Pittwater Online News

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October 13 - 19, 2013: Issue 132

Lion Island Challenge 2013- Tim Jacobs Triumphs Again !

Jeremy Cotter (2nd), Tim Jacobs(1st) and Nathan Baggaley (3rd). Picture by A J Guesdon.

Avalon SLSC hosted their 8th Lion Island Challenge - Ocean Paddling race on Saturday morning on a glorious day. Over 170 racers paddled on included ocean skis, spec skis, OC's, SUPs, Racing Mals, 12 foot and unlimited paddleboards. Aged from under 17 to over 60, this is one of the best ocean paddling events there is with participants, helpers and all who support them descending on Station Beach to fill the water with colour and the air with laughter. Full report HERE

Winners of the 8km Womens 14 Foot and under Stand Up Paddleboard- Terrene Black, Tammy Mongomery and Nikki Gillies. Picture by Mike O'Flynn.

Barrenjoey Headland - A Phoenix Landscape Already Rising

Native seed pods open at Barrenjoey Headland after recent bushfire. Picture by A J Guesdon, 2013.

We have not run an article on the bushfire at Barrenjoey Headland on Saturday afternoon, 28th of September because arsonists should not be given the attention they seek. A little therapy is more in order...And... we wanted to wait until the small sprinklings of rains we've had would help the first green shoots to return. They have. For the record, and for our Rural Fire Service Volunteers and those who helped them on this terrible afternoon, and because so many have sent in fantastic photos, we run it this week.

Just yesterday (12.10.2013) a staffer went up the hill to see what may be rising from the blackened earth or have fallen from seed pods which require the heat of a bushfire to open and spill the next generation of Australian bushflowers out. Open they are and the seeds have fallen to earth.

There were a lot of little flies, drawn in by what has been killed. There were very few birds and only five cicadas sounded out their raucous noise when normally, by this time of year, their chorus may be deafening on the 'Joey.

Little birds are still on the lower part of the headland though, where green pockets were saved by those who fight fires, and a few currawongs sounded, wattle birds flitted and one lone butcher bird imitating a kookaburra sang a glorious song. She shall rise, we live in a phoenix landscape, it is in her DNA.

Media Releases from the NPWS on upcoming regeneration days for the headland you can put your own hands to and from the NSW Police and RFS this week also point to what will occur should the perpeTRAITOR be caught HERE

Green returning to Barrenjoey - from the ground up. Picture by A J Guesdon.

Watch Out - Shearwaters Are About

Short-tailed Shearwater or Slender-billed Shearwater (*Puffinus tenuirostris*) at Station Beach yesterday (12.10.2013) - exhausted from thousand of miles of Spring Migration. Picture by A J Guesdon.

Short-tailed shearwaters are appearing on our beaches and in our bays at present on their annual migration back to Tasmania. The one above was photographed on Saturday at Station Beach, Barrenjoey.

The Short-tailed shearwater (*Puffinus tenuirostiris* - Tasmanian Shearwater) is commonly called the 'mutton bird'. Each year the Short-tailed Shearwater begins a journey of about 15,000 km from the Aleutian Islands back to their nesting grounds in the Bass Strait, Tasmania and other coloines i south east Australia, passing New Zealand and Japan. Unfortunately many get exhausted, usually those on their first migration, and appear in Pittwater each Spring.

WIRES asks people who find an exhausted shearwater or any other seabird that is still alive to call WIRES on 1300 094 737 or contain in a box and take to the nearest vet. Do not attempt to feed or give water, keep it warm and quiet away from pets and children. These birds cannot fend for themselves and could be attacked by dogs and foxes, leaving them to die of horrific injuries.

Short-tailed shearwaters are amongst the worlds' most populous bird species. However mortality rates during migration can be very high.

National Bird Week begins next Saturday (**19-25 October 2013**), and we have some joyful news for then, and begin this week with two our local Brush–turkey (for Children) and the Short-tailed Shearwater, called mutton bird in Australia as it was food for Indigenous peoples and settlers and still is for some.

Songs of Joy and Love for the Milami School, Kenya – St Marks, Avalon

Shelagh Bokenham and U3A The Singers For Joy Choir. Picture by Michael Mannington.

Every year St Mark's in Avalon holds an annual fundraiser where those attending get to hear some of the best music played in Pittwater. In the past few years a focus on missionary projects in Kenya to uplift, inspire and create self sufficiency has become one project in focus.

Gregory van der Struik, current Principal Trombone with the Australian Opera and Ballet Orchestra, along with wife Kristie, organist extraordinaire, were joined by Shelagh Bokenham and U3A The Singers For Joy Choir accompanied by Maureen Stiles, organist at St Marks in a program that although it was wide ranging in music genres had one constant theme - love. See more HERE

Haka Visits Hitchcock

Pictures by A J Guesdon, 2013.

The Avalon Bulldogs hosted the Ngongotaha Chiefs in a friendly match at Hitchcock Park on the holiday Monday (7.10.2013) with matches played between the 15's and 17's, which included an almost length of the field try by 17's Bulldog's player Oscar Barry – a great afternoon and good bonding session between the next generation for both our countries. Story and pictures HERE

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Past Features

Archives

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Pittwater Online News

October 13 - 19, 2013: Issue 132

Articles This Week:

Front Page Issue 132

Avalon Beach SLSC's Lion Island Challenge 2013

St Marks Songs of Joy and Love for Milami School, Kenya

Brush-turkey - the Australian Urban dwelling bird - **for children**

Barrenjoey Headland Bushfire - we're not as angry as we were two weeks ago (not really) or as sad about the loss of our flora and fauna on Barrenjoey Headland (not really again) and so are running a 'for the record' Pictorial this week with images courtesy of our other local heroes, the NSW RFS and a timely warning from this same organisation and NSW Police released this week for all would be firebugs

Short-tailed Shearwaters Spring Migration 2013 - Pittwater's Station Beach has exhausted mutton birds landing at present - a little about these marathon fliers and what to do to help with their landing here from exhaustion

DIY Hints: **How to recycle your Garden Trampoline into a Swing Bed** - if the children have grown out of playing on the trampoline, you can recycle it into the best air catching place for this Summer!

Australia II 30th Reunion at Royal Motor Yacht Club - Broken Bay

Pictures: **Avalon Bulldogs and Ngongotaha Chiefs Friendly Match at Hitchcock Park**

Collectors Corner: 1933 Wormald Simplex Fire Extinguisher + some Fire Bridgade originals and originators as Incidentals

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

All Previous Articles

Profile: October 2013 - Pittwater Spring Gentlemen - John Black - four generations of Blacks have dwelled in Pittwater - another living legend this week!

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

A HISTORY of PITTWATER

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

Previous History Pages:

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

Park Bench Philosopher: Lighthouse Peoples - a whimsical chant and extract from *Seeing Things* - left here this week for Mr John Black

News From Our Inbox New research centre sheds light on Western Sydney's most pressing health issues, Sunscreen Saves Superhero Gene, Bubble freezing, DOES MY VIRTUAL FOREHEAD LOOK BIG IN THIS?, Bear and Cat, World Solar Challenge 2013, Scotland the Strong, What Evolved First, a Dexterous Hand or an Agile Foot?, World Clock, nnovative Deep-Sea Manned Submarine Under Construction, First Ever Evidence of a Comet Striking Earth, Exceptional Fossil Fish Reveals New Evolutionary Mechanism for Body Elongation, Well-Connected Hemispheres of Einstein's Brain May Have Sparked His Brilliance, Smart Cat, How to use Trove, Find your past.com, 2013 Nobel Prize in Physiology or Medicine: Discoveries of Machinery Regulating Vesicle Traffic in Cells, Where Your Missing Socks May Be If you Own a Dryer, Health papers published this week: Amino Acid Offers Potential Therapeutic Alternative in Psychiatric Disorders; Advance in the Diagnosis and Control of Childhood Asthma; Association Between Adolescents' Anxiety, Depressive Symptoms; Vaccination Campaign Doubles HBV Mutations; Work Seems Life Threatening to People Suffering from Stress; Air Pollution Increases Heart Attacks; Dog's Mood Offers Insight Into Owner's Health; How Binge Drinking Impairs Healing of Broken Bones; New Drug Candidate Found for Deadly Fungal Lung Infections

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

Collector's Corner: 1933 Wormald Simplex Fire Extinguisher + some Fire Bridgade originals and originators as Incidentals

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Community News: RPAYC Open Day Today, PITTWATER ARTISTS TRAIL OPEN WEEKEND, State of the Beaches Report 2012-2013, Invitation to Parliamentary Forum on Palliative Care, Pet of the Week, Barrenjoey headland re-opened, Schooner Sinks at Palm Beach, ABHS 818, MOna Vale Library Hosts Cricket Legend Michael Hussey, Avalon Craft Cottage Returns to Warriewood, Regatta to Help Local Multihull Sailors Defend World Titles, PITTWATER PERFORMANCE REVIEW BY STATE GOVERNMENT, TECHNOLOGY DROP-IN SESSIONS, National asbestos awareness month in November, Multihulls added to the 33rd Club Marine Pittwater & Coffs Harbour Regatta 2014, Proposed Reforms to the Home Building Act, Rare map to star in National Library's summer blockbuster, Pet of the Week from Doggie Rescue.com, The Bloody Long Walk, Heaven Can Wait Regatta, Enliven Pittwater App., PITTWATER ARTIST GRANT PROGRAM OPENS, Bushcare Notices - October 2013, MARINE AND MARITIME RESEARCH FESTIVAL, Katandra Bushland Sanctuary 2013 Season, Avalon Sailing Club 75th Anniversary, Our Councils Notices and more

Environment; **Barrenjoey Bushfire - For the Record,** Eco Warriors, Giant Channels Discovered Beneath Antarctic Ice Shelf: 250 Meter High Channels Will Help Predict Future of Antarctic Ice, Do you think a 4th Newcastle coal terminal should be approved by the NSW Government?, KATANDRA SANCTUARY by Pittwater EcoWarriors, Tackling waste, Stress a Key Factor in Causing Bee Colonies to Fail, IPCC WGI AR5 - Climate Change 2013: The Physical Science Basis, Minute Traits and DNA Link Grass Species from Old and New Worlds, AUSTRALIA AND INDIA TO COLLABORATE ON CLEAN FUEL PRODUCTION, Plastic Waste Is a Hazard for Subalpine Lakes Too, Australian endangered species: Harrisson's Dogfish, Urgent New Time Frame for Climate Change Revealed by Massive Analysis, Black Heron shades water with wings to see prey better, MARINE AND MARITIME RESEARCH FESTIVAL The Earth Wins:Fantastic resource for teachers, Aus-wide, **COOEE OCTOBER 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations and more.

Affectionate Greeting

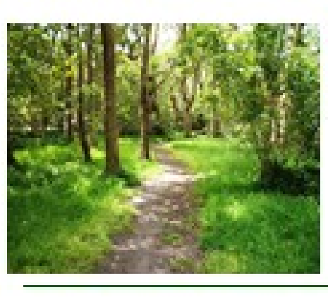
Lynda Hill: **Update 4.10.13**: **Emerging From The Dark: October's Libra New Moon**

Pictures: Avalon Bulldogs and Ngongotaha Chiefs Friendly Match at Hitchcock Park

Children: Brush-turkey - the Australian Urban dwelling bird - for children + Avalon Bulldogs - Ngongotaha Chiefs Friendly Game, **SHARE THE FINAL ADVENTURE OF THE ROYAL RANGER, Trampoline safety is flippin' important - 8 kids injured every day, Avalon Beach Chamber of Commerce Poetry Wriitng Competition, Fruit!, RESPECT!, Driftwood Horse, Pingu cartoon full episodes 2013, Friendly Polar Bear, Nursery Art, Me and My Mum and Dad, Explore the West with WilderQuest!,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: Brush-turkey - the Australian Urban dwelling bird - for children + Avalon Bulldogs - Ngongotaha Chiefs Friendly Game, Sailing in Pittwater RPAYC Open Day today, Avalon Chamber of Commerce Poetry Comp., Trampoline safety is flippin' important - 8 kids injured every day, Youth Advisory Council Applications Now Open, Garden Party at Government House, Sydney - 12 April 1912, Don't leave your Dryer out in the Snow, Elephants Know What It Means to Point to Something, Things Dogs Teach Us, RESPECT!, Laser man, The switch, Friend went to Machu Picchu; Ginger Llama decided to join him, Man creates kinetic sculpture that moves and lives on its own! PITTWATER ARTIST GRANT PROGRAM OPENS, Youth Advisory Council Applications Now Open, SAFE CELEBRATING!, New hope for young people who drink to mask negative feelings, HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!, Empowering young leaders at TEDxYouth@Sydney, International Fleet Review Art Competition - Secondary Students Section, The Earth Wins, Wild About Whales Photo Comp., AHO Mini Doco. Comp., **Calling young buskers! Mona Vale Market Day is looking for young people aged 12-24 for Sunday 3 November,** AUSTRALIAN NAVY CADETS - On the Northern Beaches, Flight Radar 24.com, Year 13: have questions? Get answers, The ECO. Clean Beach Initiative is looking for Australia's most passionate ECO. Warrior to be the face of its movement!, Mona Vale Library - Duke of Edinburgh Awards + more.

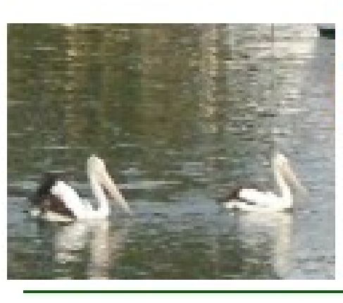
Seniors; TECHNOLOGY DROP-IN SESSIONS, If you haven't been checking our Profiles of the Week lately - time to catch up on a few local legends, like all of you; Last Week - Jervis Sparks. This week John Black!, Never too young to learn RESPECT!, REMINDER that Australian Cricketer, Michael Hussey is speaking on Monday 14 October at Mona Vale Memorial - FREE!!, Shame and the Captives by Tom Keneally on Wednesday 6 November, AvPals Open Day, Overcoming the blues for older people with illnesses; Syd. Uni seeks Doctors or individuals interested in taking part in the trial, Earliest surviving Australian Rules footage: 1909 VFL Grand Final, 15th Australian Computer Conference for Seniors, Man creates kinetic sculpture that moves and lives on its own!, Thought by Lord Buddha, Laser man, Things Dogs Teach Us, Ancient DNA Unravels Europe's Genetic Diversity, What could possibly go wrong?, Cat jumps, Garden Party at Government House, Sydney - 12 April 1912, Health papers published this week: 'Peanut Butter' Test Can Help Diagnose Alzheimer's Disease, Researchers Find; Novel Algorithm Detects Early Signals of Alzheimer's in Motion Behavior; Creative App for Dementia Careworkers; Researchers Test Biofeedback Device in Lowering Grandmothers' Stress; Possible Biomarker for Parkinson's Disease; AvPals Term 3, National Seniors Literary Prize 2013, local Events, Support and Education Activities.



Community Clubs: Updates on Activities and links to sites.

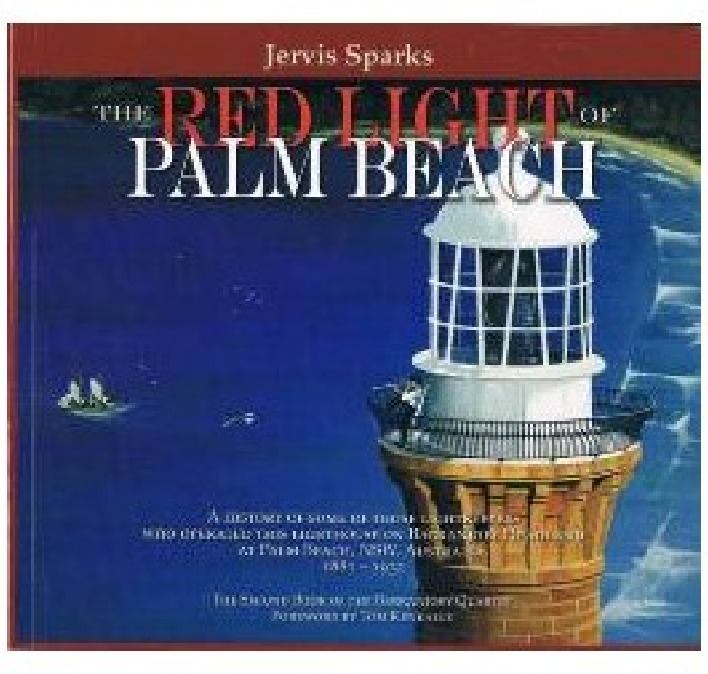
QUIKSILVER

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



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

DIY Hints: How to recycle your Garden Trampoline into a Swing Bed - if the children have grown out of playing on the trampoline, you can recycle it into the best air catching place for this Summer!



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

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

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

Food: **Green Beans**- Spring is Green Bean cropping time - these quite ancient vegetables are excellent in Salad Niçoise and a great homemade version of a Three Bean Salad - some facts, nutrition and an ancient illustration

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Lion Island Challenge 2013 - Avalon Beach SLSC Hosts its 8th Ocean Paddling Race

Lion Island Challenge 2013

The 2013 Lion Island Challenge Ocean Paddling race included ocean skis, spec skis, OC's, SUPs, Racing Mals, 12 foot and unlimited paddleboards. Those who participated said there was a bit of backwash coming back around Barrenjoey and strong currents when paddling around Lion Island but it was a great day, a good paddle, and although those returning to station beach couldn't wait to get into the water and cool off, there were smiles everywhere.

Run by Avalon Beach SLSC who provide water safety, helpers when everyone gets back to the beach to move their skis out of the way of those still coming in, commentary, this year by John Dick who kept everyone entertained, fruit for those returning and water to hydrate.

The race attracts other surf club members, members of paddling clubs, social paddlers, professionals and this year one gentleman who had travelled from Italy.

The courses are a 14 kilometres for Skis and OC's, 8 kilometres for SUP, Boards and the social racers and a 6 kilometre board race for the racing Mals.

This year a brand new Lion Island Challenge Perpetual Stand Up Paddleboard (SUP) trophy donated by Stuart Murray from SUPEXPLORE made a welcome addition to this fast gaining popularity form of getting on the water and enjoying yourself. Mr. Murray SUP Explore donated a SUP Paddle as a lucky door prize on offer to all SUP paddlers in the Lion Island Challenge this year for the second year in a row. See: http://www.supexplore.com/

The winner overall was Tim Jacobs for the seventh consecutive year who commented when receiving the trophy that he loved the sport and "Would do anything to support and promote paddling," and that "It's great to win again."

Tim came in before two of the best in Australia this year, Jeremy Cotter (North Burleigh SLSC), 2013 Molokai 3rd place getter and Olympian Nathan Baggaley. Tim also teaches paddling so if you want a few lessons from the gentleman who won this year, head over to http://timjacobspaddling.com/ and sign yourself up.

Christine Hopton, President of Avalon Beach SLSC, was everywhere all morning, handing out drinks to those coming in, making sure everyone was well looked after but not competing even though she is pretty good on the water herself.

This year the list of sponsors has grown, recognition of what a great race and day this is, and includes LJ Hooker Avalon as major sponsors and those whose logos appear as our way of supporting those who support this great event.

Avalon Beach SLSC has done it again – wonderful morning, great people having an excellent time together.

Official Categories

Male: 12.6 and under, 14 foot and under

Female: 14 foot and under.

The Race Categories for this years Lion Island Challenge

SKI & OC 14km

U19 Men Ocean Racing Ski
U19 Men SLSA Ski
U19 Women Ocean Racing Ski
U19 Women SLSA Ski
20-39 Men Ocean Racing Ski
20-39 Men SLSA Ski
20-39 Women Ocean Racing Ski
20-39 Women SLSA Ski
40-49 Men Ocean Racing Ski
40-49 Men SLSA Ski
40+ Women Ocean Racing Ski
40+ Women SLSA Ski
50-59 Men Ocean Racing Ski
50-59 Men SLSA Ski
60+ Men Ocean Racing Ski & SLSA Ski
Open Double Ski
Open Men OC1
Open Women OC1

SUP, BOARD & SOCIAL SKI 8km

Open Male 12'6 & Under SUP Board
Open Male 14' SUP Board
Open Female 14' & Under SUP Board
Open Male Paddleboard 12'
Open Male Paddleboard Unlimited
Open Female Paddleboard 12'
Open Female Paddleboard Unlimited
Open 8km Social Ski (Male & Female)

BOARD 6km

U19 Male Racing Mal 10'6
U19 Female Racing Mal 10'6
Open Male Racing Mal 10'6
Open Female Racing Mal 10'6

All Results can be found here:
http://www.etimeteam.com/RMS/LionIsland/Results.cfm.
Volunteer Photography - Lion Island prize winners and other pictures - photos by Mike O'Flynn and Michael Mannington at:
http://gallery.volunteerphotography.org/p676440363

www.avalonbeachslsc.com.au

Jeremy Cotter (2nd), Tim Jacobs(1st) and Nathan Baggaley (3rd). Picture by A J Guesdon.

SUPEXPLORE
LION ISLAND
CHALLENGE TROPHY

Winners of the 8km Womens 14 Foot and under Stand Up Paddleboard- Terrene Black, Tammy Mongomery and Nikki Gillies. Picture by Mike O'Flynn.

First Back: to Station Beach - Daniel Hilly, 8km Social Ski (Male and Female) Time: 46:59. Picture by A J Guesdon.

SURF
PATROL

Robert and Christine Hopton. Picture by A J Guesdon.

First Lady Back: Deb Salmons, 8km Social Ski (Male and Female) Time: 48:50. Picture by A J Guesdon.

First for the 7th year in a row, Tim Jacobs, 20-39 Ocean Racing Ski Men -Long Course (14km), Time: 01:02:59. Picture by A J Guesdon.

Race director Brett Greenwood, Dirk Dramer and Louise Lindop - Avalon Beach SLSC members. Picture by A J Guesdon.

Local Legend Nick Carroll, 50-59 SLSA Ski Men, Time: 01:20:29, being interviewed by John Dick, post-race. Picture by A J Guesdon.

Local Legend Colin Campbell, 60+ Ocean Racing Ski Men - Long Course, Time: 01:32:22, being interviewed by John Dick, post-race. Picture by A J Guesdon.

VAJDA
CANOES & KAYAKS

Still smiling while coming on home. A J Guesdon Picture.

Still smiling too! Picture by A J Guesdon.

Not sure this counts - but they were paddling! A JG Picture.

Report + Pictures by A J Guesdon and Mike O'Flynn, 2013.

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Songs of Joy and Love for the Milami School, Kenya – St Marks, Avalon

Shelagh Bokenham and U3A The Singers For Joy Choir. Picture by Michael Mannington.

Songs of Joy and Love for the Milami School, Kenya – St Marks, Avalon

Every year St Mark's in Avalon holds an annual fundraiser where those attending get to hear some of the best music played in Pittwater. In the past few years a focus on missionary projects in Kenya to uplift, inspire and create self sufficiency has become one project in focus.

Gregory van der Struik, current Principal Trombone with the Australian Opera and Ballet Orchestra, along with wife Kristie, organist extraordinaire, were joined by Shelagh Bokenham and U3A The Singers For Joy Choir accompanied by Maureen Stiles, organist at St Marks in a program that although it was wide ranging in music genres had one constant theme - love.

We asked Michael Mannington to attend this function on Saturday evening and he took the opportunity to speak to Gregory and Kristie van der Struik.

Have you played here before?

Greg: I used to play here every Sunday until I got married and moved out of the area. We come back every year to do a fundraiser for the church.

Kristie: I've been an organist at other churches all over Sydney.

Kristie (formerly organist of Christ Church, Lavender Bay) is a much respected organist who has played at many churches throughout our metropolitan area to raise funds for numerous projects.

MM: Do you choose your own pieces of music?

Greg: yes we do, although the them for tonight is love songs and we have picked those that have something to do with love – everything we play has something to do with love.

Kristie: One we are playing tonight is '*Some Enchanted Evening*' from South Pacific I which Greg is currently playing at the Opera House.

Greg: It's food to play a bit more melody at present. Sometimes we have played for the Youth Ministry and tonight it's for the Milami School in Kenya.

Reverend Stuart Holman, Senior Minister at St Marks, who visited the Milami school earlier this year, explained a little of what St Marks congregation members have raised funds to help set up and build and create all needed in recent years. Milami school is on the outskirts of Nairobi, capital of Kenya, in one of the poorest parts of Nairobi. The landscape is dry and dusty and crops planted often fail.

Milami school has recently taken part in the statewide exam, similar to our old School Certificate, and came third of 22 schools in its district. This means that all fee paying students will see the school as an attractive place to be educated and this will help the school to become self sustaining – the aim of St Marks mission.

Shelagh Bokenham led the Singers For Joy Choir out in the first number 'Getting to Know You' in what was a wonderful program of music appreciated by those who attended.

St Marks Avalon: http://www.stmarksavalon.org.au/index.php

Michael Mannington's Volunteer Photography: public gallery.

Gregory and Kristie van der Struik. Picture by Michael Mannington.

Shelagh Bokenham and Rev. Stuart Holman at recent Kenya Care Wear launch. Picture by A J Guesdon.

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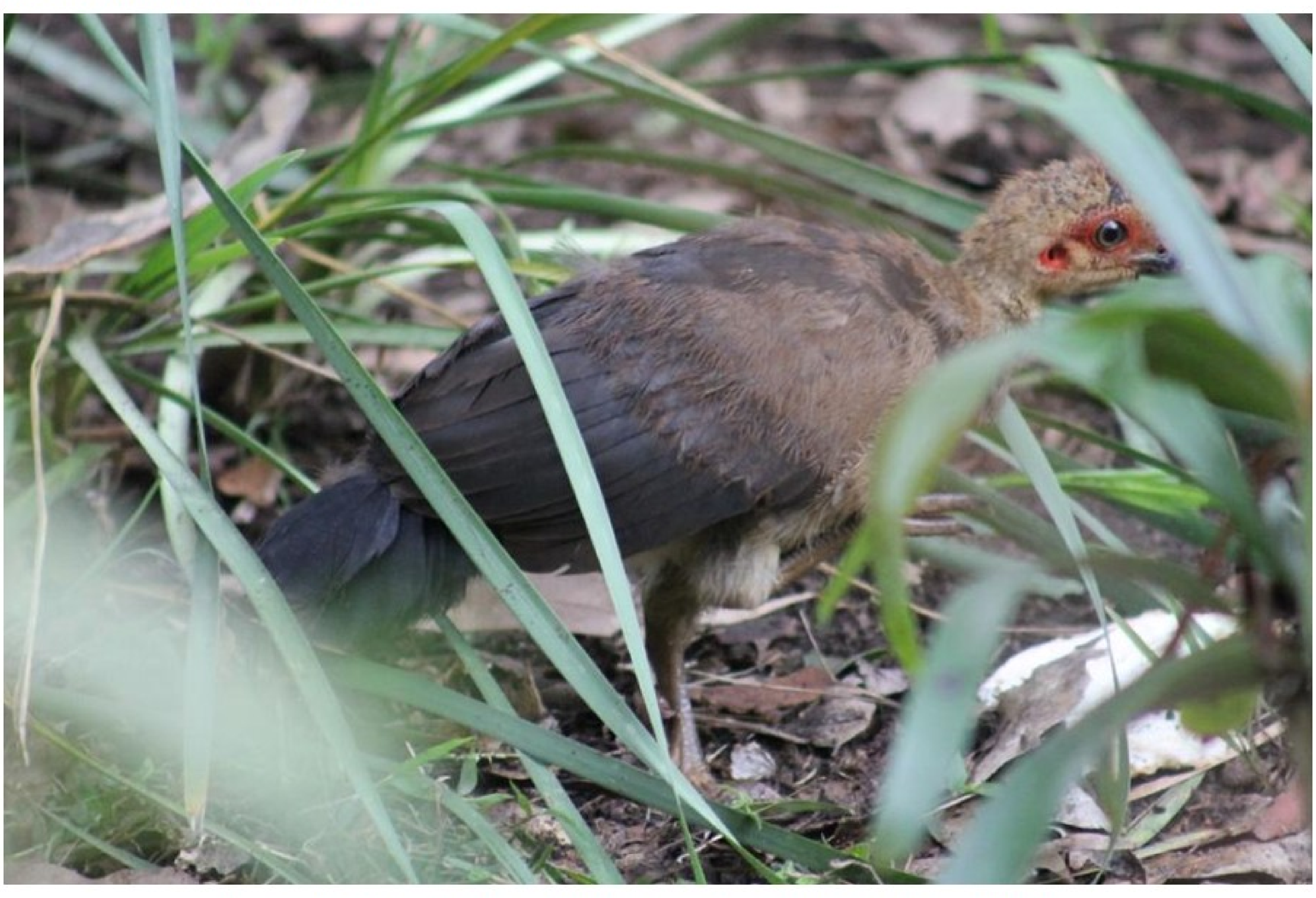
Brush-turkey – Australian Urban Bird

Brush- turkeys or Bush Turkeys (*Alectura lathami*) as they are sometimes called, belong to the megapodes family, meaning that they are incubator birds or mound-builders, and build large nests in which to incubate their eggs; the heat generated, like in compost bins, from these mounds of leaves is what incubates the eggs. The males build the nests.

Their name megapode literally means "large foot" (Greek: mega = large, poda = foot), and is a reference to the heavy legs and feet typical of these terrestrial birds. Several females will lay their eggs in the one mound (up to 30 eggs can be there although the average is 18-24) and the chicks are unusual among birds as they will hatch fully feathered and be able to fly within a few hours – a good thing as these birds are ground dwellers or not predisposed to flying for long times, although they can. They are able to run fast and jump over fences quite easily. Lyre birds are also ground dwellers.



A young Brush-turkey that was scratching around in our backyard last year at this time.

Megapodes are medium-sized to large terrestrial birds with large legs and feet with sharp claws. They range from 28 to 70 cm. The largest members of the clade are the species of Alectura and Talegalla. The smallest are the Micronesian Scrubfowl (Megapodius laperouse) and the Moluccan Scrubfowl (Eulipoa wallacei). They have small heads, short beaks, and rounded and large wings. Megapodes are found in the broader Australasian region, including islands in the western Pacific, Australia, New Guinea, and the islands of Indonesia east of the Wallace Line, but also the Andaman and Nicobar Islands in the Bay of Bengal. The distribution of the family has contracted in the Pacific with the arrival of humans, and a number of island groups such as Fiji, Tonga, and New Caledonia have lost many or all of their species.

Brush-turkeys or Bush turkeys are the largest of Australia's three megapodes. the other two found here are the smaller (45 cm) Orange-footed Scrubfowl, Megapodius freycinet, which shares part of the Australian Brush-turkey's northern range, is entirely dark grey to brown, with the exception of bright orange legs and feet and the Malleefowl, Leipoa ocellata, a largely brown bird, barred with black, white and rufous. It is found in southern and south-western Australia. They are part of the family of fowl-like bird (chickens-Order Galliformes), and this includes quails, turkeys, peafowl and junglefowl.

They are called '**wee-lah**' by the Indigenous peoples of the Hunter Region and many of our original custodians used to eat the easily gathered eggs. These birds will themselves feed on insects, seeds and fallen fruits exposed by raking the leaf litter or breaking open rotten logs with their large feet.

Brush Turkey in our backyard Friday afternoon again (11.10.2013) - perhaps the same fully grown bid as above.

Colonists new to Australia also learnt to raid these nests for food:

BRUSH TURKEY. As a matter of fact Mr. M'Cooey dislikes contradiction, and owing to his unkind replies to various contributors on the iguana and other questions, few persons care about trespassing upon the domain of the Australian naturaist. Notwithstanding this,it behoves all persons, in the interests of science, who read essays which come within their province, to give a mild denial to a palpable absurdity. From a gentleman who has traversed so much of this colony, one would not expect to be Horace Grooly'd with that old tradition about brush turkeys laying from sixty to seventy eggs in one nest ; and ina future issue I shall expects Mr. M'Coooy to give some tangible reasons for his bold assertion. I have robbed brush turkeys' nests in various parts of this colony, including the Gunnedah and Bog-gabri districts, also the runs Bellyena, Killarney, Edgeroi, Berrigal, Terri-hie-hie, Slaughter-house Creek, Bogamildi, and thence until they disappear towards the banks of the Macintyre River. This comprises no mean scope of country ; and yet in only one instance have I found fifteen, and in no instance have I found more than four, fresh eggs in one nest. Witness the nest built by two birds within a few yards of the Bogamildi head station; it was the usual size, and contained eight eggs. Again, the birds do not lay promiscuously as stated; far from it, they deposit their eggs in the most systematic manner, each one being end on, or perpendicular, and by all appearances having a certain amount of space allotted to it. This then might load up to the ques-tion, will a nest hatch only a certain number of eggs? This I shall answer in a future letter, giving also many interesting facts, not from books, not from hearsay, but from years of close observation, either shooting, or with a rake in my hand pulling their nests to pieces. I might here add that as the egg approaches maturity; so the earth appears to make room, until a day or two before the chick is hatched there is space between the shell and the earth large enough to admit the finger. If Mr. M'Coooy has taken sixty or seventy eggs from one nest, then, indeed, have his researches been rewarded. Trusting you will find space for those remarks in your valuable columns. —Yours, &c., Quirindi, March 1. JAMES FREDERICK. BRUSH TURKEY. (**1886, March 13**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 29. Retrieved from http://nla.gov.au/nla.news-article71074486

So many of our native birds that were ground dwellers were hunted during our first hundred years that laws were made to protect them from hunters:

The close season under **the New Birds Protection Act began on Tuesday, and will continue till the end of January.** The following birds, in addition to those which are absolutely protected for a period of five years, are included in the schedule :—Brush turkey, mallee hen, land curlew, bittern, land rail, black swan, bustard or plains turkey, wild ducks and geese of every species, plovers of every species, pigeons and doves of every species, dollar birds, wood swallows, magpies(other than the black), peewit, thrush, wag-tail, jackey winter, robins, blue wren, emu wren, larks, diamond sparrow, gang-gang cockatoo, Indian minah, butcher bird, coach whip bird, honey sucker, mocking bird, swamp pheasant, king parrot, ibis, and the bird commonly known as " the happy family" or" the twelve apostles." The close season for quail begins on 1st October and ends 31st March. ITEMS OF INTEREST. (**1893, August 3**). *The Maitland Mercury & Hunter River General Advertiser* (NSW : 1843 - 1893), p. 6. Retrieved from http://nla.gov.au/nla.news-article19025257

Brush-turkey colonies are common in the urban environment and we have seen one group of three strolling beside Careel Creek last year although they are meant to be fairly solitary birds. Mostly they live in rainforests and wet schlerophyll forests, but can also be found in drier scrubs. In the northern part of its range, the Australian Brush-turkey is most common at higher altitudes, and will move to the lowland areas in winter months. In the south they are common in both mountain and lowland regions.

Brush turkeys are protected by law and as with all our birds which may become tame through feeding them, it is also illegal to feed our native birds. Creating areas where they can visit your garden by introducing native plants or replacing those that are not with bird attracting foliage that will shed seeds I season, or in the case of the Brush-turkey, creating a mud of compost in a shady corner they may then make their nest, will let you see these magnificent creatures stroll through your mornings and afternoons.

Unless it is a nest guarded by a dad Brush-turkey, they can be quite shy so if you want to watch them, just be a little bit kind and stand quietly so you don't make them anxious with noise or sudden movements.

A children's story from years ago about why these big birds build mounds for their eggs:

Another wonderful story 13 about how the brush turkey learned to build the odd kind of a nest that it makes. The laughing-jackass and the turtle were married, and when Mrs. Turtle went' to lay her eggs in the sand the bush turkeys saw her, and they resolved to try the same trick, and it succeeded, too, and that is how the Mound Builders came to learn tho trick of letting the sun hatch their eggs. Our Book Review. (**1899, January 10**). *The Sydney Stock and Station Journal* (NSW : 1896 - 1924), p. 3. Retrieved from http://nla.gov.au/nla.news-article120762889

References:

BirdLife Australia

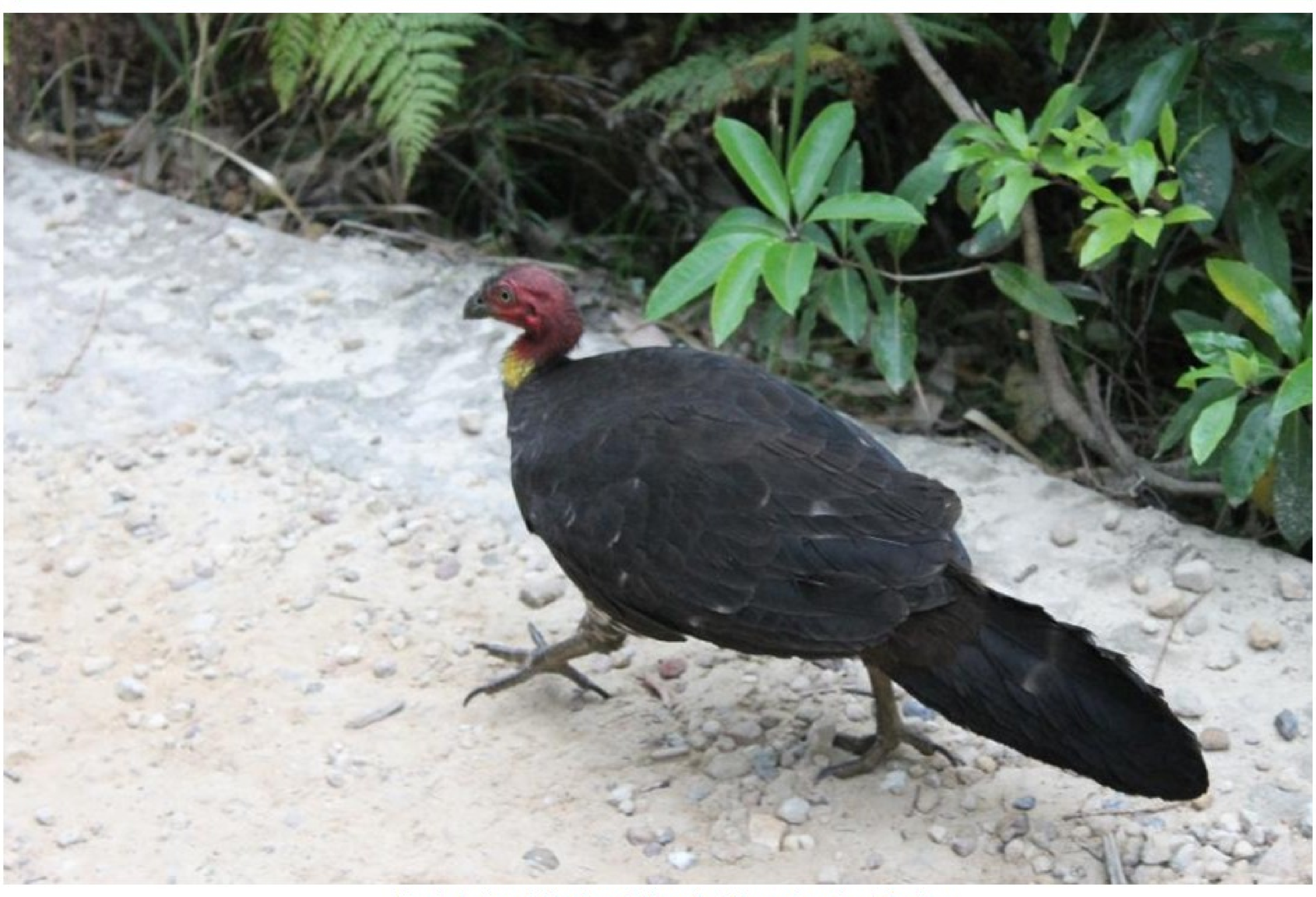
Birds of the Australian Rainforests.

Handbook of Australian, New Zealand and Antarctic Birds, Volume 2 (Raptors to Lapwings).

The Atlas of Australian Birds.

BRUSH TURKEY Melbourne Family Life Story. The last of Mr. and Mrs. Brush Turkey's family has dug its way out of its nest at the Melbourne Zoological Gardens. It flew to the nearest tree, but the parents showed little interest in the youngster's feat. Explaining how tile brush turkeys, natives of Queensland, prepared for their offspring, the Director of the Zoological Gardens (Mr. Wilkie) said the male bird gathered the fallen leaves from a the silky, oak. Forming a pile about 6ft. wide and 4ft. high on the ground, it added soil and debris from trees and tramped, them into a conical shape. During this procedure the hen looked on with great interest, but only front a distance. She know she was not permitted to interfere with the male in his preparations. W\hen the nest was completed the hen burrowed into the cone and laid her eggs with the wide end upperillO5tLAfter tile last egg was laid the male bird again tramped the nest. Within several days the egg, being heavy, gradually sank in the soft material. This allowed space for the chicken to move his head after he had pocked his way from the shell. If rain fell during incubation the male bird carefully threw the dry material from the base of the nest to the top. The chicks were hatched fully fledged, quite independent and able to light their own battles. The arrival of the brush turkey chicks during the past few days was the first at the Zoo for nine years, said Mr. Wilkie. "Apart from the mallee hen which scoops a hole in the sand and then covers the eggs," said Mr. Wilkie, "the brush turkey is the only bird to use a natural incubator for hatching its young." BRUSH TURKEY. (1935, January 15). Examiner (Launceston, Tas. : 1900 - 1954), p. 4 Edition: DAILY. Retrieved from http://nla.gov.au/nla.news-article51915590

TARONGA PARK (**Taronga being aboriginal for Sea View**) was officially opened in 1916, but long before this the public had been admitted on payment of a small fee, to stop them from admitting themselves for nothing. the ZOO NOT TOO LOGICAL GARDENS. **(1946, May 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 2 Supplement: The Sydney Morning Herald Magazine.. Retrieved from http://nla.gov.au/nla.news-article17987690



Brush-turkey (*Alectura lathami*) at Barrenjoey last Spring.

Photos by A J Guesdon 2012 - 2013.

Tweet Like +1

October 13 - 19, 2013: Issue 132

Barrenjoey Headland - A Phoenix Landscape Already Rising

Barrenjoey Headland seed pods on Native trees now open - 12.10.2013. Picture by A J Guesdon.

Barrenjoey Headland Bushfire

On Saturday 28th of September 2013 our electricity went off at 2.15 in the afternoon. Almost immediately the first of what was to be over twenty Fire and Rescue and Police vehicles went roaring past our home on their way to Palm Beach. In what now seems to be a deliberately lit fire the beautiful green headland of Barrenjoey was consumed by flames fanned by strong winds. The fire appears to have been started on Smugglers Track, a winding path up to just below the Lighthouse and Lightkeepers cottages which, landscape wise, would have created with only a bit of the wind that was tracing that afternoon, perfect conditions for arsonists to create destruction of life, property and all that grows there.

The Barrenjoey fire has been reported in the UK with images and video appearing in The Telegraph, the UK version of the Huffington Post and others. At one stage a fire was in the roof of one of the buildings atop this healdnad but this was quickly extinguished. The lighthouse and adjacent cottages all intact.

We have not run an article on the bushfire at Barrenjoey Headland because arsonists should not be given the attention they seek. A little therapy is more in order...And... we wanted to wait until the small sprinklings of rains we've had would help the first green shoots to return. They have. For the record, and for our Rural Fire Service Volunteers and those who helped them on this terrible afternoon, and because so many have sent in fantastic photos, we run it this week.

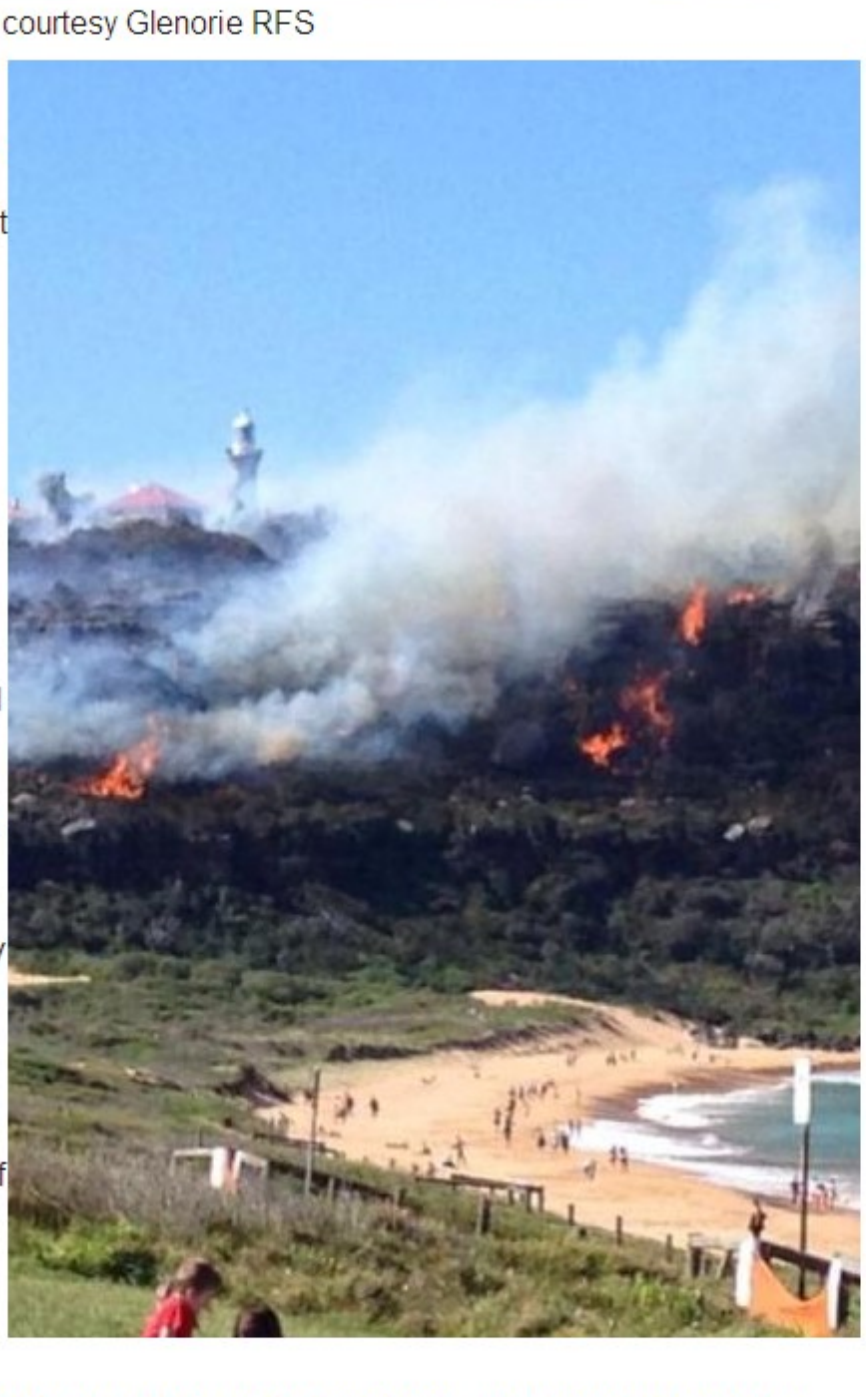
Just yesterday (12.10.2013) a staffer went up the hill to see what may be rising from the blackened earth or have fallen from seed pods which require the heat of a bushfire to open and spill the next generation of Australian bushflowers out. Open they are and the seeds have fallen to earth.

There were a lot of little flies, drawn in by what has been killed. There were very few birds and only five cicadas sounded out their raucous noise when normally, by this time of year, their chorus may be deafening on the 'Joey.

Although local Pittwater environment folk with decades of experience in regenerating our bush have expressed that this is a good thing for clearing out weeds on Barrenjoey and coercing some species that require fire to regenerate, the headland is also home to a few rare species of birds and animals. The Brush-turkey photographed this month one year ago would have had nowhere to run. Fortunately, or unfortunately, the last colony of koalas on this headland were burnt in the 1967 bushfire. (1.)

Little birds are still on the lower part of the headland though, where green pockets were saved by those who fight fires, and a few currawongs sounded, wattle birds flitted and one lone butcher bird imitating a kookaburra sang a glorious song. She shall rise, we live in a phoenix landscape, it is in her DNA.

Hills Cat 9 Taskforce at Barrenjoey, courtesy Glenorie RFS



The 28th of September had been dedicated as an Open Day for all of our RFS units, a day on which people could visit these stations, meet the volunteers and get to know a little more about their hard work and what may required should they wish to become part of this, they instead all had to head to Barrenjoey. 80 firefighters and 3 aircraft worked to contain the fire at Barrenjoey Headland and were supported by the good members of the North Palm Beach SLSC whose buggies were used to ferry people up the headland.

From Surf Life Saving Sydney Northern Beaches:

Darryl Dunbar has described it as a 'great team patrol effort' by North Palm Beach Surf Club members that no lives were lost and that Barrenjoey Lighthouse was saved following a bushfire on Saturday.

"We were on patrol when we noticed smoke and fire on Smugglers Track. We immediately contacted the Fire Brigade," Darryl said.

Darryl, who has been heavily involved in bushfire fighting, and young Tom Foster then set about to make sure people on the headland came down and were safe.

"Tom also did a doorknock to tell people to evacuate their homes. Meanwhile our patrol members were relaying radio messages," Darryl said.

But it was Darryl who drove the club's ATV up there with three members of the Rural Fire Service to access the situation. "There were three portable pumps up there and we had to get them operating," he said. "A second ATV was also used to ferry fire fighting resources."

The RFS units who attended included units from all Pittwater/Warringah RFS units as well as those from further afield. Everyone loves Barrenjoey:

All RFS Units in Pittwater and Warringah plus the Glenorie Rural Fire Brigade crews attended as a part of a Hills District Strike team consisting of Glenorie 9, Glenhaven 9 and Annangrove 9. The 3 Hills vehicles were working with crews from Warringah/Pittwater RFS and the NSW National Parks and Wildlife service. Crews from Hornsby RFS, and Fire & Rescue NSW were also involved in the incident as well as the aforementioned helicopters.

At 2:19 PM – 28th September 2013 the NSW RFS sent a message to all mobiles of people on the headland - If you are on Barrenjoey Headland, seek shelter at the lighthouse.

SUMMER BAY SLSC

Ingleside RFS volunteers at Barrenjoey Lighthouse fire with one of the North Palm Beach SLSC buggies, courtesy Ingleside RFS.

Recent weather and this Spring's already hot temperatures, backed up by strong winds, make it imperative that we all get ready for what may be an horrendous bushfire season. From the RFS:

Bush Fire Survival Plan

Planning to make a plan is not a plan. Make your Bush Fire Survival Plan now. Your Bush Fire Survival Plan (PDF 2.8MB) provides valuable information on preparing your home and yourself, and can help stop you from making rushed and dangerous decisions at the last moment.

The NSW Rural Fire Service encourages you to complete your plan with your family, so everyone knows what they will do if a fire starts.

Keep your Plan in a safe place where everyone can see it. Sometimes, no matter how well prepared you are, things don't go to plan. That's why, whether you plan to Leave Early or Stay and Defend, you need a back-up plan. Your Bush Fire Survival Plan will help you with this.

For those of you who are already missing the wildflowers that grow on Barrenjoey, we have a pictorial for you.

We would like to thank all the members of the RFS and public who have contributed images to this page. The Rural Fire service has over 70 thousand volunteer members. **If you would like to join or support this great volunteer service you can find out how** here.

Barrenjoey will return and she will be greener than ever. If you wish to get involved in putting your hands towards this work, information is included in the following Media Release from NPWS and the NSW Government:

Barrenjoey headland re-opened for long-weekend - Media release: 4 October 2013

Barrenjoey Headland will re-open today after last Saturday's bushfire. Discovery Guides will be stationed at the top of the headland this Sunday to tell people about the impacts of the fire, recovery program for the buildings and recovery cycle for the environment.

They will also be providing free tours of the lighthouse itself. Unfortunately, two of the buildings can't be opened at this stage due to minor structural damage.

National Parks and Wildlife Service (NPWS) Acting Area Manager Peter Bergman said the area was still very fragile and asked people not to stray from formal marked tracks.

"The weekend showed a fantastic amount of co-operation between all agencies to fight the fire, evacuate members of the public and protect the lighthouse buildings," Mr Bergman said. "It was an amazing effort by the Rural Fire Service, our NPWS fire fighters, Police and the Pittwater Council lifeguards. We also can't thank the community enough for their co-operation on the day, and the outpouring of concern for the historic lighthouse and buildings. It really shows what a beloved piece of Sydney's landscape and history it is."

Mr Bergman said an erosion specialist and heritage architects had assessed the site.

"There has been some damage to the roof of the Lighthouse Keepers Cottage and assistant Lighthouse Keeper's cottage, which caught alight from ember attack under the ridge capping, and had to be fought from the inside by RFS and NPWS.

"Some damage occurred as a result of having to force emergency access to the buildings and the use of water. Fortunately no damage was sustained from the direct radiant heat of the fire, which is largely because of an asset protection zone around the buildings.

"NPWS will ensure that appropriate heritage expertise is used to document the necessary repairs to these important buildings."

Mr Bergman said the NPWS was also hoping to document the regeneration of the bush on the headland.

"Fire is an integral part of the Australian landscape and is designed to cope. If it rains soon, we should start to seen the first sprouts of regrowth within weeks. If it stays dry, regeneration may take a little longer."

NPWS is planning community working bees on Wednesday, 23 October, and Sunday 3 November, to pick up rubbish and carry out bush regeneration in the burnt areas around the lighthouse precinct and along the tracks. To get involved email Barrenjoey ranger, Rachel Miller, at rachel.miller@environment.nsw.gov.

Finally, for whoever lit this fire and everyone else who may see someone acting suspiciously elsewhere in Pittwater this Summer, a message this week through the NSW Police Force's Media Releases. Let's stamp out these firebugs and rather then helicopter drop them into their own creation as it is happening, as has been suggested by some Pittwaterians, get them the counselling help they so clearly require while they are incarcerated so that when they're let out again, our families, native animals, plants and heritage buildings are safe:

Police and Rural Fire Service putting heat on firebugs - Wednesday, 09 October 2013 03:04:58 PM

With New South Wales set to experience extreme heat tomorrow, the NSW Police Force, Rural Fire Service and Fire and Rescue NSW are reminding the community they can put the heat on firebugs by reporting any suspicious activity. During last year's bushfire danger period, from 1 October 2012 to 31 March 2013, legal action was taken against 87 persons for 117 bushfire related offences. Fifty-five of those were juveniles.

With extreme fire conditions expected in the coming days, emergency services are asking members of the community to keep an eye out for any suspicious activity and to report it to police immediately.

Assistant Commissioner Alan Clarke, the Deputy State Emergency Operations Controller said police and the thousands of Rural Fire Service officers, and Fire and Rescue NSW personnel will also be keeping a close watch on any suspicious activity

"The outcomes of bushfires can be catastrophic, and reports of deliberately-lit bushfires are treated extremely seriously," Assistant Commissioner Clarke said. "We use both overt and covert strategies to detect bushfire arsonists, and anyone caught deliberately lighting of bushfires will be arrested and put before the court where they could face penalties of up to 25 years' imprisonment."

Assistant Commissioner Clarke said the community had an important part to play in bushfire arson investigations.

"If you see someone acting suspiciously, contact police, and if you see a bushfire, phone Triple Zero (000) immediately," he said.

For information on bushfires, monitor www.rfs.nsw.gov.au or call the Bush Fire Information Line on 1800 679 737.

Police are also reminding people that they could face penalties if found responsible for the accidental lighting of bushfires, including not putting out a fire they have lit.

Strike Force Tronto, comprised of detectives from the Property Crime Squad's Arson Unit, is the lead investigative body on suspicious or deliberately-lit bushfires which lead to death, serious injury or significant property loss.

The detectives work closely with local area commands and investigators from the NSW Rural Fire Service and Fire and Rescue NSW.

Penalties relating to bushfires under the NSW Crimes Act, the Rural Fires Act, and Rural Fires Regulation include:

- Damaging property with the intention of endangering life – up to 25 years imprisonment;

- Manslaughter – up to 25 years imprisonment;

- Starting a bushfire and being reckless as to its spread – up to 14 years imprisonment;

- Lighting a fire when a total fire ban is in place – up to 12 months imprisonment and/or a $5500 fine;

- Not putting out a fire that you have lit – up to 12 months imprisonment and/or a $5500 fine;

- Failing to comply with a bush fire hazard reduction notice – up to 12 months imprisonment and/or a $5500 fine;

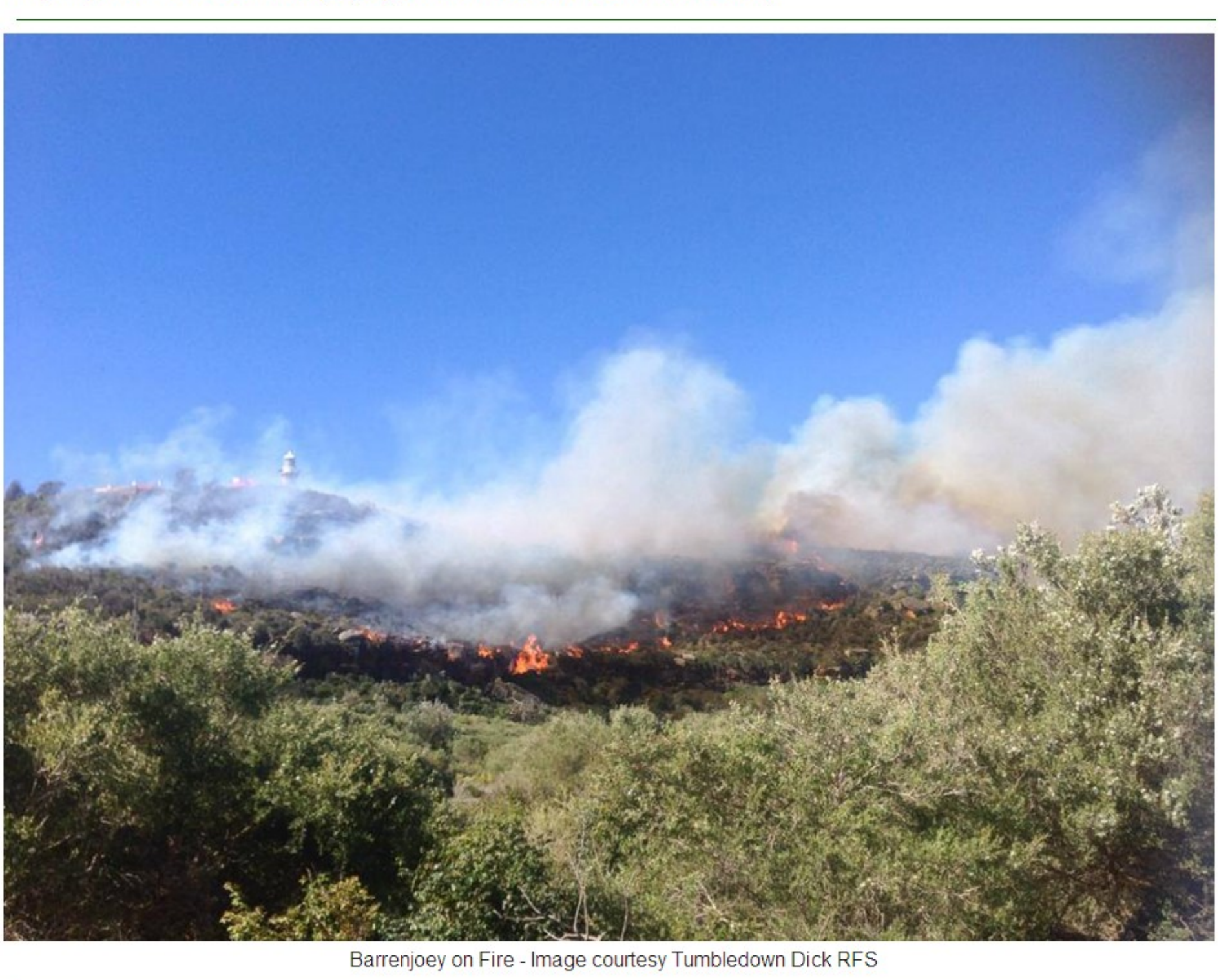
- Light or use a tobacco product within 15metres of any stack of grain, hay corn, straw or any standing crop, dry grass or stubble field – up to a $5500 fine.

Police are urging anyone with information about bushfire arson to call Crime Stoppers on 1800 333 000 or use the Crime Stoppers online reporting page: https://www1.police.nsw.gov.au/. Information you provide will be treated in the strictest of confidence. We remind people they should not report crime information via our Facebook and Twitter pages.

In a life-threatening emergency or if a bushfire is in progress, members of the public should always phone Triple Zero (000).

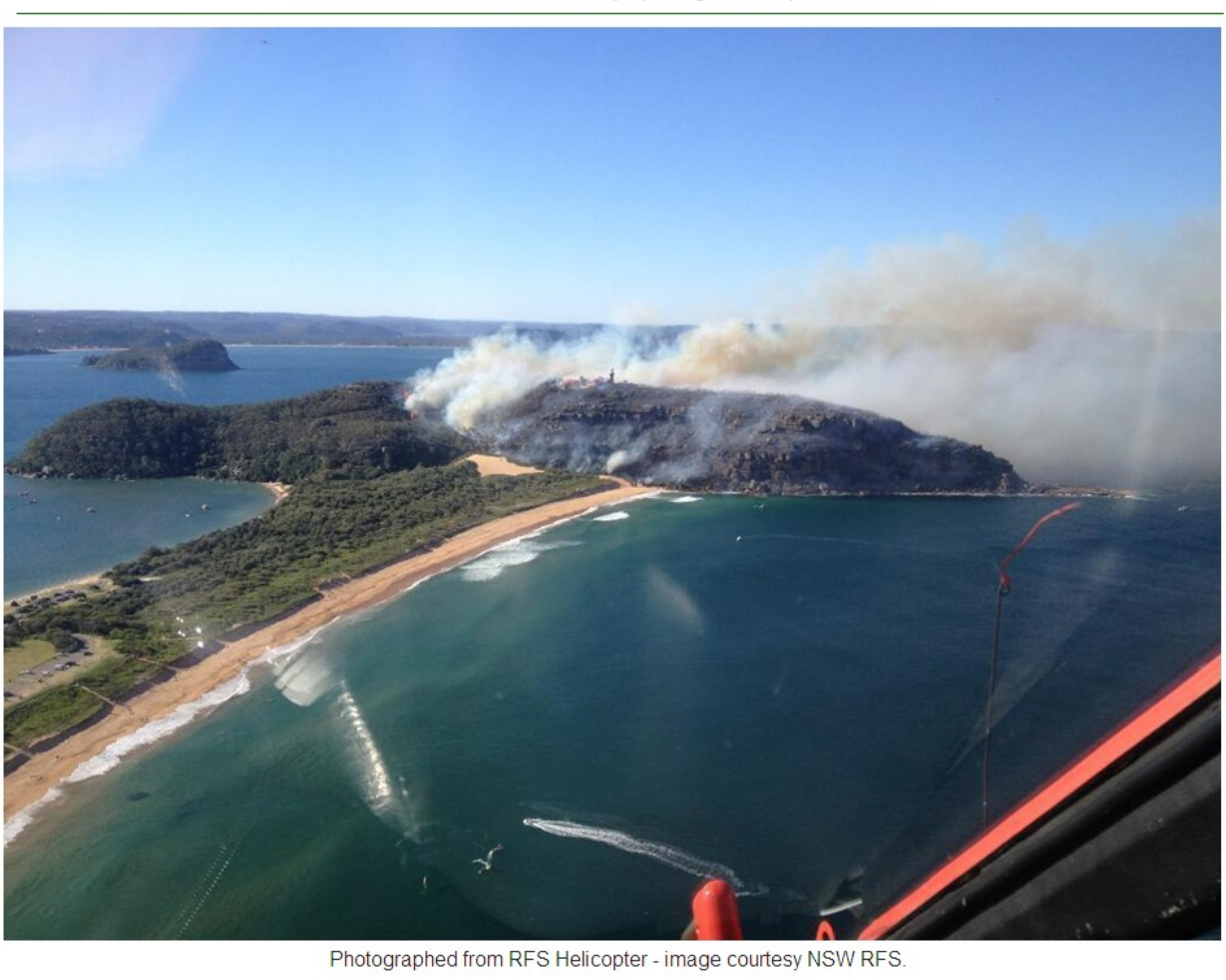
References:

1. Sparks, Jervis. 1995. *The Barranjoey Lighthouse Track – A nature walk into history.*

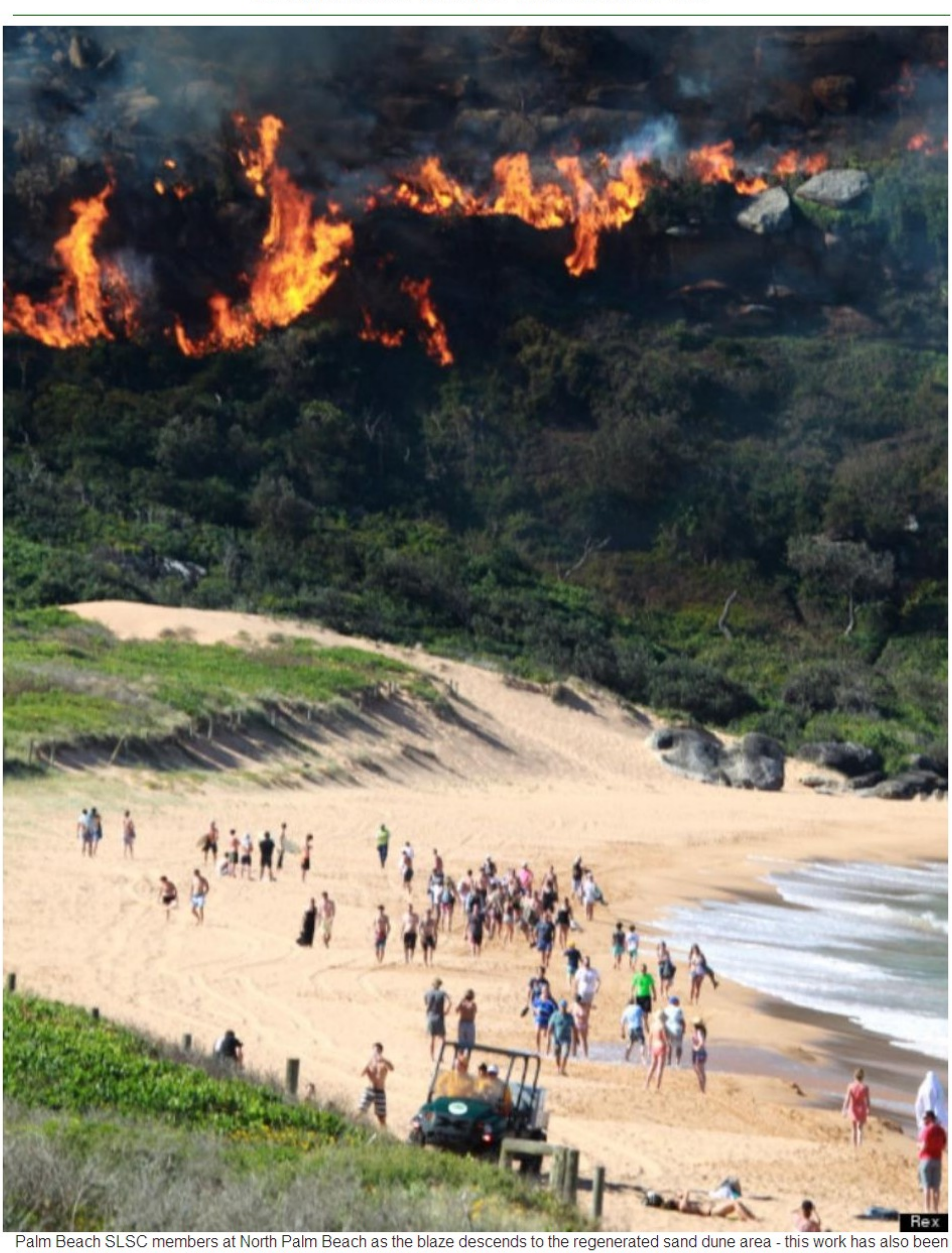


Barrenjoey on Fire - Image courtesy Tumbledown Dick RFS

Fire Units on Station Beach, Barenjoey. Image courtesy Gelnorie RFS.



Photographed from RFS Helicopter - image courtesy NSW RFS.



Palm Beach SLSC members at North Palm Beach as the blaze descends to the regenerated sand dune area - this work has also been carried out by North Palm Beach SLSC members and members of Bushcare Groups at Palmie. Picture courtesy Rex.

Aftermath

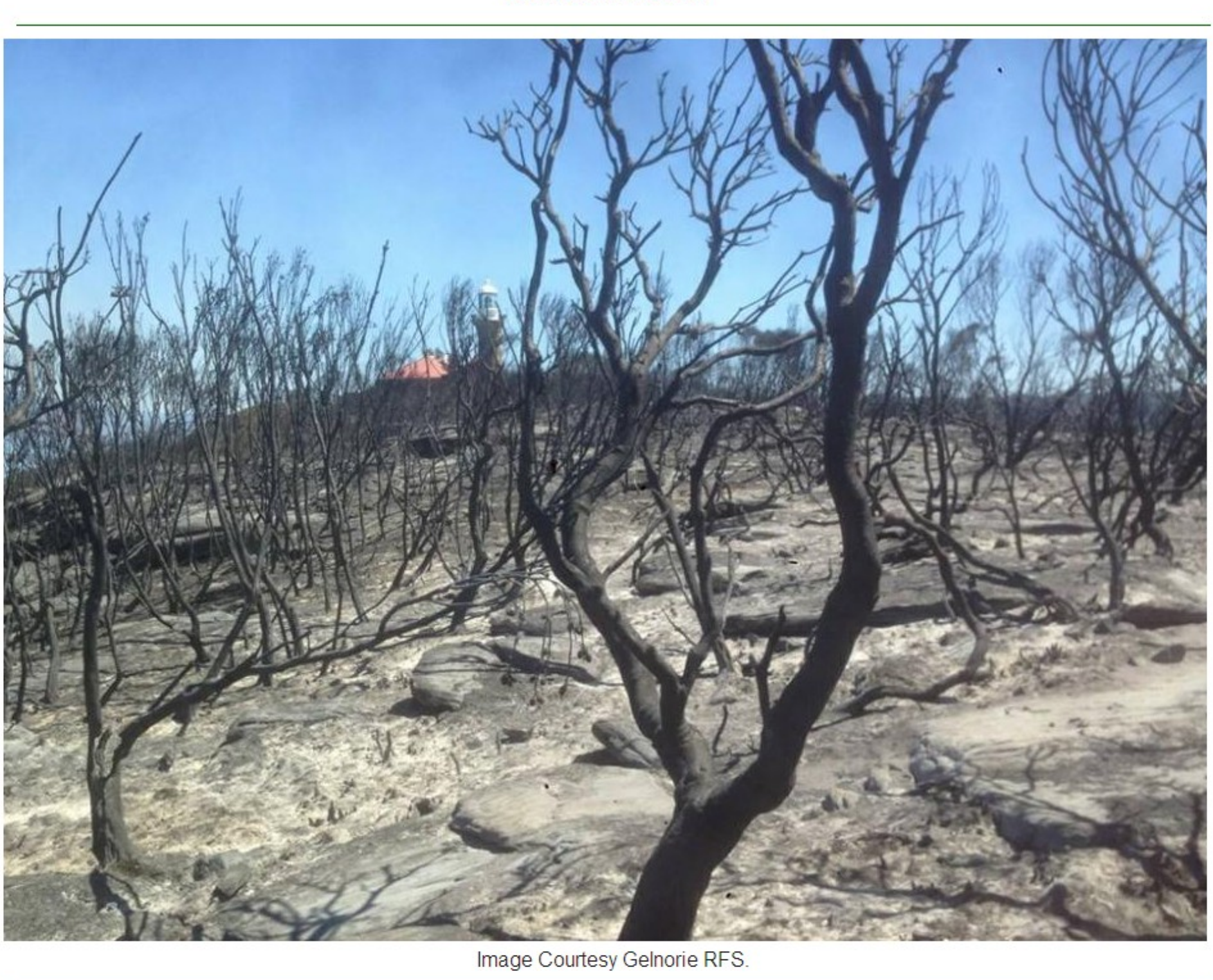


Image Courtesy Gelnorie RFS.

