Pittwater Online News

December 1 - 7, 2013: Issue 139

Warriewood SLSC Club Launches the *Allan Collins* - Hosts Round Three of SLSSNB 2013 Boat Premiership

Hon. Bronwyn Bishop, Warriewood SLSC Boat Captain - Russell Lamb, Allan Colins christening the *Allan Collins*. Picture by A J Guesdon, 2013

A gentleman who has had sixty five years as part of Surf Life Saving was recognised yesterday with a fitting tribute - the launch of a surfboat named in his honour. Known as 'The Master' to many in surfboat racing, Allan Collins led Warriewood to victory at local, State and National championships throughout the 1950's and 1960's as one of the best sweeps ever.

Warriewood SLSC hosted Round Three of the SLSSNB Surfboat Premierships, Saturday 30th of November, a carnival of spectacular rowing and a few just as spectacular spills. The day was a triple celebration - a great and well run carnival, the launch of the *Allan Collins*, the ongoing commitment of Pittwater RSL as sponsors and six years of sponsorship by Key-Sun Laboratories now adding surf boats to their focus for the club.

Round Three of Surf Life Saving Sydney Northern Beaches (SLSSNB) 2013 Boat Premiership, hosted by Warriewood SLSC **Pictorial**

Christening and Launch of the Allan Collins **HERE**

The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude

Bilgola SLSC's 'Sweet Cheeks' Surfboat crew. Picture by A J Guesdon, 2013.

Bilgola's 'Sweet Cheeks' won their first race yesterday. We were instant fans of these girls on meeting them when Bilgola was hosting the first round of the SNBLS Boat Premiership 2013 at the end of October. Yesterday we grabbed the opportunity to interview them on rowing, training and what they plan to do for Summer.

Story **HERE**

Northern Beaches Interchange's Annual General Meeting 2013 – an Insight into A Little Ray of Sunshine in Our Community

At the 2013 NBI AGM the launch the inaugural "Long Service Awards" recognising those staff and volunteers who have been contributing for over 5, 10, 15 or even 20 years formed part of the porceedings. Above are those who recieved an award this year. A full list is part of our annual report. Picture by A J Guesdon, 2013.

The Northern Beaches Interchange (NBI) Annual General Meeting was held on Thursday 28th of November at Mona Vale Golf Club. This is the 31st year of NBI and was viewed as yet another year to keep the organisation relevant to its core values and adaptable to current changes. The NDIS, the launch in 2012 of NBI's Peer Group and 2013's launch of Action Research were just a few of the positives to come out of this year.

Report **HERE**

Marine Parks in NSW – 'Not in Place Long Enough to Determine Benefits' – December 2013 Overview

Narrabeen Head
Aquatic Reserve

Narrabeen The Beautiful. Picture by A J Guesdon, 2013.

The release of two reports within a week of each other regarding our recently created NSW Marine Estate provides the opportunity to share an overview of what is keenly followed in Pittwater - the state of our aquatic environment and any plans for its future. Before the long exhale of Summer begins properly, we have collected and collated a record of what has occurred this year for your scrutiny.

Full story **HERE**

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Pittwater Online News

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

December 1 - 7, 2013: Issue 139

Articles This Week:

Front Page Issue 139

Warriewood SLSC Club Launches the Allan Collins Surf Boat - named to honour the man known as 'The Master' throughout the 1950's and 1960's for his prowess as a sweep

Pictures: Warriewood SLSC hosted Round Three of the SLSSNB 2013 Boat Premiership yesterday (30.11.2013) - Report and some of the action in this week's Pictorial

Northern Beaches Interchange's Annual General Meeting 2013 – an Insight into A Little Ray of Sunshine in Our Community

The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude

Marine Parks in NSW – 'Not in Place long Enough to Determine Benefits' – December 2013 Overview: The release of two reports within a week of each other regarding our recently created NSW Marine Estate provides the opportunity to share an overview of 2013 developments in what is keenly followed in Pittwater - the state of our aquatic environment and any plans for its future

Reflections by George Repin: **THE ISLAND OF ELBA**

The Crocodile River by Lucinda Rose

Swapping Business Suits for Gardening Gloves by Lynleigh Greig

Artist of the Month: **December 2013 -Tomato Santa** - Rhyme and Recipe Book by Jess Rosman and Nettie Lodge

DIY Hints: **Christmas Lights Display Around the House and Garden– getting ready for Christmas** - time to turn the home and garden into a festive wonderland - **SPECIALS START TODAY** (1.12.2013)

All Previous Articles

Profile: December 2013 - Pittwater Ladies Jane Roberts - an Avalon inspiration with a passion for History

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Previous Profiles:

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

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History: Pittwater Regattas - The 1937 Pittwater Regatta; Fashionable Gala - closing a year that opened with the Centenary of the Anniversary Regatta on Sydney Harbour!!

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I Pittwater Aquatic Club Part I Woody Point Yacht Club Royal Motor Yacht Club Part I Dorothea Mackellar Elaine Haxton Neva Carr Glynn Margaret Mulvey Jean Mary Daly Walter Oswald Watt Wilfrid Kingsford Smith John William Cherry George Scotty Allan McCarrs Creek Narrabeen Creek Careel Creek Currawong Beach Creek Bushrangers at Pittwater Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds Warriewood SLSC Whale Beach SLSC Flagstaff Hill Mount Loftus Pill Hill Sheep Station Hill S.S. Florrie S.S. Phoenix and General Gordon Paddlewheeler MV Reliance The Elvina Florida House Careel House Ocean House and Billabong Melrose-The Green Frog The Small Yacht Cruising Club of Pittwater Canoe and I Go With The Mosquito Fleet - 1896 Pittwater Regattas Part I - Dates and Flagships to 1950 Shark Incidents In Pittwater The Kalori Church Point Wharf Bayview Wharf Newport Wharf Palm Beach Jetty - Gow's Wharf Max Watt Sir Francis Anderson Mark Foy John Roche Albert Verrills Broken Bay Customs Station At Barrenjoey Broken Bay Water Police Broken Bay Marine Rescue - Volunteer Coastal Patrol Pittwater Fire-Boats Prospector Powder Hulk at Towler's Bay Naval Visits to Pittwater 1788-1952 Pittwater's Torpedo Wharf and Range Naval Sea Cadets in Pittwater S.S. Charlotte Fenwick S.S. Erringhi P.S. Namoi S.Y. Ena I, II and III Barrenjoey Headland - The Lessees Barrenjoey Lighthouse - The Construction Barrenjoey Broken Bay Shipwrecks Up To 1900 Barrenjoey Light Keepers Douglas Adrian Ross Newport SLSC 1909 - 1938 Part I Overview North Narrabeen SLSC - The Formative Years Bilgola SLSC - the First 10 years North Palm Beach SLSC A History of Pittwater Parts 1 and 4 Pittwater Regattas - 1907 and 1908 Pittwater Regattas - 1921 - The Year that Opened and Closed with a Regatta on Pittwater Pittwater Regatta Banishes Depression - 1933 The 1937 Pittwater Regatta - A Fashionable Affair

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Park Bench Philosopher: The First Day of Summer 2013 - Poems about Summer

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News From Our Inbox Honouring Daw Aung San Suu Kyi, 5 Things You Should Know About Comet ISON -Comet ISON Fizzles as it Rounds the Sun, Why We Need More Male Primary School Teachers, THE SMART SOFTWARE FIGHTING FIRE WITH #FIRE, Christmas Car, World first trial to improve prostate cancer care, Your First Hug: How Early Embryo Changes Shape, Needs More Training, Virtual Sailing Simulator Shows Key Role of Recreation in Spinal Cord Injury Rehabilitation, The Era of Neutrino Astronomy Has Begun, Modelling earthquakes and explosives reactions, Sounding Rocket to Peek at Atmosphere of Venus, Arctic Seafloor Methane Releases Double Previous Estimates, Health papers published this week: How golden staph paralyses our immune defences; Does Obesity Reshape Our Sense of Taste?; Genomic Variant Associated With Sun Sensitivity, Freckles Identified; ADHD Linked to Social, Economic Disadvantage; Supporting Others Brings Healing to Cancer Survivors;

Events: Hats Off For JacQ, CHRISTMAS - Carols, Art Sales, Lunch, Concerts, Reindeer & Boat Parade, Sydney Male Choir at DY, Summer Swims, FREE BUILDERS' INFORMATION NIGHT, Books, Paddling, Walking, eramboo Summer, AvPals Term 3 2013, Pittwater Camera Club,: **if it's happening here it's probably listed HERE. Also See Environment, Seniors, Children's and Youth pages for age or specific Events and Courses**

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Community News: Fix our problem - plans for carpark at Church Point and the concerns residents have, To Market! To Market!; Artbeatz Market Day Art Show + Mona Vale Xmas Market ON TODAY, Meet Tomato Santa at Church Point Today, Mayor Townsend Elected SHOROC President, NSW Planning Bills Update, CALL OUT FOR ENTRIES TO THE 2014 GALLIPOLI ART PRIZE, Pittwater Sailors Excel In Europe, Pet of the Week; Dawson (another darling), Avalon Beach SLSC - walls going up!, SHOROC 2013 Annual Report, Carols In the Park Next Saturday, Southern Community Health Centre; seeking expressions of interest from land and building owners for sites or properties in the Brookvale area, Debutantes line up for Club Marine Pittwater to Coffs race, THAT'S NOT ON with Shane Jacobson, Olympic gold medallists and fresh talent on home waters for Melbourne Sailing World Cup, Avalon Craft Cottage Returns to Avalon, Free Wildlife Rescue App brings new hope to native animals in distress, Eramboo Seeking Artists-Curators-Writers Proposals, Mona Vale Hospital Jubilee Celebrations – The Younger Set, Heart Families – You Are Not Alone, ALRC seeks input into the Disability and Commonwealth Laws Inquiry, GAME, SET, MATCH AT MONA VALE LIBRARY, Critter of the Month - Kevin - Very Dishy, but Somewhat Fishy, State's Arts Policy On Exhibition, Bushcare Notices - December 2013, Australia Day Awards - nominations now open!, Critter of the Month-Wombat Woes, Councils Notices and more

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Environment; Environment Articles Issue 139 - Marine Parks in NSW – 'Not in Place long Enough to Determine Benefits' – December 2013 Overview: The release of two reports within a week of each other regarding our recently created NSW Marine Estate provides the opportunity to share an overview of 2013 developments in what is keenly followed in Pittwater - the state of our aquatic environment and any plans for its future, INDIAN OCEAN PHENOMENON HELPING TO PREDICT EXTREME WEATHER IN AUSTRALIA, Cooling Your Home In Summer Workshop, Why you shouldn't be scared of snakes in Australia, Google Earth Reveals Untold Fish Catches, Great Barrier Reef memories: First deepwater fossil study reveals reef's past and future, Flower Power – Researchers Breed New Varieties of Chamomile, New Genomic Study Provides a Glimpse of How Whales Could Adapt to Ocean, **COOEE December 2013**, **FishMap**, local Environment groups and organisations

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Lynda Hill: Update 30.11.13: Finding Your Center and Rising To The Occasion: December's Sagittarius New Moon

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Pictures: Action from the first three days of the Harken International Youth Match Racing Championship Hosted by RPAYC by Damian Devine

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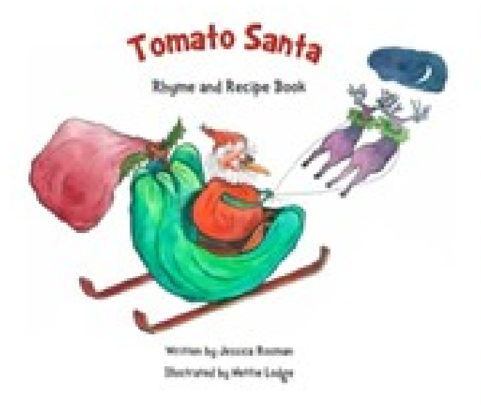
Children: The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude **Meet Tomato Santa TODAY!!, "Why don't we ride zebras" Children's Documentary, Pretty Shady, One in A Million, Sharing Shorelines children's documentary, Building Strength Tester, Christmas Light Car, 44 million stars and counting: astronomers play Snap and remap the sky - available FREE online,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude **FootGolf@AV TODAY,** Pretty Shady, mySURF.tv launching on December 1, More foodies but fewer people to produce Australia's food, Youth Food Movement, The Next Wave, Australian Museum, Colossal New Predatory Dino Terrorized Early Tyrannosaurs, Puppy loves guitar, Pretty fly for a WiFi, The HARKEN International Youth Match Racing Championship, Applications for the 2014 National Youth Awards are now open!, Creating social change: From innovation to impact, Jack Johnson, All Ages Gig @ Manly, Girls Go Surfing Day, **National Schoolies Website - Survival Guide - by Schoolies for Schoolies, Author Talks at Mona Vale Library are FREE FOR SCHOOL STUDENTS**, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards + more.

Seniors; The wonderful Jan Roberts is our Profile of the Week ! Jan leads out a whole month of very inspirational Pittwater Ladies, NSW Seniors Card - 2014 Discount Directory now available, Simpler pricing for residential aged care, A drive for better hearing, Last Card Day Event for Year, Beekeeping Talk, NSW Seniors Week - Have a passion for photography?, PICTURES TELL THE ROAD SAFETY JOURNEY, How to not move rocks, Archaeological Discoveries Confirm Early Date of Buddha's Life, Who Owns Outer Space?, Life In Australia: Geelong - 1966, Health papers published this week: Broken Cellular 'Clock' Linked to Brain Damage; Bad Proteins Branch Out: Misfolded Proteins Are Capable of Forming Tree-Like Aggregates; The Heart's Own Stem Cells Play Their Part in Regeneration, MONA VALE MEN'S BOOK CLUB, Mike Carlton Author Talk at MVL, McNamee at MVL, TECHNOLOGY DROP-IN SESSIONS, local Events, Support and Education Activities + MORE.

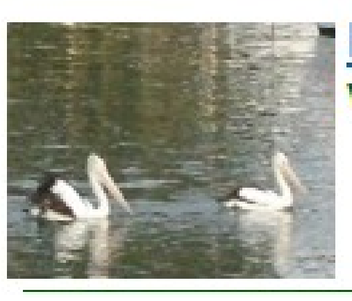
Community Clubs: Updates on Activities and links to sites.



Artist of the Month: December 2013 - Tomato Santa - Rhyme and Recipe Book

It was just after midnight when
Santa flew in
On his little green sleigh made
from capsicum

The wonderful Kindy Kitchen series, written by Jess Rosman and Illustrated by Nettie Lodge, uses zany stories and wonderful illustrations to bring everyday fruit and veg to life.



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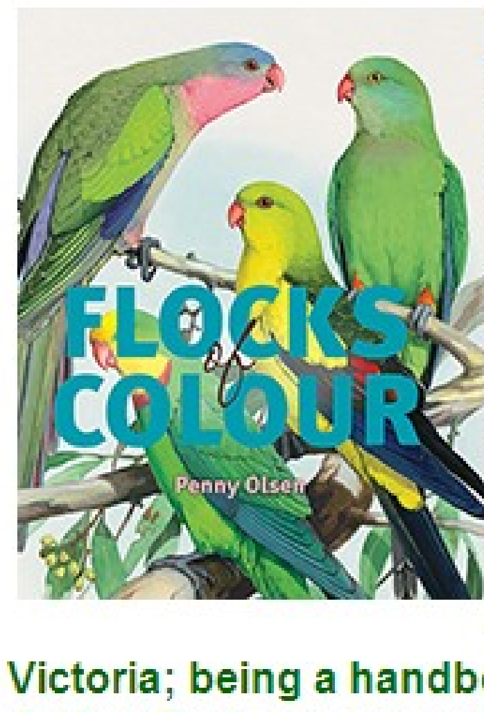

Books: DECEMBER 2013 Mabel and Me - Best of Friends, Mt Stromlo Observatory - From Bush Observatory to the Nobel Prize, Melbourne's Water Catchments - Perspectives on a World-Class Water Supply, A Book Of Voyages, Total Wheelspin, Sins of the Flesh, Flocks of Colour, The Red Light of Palm Beach

Old Books: - December 2013 - read in full here: online!

Sea and River-side Rambles in Victoria; being a handbook for those seeking recreation during the summer months (1860) John Walter Gregory

The dead heart of Australia. A journey around lake Eyre in the summer of 1901-1902, with some account of the lake Eyre basin and the flowing wells of central Australia (1906) Samuel Hannaford

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Food: Stone Fruit Season – Nectarines - a few fresh alternatives to eating these Summer sweet fruits

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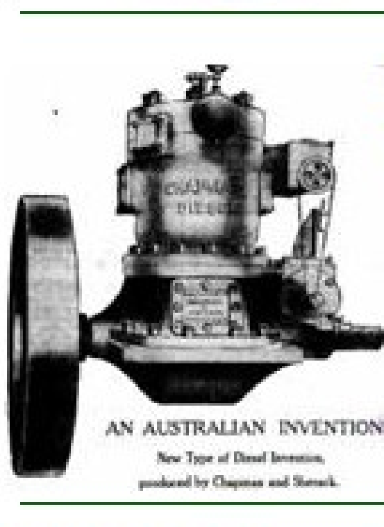
AN AUSTRALIAN INVENTION
New Type of Diesel Invention, produced by Chapman and Sherack.

Collector's Corner: Michael Graham **Chapman** and Joseph Livingstone **Sherack** – Australian Diesel Marine Engine Innovators

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Warriewood SLSC Club Launches the *Allan Collins* Surf Boat

Warriewood SLSC Club Launches the Allan Collins Surf Boat

A gentleman who has had sixty five years as part of Surf Life Saving was recognised yesterday with a fitting tribute - the launch of a surfboat named in his honour. Known as 'The Master' to many in surfboat racing, Allan Collins led Warriewood to victory at local, State and National championships throughout the 1950's and 1960's as one of the best sweeps ever.

Warriewood SLSC hosted Round Three of the SLSSNB Surfboat Premierships, Saturday 30th of November, a carnival of spectacular rowing and a few just as spectacular spills. The day was a triple celebration - a great and well run carnival, the launch of the Allan Collins, the ongoing commitment of Pittwater RSL as sponsors and six years of sponsorship by Key-Sun Laboratories now adding surf boats to their focus for the club.

President of Warriewood SLSC, Matt Sheridan welcomed V.I.P.'s Hon Brownwyn Bishop, sponsors representatives from Pittwater RSL, directors Michael Carrodous and Brin Franklin, and Maryanne Logan, current Secretary at Warriewood and from Key-Sun Laboratories – who with husband Chris are now major sponsors of surf boats at the club. Mr. Sheridan also thanked the Life Members of Warriewood Surf Club who were attending.
Matt also thanked all club members for their effort in putting on such a great Carnival this year. Excerpts from his address:

Warriewood has been able to secure this new boat thanks to key sponsors – Pittwater RSL, who have been long term sponsors of Surf Life Saving at Warriewood and of the club from whom we received a part $5000 sponsorship grant toward the purchase of the new boat. Our Sponsor Key-Sun, a Local Pharmaceutical company in Warriewood, have been generous sponsors of Warriewood SLSC over the last 6 years, and they have proudly taken on the sponsorship of our new boat. We'd also like to thank Double Impact Signage who have worked hard this week in working on the boats this week to ensure they all look exactly the same – thank you to Greg and Jen for all your hard work.

Left to right: Russell Lamb (Warriewood Boat Captain) Maryanne Logan, Michael Carrodus and Brin Franklin (Pittwater RSL), Hon. Bronwyn Bishop.

We're here today to christen and launch our new Warriewood SLSC boat. This boat has been named in honour of a Warriewood member who has been instrumental in establishing Warriewood surf club when it was a dominant surf boat club in the early 1950's when the club had only just started. The Warriewood SLSC started in 1949 and this gentleman put Warriewood on the map for surf boat rowing.

This member steered Warriewood crews to National, State, Metropolitan and Branch titles from 1956 to 1964, securing several National titles. Without the success of this gentleman and the members that he drew to the club, Warriewood would have struggled to survive. Bringing the boaties into the club meant that he could help steer Warriewood through to where we are today. This is a monumental effort of this one gentleman who was often referred to in the boating arena as 'The Master'. This was in the company of Keith Hurst known to all boaties as "Sir Keith" & "Spaz" and then went on to create another superior sweep in Ross Jorgenson.
I'd proudly like to announce that our new Warriewood surf club boat is the 'Allan Collins'.

Our local Federal member, Hon. Bronwyn Bishop was invited to say a few words at this great occasion:

As we stood here waiting for the announcement of the name of this new boat Allan Collins and I were having a discussion about how it was when he was rowing wooden boats and the strength required that he described as the 'iron men' of then. I think that the difference between these and the fibreglass boats we have today, the difference between the way the boats sit in the water or can be opened instead of bailed out signifies how different the world of boat rowing has become.

It was people such as Allan who came from Dee Why to Warriewood to establish boating competition in Warriewood that has set such a fantastic foundation. That nexus between the RSL's and Surf Life Saving is a tradition that we absolutely have to maintain. Going back to the war period it was the same people who served then who formed those RSL's and that were the essence and foundation of our Surf Life Saving movement and Clubs. To see that continue we must say 'Well done Pittwater RSL and well done to Maryanne and her husband Chris for the support they are giving to this essential club as well.

In seeing Allan have the joy of pouring champagne over this new boat – may it prosper, may it move well and fast through the water, may your reputation Allan and all you have given to this club be remembered by all who row in. I know that all who row in her should have good following wins.

We spoke to Allan briefly yesterday about how he felt to have a boat named for him and all this represented. 'Overwhelmed' was the response. When Allan Collins joined Dee Why SLS he was fifteen years old. On Saturday afternoon he said he is 80 years and two months – that's sixty five years of involvement in Surf Life Saving.

Mr. Collins is a quiet spoken humble man, descrying all the praise he received yesterday. He recalls during his years as a sweep with fondness and the responsibility placed on a 'sweep' in surf boats – it is the 'sweep' who controls the boat by use of a sweep oar and commands to the rowers. We hope to bring you more of his story in 2014, but for the record, part of his record:

1956/57 – International Championship – Avalon Beach – 1st, Junior Boat

Australian Championships – Medals one 1st and two 2nds (Juniors).
Interstate Championships - two 1sts, one 2nd (Juniors), one 1st, one 3rd (Seniors).
N.S.W. Championships – two 1sts (Juniors), one 2nd (Seniors).
Branch Championships – four 1sts (Juniors), three 1sts (Seniors).
Metropolitan Championships – three 1sts (juniors), three 1sts (Seniors).

Coached – North Cronulla Junior Crew – 1st. Australian Championship – Perth 1957/58
Zone 8, 9, and 10 Carnivals – Juniors undefeated for six years. Seniors undefeated for five years.
Heat, Semi-final or Final.

Junior Crews – 132 races – 54 Final Wins.
Seniors Crews – 100 races – 45 Final Wins.

WarriewoodSLSC – Facebook: www.facebook.com/pages/Warriewood-SLSC/113972351986166
Website: www.warriewoodslsc.com.au/

Michael Carrodus and Brin Franklin Pittwater RSL.

Report and Pictures by A J Guesdon, 2013.

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The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude

Bilgola Sweet Cheeks – Young Ladies With A Great Attitude

Over the past few months we've had the pleasure of encountering six wonderful girls who are also the youngest boat crew competing in the SNBLS Surfboat Premiership 2013.

Anna Galloway, Katy Hulton, Alicia Jackson, Molly Simpson, Sage Scott and their captain Darcy Smith should be posters girls for the sport. They are vibrant, great fun to be around, and their dedication to the sport and respect for their sweep, Don McManus, is proof that growing up as part of a surf life saving club sets you up for life. We here think they're wonderful.

The girls won their first race today at Warriewood, who were hosting Round Three of the Surfboat Premiership, and we took the opportunity to talk to them about their crew and plans for Summer. The girls all answered at once on occasion, clearly another 'working as one' principle they have, and so there are a few lines of answers to each query.

Five minutes with the girls:

You won your first race today girls, which isn't a fluke – we've all seen you working hard to achieve this result. How does it feel to win?

We're feeling proud of ourselves. We've been training quite hard.
It was nice to have a win.
We did get lucky, there was a lot of big waves on the way out, a few crews didn't get out as easily as us.
And Don's a fantastic sweep.
Yes, all credit to Don McManus.

Don McManus is a legendary sweep in surf life saving – what does he tell you to do when you're training?

Focus.
Focus.
Focus.
Yeah – focus.
And words of inspiration – clear instructions.
"Row … and in time with each other…"
And he keeps us calm as well.
He knows what he's doing.

What is the average age of your crew?

16 and 17.

How long have you all been part of Bilgola and its Surf Life Saving club?

Molly: I've been involved at Bilgola since under 6's
Sage: Since under 9's
Alicia: I used to eat sand on the beach at Bilgola when I was a baby
Katy Hulton: I'm relatively new – one year
Anna: since under 10's
Alicia: and a shout out to Darcy Smith, she's our captain and has been involved since the beginning too. She unfortunately couldn't be here today but she's great and her dad's quite involved in rowing as well. She's a big part of the team.

And we just wanted to say…we got new matching swimmers today!

I noticed that – they look fantastic – where did you get them from?

We've had about ten people ask already where we got them from – we got them online, from EPV Swimwear – they can sponsor us if they like…

Have you girls got shares in EPV swimwear?

Well, we have now!
They'll become more famous as we're talking about them.

Yes, yes, I quite agree.

They can offer us a modelling contract.
(all laughing).

Yep – we'll get a modelling contract, then a boat named after them.
I just wanted to say that our aim is to be on the weet-bix ad.
(all laughing more).

Right – so they can contact you girls through????
Through our trainer – Nikki Squire. (to right>)

Ok – seriously for a moment – what are you going to do over the Summer girls?

Train. Train. Row. Row.
Train – yep, rowing.
Train for rowing.
Be on the beach.
We're doing our HSC next year so…

So you're going to chill out a bit?

Yeah.
We'll still do it (surfboat crew) but we may have to wind down just a bit with our studies.
We'll still compete.

So you'll be at the last one for this year's series at Long Reef?

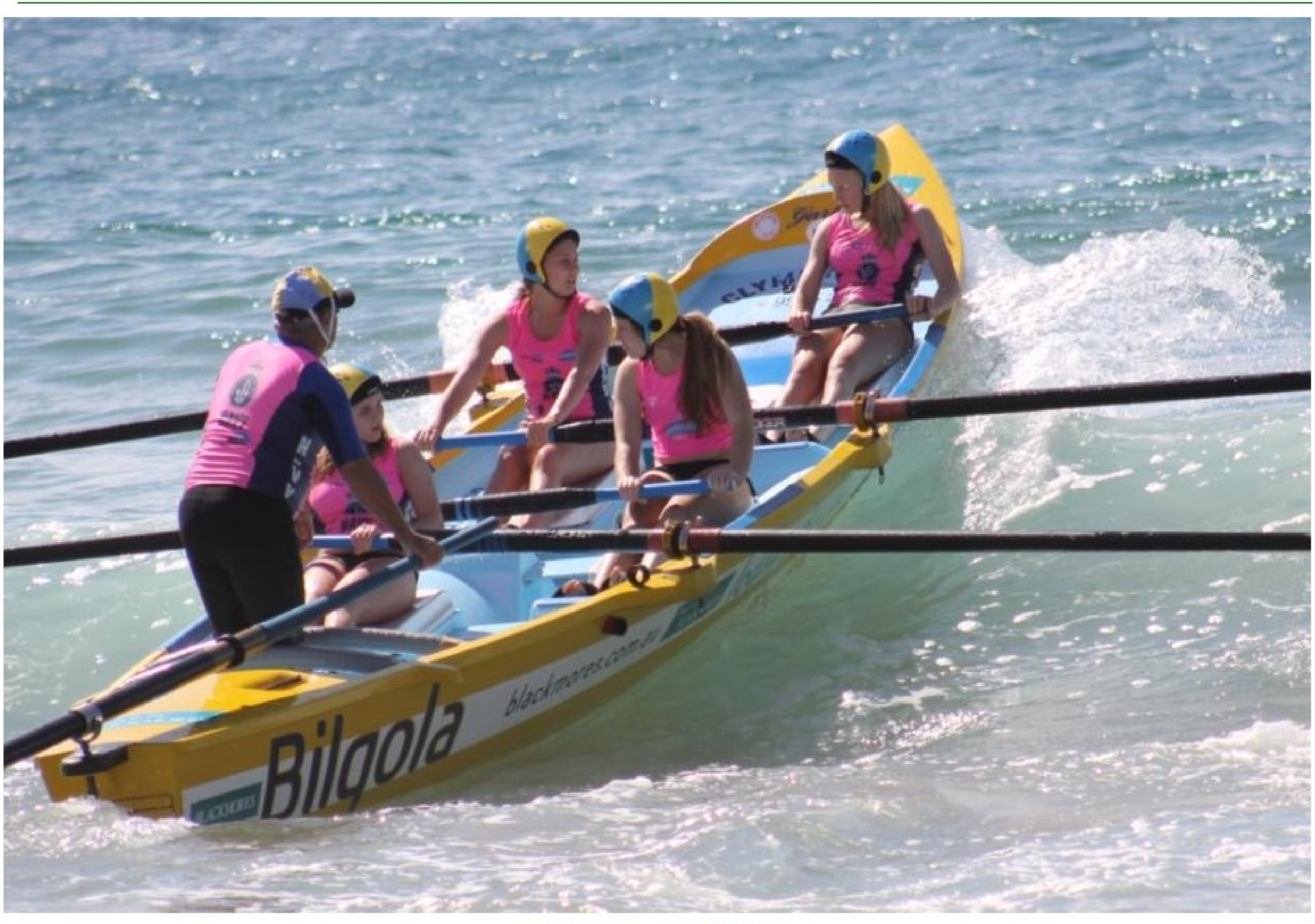
Yeah.
Interview two then!

What would be the Sweet Cheeks motto for life?

Alicia: Live life in the moment because everything else is uncertain.
Molly: Yes! Nailed it!

As you can probably tell from the girls responses, and if you could hear how fast and astute each one is, they are indeed 'nailing it!' and are going to have a great Summer.

Thank you girls – see you at Long Reef!



At Bilgola - 26.10.2013.

At Warriewood - 30.11.2013.

Carol and Don McManus - Bilgola SLSC stalwarts.

Left to right: Anna Galloway, Katy Hulton, Alicia Jackson, Molly Simpson, Sage Scott.

Report and Pictures by A J Guesdon and the Bilgola Sweet Cheeks, 2013.

December 1 - 7, 2013: Issue 139

Northern Beaches Interchange's Annual General Meeting of 2013 – An Insight Into A Little Ray of Sunshine

At the 2013 NBI AGM the launch the inaugural "Long Service Awards" recognising those staff and volunteers who have been contributing for over 5, 10, 15 or even 20 years formed part of the porceedings. Above are those who recieved an award this year. A full list is below.

Northern Beaches Interchange - Annual General Meeting of 2013 – an Insight into A Little Ray of Sunshine in Our Community

The Northern Beaches Interchange (NBI) Annual General Meeting was held on Thursday 28th of November at Mona Vale Golf Club. This is the 31st year of NBI and was viewed as yet another year to keep the organisation relevant to its core values and adaptable to current changes. During the formal part of the evening the Presidents' and CEO's reports, from Tracey Keene and Carolyn McKay respectively, were presented. These provided an overview of this year's Programs and some dynamic future plans which indicate not only the foresight of this community organisation but also its determination to remain a grassroots one by fidelity to its Vision, Purpose and Values.

A unique characteristic of NBI is its focus on personalised support, an ethos that has grown with its grass roots network. A succinct definition of inclusivity, of adapting to maintain their beliefs about opportunities for people with a disability, the NBI range of Programs recognises every member of every family. Service delivery is fundamental – Respite, Recreation, Support- and generates and maintains the excellent Family Fun Days, Siblings Days, the Saturday Program and Host Programs, to do just that, provide Respite, Recreation and Support.

The big development is the incoming NDIS. The National Disability Insurance Scheme is described by Federal Government as 'a new way of providing community linking and individualised support for people with permanent and significant disability, their families and carers'. The 'rollout' across NSW commenced in Newcastle in July of this year. It is anticipated that further implantation will commence from July 2016 and by July 2018 all eligible residents will be covered.

Tracey Keene's foreword to the 2012-13 Annual Report summarises all NBI key priorities for the next three years. Among the areas of focus to 2016 are:
1. Preparedness for "self-directed' funding and the NDIS.
Self - directed funding will result in significant changes to the way disability organisations are funded and will increase the level of competition between agencies for the provision of services. Preparedness for the NDIS will require changes to our financial resources and processes, marketing and profile building, administration and staffing. Although it is unclear exactly how the changes will impact NBI, we are preparing for anticipated changes by ensuring we are knowledgeable about the potential impacts and that we have the resources and plans in place to respond quickly and appropriately. We are also using this time to test new concepts and models so that we are have workable plans ready to go as needed.
2. Achieve growth and sustainability
In order to assist us respond to unmet client need, as well as ensure a viable financial future, we are developing and implementing plans to help grow NBI and ensure we are sustainable into the future. We are proud to offer a diversity of programs, however, there is significant scope to expand existing diversify into new activities, hence the organisation needs to cam' of opportunities for expansion
3. Strengthen internal capability
Anticipated growth and sector changes, together with increased expectations of accountability, require NBI to strengthen its internal capabilities. These changes include information and technology, financial systems, sill achieving evidence based practice. While historically service delivery has been the predominant focus, it will be important in the future that internal and processes are highly efficient in supporting program implementation and accountability.

Carolyn McKay, CEO of NBI, presented a report that celebrated the past achievements of the year and outlined a positive looking forward to the next year of NBI. There were a few exciting announcements this year:

NBI is proud to be a grass roots organisation committed to fostering supportive connections between people and across the community. We believe in building on strengths, embracing challenge and striving for excellence. We value and respect each individual's unique attributes and contributions and put people at the centre of decision making as we seek to enable people with disabilities to achieve their goals.

We are excited about the launch of the National Disability Insurance Scheme (NDIS) and the opportunities it presents for people with disabilities. We have been taking steps to ensure that by building on our strengths NBI will be ready to embrace the brave new world.

We are committed to supporting families to understand and navigate the changing landscape and will continue to strive to provide and develop the services and supports that best meet each family's unique needs. We have already started working to support people with self -directed packages and/or self-funding to meet their needs, and will continue to do this as more packages become self-directed.

2013 saw the launch of our first Action Research project. The project seeks to reflect, build on and improve our practice and improve the outcomes for young people with disabilities and their families. Whilst we often get great feedback we want to really challenge ourselves to look at what works and why and develop an evidence base to inform our future work and to share with others.

Peer Plus was launched as a "pilot" project in August 2012 in response to significant lobbying from young people and their parents and with the support of NBI fundraising initiatives. It aims to build on NBI's successful Peer model: to offer activities for young people aged over 25 and increase choice and control of the participants whilst exploring ways to make the model sustainable.

Peer Plus is just one example of NBI's innovative responses to unmet need in the community. In order to run this project and others such as camps and Seagulls Holiday program, we rely on the generosity and support of our community partners, foundations and individual donations together with our fundraising initiatives.

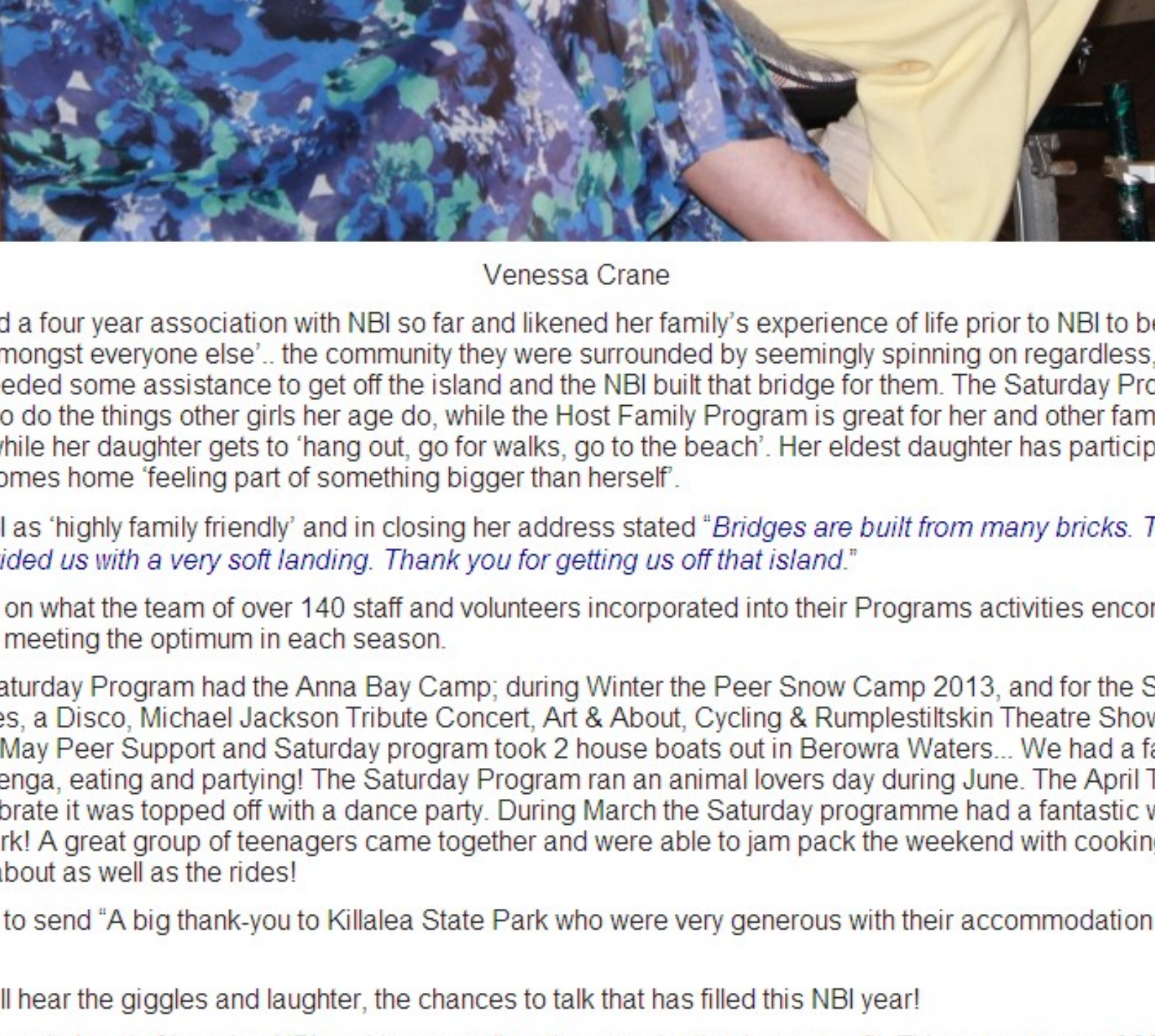
The NBI team is comprised of a fantastic group of over 140 skilled and committed staff and volunteers and I would like to acknowledge the contribution of each and every one. Each year we recognise a few particularly outstanding contributions with the NBI Awards for excellence with winners announced at the AGM. I am delighted to launch our inaugural "Long Service Awards" recognising those staff and volunteers who have been contributing for over 5, 10, 15 or even 20 years.

Despite uncertainties about many aspects of the journey ahead NBI has an ongoing commitment to be a stronger and more far-reaching organisation which maintains its `grass roots' feel. We will continue to be resourceful, creative and innovative, ensuring that we respond to the specific needs of families and young, people, and to opportunities in our environment.
Carolyn McKay
CEO

Claire Cavanaugh presented the Financial Report; a positive there too.

The new Board of Management was elected unopposed and consists of office bearers elected; Tracey Keene – President, Monique Purcell, Vice President, Honorary Treasurer, Clair Cavanaugh, Secretary Mark Woolven, Public Officer Sharon Stone, John Buttle, Monique Langley, Edward Davie, Andrew Miller, George Wong and Russell Kennett.

With the formal part of the proceedings over two guest speakers, Nellie Evans and Venessa Crane gave wonderful talks and insights into their experience of NBI. Venessa began as a client, proceeded to becoming a volunteer and now works in administration one day a week as valued staff member. Her get up and go attitude and determination to 'get out there and join in' underlines what NBI is all about – supporting and enabling the families and those with disabilities to be part of our community in ways that suit them.



Venessa Crane

Nellie Evans has had a four year association with NBI so far and likened her family's experience of life prior to NBI to being 'placed on a deserted island in amongst everyone else'.. the community they were surrounded by seemingly spinning on regardless, or disregarding. Nellie stated they needed some assistance to get off the island and the NBI built that bridge for them. The Saturday Program has allowed her daughter to get to do the things other girls her age do, while the Host Family Program is great for her and other family members; respite is afforded while her daughter gets to 'hang out, go for walks, go to the beach'. Her eldest daughter has participated in the Sibling Day Program and comes home 'feeling part of something bigger than herself'.

Nellie described NBI as 'highly family friendly' and in closing her address stated "*Bridges are built from many bricks. The bridge NBI has built for us has provided us with a very soft landing. Thank you for getting us off that island.*"

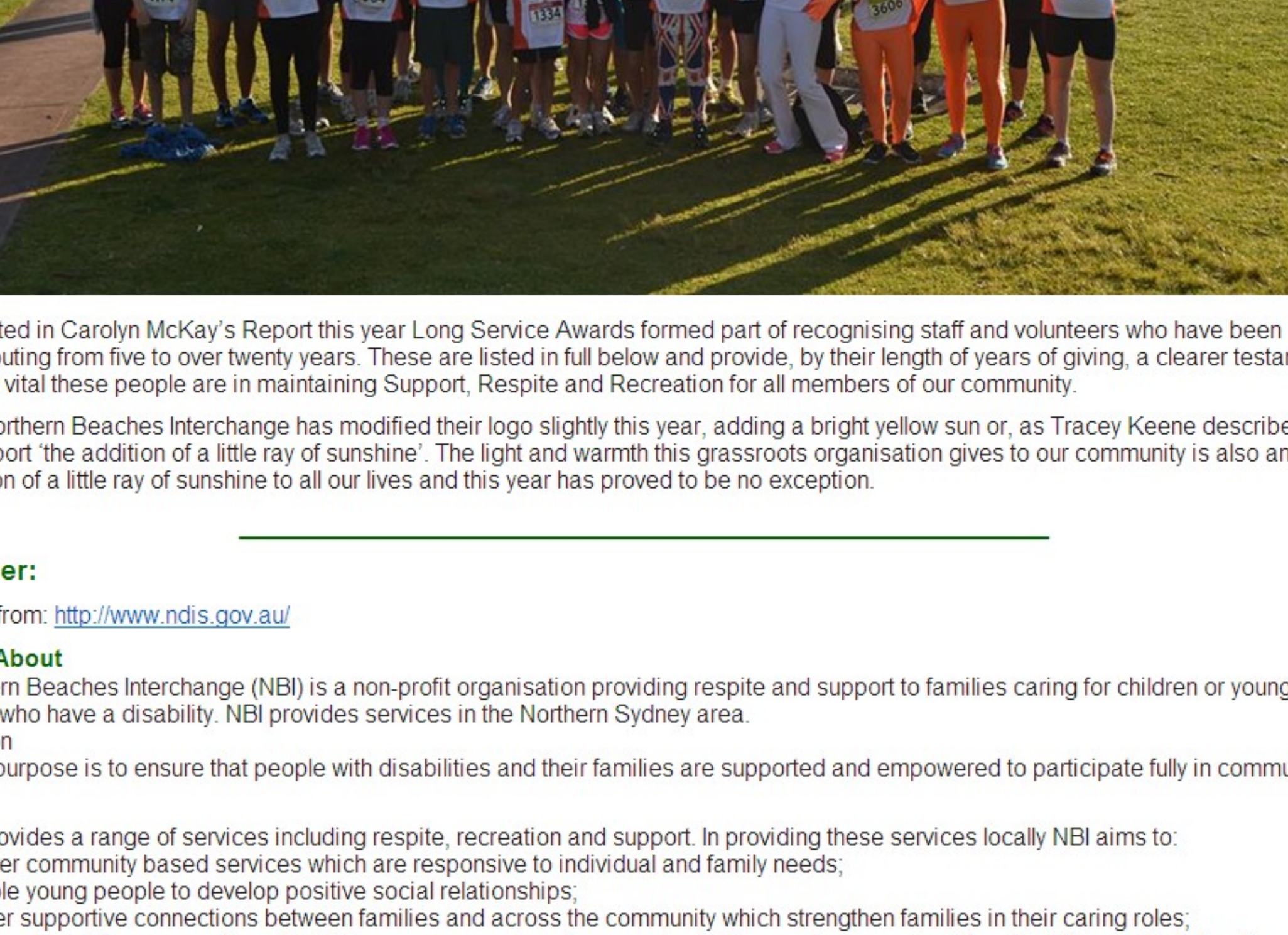
This year a short list on what the team of over 140 staff and volunteers incorporated into their Programs activities encompassed a wide range of places and meeting the optimum in each season.

During Spring the Saturday Program had the Anna Bay Camp; during Winter the Peer Snow Camp 2013, and for the September school holidays five activities, a Disco, Michael Jackson Tribute Concert, Art & About, Cycling & Rumplestiltskin Theatre Show were enjoyed. In the second week of May Peer Support and Saturday program took 2 house boats out in Berowra Waters... We had a fantastic weekend of swimming, soccer, jenga, eating and partying! The Saturday Program ran an animal lovers day during June. The April TAG was a great success and to celebrate it was topped off with a dance party. During March the Saturday programme had a fantastic weekend camp at Jamberoo action park! A great group of teenagers came together and were able to jam pack the weekend with cooking, political debates, swimming, running about as well as the rides!

The team would like to send "A big thank-you to Killalea State Park who were very generous with their accommodation pricing - highly recommended!"

You can probably still hear the giggles and laughter, the chances to talk that has filled this NBI year!

Fundraising remains a vital part of keeping NBI working so well as the organisation is non-profit. This year a team of 80 joined in the annual Pub2Pub Fun run, raising over $15 000.00 and having a great time while they did.



As stated in Carolyn McKay's Report this year Long Service Awards formed part of recognising staff and volunteers who have been contributing from five to over twenty years. These are listed in full below and provide, by their length of years of giving, a clearer testament of how vital these people are in maintaining Support, Respite and Recreation for all members of our community.

The Northern Beaches Interchange has modified their logo slightly this year, adding a bright yellow sun or, as Tracey Keene described it in her report 'the addition of a little ray of sunshine'. The light and warmth this grassroots organisation gives to our community is also an addition of a little ray of sunshine to all our lives and this year has proved to be no exception.

Further:

NDIS from: http://www.ndis.gov.au/

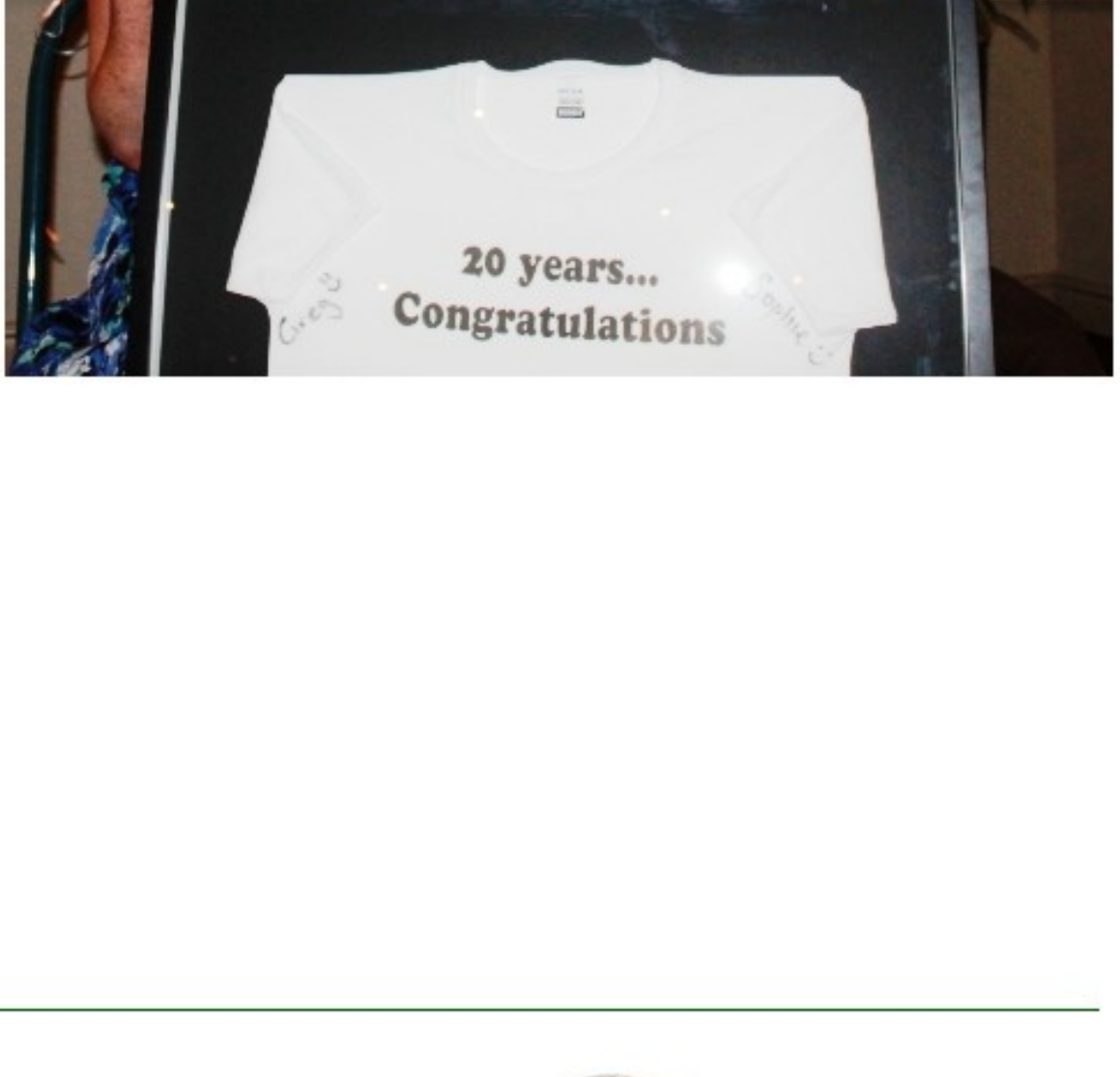
NBI - About
Northern Beaches Interchange (NBI) is a non-profit organisation providing respite and support to families caring for children or young adults who have a disability. NBI provides services in the Northern Sydney area.
Mission
NBI's purpose is to ensure that people with disabilities and their families are supported and empowered to participate fully in community life.

NBI provides a range of services including respite, recreation and support. In providing these services locally NBI aims to:
- Deliver community based services which are responsive to individual and family needs;
- Enable young people to develop positive social relationships;
- Foster supportive connections between families and across the community which strengthen families in their caring roles;
- Engage the wider community so that it is more aware of, and responsive to, the needs of people with a disability and their families;
- Build meaningful and positive relationships with stakeholders

See more at: http://www.nbi.org.au

NBI Long Service Awards 2013

Staff



20+ years
Andrew Stock

15+ years
Liz Bolitho
Lies Marsden
Lisa Davis (We farewelled Lisa in 2013)

10+ years
Caroline Barton
Venessa Crane
Sue Mesker
Penny Rankin-Smith

5+ years
Wenda Bennie
Carmel Clyburn
Simone Eve
Elizabeth Hammond
Liz Jewell
Carolyn McKay
Lincoln Rankin-Smith
Louise Reynolds
Tony Turner
Olga Vassarotti
Trish Wingfield

Volunteers

15+ years
Kim and Bob Buckingham and family

10+ years
Lata, Mark & Zachary Wilkinson
Alison Fielding Smith

5+ years
Catherine Arena
Judith Blayden
Frances and Sean Foster
Suzie and Jan Gade and family
Natasha Gatien
Tracey Keene
Beth Parry
Jennifer and Ken Sky and family
Annetta and Skip Verdyn and family

Left to right: Harrison, Jan, Anna and Susie Gade with Carolyn McKay - CEO of NBI.

2013-14 Board Members Elected in attendance on Thursday - (Front): Mark Woolven, Tracey Keene, Monique Langley - (Back): Edward Davie, Claire Cavanaugh, Judith Blayden, John Buttle.

Left to right: Sue Mesker, David Trundle, Claire Cavanaugh.

Peter and Lilian Hojgaard-Olsen.

Left to right: Matt Wyatt, Nikki Cronan, Sophie Collett.

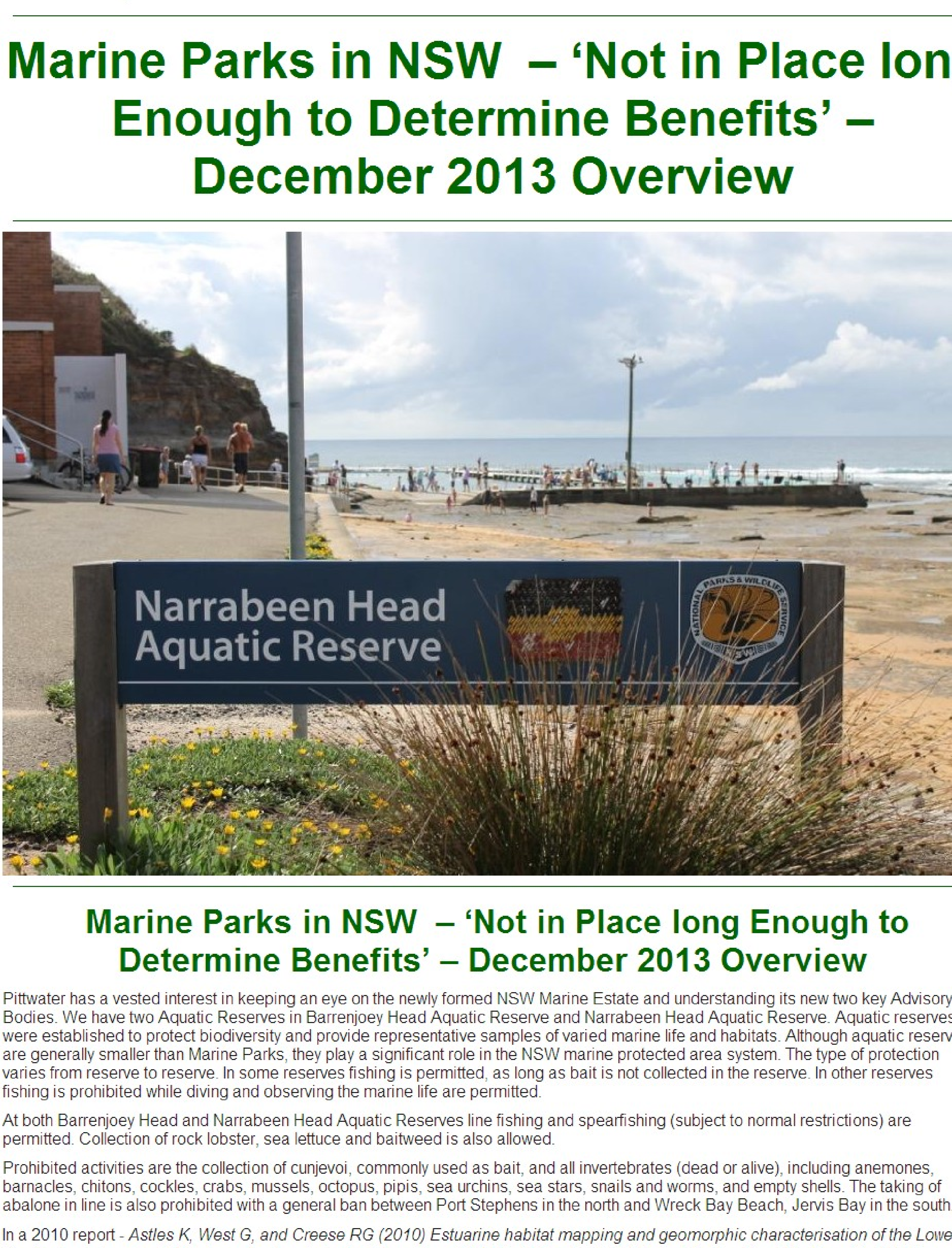
Catherine Arena and Lies Marsden.

George Olivares (Returning Officer) and Penny Rankin-Smith - 10+ years at NBI.

Report and Pictures by A J Guesdon, 2013.

December 1 - 7, 2013: Issue 139

Marine Parks in NSW – 'Not in Place long Enough to Determine Benefits' – December 2013 Overview



Marine Parks in NSW – 'Not in Place long Enough to Determine Benefits' – December 2013 Overview

Pittwater has a vested interest in keeping an eye on the newly formed NSW Marine Estate and understanding its new two key Advisory Bodies. We have two Aquatic Reserves in Barrenjoey Head Aquatic Reserve and Narrabeen Head Aquatic Reserve. Aquatic reserves were established to protect biodiversity and provide representative samples of varied marine life and habitats. Although aquatic reserves are generally smaller than Marine Parks, they play a significant role in the NSW marine protected area system. The type of protection varies from reserve to reserve. In some reserves fishing is permitted, as long as bait is not collected in the reserve. In other reserves fishing is prohibited while diving and observing the marine life are permitted.

At both Barrenjoey Head and Narrabeen Head Aquatic Reserves line fishing and spearfishing (subject to normal restrictions) are permitted. Collection of rock lobster, sea lettuce and baitweed is also allowed.

Prohibited activities are the collection of cunjevoi, commonly used as bait, and all invertebrates (dead or alive), including anemones, barnacles, chitons, cockles, crabs, mussels, octopus, pipis, sea urchins, sea stars, snails and worms, and empty shells. The taking of abalone in line is also prohibited with a general ban between Port Stephens in the north and Wreck Bay Beach, Jervis Bay in the south.

In a 2010 report - *Astles K, West G, and Creese RG (2010) Estuarine habitat mapping and geomorphic characterisation of the Lower Hawkesbury river and Pittwater estuaries. Industry & Investment NSW – Fisheries Final Report Series No. 117. Cronulla, NSW, Australia. 229pp.* can be downloaded from HERE:it is stated:

"*Foreshore development and some elements of recreational fishing generally posed the greatest risks throughout the different sub-catchments and reaches. The most important issue arising from these human activities overall is the need to examine the extent of the interactions (intensity and location) between these human activities and the habitats. Where the interactions are most intense, investigation of the condition of those habitats is needed to determine the most effective and efficient management responses.*"

Although Marine Parks are much larger than Aquatic Reserves, they are still all part of NSW's Marine Estate. Outrage and a perceived downgrading of Marine Parks as 'kill fee zones' coupled with a keener interest in the parameters of these waters and all that lives in them began in 2012 with the release of the *Independent Scientific Audit of Marine Parks* , which identified gaps in the marine park system and recommended that mechanisms be found to enhance and protect the Hawkesbury and Twofold Shelf marine bioregions, clearly identified also in the 2010 report referred to above, and even more so with the Media Release of March 12, 2013:

A NEW APPROACH TO MARINE ESTATE MANAGEMENT - Tuesday 12 March 2013

Minister for Primary Industries Katrina Hodgkinson and Minister for the Environment Robyn Parker today announced decisions around the management of the NSW marine estate will now be based on science and in the long term interest of community, marine ecosystems and industry.

"The NSW Government is delivering on its election commitment for a common sense marine parks policy and **is supporting the principal recommendations of the *Independent Scientific Audit of Marine Parks*,**" Ms Hodgkinson said.

The NSW Government is taking a new approach to protect the NSW marine estate, which includes coastal waters, estuaries and beaches:

- Establishing two new advisory bodies, the Marine Estate Management Authority, to replace the existing Marine Parks Authority, and the Marine Estate Expert Knowledge Panel;
- **Effective immediately there will be an amnesty allowing line fishing from ocean beaches and headlands in sanctuary zones** with the exception of identified sites for the protection of threatened species. All other recreational fishing restrictions including bag and size limits will apply. **The Expert Knowledge Panel will undertake a six month assessment of recreational fishing access to these areas**;
- Undertaking threat and risk assessments for the NSW marine estate; and
- **Remaining committed to the moratorium on new marine parks**, pending advice from the new Marine Estate Expert Knowledge Panel.

"After years of political interference and decisions based on poor or incomplete science by the previous Labor Government, the credibility of Marine Parks and our fishing industries has been undermined," Ms Hodgkinson said. "The NSW Government's vision is for a balance between economic growth, particularly in our regional communities, and conserving our marine ecosystems leading to a greater appreciation of its unique value," Ms Parker said.

Associate Professor Bob Beeton, Chair of the Audit Panel, said the key recommendations for effective and sustainable management are captured in the Government's response and will benefit recreational and commercial interests, marine biodiversity and the community.

"These changes will not adversely impact the commercial fishing industry, which is currently undergoing significant reform, and industry can take confidence that future decisions around access to resources will be undertaken in an independent and transparent manner,' Ms Hodgkinson said. "The average commercial catch from NSW wild fisheries over five years to 2010/11 was approximately 15,000 tonnes, the NSW Government expects this to continue in the foreseeable future notwithstanding unexpected circumstances."

The Marine Estate Management Authority will replace the Marine Parks Authority and will be informed by the work of the Expert Knowledge Panel, providing independent advice across ecology, economics, and social sciences.

"I am pleased to announce two eminent individuals to lead the respective organisations who have extensive experience in public administration, natural resource management and economics. The independent chair of the Authority is Dr Wendy Craik and the independent chair of the Expert Knowledge Panel is Dr Andrew Stoeckel," Ms Hodgkinson said.

The Authority will convene its first meeting in the coming weeks. Expressions of interest for the remaining Expert Knowledge Panel positions are now open.

For further information visit www.marine.nsw.gov.au

No word yet on the 'six month assessment' that was due in September 2013. Paragraphs in both reports seem to point to 'restraint' and thus the wondering by so many why 'effective immediately' was so suddenly announced. The NSW fish stock assessment, a three year report, was not started this year, so that will never be a reference document. The Cronulla Fisheries Research Centre of Excellence, which prepares the assessment, was abolished by Minister for Fisheries, Hon. Katrina Hodgkinson, last year.

The other note of contention is a perceived ignoring by the NSW Government of our vast body of Marine Scientists despite an ever growing body of reports, papers and the facts published in them. It is in the very nature of accumulating knowledge to close these papers with a statement of '*further and future research is required to'*…illuminate and grow the body of knowledge. That is the basis and fundamental principle behind bothering to research for years any one subject and then publish your findings – continual and Lifelong Learning - a principle the bulk of our university educated and graduated representatives at all tiers of government must have come into contact with or be aware of.

For those of us who are less well-educated; we have only to listen to the stories of people still alive of being able to catch huge snapper, tailor and flathead closer to shore to know the world beneath the surface of the seas that meet Pittwater's shores has changed within our generation. Commercial as well as recreational local fishers have expressed concern over depletion or complete absence of fish stocks unless you go a few kilometres offshore, outside reserve zones. They too have a reasonable and sustainable approach to fishing, in that they want to keep fishing.

Dr Daniel Bucher, a senior lecturer in fisheries biology and marine biology at the Southern Cross University, says that that decision to open the Marine Parks immediately to recreational fishers is not supported by the science:

I have been scanning that audit with a fine tooth comb and I cannot see anywhere where this is actually part of that recommendation.

In fact quite the opposite. I have found parts of the audit where they believe that no take zones are important in the context of biodiversity conservation and where the aim is to preserve habitats from extracting uses including human impacts including fishing.

The decision to open up all of the coastal sanctuary zones to recreational fishing is not supported by the science.

The science of marine parks would say we need reference areas that are free from all potential human impacts that will serve as the long term reference against which we can measure impacts.

Greens Party Member, Hon. Cate Faehrmann stated in Parliament the week following this announcement:
…*tailor is an inshore schooling fish and predator. It is classified as fully fished. Tailor live to 10 years and mature to about 10 kilograms. However, they are fished at around one to 1.5 kilograms before the species can reproduce. Older fish are commonly found around rocky headlands.*

The estimated recreational catch of tailor in New South Wales is between 150 and 300 tonnes each year more than the commercial catch. So one can see how an influx of recreational fishers into sanctuary zones could be a huge blow to any newly recovered populations of species, such as tailor, in these areas. Mulloway, which is overfished, is even more at risk…(3.)

To clarify Fishing in Marine Parks:
From the **March 2010** 'Fishing in Marine Parks' brochure at: http://www.mpa.nsw.gov.au/pdf/Fishing-in-Marine-Parks.pdf (2.89MB)
Marine parks aim to conserve marine biodiversity – the variety of marine life – and habitats and at the same time provide opportunities for sustainable fishing, public appreciation and enjoyment. You can fish in every NSW marine park, except in areas set aside as sanctuary zones. Some limitations on fishing may apply in some habitat protection zones and special purpose zones.

This brochure also states $30 million has been spent already by the NSW Government on commercial fishing buyouts to support sustainable recreational and commercial fishing in marine parks. And also that: Just 6.7 percent of NSW coastal waters are set aside as 'no take sanctuary zones' to help conserve our marine life. Less than 4 percent of the NSW coastline including ocean beaches and rocky shores are set aside in sanctuary zones.

So no 10% tithe to any perceived maker or Keeper practice in place there and clearly **fishing in Marine Parks being extended into 'sanctuary zones' was the 'effective immediately' modification that irked those who voiced opposition to this announcement.**

Within a week of each other, two new reports have come out this November.

NEW VISION AND PRINCIPLES FOR MANAGING THE MARINE ESTATE - Thursday 21 November 2013 – NSW Government Marine Estate Management Authority Media Release

The Marine Estate Management Authority today released a paper, *Managing the NSW Marine Estate: Purpose, Underpinning Principles and Priority Setting. (*PDF 2MB at HERE): The paper outlines the vision, principles and processes the Authority will use in advising the NSW Government on management of the marine estate.

Following the *Independent Scientific Audit of Marine Parks*), the Authority, with guidance from the independent Marine Estate Expert Knowledge Panel, is driving implementation of the new approach to managing the marine estate.

"Given the passion the people of NSW have for their marine estate and their strong and wide-ranging opinions it's important that the Authority is clear with the community about how the advice we provide to Government will be developed," the independent Chair of the Authority, Dr Wendy Craik, said. "Based on the Government response to the Audit our vision for the marine estate is to have a healthy coast and sea, managed for the greatest well-being of the community, now and into the future."

Ten principles for managing the marine estate are contained in the paper, beginning with '*effective community engagement to identify and prioritise benefits and threats'.*
"There's a clear focus on community consultation and seeking the community's advice on what's important to them about the marine estate. We will also be seeking their views on what they see as the threats to these values," Dr Craik said. "The paper shows how the Authority will evaluate alternative uses and seek to maximise community benefits from the NSW marine estate."

Further information is available at www.marine.nsw.gov.au, where the paper is available to view or download.

From the *Report of the Independent Scientific Audit of Marine Parks in New South Wales* on fishing:
(R6) Recognising the continuing improvement in fisheries management and resulting recovery and improvement in the status of several fish stocks, the Audit Panel sees the need for the following:
1. Better information is needed on the ecosystem effects of fishing and the integration of this information into the annual stock assessment of commercial and recreational fishing.
2. **Recreational fishing (including distribution of effort, catch, discards of by-catch and ecosystem impacts) must be evaluated and the results of that incorporated into marine park management**.
3. Approaches to zoning should be re-assessed to be based upon management objects that are specifically geared to ecological and biodiversity outcomes, rather than being merely surrogacy-based, and that utilise economic and social assessments in their implementation and evaluation. This will of necessity require:
a. clarifying the role and purpose of the various types of zones currently in use
b. **reviewing of the 1998 ANZECC approach to zoning in marine parks**, which is currently based on principles of being comprehensive, adequate, and representative (CAR) and **uses habitat as a surrogate for biodiversity** *per se*
c. taking into account social and economic objectives and utilising appropriate tools
d. **recognising that the needs of user groups should be included in any future zoning in the context of a much expanded NSW Marine Estate. This could extend to innovation such as havens for particular forms of fishing or other specific uses. This would be facilitated by the amendments to legislation and administration suggested in Recommendations R12 to R15.**

See full *Report of the Independent Scientific Audit of Marine Parks in New South Wales* (PDF 1.01MB) at:
http://www.marineparksaudit.nsw.gov.au/imagesDB/wysiwyg/MPksAuditReport_2012_web_witherratum.pdf)

In the NSW Government's *Government response to the Report of the Independent Scientific Audit of Marine Parks in NSW A new approach to managing the NSW marine estate* on page 3 under 'key feedback distilled from submissions';
"Support for existing marine parks and lifting of the moratorium to declare new marine parks **or review and alter existing zonings."**

A recommendation that the management framework encompass the entire marine estate and represent a statewide approach has seen the recent establishment of two new advisory bodies (JPG 268Kb).
The **Marine Estate Management Authority** (PDF 72Kb) which will (as described on the NSW Marine Estate website: http://www.dpi.nsw.gov.au/info/marinereform#A-new-approach--the-Audit-response):
- have an independent Chair. The Ministers have selected Dr Wendy Craik AM for this role.
- oversee management of the NSW marine estate, including the current system of marine parks.
- report jointly to the Minister of Primary Industries and Minister for the Environment.
- include as members the heads of NSW Trade and Investment, Primary Industries, Environment and Heritage, Planning and Infrastructure, and Transport, and the Chair of the Expert Knowledge Panel.

And the independent **Marine Estate Expert Knowledge Panel** , which will, as described:
- be chaired by Dr Andrew Stoeckel and consists of five other experts.
- provide the Authority and Ministers with expert advice across ecological, economic and social sciences.
- Dr Stoeckel will also be a member of the Marine Estate Management Authority to provide for the Authority having direct access to scientific expertise.

The Authority and Expert Knowledge Panel will focus on these key initiatives:
- Developing a threat and risk assessment framework (PDF 58Kb) – to underpin and prioritise. effective management across the marine estate to address the primary threats.
- Developing a Marine Estate Management Strategy (PDF 63Kb) – through which the strategic framework and priorities will be set, and monitor its implementation.
- Marine park management reforms (PDF 79Kb) – including consideration of multiple use zoning, incorporation of ecological threats and risks, economic and social considerations, and improved public communication and engagement processes.

From the November 21st, 2013 released report *Managing the NSW Marine Estate: Purpose, Underpinning Principles and Priority Setting* under item 7 of the 'ten principles';
In response to uncertainty and information gaps, the precautionary principle will be applied and measures will be taken to avoid threats of unacceptable environmental damage. However, lack of full scientific certainty will not be sufficient reason for postponing action.

Item 6:

Existing access arrangements will be respected
While the NSW Marine Estate is largely a common property resource, various access rights and arrangements to the Estate already exist including but not limited to seascapes, diving, indigenous access and cultural heritage including sacred sites and shipwrecks, shipping routes, ports and infrastructure, recreational boating access and infrastructure, commercial fishing licences and other entitlements including aquaculture leases and recreational fishing access including recreational fishing havens. **Future management of the Estate will recognise and respect existing rights and arrangements, but retain the option to modify them over time to maximise community benefits.**[7] (7: Any changes would be consistent with government policy and legislative and legal frameworks associated with defined and legally recognised property rights.)

See the Report: *Managing the NSW Marine Estate: Purpose, Underpinning Principles and Priority Setting* (PDF 2MB) at:
http://www.dpi.nsw.gov.au/__data/assets/pdf_file/0008/487007/Managing-Marine-Estate.pdf

While Social Media in recent months has stated the NSW Government is a puppet for the Shooters and Fishers party who hold two seats and the balance power in the upper house, a lucid insight this week has come from another 'independent' source outside of the state government's panel of Independent experts.

The second new report '*THE MARINE PROTECTION DIVIDEND, NSW marine parks deliver more over time'* by a fellow of the Centre for Policy Development, Caroline Hoisington, a former World Bank Economist, states many of NSW's Marine Parks have not been in place long enough to determine all of their benefits. The CPD report finds that marine parks already provide significant economic and social benefits to the communities they are part of. More importantly **the report states that a minimum of 15 years is necessary to assess ecological impact.** As Marine Parks in NSW were only established through The Marine Parks Act 1997 with the Solitary Islands and Jervis Bay marine parks POM's established in 2002, the assessment stage falls a little short.

