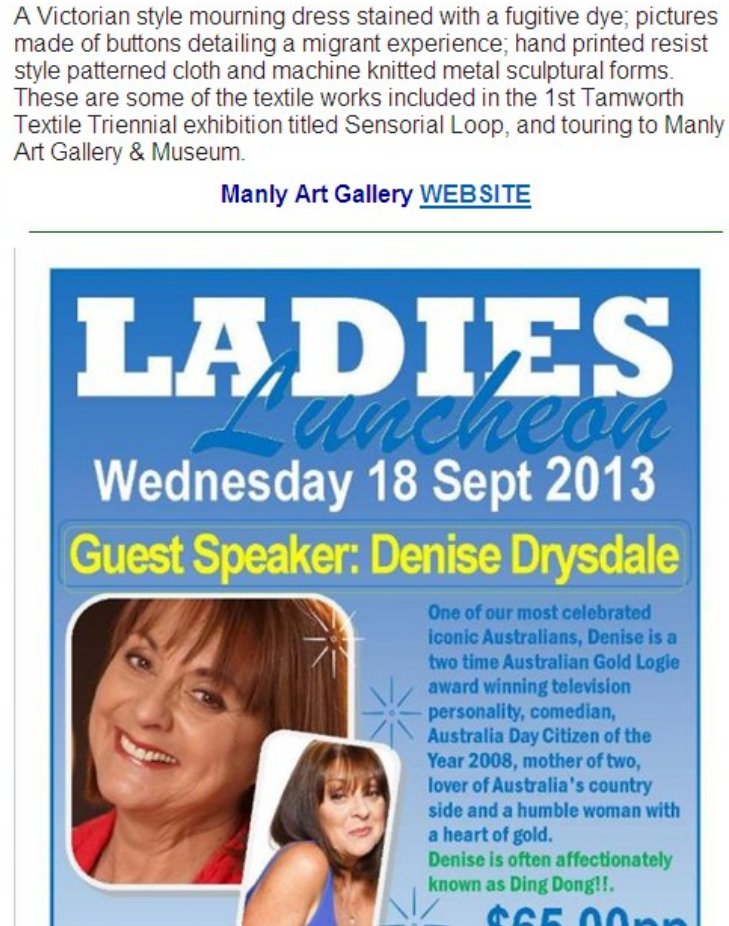
JONATHAN JONES (7 June - 21 July 2013)

As a highlight of the 2013 Guringai Festival, Aboriginal artist Jonathan Jones is to feature in a solo exhibition of one of his celebrated site-specific installations.

TAMWORTH TEXTILE TRIENNIAL – Sensorial Loop (7 June - 21 July 2013)

A Victorian style mourning dress stained with a fugitive dye; pictures made of buttons detailing a migrant experience; hand printed resist style patterned cloth and machine knitted metal sculptural forms. These are some of the textile works included in the 1st Tamworth Textile Triennial exhibition titled Sensorial Loop, and touring to Manly Art Gallery & Museum.

Manly Art Gallery WEBSITE

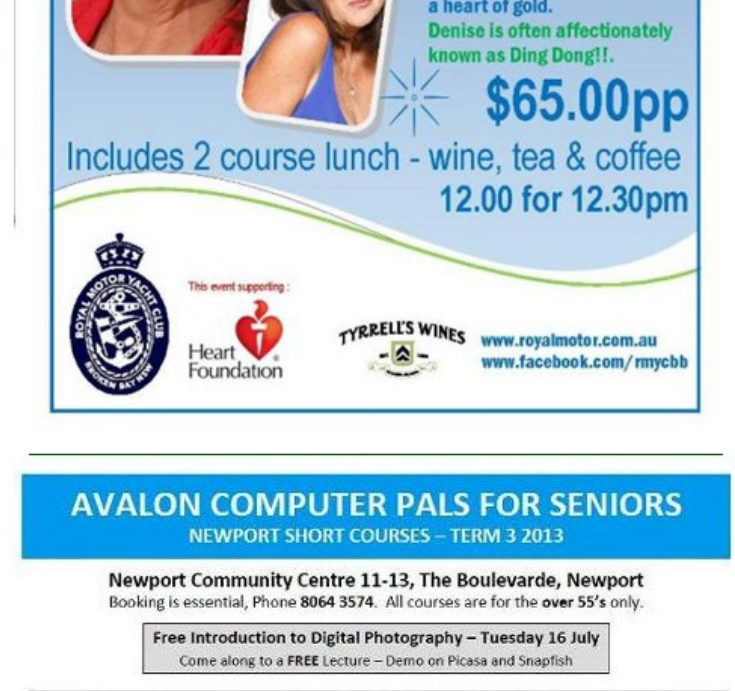


LADIES Luncheon
Wednesday 18 Sept 2013
Guest Speaker: Denise Drysdale

One of our most celebrated iconic Australians, Denise is a two time Australian Gold Logie award winning television personality, comedian, Australia Day Citizen of the Year 2006, mother of two, lover of Australia's country side and a humble woman with a heart of gold. Denise is often affectionately known as Ding Dong!!.

$65.00pp
Includes 2 course lunch - wine, tea & coffee
12.00 for 12.30pm

This event supporting Heart Foundation
TYRRELL'S WINES
www.royalmotor.com.au
www.facebook.com/mycbb



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

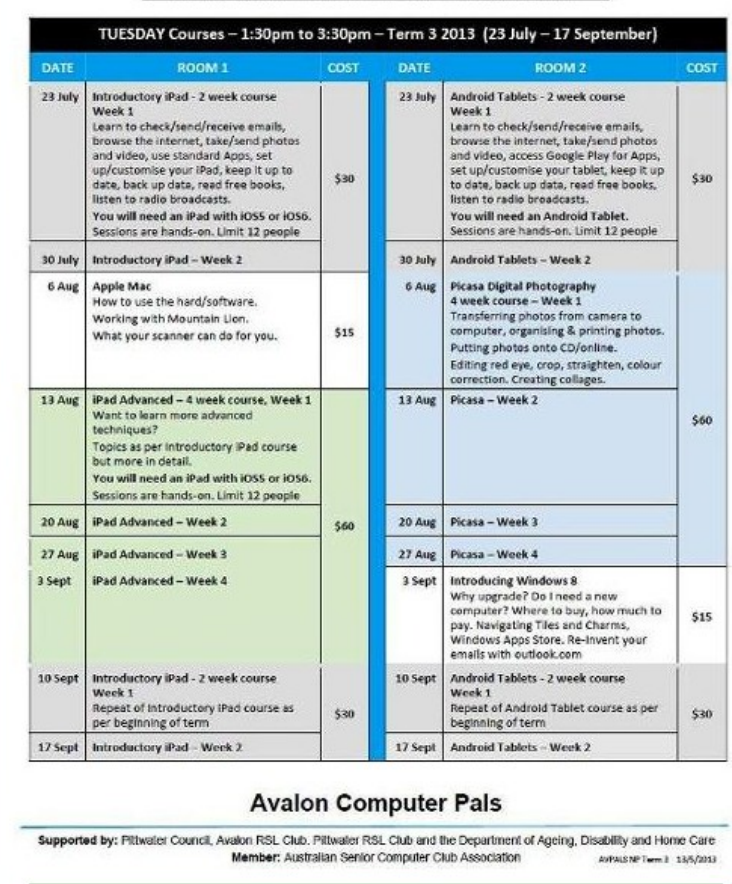
Newport Community Centre 11-13, The Boulevard, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only.

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

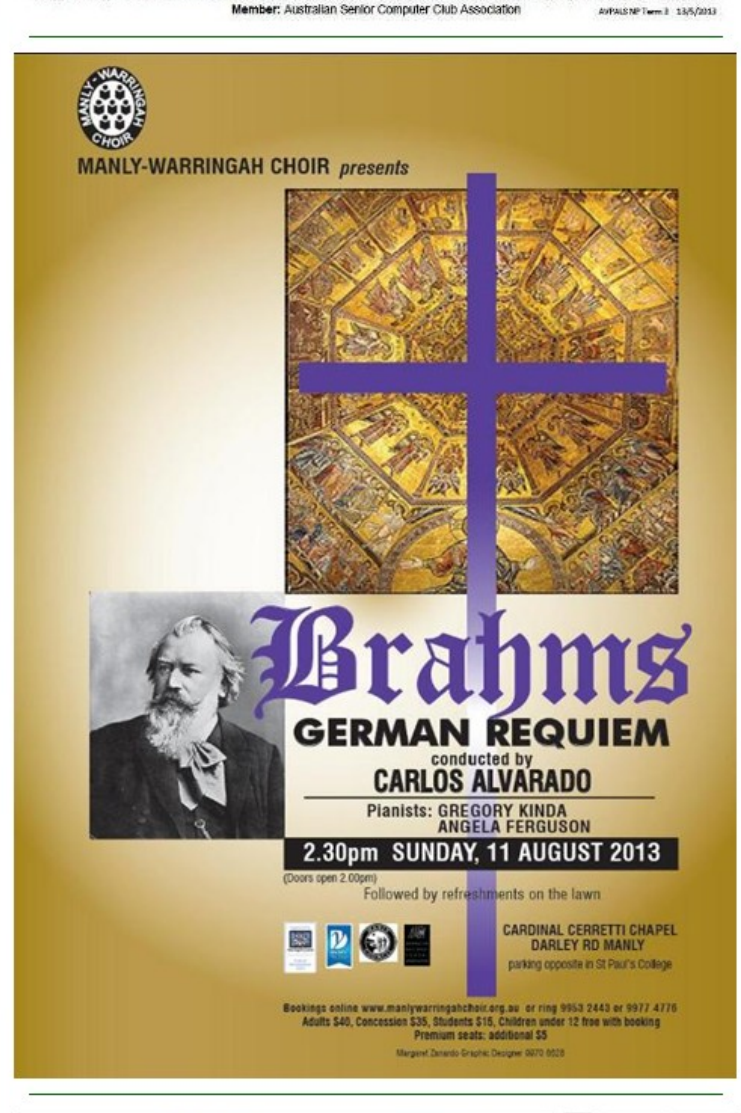
TUESDAY Courses – 1.30pm to 3.30pm – Term 3 2013 (23 July – 17 September)

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 Clubs Association



MANLY-WARRINGAH CHOIR presents
Brahms
GERMAN REQUIEM
conducted by CARLOS ALVARADO
Pianists: GREGORY KINDA, ANGELA FERGUSON
2.30pm SUNDAY, 11 AUGUST 2013
Followed by refreshments on the lawn
CARDINAL CERRETTI CHAPEL DARLEY RD MANLY

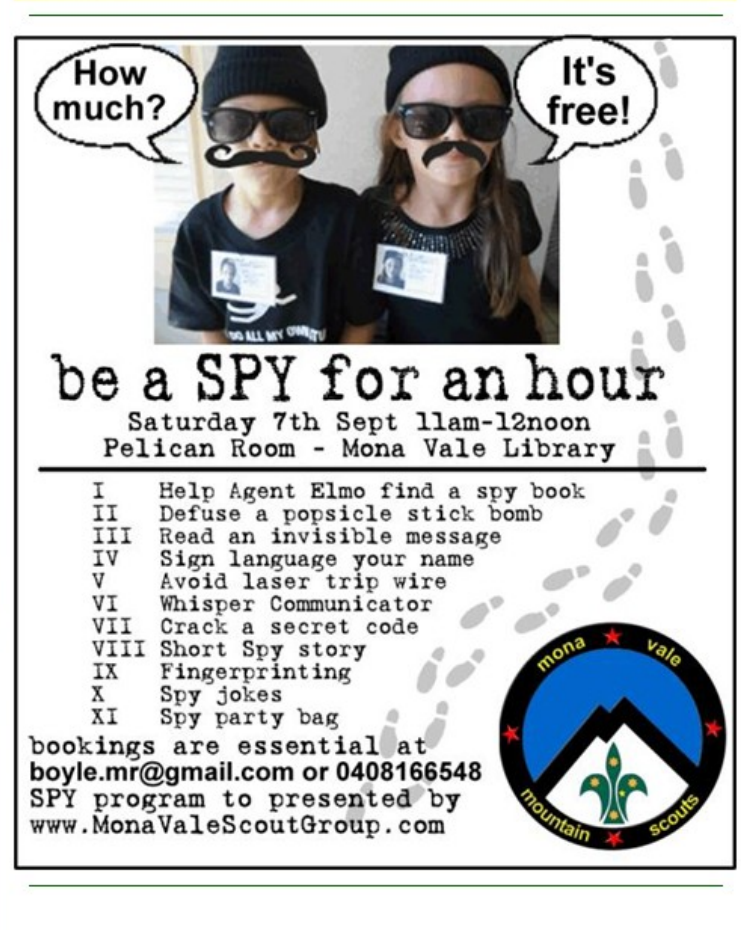


How much?
It's free!

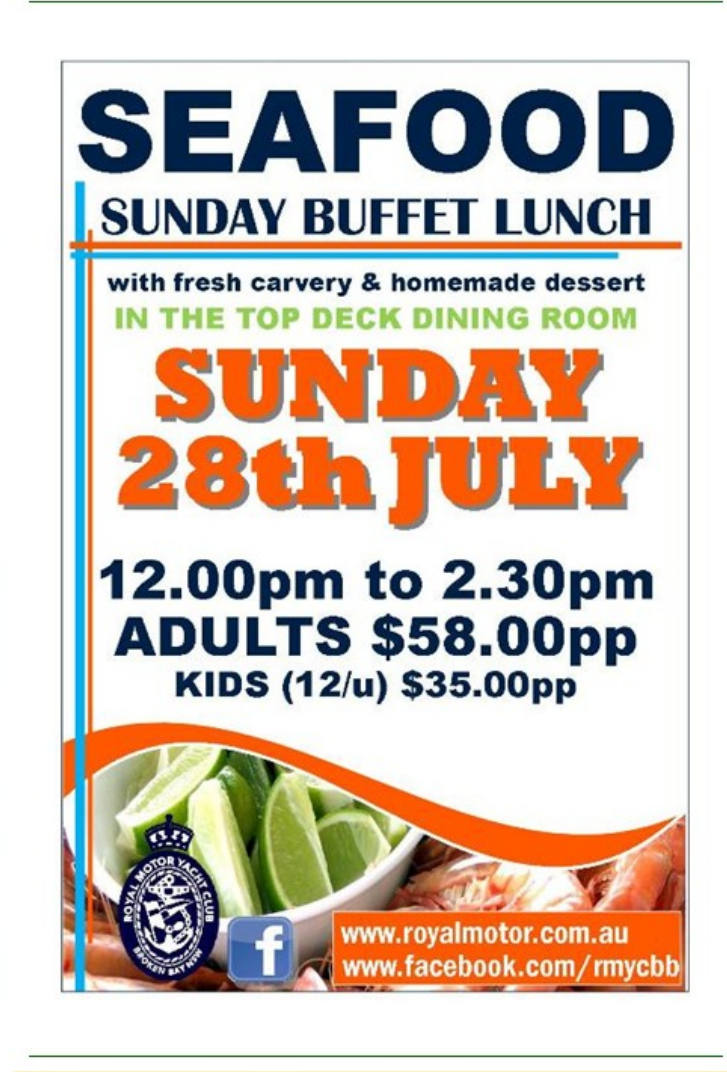
be a SPY for an hour
Saturday 7th Sept 11am-12noon
Pelican Room - Mona Vale Library

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

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



SEAFOOD
SUNDAY BUFFET LUNCH
with fresh carvery & homemade dessert
IN THE TOP DECK DINING ROOM
SUNDAY 28th JULY
12.00pm to 2.30pm
ADULTS $58.00pp
KIDS (12/u) $35.00pp
www.royalmotor.com.au
www.facebook.com/mycbb



Author Talks 2013

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

A History of ANTARCTICA
Stephen Martin

A History of Antarctica
By Stephen Martin

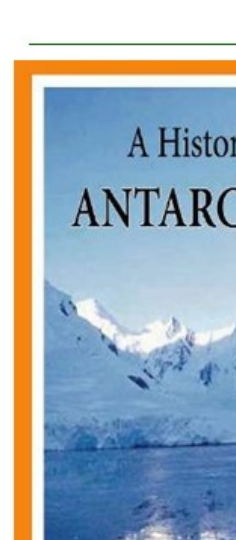
This publication has been completely revised and rewritten with new information, maps and illustrations, bringing the fascinating story of people in Antarctica up to date. The book also reveals the importance of this continent to international science, environmental change, tourism and politics.

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

Other publications include The Whales Journey and Penguin.

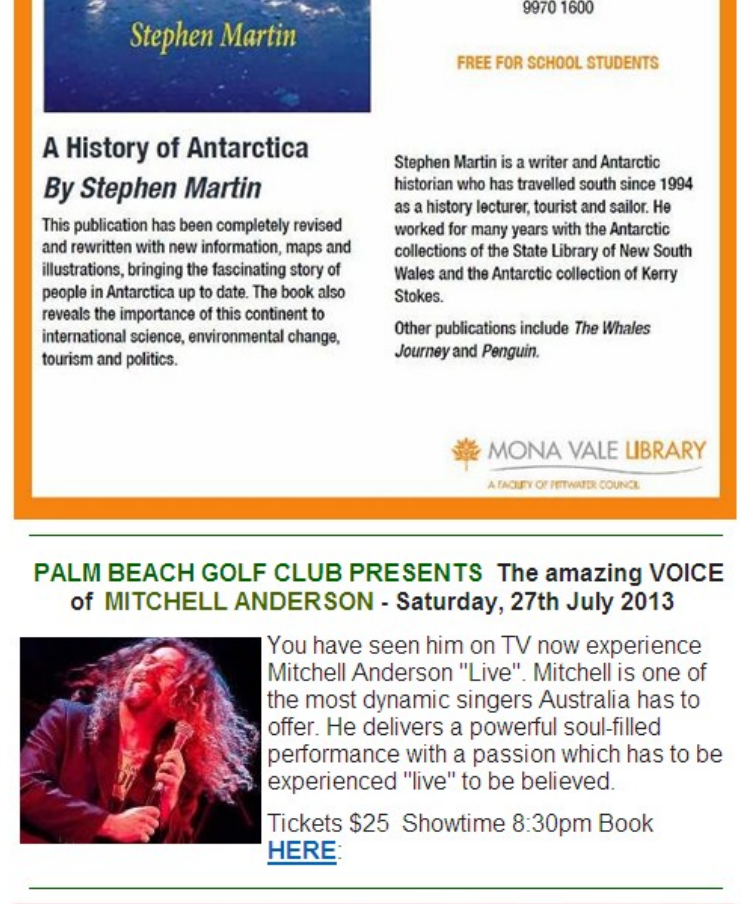
MONA VALE LIBRARY

PALM BEACH GOLF CLUB PRESENTS The amazing VOICE of MITCHELL ANDERSON - Saturday, 27th July 2013



You have seen him on TV now experience Mitchell Anderson "Live". Mitchell is one of the most dynamic singers Australia has to offer. He delivers a powerful soul-filled performance with a passion which has to be experienced "live" to be believed.

