October 20 - 26, 2013: Issue 133

Royal Motor Yacht Club – Broken Bay 87th Opening - 2013/14 Boating Season

Left to right: Director-General NSC, Commodore Geoff Geraghty AM, RVHR, Geoff Jolliffe, Vice-President Gosford Sailing Club, Barry Yates RBRYC – Port Hacking, Robert Taylor, Commodore St George Motor Boat Club, Jim Murphy, Commodore Hurlburg-Cab Motor Yacht Club, John Barkoulis, Commodore RBRYC – Point Piper, Peter Haig, Commodore RBRYC – Broken Bay. Picture by A J Gueedon.

The Royal Motor Yacht Club - Broken Bay opened their 2013/14 Boating Season yesterday in fine style on Saturday 19th of October, honouring those who have contributed to this fine old Pittwater institution, confirming their place in our community as family friendly and committed to the enjoying the upcoming season on the water.

Full story and this week's Pictorial Celebration HERE

Left to right (Front): Olivia and James Mason, Spencer, Fraser and Angela Offen all from RBRYC - Toronto. (Back) Marc Mason, Rear-Commodore RBRYC - Toronto, Rachel Mason, Murray Offen, Vice-Commodore RBRYC - Toronto and Jasper Offen. Picture by A J Gueedon.

SoFarr wins Inaugural Link Healthcare Integrated disAbled Sailing Islands Race

Left to right: Salisbitt/ Pittwater Coach Keith Belfield, President John McCausland, Linda Buchan, Bob Bennett and Allan Jones, Salisbitt/ Pittwater Commodore. Picture by A J Gueedon.

The Royal Prince Alfred Yacht Club has launched their Integrated disAbled Sailing program with their inaugural Islands Race held two weeks ago on Sunday 20th of September, 2013. The winners were the skipper and crew of *SoFarr* with Linda Buchan and Bob Bennett, pictured above with the perpetual trophy, sharing a few insights on a great weekend at this Pittwater Club and what it takes to win!

Full story HERE

Pittwater Wins National Award

Pittwater's Annual Food & Wine Festival. Picture by A J Gueedon.

Pittwater Council has won two national awards, the Award for Events, for its series of local markets and an additional award for Open Space Development for its upgrade of Narrabeen Sports High Playing Fields.

Full Story HERE

Sydney Wildlife Constructs a Rehabilitation Flight Aviary for Southern Cross Wildlife Care

Left to right: Bob Bennett, Lorleigh Grieg, Dr. Howard Ralph, Sonja Elwood and Glen. Picture by A J Gueedon.

National Bird Week has begun and runs until Friday 25th of October. A note of joy for our birds was sounded this week by the completion and planting out of a Rehabilitation and Flight Aviary for Southern Cross Wildlife Care by Sydney Wildlife. We spoke to Lyndy Stacker last night (19.10.2013) who explained that recent wind storms have been devastating for our new Spring baby birds so this is a boon for them and their carers.

The next project for SCWC is much needed solar panels for the Braidwood Clinic. Pittwater Online News will provide one year's free advertising or sponsorship on any of our regular weekly pages to a business or company that provides and installs these. A bargain where everyone wins!

Full story HERE

Annual White Ibis Survey

Picture by A J Gueedon, 2013.

The White Ibis Survey is on again

The NSW National Parks and Wildlife Service (NPWS) is conducting its annual White Ibis survey to get a better understanding of the distribution and abundance of this bird in NSW. This year we are requesting participation from across Australia.

The survey has been running since 2003 and the information collected has assisted considerably with our knowledge of these distinctive birds. Increasingly, Ibis are moving into our urban environments bringing them into conflict with humans e.g. affecting aircraft safety, water quality and biodiversity.

To participate simply report the number of Ibis you see via the below website. Reports within a week of the 20th are accepted. Additional information such as breeding, the number of nests or wingtags (pictured above) is greatly appreciated.

Go to this link: www.environment.nsw.gov.au/surveys/WhiteIbisSightingForm.htm.

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Pittwater Online News

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Pittwater Council Wins Two National Awards

Team Australia's 'Big Bird's Record Flight to Auckland by Lisa Ratcliff

National Bird Week 2013 - Articles to Celebrate this Issue:

Sydney Wildlife Builds Rehabilitation Flight Aviary for Southern Cross Wildlife Care

Flocks of Colour by Penny Olsen - beautiful new Bird Book Celebrates the 'Land of the Parrots'

SoFarr Wins Inaugural Link Healthcare RPAYC Islands Race

Reflections by George Repin: **THE PUB AT NEWPORT**

Pictures: **Royal Motor Yacht Club - Broken Bay 87th Year Opening of the 2013/14 Boating Season**

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

All Previous Articles

Profile: October 2013 - Pittwater Spring Gentlemen - Gary Cook - five decades of service to SLS, a life Member and past president of Newport SLSC - shares some history and insights

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 MacPhilamy 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 Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Coombe 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 Dradry Betty King David Hanley Les Ball Paul Webb Malo Legardiner 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 Marty - Warringah - Pittwater John and Bob Johnson - The Johnson Brothers Meredith Scott Shelagh Bokenham Brenda Allsop Elly Willan Cade Turner Jervis Sparks John Black

History: October 2013 A History of Pittwater Parts 1 and 4 by John Illingsworth

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgilgai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Brown Burrangaee W. Bradley 1788 Journal Midholme Loogan Rock Cabin La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Philip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Philip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Philip'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 Loftie Pit 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 Come and 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 Prospect 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: Birdland - The magpie augurs very good luck," he tells us, "The Currawong, being of the crow family, is held to mean connection and messages to and from Spirit. The Herons are of balance and stilling yourself until you see clearly, the Ibis is of Sacred Knowledge - National Bird Week 2013 call in these tunes !

News From Our Inbox: Light rail and bus rapid transport cause for optimism in Australian public transport, Falkirk Wheel – a boat lift in Scotland, 3D printed horseshoe to improve racing performance, Rodriguez - "Crucify Your Mind", Fish Art, Volvo Ocean Race - Building the Future 15, World Solar Challenge - 2013 Winners, 3D Images of HMAS Australia, Little boy with big heart, Smart Raccoon, 2013 Nobel Prize in Economics: Trendspotting in Asset Markets, Livelihood futures – Lombok and Sumbawa, GenoLogics Announces No-Cost Clarity Cloud Edition, Women Leave Their Handprints On the Cave Wall, Health papers published this week: Four Genetic Variants Linked to Esophageal Cancer and Its Precursor, Barrett's Esophagus; Pandoravirus: Missing Link Discovered Between Viruses and Cells; Go to Bed: Irregular Bedtimes Linked to Behavioral Problems in Children; Database of Disease Genes Shows Potential Drug Therapies; Immune System Discovery Could Lead to Vaccine to Prevent Mono, Some Cancers; Chronic Pain Treatment Cools Hot Flashes in Menopausal Women; New 3-D Method Used to Grow Miniature Pancreas; Beyond Antibiotics: "PPMOs" Offer New Approach to Bacterial Infection, Other Diseases;

Events: White Ibis Survey, Mind Matters all October at MVL, TC&NC at MVL, Barry Leef and Co. @ RMYC, Pittwater Artists Trail, Avalon Craft at Warreiwood, Water Girl, Timber Boat Festival 2013, Mardi Gras, Busking Buskers, Calcutta 2013 @ Pittwater RSL, Books, Birds, Paddling, Walking, Solar Workshop, Ross Wilson at The Arms, RMYC Timber Boat Festival 2013, , eramboo Summer Porgramme, 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 Brigade originals and originators as Incidentals

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Community News: Proposed Car Parking at Church Point, Marine Rescue Broken Bay Launches Scuttlebutt, PITTWATER ARTISTS TRAIL OPEN WEEKEND, Pittwater RFS Volunteers Attending Bushfires, Pet of the Week, POOL REGISTRATIONS MADE EASY, One-stop shop approved by Government, AFTS 2014 GRANTS, Cruise Line Scam, Zonta says No, TECHNOLOGY DROP-IN SESSIONS, Avalon Craft Cottage Returns to Warriewood, Eramboo Summer Series, 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, 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: National Bird Week 2013 - Articles to Celebrate this Issue 133: Sydney Wildlife Builds Flight Aviary for Southern Cross Wildlife Care and Flocks of Colour by Penny Olsen - beautiful new Bird Book Celebrates the 'Land of the Parrots' - Australia! Vote for you Favourite Bird, White Ibis Survey is on again, Kingfisher diving, Evidence of Unsustainable Fishing in the Great Barrier Reef, KATANDRA SANCTUARY Petition, NSW Government's Aboriginal Cultural Heritage Reform - Have Your Say, Going Solar Workshop, Koala Count NSW 2013 - Citizen Scienctists Sought, QLD Draft Ports Strategy Released, Barrier Reef under Threat from Dredging, Nelson Bay River Update - Tarkine Tasmania, NSW Adaptation Research Hub, HERBICIDE RUNOFF REDUCED BY 90 PER CENT IN GREAT BARRIER REEF SUGARCANE CROPS, NSW Environment Protection Authority, Without Plants, Earth Would Cook Under Billions of Tons of Additional Carbon, Adopt a Tassie Devil, Save Antarctica Petition, 2013 Ocean Health Index Shows Food Provision Remains an Area of Great Concern, Orangutan asks girl for help in sign language - Palm Oil Petition, Ponebloks, Unearthed: A Treasure Trove of Jewel-Like Beetles, MARINE AND MARITIME RESEARCH FESTIVAL, How Tiny Organisms Make a Big Impact On Clean Water, The Earth Wins Fantastic resource for teachers, Aus-wide, **COOEE OCTOBER 2013**, **FishMap**, New App for Gardeners, local Environment groups, and organisations and more.

Lynda Hill: Update 16.10.13: The Sound Of One Hand Clapping While Juggling: October's Penumbral Lunar Eclipse

Pictures: Royal Motor Yacht Club - Broken Bay 87th Year Opening of the 2013/14 Boating Season

Children: National Bird Week 2013 - Vote for your Favourite Bird! Sydney Opera House Opened 40 years ago today!, Narrrabeen Learn2Swim and RMYC Water Girl Swimming Lessons Beginning, HALLOWEEN HIJINKS AT THE LIBRARY, ABC3 embarks on a marine adventure with Blue Zoo, Jumping Games for Kids under 5: Spring Activities for Preschooler, Flying fish man, 5 Fun Science Experiments for Kids (w/ Grover!), Poetry Comp., 30 Bald Eagles in the Backyard!, Trampoline safety is flippin' important - 8 kids injured every day, Pingu cartoon full episodes 2013 - Pingu episodes 61-80 Full Movie, Robo Soccer Match, A drop of soap added to milk containing food colouring, Shades Of Puffing Billy, Having a drink-almost, New Animals Are Awesome!, Explore the West with WilderQuest!, LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: National Bird Week 2013 - Vote for your Favourite Bird! Play Safe Stay Safe - Sally Fitzgibbons talks with Commissioner Scipione, Robo Soccer Match by UNSW, TC&NC at MVL, Poetry Comp., Soap added to milk containing food colouring, Live Art & BUsking Comp @Manly, Celebrate the 40th anniversary of the opening of the Sydney Opera House on 20th October 1973, TAKE IT EASY movie, PITTWATER ARTIST GRANT PROGRAM, Fire extinguisher, Rain Dance, Youth Advisory Council Applications Now Open, No Joke: Learning the Tricks of Standup Comedy, TK@MVL, 30 Bald Eagles in the Backyard!, Trampoline safety is flippin' important - 8 kids injured every day, Northrop Grumman Sponsors Australia UAV Challenge Competition, Buskers for Mona Vale, International Fleet Review Art Competition, SAFE CELEBRATING!, HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!, Empowering young leaders at TEDxYouth@Sydney, Fish Art, Cosmo Jarvis (UK) + Lime Cordial @ The Attic Mona Vale, Shades Of Puffing Billy, Leningrad Cowboys Red Army Choir SWEET HOME ALABAMA, Top 50 philanthropic gifts, ABC3 embarks on a marine adventure with Blue Zoo, Smooth Seas, New Animals Are Awesome Compilation!, **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: Scammers targeting Seniors, Retirees to be Affected by Doctor's Fee Increase, More than half of permanent aged care residents show signs of depression, Petition: Australian Government: Stop legislation reducing the pension of Australian citizens that have lived in Australia for less then 35 years, Landmark – Sydney Opera House 40th Birthday today (20.10.2013), Tatsumi Orimoto's moving video performance now at Mosman, How to instantly fail a breathalyser: Song Of Joy, Nope, not taking my car!, Tom Kenneally at Mona Vale Library Author Talk, UNIVERSITY OF WOLLONGONG LAUNCHES FREE ONLINE COURSES, Faith in humanity, restored, How Twin Girls fight – when not giggling!, Having a drink. ...almost, Top 50 philanthropic gifts, Overcoming the biases for older people with illnesses, TECHNOLOGY DROP-IN SESSIONS, Fire extinguisher, AvPals Open Day, A few laughs, Health papers published this week: People Born With Certain Gene More Likely to Suffer Cognitive Decline After Heart Surgery; Activating Proteins in Brain by Shining LED Light On Them; Blood Pressure Drugs Decrease Risk of Alzheimer's Disease; Protective Pathway Identified to Counter Toxicity Associated With Alzheimer'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.