From, *THE MARINE PROTECTION DIVIDEND, NSW marine parks deliver more over time* - Caroline Hoisington, Marine Economy Fellow, Centre for Policy Development; Occasional Paper 34. ISSN 1835-0135. November 2013:

Summaries

- Marine parks provide significant economic benefits to local communities. They attract significant tourism: the establishment of the Solitary Islands Marine Park, for example, saw a 20% increase in local business turnover in the first five years. Jervis Bay Marine Park has brought an estimated $2.4 million into the region through marine tourism.
- Community support for marine parks, and sanctuary zones within them, is high. In the three NSW marine parks where local opinion has been surveyed since the establishment of the park, support is extremely high across all sectors of the local community, with support for sanctuary zones at 80% or higher.
- Benefits from marine parks continue to increase over years and even decades. While NSW marine parks are still in the early years of the protection afforded by their existence zoning, elsewhere in Australia and overseas marine parks have shown continued growth in environmental and economic benefits over twenty years after protection began.
- The existence of sanctuary zones within marine parks is essential to the recovery and growth of fish and other marine species, and thus to the economic benefit of marine parks. Tourists are drawn to marine parks to see wild areas and to swim, boat, snorkel, dive, and fish. European studies have shown that for each year a fully protected zone is in place, the number and/or size of commercially targeted fish within the park, compared to the immediately adjacent areas, increased by around eight percent. Older marine reserves are more effective than newly established ones, both for increasing the size of commercial fish species and for increasing species richness.
- Both recreational and commercial fishing benefit from the environmental recovery provided by sanctuary zones. Fish and other marine species increase in size and number in protected zones and there is significant spill-over to surrounding areas, growing over time.
- Recreational fishing has a significant effect on fish stocks, making up as much as 90% of the catch for some species. The impact of recreational fishing is often thought to be minimal: one angler doesn't catch much compared to one fishing trawler. However, the total number of recreational fishers is a massive multiplier and sustainable fish stock management for the preservation of both commercial and recreational fishing in the long term must take recreational fishing into account.
- Marine Parks in New South Wales are multiple use parks. Marine parks cover less than 40% of NSW State Coastal Waters and all are multiple use parks with different zone categories. Of the marine park areas, 82% allow recreational fishing and a variety of other uses, including some commercial fishing. Less than 18% of the area of State Marine Parks is in sanctuary zones where extractive uses such as fishing and collecting are not allowed. In broader terms, 93% of the total area of State Coastal Waters is open for recreational fishing, some commercial fishing and other activities, and just 7% of state waters are fully protected in sanctuary zones.
- The process of creating marine parks in NSW was bipartisan, multi-staged and involved years of research and consultation. It starts when an area is studied, a park proposed, discussed, declared, and zoned in an official management plan, and then the zoning is reviewed after the initial 5 years and at 10-year intervals. Studies and local input are a required part of each step. The management plan sets out the area of each marine park in the four legally defined zones and what activities are allowed and prohibited in each.
- The zoning of New South Wales marine parks is all fairly recent, and economic and ecological benefits will continue to increase in future years and decades. In NSW, the first management plans came into effect in 2002 for Solitary Islands and Jervis Bay marine parks. Lord Howe Marine Park was zoned in 2004; Cape Byron Marine Park and Port Stephens – Great Lakes Marine Park in 2006; and Batemans in 2007. As marine parks need to have consistent protection in place for around 15 years before it is possible to reliably assess ecological benefits, none of NSW's marine parks is yet old enough to be judged.

THE MARINE PROTECTION DIVIDEND, NSW - marine parks deliver more over time paper at (PDF 1.49 MB) : http://cpd.org.au/wp-content/uploads/2013/11/CPD-OP34-Marine-Protection-Dividend1.pdf

Centre for Policy Development: http://cpd.org.au/about/

As the Sitting Day Calendar for the Parliament of NSW closed this week it will 2014 before any proposed 'amendments' may be introduced for debate. This week the other big debate for 2013, the Planning Bill 2013, passed in the Upper House on Wednesday 27th of November with numerous amendments, and will proceed to the Lower House when Parliament resumes in 2014.

Clearly everyone is now given some time to 'pause for thought'. The Legislative Assembly next sits on Tuesday 25 Feb 2014. The NSW Legislative Council next sits on Tuesday 4 Mar 2014. We don't think there will be any Christmas Eve introduction of a 'Building Application' as we saw last year for large developments at Warriewood….but….we'll keep an eagle eye on things anyway. If you see another 'overview' pop up in January's 2014 Summer mix you'll know we had to leave the beach and get back into the office.

Either way, it's the first day of Summer today – time to get paddling, get wading, get swimming, surfing, sailing and motor boating – that's sure to scare off a few more fish!

Further:

Astles K, West G, and Creese RG (2010) *Estuarine habitat mapping and geomorphic characterisation of the Lower Hawkesbury river and Pittwater estuaries. Industry & Investment NSW – Fisheries Final Report Series No. 117.* Cronulla, NSW, Australia. 229pp. Retrieved from http://www.dpi.nsw.gov.au/research/areas/aquatic-ecosystems/outputs/2010/1683

Editorial in Western Angler by Rick Mazza, Shooter and Fishers Party chairman, *'The Worm Turns'*
http://www.westernangler.com.au/articles/editorials/621-the-worm-turns

3. *Marine Park Management*, Page: 18784, NSW Parliament HANSARD, The Hon. CATE FAEHRMANN, at:
http://www.parliament.nsw.gov.au/prod/parlment/hansart.nsf/V3Key/LC20130319046

NSW Government's website NSW Marine Estate: www.marine.nsw.gov.au

Barrenjoey Head from Station Beach.

Marine Parks and Aquatic Reserves December 2013 Overview - 'Not in Place long Enough to Determine Benefits'- collected and collated by A J GUesdon, 2013. Pictures by AJG .

Pittwater Online News

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Warriewood SLSC Hosts Round Three of Surf Life Saving Sydney Northern Beaches (SLSSNB) 2013 Boat Premiership

WARRIEWOOD
KEYSUN
CLEAR ZINKE
WARRIEWOOD SLSC
BOAT CREW

Warriewood SLSC Hosts Round Three of Surf Life Saving Sydney Northern Beaches (SLSSNB) 2013 Boat Premiership

On Saturday 30th November Round Three of the SLSSNB Boat Premiership was held at host club Warriewood.

The Boat Premiership is a three round, round robin format plus quarter finals and finals. A round-robin is a competition "in which each contestant meets all other contestants in turn". The theory of a round robin is that this is the fairest way to determine a champion among a known and fixed number of participants. Each player or team has an equal chance against all other participants. The element of luck is seen to be reduced unlike a knockout system where a few bad performances may eliminate competitors who would otherwise do well. Participant's final records are seen to be more accurately represented in results since they were arrived at over a prolonged period against equal competition.

In surf sports and surf boat rowing this leads to an improvement in the skills and quality of those crews competing. Yesterday each team seemed faster then a few weeks ago and even though wind and sloppy and inconsistent waves offshore and looming higher or flatter sets onshore created some challenges, the term 'running like a well oiled machine' certainly applied in during this third event.

Round Three's thrills and spills are in the pictures below. Witnessing the Long Reef 'Vets' who are all over 65 and have a combined age of 260 years, literally fly across the water is a testament to how fit a lifetime in Surf Life Saving keeps you. Seeing people from 17 through to 80 years of age meeting and mixing and enjoying the sport dismisses any notion of a diminished common ground – there are many still, and one of them occurs every weekend, somewhere, on our beaches. People who are comfortable and enjoy being around each other filled the Warriewood bay.

Near the end of the program members from other boat crews step in to help each other as the finals begin and other crews have left the beach, proving this is all one family outside of each race. They're mates.

Hearing the stories of and meeting 'legends' with six, five and four decades of boatie history in them, who don't want to be called legends, who can point to younger hers and hims (she used to be with Long Reef – she's up at Avalon now – great girl), or their peers – 'see him, that's **Rick Hillier** – now that's a legendary sweep – he's trained so many' – or 'and he's **Tony Haven**, come and meet Tony – he was one of the best sweeps at South Narrabeen during the 1960's'. And 'this is **Mark 'Sparrow' Hazell**, we've known each other since school. Come and meet Sparrow.'

Thank you, **Eric Middledorp**, of Freshwater…!

Eric Middledorp and Mark 'Sparrow' Hazzel

Tony Haven

Thank you, **Dennis O'Toole**, of SLSSNB… for sending us in the direction of Bilgola's 'Sweet Cheeks', ecstatic after their very first win of a race!

The surf boat world on the Northern Beaches, its heritage, legacy, its current dynamic ethos, spectacular to be amongst, is showcased through events like the Surf Life Saving Sydney Northern Beaches Boat Premiership. Anytime you feel like you're forgetting what life is better being about, find yourself a spot on the sand at your next SLS Carnival.

Warriewood hosted the Boat Premiership in fluid style. In their clubhouse afterwards, and after the Allan Collins had been taken for her first fast run, people knee high to adult, without a grey hair and a head full of white hair mixed happily and listened to a few tunes to celebrate a brilliant day. Here too is another solid family of individuals who have set themselves, their community and Warriewood's guests, ready for a great Summer.

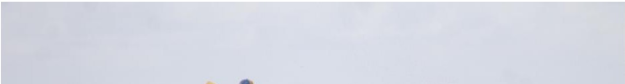
We will insert the Round Three results as they are official on this page.

All **participants** are welcome to our images - send an email HERE and we send you full sized ones.

Round One - Bilgola

Round Two - Newport

Wave Sequence Samples



BOB FULTON
BOAT CL
KEY SUN
CLEAR ZINKE

KEY SUN
CLEAR

KEY SUN
CLEAR ZINKE

CLEAR ZINKE

Boat Crews

NAVY
AUSSIES
Gold Coast
Adelaide
Adelaide
ARTHOUSE HOTEL
NAVY

Log Reef 'Vets' - all over 65 years of age.

NAVY
AUSSIES
Gold Coast
CTS
COLLAROY

Collaroy 'Clappers'.

WARRIEWOOD
BOAT CRE

Warriewood 'Warriors'.

NAVY
Millar

Avalon 'Assasins'.

AUSSIES
Gold Coast
NAVY

South Curl Curl 'Canned Heat'.

NAVY
2013 AUSSIES
Gold Coast
NAVY
NAVY

North Steyne 'Nuthuggers'.

AUSSIES
Gold Coast
DHL

Newport 'A'.

AUSSIES
Gold Coast
NAVY
nbcu

Queenscliff "T-Rex'.

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John 'Rastus' Rasmus

PAlm Beach 'Persuaders'.

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MONA VALE

Mona Vale 'Moose'.

AVALON BEACH
AVALON BEACH
AVALON BEACH
AVALON BEACH
NAVY

Avalon 'Pink Bits'.

WARRIEWOOD
BOAT CREW

Warriewood 'Platinum'.

NAVY
2014 AUSSIES
DHL

Freshwater 'Fess Moi'.

Report and Pictures by A J Guesdon, 2013.

Michael Mannington (Volunteer Photography) Public Gallery HERE

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Pittwater Online News

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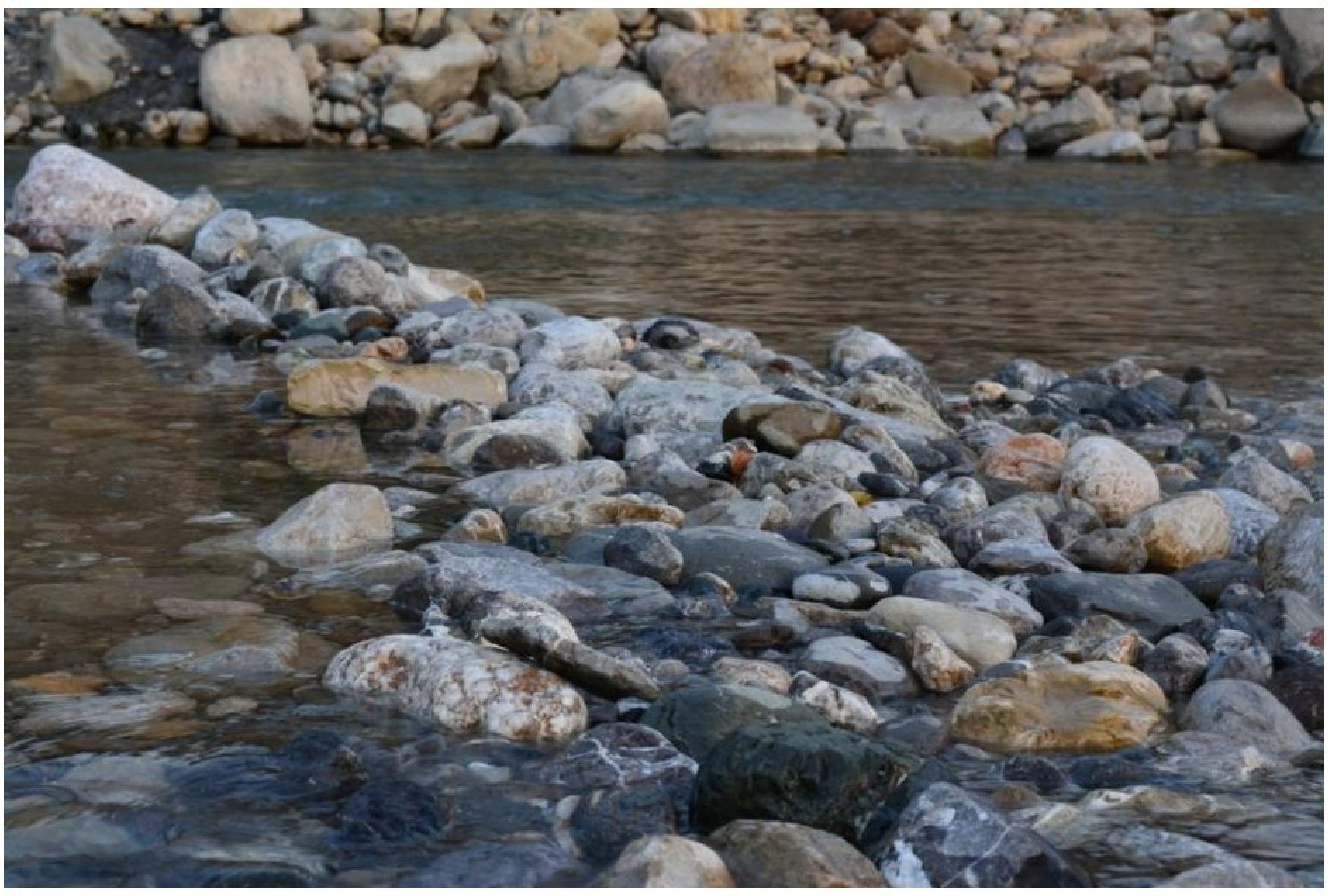
The Crocodile River



The Crocodile River

by Lucinda Rose

Down the screeching road of dust, and stones, where there are crocodiles, gold and smooth granite-veined pebbles, we swim… submerged in warm water that is still refreshing against a smothering humidity. We hold onto rocks as water cascades over us and I feel a sense of stillness in time, gazing up to the distant bamboo and mountains.

We bathe and wash our hair, scrubbing our clothes against rotund rocks. But only the essentials. There is no excess use of such precious resources here. The commitment our drivers demonstrate in tirelessly retrieving our toilet water day after day, many times a day, each trip close to an hour in length, gives off the essential need to make use of each and every drop. The entire village is like this. It is beautifully cool for the rest of the day, or at least I like to imagine it is. We are really just sweating again before we get back to the convent, where we are sitting in the car. I seem to have forgotten what it feels like to be cool.

On the way back up we stop to collect spring onions from a shy elderly village woman that haven't been picked yet. She pulls them from the earth with her bare hands. She is paid and off we go. They'll be used in our dinner tonight. We craft like crazy all afternoon. I melt rounds of satin over a black candle in a mesmerizing rhythm, munching almonds, bursting with 'Soibada sewing kit' ideas with Tamara. We are so excited – becoming nearly hysterical in the heat. I feel she is so passionate about these projects it rubs off on everyone around here – that is why these trips are so successful and productive.

We eat with more Timorese tonight, and engage in hours more craft, of beading religious medallions with colourful wooden beads to sell at the Avalon Market Day Soibada stall.

Story and Pictures by Lucinda Rose, 2013.

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Pittwater Online News

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Swapping Business Suits for Gardening Gloves

by Lynleigh Greig

Global Professional Services giant, EY (formerly Ernst & Young) sent a team of professionals to the wilds of "Waratah Park" to get their hands/faces/reputations dirty in a bid to help our beautiful Australian native wildlife.

EY
Working
Bee

40+ members of staff (many from the Advisory sector of EY) ditched their business suits, cappuccinos and lap-tops for tick-spray, gardening gloves and sensible foot-wear! They arrived by bus from the city at 9am, ready for action!

Waratah Park - home of the "Skippy the Bush Kangaroo" TV series, represents an important part of Australian history. It comprises 13 hectares of bushland, environment culture and rare flora and fauna. It's currently closed to the public and is in the process of being regenerated for the purposes of rehabilitating injured or orphaned native wildlife - many of which come into care via Sydney Wildlife rescuers.

Duffy's Forest Residents Association (DFRA) members normally go into the park one Sunday a month to clean up, remove noxious weeds, regenerate the bush and remove green waste. The staff at Dell are also very active in volunteering regularly in the Park. However, it's a daunting task and having some extra help was very exciting.

Sydney Wildlife rescuers Joan Reid, Lynleigh Greig, Tiere Thorpe and Peter Thorpe and Jenny from DFRA met the bus-load of EY volunteers on-site and everyone headed to the Ranger Headquarters for a quick briefing before dividing into 3 groups: the cage-building team, the animal enclosure clean-up team and the general site-clearing team. Many attempted to avoid clearing the renowned "snake-pit", but to no avail...!

Weeds were eradicated, dead trees were cut into manageable pieces and a cage was built! By lunch-time, everyone was ready for a swim in the dam!

After lunch, the volunteers were treated to a Wildlife Presentation by members of Sydney Wildlife. Many educational animals such as blue-tongue lizards, bearded dragons, carpet pythons and other snakes came out to play.

Some of the rescuers had baby animals in care that had to accompany them to the Working Bee for regular feeds. The volunteers were lucky enough to see them, too. Flying Fox pups, wallaby joeys and a tawny frogmouth chick were among the babies accompanying their carers.

Some of the EY volunteers worked up the courage to pet a python or kiss a blue-tongue lizard! Seeing these wonderful little creatures up close reinforced how important their contribution to the park was.

All in all, a very successful and enjoyable day! One enthusiastic worker was overheard saying: "*I'm definitely coming back here again to help. And I'm bringing the whole family! It's so nice to be able to make a measurable contribution.*"

Well done to everyone who has been involved in restoring Waratah Park to its former glory. It'll take some time but it will all be worth it!

For the wild ones!

EY
Working
Bee

Story and Pictures by Lynleigh Greig, 2013.

Tweet Like g+1

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The First Day of Summer 2013 - Celebration Poems about Summer

FIRST DAY OF SUMMER.

When the first day of summer crashes through ,
Pinched mornings of a long, reluctant spring,
What is the waking joy, more old than new,
This place where lime stands still in tremulous dew?,
What is this thing?!
Childhood it is a veritable, sweet,
Warm breath from Summers crumbled long ago;
Summers enjoyed, not analysed-their heat,
Scent, sound, play, idleness, a thing complete :
One wordless glow.
The smell of strawberries hot in the hand from the sun;
Velvet of yellow pansies: lemonade;
Cool slide of silk- (the flannelled winter done)
On nimble limbs; tight evenings, bat ball, run:
A bank in the shade.
To-days without to-morrows; impudence, bliss!
Vivid the memories, but they cannot stay.
They are only ghosts: their sunlit edifice
Breaks like a wave, leaving no more than this . . .
A summer day.
-London paper.
SELECTED VERSES. (**1928, August 9**). *Cairns Post* (Qld. : 1909 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article40633268

SUMMER.

Ah! the summer is with us, and Sydney prepares
To take up her sports and to throw off her cares!
Old termagant Winter was caught unawares,
And has slunk to the Pole, where he mopes and despairs.
And the streets and the beaches, the parks and the squares
Are crowded with folk who, with holiday airs,
Gallivant (notwithstanding prohibitive fares)
To the glades and the rivers they know to be theirs,
Bare-legged and bare-armed, but nobody stares.
Ol' Phoebus's rays they want more than their shares.
So, a string of bright days, if you please, Mr. Mares !
H. WILSHIRE.
SUMMER. (**1929, November 30**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 13. Retrieved November 29, 2013, from http://nla.gov.au/nla.news-article28044226

PRAYER.

As a good gardener, when day is done,
And his frail blooms droop 'neath the withering glare
And blasting radiance of, midsummer sun,
Cools them with water in the evening air, '
So, In life's summer, ere my peace is won,
When my heart droops with daily fret and care,
And all is black and solace seems there none,
I soothe my soul with the sweet dew of pray'r.
Hector Wilshire, M.A.
PRAYER. (**1933, September 1**). *The Richmond River Herald and Northern Districts Advertiser* (NSW : 1886 - 1942), p. 3. Retrieved from http://nla.gov.au/nla.news-article127168423

Please note that **Hector Wilshire** may not be the author of the first poem but he would prove a good subject for any researcher. Hector Wilshire wrote a number of school text books, including Essentials of French Grammar for Junior Classes (1905), Graded French Reader for Junior Classes(1918) and French Grammar and Exercises for Junior Forms (1918). These are held at the Mitchell Library, Sydney. He also published an article, 'The Two Paths', in the January 1927 edition of the Australian Theosophist magazine. In his selected workHappy Days, two other undated works are listed: Essential Principles of Written and Spoken English (held at the Mitchell Library, Sydney) and A Brief Introduction to Unolok (Suggested World-language), which has not been traced.

'The author is an M.A. of Sydney University with first class honours and scholarships and medals in French and German. He holds phonetic diplomas of the International Language Association in English, French and German; the Diplome Superieur d'Enseignement of the Alliance Francais, Paris; and matriculation diploma in Russian language. He was censor of the Australian Broadcasting Corporation in world war I and monitor in world war II.' Happy Days (p.3)

Hector Wilshire, junior University certificate, gained 1894. ASHFIELD GRAMMAR SCHOOL. (1894, December 13).Evening News (Sydney, NSW : 1869 - 1931), p. 6. Retrieved from http://nla.gov.au/nla.news-article108883906

Hector is the son of JAMES WILSHIRE
A large part of Strathfield is built on land granted to James Wilshire in 1808 by Governor Macquarie, later known as the Redmire Estate. This article briefly discusses Wilshire and his descendents, some of whom feature in the later history of Strathfield.
James Wilshire [1771-1840] immigrated to Sydney from England in 1800 as a free settler on the 'Rear Admiral'. Wilshire took a position as a commissary clerk and storekeeper until March 1804 and then held the position of Acting NSW Deputy Commissary until August 1806 and later from September 1808 to March 1812[i]. In 1805, he married Esther Pitt of Malgrave Place on the Hawkesbury[ii]. Children of this marriage included: Louisa, William Pitt Wilshire, Claude Wilshire, Victor Wilshire, Hector Wilshire and James Robert Wilshire. 2GB Broadcaster Brian Wilshire, who was born in Strathfield, is a descendent of James Wilshire's son, Hector Wilshire.
Retrieved from: http://strathfieldheritage.org/people/biographies/james-wilshire/

Mr. Hector Wilshire, M.A., now senior modern language master of Sydney Grammar School, will take over tho headmastership of Hilton, Armidale, at the end of the year. PERSONAL. (1926, November 6). The Sydney Morning Herald(NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16320756

SUMMER IS THE POET.

This is the old summer steadiness:
cicadas singing, and field sparrow songs
Blending in with the warmth of afternoons
Yielding rich and lovely chords that move
With the rolling fields of goldenrod
And thyme.
summer is the poet whose songs
Have reached perfection, tested by the moods
Of spring, the sharp days, the rush
Of floods-the freeze and thaw-
And then the evenness of days that comes
Again when the harvest ends.
And the old meadows unfold once more
Their loveliness. The hay is in:
The hills are smooth-the great farm
Slopes that only recently were rough
And brown with the tall timothy, ripening.
Summer is the poet whose art is steady
And sure as the mild rich rain that works up
Slowly from the south, nourishing the meadows
And the parched sandy fields, the maples
And the pasture elms, the deep pine woods-
Nourishing the heart of man.
For summer is the poet whose songs endure
Lansing Christman.
POEM OF THE WEEK. (**1948, November 15**). *Queensland Times* (Ipswich) (Qld. : 1909 - 1954), p. 4 Edition: DAILY. Retrieved from http://nla.gov.au/nla.news-article117107415

James Lansing Christman (1909-2006), was an author, journalist, and retired newsman, of Inman, South Carolina. Widower of Lucile Skinner Christman (1913-1989), he was born in Duanesburg, New York, and was the son of the late William W. and Phoebe Catherine (Bradt) Christman. He had lived in the Inman community since 1970.

Mr. Christman was Poet Laureate of the Bill Drake Show on WSPA-AM. He was a contributing editor for Ideals magazine, the Christian Science Monitor, editor for the Altamont (NY) Enterprise, and columnist for the Inman Times. He gained national recognition for his four books- A Hill Farm Year (1956), A Hillside Harvest (1957), Harpstrings In The Wind (1998) and Stitching Stars (2000) and for his poetry and country essays which have appeared in more than 60 magazines and newspapers throughout the United States including The Christian Science Monitor, The New York Times, The Washington Post, Household, Defenders of Wildlife News, and Nature Magazine. An ardent environmentalist, Mr. Christman and his wife lived for 60 years at the Christman Sanctuary in Albany, New York, nearly 100 acres of which now belongs to the Nature Conservancy. The Sanctuary is listed in the National Register of Historic Places.

Mr. Christman entered the news field at age 17 while a student in high school. Although never attending college, he quickly became Editor of the Altamont (NY) Enterprise and served in that position from 1934 to 1947. From that post he served nearly 20 years as News Director for radio and TV stations WGY-WRGB in Schenectady, NY. He was past president of the New York Associated Press Broadcasters Association.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Pittwater Online News

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Articles This Week

Front Page Issue 139

Warriewood SLSC Club Launches the Allan Collins Surf Boat - named to honour the man known as 'The Master' throughout the 1950's and 1960's for his prowess as a sweep

Pictures: Warriewood SLSC hosted Round Three of the SLSSNB 2013 Boat Premiership yesterday (30.11.2013) - Report and some of the action in this week's Pictorial

Northern Beaches Interchange's Annual General Meeting 2013 – an Insight into A Little Ray of Sunshine in Our Community

The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude

Marine Parks in NSW – 'Not in Place long Enough to Determine Benefits' – December 2013 Overview: The release of two reports within a week of each other regarding our recently created NSW Marine Estate provides the opportunity to share an overview of 2013 developments in what is keenly followed in Pittwater - the state of our aquatic environment and any plans for its future

Reflections by George Repin: **THE ISLAND OF ELBA**

The Crocodile River by Lucinda Rose

Swapping Business Suits for Gardening Gloves by Lynleigh Greig

Artist of the Month: December 2013 -Tomato Santa - Rhyme and Recipe Book by Jess Rosman and Nettie Lodge

DIY Hints: **Christmas Lights Display Around the House and Garden– getting ready for Christmas** - time to turn the home and garden into a festive wonderland - **SPECIALS START TODAY** (1.12.2013)

Profile of the Week: **November 2013 - Organisations and Club - Pittwater Model Yacht Club-** like the idea of 'armchair sailing'? - then this centuries old tradition is for you!

History: **November 2013 Pittwater Regattas - The 1937 Pittwater Regatta; A Fashionable Gala - closing a year that opened with the Centenary of the Anniversary Regatta on Sydney Harbour!!**

Artist of the Month for November 2013: **John Ogden shares a few extracts from his latest book *Slightly Dangerous***

Mayor Townsend Elected SHOROC President - from SHORAC

Pittwater Mayor Jacqueline Townsend has been elected the new President of SHOROC at the 2013 Annual General Meeting. Mayor Townsend succeeds Warringah Mayor, Cr Michael Regan, who held the position for the past year. Manly Mayor Jean Hay AM was elected as SHOROC Vice President.

Cr Townsend said it was an honour to be elected the SHOROC President and to lead the SHOROC partner councils into another year of advocacy and collaboration.

"Many other councils look to SHOROC as a model for what can be achieved collectively and it is a privilege to be elected President to lead the work of SHOROC as we work together for our communities.

"It has been a challenging year for local government with foreshadowed changes to planning laws and the local government framework which makes the progress achieved by SHOROC and our partner councils even more significant.

"I would also like to acknowledge the work of outgoing President, Cr Michael Regan who successfully led SHOROC through one of our most successful years to date in terms of funding allocated to the region for much needed transport and health infrastructure.

"We plan to build on these successes and continue advocating on behalf of the Northern Beaches and Mosman for better public transport and roads including the Warringah, Mona Vale and Pittwater/Spit/Military Road corridors and the much anticipated Bus Rapid Transit system.

"Our other big focus will be the ensuring the successful construction of the new Northern Beaches Hospital, along with the necessary and long overdue road upgrades surrounding it, and upgrading Mona Vale Hospital for its long term complementary role.

"We will continue to build on the significant cost savings already achieved by leveraging our regional buying power and continued business improvements.

"It's clear the teamwork and a united voice of our four councils gets results and in my role as President, I look forward to leading SHOROC over the coming year and working with NSW and Commonwealth Governments for a better Northern Beaches and Mosman," Cr Townsend said.

The Hon Bronwyn Bishop attended the AGM and affirmed SHOROC is an important organisation for councils and said it was important all three levels of government continue to work together and be involved in the interest of their communities and that SHOROC continues to work constructively together which evidence shows it already does.

Picture of Cr. Townsend, Mayor of Pittwater, by A J Guesdon.

Pittwater Sailors Excel In Europe

Congratulations to Royal Prince Alfred Yacht Club, Palm Beach Sailing Club and AusSailing Team members Lisa Darmanin and Jason Waterhouse - for finishing on top of this year's 2013 EUROSAF Champions Cup series in the Nacra. Well done!

Top: Jason Waterhouse and Lisa Darmanin racing their Nacra 17 in Weymouth, June 2013. Image by Paul Wyeth.

Avalon Beach SLSC – BUILDING REPORT

The building works are proceeding and as can be seen from the surrounding area, the shape is appearing. At a recent site meeting on Friday 8th November and Avalon Beach SLSC members were informed by the builder that:

The site will close for Christmas, from between 20th December through to the 13th January 2014.

By that date it will be substantially completed by the 20th December with:

The ground floor 95% completed - all roller doors, windows and doors installed
- all wiring, electrical fittings connected
- all toilets and showers and tiling completed
The first floor around 85% completed - all glass walls, windows, roof, glass balustrades, internal walls and doors, and painted.
- all wiring, electrical fittings connected
- toilets, partially completed

The builders will complete by mid February, with the laying of the timber floor, joinery, kitchen installation, bar and final connection for power, water and sewage. The Club has committed to paying $400,000 towards the building. Please note that Richard Cole and Robert Hopton take a guided tour around the site every Saturday at 10.30 am - all members and the community are welcome. **Meet at the gate with closed in shoes.** Be one of the first to see what the views are like from the top deck.

Above Picture **'Walls going up'** by and courtesy of Christine Hopton, President Avalon Beach SLSC

Ed's Note: Avalon Beach SLSC have a current 'Buy A Brick' fundraising link on their website to meet their commitments towards the new clubhouse and its facilities. Please visit their website and commit yourself to supporting this great venture undertaken by the club to serve the community and visitors to the beach.

Carols In the Park Next Saturday

The Rotary Club of Pittwater is once again presenting its annual "Christmas Carols in the Park". This year it will be held in **Mona Vale Village Park** on **Saturday 7 December**.

This is the tenth year of this Pittwater tradition, with an even better show for the crowds of local families who come out to share the Christmas spirit and sing the familiar Christmas songs.

The fun begins at 6.30pm with a line-up of great local singers and musicians backed by the talented Pittwater Uniting Church band. Joining them for the first time this year is special guest vocalist, Samantha Shaw.

There'll be food and refreshments available, and free lollies for the kids. And Santa will make his usual appearance, arriving by fire engine. Entry is free. Enquiries: 0417 228 294 or visit www.rotarypittwater.com.

Be part of this terrific family evening and local seasonal tradition.

Debutantes line up for Club Marine Pittwater to Coffs race - 29 November 2013

The Royal Prince Alfred Yacht Club's decision to remove a significant cost to compete in its major event, the Club Marine Pittwater to Coffs Harbour ocean race, has opened the door to a new group of debutantes.

Closing date for entries is one week from today, Friday 6 December, and regulars and newcomers alike have only seven sleeps to lodge their entry and paperwork.

Last month the progressive Sydney Northern Beaches yacht club announced that boat owners are allowed to compete in the 33rdrunning of the event carrying a satellite phone as an alternative to HF radio for communication purposes, a major coup for the longstanding event.

Thanks to the club's foresight, Andrew Butler's Dufour 36 Astral from the Cruising Yacht Club of Australia is now one of the newcomers signed up for the 2014 edition **starting January 2nd from Broken Bay.**

"The relaxation of the HF requirements was a significant factor in our decision to proceed with the race and I commend the club on making a balanced decision that does not compromise safety but allows the Cat 2 races to become more accessible to newcomers to the sport," said Butler.

"It's an expensive exercise getting a boat up to Cat 2 certification and to tie up possibly $5K on a single bit of kit is a big investment, particularly for a race such as Coffs where other technologies such as yellow brick and Sat phone are available to achieve the same outcome."

Debutant Andrew Butler's Dufour 36, *Astral*, is looking forward to the Pittwater to Coffs race – photo by Dufour Yachts

The previous requirement for HF radio being an obstacle to participation was feedback competitors took to the club. "The club listened to the comments and responded proactively and responsibly," said Pittwater Coffs organising committee chairman, Richard Hudson.

"By taking away a significant expense for owners we have opened up the event to any number of new competitors. We expect the decision will have a very positive impact on entries in the coming years," Hudson added.

Other new recruits to the popular northern race, the first offshore event of Australian East Coast calendar, include Nick Jones' Hanse 375, *Granny Jen*, and Roy Leslie's Elan 37, *Koko*, both representing the Gosford Sailing Club.

Roy Leslie's Elan 37, *Granny Jen*, in training on Brisbane Waters – photo by Mark Scott

Laurence Pidgeon, a former bull rider reared in the Queensland outback town of Stonehenge is a first timer in the short-handed division with his Jutson 39, *Sweetheart*. In 2006 Pidgeon moved to Brisbane, swapping his riding boots for sea boots, and took to it like a duck to water, even tackling the Rolex Sydney Hobart two years ago.

Now he and one other crew member will have a crack at the 226 nautical mile northern coastal classic, racing short-handed for the Royal Queensland Yacht Squadron.

Once the fleet arrives in Coffs Harbour the second stage of the regatta will get underway with four races scheduled over January 5 and 6.

The 2014 regatta will once again play host to the third annual Australian PHS Championships which all monohull entrants will be eligible to compete for.

So far six multihulls and a handful of monohull newcomers have registered alongside many race regulars for the 1pm start on January 2nd off Barrenjoey Headland (monohull fleet).

Owners contemplating the combined popular northern race and subsequent regatta at Coffs Harbour have **until Friday 6 December 2013**, to lodge an entry and get their paperwork in.

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

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

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

Avalon Craft Cottage Returns to Avalon

Exciting news for all our friends and supporters of the Avalon Craft Cottage.

Our next big venue, and our final one for the year, is coming up very very quickly. The Craft Cottage Christmas Shop is to be held over three days; **Friday 6th, Saturday 7th and Sunday 8th December, at the Avalon Recreation Centre, Old Barrenjoey Road, Avalon.** (right opposite the entrance to the Woolies car park).

Our Christmas Shop will be in the front room of the Recreation Centre and we will be open every day from 9am to 5pm.

A wonderful range of Christmas gifts for you to choose from; fine pottery by Heidi Francis, colourful silk scarves & wall hangings by Jane Hinde, great jewellery by Joan Wischer, beautiful glassware by Elaine Farrington plus gorgeous embroidered baby wear, crocheted baby blankets, toys and patchwork quilts, screen printed tea towels/aprons/pot holders and we now have a great display of woodwork from two wonderful wood turners, June McKimmie & Bill Allen.

We have a special Christmas display with very pretty little children's dresses, t-shirts and aprons, Lyn Fleming's colourful new Christmas bunting, heaps of different decorations for the tree (including Jenny Fraser's ever popular gum nuts), and hundreds of wonderful hand-made Christmas cards.

As I am sure you already know, the Avalon Craft Cottage members are proud supporters of the Mona Vale Hospital Auxiliary and as always a percentage of all sales will be going to the Auxiliary.

As usual, we will be running our popular refreshments stall with freshly brewed coffee and cake for the price of a gold coin donation.

And, for the first time, we are offering a Gift Wrapping Service. Have your purchased item beautifully wrapped by our ladies, ready for gift giving…. once again, a simple gold coin donation to the hospital fund.

So a perfect opportunity for you to do your Christmas shopping, enjoy a coffee with some friends, and have your presents gift wrapped ready for handing out on Christmas Day, and all the while supporting our local hospital.

For up-to-date information and photos of members' works, do check out our Facebook page and become a friend of the Avalon Craft Cottage.

Pittwater Offshore Newsletter Update 1/12/2013: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackerel Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

Free Wildlife Rescue App brings new hope to native animals in distress - Friday, November 29, 2013, Sydney, Australia

Wildlife Rescue
IFAW
Found an injured animal in NSW?
CALL FOR HELP
or
What to do now

We welcome the launch of a unique smartphone application created solely to help save the lives of injured or orphaned wildlife in NSW. The Wildlife Rescue App is available on the Apple Store and the Android Market. Alternatively you can type this URL directly on to your mobile phone's browser: wildliferescue.ifaw.org

Designed in collaboration with IFAW (International Fund for Animal Welfare) and the NWC (NSW Wildlife Council), this free App is the first of its kind in Australia. It aims to empower people to help save the lives of animals by putting them in direct contact with the nearest rescue organisation in the event of finding injured wildlife.

"Here in Australia we are incredibly lucky to have some of the world's most unique animals. But they are under threat from hazards such as domestic pet attacks, hunting, cars and of course bushfires," said Josey Sharrad, IFAW Native Wildlife Campaigner. "We have already seen the devastating effects recent fires have had on our wildlife. The timely launch of the Wildlife Rescue App means there's now a chance of saving injured or orphaned wildlife, especially in the days and weeks after a bushfire when animals displaced and seeking food and shelter.

"Native wildlife carers do such a fantastic job of rescuing and rehabilitating Australian animals, providing an often unrecognised community service. And now there is an easy way for Australians to help support them. Quite literally, the future of our native wildlife is in everyone's hands Ms Sharrad added.

"NWC is delighted to be collaborating with IFAW on this project," said Shirley Lack, Treasurer of NWC. "In our experience, most people don't know what to do or who to call when they find injured wildlife. This handy and easy to use app will put members of the public in touch with experienced and licensed carers who will be able to assist with the rescue of the injured animal " Ms Lack said. "The NWC and its member organisations urge everyone to download this life saving tool today."

Under the Prevention of Cruelty to Animals Act, if a motorist hits an animal they are obliged to stop, render assistance or call someone who can help.

The App is easy to use. It is for use in NSW and can be downloaded free from the Apple Store or the Android Market. It is also available for mobile devices at wildliferescue.ifaw.org. People can download it today and then speak with wildlife carers in their area for advice when they need it.

Notes:

• The Wildlife Rescue App is being piloted in NSW, with a view to rolling it out nationwide.

• The App is proudly supported by Roads and Maritime Services (RMS), National Parks Association of NSW and NRMA insurance.

About IFAW (International Fund for Animal Welfare)

Founded in 1969, IFAW saves animals in distress all over the world. With projects in more than 40 countries, IFAW provides hands-on assistance to animals in need, works to prevent animal cruelty, and advocates protecting wildlife and their habitats. For more information: www.ifaw.org Follow us on Facebook and Twitter.

About NWC (NSW Wildlife Council Inc)

The NSW Wildlife Council Inc. (NWC) is the peak policy body for wildlife rescue and rehabilitation in NSW representing over 2,500 wildlife rehabilitators. NWC reports to the NSW Office of Environment & Heritage and aims to improve outcomes for Australian wildlife.

Mona Vale Hospital Jubilee Celebrations – The Younger Set

54 years on, Mona Vale Hospital Younger Set, not so young anymore!

Back in 1961, young people of the northern beaches were invited to a meeting at the Church Point home of Connie Stephens to establish a Younger Set.

Connie was a member of the Mona Vale Hospital Auxiliary, formed to raise money for essential equipment before the hospital was even built. She saw the proposed Younger Set fulfilling two purposes: it would raise money for the hospital and provide a much needed social connection for young adults.

In those days, young people did not meet at hotels or nightclubs and there were few places in the area where they could get together for a night out.

A vacuum was filled by the Mona Vale Hospital Younger Set and it was an instant success. It ran parties, car trials, picnic days, theatre parties, ferry cruise, formal balls at the old Porta Villa in Dee Why and even had weekends at country hotels.
Lifelong friendships were formed and many weddings resulted from people meeting at Younger Set functions. At its peak, Mona Vale Hospital younger Set had over 300 paid up members enjoying fortnightly functions.

Fun was the priority and raising money was the automatic result. Every year the Younger Set presented a cheque so the hospital could purchase much needed equipment.

The Younger Set was part of the street parade that marked the opening of the new hospital on February 21, 1964.

With the 50th anniversary of the hospital fast approaching, a call has gone out to find former members of the Younger Set who would like to attend a reunion dinner on the hospital's anniversary, Friday, February 21, 2014.

If you were a member of the Mona Vale Hospital Younger Set; please contact Ian Lee on 02 9918 2900 or iccp@arrowtech.com.au

ALRC seeks input into the Disability and Commonwealth Laws Inquiry

The Australian Law Reform Commission (ALRC) today released an Issues Paper, *Equality, Capacity and Disability in Commonwealth Laws (IP 44)*, **calling for submissions to its Disability Inquiry.**

The ALRC has been asked to review Commonwealth laws and legal frameworks that may deny or diminish the equal recognition of people with disability as persons before the law, including how these laws affect their ability to exercise legal capacity, and what, if any, changes could be made to address this inequality.

The purpose of this Inquiry is to ensure that Australian laws and legal frameworks are responsive to the needs of people with disability and advance, promote and respect their rights. The Issues Paper asks over 40 questions about how the law might treat people with disability unfairly in areas including: employment, health, social security, banking, insurance, restrictive practices, access to justice, aged care, and anti-discrimination.

ALRC President Professor Rosalind Croucher, Commissioner-in-charge of the Inquiry stated, "We want to hear from people across the community about the issues they face in these various spheres on a daily basis. Understanding the experiences of people with disability—for example, in relation to voting, to being on a jury, forming relationships or getting married and having children, of supported and substituted decision-making, of guardianship and aged care—is going to be key as we investigate the myriad of ways in which people with disability may be treated unfairly by the laws in question. Submissions will help us to develop our proposals for reforming the laws to make them fairer."

In undertaking this Inquiry, the ALRC has been asked specifically to identify and consult with people with disability who are also children, women, Indigenous people, older people, people in rural, remote and regional areas, people from culturally and linguistically diverse backgrounds and lesbian, gay, bisexual, transgender and intersex people. The ALRC also wants to hear from the representatives and the families and carers of people with disability. To assist in this national and wide-reaching consultation process, the ALRC has also produced an Easy English version of the Issues Paper.

The ALRC invites individuals and organisations to make submissions in response to specific questions, or to any of the background material and analysis contained in the Issues Paper.

The Issues Paper is is available free of charge on the ALRC website at www.alrc.gov.au/publications/disability-IP44

The Easy English IP is at www.alrc.gov.au/easy-english-ip-44

The ALRC prefers submissions via the ALRC online submission form: www.alrc.gov.au/content/disability-ip44-make-submission

Submissions are due to the ALRC on 16 December 2013.

The ALRC plans to release a Discussion Paper in April 2014 will provide its final report to the Attorney-General by August 2014. Subscribe to the Disability Inquiry e-news on the ALRC website.

Fund raiser for Amnesty International

"THE LIVING YEARS"

"LOOSELY WOVEN" gives XMAS CONCERT in AVALON

The local music group "LOOSELY WOVEN" led by Wayne Richmond, will be giving a free community concert in Avalon Baptist Church (2 George St.) on **Sunday 15th of December at 4 pm.** You can enjoy a musical treat and also support human rights by coming.

Wayne Richmond, the leader of the group, is one of the Peninsula's inspirational leaders in giving live music to the community. Wayne and many of the musicians are Amnesty Members and regularly raise money for Amnesty at Avalon and also at Humph Hall – Wayne's venue at Allambie.

There will be 21 instrumentalists and singers performing in 'The Living Years' concert, which is named after the well-known song by Mike and the Mechanics and tells of a son's regret over unresolved conflict with his now-deceased father.
Some highlights include:
'The Hungry Mile', a song about the struggle of the working class in early Sydney
'No Loss No Gain' which asks "Will man ever find the wisdom and knowledge to change his ways?"

Dougie MacLean's powerful 'Turning Away' which also examines the plight of humankind the recently deceased John Dengate's ironic protest about privatisation also:
Cat Stevens' 'Father & Son'
Bob Marley's reggae hit 'Three Little Birds'
Ike & Tina Turner's 'Nutbush City Limits'
a fun arrangement of 'Rawhide'
***and a few Christmas songs including**:*
'Angels' Carol'
'Do you hear what I hear'
and the Bee Gees beautiful 'First of May'

Instruments this time will include violin, viola, flute, harp, clarinet, saxophones, trumpet, recorder, glockenspiel, guitars, mandolin, concertina, accordion, melodeon, keyboard and percussion. The concert is free and there is always a scrumptious free afternoon tea. Voluntary donations will go to Amnesty International and help people around the world suffering human rights abuse.

Avalon Amnesty International group is at present working on several campaigns. At our concert we will give supporters a chance to sign letters as part of the Amnesty "Write for Rights" campaign – around the world millions send letters on behalf of people who face discrimination, violence, imprisonment and even death.

Calling All Paddlers on the Western Foreshores and Northern Beaches for the 'Bridge to Beach' Paddle Race- Sunday 23rd February 2014

MANLY WHARF BRIDGE TO BEACH 2014

The Bridge to Beach proudly supports The Fragile X Association of Australia.

The Fragile X Association of Australia

The Manly Wharf Bridge to Beach is one of Australia's largest open water paddling events and is regarded as one of the most spectacular in the world. Participants marshal at Blues Point Reserve for a spectacular sunrise over Sydney Harbour before lining up directly underneath the Sydney Harbour Bridge where the start line is situated. They then paddle past the Sydney Opera House and hug the northern shores of Sydney Harbour taking in sights such as Taronga Zoo, Bradley's Head, Clifton Gardens, North Harbour Reserve and both South and North Head on their way to the beautiful Manly Wharf where the finish is.

The Fragile X Association of Australia (FXAA)
Fragile X Syndrome (FXS) is an inherited genetic condition that causes intellectual disability, and behavioural and learning challenges. It's called Fragile X because under the microscope part of the X chromosome looks like it is different, or fragile. FXS is the most common known cause of inherited intellectual disability and single gene cause of autism. Each week in Australia one child is born who is fully affected by FXS, and 20 children are born who carry the Fragile X gene. It is estimated that around 80,000 families in Australia are affected by Fragile X, often unknowingly.
Some of the signs of FXS include: learning difficulties, anxiety, shyness, ADHD, hyperactivity, delayed and repetitive speech, difficulty with eye contact, mobility problems. There is no cure for FXS: it is a life-long condition, but early intervention by health, medical and educational professionals can help children with FXS reach their full potential.

Dear Paddlers

I am a carrier of FXS, mother to an affected son and the President of the Fragile X Association of Australia which has linked with this well-established paddle event for the 2014 event. Hopefully it will be a good fundraiser for the Association.
The Fragile X Association of Australia is a national organisation and registered charity providing support and services for people with FXS and their families. We provide free specialist assessment clinics, counselling and family support, try to raise community awareness and lobby government for support for those affected by FXS (eg. Better Start and NDIS). The Association is funded by membership fees, fundraising, grants—no government funding. We have an office in Manly with four part-time staff and a national board of nine volunteers.

Please help us raise funds for Fragile X through My Cause, Everyday Hero and other sites. Keep an eye on our website (www.fragilex.org.au) for further information.

Oceanpaddler (www.oceanpaddler.com/events/bridge-to-beach/) has over 30 categories in the race and will be encouraging all participants to raise funds for FXAA. They have created a new team event. The FXAA is looking for sponsors to provide some prizes.

We live in a land of paddlers! I am particularly interested in encouraging teams of 4-6 to participate in the event, as well individuals. There will be 2 joint prizes—for the fastest team and the team that raises the most money for FXAA—as well as other special prizes.

Please consider putting together a team, naming it appropriately and **registering for the event from early December**.

For further information, please contact Joan MacDonald at FXAA, (02) 9977 0074.

Robyn Iredale
FXAA President

Joint Australia-New Zealand Anzac Tribute

Joint Media Release - Attorney-General, Minister for the Arts - The Hon George Brandis QC, New Zealand, Minister for Internal Affairs, The Hon Chris Tremain MP

Australians and New Zealanders will be able to access a shared archive of World War I records online to commemorate the Anzac centenary, Australia's Attorney-General, Senator George Brandis and New Zealand Minister for Internal Affairs, Chris Tremain announced today.

The **Discovering Anzacs website**, developed by the National Archives of Australia, goes live today and Archives New Zealand will make their World War I records available on the site from April 2014.

"We welcome this opportunity to work with New Zealand to provide a deeper view of our strong ANZAC tradition and pay tribute to the ANZACs as we commemorate the centenary of World War I," Senator Brandis said. "Anzac history is an aspect of our culture that has special significance and the new website will enhance our understanding of the individuals involved, their communities and the era, revealing more of the heritage of both nations."

Mr Tremain acknowledged the value of sharing service records online to strengthen the two countries' ties.

"Our nations have so much in common, including the contribution of our World War I service men and women," Mr Tremain said. "It is fitting to come together to help our citizens understand more about those who served and the challenges they faced. This will be an innovative and user-friendly website which can only enhance the strong and proud tradition we share."

As well as providing access to digitised Australian and New Zealand service records from World War I, the website will contain other records including files on internment, munitions workers, and the Boer War.

The project complements other centenary projects including Project Albany, a $3.4 million Department of Veterans' Affairs project to support the digitisation of selected World War I repatriation files for public access.

For more information about the project and how Australians and New Zealanders can get involved, visit http://discoveringanzacs.naa.gov.au.

State's Arts Policy On Exhibition

Member for Pittwater Rob Stokes is encouraging the community to get involved in the development of NSW's first ever Arts and Cultural Policy.

The NSW Liberal Government is currently developing a 10-year strategy for the sector to help enhance the social and economic contribution it makes to NSW.

In addition to its wide-reaching community benefits, NSW's arts and cultural sector currently employs around 176,000 people, or 5.6% of the State's total workforce.

"Pittwater has strong ties to the creative arts sector and has plenty to contribute towards its continuing development," Rob Stokes said today.

"Never before has the opportunity been available to help shape the future direction of our State's creative industries.

"Our community's incredible natural environment provides endless inspiration for artists of all levels and we certainly have no shortage of talent or expertise.

"Local groups including Pittwater Community Arts and the Pittwater Artists Trail offer fantastic examples of the depth of creativity within our community.

"Art, culture and creativity is what helps build social connectedness and strengthen communities and Pittwater is an increasingly impressive example of this.

"The discussion paper, Framing the future: Developing an arts and cultural policy for NSW, is available on the Arts NSW website www.arts.nsw.gov.au

"Opportunities to participate in live discussions, provide feedback and upload written submissions are available by visiting the NSW Government's 'Have Your Say' website http://engage.haveyoursay.nsw.gov.au/nsw-acp

"**The consultation period for the discussion paper will close on Friday 20 December 2013.**

"This is an historic process which I encourage everyone with an interest in the arts and cultural sector to get involved in," Rob Stokes said.

PITTWATER COUNCIL CELEBRATING 20 YEARS 1992-2012

WORK BEGINS ON BUNGAN LANE CAR PARK

Pittwater Council will begin construction of a new 218 space car park in Bungan Lane Mona Vale **from Monday 25 November.** The $7.3 million car park will take 12 months to build and is expected to open early in 2015. The car park is being built as a result of a long term plan to improve parking in Mona Vale.

During the planning phases the project has been canvassed with the Mona Vale Chamber of Commerce and local businesses.

General Manager Mark Ferguson said the Council was committed to matching parking availability with Mona Vale's growth as Pittwater's major centre.

"New commercial development in the area and the increase in retail activity will be catered for by the new car park," he said. "This is part of a long-term strategy for increasing the economic life of our village centres."

During construction public access and parking in Bungan Lane will be restricted but access will still be available at the Aurora and Gateway buildings in the immediate vicinity of Bungan Lane.

There are a range of alternative parking options in the Mona Vale centre, including Pittwater Place which has two hour free parking for shoppers.

Mark Ferguson said nearby business-owners had been notified of the construction work starting. "We will be liaising closely with those businesses to try and minimise disruption for them."

For enquiries about the new car park visit www.pittwater.nsw.gov.au or phone 9970 1111.

AVALON BRINGS FOOTGOLF TO AUSTRALIA

Avalon Golf Course will be the first official course in Australia to offer the exciting new game of Footgolf. The launch and first game of Footgolf will take place at the course on **Sunday 1 December from 1.30pm.**

Mr Leonardo Fernandez from Footgolf Australia said that Footgolf is a fun combination of the popular sports of soccer and golf.

"The sport is relatively new, being invented in the Netherlands in 2009, but has already found a strong following across the globe including the US, Europe and South America," said Mr Fernandez.

The game is played with a regular football at a golf course on shortened holes. As is the case with golf, the object of the game is to get the ball into a 'hole' (cup) in the fewest possible number of kicks.

The Council's Property Manager Paul Reid said that Avalon Golf Course was an ideal venue for the innovative game.

"We are keen to maximise recreational use of the golf course at Avalon, and when we were approached by Footgolf Australia we felt it was a suitable fit for that location," said Mr Reid.

The first game will take place from 1.30pm on Sunday 1 December. Footgolf Australia will be holding regular competitions on Sunday afternoons.

To join in participants must register online at www.footgolf.org.au

SURF SAFETY WITH DR RIP

The Coastal Environment Centre's Summerama series will once again include Rob Brander presenting his popular Science of the Surf talk in January.

Dr Brander, Australia's top rip expert and affectionately referred to as Dr Rip, will present his talk on **Wednesday 15 January from 2pm to 3pm at Newport.**

Natural Environment and Education Manager, Mark Beharrell said Dr Rip would share his multi award-winning presentation about how beaches work and behave.

"Participants will be taken on a journey from the tiny little sand grains on their favourite beach and the massive swell that rolls in during big storms, to how to spot a deadly rip current.

"They'll also learn how beaches are formed, types of waves including dangerous and freak waves, tides and tsunamis, along with how to spot a rip and what to do if you are caught in one," added Mr Beharrell.

The presentation will also include, conditions permitting, a rip current demonstration using purple dye.

Recent research conducted by Dr Brander into fatality figures from rips, natural disasters and shark attacks going back as far as 1852, revealed that on average 21 people drown in rips around Australia each year.

Dr Rob Brander has been studying beaches and surf science since 1986 and started his 'Science of the Surf' talks in 2001. His first book - *Dr Rip's Essential Beach Book* published in 2010 - offers facts about surf, sand and rips and is now a best-seller in Australia.

Dr Brander was awarded the 2012 Australian Museum Eureka Prize for Promoting Understanding of Australian Science Research. For more information about Dr Rip and his Science of the Surf presentations visit www.scienceofthesurf.com

Bookings are essential and can be made by calling: 1300 000 232 or book online at www.pittwater.nsw.gov.au/cecbookings Details of the venue will be provided upon booking.

COUNCIL ADOPTS NEW FLOOD STUDY & PLANNING CONTROLS

The Council has adopted a new flood study and associated planning controls for flood-affected properties. The flood study will see an additional 228 properties in Pittwater identified as being flood-prone, following public exhibition of the study and an extended period of community consultation with newly-affected homeowners.

Over 200 residents attended information sessions hosted by the Council explaining the flood study and a further 50 participated in phone interviews to discuss their property.

The study focuses on flooding caused by 'overland flow', which is flooding caused largely by run-off and excess rainfall, rather than overflowing creeks and streams.

Overland flow can affect properties that are not necessarily located near waterways but may be at the bottom of ridgelines or hillsides.

Catchment Management & Climate Change Manager Jennifer Pang said the revised flood study and associated mapping would be complemented by changes to planning controls that were also adopted at this week's Council meeting.

The changes to planning controls will see properties potentially affected by major overland flow flooding elevated by 500mm above the 1 in 100 year flood level if they are redeveloped; a flood risk management report to accompany development applications; raised floor levels for new nursing homes and childcare centres and new buildings to be constructed using flood-resistant materials.

Ms Pang said the Council's flood study and flood maps had received support from the NSW Government and Federal Government's Natural Disaster Resilience Grants Scheme.

Mayor Jacqui Townsend welcomed the adoption of the flood study and associated planning controls. "The Council takes the issue of flooding seriously and our forward planning is aimed at mitigating risk wherever possible to our residents," she said.

To view the flood study and planning controls visit www.pittwater.nsw.gov.au

SEEKING PITTWATER'S LOCAL HEROES

Nominations are now open for Pittwater's 2014 NSW Local Citizen of the Year Awards to be announced at next year's Australia Day celebrations. Residents are encouraged to nominate outstanding citizens who have contributed to their community in one of three categories: Pittwater Citizen of the Year, Young Citizen of the Year and Sportsperson of the Year.

Pittwater Mayor Jacqui Townsend applauded the many volunteers who give their time generously for the benefit of others.

"These people are often considered experts in their fields which cover bushcare, aged care, lifesaving, emergency services, coastal patrol and youth and community services to name just a few," she said. "It is a great opportunity to recognise residents who work tirelessly behind the scenes making a significant contribution to their community."

"This is our opportunity to acknowledge their contribution and to say thank you," added Mayor Townsend.

Nomination forms for the Awards can be completed online at www.pittwater.nsw.gov.au/australia_day_awards Printed copies are available from the Council's customer service centres and libraries at Avalon and Mona Vale. **Entries for the Awards close on Friday 14 December 2012.** Nominations can be mailed to:

Community Relations Team, Pittwater Council, PO Box 882 Mona Vale, NSW 1660 or emailed to Pittwater_council@pittwater.nsw.gov.au.

Enquiries relating to the Awards or Pittwater's Australia Day event can be directed to the Community Relations Team on 9970 1119.

COUNCIL ADOPTS DRAFT POLICY ON OPEN AIR CINEMA

Pittwater Council has adopted a revised draft policy for open air cinema. The draft policy will be on public exhibition for comment between **Friday 8 November and Thursday 5 December**. If adopted by the Council, it will pave the way for new movies to be shown outdoors in Pittwater six weeks after they are released.

The policy would also allow PG and M rated moves to be shown outdoors, but the latter not until after 8pm at night.

Mayor Jacqui Townsend said public demand for outdoor movies reflected the need for the Council to revise its current policy.

"Our Enliven Pittwater program is looking at ways to bring life to village centres after dark and the feedback from the public about outdoor movies is overwhelmingly positive."

Mayor Townsend pointed to the recent success of an outdoor event held in Dunbar Park Avalon by the local Chamber of Commerce, which featured open air cinema.

She said Dunbar Park, Pittwater Rugby Park at North Narrabeen, Governor Phillip Park and Village Park at Mona Vale were public parks capable of hosting outdoor movies.

"The policy means that the Council will be able to host movies or take applications from other organisations."

The policy is on exhibition at www.pittwater.nsw.gov.au/consultation and at the Council's customer service centres at 1 Park Street Mona Vale and 59 Old Barrenjoey Road Avalon.

Comments should be in writing and received by the closing date.

ANZAC Centenary 2015

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

THE SUMBA FOUNDATION AUSTRALIA

Fix our problem - Part 1 Uploaded on Nov 26, 2013

Pittwater Council's plans for a carpark at Church Point and the concerns residents have.

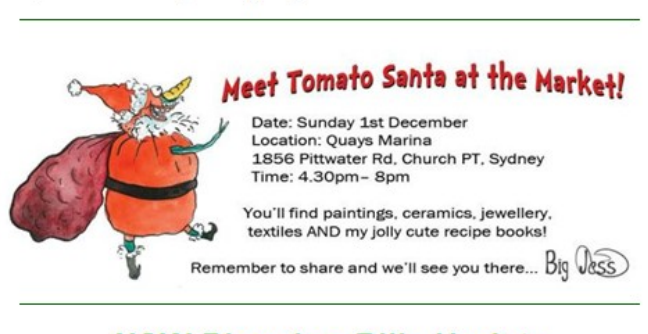
Petition: HERE

Fix our problem - Part 1
0:00 / 2:06

To Market! To Market!

The Artbeatz Market Day Art Show is ON TODAY (1.12.2013) in **Mona Vale Memorial Hall (8.30am-5pm)**. Run by Debby Waters and Lorrie Morgan, any art left over from the year's work will be out at sale prices from a variety of talented residents. If you want an art bargain this is the time to get it. Perhaps find an extra special Christmas present!

The Mona Vale Xmas Market is being held in Village Park today – so another reason to visit the heart of the village and avoid the mayhem of the larger shopping areas.


Meet Tomato Santa at the Market!

Date: Sunday 1st December
Location: Quays Marina
1856 Pittwater Rd, Church PT, Sydney
Time: 4.30pm– 8pm

You'll find paintings, ceramics, jewellery, textiles AND my jolly cute recipe books!

Remember to share and we'll see you there... Big Jess

NSW Planning Bills Update

The NSW Minister for Planning and Infrastructure, the Hon. Brad Hazzard, announced on Thursday, November 28th, that he would withdraw the NSW Planning Bills until February/March 2014. The Minister made this announcement as a result of heavy amendments made to these Bills in the Upper House by the Labor, Greens and Shooters and Fishers parties.

The Better Planning Network state they 'will continue fighting to ensure that the NSW Planning Bills do not become law next year and that our planning system is reformed in a way that genuinely addresses the persistent problems that continue to plague planning and development in NSW.'

Their Media Release from Friday 29th of November is below:

Minister Hazzard must take responsibility for failed planning reforms

The Better Planning Network has called on NSW Planning Minister, Brad Hazzard, to take responsibility for his failed planning reforms, go back to the Moore and Dyer report and start again.

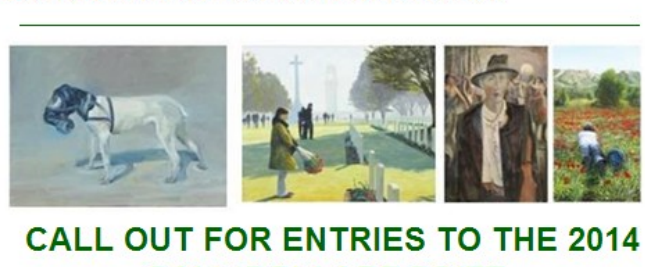
"We have always accepted the government's mandate to overhaul the planning system," said BPN's Corinne Fisher. "There is no doubt that the Moore and Dyer review commissioned by Minister Hazzard in 2011 was independent and comprehensive and produced recommendations that might have met the Government's election promises at the same time as providing the foundation for an excellent planning system for the 21st Century."

"The problem is that Minister Hazzard ignored these recommendations and produced Planning Bills that failed to resolve the two key problems of our current planning system: complexity and community acceptance."

Despite loud and clear concerns raised by hundreds of community groups and thousands of individuals across the State, the Minister was also unwilling to address any community concerns until he was forced to make some concessions by his own Cabinet and Local Government.

"There is no point in the Minister blaming 'noisy minorities' and 'unholy alliances' for the failure of his Bills. He should accept that he has produced legislation that satisfied the big end of town – evidenced by the support of his 'unprecedented coalition of business groups' whose members stand to make billions of dollars from it – but effectively disenfranchised the community.'

The BPN fully accepts the need for economic growth, increased housing and jobs, but argues that these can be achieved without top -down planning laws that lock the community out of the local planning process, damage community wellbeing, our environment and heritage. . "It is now up to the Minister to think carefully over the Christmas break. There is still a chance to do better."



CALL OUT FOR ENTRIES TO THE 2014 GALLIPOLI ART PRIZE

The Gallipoli Art Prize - **Closes 18 March, 2014** - Winner announced Wed 23 April, 2014 at Gallipoli Memorial Club in Sydney.

The Gallipoli Memorial Club is calling on Australian, New Zealand and Turkish artists to submit paintings to the $20,000 Gallipoli Art Prize to commemorate the spirit of the 1945 Gallipoli campaign.

Gaining recognition as one of Australia's major art prizes, The Gallipoli Art Prize Competition commenced in 2006 and will be conducted annually up to and including the 2015 Centenary Year. Artworks in the competition do not need to reflect warfare or the Gallipoli conflict. Rather, the $20,000 prize is awarded to the artist who best depicts the spirit of the Gallipoli Campaign.

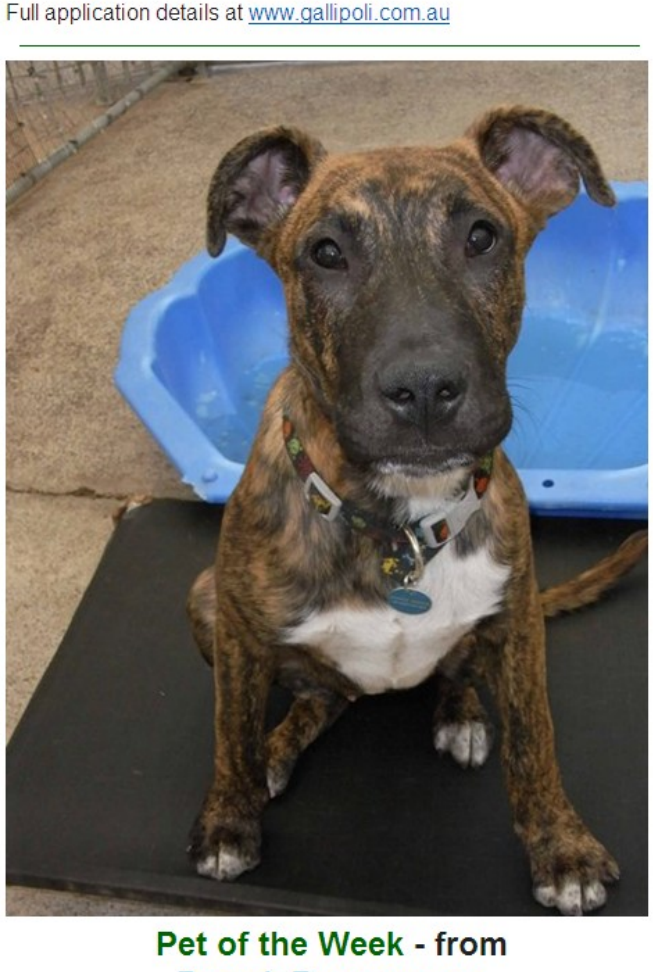
Over the ten years of its existence, the Gallipoli Art Prize has attracted entries from a broad range of professional and amateur artists with increasing numbers of celebrated artists submitting entries every year.

The 2013 prize was awarded to Melbourne artist Peter Wegner for his confronting painting 'Dog with Gas Mask'. Previous entrants include acclaimed artists Garry Shead, Raymond Arnold (winner 2010), Euan Macleod (winner 2009), Leo Robba, Peter Smeeth, Robert Hannaford, Tom Carment and Paul Ryan.

One of the abiding aims of The Gallipoli Art Prize is to put together a collection of works to commemorate the heroes of the Gallipoli campaign and all those who have served and fought during the following century. This spirit extends to the Turkish soldiers who were the Anzacs' opponents in 1915. The club sponsors a parallel version of this competition every year in Turkey, honouring the ties of friendship that now unite former adversaries.

The 2014 judging panel includes John McDonald (writer and art critic for *The Sydney Morning Herald*), Jane Watters (Director, S.H. Ervin Gallery, Sydney) and Barry Pearce (former Head Curator of Australian Art, AGNSW)

Full application details at www.gallipoli.com.au



Pet of the Week - from DoggieRescue.com

Dawson

AGE/SEX: 7 months / M

BREED: Great Dane x

Dawson is a big goofy pup who came from a rural NSW pound. Dawson has a very gentle calm nature and just loves human attention. Dawson is social with other dogs. At 7 months he weighed 27kg. We expect him to grow to Dane size. He would be best with an adult family with time to train and guide him and let him experience suburban life slowly in a positive manner. He comes desexed, C5 vaccinated, heartworm free and microchipped. His adoption cost is $350.

To meet Dawson call DoggieRescue on 9486 3133 or email monika@DoggieRescue.com. Visit www.DoggieRescue.com to see all our dogs. www.facebook.com/doggierescue

SHOROC 2013 Annual Report – Results Value Partnership

SHOROC MAKING OUR REGION OUR COUNCILS AND OUR COMMUNITY EVEN STRONGER

It's been a big year and much has been achieved for the Northern Beaches and Mosman, highlights the SHOROC 2012-13 Annual Report released today ahead of the SHOROC AGM.

SHOROC President and Mayor of Warringah, Cr Michael Regan says that the core focus of SHOROC has been advocating with a united voice and partnering with the state and commonwealth governments to improve our region's transport, health, planning and the environment.

"I am particularly proud of the traction we have made by joining forces for better transport and hospital infrastructure, with over $36 million allocated this past year in the 2013/14 NSW Budget.

"Three years ago SHOROC developed our plan for this region – Shaping Our Future – and I am pleased to say the NSW Government is now delivering on this plan.

"Our concerted effort to lobby as one has seen the NSW Government commit to a long term transport plan for the Northern Beaches, $7.5 million allocated for planning of Warringah Road, Wakehurst Parkway and Mona Vale Road upgrades, detailed planning continue on the Bus Rapid Transit system, and Infrastructure NSW propose a new tunnel under Mosman.

"The long-awaited Northern Beaches Hospital is now well progressed significantly and it's been confirmed Mona Vale Hospital will be upgraded for a long term complementary role.

"We're working more and more with the NSW Government on a regional basis and the Northern Beaches Regional Action Plan includes 10 projects and regional strategies to be delivered in partnership with SHOROC and councils.

"On behalf of our councils I thank our State and Federal MPs for their commitment to addressing our infrastructure needs and working closely with us to make our region even better.

"Thank you particularly to the SHOROC Board, councillors and staff who have made outstanding contributions and demonstrate the value and results councils achieve through partnership," Cr Regan said.

Other highlights include an increased focus on business improvement with a regional tendering service established and joint contracts now worth $19 million annually, progression of the regional waste and resource recovery projects, and seven joint submissions on critical issues for councils and the region.

SHOROC Annual Report 2013 (PDF – 1.50MB)

Southern Community Health Centre EOI Release

The Northern Beaches Health Service Redevelopment Project Team has released the Expression of Interest (EOI) documentation for the Southern Community Health Centre. The release marks another key milestone in our journey to redesign health service delivery and improve local community access to high quality health care on the Northern Beaches.

The project team are seeking expressions of interest from land and building owners for sites or properties in the Brookvale area for the Southern Community Health Centre.

The EOI criteria will ensure that any land, leasing or development options put forward by proponents are in close proximity to public transport and are easily accessible for the major community health client base in the area.

Once the EOI phase is complete, the project team will evaluate the responses and select a shortlist of respondents who meet the criteria. A Request for Proposals will then be released to the EOI shortlist for the new Southern Community Health Centre.

The Southern Community Health Centre will be one of three community health service hubs on the Northern Beaches. Under the health service redesign, community health services will be integrated and networked to deliver better health outcomes to the local community.

For further information about the Northern Beaches Health Service Redevelopment please visit www.nbhsredev.health.nsw.gov.au or call us on 9978 5410.

THAT'S NOT ON with Shane Jacobson – Fishermen by NSW Maritime - Published on Nov 26, 2013

Filmed at Palmie - Hilarious but also a good reminder – Safety At Sea!

Ahoy there sailor. Welcome to our online series where Zee Zee and I investigate all the quirky things that make up life (and staying alive) on the waters of NSW.

THAT'S NOT ON with Shane Jacobson - Fishermen
0:00 / 2:57

Olympic gold medallists and fresh talent on home waters for Melbourne Sailing World Cup - Cora Zillich, Friday, 29 November 2013

The ISAF Sailing World Cup Melbourne kicking-off this Sunday, 1 December 2013, will see the Australian Sailing Team (AST) and Australian Sailing Squad (ASS) competing in full force on home waters in what is considered Australia's premier Olympic class sailing event. Held at Sandringham Yacht Club, Melbourne, Australia from 2-8 December, the second stop of the 2013-14 ISAF Sailing World Cup series features strong fleets across two Paralympic and ten Olympic events.

Fourteen Olympic AST athletes and 30 ASS members including no less than three London Olympic gold medallists and four Olympic silver medallists plus Paralympic Gold medallist **Liesl Tesch** will battle it out on Port Phillip Bay over the course of a week amongst 579 competitors from 23 different countries around the world.

London Olympic gold medallists Nathan Outteridge (NSW) and Iain Jensen (NSW) return in the 49er class after an intense year of America's Cup competition. It will only be the second appearance of the pair in the boat after their London 2012 Olympic Sailing Competition triumph. After a lengthy America's Cup campaign on Artemis Racing the duo came back strongly at the 49er World Championship in Marseille, France in September 2013 and finished in fifth place after very limited training.

