Pittwater Online News

October 6 - 12, 2013: Issue 131

International Fleet Review 2013

HMAS Perth on Sydney Harbour, 4.10.2013 - photo by Brian Friend, 2013.

For a Maritime community such as Pittwater the International Fleet Review and the evenst that coincide woith this, running until this coming Friday, 11th of October 2013, are a welcome celebration of Tall Ships and our Royal Australian Navy. Retired Water Policeman Brian Friend and RAN personnel have been sending us great pictures and stories over the past few days whcih we share this week. Michael Mannington also went to the harbour to get some of the Tall Ships entrance to Sydney on Thursday for this week's Pictorial.

IFR 2013 Opening Events HERE Mr Mannington's snaps HERE

Avalon Beach Historical Society Opens 8th Great Historic Photographoic Exhibition

Historians Norman Field and Geoff Searl on Friday night, photo by A J Guesdon, 2013

Popular Avalon historians Norman Field and Geoff Searl at the opening on Friday night of the Avalon Beach Historical Society's 8th Great Historic Photographic Exhibition which runs all this long weekend in the main hall at Avalon Community Centre - a treasure for the eyes and senses.

Full report HERE

Palliative Care Refurbishments at Mona Vale Hospital Officially Opened

Eileen Gordon with Hon. Bronwyn Bishop on Thursday, photo by A J Guesdon 2013.

And now we need a Hospice! smiled Eileen Gordon, recently retired President of the Mona Vale Hospital Auxiliary in concluding her address at Thursday's opening of the new Palliative Care Upgrades at Mona Vale Hospital - the care a community has given.

Full report HERE

Whale Beach SLSC Opens New Surf Club - Celebrates 75th Anniversary

What it's all about - Glenn Jones and Geoff Hale - Life savers - picture by A J Guesdon, 2013.

Whale Baech Surf Life Saving Club officially opened its brand new club house last Sunday - built by the community for the community. This day was also an opportunity to celebrate the club's 75th year of doing what they formed themselves into a surf club for - saving lives.

Full report HERE

Historic First Local Government NSW Conference Opened by Governor of NSW, Her Excellency Professor Marie Bashir AC CVO

Governor of NSW, Her Excellency Professor Marie Bashir AC CVO, photo by A J Guesdon2013.

Councillor Julie Hegarty has been elected to the first ever Local Government NSW Board. This historic conference was officially opened by the Governor of NSW, Her Excellency Professor Marie Bashir AC CVO.

Full report HERE

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Pittwater Online News

October 6 - 12, 2013: Issue 131

Articles This Week:

Front Page Issue 131 - **Openings** of - International Fleet Review 2013 + Palliative Care Upgrade at Mona Vale Hospital + Avalon Beach Historical 8th Great Historic Photographic exhibition + Whale Beach SLSC clubhouse + LGNSW First Annual Conference - **Historic Events have marked this week by the beginnings of brand new eras in our community and the community around us**

International Fleet Review Pictorial from RAN Fleet Entance on 4th of October 2013 to Sydney Harbour by Brian Friend OAM - retired Water Policeman

Avalon Beach Historical Society Opens its 8th Great Historic Photographic exhibition and 30th Anniversary

Palliative Care Upgrades at Mona Vale Hospital Official Opening - community care from the community

Whale Beach SLSC Opens it's new clubhouse and celebrates its 75th anniversary

Historic First ever Local Government NSW Conference at Sydney Town Hall - Cr. Julie Hegarty elected to first Board

Reflections by George Repin: THE TOBY TAVERN

Pictures: International Fleet Review 2013 - **Tall Ships Enter Sydney Harbour** by Michael Mannington

Artist of the Month for October 2013: **Cade Turner - brilliant photographic artist**

All Previous Articles

Profile: October 2013 - Pittwater Spring Gentlemen - Jervis Sparks - one of Nature's true gentlemen, and known as the Barranjoey Man, shares some insights on his 'passport to the world' and living at the lightstation

Previous Profiles:

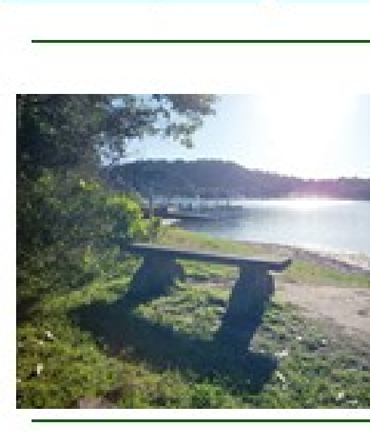
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie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

A HISTORY
of
PITTWATER

History: October 2013 A History of Pittwater by John Illingsworth - two wonderful films focusing on PART 1: DISCOVERY and PART 4: WEST HEAD FORTRESS

Previous History Pages:

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



Park Bench Philosopher: Lighthouse Peoples - a whimsical chant and extract from Seeing Things - in honour of Jervis and Bridget Sparks

News From Our Inbox CSIRO helps build Australia's quietest hospital, Sydney Opera House turns 40, World Clock, Mannequin Head Prank, Musicians suffering for their art, Dirty Car Artist, Optical Sensors Improve Railway Safety, Coordinated, Find your past.com, First Cloud Map of a Planet Beyond Our Solar System, ONE WORLD TRADE CENTER CONSTRUCTION TIMELAPSE, Finding the Place Where the Brain Creates Illusory Shapes and Surfaces, Vikings May Have Been More Social Than Savage, Health papers published this week: Critical Gaps Discovered in Breast Cancer Research; Biological Link Between Diabetes and Heart Disease Discovered; Small Brain Biopsies Can Be Used to Grow Patient's Own Brain Cells; Cocaine Use May Increase HIV Vulnerability; Researchers Ferret out Function of Autism Gene; Testosterone Promotes Reciprocity in the Absence of Competition; Alcohol Leaving the UK Charts With a Hangover; The Immune System Benefits from Life in the Countryside; Young Children Recognize Cigarette Brands in Countries With Most Smokers; Obesity Influences School Success; Leukemia Cells Are Addicted to Healthy Gene; Forty-Eight New Genetic Variants Associated With MS; Aspirin May Act On Blood Platelets to Improve Survival in Colon Cancer Patients

Events: Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition THIS WEEKEND, PITTWATER MODEL YACHT CLUB - Model Yacht Racing, Brookvale Show 2013, Mind Matters all October at MVL, PITTWATER MODEL YACHT CLUB - Model Yacht Racing Season Commences this week, RPAYC 2013 Open Day, Ross Wilson at The Arms, RMYC Timber Boat Festival 2013. Grants Writing Workshop, Michael Hussey !!, Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition, Say it With Music, Birding Morning, John Flanagan, Barry Leef at RMYC 2013, WOMEN OF SOUL Dinner, Katandra Season, AvPals Term 3 2013, Pittwater Camera Club,: **if it's happening here it's probably listed HERE. Also See Environment, Seniors, Children's and Youth pages for age or specific Events and Courses**

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

Tweet Like +1

Community News: ABHS Exhibition Open Today, Critter of the Month - October 2013: Rescue of a hit and run victim, Daylight Saving Begins Today, Katandra Sanctuary Needs your Voice, DEC Reunion, HMAS Sydney 21 Gun Salute, Bulldogs Vs. Ngongotaha, Pet of the Week from Doggie Rescue.com, The Bloody Long Walk, Dolphins in Pittwater, Whales off Warriewood, Regatta to Help Local Multihull Sailors Defend World Titles, NSW Economic Development Framework, United Effort To Save Barrenjoey Headland Heritage, Probus Club of Pittwater Hosts Jeff Watson, Pittwater's Famine Village 40 Hour Famine Final Tally, World Mental Health Day - 10 October 2013, The Lion Island Challenge 2013, Heaven Can Wait Regatta, Australia's Hamilton Island Yacht Club confirmed as Challenger of Record, Enliven Pittwater App., Multihulls added to the 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014, PITTWATER ARTIST GRANT PROGRAM OPENS, Say It With Music, Bushcare Notices - October 2013, MARINE AND MARITIME RESEARCH FESTIVAL, Katandra Bushland Sanctuary 2013 Season, Avalon Sailing Club 75th Anniversary, Our Councils Notices and more

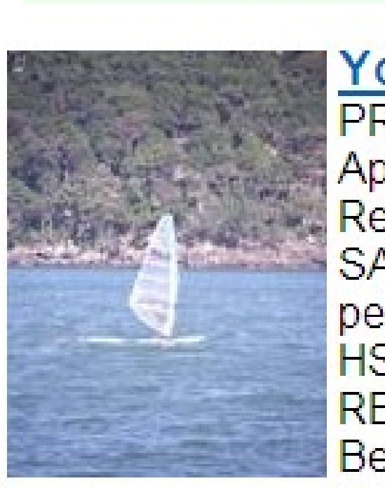
Environment; **KATANDRA SANCTUARY by Pittwater EcoWarriors - Published on Oct 2, 2013 - CLICK ON THIS LINK TO SIGN THE PETITION,** Call for new approach to koala conservation, The Climate Council - our latest brief on September's record-breaking heat and climate change, IPCC WGI AR5 - Climate Change 2013: The Physical Science Basis, Muttonbirds made homeless for golfers, AUSTRALIA'S MARINE NATIONAL FACILITY TO FAREWELL ITS RESEARCH VESSEL SOUTHERN SURVEYOR, Natural terrace pool, Pamukkale, Turkey, Rampant gene-swapping by Antarctic extremophiles, Oscar tragically killed while saving a koala, Let's make cars green machines, New Technique Helps Biologists Save the World's Threatened Seagrass Meadows, New Fossils Push the Origin of Flowering Plants Back by 100 Million Years to the Early Triassic, WORLD AUTHORITY LEADS OCEAN ENERGY RESEARCH, Rare Research Into False Killer Whales Reveals Anti-Predator Partnerships, BirdLife calls for an ambitious response as IPCC finds greater certainty of human influence on climate change, Like Father, Not Like Son: Brain and Song Structure in Zebra Finches Are Strongly Influenced by the Environment, MARINE AND MARITIME RESEARCH FESTIVAL, The Earth Wins:Fantastic resource for teachers, Aus-wide, **COOEE OCTOBER 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations and more.

Affectionate Greetings

Lynda Hill: Update 4.10.13: Emerging From The Dark: October's Libra New Moon

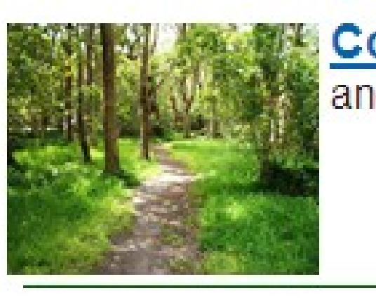
Pictures: International Fleet Review 2013 - **Tall Ships Enter Sydney Harbour** by Michael Mannington

Children: Never Give Up, 1913 RAN Fleet Entry, One Wooden Sailing Ship, One Quadrocopter Drone and 5 Teenagers, World space week, Surf Life Saving Sydney Northern Beaches - Warriewood, Joshua Slocum - Sailing Alone Around the World, Breakfast in Africa, Last Child in the Woods, Cyberbullying Claymation for Kids, Is The Universe Flat or Curved?, The Legends Of Giants, awesome wall mural in Poland, Mona Vale Library - Young Runarounds!, Meanwhile in London, The giant leatherback sea turtle, Supervolcanoes on Mars, Baby Animals Season, ATLAS OF LIVING AUSTRALIA - 40 million specimen records now available online, Explore the West with WilderQuest!, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**



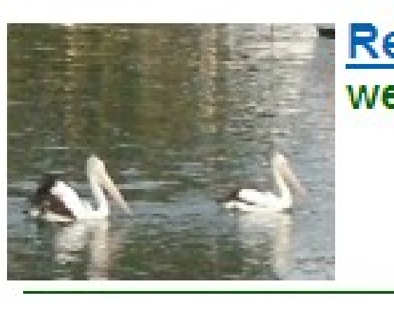
Youth: PITTWATER ARTIST GRANT PROGRAM OPENS, Youth Advisory Council Applications Now Open, International Fleet Review 2013, Cyberbullying Claymation for Kids, SAFE CELEBRATING!, New hope for young people who drink to mask negative feelings, HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!, Surf Life Saving Sydney Northern Beaches - Warriewood SRC, World Space Week, Supervolcanoes on Mars, We asked CSIRO: Scientists in Schools, One Wooden Sailing Ship, One Quadrocopter Drone and 5 Teenagers, Joshua Slocum - Sailing Alone Around the World, Calling young buskers for Mona Vale Market Day, Empowering young leaders at TEDxYouth@Sydney, International Fleet Review Art Competition - Secondary Students Section, The Earth Wins, Wild About Whales Photo Comp., AHO Mini Doco. Comp., The Legends Of Giants, awesome wall mural in Poland, Meanwhile in London, Baby Animals Season, **Calling young buskers! Mona Vale Market Day is looking for young people aged 12-24 for Sunday 3 November,** ATLAS OF LIVING AUSTRALIA - 40 million specimen records now available online, AUSTRALIAN NAVY CADETS - On the Northern Beaches, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards +more.

Seniors; Ageing impacts rational decision-making, Say It With Music, The Dirty Car Artist - Scott Wade, HISTORICAL MODEL SHIP DISPLAY AT PACIFIC 2013 TRADESHOW, Supervolcanoes on Mars, 1913 RAN Fleet Entry & The Burial of Australia's First Flagship HMAS Australia, Science in the developing world, 15th Australian Computer Conference for Seniors, Tackling the challenges of Colombia's dizzy heights, Meanwhile in Britain, First Phase Chief's Blanket sets record at John Moran Auctioneers, Always a Kid, Your Grand-daughters Car Wash, Cricket World Cup countdown commences, Wrestling strategy, Health papers published this week: Proper Diet, Exercise to Limit Diabetes Epidemic; Zinc Discovery May Shed Light On Parkinson's, Alzheimer's; Niacin, the Fountain of Youth, 100 Years of Fishing Between Them, AvPals Term 3, National Seniors Literary Prize 2013, local Events, Support and Education Activities.

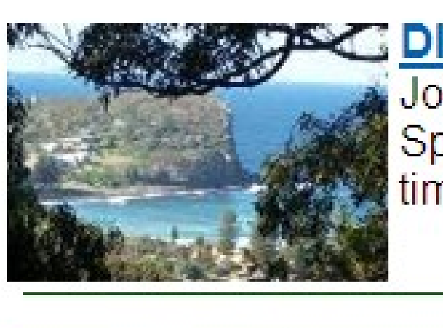


Community Clubs: Updates on Activities and links to sites.

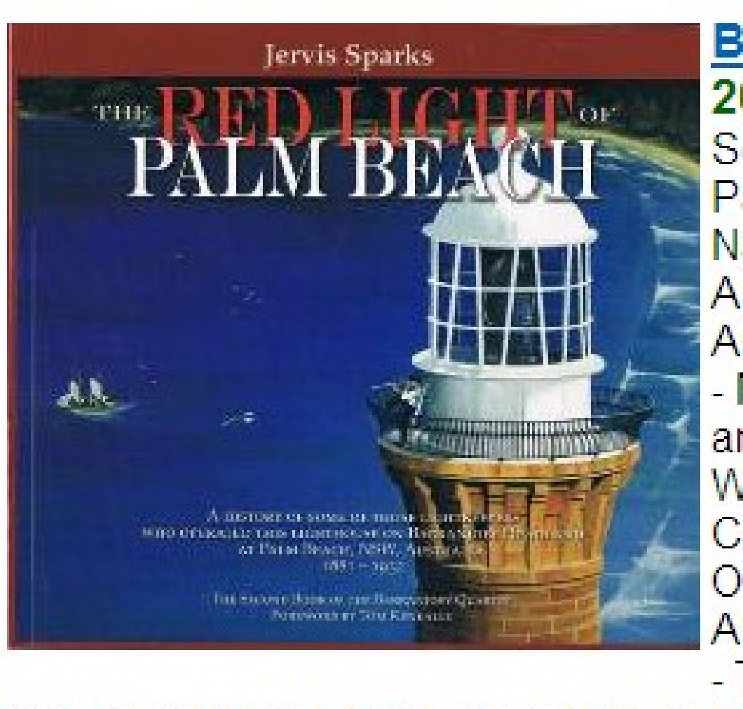
Artist of the Month: October 2013 - brilliant photographic artist - after exhibiting in Australia and overseas, Cade Turner returns to his home grounds for October and runs a mini-retrospective of his beautiful works here for all of October



Reflections: by George Repin. **This week; THE TOBY TAVERN**



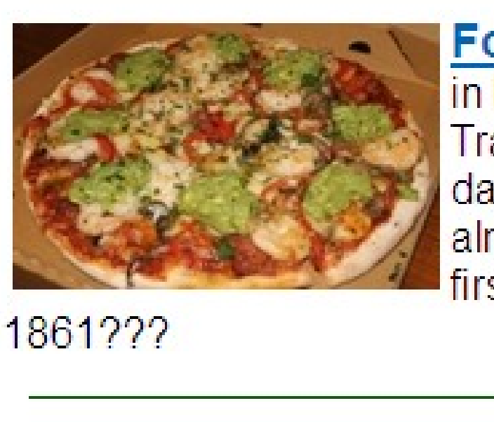
DIY Hints: Spring Garden Chores - Johnson Brothers have some great Spring Specials - just perfect for spending time in your own garden



Books: OCTOBER 2013 Wombat Goes to School, The Red Light of Palm Beach, Australasian Nature Photography - ANZANG Tenth Collection, Australian Beetles Volume 1 - Morphology, Classification and Keys, Living in a Warmer World - How a Changing Climate Will Affect Our Lives, Ecology of Australian Temperate Reefs - The Unique South, Bittersweet, Now I Can Dance, Without Warning: a Soldier's Extraordinary Journey, First Footprints, Bridget Jones : Mad About the Boy, Eyrie by Tim Winton

Old Books: - **October 2013** - read in full here: online! **Stevenson's Bell Rock Light-House (1824) - by Robert Stevenson** - An account of the building of the Bell Rock Lighthouse including details of the erection and peculiar structure of the edifice.

The Lighthouse by RM Ballantyne - This is a good story wrapped round the building of the Bell Rock lighthouse, which lies in the Firth of Forth, the same water in which lies Leith, the port for Edinburgh. The architect in charge was Robert Stevenson, who was the father of the renowned writer, R.L. Stevenson. **First published in 1865.**



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

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October 6 - 12, 2013: Issue 131

International Fleet Review 2013 - the Re-enactment of the Australian Navy's Entrance to Sydney harbour of 4th of October 1913 on 4th of October 2013

When large events are occurring on our waterways the Water Police are on duty and rostered into these areas from all divisions - the Olympic Games or visitng V.I.P.'s are all escorted during water visits, by the Water Police.

I had the pleasure of being onboard Water Police 31 to escort seven of the Royal Australian Naval ships into Sydney Harbour this morning 4th October, 2013. My skipper was my old mate Sgt. John Cox and his crew who escorted the RAN's HMAS Perth from Line Zulu to it's berth in Darling Harbour. As usual I took my trust memory card (camera) and these are some of the pics.

The International Fleet Review, 3rd-11th October 2013, commemorates the centenary of the arrival of the first Royal Australian Navy Fleet into Sydney when seven warships, state of the art for their time, entered the harbour on 4th October 1913. They were led by Australia's first Flagship HMAS Australia:

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

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

Following her:

And so with **the light cruisers *Melbourne* and *Sydney*, which followed the flagship in; and so with the *Encounter* and the destroyers *Warrego, Parramatta*, and *Yarra***. THE FLEET, LED BY THE FLAGSHIP, ENTERING THE HEADS ON SATURDAY MORNING. THE ENTRANCE. (**1913, October 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article15455420

To find out more about the history of our Water Police, see our History page from the month of On Water Organistaions - Broken Bay Water Police

To find out more about the formation of our Australain Navy and this Fleet's entance to Sydney Harbour in 1913:

International Fleet Review on Sydney Harbour October 2013 and The Opening of the Sailing Season on Sydney Harbour, October 1885

First Naval Exercises by New South Wales Colonial Ships –The Wolverene at Broken Bay **- It may not surprise many of you that the first ever Naval Exercises carried out by colonial vessels began from Broken Bay – where else?** In the lead up to the International Fleet Review in Sydney Harbour, October 3-11 2013, celebrating the entry of our own Royal Australian Navy fleet into Sydney Harbour 100 years ago, we will share a few articles on the lead up events to this original great day for New South Wales and Australia. First though - Colonial Naval Ships Exercises; **1885...**

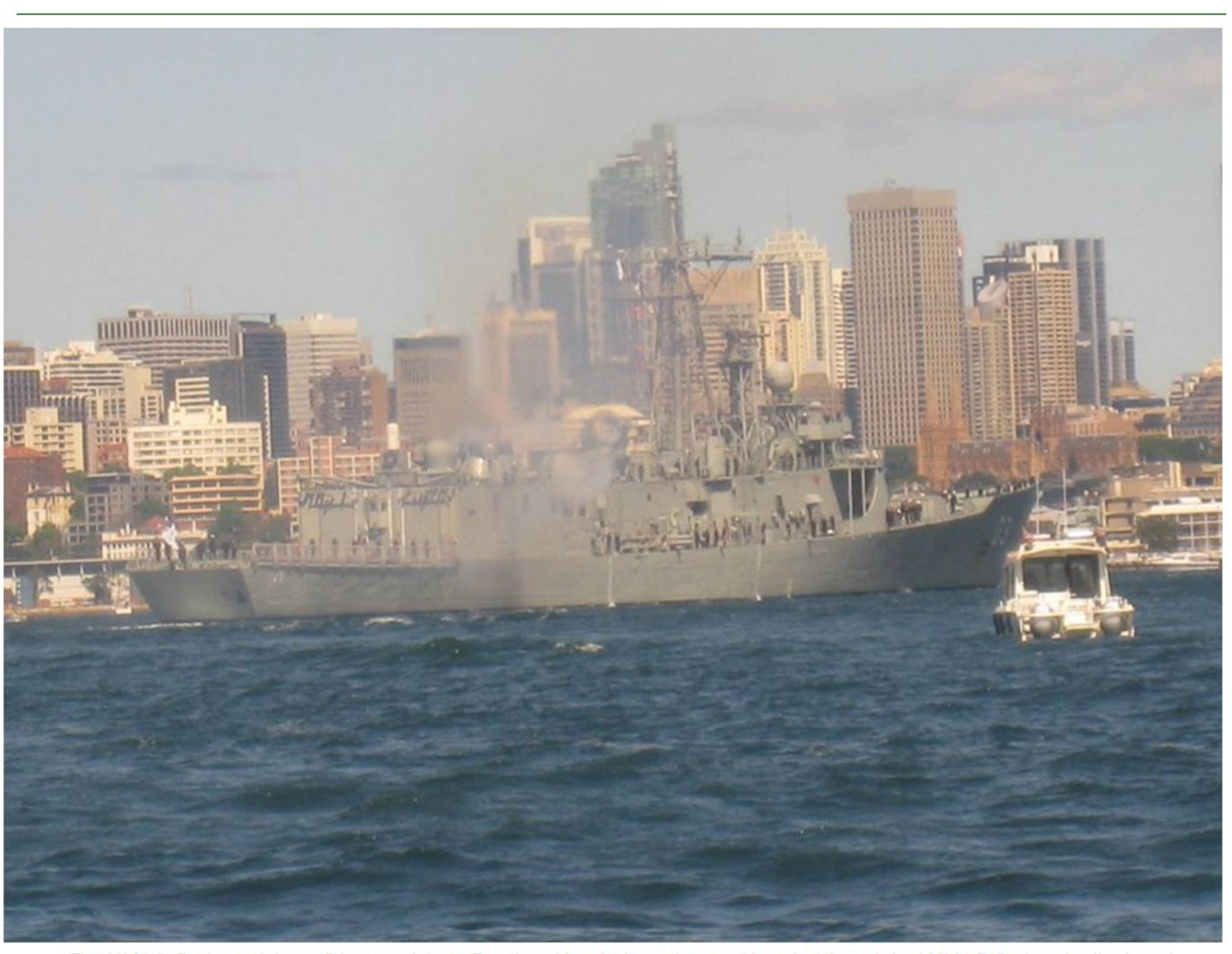
From Colonial Navy Brigades in Second Hand Ships to Where the Australian Navy was Born – The Practical Verses of William Rooke Cresswell's Charter - **International Fleet Review 2013 precursors - Article II**

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

The Australian Fleet Celebrations of October 1913 - A Week of Welcomes**- International Fleet Review 2013 precursors - Article IV**

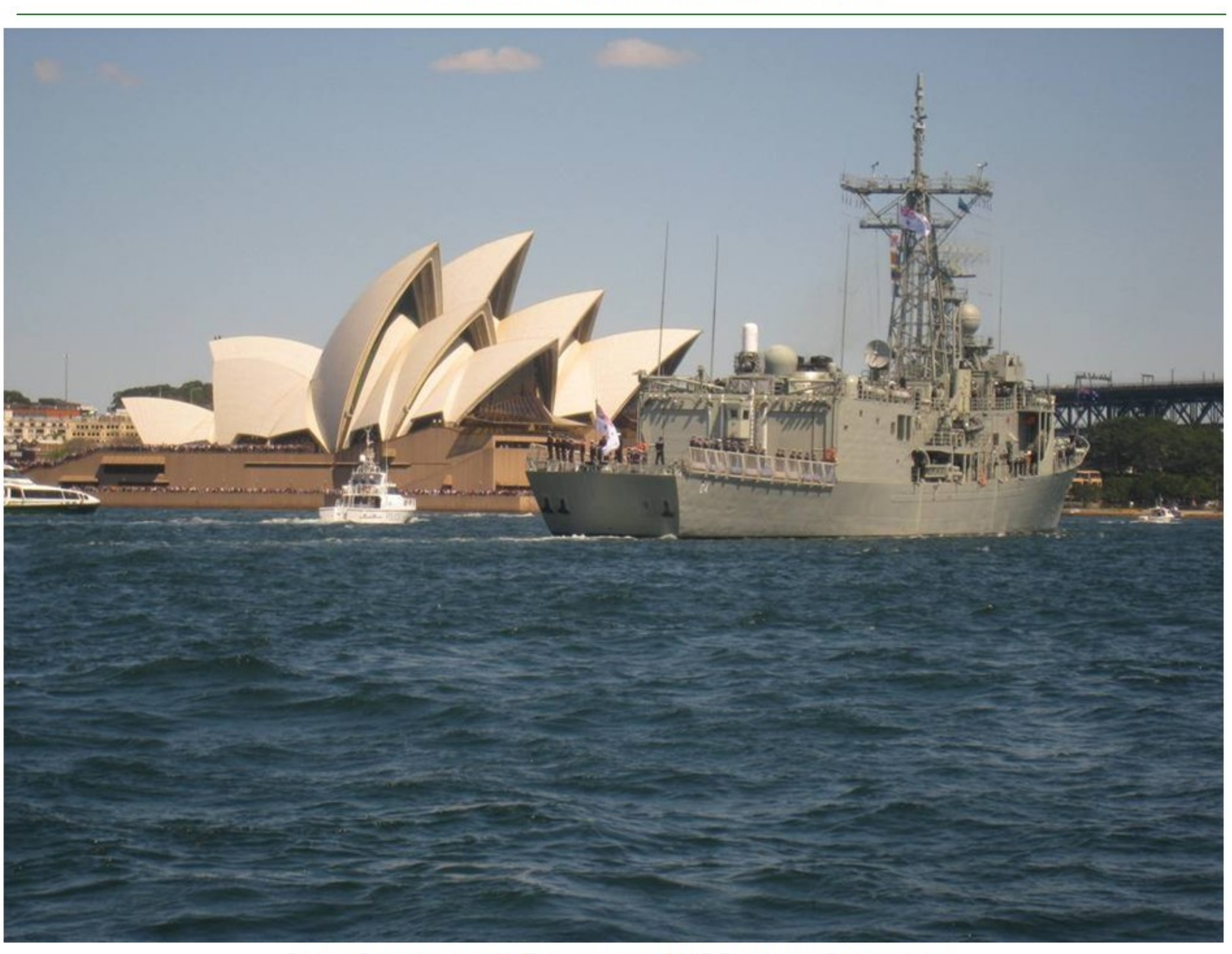
Awaiting the arrival of our ships to escort.

My skipper

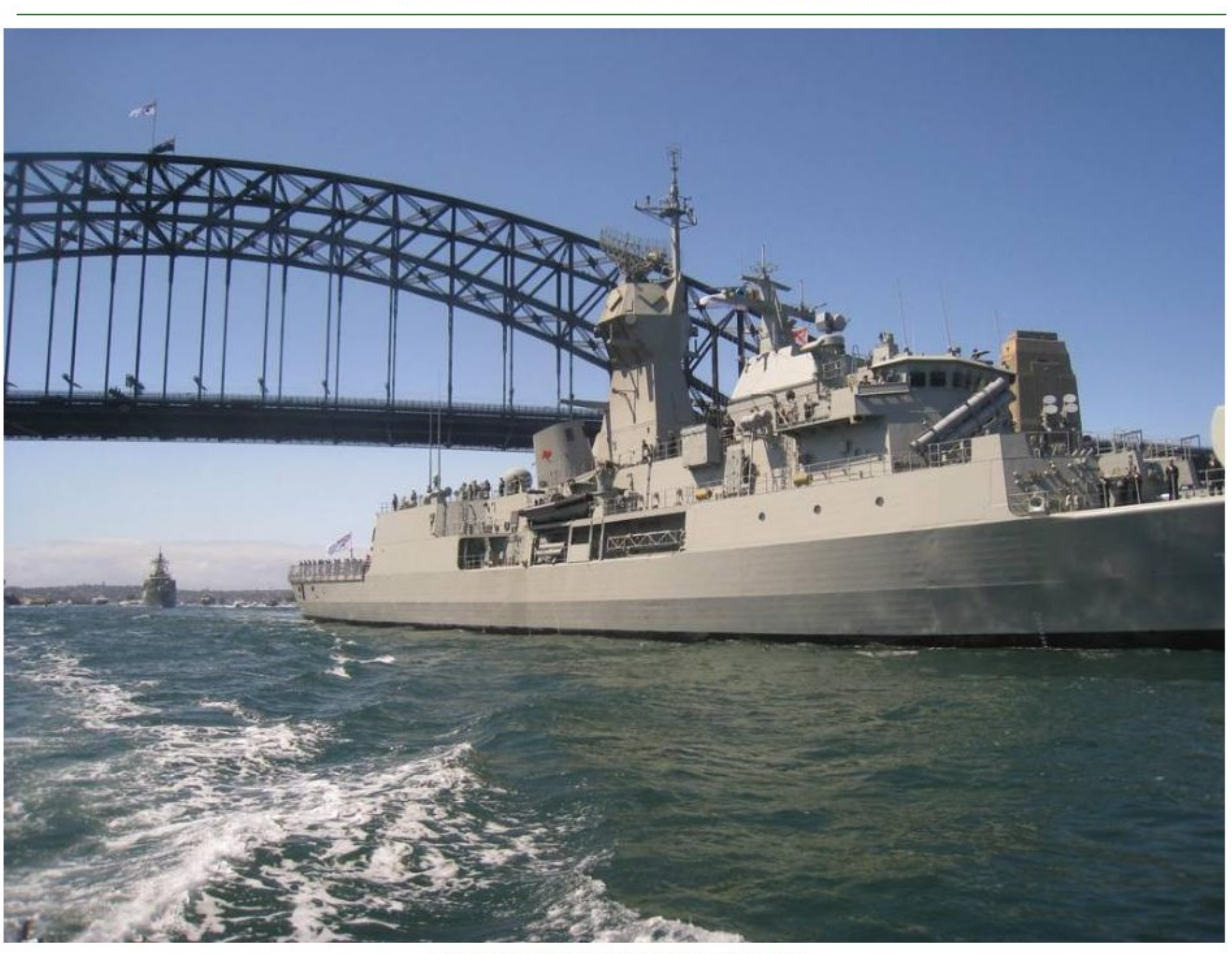


The HMAS *Sydney* giving a 21 gun salute to Bradleys Head where the mast head of the original HMAS Sydney is displayed.

The rest of the crew: S/C From Manly and a Naval assistant.



Sydney Opera House with Police vessel, HMAS *Darwin* and Sydney skyline.

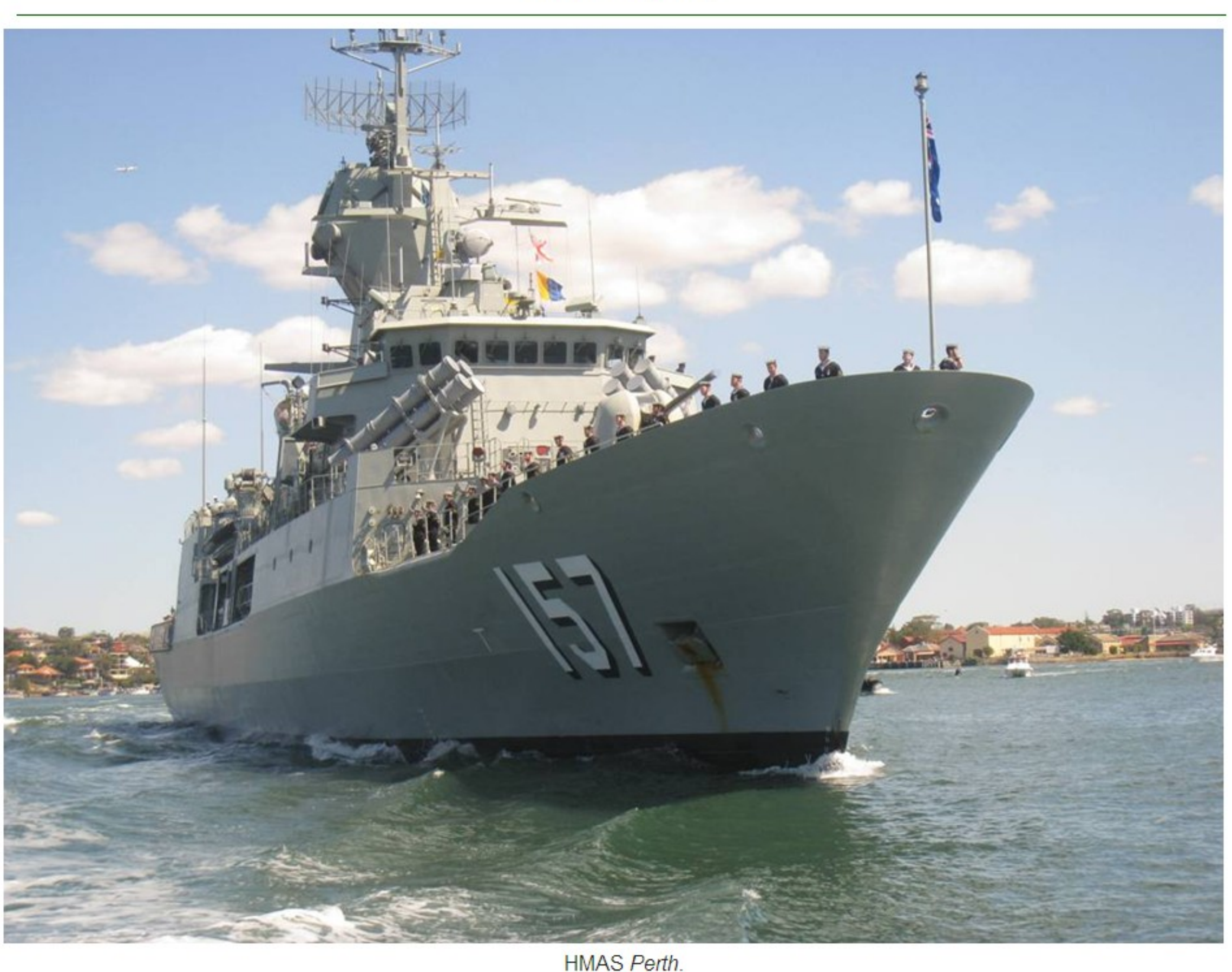


The HMAS *Perth* and the Harbour Bridge.

The RAAF's elite formation aerobatic display team are known as the Roulettes. this group perform breathtaking displays, using only hand-eye coordination to fly at speeds of up to 590 kilometres per hour. The six Roulettes may experience up to 4.5G (or 4.5 times the normal force of gravity) during a display in their PC-9/A aircraft. When the Roulettes are not showcasing their skills, they teach qualified RAAF pilots to become flying instructors at the RAAF Base East Sale in Victoria.

The good ship Nemesis 7.

Mr. Bruce Tape esq.



HMAS *Perth*.

The old Nemesis 3 gliding past Pier 1.

Heading back to sea for more escort duty.

Report and Photos by Brian Friend, OAM, 2013.

Tweet Like +1

International Fleet Review Videos by Brian Friend OAM - Friday 4th of October, 2013.

HMAS Perth and RAN IFR Fleet Entrance to Sydney...
0:00 / 0:46

October 6 - 12, 2013: Issue 131

Avalon Beach Historical Society's 30th Anniversary and 8th Great Historic Photographic Exhibition Launch

Hon. Rob Stokes, MP for Pittwater, Cr. Jacqui Townsend, Mayor of Pittwater and Geoff Searle of Avalon Beach Historical Society.

Avalon Beach Historical Society's 30th Anniversary and 8th Great Historic Photographic Exhibition Launch

Geoff Searle of the Avalon Beach Historical Society, along with fellow members, entertained community guests at the launch of their 8th Great Historic Photographic Exhibition in the main hall of Avalon's Community Centre on Friday evening. Opened officially be Cr. Jacqui Townsend, Mayor of Pittwater, the exhibition celebrates the 30th Anniversary of the Avalon Beach Historical Society with a mammoth and extensive sample of the great photographs, lithographs and other materials this society has collected, maintained and keeps available. The main hall of the Avalon Recreation Centre (59a Old Barrenjoey Road) has the space to exhibit over 700 photographs.

AVALON BEACH SLSC
AVALON BEACH
BEACH
Donated by LIONESS CLUB OF AVALON

Those on display cover around 55 different topics, aspects and many eras of our local history and it will certainly rank alongside the best photo exhibitions of local history seen in the Pittwater, Manly and Warringah areas.

Besides these 'still' photographs, a feats for the eyes and sense, a screen has been set up to continually show many short 'movie' segments collected and compiled over the years that relate to Pittwater. Besides the popular '*Bandstand and the Stomp on Avalon Beach*' in 1965, also showing is '*A Day in the Life of Avalon School*' shot in the 1950s by the ABC.

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

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

We share the remarks and thanks made by Geoff Searle from Friday evening:

Welcome everybody, Good Evening and thank you for coming. I was going to isolate some people as very special guests but in my opinion you're all very special so thank you for coming.

Whether you've shown an interest in the Society or loaned photographs or helped out financially or you're a member of the Avalon Beach Historical Society – thank you very much for your contributions, you inspire us to keep doing what we're doing.

It's lovely to have our enthusiastic local member, Mr Rob Stokes here this evening and our Councillors, Bob Grace, who has been a great supporter of this Society for some years, Alex McTaggart who has also supported us, and Jacqui Townsend, thank you for attending. Also attending tonight is our fabulous Patron, the Hon. Jim Macken.

What we did this year for the first time I four years was try to finance the exhibition. We asked for sponsors from our members so you will see different faces where people have contributed one hundred dollars towards different panels, which is fabulous. Many thanks to all of these sponsors – your names are on top of the panels. This would not happen without all your contributions.

We have an apology from Dr Anne-Maree Whitaker FRAHS FRHistS., President of the Royal Australian Historical Society:

'Hi Geoff, thanks for the invitation to the Opening of the ABHS Exhibition. It sounds like quite an undertaking and I would like to congratulate you and the Society on your achievement. Unfortunately I will not be able to attend the launch on Friday but I wish you all the best for a successful evening and Exhibition. "

We've been affiliated with the Royal Australian Historical Society for the 30 years of our existence.

I would also like to thank our members – without you our society would not happen. You are the blood of this Society.

We had almost 70 members at our Annual General Meeting recently, partly because of John Illingsworth's efforts on producing a wonderful documentary on the history of West Head, especially the World War II fortifications. John climbed on board a micro seaplane with some fantastic fly pasts as he approached the gunnery placements and observation towers. He has done a great job and all our members loved it.

Thanks also to the three Small children. A J Small was undoubtedly the 'Father of Avalon Beach'. In 1917 he bought a hundred acres and proceeded to subdivide this amazing area. He did a very fine job.

He had four children. I was so fortunate to interview three children in 1984 at Neutral Bay. This laid the foundations for the Avalon Beach Historical Society. They were so generous with their information, loaning their photographs for rephotographing. They really kicked things off in a big way.

Tonight we're delighted to have Jenny Small, a direct descendant of A J Small's son, Geoff Small. We thank you for coming.

The 14th of September 1983 was when the Avalon Beach Historical Society was formed and I think there are only Gwen and myself who are still in the Society and were there on foundation day who are here tonight.

John Stone – nobody can ever know the effort this gentleman has put into the society, his contribution has been remarkable. He has worked for many years using his fabulous photographic work to reproduce photographs loaned to the society and these days is still reproducing photographs but he is restoring these – especially those that might have a bad tear or have been lifted from the colour slides of the 1950's or the contrast is poor – we get great results through John.

John sold his original shop in 1967 and bought another shop in Bowling Green Lane. He said to me, I want to continue my photographic restorative work, if I take the back third of the shop will you take the front two thirds for the Historical Society?

I said, well give me time to think about it ….yes! So he has been our greatest benefactor and has given the Society that office in the village and has established for us this facility which enables us to help students from the University, Architectural students, Barrenjoey High School students – all of these and the community can access the History we've collated because it's made available – and this is the reason why we do what we do. There's no pint in putting it into filing cabinets where no one can get to it – get it out and make it available – especially to a community that is as interested in it as ours is.

Thanks also to Bill and Linda from Peninsula Reflections who have been wonderful in framing some of our early blueprints and documents.

Some of the aspects of Avalon Beach are not on display – there just wasn't room to display all of these as we have well into four figures of photographs and documents displaying the Avalon and Pittwater area.

God bless the people who carried around Box Brownies in the 1930's, 40's ad 50's. without your wonderful photographs we would not be able to see these wonderful records – people say, 'oh, they're just family photographs', - but when you look at these and what's in the background and how the family are dressed it creates quite a remarkable family history.

E B Studios – E B stood for two surnames of two very accomplished photographers of the 1920's, (John H. Enemark in partnership with Hilda Bridges at 278 George Street, Sydney) who had this amazing camera that panned around and produced seven of the wonderful panoramas we have. These show the naked beauty of our area before it became occupied.

I'd like to finish with a quote by Dr. Beverly Kingston from her acceptance speech for her Honorary Fellowship of the Royal Australian Historical Society;

"***In this modern world you can't measure what you have or what you aspire to or even what your ambitions are if you have no knowledge and sense of what has been before, if you can't comp[are what you have with what has been before.***"

Hopefully our 8th Great Historic Photographic Exhibition will give people a chance to see what has been before.

The 8th Avalon Beach Historical Society Great Historic Photographic Exhibition continues today 6th of October and tomorrow's long weekend Monday at Avalon Beach Community Centre.

Membership of this great local historical society is a mere $10.00 and a great way to support the work Mr Searle and his fellow members undertake to ensure our children and our children's children will have access to this amazing collection of our historic past.

See details on how to join at their website: http://avalonbeachhistory.com.au/index.htm

John Illingsworth's excellent two films on aspects of Pittwater's Histories feature this Issue in our History page – many thanks to Mr Illingsworth for permission to share them with you.

John Stone and Hon. James Macken, Patron of the Avalon Beach Historical Society.

Cr. Bob Grace of Pittwater Council and Christine Hopton, President of Avalon Beach SLSC.

Jenny Cronan of Pittwater Council with Brian (OAM) and Robyn Friend.

John and Lyn Illingsworth.

Historians Norman Field and Geoff Searle - the passion of people for our histories is what Keeps them available for all.

Photos by A J Guesdon, 2013.

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Mona Vale Palliative Care Service Upgrades and Extensions Official Opening of New Facilities

Cutting the ribbon - Eileen Gordon, Hon. Bronwyn Bishop and Hon. Rob Stokes.

Mona Vale Palliative Care Service Upgrades and Extensions Official Opening

Stewart James, General Manager of Health and Hospitals for the HammondCare Foundation, that excellent community minded independent Christian charity specialising in dementia and aged care, palliative care, rehabilitation and older persons' mental health, was MC at the official opening of the Palliative Care Upgrades at Mona Vale Hospital on Thursday 3rd of October.

The extension provides new, purpose-designed consultation and treatment rooms covering medical, physiotherapy, occupational therapy, social work, counselling and bereavement. In addition, the existing structures have been refurbished, ensuring the entire building is a welcoming and efficient health facility for patients and their families, staff and volunteers. As well a new deck area off the front of this structure will provide an easily accessible outdoors area for patients with a stunning view north to Mona Vale beach.

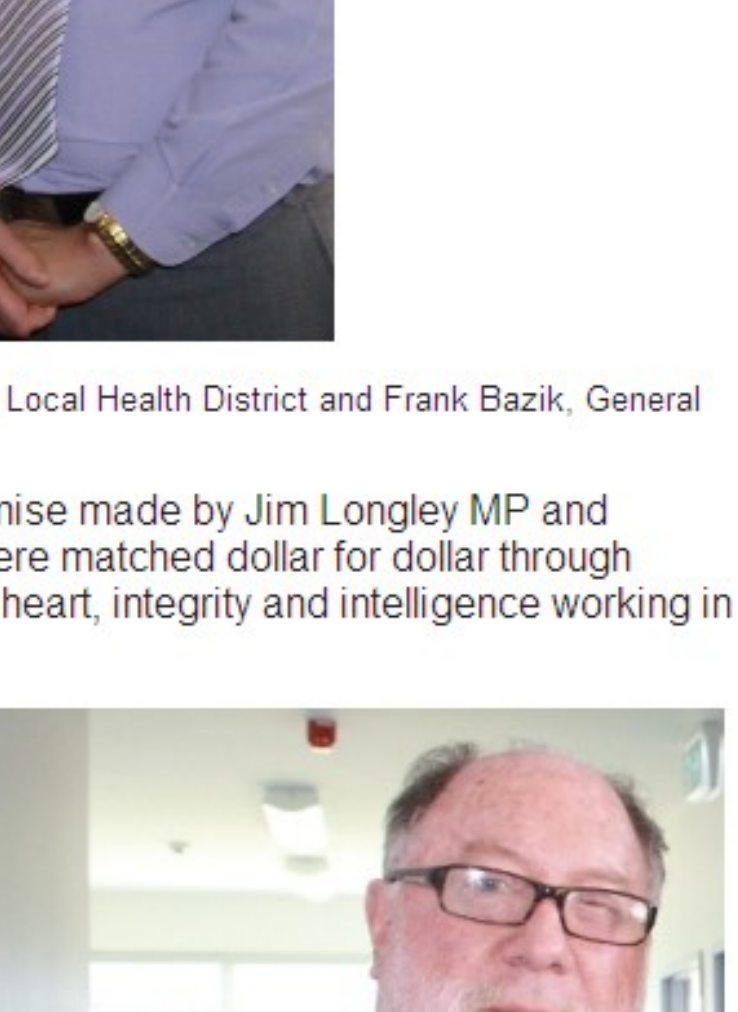
The facility will be used by patients within the Manly, Warringah and Pittwater areas, so this really is a community care facility built by and for the people within these shires.

The extensions are due in large part to the community's contributions and the tireless work of Jo-Ann Steeves, President of the Friends of Northern Beaches Palliative Care and the members of this group along with the Mona Vale Hospital Auxiliary, originally led by Cora Adcock and then by the lady Mr James refers to as 'the steel lady of Pittwater', Eileen Gordon, who have worked selling cup cakes, running stalls and raising funds through Mona Vale Hospital Kiosk for many years to achieve this result.

On Thursday Stewart James acknowledged all those who have contributed in any way, citing the Rotary Clubs of Pittwater, French's Forest, Dee Why and Warringah, the waiving of fees by Vicki Taylor, Chief Executive Northern Sydney Local Health District, the contribution of Josephine and Roy Mustaca of Warriewood's United Cinemas, who announced a further ten thousand dollars donation on Thursday by the United Cinemas and even the work of Dr Stephen Judd, CEO of HammondCare who managed to secure further last minute needed funds to complete the deck area.

Left to right: Dr Stephen Judd, CEO of HammondCare Foundation, Vicki Taylor, Chief Executive Northern Sydney Local Health District and Frank Bazik, General Manager, Northern Sydney Local Health District.

Our local State MP for Pittwater, the Hon. Rob Stokes was also singled out for honouring the promise made by Jim Longley MP and ensuring the funds raised by these community groups and every individual who has contributed were matched dollar for dollar through securing grants so the project could be realised. Mr Stokes has proved once again there is more heart, integrity and intelligence working in him than the average politician.



Mr Stokes, among the long list of people he cited as contributing much over many years, praised former Mayor of Pittwater, Harvey Rose (right) who has also worked for many years both when at Council with Lindsay Godfrey and as a member of the Save Mona Vale Hospital Committee.

The words of Dr Peter Moore, long term Palliative Care provider in our area while acknowledging a further contribution by the Rotary Club of Pittwater for a Vital Signs Monitor for the new facility, encapsulates what has been achieved:

"Jo-Ann Steeves, who has been a pilar of this establishment for longer than me, will be the first to acknowledge that we've had a lot of trouble over the years getting people to think about Palliative Care, most people don't like to think about death and dying and that's understandable. Our ancestors across the pond in England fund around 75% of their palliative care through community and **what Jo-Ann and Rotary and all these volunteers have done over the years is like water dropping on a rock, as finally this has got us to a point where people know that we're here, care that we're here and are starting to care about the services.**"

Just how long this extension and upgrade has taken is outlined through the words of 'the steel lady of Pittwater', Eileen Gordon:

MONA VALE HOSPITAL AND COMMUNITY HEALTH SERVICES - MONA VALE HOSPITAL AUXILIARY

Re: Palliative Care Day Hospital at Mona Vale

Background: On 29th.October, 1989 the Palliative Care Service at Mona Vale Hospital was opened by the Honourable Bronwyn Bishop, Member of Parliament for Mackellar.

The Palliative Care unit was run by the widely-revered Dr John Doran, and offered 24-hour home support. He was soon joined by Jo-Ann Steeves as Volunteer Co-ordinator. This was a start, but a Hospice was needed too. A group of volunteers, led Volunteer Co-ordinator, Jo-Ann Steeves, started fund-raising with a concert in 1992, which raised a remarkable $10,000. Later, the Combined Auxiliaries, headed by Cora Adcock, donated $2,000 and commenced fund-raising in this community with fetes, raffles, concerts, etc.

In October, 1992, The Area Health Board requested funding for a Hospice at Mona Vale Hospital from health authorities. On 25th.February, 1995, Community Services Minister, Mr Jim Longley, announced that a new 12-bed Hospice was to be built at Mona Vale at a cost of $2million, to be completed in August, 1997.

At this time, the Auxiliaries had raised $115,000. THEN came a change of State Government and Labor refused the Hospice at Mona Vale. The community fund stood at $187,368. All active fund-raising ceased and the Funds remained in a Trust Fund with the Health Department, attracting Interest and also an annual Management Fee.

Over the ensuing years, the delivery of palliative care services has changed, with the focus now being to keep people in their own familiar surroundings by providing the services they need instead of treating them in acute hospitals – better for the patient, better for the budget. The CORE of this is an adequate Palliative Care Day Hospital.

So, on 17th.May, 2007, the Mona Vale Hospital Auxiliary wrote to the General Manager of Mona Vale Hospital requesting that community funds held in Trust Fund 306704 be used to extend "The Cottage" where staff were doing their best to provide services in a facility that was inadequate.

And so began the Paper Trail from Auxiliary to Health Dept, Attorney General, Crown Solicitor and finally the Commissioner for Dormant Funds who ruled on 1st. Sept.2010 that the funds be released for the purpose of extending the Palliative Care building. A Trust was established with four Trustees and on 17th.January,2011 these community funds were finally released to the Palliative Care Trust Fund - $244,767. A process of a frustrating 3yrs 8months.

In 2011 the Palliative Care Trust Fund had detailed plans for extensions to the Palliative Care Unit which might serve this community well then and in the foreseeable future. These detailed plans had been supplied pro-bono by a well respected local architect, Emile Jansen, and approved by the Hospital Engineering Department.

With the extraordinary delays in releasing these community funds, building costs had escalated and we found that we could only fund the new administration section with adequate offices for doctors and nurses and the new physiotherapy unit, leaving the refit of treatment rooms, kitchen, bathroom, common room and reception plus the new physiotherapy deck and ramp exercise areas unfunded.

We really did not want a HALF-BAKED facility and so the Mona Vale Hospital Auxiliary asked the Health Department, NOT for the 1995 $2million, but to match the funding of this community with $244,767. After all, this was a Health Department Facility on Health Department Land. With the support of Rob Stokes, Member for Pittwater, the State Government agreed to honour the promise of Mr Jim Longley in 1995 to match Auxiliary funds and $240,000 was added to the fund, MVH Kiosk donated $40,000, Rotary Clubs of Pittwater, Terrey Hills and DeeWhy/Warringah added their support with combined donations of over $70,000, and Professor Vicki Taylor, CE of NSL agreed to waive the $60,000 fee that would normally be payable to Capital Works for overall supervision of the building project.

While all this was going on, Friends of Northern Beaches Palliative Care, led by President, Jo-Ann Steeves, were busy organizing the refurbishment of the original Cottage – new carpet, painting etc with the help of a State Government grant.

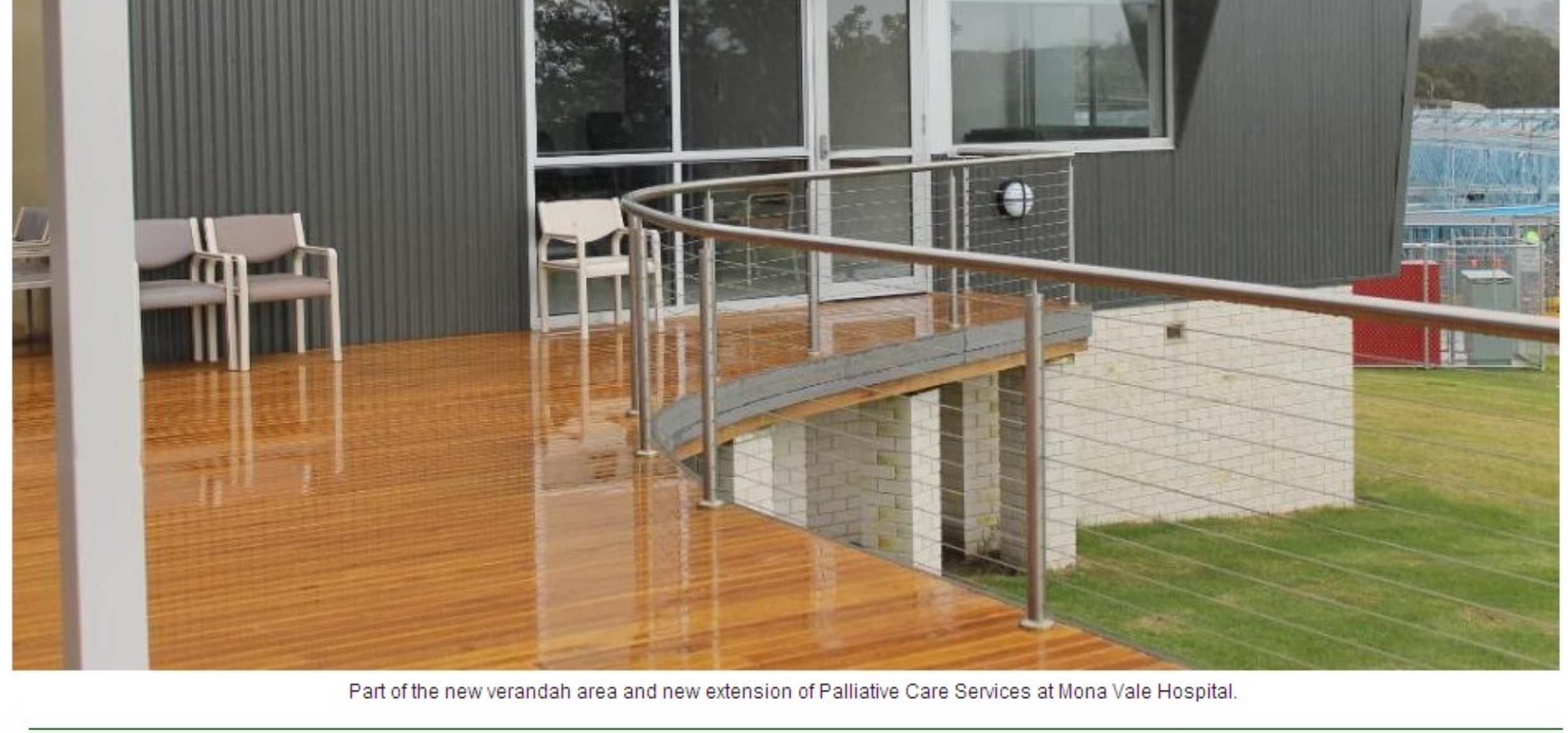
The new building was going ahead, but disappointingly, we had exhausted all funds and had no means of building the $60,000 verandah which was a major feature and joined the two buildings. Then a miracle happened in the form of the Shirley Great Foundation, the Auxiliary found another $15,000 and the General Manager obtained $10,000. So we were able to build the beautiful verandah.

So, with all this help, this community has been able to provide a $660,000 purpose-built facility for the provision of Palliative Care Services.

Our thanks go to all the people who have supported this project and to the Trustees.

Eileen Gordon, 2nd.October, 2013.

And now, Pittwater, Warringah and Manly, we need a Hospice ....



Part of the new verandah area and new extension of Palliative Care Services at Mona Vale Hospital.

Eleanor Swanston, Eileen Gordon (MVHA ladies), Stewart James (HammondCare) and Margaret Brown (Operations/Mngr. DON Nursing at Mona Vale Palliative Care Services - HammondCare).

Jo-Ann and David Steeves of Friends of Northern Beaches Palliative Care with Meryl Godfrey, Rotary Club of Pittwater member.

Dawn Hooper, CNC Palliative Care with NSW Health explained how this new Vital Signs Monitor doated by the Rotary Club of Pittwater works.

Roger Digby, current President of the Rotary Club of Pittwater with Julian Martin, Head of Fundraising for the HammondCare Foundation.

Gail Carew, project manager for the Rotary Club of Pittwater's Palliative Care fundraising activities, Bruce Lakin of the Rotary Club of Pittwater, Roy Mustaca of Warriewood United Cinemas and Dianne Elliott - all tirless workers for Mona Vale Palliative Care Services upgrades.

Dennise Adcock, representing her mother Cora Adcock with Dr .Peter Moore.

Rotary Club of Pittwater members at Thursday's Official Opening.

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Whale Beach SLSC Official Opening of New Clubhouse, 75th Anniversary Celebrations and 2013 Gala Day

Left to right: Kerry Schmidt and Philip Schmidt, President of Whale Beach SLSC, Hon. Bronwyn Bishop and Richard Stewart, OAM and Life Member of WBSLSC.

Whale Beach SLSC Official Opening of New Clubhouse, 75th Anniversary Celebrations and 2013 Gala Day

Many surf life saving clubs were open last Sunday as part of a Surf Life Saving NSW program to invite the public to visit their local surf clubs and learn more about the great work the largest body of volunteers in Australia performs each season. Happily Whale Beach had a triple reason to celebrate this year.

Club Captain Alek Petersen gave a welcoming speech to around 100 Whale Beach SLSC members and their guests last Sunday, 29th of September, at the official opening of the new clubhouse of this fine old Pittwater institution on their annual Gala Day. It was also an opportunity to officially celebrate the 75th anniversary of Whale Beach SLSC (formed 1937) which they were prevented from doing on a large scale in January 2012 due to the extensions and refurbishments being incomplete.

For those of us who can remember Moby Dick's as the place to go and see bands during the 1980's, sip cold beverages on hot summer afternoons in the old upstairs bar or have New Year's barbecues on the beach in front of the club, this building holds a lot of fond memories. The original two storey clubhouse was opened in 1953. During the past two years members and their supporters have funded an extensive upgrade of the clubhouse and its facilities. Whale Beach SLSC clubhouse is completely owned by members, one of only two surf life saving clubs in Pittwater to have achieved this. A large deck and barbecue area projecting onto the beach side of the clubhouse is now complete, as well as accommodation for members and a gym plus board and ski storage and an upgrade of the club's rooms. The Whale Beach Surf Club has around 250 active and reserve active members and some 130 supporting associate family members.

The grand opening of the new multi-million dollar club facility included live music, rides and activities, Life Saving Demonstrations and competitions, Surf Boat and Inflatable Rescue Boat (IRB) exhibitions and a Westpac Rescue Helicopter Flyover and Jetski Display. The unveiling of a plaque dedicating the new building was performed by the Hon. Bronwyn Bishop, MP for Mackellar, to officially open the Club House.

The Hon. Browyn Bishop ackowledged the huge contribution of this surf club over its decades of service and all those who have given of their time and energy to serve those who frequent this hidden gem of Pittwater. Ms. Bishop also acknowledged a surf club built and funded wholly by its members, reiterating that the reasons so much has been done for so long is that all members and supporters believe in the Surf Life Saving movement.

"This movement in its essence has been formed to save other people's lives. People whose names you may never know, people who may never thank you for what you have done. But the aim is to have all people enjoying our beautiful beaches and to have someone watching over them when the water becomes a danger and they need assistance to live.

It is no suprise that so many of the people who formed this movement came out if World War I. They'd been there to fight for their country, they were used to relying on each other. Many of those people enthused that same ethos into the Surf Life Saving movement. Something we should never forget is the very origins of this nation, and what makes us great, is our dedicatio to looking out for our neighbour, is reaching out to someone who is in need of assistance. In building this structure, in completing it you are expressing what is our basis for so much here in Australia - a belief in your fellow man and fellow woman and the need to watch out for each other.

And so it is with those thoughts in mind that I have the great pleasure in declaring this building Open."

Richard Stewart, Life Member and ex-President, described by Alek Petersen as 'one of the cornerstones of this great club' gave the apologies for distinguished guests and members who could not attend before introducing current President of the Whale Beach SLSC, Mr. Philip Schmidt.

We are fortunate in being able to provide this address given by Mr. Schmidt for those who could not attend this ceremony. We thank Mr Schmidt for this courtesy.

Address given by current President of the Whale Beach SLSC, Philip Schmidt:

Distinguished guests, Branch President David Murray and neighbouring Club Presidents, Club Members, Club Past Members and friends. We are today celebrating two important occasions. They are our 75th anniversary which fell last year, and the opening of the clubhouse renovations. The renovations preventing us from celebrating our 75th last year.

BARRELL
MEMBER
ACH S.L.S.C
LEN D. SMITH
TO THE MEMORY OF
TED ELVY
LIFE MEMBER
WHALE BEACH S.L.S.C.

We would not be opening the Club renovations if the club was not formed some 75 years ago by our forefathers. **Some of them are remembered in the plaques adjacent to the entry steps.** It is not forgotten that they had many loyal Whale Beach people as well as members travelling from outer suburbs serving with them. Some of their families are here today. Would you all join with me to wish Happy Birthday Whale Beach Surf Club – Hip hip – hooray.

I now turn to the renovations. They took one season more than predicted and thanks to Jon Pratten, Paul Hughes our handy man, Jon's Building Committee and the Finance Committee for steering us through the difficult building scenario. We now have a magnificent building for Members and we own it.

Once again, thanks to our forefathers and their families.

During the building program we found it difficult to train new recruits and therefore we are now in a situation of having to reinvent ourselves. We now have a large training program under Lara Boyle and we hope to attract more active and associate Members. Lara is manning a Member's enrolment desk. Lara can join you online.

You will notice the new facilities to be used by Members include modern kitchens, BBQ's and accommodation areas. On the weekends we plan to have drinks and coffee served on the deck.

Of course this building program could not have been realised without the financial support of our Members, Associate Members, our neighbours and the community. In recognition of their support we will be installing a 'Wall of Support' listing the names of people who have given generously over $500.00.

There have been two tranches of fundraising – those who donated when we first envisaged renovating will be recognised on the wall. Those who wish to donate today will be awarded Club Membership for one year.

Next to Lara there is a desk for those people who wish to further donate. Our cutoff will be the end of the Season.

I have previously said that we have to reinvent ourselves and rebuild our membership. We have a nucleus of enthusiastic young members who have, together with Chris King (King of the Kids) organised today.

We will build on this base and we now have two Boat Crews under Midget.

We will also endeavour to become competitive in the water as we would like to see Members compete in Surf Events.

Our thanks today go to the Gala Day Committee led by James Gellert and Chris Henrikson.

Some other activities over the coming months include:

. The traditional Neighbours Night, often referred to as 'Pig Night' to be reinvented as well - this will be held in the first week after the New Year

. The Sub Nippers over the Christmas period

. On the **14th of December this year we are planning Christmas Carols on the Beach by the 70 piece 'Rock n' Soul' Choir.** There will of course be Santa for the kids.

On behalf of all the Membership of Whale Beach Surf Club I thank everyone for being here today. I assure Members that the Management Committee will look after your asset and we encourage all who use the facility to do likewise.

I would also like to inform you that our restaurant tenants have invedted well over $400,000.00 to further enhance your asset.

I will now hand over to Cr. Bob Grace, who is representing the Mayor of Pittwater and then ask the Hon. Bronwyn Bishop to officiate the opening.

Councillor Bob Grace of Pittwater Council, who is also a Member of Whale Beach Surf Life Saving Club, expressed his pride to be attending the 75th anniversary celebrations and the Gala Day and more importantly for the official opening of the new facilities.

" This club began 75 years ago from those who would visit here on the weekends and from a small nucleus of local Whale Beach people. I wasn't aware until informed by the council that Whale Beach was the first Club to have female Life Savers. It is also the first Surf Club to have a MArathon Swim. This was initiated by Bob Lynch, father of World Champion surfer Barton Lynch, in 1974 and has coninued until the present. It has been a great success and the model used for annual marathon swims all over Australia.

The Whale Beach Surf Life Saving Committee are to be congratulated on what they have achieved with this renovation. Undertakings of this magnitude do not succeed unless you have committed people to drive the project and make sure it becomes a reality. I'd like to personally acknowledge someone who has been fundamental in this, John Pratten.

Mr Pratten has given almost two years of his life to make this a reality."

(Hear Hear - from crowd - and applause).

"...and I might add, to the detriment of his golfing handicap. I'd also like to acknowledge our President, Philip Schmidt for his leadership ability and for making this club free of debt and wholly owned by its Members.

When al is said and done, the people we really need to thank are our community. If the Whale Beach community hadn't been behind this project who know how it would have happened. You will remember that Pittwater Council was formed because the people wanted a separate council. The people are aligned with the Surf Life Saving movement, Pittwater Council is aligned with the Surf LIfe Saving community.

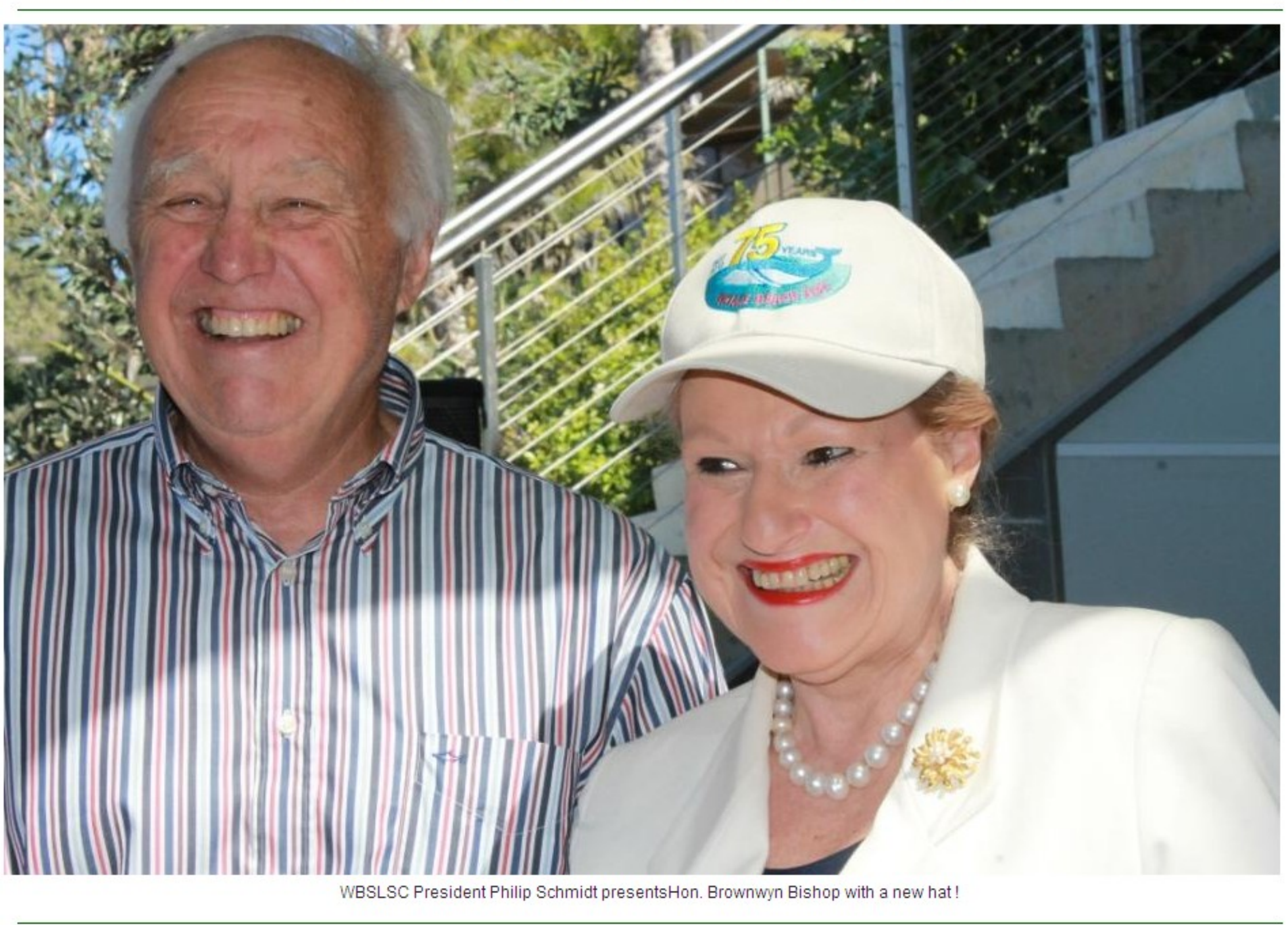
PIttwater Councl now has a Pittwater Ocean Series which has been running for three years and is a great success. The premeir event in this series is the Palm Beach to Whale Beach marathon swim.

In closing I'd like to thank the Whale Beach SLSC on behalf of Pittwater for this surf club upgrade for the people of Pittwater, and for the Life Saving movement itself."

Whale Beach Surf Life Saving Club - www.whalebeachsurfclub.org/about.html

Barton and Holly Lynch.

Glenn Jones and Geoff Hale showing what it's all about - being on Patrol and Saving Lives.


WBSLSC President Philip Schmidt presentsHon. Brownwyn Bishop with a new hat!

Report and Photos by A J Guesdon, 2013.

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Pittwater Online News

October 6 - 12, 2013: Issue 131

First Ever Local Government NSW Annual Conference

Her Excellency Professor Marie Bashir AC CVO, Governor of NSW.

First Ever Local Government NSW Annual Conference

On 1 March 2013 the Local Government Association of NSW and the Shires Association of NSW merged to become one association, known as Local Government NSW, representing all councils in NSW. Local Government NSW (LGNSW) represents the interests of its members, which include 152 general purpose councils, 12 special purpose councils and the NSW Aboriginal Land Council. Formerly known as the Local Government and Shires Associations of NSW (LGSA), the two organisations officially became Local Government NSW on 1 March 2013, uniting and strengthening the voice of the local government sector in NSW.

This week the representatives of these councils gathered at Town Hall for their historic first conference of this new association. This first LGNSW Conference provided NSW mayors and councillors the opportunity to come together to discuss significant issues impacting the Local Government sector and the communities they serve.

Right: Cr. Sue Young and Cr. Bob Grace at the Conference.

LGNSW identified five strategic themes that were the focus of the 2013 Local Government NSW (LGNSW) Annual Conference. These themes were:

- Local Government Review.
- Local Government Financial Sustainability.
- Waste.
- The New Planning System.
- Local and State Government Relations.

Although it was stated that a Record of Decisions from the LGNSW Conference would be available on the LGNSW website from close of business, Friday 4 October, no such record has been published as yet. We hope to bring you the outline of these in our next Issue.

Among the key Issues to be discussed was the new Planning System for NSW of which the then interim LGNSW Joint Presidents Cr Ray Donald and Cr Keith Rhoades, AFSM spoke of on September 18th, 2013 as an answer to their 11th of September 2013 call for a restoration of balance : "**back to the community in his Government's proposed planning reforms or risk a council-led direct action campaign against the legislation.**

Concerns about the proposed changes have been raised repeatedly by councils and LGNSW since the initial Green Paper was released by the Department of Planning and Infrastructure in July 2012. In the most recent correspondence to Mr O'Farrell this week, the LGNSW Joint Presidents reiterated their concern that the planning reforms favoured developers at the expense of the community.

Joint President of Local Government NSW, Cr Keith Rhoades AFSM, said the NSW Government is not only ignoring the community, but breaking an election promise.

"The Coalition's election Contract with NSW promised the return of planning powers to the community, and Premier O'Farrell and his Ministers have failed, and in fact broken their election promise, and we have had enough!" Cr Rhoades said. "Councils and the broader community do not accept that the proposed new system delivers on this promise and many actually believe that it is doing quite the opposite."

"With the NSW Government ignoring repeated calls from Local Government NSW to amend its proposed changes to the planning system, councils are becoming increasingly frustrated."

"If Premier O'Farrell does not respond to our letter within the next fortnight as we have requested, it is highly likely that some form of direct action campaign against the legislation will be proposed at the LGNSW Annual Conference next month."

On the 18th of September LGNSW announced:

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

Minister Hazzard confirmed he was willing to actively consider a number of concessions on the proposed new Planning legislation, responding to LGNSW calls for action. These include:
Code assessable developments will no longer be used in existing low density suburbs and will be limited to growth areas and Urban Activation Precincts.
The triple bottom line (economic, social and environmental) will be strengthened, restoring the balance to decision making.
The proposed limit on holding infrastructure contributions extends from three to five years, with provision for applying for an extension.
Joint President of Local Government NSW, Cr Keith Rhoades AFSM, said the meeting with Minister Hazzard was productive and a good result for Local Government.

Interim President Cr. Keith Rhoades AFSM has also been announced as the first new President of LGNSW Board, a position he shall hold for two years. Pittwater Council's Cr. Julie Hegarty has also been elected to this new Board. Details of all those elected are listed below.

Pittwater Council was a finalist for an A R Bluett Award this year, recognition of great work the Councillors and staff of Pittwater Council have achieved over the last year, including the new sportsfields at North Narrabeen High School, the Enliven Pittwater project to renew Pittwater's business centres and the partnership with the state government on planning for the future of Warriewood Valley and Ingleside.

The winner for this first new phase of local government was announced as Mid Western Regional Council, based at Mudgee and Tumbarumba Shire Council. Tumbarumba Shire Council is one of the smallest in NSW, and is one of only two councils in the state, the other being Sydney City Council, as having a 'strong' financial sustainability rating. The feature of the council's submission was its ability to work in partnership with state and federal government, private enterprise and the community, to deliver services to a small rural community at a time when many other communities have suffered reduced services. Highlights of the year included stage one of a retirement village project, upgrade of CBD (including free wi-fi), library extensions, a new waste water treatment plant, extensive upgrades to reserves, recreation and camping facilities, stage two of a housing estate, and the development of a new office and information centre in a joint project with National Parks & Wildlife Service at Khancoban. These were achieved against the background of four declared natural disasters and over $9M damage to roads, bridges and other community facilities.

The Trustees also made special mention of the achievements of Goldenfields Water County Council based at Temora and Upper Lachlan Shire Council based at Crookwell.

Trust Chairman Graeme Fleming concluded by saying, "at a time when local government is under increasing scrutiny, the Trustees were most impressed with the quality of the submissions for the 2013 A R Bluett award and would like to praise the level of excellence that exists within Local Government."

"Local Government can be more than proud of their achievements and this should be more widely acknowledged by other levels of Government and the general community", Mr Fleming said.

The first ever LGNSW Annual Conference was opened by Her Excellency Professor Marie Bashir AC CVO, Governor of NSW and we are privileged to be able to share a record of this address with you:

Speech by Her Excellency Professor Marie Bashir AC CVO, Governor of NSW at the Local Government NSW First ever Annual conference at Sydney Town Hall, Wednesday, 2 October 2013

It is indeed a pleasure to join you all this morning for the opening of the 2013 Local Government Annual Conference – certainly you represent that absolutely indispensable level of Government, which is certainly closest to the people for whom it is called upon to serve. And certainly you also represent that form of Government, from whom the people can directly demand accountability.

May I at this point thank Glen Doyle for his Welcome to Country and also affirm my respect for the Traditional Custodians of this land upon which we are gathered – the Gadigal People of the Eora Nation, - indeed for all Australia's Indigenous people, their ancestors and descendants, who have nurtured our great continent for tens of thousands of years. And I would like also to thank Sarah Toth for her beautiful presentation of our National Anthem.

There can be no doubt that for a diversity of reasons, not only media vigielnce and reporting, our well informed electorates demand more and more from their elected representatives, most especially in Local Government. And – I believe – you – the elected members of Local Government, and your skilled support staff, rarely fail to meet those continuing high expectations.

As I traverse the various regions of this rich and beautiful state, I have had the privilege of visiting many Local Government areas, meeting the Mayors and Councillors, citizens and children. I am constantly in awe of the extraordinary inclusiveness, sophistication, the services and responsiveness of each region to its people.

The importance placed upon the cultural life of the community and respect for, and celebration of the history and development – in its broadest sense – ancient, colonial and post-colonial is a source of pride and indeed gratitude – although so often we take this bounty for granted. But as well as the face to face responsiveness which characterises Local Government, there are also continuing challenges and demands – demands engendered by technological advances, and an increasingly knowledgeable and sophisticated electorate.
In recent times I have had the very great pleasure of attending a number of Local Government Historic Commemorations in our state, each celebrating sesquicentenary anniversaries of the official proclamations of a number of our great inland towns and cities.

These have Included:
WARREN, (SUNDAY, 17 APRIL 2011)
GOULBURN, (THURSDAY, 14 MARCH 2013)
BREWARRINA, (SUNDAY, 21 APRIL 2013)
NARRANDERA, (SATURDAY, 27 APRIL 2013)
OBERON, (SATURDAY, 6 JULY 2013)
Each has been different, imbued with its own special character but all sharing that extraordinary endowment 'The Australian Spirit' built on trust and camaraderie.

