Pittwater Online News

October 27 - November 2, 2013: Issue 134

First Carnival of the Season - Bilgola SLSC Boat Carnival

SLS SNB 2013/14 Carnivals have begun! Picture by A J Guesdon.

Bilgola SLSC had a double celebration yesterday, Saturday 26th of October 2013 - they hosted the first Boat Carnival of the season and first round of the Premiership, and launched a New Surf Boat – the *Carol McManus named* in honour of a wonderful lady.

Pictorial celebration and a few words HERE

Carol McManus with the *Carol McManus*. Picture by A J Guesdon.

Pittwater Uprising Launched!

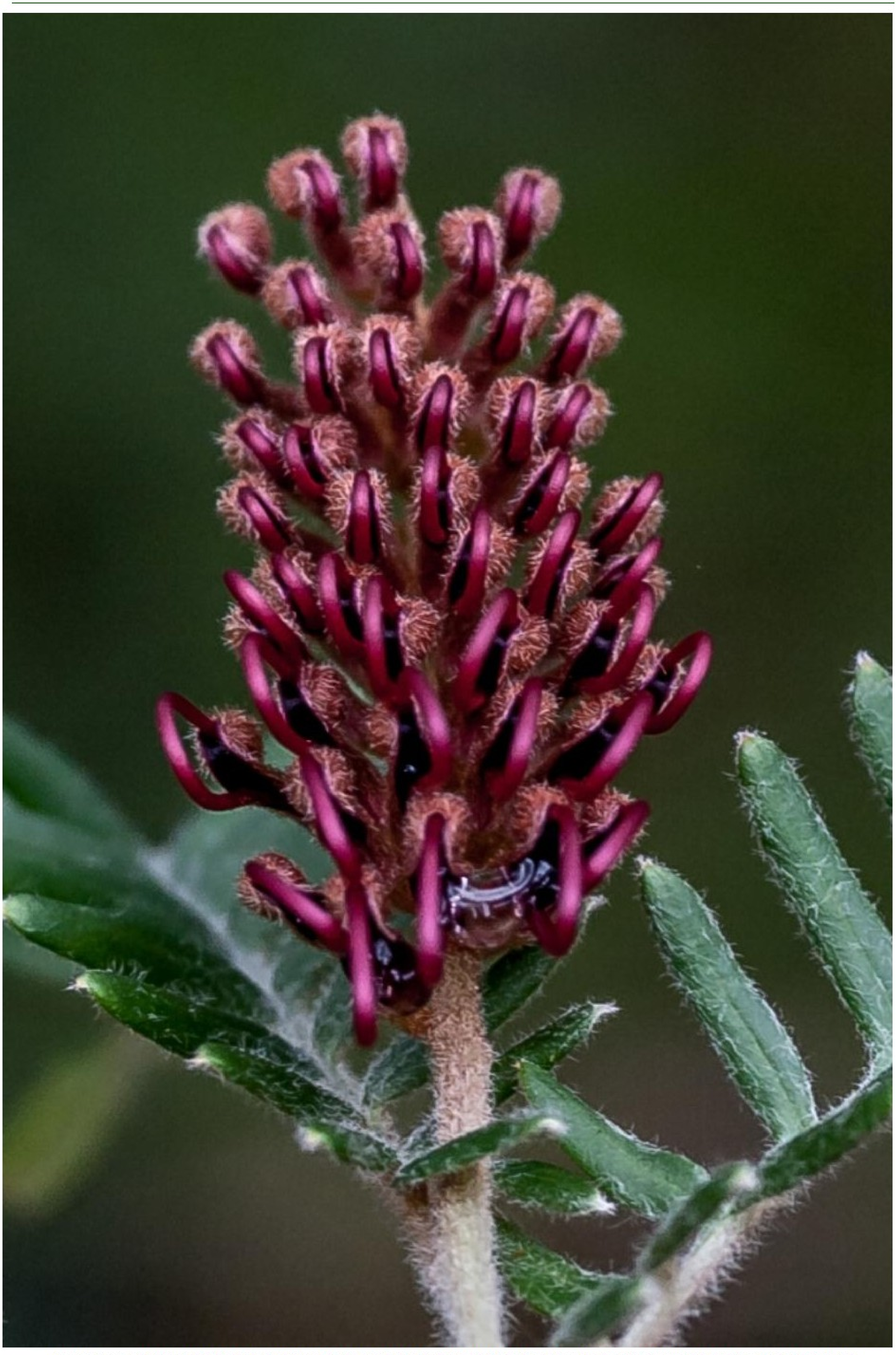
Left to right: Councillor Sue Young, former General Manager Angus Gordon, Councillor Kay Millar, former Councillor and first elected Mayor of Pittwater Robert Dunn, Councillor Julie Hegarty, former Councillor Patricia Giles OAM (also Former Mayor), former Councillor Allan Porter, former Councillor Shirley Phelps OAM, former Councillor Bob Dunbar, Councillor and Mayor of Pittwater Jacqui Townsend, Hon. Rob Stokes MP for Pittwater, Councillor Bob Grace, Councillor Kylie Ferguson, former Councillors and Mayors Lynne Czinner and Harvey Rose.

Pittwater Uprising – A Secessionist's View - Robert Dunn's personal memoir about the formation of Pittwater Council was launched on the **21st birthday of Pittwater Council**, Thursday evening, 24th of October, 2013, at the place all great books are available, Mona Vale Library.

Filled with all the events and dramas that went on leading up to Pittwater being established as a local government area, this insider's viewpoint from Pittwater's first Mayor provides a record for those who remember and those who wish to recall the sparks that have created a permeable and permanent beacon for all communities everywhere.

Story HERE

Saving Grevillea Caleyi



Grevillea caleyi flowering at Ingleside last Winter, 2013. Picture by Ben Fallowfield, Senior Environment Officer, Environmental Strategy, Warringah Council.

This beautiful flowering grevillea is listed as endangered on the *Commonwealth Environment Protection and Biodiversity Conservation Act* 1999 (EPBC Act) and as endangered on Schedule 1 of the TSC Act. *G. caleyi* is a medium to tall shrub (family Proteaceae) found in areas around Belrose, Duffys Forest, Terrey Hills and Ingleside within Pittwater and Warringah local government areas.

Named for George Caley, sent to Australia by Joseph Banks to collect specimens, who walked from Parramatta to Narrabeen in the early 1800's, *G.Caleyi*'s habitat has been reduced with urban expansion. On Monday 21st of October 2013, a large turn-out from the wider community of volunteers and Baha'i volunteers helped the weed control works within the Grevillea caleyi and Duffys Forest ecological community habitat.
Story HERE

Legend of the Racetrack Turns 100

Edgar Britt in Avalon this week. Picture by A J Guesdon

On Wednesday October 30th one of the legends of the racetrack turns 100. Avalon resident Edgar Britt was recently interview by Steve Meacham and he shared a few insights on being a Royal jockey.

Story HERE

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Pittwater Online News

October 27 - November 2, 2013: Issue 134

Articles This Week:

Front Page Issue 134

Robert Dunn's *Pittwater Uprising – A Secessionist's View* Launched on Pittwater Council's 21st Anniversary

Bilgola SLSC Christens New Boat and Launches Carnival Season with thier Annual Boat Carnival

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

Legend of the Racetrack Turns 100 by Steve Meacham

The Year of the Snake by Lynleigh Grieg - the lady who contributes our 'Critter of the Month' for Southern Cross Wildlife Care shares a few insights on our local snakes in Chinese The Year of the Snakes

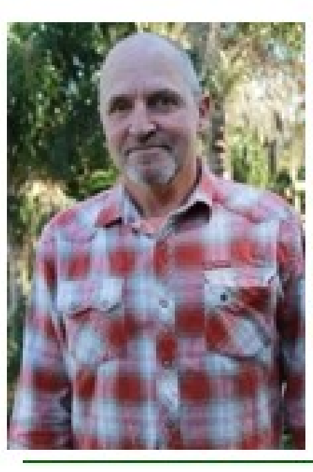
RMYC - Broken Bay 2013 Lady's Skipper Race by Robyn McWilliam

Saving Grevillea Caleyi at Ingleside

DIY Hints: **Late Spring Chores for your Garden – + Building Your Own Backyard Cricket Pitch** - time to feed your garden, plant January salad ingredients and ready the pitch for the Summer 2013 Backyard Test Series!

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

All Previous Articles



Profile: **October 2013 - Pittwater Spring Gentlemen - John Ogden** - photographer, cinematographer, writer and publisher, producing television commercials, international documentary making, music video production, drama, surf and fine art photography - a long and winding road travelled with a few insights to share

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Previous Profiles:

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

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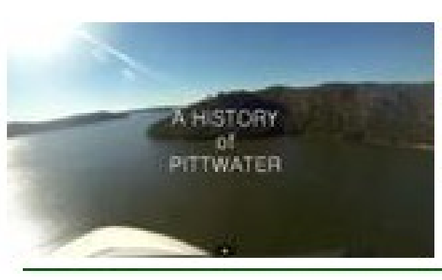
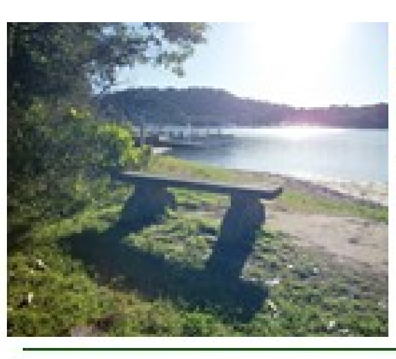


History: **October 2013 A History of Pittwater Parts 1 and 4 by John Illingsworth**

Previous History Pages:

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



Park Bench Philosopher: **Grandparents Day 2013 -** some poems from Australians to celebrate our Nanas and Pops

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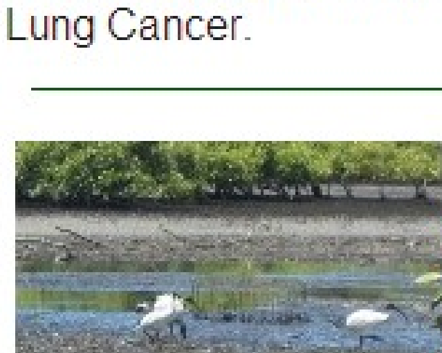
News From Our Inbox Meet RFS volunteer Stuart Skene, First patient survey on mental health initiative, Summertime - Coogee Beach; 1900, Sydney Opera House Coins, Pool Line, **Young talent emerges in 2013 Blake Prize**, Professorial Fellowship for Senator Bob Carr, How to get him off the Couch, Managing the Deluge of 'Big Data' from Space, Mysterious Ancient Human Crossed Wallace's Line, Aust Govt. - $559.1 million for health and medical research, Type 1 diabetes alters bone marrow and pro-inflammatory white cell count, World Clock, Find- Your- Past.com, How to Use Trove, Health papers published this week: Hair Regeneration Method Is First to Induce New Human Hair Growth; Researchers Demonstrate Efficient Method for Converting Fat Cells to Liver Cells; Growing Up Poor, Stressed Impacts Brain Function as Adult; Older Siblings' Cells Can Be Passed from Female Dogs to Their Puppies in the Womb; Study Focused On Transitioning Cystic Fibrosis Care; Child Neurologist Finds Potential Route to Better Treatments for Fragile X, Autism; Lower Blood Sugars May Be Good for the Brain; Diabetes Drug With Chemo, Radiation May Improve Outcomes for Lung Cancer.



Events: **Avalon Craft Cottage Returns to Warriewood TODAY, Discover Sailing Today,** LEARN HOW TO STAY SURF-SAFE THIS SUMMER with DR RIP, Tom Carroll at Mona Vale Librray Author Talks Program, Melbopurne Cup i Pittwater 2013, Single Fin Classic Returns, PCA 2013 Art Show, Chelsea Gallery Nov. 2013, Community Rising at Avalon, Ros Holden at RMYC, FREE BUILDERS' INFORMATION NIGHT, Psuedo Echo at Pittwater RSL, Beware the Bullets Regatta 2013, Calcutta 2013, Books, Birds, Paddling, Walking, 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 Bridgade originals and originators as Incidentals

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Community News: Mona Vale Hospital Golden Jubilee, Calling All Paddlers on the Western Foreshores and Northern Beaches for the 'Bridge to Beach' Paddle Race, Discover Sailing Day today. Pittwater Artists Trail OPEN, Proposed Car Parking at Church Point; change of date, PASADENA UPDATE, Pet of the Week - BamBam, SURFING LEGEND SHARES LONG-AWAITED AUTOBIOGRAPHY, Sydney Opera House 40th Concert Being Streamed tonight, Planning Minister Snubs Better Planning Network, Interested in caring for native wildlife?, The Planning Bill 2013, Marine Rescue Broken Bay Launches Scuttlebutt, Local Government NSW achieves changes to Planning Bills, Single Fin Classic Returns, Inspiring Sydney Festival partnership, State Finalist Australian of the Year 2014 - Liesl Tesch, AFTS 2014 GRANTS – Closing 15th Nov, Australia Day Awards - nominations now open!, SWIMMING POOLS INSPECTION PROGRAM, ELANORA HEIGHTS PUBLIC SCHOOL, Zonta says No, TECHNOLOGY DROP-IN SESSIONS, Avalon Craft Cottage Returns to Warriewood, Eramboo Summer Series, National asbestos awareness month in November, 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

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Environment; The Year of the Snake by Lynleigh Grieg and Saving Grevillea Caleyi at Ingleside + ASPARAGUS PLUMOSUS WEED AT MACKEREL BEACH, Antarctic Marine Protected Areas again on agenda for discussion at international meeting, Fukushima is Here - San Francisco Human Mural, The Coalition Government's plan to tackle climate change, reduce emissions and reduce pressure on electricity prices - Paper to the carbon market institute Workshop, 2013 Nature Conservation Council of NSW Marie Byles Award for Most Outstanding New Environmental Campaign - Better Planning Network, Link to All NSW Govt. Planning Bill 2013 Documents, Coral Itself May Play Important Role in Regulating Local Climate: Coral Chemicals Protect Against Warming Oceans, Take 3 awarded the screening rights to new 'Trashed' film, Fukushima Update: The Pacific Ocean is dying, Tiny Sea Creatures Are Heading for Extinction and Could Take Local Fisheries With Them, Strategic review of the Department of the Environment, $580 millon new investment in offshore exploration, GILDING THE GUM - SCIENTISTS STRIKE GOLD IN LEAVES, NSW Government's Aboriginal Cultural Heritage Reform - Have Your Say, QLD Govt. - Draft Ports Strategy Released, New Research Illustrates Mississippi River's Role in the Transport and Fate of the Oil Following the 2010 Deepwater Horizon Incident, Koala Count 2013 NSW, The Blue Dragon, Devils at Cradle Mountain, Delayed Gratification Hurts Climate Change Cooperation, Early-Life Exposure of Frogs to Herbicide Increases Mortality from Fungal Disease, IPCC WGI AR5 - Climate Change 2013: The Physical Science Basis, MARINE AND MARITIME RESEARCH FESTIVAL, KATANDRA SANCTUARY PETITION, **COOEE OCTOBER 2013**, **FishMap**, local Environment groups and organisations

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Affectionate Greeting

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

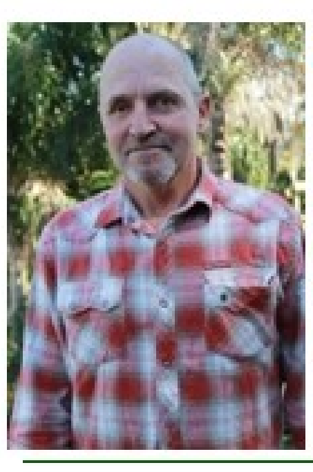
Pictures: **First Surf Carnival of the Season - Bilgola Boat Carnival**

Children: **Narrabeen Youth Club Wins Show Us Your Moves Comp, HALLOWEEN HIJINKS AT THE LIBRARY, Our Firemen. Junior Social Studies, Making Chain, Wonder Pets Save The Baby Sea Creatures, Dora's the Explorer - science fair part 1, High School Student Discovers Skeleton of Baby Dinosaur, Best pizza delivery ever, Poetry Comp., Trampoline safety is flippin' important - 8 kids injured every day, Explore the West with WilderQuest!,** LET'S READ NATIONAL EARLY LITERACY CAMPAIGN, **Picture Books Online, Children's Storytime at Mona Vale Library**

Youth: **High School Student Discovers Skeleton of Baby Dinosaur, Tom Carroll Talk at Mona Vale Library,** Single Fin Classic Returns, Chain being made, Lightning Striking A Tree, $2000 prizes on offer for skilled students, WA Teenagers Create Inetractive Comic Book, Rainsong, Best pizza delivery ever, HSC maths and science on the decline, Fearless Construction Worker - 1935 - San Francisco, Acoustic Night, the Great Depression in Australia, **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; **Grandparents Day is Today!,** Stepping up for a Big Debate on Ageing, Gold Grows On Trees, Bill Cosby - Grandparents, The Very Thought of You, 5 Amazing Exoplanets, TENNYSON'S STORY – Cricket Season, Reading minds, Drifting Truck, Lunatic Construction Worker, Scientist Uncovers Internal Clock Able to Measure Age of Most Human Tissues; Women's Breast Tissue Ages Faster Than Rest of Body, Protein Safeguards Against Cataracts, 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: **November 2013 - JOHN OGDEN *SLIGHTLY DANGEROUS* (EXTRACTS)** photographer, cinematographer, writer and publisher, producing television commercials, international documentary making, music video production, drama, surf and fine art photography

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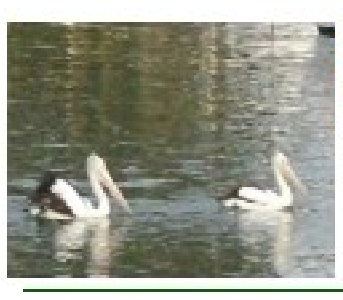
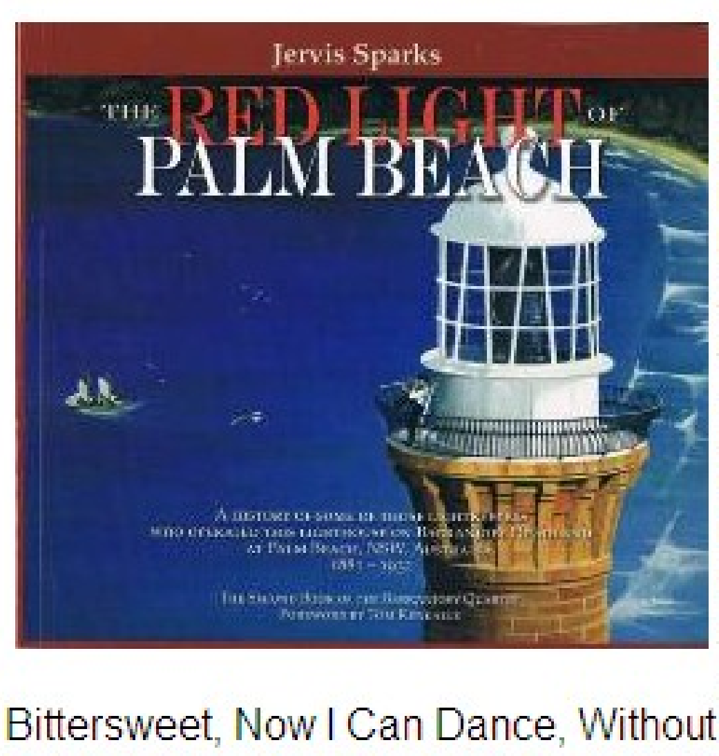


Reflections: by George Repin. **This week; THE PUB AT NEWPORT**

DIY Hints: **Late Spring Chores for your Garden – + Building Your Own Backyard Cricket Pitch** - time to feed your garden, plant January salad ingredients and ready the pitch for the Summer 2013 Backyard Test Series!



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: **Mandarin**- new sweet mandarins are in at present and their price indicates the freshness of this crop - some history, varieties, a Mandarin Duck or two, and recipes

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Robert Dunn's *Pittwater Uprising – A Secessionist's View* Launched on Pittwater Council's 21st Anniversary

Left to right: Councillors Sue Young and Kay Millar, former Councillor and first elected Mayor of Pittwater Robert Dunn, Councillor Julie Hegarty, former Councillor and Deputy Mayor, Allan Porter, former Councillor Patricia Giles OAM (also Former Mayor), former Councillor Shirley Phelps OAM, former Councillor Bob Dunbar, Councillor and former Deputy Mayor Bob Grace, Councillor and Deputy Mayor Kylie Ferguson, Councillor and Mayor of Pittwater Jacqui Townsend, former Councillors and Mayors Lynne Czinner and Harvey Rose.

Robert Dunn's *Pittwater Uprising – A Secessionist's View* Launched on Pittwater Council's 21st Anniversary

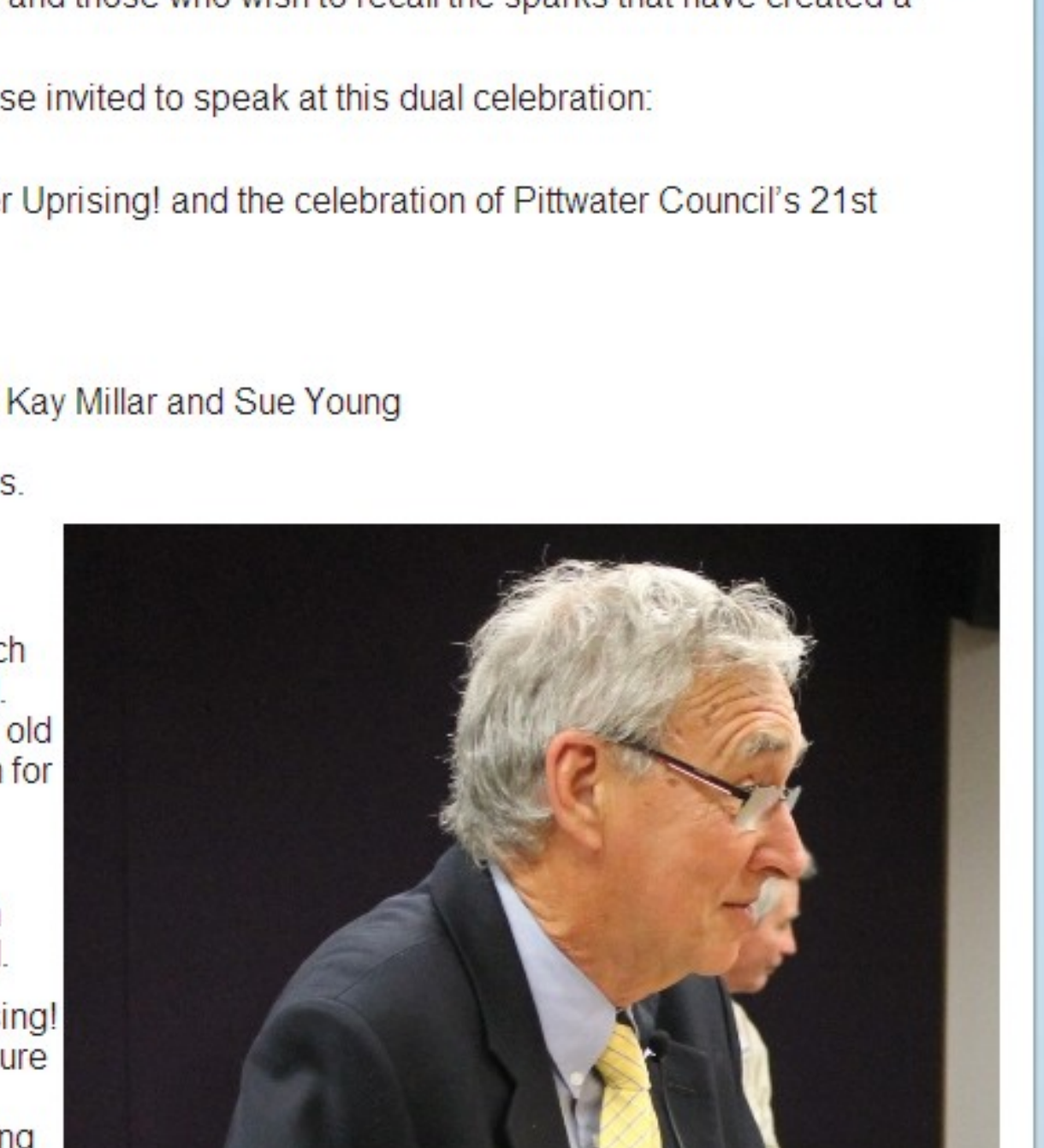
…it is a colourful, entertaining, witty and fascinating insight into the forces that not only created Pittwater but then onto, and I found this particularly fascinating, the development of the culture behind Pittwater Council.
I have learnt through this because you see jurisdiction after jurisdiction which has a wonderful start in its existence, has a wonderful written constitution and thoughts behind it but then the culture hasn't been developed to sustain the development of that organisation in the right direction. What we see with Pittwater and in its early days and the early fights detailed in this book, is the development of a culture that has created the local government area that we have today.
That is why the local community is so passionate about keeping Pittwater because it is a culture of openness, of good government in local democracy and where the people are truly listened to.
Rob Stokes, BA, LLM, PhD, MP for Pittwater

Pittwater Uprising – A Secessionist's View - Robert Dunn's personal memoir about the formation of Pittwater Council was launched on the 21st Anniversary of Pittwater Council's first election, Thursday evening hursday evening, 24th of October, 2013, at the place all great books are available, Mona Vale Library.

Filled with all the events and dramas that went on leading up to Pittwater becoming a local government area, this insider's viewpoint from Pittwater's first elected Mayor provides a record for those who remember and those who wish to recall the sparks that have created a permeable and permanent beacon for all communities everywhere.

We are privileged to share with you this week some of the words from those invited to speak at this dual celebration:

Ladies and Gentlemen,
Welcome to this double event: the launch of Robert Dunn's book Pittwater Uprising! and the celebration of Pittwater Council's 21st anniversary as an elected council.
VIP's:
Rob Stokes, member for Pittwater
Jacqueline Townsend, Mayor of Pittwater
Deputy Mayor, Kylie Ferguson and Councillors Bob Grace, Julie Hegarty, Kay Millar and Sue Young
Patricia Giles OAM, former mayor of Pittwater
Robert Dunn and his wife, Carolyn and children Simon, Hannah and Angus.



My name is **Tony Tenney** and I have endured (I mean enjoyed) being Robert's editor for Pittwater Uprising!

We have a real meeting of the clans here today. Not only is it a book launch but a party celebrating the 21st birthday of Pittwater as an elected council. Thank you for coming and joining in the festivities. It will be great to renew old friendships and acquaintances from the years of the struggle for Freedom for Pittwater.

Pittwater Uprising! is neither a family nor local history, but a personal memoir by the author of his public life, mainly as a councillor of Warringah Shire and later as the first elected mayor and councillor of the new council.

Far from being a work of egotism or self-aggrandisement, Pittwater Uprising! recognises the huge and sustained effort of individuals and groups to secure their own council. A glance through the Glossary reveals the hundreds of players involved in this local drama. Robert is particularly generous in giving recognition to the late Des Creagh who can rightly be called the Father of Pittwater, having campaigned for independence since 1966, and to the late Eric Green whose passion, energy and leadership did so much to secure the creation of this unique local council.

Pittwater Uprising! is a riveting read and I unreservedly recommend it to you.

Ladies and gentlemen, before I call upon our special guests to address us, I would like to record the following apologies for today's function:

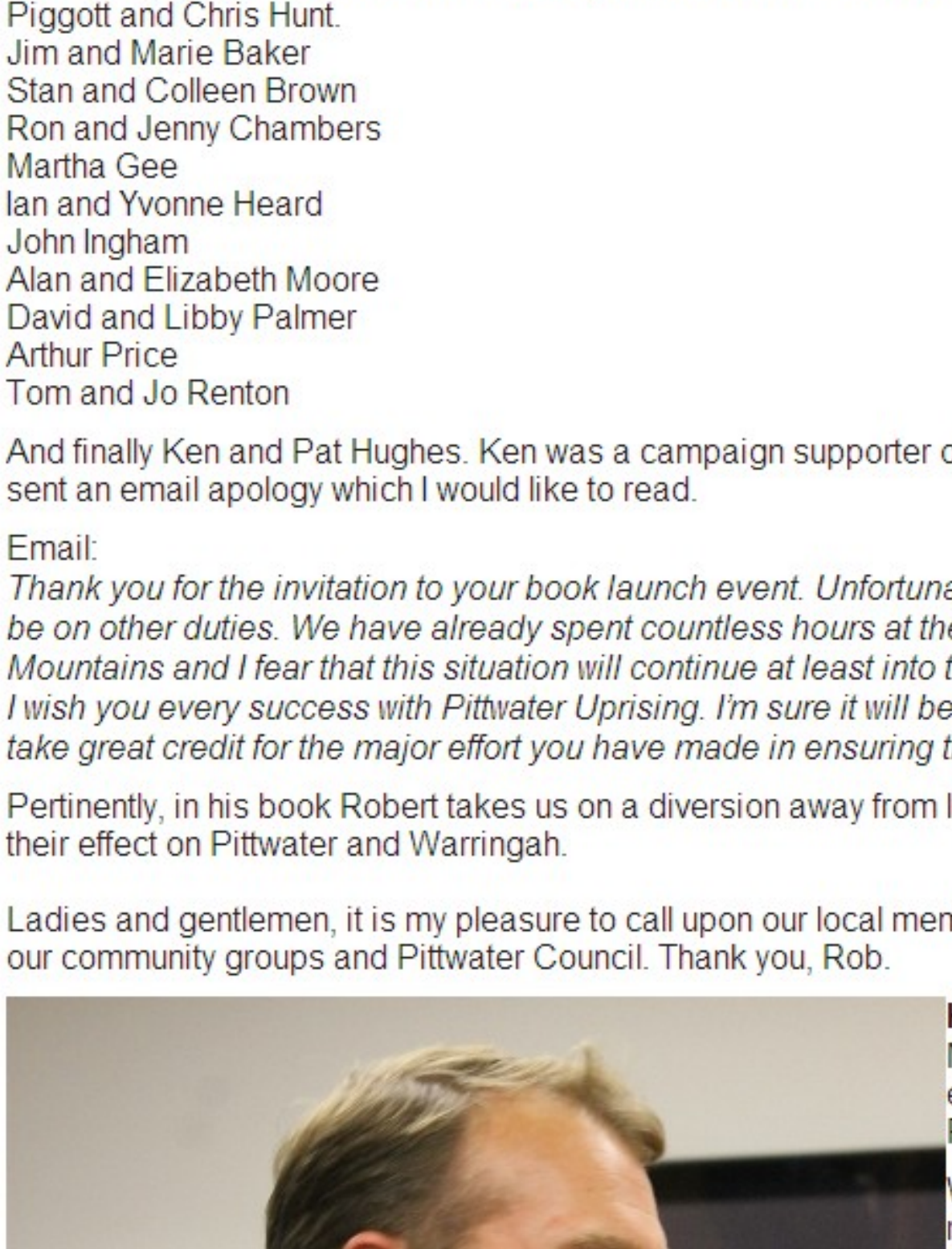
Hon Nick Greiner, former premier of NSW
Jim Longley, former member for Pittwater
Mark Ferguson, Pittwater General Manager and Council Officers Andrew Piggott and Chris Hunt.
Jim and Marie Baker
Stan and Colleen Brown
Ron and Jenny Chambers
Martha Gee
Ian and Yvonne Heard
John Ingham
Alan and Elizabeth Moore
David and Libby Palmer
Arthur Price
Tom and Jo Renton

And finally Ken and Pat Hughes. Ken was a campaign supporter of Robert's and is currently fighting fires in the Blue Mountains. He has sent an email apology which I would like to read.

Email:
Thank you for the invitation to your book launch event. Unfortunately I will be unable to attend since, like many other RFS Officers I will be on other duties. We have already spent countless hours at the fires at Catherine Hill Bay, in the Southern Highlands and the Blue Mountains and I fear that this situation will continue at least into the near future.
I wish you every success with Pittwater Uprising. I'm sure it will be a huge contribution to the documentation of our local history. You can take great credit for the major effort you have made in ensuring that the Pittwater Local Government area became a reality.

Pertinently, in his book Robert takes us on a diversion away from local politics and devotes a chapter to describing the 1994 bushfires and their effect on Pittwater and Warringah.

Ladies and gentlemen, it is my pleasure to call upon our local member Rob Stokes, to address us. Rob has always been very supportive of our community groups and Pittwater Council. Thank you, Rob.



Hon. Rob Stokes: I would like to acknowledge a number of former Mayors and Councillors who have served Pittwater and are here this evening – Emeritus Mayor, Harvey Rose, former Councillor Shirley Phelps OAM, thank you all for your service…

We're here to launch this amazing and wonderful tome. It struck me when reading it that in many ways the process here in Pittwater in the late 1980's and early 1990's was concomitant with the wave of freedom that was going around the world at the time in the Eastern Bloc, The Velvet Revolution in Czechoslovakia, the fall of the Berlin Wall, and so in many ways Robert is Pittwater's answer to Mikhail Gorbachev.
(Laughter, applause)

Now to the book itself; I was initially concerned because the cover bears a startling resemblance to the cover of Fifty Shades of Grey….
(more laughter)

But freedom for Pittwater and indeed the heading ***Pittwater Uprising*** really captures the tenor and the white heat that is inspired and you can see still seeping through every sentence of the book.
No doubt when Sydney's Legal Community heard that Robert was going to write a book there was a party at the Defamation Bar
(Laughter)

I know that many of you may have bought the book to see your name in the Index and will read those sections, but it is a colourful, entertaining, witty and fascinating insight into the forces that not only created Pittwater but then onto, and I found this particularly fascinating, the development of the culture behind Pittwater Council.

I have learnt through this because you see jurisdiction after jurisdiction which has a wonderful start in its existence, has a wonderful written constitution and thoughts behind it but then the culture hasn't been developed to sustain the development of that organisation in the right direction. What we see with Pittwater and in its early days and the early fights detailed in this book, is the development of a culture that has created the local government area that we have today.

That is why the local community is so passionate about keeping Pittwater because it is a culture of openness, of good government in local democracy and where the people are truly listened to. I do praise the Council, I think it is a very good Council. Of course, as Robert would say, I shouldn't praise them too much, as just at a State level, we always have to ensure that we keep aiming for excellence. But certainly the development of the culture, of which Robert was such a critical part, has led to the creation of what is a wonderful, vibrant, successful and truly grass roots Council.

You see in so many of the values that informed the development of Pittwater Council much of Robert's efforts and perseverance.

I remember as a legal clerk I had the wonderful opportunity to work in two environments. I got the opportunity to work with Robert in a small suburban law firm which was built as a family practice and built on love and built on compassion for clients, built on a real sense of obligation to the community with really really strong values. I also, at the same time, was able to work in a large multinational law firm in the city, which was cold and sterile and focused only on the bottom line. It was so clear to me to juxtapose that with this wonderful man with a wonderful family who was making a real difference in his community. I am very humbled and privileged to call Robert one of my political mentors. It is one of the greatest honours I've had so far in this job to be part of launching this book because what we see in Pittwater is certainly part of Robert's personality that he has imbued into the culture of the Council.

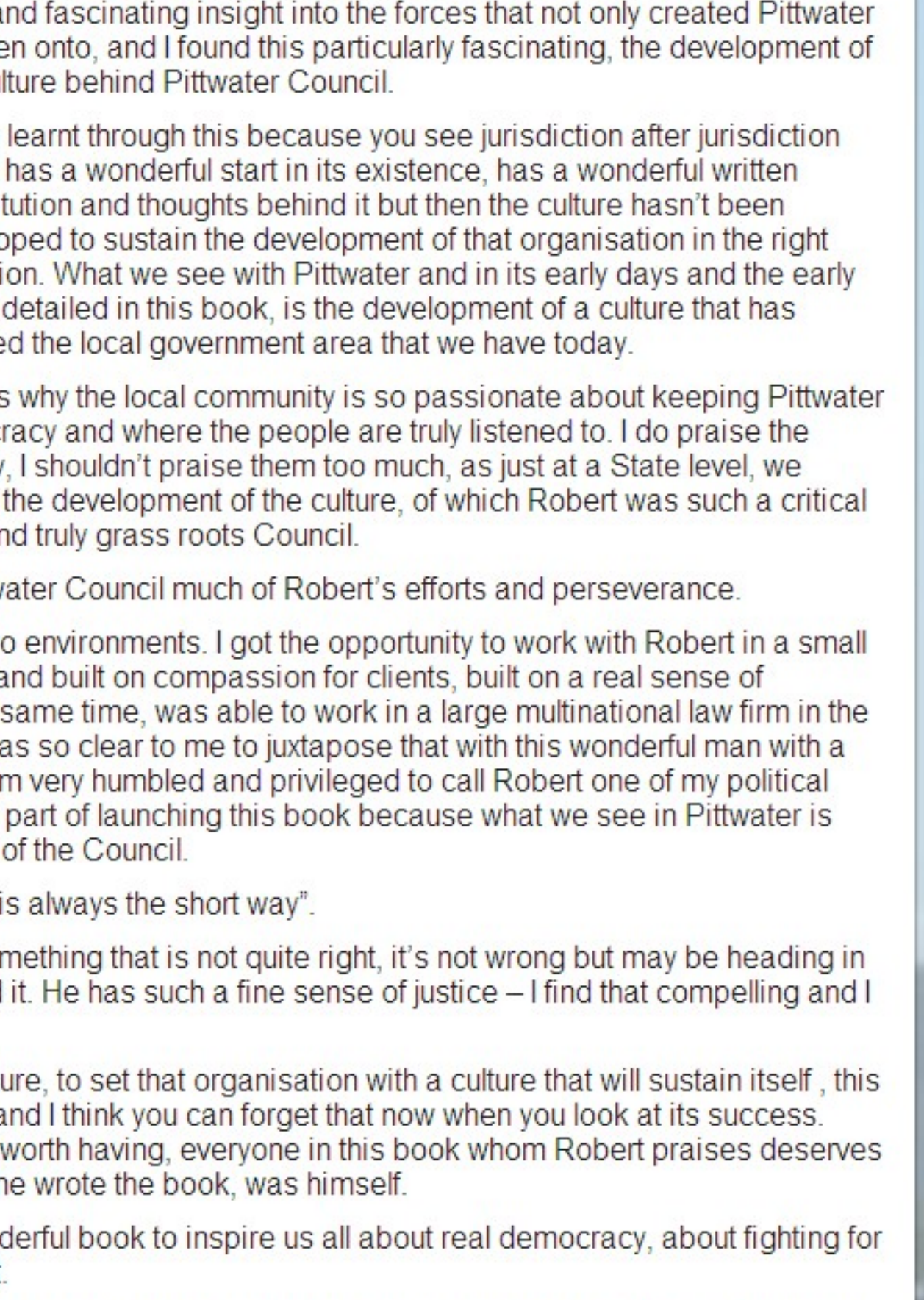
I think a by-line for this book, as he kept saying it to me, "The Long way is always the short way".

Time and time again in this book are details where Robert has seen something that is not quite right, it's not wrong but may be heading in the direction of maladministration, so Robert stepped on it and stopped it. He has such a fine sense of justice – I find that compelling and I would encourage any student of Pittwater's history to read this book.

I think it has wider audience too – anyone who is looking to set up a culture, to set that organisation with a culture that will sustain itself , this is a wonderful handbook in how to do that. Pittwater had a bumpy start and I think you can forget that now when you look at its success. Seeing what has been created, every one of the fights in this book was worth having, everyone in this book whom Robert praises deserves praise but of course the one person who Robert didn't praise because he wrote the book, was himself.

So that is incumbent on us – to Robert, thank you for writing such a wonderful book to inspire us all about real democracy, about fighting for what is right and for having a fight that's worth having. Thank you Robert.

Tony Tenney: Patricia Giles certainly needs no introduction. As a warrior for the Uprising she has played many roles within and beyond her formal positions of councillor and mayor (which she held for several terms). Friends, Patricia Giles OAM.



Patricia Giles OAM: When I first met Robert it was because I needed someone to help me. I decided to fight for my little patch which was down in Pittwater Grove. Our little patch of land was being eyed off and so I contacted our local Councillor, Robert Dunn, and he said 'Form a group' which I did and we fought for our little reserve and won.

Next, over the road, was block #100, next to the drain, opposite the school (Pittwater High School), lots of casuarinas, and the government decided they were going to put 39 medium density dwellings there.

I said "that's flood prone!". One night, hallelujah, someone let water out of Warragamba Dam. Well, let me tell you did we flood; block #100 was flooded, the street was flooded, the school was flooded, Yarran Close was flooded – they couldn't flush their toilets. It was nine o'clock at night but who can see it at that time? Ahh! Robert Dunn!

He joined me and we were taking photos of all the eels coming up the drain holes – I took photos and more photos

Robert Dunn interjects: Kakadu!

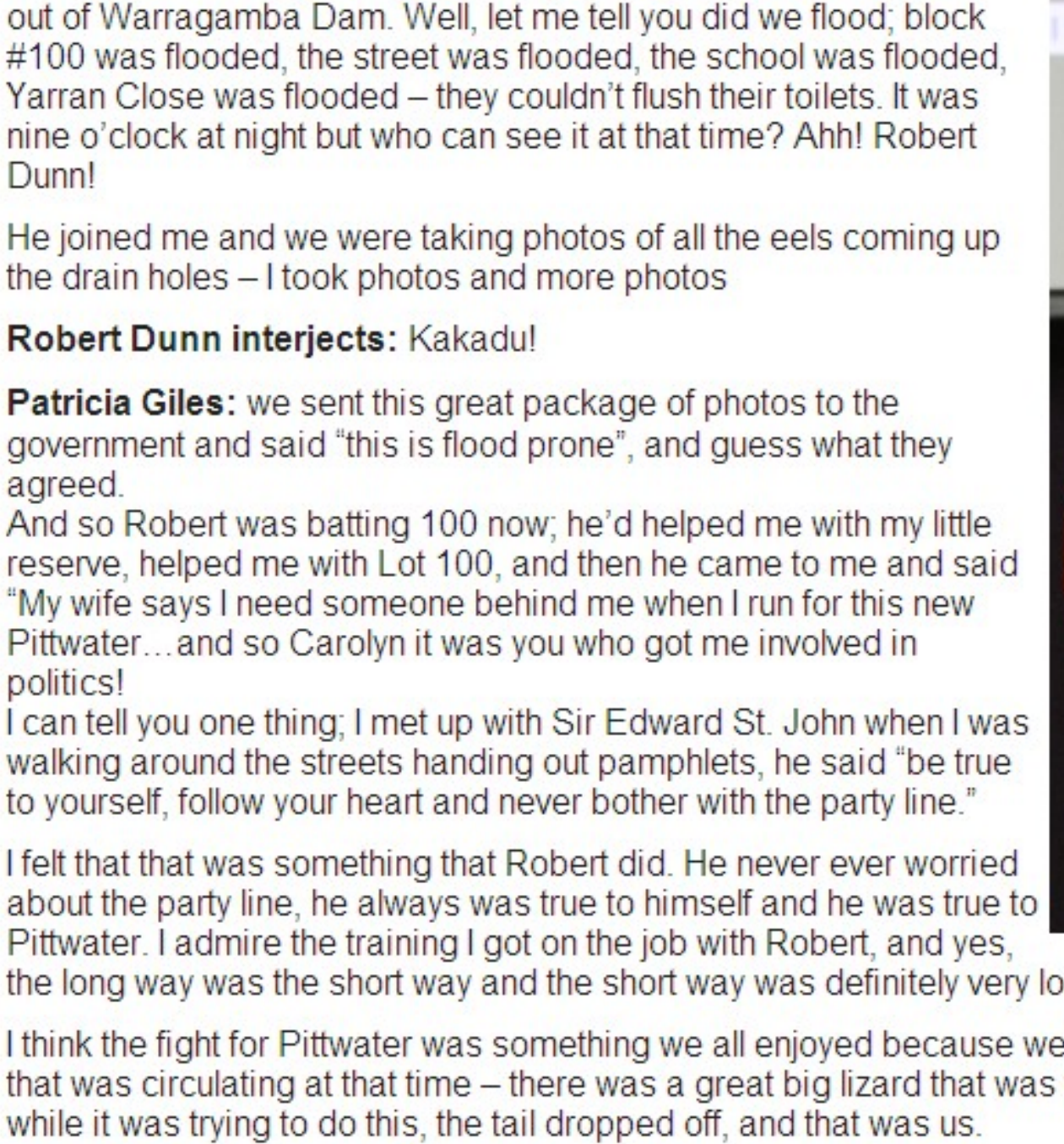
Patricia Giles: we sent this great package of photos to the government and said "this is flood prone", and guess what they agreed.
And so Robert was batting 100 now; he'd helped me with my little reserve, helped me with Lot 100, and then he came to me and said "My wife says I need someone behind me when I run for this new Pittwater…and so Carolyn it was you who got me involved in politics!
I can tell you one thing; I met up with Sir Edward St. John when I was walking around the streets handing out pamphlets, he said "be true to yourself, follow your heart and never bother with the party line."

I felt that that was something that Robert did. He never ever worried about the party line, he always was true to himself and he was true to Pittwater. I admire the training I got on the job with Robert, and yes, the long way was the short way and the short way was definitely very long but it was a lot of fun.

I think the fight for Pittwater was something we all enjoyed because we knew we had to win. Maybe some of you have not seen the cartoon that was circulating at that time – there was a great big lizard that was trying to swallow another poor little lizard, which was Manly, and while it was trying to do this, the tail dropped off, and that was us.

How it got done was because Robert Dunn was such a strong leader and I appreciate it – thank you Robert for inviting me along – I loved being part of your team.

Tony Tenney: I would like to call upon Jacqui Townsend, our current Mayor, and successor to Robert, Eric Green and Patricia, to talk with us this evening. Councillor Townsend.



Cr. Jacqui Townsend, Mayor of Pittwater: Before I speak about Robert I would like to assure him that the message and the Council that he set up still exists today. As a new Councillor in 2008 the message that was presented by Patricia, by David James and continued through a meeting; "This is Pittwater Council. We're lean, we're green and we are independent."

This was drilled into me at every meeting and we've drilled it into our new councillors who have come through the same channel that Patricia did and that's through community campaigns and that this is already in them. So the Council that Robert set up still exists today.
It was a great pleasure to be asked to speak tonight at the launch of Robert's book Pittwater Uprising! And a pleasure to be reminded of the first encounters I had with Robert.

I moved here in 1994 and wasn't aware of the history of Pittwater. I moved from where I was the Chair of the White Bay Residents Committee and Pittwater to me was perfect, there was nothing for me to do here, so I just sat back and relaxed.
If my memory serves me correctly my first encounter with Robert was at a public meeting for the 2008-2009 Delivery Plan and Budget in Mona Vale Hall. I was a new councillor, had probably been there three weeks, elected on the tails of David James, and was slowly finding my feet on local matters.

Robert asked a question on the budget matters and in my usual haste I jumped up and gave him what I thought was the correct position on the matter. Later that night I was asked "Do you know who that was?" … 'no'… "Robert Dunn" and I said, with all respect Robert, I hadn't heard of him …but I was quickly informed that he was one of the Fathers of Pittwater and deserved respect.

From then on Robert and I have had many disagreements on many issues and I spent many hours appraising myself on the details of local issues through many papers. I also made sure I brought the Local Government Act to every meeting. Over time Robert and I reached a very healthy level of respect for each other. We lawyers love to argue, we're known to turn a simple question into a long and drawn out debate for no other reason than to have the opportunity to speak for longer. We all know how much Robert loves to speak.
I would like to share with you one little story – I'm told that Robert has a reputation for being late. So often was he late that the then General Manager, Mr Gordon, would tell him that a meeting was scheduled 30 to 60 minutes before it began, just so he would turn up on time. He was known as 'the late Robert Dunn'.

Mr. Dunn: I don't want to be known as that in the future!

Cr. Townsend: So Robert I congratulate you on this fabulous book. It is a great accomplishment for you to become a published author and it is wonderful for our community to have this written and available to read.

To coin a phrase from a local resident this week which I'm told Robert will love; "I feel we might just manage to steer the Titanic off the iceberg after all."
Congratulations Mr Dunn, I wish you all the best with your book.

Tony Tenney: In his public career, Robert has always acknowledged the sustained support of his family, particularly of his wife Carolyn and children Simon, Hannah and Angus who are with us today. I would like to ask Simon to speak to us on behalf of the family. Thanks, Simon.

Simon Dunn: Many of the former Councillors here tonight are like aunts and uncles to me. My siblings and I grew up in an atmosphere where local government infused many a conversation at the dinner table. We learnt some amazing things about how the community works. I recall learning about streets in Pittwater I didn't know existed when every member in our the family would drop pamphlets into letterboxes when we were still A Riding of Warringah Council and seeking to become Pittwater. I remember Sunday afternoons after a round of golf being with dad as he dropped in to Eric Green's house while he was trying to watch the football. I was lucky to sit on the lounge room floor and learn about politics from those discussions at a very early age.

I asked my mother and brother and sisters on whose behalf I am speaking tonight what they recall about those Council days;

They remember election nights and how I became an expert statistician. Angus recalls Saturday mornings where he was with dad at residents meetings and telling dad he had to get to his football or cricket match, he was going to be late, so please stop talking to that resident. So although much of his time was taken up with speaking with residents or meetings at night, he did turn up to a lot of our sports games and school activities.

Edwina recounted recently, with giggles, a phone call at home that she took as dad was at a meeting, and a lady who was complaining about the cicadas and all the noise they were making and could Robert please do something about the cicadas. Edwina is still laughing about that, even from Berlin where she is at present.

Hannah recalls great confusion thinking it was often Christmas because Santa Claus was there of a Sunday morning on the front deck at Newport talking to Robert – and that was actually Eric Green with his great white beard. Hannah was ten years younger than me at that time and often thought Santa Claus was there. That is one of her fondest memories of those days.

The only comment my mother was prepared to make about those days was "never again!" and I think if people read the book and understand the struggle we all went through to create Pittwater Council there won't need to be an ever again.

In all seriousness though, all of my siblings and my mother are very proud of Robert. We are now very appreciative of how hard it must have been for my mother to raise the four of us without having Robert there in the evenings as three of us now have children of our own and understand how difficult it is being a parent.
You only realise a generation or so later how wonderful and how dedicated my mother was to support Robert through all that..

Robert Dunn: Hear hear.

Simon Dunn: so we'd like to give a round of applause for my mother.
We know now how many Council Meetings and community activities dad had to attend when Mayor and a Councillor but he always made time for family and was a great father. We also know now how hard he worked in motivating people.

Australians may be quick to criticise but are essentially laid back, particularly on the Northern Beaches where there is so much natural beauty to enjoy, time that could have been spent on the golf course or beach. To take up a fight for the community, to take up a cause and run with it that future generations that myself and my siblings benefit from really makes me appreciate that it takes a special person to have that unselfishness and commitment to see it through in the long term.

It also takes a very rare person to motivate others and the people here tonight are a testament to that. All of you here are committed to Pittwater. To go out and create a positive change is quite remarkable and has been sustained for 21 years. So I would like to say we're immensely proud of you dad, we love you and in closing would like to propose a toast to the author of ***Pittwater Uprising!*** – Robert Dunn!

Tony Tenney: And now to the master: Robert will now make a BRIEF reply. Thank you, Robert.

Robert Dunn: I would like to see this party go on a bit longer and have said all I need to say in the book. Only one bit of advice – the book was bound at noon and is meant to sit for 24 hours before you open it so the glue does not disintegrate and the book fall apart – so please be careful – Pittwater itself will never fall apart.

May I just say when looking around this room at my colleagues, Shirley, Bob Dunbar, Trish, it's such an honour that you have come – thank you so much. I know what Simon is saying about how hard it can be to motivate people to a cause, but as Australians once we're decided on a matter, no one can stop us.

To all of you, the new Councillors, to all of you here, it's such an honour that you have come tonight – enough has been said, let's all have a drink together, this is a reunion, not a book launch – so let's make it a reunion. Thank you so much.

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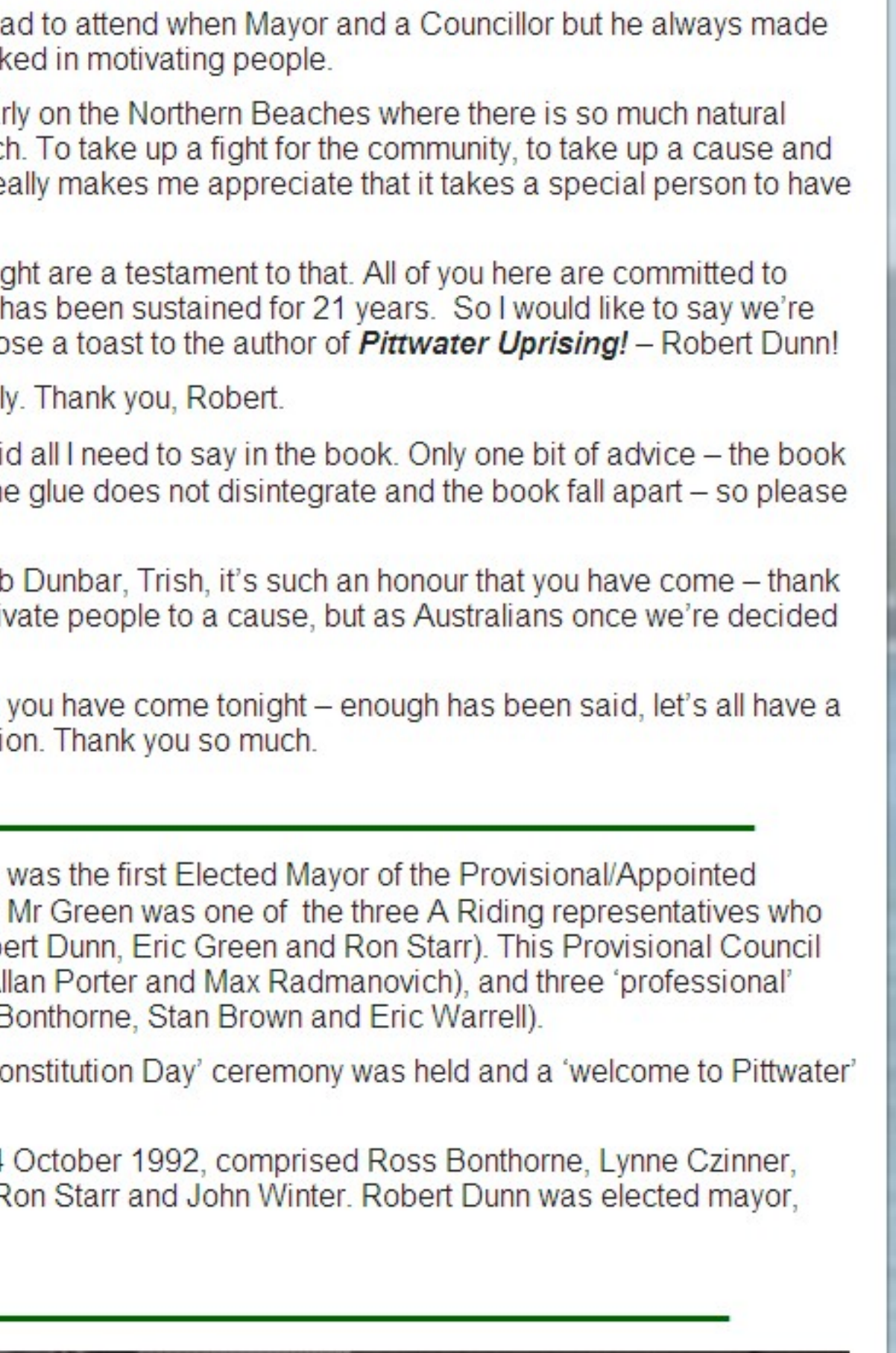
* Please note, Mr Robert Dunn would like it acknowledged that Eric Green was the first Elected Mayor of the Provisional/Appointed Council in September 1991, and is considered the first Mayor of Pittwater. Mr Green was one of the three A Riding representatives who had been elected to Warringah Council earlier that month (Councillors Robert Dunn, Eric Green and Ron Starr). This Provisional Council also included three appointed community representatives (Edith Lincoln, Allan Porter and Max Radmanovich), and three 'professional' members with expertise in engineering, finance and administration (Ross Bonthorne, Stan Brown and Eric Warrell).

Pittwater Council finally became a reality on 1 May 1992 when a simple 'Constitution Day' ceremony was held and a 'welcome to Pittwater' sign was unveiled just north of Narrabeen Lagoon.

The first Elected Council as a result of elections for Pittwater Council on 24 October 1992, comprised Ross Bonthorne, Lynne Czinner, Robert Dunn, Patricia Giles, Eric Green, Allan Porter, Max Radmanovich, Ron Starr and John Winter. Robert Dunn was elected mayor, with Allan Porter his deputy.



1992 was a remarkable year. On 1 May a new Pittwater Municipality was proclaimed by the Governor of NSW. This new local government area was excised from Warringah Shire on Sydney's Northern Beaches. This was the only occasion since the 1890s that a new council area in NSW had been created through secession.

Robert Dunn has written an engaging account of the struggle by the people of the northern peninsula to have their legitimate aspirations recognised in the formation of their own local council.

Pittwater Uprising! is neither local nor family history but the personal memoir of a man who played a most significant role in finally securing municipal independence from Warringah.

Pittwater Uprising! is a unique personal record, related from the inside, of the many events, dramas, characters, situations and behind-the-scenes deals and goings-on in the period before and after the proclamation of Pittwater Council.

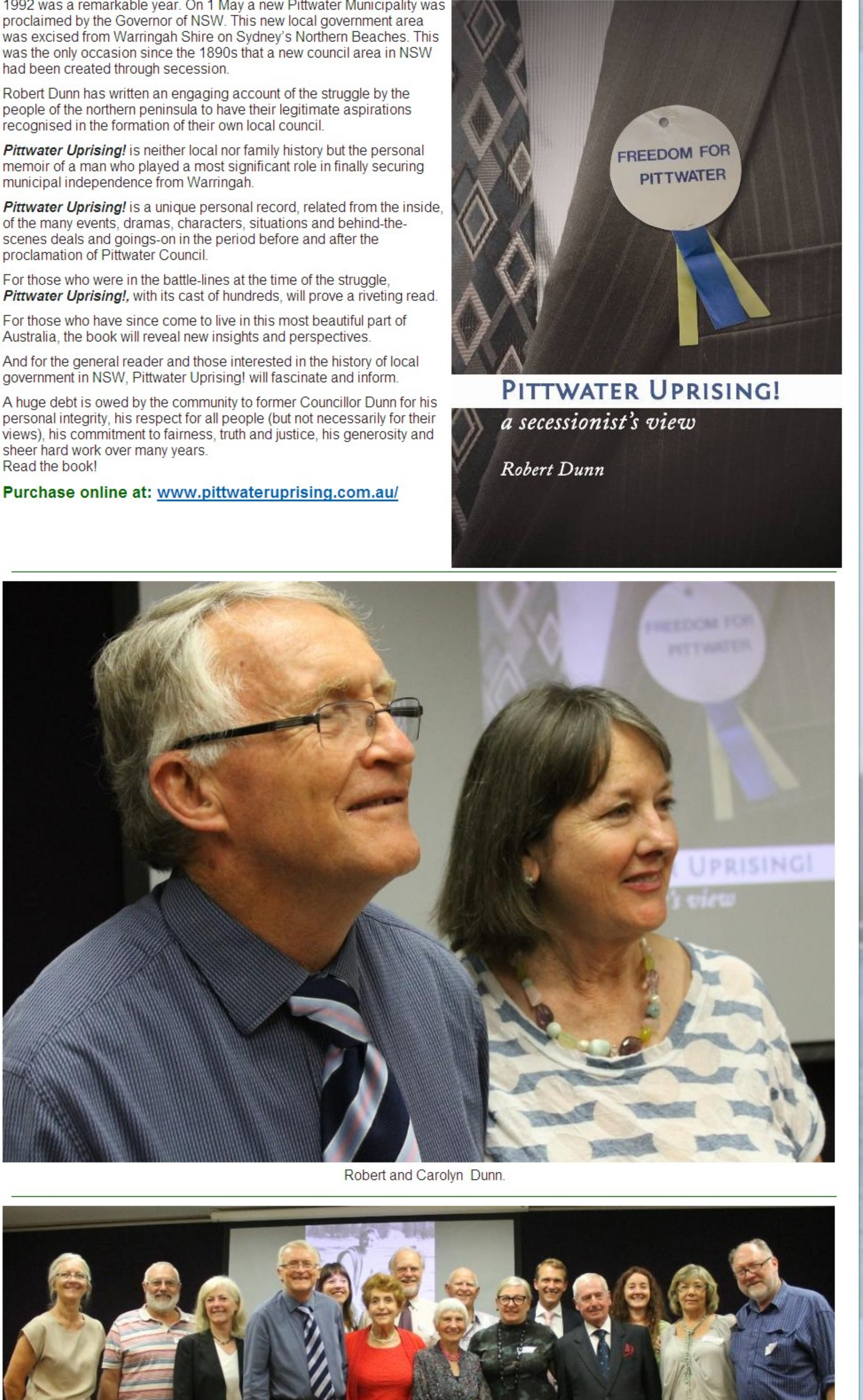
For those who were in the battle-lines at the time of the struggle, ***Pittwater Uprising!,*** with its cast of hundreds, will prove a riveting read.

For those who have since come to live in this most beautiful part of Australia, the book will reveal new insights and perspectives.

And for the general reader and those interested in the history of local government in NSW, Pittwater Uprising! will fascinate and inform.

A huge debt is owed by the community to former Councillor Dunn for his personal integrity, his respect for all people (but not necessarily for their views), his commitment to fairness, truth and justice, his generosity and sheer hard work over many years.
Read the book!

Purchase online at: www.pittwateruprising.com.au/



Robert and Carolyn Dunn.

Left to right: Councillor Sue Young, former General Manager Angus Gordon, Councillor Kay Millar, former Councillor and first elected Mayor of Pittwater Robert Dunn, Councillor Julie Hegarty, former Councillor Patricia Giles OAM (also Former Mayor), former Councillor Robert Porter, former Councillor Shirley Phelps OAM, former Councillor Bob Dunbar, Councillor and Mayor of Pittwater Jacqui Townsend, Hon. Rob Stokes MP for Pittwater, Councillor Bob Grace, Councillor Kylie Ferguson, former Councillors and Mayors Lynne Czinner and Harvey Rose.

Pictures by A J Guesdon, 2013.

Pittwater Online News

October 27 - November 2, 2013: Issue 134

Bilgola SLSC Boat Carnival 2013 - Launch of the Boat Carnival Season and New Surf Boat the *Carol McManus*

The annual Bilgola Surf Boat Carnival was held on Saturday, October 26. This is the first local carnival of the season and a great showcase of surf sports. The club's new surfboat, the Carol McManus, was christened at the conclusion of the day's racing.

Surf Life Saving Sydney Northern Beaches (SLSSNB) holds a large number of carnivals throughout the season culminating with the SLSSNB Branch Championships before the State and Australian Championships.

At least three Open Carnivals, three Junior Carnivals, the four rounds of the Boat Premiership and two Masters carnivals, with Masters carnivals increasing each year, as well as the Branch Championships form part of the calendar of surf sports.

The Boat Premiership has four rounds. Round 1 was completed yesterday at Bilgola with some strong rowing by crews from Bilgola, Newport, Avalon, Palm Beach, Warriewood, Mona Vale, South Curl Curl, South Narrabeen, Queenscliff and Collaroy competing.

Each of these clubs has very skilled women's and men's boat crews and yesterday brought some nail biting finishes, especially the final between the Bilgola Golds (State Champions) and the Mona Vale Blacks (National Champions) so this is bound to be a great series.

Round 2 is hosted by **Newport SLSC on Saturday November 16th 2013**. **Warriewood SLSC** hosts Round 3 on **Saturday 30th of November** and the last in this series of four events takes place courtesy of **Long Reef SLSC** on **Saturday 7th of December.**

From the **Surf Life Saving Sydney Northern Beaches website**:

Surf Sports consists of many events or disciplines such swimming, board paddling, surf ski paddling, flags, sprinting, surf boat rowing and the most prestigious of surf events – The Ironman. Traditional events such as the March Past and R&R are making a comeback with an increased number of competitors taking part over the last couple of seasons. There is also First Aid, Patrol competition and the Champion Lifesaver that make up our lifesaving events as well as the every growing Surfboard Riding.

Surf Sports begins in the U8s with the Junior Activities Program with the number and distance of events increasing as they progress through the Junior program until the U14s season is completed. Junior athletes must gain a relevant award every year and pass a competition skills evaluation test in order to compete every season.

Once an athlete has turned 15 and attained their Bronze Medallion Award they can then compete as an Open competitor with many more events available to them including ski and surfboat competition. The Sydney Northern Beaches Surf Sports Calendar caters for every athlete from carnivals for Juniors, Masters and Open competitors to special events such as the Oceanseries, Ocean swims, Ironman events and lifesaving events. SLSSNB recognises the need for variety in surf sports and have set a full calendar with a variety of events to cater for everyone.

Surf Sports provides an opportunity for participants to further develop whether it be as an athlete, official, manager or coach. There are many courses and seminars offered throughout the season to enhance the skills of all our lifesavers.

Surf Sports is there for our lifesavers to have fun, develop better surf skills, keep them active and serves as a major recruitment tool in attracting new members. There is also a high performance pathway for those looking to excel in the surf, more information can be found on this in the following pages.

Carnival Results

All carnival results will be available on the website on the first working day after the carnival takes place and listed on this page.

Pittwater Online News is supplying a set of all images taken yesterday to Bilgola SLSC. We are also happy to supply, as a service, photos to any other clubs that would like them. If you want a picture of you email us HERE.

Michael Mannington of Volunteer Photography has also contributed a Public Gallery HERE

B your best
BLACKMORES
Carol McManus
BLACKMORES

Don and Carol McManus with new surf boat the *Carol McManus.*

Christening of New Surf Boat – Carol McManus – from Bilgola SLSC

Bilgola Surf Life Saving Club has a long tradition of naming boats after people that have dedicated tremendous hours of support, effort and work into Bilgola Surf Life Saving Club and the rowing fraternity.

This year our tradition continues and the honour is bestowed upon someone who is thoroughly deserving of this honour and whom without, our club would not have enjoyed the successes it has.

Carol joined Bilgola in 1994 and has always been an active patrolling member and continues to do so. Prior to joining Bilgola, Carol was a long serving active member of Nth Narrabeen and Byron Bay surf clubs - a true clubby in every positive sense of the word!

Carol is a qualified surf sports official and works as the official recorder at every Ocean Thunder event. Carol also holds her own impressive competitive record in Surf Life Saving and has achieved the following successes in First Aid Competition.

1986 – Branch silver and state gold

1987 - Branch and Australian silver, State Gold

1988 – Branch gold

1989 – Australian Bronze

1990 – Australian Silver

1991 – Branch Gold

Carol is also a state premiership holder in Open Women Surf Boats. She filled in for an absent member of the crew at the Woolgoolga round in 2003 and placed 3rd. The crew went onto win the premiership and Carol now holds a State title as a result of her efforts.

For many years Carol has taken on the thankless role of accommodation organiser and tour manager for Bilgola competitors travelling all around the country to represent the club at major championships. She is a tireless worker at club fundraisers in particular the Golf day, ocean swim and the Bilgola carnival (where you'll see her slaving away in the kitchen all day). She is the surfboat section's most dedicated supporter and deserves every accolade that comes her way.

Carol is of course the wife of 'distinguished service' member Don McManus, one of the most successful sweeps in the history of our sport. She has been with Don every step of the way in surfboats since the 1960s, including attending just about every carnival in that time.

Without Carol, there is no doubt Don would not have achieved the great things he has for Bilgola.

She is one of the true unsung volunteers that make Bilgola the club it is and is thoroughly deserving of this honour.

President of Bilgola SLSC Romilly Madew, John Brogden - Patron of Bilgola SLSC, Branch President of SLSSNB David Murray, Cr. Jacqui Townsend, Mayor of Pittwater.

Carol McManus
BLACKMORES
today's the day
blackmores.com.au
Bilgola

Boat Crew applied to be first to take her out - Mitch Foran, Natalie Gartner, Norm Pounder (Boat Captain), Anthony O'Toole and Don McManus (Sweep).

Boat Premiership - Round 1

SOUTH CURL CURL
PALM BEACH

M.S. INTERIORS

AVALON BEACH

SOUTH CURL CURL

SOUTH CURL CURL

M.S. INTERIORS
M.S. INTERIORS

M.S. INTERIORS
M.S. INTERIORS

SOUTH NARRA

BILGOLA
NEWPORT
NAVY
Millar
Dennis (Doodles) O'Toole
's the day
BLACKMORES
VALON

NARRIEWOOD

nbcu Northern Beaches Credit Union
"The Allan Butler"
Queenscliff

PALM BEACH
manly wharf hotel
Vittoria Coffee
Stephen Todd
AudiCorporat

Boat Crews

Mona Vale - 'Blacks '

South Curl Curl - 'Canned Heat '

Newport - 'Jollytails '

NAVY
Adelaide
AUSTRALIA
NAVY
NAVY
AUSSIES
Gold Coast
NAVY

Bilgola - 'Sweet Cheeks'

NAVY
MONA VALE S.L.S.C.
2013 AUSSIES
Gold Coast
mona vale
2013 AUSSIES
Gold Coast

Mona Vale - 'Rude Dudes'

Palm Beach - 'Poconos' with Palm Beach SLSC President, Kate MacDonald

Bilgola - 'Old Gold'

Bilgola - 'Gold'

ADF CH-47D Chinooks Fly By During Boat Carnival

MERCURY
SURF RESCUE
ARANCIA
SR097N

Photos by A J Guesdon, 2013.

Tweet Like +1

October 27 - November 2, 2013: Issue 134

Mona Vale Hospital Auxiliary Wins Three Awards – Mona Vale Hospital Golden Jubilee Preparations Begin

Mona Vale Hospital Auxiliary
Mona Vale Hospital Auxiliary
Mona Vale Hospital Auxiliary

Waveney Perman, Gail Carew and Eileen Gordon on Friday. Picture by Michael Mannington, 2013.

Mona Vale Hospital Auxiliary Wins Three Awards – Mona Vale Hospital Golden Jubilee Preparations Begin

by Gail Carew

Since 1933, The United Hospital Auxiliaries of NSW Inc (UHA), through its many local branches, has been responding to the needs of community and health facilities throughout the state. Unique to UHA as a charitable organisation is all monies raised by a branch stays within a community and is directed only to the local hospital or health care centre. (from UHA Inc. website home page)

Each year at the UHA State Conference, every branch, (over 200) is given an opportunity to interact as part of the organisation. Resolutions of concern are debated and forwarded to the relevant Ministers of parliament and departmental offices for consideration. And each year at the State Conference, trophies are awarded for various categories of service and fundraising efforts.

At this year's 80th Annual State Conference the award for "**Most money raised gross by a Metropolitan Auxiliary in 2013**" was Mona Vale Hospital Auxiliary.

The award for "**Most money raised net by a Metropolitan Auxiliary in 2013**" was Mona Vale.

The award for "**Runner up for the most money raised net per member by a Metropolitan Auxiliary in 2013**" was Mona Vale.

An extraordinary achievement, but one which was not only due to the hard work and dedication of the Mona Vale Hospital Auxiliary team, but made possible because of the invaluable community support and contribution of local businesses, organisations, service clubs and generous individuals in the Pittwater and Northern Beaches areas.

Because of such wonderful community support, the Mona Vale Hospital Auxiliary during the 2012/2013 financial year, contributed over $300,000.00 to the cost of medical equipment for our local hospital.

It takes a special commitment to help alleviate the suffering of others and being part of UHA and a supportive community provides a wonderful opportunity to demonstrate our caring attitude.

"Let us hold high the lamp of service for the welfare of our hospitals"

However, despite a most fruitful year, the work of the Auxiliary does not stop. The many craft, cake, bric-a-brack stalls and raffles will continue every month in various local shopping areas.

Next year, the Mona Vale Hospital Golden Jubilee, celebrating 50 years of our hospital serving our community, will be held in the hospital grounds.

The Jubilee committee, working in conjunction with the Mona Vale Hospital Auxiliary, invites the Pittwater and Northern Beaches communities to a weekend of fun and celebration.

It begins on Friday 21st February with a reunion dinner at Pittwater RSL Club. Followed by an ocean swim event on Saturday morning. Throughout Saturday a fair including a variety of foods stalls, rides for the kids, local art and craft, memorabilia, a photo and history gallery, a car raffle and much more will be presented in the hospital grounds.

The recently upgraded and expanded Palliative Care Centre, will be open and the Friends of Northern Beaches (FONB), the volunteer group from the Centre, will be organising morning/afternoon tea and art and craft stalls

Thanks to Paul Robertson, local Creative Events Designer and Producer, live music featuring local bands and performers will be a big part of the fun-filled day.

The Saturday fair will be followed by a formal dinner at the Mona Vale Golf Club.

And to end the weekend celebrations, on Sunday 23rd February, a Thanksgiving Service will be held at 2.30pm in the Hospital Chapel followed by afternoon tea in the cafeteria.