In the Laser Class, current World Number One sailor **Tom Burton** (NSW) is back to defend his 2012 title. Burton won gold and silver at other World Cup events earlier this year and just finished ninth at the Laser Men's World Championships. He will be challenged by Matt Wearn (WA), who qualified for the Australian Sailing Team with a tenth place at the Laser Men's World Championship last week.

"I am extremely happy that I finished off in the top to qualify myself for AST", said Wearn. "It's great knowing that all the hard work that we put in pays off. I don't really have any expectations for Sail Melbourne seeing as it is so close to the end of worlds, but for sure I would love another podium finish and to even finish one better than last year and take the win."

AST Olympic gold medallist and recently crowned 2013 ISAF Rolex World Sailor of the Year Mathew Belcher (QLD) and crew Will Ryan (QLD) are aiming to continue their winning streak: Since making their inaugural appearance together at the 2012 ISAF Sailing World Cup Melbourne, Belcher and Ryan have dominated the Men's 470, extending the unbeaten run Belcher had established with London Olympic crew Malcolm Page to 17 regattas. After winning gold at the 470 World Championship in La Rochelle, France in August Belcher and Ryan are hot favourites to pick up where they left off after a short break.

"We're really looking forward to competing on home waters at this year's Melbourne event against some of the best in the sport. We've had an amazing year this year," said Belcher. "It's been a lot better than we anticipated."

"To start at Melbourne, winning every race was quite phenomenal for us and really unexpected and for our season to go as it has winning all the events it gives you great confidence to know where you're at. Fingers crossed we can keep that run going. We hope to finish off a perfect year with a win, but our focus is on performance and getting back racing again." â€

Two time Australian Olympic silver medallist Darren Bundock (NSW) will be the one to watch in the Nacra 17 as he makes his first appearance in the mixed multihull with London 2012 silver medallist **Nina Curtis** (NSW). They will be up against Curtis' London crew mate **Lucinda Whitty** (NSW) who is sailing the Nacra with coach turned athlete **Euan McNicol** (NSW). Joining these crews in the fleet will be early Australian Nacra 17 front runners **Jason Waterhouse and Lisa Darmanin**. The duo have notched up a string of top ten finishes throughout 2013, were sixth at the World Championships in the Netherlands, and just finished on top of the EUROSAF Champions Cup ranking.

In the women's 470 class Sarah Cook (VIC) will join forces with up-and-coming ASS Youth Bridging sailor Carrie Smith (WA) with Cook's skipper Elise Rechichi (VIC) not racing for personal reasons. Carrie is the reigning ISAF Youth World Champion skipper in the 420 class – the youth feeder class for the 470.

"Carrie and I had our first full session together yesterday, and we're both feeling pretty comfortable and confident with where things are at heading into the regatta. I feel like it's a great opportunity to see where I'm at and how much I've learnt over the last year with Elise", Sarah Cook said about the new combination.

"The most important thing for both Carrie and I at this stage is just to be getting out on the water, in order to keep learning, developing and progressing. I'm sure during the course of the regatta we'll hit road blocks and make mistakes, but at this time of the year and this point in the quadrennium that's not a bad thing."

The duo will face the opposition of 2012 ISAF Sailing World Cup Melbourne victors and ASS athletes Sasha and Jaime Ryan (QLD) who return to defend their title.

The 49erFX field will see new AST and ASS combinations with Olympic silver medallist **Olivia Price** (NSW) and Haylee Outteridge (NSW) at the helm of their boats with Eliza Solly (VIC) and Ella Clarke (WA) respectively. AST crew Caitlin Elks (WA) will team with Tess Lloyd (VIC) for the first time. Solly, Lloyd and Clark, who is the current ISAF Youth World Champion crew with Carrie Smith, are in their first season of senior competition.

Twenty-five Laser Radials and fourteen Finns will line up with fierce competition expected in the latter between AST front runner Brendan Casey (QLD) and ASS members Oliver Tweddell (VIC) and Jake Lilley (QLD).

Gold medal Paralympian **Liesl Tesch** will hit the water in the Skud18 while Paralympian Matt Bugg (TAS) will race the 2.4mR.

Racing in the Men's and Women's 470, Finn, Laser, Laser Radial and Paralympic events commences on Monday 2 December through to Saturday 7 December 2013.

The 49er, 49erFX, Men's and Women's RS:X and Nacra 17 fleets start racing on Tuesday 3 December through to their Medal Races on Sunday 8 December 2013.

For more event information including entry list and results check www.sailmelbourne.com.au

Top: Nina Curtis, Lucinda Whitty and Olivia Price at RPAYC's Olympics Presentation - 21st of October, 2012. Picture by A J Guesdon.

Eramboo Seeking Artists-Curators-Writers Proposals

Eramboo Artist Environment in Terrey Hills Australia is seeking proposals from Artists / Curators / Writers for its Artist Residencies and Exhibitions programs for 2014:

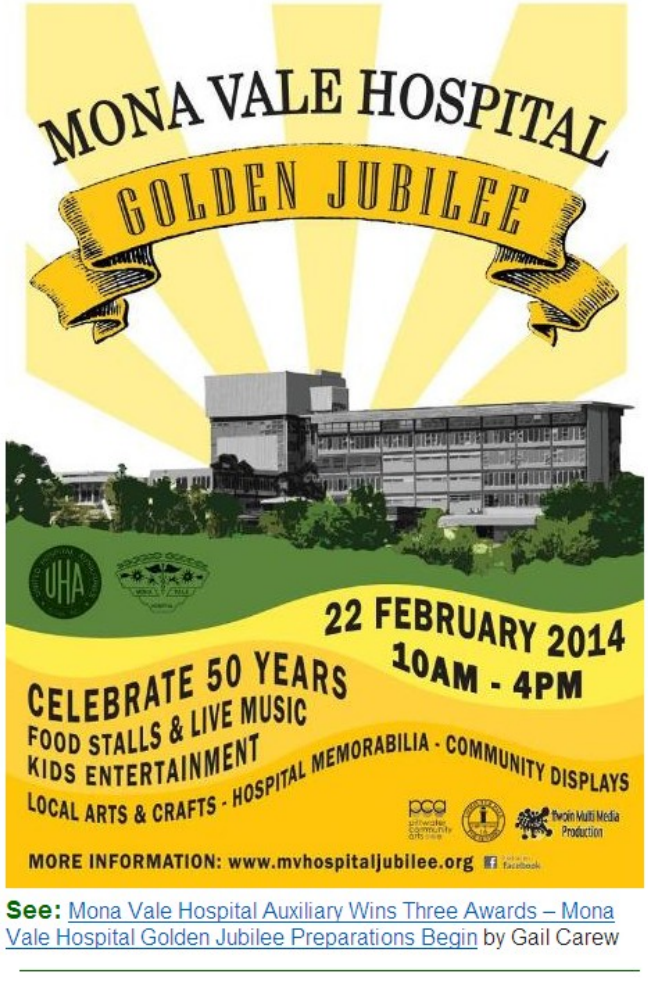
eramboo artist environment

Open Call Out: Visiting Artists Residency Program (regional, national and international only) is currently on offer for 2014. Studio and basic accommodation will be supplied by Eramboo. Travel costs such as airfares or car hire, food and daily living costs are to be met by the artists. The timeframe for the residency can be anything from 1 week to 3 months maximum. This type of application is a ongoing Open Call.

For application forms email in@eramboo.com

Studio Artist Program - This is an annual Call Out to artists who would like studio space for twelve months. The Studio Artists program consists of studio space, a professional development program and potential exhibition/s. Application forms are available from in@eramboo.com

Deadline for Applications is: **Thursday 5th December, 2013**



See: Mona Vale Hospital Auxiliary Wins Three Awards – Mona Vale Hospital Golden Jubilee Preparations Begin by Gail Carew

Heart Families – You Are Not Alone

HeartKids

The only organisation positioned to provide comprehensive support to families affected by Childhood Heart Disease, HeartKids NSW has recently secured funding from Pittwater RSL Club through the Pittwater Council Club GRANTS scheme to assist 'heart families' in the area. HeartKids NSW urges all families affected by childhood disease to access this support, by contacting the charity.

Childhood Heart Disease (CHD) is alarmingly prevalent, affecting 1 in 100 children. Yet, despite its prevalence, for the many families dealing with the painful challenges which CHD

presents, their journey with the disease can seem frightfully lonely. This is where HeartKids NSW comes in. Through a range of programs, the charity assists heart families to cope well with the realities of CHD. The charity's support helps ensure that families are not alone.

Having begun around three decades ago as a grassroots group of passionate heart parents determined to help others on the CHD path, HeartKids NSW has 'support provided by understanding heart parents' deep in its ethos. Now a fully fledged professional non-profit organisation driven by experienced CEO, David Rose, and a highly accredited Board, HeartKids NSW delivers all of its support programs via its Family Support Coordinators – who have all had a child face battles with CHD.

"Having staff who relate personally with the challenges that CHD brings means that we can really reach out to heart families from a place of genuine empathy," Rose says.

"We are very pleased to have been selected to receive a Pittwater Council ClubGRANT," Rose says, "this invaluable support will help us better serve families in the area."

Families in the Pittwater area wishing to access HeartKids NSW's support are urged to complete the membership form available at www.heartkidsnsw.org.au (under "Support For Families"). Membership is free.

© ACEA / Photo Gilles Martin Raget

2013 Catsailor of the Year Poll

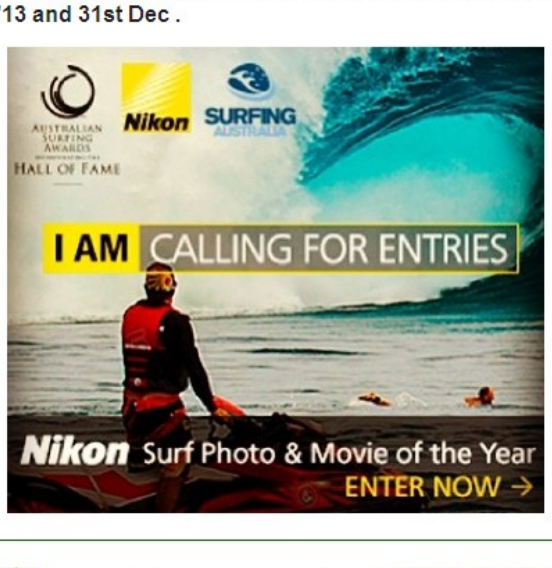
All Nominees are in. Yes - there's a local among them!

Vote at www.catsailingnews.com/2013/11/catsailor-of-year-2013-poll.html

Surfing Australia - Nikon Surf Photo Comp

Nikon and Surfing Australia are excited to announce that the Nikon **Surf Photo and Movie of the Year awards are open for entry** at www.australiansurfingawards.com

Entry is open to Australian citizens and covers the period 1st Jan '13 and 31st Dec .


AUSTRALIAN SURFING AWARDS HALL OF FAME
Nikon
SURFING AUSTRALIA
I AM CALLING FOR ENTRIES
Nikon Surf Photo & Movie of the Year
ENTER NOW →

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

GAME, SET, MATCH AT MONA VALE LIBRARY

Mona Vale Library will host tennis great Paul McNamee AM presenting his compelling memoir *Game Changer: My Tennis Life* on **Thursday 5 December from 6.30pm**.

Melbourne-born Paul McNamee is an Australian tennis legend. His autobiography tells the candid story of how he became a top international player, conquering both Wimbledon and the Australian open with his doubles partner, Peter McNamara.

Catherine Buddin from the library said the book not only covered some of McNamee's career highlights as a player, but also touched on his contribution to the evolution of the sport.

"Paul has a number of achievements to his name, including number one Australian singles tennis player in 1985, reaching the semi-final of the Australian Open," she said. "He also won five Grand Slam titles including Wimbledon in 1980 and 1982 and the Australian Open in 1979 and 1983," added Ms Buddin.

Paul McNamee now coaches the Taiwanese player Su-wei Hse, winner of the 2013
Wimbledon women's doubles and is a professorial fellow at Monash University.
Ms Buddin said McNamee's career has seen him play with other tennis greats including Rod Laver, Martina Navratilova, John McEnroe and Bjorn Borg.

The talk will take place on Thursday 5 December from 6.30pm at Mona Vale Library 1 Park Street, Mona Vale.

Bookings are essential; to book phone 9970 1600. Following the talk there will be book signings and light refreshments. Admission is $8 adult, $6 concession, free admission for students.

Bushcare Notices - December 2013

Bushcare at Warriewood

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

Sun December 1
Avalon Dunes 8:30-11:30am
W'wood Wetlands 9-12pm

Mon December 2
Rocky Pt 9-12pm

Tue December 3
Browns Bay Res 9-12pm

Fri December 6
Norma Park 9-12pm

Sat December 7
Algona Res 9-12pm
Plateau Park 8:30-11:30am
Elizabeth Park 9-12pm

Sun December 8
Bangalley Headland 9-12pm
Catherine Park 10-12:30pm

Thu December 12
Warriewood Brook 9-12pm

Fri December 13
Bilgola Beach 9-12pm

Sat December 14
Mona Vale Dunes 8:30-11:30am
Woodlands Res 9-12pm

Sun December 15
Angophora Res 8:30-11:30am
Crescent Res 9-12pm
McCarrs Creek Res 9-12pm

Wed December 18
Warriewood Bch 8-11am

Thu December 19
Mona Vale Dunes 8:30-11:30am

Sat December 21
Toongari Res 9-12pm
Old Wharf Res 8-11am
North Palm Beach 9-12pm
Irrawong Res 1-4pm

Sun December 22
Bungan Bch 8-11am

Please note due to Christmas holidays groups may be cancelled or times changed. Please confirm your Bushcare group are working with the Bushcare Officer on 9970 1367 or your supervisor

Pittwater Council's COOEE Newsletter December 2013

Southern Cross Wildlife Care - Critter of the Month - December 2013 - curated by Lynleigh Greig

Kevin - Very Dishy, but Somewhat Fishy...

Ever wondered what it would be like to venture out at midnight on a Friday night to capture a wild and injured pelican...? Well, Sonja Elwood of Sydney Metropolitan Wildlife Services had the dubious honour of undertaking such an ordeal last Friday...

There must've been many people that drove past poor Kevin the Pelican, but only one was kind enough to stop and make a call to wildlife rescuers about his plight.

Sonja happened to be working the 'After-hours Hotline' at Sydney Wildlife when she received the call. Getting there quickly was imperative, so she and Tyson were on the scene just after midnight, equipped with lots of towels, an extra-large carrier/enclosure and plenty of courage.

Pelicans don't like to be watched, so you have to sidle up to them with your eyes averted and attempt to capture them ! whilst looking away... Not an easy task! After some side-stepping and fox-trotting, Tyson managed to get a blanket over Kevin's head and bundled him into the carrier. Phew!

Food for Kevin was going to be a bit of a problem at that time of the morning so a quick stop at the servo for some bait was in order. Mmmmmm squid for breakfast...!

Nobody's exactly sure how Kevin sustained his wing injury, but it was evident that he'd been suffering for quite some time.

An emergency trip to Dr Howard Ralph, veterinary surgeon at **Southern Cross Wildlife Care**, was in order.

Dr Ralph put Kevin under General Anaesthetic to take a closer look at that nasty injury. He cleaned and debrided the wound, applied dressings and gave antibiotic cover. Luckily there were no fractures.

He was given fluids to address any dehydration issues.

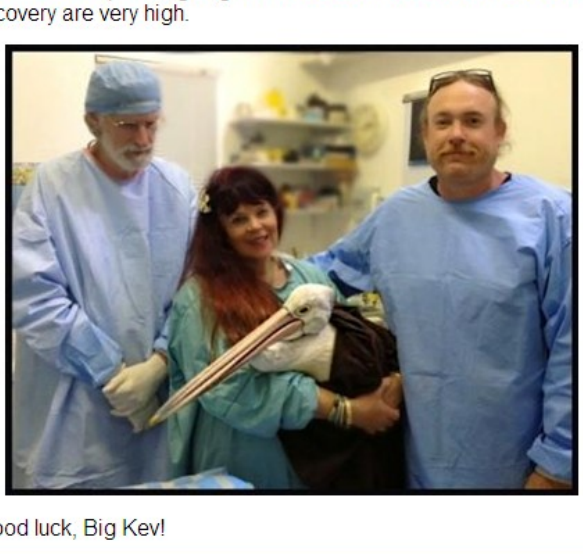
When he had recovered from his procedure, Kevin received some counselling from Dr Ralph.

Kevin was a perfect gentleman. Until he decided to regurgitate the contents of his stomach onto the operating table...! Followed in quick succession by a full evacuation of his bowel...! Thank you, Kevin. As if the smell of fishy breath wasn't enough... :)

The team fell madly in love with Kevin. Such a dear little fellow. Lindy found him truly quite charming.

Back home, Sonja made a little nest for Kevin in the laundry and filled a little paddling pool out in the courtyard.

The team at Southern Cross Wildlife Care feel very privileged to be able to help Kevin. His wing will need regular dressing changes and he will require ongoing antibiotic cover but his chances of full recovery are very high.



Good luck, Big Kev!

PITTWATER COUNCIL

Australia Day Awards - nominations now open!

Pittwater Council invites you to nominate an individual that has contributed significantly to Pittwater in any field over a number of years, such as the environment, sport, the arts, community welfare and voluntary work. The three categories are; Citizen of the Year, Young Citizen of the Year (under 26 years) and Sportsperson of the Year.

Forms are available online and also available at customer service centres and libraries at Mona Vale and Avalon.

Deliver in person to customer service centres or email to pittwater_council@pittwater.nsw.gov.au. **Nominations close Friday 6 December 2013.**

The winners will be announced at an awards ceremony in January. If you have any enquiries please call 9970 1119 or see our website www.pittwater.nsw.gov.au/australia_day for more information.

We look forward to receiving your nomination!

MONA VALE HOSPITAL AUXILIARY STALLS FOR 2013

UNITED HOSPITAL AUXILIARIES UHA N.S.W. INC.

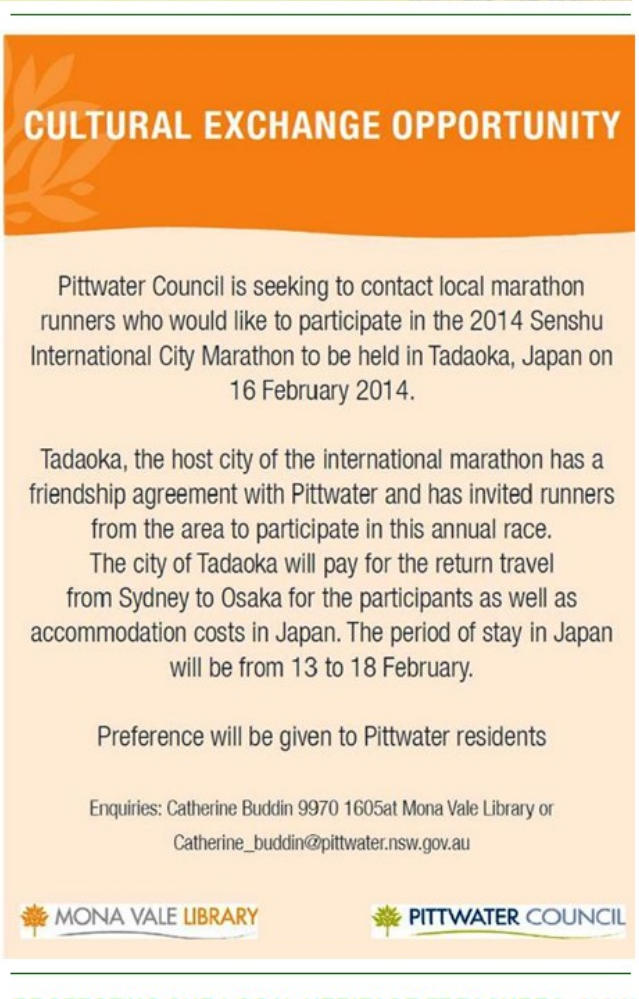
Mona Vale Hospital Auxiliary.

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

December

7th Pittwater Place, Bric-a-brac, knitting, craft, books, 9am – 3pm
14th Sausage Sizzle, Bunnings Narrabeen, 8am – 3pm
13th Mona Vale Hospital foyer, knitting, craft, baking, bric-a-brac, 9am – 3pm

Gift wrapping at Pittwater Place, Mona Vale **16th – 23rd December.** Gold coin donation.



CULTURAL EXCHANGE OPPORTUNITY

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

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

Preference will be given to Pittwater residents

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

MONA VALE LIBRARY PITTWATER COUNCIL

PROTECTING OUR LOCAL HERITAGE TREASURES - NSW Government Media Release

The NSW Government is helping communities to protect their local treasures with more than $2 million for 40 new heritage projects approved by Heritage Minister Robyn Parker announced today.

Ms Parker said the 40 new projects to protect heritage places in NSW will result in increased tourism and employment opportunities, particularly in rural and regional communities.

"The NSW Government recognises the important role that our State's diverse heritage plays in creating a shared understanding of our cultural history and providing interesting and unique drawcards to our towns and cities," Ms Parker said. "These grants will allow communities to take a hands-on approach to conserving important heritage places as an investment for future generations."

Ms Parker said one of the most exciting new projects receiving funding is the conservation works to the sandstone exterior of the State Heritage Register-listed St Thomas Anglican Church at Mulgoa.

"A $127,000 heritage grant is being provided to the Sydney Anglican Schools Corporation to undertake essential conservation works at St Thomas Anglican Church, which is one of the most picturesque rural church settings in NSW," Ms Parker said.
"Another project is the $127,000 grant provided to upper Hunter Shire Council to undertake conservation works to the Old Court Theatre in Scone which is State Heritage Register-listed.

"The NSW Heritage Grants program is designed to provide direct financial assistance to private owners, councils and community based organisations to maintain and improve their local heritage assets."

Ms Parker also announced funding of $3 million for the next round of NSW heritage grants.

"The Government's support for the State's heritage is continuing with the call for applications for the next round of funding under the 2014/15 NSW Heritage Grants," Ms Parker said.

"We encourage local communities to consider their important cultural and architectural features and how best to preserve them."

Applications are open until 2 December 2013, and more information is at www.environment.nsw.gov.au/heritage/funding/index.htm

The NSW Government Gazette

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

The NSW Government Gazette contains:

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

Aboriginal Support Group Manly Warringah Pittwater asgmwp.net

Click on logo above to visit their website.

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood. Mona Vale Library has started a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is December 1st, 2013.**

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

New Season for Sailability Pittwater

Sailability NSW Freedom on the water PITTWATER

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

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

Tweet Like g+1

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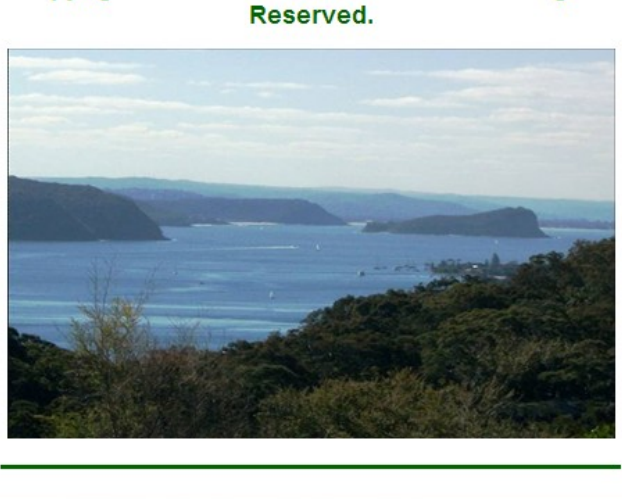


Pittwater Online News

December 1 - 7, 2013: Issue 139

Jan Roberts

It's no secret that we here are huge History fans and spend months, and in some cases, years tracking down all the threads we can to try and encapsulate a few of the right 'notes' in the right sequence to deliver up another page each week on all the many historical aspects of Pittwater. One lady whose footsteps we stumble in and whose works we have long admired and read with great pleasure is Jan Roberts, instigator of Ruskin Rowe Press. We are not alone in referring to her books – many an Australian writer lists her works as a Reference in their own works on Historical aspects of Australia and Australians.

Not only is Jan meticulous and passionate about all she shares through her many publications, she is also an inspiration to women who pursue excellence in all areas of life; professional and family. This week it is our very great privilege to open a month of inspirational Pittwater ladies with one of the best: Dr. Jan Roberts.

Where were you born?

I was born in Waverly Hospital during the war (WWII) so I was a war baby, in 1941. shortly after I was born my father left to fight in the Air Force and so I grew up without a father until 1945.

Which unit was he in?

Because he was born in England and our family had actually been living in New Guinea and had been forced out of there due to the war, he joined up early and was sent over to fight with the RAF (Royal Air Force – England)230 Sqd.. He was a Rear-Gunner.
I was four years old when he came back. He was sent to Wangi where he had to decommission the Sunderland Flying Boat Squad. So my first memories of my father are at Lake Macquarie, at Wangi.

You lived with your maternal grandparents at Pennant Hills during the war- can you recall much of that time?

Yes – I can recall that when planes went over we were very frightened that it was a Japanese invasion because of what had happened in New Guinea. My mother was very nervous about the Japanese coming south and interestingly I was only reading yesterday through some of my New Guinea connections, one of the journals that I subscribe to, was giving the story of the Australian soldiers who went into the caves at the back of Rabaul just after the war ended and found the Japanese soldiers had left detailed maps of every large Australian city.

We've always been puzzled about whether the Japanese intending coming to Australia. Historians have long been divided on that questions, and now I'm thinking this is the missing evidence. We knew they were intending to go to the Pacific islands and now clearly they were using New Guinea as the jumping off base for invading Australia, and not just Northern Australia but for the whole of the continent. The article is convincing and well written. The writer now lives in England and has asked for correspondence.

What was the landscape of Pennant Hills like then?

Very rural. Small orchards, wonderful bush, no division by major roads – a quiet and gentle place for us to spend the war years. The only man was my grandfather who was by then quite disengaged from children, so it was really just my young aunts, my mother and my brother Peter and me.

We had a happy wartime there, except for my mother's nightmares which I only found out about later, about having to put me and my brother in a pram and try to get to Central Australia somehow to get away from the Japanese bombs. So there was an underlying fear all the time.

You moved to Avalon post WWII – this would have been the first time you met your father and spent time in a coastal area?

I talk about this in Remembering Avalon. During the war my mother came down with a friend to visit her friend in Elouera Road and saw her first koala in a tree and decided that she would never ever leave Avalon…and she never did. She lived where my husband and I now live for fifty years, until she was 93 and unfortunately had to go to a nursing home. Just before she died she came back to Avalon for one last family lunch. Avalon was deeply embedded in her consciousness. She'd moved a lot, particularly during the Depression years, but once she came to Avalon that was it – she was never going to live anywhere else.

She had a sense of 'home' here?

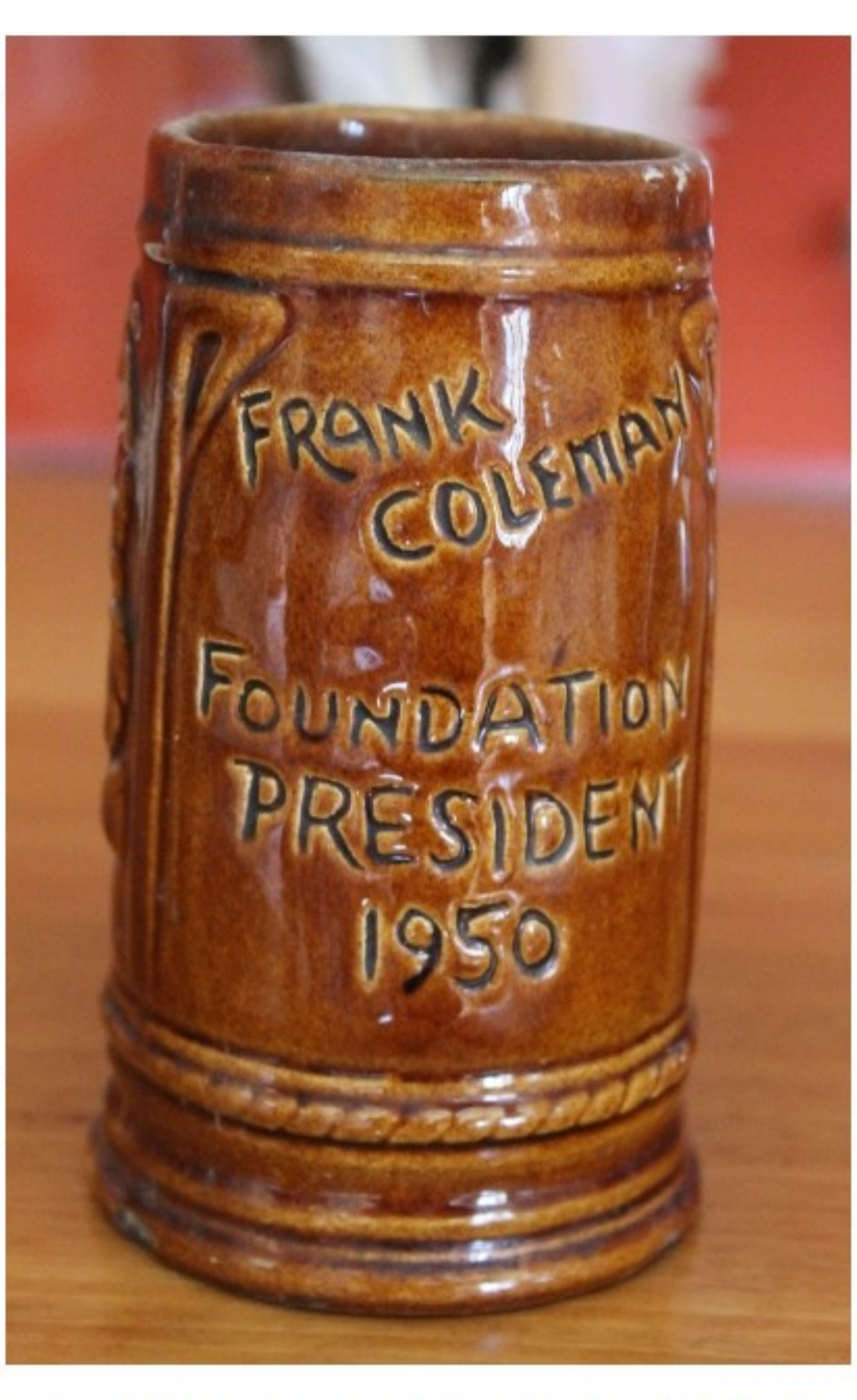
Yes, immediately. It was the beauty of Avalon.

Did you get a similar sense?

Definitely. We lived in Avalon all these years, but there was a gap for me when I left to go to university. I thought I'd never come back to Avalon because it seemed too far away. We did move back though, my husband and I and Katherine, into Ruskin Rowe, in 1990.

You bought 28 Ruskin Rowe – isn't that the Frank Clune home?

Yes, it was the Frank Clune house. Frank Clune had a strong Avalon connection, with his wife Thelma and two sons – one of whom had the Clune Galleries in Victoria Road, Potts Point, which was a well known gallery he and his mother ran. The Clune art connection was strong in Avalon and Ruskin Rowe in the 1950s and 1960s.



Did you ever meet him?

No but my parents knew him. We have a wonderful Frank Clue book '*Ben Hall the Bushranger*' and Frank Clune has signed it to my father Frank, "From one old bushranger to another".

They used to meet at the old Avalon RSL, which my father was the first President of. My brother and his friends, all the men and boys, helped build this little 'man shed' so that after the war the men could go somewhere and talk about their war (experiences) over a beer or two. Frank Clune was part of that.

Did you notice your father showing signs of having been affected by the war?

Yes, he was definitely affected but I think like many families, and many war babies, you don't put it together until much later. One of my aunts said he was a different person when he came back. Most of his squadron didn't make it back and being a Rear Gunner was probably one of the most dangerous jobs in the war because that was the one they tried to get rid of. He had many narrow escapes and was so traumatised that - and I didn't find this out until quite recently when one of my uncles told me - when they did return to Australia, and landed in Western Australia, by plane – a very long air hop, we have a certificate on that - he refused to get on another plane. He thought he might be testing his luck too much and insisted on catching the train back. This meant that he was a little bit later then he as meant to be but at least he felt that he would make it back to Sydney!

Now…growing up in Avalon…What were the best things to do – could you give me a rundown of a typical weekend during winter and then summer?

We didn't distinguish that much between summer and winter and seasons, but I guess it was there. A typical weekend would be one of total freedom. Maybe I had to go to ballet for a short while but once my parents saw me at the annual concert at the age of about eight and realised I was out of step and totally disinterested that was the end of ballet! Art and craft and Girl Guides were my occasional 'activities' but otherwise on a weekend, we would have almost total freedom. We'd ride our bikes all day, visit friends, climb trees, build cubbies in the bush, the gangs would fight; there were little boy and girl gangs would have fights as one cubby was destroyed ...things like that.

We loved to explore St Michael's cave and the sandhills were good fun whether it was summer or winter. To us the only real difference was if the water temperature was be too cold we wouldn't go in. But for at least eight months of the year we spent most of our time in the water.

If you look back at that time from now, do you get a sense of some atmosphere of Avalon that is different from now?

Well, of course, it's much larger now but I like the coffee culture, I like a lot of the modernity. Once the cinema was built that provided us with tremendous entertainment and I do regret that that has changed as it was such a central focal point for everyone. It was also somewhere where artists could sell their work. We'd got to the pictures, have coffee and cakes and meet our friends- we all thought it was the centre.

What about the Barefoot Boulevard shopping centre when that was built?

Yes, that was part of our lives with the art classes and exhibitions and it was very successful. Everyone then, and I think this has continued, had a strong sense of conservation and preservation and keeping Avalon as untainted as we could from developments like hotels. There were two strong moves to have a hotel built, one in the Barefoot Boulevard. Another was an attempt to subdivide the golf course. Both of these were hugely fought by residents. So I think even though Avalon was small then it had a strong sense of self-preservation to keep the character and identity of the area. And it wasn't only the Avalon shopping centre. We owe a debt to the bush lovers who gave us Angophora Reserve and Hudson Park, where you can walk amongst nature as it was, knowing that it has not been interfered with.

Where did you go to University?

There was only one university then in Sydney. You could go to New England and some of the locals did go there, but I went to Sydney University. After looking at the bright young people who had attempted to commute I decided I needed to stay further in so I took a Teacher's College Scholarship which gave me an away from home allowance. We were a fortunate generation. I've been able to get all my university education for nothing. I'm grateful to the policy makers as my family didn't have the wherewithal to allow me to take up even the Commonwealth Scholarship, as it was then. I would have had to live at home and that would have meant about six hours commuting a day in those days, on top of studying. I knew I would have had to work hard just to pass the exams. It was difficult then – if you didn't pass three subjects each year that was it, you couldn't continue.

Right: Jan's First formal, Manly Golf Club, **1955**, courtesy *Remembering Avalon*(2011), edited by Jane Roberts, Ruskin Rowe Press.

What degree did you get and where did you go?

BA and Dip Ed for teaching. The Department of Education always sent young teachers west. I went to Penrith High for my first teaching job. I set up house in Strathfield with a group of friends from university – all young teachers. This was 1962. I was just a few years older than some of the students. I loved it. My next year I was at Rooty Hill. We helped set up the High School there. Lorraine Rawlings would remember that. She is an Avalon resident who was there as well.

Where did you meet Ken?

On Bilgola Beach. I was eighteen or nineteen. We met through mutual university friends. He, for a North Shore boy, was an extremely good surfer and I was impressed by that. I know that may seem shallow…

We're talking surf bathing here?

Yes – we didn't have surfboards then. They were too big for me. We're talking body surfing. That was what we all loved to do then, and to be out-surfed by this smooth fellow. I was impressed but angry. (laughs).

How long were you 'going out' before you married?

Quite a long time. He went to Adelaide to work. It was several years before we were able to marry and then we went almost straight away to live in England. We married in 1963 – we're having our 50th wedding anniversary next month. We went to live in England in 1964.

Where did you go in England?

Sheffield. He was a Trainee for Unilever and I taught English in a girls Grammar School.

What was that like?

Marvellous. I would walk through fields with badgers! We were living on the edge of the Derbyshire Moors and the edge of Sheffield. People have described Sheffield as 'an ugly picture in a beautiful frame' and that's how it was, framed by magnificent Yorkshire and Derbyshire countryside. Sheffield was very industrial then, with many World War Two bombsites that hadn't been repaired. The girls Grammar School was a great institution, wonderful teaching. The girls were from very diverse backgrounds, and being a Grammar School, we were all committed to learning.

How long were you in England?

We were there three years. We came back and went to Melbourne. Our first child was born in Sheffield, the second in Melbourne and we came back to live in Sydney in 1970 and had Katherine. We decided we'd never leave Sydney again.

You must be very proud of Katherine – curator at Manly Art Gallery – she works very hard, has ensured many successful exhibitions are shown there?

She works hard and juggles her many roles very well. Our eldest son Paul runs his own charity business called 'Pareto'. Pareto (http://paretofundraising.com/)takes its name from an Italian economist who believed every human society whether feudal, communist or capitalist, has an 80/20 system where 20% of the population end up with 80% of the wealth. He's a bit of a Robin Hood person who trained in Government, Economics and Law at Sydney University. He decided he might try and redress the balance a little and help through Pareto to prove this equation wrong. He and his friends started this business up and it has over 100 staff and helps people all over the world now. It runs on a different system from most charities.

Our second son Mike (I wouldn't say all this except you asked) works for Emirates as a captain of the A380 and lives with his family in Dubai.

Did he meet his grandfather?

No, none of them met their grandfathers but they all knew both their grandmothers well. Norma Roberts and my mother Gwen Coleman were very much part of our family and a strong part of the reason we decided to return to Australia and then Sydney. They were both widowed while we were in England.

The books you have published – many of these have a strong focus on women and their voices and ensuring there's a record of these, particularly of Maybanke Anderson. Being aware of the kind of social atmosphere you grew up in, was it important to you for women to have a voice?

Definitely. I really don't know where it comes from, whether it's my subconscious or something else. My mother was never an activist. She was a great reader and a highly intelligent woman but women's rights and women's voices were never really significant to her. Maybe it was from the Methodism that runs through our family – my grandfather was a Methodist minister.

Methodism was and is strong on human rights, but for women's rights, I'm not sure. When the second stage of the women's movement came in the early 1970s it was like a revelation to me as it was to many women of my generation. Suddenly History became less boring. We knew there was another half of the human race but we had rarely heard their voices.

I became part of a movement really, to try to restore women's voices into history and to give some equilibrium to the whole record of what the generations that follow us will have. For example, if history is only kings when three of the greatest English rulers were queens, then it is a false record, and history with only kings and men became boring at school and university. Australian History in the 1950s was all male. Perhaps that is why many women feel sad about recent events in our history, after we had such hope for Julia Gillard.

I can remember when young being told 'little girls are seen and not heard' – did you hear this too?

Yes. In my family I did fight for equality, mostly on the size of food portions, I'm embarrassed to relate! One of my cliché comments when I was young was "it's not fair!"

Where it came from I have no idea, because my mother was a very gentle person.

If there was something you could communicate to our younger generation of women, those now learning and about to embark into the world with their own aspirations and not wanting to live under the supposed 'glass ceiling' – what would you say?

To pursue their dreams. And definitely NOT get trapped in the beauty game. This is the big problem, and I see it already with my granddaughter who is only twelve going to a birthday party where a beautician turned up to give the children facials and manicures!

For twelve year olds??!

Yes….This whole artificial world is such a trap. The beauty game and addictive technology are to me the biggest challenges, especially for young women. **The other big challenge for women is to respect and love other women and girls. Be kind to each other**. We've seen so many examples where girls and women can be so cruel to each other. Why this is is very hard to fathom.

The other focus of your works has been on buildings and architecture – one has been on the *Astor* and another is *Avalon Landscape and Harmony* – you are clearly attracted to structures and landscape and the history inherent in those. Where does that stem from?

I think it's within all of us to be interested in buildings. Everyone can be an instant expert, like education - everyone thinks they know a lot about education and architecture.

With buildings, I think it's the part of our aesthetics which needs developing. I cringe with what we've done to our beautiful coastline. That was the driving force in *Avalon Landscape and Harmony* , being ashamed of how we have destroyed most of our unique eastern coast of Australia. It is really quite wicked, the ugliness of most buildings.

That's why I was attracted to Frank Lloyd Wright and the Griffins and their aesthetics of organic architecture; using natural materials and trying to live gently within the landscape and not dominate it. And to try and put in appropriate gardens – these huge European hedges and European trees really have very little part in how I see the Australian landscape should be lived in. So, yes, that book arose out of a very deep part of me and a deep love of buildings; old buildings, stone buildings, the use of timber and glass, and living in harmony with nature.

What then is your ideal Pittwater Summer house?

My ideal Summer House would be an Alexander Stewart Jolly house. We are fortunate to have three in very good condition still in the Avalon area so I would unhesitatingly say 'Loggan Rock', 'Careel House' and what used to be called 'The Gem', now 'Hy Brasil' in Chisholm Avenue.

Why history ? Why is it important to record our stories in our own voices?

There is a big difference between the human voice talking and reading text off a page. There's an immediacy with the spoken voice. Some writers can achieve that. *Catcher in the Rye* is a famous example. Although the human voice makes errors, and you have to transcribe carefully, it can be powerful while being plain. You also remember things to, are prompted if you have a sympathetic person listening or who is doing the recording to remember things you haven't thought about for years.

Of course oral history has a role. We were lucky with the bicentenary in 1988 because that was a flourishing time for oral history. Many people who thought 'my story is not important' were encouraged which has led to a marvellous twenty odd years for Australian history because we have preserved stories from people who would otherwise be too humble or too meek and think that their lives were not important. Thank goodness that has changed. Hopefully history will never go back to being about just 'top' people's stories but will remain as belonging to all of us.

Getting back to Maybanke Anderson. It was exciting researching and writing her remarkable story which will now hopefully be remembered. Then I did my Doctorate in History as a mature aged student, 55 years old at NSW University where an oral history based study of Australian women and children of Papua New Guinea became a book called 'Voices from A Lost World'. That work came about because men like my father and Frank Clune talked endlessly about their lives in New Guinea, but women like my mother never mentioned theirs. It was only when my father had died, a very big man in every sense of the word, that I thought to ask my mother and my mother-in-law, who both had had children and lives in New Guinea, what it was like for them.

That led to my doctorate. Helped by Dawn Herman, from Avalon, who lives in a Jolly house, the work was published as '*Voices from a Lost World – Women and Children in Papua New Guinea*'before the Japanese invasion. I don't think it's well known in the Pittwater area, although a lot of New Guinea people came to live here after the war because it reminded them somehow of New Guinea.

Your influences – you grew up in Avalon in the 1950's when it was becoming a bit of an artists colony, you were I touch with a lot of very strong ideas and very creative articulate people – did that impact you on what you wanted to do?

Definitely. And it influenced me in the way that I learnt you could live well without a lot of money; that creative arts are probably the most important thing, and, as the Jewish people believe, what is inside your head is something no one can take away from you. I believe very much in that – our minds are more remarkable than any computer.

I was so fascinated by the characters who lived in Avalon, many of whom were escaping war memories. They were so determined to live because they'd nearly lost their lives. They were very vibrant people – the damage was there but it wasn't obvious. They were wanting to live! Many of them had lost everything but they hadn't lost their lives, their senses of humour, their ability to tell a good story. They were rich in themselves even though we lived in shacks more or less and had outside 'dunnies' and many had only a basic education. For us as children, there was no Avalon school so we had to go to Newport. We all crowded in, it was egalitarian. I know I shouldn't romanticise it, but Newport Public School was a wonderful school for us all. Although, there was the cane – THAT was not wonderful. We all got it – boys and girls.

What was Arthur Murch like?

He was very quiet, not at all flamboyant. I was only a child when I met him of course, he was a much older man. We were fascinated by how his bike was held together with string – he never cared what he looked like. That was a good example for us; it didn't really matter what we looked like. We were impressed by the fact that he painted these beautiful paintings and lived in a house that leaked, just like most of the rest of us.

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

I'd definitely be a bird. Like many of us I like my flying dreams and to be, say, a King Parrot, coming back to Avalon every year to rear my babies and flying with my mate for life – I think a King Parrot is what I'd be.

What is your favourite place or places in Pittwater and why?

The Basin would have to be my very favourite place in Pittwater. I have many happy memories of birthday parties and teenage years there. The Basin and the area around it are so unspoiled.

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

I don't have one. It changes all the time. **I suppose my motto would be to do your best by yourself and others and live as wisely and kindly as you can.**

Ruskin Rowe Press Publications

Remembering Avalon
Avalon Landscape and Harmony
Arthur Murch: An Artist's Life
Maybanke Anderson: Sex, suffrage and social reform
Maybanke: A Woman's Voice
Story of Pittwater
The Astor
Voices from a Lost World

Jan Roberts - at home in Avalon. Picture by A J Guesdon, 2013.

The Basin. Picture by AJG, 2012.

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Pittwater Online News

December 1 - 7, 2013: Issue 139

"Why don't we ride zebras" Children's Documentary

"Why don't we ride zebras" Children's Documentary
00:00 / 11:10

Pretty Shady

Find out more www.prettyshady.com

Pretty Shady was established in Sydney, NSW, in the summer of 2013. Our aim is to be part of the generation that stops skin cancer one summer at a time.

As it stands, Australia has the highest rate of skin cancer in the world. It's the most common cancer affecting young Australians and thousands are dying each year. In fact, two in three of your friends will be diagnosed at some point in their lives. But change can happen. Stopping sun damage stops 95% of melanomas.

By sharing this knowledge, taking positive action and encouraging others to do the same, we believe our generation can make a difference. That lives can be saved.

This year, we'll be releasing five good-looking items that protect you from the sun. Each one reflects a positive action towards the prevention of skin cancer - shade, clothing, hats, sunglasses and sunscreen. Gary Pepper Girl, Anthony Lister, Gossling, Corbin Harris and Ellie-Jean Coffey launched the first five items and you could get them for free, from this site. But even if you don't get Pretty Shady, you can still be Pretty Shady.

Share your knowledge, take and encourage positive action and be part of the generation that stops skin cancer one summer at a time

Pretty Shady
0:00 / 1:31

One in A Million

NATIONAL GEOGRAPHIC Little kids
Tree Frog

National Geographic online fun For little kids:

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

HERE

Building Strength Tester

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

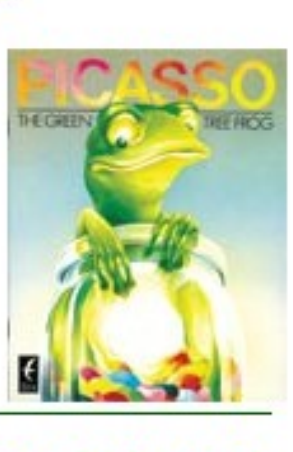
Tweet Like g+1

Baby Einstein - On The Go: Riding, Sailing and Soaring (part 1 of 3)

All of the Baby Einstein videos in this much applauded series are good -- gentle, colorful and interactive, with nothing but positive messages. It's important to promote "proper brain development" in children under age 2, and the best way to do this is by "talking, playing, singing and reading together." The series is a great way to give your child a rewarding experience and are a lot of fun for you and your little one to watch together!

Baby Einstein - On The Go: Riding, Sailing and ...
00:00 / 14:28

Picture Books Online



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

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN

FISHING
PICTURES
MONSTERS
ANIMALS
SCARY STORIES
INSECTS
ELEPHANTS
HOBBIES
BUILDING THINGS

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

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

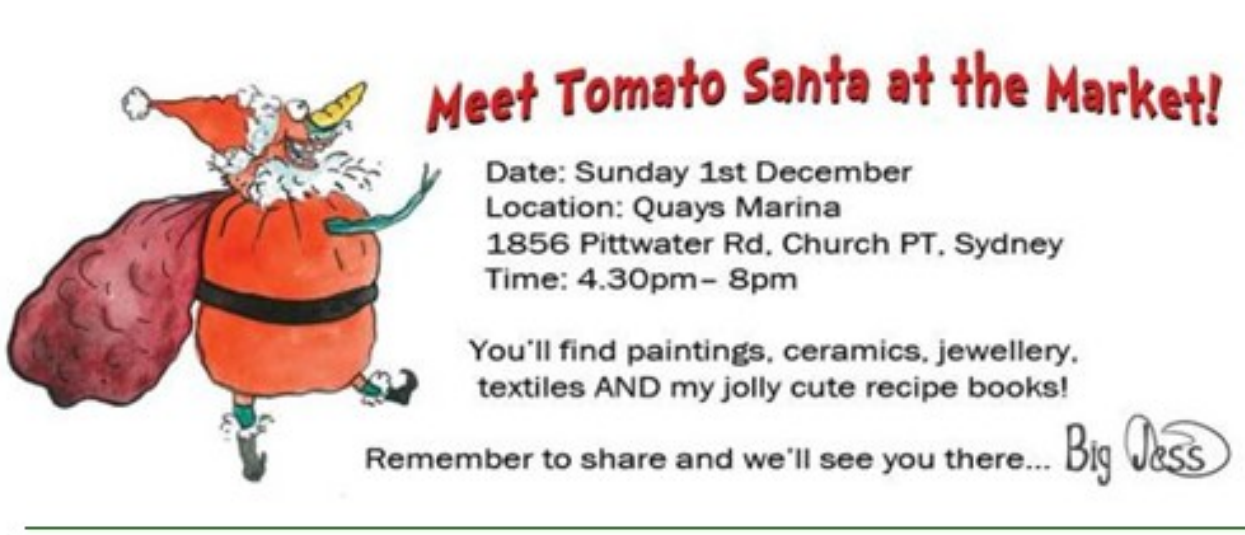
DOWNLOAD A FREE READING PACK!

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

Mona Vale Mountain Cub Scouts Profile

mona vale mountain scouts

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

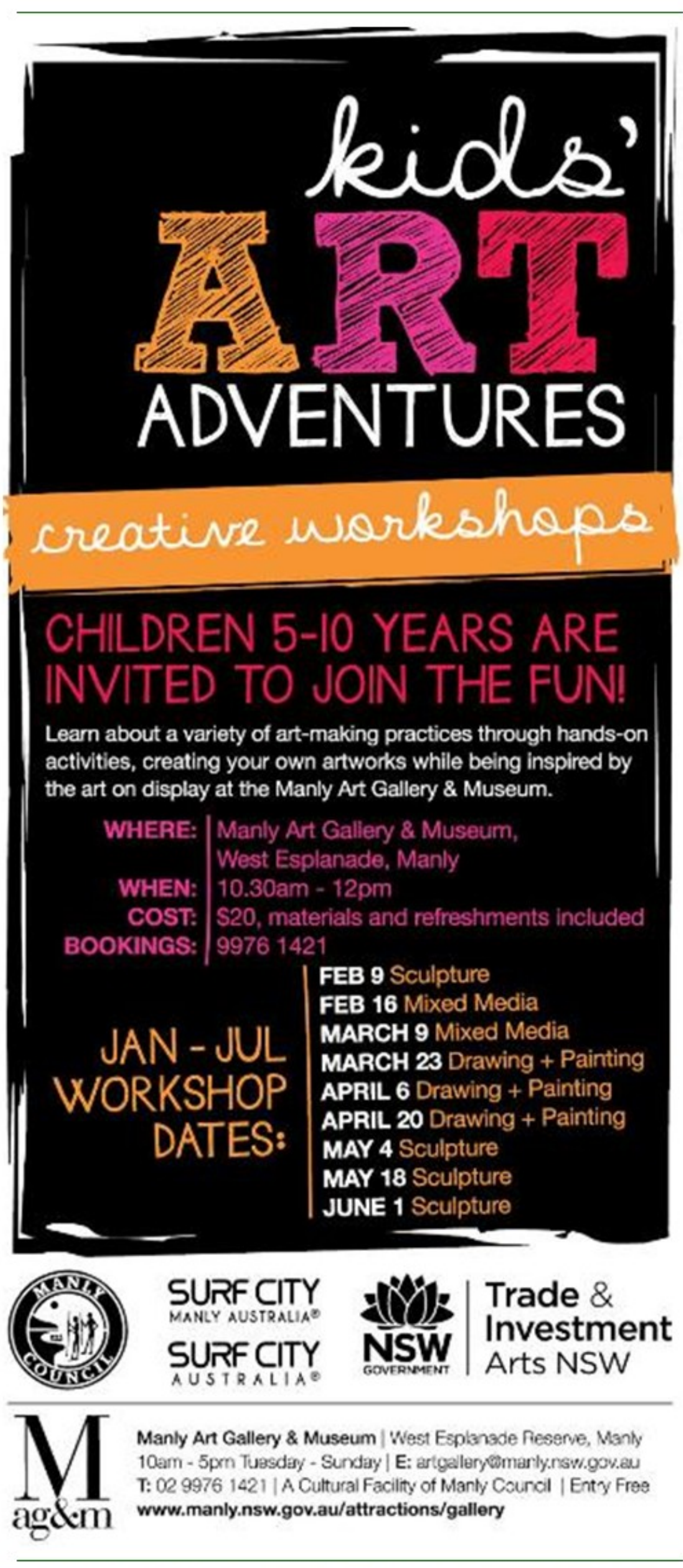


Meet Tomato Santa at the Market!

Date: Sunday 1st December
Location: Quays Marina
1856 Pittwater Rd, Church PT, Sydney
Time: 4.30pm– 8pm

You'll find paintings, ceramics, jewellery, textiles AND my jolly cute recipe books!

Remember to share and we'll see you there... Big Jess



kids' ART ADVENTURES

creative workshops

CHILDREN 5-10 YEARS ARE INVITED TO JOIN THE FUN!

Learn about a variety of art-making practices through hands-on activities, creating your own artworks while being inspired by the art on display at the Manly Art Gallery & Museum.

WHERE: Manly Art Gallery & Museum, West Esplanade, Manly
WHEN: 10.30am - 12pm
COST: $20, materials and refreshments included
BOOKINGS: 9976 1421

JAN - JUL WORKSHOP DATES:
FEB 9 Sculpture
FEB 16 Mixed Media
MARCH 9 Mixed Media
MARCH 23 Drawing + Painting
APRIL 6 Drawing + Painting
APRIL 20 Drawing + Painting
MAY 4 Sculpture
MAY 18 Sculpture
JUNE 1 Sculpture

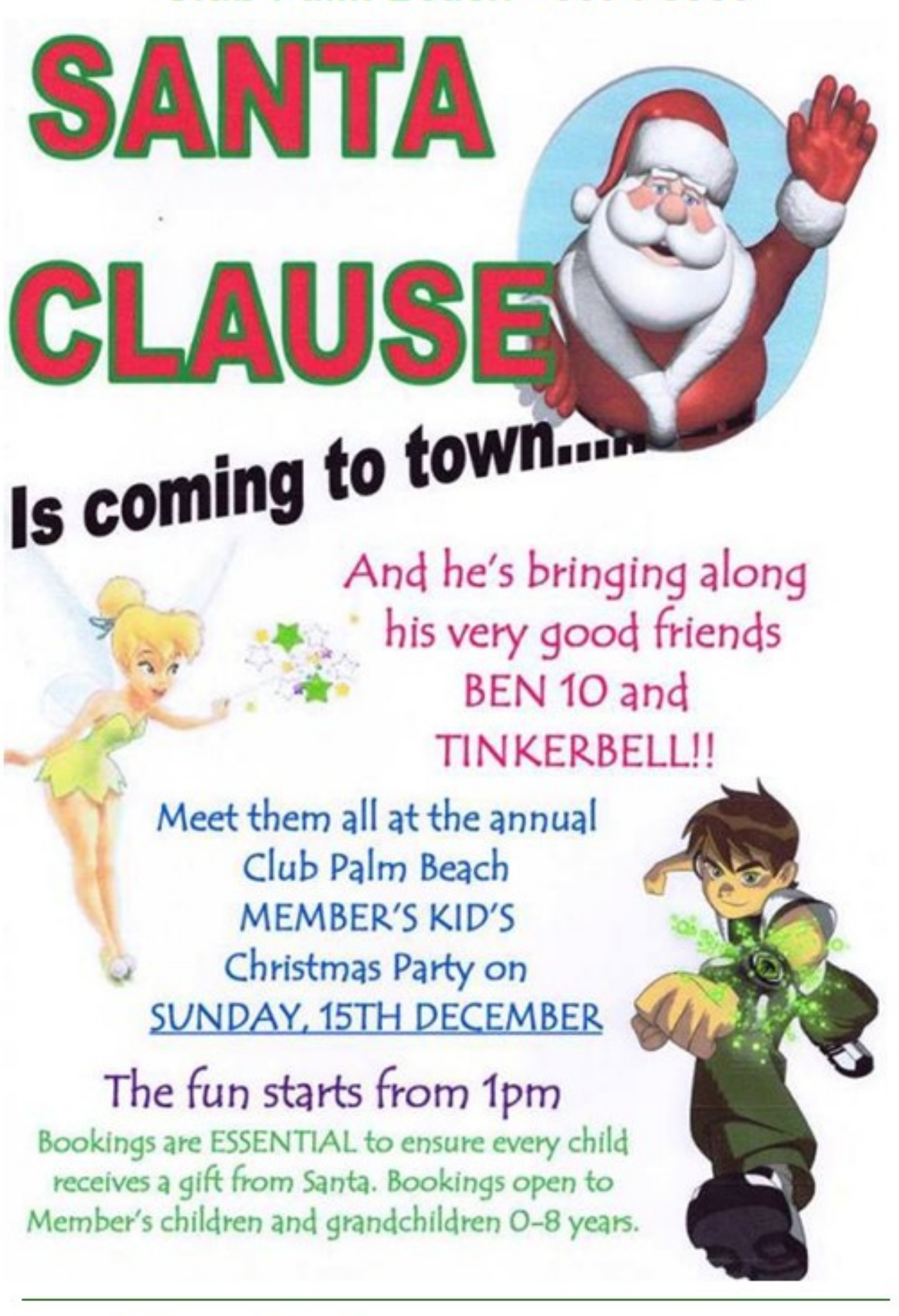
Manly Art Gallery & Museum | West Esplanade Reserve, Manly
10am - 5pm Tuesday - Sunday | E: artgallery@manly.nsw.gov.au
T: 02 9976 1421 | A Cultural Facility of Manly Council | Entry Free
www.manly.nsw.gov.au/attractions/gallery

STOP KISS AND LEAVE
ZO

Sharing Shorelines children's documentary by BrisbaneCityCouncil

A combination of the story of Tom, the red-necked stint with the Sharing Shorelines documentary. Illustrated with slides from the kamishibai story, Tom is one of 42 species of migratory shorebirds that visits out shores in Moreton Bay each year. Red-necked stints weigh as little as 24grams (the weight of a caramello koala) and in a life time can fly over 400,000kms, which is further than the distance from the Earth to the Moon. Presented by Pip Russell and featuring the voices of Earnshaw State College students, this documentary explores the importance of Brisbane's coastal areas as a feeding and resting place for shorebirds.

Club Palm Beach - 9974 5566



SANTA CLAUSE Is coming to town....

And he's bringing along his very good friends BEN 10 and TINKERBELL!!

Meet them all at the annual Club Palm Beach MEMBER'S KID'S Christmas Party on SUNDAY, 15TH DECEMBER

The fun starts from 1pm

Bookings are ESSENTIAL to ensure every child receives a gift from Santa. Bookings open to Member's children and grandchildren 0-8 years.

Keep children safe online

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

Triple Zero Kids' Challenge

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

Mona Vale Library - Young Runarounds!

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

Children's Storytime at Mona Vale Library

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

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

The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude

BULLOCK
URM

Left to right: Anna Galloway, Katy Hulton, Alicia Jackson, Molly Simpson, Sage Scott.

If you have been thinking about joining a surf life saving club for the skills you will learn, for the friends you will make, five minutes reading a short interview with Bilgola's SLSC's 'Sweet Cheeks' boat crew will only convince you further.

Story **HERE**

44 million stars and counting: astronomers play Snap and remap the sky - 28 November 2013

Tens of millions of stars and galaxies, among them hundreds of thousands that are unexpectedly fading or brightening, have been catalogued properly for the first time.

Professor Bryan Gaensler, Director of the ARC Centre of Excellence for All-sky Astrophysics (CAASTRO) based in the School of Physics at the University of Sydney, Australia, and Dr Greg Madsen at the University of Cambridge, undertook this formidable challenge by combining photographic and digital data from two major astronomical surveys of the sky, separated by sixty years.

The new precision catalogue has just been published in The Astrophysical Journal Supplement Series (document on this page is 16MB - right click on and 'save as' - **ASK mum and dad first!**). It represents one of the most comprehensive and accurate compilations of stars and galaxies ever produced, covering 35 percent of the sky and using data going back as far as 1949.

Professor Gaensler and Dr Madsen began by re-examining a collection of 7400 old photographic plates, which had previously been combined by the US Naval Observatory into a catalogue of more than one billion stars and galaxies.

The astronomers then set out to painstakingly match all the objects in this catalogue with more modern measurements from the Sloan Digital Sky Survey. Using very stringent criteria to be absolutely sure of a match, Professor Gaensler and Dr Madsen produced a final catalogue of 44 million stars and galaxies that had definitely been seen twice: both in old photographs and with modern cameras.

"Thanks to clever computer algorithms, we thankfully didn't need to inspect all billion stars and galaxies individually," said Professor Gaensler. "But even so, processing the data and then testing everything to make sure we got it right took us more than a year."

"This cosmic game of Snap provides two important breakthroughs. First, it gives far more accurate measurements of the brightness of each individual star than had ever previously been possible. Second, by comparing two photographs of each star taken up to sixty years apart, it becomes easy to identify stars whose brightness has slowly changed."

The researchers found that approximately 250,000 objects in their new catalogue, or about 0.6 percent of all the stars in the sky, change in their brightness by quite large amounts over a human lifetime.

Some of these discoveries appear to be new cases of stars known as 'Mira variables': red giants in a late stage of stellar evolution that pulsate in brightness before collapsing into a dense white dwarf. Other stars are likely to be exhibiting rare and unusual behaviour that has never previously been identified.

"What is special about this catalogue is that it carefully combines historical data with modern measurements. This is a unique way to study objects that gradually change over years or even decades," says Dr Madsen.

The researchers are making their entire catalogue public on the internet, in the lead-up to the next generation of telescopes designed to search for changes in the night sky, such as the Panoramic Survey Telescope and Rapid Response System in Hawaii and the SkyMapper telescope in Australia. (picture of below)

"This catalogue comes at just the right moment for the next generation of telescopes. Using our measurements, astronomers who find interesting new stars in the sky can essentially go back in time, and see what the object they're studying was doing 60 years earlier," said Professor Gaensler.

Julia Karrer Photography

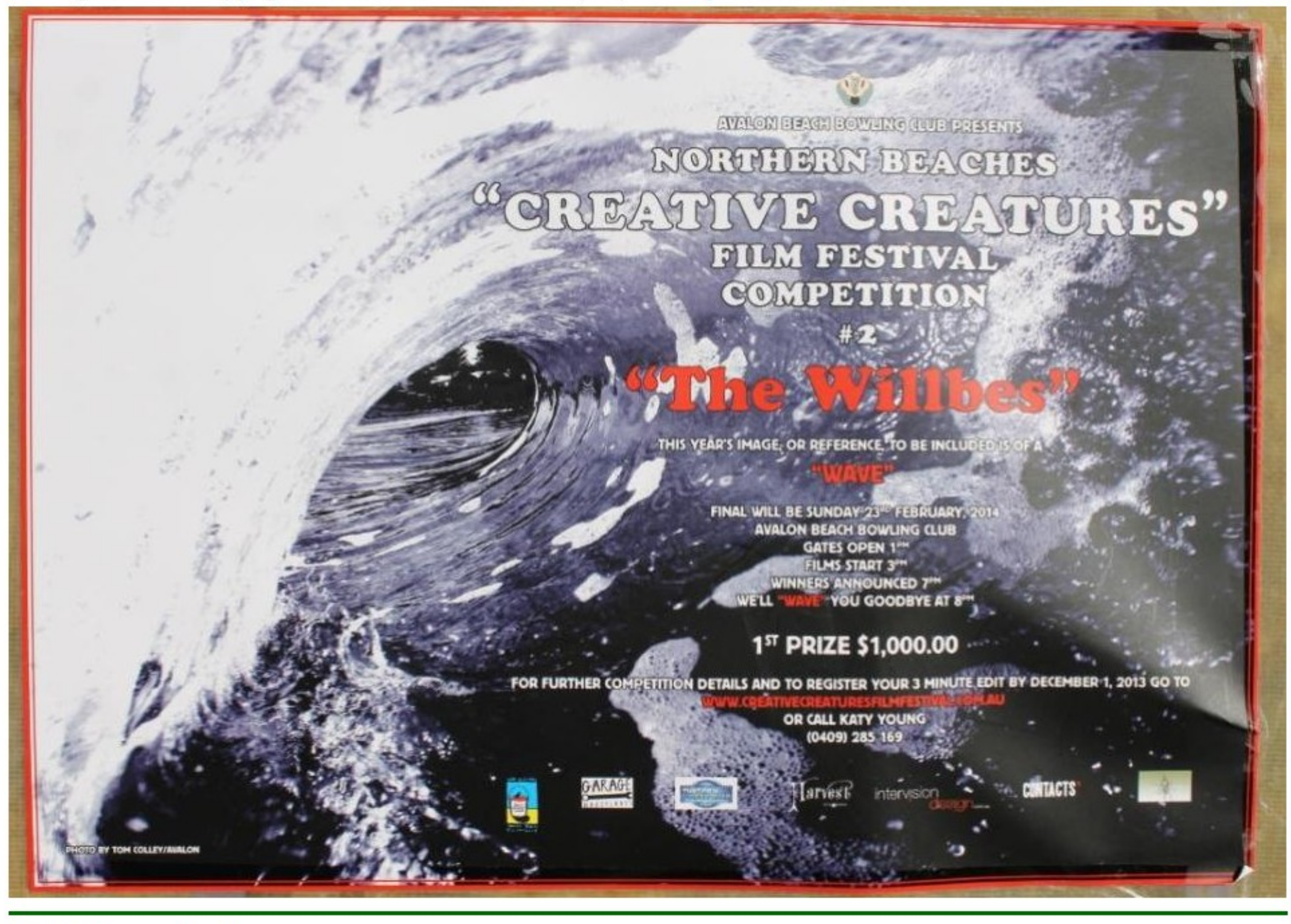
Creative Creatures Film Festival - website

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

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

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

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



AVALON BEACH BOWLING CLUB PRESENTS
NORTHERN BEACHES
"CREATIVE CREATURES"
FILM FESTIVAL
COMPETITION
#2
"The Willbes"

THIS YEAR'S IMAGE, OR REFERENCE, TO BE INCLUDED IS OF A "WAVE"

FINAL WILL BE SUNDAY 23RD FEBRUARY, 2014
AVALON BEACH BOWLING CLUB
GATES OPEN 1PM
FILMS START 3PM
WINNERS ANNOUNCED 7PM
WE'LL "WAVE" YOU GOODBYE AT 8PM

1ST PRIZE $1,000.00

FOR FURTHER COMPETITION DETAILS AND TO REGISTER YOUR 3 MINUTE EDIT BY DECEMBER 1, 2013 GO TO WWW.CREATIVECREATURESFILMFESTIVAL.COM.AU
OR CALL KATY YOUNG
(0409) 285 169

PHOTO BY TOM COLLEY/AVALON

Stories for you already run:

Adrenalin 360 Surf and Skate Competition and Kids Festival
Are You up to the RED BELT CHALLENGE by Hoshin Australia
ArtFest 2012 - Biannual Children's Art Exhibition
Australian Ibis for Children
Australia's First School Launch was in Pittwater
Australia's First Steamers
Avalon Bulldogs Season Open Pictorial
Avalon Junior Rugby League Super Saturday
Avalon Sailing Club Teaches A Novice To Sail
Bilgola Plateau Public School - Sustainable Practices
Bilgola Student and Avalon lady attend Aboriginal and Torres Strait Islander Veterans 6th Annual Commemorative Service at Hyde Park
Bilgola Plateau's NAIDOC Week Celebrations; Darinyung Sculpture and Under A Starry Sky
Blast Off 2011 Blast off 2012 Blast Off 2013
Brush-turkeys - for children
Dance Fever 2012 by Peta Wise
Friendly Toulouse Goose at Palm Beach - Yes! Pittwater has her very own 'Mother Goose'
Grandparents Day 2012 by Peta Wise
Harvest Day 2012 at Maria Regina Avalon by Alexis Conn and Peta Wise
Heartsong - an Anthology of Pittwater Poetry Launched
Hoishin Anti-Bullying Summer Camp 2012
Kangaroo Dance
Learn2Swim Narrabeen Coastal Platform Tour for children
Maria Regina Catholic School at Avalon: Christmas Crafts for Children
Maria Regina Celebrates Timor-Leste's 10th Anniversary of Independence 2012
Maria Regina Catholic Primary School's DanceFever 2013 Winners
Mona Vale Public School's Centenary Launch
Mona Vale Public School Centenary Festival Day 15th of September, 2012
Mr Wiseacre Discourses. ON LIGHTHOUSES
MV Reliance and Maria Regina Avalon - Clareville Outing
Narrabeen Youth Club Wins 2013 Show Us Your Moves Competiiton
Newport Student Wins RMYC MArine Art Prize
NLASC Narrabeen Rockpool Learn to Swim Program by J P Fisher and Glenn Nicholls
112th National Australian Flag Day this Tuesday, 3rd of September
Online World To Be Safer - Sonar Dolphins Arise!
Pacific Black Duck taking a bath at Careel Creek
Pelican Dreamsong - A Legend of the Great Flood - dreamtime legend for children
Pink Ribbon Day at Maria Regina by Joanne Seves
Pittwater's Break The Famine Lunch 2013
Pittwater's Got Talent
RPAYC Youth Development Program Graduates Win 2012 Bird Island Race by Damian Devine
RPAYC Hosts 20th HARKEN International Youth Match Racing Championships by Damian Devine
Schoolchildren's gifting of 'play!' to their fellow schoolchildren
SLSC 2013 Interstate Championships - at Newport
Spotted Gums of Pittwater Inspirations
Summer is Channel-billed Cuckoos Season - Fledglings 2013 by Jeffrey Sabri and Andrew Tiede
The Northern Beaches Music Festival's YOUNGBLOODS Competition
The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail Each Year by Damian Devine
Timor Leste Day at Sacred Heart School Mona Vale
Timor Leste Independence Day Celebrations at Maria Regina Avalon - 2013
Winning the Homework War by Rosemary Smith
World's Largest Grommet Festival Returns - an outline of the September 23-26 2013 Blast Off
Youth Leading the Way 2013 - Environmental Congress Empowering our Youth and Inspiring Initiatives for Change
Zoomobile at Loquat Valley School, Bayview

Tweet Like g+1

Pretty Shady

Find out more http://www.prettyshady.com

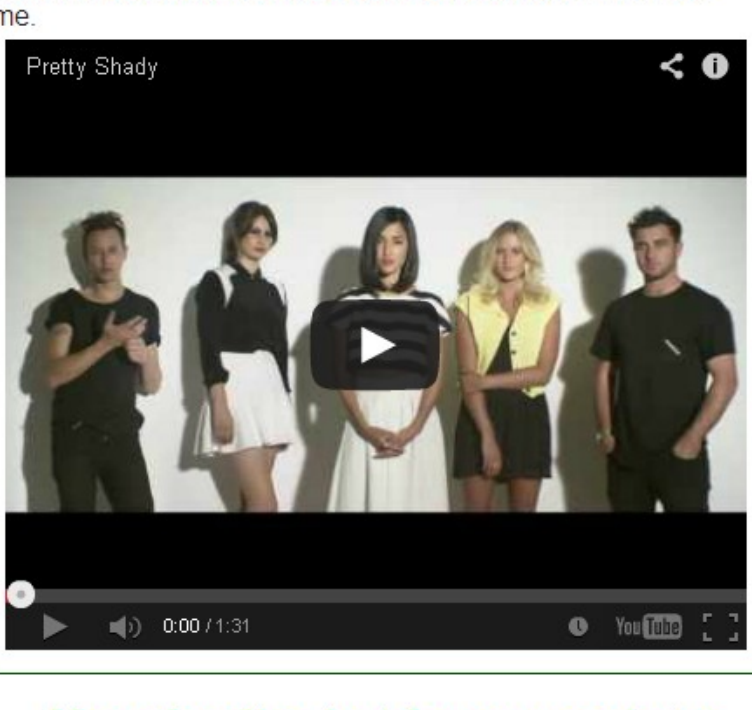
Pretty Shady was established in Sydney, NSW, in the summer of 2013. Our aim is to be part of the generation that stops skin cancer one summer at a time

As it stands, Australia has the highest rate of skin cancer in the world. It's the most common cancer affecting young Australians and thousands are dying each year. In fact, two in three of your friends will be diagnosed at some point in their lives. But change can happen. Stopping sun damage stops 95% of melanomas.