Photo from the top of Barrenjoey Lighthouse by Gary Sambridge, RFS.

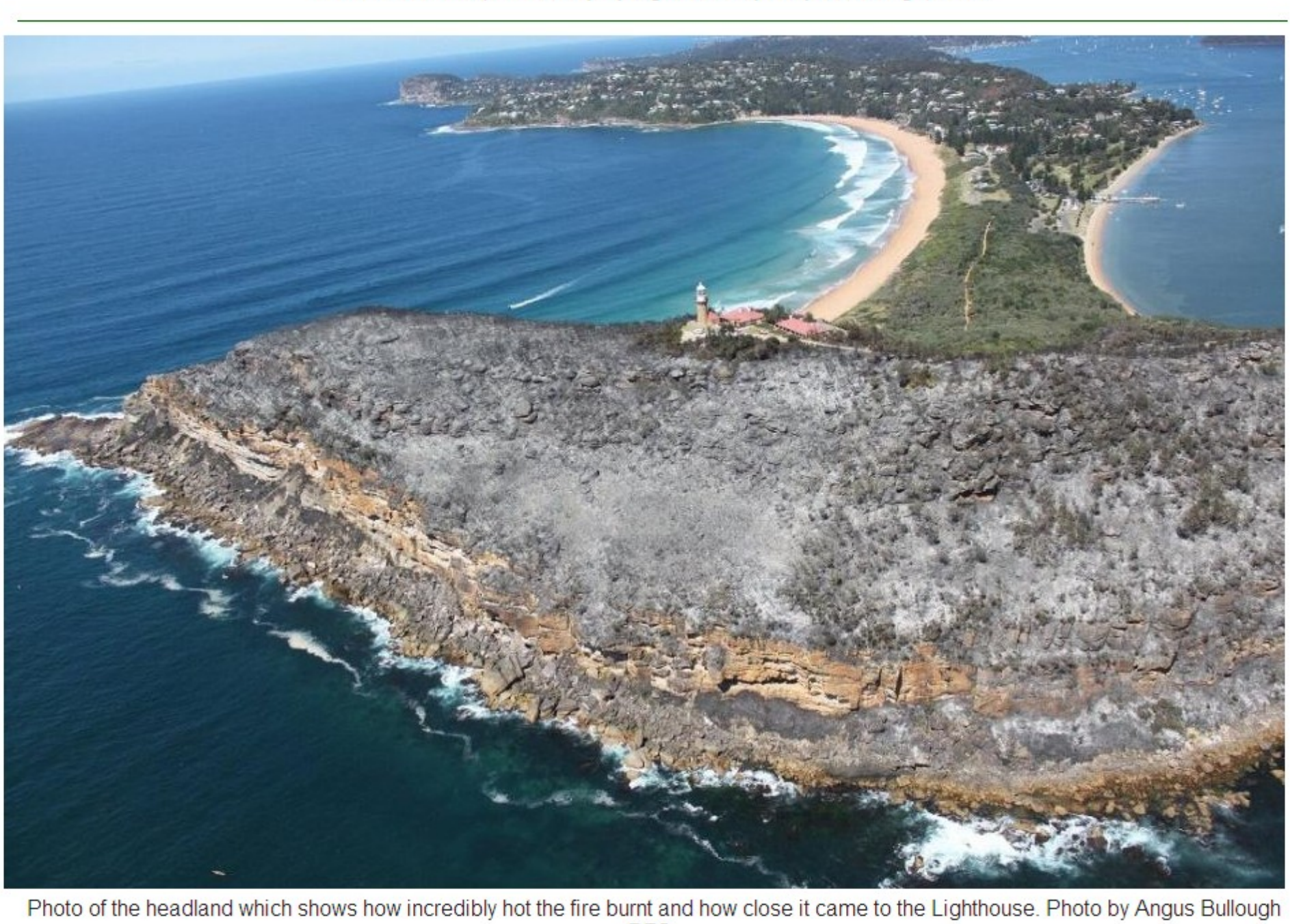


Photo of the headland which shows how incredibly hot the fire burnt and how close it came to the Lighthouse. Photo by Angus Bullough RFS.

Image courtesy Ingelside RFS.

After the Aftermath!

Pittwater Online News

October 13 - 19, 2013: Issue 132

Short-tailed Shearwater Spring Migration Lands in Pittwater - 2013

Short-tailed Shearwater Spring Migration 2013

The Short-tailed Shearwater, *Puffinus tenuirostris*, or mutton bird as it is often called, is a member of a group of 60 medium to large seabirds in the family Procellaridae. This family includes petrels and prions among other species. All members of the family have tube-like nostrils on the top of their upper beak and are believed to be one of the few bird families with a well-developed sense of smell.

The Short-tailed Shearwater breeds in burrows with 23 million short-tailed shearwaters breeding in about 285 colonies in south-eastern Australia from September to April with eighteen million of these arriving in Tasmania each year. Some sources state the population was much higher, especially in 1798, when Matthew Flinders estimated that there were at least one hundred million birds within a single flock sighted in Bass Strait. There are at least 167 colonies in Tasmania and an estimated 11.4 million burrows.

Adult birds have a wing span of about 1 metre and weigh approximately 500 grams. Shearwaters are good swimmers and have webbed feet. Their legs are placed well back on their body and their wings are long and narrow for efficient high speed gliding. These features suit an oceanic existence so the shearwater has difficulty moving on land or taking flight in windless conditions. Shearwaters are often seen floating in large 'rafts' while feeding off the shores of Tasmania.

The short-tailed shearwater was first formally described by Dutch ornithologist Jacob Temminck in 1835. He named it Puffinus tenuirostris (*tenui* 'slender', rostrum 'bill'). The shearwater was recorded much earlier by members of Captain Cook's Third Expedition in 1778 while sailing in the Arctic Ocean. William Ellis, an artist on the 'Discovery' painted the bird.

The name 'muttonbird' was first used by the early settlers on Norfolk Island, who each year harvested adult providence petrels (Pterodroma solandri) for food. The petrels were similar to but larger than the short-tailed shearwater. An officer in the Royal Marines called them 'the flying sheep'. Tasmanian Aborigines have also harvested muttonbirds and their eggs for countless generations, and a number of families continue this as an important cultural practice.

Unfortunately the providence petrels became extinct following massive harvesting (171 000 birds one year) and the introduction of pigs to the island. The name 'muttonbird' has been applied to the short-tailed shearwater ever since. The common name, shearwater, is an apt reference to their graceful shearing flight moving from centimetres above the water's surface to high in the sky.

The diet of short-tailed shearwaters is primarily crustaceans. Around Tasmania, shearwaters feast on *Nyctiphanes australis*, a small (1 cm) crustacean, while in the Antarctic they eat antarctic krill (5 cm). The adults shearwaters return to the colonies at dark after feeding at sea during the day. Short-tailed shearwaters dive to catch their food and can dive to 50 m although the average dive are less than to 20 m. The birds use their wings to propel themselves through the water.

The most amazing aspect of these birds is their annual migration of 15 000 kilometres in each direction each year. Their migratory path causes exhausted and starved birds to wash up on beaches of Japan, the Aleution Islands, North America and Australia. Originally this led scientists to believe that the birds flew a figure of eight course across the Pacific Ocean. More recent studies suggest the majority of birds merely fly north along the western part of the Pacific Ocean to the Arctic region and return southwards through the centre of the ocean. They have been known to fly this remarkable distance in six weeks but average around two months for this epic journey.

Those shown here are mostly fledglings as shown by their plumage. Adult birds have a darker sooty coloured coat. When the chicks fledge they weigh around 900 g (2 lb), and may be heavier than their parents.

Dipping head into water seeking food

On Saturday afternoon (12.10.2013) we photographed these exhausted and starving birds resting in the bay tucked into Station beach at Barrenjoey. Many of these beautiful birds on their first migration do succumb to exhaustion and have appeared in small and large numbers on our Pittwater beaches and in the estuary bay each year.

WIRES asks people who find an exhausted shearwater or any other seabird that is still alive to call WIRES on 1300 094 737 or contain in a box and take to the nearest vet. Do not attempt to feed or give water, keep it warm and quiet away from pets and children. These birds cannot fend for themselves and could be attacked by dogs and foxes, leaving them to die of horrific injuries.

Muttonbirds left homeless - September 30, from BirdLife Australia

Developers on King Island have destroyed thousands of burrows in a Short-tailed Shearwater breeding colony at Cape Wickham on King Island. Why? To make way for a golf course.

The burrows were due to be occupied by the birds in a few days, as the shearwaters are currently returning to Bass Strait on the return leg of their epic migratory flight back from the northernmost waters of the Pacific Ocean. The islands of Bass Strait form the stronghold of the species, with most of the world's population breeding there. Each year the birds usually return to the same colony, with most breeding in the same burrows they used in previous years.

"Shearwaters are about to return to their colonies from their annual migration to the North Pacific," said Dr Eric Woehler, Convenor of BirdLife Tasmania, "but when the birds return to Cape Wickham, many will find their colony — one that's been used for decades — is now a golf course."

The colony hosted an estimated 45,000 burrows, of which at least 6000 have been bulldozed to make way for the golf course at the northern end of King Island. Some of these burrows may have been occupied by the same shearwaters for up to 40 years.

"It's going to have an impact on the population," said Dr Woehler.

DPIPWE gave the project its approval on the condition of the construction 'respecting' the birds during their breeding season and that an alternative site 'adjacent the golf course' is offered as an offset, supposedly providing another area for the birds to nest in.

"It beggars belief to think that a wild bird which has nested in one location for many years will happily pick up and settle down 'adjacent the golf course' just because the [King Island] Council, DPIPWE and the developer prefer them to do so," continued Dr Woehler. "The birds should decide where to lay their eggs and raise their young, not the developers of a golf course".

This situation highlights the folly of allowing developers to use offsets in the pretence that their activities will not adversely affect the wildlife that their developments have displaced.

"The approval by DPIPWE and associated conditions underlines the profound lack of understanding of the muttonbirds' biology and breeding requirements, and is a manifest comprehensive failure to protect the species," he added. "The lack of any effort to protect these birds and their colony suggests that golf courses are more important than this nationally- and internationally-protected species."

This poor starving bird picked up and shook this gum leaf - clearly wanting something to eat.

Photos by A J Guesdon, 2013.

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AUSTRALIA II 30TH REUNION AT THE RMYC BROKEN BAY - FRIDAY 27TH SEPTEMBER 2013

AUSTRALIA II 30TH REUNION AT THE RMYC BROKEN BAY - FRIDAY 27TH SEPTEMBER 2013

After 30 years the memories flooded back as nine of the Australia II crew, relived the highs and lows of their historic Americas Cup campaign in front of the 220 enthusiastic guests hosted by the Royal Motor Yacht Club at Newport.

"Where were you when we won the Cup?" This was the most common topic of conversation of the night, and how great it was to witness the greatest comeback in Sporting history, and the fact that little Australia took on the might of America and won!

Local Australia II legends, Hugh Treharne, Col Beashel, Phil Smidmore and Rob Brown were onboard for the night and joined by fellow crew members Brian Richardson and Peter Costello. To top off the night, Olympic Coach Mike Fletcher and Ken Beashel (father of Colin) added their special version of events as technical coaching advices and the important area of boat maintenance.

This event was perfect timing as the 34th Americas Cup was decided in San Francisco only days earlier where Australian, James Spithill steered Oracle Team USA to an amazing 9 - 8 victory over Emirates Team New Zealand."

For further information For further information about the about the about the Australia II 30th Reunion Dinner Reunion contact Rob Brown at the RMYC on at the RMYC on at the RMYC on 9997 5511 or 5511 or rob@royalmotor.com.au

Click on logo to go to Royal Motor Yacht Club - Broken Bay

L to R: Patrick Bollen, Rob Brown, Ken Beashel, Malcolm Page, Hugh Treharne, Phil Smidmore , Alyse Saxby.

Alyse Saxby and Rob Brown.

Colin Beashel

Signed Australia II replica that was a raffle prize.

Olympic Coach Mike Fletcher and Rob Antill.

RMYC General Manager Karen Baldwin and RMYC Commodore, Peter Haig.

All Pictures courtesy RoyalMotor Yacht Club - Broken Bay, 2013.

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John Black

The great grandson of Albert Thomas Black – in charge of the **Broken Bay - Barrenjoey Customs Station** (1868- 1890) still resides in Pittwater and represents the fourth generation of Blacks to be associated with Pittwater. Definitely a saltwater man with a love of the Australian Bush and sharing this through the Chase Alive Program, John Black's wide range of interests, including being a member of the Manly-Warringah Radio Society, personify 'active retiree'. He also allows us to glimpse not only the heritage of Pittwater but Sydney for all those born to post WWII scarcity who found life full and rich anyway. This very tall soft spoken gentleman would not own to it, but the depth of his knowledge and range of interests would exhaust a teenager.

Where and when were you born?

I was born on the 17th of April, 1948 in Sydney in the Women's Hospital in Paddington.

BLACK. - April 17, at Crown Street, to John and Margaret, of Killara - a son (John Duguld). Family Notices. (**1948, April 19**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article18068275

Where did you grow up?

Mainly in Wahroonga. Wahroonga was almost rural then – there was a dairy down the end of the road, in Kintore street Wahroonga, the milk was delivered by horse and cart, I can remember that, as was bread originally. There was still properties there with horses agisted on them.

Right: John at Clareville Beach, circa 1950

What did you do for fun?

We used to ride around a lot on bicycles down the bush, there was a hell of a lot of bush in Wahroonga. I used to love going to the dump, which was just up the road, finding treasures. One of my best finds was a typewriter which I then taught myself to type on and has bow held me in wonderful stead for the computer age. Then I swapped it for a model aeroplane – so that was wonderful too.

Where did you go to school?

Barker College. I started off at Wahroonga Preparatory school which was a little church school near the park and then went on to Barker and did eleven years there.

What was Barker like?

I though I got a good academic education but I found it too rigid and too authoritarian, it really didn't suit my personality. Too much emphasis on sport – I loved the cricket but I wasn't a footballer, I was too tall and thin and injured my neck in a scrum at one stage so that was the end of my football career. I was quite happy to move out of that into tennis, which has been a wonderful sport for all of my life.

My parents were married in 1939, just before the war, and through the war mum never got pregnant and they decided she may never get pregnant and so bought a block of land down in Avalon, in Chisholm avenue. Dad got his mates with the Army to bulldoze a track onto there and he started building a shack there. They did get a house designed as they were going to live down there, which was very unusual for that time, he was going to commute to the city for work, but then mum got pregnant with me in 1947 and so they decided not to live down here.

He did build a shack on the block though so we've been coming down here ever since then for weekends and holidays. So my personal connection with Pittwater, apart from my ancestry, is very strong because of that link.

John at 4 Chisholm Avenue, Avalon, circa 1955. The shack is in the background.

So you were going to the beach?

Yes, going to the beach. Then when I was 14 I joined the Avalon Sailing Club in 1962, got a VJ and started sailing. It's a great club, coming up for its 75th Anniversary next month too. My links with Pittwater are very strong – I have a strong affinity with this area. Avalon Sailing Club was all about the kids then – there was no adult sailing at all – and all in VJ's.

What did you graduate to in sailing?

I went from VJ's to a Flying Fifteen, which was a larger boat that was sailed at the Avalon Sailing Club – that was a two person boat which I sailed with my girlfriend, who is now my wife – we used to race there.

Where did you meet your wife?

I met her through a mate of mine who was doing Engineering who was taking her out. I was taking out another girl called Caroline and he ended up marrying her.

What was Avalon like then?

It was a much smaller shopping centre, this was before the Barefoot Boulevard was built. I can remember LeClerqs store. It was all bush up the Clareville end and shacks up where we were at Chisholm. There was a fellow called Colonel Reynolds where we were and he owned most of the ridge and mum bought our block of land from the Colonel back in 1945. it was wonderful – still koalas through the bush.

What did you want to do when you left school?

I did Mechanical Engineering and Computer Science at Sydney University, which was pretty new then. I think I was probably in the second year of Computer Sciences.

What were they teaching?

They taught Programming and basic computer design, so I did a lot of programming. They had the **English Electric KDF9** which ran on paper tape. It filled a room, had operators – you couldn't operate it yourself, you had to just hand your program in.

Is that the field you went into on graduation?

I went into computing. I did work as an Engineer for a number of years. I joined a research firm first called **MD Research Company** and we did research in fluid mechanics and mineral processing, which was fascinating. It was owned by a man called Charlie Warman – he started a company called Warman Pumps and made slurry pumps which became a very large international company and he sponsored the man who found t Newman iron ore, and the two of them ended up with a large amount of money from selling the rights to that and he then sold, as well, Warman Pumps and made a lot of money from that, and with the proceeds set up this research company called MD Research and still had Warman International.

He was a lovely man, very very nice man, he was investing back into Australia doing this. This company was based in Sydney – I was living in St Ives then, moved there in 1972.

John Black at MD Research, 9.6.1970.

What did you go into after that?

I worked as a Production Manager of a furniture company for a while and then went overseas for eight months and did the great Australian crawl around Europe with my wife Frances.

What was your favourite experience of this trip?

We actually picked up a car for Fran's father, a Mercedes. Back in those days, if you kept them in Europe for a certain period of time you could bring them back Duty and Sales Tax free.

One of our great experiences was driving this car across the Sahara Desert from Morocco – that was a bit of fun – there weren't any roads, we had a Moroccan guide saying 'turn left here' and 'turn right there' and we were wondering, while in desert, 'will we ever get out of here?'

Morocco was very interesting. I've recently been back there and it's not quite as wild as it was.

When I came back there weren't a lot of jobs for Engineers but there was a lot of work in IT. I joined Arthur Anderson in their IT Consulting Division and stayed in computing for the rest of my career.

If there were three threads that have been constant in your life, what would they be?

Saltwater and the sailing, activities.

Seeing the development of computers?

Yes.

You have seen this industry go from its formative years in Australia to what is available now- what are the biggest changes you'd cite?

I think computing has helped Australia overcome its isolation enormously because now we're so much more linked to the rest of the world. Today you can buy something on ebay from the United States… The major shift here would be moving from the Main Frame to the mini which opened up computing for so many more businesses and made it accessible for smaller businesses and affordable. Then of course going from minis to the PC when they came along and made computing available to everybody. So those were the major huge shifts for computers themselves and then the introduction of the Internet on top of them was really the king of it all.

What were you introduced to as a history start for computers?

Back then it was Babbage who was cited as the originator of computers. He built the original computer engines which were mechanical devices to do calculations. His devices were programmable but he never finished them because he'd always start thinking of a better version.

You're thinking of travelling to Antarctica at the end of this year – what is that all about?

While I was working at MD Research I went to the UNSW and did a Masters. I get their Alumni Magazine and in there was an article about Professor Chris Turney who was organising a Mawson Celebration Expedition, celebrating the centenary of Mawson's great expedition in 1912-1913 to Antarctica.

I've always wanted to go to Antarctica and as a kid I loved reading about Antarctica – would read every book I could get hold of. So when I read this article I thought 'this sounds just like me.' When you join this expedition you do work – with the experiments and help get the measurements – because he's going to repeat all the measurements that Mawson did. So you actually act as a field assistant to the various projects, which I think will be a terrific lot of fun.

You also work as a volunteer as part of the Chase Alive team, and conduct tours at Barrenjoey Lighthouse regularly. Is that because of your family connection with this place?

Yes, that really was the original impetus for me joining Chase Alive. I saw an advertisement for volunteers which also mentioned Barrenjoey and so joined. Originally I was doing some of the Walks and Talks that they run for people as at that stage I was still living at St Ives. These were in Ku Ring Gai and all of the National Parks in the north of Sydney up to the Hawkesbury.

Which was your favourite of these?

Muogamarra Nature Reserve has to be a favourite which is open only during the Wildflower season, only six weekends a year – that's an absolutely beautiful place. Normally I would help each year in Muogamarra even though I'm doing Barrenjoey.

The Great North Walk was also a favourite – which goes from the city all the way up to Gosford.

They all have a historical aspect as well as sharing information about the environments. The guides who take these walks always read up and learn about what's along each track – it's vital to learn all that before you can share it with the people who come along.

When you're up at Barrenjoey, do you see your great grandfather out the corner of your eye?

Yes, I do.

What's he doing – wagging his finger at you or applauding, saying 'well done son'?

(Laughs) I hope so.

Do you get a sense of what he may have experienced while there?

I think you do. I think Barrenjoey and even Pittwater itself is still very much the way it was back in the 1800's or even when Phillip (First Fleet - Governor of NSW) first came in here. You can sail in here and you still see all the bush and the landscape, the houses are hidden behind the trees, and that is one of the wonderful things about the whole environment here.

My father's father was born at Barrenjoey, my grandfather.

All the children of Albert Thomas Black and Kate Margaret Black (nee Mulligan) were born at Barrenjoey: John (1869), Ada (1871), Albert (1872), Reginald(1874), Mabel (1875), Norman (1877). Reginald Austin William Black is John's grandfather and father of Reginald John Black, John's father.

Did you ever get to talk to him about life on Barrenjoey?

No, he died before then. He became a Mining Engineer and moved to Kalgoorlie before the First World War and that's where my father was born in 1904. So having grown up in Pittwater and the bush and the sand he moved to Kalgoorlie and the desert basically.

Funnily enough I'll be visiting Kalgoorlie for the first time later this week – on the Indian Pacific to Perth.

You're having a great time in retirement aren't you?

Life's not too bad. You've just to get to retirement time and then you too will have a great time.

What's the best thing about being up at Barrenjoey Lighthouse - Do people make the connection between you and the lightstation's heritage?

Sometimes I share the family history and sometimes I don't – it depends on the group and where the conversation goes. It is nice to share that with some people.

When did you move to Pittwater permanently?

2005. We decided to retire down here. I originally had a little block of land in Church Point and was going to build a house there but then I decided we'd live at Newport.

Are you still sailing?

Yes, I sail a lot. Now we share with two other families a Dufour 425 – we go in Twilight sailing, all around Pittwater. We've taken it up to the Whitsunday's and we like going up to Broughton Island north of Port Stephens.

So you're a saltwater man too?

Definitely. My son bought a yacht too in Germany in the middle of last year and sailed it out here – I sailed with him for about four months and did about 6000 miles. It was a big adventure.

What's the best thing about sailing?

I think the nice thing about sailing is you're just out there with Nature and you've got to focus on the sailing and everything else goes out of your head. I think that's a lovely part about it – I think you can just forget about the rest of the world for a while ad just give yourself over to the whole experience.

Do you think this closeness to saltwater is something that can be in the blood?

Yes, I think it is. There's has been a lot of it in our family. My original ancestor came out here in 1798 … (Captain John Black)

Have you investigated much about him?

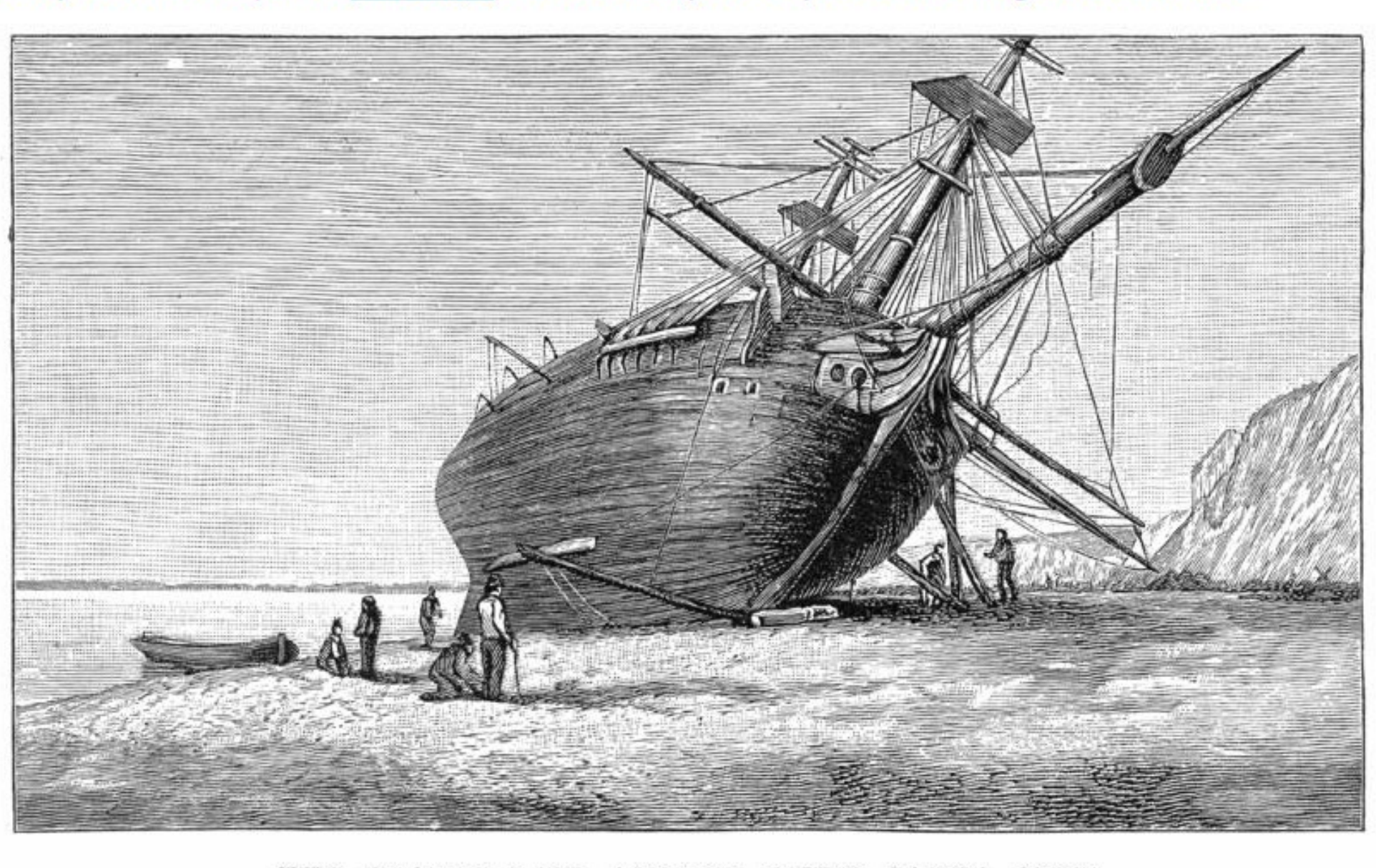
Yes, I've read a lot from him as he wrote letters back to his father. He speaks a lot of the experiences and adventures he had on one voyage. He embarked on a convict ship called the '*Lady Shore*' which left England in 1797, he was only 19. They had a cargo of female convicts on board and were guarded by a platoon of British Marines. Off the coast of Brazil the Marines mutinied, killed the Captain and took over the ship, and they put the officers and passengers in a longboat and my ancestor at the age of 19, then sailed this longboat to the coast of Brazil and successfully got ashore despite the mutineers expecting them to be lost at sea. He then had various adventure travelling along the coast of Brazil, and ended up at St Catherine island where he shipped aboard another vessel called The '*Indispensable*' which had letters of marque and was out hunting Spanish ships. Britain was at war with Spain at the time.

They captured a Spanish ship (*La Union*)and he was the only other person who could navigate so he was put in charge of that ship and it was then sold and with the proceeds from that he then invested in Port Jackson, sailing out here and establishing himself here.

Does it amaze you that men so young were doing such amazing things then?

Oh yes, it does. They had so much responsibility at such a young age and going into the wilderness, the unknown. The young people of then would have had to be far more mature and independent. But I think it's also the way we treat our young people – we're so risk adverse today, we're terrified this or that is gong to happen and so we keep our children young and we shouldn't. And they want to have excitement and adventure – I think that's why so many young people chase these extreme sports nowadays, because they're looking for that outlet they're not finding in normal life because they're too molly coddled.

FitzRoy was only 28 when he Captained *The Beagle*, Darwin was only 28 – they did all these things before their 30's.



THE BEAGLE LAID ASHORE, RIVER SANTA CRUZ

The Beagle Laid Ashore for repairs. Location: Tierra del Fuego, Santa Cruz river, 50.1125°S and 68.3917°W; 16 April 1834, Francis Darwin, Life and Letters of Charles Darwin, p. 160, 1888.

So you have a long connection with the sea through your family?

Yes, a long seafaring connection.

Have you started putting this together so people may access it?

A distant relative has put quite a lot of it up on the web. What I was keen to do was to get a film or documentary done of my ancestor's adventures but the feedback I got was that those type of productions are so expensive and impossible to get the money together.

I do have a good photographic record of Barrenjoey and those times, and stories from my aunt Mabel who lived there and used to row down Pittwater at the age of 12 and pick people up from Mona Vale or Newport.

You have retired now – what's the best thing about being retired?

The flexibility of having the time to travel, to do the things you want to, to be able to pursue things that you would have liked to pursue at other times. I'm still looking forward to the day when I wake up and say 'I've got nothing to do today' but I don't think that will ever happen.

You may be a bit bored if that day ever occurs.

Yes.

What is your favourite place/s in Pittwater and why?

Coasters Retreat has to be a favourite, it's lovely, especially sailing there mid week and find it deserted – to swim across The Basin and back or have a walk up into the bush.

Jerusalem Bay I love. West Head, all those walks through there. Maitland Bay – we love going to Maitland Bay – we like going hiking in the Bouddi National Park.

So you're still very active?

Oh yes, I like being active.

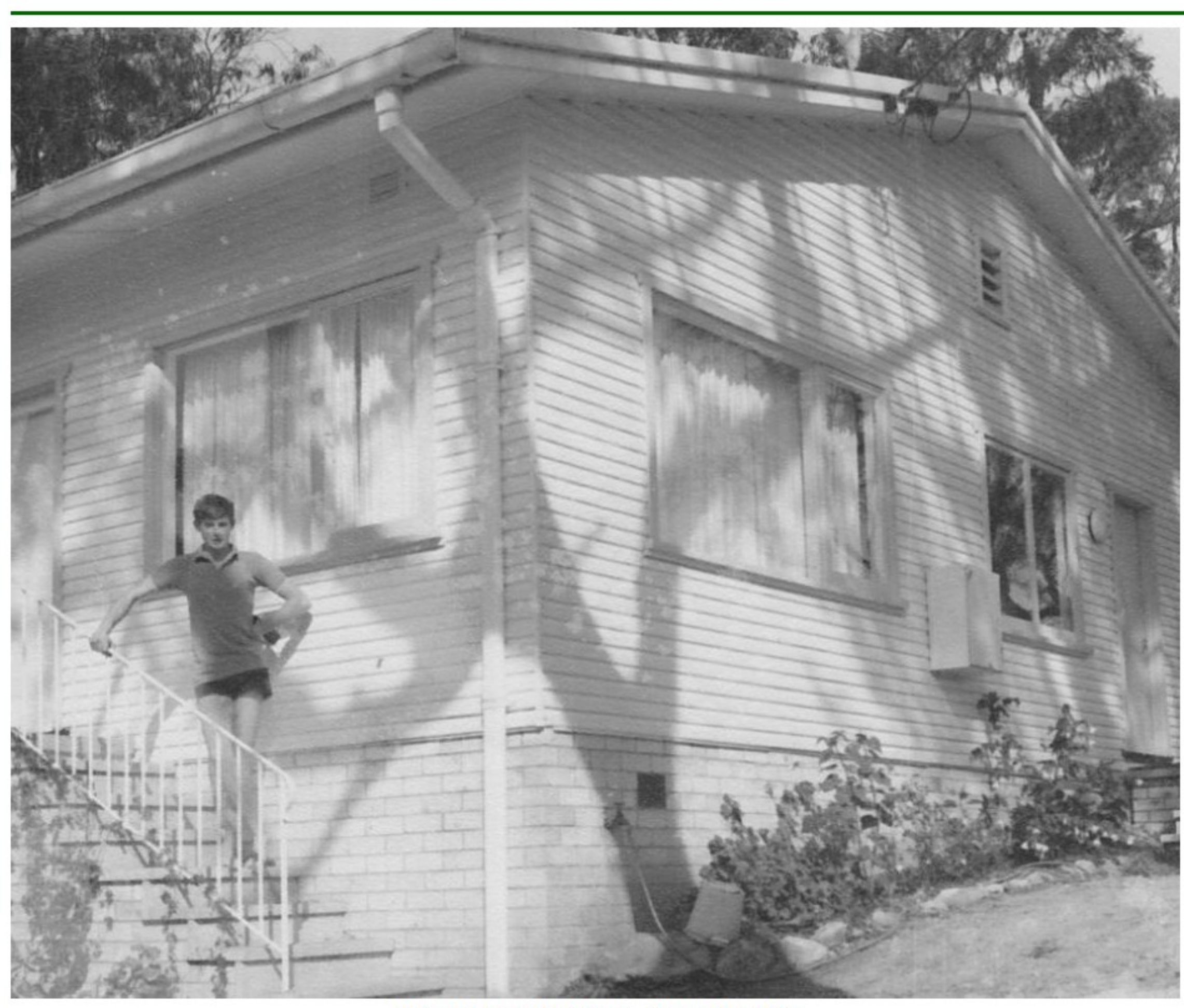
What is your 'motto for life' or a favourite phrase you try to live by?

Take opportunities as they come – I don't think you want to plan your life too much. I think I've followed that and my wife has followed that – we didn't worry about planning a career – everything falls into place – you see that as you get older – you see the opportunities as they come up and seize that.

I think making sure throughout your life that you do have enough recreation time is very important. We've always ensured throughout our lives that we do have time off, recreation, and travel.

John Black at Barrenjoey Lighthouse during International Lighthouse Lightship Weekend- 2013 at Barrenjoey. Picture by A J Guesdon.

John Black at Clareville Beach, circa 1953.



John at 4 Chisholm Avenue, Avalon, May 1965.

Copyright John Black, 2013.

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Articles This Week

Front Page Issue 132

Avalon Beach SLSC's Lion Island Challenge 2013

St Marks Songs of Joy and Love for Milami School, Kenya

Brush-turkey - the Australian Urban dwelling bird - **for children**

Barrenjoey Headland Bushfire - we're not as angry as we were two weeks ago (not really) or as sad about the loss of our flora and fauna on Barrenjoey Headland (not really again) and so are running a 'for the record' Pictorial this week with images courtesy of our other local heroes, the NSW RFS and a timely warning from this same organisation and NSW Police released this week for all would be firebugs

Short-tailed Shearwaters Spring Migration 2013 - Pittwater's Station Beach has exhausted mutton birds landing at present - a little about these marathon fliers and what to do to help with their landing here from exhaustion

DIY Hints: **How to recycle your Garden Trampoline into a Swing Bed** - if the children have grown out of playing on the trampoline, you can recycle it into the best air catching place for this Summer!

Australia II 30th Reunion at Royal Motor Yacht Club - Broken Bay

Pictures: **Avalon Bulldogs and Ngongotaha Chiefs Friendly Match at Hitchcock Park**

Collectors Corner: 1933 Wormald Simplex Fire Extinguisher + some Fire Bridgade originals and originators as Incidentals

Profile of the Week: **October 2013 - Pittwater Spring Gentlemen - John Black** - our generations of Blacks have dwelled in Pittwater - another living legend this week!

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

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

START SAILING!

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Barrenjoey headland re-opened - Media release: NPWS

Barrenjoey Headland will re-open today after last Saturday's bushfire.

Discovery Guides will be stationed at the top of the headland this Sunday to tell people about the impacts of the fire, recovery program for the buildings and recovery cycle for the environment.

They will also be providing free tours of the lighthouse itself. Unfortunately, two of the buildings can't be opened at this stage due to minor structural damage.

National Parks and Wildlife Service (NPWS) Acting Area Manager Peter Bergman said the area was still very fragile and asked people not to stray from formal marked tracks.

"The weekend showed a fantastic amount of co-operation between all agencies to fight the fire, evacuate members of the public and protect the lighthouse buildings," Mr Bergman said.

"It was an amazing effort by the Rural Fire Service, our NPWS fire fighters, Police and the Pittwater Council lifeguards. We also can't thank the community enough for their co-operation on the day, and the outpouring of concern for the historic lighthouse and buildings. It really shows what a beloved piece of Sydney's landscape and history it is."

Mr Bergman said an erosion specialist and heritage architects had assessed the site.

"There has been some damage to the roof of the Lighthouse Keepers Cottage and assistant Lighthouse Keeper's cottage, which caught alight from ember attack under the ridge capping, and had to be fought from the inside by RFS and NPWS.

"Some damage occurred as a result of having to force emergency access to the buildings and the use of water. Fortunately no damage was sustained from the direct radiant heat of the fire, which is largely because of an asset protection zone around the buildings.

"NPWS will ensure that appropriate heritage expertise is used to document the necessary repairs to these important buildings."

Mr Bergman said the NPWS was also hoping to document the regeneration of the bush on the headland.

"Fire is an integral part of the Australian landscape and is designed to cope. If it rains soon, we should start to seen the first sprouts of regrowth within weeks. If it stays dry, regeneration may take a little longer."

NPWS is planning community working bees on Wednesday, 23 October, and Sunday 3 November, to pick up rubbish and carry out bush regeneration in the burnt areas around the lighthouse precinct and along the tracks. To get involved email Barrenjoey ranger, Rachel Miller, at rachel.miller@environment.nsw.gov

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

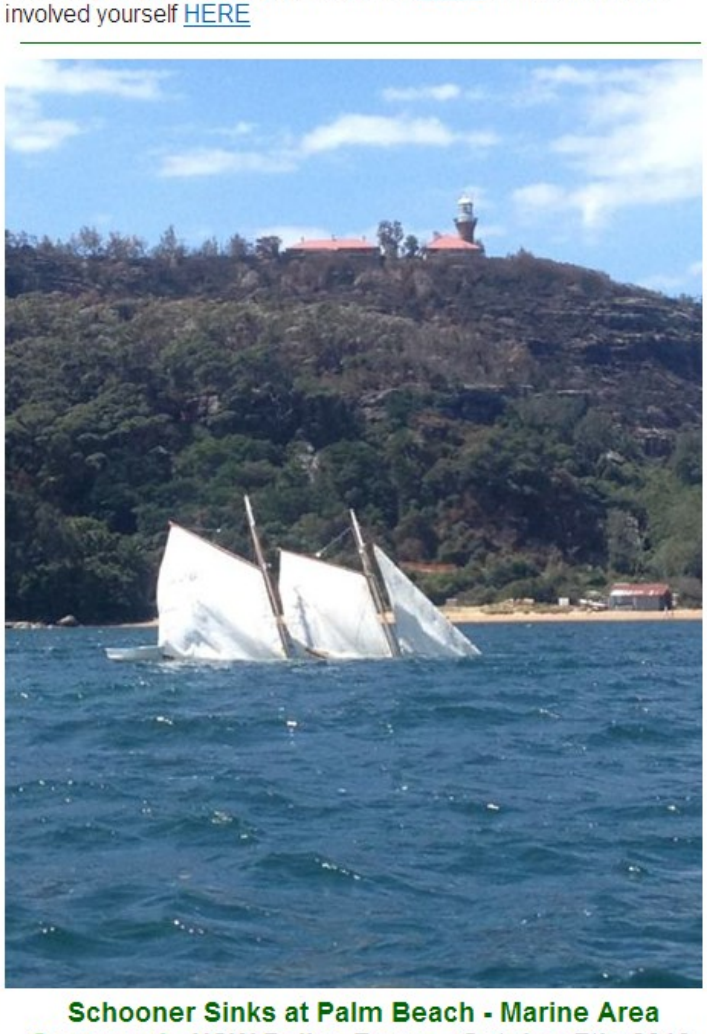
The Bloody Long Walk – Susan Williamson

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

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

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

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



Schooner Sinks at Palm Beach - Marine Area Command - NSW Police Force – October 7th, 2013

Another angle of the Schooner that sank at Palmy on Monday. **Image courtesy of Marine Area Command** - NSW Police Force – Water Police. All on board were fine - all wearing Life Jackets.

Avalon Beach Historical Society had 818 people visit its 8th Great Historical Photographic Exhibition last long weekend. Here is a short film by John Illingsworth for those of you who could not get there:

AVALON BEACH HISTORICAL SOCIETY'S 8th GREAT PH
0:00 / 6:42

Regatta to Help Local Multihull Sailors Defend World Titles

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

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

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

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

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

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

PITTWATER PERFORMANCE REVIEW BY STATE GOVERNMENT

The NSW Department of Local Government has released its annual review of NSW councils – and Pittwater has scored well above average in most categories.

The Comparative Information on NSW Local Government Report analysed data from each council's annual reports for the 2011-2012 financial year.

The report looked at key performance indicators in areas such as the environment, finances, infrastructure, companion animals and library services.

Pittwater scored a higher than average rating in environmental expenditure, spending $297 per capita compared with the state average of $221.

Other higher than average spending included safety, public order and health spending at $104 per capita (state average $69); road construction at 3.98 metres per capita (state average 2.82) and library services at $81 per capita (state average $52).

Infrastructure and building renewal in Pittwater also rated well, with a 72% replacement ratio, compared with nearly 66% for the state average.

However the infrastructure backlog ratio in Pittwater stood at 23%, compared with the state average of 12%.

Pittwater's finances were rated 'neutral' with a continuing 'sound' outlook, with the operating performance ratio at 1.49% compared with the state average of minus 1.38%.

Other interesting facts to emerge from the report are that Pittwater's residents are keen on waste recycling, with 7.9 kilos of recycled material collected from each resident during 2011-2012, compared with the average of 5.5 kilos.

Pittwater has a very high ownership of companion animals, with 17,445 registered during the year compared with the state average of 8,459.

Mayor Jacqui Townsend said the figures confirmed the Council's view that Pittwater was operating well in most areas.

"Our main focus is addressing the historical backlog of infrastructure, which we are doing through the special rate variation and more capital works," she said.

To view the report in detail visit www.nsw.gov.au

National asbestos awareness month in November

Australia is reported to have one of the highest rates of asbestos-related diseases in the world, most likely because Australia has also been ranked among the top consumers of asbestos cement products per capita.

If left undisturbed, asbestos generally does not pose a health risk. However, the study 'Increasing incidence of malignant mesothelioma after exposure to asbestos during home maintenance and renovation' by researcher Nola J Olsen et al, which examined cases from the Western Australian Mesothelioma Register (from 1960 to 2008), showed that over a four-year period (2005 to 2008), 8.4% of all men and 35.7% of all women diagnosed with mesothelioma were home renovators, with renovations and maintenance being the main cause of the disease in women.

Asbestos Awareness Month from 1-30 November 2013 aims to educate as many Australians as possible about the dangers of asbestos and how best to manage it.

Every home built or renovated in the years leading up to 1987 is most likely to contain asbestos. A conservative estimate is that 1 in 3 homes in Australia contains asbestos, including homes constructed of weatherboard and brick.

Asbestos can be found under floor coverings such as carpets, linoleum and vinyl tiles; behind wall and floor tiles; in cement floors, internal and external walls, ceilings, eaves and garages; around hot water pipes, fences, extensions to homes, outdoor toilets, dog kennels and backyard sheds - it could be anywhere.

During renovations or the demolition of homes containing asbestos, asbestos fibres can be released into the air and be inhaled, which can lead to asbestosis, lung cancer and mesothelioma. Mesothelioma is a cancer which is almost uniquely caused by exposure to asbestos fibres. There is no cure.

Australians need to think smartly and act safely with asbestos - it's clearly not worth the risk.

To learn where asbestos is likely to be found in homes and for further information on Asbestos Awareness Month, visit asbestosawareness.com.au.

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood. Mona Vale Library has started a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is November 3rd, 2013.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MONA VALE HOSPITAL AUXILIARY STALLS FOR 2013

Mona Vale Hospital Auxiliary.

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

October

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

November

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

December

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

PITTWATER ARTIST GRANT PROGRAM OPENS

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

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

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

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

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

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

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

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

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

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

IMPROVEMENTS COMING TO PITTWATER'S WASTE SERVICE

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

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

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

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

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

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

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

SPRING INTO READING AT MONA VALE LIBRARY

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

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

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

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

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

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

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

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

MIND MATTERS!

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

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

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

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

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

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

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

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

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

NEW SWIMMING POOLS INSPECTION PROGRAM

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

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

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

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

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

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

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

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

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

Pittwater Offshore Newsletter Update 8/10/2013: 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

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.**

Proposed Reforms to the Home Building Act

Fair Trading Minister, the Hon Anthony Roberts MP recently released a position paper setting out reforms to the Home Building Act 1989. The paper provides a preview of the reforms before they are introduced to Parliament later this year.

The Home Building Act is the principal piece of legislation regulating the home building industry in NSW. It provides homeowners with a level of protection from the risks associated with building or renovating a home, which represents a substantial investment for most homeowners.

A position paper was released in September 2013 setting out the NSW Government's key proposals for reform to the Home Building Act. The reforms have been informed by a review and consultation process that took place from July 2012 and included a broad range of stakeholders. There are 50 proposed reforms and the position paper outlines all the reforms, providing additional information about the key proposals. These include:

- Clarifying the definition for structural or major defects.
- Consolidating licensing provisions to provide for consistent considerations.
- Amending requirements to streamline and rationalise home building contract requirements
- Establishing a public register of home warranty insurance certificates.
- Renaming the home warranty insurance scheme to better reflect its purpose and how it operates.
- Introducing an expert determination model, which will aim to identify the technical issues in dispute early in the process.

The NSW Government anticipates that a Bill implementing many of the reforms contained in the Paper will be introduced into Parliament later in 2013. The remainder of the reforms are likely to be implemented through a remake of the Home Building Regulation 2004. It is expected that the whole package of reforms will then commence together in 2014.

More information about the progress of the review can be found on NSW Fair Trading's website; HERE

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

ANZAC Centenary 2015

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

New Season for Sailability Pittwater

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

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

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

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

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

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

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

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

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

Email: 75th_ann@avalonsailingclub.com.au

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

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

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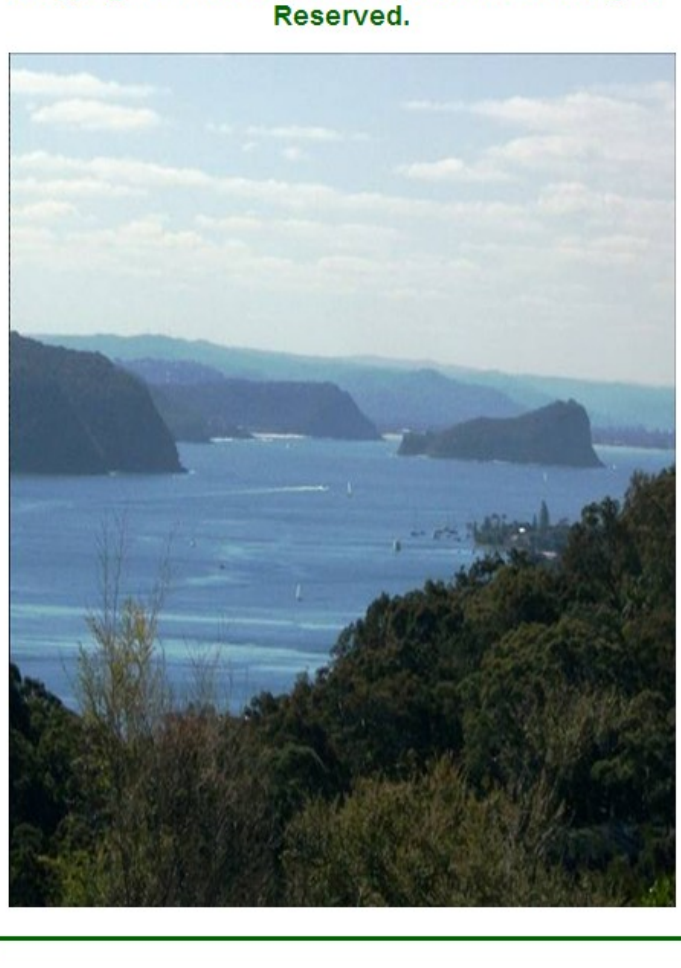


PITTWATER ARTISTS TRAIL OPEN WEEKEND SATURDAY 26TH AND SUNDAY 27TH OCTOBER, 2013

The Pittwater Artists Trail bi-annual full open studios weekend for 2013 is happening on Saturday 26th and Sunday 27th October 2013 from 10am – 4pm both days. Pittwater Artists Trail is the perfect event that brings artists and lovers of art together on the Northern Beaches.

With 20 artists, 18 studios and disciplines including painting, drawing, sculpture, printmaking, ceramics, jewellery, mosaics and photography, there is something for everyone to join masters at their work.

President of Pittwater Community Arts, Lorrie Morgan says "we have found most people accomplish some eight studio visits a day and as it is our third year running, often invite interstate guests to join them on the trail."

We recommend going online at www.pittwaterartiststrail.com.au to download the MAP and detailed brochure or pick one up at a local café and select the artisans that appeal to your senses as this is the perfect opportunity to purchase handmade works direct and learn about the story behind the work as well as the many inspirational journeys by the artists themselves.

Committee member Julie Hickson comments on how blessed Pittwater artists are with the bush and ocean on hand and how interesting it is for visitors to see the way the artists have responded to these pristine surrounds.

She also had the joy of driving the trail herself in the May open studio and mapped out a one day approach that a visitor could take as follows:

Peninsula point start

A morning breakfast at Palm Beach landing you near two studios featuring abstract painting, ceramics, prints and drawings followed by a leisurely drive to Avalon/Clareville where a pod of seven studios of talented artisans reside nearby one another, with a selection from Pop and ocean pool paintings, jewellery maker, ceramicists and print makers - picking up a late lunch at either Newport or Church Point so you can close the first day with two painters and one ceramic studio respectively.

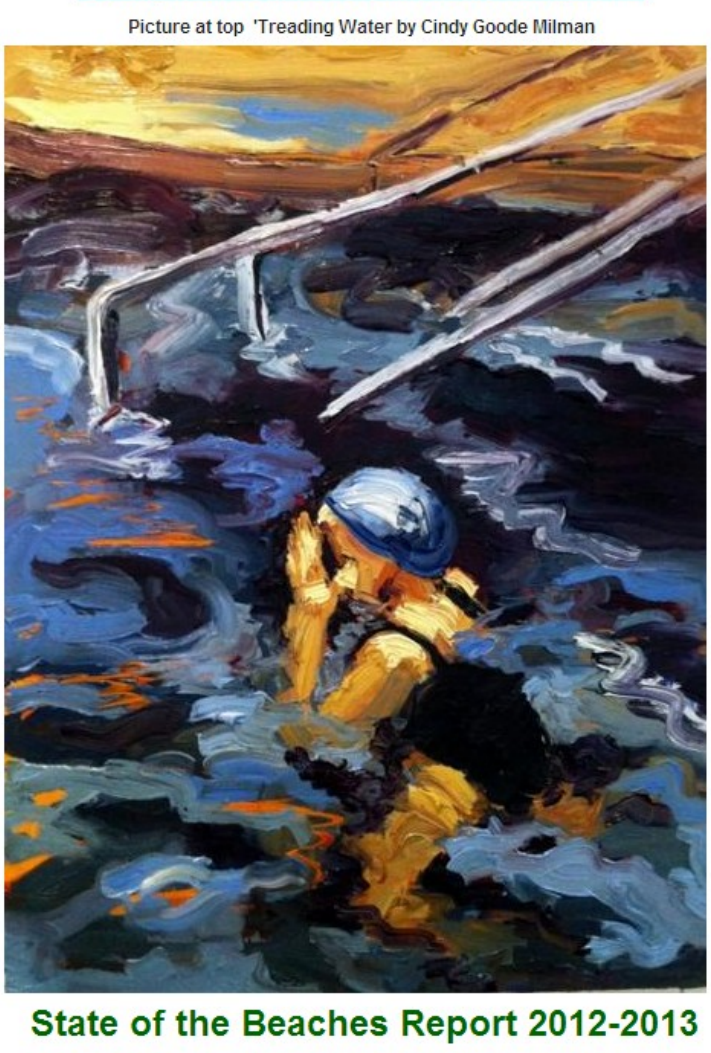
Narrabeen take off

Another choice is to begin your day at photography studio in Narrabeen climbing to Elanora Heights and Ingleside for a peruse of Mignon's painting, Firebird glassblowing and The Sculpture Shed studios, making a stop in Mona Vale for lunch thus being well placed to visit the nearby mosaic and painter studios.

Wind your way following the map or above guided journey, meet the artists, enjoy their passion and creativity and purchase a piece at the studio door to take home!

www.pittwaterartiststrail.com.au/map.html

Picture at top 'Treading Water by Cindy Goode Milman



State of the Beaches Report 2012-2013

Last Sunday, 6th of October. The 2012-2013 State of the Beaches report was released. Palm, Whale and Avalon Beaches did very well but other Pittwater Beaches, affected by stormwater run off and overflows which occur at Warriewood treatment plant, have gone from great to good.

From their website:

Beach monitoring in NSW

The water quality of beaches and other swimming locations is monitored to provide the community with accurate information on the cleanliness of the water. This enables individuals to make informed decisions about where and when to swim. Routine assessment also measures the impact of pollution sources, enables the effectiveness of stormwater and wastewater management practices to be assessed, and highlights areas where further work is required.

Swimming sites in NSW are graded as Very Good, Good, Fair, Poor or Very Poor in accordance with the National Health and Medical Research Council's 2008 Guidelines for Managing Risks in Recreational Waters . These Beach Suitability Grades provide a long term assessment of how suitable a beach is for swimming. The grades are determined from the most recent 100 data water quality results (two to four years worth of data depending on the sampling frequency) and a risk assessment of potential pollution sources.

Rainfall impacts

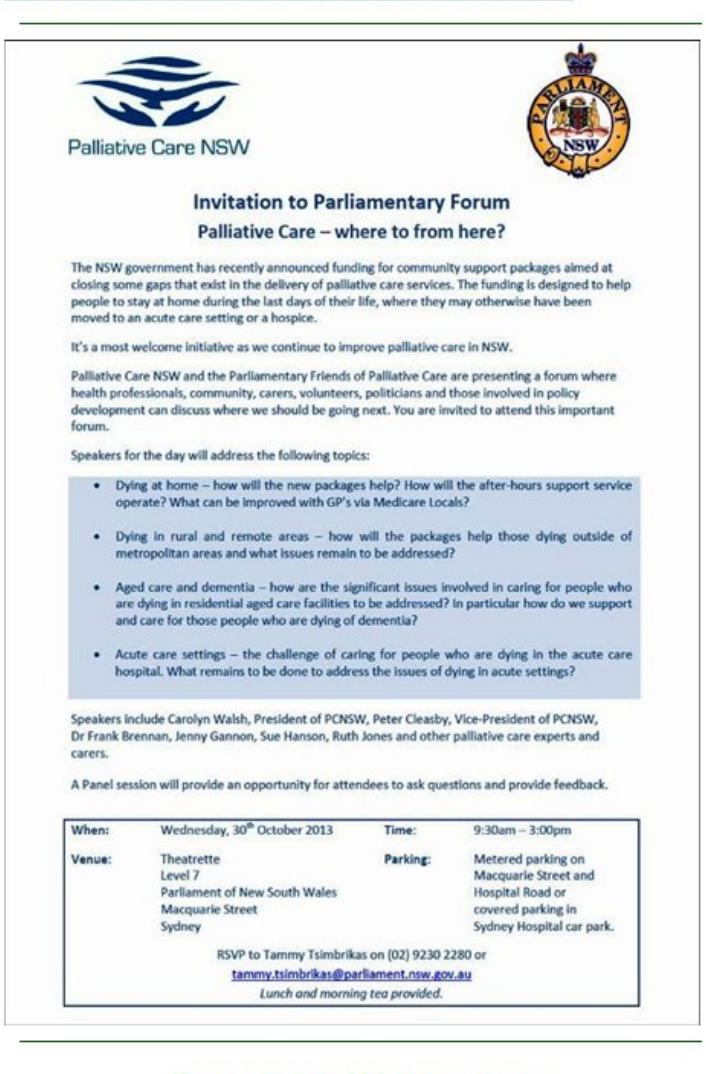
A total of 270 swimming locations along the NSW coast were monitored during 2012-2013. The Beach Suitability Grades for these sites are based on data collected over the last two to four years. Much of this period was characterised by well-above average rainfall, with sustained wet weather conditions and several major rainfall events triggering flooding and flash flooding in many areas along the NSW coast. Following on from the fifth wettest spring and summer in 2010-2011, and the ninth-wettest summer on record in 2011-2012, high levels of rainfall were once again recorded in 2012-2013.

Rainfall is the major driver of pollution to recreational waters, generating stormwater runoff and triggering discharges from the wastewater treatment and transport systems. Beach Suitability Grades for 2012-2013 reflect the above-average rainfall conditions in recent years.

The report

The summary provides an overview of the results for ocean beaches, estuarine beaches, coastal lakes and lagoons and ocean baths (13757bwar13Summary.pdf, 328kb).

Results for each council or Sydney region are available for download. **For all reports see:** www.environment.nsw.gov.au/beach/ar1213/index.htm



Palliative Care NSW

Invitation to Parliamentary Forum
Palliative Care – where to from here?

The NSW government has recently announced funding for community support packages aimed at closing some gaps that exist in the delivery of palliative care services. The funding is designed to help people to stay at home during the last days of their life, where they may otherwise have been moved to an acute care setting or a hospice.

It's a most welcome initiative as we continue to improve palliative care in NSW.

Palliative Care NSW and the Parliamentary Friends of Palliative Care are presenting a forum where health professionals, community, carers, volunteers, politicians and those involved in policy development can discuss where we should be going next. You are invited to attend this important forum.

Speakers for the day will address the following topics:

- Dying at home – how will the new packages help? How will the after-hours support service operate? What can be improved with GP's via Medicare Locals?
- Dying in rural and remote areas – how will the packages help those dying outside of metropolitan areas and what issues remain to be addressed?
- Aged care and dementia – how are the significant issues involved in caring for people who are dying in residential aged care facilities to be addressed? In particular how do we support and care for those people who are dying of dementia?
- Acute care settings – the challenge of caring for people who are dying in the acute care hospital. What remains to be done to address the issues of dying in acute settings?

Speakers include Carolyn Walsh, President of PCNSW, Peter Cleasby, Vice-President of PCNSW, Dr Frank Brennan, Jenny Gannon, Sue Hanson, Ruth Jones and other palliative care experts and carers.

A Panel session will provide an opportunity for attendees to ask questions and provide feedback.

When:	Wednesday, 30th October 2013	Time:	9:30am – 3:00pm
Venue:	Theatrette Level 7 Parliament of New South Wales Macquarie Street Sydney	Parking:	Metered parking on Macquarie Street and Hospital Road or covered parking in Sydney Hospital car park.

RSVP to Tammy Tsimbrikas on (02) 9230 2280 or tammy.tsimbrikas@parliament.nsw.gov.au
Lunch and morning tea provided.

Pet of the Week - from DoggieRescue.com

NAME: Mick MEET AT: Ingleside (by appointment)

AGE/SEX: 3 years / M CONTACT: Monika

BREED: Jack Russell Terrier x NUMBER: 9486 3133

Mick is a handsome boy who is easy to handle and pick up and social with other dogs. He walks nicely on a loose lead and is quite energetic on his walk. He enjoys pats and treats! He has a short coat and weighs 8.3kg. He comes desexed, C5 vaccinated, heartworm free and microchipped. His adoption cost is $350.

For further details For details call DoggieRescue on 9486 3133 or email monika@DoggieRescue.com. Visit www.DoggieRescue.com to see all our dogs.

www.facebook.com/doggierescue or

www.twitter.com/monikadogrescue

2014 Calendar is a life saver

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

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

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

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

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

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

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

Background

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

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

TECHNOLOGY DROP-IN SESSIONS

Mona Vale Library will again be hosting free technology drop-in sessions on Monday nights throughout the final term of school.

The sessions from 5pm to 6pm are run by volunteer school students participating in the Duke of Edinburgh Award scheme. The volunteers help users with questions and problems they may have with iPads, smart phones and Kindles. The drop-in sessions are suitable for residents of any age.

"They're ideal for people who may have a question about their device and just didn't know who to ask," said Council's event coordinator Sarah Thompson.

Mona Vale Library has supported The Duke of Edinburgh program for over five years, and in recent years the number of volunteers from the scheme assisting at the library has grown substantially.

Ms Thompson praised the initiative, saying that the drop-in sessions provided free obligation-free advice to anyone in the local community.

"The drop-in sessions we've run in the past have been very popular. They provide a quick opportunity for people to have their questions answered."

Participants should bring along their devices to the sessions and call the library on 9970 1600 to confirm session times.

A REMINDER that Australian Cricketer, Michael Hussey is speaking on **Monday 14 October at Mona Vale Memorial Hall at 6.30pm**. Bookings for this Author Talk are essential; phone 9970 1600.

FREE AUTHOR TALK WITH MR CRICKET

One of cricket's most respected former players will be in Pittwater this month launching his memoir Underneath the Southern Cross.

This charts Mike Hussey's childhood and his long journey to become the international cricketer popularly known as 'Mr Cricket'.

Unusually in the world of test cricket, Mike Hussey was selected at the ripe old age of thirty in Australia's team.

However his relatively late start as a test cricketer did not prevent him becoming one of Australia's most prolific and dependable batsmen in the last few years.

Mike Hussey retired from international cricket in January 2013, citing a desire to spend more time with his wife and young family. The Husseys have four children.

The name of his memoir comes from the Australia cricket team's victory song, inspired by poet Henry Lawson's 1887 poem. Mike Hussey took over the job of leading the team song from Justin Langer until he retired earlier this year.

AND

Shame and the Captives by Tom Keneally on **Wednesday 6 November at 6.30pm** at Mona Vale Library, Cost - $8/$6 concession for Pensioners & Students, Bookings essential, payments within 3 days of booking, tel. 9970 1600

Avalon Craft Cottage Returns to Warriewood

Free Entry
AVALON CRAFT COTTAGE

Hello again……..its good news for all the regular supporters and friends of the Avalon Craft Cottage.

The Craft Cottage members are now heading into our really busy season and so it is ' back to Warriewood' for the first of our big Christmas shows.

We will be at Centro Warriewood for the week starting **Monday 21st October thru to Sunday 27th October** … the stall will be situated in the corner outside K-Mart, and will be open during all normal business hours for the centre, including Thursday night and on Sunday until 4pm.

As always, there are hundreds of wonderful gift ideas for family and friends……..beautiful embroidered baby wear, shawls & blankets, pottery, woodwork, jewellery, silk and hand-knitted summer scarves, a wide range of 'Australiana' items perfect for sending overseas, baby toys, tea cosies and pretty summery dresses for that special little girl in your life.

Plus a special Christmas table with decorations, trinkets & jewellery to brighten up you or your home for the festive season.

Call Maureen on 99993703 for any further information, and look on-line for up-to-date photos of new items made by the members…. and please 'LIKE' our Facebook page and become a friend of the Avalon Craft Cottage.

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

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

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

KEY FEATURES OF THE AMALGAMATED COMMAND INCLUDE:

1. Ten positions returned to the front line.

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

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

Heaven Can Wait Regatta

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

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

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

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

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

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

John Travers

Commodore WPYC

Enliven PITTWATER

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

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

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

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

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

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

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

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

Bushcare Notices - October 2013

Bushcare at Warriewood

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

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

Wed October 16
Warriewood Brook 8-11am

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

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

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

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

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

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

Pittwater Council's COOEE Newsletter October 2013

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

Details in our Environment page

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

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

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

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

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

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

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

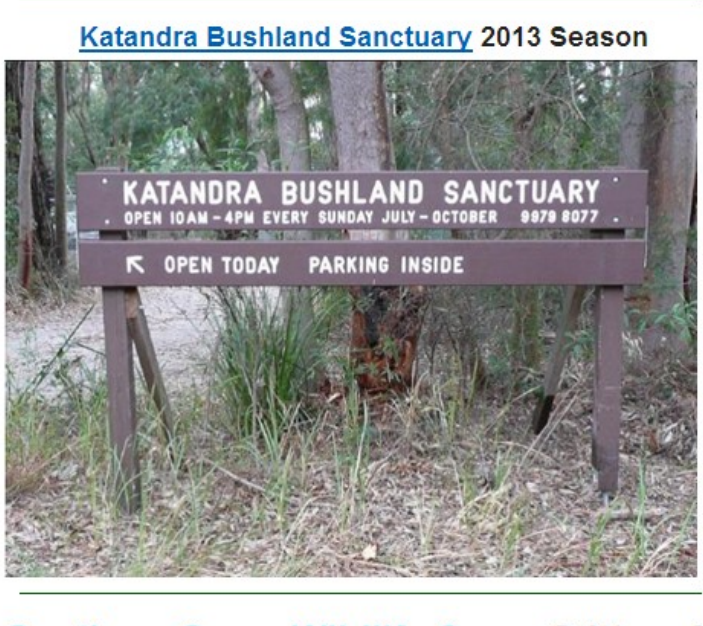
The NSW Government has awarded more than $2.3 million to local councils over the past three years as part of its Graffiti Hotspot Program.

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

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

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

Katandra Bushland Sanctuary 2013 Season



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

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

Rescue of a hit and run victim

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

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

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

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

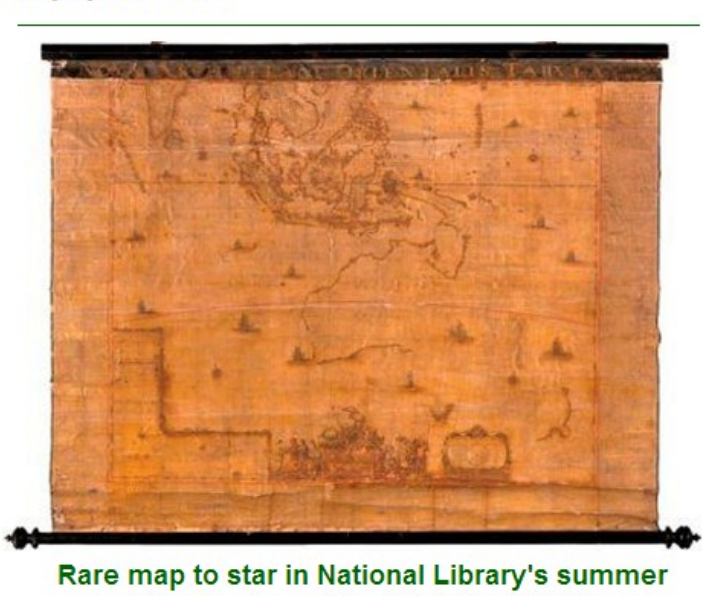
The next morning, however, he seemed able to hop around, unsteadily, and his sight appeared to be slowly returning. Over the next few days, he began to hop around in the outside enclosure without bumping into obstacles.

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

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

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

Story by Joan Reid



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.

Preserving Blaeu's 'Archipelagus Orientalis' (1663) at the National Library of Australia - Published on 8 Oct 2013

Acquired by the National Library of Australia in 2013, this Dutch wall chart by VOC cartographer Joan Blaeu is the most important map documenting Australia's presence prior to the arrival of the British. On display for the first time at the National Library in "Mapping our World" November 2013 - March 2014

Preserving Blaeu's 'Archipelagus Orientalis' (1...
0:00 / 4:00

THE SUMBA FOUNDATION AUSTRALIA

Since the 2013 Federal Election, several government functions have been transferred to other portfolios, some new portfolios have been created and some existing ones deleted.

For example:

* Education and Employment are now separate portfolios

* Resources and energy are now in the Industry portfolio

* Tourism is now in the Foreign Affairs and Trade portfolio

* Regional development returned to Infrastructure and Regional Development portfolio

* Arts is now in the Attorney-Generals portfolio

* Sport returned to Health portfolio

* Indigenous issues are now in the Prime Minister and Cabinet portfolio

* Tertiary education returned to Education portfolio

* Climate change and renewable energy returned to Environment portfolio

* Customs ia now in the Immigration and Border Portection portfolio

* Families, housing and community services is now in the new Social Services Portfolio

* Aged care amd multicultural affairs are now in the new Social Services portfolio

* Human services is now part of the Social Services portfolio

Federal Government Media Releases this week:

Oral ketoconazole (Nizoral) 200 mg tablets

SNIPPET: Consumers and health professionals are advised that Janssen-Cilag (Australia), in consultation with the TGA, is deregistering and discontinuing supply of oral ketoconazole (Nizoral) 200 mg tablets, commencing 1 December 2013. Janssen-Cilag (Australia) has written to health professionals to advise that it is deregistering and discontinuing supply of oral ketoconazole 200 mg tablets, commencing 1 December 2013. Commencing treatment with oral ketoconazole for new patients is not recommended.

HeartSine PAD 300/PAD 300P public access defibrillators (semi-automated)

SNIPPET: Unlocated devices following recall for product correction. Owners and people responsible for HeartSine PAD 300/PAD 300P public access defibrillators are advised that Aero Healthcare, in consultation with the TGA, undertook a recall for product correction of some of these devices that may affect the ability of the device to work in the event it is needed. This advisory is to ensure that Aero Healthcare can locate and correct the problem in all HeartSine PAD 300/PAD 300P public access defibrillators to ensure they function properly if needed during a cardiac event.

Dextropropoxyphene

SNIPPET: Information and updates about the regulatory status of dextropropoxyphene -containing pain-killers.

ALRC seeks input into Serious Invasion of Privacy law reform | ALRC

SNIPPET: The Australian Law Reform Commission (ALRC) today released the Issues Paper, (ALRC Issues Paper 43, 2013), to begin the consultation process for its Inquiry. The for this Inquiry ask the ALRC to consider the detailed legal design of a statutory cause of action, and in addition, other innovative ways the law might prevent or redress serious invasions of privacy. Privacy law affects not just government, big business and the media.

Grays pays the price for an incorrect decision | ACMA

SNIPPET: Grays (NSW) Pty Limited, responsible for Australian GraysOnline shopping websites, has paid a $165,000 infringement notice for sending marketing emails that did not comply with the Spam Act. An Australian Communications and Media Authority investigation found a decision by Grays that an email campaign introducing its GraysEscape website was not promotional, was incorrect. **The Spam Act requires that all marketing emails are sent with the consent of the recipient, and include an option for recipients to opt-out of receiving further marketing messages.** Last updated: 09 October 2013.