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 PUB AT NEWPORT**

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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PITTWATER WINS NATIONAL AWARD

Avalon Market Day attracts huge crowds - 2012. Picture by A J Guesdon, 2012.

PITTWATER WINS NATIONAL AWARD

Pittwater Council has won a national award for its series of local markets and an additional award for Open Space Development for its regeneration of Narrabeen Sports High Playing Fields.

The award is in the Events category of Parks & Leisure Australia's 2013 awards for outstanding leisure and recreational activities and facilities across the country.

The Council previously **won two NSW awards earlier this year**, for the markets and the new synthetic sportsfields built at Narrabeen Sports High in partnership with the Department of Education and the AFL.

The two NSW awards were automatically put forward for contention at the national level.

The Council has coordinated several markets for a number of years in the Pittwater area, including the monthly Palm Beach Market for seven months of the year and the weekly fresh produce market held on Friday mornings at Pittwater Rugby Park North Narrabeen.

Another popular market initiated by the Council is the Food & Wine Fair held every May at Winnererremy Bay which attracts around 5000 visitors.

The **Council will launch another annual market on Sunday 3 November at Village Park Mona Vale**. The inaugural Mona Vale Market also has the backing of the Mona Vale Chamber of Commerce.

The success of the Council's market program is mirrored by a host of community based markets that have sprung up in recent years with support from the Council. These include Christmas markets at Avalon, Newport and Mona Vale and an arts & crafts market held at Newport Beach.

Mayor Jacqui Townsend said she was delighted Pittwater had received national recognition for its markets. "It really puts us on the map – both in terms of being a destination for visitors and as a Council area that provides quality events for local residents to enjoy."

She paid tribute to Council staff coordinating the market program for their dedication and willingness to work outside normal business hours to ensure the markets success.

Award for Events - Pittwater's Fabulous Community Markets, Pittwater Council

Award for Open Space Development - Narrabeen Sports High School Playing Fields, Pittwater Council

See: www.parksleisure.com.au/regions/nsw-act/awards

Pittwater's Food & Wine Festival - annual event every May. Picture by A J Guesdon.

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Team Australia - Big Bird's Record Flight to Auckland

Team Australia in flight. Image by Andrea Francolini.

Big Bird's Record Flight to Auckland - 19 OCTOBER 2013

When they passed between Auckland's North Head and the leading lights at Rangitoto Channel at 9:12:43NZT this morning, the six-man crew on the giant multihull from Sydney nicknamed 'Big Bird' set a new world speed passage record from Sydney to Auckland.

Once verified by the World Sailing Speed Record Council, it will be Team Australia's second speed record in eight months having slayed the previous fastest time for the passage from Sydney to Hobart back in February.

Skipper Sean Langman bravely predicts their elapsed time of 2 days 19 hours 2 minutes 45 seconds and 18.8 knot average speed for the Trans-Tasman ocean crossing will stand for decades.

"We had perfect conditions, essentially we beam reached on port to the tip of NZ, gybed, parked for a couple of hours then beam reached on starboard to the finish, a scenario that is basically unheard of.

"I reckon this record could stand for many years," said the delighted skipper just before the champagne corks started popping. "The crew hasn't had a big hug yet, we got 20 knots on us at the finish, had to furl sails, work out a tow in and then it started to rain…there was too much going on," he added.

Langman said they struck another obstacle, likely another large fish down the NZ east coast last night.

"We hit what we think was another fish 30 miles offshore half way down the coast doing 25 knots. The boat went into an involuntary gybe when the rudder popped up and very quickly it was all hands on deck. It was then I declared fish are not my friends."

The Orma 60 was carrying some damage from the first afternoon out of Sydney. Langman reckoned they hit a shark which crushed the starboard foil chocks, causing the boat to nosedive at high speed.

He said repairs will be made, with the boat still in the water, in time for next Friday's PIC Insurance Brokers Coastal Classic.

Forty knots of puff on the first night had moderated to the thirties on the second night. By the third night Team Australia was in the doldrums at the centre of an inconveniently parked high pressure cell. With the help of meteorologist Roger Badham working overtime back in Australia the shackles were quickly cast off. The crew produced some special magic overnight, finding enough breeze offshore to be two hours ahead of the model at daybreak.

For the one Kiwi crewman aboard, Josh Alexander, coming into Auckland was sentimental though his immediate family live elsewhere these days.

"It's good to see the place where I grew up sailing and where my passion for the sport stemmed from. I keep thinking to when, as a kid, I watched Peter Blake in the Whitbread and saying 'one day that's me'. It was emotional sailing in this morning for sure.

"I remember Martin Tasker interviewing me prior to leaving Auckland for the 2001/2 Volvo Ocean Race and telling him I was scared. I had almost the same feeling before leaving on this record, for different reasons; we had to keep two family members, Sean and Pete, safe and I was conscious of keeping the mast pointing to the sky!"

A much-awaited retrial between Team Australia and Simon Hull's near identical Team Vodafone is shaping up to be one of the Coastal Classic highlights.

Langman is upping the ante for this race starting next Friday, taking on some new crew: round-the world sailing power duo Mike and Emma Sanderson and revered Australian navigator Adrienne Cahalan, plus a brand new suite of Doyle Sails NZ sails.

Team Australia's racing team has other South Pacific records in their sights and will join most of the best-known Australian East Coast regattas and races over the summer.

Facebook page: here

Website: http://teamaus.net.au/

by Lisa Ratcliff/Team Australia media. Champagne! Image by Georgia Scholten Subzero

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Team Australia is the ORMA 60 owned by Sean Langman and the name of its racing team. Weighs in at 5.6 tons and 60 feet in length and breadth.

Description: The radical multihull recently set a new elapsed time of 29 hours 52 minutes and 23 seconds for the famous stretch of water between Sydney and Hobart. This time is about to be sanctioned by the World Sailing Speed Record Council.

Over 630 nautical miles they averaged 21 knots and reached a top speed of 39.6 knots.

The former French-owned trimaran was in her former life raced hard repeatedly across the North Atlantic and won the doublehanded Transat Jacques Vabre from northern France to Brazil.

Team Australia's crew plan to attempt more Southern Hemisphere passage records.

Upcoming Events

25 October 2013: PIC Insurance Brokers Coastal Classic Auckland to Russell Yacht Race

26 December 2013: Sydney to Hobart Exhibition Race against New Zealand's Team Vodafone Sailing

2 January 2014: **Club Marine Pittwater to Coffs Harbour Yacht Race**

21 -27 January 2014: Festival of Sails regatta, Geelong

21 February 2014: Club Marine/Lexus – Adelaide to Port Lincoln Race

18 April 2014: QantasLink Brisbane to Gladstone Yacht Race

Team Australia passing Tiri Matangi, image credit Melanie Benton RNZYS.

Team Aus crew: Top row: Andy Woodward and James Ogilvie. Bottom row: Peter Langman, Josh Alexander, Ben Kelly and Sean Langman. Image credit Georgia Scholten Subzero

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Sydney Wildlife Constructs a Rehabilitation Flight Aviary for Southern Cross Wildlife Care

Left to right: Bob Bennett, Lynleigh Grieg, Dr. Howard Ralph, Sonja Elwood and Glen. Picture by A J Guesdon.

Sydney Wildlife Constructs a Rehabilitation Flight Aviary for Southern Cross Wildlife Care

During April of this year we became aware of Global Giving, an online facility set up to support vital projects worldwide that do not attract the kind of funding they need. Sydney Wildlife, an organisation of volunteers licensed by NSW National Parks & Wildlife Service to rescue, rehabilitate and release sick, injured and orphaned native animals, was among the list of those seeking funds for projects and so we forwent the Friday afternoon bottle of wine for a few weeks and invested in our native furred, finned, feathered and scaled getting some care instead. The Sydney Wildlife project was to establish a center or area to "Rehabilitate Wallabies and Kangaroos in Sydney".

Anyone who has stood quietly in the bush listening to the sounds of leaves and peace and then the thud, thud, thud, of a coming kangaroo before one glorious specimen bounds into sight, gazes through does eyes at you, before continuing off into the dappings will know why you would want your children and children's children to experience such moments. Anyone who drives along Mona Vale road and has seen the small brown mound of a wallaby who could not cross the road because there is no crossing for them and speeders speed would confirm a tide needs to turn and it is people who can help this occur.

Soon after we were informed our gift had gone towards building and establishing an area at Waratah Park, the former home of 'Skippy' leased for a rehabilitation area which would enable Sydney Wildlife volunteers to:

"now start building a suitable facility that accommodates their complex requirements before release.

Our hardworking volunteers have started to clean the area in preparation to build our facility for Macropods. We have spent several days clearing out sheds, mowing and weeding. These areas will become our rehabilitation facility and quarantine room.

On top of the physical work we have been doing, we have also been taking measurements and getting quotes to get the best price possible to build our facility."

From: http://www.globalgiving.org/projects/sydney-wildlife-rehabilitate-wallabies-and-kangaroos/updates/

Early in December 2012 we attended a clean up of Careel Bay, collecting rubbish and other articles people thoughtlessly deposit in or near our waterways which are devastating our wildlife, particularly the many birds who make these wetlands their homes. Since one staffer has been collecting items foreign to this particular beautiful environment for over 30 years it seemed natural to join in and as a consequence of that, speaking to those also there to do the same work, heard about a little project to build a Rehabilitation and Flight Aviary desperately needed by Southern Cross Wildlife Care.

Our native birds are being devastated by habitat loss, by feral and domestic cats and by the rubbish people cannot dispose of correctly being mistaken for a shiny silver fish when in fact it is a poisonous wrapper or one of the countless plastic bottle caps each tide returns to our shores. Southern Cross Wildlife Care is the first stage of helping our Native fauna. Dr Howard Ralph is attending to every kind of 'critter' brought to him 24/7, pro bono, and part of this prior to their being placed with a carer is getting each creature to a stage where they may stand a better chance of successful release back to their homes by rehabilitation under this veterinarians care. As Southern Cross Wildlife Care is also a 100% volunteer organisation, funds for materials and labour must be drawn out of thin air.

Bob Bennett, a Sydney Wildlife volunteer and the gentleman chatted with at Careel Bay in December 2012, was equal to the task. He spoke to the excellent community minded Johnson Brothers who gave him materials at cost, only the ten thousandth incidence of this; and asked his son in law, Tony Hulspas, a talented carpenter, to help him lay the foundations and construct the kind of aviary Dr Ralph described was needed.

Tony Hulspas and Bob Bennett. Picture by Michael Mannington:

On Thursday this week this completed air room for injured feathered beauties was planted out with natives donated by our own Pittwater Council. This is surely one of the best ways to celebrate National Bird Week (19-25 October 2013); a physical manifestation of many people's commitment to restoring what has been imperilled by humans and their urban development.

Dr Howard Ralph informed us he already has a Native Dove- Spotted Turtle-Dove (*Streptopelia chinensis*) that will soon be able to be transferred to this rehabilitation aviary to learn to fly again. Great news.

Glen, one of the Sydney Wildlife and Southern Cross Wildlife Care volunteers we spoke with on Thursday, stated Dr. Ralph cares for over 3000 animals annually, "Injured wildlife needs pain relief and treatment, just like any other living creature." Glen explained.

What is needed now to facilitate the vital work of Southern Cross Wildlife Care, and the next step, the carers who are members of Sydney Wildlife, are solar panels for the clinic at Braidwood as spiralling electricity costs are one extra worry that detracts energy from where it needs to be focused – saving our native critters.*

For those who wish to train as carers **Sydney Wildlife is holding their Training Course** on **November 2nd and 3rd 2013** – Details HERE

The other way you can help is to simply provide maintenance funds to Southern Cross Wildlife Care to help with the purchase of medical supplies, to pay electric bills and all associated costs with saving our wildlife.

Planting native plants instead of exotics will also aid our native wildlife and give back to you as you will see how many birds and furred wildlife are attracted to your garden for the nectar, seeds and to dwell in an environment more like 'home' to them. A year round celebration of our native wuildlife is yours for the making!

Pittwater Council is again hosting a stall at which there will be a free native plant giveaway at Avalon Market Day on the 15th of November. These plants are available to all Pittwater residents until supplies run out. Just look for the Pittwater Council stall (usually located near Dunbar Park).

Southern Cross Wildlife Care **Sydney Wildlife**

* Pittwater Online News will provide one year's advertising or sponsorship on one of our weekly pages to any Solar Panel company or any local business for providing and installing the panels required. Please contact us to discuss details initially.

Picture by and courtesy of Geoff Searle: 25 years ago, after I lost my dear dad, Collette and I established a native garden in the front yard in his memory. We planted 2 grass trees and have just had our one flower. Its been a real treat, especially for the lorikeets. It's a gigantic 4+ metres tall and we can't believe our luck (we think Dad had a hand in it!). I enclose a photo of an especially cheeky lorikeet .