By sharing this knowledge, taking positive action and encouraging others to do the same, we believe our generation can make a difference. That lives can be saved.

This year, we'll be releasing five good-looking items that protect you from the sun. Each one reflects a positive action towards the prevention of skin cancer - shade, clothing, hats, sunglasses and sunscreen. Gary Pepper Girl, Anthony Lister, Gossling, Corbin Harris and Ellie-Jean Coffey launched the first five items and you could get them for free, from this site. But even if you don't get Pretty Shady, you can still be Pretty Shady.

Share your knowledge, take and encourage positive action and be part of the generation that stops skin cancer one summer at a time.


Pretty Shady
0:00 / 1:31

More foodies but fewer people to produce Australia's food - 28 November 2013

There is an ever-increasing shortfall of young people interested in producing Australia's food, including food for export markets.

"Exact figures on the employment shortfall are hard to calculate, but in agriculture alone, it has been shown that while there have been only around 700 graduates per year Australia-wide in recent years, job advertisements have suggested a demand for approximately 4500 tertiary qualified graduates per annum," said Dr Brian Jones, from the University of Sydney's Faculty of Agriculture and Environment.

"Similar shortfalls exist for qualified people in other parts of the industry. We absolutely cannot take advantage of the opportunities for the industry if we don't develop strategies to address this key issue."

Australian agriculture produces three percent of GDP, but it is the post-farm gate agribusiness sector that has grown exponentially in recent years. The value-adding that happens after food leaves the farm means the food processing and agricultural production sectors account for 12 percent of GDP.

On Thursday 28 November, Dr Jones will discussed the challenge of connecting young people with Australia's booming food production industry at an event run by the Youth Food Movement and the City of Sydney.

Dr Jones also helped design, and will lecture in, the University's new Bachelor of Food and Agribusiness, commencing in 2014.

"Our fresh produce, reputation for safe food and potential to add value explain why Deloitte this year named agribusiness as one of the five 'super-growth' industries of the future. Exports to Asia and Africa are seen as major market opportunities."

At the same time, both industry and government are concerned that there are not enough people choosing food production as a career. Jobs in the industry range from farming, food science, marketing, product development, transport logistics, trade, food safety, global food security and international development to packaging, research and policy.

"More Australians are moving into cities and the production and supply chains means we give little thought to food production. Out of sight, out of mind is one of the reasons that too few people are moving into careers in this sector," Dr Jones said.

"But fortunately, Australians are also increasingly 'foodies', with sophisticated tastes. One of the outcomes of this is that people are starting to once again question how the food got to our plates. The reality though is that an increasingly skilled workforce is needed to keep good food on our tables and there is currently an unsustainable shortfall."

Agricultural producers are responding in various ways to 21st century challenges, being driven both by consumer demand and the strong desire of producers to develop healthier, more sustainable practices for their businesses.

"Australians have always been innovators in food production and we are making continual advances in cropping and food processing," Dr Jones said.

"This is a great time for young people in the industry, when real innovation is not only possible, but essential. In order to capture the emerging opportunities, we need a new generation of food innovators and entrepreneurs in Australia. Interest in our cross-disciplinary undergraduate degree in food and agribusiness is looking strong. There's still a long way to go, but it is an indicator that we are heading in the right direction."

Youth Food Movement – from their website

Our Vision

All young Australians have the capacity and motivation to make food choices that demand and support a healthy and secure food system.

Our Mission

YFM aims to be a nation-wide movement that brings young people together around food. We strive to make our generation aware of their power as conscious consumers by building understanding and value for the food we eat. We also aspire to be a collective voice for young Australians so that together we can have our say in the decisions that impact our food future.

Our Approach

Knowledge: We help our generation deepen the relationship they have with food, both with their mind and their stomach.

Attitude: We provoke thought, stimulate conversation and challenge ideas about what good food is and what it means.

Practice: We infuse new ideas about the food system practically into everyday life. In doing this we open up the opportunity for our generation to experience and engage with the food system in an honest and enduring way.

Our Objectives

Increase the food literacy levels of Australian young adults

Allow the voice of young Australians to be heard in political and other conversations about food

To grow the movement and provide young adults with the platform to come together around food issues and solutions

Our Story

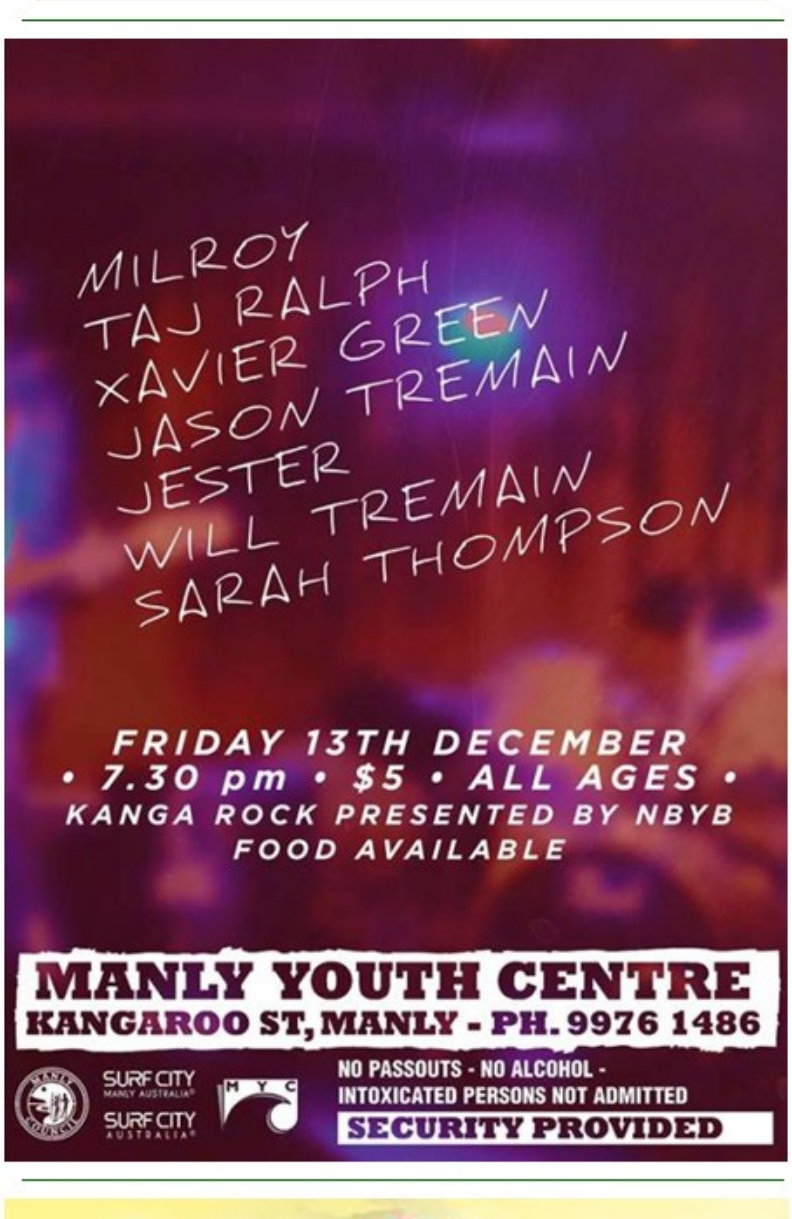
The Youth Food Movement is part of an international network which was launched here in Australia in 2011.

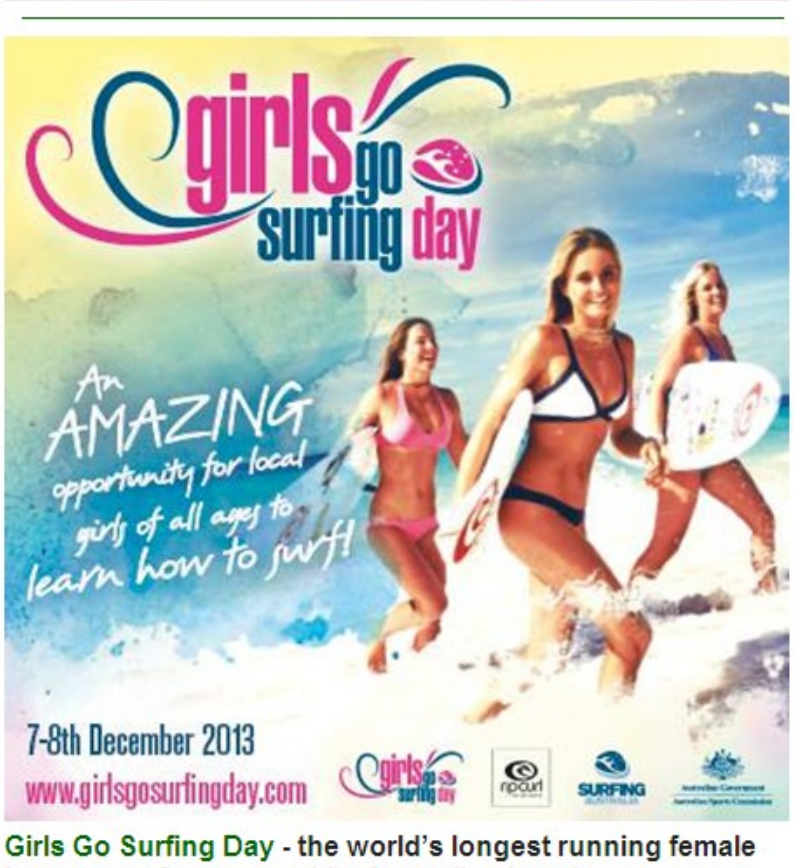
It started with a group of young people who came together for a long table dinner in Sydney to share a delicious meal of locally sourced, seasonal produce and their love for food. To our surprise it turned out that there were plenty of other young people in our local area that shared our belief that food should be good, clean and fair.

A YFM 'vine' will be sprouting in your area very soon, so if you want a food future that supports our health, our environment, and our precious farmers…

Find out more at: www.youthfoodmovement.org.au/

Highlights from the inaugural Reel Food Nights
from Youth Food Movement Australia
03:45
vimeo


MILROY
TAJ RALPH
XAVIER GREEN
JASON TREMAIN
JESTER
WILL TREMAIN
SARAH THOMPSON
FRIDAY 13TH DECEMBER
• 7.30 pm • $5 • ALL AGES •
KANGA ROCK PRESENTED BY NBYB
FOOD AVAILABLE
MANLY YOUTH CENTRE
KANGAROO ST, MANLY - PH. 9976 1486
NO PASSOUTS - NO ALCOHOL - INTOXICATED PERSONS NOT ADMITTED
SECURITY PROVIDED


girls go surfing day
An AMAZING opportunity for local girls of all ages to learn how to surf!
7-8th December 2013
www.girlsgosurfingday.com

Girls Go Surfing Day - the world's longest running female learn-to-surf program - hits Australian beaches on December 7- 8. Click here to find your nearest program - www.girlsgosurfingday.com

2014 AUSTRALIAN SURFING AWARDS
NOMINATE NOW

Surfing Australia - Nominations Open For 2014 Australian Surfing Awards - NOMINATE HERE - www.australiansurfingawards.com

ORIGINAL SOURCE INTENSE SURF CHALLENGE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Some tricks;

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

Puppy loves guitar

The Line

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

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

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

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

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

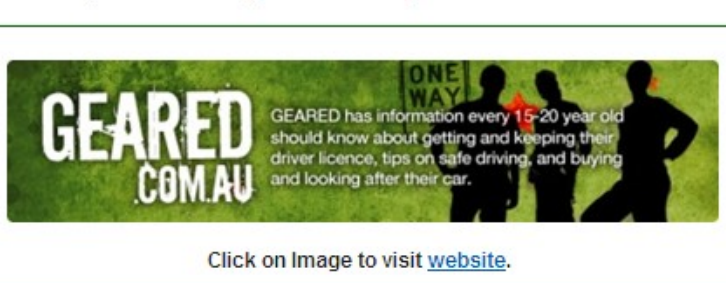
* Please note that all mobile phone calls made from within Australia to Kids Helpline—using Optus (including Virgin), Vodafone, and Telstra—and 1800 Respect—using Telstra—are now free.

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

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

Crisis Support, Suicide and Mental Health

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


GEARED.COM.AU
GEARED has information every 15-20 year old should know about getting and keeping their driver licence, tips on safe driving, and buying and looking after their car.
ONE WAY

Click on Image to visit website.

Bullying; NO WAY !!!

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

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

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

Bus Pass Replacement

HERE

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

BackMeUp poll - Posted 14 May 2013 by Commission

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

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

The Project Gutenberg Library of Australiana

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

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

Powerhouse Museum Online Fun

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

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

know your limits
make good decisions
stay in control
have fun
Sally Fitzgibbons Professional Surfer
There's no place in my life for drinking alcohol and binge drinking.
NSW Police Force
PLAY SAFE STAY SAFE
CRIME STOPPERS 1800 333 000
police.nsw.gov.au/playsafe_staysafe

Keep children safe online

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

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

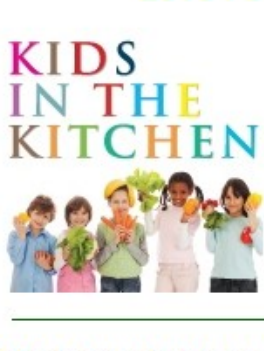
Keep in the loop and support local bands! Northern Beaches Youth Bands at: www.facebook.com/pages/Northern-Beaches-Youth-Bands/347121408731758

Headspace 'We've got your back' campaign

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

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

Love Food, Hate Waste Cookbook


KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

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

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

Send In Your Stuff

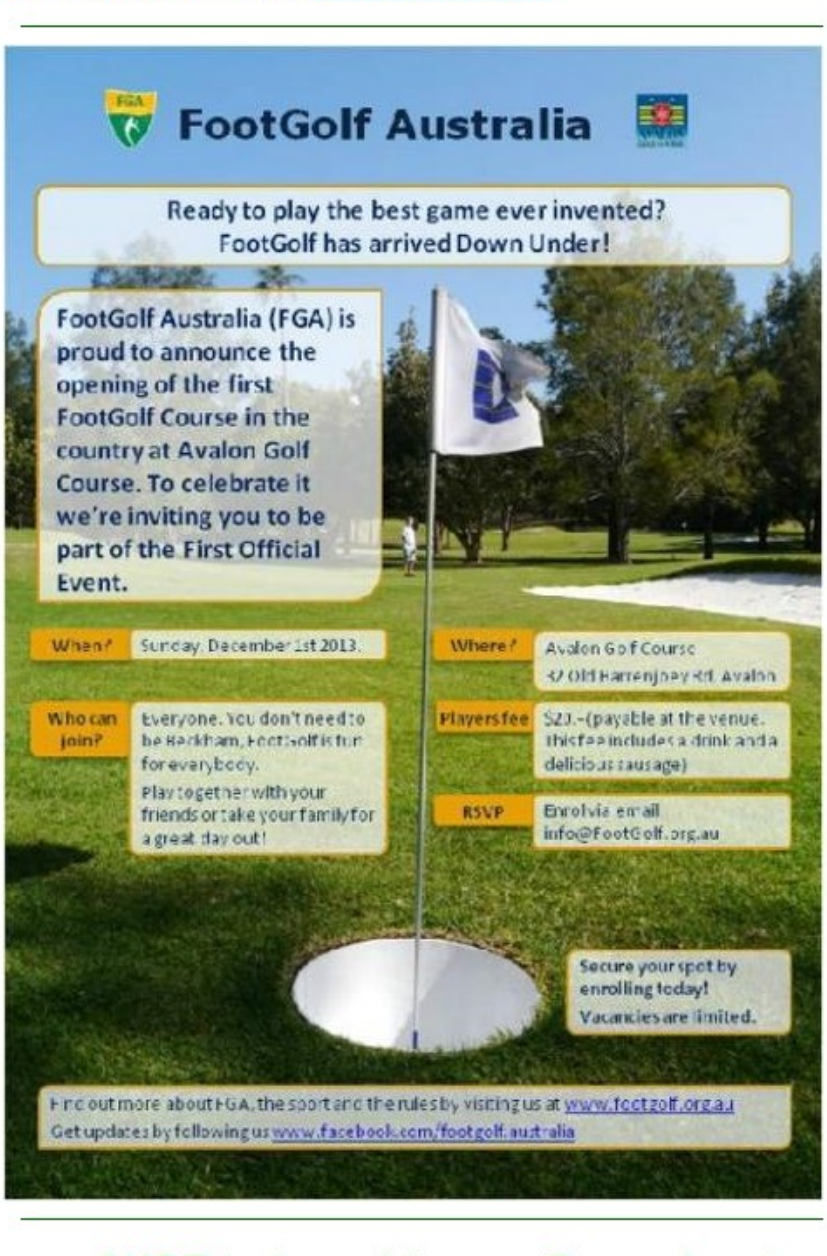
Pittwater Online News is not only For and About you, it is also **BY** you. We cannot publish swearing or the maligning of others (this is the opposite of what we stand for). If you have a poem, story or something you want to see addressed, let us know or send to: pittwateronlinenews@live.com.au

All are Welcome, All Belong !

Mona Vale Library - Duke of Edinburgh Awards

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

Our Youth page is for young people aged 13+ - if you are younger than this we have more age appropriate news for you on the Children's page


FootGolf Australia
Ready to play the best game ever invented? FootGolf has arrived Down Under!
FootGolf Australia (FGA) is proud to announce the opening of the first FootGolf Course in the country at Avalon Golf Course. To celebrate it we're inviting you to be part of the First Official Event.
When? Sunday, December 1st 2013.
Where? Avalon Golf Course
Who can join? Everyone. You don't need to be Beckham, Footgolf is fun for everybody. Play together with your friends or take your family for a great day out!
Players fee $20.-(payable at the venue. This fee includes a drink and a delicious sausage)
RSVP Enrol via email info@FootGolf.org.au
Secure your spot by enrolling today! Vacancies are limited.
Find out more about FGA, the sport and the rules by visiting us at www.footgolf.org.au
Get updates by following us www.facebook.com/footgolf.australia

mySURF.tv launching on December 1 – by Surfing Australia TV Published on 26 Nov 2013

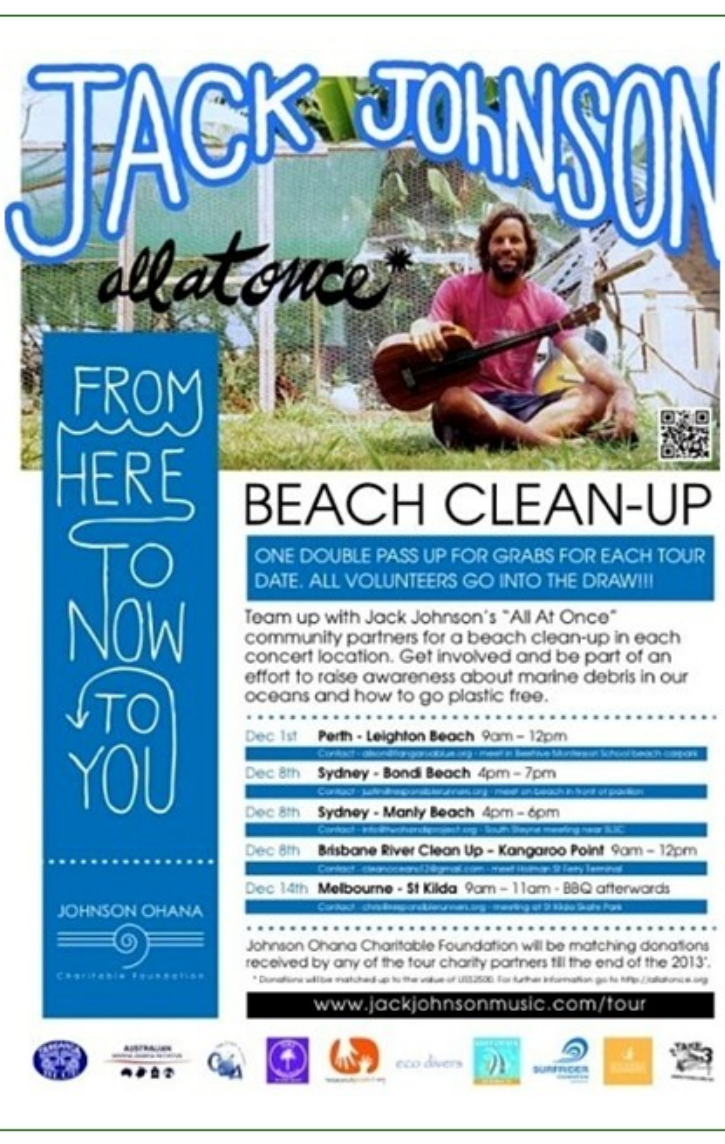
My passion, my channel, mySURF.tv - dive into the world's first digital surfing channel and get amped at www.mySURF.tv

mySURF.tv launching on December 1
0:00 / 0:45

The Next Wave – Teaser - Published on 28 Nov 2013

Australia's best female junior surfers and their quest to rule the waves - Premieres, Sunday, 8th December, on Channel 10 at 4pm

The Next Wave - Teaser
who will make it through?
0:00 / 0:35


JACK JOHNSON
all at once
FROM HERE TO NOW TO YOU
BEACH CLEAN-UP
ONE DOUBLE PASS UP FOR GRABS FOR EACH TOUR DATE. ALL VOLUNTEERS GO INTO THE DRAW!!!
Dec 1st Perth - Leighton Beach 9am - 12pm
Dec 6th Sydney - Bondi Beach 4pm - 7pm
Dec 8th Sydney - Manly Beach 4pm - 6pm
Dec 8th Brisbane River Clean Up - Kangaroo Point 9am - 12pm
Dec 14th Melbourne - St Kilda 9am - 11am - BBQ afterwards
JOHNSON OHANA
www.jackjohnsonmusic.com/tour

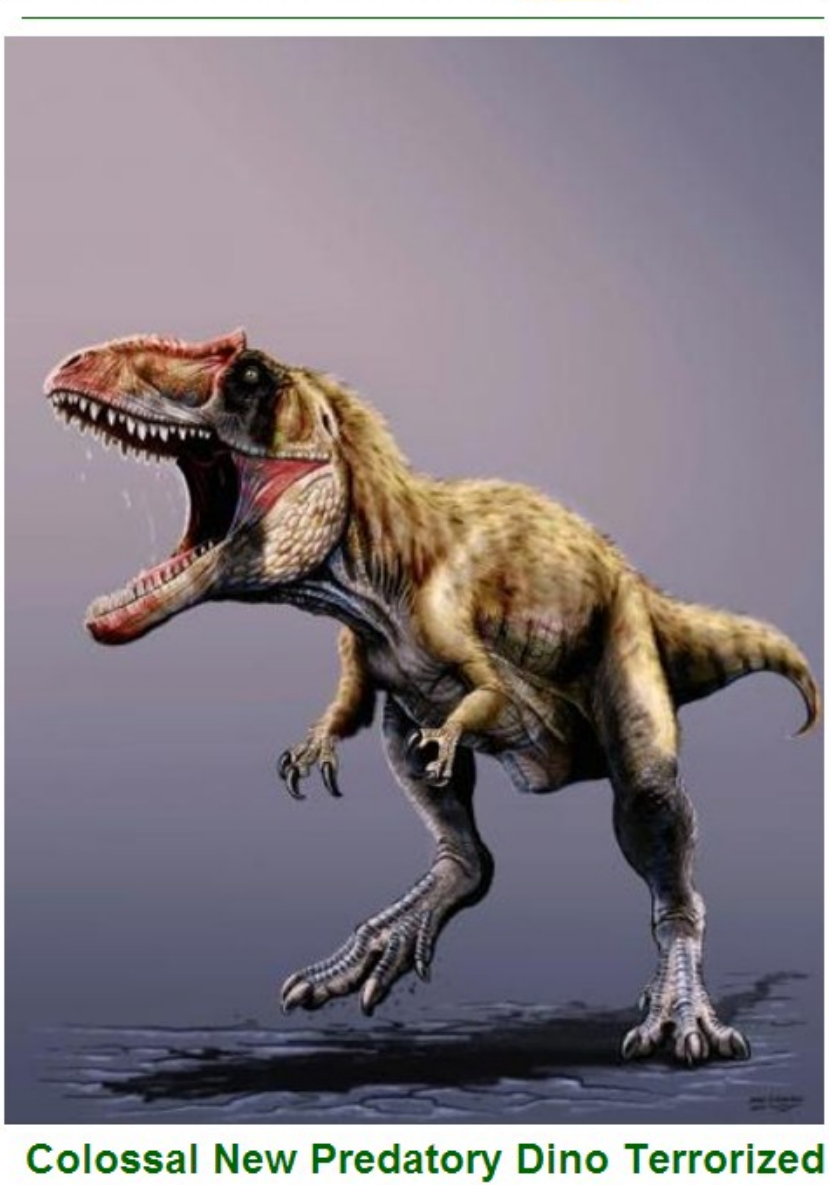
The HARKEN International Youth Match Racing Championship, hosted by the Royal Prince Alfred Yacht Club is celebrating its 21st year.

The Championship is being held from Wednesday 20 November and to the end of today Sunday 24 November 2013, out on Pittwater - have a look if you're by the estuary and catch up on the first three days through Damian Devine's reports HERE and this week's Pictorial celebrates the 21st Youth Match Racing event HERE

National Schoolies Website - Survival Guide - by Schoolies for Schoolies

HERE

One of the best parts of the Australian Museum. A human skeleton riding a horse skeleton



Colossal New Predatory Dino Terrorized Early Tyrannosaurs

A new species of carnivorous dinosaur - one of the three largest ever discovered in North America - lived alongside and competed with small-bodied tyrannosaurs 98 million years ago. This newly discovered species, *Siats meekerorum*, (pronounced see-atch) was the apex predator of its time, and kept tyrannosaurs from assuming top predator roles for millions of years.

Named after a cannibalistic man-eating monster from Ute tribal legend, Siats is a species of carcharodontosaur, a group of giant meat-eaters that includes some of the largest predatory dinosaurs ever discovered. The only other carcharodontosaur known from North America is Acrocanthosaurus, which roamed eastern North America more than 10 million years earlier. Siats is only the second carcharodontosaur ever discovered in North America; Acrocanthosaurus, discovered in 1950, was the first.

"It's been 63 years since a predator of this size has been named from North America," says Lindsay Zanno, a North Carolina State University paleontologist with a joint appointment at the North Carolina Museum of Natural Sciences, and lead author of aNature Communications paper describing the find. "You can't imagine how thrilled we were to see the bones of this behemoth poking out of the hillside."

Zanno and colleague Peter Makovicky, from Chicago's Field Museum of Natural History, discovered the partial skeleton of the new predator in Utah's Cedar Mountain Formation in 2008. The species name acknowledges the Meeker family for its support of early career paleontologists at the Field Museum, including Zanno.

The recovered specimen belonged to an individual that would have been more than 30 feet long and weighed at least four tons. Despite its giant size, these bones are from a juvenile. Zanno and Makovicky theorize that an adult Siats might have reached the size of Acrocanthosaurus, meaning the two species vie for the second largest predator ever discovered in North America. Tyrannosaurus rex, which holds first place, came along 30 million years later and weighed in at more than twice that amount.

Although Siats and Acrocanthosaurus are both carcharodontosaurs, they belong to different sub-groups. Siats is a member of Neovenatoridae, a more slender-bodied group of carcharodontosaurs. Neovenatorids have been found in Europe, South America, China, Japan and Australia. However, this is the first time a neovenatorid has ever been found in North America.

Siats terrorized what is now Utah during the Late Cretaceous period (100 million years ago to 66 million years ago). It was previously unknown who the top meat-eater was in North America during this period. "Carcharodontosaurs reigned for much longer in North America than we expected," says Zanno. In fact, Siats fills a gap of more than 30 million years in the fossil record, during which time the top predator role changed hands from carcharodontosaurs in the Early Cretaceous to tyrannosaurs in the Late Cretaceous.

The lack of fossils left paleontologists unsure about when this change happened and if tyrannosaurs outcompeted carcharodontosaurs, or were simply able to assume apex predator roles following carcharodontosaur extinction. It is now clear that Siats' large size would have prevented smaller tyrannosaurs from taking their place atop the food chain.

"The huge size difference certainly suggests that tyrannosaurs were held in check by carcharodontosaurs, and only evolved into enormous apex predators after the carcharodontosaurs disappeared," says Makovicky. Zanno adds, "Contemporary tyrannosaurs would have been no more than a nuisance to Siats, like jackals at a lion kill. It wasn't until carcharodontosaurs bowed out that the stage could be set for the evolution of T. rex."

At the time Siats reigned, the landscape was lush, with abundant vegetation and water supporting a variety of plant-eating dinosaurs, turtles, crocodiles, and giant lungfish. Other predators inhabited this ecosystem, including early tyrannosaurs and several species of other feathered dinosaurs that have yet to be described by the team. "We have made more exciting discoveries including two new species of dinosaur," Makovicky says.

"Stay tuned," adds Zanno. "There are a lot more cool critters where Siats came from."

All fieldwork was conducted under permits through the Bureau of Land Management and funded by the Field Museum. Research was funded by North Carolina State University, North Carolina Museum of Natural Sciences and the Field Museum.

Lindsay E. Zanno, Peter J. Makovicky. **Neovenatorid theropods are apex predators in the Late Cretaceous of North America.** Nature Communications, 2013; 4 DOI:10.1038/ncomms3827

This is an illustration of Siats meekerorum. (Credit: Artwork by Jorge Gonzales)

Creating social change: From innovation to impact
VOLUNTEER
0:00 / 2:02

NATIONAL YOUTH WEEK
OUR VOICE OUR IMPACT
WWW.YOUTHWEEK.COM | 4-13 April 2014

Applications for the 2014 National Youth Awards are now open!

The inaugural National Youth Awards held in 2013 were a huge success! We received applications in all seven categories from around Australia. We are delighted to announce that the 2014 Awards are officially open. If you or someone you know deserves recognition for their contribution to their community, be sure to nominate for the 2014 National Youth Awards.

The Awards are presented in the following categories:

Health and Wellbeing Award

Safer Communities Award

Creating Pathways Award

Community Leadership Award

Personal Courage Award

Cultural Understanding Award

Positive Media Award

2013 National Youth Awards

The 2013 National Youth Awards were presented to seven outstanding winners for their contributions to Australia at the inaugural Awards Ceremony on 6 August 2013.

Jessica Barlow received the Health and Wellbeing Award for her work on the Brainwash Project, an initiative that encourages more transparency between magazines publishing photo-shopped images and their readers. Jessica also put together a 188-page magazine for teenage girls in April 2013, a publication which involved over 100 volunteer writers, photographers and artists.

Lachlan Cooke took out the Cultural Understanding Award for his role in starting the Indigenous Communities Education and Awareness (ICEA) Foundation. The Foundation is entirely youth-run and its purpose is Reconciliation Inspired by Young People. The Foundation focuses on improving educational outcomes and school attendance for young Indigenous Australians.

The Positive Media Award was presented to Louise Turk from the Illawarra Mercury for her article on Headspace Shoalhaven.

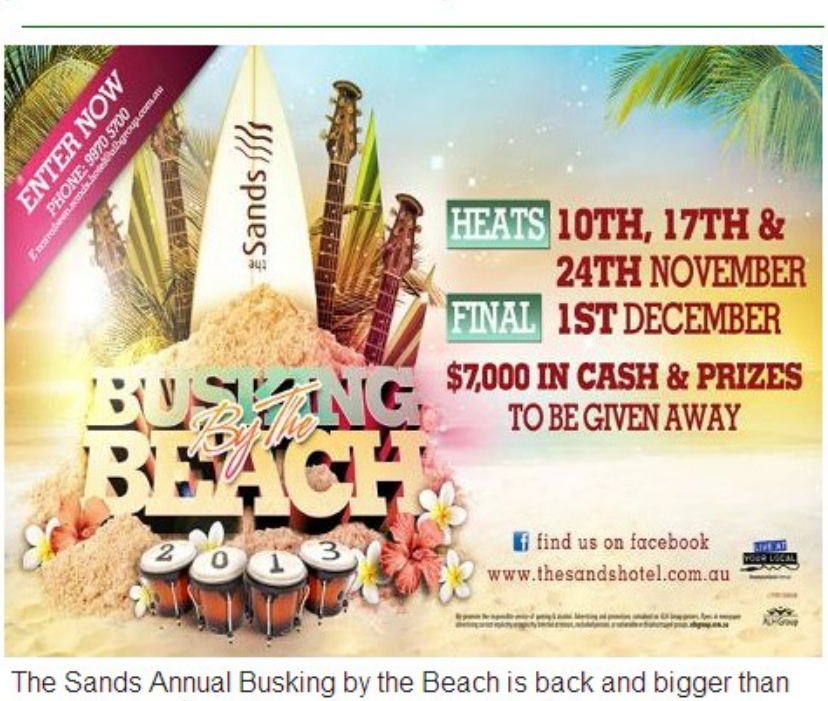
For information on the rest of our amazing, talented and worthy winners check out the National Youth Awards page.

2014 National Youth Week

Planning for the 2014 National Youth Week is well underway! The National Planning Group has been busy organising fantastic local events around **the 2014 theme 'Our Voice. Our Impact.'**

The National Youth Week website will be re-launched in December 2013 revealing a new design by a talented young person.

Be sure to keep an eye on the Youth Week website in December so you can check out the new site and updates for 2014!


ENTER NOW
the Sands
BUSKING by the BEACH 2013
HEATS 10TH, 17TH & 24TH NOVEMBER
FINAL 1ST DECEMBER
$7,000 IN CASH & PRIZES TO BE GIVEN AWAY
find us on facebook
www.thesandshotel.com.au

The Sands Annual Busking by the Beach is back and bigger than ever with over $7000 in cash and prizes. Heats judged by local celebrities are November 10th, 17th, and 24th and the Final will be held on December 1st.

You don't want to miss out on Narrabeen's live music event of the summer. Like us on Facebook to follow the event updates and contestants.

How to survive beach rip currents by UNSWTV

Dr Rip - http://www.bees.unsw.edu.au/rob-brander

SOS website - http://scienceofthesurf.com

Essential Beach Book - http://scienceofthesurf.com/book.html

Rip currents are by far the greatest hazard to beach swimmers. This national award-winning video shows what rip currents are, how to spot and avoid rips, what to do if you get stuck in a rip, and it introduces you to some different types of rips. A rip current is a strong, narrow and channelized flow of water flowing seaward from the shore. Rips can occur on any beach where waves are breaking across a wide surf zone.

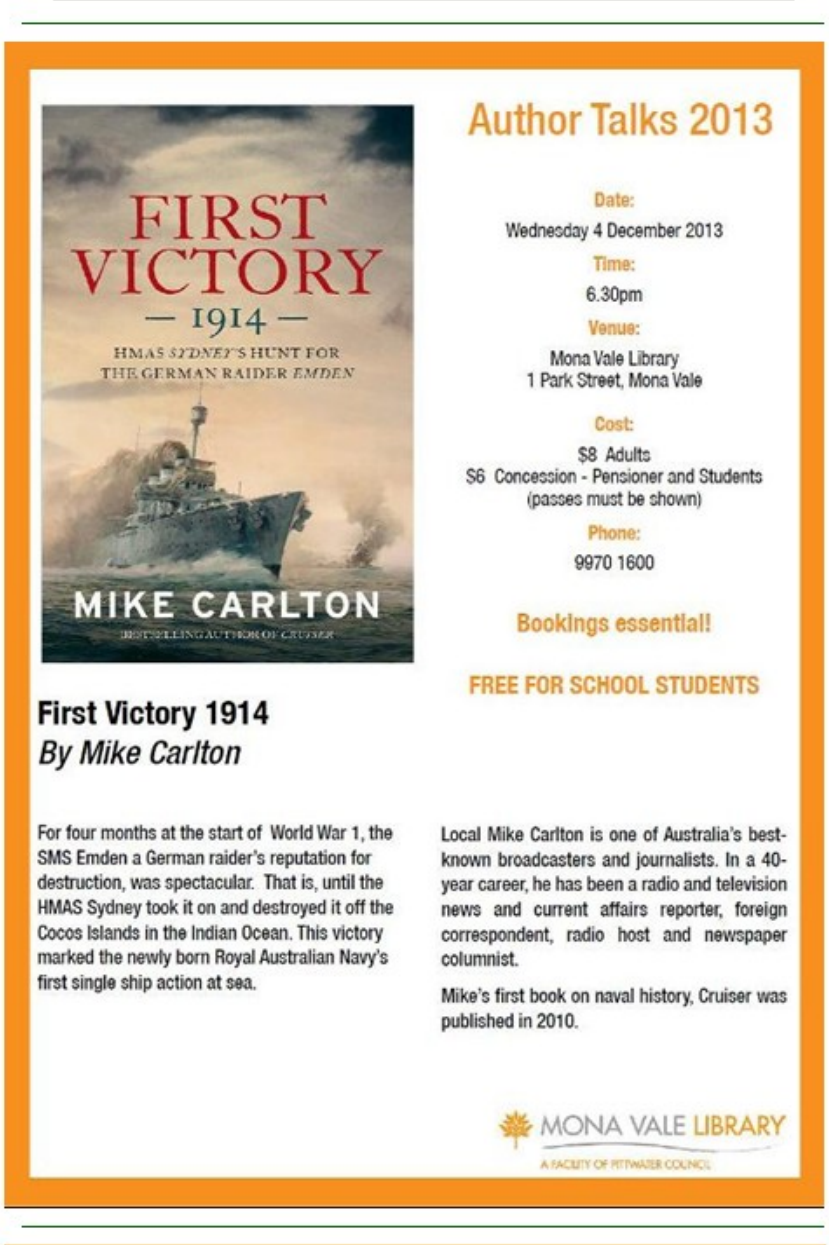
They are often incorrectly called 'undertow' and 'rip tide' which are false. Also, rips do not pull you under the water and they are not a tide.

Rip currents typically flow faster than people can swim so it's important not to get stuck in them in the first place - always swim where there are lifeguards.

If you do get caught in a rip, don't swim against it. Use your energy to stay afloat and signal for help by raising your arm whenever you can. If no-one is around, slowly make your way to the side of the rip where the waves are breaking and it's shallower.

Overall you have to accept that you'll be taken a little further out to sea before you can get back to the beach.

How to survive beach rip currents
0:00 / 4:43



Author Talks 2013

Date: Wednesday 4 December 2013

Time: 6.30pm

Venue: Mona Vale Library
1 Park Street, Mona Vale

Cost: $8 Adults
$6 Concession - Pensioner and Students (passes must be shown)

Phone: 9970 1600

Bookings essential!

FREE FOR SCHOOL STUDENTS

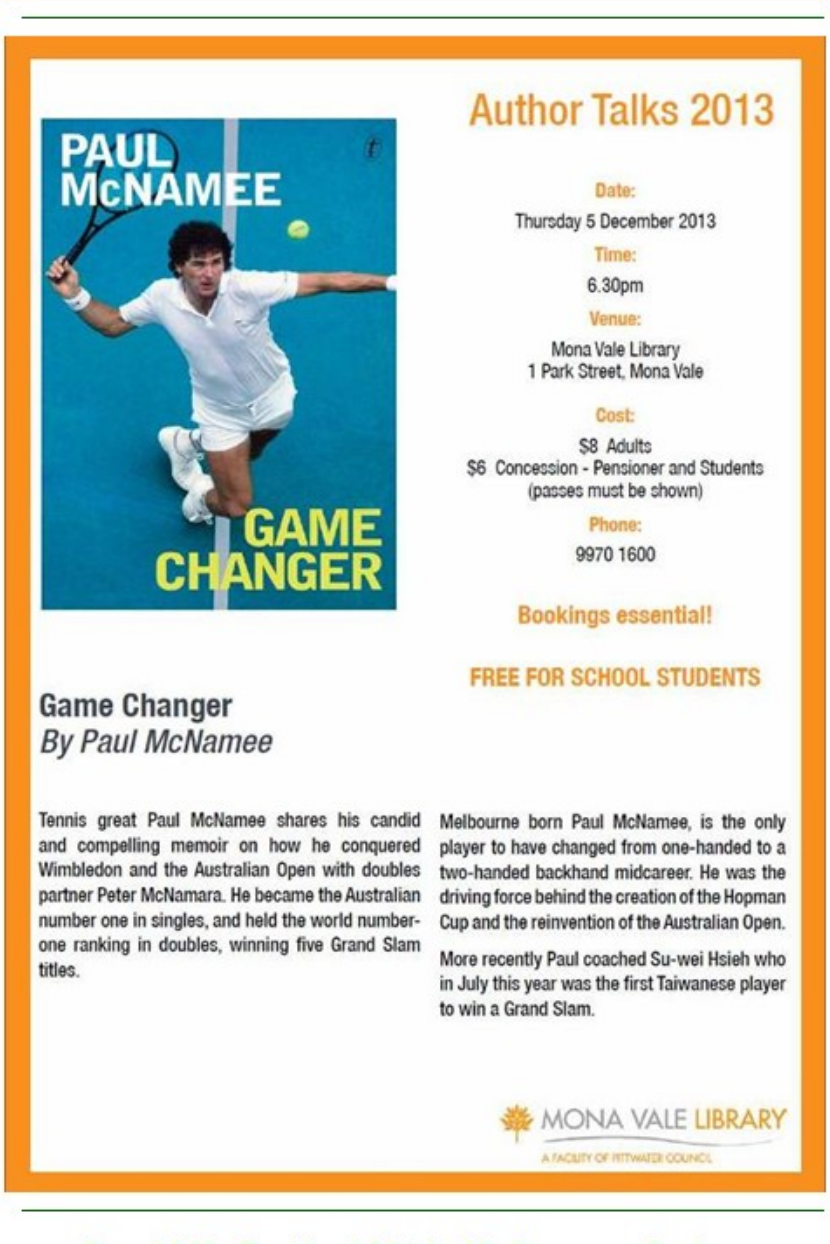
First Victory 1914
By Mike Carlton

For four months at the start of World War 1, the SMS Emden a German raider's reputation for destruction, was spectacular. That is, until the HMAS Sydney took it on and destroyed it off the Cocos Islands in the Indian Ocean. This victory marked the newly born Royal Australian Navy's first single ship action at sea.

Local Mike Carlton is one of Australia's best-known broadcasters and journalists. In a 40-year career, he has been a radio and television news and current affairs reporter, foreign correspondent, radio host and newspaper columnist.

Mike's first book on naval history, Cruiser was published in 2010.

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL



Author Talks 2013

Date: Thursday 5 December 2013

Time: 6.30pm

Venue: Mona Vale Library
1 Park Street, Mona Vale

Cost: $8 Adults
$6 Concession - Pensioner and Students (passes must be shown)

Phone: 9970 1600

Bookings essential!

FREE FOR SCHOOL STUDENTS

Game Changer
By Paul McNamee

Tennis great Paul McNamee shares his candid and compelling memoir on how he conquered Wimbledon and the Australian Open with doubles partner Peter McNamara. He became the Australian number one in singles, and held the world number-one ranking in doubles, winning five Grand Slam titles.

Melbourne born Paul McNamee, is the only player to have changed from one-handed to a two-handed backhand midcareer. He was the driving force behind the creation of the Hopman Cup and the reinvention of the Australian Open.

More recently Paul coached Su-wei Hsieh who in July this year was the first Taiwanese player to win a Grand Slam.

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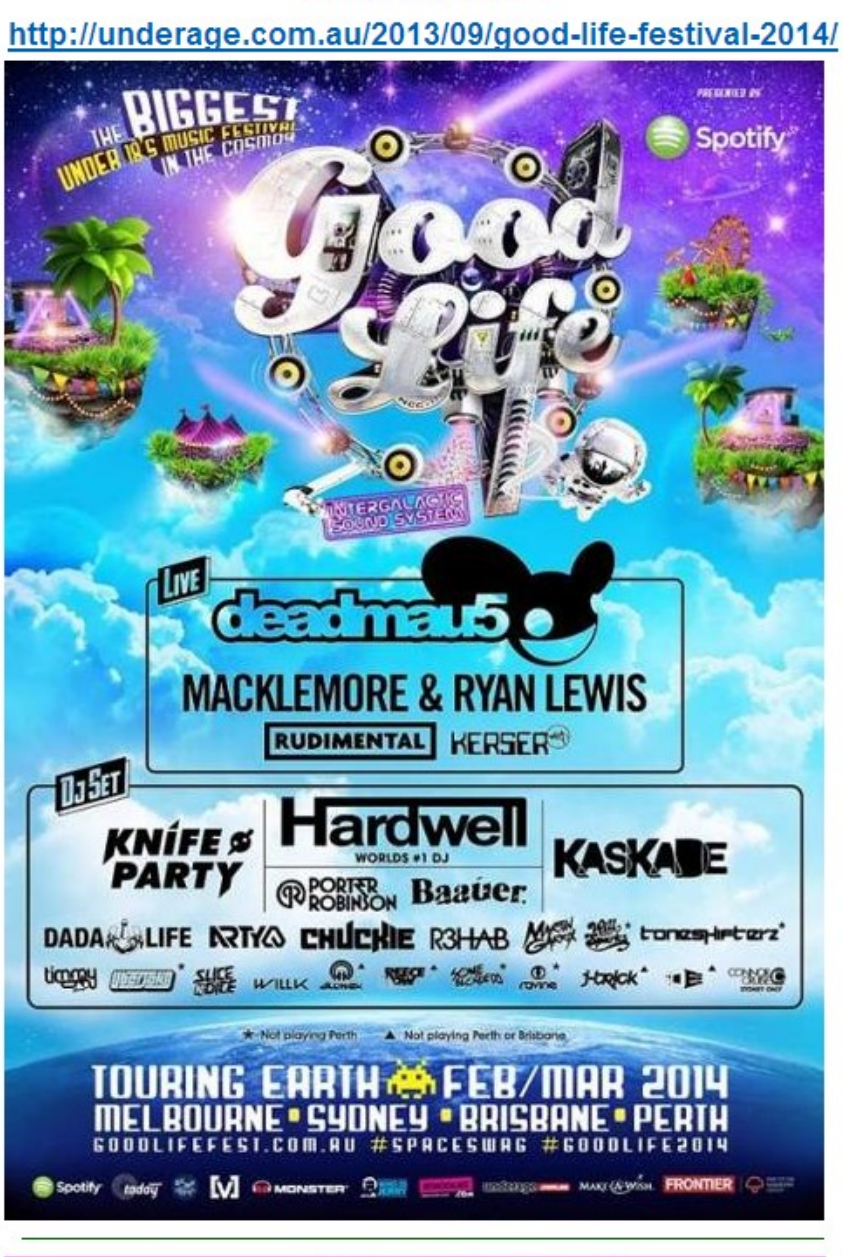
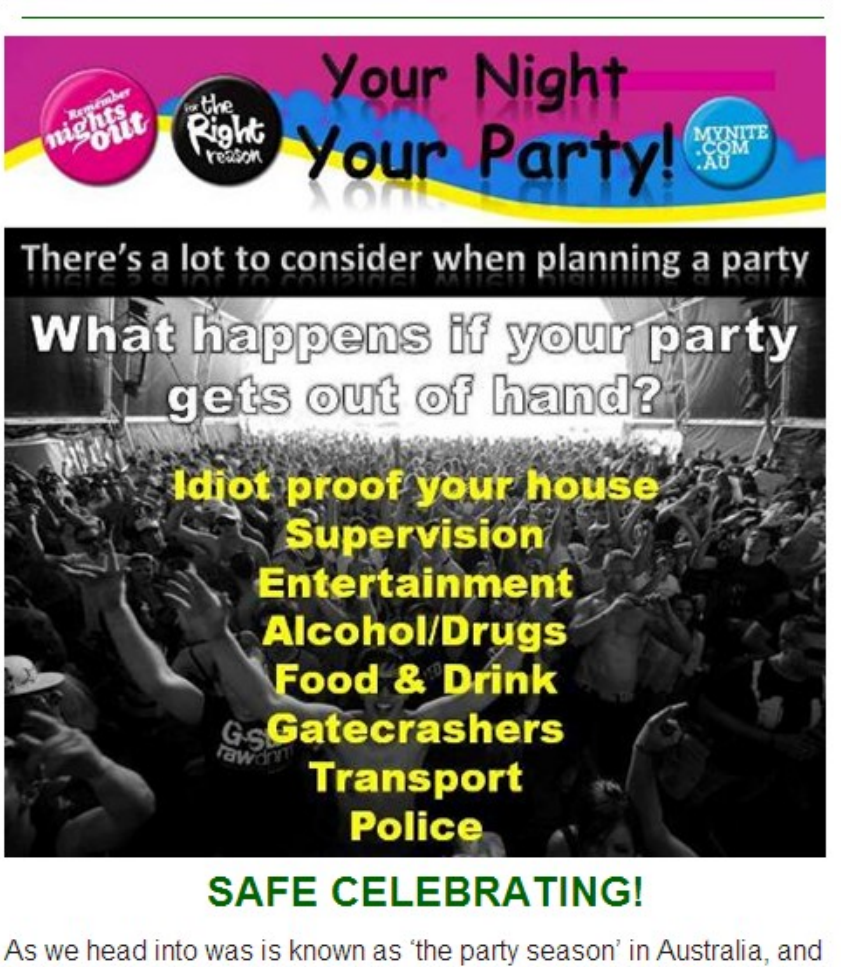
Good Life Festival 2014 - Melbourne, Sydney, Brisbane, Perth!

http://underage.com.au/2013/09/good-life-festival-2014/


THE BIGGEST UNDER 18'S MUSIC FESTIVAL IN THE COSMOS
Spotify
Good Life
deadmau5
MACKLEMORE & RYAN LEWIS
RUDIMENTAL
KERSER
Hardwell
KNIFE PARTY
KASKADE
TOURING EARTH FEB/MAR 2014
MELBOURNE • SYDNEY • BRISBANE • PERTH
GOODLIFEFEST.COM.AU #SPACESWAG #GOODLIFE2014


Your Night Your Party!
MYNITE.COM.AU
There's a lot to consider when planning a party
What happens if your party gets out of hand?
Idiot proof your house
Supervision
Entertainment
Alcohol/Drugs
Food & Drink
Gatecrashers
Transport
Police

SAFE CELEBRATING!

As we head into was is known as 'the party season' in Australia, and with so many of you completing your HSC or other schooling soon, a timely reminder of how to have fun and stay safe seems like a good idea around now. We all know that parties and celebrations are important to young people. They provide them with an opportunity to socialise, meet other young people and to celebrate significant life events. But while parties are important for social development reasons, they can also bring into play a range of risk factors that work together to increase the risk of injury to young people.

Partying and going out is a normal part of growing up, but there are risks involved. You need to manage these risks through discussion and planning with your family and friends.

If you are informed about safe partying, you are more likely to protect yourself and your friends. If your plans fall through, or if you are feeling unsafe wherever you are, it's OK to contact someone for help.

For more info go to www.mynite.com.au or www.youthsafe.org

The Bilgola SLSC' s Sweet Cheeks – Young Ladies With A Great Attitude

Left to right: Anna Galloway, Katy Hulton, Alicia Jackson, Molly Simpson, Sage Scott.

If you have been thinking about joining a surf life saving club for the skills you will learn, for the friends you will make, five minutes reading a short interview with Bilgola's SLSC's 'Sweet Cheeks' boat crew will only convince you further.

Story **HERE**

44 million stars and counting: astronomers play Snap and remap the sky - 28 November 2013

Tens of millions of stars and galaxies, among them hundreds of thousands that are unexpectedly fading or brightening, have been catalogued properly for the first time.

Professor Bryan Gaensler, Director of the ARC Centre of Excellence for All-sky Astrophysics (CAASTRO) based in the School of Physics at the University of Sydney, Australia, and Dr Greg Madsen at the University of Cambridge, undertook this formidable challenge by combining photographic and digital data from two major astronomical surveys of the sky, separated by sixty years.

The new precision catalogue has just been published in The Astrophysical Journal Supplement Series (document on this page is 16MB - right click on and 'save as'). It represents one of the most comprehensive and accurate compilations of stars and galaxies ever produced, covering 35 percent of the sky and using data going back as far as 1949.

Professor Gaensler and Dr Madsen began by re-examining a collection of 7400 old photographic plates, which had previously been combined by the US Naval Observatory into a catalogue of more than one billion stars and galaxies.

The astronomers then set out to painstakingly match all the objects in this catalogue with more modern measurements from the Sloan Digital Sky Survey. Using very stringent criteria to be absolutely sure of a match, Professor Gaensler and Dr Madsen produced a final catalogue of 44 million stars and galaxies that had definitely been seen twice: both in old photographs and with modern cameras.

"Thanks to clever computer algorithms, we thankfully didn't need to inspect all billion stars and galaxies individually," said Professor Gaensler. "But even so, processing the data and then testing everything to make sure we got it right took us more than a year."

"This cosmic game of Snap provides two important breakthroughs. First, it gives far more accurate measurements of the brightness of each individual star than had ever previously been possible. Second, by comparing two photographs of each star taken up to sixty years apart, it becomes easy to identify stars whose brightness has slowly changed."

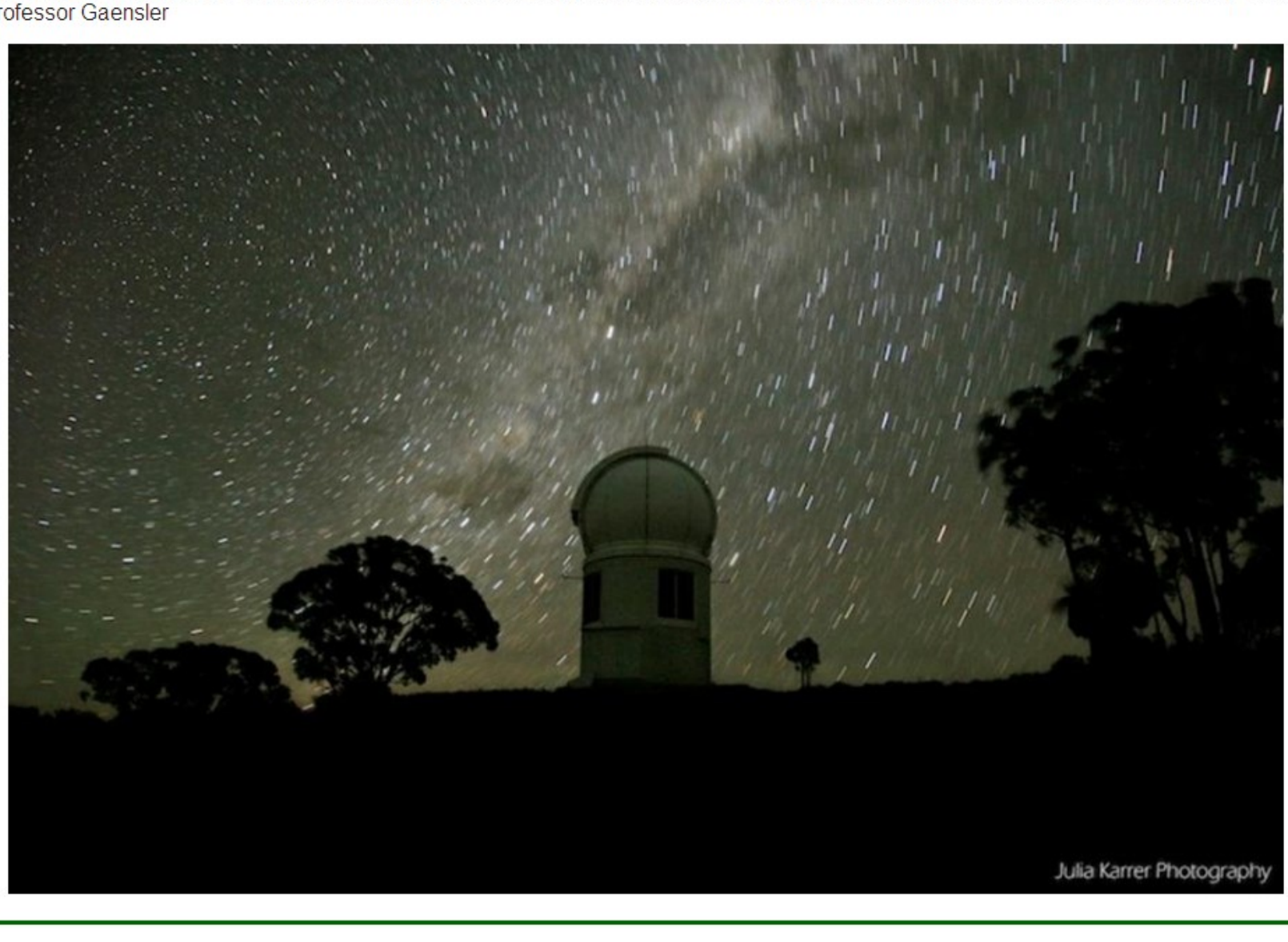
The researchers found that approximately 250,000 objects in their new catalogue, or about 0.6 percent of all the stars in the sky, change in their brightness by quite large amounts over a human lifetime.

Some of these discoveries appear to be new cases of stars known as 'Mira variables': red giants in a late stage of stellar evolution that pulsate in brightness before collapsing into a dense white dwarf. Other stars are likely to be exhibiting rare and unusual behaviour that has never previously been identified.

"What is special about this catalogue is that it carefully combines historical data with modern measurements. This is a unique way to study objects that gradually change over years or even decades," says Dr Madsen.

The researchers are making their entire catalogue public on the internet, in the lead-up to the next generation of telescopes designed to search for changes in the night sky, , such as the Panoramic Survey Telescope and Rapid Response System in Hawaii and the SkyMapper telescope in Australia.

"This catalogue comes at just the right moment for the next generation of telescopes. Using our measurements, astronomers who find interesting new stars in the sky can essentially go back in time, and see what the object they're studying was doing 60 years earlier," said Professor Gaensler


Julia Karrer Photography

Pretty fly for a WiFi - November 26, 2013, by Dan Chamberlain - CSIRO

Remember the ol' days of dial-up internet? When you got disconnected every time the phone rang and used up all your drive space to download one little file? Man, life was hard.

Luckily in the 90s our peeps came up with a little something called WiFi – and hallelujah all of our first world problems were solved.

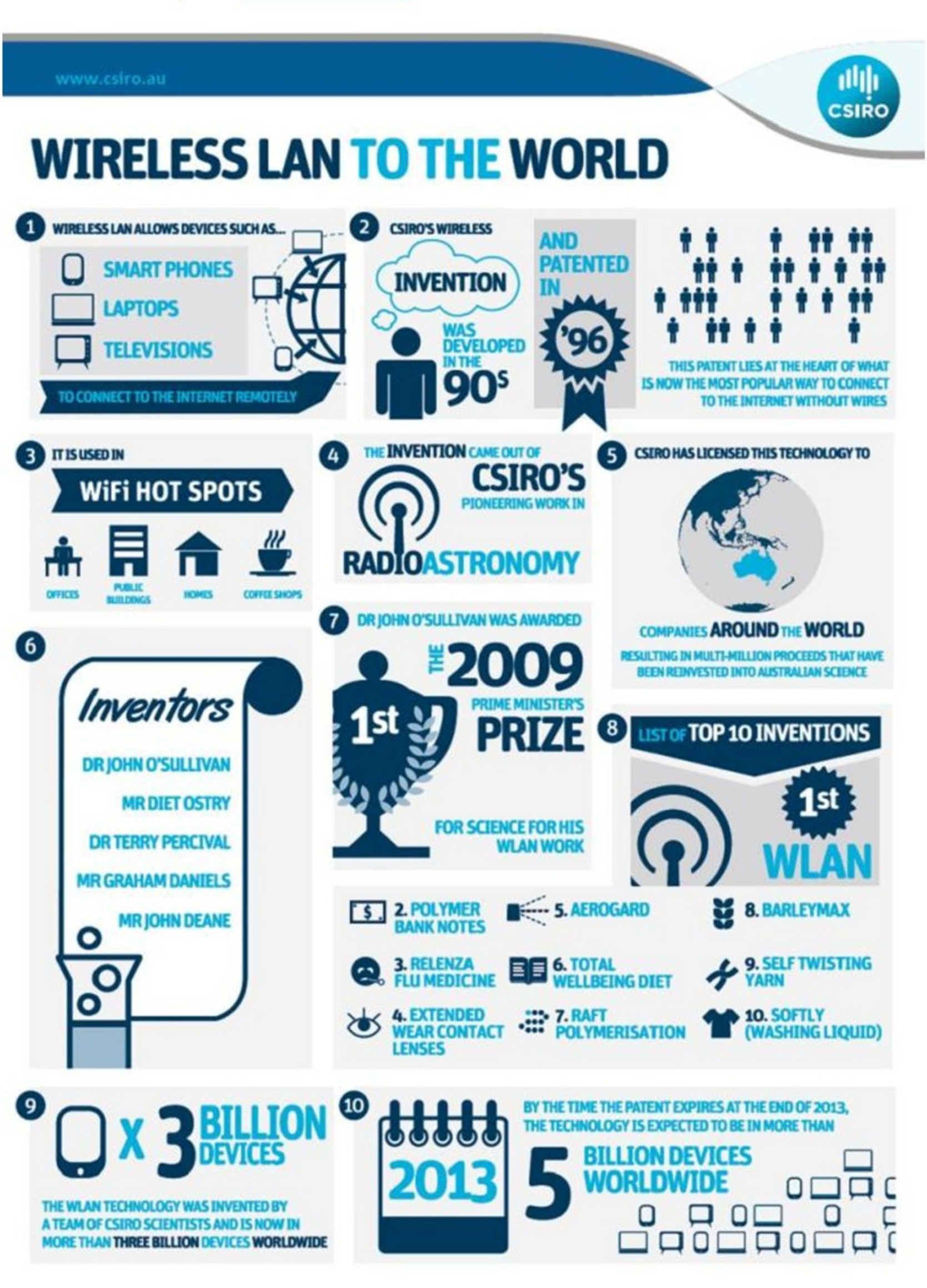
Using the same mathematics that astronomers initially applied to piece together the waves from black holes, the potential of WiFi became 'patently' clear to its inventors. Today, its myriad of applications have fundamentally changed how we think of and use technology in our daily lives. In fact, by the end of this year more than 5 billion devices will be connected to our WiFi patented technology. The discovery is one of our most successful inventions to date and is internationally recognised as a great Aussie science success story.

This infographic explains how WiFi technology was created and how it actually works:

While WiFi was developed as part of our previous ICT Centre and Radiophysics Research Division, our main wireless networks laboratory is now a part of our newComputational Informatics Research Division and has approximately 50 researchers located at our Marsfield site in Sydney.

These days, we are working with industry partners around the world on new challenges such as using wireless tracking tools to help improve the performance of athletes and ensuring the safety of miners, firefighters and emergency service personnel. We're also helping farmers monitor soil fertility, crop growth and animal health by integrating wireless networks with centralized cloud computing.

Learn more about how we patented Wireless LAN technology.


www.csiro.au
CSIRO
WIRELESS LAN TO THE WORLD
1 WIRELESS LAN ALLOWS DEVICES SUCH AS...
SMART PHONES
LAPTOPS
TELEVISIONS
TO CONNECT TO THE INTERNET REMOTELY
2 CSIRO'S WIRELESS INVENTION WAS DEVELOPED IN THE 90s
AND PATENTED IN '96
THIS PATENT LIES AT THE HEART OF WHAT IS NOW THE MOST POPULAR WAY TO CONNECT TO THE INTERNET WITHOUT WIRES
3 IT IS USED IN WiFi HOT SPOTS
OFFICES
PUBLIC BUILDINGS
HOMES
COFFEE SHOPS
4 THE INVENTION CAME OUT OF CSIRO'S PIONEERING WORK IN RADIOASTRONOMY
5 CSIRO HAS LICENSED THIS TECHNOLOGY TO COMPANIES AROUND THE WORLD
RESULTING IN MULTI-MILLION PROCEEDS THAT HAVE BEEN REINVESTED INTO AUSTRALIAN SCIENCE
6 Inventors
DR JOHN O'SULLIVAN
MR DIET OSTRY
DR TERRY PERCIVAL
MR GRAHAM DANIELS
MR JOHN DEANE
7 DR JOHN O'SULLIVAN WAS AWARDED THE 2009 PRIME MINISTER'S PRIZE FOR SCIENCE FOR HIS WLAN WORK
1st
8 LIST OF TOP 10 INVENTIONS
1st WLAN
2. POLYMER BANK NOTES
3. RELENZA FLU MEDICINE
4. EXTENDED WEAR CONTACT LENSES
5. AEROGARD
6. TOTAL WELLBEING DIET
7. RAFT POLYMERISATION
8. BARLEYMAX
9. SELF TWISTING YARN
10. SOFTLY (WASHING LIQUID)
9 X 3 BILLION DEVICES
THE WLAN TECHNOLOGY WAS INVENTED BY A TEAM OF CSIRO SCIENTISTS AND IS NOW IN MORE THAN THREE BILLION DEVICES WORLDWIDE
10 2013
BY THE TIME THE PATENT EXPIRES AT THE END OF 2013, THE TECHNOLOGY IS EXPECTED TO BE IN MORE THAN
5 BILLION DEVICES WORLDWIDE

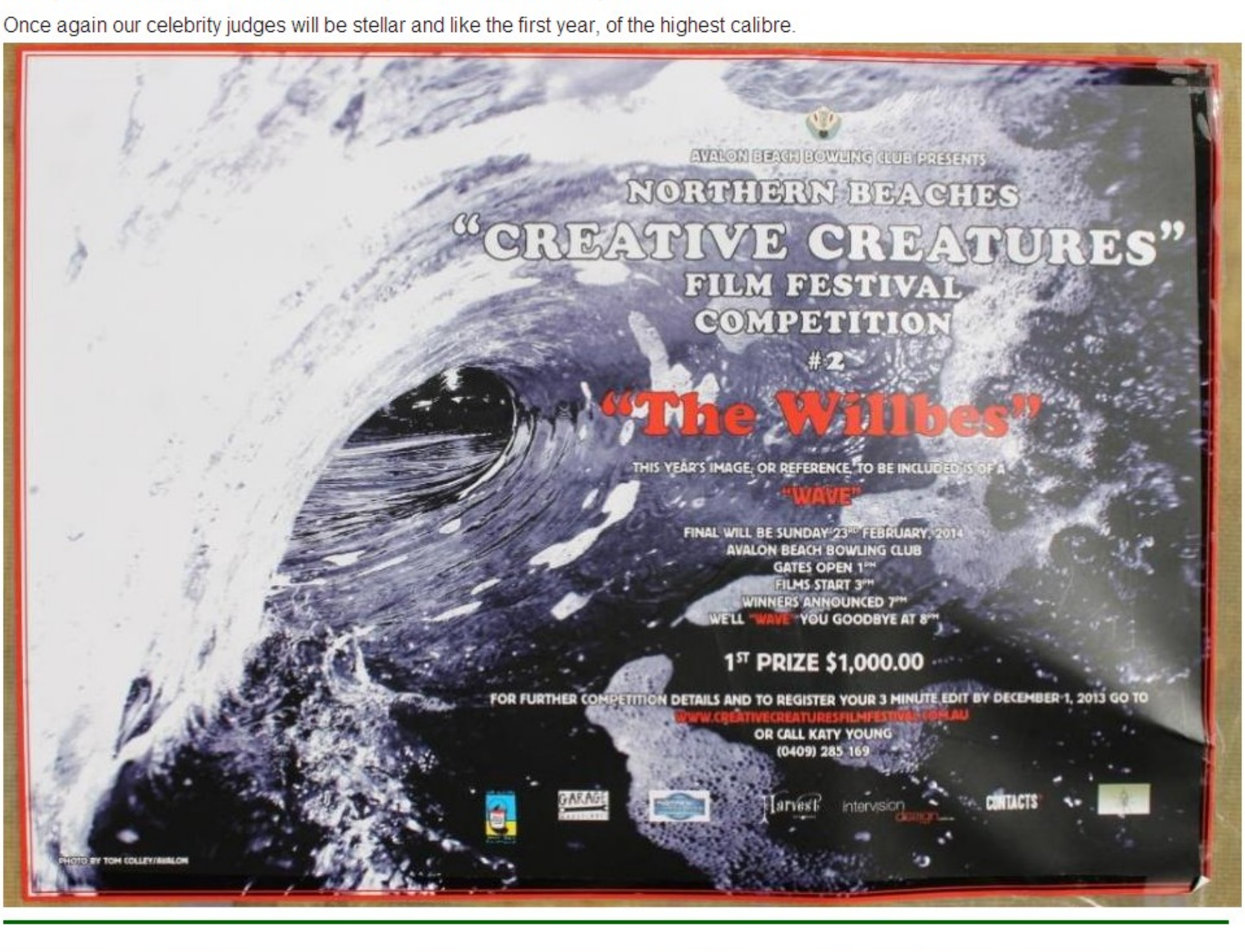
Creative Creatures Film Festival - website

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

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

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

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


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

Pittwater Online News

December 1 - 7, 2013: Issue 139

NSW Seniors Card - 2014 Discount Directory now available

The 2014 Discount Directory is now available. Please find digital copies of each of the 5 regional directories on Seniors Card website HERE.

A drive for better hearing - 25 November 2013, Senator the Hon Marise Payne, Minister for Human Services

The Australian Hearing Bus visited Mudgee today, giving local residents the opportunity to access a free hearing check.

Minister for Human Services, Senator the Hon. Marise Payne, visited staff and clients at the hearing bus outside the Mudgee Information Centre in Market Street to see first-hand the benefits of this quality mobile service.

"The hearing bus is a great example of our efforts to provide hearing services to regional communities, thus increasing Australian Hearing's coverage across Australia," Senator Payne said.

The buses provide services to the public in regional areas where Australian Hearing does not currently have a presence.

"Since the first bus began operating in 2009, Australian Hearing's mobile screening service has provided over 30,000 free hearing screenings to the community," Senator Payne said. "It is encouraging the buses can reach people who may be eligible for Community Service Obligations funding, as well as those who may be eligible for a voucher under the Hearing Services Program."

Senator Payne said it was important for people to have a regular check and make sure they are in good hearing health.

"Hearing loss affects one in six Australians and the numbers are growing," Senator Payne said. "**If anyone is concerned about their hearing, I encourage them to contact their local Australian Hearing centre which offers eligible adults free hearing checks.**"

Australian Hearing is a leading provider of hearing services for children, young adults, pensioners, veterans and Aboriginal and Torres Strait Islander peoples in the community.

For more information about Australian Hearing visit www.hearing.com.au or call **131 797.**

University Of The Third Age Northern Beaches U3A

Wednesday Afternoons at Newport

Newport Community Centre, 11-13 The Boulevard

Peter Edwards
Presents

How I Became a Beekeeper

Wednesday 2—4 pm

4 December

For years, Peter heard swarms of bees buzzing over his shed so one day he decided to catch a swarm and thus became a beekeeper. Come and hear Peter relate how it all happened.

All welcome—no need to book

For more information contact:
Nancy Weir p: 8919 0243 or
Mavis Bickerton p: 9970 7161

Calling all Card Enthusiasts!

It's time to continue our fortnightly activities.
Northern Beaches Creative Leisure & Learning
Invites all interested persons to gather
for a morning of Card Games.
Join in the fun, friendly atmosphere,
learn some new games or
share your expertise
by teaching your favourite games.
Last gathering for the year, let's make it special.

Venue: Nelson Heather Centre, Warriewood

Date: Friday 6th December

Time: 10am to 12noon

Cost: $4

Bookings: Maureen 9913 1474

PICTURES TELL THE ROAD SAFETY JOURNEY

Seniors are invited to take trip down memory lane with the release of the 2014 Senior Road Safety Calendar available free-of-charge at council customer service centres and libraries.

The 2014 Senior Road Safety Calendar, produced by Pittwater, Warringah, Manly, Mosman, North Sydney, Lane Cove, Hornsby and Willoughby councils, aims to prevent accidents and raise awareness of road safety issues for seniors.

This year's calendar takes a step back in time, with historical images of yesteryear. The images paint a road trip of the past, featuring local identities and iconic locations.

Local identity and businessman, Col Crawford OAM, said he was pleased to be featured in this year's Seniors Road Safety Calendar.

"Having been involved in the motor industry since 1949, I have seen significant improvements in both vehicle and motor cycle safety as well as legislation over the past 64 years," Mr Crawford added.

Accompanying each monthly image is a road safety message together with a number of valuable hints that can help reduce risks. These include what to do at the scene of a crash, pedestrian safety, cycling, public transport and driver awareness and a list of useful phone numbers for seniors.

Research shows older road users are particularly vulnerable and take longer to recover from injury. Across the council areas involved in the calendar, pedestrians aged over 60 years of age accounted for nearly a quarter (23%) of pedestrian casualties in 2011. Of particular concern are pedestrians aged 70 years and older.

Road Safety Officer and project coordinator Michelle Carter said it was hoped that the historical images will evoke some fond memories with our seniors.

"As we look towards next year's project, we are inviting residents to share their fondest road trip memories with us. If residents have an image to share, we'd love to hear from them. Please contact Michelle Carter on 9970 1196 or email her at pittwater_council@pittwater.nsw.gov.au

The calendar will be available through local senior groups and centres, retirement villages and council facilities across the northern Sydney region.

