September 8 - 14, 2013: Issue 127

ROYAL PRINCE ALFRED YACHT CLUB 2013-14 SAILING SEASON OPENING DAY - AUSTRALIA II GENTLEMEN UNDERLINE 'EXCELLENCE IN SAILING'

Members of the Australia II America's Cup winning crew (l to r): Rob Brown, Phil Smidmore and Hugh Treharne. A J Guesdon Picture.

Although they never stop sailing at the Royal Prince Alfred Yacht Club, with Wednesday afternoon racing on Pittwater during Winter and members sailing in races in other states or competing overseas throughout the year, to mark the commencement of their Summer season in time honoured traditions, the sounding of the cannon and the Sail Past brought members and guests together to give "Three Cheers for the Royal Prince Alfred Yacht Club" and compete in The Pittwater Dash. More HERE

COASTAL ENVIRONMENT CENTRE HOSTS NORTHERN BEACHES 2013 YOUTH LEADING THE WAY CONGRESS

Participants in this year's YLTW OzGReen Congress at Narrabeen. A J Guesdon Picture.

These inspired and inspiring young adults came together at the fifth annual Youth Leading the Way held on the Northern Beaches and came up with some great ideas and Action Plans to bring their ideas to fruition. But they need all of us to lend a hand. More HERE

PITTWATER COUNCIL SHORTLISTED FOR AN A R BLUETT AWARD

Pittwater Councillors, Staff and AR Bluett judges.

Pittwater Council has been shortlisted for an A R Bluett Award this year. Cultural and Heritage initiatives, Sport and recreation, attention to our Built and Natural Environment, Economic and Social Development, upgrading and maintaining facilities, you name it, they've done it...and then some, and with more to come. More HERE

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Pittwater Online News

September 8 - 14, 2013: Issue 127

Articles This Week:

Front Page Issue 127 - Cannon! - Can Do! - and Can Do Too!

Royal Prince Alfred Yacht Club's 2013-14 Sailing Season Opening Day

Pittwater Council Shortlisted for A R Bluett Award

Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change at Coastal Environment Centre - North Narrabeen

Reflections by George Repin: "CLIFTON" AT KIRRIBILLI

Byron Bay Writers Festival 2013 by Robyn McWilliam

Mobile devices For Seniors by Michael Mannington

Art Depot's Chelsea Lane Gallery Opening

Spring Into Spring Cleaning by Christina Stewart - ENJO is supporting the great work of the McGrath Foundation in September and October

Pictures: Classic Narrabeen Lagoon - where calm waters kiss the Ocean

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

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

All Previous Articles

Profile: September 2013 - Pittwater Spring Ladies - Shelagh Bokenham - remember the New Athenian Players or Helane and Art Kaub's Pizza Theatre Restaurant in the Barefoot Boulevarde?

Previous Profiles:

Barton Lynch, Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Bringden-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 Curleyss Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club, The Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Goode Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble Graham Spong Sailability Pittwater Mona Vale Hospital Auxiliary Avalon Active Seniors Group Northern Beaches Orchestra Sonja Elwood June Lahm Valerie Vickers Karen Draddy Betty King David Hanley Les Ball Paul Webb Malo Legardinier E G Constructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. Nina Curtis Robyn McWilliam Gretel Pinniger Ted Blackall Edwin Barnard Doug Elliott Anthony Patrick Chandler Walter 'Wal' Wardle Avalon Beach RSL Fishing Club Avalon Voices Surfing Mums Inc. Northern Beaches Social Riders Stephanie Brown Judith Bennett Gemma Rasdall Gwynneth Ross Peter Verrills Tom Gilbert Tony Carr Gwenyth Sneesby Bobbie Squire Philip Bond Save Mona Vale Hospital Committee Southern Cross Wildlife Care Wingala Lapidary Club Surfers Against Suicide Tracy Porrich 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

History: September 2013 - Surf Life Saving Clubs of Pittwater- North Narrabeen SLSC – saving people since 1911

Previous History Pages:

Marie Byles Lucy Gullett Kookoomaligal 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 Philip 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 Cottages and Houses 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 Carnarvon Creek Curraworo 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 Caree House Ocean House and Billabong Melrose-The Grand Hotel 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

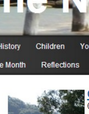
Park Bench Philosopher: Surf Bathing and the Advent of 'Swim Between The Flags'

News From Our Inbox: 3D Printed Titanium Pen, **Next Generation Broadband Services,** Scientists Encounter Holes in Tree of Life, Push for Better Data Storage, Love Knot Tree, Sydney joins international partners on clean energy project, The wild crane truck, The True Raw Material Footprint of Nations, Case Study Reveals Genetic Discrimination in Life Insurance, Grimalditeuthis bonplandi: A deep-sea squid, Creative sheep farmers!, Beckoning Cat of Good Luck, Oldest Land-Living Animal from Gondwana Found, Generosity Leads to Evolutionary Success, Biologists Show, Genetic Reproductive Barriers: Long-Held Assumption About Emergence of New Species Questioned, Health papers published this week: ASSURE Study of Experimental Agent to Raise HDL Yields 'Disappointing and Surprising' Results; New Effective Treatment for High Blood Pressure? Removing Tiny Organ; Life Without Insulin Is Possible, Disrupted Heartbeat Restored With Regenerative Intervention; Brain Study Uncovers Vital Clue in Bid to Beat Epilepsy; Brain Wiring Quiets the Voice Inside Your Head; Experimental Compound Reverses Down Syndrome-Like Learning Deficits in Mice; Inner-Ear Disorders May Cause Hyperactivity

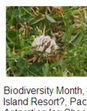
Events: Grants Writing Workshop, Spring Fairs and Fetes, Ripples Fundraiser at Whaley, Art, Music, Paddling, Walking, Music, Music, Music, Eat Great food while listening to Denise Drysdale, Australia II 30th Anniversary, ADHD Support Group, Katandra Season, Buddy Holly Evening at Pittwater RSL, Lime Cordial All Ages Gig at Manly, Art In Odd Places, ASGMWP September Meeting, BOBBY SOX AT PALM BEACH GC, AvPals Term 3 2013, Pittwater Camera Club, FoNLC Activities: **if it's happening here it's probably listed HERE. Also See Environment, Seniors, Children's and Youth pages for age or specific Events and Courses**

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

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



Community News: RPAYC Sailing Season Opening 2013-14 and Sail Past, MVH Auxiliary Annual Fashion Parade, Lion Island Challenge 2013, Wingala Lapidary Club re-opened, Surfing NSW's Surfers Rescue 24/7 Wins NSW Water Safety Award, Pittwater Mens Probus Club, Funding On Offer For Local Surf Clubs, Blue eptember, Nippers 2013, WOMEN OF SOUL, COUNCIL REFUSES WARRIEWOOD DEVELOPMENT, ARTS PAPER ADOPTED, FREE WORKSHOPS FOR TOURISM & HOSPITALITY BUSINESSES, Historu Week at MVL, September Critter of the Month - Baby Water Dragon, **Flying Daughters and Tree Stories,** Avalon School Fete - 2013, Katandra Bushland Sanctuary 2013 Season, Human Rights Awards Nominations, MONA VALE HOSPITAL AUXILIARY STALLS, September 2013, Avalon Sailing Club 75th Anniversary, Our Councils Notices and more

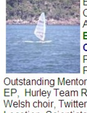


Environment: Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change at Coastal Environment Centre - North Narrabeen**Seagrass may save the planet, Planting Day at Irrawong Reserve,** RockCorps Incentives return to PB, National Biodiversity Month, Want to win a family holiday to Tangalooma Island Resort?, Pacific Flights Create Most Amount of Ozone, West Antarctica Ice Sheet Existed 20 Million Years Earlier Than Previously Thought, Yawning?, Ozone Depletion Linked to Extreme Precipitation in Austral Summer, Venezuelan Poodle Moth, Making Plant's Inner Qualities Visible, Bringing Coral Reefs Back from the Brink, Salamanders Under Threat from Deadly Skin-Eating Fungus, Birds Choose Sweet-Smelling Mates, **COOEE SEPTEMBER 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations.

Lynda Hill: Update 1.9.13, **Family Trees, The Seeds Of Humanity And Gaining Ground: September's Virgo New Moon**

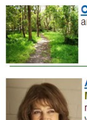
Pictures: Classic Narrabeen Lagoon - where calm waters kiss the Ocean

Children: Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change - news by and for you!, Platypus - NSW's State animal, 'DEAR PUFFIN' COMPETITION, Laundry assistant, CEC – Kids on the Coast School Holiday Program, RPAYC School Hols sailing, Baby Squirrel adopted by dog, Mowgli - Full Movie, TARZAN 2 -Full Movie, Venezuelan Poodle Moth, WilderQuest; inspiring children to learn about and experience the natural world, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

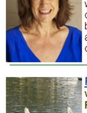


Youth: For you this week: Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change - news by and for you!, Great rewards for Asparagus attack! - **Optus RockCorps Back at Barrenjoey in 2 weeks**, **RPAYC Marina Course for Students**, HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!, Flare Surfing, Professor Rick Shine wins Eureka Prize for Outstanding Mentor of Young Researchers, NEW Lime Cordiale EP, Hurley Team Riders Training Camp, Only Boys Aloud - The Welsh choir, Twitter and Privacy: One-In-Five Tweets Divulge User Location, Scientists Confirm Existence of Largest Single Volcano On Earth, LOts of Gigs..., A Reason to Take Photographs of things you don't recognise – Bazinga Jellyfish discovered last month, MWBA PRIMARY AGE, BASKETBALL COMP: 'THE POTTER LEAGUE', FBi turns 10 Concert, AUSTRALIAN NAVY CADETS - On the Northern Beaches, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO: Clean Beach Initiative is looking for Australia's most passionate ECO Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards.