Report by A J Guesdon, 2013.

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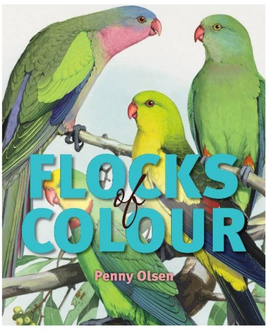
October 20 - 26, 2013: Issue 133

Flocks of Colour

"Like kangaroos and gum trees, parrots are part of what defines Australia. "

***Flocks of Colour* - Penny Olsen**



A few weeks ago we received a beautiful new book compiled by ornithologist Penny Olsen. With a Publication Date of 14 October 2013, and with the great array of parrots we have residing in Pittwater, this seems a great way to celebrate National Bird Week (19-25 October 2013).

Have perceptions of parrots changed over time (since the arrival of the First Fleet for example)? Are any Australian parrots extinct or endangered? Late sixteenth-century maps showed how early explorers told of a great land to the south where large flocks of parrots occurred and inspired the name "***Psittacorum regio***" meaning "***The Land of Parrots***".

In this stunning book Flocks of Colour, published by the National Library of Australia, Penny Olsen shares with us her love of an iconic Australian bird –the parrot. The book contains beautiful reproductions of illustrations of parrots, including many of the first ever painted, from the library's collection.

Not many Australians would realise that the National Library of Australia in Canberra has such a comprehensive collection of ornithological material, including many rarities. Award-winning natural history writer Penny Olsen always enjoys viewing original artworks, rare books and journals.

"I did not expect to find anything new, so I was surprised and delighted to come upon three 1860s hand-coloured prints of parrots—the Sulphur-crested Cockatoo, Australian King-Parrot and Crimson Rosella—by French water-colourist and lithographer Edouard Travies, one of the best artists of his generation," says Penny Olsen.

From an illustration of a Rainbow Lorikeet collected live on Cook's 1770 Voyage –to Cooper's twentieth-century watercolour of the elusive Night Parrot, this book features all 56 species of the parrot family and places them in historical context.

With illustrations from more than 35 artists, Australian parrots are the most diverse assortment of species of any country. They are often distinctive in behaviour or colour, or both. "Arguably, parrots are Australia's best-loved and most familiar birds," says Penny Olsen.

With introductory essays by ornithologist Penny Olsen, ***Flocks of Colour* covers two and a quarter centuries of discovery and illustration of Australia's avifauna.** It features a rich portfolio of images of all the Australian parrots, by various artists including John Gould, Edward Lear, Neville W Cayley and William T Cooper, selected from the collections of the National Library of Australia. The foreword is by Joseph Forshaw, a world expert on the parrot family.

We took the opportunity to ask Penny a few questions about ***Flocks of Colour*** this week:

Who is, in your opinion, the most important ornithologist in this new book and why are they?

Picture at right of John Gould, 1860, by unknown photographer.

I would have to say that **John Gould** was the most important ornithologist in the book: he is often referred to as the father of Australian ornithology. He made the first descriptions of a great many of our birds and gave them a scientific (Latin) name. He was a superb ornithologist and many of his names stand today. Of course, he also produced those magnificent illustrated volumes, *The Birds of Australia*, detailing all that was known at the time—an awesome achievement.

Flocks of Colour encompasses the shift from skippers such as de Vlamingh noting the presence of parrots in Australia through to when naturalists were begun to be included on voyages here. How important was including naturalists to be for future generations?

Australia was colonised during the period when the superpowers of the time were sending out ships in search of lands, resources and trade. Part of this trade was the birds and other creatures of the world, which were sought after by scientists, gentlemen naturalists and newly established museums. Some too were potentially useful for domestication as pets or for food.

Naturalists collected and recorded what they could at each landfall. Often an artist was among the naturalists and this was especially important in the era before an effective means of specimen preservation had been discovered. Curiously, no naturalists or natural history artists were sent on the First Fleet.

Nevertheless some of the officers realised the value of recording the natural history of the new colony of New South Wales, and used their training and equipment as naval draughtsmen to paint the animals and plants, or employed convicts with some artistic talent, such as forgers, to do so. These first records tell us something about what Australia was like at the time.

Flocks of Colour celebrates as well as charts the development of illustrating birds as well as the way their names were spelt and are now spelt - how important is a knowledge of the change in spelling when identifying what bird may be referred to?

The subject of bird names is a minefield. Various names, both scientific and vernacular, have been used over the years and illustrate how important it is to have standardised names and a system for achieving that. How else do we know which bird we are talking about? The Linnean system of classifying and naming living things scientifically work well, though taxonomists still argue about where certain taxa belong, are they full species or subspecies, which birds are their allies. Common names are cause for even more argument—there are regional differences in names (both within Australia and internationally), they may change over time and people are wedded to their favourites. So, most of us stick to one of the accepted lists.

On page 198 - The Night Parrot - beautiful illustrations of the only true nocturnal parrot - and not seen for a while?

The Night Parrot has recently been in the news because the first ever photographs of it were taken recently. This was extremely significant: there have been no confirmed sightings of a live individual since the 1880s. Having just old museum specimens to go on, we weren't really sure what the bird looked like: its jizz, its posture, even its exact colour. As it happens, it turned out to have more yellow in its plumage than expected but the illustration of it by William Cooper (on p. 198) captures its posture perfectly.

Flocks of Colour celebrates our parrots but also charts insights into the environmental shifts of these birds and their habitats – for example the movement of galahs from inland areas to coastal regions due to land clearing. Which parrot has been most impacted by Europeans settling in Australia?

Various parrots have been impacted differently: some have benefited and spread or multiplied in numbers. These include the galah, as you mentioned, and some of the corellas, which have benefited from changes associated with agriculture (water, crops, more suitable habitat). Other parrots have suffered through loss of their habitat to agriculture, development, overgrazing and so forth; these include the extinct Paradise Parrot from the Darling Downs region. At the moment, of the parrots in book, the Orange-bellied Parrot, numbering about 40 birds, is probably the parrot nearest to extinction in the wild. Coxen's Fig-Parrot, the Tasman Parrot and the Western Ground Parrot, arguably subspecies, are not faring much better.

Flocks of Colour is a stunning visual collection of some of the National Library of Australia's vast collection of Australian Parrot illustrations - how did you choose which ones to include and which are your favourites?

One of the purposes of book is to showcase the collections of the National Library of Australia, which has an amazing collection of colonial-era paintings and old monographs with hand-coloured illustrations to choose from. I wanted to include every resident Australian parrot, including those on Australian territories such as Christmas and Macquarie Island; 56 in all. For each species, I particularly tried to get the first illustration and a couple of more modern interpretations. Apart from historical significance, I sometimes chose for beauty, sometimes accuracy, sometimes quirkiness—anything that appealed! My favourites change from day to day.

Penny Olsen is an ornithologist, researcher and writer with a passion for natural history. She is Associate Professor in the Research School of Biology at The Australian National University. She has written more than 20 books including *Glimpses of Paradise: The Quest for the Beautiful Parrakeet* (2007), *A Brush with Birds: Bird Art in the National Library of Australia* (2008), *Upside Down World: Early European Impressions of Australia's Curious Animals* (2010) and ***Cayley & Son: The Life and Art of Neville Henry Cayley & Neville William Cayley*** (2013).

Flocks of Colour is now available at all good book stores or from the National Library of Australia **here**. National Library of Australia; paperback; 216pp; colour illus., ISBN: 9780642278067, RRP: $39.99. **Also available as an e-book** ISBN 9780642278159

Kerry Smith, Penny Olsen and Manta Macrae at Mosman Library for Cayley & Son: The Life and Art of Neville Henry Cayley & Neville William Cayley. Launc and Exhibition.

One of the glorious illustrations from this new work by Dr. Penny Olsen - The Red-capped (or West Australian 'King') Parrot, *Purpureicephalus spurius*, **1938** by Ebenezer Edward Gostelow - female is at top and male bottom.

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Pittwater Online News

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SoFarr wins Inaugural Link Healthcare Integrated disAbled Sailing Islands Race

Left to right: Sailability Pittwater Coach Keith Sinfield, President John McCausland, Linda Buchan, Bob Bennett and Allan Jones, Sailability Pittwater Commodore.

SoFarr wins Inaugural Link Healthcare Integrated disAbled Sailing Islands Race

Two weeks ago we received a message from Robert Bennett, RPAYC member and sailor.

My yacht "SoFarr" with crew member Linda Buchan, a disabled sailor and a gutsy lovely girl, were the inaugural winners of the perpetual trophy in the Island Race today.

Fantastic, congratulations! was our reply – and then; *"did you get a picture of Linda and you with the trophy?"*

Someone did, apparently, and then disappeared back into the large crowd that gathered to support this event or participate in the Islands Race. The trophy itself was away from the club being engraved with the credit due, the usual practice post-race.

In the meantime we spoke with Linda;

How long have you been sailing?

About nine months.

What do you enjoy about it?

I just love the freedom that I get on the water and the fun and people that I have met.

Do you only go on Bob's yacht?

No, I sail with Sailability as well. I sail in the little dinghies with them. It's great fun when I'm racing people, especially the volunteers. They give up so much time for us, they are very special people.

How do you put up with Bob?

Only just. (laughs).

What was it like to win last Sunday?

It was great. I was just saying to Bob earlier I haven't won anything for 15 years and to finally win something it was quite exciting. The guys don't really care about winning or losing but I was 'yay!'. It was very good.

So did your crew get awarded a trophy?

Bob: Yes, last Sunday we had that. Every person that sailed received a bottle of wine and Linda received a voucher as well. The trophy, which shall be a perpetual trophy as log as the series continues, is being engraved with our names.

As crew on SoFarr – what were you doing during the Two Islands race?

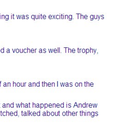
At first I was just observing for Bob for three or four weeks. Last Sunday I steered for around a quarter of an hour and then I was on the main sheets for the rest of the race.

Bob: She had this gorgeous blokecalled Andrew Gavenlock who is a sailmaker, very strong and very fit and what happened is Andrew and Vera Pickering, who is a Vet, from Mona Vale, actually sailed the boat and we just sat back and watched, talked about other things and then all of sudden the race was finishing.

Did you have to sail around Lion Island?

No we just sailed to a buoy on the Pittwater side of the island and came back – it was pretty straight forward. We started from Scotland Island.

Bob: Years ago there was a three island race – it used to go around Scotland Island, around Lion Island and then around Dangar Island up the Hawkesbury. This version is making it an easier race and faster for those entered.



Bob Bennett's yacht *SoFarr*, is known as being a 'serial nuisance' in races at RPAYC, especially in the offshore races apparently, and has a nickname of 'BLRB', which has now been formed into a mini yacht club by *SoFarr* crew members and stands for (the) 'Bloody Little Red Boat' yacht club. With this knowledge in mind, and with Bob attesting to his 'laid back' stance through much of the race, we were curious as to how he came first, even with Linda's excellent help;

Bob: Before the start of the race I happened to be over there talking to all the powers that be who were organising the handicaps – they harangued you, threatened you with terrible things to induce you to hand over money. Being a man of great integrity, I refused outright and made myself as difficult as possible. Then I looked under the tables and saw all these little brown paper bags that had a musty smell emanating form them.

I said to the officials – 'what are all these brown paper bags?' – as it turns out, some of them were stuffed with money. So I relented, handed them fifty dollars and that got us five minutes off our handicap.

When the race started there were all these boats behind us, many of them yelling out good naturedly "Why are you sailing?!!" and so I yelled back "We've invested!!"

(…and sat back and let Linda, Andrew and Vera do all the work)!

What do you think of the Inclusive 'Integrated disAbled Sailing' Program launched by the RPAYC?

Linda: I think it's amazing. At the Gala Dinner on the Saturday night details of upcoming plans were announced as well as a little about the 35 foot boat that Dan Fitzgibbons is trying to get up and running. But the part I love is the Integrated Sailing – which is encouraging people with disabilities to sail in the Competition.

Linda also had a quiet word when Bob was out of earshot, explaining Mr Bennett has spent a lot of time with her over the last six months teaching her all he can about sailing, "Bob has done so much for me. He tries not to let other people know but he has."

In Linda's opinion Bob is a wonderful person who has done so much for her and others, and she wants this acknowledged. Bob is always, in our experience, doing something for someone somewhere and threatens litigation if we let anyone know; putting it down to a simple wish to give back, to invest something into community now that he can – so please don't mention this report when you see him next.

Linda and Bob with Perpetual Trophy - see the 'BLRB' on Linda's crew shirt for *SoFarr*.

During the week Bob, Linda and three gentlemen from Sailability Pittwater kindly consented to let us re-photograph the trophy and themselves (above). The RPAYC has a long association with supporting the great work of Sailability Pittwater which continues to this day. Coach Keith Sinfield pointed out their vessels are still moored in Crystal Bay at Newport and exercises and training regularly occurs from the club as well as their Bayview base. Allan Jones, Commodore of Sailability Pittwater stated this new initiative by RPAYC was brilliant and that they were delighted with the opportunities it will provide for more people to experience Freedom On The Water.