There are many ways to get involved and we invite anyone who could contribute any of the following:

Old photos, memorabilia uniforms, history

Information from former staff about experiences in the early years

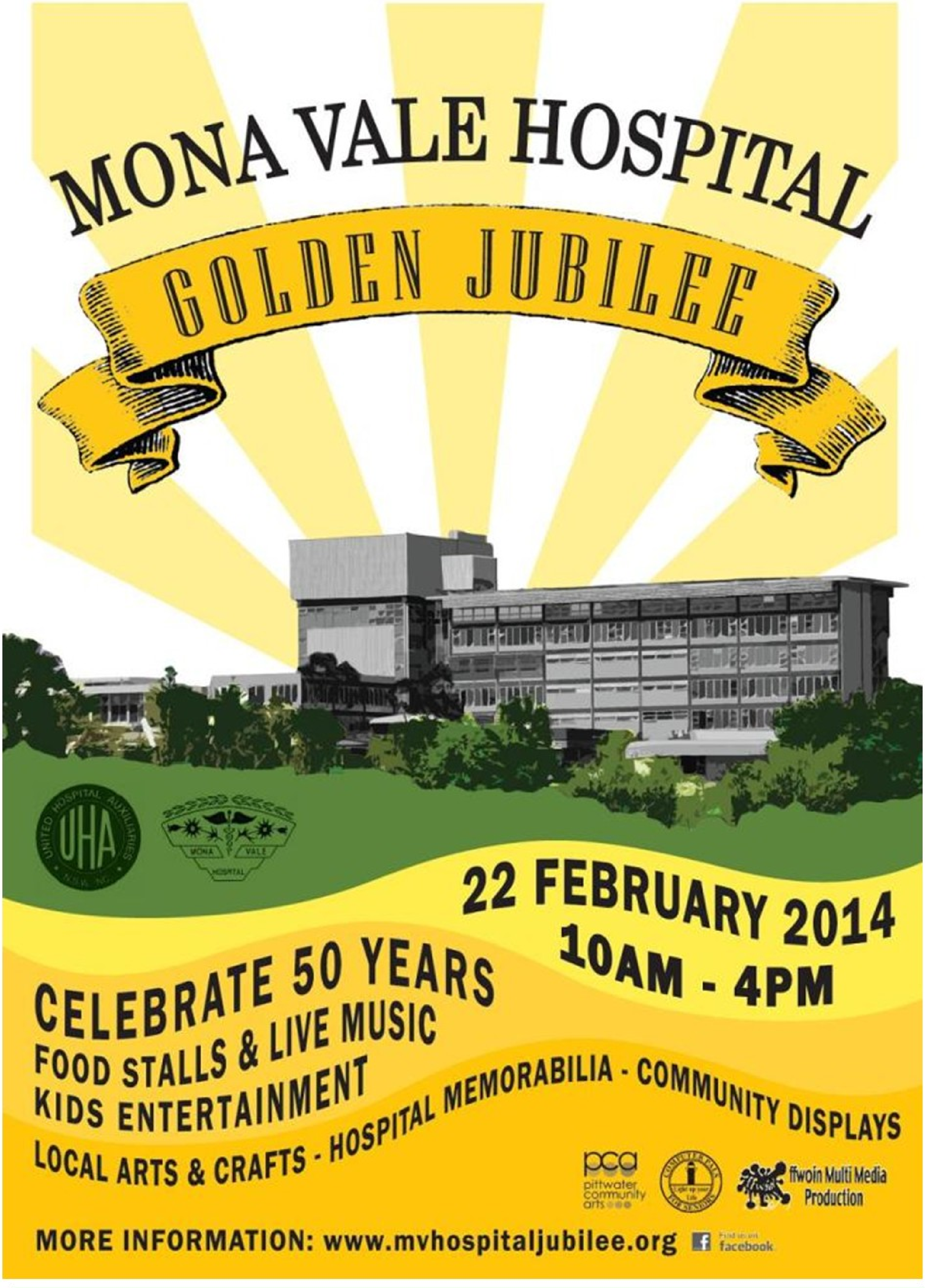
Information from people who were born in the first few years i.e. from March 1964

Or if you just want to get in touch

Sponsorship from business or individuals who would like to assist

Your interest and help would be most welcome.

Please contact the committee on our Facebook page or our Website www.mvhospitaljubilee.org


MONA VALE HOSPITAL
GOLDEN JUBILEE
22 FEBRUARY 2014
10AM - 4PM
CELEBRATE 50 YEARS
FOOD STALLS & LIVE MUSIC
KIDS ENTERTAINMENT
LOCAL ARTS & CRAFTS - HOSPITAL MEMORABILIA - COMMUNITY DISPLAYS
pca pittwater community arts
ffwoin Multi Media Production
MORE INFORMATION: www.mvhospitaljubilee.org
Find us on facebook

MONA VALE HOSPITAL

Mona Vale Hospital, October 2013. Picture by A J Guesdon.

Report by Gail Carew, MVHA, 2013.

Pittwater Online News

October 27 - November 2, 2013: Issue 134

Legend of the Racetrack Turns 100

Edgar Britt at Avalon this week. Picture by A J Guesdon.

Legend of the Racetrack Turns 100

by Steve Meacham

Suddenly everyone wants a piece of Edgar Britt.

It started a week ago with a story in the Sydney *Daily Telegraph*, noting Edgar - who has lived in Avalon for over 50 years and is Australia's oldest jockey - would turn 100 on Oct 30.

Within a few hours, the email inboxes were buzzing.

The Australian Racing Board and Racing Victoria made the early running. Then at the first turn came the English journalist from the Racing Post who wanted contact details. In the last furlongs, Racing NSW's magazine editor, burst into the lead - wanting to host a lunch this coming week (Oct 29) for Edgar on behalf of NSW's finest racing correspondents.

Had it not been for the bush fires which have rightly engulfed media attention over the past fortnight, Edgar's image and story would have been frequently retold in print, radio and television.

After all, Edgar Britt is one of only 33 jockeys inducted into the Australian Racing Museum's Hall of Fame. His record of more than 2000 victories in four continents against quality horses and champion jockeys stands comparison with any other jockey.

Next week, on the first Tuesday of November (Nov 5), Australia will come to a halt once again for the 2013 Melbourne Cup. Amazingly, Edgar ran in two of them eighty years ago. Both times he was defeated each time by Peter Pan, one of the greatest thoroughbreds in Australian racing history. In 1932 Britt and his mount were unplaced, but in 1934 he finished fourth on Broad Arrow - the same horse he rode to victory in the 1934 Sydney Cup.

That he never ran in any other Melbourne (or Sydney) Cups is solely because the rest of his career was mainly spent overseas - in the United States, India and the United Kingdom, a feat that might sound less difficult today than it was in the 1930s and 40s when travel usually meant long weeks on an ocean liner.

In Avalon, he's a familiar tiny and bow-legged figure who can be seen around 7am most days, summer or winter, on his constitutional stroll.

Always dapperly-dressed, always wearing his trademark Trilby ("I never go out without a hat"), the twice-widowed father of four is a walking anachronism among the board-carrying surfers, yawning dog-walkers and lycra-clad mothers only a quarter of his age who marvel at his stamina and style.

Only last week (Oct 21), the 99 year old addressed the pupils of Maria Regina Catholic Primary School who sat engrossed as he described his racing adventures. Among the questions the children asked him was: did he ever race against Phar Lap?

It was certainly his era, but Edgar's memory is hazy about the subject. "All I can recall is looking at his backside as he disappeared in front of me," he laughs at his apartment overlooking Avalon Bowling Club.

That may well have been during track work rather than an actual meeting, since the Australian Racing Museum cannot confirm Britt's name appearing in the same race as "Big Red". But Edgar's memory is clearer about Phar Lap's equally celebrated jockey, Jim Pike.

Of all the jockeys, Edgar raced against, Edgar says Pike was the best - and one of the most helpful to young apprentices like himself.

"Although Jim gave no quarter in a race, he often used to get me in a corner afterwards to point out the mistakes I'd made and how I could have avoided them," Britt remembers. "But he always struggled with his weight."

That was something Edgar Britt himself never had a problem with. At only "four feet 11 inches" (1.5 metres), his lowest racing weight was only six stone seven pounds - or 41 kilos.

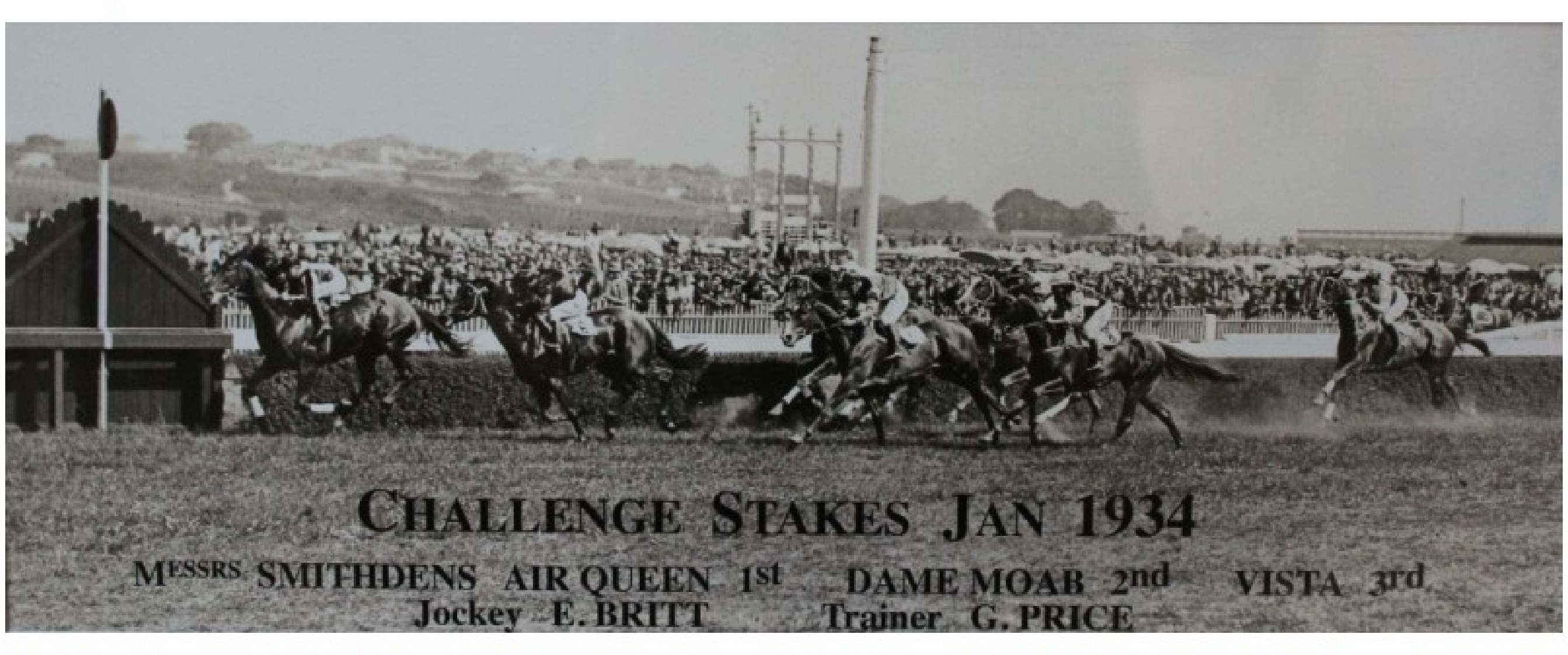
Born in Five Dock, none of his family had any connections with horse racing. But a neighbour did, planting the thought of becoming a jockey in Edgar's young mind.

He left school as soon as he could, at 13, and became an apprentice jockey at the stables of Mick Polson, initially at Kogarah before moving to Randwick.

His early year or two were spent mucking out the stables and doing all the other menial jobs. He won his first race aged 16 at Canterbury. And by the time he was 18, he had shown so much promise and secured so many wins, Polson whispered to him at the end of the season: "Do you know, Edgar, that this year you have earned more than the Premier of NSW?" (Though as Edgar points out, "I never got to see much of it.").

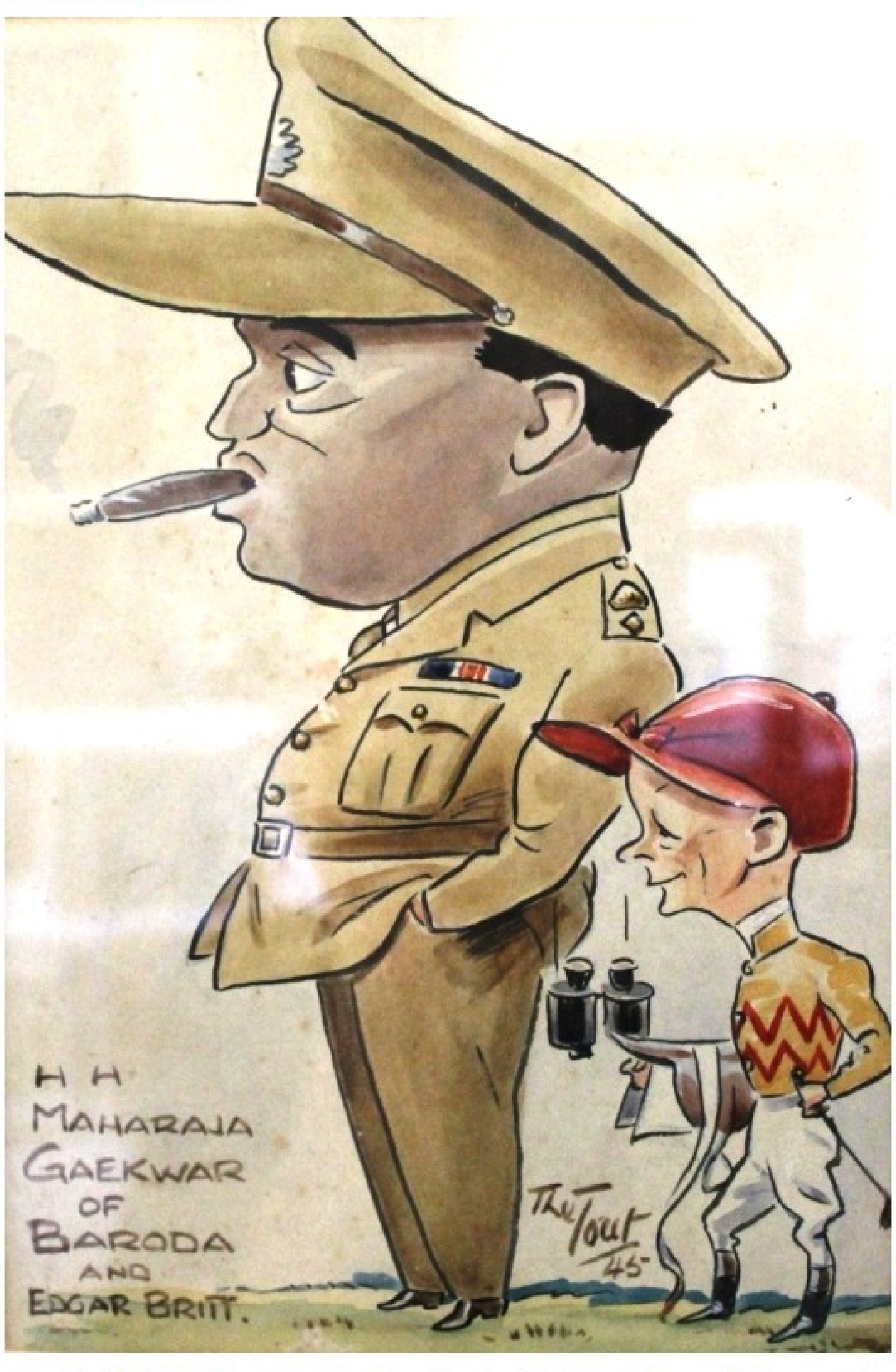
In 1933, Polson took him - with horses, by boat - to try their luck in America, around the same time Phar Lap had died in mysterious circumstances. His experiences there sound like a Damon Runyon story - on one occasion he watched, dumb-founded, as a white security guard at the racecourse shot dead a black stable hand caught up in a fight over a woman. No action or investigation followed.

Written off by American journalists as a poor jockey, Edgar had the last laugh - winning several major races including the prestigious Baltimore Handicap in 1933 on Winooka.



CHALLENGE STAKES JAN 1934
MESSRS. SMITHDENS AIR QUEEN 1st DAME MOAB 2nd VISTA 3rd
Jockey E. BRITT Trainer G. PRICE

His other international victories include seven English classics (two St Leger, two Oaks, two One Thousand Guineas and a Two Thousand Guineas); the Irish Derby; plus a decade in India during the 1930s and 1940s, wearing the competing colours of mega-rich maharajas and winning the Indian jockeys' premiership eight times.



H H MAHARAJA GAEKWAR OF BARODA AND EDGAR BRITT.
The Tout 45

Three years after arriving in England in 1945, Britt became the Royal jockey for King George VI, "an excellent owner who believed in leaving his trainer to give the riding instructions, but who knew the form closely".

Some of Edgar's favourite memories involve the present Queen, who he first met when she was the young heir to the throne.

Once in 1948 Princess Elizabeth and her sister, Princess Margaret, walked into mounting enclosure at Hurst Park. "She'd always say hello," he remembers. "You could always have a conversation with her, especially if it was about horses or how the race would be run.

"She would have been about 18 or 19. It was one of my first rides for the Royal family and they seemed to have a soft spot for Avila, the horse I was riding that day.

"She said 'Will she win?' And I said 'I think so, but I might have to give her a bit of smack with the whip.'"

"Dead silence followed. I'd said the wrong thing. I'd forgotten the Royal family didn't like to see their horses being whipped.

"Anyway, the call came to 'jockey up', and the Princesses said they'd go but see me after the race. Then as she was leaving, Princess Margaret raised her hand, made a whipping motion and said 'If she needs a whipping, give her one'."

Did he need to? "No, she won easily."

Retirement Dinner given to Edgar on retirement, Savoy Hotel, London, November 20th, 1956.

After retiring and returning to Australia in 1959, Edgar began a new career as a racing columnist for the *Daily Telegraph*, which he continued for 16 years. In 2004 he was awarded the Order of Australia Medal for services to horse racing as a jockey, commentator and journalist.

He still reads "the *Tele*" every day, studies the form every Saturday, and goes to the races occasionally.

He has no big plans for his 100th birthday, apart from "family dinner with my family and friends".

Her Majesty Queen Elizabeth II and Mr Edgar Britt.

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Pittwater Online News

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The Year of the Snake

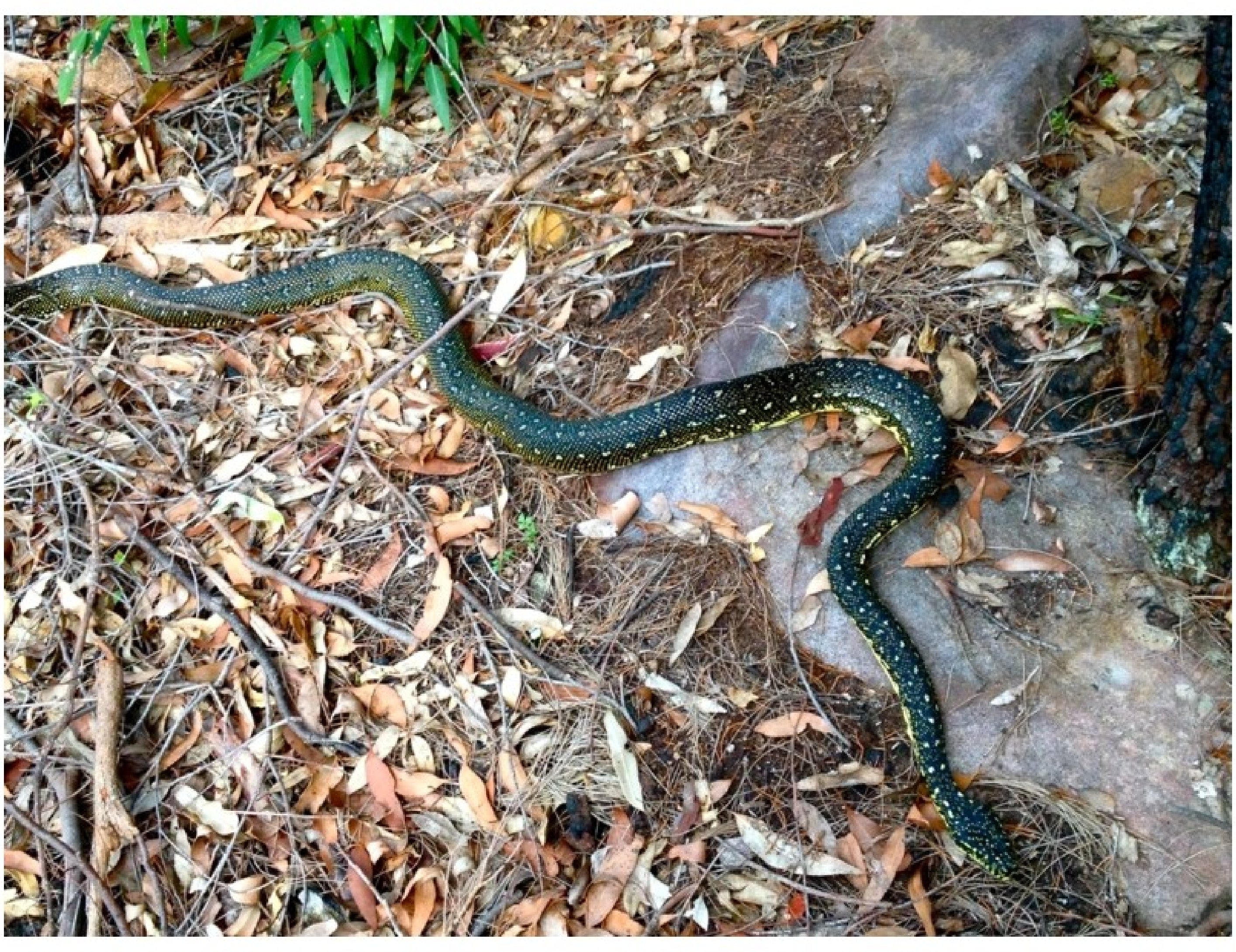
By Lynleigh Grieg

Well, it's that time of the year again when our little slithery friends come out to play.

During winter, snakes go into a form of semi-hibernation called brumation. When the weather starts to warm up, they head out in search of food and water. They are generally very secretive and seldom come out when people are about. However, if you are lucky enough to happen across one of these magnificent and misunderstood creatures, please just leave them alone and appreciate them from a distance. They find us very scary.

Some of the most common snakes we are likely to encounter on the Northern Beaches are:

Diamond Pythons (*Morelia spilota*) : harmless to humans

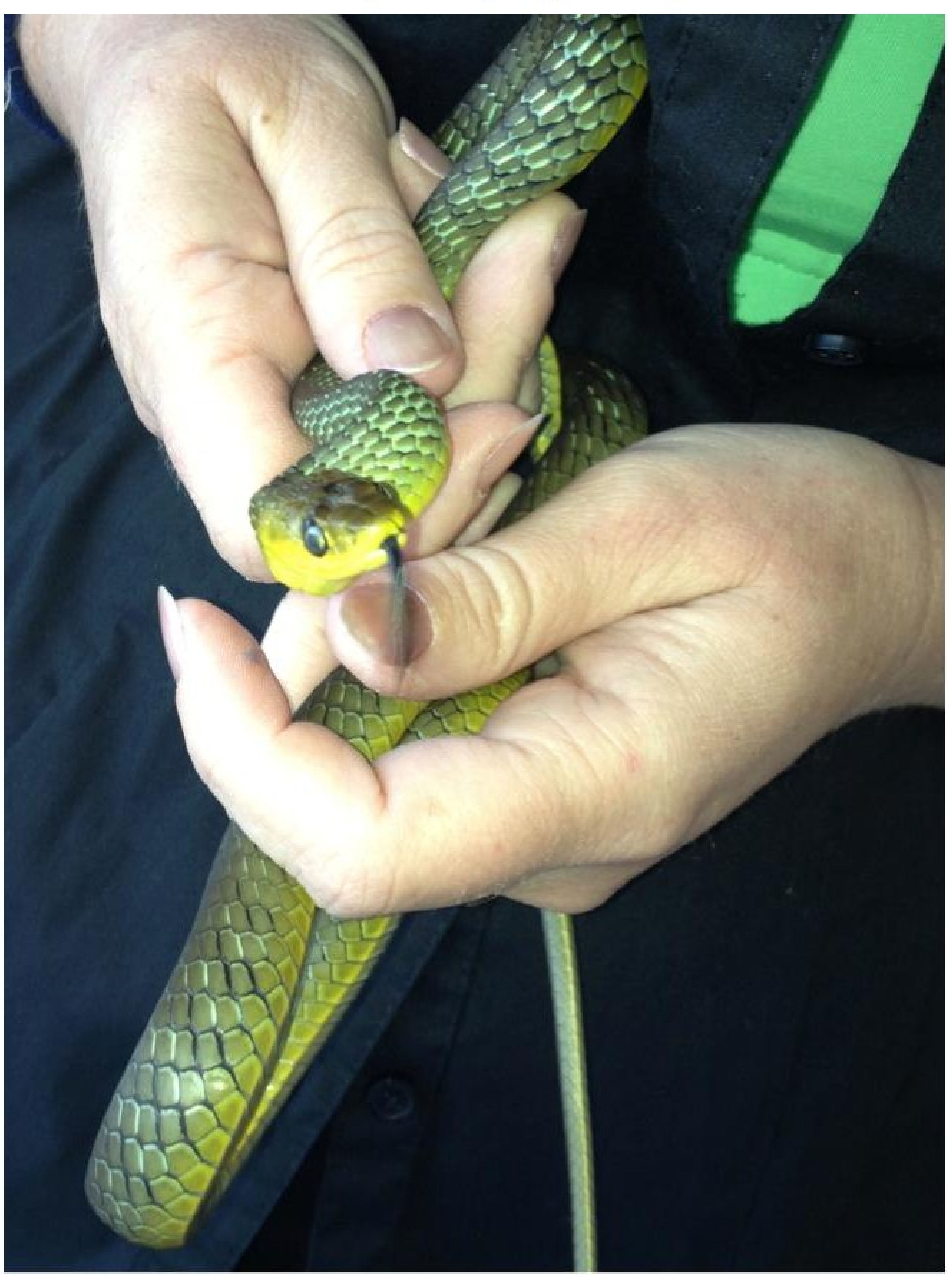


Diamond pythons are predominantly black in colour with yellow spots arranged in diamond-like shapes. The average adult size is between 2m and 3m.

Diamond pythons are typically placid in nature and reluctant to bite. They are mostly arboreal (tree-dwelling) but have been seen on roof-tops, curled up under trees or draped over fence-tops. They prey on rodents, lizards, birds and mammals such as possums and are constrictors.

They are a wonderful addition to your property as they eat rodents, are placid, pose no threat and they are very beautiful.

Green Tree Snakes (*Dendrelaphis punctulata*) : harmless

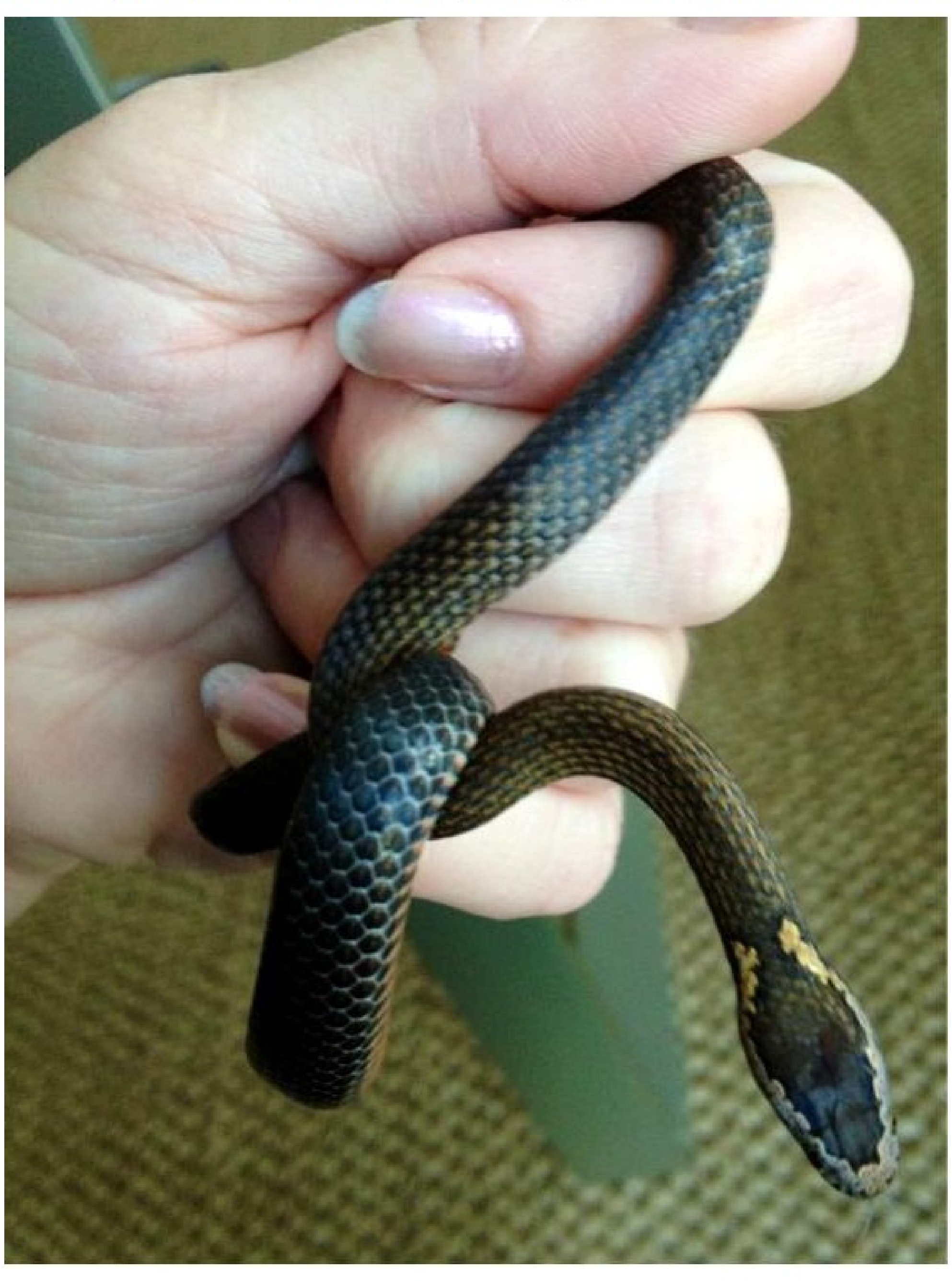


The Green Tree Snake is very slender, is greenish-blue on the body and bright yellow on the belly. They have big black eyes and a very long, thin, prehensile tail. They reach lengths of around 1.2m.

They are often seen on the ground which surprises people – given that they are tree snakes. They come to ground to prey on frogs, skinks and fish.

These little snakes are very agile and super-fast! They're gorgeous and can actually be quite friendly, if they don't feel threatened.

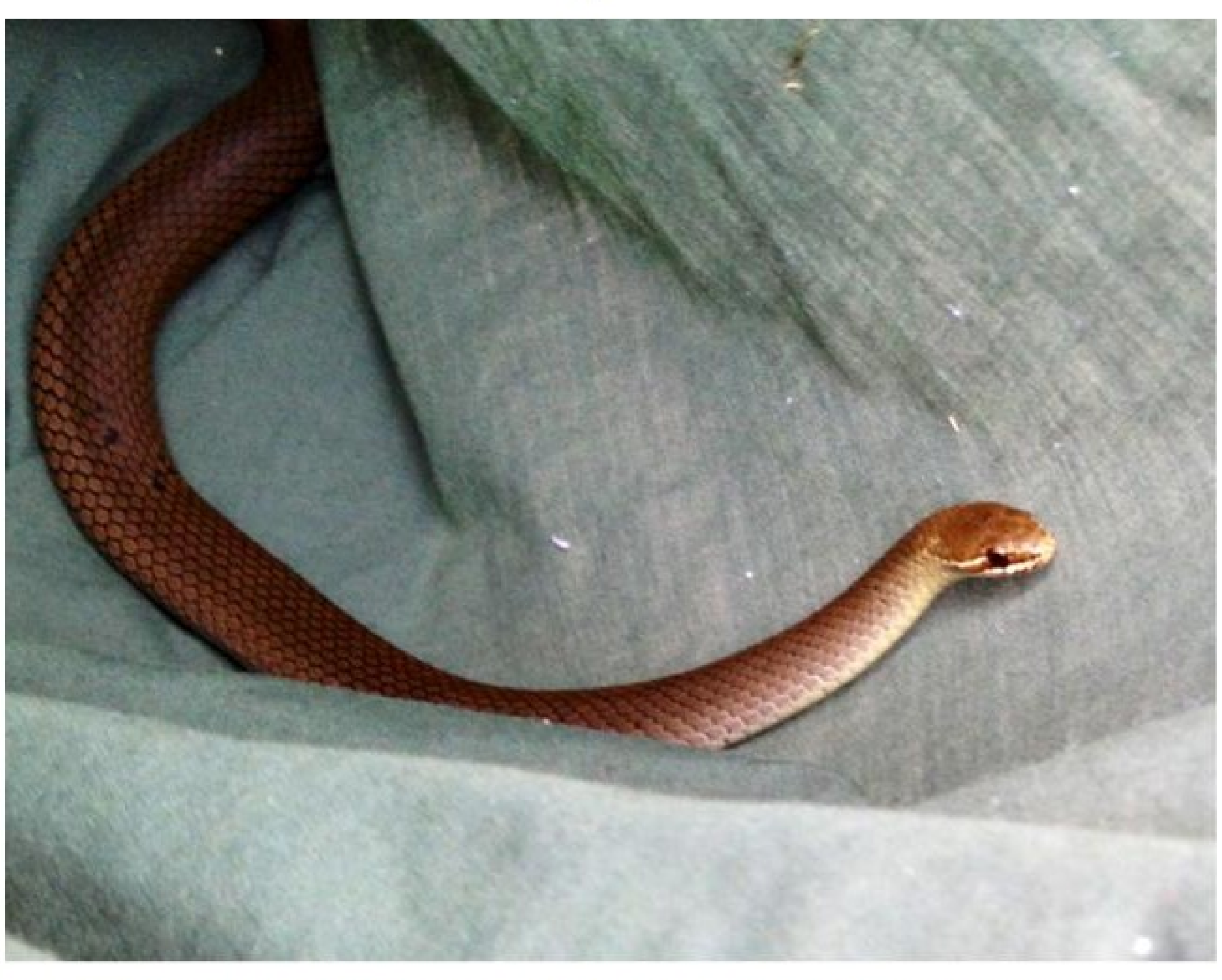
Golden-crowned Snake (*Cacophis squamulosus*) : mildly venomous but not considered dangerous



These little snakes are very secretive and are nocturnal so you'd be lucky to encounter one. They're dark brown to grey in colour with a pink belly. They have a yellowish 'halo' or crown – hence their name. Golden-crowned snakes tend to reach lengths of between 50cm – 75cm. They feed predominantly on lizards and occasionally frogs.

They are wonderful little snakes but they often get into trouble when cats pounce on them and bring them inside.

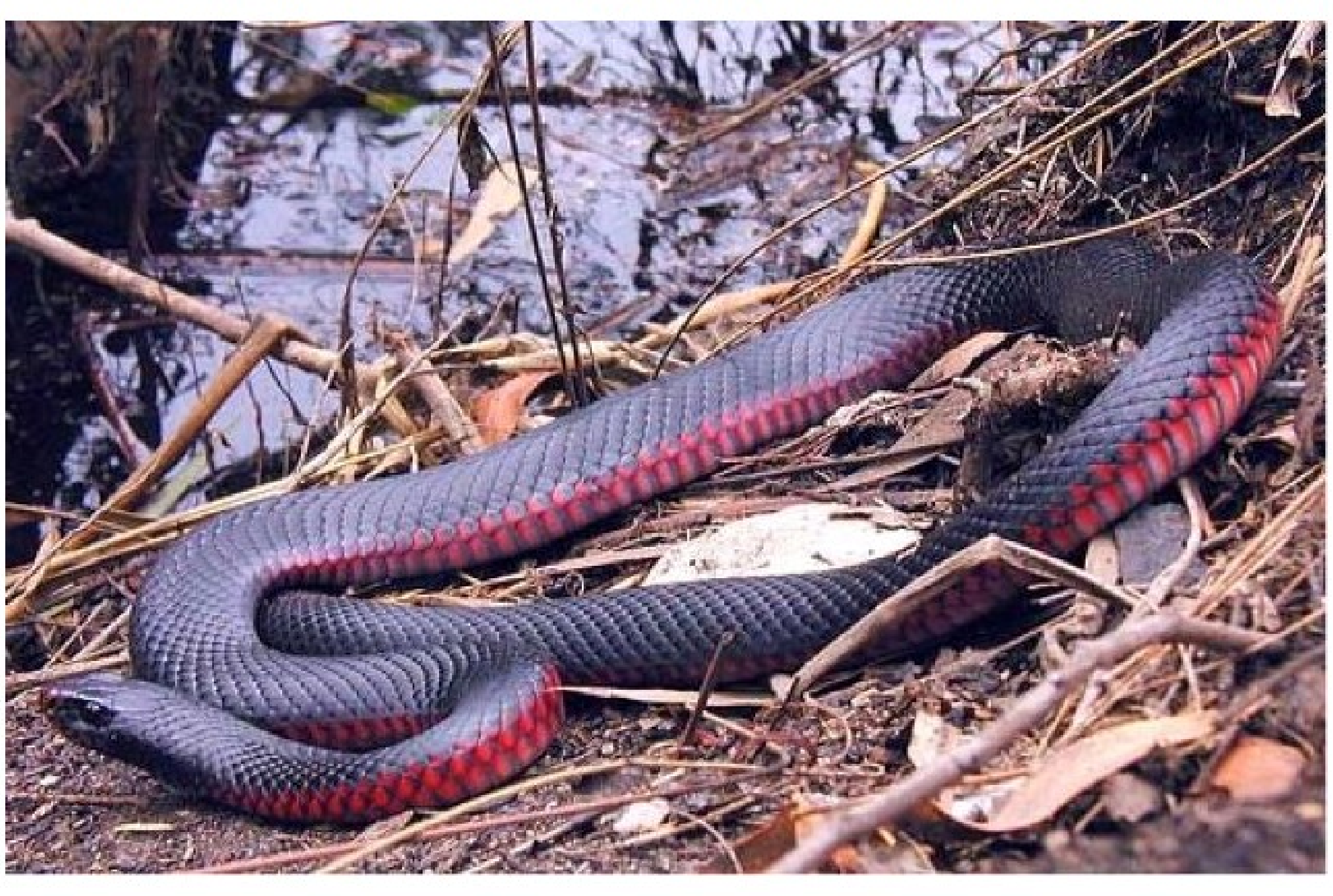
Marsh Snake/Black-bellied Swamp Snake (*Hemiaspis signata*): mildly venomous but not considered dangerous



Marsh snakes or Swamp snakes vary considerably in colour, from olive green to dark brown with a black or grey belly. They are often mistaken for Brown snakes. Marsh snakes have two white stripes on their faces that distinguish them from Brown snakes. They can reach lengths of 1m.

You will often find them in moist areas, wetlands and creeks (or well-watered gardens) and their diet consists mainly of frogs and skinks.

Red-bellied Black Snake (*Pseudechis porphyriacus*): Venomous but generally not aggressive



The Red-bellied Black Snake is a gorgeous glossy black on top and red on the lower sides and belly. The average-sized specimen is 1.2m - 1.5m. They are often found near water and are excellent swimmers! Their diet consists primarily of frogs. They also prey on reptiles and small mammals and sometimes even other snakes, including those of their own species.

They are not an aggressive species and their first form of defence is always to escape. They are often just moving through your property and should just be left alone.

Other snakes you may encounter are: Eastern Brown snakes, Death Adders, Eastern Tiger snakes – although these are sighted infrequently on the Northern Beaches.

What to do if you find a snake:

1. Don't panic
2. Keep children and pets away from the snake
3. If the snake is in the garden, keep an eye on it and call for advice
4. If the snake is in the house, close the door to the room it's in and call for advice

Snakes have every right to be here and should be treated with respect.

Do NOT attempt to kill ANY snake!!! It is illegal and dangerous. Generally, a snake will only become defensive if it is threatened. Leave them in peace and they will leave you in peace. Or call Sydney Wildlife to have the animal relocated.

Sydney Wildlife: 9413 4300 or **Sydney Snake Catcher** (fees apply): 1300 599 938

Report and Pictures by Lynleigh Grieg, 2013.

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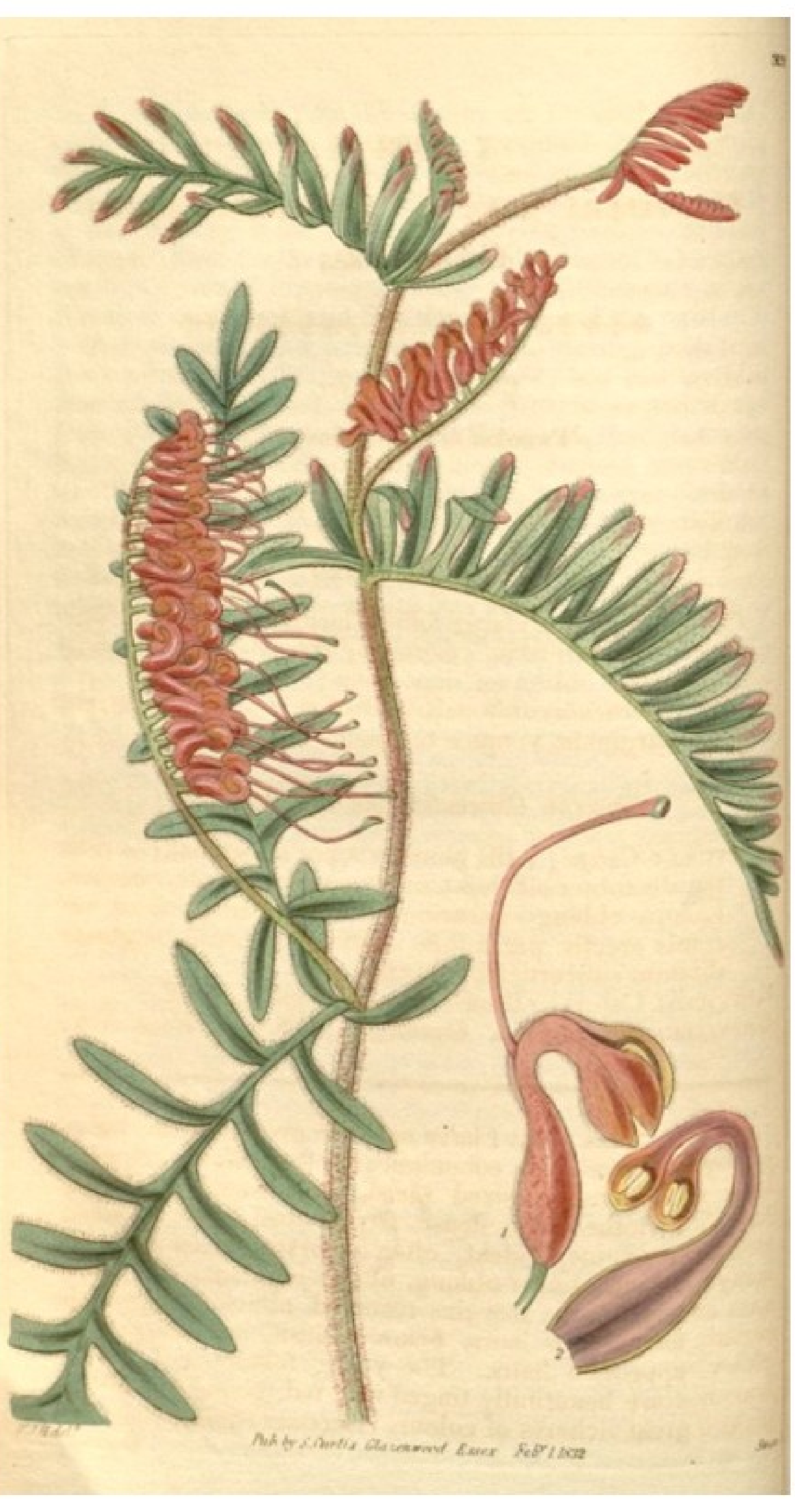
Saving Grevillea Caleyi at Ingleside

Bush Regenerators and volunteers last Monday. Image courtesy Erica Mahon.

Saving Grevillea Caleyi at Ingleside



Grevillea caleyi, also known as Caley's Grevillea, is a shrub which is endemic to Australia. It grows up to 4 metres in height and flowers between August and December (mid winter to early summer) in its native range. Flowers have a fawn perianth and maroon or red styles with green tips. It occurs on ridges in a restricted area within the north-eastern suburbs of Sydney in woodland-heath.

The species was first formally described by botanist Robert Brown, his description published in *Supplementum primum prodromi florae Novae Hollandiae* in 1830 and named after George Caley, an amateur botanist sent to Australia to collect specimens by Joseph Banks. After Caley's death in 1829, Brown (1830) published a paper on the Proteaceae, naming Grevillea caleyi R. Br., a plant, now rare, first found by Caley in 1805 near Belrose.

George Cayley was one of our early explorers to venture into the Blue Mountains. In January 1807 (some sources state 1805 as above) he and an accompanying party walked from Parramatta across the northern ridges to the sea near Narrabeen – a record of this four-day journey is titled 'A Journey to the Sea' in his journals. Cayley's route went from Captain Macarthur's farm at Pennant Hills through present day St Ives to Narrabeen Lagoon and the sea. He returned by the upper reaches of Middle Harbour (Caley 1805).

On the 21st of October 2013 at 9 am a large turn-out from the wider community of volunteers and Baha'i volunteers helped the weed control works within the Grevillea caleyi and Duffys Forest ecological community habitat.

Right: *Grevillea caleyi* from William Jackson Hooker (1785-1865)

The work is part of a project funded by Hawkesbury Nepean Catchment Management Authority and supported by the NSW Office of Environment and Heritage and Pittwater Council. Pittwater Natural Heritage Association is administering the project. The project is a joint initiative between the Baha'i Community, Pittwater Natural Heritage Association, the NSW Office of Environment and Heritage and the Hawkesbury-Nepean CMA. Karin Nippard from the Pittwater Council has provided advice and support to the Bushcare volunteers. Last Monday was the start of work by professional bush regenerator and 18 volunteers as well as staff from the Baha'i.

The bush regeneration is being undertaken to restore Duffys Forest Ecological Community an endangered ecological community and Grevillea caleyi, an endangered plant.

From Department of Environment and Conservation (2004) Grevillea caleyi R. Br. (Proteaceae) Recovery Plan:

The conservation of threatened species, populations and ecological communities is crucial for the maintenance of this States unique biodiversity. In NSW the Threatened Species Conservation Act 1995 (TSC Act) provides the framework to conserve and recover species, populations and communities through the preparation and implementation of recovery plans.

The preparation and implementation of recovery plans is identified by both the National Strategy for the Conservation of Australia's Biological Diversity and the NSW Biodiveristy Strategy as a key strategy for the conservation of threatened flora, fauna and invertebrates. The object of a recovery plan is to document the management actions required to promote the recovery of a threatened species, population or ecological community and to ensure their ongoing viability in nature.

Grevillea caleyi is listed as endangered on the Commonwealth Environment Protection and Biodiversity Conservation Act 1999 (EPBC Act) and as endangered on Schedule 1 of the TSC Act. G. caleyi is a medium to tall shrub (family Proteaceae) that is found around the northern Sydney suburbs of Belrose, Duffys Forest/Terrey Hills and Ingleside within Pittwater and Warringah local government areas.

G. caleyi occurs on laterite soils in open forests or low open forests. Within this area, approximately 800 hectares of suitable habitat once existed in three major patches and G. caleyi was probably widespread in these areas. Today over 85% of this habitat has been cleared for urban growth and G. caleyi now only occupies approximately 7 hectares of habitat made up of 26 sites. These sites are small, fragmented, highly disturbed patches of which only five occur on the boundaries of Ku-ring-gai Chase and Garigal National Parks. The remaining 21 sites occur on a combination of freehold and crown land, managed by Warringah and Pittwater Councils, Department of Education and Training, the Roads and Traffic Authority, Department of Lands, Energy Australia and other private landholders.

The major threats to the survival of G. caleyi arise from human interference in the environment. These threats range from loss of habitat through changes in landuse, urbanisation and associated infrastructure, an inappropriate fire regime, to localised disturbance at sites including invasion of weed species and the dumping of rubbish. At all sites it is the interaction of a range of threats that currently impacts on *G. caleyi*.

To provide for the future recovery of G. caleyi, this recovery plan advocates a program that:

establishes the extent of the current distribution of the species;

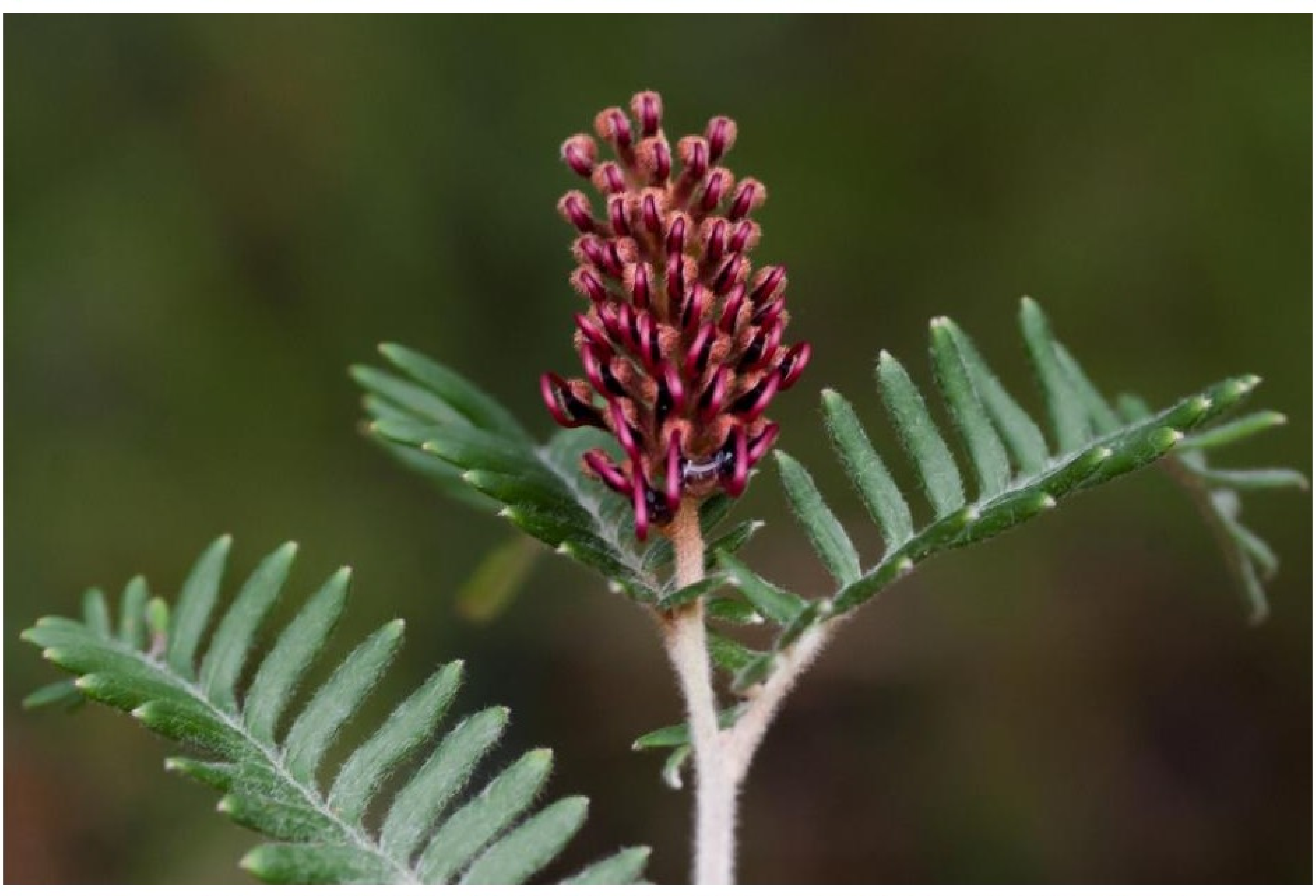
favours in-situ protection and management of threats at G. caleyi sites;

raises awareness of the species and provides the community with information that assists with its conservation; and

provides a greater understanding of aspects of the biology and ecology of the species that will assist future management.

Department of Environment and Conservation (2004) Grevillea caleyi R. Br. (Proteaceae) Recovery Plan. Department of Environment and Conservation (NSW), Hurstville. Retrieved from: www.environment.gov.au/biodiversity/threatened/publications/recovery/g-caleyi/

Pittwater Natural Heritage Association and the Baha'i Temple management encourage Pittwater residents to volunteer for upcoming bushcare days. **The next event will be on 25 November.** For more information email pnhainfo@gmail.com



Grevillea caleyi flowering at Ingleside last Winter, 2013. Picture by Ben Fallowfield, Senior Environment Officer, Environmental Strategy, Warringah Council.

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Lady Skippers Race 2013

That Boat and Young Blokes down wind. Picture by Robyn McWilliam.

Lady Skippers Race 2013

by Robyn McWilliam

Pittwater sparkled on Sunday 20 October 2013 for Royal Motor Yacht Club's annual Lady Skippers Race. With ladies at the helm for the race duration, men were relegated to crew. Course two was displayed on the tower as six yachts jockeyed for place on the start line.

A north-easterly breeze varying between five and fifteen knots provided for a faster race this year. After a good start at the top of the line on *Red Red Wine*, I watched the two faster boats, *Rum Runner* skippered by Janelle Groenheyde and *Supernova* with Cathy Lamont on the helm, surge away towards Mackerel Beach mark.

On the working leg past Scotland Island, my two closest rivals, Jenny O'Neill on *That Boat* and Sue Mueller skippering *Young Blokes*, slipped past in slightly stronger breeze to the west. That left me watching their wake in fifth place. Behind us was Melissa Watson on a newly-acquired boat, *Audacious*.

As we tacked north with Lion Island on the horizon we scanned the water for signs of stronger wind. After rounding the first mark *Rum Runner* was showing brilliant pace with *Supernova* not far behind. *Red Red Wine* slowly edged closer to the sterns of *That Boat* and *Young Blokes* on the down-wind leg to Woody Point mark. Following this rounding, the wind had picked up to ten to fifteen knots, our boat was heeling and slicing through the water.

During the leg to Stokes mark our rivals tacked towards Long Nose headland. No point chasing so we continued east. At the next crossing we were in front of *Young Blokes* and near *That Boat*. On the way home *Red Red Wine* left the final two boats behind and edged ever closer to *That Boat*.

That Boat on a tack

Rum Runner had finished first over the line and was ahead enough to claim first place on handicap. Well done, Janelle! *Red Red Wine's* recovery manoeuvre got me back to second place with Cathy on *Supernova* third.

Boat crews gathered in the courtyard for finger food and the presentation. Janelle will be presented with the silver trophy at the award's night next year. All agreed we had a great day sailing on Pittwater. Lady skippers put the date in you diary for next year to expand the fleet.

Ist Janelle Groenheyde on *Rum Runner* with presenter Kirk Watson.

2nd Robyn McWilliam on *Red Red Wine* with presenter Kirk Watson.

3rd Cathy Lamont on *Supernova* with presenter Kirk Watson.

Copyright Robyn McWilliam, 2013.

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Grandparents Day 2013

STAR DUST.

My grandpa has a telescope
For studying the stars,
And sometimes lets me have a look
At Jupiter and Mars.
One night I looked through at the moon
When grandpa was not near;
The man who lives there with his dog
I saw quite close and clear,
And heard him calling down to me,
"Now, now, my little spy,
You wait till I can catch you, and
You'll know the reason why I
But I'm not wanted In the west,
And can no longer stay."
Then with the Dog Star close behind
He slowly moved away I
I saw a group of tiny stars
That twinkled In high glee,
And as they passed I felt quite sure
They smiled and winked at me.
But when I told grandpa all this
He said, to my surprise,
"I think a little star dust must
Have fallen in your eyes
For which the only remedy
That comes Into my head
Is to take you to your mother, who
Will tuck you up in bed."
DOROTHY DREWETT.
FOR THE CHILDREN. (1931, February 14). The Sydney Morning Herald (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article16754251

Dorothy Ellen Hewitt – died 1964 in Sydney – she was a writer of stories and poems for children published Australia wide throughput the 1930's.

GRANDMA.

Why do we call her "Nanna?"
Oh, because it is easy to say,
'Tis just little children's prattle,
Said In their own childish way.
Dorothy first called her Nanna,
Then Helen, she called that, too,
And as they command the position,
What else could we grown-ups do?
And Nanna? Oh, she just loves It,
To any change would not agree,
Answers them, each one so promptly,
Those children, and Edith and Bee.
"Grandma" sounds hard and more formal
When you say It again and again,
But "Nanna" Is cuddlesome language,
So Nanna 'twill ever remain.
W.H.M.
FOR THE CHILDREN. GRANDMA. (**1929, September 14**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16583824

GRANDMAMMA

Grandmamma had a lover once,
And he forgot and he ceased to woo.
"Did you mind. Grandma, when he rodeaway"?
And Grandma chuckled, as old folk do.
"Friendship is fickle and love has wings,
I have got to the other side of things.:
Grandmamma, is so old her chin
And her nose, you know, they almost meet;
Yet sometimes I fancy that little things
Stir in the grasses about her feet,
And if friends forsake her and kin grow cold
The fairies love her — altho' she's old.
For all her life the fairy folk
Have come to Grandma with tale and song.
And I think when she dreams in the summer sun
The fairies stay there the whole daylong.
Tho' grown-ups are weary and children stray
The fairies are with her the live long day.
Grandma is seventy, I am four,
Yet I wonder someday when Grandma dies
Will she leave the fairy folk to me,
And the magic spectacles from her eyes?
A fat black cat and a hazel switch,
For she is the nicest kind of witch!
I don't think I'd mind being old at all,
With nobody caring, if I could show
That the fairies came to me day and night
With the wonderful things that fairies know.
Roads thro' the fern, and secret things
That are only carried on unseen wings.
M. FORREST.
GRANDMAMMA. (1934, June 23). The Courier-Mail (Brisbane, Qld. : 1933 - 1954), p. 21. Retrieved from http://nla.gov.au/nla.news-article36717551

Mabel Forrest (1872-1935), writer made her living as a writer—'the most industrious versifier in the Commonwealth'. Publishing in the Australasian, the Bulletin, Smith's Weekly, the Triad and the Lone Hand, she signed herself 'M. Forrest', 'Reca' or 'M. Burkinshaw'. Her stories from the Australasian were collected as The Rose of Forgiveness (1904). Her first volume of poems, Alpha Centauri, was published in 1909. She regularly won literary competitions and her works appeared in the Pall Mall Gazette and the Spectator (London), and in the United States of America. Kay Ferres, 'Forrest, Mabel (1872–1935)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/forrest-mabel-12922/text23347

Royal Spoonbill in Careel CReek. Picture by A J Guesdon.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Pittwater Online News

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Articles This Week

Front Page Issue 134

Robert Dunn's *Pittwater Uprising – A Secessionist's View* Launched on Pittwater Council's 21st Anniversary

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

Bilgola SLSC Christens New Boat and Launches Carnival Season with thier Annual Boat Carnival

Legend of the Racetrack Turns 100 by Steve Meacham

The Year of the Snake by Lynleigh Grieg - the lady who contributes our 'Critter of the Month' for Southern Cross Wildlife Care shares a few insights on our local snakes in Chinese The Year of the Snakes

RMYC - Broken Bay 2013 Lady's Skipper Race by Robyn McWilliam

Saving Grevillea Caleyi at Ingleside

DIY Hints: **Late Spring Chores for your Garden – + Building Your Own Backyard Cricket Pitch** - time to feed your garden, plant January salad ingredients and ready the pitch for the Summer 2013 Backyard Test Series!

The Year of the Snake by Lynleigh Grieg - the lady who contributes our 'Critter of the Month' for Southern Cross Wildlife Care shares a few insights on our local snakes in Chinese The Year of the Snakes

Profile of the Week: **October 2013 - Pittwater Spring Gentlemen - John Ogden** - photographer, cinematographer, writer and publisher, producing television commercials, international documentary making, music video production, drama, surf and fine art photography - a long and winding road travelled with a few insights to share

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

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

Free
AUSTRALIA-WIDE
Discover Sailing Day
SUNDAY 27 OCTOBER 2013
Discover Sailing

Palm Beach Sailing Club

Do you remember your first ride on a beach catamaran? How about sharing that experience with others this Sunday...

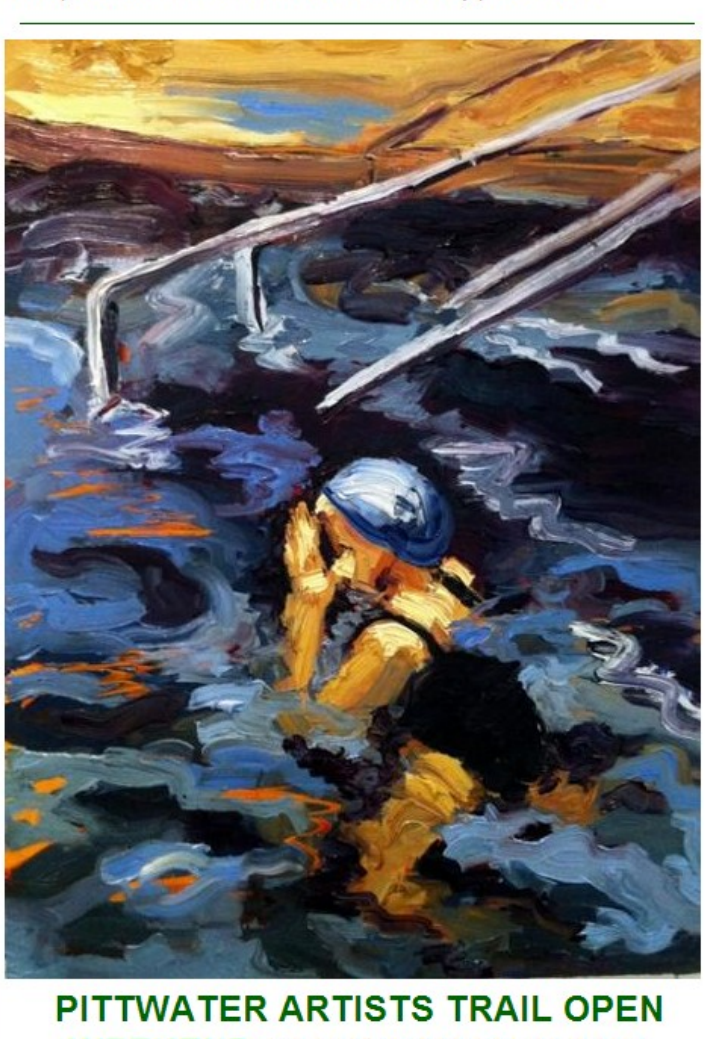
Discover Sailing Day, an Australia wide event held this Sunday October 27th, is on at PBSC. Bring your boat, family, friends and especially anyone who has never been on a beach catamaran. This will be a fun, non-competitive day of sailing for everyone!

Sandy Point 12noon - 4pm.

Surf Life Saving Sydney Northern Beaches

Our young northern beaches craft competitors have been anxiously awaiting to hit the water for some competition and more than 300 juniors will invade Dee Why Beach today, Sunday for the annual **Bennett Board Classic**.

Competitors are asked to report at 11.30am and the action begins at 12.30pm. The event, one of the most popular on the calendar, is open to under 9's to under 14's. And sponsors Bennett Surfboards have provided three different boards for entry prize draw.



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

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

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

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

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

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

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

Peninsula point start

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

Narrabeen take off

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

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

www.pittwaterartiststrail.com.au/map.html

Picture at top 'Treading Water by Cindy Goode Milman

Picture from Michael Mannington: *'A Royal Spoonbill all dressed up with a fascinator hat for the Melbourne Cup!'* - Warriewood wetlands Wednesday 23rd of October, 2013.

We're not sure you will see many Royal Spoonbills at the track on November 5th but all Melbourne Cup in Pittwater luncheons are listed on our Events page.

SURFING LEGEND SHARES LONG-AWAITED AUTOBIOGRAPHY

Mona Vale Library will present an author talk with Australian surfing legend **Tom Carroll on Monday 4 November at 6.30pm**.

TC is Tom Carroll's long-awaited autobiography, co-written with his brother Nick, and explores the man who on the surface was a dreamer, cheeky grommet, brilliant surfer, Australian sporting hero, fitness fanatic, businessman, family man and big wave charger.

Carroll speaks frankly about his drug addiction, a partial legacy of the footloose surf culture he'd done so much to legitimise.

Tom's family and friends struggled with him, kept his secrets, and looked on in anger and fear as his addiction began to grind him down. Then a window opened – but getting through it made charging the Pipeline look like a piece of cake!

This is the story of an unlikely moral education of humility, family, damage, brotherhood, youth, stupidity, glory, single-mindedness and surrender, and about the feeling of water moving under a surfboard, how it can bind past to present and make sense of lives.

Tom Carroll grew up in Newport and is a former professional surfer. He won the Australian Junior Title in 1978, the Pro Juniors in 1977 and 1980, the 1983 and 1984 ASP World Tour, and the 1987 Pipe Masters.

Tom became the first surfing millionaire after signing a contract with Quiksilver in 1989.

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

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

Guests at Currawong Beach Cottages can now hire kayaks to get on the water and explore Pittwater

Sydney Opera House Concert Being Streamed

Sydney Opera House are thrilled to announce they will be live streaming their 40th Anniversary Concert internationally this **Sunday October 27 at 5:30pm AEST.** Tune in to Sarah Blasko, Baz Luhrmann, Sydney Symphony Orchestra, and many more here: http://bit.ly/1aFA7Yg

Better Planning Network Inc. - Media Release, 22nd October, 2013

Planning Minister Snubs Better Planning Network

The NSW Planning Minister has excluded the Better Planning Network from a series of briefings on the revised Planning Bills.

BPN's Corinne Fisher said: "Although 427 community groups across NSW have joined our Network to engage in the review of the planning legislation, the Minister has chosen not to include us in a briefing on his proposed amendments."

"We are extremely disappointed that the Minister has snubbed the BPN in this way," Ms Fisher said. "It should not matter that he disagrees with us, the fact is that we are the largest community stakeholder group – and it's the community who will have to live with the outcome of this legislation. The BPN represents the views of thousands of ordinary people who will not benefit financially but who want to retain their quality of life, the amenity of their suburbs and towns and who have clearly stated that they want a system based on Ecologically Sustainable Development."

"The Minister has a responsibility to act for all residents of NSW and excluding the largest community stakeholder group while allowing other stakeholders special privileges, is not appropriate," Ms Fisher said

The BPN has previously welcomed the decision not to enforce an 80% level of code assessment and is pleased to see that some checks and balances will be applied to what the Independent Commission Against Corruption termed the "largely unfettered" powers of the Minister.

"However," said Ms Fisher, "as always, the devil is in the detail and the BPN hopes that there will be ample time for the public to study the amended Planning Bills and to make comments."

Better Planning Network - An affiliation of more than 427 community groups

The Planning Bill 2013 was introduced into the NSW parliament on 22 October 2013. Debate has been 'adjourned 5 clear days'

Planning Bill 2013 and extras at: HERE

MARINE RESCUE NEW SOUTH WALES
Broken Bay
02 9999 3554
Scuttlebutt

Marine Rescue Broken Bay Launches Scuttlebutt

Unit Commander of Marine Rescue Broken Bay Keren Muir-McCarey has been working hard in recent weeks to launch ***Scuttlebutt,*** a monthly newsletter which will share stories from in and around Pittwater as well as provide an opportunity for local businesses to support the great work of this 100% volunteer organisation by taking advertising space in each Issue.

We have the great privilege of sharing each Issue with you and the first is below - simply right click and open - and even save each month's news for your own records if you like.

Marine Rescue Broken Bay is also selling tickets at present to get you out on the water in your own boat!

WIN a boat. Includes Quintrex 390 Explorer family runabout fitted with a 9.9 Mercury 4-stroke outboard on a registered Quintrex trailer. A safety pack comprising two lifejackets, anchor with rope and chain, torch, bailing kit, V sheet, fire extinguisher and oars is also included. Ring 9999 3554 for tickets.

Below: Unit Commander Keren Muir-McCarey and Deputy Commissioner Dean Storey.

Scuttlebutt Edition 1.pdf
Size : 878.438 Kb
Type : pdf

NSW RURAL FIRE SERVICE
FIRES NEAR ME
Stay up to date on bush fires in NSW with the Fires Near Me smartphone and tablet app.

Inspiring Sydney Festival partnership - 24 October 2013

The University and Sydney Festival have joined forces to host an outstanding line-up of performances, including 'All That Fall', an intimate version of Samuel Beckett's classic radio play.

The University of Sydney and Sydney Festival have joined forces to celebrate the unique connection between Sydneysiders and our great city.

The University is inviting members of the community to share what inspires them about Sydney through a photo and video Instagram competition.

By taking an original photo or video that shows 'How does Sydney inspire you?' and tagging #unisydcomp and @sydney_uni on Instagram, two members of the public and one University student can win $500 worth of Sydney Festival tickets.

The competition marks the University's long-standing contribution to the cultural life of our city and its fifth year of partnership with Sydney Festival.

As a leadership partner of the Festival, the University will also play host to an outstanding line-up of performances as part of the 2014 Festival - including a thought-provoking and fun selection of events encompassing theatre, dance, circus and music.

From 13 to 26 January 2014, the University's performing arts venue, the Seymour Centre, will also present five new shows, including a world premiere.

These include the vividly theatrical circus work Ockham's Razor; an intimate version of Samuel Beckett's classic radio play, All That Fall; the street-smart Shakespeare interpretation, Othello: the Remix; the musical Chinese folk performance, Lao Qiang; and a dynamic combination of TaikOz drumming and Indian dance in the world-premiere of Chi Udaka.

Over two nights at the University's iconic Great Hall, world-renowned vocal chamber group the Hilliard Ensemble will deliver a special concert as part of their farewell tour.

The University has brought together some of its brightest minds to explore the passion and creativity behind the Festival program with a special video series, Festival Thinking.

All University staff, students and alumni are entitled to a 10 percent discount on full price single ticket purchases for online bookings across most Festival events.

A special University webpage has been created for visitors to find out more about the program, watch the Festival Thinking videos and find out how to take advantage of staff and student discounts.

Sydney Festival runs from 9 to 26 January 2014.

AFTS 2014 GRANTS – Closing 15th Nov

Applications for 2014 grants close in just over a month so the Foundation is inviting girls and women across Australia to apply. An opportunity exists for all females striving to achieve their goals in sporting, academic, community, business or cultural pursuits. Grant applications should be completed on-line via our website by 15th November 2013. Grants will be awarded at the discretion of the Foundation, to deserving applicants who meet the criteria and best demonstrate their aspirations and need. Apply Online Now

Australia Day Awards - nominations now open!

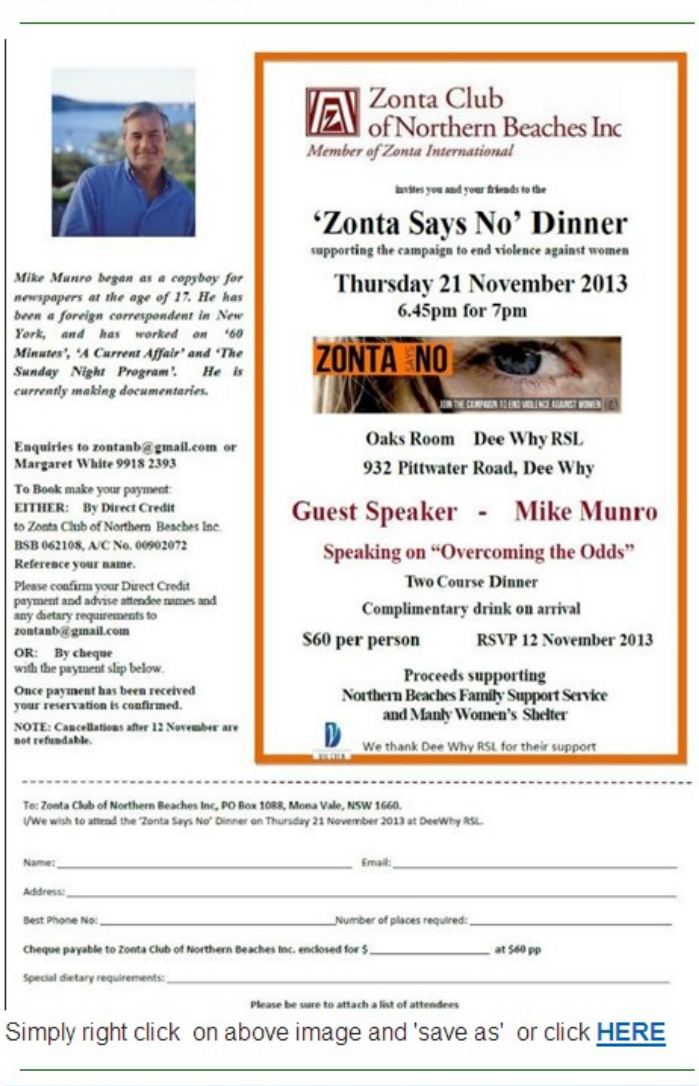
Pittwater Council invites you to nominate an individual that has contributed significantly to Pittwater in any field over a number of years, such as the environment, sport, the arts, community welfare and voluntary work. The three categories are; Citizen of the Year, Young Citizen of the Year (under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

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

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

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

We look forward to receiving your nomination!