How to not move rocks

Archaeological Discoveries Confirm Early Date of Buddha's Life

Nov. 25, 2013 — Archaeologists working in Nepal have uncovered evidence of a structure at the birthplace of the Buddha dating to the sixth century B.C. This is the first archaeological material linking the life of the Buddha - and thus the first flowering of Buddhism - to a specific century.

Pioneering excavations within the sacred Maya Devi Temple at Lumbini, Nepal, a UNESCO World Heritage site long identified as the birthplace of the Buddha, uncovered the remains of a previously unknown sixth-century B.C. timber structure under a series of brick temples. Laid out on the same design as those above it, the timber structure contains an open space in the center that links to the nativity story of the Buddha himself.

Until now, the earliest archaeological evidence of Buddhist structures at Lumbini dated no earlier than the third century B.C., the time of the patronage of the Emperor Asoka, who promoted the spread of Buddhism from present-day Afghanistan to Bangladesh.

"Very little is known about the life of the Buddha, except through textual sources and oral tradition," said archaeologist Professor Robin Coningham of Durham University, U.K., who co-led the investigation. Some scholars, he said, have maintained that the Buddha was born in the third century B.C. "We thought 'why not go back to archaeology to try to answer some of the questions about his birth?' Now, for the first time, we have an archaeological sequence at Lumbini that shows a building there as early as the sixth century B.C."

Early Buddhism revealed

The international team of archaeologists, led by Coningham and Kosh Prasad Acharya of the Pashupati Area Development Trust in Nepal, say the discovery contributes to a greater understanding of the early development of Buddhism as well as the spiritual importance of Lumbini. Their peer-reviewed findings are reported in the December 2013 issue of the international journal Antiquity. The research is partly supported by the National Geographic Society.

To determine the dates of the timber shrine and a previously unknown early brick structure above it, fragments of charcoal and grains of sand were tested using a combination of radiocarbon and optically stimulated luminescence techniques. Geoarchaeological research also confirmed the presence of ancient tree roots within the temple's central void.

"UNESCO is very proud to be associated with this important discovery at one of the most holy places for one of the world's oldest religions," said UNESCO Director-General Irina Bokova, who urged "more archaeological research, intensified conservation work and strengthened site management" to ensure Lumbini's protection.

"These discoveries are very important to better understand the birthplace of the Buddha," said Ram Kumar Shrestha, Nepal's minister of culture, tourism and civil aviation. "The government of Nepal will spare no effort to preserve this significant site."

Buddhist tradition records that Queen Maya Devi, the mother of the Buddha, gave birth to him while holding on to the branch of a tree within the Lumbini Garden, midway between the kingdoms of her husband and parents. Coningham and his colleagues postulate that the open space in the center of the most ancient, timber shrine may have accommodated a tree. Brick temples built later above the timber shrine also were arranged around the central space, which was unroofed.

Four main Buddhist sites

Lumbini is one of the key sites associated with the life of the Buddha; others are Bodh Gaya, where he became a Buddha or enlightened one; Sarnath, where he first preached; and Kusinagara, where he passed away. At his passing at the age of 80, the Buddha is recorded as having recommended that all Buddhists visit "Lumbini." The shrine was still popular in the middle of the first millennium A.D. and was recorded by Chinese pilgrims as having a shrine beside a tree.

The Maya Devi Temple at Lumbini remains a living shrine; the archaeologists worked alongside meditating monks, nuns and pilgrims.

In the scientific paper in *Antiquity*, the authors write: "The sequence (of archaeological remains) at Lumbini is a microcosm for the development of Buddhism from a localized cult to a global religion."

Lost and overgrown in the jungles of Nepal in the medieval period, ancient Lumbini was rediscovered in 1896 and identified as the birthplace of the Buddha on account of the presence of a third-century B.C. sandstone pillar. The pillar, which still stands, bears an inscription documenting a visit by Emperor Asoka to the site of the Buddha's birth as well as the site's name - Lumbini.

Despite the rediscovery of the key Buddhist sites, their earliest levels were buried deep or destroyed by later construction, leaving evidence of the very earliest stages of Buddhism inaccessible to archaeological investigation, until now.

Half a billion people around the world are Buddhists, and many hundreds of thousands make a pilgrimage to Lumbini each year. The archaeological investigation there was funded by the government of Japan in partnership with the government of Nepal, under a UNESCO project aimed at strengthening the conservation and management of Lumbini. Along with the National Geographic Society, the research also was supported by Durham University and Stirling University.

Coningham and Acharya were joined on the Antiquity paper by coauthors K.M. Strickland, C.E. Davis, M.J. Manuel, I. A. Simpson, K. Gilliland, J. Tremblay, T.C. Kinnaird and D.C.W. Sanderson.

A documentary on Coningham's exploration of the Buddha's life, "Buried Secrets of the Buddha," will premiere in February internationally on National Geographic Channel.

For a National Geographic news video about the findings, see: http://video.nationalgeographic.com/video/news/history-archaeology-news/buddha-birth-vin/

The above story is based on materials provided by National Geographic Society.

Archaeologists Robin Coningham (left) and Kosh Prasad Acharya direct excavations within the Maya Devi Temple, uncovering a series of ancient temples contemporary with the Buddha. Thai monks meditate. (Credit: Ira Block/National Geographic)

NSW Seniors Week 2014

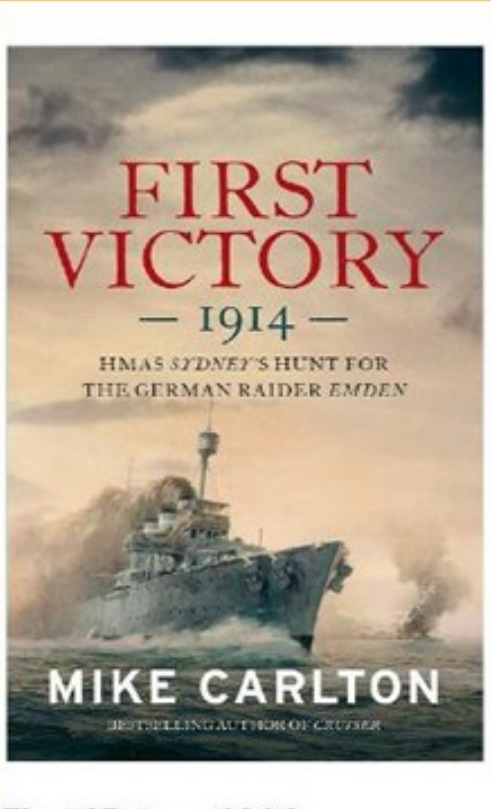
We have events coming in from Walcha, Bega, Port Macquarie, Albury, Tuggerah, Ryde, Nowra and all over NSW!

Join the fun by encouraging your local groups and businesses to hold events during 2014 NSW Seniors Week or organise your own. Get in quick to be advertised in the event program magazine! See: http://bit.ly/1dr4cyq

Who Owns Outer Space? - Instant Egghead #56 - Published on 25 Nov 2013

A 1967 United Nations treaty states that outer space isn't up for grabs.This hasn't stopped at least one entrepreneur from selling land on our closest celestial neighbors. Scientific American editor Clara Moskowitz explains

Who Owns Outer Space? - Instant Egghead #56
FOR SALE BY OWNER
0:00 / 2:07



Author Talks 2013

Date:
Wednesday 4 December 2013
Time:
6.30pm
Venue:
Mona Vale Library
1 Park Street, Mona Vale
Cost:
$8 Adults
$6 Concession - Pensioner and Students
(passes must be shown)
Phone:
9970 1600

Bookings essential!

FREE FOR SCHOOL STUDENTS

First Victory 1914
By Mike Carlton

For four months at the start of World War 1, the SMS Emden a German raider's reputation for destruction, was spectacular. That is, until the HMAS Sydney took it on and destroyed it off the Cocos Islands in the Indian Ocean. This victory marked the newly born Royal Australian Navy's first single ship action at sea.

Local Mike Carlton is one of Australia's best-known broadcasters and journalists. In a 40-year career, he has been a radio and television news and current affairs reporter, foreign correspondent, radio host and newspaper columnist.

Mike's first book on naval history, Cruiser was published in 2010.

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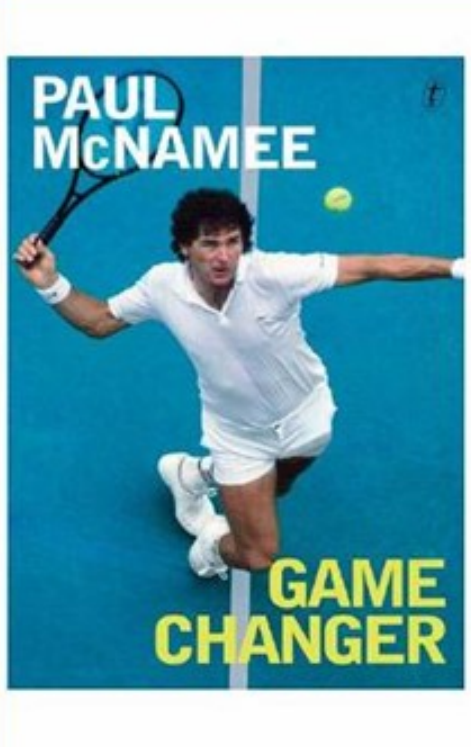

Author Talks 2013

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FREE FOR SCHOOL STUDENTS

Game Changer
By Paul McNamee

Tennis great Paul McNamee shares his candid and compelling memoir on how he conquered Wimbledon and the Australian Open with doubles partner Peter McNamara. He became the Australian number one in singles, and held the world number-one ranking in doubles, winning five Grand Slam titles.

Melbourne born Paul McNamee, is the only player to have changed from one-handed to a two-handed backhand midcareer. He was the driving force behind the creation of the Hopman Cup and the reinvention of the Australian Open.

More recently Paul coached Su-wei Hsieh who in July this year was the first Taiwanese player to win a Grand Slam.

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COMMUNITY TRANSPORT
Easy Transport
Manly-Warringah-Pittwater
9971 5110
www.easytransport.org.au

Profile of the Week Issue 124: **Easy Transport Manly Warringah Pittwater** - medical appointments, shopping trips, mystery tours and Saturday Lunch - this great non-profit organisation offers great ideas and solutions

MONA VALE LIBRARY
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Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights
(during school terms)
Time: 5pm-6pm
Where: Mona Vale Library
Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

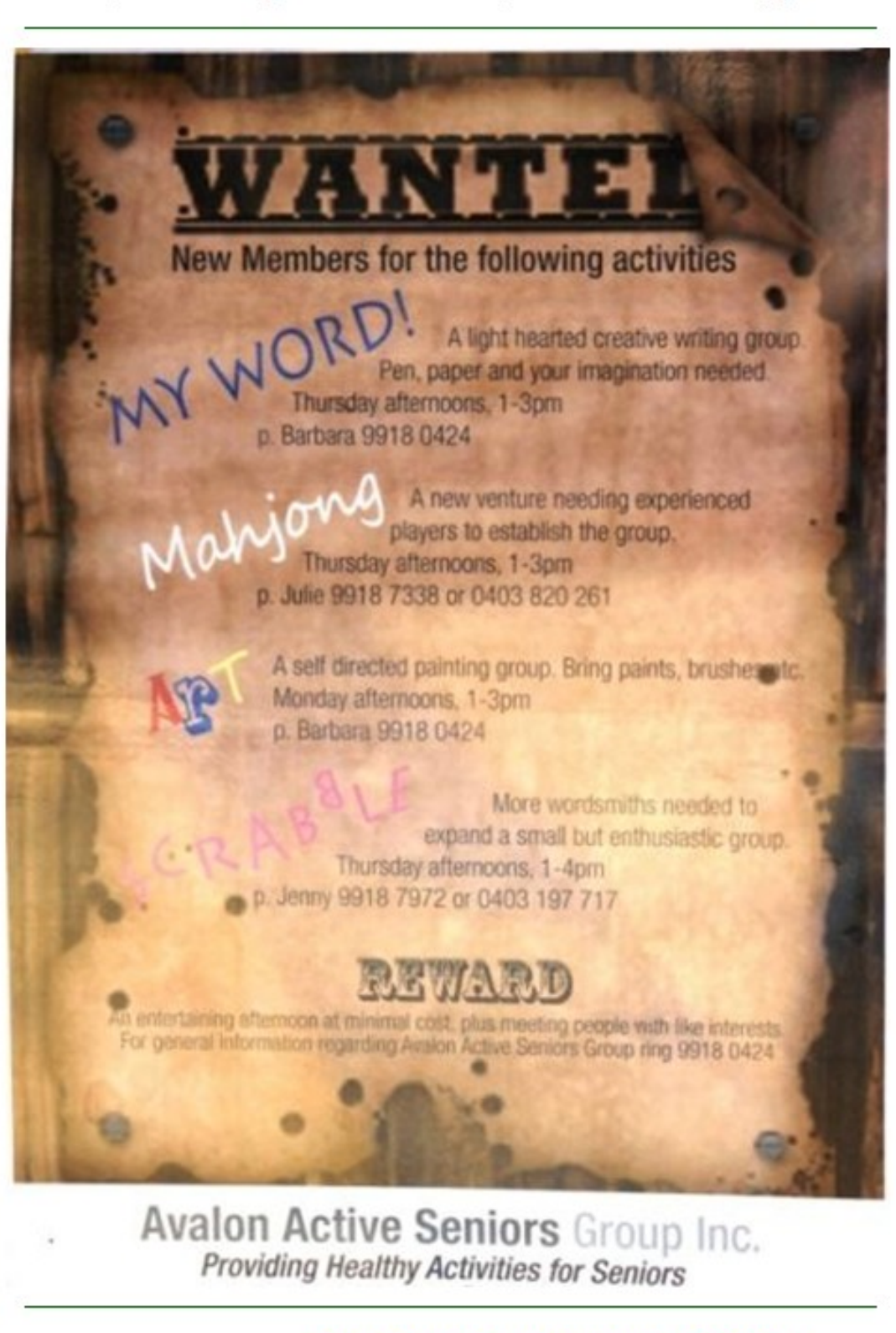
www.pittwater.nsw.gov.au/library

Super Seniors Directory

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

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

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



WANTED
New Members for the following activities

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

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

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

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

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

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

The Senior Newspaper Online HERE

Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

Better manage weight, blood sugars, blood pressure and cholesterol

Improve fitness, balance, co-ordination and flexibility

Enhance your quality of life and meet other people

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you. Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. $8.00 casual Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

MONA VALE MEN'S BOOK CLUB

Do you enjoy reading? Would you enjoy discussing the books you have read?

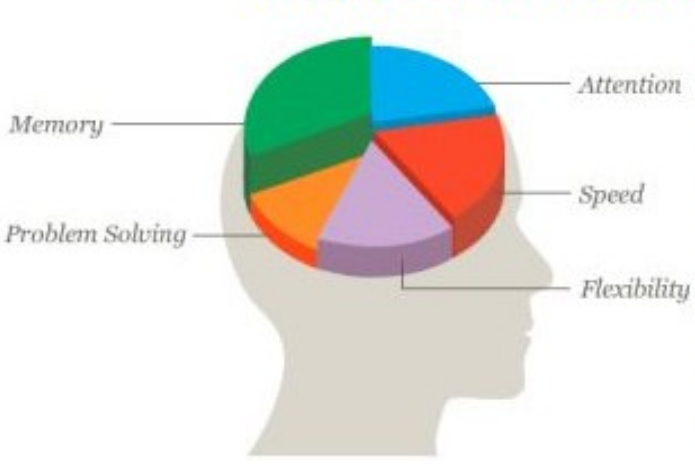
A free reading group for men runs **every third Tuesday at Mona Vale Library at 2pm,** with each session lasting around an hour. Library manager Cathy Howie said joining a book club was a great way of stimulating your mind.

"Book clubs are often thought of as being for women but this one aims to encourage men to open up and discuss their reading likes and dislikes," she said. "No special literary knowledge is needed, just an appreciation of reading and a willingness to talk about different books across all genres, both fiction and non-fiction," Ms Howie said.

To find out more or to join the group phone Sharelle Ravenscroft on 9970 1600 or email sharelle_ravenscroft@pittwater.nsw.gov.au

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

Keep your Wits About You



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

ASCCA is the national peak body for seniors and technology

Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant.

We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge

Copyright Pittwater Online News

The wonderful Jan Roberts is our Profile of the Week ! Jan leads out a whole month of very inspirational Pittwater Ladies

Simpler pricing for residential aged care - Media Release - Fed. Govt.

The Australian Government will cut red tape for residential aged care providers by simplifying the pricing system that begins next financial year, while ensuring consumers receive clear information on accommodation prices.

Assistant Minister for Social Services, Senator Mitch Fifield, said the Government is focussed on streamlining administrative processes and cutting red tape, to ensure paperwork does not impact the delivery of care.

"The Government will scrap the previous government's requirements for providers to follow a prescriptive process in setting prices, and the need to document and certify that process," Senator Fifield said.

"The pricing guidelines were confusing and cumbersome, with providers having to determine and document in detail whether a list of factors, such as the number of lights, type of flooring or view, impacted on their cost.

"This Government recognises the importance of a transparent and open system, without excessive red tape.

"We are still providing clear pricing and accommodation information to ensure consumers and their families can make fully informed choices.

"Under our changes, providers will be required to publish all accommodation prices and information about their facility on the My Aged Care website, their own website, and in documentation given to prospective residents.

"Prices that begin on 1 July 2014 will be published from 19 May 2014, giving consumers notice of prices and payment options.

"The Government is also protecting consumers from unjustifiably high prices.

"We will ensure any refundable deposit greater than $550,000, or daily payment equivalent, will need to be approved by the Aged Care Pricing Commissioner.

"In line with the Aged Care Financing Authority's original recommendation, about five per cent of proposed prices will require an application to the Commissioner. The threshold will be reviewed by Government after 12 months.

"The Aged Care Pricing Commissioner is Ms Kim Cull, who has recently commenced in the role. Ms Cull will begin receiving applications from 31 January 2014, and will soon consult with the sector on the application process and forms.

"We will consult with aged care providers on establishing industry guidelines for setting accommodation prices and the process for providers to claim a higher level of Government accommodation supplement after a significant refurbishment.

"These changes will not only make the sector more transparent and competitive, but they will reduce the administrative burden on providers, leaving them free to do what they do best—delivering high-quality, dignified care to older Australians."

NSW Seniors Week - Have a passion for photography?

We're looking for great high resolution photos of NSW locations taken by seniors to publish in the 2014 NSW Seniors Week event program. If you have a photo you've taken that fits the bill, share it on the NSW Seniors Week page and we'll be in touch! www.facebook.com/NSWSeniorsWeek

Share this image to spread the word among your friends.

Taken a great photo of NSW?
Send it to us.

Health papers published this week:

Broken Cellular 'Clock' Linked to Brain Damage

Nov. 25, 2013 — A new discovery may help explain the surprisingly strong connections between sleep problems and neurodegenerative conditions such as Alzheimer's disease. Sleep loss increases the risk of Alzheimer's disease, and disrupted sleeping patterns are among the first signs of this devastating disorder.

Scientists at Washington University School of Medicine in St. Louis and the University of Pennsylvania have shown that brain cell damage similar to that seen in Alzheimer's disease and other disorders results when a gene that controls the sleep-wake cycle and other bodily rhythms is disabled.

The researchers found evidence that disabling a circadian clock gene that controls the daily rhythms of many bodily processes blocks a part of the brain's housekeeping cycle that neutralizes dangerous chemicals known as free radicals.

"Normally in the hours leading up to midday, the brain increases its production of certain antioxidant enzymes, which help clean up free radicals," said first author Erik Musiek, MD, PhD, assistant professor of neurology at the School of Medicine. "When clock genes are disabled, though, this surge no longer occurs, and the free radicals may linger in the brain and cause more damage."

Musiek conducted the research in the labs of Garret FitzGerald, MD, chairman of pharmacology at the University of Pennsylvania, and of David Holtzman, MD, the Andrew B. and Gretchen P. Jones Professor and head of the Department of Neurology at Washington University School of Medicine, who are co-senior authors.

The study appears Nov. 25 in *The Journal of Clinical Investigation.*

Musiek studied mice lacking a master clock gene called Bmal1. Without this gene, activities that normally occur at particular times of day are disrupted.

"For example, mice normally are active at night and asleep during the day, but when Bmal1 is missing, they sleep equally in the day and in the night, with no circadian rhythm," Musiek said. "They get the same amount of sleep, but it's spread over the whole day. Rhythms in the way genes are expressed are lost."

FitzGerald uses mice lacking Bmal1 to study whether clock cells have links to diabetes and heart disease. He has shown that clock genes influence blood pressure, blood sugar and lipid levels.

Several years ago, Musiek, who at the time was a neurology resident at the University of Pennsylvania, and FitzGerald decided to investigate how knocking out Bmal1 affects the brain. Holtzman, who has published pioneering work on sleep and Alzheimer's disease, encouraged Musiek to continue and expand these studies when he came to Washington University as a postdoctoral fellow.

In the new study, Musiek found that as the mice aged, many of their brain cells became damaged and did not function normally. The patterns of damage were similar to those seen in Alzheimer's disease and other neurodegenerative disorders.

"Brain cell injury in these mice far exceeded that normally seen in aging mice," Musiek said. "Many of the injuries appear to be caused by free radicals, which are byproducts of metabolism. If free radicals come into contact with brain cells or other tissue, they can cause damaging chemical reactions."

This led Musiek to examine the production of key antioxidant enzymes, which usually neutralize and help clear free radicals from the brain, thereby limiting damage. He found levels of several antioxidant proteins peak in the middle of the day in healthy mice. However, this surge is absent in mice lackingBmal1. Without the surge, free radicals may remain in the brain longer, contributing to the damage Musiek observed.

"We're trying to identify more specifics about how problems in clock genes contribute to neurodegeneration, both with and without influencing sleep," Musiek said. "That's a challenging distinction to make, but it needs to be made because clock genes appear to control many other functions in the brain in addition to sleeping and waking."

Erik S. Musiek, Miranda M. Lim, Guangrui Yang, Adam Q. Bauer, Laura Qi, Yool Lee, Jee Hoon Roh, Xilma Ortiz-Gonzalez, Joshua T. Dearborn, Joseph P. Culver, Erik D. Herzog, John B. Hogenesch, David F. Wozniak, Krikor Dikranian, Benoit I. Giasson, David R. Weaver, David M. Holtzman, Garret A. FitzGerald. **Circadian clock proteins regulate neuronal redox homeostasis and neurodegeneration.** Journal of Clinical Investigation, 2013; DOI: 10.1172/JCI70317

Bad Proteins Branch Out: Misfolded Proteins Are Capable of Forming Tree-Like Aggregates

Nov. 25, 2013 — A method by Rice University researchers to model the way proteins fold - and sometimes misfold - has revealed branching behavior that may have implications for Alzheimer's and other aggregation diseases.

Results from the research will **appear online this week** in the *Proceedings of the National Academy of Sciences.*

In an earlier study of the muscle protein titin, Rice chemist Peter Wolynes and his colleagues analyzed the likelihood of misfolding in proteins, in which domains - discrete sections of a protein with independent folding characteristics - become entangled with like sequences on nearby chains. They found the resulting molecular complexes called "dimers" were often unable to perform their functions and could become part of amyloid fibers.

This time, Wolynes and his co-authors, Rice postdoctoral researcher Weihua Zheng and graduate student Nicholas Schafer, modeled constructs containing two, three or four identical titin domains. They discovered that rather than creating the linear connections others had studied in detail, these proteins aggregated by branching; the proteins created structures that cross-linked with neighboring proteins and formed gel-like networks that resemble those that imbue spider silk with its remarkable flexibility and strength.

"We're asking with this investigation, What happens after that first sticky contact forms?" Wolynes said. "What happens if we add more sticky molecules? Does it continue to build up further structure out of that first contact?

"It turned out this protein we've been investigating has two amyloidogenic segments that allow for branch structures. That was a surprise," he said.

The researchers used their AWSEM (Associative memory, Water-mediated Structure and Energy Model) program to analyze how computer models of muscle proteins interact with each other, particularly in various temperatures that determine when a protein is likely to fold or unfold.

The program relies on Wolynes' groundbreaking principle of minimal frustration to determine how the energy associated with amino acids, bead-like elements in a monomer chain, determines their interactions with their neighbors as the chain folds into a useful protein.

Proteins usually fold and unfold many times as they carry out their tasks, and each cycle is an opportunity for it to misfold. When that happens, the body generally destroys and discards the useless protein. But when that process fails, misfolded proteins can form the gummy amyloid plaques often found in the brains of Alzheimer's patients.

The titin proteins the Rice team chose to study are not implicated in disease but have been well-characterized by experimentalists; this gives the researchers a solid basis for comparison.

"In the real muscle protein, each domain is identical in structure but different in sequence to avoid this misfolding phenomenon," Wolynes said. So experimentalists studying two-domain constructs made the domains identical in every way to look for the misfolding behavior that was confirmed by Rice's earlier calculations. That prompted Wolynes and his team to create additional protein models with three and four identical domains.

"The experiments yield coarse-grained information and don't directly reveal detail at the molecular level," Schafer said. "So we design simulations that allow us to propose candidate misfolded structures. This is an example of how molecular models can be useful for investigating the very early stages of aggregation that are hard to see in experiments, and might be the stages that are the most medically relevant."

"We want to get the message across that this is a possible scenario for misfolding or aggregation cases - that this branching does exist," Zheng added. "We want experimentalists to know this is something they should be looking for."

Wolynes said the lab's next task is to model proteins that are associated with specific diseases to see what might be happening at the start of aggregation. "We have to investigate a wider variety of structures," he said. "We have no new evidence these branching structures are pathogenic, but they're clearly an example of something that happens that has been ignored until now.

"I think this opens up new possibilities in what kind of structures we should be looking at," he said.

The above story is based on materials provided by Rice University. The original article was written by Mike Williams.

The Heart's Own Stem Cells Play Their Part in Regeneration

Nov. 28, 2013 — Up until a few years ago, the common school of thought held that the mammalian heart had very little regenerative capacity. However, scientists now know that heart muscle cells constantly regenerate, albeit at a very low rate. Researchers at the Max Planck Institute for Heart and Lung Research in Bad Nauheim, have identified a stem cell population responsible for this regeneration. Hopes are growing that it will be possible in future to stimulate the self-healing powers of patients with diseases and disorders of the heart muscle, and thus develop new potential treatments.

Some vertebrates seem to have found the fountain of youth, the source of eternal youth, at least when it comes to their heart. In many amphibians and fish, for example, this important organ has a marked capacity for regeneration and self-healing. Some species in the two animal groups have even perfected this capability and can completely repair damage caused to heart tissue, thus maintaining the organ's full functionality.

The situation is different for mammals, whose hearts have a very low regenerative capacity. According to the common school of thought that has prevailed until recently, the reason for this deficit is that the heart muscle cells in mammals cease dividing shortly after birth. It was also assumed that the mammalian heart did not have any stem cells that could be used to form new heart muscle cells. On the contrary: new studies show that aged muscle cells are also replaced in mammalian hearts. Experts estimate, however, that between just one and four percent of heart muscle cells are replaced every year.

Scientists in Thomas Braun's Research Group at the Max Planck Institute for Heart and Lung Research have succeeded in identifying a stem cell population in mice that plays a key role in this regeneration of heart muscle cells. Experiments conducted by the researchers in Bad Nauheim on genetically modified mice show that the Sca1 stem cells in a healthy heart are involved in the ongoing replacement of heart muscle cells. The Sca-1 cells increase their activity if the heart is damaged, with the result that significantly more new heart muscle cells are formed.

Since, in comparison to the large amount of heart muscle cells, Sca-1 stem cells account for just a tiny proportion of the cells in the heart muscle, searching for them is like searching for a needle in a haystack. "We also faced the problem that Sca-1 is no longer available in the cells as a marker protein for stem cells after they have been changed into heart muscle cells. To prove this, we had to be inventive," says project leader Shizuka Uchida. The Max Planck researchers genetically modified the stem cells to such an extent that, in addition to the Sca-1, they produced another visible marker. Even if Sca-1 was subsequently no longer visible, the marker could still be detected permanently.

"In this way, we were able to establish that the proportion of heart muscle cells originating from Sca-1 stem cells increased continuously in healthy mice. Around five percent of the heart muscle cells regenerated themselves within 18 months," says Uchida. Moreover, mice suffering from heart disease triggered by the experiment had up to three times more of these newly formed heart muscle cells.

"The data shows that, in principle, the mammalian heart is able to trigger regeneration and renewal processes. Under normal circumstances, however, these processes are not enough to ultimately repair cardiac damage," says Braun. The aim is to find ways in which the formation of new heart muscle cells from heart stem cells can be improved and thereby strengthen the heart's self-healing powers.

Shizuka Uchida, Piera De Gaspari, Sawa Kostin, Katharina Jenniches, Ayse Kilic,Yasuhiro Izumiya, Ichiro Shiojima, Karsten grosse Kreymborg, Harald Renz, Kenneth Walsh, and Thomas Braun. **Sca1-derived cells are a source of myocardial renewal in the murine adult heart**. Stem Cell Reports, November 2013

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of Pittwater Online News or its staff.

World first trial to improve prostate cancer care - 28 November 2013

Researchers and clinicians from the University of Sydney and the Northern Sydney Cancer Centre are leading a world first clinical trial using a tracking system to improve prostate cancer radiotherapy treatment.

The multileaf collimator (MLC) tracking system uses the Calypso system, a GPS-like device to track the position of the prostate to continuously target the tumour with sub-millimetre accuracy as it moves during therapy.

A prostate can move up to 1.5 centimetres during a radiation treatment session and in current practice the tumour is positioned before treatment, but this motion is not monitored or corrected for during treatment.

MLC is a computer-controlled device with numerous narrow slats or leaves that can be moved in and out to create apertures of different sizes. This tool is used to shape and reshape the radiotherapy treatment beam during treatment to match the three-dimensional shape of the area being targeted.

In addition to shaping the treatment beam, the MLC responds to signals from a tiny set of transponders implanted into the prostate to follow the tumour as it moves.

The trial's lead clinician Dr Tom Eade said the use of MLC tracking will potentially improve the accuracy of radiation delivery and reduce the impact on surrounding healthy tissue and sensitive structures such as the rectum and bladder.

"Royal North Shore Hospital has a history of implementing some of the most advanced radiotherapy in Australia and this is reflected in our excellent patient outcomes at the Northern Sydney Cancer Centre," he said.

"But today is the first time we will follow the tumour continuously during treatment. This breakthrough may potentially change the paradigm of prostate cancer treatments, opening the opportunity for patients to have their cancer cured with radiation in just 1-2 weeks of treatment with very low side effects," said Dr Eade.

University of Sydney Medical School's Professor Paul Keall said having a radiation beam continuously target the prostate means that the prostate will receive more than 98 per cent of the radiation dose planned.

"We are recording the estimated treatment improvements with MLC tracking, as well as recording the actual patient outcomes.

"Based on prior data we estimate that tumour dose misses, which can be up to 30 per cent in current practice, can be reduced to below two per cent," Professor Keall said.

The revolutionary use of MLC tracking also has the potential to reduce prostate cancer radiation therapy from an eight week program to just five days, as the greater level of accuracy could make it possible to safely deliver higher doses across fewer treatment sessions.

"This shorter treatment course is better for patients and more cost-efficient," Dr Eade said.

About: Prostate cancer is the most common cancer diagnosed in Australia and the third most common cause of cancer death. It is more common in older men, with 85 per cent of cases diagnosed in men over 65 years of age.

The trial is the culmination of a 14-year research project initially started by Professor Keall. It is being supported by Varian Medical Systems to undertake the study at the Northern Sydney Cancer Centre at Royal North Shore Hospital.

Professor Keall said the team hoped the MLC tracking technology could extend to other cancers such as lung, pancreas and liver tumours in the future.

Thirty prostate cancer patients will be the first to benefit from MLC tracking technology during this current clinical trial.

Those interested in participating in the trial can call the Northern Sydney Cancer Centre on 02 9463 1199.

This guy has this dog, and she can't walk anymore. So he takes her out for a walk every day in a wheelchair. I couldn't find any words for this.

Life In Australia: Geelong from NFSA - Published on 25 Nov 2013

Produced by The Commonwealth Film Unit 1966. Directed by Antonio Colacino. Made for the Department of Immigration the Life In Australia series aimed to show potential immigrants an idealised picture of life in Australia with particular focus on the capital cities and large regional centres like the Victorian town of Geelong.

Life In Australia: Geelong
Ford
GEELONG MANUFACTURING PLANT
00:00 / 20:25

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

2013 Discount Directory now available - Seniors Card

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

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

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

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

www.seniormovers.com.au

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

Pittwater Community Hub

Our office at Mona Vale is ready for service. We are located in Shop 17 on the ground floor of the Peninsula Plaza at 20 Bungan Street. We are open Monday to Friday, 9.00am to 4.00pm. The new Hub is fully 'manned' by our professional staff and local volunteers who can answer enquiries and provide personal assistance to meet the needs of residents of the northern beaches. Pittwater Community Hub **Profile** Click here to visit their website for more

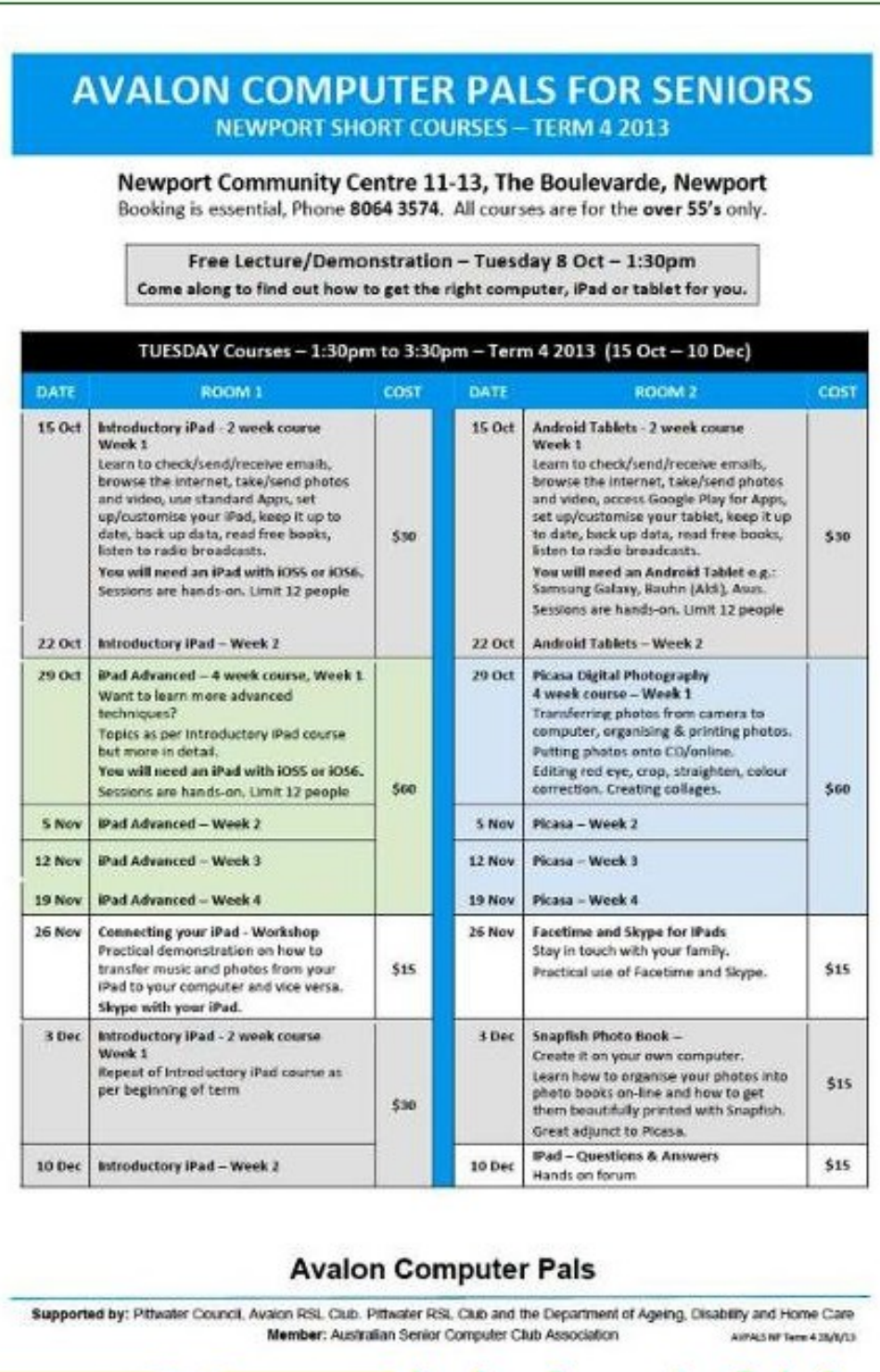
U3A Monthly Lectures Wednesday Afternoons at Newport

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

Contact Community Care Northern Beaches HERE:

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

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



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013

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

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	**Introductory iPad - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	15 Oct	**Android Tablets - 2 week course Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet e.g.:** Samsung Galaxy, Bauhn (Aldi), Asus. Sessions are hands-on. Limit 12 people	$30
22 Oct	**Introductory iPad – Week 2**		22 Oct	**Android Tablets – Week 2**	
29 Oct	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	29 Oct	**Picasa Digital Photography 4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
5 Nov	**iPad Advanced – Week 2**		5 Nov	**Picasa – Week 2**	
12 Nov	**iPad Advanced – Week 3**		12 Nov	**Picasa – Week 3**	
19 Nov	**iPad Advanced – Week 4**		19 Nov	**Picasa – Week 4**	
26 Nov	**Connecting your iPad - Workshop** Practical demonstration on how to transfer music and photos from your iPad to your computer and vice versa. **Skype with your iPad.**	$15	26 Nov	**Facetime and Skype for iPads** Stay in touch with your family. Practical use of Facetime and Skype.	$15
3 Dec	**Introductory iPad - 2 week course Week 1** Repeat of Introductory iPad course as per beginning of term	$30	3 Dec	**Snapfish Photo Book –** Create it on your own computer. Learn how to organise your photos into photo books on-line and how to get them beautifully printed with Snapfish. Great adjunct to Picasa.	$15
10 Dec	**Introductory iPad – Week 2**		10 Dec	**iPad – Questions & Answers** Hands on forum	$15

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

Avalon Computer Pals for Seniors

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

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

Article onAvPals Seminar

COTA – NSW - http://cotansw.com.au/

ABOUT US

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

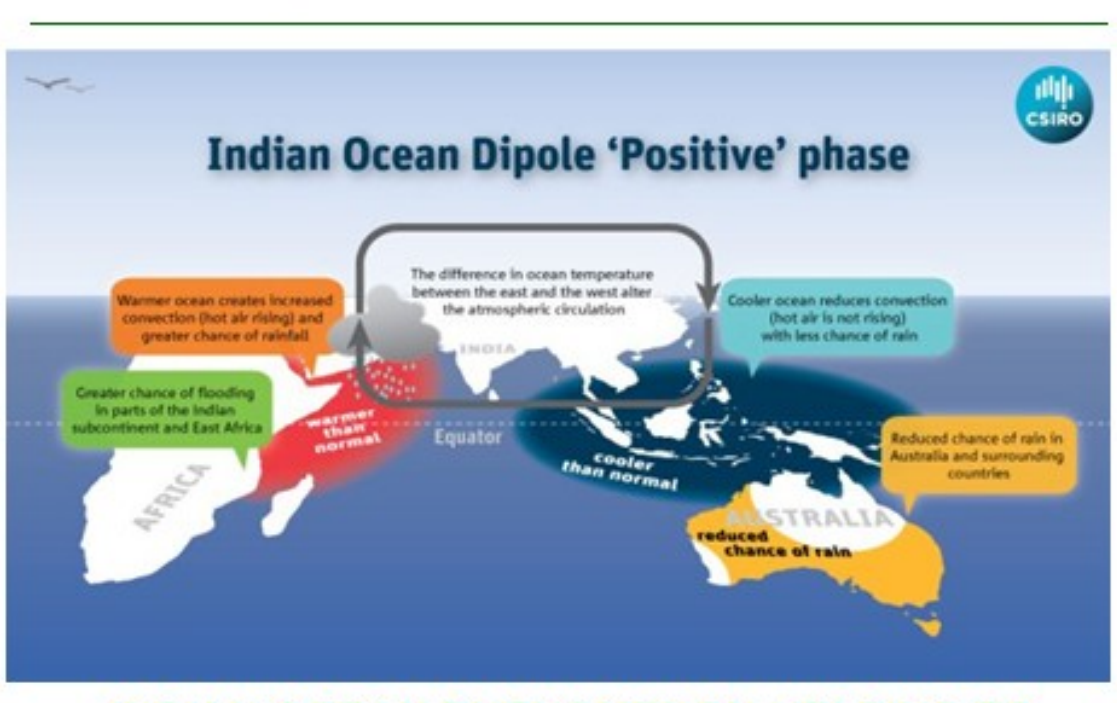
Since our beginning in 1956, COTA NSW has introduced policies and programs that make a real difference to peoples' lives. We have proud record, having created:

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

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

Pittwater Online News

December 1 - 7, 2013: Issue 139


Indian Ocean Dipole 'Positive' phase
CSIRO
The difference in ocean temperature between the east and the west alter the atmospheric circulation
Warmer ocean creates increased convection (hot air rising) and greater chance of rainfall
Cooler ocean reduces convection (hot air is not rising) with less chance of rain
Greater chance of flooding in parts of the Indian subcontinent and East Africa
warmer than normal
Equator
cooler than normal
Reduced chance of rain in Australia and surrounding countries
INDIA
AFRICA
AUSTRALIA
reduced chance of rain

INDIAN OCEAN PHENOMENON HELPING TO PREDICT EXTREME WEATHER - 29 November 2013

A phenomenon in the Indian Ocean that affects events in southeast Australia is helping to predict extreme weather up to six months in advance.

The phenomenon, the Indian Ocean Dipole, is the difference in sea-surface temperatures between the western and eastern part of the Indian Ocean, and until recently has been one of the most influential but the least understood natural forces affecting Australia's climate.

An international team of scientists, led by CSIRO's Dr Wenju Cai, confirmed the link and has published their findings in the journal *Nature Geoscience*.

A better understanding of the relationship between the Indian Ocean Dipole and extreme weather events will enable farmers, industry, communities and governments to better anticipate and prepare for droughts and increased bushfire risk, up to six months in advance of the event.

Just as the El Niño Southern Oscillation (ENSO) affects weather patterns across the Pacific Ocean, the Indian Ocean Dipole influences weather and extreme events across the Indian Ocean.

While ENSO fluctuates between 'El Nino', 'neutral' and 'La Nina' phases, the Dipole fluctuates between 'positive', 'neutral' and 'negative' phases approximately every three to eight years.

The positive phase is characterised by greater-than-average sea-surface temperatures, more rain in the western Indian Ocean region and cooler waters in the eastern Indian Ocean. It tends to cause droughts in East Asia and Australia, and flooding in parts of the Indian subcontinent and East Africa.

Positive Dipole activity has, to date, preconditioned major wildfires in southeast Australia, caused coral reef death across western Sumatra, and exacerbated malaria outbreaks in East Africa.

Dr Cai said the findings provide greater confidence in predicting extreme weather up to two seasons in advance, and furthermore, projecting positive IOD events into the future.

"Over the past 50 years, the Dipole has been trending upwards, increasing the number of positive events, occurring an unprecedented 11 times over the past 30 years," Dr Cai said. "For example, there were three consecutive positive Dipole events between 2006 and 2008, which preconditioned the catastrophic Black Saturday bushfires in Victoria."

He said the increased frequency is due to the tropical Indian Ocean warming faster in the west than the east, due in part to the increasing temperature of Earth's surface.

"This warming pattern will continue in the decades to come, according to the state-of-the-art global climate models used in the study," Dr Cai said.

He said as the warming pattern continues, future changes will include drier winter and spring seasons over southern Australia, particularly during positive Indian Ocean Dipole years.

Research into the Indian Ocean by CSIRO's Wealth from Oceans Flagship enables better understanding of climate processes affecting Australia, detecting our changing climate, and reducing uncertainty in Australian climate projections.

Nature Geoscience Paper: Here

Picture: Scientists have linked an Indian Ocean phenomenon to our extreme weather events, helping us to better anticipate bushfire risk.

Great Barrier Reef memories: First deepwater fossil study reveals reef's past and future - 26 November 2013

Many people look back at their time on the Great Barrier Reef by viewing holiday snaps. Scientists have taken an even longer look back at the Great Barrier Reef via another image caught in time - deepwater fossils - which reveal the important role the deepwater reef plays in the health of the whole reef.

The research led by University of Sydney scientists Dr Liz Abbey and Dr Jody Webster, from the School of Geosciences in the Geocoastal Research Group, has recently been published in the journal Palaeogeography, Palaeoclimatology, Palaeoecology.

As the first comprehensive study of its kind on the deepwater fossil reef system in the Great Barrier Reef, the results are an analysis of the environments and timeframe the reefs developed in. These deepwater reefs are called mesophotic reefs and extend from 30 metres to 100 metres underwater.

The scientists collaborated with colleagues from the Australian Nuclear Science and Technology Organisation, Universidad de Granada, University of Oxford, University of Edinburgh, Aix-Marseille Université, Queen's University and the University of California.

The team are the first in the world to document and analyse the response of a mesophotic reef community to environmental disturbances over thousands of years, and to see how the reef responds to global sea-level rise and environmental changes.

"Nothing was previously known about the long-term record of mesophotic reefs on the Great Barrier Reef, and in fact, mesophotic reefs have been rarely, if ever, analysed using their fossil records, so this study is a real first," said Dr Webster.

"Significantly, our findings suggest that while these mesophotic reef systems have been an important part of the Great Barrier Reef's geologic past over the last 20000 years, they have actually been very sensitive to past environmental changes, such as sea level rises and increased sediment flux. This, of course, has relevance to how the modern Great Barrier Reef deepwater reef systems might behave in the future."

Dr Webster, together with his recently finished PhD student Liz Abbey looked at the mesophotic fossils. These are too deep to access via scuba-diving, so very little research has been carried out on this type of reef around the world, especially in comparison with their more accessible shallow water counterparts.

"Even in low light, the modern mesophotic reefs support corals, sponges and algae as the dominant structural components," said Dr Webster.

"We focussed on three fossil mesophotic reefs in the Great Barrier Reef and examined the timing of their development, analysed the species and uncovered the historical environmental settings for the reefs."

Using radiometric dating - carbon-14 and uranium-thorium dating - as well as analysing the sedimentary layers and paleoecology of the fossil reefs, the team discovered that the mesophotic reefs in the Great Barrier Reef had two specific periods of growth.

"We found that there were two distinct generations of fossil mesophotic coral community in the Great Barrier Reef - the first period was from 13000 until 10200 years ago, with a roughly two thousand year break, then the second period from 7800 years ago until now," said Dr Webster.

"This period of over two thousand years when mesophotic coral growth was interrupted happened when there was a massive sediment flux, with sediment moving from the reef shelf to the basin. It appears that this huge movement of sediment happened as sea levels rose - flooding a huge area of the shelf during this time."

"It's very important to see how the mesophotic reef has responded to these challenges in the past, as we may be facing some of the same environmental changes in the near future, especially with global sea levels rising."

New Genomic Study Provides a Glimpse of How Whales Could Adapt to Ocean

In a paper published in *Nature Genetics*, researchers from Korea Institute of Ocean Science and Technology, Korea Genome Research Foundation, BGI, and other institutes presented the first in-depth minke whale genome and their new findings on how whales successfully adapted to ocean environment. The data yielded in this study will contribute to future studies of marine mammal diseases, conservation and evolution.

Whales roam throughout all of the world's oceans, living in the water but breathing air like humans. At the top of the food chain, whales are vital to the health of the marine environment, whereas 7 out of the 13 great whale species are endangered or vulnerable. The minke whale is the most abundant baleen whale. Its wide distribution makes it an ideal candidate for whole reference genome sequencing.

In this study, researchers conducted de novo sequencing on a minke whale with 128x average depth of coverage, and re-sequenced three minke whales, a fin whale (*Balaenoptera physalus*), a bottlenose dolphin, and a finless porpoise (*Neophocaena phocaenoides*). The yielded data may help to improve scientists' understanding of the evolutionary changes adapted to ocean environment from whole genome level.

The adaptation of whale to ocean life was notably marked by resistance to physiological stresses caused by a lack of oxygen, increased reactive oxygen species, and high salt level. In this study, researchers investigated a number of whale-specific genes that were strongly associated with stress resistance, such as the peroxiredoxin (PRDX) family, O-linked N-acetylglucosaminylation (O-GlcNAcylation). The results revealed that the gene families associated with stress-responsive proteins and anaerobic metabolism were expanded.

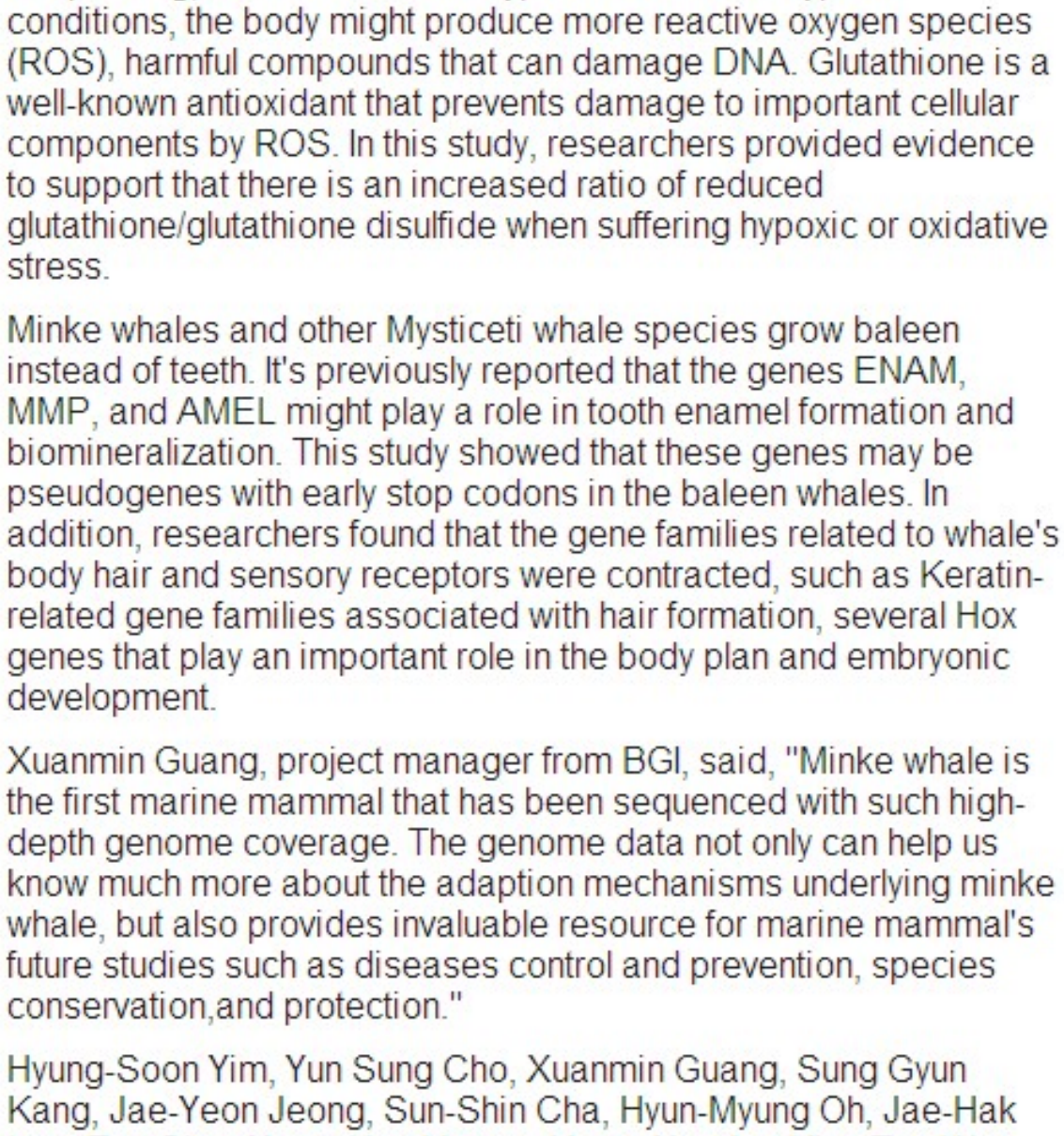
Perhaps the most dramatic environmental adaptation for a whale is deep diving, which can induce hypoxia. Under the hypoxic conditions, the body might produce more reactive oxygen species (ROS), harmful compounds that can damage DNA. Glutathione is a well-known antioxidant that prevents damage to important cellular components by ROS. In this study, researchers provided evidence to support that there is an increased ratio of reduced glutathione/glutathione disulfide when suffering hypoxic or oxidative stress.

Minke whales and other Mysticeti whale species grow baleen instead of teeth. It's previously reported that the genes ENAM, MMP, and AMEL might play a role in tooth enamel formation and biomineralization. This study showed that these genes may be pseudogenes with early stop codons in the baleen whales. In addition, researchers found that the gene families related to whale's body hair and sensory receptors were contracted, such as Keratin-related gene families associated with hair formation, several Hox genes that play an important role in the body plan and embryonic development.

Xuanmin Guang, project manager from BGI, said, "Minke whale is the first marine mammal that has been sequenced with such high-depth genome coverage. The genome data not only can help us know much more about the adaption mechanisms underlying minke whale, but also provides invaluable resource for marine mammal's future studies such as diseases control and prevention, species conservation,and protection."

Hyung-Soon Yim, Yun Sung Cho, Xuanmin Guang, Sung Gyun Kang, Jae-Yeon Jeong, Sun-Shin Cha, Hyun-Myung Oh, Jae-Hak Lee, Eun Chan Yang, Kae Kyoung Kwon, Yun Jae Kim, Tae Wan Kim, Wonduck Kim, Jeong Ho Jeon, Sang-Jin Kim, Dong Han Choi, Sungwoong Jho, Hak-Min Kim, Junsu Ko, Hyunmin Kim, Young-Ah Shin, Hyun-Ju Jung, Yuan Zheng, Zhuo Wang, Yan Chen, Ming Chen, Awei Jiang, Erli Li, Shu Zhang, Haolong Hou, Tae Hyung Kim, Lili Yu, Sha Liu, Kung Ahn, Jesse Cooper, Sin-Gi Park, Chang Pyo Hong, Wook Jin, Heui-Soo Kim, Chankyu Park, Kyooyeol Lee, Sung Chun, Phillip A Morin, Stephen J O'Brien, Hang Lee, Jumpei Kimura, Dae Yeon Moon, Andrea Manica, Jeremy Edwards, Byung Chul Kim, Sangsoo Kim, Jun Wang, Jong Bhak, Hyun Sook Lee, Jung-Hyun Lee. **Minke whale genome and aquatic adaptation in cetaceans**. Nature Genetics, 2013; DOI: 10.1038/ng.2835

Minke whale. (Credit: © mojo_jojo / Fotolia)



PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

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growing together
to change the world locally
Pittwater Community Gardens

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

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

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

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2013 NSW WHALE WATCHING SEASON WILD ABOUT WHALES 1 JUNE – 30 NOVEMBER

For the latest on all the great things to do and see in NSW National Parks, including all things whales during the whale-watching season, sign up for our enewsletter Naturescapes. Click here to sign up http://bit.ly/SE58IX

Birdlife Australia - New Website and Quarterly Magazine

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

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

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

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CLIMATE ACTION PITTWATER

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

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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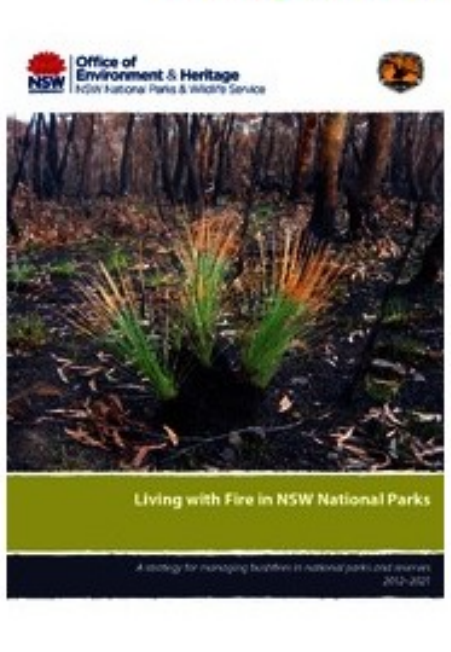
Living with Fire in NSW National Parks


NSW Office of Environment & Heritage
NSW National Parks & Wildlife Service
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with: NSW 2021 external link (Goal 28) the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

Coastal Environment Centre

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

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

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

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

Pittwater's Environmental Foundation

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

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.

Environment Articles Issue 139

Marine Parks in NSW – 'Not in Place long Enough to Determine Benefits' – December 2013 Overview: The release of two reports within a week of each other regarding our recently created NSW Marine Estate provides the opportunity to share an overview of 2013 developments in what is keenly followed in Pittwater - the state of our aquatic environment and any plans for its future

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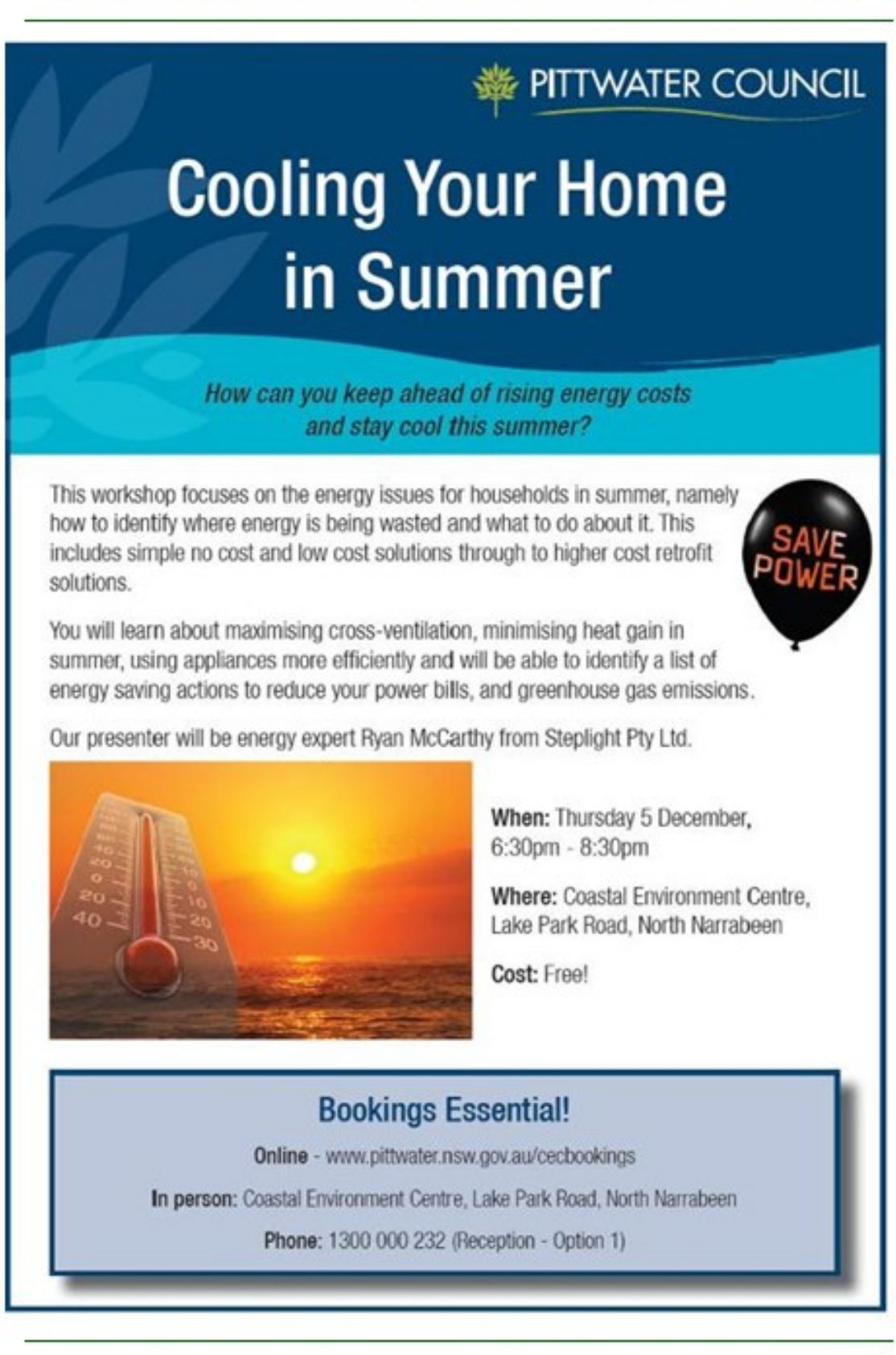
Upgrading TV for Analogue 'switch off'? - recycle at:

Kimbriki Resource Recovery Centre



PITTWATER COUNCIL

Cooling Your Home in Summer

How can you keep ahead of rising energy costs and stay cool this summer?

This workshop focuses on the energy issues for households in summer, namely how to identify where energy is being wasted and what to do about it. This includes simple no cost and low cost solutions through to higher cost retrofit solutions.

You will learn about maximising cross-ventilation, minimising heat gain in summer, using appliances more efficiently and will be able to identify a list of energy saving actions to reduce your power bills, and greenhouse gas emissions.

Our presenter will be energy expert Ryan McCarthy from Steplight Pty Ltd.

When: Thursday 5 December, 6:30pm - 8:30pm

Where: Coastal Environment Centre, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings

In person: Coastal Environment Centre, Lake Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

Landcare in Focus has an **online magazine available at:** www.landcareonline.com.au/?page_id=9184

Why you shouldn't be scared of snakes in Australia by Wild dairies Published on 26 Nov 2013

Rex Neindorf of the Alice Springs Reptile Centre has spent his life working with snakes. He handles them everyday and is the local 'snake catcher' in Alice Springs.

We interviewed Rex recently and asked him why people shouldn't be scared of snakes in Australia. Despite their fearsome reputation, statistically, you're less likely to be killed by a snake in Australia than any other continent on Earth, except Antarctica. We're about on par with Western Europe when it comes to deaths from snake bites.

Read full story **HERE**

Why you shouldn't be scared of snakes in Australia
Australia
2-4 deaths per year
from snake bites
0:00 / 1:50
YouTube

Google Earth Reveals Untold Fish Catches

Nov. 26, 2013 — Large fish traps in the Persian Gulf could be catching up to six times more fish than what's being officially reported, according to the first investigation of fish catches from space conducted by University of British Columbia scientists.

Using satellite imagery from Google Earth, UBC researchers estimated that there were 1,900 fishing weirs along the coast of the Persian Gulf during 2005 and that they caught approximately 31,000 tonnes of fish that year. The official number reported by the seven countries in the region to the United Nation's Food and Agriculture Organization was 5,260 tonnes. The study was published today in the *ICES Journal of Marine Science*.

Fishing weirs are semi-permanent traps that take advantage of tidal differences to catch a wide variety of marine species. Used in Southeast Asia, Africa and parts of North America, some weirs can be more than 100 metres long.

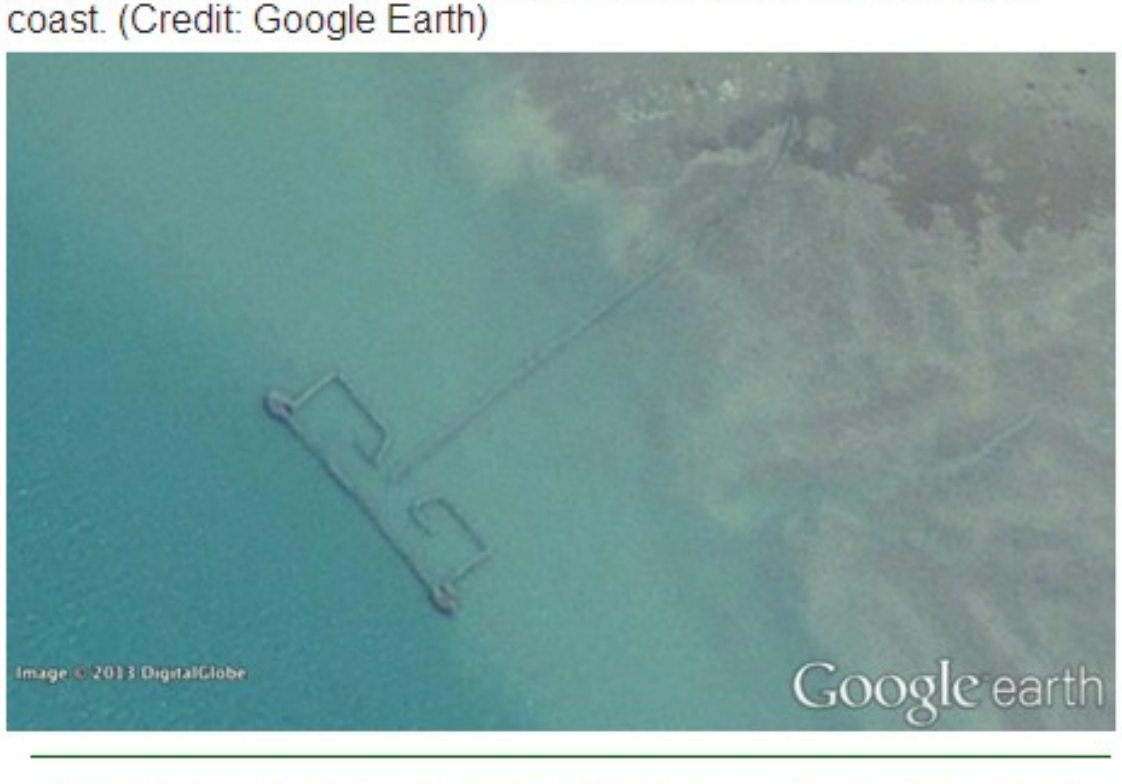
"This ancient fishing technique has been around for thousands of years," says Dalal Al-Abdulrazzak, a PhD student with the UBC Fisheries Centre's Sea Around Us Project and the study's lead author. "But we haven't been able to truly grasp their impact on our marine resources until now, with the help of modern technology."

The study shows the potential for using remote-sensing approaches, such as satellite imagery, to validate catch statistics and fisheries operations in general.

"Time and again we've seen that global fisheries catch data don't add up," says Daniel Pauly, principal investigator with the Sea Around Us Project and the study's co-author. "Because countries don't provide reliable information on their fisheries' catches, we need to expand our thinking and look at other sources of information and new technologies to tell us about what's happening in our oceans."

D. Al-Abdulrazzak, D. Pauly. **Managing fisheries from space: Google Earth improves estimates of distant fish catches.** ICES Journal of Marine Science, 2013; DOI:10.1093/icesjms/fst178

A Google Earth image of a fishing weir along the Persian Gulf coast. (Credit: Google Earth)



Bat Wraps Episode 3 Giving injured flying foxes a second chance

Mandi gives a tour of her extensive aviary complex that has been purpose built for the rehabilitation of flying foxes. Visit the extensive website at www.aqob.com.au for interviews and stories about flying foxes, including the extended interview with Mandi

Bat Wraps Episode 3 Giving injured flying foxe...
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YouTube

Flower Power – Researchers Breed New Varieties of Chamomile

Nov. 26, 2013 — Plants can reproduce in a multitude of different ways, unlike humans and animals. Scientists at the University of Veterinary Medicine Vienna have been working on developing new varieties of chamomile that can be cultivated as a medicinal plant. The researchers have been trying to identify varieties that will bloom longer and make its cultivation easier.

Chamomile is a medicinal plant used mainly in the treatment of stomach and intestinal diseases, including the field of veterinary medicine. Agricultural scientist Bettina Fähnrich from the Institute of Animal Nutrition and Functional Plant Compounds has been focusing on the genetics of chamomile (Matricaria recutita). She has been looking for chamomile varieties with a triploid (threefold) set of chromosomes instead of the natural diploid (double) set. Plants with the triploid form produce blooms that last longer and have a longer harvesting period. An additional advantage of a triploid variety of chamomile is that most of the seeds produced would be sterile. This slows down the reproductive cycle so that the plant would not germinate in the following season, when the farmer wants to grow another crop in the field. This means less chamomile has to be removed as a weed in subsequent years. But finding such a triploid variety did not turn out to be an easy task.

Chamomile is genetically conservative

Many plants change their number of chromosomes spontaneously and naturally -- it's an evolutionary process that enables them to adapt to external circumstances. Not so with chamomile, however. "It is very difficult to do research on chamomile because this species is rather conservative, in genetic terms. That means that it doesn't change its genetics easily. Other plants are much more flexible," Fähnrich explains. Producing triploid chromosome sets has become common practice when cultivating ornamental plants such as marigolds and begonias, but it proved harder in chamomile.

Developing a suitable chamomile cultivar

In the hope of finding one of these elusive triploid chamomiles, the scientists searched for spontaneous triploids in different varieties of the plant. Since the number of sets of chromosomes in plants can vary, the researchers hoped to find a triploid variety among them. However, when they screened naturally occurring diploid and artificially generated tetraploids (with fourfold chromosome sets), what they found in the tetraploids were frequent deviations from the expected set of chromosomes. It appears that the artificially mutated genomes in the tetraploids have a less stable genome than the natural forms; but even so, they did not produce any triploid varieties.

Investigating fertilization in chamomile

"If one wants to propagate plants successfully, it is vital to know how they reproduce," says Fähnrich. To find out, the chamomile geneticist analysed over 300 different varieties of chamomile plants from six different breeds, focusing on their capacity for fertilization. She crossed all these cultivars in both parental directions. The fertility of the pollen produced by the subsequent generation diminished significantly. The next step was to identify which crosses produced offspring that were almost infertile in pollen. These varieties would be the most promising for breeding, because they could be used as suitable mother lines for targeted plant crossing.

Generally, there are plants that can only fertilize themselves, and then there are plants that only fertilize others. Some plants can do both. Determining the extent of these different types of fertilization was one of Fähnrich's research aims. For breeding, the researchers are looking for varieties that cannot do self-fertilisation, because these types could easily be crossed with specific father plants.

Research for herbal medicine

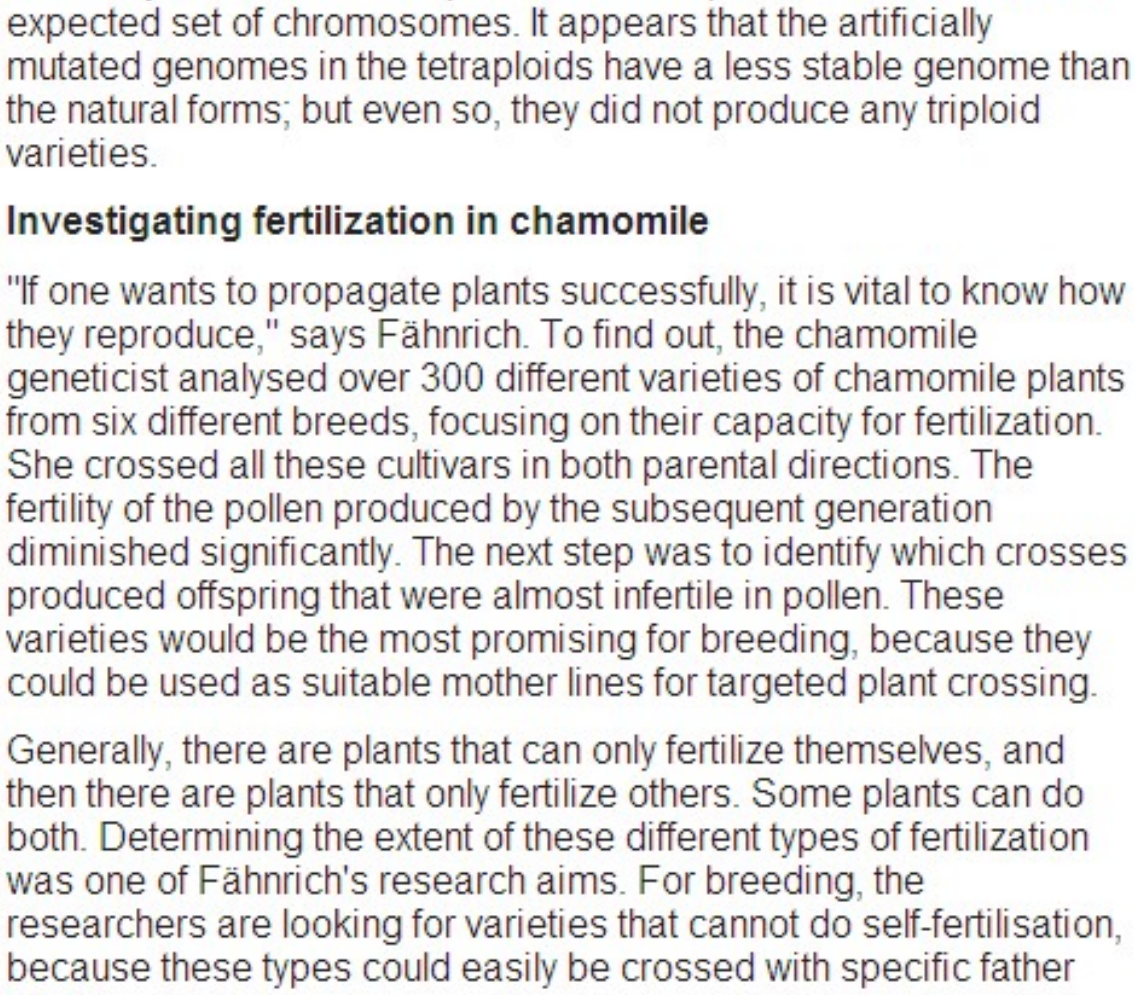
Herbal medicine has become increasingly important in recent years, and including the field of Veterinary Medicine. Chamomile is widely used in alternative medicine but is rarely grown in Austria. Currently, the majority of chamomile that is processed in Austria is imported from South America, Egypt and Eastern Europe. Therefore one of Fähnrich's aims is to make chamomile an attractive crop for Austrian and Central European farmers again.