Seniors: For you this week: Reflections by George Repin: "CLIFTON" AT KIRRIBILLI, Shelagh Bokenham - Profile of the Week - Issue 127: remember the New Athenian Players or Helane and Art Kaub's Pizza Theatre Restaurant in the Barefoot Boulevarde?, Mobile Devices for Seniors by Michael Mannington, Gala concerts expanded, Give It A Go Month, 15th Australian Computer Conference for Seniors, Grandparent of the Year 2013, My Dad's car...Worth a watch!, Cupid's Complaint, Say It With Music, AvPals Term 3, Gradnparents! Day 2013, Grandfrieds at Mona Vale, Historical Photos Exhibit at Mona Vale Library, Epic Old Man - Traffic Jam Prank, Husbands MUST have a note, 94 Years Young Next Door Retirees New Business Cards, IDOP 2013 Breakfast at Bayview, A GOOD STORY NOT KNOWN BY MANY, Health Papers Published this week: Aging Really Is 'in Your Head:' Scientists Answer Hotly Debated Questions About How Calorie Restriction Delays Aging Process; Lessons from the Worm: How the Elderly Can Live an Active Life, Mediterranean Diet Is Good for the Mind, Research Confirms; Chemotherapy Helps Elderly Patients With Small Cell Lung Cancer National Seniors Literary Prize 2013, local Events, Support and Education Activities.



Community Clubs: Updates on Activities and links to sites.



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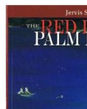
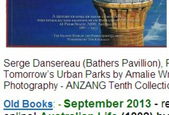
Reflections: by George Repin. **This week; COSTUMES FROM THE BALLETS RUSSES**



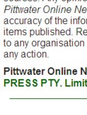
DIY Hints: Spring Garden Chores - Johnson Brothers have some great Spring Specials - just perfect for spending time in your own garden



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

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

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



Food: Strawberries- New Season Strawberries are in and tey're cheap - this week we share some simple recipes, a report this week released on Lord Sandwhich's embrace of Chocolate, perfect for dipping strawberries in, and a few facts about the history of this fruit

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Royal Prince Alfred Yacht Club 2013-14 Sailing Season Opening Day

Royal Prince Alfred Yacht Club 2013 to Sailing Season Opening Day
Photo: Pittwater Online News

Pittwater Online News - Sydney, Australia - 12 October 2013 - The Royal Prince Alfred Yacht Club (RPAYC) in Pittwater, Sydney, Australia, kicked off its 2013-14 sailing season with its Opening Day on Sunday 13 October 2013.

Commodore's Report

Commodore Ian Ferguson said in his report to the club's 2013 Annual General Meeting held on 3 October 2013 that the club had had a very successful year. Membership was up, the club had had a very successful Sydney to Hobart race, and the club had had a very successful Pittwater Regatta.

Ian said that the club had had a very successful Sydney to Hobart race, with its boat, Ragamuffin, finishing in 2nd place in the Sydney to Hobart Yacht Race Overall Handicap Ranking, and its boat, Ragamuffin, finishing in 2nd place in the Sydney to Hobart Yacht Race Overall Handicap Ranking, and its boat, Ragamuffin, finishing in 2nd place in the Sydney to Hobart Yacht Race Overall Handicap Ranking.

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PITTWATER COUNCIL SHORTLISTED FOR AR BLUETT AWARD

Pittwater Staff and Councillors host AR Bluett Award Judges.

PITTWATER SHORTLISTED FOR AR BLUETT AWARD

Pittwater Council is one of the finalists in the most prestigious award for NSW local government - the AR Bluett Memorial Award.

Each year the Bluett Award recognises the NSW council that has made the most progress in its operations during the relevant financial year. The Award is in two divisions – metropolitan and country. Pittwater has previously won the award in 2003.

Around 4-5 councils compete in each division for the final award through a visit by the judging panel to their council area. The three judges visited Pittwater this week.

The AR Bluett Memorial Award is named after a leading figure in local government during the early part of the 20th century. Following his death in 1944 NSW councils decided to fund a permanent memorial to his work through the AR Bluett Memorial Award.

The Award is hotly contested each year by NSW councils and is widely considered to be the most prestigious award in local government in the state. The winners of the metropolitan award and the country award will be announced in early October.

Mayor Jacqui Townsend said the Council was honoured to be shortlisted for the award.

"This is an award that has no equal in NSW local government and even to make the finals is considered very prestigious," she said.

Mayor Townsend said she believed the Council's consultative approach and innovative problem-solving had counted in Pittwater's favour.

"Many of the projects we included in our award submission highlight the fact that we work well with our community and other stakeholders to achieve results."

Mayor Townsend singled out 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 as examples.

She said the judging panel would deliberate over the next two weeks before announcing the winners at the LGNSW conference between 1-3 October.

Visit www.pittwater.nsw.gov.au to read Pittwater's AR Bluett Memorial Award submission. (PDF 850kb)

PITTWATER COUNCIL

Who was Albert Robert Bluett?

Mr Bluett was an outstanding figure in Local Government, serving as the Secretary and Solicitor to the Local Government and Shires Associations of NSW for 30 years. He was the authority on Local Government law, and his opinion was respected by the legal profession and ministers of the crown. He helped to write the Local Government Act of 1919.

Following Bluett's death in April 1944, the councils of NSW subscribed to a fund as a permanent memorial to his work. This money funds the bronze plaques, awarded to two winning councils that have achieved the greatest relative progress each year.

First Local Government NSW Annual Conference – October 2013

The first Local Government NSW (LGNSW) Annual Conference will take place on 1-3 October 2013 at the Sydney Town Hall. The Conference is a historic event marking the final step in unifying the former Local Government Association of NSW and Shires Association of NSW to form One Association representing all councils across NSW.

This Conference provides NSW mayors and councillors the opportunity to come together to discuss significant issues impacting the Local Government sector and the communities they serve.

There are a number of issues currently facing the Local Government sector in NSW, including reforms proposed by the Independent Local Government Review Panel, proposed changes to the Planning System, and the financial sustainability of Local Government.

To ensure mayors and councillors are able to debate these important topics, LGNSW has identified five strategic themes that will be the focus of the 2013 LGNSW Annual Conference. These themes have been determined based on input from member councils and are:

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

The conference business paper provides an overview of these themes and is now available online - to view, visit the LGNSW website. (PDF 950kb)

Speakers at the event include Her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales, who will open the Conference and the Hon. Barry O'Farrell MP, Premier of NSW.

Key figures from the NSW Government and the Opposition will also address various sessions, including the Hon. Don Page MP, Minister for Local Government; the Hon. Brad Hazard MP, Minister for Planning and Infrastructure; and Mr John Robertson MP, Leader of the Opposition.

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Youth Leading the Way at Coastal Environment Centre - 2013 - Empowering, Inspiring, Uplifting

Founded in 1992 CoGREEN is a non-profit sustainability organisation, which educates and empowers young people, corporations and communities to tackle environmental challenges such as climate change and water quality and promote leaders of social change. CoGREEN has been recognised as a leader in the sustainability education sector and has been awarded many awards including the Premier's Sustainability Award. It has been recognised as national and international leader including the Eureka Prize, Banksia Award and UN Media Peace award.
Pittwater Online News has been a long time supporter of the Youth Leading the Way (Youth Advisory Council).

On Thursday we went down to that wonderful facility, the Coastal Environment Centre, to see what the participants in this year's Youth Leading the Way Congress had experienced. Youth creating the World Congress (YOUTH LEADing the World Congress) is a youth development conference organised by CoGREEN in partnership with Pittwater and Warringah Councils. The concept of the Youth Leading the World Congress is a youth development and shows environmental and social justice forum. Students come together and work at developing action plans for their ability to be able to make a difference in their local and global sustainability challenges.

What sort of subjects have they been covering during the last few days?

They begin with getting a general overview into the young people being place to look at what impact on the world, their environmental footprint, what is their ecological footprint and what are the environmental issues facing the world, looking at those large differences between developed and developing nations, looking at what are the limited resources they needed, and comparing that to a family in Africa and looking at the resources they needed to be able to exist and making the connections between that.
They've also been looking at some of the environmental issues, such as sea level rise, global warming. Flowing on from that they'll sit down and look at what impact that has had on the local and global people. Then moving on from that is giving them that empowerment to know that next stage is to be able to develop some kind of action plan. They've been looking at what are the local and global sustainability issues the world around them.

In terms of what they're looking at is that bigger picture for the world around them. They've been looking at what are the local issues that they need to be able to make a difference in their local and global sustainability challenges.

What are the schools represented by students this year?

We have students from Narrabeen High, Pittwater High, Cromer High, Collegio Marist Sacred Heart Campus, from the German International School at Terrey Hills, Mackellar Girls High, Tara Anglican School for Girls and Warringah Girls High and Manly Selwyn Anglican High School.
Participants do not need any prior experience in sustainability, just a keen interest to learn more and become involved.

CoGREEN has been working in environmental education for more than 20 years and started YOUTH five years ago. "We were concerned by the lack of political action on critical issues and saw the need to foster a new generation of leaders who will actively work for a switch to sustainable living and who will be able to influence their peers," said Director Tim Cox.

Representatives of the regional Congresses will converge in Sydney, November 25-28, to report on achievements and plan national initiatives.

Before meeting the group we spoke with David Lowery of CEC to get a bit of insight into this year's local congress:

David Lowery
Youth Leading the World Congress

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In terms of what they're looking at is that bigger picture for the world around them. They've been looking at what are the local issues that they need to be able to make a difference in their local and global sustainability challenges.