I am aware that the program spanning your two day conference is of critical importance in drawing together experiences and insights to chart the way ahead. This includes the very important challenge of resolving issues relating to the Planning system in NSW.
Other topics of critical importance to all such as financial stability, the incorporation of your two Associations to produce one voice, and the countless advantages of working together across the state.

I wish you all a most stimulating and enriching conference and a safe return home.

It is with great pleasure that I declare open the Local Government NSW 2013 Annual Conference.

Media release from LGNSW: LGNSW Board

The new Local Government NSW (LGNSW) Board has been elected at the first annual LGNSW Conference at the Sydney Town Hall.

Yesterday, Coffs Harbour Councillor Keith Rhoades AFSM was elected as the new President of LGNSW, and will lead the newly elected Board of Local Government NSW for the next two years.

This is the first LGNSW Board election since the Local Government Association of NSW and the Shires Association of NSW merged to become one strong, united association on 1 March 2013.

The following councillors have been elected to serve as Directors on the first LGNSW Board:

Metropolitan/Urban Directors

Khal Asfour - Bankstown City Council
Zoe Baker - North Sydney Council
George Greiss - Campbelltown City Council
Michael Hawatt - Canterbury City Council
Paul Hawker - Campbelltown City Council
Julie Hegarty - Pittwater City Council
Leo Kelly - Blacktown City Council
Scott Lloyd - Parramatta City Council
William (Bill) Pickering - Hurstville City Council
Emanuel Tsardoulias - Marrickville Council

Regional/Rural Directors

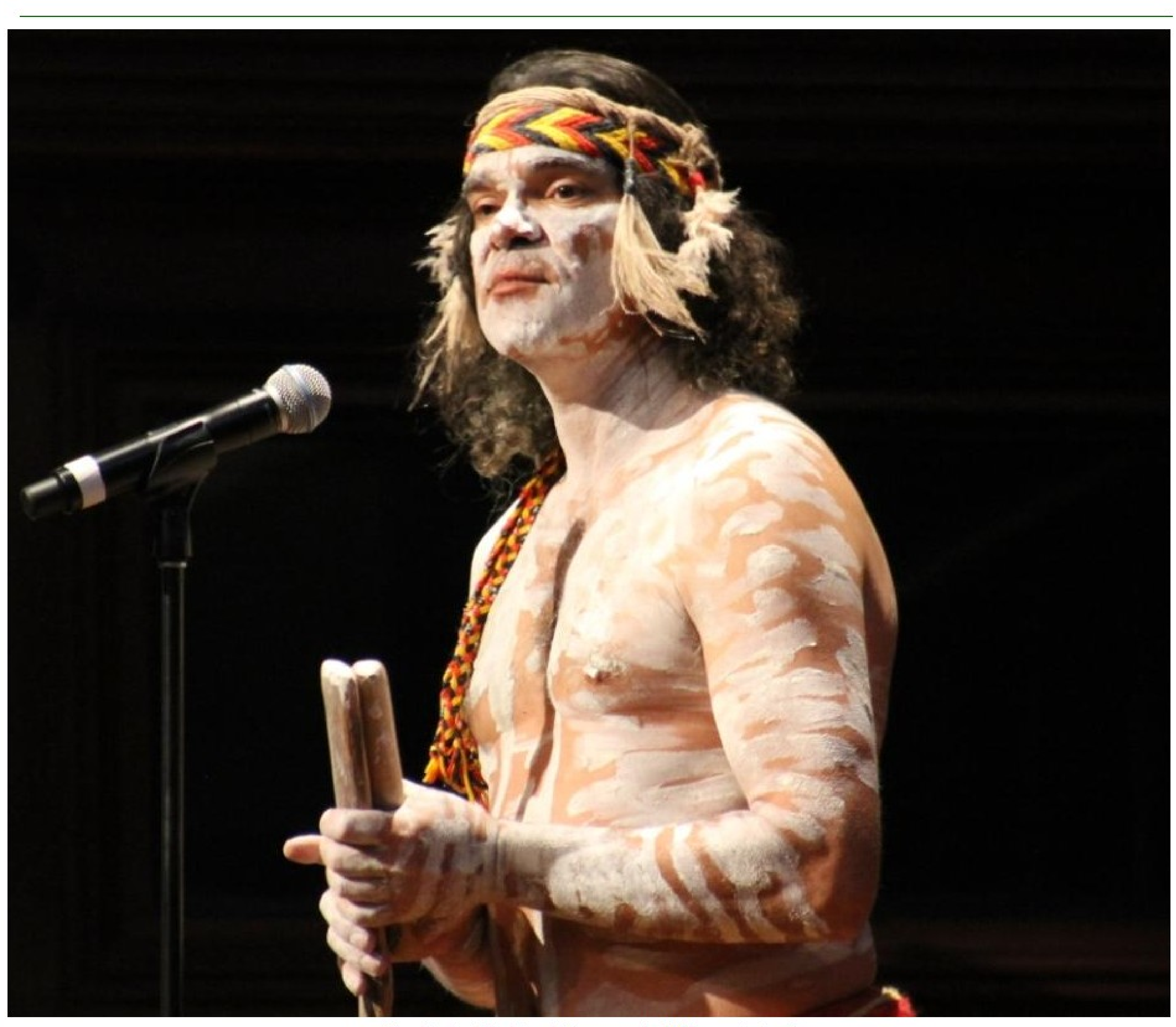
Jodie Harrison - Lake Macquarie City Council
Chris Manchester - Central Darling Shire Council
Greg Matthews - Dubbo City Council
Phyllis Miller - Forbes Shire Council
Denise Osborne - Greater Hume Shire Council
Lindsay Renwick - Deniliquin Council
Ben Shields - Dubbo City Council
Fergus Thomson - Eurobodalla Shire Council
Darriea Turley - Broken Hill City Council
Maria Woods - Walcha Shire Council

On Wednesday 2 October 2013 the following Office Bearers of LGNSW were elected:

President - Cr Keith Rhoades AFSM, Coffs Harbour City Council
Treasurer - Cr Paul Braybrooks OAM, Cootamundra Shire Council
Vice President (Regional / Rural) - Cr Bruce Miller, Cowra Shire Council
Vice President (Metropolitan/Urban) - Cr Con Hindi, Hurstville City Council

The LGNSW elections were managed by the Australian Electoral Commission. The Results showing candidates in ballot order can be found at: http://www.lgnsw.org.au/events-training/local-government-nsw-annual-conference/election-lgnsw-board-directors

Cr. Jacqui Townsend, Mayor of Pittwater at LGNSW first Annual Conference, Wednesday, 9th of October, 2013.



Glen Doyle of the Eora Nation gave the Welcome to Country

Report and Photos by A J Guesdon, 2013.

Tweet Like +1

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Lighthouse Peoples

Dravida tells me the eyes are the orifice created by the supernatural, traditionally, in first sought and found lore. They are the flesh crystals bestowed from divinity, as is shown in their iris's sparkle. The beamings or lines you see in them are another mirror of how all the rest of you is come together in Iridology terms. Those undulating waves wreathed between sign what you emit or release from these physical parts of you. Each iris, even in identical twins, is unique from ten months of age on. We all have individual stars in our eyes.

What state we are in colours what and how we see while what is truly there remains in its pure state, its everness, waiting to be 'found'. Mist threaded through winter trees brings a sense of beauty to one set of eyes, unveiling a lusciousness of wet trunks and earth scented air. To another these same mystic trees conjure up the shivers of ghost stories, the lone call of a bird another self languishing among fog. The beauty there is the pure state, and beauty coming to your eye from everything a truer seeing into by seeing what is in, even Inner, in Dravidic terms.

In my eyes and through my eyes I see an Ivory tower in the distance. It's been stuck in my eyes for three days now, beaming out its light, catching in my turning until I spend a moment turning to see. Even when its dark and fog has closed in I see it shining on the ridge of the hill opposite. It hovers on the horizon, a pale and royal blue-white column, hazy among the stars and landmark gleaming during the salty day. I watch it, take note of its changing hues. I think about walking there sometimes, but stand opposite looking, watching, seeing. It places white light here, where it can be touched.

Another and another appears between the treetops and line of ocean suddenly sky until there are watchtowers on all hills. Some are spires into the sky, some domed, others earth proportioned pipes of Nature humming rock into earth into tree bird breath and air into ever-song. Many have gold lit windows making them stout candle sights but all are from Nature, weaved together, unable to rise above the surface without being places of Higher substance, clearer air, purer energy. Perhaps they're metaphysical watchtowers alike temple, church, shrine places, with holy water as dew pouring from the 'connected to heaven' essence in the flowers growing from their hallowing grounds. I was only going to get to see them once I grew into this way of being, had the veil that hides them lift from my eyes. Perhaps they are other people, strong as steel when needed, tender as flowers all the rest of the time, throwing up columns of their heavenly beamings. People have been Watchtowers through the Ages, someone looked to for the Light they bring, their times their 'Keep'. Melchisedek is one of these, a Watchtower Beaming. The Gnostics we have met along this Way know Melchisedek as one who gathers and emits light.

Cooler daylights show this watchtower to be two separate houses just below the hilltop, an arched doorway last night's yellow-lit old world window, the tower of light that rose above, making them one, melded from a mix of sunset, salt laden sea-haze, low white clouds and moonbeams.

Salt draws other shards of rainbows out of coastal air. During summer the humid sea haze and the small summer breezes running in small trillings or soft buffets up all the green coastal hills, overlapping sea with earth, make small clouds that grow larger appear above where cool wet ocean air meets sun warmed headland. They hover in turning twirling white arcs and elongated threads. Over higher thicker headland more stolid cumulus appear and hover without being lifted to the hotter sky where they may evaporate back into the blue. As Signs of they're signalling what draws through the larger sky, and even the larger season, on either side of each moment of each day. Then the places where watchtowers appear during other conditions, to reveal all else there, appear to be an angelic extension of the concord and exultation between sea, air and land. Genius of place is Spirit of Place and this must colour and design each hill's watchtower variation.

Just yesterday I went up the hill to look at what was flowering around the watchtower and found five plants in bloom. Strongest and most profuse were two white varieties and one dubbed 'black', black and white. One white flower-ring has a meaning of how we are all one here, the other a meaning being of 'flow', the last a meaning of being a conduit for messages from heaven. Imagine yourself what this place among the places was being physically, mindfully, in feel, in essence-full dews and in spiritual terms. It is apt it is a watchtower place but also you may ken the particular sense of sacred it was being on this afternoon. In other seasons or even the very next morning after a light or heavy rain, other flowers of varying colours will bloom together, changing by shifts and degrees what comes out from and establishes in each part of each season meets what is needed in mind, body and spirit. Remember birds, of air, ants, of earth, and all the made from water marsupials who roll in the dew and eat the tender roots, love the flower nectars. They know to sup what each day brings. Remember, this is a spiritual Garden, planes and beams knit all around us, are to be imbibed, to be breathed in, to fill our senses with purest meaning, with the living, ongoing and gethering Converse of discourse.

Seeing what's right before your eyes, all the signs, and what they are signalling, from single leaf to tree crown, as much as the airs above them, as well as inner, inner, in, is keeping your eyes open and finally allowing them to open what is before you and see what then comes to your eye. The 'tune in' is no 'drop out', it is, in fact, tuning in your full beaming. Attune yourself, attune to, do the work, sense the truth. Rock back and forth, hip to hip, to sense uprightness in you, in your spine, until the white beam of spiritous soul thread at your core springs up, puts on your metaphysical body so all slows, stills, attains its true dimension and shape. This then brings on your spiritual body, and the white beam of spark running through you, up through your crown. There you are aligned, part of, and the pure and truth is clear, clearer clear.

The true in you springs up, like a sword backbone that comes for all questing, white thread beaming. Upright you can see the garden within you and then, with eyes wider open, see you are with the garden all around you too. We have clung to keeping our eyes on everything, gaze steadily at the shape and size of all, fathoming. We know we gave up a resplendent cloak to don a lesser nakedness and want the first brilliance returned. All through the centuries we have tried to find our way back again, eternally mumbling 'what else?' over our shoulders. We glance back trying to see how to go forward.

Extract from *Melchisedek's Garden*, Chapter &, Seeing Things. Copyright A J Guesdon, 2008.

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

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Community News | Pictures | Inbox News | Books | Events | Artist of the Month | Reflections | DIY Hints | Collector's Corner | Past Features
Community Clubs | Community Forum

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Articles This Week

Front Page Issue 131 - **Openings** of - International Fleet Review 2013 + Palliative Care Upgrade at Mona Vale Hospital + Avalon Beach Historical 8th Great Historic Photographic exhibition + Whale Beach SLSC clubhouse + LGNSW First Annual Conference - **Historic Events have marked this week by the beginnings of brand new eras in our community and the community around us**

International Fleet Review Pictorial from RAN Fleet Entance on 4th of October 2013 to Sydney Harbour by Brian Friend OAM - retired Water Policeman

Avalon Beach Historical Society Opens its 8th Great Historic Photographic exhibition and 30th Anniversary

Palliative Care Upgrades at Mona Vale Hospital Official Opening - community care from the community

Whale Beach SLSC Opens it's new clubhouse and celebrates its 75th anniversary

Historic First ever Local Government NSW Conference at Sydney Town Hall - Cr. Julie Hegarty elected to first Board

Reflections by George Repin: THE TOBY TAVERN

Pictures: International Fleet Review 2013 - **Tall Ships Enter Sydney Harbour** by Michael Mannington

Profile of the Week: **October 2013 - Pittwater Spring Gentlemen - Jervis Sparks** - the Barrenjoey Man shares some insights on his 'passport to the world' and living at the lighthouse

History: **October 2013 A History of Pittwater** by John Illingsworth - **two wonderful films focusing on PART 1: DISCOVERY and PART 4: WEST HEAD FORTRESS**

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

Artist of the Month for October 2013: **Cade Turner - brilliant photographic artist**

Daylight Saving 2013 Starts Today

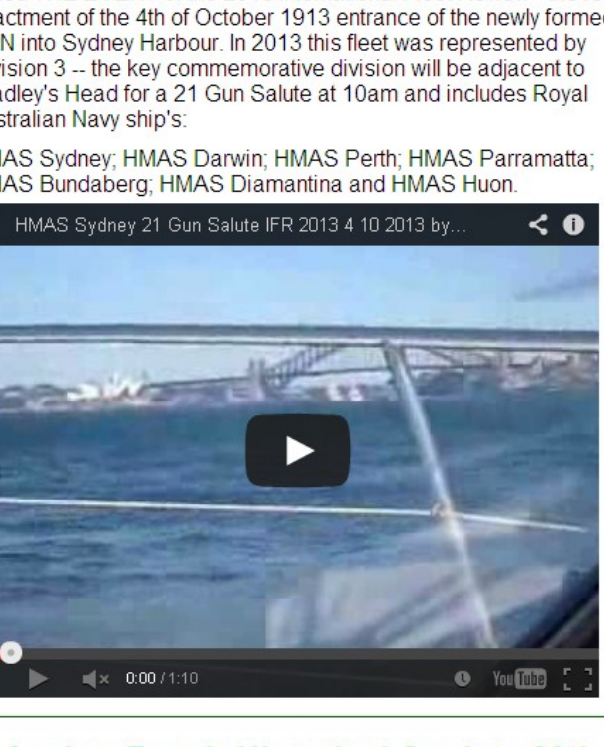
Daylight saving began in NSW this morning, **Sunday, 6 October 2013, when clocks went forward one hour at 2:00 am**. If you just woke up, have glanced at this and not changed your clock, it may be later then you think!

Daylight saving ends in NSW on Sunday, 6 April 2014, when clocks go back one hour at 3:00 am.

HMAS Sydney 21 Gun Salute IFR by Brian Friend - published October 4, 2013

Brian Friend, retired Water Policeman of Pittwater and Broken Bay, filmed THE EVENT of the 2013 International Fleet Review - the re-enactment of the 4th of October 1913 entrance of the newly formed RAN into Sydney Harbour. In 2013 this fleet was represented by Division 3 -- the key commemorative division will be adjacent to Bradley's Head for a 21 Gun Salute at 10am and includes Royal Australian Navy ship's:

HMAS Sydney; HMAS Darwin; HMAS Perth; HMAS Parramatta; HMAS Bundaberg; HMAS Diamantina and HMAS Huon.



Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition

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

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

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

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

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

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

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

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

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

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

From Avalon Beach Historical Society

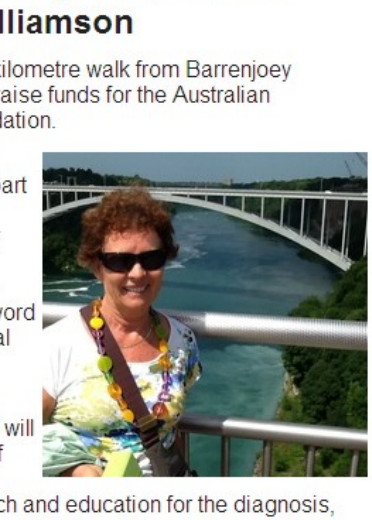
See More Photos from this Great Historical Society Shared HERE

Avalon Beach Historical Society: avalonbeachhistory.com.au

THE BLOODY LONG WALK
Lighthouse — North Head
A 35km Challenge to Cure Mito
Sunday 3 November 2013
Walk Long to Run!

The Bloody Long Walk – Susan Williamson

The bloody long walk is a 35kilometre walk from Barrenjoey Lighthouse to North Head to raise funds for the Australian Mitochondrial Disease Foundation.



One of our past contributors, Susan Williamson, is taking part in this marathon stroll this November. Please show your support by giving through Susan's Supporter page and share this link to spread the word about Australian Mitochondrial Disease Foundation.

The Australian Mitochondrial Disease Foundation (AMDF) will offer support to all sufferers of mitochondrial disorders. Its mission is to promote research and education for the diagnosis, treatment and cure of mitochondrial disorders, and to provide support to affected individuals and families.

You can pledge your support for Susan HERE or register to get involved yourself HERE

ALS Lifeguards Start Patrols – by Surf Life Saving NSW

The Australian Lifeguard Service (ALS) has kicked off its annual summer patrol service, with Lifeguards patrolling some of the state's busiest beaches during the next seven months including the Spring, Summer and Autumn school holidays.

As beachgoers flock back to the beaches this season the ALS is urging families to put safety first when planning a day at the beach.

"During the summer period many residents and holiday makers will be taking advantage of the great weather and heading to the beach, but it's important they don't lose sight of surf safety," said Northern NSW Lifeguard Coordinator, Scott McCartney. "The best way for people to stay safe on the beach this summer is to **swim only at patrolled beaches, between the red and yellow flags**."

Many NSW councils have realised the benefit of ensuring a total service provision, as the Australian Lifeguard Service integrates with Surf Life Saving's volunteer patrol structure, state-wide support operations network, 24-hour emergency callout system and strategically located Westpac Rescue helicopter services.

Southern NSW Lifeguard Coordinator Phil Dunn, says that Lifeguards will once again be taking a proactive approach to beach safety with the aim of continually improving beach safety at ALS patrolled beaches.

"Some people don't realise that the flagged areas of the beach are not only patrolled by trained lifeguards, they have also been identified as the safest places to swim.

"If you are ever unsure about the conditions, have a chat to one of the lifeguards on duty before entering the water and always try to swim with a friend where possible."

"And always remember – if we can't see you, we can't save you," said Mr Dunn.

Lifeguard services have commenced in Tweed, Ballina, Richmond, Clarence Valley, Bellingen, Kempsey, Great Lakes, Port Stephens and Pittwater Councils.

ALS Lifeguards will also commence patrols at Byron, Nambucca and Bega councils later in 2013.

Download the new Beachsafe for iPhone app, which gives you access to patrol locations and hours and real-time weather and surf conditions, anywhere along the coast this summer.

Visit www.beachsafe.org.au for all beach safety information.

Regatta to Help Local Multihull Sailors Defend World Titles

The Beware the Bullets Regatta **November 9 - 10 on Pittwater**, an open event for all beach catamarans, will give local sailors a chance to prepare for the upcoming Hobie 16 World Championships in Jervis Bay, NSW.

Hobie sailors from the Palm Beach Sailing Club (PBSC) are on a mission to defend their world titles early 2014. Possibly inspired by America's Cup Oracle skipper, James Spithill, who was also a Hobie sailor on Pittwater, the entrants list for this year's Hobie 16 Worlds is record breaking.

Typically an event that requires Aussies to travel to Europe, America, Africa and Asia every year will now only be hours away. Registration includes 375 competitors from 14 countries. PBSC has over 20 members competing this year.

The local club has a collection of world champions defending their titles including Anthony Duchatel and Evelyn Curtis as Grand Masters, Rod and Kerry Waterhouse as Masters Champions, and Jason Waterhouse and Lisa Darmanian as Youth Champions. Jason Waterhouse recently represented Australia in the Red Bull Youth America's Cup in San Francisco as a skipper.

We have a great legacy of Olympic, world and national champions of various multihulls coming from our club, says Commodore Dick Clarke. The competition is going to be fierce but the Aussies will represent some of the very best. You can count on them being prepared and passionate about their sailing, and probably having the most fun too - which is at the heart of why we sail.

PBSC is looking for multihull sailors to join them at their Bullets Regatta November 9-10 at Sandy Point, Pittwater. All levels of sailors are welcome, whether novice or champion. For more information visit www.pbsc.org.au, or contact Dick Clarke at commodore@pbsc.org.au

NSW Economic Development Framework

Consultation on priority industry actions for Government focus in 2014

You are invited to contribute to the NSW Government's 2014 actions to drive industry growth. The NSW Economic Development Framework is the NSW Government's roadmap for driving growth in priority NSW industries and the broader NSW economy over the next ten years.

Released in December 2012 as part of the NSW Government's response to the Industry Action Plans, the ***NSW Economic Development Framework*** (PDF) outlined 40 priority actions for Government focus in 2013, with strong progress made across all actions to date.

To ensure that the most appropriate actions are prioritised in 2014, interested parties are invited to review the ***2014 Priorities Consultation Document*** [PDF] and **provide feedback by Friday 25 October 2013.**

Feedback options

Comments, feedback and suggestions are encouraged through this Have Your Say forum and the associated survey on the potential actions areas.

Written submissions may also be emailed to 2014.priorities@business.nsw.gov.au

Consultation workshops will be held with industry representatives between Tuesday 15 October and Thursday 17 October 2013. Please email maria.sarelas@trade.nsw.gov.au **by Thursday 10 October** if you would like to participate.

The potential action areas for industry feedback in the consultation document have been developed based on recommendations of the Industry Action Plan Taskforces, industry workshops held in June 2013, and industry and community input provided at the NSW Government's Business Leadership Forum in September 2013.

Recognising the power of partnership, additional feedback is sought to identify priority actions for 2014, including industry and community partners for co-development and co-delivery of initiatives.

Following consultation and identification of delivery partners, the final 2014 priority actions will be released in December 2013.

All Documents at: http://engage.haveyoursay.nsw.gov.au/2014-economic-development-framework

United Effort To Save Barrenjoey Headland Heritage - 30 September 2013

Member for Pittwater Rob Stokes today thanked everyone involved in Saturday's effort to save the iconic heritage buildings atop Barrenjoey Headland. Despite around 95% of the headland's bushland being destroyed by a freak fire which broke out just after 2pm, only minimal damage was sustained to the light keeper's cottages and all visitors in the area were safely evacuated.

In addition to Pittwater's emergency services, especially the Rural Fire Service, Palm Beach's two surf life saving clubs, Marine Rescue volunteers, the National Parks and Wildlife Service and numerous passers-by all played pivotal roles in this well-coordinated and professional response.

"This was a true united effort by our emergency services, residents and local volunteers," Rob Stokes said today. "There's no doubt the quick thinking of Palm Beach's surf lifesavers and various walkers in the area helped saved lives and avert the destruction of these iconic buildings.

"Incidents like this demonstrate how quickly and professionally our local volunteer organisations and emergency services can swing into gear and work collaboratively on behalf of our community.

"Whilst the bushland will grow back - the heritage listed cottages are an important part of Pittwater's history and their destruction would have been a huge loss for our community.

"The focus is now on ensuring the area is safe, repairing damage to the buildings and reopening the headland to the public as quickly as possible.

"Saturday's incident also serves as a stark reminder, on the brink of summer, of how quickly fires can break out and the importance of residents in vulnerable areas taking necessary precautionary measures.

"Thank you to everyone involved in this swift and well executed operation," Rob Stokes said.

Above: Barrenjoey aftermath - Photo by Angus Bullough

Standard Retirement Village Contracts Now In Place - 1 October 2013

Member for Pittwater Rob Stokes today said all local retirement villages are required to have a standard contract available for prospective residents from today.

The development of a standard retirement village contract was a key commitment of the NSW Liberal Government and aims to provide residents with greater clarity and understanding, and enable easier comparison between villages, before deciding to enter into a contract.

All NSW retirement villages are required to have the new standard contract in place from today, along with a general enquiry document that explains the services and facilities available within the village.

"The introduction of a standard contract aims to make the transition into a retirement village as simple and straightforward as possible," Rob Stokes said today. "Anyone that's dealt with retirement village contracts knows they can be overly complex, inconsistent and confusing.

"These changes will help ensure those considering the move into one of Pittwater's many retirement villages can make better informed and more confident decisions.

"Transitioning into a retirement village is often a daunting experience for many older residents and shouldn't involve sifting through hidden clauses and loopholes.

"Prospective residents need a contract that clearly sets out their rights and obligations in an easy to understand format.

"Operators that don't have the new standard contract in place from today face a potential fine of up to $55,000 and risk not being able to enforce contracts.

"Pittwater's growing older population means these reforms will help provide clarity and certainty for many local residents," Rob Stokes said.

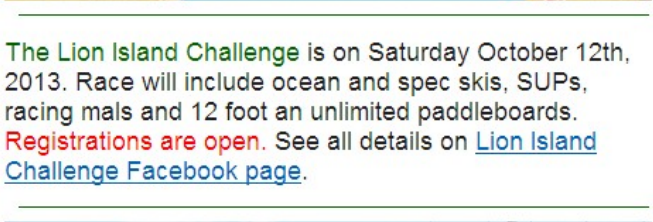
Pittwater's Famine Village 40 Hour Famine Final Tally

Hi Everyone, just thought I would give you one last update and thank you all again for your fantastic support. As you can see below, the Pittwater Famine Village raised $32,974 which is a terrific result and something to build on for next year.

We hope to incorporate next year's Break the Famine Lunch event into a bigger family fun day event where we as a church can serve our community and show Christ's love.

Please put on your church calendar for next year the 40 Hour Famine dates - **August 15th – 17th 2014**

Mark Corbett-Jones



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

Australia's Hamilton Island Yacht Club confirmed as Challenger of Record

The following statement was issued by the Golden Gate Yacht Club (GGYC), the defender and trustee of the America's Cup, on Monday, September 30:

Hamilton Island Yacht Club (HIYC), located on the edge of the Great Barrier Reef in Queensland, Australia, has challenged for the 35th America's Cup. HIYC's challenge has been accepted by the Golden Gate Yacht Club, which remains the Defender and Trustee of the world's oldest international sporting trophy after its team, ORACLE TEAM USA owned by Larry Ellison, won the 34th America's Cup in San Francisco last Wednesday.

For the past three decades HIYC has run Audi Hamilton Island Race Week, which has become the largest annual regatta in Australia with some 200 offshore yachts competing in recent years.

HIYC is led by Australian winemaker and sailing legend Bob Oatley, whose succession of yachts named ***Wild Oats*** have dominated ocean racing in Australia for years, including having won six of the last eight Sydney-Hobart races. An Australian team led by Mr. Oatley won the last Admiral's Cup, widely regarded as the world's top prize in ocean racing.

The challenge was filed by Mr. Oatley and his son, Sandy, on behalf of HIYC shortly after ORACLE TEAM USA won the thrilling deciding final race in the 34th America's Cup against Emirates Team New Zealand on San Francisco Bay on September 25th.

"We are delighted to have Hamilton Island Yacht Club and the Oatley's leading Australia back into the America's Cup for the first time since 2000," said GGYC Vice Commodore and America's Cup liaison Tom Ehman. "Hamilton Island's challenge was filed on the day Australia was celebrating the 30th anniversary of Australia II's historic win in 1983 America's Cup off Newport, RI, which ended New York Yacht Club's 132-year reign as the Cup's defender."

"Given Australia's previous success in the America's Cup, the Admiral's Cup and Olympic yachting, and as proud Australians, we think it is time for our nation to be back in our sport's pinnacle event," Mr. Oatley said. "The recently completed America's Cup in San Francisco has revolutionized the sport for sailors and fans, and we were excited to see how many countries watched it closely through TV, the Internet, and social media. We look forward to the team and in the regatta organization."

Vice Commodore Ehman added: "The dates, type of boat, format and rules are subject to negotiation between the Challenger of Record and Defender following consultation with prospective challengers, venues, sponsors and other stakeholders. Both Clubs are keen to have multiple challengers, as has been the norm since 1970, and to cut campaign costs for all teams. But first we must determine the venue, which, under the America's Cup Deed of Gift, is decided by the Defender."

GGYC and HIYC expect to have a Protocol Governing the 35th America's Cup, including dates, venue, boats and other details, agreed and published in the first few months of 2014.

Wild Oats X at RPAYC photo by A J Guesdon.

Multihulls added to the 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014 - 30 September 2013

In the year of the super catamaran, Sydney's Royal Prince Alfred Yacht Club has announced it has opened the doors of its premier event to multihulls. The home club of the two-time winning America's Cup skipper, James Spithill, has declared that after 32 years of conducting the Club Marine Pittwater to Coffs Harbour ocean race and regatta for monohulls, the event now welcomes eligible multihulls.

The RPAYC at Newport has recognised the multihull market's potential and development in terms of the technology race, and believes their inclusion will inject the Category 2 bluewater race and regatta with a new energy while creating an opportunity to bring the two fleets together.

Within days of the Notice of Race being amended, Paul Nudd from Wangi Sailing Club at Lake Macquarie had signed up for the 226 nautical mile coastal classic starting January 2, 2014 from Broken Bay.

Sean Langman's radical Orma 60 trimaran, Team Australia, currently the fastest multihull in the Southern Hemisphere, was the second multihull entry immediately following.

"Inviting multihull competitors to contest the Pittwater to Coffs race for the first time in more than three decades is a great opportunity to extend the event," said the organising club's committee chairman, Richard Hudson. "Given the awesome action we've just witnessed in the America's Cup in San Francisco, we feel it's the perfect time to give multihulls this opening.

"Multihulls have limited opportunities in Australia to race offshore with keelboat fleets; welcoming them within the Coffs fleet is very exciting," Hudson added.

The response to the club's move was swift and positive.

"**Team Australia's crew is excited to have officially entered the 2014 Pittwater Coffs race**," said Sean Langman. "RPAYC is to be applauded for including a multihull division. The decision to invite Cat 2 offshore racing multihulls to race is an historic Australian yachting initiative," he added.

Paul Nudd was the first multihull entry in the event's history with his Brendan Egan designed 30-foot (9.1m) catamaran *Two Tribes*, which was primarily built for inshore racing but also has offshore capabilities.

"This decision has been a long time coming," said Nudd. "I've been lobbying the mainstream yacht clubs since 1990, dropped out of the scene in 2000 and have just come back into the sport.

"This past America's Cup and Sean Langman trying to get races going with Team Australia I think has made the difference. Sean has been working hard; he's got a lot more clout that I ever had."

Nudd last competed in the Pittwater Coffs race in the 1990s short-handed on a keel boat. This time he'll be racing a slippery minimalist catamaran with the required crew of five and in the right conditions sees the potential for a 24 hour record run to the mid north NSW coast.

"If we get ideal conditions, in our case that's a 15 knot sou'easter, we will be racing at speeds in the mid-20s and could do it in 24hrs."

The multihulls will battle it out for handicap honours in a separate division under the Offshore Multihull Rating Rule (OMR) and vie for their own line honours trophy and race record. This will preserve the 10 year monohull race record set by Bob Oatley's Wild Oats IX in a time of 18 hours 29 minutes and 14 seconds.

"A lot of people are talking about the RPAYC's announcement and there is quite a bit of interest. I'll certainly be lobbying the guys at our next regatta," promised Nudd.

Double the size of Two Tribes will be Langman's high profile trimaran, which made the news earlier in the year for setting a new World Sailing Speed Council passage record from Sydney to Hobart.

"To have a boat the calibre of Sean's Team Australia is great for this race and will be a spectacle at the start line and in Coffs Harbour for the finish," said Hudson.

The warning signal for the Club Marine Pittwater & Coffs Harbour fleet will be 1300hrs on January 2, 2014, after the multihulls have led the way off the same start line. Their start time will depend on the number of entries in this new division.

The multihull finish will be the outside finishing line off the entrance to the main harbour formed by the Coffs Harbour Blue Lead Lights in transit.

Due to the layout of the Coffs Harbour marina unfortunately multihulls can't be accommodated in the harbour. Instead they will be provided with moorings in the outer harbour. Prior to the start multihulls will be accommodated at RPAYC on Sydney's Northern Beaches.

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

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

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

By Lisa Ratcliff / Club Marine Pittwater & Coffs Harbour Regatta media. Photo of Team Australia by Andrea Francolini

PITTWATER COUNCIL

PITTWATER ARTIST GRANT PROGRAM OPENS

The Pittwater Community Arts organisation is offering a new grant for emerging young local artists, with support from Pittwater Council.

The 'Emerging Artist Grant' will be awarded to a young Pittwater based artist or artisan **aged between 18-30 years** in early December. The grant of $2000 will then be used by the grant recipient to develop and or market a new body of work that will be shown at Newport Community Arts in April next year.

Applications open on Tuesday 1 October 2013 and will close on 1 November. Applicants can apply via the Pittwater Community Arts website at www.pittwaterarts.com and must be members of the organisation. Annual memberships cost $20.

President of Pittwater Community Arts Lorne Morgan said the new grant program was an exciting step forward for the organisation.

"Awareness of Pittwater-based artists has been growing for some time and this is another way we can support emerging artistic talent and help it blossom," she said.

Ms Morgan said the grant program represented an exciting evolution for Pittwater Community Arts, with it being the first major grant ever offered by the organisation.

The Council will support the grant program by offering a 50 metre space at Newport Community Centre free of charge to the grant recipient for the April exhibition of their work. The Council will also provide hanging systems and screens for wall-mounted works.

Mayor Jacqui Townsend said the grant program reinforced the Council's commitment to nurturing the arts in Pittwater.

"We're currently planning a series of events for Pittwater during the summer months which will showcase creativity and the arts through the Enliven Pittwater program."

"Details of all these events will be announced in the next few weeks."

IMPROVEMENTS COMING TO PITTWATER'S WASTE SERVICE

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

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

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

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

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

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

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

SPRING INTO READING AT MONA VALE LIBRARY

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

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

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

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

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

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

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

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

MIND MATTERS!

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

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

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

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

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

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

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

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

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

NEW SWIMMING POOLS INSPECTION PROGRAM

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

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

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

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

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

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

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

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

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

Pittwater Offshore Newsletter Update 4/10/2013: click on Logo. Also has an Extensive Local Directory.

Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

The NSW Government Gazette

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

The NSW Government Gazette contains:

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

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood. Mona Vale Library has started a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is October 6th, 2013. - CANCELLED DUE TO LONG WEEKEND**

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

Aboriginal Support Group Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

ANZAC Centenary 2015

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

New Season for Sailability Pittwater

Sailability Pittwater is a volunteer organisation which provides sailing for people with a disability. Our main recreational sailing activities are at Rowland Reserve, Bayview, and we run competitive sailing for people with a disability out of RPAYC Newport. **We are currently looking for new volunteers for our Saturday morning program at Rowland Reserve and Tuesdays at RPA.** Visit our website for more information at www.sailability.org.au/pittwater or call John on 99825656 / 0409391065

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 1950s

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 these glory days. 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

CULTURAL EXCHANGE OPPORTUNITY

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

Tadaoka, the host city of the international marathon has a friendship agreement with Pittwater and has invited runners from the area to participate in this annual race.

The city of Tadaoka will pay for the return travel from Sydney to Osaka for the participants as well as accommodation costs in Japan. The period of stay in Japan will be from 13 to 18 February.

Preference will be given to Pittwater residents

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

MONA VALE LIBRARY | PITTWATER COUNCIL

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KATANDRA SANCTUARY by Pittwater EcoWarriors - Published on Oct 2, 2013

CLICK ON THIS LINK TO SIGN THE PETITION

KATANDRA SANCTUARY
NO Seminar Generation
LIFE CORRIDOR
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ARTISTS & CRAFTSMEN OF PITTWATER - Mona Vale Exhibition and Sale

The Artists & Craftsmen of Pittwater (Bringing Art & Craft to Pittwater for past 40yrs.) had a wonderful display and sale this week. This year a segment of this show was dedicated to presenting Paintings and hand made craft and homewares with that vintage touch.

Pictured here are Jos McFall and Kathy Dall'Amico with some of the beautiful creations that filled Mona Vale Memorial Hall on Thursday, Friday and Saturday.

Photos by A J Guesdon

GAMINEI
IMAGINE

DEC Reunion.

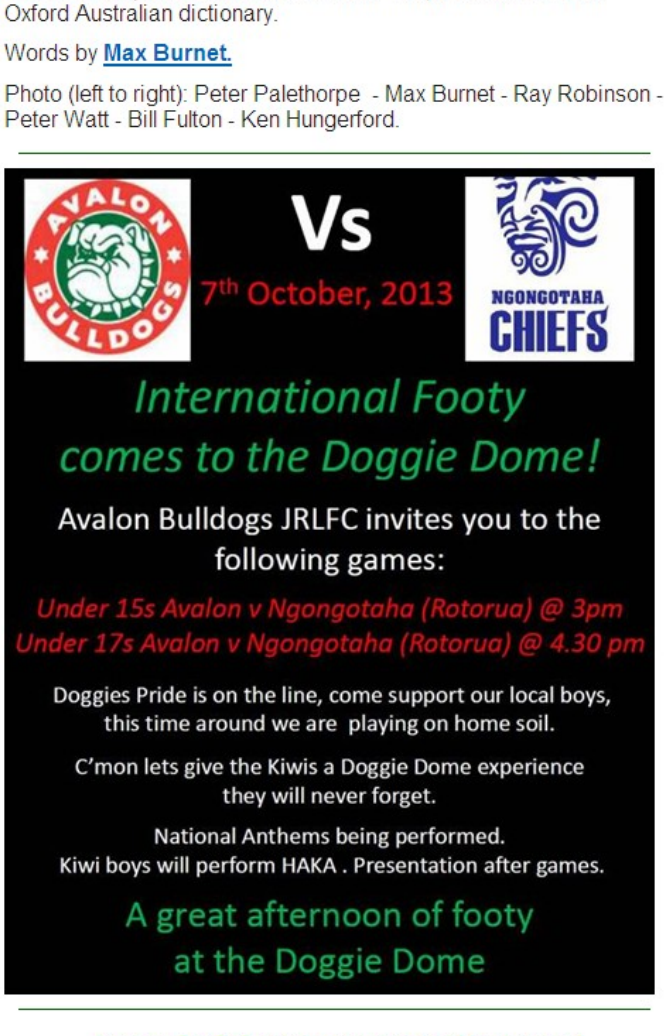
Six veterans of the Australian computer industry gathered together at the Mona Vale "Technology Discovery Shed" on Wednesday the 2nd October 2013. All six started working with computers in the 1960's and 70's. They spent most of their careers working with computers from DEC (Digital Equipment Corp), being the famous PDP-8's, PDP-11's and VAX computer lines. When returning from a re-union lunch, they were impressed by the sculpture outside the Mona Vale library.

One can only I M A G N E the advances in computing that they have seen over the last 40 plus years. Bob Moran, manager of the "Discovery Shed", said that it had many examples of early computers on show and undergoing restoration.

One of the veterans used his smart phone to suggest that "gamine" was the best possible Scrabble score. Yes, it is a word in the Oxford Australian dictionary.

Words by Max Burnet.

Photo (left to right): Peter Palethorpe - Max Burnet - Ray Robinson - Peter Watt - Bill Fulton - Ken Hungerford.



AVALON BULLDOGS Vs NGONGOTAHA CHIEFS

7th October, 2013

International Footy comes to the Doggie Dome!

Avalon Bulldogs JRLFC invites you to the following games:

Under 15s Avalon v Ngongotaha (Rotorua) @ 3pm
Under 17s Avalon v Ngongotaha (Rotorua) @ 4.30 pm

Doggies Pride is on the line, come support our local boys, this time around we are playing on home soil.

C'mon lets give the Kiwis a Doggie Dome experience they will never forget.

National Anthems being performed.
Kiwi boys will perform HAKA . Presentation after games.

A great afternoon of footy at the Doggie Dome

Avalon Craft Cottage coming to Warriewood

The Avalon Craft Cottage members are all geared up and ready for the first of their big Christmas stalls, coming up in just a couple of weeks at Centro Warriewood.

One week only at Warriewood .... Monday 21st to Sunday 27th October..... great gifts for Christmas giving. Watch this space next week for all the details....

Pet of the Week - from DoggieRescue.com

From this Issue we will feature a 'Pet of the Week' section in the Community News page from the Doggie Rescue Team. This week's little darling is named Daisy - details below.

NAME: Daisy MEET AT: Ingleside. AGE/SEX: 16 weeks / F CONTACT: Monika. BREED: Terrier x Phone NUMBER: 9486 3133

Daisy is available for adoption now! She is a small terrier cross who has been attending puppy pre-school. She is socialised with other dogs and pups and has grown up with cats. If you are interested please fill in the adoption form and email it to monika@doggierescue.com Small size. Cat Friendly. Suit Home-Based Worker

Our puppies will come with 3 puppy vaccinations, heartworm free, microchipped and with desexing. Each pup is $500.00. Mum's name is Narla (2yo) and father is Simba (2yo). You can find them on the website. For details call DoggieRescue on 9486 3133 or email monika@DoggieRescue.com. Visit www.DoggieRescue.com to see all our dogs.

www.facebook.com/doggierescue or

www.twitter.com/monikadogrescue

2014 Calendar is a life saver

DoggieRescue has released its 2014 Calendar. As the organisation's major fundraiser for the year the goal is to raise $75,000 to support its work in rescuing and re-homing abandoned dogs from death row in Sydney's pounds.

"Every single calendar sold helps us to save lives" explained DoggieRescue founder, Monika Biernacki. "Just recently the pound alerted us to the case of a 12 month old Pomeranian-cross with a shocking eye condition that needed urgent treatment. We were fortunate to be in a position where we could just jump in and get the surgery done without thinking twice."

The vet who operated on the dog, now named Captain Jack, said that he must have been left suffering in agony for at least two weeks. The eye was damaged beyond repair and had to be removed but he is recovering well and is pain free.

"He was a very sacred little boy when he came to us but every day he is becoming more confident and we now see his tail wagging. He has a twinkle in his eye and there is lightness in his step. He is so relieved that the suffering is behind him." said Monika.

Since 2001, the largely volunteer-run charity has saved over 10,000 dogs from death row and does not turn away from difficult cases or those in need of what can be very expensive veterinary care.

"That's why the calendar is so important – without fundraising we would not be able to help dogs like Captain Jack. All the dogs sitting on death row have nowhere else to turn to we simply are their last chance. And regardless of their age or medical needs, they all deserve the opportunity of a safe and happy life."

The 2014 DoggieRescue calendar costs just $15 and makes the perfect Christmas gift for friends and family. It is available online at www.DoggieRescue.com.au or can be purchased by calling 9486 3133 or by visiting the shelter at Ingleside.

Background

DoggieRescue.com is Australia's largest No-kill charity, in operation since 2001 with the primary objective of saving dogs from death row from council pounds. DoggieRescue has saved almost 10,600 dogs and has more than 200 dogs looking for homes. It relies on dog lovers to keep its doors open and is largely a volunteer run organisation. Visit www.DoggieRescue.com or call 9486 3133 for details.

Dolphins in Pittwater - 27 Sept 2013 by Colin Batt – C/- Pittwater Offshore Newsletter - Published on 30 Sep 2013

We came across this pod of dolphins while we were out in the little launch. They played around the boat for about 20 mins. What a great thrill!

Dolphins in Pittwater - 27 Sept 2013
0:00 / 0:26

Whales off Warriewood

On Thursday this week we were lucky to spot a mothjer and baby off Warriewood Beach - although a fair way out, their leaps and the flock of birds following them seemed to indicate a fair amount of other fish were fleeing before these giants.

Larraine Hall, past President of the Rotary Club of Pittwater, related at the Palliative Care upgrades Official Opening how while having lunch at Long Reef Golf Club earlier in the week a whale stayed and played in the bay beneath this promontory.

With more of these magnificent creatures migrating south at present you are sure to spot one if you keep your eyes open and on the sea while enjoying our beaches.

Photos here by A J Guesdon.

Pittwater Friends of Soibada - October 2013 Trip

In just over a week members of the Pittwater Friends of Soibada, ably led by Tamara Sloper Harding, will be making their next trip to Timor Leste. Tamara reports another great volunteer has joined the group this week, Lucinda Rose. An anonymous donor has given PFOS a piano keyboard for the village - musical instruments are in great demand.

From Tamara Sloper Harding:

This trip is going to be amazing - with fantastic musician Ray Forster and Ans with us to do some teaching, Vita Fontana for English lessons, Linley Cornish and Keira, Lucinda Rose, to assist with a variety of projects (craft, tourism, small business etc) Ana Paula Guterres as our fantastic translator (we would be lost without you!) and the talented Tanya Lake as photographer! Lots of meetings lined up for me about tourism, decentralisation of government, bridges, roads, gardens and small business.

We still need a doctor or nurse for this trip so if you can come with us please contact me at: tamara.harding@bigpond.com.au

Probus Club of Pittwater - Monthly Meeting Guest Speaker

Next Tuesday 8 October- JEFF WATSON

Jeff Watson, broadcaster, author and journalist has forty years experience in the print and electronic media both in the UK andAustralia. He started his career as a newspaper reporter in England, moving to BBC radio and then television as a reporter and news presenter with ATV (now Carlton Television). He grew up in Birmingham next to the famous Castle Bromwich aircraft factory where most Spitfires were built.

After moving to Australia in 1971 Jeff Watson contributed to *This Day Tonight* (ABC), *Four Corners* (ABC), *Holiday* (ABC), *Sixty Minutes* (Ch 9), *Towards 2000* (ABC), *Beyond 2000* (Ch 7) and *Getaway* (Ch 9). He was executive producer of *The World Tonight* with Clive Robertson (Ch 9) and presented a weekly segment on classic cars, later compiled as a documentary, *Classic Cars in Australia*. For five years he wrote and presented the ABC radio program *Travellers Tales*.

In 1980 Jeff Watson set up his own production company specialising in making documentaries on aviation, and in 1982 became an Australian Citizen.

Films produced include *Spitfire Over Australia* (ABC), *Curtiss Kittyhawk* (Ch 9 and Discovery USA), *The Ansett Story* (Ch 9 and Discovery USA), *Classic Aeroplanes in Australia* (Discovery USA), *RAAF 70th Anniversary* (Ch 9), *Qantas: 50 Years of QF-1* (Ch 9), *the Veterans Return* and *Ghost Squadron*.

In 1999 he wrote and produced the documentary drama, *The Last Plane Out of Berlin* (ABC/FFC), and subsequently wrote the biography *Sidney Cotton: The Last Plane Out of Berlin* (Hodder Headline) which chronicles the life of the Australian spy pilot.

Jeff Watson is also the co-author of *Heads I Win* (Angus and Robertson), investigating counterfeiting in Australia, and *The Best of Travellers Tales* (Allen and Unwin).

His biography of Clive Caldwell, *Killer Caldwell: Australia's Greatest Fighter Pilot*, (Hodder) was published in 2005. In 2006 he made *Southward to Longreach* a documentary for the Seven network about the return to Australia of Qantas's first Boeing 707, starring John Travolta. In 2007 he made *The Boneyard* a documentary about the Davis Monthan aircraft graveyard in Arizona and *The Shape of Things To Come* which looked at new passenger and military aircraft appearing in Australia such as the Airbus A 380 and the Lockheed Martin Joint Strike Fighter Lightning II.

In 1991 Jeff Watson was created a Chevalier of the Order of Merit by President Mitterrand of France, acknowledging his extensive reporting on French developments in science and technology. He served two years as a Trustee of the Powerhouse Museum inSydney and was an Australia Day Ambassador for three years. He is a Fellow of the Royal Aeronautical Society, an honorary member of the Spitfire Association of the RAAF and Patron of the Australian Air League.

Jeff Watson works as a freelance journalist, film maker and writer, his area of expertise is aviation, with special interest in the extraordinary people within that world.

Pittwater Men's Probus has no of service clubs obligations and has no fund raising activities. Our meetings are held on the **second Tuesday of each month at 10am in the Mona Vale Golf Club.** Following the formal part of the meeting, coffee is served followed by a guest speaker which is the highlight of the monthly meeting.

DONATE YOUR VOICE
OCTOBER 10 2013
ZIP IT
REGISTER NOW!

Lifeline - ZIP IT 2013

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

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

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

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

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

KEY FEATURES OF THE AMALGAMATED COMMAND INCLUDE:

1. Ten positions returned to the front line.

2. Very strong focus on street policing and mid level crime with the formation of a 34 strong high visibility beats and bikes Street Policing Team, a fourteen strong detective Strike Force focused on mid level drug supply and organised crime, a 15 strong Proactive Team focused on street crime and repeat offenders.

3. Enhancement of Domestic Violence with a Sergeant added to DV to assist in ensuring the highest level of care and support.

Heaven Can Wait Regatta

The skipper and crew of Balthazar are representing WPYC and heading up to Lake Macquarie next November to compete in the annual Heaven Can Wait regatta.

This as an arduous series not for the feint hearted and will seriously test the crew that includes Tim Marshall and Scotty Taylor amongst two others.

They are entered in all three challenges, one lap dash, twelve hour and the final challenge, a twenty four hour event where the winner sails the most distance.

It is a charity fund raising weekend held by the RMYC Toronto in aid of the Cancer Council for cancer research, Balthazar has already raised over $800 and is hoping to top $1500.

This is a very worth while cause and support should go to https://hcw2013.everydayhero.com/au/Balthazar

On behalf of the Woody Point Yacht Club I would like to wish them well and hope they bring back both glory and trophies to our club and much needed funds for the Cancer Council.

John Travers

Commodore WPYC

Enliven PITTWATER

Enliven Pittwater is inviting local businesses to list on the Enliven Pittwater App. The App - which is free for users and listers - promotes Pittwater's villages, including businesses, specials and events.

Drop in for a coffee at one of six temporary 'Coffee & Kiosk' locations. Hosted by some of Pittwater's finest cafes, these kiosks are for businesses to come along and enter their data into the Enliven Pittwater App. Business representatives can enjoy a coffee courtesy of Enliven Pittwater while they list their business.

Coffee and Kiosk sessions run from 7.30am - 9.00am at the following venues and times. No RSVP required. List your business to redeem a free coffee and a pack of marketing collateral.

Venue 1: Chelsea Tea House, Shop 2, 48 Old Barrenjoey Road, Avalon (**Wednesday 9 October**)

Venue 2: Zoffy, 8/12-14 Waratah Street, Mona Vale (**Friday 11 October**)

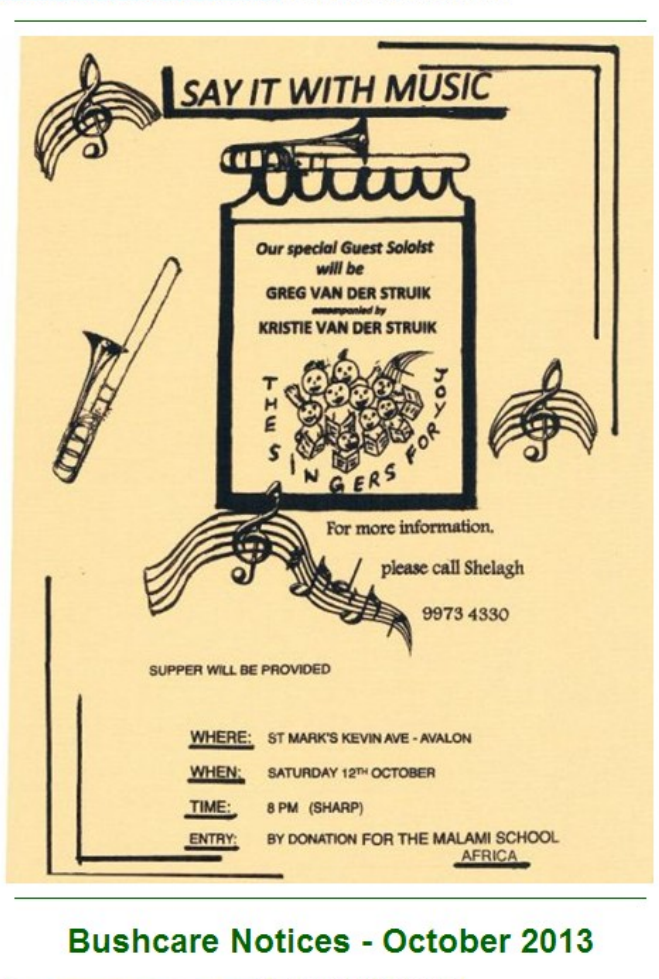
Venue 3: Cocoa Bar, 366 Barrenjoey Road, Newport (**Tuesday 15 October**)

Venue 4: Ibiza Cafe, 47 Old Barrenjoey Road, Avalon (**Thursday 17 October**)

Venue 5: Inch Cafe, Park Street, Mona Vale (**Thursday 24 October**)

Venue 6: Cocoa Bar, 366 Barrenjoey Road, Newport (**Friday 25 October**)

Can't make it one of the Kiosks? No problem, just go to www.enlivenpittwater.com.au to register your details.



SAY IT WITH MUSIC

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

For more information, please call Shelagh 9973 4330

SUPPER WILL BE PROVIDED

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

Bushcare Notices - October 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 October 6
Avalon Dunes 8:30-11:30am
W'wood Wetlands 9-12pm

Mon October 7
Rocky Pt 9-12pm

Thu October 10
Warriewood Brook 9-12pm

Fri October 11
Bilgola Beach 9-12pm

Sat October 12
Elanora Rd 9:30-12:30pm
Mona Vale Dunes 8:30-11:30am
Coopers Pt 10-1pm

Sun October 13
Bangalley Headland 9-12pm
Catherine Park 10-12:30pm

Wed October 16
Warriewood Brook 8-11am

Thu October 17
Mona Vale Dunes 8:30-11:30am

Sat October 19
Toongari Res 9-12pm
Old Wharf Res 8-11am
Nth Palm Beach 9-12pm
Pathilda Res 9-12pm
Irrawong Res 1-4pm

Sun October 20
Angophora Res 8:30-11:30am
Crescent Res 9-12pm
McCarrs Creek Res 9-12pm

Sat October 26
Pindari Res 8-11am
Nth Newport Beach 8:30-11:30am
Careel Creek 8:30-11:30am
Kywong Res 8:30-11:30am

Sun October 27
Bungan Beach 8-11am
Winn Bay 9-12pm

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

Pittwater Council's COOEE Newsletter October 2013

AMNESTY INTERNATIONAL

CANDLELIGHT VIGIL: WORLD DAY AGAINST THE DEATH PENALTY

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

Amnesty believes that the death penalty is a violent and inhuman punishment, and also denies the chance of reform. There are 21 Countries still using the death penalty; 23,000 are on death row; and undeclared thousands of executions are carried out in China. The death penalty is also used for minor offences and is irrevocable when mistakes are made. Juveniles are also executed, and so are those who work for freedom and human rights.

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

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

Event Details:

What: CANDLELIGHT VIGIL against DEATH PENALTY

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

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

Info: Gerd Hollander 9918 -6386

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

Details in our Environment page

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

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

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

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

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

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

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

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

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

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

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

MONA VALE HOSPITAL AUXILIARY STALLS FOR 2013

Mona Vale Hospital Auxiliary.

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

October

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

Katandra Bushland Sanctuary 2013 Season

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

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

Rescue of a hit and run victim

Late one night a swamp wallaby was bounding through the bush alongside Mona Vale Rd. Wishing to cross to the other side, he jumped into the road and collided with the side of a car. Sadly, the driver of that car did not stop. Thankfully, however, a kind man by the name of Matt saw the poor animal get hit and stopped immediately. He picked up the adult wallaby, wrapped it in a drop-sheet and drove all the way to SASH animal hospital in Ryde to get veterinary attention for the animal.

The wallaby was x-rayed and had a full examination. He was found to have head trauma, nystagmus (vision impairment – possibly as a result of the head trauma) and was poorly ambulatory. He was treated with the necessary medication and allowed to rest.

The next morning he was very quiet but did respond slowly to noise. He still had minimal response to light, indicating possible blindness.

The vets wanted the wallaby to have a few days' rest to ascertain whether or not the blindness was a temporary symptom of the concussion. A volunteer carer from Sydney Wildlife collected him that night and transferred him to their Macropod Rehabilitation Facility in Duffy's Forest. The wallaby was set up in the quarantine room. The poor thing just sat in the corner of the room with his head bowed.

The next morning, however, he seemed able to hop around, unsteadily, and his sight appeared to be slowly returning. Over the next few days, he began to hop around in the outside enclosure without bumping into obstacles.

Within one week he was back to being a normal wild swamp wallaby - thumping his feet on the ground as a warning if your approach was too close before taking off at great speed around the enclosure.

It was decided that he could now be released back into the wild and hopefully would go on to live a long and carefree life.

On the Northern Beaches we are very lucky to have these magnificent creatures at our doorstep. **Please drive carefully and if you do accidentally hit an animal on the road, please stop and check if it requires help. If the animal is a marsupial (an animal with a pouch) and is dead, it's really important to check the pouch for live young. If you cannot take the animal to a vet please ring Sydney Wildlife on 9413 4300.**

Story by Joan Reid

Wingala Lapidary Club re-opened

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

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

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

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

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

THE SUMBA FOUNDATION AUSTRALIA

Australian Government Media Releases this week:

Viper and Viper Plus powered wheelchairs

SNIPPET: Recall for product correction - potential for aluminium tubing to break. Ausmedic Australia has written to all affected Viper and Viper Plus powered wheelchair users for whom it has contact details and has published print media advertisements about this issue. Ausmedic Australia has written to all affected Viper and Viper Plus powered wheelchair users for whom it has contact details and has published print media advertisements about this issue.

Australians underrate the risks of malware | ACMA

SNIPPET: (malware) released today indicates that nearly half of all adult Australians who use the internet for personal purposes-more than seven million people-do not believe they will be a victim. 'While it is difficult to accurately assess the amount of malware in circulation, the ACMA is identifying and reporting record numbers of malware infections under its vital (AISI) program,' he added. Australian better protected against malware because of internet providers participation in the ACMA's AISI.

Stay mellow, follow rules in the yellow - GBRMPA

SNIPPET: One line, one hook this is the simple practice fishers should remember when they're out on the water fishing for grunter and threadfin salmon in a Conservation Park (Yellow) Zone. It's a great time of year to be fishing for these species but anglers should be aware of and follow the zoning rules, said Darren Cameron, manager in biodiversity conservation and sustainable use with the Great Barrier Reef Marine Park Authority. For information on Marine Park zoning rules and what fishing apparatus constitute one line with one hook, fishers should check the back of their free Marine Park zoning map or check out the our website.

Australia hosts second round of Regional Comprehensive Economic Partnership (RCEP) Negotiations in Brisbane - - Media - Australian Government Department of Foreign Affairs and Trade

SNIPPET: Australia has taken another step towards closer economic integration with the region, hosting the second round of Regional Comprehensive Economic Partnership (RCEP) trade negotiations in Brisbane. . RCEP has great potential for Australian business. The Brisbane meeting also included a stakeholder session to enable lead negotiators and senior officials to exchange views with Australian stakeholders and a competition seminar, which was addressed by Australian Competition and Consumer Commission Chairman, Mr Rod Sims.

ACCC authorises Homeworkers Code of Practice | ACCC

SNIPPET: The Australian Competition and Consumer Commission authorised a revised form of the Homeworkers Code of Practice for five years. The ACCC considers that the Code is likely to provide businesses with a means to manage risks in their outsourced supply chains, and efficiently signal their compliance with workplace legal obligations, ACCC Commissioner Dr Jill Walker said. On balance, the ACCC considers the Code is likely to result in net public benefits.

Outlaw Motorcycle Gang infographics | Australian Crime Commission.

SNIPPET: Outlaw Motorcycle Gangs remain one of the most high profile manifestations of organised crime, and they have an active presence in all Australian States and Territories.

Foreign bribery cases - Australian Federal Police

SNIPPET: The AFP works closely with its international and domestic counterparts to investigate and prosecute foreign bribery cases, which are inherently complex, transnational and protracted. In 2012, the AFP formed an internal Foreign Bribery Panel of Experts which is tasked with quality assuring all of the AFP's foreign bribery investigations. In May 2013, the AFP joined the new International Foreign Bribery Taskforce (IFBT).

RHG Limited - Panel Declines to Conduct Proceedings [03/10/2013]

SNIPPET: Thursday, 3 October 2013. The Panel has declined to conduct proceedings on an application dated 25 September 2013 from Australian Mortgage Acquisition Company Pty Ltd and Resimac Limited (together the) in relation to the affairs of RHG Limited (see). RHG is currently party to a merger implementation deed with the Resimac Syndicate under which the Resimac Syndicate would acquire 100% of RHG shares.

Australian Securities and Investments Commission - 13-269MR ASIC cancels the licences of Chambers Investment Planners Pty Ltd

SNIPPET: Thursday 3 October 2013. ASIC has cancelled the Australian financial services (AFS) licence of Chambers Investment Planners Pty Ltd (Chambers) after it failed to obtain professional indemnity insurance and entered voluntary administration. Chambers Investment Planners Pty Ltd (Administrators Appointed).

Australian Securities and Investments Commission - 13-268MR ASIC releases further guidance on hedge fund disclosure

SNIPPET: Thursday 3 October 2013. ASIC has today refined the definition of a hedge fund to ensure our disclosure requirements are appropriately targeted at those funds that pose more complex risks to investors. `Our changes will benefit the industry by relieving some lower-risk funds from the more extensive disclosure obligations imposed on a hedge fund under RG 240.

Directory of Family and Domestic Violence Statistics, 2013

SNIPPET: MEDIA RELEASE 3 October 2013 Embargoed: 11.30 am (Canberra time) 172/2013. Revised directory of family and domestic violence statistics. The Australian Bureau of Statistics (ABS) today released the updated Directory of Family and Domestic Violence Statistics, aimed at improving the evidence base for family, domestic and sexual violence.

2GB's Ray Hadley Morning Show breaches code | ACMA

SNIPPET: Harbour Radio Pty Ltd`s (2GB) The Ray Hadley Morning Show has breached the Commercial Radio Australia Codes of Practice by failing to use reasonable efforts to ensure that factual material was reasonably supportable as accurate in a report about a hospitality program for school children visiting Parliament House. Investigation report into 2GB, The Ray Hadley Morning Show.

GRDC Chair underlines importance of research investment - Grains Research &amp Development Corporation

SNIPPET: Northern New South Wales grain grower and company director Richard Clark has commenced duties as the new Chair of the GRDC Board. Investment in relevant grains research, development and extension (RD&E) is critical for the ongoing growth and viability of the nation's cropping industry, according to the new Chair of the Grains Research and Development Corporation (GRDC) Board. Northern New South Wales grain grower and company director Richard Clark has commenced duties as the new Chair of the GRDC Board.

ABC1 screens Autopsy On a Dream | About the ABC

SNIPPET: Autopsy On a Dream , a controversial and provocative BBC film about the building of the Sydney Opera House,directed by John Weiley in 1968 and thought to be lost for 45 years, will have its first Australian television screening on **Sunday October 20 at 9.25pm ABC1**. Autopsy On A Dream (90 min) is directed by John Weiley and the remastered film is produced by John Maynard for Felix Media with the support of the BBC, Screen Australian and ABC Arts. Autopsy On A Dream, a stunning re-discovered documentary, screens for the first time on Australian television, Sunday October 20 at 9.25 pm.

Statement from the Australian Electoral Commission: Recount to proceed in the Division of Fairfax - Australian Electoral Commission

SNIPPET: The full distribution of preferences in the Division of Fairfax was concluded today resulting in a margin of 7 votes in favour of Mr Clive Palmer (Palmer United Party) who leads Mr Ted OBrien (Liberal National Party). As the margin of votes between the two leading candidates is less than one hundred, the Divisional Returning Officer Fairfax will now proceed with a formal recount of over 89,000 votes cast by electors for the division in the 2013 Federal Election. &copy Australian Electoral Commission 2013.

Orthopaedic implant revision rate data

SNIPPET: 2013 annual report of the Australian Orthopaedic Association's National Joint Replacement Registry. Also, there are many reasons why a particular implant may be having a higher than expected rate of revision, therefore not all such implants require regulatory intervention. In reviewing whether the implants identified in the 2013 annual report of the AOANJRR require regulatory intervention, the TGA will seek advice from the Orthopaedic Subcommittee (OSC) of the.

Changes in PCT Fees effective from 1 October 2013 | IP Australia

SNIPPET: In accordance with the directives adopted by the PCT Assembly at its Fortieth session (held from September 22 to October 1, 2009), new equivalent amounts in AUD have been established by WIPO, and the new PCT fees will become effective from 1 October 2013. Electronic filings filed in PDF format: $231. Please refer to the Official Notice in the of 12 September 2013 for further details of PCT fees.

IP Australia's future channel mix | IP Australia

SNIPPET: On 31 August 2013, IP Australia introduced the 'General eService' functionality to our online services. IP Australia is due to complete all inbound transactions in late 2013. The official notices provide the latest official announcements from IP Australia including fee and legislation changes.

Airservices supports international runway safety initiative - Airservices Online Newsroom

SNIPPET: Airservices Australia has launched a range of practical tools to support an international initiative to improve runway safety. A runway safety maturity checklist has also been developed to assist the wider aviation industry, including airlines and airports, to benchmark its levels of maturity in managing runway safety risks.

Matthew Moore to be director's attachment on Robert Connolly's Paper Planes

SNIPPET: Funding for audience-engaging features of any genre. The Amber Amulet went on to screen at TIFF Kids, the Mo & Friese Kinder Kurz Film Festival Hamburg, Oberhausen Short Film Festival, Sydney Film Festival, Sydney Writers' Festival and the Melbourne International Film Festival. The other 2013 attachments are , who is attached to on , which is currently shooting in Western Australia, and , who is attached to on , currently in pre-production in Victoria.

Mobile app developers need to put privacy first| Office of the Australian Information Commissioner - OAIC

SNIPPET: The Office of the Australian Information Commissioner (OAIC) has today released . With 6 in 10 Australians choosing not to use a smartphone app because of concerns about the way personal information would be used, the Guide will assist mobile app developers to embed better privacy practices into their products and to comply with Australian privacy law. Mobile app developers operating in the Australian market need to be aware of how Australian privacy regulation applies, otherwise they risk breaching the law,' Mr Pilgrim said.

Queensland to discover The Art of Sound this spring // National Film and Sound Archive, Australia

SNIPPET: Donated by Kath and Len Shillam. Southern Queensland is the next destination for The Art of Sound , a multiplatform exhibition which examines the intersections between sound and the visual arts. The Art of Sound focuses on the NFSA's sound collection.

ACCC publishes updated informal merger review process guidelines | ACCC

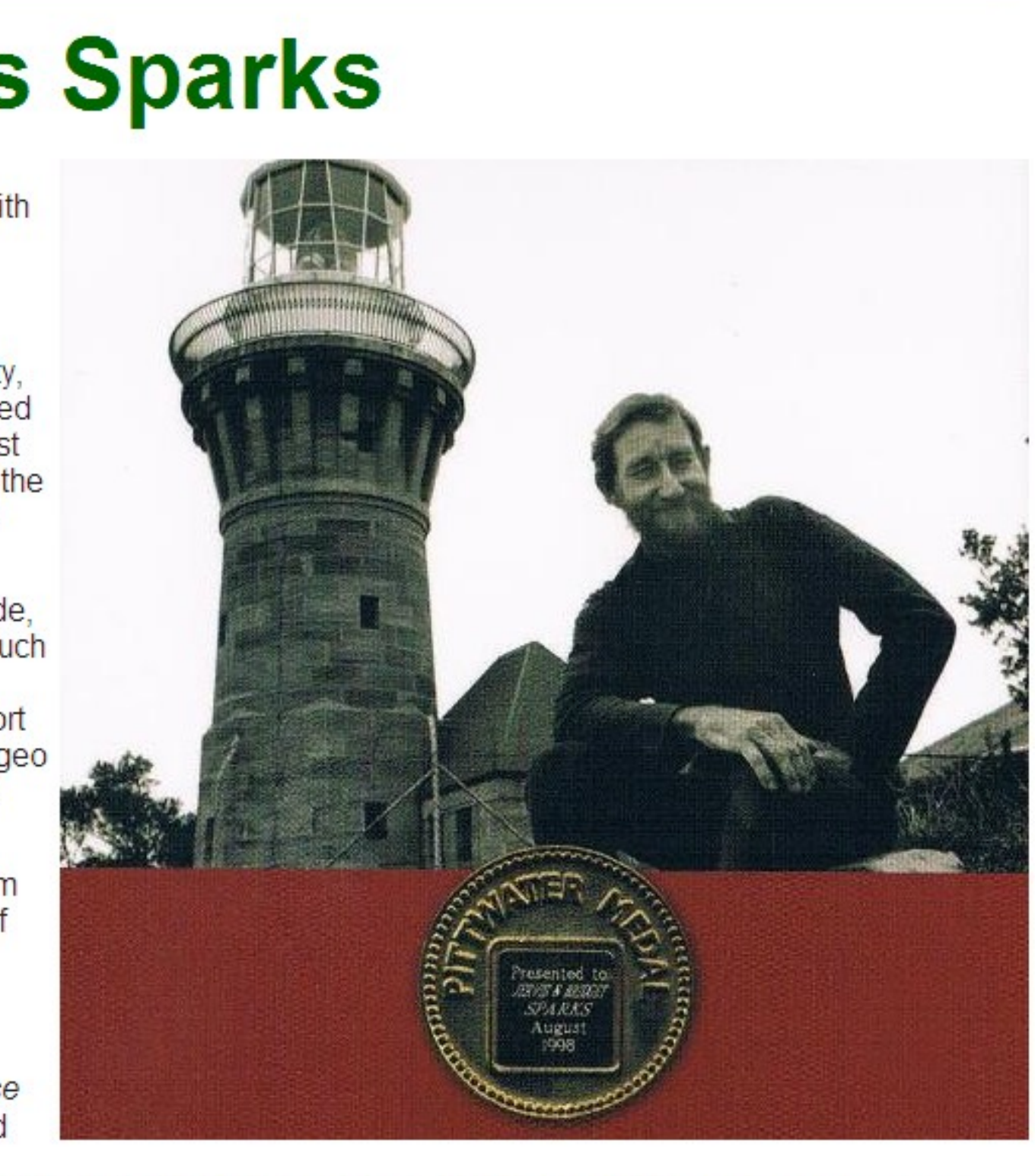
SNIPPET: The Australian Competition and Consumer Commission has released the ACCC's Informal Merger Review Process Guidelines 2013. The Informal Merger Review Process Guidelines have been updated to reflect important recent developments in the ACCC's approach to merger reviews, as well as incorporating some additional changes aimed at improving efficiency and transparency, ACCC Chairman Rod Sims said. The ACCC publishes Informal Merger Review Process Guidelines to provide businesses and legal practitioners with guidance on the ACCC's approach to informal reviews of mergers and acquisitions pursuant to the Competition and Consumer Act 2010.

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

October 6 - 12, 2013: Issue 131

Jervis Sparks


PITTWATER MEDAL
Presented to JERVIS & BRIDGET SPARKS August 1998

Jervis Sparks, born in Papua-New Guinea (Milne Bay) and educated at the Southport School, Queensland, once resided with his Canadian born wife Bridget, at cottage 2, Barranjoey Lightstation, Palm Beach, NSW.

Jervis and Bridget are well known for their commitment to the heritage, historical and environmental concerns of the community, especially the Barrenjoey headland. They completely self-financed and restored their cottage from a gutted ruin to a comfortable last century residence, still without electricity, and as volunteers with the NPWS Chase Alive program they guided tours on the headland and shared their cottage with visitors.

An international mining consultant, Jervis has travelled world-wide, working in more than 20 countries during the past decades, in such exotic locations as the Amazon, Borneo, West Africa, Central America and the Caribbean. He describes drilling as a 'passport to the world' and has worked not just in mineral exploration, but geo-drilling for bridges and some of the biggest dam projects in the world.

Jervis's books Tales From Barrenjoey and the Red Light of Palm Beach (on the Lighthouse keepers) are the definitive histories of Barrenjoey covering the lives of lighthouse keepers and their families, shipwrecks, the schools and many amusing and interesting anecdotes.

In 1995 Jervis and Bridget compiled *The Barranjoey Lighthouse Track – A nature walk into history* and in 1996 Jervis completed *Archaeological Index of Significant Sites on Barranjoey Headland* – still the only comprehensive work on this subject for this iconic Pittwater headland. All of these works can be accessed at Mona Vale Library and will be used by us in forthcoming and further pages on Barranjoey.

For their dedication and commitment to Barrenjoey Headland and Pittwater, Jervis and Bridget received the first Pittwater Medal ever awarded on August 24th 1998 'In appreciation of your Outstanding Contribution to Pittwater's History and Heritage.

Still missed by many in Pittwater, still sharp as a tack and still working, one of Nature's own gentlemen and the fellow so many still refer to as 'the Barrenjoey Man' is our very special profile this week, Mr Jervis Sparks. esq.:

You were born in New Guinea and have a twin brother?

That's right. I was born on the island of Samarai. My father ran Gili Gili plantation which was at the end of the Kokoda Trail and that's where the Japanese were defeated – at that plantation.

We went to Moresby and were evacuated on the last Hospital ship to leave Singapore. We were dodging Japanese submarines all over the place and finally got to Sydney.

Did you go back to the Gili Gili plantation?

No. It was destroyed, so was Samarai. I stayed in Sydney. Under the terms of the Japanese surrender we were all repatriated back to PNG, so went back to Port Moresby but there were no high schools there so my brother and I became boarders at the Southport School, a Queensland GPS school.

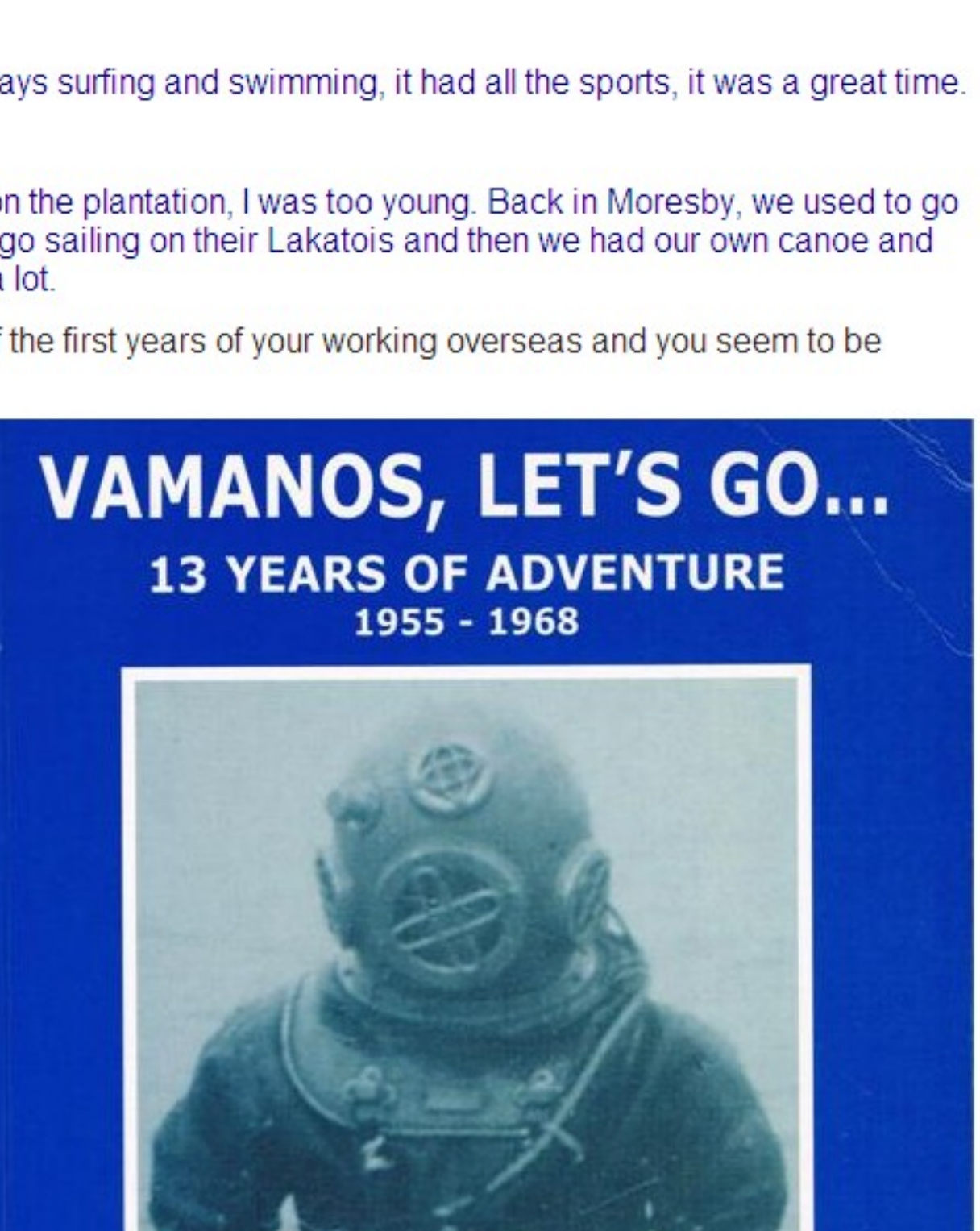
What was it like being a way from home?

We were used to it, the Southport school is a great school. We were always surfing and swimming, it had all the sports, it was a great time.

What can you remember of your time in New Guinea?

I remember we had a pet Cassowary. I don't remember any of the time on the plantation, I was too young. Back in Moresby, we used to go Hanuabada village – we knew quite a lot of the villagers and we used to go sailing on their Lakatois and then we had our own canoe and used to paddle around Moresby harbour on that. We were on the water a lot.

One of your books, *Vamonos Let's Go – 13 years of adventure* – tells of the first years of your working overseas and you seem to be travelling by the seat of your pants…



What actually happened was, in 1955 I emigrated to Canada but it was too cold. So my buddies and I, we jumped the border and moved on to Los Angeles. From there it just went on.

Right: Cover of *Vamanos, Let's Go* with Jervis rigged out to dive in the Sao Paulo half-suit. This book was published in 2003.

So necessity made you create chances to work in the US?