Mike Munro began as a copyboy for newspapers at the age of 17. He has been a foreign correspondent in New York, and has worked on '60 Minutes', 'A Current Affair' and 'The Sunday Night Program'. He is currently making documentaries.

Enquiries to zontanb@gmail.com or Margaret White 9918 2393

To Book make your payment:
EITHER: By Direct Credit to Zonta Club of Northern Beaches Inc.
BSB 062108, A/C No. 00902072
Reference your name.
Please confirm your Direct Credit payment and advise attendee names and any dietary requirements to zontanb@gmail.com
OR: By cheque with the payment slip below.
Once payment has been received your reservation is confirmed.
NOTE: Cancellations after 12 November are not refundable.

Zonta Club of Northern Beaches Inc
Member of Zonta International
invites you and your friends to the
'Zonta Says No' Dinner
supporting the campaign to end violence against women
Thursday 21 November 2013
6.45pm for 7pm
ZONTA SAYS NO
Oaks Room Dee Why RSL
932 Pittwater Road, Dee Why
Guest Speaker - Mike Munro
Speaking on "Overcoming the Odds"
Two Course Dinner
Complimentary drink on arrival
$60 per person RSVP 12 November 2013
Proceeds supporting
Northern Beaches Family Support Service and Manly Women's Shelter
We thank Dee Why RSL for their support

To: Zonta Club of Northern Beaches Inc, PO Box 1088, Mona Vale, NSW 1660.
I/We wish to attend the 'Zonta Says No' Dinner on Thursday 21 November 2013 at DeeWhy RSL.
Name: ______ Email: ______
Address: ______
Best Phone No: ______ Number of places required: ______
Cheque payable to Zonta Club of Northern Beaches Inc. enclosed for $ ______ at $60 pp
Special dietary requirements: ______
Please be sure to attach a list of attendees

Simply right click on above image and 'save as' or click HERE

Regatta to Help Local Multihull Sailors Defend World Titles

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

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

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

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

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

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

Eramboo Summer Series

Come roving, experience a dynamic relationship with the natural environment, surfaces, images and objects, reflecting the soul

Throughout November, Eramboo Artist Environment and Gallery is engaging eleven acclaimed artists from Pittwater, Warringah and Manly to participate in a Summer Series of performances, exhibits, artist talks and ephemeral experiences.

The Summer Series consists of four distinct curated events:

Friday 1 November – Sunday 10 November

The Shape of Air, Installations in bushland by Suzanne Davey and Ainslie Murray who explore the characteristics of air and immaterial space in the natural landscape, the dissolution of architecture and our dynamic relationship with the landscape.

Friday 15 November – Sunday 24 November

Origins - Source and Lineage, an exhibition by Eramboo artists Eva Frengstad, Sally Howe and Bridget Armstrong who look at our origins to find expression and influence in our creative processes. They explore both our conscious and subconscious intentions and inform and direct our creative process.

Sunday 24 November

INsites by internationally acclaimed performance artists Imogen Cranna, Cloé Fournier and Raghav Handa. Come roving to find intimate moments of dance performance.

Friday 29 November – Sunday 8 December

Psiche by Lisa Marshall, Michelle Perrett and Christina Frank. The works reflecting the soul: ceramic mirrors from Renaissance paintings, meditative images caught on iphone, objects and vessels in 'curiosity cabinets'.

Eramboo is located in a beautiful and unique bushland setting in Terrey Hills in the Northern Beaches of Sydney. Here artists are mentored by artistic directors Susan Milne and Greg Stonehouse, two of Australia's most prominent public artists, to create, learn and develop a robust professional practice. "The bush is an edge. An uncontrolled wilderness. At the edge of the bush is Eramboo, a little shed in and around which art is made. While Australian sounds assault, artists escape from a manufactured world. In this space, originality be rediscovered." Susan Milne, Artistic Co-Director

The exhibitions will be officially opened by Pittwater Mayor, Jacqueline Townsend, Warringah Mayor, Michael Regan and Manly Mayor, Jean Hay.

Venue Details:304 McCarrs Creek Road Terrey Hills NSW 2084, Opening hours: 11am-3pm Friday to Sunday or by appointment

Special Events:

The Shape of Air - Opening: Friday 1st Nov 6-8pm BYO by Pittwater Mayor Jacqueline Townsend Works curated by Greg Stonehouse

Eramboo Vision - Directors Talk: Sunday 3rd Nov 11am

Artist Talk: Sunday 3rd Nov 11.30am

Origins - Opening: Friday 15th Nov 6-8pm BYO by Manly Mayor Jean Hay Works curated by Katherine Roberts Q & A with the curator: Sunday 17 Nov 11am

Artist Talk: Sunday 24th Nov 2pm

INsites

Performance (one night only): Sunday 24th Nov 6-8pm Artist Q & A: After the performance

Psiche - Opening: Friday 29th Nov 6-8pm BYO by Warringah Mayor Michael Regan Works curated by Susan Milne. Artist talk: Sunday 1st Dec 11am

Open Studios: Sat & Sun 7th & 8th Dec

Website: www.eramboo.com

National asbestos awareness month in November

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

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

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

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

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

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

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

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

SWIMMING POOLS INSPECTION PROGRAM

The Council has adopted a swimming pools inspection program for Pittwater, in response to new laws for backyard pools introduced by the NSW government. The state laws, designed to tighten up protection for young children from drowning in backyard pools, were introduced earlier this year.

They require owners to register their pool and spa pool on a statewide register by 29 October and for NSW councils to implement an inspection program in their local area. Pittwater currently has around 5500 backyard swimming pools and spa pools.

Acting Compliance Manager Darren Greenow said the inspection program was designed to provide measures to identify non-complying pools and ensure upgrade works are carried out.Mr Greenow said the program would also raise swimming safety awareness in the community.

"Inspections would be undertaken on request from owners, in response to complaints and in other circumstances outlined in the program available on our website," he said.

Pittwater Council will be at the Palm Beach Markets between 9am and 3pm on Sunday 27 October to assist residents in registering their pool and spa pool and understanding the changes in legislation. Owners of pools and spas can register online at www.swimmingpoolregister.nsw.gov.au Pools and spas should be registered by **29 October this year.**

ELANORA HEIGHTS PUBLIC SCHOOL

Improved parking and traffic management around Elanora Heights Public School has been given the tick of approval by the Council at its meeting this week. The improvements come as a result of consultation with the school and parents over increasing pedestrian safety.

As a result parking restrictions including no stopping zones will be introduced in Elanora Road to the north of the speed hump near no. 37 and Georgina Avenue adjacent to the school. A chicane will be constructed in Woorarra Avenue to improve traffic safety at the intersection of Elanora Road.

The Department of Education will also make funds available to rebuild the pedestrian access path at 25 Elanora Road, which had fallen into disuse. Further parking restrictions will then apply.

Mayor Jacqui Townsend said the improvements, which will come into effect from the start of the new school year, were the result of close consultation with the school community.

"We've been able to come up with a plan that will create a safer environment for children walking to the school and parents dropping off their children from vehicles," she said.

She said the traffic improvements formed part of an overall plan to improve pedestrian safety in areas near schools across Pittwater.

To read the report in full visit www.pittwater.nsw.gov.au/council and click on the link for the 21 October meeting.

MASTERCHEF LOVES FOOD AND HATES WASTE

To celebrate **National Recycling Week, 2011 Masterchef contestant Jay Huxley** will be cooking up a storm at the **Beaches Market at Warriewood on Friday 15 November.**

Jay will be highlighting how you can use all of those leftovers that you find in your fridge by turning them into tempting meals.

Pittwater Council's Education Officer Emma Mackay said food waste is a huge problem with an estimated 800,000 tonnes of food thrown away by NSW households each year – that is 315 kilograms of food waste for each household going to landfill or 38 per cent of your kerbside garbage bin!

"Not only is this a huge waste of money but also a waste of the resources used to make and grow the food," said Ms Mackay.

"Jay Huxley is a big supporter of the Love Food Hate Waste program and is passionate about showing people that with careful menu planning, shopping to a list and storing food correctly, people can cut down on their waste and save money," added Ms Mackay.

Love Food Hate Waste's top five tips are:

•Plan your weekly meals to save time and money

•Write a shopping list and check the fridge and cupboard before you go

•Measure serving sizes

•Store your food correctly - airtight containers help keep food fresher for longer

•Use your leftovers for an easy weeknight meal or work lunch.

From car salesman to Masterchef Australia contestant in 2011, Jay Huxley is now a chef running his own restaurant known as HUX Dining located in Roseville.

Jay has always had a love for food and since the show Jay has pursued a career in food, including public cooking demonstrations, private dinner parties along with setting up his restaurant.

Jay will be at the Beaches Market on **Friday 15 November from 8am to 1pm** and will be available during that time to answer any questions you may have.

The Beaches Market is located at Pittwater Rugby Park, 1472 Pittwater Road, Warriewood.

For more information about the Love Food Hate Waste program, call 9970 1226 or visit www.lovefoodhatewaste.nsw.gov.au

PITTWATER ARTIST GRANT PROGRAM OPENS

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

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

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

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

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

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

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

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

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

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

SPRING INTO READING AT MONA VALE LIBRARY

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

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

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

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

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

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

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

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

The NSW Government Gazette

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

The NSW Government Gazette contains:

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

Proposed Reforms to the Home Building Act

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

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

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

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

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

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

Click on logo above to visit their website.

ANZAC Centenary 2015

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

New Season for Sailability Pittwater

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

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

Pittwater Offshore Newsletter Update 25/10/2013: click on Logo. VALE Ian Souter Also has an Extensive Local Directory.

To contact Julian: editor@scotlandisland.org.au

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

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

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

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

Dear Paddlers

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

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

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

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

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

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

Robyn Iredale
FXAA President

Proposed Car Parking at Church Point

Dear Community Members

Due to the passing of a member of the Church Point Car Parking Options Design Group, Pittwater Council has made the decision to reschedule the Community Information Session that was scheduled for this coming Tuesday night so that members can attend his funeral.

The Community Information Session will now be held:

Wednesday 6th November, 6.30 - 8.30pm
Pittwater RSL Club
Auditorium

The period of time for comments in relation to the three options on the table will be extended to 10 November and can be emailed to churchpoint@pittwater.nsw.gov.au

Council has engaged the independent engineering firm Hyder Consulting to analyse the latest design option submitted to Council on 13 September by Church Point Friends (option 3).

Information from Hyder Consulting will be distributed as soon as it is available. It will also be posted to the Church Point car parking page on Council's website which can be found at: www.pittwater.nsw.gov.au/churchpoint

Please let others know as soon as possible so that people wishing to attend the meeting are advised of the above changes.

Regards
Jane Mulroney
Community Engagement Principal Officer

Proposed Car Parking at Church Point

A committed group of on and offshore residents and design professionals, known as *Church Point Friends,* have come together following concerns about the character of Church Point being at threat of overdevelopment. This group includes members from our local and offshore community associations.

For detailed information about the options and the Church Point Plan of Management go to HERE

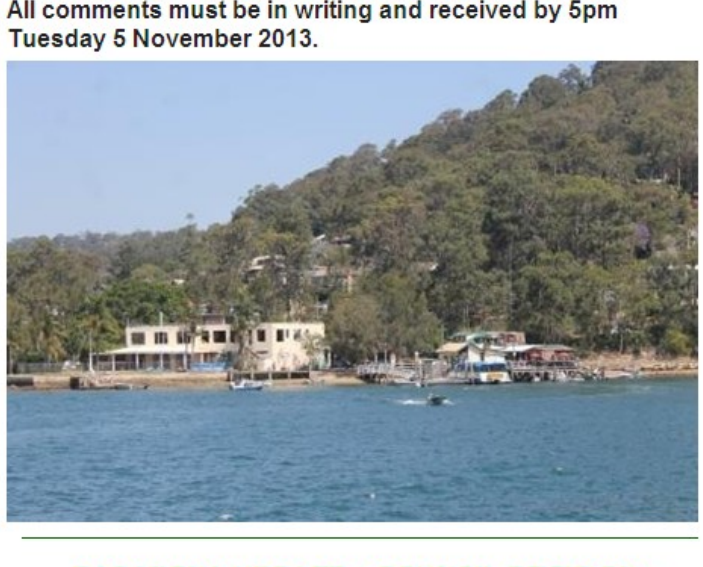
Have Your Say

Provide written comment

•Mail: 'Church Point', Pittwater Council PO Box 882 Mona Vale NSW 1600

•Email: churchpoint@pittwater.nsw.gov.au

All comments must be in writing and received by 5pm Tuesday 5 November 2013.



PASADENA UPDATE – COUNCIL DECISION - Courtesy Pittwater Offshore Newsletter

On Monday night a report by Council staff recommending the refusal of the Pasadena Development Application was considered by a full Council Meeting. The application was for the development of a cafe, restaurant, bar, shops and motel units. See full report here LINK

Alan Yuille on behalf of WPCA and Bill Gye on behalf of SIRA both spoke to support the refusal. The issues they raised, within the 3 minutes allowed each, were the significant impact of the development on parking, noise, appropriateness of the development, bulk and scale, lapsing of existing usage rights and concern about the consumption alcohol for extended hours and the affect this would have on the community.

After much discussion Council passed the recommendation for refusal and the matter is now likely to go to the Land and Environment Court. The minutes will be available on Council's website prior to the next full Council meeting.

Pet of the Week - from DoggieRescue.com

Bam Bam - 16 weeks / Male, BREED: Kelpie x

Bam Bam was saved from a country pound. He is a healthy, intelligent boy who will grow to kelpie size. He might even have a touch of shepherd in him. He is social with other dogs and accepts new surroundings so easily. Bam Bam is looking for an adult family with possibly older children with an understanding of the demands of a working breed dog. He came in weighing 5.7kg but expect her to grow to +20kg.

He comes with all puppy vaccinations, wormed, heartworm free, microchipped and with desexing. His adoption fee is $500.

To meet BamBam call DoggieRescue on 9487 3133 or email monika@DoggieRescue.com. Visit www.DoggieRescue.com to see all our dogs.

www.facebook.com/doggierescue or

www.twitter.com/monikadogrescue

MONA VALE HOSPITAL
GOLDEN JUBILEE
22 FEBRUARY 2014
10AM - 4PM
CELEBRATE 50 YEARS
FOOD STALLS & LIVE MUSIC
KIDS ENTERTAINMENT
LOCAL ARTS & CRAFTS - HOSPITAL MEMORABILIA - COMMUNITY DISPLAYS
MORE INFORMATION: www.mvhospitaljubilee.org

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

Avalon Craft Cottage Returns to Warriewood

Free Entry
AVALON CRAFT COTTAGE

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

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

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

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

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

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

Sydney Wildlife (Sydney Metropolitan Wildlife Services) - Interested in caring for native wildlife?

If you are at least 18 years old and live in Sydney you can train to care for sick, injured & orphaned native wildlife.

Time is running out to register for the last Sydney Wildlife training course for 2013. The course entails two full days training and will take place on **Saturday & Sunday 2nd & 3rd November 2013 at Northbridge (near North Sydney).**

You don't need any special qualifications to do the course, just a love of animals and a commitment to the protection of native wildlife and habitat. Once you have completed the initial course and gained some experience you can go on to do other specialised courses.

If you go out to work, own pets or live in a unit you can still be a rescuer or carer. For more information visit www.sydneywildlife.org.au or phone 02 9413 4300.

Local Government NSW achieves changes to Planning Bills

Local Government NSW has achieved significant amendments to the draft Planning Bills prior to them being introduced in NSW Parliament today, with a greater focus in the Bill's objectives on sustainable development and community inclusion.

NSW councils and their communities will continue to play a pivotal role in planning of their local area, with President of Local Government NSW, Cr Keith Rhoades AFSM, saying it was absolutely imperative that social and environmental objectives were incorporated into the Planning Bill alongside that of economic growth.

"Minister Hazzard has listened to the concerns of councils and communities alike and included sustainable development in the upfront objectives of the Act and triple bottom line considerations in merit assessable development applications, which will still be dealt with by councils.

"What's more, the Bill's underpinning objectives now also recognise biodiversity conservation, natural resource management including agricultural land, and retain the same heritage protections as the current Act.

"This shift is a significant win for communities given the planning Green and White Papers were fundamentally linked to economic growth in NSW.

"Recognising community participation by including it in the Bill's object, and detailing the Community Participation Charter and operating procedures is also a major step towards guaranteeing the inclusive approach offered by the Government.

"Local Government has maintained its strong role in the planning system, with the Bill guaranteeing a majority of councils on Subregional Planning Boards.

"The 80 per cent target for code assessable development recommended in the White Paper has also been abandoned and the power to determine the extent and nature of Code Assessment in each Local Government area will now be up to the respective council.

"An important change to the Bill, and a win for councils, is the extended period of time that councils are required to spend infrastructure contributions from developers.

"The five year limit, with a provision to apply for an extension, is far more practical and reasonable than the three years originally proposed, as it enables councils to plan for major staged infrastructure works.

"Councils will also be thrilled to see that the regulation and supervision of Private Certifiers will be greatly improved.

"LGNSW has long advocated for the regulations pertaining Private Certifiers to be significantly tightened, and it's about time their certification practices were looked at more closely and with greater transparency.

Single Fin Classic Returns

Next weekend Bondi's surfing gods from the 80s and 90s will be in town to wind back the clock. **On Saturday 2nd of November The Beach Road Hotel Single Fin Classic will feature Cheyne Horan and Richard Cram** ripping it up in competition on pre-1986 single fin surfboards.

A number of things make the Beach Road Hotel Single Fin Classic a stand out event: As well as being the biggest surfing event in Bondi it's a truly unique cultural event, which fuses grass roots surfing, good vibes, and bad dancing (surfers must dance before they surf for extra points).

It's not sponsored by a drink company or a video game maker, and if you want to surf in it just go to: www.bondiboardriders.com for details.

Alternatively come and enjoy a day on the hill. **All welcome.**

THE BEACH ROAD HOTEL
SINGLE FIN CLASSIC
02 NOVEMBER 2013
IT'S BACK AGAIN
IN ALL ITS GLORY.
MUSIC, BAD DANCING
AND RED HOT
SINGLE FIN SURFING!
For more information, join the Bondiboardriders Facebook Group
Download entry form at bondiboardriders.com
BEACH ROAD

State Finalist Australian of the Year 2014 - Liesl Tesch

Paralympian and humanitarian

A world-renowned Paralympic gold medallist and champion of disability sport across the globe, Liesl Tesch is a truly inspiring Australian. The mountain bike accident in 1988 that left Liesl a partial paraplegic has not prevented her from becoming a wheelchair basketball champion, a sailor and a humanitarian. Liesl has found international success in a number of sports, changed the lives of individuals and communities around the world, and has commenced a personal mission to ensure social justice and inclusion for all people with disabilities. Liesl even manages to squeeze in a full time career as a high school teacher. After winning many medals in wheelchair basketball, Liesl switched to sailing, winning an elusive Paralympic gold medal at London in 2012. Liesl's victory was the impetus to launch Sport Matters, a not-for-profit focused on creating a "world where everyone is active, healthy, included, empowered and free from poverty". Liesl lives her life with no fear and dedicates herself to empowering others to do the same.

Each year our nation celebrates the achievement and contribution of eminent Australians through the Australian of the Year Awards by profiling leading citizens who are role models for us all. They inspire us through their achievements and challenge us to make our own contribution to creating a better Australia. The Awards operates at two levels - state/territory and national. State and territory selection committees select four finalists for each award category, with one of these finalists becoming the state/territory award recipient. State/territory award recipients then become the national finalists for the awards. The prestigious year round program culminates in the announcement of the national award recipients in Canberra on Australia Day Eve.

Australian Federal Police - Cruise Line Scam

The Australian Maritime Safety Authority warns that scammers are offering job opportunities with cruise lines operating in Australia and a fictitious card called the "Australia Maritime Security Identification Card." The scam involves filling out a form and sending payment along with scans of passports and identity cards.

Anyone who thinks they've been scammed, or who have received this form to fill out, should report it to SCAMwatch via this link: http://goo.gl/dWRx1V

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

The Bloody Long Walk – Susan Williamson

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

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

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

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

TECHNOLOGY DROP-IN SESSIONS

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

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

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

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

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

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

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

LEGO AT THE LIBRARY

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

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

Team Australia

Sean Langman's Team Australia has convincingly beaten TeamVodafone Sailing in the 119nm Coastal Classic from Auckland to Russell.

Start time was 1000hrs, Team Aus with its crew of Sean and Peter Langman, Josh Alexander, Andy Woodward, James Ogilvie, Mike Sanderson, Phil Jameson and Chris Salthouse finished at 18.15.44. TVS finished at 18.52.34

PIC Insurance Brokers Coastal Classic 2013 – Start by Argentina Marine Media - Published on 24 Oct 2013

PIC Insurance Brokers Coastal Classic 2013 - Start
0:00 / 3:18

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

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

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

KEY FEATURES OF THE AMALGAMATED COMMAND INCLUDE:

1. Ten positions returned to the front line.

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

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

Heaven Can Wait Regatta

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

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

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

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

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

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

John Travers

Commodore WPYC

Bushcare Notices - October 2013

Bushcare at Warriewood

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

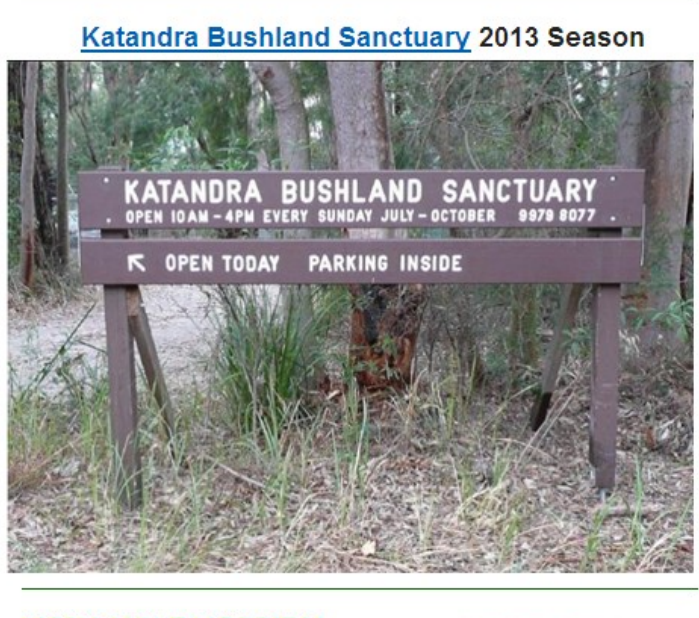
For further information on bushcare and/or to check if your group is working this month, please contact our bushcare officer below. Bushcare is a great way to help your local bushland and make new friends! Helena Dewis 9970 1367

Pittwater Council's COOEE Newsletter October 2013

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

Details in our Environment page

Katandra Bushland Sanctuary 2013 Season


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

MONA VALE HOSPITAL AUXILIARY STALLS FOR 2013

Mona Vale Hospital Auxiliary.

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

November

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

December

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

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

Rescue of a hit and run victim

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

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

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

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

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

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

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

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

Story by Joan Reid

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

For example:

* Education and Employment are now separate portfolios

* Resources and energy are now in the Industry portfolio

* Tourism is now in the Foreign Affairs and Trade portfolio

* Regional development returned to Infrastructure and Regional Development portfolio

* Arts is now in the Attorney-Generals portfolio

* Sport returned to Health portfolio

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

* Tertiary education returned to Education portfolio

* Climate change and renewable energy returned to Environment portfolio

* Customs ia now in the Immigration and Border Protection portfolio

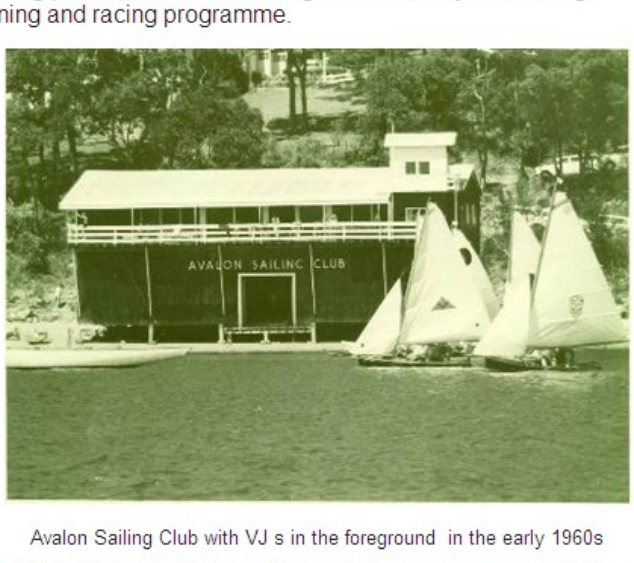
* Families, housing and community services is now in the new Social Services Portfolio

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

* Human services is now part of the Social Services portfolio

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

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



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

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

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

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

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

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

Email: 75th_ann@avalonsailingclub.com.au

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

CULTURAL EXCHANGE OPPORTUNITY

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

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

Preference will be given to Pittwater residents

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

MONA VALE LIBRARY | PITTWATER COUNCIL

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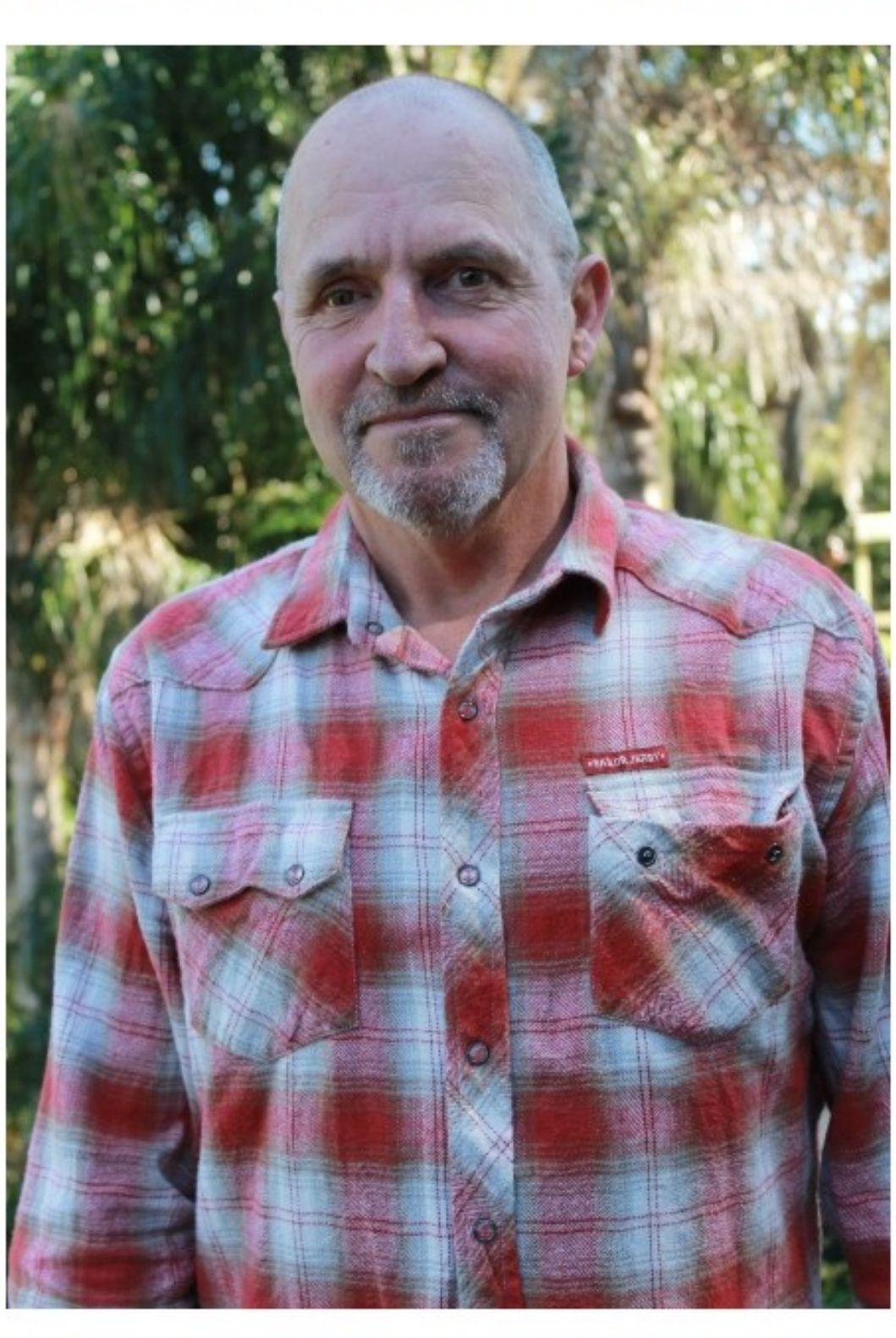
John Ogden

When it omes to surf photography the name 'Oggy' is synonomous with the formative years of Tracks magazine and the rise of this sport as part of our culture. John Ogden is much more then a surf photographer though, nad has travelled a much longer road than many would know about.



John is kindly sharing some extracts from his new book '*Slightly Dangerous*' as our Artist of the Month for November 2013 and this provides an opportunity to learn more about the man himself:

Where and when were you born?

I was born in Adelaide, South Australia in 1952.

What was that like, growing up there?

Australia in general was a bit of a cultural backwater in the early 1950's and Adelaide seemed particularly remote. After a couple of years the family moved to **Brighton Beach, on St Vincent Gulf**, and that instigated my interest in and love affair with the ocean. In those low-tech days when I was a child I'd just go down to the beach and play.

When did you leave?

As soon as I finished school. I came from a fairly strict family and initially left home when I was about 16 and hitchhiked across to Victoria, to Torquay and the Great Ocean Road. I was there for about three months before I retuned home. I then went back to school for a year before making my way up to the Northern Coast of New South Wales, living at Angourie for a while in 1971. At one stage I even worked in Manly on a building site as a brickies labourer, one of the hardest jobs I've ever had. It was at that stage that I saw this coastline for the very first time. I'd read about it in surf magazines –there weren't a lot of surf magazines in the 1960's, but they often wrote about this place – a lot of the world champions and surf heroes came from here. Adelaide is a pretty dry old place and to see sugar plantations and banana plantations along this coastline, it seemed like the most exotic place in the world. I put a memo in the back of my mind that I'd move here one day.

I actually worked for *Tracks* magazine in the 1970's … by that stage I was living I Western Australia.

How did that come about – how did you get your first photo into Tracks?

Well, what happened was – after I'd come up here for a while I went back to South Australia and I'd been called up for Vietnam… it remains the only lottery I've ever won. I was a conscientious objector and so took off and went to Bali in early 1972, when I was 19, and was totally blown away by that experience. I was going to keep going and head off on the hippy trail through south-east Asia and across to London, but I didn't have any money. I ended up going back to Adelaide and working in a Psychiatric Hospital for a year and a half as if you were working or studying you didn't qualify for call-up. As it turned out I was in the last call-up before Gough Whitlam brought an end to our involvement in the Vietnam War. While working at the Psych Hospital I got my first 35mm camera, - this was when I was about 20 – and started to get into photography seriously.

In 1973 I took off for good. I started working on tuna boats near Streaky Bay in SA.

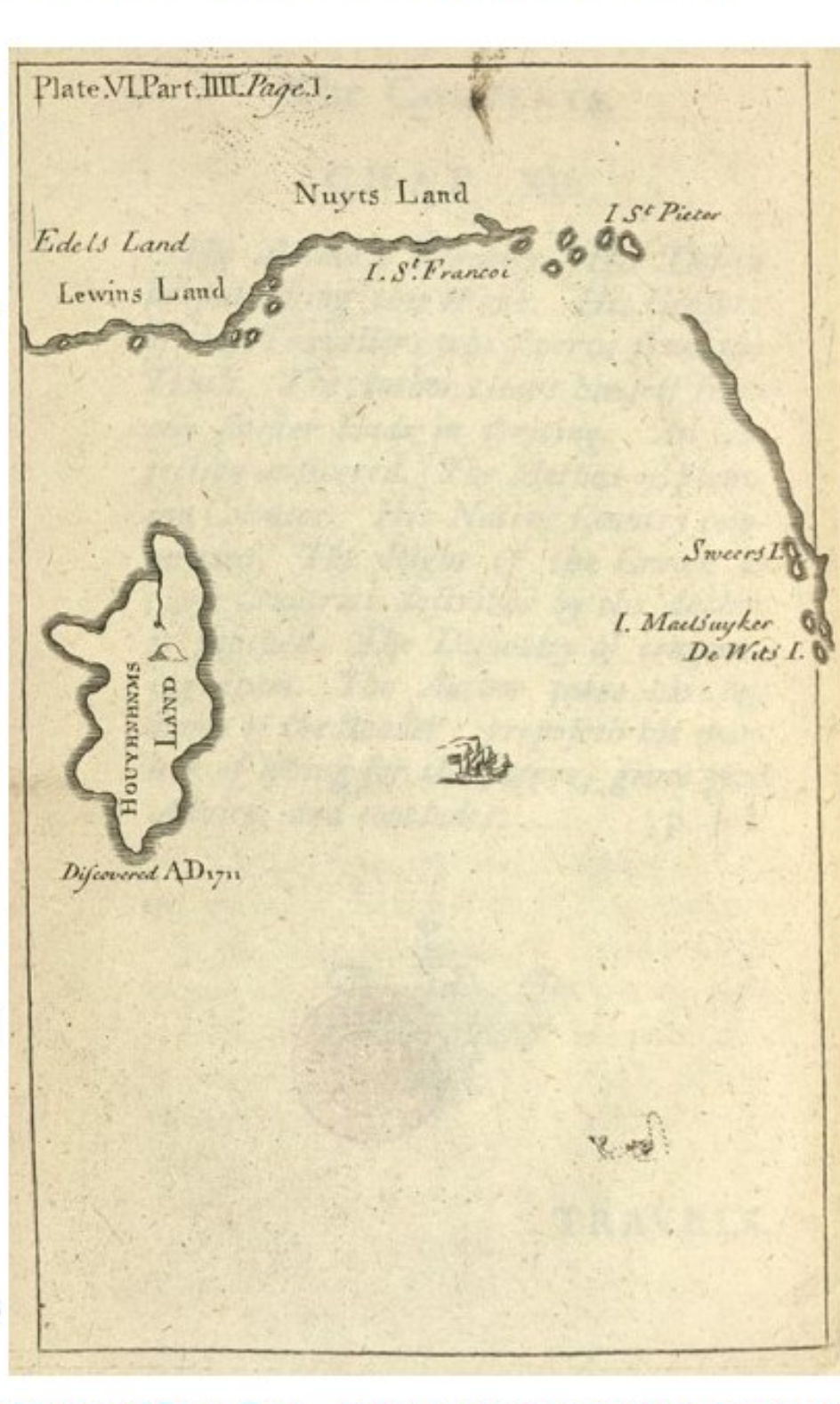
After the first fishing season finished spent that winter at Cactus in the Great Australian Bight. Some of my photos started percolating into Tracks and before long I was the west coast correspondent. A lot of those early photos from Cactus ended up in the recent *Cactus* book by Christo Reid. Eventually, I spent a few years in Indonesia and other parts of SE Asia in the early 1970s.

What was the first one?

I can't actually recall. It seems so long ago. It's a long and involved story but I actually moved away from the coast for a while. I was in Thailand and Laos during the last days of the war in Vietnam and started working as a kind of freelance war photographer but I was a bit of a failure as a war photographer. I went to London to sell the photographs and lost the whole lot at the airport – they got stolen, my bag got stolen while I was in a phone box.

By this stage I was interested I film making. I had met **Neil Davis** while I was in south-east Asia … he was the famous Australian film photographer who shot all the Vietnam war footage we used to see on the news each night in the sixties. He'd inspired me to get into film-making … which is why I'd gone to London, to study filmmaking and sell some photos, but as I said, lost my portfolio and flew back to Western Australia in time to protest the sacking of the elected government by the queen's representative. No revolution … but I began film studies there.

I ended up studying at a university in Western Australia and that's when I go an official role at Tracks and became their contributing photographer for Western Australia.



I never had any flash telephoto lenses and you never paid much money by surf mags so I used to do stories around the edges of surfing – I wasn't the one chasing the latest surf contest – I was a bit of an old soul surfer, so I did a lot of peripheral stuff.

What's your favourite of the material you published then?

There's one I did on Cactus that came out like I wanted it. I was studying literature at university as well as filmmaking and we were studying the works of Jonathon Swift. I realised that he had used some of the maps of the early Dutch explorers for the illustrations in Gullivers Travels. For '*The Land of the Houyhnhnm*' (sounds like a horse neighing) chapter the map he used was taken from explorer charts of *Nuyts Land* - an island group off the coast from Cactus on the Great Australian Bight. I wrote a whole story about this fabled Land, a thin disguise for Cactus.

Right: Hermann Moll: Map of Houyhnhnms land, for the 1726 edition of Jonathan Swift's *Lemuel Gulliver's travels into several remote nations of the world*

That kind of style has carried through to your current works – to align or illuminate where these original texts meet real historical records and physical landscapes.

Yes – hadn't thought of that before, but you're right.

What was it like being involved in that part of the surf industry then?

It was fun. Surfing was a relatively new sport then. Sounds like a Monty Python sketch, but growing up and going surfing in Adelaide in the early 1960's we didn't even have board shorts – we had to go to the army surplus shop and get a pair of old army shorts - and wetsuits were a woollen footy jumper with the arms cut off . Adelaide winters are pretty bleak so it was tough work. Those early pre leg-rope days, with the short board revolution were pretty exciting. Young people were starting to get a bit of money and had cars – so the surf safari was a big part of the culture, and that branched out into travelling overseas to 'discover' places to surf.

Coming up here on the north coast of NSW in 1971 was brilliant. Angourie was uncrowded, and people like George Greenough were living in the area – we used to see him down there filming with this massive big water-housing strapped to his back while he was filming this point-of-view stuff for ***Innermost Limits of Pure Fun*** … a film I actually saw played during a Pink Floyd concert in Knebworth Manor in England in 1975. Above the band was a giant screen showing George Greenough's footage from the NSW north coast with over 100,000 people watching. Apparently they'd done a music swap – he got the music rights and they got the image rights. That was kind of bizarre.

And then *Morning of the Earth* was shot around the time that I first went to Bali – so it was all happening. I was only a witness to it all … I hadn't really got into photography at that stage.

Even in 1980, and even though I'd drifted away from surfing a little bit, to be on the North Shore after growing up with all the stories, and find myself out in the line-up with the water camera filming the Pipeline Masters – it was a buzz. Because you were there to record everyone else's epic deeds you weren't considered to be an enemy. They wanted you to get the shot, so apart from having to watch all the fun, it was great.

What was you first surfboard?

It was actually a toothpick that my dad made. After he finished his service in the war (WWII) he worked as a carpenter and there were new materials that were developed during the war, so he built one of those hollow marine ply boards. It was about 18 foot long, had a wooden frame with a skin of laquered marine ply, and had a plug to let the water out. It was this massive thing … my friend Matthew Martin and I had to build a cradle out of bicycle wheels to get the bloody thing down the beach it was so heavy.

That was the starting point though – just to get out there in the waves on this bulky craft. Then Matthew got a cool-lite board and I somehow talked my dad into getting me a Malibu which was an old Ron plank - which I think used to be manufactured in Sydney in those days. It was a mongrel of a board but it was my first fibreglass surfboard.

I think dad always regretted building me that first board and then getting that second one because that was it – I was addicted. I didn't get that office career he had I mind for me.

When you were doing that filming in the early 1980s- who was your favourite surfer to film?

In 1971 there was hardly anyone in Bali but by 1980 there were a few more – we had our own surfing crew. Peter McCabe and Rory Russell were the guys we were hanging out with mostly. Jerry Lopez was on the edges of that filming and Jerry had always been a bit of a hero of mine through being so strong at Pipeline.

When I actually went to Hawaii that was the reign of Mark Richards, who I never really got to know. I did befriend Buttons who I thought was a gifted surfer – just a natural. There was also Marvin Foster – they were the main guys I hung out with.

When or how did you end up back over on the east coast?

It took a while – I got married in Perth and had a baby. I left there around 1980 after finishing film school and got a job as water cameraman on a surf film. I went to Indonesia for six months and then Hawaii for the North Shore winter season and eventually ended up back here for the Australian part of the filming. Filming finished with the huge surf at the Bells 1981 contest, and following that I stayed in Victoria for 15 years. My real career started there … and I had another kid, Harley, while living there.

What did you do in Victoria for 15 years?

By that stage I'd finished film studies and didn't really want to be a surf photographers as the money was so bad and I had a family to support and I grew sick of hanging around surf contests. There were a lot of pretentious surfers and hangers-on and it put me off. I wanted to make some serious films but ended up working on commercials. Eventually, I did work on a few documentaries and feature films – some of them pretty pivotal.

In the early 1980's I spent a few years working on aboriginal documentaries and had some amazing experiences. One was called ***The Pintubi,*** which was a three by one-hour series based on the life of a man called **Nosepeg Tjupurrulla**. His story was quite incredible because the Pintubi lived in a very remote section of the Great Western Desert near the Western Australia border and a lot of them had never met or heard of Europeans until the 1950's, when they were rounded up out of the Western desert so the British could test their atomic bombs. The men we were filming, Nosepeg and half a dozen other old Pintubi men, had been old enough to be fully before they had their first encounters with Europeans.

Nosepeg's first encounter with a European was with a man on a camel, which he'd never seen either creature before. He thought it was a beast with two heads, and got such a shock he fell off a rock ledge and twisting his ankle. He ended up being put on the camel and taken to one of the welfare towns set up for the disposed Aborigines. There was another guy named Helicopter Tjungaroi … you can imagine what his first contact was.

These guys were amazing and I spent months with them out in country I really remote parts – they took us to some incredible and quite sacred places. They're all dead now so they were the last of their kind in that they had been fully immersed in the Dreamtime culture of Aboriginal Australia without contact with Europeans. There's none like that anymore – so I was very privileged to meet these men and spend time with them.

There was another film '***Triumph of the Nomads***' which was a three by one-hour series based on Geoffrey Blainey's book. His book was basically making the point that Aborigines were doing very well before we came along – they weren't the poor dying race that they are made out to be. At that time of first settlement many of the English and Irish convicts and settlers had been poor peasants, use staple foods consisted of one type of meat and two types of vegetables. The Aborigines had about 30 types of meat and the same amount again of vegetables. So they lived very well and the TV series mainly focused on that.

Another was called ***Peppimenarti*** which was about an Aboriginal run cattle station up I the top end. So they were quite good days.

What was the attraction to our Aboriginal peoples as subjects for your documentaries?

The first time this really became active I my mind was when I was in London. I went to a party and because I had an Australian accent somebody accused me of being privy to the genocide of the Australian Aboriginal. Growing up in the 1950's you didn't learn anything about Aboriginal culture at school, it just wasn't spoken about… but I think a lot of people had a quiet whispering in their hearts that something wrong had taken place, a great injustice. When this person accused me of being part of that, I actually felt quite dumb because I didn't understand the issue. It startled me that there were who knew more about my country than I did.

So when I went back and went to uni I made sure that I learnt what I could. I studied a couple of units of anthropology and one of these was six months studying traditional mythology and the sociology of Aboriginal culture, which was enlightening. I then did another six months dealing with post-contact legislation, which was incredibly heart-breaking. … and really frightening. It really shaped my sense that a great injustice had taken place.

I'd come from a family of Irish Catholics who had a strong sense of social justice, so by working on those docos – even though I didn't actively go looking for them - I had come full circle. In 2006, after my mum died, I found out I have Irish convict heritage and probably have Aboriginal ancestry myself. The evidence is mainly anecdotal – I can't find any paperwork and may never do so, but that doesn't really matter. The interesting thing is that it could explain my strong sensitivity about Aboriginal culture.

I've always been interested in this … since returning from England in 1975. In 2008, after many years of research, I authored and published Portraits From a Land Without People which raised $82,000 for the Jimmy Little Foundation's work helping improve Aboriginal health. For the last 3 years I have been working with an Aboriginal men's healing group called Gamarada, which meets every Monday night in Redfern.

What does Gamarada mean?

I'm not sure what dialect it's from … perhaps from Dharawal or Dharug … but it essentially means '*comrade*'. Gamarada provides a healing space for Aboriginal men. I can't talk about it too much because it's confidential – a lot of the men come from the justice system, and our work is built on trust.

As you're probably aware, Aboriginal prisoners represent almost half of the prison population in some states, when they number only about 2% of the general population. There are very uncomfortable reasons for that- so Gamarada does a lot of work with these men to address the issues they're facing – anger, healing and hopefully turn their lives around.

So the commercials were to fund the documentaries?

Not really – when I first started I was camera assistant, gaffer, grip … whatever was needed when making documentaries. In some of the dramatised segments I even had acting roles. I soon started to get work as a DOP (Director of Photography). It started with one of my first jobs which was a very low budget feature film called '***As Time Goes By***' and it got I think four out of five stars on the Movie Show. All of a sudden my career was just about to take off … but at the same time, this was about 1986, the economy collapsed and there was no money available for filmmaking. Because I had a family and needed to put food on the table, and didn't want to go back to camera assisting, I started shooting second unit on a TV series, ***Mission Impossible***, up in Queensland. After that I started to get work on music videos and TV commercials … basically it just ballooned from there. Luckily I was good at what I did and ended up being very successful during that 15 years in Melbourne, which in turn financed my move to Sydney.

Working in film – what was your favourite – documentaries, film clips, commercials…?

I enjoyed them all. They were all different. Feature films were great because people take you seriously and you're allowed to develop an extended bit of story making where people sit in the dark for an hour or two and allow you to create the story for them. Whereas with a television commercial you're given 30 or 60 seconds and most people head into the bathroom when it comes on. But every job was different and interesting and took you around to all sorts of places – I travelled a lot throughout the world – right through Asia and Europe, America and South America, shooting commercials.

Feature films, in a theatre, was always the bee's knees for any cinematographer. Here you were taken seriously. On the other hand, in the Australian experience, there was more money in advertising. It's all a matter of scale … here a music video budget was big at $20,000 whereas in America it would $20 million.

So what year did you move to Sydney and where did you settle?

Invasion Day 1996, ironically. We rented a property on Pacific Road, Palm Beach, for a while, which was wonderful, and then ended up buying a property in Whale Beach before prices boomed. It was a rundown place but it was wonderful. I moved to Avalon about 10 years ago.

Were you still surfing then?

Yes – it was only a few years after I got here that I poked my eye out in a surfing accident at the south end of Whale Beach, one of my favourite spots to surf. Because I was living close by I could just check it out from my place and jump on it whenever it was good. Not many people surfed it in those days before surf cams but Martin Potter (Pottz) was often out there, and hardly anyone else usually. It was a brilliant spot until the day I poked my eye out with my fin.

What was it like to lose an eye when you love being behind the camera?

It was painful and I almost passed out because I was concussed too – I was lucky to survive. The beach was closed and there were no life-savers, so I had to rescue myself. Career wise, at first it was pretty bad and felt like going from rooster to feather duster overnight. I had been working with the best directors in town and suddenly the phone stopped ringing. It was a bizarre time.

That's a strange perception – you could still see.

Yes – it's a monocular job, you need only one eye against the lens, that's the way it work, but there was also always this joke 'you only have one eye, you can work for half price.'

Underneath that kind of blunt Australian humour was a lot of intent as well. I was seen as damaged goods.

So I ended up directing a lot and working overseas a lot. That was part 'stuff you!' but I found that just when things were going quiet here I was starting to boom overseas.

Where did you go?

Mostly Asia in countries such as Japan, China, Korea and even India. I also did a lot of work in SE Asia - in Indonesia, Thailand, Vietnam and the Philippines. These were all commercials. The style of these SE Asian commercials were very old school, but the scale of their marketing was impressive. I remember one if did for the Indome company to promote an instant noodle product made from wheat (from Canada, not Australia because we hadn't got into that market). Indome sold 18 million units of that instant noodle product every single month. The scale of it was just mind boggling … and the market there had by and large only just got into TV advertising.

When did you put your first book out?

The first one was when I was in recovery from losing the eye. In 1999 I authored and published a book called '***Australienation***' - a pun on the word 'alienation' - a book of black and white photographs. It was designed by John Witzig, who used to be editor at Tracks. Then I was back I film-making for a while but I'd also gone through a divorce, travelled to Africa, then lived in Prague for a while, moved around a bit, writing, painting and taking photographs.

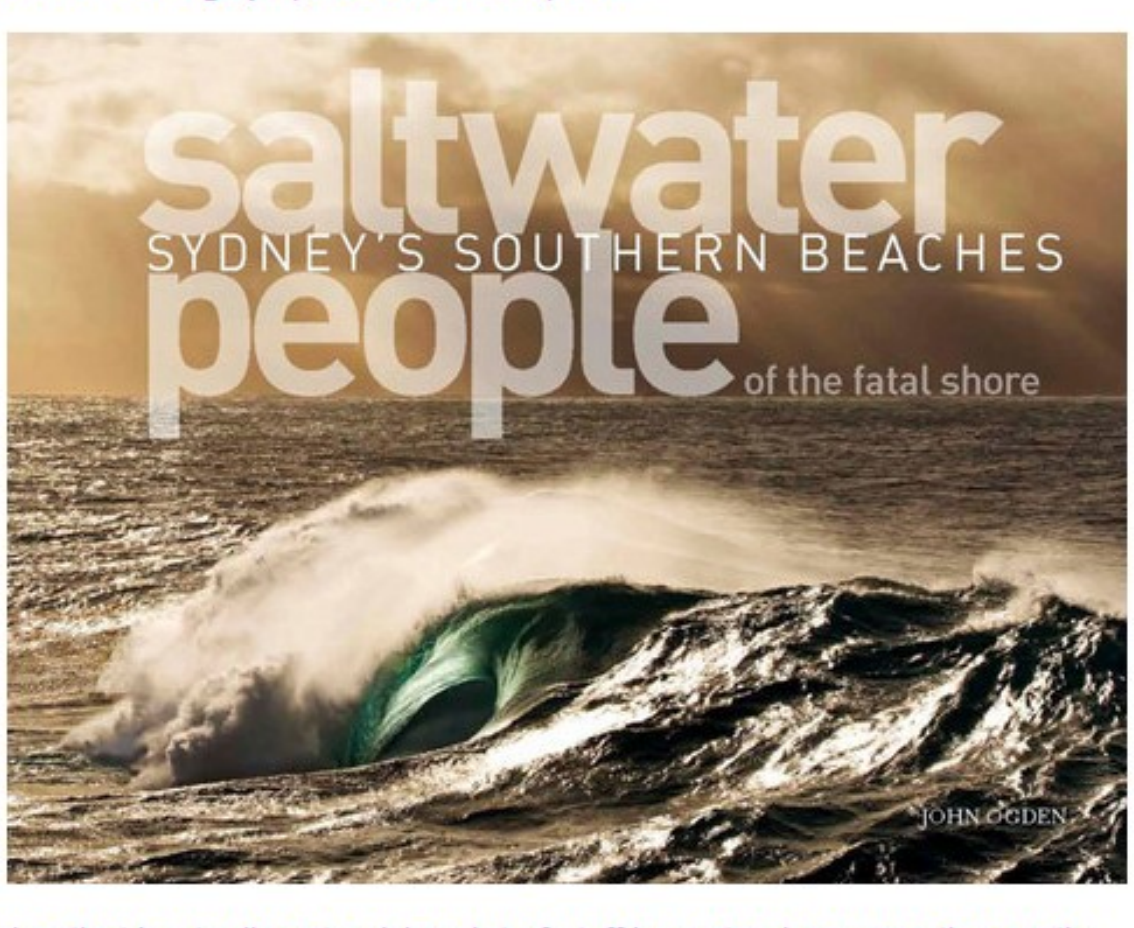
I didn't know you painted...

I only did it for a short time but one of my paintings, of Gretel Pinniger, won the Real Refusé at Tap Gallery. It takes me a long time to paint and for me, a painting is never finished, simply abandoned, or put aside, so I went back to photography again because I find it easier to move on.

A lot of your books sell out, quite difficult to do for a self-publishing press – why do you think yours are so successful?

Well, they're only small print runs. In America you have 50 thousand and 100 thousand print runs – with the Saltwater books I've only done a 3000 print run. When you are publishing $100 local history books, there is only a small market. Big publishers don't do local history books anymore.

On the northern beaches people appreciate the work that has gone into such a book. There's not a hell of a lot of profit in it even if you do sell out, I've had to borrow money from the bank to make these books so it's a highly speculative enterprise.



Your second book in this series – *Saltwater People of the Fatal Shore – Sydney's Southern Beaches*. This was to compliment the first book – *Saltwater People of the Broken Bays* – where does it start from?

The geographical boundaries are from South Head to the Royal National Park inclusive. It was difficult to find the right title because when you say southern beaches, people think of the Wollongong area, but it covers the south-side beaches of Sydney.

'Fatal Shore' is a reference to Robert Hughes book 'Fatal Shore' but he actually took that title from a poem that was written by a transportee to Van Diemans Land who was writing about there but I think it's really appropriate for that section of coastline. It's where Captain Cook first sailed into and first trod on the land here and then where the First Fleet arrived – so it was the sharp end of the European Invasion so that's why the 'Fatal Shore ' – it has other repercussions to it.

How long did it take to put this one together, to track down the correct archival photos to go with the archival text?

Yes, history can't be made up - it has to be correct. The Northern book was about a year and a half of research in it and while I was doing that I actually put aside a lot of stuff I was turning up on the south-side but I think it was about a year of extra research for the new book – so slightly shorter. It was also basically a companion book so I knew what I was doing from the first one. It follows the same format.

The northern beaches book went so well, and has now almost sold out. It seemed a no-brainer to do a companion book on the south-side. This coastline has more stories than the first book, mainly through people pressure, so the new book is bigger – it has 24 more pages then the North book to try and fit it all in.

A lot of people get upset by the word 'Invasion' but there's no other way to really look at it. There was over one thousand soldiers and convicts who arrived in the First Fleet and there was only an estimated population of 5000 Aborigines living along the coastline. It would be like 500,000 armed foreigners arrived in ships at the same time right now – you'd think of it in terms of invasion. It's not hard to see why Aboriginal people would get offended by things such as Australia Day, which is celebrated on the date of the arrival of the First Fleet.

I went to a talk by Henry Reynolds the other night on his new book '*The Forgotten War*' and he makes the point that there are two ways to take a country – one is by stealth, by stealing, by force, and the other one is by treaty. We never had a treaty with the Aborigines so the consequence of that is they were invaded…and he has done a lot of research that shows there was a war that has been forgotten.

Apart from those sensitivities, Aboriginal nations along this coastline should be viewed as maritime nations, with a canoe culture. A lot of their exploration of the country was done via the coastline, as Europeans had done in more recent times. A lot of my help from the books came from Keith Vincent-Smith a well known historian who wrote a book called Mari-Nawi which means 'Big Canoe'. He did a lot of research on canoe culture that was developed into an exhibition at the State Library of NSW (2010- MAKING OF THE CANOE A full-scale model of a Sydney bark canoe is the centrepiece in the Library's new landmark exhibition Mari Nawi: Aboriginal Odysseys 1790-1850.) That was the genesis of what was to become an annual event or a convention of indigenous canoe making – this has been fantastic as people come from different parts of Australia and demonstrating the different ways that canoes were constructed. The canoes are quite impressive in their design and practicality. See: http://www.sl.nsw.gov.au/podcasts/videos/mari_nawi.html

Early European ships would see people fishing in these canoes up to two kilometres out at sea, out in big surf, so they were actually quite well made craft even if they didn't look like it. The convention has become a quite popular event and is a point of pride with Aboriginal communities.

The Saltwater Books have just been nominated in the finals for the biennial Frank Broeze History Prize in association with the Australian National Maritime Museum.

People who have bought the first book – what will they get from this second book?

It will give them a broader view – one of the interesting things about the South book is that it includes Botany Bay area and the remarkable history of that area. One of the things about Botany Bay is that it was once a garden of Eden … people only had to work a few hours a day to have enough seafood and what else to live and the rest of the day was devoted to ceremony and family. Within a short period of time after European settlement, it was turned into pretty much a toxic dump. Many toxic industries, such as wool-washing, the oil refineries, the early powerhouse, were put in that area … followed by dredging and land filling to build the ports and the third runway, creating erosion issues. Fish breeding grounds were destroyed and the famous Botany Bay oyster now extinct. This area represents an analogy to what could happen to the rest of the coastline. Fortunately, there has been a lot of work recent years to remediate those problems. By looking at the culture of the First People a very strong sustainability thread runs through the books – especially in relation to water cleanliness and land use.

The other thing is that Botany Bay was the arrival place for the first Europeans on the east coast. In the lead up to the last elections there was a lot of political and media fear mongering about refugees arriving by boat. It is a point of irony that this is exactly how the first settlers arrived just a few centuries earlier. The other aspect is of course that the larger amount if illegal immigrants arrive by plane – so they're still arriving at the Botany Bay area, now via the country's main airport – so that's another little irony as well.

You have just published a new book '***Slightly Dangerous'***, what is this about?

I started writing down stories when I began to go blind in my other eye (from a cataract) around 2008, and couldn't work in film for a while. Fortunately the corrective surgery was successful. Then, at the beginning of this year, I had an exhibition at the Manly Art Gallery and thought I'd finish off my note to clarify different points of this exhibition. I was getting good feedback and ended up creating a book. The exhibition ended up being a retrospective as I spent so much time working on the book that I didn't take many new pictures. I had just turned 60 so it was a good time to look back and reflect. 'Slightly Dangerous' is a collection of stories, not an autobiography, and more about influences and inspirations … just as we have been talking about today.

How many photographs to do you estimate you have taken throughout your career?

I looked at 300 thousand images when I was doing research for the Portraits book so it's more then that. I guess it would be over half a million.

You have created your own path in many mediums, gone out and done it for yourself. What would you communicate to anyone who is beginning to work in photography, film, painting, collating and publishing books about how to achieve what you set out to do?

The main thing would be that it's tough, unless you're incredibly lucky. That's what that book was about … looking back at a quite extraordinary time. It's always incredibly difficult to look forward and see the path ahead - and much easier to look back and join the dots. By doing that process you can see that just by following your heart it creates; a kind of 'if you build it they will come' manifestation. That's always been my philosophy.

The world is changing - it's very different to what it was when I started off – there were hardly any film schools, and not many photo journalists, and now we're swamped with new media. Everyone has a camera, every phone has a camera. If you want to stand out in a party crowd now you say you're an accountant rather than a photographer. It may be easier to get access to information, but maintaining a career can be tough. There are a lot of graduates coming into a shrinking market. Newspapers are sacking their staff, and journalism has become more an advertising job than exposing the truth.

All the industries I've worked in - photography, film, publishing – they have all been quite dramatically impacted by the digital revolution accompanying the information age. There's good and bad things about that. When I started in the film industry it was a 5-6 year apprenticeship before you got near a camera, because cameras cost millions of dollars back then and it was a thousand dollars for every three minutes of film (35mm film). Now the digital evolution has democratised the process by making it more affordable. This means you can get an early entry … but the problem then becomes longevity, because there's always someone who is going to come up and do your job for free.

To have a career in these fields, and raise a family, and all the costs of living in a place like Sydney, it's going to be a really tough career choice. There's probably safer careers to do. Technology has reached its expediential curve where the things invented in the 20th century are more than the two thousand years before tha,t and what has been invented in the last ten years is more than the last century. That expediential curve means it's pretty hard to predict what's coming up … which can be exciting … but it can also create a lot of anxiety.

What's coming up in the future for you?

Cyclops Press is about to launch a book by author Peter McConchy titled ***Fire and the Story of Burning Country.*** In a similar vein to The Biggest Estate on Earth by Bill Gammage, Fire challenges long held perceptions and helps us understand traditional land care and management – this time from the Aboriginal perspective. In these pages the Elders explain to us "we need fire because Australia is a fire nation". Fairly timely as we approach a hot summer and having watched Barrenjoey burn.

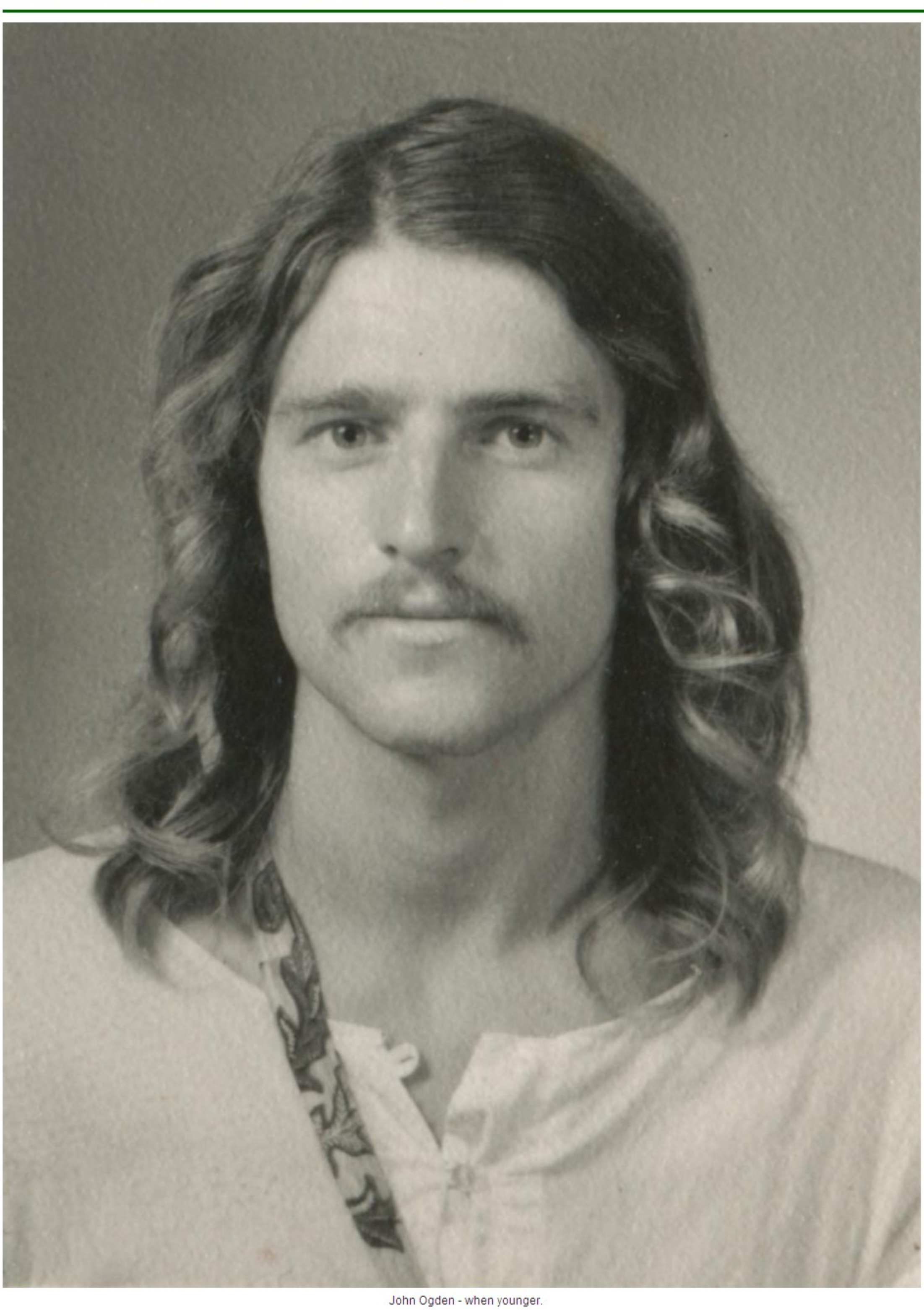
Personally, I'm currently working on a book and a film script that I can't talk about now, but hopefully you will read about here in the near future.

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

Barrenjoey – when I stand up there it probably has the best view in Sydney – it's almost a 360 degree panorama.

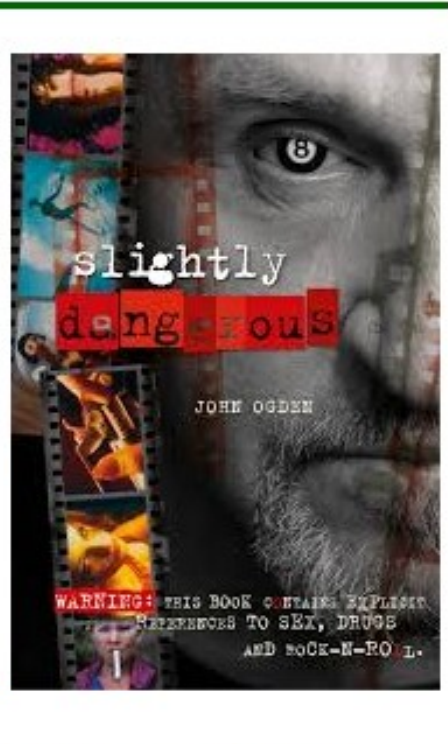
What is your motto for life or a favourite phrase you try to live by?

There is a recent one – ***The eyes are useless when the mind is blind.***



John Ogden - when younger.

Slightly Dangerous - $45.45


slightly
dangerous
JOHN OGDEN
WARNING: THIS BOOK CONTAINS EXPLICIT REFERENCES TO SEX, DRUGS AND ROCK-N-ROLL.

Slightly Dangerous celebrates forty years of photography by John Ogden, and provides a cypher to his body of work. It is important to occasionally look in the rear vision mirror while hurtling headlong into the future, and Ogden's thoughtful work reminds us what is lost in the rush.

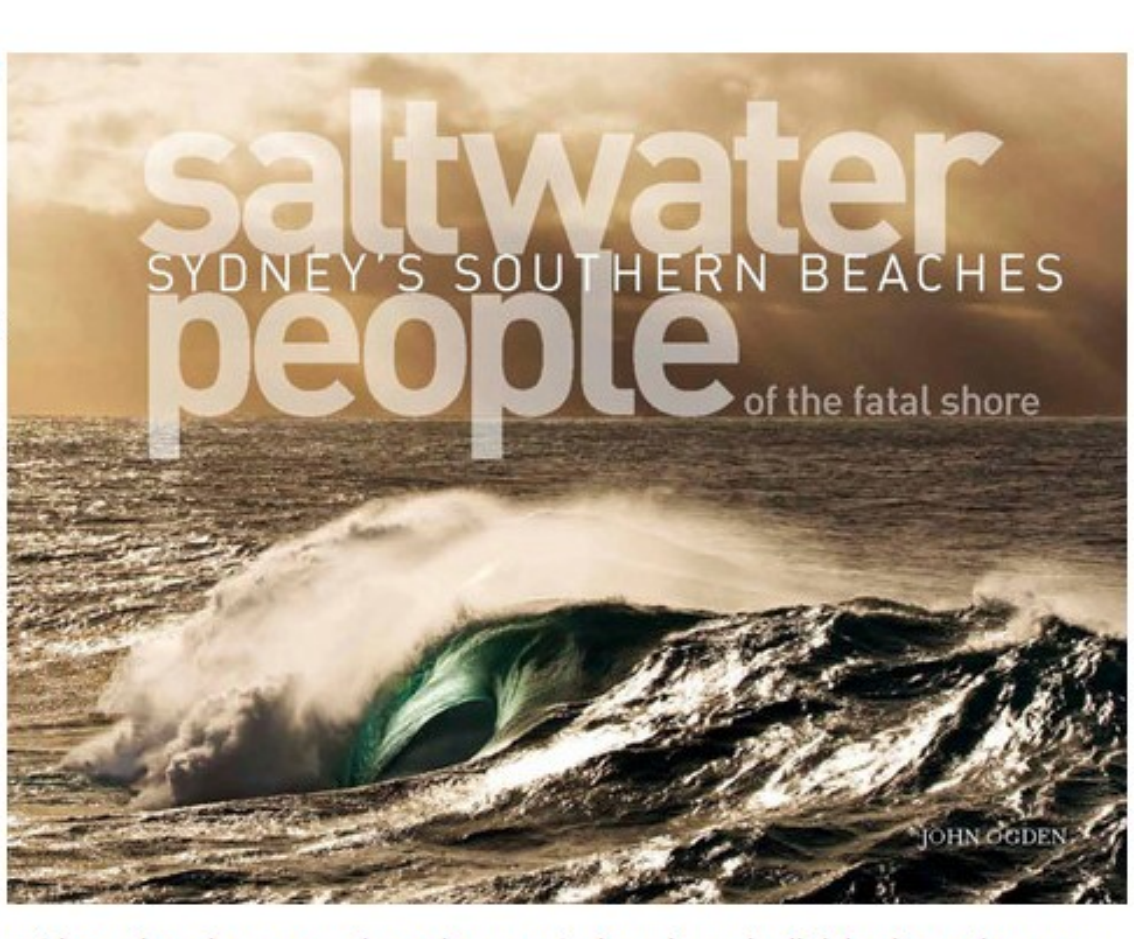
The foreword to *Slightly Dangerous* is by Tim Page, one of the world's best-known war photographers. His career began in 1964, recording the start of the civil war in Laos. By coincidence, Ogden would find himself in Laos a decade later recording the last days of that war. Tim's exploits in Vietnam were inspiration for the Dennis Hopper character in Apocolypse Now.Amongst other significant photojournalist awards, he is the recipient of the Robert Capa Award and the American Society of Media Photographers Award. He received a citation for bravery from a US military division and he was also named a Vietnamese Cultural Hero of the Revolution.

Here is some of what Tim has to say about S*lightly Dangerous*:

"This is a life well travelled of a baby boomer who surfs an existential path across six decades, waxing the best of nostalgia against the odds that are self mitigated by the excesses of those times. It is a heritage of the hippest, most gonzo 'down-under' attitudes, rendered by images we all wish we had snapped. As if Hunter S. Thompson and Richard Neville shuffled photo cards with Robert Frank'ian images throughout the deck."

Buy from Cyclops Press: here

Saltwater People of The Fatal Shore - $90.00



Saltwater People of the Fatal Shore - Sydney's Southern Beaches is a detailed history of that beautiful stretch of Sydney's coastline between South Head and Royal National Park. This coastline features world renown beaches such as Bondi, Maroubra and Cronulla, as well as places of great historical interest. Botany Bay was where James Cook first made landfall on the east coast of Australia and made claim to the continent. It was also were the First Fleet arrived with its human cargo. Before these events it was home to the Aboriginal people of the Eora, Dharug and Dharawal nations for tens of thousands of years.

The focus of Saltwater People of the Fatal Shore is on the shoreline … that high energy intersection between sea and land where waves, whipped-up by wind and storms, sometimes thousands of kilometers out to sea, announce their arrival in a final dramatic explosion … or caress it with a gentle cascade. This constant, hypnotic dance with the shore can be calming, and it can be confronting. When the swell appears excitement grows and the coastline becomes energized. The surfzone both attracts and influences us … and in turn our presence affects this playground on the edge of the vast Pacific.

It is not just surfers that are attracted to this zone. Sydney's magnificent beaches have produced some truly unique individuals and some incredible stories. They are home of the world's most recognized painters, potters, writers, poets, photographers, film-makers, musicians and architects. Saltwater People of the Fatal Shore – Sydney's Southern Beaches pays homage to those remarkable people who have made this coastline home. The many beautiful photographs found in the book include work by Harold Cazneaux, Max Dupain, David Moore, Frank Hurley, Jack Eden, Bob Weeks, Peter Solness, Bill Morris, Brad Malyon and many other great contemporary photographers.

When asked, very few people living in Sydney know about the Aborigine peoplewho lived along the coast before the coming of the Europeans. There are also many misconceptions about the culture of the first people. One common belief is that they were all somehow frightened of the ocean, but this is far from the truth. The Aborigine clans along Sydney's beaches were true saltwater people, at home not only in the sparkling estuaries and rivers, but also in the ocean waves. Theirs was a canoe culture. They fished with spears, or lines and hooks, and were accomplished swimmers completely at home in the surf. This part of our history has remained largely hidden, and it is important to reveal here the influence of our Aboriginal heritage not only the people of Sydney, but also on our national psyche.

If we had listened, the Saltwater People would have also taught us much about protecting the coast and its valuable resources. There is now a growing awareness that something is wrong. The natural beauty of the area is under threat. It is obvious that the first people protected this country, and, as they did for many millennia before us, we need to think from the heart and preserve the area for future generations.

The foreword for the book was written by the Hon. Linda Burney MP. Upon her election she became the first Aboriginal person to serve in the New South Wales Parliament. Burney, a Wiradjuri woman, is currently Deputy Leader of the Opposition, and is the shadow minister in several key portfolios

Available from Cyclops Press here:

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Pittwater Online News

October 27 - November 2, 2013: Issue 134

Our Firemen. Junior Social Studies Ep 4. from Film Australia

Made by The National Film Board 1951. Directed by Joan Boundy. A description of fire brigades in Australia for a primary school audience, showing their training and operation.

Our Firemen. Junior Social Studies Ep 4.
0:00 / 8:19

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

HALLOWEEN HIJINKS AT THE LIBRARY

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

To start the hijinks there is a Halloween Party from 5pm until 6.15pm with craft, games and trick or treating. This will be followed by a special screening of E.T. from 6.30pm.