Mr Jones also let us know there are a few exciting opportunities coming up for our local Sailability sailors with Alyse Saxby heading down to Victoria to compete soon and next year the Sailability Hiroshima Peace Cup (7th and 8th Sept 2014) may see some of our local sailors venturing to Japan.

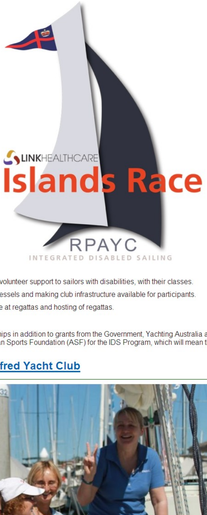
RPAYC's Damian Devine reports that it was a good day and over $20,000 was raised on the weekend. The results for all vessels are below.

		Boat Name	Skipper	Design	T ahc	Fin Tim	Elapsed	Did Not
1	7633	SOFARR	Bob Bennett	Farr 31	6	11:30:18	01:24:18	
2	4570	HIGH ANXIETY	Marcus Grimes	Elliot 10.5	4	11:30:26	01:26:26	
3	6255	EYE CANDY	Gavin Ward	Sydney 38	13	11:31:47	01:18:47	
4	8009	OCC. COARSE LANG ONE	Bill Bailey	Cookson 12	17	11:36:08	01:19:08	
5	8300	SECRETMENSBUSINESS 1	Robert Curtis	Murray 42	16	11:37:02	01:21:02	
6	4264	RAZZAMATAZZ	Norman Weaver	Farr 1104	0	11:37:57	01:37:57	
7	AUS207	THE 5TH ELEMENT	John Buckland	11m One Design 11		11:38:17	01:27:17	
8	6637	SIROCCO	John Ellis	Elan 37	6	11:38:38	01:32:38	
9	AUS1254	ODYSSEY	Jill Connell	Etchells	2	11:41:01	01:39:01	
10	545	PRETTY WOMAN	Richard Hudson	Farr 45	27	11:44:03	01:17:03	
11	221	EASY TIGER	Chris Way	Melges32	27	11:44:25	01:17:25	
12	38002	DARK STAR	John Bacon	Mc38	29	11:45:05	01:16:05	
13	9395	HANSKY	Melissa Watson	Hanse 370e	7	11:45:23	01:38:23	
DNC	C04	TENACITY	Simon Grosser	Couta				DNC

About IdS:

Integrated disAbled Sailing is an initiative of the Royal Prince Alfred Yacht Club which integrates sailors of all abilities. Funds raised are to purchase, modify and maintain a keel boat which can be sailed in the Club's regular racing program by sailors of all abilities. Funds will also be raised to assist sailors with a disability to further their competitive abilities in the sport and attend competitions while also providing financial and continued in-kind support to Sailability.

IdS is a new initiative that gives sailors of ALL ages and abilities the opportunity to participate in the Club's sailing activities. The program will promote and support inclusivity for all keen sailors, by integrating sailors with disability in the regular RPAYC racing fleets as well as providing support for the not for profit, volunteer based Sailability organisation.



IdS Objectives:

To integrate sailors with disabilities into regular, inclusive for all, club racing events.

To support Sailability and its activities in introducing people with disabilities to sailing.

To encourage members and others in the community to provide financial &/or volunteer support.

To provide support, coaching, training and high performance development to prepare for and compete in events.

Royal Prince Alfred Yacht Club aims to do this by:

The acquisition, modification and maintenance of a keelboat vessel which can then be easily modified to accommodate sailors with disabilities.

Encouraging club sailors to compete with (or against) and/or provide volunteer support to sailors with disabilities, with their classes.

Supporting Sailability's activities by providing storage for Sailability vessels and making club infrastructure available for participants.

Supporting competition for sailors with disabilities such as attendance at regattas and hosting of regattas.

Fundraising

Fundraising will be primarily through events, donations and sponsorships in addition to grants from the Government, Yachting Australia and Clubs NSW. The RPAYC has applied for a grant through the Australian Sports Foundation (ASF) for the IDS Program, which will mean that your donation will be tax deductible.

Royal Prince Alfred Yacht Club

Bob, Vicki (Linda's mum), Linda, Di, Vera and Jenny on SoFarr for Wednesday afternoon sailing at RPAYC.

Report and Pictures by A J Guesdon, 2013.

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Royal Caribbean Travel Club

Royal Mariner Yacht Club – Bermuda Bling – ATM Twin Operating
May 2010 Bermuda Sailing Report

Bermuda is a beautiful place to sail, with its pink sand beaches, crystal clear water, and its friendly people. Our Royal Mariner Yacht Club sailing was no exception. We had a great time, and we met some great people. We had a great time, and we met some great people. We had a great time, and we met some great people

Pittwater Online News

October 20 - 26, 2013. Issue 337

Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Falcon Wheel – a boat lift in Scotland

Volvo Ocean Race - Building the Future 18 - Here we're really moving! - Published on Oct 11, 2013

It's a key milestone on the road to the next edition of the Volvo Ocean Race. The Volvo Ocean 65 fleet has been launched and the Ocean 65 from the start of its life on the drawing board, this new fleet was set in pleasant by sea sea can show you the finished boat to sail in 2014.

Be sure to watch to the end to see some new specifications for some of the boat being put through its paces **by Team SCA!**

Volvo Ocean Race Footage is uploaded to the Official Volvo Ocean Race YouTube channel to the future. Get all the latest updates on www.VolvoOceanRace.com

Health papers published this week:

Four Genetic Variants Linked to Esophageal Cancer and Its Precursor, Barrett's Esophagus

Oct 15, 2013 — An international consortium is led by leaves there of has identified four genetic variants that increase the risk of developing Barrett's esophagus, a condition that can identifies the genetic causes associated with an increased risk of esophageal adenocarcinoma, a deadly form of cancer. Barrett's esophagus.

Researchers from Queensland institute Thomas L. Vaughan, D.D., M.P.H., a member of the Epidemiology Program of the Fred Hutchinson Cancer Research Center and the professor emeritus of the Dorothea Dix professor of Medical Genetics, Together with Professor Nicholas Hayward, Head of the Melanoma Genetics Group at QIMR Research Institute and the Queensland Institute for Medical Research.

Both are members of the international Barrett's and Esophageal Adenocarcinoma Genetics Study (BEACON) Consortium, Which Vaughan and Hayward co-lead. The study, which is published online in the Nature Genetics, Also involved researchers from the United States, Canada, Australia, Ireland, and the United Kingdom.

Epidemiologic findings, largely based in the work of BEACON investigators, show that Barrett's esophagus is a precursor to esophageal adenocarcinoma, a cancer that has grown rapidly in the United States and other industrialized countries. Vaughan and colleagues in the consortium have found that obesity, gastroesophageal reflux disease, and tobacco smoking are risk factors for Barrett's esophagus and esophageal adenocarcinoma. Vaughan and colleagues have also found that Barrett's esophagus and esophageal adenocarcinoma "run together, and leaves in families, suggesting that there may be a genetic component.

Vaughan and colleagues also found that the risk of Barrett's esophagus is the highest among people who are white, male, and 50 years of age or older. Barrett's esophagus is more common among people who have had gastroesophageal reflux disease for a long time, and Barrett's esophagus is more common among people who are overweight or obese.

Vaughan and colleagues also found that the risk of Barrett's esophagus is the highest among people who have had gastroesophageal reflux disease for a long time, and Barrett's esophagus is more common among people who are overweight or obese.

"Heavy leakage esophagal refluing stomping juices by hollow spontaneous leakages to stomach causes acoustic, acoustically stickers to leaves Barrett's esophagus," Vaughan and colleagues write. "Obesity increases intra-abdominal pressure and promotes esophagal esophagal esophagitis," Vaughan said. The fact that all four of the risk factors for Barrett's esophagus are also risk factors for esophageal adenocarcinoma "suggests that the association between Barrett's esophagus and esophageal adenocarcinoma is consistent with a causal relationship." Vaughan and colleagues also found that the risk of Barrett's esophagus increases with the amount of time spent being overweight or obese.

Researchers have found that a number of genetic variants are associated with Barrett's esophagus and esophagal adenocarcinoma, Vaughan and colleagues write. Some of these genetic variants are associated with both Barrett's esophagus and esophagal adenocarcinoma, Vaughan and colleagues write, and some are associated with only one of the two conditions.

Vaughan and colleagues also found that the risk of Barrett's esophagus is the highest among people who have had gastroesophageal reflux disease for a long time, and Barrett's esophagus is more common among people who are

Pittwater Online News

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Volume 14 - No. 36th Issue 2012

Whale Tim Shot

Posted on Tuesday, 18 September 2012 by Admin

Posted in Photo Gallery, Whales, Wildlife

Tags: Whale, Whale Watching

Marine Rescue Broken Bay Launches Scuttlebutt

Posted on Tuesday, 18 September 2012 by Admin

Posted in Boating, Community, Marine Rescue, Marine Rescue Broken Bay, Marine Rescue Broken Bay Launches Scuttlebutt, Marine Rescue Broken Bay Launches Scuttlebutt, Marine Rescue Broken Bay Launches Scuttlebutt

October 20 - 26, 2013: Issue 133

Gary Cook

Our Surf Life Saving Clubs are not just in the clubhouses themselves – they stem from the people who have dedicated decades of time and acumen to building them up and maintaining every aspect of them while developing new ideas and strategies to support to meet the changing demands and rise in popularity of being on our beaches. What is in their hearts and minds has kept and keeps them the best in the world. Gary Cook is one of such dedication.

Knowledge of the 'seascape' of a beach is something learnt by being on that beach. For over five decades Gary Cook has served Newport Beach SLSC in one capacity or another, – still serving Surf Life Saving.

Gary was born in Manly and lived in Shore Hospital. At 3 months, 18 years childhood was in North Sydney area before he moved to Wahroonga where his father ran a Steel Stamp Cook owned and operated a Retail and Wholesale Butcher Business. Gary lived in a small two bedroom flat above the shop. Dad, Mum, younger brother and myself. Dad worked very long hours and the business became very successful with the retail shop and also supplying meat to a number of private schools in the area that had Boarders as part of their student group.

Primary School for me was at Warrawee Public School, a short bus ride down the Pacific Highway from Wahroonga. Following this went onto Barker College which was a Day School where I completed my Leaving Certificate in 1964, being a School Prefect in my last two years there.

As the family got a bit older Dad and Mum felt that we needed more space and some recreational facilities and purchased a 53 Francis Ave, Newport property as a weatherboard house in Fisamond Avenue in Newport and they went back from the beach as a weekender. This gave the family the beach or Pittwater options for our recreational choices. Dad really enjoyed fishing and after initially fishing off the beach at Newport in a dingly near the reef moved on to a 30' Cruiser out of Pittwater and moored it at Taylors Point near Clareville.

53 Francis Ave, Newport - The Cook Weekender

I joined Newport Surf Club in the later part of 1961 as a Cadet Member after my parents advised me that I should do something useful with my time at weekends. This helped me as I did not play sport around the Wahroonga area as we always went to Newport on the weekends and school holidays.

Although I was keen to join my father in the Meat Industry he insisted that I look for a more stable job that would offer more long term employment benefits. I had been keen to become a boat builder following completion of my Intermediate Certificate in 1962 and had an interview with a firm in Sydney that was building the Sydney Harbour Ferries. I was also keen to be a Jackeroo on a station owned by one of the owners with my Woodworking skills learnt at High School. However as I was only 14 years of age at the time my parents insisted I do my Leaving Certificate and move past the early School Leaving age of 15 years.

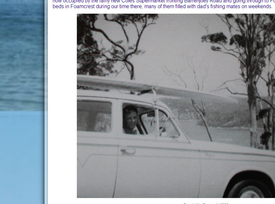
Following High School I applied to join the Commercial Banking Company of Sydney which had a Branch at Wahroonga. I had a School mate who had joined the Bank earlier who said it was a good job and quite stable and my parents were quite impressed. The Manager at the Wahroonga Branch of this Bank interviewed me and then he asked me if I was a Rugby Union player which I would like to start. I happily accepted but requested a further week off after High School finished and started with them on 6.1.65 with my first posting as a Junior being at Roseville about a 20 minutes train ride from Wahroonga.

At right: Gary, one part of CBC Swimming Team - aged 19/20 here.

The Bank life seemed to agree with me and I worked my way up the ranks from Junior to Teller, General Hand, Security Clerk, Assistant Accountant, Accountant and then Manager with my first Managerial posting at Artarmon, a new branch with a staff of five. When I left five years later we had a staff of ten because the business had grown so well. After this I moved to approximately every three years to various Branches as a Manager in the North Shore and Manly-Warringah Districts.