Definitely.

What stands out from those times?

When I went to Arizona, that's when I started my drilling career. I realised then that that was the passport to the world. Since then I've worked in over 30 countries and I'm still working. I have a job in the Philippines coming up next month plus others in Vietnam and Mali.

And **you're 80 now?**

That's right. I'm a specialist.

How many people are there, internationally, who could do what you do or have that depth of experience?

Not many, I'd be in the top hundred. I've actually been to about 150 countries, and I've worked in 30 of them. It's a lot of countries. All continents except Antarctica.

What is the most difficult thing about going into a country you've never been to before and starting to work; what are the obstacles? Is it food you can eat, transport…

I don't worry about food too much, and transport is always difficult. Accommodation is pretty rugged in the bush, very basic.

Have you contracted malaria?

Oh yes, many many times. My shot card, I have every vaccination on it except malaria. What I do is wait until I get malaria and then I take the antidote. (Because the side effects are so bad).

Of all the places you have lived in, could you share three that are your favourites and explain why?

We enjoyed El Salvador so much. It was such a new experience. We all started drilling there as well. There were so many interesting things about this country – the volcano, the people, and learning Spanish. You see, on these jobs no one spoke English so we had to learn to speak Spanish. I can still speak it conversationally. Other countries which I have enjoyed are Brasil and of course, the United States.

Was there a sense of isolation working in these countries?

Now with the internet the world has shrunk. I write Bridget every day or night, we keep in touch. The internet is fantastic for that.

How did you end up living on Barrenjoey?

I had a girlfriend who years before lived with a group of artists in the main cottage. One day we decided to walk up to the lighthouse. We were down the bottom at the old pier, which is not there anymore. We sat there eating prawns and had a bottle of wine and then wandered up to the lighthouse and had a look around. They were all closed, the cottages.

So we decided to write and find out from the Department of the Interior who had the leases and if anyone wanted to give them up. On cottage 2, that guy wanted to start a motor car business out in the west and he needed money so he said, you can have the lease for a thousand dollars, then jumped it up to two thousand. But I had the money and said 'there it is.' And gave it to him and the rent was only fifty cents a week, **this was in 1968.**

And you stayed?

Yes, what a terrific place. Ok, it was ruined and what I did was work and work and work to restore it. I had to put on new roofing and painting, there were white ants and so much that needed doing – I was busy all the time.

There was no electricity or running water – that was the big problem. First thing I did was build a septic system.

Anyone who speaks of your restoration notes that you worked hard on restoring the buildings as close to their original state as possible – how did you do that?

I went around a lot of second-hand shops and found a lot of Victoriana materials and of course I often worked in the field and would go to old farmhouses across the whole of NSW and would find all this old stuff thrown out in the junkyard. I still have some of those items here in Maleny.

There are also a lot of instances of you keeping records about the Barrenjoey environment.

It started off because there were a lot of birds there and I realised I didn't know anything about them. So I started to study them and joined the Royal Australian Bird Society and used to update them every month. I did the first study of birds on Barrenjoey.

Then I started to look at the flora and realised I didn't know anything about that as well. So I started to study that and did the first Flora Study of Barrenjoey and gave all this stuff to Council and Parks and Wildlife.

Then I did an archaeological study (*Archaeological Index of Significant Sites on Barranjoey Headland*. 1996)

Did you find out where all the wooden soldiers were placed?

Yes, all those sorts of things, the old Stewart Towers, the originals, you can see the footings.

What is your favourite bird?

I like Butcher Birds, Magpies and Kookaburras, because of their songs, their voices. And of course I was attracted to the Whistling Kite at Barrenjoey – I'd whistle them in and they'd come and take food from my fingers.

You then got involved in the Chase Alive Program?

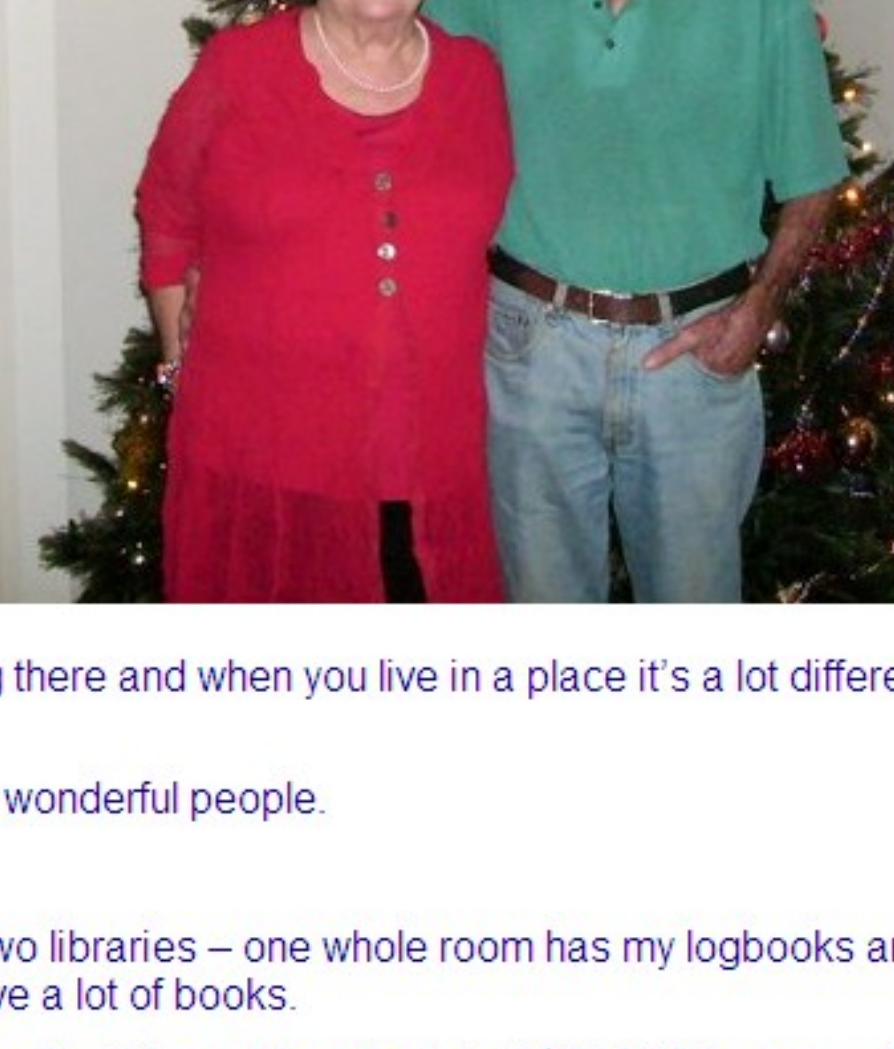
We were in the second intake, Bridget and I. Our role was guiding people up to the lighthouse and telling them the history. We didn't have any other role in the Chase Alive program but this was a good one to do you see, and people loved it. We always brought people into the house and served them tea and coffee. They would look around the house and sign our Visitors book.

So this was when you first noticed people were interested in an accurate historical record of Barrenjoey and began putting together your own books?

Definitely. That's when I started writing the first book (***Tales from Barranjoey***). That was an effort because I couldn't edit it properly. The guy who was the printer was anxious to get it done so there's quite a few typos in that one, but the second one, ***The Red Light of Palm Beach*** (about the keepers) – I went over that a million times and there's only a couple of mistakes in it.

What was the best thing about living at Barrenjoey?

Firstly, the sound of the surf, the wind and birds because they're natural sounds. I work in the mining business where there's a lot of noise and away from it I like quietness and these natural noises. I don't like music for example. I think that's unnatural. My wife likes music.



You married Bridget while you were up at Barrenjoey – how did you meet her?

I met her in Quebec, Canada. My buddy married her sister. I went up there and met Bridget and we were friends for a long long time – I was in Tunisia and we used to write – years later, when I was going through the States, I rang her and said 'why don't you come and live at the lighthouse with me' and she said sure, so I bought her a ticket to Hong Kong and we met up there.

When we got to Darwin it was about two o'clock in the morning and the immigration guy said 'who's this woman?' and I said 'it's my bride' and he said 'congratulations mate' and shook my hand, stamped her passport and just let her into Australia ! How about that!

A few years later she became an Australian citizen. So she is able to have two passports – Canadian and Australian.

Why do you write Jervis – why have you bothered to make a record of Barrenjoey and some of your travels?

I find it easy to write. I used to write a letter to my mother every week. I just get on and do it. I like it. I like the English language, and as I've written more and more and more my skills have developed. I look at other authors, for example. I'm reading a book now, and so many authors nowadays start a chapter with someone having a dream – which I hate, or dialogue, and so, my little condensed novels are very very different – I don't write 'he said' or 'she said' – they're more direct, (to the point).

All your books share insights of what is now called historical events – is that what you're attracted to, creating a simple record?

The books I like to read are about places where I've worked. When I read those books I see how accurate they are – when I go to a place to work I'm actually living there and when you live in a place it's a lot different then visiting it as a tourist.

For example, in Kenya – wow, how different was that – I found out the Masai were wonderful people.

How important is it to keep a record of people and events?

I write a log book everyday and I print them out into booklets. In this house I have two libraries – one whole room has my logbooks and other works, then there's a secondary room, the den, which is a fiction library. I have a lot of books.

Why I do it – it started when I worked for the United Nations, and unless you wrote a Final Report they deducted $500.00 from your final pay. I realised that you can't remember what happened two weeks past, so everyday I write one. Everyday I write it into the computer and there it is then, backed up of course.

What were you doing for the United Nations?

That was in India – I was the UN Drilling Instructor for the state government of Madhya Pradesh.

So you have also taught drilling as well.

Oh yes, I'm an instructor.

What does 'drilling' mean when you're using it in the mining industry (or for bridges and dams construction)?

You have to drill a hole and take the core out and then the geologists examine the core and then these are put through various stages of mineralogy. We'd drill holes to thousands of metres. They're trying to determine what minerals are there and in what quantities.

For example, in this upcoming job at the Philippines we're drilling for magnetite, which is iron ore, and rare earths.

You're a bit of a gypsy Jervis – have lived in so many places, done so many things – where does that stem from?

I'm a loner you see. I like my own company. I don't have many friends here. I just have Bridget, my cat and myself. Now Bridget is the exact opposite, she's gregarious and has friends everywhere and is always going out.

See, when I come home from overseas, this is my holiday, my house, my home – and I love my house so much. I always do the washing and wiping up, I do all the laundry, I do the vacuuming, I'm house-proud.

How often on average were you away?

On percentage it would be about eight months of the year a few decades back.

Why did you move to Maleny?

When we were evicted from the lighthouse we decided to move to Queensland. We first looked around to live on the Hawkesbury, around Patonga too, and then we looked into living on a houseboat and were going to do that but decided against that. We then came up and had a look around Queensland, the Sunshine Coast. We were at Eumundi and Noosa, just driving around and one day we drove into Maleny. I had to go to the bank and next door was a real estate agent and this woman came out and said to Bridget ' are you guys looking for a house?' and Bridget said yes of course.

A lot of people when they look at Maleny, look for 40 acres or such without realising that 40 acres takes you everyday of your life just to mow it. We also could see, with getting older, that we didn't want a Queenslander with all these steps.

This real estate agent showed us a round a few places and then showed us this little cottage we live in now, it's more like a bungalow – there's no steps apart from the one into the house – because when you get old, you need it flat. So I have one end of it and Bridget has the other end of it and the cat shares us.

What is your favourite place in Pittwater and why?

The headland – Barrenjoey. What a great place. Pittwater's fantastic, all of Pittwater. I used to sail as crew, we used to go up the Hawkesbury – what a great place. Even when you hop on that ferry that goes all the way up the Hawkesbury just to have lunch – that's unique.

We are still undecided, Bridget and I, whether we'd still like to be living at the lighthouse, it was such a wonderful life and we met so many people. But it had no electricity and no running water.

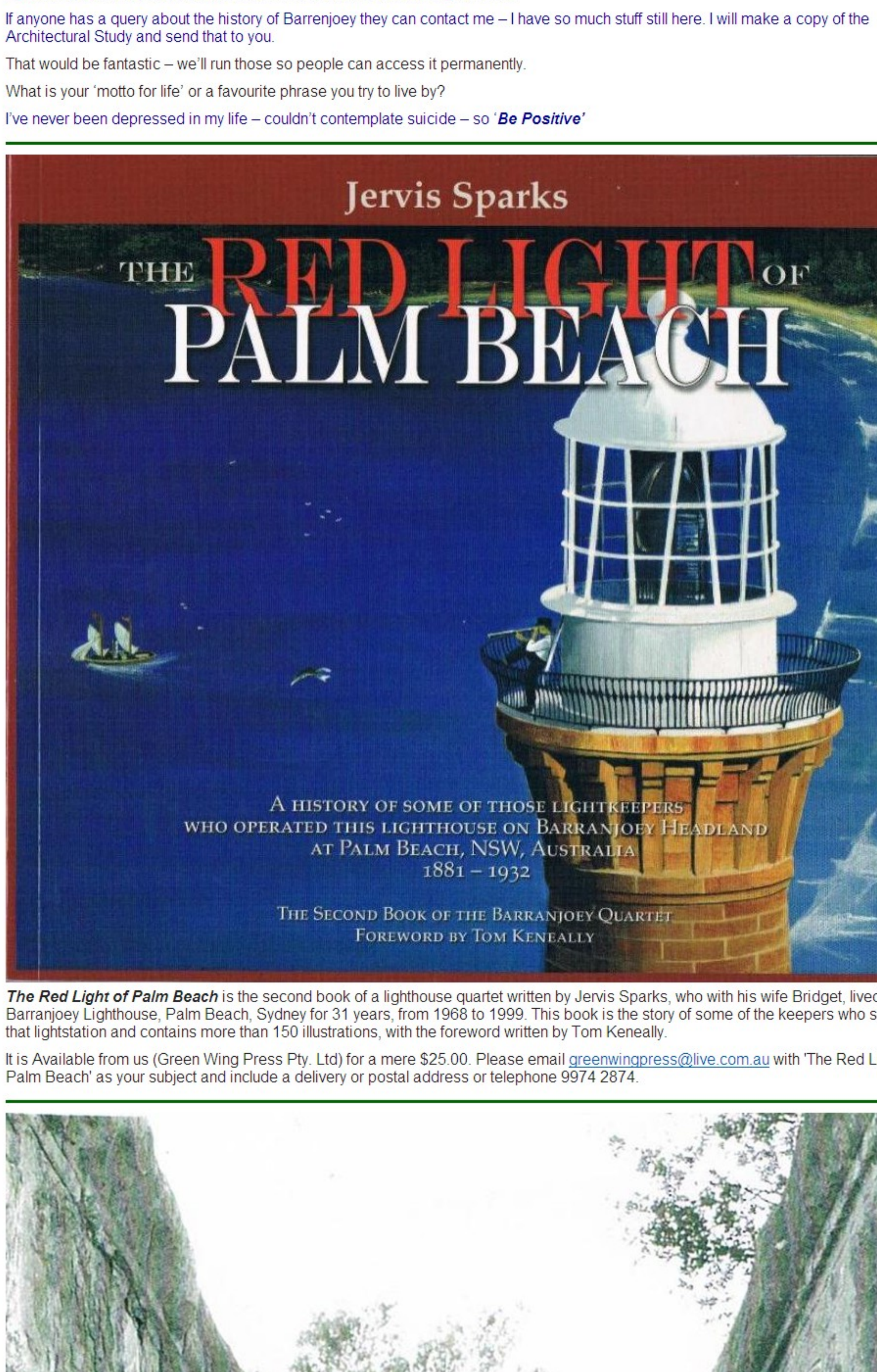
Here we have a totally different lifestyle in a lovely little town, a very friendly town. At least once a week we each have a dream about the lighthouse, obviously they're distorted at times, but they're amazing dreams.

If anyone has a query about the history of Barrenjoey they can contact me – I have so much stuff still here. I will make a copy of the Architectural Study and send that to you.

That would be fantastic – we'll run those so people can access it permanently.

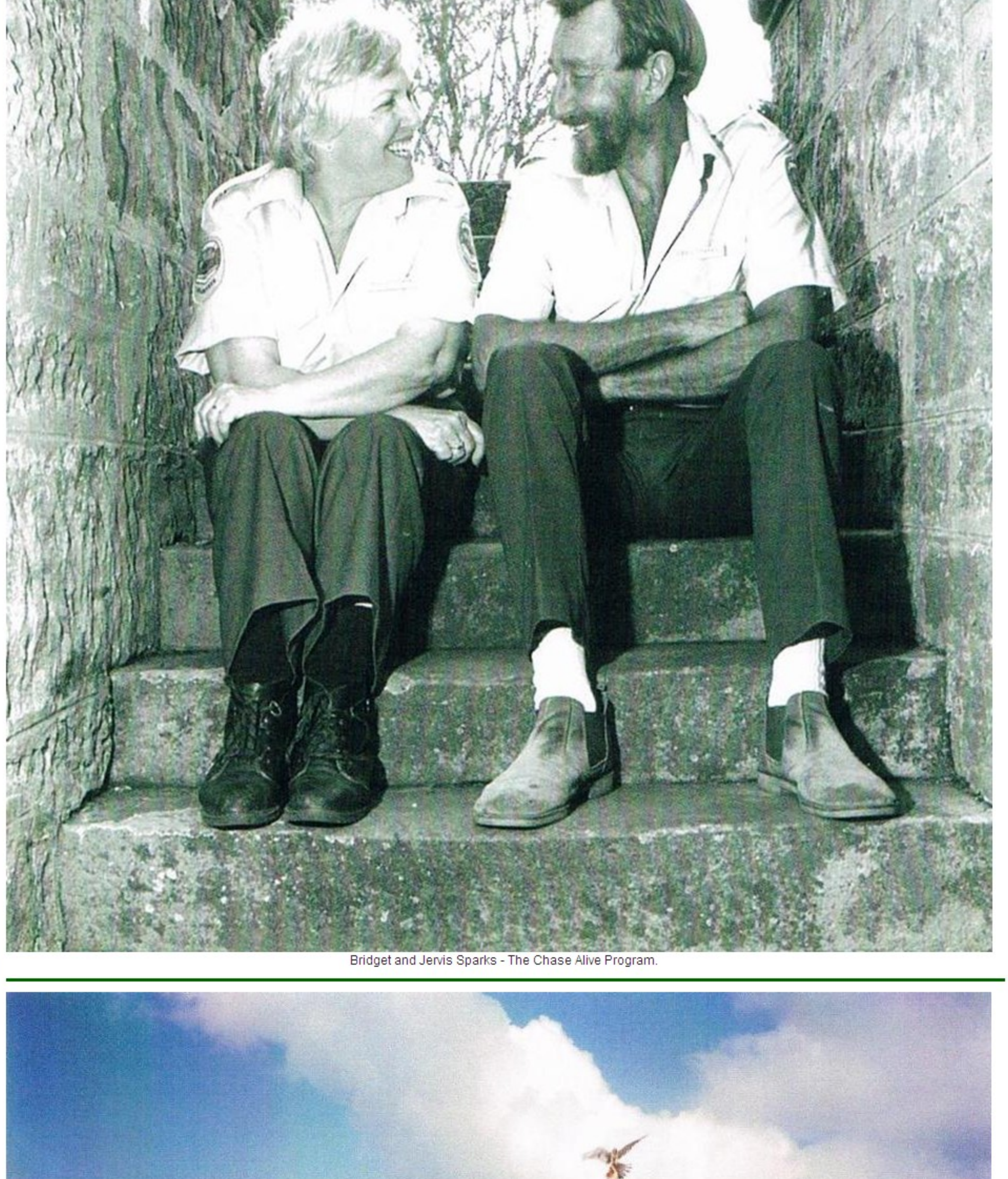
What is your 'motto for life' or a favourite phrase you try to live by?

I've never been depressed in my life – couldn't contemplate suicide – so '***Be Positive'***

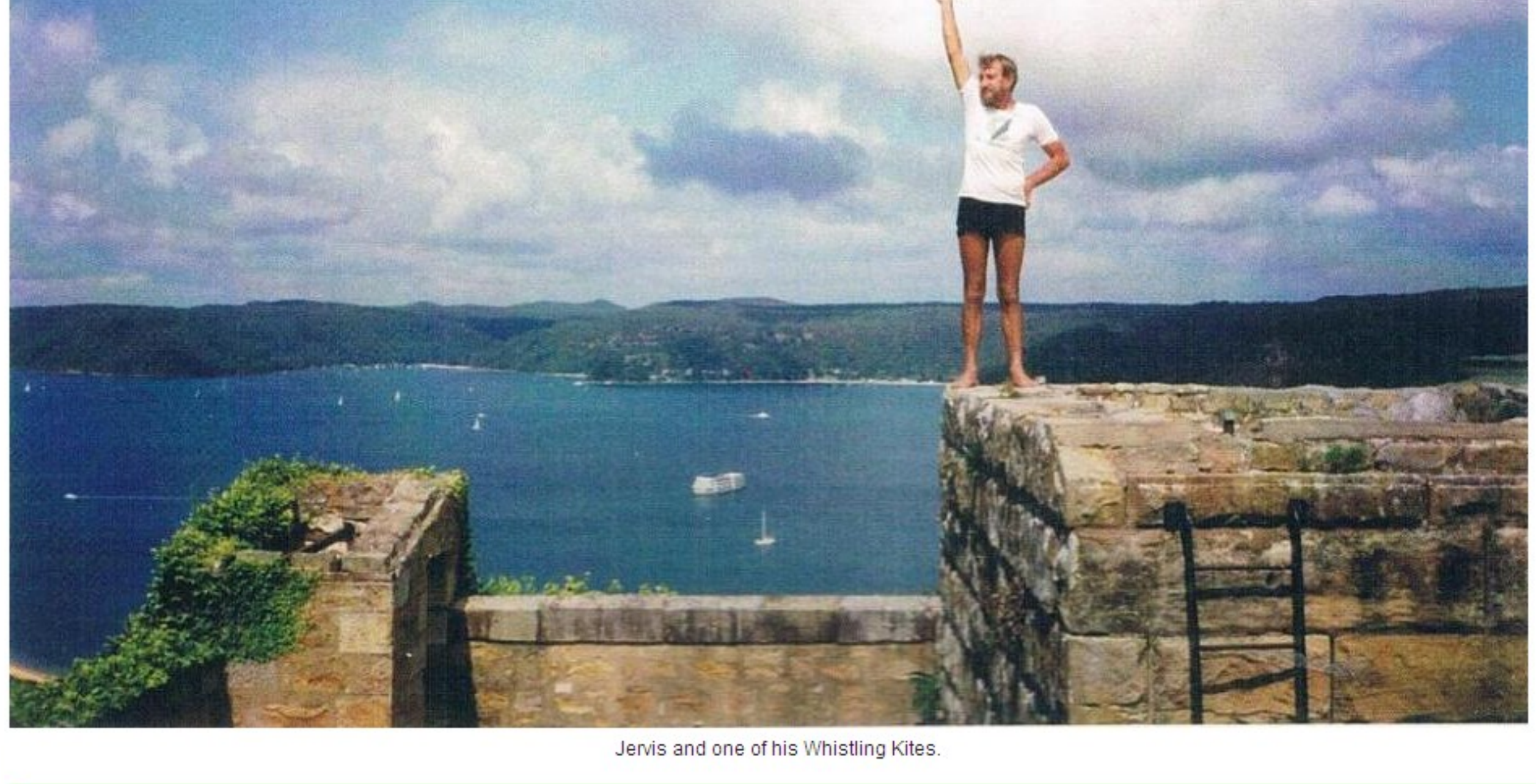

Jervis Sparks
THE RED LIGHT OF PALM BEACH
A HISTORY OF SOME OF THOSE LIGHTKEEPERS WHO OPERATED THIS LIGHTHOUSE ON BARRANJOEY HEADLAND AT PALM BEACH, NSW, AUSTRALIA
1881 – 1932
THE SECOND BOOK OF THE BARRANJOEY QUARTET
FOREWORD BY TOM KENEALLY

The Red Light of Palm Beach is the second book of a lighthouse quartet written by Jervis Sparks, who with his wife Bridget, lived at Barranjoey Lighthouse, Palm Beach, Sydney for 31 years, from 1968 to 1999. This book is the story of some of the keepers who served at that lightstation and contains more than 150 illustrations, with the foreword written by Tom Keneally.

It is Available from us (Green Wing Press Pty. Ltd) for a mere $25.00. Please email greenwingpress@live.com.au with 'The Red Light Of Palm Beach' as your subject and include a delivery or postal address or telephone 9974 2874.



Bridget and Jervis Sparks - The Chase Alive Program.



Jervis and one of his Whistling Kites.

Barranjoey Lightstation in August, 2013.

Copyright Jervis Sparks, 2013.

Tweet Like +1

Pittwater Online News

October 6 - 12, 2013: Issue 131

A History of Pittwater Parts 1 and 4

by John Illingsworth

We are very fortunate this week to share with you two wonderful films by the very talented John Illingsworth. These extensive and well researched pieces utilise not only the natural environment but many historical images and represent close to one thousand hours of work. John is the only technician so is doing it all on a budget of zero what's more. John has kindly sent through an overview of both these Histories and those who have helped put them together:

About the Making of these films:

Part 1 was completed a year ago but the above updated version is significantly improved – it was only uploaded today. Part 4 was completed a week ago.

Part 5 will be next because it will round off the WWII story – it will really be part 2 of part 4. Together they could be called PITTWATER'S WAR. I hope to start parts 2 and 3 next year.

The reason for jumping ahead to part 4 is that a group of people working to uncover the partially lost history of the fortress are active right now – it wasn't reasonable to ask them to wait a year or two while I got my act together.

They are a good group – Rohan Walter of Newport, Vic Rae at Cessnock, Peter Adderley and Peter Rea who live on the north side of Broken Bay, Natasha Funke is an NPWS ranger, Jim Macken is from Coasters Retreat and Jack 'Bluey' Mercer is a rivetting 90 year young man from Lugarno who was one of the 80 odd men who actually installed the guns at West Head. All of these people assisted the film enormously.

Rohan organised his friend David Geer to, very generously, fly his Searey seaplane from north of Brisbane down to Pittwater for so we could shoot the aerial footage.

Vic Rae edits Gunfire, the magazine of the Royal Australian Artillery Association (NSW) Inc.

Peter Rea and Peter Adderley are local historians and Peter Rea is currently mounting an exhibition on the Sydney Harbour submarine attack.

Jim Macken is of course a well known (and much loved) local historian who very generously gave me unfettered access to all of his material along with permission to use it however I wished.

Natasha is an energetic, passionate young woman who is helping to retrieve this almost lost knowledge and put it in the public space.

With Bluey's living memory they've pieced together much of what was almost lost. For example, not many people will recall there was a railway on the cliff face a West Head. It's gone now but the foundation remains. It was inclined at a 50 degree angle. What people didn't know, until Bluey told them, was that there were two parallel railways connected by a pulley system that geared them 2:1. The reason why these guns were mounted near to water level and not on the top of the cliff is equally fascinating.

The film tries to set West Head, Kuringai Chase and Commodore Heights within an over-arching historical narrative that is national rather than parochial. Local history is all well and good, and people are always interested in their own area, but an historian's task (as I see it) is to 'frame' that local knowledge within the larger historical context. That way small local events can be seen to have national relevance. That is why I range widely in the discussion – or widely for a localised history at least.

Another, not a member of the group, is Tony Dawson. Tony has written a terrific history of Kuringai Chase and Commodore Heights. 'The Commodore and the Pastoralist' is published the Manly Warringah Historical Society – it's the real deal, nothing faux about it. Tony also gave me permission to use his work as I wished, and he supplied me with some terrific images.

Everyone has been enormously helpful but I particularly thank Jim Macken and Tony Dawson for their intellectual generosity.

A HISTORY OF PITTWATER – PART 1: DISCOVERY (improved version) By John Illingsworth

A HISTORY OF PITTWATER – PART 4: WEST HEAD FORTRESS By John Illingsworth

John and Lyn Illingsworth.

A HISTORY OF PITTWATER - PART 1: DISCOVERY (improved version) - Published on Oct 2, 2013

The discovery and first explorations of Pittwater, Broken Bay and the Hawkesbury River by Governor Arthur Phillip 1770-1789. Strong focus on plants, animals & the First Australians as seen through the journals of the officers and the First Fleet water-colours. This version has improved sound, clearer narrative and location subtitles.

A HISTORY OF PITTWATER - PART 1: DISCOVERY (imp...
Port Jackson Pain
'Mr. White, Harris and L
ca. 1790
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Natural History Museum,
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00:00 / 37:12
YouTube

A HISTORY OF PITTWATER - PART 4: WEST HEAD FORTRESS - Published on Sep 27, 2013

The story of the WWII fortress at West Head up to March 1941, including the installation of the guns as told by the man who was there - Jack 'Bluey' Mercer. The history of Commodore Heights, attempts by speculators to subdivide Kuringai Chase and the building of the Hawkesbury River railway bridge. An over-arching strategic theme from 1882 onwards reveals how the defence of Pittwater, Broken Bay and the Hawkesbury River railway bridge was essential to the war effort and the defence of Sydney.

A HISTORY OF PITTWATER - PART 4: WEST HEAD FORT...
00:00 / 51:36
YouTube

Copyright John Illingsworth, 2013.

Tweet Like +1

Pittwater Online News

October 6 - 12, 2013: Issue 131

1913 RAN Fleet Entry by RAN Media - Published on 11 Sep 2013

First entry of the Royal Australian Navy's Fleet into Sydney in 1913. Courtesy of Sea Power Centre - Australia

1913 RAN Fleet Entry
0:00 / 1:36

HMAS Sydney 21 Gun Salute IFR 4.10.2013 by Brian Friend

Brian Friend, retired Water Policeman of Pittwater and Broken Bay, filmed THE EVENT of the 2013 International Fleet Review - the re-enactment of the 4th of October 1913 entrance of the newly formed RAN into Sydney Harbour. In 2013 this fleet was represented by Division 3 -- the key commemorative division will be adjacent to Bradley's Head for a 21 Gun Salute at 10am and includes Royal Australian Navy ship's: HMAS Sydney, HMAS Darwin, HMAS Perth, HMAS Parramatta, HMAS Bundaberg, HMAS Diamantina, HMAS Huon

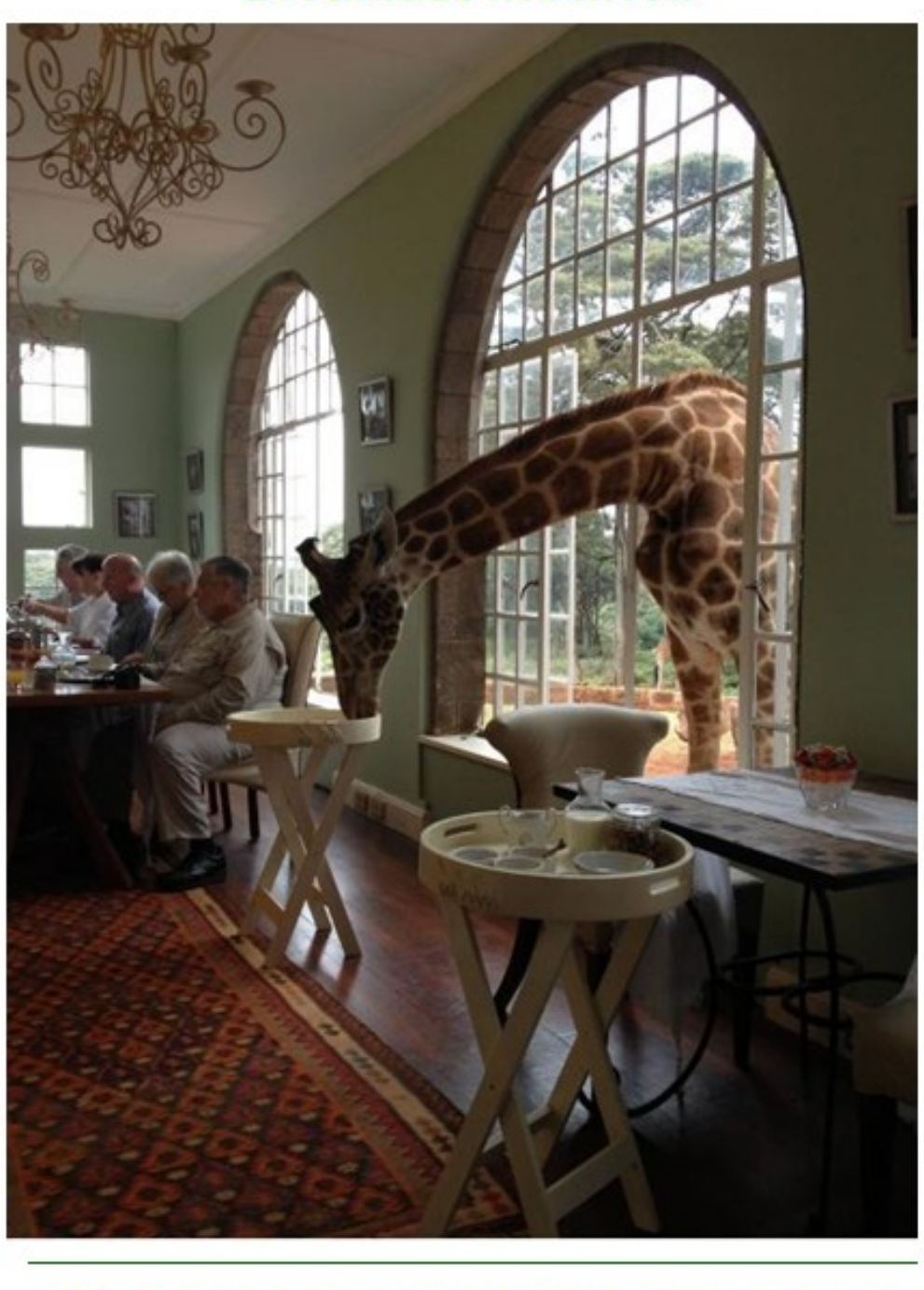
HMAS Sydney 21 Gun Salute IFR 2013 4 10 2013 by...
0:00 / 1:10

Surf Life Saving Sydney Northern Beaches - Warriewood

It's all smiles for these youngsters from Warriewood Surf Life Saving Club who have successfully completed their Surf Rescue Certificate. The five day training course was conducted by the Sydney Northern Beaches Surf School.

There was perfect weather and conditions for four days of training at North Narrabeen last week. However, the surf picked up on the last day and North Narrabeen Beach was closed. The wet assessment was transferred to Collaroy Beach were everything ran smoothly and the youngsters completed their SRC.

Breakfast in Africa



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

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

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

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

Click here for the following units:

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

Digital Toolbox

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

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

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

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

Mona Vale Mountain Cub Scouts Profile

mona vale mountain scouts

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!

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

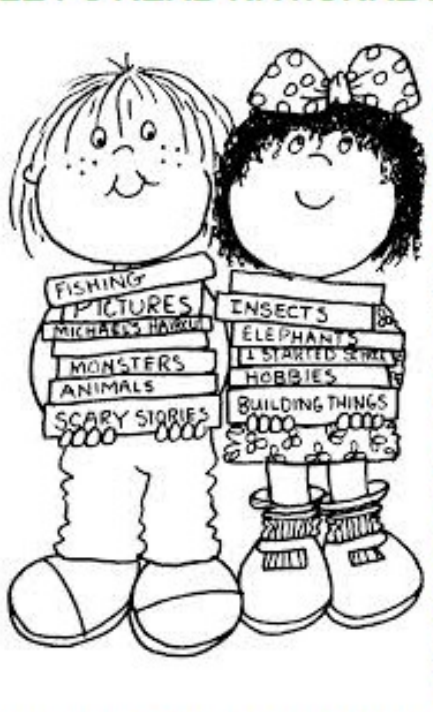
BackMeUp poll

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

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

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

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



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

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

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

DOWNLOAD A FREE READING PACK!

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

Mona Vale Library - Young Runarounds!

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

Children's Storytime at Mona Vale Library

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

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

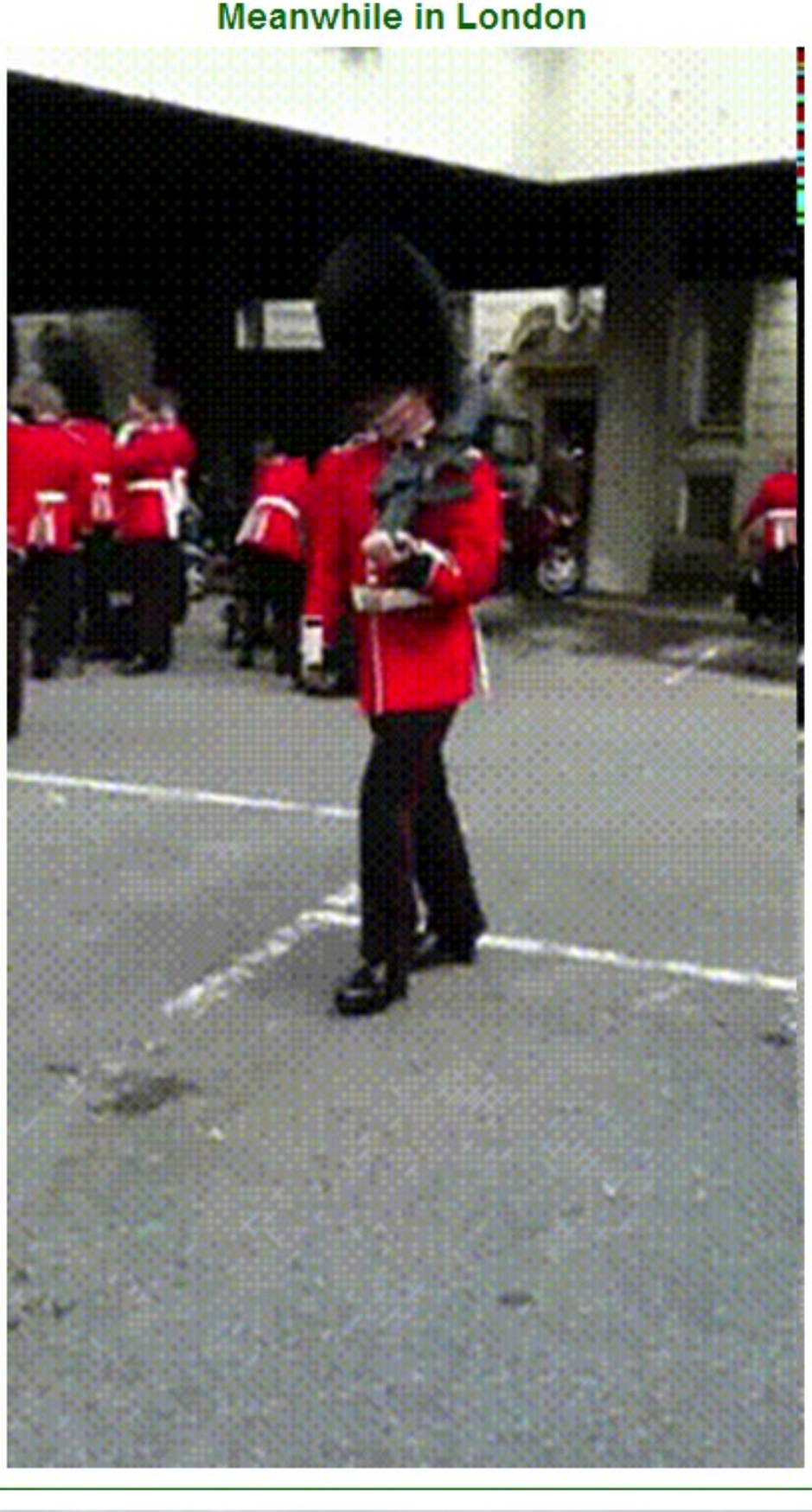
NATIONAL GEOGRAPHIC
Little kids
Tree Frog

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

Meanwhile in London



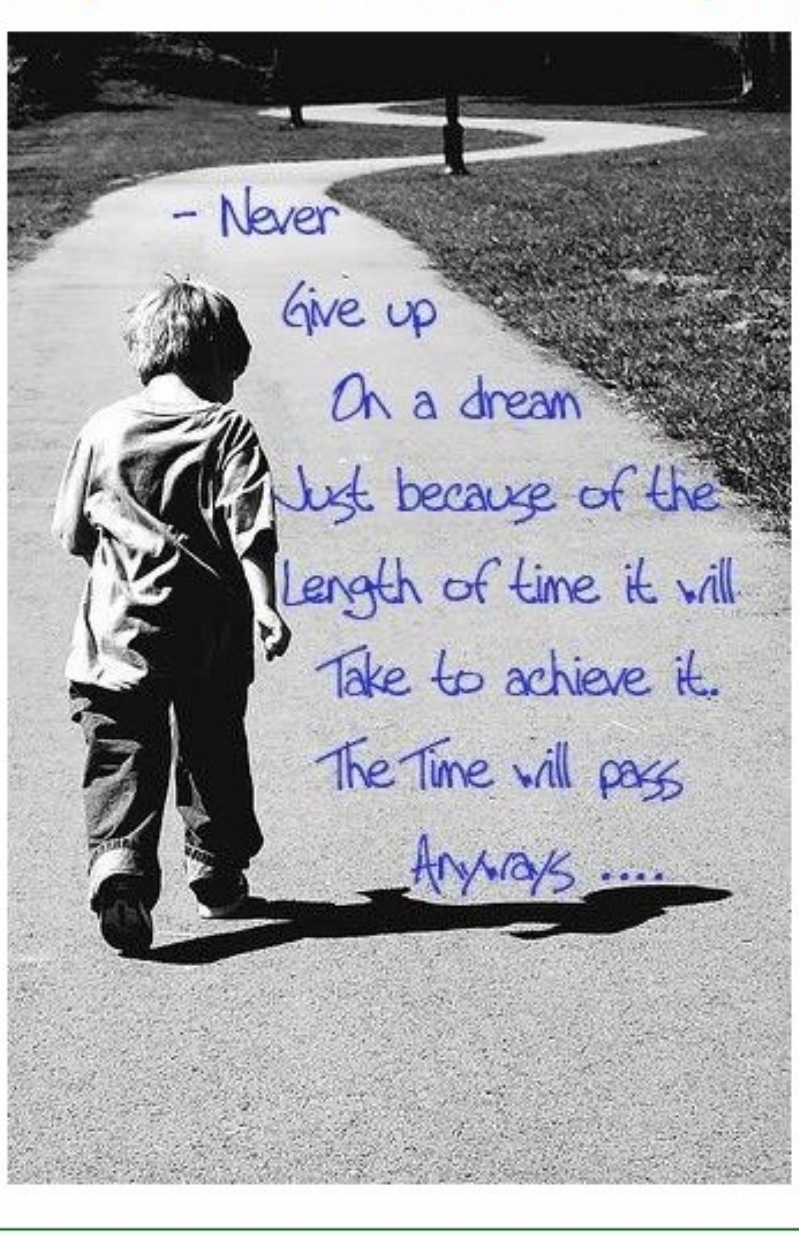
The giant leatherback sea turtle, *Dermochelys coriacea*, is the biggest turtle species still in the world. They are a giant amongst most other modern reptiles, the only ones bigger are three of the remaining species of crocodilians.

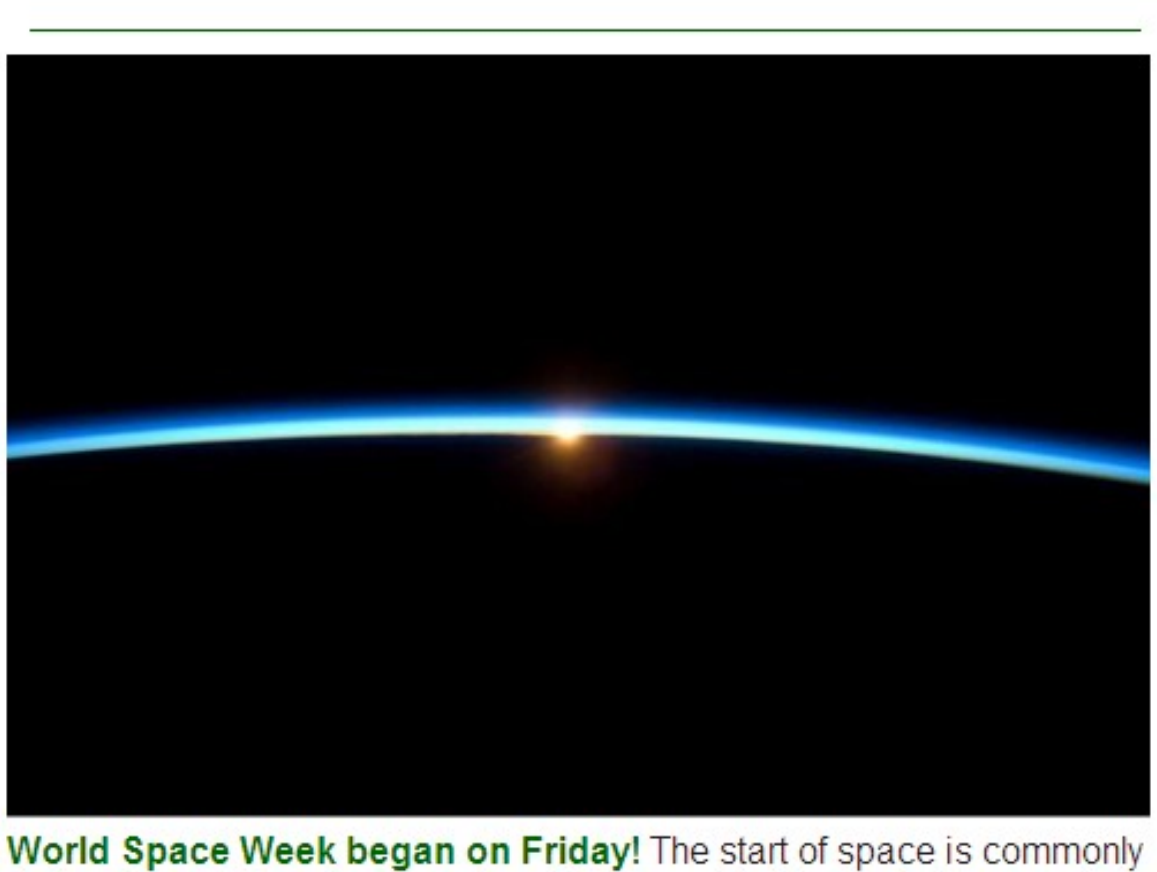
In addition to being very large, one thing that is immediately noticeable is that they don't possess a bony shell, like most other turtle species. They are instead covered in a thick layer of "leather" and fat, hence their name — the Giant Leatherback Turtle. They have what is considered to be the most hydrodynamic body design of any living turtle, which is part of what allows them to reach speeds of up to 22 mph, making them the fastest moving reptile in the world.

On average Dermochelys coriacea adults tend towards around 6.0–7.2 feet in total length, and towards a weight of around 550 to 1,500 lbs. They can reach much, much larger than that though. The biggest one reported in modern times was over 9.8 feet when measured from head to tail, with a carapace longer than 7.2 feet, and weighing in at about 2,000 lbs. That individual was found on a beach on the west coast of Wales.

They are the last remaining species in the genus Dermochelys, and are likely headed towards extinction themselves. They are currently listed as critically endangered, with only an estimated 26,000 to 43,000 mature females left, spread out across all of the oceans of the world. Their numbers have fallen drastically during the last century, the primary causes being: the exploitation of their nests/eggs by humans, being caught as by-catch by fishing boats, being killed by boat collisions, and diseases/deaths caused by the chemical/physical pollution released by human activity.

Hope you are all enjoyed your holidays. Back to school this Tuesday - time for more fun while learning heaps!





World Space Week began on Friday! The start of space is commonly defined as 100km above sea level. If you could drive straight upwards, you'd be there in less than two hours.

If you just need more space, you can visit our telescopes near Canberra, Parkes and Narrabri http://ow.ly/pub8P Or take a virtual tour of the Parkes radio telescope: http://ow.ly/pubda WSW2013 Image: NASA

One Wooden Sailing Ship, One Quadrocopter Drone and 5 Teenagers by Wild Diaries - Published on 30 Sep 2013

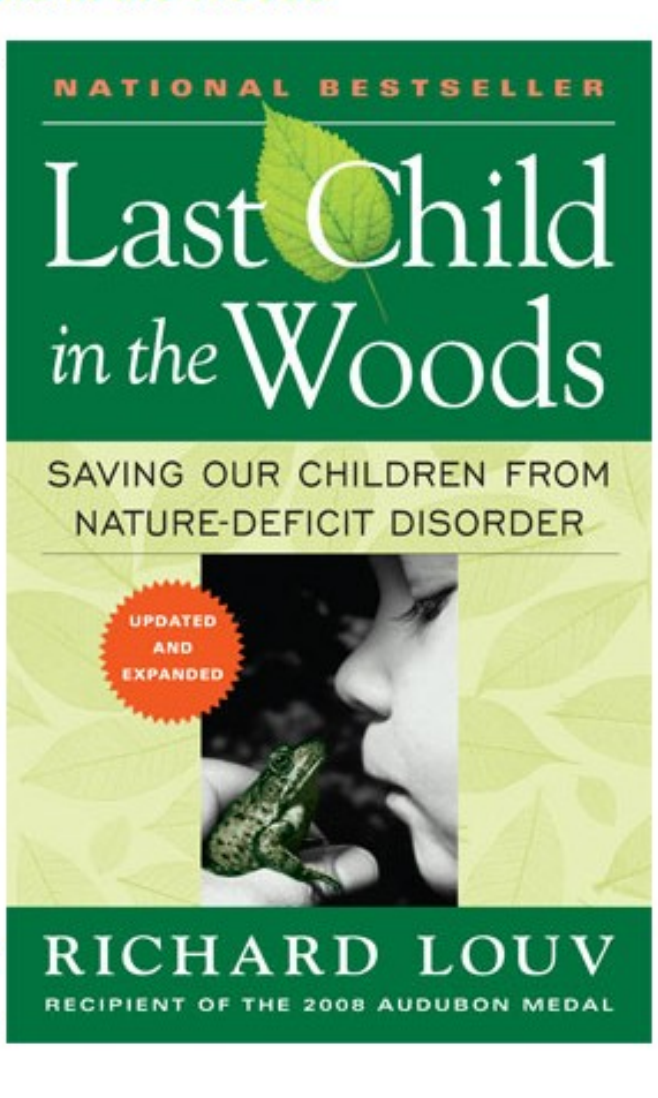
Departing Q Station, the East Coast Odyssey culminated in Sydney with a 4-day venture onto the high seas with two families. Ewan, the deck hand, a sailor since an early age describes the feeling of sailing this wooden ship in the company of boys his own age, from very different backgrounds.

One Wooden Sailing Ship, One Quadrocopter Drone...
0:00 / 2:24

Joshua Slocum - Sailing Alone Around the World

Joshua Slocum - Sailing Alone Around the World
BAHIA Y CENTRO DE PUNTA ARENAS
00:00 / 44:42

Last Child in the Woods


NATIONAL BESTSELLER
Last Child in the Woods
SAVING OUR CHILDREN FROM NATURE-DEFICIT DISORDER
UPDATED AND EXPANDED
RICHARD LOUV
RECIPIENT OF THE 2008 AUDUBON MEDAL

In this influential work about the staggering divide between children and the outdoors, child advocacy expert Richard Louv directly links the lack of nature in the lives of today's wired generation—he calls it nature-deficit—to some of the most disturbing childhood trends, such as the rises in obesity, attention disorders, and depression.

Last Child in the Woods is the first book to bring together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. More than just raising an alarm, Louv offers practical solutions and simple ways to heal the broken bond—and many are right in our own backyard.

This new edition reflects the enormous changes that have taken place since the book was originally published. It includes:

100 actions you can take to create change in your community, school, and family.

35 discussion points to inspire people of all ages to talk about the importance of nature in their lives.

A new progress report by the author about the growing Leave No Child Inside movement.

New and updated research confirming that direct exposure to nature is essential for the physical and emotional health of children and adults.

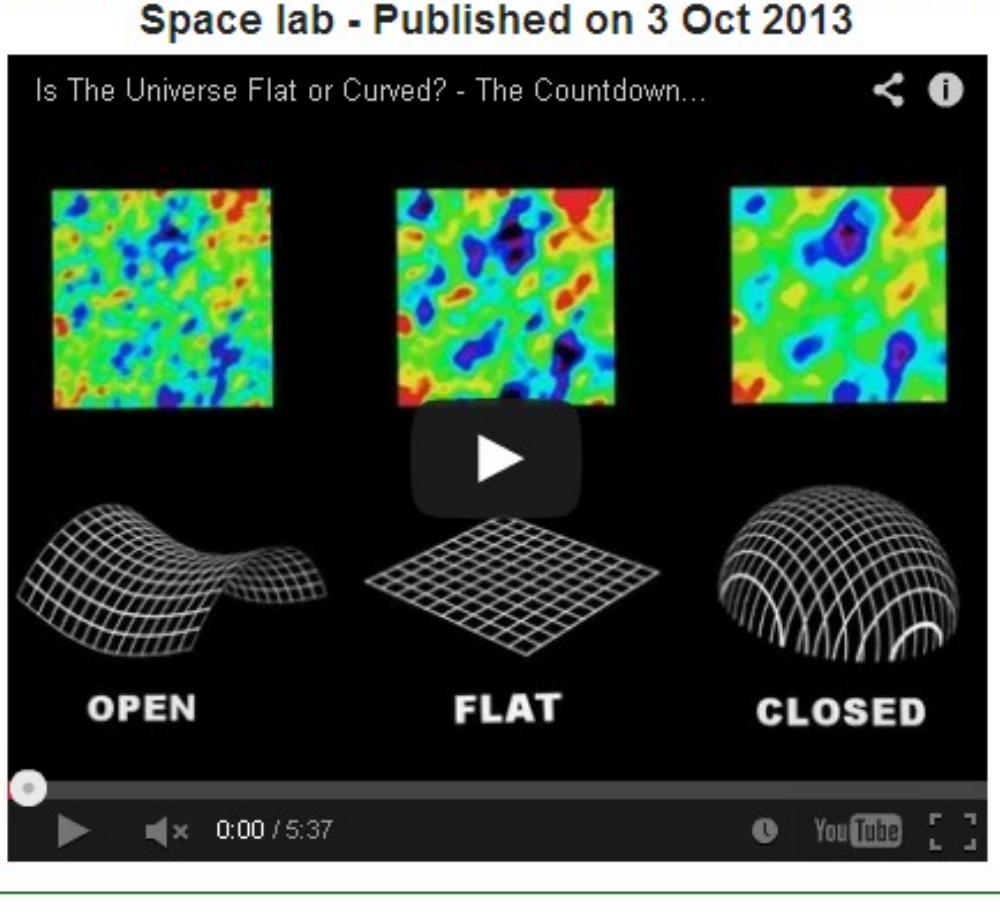
Last Child in the Woods: Saving our Children from Nature Deficit Disorder has spurred a national dialogue among educators, health professionals, parents, developers and conservationists. This is a book that will change the way you think about your future and the future of your children.

Published by Algonquin Books, $14.95 See more here

Cyberbullying Claymation for Kids from Back MeUp - Published on Sep 21, 2013

Cyberbullying Claymation for Kids
0:00 / 1:59

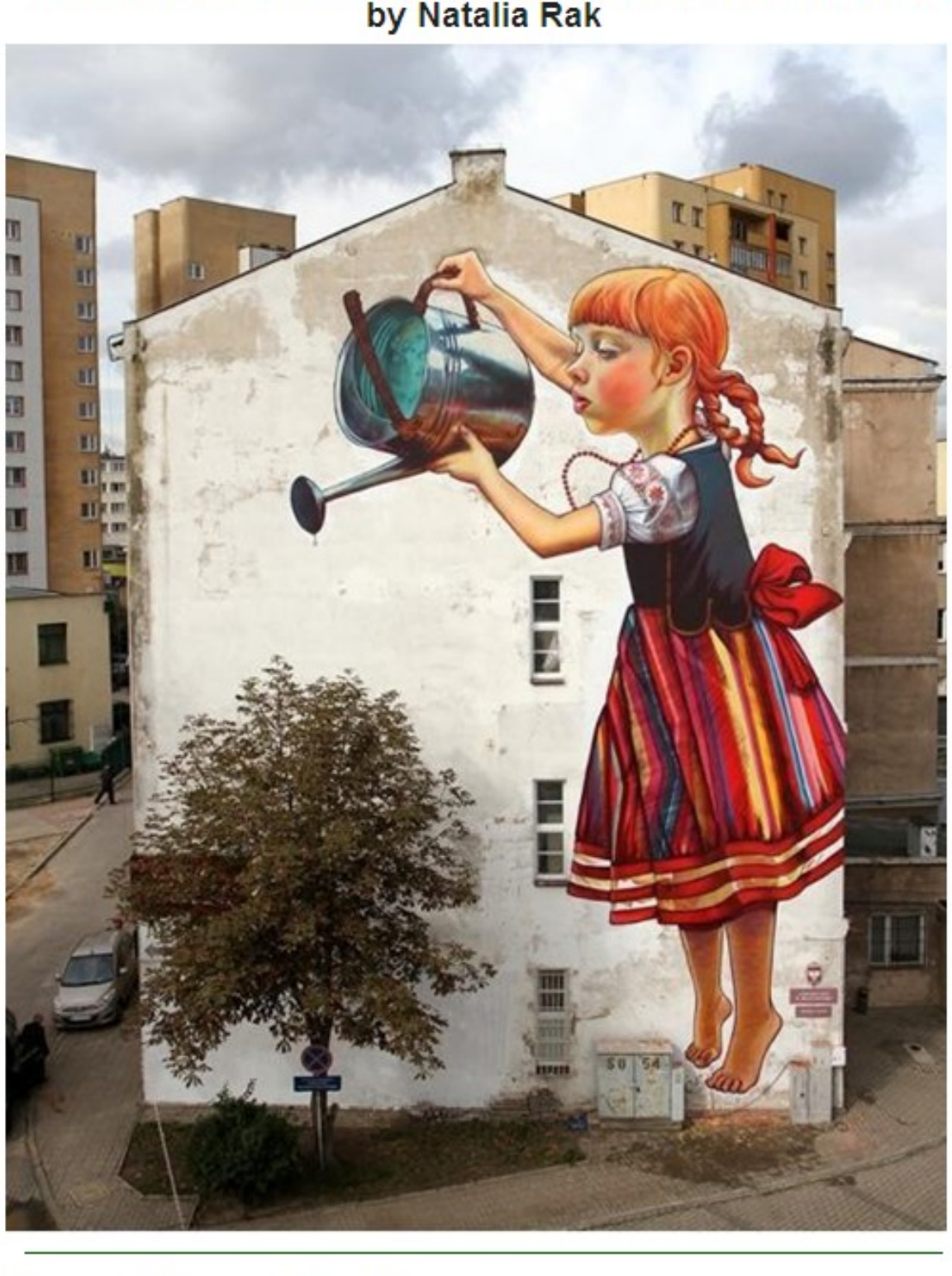
Is The Universe Flat or Curved? - The Countdown #32 by Space lab - Published on 3 Oct 2013



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/

The Legends Of Giants, awesome wall mural in Poland by Natalia Rak



Keep children safe online

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

Stories for you already run:

Adrenalin 360 Surf and Skate Competition and Kids Festival

Are You up to the RED BELT CHALLENGE by Hoshin Australia

ArtFest 2012 - Biannual Children's Art Exhibition

Australian Ibis for Children

Australia's First School Launch was in Pittwater

Australia's First Steamers

Avalon Bulldogs Season Open Pictorial

Avalon Junior Rugby League Super Saturday

Avalon Sailing Club Teaches A Novice To Sail

Bilgola Plateau Public School - Sustainable Practices

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

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

Blast Off 2011 Blast off 2012 Blast Off 2013

Dance Fever 2012 by Peta Wise

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

Grandparents Day 2012 by Peta Wise

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

Heartsong - an Anthology of Pittwater Poetry Launched

Hoishin Anti-Bullying Summer Camp 2012

Kangaroo Dance

Learn2Swim Narrabeen Coastal Platform Tour for children

Maria Regina Catholic School at Avalon: Christmas Crafts for Children

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

Maria Regina Catholic Primary School's DanceFever 2013 Winners

Mona Vale Public School's Centenary Launch

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

Mr Wiseacre Discourses. ON LIGHTHOUSES

MV Reliance and Maria Regina Avalon - Clareville Outing

Newport Student Wins RMYC MArine Art Prize

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

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

Online World To Be Safer - Sonar Dolphins Arise!

Pacific Black Duck taking a bath at Careel Creek

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

Pink Ribbon Day at Maria Regina by Joanne Seves

Pittwater's Break The Famine Lunch 2013

Pittwater's Got Talent

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

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

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

SLSC 2013 Interstate Championships - at Newport

Spotted Gums of Pittwater Inspirations

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

The Northern Beaches Music Festival's YOUNGBLOODS Competition

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

Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2013

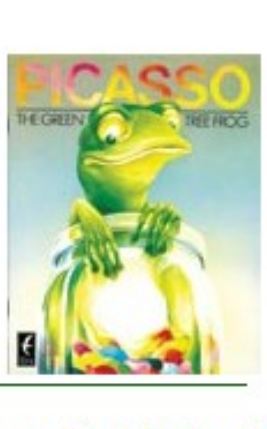
Winning the Homework War by Rosemary Smith

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

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

Zoomobile at Loquat Valley School, Bayview

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.

Supervolcanoes on Mars by Nature Magazine - Published on 2 Oct 2013

Scientists have found evidence of supervolcanoes on Mars. Several craters, thought to be created by impacts from space, may have actually been caused by explosive volcanic eruptions thousands of times larger than your garden variety volcano

Supervolcanoes on Mars
naturevideo
0:00 / 4:20

Baby Animals Season

Everything furred, feathered, scaled and finned is producing new babies at present. These Australian Wood Ducks, photographed this week at Crystal Bay in Newport, have had a new family again this Spring - gorgeus fluffy little ducklings x 5 are now growing fast.

If you see some youing'uns when you're out and about, have a good look but don't go too close and scare them. IF you're taking your dog for a walk in these areas, please keep them on a lead so they don't chase or distress them, and if you see or find a hurt baby critter then please let mum or dad know so they can get them to Sydney Wildlife where they will be well looked after. You are always out there playing - you may be their first rescuers if they need it.

ATLAS OF LIVING AUSTRALIA CELEBRATES 40 MILLION MILESTONE

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

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

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

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

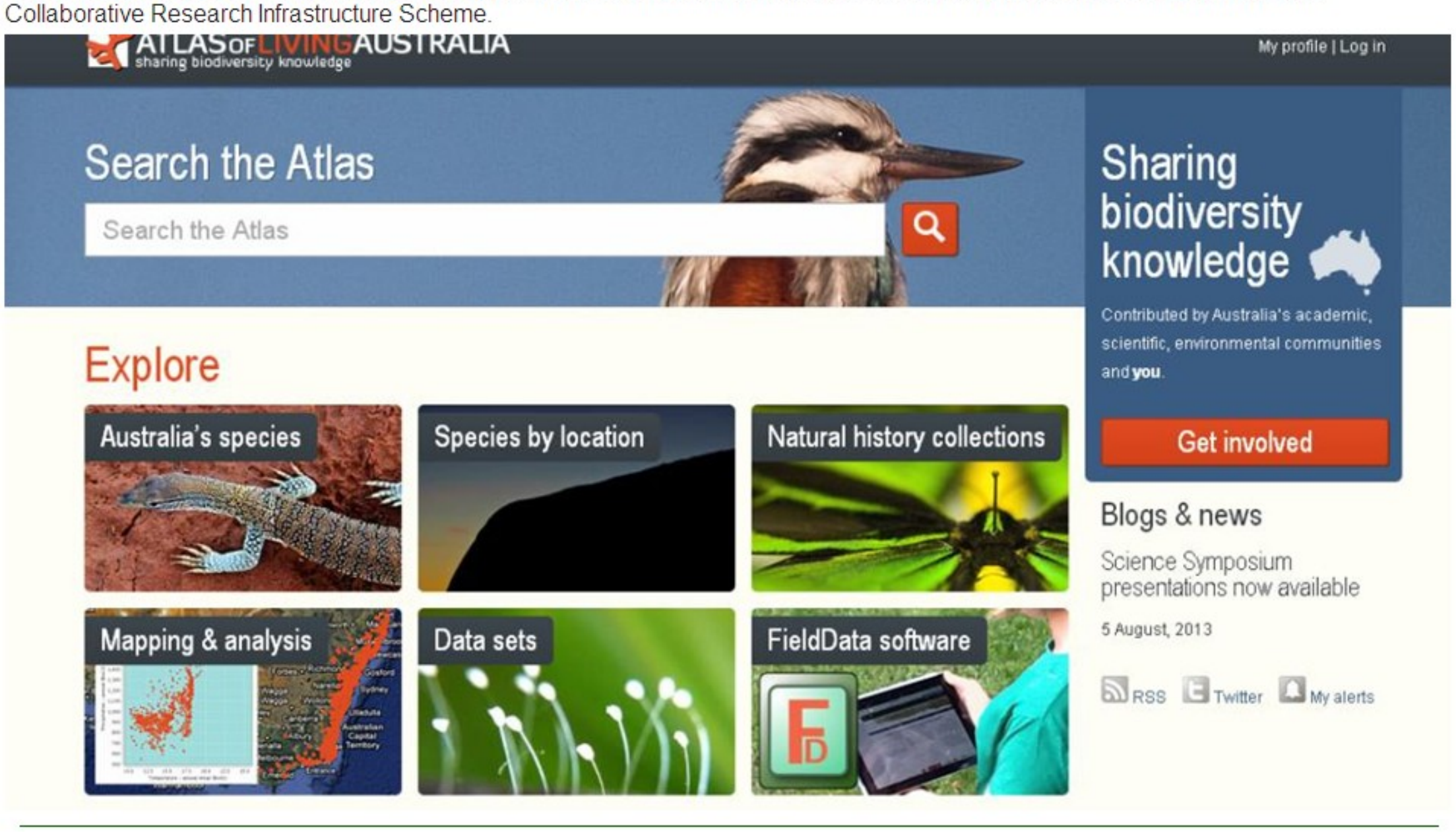
"Museum Victoria's collection dates back over 150 years. Our specimens, data and images are critical to furthering the understanding of Australia's biodiversity and we are pleased to share them with the nation through the Atlas of Living Australia," Museum Victoria CEO Dr J Patrick Greene said.

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

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

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

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


ATLAS OF LIVING AUSTRALIA
sharing biodiversity knowledge
My profile | Log in
Search the Atlas
Search the Atlas
Sharing biodiversity knowledge
Contributed by Australia's academic, scientific, environmental communities and you.
Get involved
Explore
Australia's species
Species by location
Natural history collections
Mapping & analysis
Data sets
FieldData software
Blogs & news
Science Symposium presentations now available
5 August, 2013
RSS
Twitter
My alerts

Explore the West with WilderQuest!

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

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

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

About

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

Mission

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

Company Overview

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

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

Description

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

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

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

WILDERQUEST
WELCOME
KIDS
JOIN WILDERQUEST TODAY
TEACHERS
PARENTS
JOIN NOW
LOG IN
easy
INTRODUCTION
GUEST
WILDERQUEST POINTS
0
RANGER LEVEL

WELCOME TO WILDERQUEST

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

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

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

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

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

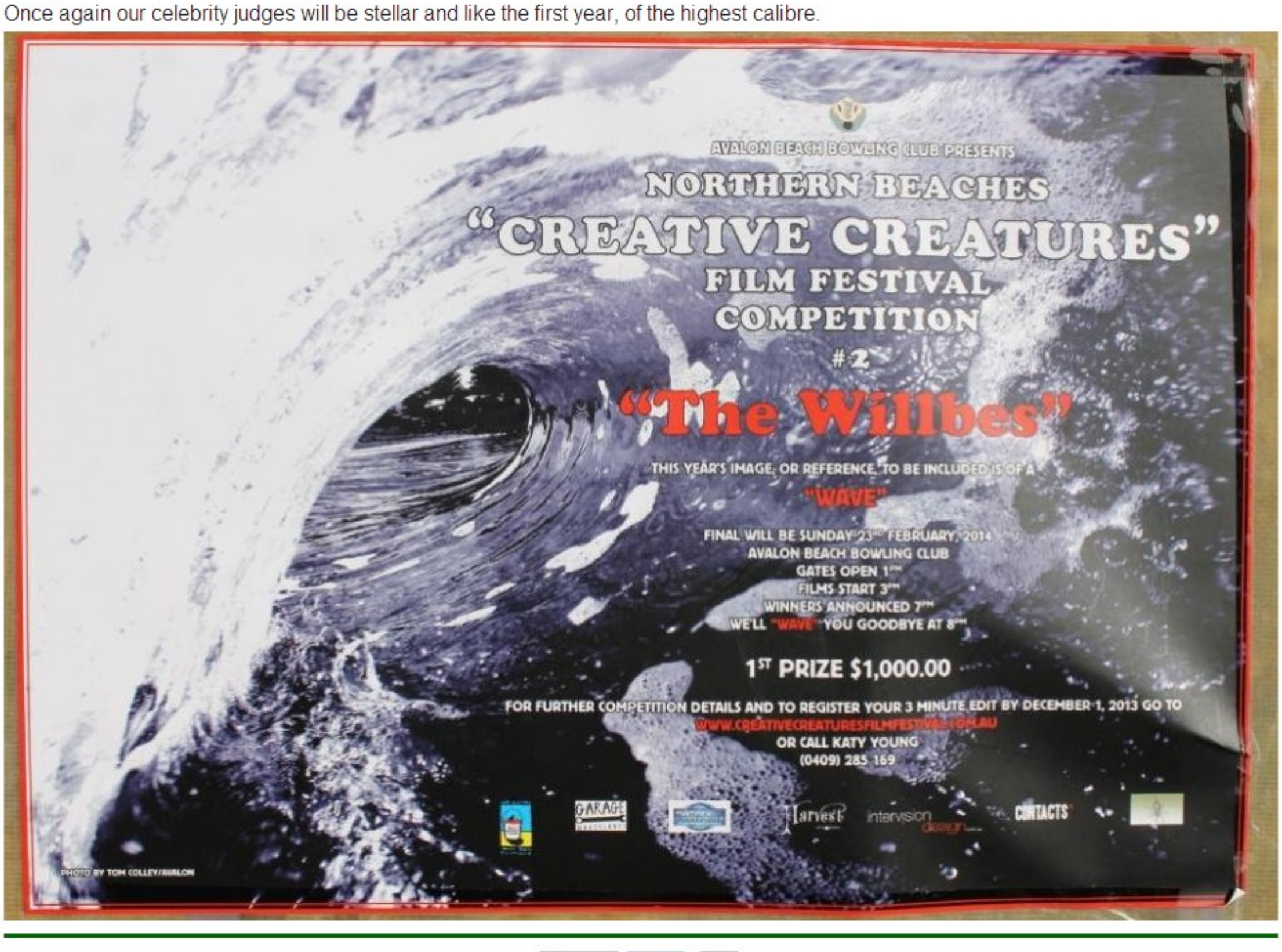
Creative Creatures Film Festival - website

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

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

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

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



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

Pittwater Online News

October 6 - 12, 2013: Issue 131

PITTWATER COUNCIL

PITTWATER ARTIST GRANT PROGRAM OPENS

The Pittwater Community Arts organisation is offering a new grant for emerging young local artists, with support from Pittwater Council.

The 'Emerging Artist Grant' will be awarded to a young Pittwater based artist or artisan **aged between 18-30 years** in early December. The grant of $2000 will then be used by the grant recipient to develop and or market a new body of work that will be shown at Newport Community in April next year.

Applications open on Tuesday 1 October 2013 and will close on 1 November. Applicants can apply via the Pittwater Community Arts website at www.pittwaterarts.com and must be members of the organisation. Annual memberships cost $20

President of Pittwater Community Arts Lorrie Morgan said the new grant program was an exciting step forward for the organisation.

"Awareness of Pittwater-based artists has been growing for some time and this is another way we can support emerging artistic talent and help it blossom," she said.

Ms Morgan said the grant program represented an exciting evolution for Pittwater Community Arts, with it being the first major grant ever offered by the organisation.

The Council will support the grant program by offering a 50 metre space at Newport Community Centre free of charge to the grant recipient for the April exhibition of their work. The Council will also provide hanging systems and screens for wall-mounted works.

Mayor Jacqui Townsend said that the grant program reinforced the Council's commitment to nurturing the arts in Pittwater.

"We're currently planning a series of events for Pittwater during the summer months which will showcase creativity and the arts through the Enliven Pittwater program."

"Details of all these events will be announced in the next few weeks."

Take Charge Youth Leadership Forum 2013

International Fleet Review 2013

There's a few ships moored in Sydney Harbour at present. Over the past month we've been running a series of Historical collations of incidents and events that led up to the formation of our own Australian Navy, for which we have received high praise and had phone calls from Naval Historians expressing thanks - so they must be alright, and took more then a few weeks to research and put into shape.

If they inspire you to get sailing then RPAYC is holding an OPen Day on Sunday 13th of October - see our Events page for details, or get along to Avalon Sailing Club or BYRA - also great for beginners. Or see the listing for Australian Naval Cadets on this page - also another great local program that will empower and inspire you.

We here are certain that there is nothing so good for you as simply mucking about on boats!

If you're not going to get to go to any of the IFR events that run this week too due to being back in school, we list what we've run so far here and invite you to peruse the Tall Ships Michael Mannington of Volunteer Photography shot during the week, or take a look at the videos below to get a quicker insight into our very first flagship and her demise.

Our Articles:

International Fleet Review on Sydney Harbour October 2013 and The Opening of the Sailing Season on Sydney Harbour, October 1885

First Naval Exercises by New South Wales Colonial Ships – The Wolverene at Broken Bay - **It may not surprise many of you that the first ever Naval Exercises carried out by colonial vessels began from Broken Bay – where else?** In the lead up to the International Fleet Review in Sydney Harbour, October 3-11 2013, celebrating the entry of our own Royal Australian Navy fleet into Sydney Harbour 100 years ago, we will share a few articles on the lead up events to this original great day for New South Wales and Australia. First though - Colonial Naval Ships Exercises; **1885...**

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

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

The Australian Fleet Celebrations of October 1913 - A Week of Welcomes- **International Fleet Review 2013 precursors - Article IV**

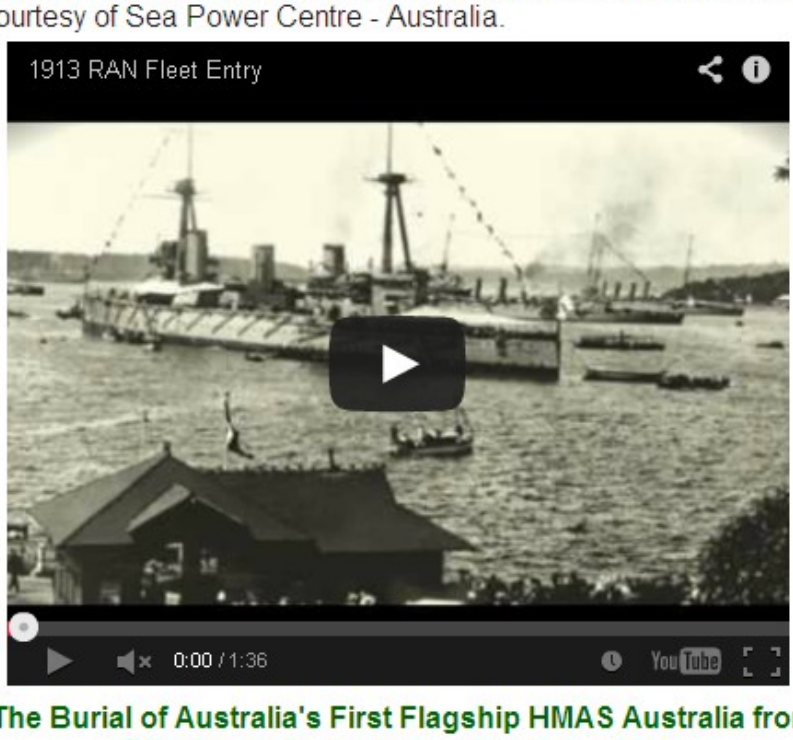
HMAS Sydney 21 Gun Salute IFR 4.10.2013 by Brian Friend

Brian Friend, retired Water Policeman of Pittwater and Broken Bay, filmed THE EVENT of the 2013 International Fleet Review - the re-enactment of the 4th of October 1913 entrance of the newly formed RAN into Sydney Harbour. In 2013 this fleet was represented by Division 3 -- the key commemorative division will be adjacent to Bradley's Head for a 21 Gun Salute at 10am and includes Royal Australian Navy ship's: HMAS Sydney, HMAS Darwin, HMAS Perth, HMAS Parramatta, HMAS Bundaberg, HMAS Diamantina, HMAS Huon

HMAS Sydney 21 Gun Salute IFR 2013 4 10 2013 by...

1913 RAN Fleet Entry by RAN Media - Published on 11 Sep 2013

First entry of the Royal Australian Navy's Fleet into Sydney in 1913. Courtesy of Sea Power Centre - Australia.



The Burial of Australia's First Flagship HMAS Australia from Film Australia - Published on 2 Oct 2013

Sydney is celebrating the centenary of the 1913 Fleet Review. On the 4th of October 1913 HMAS Australia led the fleet consisting of HMAS Encounter, HMAS Melbourne, HMAS Warrego, HMAS Parramatta and HMAS Yarra steaming through the heads of Sydney Harbour. HMAS Australia, an Indefatigable-class battle cruiser, was The Royal Australian Navy's first flagship. A year later it was serving Australia in World War I. After distinguished service HMAS Australia was decommissioned and eventually scuttled off Sydney Heads on April 12 1924. This film records the last moments of that important piece of Australian Naval history.

The Burial of Australia's First Flagship HMAS A...

Surf Life Saving Sydney Northern Beaches - Warriewood SRC

It's all smiles for these youngsters from Warriewood Surf Life Saving Club who have successfully completed their Surf Rescue Certificate. The five day training course was conducted by the Sydney Northern Beaches Surf School.

There was perfect weather and conditions for four days of training at North Narrabeen last week. However, the surf picked up on the last day and North Narrabeen Beach was closed. The wet assessment was transferred to Collaroy Beach were everything ran smoothly and the youngsters completed their SRC.