Tickets $25 Showtime 8.30pm Book HERE

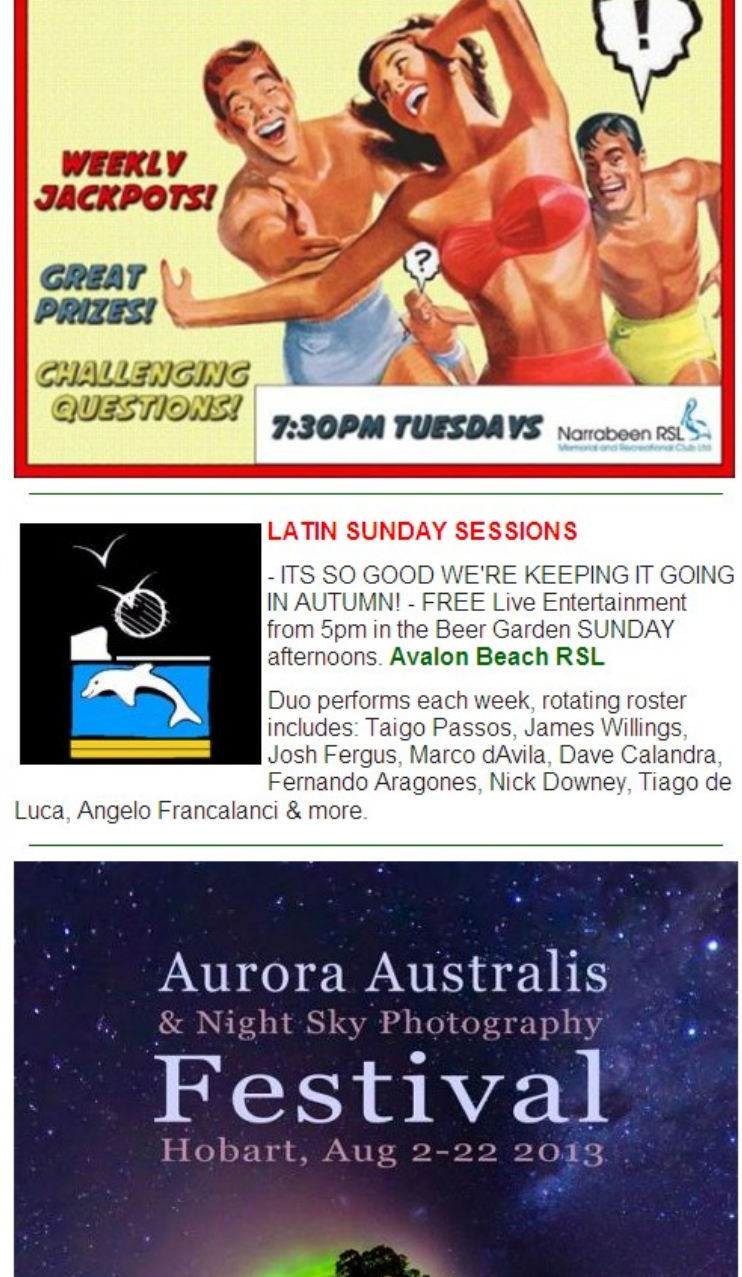


TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK! FACEBOOK.COM/NARRABEEN.RSL
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
WEEKLY JACKPOTS!
GREAT PRIZES!
CHALLENGING QUESTIONS!
7:30PM TUESDAYS
Narrabeen RSL

LATIN SUNDAY SESSIONS

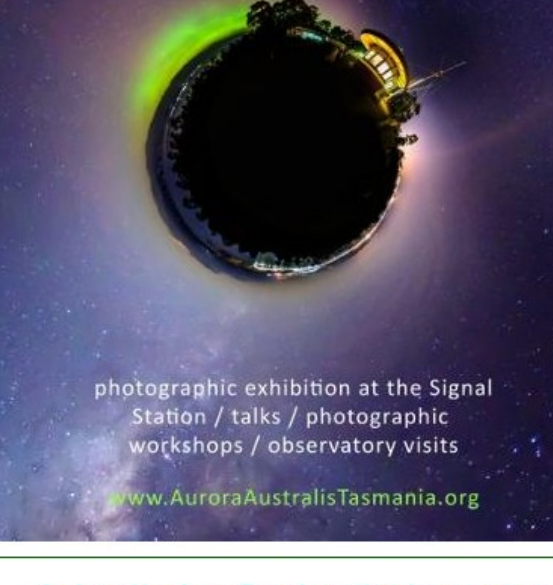
- ITS SO GOOD WE'RE KEEPING IT GOING IN AUTUMN! - FREE Live Entertainment from 5pm in the Beer Garden SUNDAY afternoons. **Avalon Beach RSL**

Duo performs each week, rotating roster includes: Taigo Passos, James Willings, Josh Fergus, Marco dAvila, Dave Calandra, Fernando Aragones, Nick Downey, Tiago de Luca, Angelo Francalanci & more.



Aurora Australis
& Night Sky Photography
Festival
Hobart, Aug 2-22 2013
photographic exhibition at the Signal Station / talks / photographic workshops / observatory visits
www.AuroraAustralisTasmania.org

Sydney Northern Beaches Woodturners Inc



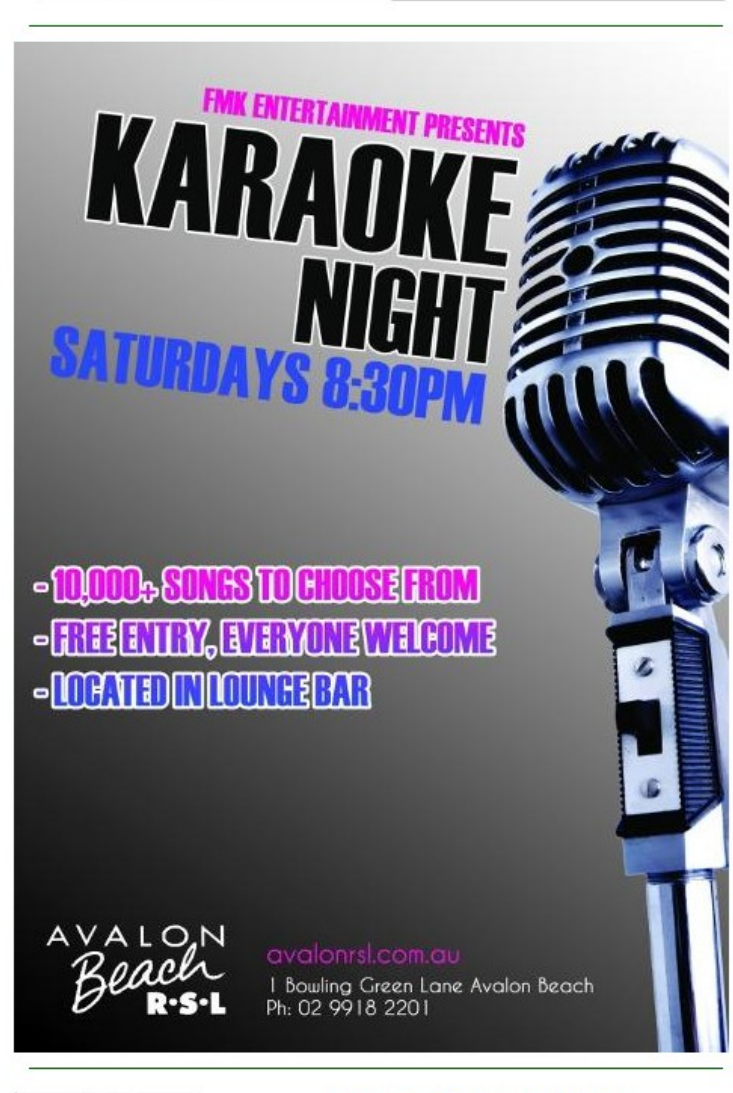
Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday,** Friday and Saturday between 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/

Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin



FMK ENTERTAINMENT PRESENTS
KARAOKE NIGHT
SATURDAYS 8:30PM
- 10,000+ SONGS TO CHOOSE FROM
- FREE ENTRY, EVERYONE WELCOME
- LOCATED IN LOUNGE BAR
AVALON Beach R.S.L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201

Pittwater Camera Club
More at: Profile and http://pittwatercameraclub.org/
All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday August 5
The topic for tonights competition is 'Street Photography'. Come along and see what our member 'photo journalists' have captured. Free for visitors to the club.

Monday August 19
Mastering Textures in Images is the title of tonight's presentation by Christine Nelson. Free for visitors to the club

Monday September 2
The ever popular Len Brown will be our guest judge tonight and the competition topic will be 'Food'. This should be a delicious evening. Free for visitors to the club.

Monday September 16
'It's All About The Light' is the subject of this 'Hands On' workshop. With various lighting means, including soft boxes and other lighting forms we will be learning how to take better images with the use of directional lighting. We will have photographic models on the night so we can practice along with our tutors. This promises to be a great learning curve for us all. And as always it is, free for visitors to the club.

Monday October 14
Our members have been given the very hard task of capturing time – without including clocks or other timepieces. Gavin Roberts will determine the winner of this novel competition. Free for visitors to the club.

Monday October 28 – TBA

November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

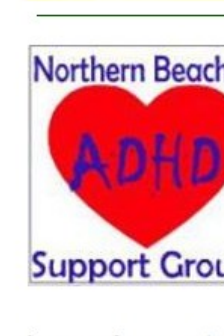
Trivia & Dance NIGHT
Live Music with L90 band
Saturday 10th August
Barrenjoey High School Fundraiser
Band starts at 6.30pm
Tickets $25 per head, available from The Uniform Store
02 9918 7569 or bhsuniformstore@gmail.com

Pittwater Artists Trail
Winter Exhibition 2013
Friday 9th - Sunday 11th August
Opening Night Friday 9th 6-9pm
Saturday & Sunday 10am - 4pm
Bilgola Surf Club Bilgola Beach

Penel Bigg · Diezel · Linda Haigh · Karen Hick
Wendy Grainger · Helen Mackay · Willi Michalski
Robyn Park · Mignon Parker · Michele Petrie
Vicki Ratcliff · Meredith Scott · Cade Turner

Contact: Wendy Grainger - 0413 585 584

Northern Beaches Wedding Expo
MONA VALE GOLF CLUB
Sun 4 August 2013



Northern Beaches ADHD Support Group

Our support group is a place where parents of children or teenagers with ADHD-related problems can share and discuss their experiences with other parents facing similar problems, in a supportive and informal environment.

The group aims to offer:

A venue for parents to meet other parents and receive and extend support to each other.

A place of learning where parents can find out more about ADHD and issues caused by the disorder.

Talks and a discussion forum with professionals specialising in the field of ADHD.

The support group is organised by two parents, Vivian Dunstan and Louisa Simmonds, both of whom have children with the ADHD disorder.

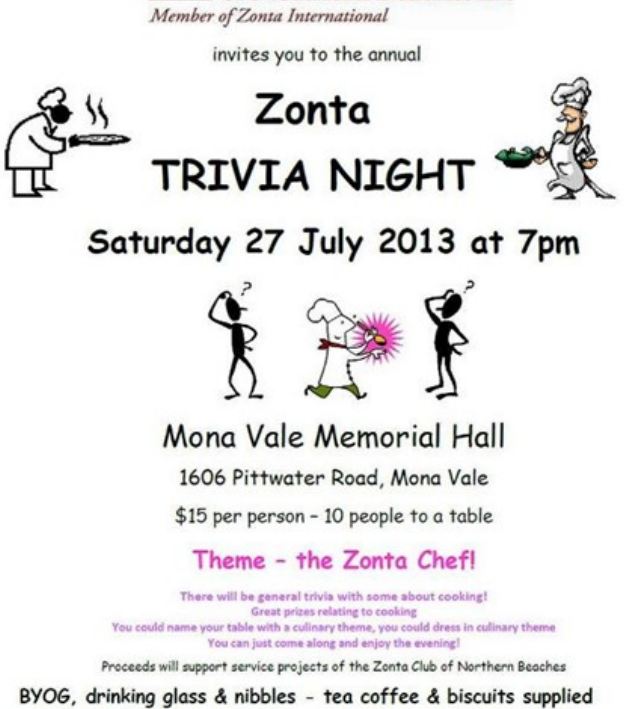
NEXT MEETING

Join us at Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale on **29th July 2013 from 7pm to 8.30pm**

When our guest speaker will be: **Sarah Wilkes-Gillan** – occupational therapist and postgraduate teaching fellow at the University of Sydney on "Supporting the Social Skills & Friendships of Children with ADHD".

Please register your wish to attend HERE

KATANDRA BUSHLAND SANCTUARY
OPEN 10AM - 4PM EVERY SUNDAY JULY - OCTOBER 9979 6977
OPEN TODAY PARKING INSIDE



Zonta Club of Northern Beaches Inc
Member of Zonta International

invites you to the annual

Zonta
TRIVIA NIGHT
Saturday 27 July 2013 at 7pm

Mona Vale Memorial Hall
1606 Pittwater Road, Mona Vale
$25 per person - 10 people to a table

Theme - the Zonta Chef!

Proceeds will support service projects of the Zonta Club of Northern Beaches

BYO6, drinking glass & nibbles - tea coffee & biscuits supplied

To book ring Margaret on 9918 2393 or email zontanb@gmail.com
Book for yourself, your friends, or a whole table!

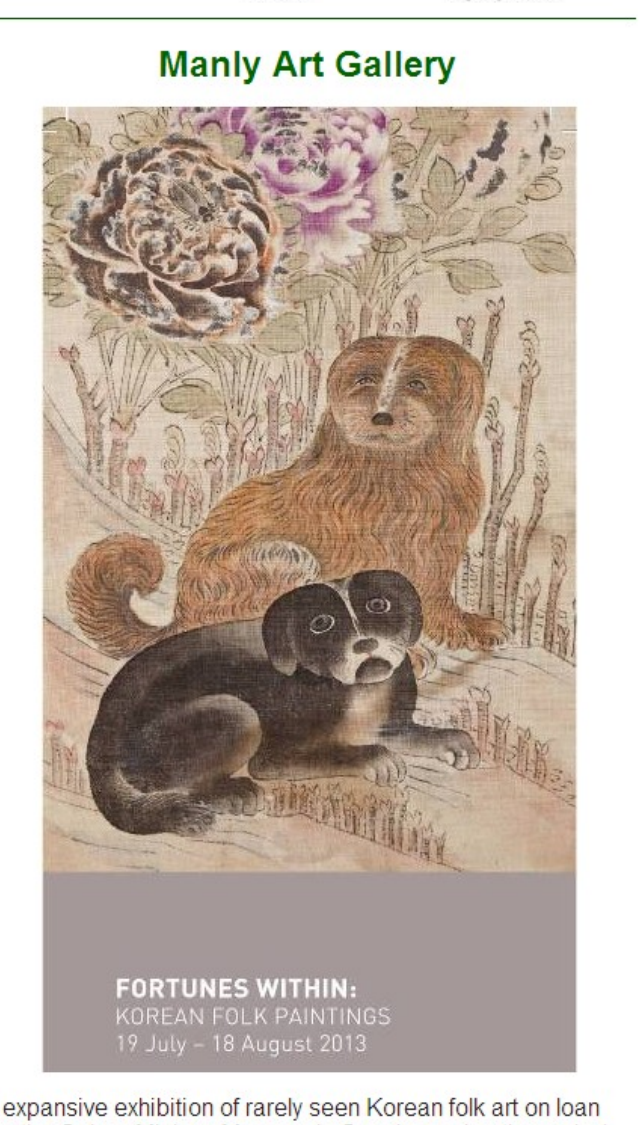
LOTS OF FUN · PRIZES · RAFFLE

We thank our supporter: Dee Why RSL

Soho Galleries present
GHOSTS of CALEDONIA
new work by Annette Lodge
19 - 28 August 2013

SOHO
Corner of Crown & Cathedral Sts
Sydney NSW Australia

Manly Art Gallery



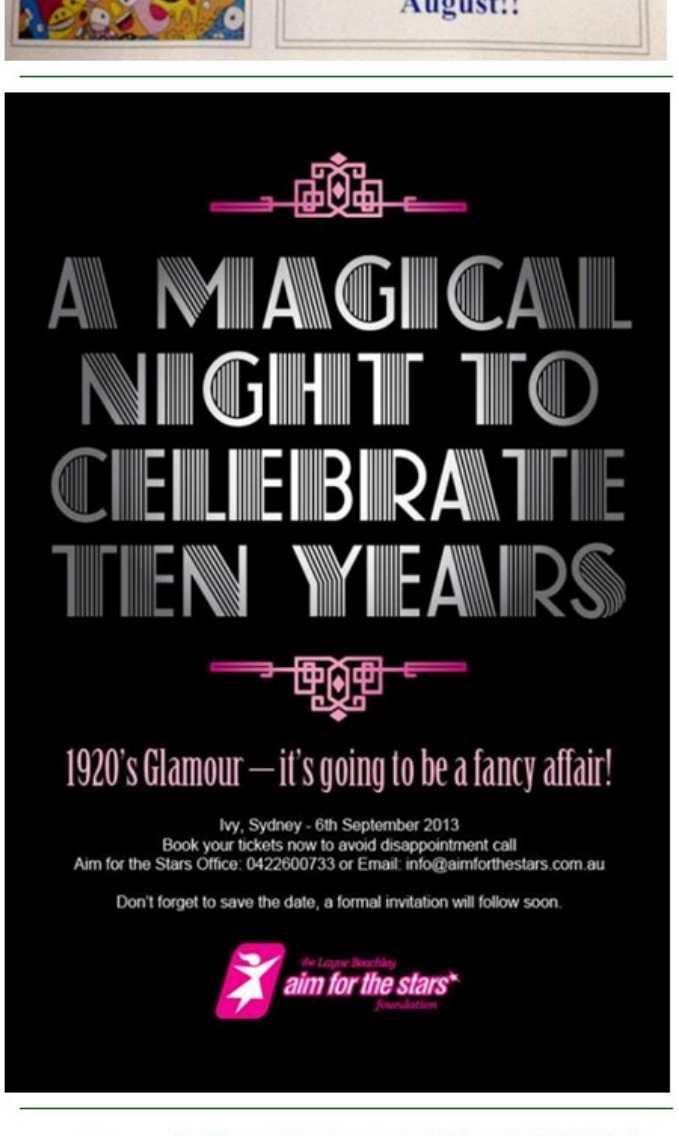
An expansive exhibition of rarely seen Korean folk art on loan from the Gahoe Minhwa Museum in Seoul covering the period from 1392 to 1910 will be on display **at Manly Art Gallery & Museum from Friday 19 July to Sunday 18 August 2013.**

'Minhwa', or 'Korean folk paintings', which were produced and distributed mainly by ordinary people in the Joseon Dynasty (1392 - 1910), mainly to decorate traditional Korean homes or in celebration of a birthday or wedding.