Event Librarian Catherine Buddin encouraged children to come along dressed up in their favourite Halloween costume to be in the running for a prize.

"The Halloween party is sure to excite the little ones, especially with some tasty lollies up for grabs.

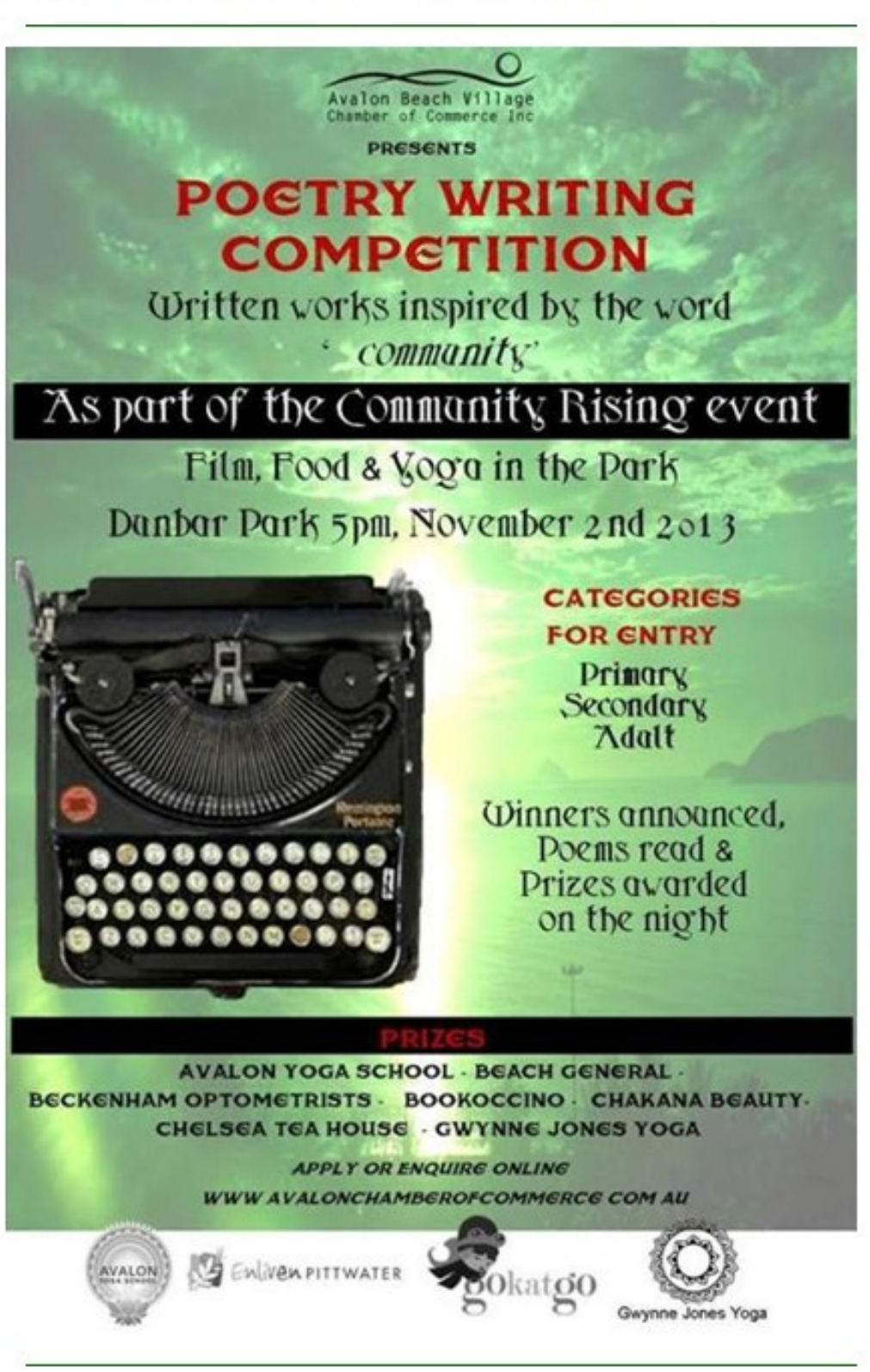
"Children attending the party are invited to stay with their families for the free screening of E.T. afterwards.

Alternatively children and their families can come along just for the movie which starts at 6.30pm," added Ms Buddin

Ms Buddin said the Stephen Spielberg hit E.T, nominated for nine Oscars and winner of the Golden Globe for best picture, is always a winner with the young and the young at heart.

The movie screening is free and refreshments will be available for purchase at a nominal charge.

The Halloween Party admission cost is $10 per child, movie admission is free. Bookings for both events are essential and can be made by calling 9970 1600.


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

Best pizza delivery ever - Dance with Delivery boy Published on Oct 17, 2013

the best pizza delivery dance whit the clients
0:00 / 0:42

High School Student Discovers Skeleton of Baby Dinosaur

Oct. 22, 2013 — A chance find by a high school student led to the youngest, smallest and most complete fossil skeleton yet known from the iconic tube-crested dinosaur Parasaurolophus. The discovery, announced today by the Raymond M. Alf Museum of Paleontology at The Webb Schools, shows that the prehistoric plant-eater sprouted its strange headgear before it celebrated its first birthday. Three-dimensional scans of nearly the entire fossil are freely available online, making this the most digitally-accessible dinosaur to date.

The fossil skeleton was discovered in 2009 by high school student Kevin Terris, within Grand Staircase-Escalante National Monument in southern Utah. Incredibly, the specimen was missed by two professional paleontologists, who walked within several feet of the exposed bones days prior to the discovery. "At first I was interested in seeing what the initial piece of bone sticking out of the rock was," commented Terris. "When we exposed the skull, I was ecstatic!" Excavation and subsequent cleaning of the fossil, nicknamed "Joe" after a long-time supporter of the Alf Museum whose family funded preparation of the fossil, revealed nearly the entire skeleton of a baby dinosaur measuring only six feet long when it died.

Detailed study of the skeleton of "Joe" identified it as the most complete specimen yet known for Parasaurolophus (pronounced PAIR-uh-SORE-AH-luf-us), a duck-billed (hadrosaurid) dinosaur that lived throughout western North America around 75 million years ago. The herbivore is notable for a long and hollow bony tube on the top of its skull, which scientists speculate was used like a trumpet to blast sound for communication, as well as a billboard for visual display. Although partial skulls and skeletons of full-grown Parasaurolophus have been known for over 90 years, scientists previously knew little about how Parasaurolophus grew up.

Intriguingly, the new fossil shows that baby Parasaurolophus had a low bump on top of its head, which only later morphed into the curved tube of adults. "Our baby Parasaurolophus is barely one-quarter of adult size, but it had already started growing its crest," stated lead project scientist Andrew Farke, who is Augustyn Family Curator at the Raymond M. Alf Museum of Paleontology. "This is surprising, because related dinosaurs didn't sprout their ornamentation until they were at least half-grown.Parasaurolophus had to get an early start in order to form its unique headgear."

A sample of bone from the leg helped estimate the animal's age at death. "Dinosaurs have yearly growth rings in their bone tissue, like trees. But we didn't see even one ring. That means it grew to a quarter of adult size in less than a year," commented co-author Sarah Werning of Stony Brook University. Although "Joe" was only six feet long and a year old, it would have grown to 25 feet in length as an adult.

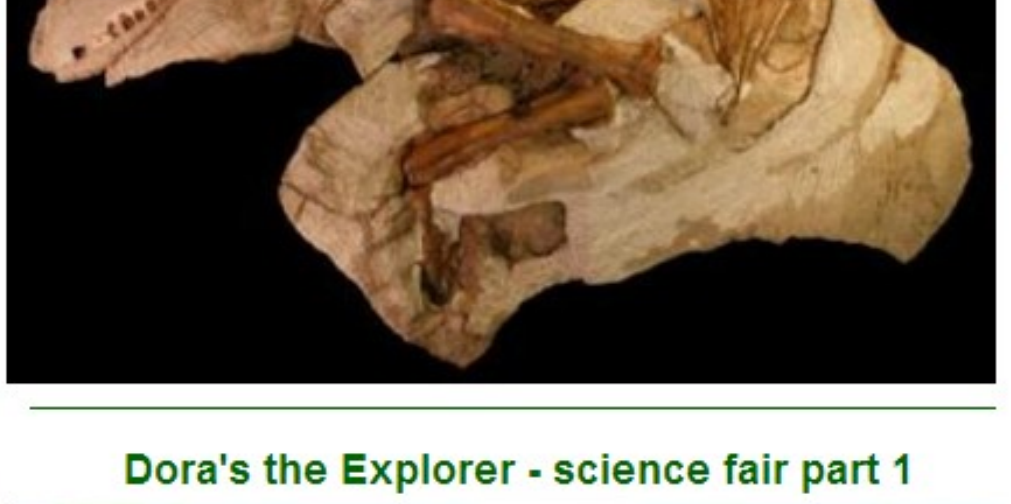
The fossil skeleton has yielded a world of previously unknown information about Parasaurolophus and its relatives. Medical scans documented the internal anatomy of the animal's skull, allowing a reconstruction of its vocal capabilities. "If adultParasaurolophus had 'woofers,' the babies had 'tweeters.' The short and small crest of baby 'Joe' shows that it may have had a much higher pitch to its call than did adults," stated Andrew Farke. "Along with the visual differences, this might have helped animals living in the same area to figure out who was the big boss."

Because of the broad importance of the fossil, researchers have made 3D digital scans of the entire fossil freely available online (links via http://www.dinosaurjoe.com). Although portions of other dinosaur fossils have been scanned and distributed in this way before, this the first time that virtually an entire skeleton has been posted. This will allow scientists and the public alike unparalleled access to this fossil.

The study describing the new fossil was published today in the open access scientific journal PeerJ (meaning that anyone can read and download the article for free, and without restrictions). Additionally, the specimen is now on exhibit at the Raymond M. Alf Museum of Paleontology in Claremont, California. Researchers who co-authored the study include Andrew Farke (Raymond M. Alf Museum of Paleontology, Claremont, California), Sarah Werning (University of California Museum of Paleontology, Berkeley, and Stony Brook University, New York), and high school students Derek Chok, Annisa Herrero, and Brandon Scolieri (The Webb Schools, Claremont, California). The fossil was collected under a permit from Grand Staircase-Escalante National Monument and the Bureau of Land Management, Utah.

Andrew A. Farke, Derek J. Chok, Annisa Herrero, Brandon Scolieri, Sarah Werning. **Ontogeny in the tube-crested dinosaur Parasaurolophus(Hadrosauridae) and heterochrony in hadrosaurids.** PeerJ, 2013; 1: e182 DOI:10.7717/peerj.182

This is the skeleton of the baby Parasaurolophus nicknamed "Joe." (Credit: Raymond M. Alf Museum of Paleontology)



Dora's the Explorer - science fair part 1

Dora's the explorer science fair part 1
0:00 / 10:03

NATIONAL GEOGRAPHIC
Little kids
Tree Frog

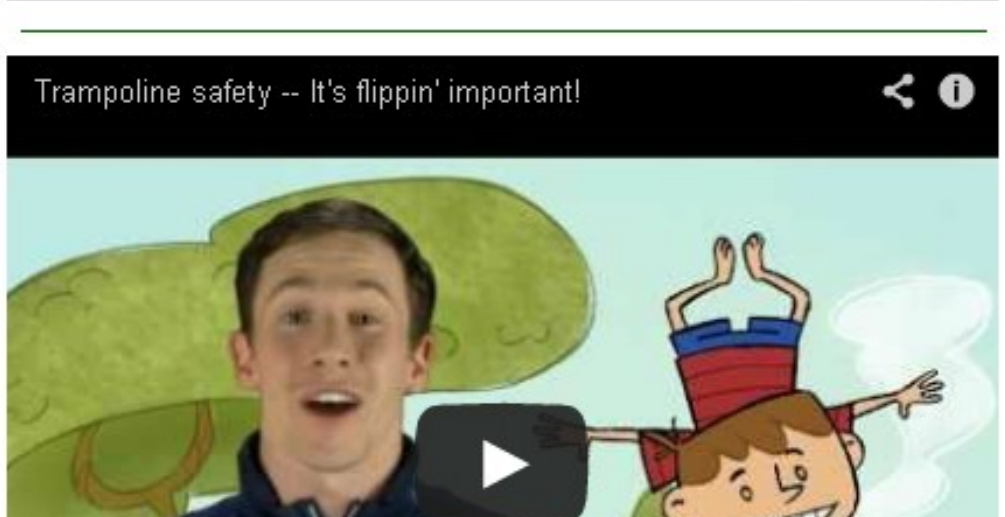
National Geographic online fun For little kids:

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

HERE

Wonder Pets Save The Baby Sea Creatures

Wonder Pets Save The Baby Sea Creatures
0:00 / 7:06



Love Food, Hate Waste Cookbook

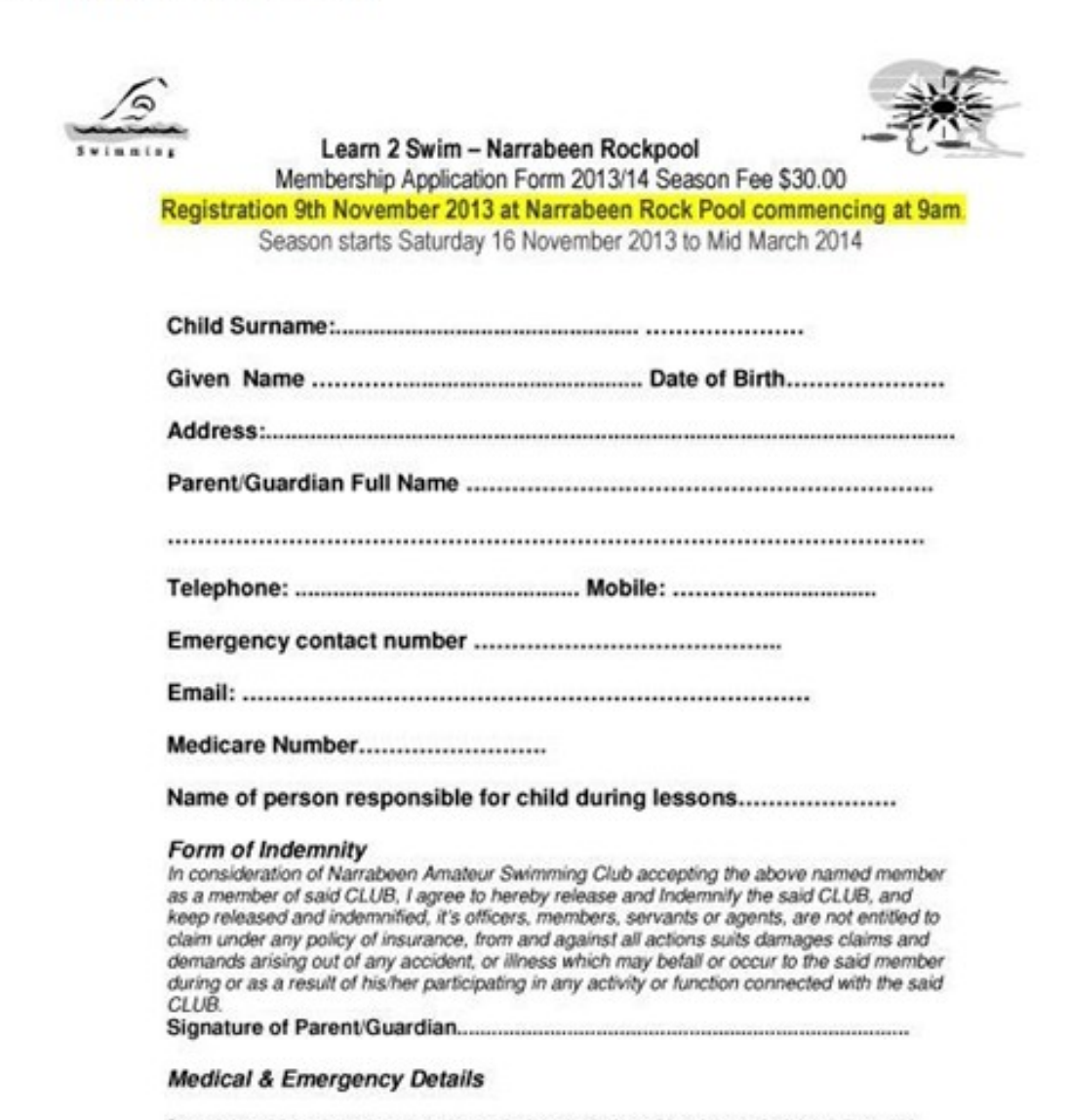
KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

Narrabeen Learn2Swim

Registration Day for Narrabeen Learn to Swim is **Sunday 9 November 2013 from 9.00am.** Registration form below - right click on and 'save as'


Learn 2 Swim – Narrabeen Rockpool
Membership Application Form 2013/14 Season Fee $30.00
Registration 9th November 2013 at Narrabeen Rock Pool commencing at 9am
Season starts Saturday 16 November 2013 to Mid March 2014

Child Surname:...
Given Name .... **Date of Birth**....................
Address:...
Parent/Guardian Full Name ....
....
Telephone: .... **Mobile:** ....
Emergency contact number ....
Email: ....
Medicare Number........................
Name of person responsible for child during lessons....................

Form of Indemnity
In consideration of Narrabeen Amateur Swimming Club accepting the above named member as a member of said CLUB, I agree to hereby release and indemnify the said CLUB, and keep released and indemnified, it's officers, members, servants or agents, are not entitled to claim under any policy of insurance, from and against all actions suits damages claims and demands arising out of any accident, or illness which may befall or occur to the said member during or as a result of his/her participating in any activity or function connected with the said CLUB.
Signature of Parent/Guardian...

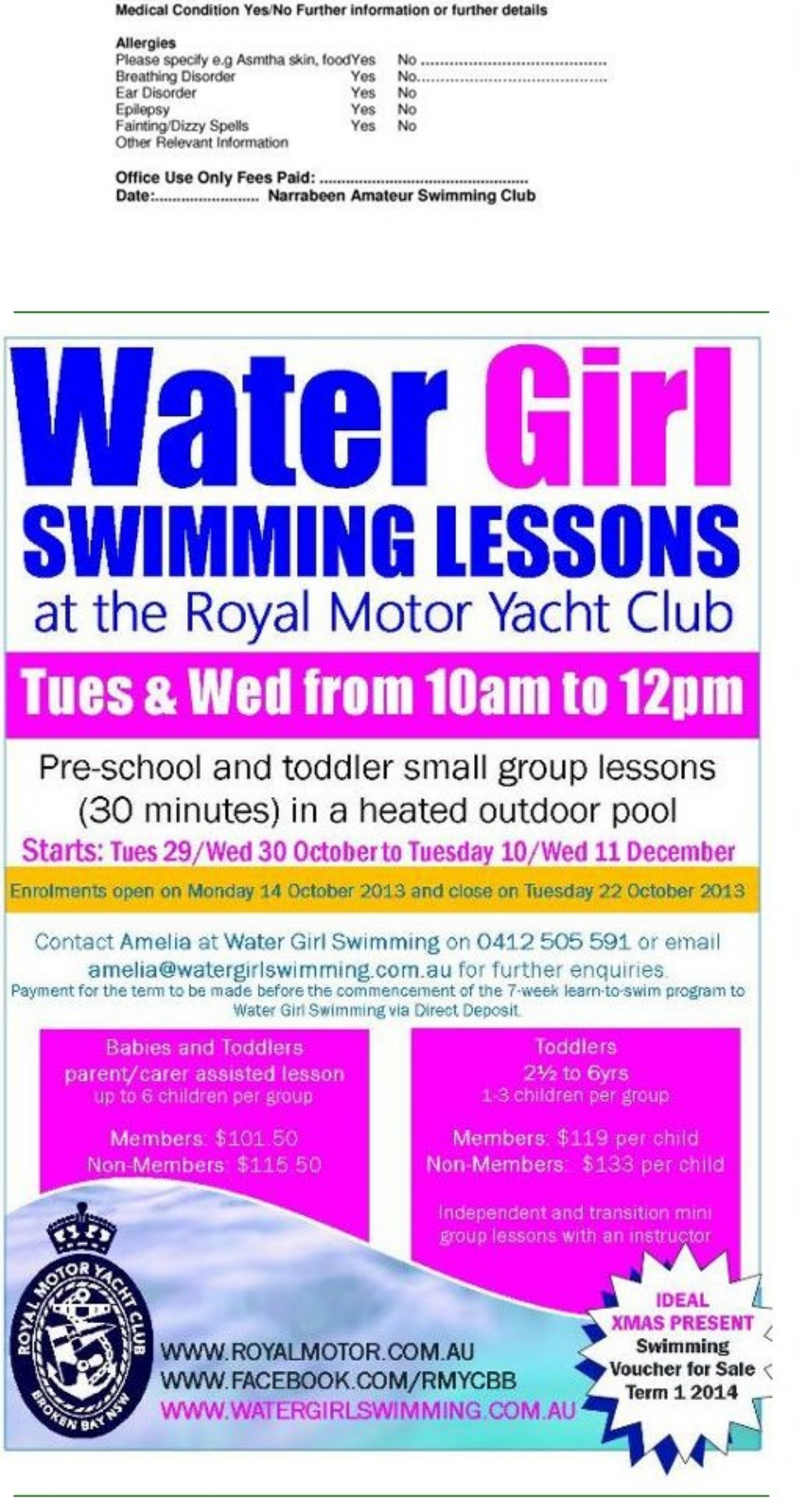
Medical & Emergency Details

Does the participant have any particular medical or physical condition that you feel the clubs 1st Aid officer/s/swim instructors should know about in case of an emergency? This information is held in the strictest confidence.
Medical Condition Yes/No Further information or further details

Allergies

Please specify e.g Asmtha skin, food	Yes	No ....
Breathing Disorder	Yes	No..
Ear Disorder	Yes	No
Epilepsy	Yes	No
Fainting/Dizzy Spells	Yes	No
Other Relevant Information		

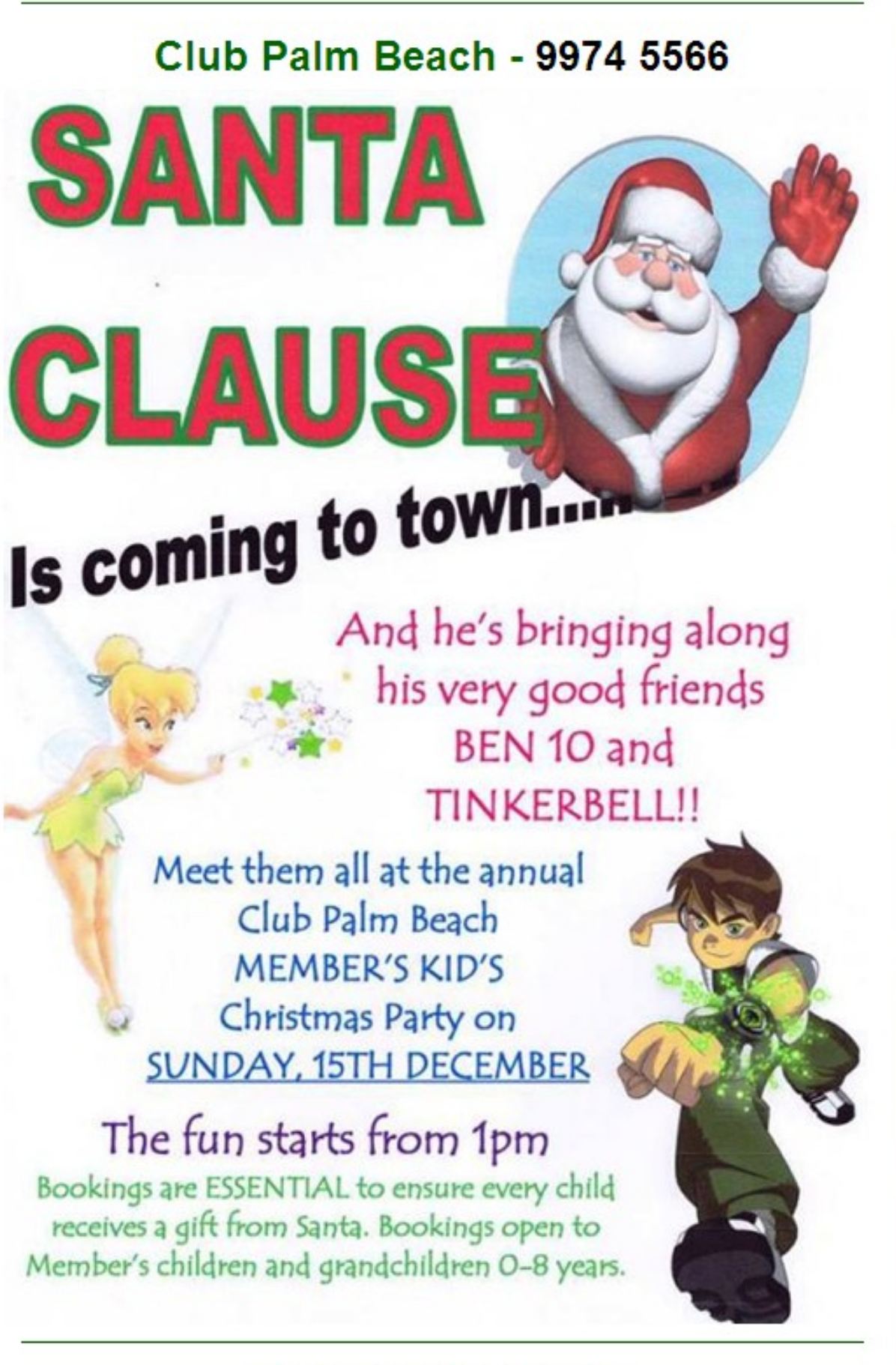
Office Use Only Fees Paid: ....
Date:...................... **Narrabeen Amateur Swimming Club**


Water Girl SWIMMING LESSONS
at the Royal Motor Yacht Club
Tues & Wed from 10am to 12pm
Pre-school and toddler small group lessons (30 minutes) in a heated outdoor pool
Starts: Tues 29/Wed 30 October to Tuesday 10/Wed 11 December
Enrolments open on Monday 14 October 2013 and close on Tuesday 22 October 2013
Contact Amelia at Water Girl Swimming on 0412 505 591 or email amelia@watergirlswimming.com.au for further enquiries.
Payment for the term to be made before the commencement of the 7-week learn-to-swim program to Water Girl Swimming via Direct Deposit.

Babies and Toddlers	Toddlers
parent/carer assisted lesson up to 6 children per group	2½ to 6yrs 1-3 children per group
Members: $101.50 Non-Members: $115.50	Members: $119 per child Non-Members: $133 per child
	Independent and transition mini group lessons with an instructor

IDEAL XMAS PRESENT Swimming Voucher for Sale Term 1 2014
WWW.ROYALMOTOR.COM.AU
WWW.FACEBOOK.COM/RMYCBB
WWW.WATERGIRLSWIMMING.COM.AU

Club Palm Beach - 9974 5566


SANTA CLAUSE Is coming to town....
And he's bringing along his very good friends BEN 10 and TINKERBELL!!
Meet them all at the annual Club Palm Beach MEMBER'S KID'S Christmas Party on SUNDAY, 15TH DECEMBER
The fun starts from 1pm
Bookings are ESSENTIAL to ensure every child receives a gift from Santa. Bookings open to Member's children and grandchildren 0-8 years.

Triple Zero Kids' Challenge

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

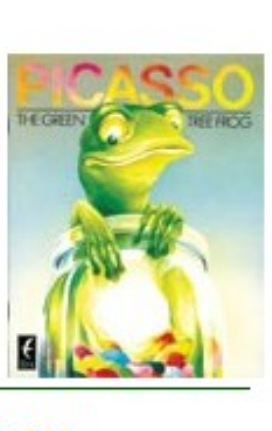
Keep children safe online

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

Stories for you already run:

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

Picture Books Online



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

LET'S READ NATIONAL EARLY LITERACY CAMPAIGN

FISHING
PICTURES
MICHAEL'S HARDY
MONSTERS
ANIMALS
SCARY STORIES
INSECTS
ELEPHANTS
HOBBIES
BUILDING THINGS

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

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

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

DOWNLOAD A FREE READING PACK!

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

Mona Vale Library - Young Runarounds!

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

Children's Storytime at Mona Vale Library

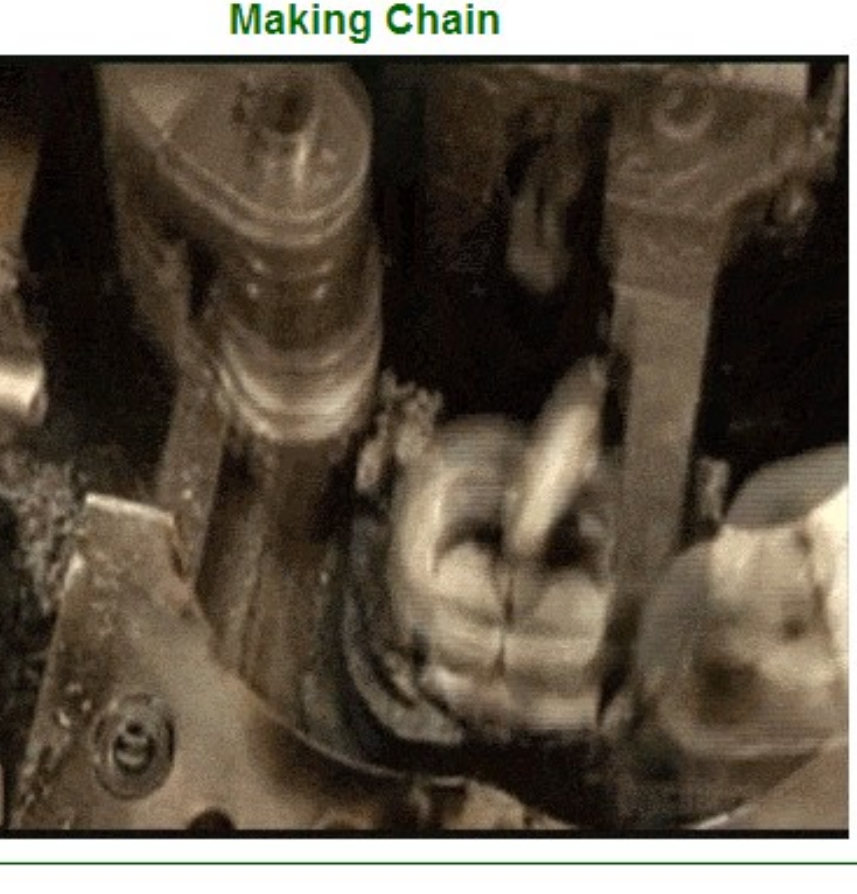
Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the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

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

Mona Vale Mountain Cub Scouts Profile

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

Making Chain



Narrabeen Youth Club Wins Show Us Your Moves Comp

Narrabeen Youth Club holds an 8 week NET SET GO program for 5 to 7 year olds to learn Netball skills, play games and have fun. The Narrabeen club had 60 participants - the biggest role up in the 4 years they have been running this.

Club secretary, Gail McDonough, entered a couple of photos into the Netball NSW online: SHOW US YOUR MOVES competition and **Narrabeen Youth Club was awarded the NSW State winner.**

netsetgo!
netball

Gail reports "We were awarded a party along with special guest Sporty Swift and an activity center for two hours. We held ours last weekend." (Saturday 19th of October, 2013).

Narrabeen Youth Club puts a lot of effort into our local community and Net Set Go is the starting block to Playing Netball. The program has been developed to provide children aged from 5 to 10 years with the best possible introduction to the sport of netball. The program incorporates skill activities, minor games and modified matches in a fun and safe environment.

When the girls turn under 8 they can play Netta. Due to this program the club has increased it's membership over the past few years to fielding 36 teams.

Narrabeen Youth Club will have its 50th celebrations in 2015!!

Explore the West with WilderQuest!

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

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

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

About

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

Mission

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

Company Overview

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

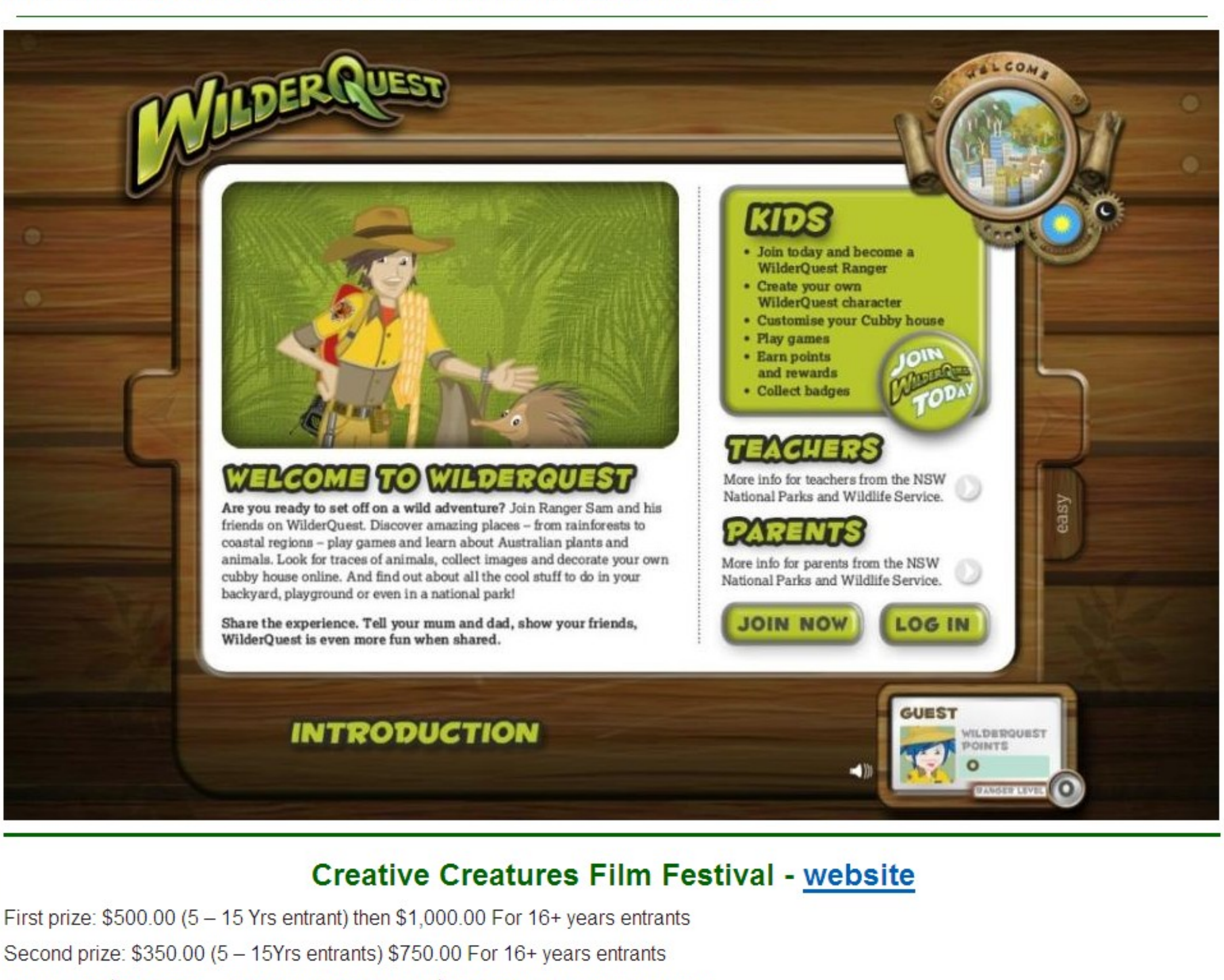
NPWS manages over 880 national parks and reserves. This comprises of more than 7 million hectares of landscapes from rainforests and rugged bush to coastal landscapes and outback deserts. Through WilderQuest, NPWS invites children and families to visit, explore, discover and enjoy these special places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

Description

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

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

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



WELCOME TO WILDERQUEST

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

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

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

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

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

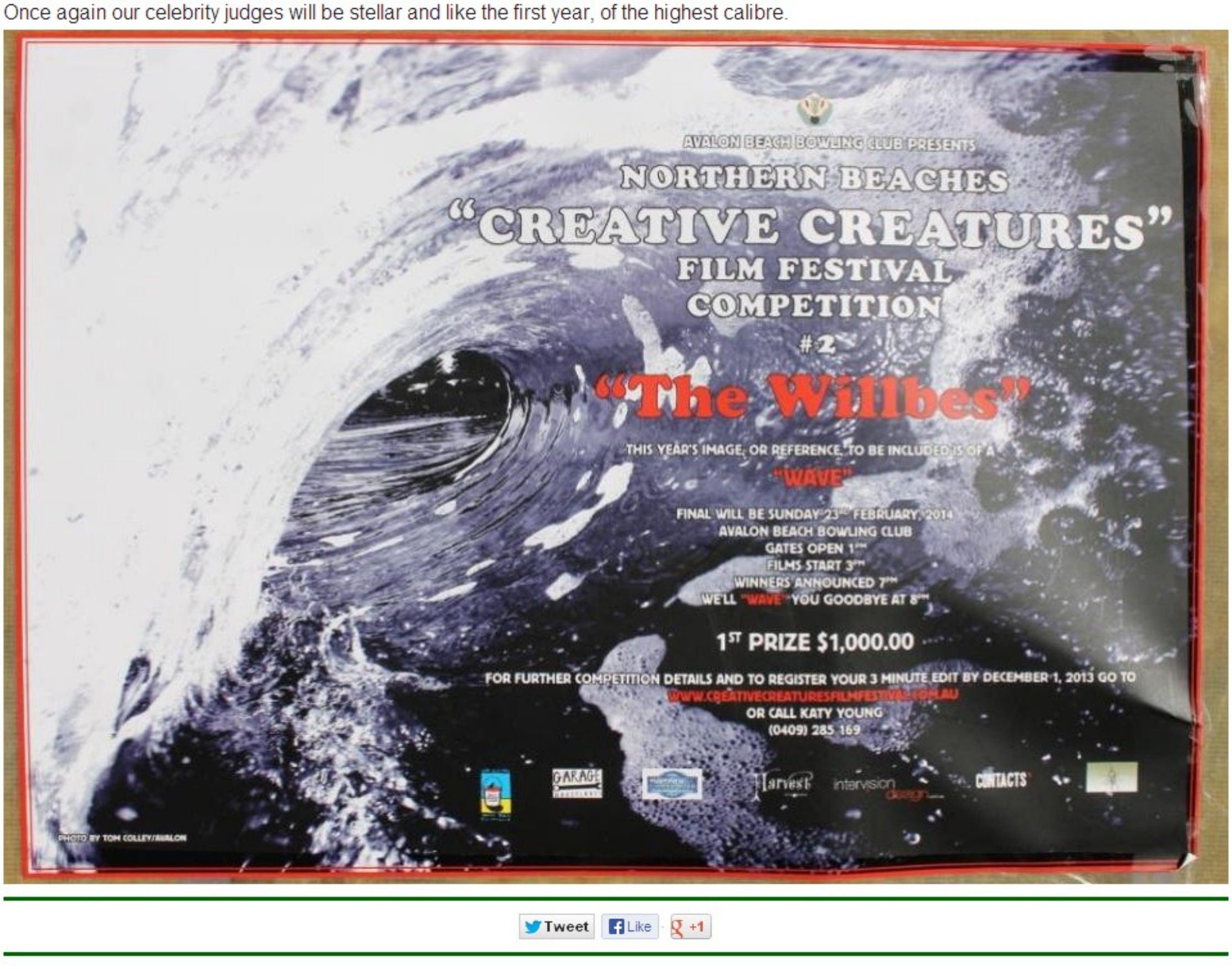
Creative Creatures Film Festival - website

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

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

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

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


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

Pittwater Online News

October 27 - November 2, 2013: Issue 134

High School Student Discovers Skeleton of Baby Dinosaur

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Andrew A. Farke, Derek J. Chok, Annisa Herrero, Brandon Scolieri, Sarah Werning. **Ontogeny in the tube-crested dinosaur Parasaurolophus(Hadrosauridae) and heterochrony in hadrosaurids.** PeerJ, 2013; 1: e182 DOI:10.7717/peerj.182

This is the skeleton of the baby Parasaurolophus nicknamed "Joe." (Credit: Raymond M. Alf Museum of Paleontology)

PITTWATER ARTIST GRANT PROGRAM OPENS

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

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

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

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

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

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

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

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

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

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

Chain being made

$2000 prizes on offer for skilled students - Friday 18 October 2013 Media Release - The Hon Sussan Ley MP, Assistant Minister for Education

The search has begun for Australia's best vocational training students in 2013, with nominations opening for this year's Australian Vocational Student Prize (AVSP).

Assistant Minister for Education Sussan Ley said schools have until 29 November to nominate their top Year 12 students for the 2013 AVSP, which includes the Prime Minister's Award for Skills Excellence in School.

"Australian schools provide students with the skills they need for the jobs of today and tomorrow and these awards support the Government's plan for a stronger, more diverse and productive economy," Ms Ley said.

Students studying in a wide range of fields including aged care, hospitality and animal care, or trades such as carpentry, cooking, hairdressing and mechanics can be nominated.

Up to 500 outstanding Year 12 students, who are undertaking Vocational Education and Training in Schools or an Australian School-based Apprenticeship as part of their senior secondary certificate, will be awarded a $2,000 prize and a certificate.

"These prizes recognise the importance of Vocational Education and Training and School-Based Apprenticeships in helping young Australians build great careers in industries which are looking for highly skilled employees," Ms Ley said.

"The prizes also recognise training for a trade or other skilled job at school is just as important and demanding as any other field of study, and that students who work extremely hard to achieve excellence should be recognised regardless of what they study.

"I encourage schools to nominate their top Year 12 Vocational Education and Training or Australian School-based Apprenticeship students for the 2013 awards."

For more information, including how to nominate, visit:

http://education.gov.au/australian-vocational-student-prize

Best pizza delivery ever - Dance with Delivery boy Published on Oct 17, 2013

the best pizza delivery dance whit the clients
0:00 / 0:42
YouTube

HSC maths and science on the decline - 21 October 2013

Urgent review of HSC policy, including the reinstatement of maths and science as compulsory subjects, is needed in order to curb a "disappointing" decline in the disciplines over the past decade, a new report by University of Sydney researchers has found.

The report shows Australia risks falling even further behind in international educational benchmarks unless there are major reforms to boost the flagging number of students studying maths and science combinations in their HSC.

Honorary Associate Professor John Mack, from the School of Mathematics and Statistics, Dr Rachel Wilson from the Faculty of Education and Social Work, and the late Barry Walsh analysed data from all Year 8 cohorts in NSW between 2001 and 2011. The researchers analysed trends in subject choices to reveal the percentage of students who go on to study maths/science combinations for their HSC.

The authors found that some 1043 fewer students completed a maths/science combination in their HSC, despite the overall student cohort rising five percent over this same period. In 2011, just 16.2 percent of students went on to study mathematics plus at least one science subject in the HSC, compared with 18.3 per cent in 2001.

The declines were most pronounced among female students, with the proportion of girls undertaking these subjects falling from 16.8 percent in 2001 to 13.8 percent in 2011. Gender disparity has increased, with less female students undertaking maths/science combinations in their HSC now than in the 1980s.

Co-author Dr Rachel Wilson says the figures highlight wider issues of maths and science attainment inherent in the NSW education system.

"This is just another disturbing element of what is a pretty depressing picture," she says.

"Our paper shows there's a gender disparity, but there's complete stagnation of the male rate as well. The problem is more than one of gender."

Reintroducing compulsory maths and science subjects is necessary to help safeguard Australia's future prosperity, with these subjects at the centre of 21st century skills, Dr Wilson says.

"That seems like quite a steep requirement, but we must remember that it was in place until 2001. Even with the reinstatement of these subjects, we are still behind current international benchmarks in terms of the sorts of curriculum covered for high school graduation."

She points to South Korea, Japan, China and Finland as examples of countries that require all university entrants to have attained mathematics abilities.

"If we're to remain economically competitive, we must make some tough decisions about this issue," she says.

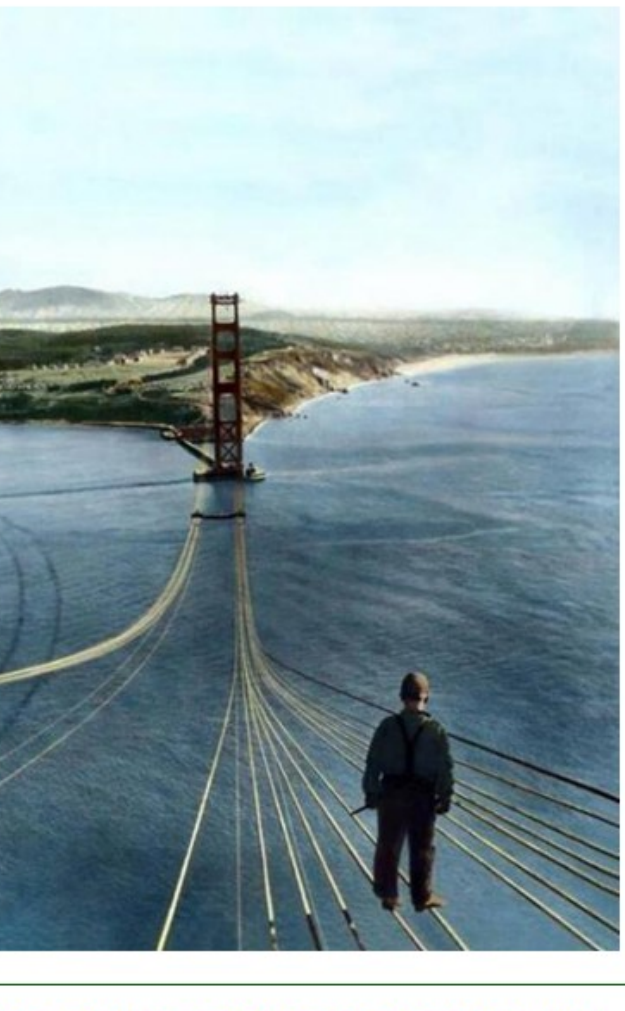
Honorary Associate Professor John Mack says the report also raises significant questions over the preparedness of school-leavers for entry into university, especially in maths, science and engineering fields.

"An ATAR by itself won't necessarily enable you to make up the knowledge and skills gaps in these 'barrier' first year subjects," he says.

"In my experience, short-term bridging courses, offered over the summer break, rarely provide a coverage sufficient to provide that extra knowledge and understanding that can make all the difference to a first-year experience."

The authors call for universities to reintroduce appropriate HSC prerequisites for normal entry into selected degree programs, as well as public education programs on the importance of these disciplines, as a way to redress the stagnation and decline in student participation rates.

Fearless Construction Worker - 1935 - San Francisco



Northrop Grumman Sponsors Australia UAV Challenge Competition - PR Newswire - CANBERRA, Australia, Oct. 14, 2013

CANBERRA, Australia, Oct. 14, 2013 /PRNewswire/ -- Northrop Grumman Corporation (NYSE: NOC) **is sponsoring the 2013 and 2014 UAV Challenge – Outback Rescue, a competition in which students develop unmanned airborne vehicles (UAVs) that locate and deliver an emergency package to a fictitious lost hiker.** The competition is aimed at encouraging growth in the Australian civil UAV industry and raising awareness of the potential civilian applications.

"This competition is significant because it introduces high school and university students to UAV technology and shows them how it can help solve real-world problems," said Ian Irving, Northrop Grumman's chief executive for Australia. "Given our company's leadership in the field of unmanned aircraft systems, we are pleased to be supporting this important initiative, which will help create the next generation of aerospace industry leaders."

The UAV Challenge – Outback Rescue includes two flying categories: the Airborne Delivery Challenge and the Search and Rescue Challenge. Both competitions give students a hands-on opportunity to explore their interests, whether in project management, engineering, mathematics or technology.

This year's Airborne Delivery Challenge took place Sept. 24-25 at Gratton Field in Calvert, Queensland, with 11 teams of Australian high school students participating. Each team was given an emergency package to be delivered to the lost bushwalker, a mannequin called "Outback Joe." Teams used UAVs they built to carry and drop the package as close to Outback Joe as possible. The delivery of the package was controlled by either a human operator or automatically by the systems on the aircraft. This year's Airborne Delivery Challenge was won by the Calamvale Raptors II team from Queensland.

"The competition experience increased the students' interest in science and technology and encourages them to think about pursuing careers in the aerospace industry," said Jonathan Roberts, co-chair of the UAV Challenge Steering Committee and head judge. "UAVs are of growing importance to Australia given its size. This technology is critical, whether for search and rescue or monitoring bush fires or floods."

An optional Search Phase, in which teams used their aircraft to read symbols left by Outback Joe, was completed for additional points. Each team submitted a technical report on its UAV and gave an oral presentation.

The Search and Rescue Challenge will be held Sept. 22-26, 2014, in Kingaroy, Queensland. This competition, **open to university students and amateurs worldwide**, also includes developing a UAV that locates Outback Joe and delivers the emergency package to him. For this competition, the UAVs must meet specific size qualifications and teams must put together two technical reports, along with a flight demonstration video. The students submit an autonomous flight record that documents that their UAV has flown autonomously for at least five hours.

The UAV Challenge – Outback Rescue, which began in 2007, is a joint initiative between the Australian Research Centre for Aerospace Automation (a Queensland University of Technology research centre) and CSIRO (Australia's national science agency). It is supported by the Queensland Government, Aviation Development Australia Limited and the Association of Unmanned Systems. Northrop Grumman's involvement started in July 2013 when the company sponsored Dickson College UAV, a team from Dickson College in Canberra.

Northrop Grumman is a leading global security company providing innovative systems, products and solutions in unmanned systems, cyber, C4ISR, and logistics and modernization to government and commercial customers worldwide. Please visit www.northropgrumman.com for more information.

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

HOME | ENTER | GALLERY | PRIZES | ABOUT | FAQS
ART COMPETITION
PROUDLY SPONSORED BY: ADCU Australian Defence Credit Union
WIN FIRST PRIZE $4,000
CLICK HERE TO ENTER
TIME LEFT 52 1
FEATURED ENTRIES

ORIGINAL SOURCE
INTENSE SURF CHALLENGE

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

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

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

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

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

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

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

Have you ever wondered where that plane flying over head is going and what type of aircraft it is? On flightradar24.com you can do just that.

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

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

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

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

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

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

Some tricks;

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

The Line

Official "The Line" page on Facebook, brought to you by the Australian Government. We've created this space to discuss respectful relationships. Please read our moderation guidelines before participating http://on.fb.me/Yp9eYv

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

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

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

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

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

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

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

Crisis Support, Suicide and Mental Health

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

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

Click on Image to visit website.

Bullying; NO WAY !!!

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

Don't follow the Guru
you are the Guru

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

Bus Pass Replacement

HERE

BackMeUp poll - Posted 14 May 2013 by Commission

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

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

AUSTRALIAN NAVY CADETS - On the Northern Beaches

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

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

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

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

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

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

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

ECO Clean Beach Initiative

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

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

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

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

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

Keep children safe online

The Easyguide to Socialising Online is available here

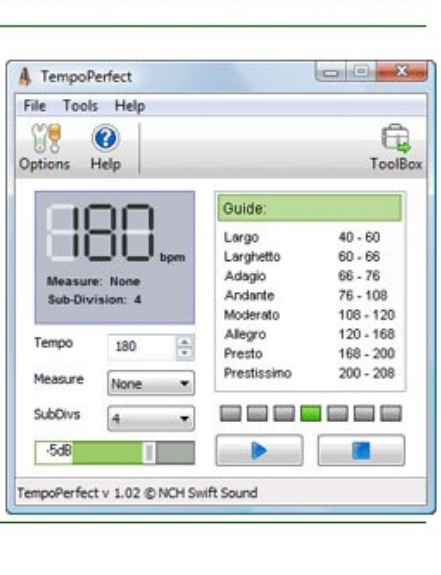
The Cybersafety Help Button is available to download free of charge here

More information about the ACMA's Cybersmart program is here

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

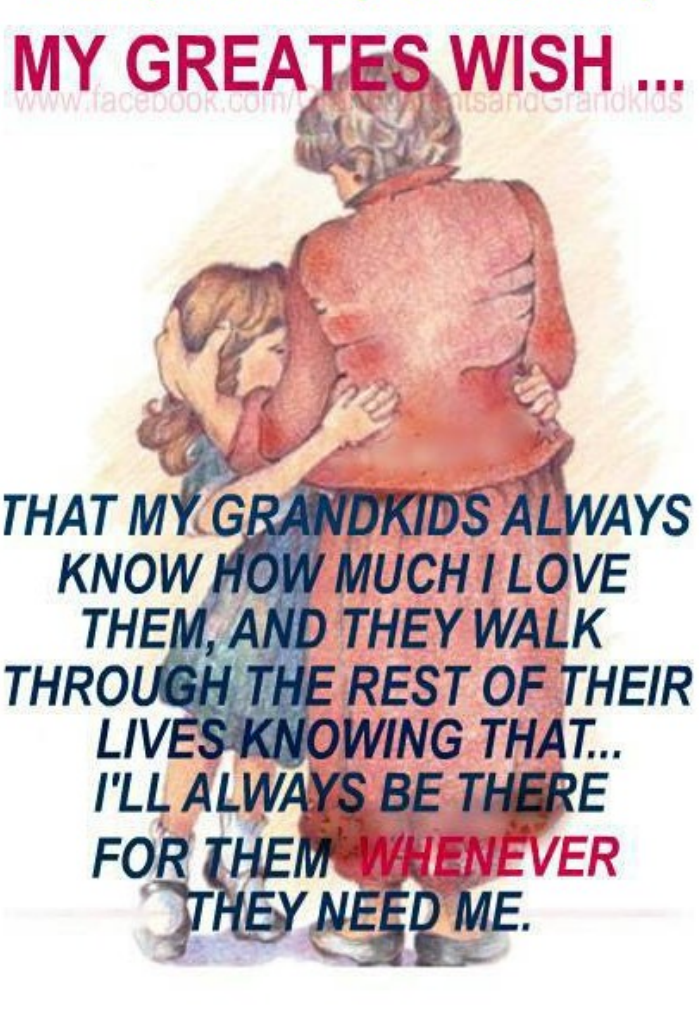
www.nch.com.au

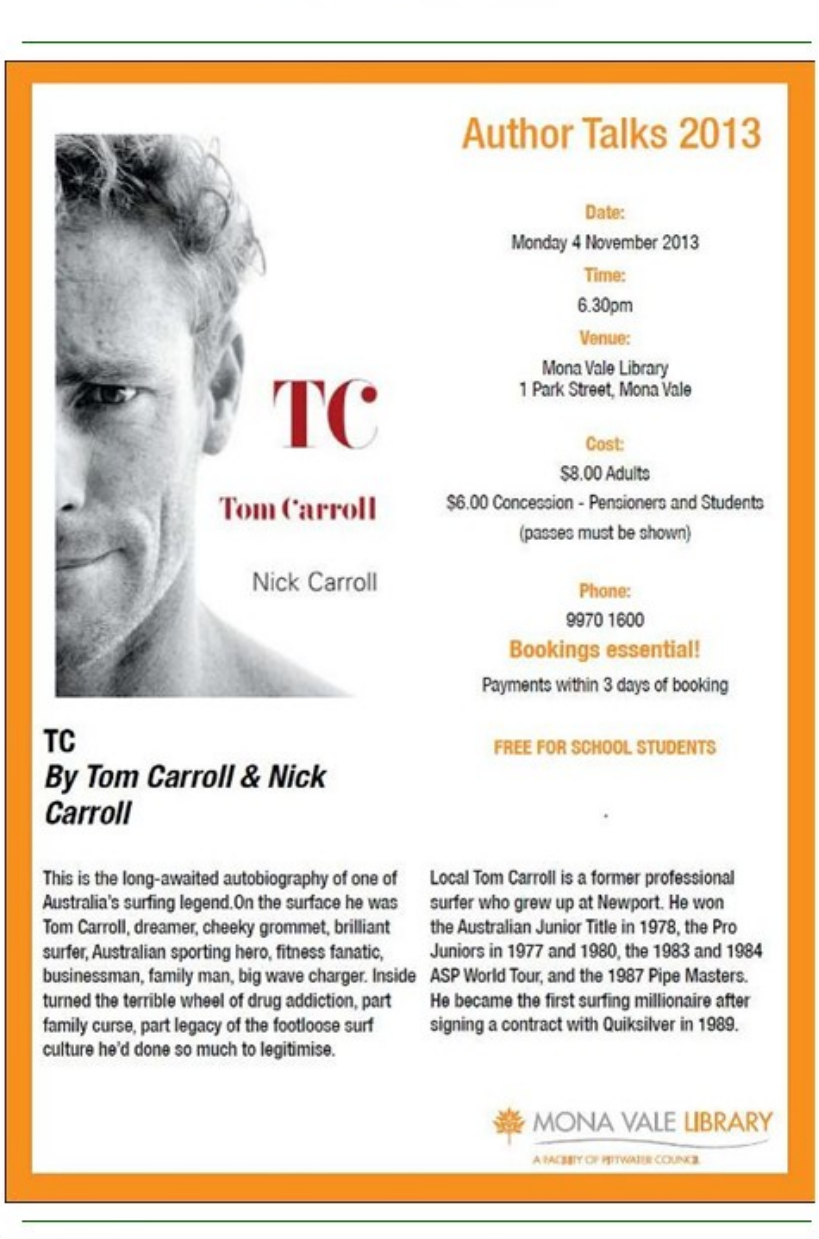
Download free metronome software to keep tempo. This freeware electronic metronome was created by musicians for musicians. Download free software online.



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

Grandparents Day 2013 is Today


MY GREATES WISH ...
THAT MY GRANDKIDS ALWAYS KNOW HOW MUCH I LOVE THEM, AND THEY WALK THROUGH THE REST OF THEIR LIVES KNOWING THAT...
I'LL ALWAYS BE THERE FOR THEM WHENEVER THEY NEED ME.



Author Talks 2013

Date: Monday 4 November 2013
Time: 6.30pm
Venue: Mona Vale Library
1 Park Street, Mona Vale
Cost: $8.00 Adults
$6.00 Concession - Pensioners and Students (passes must be shown)
Phone: 9970 1600
Bookings essential!
Payments within 3 days of booking
FREE FOR SCHOOL STUDENTS

TC
By Tom Carroll & Nick Carroll

This is the long-awaited autobiography of one of Australia's surfing legend.On the surface he was Tom Carroll, dreamer, cheeky grommet, brilliant surfer, Australian sporting hero, fitness fanatic, businessman, family man, big wave charger. Inside turned the terrible wheel of drug addiction, part family curse, part legacy of the footloose surf culture he'd done so much to legitimise.

Local Tom Carroll is a former professional surfer who grew up at Newport. He won the Australian Junior Title in 1978, the Pro Juniors in 1977 and 1980, the 1983 and 1984 ASP World Tour, and the 1987 Pipe Masters. He became the first surfing millionaire after signing a contract with Quiksilver in 1989.

MONA VALE LIBRARY A FACILITY OF PITTWATER COUNCIL

Sydney Opera House - Celebration Concert

Sydney Opera House are thrilled to announce they will be live streamingtheir 40th Anniversary Concert internationally this **Sunday October 27 at 5:30pm AEST**. Tune in to Sarah Blasko, Baz Luhrmann, Sydney Symphony Orchestra, and many more here: http://bit.ly/1aFA7Yq

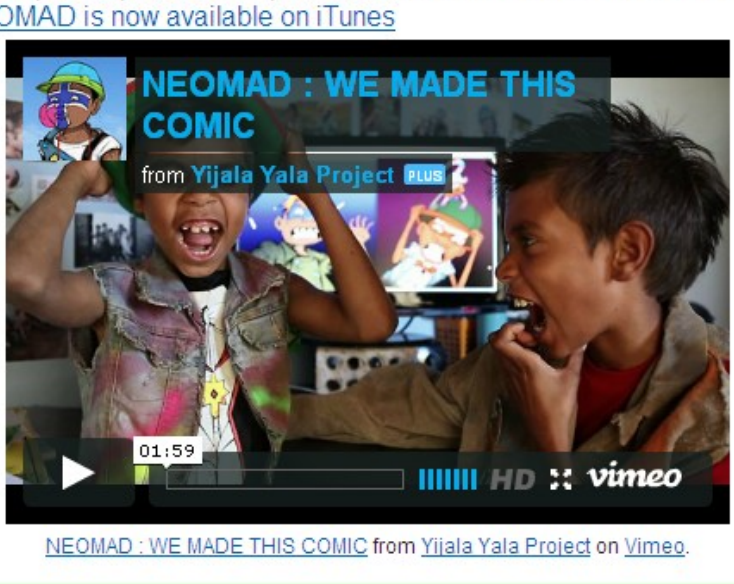
WA Teenagers Create Inetractive Comic Book

A group of teenagers from Roebourne in Western Australia have created the first interactive Aboriginal comic book:

NEOMAD : WE MADE THIS COMIC

from Yijala Yala Project

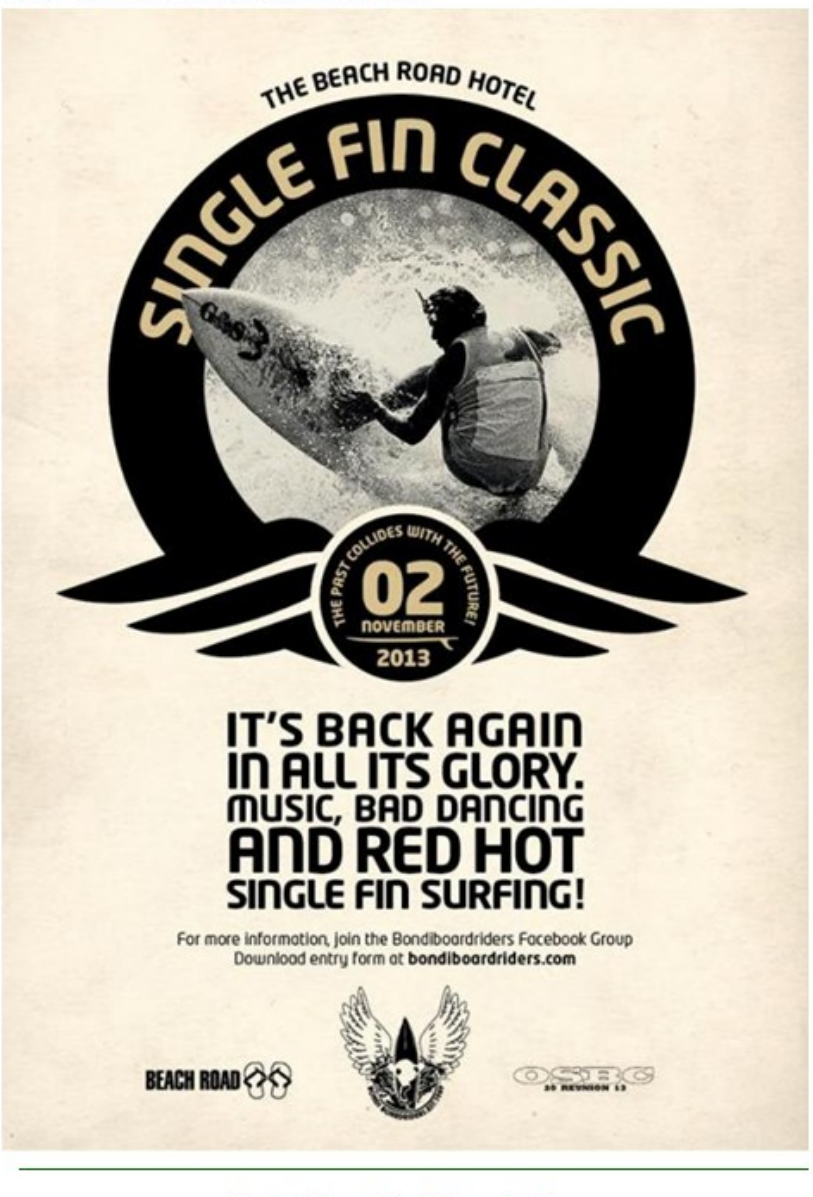
Garuwarra and Born Ready from the Love Punks explain how they (and their friends from Ieramugadu aka Roebourne) made the NEOMAD comic. NEOMAD is an interactive comic with sound effects, music, voice overs, animation and of course live action films. NEOMAD is now available on iTunes



NEOMAD : WE MADE THIS COMIC from Yijala Yala Project on Vimeo.

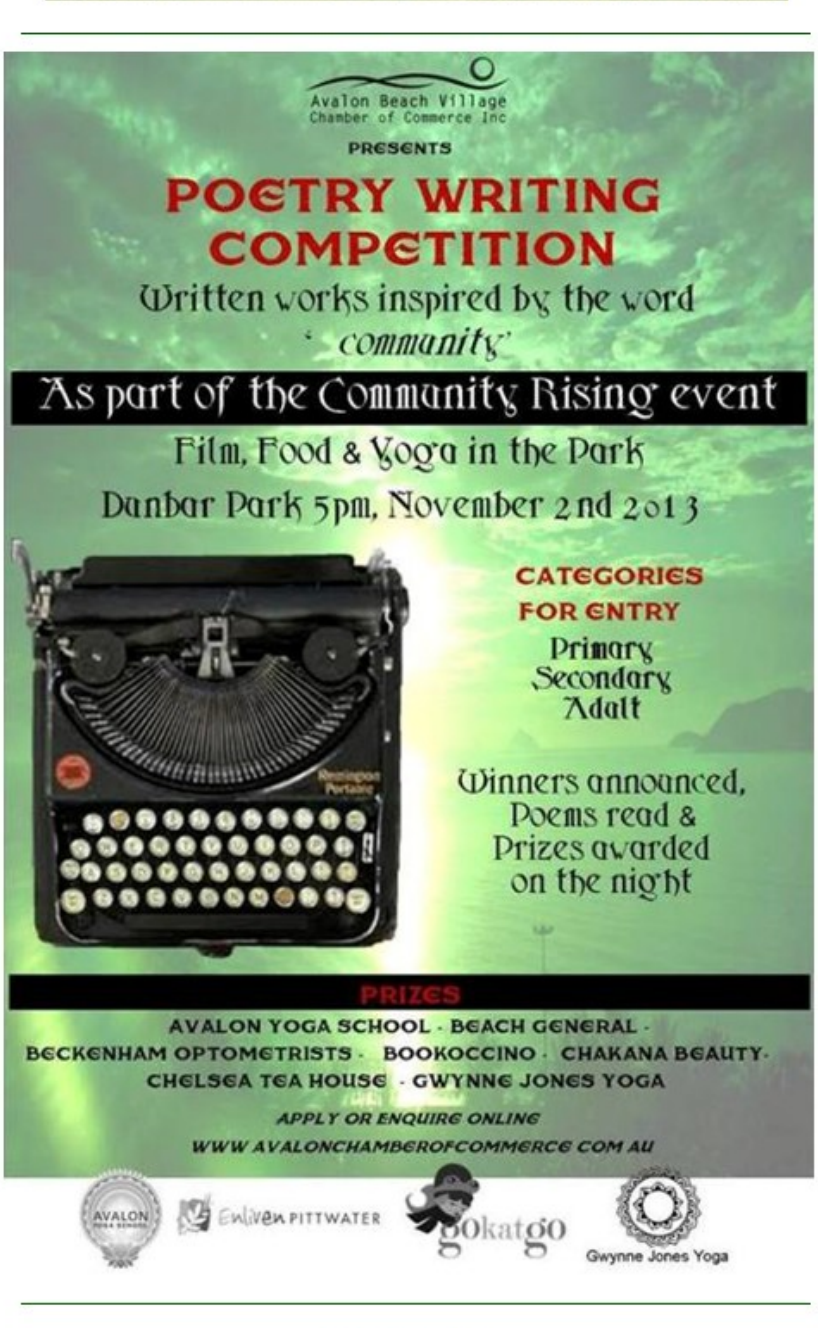
Single Fin Classic Returns

Next weekend Bondi's surfing gods from the 80s and 90s will be in town to wind back the clock. On Saturday 2nd of November The Beach Road Hotel Single Fin Classic will feature **Cheyne Horan and Richard Cram** ripping it up in competition on pre-1986 single fin surfboards. A number of things make the Beach Road Hotel Single Fin Classic a stand out event: As well as being the biggest surfing event in Bondi it's a truly unique cultural event, which fuses grass roots surfing, good vibes, and bad dancing (surfers must dance before they surf for extra points). It's not sponsored by a drink company or a video game maker, and if you want to surf in it just go to:www.bondiboardriders.com for details. Alternatively come and enjoy a day on the hill. **All welcome.**



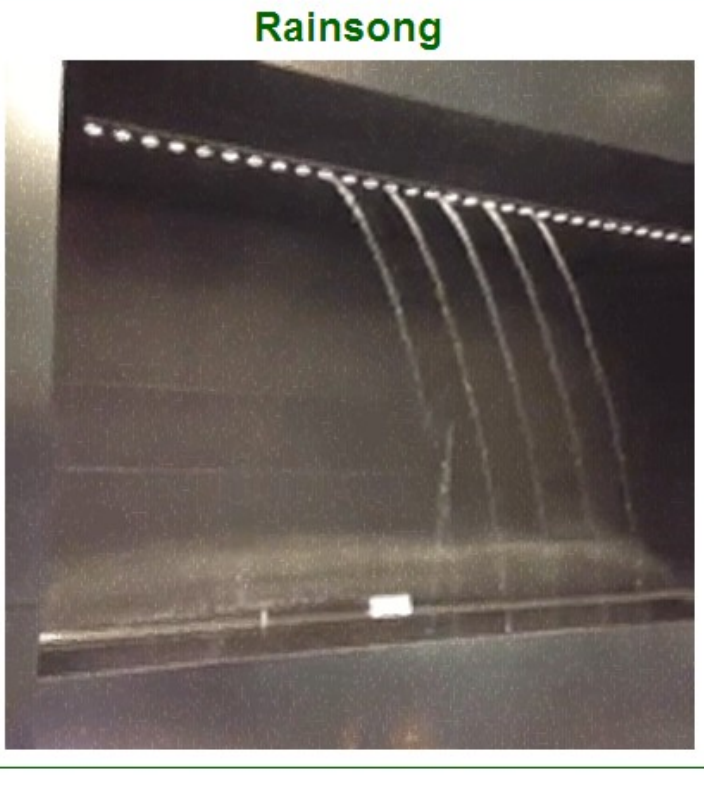
THE BEACH ROAD HOTEL
SINGLE FIN CLASSIC
THE PAST COLLIDES WITH THE FUTURE
02 NOVEMBER 2013
IT'S BACK AGAIN IN ALL ITS GLORY. MUSIC, BAD DANCING AND RED HOT SINGLE FIN SURFING!
For more information, join the Bondiboardriders Facebook Group
Download entry form at bondiboardriders.com

Lightning Striking A Tree



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

Rainsong



Take Charge Youth Leadership Forum 2013
0:00 / 6:14
YouTube

Youth Advisory Council Applications Now Open

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

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

What members do:

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

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

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

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

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

Read about previous YAC activities.