Journal References:

Fähnrich, B. et al. Self-incompatibility and male sterility in six Matricaria recutita varieties. Journal of Applied Botany and Food Quality, 2013

Faehnrich, B. et al. Ploidy Level and Reproductive Trait Analysis in Three Matricaria recutita Cultivars.CYTOLOGIA, 2013

Dyed chamomile pollen under a microscope. Whether the pollen are fertile or not can be seen under magnification. (Credit: Bettina Fähnrich/Vetmeduni Vienna)



NSW Government's Aboriginal Cultural Heritage Reform - Have Your Say

The NSW Government has released a model for stand-alone Aboriginal cultural heritage legislation which was developed in response to the recommendations provided by an independent ACH Reform Working Party. The Government is encouraging everyone to consider the proposed model and offer their feedback on this important matter.

The consultation process presents a unique opportunity to have your say about the future management of Aboriginal cultural heritage in NSW.

Have your say

The current consultation provides the opportunity for the public to consider and provide feedback on the Government proposed model for managing Aboriginal cultural heritage.

This consultation process presents a unique opportunity for you to have your say about the future management of Aboriginal cultural heritage in NSW. The Government encourages all interested parties to make their views heard about this important matter.

There are many ways to have your say. You can contribute your views during the public consultation workshops for the independent facilitator to record, or if you want to make a more detailed and individual submission, you can submit your response.

Submit your response

To ensure your views about the Government's proposed model are clearly heard and understood, the Government strongly urges individuals and organisations to respond.

Have your say by the **closing date - 14 February 2014**. This is a unique opportunity for your voice to be heard in this historic reform. All submissions will be considered in the refinement of the final model in 2014.

All documents and guidlines for submissions available for scrutiny at: http://www.environment.nsw.gov.au/achreform/

Draft Ports Strategy Released – Media Statement - Deputy Premier, Minister for State Development, Infrastructure and Planning, The Honourable Jeff Seeney

The Queensland Government has proposed declaring five Priority Port Development Areas (PPDAs) for **the state's leading long-established ports, where development will be concentrated and encouraged.** The Deputy Premier and State Development, Infrastructure and Planning Minister Jeff Seeney said the move was among the key actions in the draft Queensland Ports Strategy released today.

He said the **PPDAs would be created for the ports of Brisbane, Mackay/Hay Point** (two separate zones), **Gladstone, Townsville and Abbot Point. Abbot Point**

"Along Queensland's 6,973 km coastline, there are 20 ports including 15 trading ports, two community ports, and three gazetted non-trading ports," Mr Seeney said. "This is the government's blueprint for managing and improving the efficiency and environmental management of the state's port network over the next decade.

"This strategy will also prohibit capital dredging for the development of deep water port facilities outside of PPDAs for the next 10 years. This will ensure the protection of the balance of the Queensland coastline from capital dredging projects.

"We are working to have legislation in place by next year to deliver on these commitments.

"This strategy preserves and builds on the State's commitment in the Great Barrier Reef Ports Strategy to restrict any significant port development within and adjoining the Great Barrier Reef World Heritage Area to within port limits to 2022.

"The draft Queensland Ports Strategy aligns with the recommendation made by UNESCO that the Australian and Queensland Governments restrict port development outside the long-established major port areas within or adjoining the Great Barrier Reef World Heritage Area.

"We need to find a sensible way forward and work within the existing port networks to ensure our state can still do business but not put at risk our greatest natural asset, the Great Barrier Reef.

"In 2011-2012, these proposed PPDA ports handled 87 per cent of Queensland's $54.5 billion in exports and were responsible for 98 per cent of the state's imports.

"Coal is still the predominant commodity export representing 63 per cent of volumes followed by bauxite at 15 per cent and petroleum products 6 per cent.

"The remaining 16 per cent is shared by metals and minerals, general cargo, agriculture and other products."

Mr Seeney said the Newman Government would also continue the review of port governance and improve supply chain infrastructure coordination and delivery for sustained economic growth across the state's port network.

The draft Queensland Ports Strategy will be open for public comment until 13 December 2013.

For more information and to complete an online survey to have your say, WHETHER AUSTRALIAN OR FROM OVERSEAS visit: www.dsdip.qld.gov.au/qps

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Devils at Cradle Mountain - Tasmania

With our islands iconic species under threat of extinction, the adoption of a Tasmanian devil is a great way to contribute to their future and provide someone with a very unique gift. See: www.devilsatcradle.com

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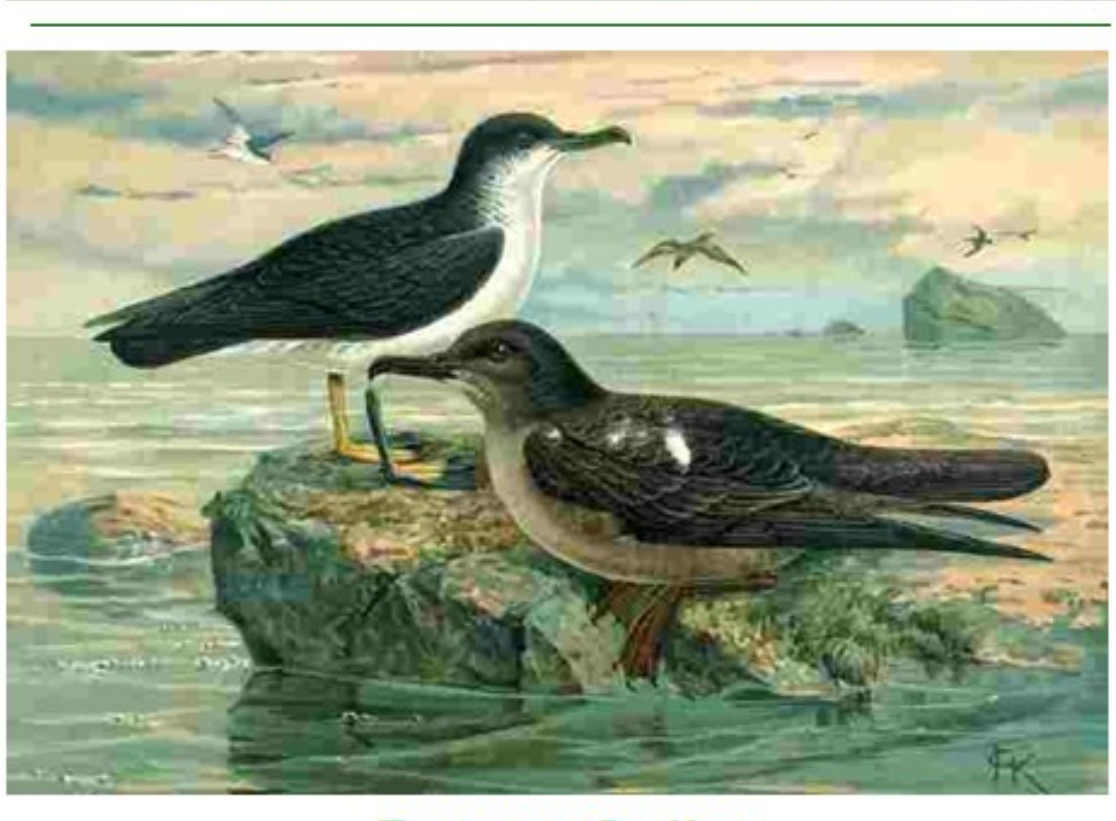

Botany Online

From their 'about us' page:

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

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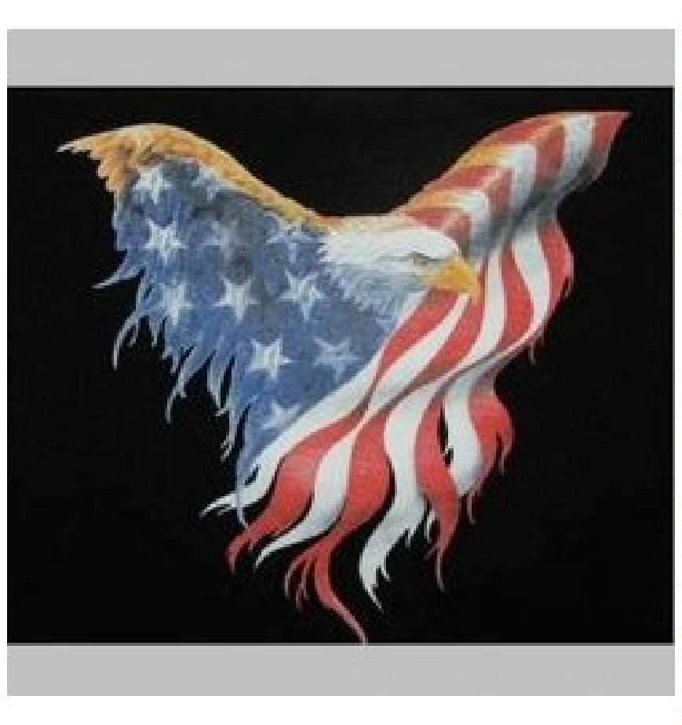
Australian Native Foods website: http://www.anfil.org.au/

> ***"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." - from the Prayer of Saint Patrick***

Pittwater Online News

December 1 - 7, 2013: Issue 139

Finding Your Center and Rising To The Occasion: December's Sagittarius New Moon



Thoughts and emotions are only momentary. Stand upright, speak thy thoughts, declare the truth thou hast, that all may share; Be bold, proclaim it everywhere: They only live who dare. **Lewis Morris**

Vision without action is a daydream. Action without vision is a nightmare. **Japanese Proverb**

Freedom is the sure possession of those alone who have the courage to defend it. **Pericles**

There should be an Emperor Fabulous, don't you think? **Eddie Izzard**

Success means doing the best we can with what we have. Success is the doing, not the getting-in the trying, not the triumph, Success is a personal standard-reaching for the highest that is in us-becoming all that we can be. **Zig Ziglar**

The chasm between the principles upon which this Government was founded, in which it still professes to believe, and those which are daily practiced under the protection of the flag, yawn wide and deep. **Mary Church Terrell**

December's Sagittarius new Moon falls on December 2 in the United States and December 3 in Australia. This is bound to be a very interesting new Moon, with Uranus trining it, bringing the desire or a much-needed sense of freedom and creativity. However, there is a strong 'military' flavor to this lunation. I'm keeping my fingers crossed that things head in the right direction towards more peace rather than towards the alternative. Chiron is also squaring this new Moon, so we may need to examine what needs to be healed and to set about doing it.

Occurring at 10.59 Sagittarius, the new moon falls on the very last minute of Sagittarius 11, which means that the actual degree is truly energetically **Sagittarius 12**. Quoting from my book *The Sabian Oracle: 360 Degrees Of Wisdom*:

Sagittarius 12: A Flag Turns into an Eagle; the Eagle into a Chanticleer Saluting the Dawn.

Although symbols stretch across time and space with their own vibrations, this image is a particularly American one. To quote Dane Rudhyar from his book 'An Astrological Mandala': "The 'Flag' is the abstract symbol of the nation; it becomes an "eagle"- another U.S. symbol - when the concept is made alive by bold and transcendent action. The 'Eagle' symbolizes spiritual will and the power to rise to the highest possible altitude of consciousness and purpose. Flying at such an altitude, the 'Eagle' is the first living creature to perceive the rising sun. Having perceived it, it heralds it-and by so doing is identified with the crowing 'Chanticleer', who had convinced himself that his resonant cry was responsible for the rise of the sun and the coming of the new day".

This is a time when our highest ideals can be felt deeply and proudly and as an expression of spiritual purity all the way to pride in our selves and our nation. You may find that you are moved to burst forth with expressions or declarations of your higher self. Any issue that is really worthwhile and "centered" will be seen and heard in the clear light of day. However, you may need to be wary of forcing your opinions on others, especially on those who disagree or have a different view of things. Although it may be difficult to restrain the forward momentum contained here, there's a need to be cautious of going overboard with enthusiasm in the company of others. This can alienate people and cause distrust. Having said that, if there has been something you've wanted to do or say but have felt held back, now is probably the time to go for it. The 'Dawn' reveals that a new day and the possibility of a new life is coming, and with it ideals that have to be allowed to be spoken and expressed in life.

Keywords: Declared idealism. Trumpeting ideals. National pride. Peak experiences. Flags. Symbols of strength, unity and power. Truths. The pomp and ceremony of big political displays. Issues of nationhood. Issues of world domination. Elevated views and elevated perspectives. Forceful voices. Reaching for the highest plane. Nobility and pride. Successful outcomes. National anthems. New empires. Messages from the president.

The Caution: Assuming one is right only because of might or power or because one can say it the loudest. Propaganda. Lording it over others. Seeing other "nations" as being lesser. Loud voices. Bullying.

The Karmic Condition (the degree before) of the new Moon is Sagittarius 11: In The Left Section Of An Archaic Temple, A Lamp Burns In A Container Shaped Like A Human Body. This Symbol reminds us to look after our bodies and to see our selves as our 'temples'.

Keywords: Connecting the left and right sides. Working out, physical fitness and exercise. Yoga. Grounding reality. Sexuality. Realizing that body is the same as spirit. Remembering to be in the body. Light workers. The acceptance of the body and its functions. Sport and its physical rewards. Metabolic rates.

The Caution: Worshiping the body at the expense of the psyche or spirit. Concentrating exclusively on physical desires and needs. Rationalizing intuitive thought until it is rejected. Needing actual physical evidence to accept anything. Being caught up in the illusion of the body, the "physical self".

Your Text Here

The ruler of this Sagittarius new Moon is Jupiter. Jupiter is on Cancer 20: Venetian Gondoliers In A Serenade. This Symbol speaks of knowing how to use one's voice, words, ideas, music, etc, to 'romance the other' or to get a desired result. The trick is knowing what to believe, what to ignore perhaps or what to see through as manipulation or propaganda. Romance can be a big part of it, and that can be rewarding on so many levels, but this can also speak of trying to get ones way through saying whatever needs to be said to fulfill an agenda.

Keywords: Romantic fantasy. Singing and music. Performance. Public speaking. Impressing people with joy, romance, fun and the wonder of life. Venusian displays. Issues of the truth. Ease of communicating. Working to win people over. Appealing to the beloved. Elegance. Floating on the emotions. Festive atmospheres. Nostalgia. Boats. Water.

The Caution: Insincere charades. Retreating into one's self. Saying whatever it takes to get what one wants. Superficial displays. The delusion of being beyond criticism. Emotional manipulation. Sucking up to others. Misplaced trust. Competing for affections or attention. Losing one's self.

Lilith is exactly conjunct Jupiter on the 'serenading' degree, bringing an even stronger imperative to be real, to drop the farce, to bring more depth to one's interactions with others and relationships. An emphasis on the feminine may be felt and issues to do with women may arise, such as women's rights, abortion, etc. It may be that women's voices need to be heard more, especially in the halls of power.

Mercury is on Scorpio 27: A Military Band Marches Noisily On Through The City Streets.

Fondest Greetings

Keywords: Making music to rouse people from complacency. Noisy announcements. Demanding attention. Trumpeting achievements. Reminders from the authorities that individuals are often not in charge. Celebrations of past battles. Corporate advertising. Peace rallies or war marches. Marching and drills. Precision movements.

The Caution: A lot of volume that can be too pompous. So much volume that the true message gets lost. Demanding to be heard. Banging one's drum, even when others might be unresponsive or not want to hear. Blaring announcements. Warnings to others to follow orders or to be complicit. Big ego displays. Propaganda. Threats to peace.

Mars is sextile Mercury, which highlights the energies of both planets, especially as they are in mutual reception (Mercury rules Virgo and Mars is the secondary ruler of Scorpio).

Mars is also on a rather 'militaristic' degree - Virgo 28: A Baldheaded Man In Uniform Has Seized Power. This can show the need to front up, take control and make decisions for one self or others. On the other hand, it can indicate bullies taking over people's lives and pushing them around. It will be interesting to see what headlines and stories develop from this mixture of planets.

All I want is a warm bed and a kind word, and unlimited power. **Ashleigh Brilliant**

All violence, all that is dreary and repels, is not power, but the absence of power. **Ralph Waldo Emerson**

Keywords: Dominating other's mental space. Male hormones running rampant. Issues to do with hair. Ponytails. The story of Samson and his hair. Taking positions of power. Uniforms. Demanding others follow one's lead. Strutting one's stuff. "Wearing the pants in the family". The ability to direct and organize many people. Letting others express their opinions or have a say in things. Domination. The Government. The Military. Decisions based on logic.

The Caution: Pushing too hard or fast. Ramming one's convictions. Being unkind and bossy. Putting on a show because one's in uniform. Power tripping. Being cruel and domineering. Lording it over others. Being opportunistic. Corruption. Misuse of power. Bullying. Big business calling the shots. Domestic violence. Taking charge because one can. Strict rules to live your life by. Taking over.

In the days leading up to this new Moon, Venus and Jupiter are opposite each other. This can bring about a feeling of having "overdone things" - taking on too much, spending too much money, staying up too late, saying too much, being too generous and whatever; there is a feeling of having now to cut back and stop any further expansion or leakage of energies. Venus in Capricorn suggests a time of being more circumspect, cautious and thinking things through, but with the opposition of Jupiter in Cancer, there may be have been too much engine thrust lately, but now it's time for some more sober analysis of what's happened lately. Curiously, Venus continues the military theme.

Venus is on Capricorn 23: A Soldier Winning Two Awards For Bravery In Combat. This degree can show the need to congratulate others (or ourselves), to give a pat on the back, to acknowledge that one has come through trials and tribulations and somehow come out victorious. It can also show the fatuous back slapping that comes about from favoritism and cronyism and it can be counter productive to reaching the truth about what truly has gone on. Venus is slowing down to go retrograde around December 21-22 and it will retrograde back over this degree, bringing up the issues associated with it once again. (There will be more on Venus' retrograde period in another newsletter).

Keywords: Desperate striving for recognition. Rewards coming for involvement in tough situations. Medals and trophies. Tributes, acknowledgments and benefits given or showered. Award ceremonies. Posthumous awards.. Giving thanks. Compensation. Insurance and legal claims. Recompense for taking action.

The Caution: 'Awards' as Band-Aids to assuage guilt produced in war. Expecting money or other rewards for doing anything that one doesn't want to. The ills, social and otherwise, of combat fighting. Neurotic seeking of praise or acknowledgment. Rejection lines. Bribery.

Try to get all of your posthumous medals in advance. **Anon**

Adding fuel to the military theme is the Karmic Condition (the degree before) of Venus. It's Capricorn 22: A General Revealing Nobility Of Character Accepting Defeat Gracefully. This talks about handling somewhat difficult (sometimes very difficult) situations with care and caution and maintaining a dignified response while things may be falling apart or going haywire. Difficult diplomatic situations may arise, especially as the last new Moon was in Scorpio and it was a solar eclipse on The Embassy Ball degree. There has been a lot of interesting things going on diplomatically between leaders and nations and nationalities. On a personal level, this can indicate the need to remember when our problems are truly just 'first-world problems' - generally they are not that dire (although it may at times feel that way).

Keywords: True inner worth. Being a "good loser". Learning that every minor skirmish in life is not a major 'Defeat'. Being prepared to start again. Sacrificing things for the benefit of others. Nobility of character. Letting go of the "charge" around anger. Surrendering.

The Caution: Being a "bad loser". Feeling everything is going to come out badly. Reliance on self-limitations. Seeing the negative in everything. Losing what's been worked for. Making excuses to get out of tight situations. Betrayal and loss. Loss of support. Surrendering too early. Giving up on life.

Saturn in Scorpio seems to be bringing a sense of slowing down, smelling the roses and taking a second look at things. Saturn is on Scorpio 18: A Quiet Path Through Woods Brilliant In Autumn Coloring.

What was is not and never again will be; what is is change. **Edwin Way Teale**

Keywords: Rewards of plenty. Transformations through the different seasons of one's life. Overcoming battles and disappointments, and finding peace. Layers of personality issues flaking off with maturity. Gardens, sometimes off the beaten track. Taking time out to reflect on nature. Walks. The feeling of change in the air. Mature and elegant responses. Warm. Rich colors. Memories and memoirs. Taking life one day at a time. Overcoming loss through positive attitudes.

The Caution: Being too late for the harvest. Concentrating on the past. Being oblivious to nature's beauty. Resisting the flow of the seasons.

Uranus is on Aries 9: A Seer Gazes Intently Into A Crystal Ball Before Him. This speaks of being able to see 'into' situations, to be able to analyze, perhaps predict, but certainly to be able to pick up on the energies that are buzzing around. It can be a Symbol of intentional scrutinizing or making use of the signs and signals in the air. It is very much a degree of paying attention.

Keywords: Flashes of inspiration. Tuning in and looking within for answers. Creative visualizations. Aura readings. Cutting through irrelevant messages. Looking carefully at structure. Seeking perfection. Clairvoyance. Illumination and deep insights. Looking ahead to see the signs.

The Caution: Confused by literal meanings. Not seeing the symbolic message. Always looking this way and that, not at the center. Getting lost in the big picture. Daydreaming and ignoring what's really going on. Obsessing over what may happen. Needing to know what's coming up. Being impatient.

Neptune is on Pisces 3: A Petrified Forest, An Eternal Record Of A Life Lived Long Ago.

PETRIFIED FOREST, ARIZONA.

Keywords: Remnants from the past. Stillness. Agelessness. Plastic surgery. Being able to withstand life's storms. Resilience. Crystals, diamonds, gemstones. Beauty that remains ageless. Wood and lacquered wood. Coal, oil and petrochemicals. Diets. Dependability. Family histories. Keeping records. Amber. Fossils. Geology. Archeology. Ancient remnants. Mental and emotional filing cabinets. Lingering evidence. Petrified wood. Photographs and photography. Stones. Stone monuments.

The Caution: Rigidity, immobility, inflexibility. Being frozen. Not letting go of difficulties. Hanging on for grim death. Feeling stuck or frozen. Destroying things that are old. Severing links to the past. Keeping tabs. Memories that destroy the present.

Pluto is on Capricorn 11: Pheasants Display Their Brilliant Colors On A Private Estate.

He enjoys true leisure who has time to improve his soul's estate. **Henry David Thoreau**

Keywords: Glorious houses and estates. Lawns and gardens. Statues and birdbaths. Peacocks, pheasants, swans, etc. Enjoying the riches the environment offers. Large plots of land. Nature reserves. Game birds. Aristocracy and the ruling elite. Beauty, elegance and grace. Fabulous displays of color. Parks.

The Caution: Foolish disregard of pending danger. Feeling that one has to be "on parade" or else they will be overlooked. Issues of standing out from the crowd. Jealousy and envy through things on display. Luxury and beauty or snobbery that excludes. Showing off. "Do not enter" signs.

The Moon's north node is on Scorpio 8: The Silvery Moon Shining Across A Beautiful Gem Of A Lake. This Symbol speaks of things reflected - whether it's seeing things are they are or could be, we are challenged to discern between what things appear to be and what they really are. This is a very intuitive, clairvoyant degree, although it can also have the effect of reflecting things to us in a way that we may prefer to see than what is truly reality.

Keywords: Reflections. Mirrors. Things mystical and alluring. The 'Narcissus' story. Picturesque scenes. Picture postcard images. Peace and beauty. Halloween and magic. Escapism. Placid emotions. Peace and quiet. Contemplation and meditation. Having a reflective nature. Photographs. Psychic abilities. Hypnotic charm or manipulation.

The Caution: Acting out of moodiness. Losing the plot. Projecting one's self onto others. Narcissism. Looking at one's self and others as if in a mirror. Not wanting to see the whole picture. Being superficial. A lack of depth. Seeing everything as a reflection of one's self.

Chiron, the Wounded Healer and The Stories We Tell Ourselves, is on Pisces 10: An Aviator In The Clouds. Chiron's message here can be that we have to rise above the things that are going on in our lives in order to get a good bird's eye view of what is going on. It can also show, however, that we may be somewhat removed from the reality of our situations, sometimes to the point of escapism. How are you observing your life? What sense can you make of your story? And, it could be a matter of navigating your way to being where you want to be or where life is truly taking you.

This new Moon is the lead up to the holidays and it is a good time to be thinking about what you want in the coming new year. The theme here is rather 'military' - I hope that common sense prevails and this is a peaceful and productive new Moon.

Happy Thanksgiving to all my friends in the US and all around the world - we can feel so good by giving thanks and feeling the providence of the earth and the goodness of life.

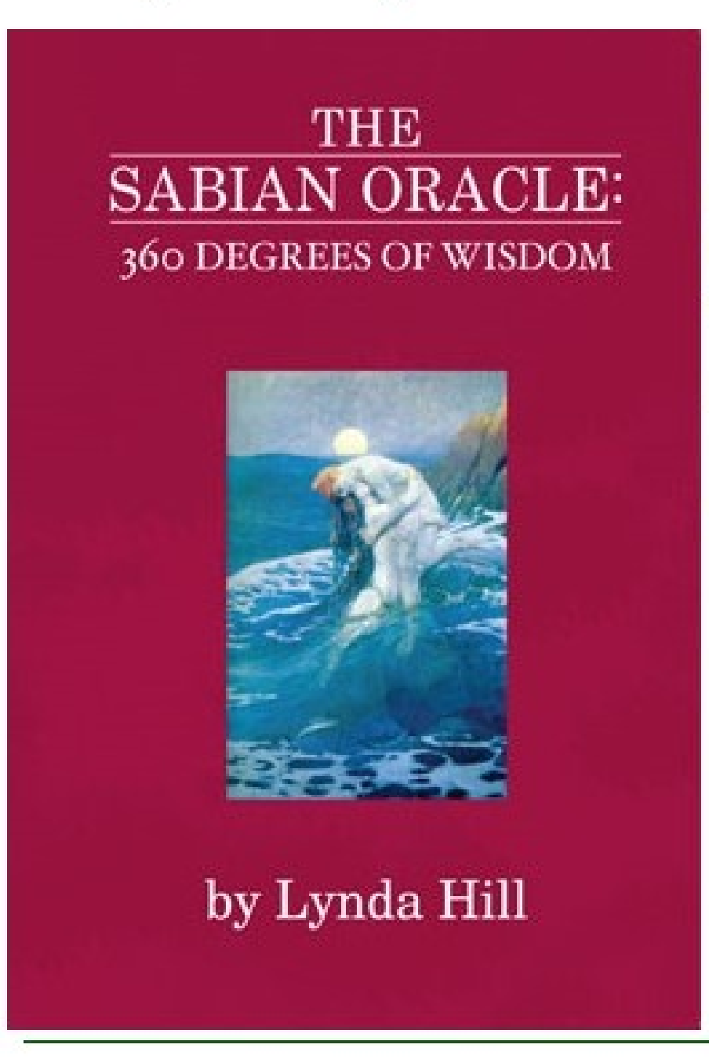
I am still working on raising funds for the new Sabian Symbols website and have quite a way to go. If you can help by donating towards the website or the newsletter, buy a book or book a reading, that would be so appreciated. Click here for details: http://www.gofundme.com/Sabian-Symbols-Support - and thank you so much to everyone who has contributed.

Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public througout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.



The Sabian Symbols were given birth in San Diego, ???California, in 1925 by Marc Edmund Jones, a noted American astrologer and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of word images to go with every degree of the zodiac. Elsie Wheeler was an extraordinary clairvoyant confined to a wheelchair for most of her life. Jones chose Elsie Wheeler as his partner in this 'experiment' (as M.E. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more Information: click here

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Pittwater Online News

December 1 - 7, 2013: Issue 139

Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Honouring Daw Aung San Suu Kyi - 28 November 2013

Daw Aung San Suu Kyi at the Sydney Opera House.

In front of a capacity audience at the Sydney Opera House, Daw Aung San Suu Kyi last night delivered her first public address in Australia after receiving honorary doctorates from the University of Sydney and the University of Technology, Sydney.

In her speech, she spoke about her struggle for democracy and called for further constitutional reform in Myanmar.

"Those of you who think that Burma has successfully taken the path to reform would be mistaken," Daw Aung San Suu Kyi said.

"If you want to know why you are mistaken you only have to study the Burmese constitution. If you read it carefully you will understand why we can't have genuine democracy under such a constitution."

The Nobel Peace Prize winner was welcomed to the stage with a standing ovation. The Australian-Burmese community was well represented in the audience with some travelling from as far as Perth and Darwin to attend the event.

Daw Aung San Suu Kyi accepting her honorary degree from the University of Sydney.

Dr Michael Spence, Vice-Chancellor of the University of Sydney, presented Aung San Suu Kyi with a Doctor of Laws (Honoris Causa) in recognition of her achievements.

"During her lifetime, Daw Aung San Suu Kyi has dedicated herself to the struggle of the Burmese people, standing resolutely through bitter detainment for the principles of equality and democracy. She has fought against domination. She has cherished the ideal of a society in which people live together in harmony and with equal opportunity," Dr Spence said.

"Today we honour that ideal, and we honour the sacrifices that she has made in its pursuit."

In accepting the degree, Aung San Suu Kyi acknowledged the support she had received from around the world.

"Throughout our years of struggle we have been encouraged by our friends from all over the world. The honorary degrees that were presented to me earlier, these were not just honorary degrees, these were signs that the world was with us, that we had not been forgotten in our struggle," Daw Aung San Suu Kyi said.

The University of Sydney is committed to working towards a more prosperous Myanmar, and has already started to work with Myanmar on the following projects.

The University is currently discussing with Oxford University ways to contribute to the reinvigoration of Yangon University.

Sydney Law School has begun what it hopes will be a long-term collaboration around constitutional reform.

The Law School also has a team of scholars in its Centre for International Law involved in research to enhance the capacity of Burma's public and private sectors to protect and promote human rights.

Sydney Medical School has announced the establishment of a virtual Joint Institute for Maternal and Child Health with the University of Public Health in Yangon.

Sydney Medical School is also offering four scholarships to Burmese medical students - one from each medical school in Burma - who wish to study at the University of Sydney.

The University's Sydney Southeast Asia Centre has one of the highest concentrations of expertise on Southeast Asia in the world, with more than 220 academics across many disciplines. There are currently 53 students from Myanmar studying at the University.

Read a transcript of Dr Michael Spence's address.

Why We Need More Male Primary School Teachers

Nov. 20, 2013 — Some argue that boys have become the 'new disadvantaged' as the result of efforts to eradicate female disadvantage in a historically male biased education system. A widely accepted solution is more male teachers /role models in schools for boys.

New research by Kevin McGrath and Mark Sinclair, published in *Gender and Education*, examines why it is that male teachers are the solution, what benefits they bring to boys, and what benefits they bring to girls.

McGrath and Sinclair conducted focus groups with 97 parents and 184 students of diverse social and ethnic backgrounds **in Australia**. They found that male students expressed a preference for male teachers because of perceived shared experiences, interests and ways of thinking. Boys felt that men have a better comprehension of their play and were better able to relate.

For the girls, a male teacher represented an important opportunity to interact with and build relationships with men outside the family. This increased understanding of men serves an important role in girls' successful transition into the wider world of university, work and their personal lives.

McGrath and Sinclair conclude that male teachers, whilst not proven to affect academic achievements in the classroom, certainly have a pertinent part to play in the social development of girls and boys.

Kevin McGrath, Mark Sinclair. **More male primary-school teachers? Social benefits for boysand girls.** Gender and Education, 2013; 25 (5): 531 DOI: 10.1080/09540253.2013.796342

World first trial to improve prostate cancer care - 28 November 2013

Researchers and clinicians from the University of Sydney and the Northern Sydney Cancer Centre are leading a world first clinical trial using a tracking system to improve prostate cancer radiotherapy treatment.

The multileaf collimator (MLC) tracking system uses the Calypso system, a GPS-like device to track the position of the prostate to continuously target the tumour with sub-millimetre accuracy as it moves during therapy.

A prostate can move up to 1.5 centimetres during a radiation treatment session and in current practice the tumour is positioned before treatment, but this motion is not monitored or corrected for during treatment.

MLC is a computer-controlled device with numerous narrow slats or leaves that can be moved in and out to create apertures of different sizes. This tool is used to shape and reshape the radiotherapy treatment beam during treatment to match the three-dimensional shape of the area being targeted.

In addition to shaping the treatment beam, the MLC responds to signals from a tiny set of transponders implanted into the prostate to follow the tumour as it moves.

The trial's lead clinician Dr Tom Eade said the use of MLC tracking will potentially improve the accuracy of radiation delivery and reduce the impact on surrounding healthy tissue and sensitive structures such as the rectum and bladder.

"Royal North Shore Hospital has a history of implementing some of the most advanced radiotherapy in Australia and this is reflected in our excellent patient outcomes at the Northern Sydney Cancer Centre," he said.

"But today is the first time we will follow the tumour continuously during treatment. This breakthrough may potentially change the paradigm of prostate cancer treatments, opening the opportunity for patients to have their cancer cured with radiation in just 1-2 weeks of treatment with very low side effects," said Dr Eade.

University of Sydney Medical School's Professor Paul Keall said having a radiation beam continuously target the prostate means that the prostate will receive more than 98 per cent of the radiation dose planned.

"We are recording the estimated treatment improvements with MLC tracking, as well as recording the actual patient outcomes.

"Based on prior data we estimate that tumour dose misses, which can be up to 30 per cent in current practice, can be reduced to below two per cent," Professor Keall said.

The revolutionary use of MLC tracking also has the potential to reduce prostate cancer radiation therapy from an eight week program to just five days, as the greater level of accuracy could make it possible to safely deliver higher doses across fewer treatment sessions.

"This shorter treatment course is better for patients and more cost-efficient," Dr Eade said.

About: Prostate cancer is the most common cancer diagnosed in Australia and the third most common cause of cancer death. It is more common in older men, with 85 per cent of cases diagnosed in men over 65 years of age.

The trial is the culmination of a 14-year research project initially started by Professor Keall. It is being supported by Varian Medical Systems to undertake the study at the Northern Sydney Cancer Centre at Royal North Shore Hospital.

Professor Keall said the team hoped the MLC tracking technology could extend to other cancers such as lung, pancreas and liver tumours in the future.

Thirty prostate cancer patients will be the first to benefit from MLC tracking technology during this current clinical trial.

Those interested in participating in the trial can call the Northern Sydney Cancer Centre on 02 9463 1199.

Health papers published this week:

How golden staph paralyses our immune defences - 25 November 2013

When golden staph enters our skin it can identify the key immune cells and 'nuke' our body's immune response. Now we know how, thanks to an international research group led by dermatologists from the Centenary Institute and the University of Sydney.

Using state-of-the art microscopy techniques, the team identified the key immune cells that orchestrate the body's defenders against invading golden staph, and also how the bacteria can target and destroy these cells, circumventing the body's immune response.

Golden staph (*Staphylococcus aureus*) is the multi-drug resistant bacterium that is the scourge of hospitals.

The details of the study have been published today in Nature Immunology. It also involved researchers from the Univeristy of Sydney's School of Biological Sciences, Monash University, Singapore's A*STAR and Harvard Medical School.

"Staphylococcus aureus kills many, many people around the world. In fact, more than tuberculosis and AIDS put together. And the skin is its primary entry point into the body, so it important to understand what happens in the skin," said Professor Wolfgang Weninger, Head of the Immune Imaging Research Program at Centenary and coordinator of the study.

Using techniques they have developed over the past decade, the research team was able to mark the different cells of the immune system with fluorescent tags of different colours.

They then observed the unfolding battle live under a multiphoton microscope using bacteria with similar coloured tags that had been engineered by Dr Anthony Brzoska and Associate Professor Neville Firth from the University of Sydney.

"We can use such imaging to visualise directly what happens under the skin. It allows us to see both invaders and immune cells at the same time, as well as all the structures in the skin, such as blood vessels, lymphatic vessels and hair follicles," says Professor Weninger.

The initial shock troops of the body's defence against the invading bacteria are immune cells known as neutrophils. They are stored in and launched from small blood vessels.

Large immune cells called macrophages are positioned intermittently on the outside of these blood vessels.

The researchers were able to watch as clusters of neutrophils moved out from the blood vessels to fight against the bacteria. About 80 per cent emerged at points close to where macrophages were sitting. The macrophages released proteins which activate the neutrophils and guide them out of the blood vessels, the researchers say.

"But we also found that as soon as the bacteria enter the body, they release a compound called alpha-haemolysin which directly destroys the macrophages, thus disrupting the system that is marshalling the defence forces against them," says Professor Weninger.

This gives the golden staph time to breed up and overwhelm the immune system. In fact, by the time reinforcements arrive, the tissue surrounding the site of infection has begun to die, diverting the immune system into the task of cleaning up the debris.

This study and visualisation of the war against infection and the opening stages of inflammation builds upon earlier studies in which the research group was able to show how dendritic cells, the immune system's sentries, guard against invasion by the protozoan parasite, Leishmania.

Such visualisations are also being used to examine how the operation of the immune system changes over time as the body begins to wear out or age.

Does Obesity Reshape Our Sense of Taste?

Nov. 21, 2013 — Obesity may alter the way we taste at the most fundamental level: by changing how our tongues react to different foods. In a Nov. 13 study in the journal *PLOS ONE*, University at Buffalo biologists report that being severely overweight impaired the ability of mice to detect sweets.

Compared with slimmer counterparts, the plump mice had fewer taste cells that responded to sweet stimuli. What's more, the cells that did respond to sweetness reacted relatively weakly. The findings peel back a new layer of the mystery of how obesity alters our relationship to food.

"Studies have shown that obesity can lead to alterations in the brain, as well as the nerves that control the peripheral taste system, but no one had ever looked at the cells on the tongue that make contact with food," said lead scientist Kathryn Medler, PhD, UB associate professor of biological sciences.

"What we see is that even at this level - at the first step in the taste pathway - the taste receptor cells themselves are affected by obesity," Medler said. "The obese mice have fewer taste cells that respond to sweet stimuli, and they don't respond as well."

The research matters because taste plays an important role in regulating appetite: what we eat, and how much we consume.

How an inability to detect sweetness might encourage weight gain is unclear, but past research has shown that obese people yearn for sweet and savory foods though they may not taste these flavors as well as thinner people.

Medler said it's possible that trouble detecting sweetness may lead obese mice to eat more than their leaner counterparts to get the same payoff.

Learning more about the connection between taste, appetite and obesity is important, she said, because it could lead to new methods for encouraging healthy eating.

"If we understand how these taste cells are affected and how we can get these cells back to normal, it could lead to new treatments," Medler said. "These cells are out on your tongue and are more accessible than cells in other parts of your body, like your brain."

The new *PLOS ONE* study compared 25 normal mice to 25 of their littermates who were fed a high-fat diet and became obese.

To measure the animals' response to different tastes, the research team looked at a process called calcium signaling. When cells "recognize" a certain taste, there is a temporary increase in the calcium levels inside the cells, and the scientists measured this change.

The results: Taste cells from the obese mice responded more weakly not only to sweetness but, surprisingly, to bitterness as well. Taste cells from both groups of animals reacted similarly to umami, a flavor associated with savory and meaty foods.

Amanda B. Maliphol, Deborah J. Garth, Kathryn F. Medler. **Diet-Induced Obesity Reduces the Responsiveness of the Peripheral Taste Receptor Cells.** PLoS ONE, 2013; 8 (11): e79403 DOI: 10.1371/journal.pone.0079403

Genomic Variant Associated With Sun Sensitivity, Freckles Identified

Nov. 21, 2013 — Researchers have identified a genomic variant strongly associated with sensitivity to the sun, brown hair, blue eyes - and freckles. In the study of Icelanders the researchers uncovered an intricate pathway involving the interspersed DNA sequence, or non-coding region, of a gene that is among a few dozen that are associated with human pigmentation traits.

The study by an international team including researchers from the National Institutes of Health was reported in the Nov. 21, 2013, online edition of the journal *Cell*.

It is more common to find people with ancestors from geographic locations farther from the equator, such as Iceland, who have less pigment in their skin, hair and eyes. People with reduced pigment are more sensitive to the sun, but can more easily draw upon sunlight to generate vitamin D3, a nutrient essential for healthy bones.

The researchers, including scientists from the National Human Genome Research Institute (NHGRI), a part of NIH, analyzed data from a genome-wide association study (GWAS) of 2,230 Icelanders. A GWAS compares hundreds of thousands of common differences across individuals' DNA to see if any of those variants are associated with a known trait.

"Genes involved in skin pigmentation also have important roles in human health and disease," said NHGRI Scientific Director Dan Kastner, M.D., Ph.D. "This study explains a complex molecular pathway that may also contribute insights into skin diseases, such as melanoma, which is caused by the interaction of genetic susceptibility with environmental factors."

The GWAS led the researchers to focus on the interferon regulatory factor 4 (IRF4) gene, previously associated with immunity. IRF4 makes a protein that spurs production of interferons, proteins that fight off viruses or harmful bacteria. The researchers noted from genomic databases that the IRF4 gene is expressed at high levels only in lymphocytes, a type of white blood cell important in the immune system, and in melanocytes, specialized skin cells that make the pigment melanin. The new study established an association between the IRF4 gene and the pigmentation trait.

"Genome-wide association studies are uncovering many genomic variants that are associated with human traits and most of them are found in non-protein-coding regions of the genome," said William Pavan, Ph.D., co-author and senior investigator, Genetic Disease Research Branch, NHGRI. "Exploring the biological pathways and molecular mechanisms that involve variants in these under-explored portions of the genome is a challenging part of our work. This is one of a few cases where scientists have been able to associate a variant in a non-coding genomic region with a functional mechanism."

The Icelandic GWAS yielded millions of variants among individuals in the study. The researchers narrowed their study to 16,280 variants located in the region around the IRF4 gene. Next, they used an automated fine-mapping process to explore the set of variants in IRF4 in 95,085 people from Iceland. A silicon chip used in the automated process enables a large number of variants to be included in the analysis.

The data revealed that a variant in a non-coding, enhancer region that regulates the IRF4 gene is associated with the combined trait of sunlight sensitivity, brown hair, blue eyes and freckles. The finding places IRF4 among more than 30 genes now associated with pigmentation, including a gene variant previously found in people with freckles and red hair.

Part of the research team, including the NHGRI co-authors, studied the IRF4's role in the pigment-related regulatory pathway. They demonstrated through cell-culture studies and tests in mice and zebrafish that two transcription factors - proteins that turn genes on or off - interact in the gene pathway with IRF4, ultimately activating expression of an enzyme called tyrosinase. One of the pathway transcription factors, MITF, is known as the melanocyte master regulator. It activates expression of IRF4, but only in the presence of the TFAP2A transcription factor. A greater expression of tyrosinase yields a higher production of the pigment melanin in melanocytes.

"This non-coding sequence harboring the variant displayed many hallmarks of having a function and being involved in gene regulation within melanocyte populations," said Andy McCallion, Ph.D., a co-author at Johns Hopkins University, Baltimore, and collaborator with the NHGRI group.

The newly discovered variant acts like a dimmer switch. When the switch in the IRF4 enhancer is in the on position, ample pigment is made. Melanin pigment gets transferred from melanocytes to keratinocytes, a type of skin cell near the surface of the skin, and protects the skin from UV radiation in sunlight. If the switch is turned down, as is the case when it contains the discovered variant, the pathway is less effective, resulting in reduced expression of tyrosinase and melanin production. The exact mechanism that generates freckling is not yet known, but Dr. Pavan suggests that epigenetic variation - a layer of instructions in addition to sequence variation - may play a role in the freckling trait.

More research is needed to determine the mechanism by which IRF4 is involved in how melanocytes respond to UV damage, which can induce freckling and is linked to melanoma, the type of skin cancer associated with the highest mortality.

Christian Praetorius, Christine Grill, Simon N. Stacey, Alexander M. Metcalf, David U. Gorkin, Kathleen C. Robinson, Eric Van Otterloo, Reuben S.Q. Kim, Kristin Bergsteinsdottir, Margret H. Ogmundsdottir et al. **A Polymorphism in IRF4 Affects Human Pigmentation through a Tyrosinase-Dependent MITF/TFAP2A Pathway. Cell**, 155(5) pp. 1022 - 1033; 21 November 2013 DOI: 10.1016/j.cell.2013.10.022

ADHD Linked to Social, Economic Disadvantage

Nov. 26, 2013 — Scientists have found evidence of a link between social and economic status and childhood attention deficit disorder (ADHD) in the UK. A team led by the University of Exeter Medical School analysed data from the Millennium Cohort Study, a database of more than 19,500 UK children born between 2000 and 2002.

Scientists have found evidence of a link between social and economic status and childhood attention deficit disorder (ADHD) in the UK.

A team led by the University of Exeter Medical School analysed data from the Millennium Cohort Study, a database of more than 19,500 UK children born between 2000 and 2002.

The study, published in the *Journal of Child Psychology and Psychiatry*, was funded by the Economic and Social Research Council's (ESRC) Secondary Data Analysis Initiative. The team also acknowledge funding from the National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care for the South West Peninsula (PenCLAHRC).

Findings showed that more children with ADHD came from families below the poverty line than the UK population as a whole, with average family incomes for households whose study child was affected by ADHD at £324 per week, compared to £391 for those whose child was not. The study found the odds of parents in social housing having a child with ADHD was roughly three times greater than for those who owned their own homes.

The team also found that the odds of younger mothers having a child with ADHD were significantly higher than for other mothers. Mothers with no qualifications were more than twice as likely to have a child with ADHD than those with degrees, and lone parents were more likely to have a child with ADHD diagnosis than households with two live-in parents.

Information was gathered from surveys when the cohort children were nine months old, and at the ages of three, five, seven and 11.

Dr Ginny Russell, of the University of Exeter Medical School, who led the study, said: "There is a genetic element to ADHD, but this study provides strong evidence that ADHD is also associated with a disadvantaged social and economic background.

"Some people believe that ADHD in children causes disadvantage to the economic situation of their family, but we found no evidence to support that theory. It's important to discover more about the causes of this disorder so that we can look towards prevention, and so that we can target treatment and support effectively."

The Millennium Cohort Study has been tracking more than 19,000 children in England, Scotland, Wales and Northern Ireland through their early childhood and plans to follow them into adulthood. It covers such diverse topics as parenting; childcare; school choice; child behaviour and cognitive development; child and parental health; parents' employment and education; income; housing; and neighbourhood. The Millennium Cohort Study was commissioned by the Economic and Social Research Council, whose funding has been supplemented by a consortium of government departments. It is managed by the Centre for Longitudinal Studies at the Institute of Education, University of London.

The findings support those of studies previously carried out in Northern Europe, the United States and Australia - but the findings show that the link between ADHD and socioeconomic status exists in the UK.

Ginny Russell, Tamsin Ford, Rachel Rosenberg, Susan Kelly. **The association of attention deficit hyperactivity disorder with socioeconomic disadvantage: alternative explanations and evidence.** Journal of Child Psychology and Psychiatry, 2013; DOI: 10.1111/jcpp.12170

Supporting Others Brings Healing to Cancer Survivors

Nov. 26, 2013 — A new study finds that survivors of hematopoietic stem cell transplant, an aggressive treatment for blood cancers, benefited from a two-part peer support process the authors call expressive helping.

The process includes first writing for oneself in emotionally expressive ways about the trauma of the cancer and transplant experience, followed by peer helping, which includes writing as if speaking to a person ready to undergo the transplant procedure about the survivor's experience while offering advice and encouragement.

Christine Rini, PhD, research associate professor of health behavior at the UNC Gillings School of Global Public Health and member of the UNC Lineberger Comprehensive Cancer Center, led the study.

Benefits of receiving peer support when in ill health are recognized widely. Although fewer studies have focused upon the effect of an ill person's giving support to a peer, prior research has established that cancer survivors who help others face treatment experience a range of psychosocial and health-related benefits as a result of peer helping. The current study shows that the survivor's preceding the helping with emotionally expressive writing about his or her own experiences increases the health benefits to the survivor.

Rini and colleagues designed a four-part trial that compared expressive helping with neutral writing for oneself, expressive writing for oneself and peer helping (writing as if speaking to a person ready to undergo transplant, without first doing expressive writing for oneself).

Post-intervention, the survivor-participants were evaluated for levels of general psychological distress, physical symptoms and health-related quality of life. These measures were chosen specifically because the toxicity of hematopoietic stem cell transplant causes fatigue, cognitive problems and psychological distress that can last for months or years, diminishing quality of life. The researchers wanted to determine which interventions might benefit those survivors who had surpassed acute treatment but were still suffering moderate to severe survivorship problems.

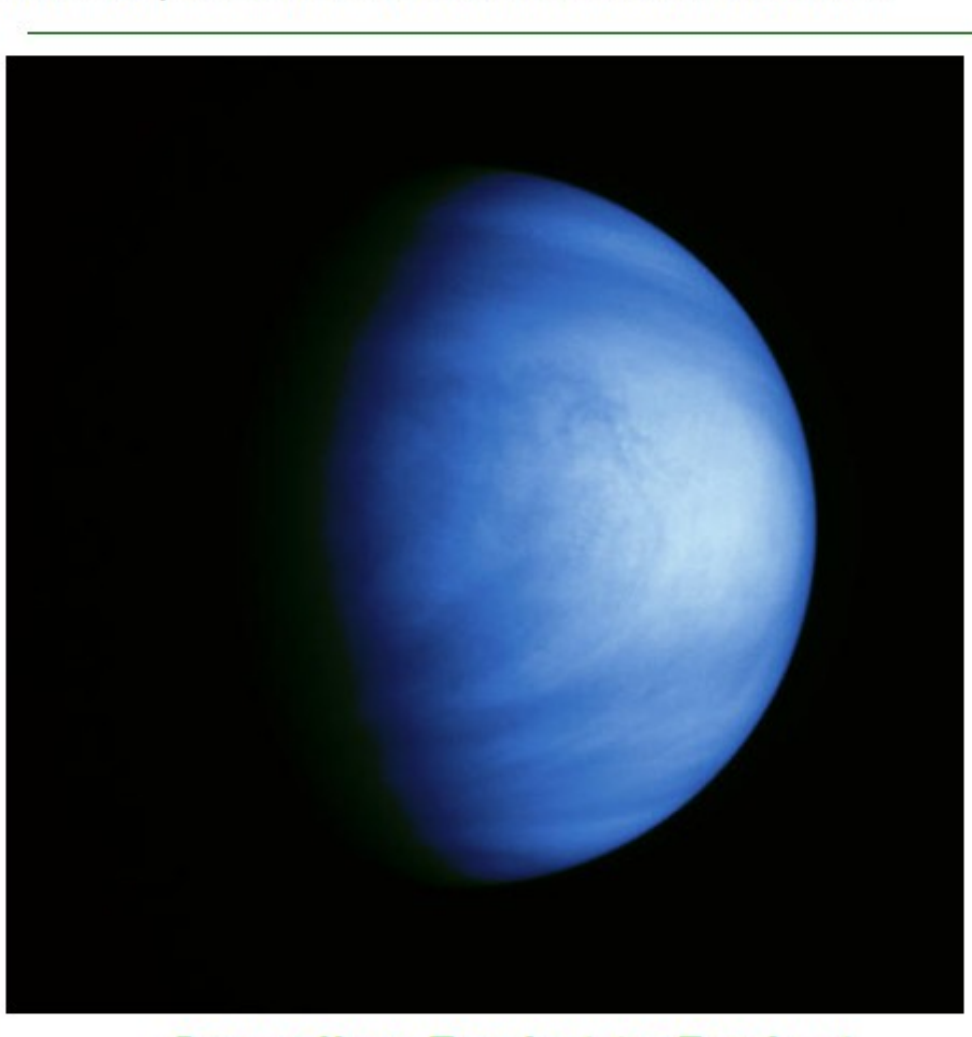
Among survivors with moderate to severe survivorship problems, the expressive helping process, which combined expressive writing for oneself and peer helping by writing for others, reduced distress and improved physical symptoms and quality of life, compared to the helping or writing processes alone.

"We think that expressive helping helps transplant survivors translate their experience into language so they can develop a more coherent narrative of their experience and greater insight into its meaning," Rini said. "Research shows that expressive writing has those kinds of benefits. In turn, that should help prepare survivors to communicate their experience to others in a way that provides more meaningful peer support."

The study sample included 178 women and 137 men, an average 20 months post-transplant, recruited between 2008 and 2011 from survivors at Mount Sinai and Hackensack University medical centers. Consistent with the population receiving stem cell transplant in the U.S., most were white, partnered, college-educated and with moderately high income.

The above story is based on materials provided by University of North Carolina School of Medicine

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *Pittwater Online News* or its staff.



Sounding Rocket to Peek at Atmosphere of Venus

Nov. 25, 2013 — A week after launching a new orbiter to investigate the upper atmosphere of Mars, NASA is sending a sounding rocket to probe the atmosphere of Venus.

The Mars Atmosphere and Volatile Evolution, or MAVEN, mission launched from Cape Canaveral Air Force Station in Florida on Nov. 18. Now, the Venus Spectral Rocket, or VeSpR for short, is scheduled to lift off from White Sands, N.M., on Nov. 25.

"It is appropriate that these launch dates are close together, because both missions will study atmospheric loss," said Kelly Fast, the program scientist for MAVEN and the program officer for Planetary Astronomy at NASA Headquarters in Washington. "VeSpR will peek at Venus from above Earth's absorbing atmosphere, and MAVEN will journey to Mars to do a long-term study."

VeSpR is a two-stage system, combining a Terrier missile - originally built as a surface-to-air missile and later repurposed to support science missions - and a Black Brant model Mk1 sounding rocket with a telescope inside. Integration took place at NASA's Wallops Flight Facility in Virginia.

The experiments will look at ultraviolet (UV) light that is being emitted from Venus' atmosphere, which can provide information about the history of the planet's water. Measurements like these cannot be done using Earth-based telescopes because our atmosphere absorbs most UV light before it reaches the ground.

The solution is to make UV measurements from beyond Earth's atmosphere. In this case, the sounding rocket will carry the telescope more than 65 miles (110 kilometers) above the surface of Earth; at that altitude, the atmosphere thins out enough to permit UV readings.

"Venus today has a thick atmosphere that contains very little water, but we think the planet started out with an ocean's worth of water," said John T. Clarke of Boston University, the mission's principal investigator.

Scientists are still trying to determine whether water existed on the surface of Venus or only high up the atmosphere, where temperatures were cooler. If the surface temperature stayed below the boiling point of water long enough, rivers might have once flowed on the planet. Venus may have even had ice.

The key to figuring out how much water Venus once had lies in how much hydrogen and deuterium, a heavier version of hydrogen, remain in the atmosphere. Both can combine with oxygen to make water, either in the familiar H2O form or the rarer hydrogen, deuterium and oxygen form, called HDO. (Very small amounts of D2O also form.)

Intense UV light from the sun has broken apart nearly all of the water molecules in Venus' atmosphere. Because the regular hydrogen atoms in the water are lighter, they escape into space more quickly than the heavier deuterium ones. By comparing the amount of deuterium now in the atmosphereto the amount of hydrogen, researchers can estimate how much water disappeared from Venus and how quickly it happened.

Earlier estimates, made from data collected by NASA's 1978 Pioneer Venus spacecraft and other observations, indicated Venus could have had enough ancient water to cover the whole globe with 23 feet (7 meters) of liquid. But it turns out that the amounts of hydrogen and deuterium can vary at different heights in Venus' atmosphere, which could change the calculations. To help resolve the uncertainty, VeSpR will make measurements specifically in the upper atmosphere.

The VeSpR instrument will observe Venus for 8 minutes, with data being transmitted in real time, before the payload returns on a parachute safely to Earth. Later, the payload will be retrieved so that the instrument can be used for future experiments.

Clarke and his team will combine these measurements with observations of Venus they made recently with NASA's Hubble Space Telescope. The group is also collaborating with Jean-Loup Bertaux of France's Centre National de la Recherche Scientifique to study the planet using the UV instrument on the European Space Agency's Venus Express spacecraft.

The above story is based on materials provided byNASA/Goddard Space Flight Center. NASA is launching a sounding rocket to study ultraviolet light being emitted from the atmosphere of Venus, shown above in false color to highlight subtle contrasts in cloud markings. (Credit: NASA JPL)

World Clock

Poodwaddle World Clock
Stats | Time | Date | Life
YR. MTH. WK. DAY NOW
World Population
7,196,664,043
Births
129,686,747
Deaths
54,305,784
Monday Dec 2
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Mortality
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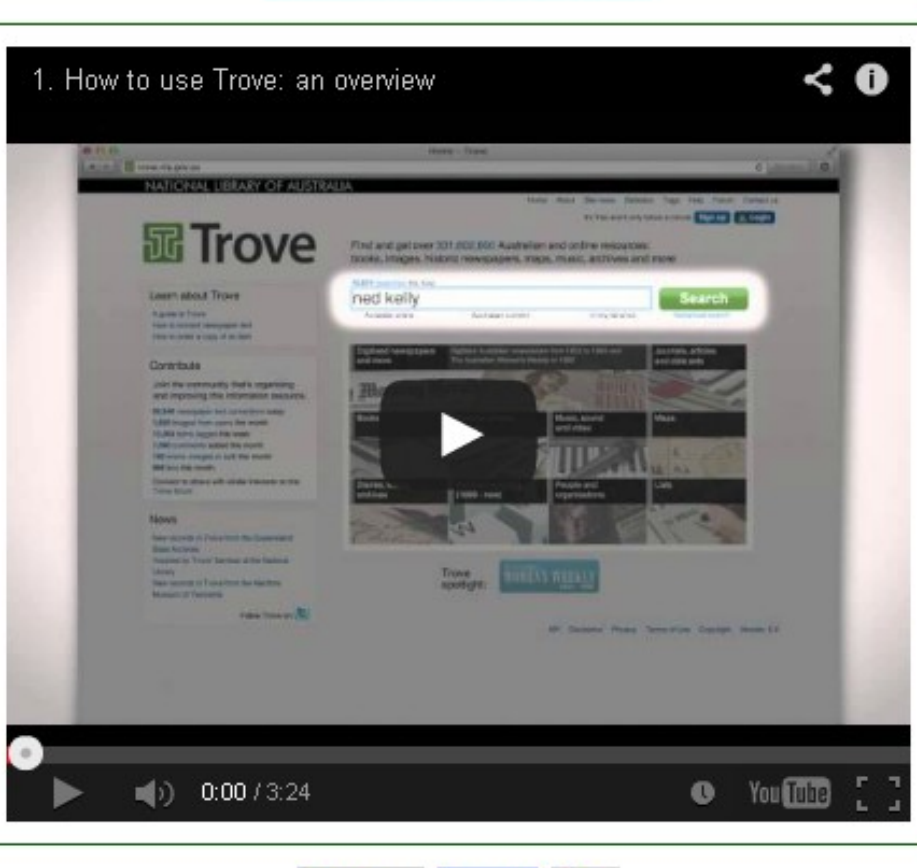
December 2013
New York Dec 1 4:08:13 PM
London Dec 1 9:08:13 PM
Moscow Dec 2 1:08:13 AM
Tokyo Dec 2 6:08:13 AM

World Clock by Poodwaddle.com



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5 Things You Should Know About Comet ISON - Published on 27 Nov 2013

Comet ISON will be making its closest pass to the Sun tomorrow (Nov. 28). It's unclear what will happen next: ISON could be torn apart by the Sun's gravity. Or, it could escape with nothing more than a sunburn and begin the return journey to its birthplace in the Oort Cloud. Find out all the essential facts about ISON in our latest episode of The Countdown.

UPDATE: According to NASA, ISON did not survive its voyage around the sun, disappearing from the view of the Solar Dynamics Observatory before making its closest approach.

5 Things You Should Know About Comet ISON - The...
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Comet ISON Fizzles as it Rounds the Sun - Published on 28 Nov 2013

These images from NASA's Solar Terrestrial Relations Observatory and the ESA/NASA Solar and Heliospheric Observatory show Comet ISON growing dim as it made the journey around the sun. The comet was not visible at all in NASA's Solar Dynamics Observatory. The comet is believed to have broken up and evaporated.

While this means that Comet ISON will not be visible in the night sky in December, the wealth of observations gathered of the comet over the last year will provide great research opportunities for some time. One important question will simply be to figure out why it is no longer visible.

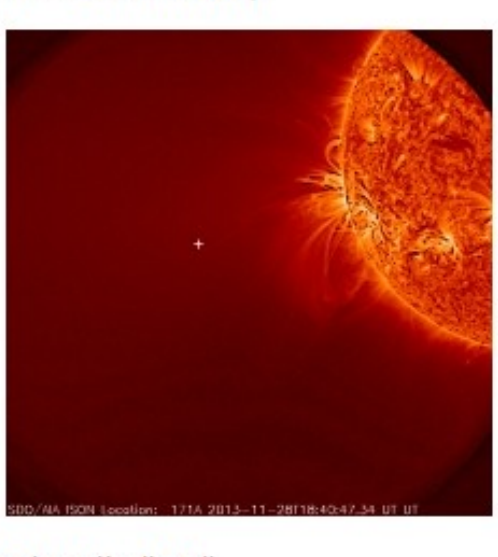
Comet ISON went around the sun on Nov. 28, 2013. Several solar observatories watched the comet throughout this closest approach to the sun, known as perihelion. While the fate of the comet is not yet established, it is likely that it did not survive the trip. The comet grew faint while within both the view of NASA's Solar Terrestrial Relations Observatory, and the joint European Space Agency and NASA's Solar and Heliospheric Observatory. The comet was not visible at all in NASA's Solar Dynamics Observatory.

This image from NASA's Solar Dynamics Observatory shows the sun, but no Comet ISON was seen. A white plus sign shows where the Comet should have appeared. It is likely that the comet did not survive the trip.

Image Credit: NASA/SDO

"We didn't see Comet ISON in SDO," said Dean Pesnell, project scientist for SDO.

"So we think it must have broken up and evaporated before it reached perihelion."



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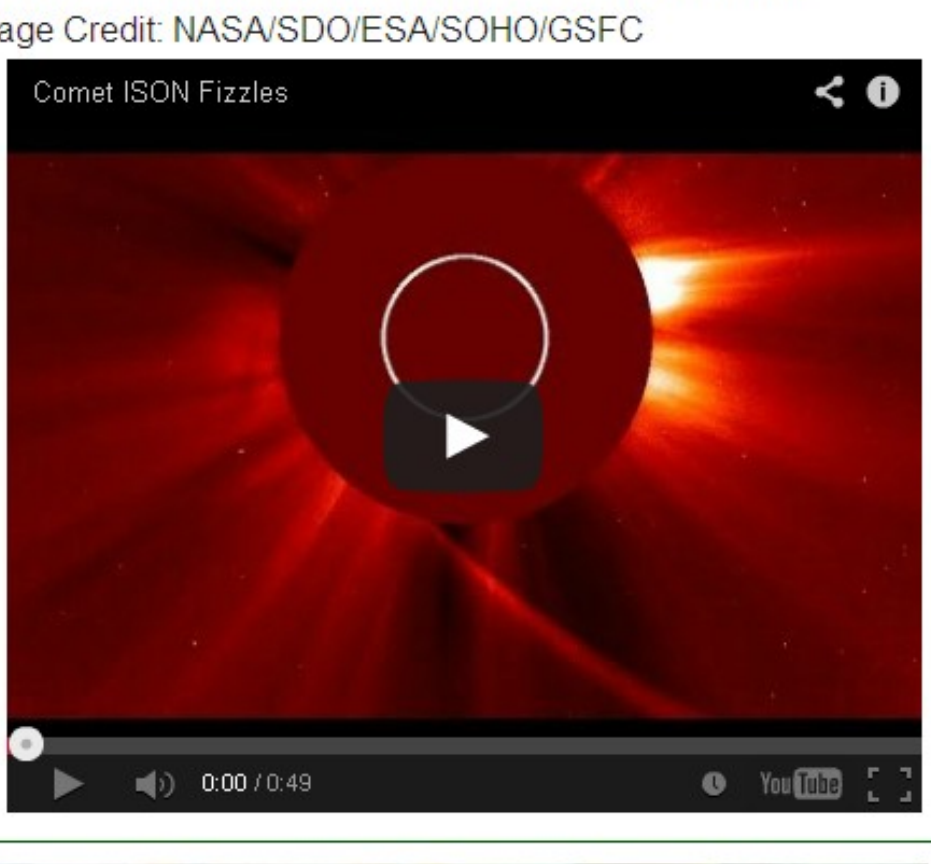
Related Links:

For more information on Comet ISON: www.nasa.gov/ison

This video is public domain and can be downloaded at: http://svs.gsfc.nasa.gov/goto?11422

These images from NASA's Solar Terrestrial Relations Observatory and the ESA/NASA Solar and Heliospheric Observatory show Comet ISON growing dim as it made the journey around the sun. The comet is believed to have broken up and evaporated.

Image Credit: NASA/SDO/ESA/SOHO/GSFC



THE SMART SOFTWARE FIGHTING FIRE WITH #FIRE 28 November 2013, from CSIRO

Australia's key disaster management agencies have joined forces to tackle the problem of how to access and interpret information gathered during bushfires, and other natural disasters to help emergency services save lives and property.

"Currently, there are many ways emergency services and the community accesses official, crowd sourced and social media information during natural disasters," CSIRO's Digital Productivity and Services Flagship Research Leader Alan Dormer said.

"There is a real need for a united approach to help bring all of this information together in a way that makes it easier to understand, and make quick and informed decisions on how to respond to minimise the risk to life and property.".

During the two-day Building a System of Systems for Disaster Management event key agencies from across the country will look at how they currently access vital information during emergencies, and how they can work together to improve on their systems for future benefit.

"Our aim is to develop a joint statement and plan of attack on how to address the research and information concerns that restrict our ability to achieve full situational awareness during a disaster at a national scale," Mr Dormer said.

"Technology has a major part to play in this, and we are working together to find solutions to big information gathering and sharing challenges faced by emergency services during natural disasters."

Emergency services, such as the NSW Rural Fire Service, are already using some technologies, like the CSIRO-developed Emergency Situation Awareness (ESA), to supplement information from other sources.

"Minimising the time for communication and integration of this information frees up time for discussion, considering options and results in faster and better decisions," Mr Dormer said.

"Having this information in an accessible form also enables incidents to be replayed and reviewed so that we can learn and respond better next time.

"This discussion is just the beginning and we hope to form a core working group of national agencies and organisations which will meet regularly to work toward the development of a high-level architecture of the system of systems, linking industry best practise and collaboration pathways to support situation awareness and community resilience."

CSIRO is also working on a suite of information based tools for disaster management including, predictive modelling of floods, bushfires and tsunamis, risk analysis, support tools for community resilience and apps disaster recovery.

Further information

NSW Rural Fire Service

During the recent NSW Bushfires, the NSW RFS used CSIRO's Emergency Situation Awareness (ESA) and Vizie tools in their state operations centre to detect minute-by-minute, unusual patterns in tweets that would provide information on emerging fires.

Anthony Clark, Group Manager of Corporate Communications, NSW RFS, said that fire agencies like the NSW RFS have been using social media to push information out to and engage with the community during emergency situations.

"However the challenge now is how to harness social media and use it as a reliable source of information and intelligence," Mr Clark said.

"With more than 470 million impressions of the hashtag nswfires during the October fires, it's a significant challenge to monitor, sort and analyse that amount of information.

"The CSIRO's Vizie and ESA monitoring tools are helpful, filtering through the massive flow of social media information and presenting the NSW RFS with snapshots of what affected communities were seeing and saying."

National Safety Agency

The National Safety Agency, supported by the Victorian Fire Services Commissioner, has developed a mobile test platform (or truck) called SAMMI, Strategically Activated to Monitor and Manage Incidents. Over a two-year period, NSA will deliver a new emergency services integrated communications vehicle, leveraging high-capacity broadband data for use on a smart phone for all emergency services front line and command personnel, providing them with access to the right information at the right time.

The vehicle will be located close to major emergency incidents, and incorporates over 30 screens including CSIRO software developed for analytics and disaster simulation. SAMMI provides a comprehensive incident management platform through multiple perspectives including weather location information via cameras, hydrology data, real time images from emergency services operators helmet held cameras, email information, dashboards with different knowledge sources, reporting from TV stations and videoconferencing capabilities between the vehicle and the State Control Centre (SCC).

Your First Hug: How Early Embryo Changes Shape

Nov. 25, 2013 — In research published today in *Nature Cell Biology*, scientists from the EMBL **Australia research team based at Monash University's Australian Regenerative Medicine Institute (ARMI)** have revealed new insights into how cells organize and form an early mammalian embryo.

In an early mammalian embryo, just 8-cells large, the roundish cells do something they had never done before - something that would determine whether the embryo survived or failed. They change their shape. The cells become elongated and compacted against each other, before returning to their rounded shape and dividing again and again.

When compaction does not occur, embryos tend not to survive. And the timing of compaction has been linked to success in IVF (in vitro fertilisation) treatments. But how did these young, seemingly featureless cells undertake this vital shaping process?

Researchers Dr Nicolas Plachta, Dr Juan Carlos Fierro-González and Dr Melanie White have found a new mechanism controlling the process. The team used live imaging technology and microinjected fluorescent markers to capture the action in vivid images and video.

"Our images reveal arm-like structures called filopodia appearing on the outer membrane of some cells during the 8-cell stage, and it is these filopodia that are responsible for contorting cell shape, and forming the embryo's first tissue-like layers," Dr Fierro-González said.

"For the first time, we have been able to watch as filopodia reach out and grab neighbouring cells, pulling them closer and elongating the cell membranes. We think that this enables the cells to effectively compact, as their new non-rounded shape makes the most of the available space."

But the role of filopodia was made clearer upon seeing what happened next.

"We then saw the filopodia retract as they released their grip on neighbouring cells, allowing them to return to a somewhat rounded shape before they continued on their journey of cell division," Dr Fierro-González said.

Dr Plachta and his team observed that cell division never occurred while filopodia were extended over the cells, but only once the filopodia had retracted. These observations have lead the researchers to believe that the filopodia provide the necessary surface tension to allow the cells to undergo expansion and compaction.

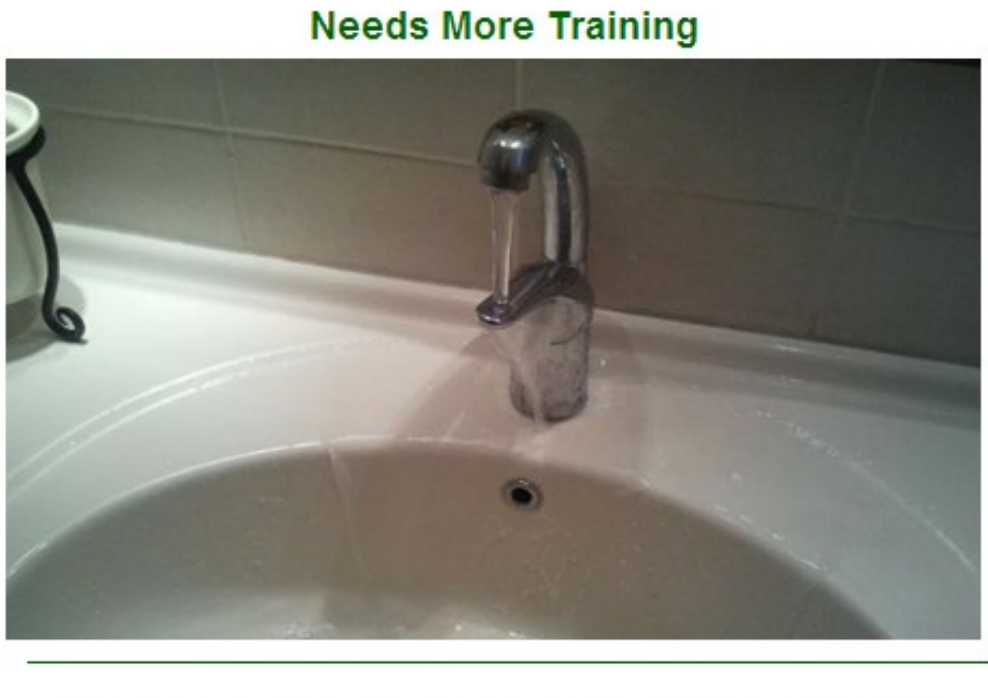
"Our findings reveal a completely unanticipated mechanism regulating the earliest stages of embryo development, and we can apply that knowledge to human IVF treatments," Dr Plachta, Leader of the Plachta Group, said.