Privacy is a priority for the Australian community| Office of the Australian Information Commissioner - OAIC
releases/privacy-is-a-priority-for-the-australian-community
SNIPPET: Results from the Office of the Australian Information Commissioner's (OAIC) 2013 Community Attitudes to Privacy survey were released today. The Commonwealth Bank is proud to be a primary sponsor of the OAIC 2013 Community Attitudes to Privacy survey. HDY is proud to be a sponsor of the OAIC Community Attitudes to Privacy Survey.

Archives seeks rural people who experienced forced adoption for project, 9 October 2013 National Archives of Australia

SNIPPET: Media release: Wednesday, 9 October 2013. The National Archives of Australia invites rural and regional people affected by or having experience with forced adoption, to participate in a project aimed at increasing awareness of the practice and impact of these experiences. The Archives will launch a website to facilitate the sharing of forced adoption experiences on the first anniversary of the National Apology on Friday 21 March 2014.

Diverse titles and talent supported with almost $650,000 in development funding

SNIPPET: Funding for audience-engaging features of any genre. It is produced by and written by , with attached to direct. Based on a true story.

2013 federal election payment to political parties and candidates - Australian Electoral Commission

SNIPPET: The AEC has authorised the first payment of election funding to political parties and candidates for votes received at the 2013 federal election. 2013 federal election first payment to political parties and candidates (as at the end of counting on 27 September 2013) Political party Amount ($) Liberal Party of Australia 23 103 312.83 Australian Labor Party 20 195 147.98 Australian Greens 5 356 184.97 National Party of Australia 3 076 611.83 Palmer United Party 2 202 044.07 Liberal Democratic Party 1 033 845.36 Nick Xenophon Group 636 127.83 Country Liberals (Northern Territory) 207 512.94 Katter's Australian Party 166 711.35 Family First 103 724.45 Bullet Train for Australia 24 283.90 Christian Democratic Party (Fred Nile Group) 8 654.79 Independent candidate Amount ($) Catherine McGowan (Indi, Victoria) 68 381.14 Andrew Wilkie (Denison, Tasmania) 60 802.12 Robert Taber (New England, New South Wales) 30 968.80 Lawrie McKinna (Robertson, New South Wales) 19 136.74

Assistance to victims of overseas terrorism | Prime Minister of Australia

SNIPPET: Since September 2001, hundreds of Australian families have been impacted by major terrorist events in New York, Bali, Jakarta, London, Egypt, Mumbai and Nairobi. We should stand with victims of terrorism in the same way that we stand with the victims of crimes committed in Australia. In 2012, when the previous Government agreed to my proposal to provide financial assistance to victims of terrorism, it only did so for future victims and not existing victims.

Screen Australia launches new development program for high-end television drama

SNIPPET: Funding for audience-engaging features of any genre. Screen Australia resources for documentary filmmakers. Screen Australia announced today that it will launch a landmark program to support the development of internationally driven high-end television drama before the end of the year.

Tourism Ministers meet to grow Australia's largest service export, 10 October 2013, Australian Minister for Trade and Investment, the Hon Andrew Robb AO MP

SNIPPET: The meeting will be chaired by the Federal Minister for Trade and Investment, the Hon Andrew Robb AO MP, the Cabinet Minister responsible for tourism. Tourism is our largest services export, with international visitor consumption of $26billion representing over 8 per cent of total Australian exports. The Australian Government will place particular emphasis on encouraging Australian tourism to compete at the high-value, high-quality end of the global tourism market.'.

Tourism Australia wins international industry award, 10 October 2013, Australian Minister for Trade and Investment, the Hon Andrew Robb AO MP

SNIPPET: Trade and Investment Minister Andrew Robb today warmly congratulated Tourism Australia (TA) on winning the top award at the World Routes Conference in Las Vegas. Tourism Australia was recognised as the best in the world for its extensive marketing communications activities and successful joint campaigns with airlines, state tourism and Australian airport partners. Mr Robb said this was the first time a national tourism authority has taken the top award, and all involved at Tourism Australia should be extremely proud of their efforts.

Emma Alberici to host the 2013 Australian Walkley Awards for excellence in journalism |
SNIPPET: ABC journalist and Lateline host Emma Alberici will present this year's Walkley Awards in Brisbane on Thursday, November 28. I am honoured to be hosting the ABC broadcast of the Walkley Awards. The Walkley broadcast will also be streamed on the night at.

ACMA opens dialogue on mobile network performance information for consumers | ACMA

SNIPPET: Recognising the vital role mobile devices play in the lives of Australians, the Australian Communications and Media Authority is holding a public forum focussed on consumers' understanding and experience of mobile network performance. Announcing the event today, ACMA Deputy Chairman Richard Bean said: 'We want to explore whether consumers are able to understand what is happening when they have a poor experience using their mobile device, and whether they are able to compare and choose mobile networks according to their particular needs.'. &copy 2013 The Australian Communications and Media Authority.

Trampoline safety is flippin' important - 8 kids injured every day | ACCC

SNIPPET: The Australian Competition and Consumer Commission has teamed up with Olympian trampolinist Blake Gaudry, Kidsafe and state consumer affairs agencies to help keep kids safe on trampolines. With at least eight children per day being injured on trampolines in Australia, we are urging parents and carers to follow our safety checklist so this activity can be enjoyed injury-free, ACCC Commissioner Sarah Court said. The ACCC has released a new video Trampoline safety It's flippin' important featuring Blake Gaudry, which can be watched on the .

ACC Statement: Organised criminal groups providing support to imprisoned colleagues | Australian Crime Commission.

SNIPPET: The ACC is aware of some organised criminal groups, and outlaw motorcycle gangs (OMCGs), providing support to their imprisoned colleagues. Serious and organised crime groups, including OMCGs, operating in Australia continue to be formidable in their capabilities, resources, resilience and their ability to corrupt and exploit opportunities and connections. The ACC works closely with corrections departments and law enforcement across Australia to monitor and collect intelligence on serious and organised crime entities as well as new and emerging trends within the prisons system.

DSTO and Thales Australia forge new alliance

SNIPPET: The new alliance focuses on research and development of armaments, underwater systems and land systems. He said DSTO and Thales had a long history of research collaboration that has led to better protection for Bushmaster vehicles, the development of innovative minesweeping systems and next-generation fibre optic towed arrays for tracking maritime vessels. This alliance provides a framework that enables us to get involved early in DSTOs technology development process, and is the foundation for a new wave of innovation aimed at delivering capability into the hands of the Australian Defence Force.

Jail sentence and guilty plea for migration fraud

SNIPPET: Assistant Minister for Immigration and Border Protection. An Albanian national was sentenced to 14 months' jail in Melbourne while a former registered migration agent is facing up to 10 years' imprisonment after pleading guilty to multiple fraud offences in Sydney. 'The Department of Immigration and Border Protection takes allegations of migration fraud very seriously and the department and the courts will act against those who attempt to defraud our migration programs.'

Review of Indigenous training and employment | Prime Minister of Australia

SNIPPET: In line with our election commitment, today I announce that the Government has commissioned a review of indigenous training and employment programmes. Too often, employment and training programmes provide training for training's sake' without the practical skills that people need to fill the jobs that exist. It will consider ways that training and employment services can better link to the commitment of employers to provide sustainable employment opportunities for indigenous people and end the cycle of indigenous disadvantage.

Australia to co-fund innovative project to tackle the growing infrastructure needs of APEC economies | Prime Minister of Australia

SNIPPET: Australia will contribute $3million towards a pilot Public Private Partnership (PPP) Centre in Indonesia to help address the growing infrastructure needs of the APEC region. More than $8 trillion worth of infrastructure has been identified within the APEC region that needs to be development by 2020 and Australia can play a role in turning this backlog into economic opportunity. The infrastructure needs of the APEC economies are simply too large for stretched government budgets to afford on their own.

Avalon Minerals Limited - Declaration of Unacceptable Circumstances [08/10/2013]

SNIPPET: Tuesday, 8 October 2013. The Panel has made a declaration of unacceptable circumstances (Annexure) in relation to an application dated 5 September 2013 by Sidan Super Pty Ltd as trustee for the Sidan Superannuation Fund in relation to the affairs of Avalon Minerals Limited (see). After dilution as a result of another Avalon placement on 5 September 2013.

Regulator Engagement with Small Business - Australian Productivity Commission

SNIPPET: This report was released on 9 October 2013. Regulators can do more to reduce the compliance and enforcement burdens they impose on small businesses, according to a report released by the Productivity Commission today. The Commission found that leading practices in regulator engagement with small business were more commonly adopted by regulators that have implemented a risk based approach.

New AFP Aviation Operations Centre opened at the Melbourne Airport - Australian Federal Police
PORTFOLIO: Attorney-General's
URL: http://www.afp.gov.au/media-centre/news/afp/2013/october/new-afp-aviation-operations-centre-opened-at-the-melbourne-airport.aspx
SNIPPET: The new AFP Aviation Operations Centre at the Melbourne Airport has been officially opened today in a ceremony attended by Minister for Justice Michael Keenan and AFP Commissioner Tony Negus. The Melbourne facility is the sixth AFP Aviation Operations Centre to be unveiled across Australia's major airports. The new facilities include an Emergency Operations Centre, Airport Police Operations Centre, muster rooms and training facilities, exhibit handling facilities and interview rooms.

Shared country, shared future - News - National Native Title Tribunal
PORTFOLIO: Attorney-General's
URL: http://www.nntt.gov.au/news-and-communications/media-releases/pages/shared_country_shared_future.aspx
SNIPPET: President Raelene Webb QC. Shared country, shared future encompasses a vision of an organisation which -. In the near future the Tribunal's Strategic Plan 2013-14 will be reviewed consistent with our new vision - Shared country, shared future.

Governor-General Quentin Bryce AC CVO to present the 54th Boyer Lecture series | About the ABC
PORTFOLIO: Broadband, Communications and the Digital Economy
URL: http://about.abc.net.au/press-releases/governor-general-quentin-bryce-ac-cvo-to-present-the-54th-boyer-lecture-series/
SNIPPET: Mr James Spigelman AC, Chairman of the Australian Broadcasting Corporation (ABC), is pleased to announce that the 2013 Boyer Lecture series will be presented by Her Excellency, The Honourable Quentin Bryce AC CVO, Governor-General of the Commonwealth of Australia. Since the annual Boyer Lecture series commenced in 1959, the ABC Board has selected a prominent Australian or group of Australians to present a series of radio lectures, expressing their thoughts on major social, cultural, scientific or political issues, said Mr Spigelman. The Boyer Lecture series was named after former ABC Chairman, the late Sir Richard Boyer.

Painter receives Antarctic Arts Fellowship - Australian Antarctic Division

SNIPPET: Australian painter and sculptor John Kelly is the 2013 Australian Antarctic Arts Fellow. Each year, the Australian Government awards an Australian Antarctic Arts Fellowship to enable those with a non-science focus to experience Antarctica first-hand so that they may communicate this unique experience and understanding to other Australians. Mr Kelly said he will use his fellowship to create a series of paintings depicting the Antarctic environment.

Pittwater Online News

October 13 - 19, 2013: Issue 132

For you this week:

Avalon Bulldogs - Ngongotaha Chiefs Friendly Game

Plus: National Bird Week begins next Saturday - 19–25 October 2013. We're very lucky to be able to see a lot of our native birds up close.

This week we were visited by Brush-turkeys again and have found some old stories to share with you as well as some information about these wonderful ground dwelling birds:

Brush-turkey - the Australian Urban dwelling bird - for children

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

SHARE THE FINAL ADVENTURE OF THE ROYAL RANGER

Mona Vale Library and Berkelouw Books will present a free author talk with John Flanagan at Mona Vale Memorial Hall on **Thursday 17 October at 4.30pm.** John Flanagan is the author of the popular Ranger's Apprentice Series for children. He will discuss The Royal Ranger, his final book in the series.

It's claimed that the Ranger's Apprentice Series has been responsible for getting hundreds of thousands of children reading across Australia, with eight million sold world-wide. Jordi Kerr from the Centre for Youth Literature says 'the final book makes for a beautiful cyclical journey. John Flanagan creates characters and the fantasy world of Araluen so deftly. For me, opening up The Royal Ranger was like going home," said Ms Kerr.

The Royal Ranger is set around 20 years after The Emperor of Nihon-Ja left off. Will has grown up and is a grey-haired Ranger himself. But a senseless tragedy has destroyed his life and he's obsessed with revenge. Critics have described The Royal Ranger as having 'laugh-out-loud wit, offering adventure and excitement', as is the case with the rest of the series.

John Flanagan's bestselling Ranger's Apprentice series was originally composed of twenty short stories, which John wrote to encourage his twelve-year old son Michael to enjoy reading. The series has come a long way since then. Now sold to more than 30 countries, the series regularly appears on the New York Times bestseller list and has been shortlisted for children's book awards in Australia and overseas.

John, a former television and advertising writer, lives with his wife in Manly. He is currently writing further titles in his new Brotherband series.

The talk will run from 4.30pm to 6pm. **The event is free; however bookings are essential on 9970 1600.** Following the talk there will be book signings.

Trampoline safety is flippin' important - 8 kids injured every day - 8 October 2013

The Australian Competition and Consumer Commission has teamed up with Olympian trampolinist Blake Gaudry, Kidsafe and state consumer affairs agencies to help keep kids safe on trampolines. The campaign is being launched today at the South Australian Aquatic and Leisure Centre in Adelaide to kick off International Product Safety Week.

"With at least eight children per day being injured on trampolines in Australia, we are urging parents and carers to follow our safety checklist so this activity can be enjoyed injury-free," ACCC Commissioner Sarah Court said.

"Trampolines can put children at risk of serious injury, particularly when used inappropriately. Children aged five to nine are at greatest risk of being hurt and injuries include fractures, open wounds, dislocations and head injuries. Unfortunately, there has also been one trampoline-related death of a child in Australia."

A survey conducted in March by Kidsafe Western Australia on behalf of the ACCC identified a range of unsafe practices that could be putting children at risk, including reports of up to five or more children being on a trampoline at once. Also of concern was that less than a quarter of parents and carers said they always supervise their children on trampolines.

"We need to ensure trampoline safety precautions are followed to minimise the risk of injury. The ACCC, with Kidsafe's support, is sending the safety checklist to schools and childcare centres and we'll be encouraging trampoline suppliers to share the safety messages to consumers," Ms Court said.

The ACCC has released a new video Trampoline safety – It's flippin' important featuring Blake Gaudry, which can be watched on the ACCC Product Safety YouTube channel - or below.

"When I'm in the air I need to have complete confidence that my surroundings are safe when I land. Parents need to have that same level of confidence when their children are bouncing on trampolines in the backyard," Mr Gaudry said.

SAFETY TIPS

One at a time: Ensure only one child at a time uses the trampoline.

Supervise: Supervise children at all times, regardless of age. It is recommended that children under six should not use trampolines but if they do, take extra care with younger children as they are more prone to serious injury on trampolines.

Safety padding: Use safety padding on the frame to avoid injuries if a child accidentally hits the frame.

Check condition of mats and net: Regularly check that the trampoline is in good condition and ensure that the mat and net don't have holes, springs are intact and securely attached at both ends, frame is not bent and leg braces are securely locked.

Hazard free surrounds: Ensure that the area around the trampoline is free from hazards like walls, fences, play equipment or garden furniture. Also make sure there is an overhead clearance to avoid objects like clothes lines, trees and wires.

For further information, visit the trampoline safety page on the Product Safety Australia website

RESPECT!

Driftwood Horse

Pingu cartoon full episodes 2013 - Pingu episodes 51-60 Full Movie

.Pingu cartoon full episodes 2013 - Pingu episo...
00:00 / 52:49

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

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

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

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

Click here for the following units:

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

Digital Toolbox

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

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

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

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

Mona Vale Mountain Cub Scouts Profile

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!

Nursery Art

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

BackMeUp poll

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

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

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

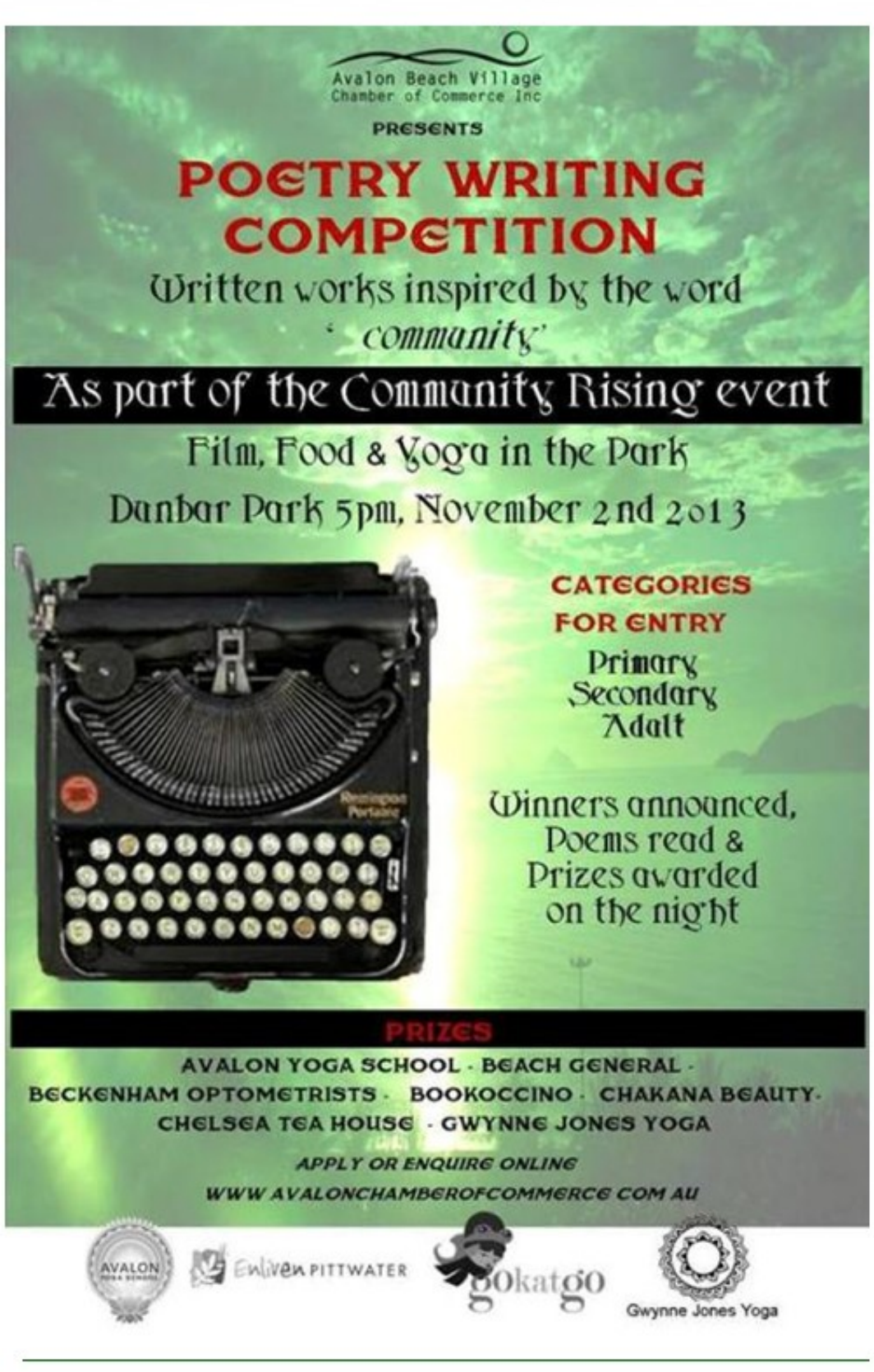
Mona Vale Library - Young Runarounds!

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



Avalon Beach Village Chamber of Commerce Inc
PRESENTS
POETRY WRITING COMPETITION
Written works inspired by the word 'community'
As part of the Community Rising event
Film, Food & Yoga in the Park
Dunbar Park 5pm, November 2nd 2013
CATEGORIES FOR ENTRY
Primary
Secondary
Adult
Winners announced, Poems read & Prizes awarded on the night
PRIZES
AVALON YOGA SCHOOL · BEACH GENERAL · BECKENHAM OPTOMETRISTS · BOOKOCCINO · CHAKANA BEAUTY · CHELSEA TEA HOUSE · GWYNNE JONES YOGA
APPLY OR ENQUIRE ONLINE
WWW.AVALONCHAMBEROFCOMMERCE.COM.AU
Enliven PITTWATER gokatgo Gwynne Jones Yoga

Joshua Slocum - Sailing Alone Around the World
BAHIA Y CENTRO DE PUNTA ARENAS, 1910
00:00 / 44:42

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/

Keep children safe online

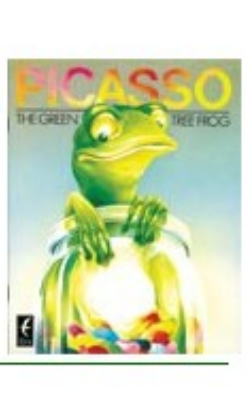
The Easyguide to Socialising Online is available here The Cybersafety Help Button is available to download free of charge here More information about the ACMA's Cybersmart program is here

Stories for you already run:

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

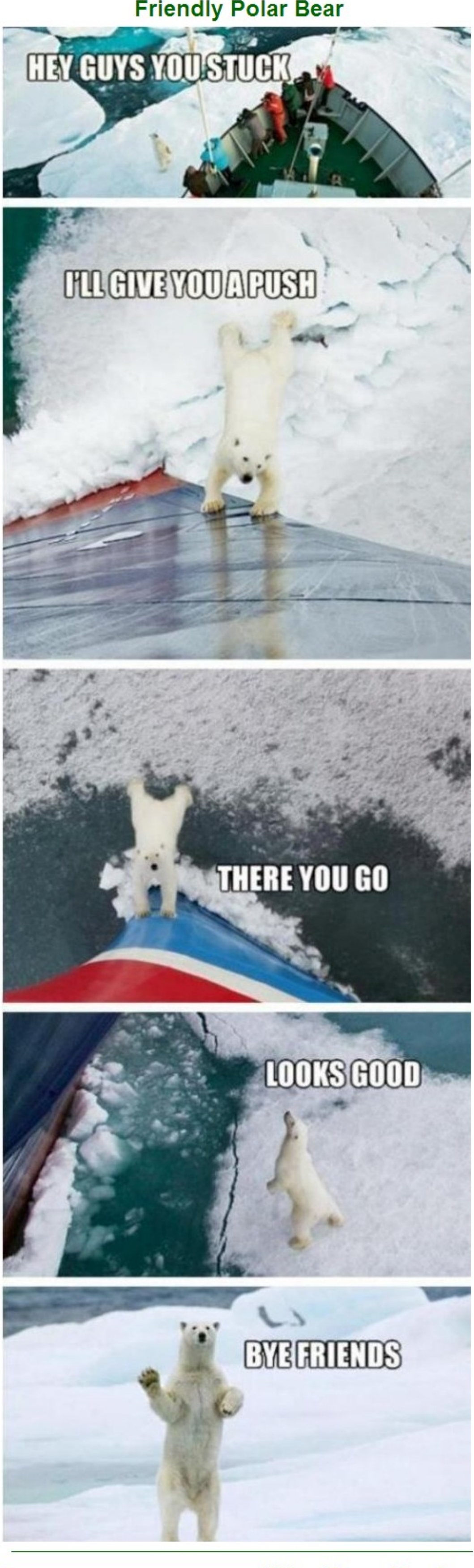
Tweet Like +1

Picture Books Online



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

Friendly Polar Bear

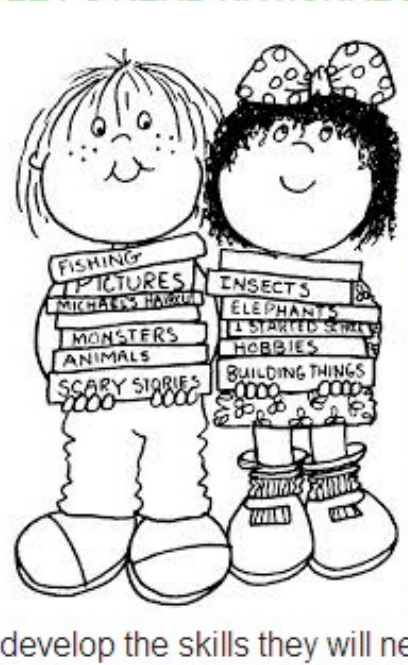


National Geographic online fun For little kids:

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

HERE

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN



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

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

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

DOWNLOAD A FREE READING PACK!

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

Me and My Mum and Dad - C/- W.A.G.

Human Beings aren't the only beings who love. Here's some proof:

Explore the West with WilderQuest!

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

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

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

About

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

Mission

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

Company Overview

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

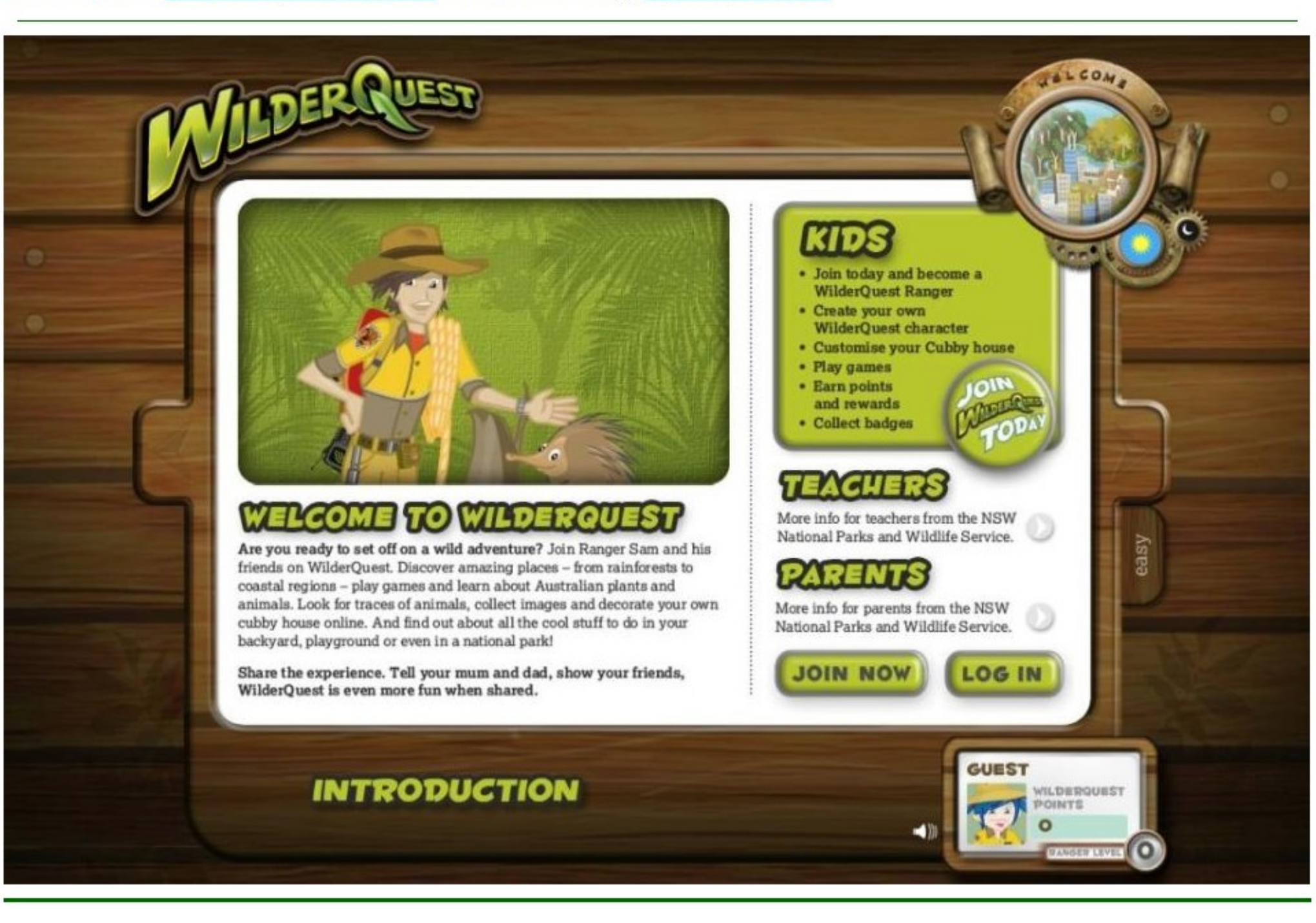
NPWS manages over 880 national parks and reserves. This comprises of more than 7 million hectares of landscapes from rainforests and rugged bush to coastal landscapes and outback deserts. Through WilderQuest, NPWS invites children and families to visit, explore, discover and enjoy these special places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

Description

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

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

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



WELCOME TO WILDERQUEST

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

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

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

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

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

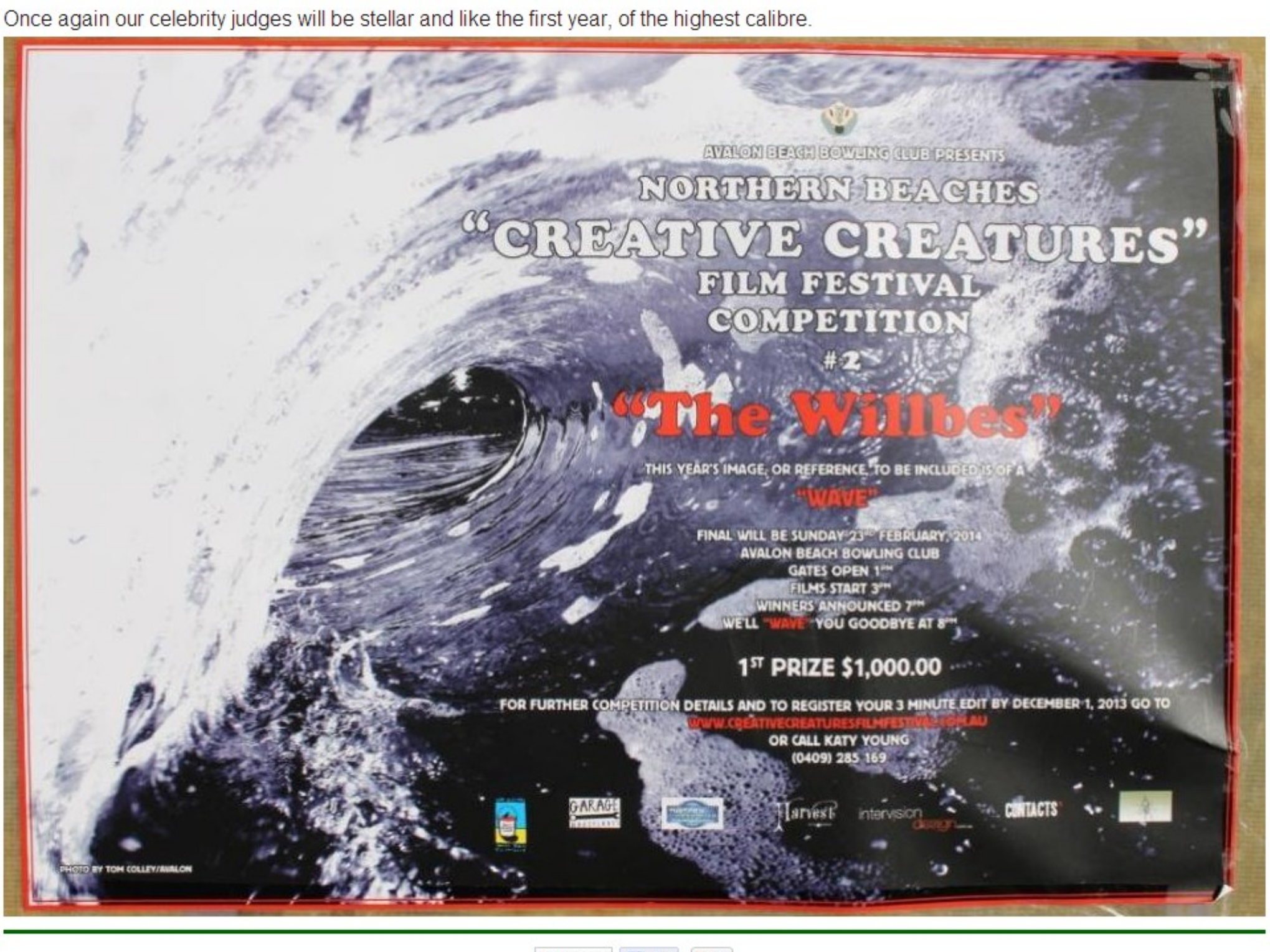
Creative Creatures Film Festival - website

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

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

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

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



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

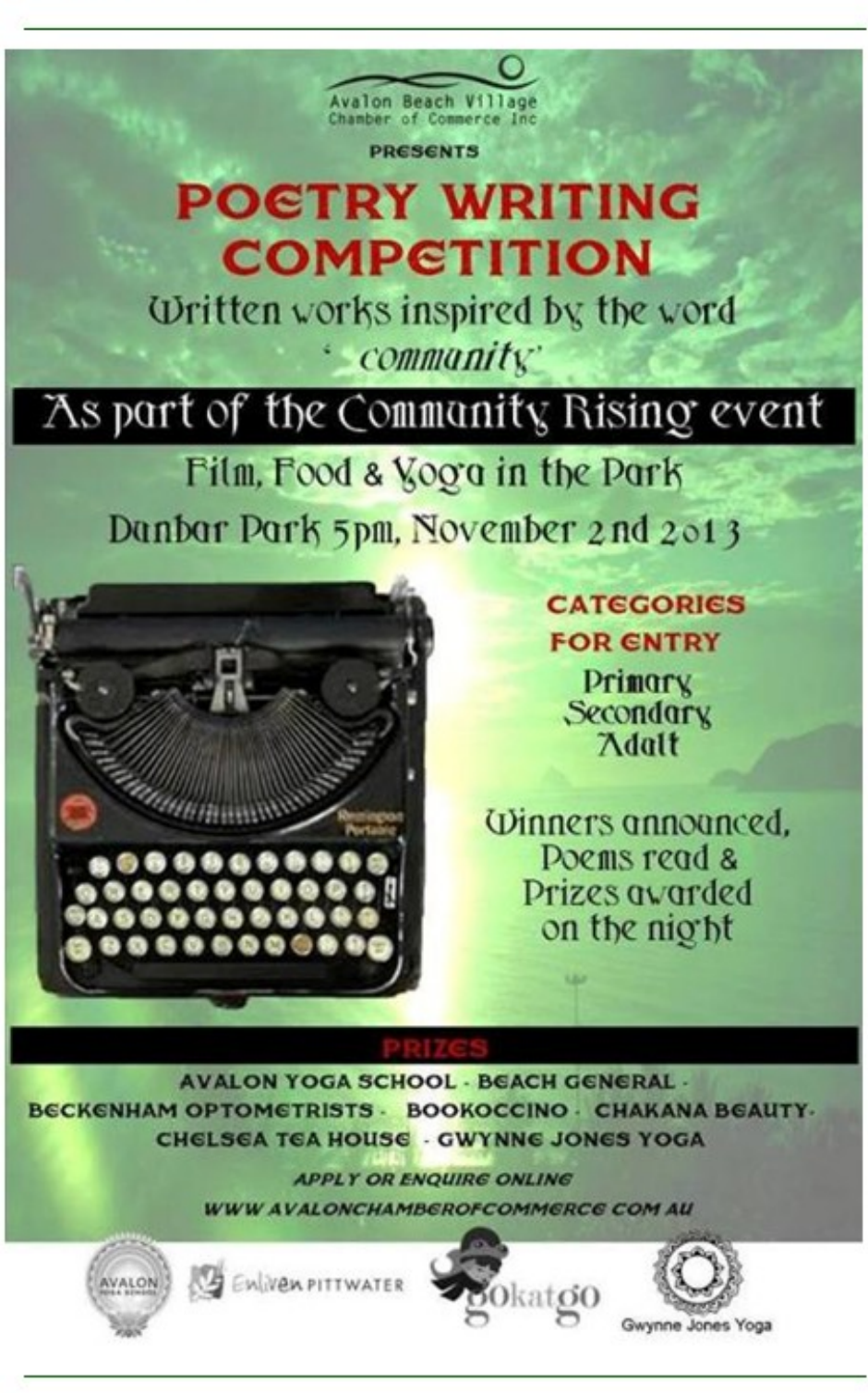
Tweet Like +1

Pittwater Online News

October 13 - 19, 2013: Issue 132

Avalon Bulldogs - Ngongotaha Chiefs Friendly at Hitchcock Park

This week's Pictorial is images from the friendly match played last Monday (7.10.2013) between the Avalon Bulldogs 15's and 17's and Ngongotaha Chiefs, a beautiful place in New Zealand these teams visited earlier in the year. Have a look - may spot someone you know - YOU!



Avalon Beach Village Chamber of Commerce Inc
PRESENTS
POETRY WRITING COMPETITION
Written works inspired by the word 'community'
As part of the Community Rising event
Film, Food & Yoga in the Park
Dunbar Park 5pm, November 2nd 2013
CATEGORIES FOR ENTRY
Primary
Secondary
Adult
Winners announced, Poems read & Prizes awarded on the night
PRIZES
AVALON YOGA SCHOOL · BEACH GENERAL · BECKENHAM OPTOMETRISTS · BOOKOCCINO · CHAKANA BEAUTY · CHELSEA TEA HOUSE · GWYNNE JONES YOGA
APPLY OR ENQUIRE ONLINE
WWW.AVALONCHAMBEROFCOMMERCE.COM.AU

Trampoline safety is flippin' important - 8 kids injured every day - 8 October 2013

The Australian Competition and Consumer Commission has teamed up with Olympian trampolinist Blake Gaudry, Kidsafe and state consumer affairs agencies to help keep kids safe on trampolines. The campaign is being launched today at the South Australian Aquatic and Leisure Centre in Adelaide to kick off International Product Safety Week.

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"We need to ensure trampoline safety precautions are followed to minimise the risk of injury. The ACCC, with Kidsafe's support, is sending the safety checklist to schools and childcare centres and we'll be encouraging trampoline suppliers to share the safety messages to consumers," Ms Court said.

The ACCC has released a new video Trampoline safety – It's flippin' important featuring Blake Gaudry, which can be watched on the ACCC Product Safety YouTube channel.

"When I'm in the air I need to have complete confidence that my surroundings are safe when I land. Parents need to have that same level of confidence when their children are bouncing on trampolines in the backyard," Mr Gaudry said.

SAFETY TIPS

One at a time: Ensure only one child at a time uses the trampoline.

Supervise: Supervise children at all times, regardless of age. It is recommended that children under six should not use trampolines but if they do, take extra care with younger children as they are more prone to serious injury on trampolines.

Safety padding: Use safety padding on the frame to avoid injuries if a child accidentally hits the frame.

Check condition of mats and net: Regularly check that the trampoline is in good condition and ensure that the mat and net don't have holes, springs are intact and securely attached at both ends, frame is not bent and leg braces are securely locked.

Hazard free surrounds: Ensure that the area around the trampoline is free from hazards like walls, fences, play equipment or garden furniture. Also make sure there is an overhead clearance to avoid objects like clothes lines, trees and wires.

For further information, visit the trampoline safety page on the Product Safety Australia website

Trampoline safety -- It's flippin' important!
0:00 / 2:01

Garden Party at Government House, Sydney - 12 April 1912 Film Australia - Published on 3 Oct 2013

From The Sydney Morning Herald, 13 April 1912: "One of the most successful and enjoyable vice-regal garden parties held In Sydney for a long time was given yesterday by their Excellencies the Governor-General and Lady Denman. There were about two thousand guests, and the brilliant uniforms of the naval and military officers mingling on the lawns and terraces with the bright dresses of the ladies presented a charming and picturesque spectacle.

The harbour, dotted with ferry boats, and providing anchorage for half-a dozen stately v.-warships, made an appropriate background tor the scene in the spacious gardens surrounding Government House."

Garden Party at Government House, Sydney - 12 A...
0:00 / 0:49

Elephants Know What It Means to Point to Something, No Training Required

Oct. 10, 2013 — When people want to direct the attention of others, they naturally do so by pointing, starting from a very young age. Now, researchers reporting in Current Biology, a Cell Press publication, on October 10 have shown that elephants spontaneously get the gist of human pointing and can use it as a cue for finding food. That's all the more impressive given that many great apes fail to understand pointing when it's done for them by human caretakers, the researchers say.

"By showing that African elephants spontaneously understand human pointing, without any training to do so, we have shown that the ability to understand pointing is not uniquely human but has also evolved in a lineage of animal very remote from the primates," says Richard Byrne of the University of St Andrews, noting that elephants are part of an ancient African radiation of animals, including the hyrax, golden mole, aardvark, and manatee. "What elephants share with humans is that they live in an elaborate and complex network in which support, empathy, and help for others are critical for survival. It may be only in such a society that the ability to follow pointing has adaptive value, or, more generally, elephant society may have selected for an ability to understand when others are trying to communicate with them, and they are thus able to work out what pointing is about when they see it."

Byrne and study first author Anna Smet were studying elephants whose "day job" is taking tourists on elephant-back rides near Victoria Falls, in southern Africa. The animals were trained to follow certain vocal commands, but they weren't accustomed to pointing.

"Of course, we always hoped that our elephants would be able to learn to follow human pointing, or we'd not have carried out the experiments," Smet says. "What really surprised us is that they did not apparently need to learn anything. Their understanding was as good on the first trial as the last, and we could find no sign of learning over the experiment."

Elephants that were more experienced with humans, or those born in captivity, were no better than less-experienced, wild-born individuals when it came to following pointing gestures. Byrne and Smet say it is possible that elephants may do something akin to pointing as a means of communicating with each other, using their long trunk. Elephants do regularly make prominent trunk gestures, but it remains to be seen whether those motions act in elephant society as "points."

The findings help to explain how it is that humans have been able to rely on wild-caught elephants as work animals, for logging, transport, or war, for thousands of years. Elephants have a natural capacity to interact with humans even though - unlike horses, dogs, and camels - they have never been bred or domesticated for that role. Elephants seem to understand us humans in a way most other animals don't.

"Elephants are cognitively much more like us than has been realized, making them able to understand our characteristic way of indicating things in the environment by pointing," Byrne says. "This means that pointing is not a uniquely human part of the language system."

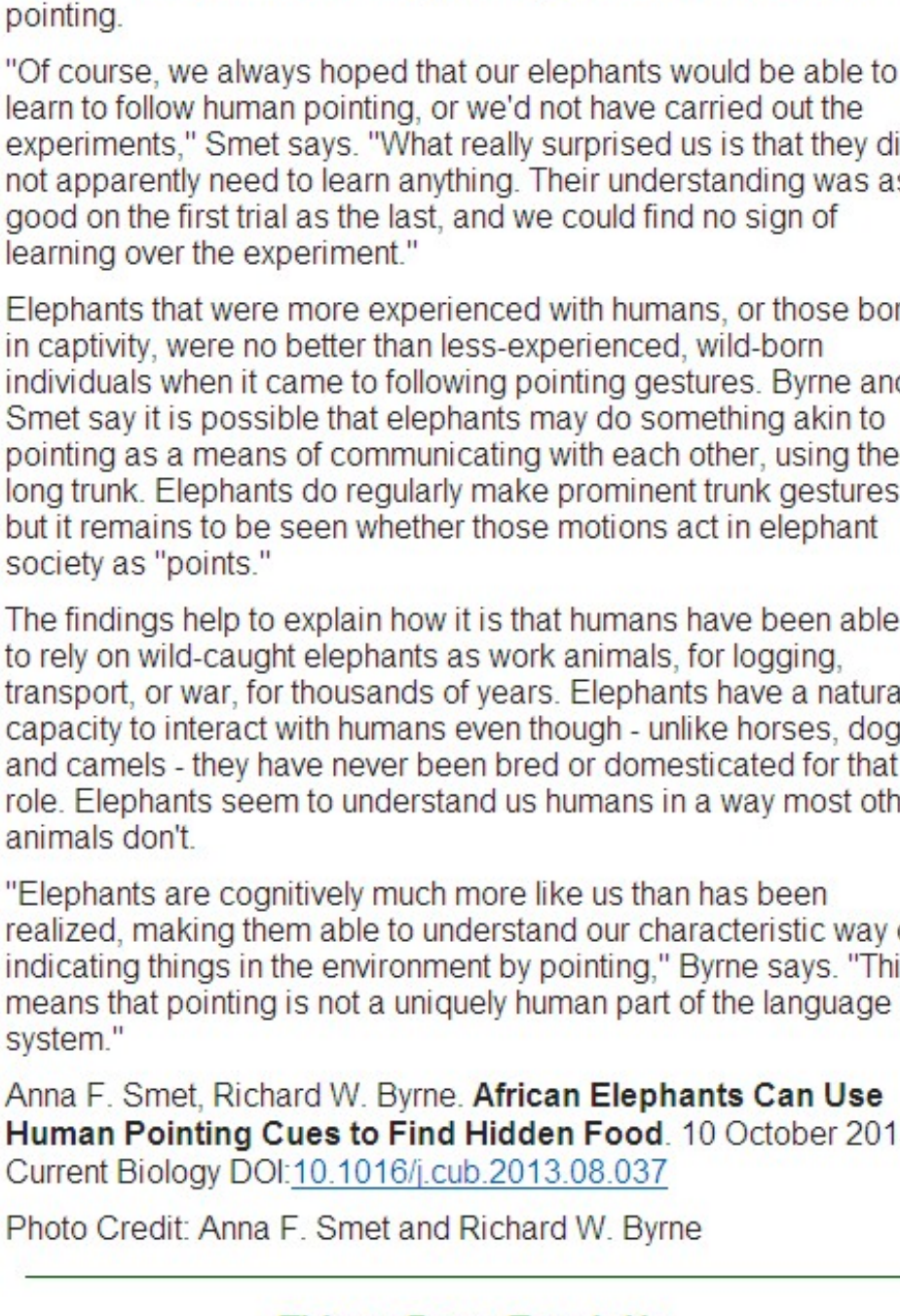
Anna F. Smet, Richard W. Byrne. **African Elephants Can Use Human Pointing Cues to Find Hidden Food**. 10 October 2013, Current Biology DOI:10.1016/j.cub.2013.08.037

Photo Credit: Anna F. Smet and Richard W. Byrne

Things Dogs Teach Us

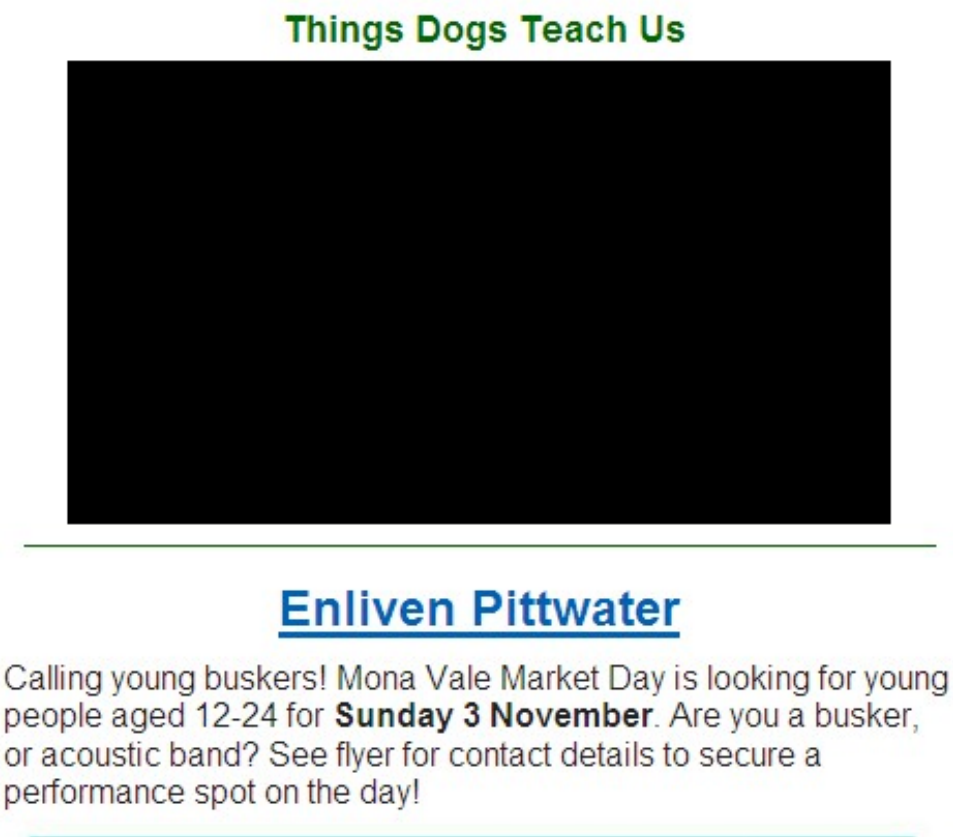
Enliven Pittwater

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



Mona Vale Market Day 2013
Opportunies for young performers
Sunday, 3 November
10am to 4pm
Village Park, Mona Vale
Mona Vale Market Day will involve the Pittwater community coming together and enjoying local performers, local food and market stalls.
To help set the right atmosphere, we're looking for local performers as either street buskers or acoustic bands.
If you'd like to be involved in this initiative of Enliven Pittwater, we'd love to hear from you!
Any style of performance will be considered.
Phone Suzi Pawley on 9970 1152 for bookings or more information
MONA VALE CHAMBER OF COMMERCE · Enliven PITTWATER · PITTWATER COUNCIL

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



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ART COMPETITION
Everyone is invited to enter the International Fleet Review 2013 Art Competition, show us your best artwork inspired by the Royal Australian Navy's centenary celebrations.
With special categories for Secondary and Tertiary Students wishing to participate.
PROUDLY SPONSORED BY: ADCU Australian Defence Credit Union
WIN FIRST PRIZE $4,000
CLICK HERE TO ENTER
FEATURED ENTRIES
TIME LEFT 52 days 1 hours
COMPETITION ENDS ON 10/11/2013 05:00 PM AEST

ORIGINAL SOURCE
INTENSE SURF CHALLENGE

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

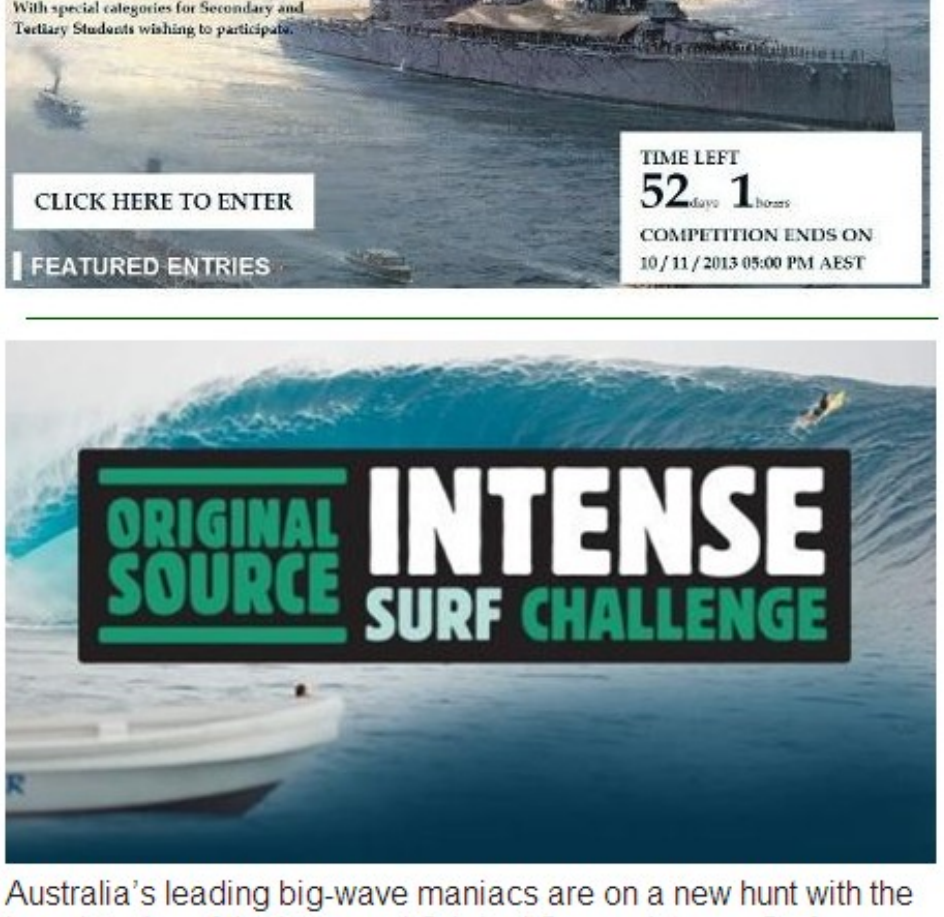
The 15 surfers taking on the challenge are: Jamie Mitchell, Asher Pacey, Jeff Rowley, Richie Vaculik, Riley Laing, Kerby Brown, Marti Paradisis, Dean Morrison, Anthony Walsh, Laurie Towner, Ryan Hipwood, Dean Bowen, Tyler Hollmer-Cross, Brett Burcher and Josiah Schmucker.

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

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

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

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



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

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

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

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

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

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

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

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

Some tricks;

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

The Line

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

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

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

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

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

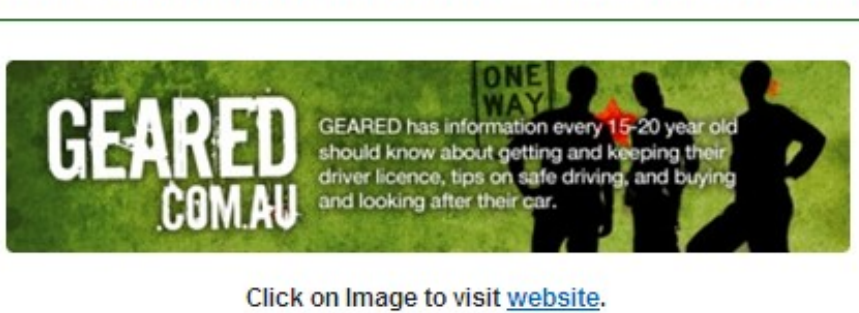
* Please note that all mobile phone calls made from within Australia to Kids Helpline—using Optus (including Virgin), Vodafone, and Telstra—and 1800 Respect—using Telstra—are now free.

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

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

Crisis Support, Suicide and Mental Health

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



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

Click on Image to visit website.

Bullying; NO WAY !!!

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

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

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

Bus Pass Replacement

HERE

BackMeUp poll - Posted 14 May 2013 by Commission

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

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

Send In Your Stuff

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

All are Welcome, All Belong !

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

AUSTRALIAN NAVY CADETS - On the Northern Beaches

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

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

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

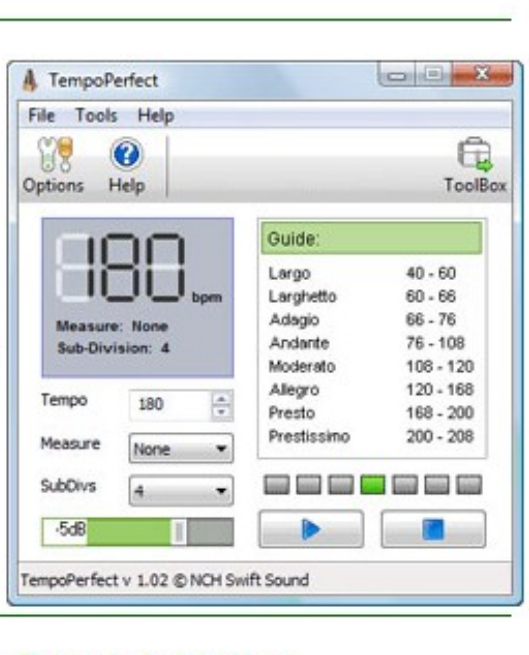
See the Australian Navy Cadets web site for more information and unit locations

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

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

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

Metronome Software. Free Download for Musicians - c/- **Paul Wheeler**



www.nch.com.au

Download free metronome software to keep tempo. This freeware electronic metronome was created by musicians for musicians. Download free software online.

ECO Clean Beach Initiative

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

Simply send us a video or Instagram us with pictures of you cleaning up your local beach, protecting your local wildlife or hosting your own ECO. Clean Beach Initiative fundraiser with your friends and family.

The person that shows the most initiative will become the face of our campaign so get up, get outside and start showing us why you're Australia's greatest ECO. Warrior now!

A LED surfboards from Bilton Custom Surfboards so much that we're getting the team to create a special ECO. Clean Beach board for the winner of our Find our Face competition.

For your chance to win, send us a video of how you're helping to keep our beaches clean. Visit www.ecocleanbeach.com for more details. Facebook Page.

Man creates kinetic sculpture that moves and lives on its own!

BBC one
0:00 / 0:00 HD

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

Sailing in Pittwater

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

PITTWATER ARTIST GRANT PROGRAM OPENS

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

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

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

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

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

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

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

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

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

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

Take Charge Youth Leadership Forum 2013
Charles Sturt University
0:00 / 6:14

Youth Advisory Council Applications Now Open

The NSW Youth Advisory Council plays an important role in guiding NSW Government youth affairs and raising the views of young people. The council meets regularly throughout the year to discuss a range of relevant topics, as well as monitoring and evaluating youth-related policies and legislation which affects young people.

The 12 Council members, all aged under 25 years, come from all over the State and are broadly representative of the diversity of young people living in NSW. Read more about current members.

What members do:

Advise the Minister on the planning, development, integration and implementation of government policies and programs about young people.

Consult with young people, community groups and government authorities on issues and policies about young people.

Monitor and evaluate legislation and government policies and programs about young people and to recommend changes if necessary.

Hold forums, approved by the Minister, on issues of interest to young people.

Collect, analyse and provide the Minister with information on issues and policies about young people.

Read about previous YAC activities.

Time commitment

Members are appointed to the YAC for up to 12 months. The Council usually holds up to 8 meetings a year and can also host consultations and forums. The cost of members attending Council meetings is met by the NSW Government.

How to apply

Applications are being sought from people interested in being appointed to the 2014 NSW Youth Advisory Council.

If you have experience and a keen interest in youth affairs, nominate yourself to become a member of the Council. The 12 young people on the Council advise the NSW Government, through the Minister responsible for Youth Affairs on all matters concerning young people.

Applications close at 5pm on Monday 4 November, 2013.

Download the application form (228KB). Save the form to your files and then:

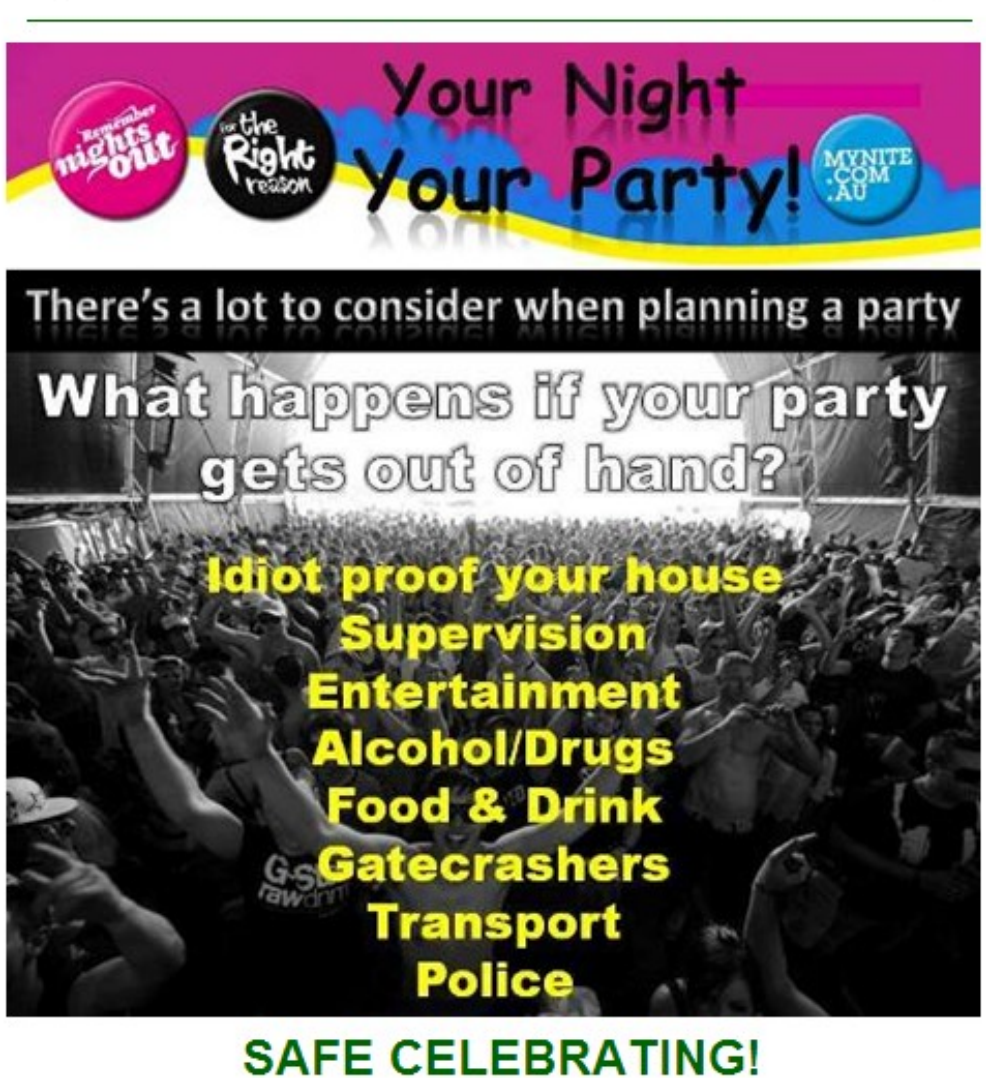
email the form to yac@yac.nsw.gov.au OR print the form and fax it to (02) 8762 9903 OR print the form and post it to

The Executive Officer, NSW Youth Advisory Council, Office of Communities. PO BOX K403, HAYMARKET NSW 1240

More information

For more information on the NSW Youth Advisory Council, please contact the Executive Officer, NSW Youth Advisory Council. Phone: (02) 8762 9844. Email: yac@yac.nsw.gov.au

Don't leave your Dryer out in the Snow


Remember nights out
for the Right reason
Your Night Your Party!
MYNITE .COM .AU
There's a lot to consider when planning a party
What happens if your party gets out of hand?
Idiot proof your house
Supervision
Entertainment
Alcohol/Drugs
Food & Drink
Gatecrashers
Transport
Police

SAFE CELEBRATING!

As we head into was is known as 'the party season' in Australia, and with so many of you completing your HSC or other schooling soon, a timely reminder of how to have fun and stay safe seems like a good idea around now. We all know that parties and celebrations are important to young people. They provide them with an opportunity to socialise, meet other young people and to celebrate significant life events. But while parties are important for social development reasons, they can also bring into play a range of risk factors that work together to increase the risk of injury to young people.

Partying and going out is a normal part of growing up, but there are risks involved. You need to manage these risks through discussion and planning with your family and friends.

If you are informed about safe partying, you are more likely to protect yourself and your friends. If your plans fall through, or if you are feeling unsafe wherever you are, it's OK to contact someone for help.

For more info go to www.mynite.com.au or www.youthsafe.org

New hope for young people who drink to mask negative feelings

Researchers at UNSW are conducting the first ever trial of a brief online intervention to treat combined depression and alcohol misuse in young people.

The DEAL project is modelled on existing e-health interventions, but while other online treatments target either substance use or depression this is the first to address both conditions together in a program specifically designed for young people aged 18-25.

Study leader Mark Deady, a doctoral candidate at the National Drug and Alcohol Research Centre, based at UNSW, said that drinking to reduce negative emotions is a powerful predictor of heavy and problematic drinking in young people but that few of them received any form of traditional care.

"We are hoping that the DEAL project will bridge that gap and because it is online, it is easy to access and it requires minimum time commitment from participants."

If you are aged between 18-25 and wish to take part in the DEAL project, you can apply online at http://dealproject.org.au/

For the full story go to the **website**.

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

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

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

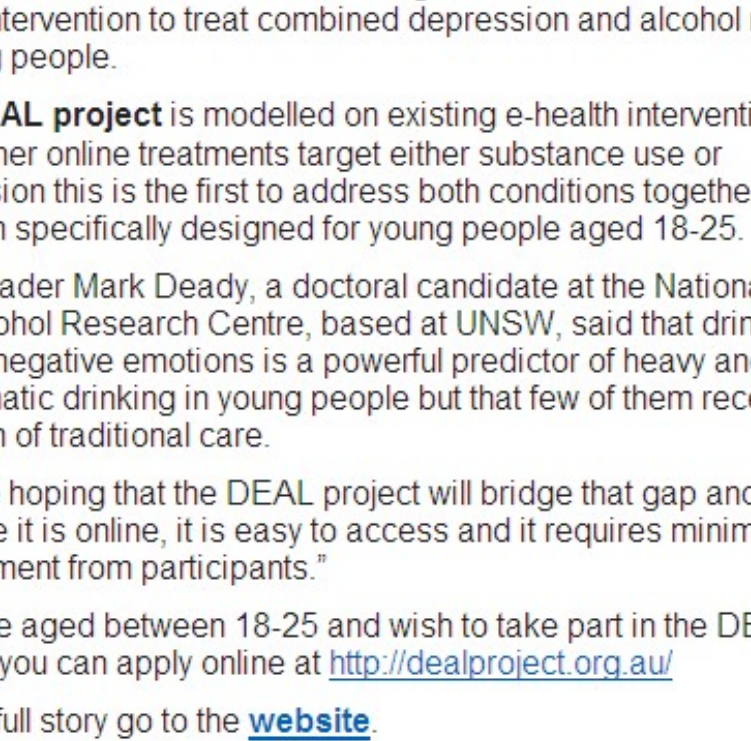
The library normally opens at 10am on weekdays, but HSC students will have access to the library from 9am during this period.

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

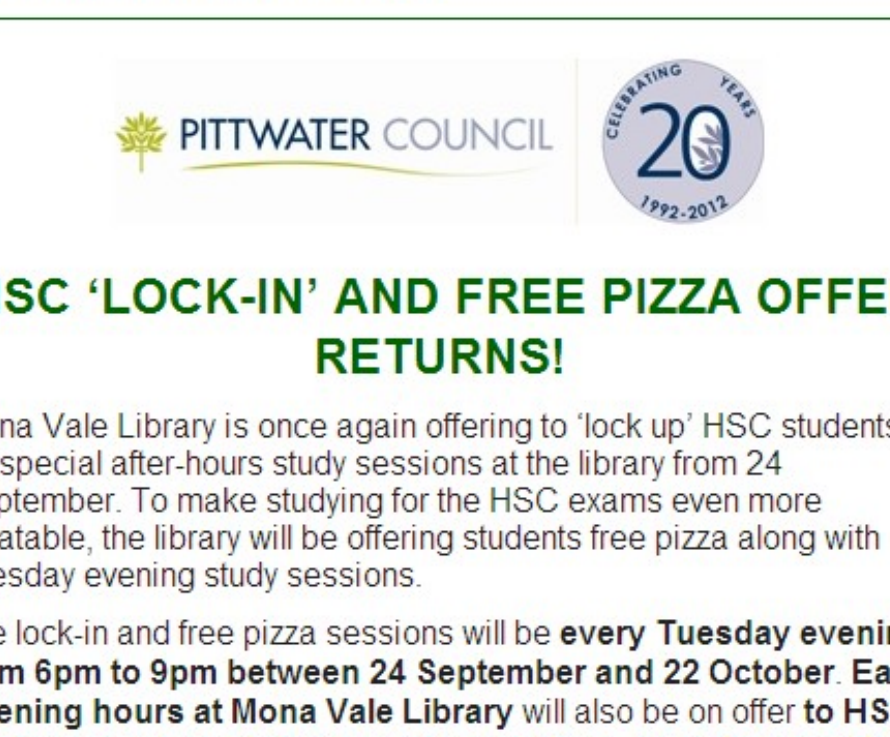
"We hope the offer of free pizza on Tuesday evenings will also make studying a little less stressful for them," she said. "The only requirement for students to take advantage of the study 'lock-in' is for them to arrive by 6.15pm on the Tuesday evening at the library, or by 9.15am for the early morning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

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

RESPECT!



Empowering young leaders at TEDxYouth@Sydney



Professor Tyrone Carlin, Pro-Vice-Chancellor (Educational Operations) with the TEDxYouth@Sydney team.

The University of Sydney is bringing TEDx to a new generation as the principal partner of TEDxYouth@Sydney.

Presented by the Museum of Contemporary Art Australia (MCA) in collaboration with TEDxSydney, the event will be held **on Sunday 17 November 2013** in front of a live audience **aged 14 to 24 years**.

The one-day event will join a global network of events held in over 100 locations around the world.

Speakers include: investigative journalist and Walkley Award Finalist Paul Farrell; Co-Founder of Wear It Purple and GLBTIQ activist Katherine Hudson; Melanie Tran, the first person with spinal muscular atrophy to complete the Duke of Edinburgh Award; and more to be announced.

University of Sydney student James Colley and graduate Susie Youssef will lend their comedic expertise to the day as MCs.

TEDxYouth@Sydney visitor experience coordinator and recent University graduate, Chad O'Neill, can't wait to bring people together to share brilliant ideas.

"Working to recreate the energy, urgency, dynamism and fun of TED for young people like myself is incredibly fulfilling."

"Simply to be a part of a global event, and to work with the MCA's Young Creatives team, as well as the TEDxSydney team as mentors, has been the opportunity of a lifetime," he said.

The youth event follows the success of TEDxSydney, which was held at the Sydney Opera House in May this year.

As the principal partner of TEDxSydney, the University's involvement in TEDxYouth@Sydney is a reflection of our continued commitment to sharing the TEDx ethos of 'ideas worth spreading' across generations.

"It is an exciting milestone to extend the TEDxSydney conversation to young people, with whom we are fundamentally connected," says Professor Tyrone Carlin, Pro-Vice-Chancellor (Educational Operations) at the University of Sydney.