What are the schools represented by students this year?

We have students from Narrabeen High, Pittwater High, Cromer High, Collegio Marist Sacred Heart Campus, from the German International School at Terrey Hills, Mackellar Girls High, Tara Anglican School for Girls and Warringah Girls High and Manly Selwyn Anglican High School.

In terms of what they have been working on and developed they have produced a short video which is just fantastic and gives you an overview of what they've been doing. They've been looking at what are the issues that are facing the world around them and what they would like to do to move those forward during the Community Forum.
The Community Forum is a great opportunity for the youth people with us to be able to give them the opportunity to have their voice and to speak and be listened to. A respect for their concerns about the world around them, acknowledging these are very valid, and that we, as a community, need to listen to them and to have their voice heard so that that then is not only the ability to be able to give them assistance to be able to accomplish those projects is also important.

We then asked Vanessa Moskal from CoGreen what the roles of the facilitators were:

Vanessa Moskal
This is very much a dynamic process where the students are having a lot of interaction. The role of the facilitators, or who we use that term, is to be able to be that guide on the side, to be able to be that person that can provide information when it is required. We have had facilitator across YLTW starting in 2009 and this year we've had participants like Jess and Meagan who are facilitators, this is their second year of the crew, and we've also had two girls, Ella Jessica, and Nell, who are both on board as facilitators as well. What is really exciting about this is that they are, they're, they're, they're

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"CLIFTON" AT KIRRIBILLI

By George Repin

Clifton, a beautiful old stone home, described in January, 1936 by **Country Life** the Stock and Station Journal, as being surrounded by gardens with shady walks and curving paths, bordered with ferns and flowers and sheltered by overhanging trees, had been built in Kirribilli by convict labour over 100 years previously. It's pine trees were planted at the same time as the well-known pines at Manly and large magnolias with creamy blooms bordered the two tennis courts. Shuttered windows and doors opened on to stone-flagged verandahs, while metal rings could still be seen on the cellar walls where convicts had been shackled.

The owner, Mary McVicar, was born Mary Isabella McKinnon in Wellington, NSW in 1850. Her maternal grandfather, Lachlan McKay, who as a member of the 79th Cameron Highlanders had played the pipes at Nelson's funeral (1805) and fought at the Battle of Waterloo (1815), arrived in Australia on the *Brilliant* on 2 January, 1838. Her paternal grandfather came on the *Boyne* a year later. She lived in Bathurst in the days of the Gold Rush when the bushranger Ben Hall roamed and in Black Man's Swamp (now Orange) before her marriage in 1871 to Dugald McVicar. Dugald arrived in Australia, also on the Boyne, as a three year old, his father being one of four crofters brought to the Dubbo district by the squatter, Robert Dulhunty, to work on his "runs".

On her marriage she went to live at Naran a cattle station 40 miles from Dubbo on the road to what is now Dunedoo. When her husband was away in Queensland for six months at a time Mary managed the property which was a 16 mile block and ran about 32,000 cattle and horses. There were no fences so cattle sometimes strayed to the Castlereagh River and had to be brought back by the old time skilled stockmen.

The carefully carved headstone of her mother-in-law, Mary (nee Cameron), who died the year after Mary came to Naran, still stands in a paddock not far from all that remains of the original homestead, a stone chimney and fireplace. The grave is surrounded by Scotch thistles inside a picket fence – in stark contrast to the Saffron thistles in the surrounding paddocks.

Mary's concern for the education of her children, of whom she had ten, led her to be a signatory to a request to the Colonial Government in Sydney for a school which was eventually established at Elong Elong sixteen Kms. back on the road to Dubbo. In time the family moved to Oxlea a property 12 Kms. from Dubbo on the Narromine road where Dugald died. After his death, still concerned about the education of her children, Mary decided to move to Sydney and settled at Kirribilli. Following her death in 1940 Clifton was sold for 11,000 pounds and subsequently demolished. Two large blocks of residential units stand on the site – one called Clifton.

Mary McVicar was one of those pioneering women whose courage, determination, commitment to family and sheer hard work underpinned the rural prosperity of this country. Today, when there is so much more interest in preserving our heritage, Clifton might have been saved as part of our National Estate – instead it was wantonly destroyed.

In text image: "From *COUNTRY LIFE The Stock and Station Journal* - 16 January, 1936 Clockwise from the top: Verandah of Clifton overlooking the garden and tennis courts Path through the garden Mrs Mary McVicar"

Clifton - Front Entrance by unknown photographer - **1888**, courtesy Historic Houses Trust. see more 1888 images of Clifton at: HERE

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Byron Bay Writers Festival 2013

by Robyn McWilliam

Nearing the first weekend in August, my husband and I along with our labradoodle, Tinto, head north for me to attend the Byron Bay Writers' Festival. This year Jeni Caffin, Director of the event describes it as 'an expansive and cumulative series of encounters with interesting minds.'

On arrival we walk the beach (off-leash area) with Tinto, a treat Sydneysiders aren't allowed at home. The sky is tinged orange at sunset and waves curl into a break as the lighthouse begins its flashing. Rhythmic drums beat and the flare of a saxophone filters across the evening air.

Prior to the three-day festival workshops are held for writers to improve their craft. There are also literary lunches and dinners as well as other feature events including literary trivia and power comedy.

I attend Michael Robotham's *Show me some Character*. He is also editor of *If I Tell You . . . I'll Have To Kill You* being launched at the festival. In the book Australia's leading crime writers reveal their secrets. We discuss favourite fictional characters. Robotham says 'write characters that cause things to happen.'

North Byron Events, the festival site, is an eight minute drive from the town centre and a shuttle is in operation. Sculptures adorn the grassy expanses, their creativity providing visual delight. My favourite is Sea Pod, suspended shells that tinkle when a child touches.

Careful reading of the program is essential: events are spread over five monstrous marquees. The writer biographies included are helpful. The great benefit of this venue is the ease of moving between events in minutes compared to the half hour I spent queuing for each session at Sydney Writers' Festival. There's also easy access to the signing tent and the onsite bookshop set up by Collins Booksellers Byron Bay.

Peter Carey, Australian novelist but New York resident, is a huge drawcard. He has won the Booker prize twice and says he's cursed with ridiculous energy to keep writing books. His latest acclaimed novel is *Chemistry of Tears*.

Peter Carey with Matthew Condon

One of the most popular debut novelists is Hannah Kent with *Burial Rites*. Having never seen snow, she went to Iceland for a gap year aged 17. While there Hannah came across the story of the last person executed for murder, a woman described as a monster committed the crime in 1828. A fascination for weather started her difficult research at Flinders University into the climate and culture of nineteenth century Iceland. Hannah began writing poems to find the voice for her character.

Susan Wyndham with Hannah Kent and Jesse Blackadder.

Graeme Simsion describes his experience with *The Rosie Project*, his first novel, as a dream run. After being shortlisted in an unpublished manuscript competition publishers contacted him and he negotiated his own contract. Simsion attributes his easy success to the humour in his book.

The most amusing panel on chick lit and mass market fiction includes the bubbly Anita Heiss and historical novelist, Colin Falconer. I took his novel *Silk Road to China* last year and it remains a favourite read.

Of great interest to me as a writer is the panel of Georgia Blain, Robert Drewe, Cate Kennedy and Jennifer Mills discussing the short story. It's suggested the form's resurgence may be due to a shorter attention span, travelling or the use of e-readers. All agreed finding the right voice for the story is the key.

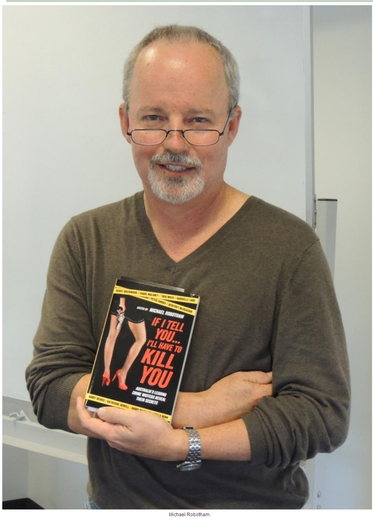
Robert says, 'It must have the wow factor and resonate with our own life.'

Cate advises, 'step in boldly and earn the reader's attention.'

Cate Kennedy

Robert Drewe

Once again I leave the festival site, multi-coloured flags fluttering near the gate, with my mind abuzz with ideas. I've attended more than twenty sessions over three days. It's wonderful mingling with book lovers and hearing the spectacular array of authors. This year Byron Bay's sunshine added to this sparkling literary event.



Michael Robotham.

Graeme Simsion.

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Mobile Devices For Seniors

by Michael Mannington

It's not difficult to see why mobile devices are so popular. In fact tablet sales have overtaken the sales of computers as their usefulness extends into our daily lives. And to make it easy, Pittwater Council is providing free wifi in Avalon, Newport and Mona Vale. To meet the demand for the mobile technologies Avalon Computer Pals is again running a series of special courses at the Community Centre in Newport.

Senior tutor in iPads for Avalon Computer Pals Jim Carmichael explains that learning to use an iPad is perhaps easier than learning to use a PC.

"It's all new to our students and they cope amazing well with the touch screens " explains Jim. "The need is mostly email and programs such as Skype". "The iPad connected to the internet is all most people need so the setup is quite simple".

Senior iPad trainer Jim Carmichael

"For beginners after the two weeks students can manage their emails and use the internet and then progressively learn how to do more things". "Learning to use an iPad is fun but it does help to have some awareness of the technology" says Jim.

IPad student Betty Langford has no hesitation in calling herself one of the older students at aged 86. "I was a bit dubious when I first got it but now I can't do without it" explains Betty.