We asked CSIRO: Scientists in Schools

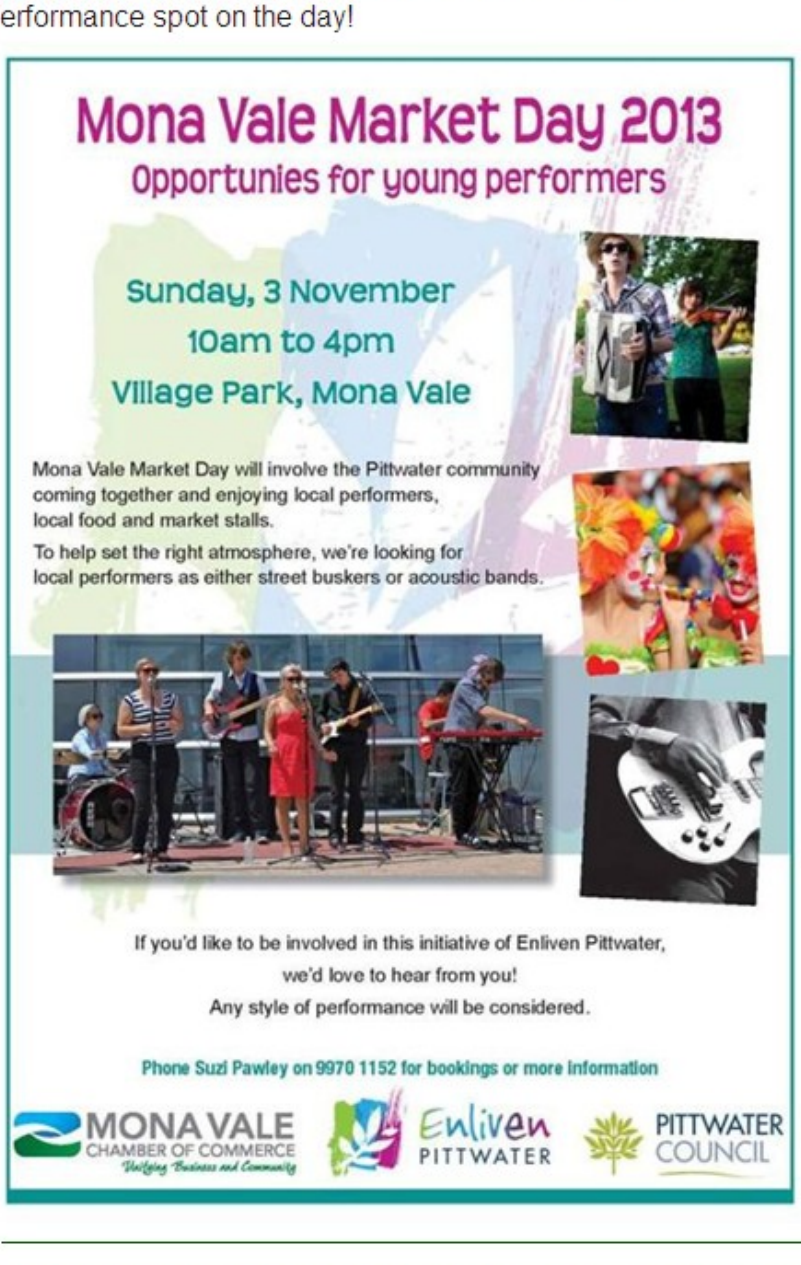
We asked CSIRO: Scientists in Schools

Joshua Slocum - Sailing Alone Around the World

Joshua Slocum - Sailing Alone Around the World

Enliven Pittwater

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


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

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

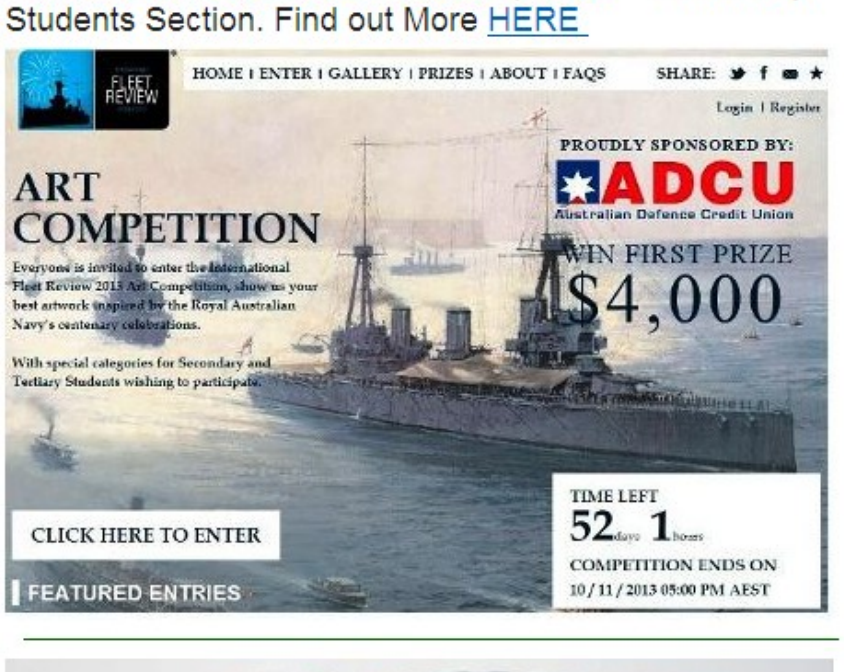
To help set the right atmosphere, we're looking for local performers as either street buskers or acoustic bands.

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

Phone Suzi Pawley on 9970 1152 for bookings or more information

MONA VALE CHAMBER OF COMMERCE · Enliven PITTWATER · PITTWATER COUNCIL

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



ART COMPETITION

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

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

COMPETITION ENDS ON 10/11/2013 05:00 PM AEST

ORIGINAL SOURCE INTENSE SURF CHALLENGE

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

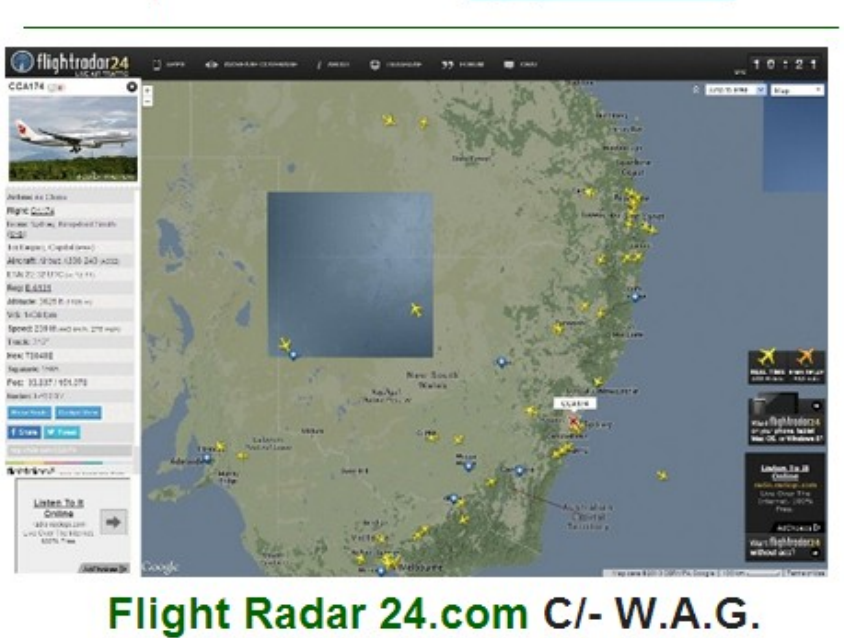
The 15 surfers taking on the challenge are: Jamie Mitchell, Asher Pacey, Jeff Rowley, Richie Vaculik, Riley Laing, Kerby Brown, Marti Paradisis, Dean Morrison, Anthony Walsh, Laurie Towner, Ryan Hipwood, Dean Bowen, Tyler Hollmer-Cross, Brett Burcher and Josiah Schmucker.

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

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

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

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



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

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

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

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

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

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

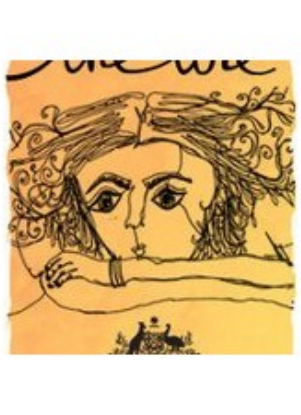
Every day you see planes in the sky, sometimes very high, with or without con-trails. We ask ourselves questions :

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

Some tricks;

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

The Line



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

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

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

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

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

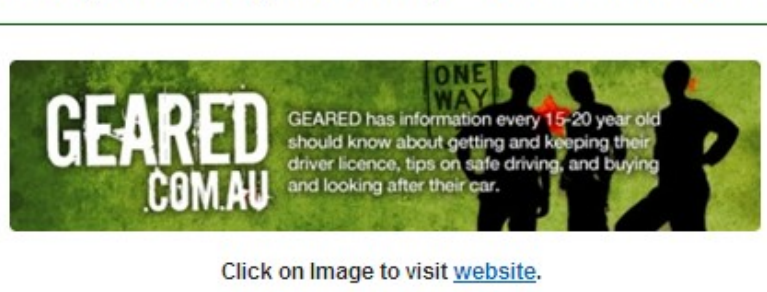
* Please note that all mobile phone calls made from within Australia to Kids Helpline—using Optus (including Virgin), Vodafone, and Telstra—and 1800 Respect—using Telstra—are now free.

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

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

Crisis Support, Suicide and Mental Health

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



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.

Bullying; NO WAY !!!

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

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

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

Bus Pass Replacement

HERE

BackMeUp poll - Posted 14 May 2013 by Commission

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

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

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

Send In Your Stuff

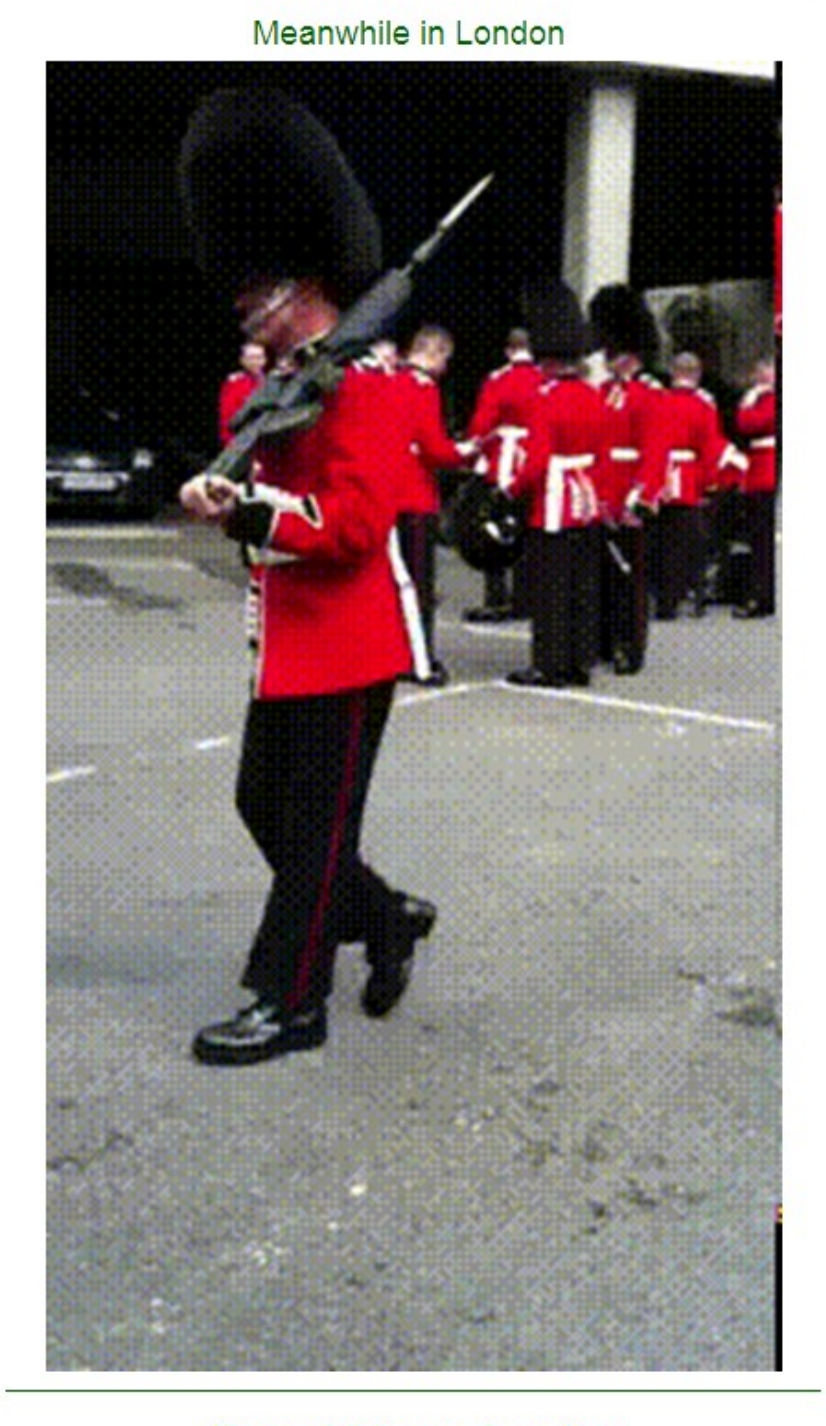
Pittwater Online News is not only For and About you, it is also **BY** you. We cannot publish swearing or the maligning of others (this is the opposite of what we stand for). If you have a poem, story or something you want to see addressed, let us know or send to: pittwateronlinenews@live.com.au

All are Welcome, All Belong !

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/

Meanwhile in London



Keep children safe online

The Easyguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

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.

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

Our Youth page is for young people aged 13+ - if you are younger than this we have more age appropriate news for you on the Children's page

Back to School on Tuesday - hope you all have a great time and learn heaps!

Youth Advisory Council Applications Now Open

The NSW Youth Advisory Council plays an important role in guiding NSW Government youth affairs and raising the views of young people. The council meets regularly throughout the year to discuss a range of relevant topics, as well as monitoring and evaluating youth-related policies and legislation which affects young people.

The 12 Council members, all aged under 25 years, come from all over the State and are broadly representative of the diversity of young people living in NSW. Read more about current members.

What members do:

Advise the Minister on the planning, development, integration and implementation of government policies and programs about young people.

Consult with young people, community groups and government authorities on issues and policies about young people.

Monitor and evaluate legislation and government policies and programs about young people and to recommend changes if necessary.

Hold forums, approved by the Minister, on issues of interest to young people.

Collect, analyse and provide the Minister with information on issues and policies about young people.

Read about previous YAC activities.

Time commitment

Members are appointed to the YAC for up to 12 months. The Council usually holds up to 8 meetings a year and can also host consultations and forums. The cost of members attending Council meetings is met by the NSW Government.

How to apply

Applications are being sought from people interested in being appointed to the 2014 NSW Youth Advisory Council.

If you have experience and a keen interest in youth affairs, nominate yourself to become a member of the Council. The 12 young people on the Council advise the NSW Government, through the Minister responsible for Youth Affairs on all matters concerning young people.

Applications close at 5pm on Monday 4 November, 2013.

Download the application form (228KB). Save the form to your files and then:

email the form to yac@yac.nsw.gov.au OR print the form and fax it to (02) 8762 9903 OR print the form and post it to

The Executive Officer, NSW Youth Advisory Council, Office of Communities. PO BOX K403, HAYMARKET NSW 1240

More information

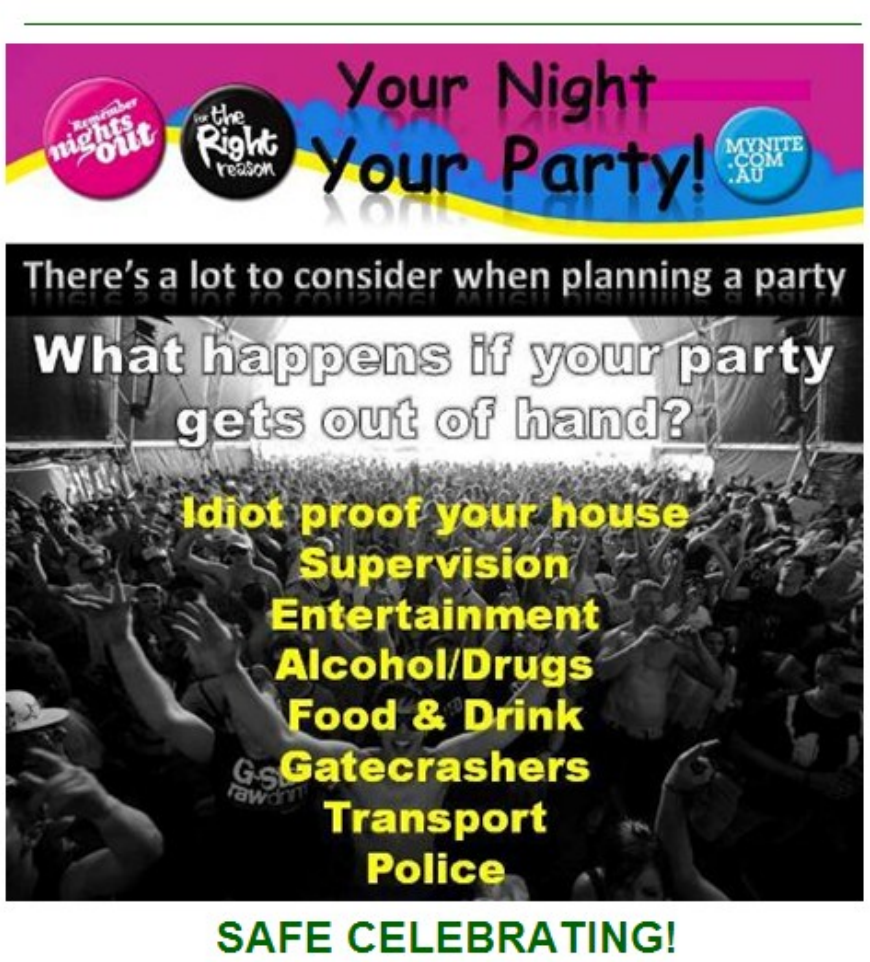
For more information on the NSW Youth Advisory Council, please contact the Executive Officer, NSW Youth Advisory Council. Phone: (02) 8762 9844. Email: yac@yac.nsw.gov.au

World Space Week began on Friday! The start of space is commonly defined as 100km above sea level. If you could drive straight upwards, you'd be there in less than two hours.

If you just need more space, you can visit our telescopes near Canberra, Parkes and Narrabri http://ow.ly/pub8P Or take a virtual tour of the Parkes radio telescope: http://ow.ly/pubda WSW2013 Image: NASA

Cyberbullying Claymation for Kids from Back MeUp - Published on Sep 21, 2013

Cyberbullying Claymation for Kids


Night Out
Right Reason
Your Night Your Party!
MYNITE.COM.AU
There's a lot to consider when planning a party
What happens if your party gets out of hand?
Idiot proof your house
Supervision
Entertainment
Alcohol/Drugs
Food & Drink
Gatecrashers
Transport
Police

SAFE CELEBRATING!

As we head into was is known as 'the party season' in Australia, and with so many of you completing your HSC or other schooling soon, a timely reminder of how to have fun and stay safe seems like a good idea around now. We all know that parties and celebrations are important to young people. They provide them with an opportunity to socialise, meet other young people and to celebrate significant life events. But while parties are important for social development reasons, they can also bring into play a range of risk factors that work together to increase the risk of injury to young people.

Partying and going out is a normal part of growing up, but there are risks involved. You need to manage these risks through discussion and planning with your family and friends.

If you are informed about safe partying, you are more likely to protect yourself and your friends. If your plans fall through, or if you are feeling unsafe wherever you are, it's OK to contact someone for help.

For more info go to www.mynite.com.au or www.youthsafe.org

New hope for young people who drink to mask negative feelings - 01 October 2013

Researchers at UNSW are conducting the first ever trial of a brief online intervention to treat combined depression and alcohol misuse in young people.

The DEAL project is modelled on existing e-health interventions, but while other online treatments target either substance use or depression this is the first to address both conditions together in a program specifically designed for young people aged 18-25.

Study leader Mark Deady, a doctoral candidate at the National Drug and Alcohol Research Centre, based at UNSW, said that drinking to reduce negative emotions is a powerful predictor of heavy and problematic drinking in young people but that few of them received any form of traditional care.

"We are hoping that the DEAL project will bridge that gap and because it is online, it is easy to access and it requires minimum time commitment from participants."

If you are aged between 18-25 and wish to take part in the DEAL project, you can apply online at http://dealproject.org.au/

For the full story go to the **website**.

PITTWATER COUNCIL

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

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

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

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

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

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

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

Supervolcanoes on Mars by Nature Magazine - Published on 2 Oct 2013

Scientists have found evidence of supervolcanoes on Mars. Several craters, thought to be created by impacts from space, may have actually been caused by explosive volcanic eruptions thousands of times larger than your garden variety volcano.

Read the paper: http://dx.doi.org/10.1038/nature12482

Supervolcanoes on Mars

One Wooden Sailing Ship, One Quadrocopter Drone and 5 Teenagers by Wild Diaries - Published on 30 Sep 2013

Departing Q Station, the East Coast Odyssey culminated in Sydney with a 4-day venture onto the high seas with two families. Ewan, the deck hand, a sailor since an early age describes the feeling of sailing this wooden ship in the company of boys his own age, from very different backgrounds.

Join a return leg voyage at http://eastcoastodyssey.wildiaries.com

One Wooden Sailing Ship, One Quadrocopter Drone...

Empowering young leaders at TEDxYouth@Sydney - 1 October 2013

Professor Tyrone Carlin, Pro-Vice-Chancellor (Educational Operations) with the TEDxYouth@Sydney team.

The University of Sydney is bringing TEDx to a new generation as the principal partner of TEDxYouth@Sydney.

Presented by the Museum of Contemporary Art Australia (MCA) in collaboration with TEDxSydney, the event will be held **on Sunday 17 November 2013** in front of a live audience **aged 14 to 24 years**.

The one-day event will join a global network of events held in over 100 locations around the world.

Speakers include: investigative journalist and Walkley Award Finalist Paul Farrell; Co-Founder of Wear It Purple and GLBTIQ activist Katherine Hudson; Melanie Tran, the first person with spinal muscular atrophy to complete the Duke of Edinburgh Award; and more to be announced.

University of Sydney student James Colley and graduate Susie Youssef will lend their comedic expertise to the day as MCs.

TEDxYouth@Sydney visitor experience coordinator and recent University graduate, Chad O'Neill, can't wait to bring people together to share brilliant ideas.

"Working to recreate the energy, urgency, dynamism and fun of TED for young people like myself is incredibly fulfilling."

"Simply to be a part of a global event, and to work with the MCA's Young Creatives team, as well as the TEDxSydney team as mentors, has been the opportunity of a lifetime," he said.

The youth event follows the success of TEDxSydney, which was held at the Sydney Opera House in May this year.

As the principal partner of TEDxSydney, the University's involvement in TEDxYouth@Sydney is a reflection of our continued commitment to sharing the TEDx ethos of 'ideas worth spreading' across generations.

"It is an exciting milestone to extend the TEDxSydney conversation to young people, with whom we are fundamentally connected," says Professor Tyrone Carlin, Pro-Vice-Chancellor (Educational Operations) at the University of Sydney.

"This partnership will continue our ongoing work to empower young leaders and ensure a wide and diverse audience have the opportunity to discuss and generate ideas for tomorrow."

TEDxSydney licensee and longtime TEDster Remo Giuffré says, "when we discussed partnering with MCA Australia on the development of a TEDxYouth event to augment TEDxSydney, we didn't have to look, or think, beyond our Principal Partner the University of Sydney for the ideal Principal Partner to support the youth event.

"Turning curious minds into remarkable young adults is at the heart of all they do," he said.

The live event is limited to just over 200 audience members, but the talks and performances will be live-streamed, enabling thousands of people across the world to share in the experience.

More information on TEDxYouth@Sydney is available on the University's website

THE EARTH WINS - Trailer
THE EARTH WINS
IF WE LISTEN, SO DO WE.

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

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

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

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

Click here for the following units:

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

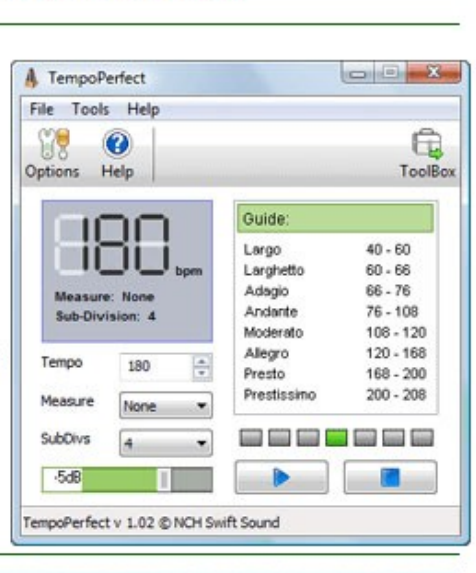
Digital Toolbox

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

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

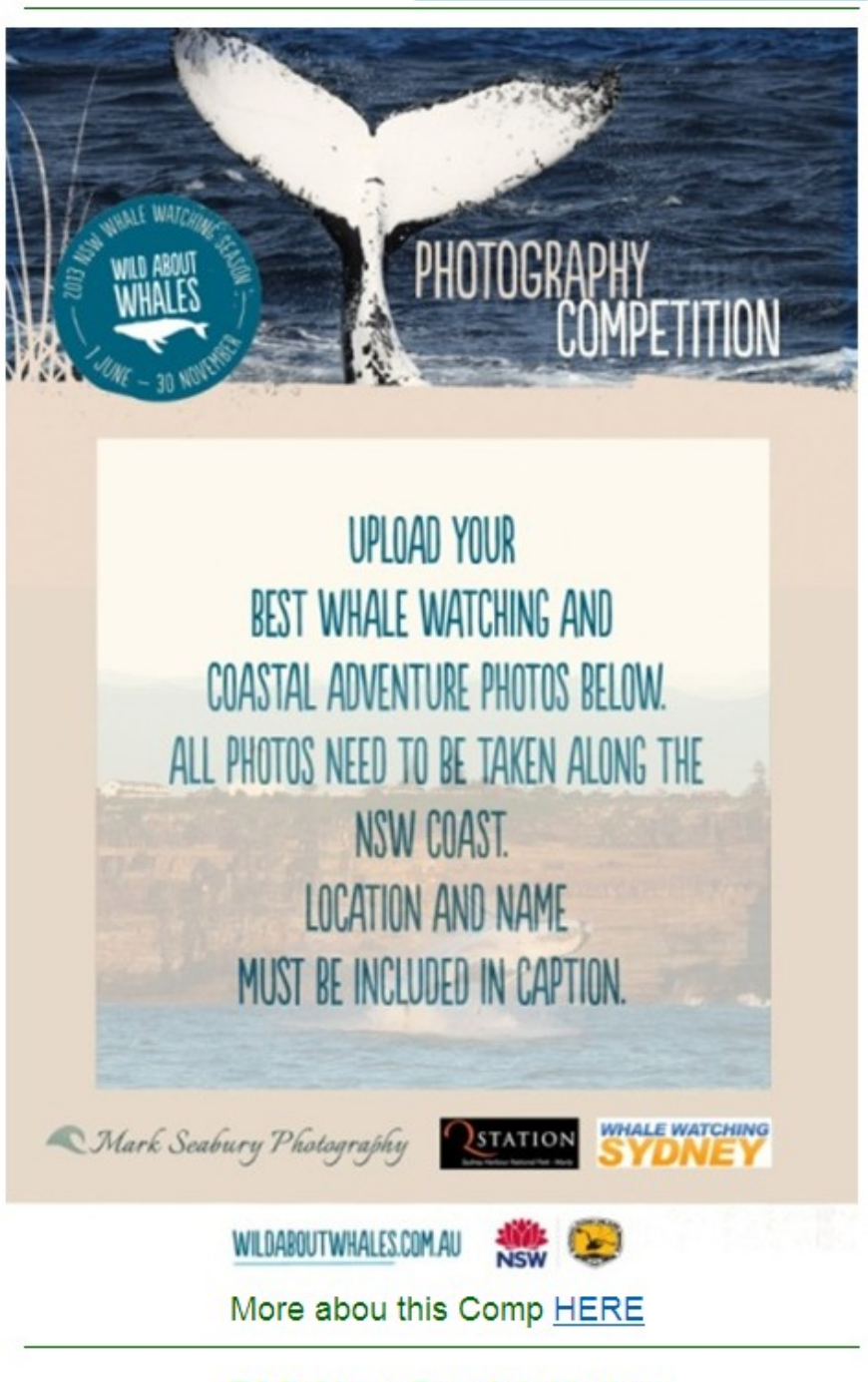
Please include the name of your local cinema, the number of students, preferred times, date and contact details.

Metronome Software. Free Download for Musicians - c/- **Paul Wheeler**



www.nch.com.au

Download free metronome software to keep tempo. This freeware electronic metronome was created by musicians for musicians. Download free software online.


2013 NSW WHALE WATCHING SEASON JUNE – 30 NOVEMBER
WILD ABOUT WHALES
PHOTOGRAPHY COMPETITION
UPLOAD YOUR BEST WHALE WATCHING AND COASTAL ADVENTURE PHOTOS BELOW. ALL PHOTOS NEED TO BE TAKEN ALONG THE NSW COAST. LOCATION AND NAME MUST BE INCLUDED IN CAPTION.
Mark Seabury Photography
Q STATION
WHALE WATCHING SYDNEY
WILDABOUTWHALES.COM.AU
NSW

More abou this Comp 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.

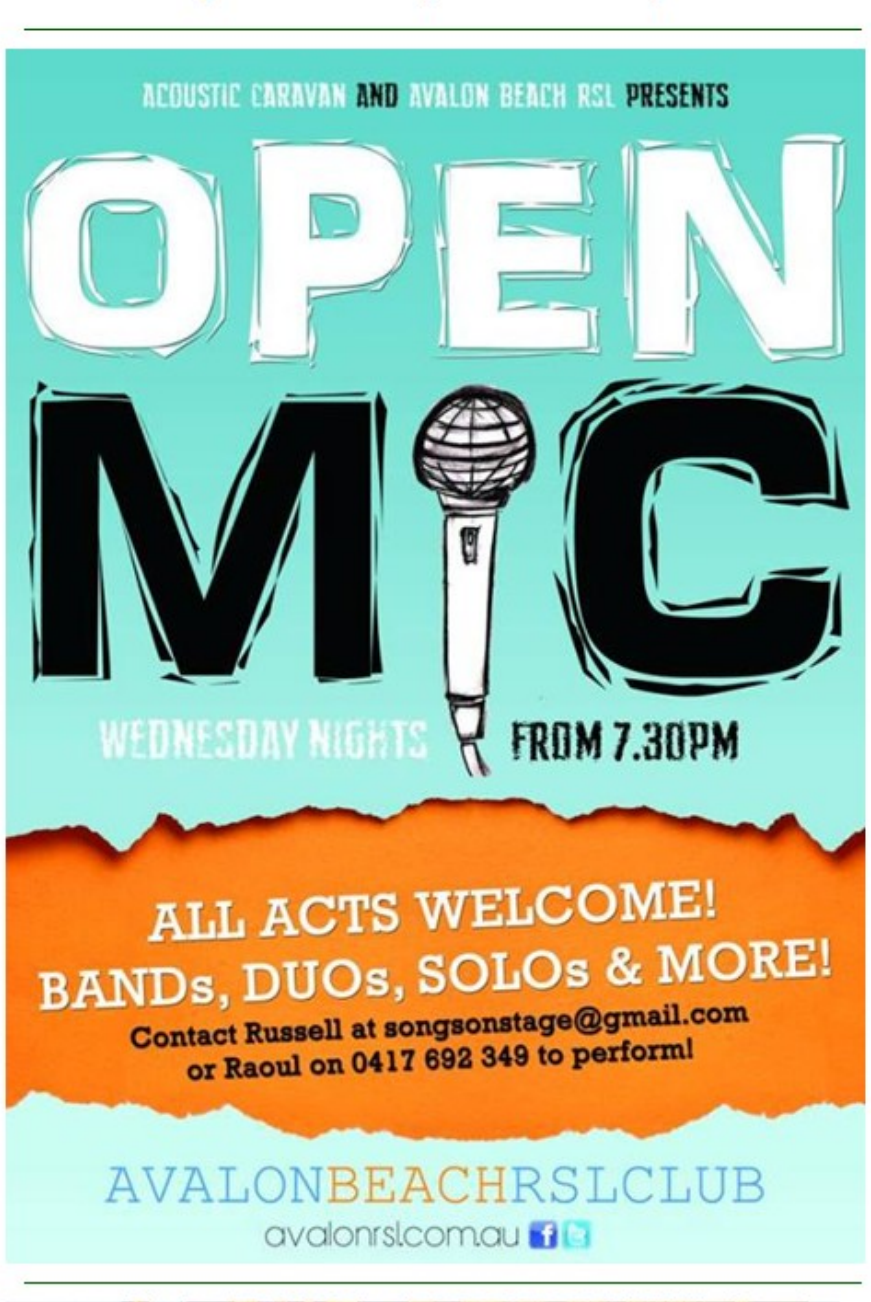
New Facebook Page for young bands on the Northern Beaches - it has info about upcoming gigs, and if you play in a band you can list your gigs on it!

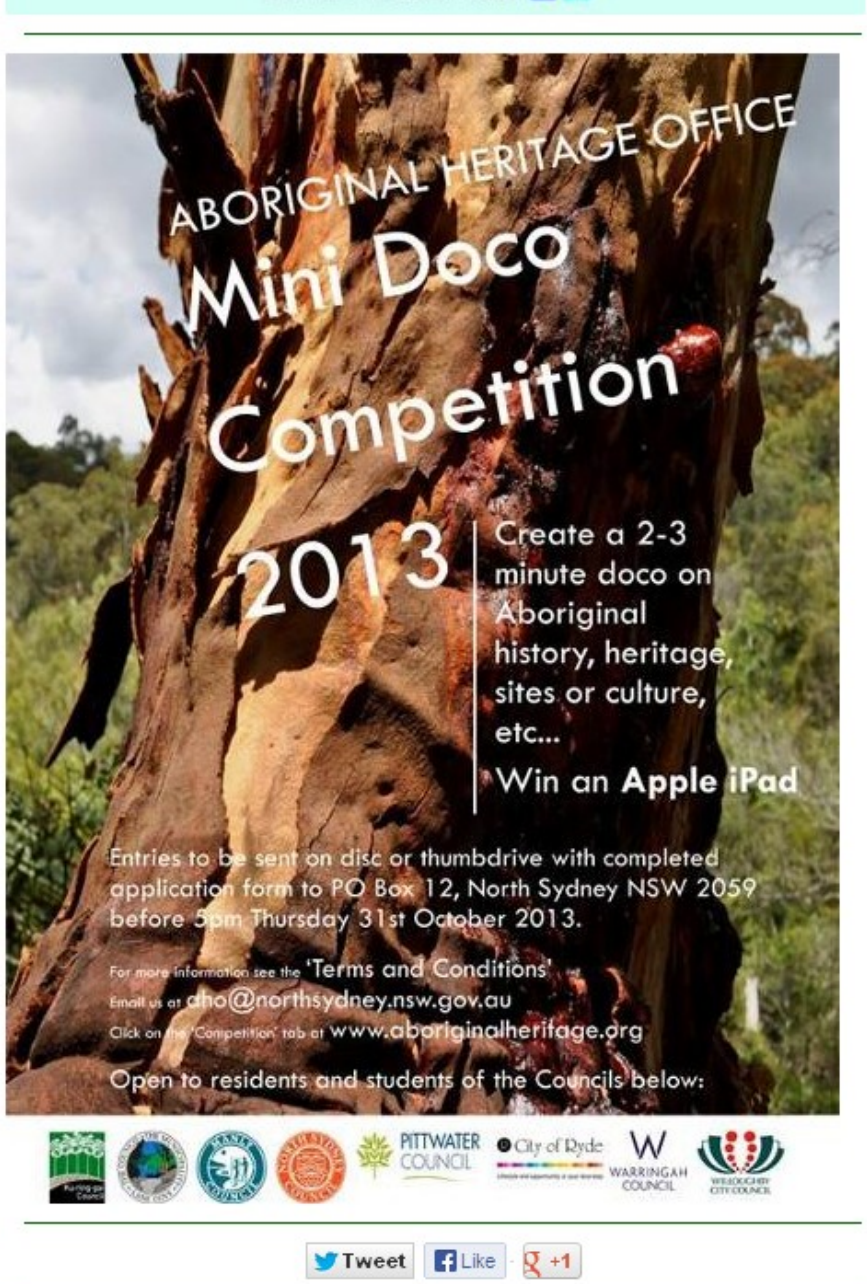
Keep in the loop and support local bands! Northern Beaches Youth Bands at: www.facebook.com/pages/Northern-Beaches-Youth-Bands/347121408731758

Headspace 'We've got your back' campaign

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

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


ACOUSTIC CARAVAN AND AVALON BEACH RSL PRESENTS
OPEN MIC
WEDNESDAY NIGHTS FROM 7.30PM
ALL ACTS WELCOME!
BANDs, DUOs, SOLOs & MORE!
Contact Russell at songsonstage@gmail.com or Raoul on 0417 692 349 to perform!
AVALONBEACHRSLCLUB
avalonrsl.com.au


ABORIGINAL HERITAGE OFFICE
Mini Doco Competition 2013
Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...
Win an Apple iPad
PITTWATER COUNCIL
City of Ryde
WARRINGAH COUNCIL

Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.

For more information see the 'Terms and Conditions' Email us at aho@northsydney.nsw.gov.au Click on the Competition tab at www.aboriginalheritage.org

Open to residents and students of the Councils below:

Powerhouse Museum Online Fun

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

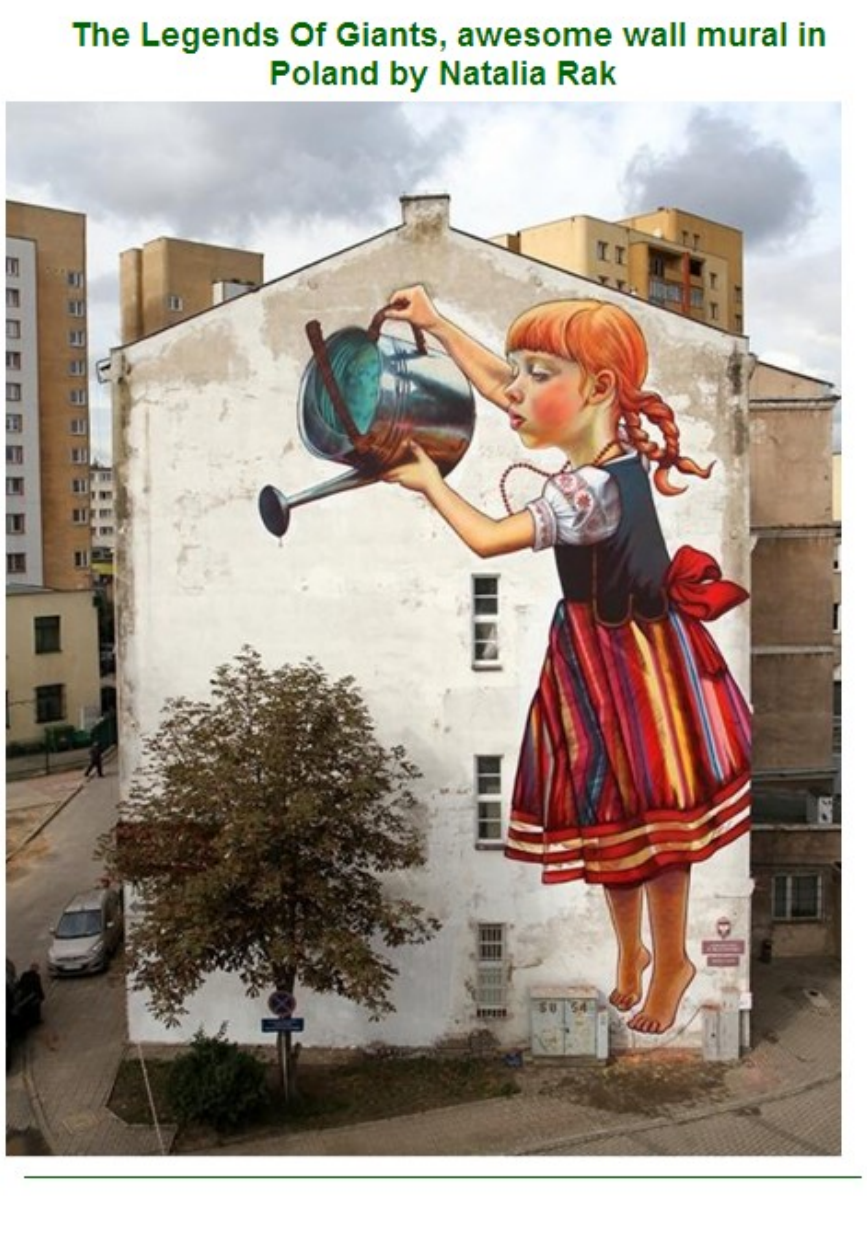
An example: This online skittles game is based on a Victorian table game of skittles, c. 1880, made of wood and coloured paper, from the Powerhouse Museum's collection (object number A7575). Games which combined an element of chance while developing hand-eye coordination were very popular as family entertainment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

The Project Gutenberg Library of Australiana

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

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

The Legends Of Giants, awesome wall mural in Poland by Natalia Rak



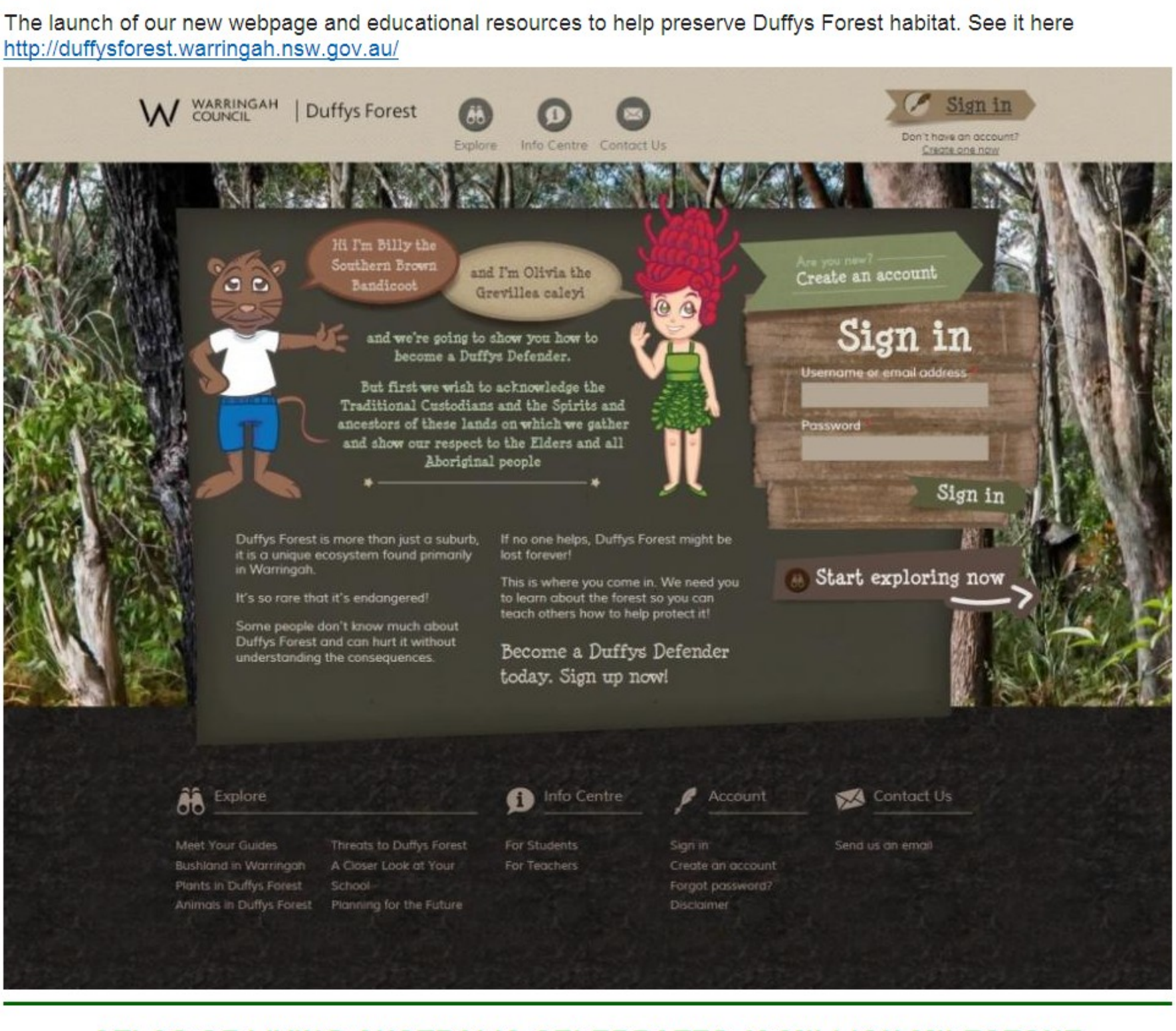
Baby Animals Season

Everything furred, feathered, scaled and finned is producing new babies at present. These Australian Wood Ducks, photographed this week at Crystal Bay in Newport, have had a new family again this Spring - gorgeous fluffy little ducklings x 5 are now growing fast.

If you see some youing'uns when you're out and about, have a good look but don't go too close and scare them. IF you're taking your dog for a walk in these areas, please keep them on a lead so they don't chase or distress them, and if you see or find a hurt baby critter then please let mum or dad know so they can get them to Sydney Wildlife where they will be well looked after. You are always out there playing - you may be their first rescuers if they need it.

Duffy Forest Defenders

The launch of our new webpage and educational resources to help preserve Duffys Forest habitat. See it here http://duffysforest.warringah.nsw.gov.au/



Hi I'm Billy the Southern Brown Bandicoot

and I'm Olivia the Grevillea caleyi

and we're going to show you how to become a Duffys Defender.

But first we wish to acknowledge the Traditional Custodians and the Spirits and ancestors of these lands on which we gather and show our respect to the Elders and all Aboriginal people

Duffys Forest is more than just a suburb, it is a unique ecosystem found primarily in Warringah.

It's so rare that it's endangered!

Some people don't know much about Duffys Forest and can hurt it without understanding the consequences.

If no one helps, Duffys Forest might be lost forever!

This is where you come in. We need you to learn about the forest so you can teach others how to help protect it!

Become a Duffys Defender today. Sign up now!

ATLAS OF LIVING AUSTRALIA CELEBRATES 40 MILLION MILESTONE

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

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

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

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

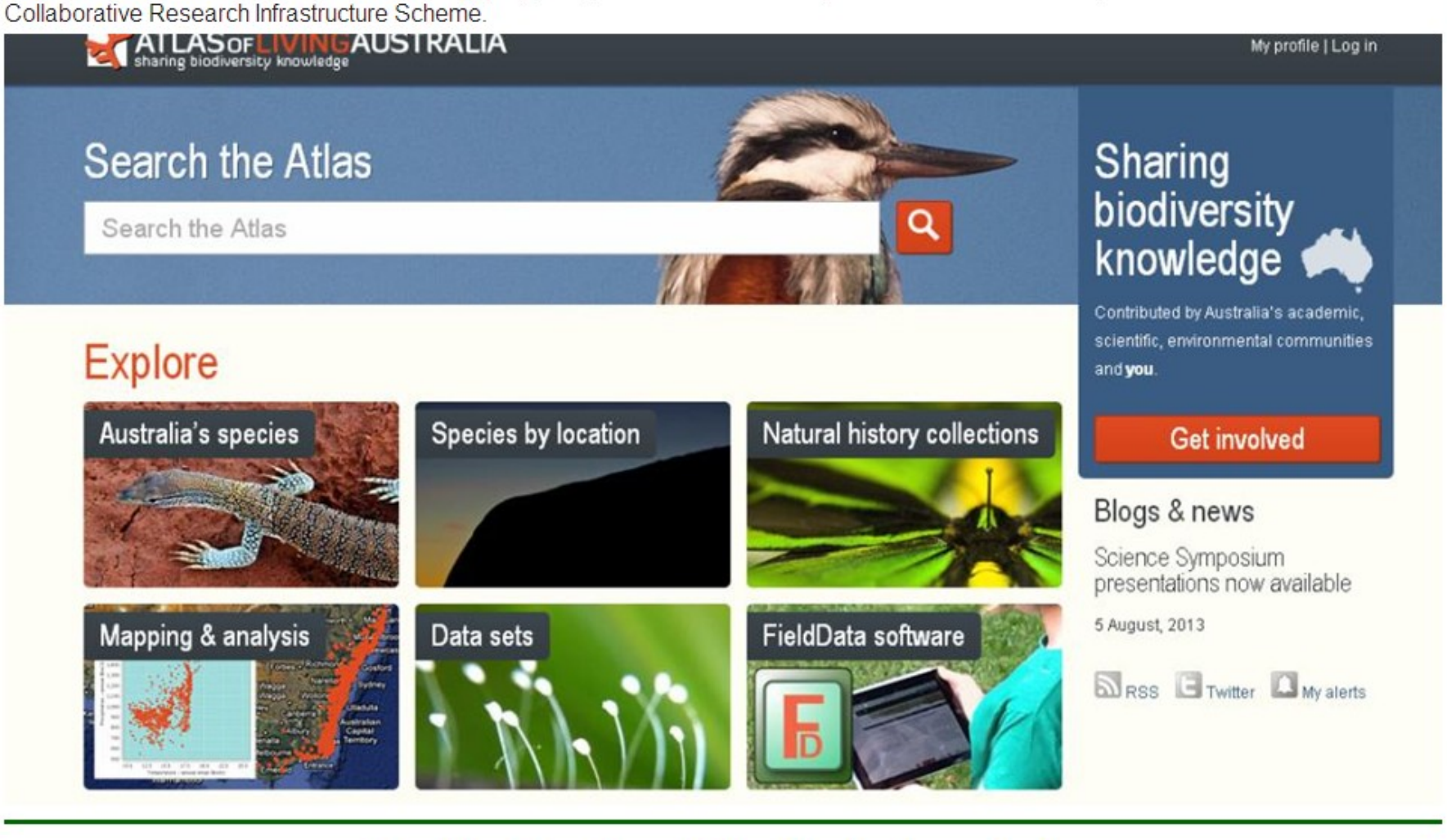
"Museum Victoria's collection dates back over 150 years. Our specimens, data and images are critical to furthering the understanding of Australia's biodiversity and we are pleased to share them with the nation through the Atlas of Living Australia," Museum Victoria CEO Dr J Patrick Greene said.

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

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

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

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


ATLAS OF LIVING AUSTRALIA
sharing biodiversity knowledge
My profile | Log in
Search the Atlas
Search the Atlas
Sharing biodiversity knowledge
Contributed by Australia's academic, scientific, environmental communities and you.
Get involved
Explore
Australia's species
Species by location
Natural history collections
Mapping & analysis
Data sets
FieldData software
Blogs & news
Science Symposium presentations now available
5 August, 2013
RSS
Twitter
My alerts

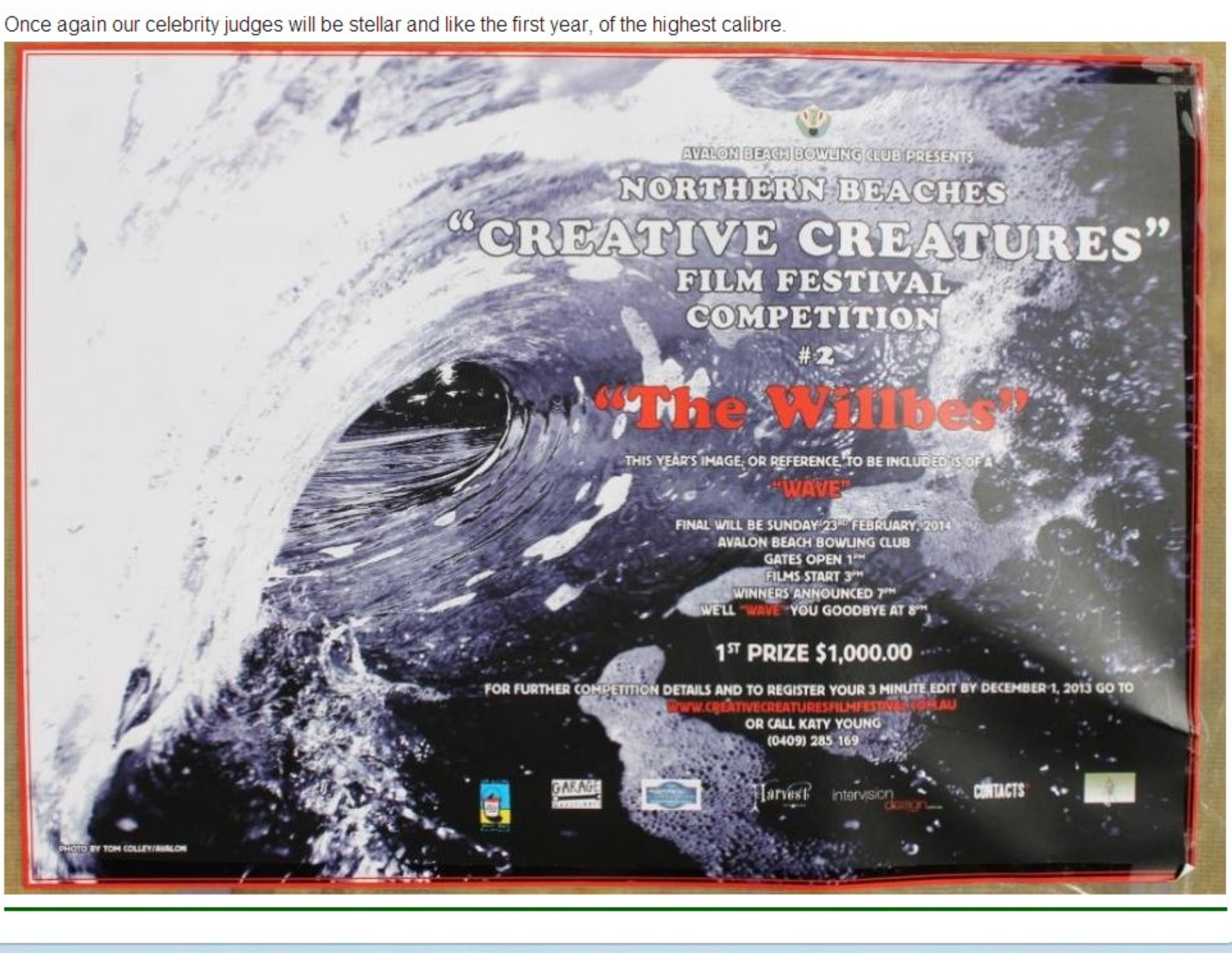
Creative Creatures Film Festival - website

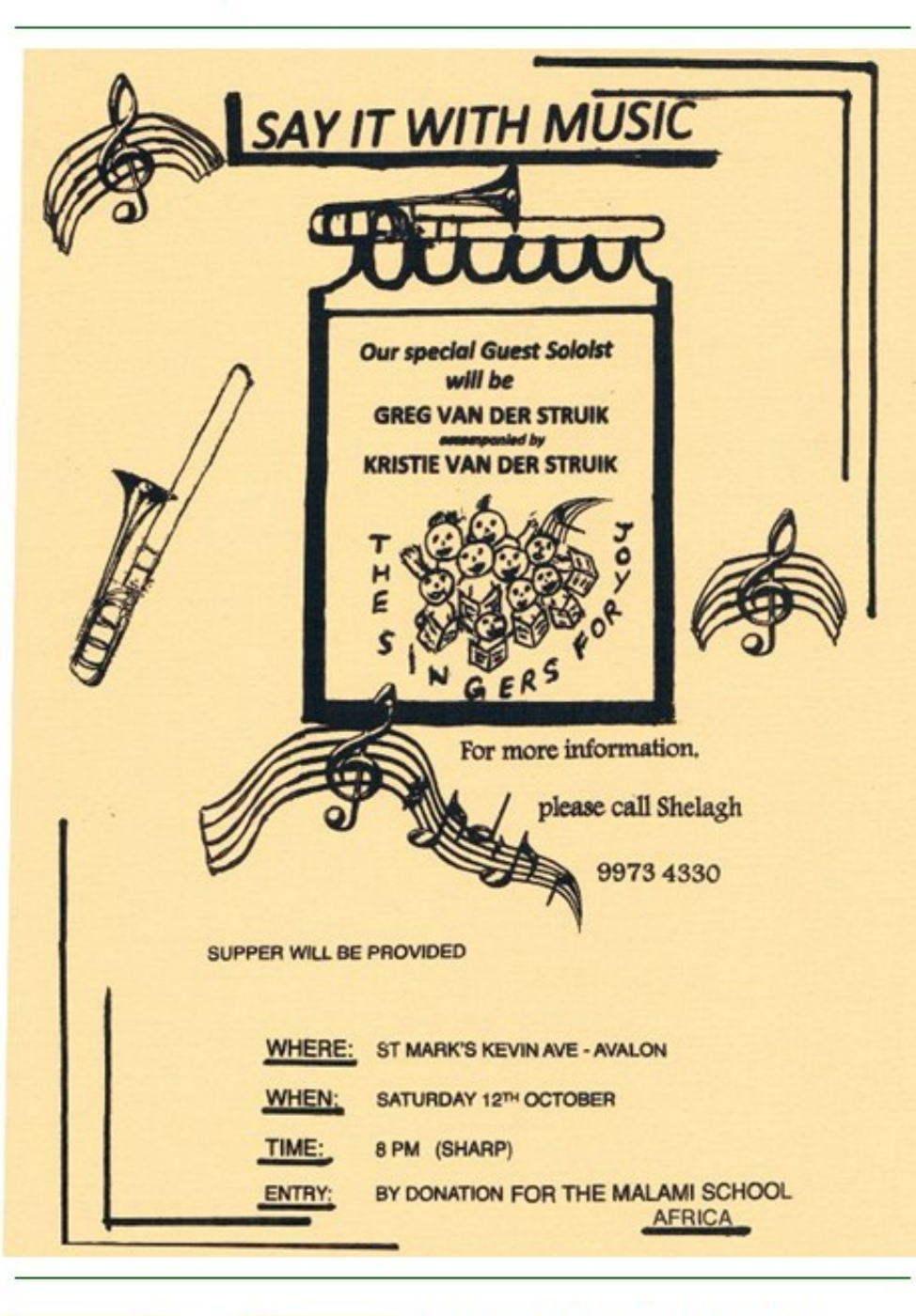
First prize: $500.00 (5 – 15 Yrs entrant) then $1,000.00 For 16+ years entrants

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

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

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


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



SAY IT WITH MUSIC

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

THE SINGERS FOR YOU

For more information, please call Shelagh 9973 4330

SUPPER WILL BE PROVIDED

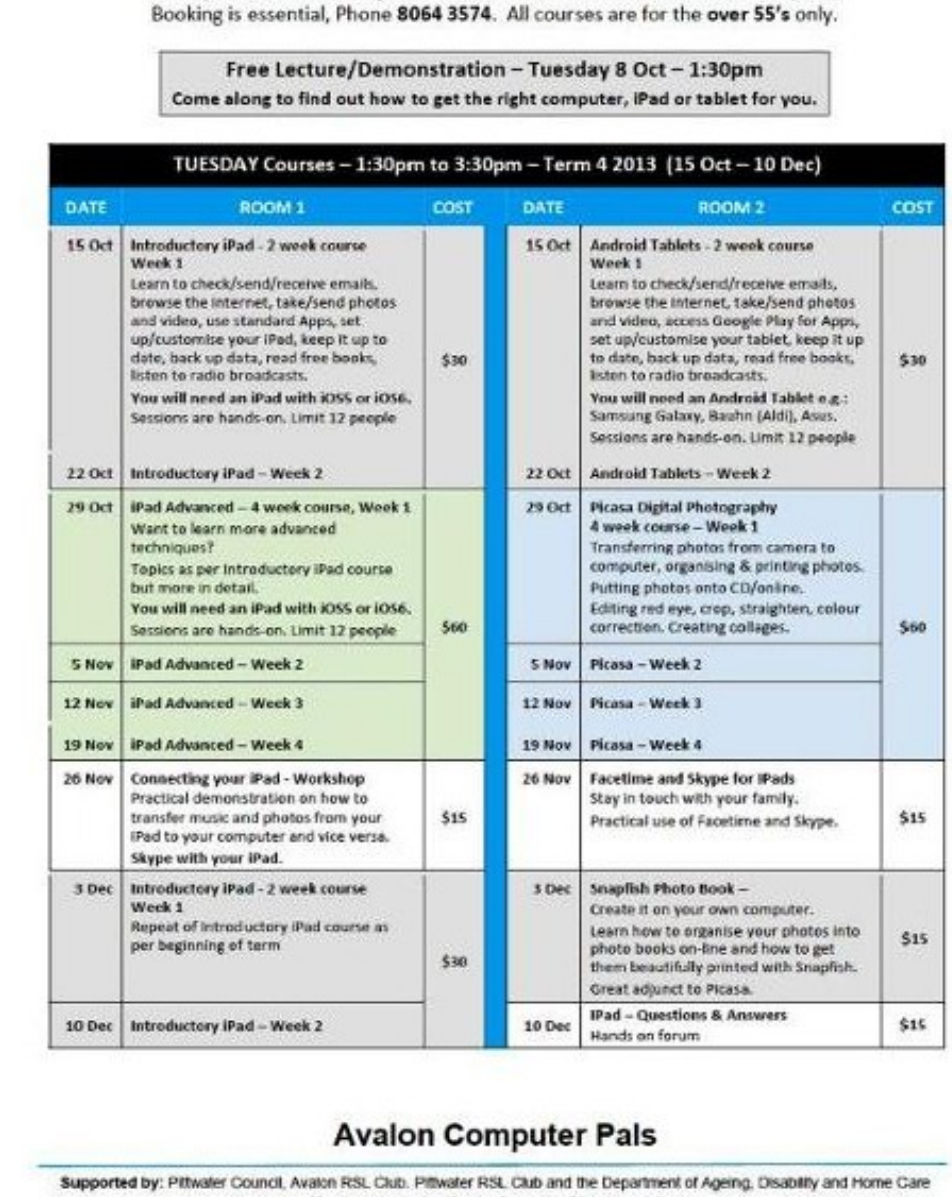
WHERE: ST MARK'S KEVIN AVE - AVALON
WHEN: SATURDAY 12TH OCTOBER
TIME: 8 PM (SHARP)
ENTRY: BY DONATION FOR THE MALAMI SCHOOL AFRICA

Avalon Computer Pals for Seniors is running a free lecture demonstration on:

'Finding the right computer, iPad or tablet for you'

Tuesday 8th October - 1.30pm: Newport Community Centre, 11 The Boulevard Newport. Bookings not required.

Information 8064 3574



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013

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

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	**Introductory iPad - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	15 Oct	**Android Tablets - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet e.g.:** Samsung Galaxy, Bauhn (Aldi), Asus. Sessions are hands-on. Limit 12 people	$30
22 Oct	Introductory iPad – Week 2		22 Oct	Android Tablets – Week 2	
29 Oct	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	29 Oct	**Picasa Digital Photography 4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
5 Nov	iPad Advanced – Week 2		5 Nov	Picasa – Week 2	
12 Nov	iPad Advanced – Week 3		12 Nov	Picasa – Week 3	
19 Nov	iPad Advanced – Week 4		19 Nov	Picasa – Week 4	
26 Nov	**Connecting your iPad - Workshop** Practical demonstration on how to transfer music and photos from your iPad to your computer and vice versa. **Skype with your iPad.**	$15	26 Nov	**Facetime and Skype for iPads** Stay in touch with your family. Practical use of Facetime and Skype.	$15
3 Dec	**Introductory iPad - 2 week course Week 1** Repeat of introductory iPad course as per beginning of term	$30	3 Dec	**Snapfish Photo Book –** Create it on your own computer. Learn how to organise your photos into photo books on-line and how to get them beautifully printed with Snapfish. Great adjunct to Picasa.	$15
10 Dec	Introductory iPad – Week 2		10 Dec	**iPad – Questions & Answers** Hands on forum	$15

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association
AVPALS NP Term 4 28/8/13

HISTORICAL MODEL SHIP DISPLAY AT PACIFIC 2013 TRADESHOW

The U.S. Australian Centennial Display, a unique exhibit comprising historically-accurate scale models of maritime vessels exemplifying 100 years of cooperation between the U.S. Navy (USN) and the Royal Australian Navy (RAN), **opens Monday, October 7th at the Pacific 2013 International Maritime Exposition in Sydney. The display can be viewed in the U.S. International Pavilion, Hall 4 Stand M1, through Wednesday, October 9th**

The naval show takes place at the Sydney Convention & Exposition Centre. The U.S. Australian Centennial Display was created by the Pacific '13 U.S. representative and U.S. International Pavilion organizer, Kallman Worldwide Inc., and is supported by Northrop Grumman, the Royal Naval Historical Society and Maritime Australia Ltd.

Tom Kallman, president and CEO of Kallman Worldwide explained, "Over the last 100 years, the RAN and USN have engaged in countless wartime battles in World War I, World War II, the Korean War, the Vietnam War, and in the Arab Gulf. And they have sailed together in peacetime exercises conducting training, search-and-rescue and humanitarian relief missions around the world." He continued, "We created the U.S. Australian Centennial Display to honor this century of cooperation between these two great navies—in this opportune time and place."

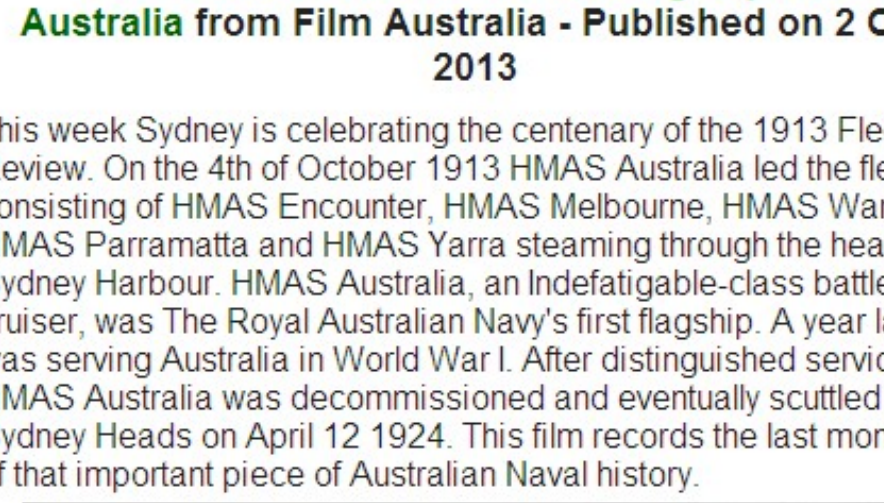
Noted author and official historian of the Royal Australian Navy, Dr. David M. Stevens, curated the collection, which includes:

- USS Connecticut: o (1906-1923) Flagship of Admiral Sperry's Great White Fleet which visited Sydney in 1908. The arrival of the Great White Fleet did much to encourage the push for an effective Australian Navy.
- HMAS Australia: o (1913-1922) The RAN's first flagship and the centerpiece of the 1913 fleet entry. During World War I, it operated in the North Sea with the Grand Fleet, which included a USN battleship squadron
- USS Peary
- USS Pampanito: o (1943-) World War II Balao class fleet submarine. Conducted a famous rescue of Australian prisoners of war (including RAN members), from a torpedoed Japanese transport in September 1944.
- HMAS Darwin: o (1984-) Built in the USA, served regularly with the US Navy in the Gulf from 1990 onwards, took part in 2003 Iraq War.

The U.S. Australian Centennial Display exhibit is open to all visitors of Pacific 2013. Photography is permitted. The display will be donated to the Australian National Maritime Museum at show's end.

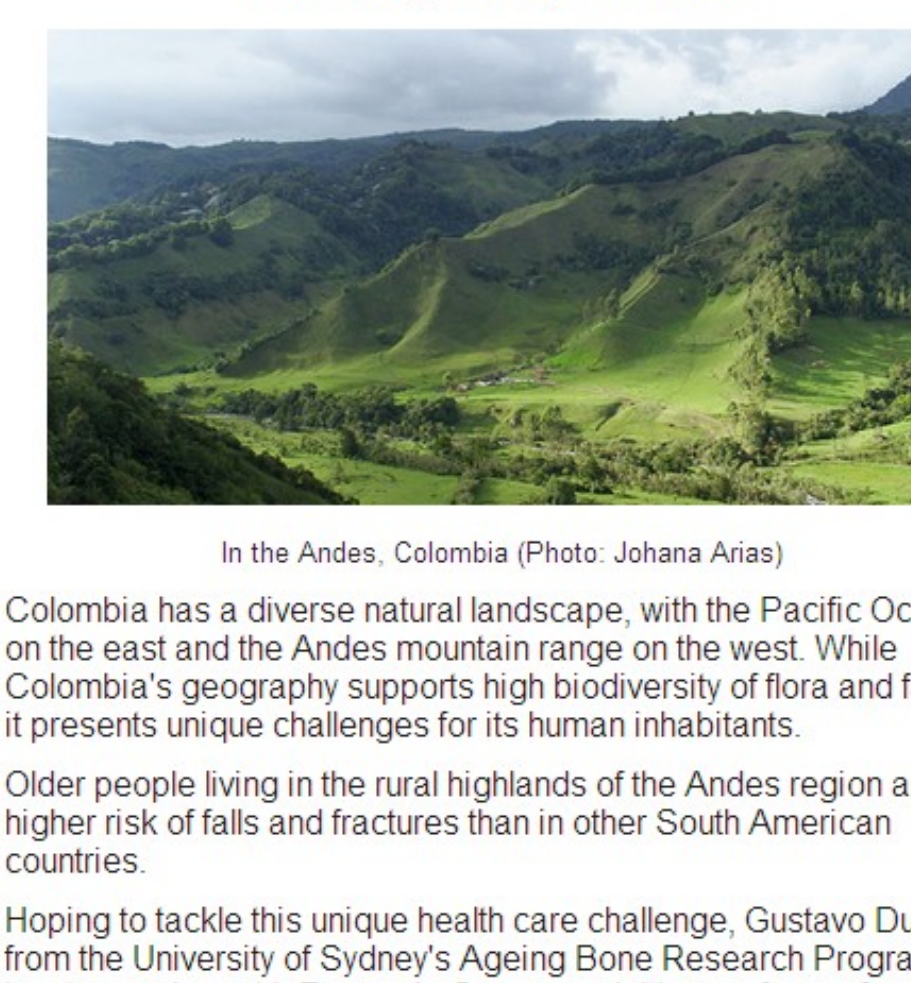
1913 RAN Fleet Entry by RAN Media - Published on 11 Sep 2013

First entry of the Royal Australian Navy's Fleet into Sydney in 1913. Courtesy of Sea Power Centre - Australia

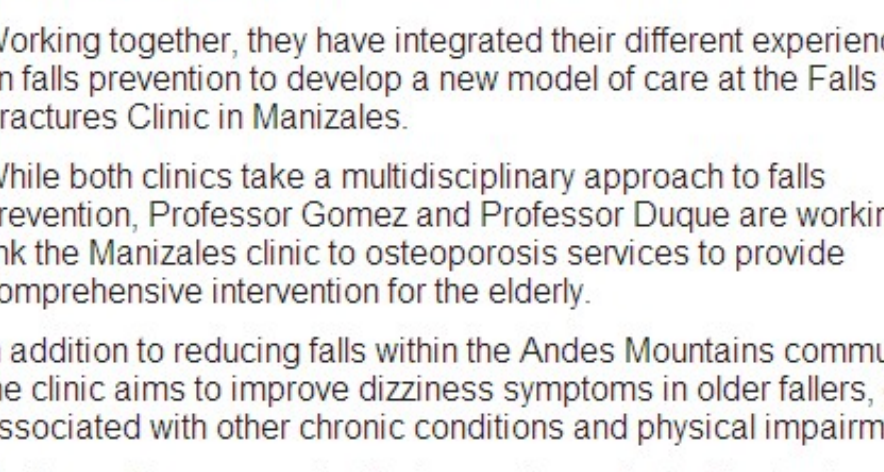


The Burial of Australia's First Flagship HMAS Australia from Film Australia - Published on 2 Oct 2013

This week Sydney is celebrating the centenary of the 1913 Fleet Review. On the 4th of October 1913 HMAS Australia led the fleet consisting of HMAS Encounter, HMAS Melbourne, HMAS Warrego, HMAS Parramatta and HMAS Yarra steaming through the heads of Sydney Harbour. HMAS Australia, an Indefatigable-class battle cruiser, was The Royal Australian Navy's first flagship. A year later it was serving Australia in World War I. After distinguished service HMAS Australia was decommissioned and eventually scuttled off Sydney Heads on April 12 1924. This film records the last moments of that important piece of Australian Naval history.



Tackling the challenges of Colombia's dizzy heights - By Pristine Ong - 30 September 2013



In the Andes, Colombia (Photo: Johana Arias)

Colombia has a diverse natural landscape, with the Pacific Ocean on the east and the Andes mountain range on the west. While Colombia's geography supports high biodiversity of flora and fauna, it presents unique challenges for its human inhabitants.

Older people living in the rural highlands of the Andes region are at higher risk of falls and fractures than in other South American countries.

Hoping to tackle this unique health care challenge, Gustavo Duque from the University of Sydney's Ageing Bone Research Program has teamed up with Fernando Gomez, a visiting professor from Colombia. Professor Duque, who was born in Colombia, says: "Fall injuries are major causes of fractures and mortality in older people, but they can be prevented with the right intervention, such as assessments for balance, dizziness, gait and bone density."

In Colombia, Professor Gomez's existing Falls Clinic at the University of Caldas has extensive experience assessing older people in the coffee growing areas of the Colombian Andes.

However, the program lacked the vital component of fracture risk assessment, which Professor Duque has helped to develop at the University of Sydney.

Working together, they have integrated their different experiences on falls prevention to develop a new model of care at the Falls and Fractures Clinic in Manizales.

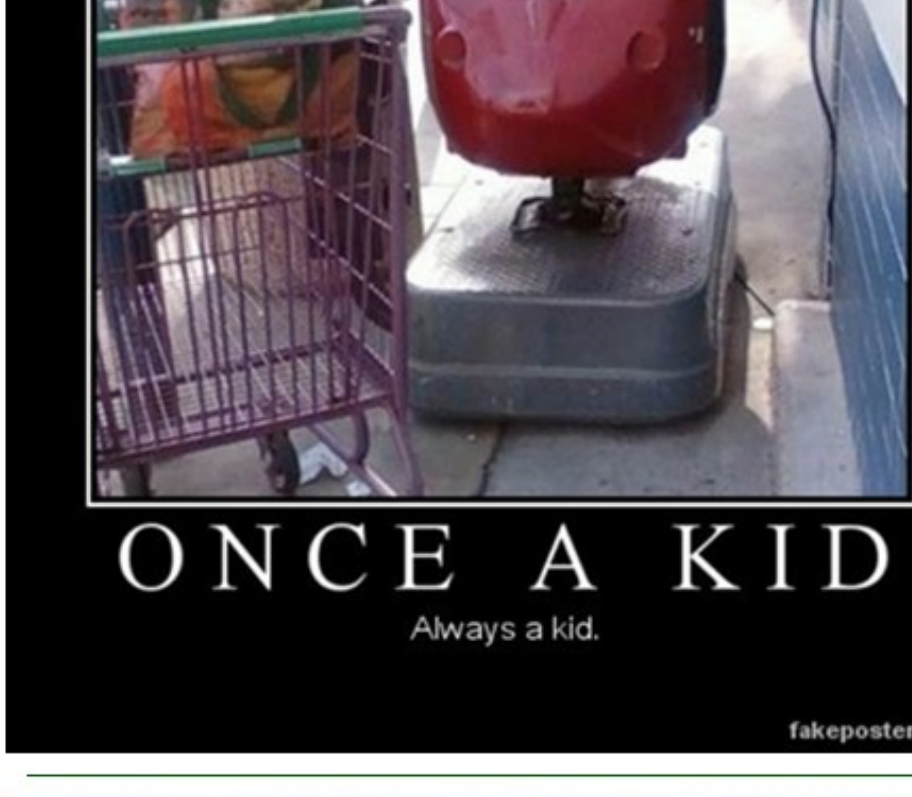
While both clinics take a multidisciplinary approach to falls prevention, Professor Gomez and Professor Duque are working to link the Manizales clinic to osteoporosis services to provide comprehensive intervention for the elderly.

In addition to reducing falls within the Andes Mountains community, the clinic aims to improve dizziness symptoms in older fallers, often associated with other chronic conditions and physical impairments

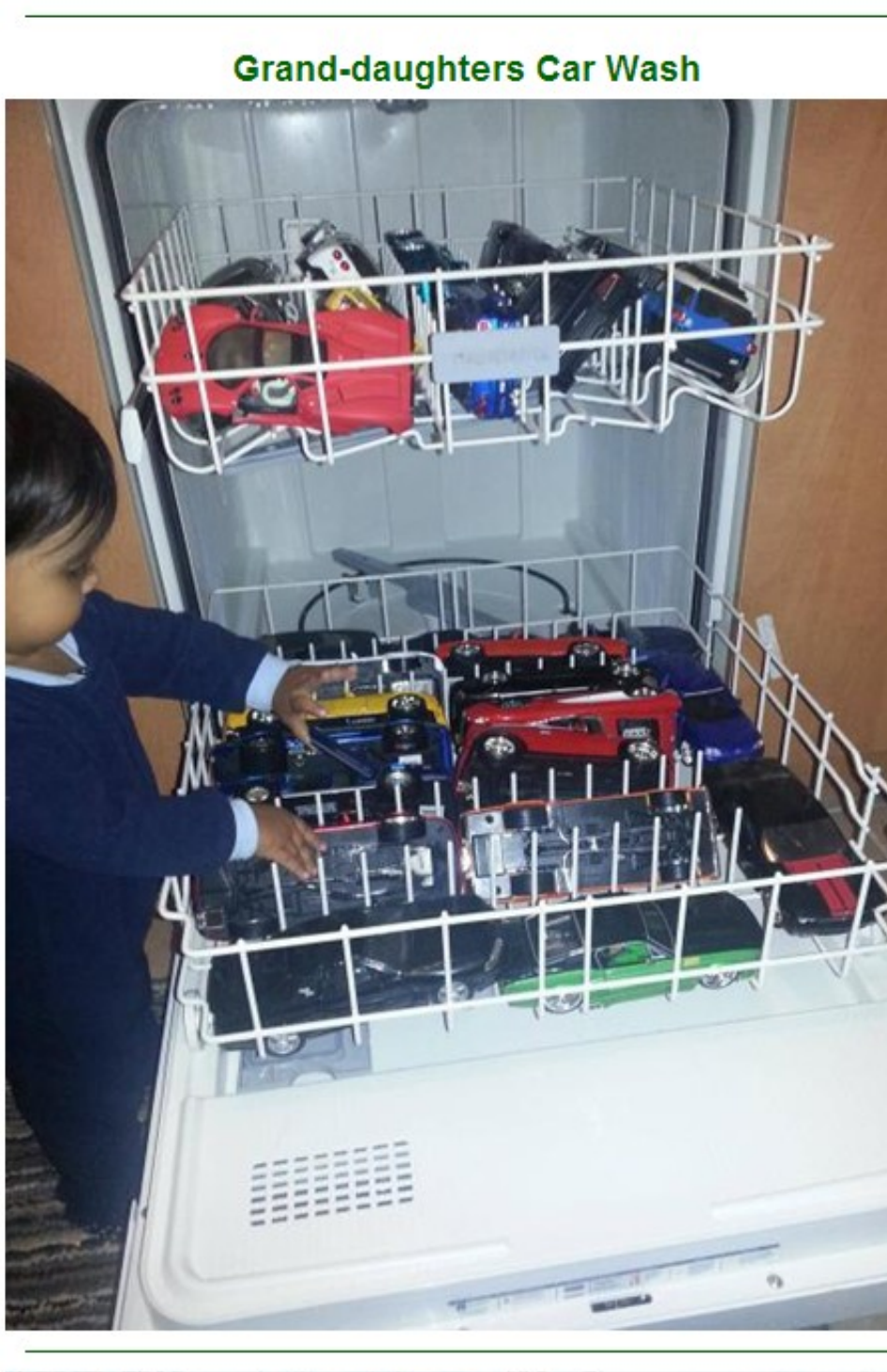
Professor Duque says that he hopes the project will extend across Colombia as well as attract new opportunities for collaborations with other Colombian groups in areas such as frailty, falls and fractures.