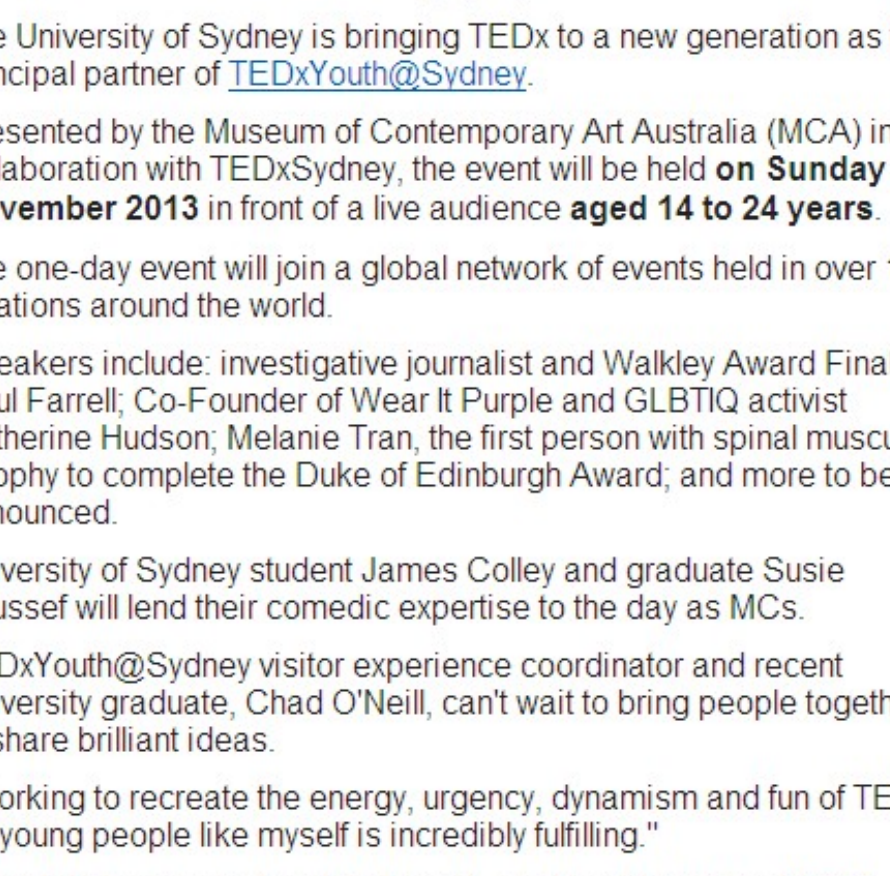
"This partnership will continue our ongoing work to empower young leaders and ensure a wide and diverse audience have the opportunity to discuss and generate ideas for tomorrow."

TEDxSydney licensee and longtime TEDster Remo Giuffré says, "when we discussed partnering with MCA Australia on the development of a TEDxYouth event to augment TEDxSydney, we didn't have to look, or think, beyond our Principal Partner the University of Sydney for the ideal Principal Partner to support the youth event.

"Turning curious minds into remarkable young adults is at the heart of all they do," he said.

The live event is limited to just over 200 audience members, but the talks and performances will be live-streamed, enabling thousands of people across the world to share in the experience.

More information on TEDxYouth@Sydney is available on the University's website



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

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

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

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

Click here for the following units:

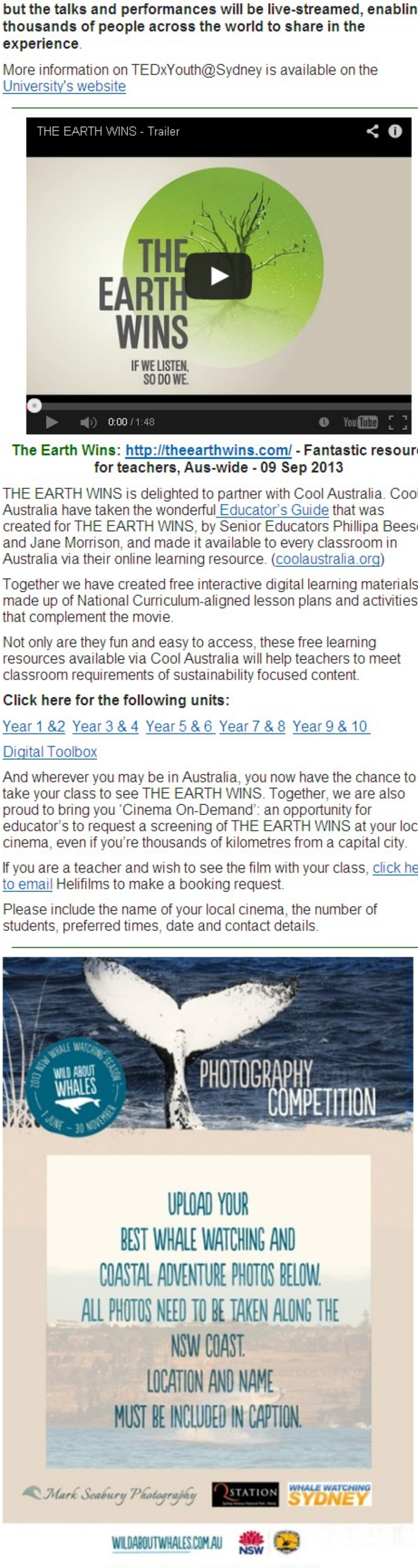
Year 1 &2 Year 3 & 4 Year 5 & 6 Year 7 & 8 Year 9 & 10

Digital Toolbox

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

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

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



2013 NSW WHALE WATCHING SEASON
WILD ABOUT WHALES
1 JUNE – 30 NOVEMBER
PHOTOGRAPHY COMPETITION
UPLOAD YOUR BEST WHALE WATCHING AND COASTAL ADVENTURE PHOTOS BELOW.
ALL PHOTOS NEED TO BE TAKEN ALONG THE NSW COAST.
LOCATION AND NAME MUST BE INCLUDED IN CAPTION.
Mark Seabury Photography · Q STATION · WHALE WATCHING SYDNEY
WILDABOUTWHALES.COM.AU · NSW

More abou this Comp HERE

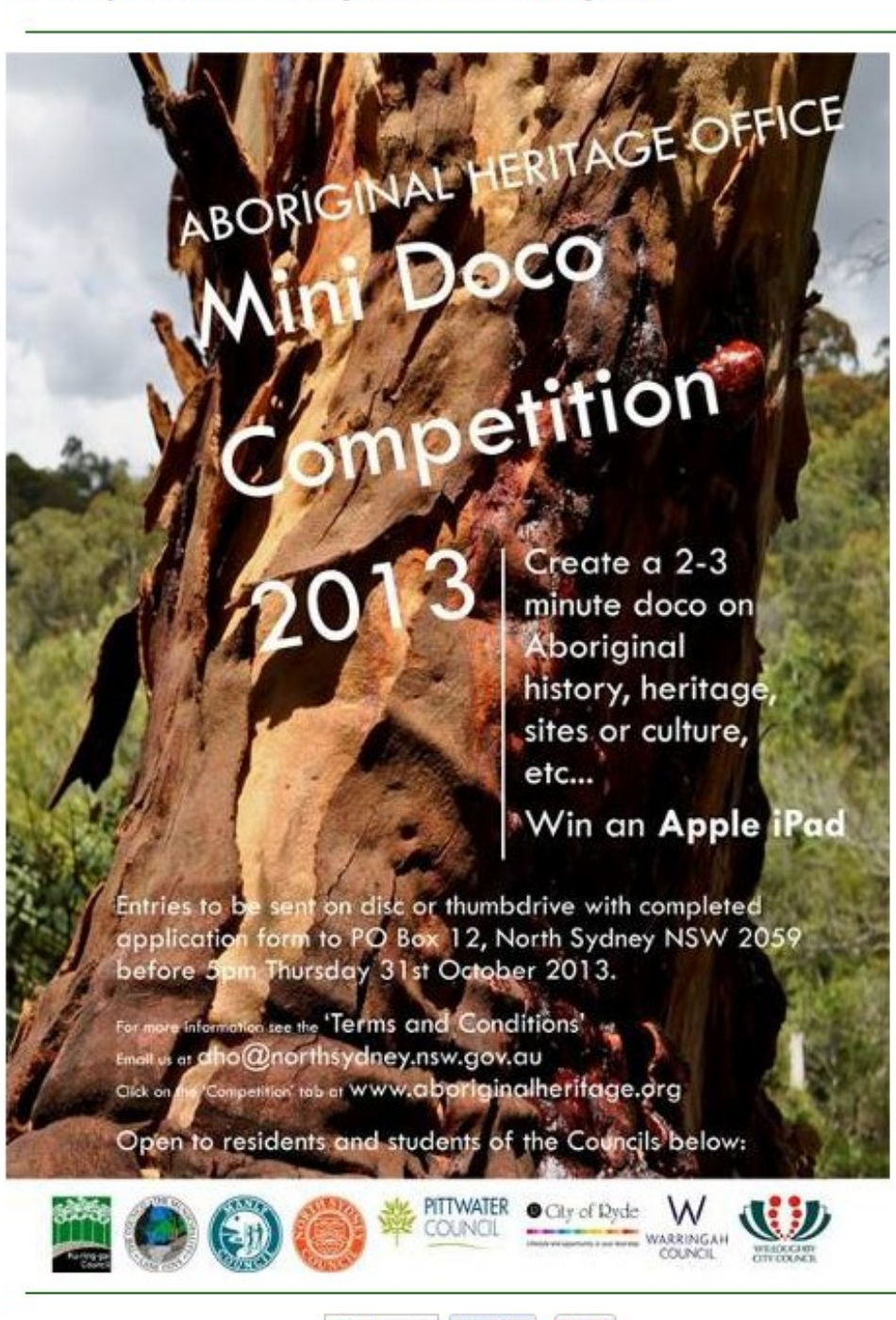
Facebook Page for young bands on the Northern Beaches - it has info about upcoming gigs, and if you play in a band you can list your gigs on it!

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



ABORIGINAL HERITAGE OFFICE
Mini Doco Competition 2013
Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...
Win an Apple iPad
Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.
For more information see the 'Terms and Conditions'
Email us at aho@northsydney.nsw.gov.au
Click on the 'Competition' tab at www.aboriginalheritage.org
Open to residents and students of the Councils below:
PITTWATER COUNCIL · City of Ryde · WARRINGAH COUNCIL · WILLOUGHBY CITY COUNCIL

Tweet Like +1

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.

Laser man C/ - W.A.G.

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

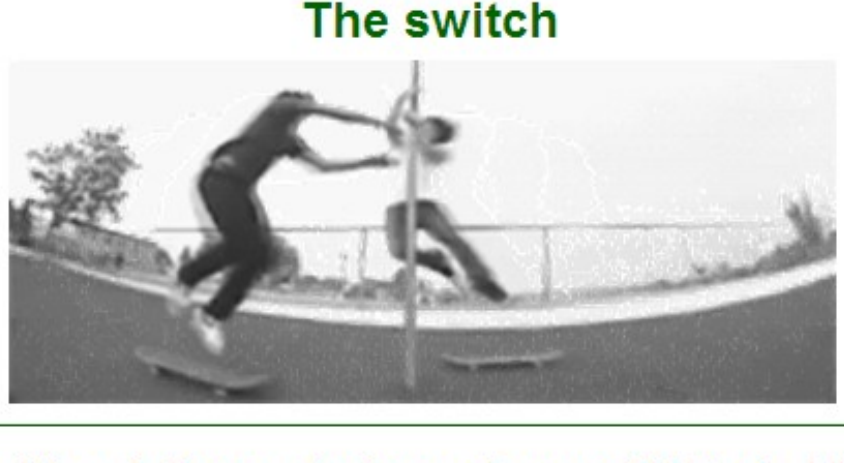
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

Mona Vale Library - Duke of Edinburgh Awards

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

The switch



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/

Friend went to Machu Picchu. Ginger Llama decided to join him.

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

Avalon Bulldogs - Ngongotaha Chiefs Friendly at Hitchcock Park

Pictures by A J Guesdon, 2013.

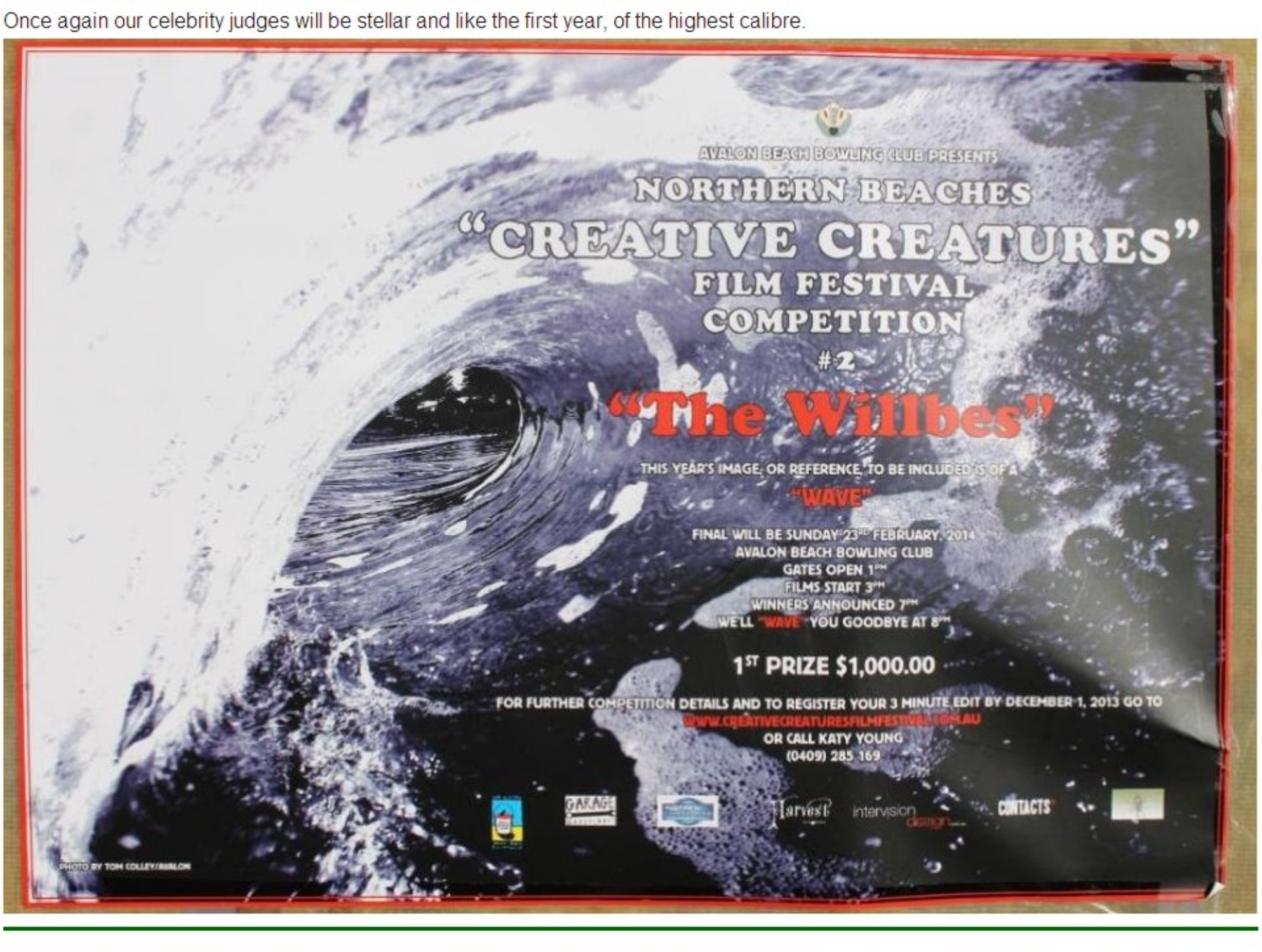
Creative Creatures Film Festival - website

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

October 13 - 19, 2013: Issue 132

Songs of Joy and Love for the Milami School, Kenya – St Marks, Avalon

Shelagh Bokenham and U3A The Singers For Joy Choir. Picture by Michael Mannington.

Songs of Joy and Love for the Milami School, Kenya – St Marks, Avalon

Every year St Mark's in Avalon holds an annual fundraiser where those attending get to hear some of the best music played in Pittwater. In the past few years a focus on missionary projects in Kenya to uplift, inspire and create self sufficiency has become one project in focus.

Gregory van der Struik, current Principal Trombone with the Australian Opera and Ballet Orchestra, along with wife Kristie, organist extraordinaire, were joined by Shelagh Bokenham and U3A The Singers For Joy Choir accompanied by Maureen Stiles, organist at St Marks in a program that although it was wide ranging in music genres had one constant theme - love.

We asked Michael Mannington to attend this function on Saturday evening and he took the opportunity to speak to Gregory and Kristie van der Struik.

Have you played here before?

Greg: I used to play here every Sunday until I got married and moved out of the area. We come back every year to do a fundraiser for the church.

Kristie: I've been an organist at other churches all over Sydney.

Kristie (formerly organist of Christ Church, Lavender Bay) is a much respected organist who has played at many churches throughout our metropolitan area to raise funds for numerous projects.

MM: Do you choose your own pieces of music?

Greg: yes we do, although the them for tonight is love songs and we have picked those that have something to do with love – everything we play has something to do with love.

Kristie: One we are playing tonight is '*Some Enchanted Evening*' from South Pacific I which Greg is currently playing at the Opera House.

Greg: It's food to play a bit more melody at present. Sometimes we have played for the Youth Ministry and tonight it's for the Milami School in Kenya.

Reverend Stuart Holman, Senior Minister at St Marks, who visited the Milami school earlier this year, explained a little of what St Marks congregation members have raised funds to help set up and build and create all needed in recent years. Milami school is on the outskirts of Nairobi, capital of Kenya, in one of the poorest parts of Nairobi. The landscape is dry and dusty and crops planted often fail.

Milami school has recently taken part in the statewide exam, similar to our old School Certificate, and came third of 22 schools in its district. This means that all fee paying students will see the school as an attractive place to be educated and this will help the school to become self sustaining – the aim of St Marks mission.

Shelagh Bokenham led the Singers For Joy Choir out in the first number 'Getting to Know You' in what was a wonderful program of music appreciated by those who attended.

St Marks Avalon: http://www.stmarksavalon.org.au/index.php

Michael Mannington's Volunteer Photography: public gallery.

Gregory and Kristie van der Struik. Picture by Michael Mannington.

Shelagh Bokenham and Rev. Stuart Holman at recent Kenya Care Wear launch. Picture by A J Guesdon.

Tweet Like +1

Pittwater Online News

October 13 - 19, 2013: Issue 132

Barrenjoey Bushfire - For the Record

Ok, have finished weeping over the bushfire at Barrenjoey of the 28th of September, and accepted assurances of local environment folk that this is a good thing for the landscape's necessary renewal, so a Pictorial of all images sent in, with thanks to RFS and Brian Friend, for the record, since this is a Pittwater Heritage area and iconic lightstation, and we are a 'for the record' weekly magazine, are HERE

Giant Channels Discovered Beneath Antarctic Ice Shelf: 250 Meter High Channels Will Help Predict Future of Antarctic Ice

Oct. 6, 2013 — Scientists have discovered huge ice channels beneath a floating ice shelf in Antarctica. At 250 metres high, the channels are almost as tall as the Eiffel tower and stretch hundreds of kilometres along the ice shelf. The channels are likely to influence the stability of the ice shelf and their discovery will help researchers understand how the ice will respond to changing environmental conditions.

Researchers from the University of Exeter, Newcastle University, the University of Bristol, the University of Edinburgh, the British Antarctic Survey and the University of York, used satellite images and airborne radar measurements to reveal the channels under the ice shelf. The channels can be seen on the surface of the ice shelf, as well as underneath, because the ice floats at a different height depending on its thickness.

The researchers also predicted the path of meltwater flowing under the part of the ice in contact with the land – known as the ice sheet. They discovered that the predicted flow paths lined up with the channels under the ice shelf at the point where the ice starts to float.

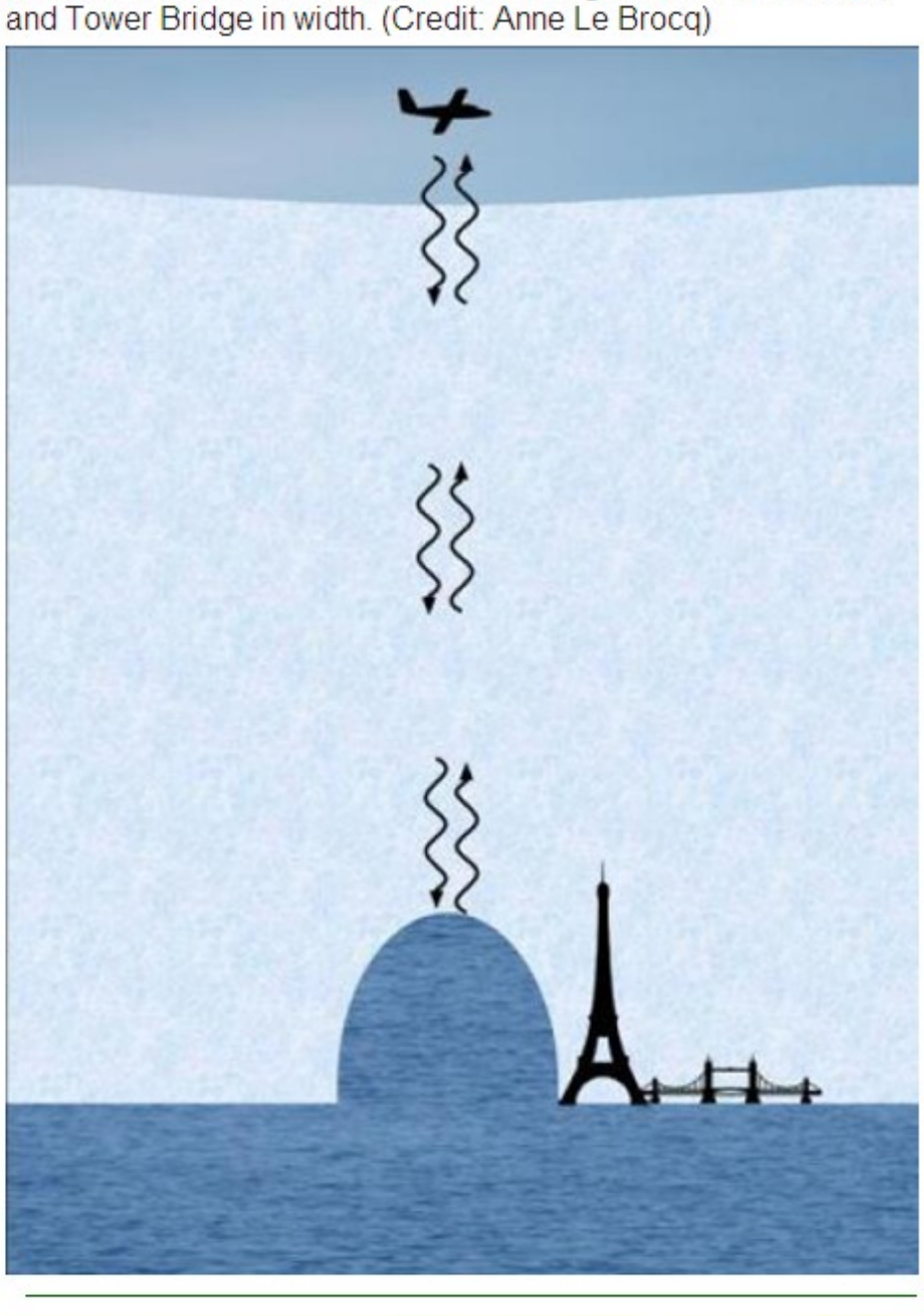
The match-up indicates that the water flow beneath the grounded ice sheet is responsible for the formation of the channels beneath the floating ice shelf. When the meltwater flowing under the ice sheet enters the ocean beneath the ice shelf, it causes a plume of ocean water to form, which then melts out the vast channels under the ice shelf. Previously, it was thought that water flowed in a thin layer beneath the ice sheet, but the evidence from this study suggests it flows in a more focussed manner much like rivers of water. The way in which water flows beneath the ice sheet strongly influences the speed of ice flow, however, the implications for the future of the ice sheet are yet to be determined.

Dr Anne Le Brocq from the University of Exeter said: "If we are to understand the behaviour of the ice sheet, and its contribution to changes in sea level, we need to fully understand the role of water at the base of the ice sheet. The information gained from these newly discovered channels will enable us to understand more fully how the water system works and, hence, how the ice sheet will behave in the future."

Channels of this magnitude have been observed before elsewhere, but their formation has been attributed to purely oceanic processes rather than meltwater exiting the grounded ice sheet. Now, with the connection to the meltwater system established, readily obtainable observations from the channels have the potential to shed light on how meltwater flows at the base of an inaccessible kilometre-thick ice sheet.

Anne M. Le Brocq, Neil Ross, Jennifer A. Griggs, Robert G. Bingham, Hugh F. J. Corr, Fausto Ferraccioli, Adrian Jenkins, Tom A. Jordan, Antony J. Payne, David M. Rippin, Martin J. Siegert. **Evidence from ice shelves for channelized meltwater flow beneath the Antarctic Ice Sheet.** Nature Geoscience, 2013; DOI: 10.1038/ngeo1977

This is a schematic diagram indicating the approximate scale of one of the ice shelf channels, similar in height to the Eiffel Tower, and Tower Bridge in width. (Credit: Anne Le Brocq)



Stress a Key Factor in Causing Bee Colonies to Fail

Oct. 7, 2013 — Scientists from Royal Holloway University have found that when bees are exposed to low levels of neonicotinoid pesticides -- which do not directly kill bees -- their behaviour changes and they stop working properly for their colonies.

The results showed that exposure to pesticides at levels bees encounter in the field, has subtle impacts on individual bees, and can eventually make colonies fail.

This discovery provides an important breakthrough in identifying the reasons for the recent global decline of bees, a trend that has baffled many experts worldwide.

"One in three mouthfuls of our food depend on bee pollination," said lead author, Dr John Bryden from the School of Biological Sciences at Royal Holloway. "By understanding the complex way in which colonies fail and die, we've made a crucial step in being able to link bee declines to pesticides and other factors, such as habitat loss and disease which can all contribute to colony failure."

"**Exposing bees to pesticides is a bit like adding more and more weight on someone's shoulders. A person can keep walking normally under a bit of weight, but when it gets too much -- they collapse. Similarly, bee colonies can keep growing when bees aren't too stressed, but if stress levels get too high the colony will eventually fail**," added Dr Bryden. "Our research provides important insights to the biology of pollinators," said co-author Professor Vincent Jansen. "It is intriguing that the way in which bees work together is the key to their success, but could also contribute to their decline and colony failure."

The research was funded as part of the £10 million 'Insect Pollinators Initiative,' set-up to understand the causes of pollinator declines and safeguard future pollination services.

"Pesticides can have a detrimental effect on bees at levels used in the field," said co-author Dr Nigel Raine. "Our research will provide important evidence for policymakers. The way we test pesticides, the way we assess their impact on bees, and the way we manage pesticides can all be improved."

The above story is based on materials provided by Royal Holloway, University of London. Photo by A J Guesdon.

Minute Traits and DNA Link Grass Species from Old and New Worlds

Oct. 7, 2013 — The kinds of traits that show genealogical relationships between species are often minute and easily overlooked.

Dr. Neil Snow, a botanist at Pittsburg State University, published a paper in 1996 that included observations of some odd-shaped hairs on three species of grass native to Africa. Their odd shape stems from distinctly swollen tips that are then pinched into a small party-hat structure at the very apex.

"A tongue-twisting technical term for that shape is 'clavicorniculate', but 'club-shaped' is a workable simplification we often prefer," remarked Snow.

In 2011, Drs. Paul Peterson and Konstatin Romaschenko, working at the Smithsonian Institution, used DNA sequences to determine that the 3 African species are related to an American species that lacks the odd-shaped hairs.

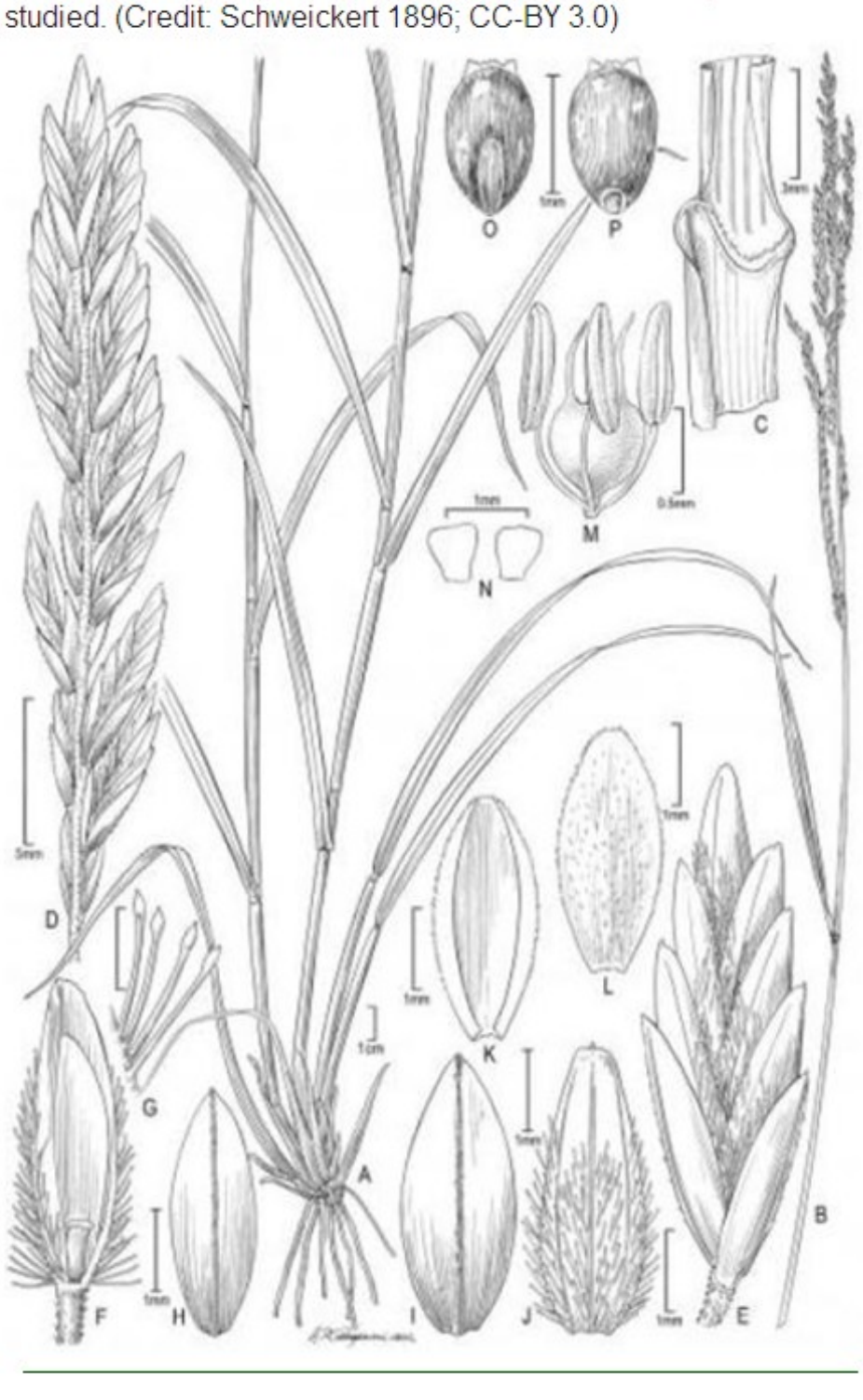
"Nobody previously anticipated a close relationship between the African and American species, particularly since the American species lacks the odd hairs." "However," added Snow, "the DNA data supporting this relationship is quite robust."

The 3 authors just published a monograph in *PhytoKeys*, which places the four species together for the first time in a genus called Disakisperma.

"Our research is a good example of how big, bright, flashy or sexy traits are not always the ones that help solve taxonomic puzzles," concluded Snow.

Neil Snow, Paul M. Peterson, Konstantin Romaschenko. **Systematics of Disakisperma (Poaceae, Chloridoideae, Chlorideae).** PhytoKeys, 2013; 26: 21 DOI:10.3897/phytokeys.26.5649

This image shows Disakisperma eleusine, one of the species studied. (Credit: Schweickert 1896; CC-BY 3.0)



Plastic Waste Is a Hazard for Subalpine Lakes Too

Oct. 7, 2013 — Many subalpine lakes may look beautiful and even pristine, but new evidence suggests they may also be contaminated with potentially hazardous plastics. Researchers say those tiny microplastics are likely finding their way into the food web through a wide range of freshwater invertebrates too. The findings, based on studies of Italy's Lake Garda and reported on October 7th in *Current Biology*, a Cell Press publication, suggest that the problem of plastic pollution isn't limited to the ocean.

"Next to mechanical impairments of swallowed plastics mistaken as food, many plastic-associated chemicals have been shown to be carcinogenic, endocrine-disrupting, or acutely toxic," said Christian Laforsch of the University of Bayreuth in Germany. "Moreover, the polymers can adsorb toxic hydrophobic organic pollutants and transport these compounds to otherwise less polluted habitats. Along this line, plastic debris can act as vector for alien species and diseases."

The researchers chose Lake Garda as a starting point for investigating freshwater contamination with micro- and macroplastics because they expected it to be less polluted given its subalpine location. What they found was a surprise: the numbers of microplastic particles in sediment samples from Lake Garda were similar to those found in studies of marine beach sediments.

The size ranges of microplastics found by Laforsch's team suggested that they might find their way into organisms living in the lake. Indeed, the researchers showed that freshwater invertebrates from worms to water fleas will ingest artificially ground fluorescent microplastics in the lab.

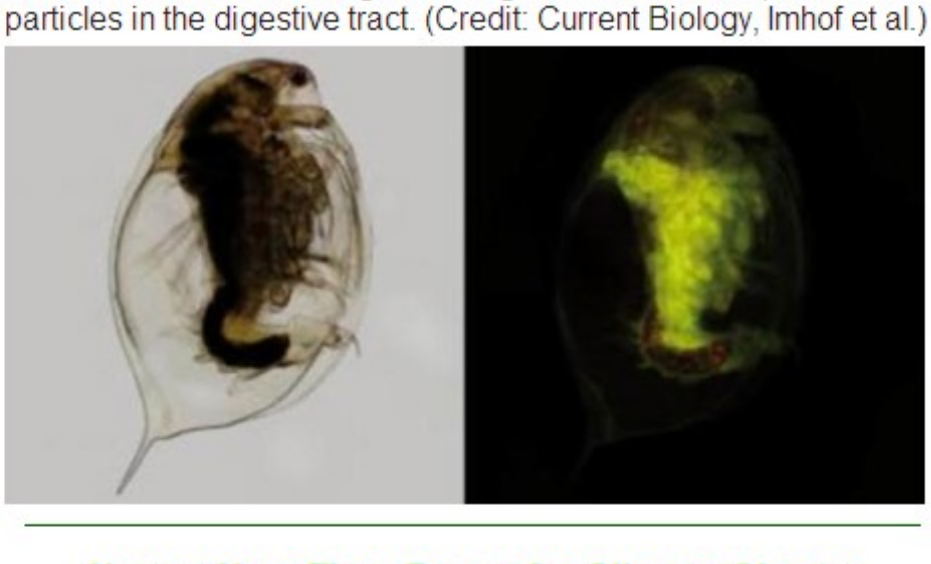
The findings in Lake Garda come as bad news for lakes generally, with uncertain ecological and economic consequences.

"The mere existence of microplastic particles in a subalpine headwater suggests an even higher relevance of plastic particles in lowland waters," Laforsch said. He recommends more research and standardized surveillance guidelines to control for microplastic contamination in freshwater ecosystems, as is already required for marine systems.

The public can do its part by putting trash where it belongs. The shape and type of plastic particles found in the study indicate that they started as larger pieces of plastic, most likely originating from post-consumer products.

Hannes K. Imhof, Natalia P. Ivleva, Johannes Schmid, Reinhard Niessner and Christian Laforsch. **Contamination of beach sediments of a subalpine lake with microplastic particles**. Current Biology, 2013 DOI:10.1016/j.cub.2013.09.001

This is an image of the freshwater crustacean D. magna. Fluorescent overview image showing fluorescent microplastic particles in the digestive tract. (Credit: Current Biology, Imhof et al.)



Urgent New Time Frame for Climate Change Revealed by Massive Analysis

Oct. 9, 2013 — The seesaw variability of global temperatures often engenders debate over how seriously we should take climate change. But within 35 years, even the lowest monthly dips in temperatures will be hotter than we've experienced in the past 150 years, according to a new and massive analysis of all climate models. The tropics will be the first to exceed the limits of historical extremes and experience an unabated heat wave that threatens biodiversity and heavily populated countries with the fewest resources to adapt.

Ecological and societal disruptions by modern climate change are critically determined by the time frame over which climates shift. Camilo Mora and colleagues in the College of Social Sciences' Department of Geography at the University of Hawaii, Manoa have developed one such time frame. The study, entitled "The projected timing of climate departure from recent variability," will be published in the October 10 issue of Nature and provides an index of the year when the mean climate of any given location on Earth will shift continuously outside the most extreme records experienced in the past 150 years.

The new index shows a surprising result. **Areas in the tropics are projected to experience unprecedented climates first - within the next decade. Under a business-as-usual scenario, the index shows the average location on Earth will experience a radically different climate by 2047. Under an alternate scenario with greenhouse gas emissions stabilization, the global mean climate departure will be 2069.**

"The results shocked us. Regardless of the scenario, changes will be coming soon," said lead author Camilo Mora. "Within my generation, whatever climate we were used to will be a thing of the past."

The scientists calculated the index for additional variables including evaporation, precipitation, and ocean surface temperature and pH. When looking at sea surface pH, the index indicates that we surpassed the limits of historical extremes in 2008. This is consistent with other recent studies, and is explained by the fact that ocean pH has a narrow range of historical variability and because the ocean has absorbed a considerable fraction of human-caused CO2 emissions.

The study found that the overarching global effect of climate change on biodiversity will occur not only as a result of the largest absolute changes at the poles, but also, perhaps more urgently, from small but rapid changes in the tropics.

Tropical species are unaccustomed to climate variability and are therefore more vulnerable to relatively small changes. The tropics hold the world's greatest diversity of marine and terrestrial species and will experience unprecedented climates some 10 years earlier than anywhere else on Earth. Previous studies have already shown that corals and other tropical species are currently living in areas near their physiological limits. The study suggests that conservation planning could be undermined as protected areas will face unprecedented climates just as early and because most centers of high species diversity are located in developing countries

Rapid change will tamper with the functioning of Earth's biological systems, forcing species to either move in an attempt to track suitable climates, stay and try to adapt to the new climate, or go extinct. "This work demonstrates that we are pushing the ecosystems of the world out of the environment in which they evolved into wholly new conditions that they may not be able to cope with. Extinctions are likely to result," said Ken Caldeira of the Carnegie Institution for Science's Department of Global Ecology, and who was not involved in this study. "Some ecosystems may be able to adapt, but for others, such as coral reefs, complete loss of not only individual species but their entire integrity is likely."

These changes will affect our social systems as well. The impacts on the tropics have implications globally as they are home to most of the world's population, contribute significantly to total food supplies, and house much of the world's biodiversity.

In predominately developing countries, over one billion people under an optimistic scenario, and five billion under a business-as-usual-scenario, live in areas that will experience extreme climates before 2050. This raises concerns for changes in the supply of food and water, human health, wider spread of infectious diseases, heat stress, conflicts, and challenges to economies. "Our results suggest that countries first impacted by unprecedented climates are the ones with the least capacity to respond," said coauthor Ryan Longman. "Ironically, these are the countries that are least responsible for climate change in the first place."

"**This paper is unusually important. It builds on earlier work but brings the biological and human consequences into sharper focus**," said Jane Lubchenco, former Administrator of the National Oceanic and Atmospheric Administration and now of Oregon State University, who was not involved in this study. "**It connects the dots between climate models and impacts to biodiversity in a stunningly fresh way, and it has sobering ramifications for species and people.**"

While the study describes global averages, the authors have visualized their data on an interactive map displaying when climate will exceed historical precedents for locations around the world. "We hope that with this map people can see and understand the progression of climate change in time where they live, hopefully connecting people more closely to the issue and increasing awareness about the urgency to act," said coauthor Abby Frazier.

The index used the minimum and maximum temperatures from 1860-2005 to define the bounds of historical climate variability at any given location. The scientists then took projections for the next 100 years to identify the year in which the future temperature at any given location on Earth will shift completely outside the limits of historical precedents, defining that year as the year of climate departure.

The data came from 39 Earth System Models developed independently by 21 climate centers in 12 different countries. The models have been effective at reproducing current climate conditions and varied in their projected departure times by no more than five years.

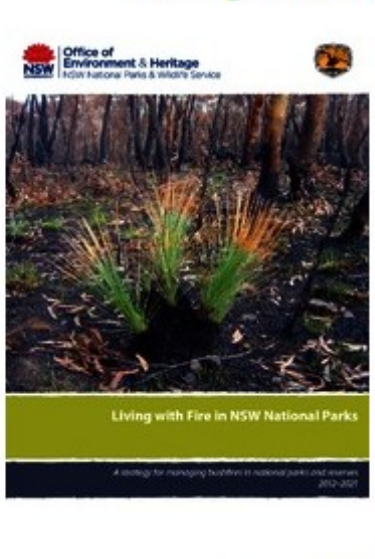
The study suggests that any progress to slow ongoing climate change will require a larger commitment from developed countries to reduce emissions, but also more extensive funding of social and conservation programs in developing countries to minimize climate change impacts. The longer we wait, the more difficult remediation will be.

"Scientists have repeatedly warned about climate change and its likely effects on biodiversity and people," said Mora. "Our study shows that such changes are already upon us. These results should not be reason to give up. Rather, they should encourage us to reduce emissions and slow the rate of climate change. This can buy time for species, ecosystems, and ourselves to adapt to the coming changes."

Camilo Mora, Abby G. Frazier, Ryan J. Longman, Rachel S. Dacks, Maya M. Walton, Eric J. Tong, Joseph J. Sanchez, Lauren R. Kaiser, Yuko O. Stender, James M. Anderson, Christine M. Ambrosino, Iria Fernandez-Silva, Louise M. Giuseffi, Thomas W. Giambelluca. **The projected timing of climate departure from recent variability.** Nature, 2013; 502 (7470): 183 DOI: 10.1038/nature12540

This photo shows rich benthic fauna and associated reef fish in Southeast Sulawesi, Indonesia. (Credit: Keoki Stender, Marinelifephotography.com)

Living with Fire in NSW National Parks


Office of Environment & Heritage
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The document provides a statewide approach to managing bushfires in NSW national parks and reserves over the next decade. The strategy was developed following several rounds of consultation with key internal and external stakeholders.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with:

NSW 2021 external link (Goal 28)

the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

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

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

growing together
Pittwater Community Gardens

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

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

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

2013 NSW WHALE WATCHING SEASON WILD ABOUT WHALES 1 JUNE – 30 NOVEMBER

For the latest on all the great things to do and see in NSW National Parks, including all things whales during the whale-watching season, sign up for our enewsletter Naturescapes. Click here to sign up http://bit.ly/SE58IX

Birdlife Australia - New Website and Quarterly Magazine

birdlife AUSTRALIA

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

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

So many fish, one great map.

From identifying what's on the end of your fishing line, to finding out which fishes occur in your local waters, FishMap has the answers. FishMap is a free online mapping tool that allows anyone interested in fish to discover which fish species occur at any location or depth throughout the marine waters of Australia's continental shelf and slope. FishMap also lets people create regional illustrated species lists for almost all of Australia's marine fishes, detailed with photographs and illustrations, distribution maps and current scientific and common names. FishMap was developed by CSIRO's Wealth from Oceans Flagship and the Atlas of Living Australia.

FishMap was officially launched on Tuesday 26 February 2013 and is available on the Atlas of Living Australia website: http://fish.ala.org.au

Top: FishMap on the Atlas of Living Australia provides the geographical and depth ranges of some 4500 Australian marine fishes, including the Clown Triggerfish (Balistoides conspicillum).

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

Tweet | Like | +1

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

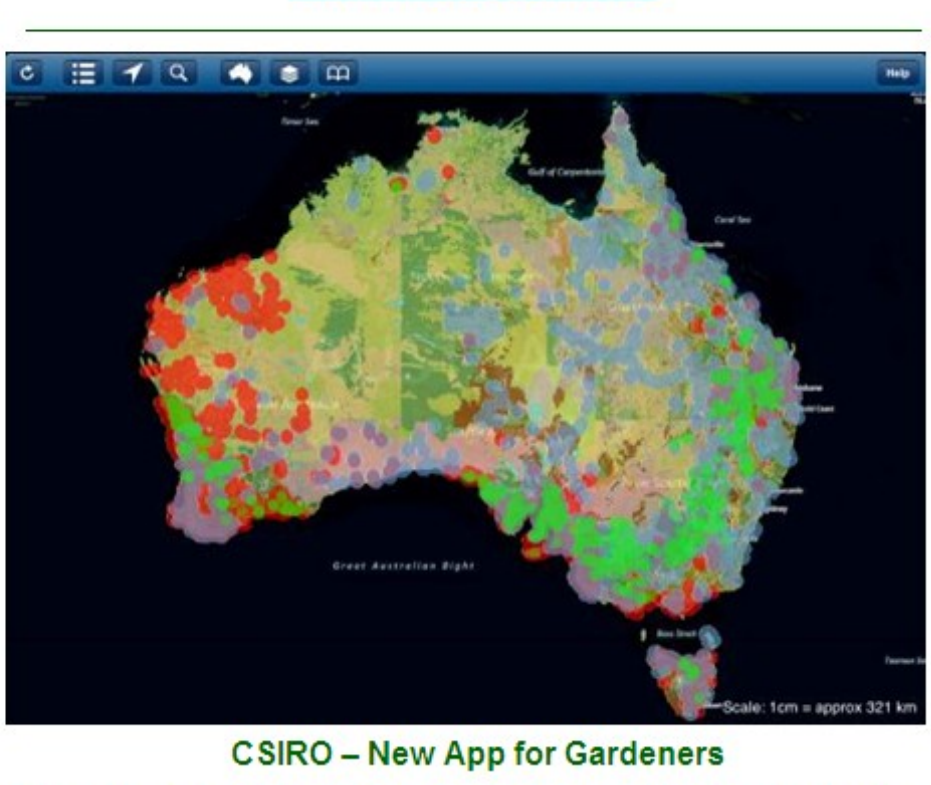
The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal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

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

Kimbriki Resource Recovery Centre

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

Sydney Harbour Foreshore Authority Carbon Footprints Document



CSIRO – New App for Gardeners

How does your garden grow? Find out what's under your feet with SoilMapp, our new app for iPad. More on new science apps in 2013 on our blog: http://ow.ly/hPQO2

CLIMATE ACTION PITTWATER

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

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." - from the Prayer of Saint Patrick

Rise of the Eco-Warriors Theatrical Trailer
from Rise of the Eco-Warriors PLUS
02:32

Eco Warriors
www.ecowarriorsrise.com/

BEN DESSEN

21 year old Ben, from Sydney, was just six years old when his parents bought him his first pet snake, which led to the vast menagerie of pythons, lizards, birds, insects, frogs and other animals that occupy the family home today. "Animals give my life purpose and provide me with an ongoing source of curiosity and inspiration".

Ben is currently studying for a Bachelor of Natural Science (Animal Science) degree at the University of Western Sydney to further the career that he is already so passionate about.

Ben is a volunteer with his local wildlife rescue group, Sydney Wildlife and has cared for countless species of native animals over the past seven years. Through his part-time employment Ben also runs educational courses on all sorts of reptiles and amphibians at Australia's largest and most awarded pet shop, Kellyville Pets, whilst also finding time to work at the Australian Reptile Park. To date, Ben has raised more than $30 000 for various wildlife initiatives and wants to continue in his quest to save animals of all shapes and sizes. Ben was recently invited by Bob Irwin (father of the late Steve Irwin) to help him launch his new wildlife charity, the Bob Irwin Wildlife and Conservation Foundation.

Visit Ben's Blog

THE WILDERNESS SOCIETY
Pilliga Mouse. Photo by Justin McDowell

Do you think a 4th Newcastle coal terminal should be approved by the NSW Government?

Port Waratah Coal Services propose to construct a 70 million tonne per annum coal terminal on Kooragang Island. This means a 50% increase in coal exports from the world's largest coal port. An alliance of community groups is concerned that T4 would contribute to global warming and local air pollution, and create demand for another 15 large open cut coal mines in the Hunter Valley.

The Coal Terminal Action Group is hosting a People's Hearing into the proposed 4th coal terminal. Come along to hear arguments and evidence, connect with local action groups and have your say!

When: **Tuesday, 15 October - 6pm**

Where: Hunter Room, Level 2, City Hall, 290 King Street, **Newcastle** 2300

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

CLICK ON THIS LINK TO SIGN THE PETITION

KATANDRA SANCTUARY.
KATANDRA
NO Second GENERATION
LIFE CORRIDOR
0:00 / 3:02

Tackling waste- 09 October 2013

Researchers and industry delegates from China, India, South Korea, Japan, Sweden, the UK and the US, as well as Australia, have attended a Science symposium on innovative recycling methods as a way to tackle growing amounts of waste.

The two-day long 2013 International Sustainability Symposium on innovative waste recycling and energy efficient solutions was hosted by the UNSW Centre for Sustainable Materials Research and Technology, SMaRT@UNSW, and opened by UNSW Vice-Chancellor, Fred Hilmer.

Professor Hilmer said that in the last 50 years the world had consumed more resources than in all of the thousands of years of its previous history.

Dealing with waste presented a major challenge: "We're producing waste far ahead of our ability to recycle it, with current technologies, and far ahead of our ability to store it, unless we use increasing amounts of valuable real estate as garbage dumps," he said.

He recalled the "bottle-o" of his youth, who was able to make a business out of collecting glass bottles for recycling. "Today we have got much more complex waste and we have got much more of it," Professor Hilmer said.

About 85 million new cars and light commercial vehicles came onto the world's roads last year, almost 20 million of them in China. For every vehicle, about 120 kilograms of it - a residue made up of plastic, rubber, textiles, fibrous materials and wood, contaminated with metal and oil – ends up in landfill.

Professor Hilmer said the university was committed to materials research, including the SMaRT Centre's project aimed at using the mixed residue waste from cars in the production of metal alloys. "Technology is really the only answer," he said.

Reflecting this commitment, work has recently begun on a new Material Science and Engineering building, which will be the largest research building on the UNSW campus when it opens in 2015.

Julie Hare, the editor of the Higher Education section of *The Australian* newspaper, co-chaired the plenary session with Scientia Professor Veena Sahajwalla, director of the SMaRT Centre.

Professor Sahajwalla said the aim of the symposium was to bring industries and researchers together to discuss advances in sustainable materials and processes, and the economic benefits of these approaches.

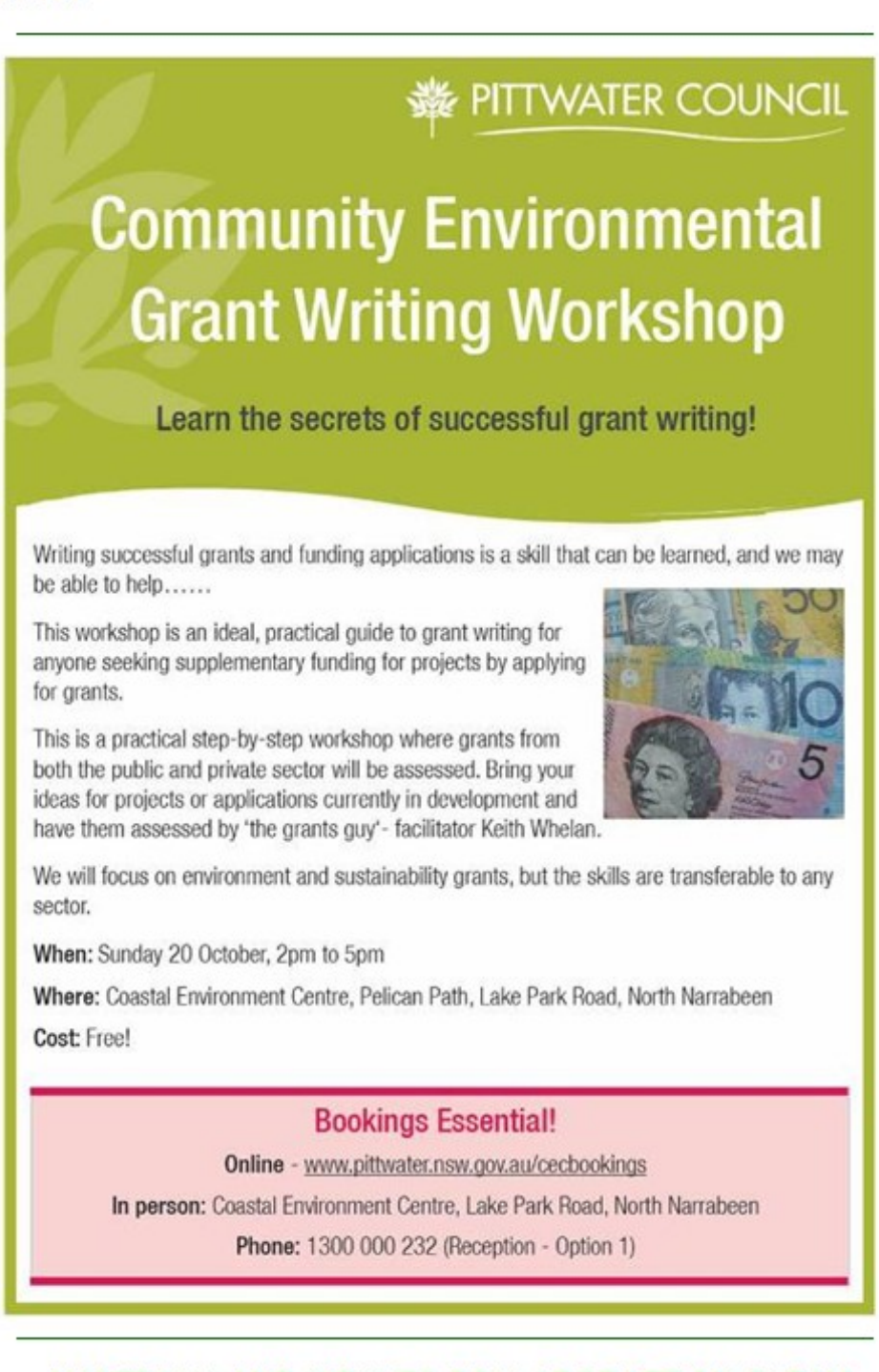
Speakers included representatives of Arrium Steel, Transpacific Industries, BlueScope Steel, Lend Lease, the NSW Environment Protection Authority, as well as the University of Tokyo, Xi'am University of Architecture and Technology in China, and CSIRO.

IPCC WGI AR5 - Climate Change 2013: The Physical Science Basis

ipcc
INTERGOVERNMENTAL PANEL ON climate change
CLIMATE CHANGE 2013
The Physical Science Basis
WORKING GROUP I CONTRIBUTION TO THE FIFTH ASSESSMENT REPORT OF THE INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE

The Twelfth Session of Working Group I (WGI-12) will take place from 23 to 26 September 2013 in Stockholm, Sweden. This Session of WGI is being convened to approve the Summary for Policymakers (SPM) of the Working Group I contribution to the IPCC Fifth Assessment Report (WGI AR5) and accept the underlying scientific and technical assessment.

The WGI AR5 Summary for Policymakers will be available here on **27 September 2013.**



PITTWATER COUNCIL

Community Environmental Grant Writing Workshop

Learn the secrets of successful grant writing!

Writing successful grants and funding applications is a skill that can be learned, and we may be able to help……

This workshop is an ideal, practical guide to grant writing for anyone seeking supplementary funding for projects by applying for grants.

This is a practical step-by-step workshop where grants from both the public and private sector will be assessed. Bring your ideas for projects or applications currently in development and have them assessed by 'the grants guy'- facilitator Keith Whelan.

We will focus on environment and sustainability grants, but the skills are transferable to any sector.

When: Sunday 20 October, 2pm to 5pm

Where: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)

AUSTRALIA AND INDIA TO COLLABORATE ON CLEAN FUEL PRODUCTION - 10 OCTOBER 2013

In a time when Australia's liquid transport fuel supplies are declining and our transport needs are growing, a research partnership between Australia and India could provide a solution to a number of energy concerns and ultimately reduce the reliance of both countries on imported fuels.

The widespread introduction of a clean-burning synthetic fuel, dimethyl ether (DME), is a step closer following the announcement of a $6 million partnership between CSIRO and its Indian equivalent, the Council of Scientific and Industrial Research (CSIR).

The project will focus on improving processes involved in the production of DME, which is a liquid fuel produced from natural gas (NG), coal, biomass, or even directly from carbon dioxide.

Both Australia and India are currently unable to meet demand for petroleum products with domestic production alone. DME could help meet demand and consequently reduce both nations' reliance on imported petroleum products.

According to CSIRO's Dr Nick Burke, "There are over half a million vehicles currently using liquefied petroleum gas (LPG) in Australia - all of which could be powered using DME. The fact that DME can be used as a blend in existing LPG engines makes it an effective transitional fuel".

"Australia's heavy reliance on diesel could also be lessened with the added possibility of DME being able to replace diesel in the future" he said.

The leader of the Indian consortium Dr Garg explained that India's demand for LPG is currently unable to be met by domestic production.

"In India, LPG is currently used for cooking in more than 33 million homes and demand is increasing with imports rising rapidly" said Dr Garg.

Prof. Paul Webley from The University of Melbourne said in addition to the economic benefits, DME will provide significant environmental benefits for both countries.

"DME produces significantly less pollution than conventional fuels and will therefore reduce urban pollution," said Prof. Webley.

The research will also assist in the development of small plants that may be suitable in remote and rural areas.

"More efficient processing of gas into transportable fuels at remote locations would make Australia and India's remote gas reserves more economically viable," said Prof. Suresh Bhargava from **Royal Melbourne Institute of Technology** (RMIT).

"CSIRO has been collaborating with India across a range of areas for many decades, so we are excited to be expanding our relationship and collaborating on key issues affecting both nations," said Dr Burke.

In addition to CSIRO and the Indian Institute of Petroleum (CSIR-IIP), the project will draw on the expertise of the Indian Institute of Technology (IIT-Roorkee), Bharat Petroleum Corporation Limited (BPCL), The Centre of Advanced Materials and Industrial Chemistry (CAMIC) at RMIT, and The University of Melbourne.

The three-year project is being jointly funded by the Australian and Indian governments, through the Australia-India Strategic Research Fund (AISRF).

Australian endangered species: Harrisson's Dogfish

Catch of the day: a Harrisson's Dogfish caught for field work in Bass Strait. David Maynard

Harrisson's Dogfish (*Centrophorus harrissoni*) is a small shark that occupies a narrow strip of continental slope off eastern Australia and remote seamounts in the Tasman Sea, 300 to 600 metres deep. It grows to about 1.2 metres and has large, iridescent green eyes that locate lantern fish in the near darkness of the seafloor. Males and females of the species mostly live apart, moving together every two to three years to breed.

CSIRO – in association with the fishing industry and supported by fisheries managers – has conducted comprehensive field surveys of this species, and the first electronic tracking surveys of the closely-related Southern Dogfish (Centrophorus zeehaani). The surveys gather information on species distribution and home range to assist their conservation and management.

Status

It has been estimated that Harrisson's Dogfish populations have declined by more than 90% in key parts of their distribution off southern New South Wales and eastern Victoria. Healthier populations remain off northern New South Wales, eastern Bass Strait and on remote seamounts in the Tasman Sea. In June 2013, the species was listed as Conservation Dependent under the Environmental Protection and Biodiversity Act.

24 Hour Feeding Cycle of the Southern Dogfish - Published on Aug 7, 2013

A 24 hour feeding model for Southern Dogfish (Centrophorus uyato), on the continental slope off the coast of South Australia.

About noon the dogfish begins it's journey up the gullies of the slope. Arriving about midnight it feeds on mesopelagic fish, represented in the animation by Hector's Lanternfish (Lampanyctodes hectoris), which follow a diurnal cycle have risen up from deeper waters. Once the Lanternfish return to deeper waters the dogfish also makes it's way back down the gullies of the slope.

The animation has been generated by a pilot project, funded by the CSIRO Wealth from Oceans Flagship. Bathymetry data used in representing the ocean floor was provided by the Species and Ecosystems, Status and Predictions research group.

Coastal Environment Centre

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

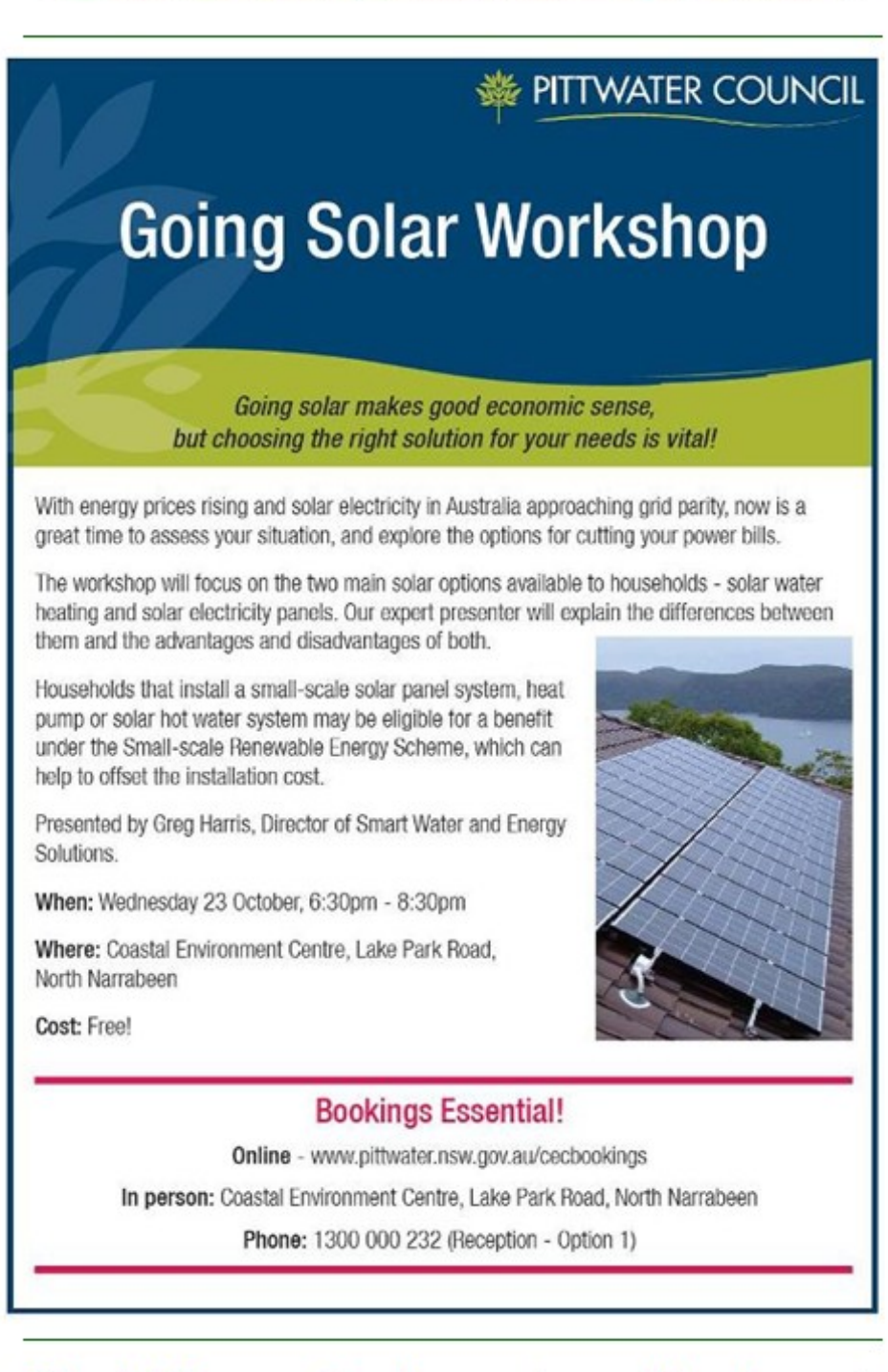
More at: www.pittwater.nsw.gov.au/cec

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

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

Katandra Bushland Sanctuary

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



PITTWATER COUNCIL

Going Solar Workshop

Going solar makes good economic sense, but choosing the right solution for your needs is vital!

With energy prices rising and solar electricity in Australia approaching grid parity, now is a great time to assess your situation, and explore the options for cutting your power bills.

The workshop will focus on the two main solar options available to households - solar water heating and solar electricity panels. Our expert presenter will explain the differences between them and the advantages and disadvantages of both.

Households that install a small-scale solar panel system, heat pump or solar hot water system may be eligible for a benefit under the Small-scale Renewable Energy Scheme, which can help to offset the installation cost.

Presented by Greg Harris, Director of Smart Water and Energy Solutions.

When: Wednesday 23 October, 6:30pm - 8:30pm

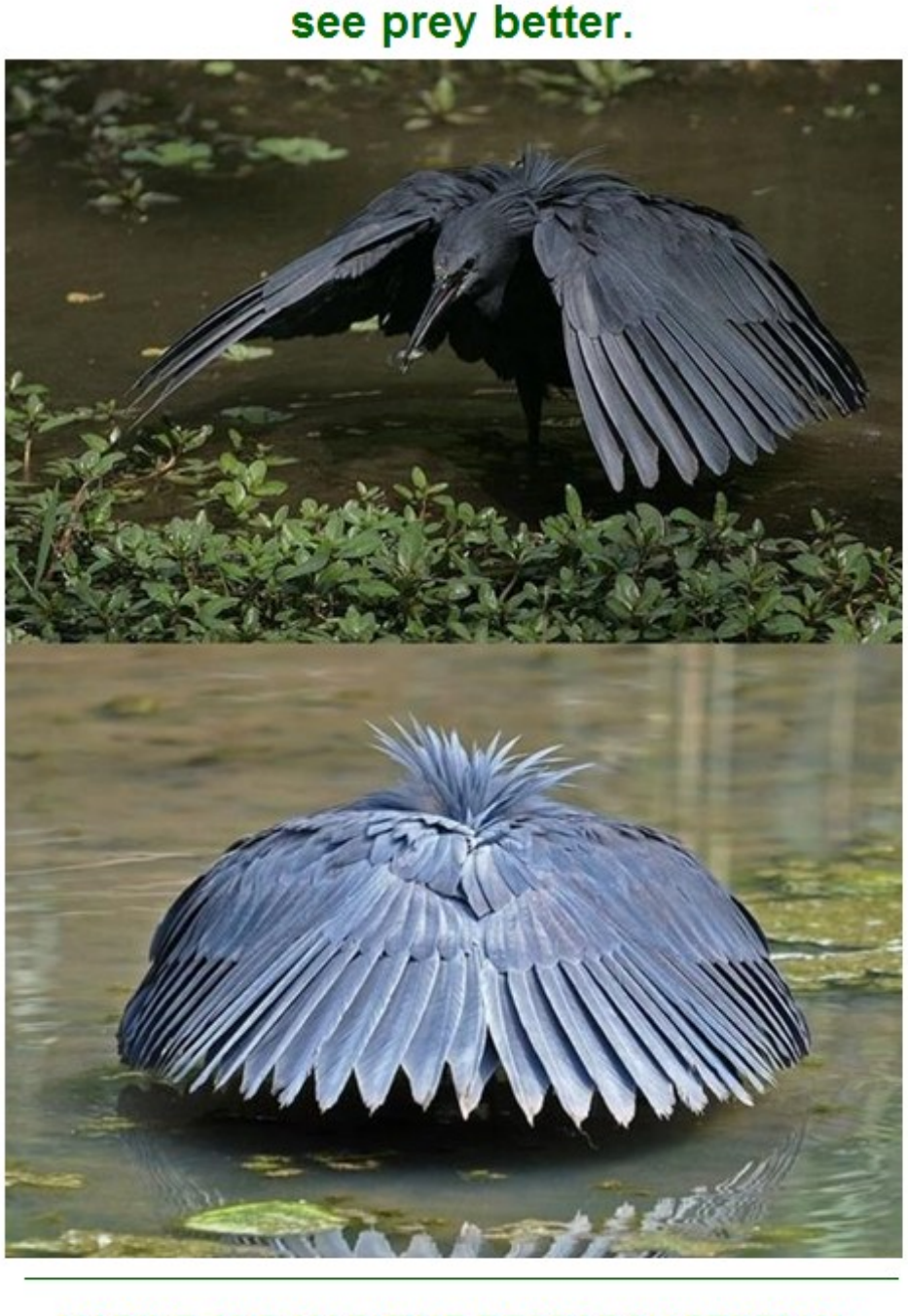
Where: Coastal Environment Centre, Lake Park Road, North Narrabeen

Cost: Free!

Bookings Essential!

Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)

Black Heron shades water with wings to see prey better.



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

The Sea - Episodes and Imaginings - Wednesday 6 November 2013

(Open to the public)

Australian National Maritime Museum

A unique one day symposium examining the construction of histories through film, literature, theatre, museology, film, visual arts and music with a particular focus on maritime histories and cultures. It will explore the many facets of storytelling and interpreting maritime historical events through a multitude of creative disciplines. These historical narratives are drawn from primary and secondary source materials and can include oral histories, naval records, scientific and ethnographic research, ships logs, official records such as births, deaths and marriages, and passenger crew lists.

The symposium brings together eminent cultural theorists, historians, museum curators, documentary filmmakers, writers, composers, collectors and visual artists to interrogate and navigate through the complex terrain of public history, to engage in debate about the transmission and presentation of history, the role of historical fiction and specific genres such as documentary-dramas, musical compositions, museum master narratives and visual arts.

Episodes and Imaginings will be linked to the Sydney Climate Change Network's marine environmental humanities and social science conferences being presented by the University of Sydney and dedicated to looking at Coastlines, the other focussing on Oysters.

The project also links to current maritime, environmental and underwater archaeological research through an existing Australian Research Council initiative between the ANMM/University of Sydney/Queensland Museum and Silentworld Foundation entitled - Cultures of Coast and Sea: maritime environmental, cultural and ethnographic histories of north-east Australia 1770-2010. The symposium also aligns with the ANMM's broader interest in researching and mapping out revised master narratives for the development of the museum's core exhibitions and future creative partnerships.

BOOKINGS ESSENTIAL

Cost: Full $30, Concession $15 (includes morning and afternoon tea). Please contact Michelle St Anne for more information. **Click here to register**

Partners: ARC Linkage Grant, The Andrew Mellon Australian-Pacific Observatory and The Australian National Maritime Museum

THE CHANGING COASTLINES SYMPOSIUM

Thursday 7-Friday 8 November 2013

See All associated Events HERE

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

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

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

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

Click here for the following units:

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

Digital Toolbox

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

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

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

habitat for iPad
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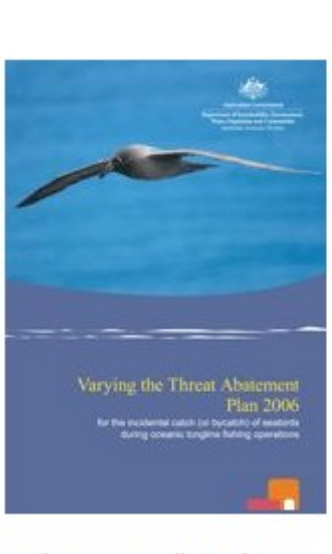
Eco stories at your fingertips

Habitat magazine is chock full of great environmental reportage, covering enviro heroes, climate change and the interconnectedness of our natural world. FREE to download on your iPad: http://bit.ly/RR8zre

Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations



Department of Sustainability, Environment, Water, Population and Communities, 2013

Introduction

Oceanic longlining is a fishing technique used to target pelagic and demersal finfish and shark species. Longlining occurs in almost all Australian waters. The impact of longline fishing activities on seabirds was not fully realised until the 1980s when seabird bycatch was first reported and then documented.