One of Betty's main uses is to read the online books. "I have access to over 40,000 books" says Betty.

Fellow student Robyn Hudson users her iPad for banking and is undertaking this course so she can learn to use other apps. The course helps you have more confidence says Robyn.

Students Betty Langford and Robyn Hudson share the fun of using their iPads.

Avpals President Paul Purvis says that among the courses run at Newport, learning to use the iPad is still the favourite. Courses include introductory level to the most advanced and are two or four weeks duration. "In term 4 commencing on 15 October there is a special course on a lovely little program called Snapfish" says Paul. "One of our expert trainers will show you how to make a photo album that you can give away, perhaps very timely for Christmas."

This course starts on 03 December and if you are interested you should phone 8064 3574. Interested students should book as soon as possible as the classes are limited to ten students.

The courses are for everybody and while some students are quite expert they realise that there is always more to learn and for beginners it is the easiest way to master the new technology. It is possible for some students to progress to be a trainer. The group of thirty Avpals trainers have their own monthly sessions learning about the latest technologies and new trainers are always welcome.

Paul says that to be a trainer you don't need to be an expert but an interest in new technology helps. Being a trainer means that you learn more than you will ever teach. Besides the courses at Newport, Avpals has the traditional one on one training at Avalon where you come for a school term and this is still very popular.

If you would like to know more, ring 8064 3574 or read about the courses at avpals.com

Registration Day for 4th Term one on one computer and iPad training **9am –10.30am Monday 30th September** under Maria Regina Church 7 Central Rd. Avalon. These courses fill very quickly and the tip is to get there early.

There is a **free Lecture/Demonstration** on **Tuesday 8 Oct – 1:30pm at Newport**. Come along to find out how to get the right computer, iPad or tablet for you.

Newport courses: Tuesdays – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)
Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only

iPad classes at Newport

Copyright Michael Mannington, 2013.

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Art Depot - Chelsea Lane Gallery Opening – 1st of September, 2013

Last Sunday the Chelsea Lane Gallery (behind The Sneaky Grind) officially opened. Jennifer Hill, who is also proprietor of the Art Depot in Avalon, has stated we desperately need more exhibition spaces in Pittwater for our artists. This is a step in the right direction.

The Mission Statement for this new venture:
"To support and promote both emerging and professional Artists. To offer the tools and knowledge to inspire artistic creation in all people of all ages in all walks of life. We believe art is a right not a privilege."

The works on offer at present are an eclectic mix in all mediums and as with being in any space where others creations are displayed, the atmosphere immerses you in how wonderful the human creative spirit can be and how deeply it enriches all who bother to pause and ponder.

Current Artists are: Stephen Skinner, Jonathon Bolitho, Lorry Bentham, Sophie Haythornthwaite, Cherie Curchod, Alan Drew, Jill Desmarchelier, Greg Webber, Vanessa Welbourn, Helen Hagdorn, Isobel Garner.

Sophie Haythornthwaite and daughter Ruby before some of her stunning paintings.

Monthly exhibitions showcasing four artists are planned and the Chelsea Lane Gallery will also be trailing a novel idea during September of what they call the '2Day Sale'. This will be 10% off two selected artists for two days during the weeks of September. If you are interested in exhibiting your works, please contact Jennifer to discuss.

There is also a 30% off supplies sale currently occurring at The Art Depot side of this venture so room can be created as studio space for local artists. If interested in either supplies or having some studio space in Avalon, please contact Jennifer via the numbers below.

Jennifer tells us "We are currently in the process of organizing art classes and workshops for both adults and children."

Final words must go to Jennifer and Pittwater artists Sophie Haythornthwaite, who have both worked really hard to get this gallery open:

A great big thank you to all those of you that attended our opening. It went spectacularly. Thank you for all the wonderful compliments. We really enjoyed your company.

We also wanted to give an enormous thank you to Pierre Luniere and Milton Brown. You're musical ruminations were a huge hit.

For all of you that couldn't make it we'd like to extend an invitation to our next exhibition opening at the beginning of October. Looking forward to seeing you then.

We also wanted to give the most massive thank you to Billy Bragg. Billy you are amazing, your food was yum, you worked so hard and we are honoured that you chose to help us on such an important day for us.

You can keep up to date with each new exhibition on the Art Depot Chelsea Lane Gallery Facebook Page and a new website will be launched at the end of this month

Chelsea Lane Gallery behind The Sneaky Grind.

3/48 Old Barrenjoey Road (On Chelsea Lane)
Avalon, New South Wales, Australia 2107

Art Depot
7/48 Old Barrenjoey Rd Avalon NSW 2107
Ph: 9918 2009
Mobile: 0411 623 204
We offer Custom Framing and an ordering service (at substantial discount) for the supply of fine art materials and some craft items. We also incorporate a design space and studio.
Facebook page: https://www.facebook.com/pages/Art-Depot-Chelsea-Lane-Gallery/138956372781526

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Pittwater Online News

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Spring Into Spring Cleaning

The best way to clean according to those grand dames who raised us, yes dear old mum, is to work from the top down. Makes sense really when you consider there's no point washing the floors and then getting the cobwebs off the ceiling…onto your nice clean floors.

So you start at the top – wrap a clean rag around the head of a broom, and run this end around those high ceilings and their corners to dislodge the sticky webs that have built up.

The other big task around here, as we have a big collector of 'arte-facts', is getting all those knick knacks into hot water, with a little soap, or into the dishwasher, so you can get at and clean or polish the wood or glass beneath them. This may take the longest but the smell of a dust free room is worth it.

We live in a salt air paradise – great to breathe, sticky to clean – vinegar will cut through the salty crust that builds up on your windows, and those window wipers will forestall going through a small trees worth of kitchen paper to polish a soap and vinegar mix off. The homemade recipe made here, and then placed into a recycled squirter bottle, is 1 tablespoon of detergent to 2 tablespoons of vinegar in 1 litre of water. If you choose the biodegradable detergent you won't be poisoning the garden outside your windows.

Blinds and curtains are the keenest clingers of dust and a nice coat of dirt will build up if they're not regularly cleaned. Curtains are easy – off to the dry cleaners they go. Blinds, if wooden, will absorb moisture. A soft cotton glove or one of those now available as hand scrubbers for bodies when in the shower work well too. Simply don said glove and run over each slat. Plastic versions, if filthy, can be soaked in the bathtub overnight and then simply rinsed off.

Bedding – mattresses should be turned, all mattress protectors, valances and under blankets washed and hung in bright sunshine and salt breezes.

Now you're working through everything between the ceiling and floor – putting on some favourite music and turning it into a bit of a workout can bring a bit of zing, turns mundane into medicinal. Cleaning can be pleasant, and the affect of having achieved this will bring good feelings, but it's not surfing or sailing, is it? So you may as well add a bit of enjoyment into the equation.

Pull out all of that crockery, clean the bottoms of those cupboards, keep going and going until you know every corner in every cupboard and room is dust free. If Spring is the season of renewal and for the new in everything, you have clean out the old to allow room for the new and getting rid of all those odours is going to make your house as you'd have it.

The fridge – if you still have a collection of leftovers from earlier in winter, it's time to relinquish them. If you're bottom drawer has potatoes that are now attempting to grow again, it's time to put them back into good earth. Release them! Place them in your compost bin or dig them back into the garden. If you have a fridge that can be dismantled for getting rid of every little spill, that's great. If you have an older version the vinegar theory will cut through that strange sticky hardened mess that cannot be identified any longer. Simply spray on and leave for a little while. A few drops of vanilla essence will get rid of lingering odours.

Down to the floors – vacuum first so you're not mopping up bits of grit and dust, and when your water is dirty, change it – otherwise you will simply be washing your floors with last seasons dust – probably NOT the result you're after.

Wardrobe – if you still have the size six jeans that you wore during the second year of high school, and have held onto them simply because they are still in great condition due to the way clothes were made 'back then' but do not have a daughter who is likely to covet 'retro stuff', it may be time to let them go. You will never be dancing in those again, they were worn by child size limbs and you are now an adult. A similar method can be applied to other articles of clothing that is not that Rolling Stones t-shirt that you bought at that concert in the 1970's, and still quite happily wear despite its rag like appearance, and will never let go. Washed clean clothes can be given to local Vinnies, Red Cross and other non-profit organisations and someone who doesn't have a shirt, or whose child would love those jeans, will get to feel how you felt the first time you put them on.

And there you go – a bright sparkling home to go with the bright sparkling season. Bliss! Take off your shoes and walk around in your bare feet – sip bubbling water or bubbling vino – you have earned it!

For all of you who have allergies to cleaning products based on harsh chemicals or prefer pristine environments instead of degraded ones, Christina Stewart, our own local ENJO lady, has great news for you. In September and October 2013 ENJO is supporting and fundraising for the McGrath Foundation.

Details below and some information on this product range from Christina herself.

For all of you who are not going to join in the Spring cleaning, or if you do it will entail moving the dust from this corner here to that corner over there – yes, you know who you are - please visit this week's DIY Hints page and get thee to the garden – Johnson Brothers have some great Spring Garden specials running currently and your time may be best spent among the birds, bees and trees.

ENJO – a permanent cleaning tool – why pay over and over for the same stuff? Buy once and keep using – good for the environment too – no chemicals, no fumes, no waste.

ENJO is going PINK PINK PINK for a great cause during September and October. We're helping to support the McGrath Foundation and really getting behind them to make the lives of those affected by breast-cancer just that little bit more bearable. We have teamed up with the McGrath Foundation and a dollar from every pink fibre you buy in September and October go to the Breast cancer Nurses who provide such an awesome service.