First Phase Chief's Blanket sets record at John Moran Auctioneers- c/- Irene and John Anderson

This stunning Navajo First Phase Chief's Wearing Blanket made headlines when it sold for 1.8 million dollars at John Moran Auctioneers' June 19th sale in Southern California, smashing the previous world record of $522,500 for a similar blanket. An example of the rarest type of the earliest phase of Navajo blankets, it emerged from obscurity when it was brought into Moran's free appraisal clinic by a man whose family handed it down through the generations, casually using it around the house. The sale of this museum-quality treasure has dramatically changed his life, and made auction history.



ONCE A KID
Always a kid.
fakeposters.com


MONSTER
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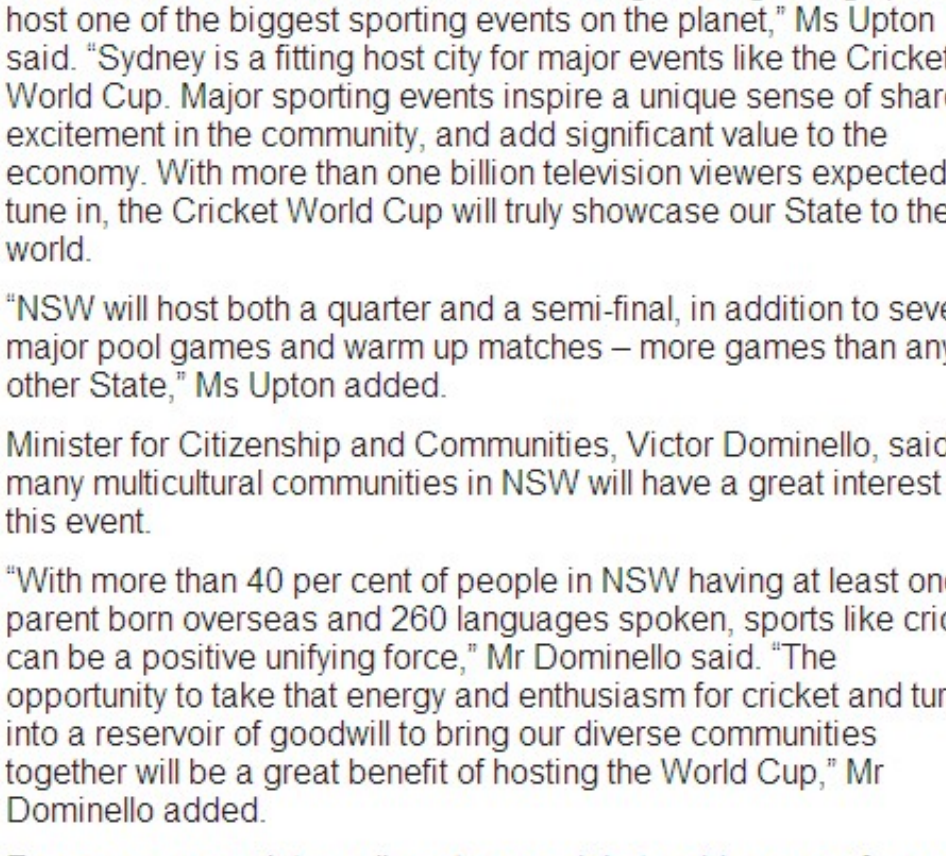
BOOKS RAFFLES BARGAINS TEA & COFFEE

Grand-daughters Car Wash



Cricket World Cup countdown commences - 3 October 2013

Minister for Sport and Recreation, Gabrielle Upton, said New South Wales and more particularly the Sydney Cricket Ground will be match ready for the eyes of the world in 500 days when the ICC Cricket World Cup 2015 lands in Sydney.

Minister Upton joined legendary fast bowler Brett Lee and ICC Cricket World Cup 2015 CEO John Harnden for a close look at Sydney's spectacular harbour from the Southern Swan Tall Ship, on display for this week's International Fleet Review.

"The countdown is on and NSW will once again be gearing up to host one of the biggest sporting events on the planet," Ms Upton said. "Sydney is a fitting host city for major events like the Cricket World Cup. Major sporting events inspire a unique sense of shared excitement in the community, and add significant value to the economy. With more than one billion television viewers expected to tune in, the Cricket World Cup will be a great showcase for our State to the world."

"NSW will host both a quarter and a semi-final, in addition to several major pool games and warm up matches – more games than any other State," Ms Upton added.

Minister for Citizenship and Communities, Victor Dominello, said many multicultural communities in NSW will have a great interest in this event.

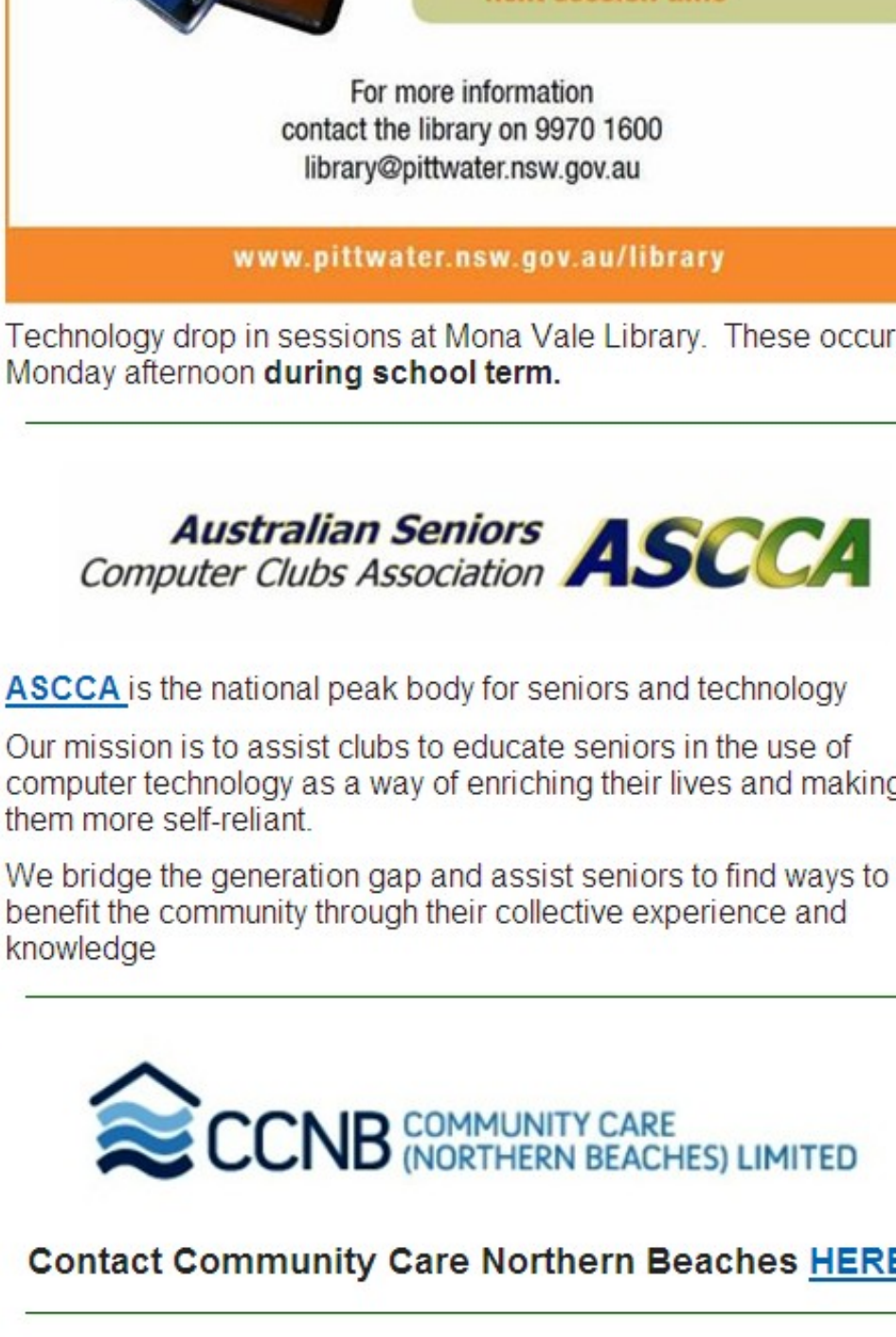
"With more than 40 per cent of people in NSW having at least one parent born overseas and 260 languages spoken, sports like cricket can be a positive unifying force," Mr Dominello said. "The opportunity to take that energy and enthusiasm for cricket and turn it into a reservoir of goodwill to bring our diverse communities together will be a great benefit of hosting the World Cup," Mr Dominello added.

Fans can now register online at www.cricketworldcup.com for pre-sale ticket access. Ticket pricing and structure will be announced on 13 November.

Wrestling strategy

COMMUNITY TRANSPORT
Easy Transport
Manly-Warringah-Pittwater
9971 5110

Profile of the Week Issue 124: Easy Transport Manly Warringah Pittwater - medical appointments, shopping trips, mystery tours and Saturday Lunch - this great non-profit organisation offers great ideas and solutions



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

Technology drop in sessions at Mona Vale Library. These occur on Monday afternoon **during school term.**

Australian Seniors Computer Clubs Association ASCCA

ASCCA is the national peak body for seniors and technology

Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant.

We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge

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!

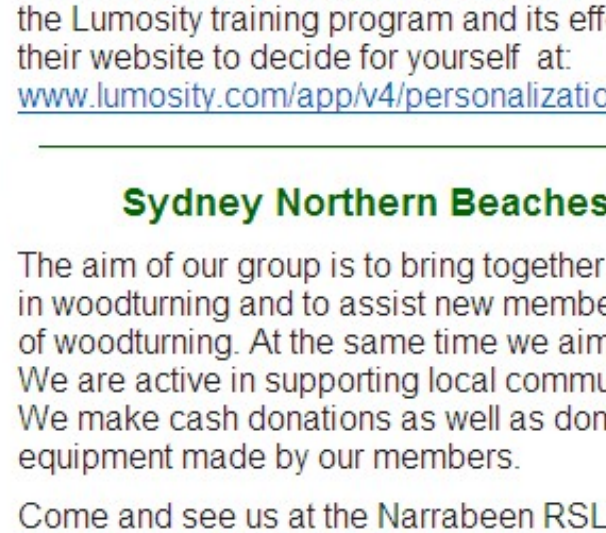
We have launched our 2013 COTA NSW Survey. We want to know what you think about important issues. Your input helps to determine the policies and positions we communicate to Government. Everyone who completes the survey goes into a draw to win one of five $50 gift cards. Click the link to access the survey.

Click here to complete the COTA NSW 2013 Survey.

Australian Senior PUBLICATIONS

The Senior Newspaper Online HERE

Keep your Wits About You



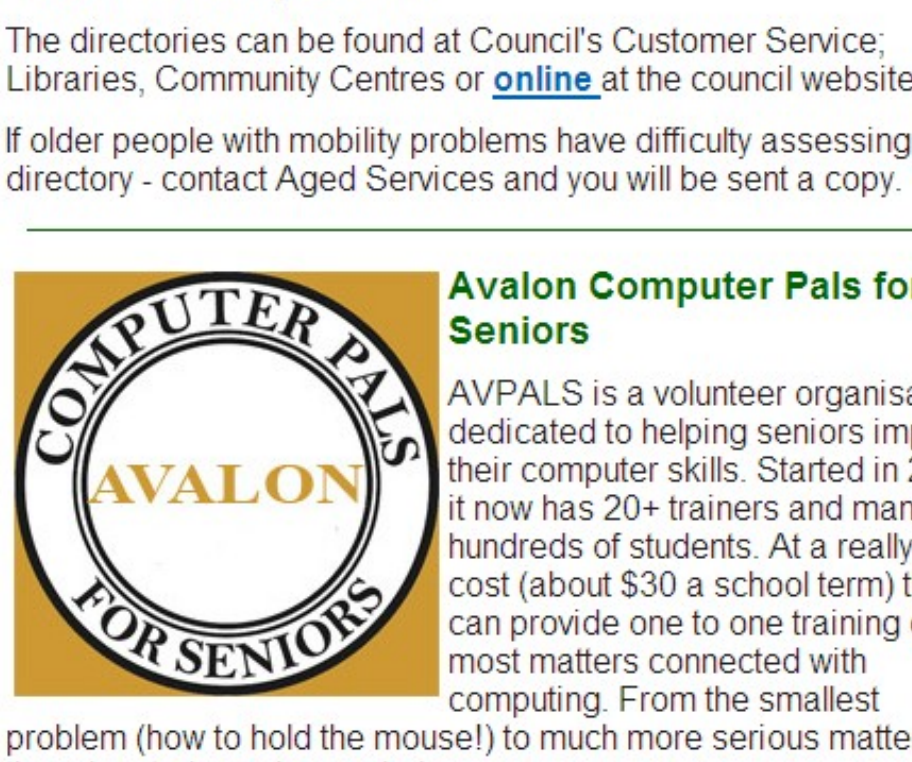
A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working 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

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/



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 accessing the directory - contact Aged Services and you will be sent a copy.

Avalon Computer Pals for Seniors

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

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

Article on AvPals Seminar

U3A The University of the Third Age Sydney U3A

U3A Monthly Lectures Wednesday Afternoons at Newport

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

Copyright Pittwater Online News

Ageing impacts rational decision-making - 1 October 2013

Older adults are more likely to make poor financial decisions and inconsistent choices than any other age group, a new study by researchers at University of Sydney, New York University and Yale's School of Medicine has found.

The results, published today in the Proceedings of the National Academy of Sciences, indicate for the first time that decision-making abilities, alongside other cognitive abilities such as motor skills and memory, might also decline with age.

Dr Agnieszka Tymula from the University of Sydney's School of Economics and her colleagues examined differences in decision-making among healthy participants ranging from 12 to 90 years old. They focused on choice consistency, rationality, and the individuals' preferences for known and unknown risks.

A detailed socioeconomic profile was obtained for each participant, including education, IQ and wealth information, and relevant medical history. The experiment asked participants to make a series of financial decisions, choosing between options that carried different levels of risk and reward (ranging from $5 to $125).

"Older people (over 65 years old) were much more likely to be inconsistent in their decisions," Dr Tymula said.

The authors found that even healthy adults aged 65 and older who have numeracy and IQ skills on par with younger study participants make strikingly inconsistent and irrational choices compared with their younger peers, revealing steep losses in the ability to make rational choices not unlike other well-documented age-related declines.

"We were surprised by the results. The fact that older adults were really at their peak of performance in terms of IQ scores and still showed such decline in choice consistency and rationality is really worrying," Dr Tymula said.

Such mistakes led to large discrepancies in overall earnings across all age groups in the study, with older adults achieving around 39 percent less than the expected earnings of young (aged 21 to 25) and midlife (aged 30 to 50) adults.

In addition, researchers found that elders and adolescents are more risk averse than their midlife counterparts, with older adults the most risk-seeking group of all.

Dr Tymula said the results have implications for how older people make important decisions, and may account in part for the high number of elderly people facing problem-gambling or falling victim to online scams. "It's also important when considering retirement plan choices," she said.

"If we found that older people make less money because their preferences for risk were different, I'd say leave it as it is," said Dr Tymula.

"But, since we see that they make more mistakes and are more inconsistent, policy intervention that can help older people maintain rationality and consistency would be desirable."

The study, titled *Like cognitive function, decision-making across the lifespan shows profound age-related changes* was conducted by Dr Tymula, Lior A. Rosenberg Belmaker, Lital Ruderman and Ifat Levy from Yale University, and Paul Glimcher from New York University. The study was supported by a grant from the National Institute on Aging, part of the U.S National Institutes of Health.

The Dirty Car Artist - Scott Wade (Official Video) C/- W.A.G.

The Dirty Car Artist - Scott Wade (Official Video)
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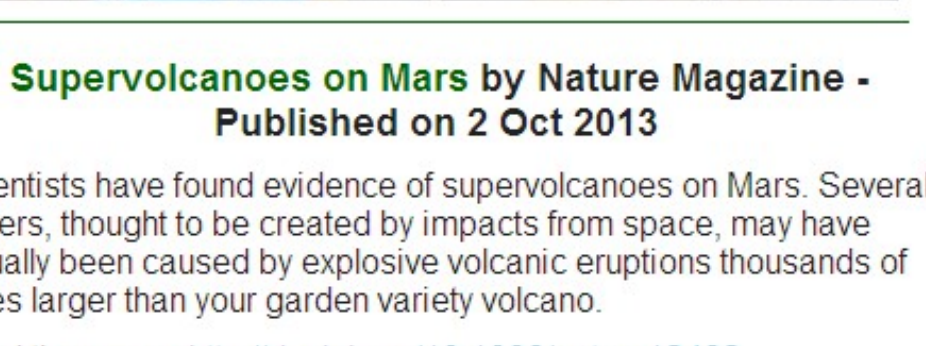
100 Years of Fishing Between Them

Above are Avalon Beach RSL Fishing Club members and brothers Mark and Dave Hall who took part in last weeks Inter-club Competition, Mark winning a prize. Story HERE



Supervolcanoes on Mars by Nature Magazine - Published on 2 Oct 2013

Scientists have found evidence of supervolcanoes on Mars. Several craters, thought to be created by impacts from space, may have actually been caused by explosive volcanic eruptions thousands of times larger than your garden variety volcano.

Read the paper: http://dx.doi.org/10.1038/nature12482

Supervolcanoes on Mars
0:00 / 4:20

Science in the developing world - Published on 2 Oct 2013

What role can science play in the developing world? In this film, Nobel Peace Prize winner José Ramos-Horta and Israeli Nobel laureate Dan Shechtman discuss the issue with young researchers from South Africa, India and the US. Science and politics collide as the group grapple with funding problems, social responsibility and culture. The laureates emphasize that science alone is not enough; researchers must work with industry and government to solve the problems of the developing world.

Find out more at http://www.nature.com/lindau/2013

Science in the developing world

15th Australian Computer Conference for Seniors

Tuesday 12 & Wednesday 13 November, 2013 - 15th Annual ASCCA Computer Conference for Seniors to be held at Rydges World Square Hotel, Pitt Street, Sydney.

Make sure to put these dates in your diary NOW - we are pleased to be able to keep the costs the same as last year! We look forward to seeing you there!

Our speakers understand and engage with their audience and are generous in donating their time. We learn so much and are enthused by what we hear and learn. See our 2013 Speakers on the ASCCA Website www.ascca.org.au

Grandparents Day Website

Grandparents have a unique role. They don't just connect us to the values, stories and histories of our families, but to the values, stories and histories of our communities.

In 2011 the NSW State Government chose to recognise the contributions that grandparents make by launching Grandparents Day. Each year, Grandparents Day will be celebrated in NSW on the last Sunday of October.

This year, Grandparents Day is on **Sunday 27 October,** and community groups and councils around NSW are planning their Grandparents Day events. Visit the Grandparents Day website to find out how you can involved involved in Grandparents Day this year.

Grandparents Day Grants

COTA NSW is offering grants of up to $1000 to help you run your event. These grants are designed to help local community, sporting or social groups hold events in their communities.

Apply for a NSW Grandparents Day grant now. Grant applications will **close on Friday 6 September 2013**

Attend an event in your local area.

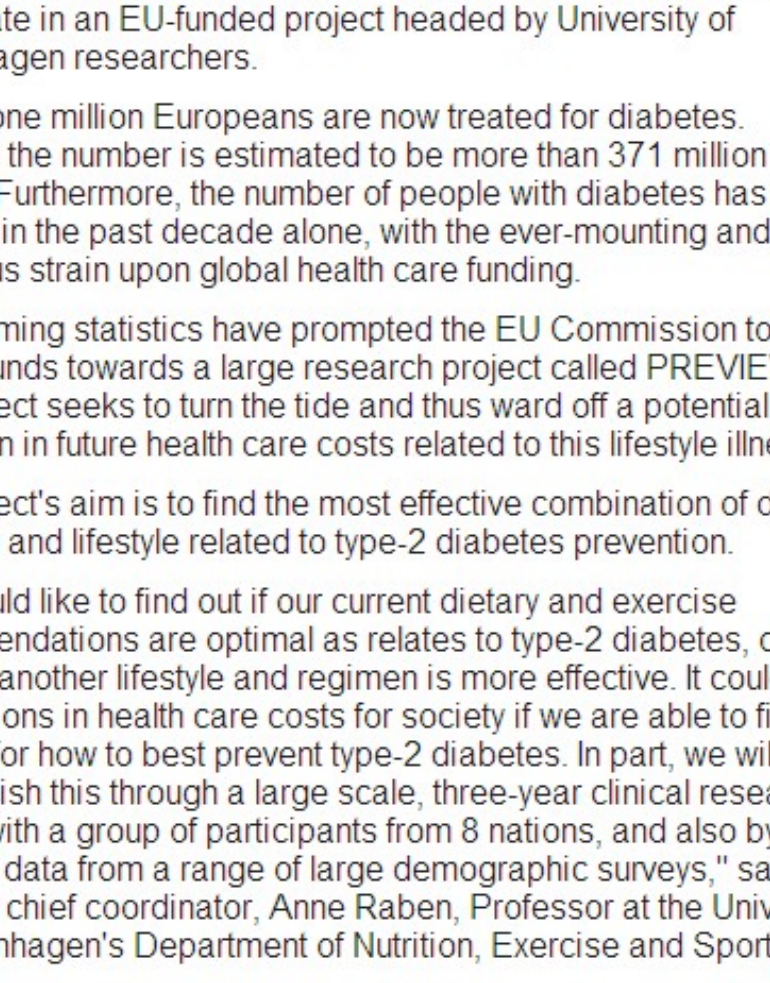
Promote your own event.

Download resources for your event.

Nominate a grandparent for the NSW Grandparent of the Year Awards.

- See more at: http://cotansw.com.au/2012/08/grandparents-day-website/#sthash.E6DKAEwC.dpuf

Meanwhile in Britain



Health papers published this week:

Proper Diet, Exercise to Limit Diabetes Epidemic

Oct. 2, 2013 — The number of diabetics worldwide is exploding. In response, the largest study of its kind to date is set to investigate type-2 diabetes prevention through diet, exercise and lifestyle. Eight EU nations, along with New Zealand, Australia and Canada, will participate in an EU-funded project headed by University of Copenhagen researchers.

Twenty-one million Europeans are now treated for diabetes. Globally, the number is estimated to be more than 371 million people. Furthermore, the number of people with diabetes has doubled in the past decade alone, with the ever-mounting and enormous strain upon global health care funding.

The alarming statistics have prompted the EU Commission to deploy funds towards a large research project called PREVIEW. The project seeks to turn the tide and thus ward off a potential explosion in future health care costs related to this lifestyle illness.

The project's aim is to find the most effective combination of diet, exercise and lifestyle related to type-2 diabetes prevention.

"We would like to find out if our current dietary and exercise recommendations are optimal as relates to type-2 diabetes, or whether another lifestyle and regimen is more effective. It could save billions in health care costs for society if we are able to find a formula for how to best prevent type-2 diabetes. In part, we will accomplish this through a large scale, three-year clinical research project with a group of participants from 8 nations, and also by studying data from a range of large demographic surveys," says the project's chief coordinator, Anne Raben, Professor at the University of Copenhagen's Department of Nutrition, Exercise and Sports.

The large clinical study will involve 2500 participants from Finland, the Nederlands, Great Britain, Spain, Bulgaria, Australia, New Zealand and Denmark. Partner universities within these countries have already begun their search for eligible trial participants.

Two diet types and two forms of exercise

Trial participants will be randomly divided into groups that each follows a specific lifestyle programme. Each programme will include one of two diet types, and one of two forms of exercise.

The two diet types represent one of the following: one diet is based on current dietary recommendations with high carbohydrate, lots of fiber and a moderate protein intake; and the other, a the other diet includes high protein intake and less, but more slowly absorbed carbohydrates.

"Both diet types are generally healthy, but can have differing effects upon health. In combination with exercise, we hope to be able to tailor an optimal lifestyle programme that can serve to prevent the occurrence of diabetes in society," says Professor Raben.

The two types of exercise include: one in which participants engage in moderately intense exercise for 150 minutes per week, for example a brisk walk; and another type that focuses on highly intensive exercise for 75 minutes a week, for example jogging.

"We already know that a diet which follows current dietary guidelines can prevent diabetes. What's unique about this project is that we are testing the two diets against one another to find out if there might be a more effective alternative. For example, it has never been investigated whether a diet including more protein and fewer, but more slowly absorbed carbohydrates, is more effective at preventing diabetes. Besides, we will include two types of exercise as part of the investigations to determine if there is one that is more suitable. Finally we will also study the importance of stress and sleeping patterns." continues Professor Anne Raben.

About the Research

PREVIEW is a research project funded by 9 billion euro from the European Commission. In total, there are 15 partners from numerous EU countries, as well as Australia, Canada and New Zealand. The clinical study will include 2500 participants from Denmark, Finland, the Nederlands, Great Britain, Spain, Bulgaria, Australia and New Zealand. Both adults and youth will participate in the study.

2300 participants will be adults in the 25-45 and 55-70 age ranges. The remainder of 200 will be youth in the 12-18 year-old age range. The study is scheduled to last for 3 years and will be active from 2013-2017. In the demographic surveys, data from more than 170,000 people from Europe, Canada and New Zealand will be included.

The above story is based on materials provided by University of Copenhagen - Faculty of Science

Zinc Discovery May Shed Light On Parkinson's, Alzheimer's

Sep. 30, 2013 — Scientists at the University of Wisconsin-Madison have made a discovery that, if replicated in humans, suggests a shortage of zinc may contribute to diseases like Alzheimer's and Parkinson's, which have been linked to defective proteins clumping together in the brain.

With proteins, shape is everything. The correct shape allows some proteins to ferry atoms or molecules about a cell, others to provide essential cellular scaffolding or identify invading bacteria for attack. When proteins lose their shape due to high temperature or chemical damage, they stop working and can clump together - a hallmark of Parkinson's and Alzheimer's.

The UW researchers have discovered another stress that decreases protein stability and causes clumping: a shortage of zinc, an essential metal nutrient.

Zinc ions play a key role in creating and holding proteins in the correct shape. In a study just published in the online Journal of Biological Chemistry, Colin MacDiarmid and David Eide show that the gene Tsa1 creates "protein chaperones" that prevent clumping of proteins in cells with a zinc shortage. By holding proteins in solution, Tsa1 prevents damage that can otherwise lead to cell death.

For simplicity, the researchers studied the system in yeast - a single-celled fungus. Yeast can adapt to both shortages and excesses of zinc, says MacDiarmid, an associate scientist. "Zinc is an essential nutrient but if there's too much, it's toxic. The issue for the cell is to find enough zinc to grow and support all its functions, while at the same time not accumulating so much that it kills the cell."

Cells that are low in zinc also produce proteins that counter the resulting stress, including one called Tsa1.

The researchers already knew that Tsa1 could reduce the level of harmful oxidants in cells that are short of zinc. Tsa1, MacDiarmid says, "is really a two-part protein. It can get rid of dangerous reactive oxygen species that damage proteins, but it also has this totally distinct chaperone function that protects proteins from aggregating. We found that the chaperone function was the more important of the two."

"In yeast, if a cell is deficient in zinc, the proteins can mis-fold, and Tsa1 is needed to keep the proteins intact so they can function," says Eide, a professor of nutritional science. "If you don't have zinc, and you don't have Tsa1, the proteins will go together into big aggregations that are either toxic by themselves, or toxic because the proteins are not doing what they are supposed to do. Either way, you end up killing the cell."

While the medical implications remain to be explored, there are clear similarities between yeast and human cells. "Zinc is needed by all cells, all organisms. It's not just for steel roofs, nails and trashcans," Eide says. "The global extent of zinc deficiency is debated, but diets that are high in whole grains and low in meat could lead to deficiency."

If low zinc supply has the same effect on human cells as on yeast, zinc deficiency might contribute to human diseases that are associated with a build-up of "junked" proteins, such as Parkinson's and Alzheimer's. Eide says a similar protective system to Tsa1 also exists in animals, and the research group plans to move ahead by studying that system in human cell culture.

C. W. MacDiarmid, J. Taggart, K. Kerdsomboon, M. Kubisiak, S. Panascharoen, K. Schelble, D. J. Eide. **Peroxiredoxin chaperone activity is critical for protein homeostasis in zinc-deficient yeast.** Journal of Biological Chemistry, 2013; DOI: 10.1074/jbc.M113.512384

Niacin, the Fountain of Youth

Sep. 30, 2013 — Who would not want to live a long and healthy life? A freely available food supplement could help in this respect, scientists from ETH Zurich have demonstrated in roundworms. Vitamin B3 - also known as niacin - and its metabolite nicotinamide in the worms' diet caused them to live for about one tenth longer than usual.

As an international team of researchers headed by Michael Ristow, a professor of energy metabolism, has now experimentally demonstrated, niacin and nicotinamide take effect by promoting formation of so-called free radicals. "In roundworms, these reactive oxygen species prolong life," says Ristow.

"No scientific evidence for usefulness of antioxidants"

This might seem surprising as reactive oxygen species are generally considered to be unhealthy. Ristow's view also contradicts the textbook opinion championed by many other scientists. Reactive oxygen species are known to damage somatic cells, a condition referred to as oxidative stress. Particular substances, so-called antioxidants, which are also found in fruit, vegetables and certain vegetable oils, are capable of neutralising these free radicals. Many scientists believe that antioxidants are beneficial to health.

"The claim that intake of antioxidants, especially in tablet form, promotes any aspect of human health lacks scientific support," says Ristow. He does not dispute that fruit and vegetables are healthy. However, this may rather be caused by other compounds contained therein, such as so-called polyphenols. "Fruit and vegetables are healthy, despite the fact that they contain antioxidants," says the ETH-Zurich professor. Based on the current and many previous findings he is convinced that small amounts of reactive oxygen species and the oxidative stress they trigger have a health-promoting impact. "Cells can cope well with oxidative stress and neutralise it," says Ristow.

Substance mimics endurance sport

In earlier studies on humans, Ristow demonstrated that the health-enhancing effect of endurance sports is mediated via an increased formation of reactive oxygen species - and that antioxidants abolish this effect. Based on the present study, he concludes that niacin brings about a similar metabolic condition to exercise. "Niacin tricks the body into believing that it is exercising - even when this is not the case," says Ristow. Such compounds are known as "exercise mimetics."

The researchers conducted their experiments on the model organism Caenorhabditis elegans. This worm, which is merely one millimetre in length, can be easily maintained and has a lifespan of only a month, making it the ideal model organism for ageing research.

Also relevant for humans

The results of the study may also be of relevance for humans, says Ristow. After all, the metabolic pathway initiated by niacin is very similar in roundworms and higher organisms. Whether niacin has similar effects on the life expectancy of mice is the subject of Ristow's current research. Previous studies also suggest a health-enhancing effect of niacin in humans with elevated blood cholesterol levels.

Niacin and nicotinamide have been approved as dietary supplements for decades. Ristow could easily envisage the substances being used broadly for therapeutic purposes in the future. A whole series of foods naturally contain niacin, including meat, liver, fish, peanuts, mushrooms, rice and wheat bran. Whether nutritional uptake is sufficient for a health-enhancing or lifespan-extending effect, however, remains to be demonstrated, says Ristow.

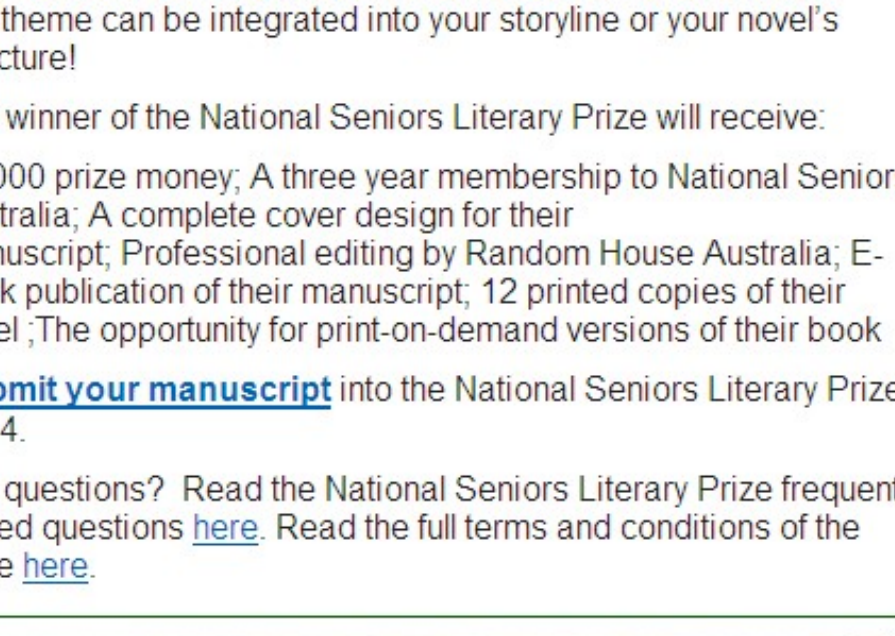
Disputed impact of enzymes

The latest study on the effects of niacin and nicotinamide is based on a particular class of enzymes, the sirtuins, which convert niacin into nicotinamide. Moreover, they are also involved in gene regulation, helping to down regulate the activity of certain genes. Until today, scientists have been disputing whether sirtuins have a life-prolonging impact.

Ristow and his team's work now suggests that the activity of sirtuins actually prolongs life in roundworms. According to the study, however, the life-prolonging effect is not down to gene regulation, as has often been supposed in the past. Instead, the effect is due to the conversion of niacin into nicotinamide. Studying genetically modified roundworms that were unable to convert nicotinamide into certain other metabolic products, the scientists did not observe any lifespan extension, even after overexpression of sirtuins, which otherwise lead to an increased life expectancy.

Kathrin Schmeisser, Johannes Mansfeld, Doreen Kuhlow, Sandra Weimer, Steffen Priebe, Ines Heiland, Marc Birringer, Marco Groth, Alexandra Segref, Yariv Kanfi, Nathan L Price, Sebastian Schmeisser, Stefan Schuster, Andreas F H Pfeiffer, Reinhard Guthke, Matthias Platzer, Thorsten Hoppe, Haim Y Cohen, Kim Zarse, David A Sinclair, Michael Ristow. **Role of sirtuins in lifespan regulation is linked to methylation of nicotinamide.** Nature Chemical Biology, 2013; DOI: 10.1038/nchembio.1352

Roundworms live longer when fed the food supplement niacin (inverted microscopic photo). (Credit: Michael Ristow / ETH Zurich)



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.

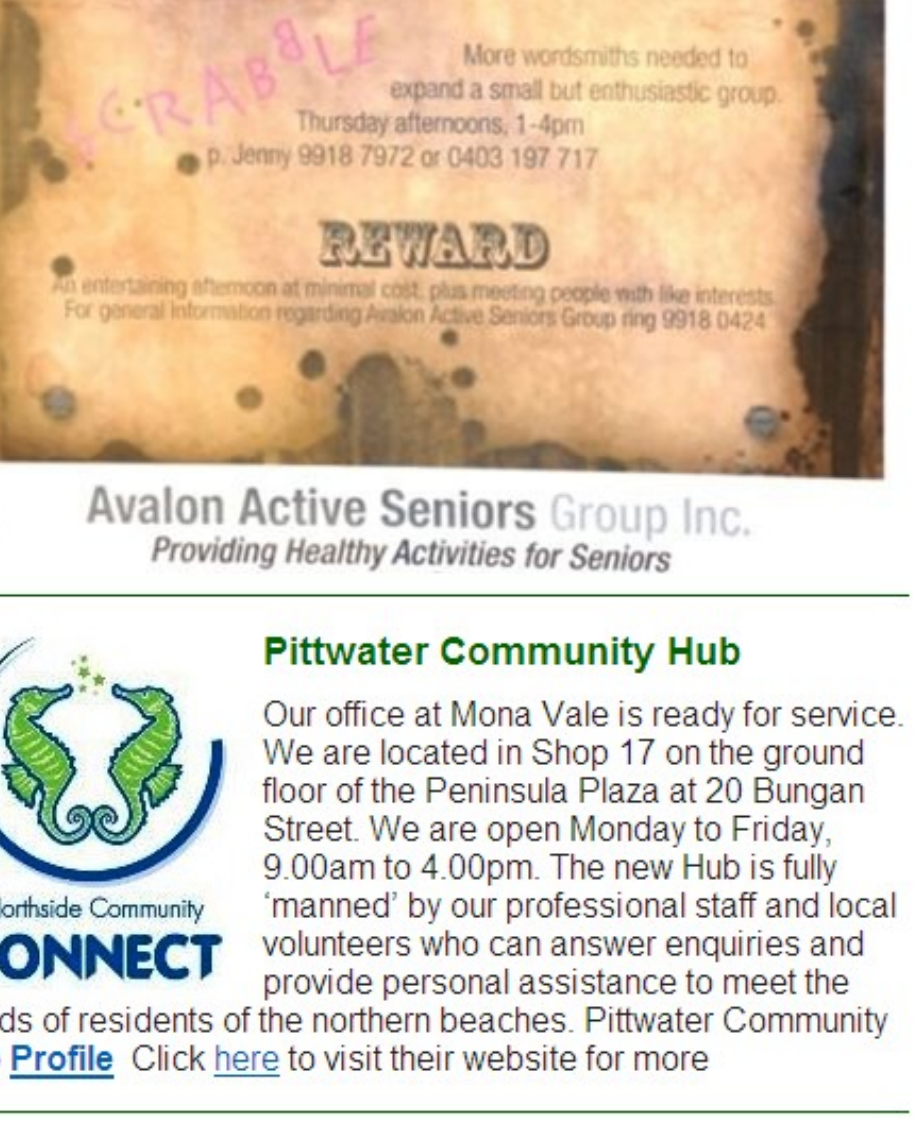
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

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

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

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

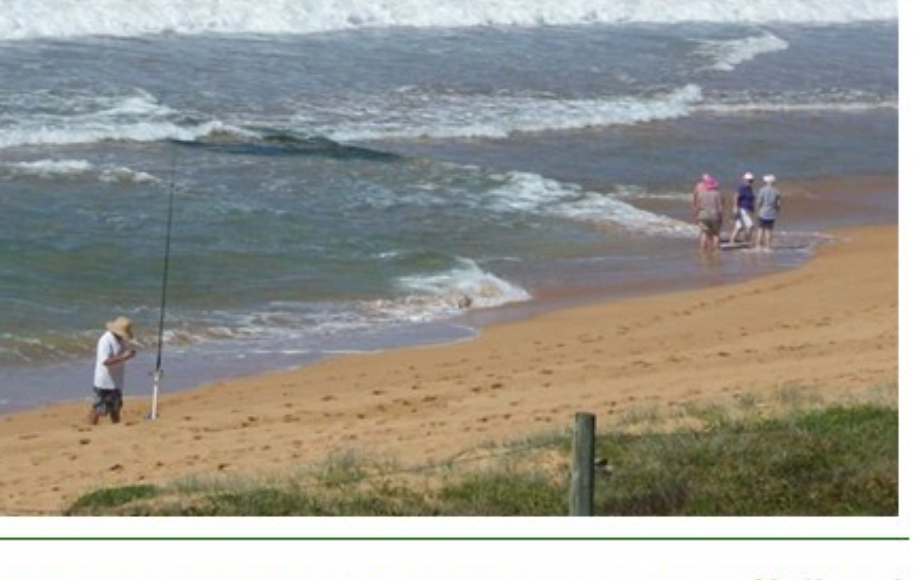
SENIOR MOVERS
Gracefully downsize with our experience and care...

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



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 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

October 6 - 12, 2013: Issue 131

Call for new approach to koala conservation - 3 October 2013

Land management practices must change to protect vulnerable koala populations, according to new University of Sydney research published today in the international biodiversity and ecology journal, *Ecography*.

In the first study of its kind a research team - led by Mathew Crowther of the School of Biological Sciences - found koalas are choosing trees different to those in which they feed in an attempt to survive higher daytime temperatures and extreme events such as droughts and heatwaves.

"Koalas need a combination of both the right kind of shelter trees and food trees to survive," Dr Crowther said. "Ensuring a habitat has a good supply of feed trees and protecting koalas from predators is not enough to ensure their survival.

"Our research confirmed koalas shelter during the day in different types of trees to the eucalypts they feed on at night. Shelter trees can be significantly cooler than feed trees.

"We found the hotter it is during the day the more koalas will tend to seek out bigger trees with denser foliage to try to escape those temperatures.

"The koalas studied also showed a preference for trees in lower lying areas such as gullies which are often cooler than trees on open plains or hilltops.

"Our research was the first in which shelter trees were considered equally with feed trees when examining the viability of a koala habitat.

"The lack of understanding of the importance of shelter trees for koalas is particularly concerning given the increasing frequency of extreme weather events.

"Exposure to prolonged high temperatures can result in heat stress, dehydration and eventually death. One quarter of the koalas we studied perished in a heatwave in 2009 and Australia has just experienced the hottest year since climate records began," he said.

Forty koalas were tracked using GPS, global positioning system, over three years on Liverpool Plains farmland around Gunnedah in north-western New South Wales.

Landholders in the region supported the efforts of the research team, especially though the community-driven Liverpool Plains Land Management Inc.

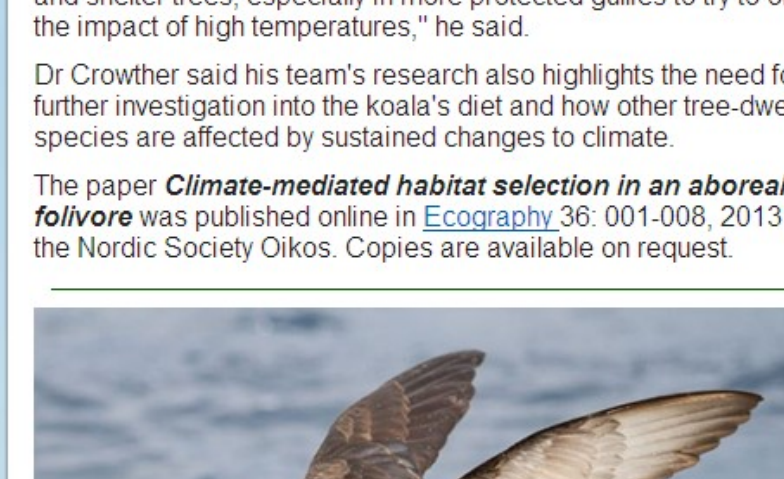
"Our research calls for a rethink of koala management and conservation," Dr Crowther said. "The implication is that long-standing land management practices of retaining and planting feed trees for koalas needs to be expanded to include shelter trees within the home range of each koala.

"Unlike their very narrow choice of feed trees, koalas chose a relatively wide variety of trees for shelter, including species such as Belah and Kurrajong.

"An urgent emphasis needs to be placed on retaining taller, mature trees such as remnant paddock trees, and the planting of both food and shelter trees, especially in more protected gullies to try to offset the impact of high temperatures," he said.

Dr Crowther said his team's research also highlights the need for further investigation into the koala's diet and how other tree-dwelling species are affected by sustained changes to climate.

The paper ***Climate-mediated habitat selection in an aboreal folivore*** was published online in Ecography 36: 001-008, 2013 by the Nordic Society Oikos. Copies are available on request.



Muttonbirds left homeless - September 30, from BirdLife Australia

Developers on King Island have destroyed thousands of burrows in a Short-tailed Shearwater breeding colony at Cape Wickham on King Island. Why? To make way for a golf course.

The burrows were due to be occupied by the birds in a few days, as the shearwaters are currently returning to Bass Strait on the return leg of their epic migratory flight back from the northernmost waters of the Pacific Ocean. The islands of Bass Strait form the stronghold of the species, with most of the world's population breeding there. Each year the birds usually return to the same colony, with most breeding in the same burrows they used in previous years.

"Shearwaters are about to return to their colonies from their annual migration to the North Pacific," said Dr Eric Woehler, Convenor of BirdLife Tasmania, "but when the birds return to Cape Wickham, many will find their colony — one that's been used for decades — is now a golf course."

The colony hosted an estimated 45,000 burrows, of which at least 6000 have been bulldozed to make way for the golf course at the northern end of King Island. Some of these burrows may have been occupied by the same shearwaters for up to 40 years.

"It's going to have an impact on the population," said Dr Woehler.

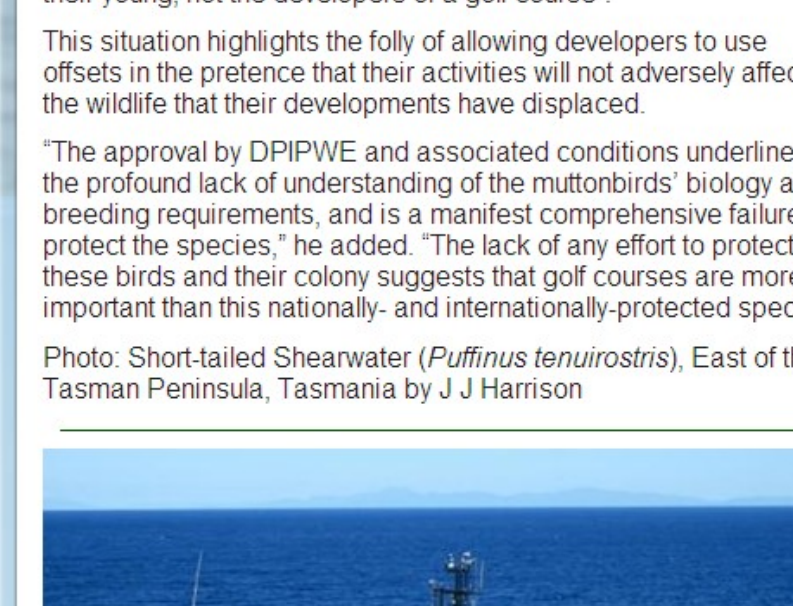
DPIPWE gave the project its approval on the condition of the construction 'respecting' the birds during their breeding season and that an alternative site 'adjacent the golf course' is offered as an offset, supposedly providing another area for the birds to nest in.

"It beggars belief to think that a wild bird which has nested in one location for many years will happily pick up and settle down 'adjacent the golf course' just because the [King Island] Council, DPIPWE and the developer prefer them to do so," continued Dr Woehler. "The birds should decide where to lay their eggs and raise their young, not the developers of a golf course".

This situation highlights the folly of allowing developers to use offsets in the pretence that their activities will not adversely affect the wildlife that their developments have displaced.

"The approval by DPIPWE and associated conditions underlines the profound lack of understanding of the muttonbirds' biology and breeding requirements, and is a manifest comprehensive failure to protect the species," he added. "The lack of any effort to protect these birds and their colony suggests that golf courses are more important than this nationally- and internationally-protected species."

Photo: Short-tailed Shearwater (*Puffinus tenuirostris*), East of the Tasman Peninsula, Tasmania by J J Harrison



AUSTRALIA'S MARINE NATIONAL FACILITY TO FAREWELL ITS RESEARCH VESSEL SOUTHERN SURVEYOR - 4 OCTOBER 2013

Australia's Marine National Facility research vessel, Southern Surveyor , is to be sold by open tender on the international market, in the lead up to the arrival of its replacement, RV *Investigator*.

Since 2002 Australia's marine science community has relied upon Southern Surveyor to conduct research from the Southern Ocean to the waters off the coast of East Timor, and deep into the Indian and Pacific Oceans.

The Director of the Marine National Facility, Ron Plaschke, said the research achievements onboard Southern Surveyor have not only been to Australia's benefit, but also understanding the global importance of our surrounding seas and oceans.

"Southern Surveyor has made a major contribution to Australia's blue-water research effort," Mr Ron Plaschke said.

On board Southern Surveyor, scientists from a diverse range of universities, institutions and government organisations have, among many other things:

Discovered massive submarine volcanoes between Fiji and Samoa, offering evidence of mineral deposits such as copper, zinc and lead. This research is helping us understand the origins of our continent and how geological resources are formed, which in turn guides exploration activities.

Played an important role in the development and recovery of buoys as part of the Australia Tsunami Warning System.

Deployed the Integrated Marine Observing System (IMOS) moorings in the oceans around Australia, which have been pivotal in collecting data for Australian and international weather and climate research.

Observed changes to our ocean currents that influence rainfall, weather patterns and in turn fisheries, from the Indian, to the Pacific and Southern Oceans and also helped to uncover the southward movement of the East Australian Current.

Mapped our seafloor - only 12 per cent of Australia's Exclusive Economic Zone has been mapped.

Discovered the final resting places of historically significant shipwrecks, like the MV*Limerick* and HMAS *Australia*.

"The 42 year old Southern Surveyor is a former North Sea trawler converted into a research vessel and, while being well maintained, the ability to carry a wide range of scientific equipment and larger scientific teams is becoming increasingly limiting," Ron Plaschke said.

"It will be a sad day when Southern Surveyor is sold and departs from Hobart, but there is growing excitement about the upcoming arrival of the replacement vessel Investigator," Mr Plaschke said.

The Marine National Facility (MNF) is a blue-water research capability, funded by the Australian Government and operated by CSIRO. In 2009 the Australian Government committed AUD$120 million to design and build a new research vessel for Australia's Marine National Facility.

Oscar tragically killed while saving a koala by Gary Jackson - Published on Sep 21, 2013

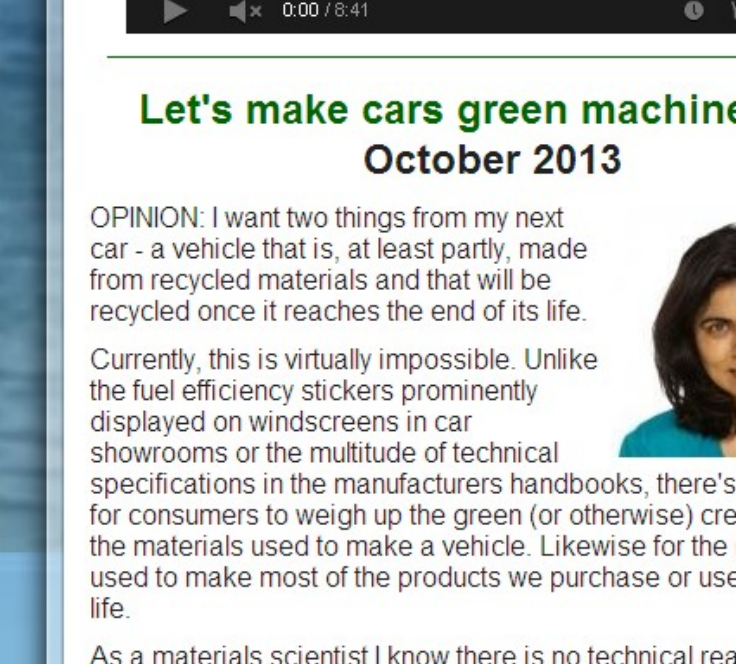
http://www.mnk9.com With profound sorrow and grief it is my duty to inform you that The World's first Koala Detection Dog Oscar has been tragically killed On Saturday September 14, 2013.

Oscar was working in Port Macquarie locating Koalas in front of the excavators and harvesting machines making a new housing development with ecologists on stand by for a run to the koala hospital.

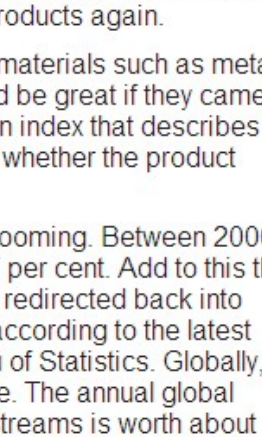
On Saturday afternoon Oscar and owner Jim Shields were at their accommodation when a local koala climbed down a tree and attempted to cross the road. The Koala froze in the headlights of oncoming cars which swerved and narrowly missed the koala.

Jim and Oscar ran down the road to save the Koala, Oscar picked up the koala scent and raced for it. Oscar then barked at the koala and the Koala immediately ran back to the edge of the road which saved him from certain death. A moment later an approaching car hit Oscar at full speed, Oscar was still alive and tried to get up when he saw Jim. Jim stroked him and held his head; Oscar barked twice more and died in Jim's arms.

Our thoughts are with Jim Shields and his family and the many people that have worked with Oscar over the past few years. It was an absolute honour and pleasure to work with an ecology legend Mr Jim Shields on the Koala detection dog program. I truly value the experience and the incredible knowledge that Jim has in flora and fauna. Oscar's legacy will be many more environmental dogs to follow in his foot steps, Jim and myself will continue working on these important programs. If you wish to assist in donations for future environmental dogs contact Dr Jim Shields on 0417 732 071 or jim.shields@bigpond.com or for training environmental detection dogs for pests or endangered species contact Gary Jackson on 0419 773 022 or gary@mnk9.com. REST IN PEACE OSCAR - ALWAYS THE STAR OF THE SHOW



Let's make cars green machines - 02 October 2013



OPINION: I want two things from my next car - a vehicle that is, at least partly, made from recycled materials and that will be recycled once it reaches the end of its life.

Currently, this is virtually impossible. Unlike the fuel efficiency stickers prominently displayed on windscreens in car showrooms or the multitude of technical specifications in the manufacturers handbooks, there's no easy way for consumers to weigh up the green (or otherwise) credentials of the materials used to make a vehicle. Likewise for the materials used to make most of the products we purchase or use in our daily life.

As a materials scientist I know there is no technical reason why we can't offer consumers this kind of information.

Over the past decade or so we've made huge strides in promoting sensible, efficient consumption and in supporting other environmental initiatives from buying local to buying carbon offsets. We have star systems for whitegoods and utilities bills with graphics analysing energy usage and environmental impact.

I can differentiate between the impact of eating a bowl of "no added sugar" cereal -- coming in at 6 per cent of my recommended daily intake of kilojoules -- and a couple of squares of chocolate, which will deliver 7 per cent in a single bite. I'd like to be able to similarly differentiate when I am purchasing complex products, which cannot be simply converted back into the same products again.

Cars, for example, contain many different materials such as metal, glass and varying types of plastics. It would be great if they came with recycling status labels in the form of an index that describes how recyclable their components are, and whether the product contains recycled materials.

On the face of it, recycling in Australia is booming. Between 2000 and 2009, recycling rates increased by 77 per cent. Add to this the value of materials derived from waste and redirected back into production -- about $4.582 billion a year, according to the latest figures published by the Australian Bureau of Statistics. Globally, growth is on a similarly sharp upward curve. The annual global market in resources sourced from waste streams is worth about $410bn.

However, the growth in the sheer volume of waste we are producing is even greater, far outstripping recycling gains. At the same time, new technical barriers to recycling are emerging. More and more of what we throw away is made up of complex or hazardous materials that cannot be readily recycled using traditional, single material methods.

That means without considerable innovation our landfill sites will become increasingly clogged, squandering many potentially valuable resources.

As far as cars go, the good news is that they are both currently partly recycled and largely recyclable. Scrap dealers have long stripped end-of-life vehicles for steel and, more recently, aluminium -- materials that can be used again and again without loss of quality and performance.

By using scrap iron and steel instead of virgin ore, steel producers reduce air and water pollution by more than half during the manufacturing process.

According to the US Environmental Protection Agency, about 80 per cent of a waste vehicle by weight can currently be recycled. The EU and China have policies targeting recycling rates of 85-95 per cent. But, there's much more to be done.

Last year, of the more than 85 million new cars and light commercial vehicles that came on to the world's roads, the single largest number, almost 20 million, were purchased in China. That's 27 million more vehicles a year worldwide than a decade ago. And, everywhere we are replacing our vehicles in ever shorter cycles.

What's most problematic is the non-metal components of vehicles that can't be easily recycled, such as plastics, windscreens and other glass.

This is part of the burgeoning and problematic complex wastes emerging all over the world. For vehicles, these complex materials currently end up as "automotive shredder residue" (ASR), a mixture of ground plastics, rubber, textiles, fibrous materials and wood, contaminated with metal slivers and oil. For every vehicle some 120kg of it ends up in landfill.

At UNSW, we are working on a solution for ASR that could lead to 100 per cent recyclable vehicles. The research builds on our success in using high temperature reactions to convert waste tyres and plastic into valuable materials for steel production. In the case of ASR, we are achieving promising results using it in the production of metal alloys.

From a scientific and technical point of view I am optimistic. One of our goals at UNSW is to develop science and technology that can be readily applied to meet the demands faced by industry and we have an established track record of delivering research and technology suitable for implementation by industry.

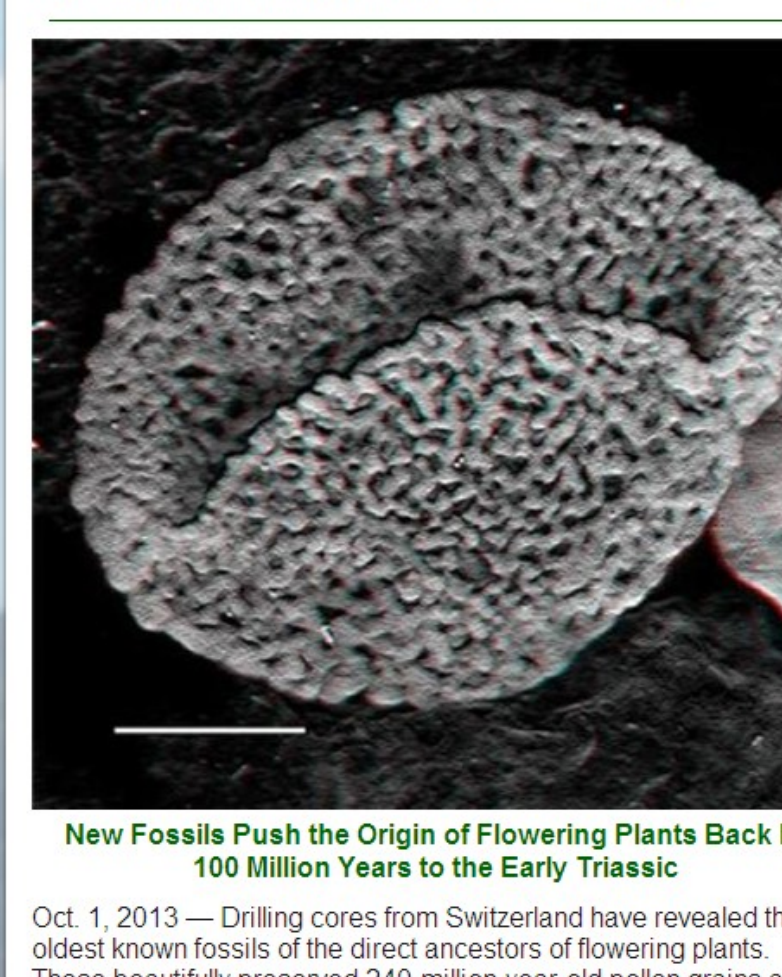
We have little choice but to move in this direction. Over the past 50 years, humans have consumed more resources than in all previous history. The US EPA reported in 2009 that while the world's population is projected to grow by 50 per cent between 2000 and 2050, global energy and material use will probably grow by 300 per cent.

The solutions are out there, but they rely on energy and investment. I'd like to buy high-quality, high-performance goods that are better for the environment. That should be a combination the market can profitably embrace.

Professor Veena Sahajwalla is director of the UNSW Centre for Sustainable Materials Research and Technology and was national winner of The Australian Innovation Challenge 2012.

SMART@UNSW was hosting the 2013 International Sustainability Symposium on 3-4 October, to be opened by UNSW Vice Chancellor Professor Fred Hilmer.

This opinion piece was first published in *The Australian*.



New Fossils Push the Origin of Flowering Plants Back by 100 Million Years to the Early Triassic

Oct. 1, 2013 — Drilling cores from Switzerland have revealed the oldest known fossils of the direct ancestors of flowering plants. These beautifully preserved 240-million-year-old pollen grains are evidence that flowering plants evolved 100 million years earlier than previously thought, according to a new study in the open-access journal *Frontiers in Plant Science*.

Flowering plants evolved from extinct plants related to conifers, ginkgos, cycads, and seed ferns. The oldest known fossils from flowering plants are pollen grains. These are small, robust and numerous and therefore fossilize more easily than leaves and flowers.

An uninterrupted sequence of fossilized pollen from flowers begins in the Early Cretaceous, approximately 140 million years ago, and it is generally assumed that flowering plants first evolved around that time. But the present study documents flowering plant-like pollen that is 100 million years older, implying that flowering plants may have originated in the Early Triassic (between 252 to 247 million years ago) or even earlier.

Many studies have tried to estimate the age of flowering plants from molecular data, but so far no consensus has been reached. Depending on dataset and method, these estimates range from the Triassic to the Cretaceous. Molecular estimates typically need to be "anchored" in fossil evidence, but extremely old fossils were not available for flowering plants. "That is why the present finding of flower-like pollen from the Triassic is significant," says Prof. Peter Hochuli, University of Zurich.

Peter Hochuli and Susanne Feist-Burkhardt from Paleontological Institute and Museum, University of Zürich, studied two drilling cores from Weiach and Leuggern, northern Switzerland, and found pollen grains that resemble fossil pollen from the earliest known flowering plants. With Confocal Laser Scanning Microscopy, they obtained high-resolution images across three dimensions of six different types of pollen.

In a previous study from 2004, Hochuli and Feist-Burkhardt documented different, but clearly related flowering-plant-like pollen from the Middle Triassic in cores from the Barents Sea, south of Spitsbergen. The samples from the present study were found 3000 km south of the previous site. "We believe that even highly cautious scientists will now be convinced that flowering plants evolved long before the Cretaceous," says Hochuli.

What might these primitive flowering plants have looked like? In the Middle Triassic, both the Barents Sea and Switzerland lay in the subtropics, but the area of Switzerland was much drier than the region of the Barents Sea. This implies that these plants occurred a broad ecological range. The pollen's structure suggests that the plants were pollinated by insects: most likely beetles, as bees would not evolve for another 100 million years.

Peter A. Hochuli and Susanne Feist-Burkhardt. **Angiosperm-like pollen and Afropollis from the Middle Triassic (Anisian) of the Germanic Basin (Northern Switzerland).**Frontiers in Plant Science, 2013 DOI:10.3389/fpls.2013.00344

Flower-like pollen from the Triassic. Credit: UZH

WORLD AUTHORITY LEADS OCEAN ENERGY RESEARCH - 2 October 2013

One of the world's authorities on offshore oil spill countermeasures has taken the helm of CSIRO's Wealth from Oceans National Research Flagship. Dr Ken Lee will head a multidisciplinary team of over 200 CSIRO scientists and technical staff to provide the science to support the healthy and sustainable coexistence of the ocean energy industry with all other marine industries and communities.

Dr Lee, a Canadian, was formerly the Executive Director of Canada's Centre for Offshore Oil, Gas and Energy Research, a Centre for Expertise in the Canadian Department of Fisheries and Oceans.

He is internationally recognised for his expertise on the environmental impacts of offshore oil and gas production and oil spill counter-measures.

Dr Lee led the Canadian contingent helping to deal with the 2010 Deepwater Horizon, BP oil spill in the Gulf of Mexico. He contributed to a recent report on the oil spill by the US National Research Council which noted the importance of understanding the wider economic and social impacts of the spill, in addition to immediate ecological and environmental damage.

Dr Lee said Australia has the potential to lead the world in ocean energy research and setting environmental protection standards. To achieve this, his research team plans to increase its collaboration with the Australian and international oil and gas industry.

"Offshore oil and gas will play a critical part in Australia's future energy needs," Dr Lee said.

"In the past few months, 13 new offshore petroleum exploration permits have been granted in the Indian Ocean off the coasts of Western Australia and Tasmania. The Great Australian Bight is another example of a potentially vast, untapped oil and gas resource.

"We need to ensure regulators, industry, governments and marine park managers are equipped with the best possible scientific information available."

Dr Lee said a holistic and coordinated approach was needed to understand the full impacts of offshore oil and gas activities on the environment and surrounding communities - from exploration through to decommissioning operations.

"For example we are collaborating with BP and South Australian research partners to study the Great Australian Bight and develop a near-unique whole of ecosystem and socio-economic research program to ensure future developments for the area coexist with the environment, industries and the community," Dr Lee said.

BirdLife calls for an ambitious response as IPCC finds greater certainty of human influence on climate change - Fri, Sep 27, 2013

In its fifth assessment report (AR5), launched today, the Intergovernmental Panel on Climate Change states with greater confidence and authority than ever that climate change is happening, and that human influence on climate is clear. The evidence is stronger, thanks to more and better observations, an improved understanding of the climate system's response, and improved climate models [1, 2].

The Intergovernmental Panel on Climate Change (IPCC) was established by the United Nations Environment Programme (UNEP) and the World Meteorological Organization (WMO) to provide the world with a clear scientific view on the current state of knowledge in climate change and its potential environmental and socio-economic impacts. The first part of AR5 is published as Climate Change 2013: The Physical Science Basis.

The IPCC re-emphasises that warming in the Earth's climate system is unequivocal. Each of the last three decades has been successively warmer at the Earth's surface than any preceding decade since 1850. In the Northern Hemisphere, 1983–2012 was probably the warmest 30-year period of the last 1400 years. As a result, the atmosphere and oceans have warmed, the area of land and sea covered by ice has diminished, and sea level has risen.

Climate change poses new challenges to BirdLife's main approaches to conserving species, Important Bird and Biodiversity Areas and habitats. Biodiversity and climate are closely interlinked. Observed changes in climate have already adversely affected biodiversity at the species and ecosystem level. Plant and animal ranges are shifting, often in a poleward and upward direction, increasing the threat of extinction to species in places with geographic limits to such shifts. Studies suggest that many more species will not be able to keep up with shifts in the location of suitable climate. An increase in extreme weather events is already damaging coastal and island communities, and biodiversity, with some bird species now facing extinction because of an increase in the frequency and strength of hurricanes.

The IPCC predicts that global surface temperature change for the end of the 21st century is likely to exceed 1.5°C relative to 1850-1900 [3]. Heat waves are very likely to occur more frequently and last longer. Wet regions of the earth will get wetter, and dry regions will receive less rainfall. As the ocean warms, and glaciers and ice sheets reduce, global mean sea level will continue to rise, at an ever faster rate.

Human influence is detectable in all these changes. CO2 concentrations have increased by 40% since pre-industrial times, primarily from fossil fuel emissions and secondarily from net land use change emissions. The ocean has absorbed about 30% of the emitted anthropogenic carbon dioxide, causing ocean acidification.

The IPCC warns that continued emissions of greenhouse gases will cause further warming and changes in all components of the climate system. Limiting climate change will require substantial and sustained reductions of greenhouse gas emissions.

"Once again, we see a profound mismatch between the level of action demanded by our best scientific knowledge and the current level of ambition of the world's governments to reduce greenhouse gas emissions", said Melanie Heath, BirdLife's Head of Policy.

But as a result of our past, present and expected future emissions of CO2, the Earth is already committed to climate change, and the effects will persist for many centuries even if emissions of CO2 stop.

"In the face of this now inevitable change to the Earth's climate, healthy, bio-diverse ecosystems have a vital role to play in maintaining and increasing the resilience, and reducing the vulnerability, of human communities", Melanie Heath added. "That is why BirdLife is calling for the importance of healthy ecosystems to be effectively written into national, regional and international climate change and development policy."

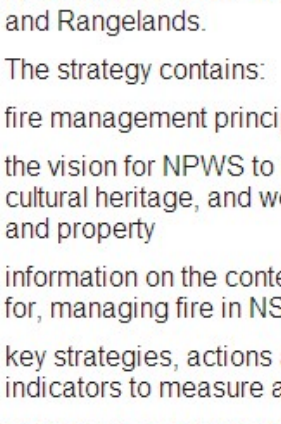
NOTES:

[1]The IPPC Working Group I assessment comprises some 2,500 pages of text and draws on millions of observations and over 2 million gigabytes of numerical data from climate model simulations. Over 9,200 scientific publications are cited, more than three quarters of which have been published since the last IPCC assessment in 2007. A total of 209 Lead Authors and 50 Review Editors from 39 countries and more than 600 Contributing Authors from 32 countries contributed to the preparation of Working Group I AR5. More than one thousand expert reviewers worldwide contributed their expertise in preparation of this assessment.

[2] Climate models have improved since the AR4. Models reproduce observed continental-scale surface temperature patterns and trends over many decades, including the more rapid warming since the mid-20th century and the cooling immediately following large volcanic eruptions

[3] Global surface temperature change for the end of the 21st century is likely to exceed 1.5°C relative to 1850 to 1900 for all RCP scenarios except RCP2.6. It is likely to exceed 2°C for RCP6.0 and RCP8.5, and more likely than not to exceed 2°C for RCP4.5. Warming will continue beyond 2100 under all RCP scenarios except RCP2.6. Warming will continue to exhibit interannual-to-decadal variability and will not be regionally uniform.

Living with Fire in NSW National Parks


Office of Environment & Heritage
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The document provides a statewide approach to managing bushfires in NSW national parks and reserves over the next decade. The strategy was developed following several rounds of consultation with key internal and external stakeholders.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with:

NSW 2021 external link (Goal 28)

the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

growing together
Pittwater Community Gardens

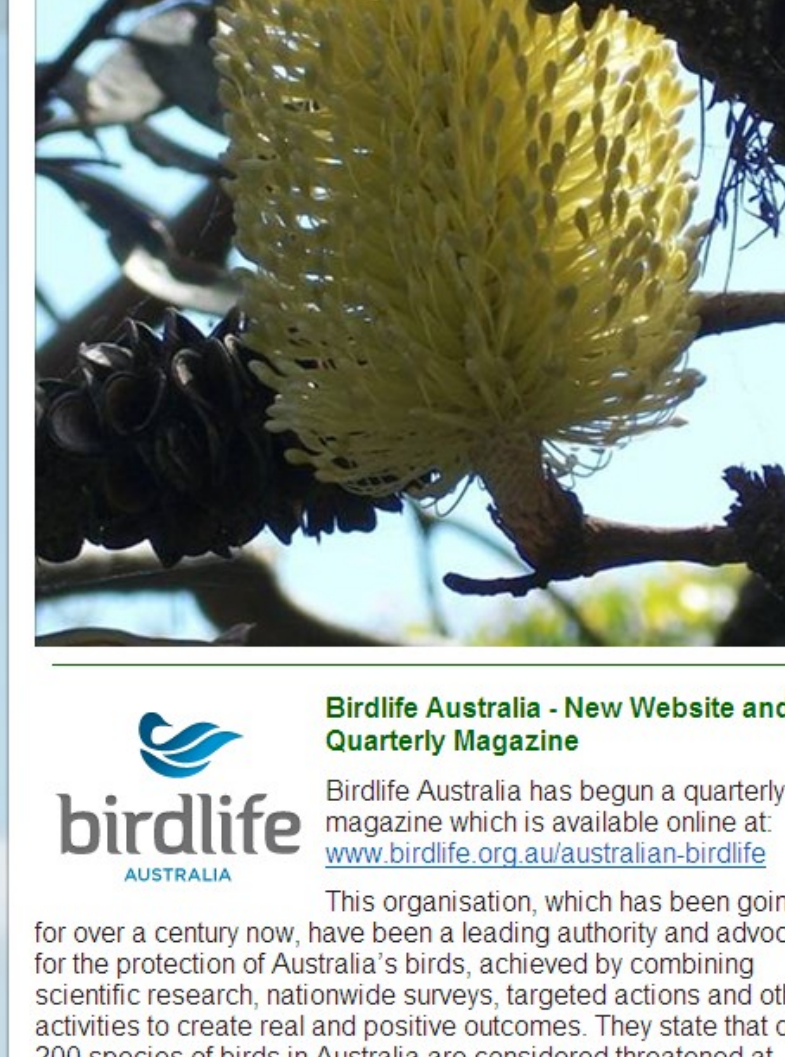
Community Gardens bring people together and enrich communities. They build a sense of place and shared connection.

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

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

2013 NSW WHALE WATCHING SEASON WILD ABOUT WHALES 1 JUNE – 30 NOVEMBER

For the latest on all the great things to do and see in NSW National Parks, including all things whales during the whale-watching season, sign up for our enewsletter Naturescapes. Click here to sign up http://bit.ly/SE58IX

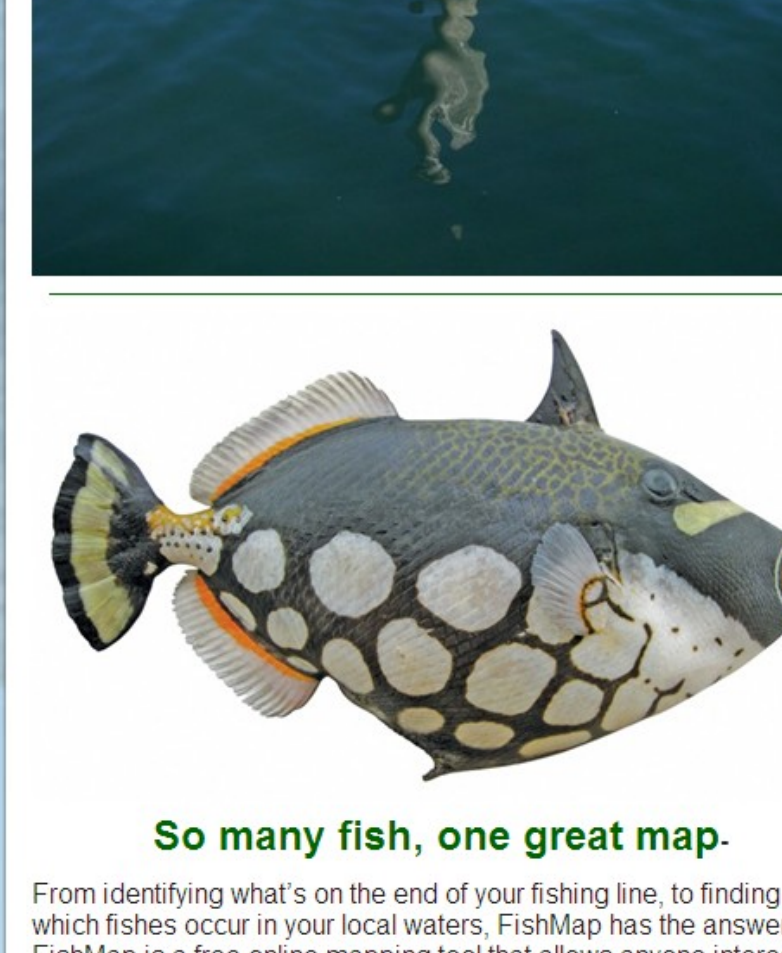


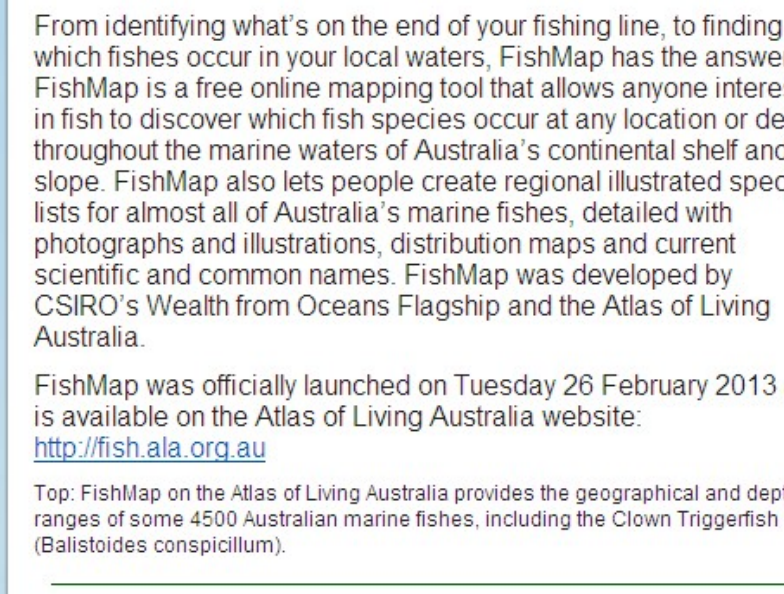
birdlife AUSTRALIA

Birdlife Australia - New Website and Quarterly Magazine

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

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





So many fish, one great map

From identifying what's on the end of your fishing line, to finding out which fishes occur in your local waters, FishMap has the answers. FishMap is a free online mapping tool that allows anyone interested in fish to discover which fish species occur at any location or depth throughout the marine waters of Australia's continental shelf and slope. FishMap also lets people create regional illustrated species lists for almost all of Australia's marine fishes, detailed with photographs and illustrations, distribution maps and current scientific and common names. FishMap was developed by CSIRO's Wealth from Oceans Flagship and the Atlas of Living Australia.

FishMap was officially launched on Tuesday 26 February 2013 and is available on the Atlas of Living Australia website: http://fish.ala.org.au

Top: FishMap on the Atlas of Living Australia provides the geographical and depth ranges of some 4500 Australian marine fishes, including the Clown Triggerfish (Balistoides conspicillum).