My last posting was at Mosman Point where I took early retirement at age 48 after living with them for 31 ½ years as the Bank was then becoming the National Australia Bank after merging with the Commercial Banking Company of Sydney. We were advised that many of the local suburban Branches were to be closed and Branch Managers were not given any guarantees of their future employment opportunities

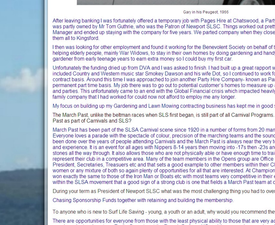
I met my wife Christine in 1973 at the Head Office of the Commercial Banking Company of Sydney Limited. We bought a house in Terrey Hills before we were married and moved in after our wedding. We had to build a bedroom for our couple of times to accommodate the growing family. It is interesting to note that my mother's maiden surname was Hills, a daughter of Mr Samuel Hills who first settled the suburb of Terrey Hills with a Mr Terrey and which was named after them. My daughter Amanda was born in 1975 followed by another daughter Lisa born in 1977 and our son, Daniel, was born in 1979.



We now have four grandchildren, two to Amanda - Hayden aged 9 and Hannah aged six and two to Lisa, Hayley aged 3 and Kiara aged 2 years. I have been a keen vegetable gardener since the early teens and now enjoy showing and teaching my grandchildren where their food comes from.

Amanda and Lisa are both married with Amanda living in Mona Vale and Lisa living at Terrey Hills. My son Daniel owns a home also in Terrey Hills and just a short distance from us. He is currently the Superintendent at Elanora Country Club and has been there approximately 12 years. Prior to this he was at Avalon Country Club and then taking on a Greg Norman sponsored Scholarship in America and then working full time to broaden his knowledge. His last overseas appointment was at Australia where the US Masters Championships are held each year. He is now linked back each year to assist during the tournament which is a huge honour for an Australian.

All my children went to Terrey Hills public school and then Mater Maria High School at Warriewood. My mother, a DVA widow, now lives at Mona Vale with my unmarried brother following the sale of our family home in Newport approximately 11 years ago. This site is now occupied by the fairly new Coles Supermarket fronting Barrenjoey Road and going through to Fisamond Avenue. There were 17 beds in Fisamond during our time there, many of them filled with dad's fishing mates on weekends.



Gary in his Peugeot, 1965

After leaving banking I was fortunately offered a temporary job with Pages Hire at Chatswood, a Party Equipment Hire Company which was partly owned by Mr Tom Guthrie, who was the Patron of Newport SLSC. Things worked out pretty well and I became the Branch Manager and ended up staying with the company for five years. We parted company when they closed their local Branches and merged them all to Kingsford.

I then was looking for other employment and found it working for the Benevolent Society on behalf of the Department of Veterans Affairs Rehabilitation Scheme as a Vocational Officer. This was a very rewarding and handmen work. I had always been a keen gardener from early teenage years to earn extra money so I could buy my first car.

Unfortunately the funding dried up from DVA and I was asked to finish. I had built up a great rapport with many of the veterans, which included Country and Western music star Smokey Dawson and his wife Doll, so I continued to work for a number of them on a private contract basis. Around this time I was approached to join another Party Hire Company- known as Partytime Hire at Chatswood on a permanent part time basis. My job there was to go out to potential customer's homes to measure up and quote for Marquees for functions and parties. This unfortunately came to an end with the Global Financial crisis which impacted heavily on many small businesses. The family company that had worked for us could now not afford to employ me any longer.

My focus on building up my Gardening and Lawn Mowing contracting business has kept me in good stead since.

The Manly Point unlike the bettman scars when SLS first began, is still part of all Carnival Programs. Why is it important to keep the March Past as part of Carnivals and SLS?

March Past has been part of the SLSA Carnival scene since 1920 in a number of forms from 20 man teams to the now 12 person teams. Everyone loves a parade with the spectacle of colour, precision of the marching teams and the sound of the Band. Many surveys have been done over the years of people attending Carnivals and the March Past is always near the very top of events that people want to see and experience. It is an event for all ages with hoppers 8-14 years then moving into -17s then -23s and finals Opens so there are stepping stones all the way through. It also allows those who are not physically able or have enough time to train extensively for other events to still represent their club in a competitive area. Many of the team members in the Opens group are Office Bearers within their Clubs such as Directors, Life Members, Patrons and Life Members who have served their Clubs for many years. It is a great way for a person to be a member or any mixture of both so again plenty of opportunities for all that are interested. At Championship Carnivals there are medals to be won exactly the same to those of the Iron Man or Boats etc with most teams very competitive in their endeavours to chase results. It is said within the SLSA movement that a good sign of a strong club is one that fields a March Past team at carnivals on a regular basis.

During your term as President of Newport SLSC what was the most challenging thing you had to overcome?

Chasing Sponsorship Funds together with retaining and building the membership.

To anyone who is new to Surf Life Saving - young, a youth or an adult, why would you recommend they get involved?

There are opportunities for everyone from those with the least physical ability to those that are very active. We have a wheelchair bound member who is a long term Radio Operator at the Branch Surfcoat and there are also members from our "Special Squad" who have mental and physical disabilities who are trained to become Patrol Support to assist the able bodied Patrol members. There are also many training courses within the organisation which can assist members with professional development opportunities leaving into and during their working life.There are no boundaries for members, just depends on the amount of time and energy they have for the movement. Of course the camaraderie within the club group and other clubs and over Australia is priceless.

What was the best thing about spending weekends at Newport while a youngster?

There was always someone there hang out with down at the beach to surf, swim or beachcomb (walking along the beach seeing what the tides had brought in). Or walking around to the wharf near Newport Arms Hotel to do a spot of fishing.

What would you ask all visitors to Newport to do during the coming season (stay between the flags or listen to and follow requests from SLS Members on Patrol)?

Will you have said or spot on regarding Stay between the flags and follow requests from Patrol members but also respect the beach and its surrounds by taking any rubbish that you may have accumulated with you and place it in the appropriate recycling bins.

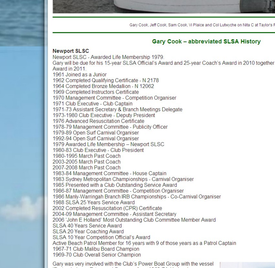
What is your favourite places in Pittwater and why?

Bobbi Park at Bayview and Clareville Beach on Pittwater, Newport Beach on the Ocean side of Pittwater Area. We have a family catch up time at Bayview, a paddle and a picnic. I also enjoy paddling a surf ski early on a Sunday morning at Narrabeen Lakes when I get time.

What is your 'motto for life'?

Never give up (on your hopes, dreams and aspirations).

Family Day at Bobbie Park



Gary Cook, Jeff Cook, Sam Cook, Y-Plance and Col Lefevre on Hills C at Taylor's Point.

Gary Cook – abbreviated SLSA History

Newport SLSC
Life Member SLSC - Awarded Life Membership 1970
Gary will be due for his 55-year SLSA Official's Award and 25-year Coach's Award in 2010 together with his 50-year SLSA Service Award in 2011.
1961 Joined as a Junior
1962 Completed Qualifying Certificate - N.21T8
1964 Completed Bronze Medallion - N 12/062
1969 Completed Instructors Certificate
1970 Completed Competition Competition Organiser
1971 Club Executive - Club Captain
1971-73 Assistant Secretary & Branch Meetings Delegate
1972-1980 Club Executive - Deputy President
1976 Advanced Resuscitation Certificate
1976-78 Club Executive - Vice President - Officer
1978-89 Open Surf Carnival Organiser
1992-94 Open Surf Carnival Organiser
1979 Awarded Life Membership - Newport SLSC
1980-83 Club Executive - Club President
1983-1985 Club Vice President
2003-2005 March Past Coach
2007-2008 March Past Coach
1983-84 Management Committee - House Captain
1983 Sydney Metropolitan Championships - Carnival Organiser
1985 Presented with a Club Outstanding Service Award
1986-87 Management Committee - Competition Organiser
1987 Sydney Metropolitan Championships - Co-Carnival Organiser
1988 SLSA 25 Years Service Award
2002 Completed Resuscitation (CPR) Certificate
2004-09 Management Committee - Assistant Secretary
2009: Joint E. Holland Most Outstanding Club Committee Member Award
2009 SLSA 50 Year Coaching Award
SLSA 50 Year Competition Official's Award
Active Beach Patrol Member for 46 years with 9 of those years as a Patrol Captain
1967-71 Club Midys Board Champion
1969-70 Club Overall Senior Champion

Gary was very involved with the Club's Power Boat Group with the vessel 'Barlonder' as a Driver and Crewman from 1969-74. He was also very active member of the Club's Anniversary Dinner Committees (held every 5 years) from 1970-1990. Gary was responsible for the Club's Anniversary dinners and organised for the Club's recent Centenary Dinner as part of its 100-year celebrations. Without Gary's involvement the event would not have been such a success.

Building Committee from 1986 to1988, the Judiciary Committee since 1990 to 2009 and also a member of the newly formed (2008) Life Honours Committee from 2006 to 2009. He has also been the organiser of Trophies for Club Championships and Special Awards presented at the Club's Annual Presentation events and Annual General Meetings for the years 1990 to 2009.
Additionally Gary has been the co-ordinator of numerous fundraising activities including:

Telephone Book deliveries and the securing and maintenance of the very valuable 'Staples' Vitamins Sponsorship Funds in the past.
He is also the principal facilitator and organiser in the research and preparation of applications for SLSA service recognition awards, including National Service Medal awards for Club Members. This he has done over a number of years.
Additionally Gary has provided significant assistance to the author of Newport SLSC's 100 Year History Book, which was recently published and subsequently launched by notable author Peter FitzSimons, with outstanding reviews. He has provided nearly 30 years of Newspaper & Magazine Clippings, Memorabilia and Photographs. Also pulling together the history of March Past Teams and assisted for the Club on this Book

Gary provides significant individual March Past coaching assistance, which has been given over a long period of time to the following clubs: Palm Beach (Ladies), Newport (Seniors and Juniors), Warriewood, Mona Vale, Avalon, Narrabeen, Collaroy, Dee Why, Curl Curl, North Curl Curl, Freshwater, Queenscliff, Manly Juniors, U21s and Seniors(together with Burning Palms within Sydney Branch, also he has mentored many March Past/Beach Area Judges.

Gary Cook - Championship Competition Results with Newport SLSC:
1969 Club Midys Board Champion Senior Champion Sydney Bluff Medal Bronze Medal
1970 Club Midys Board Teams & Long Board Teams - Silver Medal
1977 SNB March Past Bronze Medal
1978 SNB March Past Silver Medal
1978 Sydney Metropolitan Champs March Past - 3
1978 Sydney Barrenjoey
1978 Australasian Championships - March Past - Bronze Medal (Dick Twight as Coach & Shane Cook)
1979 SNB March Past - Bronze Medal
1985 SNB March Past - Bronze Medal
1985 Sydney Metropolitan Champs March Past - Bronze Medal
1986 SNB March Past - Silver Medal
1986 Sydney Metropolitan Champs March Past - Bronze Medal
1987 SNB March Past - Silver Medal
1987 Sydney Metropolitan Champs March Past - Bronze Medal
1988 SNB March Past - Bronze Medal
1989 SNB March Past - Bronze Medal
1990 SNB March Past - Bronze Medal
1993 SNB March Past - Bronze Medal
1993 Inter-cities March Past - Bronze Medal
1995 NSW State Championships - March Past (Female team to win a medal in Open Competition) – Coach
2003 SNB March Past - Bronze Medal - Coach
2008 SNB Handicap Point Score March Past Competition - Bronze Medal – Coach
2009 SNB Handicap Point Score March Past Competition - Gold Medal (Queenscliff SLSC) – Coach

Surf Life Saving Sydney Northern Beaches (SNB)
Sydney Northern Beaches - Distinguished Service Award 2002
Sydney Northern Beaches - Distinguished Service Award 2006
Joined SNB Board of Surf Sports (BOSS) in 1990
• Gained Level 1 Competition Official's Accreditation.
• Gained Level 2 Competition Official's Accreditation in 1998 (still current)
• Gained Scrutineer's Accreditation 1999, remaining current and regularly undertaking such duties at SNB Inspection Days
SNB & SLSNSW State BB Championships: 1999 - Competition Official also officiated at SNB BB Branch Championships 2000 & 2001
Regular Official at SLSNSW State Open & Masters as well as Australian Senior Championships since 1996 in Beach and March Past
SNB Competition Panel 2000-2001, then SNB BOSS Competition 2002-2008
SNB Competition Panel 2009-2001, then SNB BOSS Committee 2005,2009/10
SNB Competition Official of the Year 2001 & 2002 (Nominee 2003, 2004, 2005, 2007, 2008 and 2009)
SNB Regular Carnival Official for Junior, Masters& Senior Carnivals since 1995/96
SNB Open Carnival Referee; Deputy Referee & Beach Referee on numerous occasions;
SNB Masters Carnival Referee 1999; Deputy Carnival Referee 1999, 2002,2003
SNB Branch Open & Masters Championships – Deputy Carnival Referee 2008 and 2009;
SNB Judiciary Committee 2008/09 and 2009/10

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PittwaterOnline News

October 28 - 31, 2013. Issue 135

Landmark - Sydney Open House

Made by The Commonwealth Film Unit 1957. This short film celebrates the 1956 Sydney Olympics and the opening of The Sydney Opera House including footage of its complete construction and the site's previous use as a tram depot. It has been digitally restored and remastered in 2K. **Celebrate the 40th anniversary of the iconic Sydney Opera House on 20th October 1973.** This footage is available by architect John Utzon has released his position.