ENJO has produced a limited edition Pink Body Fibre Range and PINK Bamboo T-Towels!!! $ 12 each or $ 48 for 5. Our PINK specials are a Body Special including PINK Daily Face Offs, PINK Face Cloth and PINK Face Glove as well as PINK & White Bamboo T-Towels and PINK Grapefruit Dishwashing Liquid. Plus every order over $49 at a demo gets a free Pink Mimosa Handwash and a large laundry bag! So get the girls together for drinks after work, a morning tea, your Mothersgroup, your Yoga Class, and together we can make a difference!

That Fabulous Feeling Pack:

Nothing feels as good as a clear complexion without stinging soaps.

These three products gently remove grease and makeup, cleanse pores and stimulate healthy blood circulation using just water Contents: 1 x Pink Daily Face-Off Set, 1 x Pink Face Glove, 1 x Pink Face Cloth

RRP $104.00. Pink Price $79.00

Pink Face Glove $35.00

Because faces are sensitive places, this gentle fibre treats you with respect, removing grease and make-up residue, cleaning pores and stimulating healthy blood circulation for a clear complexion.

Pink Daily Face Off $49.00

Put on your best face with the Daily Face Off. Cleansing and removing makeup without chemicals, it leaves a perfect complexion for applying creams, masks and fresh makeup.

Pink Face Cloth $20.00

Small is beautiful. Our new Face Cloth provides you with a handy travel size fibre perfect for a deep pore cleanse. It'

Pink Bamboo T-Towel $12.00 each or 5 Pack for $48.00

Bamboo is softer, greener, more absorbent and quicker at drying dishes than your regular cotton types.

Pink Grapefruit Dishwashing Liquid 532ml $12.00

Pink can be powerful at wiping out grease and icky sticky food residues, but this fruity blast of dish soap has a soft and gentle side too. Using naturally derived ingredients, its kind to hands and the planet.

Pink Grapefruit Smarty Dish 20 tabs $12.00

A dishwashing formula that's super smart. No nasty phosphates or bleaches here. Just a deliciously fruity punch of pink; non-toxic ingredients that perform a deep clean on your dishes.

Give-Away

We're celebrating Pink with a little pink pressie when you make any purchase over $49.00 at a Demo in September or October. As well as the feel-good factor you get from going pink to support the fabulous McGrath Foundation, you'll also be rewarded with a free, heavenly-scented pin Gel Hand Wash.

Free Shipping

From 28th – 31st August we're offering Free Shipping on all orders over $99.00.

Orders include our Limited Edition Pink Products!

ENJO and the McGrath Foundation share a passion to help thousands of Australians care for themselves - the McGrath Foundation do this by providing 85 McGrath Breast Care Nurses who support over 20,000 families nationally while ENJO do this by helping thousands of Aussies find their way to a chemical-free and healthier home.

We feel this shared passion lays the foundation for the perfect partnership, giving ENJO the opportunity to provide support to the McGrath Foundation in their mission to make life with breast cancer in Australia just that little bit easier.

Like most Australians, we at ENJO all have friends and family we've supported through a cancer experience and we'd love you to join us in supporting the incredible work the McGrath Foundation is doing to improve breast cancer care and breast cancer awareness right across our nation. So, it's with great pride that we launch this fabulous range of Limited Edition Pink Fibres, Pack and Special Offers to support the McGrath Foundation.

This new product range is not just a pretty fibre! For every pink product that you purchase, whether it's a single item or a Pack between **28 August and 31 October, we'll donate $1 to the McGrath Foundation**.

The Pink Pack in the photo is on special for $79 (save $25). This includes 7 x Daily Face Off Pads, Face Glove & Face Mini. See more on my **ENJO Facebook page**.

So, your Spring resolution is to look after your health? Let me help you with that! No, I will not be your personal trainer, dietician or training buddy, but please read on.

Exercise, Healthy Food and (hopefully) De-toxing are probably top of your list, however, don't forget to detox the place where you and your family spend a great deal of your time – your home! What good is ridding your body of toxins if you then liberally apply neurotoxins (e.g. Bleach) all over your surfaces which you absorb through your skin and breath in.

Any Asthma sufferers in your family?

There you jog trying hard to build up your cardio-vascular system and then go home and breath in VOCs (CLEANING AGENTS , FURNITURE POLISH, ROOM SPRAYS, FABRIC SOFTENERS, TOILET CLEANER,..) which have the potential to reduce your lung capacity by up to 50%. Instead you could eliminate the three top causes and triggers of Asthma: Mould, Dust and Chemical fumes in one easy hit by cleaning with ENJO Microfibres instead.

Prevention before cure

Many sicknesses have been linked to chemicals. You can help prevent these sicknesses (like cancer, depression, eczema,..) by ridding yourself and your home of nasty and potentially harmful chemicals and go ENJO! The choice is yours.

At ENJO we use superior quality Microfibres and just add water and get a better, deeper and healthier clean. Tests prove that ENJO Microfibres kill 99.9% of harmful bacteria, yet none of the good bacteria in your gut. An Anti-bacterial spray does not discriminate and attacks your gut bacteria, which compromises your immune system. (Something they don't tell you on the TV ads!)

Give me a call, I am happy to pop in and show you how ENJO works, how to save you time, the environment, money and your health.
Have a few friends over for a cuppa and earn yourself some great host rewards!
Best Wishes and a healthy Spring 2013,

Christina Stewart
Your personal ENJO consultant
Contact me on my Facebook page https://www.facebook.com/ChristinaStewartEnjOpreneur
Or by phone or email:
Ph: 9918 2000, Mobile: 0414 489 857
christina@enlightening.com.au
Website: www.enjo.com.au

Text by Christina Stewart and AJG, 2013.

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Surf Bathing in Australia and the Advent of 'Swim between the Flags'

We owe our love of bathing and swimming, or 'surf bathing' as it was originally called for our indigenous ancestors. Taking to the water in drovers, or sailing newly arrived settlers who could not swim but would venture out in boats, has been reported as early as 1791. In this instance it was the famous Bennelong who swam with his wife to save those discarded in the water from an overturned boat.

In the 18 February 1834 edition of the Sydney Gazette announced that 'bathing is now the favoured recreation in Sydney.

Bathing is now the favoured recreation in Sydney. The ladies are accessible to the bills. Bogaers accommodation, while every part of the banks, both of Darling Harbour and round the Government Domain, is morning after morning, thronged with the other sex. AUSTRALIA Sydney Gazette, **18/2/1834, Page 2**. The Sydney Gazette and New South Wales Advertiser (NSW : 1803 - 1842), p. 2. Retrieved from http://nla.gov.au/nla.news-article2231534

This form of washing would, despite bathing houses' existing, as well as cooling off, did not prevent fatalities.

Right: ILLAWARRA STOCKADE, (1830), December 19; The Sydney Herald (NSW : 1831 - 1842), p. 2. Supplement: Supplement to the Sydney Herald. Retrieved from http://nla.gov.au/nla.news-article12655549

ILLAWARRA STOCKADE.

For the Sydney Herald.

Sir,—This morning we visited the stockade, pursuant to the promise made by the gentlemen who visited it the early part of last month. It is, I understand, the intention of the Commissioner of Crown Lands to have it demolished, and the ground on which it stands, to be cleared and made a public thoroughfare. Perhaps it would be better that the Township, or a portion thereof, should be laid out, and the ground on which the stockade stands, be made into a public park, for the remote parts of our Colony.

I remain, Sir, your obedient servant, A SUBSCRIBER.

Sydney, 19th June.

Bondi Beach, circa 1908. Charles Kerry image courtesy State Library of NSW

'Only one instance is known when men crossed the surf beyond the breakers in a wave. Boat crew, then, must feel safer than ever before.' 'Only one instance', but it revealed in what direction, owing to official laxity, things were likely to go unless their steps were taken. The full glare of publicity was focussed on the Bondi Life Saving Reel and Boat Crew, and the Bondi Life Saving Club, and it was found that it was a terrible that thousands of decent citizens at least was clear before them the path of duty—to give up their Sundays and go and look at the shocking things that were going on on the beach and in the water. This is what they saw, as described by one eminently reputable observer of the proceedings in Bondi on January 26, 1909: 'Bondi Beach, p. 21. Remembrance of Things Past. Retrieved from http://nla.gov.au/nla.news-article15454542

Flags being used for safety in first recorded in the newspapers of the day as being in 1903 at Manly.

The subject of surf bathing was brought up by a deputation from Manly, to which the council had offered **flags for defining the positions of dangerous holes and treacherous bathing places. The society preferred that the council should put the flags up.** It was decided to adopt the suggestion, and the council will be requested to provide the flags. MANLY. **(1903, March 28)**. The Sydney Morning Herald (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article14554542

And with the measures taken to protect the bathers, it was inevitable that the lifesavers and their men were putting themselves son the the volunteers but also that they needed support from officialdom.

SURF BATHING. There are a meeting of executive officers of surf bathing clubs and life saving societies last night at the Sports Club. Mr. F. W.J. Donovan (the president of the Manly Surf Club) was voted to the chair, and Mr. L. C. Ormiston (Bondi Surf Bathers' Life saving Club) was elected hon. secretary pro tem. It was decided that the President of the Australian Life Saving Club (Mr. J. H. Hemingway, M.L.A.) be asked to be his successor. In conjunction with the question of the proper recreation of surf bathing, the movement has steadily developed and it is now spread throughout the Commonwealth and ranks among the greatest volunteer humane organisations of the world. During the surf bathing season, which usually extends from October to April, the beaches are regularly patrolled at week-ends and on holidays by club members. A strict watch is kept on the bathers and grave danger is often faced in effecting the rescue of persons in difficulty. There is no remuneration for the services of the members, and the only recompense they receive is the satisfaction of having saved life, and the work on the high surf is very arduous. It was not until the Manly Life Saving Club came into the field that the organisation of the various beaches increased, relies beneath greater. The problem of how to render proper assistance to bathers in distress inevitably arose. Mr. Donovan, the president of the Manly Life Saving Club, said that the Manly club had given the matter considerable thought, and had tried but rough seas frequently made the method of rescue ineffective. Later, from time to time, in which heavy bells were attached were installed in a box on many of the beaches but they were much too cumbersome and formed connected proved that new methods and transportation equipment were required for effective surf work. Necessity for efficient organisation brought about the first of the surf life saving clubs.