'Minhwa' typically portray events and objects drawn from daily life, so as to be accessible easily appreciated by all levels of society, or otherwise is intended to promote good fortune at New Year or repel evil.

"The principal characteristics of Minhwa are its utility and symbolism, being usually produced to decorate a room or the main door of a house," said Director of the Manly Art Gallery & Museum, Michael Hedger.

Club Palm Beach
Thursday Night Meal Deal Madness!!
Crumbed Lamb Cutlets
With chips and salad or seasonal vegetables
$12 Members
$18 Non Members
Starting Thursday, 25th July & continuing every Thursday night in August!!



A MAGICAL NIGHT TO CELEBRATE TEN YEARS

1920's Glamour – it's going to be a fancy affair!

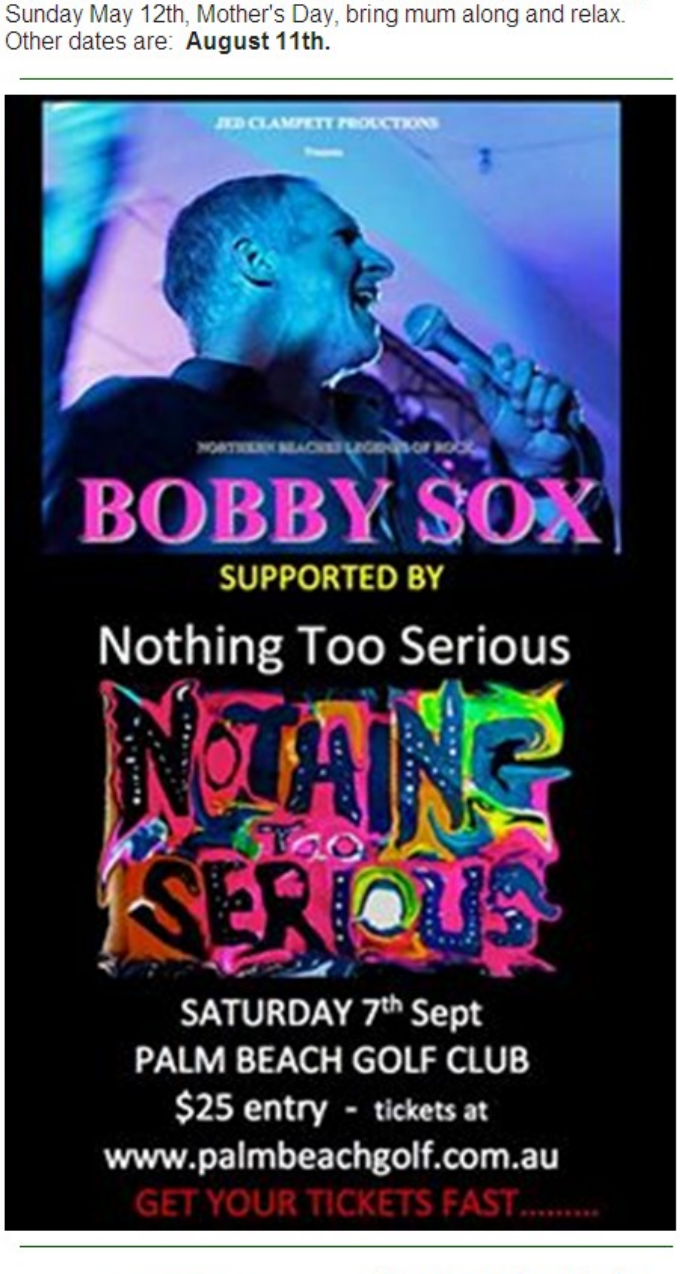
Ivy, Sydney - 6th September 2013
Book your tickets now to avoid disappointment call
Aim for the Stars Office: 0422600733 or Email: info@aimforthestars.com.au

Don't forget to save the date, a formal invitation will follow soon.

aim for the stars

Sly Dogs Unplugged at Church Point Cafe
Live music on Sunday mid-afternoon

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



Big news - we're going to focus on the mighty Hawkesbury River over the next few months with three paddles that will cover over 75kms of the prettiest part of this historic waterway.

Hawkesbury Happening #2: Sackville to Wisemans – Sun Aug 4

The 2nd stage of our 3 part journey down the Mighty Hawkesbury River. From tiny Sackville we wend our way eastward with the tide, passing cosy settlements, majestic sandstone outcrops, exquisite bush and some lovely riverside homes. The Secret River comes to life as we take in the scenic splendour of this amazing river and acknowledge the important part it played in our European and Aboriginal history. Hire $85pp, Own Boat $55. Easy/Med.

NEW: The Cascades Walk & Paddle - Sun August 11

You'll love this combined paddle and walk. Beyond the Roseville Bridge lie the remnants of a huge Cedar forest. The logs were dragged by horse to The Cascades, where there was a dam with a timber floodgate. The logs were washed down Middle Harbour Creek and loaded onto a barge destined for Sydney. Lush bushland with a defined track, spectacular waterway. Full day starting at Davidson Park. $85, includes kayak hire. Easy/medium.

Coral Sea Kayaking Fantasy - August 18 to 26

Includes Hinchinbrook Island & the Great Barrier Reef Marine Park

Off the tropical coast of North Queensland lie 15 continental islands, 11 of which are National Parks surrounded by the Great Barrier Reef Marine Park. On this extraordinary week, you'll paddle the coast of Hinchinbrook Island and take in 5 other islands with their heady mix of abundant marine life including dolphins and migrating whales, sheltered, sandy beaches and towering granite peaks. Good value at $2,165 per person. Email Tony for full itinerary. A deposit of $350 is all that's needed to secure your spot.

Hawkesbury Happening #3: Brooklyn-Spencer return - Sat Sept 7

Completing our 3 part exploration of the Hawkesbury River, we start our journey at the Deerubbin Reserve, beside the F3 bridge over the Hawkesbury. This is where the 11th Hawkesbury Classic Kayak race finishes. We pass through the Milson Island channel to Bar Point, onto Big Jim's Point and the quaint village of Spencer. Popran National Park on one side, Marramarra on the other. Spectacular views all the way. Kayak hire $85 or bring your own boat $55. Grade Easy/Medium.

Wind & Chop Workshop - Sunday Sept 15 (Small Group)

Never worry again about rough or unpredictable conditions. In this full day clinic, Adrian Clayton will show you how to maintain stability and stay in control when things turn nasty - strong winds, swell, waves and chop coming at you from all directions. Covers identifying risks, adapting technique to conditions, new strokes, reading weather and water, rescue procedures, towing drills and more. Venue Clontarf. Tuition $160 per person. BYO boat or hire an ocean-going kayak for small extra cost.

Dora Creek on Lake Macquarie - Sunday September 22

An amazing network of creeks with lovely and interesting places to stop. Three sheltered waterways to choose from - Sandy, Stockton and Dora Creek amidst beautiful bush and a Bellbird soundtrack. In the middle of it all - the Weetbix factory! A total of 28kms of bushland and urban scenery to choose from (not that we'll be paddling 28kms!) and a colourful history to ponder over. Easy drive from Newcastle, Gosford and only an hour along the F3 for Sydneysiders. $85pp. Easy/medium.

Cruisin' the Royal National Park - Sun September 29

A comprehensive look at our First National Park from water level. We'll paddle our way through a lush tree-scape from Audley Weir to Grays Point for a swim and a snack. A detour up a very pretty mangrove lined creek follows. Lunch, then chill out at South West Arm (Warumbul Reserve, a lovely picnic spot and beach). Then expensive real estate. Spectacular scenery, fascinating history - a great day! $85 per person. Easy/Medium.

Leisurely Lane Cove River – Saturday October 5

You'll be charmed by this tranquil waterway, centrally located near Sydney Harbour. It's a gentle, meandering river with tree-clad banks, impressive sandstone rock formations and a fascinating history. We'll even pass Fairyland and learn about Australia's most intriguing murder mystery! We'll explore the river from the weir at Fullers Bridge to the harbour. Compact beach for a snack and swim and a tour of St Ignatius Riverview College and their beautiful grounds. $85 per person. Easy paddle ideal for less experienced kayakers.

Bay of Islands NZ Adventure Paddle - Nov 16 to 24

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Motorua Island, the second largest in the Bay. Learn rock gardening and kayak surfing - great fun and easy to do. Our two qualified instructors will show you how. Climaxed with a full day of tall ship cruising. Led by Adrian Clayton. Amazing value at $1,998

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

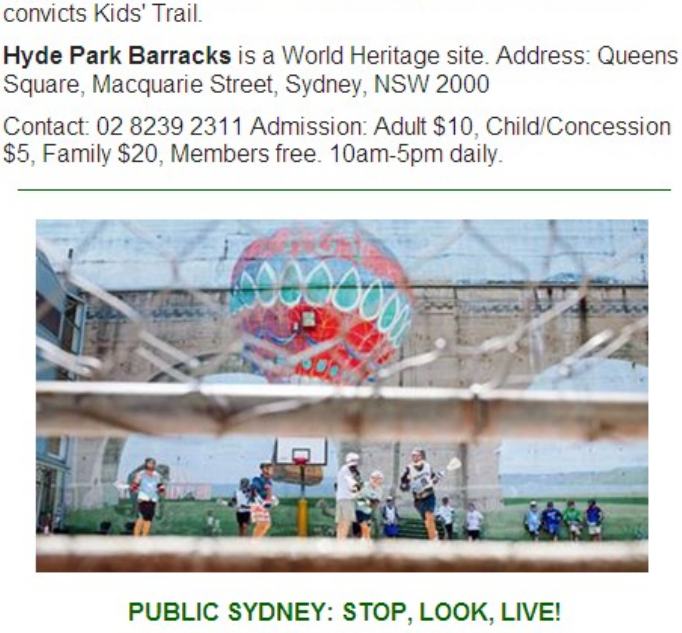
KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au



BUSH REGENERATION & ENVIROFUN!
Weekends April 5 – 7 / Sep 6 - 8, 2013
Catchment Management Authority Hawkesbury-Nepean

CONVICT SYDNEY
EXHIBITION ON NOW

Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street ...

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.

PUBLIC SYDNEY: STOP, LOOK, LIVE!

All around you in Sydney's public spaces people are doing the most unexpected things. This exhibition celebrates the unusual stories of the city's public buildings, parks and street corners, and may answer some of your burning questions about strange things you have seen happening in our shared spaces.

Explore some of our most loved sites – Bennelong Point, the Museum of Sydney, Hyde Park, Central Station and Town Hall – and see how we, the public, are shaping them. Discover what a handmade cedar coffin, a silver trowel and an ASIO surveillance picture can tell you about the remarkable history of Town Hall, or what a 24tonne 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 our 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: 8239 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 20

Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

Pittwater RSL

AKMAL - Friday 19th July 2013

Doors open 7.30pm Show 8pm All tickets $39

Australian National Maritime Museum

East of India – Forgotten trade with Australia
Opens 1 June

In an Australian first, this exhibition explores our colonial links with India, the power and monopoly of the English East India Company and its subsequent decline. Featuring objects from international collections including the Victoria & Albert Museum, British Museum, and the Royal Collection.

http://www.anmm.gov.au/india

Exhibition: Elysium Antarctic Visual Epic
Open until 3 November

In 2010 a team of wildlife photographers, filmmakers and scientists embarked on an expedition from the Antarctic Peninsula to South Georgia. This stunning photographic exhibition captures the expedition, life above and below the ice, and the magnificence of this great wilderness. Related event:

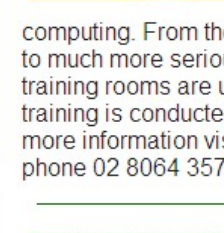
Talk: Michael AW, Antarctic expedition leader - 26 May
http://www.anmm.gov.au/elysium

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574



MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

BERNARD FANNING
DEPARTURES TOUR
SPECIAL GUESTS
BIG SCARY & VANCE JOY
SUN 14 JUL
TUE 16 JUL
THU 18 JUL
FRI 19 JUL
TUE 30 JUL
THU 1 AUG
FRI 2 AUG
SUN 4 AUG
FRI 9 AUG
SAT 10 AUG
TUE 13 AUG
THU 15 AUG
SAT 17 AUG
SUN 18 AUG
TUE 20 AUG
WED 21 AUG
FRI 23 AUG
SUN 25 AUG
TICKETS ON SALE 12 MIDDAY FRIDAY 10 MAY

University Of The Third Age Northern Beaches U3A

Wednesday Afternoons at Newport

Newport Community Centre, 11-13 The Boulevard

Tony Whittingham

Presents

Great Screen Lovers

Wednesday 2—4 pm

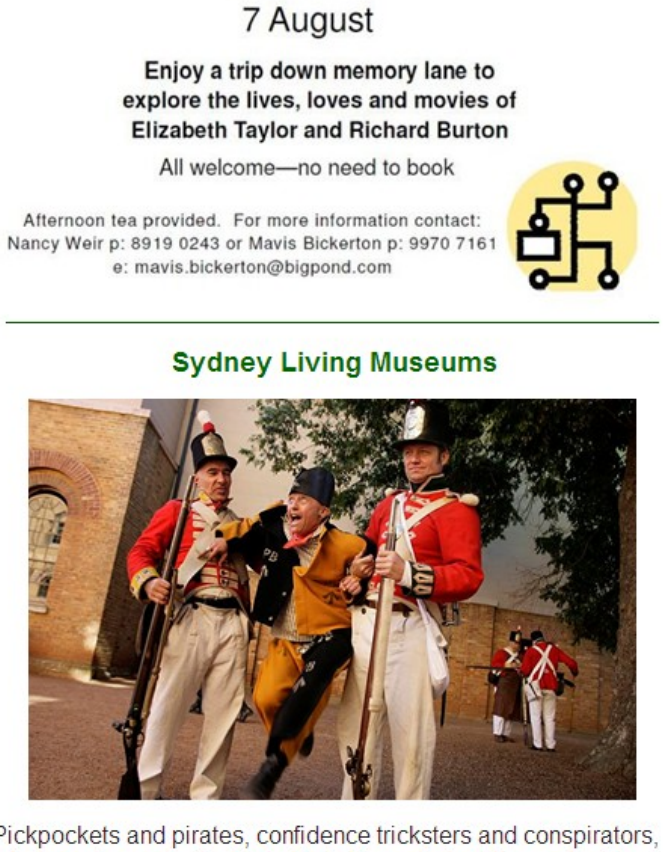
7 August

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

All welcome—no need to book

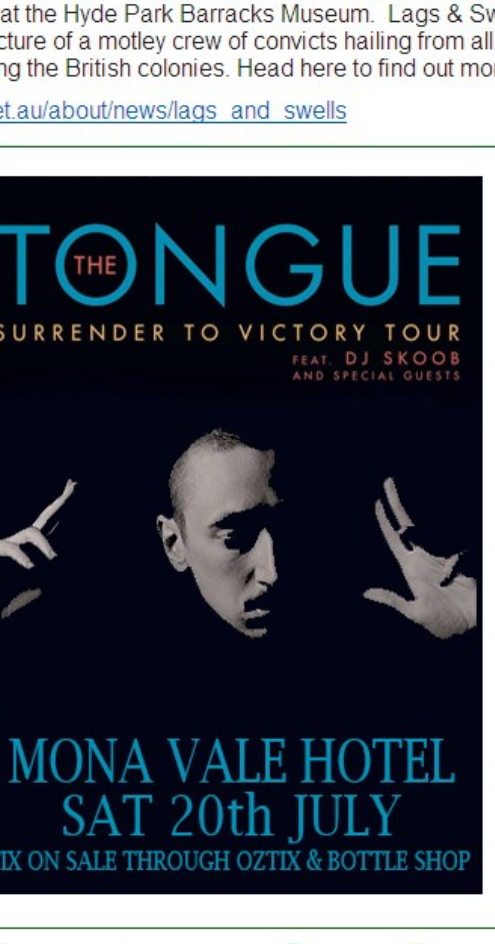
Afternoon tea provided. For more information contact: Nancy Weir p: 8919 0243 or Mavis Bickerton p: 9970 7161 e: mavis.bickerton@bigpond.com

Sydney Living Museums



Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all... You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more:

www.hht.net.au/about/news/lags_and_swells



THE TONGUE
SURRENDER TO VICTORY TOUR
feat. DJ SKOOB AND SPECIAL GUESTS
MONA VALE HOTEL
SAT 20th JULY
TIX ON SALE THROUGH OZTIX & BOTTLE SHOP

MUMS for MUMS
cocktail party
Saturday 24th August, 2013
6.30pm
at the Royal Motor Yacht Club, Newport
Ticket price includes a cocktail on arrival (to be served from 6.30-7pm), canapes and the fabulous band L90.
$80 per person
Dress: cocktail
To purchase tickets visit
www.mumsformums.org.au
Tickets are limited to 100, so please purchase them ASAP to avoid disappointment.
Thanks for helping to support Mums for Mums

FRENZAL RHOME
SAT 10 AUG
MONA VALE HOTEL

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at: http://www.snbswe.org.au/**

THE GET DOWN
NEWPORT

THURSDAYS AT
Farrell's Basement
7:30 - 11:30

$5 BEERS
$8 COCKTAILS
$5 SHOTS
$5 HOUSE WINE

Farrell's Basement
370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE

Tweet · Like · +1

TORN & FRAYED
the Roots of Country Rock
EAGLES · CREEDENCE · DYLAN
NEIL YOUNG · THE BAND · BYRDS
RONSTADT · ROLLING STONES & MORE
FEATURING
KEVIN BENNETT & DAMIEN LOVELOCK
WITH THE CLASSIC KINGS
FRIDAY 9 AUGUST 2013
Palm Beach Golf Club

7 September 2013: 12pm – 10pm - Bella Vista Farm Park, Cnr Norwest Blvd and Elizabeth MacArthur Drive, Bella Vista - see Map for directions

Saturday 7th September, sees Bella Vista Farm, play host to the second Sydney County Music Festival, promising a great musical line-up and an array of family friendly country experiences. In addition to the music there will be an array of events including mini-musters, whip cracking and a great range of children's entertainment.

For the first time, as part of the Festival, there will be a Songwriter's Competition to uncover some of Australia's newest local talent. Held in the weeks prior, this competition will give new artists the chance to showcase their talents, with the winner being part of the main line-up on Saturday 7 September.

The Sydney Country Music Festival is being held in conjunction with this year's Orange Blossom Festival providing a weeklong array of family entertainment.

So, muster up your family and friends to enjoy the music and soak up the sounds in the beautiful historic surrounds.

Tickets are on sale now through ticketek.com.au

Narrabeen Lagoon free activities – **register now for bushwalks and kayak tour**

Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. These activities are FREE but you must register in advance. All participants will receive a free DVD – "Caring for our Catchment" and an informative brochure and map.