Narrabeen Learn2swim

Registration Day for Narrabeen Learn to Swim is **Bodey 9 November 2013 from 8.00am.** Registration form below - right click on and 'save as'

Maggie in the Hedge - 14 October 2013

Australian Maggie has made the rounds in Australian pubs since 2011 and has appeared on **National Bird Week** on Channel 7 and ABC Radio.

Early polling data gives the Australian Bird of the Week to an Australians vote for their favourite bird - there are 52 species for consideration.

A fortnight into voting for Australia's favourite bird, the Australian Magpie is in the lead. The Magpie is also ahead of the national bird being run by Birds Australia, which also is running a poll to find Australia's favourite bird.

Heading into Bird Week 2013, which runs from 19-26 October, the Australian Magpie is leading in ACT and Victoria, the Superb Fairy-wren in Queensland and Tasmania, the Eastern Rosella in New South Wales and the Red-capped Robin-Cocktaiel in WA and the Northern Territory.

The campaign has backed up with a number of top-ranking contributing Australian celebrities: Julia Zemiro, ABC Landline's Pip Courtney, television and radio presenter Dave Hughes, Australian Idol judge Marcus Corowa and Magic in Campaign for Bird Week Ambassador.

Paul Sullivan, Birds Australia's Chief Executive Officer, says the campaign has been very successful in bringing together people of different pursuits in different parts of Australia and expects the competition between dialect and campaigners to heat up even more throughout Bird Week.

"We've already seen thousands of 2,000 people from across Australia vote for their favourite bird, and we have seen some very passionate and creative campaigns from people who want their favourite bird to be Australia's favourite bird."

"Bird only are people voting, they are also taking the time to pick and notice the birds that are around them in their Australian and every state has the opportunity to choose which bird is the state of Australia's favourite bird and the overall winner."

The pick of a series of national activities being run during Bird Week, the Australian Bird of the Week Photo Competition got get entered in both categories: Prizes of a pair of tickets to events in cities and towns across the country.

Bird Week is a national celebration of birds in October with plenty of opportunities for Australians to cast their votes. The winning bird will go to, over-over on the December edition of Australian Geographic. The winner will be flown to the Gala Day at the beautiful O'Reilly's Rainforest Retreat in the Gold Coast Hinterlands.

Australians have been celebrating Bird Week for more than 100 years and with Spring the peak nesting and breeding time for our native birds, the beginning of October is the perfect time to see them in action and learn more about how we can help them.

Bird Week is a joint initiative of Birds Australia and Australian Geographic. **Photo competition - before pulse close on 31 October.** Above Picture by A J Cavanion.

MONA VALE LIBRARY

A GUIDE TO STORYTIME FUN

HALLOWEEN HULINKS AT THE LIBRARY

Children aged six and over are invited to enjoy some spooky fun at Halloween. **Thursday 31 October** at Mona Vale Library.

To start the Hylona there is a Halloween Party from 3pm until 5.15pm with craft, games and food on treating. This will be followed by a special screening of E.T. from 5.30pm.

Event Librarian Catherine Bodde encouraged children to come along dressed up in their favourite Halloween costumes to enjoy the fun and frolics.

The Halloween party is open to kids the little ones, especially with some body sides up for grabs.

"Children attending the party are invited to stay with their families for the free screening of E.T. afterwards.

"Kids can also come to the library during the morning just to enjoy which kind of, which 'Hylona' kind of bodies.

Ms Bodde said the Stephen Spielberg sci-fi E.T. nominated for nine Oscars and winner of the Golden Globe for best picture, always a winner with the young and the young at heart.

"It's a great movie and it's suitable for children with live available because at a minimal charge.

The Halloween Party admission cost is $10 per child, movie admission is free. Children under 10 years old are essential and can be made by calling 9970 1600.

ABC1 ambushes on a marine conservation film

A Sydney based film crew from the ABC1 TV channel ambushed a marine wildlife documentary series.

Produced by Fin Pig Productions, Grand Slam Productions and the ABC1 TV, Finding Nemo, Finding Dory, Finding Marlin, Finding Ashore, the series follows the adventures of Fin Pig, a Sydney based Australian Sea Lion, as he explores an Australian's coastal home. Fin Pig's home is the New South Wales.

Single Australian Australian teenagers will spend six weeks filming Fin Pig's adventures.

Each with a commitment to marine conservation, the eight teenagers - Aaria Kenny, Sydney Grammar School, Tallaren Magnus and Georgia Lloyd from Bellevue and Dana Hunter, Ryan Lee, Ryan Lee and Ryan Lee from Pittwater Boots. Australia - will be based for the next six weeks at a local marine park training with dolphins, seals and turtles which have been rescued from the wild and are being rehabilitated.

Mentored by dolphin and seal trainers, a marine vet and marine rescue agencies, the teenagers will learn how to train animals, how to care for injured marine animals, how to dive, how to film underwater and how to design their own marine wildlife show.

The ABC1 TV series - the series - shows during the series as viewers discover the teenagers' adventures and learn amazing facts about the dolphin team, the turtle rehabilitation program and the marine rescue agency.

Sally Browning, the Pup Productions producer, said: "The angle of the show is the teenagers and what they do in the local park. The work is serious but the teen girls have the opportunity to have a great time. We have chosen the teenagers who will have their communication, science, creative and leadership skills, and their commitment to marine and wildlife conservation."

"We are excited to be working with Fin Pig Productions, Dave Atkins Enterprises and ABC1 Kids Portable Production and this innovative wildlife series is ABC2's experience of working with Fin Pig Productions and Dave Atkins Enterprises. Sydney based Dave Atkins is the director and designer of the series and Ryan Lee is the Director of Children's Television.

Pauline Macfarlane, WTC Young Peoples Programmes, said: "It's UE 2010 is a fantastic opportunity for TWC viewers to see the ABC1 Kids Portable Production team at work. We are all over the world. Not just Paul, Ryan Lee and Dave Atkins. Viewers are experiencing the Australian director, work alongside the Australian director, work alongside the Australian director.

BLUE ZOO will screen on ABC3 in 2014.

1 Fun Science Experiments for Kids (or Grown!) #Week Published on 9 Oct 2013

Our old pal Grown Ups Guide has contributed a guide to the studio to conduct fun science experiments you can do indoors with everyday materials.

POETRY WRITING COMPETITION
Write a poem, inspired by the theme
'As part of the community, young event'
Entry Form & Details
Deadline Friday 15th November 2013
Open to all Pittwater Residents
Prizes awarded in each age group
Winners announced at the Poetry Reading
Winners notified by email
Winners reproduced in Pittwater Online News
Winners reproduced in Pittwater Online News
Winners reproduced in Pittwater Online News

Pittwater Online News
Pittwater Online News - Your Local Community Website
Issue No. 1 - 16 July 2014

Dragon in the Sea! - Avalon PCC

Avalon Public Cooperative Centre (APCC) is a community based, not for profit, cooperative centre that provides a wide range of services to the community of Pittwater and surrounds. Our mission is to provide a vibrant, inclusive and supportive environment for our members and customers. Our vision is to be a leading community based organisation that is responsive to the needs of our members and customers.

Our Dragon in the Sea! - Avalon PCC is a 3 day event that will be held on the Avalon Beach Precinct on the weekend of the 15 - 17 November 2014. The event will be a combination of a Dragon Boat Festival and a Beach Festival. The Dragon Boat Festival will be a 200 metre sprint race and will be open to all local community groups, schools, businesses and individuals who want to participate in a fun, exciting and challenging event. The Beach Festival will be a family friendly event with a variety of stalls, entertainment, food and beverage, and other activities for the whole family to participate in and enjoy.

Dragon in the Sea! - Avalon PCC is looking for participants, sponsors and volunteers. Please contact us if you would like to be involved in this exciting event.

Contact: Dragon in the Sea! - Avalon PCC
Phone: 0411 111 111
Email: dragonsea@avalonpcc.com.au

Play Safe this Sale - Sale Clearance Centre - Warriewood Industrial Estate

Sale Clearance Centre - Warriewood Industrial Estate - Play Safe this Sale - Sale Clearance Centre - Warriewood Industrial Estate

Contact: Sale Clearance Centre - Warriewood Industrial Estate
Phone: 0411 111 111
Email: playsafe@sale.com.au

Pittwater Online News - Your Local Community Website

Pittwater Online News - Your Local Community Website

Contact: Pittwater Online News
Phone: 0411 111 111
Email: pittwater@pittwater

Pittwater Online News

Home Community News Business Directory News Office Contact

Issue No. 48 , 30th June 2011

Profiles of the Town - Vote to select the top 10 for the local regatta, Mona Vale Hotel, Mona Vale Surf Club, Mona Vale, Newport SLSC, Narrabeen SLSC, Collaroy SLSC, Dee Why SLSC

Mona Vale Surf Club wins Pittwater Regatta Shield and title of Champion Surf Club for the 2010-2011 season.

Contribution by Peter Cameron, President, Mona Vale Surf Club

The team: Oppression in overdrive against arch-SLSC rivals Collaroy and Newport, Mona Vale Surf Club's Pittwater Regatta Shield campaign was a tough one. Mona Vale Surf Club had to fight hard to win the Pittwater Regatta Shield for the 2010-2011 season.

Sunday, 26th June, 2011 was the last day of the Pittwater Regatta Shield for the season. Mona Vale Surf Club, Collaroy SLSC and Newport SLSC were all in the running for the Pittwater Regatta Shield. Mona Vale Surf Club had to win the last event, the Surf Lifesaving Relay, to win the Pittwater Regatta Shield.

The rules of water activities/events with exclusions of Manly are: Surf Lifesaving Relay, Surf Lifesaving Ski, Surf Lifesaving Board Race, Surf Lifesaving Ski Race.

Mona Vale Surf Club had to win the last event, the Surf Lifesaving Relay, to win the Pittwater Regatta Shield. Mona Vale Surf Club had to beat Collaroy SLSC and Newport SLSC to win the Pittwater Regatta Shield.

Mona Vale Surf Club had to beat Collaroy SLSC and Newport SLSC to win the Pittwater Regatta Shield. Mona Vale Surf Club had to beat Collaroy SLSC and Newport SLSC to win the Pittwater Regatta Shield.

The team in the Surf Lifesaving Relay: Oppression, Mona Vale Surf Club, Collaroy SLSC and Newport SLSC.

Mona Vale Surf Club had to beat Collaroy SLSC and Newport SLSC to win the Pittwater Regatta Shield

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Wright's Pit Stop - Pittwater Area

Evidence of Unsustainable Fishing in Pittwater - Pittwater Area

Mark Parks Strategy Farmers' - Mosman Newsagent - Sydney Harbour, Manly, Pittwater, Hawkesbury, Blue Mountains and Illawarra - Thursday, October 11, 2012

Better Reef Under Threat from Overfishing - Pittwater Area

The future is linked to our coral reefs! - Reef Catchments Website

Australian Scientists Discover Rare Species in Deep Water Off Sydney - Pittwater Area

Australian Scientists Discover Rare Species in Deep Water Off Sydney - Pittwater Area

Underwater Cities - Pittwater Area

Underwater Cities - Pittwater Area

Underwater Cities

October 20 - 26, 2013: Issue 133

The Sound Of One Hand Clapping While Juggling: October's Penumbral Lunar Eclipse

A full cup must be carried steadily. **Old Saying**

Everyone has inside himself a piece of good news! The good news is that you really don't know how great you can be, how much you can love, what you can accomplish, and what your potential is! **Anne Frank**

A wise man will make more opportunities than he finds **Francis Bacon**

You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enrich your life, the more you are indignant about, the more you have left when anything happens. **Ethel Barrymore**

And the wild regrets and the bloody sweats

None knew so well as I:

For he who lives more lives than one, more deaths than one must die. **Oscar Wilde**

He was one of those men who possess almost every gift, except the gift of the power to use them. **Charles Kingsley**

October's Aries full Moon occurs on October 19 in Australia and October 18 in the United States. The Sabian Symbol for the Moon is **Aries 26: A Man Possessed Of More Gifts Than He Can Hold.** This can be taken literally, possessions, opportunities and possibilities that may be overwhelming, or, it can show the need to let go of some things in your life that are now redundant, if not working or not bringing you any rewards from hanging onto them.

A Man Possessed of More Gifts Than He Can Hold' is an image of a wonderful abundance of gifts, talents or possessions. The words 'More Than He Can Hold' imply that it's rather difficult to keep or contain all of these great things at once. Perhaps some of the things need to let go of. In this Symbol, Gifts can refer to talents, possessions, people, possibilities, ideas and ideals.