The incidental catch (or bycatch) of seabirds during oceanic longline fishing operations was listed as a key threatening process on 24 July 1995. An initial threat abatement plan was released in 1998 and the current Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations (the 2006 Threat Abatement Plan for Seabirds) was released in 2006. In 2011, the Minister for Sustainability, Environment, Water, Population and Communities approved preparation of a variation to the 2006 Threat Abatement Plan for Seabirds.

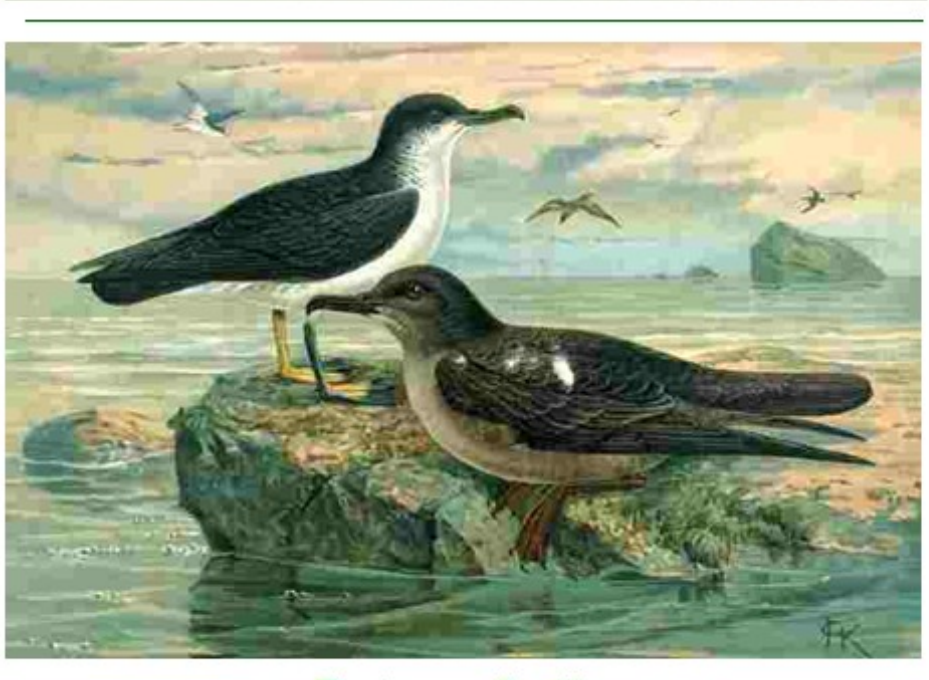
Information on the level and nature of interactions between seabirds and fishing gear has increased significantly. There is now extensive information available upon which to base decision-making. Considerable research and development activities have been undertaken since 1995 into seabird bycatch mitigation measures including at-sea trials. There is now increased confidence about mitigation measures that, when used in combination, are effective. These mitigation measures form the basis of prescriptions set out in the proposed variation to the 2006 Threat Abatement Plan for Seabirds.

Public consultation

The Minister for Environment, Heritage and Water has released the consultation paper on varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations for three-month **public consultation until 31 October 2013.**

Save Pittwater.com People for Pittwater.com.au

FREE The Avalon Tattoo
DUNBAR PARK - SATURDAY JUNE 15
BANDS - CONCERTS - DISPLAYS
SavePittwater.com



Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

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

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

Pittwater's Environmental Foundation

Pittwater Environmental Foundation

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.

Pittwater Online News

October 13 - 19, 2013: Issue 132

Green Beans

These Spring vegetables are now in season and as with all in season fruits or vegetables, the crop coming in brings the price down and the quality up. Many of us know the little song for children 'Green beans are good for your heart, the more you eat the more you….' and refers to the fibre content of green beans along with other legumes that help keep a healthy heart. These power packed pods of green contain Vitamins C, K, and A along with other antioxidants that help you to maintain health or heal if you are suffering from any ailment. Recent studies have confirmed the presence of lutein, beta-carotene, violaxanthin, and neoxanthin in green beans. The concentrated chlorophyll content of green beans will also provide you with a bit of a "Spring Clean'.

Our favourite recipes to enjoy these Green Sprung Beans, Salad Nicoise, a French cold salad dish that combines steamed green beans with tuna fish and potatoes and a Three Bean Salad:

Niçoise salad

INGREDIENTS:
1 small baguette (1-2 days old preferably)
2 tablespoons extra-virgin olive oil
salt and pepper
1 garlic clove, peeled
2 large eggs
20 green beans, trimmed and tailed
4 small tomatoes (fresh, semi-dried or confit)
4 small kipfler potatoes, boiled and sliced into discs
4 teaspoons small capers
1 red onion, cut into 5 mm rings
50 g olives
200 ml olive oil
40 ml sherry vinegar
4 x 100 g tuna Fillets (substitute red mullet, kingfish or other substitute if tuna at same price as a gram of gold)
4 tablespoons baby rocket
1 lemon, halved
10 anchovy fillets, cut lengthwise into 2 or 3 thin slivers each

Preheat the oven to 180ºC . Slice the baguette into 1 cm (1/2 in) thick slices and lay on a flat baking tray. Brush with olive oil and sprinkle with salt. Bake for 5-6 minutes, then remove from oven and rub slices with the garlic clove. Put the eggs in a saucepan, cover with water and bring to the boil. Take out after 6 minutes, when the yolks will still be soft. Set aside and keep warm. Place another pan on the stove, fill with 2 litres (5 pints) of salted water and bring to the boil. Add the beans and blanch for 2 minutes. Remove beans and refresh by placing in iced water for 2 minutes, until cold. In a bowl combine the croutons, tomatoes, beans, potatoes, capers, onion and olives, season well. In a separate bowl or jar, mix the 200 ml olive oil and sherry vinegar well.

Preheat a non-stick pan over medium heat. Season the fish and brush with more olive oil. Reduce heat low, place the fish skin side down in the pan and cook for 2-3 minutes. Turn fish over and cook for a further minute. Toss the salad together with the dressing (traditions states this should actually be laid out on a bed of lettuce or tomatoes and in layers with topping ingredients being the eggs and anchovies). To serve, set out 4 flat bowls or plates and place a fillet in the centre of each. Arrange the salad neatly around the fish. Peel the eggs carefully, cut in half, season them and arrange on top of the salad. Scatter baby rocket over and serve with a wedge of lemon on the side.

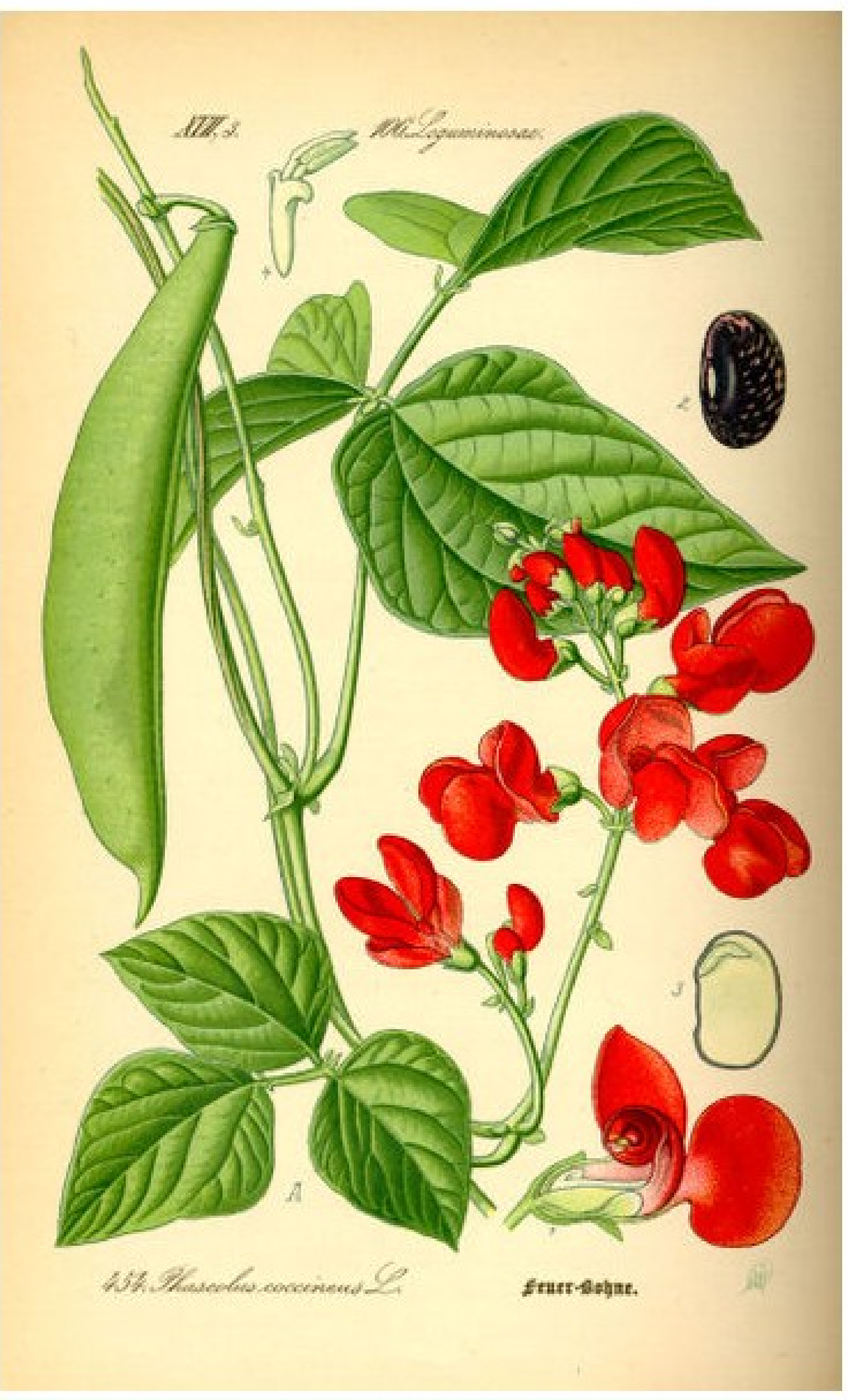
Marinated Three Bean Salad

Courtesy The World's Healthiest Foods
This is a great dish to add to your Healthiest Way of Eating because you can keep in your refrigerator for 3-4 days and its flavour gets better each day! Prep and Cook Time: 25 minutes

Ingredients:
2 TBS minced onion
3 medium cloves garlic, pressed
2 cups fresh green beans cut into 1-inch lengths
2 cups or 1 15 oz can (BPA-free) lima beans, drained and rinsed
2 cups or 1 15 oz can (BPA-free) kidney beans, drained and rinsed
1 large ripe fresh tomato, chopped
2 TBS chopped fresh basil (or 2 tsp dried basil)
1 TBS chopped fresh oregano (or 1 tsp dried oregano)
1 TBS chopped fresh parsley (or 1 tsp dried parsley)
3 TBS fresh lemon juice
2-3 TBS extra virgin olive oil
salt and cracked black pepper to taste

Mince onion and press garlic and let sit for 5 minutes to bring out its health-promoting benefits. Fill the bottom of a steamer with 2 inches of water. While steam is building up in steamer cut green beans. Steam for 5 minutes. A fork should pierce them easily when they are done. Drain and rinse canned beans. Let beans sit in colander for another couple of minutes to drain excess water.
Mix all ingredients together. If you have the time, let it marinate for at least 15 minutes. It can keep in the refrigerator for a few days. Keep on hand for a quick meal. Serves 4

Green beans and other beans, such are kidney beans, navy beans and black beans are all known scientifically as *Phaseolus vulgaris*. They are all referred to as "common beans," probably owing to the fact that they all derived from a common bean ancestor that originated in Peru. From there, they spread throughout South and Central America by migrating Indian tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders. Green beans are found in two major groups, bush beans and pole beans. Bush beans are short plants, growing to approximately two feet in height, without requiring supports. They generally reach maturity and produce all of their fruit in a relatively short period of time, then cease to produce. Gardeners may grow more than one crop of bush beans in a season. Pole beans have a climbing habit and produce a twisting vine . Runner beans have a similar habit but are a different species of bean. Over 130 varieties of green bean are known. Beans contain high concentrations of lectins and may be harmful if consumed in excess in uncooked or improperly cooked form.


XIII.3.
106. Leguminosae.
454. Phaseolus coccineus L.
Feuer-Bohne.

Phaseolus coccineus; Original book source: Prof. Dr. Otto Wilhelm Thomé Flora von Deutschland, Österreich und der Schweiz 1885, Gera, Germany. Permission granted to use under GFDL by Kurt Stueber
Phaseolus coccineus, known as runner bean, scarlet runner bean, or multiflora bean, is a plant in theFabaceae family. Runner beans have also been called "Oregon Lima Bean", and in Nahuatl "ayocotl" or in Spanish "ayocote". It differs from the common bean (P. vulgaris) in several respects: the cotyledons stay in the ground during germination, and the plant is a perennial vine with tuberous roots (though it is usually treated as an annual). This species originated from the mountains of Central America. Most varieties have red flowers and multicolored seeds (though some have white flowers and white seeds), and they are often grown as ornamental plants.
The vine can grow to two meters (6 feet) or more in length. The green pods are edible whole before they become fibrous, and the seeds can be used fresh or as dried beans.

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Pittwater Online News

October 13 - 19, 2013: Issue 132

Haka comes to Hitchcock

The Avalon Bulldogs hosted the Ngongotaha Chiefs in friendly matches at Hitchcock Park on the holiday Monday (7.10.2013) with matches played between the 15's and 17's, which included an almost length of the field try by 17's Bulldog's player Oscar Barry – a great afternoon and good bonding sessio between the next generation for both our countries.

After a beautiful rendition of the New Zealand National Anthem by Jess Harris, wife of Life Member Dick Harris, Evie Fail and Claudia Kovacevich sang our own Australian National Anthem to open the proceedings.

The Haka , the traditional ancestral war cry, dance or challenge from the Māori people of New Zealand was performed by both the visiting 15's and 17's prior to their matches commencing and clearly stirred up the blood of competitors and spectators alike.

The 15's ran hard all match on both sides, the first to score being the Ngongotaha Chiefs. That match ended at 36-8 in favour of the New Zealanders. The 17s was a close match throughout. The try scored by Oscar Barry, from near the 20 line and to the other end of the field brought the whole crowd to their feet. Pretty amazing stuff. Oscar then converted his own try. A stand out moment from this afternoon. The 17s finished at 26-30, this time in Avalon Bulldog's favour.

Legendary player Eric Grothe jnr. Presented medals to both team inscribed with the date and name of the match, the visitors receiving Manly Sea Eagles caps as a bonus gift to take home.

Eric Raymond Grothe (born 15 March 1980 in Sydney, New South Wales) is an Australian retired professional rugby league footballer of the 2000s. An Australian international and New South Wales State of Origin representative winger, he played the majority of his club career with the Parramatta Eelsof the National Rugby League, with whom his father, Eric Grothe, Sr. achieved legendary status in the 1980s. Grothe, Jr. also spent three seasons with the Sydney Roosters.

Eric is also a talented musician and plays in the band Shinobi with his brother Daniel and mates Darren Stapleton and Wayne Langfield. Eric writes the lyrics for their songs. Shinobi registered on Triple J's Unearthed initiative with the track "Enemy" at Number 13 in the Overall Unearthed Charts as at week ending 18 November 2007.

Eric Grothe, Jr.. (2013, July 5). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Eric_Grothe,_Jr.&oldid=562924617

Ngongotaha is a town on the western shores of beautiful Lake Rotorua in New Zealand's North Island. The boys explained that it's not too far from Rotorua city, and some regard it as an outer suburb of the larger centre. However, most locals would be adamant that Ngongotaha is an independent village in its own right. Its population is 4000. Its name is derived from a legend of Ihenga, the famous Māori explorer. It is said Ihenga met the Patu-paiarehe on Mount Ngongotaha and was offered a drink from a calabash (ngongo = to drink, tahā = calabash).

The two visiting teams were returning a visit from the Avalon Bulldogs made in the middle of the year.

The Chiefs are mentioned in the Wikipedia page on Ngongotaha!:

Ngongotaha is often referred to by locals as the "Sunny side of the Mountain". The village has strong football (Ngongotaha AFC), rugby league (**Ngongotaha Chiefs**), rugby union and netball teams. There are several marae within the community.

The Ngongotaha Stream, which flows through the village centre and onward into Lake Rotorua is one of the most heavily fished areas in New Zealand. Specimen Rainbow trout and brown trout are regularly taken by fly fishermen. Other nearby streams (Awahou, Waiteti and Hamurana) also offer good fishing.

Despite its small size, Ngongotaha has produced a number of famous New Zealanders, including:

Hika Reid All Black Rugby Player 1980-1986. Jeremy Paul Australian Wallaby Rugby Player, a 1999 World Cup winner. Temuera Morrison Actor

Ngongotaha. (2012, January 12). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Ngongotaha&oldid=471034785

Avalon Bulldogs Junior Rugby League Football Club: www.avalonbulldogs.com.au/

Craig Wommersley (15's coach), Eric Grothe jnr. Dick Harris (Life Member at Avalon Bulldogs JRLFC) and Michael Birtwhistle, President of Avalon Bulldogs JRLFC)

15's Match

Darren and Mark - Referee and Touch Judge 15's

17s

Oscar Bary -spritning away from all to score a great try.

Report and photos by A J Guesdon, 2013.

Pittwater Online News

October 13 - 19, 2013: Issue 132

Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

New research centre sheds light on Western Sydney's most pressing health issues- 9 October 2013

Charles Perkins Centre Nepean

The Charles Perkins Centre Nepean will work with the Western Sydney community to develop research programs, collaborate on new research partnerships, develop cross-disciplinary teaching programs, and inspire and train the next generation of researchers and practitioners [L to R: Prof Bruce Robinson; Prof Michael Peek; Fiona Scott MP, Member for Lindsay; Prof Jill Trewhella; Prof Stephen Simpson].

The University of Sydney is bringing its most innovative and visionary multi-disciplinary research and education centre to Western Sydney to find real-world solutions to some of the most pressing health issues in the region: obesity, diabetes and cardiovascular disease.

The Charles Perkins Centre Nepean, based at Sydney Medical School's Nepean Clinical School, will bring together internationally recognised health and medical researchers with experts from fields as diverse as architecture, social sciences and engineering to find practical approaches to help ease the burden of chronic disease.

As Australia's leading causes of morbidity and mortality, the effects of obesity, diabetes and cardiovascular disease are particularly pronounced in Western Sydney. More than half of its rapidly growing and ageing population is overweight or obese, with high rates of stress, diabetes and smoking.

"Obesity, cardiovascular disease and diabetes are not going to be fixed by medical treatments alone," says Professor Michael Peek, Head of Sydney Medical School Nepean and local Windsor resident.

"What is needed is research expertise from many different groups, working together, to better understand and solve the complexities of these diseases. This new centre gives us a great opportunity to contribute to this fight for better health."

The Centre will be launched on 9 October by University of Sydney Deputy Vice-Chancellor (Research) Professor Jill Trewhella, Academic Director of the Charles Perkins CentreProfessor Stephen Simpson, Dean of Sydney Medical School Professor Bruce Robinson and Professor Michael Peek. Local dignitaries will include Bart Bassett MP, Member for Londonderry, Fiona Scott MP, Member for Lindsay and Counsellor Ross Fowler, Mayor of Penrith.

The Charles Perkins Centre Nepean will work with the Western Sydney community and the Nepean Blue Mountains Local Health District to develop research programs, collaborate on new research partnerships, develop cross-disciplinary teaching programs, and inspire and train the next generation of researchers and practitioners.

"We hope that by working hand-in-hand with local residents we'll be able to make real differences not just to their lives, but to the lives of people all over Australia," says Professor Stephen Simpson, Academic Director of the Charles Perkins Centre.

"Working directly with local communities is at the heart of the research and education mission of the Charles Perkins Centre. With strong existing community support for research and education at the University's Sydney Medical School Nepean, we are confident that Charles Perkins Centre Nepean will be a valuable partnership for both local residents and researchers."

Bubble freezing

2013 Nobel Prize in Physiology or Medicine: Discoveries of Machinery Regulating Vesicle Traffic in Cells

Oct. 7, 2013 — The Nobel Assembly at Karolinska Institutet has today decided to award The 2013 Nobel Prize in Physiology or Medicine jointly to James E. Rothman, Randy W. Schekman and Thomas C. Südhof for their discoveries of machinery regulating vesicle traffic, a major transport system in our cells.

Summary

The 2013 Nobel Prize honors three scientists who have solved the mystery of how the cell organizes its transport system. Each cell is a factory that produces and exports molecules. For instance, insulin is manufactured and released into the blood and chemical signals called neurotransmitters are sent from one nerve cell to another. These molecules are transported around the cell in small packages called vesicles. The three Nobel Laureates have discovered the molecular principles that govern how this cargo is delivered to the right place at the right time in the cell.

Randy Schekman discovered a set of genes that were required for vesicle traffic. James Rothman unravelled protein machinery that allows vesicles to fuse with their targets to permit transfer of cargo. Thomas Südhof revealed how signals instruct vesicles to release their cargo with precision.

Through their discoveries, Rothman, Schekman and Südhof have revealed the exquisitely precise control system for the transport and delivery of cellular cargo. Disturbances in this system have deleterious effects and contribute to conditions such as neurological diseases, diabetes, and immunological disorders.

How cargo is transported in the cell

In a large and busy port, systems are required to ensure that the correct cargo is shipped to the correct destination at the right time. The cell, with its different compartments called organelles, faces a similar problem: cells produce molecules such as hormones, neurotransmitters, cytokines and enzymes that have to be delivered to other places inside the cell, or exported out of the cell, at exactly the right moment. Timing and location are everything. Miniature bubble-like vesicles, surrounded by membranes, shuttle the cargo between organelles or fuse with the outer membrane of the cell and release their cargo to the outside. This is of major importance, as it triggers nerve activation in the case of transmitter substances, or controls metabolism in the case of hormones. How do these vesicles know where and when to deliver their cargo?

Traffic congestion reveals genetic controllers

Randy Schekman was fascinated by how the cell organizes its transport system and in the 1970s decided to study its genetic basis by using yeast as a model system. In a genetic screen, he identified yeast cells with defective transport machinery, giving rise to a situation resembling a poorly planned public transport system. Vesicles piled up in certain parts of the cell. He found that the cause of this congestion was genetic and went on to identify the mutated genes. Schekman identified three classes of genes that control different facets of the cell's transport system, thereby providing new insights into the tightly regulated machinery that mediates vesicle transport in the cell.

Docking with precision

James Rothman was also intrigued by the nature of the cell's transport system. When studying vesicle transport in mammalian cells in the 1980s and 1990s, Rothman discovered that a protein complex enables vesicles to dock and fuse with their target membranes. In the fusion process, proteins on the vesicles and target membranes bind to each other like the two sides of a zipper. The fact that there are many such proteins and that they bind only in specific combinations ensures that cargo is delivered to a precise location. The same principle operates inside the cell and when a vesicle binds to the cell's outer membrane to release its contents.

It turned out that some of the genes Schekman had discovered in yeast coded for proteins corresponding to those Rothman identified in mammals, revealing an ancient evolutionary origin of the transport system. Collectively, they mapped critical components of the cell's transport machinery.

Timing is everything

Thomas Südhof was interested in how nerve cells communicate with one another in the brain. The signalling molecules, neurotransmitters, are released from vesicles that fuse with the outer membrane of nerve cells by using the machinery discovered by Rothman and Schekman. But these vesicles are only allowed to release their contents when the nerve cell signals to its neighbors. How is this release controlled in such a precise manner? Calcium ions were known to be involved in this process and in the 1990s, Südhof searched for calcium sensitive proteins in nerve cells. He identified molecular machinery that responds to an influx of calcium ions and directs neighbor proteins rapidly to bind vesicles to the outer membrane of the nerve cell. The zipper opens up and signal substances are released. Südhof's discovery explained how temporal precision is achieved and how vesicles' contents can be released on command.

Vesicle transport gives insight into disease processes

The three Nobel Laureates have discovered a fundamental process in cell physiology. These discoveries have had a major impact on our understanding of how cargo is delivered with timing and precision within and outside the cell. Vesicle transport and fusion operate, with the same general principles, in organisms as different as yeast and man. The system is critical for a variety of physiological processes in which vesicle fusion must be controlled, ranging from signalling in the brain to release of hormones and immune cytokines. Defective vesicle transport occurs in a variety of diseases including a number of neurological and immunological disorders, as well as in diabetes. Without this wonderfully precise organization, the cell would lapse into chaos.

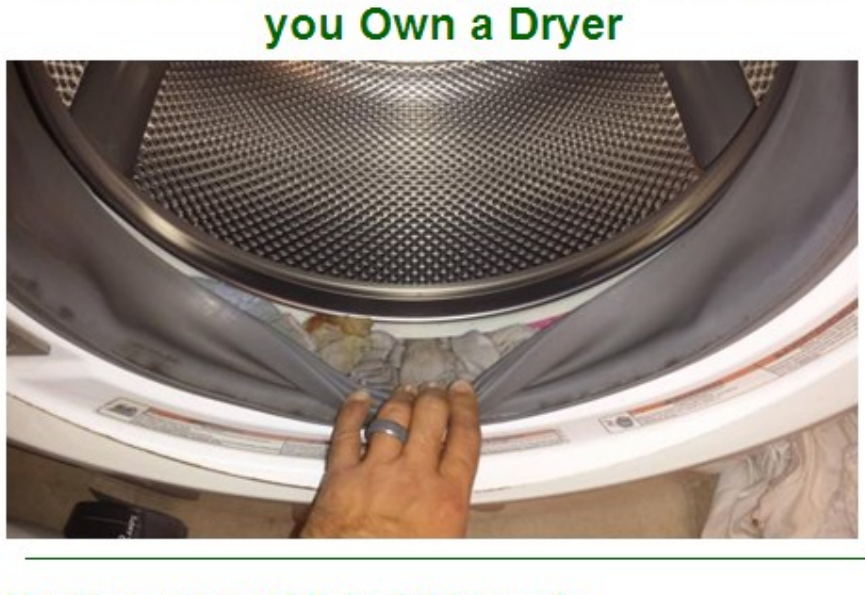
James E. Rothman was born 1950 in Haverhill, Massachusetts, USA. He received his PhD from Harvard Medical School in 1976, was a postdoctoral fellow at Massachusetts Institute of Technology, and moved in 1978 to Stanford University in California, where he started his research on the vesicles of the cell. Rothman has also worked at Princeton University, Memorial Sloan-Kettering Cancer Institute and Columbia University. In 2008, he joined the faculty of Yale University in New Haven, Connecticut, USA, where he is currently Professor and Chairman in the Department of Cell Biology.

Randy W. Schekman was born 1948 in St Paul, Minnesota, USA, studied at the University of California in Los Angeles and at Stanford University, where he obtained his PhD in 1974 under the supervision of Arthur Kornberg (Nobel Prize 1959) and in the same department that Rothman joined a few years later. In 1976, Schekman joined the faculty of the University of California at Berkeley, where he is currently Professor in the Department of Molecular and Cell biology. Schekman is also an investigator of Howard Hughes Medical Institute.

Thomas C. Südhof was born in 1955 in Göttingen, Germany. He studied at the Georg-August-Universität in Göttingen, where he received an MD in 1982 and a Doctorate in neurochemistry the same year. In 1983, he moved to the University of Texas Southwestern Medical Center in Dallas, Texas, USA, as a postdoctoral fellow with Michael Brown and Joseph Goldstein (who shared the 1985 Nobel Prize in Physiology or Medicine). Südhof became an investigator of Howard Hughes Medical Institute in 1991 and was appointed Professor of Molecular and Cellular Physiology at Stanford University in 2008.

The above story is based on materials provided by Nobel Foundation.

Where Your Missing Socks May Be If you Own a Dryer



Health papers published this week:

Amino Acid Offers Potential Therapeutic Alternative in Psychiatric Disorders

Oct. 7, 2013 — improved understanding of the roles of inflammation and oxidative stress in psychiatric disorders has generated new leads in the search for novel therapies. One such investigative compound currently in clinical trials is an amino acid, N-Acetyl Cysteine (NAC), which appears to reduce the core symptoms of bipolar disorder, schizophrenia, depression, autism and cravings in addictions including cocaine, cannabis abuse and cigarette smoking.

At the start of the decade of the brain, in the early 1990s, there was great hope that a flurry of new treatment discoveries would eventuate. In contrast, today, most pharmaceutical companies have a drying psychiatry and neurology pipeline and many have exited the field entirely. "One of the factors has been an over reliance on typical monoamine pathways as targets for drug discovery," said Professor Michael Berk, **Chair in Psychiatry at Deakin University, Geelong, Australia.**

Professor Berk pointed out that the situation regarding new drug development for psychiatric problems was best summarised by former National Institute for Mental Health Director, Steven Hyman: "drug discovery is at a near standstill for treating psychiatric disorders such as schizophrenia, bipolar disorder, depression and common forms of autism."

Beyond the monoamine-based drugs, neuroscience has elucidated an array of other important pathways that are involved in most major psychiatric disorders, for example schizophrenia and both unipolar and bipolar depression. According to Professor Berk, there is now an incontrovertible evidence base that these disorders share inflammation and oxidative stress as part of their disease physiology. In addition, associated pathways including reduction in proteins that stimulate neuronal growth (neurotrophins), and increased cell death (apoptosis), as well as energy generation in organelles called mitochondria are intimately involved. "This understanding provides an entirely new set of treatment targets."

The amino acid, NAC, seems to have multiple effects on all these pathways: it boosts glutathione, which is the body's major antioxidant defence; has anti-inflammatory properties; enhances levels of nerve cell growth proteins and the growth of new neurons; and reduces cell death pathways. It also appears to reduce dysfunction of mitochondria.

These molecular effects of NAC have been investigated in a series of clinical trials, which show that NAC reduces the core symptoms of schizophrenia including negative symptoms such as improved apathy, social interaction and motivation. It also appears to reduce depression in people with bipolar disorder and at this meeting, new data on its role in unipolar major depression was presented. Furthermore, there is intriguing evidence that it reduces cravings in a number of addictions including cocaine, cannabis and cigarette smoking. "Apart from nausea, it appears to be relatively free of problematic side effects," said Professor Berk.

In addition to NAC, a range of other compounds that target similar pathways, particularly inflammation, seem to have therapeutic potential. These include aspirin, cyclooxygenase (COX) inhibitors, statins, omega-3 fatty acids and even some anti-diabetic agents such as pioglitazone. "Capitalising on our understanding of inflammation and oxidative stress in major psychiatric disorders appears to give us an entirely new range of potential treatments for these common, severe and disabling conditions," said Professor Berk.

The above story is based on materials provided by European College of Neuropsychopharmacology (ECNP)

Advance in the Diagnosis and Control of Childhood Asthma

Oct. 7, 2013 — A researcher at the UPV/EHU-University of the Basque Country has produced a PhD thesis at the Paediatric Pneumology section of the Hospital Universitario Donostia in San Sebastian; it deals with the link between asthma and exhaled nitric oxide.

In a piece of research run at the Paediatric Service of the Hospital Universitario Donostia, Dr Paula Corcuera-Elosegui, assistant consultant in Infant Pneumology, has studied the validity of the exhaled nitric oxide measurement as a complementary procedure in diagnosing and monitoring treatment for childhood asthma and overseeing the condition. She not only confirmed the usefulness of the test, she was able to develop a technique to apply it in breast-fed babies.

Asthma is the most frequent chronic disease in childhood. According to Dr Corcuera, "the prevalence of infant asthma in the north of the [Iberian] peninsula is 10%," and she added: "Despite the advances that have taken place in recent years, this disease continues to have significant consequences for the patients, their families and the healthcare system."

The doctor defined asthma as a complex disease, "because it manifests itself differently in each child, and the response to treatments also varies in each case." One of the most well-known tools for diagnosing and assessing the degree of control of the disease is spirometry, which is used to determine lung function. However, spirometry may not be enough, and in recent years an important marker has emerged to complement the information provided by the spirometry test. It is exhaled nitric oxide, and this is in fact the focus of Dr Corcuera's study.

"All of us mammals exhale this molecule," explained Dr Corcuera, "and it is known that in asthma and in some other diseases its level may be above normal." As there were few studies on exhaled nitric oxide in paediatric patients, the Infant Pneumology Unit set up a line of research to assess how useful the exhaled nitric oxide measurement is.

Dr Corcuera highlights certain aspects of the research, which has taken eight years. For example, with breast-fed babies "we use a mask that covers the nose and mouth and that way we collect the nitric oxide they have exhaled in consecutive breaths with tidal volume." On the other hand, with older children, they carried out the validation of portable analysers that do not require such complex equipment or such specialised personnel.

Outstanding results

Although Dr Corcuera admitted that the technique had certain limitations, and therefore always had to be complemented with clinical observation and the spirometry test, they have, however, proven that it is a valid, useful test, not only to help diagnose the disease but also to monitor the patients. "One of the outstanding results is that the determination of exhaled nitric oxide can also be done on breast-fed babies," stressed Corcuera. "We have seen that the determination using multiple respirations with tidal volume and using a mouth-and-nose mask can be studied irrespective of age."

Another of the new aspects observed in the study is that exhaled nitric oxide is usually determined proximally; in other words, in the bronchial tubes. Nevertheless, in the study carried out at the Hospital Universitario Donostia, the nitric oxide was also measured distally or on an alveolar level. This slight difference is important, since the results obtained suggest that raised alveolar nitric oxide could be linked to more severe asthma.

"To determine alveolar nitric oxide, we used another technique that determines the nitric oxide in several flows," specified Corcuera. This technique has been applied to youngsters of between the ages of six and sixteen. "By means of a mathematical model, we do an approximation of alveolar nitric oxide, and it seems that those with a raised level of nitric oxide had had a larger number of crises over the previous month."

However, the doctor warned that this link was not conclusive, "because the sample was quite small and the group of patients chosen were not ones with more severe asthma either." That is why she said that she was planning "to go on studying this aspect to obtain clearer results."

For the moment Dr Corcuera's thesis (Óxido nítrico exhalado y asma: metodología, interpretación de los resultados y aplicaciones en niños - Exhaled nitric oxide and asthma: methodology, interpretation of the results and applications in children) covers the results and conclusions obtained so far. In addition, there has been significant dissemination of this work in the field of medical research through the publication of four papers in specialised journals.

The above story is based on materials provided by Elhuyar Fundazioa

Association Between Adolescents' Anxiety, Depressive Symptoms

Oct. 6, 2013 — The School of Nursing of The Hong Kong Polytechnic University (PolyU) and Christian Family Service Centre (CFSC) have jointly conducted a large-scale study on the family life, physical and emotional health of high school students.

Main ConteThe School of Nursing of The Hong Kong Polytechnic University (PolyU) and Christian Family Service Centre (CFSC) have jointly conducted a large-scale study on the family life, physical and emotional health of high school students. The study, spanning over three years from 2011, found that 12% out of the 11,335 students interviewed have experienced moderate level of anxiety in the two weeks prior to the survey, and 5.7% experienced frequent severe anxiety in the same period of time.

Anxiety disorders are one of the most common mental health problems. To understand better anxiety among adolescents, the joint study mainly examined Generalized Anxiety Disorder (GAD) which is one of the most prevalent anxiety disorders. Everyone experiences anxiety in their everyday life. Mild or short periods of anxiety can be released by resolving the cause of anxiety. However, high levels of chronic anxiety can lead to co-existing problem of depression. Current research found that individuals who suffer from GAD are at higher risk of engaging in health risk behaviours such as smoking, drinking alcohol and using drug. Dependence on these substances might lead to increased levels of anxiety, and the individual is caught in a vicious circle.

However, a very limited the number of studies have examined anxiety disorders among adolescents in Hong Kong. Mental health promotion and planning in Hong Kong therefore rely mainly on overseas data which are not comprehensive enough to understand mental health state of young people.

A set of questionnaires has been used to investigate common anxiety symptoms, school experience and physical and emotional health of secondary school students. Questions in the survey collected information about their physical and emotional health conditions, stress about schoolwork, and levels of satisfaction in academic achievement, life orientations and perceptions about parents' psychological control over them. The questionnaires were filled by students in their classrooms during school time. 16 schools categorized according to boys' schools, girls' schools, co-education schools and sources of funding have been randomly selected from 109 secondary schools in Tseung Kwan O, Kwun Tong and Wong Tai Sin districts to complete the questionnaires. From 2011 to 2013, 14 schools have completed the survey with a total of 11,335 questionnaires collected. It is expected that the entire data collection will be completed in the second semester in 2013/2014.

The research results showed that students have experienced mild (30.2%) to moderate (12%) levels of anxiety in the two weeks prior to the survey while 5.7% students experienced severe levels of anxiety in the same period of time. Students who suffered from severe levels of anxiety in the two weeks prior to the survey were worse off in terms of physical health and mental health. Of the 614 students who reported experiencing severe levels of anxiety, 86.3% of them further reported feeling pressure of homework, compared to the 61.5% of 10,295 students who reported not having severe levels of anxiety.

The survey found that of the 637 students who reported experiencing severe levels of anxiety, 75.5% felt down, depressed and hopeless for more than half the week, or almost every day; 80.9% of these students even felt bad about themselves - or that they were a failure or have let themselves and their families down for more than half the week, or almost every day; and 49.2% of them had thoughts that they were better off dead, or hurting themselves. Compared the situation to those students who reported experiencing not severe levels of anxiety, only a small portion of these students felt down, depressed and hopeless (2.8%), felt bad about themselves - or that they were a failure or have let themselves and their families down (5.2%), or had thoughts that they were better off dead, or hurting themselves (1.2%) for more than half the week or almost every day.

In addition, 88.6% of the 637 students who reported experiencing severe levels of anxiety, indicated that they were not satisfied with their academic performance compared to the 81.4% of students who reported not severe anxiety. Moreover, 10.6% of students who reported experiencing severe levels of anxiety reported smoking, compared to 4.4% of students who reported not severe anxiety; similarly, 47.2% of students who reported suffering severe levels of anxiety indicated that they had used alcohol, compared to the 31.5% of students who reported not severe levels of anxiety, and 4.7% of the students who reported severe levels of anxiety indicated that they had used drugs, compared to the 2.2% of 10,268 students who reported not severe levels of anxiety.

59.8% of the students who reported severe levels of anxiety, scored lower mastery skills scores, compared to the 11.9% of students who reported not severe levels of anxiety. Similar findings were found in the 48.7% of students who reported severe levels of anxiety, scored lower on the life orientation scale, compared to the 11.8% of 10,390 students who reported not severe levels of anxiety.

Likewise, 56.3% of students who reported severe levels of anxiety, scored lower levels of perceived family support compared to the 29.3% of students who reported not severe levels of anxiety; and finally, 35% of the students who reported severe levels of anxiety, scored lower levels of perceived support from friends, compared to the 14% of students who reported not severe levels of anxiety.

A total of 17.7% of the students reported moderate/ frequent severe anxiety in the 2 weeks prior to the survey. Findings of the present study revealed that anxiety might affect students' academic performance as well as their physical and mental health.

The research team recommends that the Government should perform regular surveys on children and adolescents' physical and mental health to facilitate the development of timely and relevant health promotion policies and interventions. Parents, teachers and professionals who work with children or adolescents should pay more attention and offer support to children for the sake of mental and physical health. Asking simple questions like those in the Generalized Anxiety Disorder Scale (GAD-7) can facilitate detection of general anxiety. These questions include feeling not being able to control or stop worrying; having trouble relaxing; and feeling afraid as if something awful is likely to happen.

Parents could support their children more by active communication and being aware of their children's status of anxiety. Methods for building positive relationships such as love and encouragement could be used, particularly, if children are having learning difficulties or taking up health risk behaviour such as smoking or using drug. They should seek professional assistance if anxiety symptoms persist.

The above story is based on materials provided by The Hong Kong Polytechnic University

Vaccination Campaign Doubles HBV Mutations

Oct. 7, 2013 — A universal infant vaccination campaign in China has led the Hepatitis B virus (HBV) to more than double its rate of "breakout" mutations. These mutations may enable the virus to elude the vaccine, necessitating new vaccination strategies. Researchers at the Chinese Centers for Disease Control and Prevention and University of North Carolina, Chapel Hill, report their findings in an article published ahead of print in the Journal of Virology.

Until a universal vaccination program for infants was implemented in 1992, nearly ten percent of Chinese - children included - were infected with HBV. The vaccination campaign has protected an estimated 80 million children, dramatically reducing the percentage of children under 5 who are infected, from nearly 10 percent in 1992 to less than one percent in 2005. But these gains are in danger of being eroded as the virus develops surface mutations.

Taking advantage of 1992 and 2005 survey, investigators found that the prevalence of HBV escape mutants in children rose from 6.5 percent in 1992, before the start of the universal vaccination program, to nearly 15 percent in 2005. Among the control group of adults unaffected by the universal vaccination campaign, the rate of break-out mutants was virtually unchanged.

Hepatitis B is an infectious illness of the liver which can cause vomiting, inflammation, jaundice, and, rarely, death. About a third of the world's population has been infected at some point in their lives. Transmission of hepatitis B virus results from exposure to infectious blood or bodily fluids containing blood. The infection is preventable by vaccination, which has been routinely used since the 1980s.

Researcher Tao Bian of Chapel Hill says that the vaccine remains quite effective, but that because escape mutants are likely to increase, public health officials need to track the rise of escape mutants, in order to know when it becomes time to consider new vaccination strategies. Measures that might be taken include boosting doses, adjusting the timing of vaccinations, or improving the vaccine. A next generation HBV vaccine has been invented, containing a second antigen in addition to the virus' surface antigen. That means that both antigens would have to develop breakout mutations in order to elude the vaccine.

Bian et al. Change of Hepatitis B Large Surfa ce Antigen Variants after 13 Years: Universal Vaccination Program in China. Journal of Virology, October 2013

Work Seems Life Threatening to People Suffering from Stress

Oct. 7, 2013 — Stress causes today more cases of prolonged absence from work due to sickness. Work and identity are more closely knit together than ever before, and therefore work becomes a matter of life and death to the person suffering from stress. This is the conclusion of Copenhagen University researcher Malene Friis Andersen in a newly published anthology which questions modern quick fixes for those faced with stress. The book is based on research into stress by prominent experts in the field.

Black spots in front of your eyes. Palpitations. Shooting pain through your body. These are symptoms in people who go to work with the feeling that their lives are at stake. Even though evolution intended for stress to occur when a person's life is threatened, today we are most at risk of experiencing stress at work, even if our work - for most of us - does not bring our lives in actual danger.

"Some reach what may seem like an obvious conclusion; that, in our modern world, the saber-toothed tiger is our boss or the deadlines that we have to meet. But even if you have an unpleasant boss, he or she will rarely go so far as to kill you. Yet work becomes a question of life or death to the people who get caught up in stress. Today, and as never before, we tie our identity to our work, and for many of us this link is necessary in order to perform at work, and meet our employer's demands. This is the conclusion of authorised Psychologist and PhD student Malene Friis Andersen from the Department of Psychology," University of Copenhagen, in a new book.

In the book, "Nye perspektiver på stress i arbejdslivet" ("*New perspectives on work related stress*") which is published in cooperation with Professor of psychology Svend Brinkmann from Aalborg University, 12 researchers present their latest research into stress.

Simple advice does not work

Malene Friis Andersen's research is based, among other things, on 15 interviews with people who have been absent from work for longer periods of time due to stress. They all had jobs where creativity, knowledge, and personal commitment were their primary working tools. The 15 interviews were chosen among 51 interviews from her PhD thesis.

"Job identity is extremely important to maintaining our general identity, self- image and sense of worth, and it is necessary to use our identity to be able to perform our tasks at work. This is why today stress poses an existential threat to us. The place of work has become a potential arena for fighting many major battles and achieving recognition," she says.

Subsequently, the simplistic advice which we are given today on stress only makes sense in times of peace at work:

"It is not just about saying no or lowering your own expectations. Once the symptoms of stress have occurred, you end up in an impossible situation in which your life depends on you succeeding at work," she emphasises.

Companies miss the target

Stress especially affects the working ability of employees in companies who make high demands on the knowledge, social competences and creativity of their employees. Malene Friis Andersen bases her research on employees from this category. Quite contrary to their intentions the companies create an environment which is counterproductive to the commitment and welfare of the employees.

"Many companies use different tools to measure and evaluate the performance of the employee, but these tools only make the employee insecure. The parameters for success become too narrow and the employee can no longer take stock after his or hers own authority, values, feelings or hunches. This creates employees who are inflexible and vulnerable to stress," says Malene Friis Andersen.

The myth of perfectionism and stress

Malene Friis Andersen believes it is a myth that perfectionism is a character trait for which you are responsible yourself, and which leads to stress.

"Instead perfectionism must be regarded as behaviour brought about by the demands made by the labour market on the employee. Therefore, if you are suffering from stress, it is important for the outside world not to blame you for being a perfectionist. If you want to eliminate stress, you must first realise that there is no one -size-fits-all solution," she concludes.

"The companies throw money at consultants who promise to make the employees more robust under stress, but there is no indication that stress reactions are less frequent now. There has never been consensus as to what constitutes stress which in turn makes it common property and thus, big business.. It is necessary to come to a common understanding of stress and examine how stress develops in different types of work. The effort must be tailored to the challenges of different sectors of industry, if you want to eliminate stress," says Malene Friis Andersen.

The above story is based on materials provided by University of Copenhagen.

Air Pollution Increases Heart Attacks

Oct. 7, 2013 — Air pollution increases heart attacks, according to research presented at the Acute Cardiac Care Congress 2013 by Dr Savina Nodari from Brescia, Italy. The Acute Cardiac Care Congress 2013 is the annual meeting of the Acute Cardiovascular Care Association (ACCA) of the European Society of Cardiology (ESC). It takes place 12-14 October in Madrid, Spain.

Dr Nodari said: "In the last few decades there has been a worrying increase in air pollution. Regardless of local environmental and social policies to approve air quality, the negative effect of air pollution continues to be an important public health problem."

She added: "Some studies conducted in Europe and the US have reported an association between air pollution, especially fine and ultrafine particles which are measured as particulate matter (PM) 10, and not only respiratory disease but also acute cardiovascular events and deaths. The European Union has set a PM10 safety threshold of 50 micrograms/m3 but the negative effect of PM10 on the cardiovascular system may occur at levels lower than this cut off."[1]

The current study set out to confirm the association between levels of PM10, which is a marker of general air pollution, and the risk of acute cardiovascular events. It also examined individual susceptibility to cardiovascular events during high PM10 levels. Data was collected on daily hospitalisations for cardiac events (acute coronary syndrome, acute heart failure, malignant ventricular arrhythmias and atrial fibrillation) and average daily concentrations of PM10 in Brescia during 2004 to 2007.

The study found a significant association between PM10 levels and admission for acute cardiovascular events such as acute coronary syndromes, heart failure, worsening heart failure, paroxysmal atrial fibrillation and ventricular arrhythmias. The effect was linear, with a 3% increase in admissions for every 10 microgram increase in PM10.

Dr Nodari said: "Brescia is one of the most industrialised areas in the North of Italy and according to the European Environmental Agency it has average daily PM10 levels higher than the safety threshold of 50 micrograms/m3. This high level of air pollution is clearly having a bad effect on heart health."

The researchers also found that older people (>65 years) and men were particularly susceptible to having arrhythmias, atrial fibrillation or acute coronary syndromes at increasing levels of air pollution. Dr Nodari said: "This may be related to a higher prevalence of comorbidities and greater fragility of the cardiovascular and circulatory system associated with aging."

Another finding was that cardiovascular hospitalisation during a higher level of PM10 occurred more often in patients who had previously been hospitalised for a cardiovascular event. Dr Nodari said: "We need to pay particular attention to protecting patients who are older and who have had a previous heart attack or other heart problem, as they are more vulnerable to having another cardiac event."

She added: "Previous studies support the hypothesis that air pollution may increase cardiovascular event rates because PM10 can induce processes that are bad for the heart including inflammation and coagulation."

Dr Nodari continued: "Air pollution is a big problem because we can't protect people if we are unable to improve the air quality where they live. To protect public health, national policies need to consider other sources of energy for cars, industry and domestic use which may include electricity, wind energy, photovoltaic systems or nuclear energy. Many people think nuclear energy is not a good alternative and I agree, but we have such high levels of air pollution now that we have to seriously look at the alternative options."

She concluded: "The current PM10 threshold of 50 micrograms/m3 is too high because at this level we observed an increase in hospitalisations for heart diseases. The cut off should be reduced to 20 - 30 micrograms/m3, or even less if possible, because like cholesterol the risk is continuous - the higher the levels the greater the risk. If we can obtain a lower level of PM10 probably we will lower the risk of heart disease."

The above story is based on materials provided by European Society of Cardiology (ESC)

Dog's Mood Offers Insight Into Owner's Health

Oct. 7, 2013 — Monitoring a dog's behaviour could be used as an early warning sign that an older owner is struggling to cope or their health is deteriorating. Experts at Newcastle University, UK, are using movement sensors to track normal dog behaviour while the animals are both home alone and out-and-about.

Providing a unique insight into the secret life of man's best friend, the sensors show not only when the dog is on the move, but also how much he is barking, sitting, digging and other key canine behaviours.

By mapping the normal behaviour of a healthy, happy dog, Dr Cas Ladha, PhD student Nils Hammerla and undergraduate Emma Hughes were able to set a benchmark against which the animals could be remotely monitored. This allowed for any changes in behaviour which might be an indication of illness or boredom to be quickly spotted.

Presenting their findings at the 2013 UbiComp conference in Zurich, project lead Ladha, says the next step is to use the dog's health and behaviour as an early warning system that an elderly owner may be struggling to cope.

"A lot of our research is focussed on developing intelligent systems that can help older people to live independently for longer," explains Ladha, who is based in Newcastle University's Culture Lab.

"But developing a system that reassures family and carers that an older relative is well without intruding on that individual's privacy is difficult. This is just the first step but the idea behind this research is that it would allow us to discretely support people without the need for cameras."

Behaviour imaging expert Nils Hammerla adds: "Humans and dogs have lived together in close proximity for thousands of years, which has led to strong emotional and social mutual bonds.

"A dog's physical and emotional dependence on their owner means that their wellbeing is likely reflect that of their owner and any changes such as the dog being walked less often, perhaps not being fed regularly, or simply demonstrating 'unhappy' behaviour could be an early indicator for families that an older relative needs help."

How the technology works

In the UK, around 30% of households own at least one pet dog, totalling an estimated 10.5 million animals. Designed to provide an indicator of animal welfare in an age when dogs are increasingly left alone for long periods of time, the team created a hi-tech, waterproof dog collar complete with accelerometer and collected data for a wide range of dog breeds.

"In order to set the benchmark we needed to determine which movements correlated to particular behaviours, so in the initial studies, as well as the collars, we also set up cameras to record their behaviour," explains Ladha.

Analysing the two datasets, the Newcastle team were able to classify 17 distinct dog activities such as barking, chewing, drinking, laying, shivering and sniffing. The team also assessed the system against different breeds.

"This had to work for all dogs," explains Ladha, "so the challenge was to map distinct behaviours that correlated whether the collar was being worn by a square-shouldered bulldog or a tiny chiwawa."

Hammerla adds: "This is the first system of its kind which allows us to remotely monitor a dog's behaviour in its natural setting.

"But beyond this it also presents us with a real opportunity to use man's best friend as a discreet health barometer. It's already well known that pets are good for our health and this new technology means dogs are supporting their older owners to live independently in even more ways than they already do."

Cassim Ladha, Nils Hammerla, Emma Hughes, Patrick Olivier, Thomas Ploetz. **Dog's life.** UbiComp'13, 2013 DOI:10.1145/2493432.2493519

How Binge Drinking Impairs Healing of Broken Bones

Oct. 6, 2013 — Physicians have long observed that binge drinking can significantly impair the healing process following a bone fracture. Now a study by Loyola University Medical Center researchers is providing insights into how alcohol slows healing on the cellular and molecular levels. The findings could lead to treatments to improve bone healing in alcohol abusers, and possibly non-drinkers as well.

Roman Natoli, MD, PhD, will present findings Oct. 6 during the American Society for Bone and Mineral Research 2013 Annual Meeting in Baltimore. Senior author is John Callaci, PhD. The study was funded by the Orthopaedic Research and Education Foundation.

"Many bone fractures are alcohol-related, due to car accidents, falls, shootings, etc.," Natoli said. "In addition to contributing to bone fractures, alcohol also impairs the healing process. So add this to the list of reasons why you should not abuse alcohol."

Researchers studied the effects that alcohol consumption had on bone healing in mice. One group of mice was exposed to alcohol levels roughly equivalent to three times the legal limit for driving. A control group was exposed to equal amounts of saline (salt water).

The study found three ways in which alcohol impaired bone healing after a fracture:

There were differences between the control group and the alcohol-exposed group in the callus, the hard bony tissue that forms around the ends of fractured bones. In the alcohol-exposed group, the callus was less mineralized, meaning not as much bone was forming. Moreover, the bone that did form was not as strong.

Mice exposed to alcohol showed signs of oxidative stress, a process that impairs normal cellular functions. The alcohol-exposed mice had significantly higher levels of malondialdehyde, a molecule that serves as a marker for oxidative stress. Additionally, levels of an enzyme that decreases oxidative stress, super oxide dismutase, were higher in the alcohol-exposed mice (but not quite high enough to be considered statistically significant).

During the healing process, the body sends immature stem cells to a fracture site. After arriving at the site, the stem cells mature into bone cells. Two proteins, known as SDF-1 and OPN, are involved in recruiting stem cells to the injury site. In the alcohol-exposed group, OPN levels were significantly lower.

As a follow up to this study, Natoli is planning an animal-model study on two potential treatments to counter the negative effects of alcohol on bone healing. One treatment would be to inject mice with stem cells to improve healing. The other treatment would be the administration of NAc, an antioxidant that combats oxidative stress.

If such treatments were shown to be effective in alcohol abusers, it's possible the treatments also might speed healing in non-drinkers as well, Natoli said.

The above story is based on materials provided by Loyola University Health System

New Drug Candidate Found for Deadly Fungal Lung Infections

Oct. 7, 2013 — On a molecular level, you have more in common with shower curtain mold or the mushrooms on your pizza than you might think. Humans and fungi share similar proteins, a biological bond that makes curing fungal infections difficult and expensive. Current costs to treat these stubborn infections can top $50,000 per patient, and no new classes of antifungal drugs that treat systemic infections have been introduced for at least 20 years.

Now, researchers at The Ohio State University Wexner Medical Center have discovered a new compound that could be developed as an antifungal drug to treat histoplasmosis and cryptococcosis, two types of fungal infections that are naturally drug-resistant.

Generally, people with weakened immune systems are more likely to develop life-threatening fungal infections. However, the airborne fungusHistoplasma capsulatum, which causes histoplasmosis, can infect healthy people as well.

"Histoplasmosis is an unusual fungal disease because anyone can be infected, not just people with compromised immune systems. Like tuberculosis, Histoplasma infects healthy hosts, attacks their lungs, and can lie dormant in immune cells for years, later causing reactivation disease," said Chad Rappleye, PhD, a microbiologist in the Center for Microbial Interface Biology at Ohio State's Wexner Medical Center and in the Department of Microbial Infection and Immunity at Ohio State's College of Medicine. "So this is an unrecognized public health threat that's needed better treatment options for some time."

There are an estimated 100,000 Histoplasma infections each year in the United States. Most are contained by the body's immune system, but each year a few thousand people will develop chronic or life-threatening histoplasmosis disease requiring hospitalization and antifungal treatment. The antifungals currently used to treat the infection have undesirable toxic side effects requiring monitoring by a physician and may need to be taken for weeks or months.

"Histoplasma is particularly good at avoiding detection by the body's immune system and surviving the immune response," said Jessica Edwards, PhD, a postdoctoral researcher at Ohio State University.

Respiratory histoplasmosis manifests with flu-like symptoms, often making diagnosis difficult. Rappleye says people with histoplasmosis have been mistakenly diagnosed with colds, the flu, and even lung cancer. "It depends on how familiar a physician is with histoplasmosis," he said.

Intrigued by the challenges of finding a new drug that would target the fungus without harming the human host, in 2012, Rappleye received pilot funding from Ohio State's Center for Clinical and Translational Science (CCTS) and the Public Health Preparedness for Infectious Diseases Program (PHPID).

Rappleye's team searched a library of commercially-available small molecules used by other investigators to find new antivirals or anticancer drugs. They performed a high-throughput phenotypic screen of 3,600 compounds looking for agents that inhibited fungal, but not human, cells.

To speed the selection process, Rappleye and Edwards engineered Histoplasma cells with a fluorescent protein that made the cells glow red while inside of a living macrophage - the type of mammalian immune cell that Histoplasma attacks and in which it reproduces.

As the number of fungal cells increased inside the macrophage, so did the fluorescence and consequently, the cells would glow brighter. However, when a macrophage was exposed to an active compound that prevents Histoplasma reproduction, it maintained the same level of brightness. This allowed the scientists to quickly determine efficacy and toxicity of the drug candidate in a natural environment.

"Not only were we able to visually screen thousands of compounds in just a few weeks, but we were also able to measure the compound's impact in a real, live host cell," said Edwards.

The team narrowed down to a primary candidate called 41F5, which is 60 times more toxic to fungal cells than human cells. Their work was published in the September Antimicrobial Agents and Chemotherapy.

The team is currently working with Werner Tjarks, PhD, a medicinal chemist at Ohio State, to see if the selectivity and toxicity profile can be enhanced further for additional testing. Rappleye is also working with the Ohio State's Technology Commercialization Office (TCO) to potentially commercialize the derivatives from 41F5.

"There are people here in the U.S. and around the world suffering from varying degrees of histoplasmosis that need a safer and better treatment option. Our pilot study outcomes and methods are very encouraging, and I'm hopeful that with additional funding from the National Institutes of Health, we'll be able to keep moving at this accelerated pace," Rappleye said.

J. A. Edwards, M. M. Kemski, C. A. Rappleye. **Identification of an Aminothiazole with Antifungal Activity against Intracellular Histoplasma capsulatum.** Antimicrobial Agents and Chemotherapy, 2013; 57 (9): 4349 DOI: 10.1128/AAC.00459-13

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *Pittwater Online News* or its staff.

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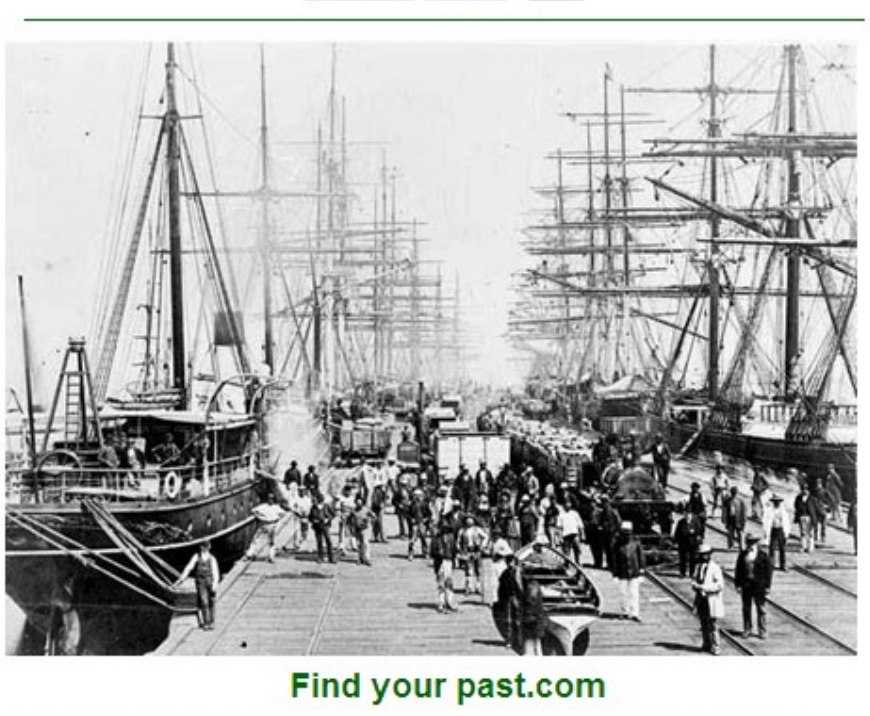

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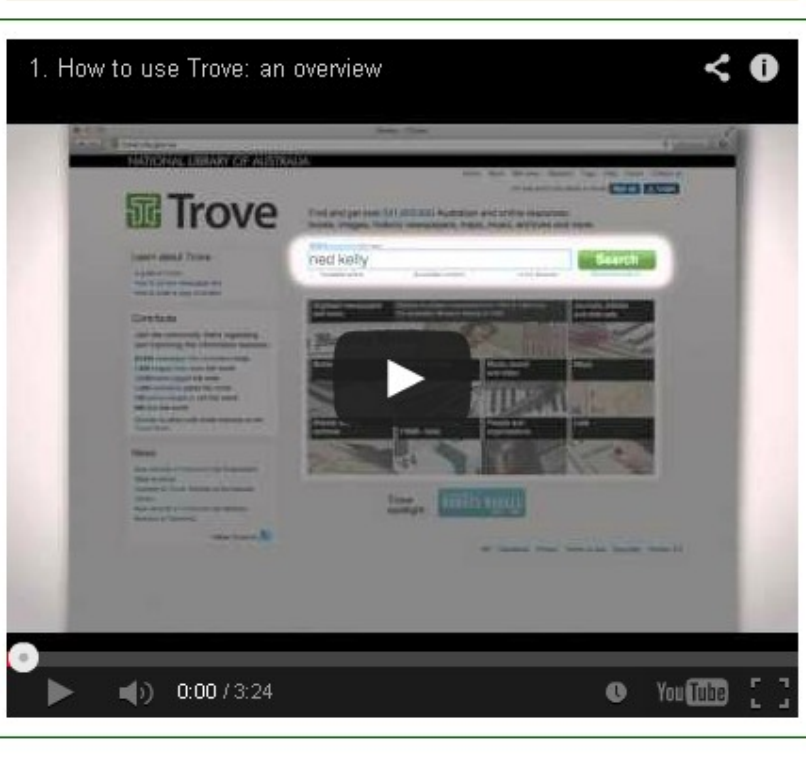
Smart Cat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Sunscreen Saves Superhero Gene

Oct. 8, 2013 — next time your kids complain about putting on sunscreen, tell them this: Sunscreen shields a superhero gene that protects them from getting cancer. It is widely accepted that sunscreen stops you from getting burnt but to date there has been academic debate about the effectiveness of sunscreen in preventing skin cancers. Now QUT has undertaken a world-first human study to assess the impact of sunscreen at the molecular level.

Researchers found sunscreen provides 100 per cent protection against all three forms of skin cancer: BCC (basal cell carcinoma); SCC (squamous cell carcinoma); and malignant melanoma.

Lead researcher Dr Elke Hacker, from QUT's AusSun Research Lab, said sunscreen not only provided 100 per cent protection against the damage that can lead to skin cancer but it shielded the important p53 gene, a gene that works to prevent cancer.

"As soon as our skin becomes sun damaged, the p53 gene goes to work repairing that damage and thereby preventing skin cancer occurring.

"But over time if skin is burnt regularly the p53 gene mutates and can no longer do the job it was intended for - it no longer repairs sun damaged skin and without this protection skin cancers are far more likely to occur."

The study, published in the *Pigment Cell & Melanoma Research* journal, looked at the impact of sunlight on human skin, both with and without sunscreen, and found no evidence of UV-induced skin damage when proper application of sunscreen (SPF30+) had been applied to exposed area.

"Melanoma is the most lethal form of skin cancer with research showing damage of melanocytes - the pigment-producing cells of the skin - after sun exposure plays a role in the development of skin cancer," Dr Hacker said.

Dr Hacker said the study, funded by Cancer Council Queensland, involved 57 people undergoing a series of skin biopsies to determine molecular changes to the skin before and after UV exposure and with and without sunscreen.

"Firstly we took small skin biopsies of people's unexposed skin. We then exposed two skin sites to a mild burning dose of UV light, one site was applied with sunscreen and the other was not. We again took biopsies of both sites.

"After 24 hours, we took another set of biopsies and compared the skin samples.

"What we found was that, after 24 hours where the sunscreen had been applied, there were no DNA changes to the skin and no impact on the p53 gene," she said.

Dr Hacker said this was a significant finding.

"In Australia we have strong standards around sunscreens and their ability to protect against erythema (redness of skin)," Dr Hacker said.

"But this research looks beyond the redness to determine whether UV exposure when using sunscreen causes molecular changes to the skin, as these changes have been linked to BCC, SCC and malignant melanoma.

"When there are changes in the molecular structure it can enhance skin cancer development."

Dr Hacker said the study also provided a baseline measurement of molecular responses to UV exposure, which would now be used to investigate post-sun exposure treatments, such as super sunscreens, to assist in the repair of sun damaged skin.

Dr Hacker is a member of the Institute of Health Biomedical Innovation.

Cancer Council Queensland spokesperson Katie Clift said the research reinforced the SunSmart message in Queensland - which has the highest rates of skin cancer in the world.

"It's imperative that all Queenslanders adopt SunSmart habits every day that they're out and about in the Sunshine State, no matter the season," Ms Clift said.

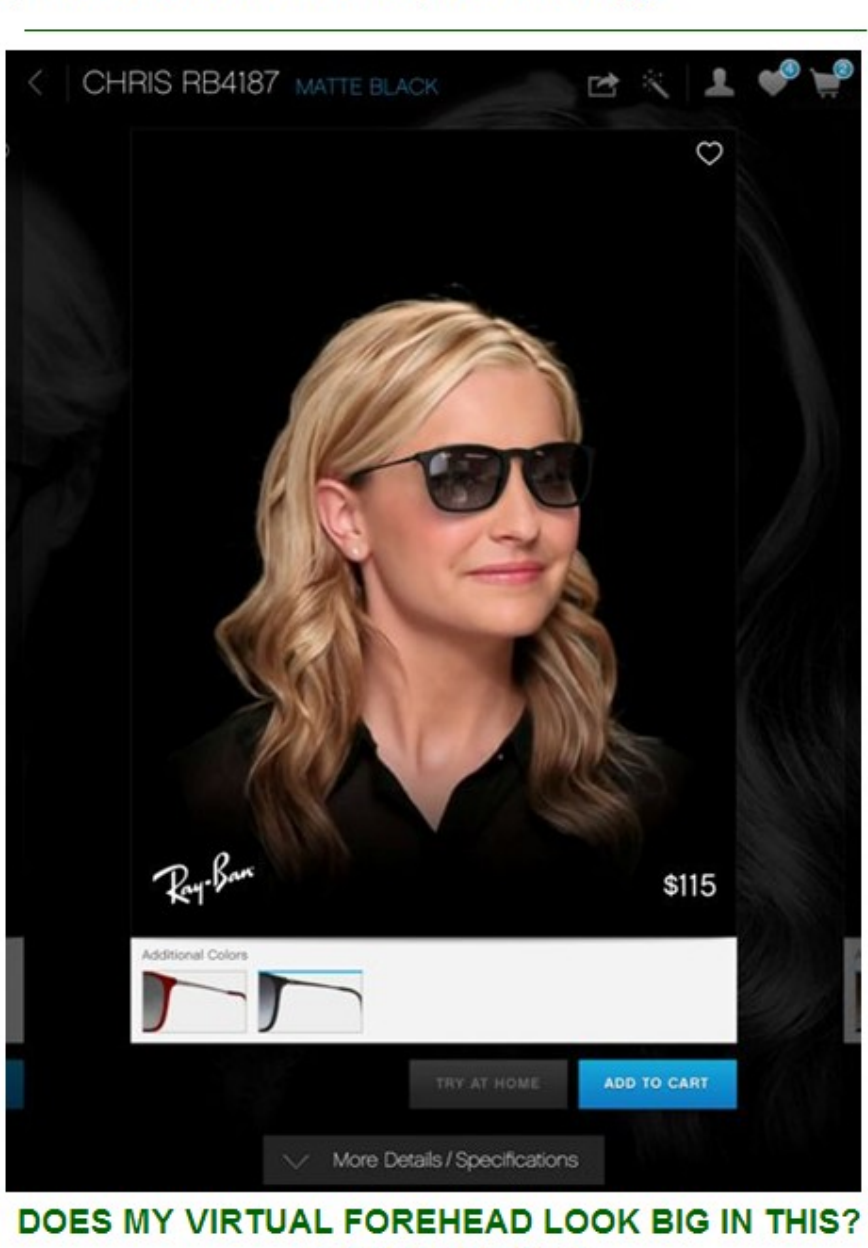
"Cancer Council Queensland recommends using SPF30 or above broad-spectrum, water-resistant sunscreen, and reapplying sunscreen every two hours.

"Applying sunscreen correctly is important. Adults should apply more than half a teaspoon of sunscreen to each arm and the face, neck and ears - and just over one teaspoon to each leg, and front and back of the torso.

"It's also important to complement sunscreen with sun protective clothing, a broad-brimmed hat, to seek shade and slide on wraparound sunglasses for best protection."

Elke Hacker, Zachary Boyce, Michael G. Kimlin, Leesa Wockner, Thomas Pollak, Sam A. Vaartjes, Nicholas K. Hayward, David C. Whiteman. **The effect of MC1Rvariants and sunscreen on the response of human melanocytesin vivoto ultraviolet radiation and implications for melanoma.** Pigment Cell & Melanoma Research, 2013; DOI:10.1111/pcmr.12157

Photo: Dr Elke Hacker's research has found that properly applied sunscreen can prevent the three types of skin cancer and protect the superhero gene p53, which works to repair sun-damaged skin. (Credit: **Queensland University of Technology**)



DOES MY VIRTUAL FOREHEAD LOOK BIG IN THIS? - 8 OCTOBER 2013

The days of stalling online purchases in fear of products "not quite looking like they did on the model" could soon be out of fashion according to new research by Aussie scientists.

CSIRO, Australia's national science agency, today announced it has filed a series of patents for its new Smart Vision research. Enhancing the 'virtual change room', the technology interprets 2D pixels from an image of a human face such as the left eye corner or tip of the nose and turns them into a real-time 3D face-sensing device.

"While pictures can tell us a thousand words, they certainly don't tell us the whole story," said Simon Lucey, Group Research Leader for CSIRO's Digital Productivity and Services Flagship.

"Our computer modelling experts have developed a more accurate and reliable way to create a 3D scan of a person's face using newly developed algorithms that can turn 2D images from a mobile camera into a 3D model of the face. The technology calculates size so unlike other virtual try-on technologies, customers can try on and view products from any angle - perfectly scaled to their face."

Through its Digital Productivity and Services Flagship, CSIRO has exclusively licensed the new Smart Vision technology to Glasses.com, an online eyewear retailer, for use in the optical industry. Glasses.com has combined this research with other developed technology to create an interactive app which allows customers to accurately see how frames fit without ever stepping into a store.