To List your Event email pittwateronlinenews@live.com.au .
Please send all material ready to publish.

Jackson Davies - August 2013

Jackson Davies is an emerging artist based in Sydney who is currently completing his final year of the bachelor of fine arts degree at COFA. From an early age Jackson has always found enjoyment and purpose in painting, it is the instinctive process of creativity which informs his art making practice.

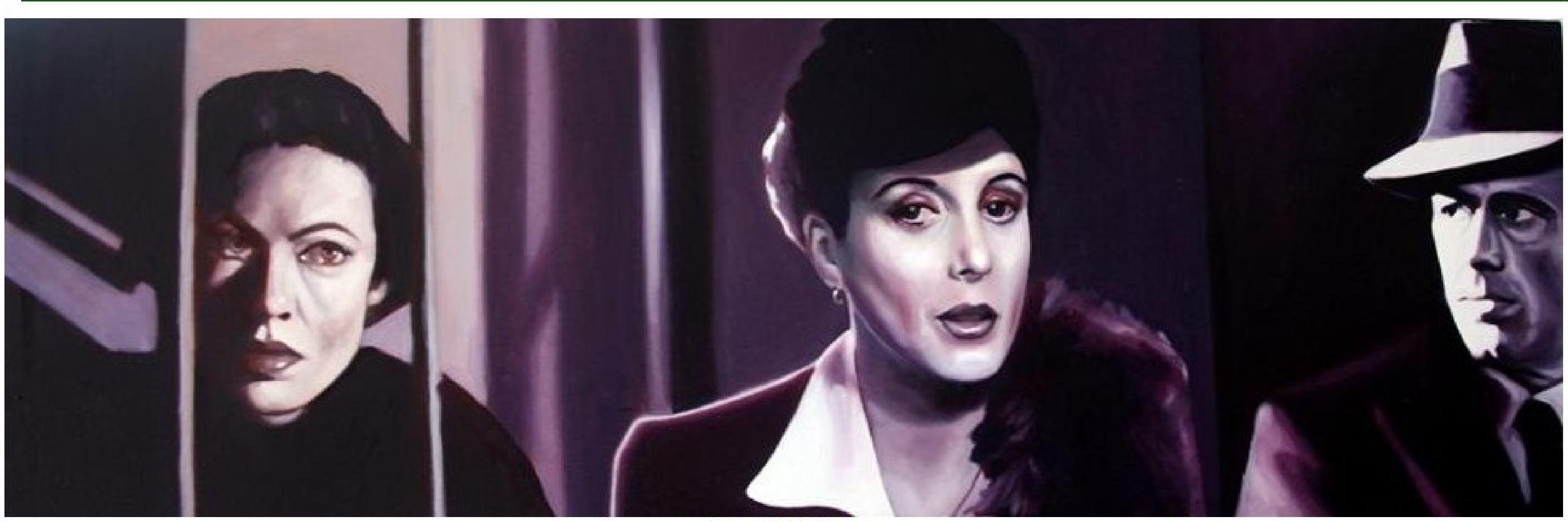
Jackson's heritage stems from a long line of British portrait artists, ultimately like his ancestors, Jackson is particularly inspired by the face and the figure. He seeks to portray his characters as contemplative and emotive, in an attempt to capture the inner characteristics of the individual. Whilst working representationally, Jackson also enjoys painting in abstraction to travel further inward to the human psyche. Not adhering to one style, Jackson prefers to open a dialogue between abstraction and representation in order to complement portraiture with the sublime and spontaneous, untamed emotions.

Working predominately in oils, Jackson enjoys painting directly on the canvas without preparatory sketching, allowing room for Instinct and randomness to occur. From an aesthetic point of view the works of Caravaggio and Rubens whose figures spiral and twist in dramatic poses influence Jackson's painting technique. Furthermore the working process of the abstract expressionists, notably, their intuitive and emotive relationship with the act of painting transformed art into a deep and passionate experience- elements which have greatly influenced Jackson.

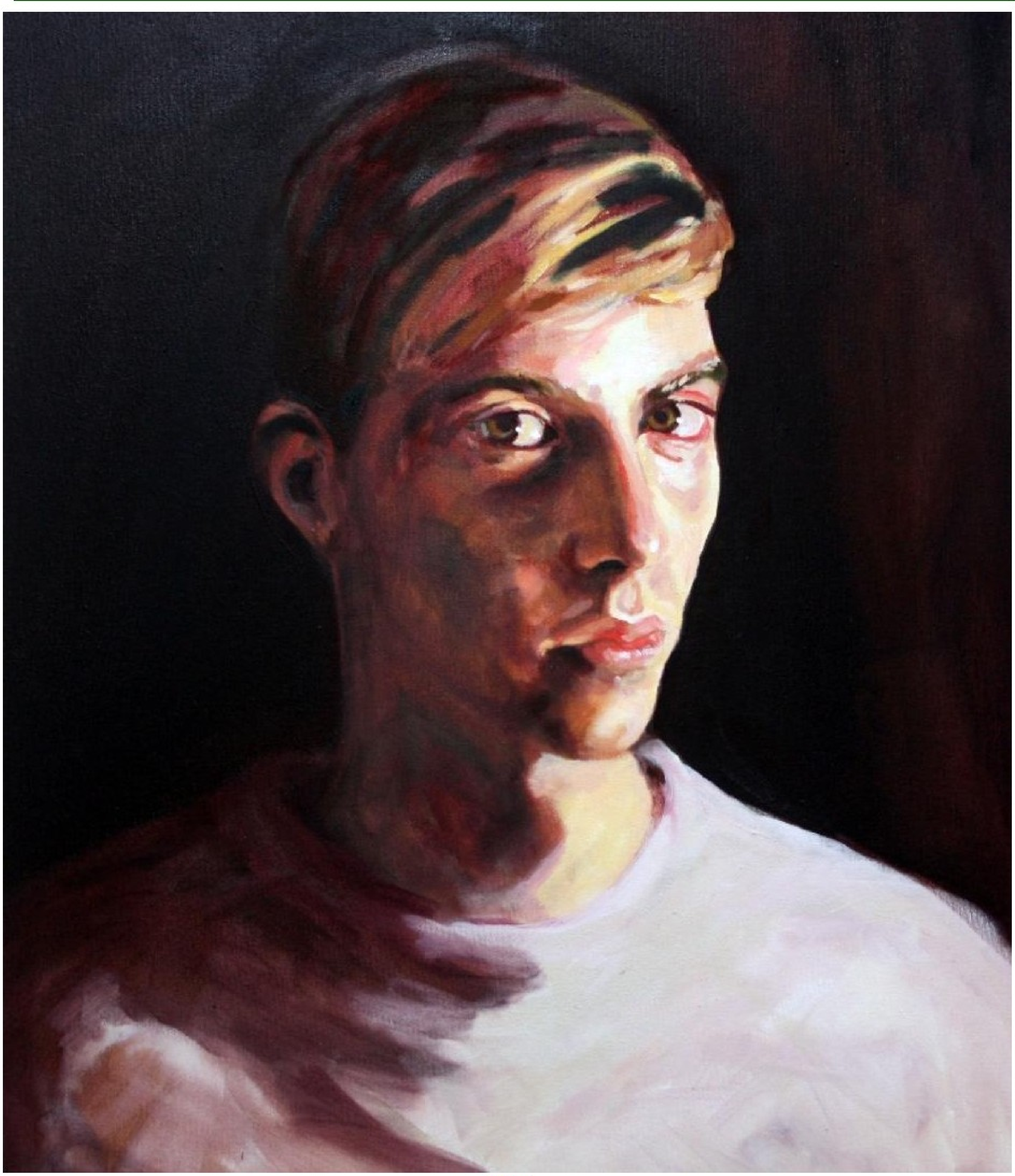
Jackson has exhibited at numerous art exhibitions in Sydney, including being a finalist for the 2012 Clifton's art prize. Enjoying commercial success from his work and taking portrait commissions, Jackson wishes to continue creating art, hopefully to become a full time artist in the near future. After his studies this year, Jackson plans to travel around Europe to see artistic masterpieces in the flesh before undertaking study in the Netherlands.

Jackson Davies Profile

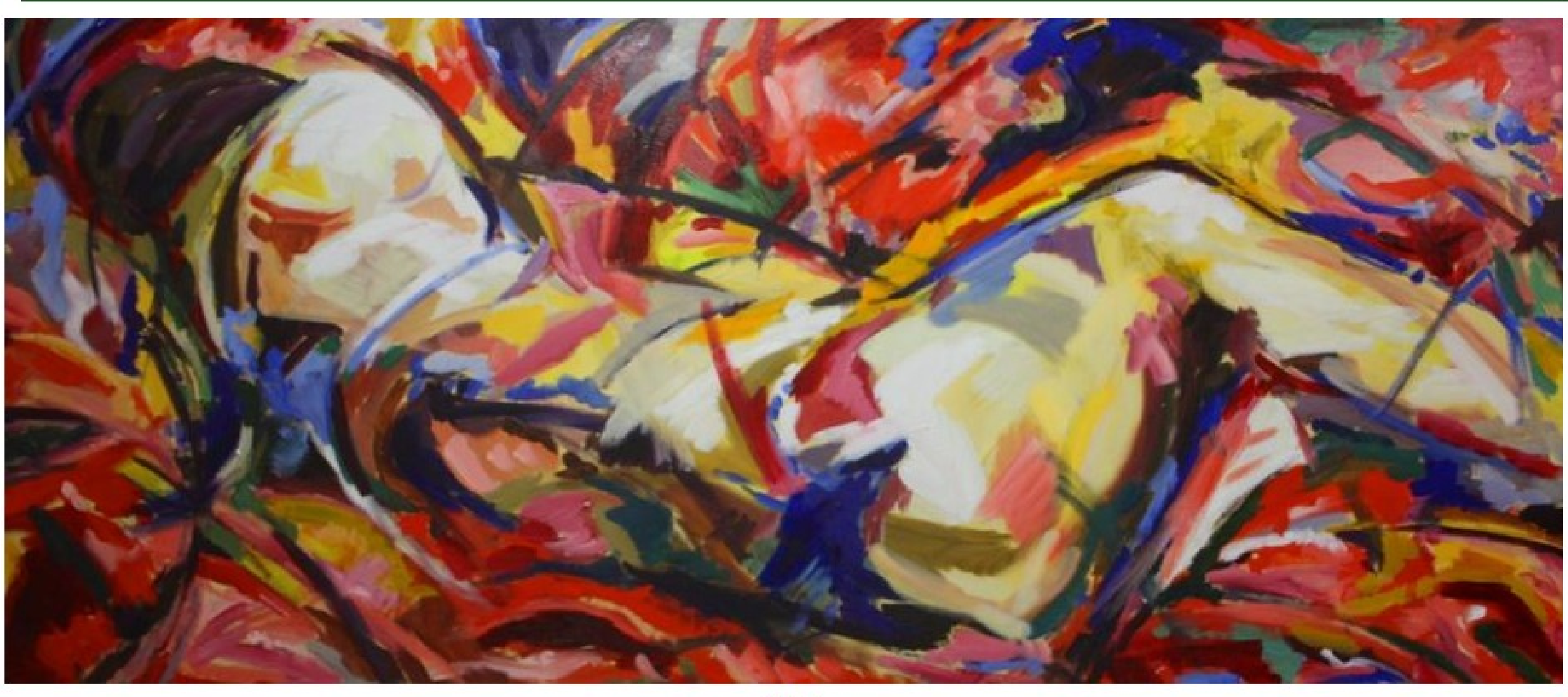
Jackson Davies Art: https://m.facebook.com/jacksondaviesart



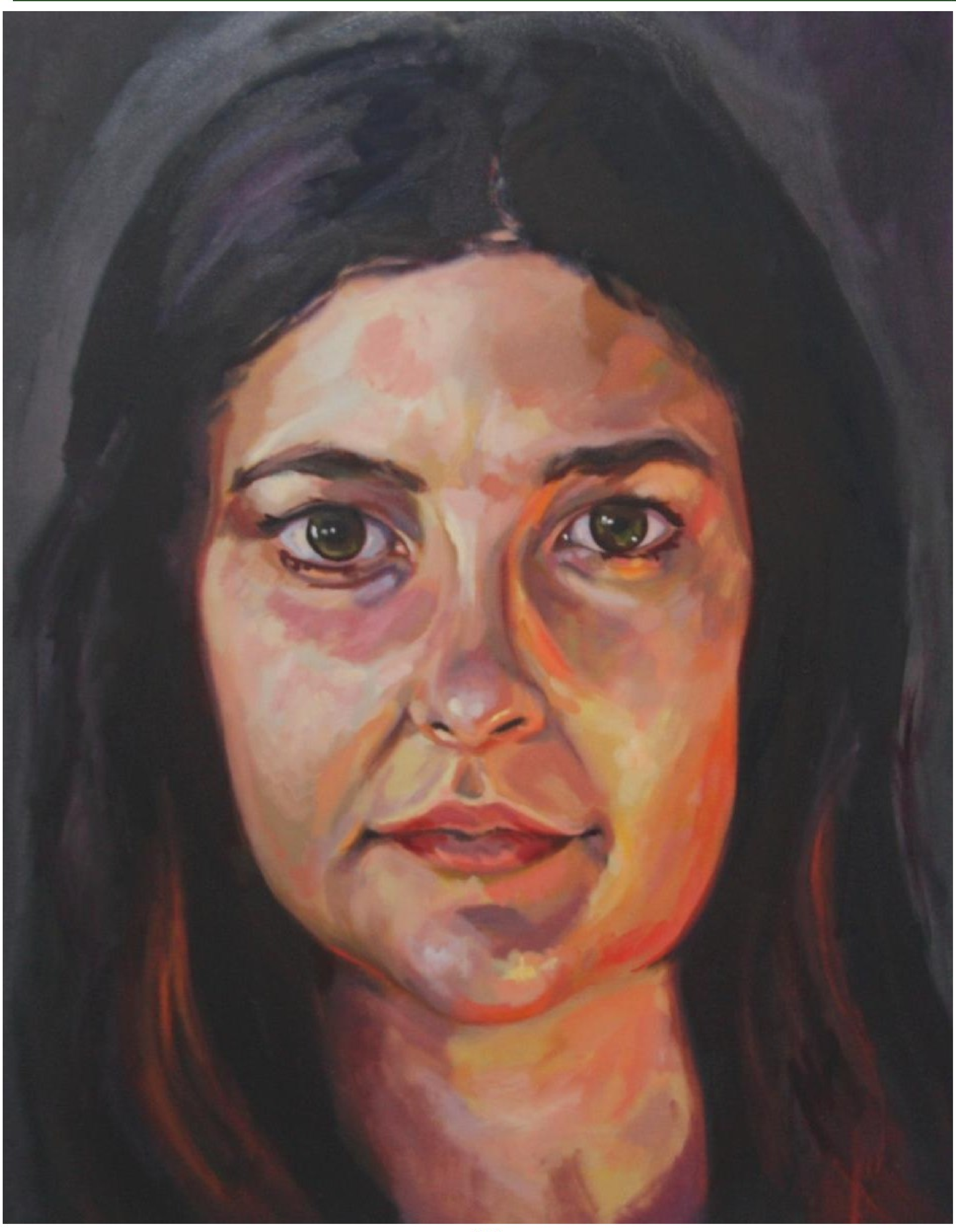
Unsettling Silence.



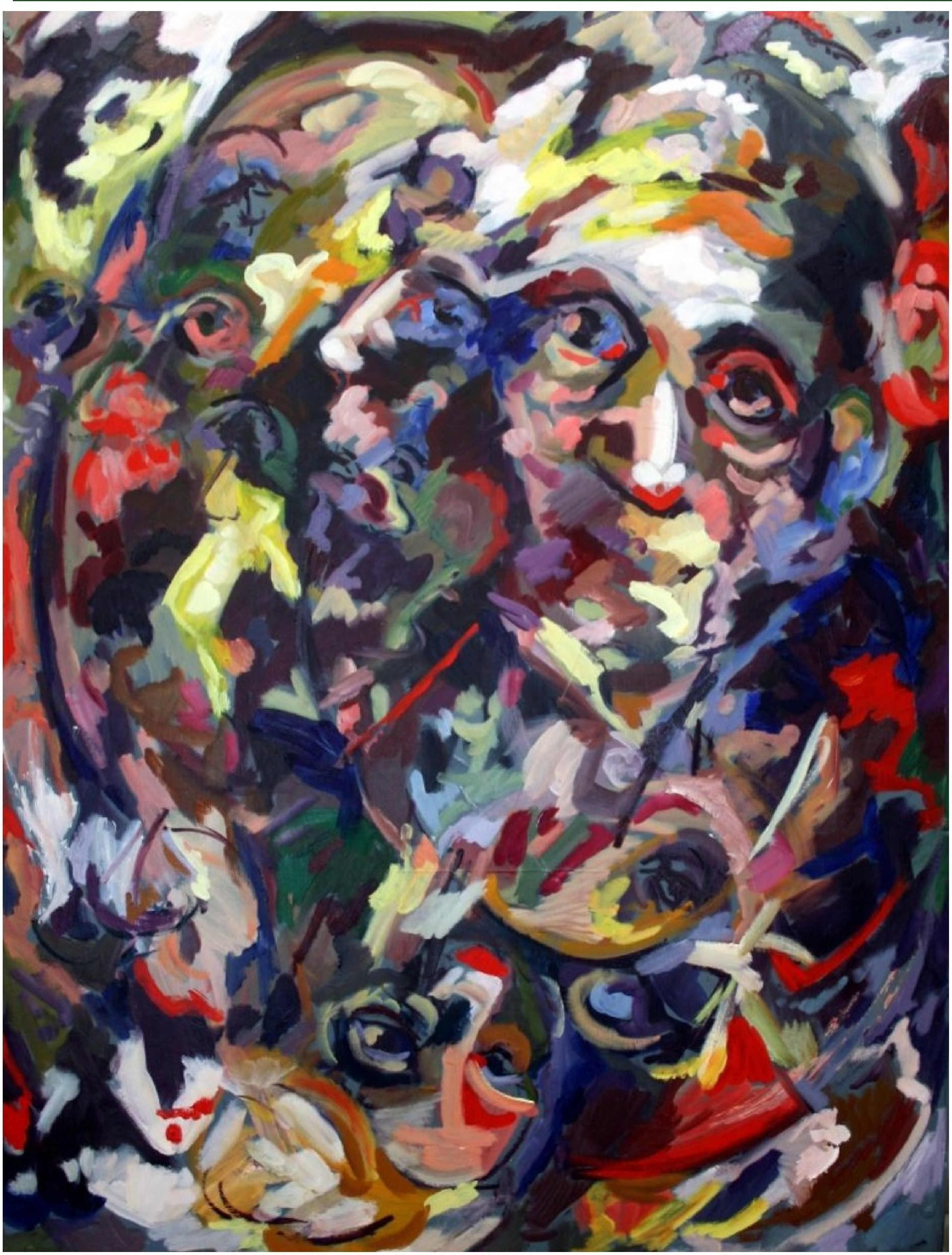
Anthony.