Time commitment

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

How to apply

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

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

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

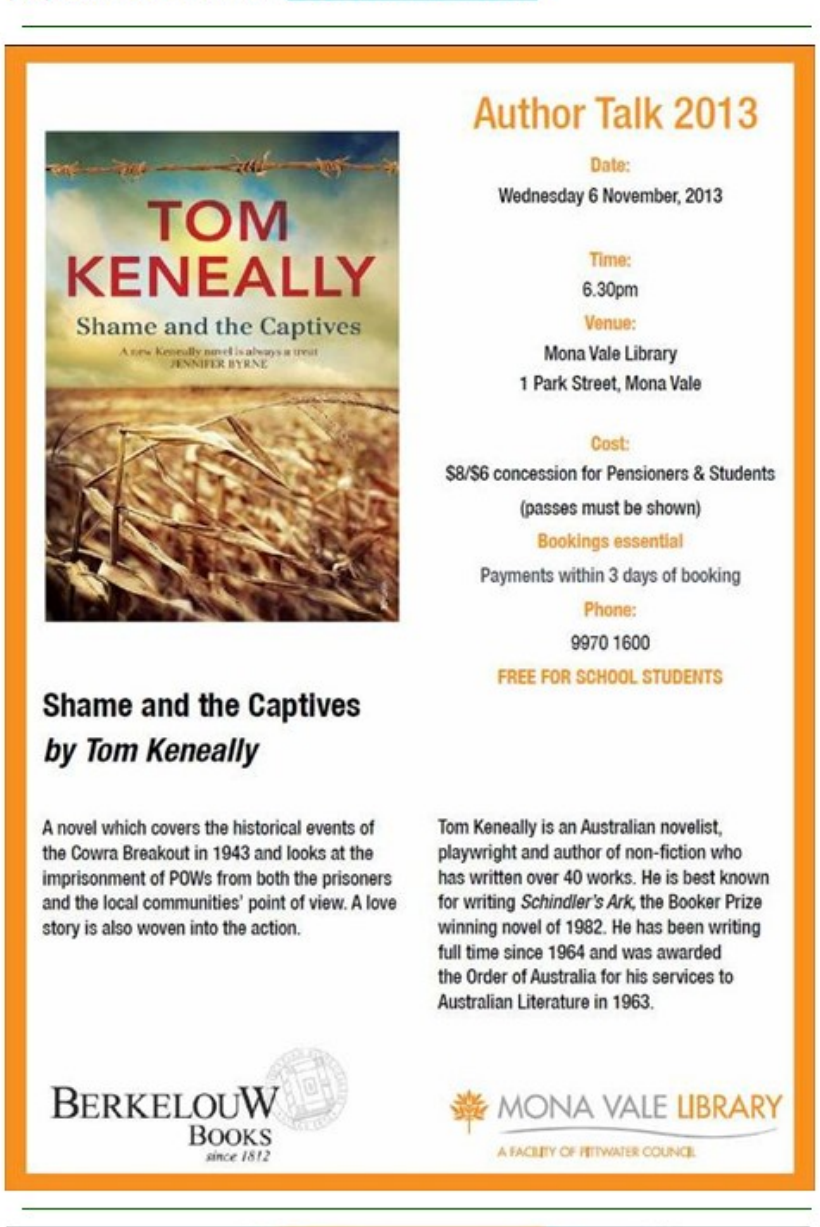
Download the application form (228KB). Save the form to your files and then:

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

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

More information

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



Author Talk 2013

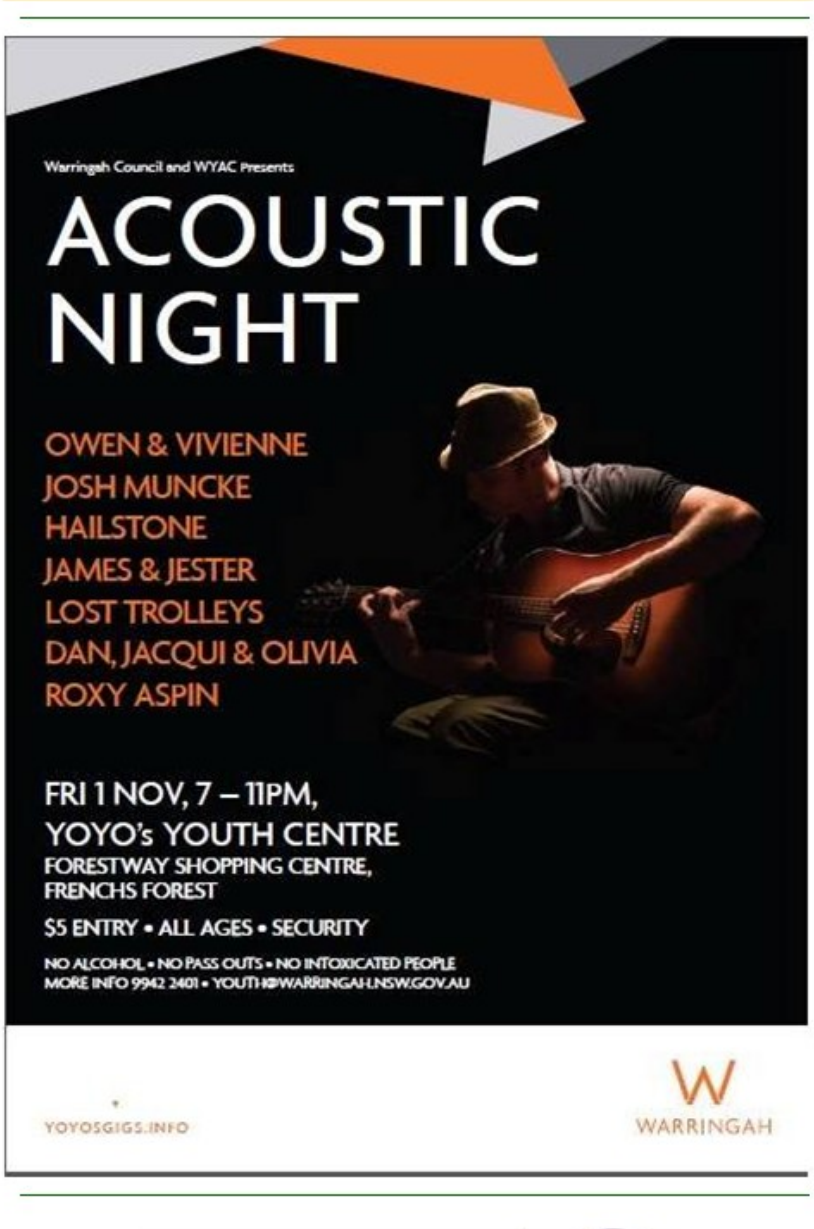
Date: Wednesday 6 November, 2013
Time: 6.30pm
Venue: Mona Vale Library
1 Park Street, Mona Vale
Cost: $8/$6 concession for Pensioners & Students (passes must be shown)
Bookings essential
Payments within 3 days of booking
Phone: 9970 1600
FREE FOR SCHOOL STUDENTS

Shame and the Captives
by Tom Keneally

A novel which covers the historical events of the Cowra Breakout in 1943 and looks at the imprisonment of POWs from both the prisoners and the local communities' point of view. A love story is also woven into the action.

Tom Keneally is an Australian novelist, playwright and author of non-fiction who has written over 40 works. He is best known for writing Schindler's Ark, the Booker Prize winning novel of 1982. He has been writing full time since 1964 and was awarded the Order of Australia for his services to Australian Literature in 1963.

BERKELOUW BOOKS since 1812
MONA VALE LIBRARY A FACILITY OF PITTWATER COUNCIL



Warringah Council and WYAC Presents
ACOUSTIC NIGHT
OWEN & VIVIENNE
JOSH MUNCKE
HAILSTONE
JAMES & JESTER
LOST TROLLEYS
DAN, JACQUI & OLIVIA
ROXY ASPIN
FRI 1 NOV, 7 – 11PM,
YOYO's YOUTH CENTRE
FORESTWAY SHOPPING CENTRE, FRENCHS FOREST
$5 ENTRY • ALL AGES • SECURITY
NO ALCOHOL • NO PASS OUTS • NO INTOXICATED PEOPLE
MORE INFO 9942 2401 • YOUTH@WARRINGAH.NSW.GOV.AU
YOYOSGIGS.INFO
WARRINGAH

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

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

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

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

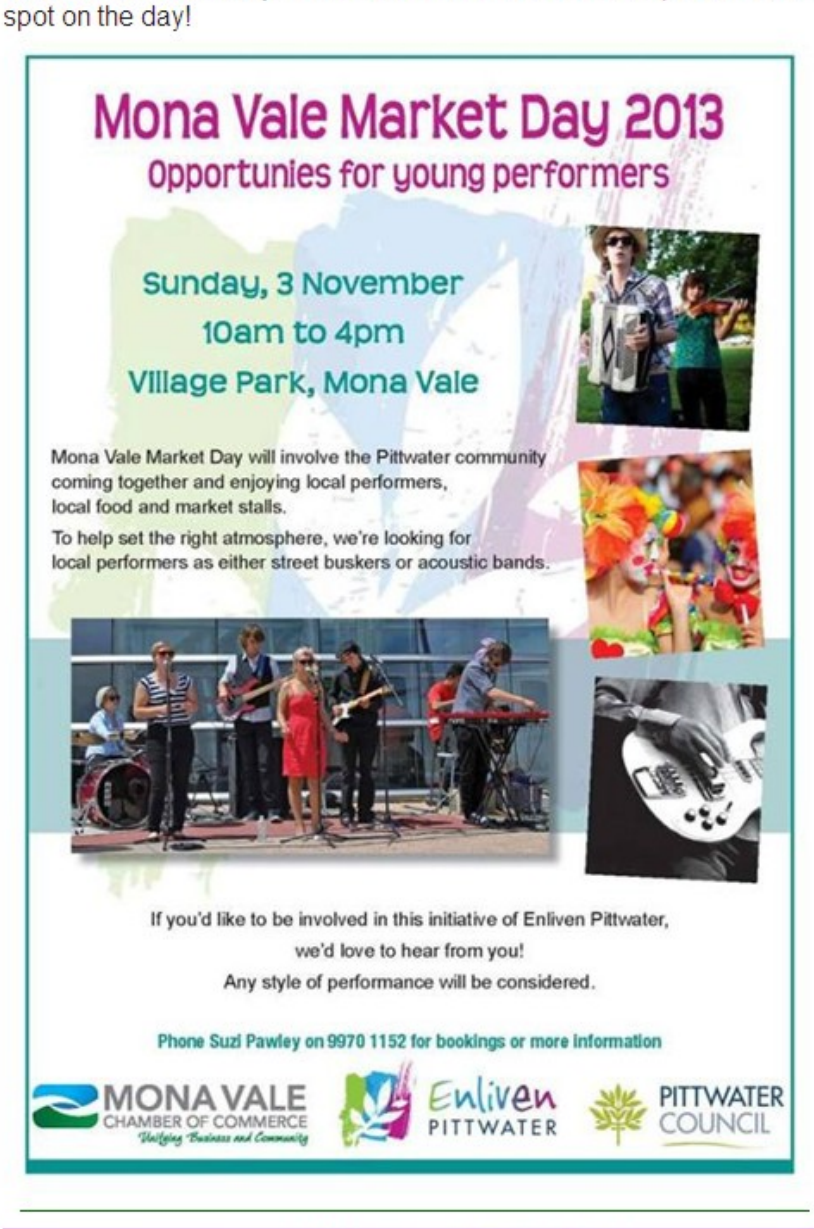
Library Manager Cathy Howie said that the after-hours study sessions aimed to help HSC students to make use of a quieter environment for studying.

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

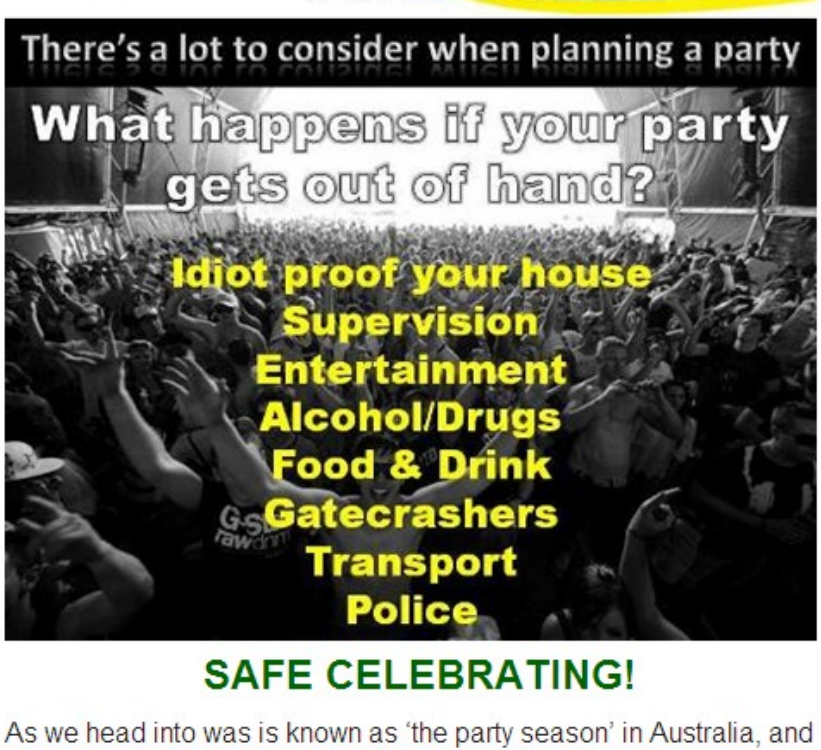
Mona Vale Library is located at 1 Park Street, Mona Vale.

Enliven Pittwater

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



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



Your Night Your Party!
There's a lot to consider when planning a party
What happens if your party gets out of hand?
Idiot proof your house
Supervision
Entertainment
Alcohol/Drugs
Food & Drink
Gatecrashers
Transport
Police

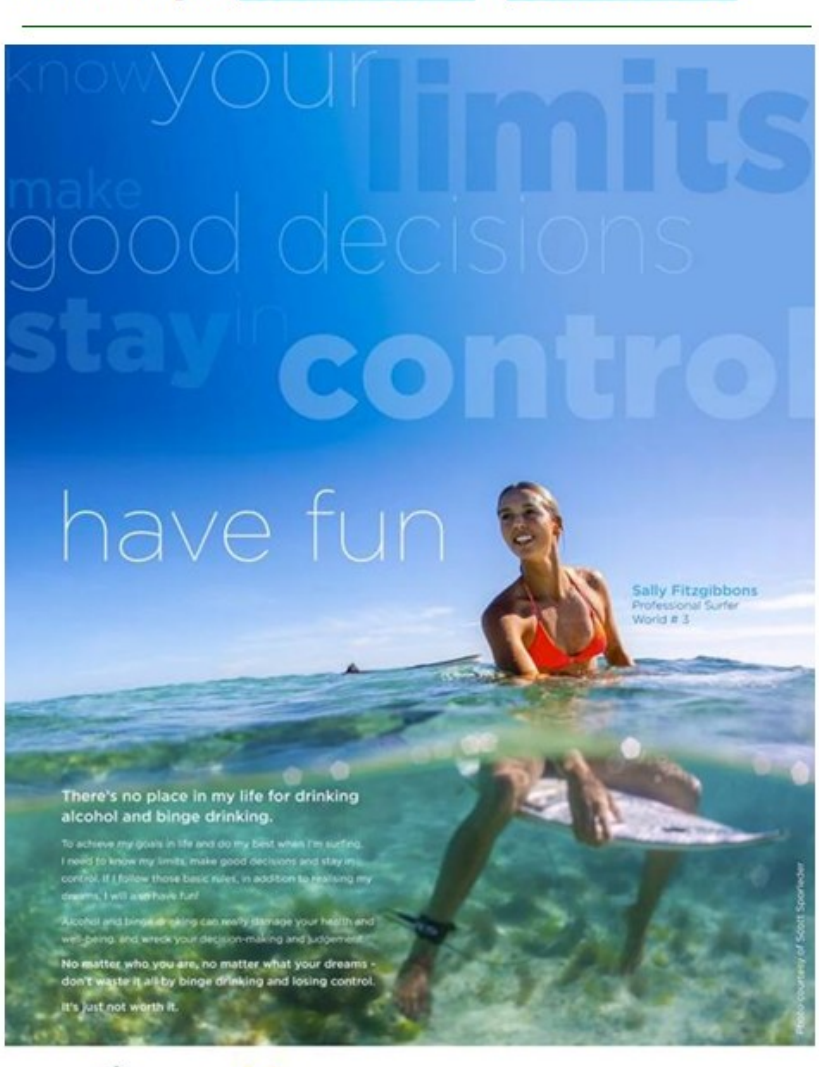
SAFE CELEBRATING!

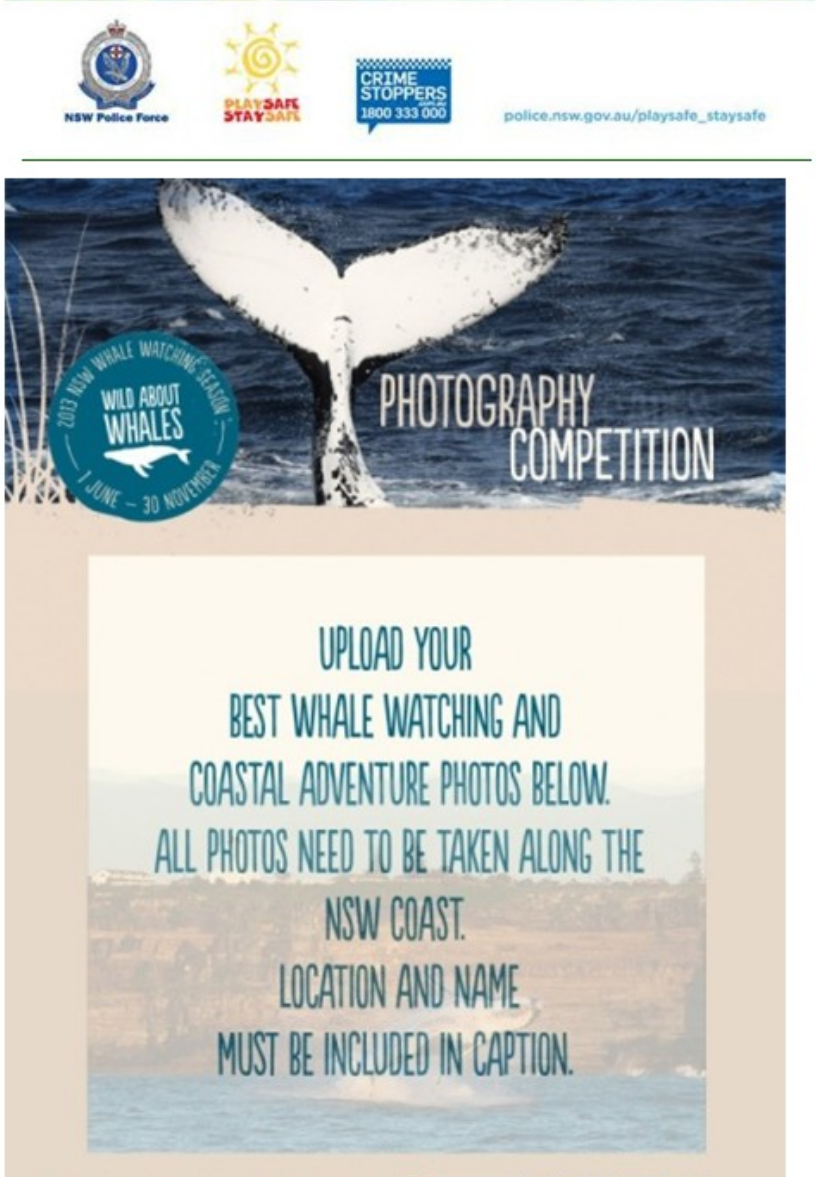
As we head into was is known as 'the party season' in Australia, and with so many of you completing your HSC or other schooling soon, a timely reminder of how to have fun and stay safe seems like a good idea around now. We all know that parties and celebrations are important to young people. They provide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

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

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

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


know your limits
make good decisions
stay in control
have fun
Sally Fitzgibbons
There's no place in my life for drinking alcohol and binge drinking.
police.nsw.gov.au/playsafe_staysafe



WILD ABOUT WHALES
PHOTOGRAPHY COMPETITION
UPLOAD YOUR BEST WHALE WATCHING AND COASTAL ADVENTURE PHOTOS BELOW.
ALL PHOTOS NEED TO BE TAKEN ALONG THE NSW COAST.
LOCATION AND NAME MUST BE INCLUDED IN CAPTION.
Mark Seabury Photography
WHALE WATCHING SYDNEY
WILDABOUTWHALES.COM.AU

More about this Comp HERE

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

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

Headspace 'We've got your back' campaign

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

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

The Project Gutenberg Library of Australiana

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

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

Love Food, Hate Waste Cookbook

KIDS IN THE KITCHEN

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

Love food hate waste book: HERE

Mona Vale Library - Duke of Edinburgh Awards

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

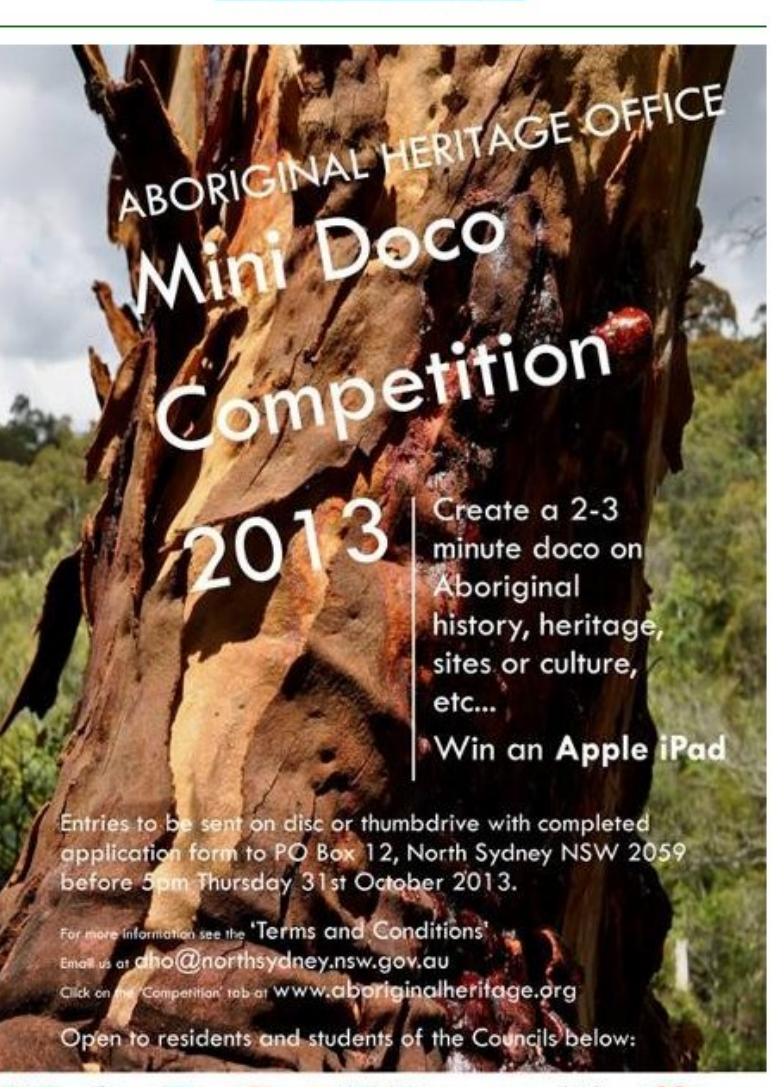
Powerhouse Museum Online Fun

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

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

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

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



ABORIGINAL HERITAGE OFFICE
Mini Doco Competition 2013
Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...
Win an Apple iPad
Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.
For more information see the 'Terms and Conditions'
Email us at aho@northsydney.nsw.gov.au
Click on the 'Competition' tab at www.aboriginalheritage.org
Open to residents and students of the Councils below:

Send In Your Stuff

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

All are Welcome, All Belong !

A few Snippets on the Great Depression in Australia – C/- W.A.G.

If you don't know what the Great Depression was, here's the motto: "Use it up - wear it out", make it do, or do without!!!!!"

This reminds me to be grateful for what I do have.

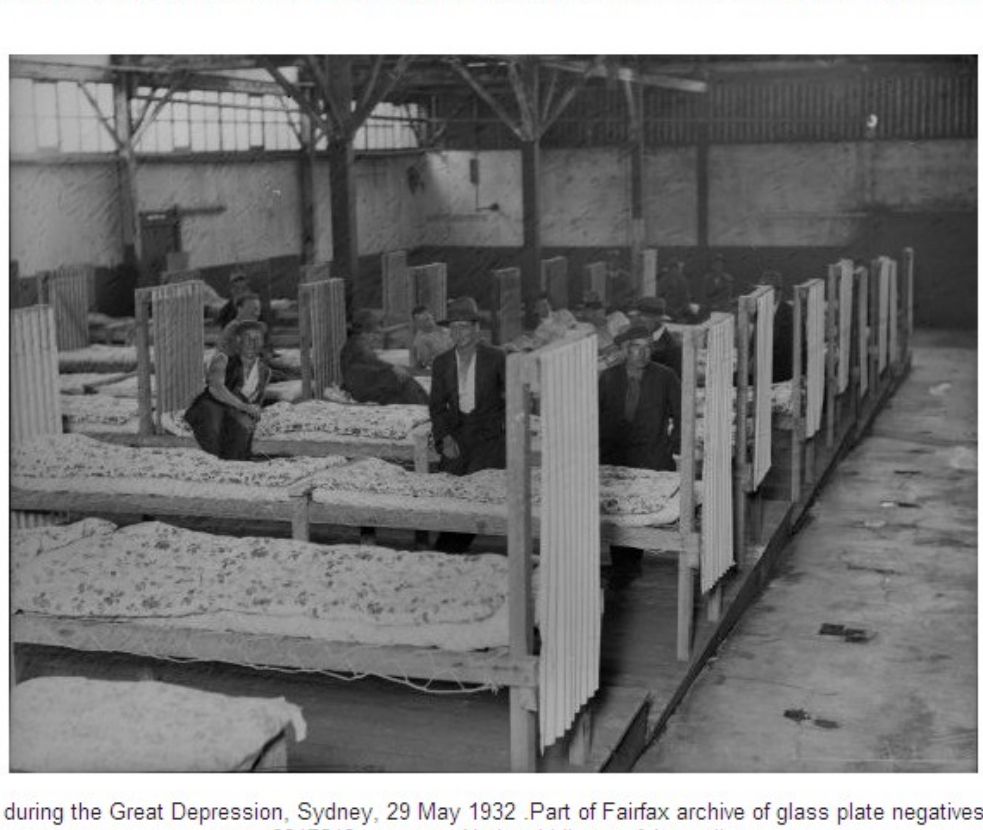
"Yesterday is history, Tomorrow is a mystery. And Today? Today is a gift. That's why we call it the present."

The Great Depression was a severe worldwide economic depression in the decade preceding World War II. The timing of the Great Depression varied across nations, but in most countries it started in 1930 and lasted until the late 1930s or middle 1940s. It was the longest, most widespread, and deepest depression of the 20th century.

The depression originated in the U.S., after the fall in stock prices that began around September 4, 1929, and became worldwide news with the stock market crash of October 29, 1929 (known as Black Tuesday).

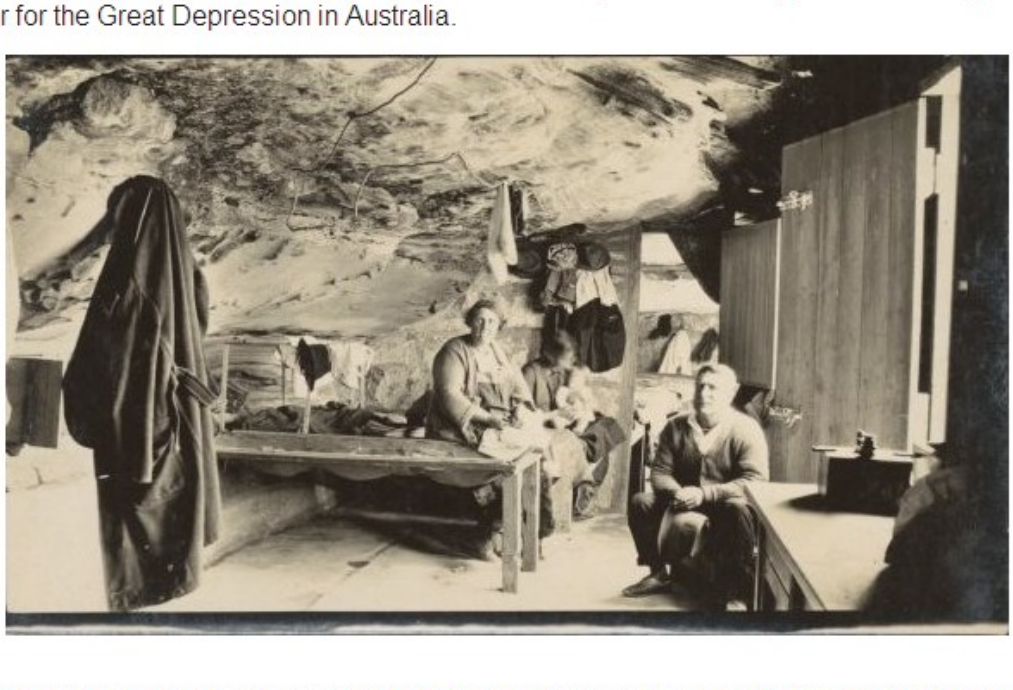
Together, government and business spent more in the first half of 1930 than in the corresponding period of the previous year. On the other hand, consumers, many of whom had suffered severe losses in the stock market the previous year, cut back their expenditures by ten percent. On top of this, beginning in mid-1930, a severe drought ravaged the agricultural heartland of the US.

By mid-1930, interest rates had dropped to low levels, but expected deflation and the continuing reluctance of people to borrow meant that consumer spending and investment were depressed. By May 1930, automobile sales had declined to below the levels of 1928. Prices in general began to decline, although wages held steady in 1930; but then a deflationary spiral started in 1931. Conditions were worse in farming areas, where commodity prices plunged, and in mining and logging areas, where unemployment was high and there were few other jobs.



Beds in the Redfern fish markets during the Great Depression, Sydney, 29 May 1932 Part of Fairfax archive of glass plate negatives between 1890 and 1948. nla.pic-vn6247543, courtesy National Library of Australia

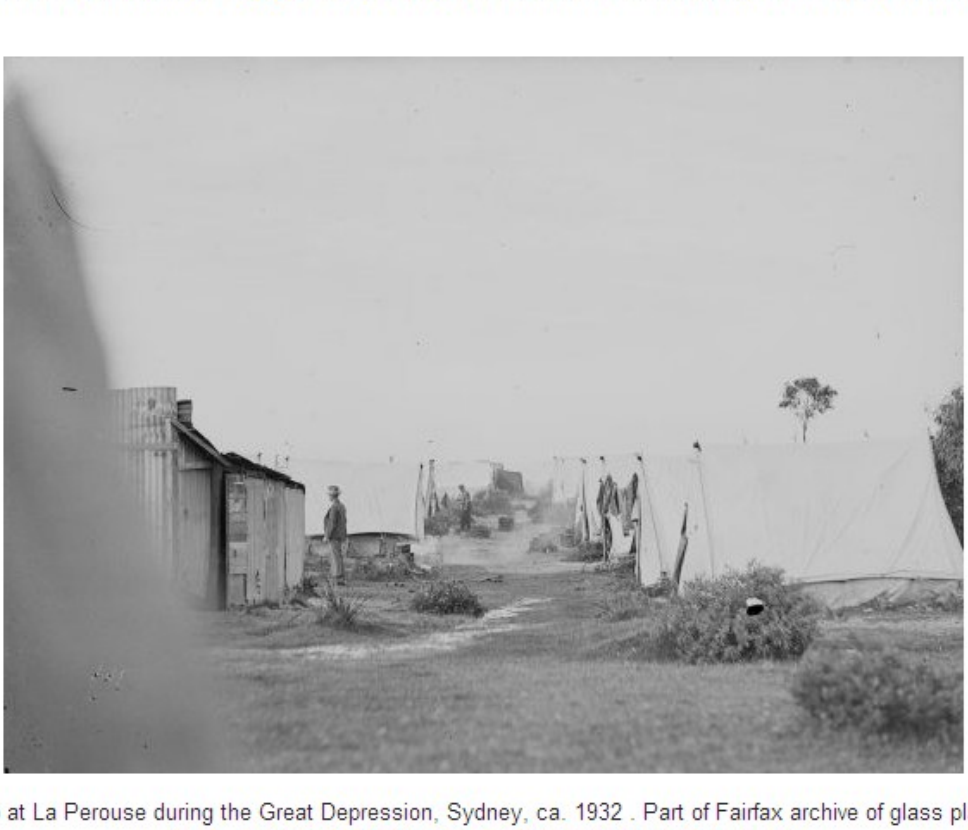
Australia's dependence on agricultural and industrial exports meant it was one of the hardest-hit countries in the Western world. Falling export demand and commodity prices placed massive downward pressures on wages. Further, unemployment reached a record high of 29% in 1932, with incidents of civil unrest becoming common. After 1932, an increase in wool and meat prices led to a gradual recovery, although some sources state 1933 was the worst year for the Great Depression in Australia.



Right: Cave dwellers near Kernell [ie. Kurnell], New South Wales, 1930s. Part of Collection of photographs of a family living in a cliff side cave during the Great Depression, Kurnell, New South Wales. 1930s [picture]. nla.pic-vn3706012, Courtesy National Library of Australia

Because of the economic downturn, people's lives changed drastically. Australia had supplied huge amounts of wool for uniforms during World War 1, and many exports helped Australia achieve a high standard of living in the 1920s. The majority of the people of Australia lived very well prior to the fall, so they felt the effects of the depression strongly. Because of the severe economic contraction, the reduction of purchasing goods, employers couldn't afford to keep excessive workers. A five-year unemployment average for 1930-34 was 23.4%, with a peak of approximately 30% of the nation being unemployed in 1932. This was one of the most severe unemployment rates in the industrialised world, exceeded only by Germany.

As a result of no money, many families found themselves living on the streets in poverty or formed camps in areas they were allowed to stay – many moved east – towards the beaches as they could not only feed their families with fish caught, they could also sell excess fish for shillings and pennies to buy other necessities. **Happy Valley** was one of the more well known unemployment camps in the sandhills of La Perouse.



Shelters at Happy Valley camp at La Perouse during the Great Depression, Sydney, ca. 1932 . Part of Fairfax archive of glass plate negativesbetween 1890 and 1948. nla.pic-vn6255757, courtesy National Library of Australia

People also lost a great deal of faith in their government. They had always expected they would take care of them. Now there weren't any programs in place to assist them. There just weren't enough shelters or food banks to offer the vast amount of supplies people needed. Everyone was on their own and it was a very difficult type of life to try to live.

Not all of the effects of the Great Depression were negative though. Many people learned some valuable things about managing their money and doing the best they could with what they had. Children from the depression grew up to be very imaginative and inventive. They also appreciated the things that they had access to in their life because they never forgot just how little they once had.

Great Depression in Australia. (2013, September 17). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Great_Depression_in_Australia&oldid=573266041

Further: for insights into what living in La Perouse was like, the by ABC's Message Stick program aired She Sells Seashells a profile of wonderful Esme Timbery, the last in a long line of shellworkers still living and working in Sydney's La Perouse, in February of 2009 see; http://www.abc.net.au/tv/messagestick/stories/s2495615.htm

Or an interview here: http://www.historyofaboriginalsydney.edu.au/south-coastal/esme-timbery

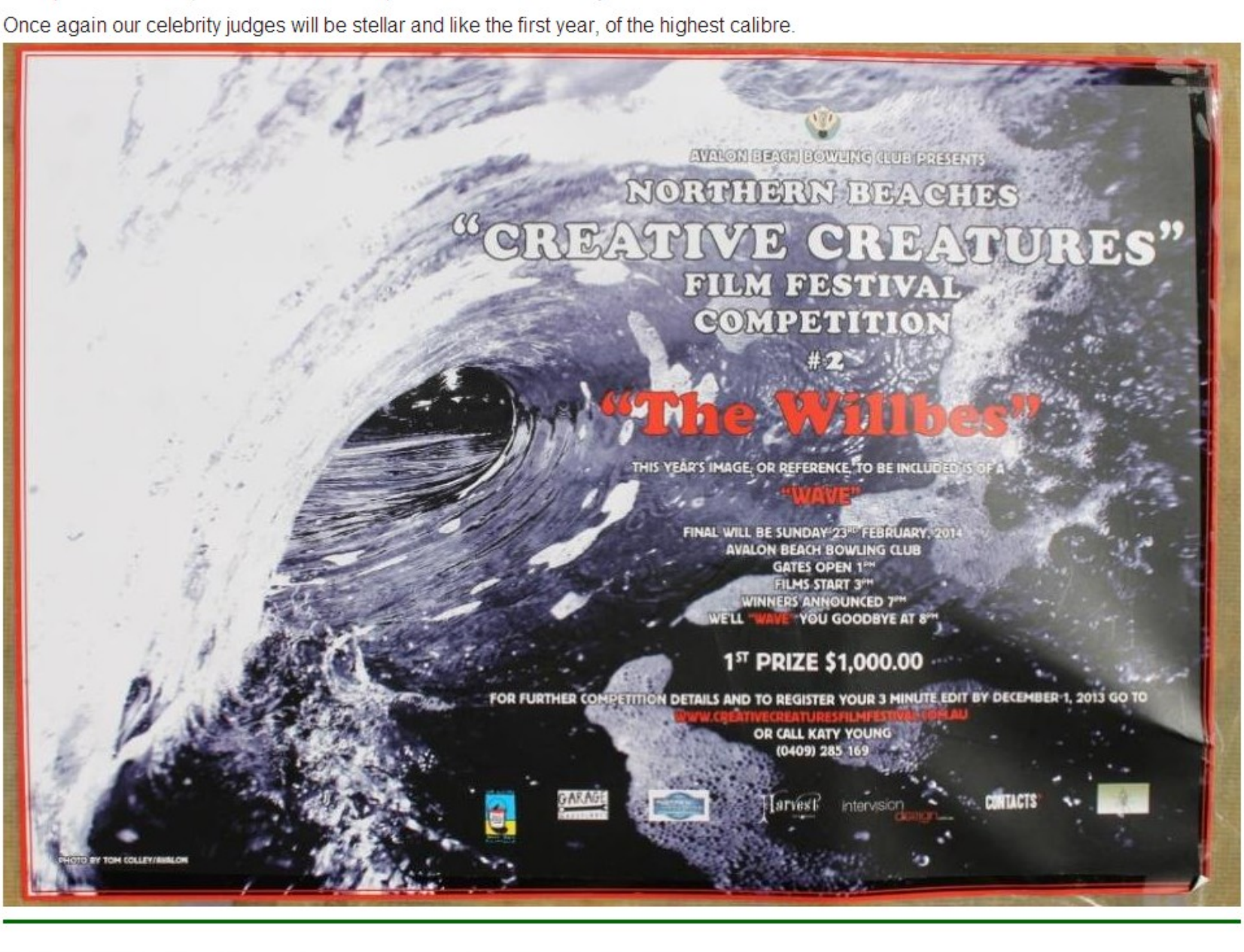
Creative Creatures Film Festival - website

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

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

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

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



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

Pittwater Online News

October 27 - November 2, 2013: Issue 134

Profiles of the Week - time to catch up on a few local legends, like all of you; Jervis Sparks, John Black or Gary Cook. This week, John Ogden

Grandparents Day Website

grand parents day

Grandparents have a unique role. They don't just connect us to the values, stories and histories of our families, but to the values, stories and histories of our communities.

In 2011 the NSW State Government chose to recognise the contributions that grandparents make by launching Grandparents Day. Each year, Grandparents Day will be celebrated in NSW on the last Sunday of October.

This year, Grandparents Day is on **Sunday 27 October,** and community groups and councils around NSW are planning their Grandparents Day events. Visit the Grandparents Day website to find out how you can involved involved in Grandparents Day this year.

Also see American website Grandparents.com for heaps of information for you!

Stepping up for a Big Debate on Ageing – National Seniors Media release – October 23rd, 2013

Australia's willingness to harness the wealth of talent in older Australians will keep them in the workforce longer and enable them to help provide for the secure retirements they deserve, National Seniors Australia says.

While the ageing population presents its own set of challenges, they should not overshadow opportunities for employment for over 50s and perhaps a re-evaluation of their needs and expectations, National Seniors chief executive Michael O'Neill told its annual Western Australia State Convention today.

He said that National Seniors' research had shown there were 7.3 million people in Australia aged over 50 in 2012 but the number would jump to 10.5 million by 2030.

By that date, retirees over 65 will make up 33 out of every 100 people aged 15+ but how the needs of older people will be met will depend on how they are valued now - or not valued, he said.

Three years ago, around one quarter of the federal budget was directed towards health, aged care and age-related pensions - a proportion expected to increase significantly with the shift in population.

"If the economy is to keep growing and pensions and welfare are to keep pace with inflation, we need to make the most of all our resources, including the experience and talents of mature people – many of whom want to, or need to, remain in the workforce," O'Neill said "Government and society as a whole can not only make it possible for these people to obtain work and stay in jobs for longer, but also there should be a national debate about bringing down workplace barriers and enabling older people to provide for their own retirements.

"We may also need to discuss the benefits and entitlements which older people now receive and which they can reasonably expect in the future.

"And there should be some value placed on the unpaid work of the older carers of those unable to care for themselves.

"If those carers were not able or not available, would Australia be able to pay for the services of those who could replace them? There is already a chronic shortage of workers in the aged care sector.

"There are a lot of issues to consider and it's a big debate but one that is not impossible if all sides want to take part in it."

Bill Cosby - Grandparents

Bill Cosby---Grandparents
0:00 / 8:34

TENNYSON'S STORY – Cricket Season

' Recite Him Your Grandfather Poem.'

Lord Tennyson, who captained England against Australia in a Test match at Manchester in 1921, tells a good story connected with that game.- 'When the Australians went in to bat, their only hope was a, draw,' he said recently, and Collins stonewalled' for five and a half hours for 40 runs. I was puzzled how to get rid of him, and while scratching my head, one of the crowd called: Hi, Tennyson, recite him one of your grandfather's poems; that'll shift him !' TENNYSON'S STORY. (**1932, September 7**). *The Picton Post* (NSW : 1907 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article112762200

Played at Old Trafford, Manchester 23,25,26 July 1921 (3-day match) the match did indeed end in a draw.

Herbie Collins (1888-1959) took part in 19 Tests for Australia between 1920 and 1926. First appearing for New South Wales in 1912, he was a prominent member of the Australian Imperial Forces team in England in 1919, being captain for much of the programme after CE Kelleway, because of some disagreement, dropped out. During that tour Collins scored 1615 runs, including six centuries, average 38.45, and with slow left-arm bowling took 106 wickets for 16.55 runs each.

Reading minds - Published on 23 Oct 2013

Neuroscientists are starting to decipher what a person is seeing, remembering and even dreaming just by looking at their brain activity. They call it brain decoding.

In this Nature Video, we see three different uses of brain decoding, including a virtual reality experiment that could use brain activity to figure out whether someone has been to the scene of a crime.

Reading minds
naturevideo
0:00 / 4:06

Petition: Australian Government: Stop legislation reducing the pension of Australian citizens that have lived in Australia for less then 35 years.

Overview Letter

Targeting: AUSTRALIAN HUMAN RIGHTS COMMISSION

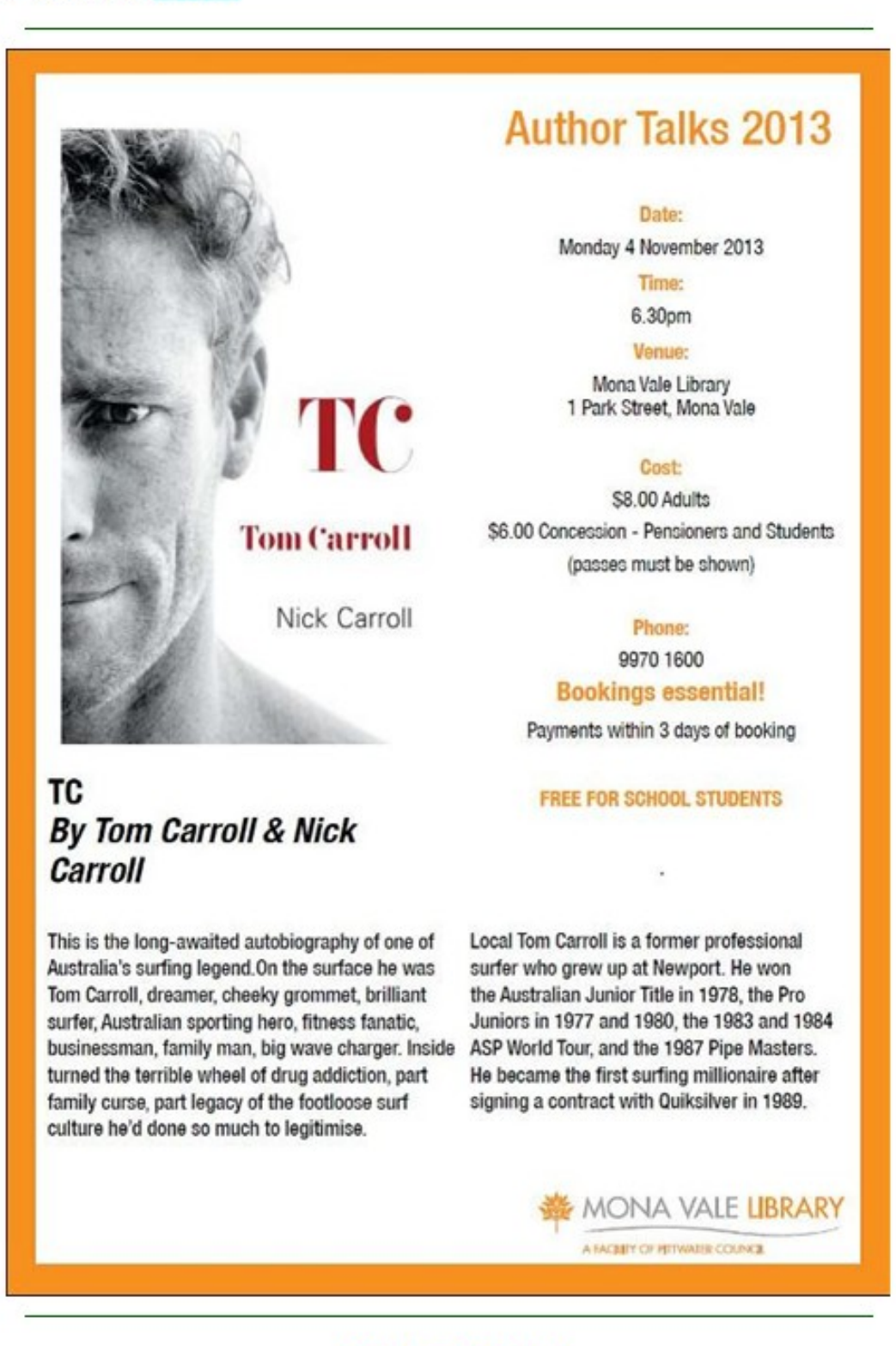
Started by: Adam Parzybok

Stop the **Australian Government introducing legislation on the 1st of January 2014 that will extend the number of years you must have lived in Australia from 25 to 35, to receive the full pension if you want to live abroad.** If you have lived in Australia for less then 35 years you will receive a part pension, dependent on the number of years you have lived in Australia.

We are all Australian Citizens no mater how long we have lived in this country, therefore why is the Government of Australia trying to divide our society on the basis of time we have spent in this country. We work hard, and pay taxes like everybody else. If you have been naturalised as an Australian Citizen, you should be entitled to the same rules that apply to any other Australian Citizen. Over a quarter of all Australians were born overseas making it possible that they will want or need to spend some time in the country of their birth once they retire. Therefore, I urge you to sign this petition to stop the Government cutting the pension for valid pensioners, and treat all Senior Citizens of Australia equally. And sing with one voice,

I am, you are, we are Australian.

Petition at: **HERE**



Author Talks 2013

Date:
Monday 4 November 2013

Time:
6.30pm

Venue:
Mona Vale Library
1 Park Street, Mona Vale

Cost:
$8.00 Adults
$6.00 Concession - Pensioners and Students
(passes must be shown)

Phone:
9970 1600

Bookings essential!

Payments within 3 days of booking

FREE FOR SCHOOL STUDENTS

TC
Tom Carroll
Nick Carroll

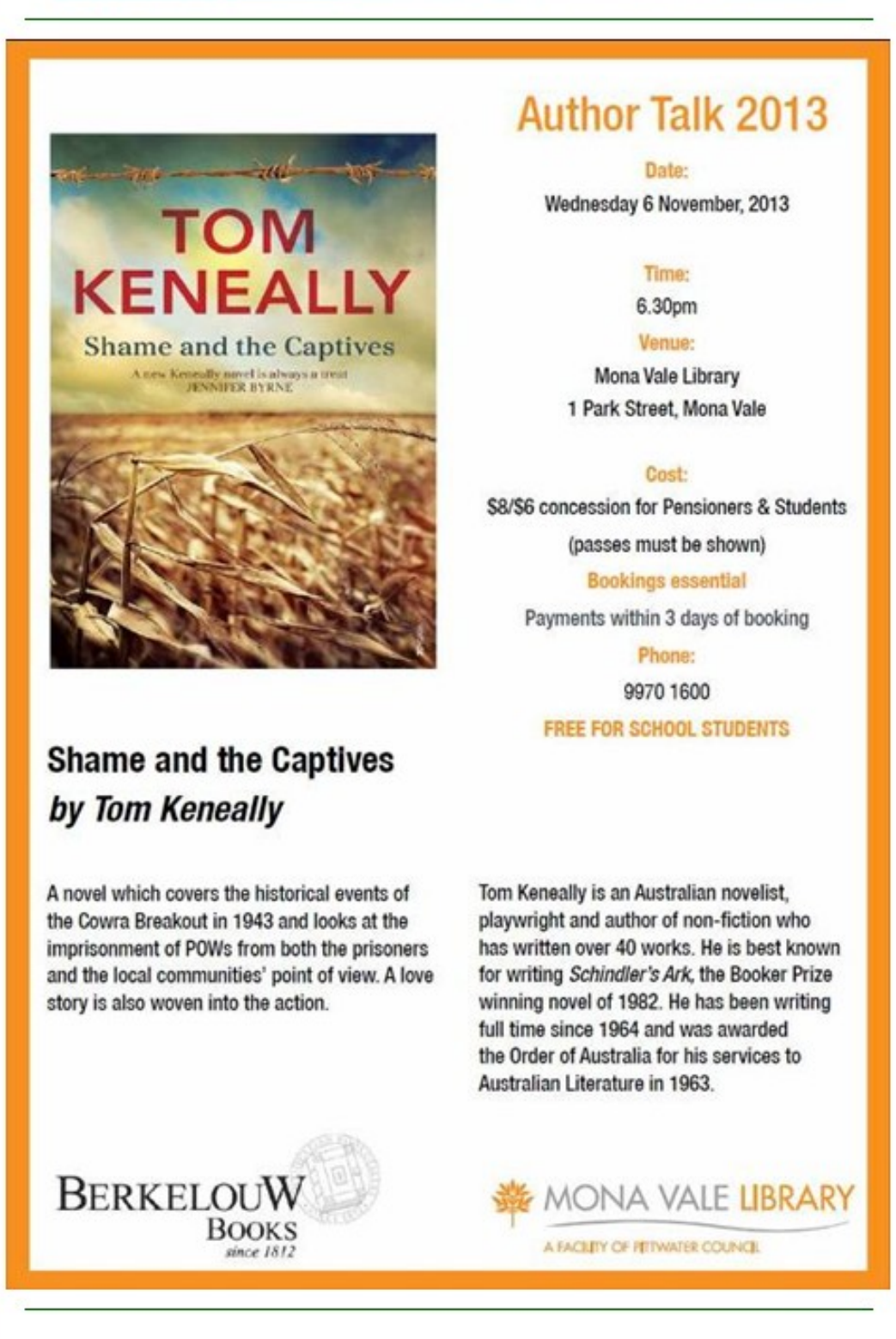
TC
By Tom Carroll & Nick Carroll

This is the long-awaited autobiography of one of Australia's surfing legend.On the surface he was Tom Carroll, dreamer, cheeky grommet, brilliant surfer, Australian sporting hero, fitness fanatic, businessman, family man, big wave charger. Inside turned the terrible wheel of drug addiction, part family curse, part legacy of the footloose surf culture he'd done so much to legitimise.

Local Tom Carroll is a former professional surfer who grew up at Newport. He won the Australian Junior Title in 1978, the Pro Juniors in 1977 and 1980, the 1983 and 1984 ASP World Tour, and the 1987 Pipe Masters. He became the first surfing millionaire after signing a contract with Quiksilver in 1989.

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Drifting Truck



Author Talk 2013

Date:
Wednesday 6 November, 2013

Time:
6.30pm

Venue:
Mona Vale Library
1 Park Street, Mona Vale

Cost:
$8/$6 concession for Pensioners & Students
(passes must be shown)

Bookings essential

Payments within 3 days of booking

Phone:
9970 1600

FREE FOR SCHOOL STUDENTS

TOM KENEALLY
Shame and the Captives

Shame and the Captives
by Tom Keneally

A novel which covers the historical events of the Cowra Breakout in 1943 and looks at the imprisonment of POWs from both the prisoners and the local communities' point of view. A love story is also woven into the action.

Tom Keneally is an Australian novelist, playwright and author of non-fiction who has written over 40 works. He is best known for writing *Schindler's Ark*, the Booker Prize winning novel of 1982. He has been writing full time since 1964 and was awarded the Order of Australia for his services to Australian Literature in 1983.

BERKELOUW BOOKS
since 1812

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Mosman Art Gallery

Fresh from its showing at the Mori Art Museum, Tokyo, Japan, Tatsumi Orimoto's moving video performance is a personal investigation into dementia, its impact and other issues relating to ageing. On display in the Cube at Mosman Art Gallery until Sunday 5 January 2014.

Performance 2013
Beethoven-Mama
the cube
Tatsumi Orimoto
BEETHOVEN-MAMA
19 October 2013 - 5 January 2014
MOSMAN ART GALLERY
www.mosmanartgallery.org.au
Tatsumi Orimoto
BEETHOVEN-MAMA
Video still

UNIVERSITY OF WOLLONGONG LAUNCHES FREE ONLINE COURSES

The University of Wollongong (UOW) has announced a new partnership with massive open online course (MOOC) provider, Open2Study, to deliver free online courses to the public.

The first UOW MOOC 'Understanding Common Diseases', which opens for enrolments on 14 October and begins on 18 November, will be provided by Dr Kylie Mansfield and Associate Professor Lyndal Parker-Newlyn from the Graduate School of Medicine.

Manager for Open Education at UOW, Ms Sarah Lambert said the course, which will run for four weeks, provides comprehensive research and science-based information on some of the most commonly occurring health issues in the community.

"The first UOW Open2Study course is intended to give a taster to tertiary studies – particularly for those who are looking to boost their professional skills, are considering returning to study **or just want to learn something new**," Ms Sarah Lambert, Manager for Open Education at UOW, said.

Professor Eeva Leinonen, Deputy Vice-Chancellor (Education), said UOW is delighted to be launching this free learning opportunity.

"It enables anyone interested in learning about common diseases to hear experts from our School of Medicine explain in accessible terms the causes, characteristics, treatment and prevention of diseases we are familiar with. This is part of UOW's commitment to enabling access to high quality learning to all who can benefit, and to reach out to communities far beyond our campuses," she said.

Professor Leinonen said UOW is developing its offer of online education and aim to have a good range of interesting topics for learners to choose from.

Professor of Law at the Australian National Centre for Ocean Resources and Security, Stuart Kaye, with support from researchers Dr Chris Rahman and **Dr Mary Ann Palma, will deliver the second UOW MOOC early next year titled 'Contemporary Issues in Ocean Governance – Maritime Enforcement and Security'.**

Aquatic environmental vandalism and modern-day piracy on the high seas will all be part of this very topical online course, which highlights areas of UOW's international interdisciplinary research expertise.

Open2Study courses are split into four-week modules. Each module covers 4 topics, and each topic is taught with a series of short videos (usually about 5-10 minutes) with a quiz at the end of each topic. There are also online discussion forums for discussing the materials, with online support by Open2Study's professional online facilitators.

Open2Study courses are not accredited and do not count as credit towards UOW degrees.

MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

TECHNOLOGY DROP-IN SESSIONS

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

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

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

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

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

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

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

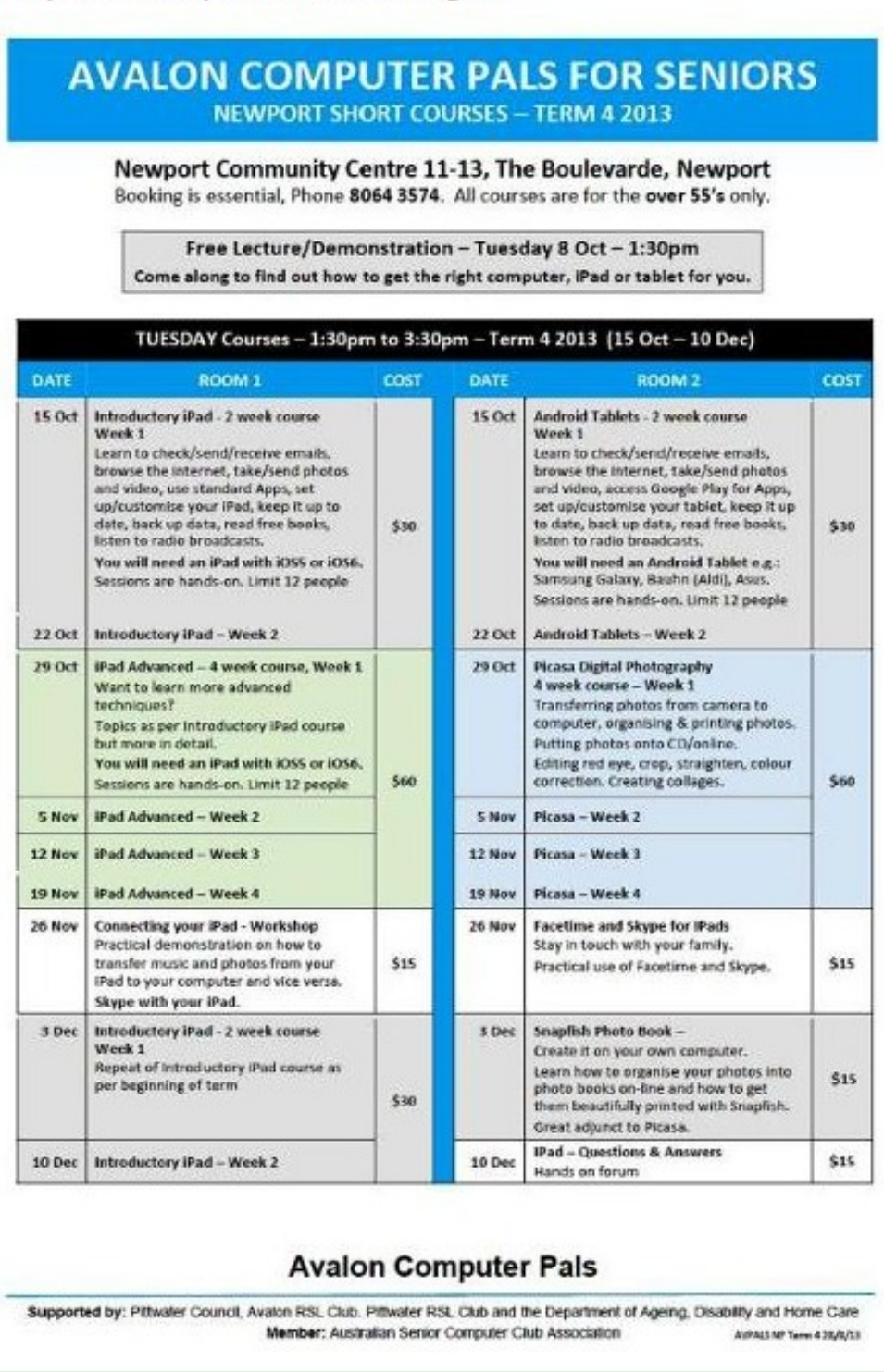
AvPals Open Day

Avalon Computer Pals held an open day last Tuesday (8.10.2013) at the Newport Community Centre. Visitors had a chance to see demonstrations of the new mobile technologies and make choosing on e of the new mobile devices easier.

Also on hand was senior tutor Brian Hindes. As an expert in the photo editing software Picasa, Brian has taught hundreds of Pittwater people the advantages of using this free software. Deirdre Peters from Newport is a first time digital camera user and is making the right first steps by learning from the ground up. Here she is accompanied by Marie Hanley from North Narrabeen who is and experienced photographer wanting to extend her skills.

Details of the Newport courses can seen at www.avpals.com or by phoning 8064 3574

Photo expert Brian Hindes with students Deirdre Peters and Marie Hanley. Picture by Michael Mannington.



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013

Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, Phone **8064 3574**. All courses are for the **over 55's** only.

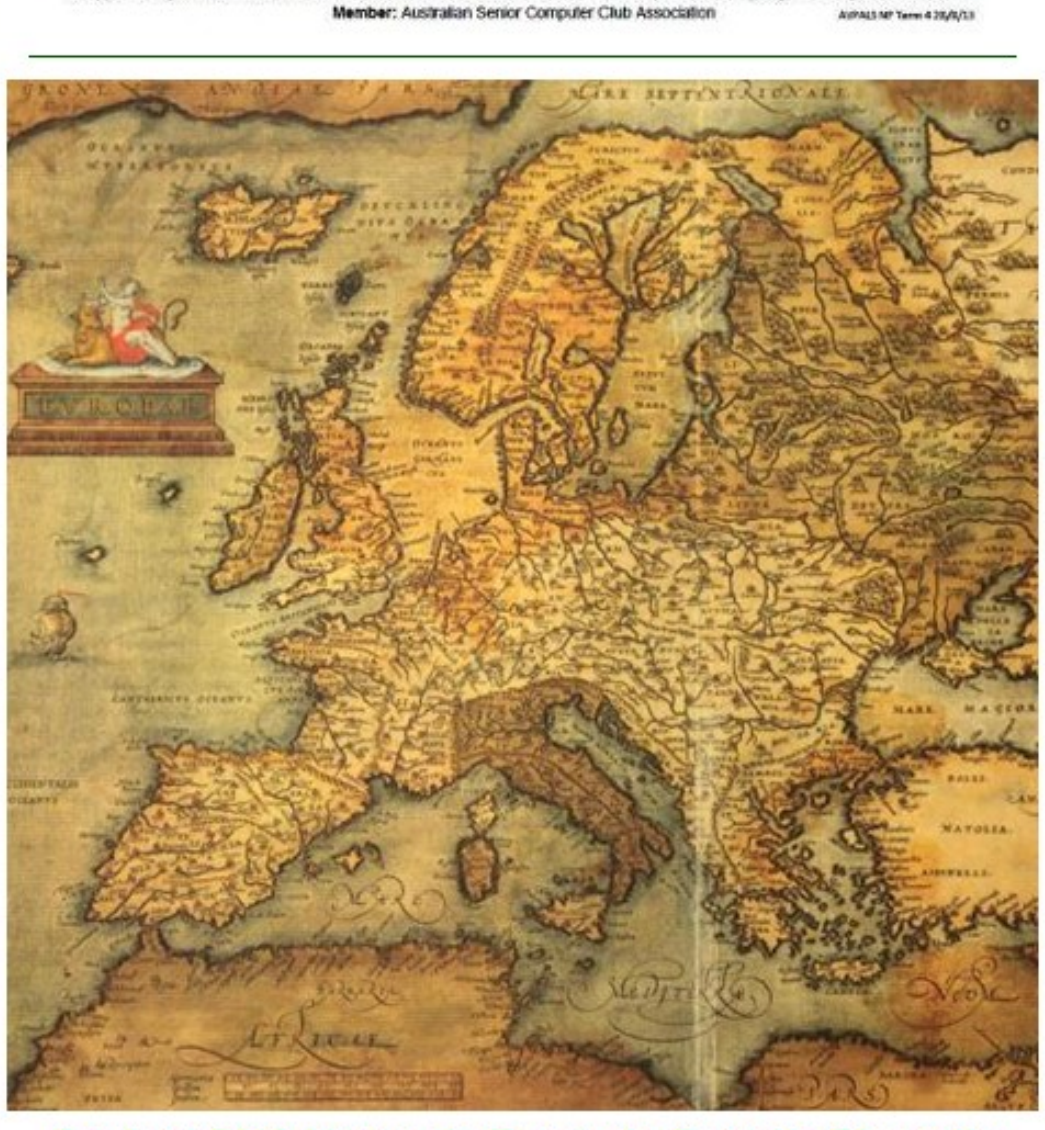
Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.

TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

DATE	ROOM 1	COST	DATE	ROOM 2	COST
15 Oct	**Introductory iPad - 2 week course** **Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, use standard Apps, set up/customise your iPad, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$30	15 Oct	**Android Tablets - 2 week course** **Week 1** Learn to check/send/receive emails, browse the internet, take/send photos and video, access Google Play for Apps, set up/customise your tablet, keep it up to date, back up data, read free books, listen to radio broadcasts. **You will need an Android Tablet e.g.:** Samsung Galaxy, Bauhn (Aldi), Asus. Sessions are hands-on. Limit 12 people	$30
22 Oct	**Introductory iPad – Week 2**		22 Oct	**Android Tablets – Week 2**	
29 Oct	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? Topics as per Introductory iPad course but more in detail. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	29 Oct	**Picasa Digital Photography** **4 week course – Week 1** Transferring photos from camera to computer, organising & printing photos. Putting photos onto CD/online. Editing red eye, crop, straighten, colour correction. Creating collages.	$60
5 Nov	**iPad Advanced – Week 2**		5 Nov	**Picasa – Week 2**	
12 Nov	**iPad Advanced – Week 3**		12 Nov	**Picasa – Week 3**	
19 Nov	**iPad Advanced – Week 4**		19 Nov	**Picasa – Week 4**	
26 Nov	**Connecting your iPad - Workshop** Practical demonstration on how to transfer music and photos from your iPad to your computer and vice versa. **Skype with your iPad.**	$15	26 Nov	**Facetime and Skype for iPads** Stay in touch with your family. Practical use of Facetime and Skype.	$15
3 Dec	**Introductory iPad - 2 week course** **Week 1** Repeat of Introductory iPad course as per beginning of term	$30	3 Dec	**Snapfish Photo Book –** Create it on your own computer. Learn how to organise your photos into photo books on-line and how to get them beautifully printed with Snapfish. Great adjunct to Picasa.	$15
10 Dec	**Introductory iPad – Week 2**		10 Dec	**iPad – Questions & Answers** Hands on forum	$15

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association



Ancient DNA Unravels Europe's Genetic Diversity

Oct. 10, 2013 — Ancient DNA recovered from a time series of skeletons in Germany spanning 4,000 years of prehistory has been used to reconstruct the first detailed genetic history of modern-day Europeans.

The study, published today in *Science*, reveals dramatic population changes with waves of prehistoric migration, not only from the accepted path via the Near East, but also from Western and Eastern Europe.

The research was a collaboration between the Australian Centre for Ancient DNA (ACAD), **at the University of Adelaide**, researchers from the University of Mainz, the State Heritage Museum in Halle (Germany), and National Geographic Society's Genographic Project. The teams used mitochondrial DNA (maternally inherited DNA) extracted from bone and teeth samples from 364 prehistoric human skeletons – ten times more than previous ancient DNA studies.

"This is the largest and most detailed genetic time series of Europe yet created, allowing us to establish a complete genetic chronology," says joint-lead author Dr Wolfgang Haak of ACAD. "Focussing on this small but highly important geographic region meant we could generate a gapless record, and directly observe genetic changes in 'real-time' from 7,500 to 3,500 years ago, from the earliest farmers to the early Bronze Age."

"Our study shows that a simple mix of indigenous hunter-gatherers and the incoming Near Eastern farmers cannot explain the modern-day diversity alone," says joint-lead author Guido Brandt, PhD candidate at the University of Mainz. "The genetic results are much more complex than that. Instead, we found that two particular cultures at the brink of the Bronze Age 4,200 years ago had a marked role in the formation of Central Europe's genetic makeup."

Professor Kurt Alt (University of Mainz) says: "What is intriguing is that the genetic signals can be directly compared with the changes in material culture seen in the archaeological record. It is fascinating to see genetic changes when certain cultures expanded vastly, clearly revealing interactions across very large distances." These included migrations from both Western and Eastern Europe towards the end of the Stone Age, through expanding cultures such as the Bell Beaker and the Corded Ware (named after their pots).

"This transect through time has produced a wealth of information about the genetic history of modern Europeans," says ACAD Director Professor Alan Cooper. "There was a period of stasis after farming became established and suitable areas were settled, and then sudden turnovers during less stable times or when economic factors changed, such as the increasing importance of metal ores and secondary farming products. While the genetic signal of the first farming populations becomes increasingly diluted over time, we see the original hunter-gatherers make a surprising comeback."

Dr Haak says: "None of the dynamic changes we observed could have been inferred from modern-day genetic data alone, highlighting the potential power of combining ancient DNA studies with archaeology to reconstruct human evolutionary history." The international team has been working closely on the genetic prehistory of Europeans for the past 7-8 years and is currently applying powerful new technologies to generate genomic data from the specimens.

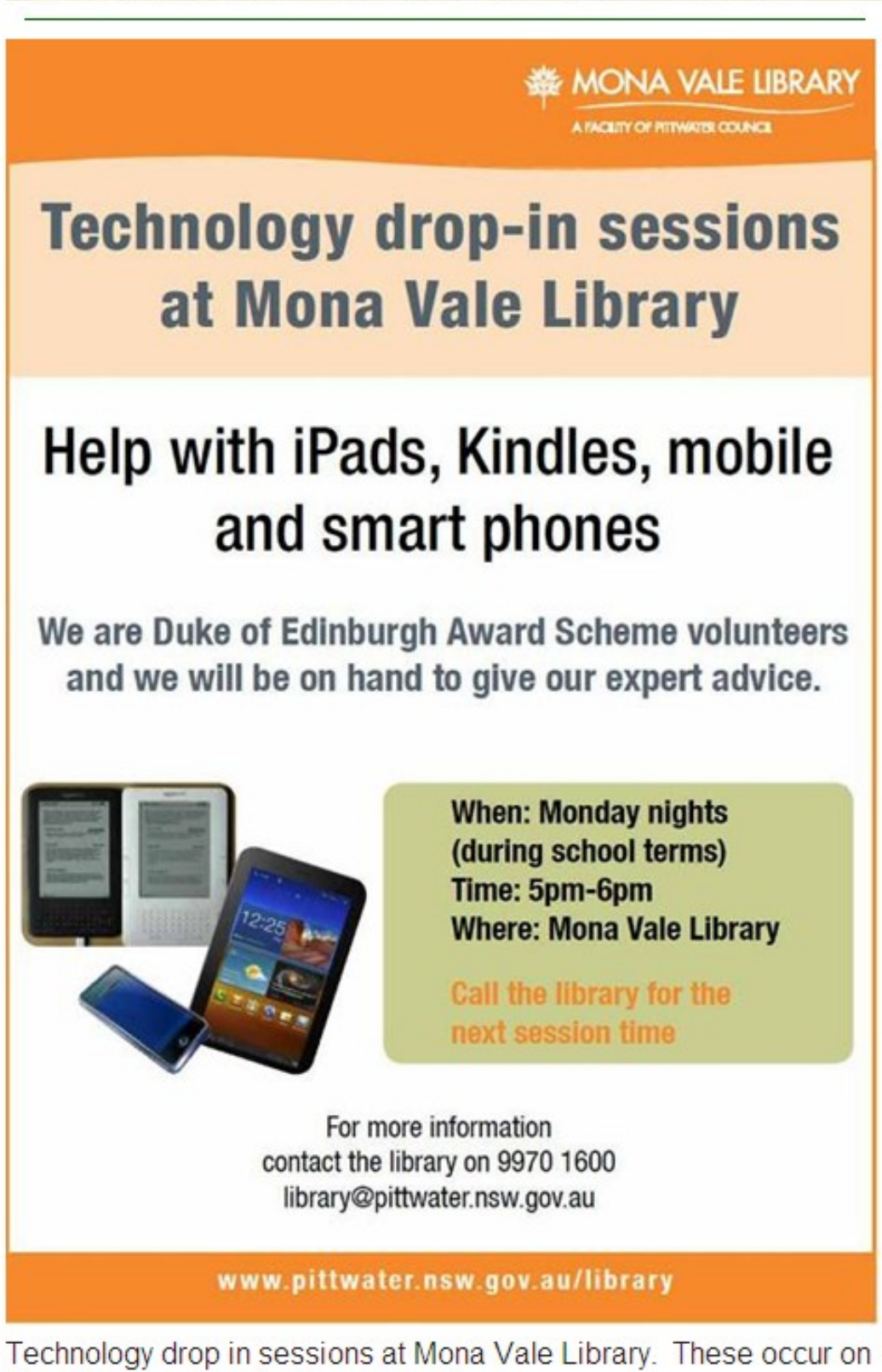
The above story is based on materials provided by University of Adelaide

Guido Brandt, Wolfgang Haak, Christina J. Adler, Christina Roth, Anna Szécsényi-Nagy, Sarah Karimnia, Sabine Möller-Rieker, Harald Meller, Robert Ganslmeier, Susanne Friederich, Veit Dresely, Nicole Nicklisch, Joseph K. Pickrell, Frank Sirocko, David Reich, Alan Cooper, Kurt W. Alt, the Genographic Consortium. Ancient DNA Reveals Key Stages in the Formation of Central European Mitochondrial Genetic Diversity. Science, 2013 DOI:10.1126/science.1241844

Ancient DNA recovered from a time series of skeletons in Germany spanning 4,000 years of prehistory has been used to reconstruct the first detailed genetic history of modern-day Europeans. (Credit: © Malgorzata Kistryn / Fotolia)

COMMUNITY TRANSPORT
Easy Transport
Manly-Warringah-Pittwater
9971 5110
www.easytransport.org.au

Profile of the Week Issue 124: Easy Transport Manly Warringah Pittwater - medical appointments, shopping trips, mystery tours and Saturday Lunch - this great non-profit organisation offers great ideas and solutions



MONA VALE LIBRARY
A FACILITY OF PITTWATER COUNCIL

Technology drop-in sessions at Mona Vale Library

Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights
(during school terms)
Time: 5pm-6pm
Where: Mona Vale Library

Call the library for the next session time

For more information
contact the library on 9970 1600
library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library

Technology drop in sessions at Mona Vale Library. These occur on Monday afternoon **during school term.**

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Contact Community Care Northern Beaches HERE:

U3A
The University of the Third Age
Sydney U3A

U3A Monthly Lectures Wednesday Afternoons at Newport

First Wednesday of the month 2 – 4pm.All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits. Venue: Newport Community Centre, for more information contact Nancy Weir 8919 0243 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org

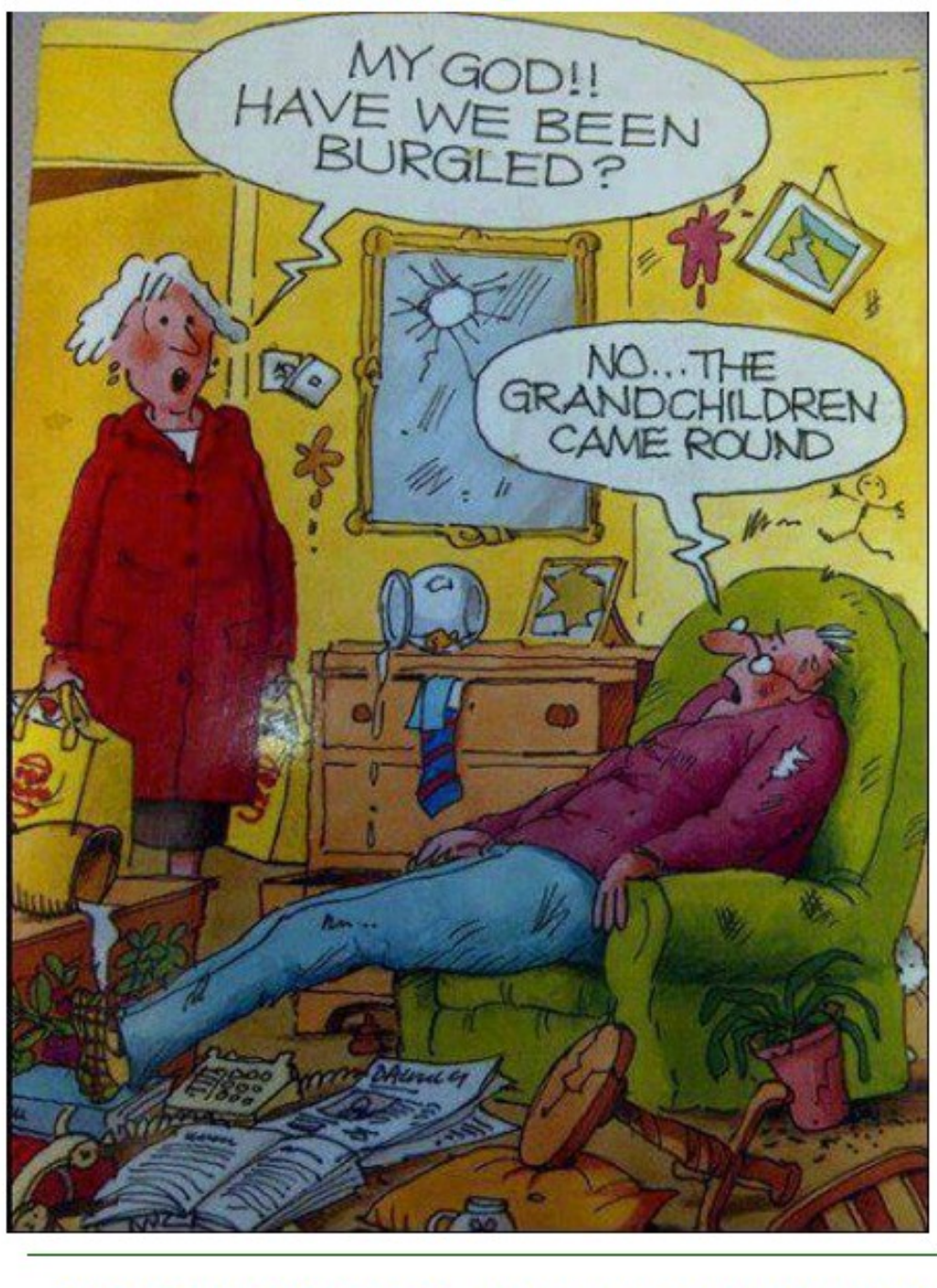
Grandparents Day is Today - Hope you get Spoilt!