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

Tweet | Like | +1

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

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

KATANDRA SANCTUARY by Pittwater EcoWarriors - Published on Oct 2, 2013

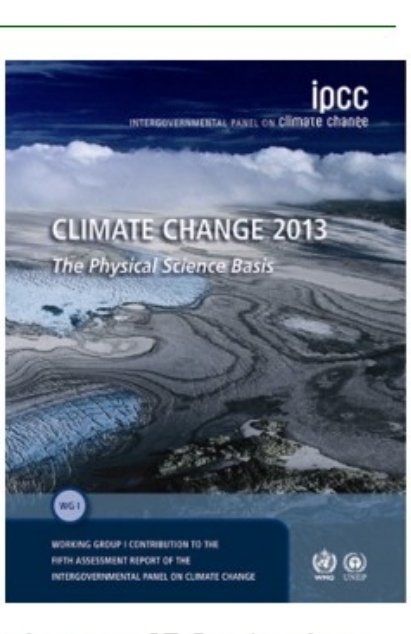
CLICK ON THIS LINK TO SIGN THE PETITION

KATANDRA SANCTUARY
KATANDRA
NO Second GENERATION
LIFE CORRIDOR
0:00 / 3:02

The Climate Council

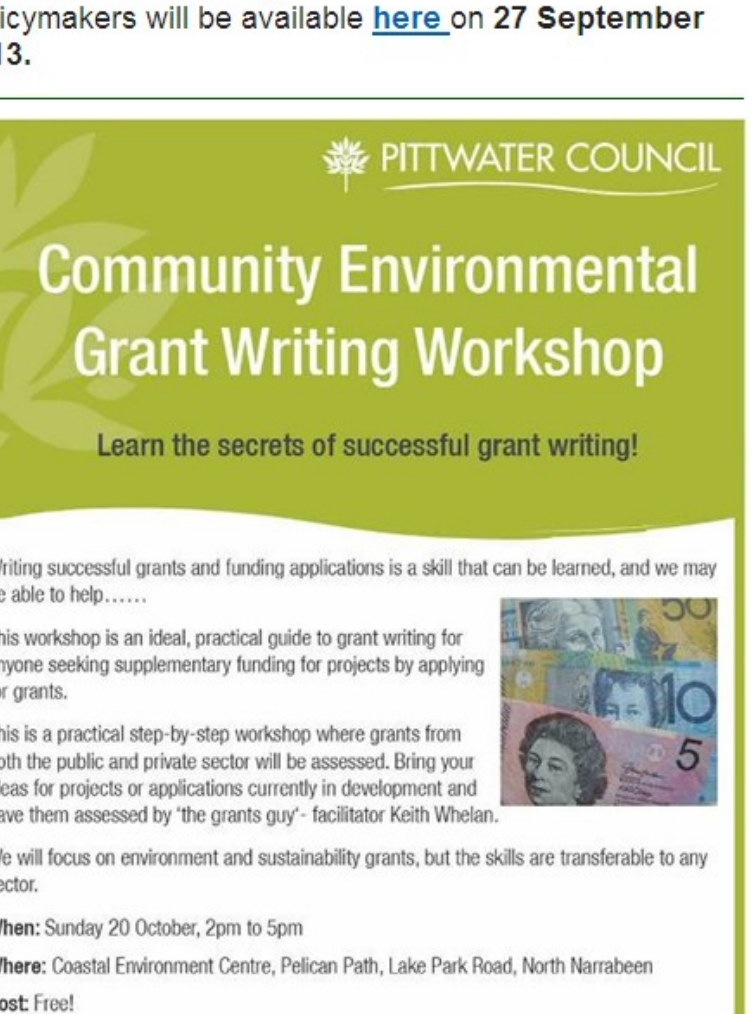
We've just released our latest brief on September's record-breaking heat and climate change. You can find it on our website. Please read and share: http://bit.ly/GzXoU2

IPCC WGI AR5 - Climate Change 2013: The Physical Science Basis


ipcc
INTERGOVERNMENTAL PANEL ON climate change
CLIMATE CHANGE 2013
The Physical Science Basis

The Twelfth Session of Working Group I (WGI-12) will take place from 23 to 26 September 2013 in Stockholm, Sweden. This Session of WGI is being convened to approve the Summary for Policymakers (SPM) of the Working Group I contribution to the IPCC Fifth Assessment Report (WGI AR5) and accept the underlying scientific and technical assessment.

The WGI AR5 Summary for Policymakers will be available here on **27 September 2013.**



PITTWATER COUNCIL

Community Environmental Grant Writing Workshop

Learn the secrets of successful grant writing!

Writing successful grants and funding applications is a skill that can be learned, and we may be able to help……

This workshop is an ideal, practical guide to grant writing for anyone seeking supplementary funding for projects by applying for grants.

This is a practical step-by-step workshop where grants from both the public and private sector will be assessed. Bring your ideas for projects or applications currently in development and have them assessed by 'the grants guy'- facilitator Keith Whelan.

We will focus on environment and sustainability grants, but the skills are transferable to any sector.

When: Sunday 20 October, 2pm to 5pm

Where: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings

In person: Coastal Environment Centre, Lake Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

Natural terrace pool, Pamukkale, Turkey

Rampant gene-swapping by Antarctic extremophiles - 01 October 2013

A UNSW-led team of scientists has uncovered the genetic secrets of extremophile microbes that can survive in water temperatures as low as minus 20 degrees in the saltiest lake in Antarctica.

Deep Lake, about five kilometres from Davis Station, was formed about 3500 years ago, when the Antarctic continent rose, isolating a section of ocean. The water in the 36-metre deep lake is now so salty it remains in liquid form down to a temperature of minus 20 degrees.

"The lake has the distinction of being the least productive lake ever recorded, with very little able to grow in it," says Professor Rick Cavicchioli, of the UNSW School of Biotechnology and Biomolecular Sciences, and leader of the team.

The team took water samples from the lake at depths of five, 13, 24 and 36 metres, and studied the entire genetic sequence, or genome, of the microbes living there, to work out how they had evolved to cope with the extremely harsh conditions.

The results are published in the journal *Proceedings of the National Academy of Sciences*.

The extremophiles present belong to a group of microbes - haloarchaea – that are known to be promiscuous, swapping DNA between themselves.

"But our research shows these ones swap much more genetic material with each other than has been observed in the natural environment before. Long stretches of virtually identical DNA are exchanged between different genera, not just species," says Professor Cavicchioli.

"Despite this rampant gene swapping, the different species are maintained and can co-exist because they have evolved to exploit different niches and consume different food sources."

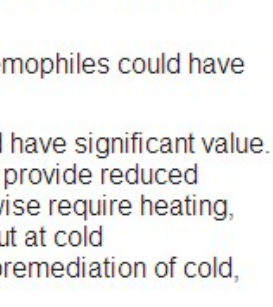
Some, for example, consume proteins in the water; others consume sugars like glycerol, from algae living on the lake surface. It is estimated the haloarchaea grow very slowly in the lake, with only about six generations produced a year.

Professor Cavicchioli says research on extremophiles could have industrial applications.

"Enzymes from cold-adapted microbes could have significant value. Their high activity in cold temperatures could provide reduced energy costs for processes that would otherwise require heating, such as cleaning, or which must be carried out at cold temperatures, such as food production or bioremediation of cold, contaminated sites."

Professor Cavicchioli's group has made equally remarkable discoveries in other Antarctic lakes in the Vestfold Hills region where Deep Lake is located.

"This illustrates just how valuable and unique Antarctic lakes can be and why Antarctica needs to be protected so societies the world over can benefit for years to come," he says.

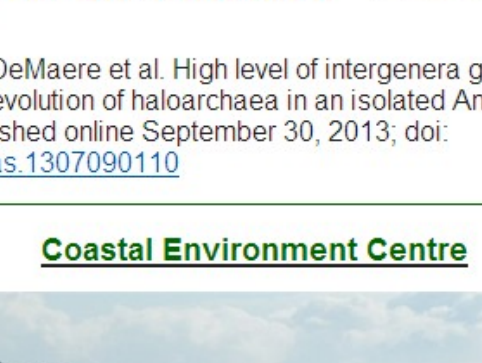


The study's first author is UNSW's Matthew DeMaere, and the team includes other researchers from UNSW, the University of Tasmania, Charles Sturt University, the Los Alamos National Laboratory in the US and the US Department of Energy Joint Genome Institute.

Photo: Deep Lake in the Vestfold Hills of Antarctica

Matthew Z. DeMaere et al. High level of intergenera gene exchange shapes the evolution of haloarchaea in an isolated Antarctic lake. PNAS, published online September 30, 2013; doi: 10.1073/pnas.1307090110

Coastal Environment Centre



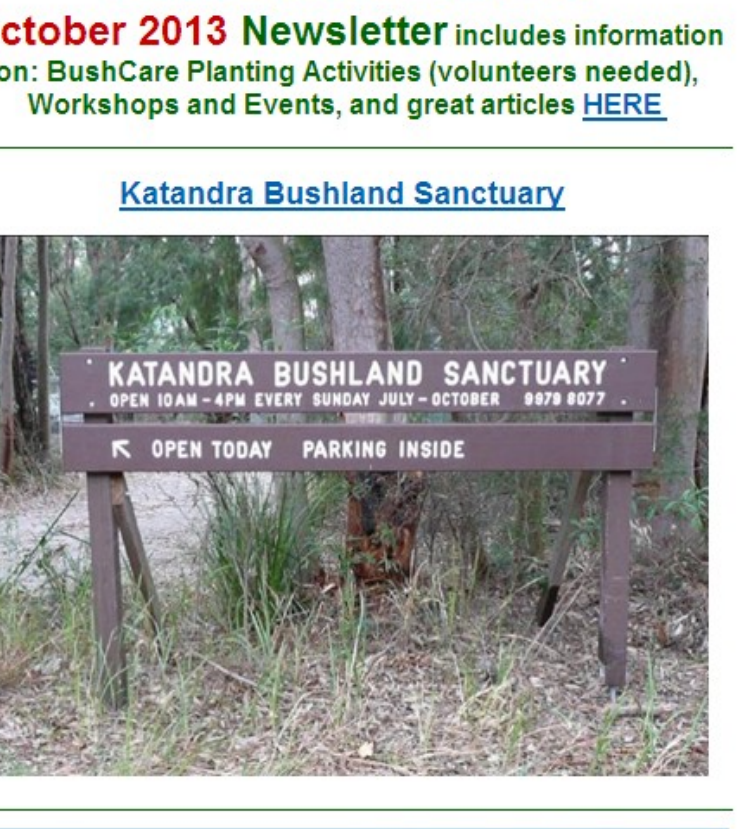
The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

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

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

Katandra Bushland Sanctuary


KATANDRA BUSHLAND SANCTUARY
OPEN 10AM - 4PM EVERY SUNDAY JULY - OCTOBER 9978 8077
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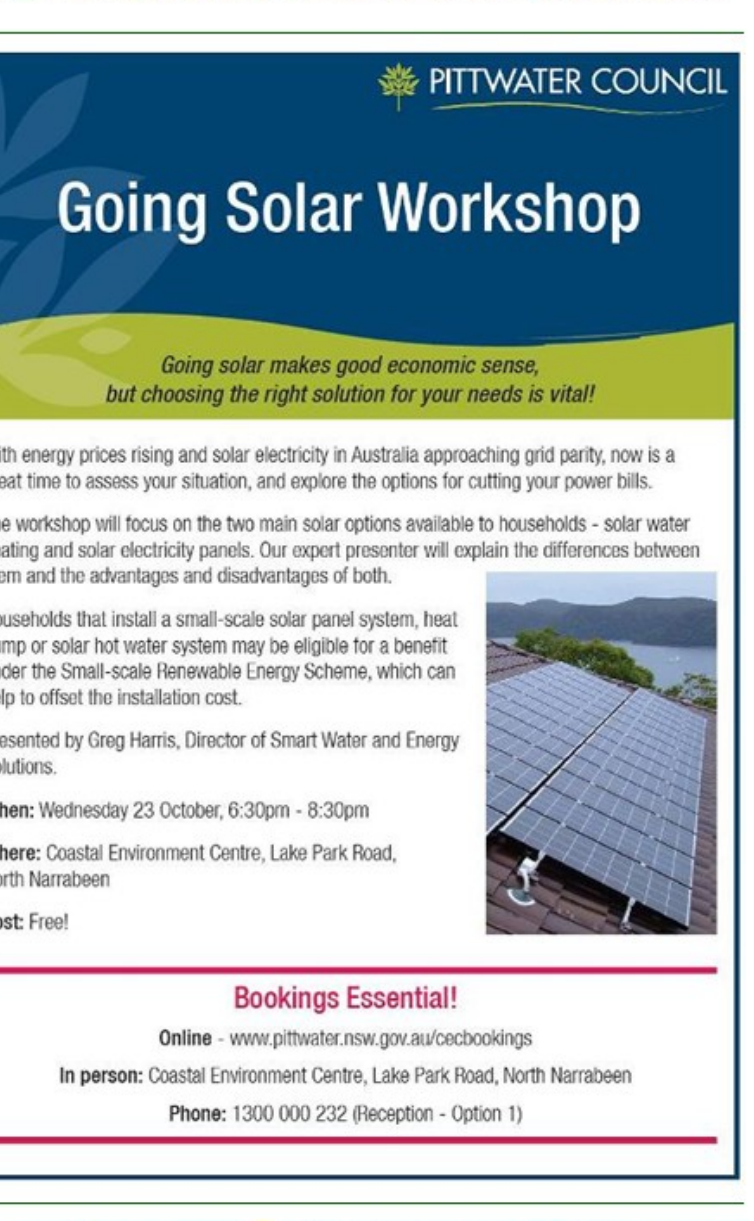


PITTWATER COUNCIL

Going Solar Workshop

Going solar makes good economic sense, but choosing the right solution for your needs is vital!

With energy prices rising and solar electricity in Australia approaching grid parity, now is a great time to assess your situation, and explore the options for cutting your power bills.

The workshop will focus on the two main solar options available to households - solar water heating and solar electricity panels. Our expert presenter will explain the differences between them and the advantages and disadvantages of both.

Households that install a small-scale solar panel system, heat pump or solar hot water system may be eligible for a benefit under the Small-scale Renewable Energy Scheme, which can help to offset the installation cost.

Presented by Greg Harris, Director of Smart Water and Energy Solutions.

When: Wednesday 23 October, 6:30pm - 8:30pm

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings

In person: Coastal Environment Centre, Lake Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

New Technique Helps Biologists Save the World's Threatened Seagrass Meadows

Sep. 30, 2013 — Seagrass meadows, such as eelgrass or Halophila, grow along most of the world's coasts where they provide important habitats for a wide variety of life forms. However in many places seagrass meadows have been lost or seriously diminished and in their effort to reestablish the meadows biologists can now benefit from a new technique that reveals the health of seagrass. Danish and Australian biologists have developed a technique to determine if seagrass contains sulfur. If the seagrass contains sulfur, it is an indication that the seabed is stressed and that the water environment is threatened. The technique will help biologists all over the world in their effort to save the world's seagrass meadows.

"It cannot always be seen by the naked eye if a seagrass plant is thriving or not. Therefore, it is necessary to develop methods that reveal the health state of the plant and what causes the failure to thrive. Now we have such a technique," says professor Marianne Holmer from the Department of Biology at the University of Southern Denmark. For many years she has studied the ecology and biogeochemistry of seagrass in temperate and tropical ecosystems.

Seagrass meadows grow along many coasts in the world except where harsh winds, waves and currents are too turbulent for rooted plants to remain attached to the seabed. The meadows are not only a home for a variety of small and large animals; the leaves also help to dampen the waves and the roots help to hold the sediments of the seabed. The plants also act as particle filters that keep the water clear, and they also store carbon and nutrients.

According to Marianne Holmer, biologists today have good knowledge of how light and water quality affect seagrasses, while it is more complicated to understand how sediment conditions affect seagrasses. Together with her colleague Kieryn Kilminster from the **Department of Water in Western Australia**, she has now developed a technique that can detect whether the sediment conditions are a problem for the seagrasses.

"We take a small piece of plant tissue from a seagrass and bring it back to the lab. Here we analyze it in a so-called mass spectrometer, and this shows us if the plant tissue contains sulfur. If we find sulfur in the plant tissue, it means that the plant has absorbed sulfide from the seabed, and this means that the seabed is not a healthy environment for the seagrass," explains Marianne Holmer.

The sulfide in the seabed is formed by the so-called sulfate-reducing bacteria. They appear, when oxygen disappears from the seabed - this can happen when the seabed is fed large amounts of organic material from algal blooms or from plankton that blooms, when nutrients are released from agricultural farming. The supply of nutrients and particles can also come from cleared coastland. When vegetation is cleared from the coastland, soil and particles are freed and flow into the water. This is a problem in e.g. Australia, where cities are growing rapidly along the coasts.

"A seagrass, which has absorbed sulfide, shows reduced growth and may die-off," explains Marianne Holmer.

When seagrasses absorb nutrients, the nutrients are bound in the plant as it grows. Seagrasses have a relatively long life cycle and nutrients will be bound for a relatively long time compared to being bound in shorter lived seaweed and plankton. If seagrasses are inhibited in growth or disappear from coastlands, bays and fjords, the nutrients become available to other, more short lived plants, and this can lead to increased growth of algae and plankton.

"Many countries are working to restore the lost meadows of seagrasses, and in this work it is important to understand when and why the plants do not thrive. With our new technology, we are now better at this," says Marianne Holmer.

Facts about seagrass

Seagrass is not seaweed, but a plant with flowers, leaves and roots just like plants on land. Seagrass also produces seeds that can be sown in the seabed and grow to new plants. There are approx. 60 seagrass species in the world with eelgrass (Zostera marina) in temperate areas and Halophila ovalis in tropical and subtropical areas as common species. Seagrass needs light and only grows where at least 10% of the sun's light can reach the plants.

Kieryn Kilminster, Vanessa Forbes, Marianne Holmer. **Development of a 'sediment-stress' functional-level indicator for the seagrass Halophila ovalis.** Ecological Indicators, 2014; 36: 280 DOI: 10.1016/j.ecolind.2013.07.026

Researchers collecting seagrass tissue. (Credit: Kieryn Kilminster)

Rare Research Into False Killer Whales Reveals Anti-Predator Partnerships

Oct. 3, 2013 — False killer whales (*Pseudorca crassidens*) are one of the least studied species of ocean dolphin, but new light has been cast on their behavior by a team of marine scientists from New Zealand. The research, published in Marine Mammal Science, reveals how a population off the coast of New Zealand has developed a relationship with bottlenose dolphins to defend themselves from predation.

The 17-year study revealed that all 61 individuals in the area were linked in a single social network, while 88% of identified individuals were re-sighted in the same area over several years.

Groups of false killer whales were also found to associate with bottlenose dolphins (Tursiops truncates). These partnerships were found to span more than 5 years and up to 650 km.

"The anti-predatory function of mixed species associations is mostly achieved through a greater chance of detecting a predator through more eyes watching out," said Jochen R. Zaeschmar, from Massey University, New Zealand. "However, it is hard to say if this is mutualistic or parasitic, that is whether the two species actually co-operate or whether one just opportunistically exploits the detection ability of the other. Lastly, as both species are highly social, sociality may also play a role."

"Given the level of site fidelity documented, a small and possibly closed false killer whale population in New Zealand waters cannot be ruled out. A reassessment of the current conservation status in New Zealand may therefore be prudent and further research warranted into the dynamics of this population," concluded Zaeschmar.

The false killer whale (*Pseudorca crassidens*) is a cetacean, and the third-largest member of the oceanic dolphinfamily (Delphinidae). It lives in temperate and tropical waters throughout the world. As its name implies, the false killer whale shares characteristics, such as appearance, with the more widely known killer whale (orca). Like the orca, the false killer whale attacks and kills other cetaceans, but the two species do not belong to the same genus.

The false killer whale has not been extensively studied in the wild; much of the data about it has been derived by examining stranded animals. The species is the only living member of the Pseudorca genus.

Jochen R. Zaeschmar, Ingrid N. Visser, Dagmar Fertl, Sarah L. Dwyer, Anna M. Meissner, Joanne Halliday, Jo Berghan, David Donnelly, Karen A. Stockin. **Occurrence of false killer whales (Pseudorca crassidens) and their association with common bottlenose dolphins (Tursiops truncatus) off northeastern New Zealand.** Marine Mammal Science, 2013; DOI: 10.1111/mms.12065 Picture: False killer whale (Pseudorca crassidens) courtesy PD-USGov.

Like Father, Not Like Son: Brain and Song Structure in Zebra Finches Are Strongly Influenced by the Environment

Oct. 2, 2013 — A central topic in behavioral biology is the question, which aspects of a behavior are learned or expressed due to genetic predisposition. Today it is known that our personality and behavior are far less determined by the genetic background. Especially during development environmental factors can shape brain and behavior via so-called epigenetic effects. Thereby hormones play an important role. A shift in hormone concentrations in early life can have long lasting effects for an organism, whereas the same change in adults often may show only short-term changes. However, whether the influence of the environment has either strong or weak effects can largely depend on the individual genetic predisposition. However, it is relatively hard to discriminate the effects of the environment from that of the genes.

An attempt to tease apart these effects has been conducted by researchers from the Max Planck Institute for Ornithology in collaboration with an international team of scientists in zebra finch breeding pairs. Using partial cross-fostering the researchers exchanged half of the eggs within a nest making them to "cuckoo's eggs". Therefore half of the hatchlings were raised by their genetic parents, whereas the other half was raised by their foster parents. In addition they modified the availability of food by mixing the seeds with husks so that the parents had to spend more time searching for food. When the male offspring were adult at 100 days the researchers recorded their songs and analyzed the underlying neuroanatomy. This partial cross-fostering design enabled the researchers to tease apart the involvement of genotype, the rearing environment and nutritional effects to variation in song behavior and brain structure.

The results showed that heritability values were low for most song characteristics, except the number of song syllables and maximum frequency. On the other hand the common rearing environment including the song of the foster father mainly predicted the proportion of unique syllables in the songs of the sons, moreover this relationship was dependent on food availability. Even more striking results were found when the researchers investigated the brain anatomy. Heritability of brain variables was very low and strongly controlled by the environment. For example, an emergence of a clear relationship between brain mass and genotype is prevented by varying environmental quality.

This result was quite surprising as previous studies have found a high heritability of the song control system in the songbird brain, however these studies did not account for variation of the rearing environment. "Being highly flexible in response to environmental conditions can maintain genetic variation and influences song learning and brain development" says Stefan Leitner, senior author of the study.

Joseph L. Woodgate, Katherine L. Buchanan, Andrew T.D. Bennett, Clive K. Catchpole, Roswitha Brighton, Stefan Leitner. **ENVIRONMENTAL AND GENETIC CONTROL OF BRAIN AND SONG STRUCTURE IN THE ZEBRA FINCH** Evolution, 2013; DOI: 10.1111/evo.12261

Zebra finch pair with adult son. (Credit: Stefan Leitner)

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

The Sea - Episodes and Imaginings - Wednesday 6 November 2013

(Open to the public)

Australian National Maritime Museum

A unique one day symposium examining the construction of histories through film, literature, theatre, museology, film, visual arts and music with a particular focus on maritime histories and cultures. It will explore the many facets of storytelling and interpreting maritime historical events through a multitude of creative disciplines. These historical narratives are drawn from primary and secondary source materials and can include oral histories, naval records, scientific and ethnographic research, ships logs, official records such as births, deaths and marriages, and passenger crew lists.

The symposium brings together eminent cultural theorists, historians, museum curators, documentary filmmakers, writers, composers, collectors and visual artists to interrogate and navigate through the complex terrain of public history, to engage in debate about the transmission and presentation of history, the role of historical fiction and specific genres such as documentary-dramas, musical compositions, museum master narratives and visual arts.

Episodes and Imaginings will be linked to the Sydney Climate Change Network's marine environmental humanities and social science conferences being presented by the University of Sydney and dedicated to looking at Coastlines, the other focussing on Oysters.

The project also links to current maritime, environmental and underwater archaeological research through an existing Australian Research Council initiative between the ANMM/University of Sydney/Queensland Museum and Silentworld Foundation entitled - Cultures of Coast and Sea: maritime environmental, cultural and ethnographic histories of north-east Australia 1770-2010. The symposium also aligns with the ANMM's broader interest in researching and mapping out revised master narratives for the development of the museum's core exhibitions and future creative partnerships.

BOOKINGS ESSENTIAL

Cost: Full $30, Concession $15 (includes morning and afternoon tea). Please contact Michelle St Anne for more information. **Click here to register**

Partners: ARC Linkage Grant, The Andrew Mellon Australian-Pacific Observatory and The Australian National Maritime Museum

THE CHANGING COASTLINES SYMPOSIUM

Thursday 7-Friday 8 November 2013

See All associated Events HERE

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

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

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

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

Click here for the following units:

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

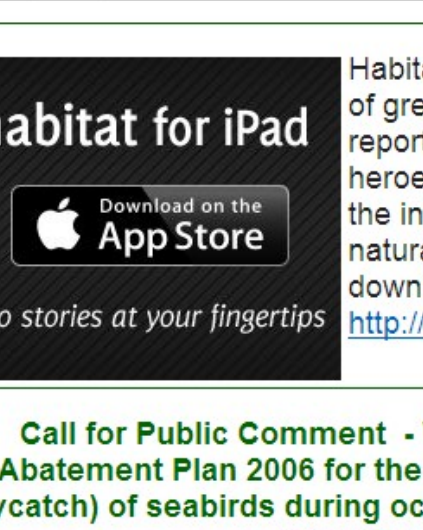
Digital Toolbox

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

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

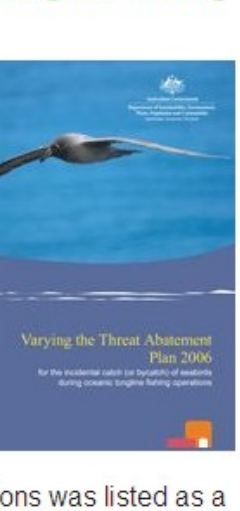
Please include the name of your local cinema, the number of students, preferred times, date and contact details.

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



Habitat magazine is chock full of great environmental reportage, covering enviro heroes, climate change and the interconnectedness of our natural world. FREE to download on your iPad: http://bit.ly/RR8zre

Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations



Department of Sustainability, Environment, Water, Population and Communities, 2013

Introduction

Oceanic longlining is a fishing technique used to target pelagic and demersal finfish and shark species. Longlining occurs in almost all Australian waters. The impact of longline fishing activities on seabirds was not fully realised until the 1980s when seabird bycatch was first reported and then documented.

The incidental catch (or bycatch) of seabirds during oceanic longline fishing operations was listed as a key threatening process on 24 July 1995. An initial threat abatement plan was released in 1998 and the current Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations (the 2006 Threat Abatement Plan for Seabirds) was released in 2006. In 2011, the Minister for Sustainability, Environment, Water, Population and Communities approved preparation of a variation to the 2006 Threat Abatement Plan for Seabirds.

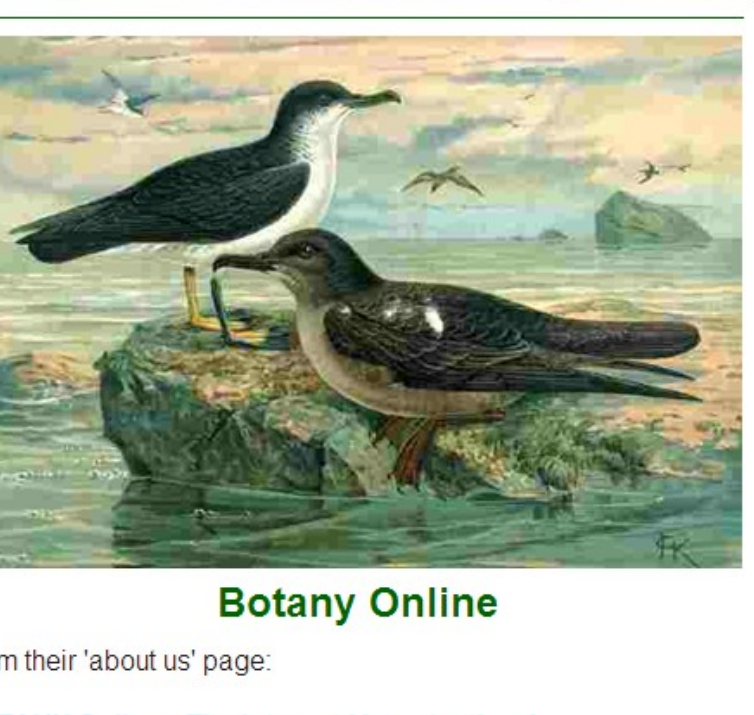
Information on the level and nature of interactions between seabirds and fishing gear has increased significantly. There is now extensive information available upon which to base decision-making. Considerable research and development activities have been undertaken since 1995 into seabird bycatch mitigation measures including at-sea trials. There is now increased confidence about mitigation measures that, when used in combination, are effective. These mitigation measures form the basis of prescriptions set out in the proposed variation to the 2006 Threat Abatement Plan for Seabirds.

Public consultation

The Minister for Environment, Heritage and Water has released the consultation paper on varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations for three-month **public consultation until 31 October 2013.**

Save Pittwater.com People for Pittwater.com.au

FREE The Avalon Tattoo
DUNBAR PARK - SATURDAY JUNE 15
BANDS - CONCERTS - DISPLAYS
SavePittwater.com



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

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

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

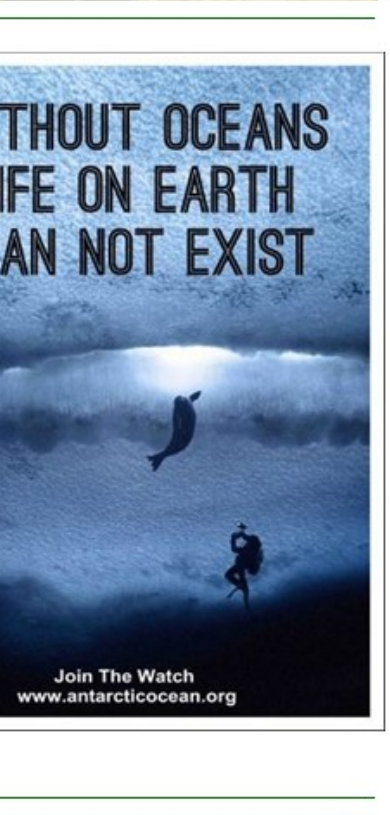
Pittwater's Environmental Foundation

Pittwater Environmental Foundation

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 visit their site please click on logo above.

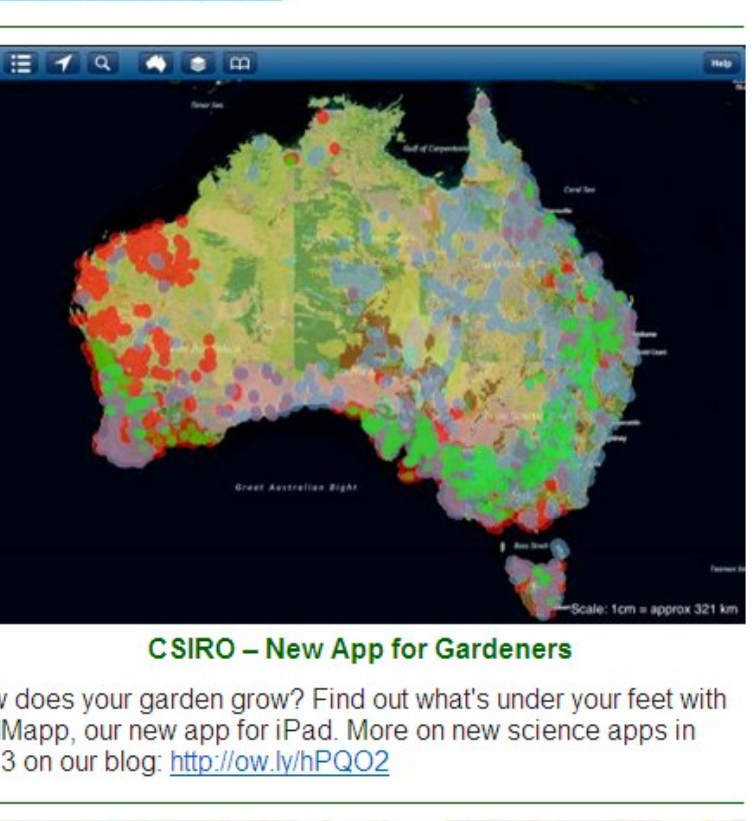
Antarctic Ocean Alliance


WITHOUT OCEANS LIFE ON EARTH CAN NOT EXIST
Join The Watch
www.antarcticocean.org

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:

www.antarcticocean.org.



CSIRO – New App for Gardeners

How does your garden grow? Find out what's under your feet with SoilMapp, our new app for iPad. More on new science apps in 2013 on our blog: http://ow.ly/hPQO2

CLIMATE ACTION PITTWATER

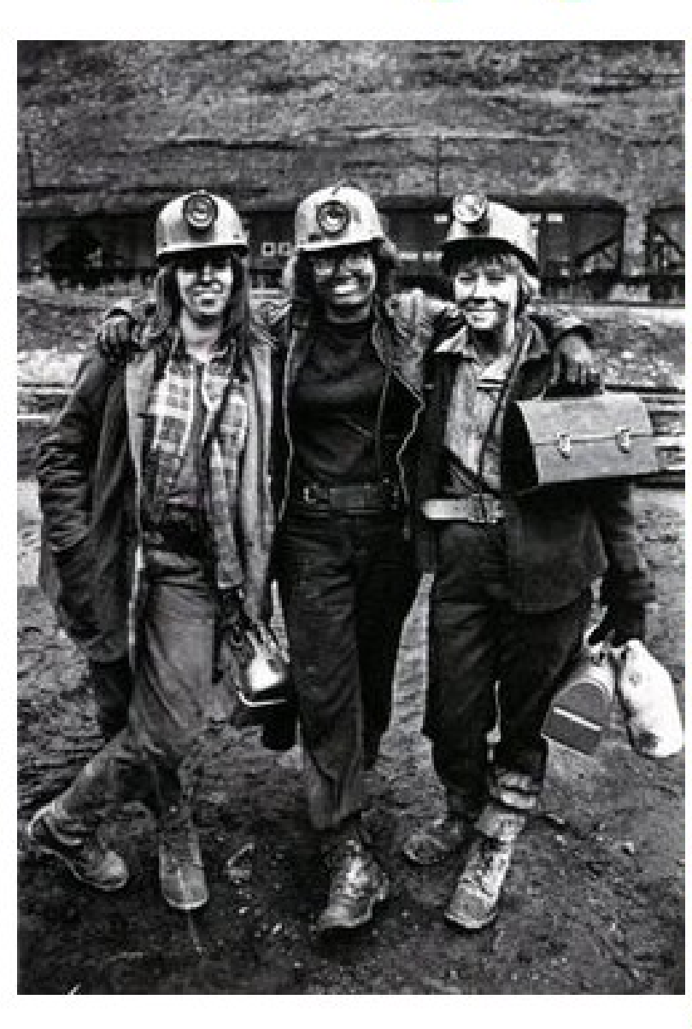
For tips on how to be more energy efficient, visit Climate Action Pittwater at: http://www.climateactionpittwater.org.au/

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." - from the Prayer of Saint Patrick

Pittwater Online News

October 6 - 12, 2013: Issue 131

Emerging From The Dark: October's Libra New Moon



The depth of darkness to which you can descend and still live is an exact measure of the height to which you can aspire to reach. **Laurens Van der Post**

To me every hour of light and dark is a miracle. Every cubic inch of space is a miracle. **Walt Whitman**

For many children, joy comes as the result of mining something unique and wondrous about themselves from some inner shaft. **Thomas J. Cottle**

Underground issues from one relationship or context invariably fuel our fires in another. **Harriet Lerner**

In isolation I ruthlessly plow the deep silences, seeking my opportunities like a miner seeking veins of treasures. In what shallow glimmering space shall I find what glimmering glory? **Jamaica Kincaid**

Beauty is also to be found in a day's work. **Mamie Sypert Burns**

*Now if I tell you that you suffer from delusions You pay your analyst to reach the same conclusions You live your life like a canary in a coalmine.***Sting**

The Libra new Moon on October 4 in the US and October 5 in Australia, is on an interesting degree that speaks about emerging from the dark, dropping the difficult attitudes and coming into the light. We may find that we have had difficulty breathing from the sheer pressure we've been under, but as with coal, with that pressure we can mine a diamond - we can find that many faceted, beautiful, precious and worthwhile part of ourselves that may have been buried or out of plain site. This new Moon is square Pluto and opposite Uranus, so this is a very powerful, challenging and stirring lunation. The lead up to this new Moon can feel like a build up of energy that needs to pop, perhaps something like a boil that needs to be lanced... certainly it can feel implosive as well as explosive. Some people are being pushed to their limits and many are tired from the amount of work that they need to do just to keep operating.

The Sabian Symbol for the new Moon is Libra 12: Miners Are Emerging From A Deep Coal Mine.

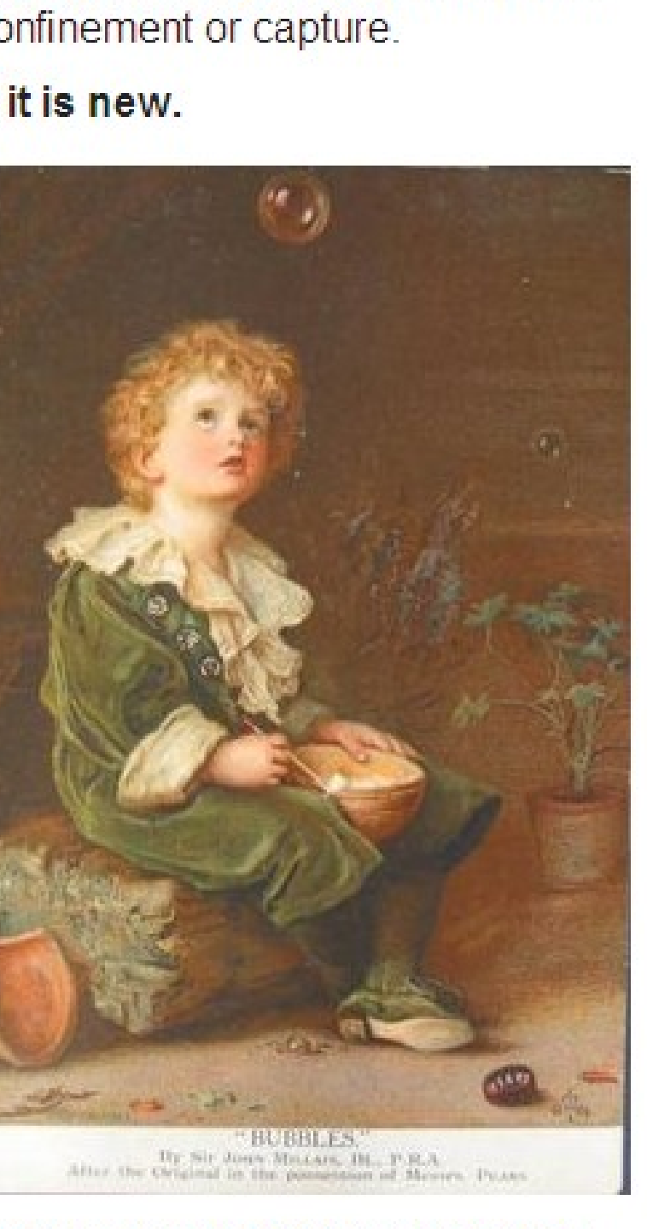
'Miners Are Emerging From a Deep Coal Mine'. They've been working hard, and now the siren has sounded and their shift is finished. Coming back to the surface, they can take a deep breath and feel themselves infused with fresh energy. Even if the Sun is going down at the end of the day, it and fresh air can bring a new awareness and wonder at being alive. The 'Miners' are free for now and finished with the day's work.

It may feel as though you've been operating in the dark, or in some kind of underworld. When we've been submerged in work, deep issues or spaces for a long time, we often end up feeling suppressed and worn-out. Thoughts and emotions can be clouded with doubt and fear making them difficult to plumb or discover. You may feel like you have been in some kind of hell, perhaps you've had to go into the depths in the search for something. A feeling of breathlessness can erupt from not being able to understand what's happening. Take a deep breath and learn to relax! Delving deeply can bring messages from the subconscious that reveal some surprising things. However, it is often not enough to merely find the message; there's also a need to bring any realizations into the clear light of day so that you, and others, can benefit from this passage and learn to breathe more freely. Imagine coming back to the surface, taking a deep breath and feeling yourself infused with the energy of fresh air and the sun. Look carefully at situations, for it may take time for your eyes to adjust to the new light. Even if you need to go back within, into the 'Deep Coal Mine' in the near future, having faith and acceptance of being able to operate and see in "the dark" will assist you with any problems you may encounter. If you are 'Emerging' with others, this can lead to a 'Deep' sense of camaraderie, as people realize that they've been through the same straights and have come out okay.

Keywords: Release from arduous labor. Stopping work. Coming into the light. Deep subconscious healing. Hypnotherapy. Going into dark places. Claustrophobia. Memories from the past or out of nowhere. Things dark and "gothic". Lung and breathing problems. Persephone emerging. The labyrinth of the mind. The mind flooding. Tunnel vision. Caves. Mines. Digging for answers. Relief and time off. Ghost stories.

The Caution: Gloomy outlooks. Not seeing potentials. Emerging with a "blackened face". Difficulty breathing. Earning a living being a life and death situation. Working hard for small rewards. Emotional loops. Things hard to escape. Fear of confinement or capture.

This new Moon is at 11.56 Libra, which means that it flips onto the next degree very soon after it is new.



The Sabian Symbol for Libra 13 (the Quest Symbol for the new Moon) is Children Blowing Soap Bubbles. How different an image is this from the Coal Miners degree!? With the Coal Miners, we can have blackened faces, worn out bodies and hearts and the Children Blowing Soap Bubbles is the young at heart, perhaps covered in soap, wet and playing and happy. The Coal Miners need that 'Soap' to cleanse and lighten things up. As an aside, I was washing my hands just after typing this and soap bubbles floated up and hang in front of my eyes - a lovely omen to remember to 'play'.

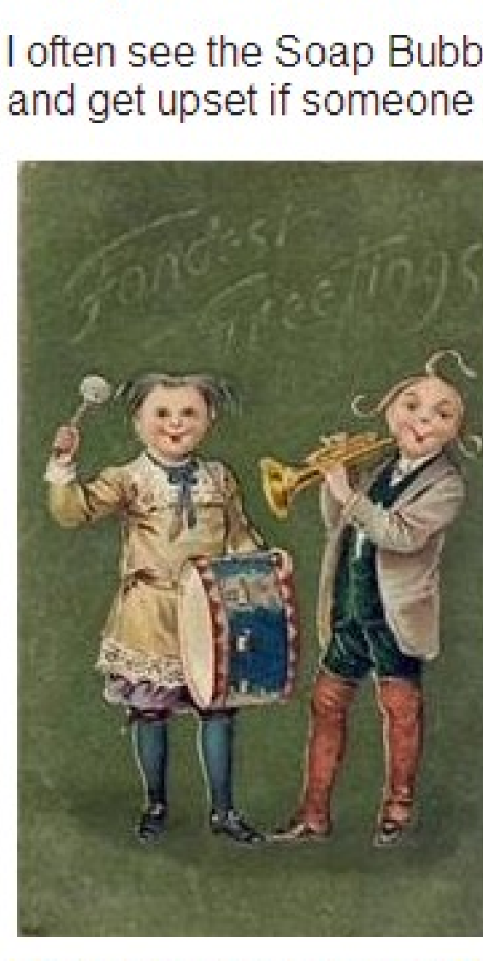
'Children Blowing Soap Bubbles' is a wonderful image of playfulness and fun. The 'Children' are having fun 'Blowing Soap Bubbles', they love to watch how big they can make them, how long they can last and how high they can go. The swirling colors of the 'Soap' along with the fact that they can pop at any moment add to the fun and the fascination.

With this Symbol around, it is through fantasy, simplicity and imagination that you will find solutions. Saying things for the sake of saying them, doing things for the sake of doing them, or doing things with no real thought of the outcome is fun, and perhaps what's needed to lighten things up-as long as nobody is offended, led astray or hurt in the process! This is not a time to be too deep and meaningful, for it will be in fleeting moments of pleasurable wonder that you will find the answer to what's needed. However, this can also show someone not being "real", not taking things seriously and not wanting to take responsibility for any outcomes. Perhaps there's a feeling that the things that are being said aren't substantial-more like mere cartoon captions. Fantasy can intrude on reality and what's being said can sometimes be forgotten in a minute. It's almost like these issues didn't ever exist. Sometimes, however, something that is said in a fleeting moment, a mere throwaway line, can have a permanent and positive effect on others. Whilst there is likely to be fun and joy here, there may need to be a consideration of whether it will produce anything substantial, permanent or real. If this situation is one of short-term rewards and enjoyment, it may be wonderful, but relying on anything real being produced may be unrealistic and disappointing. Whatever, enjoy the moment, and the display of fun while it lasts.

Keywords: Spending time being creative with children. Drama. Carefree or superficial. Finding joy in pure abstractions. Captions in cartoons. Pollyanna attitudes that can lead to fun or nowhere. Not caring about the future, only the moment. Rediscovering the simple joys of life. Toys and playing. Soap and bubbles. Comic book heroes. Being easily amused.

The Caution: Never growing up. Frivolousness. Daydreaming. Resenting people who don't have serious work. Upset over the loss of things that don't have lasting substance. Not meaning what's said. Making light of the serious. Moving on without completing anything of lasting value. Dislike of chitchat. Gullibility. Impractical behavior.

I often see the Soap Bubbles degree as captions in a cartoon - like the comments on Facebook. We can be delighted when people agree and get upset if someone disagrees, but surely it is all rather like a game.



The planetary ruler of this new Moon is Venus on Scorpio 27: A Military Brass Band Marches Noisily On Through City Streets. This can be where the 'military', the government or the authorities, can remind us of their power, their presence, their imposition or the ability to protect and provide for us. How you feel about it will be reflected in how you're seeing your government supplying your needs and the needs of your society. Do they protect or do they just strut and make a lot of noise?

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away. **Thoreau**

Military justice is to justice what military music is to music. **Groucho Marx**

Keywords: Making music to rouse people from complacency. Noisy announcements. Demanding attention. Trumpeting achievements. Reminders from the authorities that individuals are often not in charge. Celebrations of past battles. Corporate advertising. Peace rallies or war marches. Marching and drills. Precision movements.

The Caution: A lot of volume that can be too pompous. So much volume that the true message gets lost. Demanding to be heard. Banging one's drum, even when others might be unresponsive or not want to hear. Blaring announcements. Warnings to others to follow orders or to be complicit. Big ego displays. Propaganda. Threats to peace.

Venus also moves onto the next degree immediately after the new Moon - it moves onto Scorpio 28: The King Of The Fairies Approaching His Domain. This can speak things ranging from finding a place to be, to live and to love and flourish all the way to someone thinking they are the 'bees knees' and have the authority to 'lord it all over' others.

Lord, what fools these mortals be! **William Shakespeare**

The king is the man who can. **Thomas Carlyle**

Keywords: Imaginary worlds. Finding a place. Feeling comfortable. Taking command of life.OberonLeadership and its responsibilities. Feeling like a dominant leader and that one has a doting populace. Being welcomed. Midsummer Night's Dream. Returning home. Web domains. Finding one's true vocation or purpose.

The Caution: Imaginary worlds and dependence on trickery. Ridicule aimed at those that don't have their feet on the ground. Someone acting like a "hot shot". Feelings of superiority, which can alienate others. The fear of approaching the unknown. Never finding a real place to settle down. Fairy tales about how life could or should be. Lording it over others. Being bossy and commanding. Being impotent. The fear and loathing of having to accept one's true place. Not taking command of one's life. Loneliness. Feeling locked out.

Mercury is on Scorpio 8: Deep Sea Divers With Special Machinery. This, and the degree following it (which the Moon's north node is on) are two of the most psychic, perceptive and insightful degrees of the zodiac. This Symbol speaks of getting down beneath the surface to see what's really going on. Negatively, it can bring up the need to remember to breath as we can sometimes feel 'out of our depth' or a bit deprived of oxygen in some manner.

Keywords: Studying unconscious energies. Uncovering wonders. Breath meditations and techniques. Plunging in. Seeing things that others don't. Having the special insights, talents or technology to affect healings on deep levels. New levels of experience seen and felt. Atlantis and Lemuria. Breathing apparatus. Getting "the bends" and cramping up. Inner space.

The Caution: Pretending to plumb the depths, but only for show. Escapism. Going over the top emotionally. Being unreachable by shutting off to the outside world. Feeling gloomy. No light, no oxygen. Losing touch with reality or the real world. Feeling like you're in a bubble. Isolation and dark thoughts. Not seeing the full picture.

The Moon's north node is on Scorpio 8: The Silvery Moon Shining Across A Beautiful Gem Of A Lake. The Moon's north node is conjunct (together with) Mercury. This can bring up issues to do with communications and the media and how our minds work. This is an interesting degree in that it is the degree of the Sun on Halloween and this image, the Moon on a lake, is often seen in Halloween cards and posters, etc.

Issues to do with water and purity come up with this degree. In Australia, a professor has called for calm around gas fracking. Calm?! Yeah, right. It's not as though having fresh, clean, clear, unpolluted water is a priority or anything.

Keywords: Reflections. Mirrors. Things mystical and alluring. The 'Narcissus' story. Picturesque scenes. Picture postcard images. Peace and beauty. Halloween and magic. Escapism. Placid emotions. Peace and quiet. Contemplation and meditation. Having a reflective nature. Photographs. Psychic abilities. Hypnotic charm or manipulation.

The Caution: Acting out of moodiness. Losing the plot. Projecting one's self onto others. Narcissism. Looking at one's self and others as if in a mirror. Not wanting to see the whole picture. Being superficial. A lack of depth. Seeing everything as a reflection of one's self.

Mars is on Leo 24: Totally Concentrated Upon Inner Spiritual Attainment, A Man is Sitting in a State of Complete Neglect of His Body. This degree sounds a little severe, but it doesn't have to be. It may be that we are reminded to take more care of ourselves, it can be a realisation that we don't move around physically enough or that we have put our needs on hold while we attend to those of others. It can also be a realisation that we've been a bit lopsided in whether we've attended to our physical needs - like the yogi that sits in meditation - this can be a wonderful thing or it can lead to a terrible case of pins and needles.

Keywords: Issues of how we view and value our bodies. Fixation on exercise and nutrition at the expense of more spiritual or emotional issues. Eating disorders. Gymnasiums and physical fitness issues. Spiritual gurus. Yoga and yogis. Living for the future. Extreme states of meditation. Total concentration.

The Caution: Not enough attention to the body or physical needs. A lack of focus on more immediate issues such as food and exercise OR forgetting spiritual, emotional or mental concerns through a focus on the body or physical aspects. Too many things on one's mind. Obsessions leading to imbalance. Not eating or drinking.

Jupiter is on Cancer 19: A Fragile Miss, Representative of Proud Old Blood, is Wed in a Marriage Ceremony by a Priest to an Eager Youth of the New Order. This Symbol can be about marriage, but like all Symbols, it doesn't have to be literal. I see this degree as the issue of bringing people together, and especially with Jupiter on it, it can be about bringing people of all creeds, nations, colours and lifestyles together. We can be united or we can divide and feel separate and alone. Gay marriage has been in the news a lot lately and there will no doubt be more, bigger, better, happier or more relevant stories of people belonging together and being together to come yet.

Keywords: Wedding ceremonies. Sanctified unity. Expressions of loyalty and allegiance. Making sacred vows. Commitment to a person or project. New ventures involving a lowering of accepted standards. Breaking social norms. Integration of heart and mind. Bridging generation gaps. Marriage guidance. Contracts signed and honored. Handclaspings. Hatch, match and dispatch ceremonies. Celebrants.

The Caution: Rigidly following established rules at the expense of new ways that may have greater personal relevance. Forcing people to come together. Bondage to social expectations. Arranged marriages. Taking risks with partners. Conforming to the expectations of the others.

Saturn is on Scorpio 11: A Drowning Man Is Being Rescued. This degree Symbol, especially with Saturn on it, can add to the feeling of needing to get a breath. There are three Symbols in this newsletter that speak of the need to keep breathing - and I see people commenting that they need to breathe... it's been a bit of a catch phrase this week - "...breathe...!"

You don't drown by falling in the water; you drown by staying there. **Edwin Louis Cole**

If a man is destined to drown, he will drown even in a spoonful of water. **Yiddish Proverb**

Keywords: Resuscitation. Regaining one's breath. Finding life renewed. Asthma, bronchitis, breathing difficulties. Finding help in moments of crisis. Needing a hand. Being rescued. Salvation on any level. Ventilators. Breathing equipment. Oxygen. Dependence. Last minute reprieves.

The Caution: Panicking in order to draw help rather than learning how to cope. Constantly finding reasons for losing control of situations. Getting into deep water on a regular basis.

Uranus is on an interesting degree when one considers the news both in the US and in Australia where a lot of political discontent is happening. But, of course, this speaks of us being in charge of, or regaining control of, our own lives.

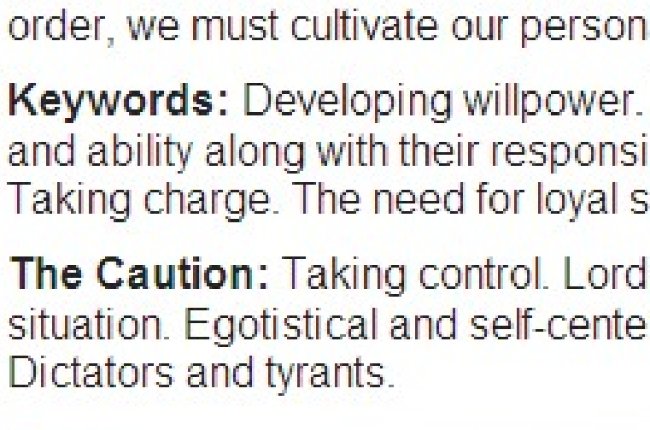
Uranus is on Aries 11: The President Of The Republic Or The Ruler Of One's Country.

It is a strange desire to seek power and to lose liberty. **Francis Bacon**

To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must cultivate our personal life; and to cultivate our personal life, we must first set our hearts right. Confucius

Keywords: Developing willpower. Inner power, discipline and integrity. Discipline of thoughts, emotions and actions. Leadership, power and ability along with their responsibilities. Accepting responsibility for one's actions. "Calling the shots". Rulers, presidents, leaders. Taking charge. The need for loyal subjects.

The Caution: Taking control. Lording it over everyone. Being overbearing. Not allowing others to be in charge of their own lives, health or situation. Egotistical and self-centered. Undermining others through a lack of self-awareness or confidence. Being larger than life. Dictators and tyrants.



Neptune is on Pisces 3. A Petrified Forest, An Eternal Record Of A Life Lived Long Ago. This can speak of things such as rocks and crystals, photographs and memories all the way to coal seam gas fracking and issues to do with oil.

Keywords: Remnants from the past. Stillness. Agelessness. Plastic surgery. Being able to withstand life's storms. Resilience. Crystals, diamonds, gemstones. Beauty that remains ageless. Wood and lacquered wood. Coal, oil and petrochemicals. Diets. Dependability. Family histories. Keeping records. Amber. Fossils. Geology. Archeology. Ancient remnants. Mental and emotional filing cabinets. Lingering evidence. Petrified wood. Photographs and photography. Stones. Stone monuments.

The Caution: Rigidity, immobility, inflexibility. Being frozen. Not letting go of difficulties. Hanging on for grim death. Feeling stuck or frozen. Destroying things that are old. Severing links to the past. Keeping tabs. Memories that destroy the present.

Even God cannot change the past. **Agathon**

Pluto is, again, on Capricorn 9: An Albatross Feeding From The Hand Of A Sailor. Again, we are being asked to let go of those memories, thoughts, superstitions perhaps, that are dragging us down or holding us back.

Keywords: Feeding one's higher nature with good nourishment. Banishing worries, so that one can fly ever higher. Overcoming superstitions or beliefs. Travelers who put themselves at risk in foreign lands or cultures. Talking to anybody anywhere. Sharing one's bounty. Sailors, boats. Birds. Empathy and sympathy for others. Restoring trust and hope.

The Caution: Manipulating events or people with false nourishment. Having alternative motives for wanting to draw others close. Being extremely afraid of strangers or strange situations. The loss of independence.

Chiron is on Pisces 11: Men Traveling A Narrow Path, Seeking Illumination.

Keywords: People "on the Path". Sticking to one mindset, diet, regimen or habit. Having a cause to follow. Not looking sideways. Awakening one's base senses in order to progress. Physical ecstasy. Being in the now. Going towards the light. Staying true to self. The promise of light at the end of the journey.

The Caution: Blinded by the light. Not knowing where you're really going. Disillusionment about what's been chosen. Being one-eyed about goals and beliefs. The denial of physical pleasure. Puritanical behavior. Distractions that stop forward movement. Narrow mindedness.

I don't usually, but this time I thought to include the Moon's south node - this newsletter is epic in length without it... but, as you'll see, it is totally apt for what's going on around the world, but particularly in the United States where many have been sequestered and who knows how long they will have to go without their wages. Many are feeling the pinch of not having enough.

The Moon's south node is on Taurus 8: A Sleigh Without Snow. This Symbol speaks of having the juice, but not the vehicle, or having the vehicle but not the juice. Whichever way you cut it, it can speak of having to let go of the feeling of not having enough, of not having the fuel to get what you need or to get to where you need to be. This is not an easy Symbol, but it can speak about being ahead of one's time, to be ready and available for when the time is right and then striking out towards one's objective.

Keywords: Independence from outer circumstances. Using the creative mind to work through momentary shortages or problems. Anticipating future conditions. Having the "vehicle", but not the time, energy or the "fuel". Improvising things so that they work better or ahead of their time. Gas, oil, fuel. Snow. The value of timing. Lack of resources. "Tyres" that are missing or don't work.

The Caution: Forcing your ideas or feelings even though the time is not right. Lack of support from the environment. Missing connections. Running out of energy. Having the right thing in the wrong place. Ideas without the capital to make them reality. A lack of impetus or propulsion. Feeling stuck, unmoving. Traffic jams. Empty tanks.

Last, but not least, I thought also to include the Dark Moon Lilith as it sits smack on the Sun for the July 4 US chart (known as the Sibley chart).

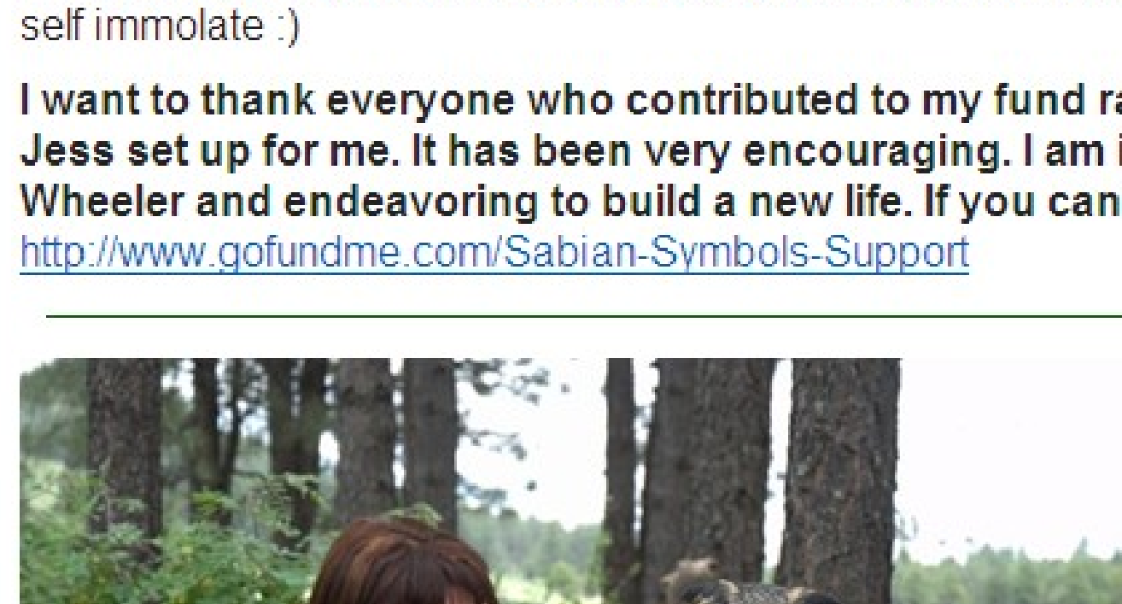
Lilith is on Cancer 14: A Very Old Man Facing A Vast Dark Space To The Northeast. I have always associated this degree with Washington DC. And, I've often seen it to represent the feeling of being deserted by the government or the powers that be.

Keywords: American Indians and other native peoples that have been left in the dark. Losing faith in the future. The dying out of cultures or languages. Washington DC. Staring into a void. Blindness. Searching for answers. Sirius – the Dog Star. Magnetic shifts. Compass directions. Stargazing. Navigation. Faith. The earth's poles. Astronomy. Vast dark arenas. Wisdom that comes with age.

The Caution: Seeing nothing. A lack of purpose. A feeling of abandonment. Rejection, loss and darkness. The exploitation and abandonment of native people. Myopia. Voids. Emptiness.

This is a very meaningful time, as I guess all times are. Intense is a good keyword. This new Moon falls smack on my Mars. I hope I don't self immolate :)

I want to thank everyone who contributed to my fund raising effort (or emailed me with encouragement) that my daughter Jess set up for me. It has been very encouraging. I am in the process of building a new website, investigating the life of Elsie Wheeler and endeavoring to build a new life. If you can donate, even a small amount, I would so appreciate it.
http://www.gofundme.com/Sabian-Symbols-Support



Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public througout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.

THE SABIAN ORACLE:
360 DEGREES OF WISDOM
by Lynda Hill

The Sabian Symbols were given birth in San Diego, ???California, in 1925 by Marc Edmund Jones, a noted American astrologer and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of word images to go with every degree of the zodiac. Elsie Wheeler was an extraordinary clairvoyant confined to a wheelchair for most of her life. Jones chose Elsie Wheeler as his partner in this 'experiment' (as M.E. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more Information: click here

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October 6 - 12, 2013: Issue 131

International Fleet Review 2013 - Tall Ships Enter Sydney Harbour

Sixteen tall ships from around the world entered Sydney Harbour on Thursday 3rd of October, 2013, as part of the Royal Australian Navy's International Fleet Review. The tall ships anchored in the harbour to await the arrival of almost 40 warships the following day. The ships were led into the harbour by the sail training ship Young Endeavour and Her Majesties Bark Endeavour.

The International Fleet Review, 3rd-11th October 2013, commemorates the centenary of the arrival of the first Royal Australian Navy Fleet into Sydney when seven warships, state of the art for their time, entered the harbour on 4th October 1913.

Find out more about the International Tall Ship Festival 22013 here: http://tallshipsfleet.com.au/

See our previous collations on the events leading up to and including the 1913 newly formed Australian Navy and Fleet:

International Fleet Review 2013

Royal Motor Yacht Club - Broken Bay Grand Opening of the 2012-2013 Boating Season - **IFR 2013 Announced**

International Fleet Review on Sydney Harbour October 2013 and The Opening of the Sailing Season on Sydney Harbour, October 1885

First Naval Exercises by New South Wales Colonial Ships –The Wolverene at Broken Bay - **It may not surprise many of you that the first ever Naval Exercises carried out by colonial vessels began from Broken Bay – where else?** In the lead up to the International Fleet Review in Sydney Harbour, October 3-11 2013, celebrating the entry of our own Royal Australian Navy fleet into Sydney Harbour 100 years ago, we will share a few articles on the lead up events to this original great day for New South Wales and Australia. First though - Colonial Naval Ships Exercises; **1885...**

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

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

The Australian Fleet Celebrations of October 1913 - A Week of Welcomes- **International Fleet Review 2013 precursors - Article IV**

Bark Endeavour, Australia

Young Endeavour, Australia

Coral Trekker, Australia

James Craig, Australia

Lord Nelson, United Kingdom

Spirit of New Zealand, New Zealand

Oosterschelde, Netherlands

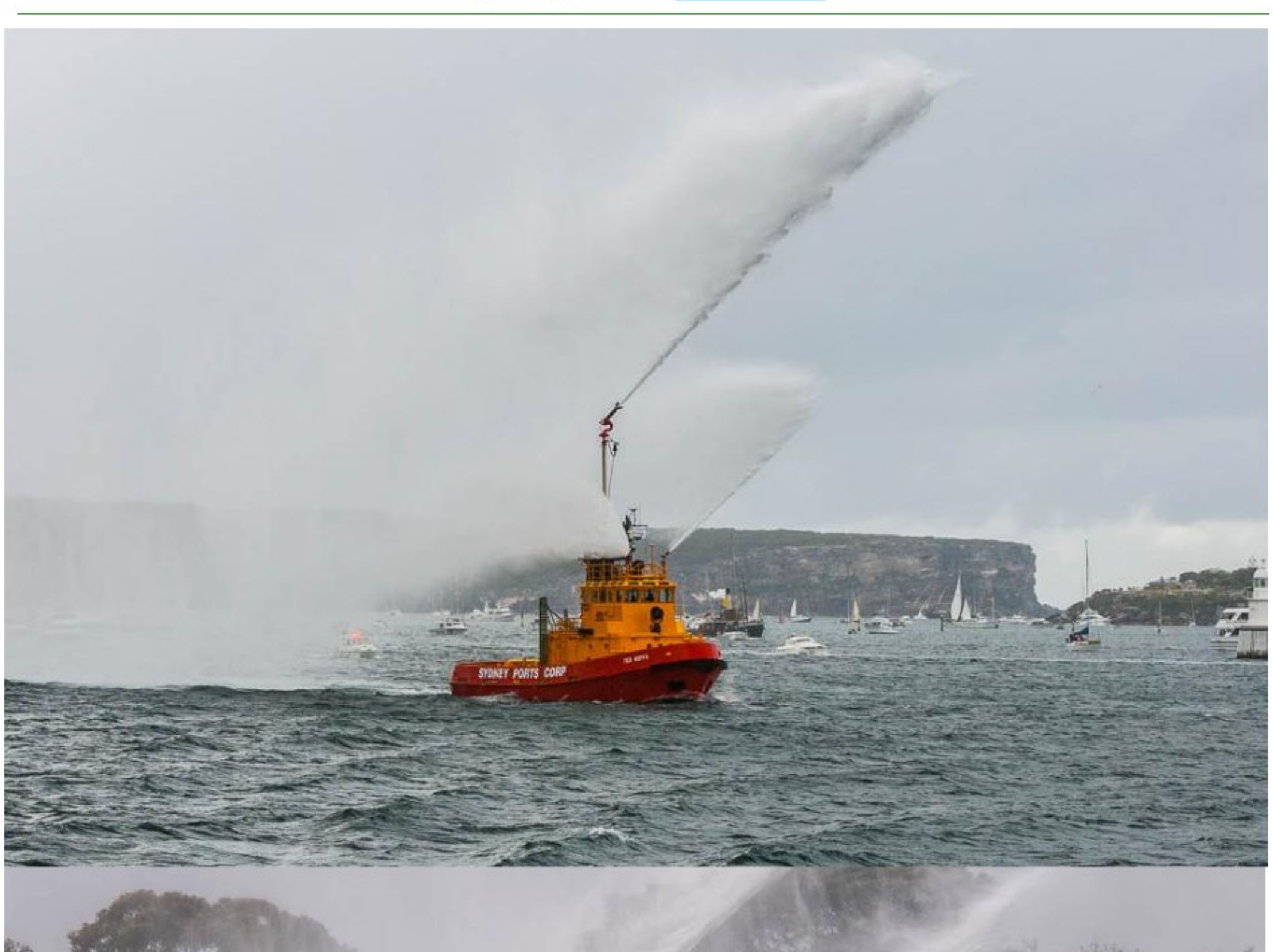
Picton Castle, Canada

Soren Larson, Australia

Southern Swan, Australia

Windeward Bound, Australia

Sydney Ports Fire Boat



photos by Michael Mannington, Volunteer Photography, 2013.

Pittwater Online News

October 6 - 12, 2013: Issue 131

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

CSIRO helps build Australia's quietest hospital - 30 September 2013

A team of CSIRO scientists have carried out sophisticated acoustic studies, in a quest to help create the quietest hospital in Australia. The new Royal Adelaide Hospital, due to be completed in 2016, will have 800 beds and world class facilities including a helipad sitting atop its south west corner.

While the helipad will assist in patient transportation, it does present one problem. From 20 metres away, helicopters create over 100 decibels of noise (equivalent to being in the front row at a rock concert) which is not very conducive to patient rest.

Facade manufacturer Yuanda Australia has been contracted by builder HYLC Joint Venture to supply the hospital with its external windows (all 70 000 square metres of them). Yuanda's contract states that noise reduction must be considered when choosing glazing materials.

The team from CSIRO's acoustics lab in Melbourne has been working alongside Yuanda's engineers, measuring the performance of the windows to ensure that the South Australian Government's stringent sound-proofing requirements are met.

CSIRO's acoustic laboratory is one of the few facilities in Australia equipped to perform the low frequency measurements required for this type of assessment."

To undertake the measurements, the team custom-built a brick wall between two cavernous sound chambers to hold sample windows. A standardised sound source generated noise in one chamber, while sound intensity and pressure levels were measured on the other side of the glass.

According to CSIRO project leader Dr Christopher Preston, this allowed the CSIRO team to assess how well the glazing would perform when exposed to the noise of a helicopter.

"To ensure that all areas of the hospital meet the sound insulation requirements, a range of different window configurations had to be evaluated," he says. "This meant the brick wall had to be knocked down and rebuilt about a dozen times in order to hold different facade elements."

The results showed that Yuanda's glazing systems would effectively reduce the impact of helicopter noise on patients.

CSIRO's acoustic laboratory is one of the few facilities in Australia equipped to perform the low frequency measurements required for this type of assessment.

By working with companies like Yuanda, Dr Preston says that CSIRO is helping better match building products to the needs of the Australian community.

According to Yuanda engineer Gareth Winstanley, with the testing phase now complete, the glazing is ready for production. "When it is finished the new Royal Adelaide Hospital will be the quietest hospital in the country," he says.

CSIRO's Infrastructure Technologies group is internationally renowned for its work in facade systems, having assessed some of the world's most iconic buildings including the Chanel Ginza building in Tokyo and the Lucas building in Singapore. Locally, the acoustics team has conducted testing for the Sydney Harbour Tunnel, as well as Sydney Airport.

Photo: Testing Engineer David Truett in CSIRO's acoustic laboratory.

Health papers published this week:

Critical Gaps Discovered in Breast Cancer Research

Sep. 30, 2013 — Critical gaps have been identified in breast cancer research. In an article in BioMed Central's open access journal Breast Cancer Research, leading scientists in the field report on a gap analysis that critically assessed issues and new challenges emerging from recent breast cancer research, and propose strategies for translating solutions into practice.

It is estimated that around 570,000 people are living with, or after, a diagnosis of breast cancer in the UK, and this number is expected to double by 2030. Breast cancer, therefore, remains a significant challenge. Over 100 specialist breast cancer scientists, clinicians and heath care professionals reviewed a wide range of issues and challenges involved in breast cancer research, prevention and treatment. Through facilitated discussions and consultation, including appraisal from experts and patients, they produced an account outlining ten major gaps and five strategic solutions.

The key gaps that were identified in the paper included; an understanding of the genetic and epigenetic changes in normal breast development and during cancer, how to implement sustainable lifestyle changes through diet, exercise and weight management, and an understanding how to optimise treatment for improved personalised therapy.

In order to make significant progress in addressing these gaps the group put forward some strategic solutions. These include improving clinical trial methodologies including patient involvement, and developing a fully cohesive and collaborative infrastructure to support breast cancer research.

A previous review of gaps in research, published in 2008, helped to shape the direction of breast cancer research and the establishment of the UK's first multi-centre, breast-specific tissue bank. It is hoped the outcomes of this review will have a similar effect on filling the current gaps in research and practice.

Corresponding author, Professor Sue Eccles, The Institute of Cancer Research said: "We've known for some time that breast cancer is not just one disease but our understanding has increased enormously in the five years since the first Gap Analysis in 2008. We now know that breast cancer cells can have different characteristics, even within the same tumour, and these can also change over time. This makes it much more complex to research and is why we need greater collaboration between multi-disciplinary teams and an improved infrastructure, to ensure we are getting the data and tissue samples needed to advance our research knowledge."

Corresponding author, Professor Alastair Thompson, University of Dundee said: "The impact of the Gap Analysis could be immediate as it gives us scientific rationale to change clinical practice. For example, currently, metastatic disease is not biopsied in order to tailor treatment, but this could change the way one in six women are treated and provide hope to women with secondary breast cancer, with limited treatment options."

Suzanne A Eccles et al. Critical research gaps and translational priorities for the successful prevention and treatment of breast cancer. Breast Cancer Research, 2013, 15:R92 [link]

Biological Link Between Diabetes and Heart Disease Discovered

Sep. 30, 2013 — UC Davis Health System researchers have identified for the first time a biological pathway that is activated when blood sugar levels are abnormally high and causes irregular heartbeats, a condition known as cardiac arrhythmia that is linked with heart failure and sudden cardiac death.

Reported online today in the journal *Nature*, the discovery helps explain why diabetes is a significant independent risk factor for heart disease.

"The novel molecular understanding we have uncovered paves the way for new therapeutic strategies that protect the heart health of patients with diabetes," said Donald Bers, chair of the UC Davis Department of Pharmacology and senior author of the study.

While heart disease is common in the general population, the risk is up to four times greater for diabetics, according to the National Institutes of Health. The American Heart Association estimates that at least 65 percent of people with diabetes die from heart disease or stroke and has emphasized the need for research focused on understanding this relationship.

Through a series of experiments, Bers, his UC Davis team and their collaborators at the Johns Hopkins University School of Medicine showed that the moderate to high blood glucose levels characteristic of diabetes caused a sugar molecule (O-linked N-acetylglucosamine, or O-GlcNAc) in heart muscle cells to fuse to a specific site on a protein known as calcium/calmodulin-dependent protein kinase II, or CaMKII.

CaMKII has important roles in regulating normal calcium levels, electrical activity and pumping action of the heart, according to Bers. Its fusion with O-GlcNAc, however, led to chronic overactivation of CaMKII and pathological changes in the finely tuned calcium signaling system it controls, triggering full-blown arrhythmias in just a few minutes. The arrhythmias were prevented by inhibiting CaMKII or its union with O-GlcNAc.

"While scientists have known for a while that CaMKII plays a critical role in normal cardiac function, ours is the first study to identify O-GlcNAc as a direct activator of CaMKII with hyperglycemia," said Bers.

The research encompassed detailed molecular experiments in rat and human proteins and tissues, calcium imaging in isolated rat cardiac myocytes exposed to high glucose, and assessments of whole heart arrhythmias with optical mapping in isolated hearts and in live diabetic rats. This comprehensive approach allowed Bers and his team to identify the specific site of sugar attachment to CaMKII, along with how that attachment activated CaMKII and caused calcium-dependent arrhythmias.

"Since O-GlcNAc is directly made from glucose and serves as a major nutrient sensor in regulating most cellular processes, it is perhaps not surprising that attachment of this sugar to proteins is emerging as a major molecular mechanism of glucose toxicity in diabetes," said Gerald Hart, DeLamar Professor and director of biological chemistry at Johns Hopkins University School of Medicine, and one of Bers' collaborators.

"However, this represents the most clear-cut mechanistic study to date of how high glucose can directly affect the function of a critical regulatory protein," said Hart. "The Bers group's findings undoubtedly will lead to development of treatments for diabetic cardiovascular disease and, potentially, therapeutics for glucose toxicity in other tissues that are affected by diabetes such as the retina, the nervous system and the kidney."

In an additional experiment, the team found elevated levels of O-GlcNAc-modified CaMKII in both hearts and brains of deceased humans who were diagnosed with diabetes, with the highest levels in the hearts of patients who had both heart failure and diabetes.

"Our discovery is likely to have ripple effects in many other fields," said Bers. "One key next step will be to determine if the fusion of O-GlcNAc to CaMKII contributes to neuropathies that are also common among diabetics."

Jeffrey R. Erickson, Laetitia Pereira, Lianguo Wang, Guanghui Han, Amanda Ferguson, Khanha Dao, Ronald J. Copeland, Florin Despa, Gerald W. Hart, Crystal M. Ripplinger, Donald M. Bers. **Diabetic hyperglycaemia activates CaMKII and arrhythmias by O-linked glycosylation.** Nature, 2013; DOI: 10.1038/nature12537

Small Brain Biopsies Can Be Used to Grow Patient's Own Brain Cells

Sep. 30, 2013 — A group of really brainy scientists have moved closer to growing "therapeutic" brain cells in the laboratory that can be re-integrated back into patients' brains to treat a wide range of neurological conditions. According to new research **published online** in *The FASEB Journal*, brain cells from a small biopsy can be used to grow large numbers of new personalized cells that are not only "healthy," but also possess powerful attributes to preserve and protect the brain from future injury, toxins and diseases. Scientists are hopeful that ultimately these cells could be transformed in the laboratory to yield specific cell types needed for a particular treatment, or to cross the "blood-brain barrier" by expressing specific therapeutic agents that are released directly into the brain.

"This work is an example of how integrating basic science and clinical care may reveal privileged opportunities for biomedical research," said Matthew O. Hebb, M.D., Ph.D., FRCSC, a researcher involved in the work from the Departments of Clinical Neurological Sciences (Neurosurgery), Oncology and Otolaryngology at the University of Western Ontario in Ontario, Canada. "It is our hope that the results of this study provide a footing for further advancement of personalized, cell-based treatments for currently incurable and devastating neurological disorders."

Scientists enrolled patients with Parkinson's disease who were scheduled to have deep brain stimulation (DBS) surgery, a commonly used procedure that involves placing electrodes into the brain. Before the electrodes were implanted, small biopsies were removed near the surface of the brain and multiplied in culture to generate millions of patient-specific cells that were then subjected to genetic analysis. These cells were complex in their make-up, but exhibited regeneration and characteristics of a fundamental class of brain cells, called glia. They expressed a broad array of natural and potent protective agents, called neurotrophic factors.

"From an extremely small amount of brain tissue, we will one day be able to do very big things," said Gerald Weissmann, M.D., Editor-in-Chief of The FASEB Journal. "For centuries, treating the brain effectively and safely has been elusive. This advance opens the doors to not only new therapies for a myriad of brain diseases, but new ways of delivering therapies as well."

H. Xu, L. Belkacemi, M. Jog, A. Parrent, M. O. Hebb.**Neurotrophic factor expression in expandable cell populations from brain samples in living patients with Parkinson's disease.** The FASEB Journal, 2013; 27 (10): 4157 DOI: 10.1096/fj.12-226555

Cocaine Use May Increase HIV Vulnerability

Sep. 30, 2013 — Cocaine use may increase one's vulnerability to HIV infection, according to a new research report published in the Journal of Leukocyte Biology. In the report, scientists show that cocaine alters immune cells, called "quiescent CD4 T cells," to render them more susceptible to the virus, and at the same time, to allow for increased proliferation of the virus.

"We ultimately hope that our studies will provide a better understanding of how drugs of abuse impact how our body defends itself against disease," said Dimitrios N. Vatakis, Ph.D., the study's senior author and a scientist with UCLA's Department of Medicine, Division of Hematology-Oncology and the UCLA AIDS Institute. "Such discovery can significantly improve the quality of life of drug users."

To make this discovery, scientists collected blood from healthy human donors and isolated quiescent CD4 T cells, and exposed them to cocaine and subsequently infected them with HIV. Following infection, researchers monitored the progression of HIV's life cycle and compared this progression against that of untreated cells. They found that cocaine rendered this subset of CD4 T cells susceptible to HIV, resulting in significant infection and new virus production.