Jelena.



Josie.



Untitled 1.

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July 28 - August 3, 2013: Issue 121

Around Angkor – 1963

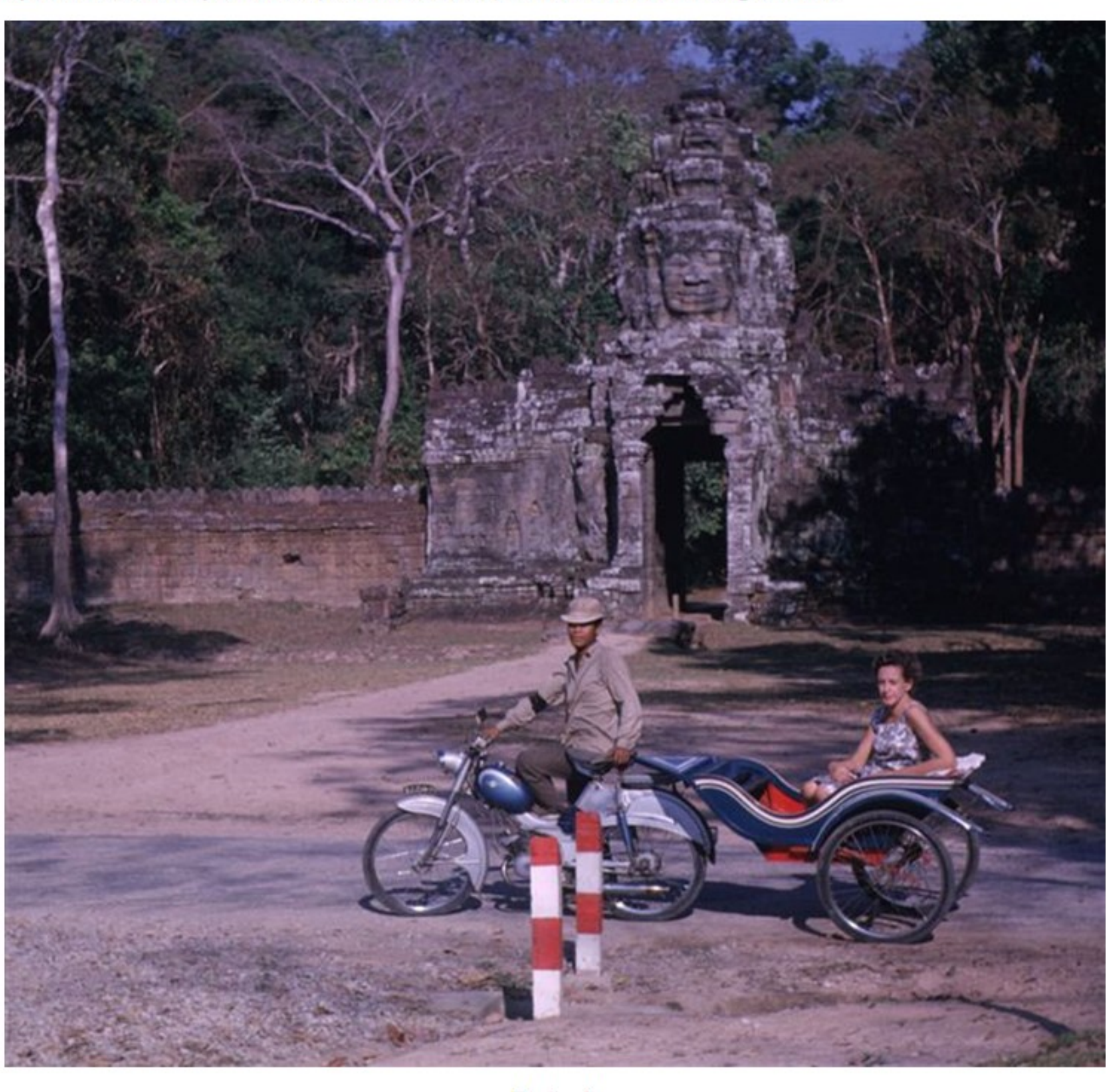
by George Repin

In 1963 Cambodia was peaceful. While in neighbouring Vietnam the government of Ngo Dinh Diem was struggling to contain the growing success of the Vietcong, who were supported by North Vietnam, the conflict was confined to Vietnam. No one foresaw or imagined the horrors to come in Cambodia with the Khmer Rouge. The country was tranquil and the people smiling and, apparently happy.

Few tourists came to Cambodia and for those who did their interest was Angkor. Siem Reap, the gateway to Angkor, was a small town with very limited accommodation. The days when hordes of tourists would descend on Angkor were decades away.

Wandering along paths through the jungle to visit sites, with the only sound the chattering of monkeys in the trees, was an enchanting and magical experience – enhanced by the complete absence of other people.

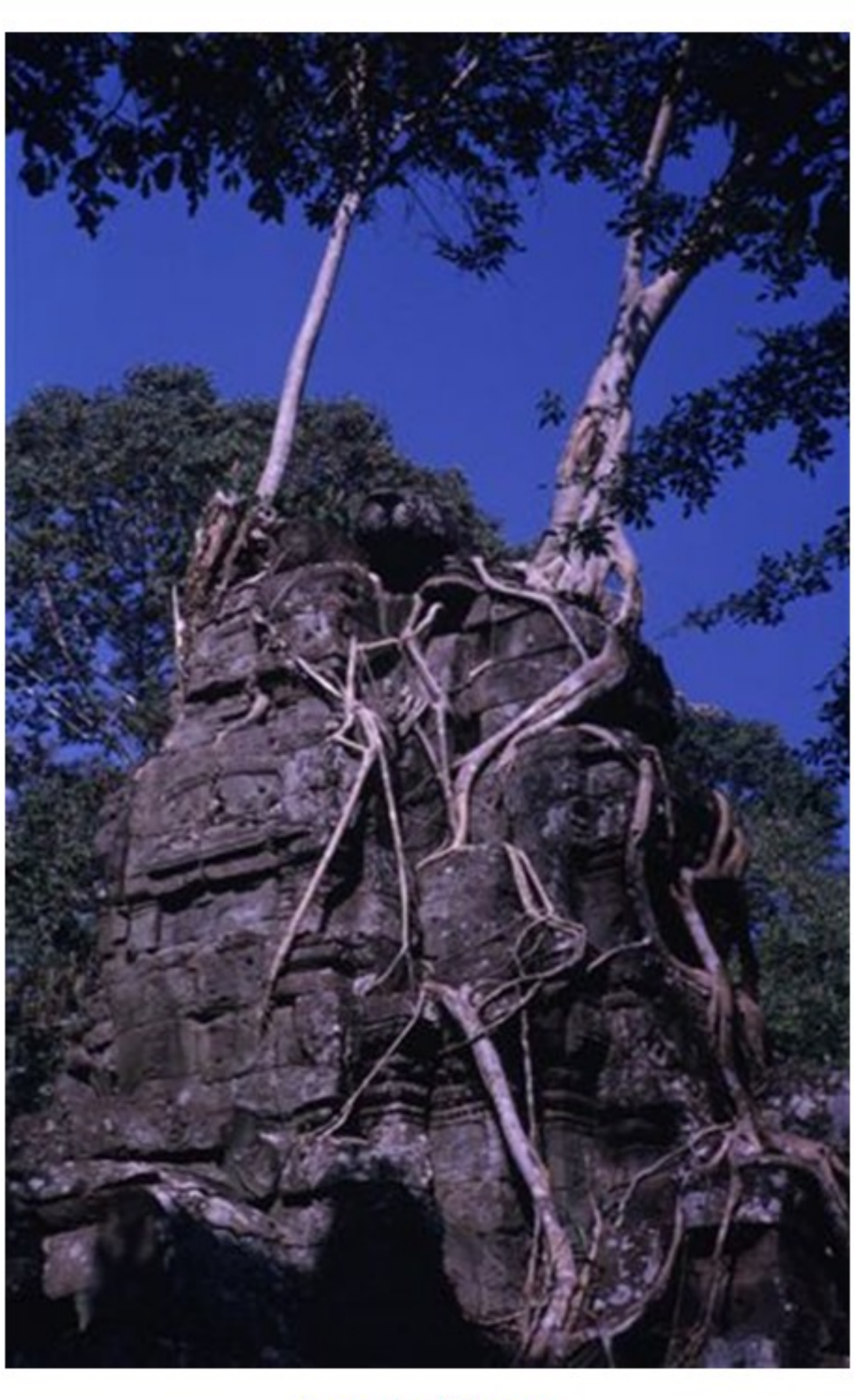
Arranging to be left by a pedicab driver at the start of a walk and to be picked up on the other side, opened up so much of interest and fascination for my wife Pam and myself to see, and to marvel at, in the areas around Angkor Wat.



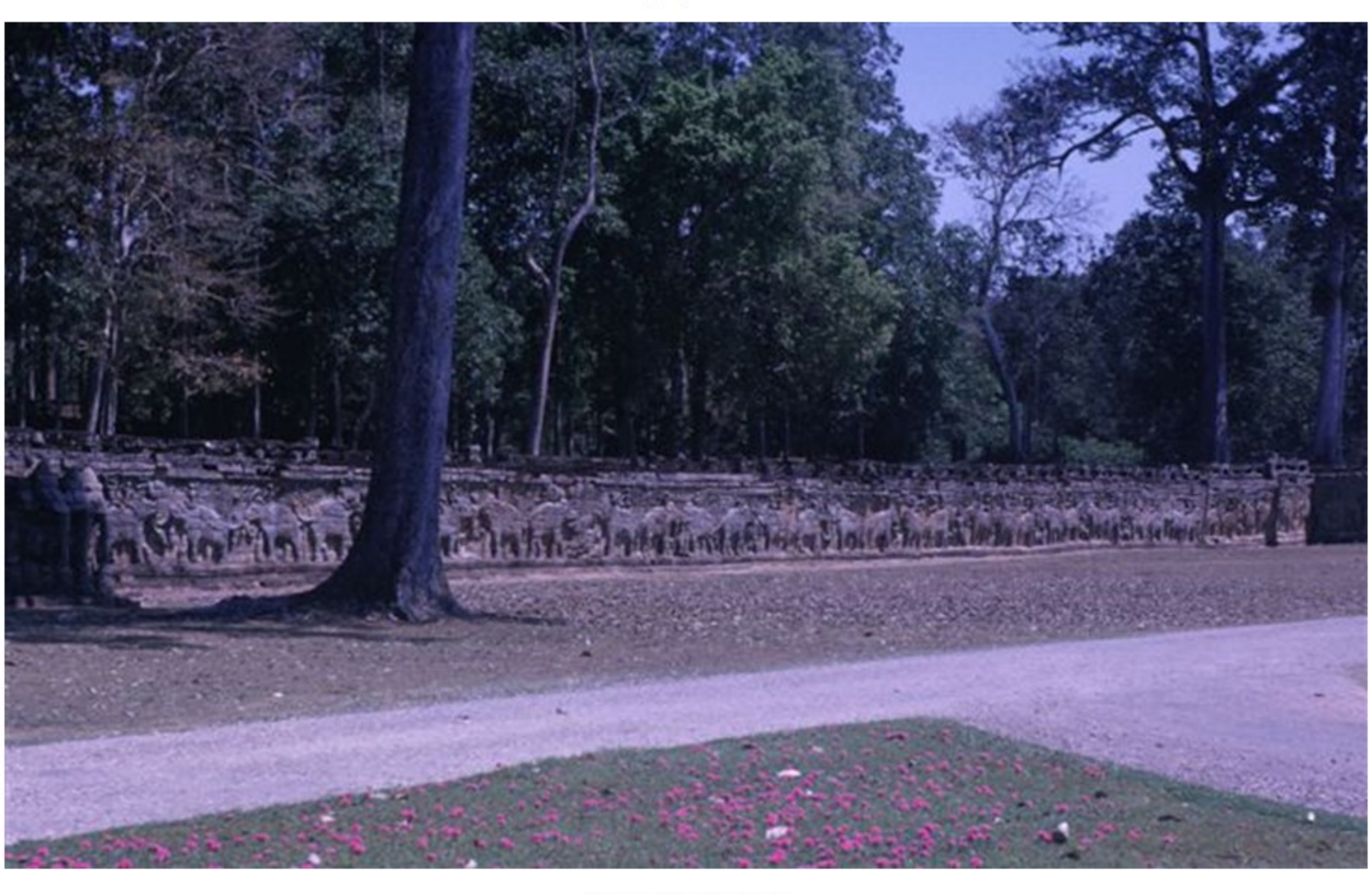
Pedicab

The accompanying Kodachrome photographs taken in 1963 are a few reflections of an extraordinary time spent around Angkor.

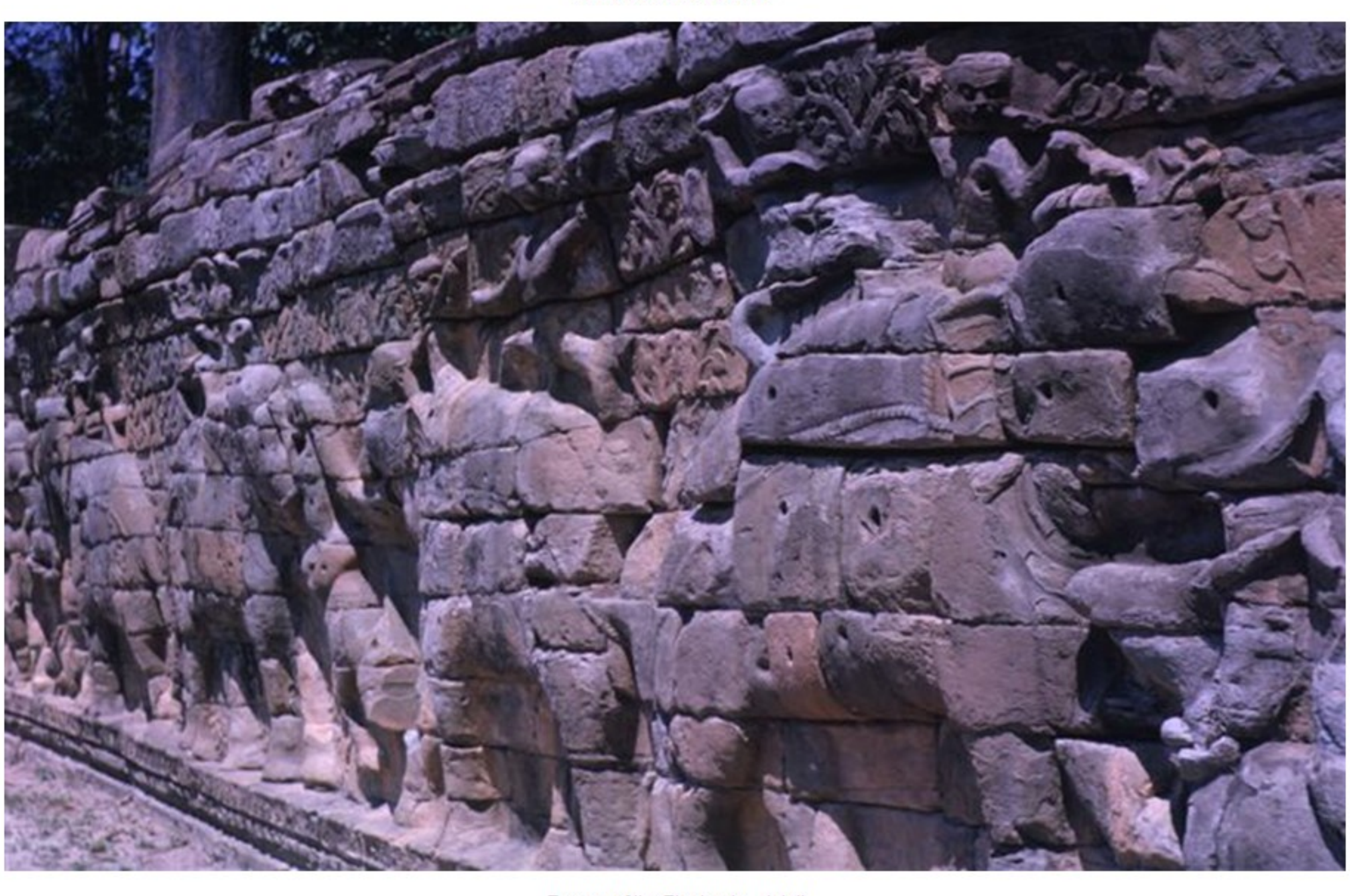
Angkor Wat will feature in the next REFLECTIONS.