The unique facial mapping software allows the app to produce a true-to-life 180° view of the user's face showing how each pair fits in 3D and letting shoppers compare side-by-side images of each style. Because the technology places a 3D model of the glasses over a 3D rendering of the user's face, shoppers can even reposition the glasses, tapping the screen to 'slide' frames up and down the bridge of their nose just as they would in real life.

"We didn't want to just replicate the offline shopping experience - we wanted to improve it. Throughout the development stages, we've worked to create a tool that's so true-to-life it's not only fun, but actually useful in making a purchasing decision," said Jonathan Coon, CEO of glasses.com's parent company 1-800 CONTACTS.

"Up until now, augmented reality was something of a parlour trick. It was fun but just not accurate or easy enough to be useful. Our hope is that the glasses.com app will be to augmented-reality shopping what 'Toy Story' was for computer-generated animated films - it's just the beginning," he said.

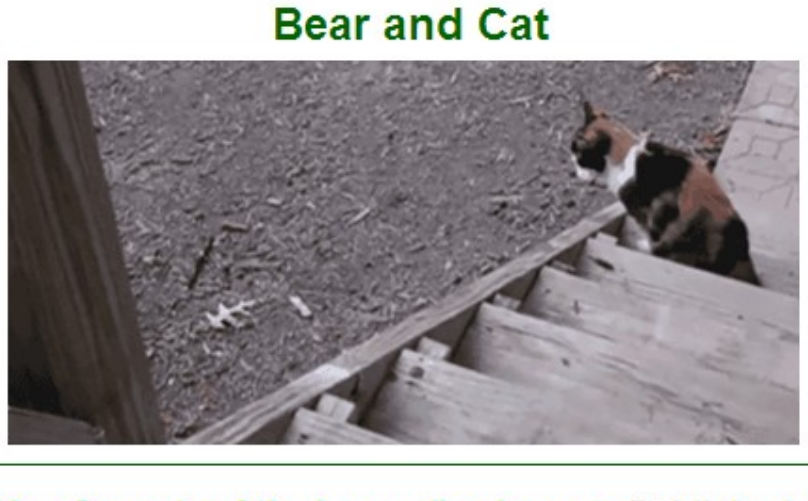
Peak retail industry body the Australian Retailers Association (ARA) said the new Smart Vision research is another example of why retailers need to take action to transform their business models for the digital age by embracing new technologies.

"Retailers need to move to hybrid business models that combine the strengths of today's online and bricks-and-mortar strategies," said ARA Executive Director Russell Zimmerman.

"With predictions that by 2025, a leading retailer will make $106 billion more in sales and sell 40 per cent of its goods online, it is becoming increasingly evident that success will be driven by how effectively retailers can harness the power of new technologies to deliver unique value to customers with the speed, efficiency and ubiquity they demand."

More information about CSIRO's Smart Vision research.

Bear and Cat



eVe - Genesis of the 'normal' solar car - Published on Oct 3, 2013

This week the World Solar Challenge has been taking place in Australia in a race for Solar powered cars from Darwin to Adelaide. You can see all the videos produced about this year's race at the link below.

From UNSW:

The UNSW Solar Racing Team, Sunswift, have raised the bar for solar powered vehicles with eVe, a sleek and sporty car built on the premise of practicality that could usher in a new era of sustainable driving in Australia.

These innovative electric vehicles are raced at the biannual World Solar Challenge, this year's competition features 40 teams from 23 countries.

The race spans a gruelling 3000km spanning across the harsh Australian desert. Sunswift have maintained an impressive track record at the event, with their previous car setting a Guinness World Record for the fastest solar-powered vehicle in 2011.

Sunswift consists of volunteer University students who passionately design, build and race extraordinary solar cars in the endless pursuit of a cleaner future.

http://www.sunswift.com

http://www.worldsolarchallenge.org

WSCTV Wednesday 9th October EPISODE 9 (PM)

WSCTV Wednesday 9th October EPISODE 9 (PM)
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eVe - Genesis of the 'normal' solar car
0:00 / 2:10

Scotland the Strong

HOW CUTE..
USA
RUSSIA
MEANWHILE IN SCOTLAND

What Evolved First, a Dexterous Hand or an Agile Foot?

Oct. 6, 2013 — Resolving a long-standing mystery in human evolution, new research from the RIKEN Brain Science Institute indicates that early hominids developed finger dexterity and tool use ability before the development of bipedal locomotion.

Combining monkey and human behaviour, brain imaging, and fossil evidence, a research team led by neurobiologist Dr. Atsushi Iriki and including Dr. Gen Suwa, an anthropologist from the University of Tokyo Museum, have overturned the common assumption that manual dexterity evolved after the development of bipedal locomotion freed hominid hands to use fingers for tool manipulation.

In a study published today in *Philosophical Transactions of the Royal Society*, the researchers employed functional magnetic resonance imaging in humans and electrical recording from monkeys to locate the brain areas responsible for touch awareness in individual fingers and toes, called somatotopic maps. With these maps, the researchers confirmed previous studies showing that single digits in the hand and foot have discrete neural locations in both humans and monkeys.

However, the researchers found new evidence that monkey toes are combined into a single map, while human toes are also fused into a single map, but with the prominent exception of the big toe, which has its own map not seen in monkeys. These findings suggest that early hominids evolved dexterous fingers when they were still quadrupeds. Manual dexterity was not further expanded in monkeys, but humans gained fine finger control and a big toe to aid bipedal locomotion.

"In early quadruped hominids, finger control and tool use were feasible, while an independent adaptation involving the use of the big toe for functions like balance and walking occurred with bipedality," the authors explained.

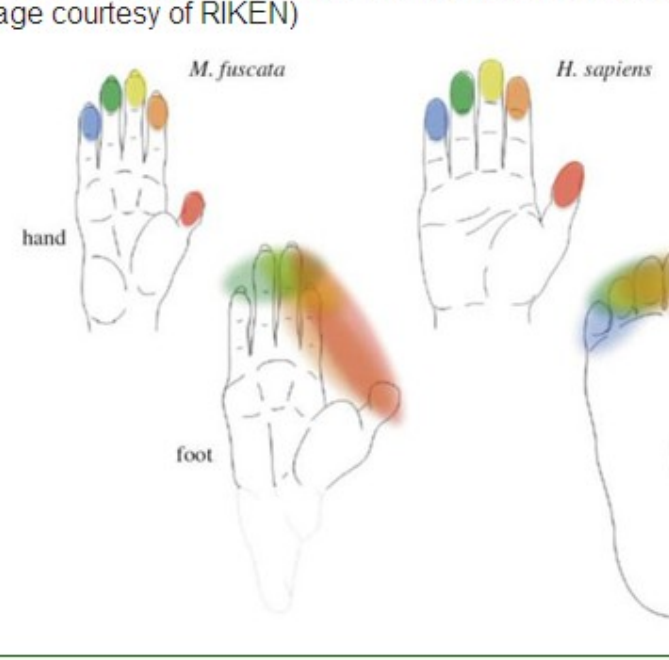
The brain study was supported by analysis of the well-preserved hand and feet bones of a 4.4 million year-old skeleton of the quadruped hominid Ardipithecus ramidus, a species with hand dexterity that preceded the human-monkey lineage split.

The findings suggest that the parallel evolution of two-legged locomotion and manual dexterity in hands and fingers in the human lineage were a consequence of adaptive pressures on ancestral quadrupeds for balance control by foot digits while retaining the critical capability for fine finger specialization.

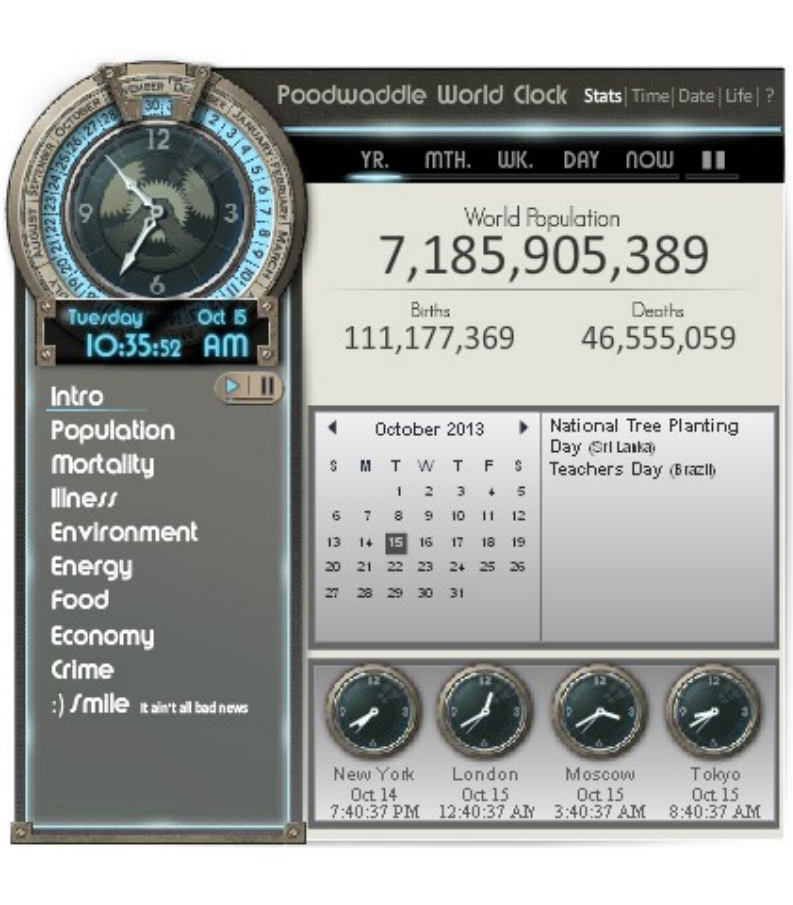
"Evolution is not usually thought of as being accessible to study in the laboratory," stated Dr. Iriki, "but our new method of using comparative brain physiology to decipher ancestral traces of adaptation may allow us to re-examine Darwin's theories."

T. Hashimoto et al. **Hand Before Foot? cortical somatotopy suggests manual dexterity is primitive and evolved independently of bipedalism.** Philosophical Transactions of the Royal Society B, 2013 DOI:10.1098/rstb.2012.0417

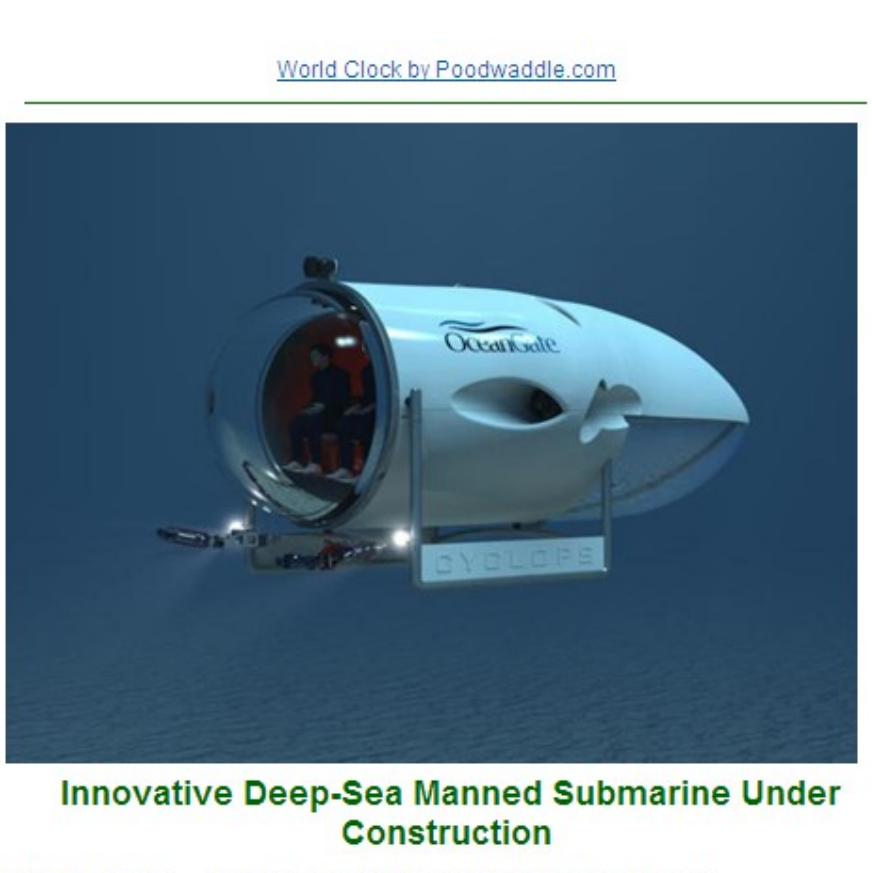
Shape of the hand and foot in two primate species. The fingers are represented independently (colour coded) in the primate somatosensory cortex (SI). By contrast, the representations of the toes are fused, with the exception of the big toe in humans. (Credit: Image courtesy of RIKEN)



World Clock



World Clock by Poodwaddle.com



Innovative Deep-Sea Manned Submarine Under Construction

Oct. 8, 2013 — For the past 70 years, the University of Washington's Applied Physics Laboratory has conducted ocean research and engineering. Now they are teaming up with a local submersible company to build an innovative five-person submarine that would travel to almost 2 miles below the ocean's surface.

When completed in 2016, it will be the first deep-sea manned submarine project for the UW.

"What a terrific asset for the UW to have access to one of the few available manned submarines in the U.S.," said principal investigator Robert Miyamoto, who directs the lab's industry and defense programs. "If someday students routinely had the opportunity to go on a manned sub I think the research in deep-ocean science would explode."

The submarine, named Cyclops, has a carbon-fiber hull that can take passengers to 3,000 meters (9,842 feet) - deeper than all but a handful of existing subs.

"Most people don't appreciate there are not very many private or commercial subs," said Stockton Rush, CEO of OceanGate Inc., an Everett, Wash., company that charters submarines. He says there are about 600 military subs worldwide, but only about 100 certified civilian subs, and most of those are on private yachts or in storage.

For the past year and a half, members of Miyamoto's team have leased a campus lab with OceanGate. The group has gone through more than 20 prototype designs before settling on the recently unveiled plan.

The carbon-fiber hull is shaped like a bullet that can plunge down to depth in less than 60 minutes. Once the vessel reaches depth, it rotates to its cruising orientation. The passenger seats pivot in order to stay upright.

The Boeing Company worked with OceanGate and the UW on initial design analysis of the 7-inch-thick pressure vessel. The design uses a strategy where each strip of carbon fiber and resin is precisely placed to ensure that there will be no gaps or weak points. The battery will be a lithium-polymer design that will also make the sub lighter and able to dive longer and faster than traditional subs.

The front viewing area, for which the vehicle is named, is designed as a 5-foot-wide dome of 4-inch-thick glass. Passengers will sit inside the dome to have a 180-degree view.

The collaboration was worked out through the UW Center for Commercialization. For OceanGate, the UW offers ocean engineers who are used to working on challenging problems, and access to wider campus expertise. For the UW, it's a chance to test new sensor, manipulator arms and control systems, and give researchers and students a front-row seat to explore the deep sea.

Miyamoto and Rush say they plan to integrate modern control systems into the vehicle, replacing the many dials and levers used on today's submersibles with joysticks and more automated control systems that allow it to operate with a single pilot.

"It's like going from Model T to the Tesla," Rush said.

APL researchers hope to test and integrate their underwater sensors. Since high-bandwidth communication is not possible through water, the unmanned vehicles they typically use either must be tethered to the ship or record data that they download at the surface.

"With a manned submarine you can actually have the researcher watch as the sensor is taking data and make changes," Miyamoto said. "It speeds up the testing cycle and provides better information on how the tool is operating."

The UW portion of the project is funded by a $5 million industry grant from OceanGate. The UW team now comprises about six people; Miyamoto anticipates that will grow to about 10 when the project is at its height. The submarine is scheduled to be commercially available from the company in 2016.

Passenger safety and cost are the two most common criticisms of manned submersibles. But Rush argues that in the past 35 years there have been no serious injuries in nonmilitary submarines. And the team aims to build a smaller, lighter vehicle with a launch system that doesn't require a specialized vessel to keep total operating costs lower than today's manned submersibles.

Rush, an amateur diver who moved to Seattle in 1990, says he became involved with submarines as a way to explore the Pacific Northwest marine environment without having to deal with the cold water and cumbersome dry suits.

When he discovered that subs-for-hire were in short supply, he bought an unfinished sub and finished it for his own use. In 2009, he founded a company that now charters two submarines for exploration, research, commercial use and deep-water filming. Researchers pay two-thirds as much as commercial clients.

With Cyclops, OceanGate seeks to develop a versatile, economical submarine that can go more than six times as deep. The company will target the oil and gas industry, deep-sea mining, pharmaceutical exploration, academic research and even tourism.

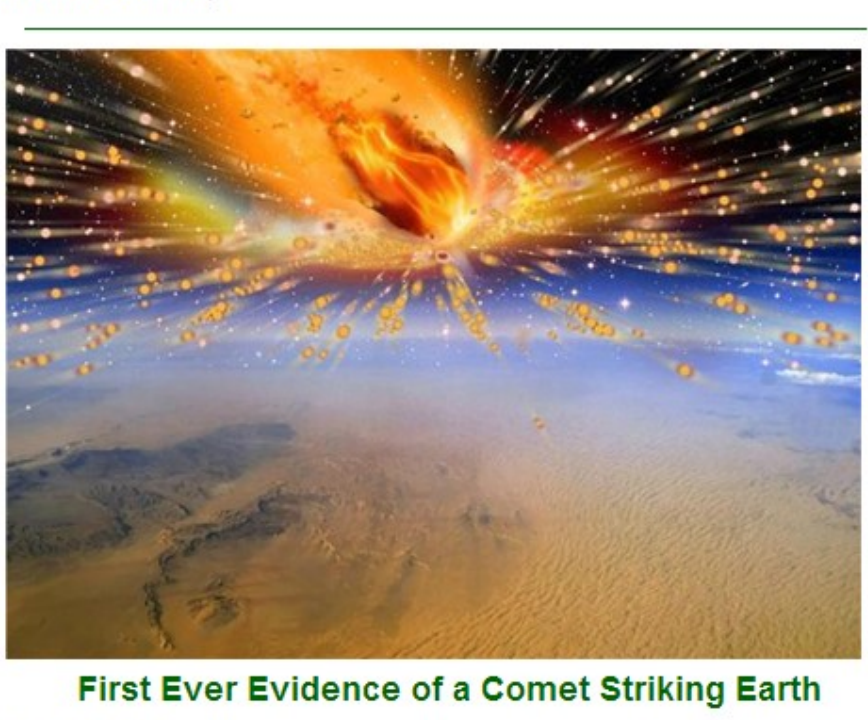
"To make a submersible economically viable you need to be able to serve multiple users so you have the volume to keep costs low," Rush said. "The key today for big projects is you've got to have multiple revenue streams."

Miyamoto and Rush met through BlueView Technologies, a Bellevue, Wash.-based spinout from the Applied Physics Laboratory that develops underwater sonar. Rush now holds an affiliate position at the UW Applied Physics Laboratory.

Despite the recent emphasis on autonomous vehicles, including many projects at the UW, the pair believes there is a role for human presence in deep-sea exploration.

"I grew up in a Jacques Cousteau world, with a lot of emphasis on oceanography, and it just feels like it's waned since then," Miyamoto said. "Pragmatically, it's nice to advance the state of the science, but I would do it just for the exploratory aspect."

The above story is based on materials provided by University of Washington. Picture: Cyclops is designed to be the first submersible with a hull made from carbon fiber and glass. (Credit: OceanGate Inc.)



First Ever Evidence of a Comet Striking Earth

Oct. 8, 2013 — The first ever evidence of a comet entering Earth's atmosphere and exploding, raining down a shock wave of fire which obliterated every life form in its path, has been discovered by a team of South African scientists and international collaborators.

The discovery has not only provided the first definitive proof of a comet striking Earth, millions of years ago, but it could also help us to unlock, in the future, the secrets of the formation of our solar system.

"Comets always visit our skies - they're these dirty snowballs of ice mixed with dust - but never before in history has material from a comet ever been found on Earth," says Professor David Block of Wits University.

The comet entered Earth's atmosphere above Egypt about 28 million years ago. As it entered the atmosphere, it exploded, heating up the sand beneath it to a temperature of about 2,000 degrees Celsius, and resulting in the formation of a huge amount of yellow silica glass which lies scattered over a 6,000 square kilometre area in the Sahara. A magnificent specimen of the glass, polished by ancient jewellers, is found in Tutankhamun's brooch with its striking yellow-brown scarab.

The research, which will be published in *Earth and Planetary Science Letters*, was conducted by a collaboration of geoscientists, physicists and astronomers including Block, lead author Professor Jan Kramers of the University of Johannesburg, Dr Marco Andreoli of the South African Nuclear Energy Corporation, and Chris Harris of the University of Cape Town.

At the centre of the attention of this team was a mysterious black pebble found years earlier by an Egyptian geologist in the area of the silica glass. After conducting highly sophisticated chemical analyses on this pebble, the authors came to the conclusion that it represented the very first known hand specimen of a comet nucleus, rather than simply an unusual type of meteorite.

Kramers describes this as a moment of career defining elation. "It's a typical scientific euphoria when you eliminate all other options and come to the realisation of what it must be," he said.

The impact of the explosion also produced microscopic diamonds. "Diamonds are produced from carbon bearing material. Normally they form deep in the Earth, where the pressure is high, but you can also generate very high pressure with shock. Part of the comet impacted and the shock of the impact produced the diamonds," says Kramers.

The team have named the diamond-bearing pebble "Hypatia" in honour of the first well known female mathematician, astronomer and philosopher, Hypatia of Alexandria.

Comet material is very elusive. Comet fragments have not been found on Earth before except as microscopic sized dust particles in the upper atmosphere and some carbon-rich dust in the Antarctic ice. Space agencies have spent billions to secure the smallest amounts of pristine comet matter.

"NASA and ESA (European Space Agency) spend billions of dollars collecting a few micrograms of comet material and bringing it back to Earth, and now we've got a radical new approach of studying this material, without spending billions of dollars collecting it," says Kramers.

The study of Hypatia has grown into an international collaborative research programme, coordinated by Andreoli, which involves a growing number of scientists drawn from a variety of disciplines. Dr Mario di Martino of Turin's Astrophysical Observatory has led several expeditions to the desert glass area.

"Comets contain the very secrets to unlocking the formation of our solar system and this discovery gives us an unprecedented opportunity to study comet material first hand," says Block.

Jan D. Kramers, Marco A.G. Andreoli, Maria Atanasova, Georgy A. Belyanin, David L. Block, Chris Franklyn, Chris Harris, Mpho Lekgoathi, Charles S. Montross, Tshepo Ntsoane, Vittoria Pischedda, Patience Segonyane, K.S. (Fanus) Viljoen, Johan E. Westraadt. **Unique chemistry of a diamond-bearing pebble from the Libyan Desert Glass strewnfield, SW Egypt: Evidence for a shocked comet fragment.** Earth and Planetary Science Letters, 2013; 382: 21 DOI: 10.1016/j.epsl.2013.09.003

An artist's rendition of the comet exploding in Earth's atmosphere above Egypt. (Credit: Terry Bakker)

Exceptional Fossil Fish Reveals New Evolutionary Mechanism for Body Elongation

Oct. 7, 2013 — Snake and eel bodies are elongated, slender and flexible in all three dimensions. This striking body plan has evolved many times independently in the more than 500 million years of vertebrate animals history. Based on the current state of knowledge, the extreme elongation of the body axis occurred in one of two ways: either through the elongation of the individual vertebrae of the vertebral column, which thus became longer, or through the development of additional vertebrae and associated muscle segments.

Long body thanks to doubling of the vertebral arches

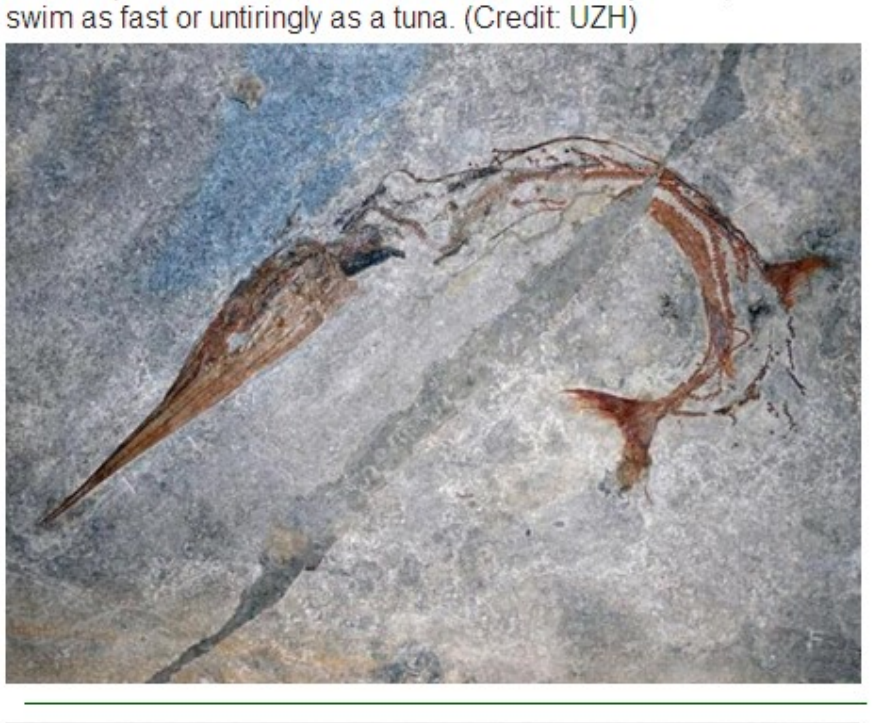
A team of paleontologists from the University of Zurich headed by Professor Marcelo Sánchez-Villagra now reveal that a third, previously unknown mechanism of axial skeleton elongation characterized the early evolution of fishes, as shown by an exceptionally preserved form. Unlike other known fish with elongate bodies, the vertebral column of Saurichthys curionii does not have one vertebral arch per myomeric segment, but two, which is unique. This resulted in an elongation of the body and gave it an overall elongate appearance. "This evolutionary pattern for body elongation is new," explains Erin Maxwell, a postdoc from Sánchez-Villagra's group. "Previously, we only knew about an increase in the number of vertebrae and muscle segments or the elongation of the individual vertebrae."

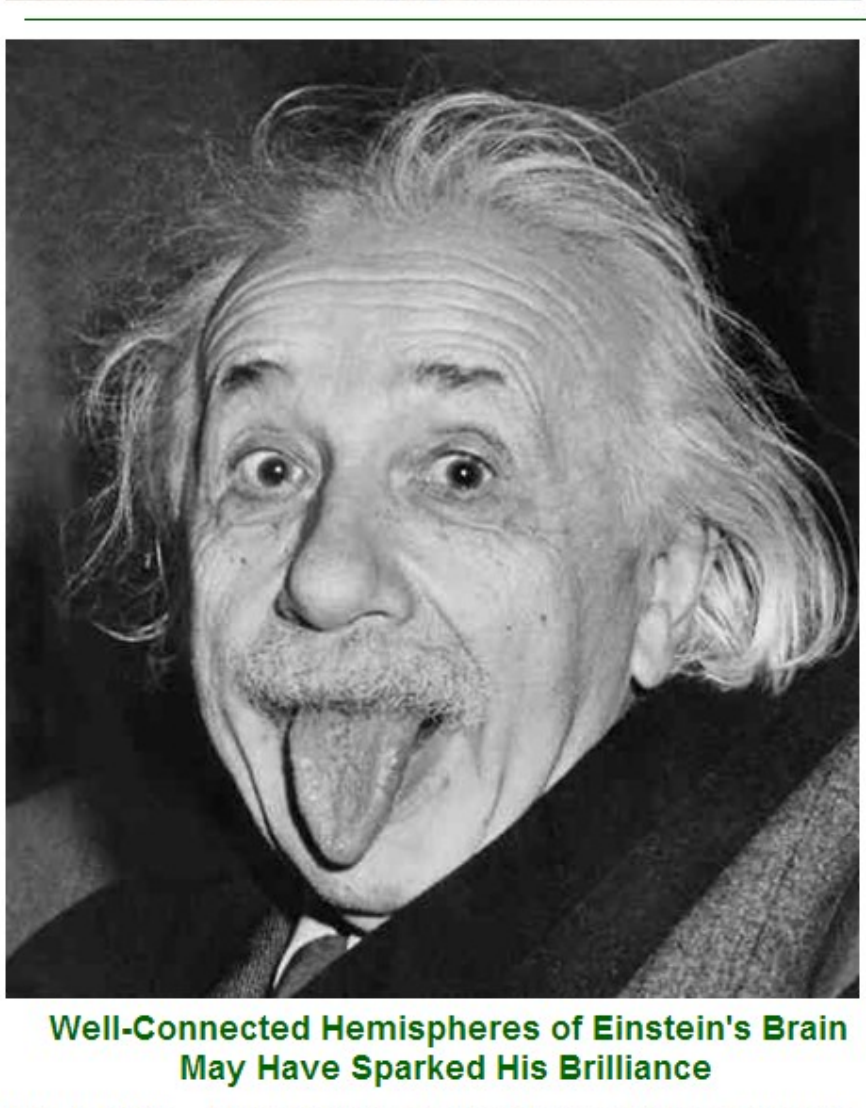
The fossils studied come from the Monte San Giorgio find in Ticino, which was declared a world heritage site by UNESCO in 2003. The researchers owe their findings to the fortunate circumstance that not only skeletal parts but also the tendons and tendon attachments surrounding the muscles of the primitive predatory fish had survived intact. Due to the shape and arrangement of the preserved tendons, the scientists are also able to draw conclusions as to the flexibility and swimming ability of the fossilized fish genus.

According to Maxwell, Saurichthys curionii was certainly not as flexible as today's eels and, unlike modern oceanic fishes such as tuna, was probably unable to swim for long distances at high speed. Based upon its appearance and lifestyle, the roughly half-meter-long fish is most comparable to the garfish or needlefish that exist today.

Erin E. Maxwell, Heinz Furrer, Marcelo R. Sánchez-Villagra. **Exceptional fossil preservation demonstrates a new mode of axial skeleton elongation in early ray-finned fishes.** Nature Communications, October 7, 2013 DOI:10.1038/ncomms3570

The 240-million-year-old fossil find from Switzerland also revealed that this primitive fish was not as flexible as today's eels, nor could it swim as fast or untiringly as a tuna. (Credit: UZH)





Well-Connected Hemispheres of Einstein's Brain May Have Sparked His Brilliance

Oct. 4, 2013 — The left and right hemispheres of Albert Einstein's brain were unusually well connected to each other and may have contributed to his brilliance, according to a new study conducted in part by Florida State University evolutionary anthropologist Dean Falk.

"This study, more than any other to date, really gets at the 'inside' of Einstein's brain," Falk said. "It provides new information that helps make sense of what is known about the surface of Einstein's brain."

The study, "The Corpus Callosum of Albert Einstein's Brain: Another Clue to His High Intelligence," was published in the journal *Brain*. Lead author Weiwei Men of East China Normal University's Department of Physics developed a new technique to conduct the study, which is the first to detail Einstein's corpus callosum, the brain's largest bundle of fibers that connects the two cerebral hemispheres and facilitates interhemispheric communication.

"This technique should be of interest to other researchers who study the brain's all-important internal connectivity," Falk said.

Men's technique measures and color-codes the varying thicknesses of subdivisions of the corpus callosum along its length, where nerves cross from one side of the brain to the other. These thicknesses indicate the number of nerves that cross and therefore how "connected" the two sides of the brain are in particular regions, which facilitate different functions depending on where the fibers cross along the length. For example, movement of the hands is represented toward the front and mental arithmetic along the back.

In particular, this new technique permitted registration and comparison of Einstein's measurements with those of two samples - one of 15 elderly men and one of 52 men Einstein's age in 1905. During his so-called "miracle year" at 26 years old, Einstein published four articles that contributed substantially to the foundation of modern physics and changed the world's views about space, time, mass and energy.

The research team's findings show that Einstein had more extensive connections between certain parts of his cerebral hemispheres compared to both younger and older control groups.

W. Men, D. Falk, T. Sun, W. Chen, J. Li, D. Yin, L. Zang, M. Fan. **The corpus callosum of Albert Einstein's brain: another clue to his high intelligence?** Brain, 2013; DOI:10.1093/brain/awt252

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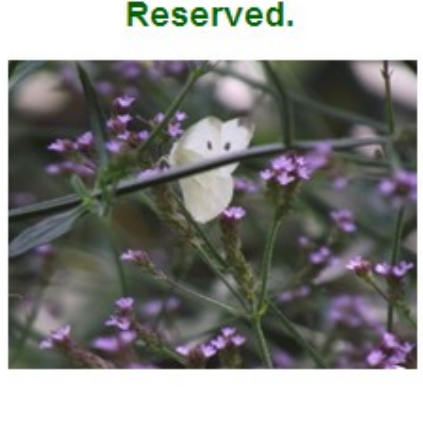
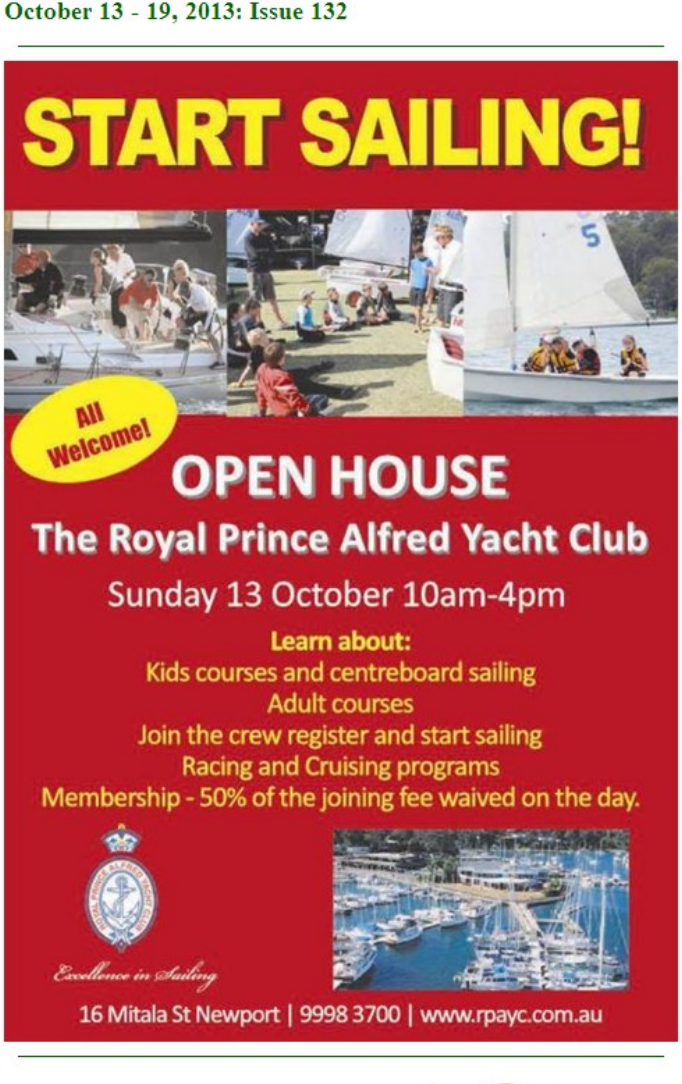


Pittwater Online News

October 13 - 19, 2013: Issue 132



START SAILING!

All Welcome!

OPEN HOUSE
The Royal Prince Alfred Yacht Club
Sunday 13 October 10am-4pm

Learn about:
Kids courses and centreboard sailing
Adult courses
Join the crew register and start sailing
Racing and Cruising programs
Membership - 50% of the joining fee waived on the day.

Excellence in Sailing
16 Mitala St Newport | 9998 3700 | www.rpayc.com.au

PITTWATER COUNCIL

MIND MATTERS!

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

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

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

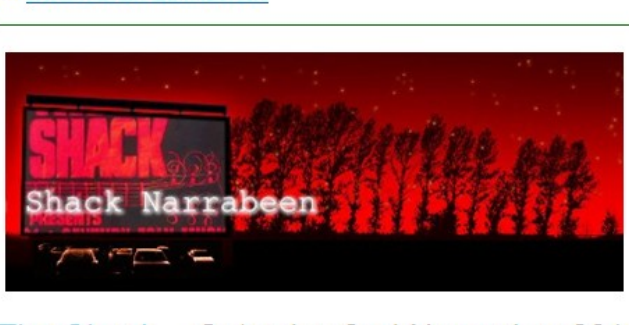
The final session will be delivered by a local doctor who will discuss the importance of mindfulness in maintaining good mental health on **Tuesday 22 October at 2pm.**

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

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

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

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



The Shack - Saturday 2nd November 2013

The Shack will have the most amazing line up:

- Michael Azzopardi
- Wheeze and Suck Band
- Fuego Flamenco

Performance starts at 7:30 pm until 11 pm. Tickets at door $20 per person

The Tramshed Community Arts Centre - 1395a Pittwater Road, Narrabeen NSW 2101

Be Centre Fundraiser

Be Centre is a special place supporting children and families whose lives have been impacted by trauma such as Domestic Violence sexual abuse, neglect, bullying, divorce & Separation, illness and bereavement, impact of drugs and alcohol, anxiety, depression or other emotional or behavioural issues. We are based in Warriewood on the Northern Beaches.

A child's pain and suffering are often not outwardly visible and they may not have the words to express their experiences or feelings. Our unique Play and Creative Therapy programmes offer a safe environment for children to tell their stories, helping them make sense of what is happening on the inside to restore their trust and build self - confidence and resilience.

Be Centre advocates early intervention for children, to help them develop skills and strategies so they do not experience ongoing difficulties as a result of their trauma.

Be Centre is a registered charity and relies on the generosity of individuals and corporate Australia to ensure that we can assist the most vulnerable or needy children within our community – the demand for our services has never been greater.

To help raise the vital funds needed we are hosting a red carpet charity screening of the new Marvel comic movie- "THOR – The Dark World", staring Chris Hemsworth which will be held in the Grand Theatre at United Cinemas Warriewood on Thursday 31st October.

It will be a real stellar night with the evening hosted by local sporting personality Nici Andronicus – the evening will commence at 6.30pm with pre movie drinks. The night will have lots of surprises including the opportunity to win some great door prizes. In a nod to Halloween for those who are game we will also have prizes for the best superhero outfit – for the rest of us it we can dress in smart casual. We hope to raise in excess of $5,000 on the night.

For further information or to reserve tickets please call Gailene Keen on 9986 0990 or go to the www.becentre.org.au

THOR
THE DARK WORLD
Charity red carpet screening
THURSDAY 31 OCTOBER 2013
RSVP by 25 October 2013
BE CENTRE
healing through play therapy

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Authors @ Mona Vale Library- Forthcoming Events- October to December, 2013

October

Monday 14 October – Michael Hussey – "Underneath the Southern Cross"- International Australian cricketer who finally was selected in the Test team at age 30, AT MONA VALE MEMORIAL HALL – FREE, Bookings still essential.

November

Wednesday 6 November – Tom Keneally - "Shame and the Captives"

a novel set around the detention of enemy combatants in Cowra.

December

Wednesday 4 December – Mike Carlton – "First Victory" a comprehensive look at the Royal Australian Navy a century ago and their first victory at sea.

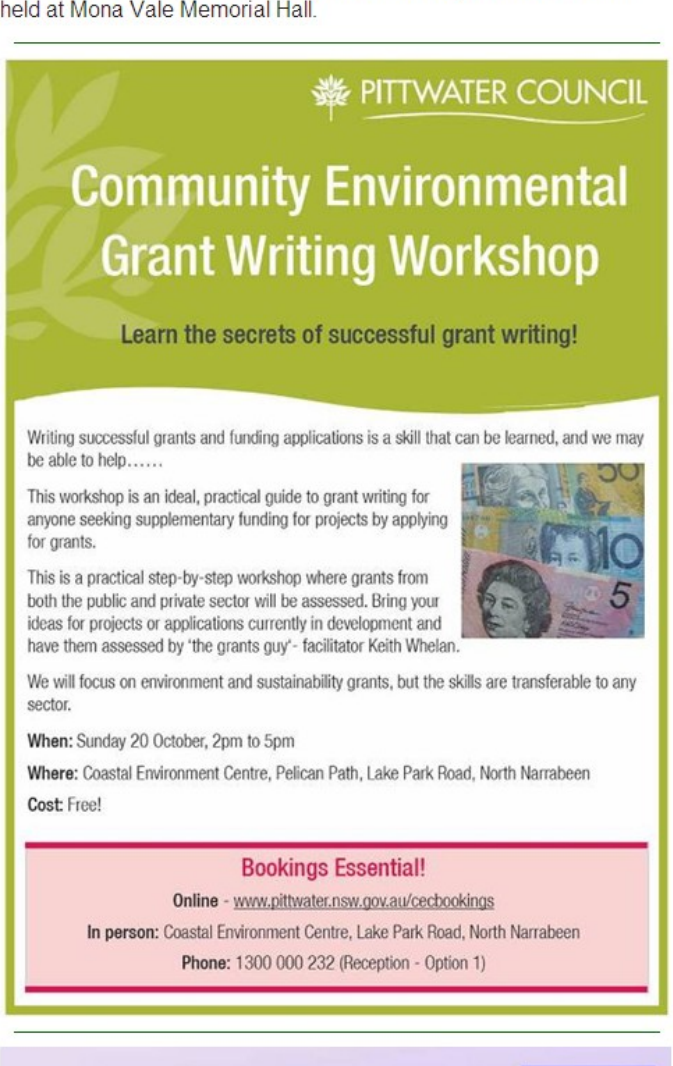
Thursday 5 December – Paul McNamee - "Game Changer" a memoir of top international tennis player who conquered Wimbledon and the Australian Open with his doubles partner, Peter McNamara.

All talks commence at 6.30pm and bookings are essential. Tel. 9970 1600 and payment within 3 days is required as confirmation.

Cost of talks with the exception of Michael Hussey talk - $8.00 & $6.00 – concession for Pensioner & Students. Cards must be shown for concession.

ALL TALKS FREE FOR ALL SCHOOL STUDENTS

The above talks will be held at Mona Vale Library, Park Street, Mona Vale with the exception of Michael Hussey talk which will be held at Mona Vale Memorial Hall.



PITTWATER COUNCIL

Community Environmental Grant Writing Workshop

Learn the secrets of successful grant writing!

Writing successful grants and funding applications is a skill that can be learned, and we may be able to help……

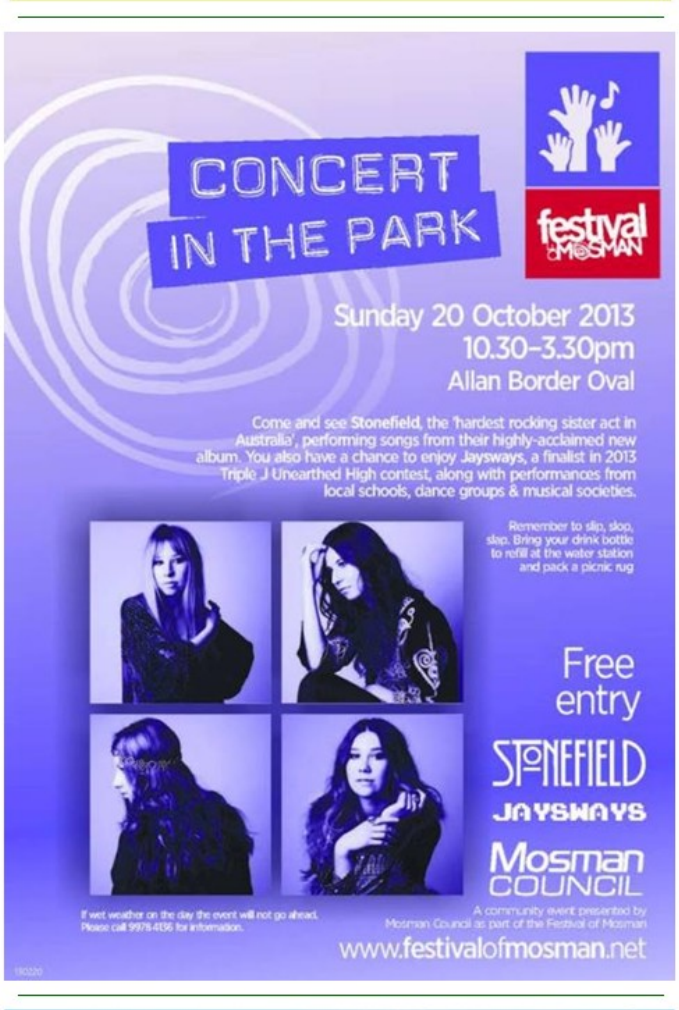
This workshop is an ideal, practical guide to grant writing for anyone seeking supplementary funding for projects by applying for grants.

This is a practical step-by-step workshop where grants from both the public and private sector will be assessed. Bring your ideas for projects or applications currently in development and have them assessed by 'the grants guy'- facilitator Keith Whelan.

We will focus on environment and sustainability grants, but the skills are transferable to any sector.

When: Sunday 20 October, 2pm to 5pm
Where: Coastal Environment Centre, Pelican Path, Lake Park Road, North Narrabeen
Cost: Free!

Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)

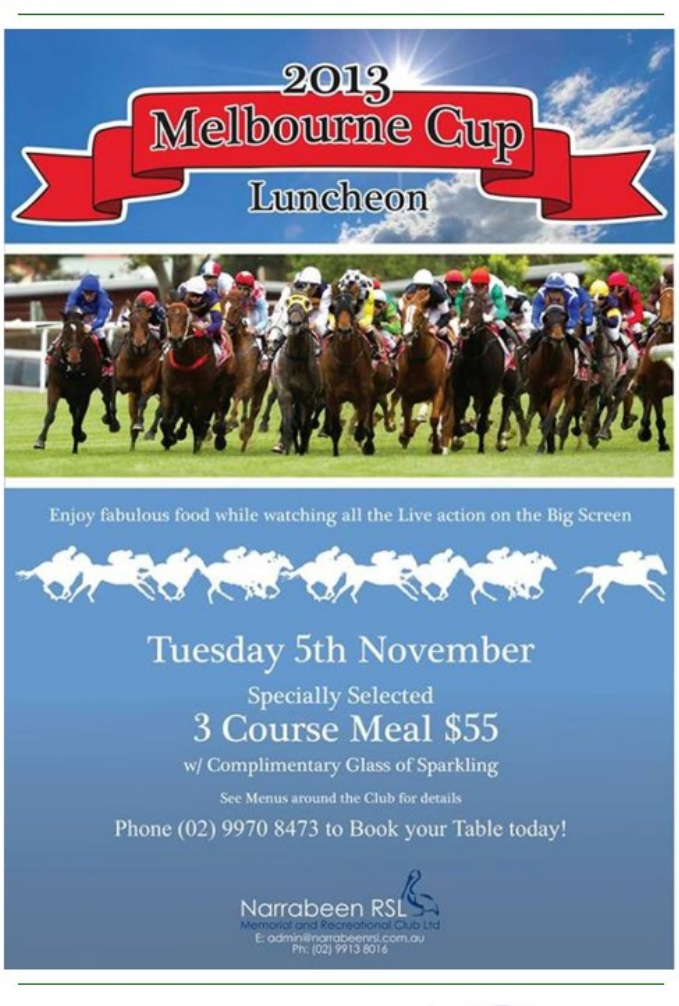


CONCERT IN THE PARK
festival of MOSMAN
Sunday 20 October 2013
10.30–3.30pm
Allan Border Oval

Come and see Stonefield, the 'hardest rocking sister act in Australia', performing songs from their highly-acclaimed new album. You also have a chance to enjoy Jayways, a finalist in 2013 Triple J Unearthed High contest, along with performances from local schools, dance groups & musical societies.

Remember to slip, slop, slap. Bring your drink bottle to refill at the water station and pack a picnic rug

Free entry
STONEFIELD
JAYWAYS
Mosman COUNCIL
www.festivalofmosman.net



2013 Melbourne Cup Luncheon

Enjoy fabulous food while watching all the Live action on the Big Screen

Tuesday 5th November
Specially Selected
3 Course Meal $55
w/ Complimentary Glass of Sparkling
See Menus around the Club for details
Phone (02) 9970 8473 to Book your Table today!

Narrabeen RSL

PITTWATER COUNCIL

Birding Morning - 20th Oct 2013, 7:45am - 10am

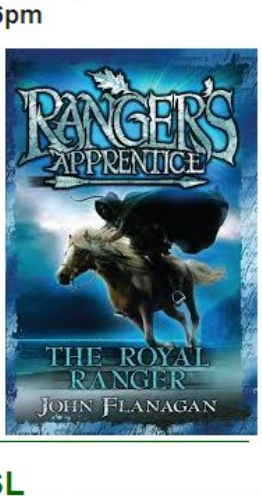
Join us on a guided walk through the beautiful Deep Creek with our local bird expert for a morning of discovery. Whether you're a keen bird enthusiast or just want to learn more about our amazing birds the event is sure to please all the family.

We will meet early to make the most of the morning chorus followed by morning tea by the creek.

Where: Meeting point confirmed upon booking. Cost: Free! . Bring: Morning tea, drink and water bottle, Sturdy shoes, Appropriate clothing, Sunscreen and a hat, Binoculars and camera are optional.

Bookings Essential! Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

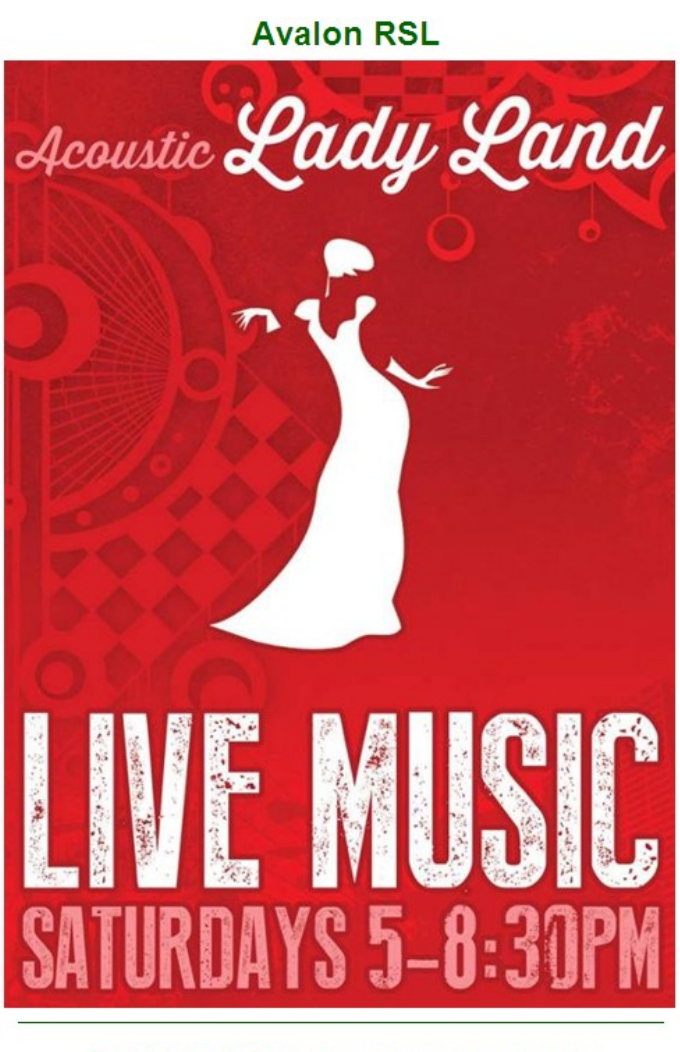
Author Talk at Mona Vale - John Flanagan - 17th Oct 2013, 4:30pm - 6pm



John Flanagan, author of the bestselling 'Ranger's Apprentice' series will be talking about his latest and final book of the series, "The Royal Ranger"

This is a FREE event organised by Mona Vale Library and Berkelouw Books, Mona Vale. Bookings are required tel. 9970 1600 at Mona Vale Library or 9979 2112 at Berkelouw Books . Venue: Mona Vale Memorial Hall

Avalon RSL



Acoustic Lady Land
LIVE MUSIC
SATURDAYS 5–8:30PM

Backyard Ashes - from Umbrella Entertainment - Coming Soon!

Backyard Ashes is an entertaining family film that uses the famous Australian past time of backyard cricket as an analogy for the bitter sporting rivalry between England and Australia.

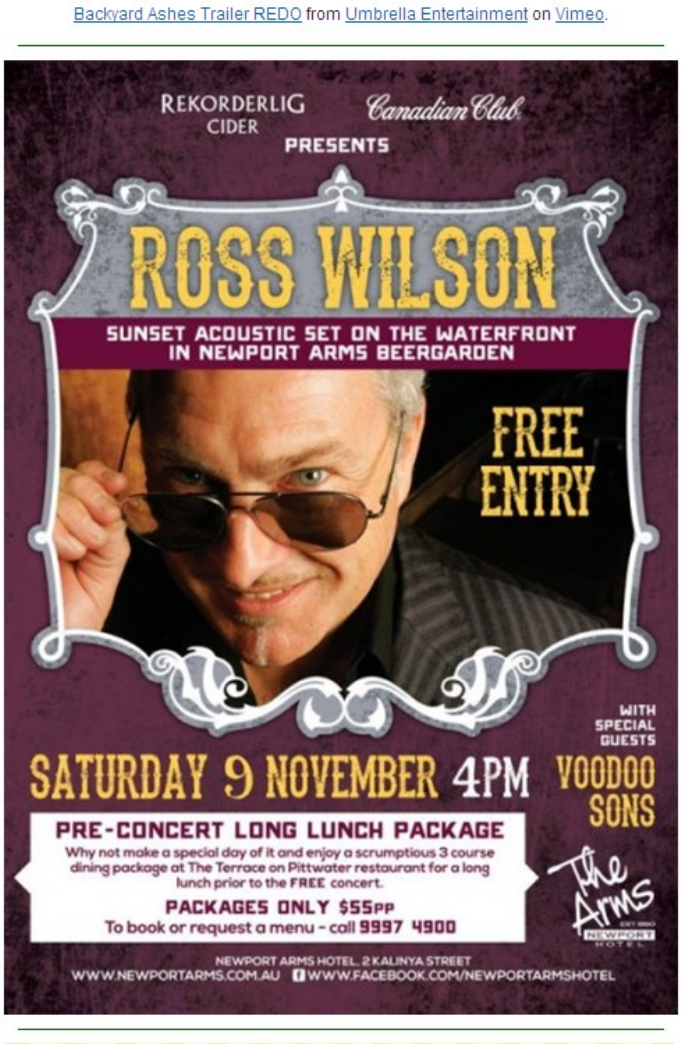
Dougie Waters loves nothing more than a weekend barbie and cricket match with his mates. But his paradise on earth is destroyed when his best mate and neighbour Norm is forced to leave town and their new boss, a pompous English administrator called Edward Lords, moves in.

The animosity between the two peaks during one fateful backyard cricket match when Dougie hits a ball that accidentally stuns Edward's prize winning cat, Dexter. The cat falls into the roaring BBQ and is instantly incinerated, leaving only ashes.

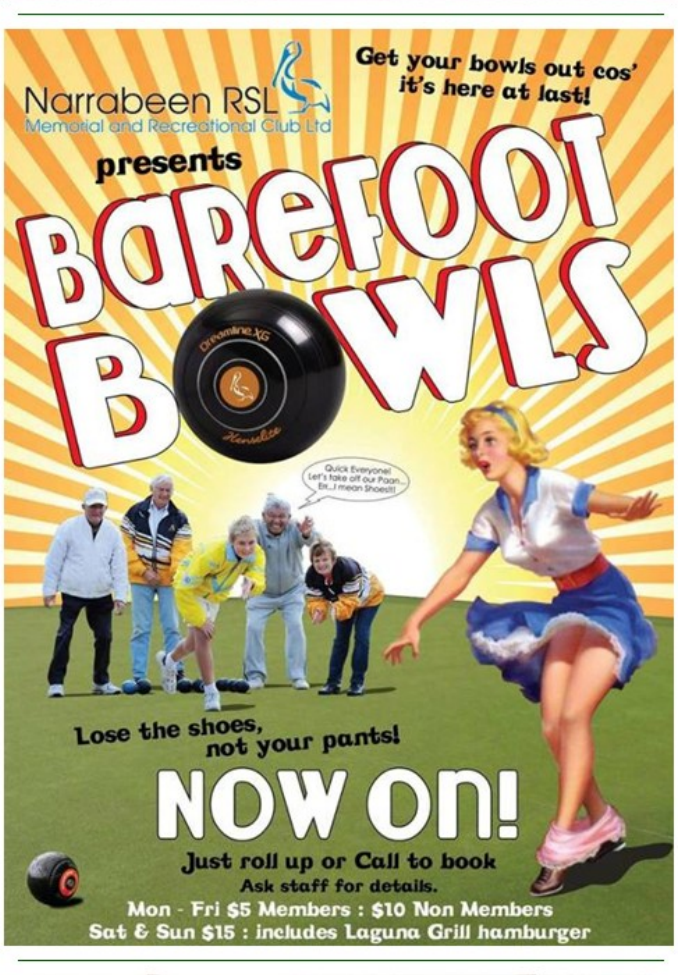
Dougie's son captures footage of the unfortunate event on camera and it is uploaded onto YouTube where the video instantly goes viral! The idea of a backyard cricketing challenge is hatched, with the winner keeping the ashes of Edward's deceased cat, Dexter. The two teams battle it out in the greatest game of backyard cricket ever for the Backyard Ashes.

Backyard Ashes Trailer
from Umbrella Entertainment PRO
01:33
vimeo

Backyard Ashes Trailer REDO from Umbrella Entertainment on Vimeo.



REKORDERLIG CIDER
Canadian Club
PRESENTS
ROSS WILSON
SUNSET ACOUSTIC SET ON THE WATERFRONT IN NEWPORT ARMS BEERGARDEN
FREE ENTRY
WITH SPECIAL GUESTS VOODOO SONS
SATURDAY 9 NOVEMBER 4PM
PRE-CONCERT LONG LUNCH PACKAGE
Why not make a special day of it and enjoy a scrumptious 3 course dining package at The Terrace on Pittwater restaurant for a long lunch prior to the FREE concert.
PACKAGES ONLY $55PP
To book or request a menu - call 9997 4900
The Arms
NEWPORT ARMS HOTEL 2 KALINYA STREET
WWW.NEWPORTARMS.COM.AU WWW.FACEBOOK.COM/NEWPORTARMSHOTEL



Narrabeen RSL
Memorial and Recreational Club Ltd
presents
Barefoot Bowls
Get your bowls out cos' it's here at last!
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

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.'

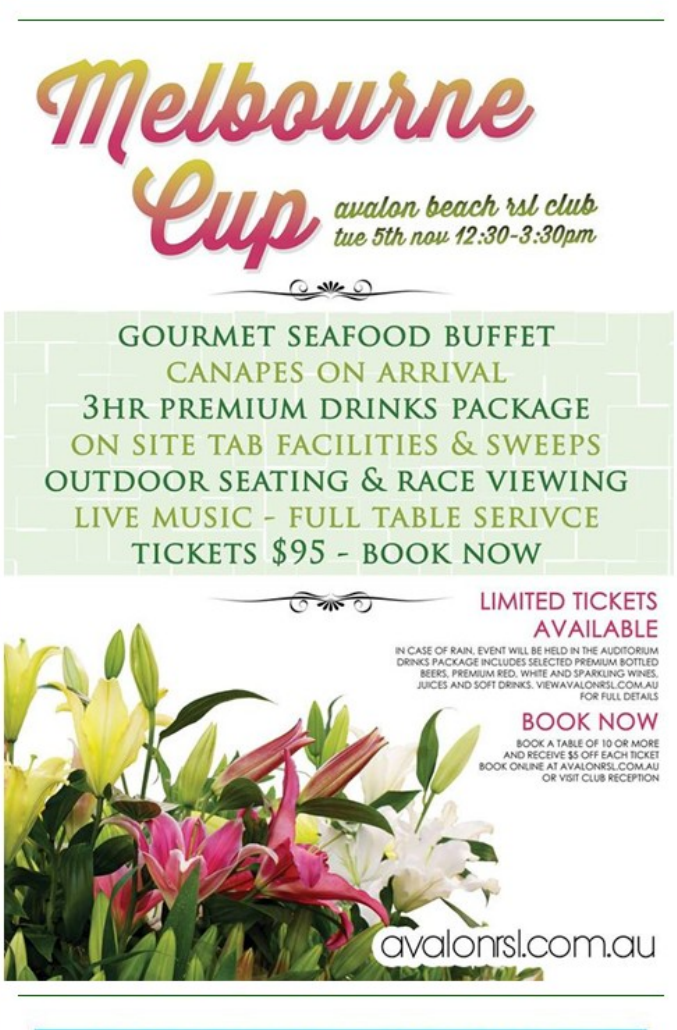
Many of the other greatest maps in the world will be on show in the exhibition, including treasures which have never before been allowed out of their European vaults.

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.

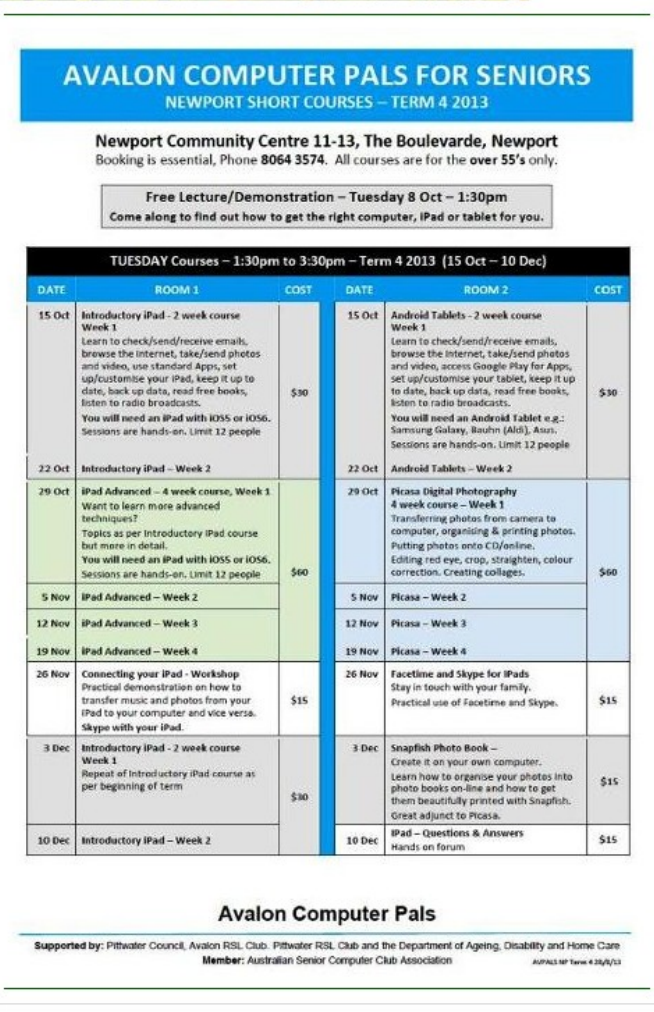
'It will be the first time many of these maps have been seen in the southern hemisphere,' Mr Stokes said.

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.



Melbourne Cup
avalon beach rsl club
tue 5th nov 12:30-3:30pm
GOURMET SEAFOOD BUFFET
CANAPES ON ARRIVAL
3HR PREMIUM DRINKS PACKAGE
ON SITE TAB FACILITIES & SWEEPS
OUTDOOR SEATING & RACE VIEWING
LIVE MUSIC - FULL TABLE SERIVCE
TICKETS $95 - BOOK NOW
LIMITED TICKETS AVAILABLE
BOOK NOW
avalonrsl.com.au



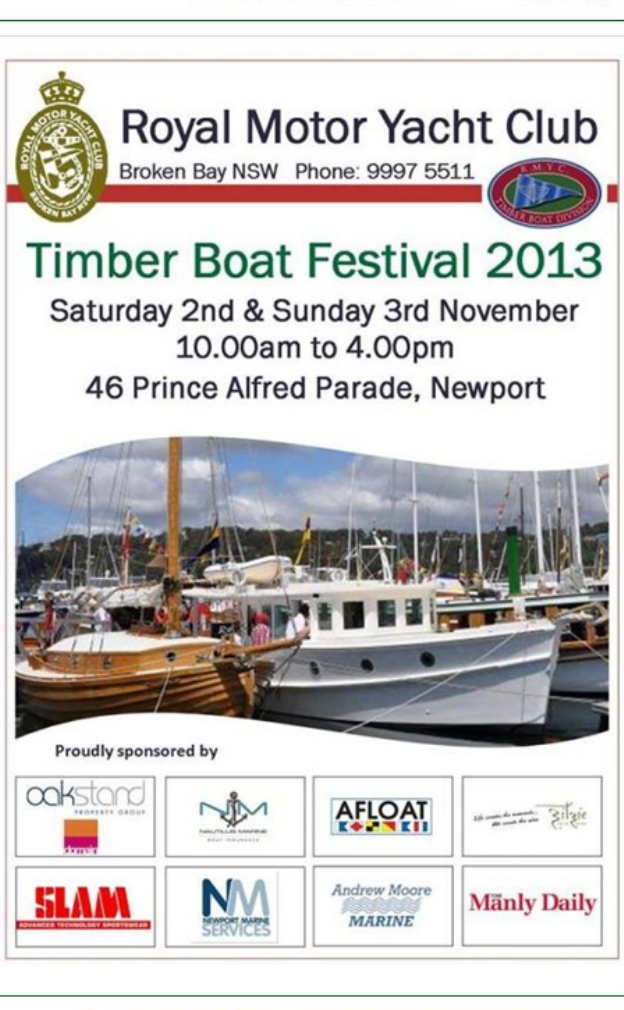
AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013
Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only.

Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

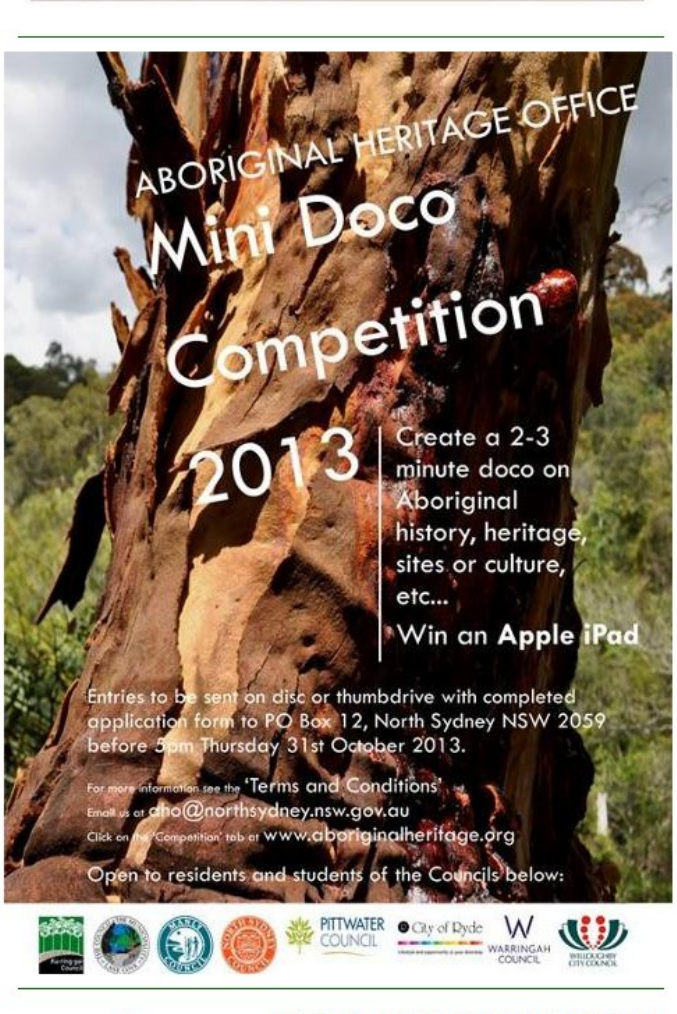
TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	Introductory iPad - 2 week course Week 1	$30	15 Oct	Android Tablets - 2 week course Week 1	$30
22 Oct	Introductory iPad – Week 2		22 Oct	Android Tablets – Week 2	
29 Oct	iPad Advanced – 4 week course, Week 1	$60	29 Oct	Picasa Digital Photography 4 week course – Week 1	$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	$15	26 Nov	Facetime and Skype for iPads	$15
3 Dec	Introductory iPad - 2 week course Week 1	$30	3 Dec	Snapfish Photo Book –	$15
10 Dec	Introductory iPad – Week 2		10 Dec	iPad – Questions & Answers	$15

Avalon Computer Pals



Royal Motor Yacht Club
Broken Bay NSW Phone: 9997 5511
Timber Boat Festival 2013
Saturday 2nd & Sunday 3rd November
10.00am to 4.00pm
46 Prince Alfred Parade, Newport
Proudly sponsored by
oakstand
AFLOAT
SLAM
NM
Andrew Moore MARINE
Manly Daily



ABORIGINAL HERITAGE OFFICE
Mini Doco Competition 2013
Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...
Win an Apple iPad
Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.
For more information see the 'Terms and Conditions'
Email us at aho@northsydney.nsw.gov.au
Click on the 'Competition' tab at www.aboriginalheritage.org
Open to residents and students of the Councils below:

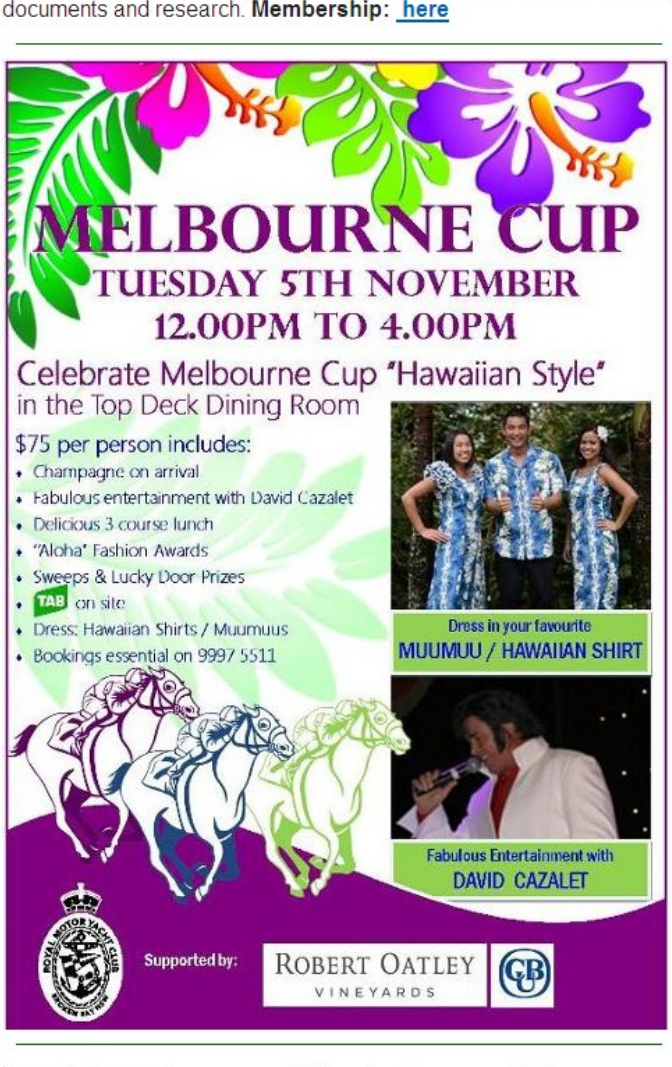
MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

Next meeting: When: Saturday 12 October 2013, 2.30pm

Where: Mona Vale Library- Topic: The Irish Boys at Burnside; Speaker: Dr Keith Amos

Please note the November meeting also - Zoe Pollock speaking on The History Council of NSW, also at Mona Vale Library, 2.30pm on Saturday 9 November.