The First Club. (Coogee Beach, From Australian Town and Country Journal, Wednesday 30 October, page 30.)

The first club to be formed was Bronte in 1903, where a small band of interested bathers met and decided to form a Bathers' Club and "surf club" as it was then termed. The efforts of these young men were crowned with success, and in the first year of their existence their rescues saw an improved tone to which a line and a large kapok belt were attached. The first reel was designed by John Bond, a staff sergeant of the Medical Staff Corps, but a much improved model was later made by a Paddington coachbuilder. Although the reel was designed for the purpose of rescuing people from the surf bathers, if proved of more importance on encumbrances to the proper handling of the rescuers. Subsequent experiments resulted in the adoption of a boat, which was, in fact, a modified surf boat. Other life saving clubs were formed on the Bronte model, and these clubs not only provided the public with a means of safety and confidence in surf bathers, but they also fostered a generous rivalry with great success that it was evident that still better results would be achieved with united effort and organisation. Accordingly, in 1907, a meeting of the leading of executive officers of surf bathing and life saving clubs was convened and held at the Sydney Sports Club on October 18, 1907. Where it was resolved to form a Federation of the Clubs and The Surf Bathing Association of N.S.W. Registration methods and uniformity of rules were discussed, and the Bronte club was given the "pick" of uniform's and it was decided upon. On March 8, 1910 (accidentally, the year in which the movement was established) the Bronte club was given the "pick" of uniform's and it was decided upon. Bronte club was given the "pick" of uniform's and it was decided upon. Bronte club was given the "pick" of uniform's and it was decided upon.

September 8 - 14, 2015: Issue 127

Shelagh Bokenham

On Saturday 12th of October, 2013 Shelagh Bokenham celebrated her 90th birthday at Mona Vale Bowling Club. Shelagh was presented with a special Queen's Bowl Long Green Ball accompanied by Nicholas Van Der Struik, all ably supported by the Singapore Fly Jazz Band. This wonderful occasion was attended by family and friends from Sydney, Canberra, Victoria, Queensland, Tasmania and Western Australia.

Many people will remember Shelagh from the Pittwater Bowling Club and the Mona Vale Bowling Club, where she played for years, winning the Hazelhurst Sweepstakes in 1970 on a visit member of the New Americans, or the St Marks Players but the story, as with all of us, is much more than just a few years.

Where and when does story start?

I was born in England, I'm a Sussex lass. Our family has been in the Sussex for generations, only relatives have been doing the family tree and have found it back to 1066 and so we're all in the Sussex. My mother was a little less of a Portsmouth Sussex – my father took one of his ships back to Gosport, so were right opposite France.

Shelagh with brother Kenneth

I grew up there during the war (WWII). I was 10 when we came to Australia. It was one of the worst winters we'd ever had and my mother said that if, as we thought, we were going to Africa, we'd be better off in Australia.

They chose Australia primarily because of two people we met during the war. We had a family who came to stay with us and they were damaged, one was born patron of an asylum, coming from a family who would take his black sheep or so he was the sheep were being sent to Australia, and he was a very, very, very,

Pittwater Online News

September 9 - 15, 2014 Issue 37

Hitching This Ride

Found Pittwater Cat - Contact Ian and Ian Tout

Lost Cat - Contact Pittwater Veterinary Hospital

Lost Dog - Contact Pittwater Veterinary Hospital

Lost Dog - Contact the RSPCA - Animal Emergency Service - Pittwater Veterinary Hospital - Mona Vale Veterinary Hospital - Animal Care Hospital

Found Dog - Contact Pittwater Veterinary Hospital

Bone Big Yellow Rescue Dog - Contact Bill Holden

Found Dog - Contact Pittwater Veterinary Hospital

Found Dog - Contact Pittwater Veterinary Hospital - Mona Vale Veterinary Hospital

Found Kitten - Contact Lynne Lewis Gallery

Found Kitten - Contact Pittwater Veterinary Hospital - Mona Vale Veterinary Hospital

Lost Kitten - Contact Pittwater Veterinary Hospital

Lost Kitten - Contact Mona Vale Veterinary Hospital

Lost Cat - Bangalow Place, Mona Vale - Pittwater Veterinary Hospital - Mona Vale Veterinary Hospital

Pittwater Online News

September 8 - 14, 2013: Issue 127

Platypus

Did you know that the state animal for New South Wales is the platypus. If you did know this, how much do you know about these furry creatures?

This unique animal has a duck-like bill, which is soft, flexible and very sensitive, a body covered with waterproof luxurious brown fur, webbed feet, and a broad flattened tween-like tail.

Its fur is denser than that of polar bears and others and consists of two layers of hair, the outer layer of long, stiff, water-repellent hairs and wavy, dense wool, and an outer layer of longer, flat hair. An average body temperature of a healthy platypus is around 32°C. It has a very slow metabolic rate (swimming all night is physically exhausting).

The platypus weighs 1 to 2.5 kg and its body length ranges from 43 to 50 cm. They can live up to 14 years and the average lifespan in the wild is under 10 years.

Platypus dive in search for food and surface regularly to breathe. Unlike other mammals, they have their head-side while breath to keep the lungs full of oxygen, having blood rich in oxygen carrying haemoglobin further helps them to breath.

The platypus uses its broad paddle-shaped tail for a rapid dive and to propel itself underwater. The tail also has a "fat" to ensure the animals survival when food is scarce.

The platypus seems using its front legs for propulsion while the hind legs help with steering through the water. The hind feet are equipped with large weeks of skin and act as powerful paddles. When the animal is feeding, the webbing on the front feet extends beyond the claws. The platypus has special electroreceptors from the body, which helps with swimming and digging, but makes the animal shuffle like a tipsy-drunk walking on land.

Platypus hunt in water and feed mostly at night. They swim with their eyes, ears and nostrils closed, and use their bill to search and sweep for food in the muddy bed. The platypus bill is equipped with an electro-receptor system and detects small flickers of electricity produced by the muscles of the animal's prey. Food is then held in cheeks and flattened, and although it is small, it is covered with skin, not hard like that of a duck.

Platypus store their food in the cheek pouches until they come to the surface. The food is then pushed to back of the mouth and crushed between the horny pads in the jaws, ready to swallow. The platypus must eat about one third of its body weight each night to survive.

Platypus are long-lived for a large-big mammal. Female platypus lays up to three eggs in late winter or spring and incubates them in a nest made of leaves and other vegetation. The eggs are about the size of an undersized hard boiled chicken egg. Unlike other mammals, female platypus does not have nipples. Instead, baby platypus lick milk from the fur that is secreted from two patches on their mother's belly.

The young ones stay in the burrow for about six weeks until they are fully covered with fur. Their mother leaves after them and then are ready to enter the water at about four months of age. Platypus have no teeth, but they have 3 pairs of molars and animals first enter the water.

Adult male platypus has a pointed spur located above the heel of each hind leg, which can be used to inject venom when the animal is provoked. Platypus venom has been known to kill small animals and cause extreme pain in humans, but not fatal to long. Platypus spurring is quite painful and first aid should be given as for snakebite.

Platypus have been called a day out of water nerdings in their burrows. They will have a number of burrows within their home range to ensure a safe refuge. Platypus are solitary animals and it is rare that two adults will share a burrow. The only exception is nesting burrows built to house a mother and her young. Platypus are active all year round, but are more or less well camouflaged by plant roots.

The State Bird for NSW is the Kookaburra.

Laundry assistant

My lab found an orphaned baby squirrel a few weeks ago. He put him in his mouth and brought him unharmed to us. Now they are buds.

MVBA PRIMARY AGE, BASKETBALL COMP: THE POTTER LEAGUE

WHEN: **Starts in August runs to December (no games in school holidays)**

WHO: For new players aged 8 years and older, in a team of 7 & 10 players

COST: $150 per player covers all expenses, insurance, game fees, playing singlet, on court coaching & referees

VENUE: NBSC, Jacksons Rd, Warriewood

GAME TIMES:

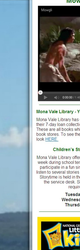
Mixed SEX YR12 & YR 3/4 Tuesdays 4pm/4.45pm/5.30pm

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

ENGAGING TRAINING: Saturday during school term at Northern Beaches Indoor Sports Centre, Jackson Rd, Warriewood. Mixed sex YR 3/4 from 2.30pm, YR 5/6 ages 8 & over mixed session 3.30/4.30pm

Expect coaching plus short game 9/9 per session

Mona Vale Mountain Cub Scouts Profile



Find out more about what the fun you can have at Mona Vale Mountain Cub Scouts Pittwater. Find out what ages Cub Scouts are and how can join about Pittwater before you were born, learn about great clubs and activities that you can get involved in.