Grandparents bestow upon their grandchildren
The strength and wisdom that time
And experience have given them.

Grandchildren bless their Grandparents
With a youthful vitality and innocence
That help them stay young at heart forever.

Together they create a chain of love
Linking the past with the future.
The chain may lengthen,
But it will never part....
- Unknown Author

Grandparenting C/- Friendly


MY GOD!! HAVE WE BEEN BURGLED?
NO... THE GRANDCHILDREN CAME ROUND

Gold Grows On Trees - Published on 22 Oct 2013

Video transcript available here: http://ow.ly/q4BOh

Scientists strike gold in leaves. Eucalyptus trees in the Kalgoorlie region of Western Australia are drawing up gold particles from the earth via their root system and depositing it their leaves and branches.

The eucalypt acts as a hydraulic pump - its roots extend tens of metres into the ground and draw up water containing the gold. As the gold is likely to be toxic to the plant, it's moved to the leaves and branches where it can be released or shed to the ground

Gold Grows On Trees
Gold Grows On Trees
0:00 / 2:29

Billie Holiday - The Very Thought of You

Billie Holiday - The Very Thought of You
0:00 / 2:48

5 Amazing Exoplanets! - October 2013

5 Amazing Exoplanets! - The Countdown #33
0:00 / 5:54

Health papers Published this week:

Scientist Uncovers Internal Clock Able to Measure Age of Most Human Tissues; Women's Breast Tissue Ages Faster Than Rest of Body

Oct. 20, 2013 — Everyone grows older, but scientists don't really understand why. Now a UCLA study has uncovered a biological clock embedded in our genomes that may shed light on why our bodies age and how we can slow the process. Published in the Oct. 21 edition of Genome Biology, the findings could offer valuable insights into cancer and stem cell research.

While earlier clocks have been linked to saliva, hormones and telomeres, the new research is the first to identify an internal timepiece able to accurately gauge the age of diverse human organs, tissues and cell types. Unexpectedly, the clock also found that some parts of the anatomy, like a woman's breast tissue, age faster than the rest of the body.

"To fight aging, we first need an objective way of measuring it. Pinpointing a set of biomarkers that keeps time throughout the body has been a four-year challenge," explained Steve Horvath, a professor of human genetics at the David Geffen School of Medicine at UCLA and of biostatistics at the UCLA Fielding School of Public Health. "My goal in inventing this clock is to help scientists improve their understanding of what speeds up and slows down the human aging process."

To create the clock, Horvath focused on methylation, a naturally occurring process that chemically alters DNA. Horvath sifted through 121 sets of data collected previously by researchers who had studied methylation in both healthy and cancerous human tissue.

Gleaning information from nearly 8,000 samples of 51 types of tissue and cells taken from throughout the body, Horvath charted how age affects DNA methylation levels from pre-birth through 101 years. To create the clock, he zeroed in on 353 markers that change with age and are present throughout the body.

Horvath tested the clock's effectiveness by comparing a tissue's biological age to its chronological age. When the clock repeatedly proved accurate, he was thrilled - and a little stunned.

"It's surprising that one could develop a clock that reliably keeps time across the human anatomy," he admitted. "My approach really compared apples and oranges, or in this case, very different parts of the body: the brain, heart, lungs, liver, kidney and cartilage."

While most samples' biological ages matched their chronological ages, others diverged significantly. For example, Horvath discovered that a woman's breast tissue ages faster than the rest of her body.

"Healthy breast tissue is about two to three years older than the rest of a woman's body," said Horvath. "If a woman has breast cancer, the healthy tissue next to the tumor is an average of 12 years older than the rest of her body."

The results may explain why breast cancer is the most common cancer in women. Given that the clock ranked tumor tissue an average of 36 years older than healthy tissue, it could also explain why age is a major risk factor for many cancers in both genders.

Horvath next looked at pluripotent stem cells, adult cells that have been reprogrammed to an embryonic stem cell-like state, enabling them to form any type of cell in the body and continue dividing indefinitely.

"My research shows that all stem cells are newborns," he said. "More importantly, the process of transforming a person's cells into pluripotent stem cells resets the cells' clock to zero."

In principle, the discovery proves that scientists can rewind the body's biological clock and restore it to zero.

"The big question is whether the biological clock controls a process that leads to aging," Horvath said. "If so, the clock will become an important biomarker for studying new therapeutic approaches to keeping us young."

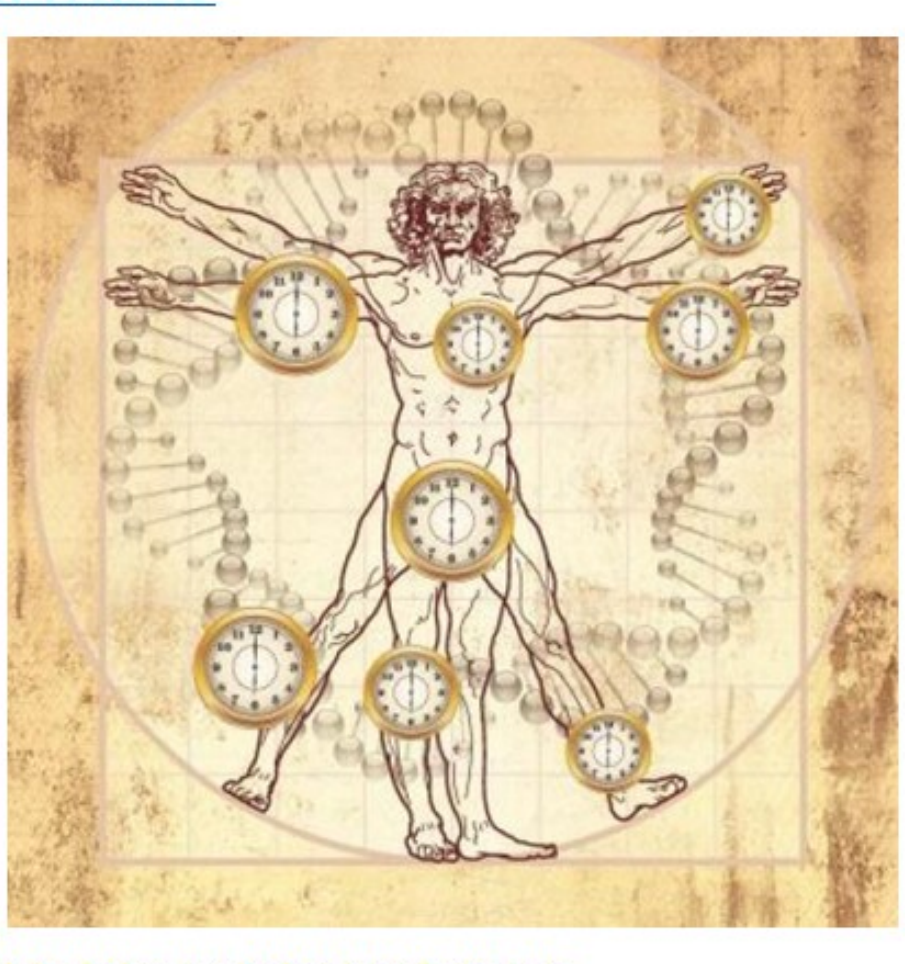
Finally, Horvath discovered that the clock's rate speeds up or slows down depending on a person's age.

"The clock's ticking rate isn't constant," he explained. "It ticks much faster when we're born and growing from children into teenagers, then slows to a constant rate when we reach 20."

In an unexpected finding, the cells of children with progeria, a genetic disorder that causes premature aging, appeared normal and reflected their true chronological age.

UCLA has filed a provisional patent on Horvath's clock. His next studies will examine whether stopping the body's aging clock halts the aging process-or increases cancer risk. He'll also explore whether a similar clock exists in mice.

Steve Horvath. **DNA methylation age of human tissues and cell types.** Genome Biology, 2013; 14 (10): R115 DOI:10.1186/gb-2013-14-10-r115



Protein Safeguards Against Cataracts

Oct. 23, 2013 — The refractive power of the human eye lens relies on a densely packed mixture of proteins. Special protective proteins ensure that these proteins do not clump together as time passes. When this protective mechanism fails, the ocular lens becomes clouded - the patient develops a cataract. Scientists at the Technische Universitaet Muenchen (TUM) have now resolved the activation mechanism of one of these protective proteins, laying the foundation for the development of new therapeutic alternatives.

The lens of the human eye is made up of a highly concentrated protein solution that imparts the eye its high refractive power. Yet, despite this high protein content the ocular lens must remain clear and transparent. To this end ocular lens cells have developed a remarkable strategy: They have thrown overboard the complex machinery present in all other cells of the human body for building up and breaking down proteins. Instead, lens proteins are created only once in a lifetime - during embryonic development. They are as old as the organism itself. To make them last a lifetime, the proteins are kept permanently in a dissolved state. If they clump together, the lens clouds over and the patient gets cataracts.

Alternative to surgery

To date, this condition could only be treated surgically by replacing the clouded lens with an artificial one. However, if the precise mechanism by which lens proteins are kept in a dissolved state were understood, it would open up new avenues for treatment. So, how does the cell manage to keep the proteins soluble for so long? The magic lies in two proteins, αA-crystallin and its relative, αB-crystallin. They are the best-known representatives of the class of so-called small heat shock proteins. They play an important role in all human cells, since they prevent other proteins from turning into useless clumps when subjected to strong heat or cell stress.

What exactly these protective proteins look like and how they act remained shrouded in mystery for a long time, in spite of intensive research. "The great challenge in the analysis of these two crystallin types lies in their inordinate variety," explains Johannes Buchner, professor for biotechnology at the Technische Universitaet Muenchen. "These proteins exist as a mixture of very different forms, each comprising a variable number of subunits. This makes it very difficult to distinguish the individual structures from one another."

Molecular switch

In 2009, in very close collaboration with Sevil Weinkauf, professor for electron microscopy at the Technische Universitaet Muenchen, the first part of the αB-crystallin puzzle fell into place. The team successfully deciphered the molecular structure of the most important form of this versatile protein - a molecule comprising 24 subunits. Under normal conditions, i.e. when the cell is not exposed to stress, this complex is the most common variant. However, it is merely an idle form that contributes little to the prevention of clumping in other proteins. It was clear that there must be another molecular switch that triggers the protective protein.

It is this trigger mechanism that the team headed by Buchner and Weinkauf uncovered now. When a cell is exposed to stress, for instance when subjected to heat, phosphate groups are attached to a specific region of the protein. The negative charges of these phosphates break the links between the subunits and the large complexes consequently disintegrate into numerous smaller ones of only six or twelve subunits each. As a result of this breakup, the regions at the ends of the complexes become more flexible allowing the molecules to dock up with different partners, thereby preventing them from clumping - the protective protein is now active.

Interdisciplinary cooperation

The success of the scientists can be traced back above all to the interdisciplinary combination of biochemical and electron-microscopic methodologies. Aligning the information from the two-dimensional protein disintegration images with the manifold three-dimensional structures of αB-crystallin proved particularly difficult. "Imagine you only have a few pictures of a coffee cup's shadow cast and want to infer the shape of the cup from that," Weinkauf explains to illustrate the problem. "Now, if you think that sounds difficult, try to imagine you have not just a single cup, but a cupboard full of china that you want to deduce from the shadow casts. It is precisely this daunting challenge that we met for αB-crystallin."

The newly acquired insights into the αB-crystallin mode of action form a solid footing for new therapeutic approaches. For instance, medication to treat cataracts could be developed: it would trigger the αB-crystallin activation mechanism to clear up clouded ocular lenses. But αB-crystallin also plays a role in other tissue cells. In cancer cells, for example, it is overly active and interferes with the so-called programmed cell death. In this case new medication would aim at inhibiting the protein.

Jirka Peschek et al. **Regulated structural transitions unleash the chaperone activity of αB-crystallin.** PNAS, October 2013

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of Pittwater Online News or its staff.

Lunatic Construction Worker

National Seniors Literary Prize a catalyst for change

The 2014 National Seniors Literary Prize will have the **theme 'reflections'**. It will be **open until 29 November 2013.**

National Seniors Australia and publishing powerhouse Random House Australia are working together to give one lucky writer, aged 50 years and over, the opportunity to make their mark in the world of publishing.

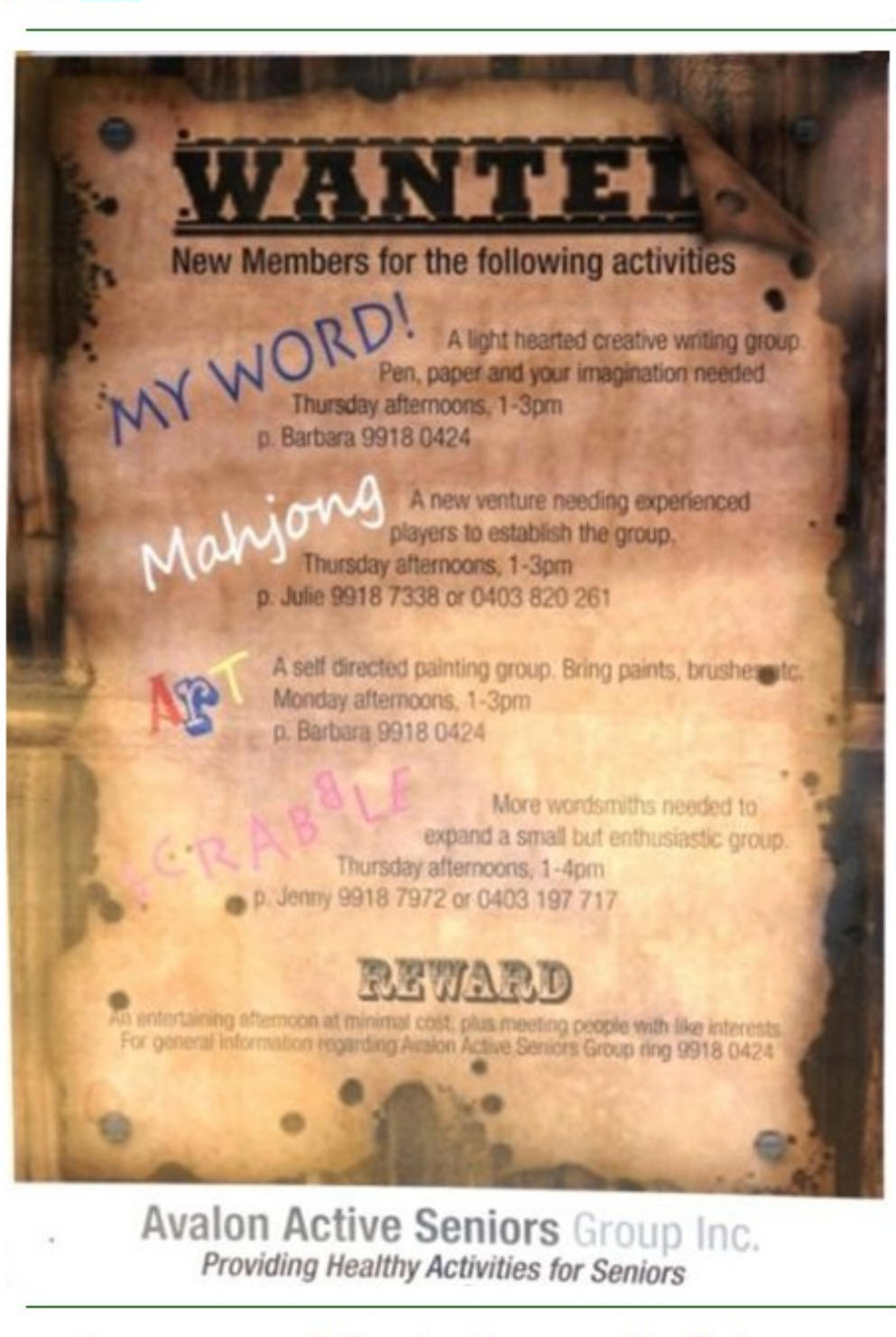
The National Seniors Literary Prize 2014 will be awarded to a work of fiction based on the theme of 'reflections'. Random House and National Seniors are giving you the opportunity to be creative so this theme can be integrated into your storyline or your novel's structure!

The winner of the National Seniors Literary Prize will receive:

$2,000 prize money; A three year membership to National Seniors Australia; A complete cover design for their manuscript; Professional editing by Random House Australia; E-book publication of their manuscript; 12 printed copies of their novel ;The opportunity for print-on-demand versions of their book

Submit your manuscript into the National Seniors Literary Prize 2014.

Got questions? Read the National Seniors Literary Prize frequently asked questions here. Read the full terms and conditions of the prize here.



WANTED

New Members for the following activities

MY WORD! A light hearted creative writing group. Pen, paper and your imagination needed. Thursday afternoons, 1-3pm p. Barbara 9918 0424

Mahjong A new venture needing experienced players to establish the group. Thursday afternoons, 1-3pm p. Julie 9918 7338 or 0403 820 261

Art A self directed painting group. Bring paints, brushes etc. Monday afternoons, 1-3pm p. Barbara 9918 0424

SCRABBLE More wordsmiths needed to expand a small but enthusiastic group. Thursday afternoons, 1-4pm p. Jenny 9918 7972 or 0403 197 717

REWARD

An entertaining afternoon of mental skill, plus meeting people with like interests. For general information regarding Avalon Active Seniors Group ring 9918 0424

Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Pittwater Community Hub

Northside Community CONNECT

Our office at Mona Vale is ready for service. We are located in Shop 17 on the ground floor of the Peninsula Plaza at 20 Bungan Street. We are open Monday to Friday, 9.00am to 4.00pm. The new Hub is fully 'manned' by our professional staff and local volunteers who can answer enquiries and provide personal assistance to meet the needs of residents of the northern beaches. Pittwater Community Hub **Profile** Click here to visit their website for more

SENIORS CARD

Seniors Card Website; great information Competitions, Newsletters and Events listings HERE

2013 Discount Directory now available - Seniors Card

The 2013 Discount Directory is now available. Please find digital copies of each of the 5 regional directories HERE

HEARTMOVES
Heart Foundation

Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

Better manage weight, blood sugars, blood pressure and cholesterol

Improve fitness, balance, co-ordination and flexibility

Enhance your quality of life and meet other people

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you. Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. $8.00 casual Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

SENIOR MOVERS
Gracefully downsize with our experience and care...

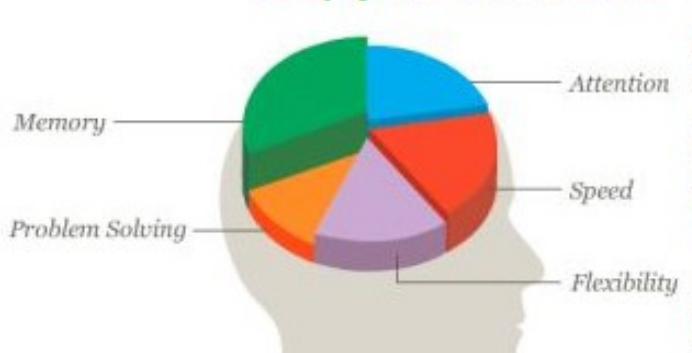
Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers want you to stop worrying about downsizing from the family home and let us take care of you. Senior movers gives you peace of mind during stressful times of downsizing and moving to a smaller home. No retirement living plan is too large or too small. We are glad to help whether it is a move to a loved one's home, assisted living or to a seniors apartment.

We want you to we help you gracefully downsize with our experience and care.

www.seniormovers.com.au

Also see Belinda Grundy's Profile and other great Business; www.bgpropertystyling.com.au

Keep your Wits About You



A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself at: www.lumosity.com/app/v4/personalization

Sydney Northern Beaches Woodturners Inc

The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every Tuesday, Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au Website: https://sites.google.com/site/woodturner60/

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

A massive directory for all northern beaches seniors is hitting the streets for Seniors Week. The Services, Activities & Housing Directory 2012-2013 is a one-stop-shop for all northern beaches seniors thanks to a successful partnership between Warringah, Pittwater and Manly Councils.

The directories can be found at Council's Customer Service; Libraries, Community Centres or **online** at the council websites.

If older people with mobility problems have difficulty assessing the directory - contact Aged Services and you will be sent a copy.

COMPUTER PALS AVALON FOR SENIORS

Avalon Computer Pals for Seniors

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help.

The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

Article onAvPals Seminar

Australian Senior PUBLICATIONS

The Senior Newspaper Online HERE

Media Releases concerning Seniors this week from **National Seniors Australia**

With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.

COTA – NSW - http://cotansw.com.au/

ABOUT US

The Council on the Ageing NSW (COTA NSW) is the peak organisation for people over 50 in our state. We're an independent, non-partisan, consumer-based non-government organisation. We work with politicians, policy makers, and service providers as well as media representatives to make sure your views are heard and your needs are met. COTA NSW works to empower and engage people over 50. For decades, we've shaped the policies and programs that change lives.

Since our beginning in 1956, COTA NSW has introduced policies and programs that make a real difference to peoples' lives. We have proud record, having created:

▪Meals on Wheels, ▪Retirement Village Residents Association, ▪Australian Seniors Computer Clubs Association, ▪Seniors Clubs, ▪Seniors Information Service, ▪OM:NI – Older Men: New Ideas, ▪Grandfriends, ▪Grandparents, Relatives and Kinship Care Alliance, ▪Medication Management for Older People, and the ▪Mature Employment Line.

COTA NSW, through constant contact with consumers and consumer groups across the state, through the research it conducts and through partnerships with other NGOs, research bodies and universities, is also an important source of information and advice on issues and decisions that people will navigate through as they live long, healthy, and productive lives. We have always made this information and advice available publically through telephone advice and over eighty Fact Sheets. Browse through our website or contact us and help COTA NSW continue its work in advancing the interests of people over 50.

HAVE YOUR SAY!

We have launched our 2013 COTA NSW Survey. We want to know what you think about important issues. Your input helps to determine the policies and positions we communicate to Government. Everyone who completes the survey goes into a draw to win one of five $50 gift cards. Click the link to access the survey.

Click here to complete the COTA NSW 2013 Survey.

Australian Seniors Computer Clubs Association ASCCA

ASCCA is the national peak body for seniors and technology

Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant.

We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge

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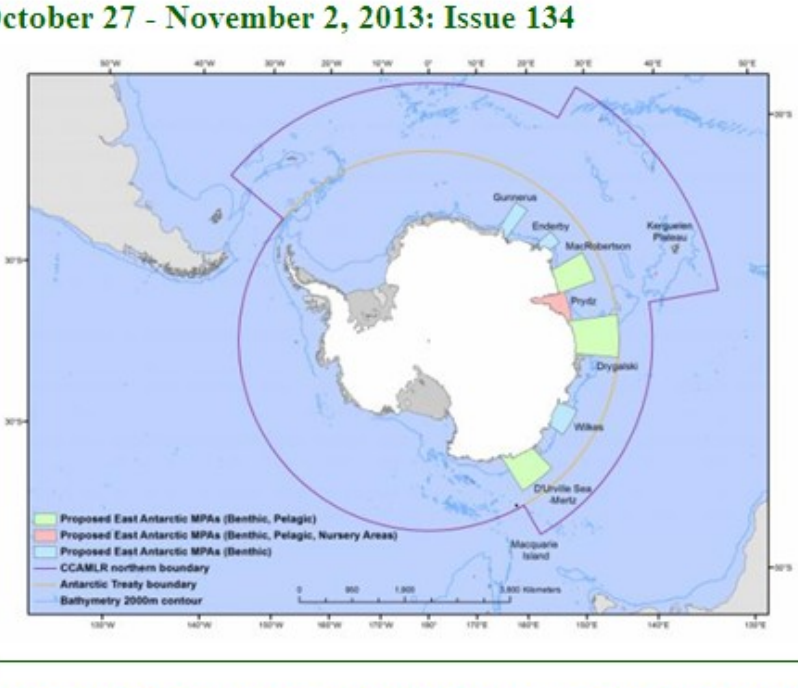
October 27 - November 2, 2013: Issue 134


Gunnerus
Enderby
Kerguelen Plateau
MacRobertson
Prydz
Drygalski
Wilkes
D'Urville Sea-Mertz
Macquarie Island
Proposed East Antarctic MPAs (Benthic, Pelagic)
Proposed East Antarctic MPAs (Benthic, Pelagic, Nursery Areas)
Proposed East Antarctic MPAs (Benthic)
CCAMLR northern boundary
Antarctic Treaty boundary
Bathymetry 2000m contour

Antarctic Marine Protected Areas again on agenda for discussion at international meeting- 21st October 2013, retrieved from Department of the Environment - Australian Antarctic Division website

A joint proposal by Australia, France and the European Union for Marine Protected Areas (MPAs) will be back before the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) at its annual meeting in Hobart this week.

The proposal is for a representative system of MPAs of around 1.6 million square kilometres in east Antarctica, covering diverse and important Southern Ocean ecosystems.

Australian Antarctic Division Director, and leader of the Australian delegation to CCAMLR, Dr Tony Fleming said that the MPAs will protect areas that are vulnerable to disturbance, and that play critical ecological roles, such as krill and toothfish nurseries, and marine mammal and penguin foraging areas.

"A lot of work has gone into this proposal to get the balance right," Dr Fleming said.

"We understand that at previous meetings some CCAMLR Members have sought more time to give such a major proposal serious consideration, but many Members, including Australia maintain that CCAMLR is ready to move forward and establish the east Antarctic MPA.

"Since the last time CCAMLR met to discuss MPAs (in July 2013) we have continued to work with our French and European Union colleagues to refine the proposal. Our submission to this meeting on the east Antarctic MPA builds on a number of comments and suggestions provided by Members. We remain positive going into this week's meeting, and hopeful of a successful outcome.

"The east Antarctic MPA has been designed for multiple uses - so that key conservation goals can sit side by side with continuing access to these areas according to CCAMLR's effective management framework," Dr Fleming said.

A five-nation statement, issued last week, by the Foreign Ministers of Australia, France, the European Union, New Zealand and the United States has called on CCAMLR to establish MPAs in the Southern Ocean, in east Antarctica and the Ross Sea.

The statement said that the two MPA proposals are widely recognised for their remarkable ecological and scientific importance; are based on sound and best available science; will provide a unique laboratory for continuation of marine research; and will have profound and lasting benefits for ocean conservation, including sustainable use of its resources.

Australia's other priorities for this year's meeting include implementing CCAMLR's new compliance framework, continuing actions to address illegal, unregulated and unreported (IUU) fishing, and progressing the recommendations from the CCAMLR Performance Review.

The Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) was established in 1982 under the Convention of the same name. The sole objective of the Convention is the conservation of Antarctic marine living resources where the definition of conservation includes rational use. The 24 Member Nations and the European Union make up the 25 Members of CCAMLR.

More information on the Marine Protected Area proposal.

Coral Itself May Play Important Role in Regulating Local Climate: Coral Chemicals Protect Against Warming Oceans

Oct. 23, 2013 — A new article reveals coral animals produce the 'smell of the ocean' - influencing cloud formation and protecting themselves against rising seawater temperatures. Australian marine scientists have found the first evidence that coral itself may play an important role in regulating local climate.

They have discovered that the coral animal - not just its algal symbiont - makes an important sulphur-based molecule with properties to assist it in many ways, ranging from cellular protection in times of heat stress to local climate cooling by encouraging clouds to form. These findings have been published in the science journal *Nature*.

The researchers have shown that the coral animal makes dimethylsulphoniopropionate (DMSP). "**The characteristic 'smell of the ocean' is actually derived from this compound, indicating how abundant the molecule is in the marine environment. In fact we could smell it in a single baby coral,**" says AIMS chemist Cherie Motti, and co-author on the paper.

"This is the first time that an animal has been identified as a DMSP producer. Previously it was assumed that the large concentrations of DMSP emitted from coral reefs came solely from their symbiotic algae," says lead author Jean-Baptiste Raina, of AIMS@JCU and the ARC Centre of Excellence for Coral Reef Studies at James Cook University (CoECRS).

Production of DMSP was found to increase when corals are subjected to water temperatures that put them under heat stress. DMSP and its breakdown products act as antioxidants (chemical defence compounds) protecting coral tissues from environmental stress, including that caused by high solar radiation.

The sulphur-based molecules also serve as nuclei for the formation of water droplets in the atmosphere - and hence help to create clouds. If coral numbers decline, the scientists warn, there could be a major decrease in the production of DMSP and this, in turn, will impede cloud formation.

"Cloud production, especially in the tropics, is an important regulator of climate - because clouds shade Earth and reflect much of the sun's heat back into space. If fewer clouds are produced, less heat will be reflected - which ultimately will lead to warmer sea surface temperatures," Dr Raina explains.

Australia's Great Barrier Reef is a major hotspot for the emission of sulphur aerosol particles, according to the scientists. "The GBR is the largest biological structure on the planet and the release of these particles along its 2600 km length could constitute a major source of cloud condensation nuclei," the authors write in their paper.

"Considering declining trends in coral cover and predicted increases in coral mortality worldwide caused by anthropogenic stressors, the associated decline in sulphur aerosol production from coral reefs may further destabilise local climate regulation and accelerate degradation of this globally important and diverse ecosystem."

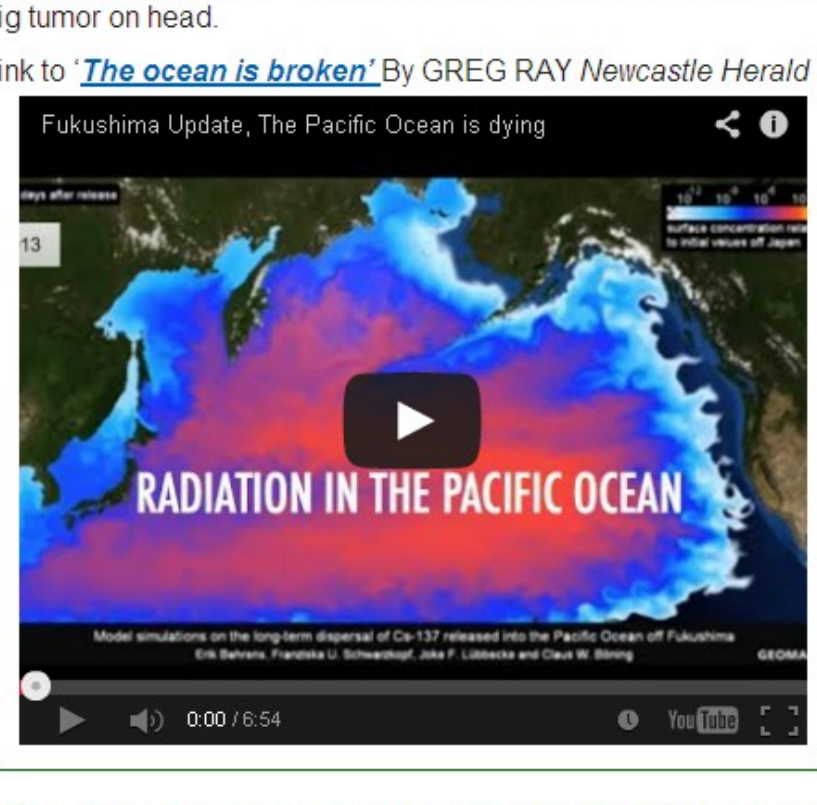
The researchers are from the Australian Institute of Marine Science (AIMS), the ARC Centre of Excellence for Coral Reef Studies at James Cook University (CoECRS), the University of Western Australia (UWA), Murdoch University (MU) and the Australian National University (ANU).

Jean-Baptiste Raina, Dianne M. Tapiolas, Sylvain Forêt, Adrian Lutz, David Abrego, Janja Ceh, François O. Seneca, Peta L. Clode, David G. Bourne, Bette L. Willis, Cherie A. Motti. **DMSP biosynthesis by an animal and its role in coral thermal stress response.** Nature, 2013; DOI:10.1038/nature12677 Image Credit: © borisoff / Fotolia)

Fukushima Update: The Pacific Ocean is dying - Published on Oct 19, 2013

Sailor: "After we left Japan, it felt as if the ocean itself was dead" — Nothing alive for over 3,000 miles — No longer saw turtles, dolphins, sharks, birds — Saw one whale, it appeared helpless with big tumor on head.

Link to '***The ocean is broken'*** By GREG RAY *Newcastle Herald*


Fukushima Update, The Pacific Ocean is dying
RADIATION IN THE PACIFIC OCEAN
0:00 / 6:54

Tiny Sea Creatures Are Heading for Extinction, and Could Take Local Fisheries With Them

A species of one of the world's tiniest creatures, ocean plankton, is heading for extinction as it struggles to adapt to changes in sea temperature. And it may take local fisheries with it.

Research led by Deakin University (Warrnambool, Australia) and Swansea University (UK) has found that a species of cold water plankton in the North Atlantic, that is a vital food source for fish such as cod and hake, is in decline as the oceans warm. This will put pressure on the fisheries that rely on abundant supplies of these fish.

"There is overwhelming evidence that the oceans are warming and it will be the response of animals and plants to this warming that will shape how the oceans look in future years and the nature of global fisheries," explained Deakin's professor of marine science, Graeme Hays.

"We know that warm water species are expanding their ranges as warming occurs, and vice versa. What is not known is whether species are able to adapt to new temperatures. Will, for example, cold water species gradually adapt so they can withstand warming seas and not continually contract their ranges. From the results of our study, it is looking like the answer is no."

Answering the question of adaptation is not easy as it requires long-term observations spanning multiple generations. For this study, the research team examined a 50-year time series from the North Atlantic on the distribution and abundance of two very common but contrasting species of ocean plankton, Calanus helgolandicus that lives in warmer water and Calanus finmarchicus that lives in cold water. These crustaceans are vital food for fish and underpin many commercial fisheries in the North Atlantic region.

The researchers were surprised to find that the cold water C. finmarchicus has continued to contract its range over 50 years of warming.

"In other words, even over 50 generations (each plankton lives for one year or less) there is no evidence of adaptation to the warmer water," Professor Hays said. "The consequences of this study are profound. **It suggests that cold water plankton will continue to become scarcer as their ranges contract to the poles, and ultimately disappear. So certainly for these animals, thermal adaptation appears unlikely to limit the impact of climate change.**

"*C. finmarchicus* is a key food source for fish such as cod and hake. So continued declines in abundance will have a negative impact on the long-term viability of cold water fisheries in the North Sea and other areas in the southern part of their range. At the same time the continued increase in abundance of the warm water plankton, *C. helgolandicus*, will likely play a role in the emergence of new fisheries for warm water species."

Professor Hays said that the impact of ocean warming was not confined to the North Atlantic region.

"**Ocean warming is occurring globally and so these findings are likely to apply to other areas around the world including southern hemisphere locations such as Australia, South Africa and South America that support important fisheries dependant on plankton**," Professor Hays said.

"Plankton recorders deployed in the southern hemisphere, for example as part of the Australian Continuous Plankton Recorder Project (a joint project of CSIRO Marine and Atmospheric Research and the Australian Antarctic Division), will continue to document these changes."

The results of the study will be published in the journal Global Change Biology.

Stephanie L. Hinder, Mike B. Gravenor, Martin Edwards, Clare Ostle, Owen G. Bodger, Patricia L. M. Lee, Antony W. Walne, Graeme C. Hays. **Multi-decadal range changes vs. thermal adaptation for north east Atlantic oceanic copepods in the face of climate change.** Global Change Biology, 2013; DOI: 10.1111/gcb.12387

Calanoid copepods are a plankton species that are a vital food source for fish larvae and therefore important for all commercial fisheries. (Credit: Paul Jones, Deakin University)

GILDING THE GUM - SCIENTISTS STRIKE GOLD IN LEAVES - 23 October 2013

Eucalyptus trees in the Kalgoorlie region of Western Australia are drawing up gold particles from the earth via their root system and depositing it their leaves and branches.

Scientists from CSIRO made the discovery and have published their findings in the journal *Nature Communications*.

"The eucalypt acts as a hydraulic pump - its roots extend tens of metres into the ground and draw up water containing the gold. As the gold is likely to be toxic to the plant, it's moved to the leaves and branches where it can be released or shed to the ground," CSIRO geochemist Dr Mel Lintern said.

The discovery is unlikely to start an old-time gold rush - the "nuggets" are about one-fifth the diameter of a human hair. However, it could provide a golden opportunity for mineral exploration, as the leaves or soil underneath the trees could indicate gold ore deposits buried up to tens of metres underground and under sediments that are up to 60 million years old.

"The leaves could be used in combination with other tools as a more cost effective and environmentally friendly exploration technique," Dr Lintern said.

"By sampling and analysing vegetation for traces of minerals, we may get an idea of what's happening below the surface without the need to drill. It's a more targeted way of searching for minerals that reduces costs and impact on the environment.

"Eucalyptus trees are so common that this technique could be widely applied across Australia. It could also be used to find other metals such as zinc and copper."

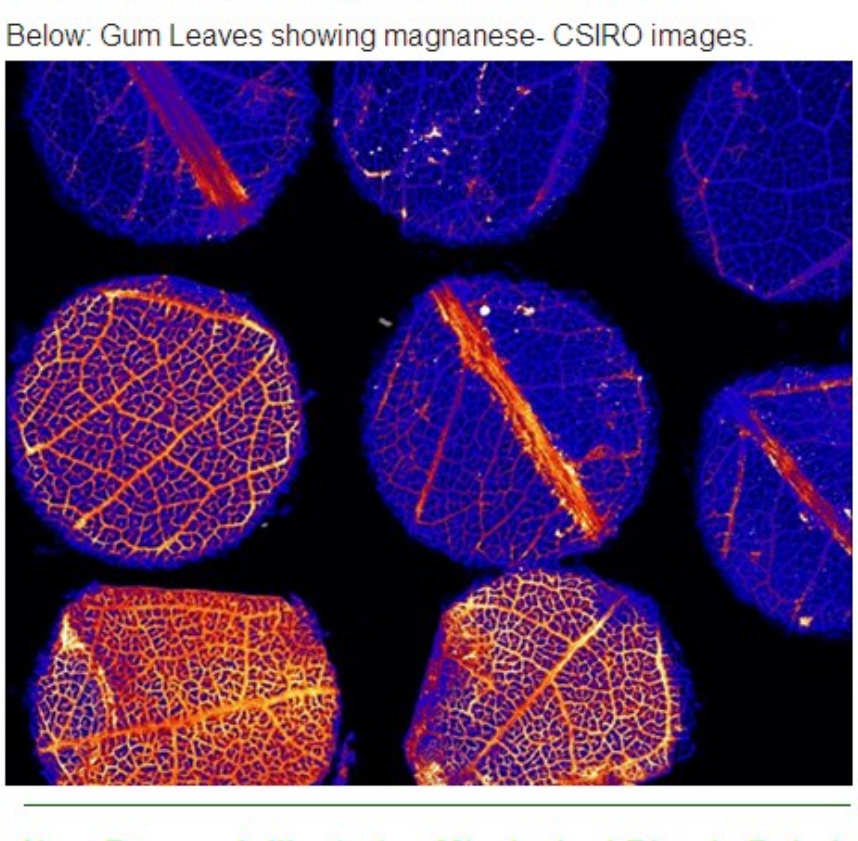
Using CSIRO's Maia detector for x-ray elemental imaging at the Australian Synchrotron, the research team was able to locate and see the gold in the leaves. The Synchrotron produced images depicting the gold, which would otherwise have been untraceable.

"Our advanced x-ray imaging enabled the researchers to examine the leaves and produce clear images of the traces of gold and other metals, nestled within their structure," principal scientist at the Australian Synchrotron Dr David Paterson said.

"Before enthusiasts rush to prospect this gold from the trees or even the leaf litter, you need to know that these are tiny nuggets, which are about one-fifth the diameter of a human hair and generally invisible by other techniques and equipment."

CSIRO research using natural materials, such as calcrete and laterite in soils, for mineral exploration has led to many successful ore deposit discoveries in regional Australia. The outcomes of the research provide a direct boost to the national economy.

Below: Gum Leaves showing magnanese- CSIRO images.



New Research Illustrates Mississippi River's Role in the Transport and Fate of the Oil Following the 2010 Deepwater Horizon Incident

Oct. 23, 2013 — A new study led by scientists at the University of Miami (UM) Rosenstiel School of Marine and Atmospheric Science showed that the complex circulation from the Mississippi River plume played a substantial role in the transport and fate of the oil following the 2010 Deepwater Horizon incident. These findings provide new information on the transport of oil and other pollutants in the Gulf of Mexico.

The research, published in the Oct. 2013 issue of the *Journal of Geophysical Research: Oceans*, was funded by grants from the Gulf of Mexico Research Initiative and the National Science Foundation.

UM Research Associate Professor Villy Kourafalou developed a high-resolution model to examine the movement of the surface oil patch resulting from the deep oil release from the Deepwater Horizon under the influence of daily variability of the Mississippi River. The study employed NOAA observations for the evolution of the surface oil patch and revealed that fronts created by the Mississippi plume helped to keep oil released during the Deepwater Horizon incident away from the coasts east of the Mississippi Delta, while plume currents captured some oil to the west of the Mississippi Delta.

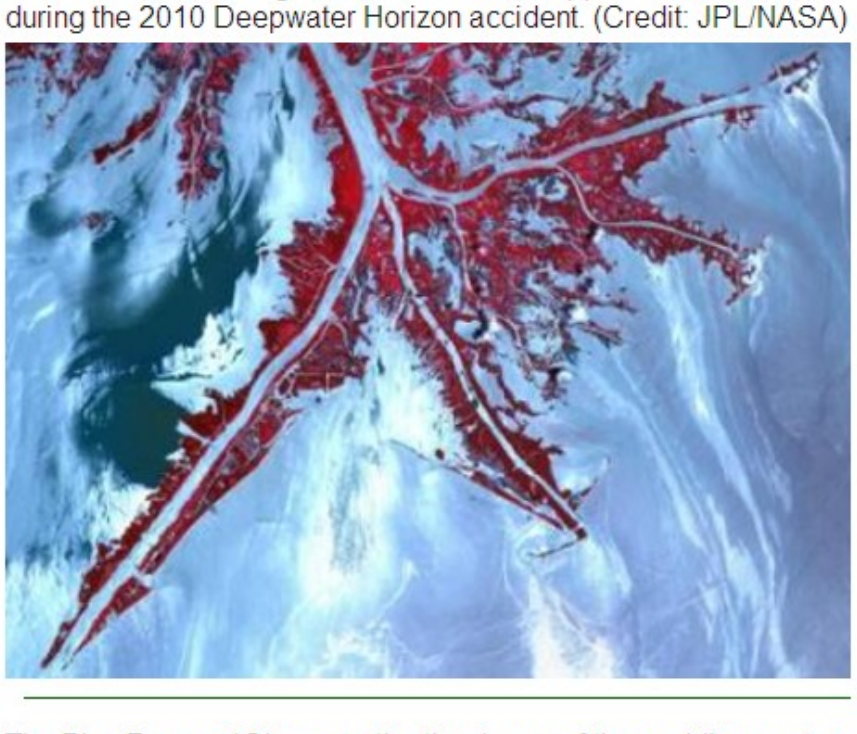
"Since the Gulf of Mexico is such a complex ocean system, and the oil spill was near the Mississippi Delta, we realized we had to carefully account for both the offshore currents and the coastal currents, which are largely dominated by the Mississippi River plume," said Kourafalou. "The model was validated with data and is now part of an Earth System modeling framework to help inform decision makers in the future."

During the response to the Deepwater Horizon incident, emergency managers wondered if flooding the Mississippi River might help to divert the oil being released into the water from impacting communities on the Gulf's north coast. However, no operational computer models with details in river plume dynamics existed that might help predict how the environment might react to being flooded.

This study marks the first time a connection is established between the near surface signatures of a large river plume and the hydrocarbons released from a deep oil plume. The new prediction modeling system can help better understand the transport of oil and other pollutants under the complex circulation in the Gulf of Mexico. Waters of Mississippi origin can be often traced as far south as the Florida Straits, potentially impacting the Florida Keys.

Vassiliki H. Kourafalou, Yannis S. Androulidakis. **Influence of Mississippi River induced circulation on the Deepwater Horizon oil spill transport.** Journal of Geophysical Research: Oceans, 2013; DOI:10.1002/jgrc.20272

This is a satellite image of the oil at Mississippi Delta's Mouth during the 2010 Deepwater Horizon accident. (Credit: JPL/NASA)



The Blue Dragon (*Glaucus atlanticus*), one of the world's rarest and most beautiful mollusks.

Delayed Gratification Hurts Climate Change Cooperation

Oct. 20, 2013 — Time is a huge impediment when it comes to working together to halt the effects of climate change, new research suggests. A study published today in the journal *Nature Climate Change* reveals that groups cooperate less for climate change mitigation when the rewards of cooperation lay in the future, especially if they stretch into future generations.

"People are often self-interested, so when it comes to investing in a cooperative dilemma like climate change, rewards that benefit our offspring - or even our future self - may not motivate us to act," says Jennifer Jacquet, a clinical assistant professor at New York University's Environmental Studies Program, who conducted the research while a postdoctoral fellow working with Math Prof. Christoph Hauert at the University of British Columbia.

"Since no one person can affect climate change alone, we designed the first experiment to gauge whether group dynamics would encourage people to cooperate towards a better future."

Researchers at UBC and two Max Planck Institutes in Germany gave study participants 40 Euros each to invest, as a group of six, towards climate change actions. If participants cooperated to pool together 120 Euros for climate change, returns on their investment, in the form of 45 additional Euros each, were promised one day later, seven weeks later, or were invested in planting oak trees, and thus would lead to climate benefits several decades down the road - but not personally to the participants. Although many individuals invested initially in the long-term investment designed to simulate benefits to future generations, none of the groups achieved the target.

"We learned from this experiment that even groups gravitate towards instant gratification," says Hauert, an expert in game theory, the study of strategic decision-making.

The authors suggest that international negotiations to mitigate climate change are unlikely to succeed if individual countries' short-term gains are not taken into consideration.

Jennifer Jacquet, Kristin Hagel, Christoph Hauert, Jochem Marotzke, Torsten Röhl, Manfred Milinski. **Intra- and intergenerational discounting in the climate game.**Nature Climate Change, 2013; DOI: 10.1038/nclimate2024

Early-Life Exposure of Frogs to Herbicide Increases Mortality from Fungal Disease

Oct. 23, 2013 — The combination of the herbicide atrazine and a fungal disease is particularly deadly to frogs, shows new research from a University of South Florida laboratory, which has been investigating the global demise of amphibian populations.

USF Biologist Jason Rohr said the new findings show that early-life exposure to atrazine increases frog mortality but only when the frogs were challenged with a chytrid fungus, a pathogen implicated in worldwide amphibian declines. The research is published in the new edition of *Proceedings of the Royal Society B*.

"Understanding how stressors cause enduring health effects is important because these stressors might then be avoided or mitigated during formative developmental stages to prevent lasting increases in disease susceptibility," Rohr said.

The study was conducted by Rohr and Lynn Martin, Associate Professors of USF's Department of Integrative Biology; USF researchers Taegan McMahon and Neal Halstead; and colleagues at the University of Florida, Oakland University, and Archbold Biological Station.

Their experiments showed that a six-day exposure to environmentally relevant concentrations of atrazine, one of the most common herbicides in the world, increased frog mortality 46 days after the atrazine exposure, but only when frogs were challenged with the chytrid fungus. This increase in mortality was driven by a reduction in the frogs' tolerance of the infection.

Moreover, the researchers found no evidence of recovery from the atrazine exposure and the atrazine-induced increase in disease susceptibility was independent of when the atrazine exposure occurred during tadpole development.

"These findings are important because they suggest that amphibians might need to be exposed only to atrazine briefly as larvae for atrazine to cause persistent increases in their risk of chytrid-induced mortality," Rohr said. "Our findings suggest that reducing early-life exposure of amphibians to atrazine could reduce lasting increases in the risk of mortality from a disease associated with worldwide amphibian declines."

Until this study, scientists knew little about how early-life exposure to stressors affected the risk of infectious diseases for amphibians later in life.

"Identifying which, when, and how stressors cause enduring effects on disease risk could facilitate disease prevention in wildlife and humans, an approach that is often more cost-effective and efficient than reactive medicine," Rohr said.

The findings are also the latest chapter in research Rohr and his lab has conducted on the impact of atrazine on amphibians. These findings are consistent with earlier studies that concluded that, while the chemical typically does not directly kill amphibians and fish, there is consistent scientific evidence that it negatively impacts their biology by affecting their growth and immune and endocrine systems.

Atrazine is a triazine herbicide currently registered in Australia for the control of grass and broadleaf weeds in crops such as sorghum, maize, sugarcane, lupins, pine and eucalypt plantations, and triazine tolerant (TT) canola.

J. R. Rohr, T. R. Raffel, N. T. Halstead, T. A. McMahon, S. A. Johnson, R. K. Boughton, L. B. Martin. **Early-life exposure to a herbicide has enduring effects on pathogen-induced mortality.** Proceedings of the Royal Society B: Biological Sciences, 2013; 280 (1772): 20131502 DOI:10.1098/rspb.2013.1502 Frogs. Image Credit: © philip kinsey / Fotolia.

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

Bushland areas must be connected for native animals to survive. Please sign our petition to save bushland at 122 Mona Vale Rd. CLICK ON THIS LINK TO SIGN THE PETITION

KATANDRA SANCTUARY.
KATANDRA
LIFE CORRIDOR
NO Second GENERATION
0:00 / 3:02

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration. eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quaterly informative newsletter, online or paper
Members email group for leaset environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Lobbies Pittwater Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA-approved grant applications for environmental projects
Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, $20.00rrp, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

Email: pnhainfo@gmail.com Or click on Logo to visit website. PROFILE

growing together
Pittwater Community Gardens

Community Gardens bring people together and enrich communities. They build a sense of place and shared connection.

Pittwater Community Gardens is a community led initiative to create accessible food gardens in public places throughout the Pittwater area. Our aim is to share skills and knowledge in creating fabulous local, organic food. But it's not just about great food. We also aim to foster community connection, stimulate creative ideas for community resilience and celebrate our abundance. Open to all ages and skills, our first garden is on the grounds of Barrenjoey High School (off Tasman Road). Become part of this exciting initiative to change the world locally.

www.pcga.org.au Contact us info@pcg.org.au or Visit us at facebook.com/pcga.org; image artwork: www.gravey.com

2013 NSW WHALE WATCHING SEASON WILD ABOUT WHALES 1 JUNE – 30 NOVEMBER

For the latest on all the great things to do and see in NSW National Parks, including all things whales during the whale-watching season, sign up for our enewsletter Naturescapes. Click here to sign up http://bit.ly/SE58IX

Birdlife Australia - New Website and Quarterly Magazine

Birdlife Australia has begun a quarterly magazine which is available online at: www.birdlife.org.au/australian-birdlife

This organisation, which has been going for over a century now, have been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create real and positive outcomes. They state that over 200 species of birds in Australia are considered threatened at present. Visit their new website, have a look at all the information collated, and see if you could help them out as a volunteer or donor.

PITTWATER COUNCIL

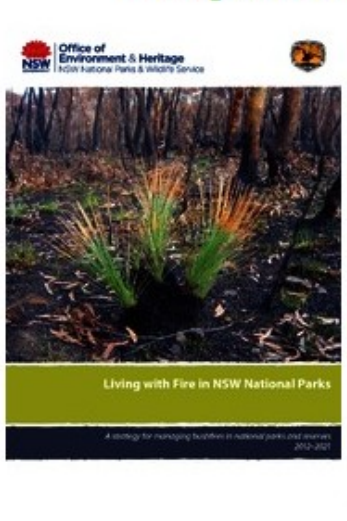
ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to educate the community about the coastal environment, based on traditional Aboriginal knowledge. The calendar, which is web-based, works through hundreds of images of coastal native birds, animals and plants. Many of the images were provided by local residents and collated by staff from the Council's Coastal Environment Centre at North Narrabeen.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species. The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

Living with Fire in NSW National Parks


Office of Environment & Heritage
Living with Fire in NSW National Parks

Living with Fire in NSW National Parks – A strategy for managing bushfires in national parks and reserves 2012–2021 has just been released by the NSW Government's department of Environment and Heritage.

The document provides a statewide approach to managing bushfires in NSW national parks and reserves over the next decade. The strategy was developed following several rounds of consultation with key internal and external stakeholders.

The strategy provides a clear statement and framework for the NSW National Parks and Wildlife Service (NPWS) to manage bushfires in national parks and reserves and outlines priorities to be addressed over the next ten years, including research priorities. It is consistent with: NSW 2021 external link (Goal 28) the National Bushfire Management Policy Statement for Forests and Rangelands.

The strategy contains:

fire management principles

the vision for NPWS to manage fires to conserve biodiversity and cultural heritage, and work with other fire authorities to protect life and property

information on the context, future challenges and risks of, and trends for, managing fire in NSW parks and reserves

key strategies, actions and deliverables with key performance indicators to measure agency performance.

Download copy from **HERE**

Australian Native Foods website: http://www.anfil.org.au/

Kimbriki Resource Recovery Centre

CLIMATE ACTION PITTWATER

For tips on how to be more energy efficient, visit Climate Action Pittwater at: http://www.climateactionpittwater.org.au/

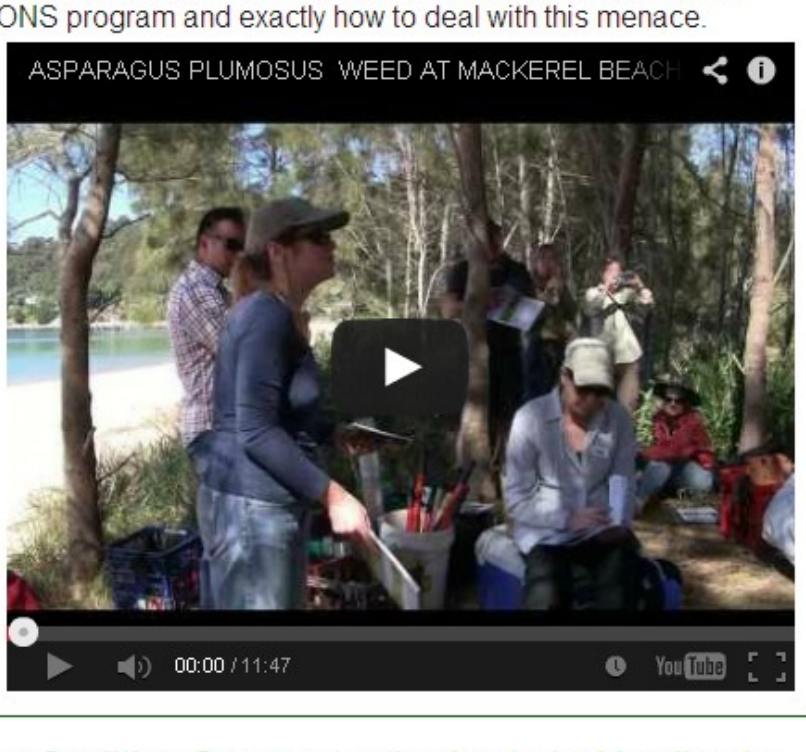
Environment Stories Issue 134

The Year of the Snake by Lynleigh Grieg

Saving Grevillea Caleyi at Ingleside

ASPARAGUS PLUMOSUS WEED AT MACKEREL BEACH, PITTWATER by PittwaterEcowarriors - Published on Oct 21, 2013

Floating Landcare targets weeds in locations that can only be reached by boat. Mackerel Beach on Pittwater has an infestation of Asparagus plumosus, a Weed of National Significance (WONS), that threatens this beautiful bushland. This video explains the WONS program and exactly how to deal with this menace.



The Coalition Government's plan to tackle climate change, reduce emissions and reduce pressure on electricity prices - Paper to the carbon market institute Workshop, 24 October 2013 HERE

2013 Nature Conservation Council of NSW Marie Byles Award for Most Outstanding New Environmental Campaign - Better Planning Network

On October 19th the Better Planning Network was awarded the 2013 Nature Conservation Council of NSW Marie Byles Award for Most Outstanding New Environmental Campaign.

From their website on the *Planning Bill 2013* tabled in NSW Parliament on 22nd October 2013 (**Debate has been 'adjourned 5 clear days'**)

On 22 October 2013, Minister Hazzard introduced the revised NSW Planning Bills to Parliament. These Bills contain some important changes but fundamental issues remain unresolved.

The Better Planning Network and our 427 affiliated organisations want a fair and responsible planning system for NSW. A system that encourages growth in line with Ecologically Sustainable Development principles; has at its heart community wellbeing; protects our environment and heritage; minimises risks of corruption and respects the rights of communities to shape local planning and development decisions.

Making amendments to fundamentally flawed legislation is not good enough and the Minister's latest changes won't fix the Bills. NOW is the time to call your local MP and say NO to the Government's Planning Bills!

All *Planning Bill 2013* Documents HERE

Fukushima is Here - San Francisco Human Mural - Published on 23 Oct 2013

Fukushima is Here! The Human Mural on Ocean Beach in San Francisco, CA October 19, 2013 spelled out this urgent message to the world. The ongoing disaster at the Fukushima Daiichi nuclear plant can only be solved through an urgent international response, yet the mainstream media continues to downplay the danger to humanity. Help break the media logjam. Please share this video widely through social media, connect with others and take action wherever you live. Go to www.FukushimaResponse.org for ideas and materials that can help you raise awareness of this critical issue.

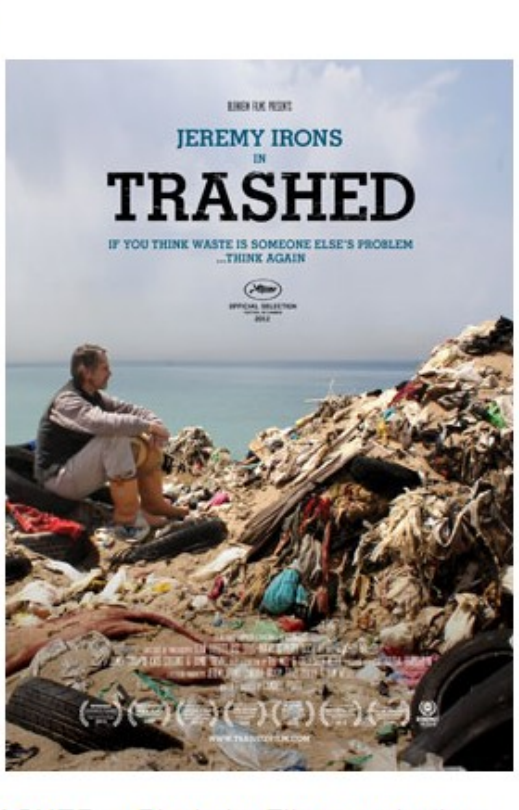
Fukushima is Here - San Francisco Human Mural
0:00 / 3:39

Take 3, the non-profit organisation that 3 asks everyone to simply take 3 pieces of rubbish with them when they visit the beach, waterway or...anywhere, have been awarded the screening rights to the incredible new 'Trashed' film. They're looking for groups to partner in showing this film around Australia to get people thinking more about the frightening results of our throwaway society. Watch the trailer at www.trashedfilm.com and email them for more info at: info@take3.org.au

Free screenings of this film are taking place in Sydney, Central Coast and Melbourne throughout November.

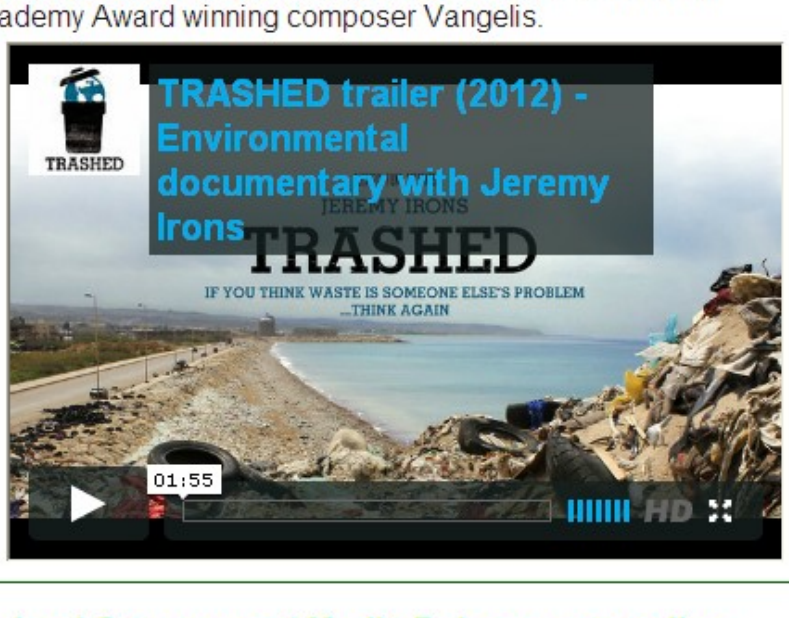
Marine debris has a disastrous impact on innocent marine life through entanglement and ingestion and is choking our oceans. Take 3's Mission is stated as : "Raise awareness of the consequences of plastic debris on the world's oceans and the subsequent pressure facing the species relying on the ocean for survival."

About the film Trashed



Jeremy Irons stands on a beach beside the ancient Lebanese city of Sidon. Above him towers a mountain of rubbish-a pullulating eyesore of medical waste, household trash, toxic fluids and dead animals-the result of thirty years of consumption by just one small city out of how many in the world? As the day's new consignments are tipped on top, debris tumbles off the side and into the blue of the Mediterranean. Surrounded by a vast reach of plastic bottles, a forlorn Jeremy Irons stares at the horizon. "Appalling," he mutters.

In the new docu-feature TRASHED, a Blenheim Films production, produced and directed by British filmmaker Candida Brady (Madam and the Dying Swan), which was selected to receive a Special Screening at the Cannes Film Festival, Irons sets out to discover the extent and effects of the global waste problem, as he travels around the world to beautiful destinations tainted by pollution. This is a meticulous, brave investigative journey that takes Irons (and us) from scepticism to sorrow and from horror to hope. Brady's narrative is vividly propelled by an original score created by Academy Award winning composer Vangelis.


TRASHED trailer (2012) - Environmental documentary with Jeremy Irons
TRASHED
IF YOU THINK WASTE IS SOMEONE ELSE'S PROBLEM ...THINK AGAIN
01:55
HD

Federal Government Media Releases regarding Environment this week:

Strategic review of the Department of the Environment

Department of the Environment, Federal Government - Media release, 23 October 2013

The Department of the Environment will conduct an internal strategic review of its operations over coming months to examine its core objectives, roles and responsibilities, and to inform its future priorities and organisational arrangements.

The review is being undertaken in the context of the Government's priorities, machinery of government changes following the election and the broader fiscal environmental within which the Department is operating.

Its aim is to strengthen the Department so it is better able to deliver the Government's policies and achieve public good benefits for the Australian environment, economy and society.

The review will be undertaken internally and guided by a reference panel of external experts with deep experience in government who will be appointed by the Secretary in coming weeks.

In the light of existing budget pressures, the Department will also initiate a voluntary redundancy programme aimed at reducing staffing levels by around 150 to ensure it operates within its allocated budget.

The staff of the Department have been advised, as has the Community and Public Sector Union. The Department will work with staff and their representatives to ensure they are engaged through these processes.

Gordon de Brouwer, Secretary

Terms of Reference

The Department of the Environment will conduct an internal strategic review to examine the roles and functions of the Department and advise on the most effective future structural, governance and other organisational arrangements. It is being proposed in the context of the policy priorities of the newly elected Government, machinery of government changes (especially the addition of domestic climate change and renewable energy policy) and a difficult budget outlook.

The overall aim of the review is to position the Department of the Environment as a strong and resilient organisation, able to deliver the Government's agenda and lead in achieving long term public good benefits for the Australian environment, economy and society.

The review will inform the Department's engagement in and response to the Commission of Audit which will review how government operations can be streamlined and improved.

The review will consider the Department's operations and structure in the context of the Government's policy priorities, our responsibilities under the Administrative Arrangements Order, and the current budget outlook.

Terms of Reference

The review will:

advise on the core objectives, roles and responsibilities of the Department, in particular whether they can be achieved in simpler and more streamlined ways consistent with accountability frameworks by a focus on:

risk-based approaches;

achieving outcomes rather than imposing input controls;

reducing burdens on key external parties;

reducing burdens in internal processes;

eliminating internal duplication and overlap in functions; and

reducing overlap between different levels of government in Australia.

advise on the priorities for the Department, including activities that could be changed, wound back or ceased;

identify opportunities to strengthen policy analysis, including across science and economics, and the use of the evidence base for advice on policy and its implementation across the Department;

identify organisational capability gaps and opportunities for professional and career development;

advise on governance in the Department, including the structure, points and span of decision making; and

advise on current operational, budgetary, reputational and other risks to the Department, potential future risks, and what further action could be taken to mitigate these risks

$580 millon new investment in offshore exploration 23 October 2013

New offshore petroleum exploration promises $580 million over the next three years following the granting of exploration permits in Commonwealth waters off Western Australia and South Australia.
Industry Minister Ian Macfarlane announced the new permits, as part of the second round of the 2012 Offshore Petroleum Exploration Acreage Release.
"This record investment in offshore exploration shows that the resources sector in Australia remains strong.
"The opening up of new oil and gas exploration areas like the Great Australian Bight will ensure that Australia has enough energy to meet our future needs.
"This shows that Australia is an attractive destination for investment in offshore exploration and sends a clear signal that Australia is open for business," Mr Macfarlane said.
The flow-on benefits of these permits will see up to a total of $730 million in exploration investment over the next six years.
The specific permits awarded include:
EPP43 (released as S12-1) located offshore South Australia in the Great Australian Bight approximately 350km west of Ceduna, has been awarded to Murphy Australia Oil Pty Ltd and Santos Offshore Pty Ltd. The joint venture proposed a guaranteed work program of 4,000km 2D seismic survey; 2D processing, interpretation and 3D planning with a 4,600km^2 3D seismic acquisition and processing program, totalling $50 million. The secondary work program consists of 3D processing, interpretation, one exploration well and post well studies totalling $53 million. There were two other bids for this area.
EPP44 (released as S12-2) located offshore South Australia in the Great Australian Bight approximately 200km west of Ceduna, has been awarded to Chevron Australia New Ventures Pty Ltd. Chevron proposed a guaranteed work program of geological and geophysical studies, 9,000 km^2 3D seismic acquisition and two exploration wells, totalling $237 million. The secondary work program consists of geological and geophysical studies, 1,000 km^2 3D seismic acquisition, geological and geophysical studies and prospect review totalling $5 million. There were three other bids on this area.
EPP45 (released as S12-3) located offshore South Australia in the Great Australian Bight approximately 300km south-west of Ceduna, has been awarded to Chevron Australia New Ventures Pty Ltd. Chevron proposed a guaranteed work program of geological and geophysical studies, 12,000 km^2 3D seismic acquisition and two exploration wells totalling $249 million. The secondary work program consists of geological and geophysical studies, 1,000 km^2 3D seismic acquisition, geological and geophysical studies review totalling $5 million. There were two other bids on this area.
WA-495-P (released as W12-10) located offshore Western Australia approximately 360 km north-west of Exmouth, has been awarded to Shell Development (Australia) Proprietary Limited. Shell proposed a guaranteed work program of 1,650km 2D seismic acquisition and processing, geological and geotechnical studies and 1,260km^2 3D seismic acquisition and processing totalling $19.2 million. The secondary work program consists of geological and geotechnical studies and one exploration well totalling $43 million. There was one other bid on this area.
WA-496-P (released as W12-6) located offshore Western Australia approximately 350km north-west of Broome has been awarded Woodside Energy Limited and Mitsui E&P Australia Pty Ltd. The joint venture proposed a guaranteed work program of 3,328km^2 3D seismic survey, 3,328km^2 pre-stack depth migration processing of 3D seismic and geotechnical studies totalling $24.2 million. The secondary work program consists of geotechnical and engineering studies, one exploration well and geotechnical studies totalling $51.5 million. There were no other bids on this area.
Other areas released as part of round 2, NT12-1, T12-2, V12-3, V12-4, W12-7, W12-11 and S12-4 received no compliant bids, while NT12-2 is still under consideration. The Australian Government has obligations under the Perth Treaty to provide the Indonesian Government with three months notification prior to permits being awarded in the Perth Treaty area. At the conclusion of this three month period, the Joint Authority will make a decision.
Further information on specific permits can be found at http://www.nopta.gov.au/neats.html and on acreage release at http://www.petroleum-acreage.gov.au/.

NSW Government's Aboriginal Cultural Heritage Reform - Have Your Say

The NSW Government has released a model for stand-alone Aboriginal cultural heritage legislation which was developed in response to the recommendations provided by an independent ACH Reform Working Party. The Government is encouraging everyone to consider the proposed model and offer their feedback on this important matter.

The consultation process presents a unique opportunity to have your say about the future management of Aboriginal cultural heritage in NSW.

Have your say

The current consultation provides the opportunity for the public to consider and provide feedback on the Government proposed model for managing Aboriginal cultural heritage.

This consultation process presents a unique opportunity for you to have your say about the future management of Aboriginal cultural heritage in NSW. The Government encourages all interested parties to make their views heard about this important matter.

There are many ways to have your say. You can contribute your views during the public consultation workshops for the independent facilitator to record, or if you want to make a more detailed and individual submission, you can submit your response.

Submit your response

To ensure your views about the Government's proposed model are clearly heard and understood, the Government strongly urges individuals and organisations to respond.

Have your say by the **closing date - 14 February 2014**. This is a unique opportunity for your voice to be heard in this historic reform. All submissions will be considered in the refinement of the final model in 2014.

All documents and guidlines for submissions available for scrutiny at: http://www.environment.nsw.gov.au/achreform/

Draft Ports Strategy Released – Media Statement - Deputy Premier, Minister for State Development, Infrastructure and Planning, The Honourable Jeff Seeney - Thursday, October 17, 2013

The Queensland Government has proposed declaring five Priority Port Development Areas (PPDAs) for **the state's leading long-established ports, where development will be concentrated and encouraged.** The Deputy Premier and State Development, Infrastructure and Planning Minister Jeff Seeney said the move was among the key actions in the draft Queensland Ports Strategy released today.