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**



MELBOURNE CUP
TUESDAY 5TH NOVEMBER
12.00PM TO 4.00PM
Celebrate Melbourne Cup "Hawaiian Style"
in the Top Deck Dining Room
$75 per person includes:
- Champagne on arrival
- Fabulous entertainment with David Cazalet
- Delicious 3 course lunch
- "Aloha" Fashion Awards
- Sweeps & Lucky Door Prizes
- TAB on site
- Dress: Hawaiian Shirts / Muumuus
- Bookings essential on 9997 5511

Dress in your favourite MUUMUU / HAWAIIAN SHIRT
Fabulous Entertainment with DAVID CAZALET
Supported by: ROBERT OATLEY VINEYARDS

Pittwater Camera Club
More at: Profile and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday October 14
Our members have been given the very hard task of capturing time – without including clocks or other timepieces. Gavin Roberts will determine the winner of this novel competition. Free for visitors to the club.

Monday October 28 – TBA

November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

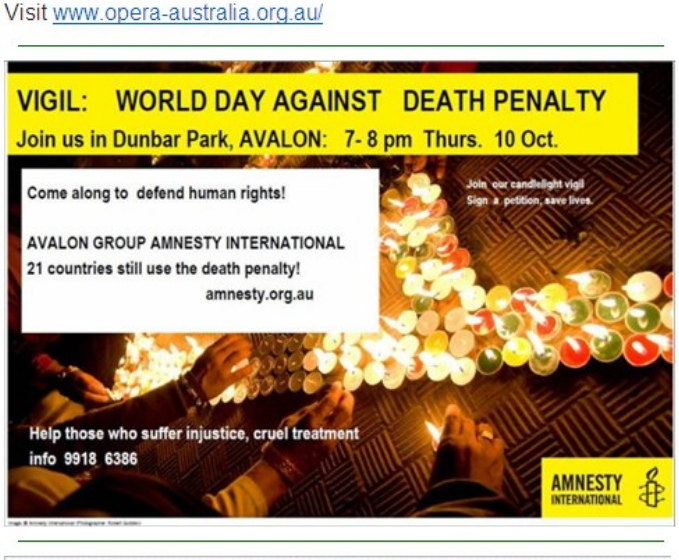
Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

OPERA AUSTRALIA
2014 Subscriptions
Now On Sale

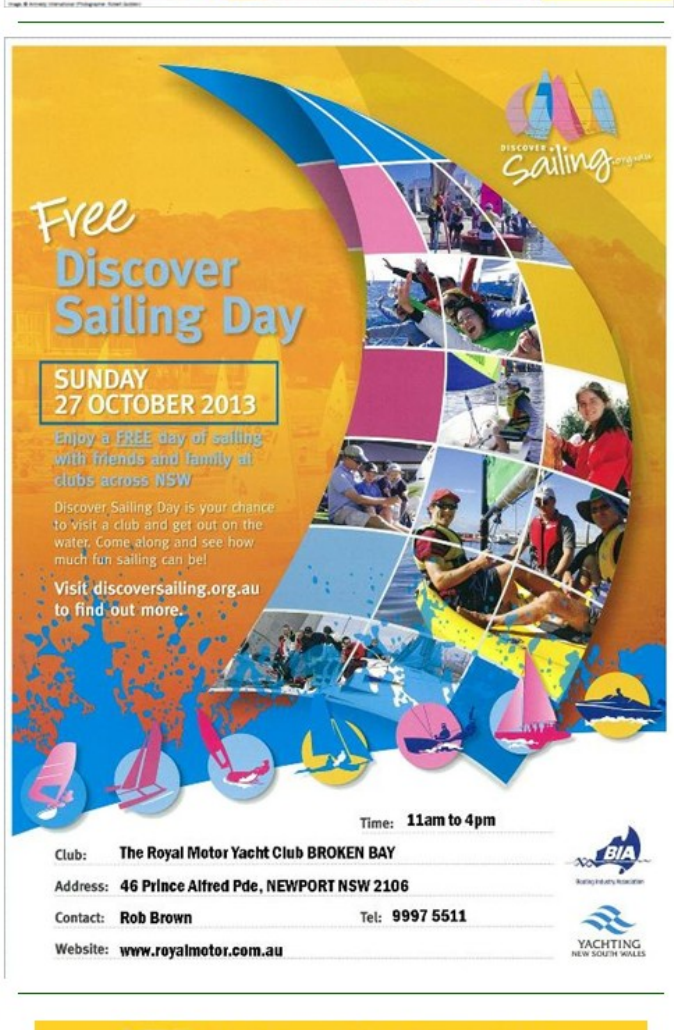
Sydney Opera House - 2014 Season

Lecherous womanising. Candy coloured bikinis. Aching nostalgia. Nine metre serpents. See it all in Opera Australia's 2014 season of opera.

Visit www.opera-australia.org.au/



VIGIL: WORLD DAY AGAINST DEATH PENALTY
Join us in Dunbar Park, AVALON: 7- 8 pm Thurs. 10 Oct.
Come along to defend human rights!
AVALON GROUP AMNESTY INTERNATIONAL
21 countries still use the death penalty!
amnesty.org.au
Join our candlelight vigil. Sign a petition, save lives
Help those who suffer injustice, cruel treatment
info 9918 6386
AMNESTY INTERNATIONAL



Free Discover Sailing Day
SUNDAY 27 OCTOBER 2013
Enjoy a FREE day of sailing with friends and family at clubs across NSW
Discover Sailing Day is your chance to visit a club and get out on the water. Come along and see how much fun sailing can be!
Visit discoversailing.org.au to find out more.

Time: 11am to 4pm
Club: The Royal Motor Yacht Club BROKEN BAY
Address: 46 Prince Alfred Pde, NEWPORT NSW 2106
Contact: Rob Brown Tel: 9997 5511
Website: www.royalmotor.com.au

WIN! ONE OF TEN FANTASTIC CRIME & MAYHEM PRIZE PACKAGES
EXHIBITION ON NOW
CITY OF SHADOWS
INNER CITY CRIME & MAYHEM 1912-1948

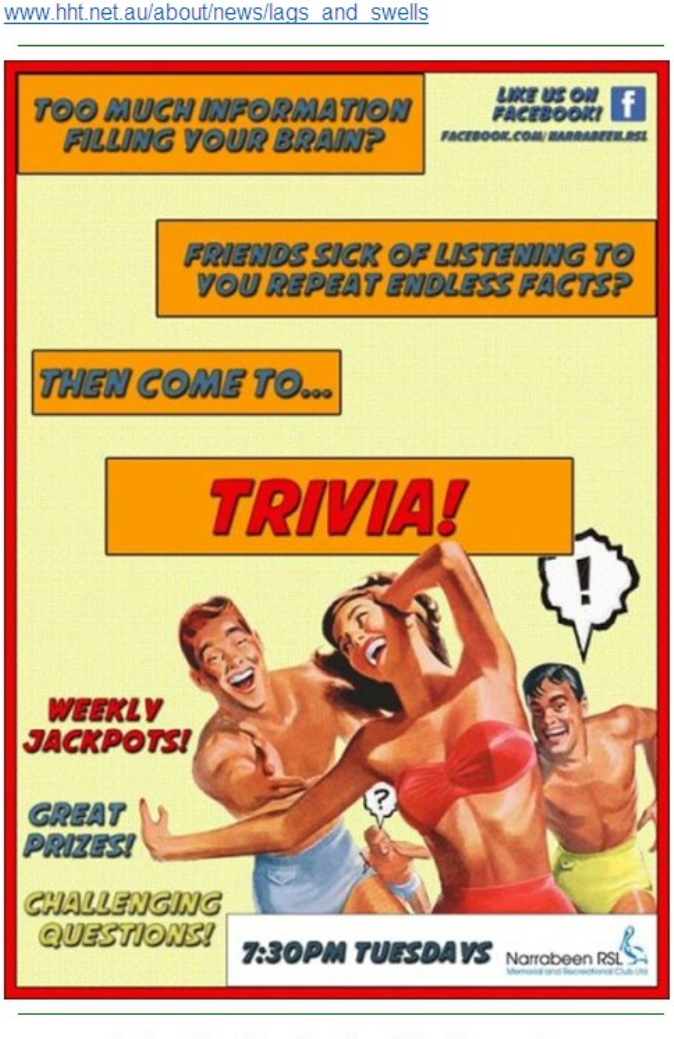
Justice & Police Museum, Cnr Albert and Phillip Streets Circular Quay Circular Quay 2000 . Between Saturday 29 June 2013 and Saturday 31 May 2014: Open Weekends Only: 10am-5pm: Adult: $10; Children: $5; Senior: $5

CHURCH POINT GENERAL STORE
Waterfront Cafe
99796633
Thursday Night Pasta & Pizza $15
Wednesday Night 2 for 1 Pizza's
Friday Night Jazz Night Local Artist
Saturday Night Spanish Guitarist 7 PM
1st Sunday of the Jazz Month 12-3
Win! Dinner for 2
Breakfast Lunch/Dinner
Watch out for upcoming events
Book your Christmas Party Now!

Sydney Living Museums

Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all... You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more:

www.hht.net.au/about/news/lags_and_swells



TOO MUCH INFORMATION FILLING YOUR BRAIN?
LIKE US ON FACEBOOK! FACEBOOK.COM/NARRABEENRSL
FRIENDS SICK OF LISTENING TO YOU REPEAT ENDLESS FACTS?
THEN COME TO...
TRIVIA!
WEEKLY JACKPOTS!
GREAT PRIZES!
CHALLENGING QUESTIONS!
7:30PM TUESDAYS
Narrabeen RSL

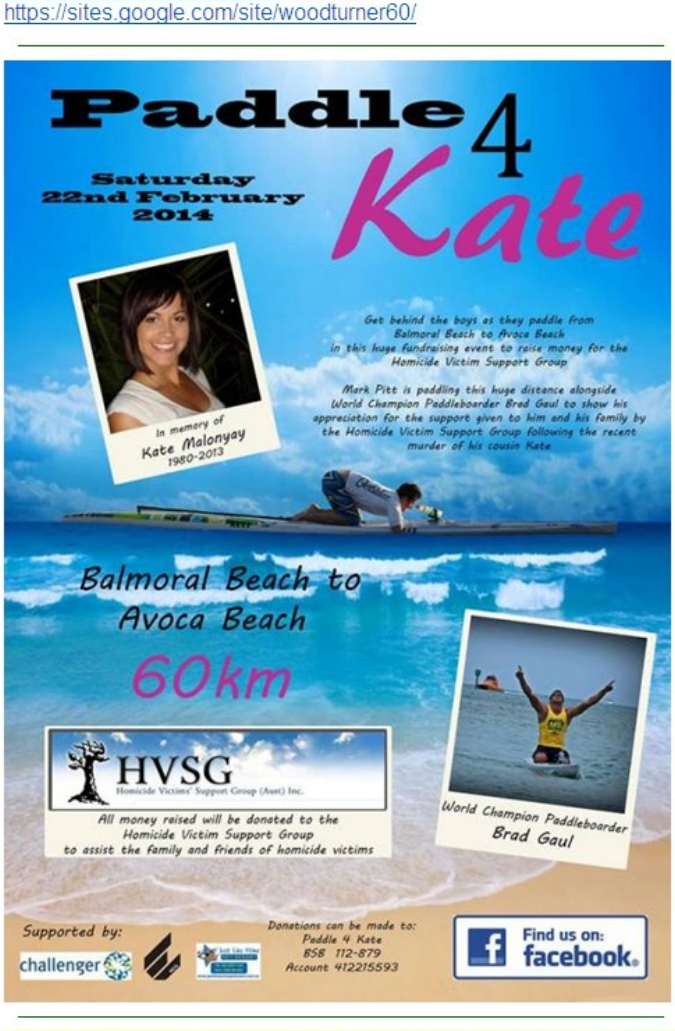
Sydney Northern Beaches Woodturners Inc

Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

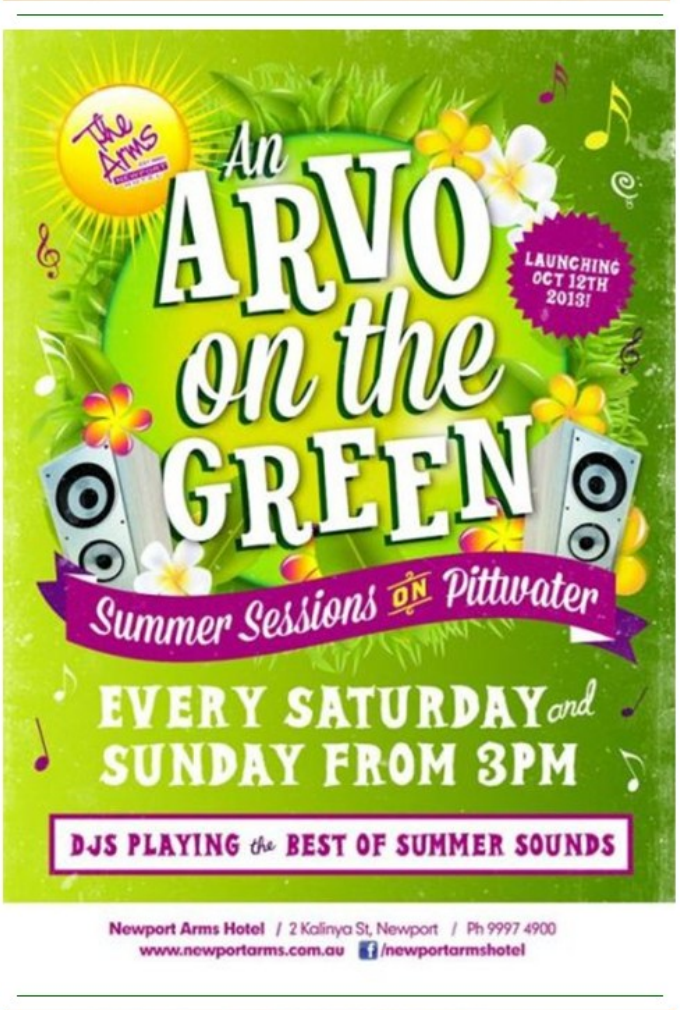
The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well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

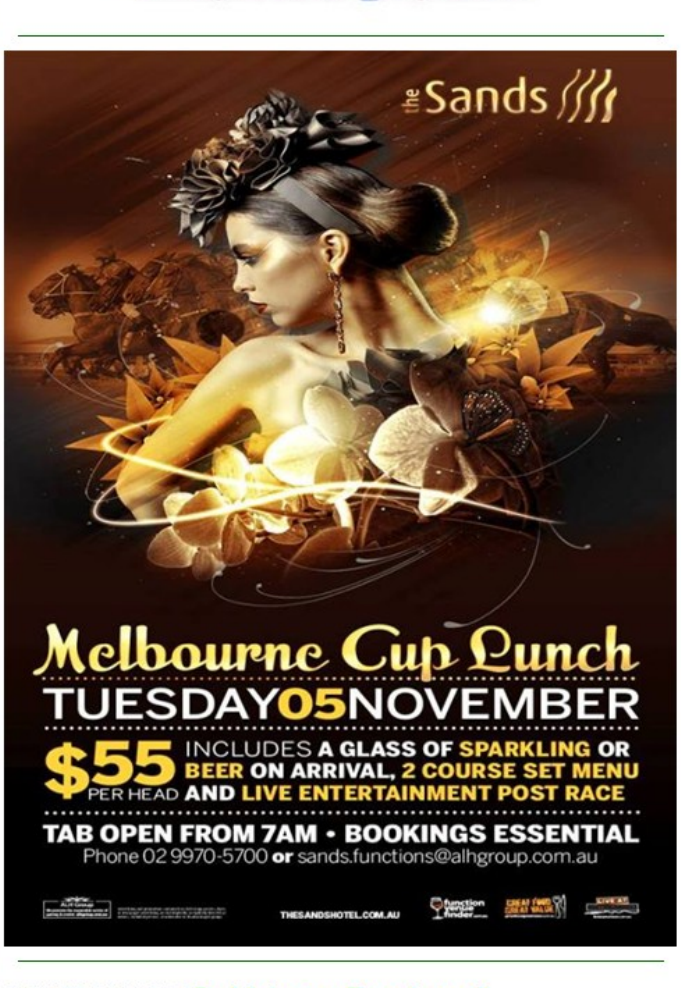
Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au . Website: https://sites.google.com/site/woodturner60/



Paddle 4 Kate
Saturday 22nd February 2014
Get behind the boys as they paddle from Balmoral Beach to Avoca Beach in this huge fundraising event to raise money for the Homicide Victim Support Group
Mark Pitt is paddling this huge distance alongside World Champion Paddleboarder Brad Gaul to show his appreciation for the support given to him and his family by the Homicide Victim Support Group following the recent murder of his cousin Kate
In memory of Kate Malonyay 1980-2013
Balmoral Beach to Avoca Beach
60km
HVSG Homicide Victims' Support Group (Aust) Inc.
All money raised will be donated to the Homicide Victim Support Group to assist the family and friends of homicide victims
World Champion Paddleboarder Brad Gaul
Supported by: challenger
Donations can be made to: Paddle 4 Kate BSB 112-879 Account 412215593
Find us on: facebook

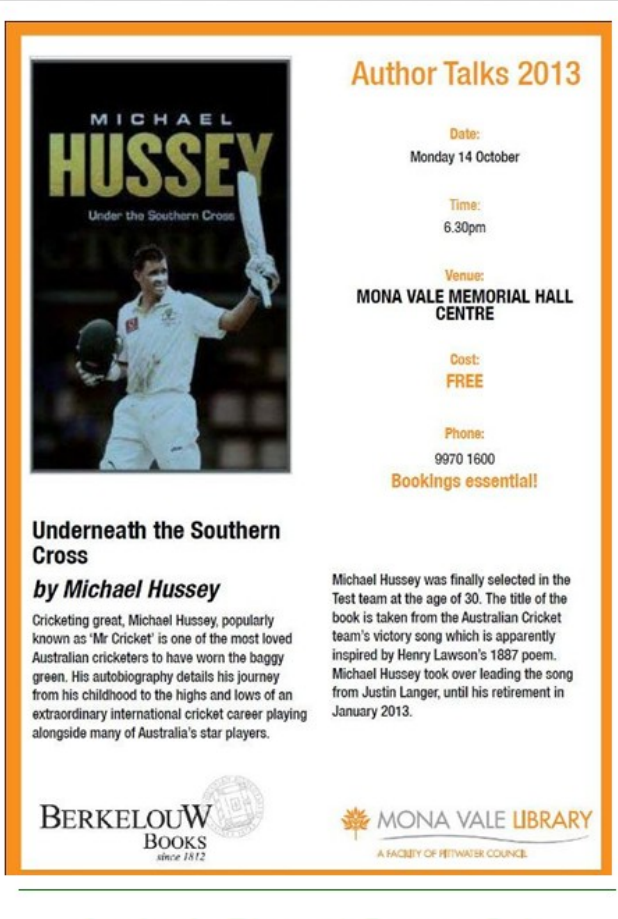


The Arms
An ARVO on the GREEN
LAUNCHING OCT 12TH 2013!
Summer Sessions on Pittwater
EVERY SATURDAY and SUNDAY FROM 3PM
DJS PLAYING the BEST OF SUMMER SOUNDS
Newport Arms Hotel / 2 Kalinya St, Newport / Ph 9997 4900
www.newportarms.com.au /newportarmshotel



the Sands
Melbourne Cup Lunch
TUESDAY 05 NOVEMBER
$55 PER HEAD INCLUDES A GLASS OF SPARKLING OR BEER ON ARRIVAL, 2 COURSE SET MENU AND LIVE ENTERTAINMENT POST RACE
TAB OPEN FROM 7AM • BOOKINGS ESSENTIAL
Phone 02 9970-5700 or sands.functions@alhgroup.com.au
THESANDSHOTEL.COM.AU

To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.



Author Talks 2013

Date: Monday 14 October
Time: 6.30pm
Venue: MONA VALE MEMORIAL HALL CENTRE
Cost: FREE
Phone: 9970 1600
Bookings essential!

MICHAEL HUSSEY
Under the Southern Cross

Underneath the Southern Cross
by Michael Hussey

Cricketing great, Michael Hussey, popularly known as 'Mr Cricket' is one of the most loved Australian cricketers to have worn the baggy green. His autobiography details his journey from his childhood to the highs and lows of an extraordinary international cricket career playing alongside many of Australia's star players.

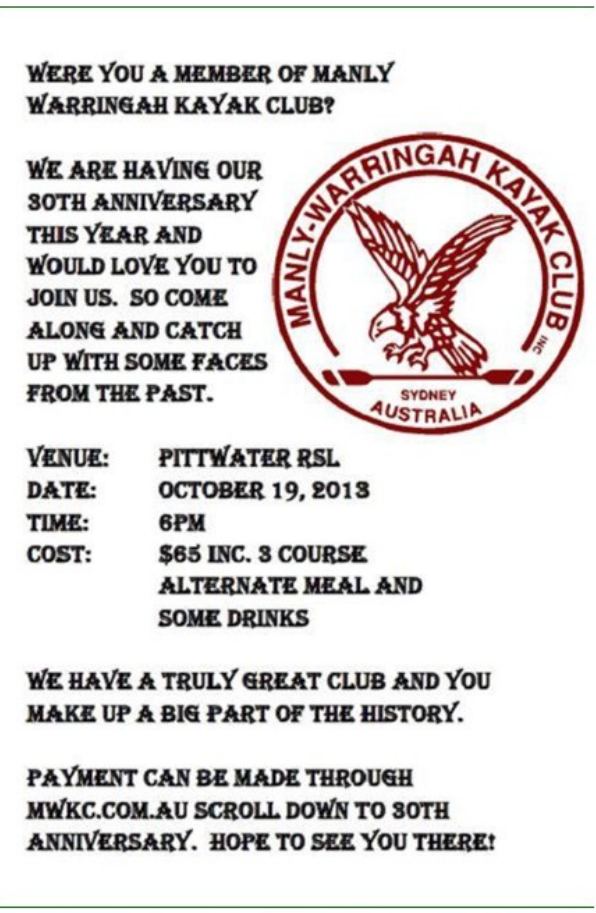
Michael Hussey was finally selected in the Test team at the age of 30. The title of the book is taken from the Australian Cricket team's victory song which is apparently inspired by Henry Lawson's 1887 poem. Michael Hussey took over leading the song from Justin Langer, until his retirement in January 2013.

BERKELOUW BOOKS since 1812
MONA VALE LIBRARY A FACILITY OF PITTWATER COUNCIL

Avalon's Biggest Garage Sale
SATURDAY OCTOBER 26TH 2013

Maria Regina Catholic Primary School is hosting ANOTHER community based garage sale for the Peninsula on the Northern Beaches- AVALON.

Held @ MARIA REGINA Catholic Primary School 42 Central Rd AVALON. **7am Start 3pm finish.**



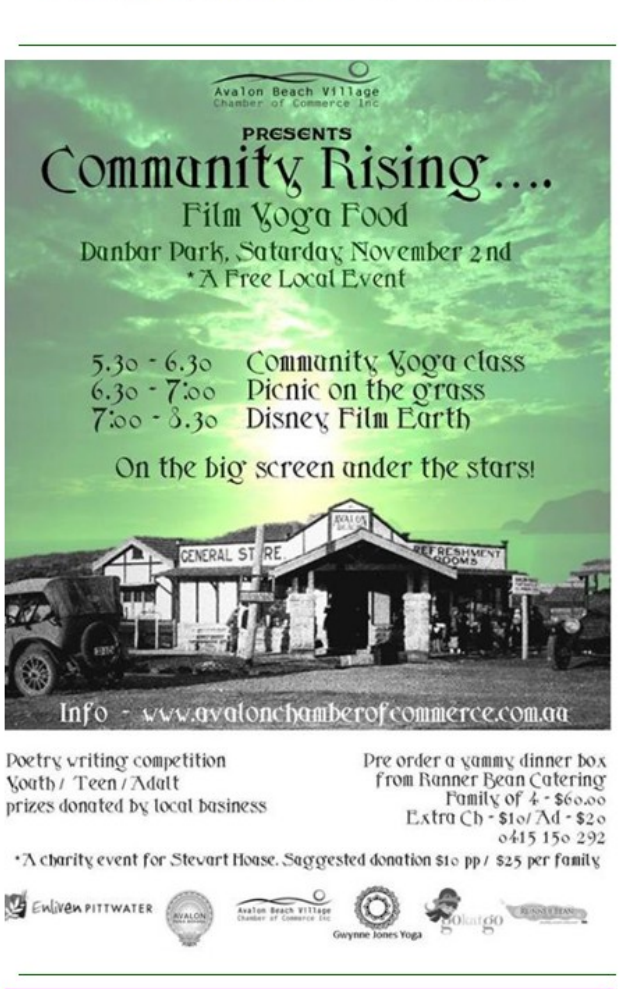
WERE YOU A MEMBER OF MANLY WARRINGAH KAYAK CLUB?

WE ARE HAVING OUR 30TH ANNIVERSARY THIS YEAR AND WOULD LOVE YOU TO JOIN US. SO COME ALONG AND CATCH UP WITH SOME FACES FROM THE PAST.

VENUE: PITTWATER RSL
DATE: OCTOBER 19, 2013
TIME: 6PM
COST: $65 INC. 3 COURSE ALTERNATE MEAL AND SOME DRINKS

WE HAVE A TRULY GREAT CLUB AND YOU MAKE UP A BIG PART OF THE HISTORY.

PAYMENT CAN BE MADE THROUGH MWKC.COM.AU SCROLL DOWN TO 30TH ANNIVERSARY. HOPE TO SEE YOU THERE!



Avalon Beach Village Chamber of Commerce Inc
PRESENTS
Community Rising….
Film Yoga Food
Dunbar Park, Saturday November 2nd
*A Free Local Event

5.30 - 6.30 Community Yoga class
6.30 - 7.00 Picnic on the grass
7.00 - 8.30 Disney Film Earth

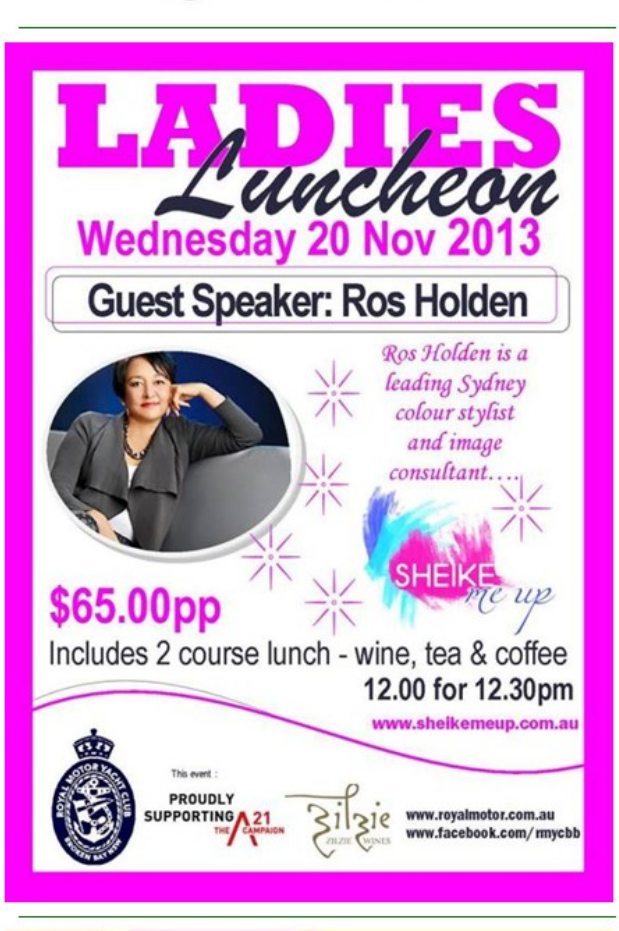
On the big screen under the stars!

Info - www.avalonchamberofcommerce.com.au

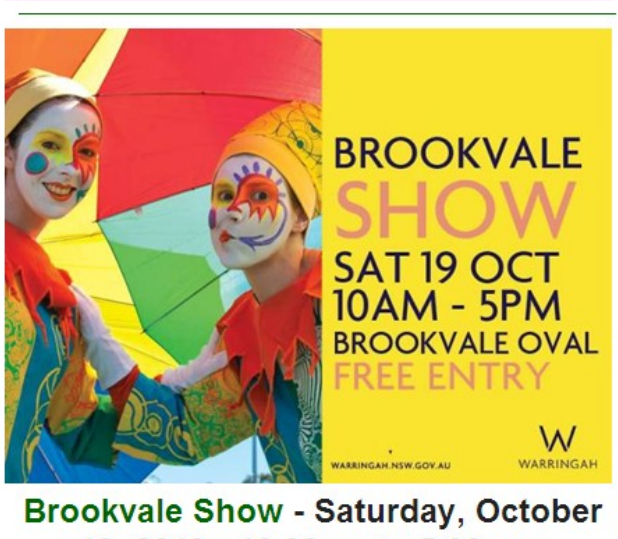
Poetry writing competition
Youth / Teen / Adult
prizes donated by local business

Pre order a yummy dinner box from Runner Bean Catering
Family of 4 - $60.00
Extra Ch - $10/ Ad - $20
0415 150 292

*A charity event for Stewart House. Suggested donation $10 pp/ $25 per family



LADIES Luncheon
Wednesday 20 Nov 2013
Guest Speaker: Ros Holden
Ros Holden is a leading Sydney colour stylist and image consultant....
SHEIKE me up
$65.00pp
Includes 2 course lunch - wine, tea & coffee
12.00 for 12.30pm
www.shelkemeup.com.au
This event PROUDLY SUPPORTING The A21 Campaign
www.royalmotor.com.au
www.facebook.com/rmycbb



Brookvale Show - Saturday, October 19, 2013 - 10:00am to 5:00pm

It's Showtime! FREE Things to See & Do

Aerial Silk Acrobatics; All day performances with Have A Go Workshops at 11.00am - 12.00pm & 2.30pm - 3.30pm; Flair Freestyle Motorbike Demonstrations; 10:45am, 1:00pm, 3:00pm, 4:30pm- Strong Man Competition (Main Arena); 3:30 - 5:00pm; Wood Chopping; Sheep Shearing; Circus Playground; Trackless Train Ride; Free Style Motorbikes; Animal Farm; Strong Man Competition; Cow Milking; Horse Show Jumping; Craft for Kids; Roving Characters; Chickens; Worm Farm; Waste Education; Edible Plant Display; Plant Giveaways; Australian Wildlife Display; Brookie Barista Competition presented by Danes Gourmet Coffee; Registrations open from 10.00am - open to all amateur baristas! - Competition Heats from 11.00am - 3.30pm

Free Stage Entertainment

10.30am Pile Groove n Shuffle

11.15am NBSC Offbeat Band

12.00pm James Willing

1.00pm Manly Sea Eagles Cheerleaders

1.30pm St Augustine's College Stage band

2.45pm Hannah Darling & Danny Ross from the VOICE

4.00pm - Vicky Turner Band

Kids Rides $5 each or 5 rides for $20

Crazy Cars; Pirate Ship; Jumping Castle; Crazy Flyer; Flying Elephants; Pony Rides;

Thrill Rides $7 each or 5 rides for $30

Hurricane; Body Rock; Sizzler; Round Up; Bungees; Super Slide;

Fun Extras

Side Show Alley; Show Bags; Food Stalls; Face Painting; Preserving Demonstrations; Warringah Aquatic Centre Water Balls; Warringah Recreation Play Centre; Freestyle Motorbikes

Freestyle Trials is a new, high energy action sport crossing the boundaries of traditional trials, BMX and Freestyle MotoX. Flair Riders will test their skills on both Gas Gas trials motorcycles and Echo trials bicycles, pushing it to the limit and having a laugh along the way. Tricks like 180's, stalls, transfers, fakies and even backflips will be performed just meters from the crowd so get ready to make lots of noise and feel the rush of adrenaline!

Flair Riders are the best in Australia, from Junior Australian Trials Champions, Trials Des Nation Competitors and even the World Freestyle Trials Champion. All riders are at the top of their game and excited to show the crowds what Freestyle Trials is all about.

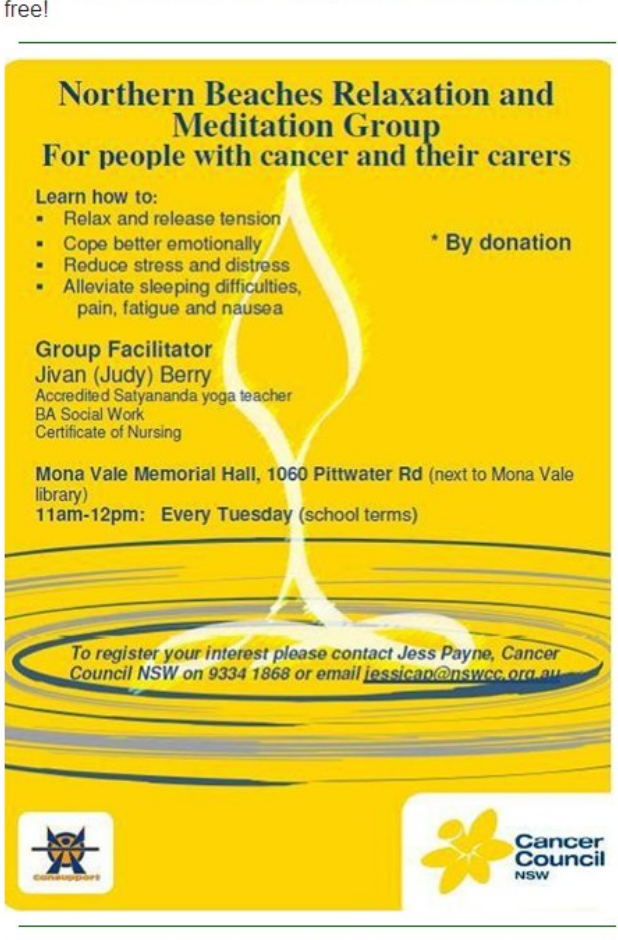
History of the Brookvale Show

Brookvale Park has a special place in the history of Warringah and turned 100 in 2011. Home to the Brookvale Agricultural Show, which ran from the 1920s to the 80s, it was once considered the warm-up event for the Royal Easter Show.

The Brookvale Show began in 1921. It was an agricultural and horticultural show that was widely seen as a rehearsal for the Royal Easter Show. Brookvale and surrounding areas were mainly farm land and farmers used to the events to showcase their produce and livestock. The first show also included a "Walk, Trot and Gallop" race between councillors and aldermen.

Over the next few decades, the Show became hugely popular and went over three days and two nights. In 1961, a crowd of 30,000 watched displays such as Australia's largest ferris wheel, trotting, marching girls and surf lifesaving displays.

Warringah Council brought back the Brookvale Show to celebrate the centenary, it was a huge success attracting more than 10,000 people. In 2012, it returned by popular demand and more than 15,000 attended. The new Brookvale Show features some of the animals that children love as well as exciting rides for older kids and historical displays for the adults. It's fun and free!



Northern Beaches Relaxation and Meditation Group
For people with cancer and their carers

Learn how to:
- Relax and release tension
- Cope better emotionally
- Reduce stress and distress
- Alleviate sleeping difficulties, pain, fatigue and nausea

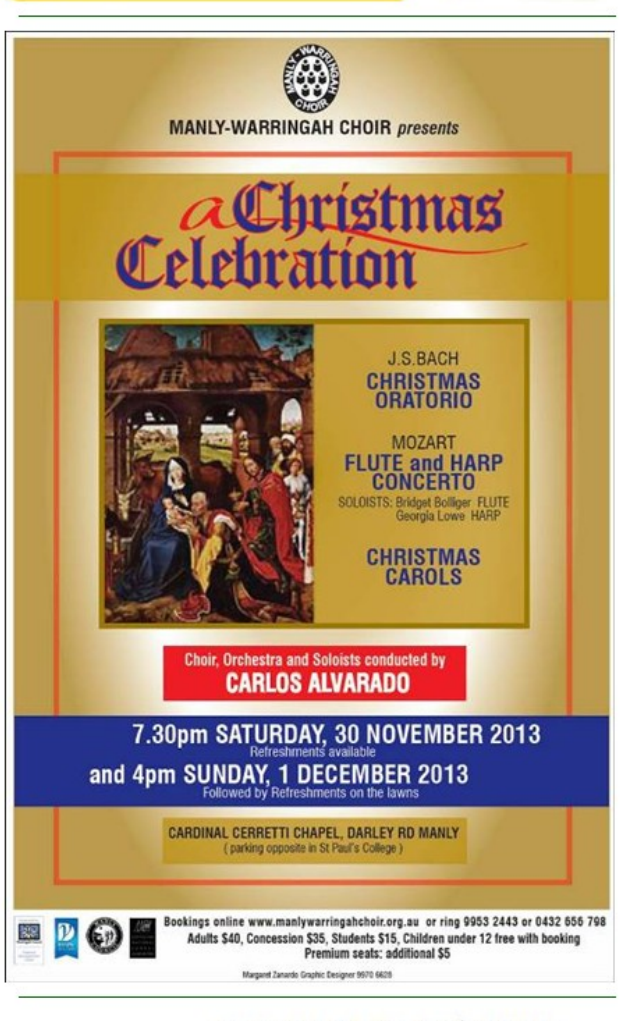
* By donation

Group Facilitator
Jivan (Judy) Berry
Accredited Satyananda yoga teacher
BA Social Work
Certificate of Nursing

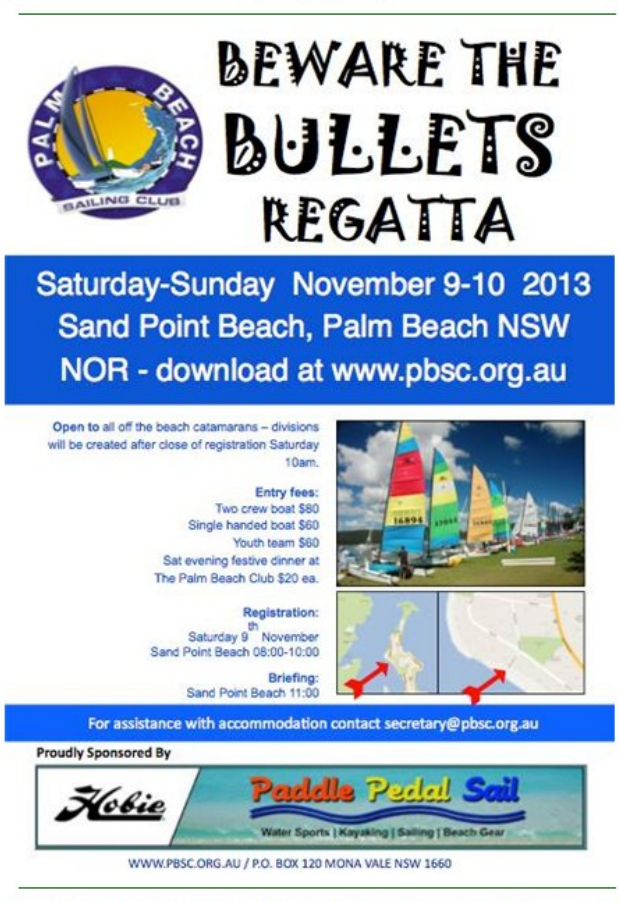
Mona Vale Memorial Hall, 1060 Pittwater Rd (next to Mona Vale library)
11am-12pm: Every Tuesday (school terms)

To register your interest please contact Jess Payne, Cancer Council NSW on 9334 1868 or email jessicap@nswcc.org.au

Cancer Council NSW



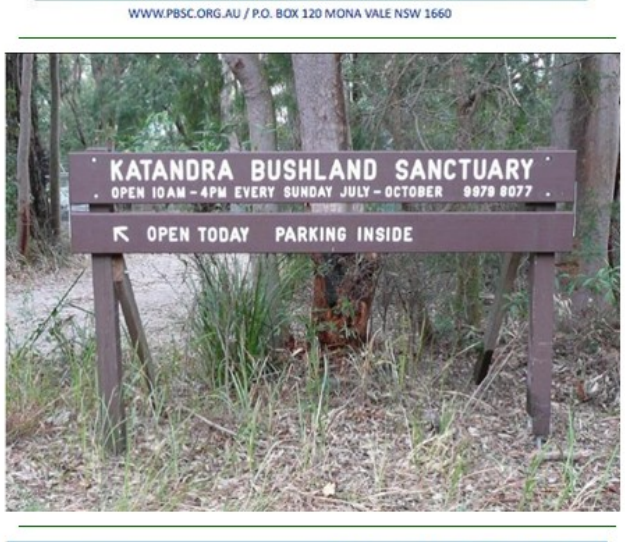
MANLY-WARRINGAH CHOIR presents
a Christmas Celebration
J.S.BACH CHRISTMAS ORATORIO
MOZART FLUTE and HARP CONCERTO
SOLOISTS: Bridget Bolliger FLUTE Georgia Lowe HARP
CHRISTMAS CAROLS
Choir, Orchestra and Soloists conducted by CARLOS ALVARADO
7.30pm SATURDAY, 30 NOVEMBER 2013
Refreshments available
and 4pm SUNDAY, 1 DECEMBER 2013
Followed by Refreshments on the lawns
CARDINAL CERRETTI CHAPEL, DARLEY RD MANLY
(parking opposite in St Paul's College)
Bookings online www.manlywarringahchoir.org.au or ring 9905 2443 or 0432 955 798
Adults $40, Concession $35, Students $15, Children under 12 free with booking
Premium seats: additional $5

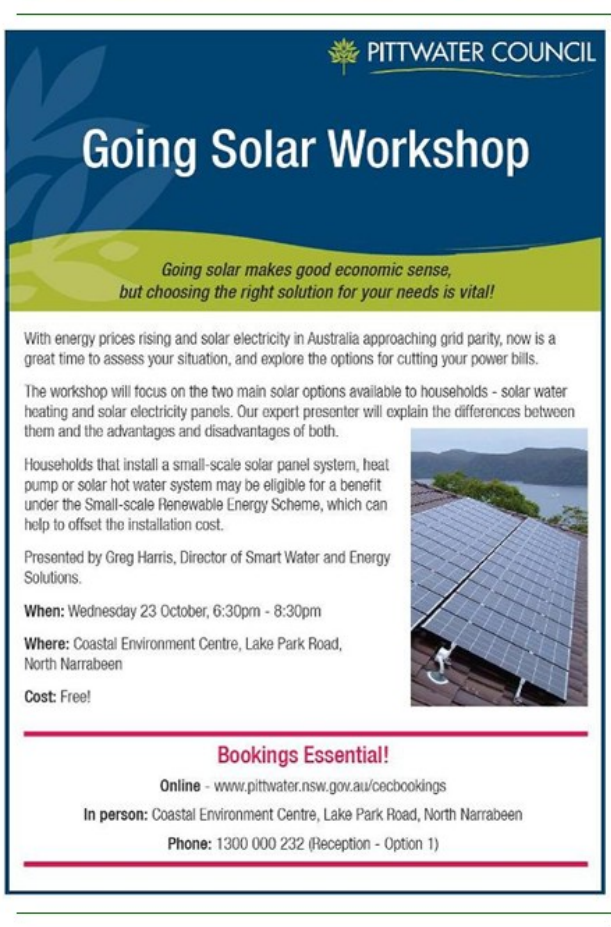


BEWARE THE BULLETS REGATTA
PALM BEACH SAILING CLUB
Saturday-Sunday November 9-10 2013
Sand Point Beach, Palm Beach NSW
NOR - download at www.pbsc.org.au

Open to all off the beach catamarans – divisions will be created after close of registration Saturday 10am.
Entry fees:
Two crew boat $80
Single handed boat $60
Youth team $60
Sat evening festive dinner at The Palm Beach Club $20 ea.
Registration:
Saturday 9th November
Sand Point Beach 08:00-10:00
Briefing:
Sand Point Beach 11:00

For assistance with accommodation contact secretary@pbsc.org.au
Proudly Sponsored By
Hobie
Paddle Pedal Sail
WWW.PBSC.ORG.AU / P.O. BOX 120 MONA VALE NSW 1660


KATANDRA BUSHLAND SANCTUARY
OPEN 10AM - 4PM EVERY SUNDAY JULY - OCTOBER 9978 0077
OPEN TODAY PARKING INSIDE



PITTWATER COUNCIL

Going Solar Workshop

Going solar makes good economic sense, but choosing the right solution for your needs is vital!

With energy prices rising and solar electricity in Australia approaching grid parity, now is a great time to assess your situation, and explore the options for cutting your power bills.

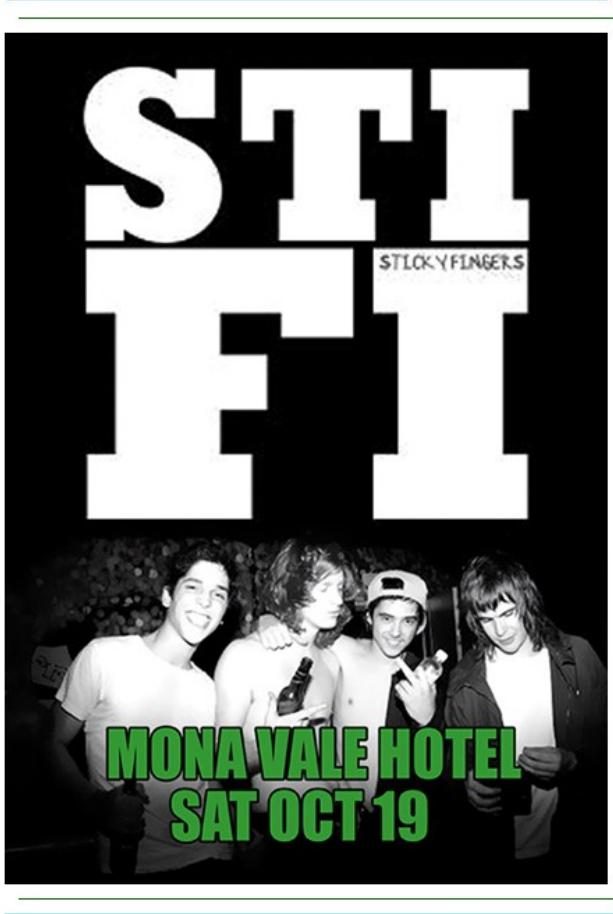
The workshop will focus on the two main solar options available to households - solar water heating and solar electricity panels. Our expert presenter will explain the differences between them and the advantages and disadvantages of both.

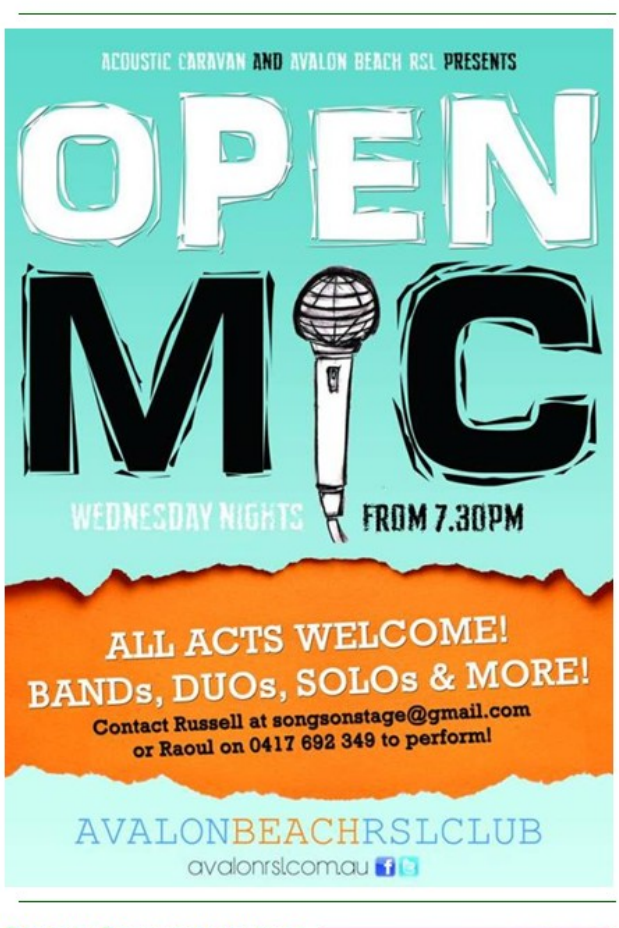
Households that install a small-scale solar panel system, heat pump or solar hot water system may be eligible for a benefit under the Small-scale Renewable Energy Scheme, which can help to offset the installation cost.

Presented by Greg Harris, Director of Smart Water and Energy Solutions.

When: Wednesday 23 October, 6:30pm - 8:30pm
Where: Coastal Environment Centre, Lake Park Road, North Narrabeen
Cost: Free!

Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)





ACOUSTIC CARAVAN AND AVALON BEACH RSL PRESENTS
OPEN MIC
WEDNESDAY NIGHTS FROM 7.30PM
ALL ACTS WELCOME!
BANDs, DUOs, SOLOs & MORE!
Contact Russell at songsonstage@gmail.com or Raoul on 0417 692 349 to perform!
AVALONBEACHRSLCLUB
avalonrsl.com.au

Rhonda Burchmore to jazz up Twilight Concert – Ku-ring-gai Council

Pack a picnic and join us for the second Twilight Concert themed 'All that jazz' at Killara's Selkirk Park on **Saturday 19 October,** 5pm - 8pm.

The free concert will feature acclaimed performer Rhonda Burchmore, along with the Ray Alldridge Jazz Ensemble and jazz band Galapagos Duck performing 50's & 60's jazz hits.

PITTWATER RSL CLUB

WOMEN OF SOUL Dinner Show on Saturday 12 October!!

A Tribute to Soul Divas 'Women of Soul' starring Mindy Kwanten & Evie J Willie is at the Club on Saturday 12th October.

This special performance features Deni Hines, Casey Donovan & Angel Tupai and will also include a special 2 Course Menu by Executive Chef, Paul Sanders. Tickets are $55 for this dinner show so be quick!! Ticket bookings phone 02 9997-3833

PSEUDO ECHO HERE ON SAT 16TH NOVEMBER!!!

FREEDOM OUTDOORS .COM.AU

Big news - we're going to focus on the mighty Hawkesbury River over the next few months with three paddles that will cover over 75kms of the prettiest part of this historic waterway.

Bay of Islands NZ Adventure Paddle - Nov 16 to 24

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Motorua Island, the second largest in the Bay. Learn rock gardening and kayak surfing - great fun and easy to do. Our two qualified instructors will show you how. Climaxed with a full day of tall ship cruising. Led by Adrian Clayton. Amazing value at $1,998

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

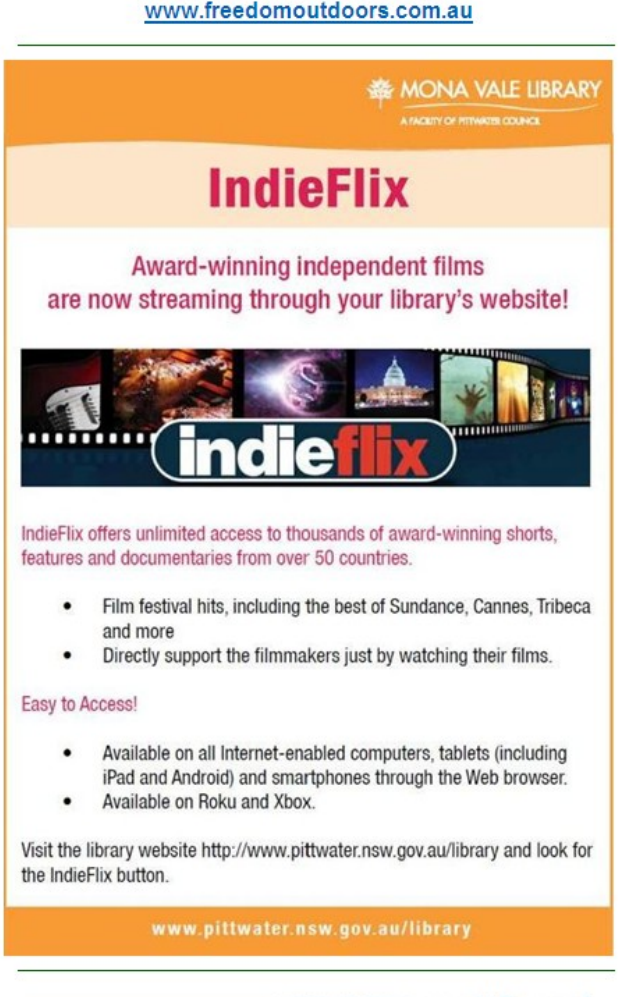
KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on: www.freedomoutdoors.com.au



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

IndieFlix

Award-winning independent films are now streaming through your library's website!

IndieFlix offers unlimited access to thousands of award-winning shorts, features and documentaries from over 50 countries.

- Film festival hits, including the best of Sundance, Cannes, Tribeca and more
- Directly support the filmmakers just by watching their films.

Easy to Access!

- Available on all Internet-enabled computers, tablets (including iPad and Android) and smartphones through the Web browser.
- Available on Roku and Xbox.

Visit the library website http://www.pittwater.nsw.gov.au/library and look for the IndieFlix button.

www.pittwater.nsw.gov.au/library

CONVICT SYDNEY
EXHIBITION ON NOW

Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street …

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg-irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.

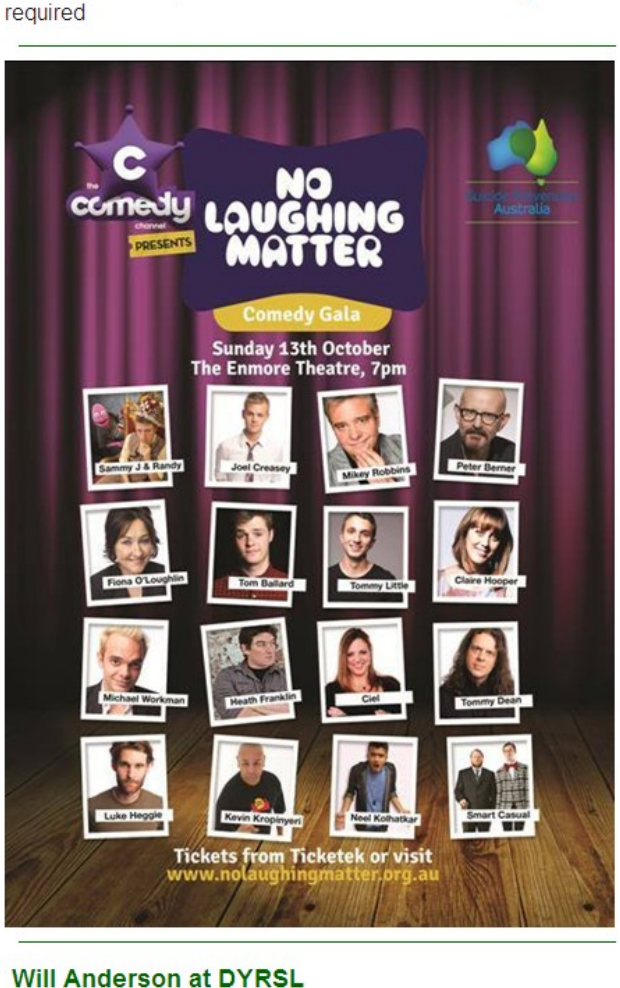
PITTWATER COUNCIL

Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required


The Comedy Channel PRESENTS
NO LAUGHING MATTER
Comedy Gala
Sunday 13th October
The Enmore Theatre, 7pm
Tickets from Ticketek or visit www.nolaughingmatter.org.au

Will Anderson at DYRSL

WIL ANDERSON
GOODWIL

Will Anderson is now on sale at DYRSL. Don't miss out on a world class comedian. Will Anderson is a 3 time winner of the People's Choice Award at the Melbourne Comedy Festival.

Friday 11th October, doors open 7:30pm.

Tickets available by calling reception on 9454 4000 or online at http://www.dyrsl.com.au/Entertainment/ticketed.cfm

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

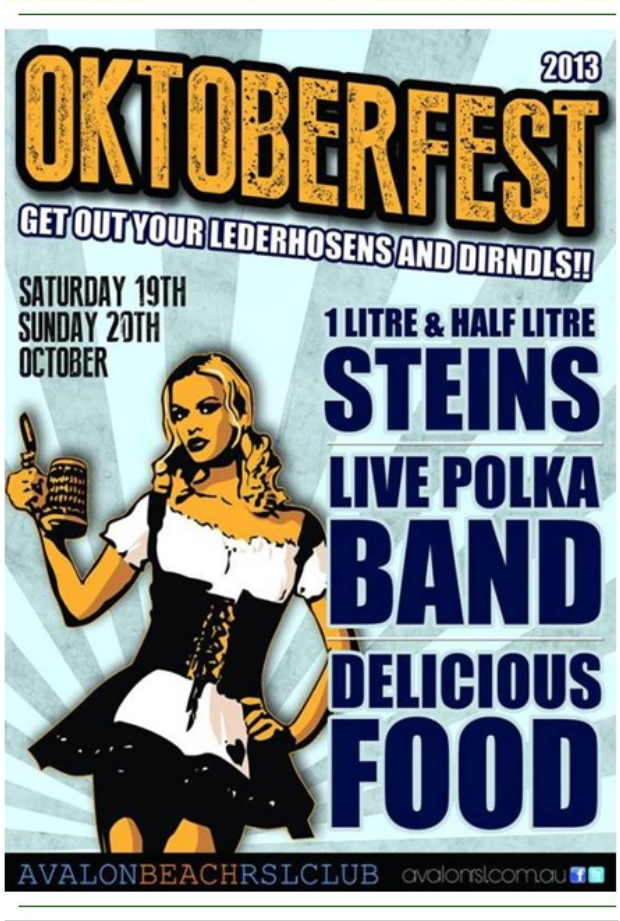
MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

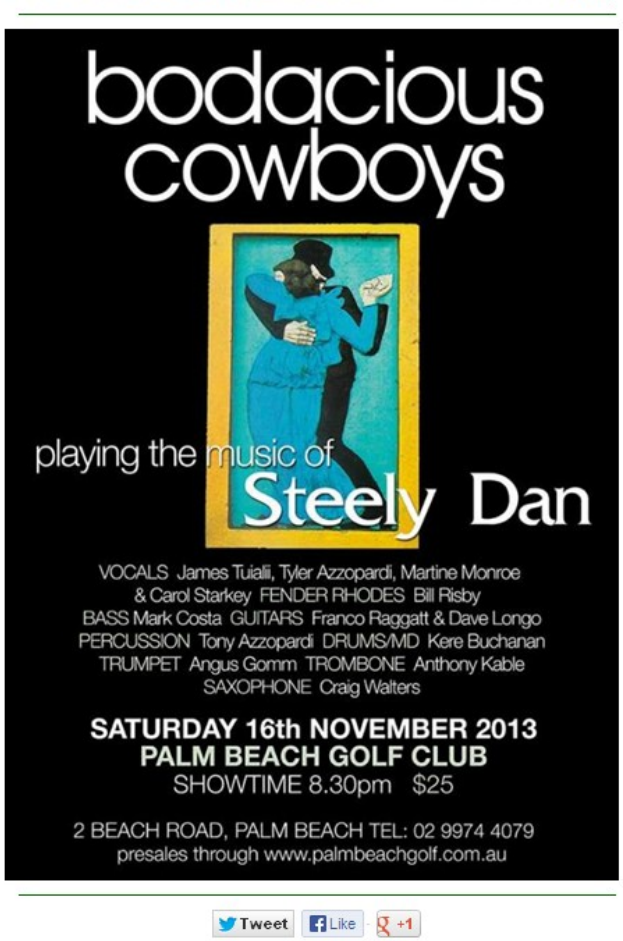
Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

Manly Art Gallery & Museum
MANLY ARTS FESTIVAL

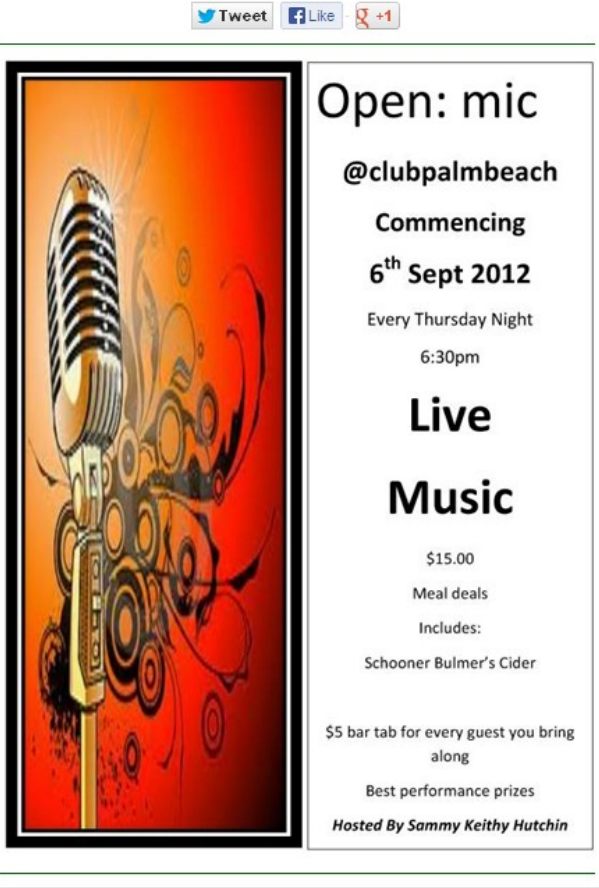


2013
OKTOBERFEST
GET OUT YOUR LEDERHOSENS AND DIRNDLS!!
SATURDAY 19TH
SUNDAY 20TH
OCTOBER
1 LITRE & HALF LITRE STEINS
LIVE POLKA BAND
DELICIOUS FOOD
AVALONBEACHRSLCLUB avalonrsl.com.au

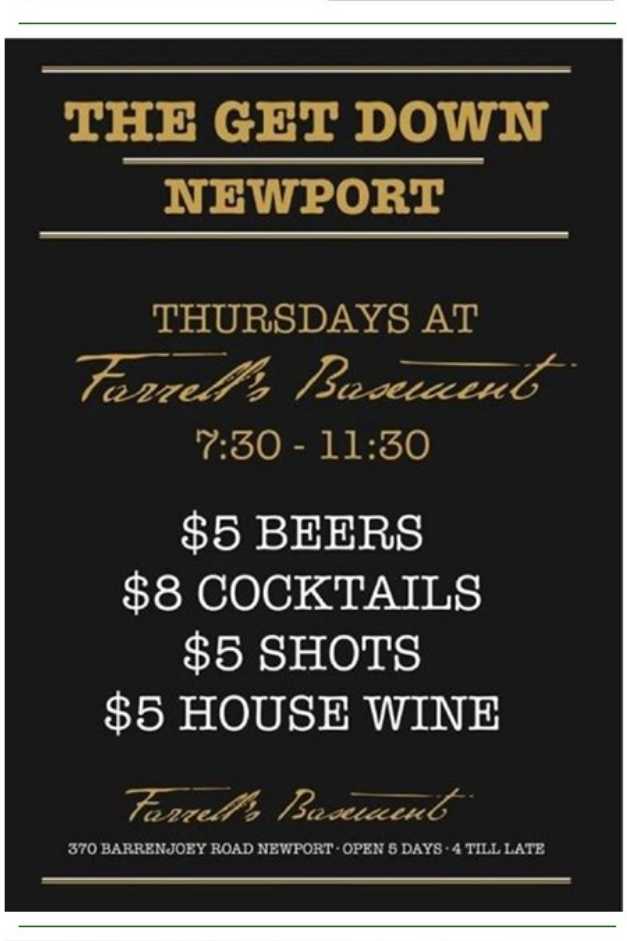


bodacious cowboys
playing the music of Steely Dan
VOCALS James Tuiali, Tyler Azzopardi, Martine Monroe & Carol Starkey FENDER RHODES Bill Risby
BASS Mark Costa GUITARS Franco Raggatt & Dave Longo
PERCUSSION Tony Azzopardi DRUMS/MD Kere Buchanan
TRUMPET Angus Gomm TROMBONE Anthony Kable
SAXOPHONE Craig Walters
SATURDAY 16th NOVEMBER 2013
PALM BEACH GOLF CLUB
SHOWTIME 8.30pm $25
2 BEACH ROAD, PALM BEACH TEL: 02 9974 4079
presales through www.palmbeachgolf.com.au

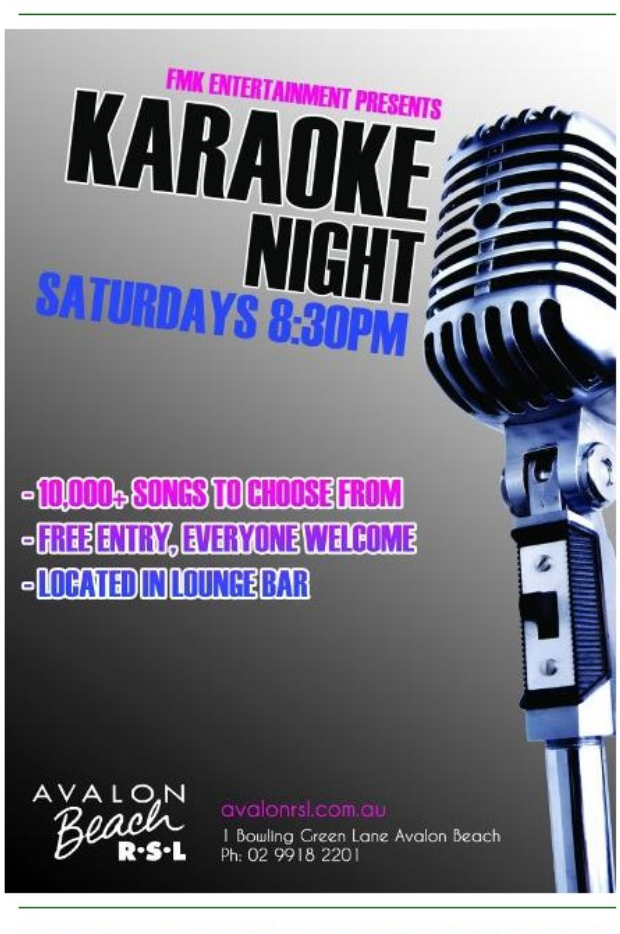
Tweet Like +1



Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin



THE GET DOWN NEWPORT
THURSDAYS AT
Farrell's Basement
7:30 - 11:30
$5 BEERS
$8 COCKTAILS
$5 SHOTS
$5 HOUSE WINE
Farrell's Basement
370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE



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

Australia's newest indigenous Festival launches 2013 Program

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

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

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

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

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

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

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

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

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

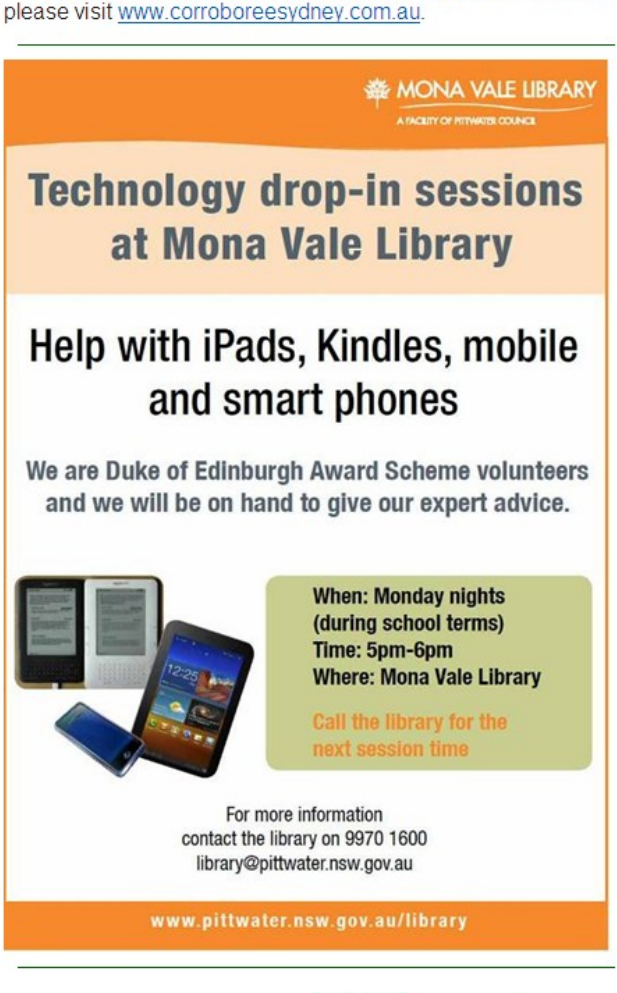
"Art and culture is a crucial part of the social fabric of Aboriginal and Torres Strait Islander communities throughout Australia.