"The co-epidemics of elicit drug use and infectious disease are well documented, though typically this connection is thought to occur through lifestyle choices and increased exposure," said John Wherry, Ph.D., Deputy Editor of the Journal of Leukocyte Biology. "What often does not come to mind is that drugs such as cocaine may be helping to fuel infections in this high-risk population by altering the immune system. These new studies are an important advance documenting how cocaine use may increase a person's vulnerability to HIV and further highlighting the need for improved education for both HIV prevention and drug abstinence."

S. G. Kim, J. B. Jung, D. Dixit, R. Rovner, J. A. Zack, G. C. Baldwin, D. N. Vatakis. **Cocaine exposure enhances permissiveness of quiescent T cells to HIV infection.**Journal of Leukocyte Biology, 2013; 94 (4): 835 DOI:10.1189/jlb.1112566

Researchers Ferret out Function of Autism Gene

Sep. 30, 2013 — Researchers say it's clear that some cases of autism are hereditary, but have struggled to draw direct links between the condition and particular genes. Now a team at the Johns Hopkins University School of Medicine, Tel Aviv University and Technion-Israel Institute of Technology has devised a process for connecting a suspect gene to its function in autism.

In a report in the Sept. 25 issue of *Nature Communications*, the scientists say mutations in one such autism-linked gene, dubbed NHE9, which is involved in transporting substances in and out of structures within the cell, causes communication problems among brain cells that likely contribute to autism.

"Autism is considered one of the most inheritable neurological disorders, but it is also the most complex," says Rajini Rao, Ph.D., a professor of physiology in the Institute for Basic Biomedical Sciences at the Johns Hopkins University School of Medicine. "There are hundreds of candidate genes to sort through, and a single genetic variant may have different effects even within the same family. This makes it difficult to separate the chaff from the grain, to distinguish harmless variations from disease-causing mutations. We were able to use a new process to screen variants in one candidate gene that has been linked to autism, and figure out how they might contribute to the disorder."

An estimated one in 88 children in the United States is affected by autism spectrum disorders, a group of neurological development conditions marked by varying degrees of social, communication and behavioral problems. Scientists for years have looked for the biological roots of the problem using tools such as genome-wide association studies and gene-linkage analysis, which crunch genetic and health data from thousands of people in an effort to pinpoint disease-causing genetic variants. But while such techniques have turned up a number of gene mutations that may be linked to autism, none of them appear in more than 1 percent of people with the condition. With numbers that low, researchers need a way to screen variants in order to make a definitive link, Rao says.

For the new study, Rao and her collaborators focused on NHE9, which other researchers had flagged as a suspect in attention-deficit hyperactivity disorder, addiction and epilepsy as well as autism spectrum disorders. The gene was already known to be involved in transporting hydrogen, sodium and potassium ions in and out of cellular compartments called endosomes, and the team wondered how this function might be related to neurological conditions.

Rao's collaborators at Tel Aviv University and Technion-Israel Institute of Technology constructed a computer model of the NHE9 protein based on previous research on a distant relative in bacteria. They then used the model to predict how autism-linked variants in the NHE9 gene would affect the protein's shape and function. Some of them were predicted to cause dramatic changes, while other changes appeared to be more subtle.

Rao's team next tested how these variant forms of NHE9 would affect a relatively simple organism often used in genetic studies: yeast. "Using yeast to screen the function of variants was a quick, easy and inexpensive way of figuring out which were worth further study, and which we could ignore because they didn't have any effect," Rao says. To do that, the team engineered the yeast form of NHE9 to have the variants seen in autistic people.

For those mutations that did have a detectable effect on the yeast, the team moved on to a third and more challenging step, in mouse brains. They homed in on astrocytes, a type of brain cell that clears the signaling molecule glutamate out of the way after it has performed its job of delivering a message across a synapse between two nerve cells.

Using lab-grown mouse astrocytes with variant forms of NHE9, the researchers found a change in the pH (acidity) inside cellular compartments called endosomes, which in turn altered the ability of cells to take up glutamate. Because endosomes are the vehicles that deliver cargo essential for communication between brain cells, changing their pH alters traffic to and from the cell surface, which could affect learning and memory, Rao says. "Elevated glutamate levels are known to trigger seizures, perhaps explaining why autistic patients with mutations in NHE9 and related genes also have seizures," she notes.

Rao and her team hope that pinpointing the importance of this trafficking mechanism in autism spectrum disorders may lead to the development of new drugs for autism that alter endosomal pH. As the use of genomic data becomes increasingly commonplace in the future, the step-wise strategy devised by her team can be used to screen gene variants and identify at-risk patients, she says.

Kalyan C. Kondapalli, Anniesha Hack, Maya Schushan, Meytal Landau, Nir Ben-Tal, Rajini Rao. **Functional evaluation of autism-associated mutations in NHE9.**Nature Communications, 2013; 4 DOI: 10.1038/ncomms3510

Testosterone Promotes Reciprocity in the Absence of Competition

Sep. 30, 2013 — Boosting testosterone can promote generosity, but only when there is no threat of competition, according to new research published inPsychological Science, a journal of the Association for Psychological Science. The findings show that testosterone is implicated in behaviors that help to foster and maintain social relationships, indicating that its effects are more nuanced than previously thought.

"Testosterone may mediate competitive and potentially antisocial behavior when social challenges or threats need to be confronted and handled," explains lead researcher Maarten Boksem of Rotterdam School of Management, Erasmus University (RSM) in the Netherlands. "But it can also induce prosocial behavior in the absence of these threats, when high status and good reputation are best served by positive behavior."

Animals studies have shown that testosterone plays an important role in dominance behavior, so Boksem and colleagues reasoned that testosterone in humans would also increase a drive for social status.

"But we doubted that this drive would automatically result in aggressive and antisocial behaviors," says Boksem. "We hypothesized that testosterone could perhaps also lead to prosocial behavior if such behavior would be beneficial for maintaining or obtaining social status."

To test this hypothesis, the researchers had 54 female volunteers ingest a liquid solution several hours before participating in an investing game - some volunteers received a placebo solution, while others received a solution with added testosterone.

In the investing game, participants were given €20 (about $27 USD) and were instructed that they could keep the amount they wanted and invest whatever remained with a trustee (another participant). The invested portion would be tripled and split by the trustee, who would keep whatever portion she wanted and return the rest to the investor.

If participants were completely trusting, they could invest all €20 and hope that the trustee would split the final €60 equally. If they wanted to play it safe, they could keep the €20 for themselves.

Each participant took turns playing both investor and trustee. When they were the trustee, they were always given €60, indicating that the investor had entrusted them with the task of splitting up the whole sum.

As investors, participants who received testosterone were, on average, stingier - they placed less trust in the trustee and kept more of their initial money. Participants who received the placebo, on the other hand, were more trusting investors, choosing to invest about €3.20 more than those who received testosterone.

Just as the researchers predicted, testosterone seemed to promote antisocial behavior in response to a potential threat - in this case, a threat to financial resources.

But the opposite effect emerged when participants played the role of trustee. In this case, participants given testosterone chose to give more money back to the investor than participants who had been given a placebo. The results suggest that the trustees felt a responsibility to repay the trust that the investor ostensibly placed in them.

"While we expected the decrease in trust found in the first scenario, the increase in reciprocity was surprisingly strong and robust," Boksem notes. "Testosterone had a more pronounced effect on prosocial behavior than on antisocial behavior."

The fact that testosterone can promote prosocial behavior, at least in certain contexts, provides a more nuanced account than the traditional view of testosterone as being involved in purely aggressive and antisocial behavior, says Boksem. The researchers hope to run a similar study in men and they are currently investigating additional types of social behavior under various conditions of social threat.

M. A. S. Boksem, P. H. Mehta, B. Van den Bergh, V. van Son, S. T. Trautmann, K. Roelofs, A. Smidts, A. G. Sanfey.**Testosterone Inhibits Trust but Promotes Reciprocity.**Psychological Science, 2013; DOI:10.1177/0956797613495063

Alcohol Leaving the UK Charts With a Hangover

Sep. 30, 2013 — Are we allowing alcohol marketing to children and teens via the music they love? As many as one in five songs in the UK top ten today include references to alcohol - a figure rising partly due to US-imported songs. What impact is this having on the youth of today? Experts warn that fresh evidence demonstrates that public health messages on alcohol may no longer be audible over the louder message from some sections of the music industry.

Researchers from Liverpool John Moores University, UK led by Katherine Hardcastle discuss their findings in: "Trends in alcohol portrayal in popular music: A longitudinal analysis of the UK charts" in the current issue of the journal *Psychology of Music*, published by SAGE.

Older children and teens listen to over two hours of music every day. Researchers in the United States have documented a rise in alcohol references, including mention of specific brands, in popular music. But until now, little data was available on comparable UK trends. Hardcastle's team selected four focal years for analysis, comparing music charts across four decades. They found a significant jump in the number of times alcohol was mentioned.

Songs charting in 1981 contained relatively few references to alcohol, with the number declining further in 1991. Rave culture was popular in this period; a music scene linked more to Ecstasy than alcohol. But the alcohol was back in music by 2001, featuring in eight percent of popular hits. This figure continues to climb, more than doubling by 2011, with almost one in five (18.5%) top 10 songs featuring alcohol -related lyrics. This pattern is consistent with US trends, although UK charts still have fewer alcohol mentions than their US counterparts.

Alcohol-related song lyrics are associated with urban song genres and US artists, with lyrics generally putting a positive spin on alcohol consumption. Drinking is linked to confidence, gregariousness or physical attractiveness, as well as outcomes such as wealth, success, or sex. Chart-topping singers voice the negative effects of alcohol on health and wellbeing far less frequently.

Lyrics have an impact beyond the US and UK, Hardcastle suggests, pointing out that US and British songs often have global appeal. For example, US artist Katy Perry's 2011 single "Last Friday Night" detailing excessive drinking and risky, antisocial behavior, achieved a top 10 position not only in the US and the UK, but also in Australia, Austria, Canada, Croatia, Czech Republic, Hungary, Ireland, Italy, Lebanon, Netherlands, New Zealand, Poland, Slovakia, Spain and Venezuela.

What do these alcohol references mean for young people? It is highly likely that we underestimate the true extent of exposure to pro-alcohol messages young people hear, says Hardcastle:

"Public health concerns are already focused on the impacts of alcohol advertising on the drinking behaviours of young people, yet the growing reference to alcohol in popular music could mean that alcohol promoting messages are reaching much larger audiences; regardless of restrictions (e.g. age) on direct advertising."

The study concludes that:

"The exposure of young people to alcohol in the media is a major concern given its potential impact on drinking behaviours [...] A greater under¬standing of the impacts of alcohol-related popular music content on young listeners is urgently needed. Health and other professionals should be vigilant for increases in alcohol-related lyrics and work to ensure that popular music does not become a medium for reinforcing and extending cultures of intoxication and alcohol-related harm."

Katherine A. Hardcastle, Karen Hughes, Olivia Sharples, and Mark A. Bellis. **Trends in alcohol portrayal in popular music: A longitudinal analysis of the UK charts.**Psychology of Music, September 2013 DOI:10.1177/0305735613500701

The Immune System Benefits from Life in the Countryside

Sep. 30, 2013 — Adults who move to farming areas where they experience a wider range of environmental exposures than in cities may reduce the symptoms of their hypersensitivities and allergies considerably. This is the result of new research from Aarhus University.

This pioneering result was recently published online in the periodical, The Journal of Allergy and Clinical Immunology in an article entitled"Become a farmer and avoid new allergic sensitization: Adult farming exposures protect against new-onset atopic sensitization."

The immune systems of people who work in farming are frequently exposed to a wide range of bacteria, fungi, pollen and other irritants which may trigger a response that protects them against hypersensitivity. Working in a farming environment may therefore serve to prevent or dampen hypersensitivity to the most widespread plant allergens: grass and birch pollen.

Positive effect on children and adults

Surprisingly, the positive effect on the immune system is seen both in people who have lived in urban environments and in adults who were born and raised in farming areas. But the real surprise is that the effect is not only seen in children:

"Previously, the assumption was that only persons who had lived in farming areas while growing up would benefit from the environment's protective effect on the immune system. But now we can demonstrate that it's not too late simply because you are an adult," says postdoc Grethe Elholm.

It is, in other words, possible to affect the immune system and thereby the hypersensitivity which may cause allergy and allergic asthma, and what is more, this can be done at a much later point in life than previously assumed.

Closer to preventing allergies

This knowledge is now bringing researchers closer to discovering how to prevent allergies. The assumption is that the absence of environmental exposure does not protect against hypersensitivity. In fact, living in an environment with a much higher level of environmental exposure than you are used to can actually be good for your health. In general, exposure to the farming environment dampens the entire immune response to the environment because it stimulates the immune system.

"We cannot, however, simply recommend that people who suffer from allergies and hypersensitivities move to farms. Because they may also suffer from lung diseases such as asthma and would therefore become more ill due to the high concentrations of dust and particles found in stables and in agriculture in general," stresses Grethe Elholm.

Grethe Elholm, Vivi Schlünssen, Gert Doekes, Ioannis Basinas, Bo Martin Bibby, Charlotte Hjort, Pernille Milvang Grønager, Øyvind Omland, Torben Sigsgaard. **Become a farmer and avoid new allergic sensitization: Adult farming exposures protect against new-onset atopic sensitization.** Journal of Allergy and Clinical Immunology, 2013; DOI: 10.1016/j.jaci.2013.07.003

Young Children Recognize Cigarette Brands in Countries With Most Smokers

Sep. 30, 2013 — Nearly two-thirds of young children in low- and middle-income countries can identify cigarette brand logos, according to a study from researchers at the University of Maryland School of Public Health (UMD SPH) and the Johns Hopkins Bloomberg School of Public Health (JHSPH).

The study, published in the journal *Pediatrics*, examined the reach of tobacco and cigarette marketing among some of the world's most vulnerable populations, sampling five and six year-old children from Brazil, China, India, Nigeria, Pakistan and Russia. These countries were selected because they have the highest number of adult smokers among low- and middle-income countries.

"Previous studies show that children and adolescents who are highly exposed to pro-smoking messages are more likely to smoke," said Dr. Dina Borzekowski, lead author of the Pediatrics study and research professor in the UMD SPH Department of Behavioral and Community Health. "It should be of great concern that the majority of very young children in our study were familiar with at least one cigarette brand. Even in households without smokers, children could identify tobacco logos."

The United States created stronger regulations for tobacco advertising in the 1990s after similar research found that six year olds were as familiar with Camel tobacco's "Joe Camel" mascot as with the Disney Channel's Mickey Mouse.

"Regulations created by the World Health Organization to restrict tobacco advertising exist outside of the United States, but beyond our country's borders these regulations may not be as effective," Borzekowski explains, referring to the WHO Framework Convention on Tobacco Control. "Multi-national tobacco companies appear to have moved their promotional efforts from high-income, industrialized countries to low- and middle-income countries where there are often weak tobacco control policies and poor enforcement." While smoking is stabilizing or decreasing in wealthy countries, people in low and middle-income countries are taking up the habit at alarming rates. In China, for example, nearly one third of adults are cigarette smokers (about 53 percent of men) , according to WHO data.

With five and six year-old children aware of domestic and international tobacco brands, there is a need to enforce stronger regulations in countries where tobacco companies have increased efforts to attract new users. When children are aware of logos, they are more likely to like and want those products. This is concerning when the products - such as tobacco - should not be used by children. Borzekowski and colleagues suggest changes including requiring larger graphic warning labels on cigarette packages. Additionally, they urge changes to limit children's exposure to the point of sale of tobacco products, including establishing minimum distances between these retailers and places frequented by young children.

"This study reiterates that more needs to be done to reduce the ability of tobacco companies to market their products to children," said co-author Dr. Joanna Cohen, director of the Johns Hopkins Institute for Global Tobacco Control. "Countries can implement and enforce bans on tobacco advertising, promotion and sponsorship, including putting large picture warnings on the front and back of cigarette packs. Plain and standardized packaging, now required in Australia, also helps to reduce the attractiveness of cigarette packs among young children."

For this study, researchers worked one-on-one with the participating children, asking them to match pictures of different products with their corresponding logos. In China, where roughly 71 percent of households with participating children had a tobacco user, 86 percent of children could identify at least one cigarette brand logo. Pakistan had the second highest percentage, with 84 percent of children capable of identifying at least one cigarette brand logo. Russia ranked last on the list with half of the participants able to identify any of the cigarette brand logos.

In addition to examining a child's familiarity with tobacco logos, the study also looked at the child's intentions to smoke and his or her level of media exposure.

Dina L.g. Borzekowski And Joanna E. Cohen. International Reach of Tobacco Marketing Among Young Children.Pediatrics, September 2013

Obesity Influences School Success

Sep. 30, 2013 — Children who are extremely overweight achieve lower math grades and attend German upper secondary school (Gymnasium) less frequently, is shown by a study, undertaken by the WZB Berlin Social Science Center (WZB). For the first time, it has been proved that obesity regardless of the students social background influences school performance. Previously, it was only known that people with lower education had a tendency to suffer from weight issues. In Germany 15 percent of children and young people between the ages of 3 to 17 are overweight, and about 6 percent are obese.

In their study, WZB's researchers Marcel Helbig and Stefanie Jähnen examine how weight and obesity influence grades in mathematics and German in primary school as well as the student's transition to upper secondary school, the gymnasium.

While overweight children do not perform worse in math, obese girls and boys achieve a "good" or "very good" math grade less frequently. The likelihood of getting grade 1 or 2 is 10 or 11 percent points lower compared to children of normal weight. Furthermore, because obese girls are bullied more often, they show lower self-confidence which leads to more behavior problems. For boys no "bully effect" was found. However obese boys also suffer from lower self-confidence, which partly explains the lower math grades. The influence of obesity on math grades is not effected by whether a child is healthy, to what extent they exercise or participate in sports or how much TV they watch.

Obese girls and boys attend upper secondary school (Gymnasium) less frequently. The same effect is reported for overweight boys. Whether lower math grades or other factors cause this outcome has not been fully clarified in the study. Possibly, teachers perceive obese children as less competent and recommend them less frequently for gymnasium, or perhaps parents have lower confidence in those children and send them to a upper secondary school less often.

The study (in German: „Bildungsbenachteiligt durch Übergewicht: Warum adipöse Kinder in der Schule schlechter abschneiden") will be published in the October issue of the journal "Zeitschrift für Soziologie."

The above story is based on materials provided by Social Science Research Center / Wissenschaftszentrum Berlin fuer Sozialforschung.

Leukemia Cells Are Addicted to Healthy Genes

Sep. 30, 2013 — What keeps leukemia cells alive almost forever, able to continue dividing endlessly and aggressively? New research at the Weizmann Institute suggests that, in around a quarter of all leukemias, the cancer cells rely on an internal "balance of terror" to keep going. When one version of a certain gene is mutated, it becomes a cancer-promoting gene - an oncogene. But the new findings show that the second, normal version of the gene, which functions alongside the mutation, is what keeps the cells both cancerous and alive, able to continue forging their destructive pathway in the body. This research appeared last week in Cell Reports.

That gene, RUNX1, is crucial for the development and maintenance of the blood circulatory system. It encodes a transcription factor - a protein that regulates the expression of many other genes. In the blood system, this transcription factor directs the differentiation of certain adult stem cells found in the bone marrow into the various mature blood cells. It only takes a single mutation in the RUNX1 gene in this type of stem cell to send it down the path to becoming a leukemic stem cell. Acute myeloid leukemia (AML), for example, is characterized by a very specific kind of mutation called a translocation. A bit of genetic material from chromosome 8 makes its way over to the RUNX1 gene on chromosome 21 and inserts itself into the genetic sequence. The result is an oncogene that encodes a fused protein - one that takes on some new functions and loses some old ones. Several other forms of leukemia, including the most prevalent childhood leukemia, ALL, begin with a similar translocation involving RUNX1 and chromosome 12.

"The fused oncoprotein, because it directly regulates genes, leads to a series of further genetic changes in the cell," says Prof. Yoram Groner of the Institute's Molecular Genetics Department, who led the research. Groner has conducted a number of important studies of RUNX1 and other chromosome 21 genes in the past; these have included deciphering the role of RUNX1 in Down syndrome leukemia.

The present study was mainly conducted by postdoctoral fellow Dr. Oren Ben-Ami in Groner's lab, together with the group of Dr. Amos Tanay of the Computer Science and Applied Mathematics Department and Dr. Dena Leshkowitz of the Israel National Center for Personalized Medicine. In preparation for their research, the scientists were searching in various bimolecular databases for information. That is when they noticed something unusual: The clinical data suggested that the second copy of the RUNX1 gene - the healthy, non-mutated gene - in the leukemic cells was always preserved and even highly functional. Of course, almost all the genes in our cells are doubles - one copy from each parent - and the mutations that lead to cancer are likely to occur in only one of those genes. But somewhere along the path leading to full blown cancer, the healthy genes commonly tend to get silenced or overruled and the mutated ones end up prevailing.

This suggested to Groner's team a fairly unorthodox notion: The healthy version of the RUNX1 gene may also play a role in the development of the disease. But how and at what stage?

To pursue this question, the researchers grew leukemic cells in a lab dish and silenced either the healthy RUNX1 genes or the mutated ones. Sure enough, when the normal gene was silenced, the cells died; while those with both the mutated and healthy genes acted like highly potent cancer cells, refusing to expire. Further investigation revealed that the cancer cells were managing to avoid a type of cell death known as apoptosis - a suicide mechanism which generally keeps cells that potentially harbor cancerous mutations from multiplying. In other words, it appeared that the healthy, rather than the mutated gene, was responsible for one of the more treacherous features of cancer cells - their stubborn persistence.

Groner says the study demonstrates that the leukemic cells are "addicted" to the normal RUNX1; that is, they are physiologically dependent on the activity of normal RUNX1. "As the mutation process continues over time, the translocation-containing oncogene becomes a 'virtuoso' at transforming the cell into a cancer cell. When things go too far in the direction of all-out destruction, the cell needs that 'balance of terror' to stave off death."

Groner expects that these findings will open the door to new pathways in the search for better diagnostics and treatments for these forms of leukemia. In addition, the findings suggest that the activity of healthy genes alongside their mutated counterparts may play a role in a number of other cancer processes. "It is something no one really looked for before," says Groner.

Oren Ben-Ami, Dan Friedman, Dena Leshkowitz, Dalia Goldenberg, Kira Orlovsky, Niv Pencovich, Joseph Lotem, Amos Tanay, Yoram Groner. **Addiction of t(8;21) and inv (16) Acute Myeloid Leukemia to Native RUNX1.** Cell Reports, 2013; 4 (6): 1131 DOI: 10.1016/j.celrep.2013.08.020

Forty-Eight New Genetic Variants Associated With MS

Sep. 30, 2013 — Scientists of the International Multiple Sclerosis Genetics Consortium (IMSGC) have identified an additional 48 genetic variants influencing the risk of developing multiple sclerosis. This work nearly doubles the number of known genetic risk factors and thereby provides additional key insights into the biology of this debilitating neurological condition. The genes implicated by the newly identified associations underline the central role played by the immune system in the development of multiple sclerosis and show substantial overlap with genes known to be involved in other autoimmune diseases.

Published online September 29 in the journal *Nature Genetics*, the study, "Analysis of immune-related loci identifies 48 new susceptibility variants for multiple sclerosis," is the largest investigation of multiple sclerosis genetics to date. Led by the University of Miami Miller School of Medicine, this study relied upon an international team of 193 investigators from 84 research groups in 13 countries and was funded by more than 40 local and national agencies and foundations.

Multiple sclerosis (MS) is a chronic disabling neurological condition that affects over 2.5 million individuals worldwide. The disease results in patchy inflammation and damage to the central nervous system that causes problems with mobility, balance, sensation and cognition depending upon where the damage to the central nervous system occurs. Neurological symptoms are often intermittent in the early stages of the disease but tend to persist and progressively worsen with the passage of time for the majority of patients. The risk of developing multiple sclerosis is increased in those who have a family history of the disease. Research studies in twins and adopted individuals have shown that this increased risk is primarily the result of genetic risk factors.

The findings released in this study nearly double the number of confirmed susceptibility loci, underline the critical role played by the immune system in the development of multiple sclerosis, and highlight the marked similarities between the genetic architecture underlying susceptibility to this and the many other autoimmune diseases.

The present study takes advantage of custom designed technology known as ImmunoChip - a high-throughput genotyping array specifically designed to interrogate a targeted set of genetic variants linked to one or more autoimmune diseases. IMSGC researchers used the ImmunoChip platform to analyze the DNA from 29,300 individuals with multiple sclerosis and 50,794 unrelated healthy controls, making this the largest genetics study ever performed for multiple sclerosis. In addition to identifying 48 new susceptibility variants, the study also confirmed and further refined a similar number of previously identified genetic associations. With these new findings, there are now 110 genetic variants associated with MS. Although each of these variants individually confers only a very small risk of developing multiple sclerosis, collectively they explain approximately 20 percent of the genetic component of the disease.

Explaining the significance of the work and the nature of the collaboration, the Miller School's Jacob McCauley, Ph.D., who led the study on behalf of the IMSGC, said, "With the release of these new data, our ongoing effort to elucidate the genetic components of this complex disease has taken a major step forward. Describing the genetic underpinnings of any complex disease is a complicated but critical step. By further refining the genetic landscape of multiple sclerosis and identifying novel genetic associations, we are closer to being able to identify the cellular and molecular processes responsible for MS and therefore the specific biological targets for future drug treatment strategies. These results are the culmination of a thoroughly collaborative effort. A study of this size and impact is only possible because of the willingness of so many hard working researchers and thousands of patients to invest their time and energy in a shared goal."

Analysis of immune-related loci identifies 48 new susceptibility variants for multiple sclerosis. Nature Genetics, 2013; DOI: 10.1038/ng.2770

Aspirin May Act On Blood Platelets to Improve Survival in Colon Cancer Patients

Sep. 30, 2013 — Researchers believe they have discovered how aspirin improves survival in patients diagnosed with colon cancer, the 2013 European Cancer Congress (ECC2013) heard today.

Although previous research has shown that taking low dose aspirin after being diagnosed with colon cancer improves patient outcome, the reasons why this happens remain unknown. The new research has shown that aspirin improves outcome in patients whose tumour cells express a specific protein on their surface; the protein is known as Human Leukocyte Antigen class I (HLA class I), a cell-surface protein produced by a collection of genes involved in the functioning of the immune system.

The results mean that HLA class I could be used in the future to predict whether or not a patient would benefit from aspirin. The findings also suggest that aspirin's role in improved patient survival could be explained by the interaction of the body's immune system with the effect of aspirin on platelets (cell fragments in the blood that are involved in clotting).

Dr Marlies Reimers, MD, a PhD student, in the Department of Surgery, Leiden University Medical Center, The Netherlands, said: "We think that platelets are involved in cancer spreading to other parts of the body by shielding tumour cells in the bloodstream so that they cannot be recognised by the immune system and can finally colonise distant organs. Aspirin could help to 'unmask' those tumour cells by attacking platelet formation, so that the immune cells can detect and eliminate them."

Dr Reimers and her colleagues used tissue microarray technology to investigate the pattern of protein expression in colon cancer patients whose aspirin use after cancer diagnosis was known and who were registered with the Eindhoven Cancer Registry between 1998 and 2007. They studied 999 colon cancers to look at HLA class I expression, and expression of the COX-2 enzyme. They also extracted DNA from 663 tumours to look for mutations in the PIK3CA gene. Both COX-2 expression and PIK3CA mutations are known to be involved in the onset of cancer.

They found that low dose (80mg a day) aspirin use after diagnosis improved survival only in patients with tumours expressing HLA class I; if these patients used aspirin they were half as likely to die during the average four years of follow-up as patients with tumours expressing HLA class I that did not use aspirin. This effect of aspirin was not seen in patients without HLA class I expression. "Therefore, HLA class I might serve as a predictive biomarker to help identify patients who would benefit from aspirin therapy after diagnosis," said Dr Reimers.

"Our results showed that there was no difference in the effect of aspirin in relation to COX-2 expression and PIK3CA mutation."

Until now it was assumed that COX-2 expression or PIK3CA gene mutation played a role in the effectiveness of aspirin use. Dr Reimers explained: "When we stratified our analyses for COX-2 expression and PIK3CA mutation status, we did not see differences in survival benefit. For example, patients with aspirin use after diagnosis with strong COX-2 expressing tumours had the same survival benefit as tumours with weak COX-2 expression."

Dr Reimers and her colleagues believe their results suggest that aspirin may be acting on two different pathways in colon cancer: one in the preventive setting and the other through the control of metastasis - the spread of cancer to other parts of the body from its primary site.

She said: "The first pathway is through PIK3CA mutations and COX-2 expression in the tumours, which seem to show more effect in the preventive setting. Studies of hereditary colorectal cancers have shown that aspirin can help to prevent the onset of cancer by limiting the formation of polyps in the bowel, which are often the forerunners of cancer, and that this is linked to PIK3CA mutations and COX-2 expression.

"The second pathway, revealed by our results today, is more involved in metastasis, by influencing the platelets in the bloodstream. Although speculative, it may be that the interaction of platelets with HLA positive tumour cells circulating in the blood promotes the metastatic potential of these cells. Aspirin interferes with this interaction, thereby decreasing the risk of metastatic disease and colon cancer-related death."

The researchers say that more evidence from larger studies and clinical trials is required to support their findings. Some randomised clinical trials have started in the UK and one in Asia - a multi-centre prospective randomised controlled phase III trial of aspirin use in colorectal cancer patients, called the ASCOLT study.

Professor Peter Naredi, who is a member of the Board of Directors of the European CanCer Organisation (ECCO), commented: "The results presented by Dr Reimers and colleagues are very interesting. The idea that aspirin can enhance the effect of our immune system and that we might be able to identify those cancer patients who best benefit from it, is worth further studies. Ongoing placebo-controlled randomised trials evaluating the effect of aspirin in colorectal cancer can hopefully strengthen the evidence that aspirin is useful in patients with HLA class 1 expression."

The above story is based on materials provided by The European CanCer Organisation (ECCO).

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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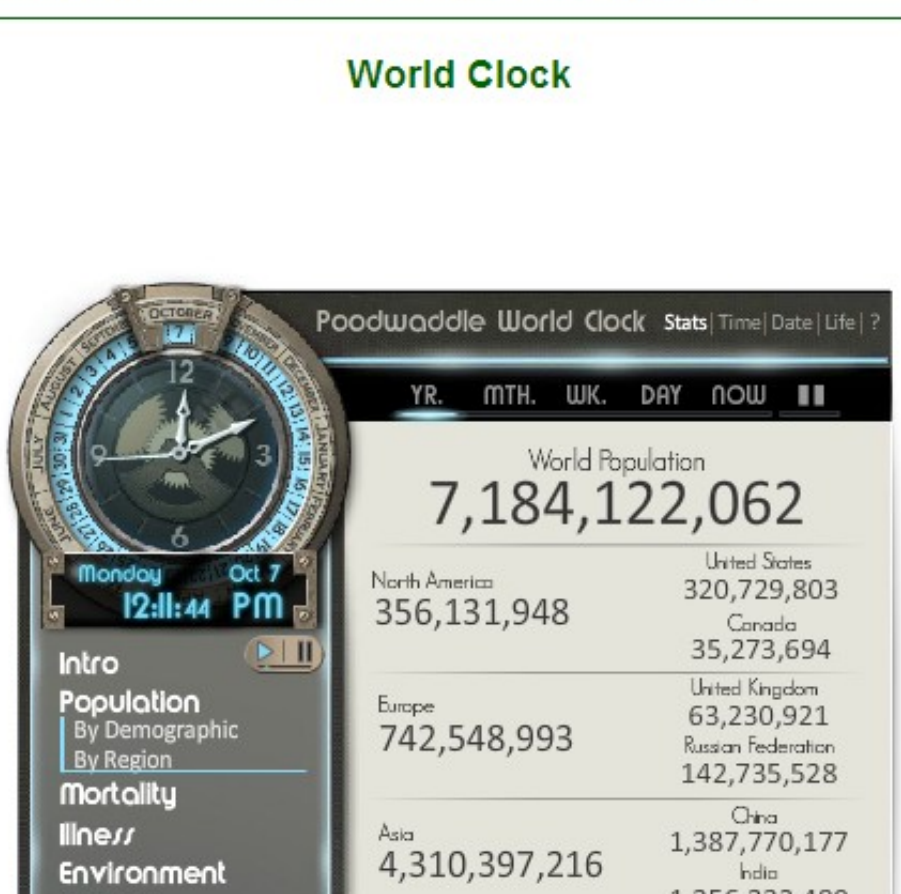
Sydney Opera House turns 40

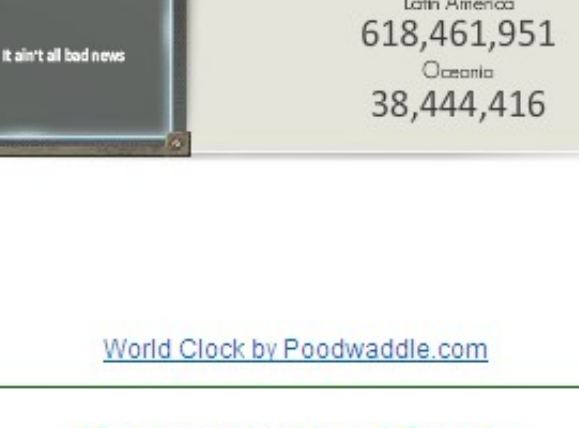
To launch our 40th Anniversary celebrations, the Opera House will premiere Autopsy on a Dream, John Weiley's long-lost 1968 film about the troubled birth of Danish architect Jørn Utzon's masterpiece to an audience including former Opera House construction workers on **Thursday 17 October**. Were you involved in the construction? Register here: http://bit.ly/14TkD4a

World Clock



World Clock by Poodwaddle.com

Mannequin Head Prank



Musicians suffering for their art - 2 October 2013

Most of Australia's finest musicians are suffering for their art, according to new University of Sydney research.

More than 80 percent of 377 professional orchestral musicians surveyed reported having experienced physical pain severe enough to impair their performance.

Fifty percent of the musicians reported moderate to severe performance-related anxiety while 32 percent had symptoms of depression.

The findings, published in the Psychology of Music online, are based on the first study to examine the relationship between self-reported performance-related pain, performance anxiety, and depression in professional musicians.

The research was undertaken by Professor Dianna Kenny of the School of Psychology in the Faculty of Science and Dr Bronwen Ackermann, School of Medical Science.

Their study of members of the eight state and opera orchestras in Australia has implications for how best to treat performance-related pain.

"The survey found 84 percent of professional classical musicians have experienced pain severe enough to interfere with their performance. Half of those surveyed reported that they were currently experiencing pain," Professor Kenny said.

"There is a strong relationship between the severity of performance-related pain and music performance anxiety. Those reporting more severe pain also reported higher music performance anxiety."

Music performance anxiety can manifest itself as trembling, shaking, elevated blood pressure and heart rate and cognitively as dread, worry, rumination or catastrophic thinking.

"Seventy-five percent of the musicians showed the expected relationship between pain and depression. Those reporting no depression were also more likely to report little to no pain. Those reporting severe depression reported higher levels of pain," she said.

Professor Kenny believes the respondents who reported pain but not depression warrant further investigation.

"Of most significance was a group of 25 percent of respondents who did not report depression but reported the highest pain severity.

"These results suggest some musicians might somatise their pain. This means that they may convert their psychological distress into muscle tension which leads to physical pain.

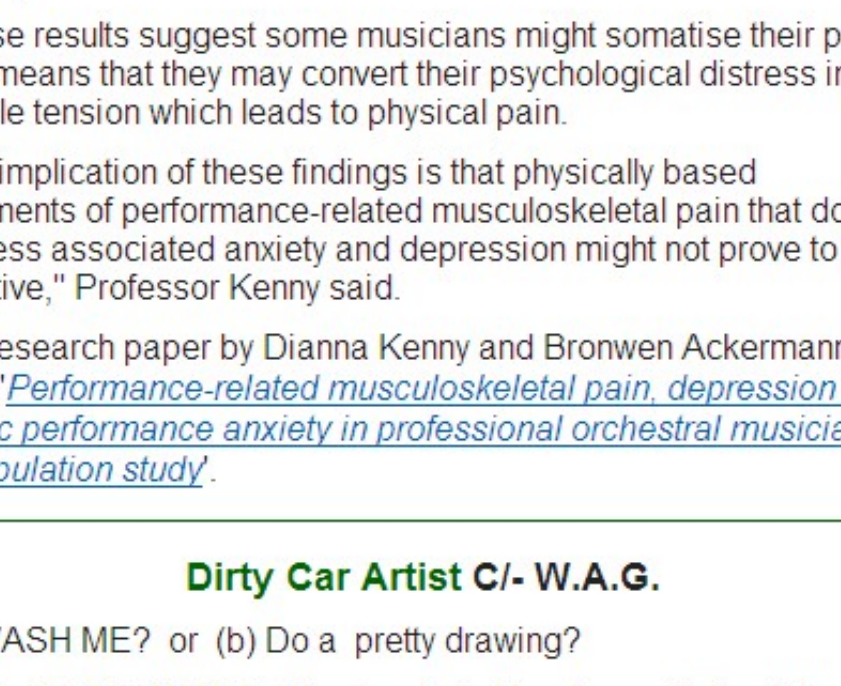
"The implication of these findings is that physically based treatments of performance-related musculoskeletal pain that do not address associated anxiety and depression might not prove to be effective," Professor Kenny said.

The research paper by Dianna Kenny and Bronwen Ackermann is titled '*Performance-related musculoskeletal pain, depression and music performance anxiety in professional orchestral musicians: A population study*'

Dirty Car Artist C/- W.A.G.

(a) WASH ME? or (b) Do a pretty drawing?

THIS is SCOTT WADE. Check out what he does with the dirty cars by carefully and artfully removing portions of the dirt. According to his web site, he lives real close to a dirt road in San Marcos, Texas. See: http://dirtycarart.com/



Optical Sensors Improve Railway Safety

Sep. 30, 2013 — A string of fiber-optic sensors running along a 36-km stretch of high-speed commuter railroad lines connecting Hong Kong to mainland China has taken more than 10 million measurements over the past few years in a demonstration that the system can help safeguard commuter trains and freight cars against accidents. Attuned to the contact between trains and tracks, the sensors can detect potential problems like excessive vibrations, mechanical defects or speed and temperature anomalies.

The system is wired to warn train operators immediately of such problems so that they can avoid derailments or other accidents, said Hwa-yaw Tam of the Hong Kong Polytechnic University, who will describe the technology and its test run next week at The Optical Society's (OSA) Annual Meeting, Frontiers in Optics (FiO) 2013, being held Oct. 6-10 in Orlando, Fla.

At least 30 times during the seven-year period, the system detected anomalous vibrations, Tam said. In a few cases, the vibrations turned out to be early warnings of dangerous emerging conditions that could have led to train wrecks. In some cases, vibration due to the use of the wrong type of lubrication oil in axle boxes was detected. The fiber-optic sensor system was designed for maintenance purposes and saves the rail company about $250,000 every year in maintenance costs.

"Using just this one type of technology, we are able to measure many things," Tam said. "This technology is perfect for railway systems." He added that it costs less than a third the price of other warning systems, which typically require data to be integrated from a half dozen different types of monitoring systems.

The system is now being installed in all commuter train routes in Hong Kong and **will soon be rolled out in railways in parts of Singapore and Australia**. With regular speeds for some of the trains in China topping out above 300 km per hour, the need for effective safety measures is profound, Tam said.

Worldwide, the rail industry is undergoing a major development boom, especially in places like China where tens of thousands of kilometers of new high-speed lines are planned for the next decade at an estimated cost of hundreds of billions of dollars.

How the System Works

The basis for the new sensor system is a technology developed in the 70s and 80s known as a Fiber Bragg grating, a type of sensor that reflects narrow spectra of light whose wavelengths shift due to temperature/strain variation. Coupling fiber Bragg gratings with another device known as mechanical transducers allows pressure, acceleration and other parameters to be measured.

The sensors are imbedded in mechanical compartments of a train or along the tracks. If there is a defect, like a sudden break in the rails or excessive vibrations because the weight of the train is off balance, those changes will alter the reflection spectra of FBGs in a detectable way.

The system is advantageous because it is all-optical, allowing the passive fiber Bragg grating sensors to monitor conditions along a train route, Tam said. It also relies exclusively on optical detection and communication, so there are no problems with electromagnetic interference from power lines that run parallel to many modern rail lines. The above story is based on materials provided by The Optical Society

Coordinated

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findmypast.com.au Aust & NZ has released 1.5 million records detailing ship passenger arrivals into Victoria from 1846 and 1899. Click for more http://ow.ly/pXUOD

The lists include name, age and nationality and you can also view original images and locate their last place of residence, the month and year of their arrival, the ships name and their departure and destination ports.

First Cloud Map of a Planet Beyond Our Solar System

Sep. 30, 2013 — Astronomers using data from NASA's Kepler and Spitzer space telescopes have created the first cloud map of a planet beyond our solar system, a sizzling, Jupiter-like world known as Kepler-7b. The planet is marked by high clouds in the west and clear skies in the east. Previous studies from Spitzer have resulted in temperature maps of planets orbiting other stars, but this is the first look at cloud structures on a distant world.

"By observing this planet with Spitzer and Kepler for more than three years, we were able to produce a very low-resolution 'map' of this giant, gaseous planet," said Brice-Olivier Demory of Massachusetts Institute of Technology in Cambridge. Demory is lead author of a paper accepted for publication in the Astrophysical Journal Letters. "We wouldn't expect to see oceans or continents on this type of world, but we detected a clear, reflective signature that we interpreted as clouds."

Kepler has discovered more than 150 exoplanets, which are planets outside our solar system, and Kepler-7b was one of the first. The telescope's problematic reaction wheels prevent it from hunting planets any more, but astronomers continue to pore over almost four years' worth of collected data.

Kepler's visible-light observations of Kepler-7b's moon-like phases led to a rough map of the planet that showed a bright spot on its western hemisphere. But these data were not enough on their own to decipher whether the bright spot was coming from clouds or heat. The Spitzer Space Telescope played a crucial role in answering this question.

Like Kepler, Spitzer can fix its gaze at a star system as a planet orbits around the star, gathering clues about the planet's atmosphere. Spitzer's ability to detect infrared light means it was able to measure Kepler-7b's temperature, estimating it to be between 1,500 and 1,800 degrees Fahrenheit (1,100 and 1,300 Kelvin). This is relatively cool for a planet that orbits so close to its star - within 0.06 astronomical units (one astronomical unit is the distance from Earth and the sun) - and, according to astronomers, too cool to be the source of light Kepler observed. Instead, they determined, light from the planet's star is bouncing off cloud tops located on the west side of the planet.

"Kepler-7b reflects much more light than most giant planets we've found, which we attribute to clouds in the upper atmosphere," said Thomas Barclay, Kepler scientist at NASA's Ames Research Center in Moffett Field, Calif. "Unlike those on Earth, the cloud patterns on this planet do not seem to change much over time - it has a remarkably stable climate."

The findings are an early step toward using similar techniques to study the atmospheres of planets more like Earth in composition and size.

"With Spitzer and Kepler together, we have a multi-wavelength tool for getting a good look at planets that are trillions of miles away," said Paul Hertz, director of NASA's Astrophysics Division in Washington. "We're at a point now in exoplanet science where we are moving beyond just detecting exoplanets, and into the exciting science of understanding them."

Kepler identified planets by watching for dips in starlight that occur as the planets transit, or pass in front of their stars, blocking the light. This technique and other observations of Kepler-7b previously revealed that it is one of the puffiest planets known: if it could somehow be placed in a tub of water, it would float. The planet was also found to whip around its star in just less than five days.

Explore all 900-plus exoplanet discoveries with NASA's "Eyes on Exoplanets," a fully rendered 3D visualization tool, available for download at http://eyes.nasa.gov/exoplanets. The program is updated daily with the latest findings from NASA's Kepler mission and ground-based observatories around the world as they search for planets like our own.

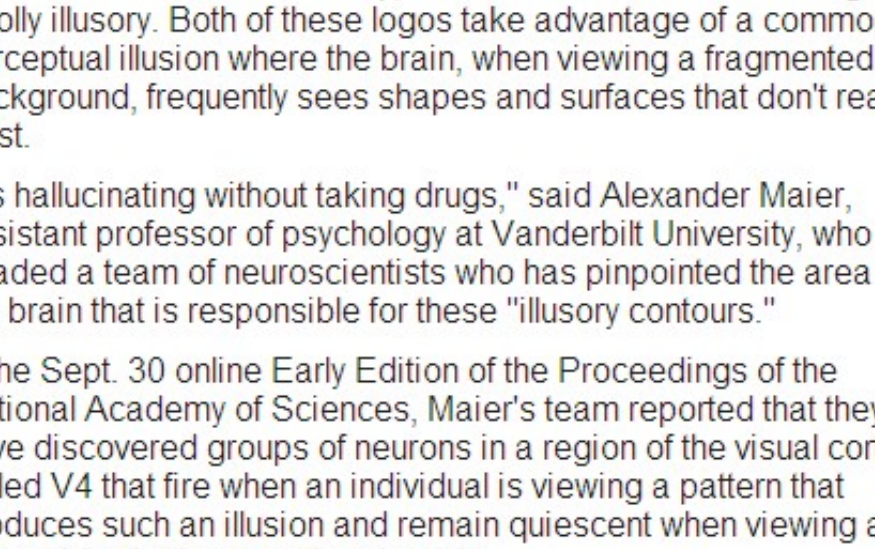
The technical paper is online at
http://www.mit.edu/~demory/preprints/kepler-7b_clouds.pdf

NASA's Jet Propulsion Laboratory, Pasadena, Calif., manages the Spitzer Space Telescope mission for NASA. Science operations are conducted at the Spitzer Science Center at Caltech. Data are archived at the Infrared Science Archive housed at the Infrared Processing and Analysis Center at Caltech. Caltech manages JPL for NASA. For more information about Spitzer, visit: http://spitzer.caltech.edu and http://www.nasa.gov/spitzer .

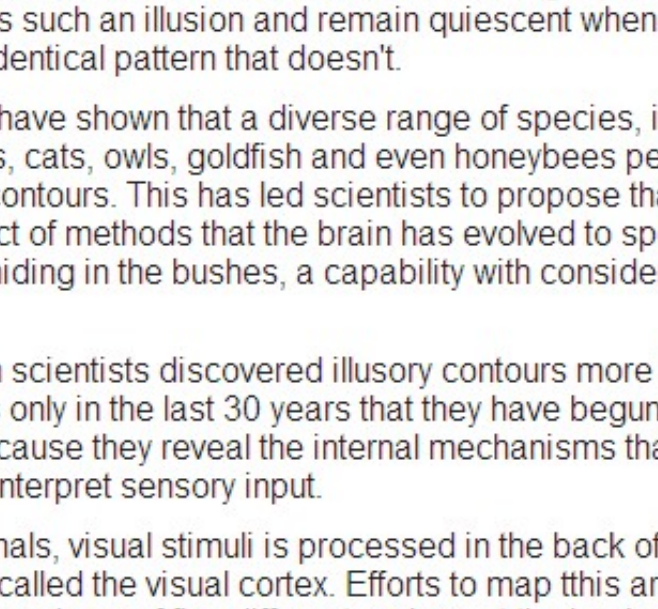
Ames is responsible for Kepler's ground system development, mission operations and science data analysis. JPL managed Kepler mission development. Ball Aerospace & Technologies Corp. in Boulder, Colo., developed the Kepler flight system and supports mission operations with the Laboratory for Atmospheric and Space Physics at the University of Colorado in Boulder. The Space Telescope Science Institute in Baltimore archives, hosts and distributes Kepler science data. Kepler is NASA's 10th Discovery Mission and was funded by the agency's Science Mission Directorate. For more information about the Kepler mission, visit: http://www.nasa.gov/kepler .

The above story is based on materials provided by NASA/Jet Propulsion Laboratory.

Kepler-7b (left), which is 1.5 times the radius of Jupiter (right), is the first exoplanet to have its clouds mapped. The cloud map was produced using data from NASA's Kepler and Spitzer space telescopes. (Credit: NASA/JPL-Caltech/MIT)



ONE WORLD TRADE CENTER CONSTRUCTION TIMELAPSE



Finding the Place Where the Brain Creates Illusory Shapes and Surfaces

Sep. 30, 2013 — The logo of the 1984 Los Angeles Olympics includes red, white and blue stars, but the white star is not really there: It is an illusion. Similarly, the "S" in the USA Network logo is wholly illusory. Both of these logos take advantage of a common perceptual illusion where the brain, when viewing a fragmented background, frequently sees shapes and surfaces that don't really exist.

"It's hallucinating without taking drugs," said Alexander Maier, assistant professor of psychology at Vanderbilt University, who headed a team of neuroscientists who has pinpointed the area of the brain that is responsible for these "illusory contours."

In the Sept. 30 online Early Edition of the Proceedings of the National Academy of Sciences, Maier's team reported that they have discovered groups of neurons in a region of the visual cortex called V4 that fire when an individual is viewing a pattern that produces such an illusion and remain quiescent when viewing an almost identical pattern that doesn't.

Studies have shown that a diverse range of species, including monkeys, cats, owls, goldfish and even honeybees perceive these illusory contours. This has led scientists to propose that they are the byproduct of methods that the brain has evolved to spot predators or prey hiding in the bushes, a capability with considerable survival value.

Although scientists discovered illusory contours more than a century ago, it is only in the last 30 years that they have begun studying them because they reveal the internal mechanisms that the brain uses to interpret sensory input.

In mammals, visual stimuli is processed in the back of the brain in an area called the visual cortex. Efforts to map this area have found that it is made up of five different regions at the back of brain (labeled V1 to V5.)

The primary visual cortex, V1, takes the stimuli coming from the eyes and sorts it by a variety of basic properties, including orientation, color and spatial variation. It also splits the information into two pathways, called the dorsal and ventral streams.

From V1, both streams are routed to the second major area of the visual cortex. V2 performs many of the same functions as V1 but adds some more complex processing, such as recognizing the disparities in the signals coming from the two eyes that produce binocular vision.

From V2, one pathway, sometimes called the "Where Pathway," goes to V5 and is associated with object location and motion detection. The other pathway, sometimes called the "What Pathway," goes to V4 and is associated with object representation and form recognition.

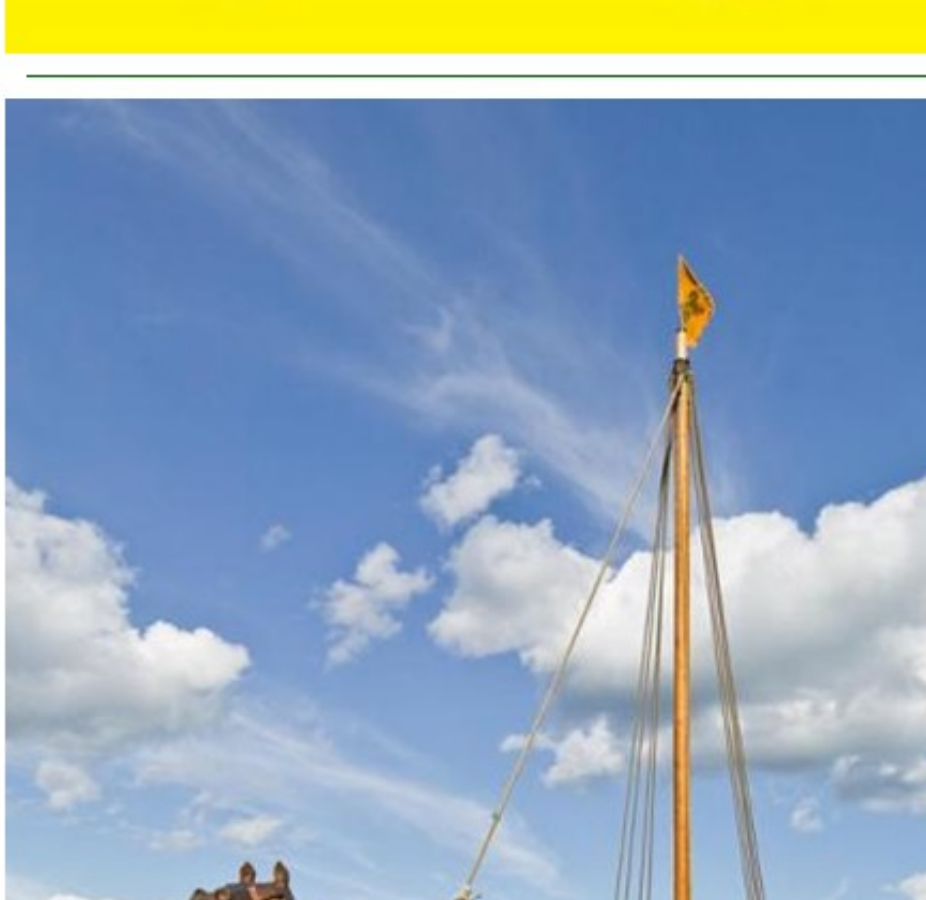
"Studies have shown that V4 is involved in both object recognition and visual attention, so we thought it might also be involved with illusory contours," said Michele Cox, the Vanderbilt graduate student who is first author on the study.

First, the researchers searched for the neurons in V4 that were associated with different locations in the retinas of macaque monkeys. Once these maps were complete, they rewarded the monkeys for staring at a screen containing an example of an illusory contour called a Kanizsa square. This consists of four "Pac-Man" figures with their "mouths" oriented to form the corners of a square. When black Pac-Men are placed on a white background, the brain creates a bright white square connecting them.

While the monkeys were looking at the Kanizsa square, the researchers discovered that the neurons that represented the area in the middle of the Pac-Man, the area covered by the illusory square, began firing. However, when the monkeys viewed the same four Pac-Men with their mouths facing outward - an orientation that doesn't produce the illusion - these central neurons remained silent.

"Basically, the brain is acting like a detective," said Maier. "It is responding to cues in the environment and making its best guesses about how they fit together. In the case of these illusions, however, it comes to an incorrect conclusion."

The above story is based on materials provided byVanderbilt University. A Kanizsa square (Credit: Courtesy of D. Alan Stubbs, University of Maine)



Vikings May Have Been More Social Than Savage

Oct. 1, 2013 — Academics at Coventry University have uncovered complex social networks within age-old Icelandic sagas, which challenge the stereotypical image of Vikings as unworldly, violent savages.

Pádraig Mac Carron and Ralph Kenna from the University's Applied Mathematics Research Centre have carried out a detailed analysis of the relationships described in ancient Icelandic manuscripts to shed new light on Viking society.

In a study published in the *European Physical Journal*, Mac Carron and Kenna have asked whether remnants of reality could lurk within the pages of the documents in which Viking sagas were preserved.

They applied methods from statistical physics to social networks - in which nodes (connection points) represent individuals and links represent interactions between them - to home in on the relationships between the characters and societies depicted therein.

The academics used the Sagas of Icelanders - a unique corpus of medieval literature from the period around the settlement of Iceland a thousand years ago - as the basis for their investigation.

Although the historicity of these tales is often questioned, some believe they may contain fictionalised distortions of real societies, and Mac Carron and Kenna's research bolsters this hypothesis.

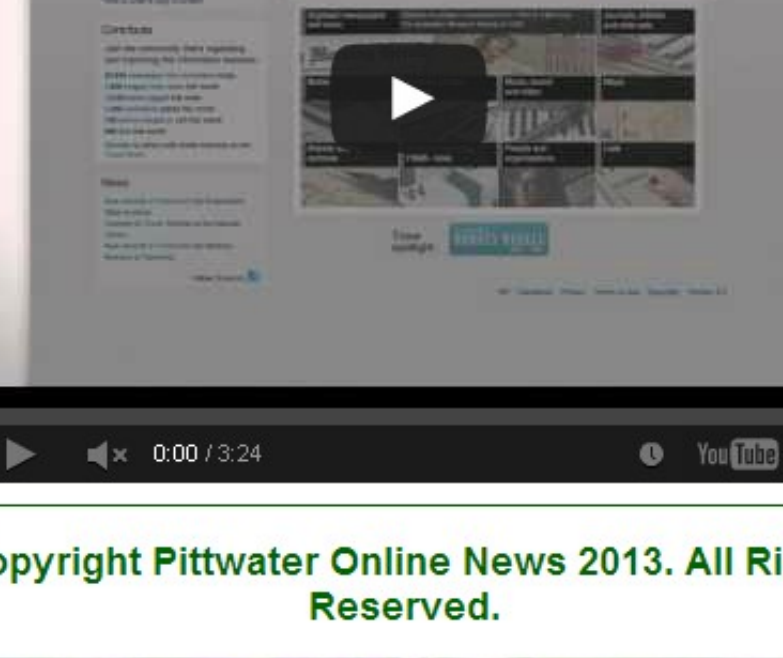
They mapped out the interactions between over 1,500 characters that appear in 18 sagas including five particularly famous epic tales. Their analyses show, for example, that although an 'outlaw tale' has similar properties to other European heroic epics, and the 'family sagas' of Icelandic literature are quite distinct, the overall network of saga society is consistent with real social networks.

Moreover, although it is acknowledged that J. R. R. Tolkien was strongly influenced by Nordic literature, the Viking sagas have a different network structure to the Lord of the Rings and other works of fiction.

Professor Ralph Kenna from Coventry University's Applied Mathematics Research Centre said: "This quantitative investigation is very different to traditional approaches to comparative studies of ancient texts, which focus on qualitative aspects. Rather than individuals and events, the new approach looks at interactions and reveals new insights - that the Icelandic sagas have similar properties to those of real-world social networks."

P. Mac Carron, R. Kenna. **Network analysis of the Íslendinga sögur – the Sagas of Icelanders.** The European Physical Journal B, 2013; 86 (10) DOI:10.1140/epjb/e2013-40583-3

Replica of Viking ship. Academics have uncovered complex social networks within age-old Icelandic sagas, which challenge the stereotypical image of Vikings as unworldly, violent savages. (Credit: © pemabild / Fotolia)



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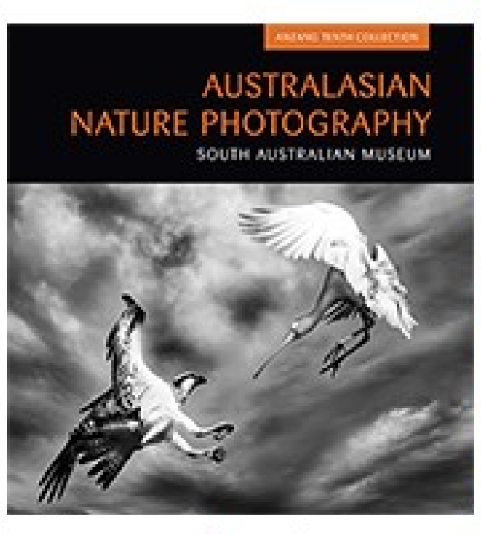
October 6 - 12, 2013: Issue 131

Old Books: October 2013 - read in full here: online!

Stevenson's Bell Rock Light-House (1824) - by Robert Stevenson - An account of the building of the Bell Rock Lighthouse including details of the erection and peculiar structure of the edifice.

The Lighthouse by RM Ballantyne - This is a good story wrapped round the building of the Bell Rock lighthouse, which lies in the Firth of Forth, the same water in which lies Leith, the port for Edinburgh. The architect in charge was Robert Stevenson, who was the father of the renowned writer, R.L. Stevenson. First published in 1865.

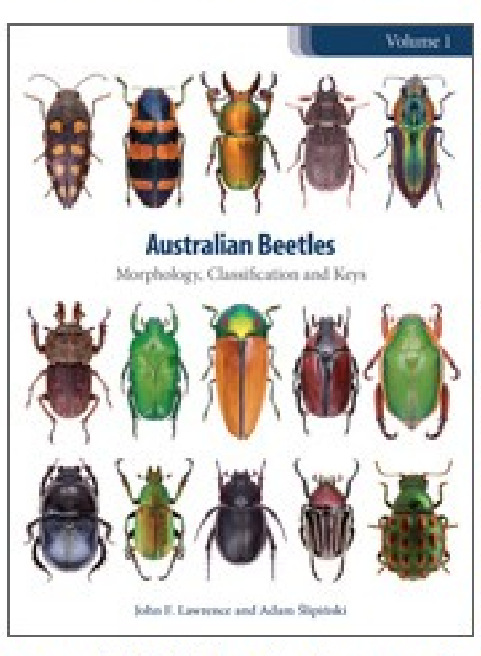
New from CSIRO Publishing - October 2013:



Australasian Nature Photography - ANZANG Tenth Collection - South Australian Museum

The bioregion of Australia, New Zealand, Antarctica and New Guinea possesses a unique natural heritage stretching back over 80 million years since the break-up of the great southern continent of Gondwana. The South Australian Museum and Australian Geographic focus on enhancing a general knowledge of this extraordinary legacy by encouraging photography of the region's nature and wilderness, and promoting an annual competition to find the Australian Geographic ANZANG Nature Photographer of the Year.

Australasian Nature Photography: ANZANG Tenth Collection presents the finest photographs submitted to the 2013 Australian Geographic ANZANG Nature Photographer of the Year competition. Each photograph is accompanied by technical information as well as anecdotes about how the picture was taken, which will stimulate yet further interest in the flora and fauna and their conservation in the region. 112 pages, $ 39.95



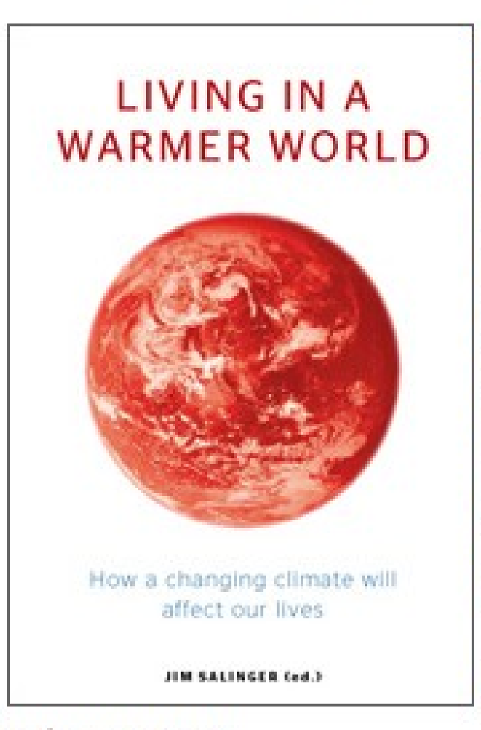
Australian Beetles Volume 1 - Morphology, Classification and Keys by John Lawrence - CSIRO Entomology and Adam Slipinski - CSIRO Entomology

This three-volume series represents a comprehensive treatment of the beetles of Australia, a relatively under-studied fauna that includes many unusual and unique lineages found nowhere else on Earth.

Volume 1 contains keys to all 117 beetle families found in Australia, and includes over 1100 illustrations of adults, larvae and anatomical structures. This volume is based in part on Lawrence & Britton's out-of-print Australian Beetles, but is fully updated and expanded.

The biology and morphology for all major beetle lineages is described and illustrated, along with anatomical terms which clarify the characters and terminology used in the keys; few other resources for beetle identification include such a detailed morphological background. A chapter on the fossil record is also included, and family sections provide full descriptions of adults and larvae, including the world distribution of each family.

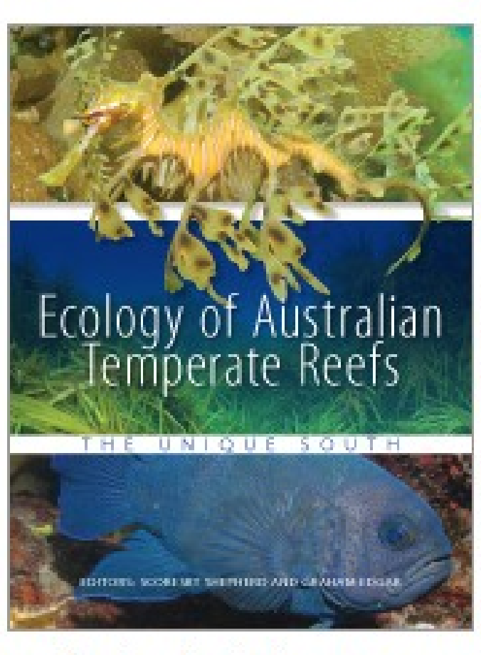
The revised identification keys (currently recognised as one of the most valuable keys worldwide) will aid quarantine agents, biologists and students in identifying members of the most species-rich order of animals. 576 pages, $195.00



Living in a Warmer World - How a Changing Climate Will Affect Our Lives. Edited by: Jim Salinger

Readable, relevant and fascinating, Living in a Warmer World examines how our changing climate will affect our everyday lives through access to food, water and even land, and how this will also impact on our health. More importantly, it looks at what science is doing to help us plan for and adapt to our future. This book looks beyond the debate over how and why, and describes what is actually happening as our world gets warmer.

Jim Salinger brings together some of the world's leading scientists to describe how a hotter planet is affecting our food supplies, fisheries and agriculture, access to fresh water and public health. From these specifics, a clearer picture emerges of how our planet is changing and how this will affect our lives. 240 pages, $ 35.00



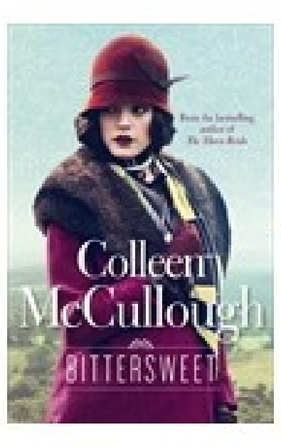
Ecology of Australian Temperate Reefs - The Unique South - Edited by: Scoresby Shepherd - SARDI Aquatic Sciences and Graham Edgar - University of Tasmania

Ecology of Australian Temperate Reefs presents the current state of knowledge of the ecology of important elements of southern Australian sub-tidal reef flora and fauna, and the underlying ecological principles.

Preliminary chapters describe the geological origin, oceanography and biogeography of southern Australia, including the transitional temperate regions toward the Abrolhos Islands in the west and to Sydney in the east. The book then explains the origin and evolution of the flora and fauna at geological time scales as Australia separated from Antarctica; the oceanography of the region, including principal currents, and interactions with on-shelf waters; and the ecology of particular species or species groups at different trophic levels, starting with algae, then the ecological principles on which communities are organised. Finally, conservation and management issues are discussed.

Ecology of Australian Temperate Reefs is well illustrated with line drawings, figures and colour photographs showing the many species covered, and will be a much valued reference for biologists, undergraduates, and those interested and concerned with reef life and its natural history. 520 pages, $130.00

October - New books from Harper Collins:

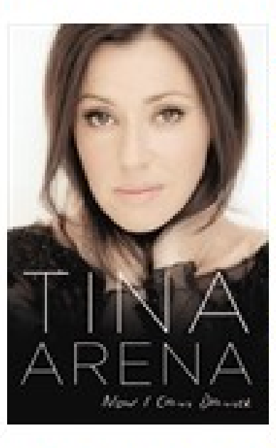


Bittersweet By Colleen McCullough

Bittersweet is an enthralling tale of women - and of love.

This is the story of two sets of twins, Edda and Grace, Tufts and Kitty, who struggle against all the restraints, prohibitions, laws and prejudices of 1920s Australia. Only the submissive yet steely Grace burns for marriage; the sleekly sophisticated Edda burns to be a doctor, the down-to-earth but courageous Tufts burns never to marry, and the too-beautiful, internally scarred Kitty burns for a love free from male ownership.

Turbulent times, terrible torments, but the four magnificent Latimer sisters, each so different, love as women do: with tenderness as well as passion, and with hearts roomy enough to hold their men, their children, their careers and their sisters. Pages: 528; $39.99

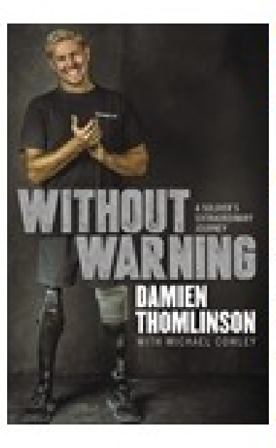


Now I Can Dance By Tina Arena

An honest, gritty, funny, frank and totally revealing autobiography from much loved songstress Tina Arena, who is about to celebrate a phenomenally successful 40 years as a singer/songwriter.

Over this time, Tina has amassed a huge national and international fan base as well as a cache of amazing stories and experiences. She's sold over eight million albums and had numerous multi-platinum albums around the world; she's had encounters with extraordinary people, fallen in and out of love, had huge highs and lows, but through it all, she's sung her heart out, and her songs have provided the soundtrack to the lives of so many of us.

Almost four decades in music has seen Tina undertake a journey of self-discovery and self-fulfilment, becoming the strong, confident woman and artist she always hoped she'd be. Hers is a story of a woman achieving success on her own terms, a truly joyful and inspiring memoir of survival, song, determination, love and triumph. Pages: 336; $29.99



Without Warning: a Soldier's Extraordinary Journey By Damien Thomlinson, Michael Cowley

After losing both his legs in an accident in Afghanistan, Special Forces soldier Damien Thomlinson was determined not only to survive, but to meet life head on. This is an uplifting story of guts, drive and exceptional resilience.

Without warning, Private Damien Thomlinson's life changed forever. On a night patrol in Afghanistan in 2009, his vehicle drove over a Taliban explosive device. His right leg turned instantly to red mist and his left leg was severed below the knee. His arms and hands were shattered and his nose smashed. Blood poured into his lungs. He was as close to death as you can get. Damien's story could have been a tragedy, but because of his enormously optimistic spirit it is instead one of triumph and inspiration.

Once a commando, always a commando. Damien was determined not to be defined or limited by his injuries. With dogged focus and commitment, he set about reclaiming his life - on his own terms. His extraordinary drive and willpower saw him walking again on prosthetic legs just eight weeks from the time of his accident, ready to stand and welcome his unit home from Afghanistan. He set himself extraordinary challenges including walking the demanding 96km Kokoda Track in honour of a fallen comrade and becoming the public face of the Commando Welfare Trust. Damien is now an aspiring Paralympian, determined to represent Australia in snowboarding. His life has irrevocably changed, but he believes it has changed for the better.

Damien's positive attitude and larrikin, never-say-die spirit are an inspiration to all of us, and the story of his journey is humbling, heartbreaking and truly awe-inspiring. Pages: 304; $29.99

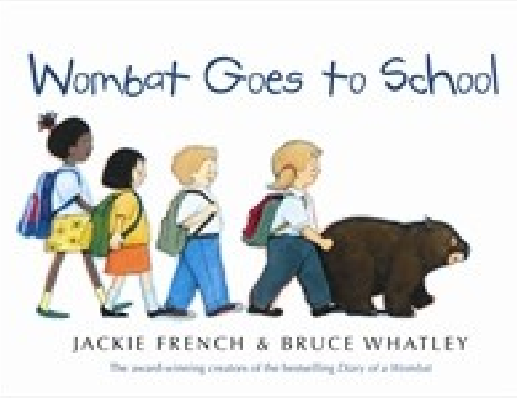
Tweet | Like | +1

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

For Children:



Wombat Goes to School By Jackie French, Bruce Whatley

She sleeps. She eats. She scratches - and finds a hole. When Mothball discovers a new hole, it unexpectedly leads her to the local school. The children learn that wombats love carrots and grass, while Mothball learns that lunch boxes contain very few carrots, that sports sheds can be a good place to have a nap, and that when you're brown and round, it's not a good idea to get too close to a ball ... Ages 3 years plus, Pages: 32; $24.99

Green Wing Press - The Red Light of Palm Beach

It is with great joy, and at least one small leap into the air, that we announce the launch of Green Wing Press Pty. Ltd, the hard copy publishing arm of which Pittwater Online News is now a subsidiary.

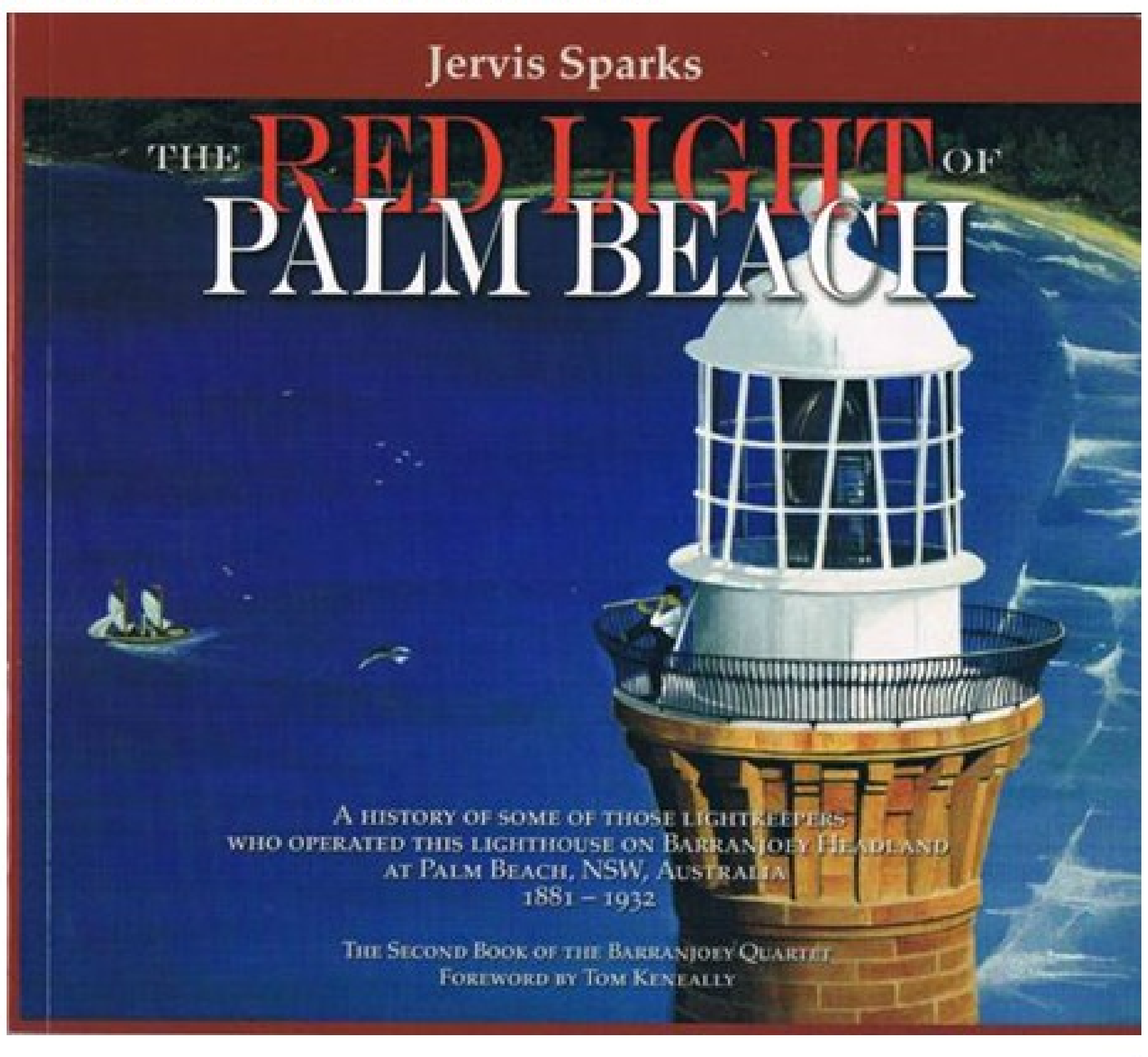
To commence this 'branch' of our ever expanding passion to create and share permanent records of our stories, we have the very great privilege of announcing the first book we will sell is Jervis Sparks's *'The Red Light Of Palm Beach'*.

Bridget and Jervis are doing well in Queensland and we know a lot here miss them. We will bring you more news soon... Jervis has kindly consented to allowing us to run a Profile on him in October and there is a lot to talk of there !

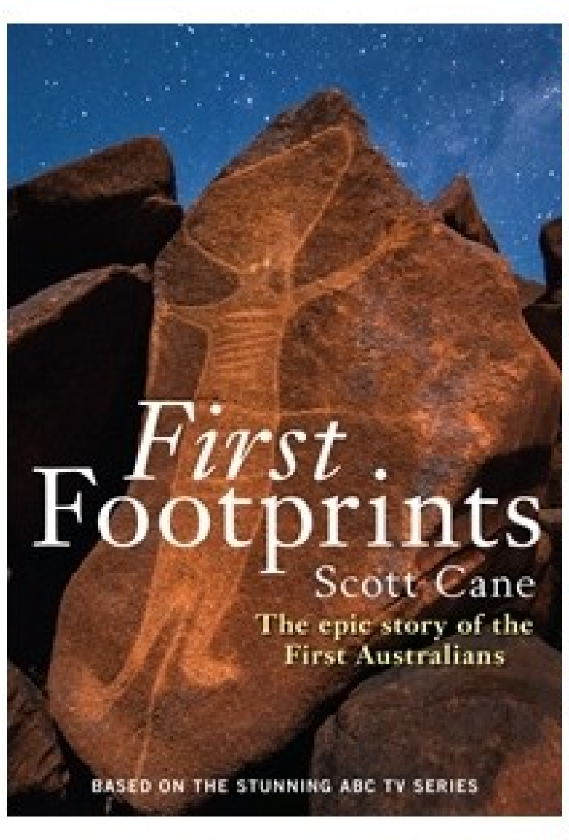
Copies may be purchased for a minuscule $25.00 by contacting us at greenwingpress@live.com.au and providing your details. Please put 'Red Light of Palm Beach' in your subject heading and provide details of a delivery or postage address. Once payment is confirmed you will own your own copy of this great book. You can also post a cheque/money order to the office; 724 Barrenjoey Road, Avalon, 2017, if this works better for you.

Above: Recent photo of Bridget and Jervis.

UPDATE: We have placed some copies of The Red Light Of Palm Beach at Barrenjoey Boating Services, at The Boat House, Palm Beach where you can buy them after a yummy breakfast or lunch.



New from ABC Books - October 2013

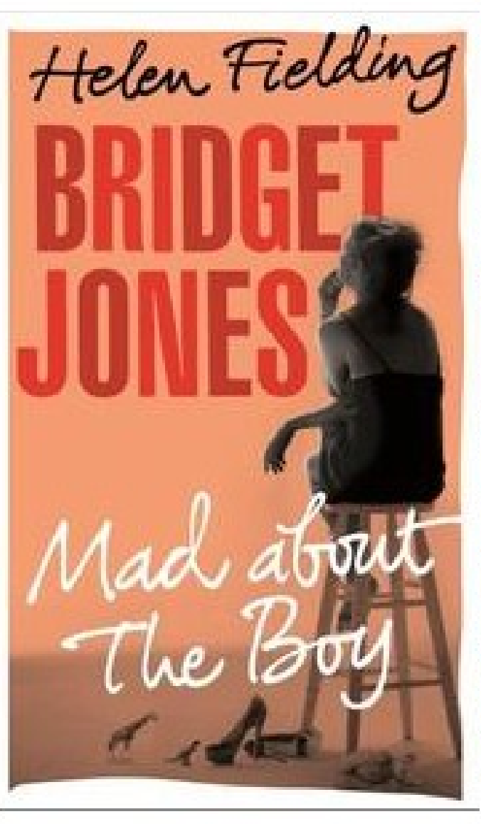


First Footprints by Scott Cane

Some 60,000 years ago, a small group of people landed on Australia's northern coast. They were the first oceanic mariners and this great southern land was their new home. Gigantic mammals roamed the plains and enormous crocodiles, giant snakes and goannas nestled in the estuaries and savannahs.