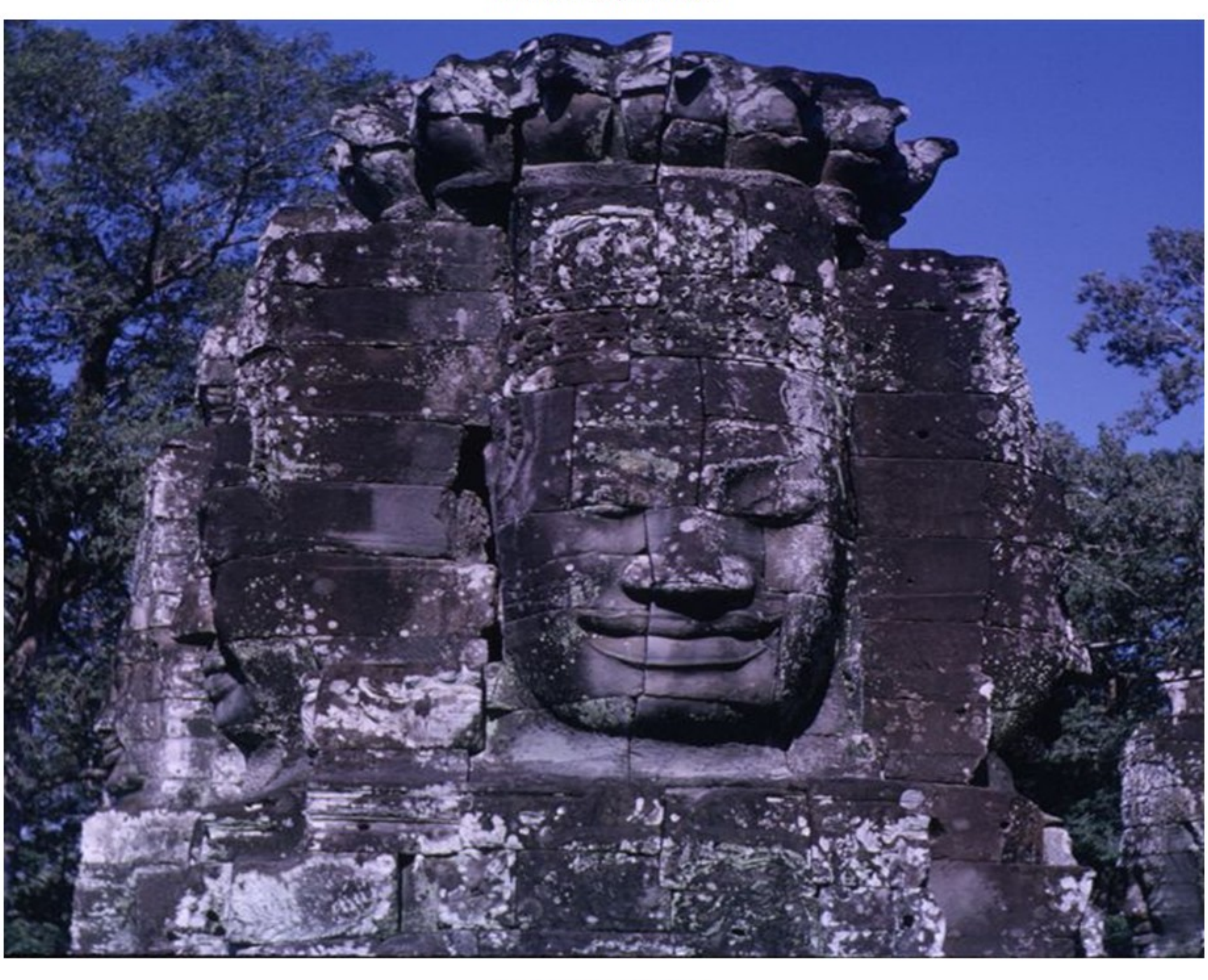
How the jungle takes over



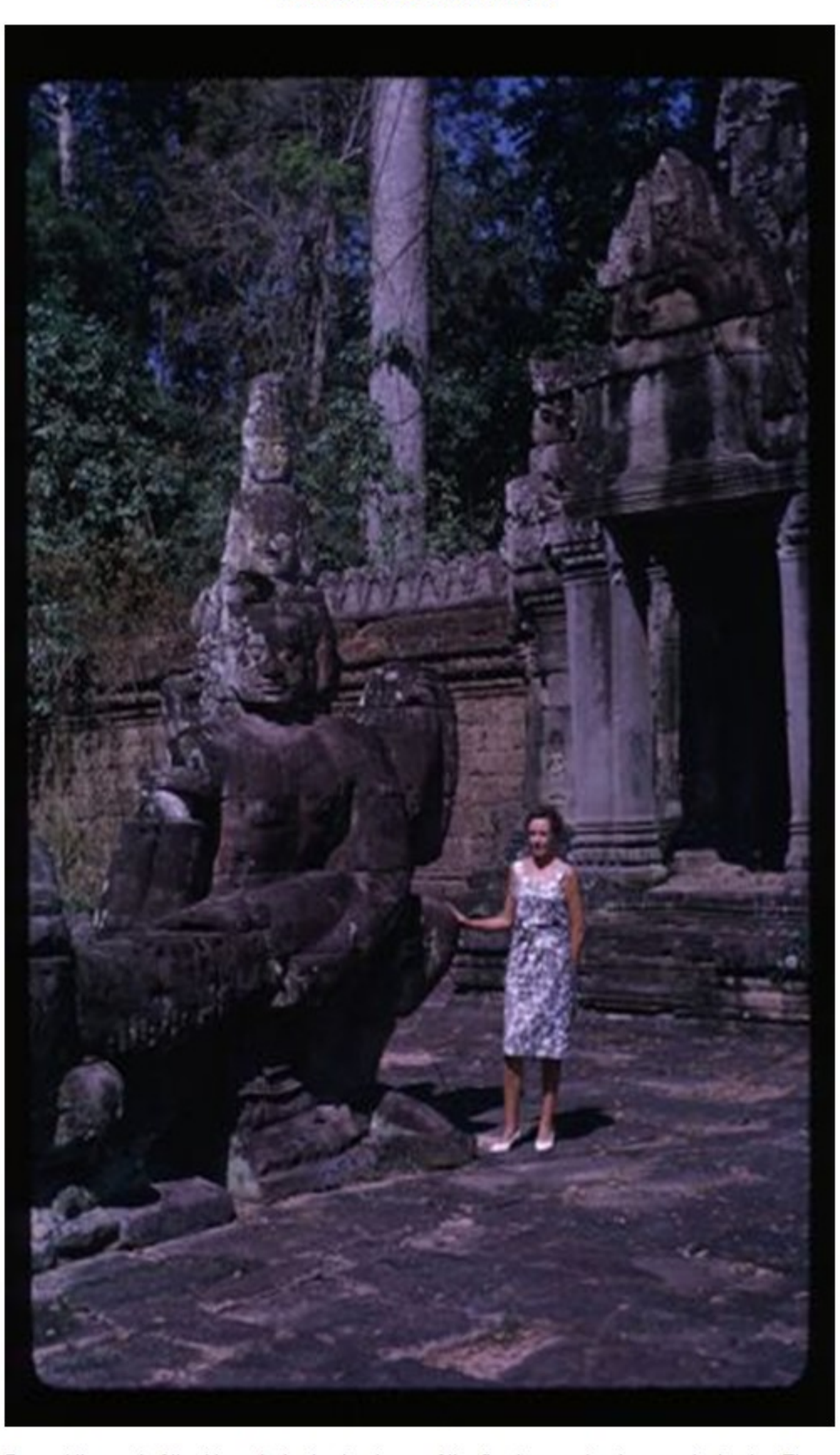
Terrace of the Elephants



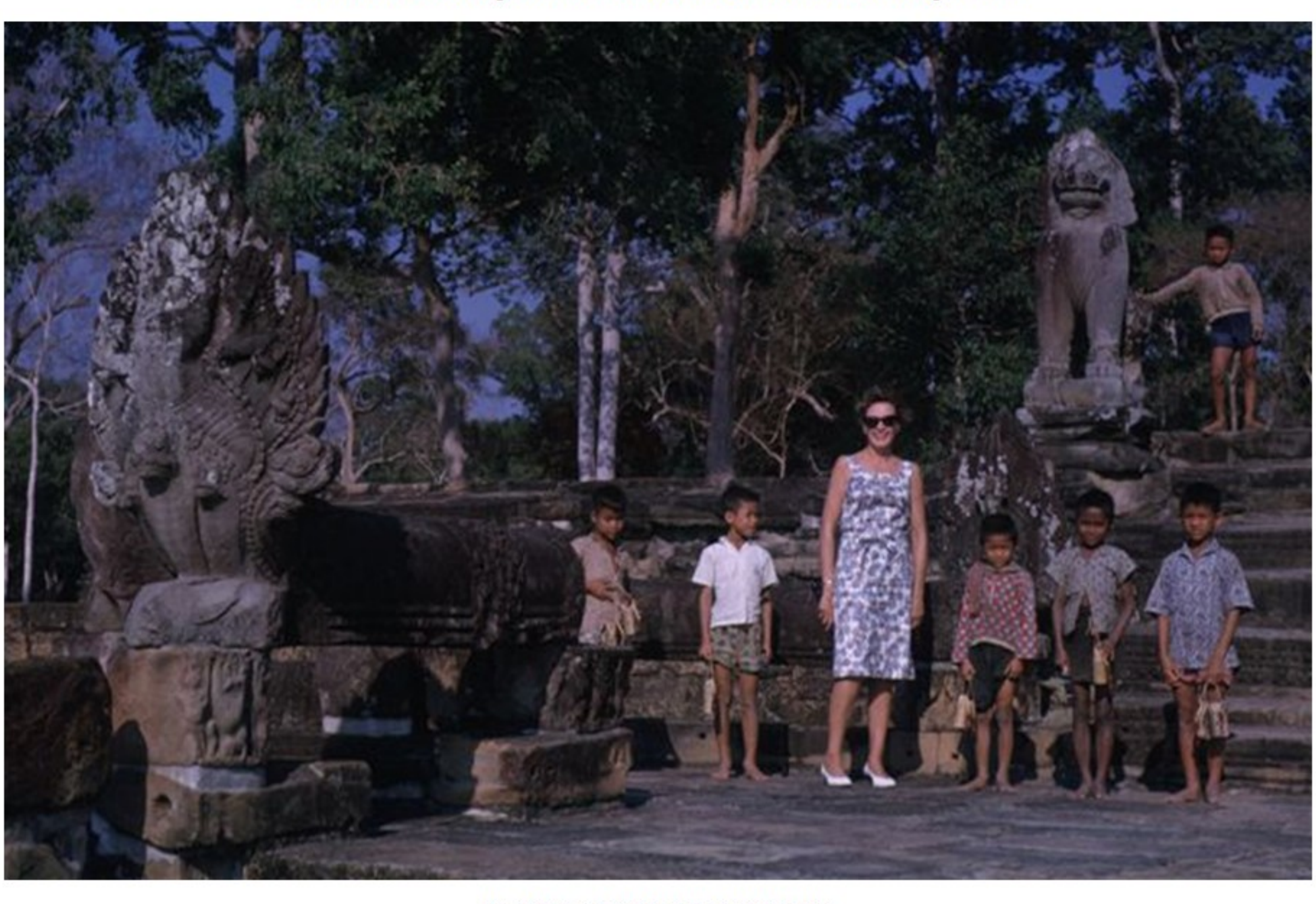
Terrace of the Elephants - detail



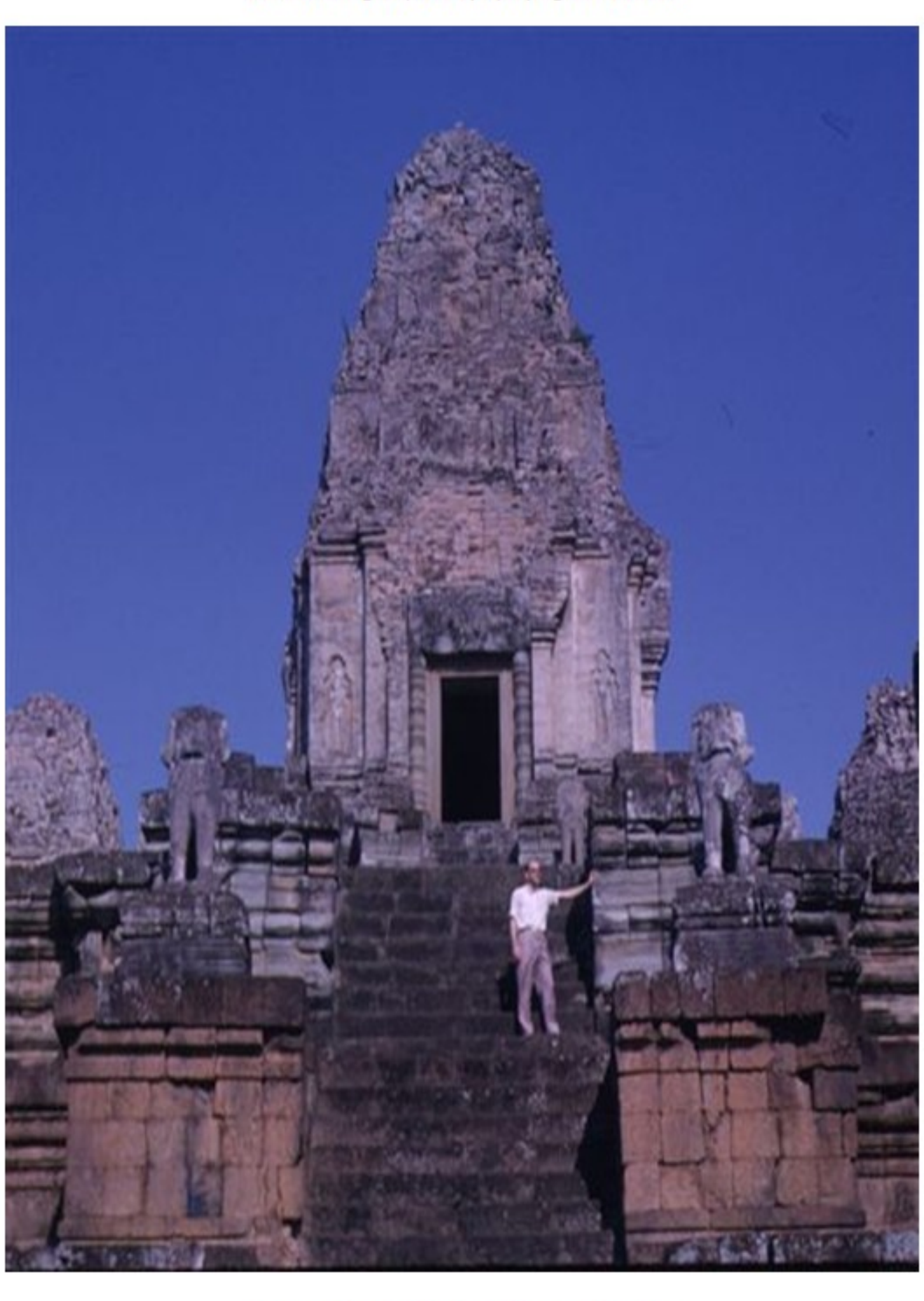
A sculptured face of the Bayon



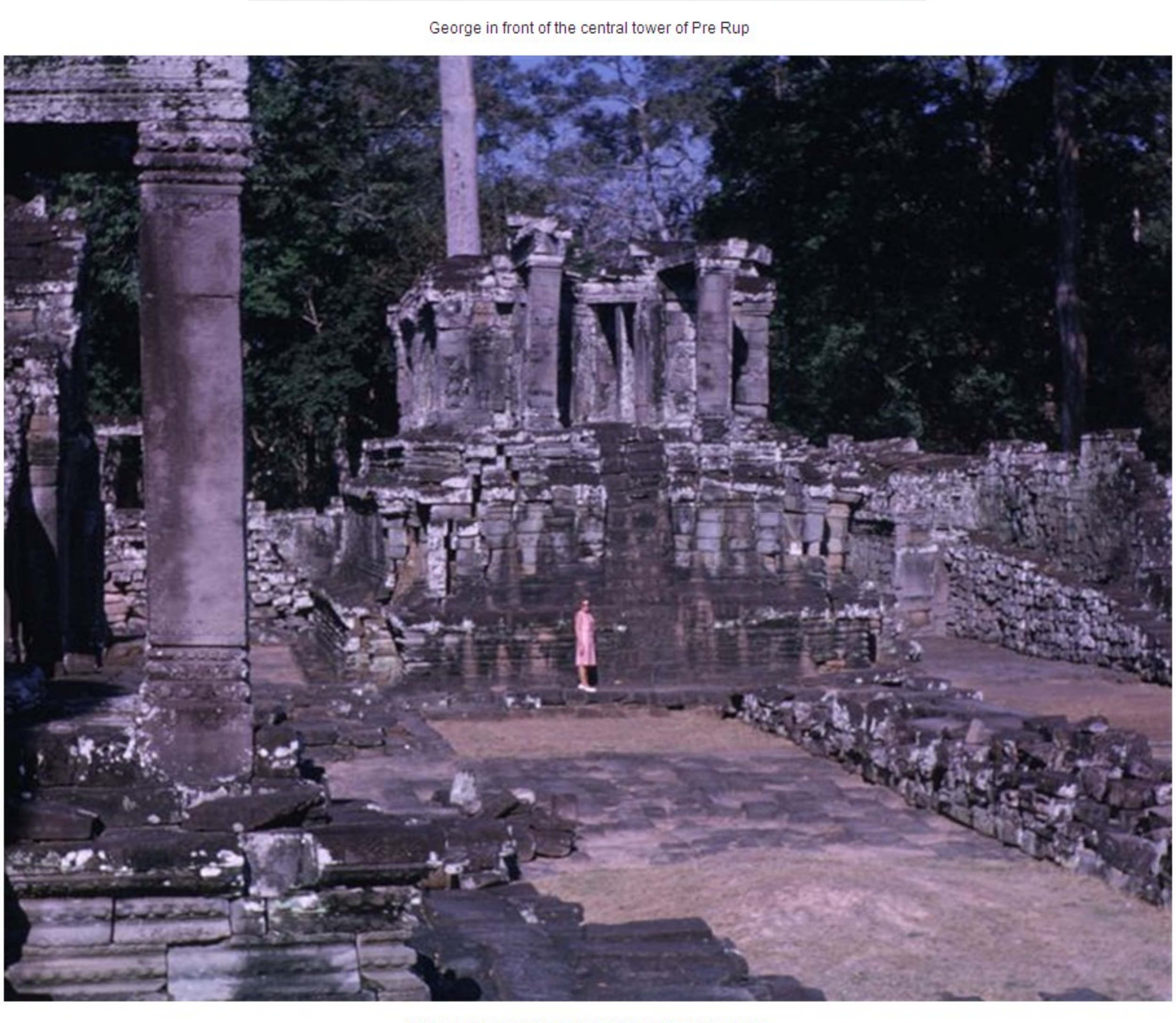
Pam at the end of the Naga balustrade at one of the five towered entrances to Angkor Thom



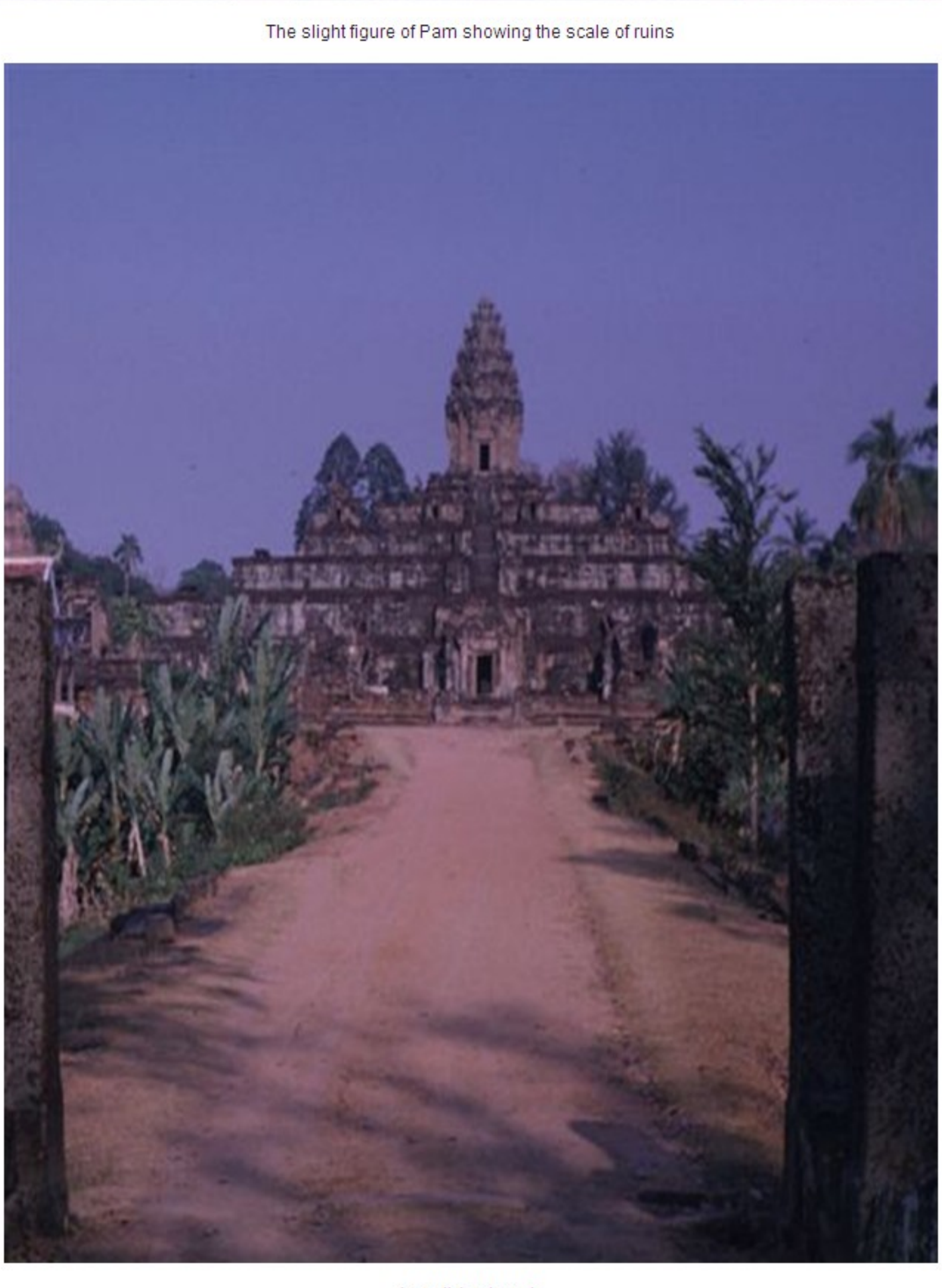
Pam with a group of boys playing in the ruins



George in front of the central tower of Pre Rup



The slight figure of Pam showing the scale of ruins



An outlying temple

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Pittwater Online News

July 28 - August 3, 2013: Issue 121

Frank Clune Books - for Australians about Australia

Frank Clune.