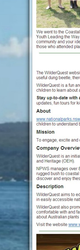
Love Food, Hate Waste Cookbook

Love food hate waste book: HERE

Triple Zero Kids' Challenge

Triple Zero Kids' Challenge is a fun and Triple 000. Triple Zero Kids' Challenge is a fun and interactive website for children of kindergarten and primary school age. The game consists of nine safety scenarios: http://triplezero.gov.au

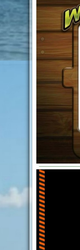
BackMeUp pull



The BackMeUp cyberbullying video competition is open until 30 September 2013 and we want your help to select the best prizes for the winning videos! Vote HERE

A reminder that the BackMeUp survey is open for students aged 12 years and thought. **Complete the survey by the 14th of September and you could go into the draw to win $50 JB Hi-Fi vouchers!** Take-home! Survey: http://www.surveymonkey.com/s/3F3WNQ2

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



The Federal Government's Department of Education, Employment and Workplace Relations (DEEWR) has launched Children Research Institute $1 million over 12 months to support the Let's Read National Early Literacy Campaign. Building on existing evidence-based literacy programs, the campaign aims to strengthen the foundations of 2012 and the National Year of Reading, this campaign aims to develop and generate national, integrated early literacy promotion and information activities.

The Let's Read Campaign engages families, professionals and the community in early literacy and numeracy. Sharing books from birth helps children develop the skills well need when it's time to start school. Let's Read answers anytime is the national campaign and to action for families, carers and early childhood education professionals to share books and stories with children from birth. Let's Read campaign uses a multi-layered approach to engage families, professionals and communities in a range of messages relevant to children's learning and development from birth to five years.

Let's Read was developed by the Royal Children's Hospital 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 another, anytime from birth to five years.

Mowgli - full movie

Mona Vale Library - Young Rumaroundo!

Mona Vale Library has expanded the books available through their 7-day loan collection of new titles for younger readers. Young readers can now borrow a maximum of 5 books at a time. To see the wide range of titles available, take 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 tales as well as hear a story read by our friendly Library staff. Children's Storytime is held in the Patio Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime times are:

Tuesdays: 10:00am - 11:00am
Wednesdays: 10:00am - 11:00am
Thursdays: 10:00am - 11:00am

National Geographic online fun For little kids

Online Fun, games, and activities for little kids! Not subscribe to, all selected by industry experts! Great for scoring website

HERE.

For you this week:

Youth Leading the Way 2013 - Environmental Congress Energy Conservation and Climate Change - news by and for your

One more week until the school holidays, YAYIII! If you don't visit your page over the hard few weeks, I understand! Hopefully you will visit about having fun. If you do, there will be some fun stuff and a few reviews for these spoken holidays. Enjoy!

'DEAR PUFFIN' COMPETITION

To celebrate the publication of DEAR PUFFIN (£12.99), written by JANE GOODWIN and illustrated by ANNA WALKER you could win a signed set of beautiful picture books to share with your little ones. To enter send a letter or drawing addressed to 'Dear Puffin', telling us why you would like to receive the book and why you think your little ones will love it! Entries must be submitted on behalf of children under 18 years of age.)

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

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

START SAILING THESE HOLIDAYS

The Royal Prince Alfred Yacht Club, situated in Pittwater, at Newport has sailing courses for children between the ages of 7 and 16 years. Beginners, Cruisers and fun and fully supervised by qualified instructors.

Learn to Sail Kids Holiday Camps
Level 1 & 2 (7 - 12)
Teenage Hobie Wave Program (13 - 16)
Four Day Course 9.00am - 3.30pm
Spring Camp 1
Tues 24 - Fri 27 Sept 2013
Spring Camp 2
Tues 1 - Fri 4 Oct 2013
Cost: $330 Members / $380 Non Members

Limited Places!!! Book Early
FOR MORE INFORMATION OR TO BOOK CONTACT
THE ROYAL PRINCE ALFRED YACHT CLUB
16 MOLA ST, NEWPORT
CALL 9999 3771
EMAIL: KAL.FRANKS@RPAYC.COM.AU
WWW.RPAYC.COM.AU

CEC – Kids on the Coast School Holiday Program

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

This year's program combines a mix of outdoor adventure, discovery and learning, art, craft, fun and games, with an emphasis on the plants and animals that make up our coastal environment. Field trips to the Pittwater Rock Pool, Bangalee Reserve and Warriewood Wetlands are lined up for kids to learn more about our coast. Our activities are for kids aged 5 - 12 years. These holidays we have some great activities that your children will love!

The Spring 2013 program is here!

Bangalee Reserve Warriewood (Bangalee): Morning session (am) Starts at 10pm or Afternoon session (pm) 1pm to 3pm

Full-Day Program: 10am to 3pm Bring environmental educational activities, snacks and lunch.

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

See Terms and Conditions

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

Bookings & Enquiries: Digby Rodriguez, Call the CEC on 1300 000 CEC (1300 000 232) Email: CEC – Hetnan Park, Lake Park Road, Hydro Nanaheen (see map)

FAST & FURIOUS FILM-MAKING!

Now in its eleventh year, the 24/7 Youth Film Festival will kick off this year's festivities on the 27th of September, 2013 at the Hoyts Cinema by Pittwater, Warriewood, and Mona Vale Council. **The festival is aimed at young film-makers aged 12-24** with the goal of shooting a film in 24 hours, from start to finish. The theme for this year's competition is "Local creative talent, great, innovative training, exposure and experience in all aspects of film making – and to have a great time in the process!"

The competition runners will be given the theme at exactly 17.15 August, kicking off at Star of the Sea Theatre in Manly. Registrations open at 16.30 and cost $20 per person. Prizes will be awarded for the best overall film, the best short film, the best Pittwater film and the best scene to be included in their film.

All films submitted will be shown on the big screen at Collaroy Cinema on 4 and 5 September from 5pm. A panel of industry professionals plus a live audience will then judge the regular and Pittwater films to decide the top 3.

The films will be unveiled at the Finals Awards Night at Warriewood Cinema on Sunday 15 September. Awards on the night will be given for criteria such as Best Film, Best Actor, Best Script, and Best Cinematography, Best Pittwater Film.

24/7 Youth Film Festival can be found online: Facebook: www.facebook.com/247youthfilmfestival

Keep children safe online

The Easycode to bookmarks is available here The Cybersafety Help Button is available to download free of charge here. More information about the Kids Cybersmart program is here

Bet you five cents this baby is putting the same face as this whale!

Stories for you already run:

Adelaide 360 Sailing Yacht Competition and Kids Festival
Are You up to the RED BELT CHALLENGE by Hoshin Australia
AHPwd 2012 - Biennual Children's Art Exhibition
Australian Hot Air Balloons
Australia's First School Launch sale 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 Plateau Year 6 Rugby Boy Alfred Aboriginal and Torres Strait Islander Welcome Ritual, Commemorative Service at Irvin Park
Cancer Patient's Hopes & Celebrations, Dartmouing Sculpture and Under A Starry Sky
Dance Fever 2012 by Peta Wise
Friendly Toulouse Goose at Palm Beach - Yes! Pittwater has her very own Toulouse Goose
Grandparents Day 2012 by Peta Wise
Harvest Day 2012 at Maria Regina Avalon by Alexis Corin and Peta Wise
Hatching - an Anthology of Pittwater Poetry Launched
Hoshin Anti-Bullying Summer Camp 2012
Kangaroo Dance
Learn2Swim Narrabeen Coastal Platform Tour for children
Maria Regina Catholic School at Avalon - Christmas Crafts for Charities
Maria Regina Catholic School Leaver's 100th Anniversary of Independence 2012
Mona Vale Public School's Centenary Launch
Mona Vale Public School Centenary Festival Day 10th of September, 2012
Mr Wisecracks Discovers ON LIGHTHOUSES
NV Reference and Maria Regina Reference - Cherrie Outing
Newport Student Wins NSW RFC Minnie Art Prize
NLASC Narrabeen Rockpool Learn to Swim Program by J P Fuller
NYE Nationals
11th National Australian Flag Day this Tuesday, 3rd of September
Online Safety: To Be Safer, Some Cyberbies Arise
Pacific Black Duck taking a bath at Carnel Creek
Palcare Dreaming - A Legend of the Great Flood - dreamtime legend for children
Pink Ribbon Day at Maria Regina by Joanne Sieves
Pittwater's Bravest - Year Fifteen Launch 2012
RPAYC Youth Development Program Graduates Win 2012 Bird Island Race by Carmel Lowry
RPAYC Hosts 20th NARREN International Youth Match Racing Championship by Carmel Lowry
Schoolchildren's gifting of 'ohia' to their fellow schoolchildren
SLSC 2012 Interclub Championships - at Newport
Spotted Gums of Pittwater Inspiration
Summer is Cancer Research Coming Season - Fledglings 2013 by Jeffery Gatin and Andrew Hoare
The Northern Beaches Music Festival's YOUNGBLOODS Competition
The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year by Daniel Dexter
Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2012
Winning the Homework War by **Rosemary Smith**
Zoomorite at Lowell Valley School, Bayview

TARZAN 2 (Full movie) [Disney Movie]

The **Venezuelan Puddle Moth** is a possible new species of moth discovered in 2003 by Dr. Arthur Anker of Bishkek, Kyrgyzstan, in the Tien Shan Mountains of Central Asia. The Venezuelan Puddle Moth inhabits the Muzin Moth, but most likely belongs to the Agnotoporion genus Arkace.

Picture Books Online

Picture Books Online is a collection of classic and contemporary picture books that stretch your imagination characters and imagination come to life through Picture Books Online.

Youth Leading the Way at Coastal Environment Centre

We went to the Coastal Environment Centre on Thursday to hear some of the great ideas those young adults attending this year's Children Youth Leading the Way Congress had come up with. They're growing up generation, which is you, has a vital role to play in our environment. Our actions today will have a lasting impact on our future and will shape our world for years to come. Have a read of what those who attended planned to do and find out how you can do it HERE.