Dr Plachta and his team are pioneering live imaging techniques to watch mouse embryos developing in real-time. And they are already working in partnership with the Monash School of Engineering to improve implantation success rates for human embryos.

"Now that we know what controls early development, we are designing non-invasive imaging approaches to see if human embryos used in IVF form normal filopodia and undergo normal compaction. This could help us choose which embryos should or shouldn't be implanted back in the uterus," Dr Plachta said.

Juan Carlos Fierro-González, Melanie D. White, Juan Carlos Silva, Nicolas Plachta. **Cadherin-dependent filopodia control preimplantation embryo compaction.** Nature Cell Biology, 2013; DOI: 10.1038/ncb2875

Needs More Training



Virtual Sailing Simulator Shows Key Role of Recreation in Spinal Cord Injury Rehabilitation

Nov. 20, 2013 — Researchers at the Kennedy Krieger Institute announced today the results of a pilot study demonstrating use of a virtual therapeutic sailing simulator as an important part of rehabilitation following a spinal cord injury (SCI). Published in the *American Journal of Physical Medicine & Rehabilitation*, findings show that using a hands-on sailing simulator over a 12-week period helped participants safely learn sailing skills in a controlled environment, ultimately improving their quality of life by gaining the ability to participate in a recreational sport.

For many individuals living with paralysis, participation in recreational sports may seem impossible or even unimportant. This study is one of the first to scientifically quantify the positive impact of therapeutic sailing following a spinal cord injury, including a significant increase in overall self-confidence and sense of accomplishment among participants.

"Sports and recreation are a very important component of the rehabilitation process, not only for general physical well-being, but for improving overall quality of life for patients who have sustained spinal cord injuries," says Dr. Albert Recio, study author and physician in the International Center for Spinal Cord Injury at Kennedy Krieger Institute. "We are very pleased with the results of this unique training program and hope that this type of recreational tool can also help in the rehabilitation of patients with other disabilities."

Study participants had chronic spinal cord injuries that occurred more than six months prior to beginning use of the Virtual Sailing VSail-Trainer, the first sailing simulator available for people with paralysis. The stationary, motorized sailboat cockpit features specialized software that enables patients to navigate the boat around a virtual course in the same way as an actual sailboat in the water. Electronic sensors give the participant real-time feedback that matches their movements and allows them to control wind strength and water conditions. Participants had no previous sailing experience and worked with the sailing simulator for one hour per week for 12 weeks.

During each session, a therapist assessed several physical and neurological indicators and compared the results to measurements taken prior to beginning the training program. All participants completed a questionnaire at the beginning and end of the study designed to evaluate their quality of life and self-esteem.

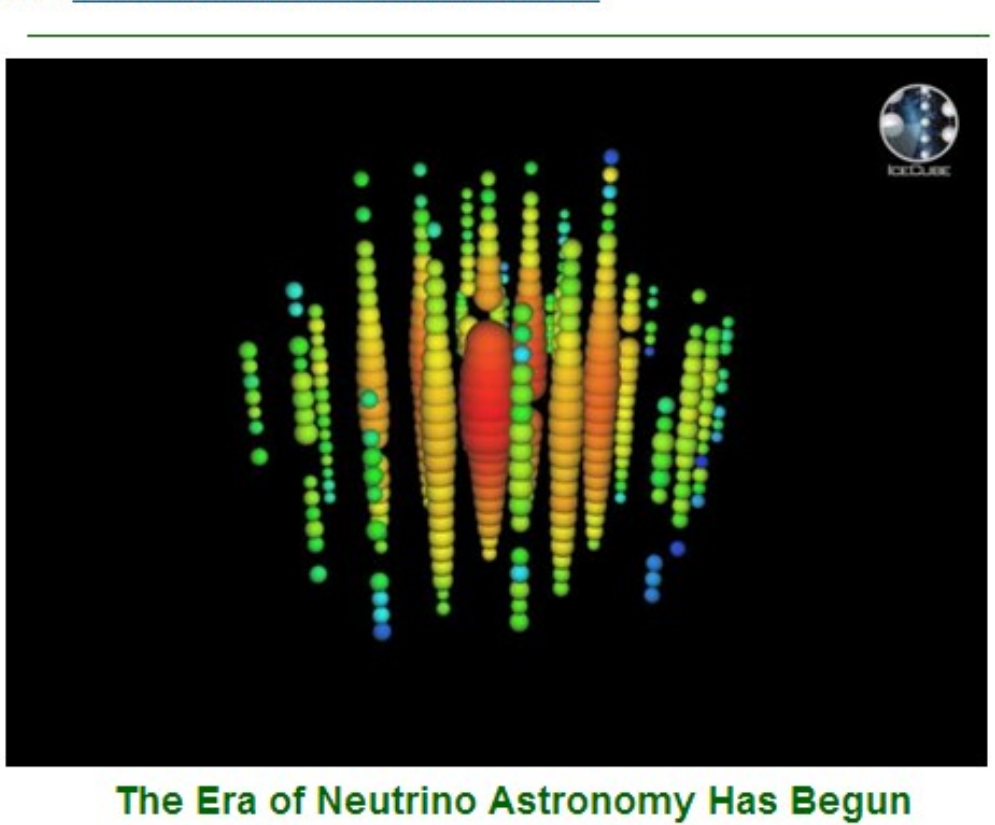
Results showed that: • All participants demonstrated rapid and substantial improvement in their sailing scores. • All patients showed a significant positive increase in overall quality of life, including increased self-confidence and sense of accomplishment. • Following completion of the training program, all subjects were able to successfully sail and perform specific maneuvers on the water at a sailing center in Baltimore, Md.

The results of this study provide preliminary evidence that the use of the Virtual Sailing's VSail-Training technology in a safe, controlled environment enables individuals with SCI to learn the skills required to sail on the water and can result in quality of life improvements. Of note, the subjects were able to participate in a sports activity with their respective family members and experienced a sense of optimism about the future.

This pilot study involved only people with SCI; however, in principle this approach could be used with people with a wide range of injuries including loss of limbs and brain injury. Additional research will be required to develop the relevant protocols.

This study was supported by the Kennedy Krieger Institute's International Center for Spinal Cord Injury, the Johns Hopkins University and the University of Melbourne, Australia.

Albert C. Recio, Daniel Becker, Marjorie Morgan, Norman R. Saunders, Lawrence P. Schramm, John W. McDonald. **Use of a Virtual Reality Physical Ride-On Sailing Simulator as a Rehabilitation Tool for Recreational Sports and Community Reintegration.** American Journal of Physical Medicine & Rehabilitation, 2013; 92 (12): 1104 DOI: 10.1097/PHM.0000000000000012



The Era of Neutrino Astronomy Has Begun

Nov. 21, 2013 — Astrophysicists using a telescope embedded in Antarctic ice have succeeded in a quest to detect and record the mysterious phenomena known as cosmic neutrinos - nearly massless particles that stream to Earth at the speed of light from outside our solar system, striking the surface in a burst of energy that can be as powerful as a baseball pitcher's fastball. Next, they hope to build on the early success of the IceCube Neutrino Observatory to detect the source of these high-energy particles, said Physics Professor Gregory Sullivan, who led the University of Maryland's 12-person team of contributors to the IceCube Collaboration.

"The era of neutrino astronomy has begun," Sullivan said as the IceCube Collaboration announced the observation of 28 very high-energy particle events that constitute the first solid evidence for astrophysical neutrinos from cosmic sources.

By studying the neutrinos that IceCube detects, scientists can learn about the nature of astrophysical phenomena occurring millions, or even billions of light years from Earth, Sullivan said. "The sources of neutrinos, and the question of what could accelerate these particles, has been a mystery for more than 100 years. Now we have an instrument that can detect astrophysical neutrinos. It's working beautifully, and we expect it to run for another 20 years."

The collaboration's report on the first cosmic neutrino records from the IceCube Neutrino Observatory, collected from instruments embedded in one cubic kilometer of ice at the South Pole, was published Nov. 22 in the journal Science.

"This is the first indication of very high-energy neutrinos coming from outside our solar system," said University of Wisconsin-Madison Physics Professor Francis Halzen, principal investigator of IceCube. "It is gratifying to finally see what we have been looking for. This is the dawn of a new age of astronomy."

"Neutrinos are one of the basic building blocks of our universe," said UMD Physics Associate Professor Kara Hoffman, an IceCube team member. Billions of them pass through our bodies unnoticed every second. These extremely high-energy particles maintain their speed and direction unaffected by magnetic fields. The vast majority of neutrinos originate either in the sun or in Earth's own atmosphere. Far more rare are astrophysical neutrinos, which come from the outer reaches of our galaxy or beyond.

The origin and cause of astrophysical neutrinos are unknown, though gamma ray bursts, active galactic nuclei and black holes are potential sources. Better understanding of these neutrinos is critically important in particle physics, astrophysics and astronomy, and scientists have worked for more than 50 years to design and build a high-energy neutrino detector of this type.

IceCube was designed to accomplish two major scientific goals: measure the flux, or rate, of high-energy neutrinos and try to identify some of their sources. The neutrino observatory was built and is operated by an international collaboration of more than 250 physicists and engineers. UMD physicists have been key collaborators on IceCube since 2002, when its unique design was devised and construction began.

IceCube is made up of 5,160 digital optical modules suspended along 86 strings embedded in ice beneath the South Pole. The National Science Foundation-supported observatory detects neutrinos through the tiny flashes of blue light, called Cherenkov light, produced when neutrinos interact in the ice. Computers at the IceCube laboratory collect near-real-time data from the optical sensors and send information about interesting events north via satellite. The UMD team designed the data collection system and much of IceCube's analytic software. Construction took nearly a decade, and the completed detector began gathering data in May 2011.

"IceCube is a wonderful and unique astrophysical telescope - it is deployed deep in the Antarctic ice but looks over the entire Universe, detecting neutrinos coming through the Earth from the northern skies, as well as from around the southern skies," said Vladimir Papitashvili of the National Science Foundation (NSF) Division of Polar Programs.

In April 2012 IceCube detected two high-energy events above 1 petaelectronvolt (PeV), nicknamed Bert and Ernie, the first astrophysical neutrinos definitively recorded by a terrestrial detector. After Bert and Ernie were discovered, the IceCube team searched their records from May 2010 to May 2012 of events that fell slightly below the energy level of their original search. They discovered 26 more high-energy events, all at levels of 30 teraelectronvolts (TeV) or higher, indicative of astrophysical neutrinos. Preliminary results of this analysis were presented May 15 at the IceCube Particle Astrophysics Symposium at UW-Madison. The analysis presented in Science reveals a highly statistically significant signal (more than 4 sigma), providing solid evidence that IceCube has successfully detected high-energy extraterrestrial neutrinos, said UMD's Sullivan.

Since astrophysical neutrinos move in straight lines unimpeded by outside forces, they can act as pointers to the place in the galaxy where they originated. The 28 events recorded so far are too few to point to any one location, Sullivan said. Over the coming years, the IceCube team will watch, "like waiting for a long exposure photograph," as more measurements fill in a picture that may reveal the point of origin of these intriguing phenomena.

New detection systems for astrophysical neutrinos are also in the works. Hoffman is leading the development of the Askaryan Radio Array, a neutrino telescope that uses radio frequency, which transmits best through very cold ice, to detect the particles. Plans are underway for 37 subsurface clusters of radio antennae

The IceCube Neutrino Observatory was built under a NSF Major Research Equipment and Facilities Construction grant, with assistance from partner funding agencies around the world. The NSF's Division of Polar Programs and Physics Division continue to support the project with a Maintenance and Operations grant, along with international support from participating institutes and their funding agencies.

UMD contributors to the IceCube collaboration include Sullivan and Hoffman; UMD faculty and staff members Erik Blaufuss, John Felde, Henrike Wissing, Alex Olivas, Donald La Dieu, and Torsten Schmidt; and graduate students Elim Cheung, Robert Hellauer, Ryan Maunu, and Michael Richman.

This is the second highest-energy neutrino ever observed, with an estimated energy of 1.04 PeV. IceCube physicists named it Bert. Twenty-eight events with energies around and above 30 TeV were observed in an all-sky search, conducted between May 2010 and May 2012, for high-energy neutrino events with vertices contained in the IceCube neutrino detector. (Credit: IceCube Collaboration)

IceCube Collaboration. **Evidence for High-Energy Extraterrestrial Neutrinos at the IceCube Detector.** Science, 22 November 2013: Vol. 342 no. 6161 DOI: 10.1126/science.1242856

Modelling earthquakes and explosives reactions - 26 November 2013

Modelling earthquakes and explosives reactions

Researchers at the University of Sydney are developing mathematical models that can help in reducing rock fracturing and soil liquefaction caused by natural or man-made disasters.

According to Dr Luming Shen chief investigator on the study, the outcomes of the research could improve safety levels in the mining and petroleum industries, and play a critical role in the ability of civil infrastructure to withstand disasters such as earthquakes and explosions.

Dr Shen, senior lecturer at the School of Civil Engineering, says the study of the dynamic behaviour of unsaturated porous media under extreme loading is in its infancy and the team's project is breaking new ground in the field of geotechnical earthquake engineering.

"It is a new and vital component of geotechnical earthquake engineering and could hold the key to solving a number of issues associated with seismic damage of underground structures" he states.

Extreme loading such as explosives or earthquakes generates stress wave propagation through unsaturated granular media and can lead, for example, to rock fracturing Dr Shen says.

"A fracture can divide the rock into two or more pieces and form a deep fissure or crevice in the rock. It usually occurs when stress exceeds the rock strength, causing the rock to lose cohesion along its weakest plane," explains Dr Shen.

Soil liquefaction can also occur, causing severe damage to vital infrastructures says co-investigator, Dr Abbas El-Zein, Associate Professor, who is also based in the School of Civil Engineering and lectures in geo-environmental Engineering.

"Understanding the response of unsaturated porous media to high-rate loading will assist in reducing seismic damage to underground structures such as tunnels or rail lines.

"It would also assist in the control of blast-induced fragmentation in block cave mining, and the reduction of contaminant transport through fractures in porous rock," he says.

The team recently received an Australian Research Council Discovery Projects grant to investigate unsaturated porous media under extreme loading and to develop an experimentally-validated theory with applicable models.

During the three-year project they will work in collaboration with University of Adelaide academics and plan to analyse a wide spectrum of strain rates and saturations.

"We will conduct mesoscale experiments, studying the interactions between the solid, liquid and gas phases and compare the results to macroscopic or humanly visible dynamic responses" says Dr Shen.

The project team, and ARC grant recipients, also include Dr Federico Maggi, Senior Lecturer, School of Civil Engineering, University of Sydney and Dr Giang Nguyen, Senior Lecturer in the School of Civil, Environmental and Mining Engineering, University of Adelaide.

Arctic Seafloor Methane Releases Double Previous Estimates

Nov. 25, 2013 — The seafloor off the coast of Northern Siberia is releasing more than twice the amount of methane as previously estimated, according to new research results published in the Nov. 24 edition of the journal Nature Geoscience.

The East Siberian Arctic Shelf is venting at least 17 teragrams of the methane into the atmosphere each year. A teragram is equal to 1 million tons.

"It is now on par with the methane being released from the arctic tundra, which is considered to be one of the major sources of methane in the Northern Hemisphere," said Natalia Shakhova, one of the paper's lead authors and a scientist at the University of Alaska Fairbanks. "Increased methane releases in this area are a possible new climate-change-driven factor that will strengthen over time."

Methane is a greenhouse gas more than 30 times more potent than carbon dioxide. On land, methane is released when previously frozen organic material decomposes. In the seabed, methane can be stored as a pre-formed gas or asmethane hydrates. As long as the subsea permafrost remains frozen, it forms a cap, effectively trapping the methane beneath. However, as the permafrost thaws, it develops holes, which allow the methane to escape. These releases can be larger and more abrupt than those that result from decomposition.

The findings are the latest in an ongoing international research project led by Shakhova and Igor Semiletov, both researchers at the UAF International Arctic Research Center. Their twice-yearly arctic expeditions have revealed that the subsea permafrost in the area has thawed much more extensively than previously thought, in part due to warming water near the bottom of the ocean. The warming has created conditions that allow the subsea methane to escape in much greater amounts than their earlier models estimated. Frequent storms in the area hasten its release into the atmosphere, much in the same way stirring a soda releases the carbonation more quickly.

"Results of this study represent a big step forward toward improving our understanding of methane emissions from the East Siberian Arctic Shelf," said Shakhova. She noted that while the ESAS is unusual in its expansive and shallow nature, the team's findings there speak to the need for further exploration of the subsea Arctic. "I believe that all other arctic shelf areas are significantly underestimated and should be paid very careful attention to."

The East Siberian Arctic Shelf is a methane-rich area that encompasses more than 2 million square kilometers of seafloor in the Arctic Ocean. It is more than three times as large as the nearby Siberian wetlands, which have been considered the primary Northern Hemisphere source of atmospheric methane. Previous estimates performed for the ESAS suggested that the area was releasing 8 teragrams of methane into the atmosphere yearly.

During field expeditions, the research team used a variety of techniques - including sonar and visual images of methane bubbles in the water, air and water sampling, seafloor drilling and temperature readings - to determine the conditions of the water and permafrost, as well as the amount of methane being released.

Methane is an important factor in global climate change, because it so effectively traps heat. As conditions warm, global research has indicated that more methane is released, which then stands to further warm the planet. Scientists call this phenomenon a positive feedback loop.

"We believe that the release of methane from the Arctic, and in particular this part of the Arctic, could impact the entire globe," Shakhova said. "We are trying to understand the actual contribution of the ESAS to the global methane budget and how that will change over time."

Natalia Shakhova, Igor Semiletov, Ira Leifer, Valentin Sergienko, Anatoly Salyuk, Denis Kosmach, Denis Chernykh, Chris Stubbs, Dmitry Nicolsky, Vladimir Tumskoy, Örjan Gustafsson. **Ebullition and storm-induced methane release from the East Siberian Arctic Shelf.** Nature Geoscience, 2013; DOI: 10.1038/ngeo2007

Methane burns as it escapes through a hole in the ice in a lagoon above the East Siberian Arctic Shelf. (Credit: Photo courtesy of Natalia Shakhova)

Pittwater Online News

December 1 - 7, 2013: Issue 139

Old Books: December 2013 - read in full here: online!

Sea and River-side Rambles in Victoria; being a handbook for those seeking recreation during the summer months (1860) John Walter Gregory

The dead heart of Australia. A journey around lake Eyre in the summer of 1901-1902, with some account of the lake Eyre basin and the flowing wells of central Australia (1906) Samuel Hannaford

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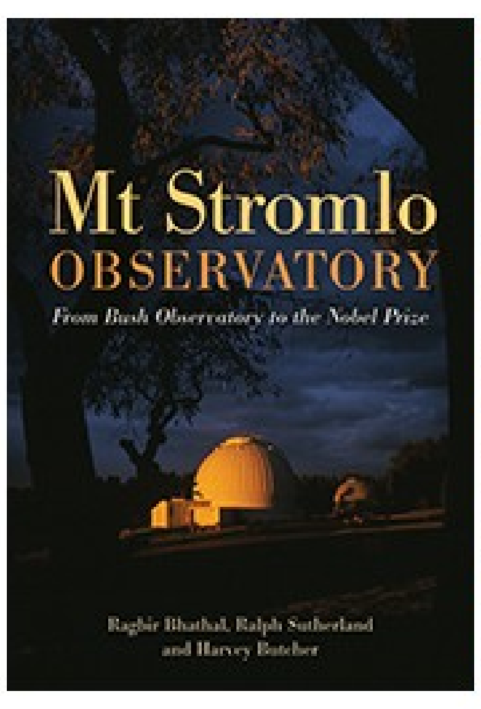

Mt Stromlo
OBSERVATORY
From Bush Observatory to the Nobel Prize
Ragbir Bhathal, Ralph Sutherland
and Harvey Butcher

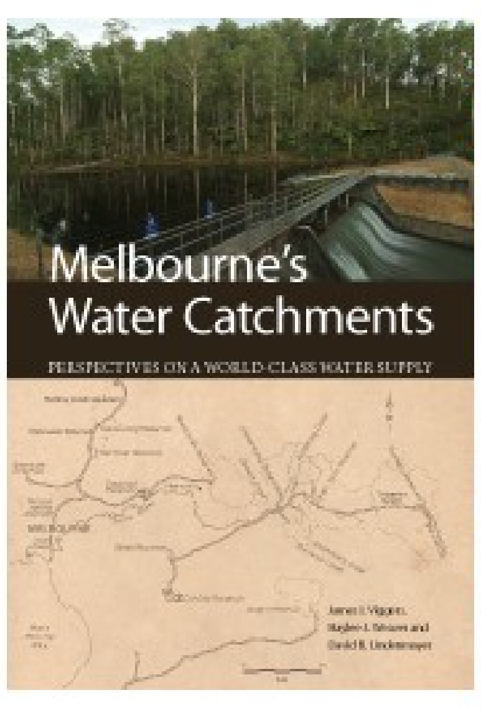
Mt Stromlo Observatory - From Bush Observatory to the Nobel Prize, by Ragbir Bhathal University of Western Sydney, Ralph Sutherland The Australian National University, Harvey Butcher The Australian National University.

Photographs, Illustrations, 344 pages; $ 39.95. CSIRO PUBLISHING

This book tells the story of the Mt Stromlo Observatory in Canberra which began with W.G. Duffield's idealism and vision in 1905. The Observatory began life as a government department, later becoming an optical munitions factory producing gun sights and telescopes during the Second World War, before changing its focus to astrophysics – the new astronomy.

In the ensuing years programs were introduced to push the Observatory in new directions at the international frontiers of astronomy. The astronomers built new, better and larger telescopes to unravel the secrets of the universe. There were controversies, exciting new discoveries and new explanations of phenomena that had been discovered. The Observatory and its researchers have contributed to determining how old the universe is, participated in the largest survey of galaxies in the universe, and helped to show us that the universal expansion is accelerating – research that led to Brian Schmidt and his international team being awarded the 2011 Nobel Prize in Physics.

These and other major discoveries are detailed in this fascinating book about one of the great observatories in the world.



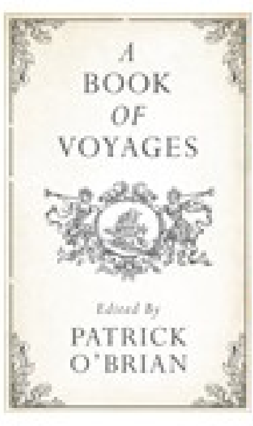
Melbourne's Water Catchments - Perspectives on a World-Class Water Supply, by Haylee Weaver, David Lindenmayer, James Viggers; Fenner School of Environment and Society

Photographs, Illustrations, 144 pages; $ 29.95. CSIRO PUBLISHING

This book charts the history of the water catchments and water supply for the city of Melbourne, which has many unique aspects that are a critical part of the history of Melbourne, Victoria and Australia. Much of the development of the water supply system was many decades ahead of its time and helped buffer the city of Melbourne from major diseases, droughts and water shortages.

The authors present a chronology of the evolution of the catchment and water supply system pre-1900 to today. They discuss major developments, policies, and construction and management activities. Each chapter is illustrated with historical black and white images as well as newly taken photos that contrast present scenes with those from the past. Chapters also include many fascinating stories of life within the water catchments and working for the Melbourne and Metropolitan Board of Works.

Finally, the book includes many extraordinary insights into current and future issues with Melbourne's water supply, including issues associated with the highly controversial North-South Pipeline and the desalination plant.



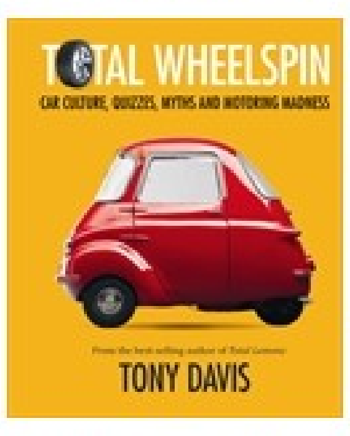
A Book Of Voyages by Patrick O'Brian

400 pages; $29.99. HarperCollins

'Most books of voyages say in their prefaces that they intend to be useful ... they hardly ever speak of giving entertainment.

The intention of this book is quite different; its first aim is to give the reader pleasure. It makes no claim to being a scholarly work, and it has no didactic purpose. If the reader draws instruction or edification from it as well as pleasure that is his own affair, and beside the bargain.' -Patrick O'Brian, Foreword to A Book of Voyages

This anthology presents writings by various travellers, annotated and introduced by Patrick O'Brian, which are glimpses of a world that few readers would ever see for themselves.

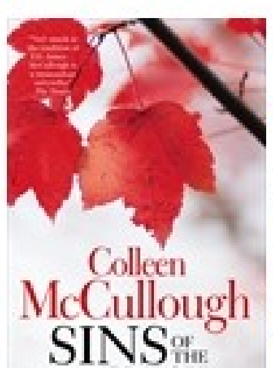


Total Wheelspin by Tony Davis

320 pages; $19.99. HarperCollins.

TOTAL WHEELSPIN should come with a caution: READING THIS IS ADDICTIVE.

Whether debating the pros and cons of the chosen transport of superheroes, musing on why people (well, men) hang their arms out the car window, revealing the third-bestselling car of all time, or comparing the school run to taking on Vettel and Alonso in the Formula One Grand Prix, each part is so compelling you simply will not be able to stop turning the pages until you reach the end. And you will not be able to stop yourself laughing out loud at the obscure facts, bizarre anecdotes, and vehicular follies of the motoring world as seen through the eyes of the very funny Tony Davis.



Sins of the Flesh by Colleen McCullough

336pages; $29.99. HarperCollins.

It's August 1969 in the sleepy college town of Holloman, Connecticut, and police Captain Carmine Delmonico is away on vacation. Back at home, first one, then two anonymous male corpses turn up- emaciated and emasculated. After connecting the victims to four other bodies, Sergeant Delia Carstairs and Lieutenant Abe Goldberg realize that Holloman has a psychopathic killer on the loose. Luckily, Carmine decides to come back from vacation early.

Carmine's team begins to circle a trio of eccentrics, who readily admit to knowing all the victims, but their stories keep changing. They share family ties, painful memories, and a dark past. One of them is a new friend of Carmine's invaluable sergeant, Delia Carstairs, as is the respected head of the mental hospital, who has been doing groundbreaking work rehabilitating one very difficult patient who is now her trusted assistant. When another vicious murder rocks Holloman, Carmine faces the revelation that two killers are at large with completely different modus operandi even as he barely escapes being next in the body count. Suddenly the summer isn't so sleepy anymore.

A riveting mystery series by an author of astounding range and skill, Colleen McCullough's Carmine Delmonico books take you back to an age of classic police work, before DNA analysis and computers. SINS OF THE FLESH is her finest work yet, pitting her beloved hero against every cop's nightmare scenario in a plot that turns on the sort of science that McCullough herself knows so well.

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Sunday 2pm to 5pm
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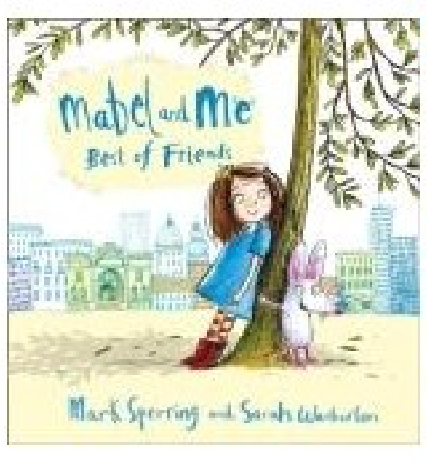
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

For Children:



Mabel and Me - Best of Friends by Mark Sperring, Sarah Warburton

32pages; $5.99. HarperCollins.

Mabel and Me are strolling down a strolly street, when Mabel asks a Hugely Harrowing and Diabolically Difficult question about why Me thinks they are best friends. Join this oddest of odd couples in their very first adventure to discover the answer - but be prepared for a large dose of mistaken identity along the way!

Mark Sperring's sparkling text is a rollicking read-aloud that delights in language and rhythm and is perfectly complemented by Sarah Warburton's terrifically warm and witty illustrations.

Green Wing Press - The Red Light of Palm Beach

It is with great joy, and at least one small leap into the air, that we announce the launch of Green Wing Press Pty. Ltd, the hard copy publishing arm of which Pittwater Online News is now a subsidiary.

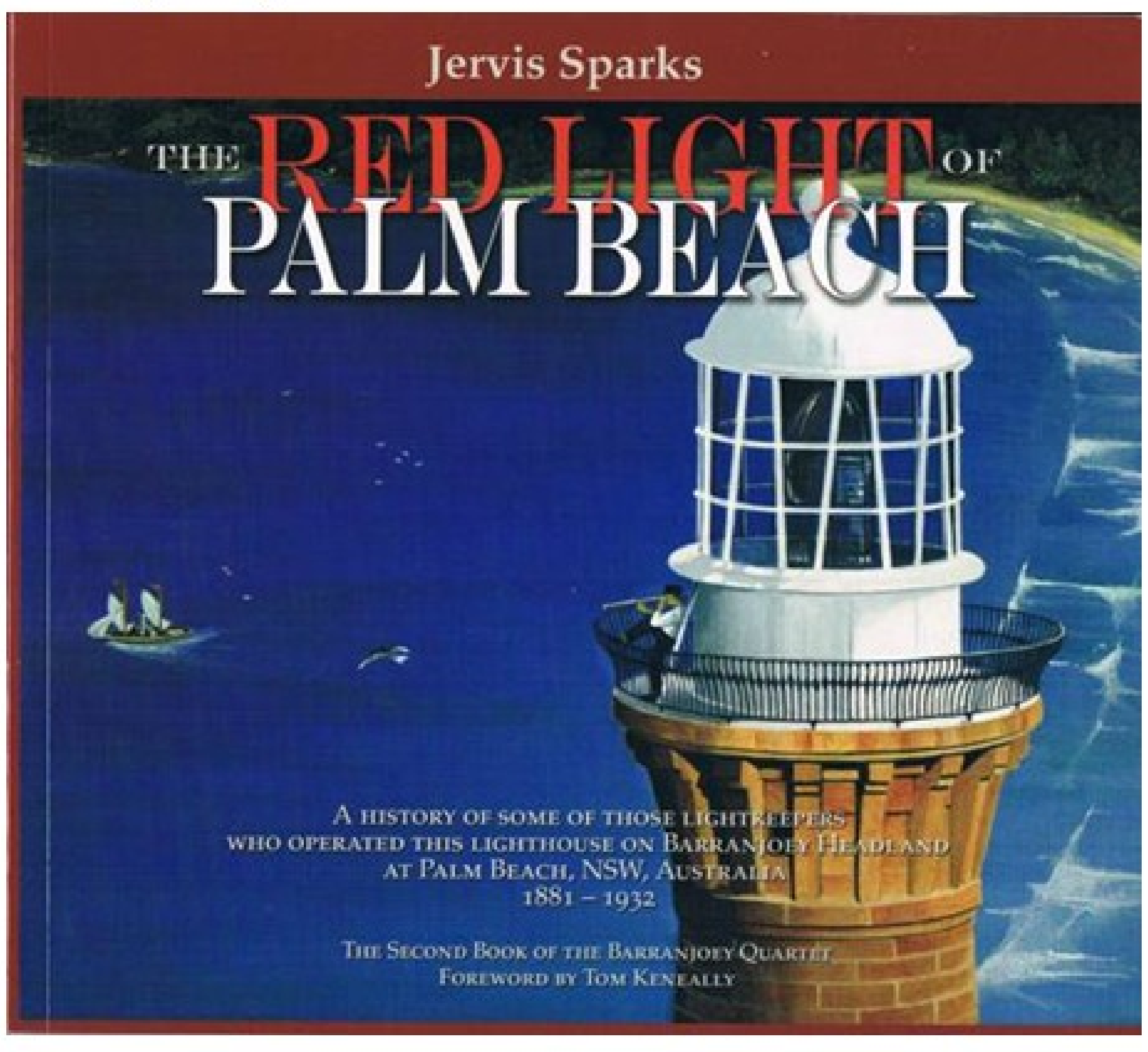
To commence this 'branch' of our ever expanding passion to create and share permanent records of our stories, we have the very great privilege of announcing the first book we will sell is Jervis Sparks's *'The Red Light Of Palm Beach'*.

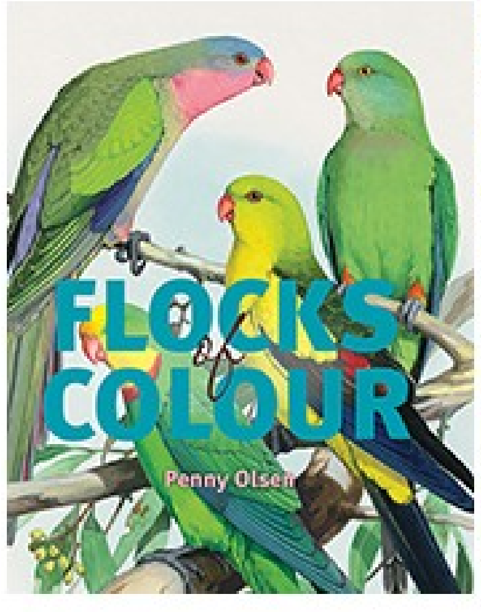
Bridget and Jervis are doing well in Queensland and we know a lot here miss them. We will bring you more news soon... Jervis has kindly consented to allowing us to run a Profile on him in October and there is a lot to talk of there !

Copies may be purchased for a minuscule $25.00 by contacting us at greenwingpress@live.com.au and providing your details. Please put 'Red Light of Palm Beach' in your subject heading and provide details of a delivery or postage address. Once payment is confirmed you will own your own copy of this great book. You can also post a cheque/money order to the office; 724 Barrenjoey Road, Avalon, 2017, if this works better for you.

Above: Recent photo of Bridget and Jervis.

UPDATE: We have placed some copies of The Red Light Of Palm Beach at Barrenjoey Boating Services, at The Boat House, Palm Beach where you can buy them after a yummy breakfast or lunch.


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



Flocks of Colour by Penny Olsen $ 39.99

What name could be a more apt description of Australia than 'The Land of Parrots', a name inspired by late sixteenth-century maps showing a southern region labelled 'Psittacorum regio'? This beautiful book takes a close look at parrots in Australia, from the first published illustration of an Australian parrot — a Rainbow Lorikeet collected live on Cook's 1770 voyage — to William T Cooper's twentieth-century watercolour of the elusive Night Parrot.

With introductory essays by ornithologist Penny Olsen, Flocks of Colour covers two and a quarter centuries of discovery and illustration of Australia's avifauna. It features a rich portfolio of images of all the Australian parrots, by various artists including John Gould, Edward Lear, Neville W Cayley and William T Cooper, selected from the collections of the National Library of Australia. The foreword is by Joseph Forshaw, a world expert on the parrot family.

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

Children's Storytime at Mona Vale Library

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

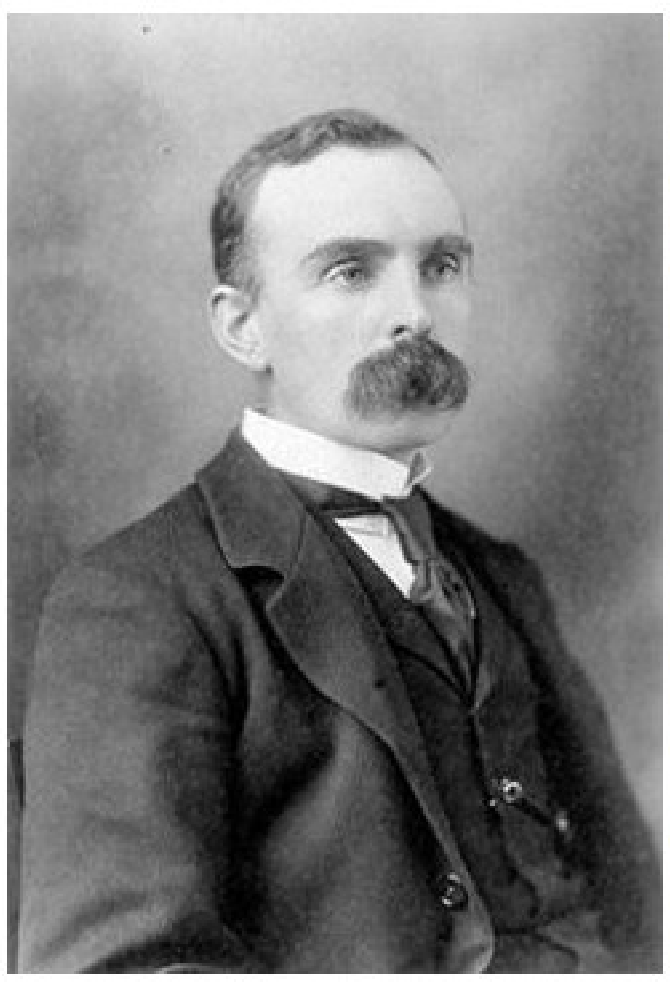
Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

Pittwater Online News

Old Books: we will change these monthly.

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

The dead heart of Australia. A journey around lake Eyre in the summer of 1901-1902, with some account of the lake Eyre basin and the flowing wells of central Australia (1906) by Gregory, J. W. (John Walter), 1864-1932



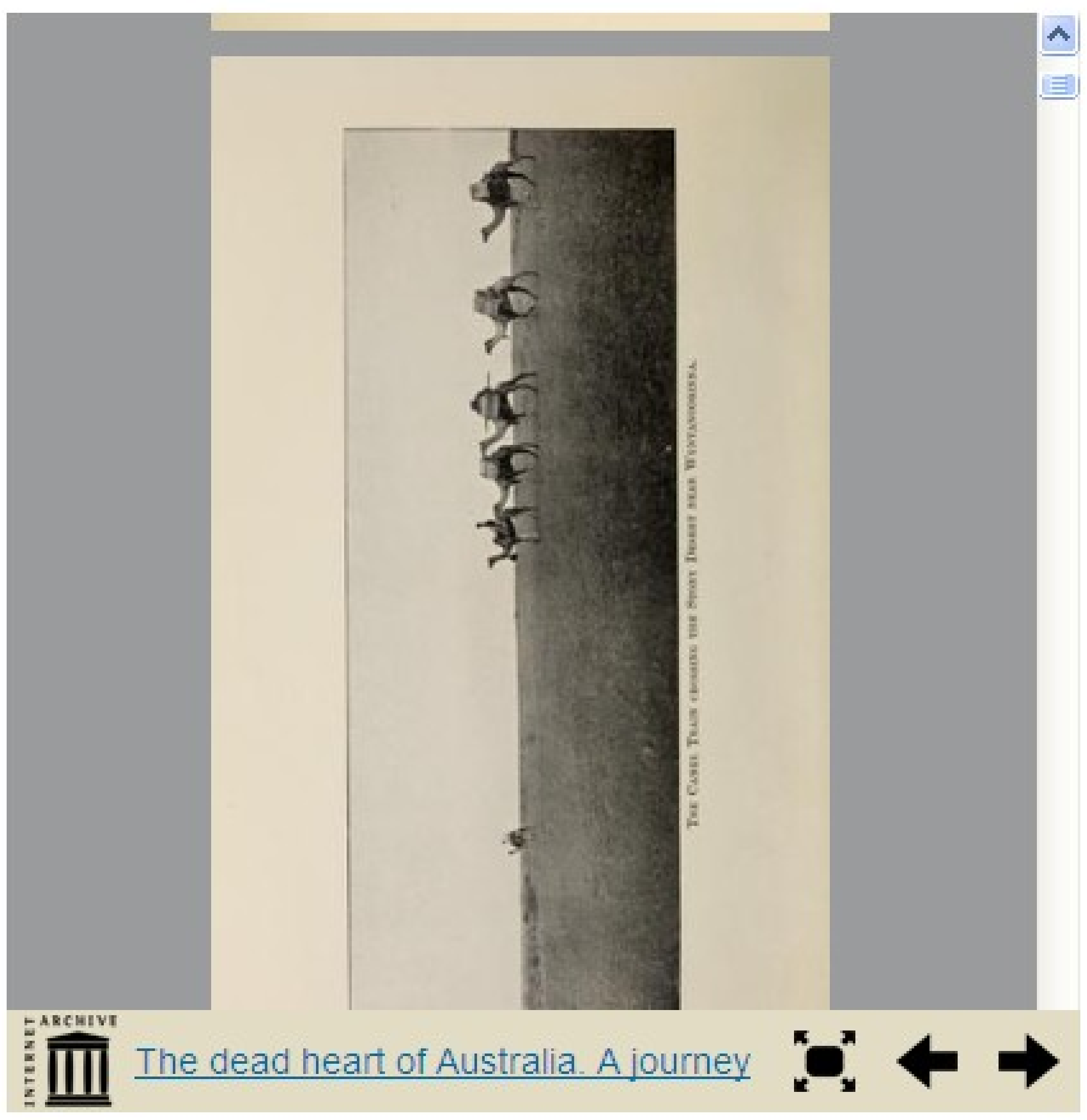
John Walter Gregory (1864-1932), geologist, geographer and explorer, was born on 27 January 1864 at Bow, London, only son of John James Gregory, wool merchant, and his wife Jane, née Lewis. After education at Stepney Grammar School, at 15 he became a clerk at wool sales in the City of London. His growing interest in the natural sciences led him to attend evening classes at the London Mechanics' Institute (Birkbeck College). He matriculated in 1886 and graduated B.Sc. with first-class honours in 1891 and D. Sc. (London) in 1893. Meanwhile in 1887 he was appointed assistant in the geological department of the British Museum (Natural History), replacing Robert Etheridge.

On the death of Sir Frederick McCoy, the University of Melbourne decided to create a new chair in geology and mineralogy. Gregory was attracted to the possibility of creating a new geology department in a region rich in mineral resources. He applied and was appointed in December 1899. His arrival in Melbourne in February 1900 was heralded by the Age as opening a 'new era in the popularizing of University teaching in Victoria'. For his part Gregory called for new courses with 'field work, camping out, the linking of theoretical study with mining work, the advancement of the mineralogical features of the science'. Unfortunately the university then lacked the resources to enable him to carry out his relatively modest requests for accommodation and for funds to cover operating costs. Even the teaching collections had been spirited away to the National Museum in the city, leaving him with just one specimen.

In conjunction with his university appointment, in 1901-04 Gregory was director of the Geological Survey of Victoria, and in this role visited most of the mining areas; in January and May 1903 he gathered information for his book The Mount Lyell Mining Field, Tasmania (1905). In the summer of 1901-02 he led a student scientific expedition around Lake Eyre. The resulting book, The Dead Heart of Australia (1906), was remarkable for the coining of the evocative phrase 'dead heart' for the central deserts of Australia, and for the proposition (now discredited) that the hot waters of the Great Artesian Basin were of 'juvenile' or deep-seated, as distinct from atmospheric, origin.

J. F. Lovering, 'Gregory, John Walter (1864–1932)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/gregory-john-walter-6479/text11101

John Walter Gregory (1864-1932), by unknown photographer, University of Melbourne Archives, UMA/I/1217



Internet Sacred Text Archive

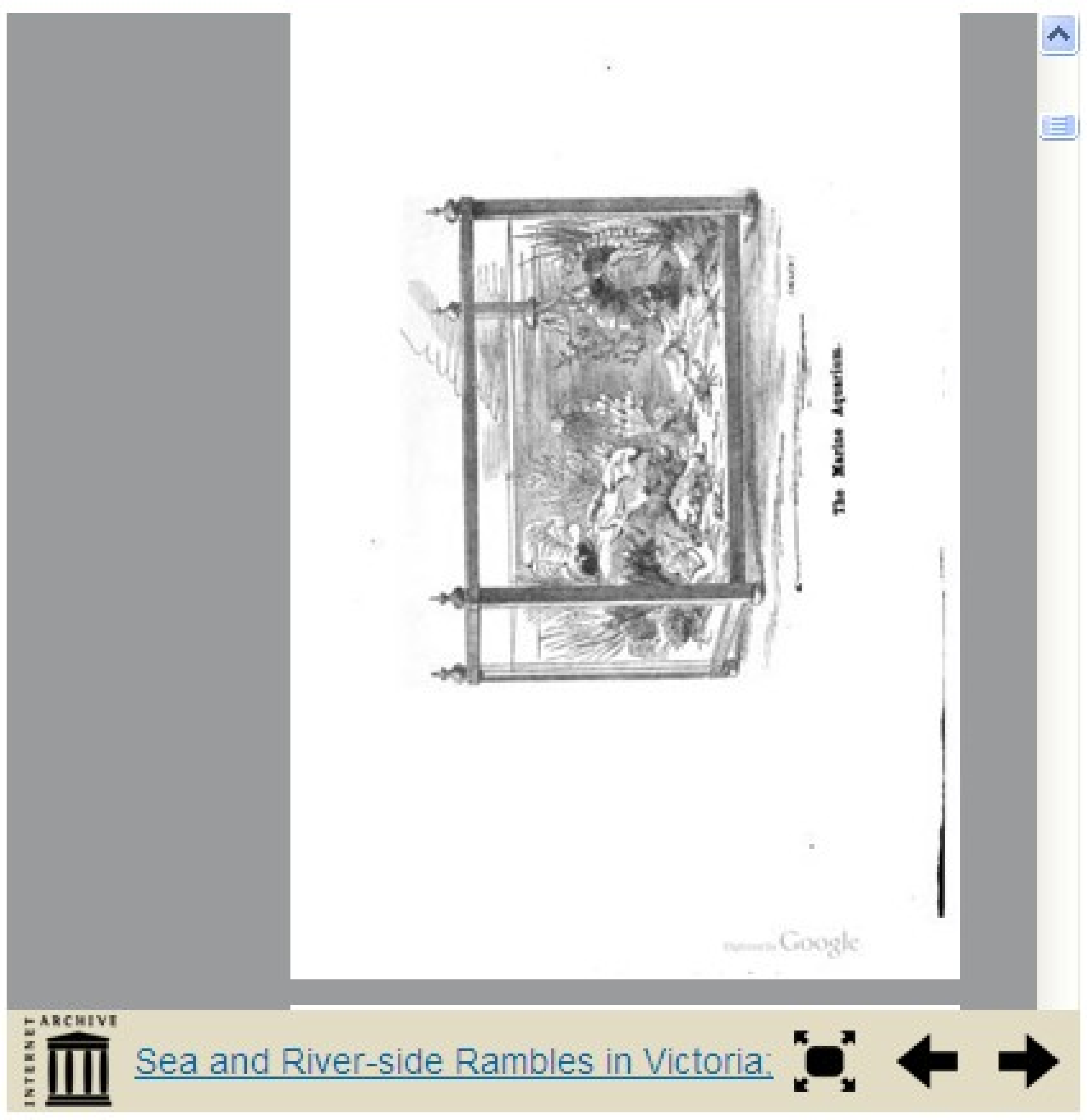
Sacred Texts Website: http://www.sacred-texts.com/index.htm

Sea and River-side Rambles in Victoria; being a handbook for those seeking recreation during the summer months (1860) - Hannaford, S. (Samuel) -

Samuel Hannaford (1828 - 1874)

Born in Totnes, Devonshire, England, in 1828, died in Hobart, Tasmania, on 3 January 1874.

Arrived in Melbourne, Victoria, in 1853 and worked as a bank teller in Warrnambool (1855-1856) and Geelong (1856-1863). Moved to Tasmania in 1863. Editor of the Victorian Agricultural & Horticultural Gazette during his time in Geelong, and later editor of the Launceston Times (1863-1868), moving to Hobart from 1868. He wrote extensively on botany and agriculture, and collected throughout his time in Australia, including cooperation with John Fereday to collect algae at Tamar Heads for Harvey. His terrestrial collections are in HO, MEL and NSW.



Pittwater Online News

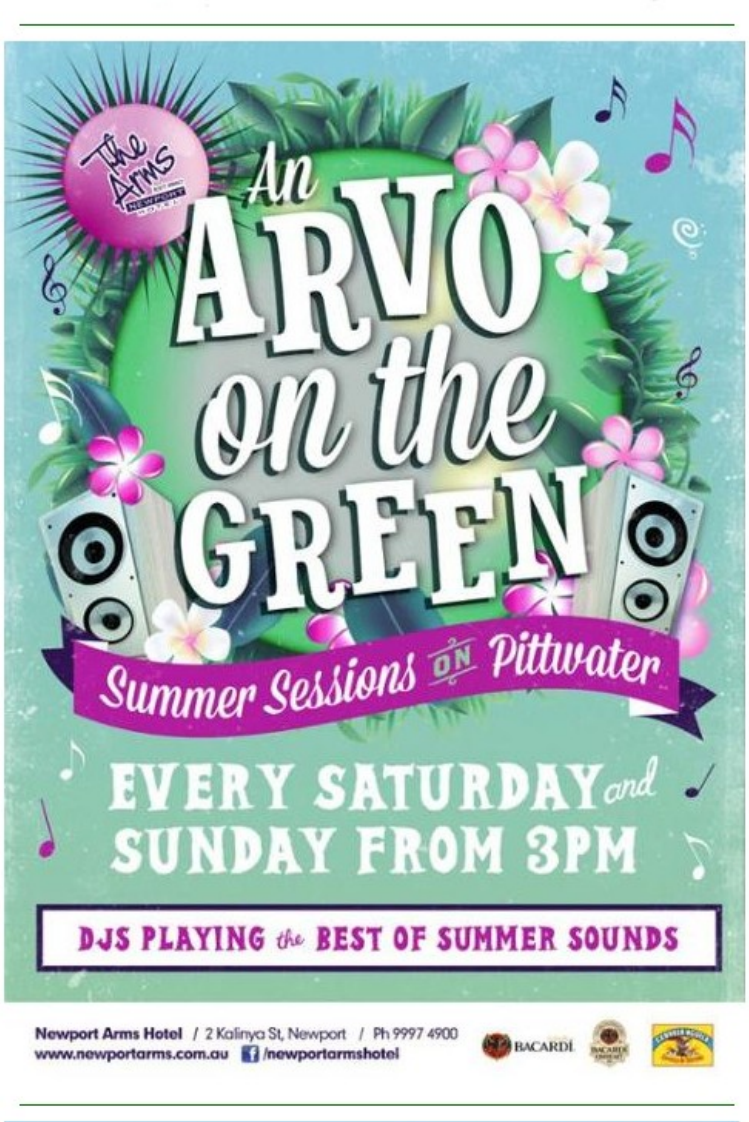
December 1 - 7, 2013: Issue 139

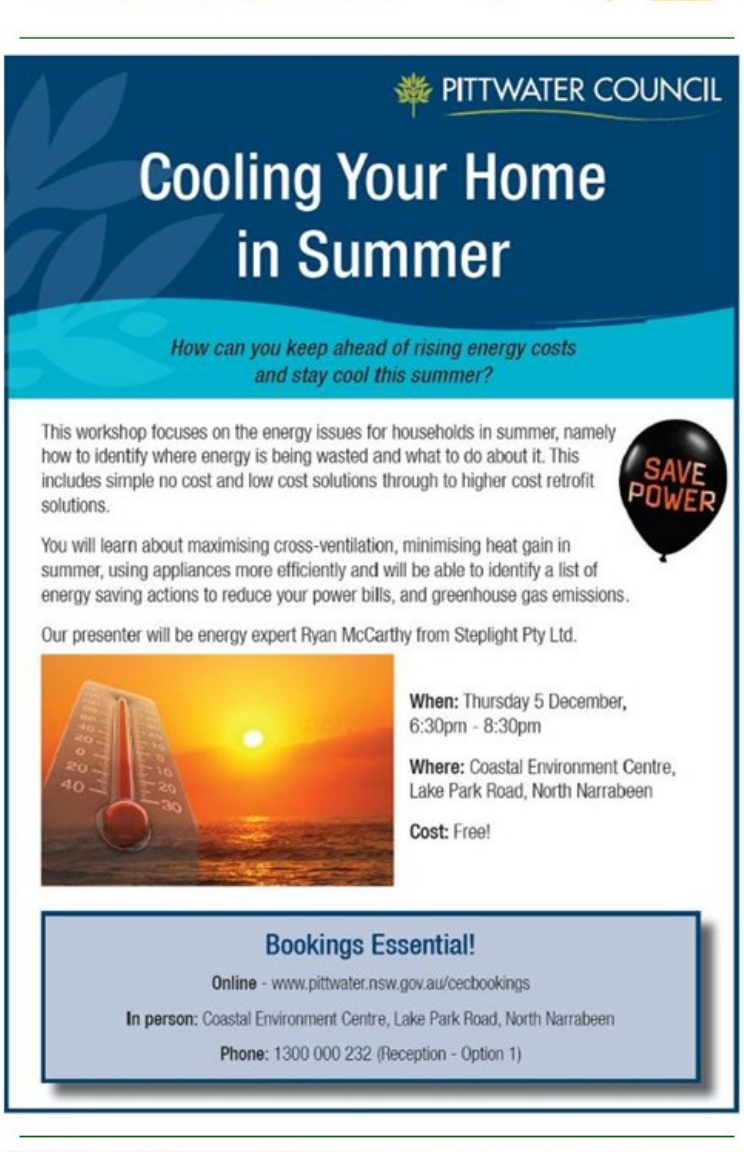
Meet Tomato Santa at the Market!

Date: Sunday 1st December
Location: Quays Marina
1856 Pittwater Rd, Church PT, Sydney
Time: 4.30pm – 8pm

You'll find paintings, ceramics, jewellery, textiles AND my jolly cute recipe books!

Remember to share and we'll see you there... By Jess


The Arms
An ARVO on the GREEN
Summer Sessions on Pittwater
EVERY SATURDAY and SUNDAY FROM 3PM
DJS PLAYING the BEST OF SUMMER SOUNDS
Newport Arms Hotel / 2 Kalinya St, Newport / Ph 9997 4900
www.newportarms.com.au


PITTWATER COUNCIL
SAVE POWER

Cooling Your Home in Summer

How can you keep ahead of rising energy costs and stay cool this summer?

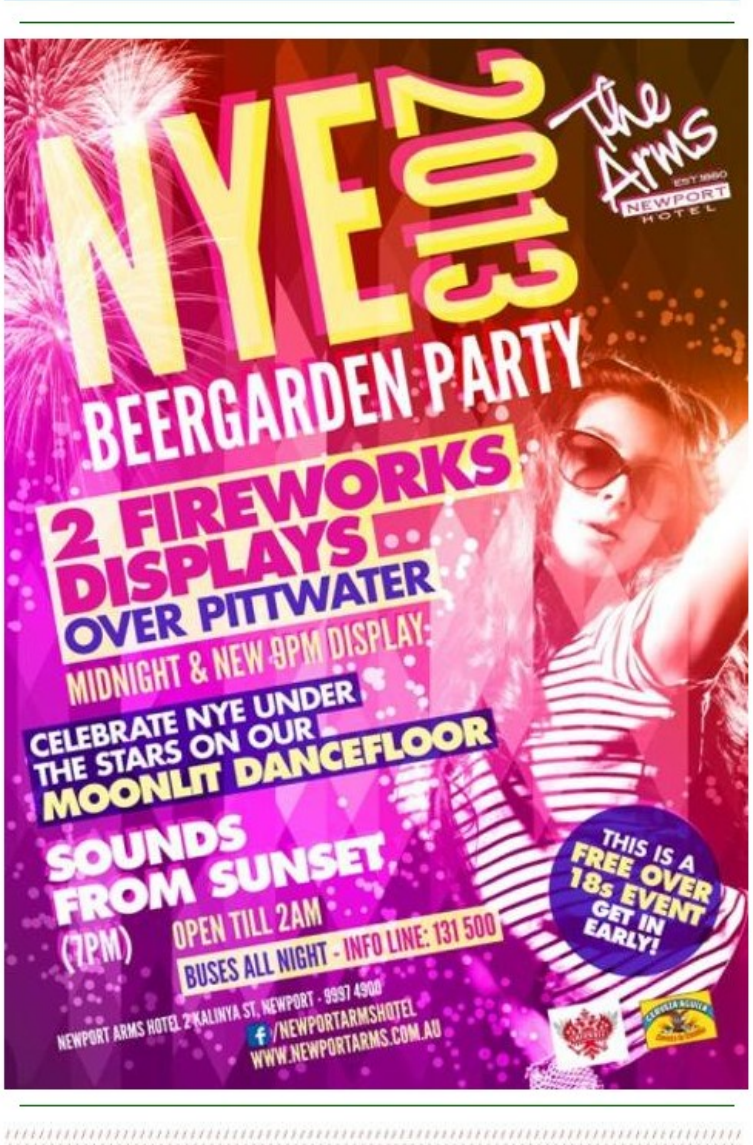
This workshop focuses on the energy issues for households in summer, namely how to identify where energy is being wasted and what to do about it. This includes simple no cost and low cost solutions through to higher cost retrofit solutions.

You will learn about maximising cross-ventilation, minimising heat gain in summer, using appliances more efficiently and will be able to identify a list of energy saving actions to reduce your power bills, and greenhouse gas emissions.

Our presenter will be energy expert Ryan McCarthy from Steplight Pty Ltd.

When: Thursday 5 December, 6:30pm - 8:30pm
Where: Coastal Environment Centre, Lake Park Road, North Narrabeen
Cost: Free!

Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)


NYE 2013
The Arms
BEERGARDEN PARTY
2 FIREWORKS DISPLAYS OVER PITTWATER
MIDNIGHT & NEW 8PM DISPLAY
CELEBRATE NYE UNDER THE STARS ON OUR MOONLIT DANCEFLOOR
SOUNDS FROM SUNSET (7PM)
OPEN TILL 2AM
BUSES ALL NIGHT - INFO LINE: 131 500
THIS IS A FREE OVER 18s EVENT GET IN EARLY!
WWW.NEWPORTARMS.COM.AU

COFA ANNUAL 2013

COFA ANNUAL EXHIBITION
(Graduating Student Exhibition)

Presenting the next generation
of fine artists, designers,
and media artists.

OPENING
Friday 29 Nov, 6-8pm

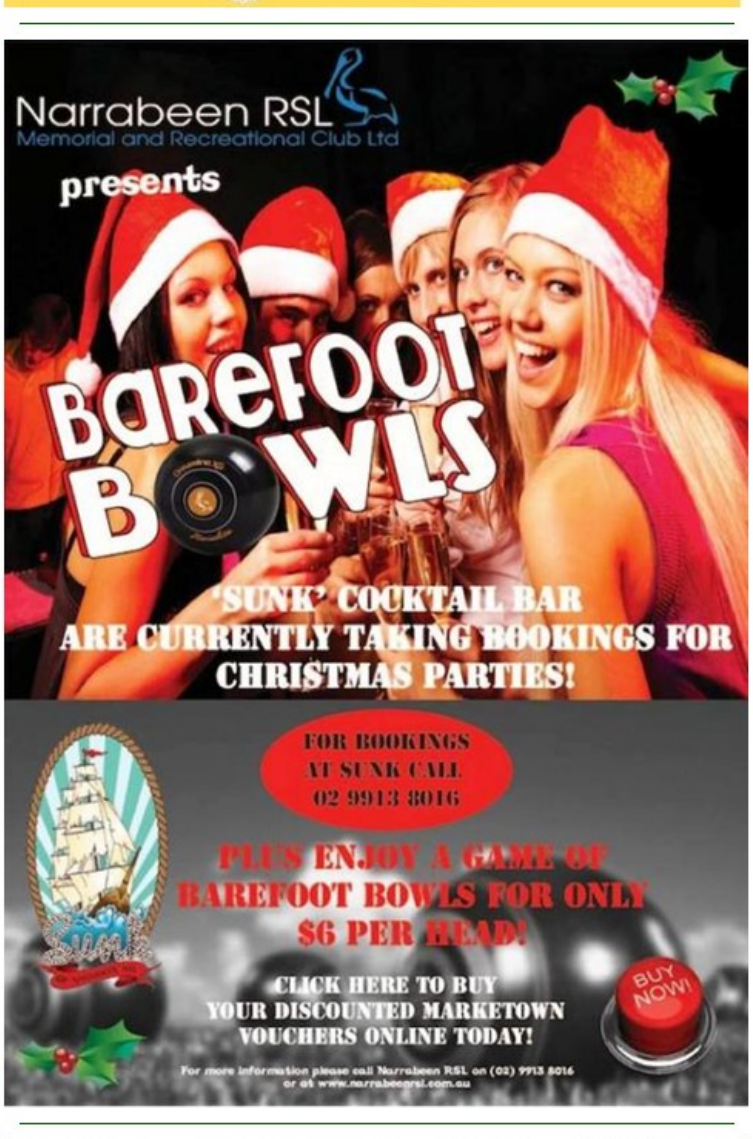
RUNNING
Sat 30 Nov – Sun 8 Dec
10am-4pm daily

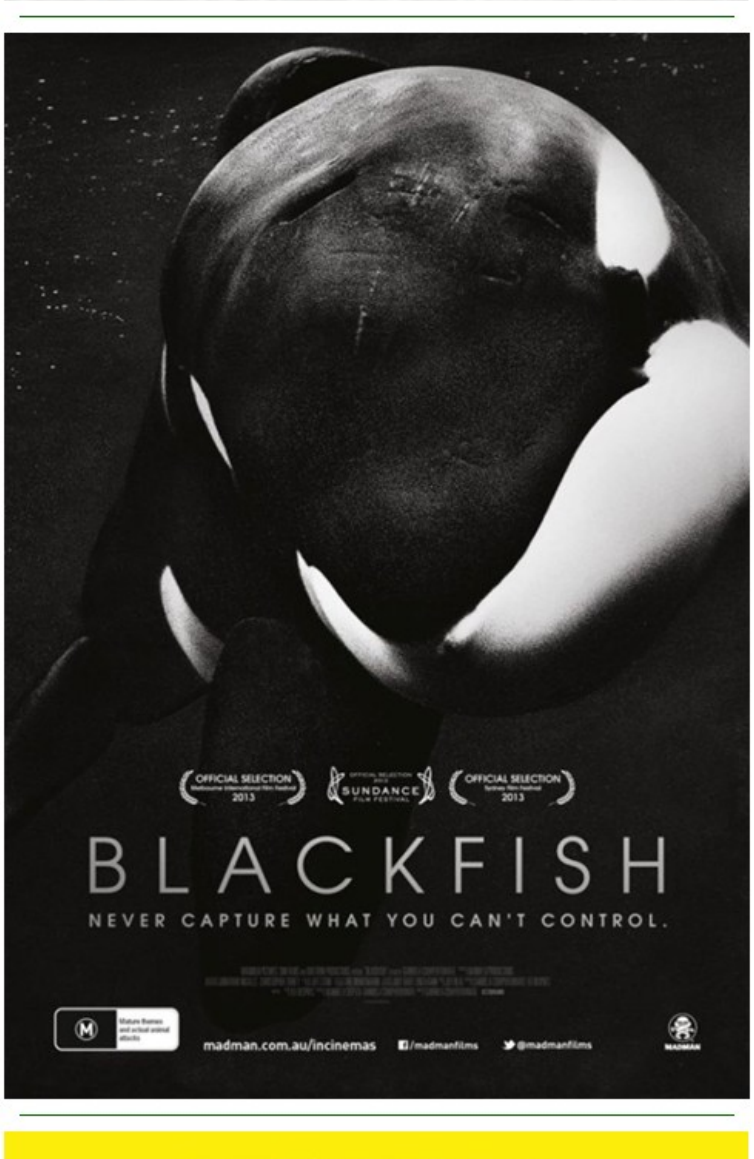
LOCATION
COFA Campus
Cnr Oxford Street & Greens Road
Paddington

SCREENING
Mon 2 Dec 6-10pm
Chauvel Cinema, Paddington

COFA IS AUSTRALIA'S LEADING FACULTY OF EXPERIMENTAL ART AND DESIGN

UNSW | COFA

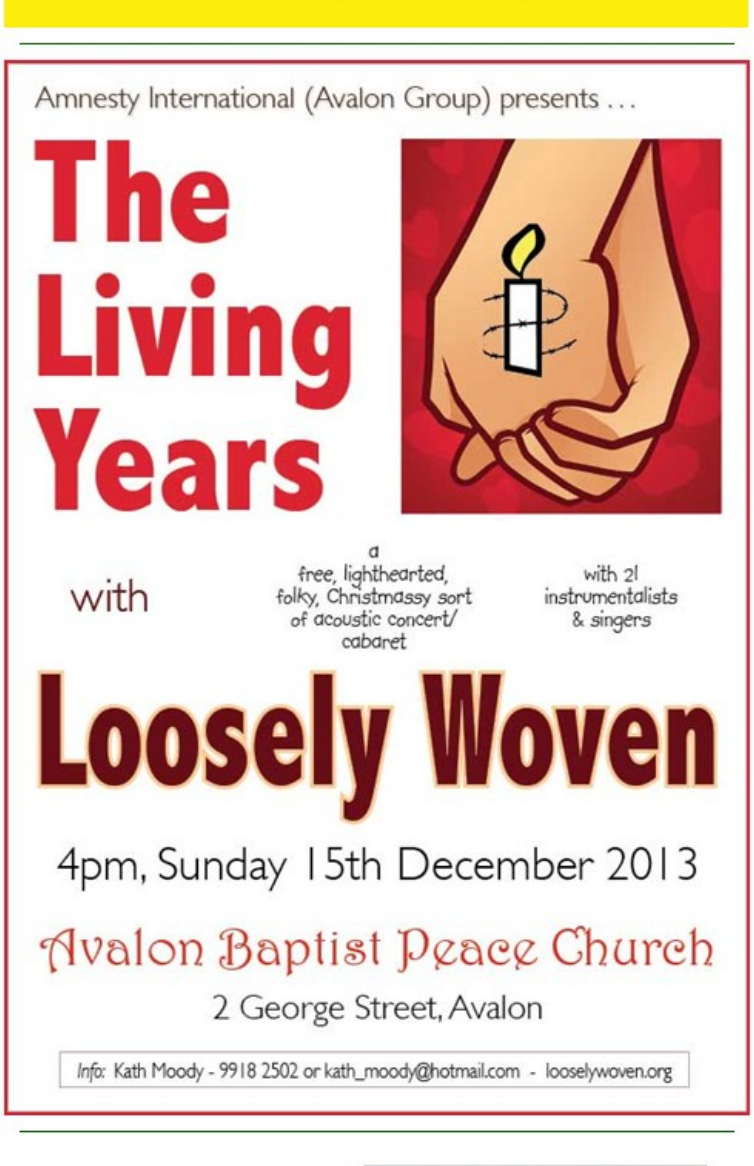

Narrabeen RSL Memorial and Recreational Club Ltd
presents
Barefoot Bowls
SUNK' COCKTAIL BAR ARE CURRENTLY TAKING BOOKINGS FOR CHRISTMAS PARTIES!
FOR BOOKINGS AT SUNK CALL 02 9913 8016
PLUS ENJOY A GAME OF BAREFOOT BOWLS FOR ONLY $6 PER HEAD!
CLICK HERE TO BUY YOUR DISCOUNTED MARKETOWN VOUCHERS ONLINE TODAY!
BUY NOW!


BLACKFISH
NEVER CAPTURE WHAT YOU CAN'T CONTROL.
madman.com.au/ecinemas

ARTIST'S & CRAFTSMEN OF PITTWATER
CHRISTMAS SALE

MONA VALE MEMORIAL HALL
PARK STREET
(NEXT TO LIBRARY)
Free Entry

THURS. FRI. SAT. 5TH 6TH 7TH DECEMBER - 9AM - 5PM
ART + CRAFT BY LOCAL MEMBERS
ALL AT AFFORDABLE PRICES
GREAT GIFT IDEAS

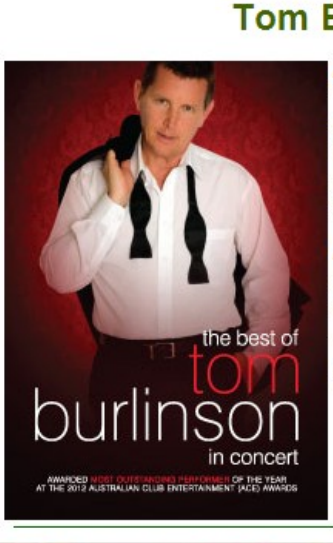

Amnesty International (Avalon Group) presents ...
The Living Years
with
a free, lighthearted, folky, Christmassy sort of acoustic concert/ cabaret
with 21 instrumentalists & singers
Loosely Woven
4pm, Sunday 15th December 2013
Avalon Baptist Peace Church
2 George Street, Avalon
Info: Kath Moody - 9918 2502 or kath_moody@hotmail.com - looselywoven.org

BILL LEAK PORTRAITS

10 December 2013 – 9 February 2014
Launch Tuesday 10 December 2013 6pm-8pm
Manly Art Gallery & Museum
West Esplanade Manly

ONLY SYDNEY SHOW
Canadian Club PRESENTS
SHANNON NOLL
Sunset acoustic set in the Newport Arms Waterfront Beergarden
SAT 7TH DEC, 4PM
FREE ENTRY
Supported by CIARAN GRIBBIN OF INXS
COMING SOON: 11TH JANUARY TIMFINN & SIMONMELI
NEWPORT ARMS HOTEL, 2 KALINYA STREET | 02 9997 4900
WWW.NEWPORTARMS.COM.AU

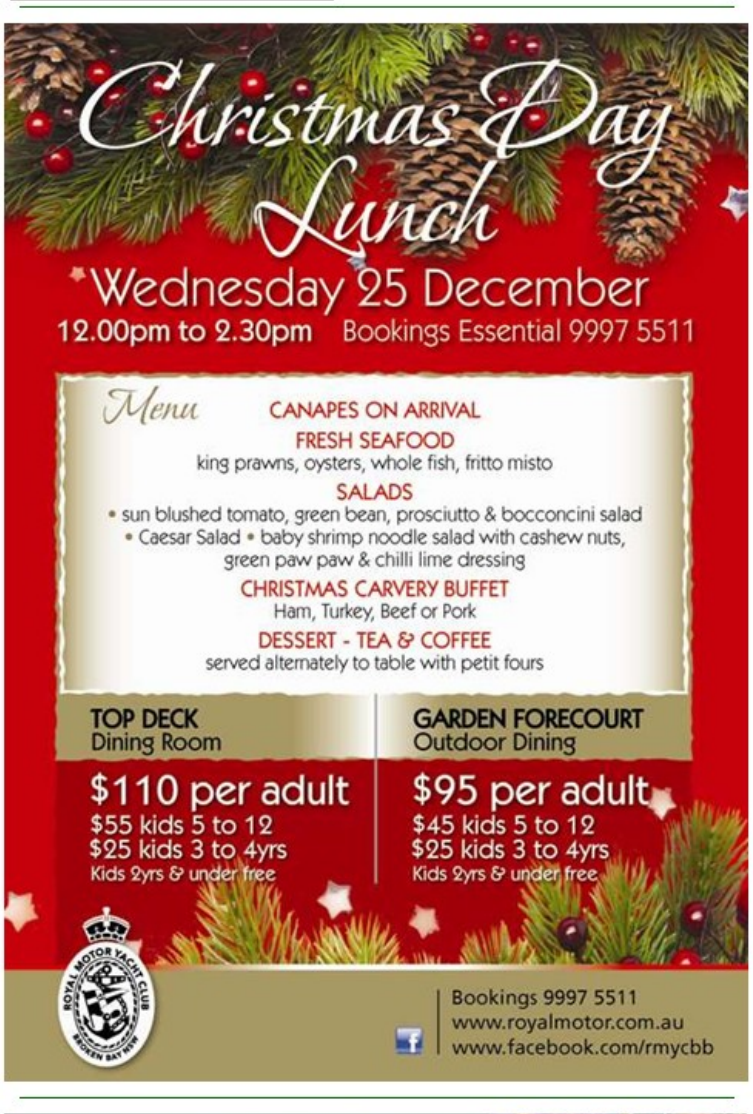
PALM BEACH GOLF CLUB PRESENTS - Tom Burlinson


the best of tom burlinson in concert

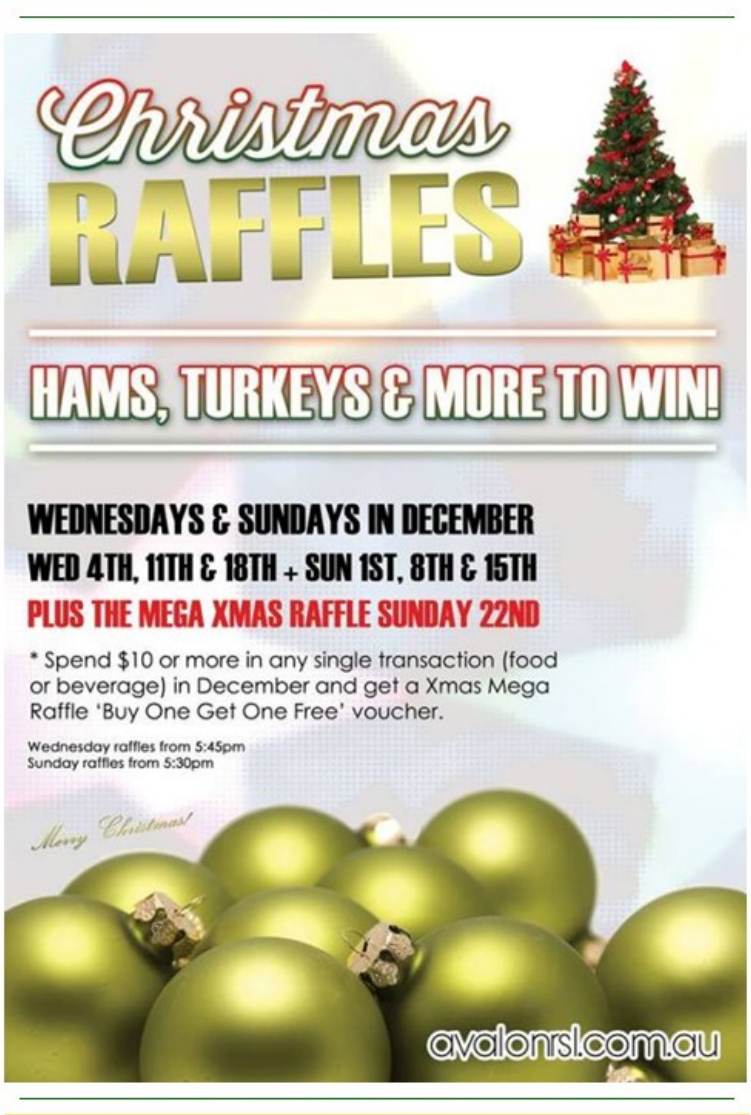
Australian star of screen and stage, Tom Burlinson, presents a sensational, swinging salute to the masters of the swing era. In particular, the late great Frank Sinatra

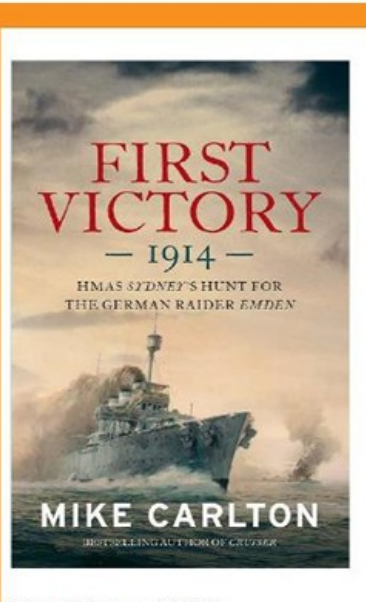
Accompanying Tom on stage will be an eight piece band, including some of Australia's best jazz musicians.