First Footprints tells the epic story of Australia's Aboriginal people. It is a story of ancient life on the driest continent on earth through the greatest environmental changes experienced in human history: ice ages, extreme drought and inundating seas. It is chronicled through astonishing archaeological discoveries, ancient oral histories and the largest and oldest art galleries on earth. Australia's first inhabitants were the first people to believe in an afterlife, cremate their dead, engrave representations of the human face, and depict human sound and emotion. They created new technologies, designed ornamentation, engaged in trade, and created the earliest documents of war. Ultimately, they developed a sustainable society based on shared religious tradition and far-reaching social networks across the length and breadth of Australia.

First Footprints tells the largely unknown and captivating story of Australia's remarkable heritage. $35.00

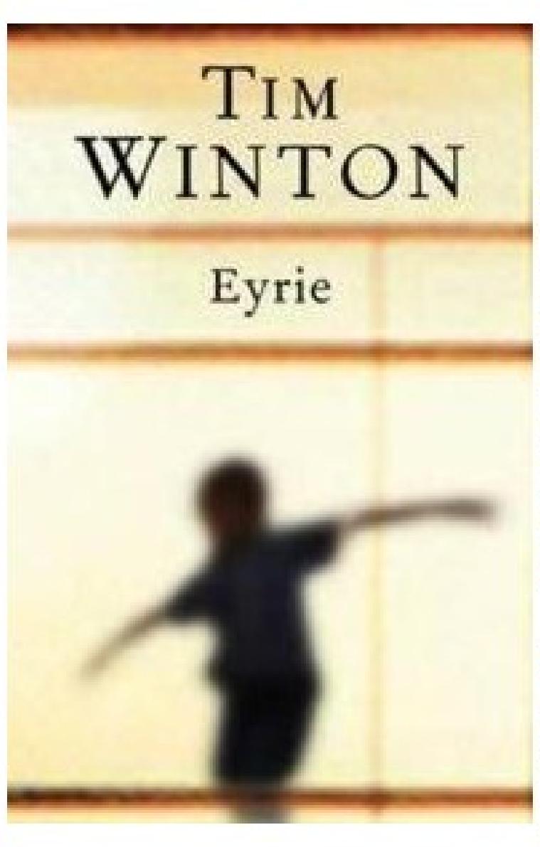


Bridget Jones : Mad About the Boy by Helen Fielding

When Helen Fielding first wrote Bridget Jones' Diary, charting the life of a 30-something singleton in London in the 1990s, she introduced readers to one of the most beloved characters in modern literature. The book was published in 40 countries, sold more than 15 million copies worldwide, and spawned a best-selling sequel, Bridget Jones: The Edge of Reason. The two books were turned into major blockbuster films starring Renée Zellweger, Hugh Grant and Colin Firth.

With her hotly anticipated third instalment, Bridget Jones: Mad About the Boy, Fielding introduces us to a whole new enticing phase of Bridget's life set in contemporary London, including the challenges of maintaining sex appeal as the years roll by and the nightmare of drunken texting, the skinny jeans, the disastrous email cc, total lack of twitter followers, and TVs that need 90 buttons and three remotes to simply turn on.

An uproariously funny novel of modern life, Bridget Jones: Mad About the Boy is a triumphant return of our favourite Everywoman. $32.99



Eyrie by Tim Winton

Tom Keely's reputation is in ruins. And that's the upside.
Divorced and unemployed, he's lost faith in everything precious to him. Holed up in a grim highrise, cultivating his newfound isolation, Keely looks down at a society from which he's retired hurt and angry. He's done fighting the good fight, and well past caring.

But even in his seedy flat, ducking the neighbours, he's not safe from entanglement. All it takes is an awkward encounter in the lobby. A woman from his past, a boy the likes of which he's never met before. Two strangers leading a life beyond his experience and into whose orbit he falls despite himself.

What follows is a heart-stopping, groundbreaking novel for our times – funny, confronting, exhilarating and haunting. Inhabited by unforgettable characters, Eyrie asks how, in an impossibly compromised world, we can ever hope to do the right thing. $45.00

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

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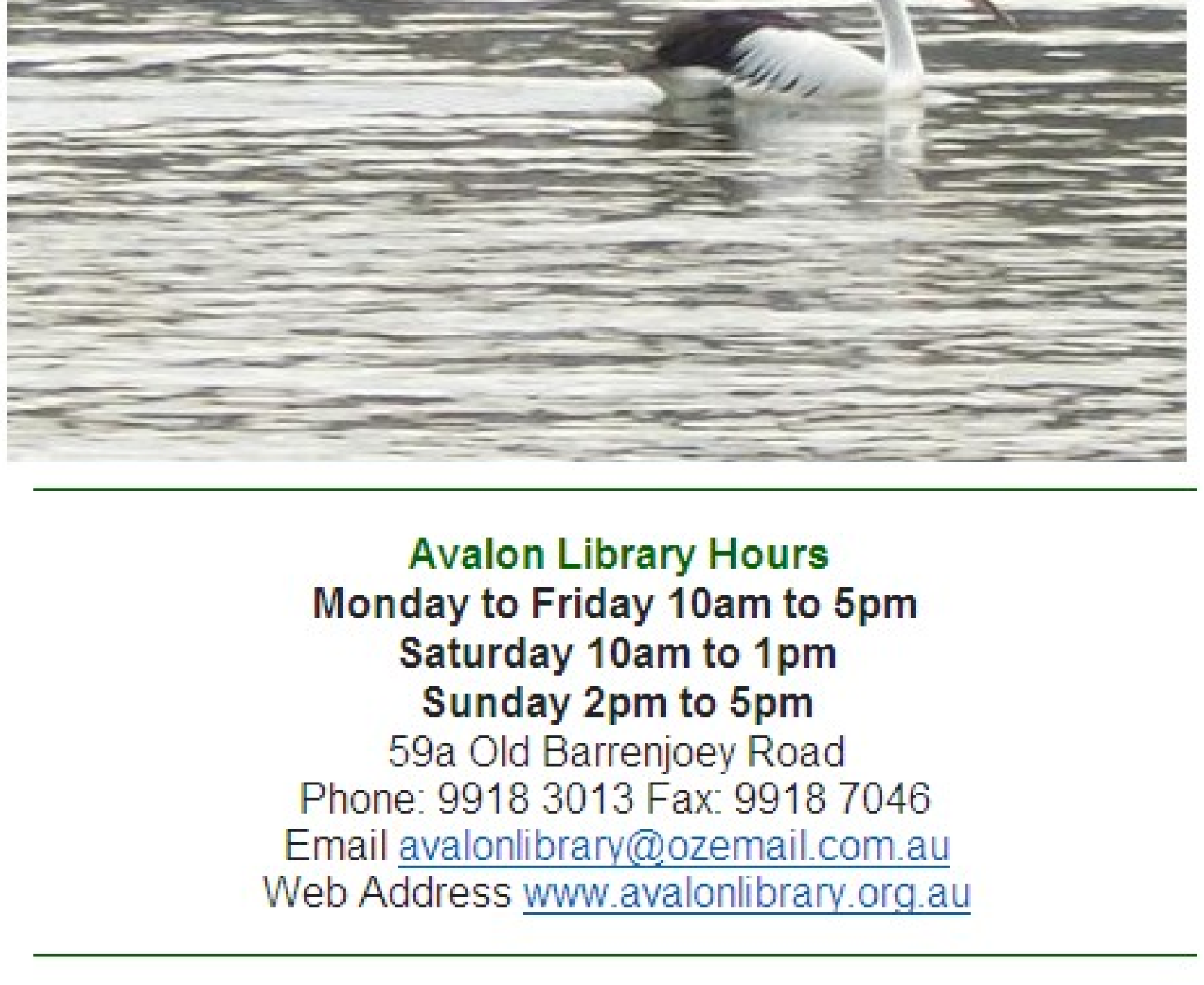


Avalon Library Hours
Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

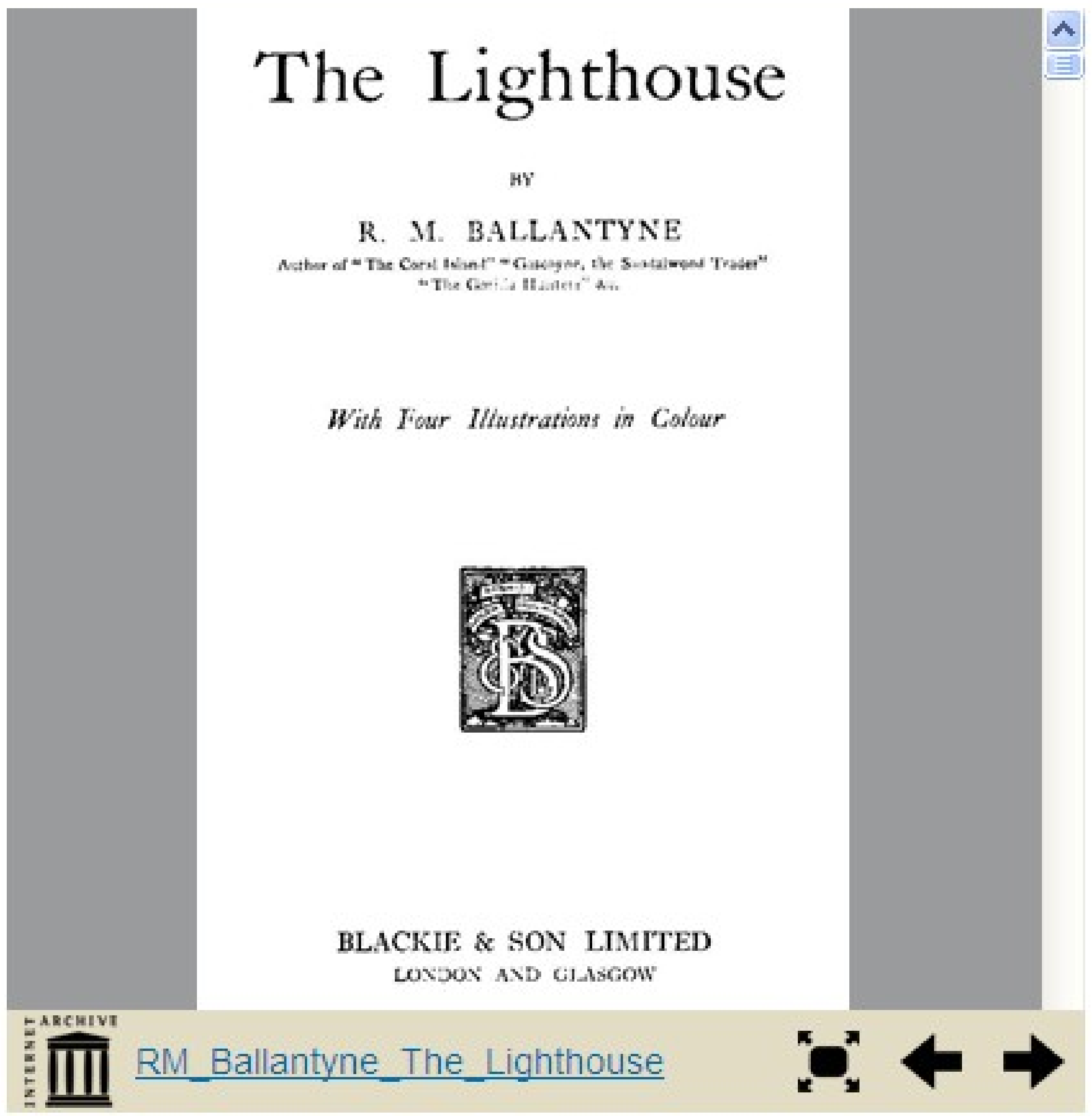
Pittwater Online News

Old Books: we will change these monthly.

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

The Lighthouse by RM Ballantyne

This is a good story wrapped round the building of the Bell Rock lighthouse, which lies in the Firth of Forth, the same water in which lies Leith, the port for Edinburgh. The architect in charge was Robert Stevenson, who was the father of the renowned writer, R.L. Stevenson. **First published in 1865.**



The Lighthouse

BY

R. M. BALLANTYNE

Author of "The Coral Island" "Gascoyne, the Sandalwood Trader" "The Gorilla Hunters" &c.

With Four Illustrations in Colour

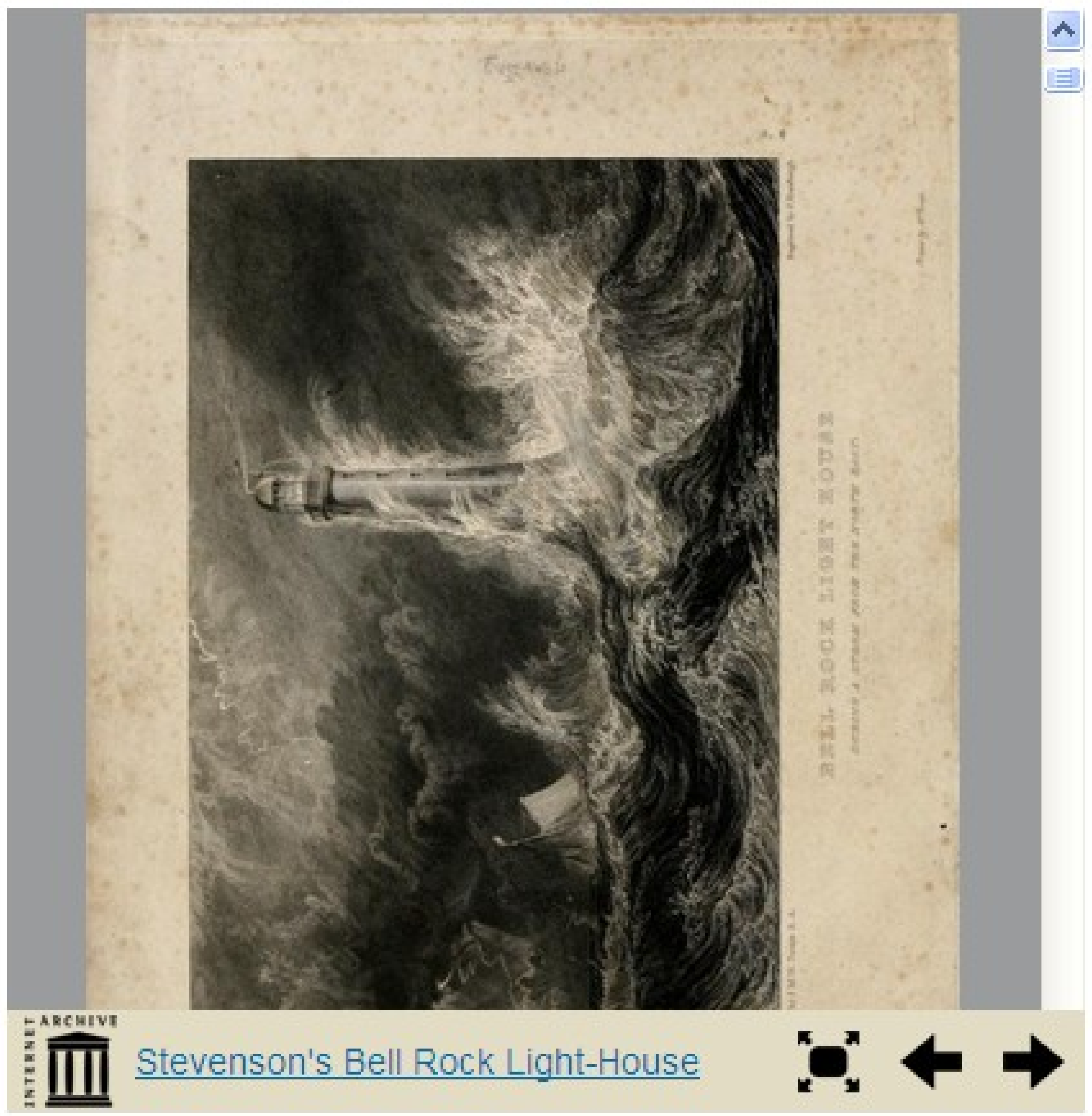
BLACKIE & SON LIMITED
LONDON AND GLASGOW

Internet Sacred Text Archive

Sacred Texts Website: http://www.sacred-texts.com/index.htm

Stevenson's Bell Rock Light-House (1824) - by Robert Stevenson

An account of the building of the Bell Rock Lighthouse including details of the erection and peculiar structure of the edifice.



Pittwater Online News

October 6 - 12, 2013: Issue 131

Avalon Beach Historical Society 30th Anniversary and 2013 Exhibition

AVALON BEACH
Copyright ABHS

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

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

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

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

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

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

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

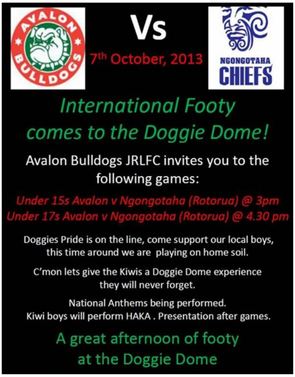
Admission will still only be $3 for adults and children free, no change over the last 15 years!!

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

From Avalon Beach Historical Society

Avalon Beach Historical Society: avalonbeachhistory.com.au

Manly Jazz Festival 5-7 October, 2013 Details HERE


AVALON BULLDOGS
NGONGOTAHA CHIEFS

Vs

7th October, 2013

International Footy comes to the Doggie Dome!

Avalon Bulldogs JRLFC invites you to the following games:

Under 15s Avalon v Ngongotaha (Rotorua) @ 3pm
Under 17s Avalon v Ngongotaha (Rotorua) @ 4.30 pm

Doggies Pride is on the line, come support our local boys, this time around we are playing on home soil.

C'mon lets give the Kiwis a Doggie Dome experience they will never forget.

National Anthems being performed.
Kiwi boys will perform HAKA . Presentation after games.

A great afternoon of footy at the Doggie Dome

PITTWATER COUNCIL
CELEBRATING 20 YEARS 1992-2012

MIND MATTERS!

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

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

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

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

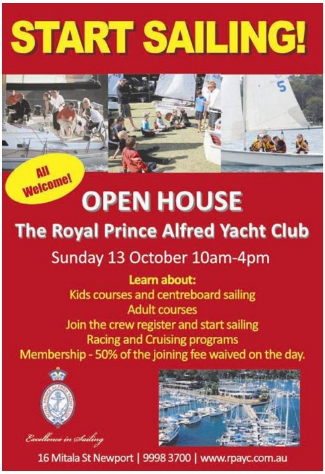
Library Manager Cathy Howie said Mental Health Month is an initiative of the Mental Health Association of NSW.

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

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

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

PITTWATER MODEL YACHT CLUB - Model Yacht



START SAILING!

All Welcome!

OPEN HOUSE

The Royal Prince Alfred Yacht Club

Sunday 13 October 10am-4pm

Learn about:
Kids courses and centreboard sailing
Adult courses
Join the crew register and start sailing
Racing and Cruising programs
Membership - 50% of the joining fee waived on the day.

Excellence in Sailing

16 Mitala St Newport | 9998 3700 | www.rpayc.com.au

Be Centre Fundraiser

Be Centre is a special place supporting children and families whose lives have been impacted by trauma such as Domestic Violence sexual abuse, neglect, bullying, divorce & Separation, illness and bereavement, impact of drugs and alcohol, anxiety, depression or other emotional or behavioural issues. We are based in Warriewood on the Northern Beaches.

A child's pain and suffering are often not outwardly visible and they may not have the words to express their experiences or feelings. Our unique Play and Creative Therapy programmes offer a safe environment for children to tell their stories, helping them make sense of what is happening on the inside to restore their trust and build self - confidence and resilience.

Be Centre advocates early intervention for children, to help them develop skills and strategies so they do not experience ongoing difficulties as a result of their trauma.

Be Centre is a registered charity and relies on the generosity of individuals and corporate Australia to ensure that we can assist the most vulnerable or needy children within our community – the demand for our services has never been greater.

To help raise the vital funds needed we are hosting a red carpet charity screening of the new Marvel comic movie- "THOR – The Dark World", staring Chris Hemsworth which will be held in the Grand Theatre at United Cinemas Warriewood on Thursday 31st October.

It will be a real stellar night with the evening hosted by local sporting personality Nici Andronicus – the evening will commence at 6.30pm with pre movie drinks. The night will have lots of surprises including the opportunity to win some great door prizes. In a nod to Halloween for those who are game we will also have prizes for the best superhero outfit – for the rest of us it we can dress in smart casual. We hope to raise in excess of $5,000 on the night.

For further information or to reserve tickets please call Gailene Keen on 9986 0990 or go to the www.becentre.org.au

MARVEL

THOR

THE DARK WORLD

Charity red carpet screening

THURSDAY 31 OCTOBER 2013
RSVP by 25 October 2013

BE CENTRE
healing through play therapy

MONA VALE LIBRARY

A FACILITY OF PITTWATER COUNCIL

Racing - 8th of October, 2013

Twilight series Tuesdays Rowland Reserve Start Times October to March (Daylight Saving) 5.30 pm, April and September 4.30 pm, May and August 3.30 pm, June and July 3pm)

Pittwater Model Yacht Club started over 10 years ago and has for the most part sailed in Crystal Bay near the Royal Prince Alfred yacht Club. Over the years the bay become cluttered with moorings and in this new season the club will be sailing from Rowland Reserve on the other side of Pittwater (see Venue)

The club sails International One Metre radio controlled yachts (see The Boats page). Radio sailing is a sport for both sexes and all ages from primary schoolkids to septuagenarians and wheelchair sailors: all can compete on even terms.

In summer during daylight saving our club sails on Tuesday evenings with an official start time as above though there are usually members around from half to one hour before. Visitors are especially welcome. We have a break from Christmas until the first Tuesday after the January long weekend. In Autumn and Winter the start time is made earlier to suit the light.

See more at: http://www.pmyc.org.au/

BROOKVALE
SHOW
SAT 19 OCT
10AM - 5PM
BROOKVALE OVAL
FREE ENTRY

WARRINGAH.NSW.GOV.AU

WARRINGAH

Brookvale Show - Saturday, October 19, 2013 - 10:00am to 5:00pm

It's Showtime! FREE Things to See & Do

Aerial Silk Acrobatics; All day performances with Have A Go Workshops at 11.00am - 12.00pm & 2.30pm - 3.30pm; Flair Freestyle Motorbike Demonstrations; 10:45am, 1:00pm, 3:00pm, 4:30pm- Strong Man Competition (Main Arena); 3:30 - 5:00pm; Wood Chopping; Sheep Sheariing; Circus Playground; Trackless Train Ride; Free Style Motorbikes; Animal Farm; Strong Man Competition; Cow Milking; Horse Show Jumping; Craft for Kids; Roving Characters; Chickens; Worm Farm; Waste Education; Edible Plant Display; Plant Giveaways; Australian Wildlife Display; Brookie Barista Competition presented by Danes Gourmet Coffee; Registrations open from 10.00am - open to all amateur baristas! - Competition Heats from 11.00am - 3.30pm

Free Stage Entertainment

10.30am Pile Groove n Shuffle

11.15am NBSC Offbeat Band

12.00pm James Willing

1.00pm Manly Sea Eagles Cheerleaders

1.30pm St Augustine's College Stage band

2.45pm Hannah Darling & Danny Ross from the VOICE

4.00pm - Vicky Turner Band

Kids Rides $5 each or 5 rides for $20

Crazy Cars; Pirate Ship; Jumping Castle; Crazy Flyer; Flying Elephants; Pony Rides;

Thrill Rides $7 each or 5 rides for $30

Hurricane; Body Rock; Sizzler; Round Up; Bungees; Super Slide;

Fun Extras

Side Show Alley; Show Bags; Food Stalls; Face Painting; Preserving Demonstrations; Warringah Aquatic Centre Water Balls; Warringah Recreation Play Centre; Freestyle Motorbikes

Freestyle Trials is a new, high energy action sport crossing the boundaries of traditional trials, BMX and Freestyle MotoX. Flair Riders will test their skills on both Gas Gas trials motorcycles and Echo trials bicycles, pushing it to the limit and having a laugh along the way. Tricks like 180's, stalls, transfers, fakies and even backflips will be performed just meters from the crowd so get ready to make lots of noise and feel the rush of

Authors @ Mona Vale Library- Forthcoming Events- October to December, 2013

October

Monday 14 October – Michael Hussey – “Underneath the Southern Cross”- International Australian cricketer who finally was selected in the Test team at age 30, AT MONA VALE MEMORIAL HALL – FREE, Bookings still essential.

November

Wednesday 6 November – Tom Keneally - “Shame and the Captives”

a novel set around the detention of enemy combatants in Cowra.

December

Wednesday 4 December – Mike Carlton – “First Victory” a comprehensive look at the Royal Australian Navy a century ago and their first victory at sea.

Thursday 5 December – Paul McNamee - “Game Changer” a memoir of top international tennis player who conquered Wimbledon and the Australian Open with his doubles partner, Peter McNamara.

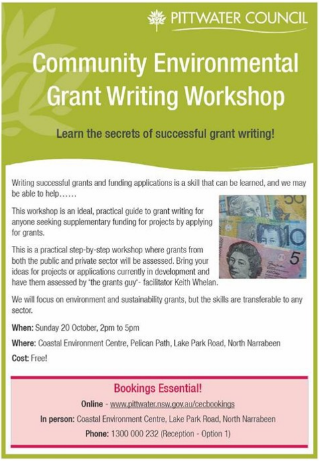
All talks commence at 6.30pm and bookings are essential. Tel. 9970 1600 and payment within 3 days is required as confirmation.

Cost of talks with the exception of Michael Hussey talk - $8.00 & $6.00 – concession for Pensioner & Students. Cards must be shown for concession.

ALL TALKS FREE FOR ALL SCHOOL STUDENTS

The above talks will be held at Mona Vale Library, Park Street,

Mona Vale with the exception of Michael Hussey talk which will be held at Mona Vale Memorial Hall.



PITTWATER COUNCIL

Community Environmental Grant Writing Workshop

Learn the secrets of successful grant writing!

Writing successful grants and funding applications is a skill that can be learned, and we may be able to help……

This workshop is an ideal, practical guide to grant writing for anyone seeking supplementary funding for projects by applying for grants.

This is a practical step-by-step workshop where grants from both the public and private sector will be assessed. Bring your ideas for projects or applications currently in development and have them assessed by ‘the grants guy’- facilitator Keith Whelan.

We will focus on environment and sustainability grants, but the skills are transferable to any sector.

When: Sunday 20 October, 2pm to 5pm

Where: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings

In person: Coastal Environment Centre, Lake Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

The UK’s Royal Marines Band to perform in Sydney

The Band of Her Majesty’s Royal Marines are joining the Royal Australian Navy’s International Fleet Review celebrations with a one night only performance at **Sydney’s Capitol Theatre on 9 October; a concert in support of Australian military charity Mates4Mates.**

Famed for their performances at the Edinburgh Military Tattoo and around the world, the UK’s Royal Marines Band will showcase their acclaimed musical versatility and precision marching; performing military classics to jazz and big band favourites, music from the big screen and superb solo items.

adrenaline!

Flair Riders are the best in Australia, from Junior Australian Trials Champions, Trials Des Nation Competitors and even the World Freestyle Trials Champion. All riders are at the top of their game and excited to show the crowds what Freestyle Trials is all about.

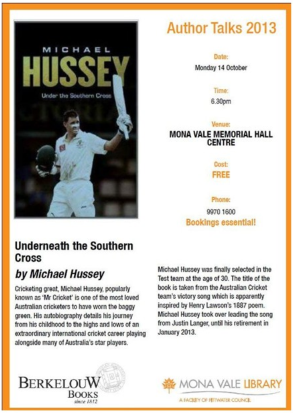
History of the Brookvale Show

Brookvale Park has a special place in the history of Warringah and turned 100 in 2011. Home to the Brookvale Agricultural Show, which ran from the 1920s to the 80s, it was once considered the warm-up event for the Royal Easter Show.

The Brookvale Show began in 1921. It was an agricultural and horticultural show that was widely seen as a rehearsal for the Royal Easter Show. Brookvale and surrounding areas were mainly farm land and farmers used to the events to showcase their produce and livestock. The first show also included a “Walk, Trot and Gallop” race between councillors and aldermen.

Over the next few decades, the Show became hugely popular and went over three days and two nights. In 1961, a crowd of 30,000 watched displays such as Australia’s largest ferris wheel, trotting, marching girls and surf lifesaving displays.

Warringah Council brought back the Brookvale Show to celebrate the centenary, it was a huge success attracting more than 10,000 people. In 2012, it returned by popular demand and more than 15,000 attended. The new Brookvale Show features some of the animals that children love as well as exciting rides for older kids and historical displays for the adults. It's fun and free!


MICHAEL
HUSSEY
Under the Southern Cross

Author Talks 2013

Date:
Monday 14 October

Time:
6.30pm

Venue:
MONA VALE MEMORIAL HALL CENTRE

Cost:
FREE

Phone:
9970 1600
Bookings essential!

Underneath the Southern Cross

by Michael Hussey

Cricketing great, Michael Hussey, popularly known as ‘Mr Cricket’ is one of the most loved Australian cricketers to have worn the baggy green. His autobiography details his journey from his childhood to the highs and lows of an extraordinary international cricket career playing alongside many of Australia’s star players.

Michael Hussey was finally selected in the Test team at the age of 30. The title of the book is taken from the Australian Cricket team’s victory song which is apparently inspired by Henry Lawson’s 1887 poem. Michael Hussey took over leading the song from Justin Langer, until his retirement in January 2013.

BERKELOUW BOOKS since 1812

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

TALL SHIPS OF THE WORLD
INTERNATIONAL FLEET REVIEW

IFR at the museum

3 - 11 October

The Australian National Maritime Museum will come alive during the International Fleet Review with a festival program for the whole family, including international tall ship open days, day sails on board replica HMB Endeavour, performances by international Navy bands, children’s activities and as an official part of the IFR Spectacular light show and fireworks display.

http://www.anmm.gov.au/ifr

International tall ships open days

Sunday 6 and Monday 7 October

At the museum wharves

Climb aboard over 10 visiting tall ships, large and small, from Australia, United Kingdom, New Zealand and Netherlands as part of the International Tall Ship Festival at the Australian National Maritime Museum. Pre-purchase tickets via Ticketek http://www.anmm.gov.au/ifr

Speaking about the Australian tour, Director of Music for the Royal Marines School of Music, Major Jase Burcham RM said:

"A Royal Marines Band has not performed in Australia in a very long time so we are thrilled to be bringing a number of musical ensembles to Sydney. Our musicians are looking forward to performing at the Capitol Theatre and working with members of the Royal Australian Navy Band throughout the centenary celebrations. Most of us join the Royal Marines Band Service for the opportunity to play music and travel the world. This visit to Sydney certainly achieves those aims!"

British High Commissioner to Australia, His Excellency Paul Madden said:

"We are delighted to see one of the world's finest military bands performing in Australia. I am sure Australian audiences are going to enjoy the famous traditional marches and overtures that have proved such a hit over the years."

The 90 minute concert featuring 40 musicians will showcase the skill of the Royal Marines acquired through years of training in both the classroom and on the parade square.

Supported by British Airways, the Royal Marines Band are in Australia as part of the International Fleet Review. A portion of ticket proceeds will be donated to Mates4Mates.

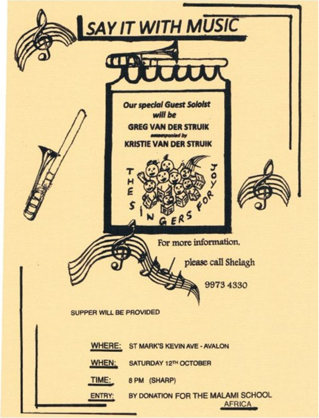
Further Information:

- Concert details: **9 October 2013 at 7.30pm, Capitol Theatre Sydney**

Tickets are now on sale starting from $49.00. Buy tickets through Ticketmaster

- International Fleet Review: Visit the International Fleet Review website

- Mates4Mates is a charity organisation that supports wounded Australian service personnel and their families. For more information see www.mates4mates.org .



SAY IT WITH MUSIC

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

For more information,
please call Shelagh
9973 4330

SUPPER WILL BE PROVIDED

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

PITTWATER COUNCIL

CELEBRATING 20 YEARS 1992-2012

Birding Morning - 20th Oct 2013, 7:45am - 10am

Join us on a guided walk through the beautiful Deep Creek with our local bird expert for a morning of discovery. Whether you're a keen bird enthusiast or just want to learn more about our amazing birds the event is sure to please all the family.

We will meet early to make the most of the morning chorus followed by morning tea by the creek.

Where: Meeting point confirmed upon booking. Cost: Free! . Bring: Morning tea, drink and water bottle, Sturdy shoes, Appropriate clothing, Sunscreen and a hat, Binoculars and camera are optional.

Warship open days - SOLD OUT

Sunday 6 and Monday 7 October

Barangaroo and Garden Island

Climb aboard Australian and foreign warships at Barangaroo and Garden Island as part of the IFR celebrations. Take a guided tour of the vessels and enjoy a range of exciting displays from Navy Indigenous Dancing, to RAN Clearance Divers, Patrol Boats, Helicopters and RAN Bands. Pre-purchase tickets via Ticketek http://bit.ly/ifrwarships

HMB Endeavour IFR day sails

Tuesday 8 or Wednesday 9 October

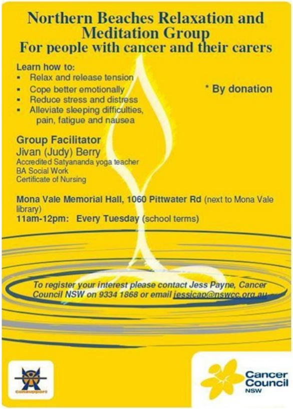
Don't miss out, book now

Get in quick to secure your place on board the magnificent replica HMBEndeavour for a harbour sail during the International Fleet Review. Enjoy food, entertainment and activities for the family, and the best vantage points to take in IFR activities on the water. Book now, places are filling quickly http://www.anmm.gov.au/ifr

HMB Endeavour five day voyage

10 - 14 October | Applications now open

Due to popular demand, an additional voyage has been added to our International Fleet Review schedule. Begin this five day voyage by farewelling the visiting IFR tall ships as they begin their race to Auckland on 10 October. The captain will then set sail to explore more of the NSW coast as Cook did over 250 years ago. Apply online: http://www.anmm.gov.au/ifr



Northern Beaches Relaxation and Meditation Group
For people with cancer and their carers

Learn how to:
- Relax and release tension
- Cope better emotionally
- Reduce stress and distress
- Alleviate sleeping difficulties, pain, fatigue and nausea

* By donation

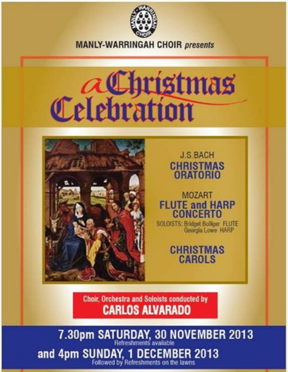
Group Facilitator
Jivan (Judy) Berry
Accredited Satyananda yoga teacher
BA Social Work
Certificate of Nursing

Mona Vale Memorial Hall, 1060 Pittwater Rd (next to Mona Vale library)
11am-12pm: Every Tuesday (school terms)

To register your interest please contact Jess Payne, Cancer Council NSW on 9334 1868 or email jessicap@nswcc.org.au

cansupport

Cancer Council NSW



MANLY-WARRINGAH CHOIR *presents*

a Christmas Celebration

J.S.BACH
CHRISTMAS ORATORIO

MOZART
FLUTE and HARP CONCERTO
SOLOISTS: Bridget Bolliger FLUTE
Georgia Lowe HARP

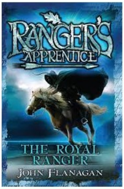
CHRISTMAS CAROLS

Choir, Orchestra and Soloists conducted by
CARLOS ALVARADO

7.30pm SATURDAY, 30 NOVEMBER 2013
Refreshments available
and 4pm SUNDAY, 1 DECEMBER 2013
Followed by Refreshments on the lawns

Bookings Essential! Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Author Talk at Mona Vale - John Flanagan - 17th Oct 2013, 4:30pm - 6pm



John Flanagan, author of the bestselling 'Ranger's Apprentice' series will be talking about his latest and final book of the series, "The Royal Ranger"

This is a FREE event organised by Mona Vale Library and Berkelouw Books, Mona Vale. Bookings are required tel. 9970 1600 at Mona Vale Library or 9979 2112 at Berkelouw Books . Venue: Mona Vale Memorial Hall

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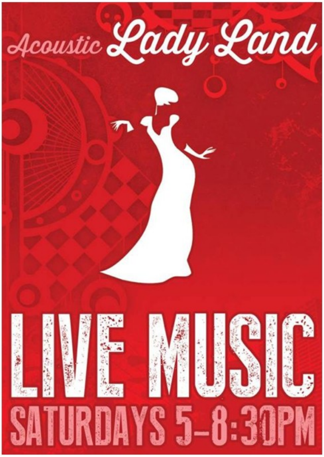
Avalon RSL



Acoustic Lady Land

LIVE MUSIC

SATURDAYS 5-8:30PM

REKORDERLIG CIDER

Canadian Club

PRESENTS

ROSS WILSON

SUNSET ACOUSTIC SET ON THE WATERFRONT IN NEWPORT ARMS BEERGARDEN

FREE ENTRY

CARDINAL CERRETTI CHAPEL, DARLEY RD MANLY
(parking opposite in St Paul's College)

Bookings online www.manlywarringahchoir.org.au or ring 9953 2443 or 0432 656 798
Adults $40, Concession $35, Students $15, Children under 12 free with booking
Premium seats: additional $5

Margaret Zanardo Graphic Designer 9970 6628

SYDNEY Roosters

NRL TELSTRA PREMIERSHIP

MANLY WARRINGAH SEA EAGLES

2013 GRANDFINAL

SUNDAY 6TH OCTOBER

GET READY FOR A COCK FIGHT!

LIVE ON THE NEW IMPROVED BIG SCREEN

FREE PIES AND SAUSAGE ROLLS AT HALF TIME

FREE CORONA HAT WITH CORONA BUCKET PURCHASE.

7PM KICKOFF

Narrabeen RSL

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

PALM BEACH SAILING CLUB

BEWARE THE BULLETS REGATTA

Saturday-Sunday November 9-10 2013
Sand Point Beach, Palm Beach NSW
NOR - download at www.pbsc.org.au

Open to all off the beach catamarans – divisions will be created after close of registration Saturday 10am.

Entry fees:
Two crew boat $80
Single handed boat $60
Youth team $60
Sat evening festive dinner at The Palm Beach Club $20 ea.

WITH SPECIAL GUESTS

SATURDAY 9 NOVEMBER 4PM

VOODOO SONS

PRE-CONCERT LONG LUNCH PACKAGE

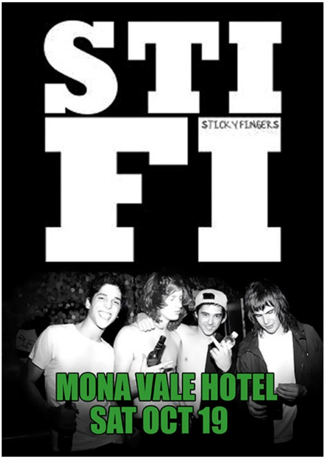
Why not make a special day of it and enjoy a scrumptious 3 course dining package at The Terrace on Pittwater restaurant for a long lunch prior to the **FREE** concert.

PACKAGES ONLY $55PP

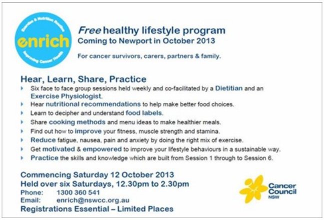
To book or request a menu - call **9997 4900**

The Arms
NEWPORT HOTEL

NEWPORT ARMS HOTEL, 2 KALINYA STREET
WWW.NEWPORTARMS.COM.AU WWW.FACEBOOK.COM/NEWPORTARMSHOTEL



MONA VALE HOTEL
SAT OCT 19



Free healthy lifestyle program
Coming to Newport in October 2013

For cancer survivors, carers, partners & family.

Hear, Learn, Share, Practice

- Six face to face group sessions held weekly and co-facilitated by a **Dietitian** and an **Exercise Physiologist**.
- Hear **nutritional recommendations** to help make better food choices.
- Learn to decipher and understand **food labels**.
- Share **cooking methods** and menu ideas to make healthier meals.
- Find out how to **improve** your fitness, muscle strength and stamina.
- **Reduce** fatigue, nausea, pain and anxiety by doing the right mix of exercise.
- Get **motivated** & **empowered** to improve your lifestyle behaviours in a sustainable way.
- **Practice** the skills and knowledge which are built from Session 1 through to Session 6.

Commencing Saturday 12 October 2013
Held over six Saturdays, 12.30pm to 2.30pm
Phone: 1300 360 541
Email: enrich@nswcc.org.au
Registrations Essential – Limited Places

enrich
Cancer Council NSW

Get your bowls out cos' it's here at last!

Narrabeen RSL
Memorial and Recreational Club Ltd

presents

BAREFOOT BOWLS

Registration:
Saturday 9th November
Sand Point Beach 08:00-10:00

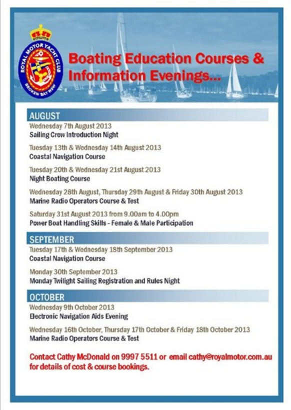
Briefing:
Sand Point Beach 11:00

For assistance with accommodation contact secretary@pbsc.org.au

Proudly Sponsored By

Hobie
Paddle Pedal Sail
Water Sports | Kayaking | Sailing | Beach Gear

WWW.PBSC.ORG.AU / P.O. BOX 120 MONA VALE NSW 1660



Boating Education Courses & Information Evenings...

AUGUST

Wednesday 7th August 2013
Sailing Crew Introduction Night

Tuesday 13th & Wednesday 14th August 2013
Coastal Navigation Course

Tuesday 20th & Wednesday 21st August 2013
Night Boating Course

Wednesday 28th August, Thursday 29th August & Friday 30th August 2013
Marine Radio Operators Course & Test

Saturday 31st August 2013 from 9.00am to 4.00pm
Power Boat Handling Skills - Female & Male Participation

SEPTEMBER

Tuesday 17th & Wednesday 18th September 2013
Coastal Navigation Course

Monday 30th September 2013
Monday Twilight Sailing Registration and Rules Night

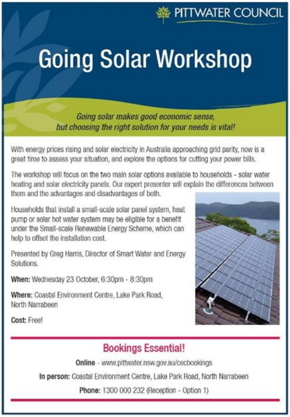
OCTOBER

Wednesday 9th October 2013
Electronic Navigation Aids Evening

Wednesday 16th October, Thursday 17th October & Friday 18th October 2013
Marine Radio Operators Course & Test

Contact Cathy McDonald on 9997 5511 or email cathy@royalmotor.com.au for details of cost & course bookings.

ROYAL MOTOR YACHT CLUB BROKEN BAY NSW



PITTWATER COUNCIL

Going Solar Workshop

Going solar makes good economic sense, but choosing the right solution for your needs is vital!

With energy prices rising and solar electricity in Australia approaching grid parity, now is a great time to assess your situation, and explore the options for cutting your power bills.

The workshop will focus on the two main solar options available to households - solar water heating and solar electricity panels. Our expert presenter will explain the differences between them and the advantages and disadvantages of both.

Households that install a small-scale solar panel system, heat pump or solar hot water system may be eligible for a benefit under the Small-scale Renewable Energy Scheme, which can help to offset the installation cost.

Presented by Greg Harris, Director of Smart Water and Energy Solutions.

When: Wednesday 23 October, 6:30pm - 8:30pm

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings

In person: Coastal Environment Centre, Lake Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

ACOUSTIC CARAVAN AND AVALON BEACH RSL PRESENTS

OPEN

Quick Everyone! Let's take off our Paan... Err...I mean Shoes!!!

Lose the shoes, not your pants!

NOW ON!

Just roll up or Call to book

Ask staff for details.

Mon - Fri $5 Members : $10 Non Members

Sat & Sun $15 : includes Laguna Grill hamburger

WOMEN OF SOUL Dinner Show on Saturday 12 October!!

A Tribute to Soul Divas 'Women of Soul' starring Mindy Kwanten & Evie J Willie is at the Club on Saturday 12th October.

This special performance features Deni Hines, Casey Donovan & Angel Tupai and will also include a special 2 Course Menu by Executive Chef, Paul Sanders. Tickets are $55 for this dinner show so be quick!! Ticket bookings phone 02 9997-3833

Melbourne Cup

avalon beach rsl club
tue 5th nov 12:30-3:30pm

GOURMET SEAFOOD BUFFET
CANAPES ON ARRIVAL
3HR PREMIUM DRINKS PACKAGE
ON SITE TAB FACILITIES & SWEEPS
OUTDOOR SEATING & RACE VIEWING
LIVE MUSIC - FULL TABLE SERIVCE
TICKETS $95 - BOOK NOW

WEDNESDAY NIGHTS FROM 7.30PM

ALL ACTS WELCOME!
BANDs, DUOs, SOLOs & MORE!

Contact Russell at songsonstage@gmail.com or Raoul on 0417 692 349 to perform!

AVALONBEACHRSLCLUB
avalonrsl.com.au

Rhonda Burchmore to jazz up Twilight Concert – Ku-ring-gai Council

Pack a picnic and join us for the second Twilight Concert themed 'All that jazz' at Killara's Selkirk Park on Saturday 19 October, 5pm - 8pm.

The free concert will feature acclaimed performer Rhonda Burchmore, along with the Ray Alldridge Jazz Ensemble and jazz band Galapagos Duck performing 50's & 60's jazz hits.

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:

Bay of Islands NZ Adventure Paddle - Nov 16 to 24

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Motorua Island, the second largest in the Bay. Learn rock gardening and kayak surfing - great fun and easy to do. Our two qualified instructors will show you how. Climaxed with a full day of tall ship cruising. Led by Adrian Clayton. Amazing value at $1,998

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

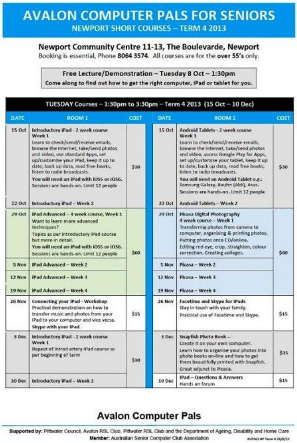
LIMITED TICKETS AVAILABLE

IN CASE OF RAIN, EVENT WILL BE HELD IN THE AUDITORIUM
DRINKS PACKAGE INCLUDES SELECTED PREMIUM BOTTLED BEERS, PREMIUM RED, WHITE AND SPARKLING WINES, JUICES AND SOFT DRINKS. VIEWAVALONRSL.COM.AU FOR FULL DETAILS

BOOK NOW

BOOK A TABLE OF 10 OR MORE AND RECEIVE $5 OFF EACH TICKET
BOOK ONLINE AT AVALONRSL.COM.AU OR VISIT CLUB RECEPTION

avalonrsl.com.au


AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013

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

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	**Introductory iPad - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	15 Oct	**Android Tablets - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet e.g.:** Samsung Galaxy, Bauhn (Aldi), Asus. Sessions are hands-on. Limit 12 people	$30
22 Oct	**Introductory iPad – Week 2**		22 Oct	**Android Tablets – Week 2**	
29 Oct	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	29 Oct	**Picasa Digital Photography 4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
5 Nov	**iPad Advanced – Week 2**		5 Nov	**Picasa – Week 2**	
12 Nov	**iPad Advanced – Week 3**		12 Nov	**Picasa – Week 3**	
19 Nov	**iPad Advanced – Week 4**		19 Nov	**Picasa – Week 4**	
26 Nov	**Connecting your iPad - Workshop** Practical demonstration on how to transfer music and photos from your iPad to your computer and vice versa. **Skype with your iPad.**	$15	26 Nov	**Facetime and Skype for iPads** Stay in touch with your family. Practical use of Facetime and Skype.	$15
3 Dec	**Introductory iPad - 2 week course Week 1** Repeat of Introductory iPad course as per beginning of term	$30	3 Dec	**Snapfish Photo Book –** Create it on your own computer. Learn how to organise your photos into photo books on-line and how to get them beautifully printed with Snapfish. Great adjunct to Picasa.	$15
10 Dec	**Introductory iPad – Week 2**		10 Dec	**iPad – Questions & Answers** Hands on forum	$15

Avalon Computer Pals

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

AVPALS NP Term 4 28/8/13

Royal Motor Yacht Club
Broken Bay NSW Phone: 9997 5511

Timber Boat Festival 2013
Saturday 2nd & Sunday 3rd November
10.00am to 4.00pm
46 Prince Alfred Parade, Newport

Proudly sponsored by

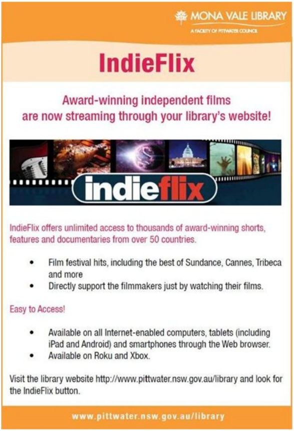
ROYAL MOTOR YACHT CLUB
BROKEN BAY
R.M.Y.C.
TIMBER BOAT DIVISION

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au


MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

IndieFlix

Award-winning independent films are now streaming through your library's website!

IndieFlix offers unlimited access to thousands of award-winning shorts, features and documentaries from over 50 countries.

- Film festival hits, including the best of Sundance, Cannes, Tribeca and more
- Directly support the filmmakers just by watching their films.

Easy to Access!

- Available on all Internet-enabled computers, tablets (including iPad and Android) and smartphones through the Web browser.
- Available on Roku and Xbox.

Visit the library website http://www.pittwater.nsw.gov.au/library and look for the IndieFlix button.

www.pittwater.nsw.gov.au/library

CONVICT SYDNEY
EXHIBITION ON NOW

Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street …

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.

PITTWATER COUNCIL
CELEBRATING 20 YEARS 1992-2012

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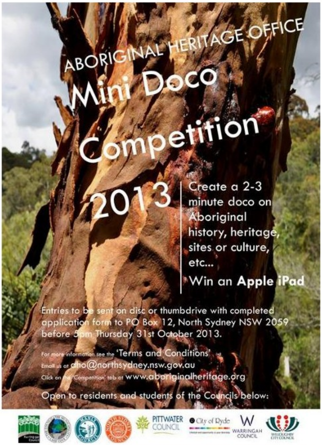
NAUTILUS MARINE
AFLOAT
SLAM ADVANCED TECHNOLOGY SPORTSWEAR
NM NEWPORT MARINE SERVICES
Andrew Moore MARINE
The Manly Daily



ABORIGINAL HERITAGE OFFICE

Mini Doco Competition 2013

Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...

Win an **Apple iPad**

Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.

For more information see the 'Terms and Conditions'

Email us at aho@northsydney.nsw.gov.au

Click on the 'Competition' tab at www.aboriginalheritage.org

Open to residents and students of the Councils below:

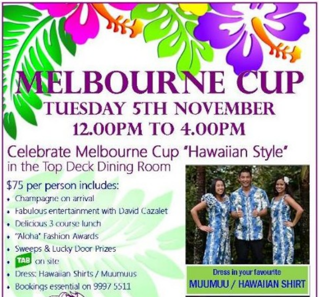
MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

Next meeting: When: Saturday 12 October 2013, 2.30pm

Where: Mona Vale Library- Topic: The Irish Boys at Burnside; Speaker: Dr Keith Amos

Please note the November meeting also - Zoe Pollock speaking on The History Council of NSW, also at Mona Vale Library, 2.30pm on Saturday 9 November.

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



MELBOURNE CUP

TUESDAY 5TH NOVEMBER

12.00PM TO 4.00PM

Celebrate Melbourne Cup "Hawaiian Style" in the Top Deck Dining Room

$75 per person includes:

- Champagne on arrival
- Fabulous entertainment with David Cazalet
- Delicious 3 course lunch
- "Aloha" Fashion Awards
- Sweeps & Lucky Door Prizes
- TAB on site
- Dress: Hawaiian Shirts / Muumuus
- Bookings essential on 9997 5511

Dress in your favourite
MUUMUU / HAWAIIAN SHIRT

Storytime for preschoolers

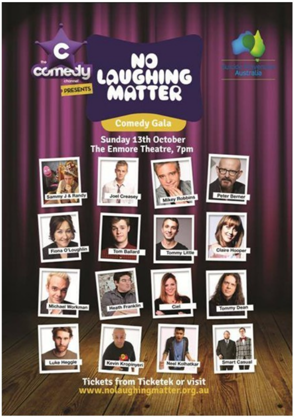
Held every Wednesday morning at Avalon Library 10:30am - 11am

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



The Comedy Channel PRESENTS

NO LAUGHING MATTER

Comedy Gala

Sunday 13th October

The Enmore Theatre, 7pm

Tickets from Ticketek or visit www.nolaughingmatter.org.au

Suicide Prevention Australia
Sammy J & Randy
Joel Creasey
Mikey Robbins
Peter Berner
Fiona O'Loughlin
Tom Ballard
Tommy Little
Claire Hooper
Michael Workman
Heath Franklin
Ciel
Tommy Dean
Luke Heggie
Kevin Kropinyeri
Neel Kolhatkar
Smart Casual

Will Anderson at DYRSL

WIL ANDERSON
GOODWIL

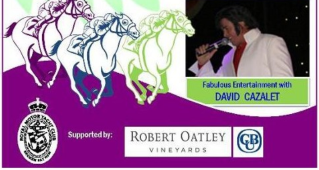
Will Anderson is now on sale at DYRSL. Don't miss out on a world class comedian. Will Anderson is a 3 time winner of the People's Choice Award at the Melbourne Comedy Festival.

Friday 11th October, doors open 7:30pm.

Tickets available by calling reception on 9454 4000 or online at http://www.dyrsl.com.au/Entertainment/ticketed.cfm

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



Pittwater Camera Club

More at: [Profile](#) and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday October 14
Our members have been given the very hard task of capturing time – without including clocks or other timepieces. Gavin Roberts will determine the winner of this novel competition. Free for visitors to the club.

Monday October 28 – TBA

November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

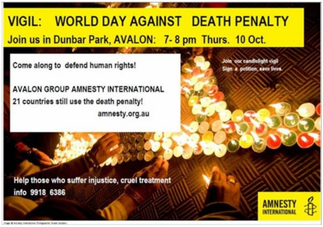
Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

OPERA AUSTRALIA
2014 Subscriptions
Now On Sale

Sydney Opera House - 2014 Season

Lecherous womanising. Candy coloured bikinis. Aching nostalgia. Nine metre serpents. See it all in Opera Australia's 2014 season of opera.

Visit www.opera-australia.org.au/



VIGIL: WORLD DAY AGAINST DEATH PENALTY

Join us in Dunbar Park, AVALON: 7- 8 pm Thurs. 10 Oct.

Come along to defend human rights!

AVALON GROUP AMNESTY INTERNATIONAL

21 countries still use the death penalty!

amnesty.org.au

Join our candlelight vigil
Sign a petition, save lives.

Help those who suffer injustice, cruel treatment

info 9918 6386

AMNESTY INTERNATIONAL

www.avpals.com or or phone 02 8064 3574

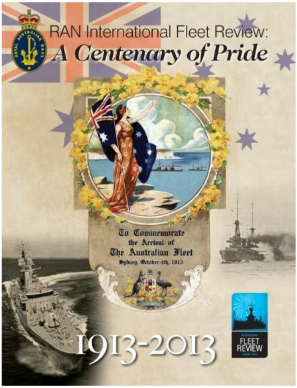
MAHJONG - AVALON ACTIVE SENIORS GROUP

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.

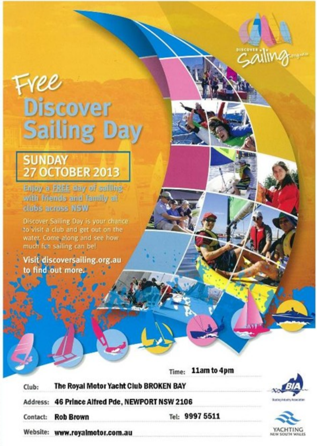
Barrenjoey Lighthouse Tours

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.

Manly Art Gallery & Museum
MANLY ARTS FESTIVAL



MONSTER
SPRING



Discover Sailing

Free Discover Sailing Day

SUNDAY
27 OCTOBER 2013

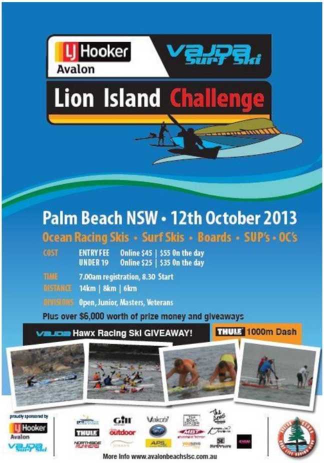
Enjoy a FREE day of sailing with friends and family at clubs across NSW

Discover Sailing Day is your chance to visit a club and get out on the water. Come along and see how much fun sailing can be!

Visit discoversailing.org.au to find out more.

Time: 11am to 4pm
Club: The Royal Motor Yacht Club BROKEN BAY
Address: 46 Prince Alfred Pde, NEWPORT NSW 2106
Contact: Rob Brown Tel: 9997 5511
Website: www.royalmotor.com.au

BIA
YACHTING
NEW SOUTH WALES



LJ Hooker Avalon

Vajda Surf Ski

Lion Island Challenge

Palm Beach NSW • 12th October 2013

Ocean Racing Skis • Surf Skis • Boards • SUP's • OC's

COST ENTRY FEE Online $45 | $55 On the day
UNDER 19 Online $25 | $35 On the day
TIME 7.00am registration, 8.30 Start
DISTANCE 14km | 8km | 6km
DIVISIONS Open, Junior, Masters, Veterans

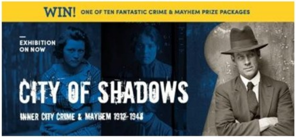
Plus over $6,000 worth of prize money and giveaways

Vajda Hawx Racing Ski GIVEAWAY!

THULE 1000m Dash

proudly sponsored by

More Info www.avalonbeachslsc.com.au

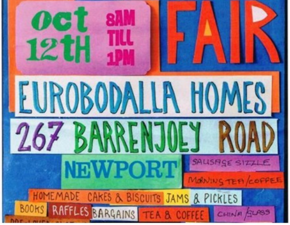


WIN! ONE OF TEN FANTASTIC CRIME & MAYHEM PRIZE PACKAGES

EXHIBITION ON NOW

CITY OF SHADOWS

INNER CITY CRIME & MAYHEM 1912–1948



Oct 12th 8AM TILL 1PM

FAIR

EUROBODALLA HOMES

267 BARRENJOEY ROAD

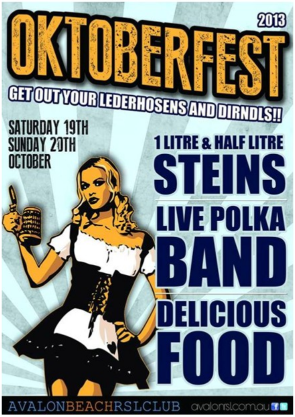
NEWPORT

SAUSAGE SIZZLE

MORNING TEA/COFFEE

HOMEMADE CAKES & BISCUITS JAMS & PICKLES

BOOKS RAFFLES BARGAINS TEA & COFFEE CHINA/GLASS



2013

OKTOBERFEST

GET OUT YOUR LEDERHOSENS AND DIRNDLS!!

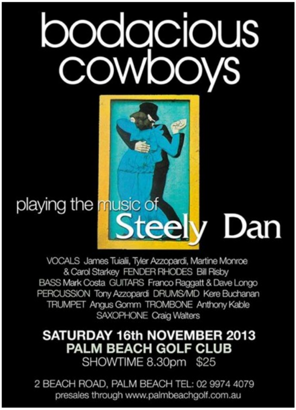
SATURDAY 19TH
SUNDAY 20TH
OCTOBER

1 LITRE & HALF LITRE STEINS

LIVE POLKA BAND

DELICIOUS FOOD

AVALONBEACHRSLCLUB avalonrsl.com.au



bodacious cowboys

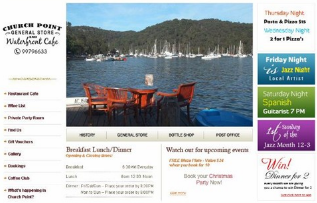
playing the music of Steely Dan

VOCALS James Tuialii, Tyler Azzopardi, Martine Monroe & Carol Starkey FENDER RHODES Bill Risby BASS Mark Costa GUITARS Franco Raggatt & Dave Longo PERCUSSION Tony Azzopardi DRUMS/MD Kere Buchanan TRUMPET Angus Gomm TROMBONE Anthony Kable SAXOPHONE Craig Walters

SATURDAY 16th NOVEMBER 2013
PALM BEACH GOLF CLUB
SHOWTIME 8.30pm $25

2 BEACH ROAD, PALM BEACH TEL: 02 9974 4079
presales through www.palmbeachgolf.com.au

Justice & Police Museum, Cnr Albert and Phillip Streets Circular Quay Circular Quay 2000 . Between Saturday 29 June 2013 and Saturday 31 May 2014: Open Weekends Only: 10am-5pm: Adult: $10; Children: $5; Senior: $5



CHURCH POINT GENERAL STORE AND Waterfront Cafe
99796633

- Restaurant Cafe
- Wine List
- Private Party Room
- Find Us
- Gift Vouchers
- Gallery
- Bookings
- Coffee Club
- What's happening in Church Point?

HISTORY | GENERAL STORE | BOTTLE SHOP | POST OFFICE

Breakfast Lunch/Dinner
Opening & Closing times:

Breakfast	6:30AM Everyday
Lunch	from 12:00 Noon
Dinner : Fri/Sat/Sun – Place your order by 8:30PM Mon to Sun – Place your order by 5:00PM	

Watch out for upcoming events
FREE Meze Plate - Value $24 when you book for 10
Book your Christmas Party Now!

Thursday Night Pasta & Pizza $15
Wednesday Night 2 for 1 Pizza's

Friday Night is Jazz Night Local Artist

Saturday Night Spanish Guitarist 7 PM

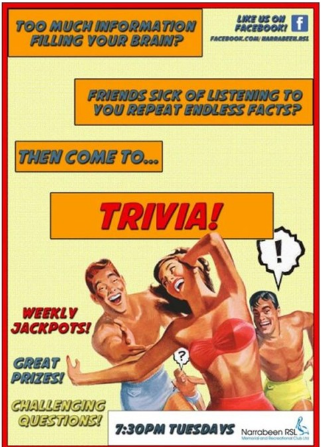
1st Sunday of the Jazz Month 12-3

Win! Dinner for 2
every month we are giving you a chance to win Dinner for 2

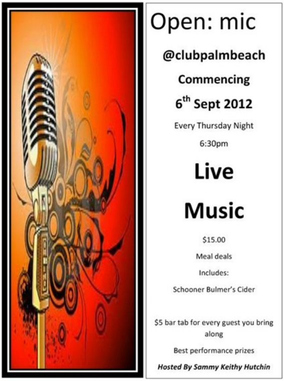
Sydney Living Museums

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


TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK! FACEBOOK.COM/NARRABEENRSL
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
!
WEEKLY JACKPOTS!
GREAT PRIZES!
?
CHALLENGING QUESTIONS!
7:30PM TUESDAYS
Narrabeen RSL Memorial and Recreational Club Ltd

Tweet Like +1



Open: mic

@clubpalmbeach

Commencing

6th Sept 2012

Every Thursday Night

6:30pm

Live

Music

$15.00

Meal deals

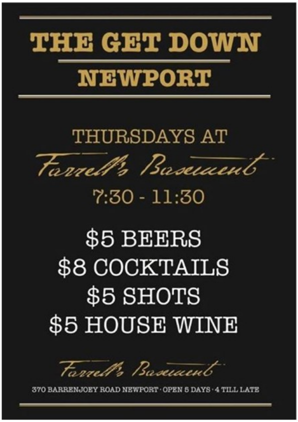
Includes:

Schooner Bulmer's Cider

$5 bar tab for every guest you bring along

Best performance prizes

Hosted By Sammy Keithy Hutchin

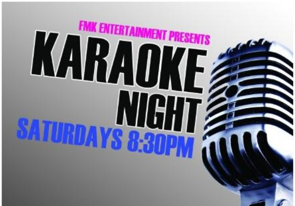


THE GET DOWN
NEWPORT

THURSDAYS AT
Farrell's Basement
7:30 - 11:30

$5 BEERS
$8 COCKTAILS
$5 SHOTS
$5 HOUSE WINE

Farrell's Basement
370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE



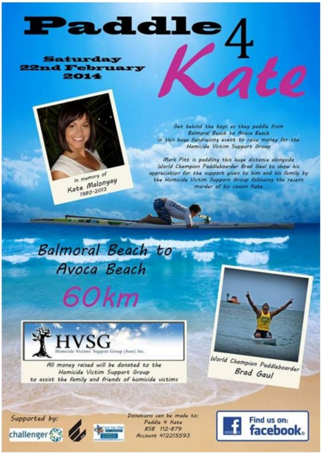
Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

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

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

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



Paddle 4 Kate

Saturday 22nd February 2014

In memory of Kate Malonyay 1980-2013

Get behind the boys as they paddle from Balmoral Beach to Avoca Beach in this huge fundraising event to raise money for the Homicide Victim Support Group

Mark Pitt is paddling this huge distance alongside World Champion Paddleboarder Brad Gaul to show his appreciation for the support given to him and his family by the Homicide Victim Support Group following the recent murder of his cousin Kate

Balmoral Beach to Avoca Beach 60km

HVSG Homicide Victims' Support Group (Aust) Inc.

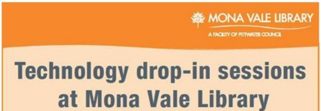
All money raised will be donated to the Homicide Victim Support Group to assist the family and friends of homicide victims

World Champion Paddleboarder Brad Gaul

Supported by: challenger

Donations can be made to:
Paddle 4 Kate
BSB 112-879
Account 412215593

Find us on: facebook



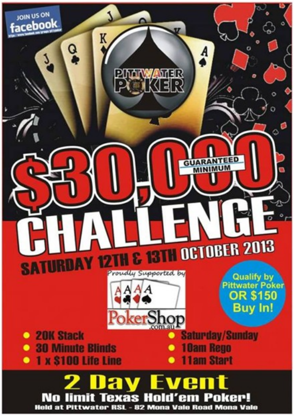
MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

- 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



JOIN US ON facebook

PITTWATER POKER

$30,000 GUARANTEED MINIMUM CHALLENGE

SATURDAY 12TH & 13TH OCTOBER 2013

Proudly Supported by PokerShop.com.au

Qualify by Pittwater Poker OR $150 Buy In!

- 20K Stack
- 30 Minute Blinds
- 1 x $100 Life Line
- Saturday/Sunday
- 10am Rego
- 11am Start

2 Day Event
No limit Texas Hold'em Poker!
Held at Pittwater RSL - 82 Mona Vale Road Mona Vale

Australia's newest indigenous Festival launches 2013 Program

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

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

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

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

The Arms

An ARVO on the GREEN

LAUNCHING OCT 12TH 2013!

Summer Sessions on Pittwater

EVERY SATURDAY and SUNDAY FROM 3PM

DJS PLAYING the BEST OF SUMMER SOUNDS

Newport Arms Hotel / 2 Kalinya St, Newport / Ph 9997 4900
www.newportarms.com.au /newportarmshotel

Palm Beach Golf Club - Saturday 19th of October

Tickets - $20.00 HERE

RUMOURS A Retrospective Tribute To FLEETWOOD MAC

ACCESS ALL ERAS Celebrating the music of FLEETWOOD MAC TRIBUTE

To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.

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

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

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

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

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

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

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

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

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

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

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

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at: http://www.snbswe.org.au/**

the Sands

Melbourne Cup Lunch

TUESDAY 05 NOVEMBER

$55 PER HEAD INCLUDES A GLASS OF SPARKLING OR BEER ON ARRIVAL, 2 COURSE SET MENU AND LIVE ENTERTAINMENT POST RACE

TAB OPEN FROM 7AM • BOOKINGS ESSENTIAL

Phone 02 9970-5700 or sands.functions@alhgroup.com.au

THESANDSHOTEL.COM.AU

October 6 - 12, 2013: Issue 131

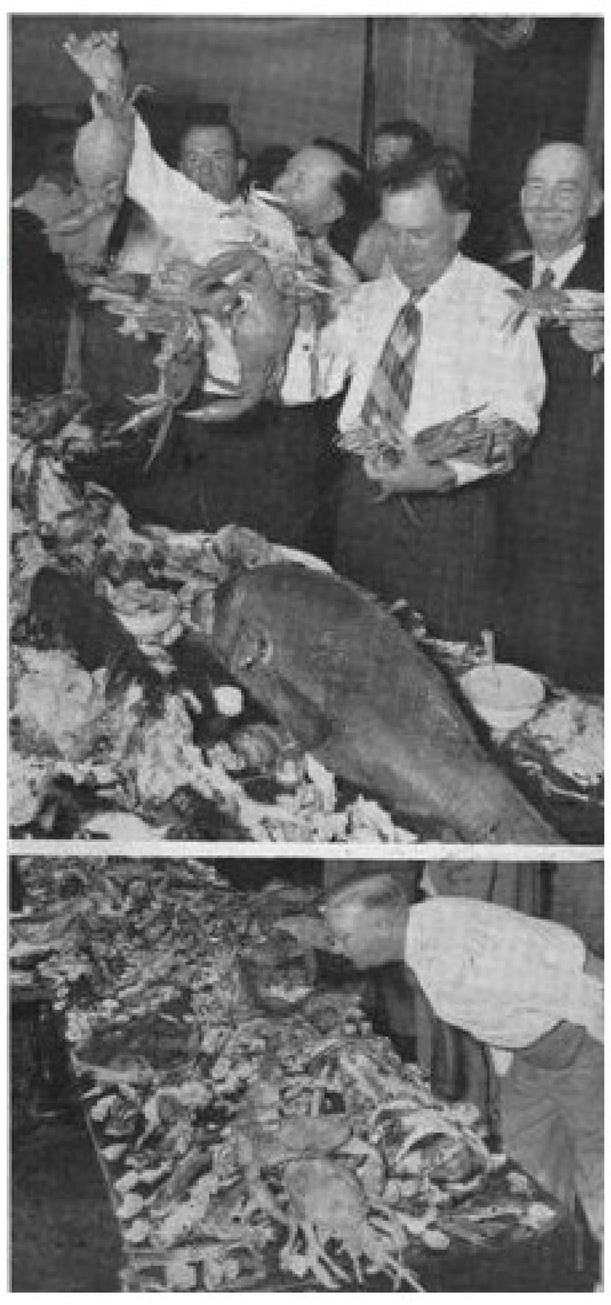
THE TOBY TAVERN

by George Repin

Climbing up the steep, narrow wooden stairs from King Street, just down from Castlereagh Street, and entering the **Toby Tavern** on the first floor was like stepping into the dining room of an old inn in England. Polished brass dishes and framed slightly discoloured scenes of the English countryside, some quickly recognisable by the red jackets on the horsemen as pictures of "the hunt", set off the dark oak paneling of the walls. The floor was dark oiled timber. Brass ornaments, "Toby" jugs and a large clock brightened the mantelpiece over a large fireplace but the overall impression was subdued, if not gloomy. Some relief was provided by the "Toby" jugs on shelves above the wall paneling and by the lace table clothes which completely covered each of the timber tables.

The **Toby Tavern** was open for lunch and dinner, serving traditional English fare with excellent roasts. The owner and chef was Gerry Kearney. He was short, very rotund, slightly florid faced, thick necked and always jovial.

Once each month, however, the atmosphere changed when the **Beefsteak Club** met and the restaurant was closed to the public for dinner. A group of businessmen made up the club and met monthly to enjoy national and international dishes. They made the Toby Tavern their headquarters and Gerry Kearney the club's Honorary Chef. For meetings of the club he was adventurous both in his choice of themes and the dishes presented.



At the meeting in February, 1955, to provide the atmosphere for a sumptuous seafood meal, the room was decorated with trawler nets, big game rods and equipment used by members of the Underwater Explorers' Club who contributed 300lbs of fish for the table. The Explorers had put a great deal of effort into providing a great variety of fish to please every palate. The centrepiece was a Wobbegong shark speared on the previous Saturday, surrounded by Blue and Brown Groper, Sergeant Baker, Tasmanian Trumpeter, Morwong, Kingfish, Parrot Fish, Schnapper, Squire, Bream, Barramundi, Murray Cod, Murray Perch and shark. Mud crabs (from Queensland), prawns, lobsters, yabbies, pippies, abalone, octopus, eel and squid also were on the menu.

Right: Seafood provided by the Underwater Explorers' Club. Picture from March 1955 issue of the *Australasian Confectioner and Milk Bar Journal*

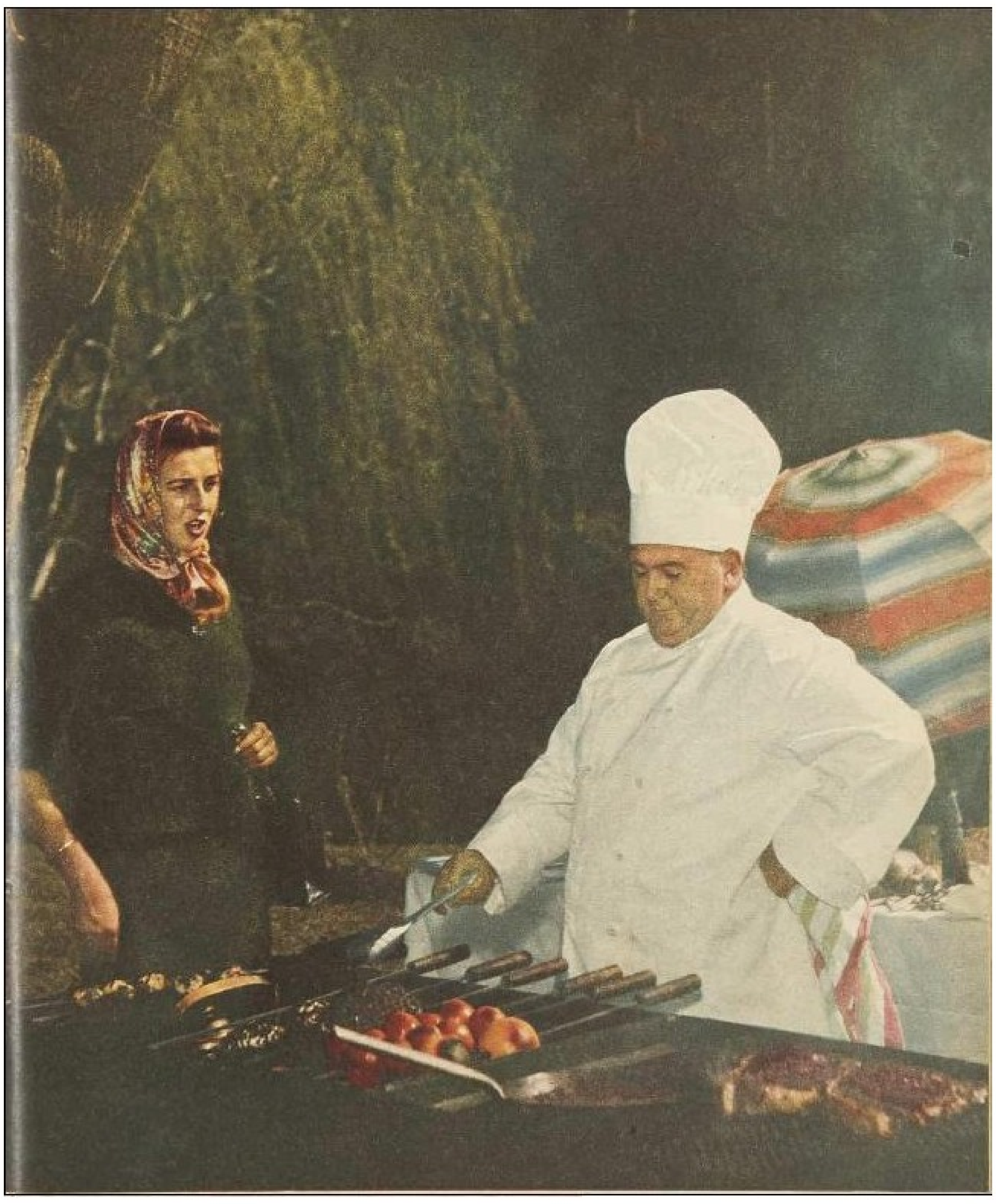
Mr T C Roughley, who had been Superintendent of NSW Fisheries, the Guest of Honour for the evening was introduced by the President of the Club using a fish head as a gavel. He gave an informative, amusing talk on the denizens of the deep – and the shallows – and said that the table carried the finest display of representative fish he had ever seen. The leader of the Underwater Explorers' Club, Mr Don Linklater, compered a demonstration by the Club's members of the equipment they used in their sport, emphasising that their interest was to enjoy the beauties under the water and not the indiscriminate spearing of fish.

For those interested in the signs of the Zodiac it was a happy coincidence that February is the month of both Aquarius (the water bearer) and of Pisces (fishes).

In September 1957 Gerry Kearney cooked for the Beefsteak Club's dinner in honour of Jack Witter and Douglas Stewart winners of the Round Australia Car Trial. The menu was based on delicacies from all over the country and included witchetty grubs.

The Toby Tavern, was in the building over the King Street exit of the old Theatre Royal in Castlereagh Street and, accordingly, was lost to Sydney when the theatre was demolished and replaced by the MLC Centre.

Gerry Kearney went on to establish a mobile barbecue business servicing picnics, private parties and clubs – and continued to cook. The Beefsteak Club moved on.



At Audley, near Sydney, Princess Alexandra had lunch on the river bank after visiting the Junior Red Cross Home at Cronulla. She wore a green wool jumper-suit, and before the picnic exchanged her flowered hat for a silk scarf and her high heels for suede brogues. Here, beside the trees and racing river, she is at the barbecue with Gerry Kearney, honorary chef of the Beefsteak Club of N.S.W. Picture is by staff photographer Keith Barlow. PRINCESS AT PICNIC. (1959, September 30). *The Australian Women's Weekly* (1933 - 1982), p. 3. Retrieved from http://nla.gov.au/nla.news-article43737323

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