Francis Patrick Clune, OBE, (27 November 1893 – 11 March 1971) was a best-selling Australian author, travel writer and popular historian. Although criticised for embroidering facts with fiction through many 'historical novels', his ability to convey to a ready audience much of our Australian history, and his championing of our aboriginal peoples, particularly Albert Namatjira as well as the photographs included in some works, are in some cases the only record of legends both past and in the near present, we have. With over 70 titles to his credit, some clearly written in part by helpers, his style according to biographer Julian Croft was

"*From 1933 to 1936 Clune developed the formula which he was to use for many other books:Rolling Down the Lachlan (1935) and Roaming Round the Darling (1936) were speedily-written accounts of his travels as a tax-consultant in western New South Wales and of an expedition to Coopers Creek, Queensland. His combination of historical detail, narratives of explorers and contemporary political observations found an eager market. Following the example of Ion Idriess, Clune used a rough-and-ready prose style and expressed his sense of nationalism. His travel books, again employing his trusted formula, covered Europe, the Pacific, the Middle East, Asia and North America. By 1952 he estimated that his twenty-three books had sold over a half a million copies.*
Clune (and his supporters) took his writing seriously, seeing it as an expression of simple Australian virtues and unvarnished Australian speech." (1.)

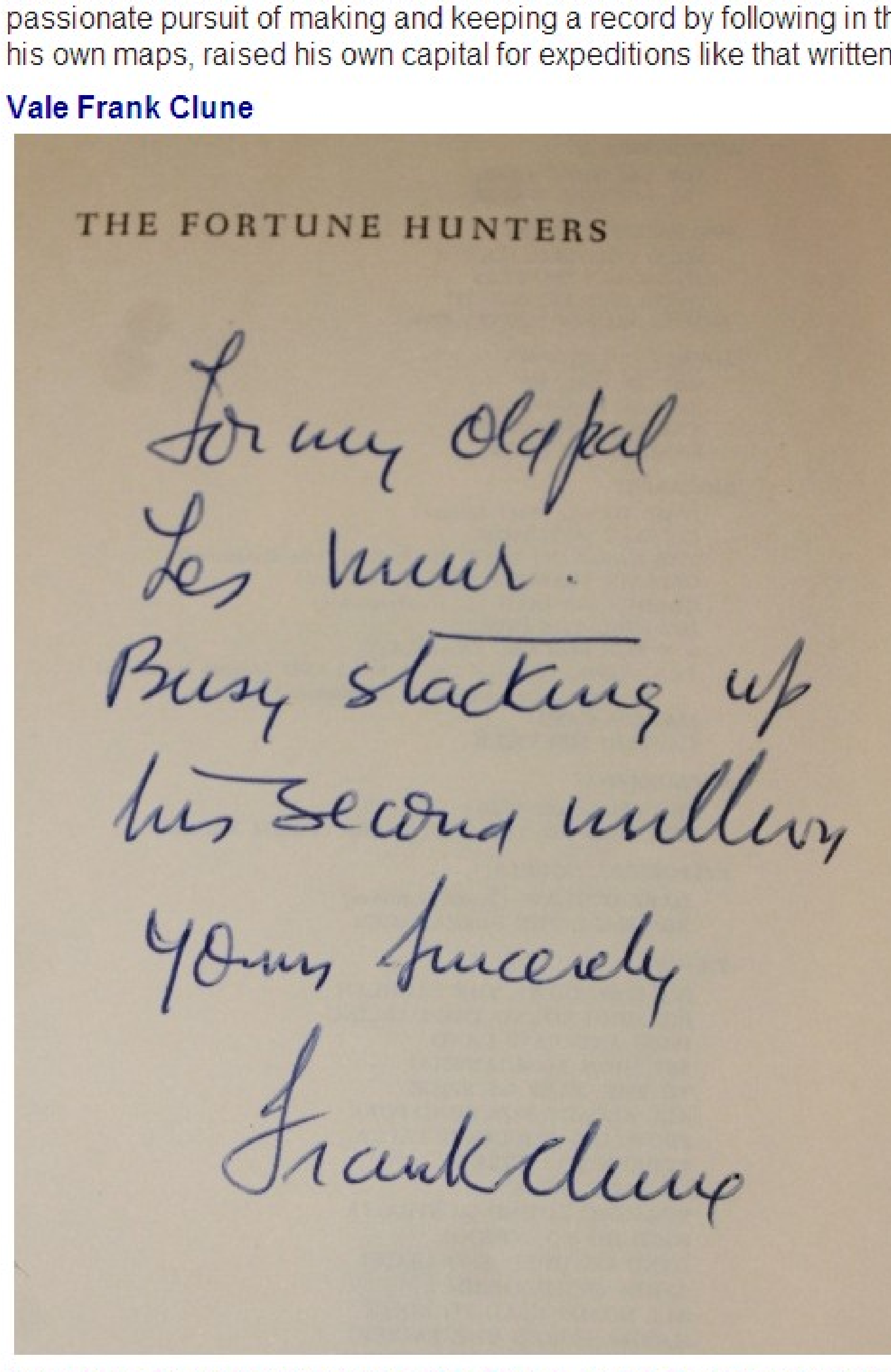
Mr Clune himself stated "*I talk the lingo of the people. I use words like 'moniker' and 'sheila'. I write that way. And it sells. My literary critics have university degrees, but they're working for bosses. I'm my own boss*".
And he said, "*I am not writing for intellectuals but for the great mass of people. I want to tell them of the country they live in*".

Either way, most homes in Australia will have one or two or most of these volumes. His works, in the leaves of these books, are listed as Travel, Exploration, Biography, Historical Novels, Adventure Stories and Autobiography. With dedications, in the case of Dig – A Drama of Central Australia (1937) 'To My Sons Tony and Terry – Fifth Generation Australians' Frank Clune makes it clear his object is to catalogue and celebrate the Australian spirit through accounts of Australia's formation.
Despite his detractors Frank Clune was appointed an Officer of the Order of the British Empire (OBE) in 1967 for services to Australian literature.

He is a great point in case of how important it is to tell our stories in our voices, that this translates to people we may never meet, never see, where we have come from and how all these threads together have woven the fabric of Australia itself.

Collecting these works, noting that dust jackets (the colourful outer leaves that used to adorn all hardback books) in good or perfect condition make them more valuable and are different for subsequent editions or that a signed by the author copy or First Edition ranks amongst those most wanted by Collectors, it is seen that works range from a few dollars up to almost fifty dollars currently. Most people just keep them for the story inside the pages though, the photos, illustrations and originally sourced materials that in sheer volume show a passionate pursuit of making and keeping a record by following in the footsteps of those he speaks of. He took his own photographs, drew his own maps, raised his own capital for expeditions like that written of in *The Fortune Hunters* (1957) and ultimately, found his own way.

Vale Frank Clune



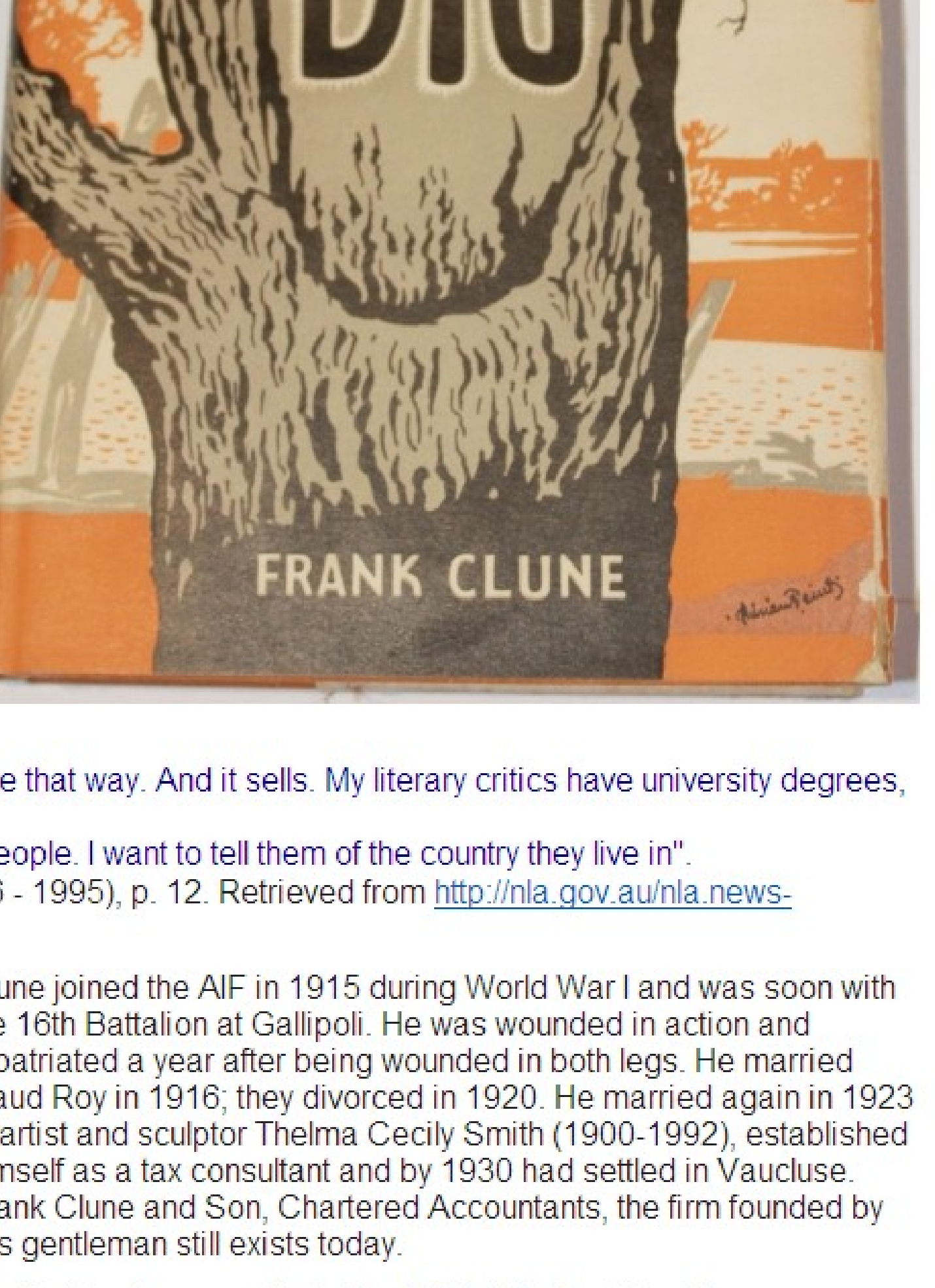
THE FORTUNE HUNTERS

For my old pal
Les Muir.
Busy stacking up
his second million
Yours sincerely
Frank Clune

WHEN Frank Clune died on Thursday I lost the last hero of my boyhood. I met Frank Clune first in one of his volumes of autobiography. It was a paperback with the letters TNT exploding on .the front cover and an explanation on the title page: Try Nothing Twice', the story of two dozen jobs.
The recollections of reading the book are still vivid. I had bought it secretly against the orders of my father. I wanted it for a birthday present but he said, "Frank Clune is trash. I met him once and he talked in slang".
At school I appealed to my teacher. "Your Dad's right", he said. "Clune is trash. He writes in slang".
Slang or not, I was determined to have Clune. I resubmitted my birthday order, but on the day I turned 12 I got 'The Complete Works of William Shakespeare'.
William flamin' Shakespeare! That fixed it. I piously thanked my parents for the Bard, then dug up a pound note I had hidden in a Laxette tin in the back yard. I hurried off lo buy 'TNT'.

I read the book sccretly over Easter, sitting under a pepper-tree on a vacant block near home. I can still remember laughing aloud page after uproarious page. By Easter Sunday I was hooked — a Frank Clune fan forever.
I was still two years too young at the time to borrow from the adult section of the municipal library but I went to the librarian to ask could I join.
"What's wrong with the children's section?" he said.
"I want to read Frank Clune", I said. He burst out laughing. "You're a boy after my own heart," he said. "Here, sign this". Five minutes later I was walking home with 'Sky High to Shanghai and To the Isles of Spice' under my arm.

My great Clune day came a year or two later. In the local paper there was a small par saying that the great Australian writer, Frank Clune, would be autographing copies of his books in a department store. I got into that shop as soon as it opened. There were only shop assistants there, and in the book corner, flicking idly through 'The Wild Colonial Boys', Frank Clune himself.
I could hardly get the words out. "Mr Clune", I said, "I want a copy of 'Dig'. I've read 24 of your books".
"A little bloke like you!" he said. "You must be a bloody bookworm".
I didn't know what to say. He was my first live author.
He got me a copy of 'Dig', pulled out a fountain pen, and asked my name.
"Hell!" he said. "I know your old man. Filthy-mouthed bludger. Can't say two words unless one of them is a swearword".



I was too overcome to reply. I watched in awe as he wrote on the fly leaf of 'Dig': "Best wishes for the future and best of luck, Frank Clune". They were among the noblest words ever written. He could have been inscribing them upon my heart.

Frank Clune died of cancer in St Vincent's Hospital, Sydney, at the age of 78. For three decades his name had been a household word in Australia, although his reputation slipped during the 1960s. He wrote about 70 books and most went through many editions. His newspaper column Frank Clune in Smith's Weekly used to draw mountains of mail.

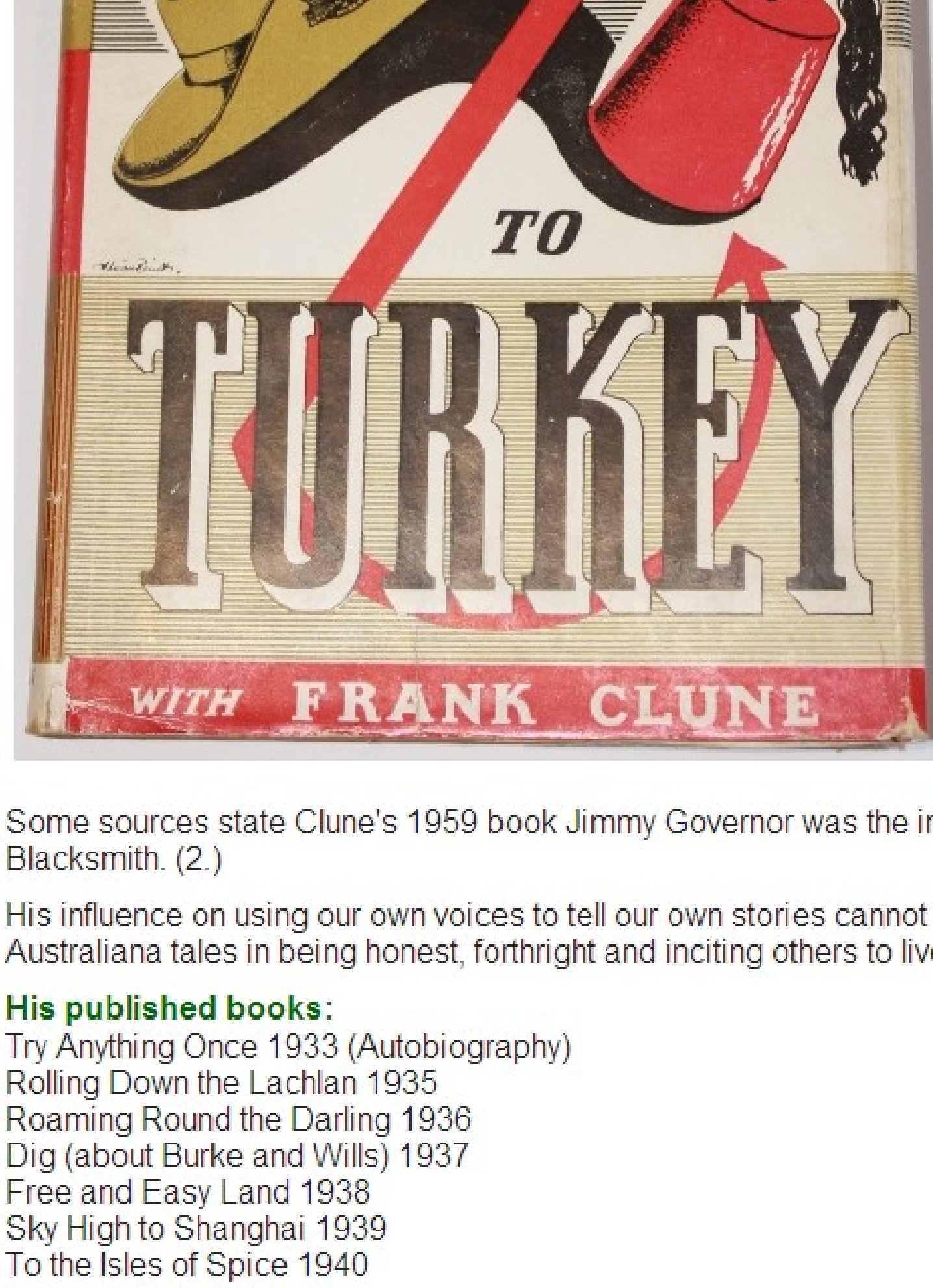
Frank Clune was born in Woolloomooloo in 1893, the son of an Irish gold prospector and an Irish washerwoman. At six he began to sell newspapers in the Sydney streets and before he was 14 he was working at the Government Printing Office.