Tickets $50 Showtime 8:30 - Saturday, 7th December 2013


Christmas Day Lunch
Wednesday 25 December
12.00pm to 2.30pm Bookings Essential 9997 5511
Menu
CANAPES ON ARRIVAL
FRESH SEAFOOD
SALADS
CHRISTMAS CARVERY BUFFET
DESSERT - TEA & COFFEE
TOP DECK Dining Room
$110 per adult
$55 kids 5 to 12
$25 kids 3 to 4yrs
GARDEN FORECOURT Outdoor Dining
$95 per adult
$45 kids 5 to 12
$25 kids 3 to 4yrs
Bookings 9997 5511
www.royalmotor.com.au
www.facebook.com/mycbb

SPECIAL OLYMPICS 2013 ASIA PACIFIC GAMES
See Human Nature at the Opening Ceremony
Our Time to Shine
Sun 1st December 2013
Be part of something amazing!
HUMAN NATURE
Book your tickets now: WWW.SOAPG2013.COM PROticket 1300 12 10 12


Christmas RAFFLES
HAMS, TURKEYS & MORE TO WIN!
WEDNESDAYS & SUNDAYS IN DECEMBER
WED 4TH, 11TH & 18TH + SUN 1ST, 8TH & 15TH
PLUS THE MEGA XMAS RAFFLE SUNDAY 22ND
* Spend $10 or more in any single transaction (food or beverage) in December and get a Xmas Mega Raffle 'Buy One Get One Free' voucher.
Wednesday raffles from 5:45pm
Sunday raffles from 3:30pm
avalonrsl.com.au


FIRST VICTORY 1914
MIKE CARLTON

Author Talks 2013

Date: Wednesday 4 December 2013
Time: 6.30pm
Venue: Mona Vale Library, 1 Park Street, Mona Vale
Cost: $8 Adults, $6 Concession - Pensioner and Students (passes must be shown)
Phone: 9970 1600
Bookings essential!
FREE FOR SCHOOL STUDENTS

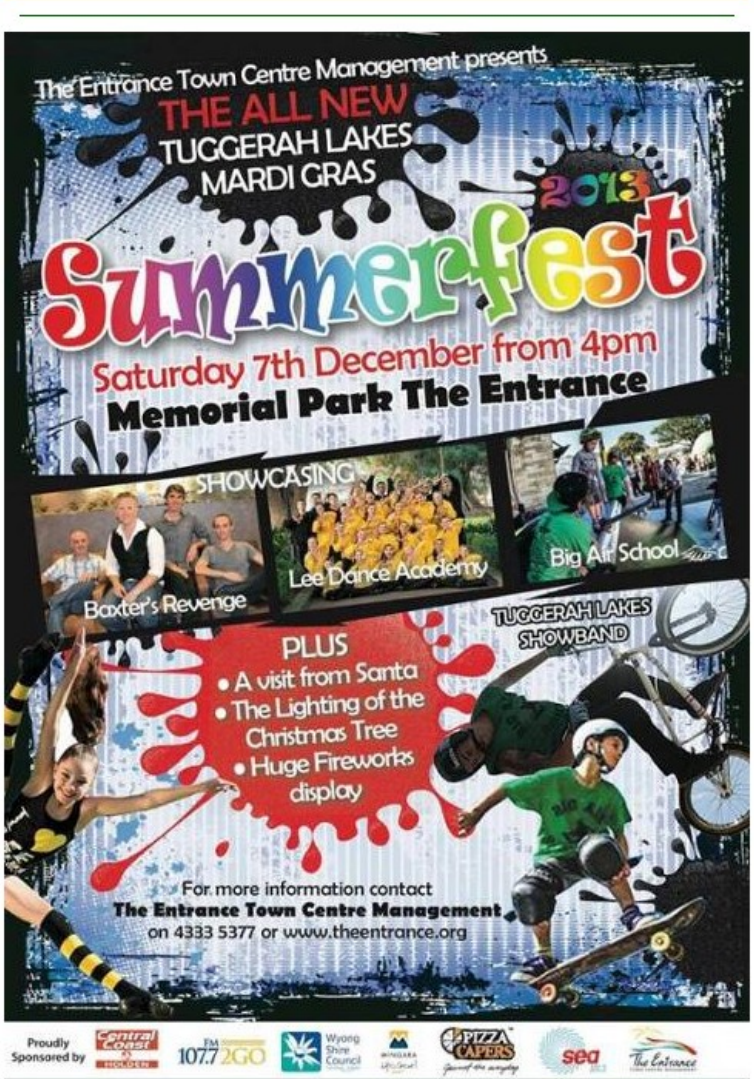
First Victory 1914
By Mike Carlton

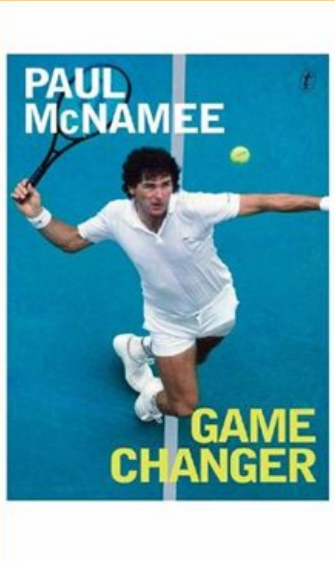
For four months at the start of World War 1, the SMS Emden a German raider's reputation for destruction, was spectacular. That is, until the HMAS Sydney took it on and destroyed it off the Cocos Islands in the Indian Ocean. This victory marked the newly born Royal Australian Navy's first single ship action at sea.

Local Mike Carlton is one of Australia's best-known broadcasters and journalists. In a 40-year career, he has been a radio and television news and current affairs reporter, foreign correspondent, radio host and newspaper columnist.

Mike's first book on naval history, Cruiser was published in 2010.

MONA VALE LIBRARY


The Entrance Town Centre Management presents
THE ALL NEW TUGGERAH LAKES MARDI GRAS
Summerfest 2013
Saturday 7th December from 4pm
Memorial Park The Entrance
PLUS
A visit from Santa
The Lighting of the Christmas Tree
Huge Fireworks display
For more information contact The Entrance Town Centre Management on 4333 5377 or www.theentrance.org


PAUL McNAMEE
GAME CHANGER

Author Talks 2013

Date: Thursday 5 December 2013
Time: 6.30pm
Venue: Mona Vale Library, 1 Park Street, Mona Vale
Cost: $8 Adults, $6 Concession - Pensioner and Students (passes must be shown)
Phone: 9970 1600
Bookings essential!
FREE FOR SCHOOL STUDENTS

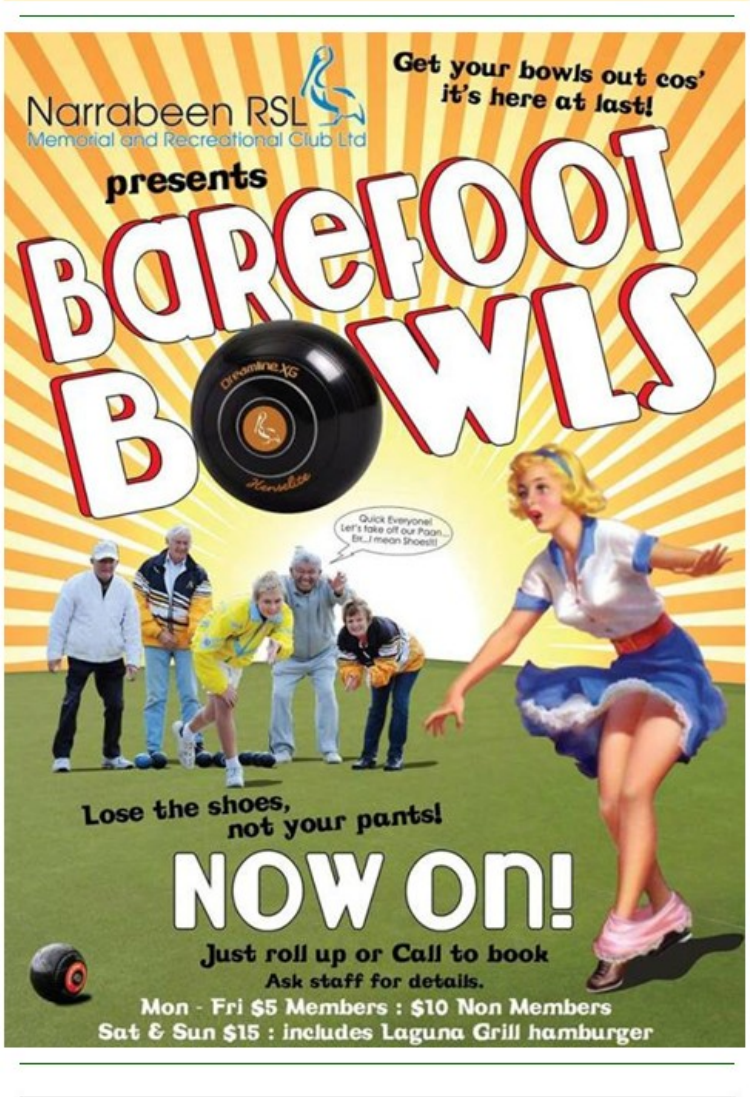
Game Changer
By Paul McNamee

Tennis great Paul McNamee shares his candid and compelling memoir on how he conquered Wimbledon and the Australian Open with doubles partner Peter McNamara. He became the Australian number one in singles, and held the world number-one ranking in doubles, winning five Grand Slam titles.

Melbourne born Paul McNamee, is the only player to have changed from one-handed to a two-handed backhand midcareer. He was the driving force behind the creation of the Hopman Cup and the reinvention of the Australian Open.

More recently Paul coached Su-wei Hsieh who in July this year was the first Taiwanese player to win a Grand Slam.

MONA VALE LIBRARY


Narrabeen RSL Memorial and Recreational Club Ltd
presents
Get your bowls out cos' it's here at last!
Barefoot Bowls
Lose the shoes, not your pants!
NOW ON!
Just roll up or Call to book
Ask staff for details.
Mon - Fri $5 Members | $10 Non Members
Sat & Sun $15 : includes Laguna Grill hamburger

Get Yer Ya Yas Out!

The hits of The Rolling Stones

with The Classic Kings

Rex Goh – (Aust Idol Band, Euroglider̃s) – guitars
Lachlan Doley – (Powderfinger, Jimmy Barnes) – keyboards/vocals
John Spence – (Big Daddys, Fargone Beauties) – guitars/vocals
Dario Bortolin – (Jimmy Barnes, Dragon) – bass / vocals
Lloyd Gyi – (Lionel Ritchie, Tina Arena) – drums / vocals
with **Damien Lovelock** (Celibate Rifles) – vocals / tall-tale-teller

Sat 11 January 2014
Palm Beach Golf Club

Tix from PBGC Ph: 9974 4079
Meals available Booking essential

Rare map to star in National Library's summer blockbuster – 9th of October, 2013

One of the rarest maps in the world, the first large-scale map of New Holland, has been acquired by the National Library of Australia and will take centre stage in the Library's summer blockbuster exhibition, Mapping Our World: Terra Incognita to Australia.

The map, Archipelagus Orientalis, sive Asiaticus (the Eastern and Asian archipelago), created in 1663 by master cartographer for the Dutch East India Company, Joan Blaeu, was found in a storage facility in Sweden in 2010. A few examples of the map were known worldwide – but none had come to light since the 17thcentury.

Chair of the National Library of Australia Council, Mr Ryan Stokes, described the Blaeu as the most important map documenting Australia's presence prior to the arrival of the British.

'It is the map on which all subsequent maps of New Holland are based, the primary source for the mapping that Cook had to complete the picture in 1770. It also has the distinction of including, for the first time on a map, details of the sighting of Tasmania by Tasman's crew aboard the Zeehaen on 24 November 1642,' Mr Stokes said.

'The fact it survived at all is remarkable, and probably owes much to the fact no-one knew it existed for about a century.'

Mr Stokes said expert National Library Preservation staff had examined the map, which is in a very fragile state, and had begun specialised conservation work to stabilise it.

'Four conservators are working on it full-time so it can safely be displayed in **Mapping Our World when it opens on 7 November**.'

Many of the other greatest maps in the world will be on show in the exhibition, including treasures which have never before been allowed out of their European vaults.

Maps from the British Library, the Vatican, the Bibliotheque Nationale de France as well as from Australia's leading institutions will go on show in Mapping Our World.

'It will be the first time many of these maps have been seen in the southern hemisphere,' Mr Stokes said.

Mapping Our World: Terra Incognita to Australia, opens at the National Library of Australia, Canberra on 7 November 2013 and **runs until 10 March 2014.**

Free exhibition but bookings essential.

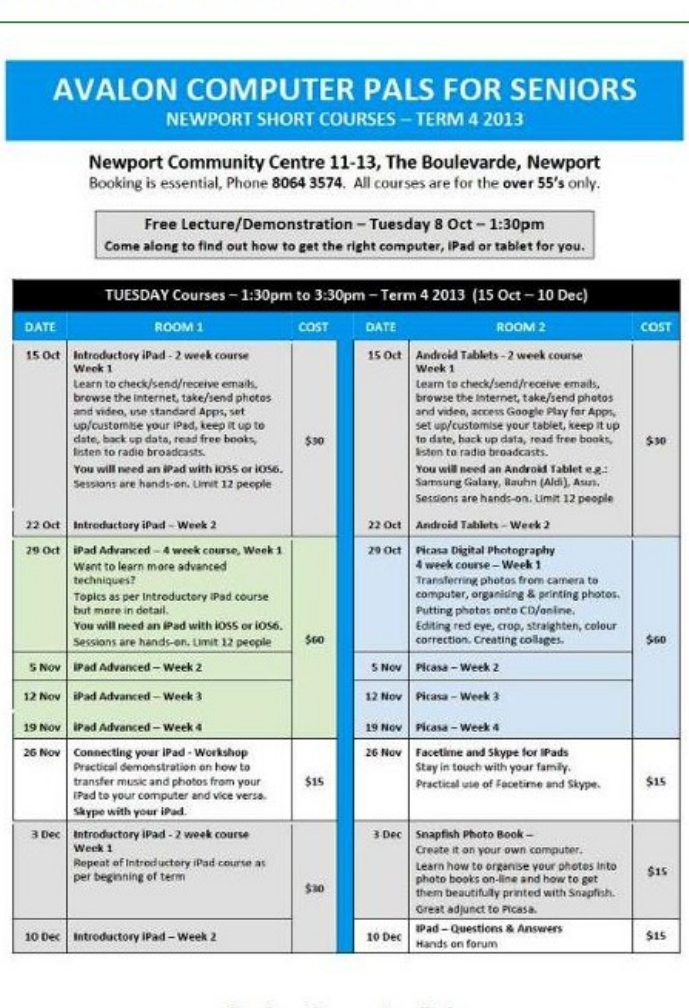
AVALON COMPUTER PALS FOR SENIORS

NEWPORT SHORT COURSES – TERM 4 2013

Newport Community Centre 11-13, The Boulevarde, Newport

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm

TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)



Avalon Computer Pals

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership:** here

Pittwater Camera Club
More at: Profile and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday December 3

Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

OPERA AUSTRALIA
2014 Subscriptions Now On Sale

Sydney Opera House - 2014 Season

Lecherous womanising. Candy coloured bikinis. Aching nostalgia. Nine metre serpents. See it all in Opera Australia's 2014 season of opera.

Visit www.opera-australia.org.au/

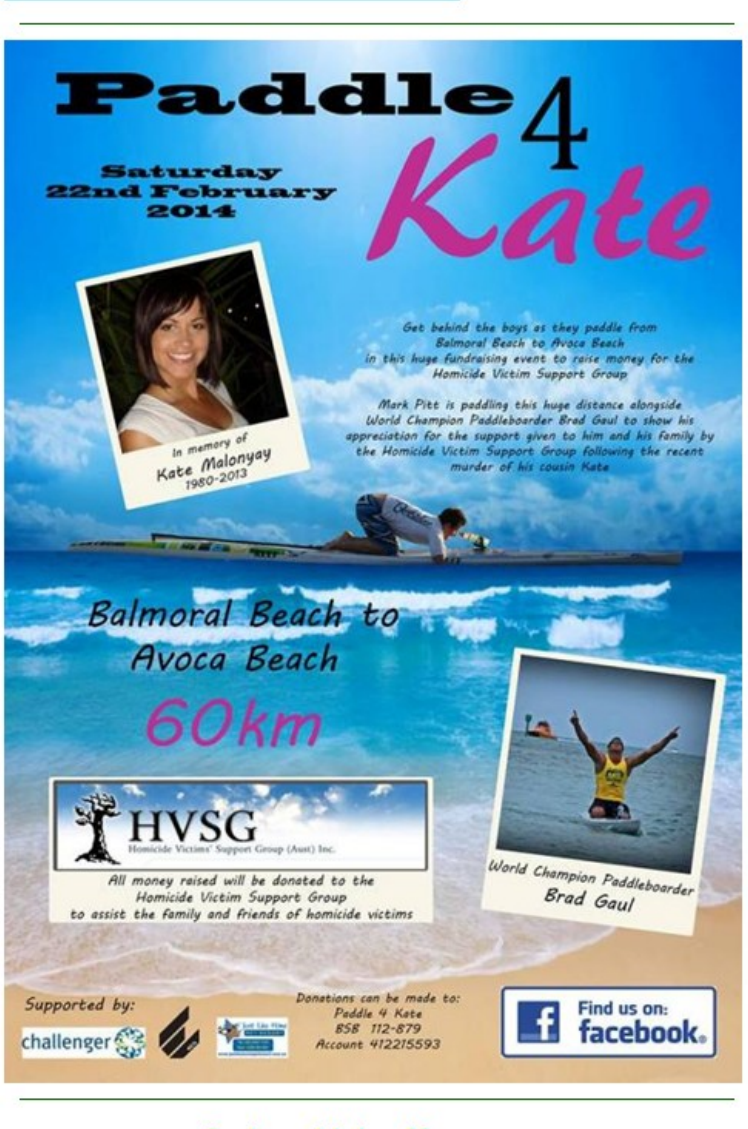
Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

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

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

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


Paddle 4 Kate
Saturday 22nd February 2014
In memory of Kate Maloney
Balmoral Beach to Avoca Beach
60km
HVSG
World Champion Paddleboarder Brad Gaul
Find us on: facebook

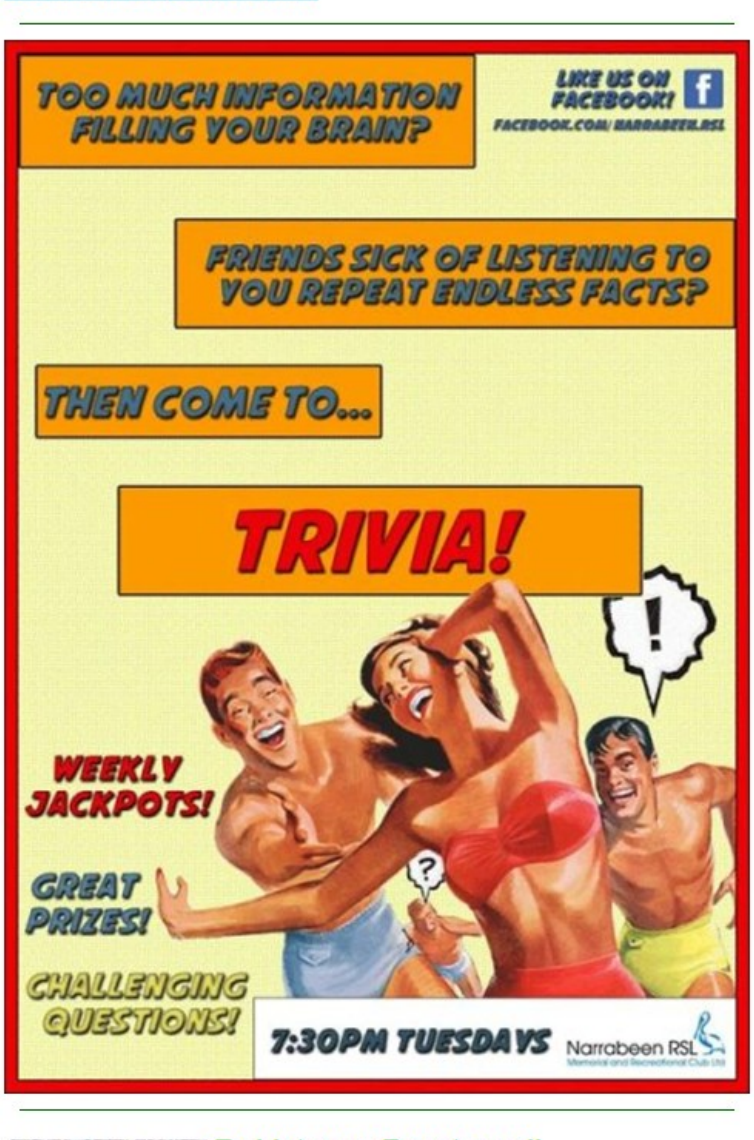
Sydney Living Museums

Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all... You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more:

www.hht.net.au/about/news/lags_and_swells

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at:** http://www.snbswe.org.au/


TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK!
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
WEEKLY JACKPOTS!
GREAT PRIZES!
CHALLENGING QUESTIONS!
7:30PM TUESDAYS
Narrabeen RSL

To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.

Christmas Art Sale

Sunday 1st December
5-8pm

Paintings, Ceramics, Jewellery, Textiles and Photography

Quays Marina
1856 Pittwater Road, Church Point

Please join us for a fun evening of art and Christmas cheer and while you cast your eye over the fabulous catch of artworks and fill your stockings a few tasty bites can be enjoyed without baiting a hook.
Drinks are available for purchase from the Café bar.

Amongst the artists selling their work are:-
June Lahm; Ellie Shore; Rouge Hoffman; Peggy Havukainen; Nettle Lodge; Paul Smith; Diane Watts; Gwyn Perkins; Jessica Rosman; Penny Wise; Marion van den Dreisschen;Tracy Smith; Michelle Ball

9997 3847 www.themarinacafe.com.au

FootGolf Australia
Ready to play the best game ever invented? FootGolf has arrived Down Under!
FootGolf Australia (FGA) is proud to announce the opening of the first FootGolf Course in the country at Avalon Golf Course. To celebrate it we're inviting you to be part of the First Official Event.
Secure yourself by enrolling today! Vacancies are limited.

Calling all Card Enthusiasts!

It's time to continue our fortnightly activities.
Northern Beaches Creative Leisure & Learning
Invites all interested persons to gather
for a morning of Card Games.
Join in the fun, friendly atmosphere,
learn some new games or
share your expertise
by teaching your favourite games.
Last gathering for the year, let's make it special.

Venue: Nelson Heather Centre, Warriewood

Date: Friday 6th December

Time: 10am to 12noon

Cost: $4

Bookings: Maureen 9913 1474

Palm Beach Yacht Club

Family Membership
& 20+ Friday Twilight Races
& 20+ Sunday Races
& 3 Casual Moorings
= $395 total

www.pbyc.com.au

Rotary Club of Pittwater
presents

CAROLS in the PARK

Featuring great local singers and musicians

Saturday
7 December
6.30 – 9.00 pm

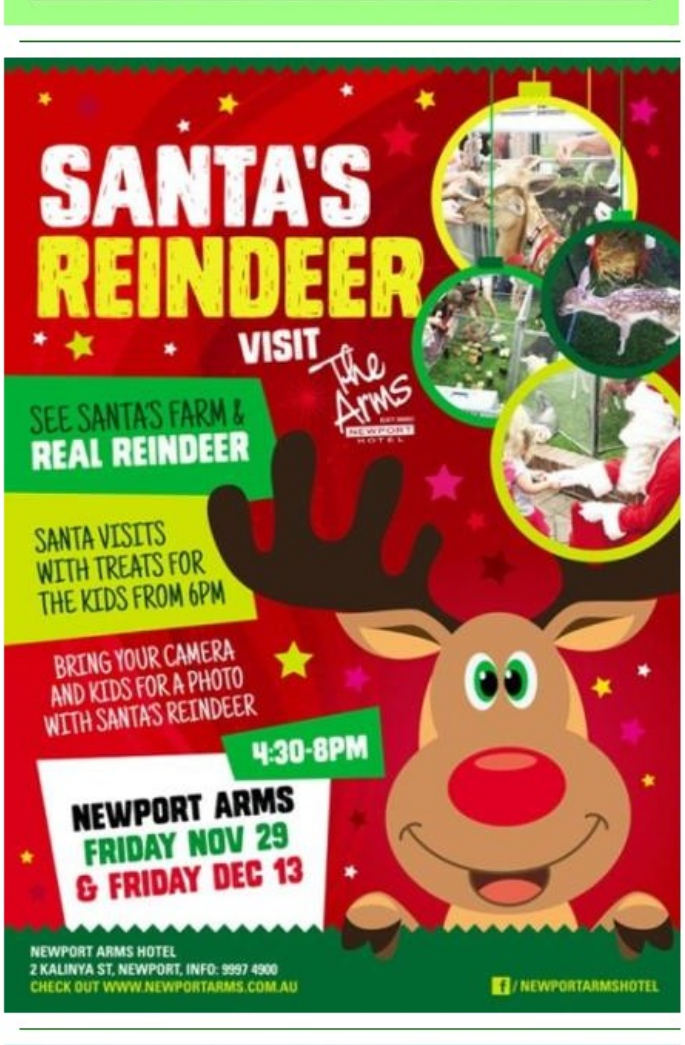
Village Park
Mona Vale

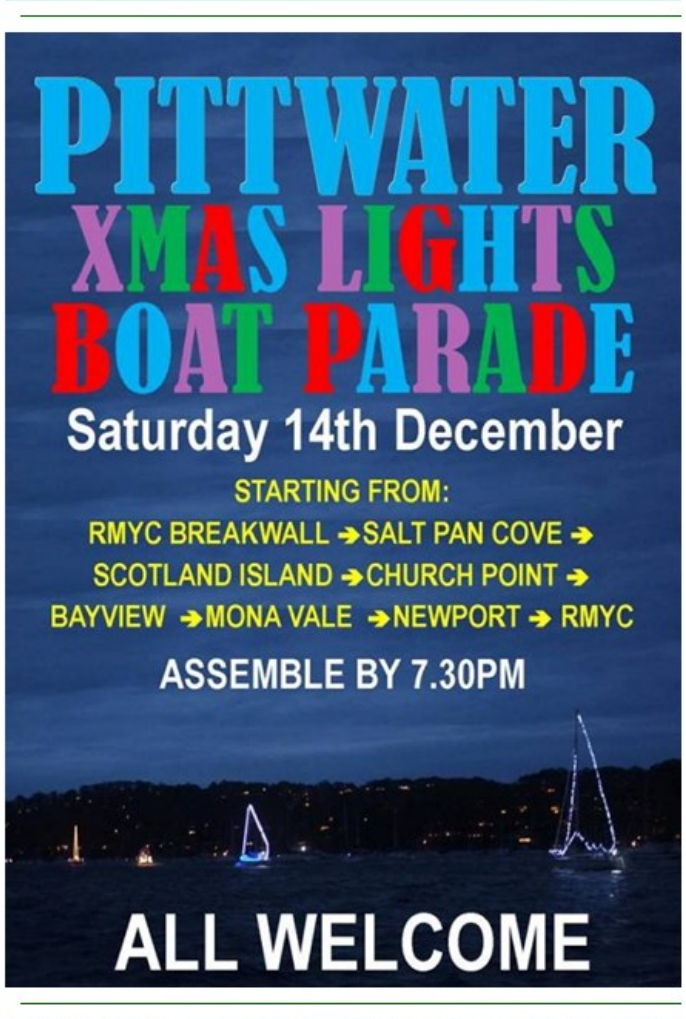
- Fun for the whole family
- Top line entertainment
- Food and refreshments
- Glow sticks
- Free lollies for the kids
- Santa arrives by fire engine

Admission is free

Enquiries 0417 228 294 or www.rotarypittwater.com

Generously supported by: Pittwater Uniting Church
Pittwater Council | LJ Hooker Mona Vale | Pittwater Day Surgery
Pittwater RSL Club | Pittwater Pharmacy | G Brothers Mercedes Benz


SANTA'S REINDEER
VISIT The Arms
SEE SANTA'S FARM & REAL REINDEER
SANTA VISITS WITH TREATS FOR THE KIDS FROM 6PM
BRING YOUR CAMERA AND KIDS FOR A PHOTO WITH SANTAS REINDEER
4:30-8PM
NEWPORT ARMS FRIDAY NOV 29 & FRIDAY DEC 13


PITTWATER XMAS LIGHTS BOAT PARADE
Saturday 14th December
STARTING FROM:
RMYC BREAKWALL → SALT PAN COVE → SCOTLAND ISLAND → CHURCH POINT → BAYVIEW → MONA VALE → NEWPORT → RMYC
ASSEMBLE BY 7.30PM
ALL WELCOME

keeping company
WITH THE COLLECTION

An exhibition of new works by fifty established and emerging artists from Sydney's Northern Beaches working across a range of art disciplines, who have dived into the MAG&M collection archives for inspiration. The collection works are displayed alongside these new works.

You are invited to the exhibition opening on Friday 8 November 2013 6 - 8pm, Manly Art Gallery & Museum

Manly Art Gallery & Museum Society is running a silent auction of 100 small canvas panels, created by its artistic members. The panels will be displayed in the Gallery's foyer and sold on opening night. All funds raised go towards the conservation of the MAG&M collection.

SURF CITY | M ag&m | NSW Trade & Investment Arts NSW

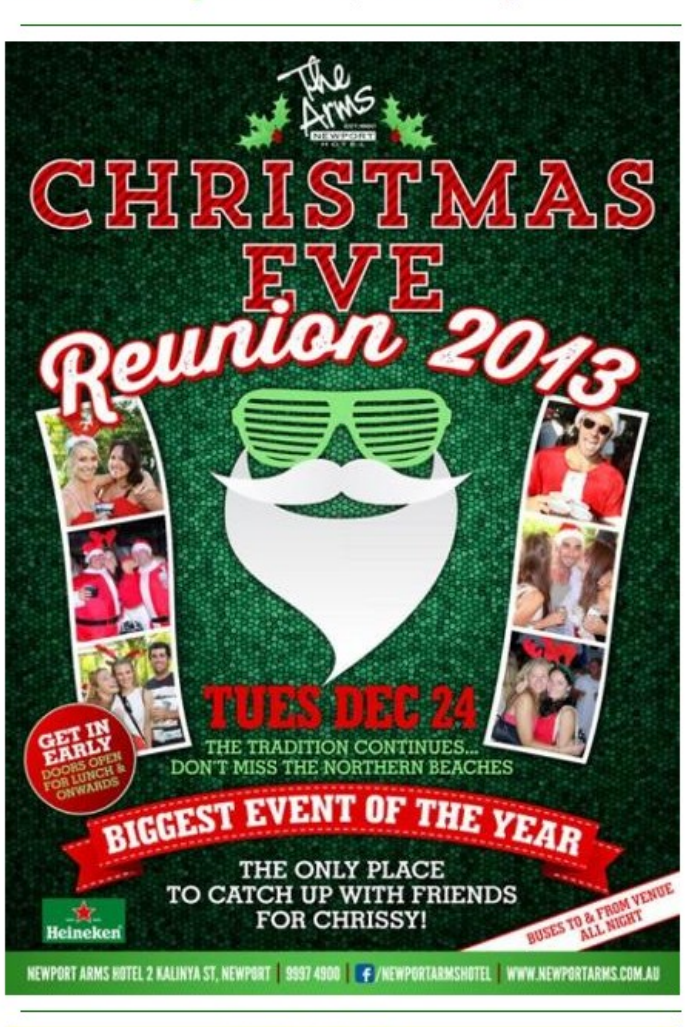
Manly Art Gallery & Museum | West Esplanade Reserve, Manly
www.manly.nsw.gov.au/attractions/gallery

Ocean Swims 2013-14 Season

For further information please visit the official Ocean Swims website

Pittwater- A joint venture between Mona Vale - Newport - Bilgola - Avalon and Whale Beach Surf Life Saving Clubs

Bilgola Ocean Swim Sunday 8th December 2013
Newport Ocean Swim Sunday 5th January 2014
Avalon Ocean Swim Sunday 12th January 2014
Mona Vale Mighty Marathon Swim Sunday 19th January 2014
Whale Beach Big Swim Sunday 26th January 2014


The Arms
CHRISTMAS EVE Reunion 2013
TUES DEC 24
THE TRADITION CONTINUES, DON'T MISS THE NORTHERN BEACHES
BIGGEST EVENT OF THE YEAR
THE ONLY PLACE TO CATCH UP WITH FRIENDS FOR CHRISSY!

Lifeline Northern Beaches

BOOK FAIR

Balgowlah Boys Campus
Sydney Road
BALGOWLAH

Friday 29th Nov		4 pm – 9 pm
Saturday 30th Nov		9 am – 5 pm
Sunday 1st Dec		9 am – 4 pm

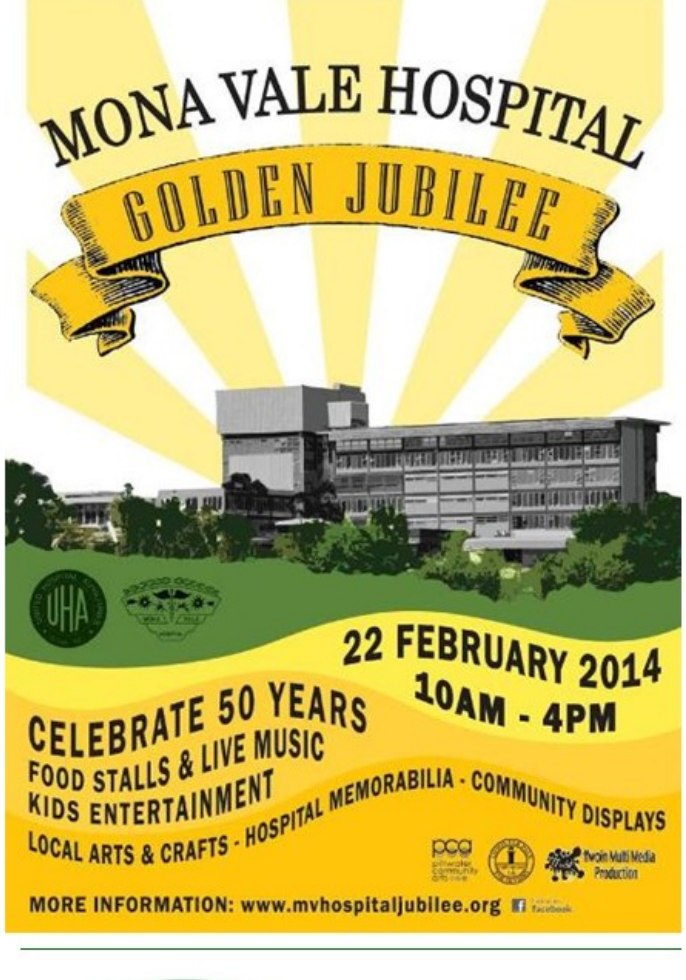
Thousands of quality books
Bargain prices
Over 50 different categories

Entry by gold coin donation very much appreciated
Visa, Mastercard and EFTPOS available.

Lifeline 50 YEARS 1963-2013

Carols by Candlelight
Sunday 15 December 2013
In the Garden Forecourt
Jazz Style Carols with the Allan Ward Jazz Band
Dinner & Jazz from 6.30pm
Carols from 7.30pm
Bookings Essential 9997 5511
www.royalmotor.com.au
www.facebook.com/mycbb

girls go surfing day
AMAZING opportunity for local girls of all ages to learn how to surf!
7-8th December 2013
www.girlsgosurfingday.com


MONA VALE HOSPITAL GOLDEN JUBILEE
22 FEBRUARY 2014 10AM - 4PM
CELEBRATE 50 YEARS
FOOD STALLS & LIVE MUSIC
KIDS ENTERTAINMENT
HOSPITAL MEMORABILIA - COMMUNITY DISPLAYS
LOCAL ARTS & CRAFTS
MORE INFORMATION: www.mvhospitaljubilee.org

Wind & Chop Workshop - Saturday December 7 (Small group)

Never worry again about rough or unpredictable conditions. In this full day clinic Adrian will show you how to maintain stability and stay in control when things turn nasty – strong winds, swell, waves and chop coming at you from all directions. Covers identifying risks, adapting technique to conditions, new strokes, reading weather and water, rescue procedures, towing drills, more. Venue Clontarf. Tuition $160 pp. BYO boat or hire an ocean-going kayak for small extra cost.

Brilliant Berowra Waters – Sunday December 15

It's a paddler's paradise – beautiful bush, steep cliffs with quaint houses nestled below, fascinating history from the convict era and some glorious, sheltered places to pull in. This protected waterway is part of the mighty Hawkesbury River system and offers a great day out. We'll start at the marina by the ferry and cruise up to Calabash Bay, then to picturesque Neverfail Bay and Bennett's Bay for lunch and a swim. Back to the Marina Café for coffee and cake! $85 per person. Easy/Medium.

Perfect Pittwater in Ku-ring-gai Chase National Park - Saturday December 28

Spend a day on colourful Pittwater, famous for its myriad of bays and coves, where we'll cruise from McCarrs Creek Reserve to Elvina and Lovett Bays, made famous in the Susan Duncan book Salvation Creek. We'll walk through the bush to a waterfall and paddle the Creek. Then to the historic YHA Hostel for BYO lunch and some magnificent views. See wonderful homes in isolated splendour. Inspect the hideout of 50s Russian spy Vladimir Petrov. $85pp, includes kayak hire. Easy/medium

Central Coast Exploratory incl Brisbane Waters – Sun January 5

You'll enjoy our great location on the Central Coast. See Woy Woy Bay and Brisbane Waters National Park - it's lush bush to the waters edge. Into Waterfall Bay then across to the western shore, where you can decide which home you'll buy when you win the lottery! Explore Phegans and Correa Bays, before heading east to our secret lunch location - an island with a glorious west facing beach - bring bathers. Along the canals to an island devoted entirely to pelicans! $85 per person. Easy/Med.

Colo River/Blue Mountains World Heritage area - Sat January 18

"The last pristine river in NSW" - National Parks & Wildlife Service. Just waiting to be discovered by eager kayakers - a lush riverscape with mainly native heath vegetation and abundant wildlife backed by steep sandstone cliffs. 4kph speed limit means few boats! We'll start where the Colo meets the Hawkesbury and make our way up to a spectacular sandy beach for lunch. Just over an hour from the CBD on good roads. Sensational! $85 per person. Easy/Medium.

COMING SOON – Ningaloo Reef in WA (April).

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au

MONA VALE LIBRARY

IndieFlix

Award-winning independent films are now streaming through your library's website!

IndieFlix offers unlimited access to thousands of award-winning shorts, features and documentaries from over 50 countries.

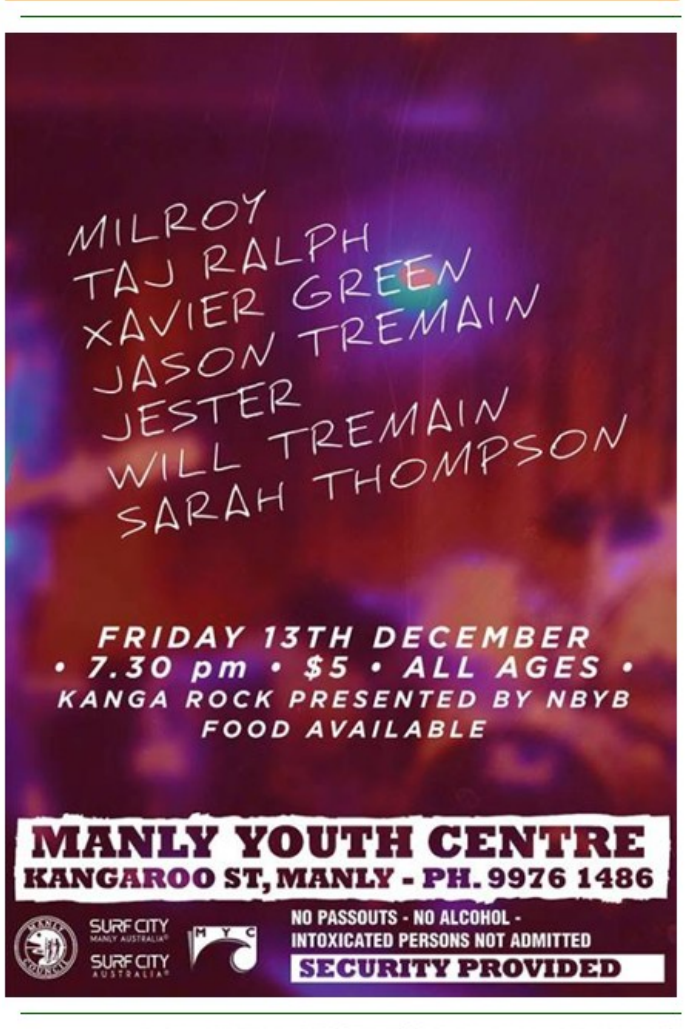
- Film festival hits, including the best of Sundance, Cannes, Tribeca and more
- Directly support the filmmakers just by watching their films.

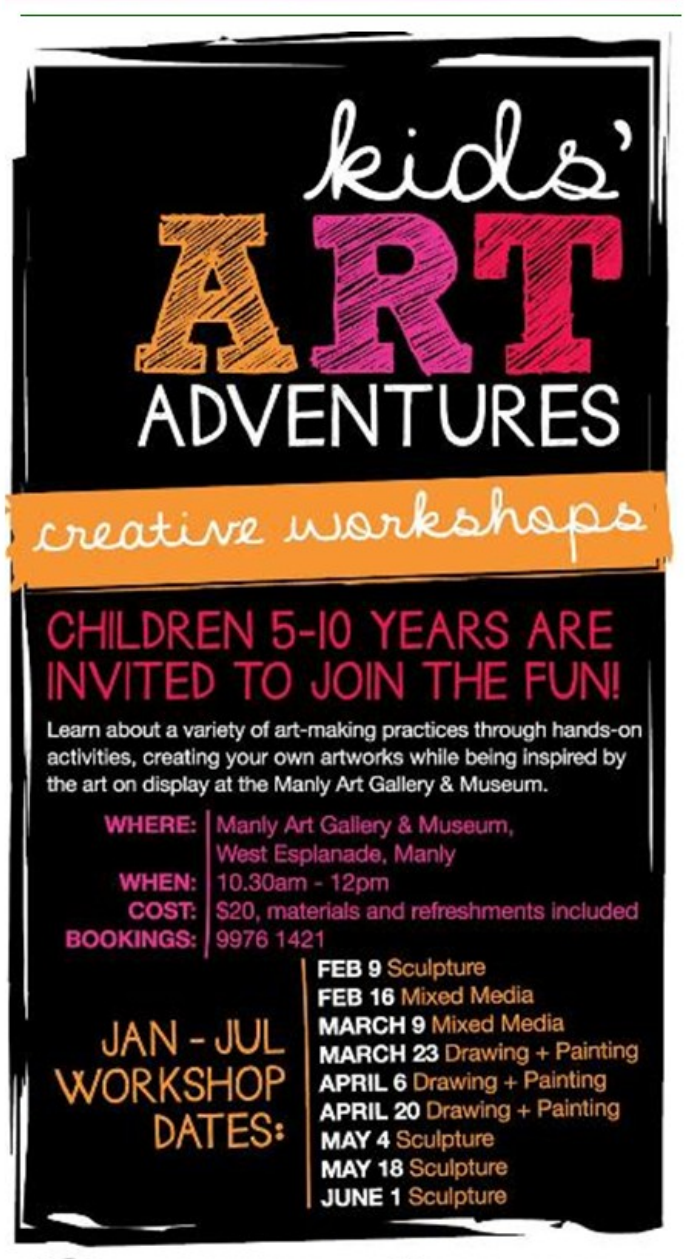
Easy to Access!

- Available on all internet-enabled computers, tablets (including iPad and Android) and smartphones through the Web browser.
- Available on Roku and Xbox.

Visit the library website http://www.pittwater.nsw.gov.au/library and look for the IndieFlix button.

www.pittwater.nsw.gov.au/library


MILROY
TAJ RALPH
XAVIER GREEN
JASON TREMAIN
JESTER
WILL TREMAIN
SARAH THOMPSON
FRIDAY 13TH DECEMBER • 7.30 pm • $5 • ALL AGES •
KANGA ROCK PRESENTED BY NBYB
FOOD AVAILABLE
MANLY YOUTH CENTRE
KANGAROO ST, MANLY - PH. 9976 1486
NO PASSOUTS - NO ALCOHOL - INTOXICATED PERSONS NOT ADMITTED
SECURITY PROVIDED


kids' ART ADVENTURES
creative workshops
CHILDREN 5-10 YEARS ARE INVITED TO JOIN THE FUN!

Learn about a variety of art-making practices through hands-on activities, creating your own artworks while being inspired by the art on display at the Manly Art Gallery & Museum.

WHERE: Manly Art Gallery & Museum, West Esplanade, Manly
WHEN: 10.30am - 12pm
COST: $20, materials and refreshments included
BOOKINGS: 9976 1421

JAN - JUL WORKSHOP DATES:
FEB 9 Sculpture
FEB 16 Mixed Media
MARCH 9 Mixed Media
MARCH 23 Drawing + Painting
APRIL 6 Drawing + Painting
APRIL 20 Drawing + Painting
MAY 4 Sculpture
MAY 18 Sculpture
JUNE 1 Sculpture

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

CONVICT SYDNEY
EXHIBITION ON NOW

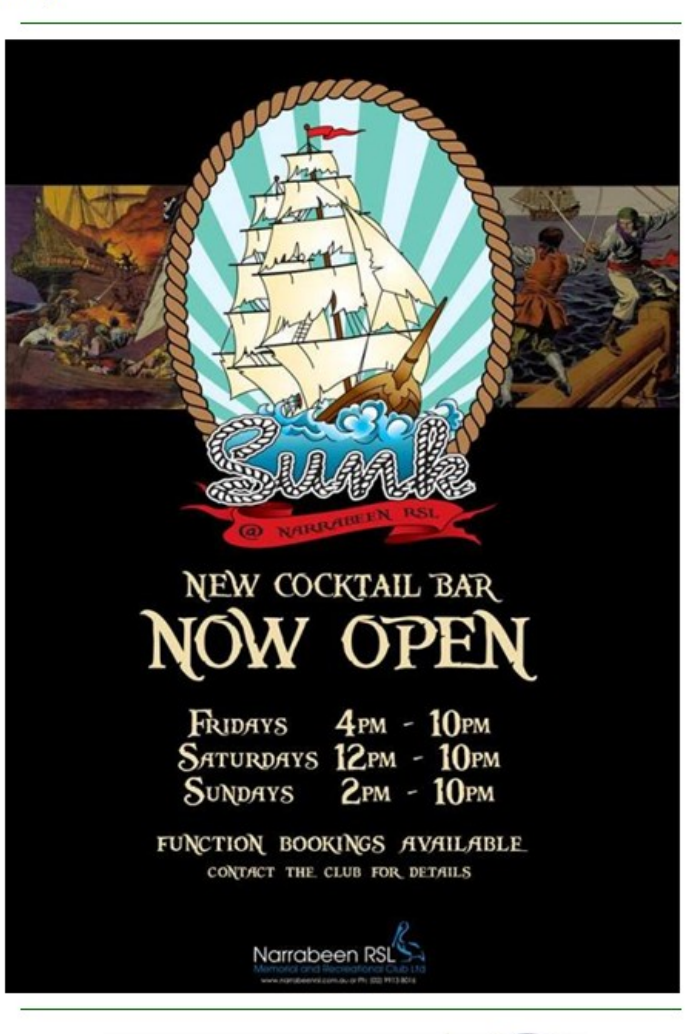
Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street ...

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.


Sunk
NEW COCKTAIL BAR
NOW OPEN
FRIDAYS 4PM - 10PM
SATURDAYS 12PM - 10PM
SUNDAYS 2PM - 10PM
FUNCTION BOOKINGS AVAILABLE
CONTACT THE CLUB FOR DETAILS
Narrabeen RSL

PITTWATER COUNCIL

Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

AVALON COMPUTER PALS FOR SENIORS

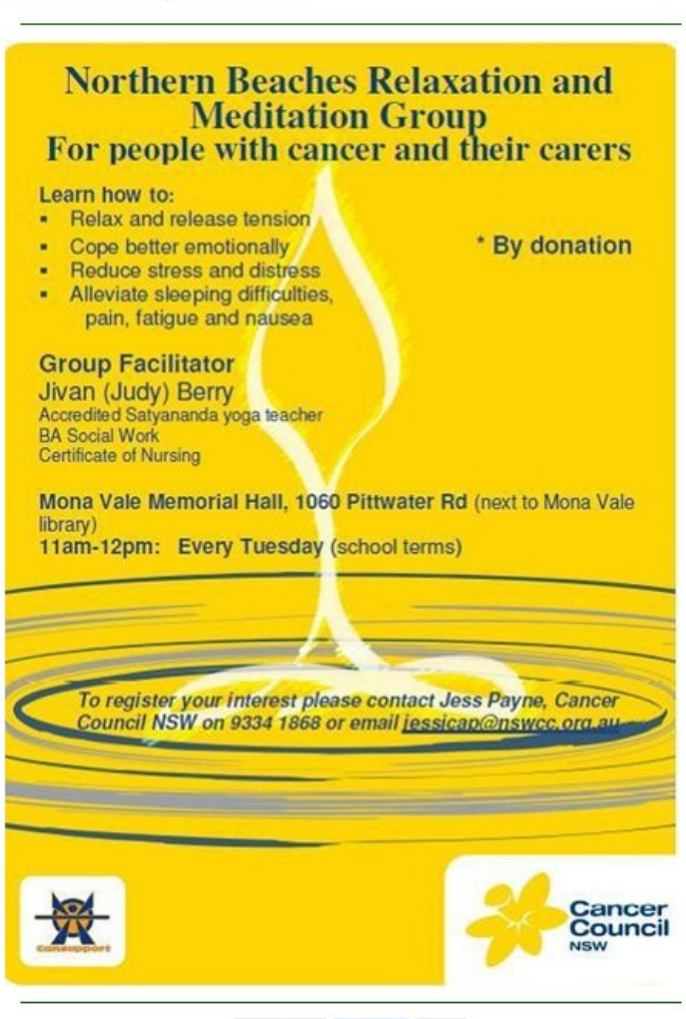
AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.



Northern Beaches Relaxation and Meditation Group
For people with cancer and their carers

Learn how to:
- Relax and release tension
- Cope better emotionally
- Reduce stress and distress
- Alleviate sleeping difficulties, pain, fatigue and nausea

* By donation

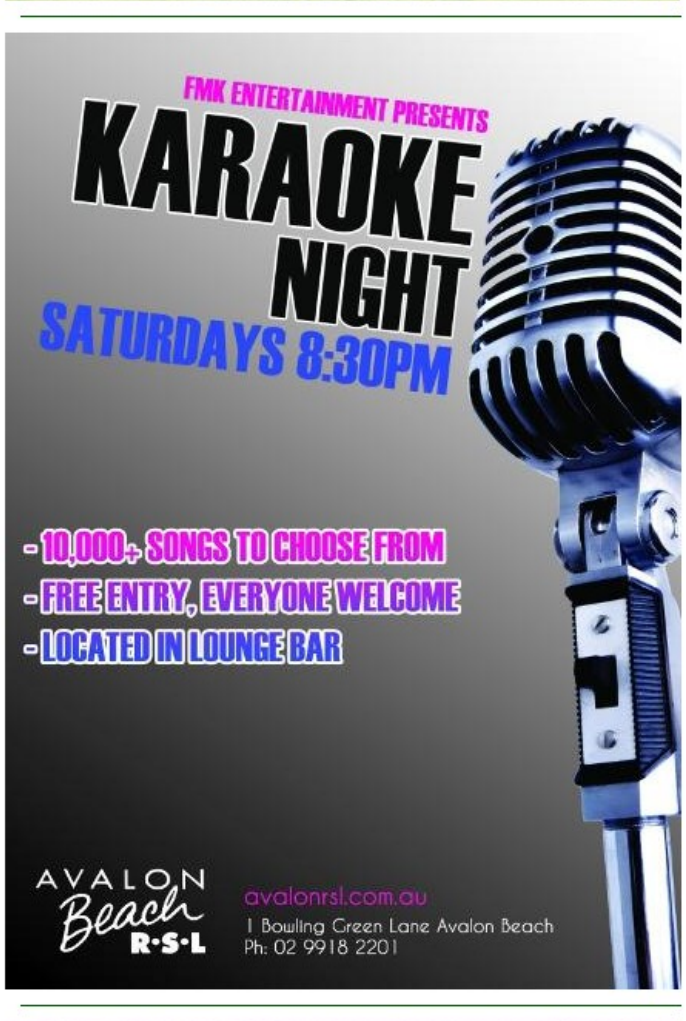
Group Facilitator
Jivan (Judy) Berry
Accredited Satyananda yoga teacher
BA Social Work
Certificate of Nursing

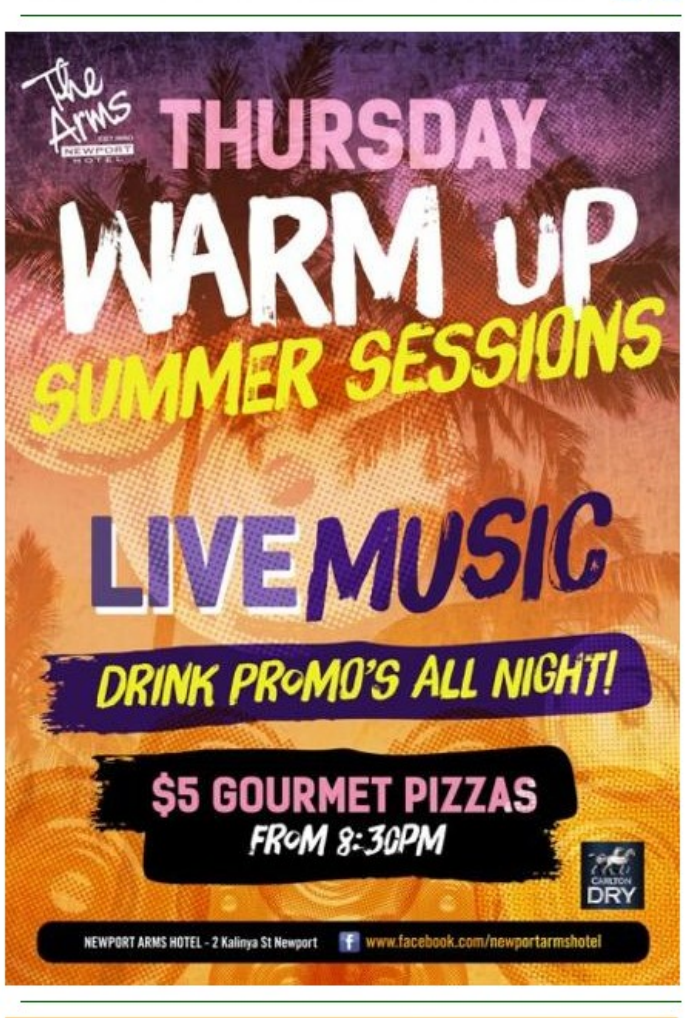
Mona Vale Memorial Hall, 1060 Pittwater Rd (next to Mona Vale library)
11am-12pm: Every Tuesday (school terms)

To register your interest please contact Jess Payne, Cancer Council NSW on 9334 1868 or email

Cancer Council NSW

Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live
Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin


FMK ENTERTAINMENT PRESENTS
KARAOKE NIGHT
SATURDAYS 8:30PM
- 10,000+ SONGS TO CHOOSE FROM
- FREE ENTRY, EVERYONE WELCOME
- LOCATED IN LOUNGE BAR
AVALON Beach R·S·L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201


The Arms
THURSDAY WARM UP SUMMER SESSIONS
LIVE MUSIC
DRINK PROMO'S ALL NIGHT!
$5 GOURMET PIZZAS FROM 8:30PM
NEWPORT ARMS HOTEL - 2 Kalinya St Newport
www.facebook.com/newportarmshotel

MONA VALE LIBRARY

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library
Call the library for the next session time

For more information contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

Kindy Kitchen Breaks Christmas Candy Tradition

With the release of the latest *Kindy Kitchen* book, *Tomato Santa*, children might wake up to vine-ripened tomatoes in their stocking rather than the usual sugar-coated cane sticks they are used to.

Kindy Kitchen creator Jessica Rosman, believes her *Tomato Santa* book is the perfect food activity for Christmas - not only does it provide children with a fun holiday story, it encourages the young ones to snack on wholesome red tomatos.

"It's not easy getting children to eat healthily, especially at Christmas," says Jess, "that's why I deliberately made Tomato Santa, to remind children that healthy food can be fun too."

The *Kindy Kitchen* recipe series, uses zany stories and wonderful illustrations to bring everyday fruit and veg to life.

It's not surprising this little series is such a hit, with recipes such as a *Grape Necklace*, *Watermelon Cupcake* and *Pineapple Crocodile*. And now there is a little man made from tomatoes who has an extra special job to do this Christmas… inspire children to eat well!

The Kindy Kitchen series will be available as iBooks from Apple iBookstore as well as through Jessica's site at www.kindykitchen.com as a PDF, with each eBook expected to retail at $2.99 each. There will also be hard copies available from Jessica's website for $6.99 each, plus postage. And as part of a special Christmas promotion, you can buy the first four hard copy books in the series for just $20 from the website. Offer ends Dec 25th!

For more information about the Kindy Kitchen series, please visit www.kindykitchen.com or contact Jess Rosman on 0451 021 227 or by email at info@kindykitchen.com

You can also see each recipe in action by visiting our YouTube channel at https://www.youtube.com/user/KindyKitchenTV.

About the Author

Jess Rosman, or "Big Jess", is a qualified preschool teacher who has been running an early childhood, healthy eating program, called *Kindy Kitchen*, for over three years.

With the addition of fun food rhymes, Big Jess has made healthy food both entertaining and engaging.

She has decided to publish her *Kindy Kitchen* program, so that by sharing these recipes everyone can play a role in fostering future generations of healthy, happy children.

Jessica Rosman currently gives talks and demonstrations at kindergartens to help parents understand how easily kids embrace healthy food if you make it fun for them.

Why I wrote them - Jess

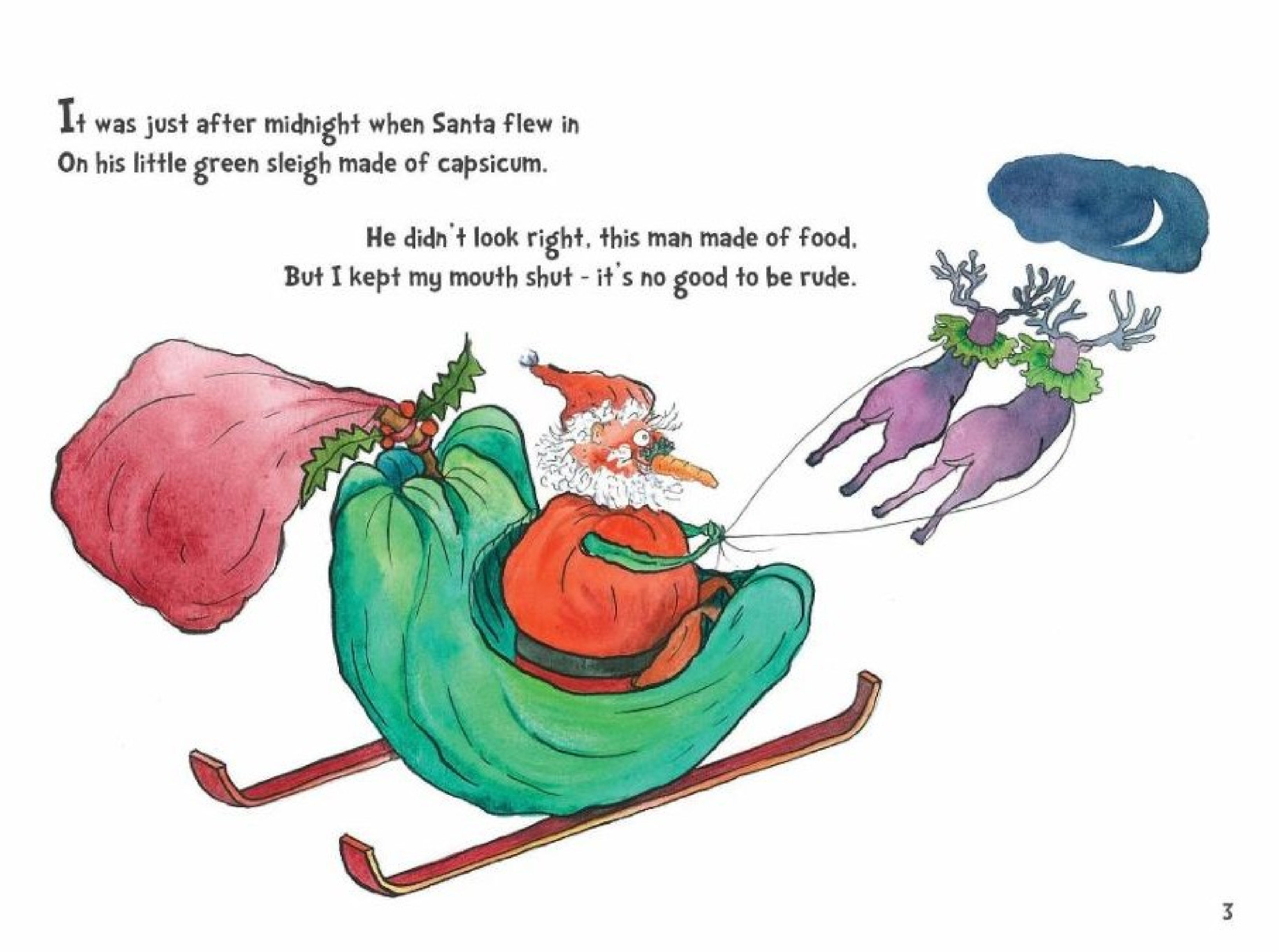
The original concept for *Kindy Kitchen* was a book of stand-alone recipes with some very sweet illustrations. And yet I felt the book didn't really speak to the child, it spoke predominantly to parents. So I decided to add stories before each recipe, as a way to spark a child's imagination and engage them in a fantasy world that inspires them to eat well. This whole project comes from a very personal health journey, but also, as a teacher, I know that the early years are some of the most formative ones and so I was propelled by an urgent need to get this out to children as quickly as possible. (It only took us a whole year!)
- Jess Rosman

About the Illustrator

For the past seven years Nettie Lodge has been writing and illustrating children's books.
In 2005, her children's picture book *BIRD*, published by ABC Books, won a NOTABLE BOOK MERIT at the Children's Book Council of Australia Awards. Her most recent book *NATEMBA*, published by ABC Books, is based on the plight of orphaned animals in Africa, for which she researched as a volunteer at a Vervet Monkey sanctuary in South Africa. Her current project is a picture book called *DAVE* about the plight of a Tasmanian Devil.
Nettie lives and paints in her studio on Scotland Island in Pittwater.
See: www.annettelodge.com

Why I illustrated them – Nettie

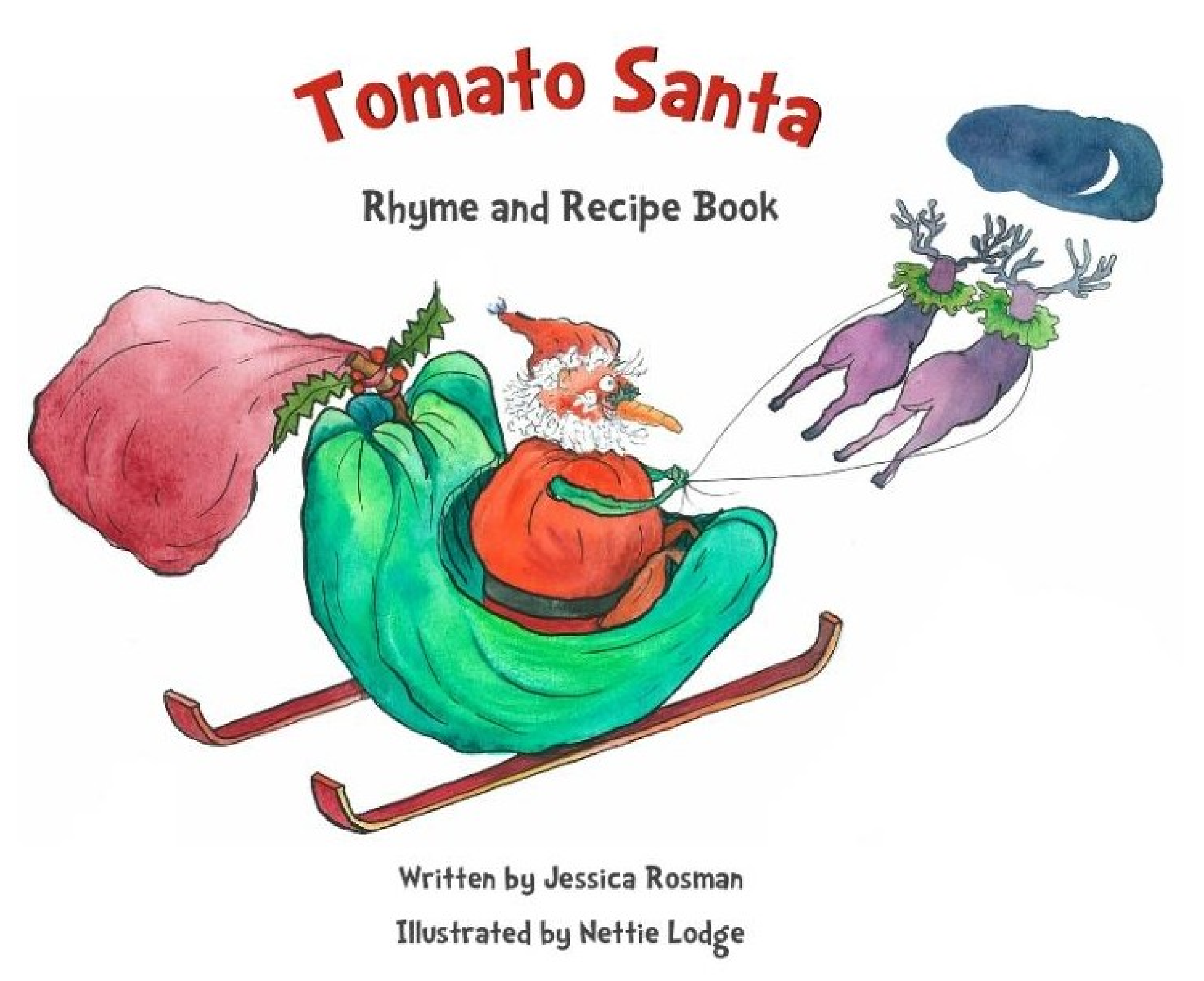
"I loved the concept of KINDY KITCHEN and when Jess wrote the wonderful evocative and funny poems I was inspired to illustrate them with the cheeky irreverence that is the nuance of the text in a way that, hopefully, kids can relate to. IE: playing with food. It was a great pleasure to illustrate such a visual narrative."
-Nettie Lodge



It was just after midnight when Santa flew in
On his little green sleigh made of capsicum.

He didn't look right, this man made of food,
But I kept my mouth shut - it's no good to be rude.

3



Tomato Santa

Rhyme and Recipe Book

Written by Jessica Rosman

Illustrated by Nettie Lodge

Tomato Santa
Rhyme and Recipe Book

It was just after midnight when Santa flew in
On his little green sleigh made from capsicum.

Find out what happens the night a little red Santa made from tomatoes and green beans flies into the kitchen…only problem is, to deliver the presents, he has to find the bean children first!

Tomato Santa is the exciting Christmas book in a wonderful new series called *Kindy Kitchen*™, which inspires children to eat well, purely by sparking their imagination.

This little cookbook series, features beautiful illustrations by award-winning author/illustrator Nettie Lodge and imaginative stories and recipes that are intended to enchant even the fussiest eater.

Collect all ten in the series and you will have all the inspiration you need to make healthy food fun and enticing for young children.

Visit www.kindykitchen.com today.

Hard copy: $6.99 PDF: $2.99

Also available as an iBook for $2.99 from iTunes – click here for the link:

https://itunes.apple.com/au/book/tomato-santa/id728238969?mt=11

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Pittwater Online News

December 1 - 7, 2013: Issue 139

THE ISLAND OF ELBA

by George Repin

Elba, in the Tuscan Archipelago, is the third largest island in Italy after Sicily and Sardinia. Located in the Mediterranean about 30 miles east of the French island of Corsica it is best known, internationally, because of the 300 days that Napoleon Bonaparte lived on the island from May 3, 1814 to February, 26 1815 following the Treaty of Fontainebleau and his forced abdication. He returned to France, landing at Cannes on 1 March, 1815, for what became the *Hundred Days Campaign*, finishing with his defeat at Waterloo and exile again, but this time to the isolated, barren island of St. Helena.

At the gates of Napoleon's home.

Teachers of English sometimes use the palindrome based on Napoleon's time on Elba - "*Able was I ere I saw Elba*" – as an example.

For centuries the main activity on the island was mining iron, primarily on the eastern side of the island, continuing until the mines closed in 1983. However, on the western side granite was extracted and processed from ancient times. The columns of the Pantheon in Rome are made of granite from Elba.

The bathroom.

Elba also has a longstanding tradition in the production of wines dating back to Roman times. In Italy *Elba rose*, *Elba white*, *Elba red* and the *Ansonica reserve red* are renowned.

However, for tourists the main interest is Napoleon's home. A steep, narrow road leads up to the gates of the house. Unfortunately, few items associated with Napoleon remain in the house but features of the house and its location make a visit worthwhile.

Palindrome: (noun) word, verse or sentence that is the same when read backwards or forwards.

Photographs by George Repin in 2011

View from the terrace with the road below.

View over Golfo di Lacona to Cape Stella.

Vineyard with Portoferraio across the water.

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