As this Symbol talks about 'More Gifts Than He Can Hold', it suggests that we may need to realize that sometimes we can't have and hold everything for ourselves. We may need to let go to make space for new things in our lives. There are, however, a lot of good things that can be 'held.' This Symbol implies being prepared to give up, or put aside something or someone in order to pursue something else or to have a desired outcome. Having many great ideas and ambitions is wonderful, but it can keep us from really doing anything. We can become unfocused or distracted by too many possibilities. Feeling weighed down by and keeping tabs on our possessions can be tiring. Also, it can be that the best way to get things done is to do them one at a time. Recognize that you are surrounded by abundance, but you may be unable to experience it all at once. The aim is to appreciate those things you can do or achieve now and not feel bad about the things you have let go of. If you feel you don't have the ability to cope, then look into your "storehouse", you will be surprised at what talents you have probably never used. This Symbol is about gifts of all kinds. Just remember that you can't do and have everything at once.

Keywords: Potentials and the obsessions they can bring. Obsessions about "having things" or achieving goals. Counting one's blessings. Jack of all trades. Having to drop the bundle as one more thing is added. Being talented and blessed. Enormous responsibilities. Wanting to contain all possibilities. Storage. So many things to do – so little time.

The Caution: Not being able to focus on one issue at a time, or on ideas of real worth and therefore not really achieving anything. Inability to gain or contain everything that is desired. Ambition that knows no bounds. Greediness and insatiability. Being told that you can't have what you want. Things piling up.

Just think how happy you would be if you lost everything you have right now, and then got it back again. **Frances Rodman**

The Guest Symbol (the degree following) for the full Moon is Aries 28: Through Imagination, A Lost Opportunity Is Regained. This is a good Symbol for remembering that if you feel that you're losing ground or have missed an opportunity or had to let go of something in order to pursue something else.

Keywords: Creative imagination and visualization. Hopes renewed when all seemed lost. Second chances. Last minute reprieves. Retracing your steps. Judging things to be positive when once they were thought to be negative. Being exonerated or forgiven. Pardons giving rebirth to possibilities. Imaginings. Retrieving things.

The Caution: Relying on self pity. Denying the imagination to recover the situation. Not noticing solutions to problems. Letting chances for recovery disappear through inaction or laziness. Going over and over lost opportunities.

The Sun in Libra 26: An Eagle And A Large White Dove Turning Constantly Into Each Other.

The image of the 'An Eagle and a Large White Dove' are represented in many facets of our lives. Their symbols can be found in several religions, most notably Christianity and in heraldry and hermeticism. They represent opposite sides of the same spectrum. The Eagle is symbolic of strength, stamina and skyward flight. It is a bird of prey and can be seen as aggressive and domineering. It is also considered to be the King of the birds. The Dove is a symbol of peace, harmlessness, innocence and gentleness. When they are 'Turning Constantly into Each Other' they are able to embody a strong sense of grounding in one's own power at the same time as being aware of and awake to love and the wonderful messages that come from the emotional and spiritual realms, through personal experience.

There is most likely a need to mix, and integrate, the principle of the will with the principle of the emotions. This symbolizes having the will and the strength to love and to do so with energetic conviction. It is the ideal of being strong, but not aggressive; firm without being overly assertive, and confident without being oppressive that creates a sense of peace. It is the same spectrum of peace and love that can energize your convictions into action. However, there may be some confusion around whether to use force or love in this situation. This Symbol may also indicate that somebody's behaviour is unpredictable and sometimes off-putting. Behaviour may be rather short and harder around from one response to another, leading others to wonder what sort of response they are likely to receive at any given time. This could be a result of a chemical imbalance, the use of drugs or alcohol, or merely their personality. Using moderation and the alternation of these responses will probably lead to a solution be firm and yet kind.

Keywords: Tempering one's will with love and bolstering up one's emotional responses with strength. Cooperation of mind, will, spirit and heart. Schizophrenia. Eagles and doves. Being strong and soft at the same time. Adopting the attitude of the Spirit, power and love.

The Caution: Being "all over the place" with reactions. Being changeable. Not acting for the purpose of a definite outcome. Confusing others with conflicting behaviour. Not knowing what to expect next.

I can help to remember to rise above any issues or problems you may be having as about 6 hours after the full Moon, the Sun moves onto Libra 27: An Airplane Sails High In The Bright Clear Sky.

Keywords: Transcending difficulties or escape from reality. Optimism that knows no bounds. A bird's eye view of things. Detachment. Objectivity. Chemical influences. Freedom from life's routine. Pilots and planes. Clear air turbulence. Roller coaster rides. Awareness of up and down, left and right, in and out. Sense of destination. Decreasing gravity. Acceleration of time. Fisheye lens.

The Caution: Difficulty in seeing the true details of what's going on. Escape from reality. Running out of fuel. Egoism. Playing with gravity. Disconnection from the everyday world.

Mars, the ruler of this Aries Full Moon, is on Virgo 3: Two Guardian Angels Bringing Protection.

This is a beautiful Symbol that brings to mind images of salvation, release and protection. Being there for us, "Guardian Angels" are believed to look out for our best interests, especially when we most need them. This is particularly true when we feel we are about to stumble or fall in some way. Guardian Angels' are with us even if we don't have a conscious awareness of their presence or presence, although if we do consciously evoke them, they are likely to be more "present" or obvious to us, in whatever form. Oracle: This Symbol reminds us that no matter what we do, where we are, how difficult our struggles or how successful our activities, our 'Angels' are always with us. "Guardian Angels' appear in many forms – as strangers, friends, family members, even as events, etc. They can come to us in moments of deep despair, when all seems lost and we feel abandoned and alone. Their messages and actions can signal a turning point, a feeling that life is well worth the struggles and torments we have to sometimes endure. With this Symbol, there is reassurance that you are not alone, lost or forgotten in a situation, at least not for very long. There is a strong sense that protection, guidance and direction are at hand. Hold a feeling close to your mind and heart, for belief will be visible, or visible, help is coming. This will ensure that help and relief will, indeed, become available. Remember that friends and family can often help, especially in the art of acting as sounding boards or counselors. Once things are back on track, it is likely you will find the true path that you must follow. Feeling good about your direction and being protected leads to a sense of your inner strength. You are never alone when you draw this Symbol. Open up to the 'Protection' being offered to you, don't resist it.

Keywords: Connection with a sense of inner guidance. Visible or invisible protection. People appearing when they're needed. Being saved in the nick of time. Creative solutions to problems that seemed hopeless and dead end. Crossing over. Guidance. Angels. Security systems. Salvation. Social workers.

The Caution: Feeling lost and alone without help. Losing faith in the goodness of life. Expecting that fate, or others, will pick up the pieces without putting in the effort. Resisting help in order to hang onto your "wounds". Too much reliance on outside forces. Not acting to change things. Victim mind.

Just moments before the full Moon, Mars is on the Karmic Condition for the Guardian Angel degree. It is a degree that can be rather difficult. In this **Virgo 2: A Lady With White Cross, Dominating The Landscape** Symbol, **Saturn is Retrograde in Virgo.** Saturn can point to religious ideas dominating, it can be a feeling that one has no voice, no place or no choice in things, or, it can point to the need to have faith even in isolating times when neglect or feeling displaced is all around.

Feelings of lessness or loss can be healed with signs of hope and faith for a brighter future. A religious experience can change ones life and lead to spiritual fulfillment and the highest sense of joy. However, these experiences can also lead to throwing ones life away. This can be caused by too much emphasis on spiritual and 'other worldly' matters, or, it can lead people to lose their day-to-day lives. Some may feel that they are being treated like a scapegoat, being "hung out to dry", punished for doing something or being different or special in some way. Instead of having a "cross to bear", we can work at imagining ourselves with our true desires and allegiances. We can ground our selves and our lives by creating a balanced set of circumstances in our life: money, relationships, family, career, etc. This can also lead to a stronger sense of purpose and spirituality, dissipating feelings of sacrifice, separation or loneliness.

Keywords: Religious ideals dominating. The fear or the wonder of God. Following a mystic Path. The need to find a savior. Being alone and forgotten. Monuments to pain and suffering. Tributes to or memories of those lost or gone before. Reminders of salvation. Images of redemption. The Church. Christianity and other religions. Martyrdom.

The Caution: Aloneness and/or sacrifice or the yearning for it. Dogmatism. Scapegoating. Days in the wilderness alone. Religion dictating against one's desires or needs. Symbols that inspire guilt and anguish instead of love, acceptance and forgiveness. Institutions disregarding individual rights. Lording it over others.

Forgive me my nonsense as I forgive the nonsense of those who think they talk sense. **Anon**

Christ was crucified for saying 'the Kingdom is within you'. **Joseph Campbell**

Mercury is on Scorpio 19: A Parrot Listening And Then Talking, Repeats A Conversation He Has Overheard. This Symbol can speak of things all the way from passively repeating gossip or not hearing what is truly being said and just repeating the same old line. Mercury goes retrograde for three weeks on October 21 in Australia and October 20 in the United States and this Symbol seems to imply the need for fact checking your sources, listening to your intuition and being careful with the things you repeat without the filter of your conscious mind. Especially with Mercury retro on this degree, things can get misconstrued and mis-taken.

Keywords: Transmitting information or knowledge. The need to integrate things into consciousness. Recorded messages. Answering and fax machines. Mumbling that is difficult to understand. Translators, birds, parrots, news reporters, gossips, stool pigeons. Telephone operators. Messages from strange places. Automated responses.

The Caution: Rote responses that are ill considered. "Towing the party line" without having any opinion of your own. Going over the same territory. Losing true meaning through repetition. Repeating without knowing the real meaning or purpose. Meaningless banter. Tunnel vision. Gossiping. Missing the true essence of what's being said. Not having a mind of one's own. Brainwashing. Re-runs of the same old line. Broken records

Venus is on Sagittarius 13: A Widow's Past Is Brought To Light. This is a very interesting degree Symbol, especially when it's combined with Mercury going retro on The Parrot Repeating A Conversation degree. This Symbol can bring up all kinds of secrets and information that may have been hidden, particularly those things that have been kept away from the light because of how it may impact on peoples' feelings if the 'truth' had been revealed. As always, the truth is rather subjective here and one person's truth can be another persons inflation of the real story. Venus is also squaring Chiron at this full Moon.

Chiron, the Wounded Healer and The Stories We Tell Ourselves, is on Pisces 10: An Aviator In The Clouds. This Symbol can show the ability and the mindset of avoiding reality, flying above what is really going on and ignoring the messages we perhaps need to be paying attention to. It can, of course, be that we are seeing things from a heightened, perhaps enlightened perspective and that by standing back and examining things from a distance we can see what is really going on. That, of course, is the objective: to get a grasp on situations so we can make sense of them.

With Venus and Chiron squaring each other, this can be a time of healing in personal relationships and it could also show the need to walk away from situations where there are compromises being made that are self-defeating or not advancing you in the direction that you would be wanting to go.

Jupiter is on Cancer 20: Venetian Gondoliers In A Serenade. Mercury and Jupiter are in a lovely watery trine to each other. This can bring big ideas, breakthroughs in understanding, big stories emerging, the desire to communicate, a feeling of expansion and optimism all the way to inflating situations past what may be necessary or useful. With Mercury on the parrot degree, one will do well to see past what may be on the surface of things.

Keywords: Romantic fantasy. Singing and music. Performance. Public speaking. Impressing people with joy, romance, fun and the wonder of life. Venetian displays. Issues of the truth. Ease of communicating. Willingness to win people over. Appealing to the beloved. Elegance. Floating on the emotions. Festive atmospheres. Nostalgia. Boats. Water.

The Caution: Insincere charades. Retreating into one's self. Saying whatever it takes to get what one wants. Superficial displays. The delusion of being beyond criticism. Emotional manipulation. Sucking up to others. Misplaced trust. Competing for affections or attention. Losing one's self

Saturn is on Scorpio 13: An Inventor Performing A Laboratory Experiment. Saturn here can push us to find new or creative solutions to situations. It can be a stubborn and difficult energy to work with at this degree, but it can also provide the impetus to try something new and come up with new possibilities or solutions. The trick can be getting past fear or limitations that may be hampering the belief that there are ways out of situations.

If you shoot for the stars and hit the moon, it's OK. But you've got to shoot for something. A lot of people don't even shoot. **Robert Trowbridge**

Keywords: Creating one's vision. Thinking quickly and making momentary decisions. Being prepared to risk failure. Bringing different moves of things and people together. Taking calculated risks to see what will happen. Seeing if things live up to expectations. Looking for answers. The "mad professor". Making chemicals. Measuring and weighing. Going by one's gut reactions. Inventions and experiments.

The Caution: Rattlebrained by pointless goals. Making things up. Being over-eyed and focused to the exclusion of all else. Not fully understanding the consequences of actions. Always taking risks. Not taking adequate cautions. Not keeping track of what you're doing. Ignoring warning signs. Being a "mad professor".