As 'TNT' records, he drifted from job to job and in the process travelled around Australia and around the world before he was 20. Destitute in Chicago, he enlisted in the US Cavalry but was demoted to a cook because he couldn't ride and demoted again because he couldn't cook.

He deserted to join the AIF and in 1915 was wounded at Gallipoli. In World War II he was an honorary major with the Australian forces in the Middle East and New Guinea.

He wrote his first book. Try Anything Once' while being treated for a stomach ulcer in 1932. It launched him on a career during which about 70 books poured from his pen, mainly travel books and historical works. His style was bright, breezy and atrocious. His historical research was supported by an immense library of Australiana, but it, too, was often atrocious. As an anecdotist he was unrivalled. People all over Australia worshipped him as an entertainer.

The critics never thought so highly of him. He is not mentioned in the standard histories of Australian literature. No one has taken him seriously for years. But he had a word for the critics and I agree with him:
"I talk the lingo of the people. I use words like 'moniker' and 'sheila'. I write that way. And it sells. My literary critics have university degrees, but they're working for bosses. I'm my own boss".
And he said, "I am not writing for intellectuals but for the great mass of people. I want to tell them of the country they live in".
Vale Frank Clune. (**1971, March 13**). *The Canberra Times* (ACT : 1926 - 1995), p. 12. Retrieved from http://nla.gov.au/nla.news-article110342653



Clune joined the AIF in 1915 during World War I and was soon with the 16th Battalion at Gallipoli. He was wounded in action and repatriated a year after being wounded in both legs. He married Maud Roy in 1916; they divorced in 1920. He married again in 1923 to artist and sculptor Thelma Cecily Smith (1900-1992), established himself as a tax consultant and by 1930 had settled in Vaucluse. Frank Clune and Son, Chartered Accountants, the firm founded by this gentleman still exists today.

His first book was published in 1933 : *Try Anything Once*, an account of his adventures. Some of his subsequent books were written in collaboration with P R 'Inky' Stephensen, notably *The Viking of Van Diemen's Land* and *The Pirates of the Brig 'Cyprus'*.

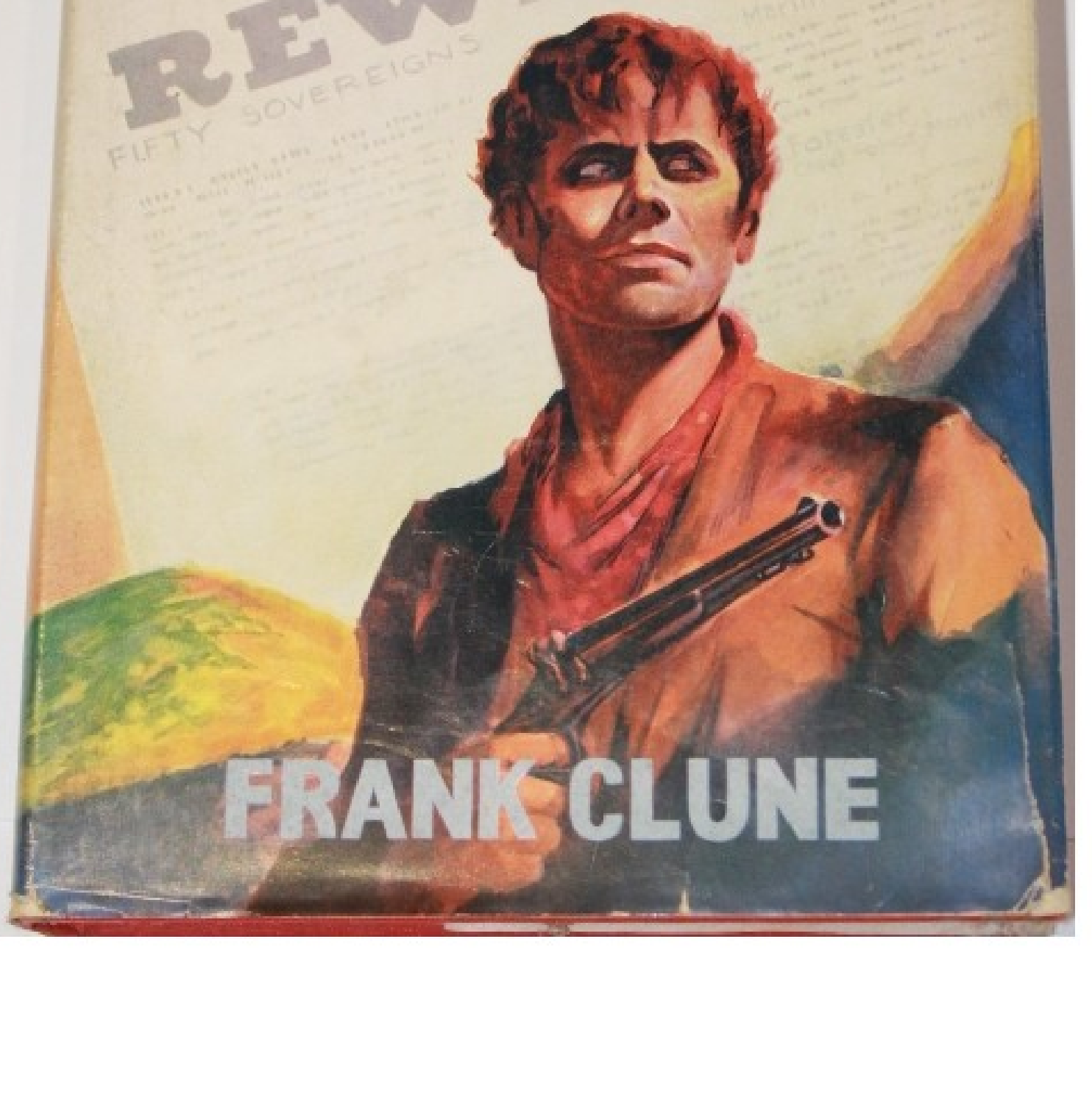
He was fascinated by the 'outsiders' of Australian history such as Captain Melville, Captain Starlight, Martin Cash, Edward Hargraves, Bully Hayes, Jørgen Jørgensen, Chinese Morrison, Ben Hall, Ned Kelly, Frederick Bailey Deeming and Louis de Rougemont
Clune also wrote for magazines such as Smith's Weekly and ABC Weekly. He broadcast "Roaming Round Australia" regularly on The ABC from 1945–1957.

In the 1940s, Frank and Thelma Clune opened an art gallery in Kings Cross which was subsequently to house works by many of Australia's best known painters, including Sir Russell Drysdale, John Passmore and John Olsen.

In the 1950s and 1960s, together with his wife Thelma and youngest son Terry, he opened the Terry Clune Art Galleries on the corner of Challis Avenue and Macleay Street, and at 58 Macleay Street in Kings Cross. The gallery became the home for Sydney's young expressionists, such as John Olsen, Stan Rapotec, Robert Klippel and Robert Hughes. The gallery later became the home of noted artist, Martin Sharp and was then known as Yellow House. Frank and Thelma Clune were great friends and supporters of artist William Dobell for many years.

Frank Clune's portraits were painted by Sir William Dargie and by Sir William Dobell for the 1950 Archibald Prize.
Some sources state Clune's 1959 book Jimmy Governor was the inspiration for Thomas Keneally's 1972 novel The Chant of Jimmie Blacksmith. (2.)

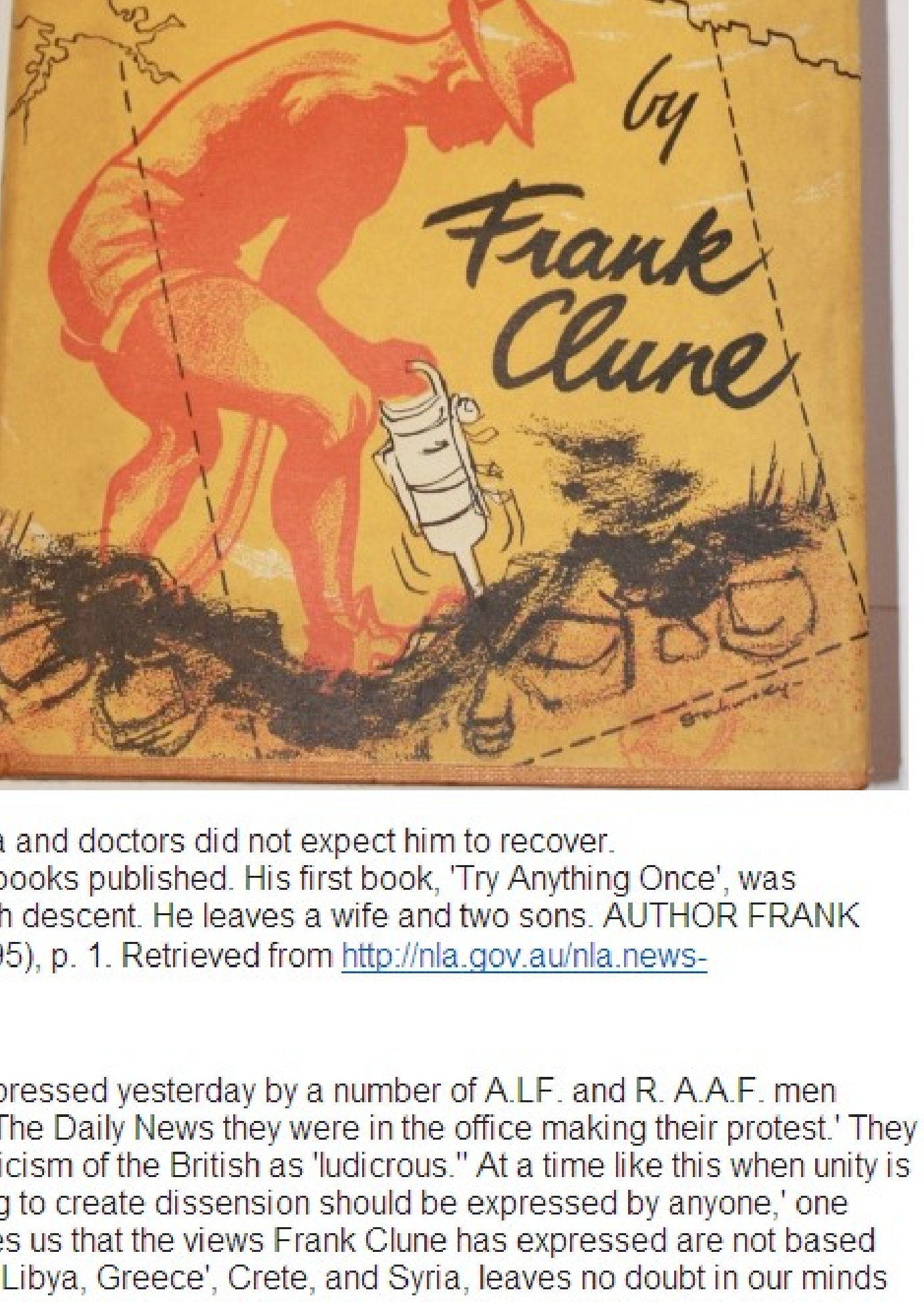
His influence on using our own voices to tell our own stories cannot be underestimated and follows the traditions set by earlier scribes of Australiana tales in being honest, forthright and inciting others to live their lives to the full.



His published books:
Try Anything Once 1933 (Autobiography)
Rolling Down the Lachlan 1935
Roaming Round the Darling 1936
Dig (about Burke and Wills) 1937
Free and Easy Land 1938
Sky High to Shanghai 1939
To the Isles of Spice 1940
Chinese Morrison 1940
All Aboard for Singapore 1941
D'Air Devil 1941
Last of the Australian Explorers: the story of Donald Mackay 1942
Prowling through Papua 1942
Tobruk to Turkey 1943
The Red Heart 1944
Captain Starlight 1945
Pacific Parade 1945
The Forlorn Hope 1945
The Greatest Liar on Earth 1945
Captain Melville 1945
Pacific Parade 1945
Dark Outlaw (about Frank Gardiner) 1945
Try Nothing Twice 1946 (second Autobiography)
Golden Goliath 1946
Song of India 1946
Roaming around Australia 1947
Ben Hall the Bushranger 1947
A Noose for Ned 1948
High Ho to London 1948
Wild Colonial Boys 1948
The Demon Killer 1948
Sky High to Shanghai 1948
Land of My Birth (short stories) 1949
Land of Hope and Glory 1949
Ashes of Hiroshima 1950
All Roads Lead to Rome 1950
Hands across the Pacific 1951
Somewhere in New Guinea 1951
Gunman Gardiner 1951 (new edition of Dark Outlaw)
Castles in Spain 1952
Flying Dutchmen 1953
Land of Australia 1953
Roaming round Europe 1954
The Viking of Van Diemen's Land (about Jørgen Jørgensen) 1954
Roaming round Europe 1954
The Kelly Hunters 1954
Bound for Botany Bay 1954
Korean Diary 1955
Martin Cash 1955
Overland Telegraph 1955
Roaming round New Zealand 1956
Captain Melville 1956
Scandals of Sydney Town 1957
The Fortune Hunters 1957
Flight to Formosa 1958
A Tale of Tahiti 1958
Murders on Maunga-tapu 1959
The Blue Mountains Murderer 1959
Jimmy Governor 1959
Journey to Canberra 1960
Saga of Sydney . Halstead Press, 1961
Across the Snowy Mountains 1962
The Pirates of the Brig 'Cyprus' 1962
Bound for Botany Bay 1964
Journey to Kosciusko 1964
Search for the Golden Fleece 1965
Journey to Pitcairn 1966
The Norfolk Island Story 1967. Angus & Robertson Books. (ISBN 0 207 14537 7).
King of the Road 1967
Serenade to Sydney 1967
Scallywags of Sydney Cove 1968
The Scottish Martyrs 1969
Captain Bully Hayes 1970
Rascals, Ruffians and Rebels of Early Australia (collection) 1987

1. Julian Croft, 'Clune, Francis Patrick (Frank) (1893–1971)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/clune-francis-patrick-frank-9769/text17263

2. Frank Clune. (2013, July 18). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Frank_Clune&oldid=564730763



Francis Patrick Clune (1893-1971), by unknown photographer, 1930-33 Courtesy State Library of New South Wales, Original : P1/C (BM) image no.: a128501

Frank Clune Talks About Frank Clune
ONE half of the world knows not how the other half lives. Those of us who were born with silver spoons in our mouths may be pleasantly entertained with the story of one whose spoon was wooden, if there was any spoon at all. The autobiography of Frank Clune, told in Clunese Australian, colloquial, humorous, and delightfully frank, should make an excellent serial. It may or may not be of value to other boys who meditate running away from home to see the world. Frank Clune has seen the world, mostly from the underside. He will tell his story in the 'Digger's Session" on Tuesday and Thursday, at6.30 p.m. Frank Clune Talks About Frank Clune. (1939, **September 9**).The Mail (Adelaide, SA : 1912 - 1954), p. 8 Supplement: THE MAIL Magazine. Retrieved from http://nla.gov.au/nla.news-article55773597

FRANK CLUNE PASSES THROUGH
Frank Clune, the travel-talk word machine, passed through Darwin last night by Qantas flying boat on his way from London back to Sydney. He's covered more miles in the last few years than the Queen Mary, and he is still going. We can only assume that there is another book coming up. FRANK CLUNE PASSES THROUGH. (**1947, June 13**).*Northern Standard* (Darwin, NT : 1921 - 1955), p. 1.
Retrieved from http://nla.gov.au/nla.news-article49981329

FRANK CLUNE'S 2lst BOOK
The Australian author, Mr. Frank .Clune, returned to Sydney yesterday after having visited 21countries in the last six months. He also finished writing his 21stbook yesterday, on the flight from Bowen to Rose Bay in a Hythe flying-boat. FRANK CLUNE'S 21st BOOK. (**1947, June 14**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 15.
Retrieved from http://nla.gov.au/nla.news-article18030331

AUTHOR FRANK CLUNE DIES
SYDNEY, Thursday.— Noted Australian author Frank Patrick Clune died today at St Vincent's Hospital, Sydney, after an operation for cancer of the stomach. He was 78. After the operation he went into a coma and doctors did not expect him to recover.
Mr Clune, described as one of Australia's most successful writers, had 67books published. His first book, 'Try Anything Once', was published in 1932. He was born in 1893 at Woolloomooloo and was of Irish descent. He leaves a wife and two sons. AUTHOR FRANK CLUNE DIES. (**1971, March 12**). *The Canberra Times* (ACT : 1926 - 1995), p. 1. Retrieved from http://nla.gov.au/nla.news-article110342408

AIF Men Reply
Strong resentment at Frank dune's reported criticism of the British was expressed yesterday by a number of A.LF. and R. A.A.F. men recently returned from abroad. Within a few minutes of the appearance of The Daily News they were in the office making their protest.' They said that they had been abroad two years or longer, described Clune's criticism of the British as 'ludicrous." At a time like this when unity is essential, it is a matter for deep regret and concern that such views tending to create dissension should be expressed by anyone,' one said. 'Our observation over the long period we have been abroad convinces us that the views Frank Clune has expressed are not based on fact as we know it. 'Our experience and close contact with the British in Libya, Greece', Crete, and Syria, leaves no doubt in our minds that the British are anything but 'playing at war." Although we as Australians are not particularly interested in polo, we see no reason why the British should not play any sport they wish in their spare moments just as Australians are encouraged to utilise their spare time or leisure in various forms of healthful recreation.'
Point missed by those criticizing noted writer Frank Clune is that he referred, 'particularly to 'base wallahs,' did not intend a 'general application of his remarks to the British as a whole. Said he: 'While fighting men bore the heat and discomforts of the desert, 'base wallahs' in Egypt knocked off at noon 'to play polo and other games at the Gezireh Club.' AIF Men Reply To Frank Clune. (**1942, May 16**). *The Daily News*(Perth, WA : 1882 - 1950), p. 21 Edition: LATE CITY. Retrieved from http://nla.gov.au/nla.news-article78275966

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