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 to explore and learn about in the website.

WilderQuest is a fun and interactive children's program designed to inspire love and care for nature. Its aim is to motivate and encourage children to learn about and become stewards of the natural world, creating a community of kind and caring people.

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 facts for kids and lots of photos and videos of our wildlife 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 interpretive programs, NPWS encourages children and families to visit, explore, discover and enjoy these special places and to connect 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 more aware of their environment and the importance of its protection. The WilderQuest website includes – pike games and learn about Australian plants and animals, guided by Ranger Sam and his host of quirky and cheeky native animals.

Visit the website www.wilderquest.nsw.gov.au or Download the app http://bit.ly/1fvDXxO.

Pittwater Online News

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September 8 - 14, 2013: Issue 127

For you this week:

Great rewards for Asparagus attack! | Free pizza for Hector Crawford | Free Kayak Lessons | Free Yoga | Free Pilates | Free Tai Chi | Free Zumba | Free Nordic Walking | Free Cycling | Free Bushwalking | Free Sailing | Free Surf Lessons | Free Kids Surf Lessons | Free Kids Surf Lessons | Free Kids

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For you this week:

Reflections in Decorative Mirror - "CUPTOW AT KERRIBEE"

Strength Workshop - Profile of the Week - Issue 327 - interview with Kerrie Cupitt - Cupitt Strength Coach - Pittwater Restaurant in the Electrical Boardwalk!

Website Designed by Design for Performance Kensington

Give It A Go Month – courtesy ASCCA

The month of September is Give It a Go month in NSW.

Give it a go month is a time for people to try something new. Participating ASCCA Seniors in the month of September will be able to take part in a range of activities including a tour of the Australian Centre. Give it a go month is all about encouraging people to try something new, to get out and about, to be part of a crowd, to connect with old and new friends, to learn and to enjoy. There are a host of free and affordable activities on offer including a tour of the Australian Centre, a tour of the Australian Reptile Park, a tour of the Australian Reptile Park, a tour of the Australian Reptile Park

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Seagrass may save the planet - consorts of Tomorrow, August 2010

Seagrass, the ocean's lungs, may be our best hope for combating climate change, according to a report released today. The report, which was released Australia's coastline providing examples and future recommendations, was released today by the Australian Conservation Foundation and Australian Marine Conservation Society.

How scientists restore those humble plants could be crucial to our future, the report's lead author, Dr Ariella Arkin, from the Australian Marine Conservation Society, said today.

Atmospheric carbon dioxide levels are now so high they risk triggering a runaway greenhouse effect that would be catastrophic for most life on Earth, the Australian Academy of Technology, Science and Engineering (Australia) has warned.

"I don't want to scare the bejeez'ers my children. Through the Australian Academy of Technology, Science and Engineering, I'm trying to get the message across to people that climate change is a very serious matter," Dr Arkin said.

"What seagrasses are doing is not complex. They are simply photosynthesising and taking carbon dioxide out of the atmosphere and storing it in their roots and in the sediment around them."

The ability of seagrass to absorb CO2 could be another ally in the fight against climate change, the report's co-author, Dr Ariella Arkin, from the Australian Marine Conservation Society, said. Unlike rainforests, which are also capable of sequestering carbon dioxide, seagrass meadows are not affected by bushfires and are not subject to deforestation.

Arkin said: "Seagrass is a very, very, very,

Pittwater Online News

Classic Narrabeen Lagoon - where calm waters kiss the Ocean

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Tillmanns is an Australian first-class photographer with a passion for photography. Tillmanns's photo shoots are set in the public domain on scenic North Pittwater and surrounds. Tillmanns's photo shoots are carried out on average twice a week, perhaps 3.5 to an unlimited period depending upon weather conditions and availability of models.

This exceptionally cooling and comforting city of Sydney is not for a time-frame and has sands, surf, wind, wind, wind!

Photos by A J Quandros, 2015.

Pittwater Online News

Yesterday, 7, 8, 14, 15, 21, 22 and 28 of Wednesday from various sources over week. For local interest and Bemusement

3D Printed Titanium Pen

Case Study Reveals Genetic Discrimination in Life Insurance

Sep 1, 2021 - In case study published in the British medical journal Genetics in Medicine, researchers from the University of Melbourne have revealed an example of life insurance companies discriminating against people who have a genetic condition.

Lead author Dr Lauren Gaff from the School of Population and Global Health at the University of Melbourne said: "This case study shows that genetic discrimination is not just a theoretical concern, it actually happened and is based on genetic evidence."

"In addition, we have previously found that the fear of such discrimination is a barrier to genetic testing for people."

Published in the official journal of the European Society for Human Genetics, the case study presented a 'hypothetical' case of a 'healthy' 35-year-old man, who underwent genetic testing for a condition called familial hypercholesterolaemia (FH). The case study presented the outcome of the genetic test, which showed that the individual's cholesterol levels were due to a genetic variant, and not due to his lifestyle. The case study presented the outcome of the life insurance application, which was rejected because of the genetic test, while other life insurance companies.

The case study presented the life insurance risk assessments, and research on the underlying genetic evidence, which showed that the genetic variant significantly increased the risk of cancer. Jamie Kaldis a complainant in the case study said in a statement:

"It's course through life. I feel differently about life, I don't feel that I'm as free as I'm, we've offered full coverage, which suggests I'm healthy, but I don't feel healthy, I don't feel that I'm free."

Professor Margaret Sullivan, the Australian Human Rights Commissioner said: "Genetic discrimination is a human rights issue. It prevents people from participating in a contract to achieve a fair result. Fine print in contracts should not be used to deny people their human rights and policies underlined by science cannot be used to discriminate against people."

"It demonstrates the need for further conversation and action on the use of genetic test results for insurance purposes."

Dr Lauren Gaff, Lecture in Public Health at the University of Melbourne said: "**Life insurance is a commercial product, and it's important that it's fair and that it's based on evidence. Genetic discrimination is not fair and it is not based on evidence.**"

Reclaiming Cell of Good Luck

Many years ago Professor Bernard Gaillard's father had a cell stolen in a bar in Lyon.

The Professor Emeritus Genetic Reclaiming cell is a common, cooperative human cancer cell, which is a cancer cell that has lost its ability to cause harm. Which is often linked to being good luck in the sense. The Professor Emeritus Genetic Reclaiming cell is a common, cooperative human cancer cell, which is a cancer cell that has lost its ability to cause harm. Which is often linked to being good luck in the sense. Scientists, Some of the suspicions also electric or leaders powered by electricity, Professor Emeritus Genetic Reclaiming cell is a common, cooperative human cancer cell, which is a cancer cell that has lost its ability to cause harm. Which is often linked to being good luck in the sense. Writes originated at Gedeup Tenkar in Dalaguna, Tokyo. In time Professor Emeritus Genetic Reclaiming cell is a common, cooperative human cancer cells are known as cancer cells, which is a cancer cell that has lost its ability to cause harm. Which is often linked to being good luck in the sense. Originated in Osaka, while circa Kyoto and Tokyo. Tokyo Blue named Tokyo Blue, Tokyo Blue Tokyo Blue Tokyo Blue

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Spring Garden Maintenance

With the air heavy with all the flowers out, the sun already warming and enough cool breezes to make being in the outdoors very pleasant, it is the perfect time to attend to all those garden chores a burst of growth everywhere.

Aerate your lawn

With you large garden fork make small holes with the prongs in your lawn to let more water, fertiliser and oxygen get deeply into the ground instead of simply running off.

Trim your trees and shrubs

Trimming in spring can stimulate healthy growth in most plants and shrubs, plus will help you contain the growth spurt from the Spring weather.

Deal with the pests

Deal with the pests now, before they take over your garden completely. Protect your plants with a coating of organic pest spray, and consider calling the pest controllers in to check for white ants or to talk about how to minimise tick infestations. All the other insects, like ants for example, promote soil health, so discuss with your pest controller how to get rid of those you don't want and keep those your garden needs.

Get the weeds while they're small – this will also deter tick infestations as they thrive in the kinds of conditions ticks create. If you have a lot of gum trees it may be also good to get rid of leaves and twigs into the compost bin.

Clean the gutters – Australia is heading into Bushfire season. Now is the time to begin your preparations to minimize fuel in and around the home.

Prune the roses

Springtime is time to almost denude your roses. Treat your rose bushes like you hate them to get the best results.

Divide or transplant

If sections or your garden have gotten out of hand, Spring's a good time to transplant and give your garden more room to expand.

Tools and equipment basics

Take lawn mower blades to a professional sharpening service. Dull blades make ragged cuts and invite turfgrass diseases. Also sharpen snub-nosed spades and round shovels.

Check tires of wheelbarrows and repair wheel punctures, add air to flat tires and tighten nuts and bolts.

Now is also a great time to get those seeds in for yummy home grown tomatoes, lettuces you can pick by the outer leaf and keep growing for all those salads. The **GARDMAN** walk-in greenhouse will keep the possums and bandicoots from getting at what you're growing.

Spring herbs to plant now:

• Sow basil, tarragon and lemon grass under glass.

• In warm spring soil, sow small amounts of oregano, parsley, sorrel, chives and dill.

Indoor plants

• Now is the time to pot on any tired-looking house plants. Knock the plant from its pot and if its root takes up all or most of the available space, it's time to pot on.

• With a liquid fertiliser, feed house plants that are

in bud, in flower or sending out new shoots. Start to water more regularly, but bear in mind most house-plant troubles come from over-watering.

For all your Spring time tools and products, just pop into the Johnson Brothers stores at Mona Vale or Avalon and discuss your needs with their trained friendly staff.

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