Uranus is on Aries 10: A Teacher Gives New Symbolic Forms To Traditional Images. This is also a degree of stepping out of the box, rewriting the book and having a new take on situations. This is a wonderful degree of coming up with new solutions and new possibilities and is a rather pioneering image. Uranus in Aries indicates that we are ready to take risks and to step out on to see things in a different light. Rewriting and rewriting how we see life, ourselves or others can bring new dimensions of understanding and being.

Keywords: New dimensions breaking old thought forms or behavior. Quantum science. Innovation and re-creation. Working with educational tools. Finding new inspiration. Being "ahead of one's time". New-age consciousness. Ideas out of the past for the future. Sticking one's neck out. Rewriting the book.

The Caution: Rejecting old ideas because they are old instead of reforming them. Throwing things of worth out, without examining them. Having little respect for things that are really worthwhile or traditional. Sticking with the tried and true, no matter what. Thinking that no one will be interested in your ideas.

Neptune is in Pisces 3: A Petrified Forest, A Record Of A Life Lived Long Ago. Neptune here is presenting quite a different energy. It is one of learning or benefiting and respecting the past. It can point to the records of the past that come to remind us of where we are now. It can stretch to issues to do with coal, gas, petrol and resources on all levels.

Keywords: Remnants from the past. Stillness. Agelessness. Plastic surgery. Being able to withstand life's storms. Resilience. Crystals. diamonds, gemstones. Beauty that remains ageless. Wood and lacquered wood. Coal, oil and petrochemicals. Diets. Dependability. Family histories. Keeping records. Amber. Fossils. Geology. Archeology. Ancient remnants. Mental and emotional filing cabinets. Lingering evidence. Petrified wood. Photographs and photography. Stones. Stone monuments.

The Caution: Rigidity, immobility, inflexibility. Being frozen. Not letting go of difficulties. Hanging on for grim death. Feeling stuck or frozen. Destroying things that are old. Severing links to the past. Keeping tabs. Memories that destroy the present.

Pluto is still on Capricorn 10 and it is square Uranus again, bringing up the feelings of the new overthrowing the old, issues to do with personal sovereignty versus the control wrought by big business and/or government over our lives. This square can show us buttling up against the establishment, wanting to assert our individual needs in a time when we see our freedoms and liberties being drained away more and more along with our bank balances and opportunities. Of course it doesn't have to be bleak, we have to work out what we can do in life, not off with what we can't. It can take some fancy footwork to bring about the changes we may need in order to feel free to pursue the life we want, but, with determination, grit and a bit of creative thinking, we can turn situations around so that we and our loved ones can live the lives we envision.

Again, we are being asked what we are allowing to drag us back and hold us down.

Pluto is on Capricorn 10: An Albatross Feeding From The Hand Of A Sailor.

Keywords: Feeding one's higher nature with good nourishment. Banishing worries, so that one can fly ever higher. Overcoming superstitions or beliefs. Travelers who put themselves at risk in foreign lands or cultures. Talking to anybody anywhere. Sharing one's bounty. Sailors, boats. Birds. Empathy and sympathy for others. Restoring trust and hope.

The Caution: Manipulating events or people with false nourishment. Having alternative motives for wanting to draw others close. Being extremely afraid of strangers or strange situations. The loss of independence.

The Moon's north node is on Scorpio 8: The Silvery Moon Shining Across A Beautiful Gem Of A Lake. This Symbol speaks of taking things in, slowing down to see what is really going on and the need to get below the surface of things. This Symbol has a rather 'Hallowed' feeling to it as the Sun is usually on this degree on Halloween each year.

Keywords: Reflections. Mirrors. Things mystical and alluring. The 'Narcissus' story. Picturesque scenes. Picture postcard images. Peace and beauty. Hallowed and magic. Escapism. Placid emotions. Peace and quiet. Contemplation and meditation. Having a reflective nature. Photographs. Psychic abilities. Hypnotic charm or manipulation.

The Caution: Acting out of moodiness. Losing the plot. Projecting one's self onto others. Narcissism. Looking at one's self and others as if in a mirror. Not wanting to see the whole picture. Being superficial. A lack of depth. Seeing everything as a reflection of one's self.

This is an interesting full Moon and one which may require some fancy footwork. I wish everyone love and luck and best wishes as we continue this sometimes mad journey forward.

Thank you to all who have contributed to my fund to continue this work into the Sabian Symbols. I am in the process of building a new website and need financial help to continue with this journey. If you have enjoyed the newsletters, my online Oracle or my book, please consider contributing to the cause to keep it going. The expenses to build a website are considerable, but totally worth it! http://www.gofundme.com/Sabian-Symbols-Support

Lynda Hill, FAA Prad. Cert. has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour for the States, in addition to the many lectures she has conducted for astrologers and the public throughout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky; just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star groups or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Constituting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave To Receive the Secret of Life), each one of these Symbols holds both a story and a secret to help find of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.

The Sabian Symbols were given birth in San Diego, ???California, in 1925 by Marc Edmund Jones, a noted American astrologer and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of word images to go with every degree of the zodiac. Elsie Wheeler was an extraordinary clairvoyant confined to a wheelchair for most of her life. Jones chose Elsie Wheeler as his partner in this 'experiment' (as M.E. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more Information: click here

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Pittwater Online News

October 20 - 26, 2013. Issue 337

Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Falcon Wheel – a boat lift in Scotland

Volvo Ocean Race - Building the Future 18 - Here we're really moving! - Published on Oct 11, 2013

It's a key milestone on the road to the next edition of the Volvo Ocean Race. The Volvo Ocean 65 fleet has been launched and the Ocean 65 from the start of its life on the drawing board, this new fleet was set in pleasant by sea sea can show you the finished boat to sail in 2014.

Be sure to watch to the end to see some new specifications for some of the boat being put through its paces **by Team SCA!**

Volvo Ocean Race Footage is uploaded to the Official Volvo Ocean Race YouTube channel to the future. Get all the latest updates on www.VolvoOceanRace.com

Health papers published this week:

Four Genetic Variants Linked to Esophageal Cancer and Its Precursor, Barrett's Esophagus

Oct 15, 2013 — An international consortium is led by leaves there of has identified four genetic variants that increase the risk of developing Barrett's esophagus, a condition that can identifies the genetic causes associated with an increased risk of esophageal adenocarcinoma, a deadly form of cancer. Barrett's esophagus.

Researchers from Queensland institute Thomas L. Vaughan, D.D., M.P.H., a member of the Epidemiology Program of the Fred Hutchinson Cancer Research Center and the professor emeritus of the Dorothea Dix professor of Medical Genetics, Together with Professor Nicholas Hayward, Head of the Melanoma Genetics Group at QIMR Research Institute and the Queensland Institute for Medical Research.

Both are members of the international Barrett's and Esophageal Adenocarcinoma Genetics Study (BEACON) Consortium, Which Vaughan and Hayward co-lead. The study, which is published online in the Nature Genetics, Also involved researchers from the United States, Canada, Australia, Ireland, and the United Kingdom.

Epidemiologic findings, largely based in the work of BEACON investigators, show that Barrett's esophagus is a precursor to esophageal adenocarcinoma, a cancer that has grown rapidly in the United States and other industrialized countries. Vaughan and colleagues in the consortium have found that obesity, gastroesophageal reflux disease, and tobacco smoking are risk factors for Barrett's esophagus and esophageal adenocarcinoma. Vaughan and colleagues have also found that Barrett's esophagus and esophageal adenocarcinoma "run together, and leaves in families, suggesting that there may be a genetic component.

Vaughan and colleagues also found that the risk of Barrett's esophagus is the highest among people who are white, male, and 50 years of age or older. Barrett's esophagus is more common among people who have had gastroesophageal reflux disease for a long time, and Barrett's esophagus is more common among people who are overweight or obese.

Vaughan and colleagues also found that the risk of Barrett's esophagus is the highest among people who have had gastroesophageal reflux disease for a long time, and Barrett's esophagus is more common among people who are overweight or obese.

"Heavy leakage esophagal refluing stomping juices by hollow spontaneous leakages to stomach causes acoustic, acoustically stickers to leaves Barrett's esophagus," Vaughan and colleagues write. "Obesity increases intra-abdominal pressure and promotes esophagal esophagal esophagitis," Vaughan said. The fact that all four of the risk factors for Barrett's esophagus are also risk factors for esophageal adenocarcinoma "suggests that the association between Barrett's esophagus and esophageal adenocarcinoma is consistent with a causal relationship." Vaughan and colleagues also found that the risk of Barrett's esophagus increases with the amount of time spent being overweight or obese.

Researchers have found that a number of genetic variants are associated with Barrett's esophagus and esophagal adenocarcinoma, Vaughan and colleagues write. Some of these genetic variants are associated with both Barrett's esophagus and esophagal adenocarcinoma, Vaughan and colleagues write, and some are associated with only one of the two conditions.

Vaughan and colleagues also found that the risk of Barrett's esophagus is the highest among people who have had gastroesophageal reflux disease for a long time, and Barrett's esophagus is more common among people who are

Bethesda Online News

Bethesda, Maryland, USA • Friday, August 19, 2011 • Volume 1, Issue 1

Writing Your Memoir
Tuesday and Thursday, 2:00 - 4:00 pm
Instructor: Barry Leef
Contact Barry Leef for more information

Alzheimer's Environmental Artist Writing Workshop

Alzheimer's Environmental Artist Writing Workshop

Sunday, August 21st, 2011
1:00 - 3:00 pm
Bethesda Library
Bethesda, Maryland

Contact Barry Leef for more information

Barry Leef

Accounting Program for Large, Small, Non-Profit Organizations, Corporations, Partnerships, Sole Proprietorships, Business Planning & Analysis, Financial Planning & Analysis, Business Valuations, Business Plans, Tax Preparation, Tax Planning, Tax Audit, Tax Appeals, Tax Litigation, Tax Collection, Tax Liens, Tax Levies, Tax Seizures, Tax Sales

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THE PUB AT NEWPORT

By George Repin

In the late 1940's the Pittwater Peninsula was a popular destination for a short drive from Sydney. The northern beach suburbs from Warriewood north were undeveloped, with holiday homes and "weekenders" but relatively few permanent residents. The great postwar transition from holiday resorts to residential suburbs was yet to come.

On a drive north towards Palm Beach visitors often diverted to Bungan Head with its breathtaking views of the headlands up and down the coast to see a small castle, built from stone quarried on the site. "Bungan Castle" as it was known at the time had been built by Adolph Albers, an art dealer, who bought the land in 1919. It is said to have seen riotous parties through the 1920's when Albers' artist friends came for the weekend.

The Newport Hotel, the only hotel north of Narrabeen, was a popular place to stop. Behind the hotel a grassy slope stretched down to the shore of Pittwater. Arriving with a few pounds of prawns and a loaf of bread – or a more elaborate picnic basket – patrons, while enjoying the view over the water, relaxed on the grass or sat on the few available benches, drinking their beer carried down from the bar.

View from the Beer Garden to Rowland Reserve, Bayview Park and the sand spit on which dogs frolic

The original weatherboard structure which became the Newport Hotel was built in 1880. It and the Newport pier built the previous year were the nucleus around which the village of Newport grew. It was not long before steamers offering low excursion fares started to bring Sunday trippers from Sydney. With passengers crowding the decks the steamers pulled up at the pier to disgorge trippers laden with picnic baskets. They happily explored the area around the village in the two hours before the steamers' sirens called them back for the return trip to Sydney.

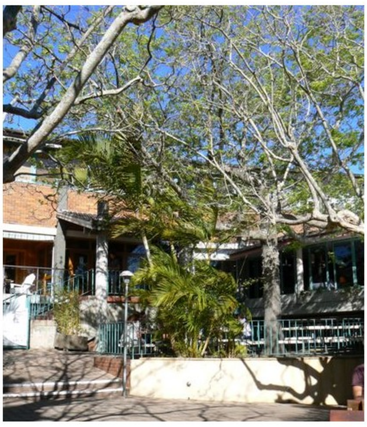
Patrons enjoying the sun in the Beer Garden

The Newport Hotel changed hands a number of times. At one time it was under the management of Stuart Greig who advertised it as "The only Licensed Hotel in Newport" offering *Superior Accomodation for Boarders* for 6 shillings per day or from 30 shillings per week (children under 12 Half Price) and *Table D'Hote meals daily and Sundays at 1p*m for 2 shillings. His advertisement continued "All Coaches Stop at Newport Hotel" and advised that boats and motor launches were available and there were enclosed baths at the foot of the grounds.

With time, development on the ocean beach side of Newport outstripped the village on the Pittwater side. However the hotel prospered and continues to this day. It has been rebuilt several times and is now the Newport Arms Hotel. The whole area behind the hotel is a beer garden with a series of paved terraces at different levels, with parking underneath. There are multiple service points for drinks and food. The Terrace on Pittwater is a fine dining restaurant in the main building restaurant while the Garden Bistro opens on to the beer garden. Sporting events can be watched on a large screen in the open air.

Sporting events projected on the big screen

The Newport Arms Hotel today is very different from its simple beginnings - or even from the 1940's pub with its grassy slope running gently down to the water - without doubt a very popular place.



A quiet spot in the grounds

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