He said the **PPDAs would be created for the ports of Brisbane, Mackay/Hay Point** (two separate zones), **Gladstone, Townsville and Abbot Point. Abbot Point**

"Along Queensland's 6,973 km coastline, there are 20 ports including 15 trading ports, two community ports, and three gazetted non-trading ports," Mr Seeney said. "This is the government's blueprint for managing and improving the efficiency and environmental management of the state's port network over the next decade.

"This strategy will also prohibit capital dredging for the development of deep water port facilities outside of PPDAs for the next 10 years. This will ensure the protection of the balance of the Queensland coastline from capital dredging projects.

"We are working to have legislation in place by next year to deliver on these commitments.

"This strategy preserves and builds on the State's commitment in the Great Barrier Reef Ports Strategy to restrict any significant port development within and adjoining the Great Barrier Reef World Heritage Area to within port limits to 2022.

"The draft Queensland Ports Strategy aligns with the recommendation made by UNESCO that the Australian and Queensland Governments restrict port development outside the long-established major port areas within or adjoining the Great Barrier Reef World Heritage Area.

"We need to find a sensible way forward and work within the existing port networks to ensure our state can still do business but not put at risk our greatest natural asset, the Great Barrier Reef.

"In 2011-2012, these proposed PPDA ports handled 87 per cent of Queensland's $54.5 billion in exports and were responsible for 98 per cent of the state's imports.

"Coal is still the predominant commodity export representing 63 per cent of volumes followed by bauxite at 15 per cent and petroleum products 6 per cent.

"The remaining 16 per cent is shared by metals and minerals, general cargo, agriculture and other products."

Mr Seeney said the Newman Government would also continue the review of port governance and improve supply chain infrastructure coordination and delivery for sustained economic growth across the state's port network.

The draft Queensland Ports Strategy will be open for public comment until 13 December 2013.

For more information and to complete an online survey to have your say, WHETHER AUSTRALIAN OR FROM OVERSEAS visit: www.dsdip.qld.gov.au/qps

International Fund for Animal Welfare - IFAW – Koala Count NSW

We love koalas! **The first ever NSW Great Koala Count is taking place 7 - 17 November**. During these 10 days you can go out, find where our koalas are & how they are going! Sign up today to become a Citizen Scientist & take part in this exciting initiative to help protect this iconic Aussie species http://g.ifaw.org/18qO7XL

Koalas dine solely on the leaves of eucalyptus trees. Increasing levels of carbon dioxide in the air do speed up eucalyptus growth, but the leaves have lower nutritional value. SEe Report HERE (PDF)

Cork, S. J., Hume, I. D. and Foley, W. J. (2000), **Improving Habitat Models and Their Utility in Koala Conservation.** Conservation Biology, 14: 660–668. doi: 10.1046/j.1523-1739.2000.99389.x

Devils at Cradle Mountain - Tasmania

With our islands iconic species under threat of extinction, the adoption of a Tasmanian devil is a great way to contribute to their future and provide someone with a very unique gift. See: www.devilsatcradle.com

Buy someone a unique gift....
ADOPT A JOEY DEVIL FOR JUST $50
HELP the conservation of this iconic species
www.devilsatcradle.com

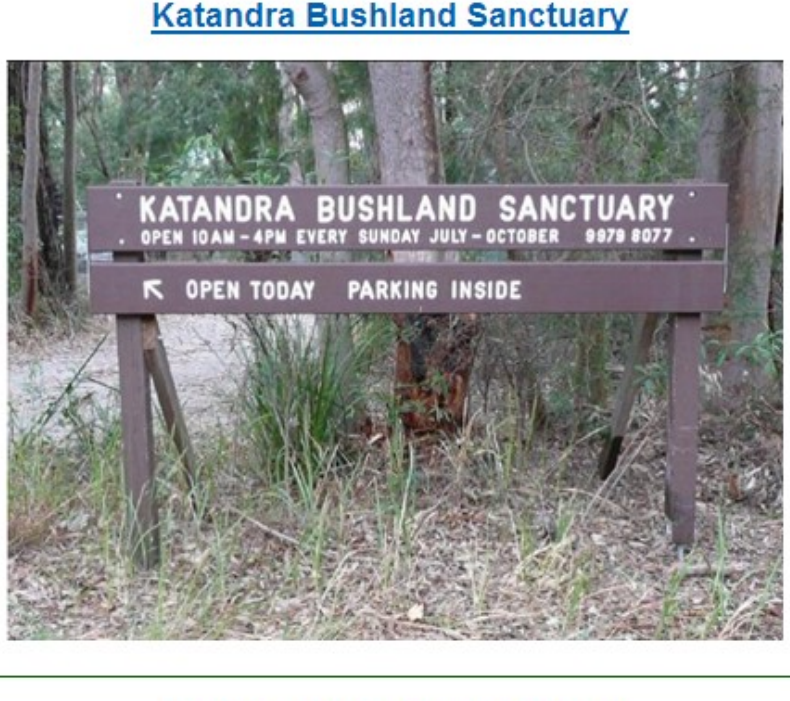
IPCC WGI AR5 - Climate Change 2013: The Physical Science Basis

ipcc
INTERGOVERNMENTAL PANEL ON climate change
CLIMATE CHANGE 2013
The Physical Science Basis

The Twelfth Session of Working Group I (WGI-12) will take place from 23 to 26 September 2013 in Stockholm, Sweden. This Session of WGI is being convened to approve the Summary for Policymakers (SPM) of the Working Group I contribution to the IPCC Fifth Assessment Report (WGI AR5) and accept the underlying scientific and technical assessment.

The WGI AR5 Summary for Policymakers will be available here on **27 September 2013.**

Katandra Bushland Sanctuary


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

Coastal Environment Centre

The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

More at: www.pittwater.nsw.gov.au/cec

Monthly Cooee Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact jodi_harvey@pittwater.nsw.gov.au

October 2013 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE

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

The Sea - Episodes and Imaginings - Wednesday 6 November 2013

(Open to the public)

Australian National Maritime Museum

A unique one day symposium examining the construction of histories through film, literature, theatre, museology, film, visual arts and music with a particular focus on maritime histories and cultures. It will explore the many facets of storytelling and interpreting maritime historical events through a multitude of creative disciplines. These historical narratives are drawn from primary and secondary source materials and can include oral histories, naval records, scientific and ethnographic research, ships logs, official records such as births, deaths and marriages, and passenger crew lists.

The symposium brings together eminent cultural theorists, historians, museum curators, documentary filmmakers, writers, composers, collectors and visual artists to interrogate and navigate through the complex terrain of public history, to engage in debate about the transmission and presentation of history, the role of historical fiction and specific genres such as documentary-dramas, musical compositions, museum master narratives and visual arts.

Episodes and Imaginings will be linked to the Sydney Climate Change Network's marine environmental humanities and social science conferences being presented by the University of Sydney and dedicated to looking at Coastlines, the other focussing on Oysters.

The project also links to current maritime, environmental and underwater archaeological research through an existing Australian Research Council initiative between the ANMM/University of Sydney/Queensland Museum and Silentworld Foundation entitled - Cultures of Coast and Sea: maritime environmental, cultural and ethnographic histories of north-east Australia 1770-2010. The symposium also aligns with the ANMM's broader interest in researching and mapping out revised master narratives for the development of the museum's core exhibitions and future creative partnerships.

BOOKINGS ESSENTIAL

Cost: Full $30, Concession $15 (includes morning and afternoon tea). Please contact Michelle St Anne for more information. **Click here to register**

Partners: ARC Linkage Grant, The Andrew Mellon Australian-Pacific Observatory and The Australian National Maritime Museum

THE CHANGING COASTLINES SYMPOSIUM

Thursday 7-Friday 8 November 2013

See All associated Events HERE

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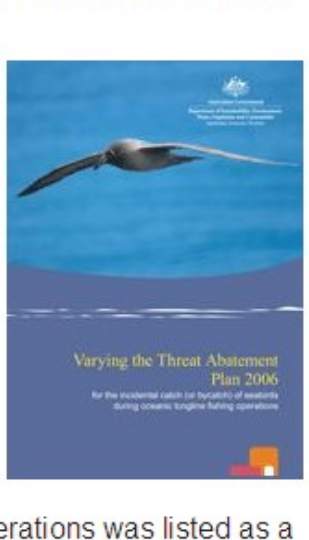
Habitat magazine is chock full of great environmental reportage, covering enviro heroes, climate change and the interconnectedness of our natural world. FREE to download on your iPad: http://bit.ly/RR8zre

Call for Public Comment - Varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations



Department of Sustainability, Environment, Water, Population and Communities, 2013

Introduction

Oceanic longlining is a fishing technique used to target pelagic and demersal finfish and shark species. Longlining occurs in almost all Australian waters. The impact of longline fishing activities on seabirds was not fully realised until the 1980s when seabird bycatch was first reported and then documented.

The incidental catch (or bycatch) of seabirds during oceanic longline fishing operations was listed as a key threatening process on 24 July 1995. An initial threat abatement plan was released in 1998 and the current Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations (the 2006 Threat Abatement Plan for Seabirds) was released in 2006. In 2011, the Minister for Sustainability, Environment, Water, Population and Communities approved preparation of a variation to the 2006 Threat Abatement Plan for Seabirds.

Information on the level and nature of interactions between seabirds and fishing gear has increased significantly. There is now extensive information available upon which to base decision-making. Considerable research and development activities have been undertaken since 1995 into seabird bycatch mitigation measures including at-sea trials. There is now increased confidence about mitigation measures that, when used in combination, are effective. These mitigation measures form the basis of prescriptions set out in the proposed variation to the 2006 Threat Abatement Plan for Seabirds.

Public consultation

The Minister for Environment, Heritage and Water has released the consultation paper on varying the Threat Abatement Plan 2006 for the incidental catch (or bycatch) of seabirds during oceanic longline fishing operations for three-month **public consultation until 31 October 2013.**

Save Pittwater.com People for Pittwater.com.au

FREE The Avalon Tattoo
DUNBAR PARK - SATURDAY JUNE 15
BANDS - CONCERTS - DISPLAYS
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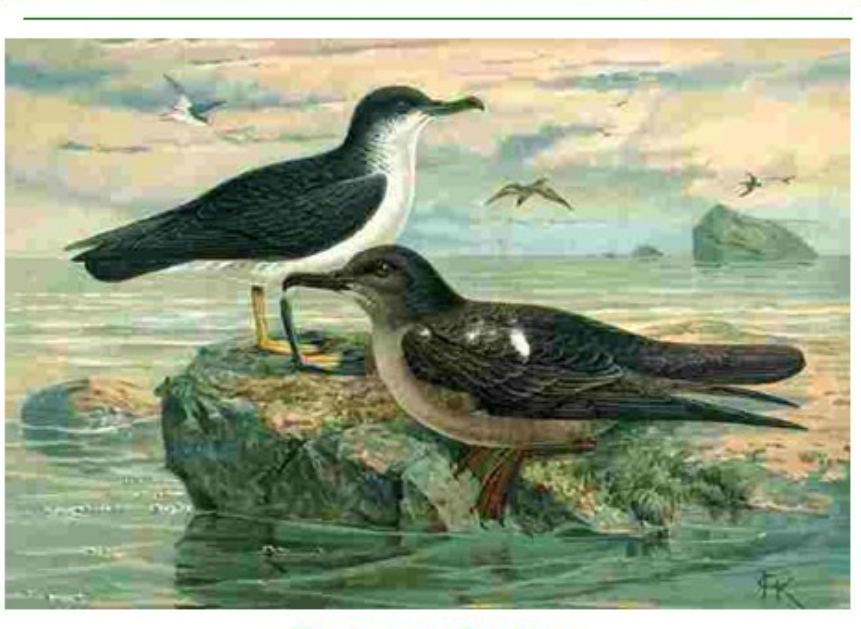


Botany Online

From their 'about us' page:

BOTANY Online - The Internet Hypertextbook

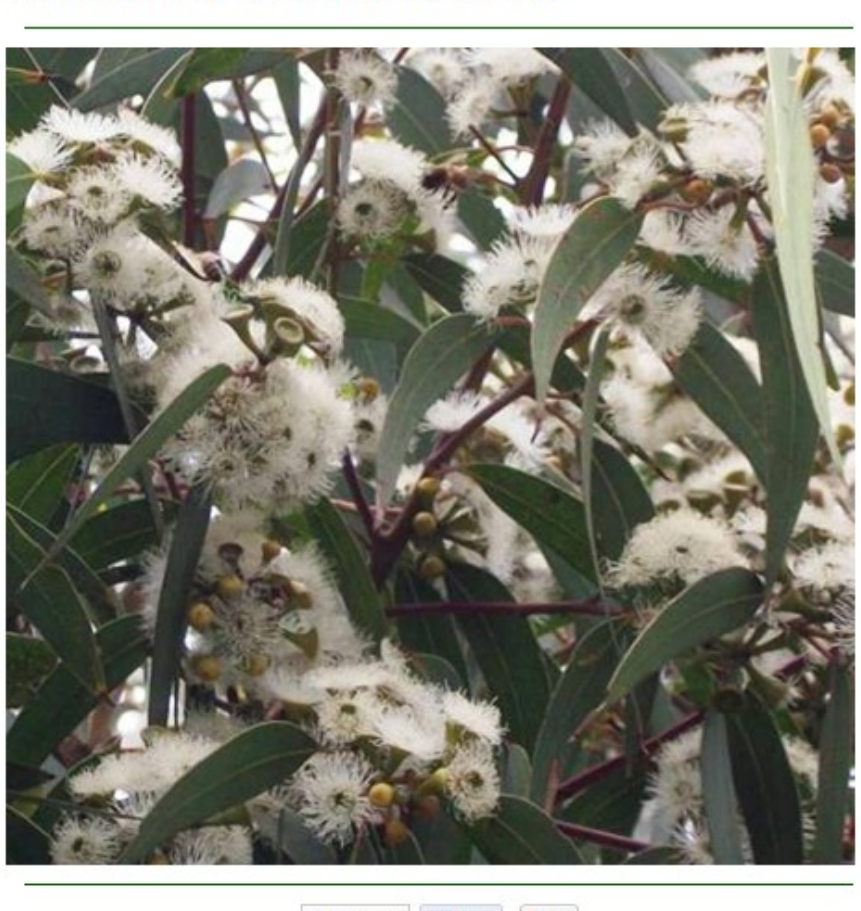
.....all that students are eager to know ! BOTANY online discovers the world of the internet for teaching. We invite all of you, especially all those botanists, biologists, computer scientists, teachers and students out there to contribute. BOTANY online is open for all kinds of changes and supplements ....your participation keeps it alive! **Botany Online CONTENTS PAGE**

Above, from this website: *Puffinus puffinus* - **Manx petrel** *Puffinus griseus* - Dark PetrelNaumann, NATURAL HISTORY OF BIRDS OF CENTRAL EUROPE: Volume XII, Table 4 - Gera, **1903**. Digital Editing: Peter Seng v. Bus

Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council. Our **PROFILE**

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.



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Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it on screen.

Sydney Harbour Foreshore Authority Carbon Footprints Document

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." - from the Prayer of Saint Patrick

Pittwater Online News

October 27 - November 2, 2013: Issue 134

Mandarins

Thinned skin very sweet Mandarins are in markets at present at just over two dollars a kilogram and are great for warding off sniffles caused by Spring fluctuating temperatures of 34 degrees one day and 2 degrees the next. Filled with Vitamin C and fibre they are also a great digestive aid. Although they have a Chinese name they are said to originate from Japan, where the region of Satsuma was the first to export varieties to western cultures.
This week we share a little of the culture of this old citrus fruit and a few favourite recipes

Mandarin Orange Glazed Duck

Ingredients
1 litre of vegetable broth
1/3 cup tomato paste
2 tablespoons brown sugar
2 tablespoons orange juice concentrate
2 tablespoons soy sauce
2 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground allspice
1.8 kilo duck, skinned, deboned and cut into cubes
250 grams sliced fresh mushrooms
1/2 cup green pepper strips (1/4-in. thick)
1 tablespoon butter
3 tablespoons cornflour
1/4 teaspoon ground ginger
1/4 cup milk
250 grams mandarin oranges – peeled into segments
Hot cooked rice

For marinade, in a small bowl, combine the first nine ingredients. Pour 3/4 cup into a large resealable plastic bag; add the duck. Seal bag and turn to coat; refrigerate for 8 hours. Cover and refrigerate remaining marinade.
Drain and discard marinade. Transfer duck to a 1-1/2-qt. slow cooker; add reserved marinade. Cover and cook on low for 4-5 hours or until tender. Skim fat.
In a small saucepan, saute mushrooms and green pepper in butter. Combine the cornstarch, ginger and milk until smooth. Stir into mushroom mixture; add to slow cooker.
Cover and cook on high for 45 minutes or until sauce is thickened. Just before serving, stir in oranges. Serve with rice if desired.

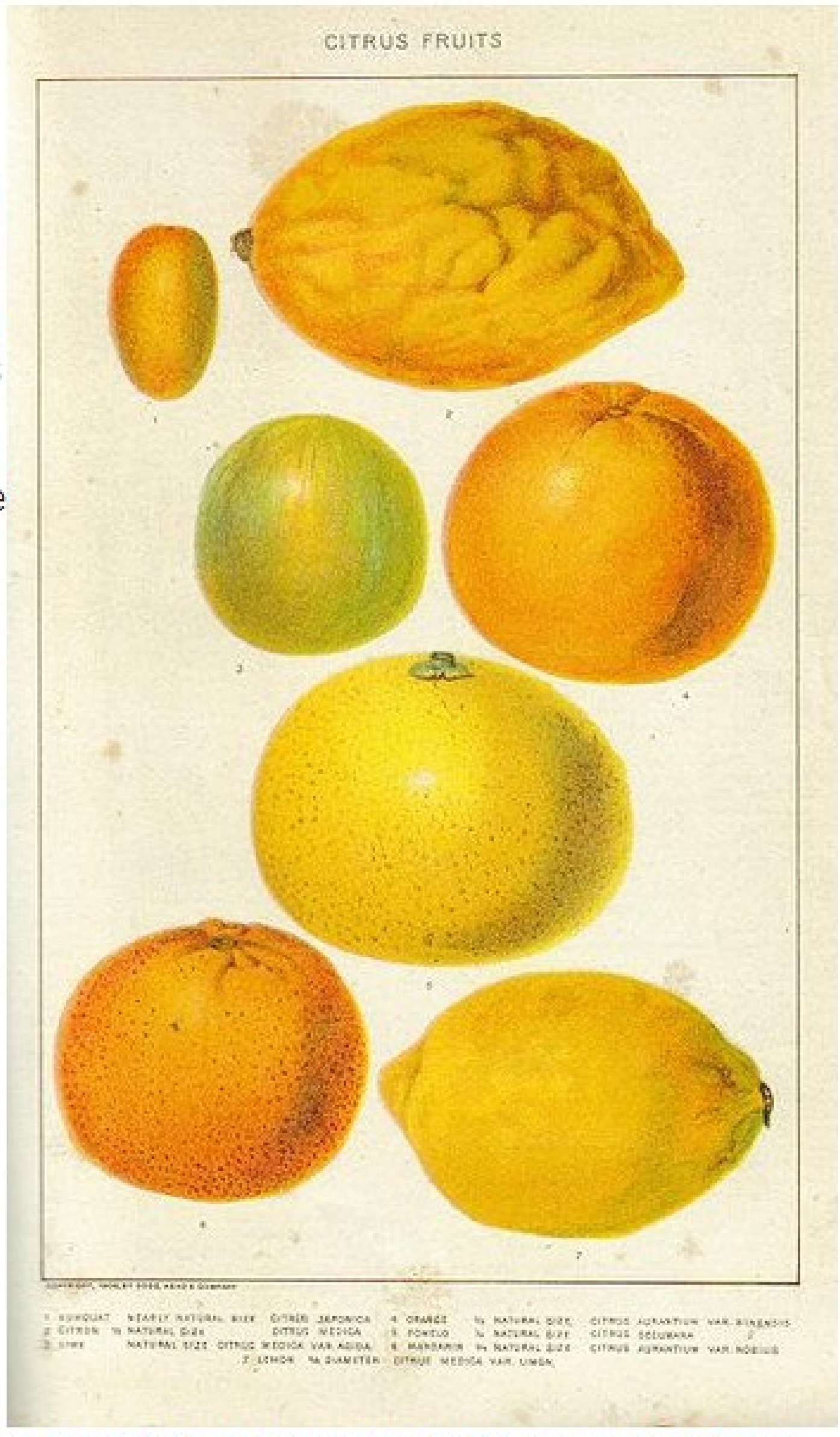
Cointreau soaked Mandarins – for special occasions

Serves 4
1 vanilla bean
280g (1 1/4 cups) caster sugar
1L (4 cups) water
10 mandarins, peeled
435ml (1 3/4 cups) thickened cream
1 1/2 tbs icing sugar
2 tbs Cointreau

Cointreau is a brand of triple sec (an orange-flavoured liqueur) produced in Saint-Barthélemy-d'Anjou, France. It is drunk as an apéritif and digestif. Use a small sharp knife to split the vanilla bean lengthways without cutting all the way through. Scrape the seeds into a large sauce - pan. Add the vanilla bean, caster sugar and water. Stir over low heat, uncovered, until the sugar dissolves.
Increase heat to high and bring to the boil. Add the mandarins and return to the boil. Reduce heat to medium-low and simmer, uncovered, turning once, for 10 minutes or until the mandarins soften slightly. Use a slotted spoon to transfer to a large serving dish.
Increase heat to high and bring syrup to the boil. Boil, uncovered, for 6-7 minutes or until it reduces by half. Pour over the mandarins. Allow to cool. Use electric beaters to whisk the cream and icing sugar in a medium bowl until firm peaks form. Stir in the Cointreau. Serve the mandarins drizzled with the syrup remaining in the dish and accompanied by a dollop of cream.

The Mandarin orange, also known as the mandarin or mandarine (both lower-case), is a small citrus tree (*Citrus reticulata*) with fruit resembling other oranges. When exporting began, local Mandarin oranges were named after their port of origin. The mandarin orange is a variety of the orange family. Cultivars and crosses between the original mandarin and other citrus fruits include:

Satsuma (*Citrus unshiu*), a seedless variety, of which there are over 200 cultivars, such as Owari and mikan; the source of most canned mandarins, and popular as a fresh fruit due to its ease of consumption
Owari, a well-known Satsuma cultivar which ripens during the late fall season
Clementine, sometimes known as a "Christmas orange", as its peak season is Winter; becoming the most important commercial Mandarin orange form, having displaced mikans in many markets
Tangerine sometimes known as "Dancy Mandarin"
Tangor, also called the temple orange, a cross between the Mandarin orange and the common sweet orange; its thick rind is easy to peel and its bright orange pulp is sour-sweet and full-flavored



In traditional Chinese medicine, the dried peel of the fruit is used in the regulation of ch'i, and also used to treat abdominal distension, to enhance digestion, and to reduce phlegm. Mandarins have also been used in ayurveda (traditional medicine of India). Mandarin oranges, particularly Satsumas from Japan, are a Christmas tradition in Canada, as well as the United States. They are commonly purchased in 5- or 10-pound boxes, individually wrapped in soft green paper, and given in Christmas stockings. This custom goes back to the 1880s, when Japanese immigrants began receiving Japanese mandarin oranges as gifts from their families back home as gifts for the New Year. The tradition quickly spread among the non-Japanese population, and Eastwards across the country: each November harvest, "The oranges were quickly unloaded and then shipped east by rail. 'Orange Trains' - trains with boxcars painted orange - alerted everyone along the way that the irresistible oranges from Japan were back again for the holidays. For many, the arrival of Japanese Mandarin oranges signaled the real beginning of the holiday season." This new tradition merged with older traditions related to the Christmas stocking. Saint Nicholas is said to have put gold coins into the stockings three poor girls so that they would be able to afford to get married. Sometimes the story is told with gold balls instead of bags of gold, and oranges became a symbolic stand-in for these gold balls, and are put in Christmas stockings in Canada along with chocolate coins wrapped in gold foil. Importation of these Japanese oranges was suspended due to hostilities with Japan during World War II. While they were one of the first Japanese goods allowed for export after the end of the war, residual hostility led to the rebranding of these oranges as "Mandarin" oranges. The delivery of the first batch of mandarin oranges from Japan in the Port of Vancouver, British Columbia is greeted with a festival that combines Santa Claus and Japanese dancers -- young girls dressed in traditional kimonos.

During Chinese New Year, Mandarin oranges and tangerines are considered traditional symbols of abundance and good fortune. During the two-week celebration, they are frequently displayed as decoration and presented as gifts to friends, relatives, and business associates.

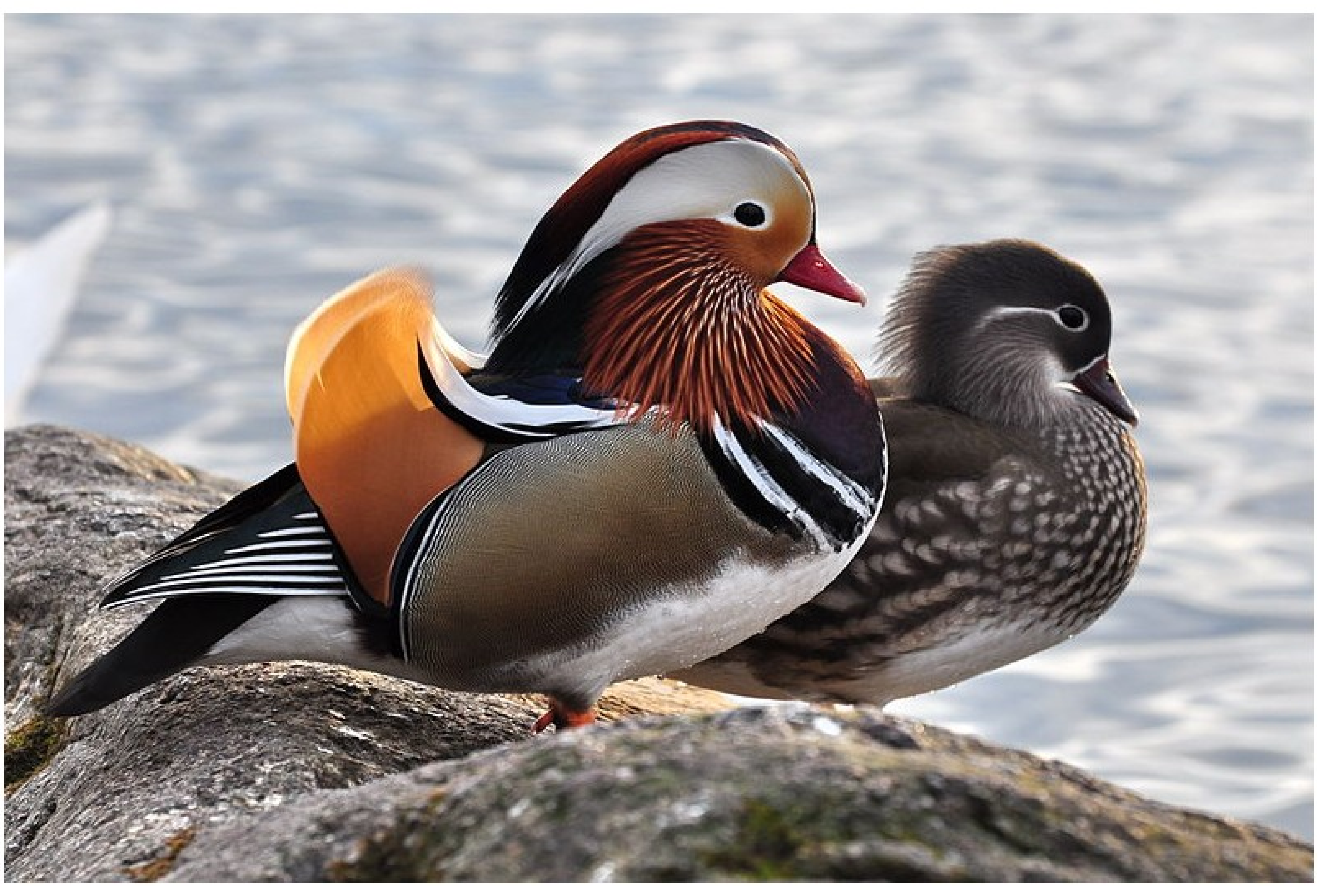
Mandarin orange. (2013, October 18). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Mandarin_orange&oldid=577654270

This mandarin is the famous and highly important Unshû mikan(Unshiu) of Japan. The name satsuma, by which it has become known in the Occident, is credited to the wife of a United States minister to Japan, General Van Valkenberg, who sent trees of it home in 1878. Satsuma is the name of a former province, now Kagoshima Prefecture, on the southern tip of Kyushu Island, where it is believed to have originated. According to Ziegler and Wolfe (1961), the first recorded introduction into the United States (Florida) was by George R. Hall in 1876.

At the dawn of modern horticulture in Japan, five kinds, groups, or varieties of unshu mikans were recognized, three of the names of which refer to localities or districts, one to season of maturity of the fruit, and the other to antiquity of origin. These horticultural groups are as follows:

1. Wase (Early)—All early-ripening clones were placed in this group irrespective of origin, known or otherwise. Indeed, all varieties of Unshû are classified into two groups—Wase Unshû (earliest to ripen, hence very early) and Unshû (ripening later, but still early). More recently the latter has been subdivided into the intermediate or midseason varieties—Nakate Unshû—and the late ripening varieties—Futsu Unshû. Wase itself is therefore not a horticultural variety but constitutes a group of very early ripening varieties, each of which carries its own name. In general, however, these varieties are distinctively different from the typical Unshû.
2. Zairai (Native, indigenous, or old)—This group is said to include what are considered to be the oldest clones of unknown parentage or origin. Thus, Miyagawa, currently the most important of the Wasevarieties, is known to have originated as a limb sport in a Zairaitree. Zairai does not exist as a named variety, however, though Zairaiclones as a group are usually seedy and inferior in other respects. They are reported to have originated mainly in Fukuoka Prefecture of Kyushu Island where the Unshû was early taken from Satsuma Province.
3. Owari (an old province on Honshu Island, now Aichi Prefecture)—This group, much the most important, represents an old clonal variety which early became popular and predominant in Owari Province and may have originated there, although it is thought to have come from Ikiriki of Nagasaki Prefecture. Because of its excellence, it spread throughout the country and until approximately 1940 was virtually the only variety planted commercially. Since World War II, however, the plantings have been restricted largely to derivative varieties known to have originated as bud mutations in Owari trees. Owari itself seems no longer to be propagated as a clonal variety, though it still comprises the bulk of the production. As a group it is characterized by good tree vigor and productivity and flat fruit of good quality which, because of the firm consistency of the flesh and tough carpellary membranes, is especially suitable for canning.
4 and 5. Ikeda and Ikiriki (town or village names in Osaka and Nagasaki Prefectures)—These groups seem also to represent old varieties of local origin no longer propagated, though old plantings still exist—of the former, on Shikoku Island and in nearby Wakayama Prefecture on Honshu Island; of the latter, mainly in Saga and Nagasaki Prefectures of Honshu Island.
Ikeda is reported to be characterized by small, subglobose, and virtually seedless fruit of mediocre quality and relatively late maturity. The trees of Ikiriki are said to be small, compact, and not very productive, but the fruit is reported to be seedless and of excellent quality.
Extracts from: *The History of Satsuma* By: The Citrus Industry, Volume I, Chapter 4, Horticultural Varieties of Citrus. Robert Willard Hodgson

Not to be confused with the Mandarin Duck!
The Mandarin Duck (*Aix galericulata*), or just Mandarin, is a medium-sized, East Asian perching duck, closely related to the North American Wood Duck. It is 41–49 cm long with a 65–75 cm wingspan. The species was once widespread in eastern Asia, but large-scale exports and the destruction of its foresthabitat have reduced populations in eastern Russia and in China to below 1,000 pairs in each country; Japan, however, is thought to still hold some 5,000 pairs.



Aix galericulata, male and female, Hafen Riesbach in Zürich (Switzerland) Picture by Roland zh

Mandarin Ducks are referred to by the Chinese as Yuan-yang (traditional Chinese; pinyin: yuān yāng), where yuan and yang respectively stand for male and female Mandarin Ducks. In traditional Chinese culture, Mandarin Ducks are believed to be lifelong couples, unlike other species of ducks. Hence they are regarded as a symbol of conjugal affection and fidelity, and are frequently featured in Chinese art.
A Chinese proverb for loving couples uses the Mandarin Duck as a metaphor: "Two mandarin ducks playing in water". The Mandarin Duck symbol is also used in Chinese weddings because in traditional Chinese lore, they symbolize wedded bliss and fidelity.
Because the male and female plumages of the Mandarin Duck are so unalike, yuan-yang is frequently used colloquially in Cantonese to mean an "odd couple" or "unlikely pair" – a mixture of two different types of same category. For example, the drink yuan yang and yuan-yang fried rice. For Koreans, Mandarin ducks represent peace, fidelity, and plentiful offspring. Similar to the Chinese, they believe that these ducks mate for life. For these reasons, pairs of Mandarin ducks called wedding ducks are often given as wedding gifts and play a significant role in Korean marriage.

Painting – Citrus Fruit, 1902, *New International Encyclopedia*, Dodd, Mead and Company

Mandarin photo in text by by Allen Timothy Chang in the Berkeley Botanical Garden

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Pittwater Online News

October 27 - November 2, 2013: Issue 134

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

First patient survey on mental health initiative - 23 October 2013

The first survey of people who have been referred to a psychologist by their general practitioner is being undertaken by the University of Sydney. Dr Gomathi Sitharthan, a senior lecturer in Psychology from the Faculty of Health Sciences and Honorary Professor in Psychiatry, Raj Sitharthan from Sydney Medical School, are inviting anyone who has seen a psychologist in the past two years to participate in an online survey.

"There is good evidence to that access to mental health care has improved," Dr Sitharthan said.

"While more people have access to care, we would like to know from the consumer's point of view what difference the treatment made.

"This University of Sydney study is the first to look at what kind of expectations people had before they saw a psychologist and perhaps most importantly, if they were satisfied with the treatment they received," she said.

The survey - which takes 30 to 40 minutes to complete - asks for example, about the frequency and length of sessions, if an assessment was conducted and results revealed, what were the most and least helpful aspects of the consultations, and if the patient felt confidence in the psychologist's approach and methods.

It is hoped the survey will attract 2500 respondents within one year. It will be closed if this target is met earlier.

"We are as interested in the experiences of people who stopped treatment or changed practitioners as we are in those who attended all the sessions made available to them under the scheme," Honorary Professor Raj Sitharthan said.

"This research provides an important opportunity for those with first-hand experience of this federal mental health initiative to have their say," he said.

According to the 2007 National Survey of Mental Health and Wellbeing, almost 7.3 million Australians - around 45 per cent of the population aged between 16 and 85 years old - will experience a common mental health related condition such as depression, anxiety or a substance use disorder in their lifetime.

The Australian Institute of Health and Welfare reports mental health disorders are the leading cause of disability in the nation.

Honorary Professor Sitharthan said everyone pays a price for mental health.

"Whether the incidence of mental health conditions are associated with problems such as anxiety, depression or substance abuse, the social and economic costs to the individual, their family and friends, and the wider community can be enormous and long term.

"Our findings will help to develop more effective health care policies that better meet the needs of the community. They will also provide psychologists with valuable insights about their practices," he said.

The Better Mental Health Care initiative began in November 2006. It was introduced by the Commonwealth government to address the low treatment rates for high prevalence mental health disorders such as depression and anxiety, particularly for people presenting with mild to moderate severity where short term intervention is most likely to be useful.

This University of Sydney study, *Expectations and Experiences of consumers seeking assistance from Psychologists/Clinical Psychologists*, builds on earlier work by Dr Gomathi Sitharthan and Honorary Professor Raj Sitharthan. This has included investigating the expectations and experiences of people seeking assistance for substance abuse problems, improving doctor-patient communication, and clinical workforce training.

Type 1 diabetes alters bone marrow and pro-inflammatory white cell count - 24 October 2013

A new University of Sydney study has found that having Type 1 diabetes alters the normal communication between the human central nervous system and bone marrow, causing inflammatory effects and further disease.

The study, published in the *American Journal of Pathology*, has demonstrated a previously unrecognised link between bone marrow and the central nervous system in both people and rodents with Type 1 diabetes, which in turn affects their immune systems.

The multidisciplinary study, spanning three continents and six laboratories, has shown that Type 1 diabetes modulates the nerve supply and immune function of the bone marrow.

Lead author, PhD student at the University of Sydney, Ping Hu, and senior authors, Professor Maria Grant of the University of Florida at Gainesville and Professor Tailoi Chan-Ling of the University of Sydney have shown that this altered communication leads to an increase in the level of monocytes (white cells) being produced by the bone marrow in both human and rodents with Type 1 diabetes.

In animal studies, the investigators were able to show that these cells infiltrate the brain and cause an increase in inflammatory signals in its sympathetic centers.

By using minocycline, a widely available antibiotic with anti-inflammatory effects that can cross the blood-brain barrier, the researchers have shown that they can reduce the inflammatory response in the brain seen in Type 1 diabetes.

By targeting this previously unrecognised pathway, the authors suggest that minocycline can reduce the microvascular complications seen in Type 1 diabetes and support the need to target central inflammation in the management of T1D.

"Minocycline is an antibiotic which has anti-inflammatory effects that can cross the blood-brain barrier," Professor Chan-Ling said.

"Our study found the use of this antibiotic could reduce the inflammatory response in the brain seen in Type 1 diabetes in animals, and there are some preliminary patient studies that show minocycline also reduces some diabetic complications in human.

"Further studies are urgently needed to examine the potential of this additional therapeutic pathway in diabetes.

"The use of minocycline, had a distinct effect in minimising the disease as expressed in the brain."

By targeting this previously-unrecognised pathway, the authors suggest minocycline could help to reduce the microvascular complications seen in Type 1 diabetes and support the need to target central inflammation in the management of the condition.

The study was supported by the federal government's National Health and Medical Research Council and the US National Institute of Health.

Summertime - Coogee Beach, 1900

Health papers published this week:

Hair Regeneration Method Is First to Induce New Human Hair Growth

Oct. 21, 2013 — Researchers at Columbia University Medical Center (CUMC) have devised a hair restoration method that can generate new human hair growth, rather than simply redistribute hair from one part of the scalp to another. The approach could significantly expand the use of hair transplantation to women with hair loss, who tend to have insufficient donor hair, as well as to men in early stages of baldness. The study was published today in the online edition of the Proceedings of the National Academy of Sciences (PNAS).

"About 90 percent of women with hair loss are not strong candidates for hair transplantation surgery because of insufficient donor hair," said co-study leader Angela M. Christiano, PhD, the Richard and Mildred Rhodebeck Professor of Dermatology and professor of genetics & development. "This method offers the possibility of inducing large numbers of hair follicles or rejuvenating existing hair follicles, starting with cells grown from just a few hundred donor hairs. It could make hair transplantation available to individuals with a limited number of follicles, including those with female-pattern hair loss, scarring alopecia, and hair loss due to burns."

The source of new hair: For the first time, researchers have been able to take human dermal papilla cells (those inside the base of human hair follicles) and use them to create new hairs. Image: Claire Higgins/Christiano Lab at Columbia University Medical Center.

According to Dr. Christiano, such patients gain little benefit from existing hair-loss medications, which tend to slow the rate of hair loss but usually do not stimulate robust new hair growth.

"Dermal papilla cells give rise to hair follicles, and the notion of cloning hair follicles using inductive dermal papilla cells has been around for 40 years or so," said co-study leader Colin Jahoda, PhD, professor of stem cell sciences at Durham University, England, and co-director of North East England Stem Cell Institute, who is one of the early founders of the field. "However, once the dermal papilla cells are put into conventional, two-dimensional tissue culture, they revert to basic skin cells and lose their ability to produce hair follicles. So we were faced with a Catch-22: how to expand a sufficiently large number of cells for hair regeneration while retaining their inductive properties."

The researchers found a clue to overcoming this barrier in their observations of rodent hair. Rodent papillae can be easily harvested, expanded, and successfully transplanted back into rodent skin, a method pioneered by Dr. Jahoda several years ago. The main reason that rodent hair is readily transplantable, the researchers suspected, is that their dermal papillae (unlike human papillae) tend to spontaneously aggregate, or form clumps, in tissue culture. The team reasoned that these aggregations must create their own extracellular environment, which allows the papillae to interact and release signals that ultimately reprogram the recipient skin to grow new follicles.

"This suggested that if we cultured human papillae in such a way as to encourage them to aggregate the way rodent cells do spontaneously, it could create the conditions needed to induce hair growth in human skin," said first author Claire A. Higgins, PhD, associate research scientist.

To test their hypothesis, the researchers harvested dermal papillae from seven human donors and cloned the cells in tissue culture; no additional growth factors were added to the cultures. After a few days, the cultured papillae were transplanted between the dermis and epidermis of human skin that had been grafted onto the backs of mice. In five of the seven tests, the transplants resulted in new hair growth that lasted at least six weeks. DNA analysis confirmed that the new hair follicles were human and genetically matched the donors.

"This approach has the potential to transform the medical treatment of hair loss," said Dr. Christiano. "Current hair-loss medications tend to slow the loss of hair follicles or potentially stimulate the growth of existing hairs, but they do not create new hair follicles. Neither do conventional hair transplants, which relocate a set number of hairs from the back of the scalp to the front. Our method, in contrast, has the potential to actually grow new follicles using a patient's own cells. This could greatly expand the utility of hair restoration surgery to women and to younger patients - now it is largely restricted to the treatment of male-pattern baldness in patients with stable disease."

More work needs to be done before the method can be tested in humans, according to the researchers. "We need to establish the origins of the critical intrinsic properties of the newly induced hairs, such as their hair cycle kinetics, color, angle, positioning, and texture" said Dr. Jahoda. "We also need to establish the role of the host epidermal cells that the dermal papilla cells interact with, to make the new structures." The team is optimistic that clinical trials could begin in the near future. "We also think that this study is an important step toward the goal of creating a replacement skin that contains hair follicles for use with, for example, burn patients," said Dr Jahoda.

The researchers used gene expression analyses to determine that the three-dimensional cultures restored 22 percent of the gene expression seen in normal hair follicles. "That's less than we expected, but it was sufficient for inducing the growth of new hair follicles," said Dr. Christiano.

In addition, using methods for the analysis of regulatory networks developed by the Califano lab in the Center for Computational Biology and Bioinformatics, Department of Systems Biology, the researchers identified a number of transcription factors (gene regulators) that have the potential to mimic the environmental signals that trigger papillae to induce new hair growth. This information could help researchers develop ways to restore the expression of more genes involved in hair growth and to increase the efficiency of the induction.

The paper is titled, "Microenvironmental reprogramming by three-dimensional culture enables dermal papilla cells to induce de novo human hair follicle growth."

The above story is based on materials provided by Columbia University Medical Center.

Researchers Demonstrate Efficient Method for Converting Fat Cells to Liver Cells

Oct. 21, 2013 — In a feat of modern-day alchemy with huge potential for regenerative medicine, Stanford University School of Medicine scientists have developed a fast, efficient way to turn cells extracted from routine liposuction into liver cells.

The advance is described in a study published Oct. 21 in *Cell Transplantation*.

The scientists performed their experiments in mice, but the adipose stem cells they used came from human liposuction aspirates and became human, liver-like cells that flourished inside the mice's bodies. This method is distinct from those producing liver cells from embryonic stem cells or induced pluripotent stem cells. Although iPS and embryonic stem cells are pluripotent - they can, in principle, differentiate into every cell type - they carry a palpable risk of forming tumors. However, the cells produced using this new technique, which involves no intermediate pluripotent phase, show no signs of being tumorogenic.

The liver is the body's chemistry set. It builds complex biomolecules we need, and it filters and breaks down waste products and toxic substances that might otherwise accumulate to dangerous levels. Unlike most other organs, a healthy liver can regenerate itself to a significant extent. But this capacity cannot overcome acute liver poisoning or damage from chronic alcoholism or viral hepatitis.

Acute liver failure from acetaminophen alone takes about 500 lives annually and accounts for close to 60,000 emergency-room visits and more than 25,000 hospitalizations annually. Other environmental toxins, including poisonous mushrooms, contribute still more cases.

All aspects of the new fat-to-liver technique are adaptable for human use, said Gary Peltz, MD, PhD, professor of anesthesia and the study's senior author. Creating iPS cells requires introducing foreign and potentially carcinogenic genes. But adipose stem cells merely have to be harvested from fat tissue. The process takes nine days from start to finish - fast enough to regenerate liver tissue in acute liver poisoning victims, who would otherwise die within a few weeks, barring liver transplantation.

Some 6,300 liver transplants are performed annually in the United States, with another 16,000 patients on the waiting list. Every year, more than 1,400 people die before a suitable liver can be found for them. While it can save lives, liver transplantation is complicated, risky and, even when successful, fraught with aftereffects. Typically, the recipient is consigned to a lifetime of taking immunosuppressant drugs to prevent organ rejection.

"We believe our method will be transferable to the clinic," Peltz said. "And because the new liver tissue is derived from a person's own cells, we do not expect that immunosuppressants will be needed."

Liver cells are not something an adipose stem cell normally wants to turn into, Peltz said.

The Stanford team knew it was possible, though. Another way of converting liposuction-derived adipose stem cells to liver-like cells (called i-Heps, for induced hepatocytes) had been developed in 2006 by Japanese researchers. But that method, which relies on chemical stimulation, requires 30 days or longer and is inefficient; it could not produce enough material for liver reconstitution. (Working with iPS cells takes even longer; they must first be generated from adult cells before they can be converted to i-Heps.)

Using a different technique - Peltz refers to it as spherical culture - he and his associates were able to achieve the conversion within nine days with an efficiency of 37 percent, as opposed to the vastly lower yield obtained with the prior method (12 percent) or using iPS cells. (Peltz said improvements since the study's publication now enable yields exceeding 50 percent within seven to eight days.)

Dan Xu, PhD, a postdoctoral scholar and the study's lead author, adapted the spherical culture methodology from early embryonic-stem-cell literature. Instead of growing on flat surfaces in a laboratory dish, the harvested adipose stem cells are cultured in a liquid suspension in which they form spheroids. "This seems to make them happier," Peltz said.

When they had enough cells, the investigators tested them by injecting them into immune-deficient laboratory mice that accept human grafts. These mice were bioengineered in 2007, in a collaboration between Peltz's lab and study co-author Toshihiko Nishimura, MD, PhD, and other scientists at the Tokyo-based Central Institute for Experimental Animals. Only the livers of these mice contained an extra gene that would convert the antiviral compound gancyclovir into a potent toxin. When these mice were treated with gancyclovir, their liver cells died off quickly.

At this point the investigators injected 5 million i-Heps into the mice's livers. To do that - no mean feat, as these tiny organs weigh a scant 1.8 grams - they used an ultrasound-guided injection procedure that is routinely employed in gastroenterological clinics for biopsies.

Four weeks later, the investigators examined the mice's blood and found the presence of a protein (human serum albumin) that is only produced by human liver cells and was shown to be an accurate proxy for the number of new human liver cells in these experimental mice's livers. The mice's blood had substantial human serum albumin levels, which nearly tripled in the following four weeks. These blood levels correspond with the repopulation of roughly 10-20 percent of the mice's pre-destroyed livers by new human liver tissue. (Past studies have shown only miniscule human serum albumin production, at best, in mice given similar amounts of chemically induced i-Heps.)

Blood tests also revealed that the mice's new liver tissue was discharging its waste-filtration responsibility. Examination of the livers themselves showed that the transplanted cells had integrated into the liver, expressed surface markers unique to mature human hepatocytes and produced multi-cell structures required for human bile duct formation. Other tests indicated that the spherically cultured i-Heps resembled natural human hepatocytes more closely than did i-Heps produced from iPS cells.

Importantly, two months after injection of i-Heps produced by spherical culture, there was no evidence of tumor formation. But mice in which IPS-cell-originated i-Heps were introduced developed multiple tumors, which could be felt through the body surface within three weeks.

At 1,500 grams, a healthy human liver is more than 800 times the size of a mouse's and contains about 200 billion cells. "To be successful, we must regenerate about half of the damaged liver's original cell count," said Peltz. With spherical culture, he said, close to a billion injectable iHeps can be produced from 1 liter of liposuction aspirate, readily obtained from a single liposuction procedure. The cell replication that takes place after injection expands that number further, to over 100 billion i-Heps.

That could be enough to substitute for a human liver transplant, Peltz said. Stanford's Office of Technology Licensing has filed a patent on the use of spherical culture for hepatocyte induction. Peltz's group is optimizing the culture and injection techniques, talking to the U.S. Food and Drug Administration, and gearing up for safety tests on large animals. Barring setbacks, the new method could be ready for clinical trials within two to three years, he estimated.

- See more HERE

Xu, Dan ; Nishimura, Toshihiko ; Zheng, Ming ; Wu, Manhong ; Su, Hua ; Sato, Noboru ; Lee, Gordon; Michie, Sara ; Glenn, Jeffrey ; Peltz, Gary. Enabling Autologous Human Liver Regeneration With Differentiated Adipocyte Stem Cells.Cell Transplantation, October 2013

Growing Up Poor, Stressed Impacts Brain Function as Adult

Oct. 21, 2013 — Childhood poverty and chronic stress may lead to problems regulating emotions as an adult, according to research **published online** in the *Proceedings of the National Academy of Sciences*.

"Our findings suggest that the stress-burden of growing up poor may be an underlying mechanism that accounts for the relationship between poverty as a child and how well your brain works as an adult," said Dr. K. Luan Phan, professor of psychiatry at University of Illinois at Chicago College of Medicine and senior author of the study.

The study was conducted by researchers at UIC, Cornell University, University of Michigan and University of Denver.

The researchers found that test subjects who had lower family incomes at age 9 exhibited, as adults, greater activity in the amygdala, an area in the brain known for its role in fear and other negative emotions. These individuals showed less activity in areas of the prefrontal cortex, an area in the brain thought to regulate negative emotion.

Amygdala and prefrontal cortex dysfunction has been associated with mood disorders including depression, anxiety, impulsive aggression and substance abuse, according to the authors.

Phan said it is well known that the negative effects of poverty can set up "a cascade of increasing risk factors" for children to develop physical and psychological problems as an adult. But it has not been known how childhood poverty might affect brain function, particularly in emotional regulation. The ability to regulate negative emotions can provide protection against the physical and psychological health consequences of acute and chronic stress, he said.

The study examined associations between childhood poverty at age 9, exposure to chronic stressors during childhood, and neural activity in areas of the brain involved in emotional regulation at age 24.

The 49 participants were part of a longitudinal study of childhood poverty. Data on family income, stressor exposures, physiological stress responses, socio-emotional development, and parent-child interactions were collected. About half the participants were from low-income families.

Using functional magnetic resonance imaging, the researchers evaluated the participants' brain activity as they performed an emotional-regulation task. Subjects were asked to try to suppress negative emotions while viewing pictures, using a cognitive coping strategy.

"This serves as a brain-behavioral index of a person's day-to-day ability to cope with stress and negative emotions as they encounter them," Phan said.

Perhaps the most important finding, Phan said, was that the amount of chronic stress from childhood through adolescence - such as substandard housing, crowding, noise, and social stressors like family turmoil, violence or family separation - determined the relationship between childhood poverty and prefrontal brain function during emotional regulation.

P. Kim, G. W. Evans, M. Angstadt, S. S. Ho, C. S. Sripada, J. E. Swain, I. Liberzon, K. L. Phan. **Effects of childhood poverty and chronic stress on emotion regulatory brain function in adulthood.** Proceedings of the National Academy of Sciences, 2013; DOI: 10.1073/pnas.1308240110

Older Siblings' Cells Can Be Passed from Female Dogs to Their Puppies in the Womb

Oct. 23, 2013 — Some people possess a small number of cells in their bodies that are not genetically their own; this condition is known as microchimerism. In prior studies, researchers from the University of Missouri College of Veterinary Medicine found that this condition also exists in dogs. Now, the researchers have found evidence that this condition can be passed from a female dog to her offspring while they are still in the womb. Jeffrey Bryan, an associate professor of oncology at the MU College of Veterinary Medicine and director of Comparative Oncology and Epigenetics Laboratory, says this discovery will help further study into the health effects of microchimerism in dogs and in humans

"We already have some evidence that microchimerism may increase risk of thyroid disease while lowering the risk of breast cancer in women," Bryan said. "The pet dog represents an excellent model of many ailments in people, and the presence of fetal microchimerism in dogs will allow studies which further clarify its role in health and disease. Knowing that the condition can be passed on through birth will help us track the condition and its effects through several generations of animals."

Microchimerism most often occurs when a mother gives birth to a child. In some cases, cells from that child are left in the mothers' body and continue to live, despite being of a different genetic makeup than surrounding cells. The MU researchers have identified evidence that those cells can then be passed on to other children the mother may give birth to at a later time.

In their study, Senthil Kumar, a co-investigator in this study and assistant research professor and assistant director of the Comparative Oncology and Epigenetics Laboratory and Bryan, along with MU researchers Sandra Axiak-Bechtel, assistant professor of oncology, and Sara Hansen, a comparative medicine resident at MU,found microchimerism in a female dog that had given birth to male and female puppies. The researchers found cells with Y-chromosomes in the mother after these births, meaning the mother had male cells present in her female body. The researchers also found genetically similar male cells in the mother's female puppies from a later litter. Those puppies were newborn and had never been pregnant, strongly suggesting that they acquired the cells that were left behind by their older brothers while in the womb.

"These new findings are significant because they suggest that the movement, or trafficking, of fetal cells is quite extensive in dogs, as has been suggested in people," Bryan said. "This degree of cell trafficking can have an impact on health, disease, and therapy, including in transplantation. The identification of this phenomenon strongly suggests that companion dogs will help us more rapidly understand the real impact of microchimerism in human medicine."

Kumar, Hansen, Axiak-Bechtel, and Bryan plan on continuing their research to follow the lifespans of dogs with microchimerism to determine to what diseases those dogs may be susceptible.

This study was published in the journal, *Chimerism*.

Senthil R Kumar, Sarah A Hansen, Sandra M Axiak-Bechtel, Jeffrey N Bryan. **The health effects of fetal microchimerism can be modeled in companion dogs.**Chimerism, 2013; 4 (4) DOI: 10.4161/chim.26509

Study Focused On Transitioning Cystic Fibrosis Care

Oct. 23, 2013 — Children's National pediatrician and researcher, Lisa Tuchman, MD, MPH, co-authored a new study on cystic fibrosis (CF) care that found patients had a less rapid decline in pulmonary function and no other significant health-related changes after transitioning from pediatric to adult care. The findings of this study contradict reports of negative health outcomes after transition from pediatric to adult care for other chronic childhood illnesses such as HIV and sickle cell disease.

The study was published online in *Pediatrics*, the official journal of the American Academy of Pediatrics.

In this study, Dr. Tuchman and co-author Michael Schwartz, MD, MSCE, Pediatric Pulmonary Medicine & Cystic Fibrosis Center, Lehigh Valley Health Network, retrospectively examined patients using the Cystic Fibrosis Foundation Patient Registry. They identified patients who transferred from pediatric to adult programs (transfer-positive patients) and matched them based on similar baseline characteristics, such as gender, race, age, and CF genotype, with patients who remained in pediatric programs (transfer-negative patients). The authors measured differences in outcomes such as pulmonary function, nutritional status, care use, and home intravenous antibiotic events per year in both the transfer-positive and transfer-negative patients to determine if transfer from pediatric to adult care made a difference.

One of the barriers in transitioning from pediatric to adult CF care among patients and pediatric providers is concern that the quality of adult care may not be comparable. This study begins to close a critical gap in research on the topic of health outcomes and transitioning care in patients with CF that can help guide providers and their transition-age patients. It is the first study on CF to track patients during the time of expected healthcare transition, and compare outcomes with statistically similar individuals who do not transfer care over the same period.

"Our results show that when you look at individuals with CF who are similar in almost every way, when one transfers to adult care and one stays in pediatric care, there are essentially no differences in short-term health outcomes," said Dr. Tuchman. "With nearly half of all the individuals with cystic fibrosis older than 18, the systematic process of transitioning care utilized by CF programs serves as a model of safe and successful transition. By instituting clear guidelines, resource-sharing and care coordination between pediatric and adult care teams, this model of care can be used to improve transitions for all young adults with special healthcare needs."

L. Tuchman, M. Schwartz. **Health Outcomes Associated With Transition From Pediatric to Adult Cystic Fibrosis Care.** PEDIATRICS, 2013; 132 (5): 847 DOI:10.1542/peds.2013-1463

Child Neurologist Finds Potential Route to Better Treatments for Fragile X, Autism

Oct. 23, 2013 — When you experience something, neurons in the brain send chemical signals called neurotransmitters across synapses to receptors on other neurons. How well that process unfolds determines how you comprehend the experience and what behaviors might follow. In people with Fragile X syndrome, a third of whom are eventually diagnosed with Autism Spectrum Disorder, that process is severely hindered, leading to intellectual impairments and abnormal behaviors.

In a study published in the online journal *PLoS One*, a team of UNC School of Medicine researchers led by pharmacologist C.J. Malanga, MD, PhD, describes a major reason why current medications only moderately alleviate Fragile X symptoms. Using mouse models, Malanga discovered that three specific drugs affect three different kinds of neurotransmitter receptors that all seem to play roles in Fragile X. As a result, current Fragile X drugs have limited benefit because most of them only affect one receptor.

"There likely won't be one magic bullet that really helps people with Fragile X," said Malanga, an associate professor in the Department of Neurology. "It's going to take therapies acting through different receptors to improve their behavioral symptoms and intellectual outcomes."

Nearly one million people in the United States have Fragile X Syndrome, which is the result of a single mutated gene called FMR1. In people without Fragile X, the gene produces a protein that helps maintain the proper strength of synaptic communication between neurons. In people with Fragile X, FMR1 doesn't produce the protein, the synaptic connection weakens, and there's a decrease in synaptic input, leading to mild to severe learning disabilities and behavioral issues, such as hyperactivity, anxiety, and sensitivity to sensory stimulation, especially touch and noise.

More than two decades ago, researchers discovered that - in people with mental and behavior problems - a receptor called mGluR5 could not properly regulate the effect of the neurotransmitter, glutamate. Since then, pharmaceutical companies have been trying to develop drugs that target glutamate receptors. "It's been a challenging goal," Malanga said. "No one so far has made it work very well, and kids with Fragile X have been illustrative of this."

But there are other receptors that regulate other neurotransmitters in similar ways to mGluR5. And there are drugs already available for human use that act on those receptors. So Malanga's team checked how those drugs might affect mice in which the Fragile X gene has been knocked out.

By electrically stimulating specific brain circuits, Malanga's team first learned how the mice perceived reward. The mice learned very quickly that if they press a lever, they get rewarded via a mild electrical stimulation. Then his team provided a drug molecule that acts on the same reward circuitry to see how the drugs affect the response patterns and other behaviors in the mice.

His team studied one drug that blocked dopamine receptors, another drug that blocked mGluR5 receptors, and another drug that blocked mAChR1, or M1, receptors. Three different types of neurotransmitters - dopamine, glutamate, and acetylcholine - act on those receptors. And there were big differences in how sensitive the mice were to each drug.

"Turns out, based on our study and a previous study we did with my UNC colleague Ben Philpot, that Fragile X mice and Angelman Syndrome mice are very different," Malanga said. "And how the same pharmaceuticals act in these mouse models of Autism Spectrum Disorder is very different."

Malanga's finding suggests that not all people with Fragile X share the same biological hurdles. The same is likely true, he said, for people with other autism-related disorders, such as Rett syndrome and Angelman syndrome.

"Fragile X kids likely have very different sensitivities to prescribed drugs than do other kids with different biological causes of autism," Malanga said.

Eric W. Fish, Michael C. Krouse, Sierra J. Stringfield, Jeffrey F. DiBerto, J. Elliott Robinson, C. J. Malanga. **Changes in Sensitivity of Reward and Motor Behavior to Dopaminergic, Glutamatergic, and Cholinergic Drugs in a Mouse Model of Fragile X Syndrome.** PLoS ONE, 2013; 8 (10): e77896 DOI: 10.1371/journal.pone.0077896

Lower Blood Sugars May Be Good for the Brain

Oct. 23, 2013 — Even for people who don't have diabetes or high blood sugar, those with higher blood sugar levels are more likely to have memory problems, according to a new study published in the October 23, 2013, online issue of Neurology®, the medical journal of the *American Academy of Neurology*.

The study involved 141 people with an average age of 63 who did not have diabetes or pre-diabetes, which is also called impaired glucose tolerance. People who were overweight, drank more than three-and-a-half servings of alcohol per day, and those who had memory and thinking impairment were not included in the study.

The participants' memory skills were tested, along with their blood glucose, or sugar, levels. Participants also had brain scans to measure the size of the hippocampus area of the brain, which plays an important role in memory.

People with lower blood sugar levels were more likely to have better scores on the memory tests. On a test where participants needed to recall a list of 15 words 30 minutes after hearing them, recalling fewer words was associated with higher blood sugar levels. For example, an increase of about seven mmol/mol of a long-term marker of glucose control called HbA1c went along with recalling two fewer words. People with higher blood sugar levels also had smaller volumes in the hippocampus.

"These results suggest that even for people within the normal range of blood sugar, lowering their blood sugar levels could be a promising strategy for preventing memory problems and cognitive decline as they age," said study author Agnes Flöel, MD, of Charité University Medicine in Berlin, Germany. "Strategies such as lowering calorie intake and increasing physical activity should be tested."

Lucia Kerti, Veronica Witte, Angela Winkler, Ulrike Grittner, Dan Rujescu, and Agnes Flöel, Md. Higher glucose levels associated with lower memory and reduced hippocampal microstructure. *Neurology*, October 2013

Diabetes Drug With Chemo, Radiation May Improve Outcomes for Lung Cancer

Oct. 23, 2013 — Treating aggressive lung cancer with the diabetes drug metformin along with radiation and chemotherapy may slow tumor growth and recurrence, suggests new preliminary findings from researchers at the Perelman School of Medicine at the University of Pennsylvania being presented during an oral abstract session October 28 at the 15th World Conference on Lung Cancer.

The preclinical and clinical results, which have set the stage for a first-of-its-kind prospective study, point to metformin as an effective radiosensitizer - adrug that makes tumor cells more sensitive to radiation therapy - to treat stage III non-small cell lung cancer (NSCLC). Because of poor local response and five-year survival rates around 15 percent in late-stage NSCLC patients, well-tolerated, combination therapies are greatly needed.

The abstract is being presented by Ildiko Csiki, MD, PhD, an assistant professor of Radiation Oncology at Penn's Abramson Cancer Center.

Metformin, the most-widely used drug for type-2 diabetes, has been shown to have anti-cancer effects on a number of cancers, including prostate and colon. It activates AMP-related pathways, leading to inactivation of mTOR and suppression of its downstream effectors, a crucial signaling pathway for proliferation and survival of cancer. However, little data exists to support its role in NSCLC. And its role as a radiosensitizer in lung cancer is even less understood.

For this study, clinical evidence from 16 diabetic patients treated at the Hospital of the University of Pennsylvania between June 2008 and June 2013 with stage III A and B NSCLC and diabetes demonstrated that chemoradiation therapy in combination with metformin dramatically improved local recurrence. With a median follow-up time of 10.4 months, only two local recurrences have occurred.

Researchers also observed a survival benefit with the combination.

"Our clinical experience demonstrates patients receiving definitive chemoradiation for stage III NSCLC who took metformin for diabetes had improved local control and overall survival compared with our patients not taking metformin and compared with historical controls," said Dr. Csiki.

On the preclinical side, Penn researchers developed a mouse model of lung cancer to evaluate the tumor growth delay after using metformin as a radiosensitizing agent. They tracked tumor size in mice injected with metformin undergoing radiation and chemotherapy. Tumor measurements were taken every other day and tumor growth delay was plotted.

Early data from those experiments supports the use of metformin as a radiosensitizing agent, said Dr. Csiki.

"Such findings, along with our clinical retrospective data, will lead to institutional prospective clinical trials, for the first-time, using metformin as a radiosensitizing agent in combination with radiation therapy and chemotherapy in the treatment of lung and potentially other cancers," the authors write.

The above story is based on materials provided by University of Pennsylvania School of Medicine.

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *Pittwater Online News* or its staff.

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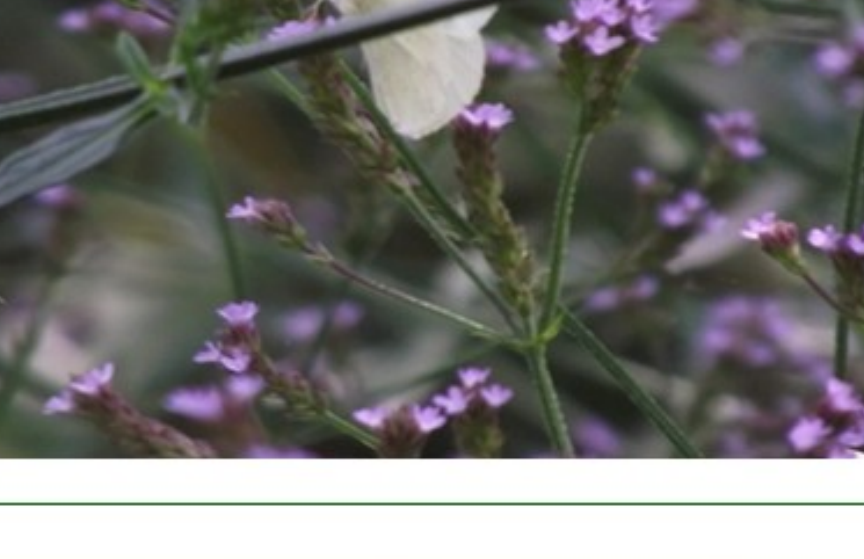


Meet RFS volunteer Stuart Skene - 23 October 2013

Stuart Skene has volunteered for the RFS for four years.

Members of the University community volunteer with the Rural Fire Service (RFS) and are helping to fight the bushfires that continue to threaten parts of New South Wales.

Stuart Skene, an administrative officer in the Faculty of Veterinary Science and a part-time student majoring in archaeology, has been helping fight the bushfire in the Springwood area. He answered some of our questions about what it's like in the Blue Mountains at the moment.

How long have you been a volunteer?

I grew up in Blaxland and signed on with the RFS when I moved back there around four years ago. All RFS fire fighters have to do a short course to be qualified to step on the fire ground and I completed my training a short time after signing on. I'm also trained in first aid, which carries over to my work at the University where I am the friendly first aid officer in JD Stewart!

Why did you become a volunteer and what are your responsibilities?

Blaxland and the mountains as a whole are full of very tight knit communities. I wanted to help the community and do my part to protect it. I think that's why we all become volunteers.

Our responsibilities as an organisation are the same from the individual to the very top. The highest priority when there's a fire is the preservation of life, followed by property.

In non-fire season we carry out hazard reductions, and assist with storm damage work. On the lighter side, we run fundraising events and help with community events such as water stalls at local marathons. We also maintain our vehicles and have regular training sessions.

FIRE SERVICE

Stuart works in the Faculty of Veterinary Science and is a part-time archaeology student.

What's it like in the Blue Mountains helping to fight these fires?

On Thursday and Friday last week I left early in the afternoon to be at home with my family - my very pregnant wife and two kids - when it became apparent that this was a very dangerous fire. My local area is a couple of suburbs away from the main fire in Springwood but we are all at risk of ember attack if the wind gets behind it.

Last Saturday was my first real shift on a fire, as we hadn't had to deal with anything like this since I first volunteered. Everyone put in 110 percent and didn't rest until the day was over.

I had never seen anything like it in my life. The flames on some of the fronts are huge - three to four storeys of fire well above tree lines - and so noisy. We had choppers close over head at one point but you couldn't hear them because of the noise generated by the fire. We could only catch glimpses of them circling above us through thick black smoke. There are moments where it's a bit frightening but when you have your head down doing the job you have to be pretty relaxed and remain focused on the task at hand.

We know that people have lost everything but morale is still high. Everyone who hasn't lost a house is giving something, whether it's volunteering time, making food and snack packs for the crews, or providing old clothes for families who have lost houses.

I think the hardest part is every day we hear that another day or two ahead is going to be bad so we have bags packed permanently ready to go at a moment's notice. At our house, my wife and I have the phones on while we sleep in case we a get a call to leave or need to protect our house if an ember attack occurs. I think everyone in the mountains is in the same situation but we are plodding along and we keep smiling for the most part.

How can people help?

Through the RFS donations page. This money goes directly to assisting the brigade with community activities.

Sydney Opera House Coins

The Royal Australian Mint has produced a very limited run of $1 Sydney Opera House coins for our 40th Anniversary! Now is your chance to own a part of Sydney Opera House history. Silver or gold?http://bit.ly/1bR6B4w

Sydney Opera House
40th Anniversary

$559.1 million for health and medical research - Summary media release information, 23 October 2013

Today, the Prime Minister the Hon Tony Abbott MP announced $559.1 million to Australian health and medical researchers to generate new health discoveries across Australia.

The new funding will support 963 grants across three National Health and Medical Research Council (NHMRC) research support schemes and five fellowship schemes. For these schemes NHMRC received over 5,000 applications with 19% of these being funded.

The importance of tackling national health priorities to researchers is reflected in the funding support to research in these areas. As an example, $21.7 million has been committed to dementia research. $31.8 million continues the NHMRC commitment to research to improve Aboriginal and Torres Strait Islander health.

"Grants announced today address research needs, from basic science to research translation as well as supporting researchers and their teams to achieve the goals to improve the health of all Australians," NHMRC CEO Professor Warwick Anderson said.

"We apply rigorous, competitive and open peer review to all applications". With the announcement of these grants, Professor Anderson acknowledged the efforts of researchers and academics in providing assessments and serving on grant review panels including 170 Assigners Academy members, over 7,800 written peer reviews and over 600 grant review panel members.

View the joint Prime Minister and Federal Minister for Health Media Release: Federal government delivers funding for new medical research discoveries.

Top Research Facts

Victoria will receive the highest amount of funding, with $236.4 million for 414 grants.

The University of Melbourne is the research institution receiving the greatest amount of funding, with $80.1 million for 145 grants.

International collaboration will be strengthened through 12 Australian-European Union Collaborative Research Grants, with total value of $4 million.

Pool Line

JUKIN VIDEO

Young talent emerges in Blake Prize - October 2013

Video of a Christian congregation swaying together in song has won College of Fine Arts (COFA) student, David Capra, recognition as an emerging artist in the 62nd Blake Prize.

Capra was awarded The John Coburn Emerging Artist Award for Year of Jubilee, which depicts banners, handmade by the artist, being waved in a Sunday morning service at Jubilee International Church in Sydney's eastern suburbs.

The John Coburn award ($5,000) was introduced to the Blake Prize for Religious Art in 2007 as a way to encourage emerging artists to challenge their art practice.

The 62nd Blake Prize for Religious Art is only the second exhibition to be presented at Galleries UNSW at COFA. The new public art space opened its doors in August.

Capra said he was introduced to the "extraordinary, dynamic church community" featured in his winning video by friends.

"Growing up I was exposed to a lot of different faiths and that has really informed my artistic practice," says Capra, a Masters student at COFA.

The banners featured in the video are also on display and feature embroidery and hand-sewn images from the Wizard of Oz, including the cowardly lion morphing into the Southern Cross, referencing Australia's national flag.

Capra says *The Wizard of Oz* shares themes with Christianity.

"There are similar themes to the bible like good triumphing over evil. The cowardly lion represents the Lion of Judah, King David's tribe in the Old Testament."

The artist says banners are significant in some churches, playing an important part in worship and celebration.

"They relate to the catholic term 'intercession', which is a concept I've been researching in my Masters. Intercession means anything that results in healing, like speaking in tongues and intercessory dance. I work in performance and these ideas feed into that," says Capra.

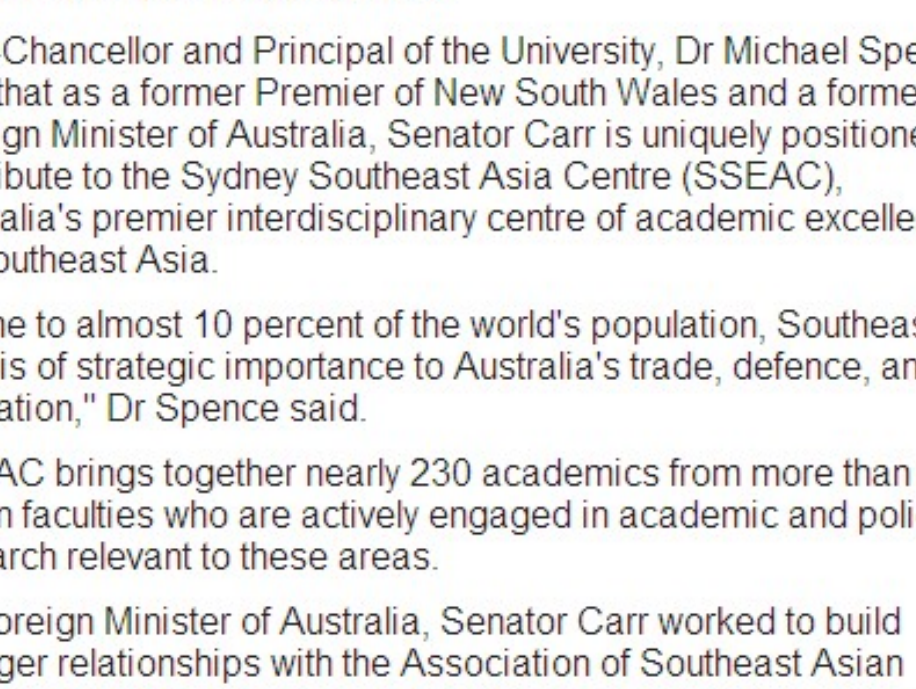
The award adds to a long list of achievements by the young artist. In 2012, Capra was awarded an Australian Postgraduate Award (COFA) and an Australian Council for the Arts New Works Grant. In 2011, he was a finalist in the Helen Lempriere Travelling Scholarship and curated High and Lofty: The Ecclesiastical Banner Project (Parramatta Artists Studios). His work has been presented by Performance Space, Tiny Stadiums Festival and the Museum of Contemporary Art.