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

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

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

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



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library
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For more information
contact the library on 9970 1600
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www.pittwater.nsw.gov.au/library

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/**

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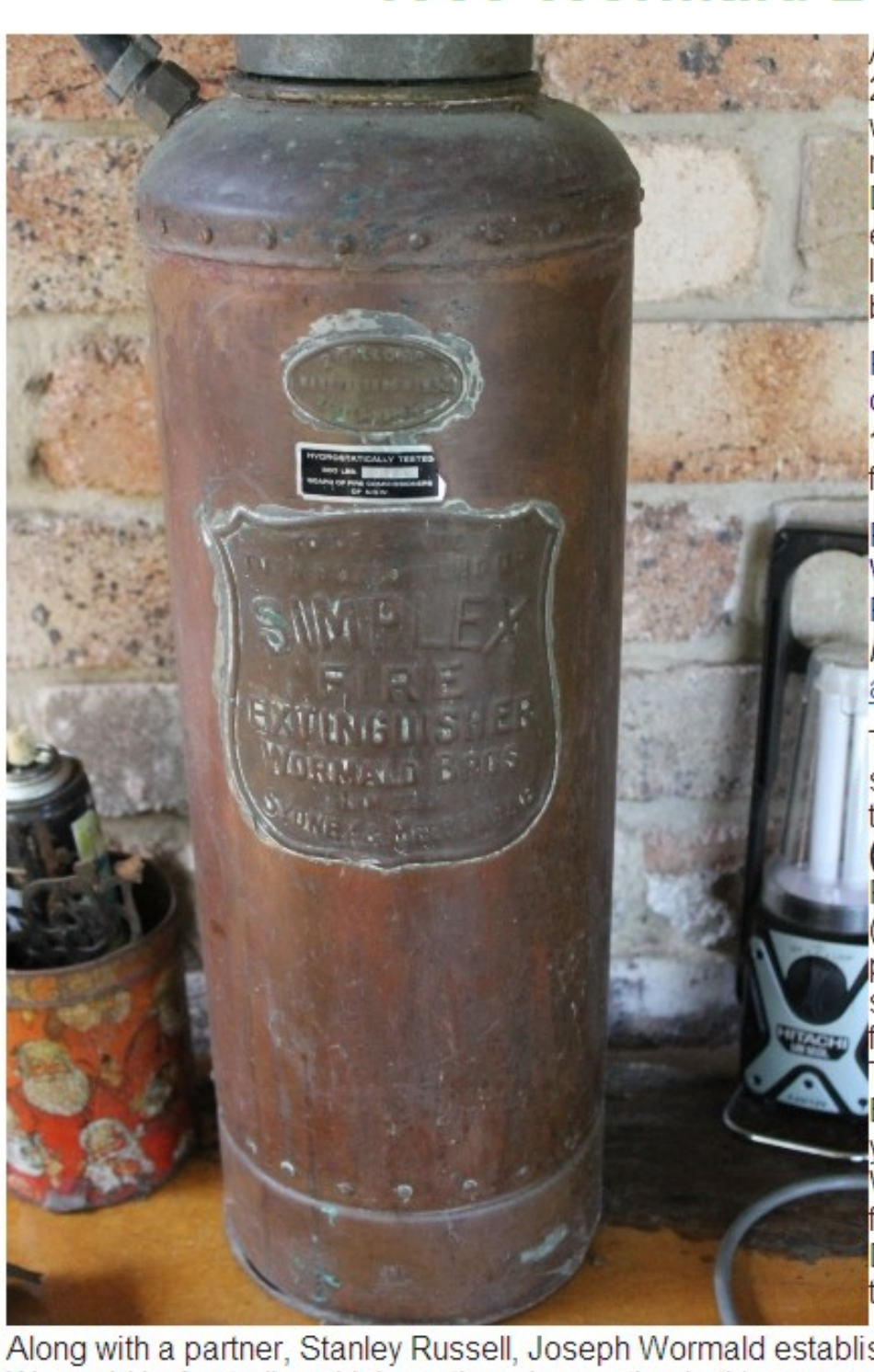
Pittwater Online News

October 13 - 19, 2013: Issue 132

1933 Wormald Brass Fire Extinguisher

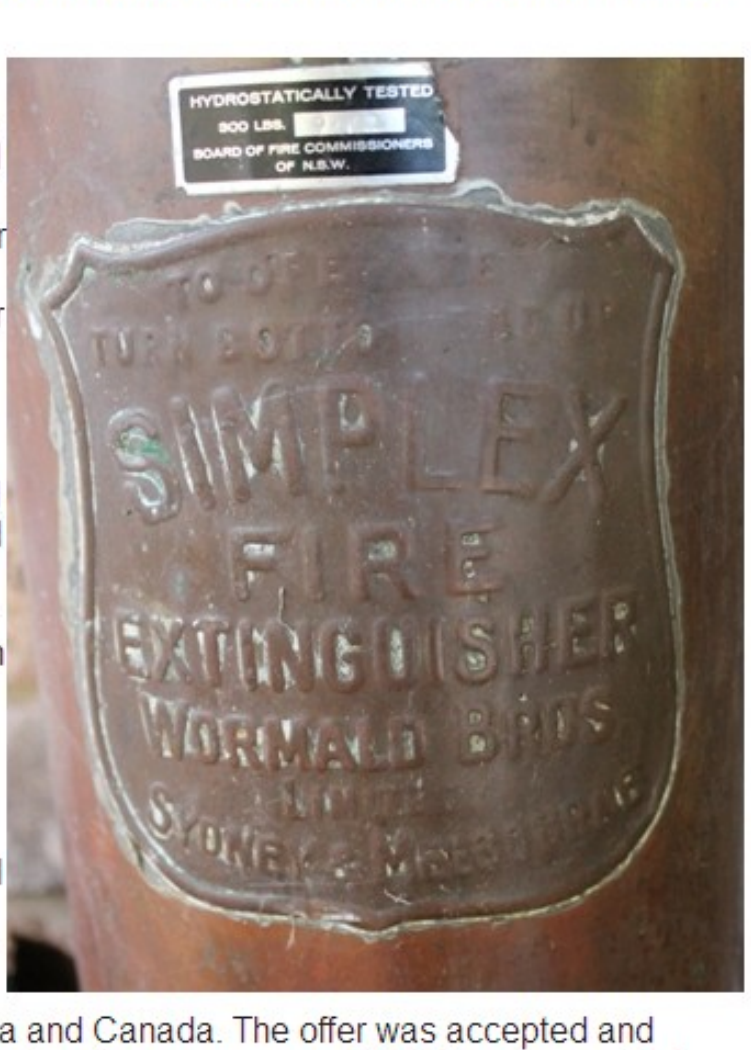


Although this 1933 Wormald Fire Extinguisher will only sell for around 100 to 200 dollars on ebay or elsewhere, its weight in brass and copper, from which is composed in its entirety, would fetch around 300 dollars from metal recyclers. In 1933, cited by many as one of the worst years of The Depression in Australia, these newly manufactured Simplex Fire extinguishers may not have had much of a market as some were selling for less then half their retail cost or were being offloaded by people going out of business::

FIRE EXTINGUISHERS (Simplex) for sale tested and charged Half original cost - B3179 WHARINGS 223 George st. Advertising. (**1933, December 16**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17033324

FIRE EXTINGUISHERS 10 Simplex Extinguishers for Sale cost £3/10/ each Will accept £1 each Room 23 first floor Vickery s Chambers62 Pitt street Phone B6652_Advertising. (**1933, October 19**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article17016854

The Wormald Brothers in Australia story began with the eldest brother in this trio in 1885, when **John Wormald (later Sir - right)**, then of the Mutual Fire Insurance Corporation (Manchester, England), wrote the first pamphlet of rules for automatic sprinklers. In 1889, after he had joined forces with Messrs. Dowson and Taylor, 'Fire Engineers of the Simplex Extinguisher', and appointed his younger brother, Joseph Dawson Wormald, as the Australian sales agent for the Grinnell sprinkler head which Dowson & Tayor were marketing through Mather & Platt as suppliers. Along with a partner, Stanley Russell, Joseph Wormald established the business, Russell and Wormald in Australia, which continued operating in this name until 1900. Joined in Australia by another Wormald brother, (Henry) Harry Percy Wormald, they formed the business, Wormald Brothers. It became a limited company in 1911 and a public listed company in 1949. It became known as Wormald International and later went on to absorb Mather & Platt Ltd. itself. John Wormald last visited Australia in 1932, the year before he died.



Some sources state that in 1788 John Carey an Englishman had experimented with a heat-operated device for discharging water through a system of pipes to extinguish a fire and had developed his ideas by 1806 into a workable model. In 1809 Lieutenant-General Sir William Congreve invented another perforated pipe system and three years later, a valve sealed by a fusible solder, whilst in 1864 Major Stewart Harrison of the 1st Engineer (London) Volunteers, gave the world the first Automatic Sprinkler Head. In 1874 Henry S. Parmelee, a piano manufacturer of New England, America, placed an automatic sprinkler on the market, and finally Frederick Grinnell, another American and his brother, the head of the Providence Gas, Steam and Water Pipe Company, patented the first reliable and commercially successful automatic sprinkler head in 1882.

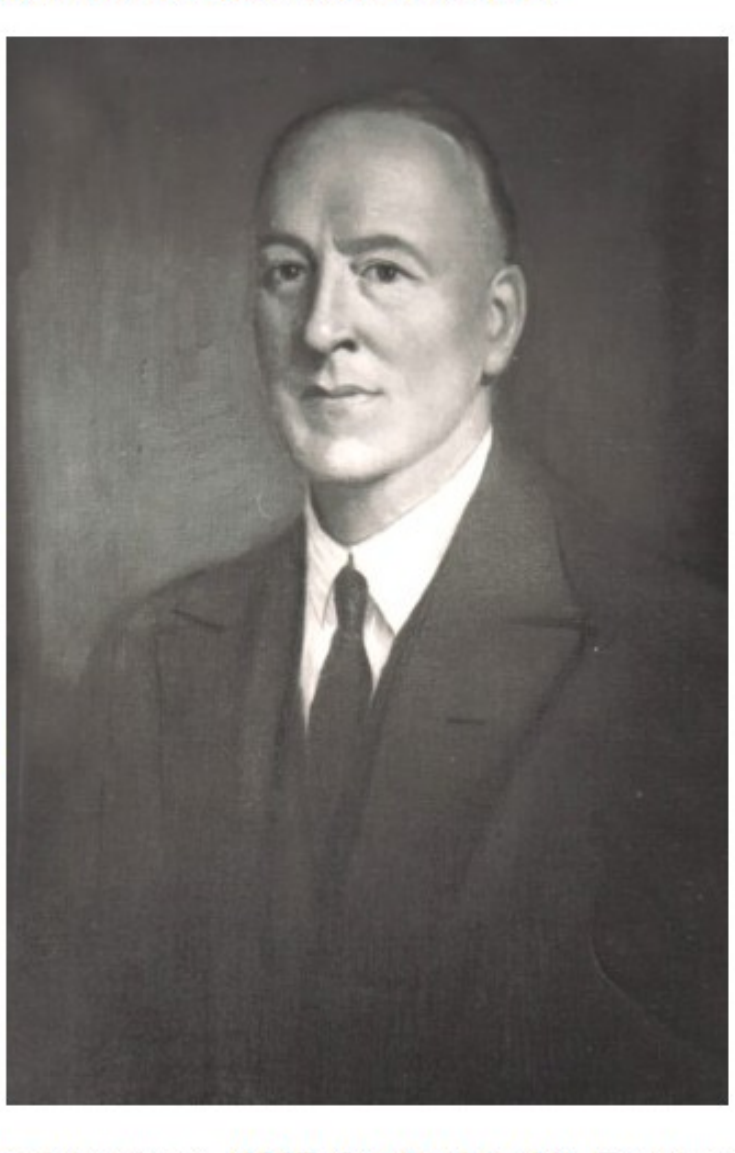
As Insurance companies were the originators of many of our Fire Brigades both here and in England, communicating to these how vital such a system could be was imperative and Frederick Grinnell travelled to Manchester in 1881, demonstrating the Automatic Sprinkler and Fire Alarm System at Bolton. The device for extinguishing a fire in its early stages by the use of water and, simultaneously sounded an alarm to summon such human aid as may be required to turn off the water after the sprinkler equipment has performed its task of extinguishing the fire was a huge step forward for factories of all kinds.

In 1883 William Mather visited the United States of America to investigate American methods of technical education and in the course of his travels met Frederick Grinnell, who had just patented his new "Grinnell" automatic sprinkler head. Apparently Mr. Grinnell was amazed and delighted that an Englishman should give his time and pay his own expenses to travel in search of knowledge for the benefit of his country, without a hope of personal reward, and offered William Mather the sole selling rights for the "Grinnell" sprinkler for the whole of the world excepting the territories of the United States of America and Canada. The offer was accepted and Mather & Platt thus had their first 'baptism' in the business of fire engineering. At the same time two young men, Ralph Dowson and John Taylor started a partnership in the fire Engineering business. These two young men worked together for the Chemical Fire Engineering Company of Bolton, and had, in the early days of their partnership, designed and placed on the market the first two-gallon "Simplex" Soda-Acid Fire Extinguisher which was very similar in basic principles as hand appliances in use today.

The first fire extinguisher of which there is any record was patented in England in 1723 by Ambrose Godfrey, a celebrated chemist at that time. It consisted of a cask of fire-extinguishing liquid containing a pewter chamber of gunpowder. This was connected with a system of fuses which were ignited, exploding the gunpowder and scattering the solution. This device was probably used to a limited extent, as Bradley's Weekly Messenger for November 7th, 1729, refers to its efficiency in stopping a fire in London.

The modern fire extinguisher was invented by British Captain George William Manby in 1818; it consisted of a copper vessel of 3 gallons (13.6 liters) of pearl ash (potassium carbonate) solution contained within compressed air.

Joseph Dawson Wormald (right) arrived in Australia in 1889, entering into partnership with Stanley Russell to manufacture and import fire appliances. Living alternately in Sydney and Melbourne, the partners operated an agency from the Manchester engineering firm of Mather & Platt Ltd for the Grinnell sprinkler and Simplex fire extinguishers and fire door, as well as for the Palatine Insurance Co. Ltd of Manchester. Russell retired in 1896.



Harry Percy Wormald (left) joined Dowson, Taylor & Co. in 1888, (later Mather & Platt Ltd). He reached Sydney in 1890 and in 1891-98 was accountant cashier for the Scottish Union & National Insurance Co. In 1898 he became sub-manager for Russell & Wormald and in 1900 was admitted into partnership when the name was changed to Wormald Bros.

By 1907, with its factory and store at 7 Deans Place and its office at 17 Bond Street, Sydney, Wormald Bros had agents throughout Australasia. With engineer W. E. L. Wears, in 1909 the brothers set up Embosteel Ltd to manufacture steel ceilings and embossed metal fittings, but within four years sold to Wunderlich Ltd. On 21 December 1910 Wormald Bros Ltd was registered with a nominal capital of £25,000 in £1 shares. The original works to make Simplex equipment were moved to Surry Hills and then in 1912 to Young Street, Waterloo, where rolling shutters and hollow metal windows were made in 1913 and steel shelving three years later. In 1916 a branch was opened in Brisbane and in 1919 a factory was set up in Bay Street, Port Melbourne. (1.)

No. 14,809. APPLICANT:— **Joseph Dawson Wormald, Sydney. LAND:— City of Sydney, 11 3/4 perches. In Little Albion street. Surry Hills,** part Block E 14, Riley Estate, and part 105 acres granted to Joseph Foveanx; adjoining property of S. R. Wilshire. Advertising. (**1907, September 14**). *Evening News* (Sydney, NSW : 1869 - 1931), p. 7. Retrieved from http://nla.gov.au/nla.news-article112639615

A Few insights into the Early Years of what this family gave to Australia:

A FIRE EXTINGUISHER. At the invitation of Messrs. Wormald Brothers and Wears, fire protection engineers, and with the permission of George P. Harris and Searle, & Co., limited, **a large gathering of merchants, insurance managers, and architects, including Sir. Booker(Superintendent of the Fire Brigade)**, visited the warehouse, Gawler place, on Wednesday, to witness a practical test of fire extinction, by the 'Grinnell Sprinkler and Automatic Fire Alarm.' Briefly, the system of installation consists in a 6-in. water supply being brought in from the main, and reticulated throughout the premises under certain rules laid down by the fire underwriters. The reticulation pipes are distributed along the ceilings, and at intervals of from 8 to 10 feet, are fixed the sprinklets, such spacing providing for the protection of not more than 100 square ft. of floor area. The ascending heat from such a cause as fire, immediately the temperature has reached 133 deg. Fahr., causes the fusable valve to open, and discharge water sufficient to extinguish a fire its incipient stages. The opening action of the sprinkler, by a mechanical contrivance at the heart of the installation, causes an alarm to be sounded, and the call summons the fire brigade to complete the work of extinction, should the fire not have been actually put out. Messrs. Harris, **Scarie's instillation is the sixty ninth erected in Australasia, and this number is protecting upwards of £4,090,000 of insurances**. To date the Australasian record consists of 34 fires, and **the total loss and the damage caused in connection with £2,750, 000 of insurances is under £1,500. according to the claims paid.** To demonstrate the working under actual conditions of fire, Mr. Wears arranged Wednesday's test in the cart way leading from Rundle street to the packing and delivery yard of the firms premises. A large fire was lit and in 1 min 20 seconds the alarm sounded. In 10 min. from the time of starting the fire all danger was over. Those who witnessed the test were well satisfied with the efficiency of the system and its safety. A FIRE EXTINGUISHER. (**1904, December 22**). *The Register* (Adelaide, SA : 1901 - 1929), p. 7. Retrieved from http://nla.gov.au/nla.news-article56578635

A SIMPLE FIRE EXTINGUISHER. **When an outbreak of fire occurs in a building the first impulse is to alarm the local fire brigade (if there is one)** and then wait impatiently for its arrival. Frequently by that time the fire may have assumed such proportions that ere it is extinguished considerable damage has been done through fire and water, and too often indeed to property that cannot be replaced. **Messrs. Wormald Bros., of Bond-street, Sydney**., have a simple invention — the Simplex Fire Extinguisher — which should fill the great demand for cheap, reliable, and. simple protection against fire. We have witnessed a test of their Simplex Fire Extinguisher, and were both surprised and pleased with the result. The chemical contents are most deadly to fire, and, seeing that this small apparatus is able to throw the fluid 40 to 50 feet, we consider it one of the necessary requisites in dwelling houses, factories, etc., where life and property are endangered. **It is manufactured solely by Australian workmen with Australian material**, and undergoes a severe hydraulic test before leaving the works. A SIMPLE FIRE EXTINGUISHER. (**1906, March 17**). *Freeman's Journal* (Sydney, NSW : 1850 - 1932), p. 14. Retrieved from http://nla.gov.au/nla.news-article119940135

Right: Two of the three Wormald Brothers at Bond Street in Sydney. From left to right: Harry Percy Wormald; Joseph Dawson Wormald. The other two unknown

PROVIDING AGAINST FIRE. In view of the destruction by fire of Villa Maria Convent-school and the narrow escape of the inmates, we are requested to again draw attention to the value of the, Simplex Chemical Fire Extinguisher, a most effective, easily-handled, and economical guard against the development of fires in such circumstances. The 'Simplex' is a machine made expressly for household protection. Its utmost simplicity and wonderful effectiveness, combined with the fact that it can be easily manipulated, by a woman or child, renders its aid invaluable, and points plainly to the truth, that no house should be without its protection. This is the machine that is used by all the Fire Brigades throughout Australia, the officers all speaking highly of its capabilities. The price of each machine ready charged for use is but 65s. The manufacturers and proprietors are Messrs. Wormald Brothers, 17 Bond-street, Sydney, with representatives in Melbourne, Queensland, South Australia, Westralia, Tasmania, and New Zealand. PROVIDING AGAINST FIRE. (**1907, April 25**). *Freeman's Journal* (Sydney, NSW : 1850 - 1932), p. 25. Retrieved from http://nla.gov.au/nla.news-article111279678

SIMPLEX FIRE EXTINGUISHER. FIRE risk in a city is an ever present one, but, although the risk is great, modern methods of fire fighting have reduced the destruction entailed to a minimum, but in country districts, where often it is a matter of hours before fire-fighting appliances can be made available, the risk and terror of fire is far greater. Home |is the man's or woman's cherished possession, which, once destroyed, can never be replaced. Without warning, without pity, fire destroys homes every day. All fires are small fires first. In the first vital five minutes, one person alone can fight and quell it, provided there is on hand a Simplex chemical fire extinguisher, the most efficient first-aid fire-fighter forthe home. It is simple to operate, convenient to handle, and, being **made of solid polished copper, is ornamental.** There is no upkeep cost, as the chemical charge is good practically all the time. **The price is £4/7/6**,delivered in the city area or on rail. **Chemical recharges free after use in fire.** Messrs. Wormald Bros., Ltd., are making a special display of these fire-fighters at Stalls 38, 39, Hordern Pavilion, and all country visitors should make a point of inspection. SIMPLEX FIRE EXTINGUISHER. (**1925, April 3**). *Country Life Stock & Station Journal* (Sydney, NSW : 1924 - 1925), p. 6. Retrieved from http://nla.gov.au/nla.news-article128646989

Wormald is still going strong today at: http://www.wormald.com.au/

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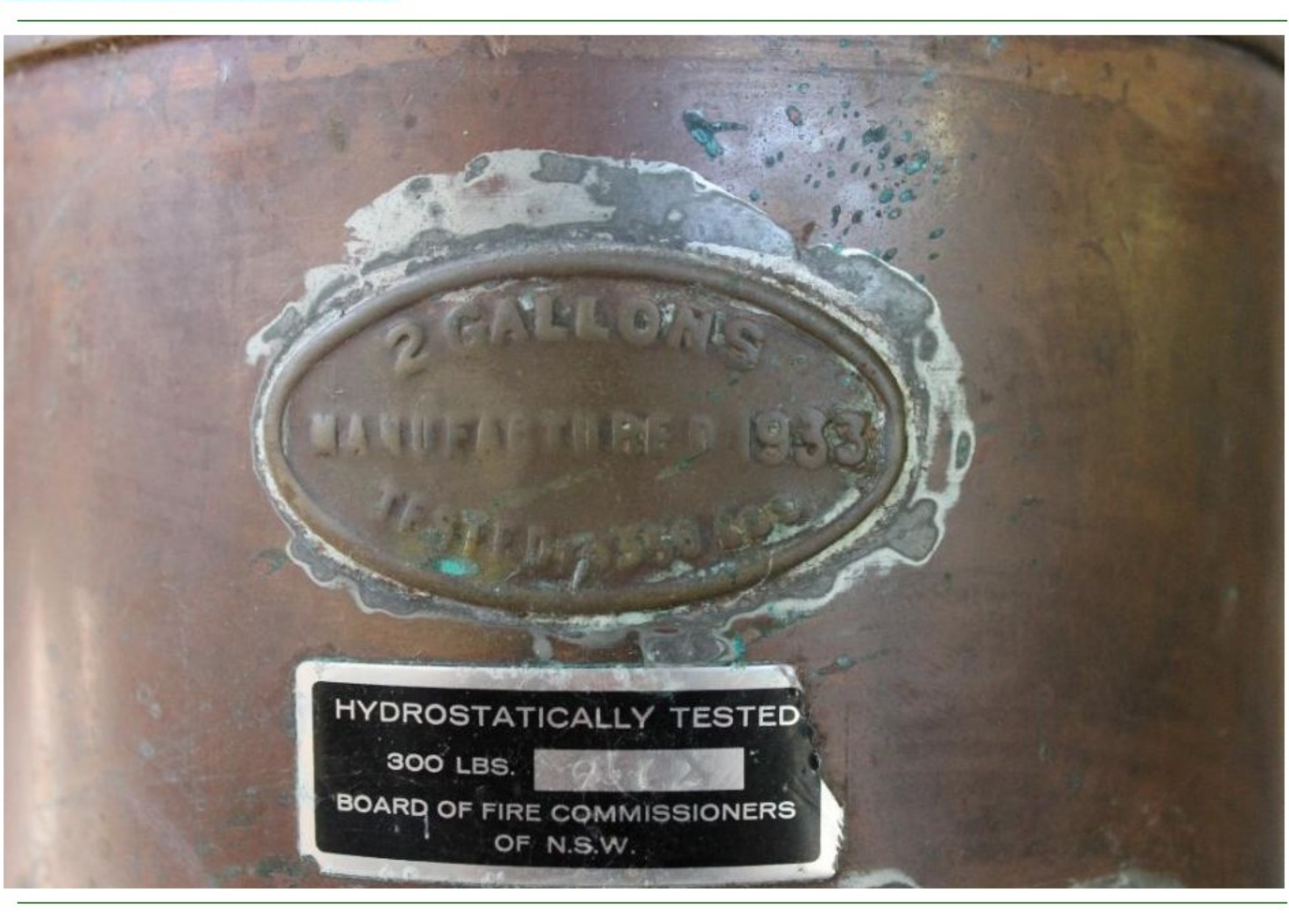
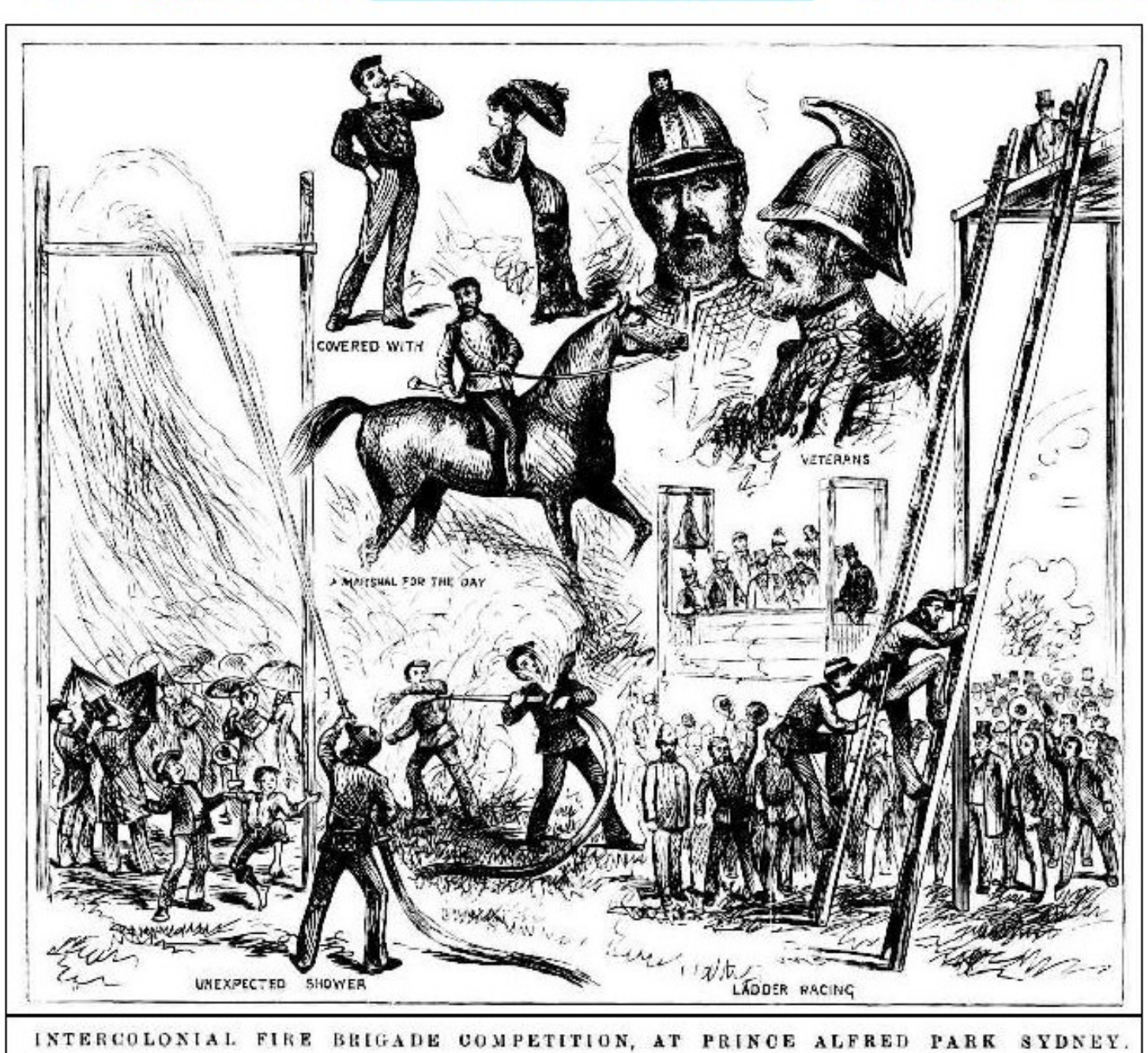


Incidentals: - Fire Fighters and Firefighting in Sydney - the Early Years



INTERCOLONIAL FIRE BRIGADE COMPETITION, AT PRINCE ALFRED PARK SYDNEY.

INTERCOLONIAL FIRE BRIGADE COMPETITION, AT PRINCE ALFRED PARKSYDNEY. INTERCOLONIAL FIRE BRIGADE COMPETITION, AT PRINCE ALFRED PARK SYDNEY. (1881, November 26). *Illustrated Sydney News* (NSW : 1853 - 1872), p. 13. Retrieved from http://nla.gov.au/nla.news-article64974809

Mr. W. D. Bear,

Mr. W. D. Bear, WHO RESIGNED FROM THE COMMAND OF THE SYDNEY METROPOLITAN FIRE BRIGADE ON SEPTEMBER 26.

Mr.. Bear-.has had charge of the fire brigades of Sydney since July, 1884, when he arrived from London to take charge of the fire stations. The headquarters were then in Bathurst-street. During that period Mr. Bear did much on behalf of the M.F.B., and to him chiefly is : due the credit of the high standard of efficiency of the brigade. Acting on the principle of fire, prevention being the main factor in fire extinction, and being imbued with enthusiasm in his work, backed by experience gained from practical training, Mr. Bear introduced many improvements in the station arrangements. 'The most important of these is the telephone; system, the lines communicating with all the police stations, theatres, hospitals, wharves, private firms, and with alarm boxes throughout the city. Mr. Bear for many years was an engineer in the London brigade. In a letter he received from the Chief Secretary, references were made to his ability and great services. Mr. W. D. Bear, WHO RESIGNED FROM THE COMMAND OF THE SYDNEY METROPOLITAN FIRE BRIGADE ON SEPTEMBER 26. (**1898, October 8**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 32. Retrieved from http://nla.gov.au/nla.news-article71318879

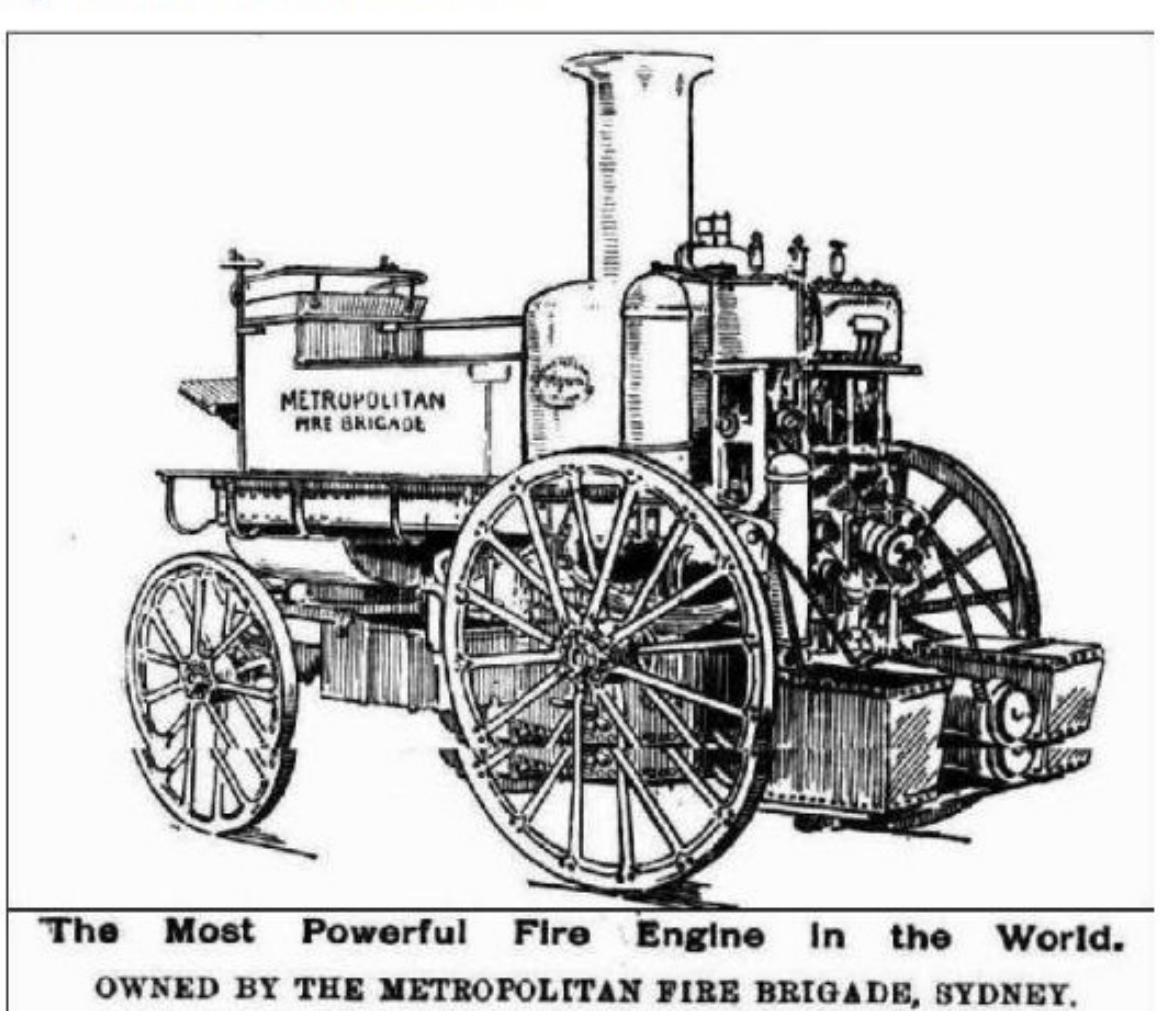
Mr. Alfred Webb,
IN CHARGE OF THE SYDNEY METROPOLITAN FIRE BRIGADE.

Mr. Alfred Webb, IN CHARGE OF THE SYDNEY METROPOLITAN FIRE BRIGADE.

Mr. Alfred Webb, who has been in charge of the Sydney Metropolitan Fire Brigade for five months, served in the London brigade, which he joined in September, 1868. Except for about four years. Mr. Webb remained under Captain Shaw until1888, when he resigned to take the position of second officer here. He was closely associated with the chief of the London brigade for many years, and on his departure was the recipient of a handsome testimonial from Captain Shaw. Mr. Webb performed special duties in England, and. After the scare created by the disastrous fire in a Vienna theatre he was appointed to inspect the London theatres. Among the large fires which he attended were what are known as the Wood's-street conflagration in 1882 and three outbreaks at-"Whiteley's". Mr. Webb assisted Captain Shaw in compiling some of his publications. He joined .the Sydney brigade in June, 1898, and was in command previously for about three months during Mr. Bear's visit to America. His connection with fire brigades has extended over twenty-six years. Mr. Alfred Webb, IN CHARGE OF THE SYDNEY METROPOLITAN FIRE BRIGADE. (**1898, October 8**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 32. Retrieved from http://nla.gov.au/nla.news-article71318872

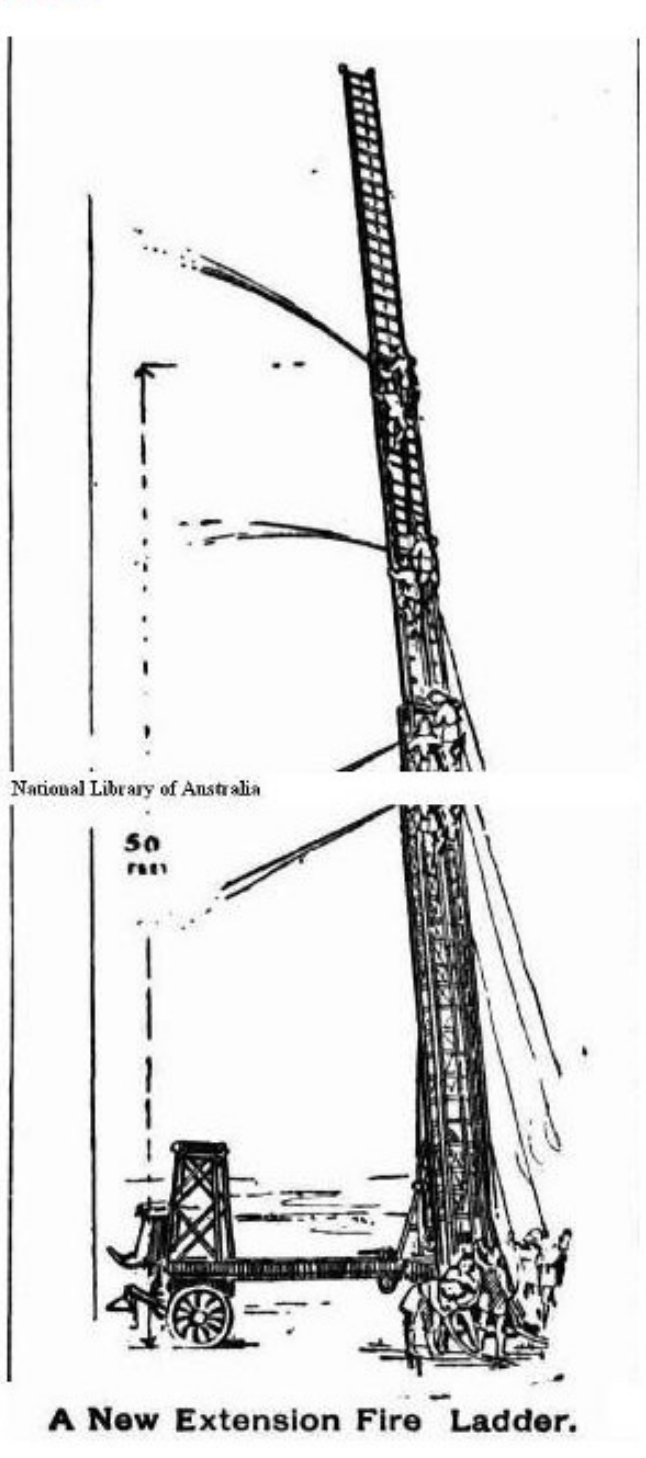
Fire Brigade Demonstration. EXHIBITION Of NEW PLANT IN SYDNEY. (See illustrations on this page.) Between 5000 and 6000 people assembled at the junction of Moore and Castlereagh streets on night of April 18 to witness an exhibition of the working of the new steam engine and the extension ladder imported for, the Metropolitan Fire Brigade. The " steamer," said to be the largest in the world, took about 2minto cover the distance between the fire station and Moore-street, and was placed in position on the elevated portion of Moore-street, Superintendent Bear with Deputy-superintendent Webb' directing operations. The firemen were not a little hampered at first by the great mass of spectators crowding upon them, but , what their efforts, coupled with those of the police, failed to do, the "steamer" soon accomplished when Engineer " M'Knight had his, hose connected up to the four - deliveries and as many great streams of water rushed into the air in the direction of Pitt-street from ¾ in nozzles. Soon there was a general stampede, and in less time than it takes to write it the street was cleared. A breeching piece was employed in each of the four branches thus allowing eight jets of water to be thrown from fin nozzles, the delivery being at the rate of llOO gal a minute. Then the large delivery alone was used, and a stream of water issuing from a 1 ¾ inch nozzle was thrown almost into Pitt street at the rate of 1300 gallons a minute. The lattice-girder ladders were next exhibited. These were raised from a horizontal position on the oar, and the third ladder reached a height of 80ft. The firemen to the. number of 14also took up their position on the machine, and at various altitudes on the ladder. Three lines of hose were next hoisted, being used at 56ft, 48ft, and 40ft respectively, with l ¼ in nozzles. As a sort of grand finale two streams of water were got to work from one of the small "steamers" present, and these, together with the eighty streams playing from the large "steamer," made a most effective sight, and furnished some idea of the power that could be brought to bear to check-mate any possible efforts of incendiaries. The various exhibitions were heartily applauded by the spectators. Fire Brigade Demonstration. (**1894, April 28**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 25. Retrieved from http://nla.gov.au/nla.news-article71213110

Right: A New Extension Fire Ladder.



The Most Powerful Fire Engine in the World.
OWNED BY THE METROPOLITAN FIRE BRIGADE, SYDNEY.
(See letterpress on this page.)

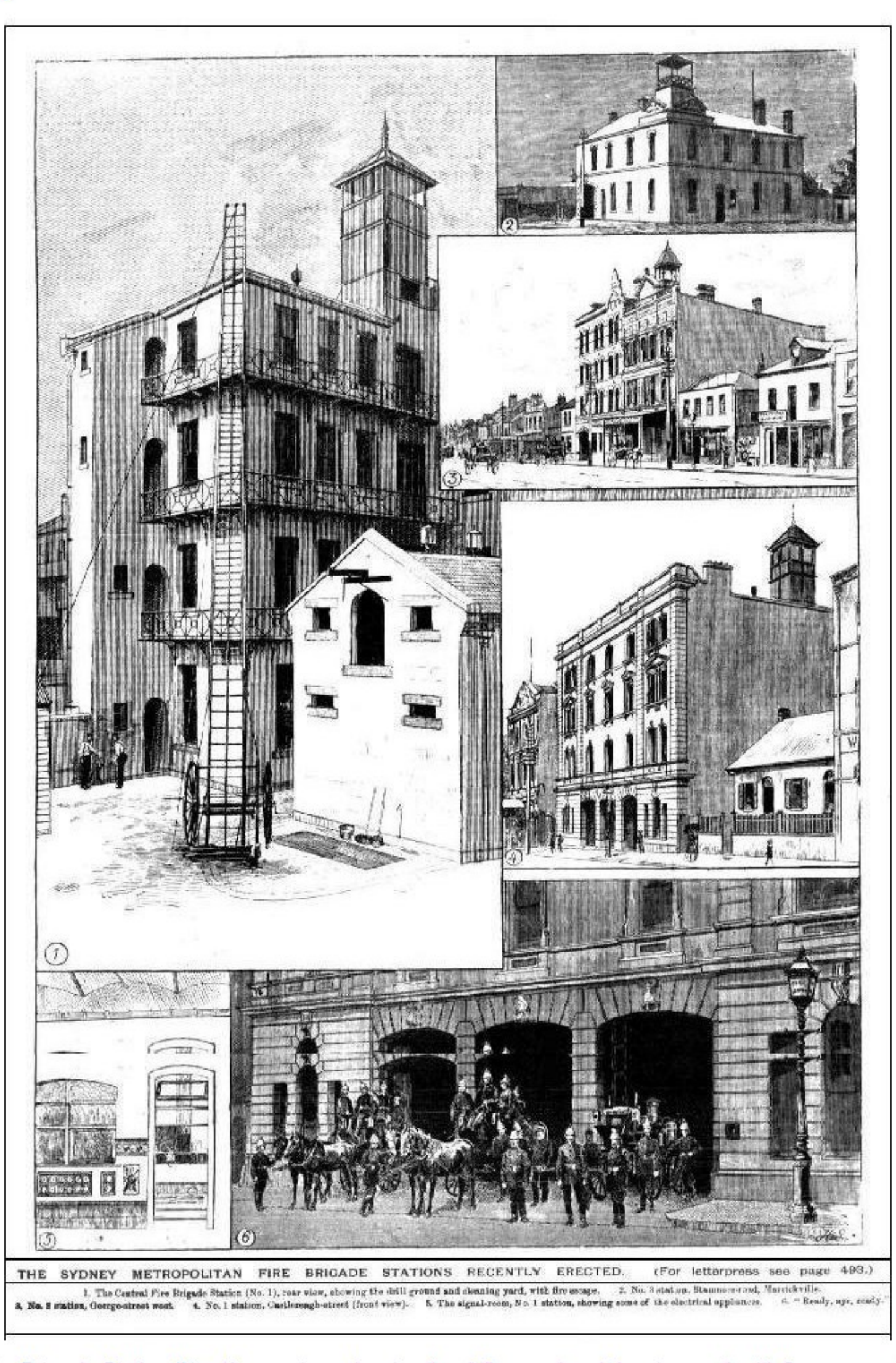
The Most Powerful Fire .Engine in the World. OWNED BY THE METROPOLITAN FIREBRIGADE, SYDNEY.



A New Extension Fire Ladder.

New York and Sydney. THEIR FIRE EXTINGUISHING APPLIANCES. (See illustrations on pages 494 and 495)

Among the events of the early part of the centenary year, 1888, the opening of the central station of the Metropolitan Fire Brigade of Sydney is worthy of note. Organised means of fighting fires are among the inventions of modern times. In Sydney no special system was adopted during the first half of the first century. The first fire brigade established in Sydney was the Insurance Fire Brigade, which was started in 1850, principally through the exertions of the late Mr. T. J. Bown. About two years later the volunteer system was started by Mr. A. Torning, and spread rapidly, so that quite a number of independent brigades was established in the city and suburbs. There can be no doubt that we owe much to and the men who devoted a considerable portion of their time to endeavoring to sate life and property from the flames are worthy of all praise. As the number of volunteer brigades increased, however, the want of some controlling power to prevent conflicts induced by a too zealous desire to be foremost became painfully apparent ; and this led in time to the passing of the Fire Brigades Act of 1884, under which the present is organised. Mr. William Douglas as Bear, whose portrait appears in this issue, was appointed to the position of Superintendent. He was born in Woolwich (England), on April 5, 1849, and was educated in a private school there. At 14 years of age he went into tho Royal Navy, and served five years, but, becoming tired of the sea, he joined tho Metropolitan Fire Brigade, London, on January 4, 1869,and in June of that year was Specially commended for saving life with a fire-escape in Tottenham Court road. He remained in the brigade for fifteen years and four months, and gradually worked his way up to the position of an officer under Captain Shaw, through whose recommendation he obtained his present appointment of Superintendent of the Sydney Metropolitan Fire Brigade. Mr. Bear left London for Sydney on April 26, 1884, and in the July following was awarded a bronze medal by the London Metropolitan Board of Works for long service and good service. The medal was forwarded to Sydney by Captain Shaw, through the Agent-General (Sir Saul Samuel), and duly received. On his arrival in Sydney his first care was to disorganise the paid brigade (of which Mr. Bown was captain), and to assist the Fire Brigade Board in framing rules for the guidance of the volunteer companies; so that the whole might work in harmony.



THE SYDNEY METROPOLITAN FIRE BRIGADE STATIONS RECENTLY ERECTED. (For letterpress see page 493.)

1. The Central Fire Brigade Station (No. 1), rear view, showing the drill ground and cleaning yard, with fire escape. 2. No. 3 Station, Stanmore-road, Marrickville. 3. No. 2 station, George-street west. 4. No. 1 station, Castlereagh-street (front view). 5. The signal-room, No. 1 station, showing some of the electrical appliances. 6. "Ready, aye, ready."

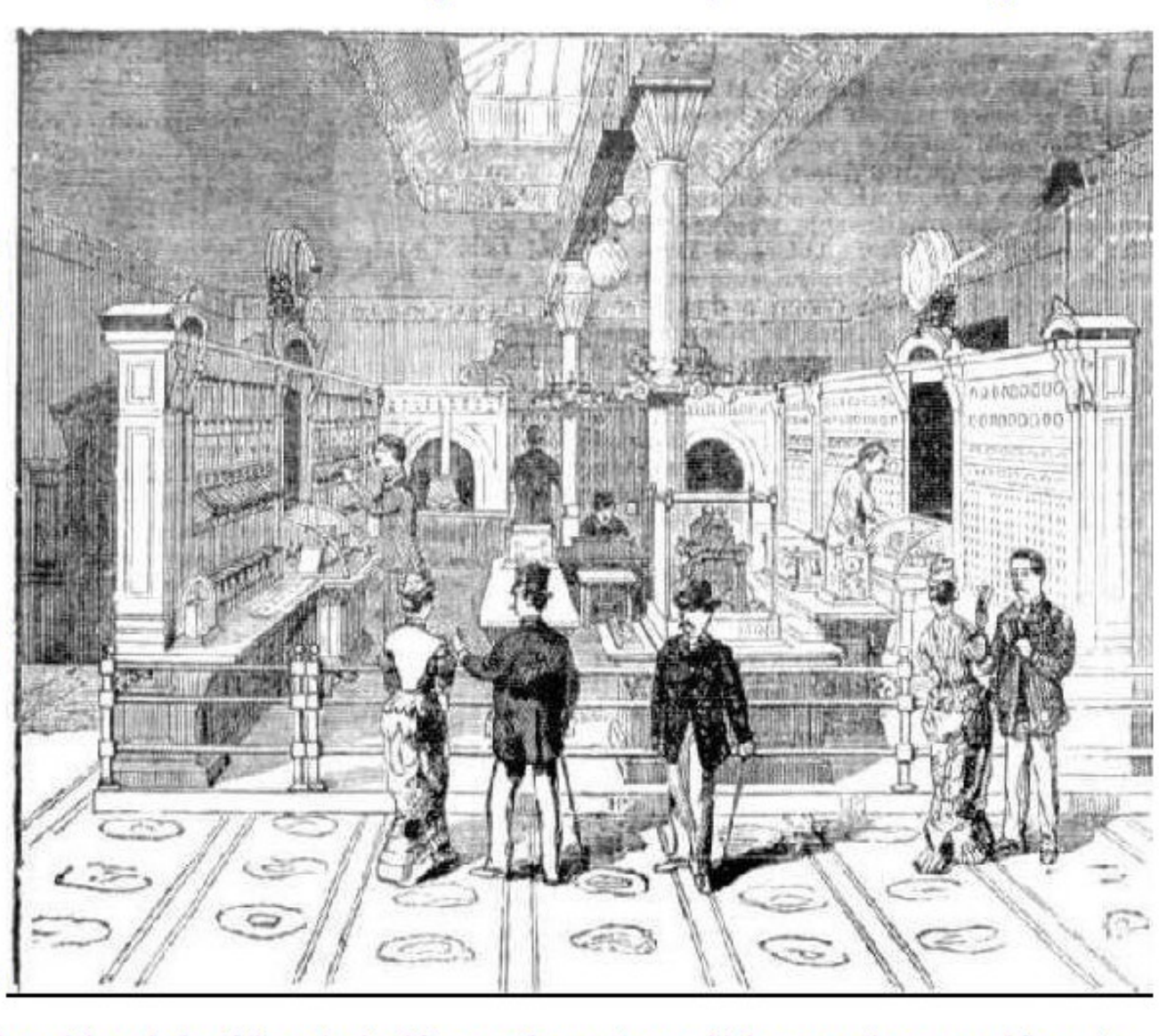
1. The Central Fire Brigado Station (No. 1), rear view, showing the drill ground and deaning yard, with fire escape. 2. No. 3 Station, Stanmore-road, Marrickville. 8. No. 2 station, George-Street west. .4. No. 1 Station, Castlereagh-street (front view).

On May 29,1886, NO. 3 STATION, situated on the highest ground in the neighborhood, at the corner of the Stanmore Road and Albert-street, Marrickville, was opened. The building is of two storeys, with a look-out towe r, and contains a manual engine and one horse, and four married men ; the officer in command being Mr. J. Sneleon, The cost, including the purchase of the ground, was £ 63500.

On August 9, 1886, NO. 2 STATION, in George-street west, was opened. This is-a fine building of four storeys, with a look-out tower 70ft above the footpath. It contains two steam fire engines and one manual, two horses, and five married and two single men (under the command of Mr. E. Ashdown), a ladder, track, and other necessary apparatus. The cost of the ground and building was about £ 610,400.

THE NEW HEAD QUARTERS, OR NO. 1 STATION, in Castlereagh-street, Sydney, next to the Royal Standard Theatre, and opposite to the Protestant Hall, is the finest building of the kind in Australia. The allotment on which it stands has a frontage of 88ft, by a depth of 120ft, and cost £10,3110. The building has a frontage of 75ft, and a right-of-way at the aide. It is 60ft high, and is built of red brick, with cement piers; the middle portion containing the three doors of the engine-room is, however, built of Pyrmont stone, with a fine carving of the head of the Queen on the centre keystone, and carvings emblematic of the fireman's calling on the other two key-stones. The following

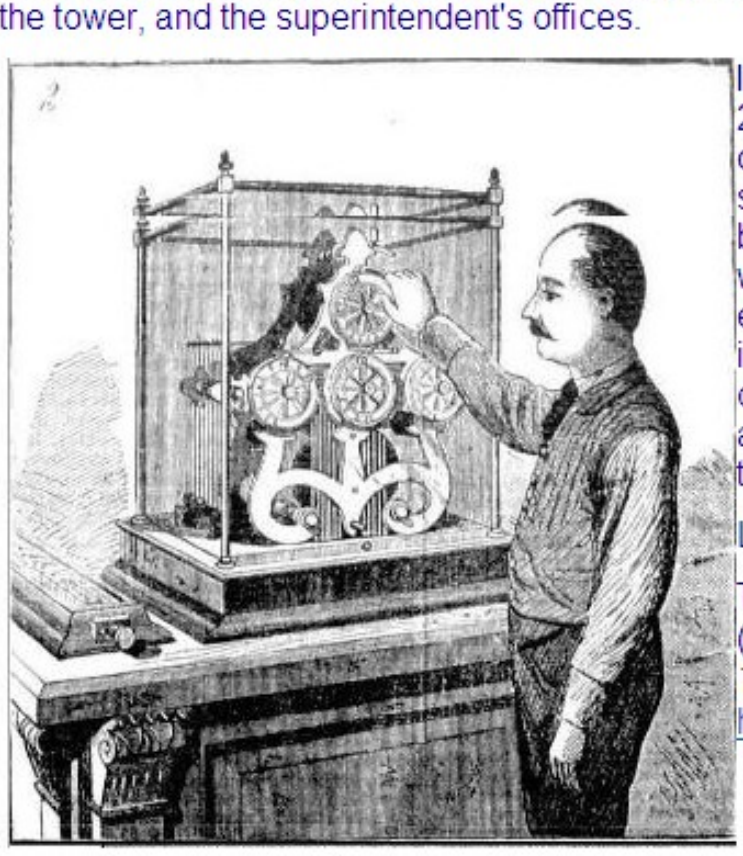
OFFICIAL DESCRIPTION of the building has been furnished to us :



The depth of the main building, with the two sidewings and with stables for the accommodation of five Horses, attached to the middle of the main building, is about 68ft. The ground floor on the north side consists of a watchroom about 15ft to 27ft, where the duty men are on watch, and always ready to turn out with the first engine ordered. In this room the whole of the telephones, telephone exchange board, and alarm, and electrical apparatus are worked.

Right: The signal-room, No. 1 station, Showing some of the electrical appliances.

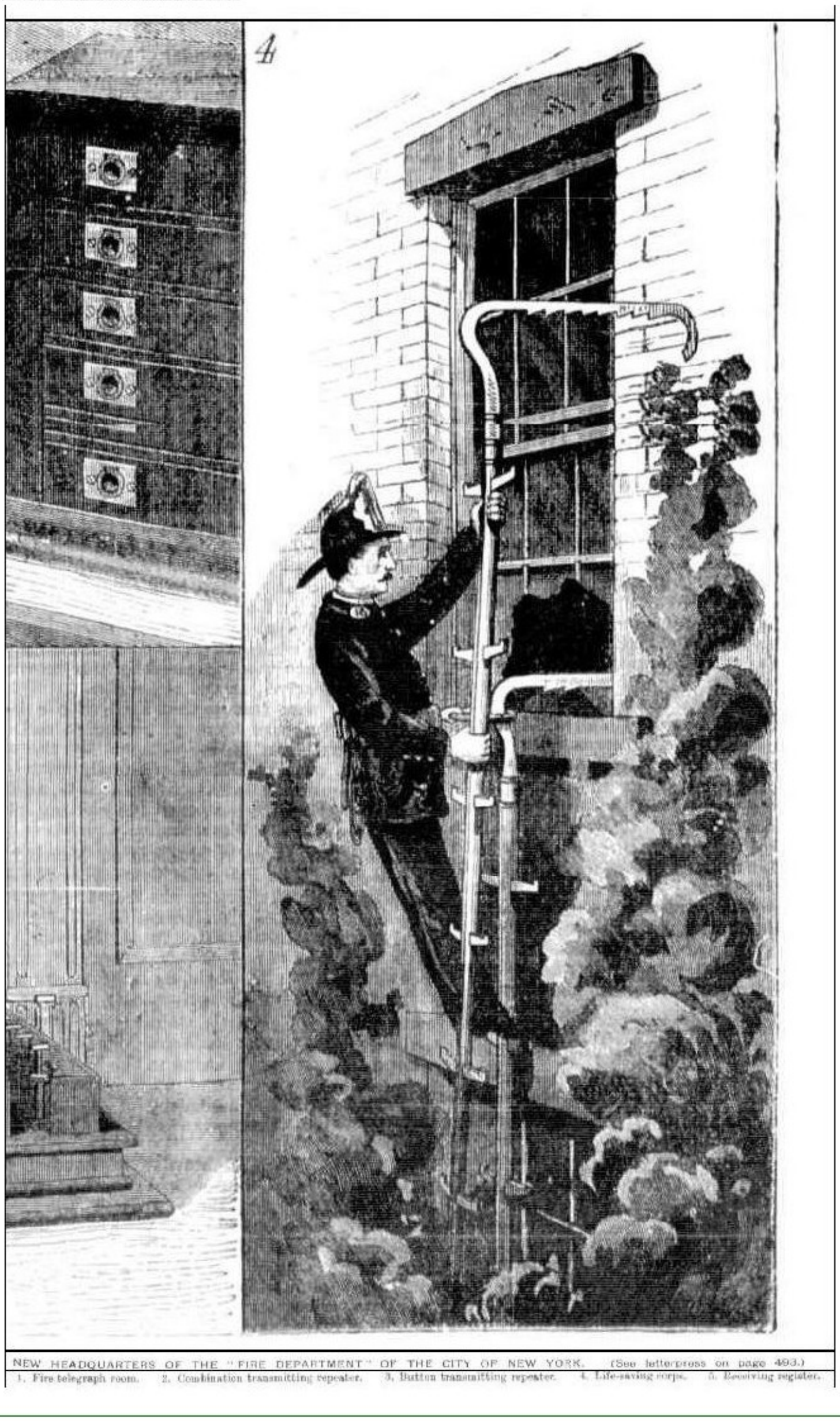
The electrical general contact in this room, when pulled, rings the whole of the house bolls throughout the building, turns up the gas lull in the engine room, stables, drill ground, staircase, and passages, releases the stable doors (which immediately fly open by means of springs), and also releases a weight situated in the single men's bedrooms on the first floor, which opens two flaps of the floor to enable the men to slide down a pole. This pole is hung from the joists in a corner of their bedrooms and the men descend on it into the engine-room alongside of the engines. Speaking tubes reticulate from this room to the whole of the superintendent's apartments, which are situated on the first floor, north and the whole of the principal foreman's quarters, which are on the second floor; to the tower, and the superintendent's offices.



In the rear of the watchmen and staircase is a recreation-room for the men, about 16ft x 24ft, which will contain a billiard table, and all necessary amusements for men when off duty. At the southern end of the building are the offices of the superintendent and secretary of the board, and the single men's messroom and kitchen. In the centra of the building, between tho watchroom and office, is the engine-room, which has a clear span, without columns, of 37ft, and a depth of 31ft, for the accommodation of two steam fire engines and one manual engine. Directly in the rear of this room, with the doors faning into the engine-room, are the stables, which enable the horses to be hitched up to either of tho three engiues quickly. Between the stables and tho single men's messroom is another small engine-room, which can be entered from either the main engine-room or tho drill ground, and which is used for …

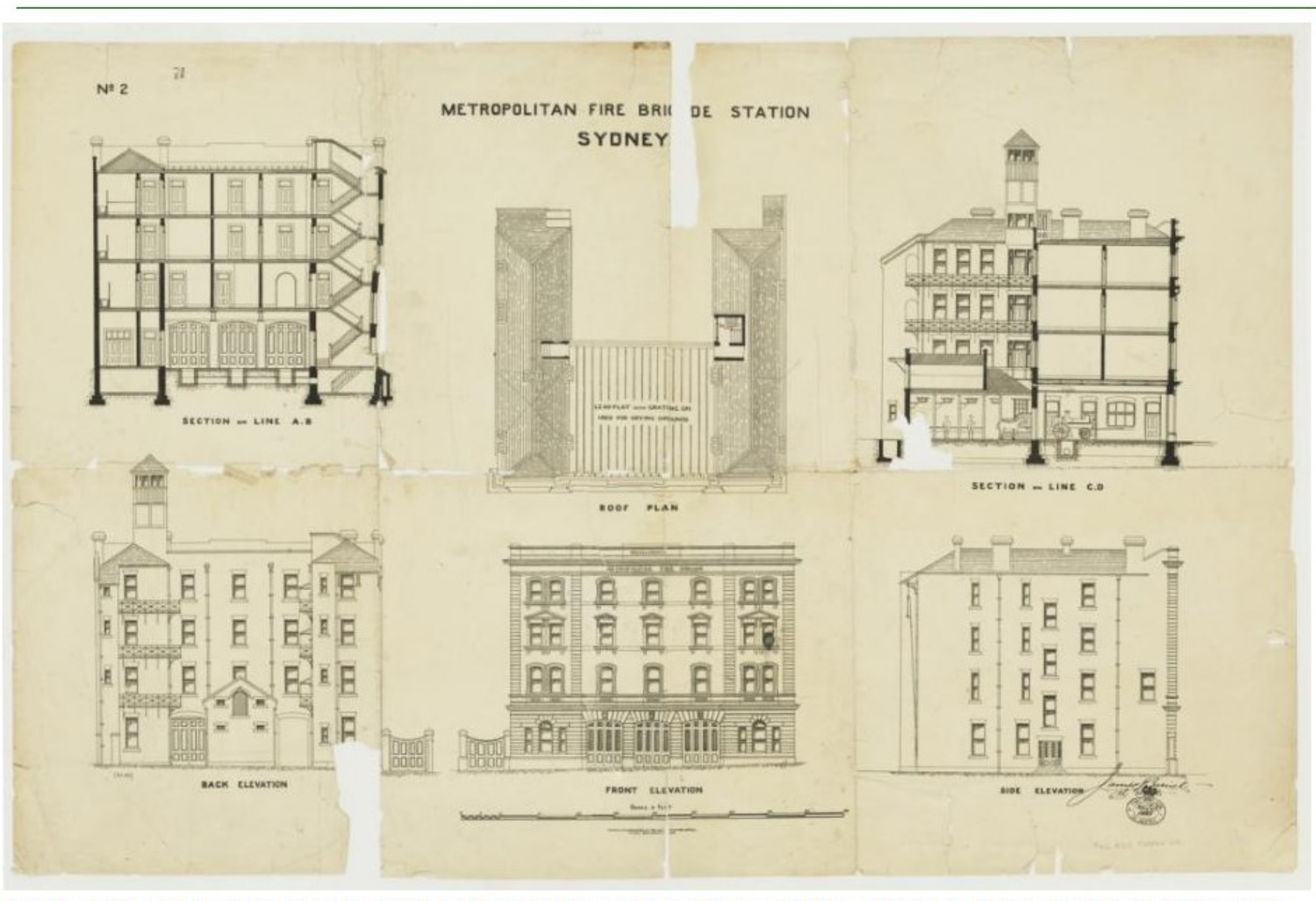
Left: T6. " Ready, aye, ready."

THE SYDNEY METROPOLITAN FIRE BRIGADESTATIONS RECENTLY ERECTED. (For letterpress see page 493.)New York and Sydney. (**1888, March 10**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 25. Retrieved from http://nla.gov.au/nla.news-article71095243



NEW HEADQUARTERS OF THE "FIRE DEPARTMENT" OF THE CITY OF NEW YORK. (See letterpress on page 493.)
1. Fire telegraph room. 2. Combination transmitting repeater. 3. Button transmitting repeater. 4. Life-saving corps. 5. Receiving register.

One of the earliest photographs of the completed Headquarters Fire Station, Sydney. This photo has been described as opening day, 1 March 1888, courtesy State Library of NSW.



Metropolitan Fire Brigade Station, Sydney, 1888 / James Barnet, Public Works, N.S.W., Colonial Architect ; Plan of factory, Young St., Waterloo shewing new lavatories & fire escape / Spain & Cosh Architects, 1923. Album ID : 900353, courtesy State Library of NSW.

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Pittwater Online News

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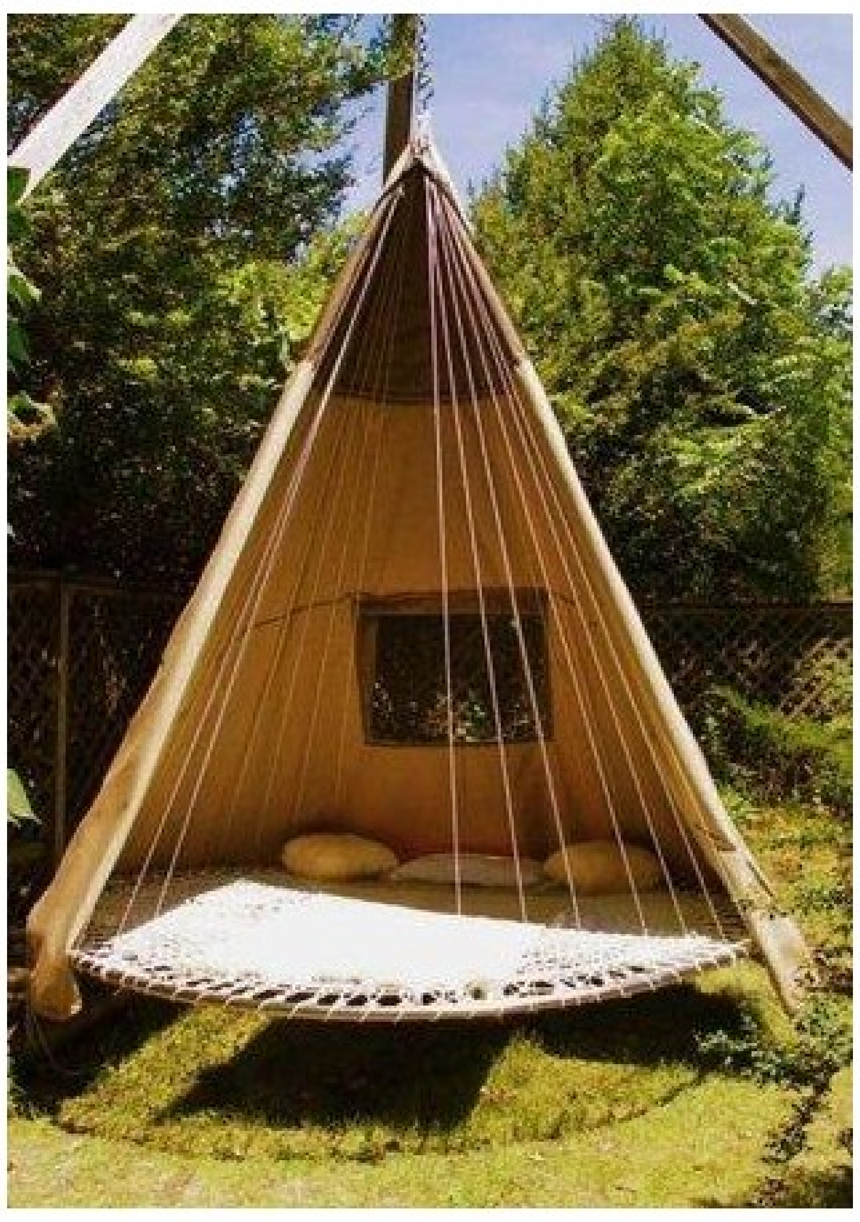
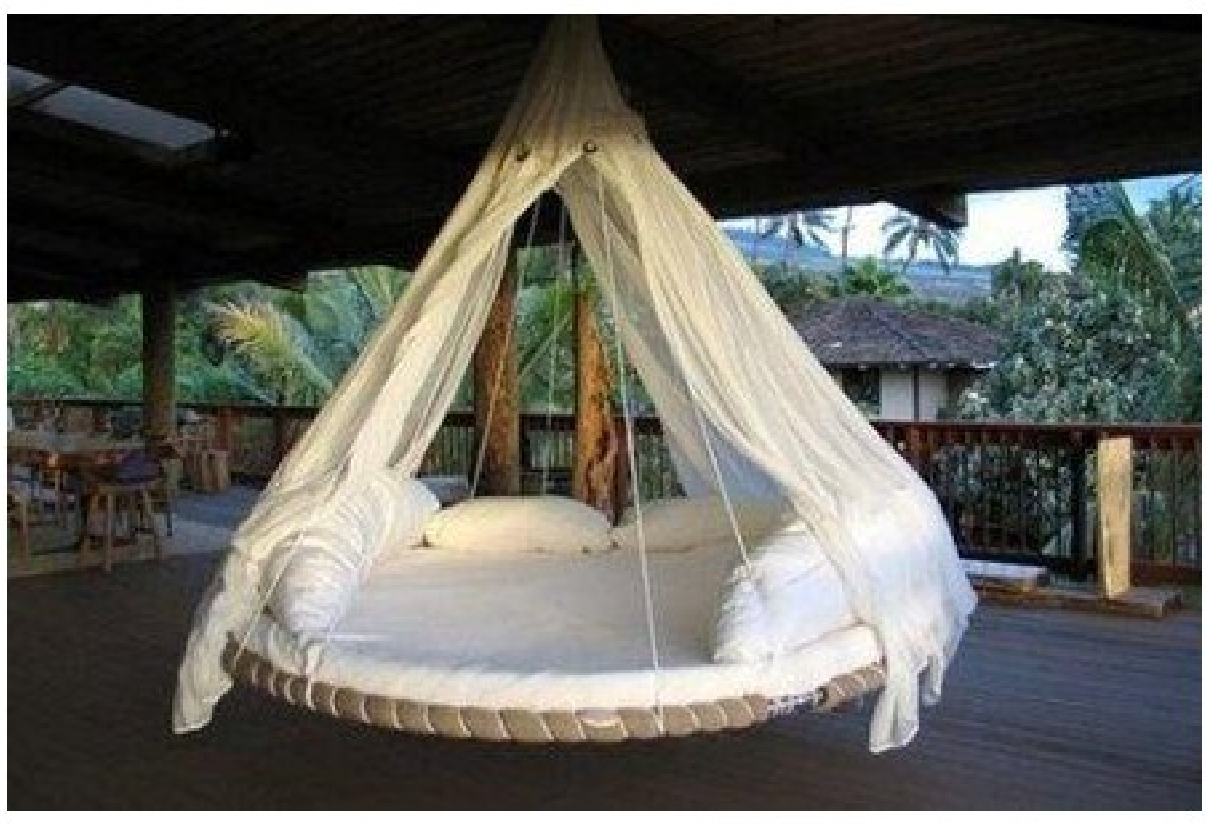
How to recycle your Garden Trampoline into a Swing Bed courtesy Atlantic Trampolines

If your trampoline is damaged beyond economic repair or the children have grown out of it, you might have some imaginative ways to recycle the trampoline and the parts that are undamaged into an air embraced outdoors Swing Bed for this Summer. These photos show an innovative idea which makes use of the trampoline frame ring, the trampoline bounce mat and trampoline springs. The trampoline frame has been covered in soft padding or restrung with air inviting macrame or the whole trampoline mat is covered with a sheet. The frame is suspended from the ceiling by strong rope to make a large suspended swinging bed or relaxation area.



Suspended Swinging Trampoline Bed



Trampoline frame used to create a swinging bed

In our experience some extra strengthening may be required to the trampoline frame to keep it perfectly flat when suspended in this way. We would suggest if you want to try this yourself do some tests before you start to cover the frame in padding. Rather than tie the suspension ropes to the frame try passing them underneath the trampoline mat and up the opposite side.   This has the added benefit that it will provide more support to the centre of the trampoline mat and prevent it sagging in the middle. Also, you will need to ensure the suspension ropes are strong enough to carry the greatest potential load and of course take great care to make sure the ceiling beams are capable of supporting the weight.

We suggest you contact your local Johnson Brothers Hardware store at either Mona Vale or Avalon to discuss with their friendly trained safe what ropes, framing materials and hooks you may need to ensure your trampoline doesn't end up as landfill but gives you the best seat in the house to catch this year's Summer breezes.

Products and further friendly advice available at Mona Vale and Avalon Johnson Brothers Mitre 10.

Click on logo to visit their website

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