The 62nd Blake Prize ($25,000) was awarded to internationally renowned South Australian artist, the late Trevor Nickolls, for his painting *Metamorphosis*, inspired by the transformation of the physical being into the spiritual.The artist passed away in 2012 at the age of 63. It is the first time in the history of the Blake that the prize has been given posthumously.

The Blake Prize is one of Australia's longest standing and most prestigious art prizes, which explores the religious and the spiritual through art. The finalist selection of 73 artists included COFA students Ramesh Mario Nithiyendran and David Capra, COFA lecturers Ben Rak and Joan Ross and COFA PhD candidates, Susanna Strati and Abdulla Mi Syed.

Date: **The 62nd Blake Prize exhibition runs until Saturday 16 Novemberm at** Galleries UNSW, COFA Art Design Media, Cnr Oxford St and Greens Rd, Paddington. Hours: Tuesday – Saturday, 10am – 5pm

Professorial Fellowship for Senator Bob Carr - 23 October 2013



Senator Bob Carr will join the Sydney Southeast Asia Centre as a Professorial Fellow. [Sydney Southeast Asia Centre Director Associate Professor Michele Ford, Senator Bob Carr and Vice-Chancellor Dr Michael Spence at the launch of the Sydney Southeast Asia Centre in November 2012.]

The University of Sydney today announced Senator Bob Carr will take up a Professorial Fellowship with the Sydney Southeast Asia Centre.

Senator Carr has announced he will resign his position in the Australian Senate from tomorrow.

Vice-Chancellor and Principal of the University, Dr Michael Spence, said that as a former Premier of New South Wales and a former Foreign Minister of Australia, Senator Carr is uniquely positioned to contribute to the Sydney Southeast Asia Centre (SSEAC), Australia's premier interdisciplinary centre of academic excellence on Southeast Asia.

"Home to almost 10 percent of the world's population, Southeast Asia is of strategic importance to Australia's trade, defence, and education," Dr Spence said.

SSEAC brings together nearly 230 academics from more than a dozen faculties who are actively engaged in academic and policy research relevant to these areas.

As Foreign Minister of Australia, Senator Carr worked to build stronger relationships with the Association of Southeast Asian Nations (ASEAN) and to restore global diplomatic relations with Myanmar following the government's release of opposition leader Daw Aung San Suu Kyi. He was also extremely active in supporting Australia's relationship with Indonesia.

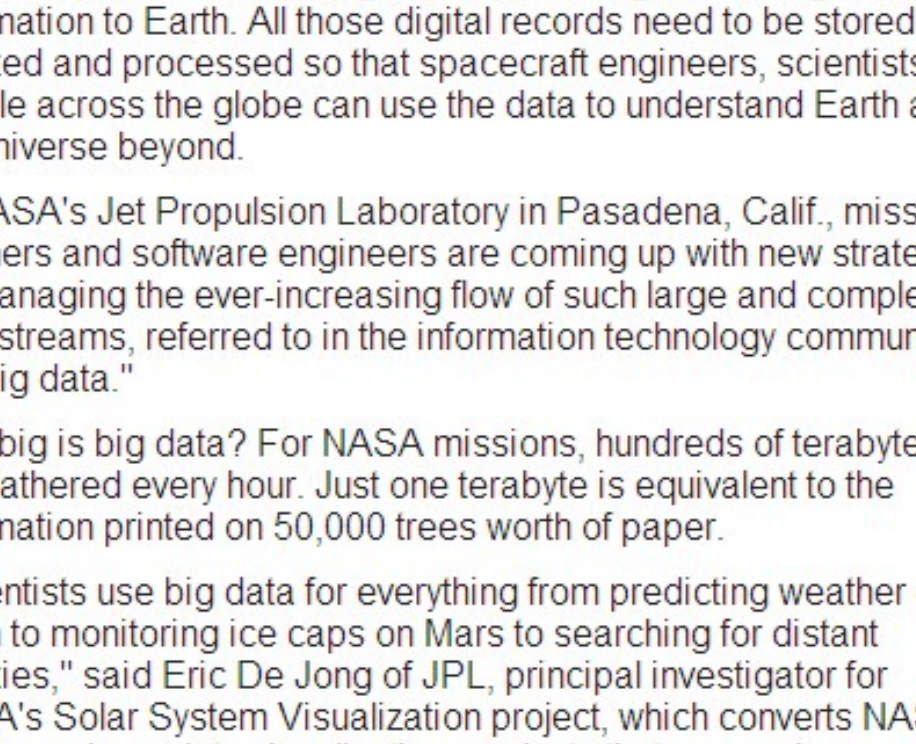
As a Professorial Fellow, Senator Carr will play an active role in the life of SSEAC, engaging with our academics and students, representing the University in the public sphere in Australia and promoting it in our region and beyond.

"He will make a vital contribution not only to this already vibrant centre, but also to the standing of the University and the nation in Southeast Asia," Dr Spence said.

Former NSW Premier and Foreign Minister Senator Bob Carr has also been appointed Adjunct Professor in the Faculty of Arts and Social Sciences at UNSW.

More information about the Sydney Southeast Asia Centre is available on the SSEAC website.

How to get him off the Couch



Managing the Deluge of 'Big Data' from Space

Oct. 21, 2013 — For NASA and its dozens of missions, data pour in every day like rushing rivers. Spacecraft monitor everything from our home planet to faraway galaxies, beaming back images and information to Earth. All those digital records need to be stored, indexed and processed so that spacecraft engineers, scientists and people across the globe can use the data to understand Earth and the universe beyond.

At NASA's Jet Propulsion Laboratory in Pasadena, Calif., mission planners and software engineers are coming up with new strategies for managing the ever-increasing flow of such large and complex data streams, referred to in the information technology community as "big data."

How big is big data? For NASA missions, hundreds of terabytes are gathered every hour. Just one terabyte is equivalent to the information printed on 50,000 trees worth of paper.

"Scientists use big data for everything from predicting weather on Earth to monitoring ice caps on Mars to searching for distant galaxies," said Eric De Jong of JPL, principal investigator for NASA's Solar System Visualization project, which converts NASA mission science into visualization products that researchers can use. "We are the keepers of the data, and the users are the astronomers and scientists who need images, mosaics, maps and movies to find patterns and verify theories."

Building Castles of Data

De Jong explains that there are three aspects to wrangling data from space missions: storage, processing and access. The first task, to store or archive the data, is naturally more challenging for larger volumes of data. **The Square Kilometer Array (SKA), a planned array of thousands of telescopes in South Africa and Australia, illustrates this problem.** Led by the SKA Organization based in England and scheduled to begin construction in 2016, the array will scan the skies for radio waves coming from the earliest galaxies known.

JPL is involved with archiving the array's torrents of images: 700 terabytes of data are expected to rush in every day. That's equivalent to all the data flowing on the Internet every two days. Rather than build more hardware, engineers are busy developing creative software tools to better store the information, such as "cloud computing" techniques and automated programs for extracting data.

"We don't need to reinvent the wheel," said Chris Mattmann, a principal investigator for JPL's big-data initiative. "We can modify open-source computer codes to create faster, cheaper solutions." Software that is shared and free for all to build upon is called open source or open code. JPL has been increasingly bringing open-source software into its fold, creating improved data processing tools for space missions. The JPL tools then go back out into the world for others to use for different applications.

"It's a win-win solution for everybody," said Mattmann.

In Living Color

Archiving isn't the only challenge in working with big data. De Jong and his team develop new ways to visualize the information. Each image from one of the cameras on NASA's Mars Reconnaissance Orbiter, for example, contains 120 megapixels. His team creates movies from data sets like these, in addition to computer graphics and animations that enable scientists and the public to get up close with the Red Planet.

"Data are not just getting bigger but more complex," said De Jong. "We are constantly working on ways to automate the process of creating visualization products, so that scientists and engineers can easily use the data."

Data Served Up to Go

Another big job in the field of big data is making it easy for users to grab what they need from the data archives.

"If you have a giant bookcase of books, you still have to know how to find the book you're looking for," said Steve Groom, manager of NASA's Infrared Processing and Analysis Center at the California Institute of Technology, Pasadena. The center archives data for public use from a number of NASA astronomy missions, including the Spitzer Space Telescope, the Wide-field Infrared Survey Explorer (WISE) and the U.S. portion of the European Space Agency's Planck mission.

Sometimes users want to access all the data at once to look for global patterns, a benefit of big data archives. "Astronomers can also browse all the 'books' in our library simultaneously, something that can't be done on their own computers," said Groom.

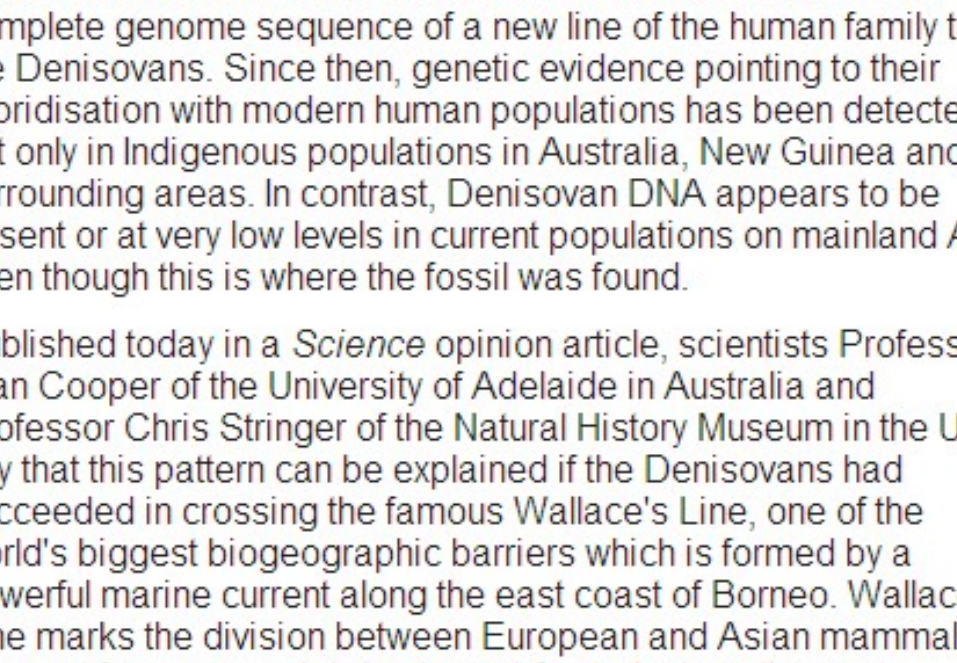
"No human can sort through that much data," said Andrea Donnellan of JPL, who is charged with a similarly mountainous task for the NASA-funded QuakeSim project, which brings together massive data sets - space- and Earth-based - to study earthquake processes.

QuakeSim's images and plots allow researchers to understand how earthquakes occur and develop long-term preventative strategies. The data sets include GPS data for hundreds of locations in California, where thousands of measurements are taken, resulting in millions of data points. Donnellan and her team develop software tools to help users sift through the flood of data.

Ultimately, the tide of big data will continue to swell, and NASA will develop new strategies to manage the flow. As new tools evolve, so will our ability to make sense of our universe and the world.

The above story is based on materials provided by NASA/Jet Propulsion Laboratory.

The center of the Milky Way galaxy imaged by NASA's Spitzer Space Telescope. (Credit: NASA/Ames/JPL-Caltech)



Mysterious Ancient Human Crossed Wallace's Line

October 2013 — Scientists have proposed that the most recently discovered ancient human relatives - the Denisovans - somehow managed to cross one of the world's most prominent marine barriers in Indonesia, and later interbred with modern humans moving through the area on the way to Australia and New Guinea.

Three years ago the genetic analysis of a little finger bone from Denisova cave in the Altai Mountains in northern Asia led to a complete genome sequence of a new line of the human family tree - the Denisovans. Since then, genetic evidence pointing to their hybridisation with modern human populations has been detected, but only in Indigenous populations in Australia, New Guinea and surrounding areas. In contrast, Denisovan DNA appears to be absent or at very low levels in current populations on mainland Asia, even though this is where the fossil was found.

Published today in a *Science* opinion article, scientists Professor Alan Cooper of the University of Adelaide in Australia and Professor Chris Stringer of the Natural History Museum in the UK say that this pattern can be explained if the Denisovans had succeeded in crossing the famous Wallace's Line, one of the world's biggest biogeographic barriers which is formed by a powerful marine current along the east coast of Borneo. Wallace's Line marks the division between European and Asian mammals to the west from marsupial-dominated Australasia to the east.

"In mainland Asia, neither ancient human specimens, nor geographically isolated modern Indigenous populations have Denisovan DNA of any note, indicating that there has never been a genetic signal of Denisovan interbreeding in the area," says Professor Cooper, Director of the University of Adelaide's Australian Centre for Ancient DNA. "The only place where such a genetic signal exists appears to be in areas east of Wallace's Line and that is where we think interbreeding took place - even though it means that the Denisovans must have somehow made that marine crossing."

"The recent discovery of another enigmatic ancient human species Homo floresiensis, the so-called Hobbits, in Flores, Indonesia, confirms that the diversity of archaic human relatives in this area was much higher than we'd thought," says Professor Stringer, Research Leader in Human Origins, Natural History Museum, in London. "The morphology of the Hobbits shows they are different from the Denisovans, meaning we now have at least two, and potentially more, unexpected groups in the area.

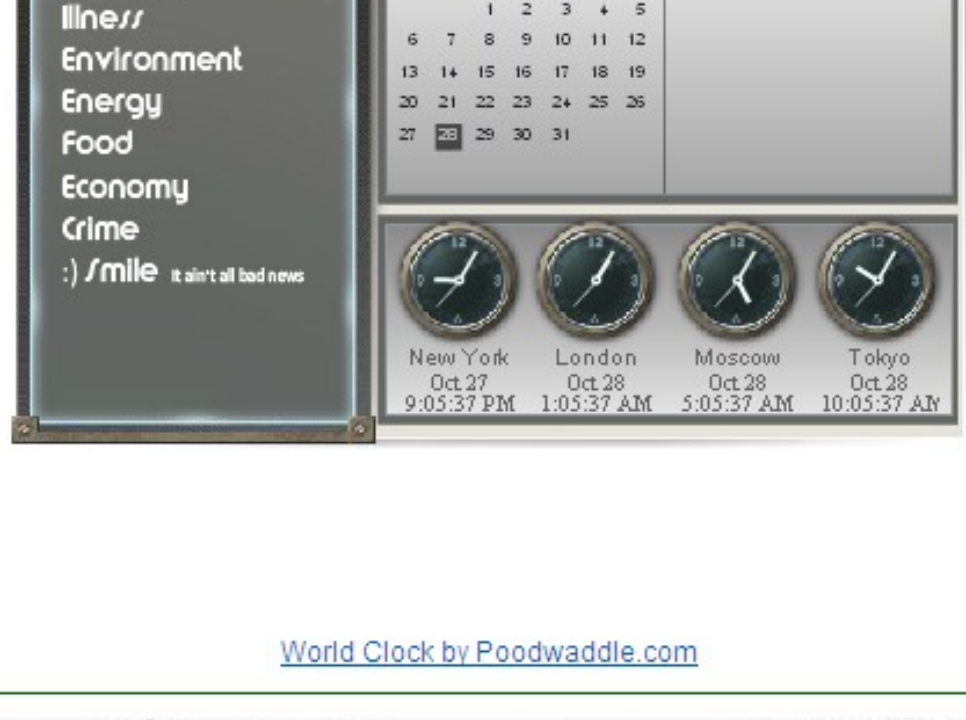
"The conclusions we've drawn are very important for our knowledge of early human evolution and culture. Knowing that the Denisovans spread beyond this significant sea barrier opens up all sorts of questions about the behaviours and capabilities of this group, and how far they could have spread."

"The key questions now are where and when the ancestors of current humans, who were on their way to colonise New Guinea and Australia around 50,000 years ago, met and interacted with the Denisovans," says Professor Cooper.

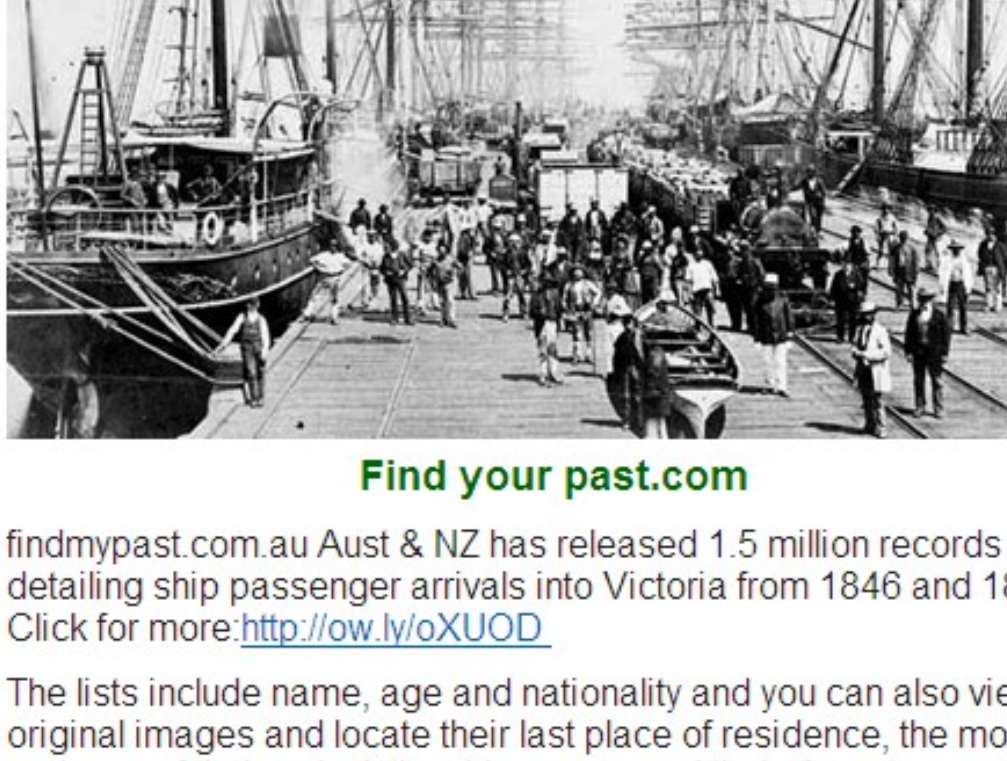
"Intriguingly, the genetic data suggest that male Denisovans interbred with modern human females, indicating the potential nature of the interactions as small numbers of modern humans first crossed Wallace's Line and entered Denisovan territory."

A. Cooper, C. B. Stringer. **Did the Denisovans Cross Wallace's Line?** Science, 2013; 342 (6156): 321 DOI:10.1126/science.1244869

World Clock



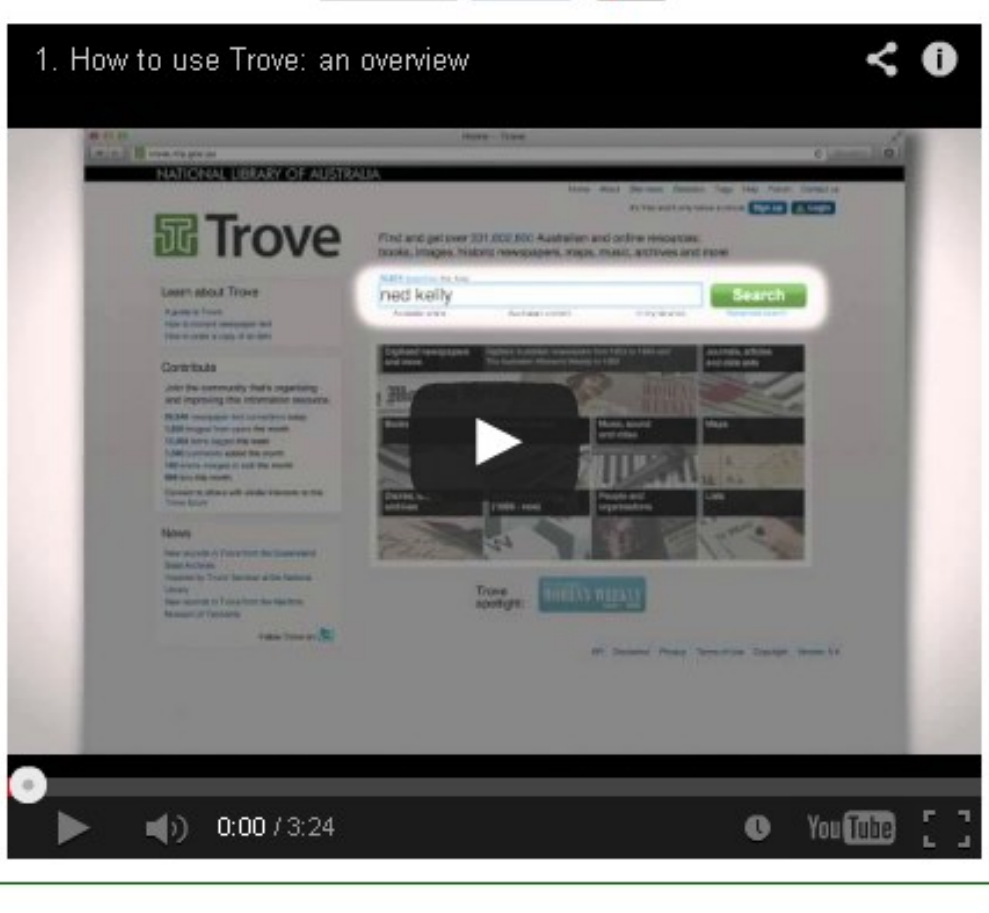
World Clock by Poodwaddle.com



Find your past.com

findmypast.com.au Aust & NZ has released 1.5 million records detailing ship passenger arrivals into Victoria from 1846 and 1899. Click for more:http://ow.ly/oXUOD

The lists include name, age and nationality and you can also view original images and locate their last place of residence, the month and year of their arrival, the ships name and their departure and destination ports.



Pittwater Online News

October 27 - November 2, 2013: Issue 134

Be Centre Fundraiser

Be Centre is a special place supporting children and families whose lives have been impacted by trauma such as Domestic Violence sexual abuse, neglect, bullying, divorce & Separation, illness and bereavement, impact of drugs and alcohol, anxiety, depression or other emotional or behavioural issues. We are based in Warriewood on the Northern Beaches.

A child's pain and suffering are often not outwardly visible and they may not have the words to express their experiences or feelings. Our unique Play and Creative Therapy programmes offer a safe environment for children to tell their stories, helping them make sense of what is happening on the inside to restore their trust and build self - confidence and resilience.

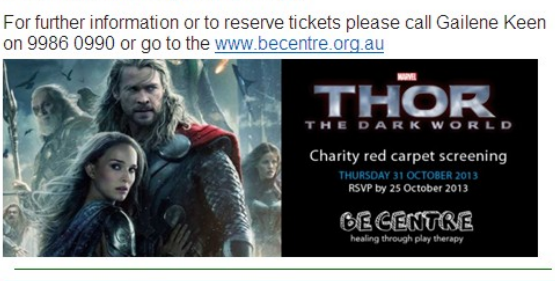
Be Centre advocates early intervention for children, to help them develop skills and strategies so they do not experience ongoing difficulties as a result of their trauma.

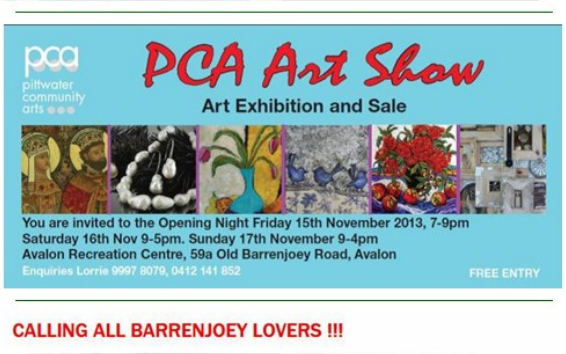
Be Centre is a registered charity and relies on the generosity of individuals and corporate Australia to ensure that we can assist the most vulnerable or needy children within our community – the demand for our services has never been greater.

To help raise the vital funds needed we are hosting a red carpet charity screening of the new Marvel comic movie- "THOR – The Dark World", staring Chris Hemsworth which will be held in the Grand Theatre at United Cinemas Warriewood on Thursday 31st October.

It will be a real stellar night with the evening hosted by local sporting personality Nici Andronicus – the evening will commence at 6.30pm with pre movie drinks. The night will have lots of surprises including the opportunity to win some great door prizes. In a nod to Halloween for those who are game we will also have prizes for the best superhero outfit – for the rest of us it we can dress in smart casual. We hope to raise in excess of $5,000 on the night.

For further information or to reserve tickets please call Gailene Keen on 9986 0990 or go to the www.becentre.org.au


THOR
THE DARK WORLD
Charity red carpet screening
THURSDAY 31 OCTOBER 2013
RSVP by 25 October 2013
BE CENTRE
healing through play therapy


pca
pittwater community arts
PCA Art Show
Art Exhibition and Sale

You are invited to the Opening Night Friday 15th November 2013, 7-9pm
Saturday 16th Nov 9-5pm. Sunday 17th November 9-4pm
Avalon Recreation Centre, 59a Old Barrenjoey Road, Avalon
Enquiries Lorrie 9997 8079, 0412 141 852
FREE ENTRY

CALLING ALL BARRENJOEY LOVERS !!!

Please come join National Parks staff and other community volunteers to tackle some post fire bush regeneration and rubbish removal on the iconic Barrenjoey Headland.

Wednesday 23rd October 8.30am – 2pm
Saturday 2nd November 8.30am – 2pm

Meeting point will be at the northern end of Governor Phillip car park (Station Beach) at 8.30am. It's fine if you can only come for a couple of hours, but please start at 8.30am to ensure you are present for the safety briefing.

- Morning Tea will be provided
- BYO lunch
- BYO water to last the day (no refill points)
- Wear closed shoes, long pants, long sleeves, hat and sunscreen.
- Gloves and tools provided (BYO gloves if you have)

Remember many hands make light work!!! So feel free to spread the word.
Please RSVP which date/s you will attend to rachel.miller@environment.nsw.gov.au

Palliative Care NSW

Invitation to Parliamentary Forum

Palliative Care – where to from here?

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

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

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

Speakers for the day will address the following topics:

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

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

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

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

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

PALM BEACH GOLF CLUB PRESENTS - Tom Burlinson

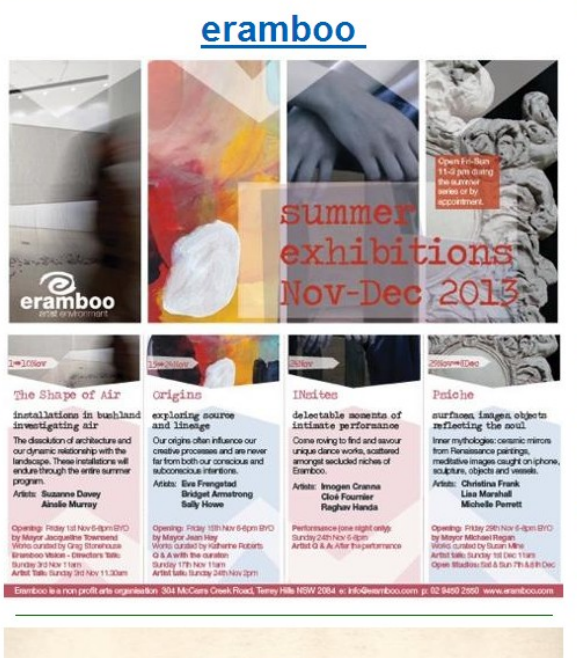
Swingin
TOM BURLINSON

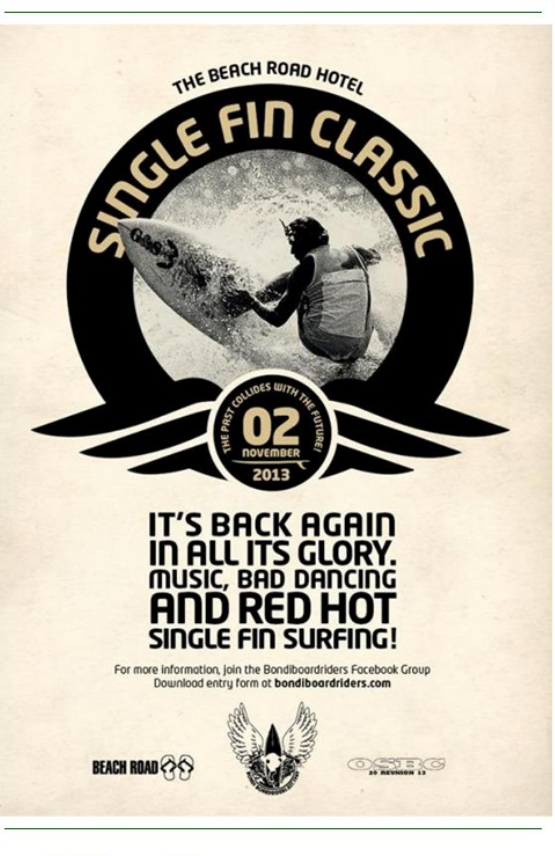
Australian star of screen and stage, Tom Burlinson, presents his latest musical production, NOW WE'RE SWINGIN' - a sensational, swinging salute to the masters of the swing era. In particular, the late great Frank Sinatra

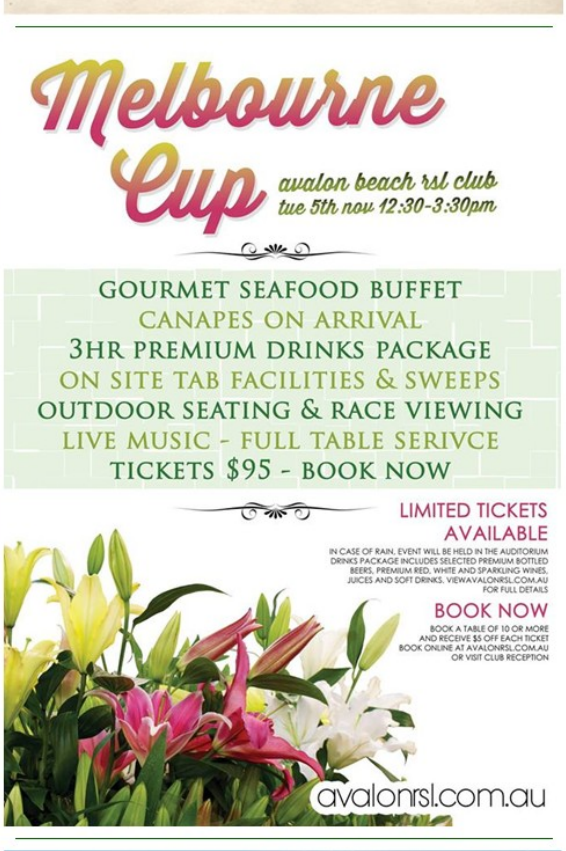
Accompanying Tom on stage will be an eight piece band, including some of Australia's best jazz musicians.

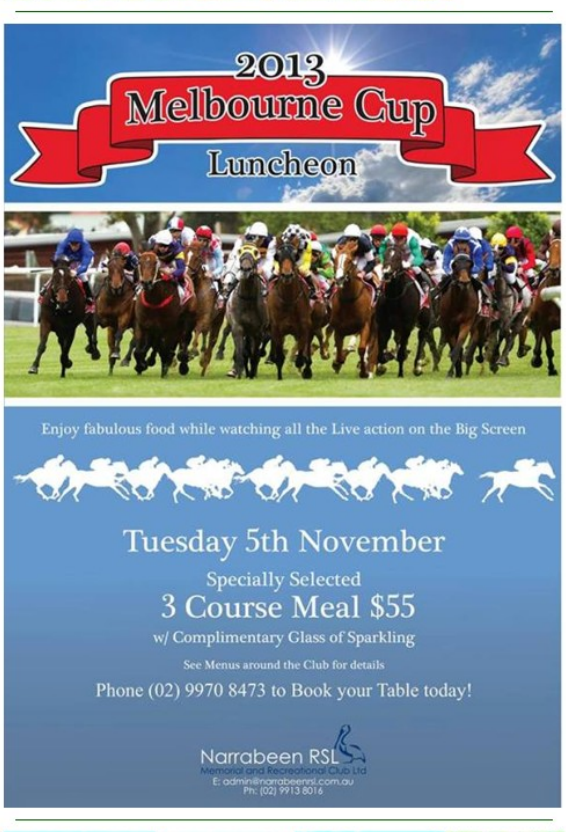
Tickets $50 Showtime 8:30 - **Saturday, 7th December 2013**

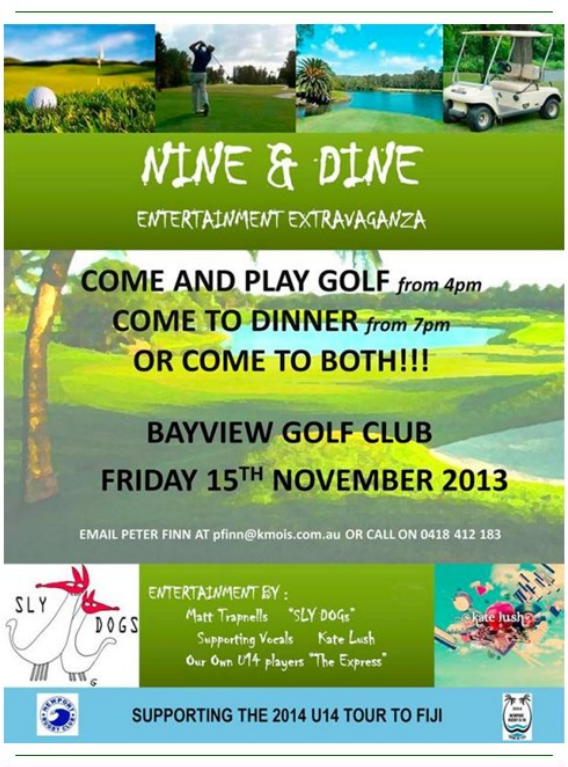
eramboo

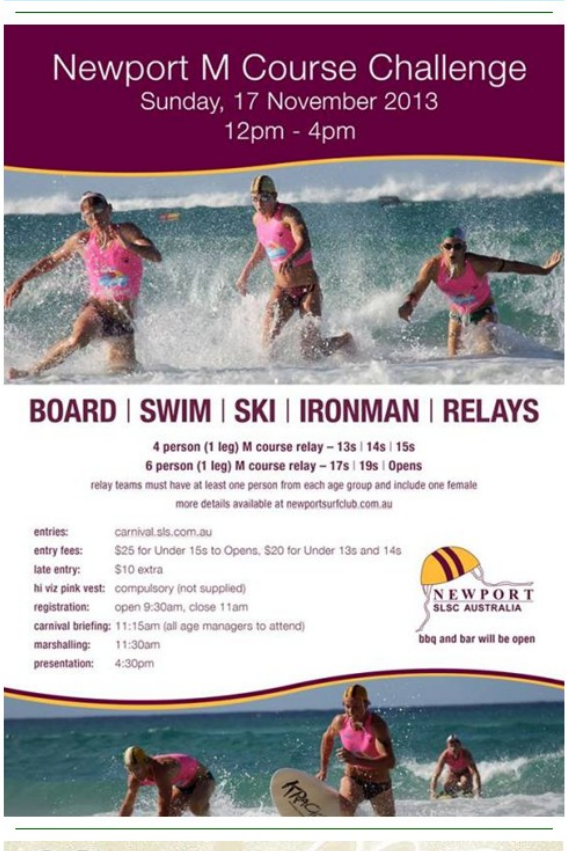

eramboo
summer exhibitions Nov-Dec 2013
The Shape of Air
Origins
Unities

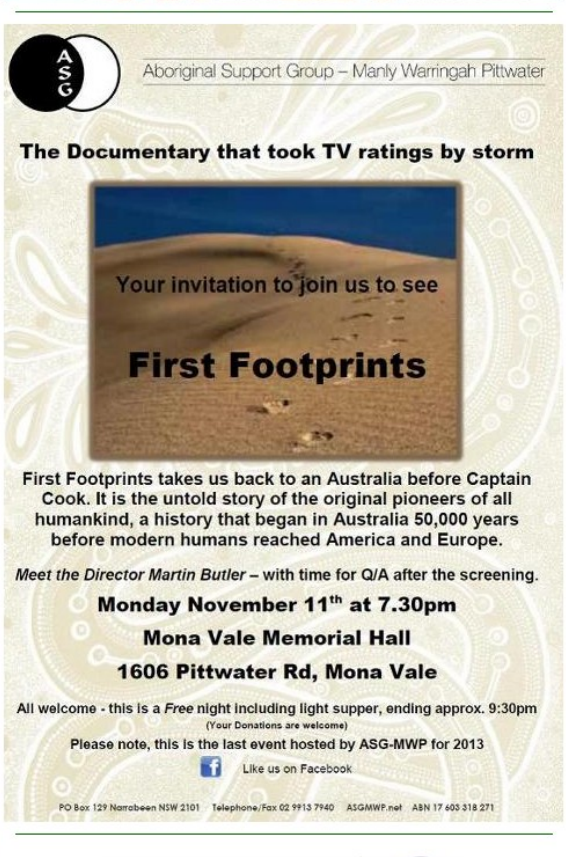

THE BEACH ROAD HOTEL
SINGLE FIN CLASSIC
02 NOVEMBER 2013
IT'S BACK AGAIN IN ALL ITS GLORY.
MUSIC, BAD DANCING AND RED HOT SINGLE FIN SURFING!
For more information, join the Bondiboardriders Facebook Group
Download entry form at bondiboardriders.com
BEACH ROAD


Melbourne Cup
avalon beach rsl club
tue 5th nov 12:30-3:30pm
GOURMET SEAFOOD BUFFET
CANAPES ON ARRIVAL
3HR PREMIUM DRINKS PACKAGE
ON SITE TAB FACILITIES & SWEEPS
OUTDOOR SEATING & RACE VIEWING
LIVE MUSIC - FULL TABLE SERVICE
TICKETS $95 - BOOK NOW
LIMITED TICKETS AVAILABLE
BOOK NOW
avalonrsl.com.au


2013
Melbourne Cup
Luncheon
Enjoy fabulous food while watching all the Live action on the Big Screen
Tuesday 5th November
Specially Selected
3 Course Meal $55
w/ Complimentary Glass of Sparkling
See Menus around the Club for details
Phone (02) 9970 8473 to Book your Table today!
Narrabeen RSL


NINE & DINE
ENTERTAINMENT EXTRAVAGANZA
COME AND PLAY GOLF from 4pm
COME TO DINNER from 7pm
OR COME TO BOTH!!!
BAYVIEW GOLF CLUB
FRIDAY 15TH NOVEMBER 2013
EMAIL PETER FINN AT pfinn@kmois.com.au OR CALL ON 0418 412 183
ENTERTAINMENT BY:
Matt Trapnell "SLY DOGs"
Supporting Vocals Kate Lush
Our Own U14 players "The Express"
SUPPORTING THE 2014 U14 TOUR TO FIJI


Newport M Course Challenge
Sunday, 17 November 2013
12pm - 4pm
BOARD | SWIM | SKI | IRONMAN | RELAYS
4 person (1 leg) M course relay – 13s | 14s | 15s
6 person (1 leg) M course relay – 17s | 19s | Opens
entries: carnival.sls.com.au
entry fees: $25 for Under 15s to Opens, $20 for Under 13s and 14s
late entry: $10 extra
registration: open 8.30am, close 11am
carnival briefing: 11:15am (all age managers to attend)
marshalling: 11:30am
presentation: 4:30pm
NEWPORT SLSC AUSTRALIA
bbq and bar will be open



Aboriginal Support Group – Manly Warringah Pittwater

The Documentary that took TV ratings by storm

Your invitation to join us to see

First Footprints

First Footprints takes us back to an Australia before Captain Cook. It is the untold story of the original pioneers of all humankind, a history that began in Australia 50,000 years before modern humans reached America and Europe.

Meet the Director Martin Butler – with time for Q/A after the screening.

Monday November 11th at 7.30pm
Mona Vale Memorial Hall
1606 Pittwater Rd, Mona Vale

All welcome - this is a *Free* night including light supper, ending approx. 9:30pm (Your Donations are welcome)
Please note, this is the last event hosted by ASG-MWP for 2013
Like us on Facebook

LEARN HOW TO STAY SURF-SAFE THIS SUMMER

Want to learn how to stay safe in the surf this summer? Join Dr Rob Brander - aka Dr Rip - with his entertaining free talk on the science of the surf hosted by Pittwater Council's Coastal Environment Centre on **Saturday 16 November from 2pm to 3pm at North Narrabeen.**

Dr Rip is Australia's best known surf scientist and will be sharing his multi award-winning presentation about how beaches work and behave. He will take you on a journey from the tiny little sand grains on your favourite beach and the massive swell that rolls in during big storms, to how to spot a deadly rip current.

Council's Natural Environment & Education Manager Mark Beharrell said that the talk is for everyone who loves and is interested in the beach.

"We suggest you bring the whole family along to learn how to stay safe in the surf," said Mr Beharrell. "You will learn how beaches are formed, types of waves including dangerous and freak waves, tides and tsunamis, along with how to spot a rip and what to do if you are caught in one," he said.

The presentation will also include, conditions permitting, a rip current demonstration using purple dye. Rob has been studying beaches and surf science since 1986 and started giving 'Science of the Surf' talks in 2001. His first book Dr Rip's Essential Beach Book published in 2010 offers everything you want to know about surf, sand and rips and is now a best-seller in Australia.

Rob was awarded the 2012 Australian Museum Eureka Prize for Promoting Understanding of Australian Science Research.

For more information about Dr Rip and his Science of the Surf presentations visit www.scienceofthesurf.com

Bookings are essential by calling the Coastal Environment Centre (CEC) on 1300 000 232 or book online at www.pittwater.nsw.gov.au/cecbookings Details of the venue will be provided upon booking

MASTERCHEF LOVES FOOD AND HATES WASTE

To celebrate National Recycling Week, 2011 Masterchef contestant Jay Huxley will be cooking up a storm at the Beaches Market at Warriewood on Friday 15 November.

Jay will be highlighting how you can use all of those leftovers that you find in your fridge by turning them into tempting meals.

Pittwater Council's Education Officer Emma Mackay said food waste is a huge problem with an estimated 800,000 tonnes of food thrown away by NSW households each year – that is 315 kilograms of food waste for each household going to landfill or 38 per cent of your kerbside garbage bin!

"Not only is this a huge waste of money but also a waste of the resources used to make and grow the food," said Ms Mackay.

"Jay Huxley is a big supporter of the Love Food Hate Waste program and is passionate about showing people that with careful menu planning, shopping to a list and storing food correctly, people can cut down on their waste and save money," added Ms Mackay.
Love Food Hate Waste's top five tips are:
•Plan your weekly meals to save time and money
•Write a shopping list and check the fridge and cupboard before you go
•Measure serving sizes
•Store your food correctly - airtight containers help keep food fresher for longer
•Use your leftovers for an easy weeknight meal or work lunch.
From car salesman to Masterchef Australia contestant in 2011, Jay Huxley is now a chef running his own restaurant known as HUX Dining located in Roseville.

Jay has always had a love for food and since the show Jay has pursued a career in food, including public cooking demonstrations, private dinner parties along with setting up his restaurant.
Jay will be at the Beaches Market on **Friday 15 November from 8am to 1pm** and will be available during that time to answer any questions you may have. The Beaches Market is located at Pittwater Rugby Park, 1472 Pittwater Road, Warriewood. For more information about the Love Food Hate Waste program, call 9970 1226 or visit www.lovefoodhatewaste.nsw.gov.au

FREE BUILDERS' INFORMATION NIGHT

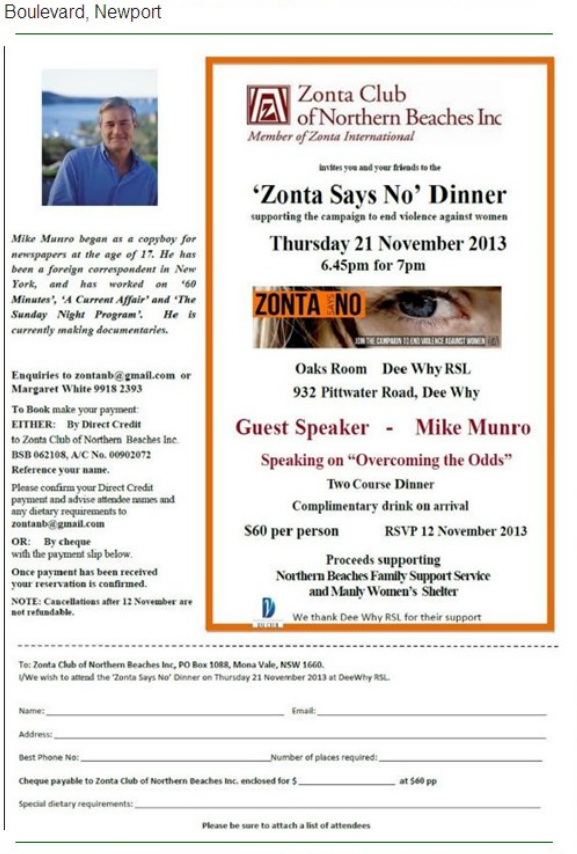
Pittwater Council will host a free information night for builders and tradespeople on **Wednesday 27 November in Newport.** Acting Compliance Manager Darren Greenow said the workshop can earn tradespeople a valuable three CPD points.

"The information night will help builders and tradespeople understand more clearly the requirements on managing building sites correctly and meeting environmental regulations," said Mr Greenow.

Topics on the night will cover:
•Development matters – approval & certification process, energy efficiency
•Avoiding penalties and infringements
•State Environmental Planning Policy (exempt and complying development codes)
•Secondary dwellings as complying development
•Swimming pool fencing and regulations
•Sedimentation controls.

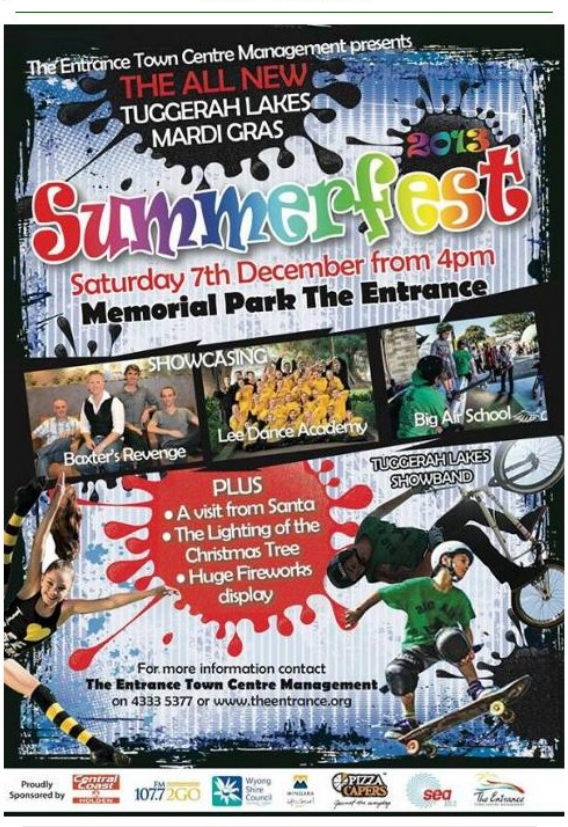
The event includes a free BBQ and light refreshments, served from 5.30pm. Bookings are essential on 9970 1194 or email eceducation_team@pittwater.nsw.gov.au

The free workshop is on **Wednesday 27 November at Newport Community Centre between 6- 9pm.** The centre is located at The Boulevard, Newport



Mike Munro began as a copyboy for newspapers at the age of 17. He has been a foreign correspondent in New York, and has worked on '60 Minutes', 'A Current Affair' and 'The Sunday Night Program'. He is currently making documentaries.

Zonta Club of Northern Beaches Inc
Member of Zonta International
invites you and your friends to the
'Zonta Says No' Dinner
supporting the campaign to end violence against women
Thursday 21 November 2013
6.45pm for 7pm
Oaks Room Dee Why RSL
932 Pittwater Road, Dee Why
Guest Speaker - Mike Munro
Speaking on "Overcoming the Odds"
Two Course Dinner
Complimentary drink on arrival
$60 per person RSVP 12 November 2013
Proceeds supporting Northern Beaches Family Support Service and Manly Women's Shelter
We thank Dee Why RSL for their support


The Entrance Town Centre Management presents
THE ALL NEW TUGGERAH LAKES MARDI GRAS 2013
Summerfest
Saturday 7th December from 4pm
Memorial Park The Entrance
SHOWCASING
Baxter's Revenge
Lee Dance Academy
Big Air School
TUGGERAH LAKES SHOWBAND
PLUS
A visit from Santa
The Lighting of the Christmas Tree
Huge Fireworks display
For more information contact
The Entrance Town Centre Management
on 4333 5377 or www.theentrance.org

SHACK
Shack Narrabeen

The Shack - Saturday 2nd November 2013

The Shack will have the most amazing line up:

• Michael Azzopardi

• Wheeze and Suck Band

• Fuego Flamenco

Performance starts at 7:30 pm until 11 pm. Tickets at door $20 per person

The Tramshed Community Arts Centre - 1395a Pittwater Road, Narrabeen NSW 2101

Authors @ Mona Vale Library- Forthcoming Events- October to December, 2013

November

Wednesday 6 November – Tom Keneally - "Shame and the Captives"

a novel set around the detention of enemy combatants in Cowra.

December

Wednesday 4 December – Mike Carlton – "First Victory" a comprehensive look at the Royal Australian Navy a century ago and their first victory at sea.

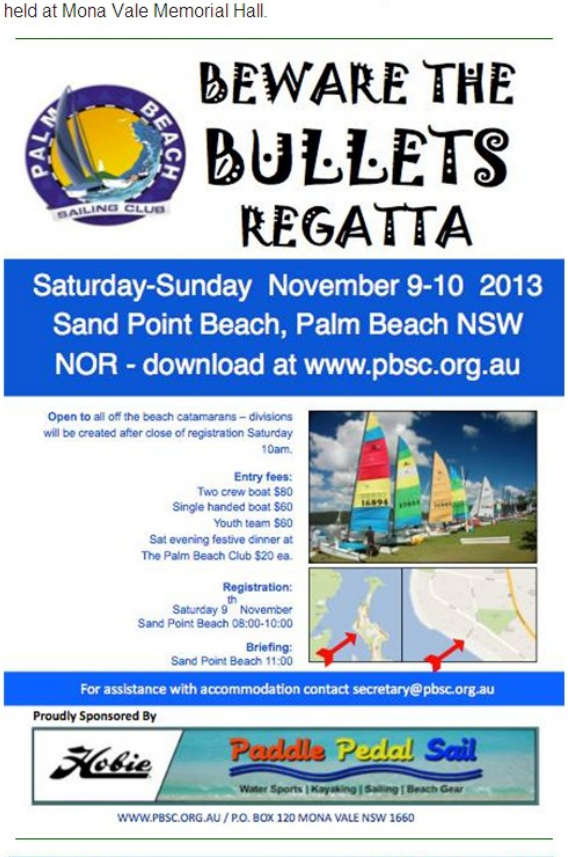
Thursday 5 December – Paul McNamee - "Game Changer" a memoir of top international tennis player who conquered Wimbledon and the Australian Open with his doubles partner, Peter McNamara.

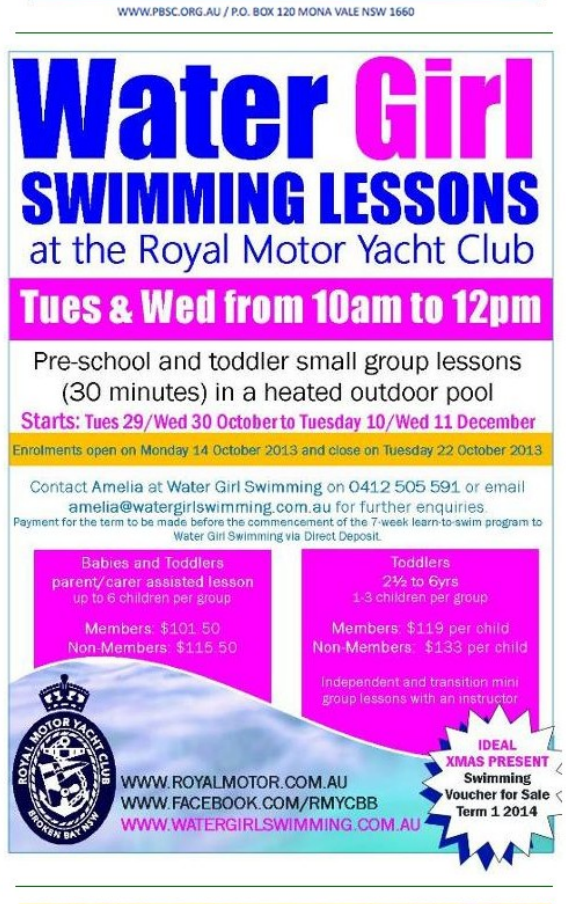
All talks commence at 6.30pm and bookings are essential. Tel. 9970 1600 and payment within 3 days is required as confirmation.

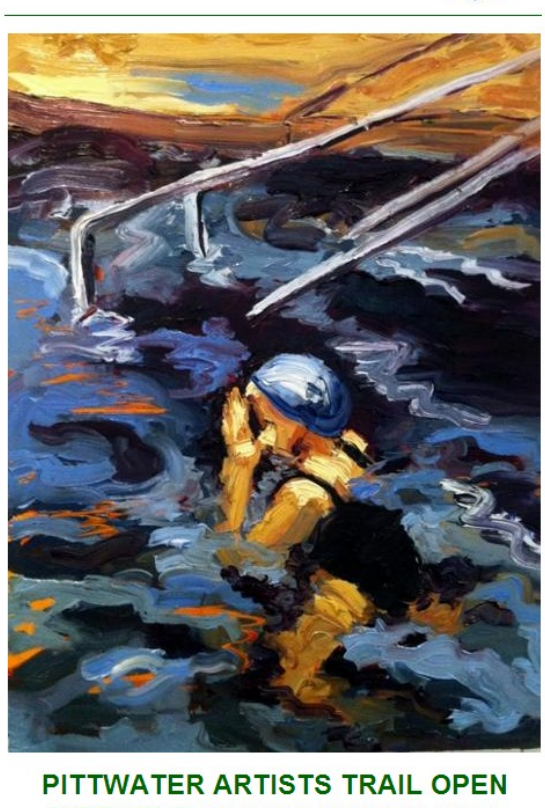
Cost of talks with the exception of Michael Hussey talk - $8.00 & $6.00 – concession for Pensioner & Students. Cards must be shown for concession.

ALL TALKS FREE FOR ALL SCHOOL STUDENTS

The above talks will be held at Mona Vale Library, Park Street, Mona Vale with the exception of Michael Hussey talk which will be held at Mona Vale Memorial Hall.


PALM BEACH SAILING CLUB
BEWARE THE BULLETS REGATTA
Saturday-Sunday November 9-10 2013
Sand Point Beach, Palm Beach NSW
NOR - download at www.pbsc.org.au
Open to all of the beach catamarans - divisions will be created after close of registration Saturday 10am.
Entry fees: Two crew boat $80 Single handed boat $60 Youth team $60
Sat evening festive dinner at The Palm Beach Club $20 ea.
Registration: Saturday 9th November Sand Point Beach 08:00-10:00
Briefing: Sand Point Beach 11:00
For assistance with accommodation contact secretary@pbsc.org.au
Proudly Sponsored By
Hobie
Paddle Pedal Sail
WWW.PBSC.ORG.AU / P.O. BOX 120 MONA VALE NSW 1660


Water Girl
SWIMMING LESSONS
at the Royal Motor Yacht Club
Tues & Wed from 10am to 12pm
Pre-school and toddler small group lessons (30 minutes) in a heated outdoor pool
Starts: Tues 29/Wed 30 October to Tuesday 10/Wed 11 December
Enrolments open on Monday 14 October 2013 and close on Tuesday 22 October 2013
Contact Amelia at Water Girl Swimming on 0412 505 591 or email amelia@watergirlswimming.com.au for further enquiries.
Babies and Toddlers parent/carer assisted lesson up to 6 children per group
Members: $101.50 Non Members: $115.50
Toddlers 2½ to 6yrs 1-3 children per group
Members: $119 per child Non-Members: $133 per child
WWW.ROYALMOTOR.COM.AU
WWW.FACEBOOK.COM/RMYCBB
WWW.WATERGIRLSWIMMING.COM.AU
IDEAL XMAS PRESENT Swimming Voucher for Sale Term 1 2014



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

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

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

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

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

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

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

Peninsula point start

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

Narrabeen take off

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

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

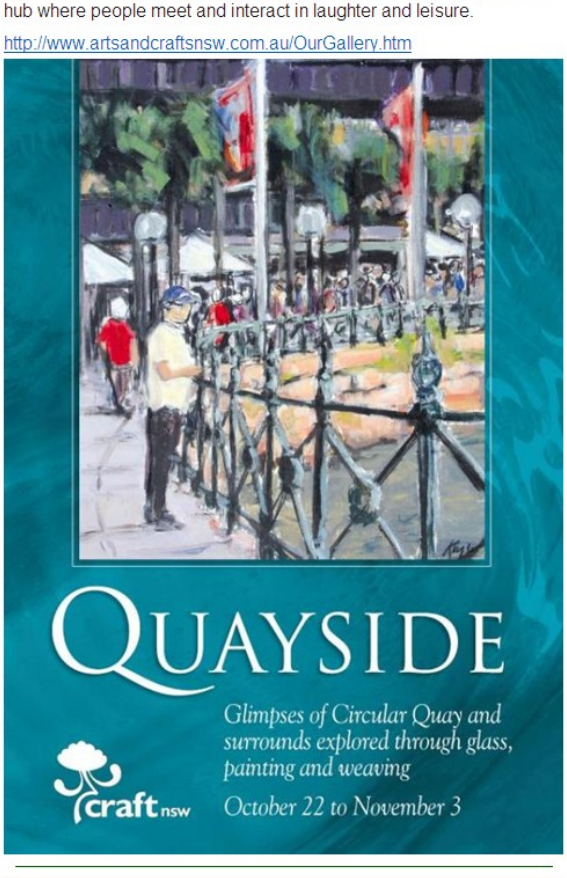
www.pittwaterartiststrail.com.au/map.html

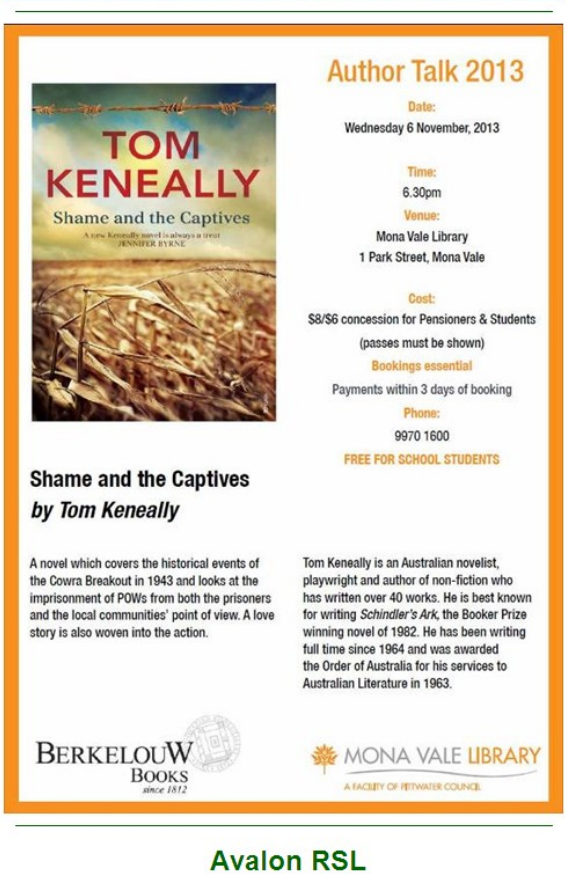
Picture at top 'Treading Water by Cindy Goode Milman

QUAYSIDE, an exhibition capturing glimpses of Sydney's Circular Quay and surrounds, depicted in glass, painting and weaving, is on view at **Craft NSW, 22 October – 3 November, 2013, 104 George Street, The Rocks, Sydney.**

Gallery members, Margot Alexander, Elaine Farrington, Karen McPhee, Margaret Ramsey and Helen Wilder comment on the diverse activity that takes place Quayside and celebrate a place of historic and recent changes, of promenades laced with iconic views, and of a hub where people meet and interact in laughter and leisure.

http://www.artsandcraftsnsw.com.au/OurGallery.htm


QUAYSIDE
Glimpses of Circular Quay and surrounds explored through glass, painting and weaving
craft nsw
October 22 to November 3



Author Talk 2013

Date: Wednesday 6 November, 2013
Time: 6.30pm
Venue: Mona Vale Library 1 Park Street, Mona Vale
Cost: $8/$6 concession for Pensioners & Students (passes must be shown)
Bookings essential
Payments within 3 days of booking
Phone: 9970 1600
FREE FOR SCHOOL STUDENTS

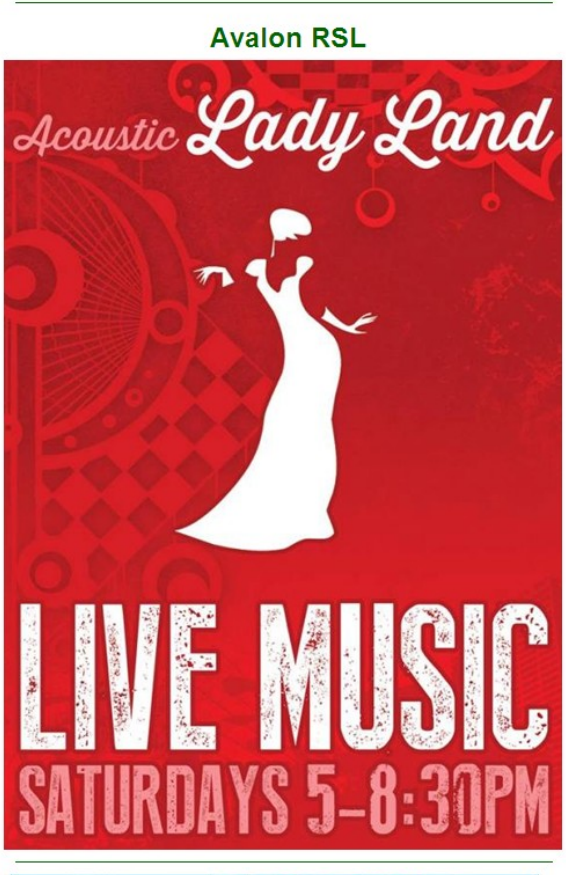
Shame and the Captives
by Tom Keneally

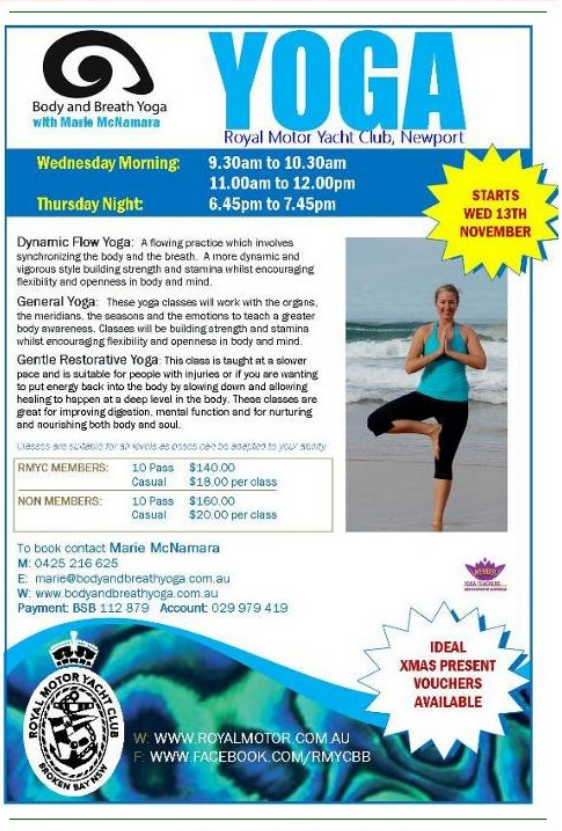
A novel which covers the historical events of the Cowra Breakout in 1943 and looks at the imprisonment of POWs from both the prisoners and the local communities' point of view. A love story is also woven into the action.

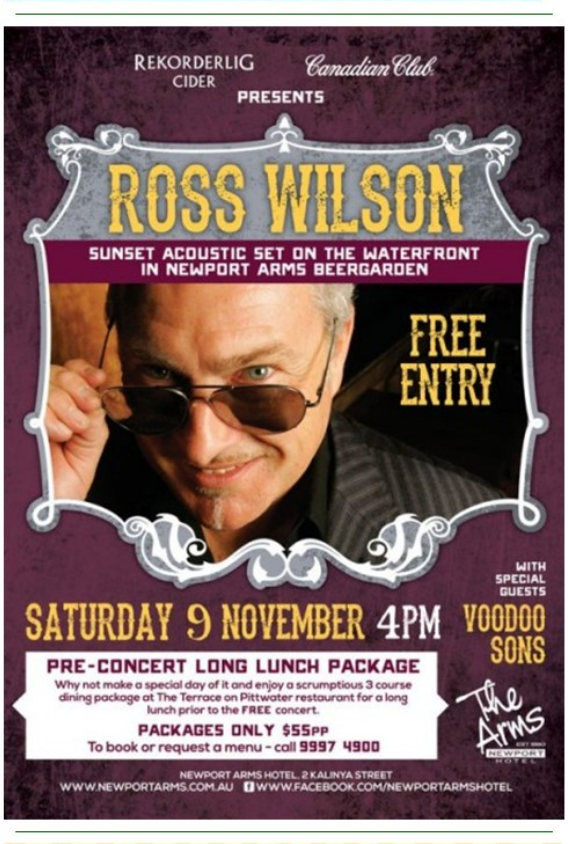
Tom Keneally is an Australian novelist, playwright and author of non-fiction who has written over 40 works. He is best known for writing Schindler's Ark, the Booker Prize winning novel of 1982. He has been writing full time since 1964 and was awarded the Order of Australia for his services to Australian Literature in 1983.

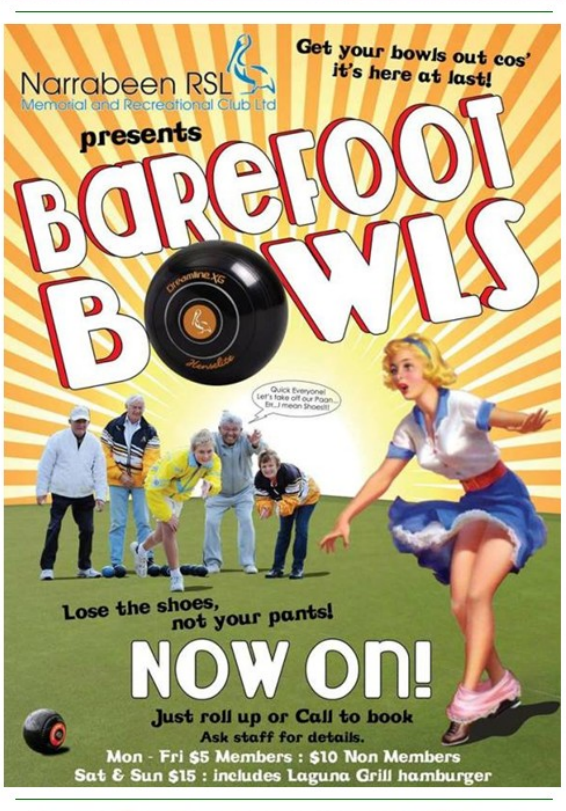
BERKELOUW BOOKS
MONA VALE LIBRARY

Avalon RSL


Acoustic Lady Land
LIVE MUSIC
SATURDAYS 5-8:30PM


Body and Breath Yoga with Marie McNamara
YOGA
Royal Motor Yacht Club, Newport
Wednesday Morning: 9.30am to 10.30am 11.00am to 12.00pm
Thursday Night: 6.45pm to 7.45pm
STARTS WED 13TH NOVEMBER
RMYC MEMBERS: 10 Pass $140.00 Casual $18.00 per class
NON MEMBERS: 10 Pass $160.00 Casual $20.00 per class
To book contact Marie McNamara
IDEAL XMAS PRESENT VOUCHERS AVAILABLE
WWW.ROYALMOTOR.COM.AU
WWW.FACEBOOK.COM/RMYCBB


REKORDERLIG CIDER
Canadian Club
PRESENTS
ROSS WILSON
SUNSET ACOUSTIC SET ON THE WATERFRONT IN NEWPORT ARMS BEERGARDEN
FREE ENTRY
WITH SPECIAL GUESTS VOODOO SONS
SATURDAY 9 NOVEMBER 4PM
PRE-CONCERT LONG LUNCH PACKAGE
PACKAGES ONLY $55PP
To book or request a menu - call 9997 4900
The Arms
WWW.NEWPORTARMS.COM.AU


Narrabeen RSL Memorial and Recreational Club Ltd
presents
Get your bowls out cos' it's here at last!
Barefoot Bowls
Lose the shoes, not your pants!
NOW ON!
Just roll up or Call to book
Ask staff for details.
Mon - Fri $5 Members : $10 Non Members
Sat & Sun $15 : includes Laguna Grill hamburger

Rare map to star in National Library's summer blockbuster – 9th of October, 2013

One of the rarest maps in the world, the first large-scale map of New Holland, has been acquired by the National Library of Australia and will take centre stage in the Library's summer blockbuster exhibition, Mapping Our World: Terra Incognita to Australia.

The map, Archipelagus Orientalis, sive Asiaticus (the Eastern and Asian archipelago), created in 1663 by master cartographer for the Dutch East India Company, Joan Blaeu, was found in a storage facility in Sweden in 2010. A few examples of the map were known worldwide – but none had come to light since the 17thcentury.

Chair of the National Library of Australia Council, Mr Ryan Stokes, described the Blaeu as the most important map documenting Australia's presence prior to the arrival of the British.

'It is the map on which all subsequent maps of New Holland are based, the primary source for the mapping that Cook had to complete the picture in 1770. It also has the distinction of including, for the first time on a map, details of the sighting of Tasmania by Tasman's crew aboard the Zeehaen on 24 November 1642,' Mr Stokes said.

'The fact it survived at all is remarkable, and probably owes much to the fact no-one knew it existed for about a century.'

Mr Stokes said expert National Library Preservation staff had examined the map, which is in a very fragile state, and had begun specialised conservation work to stabilise it.

'Four conservators are working on it full-time so it can safely be displayed in **Mapping Our World when it opens on 7 November**.'

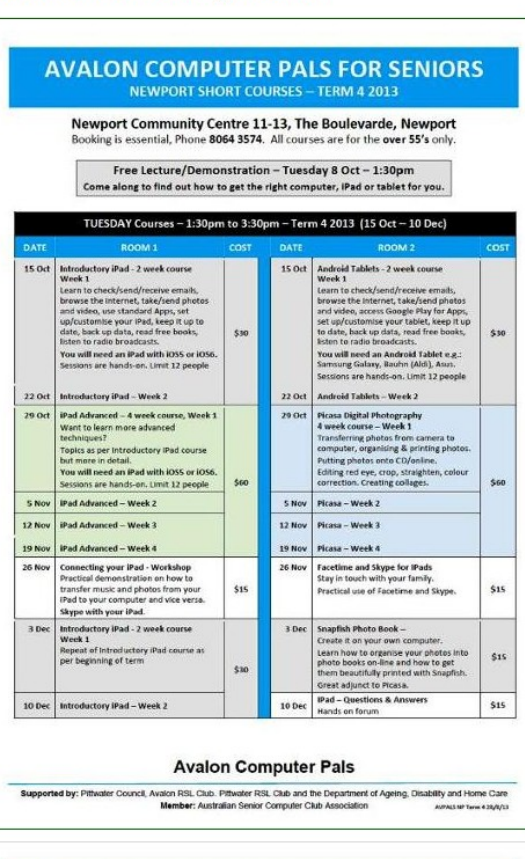
Many of the other greatest maps in the world will be on show in the exhibition, including treasures which have never before been allowed out of their European vaults.

Maps from the British Library, the Vatican, the Bibliotheque Nationale de France as well as from Australia's leading institutions will go on show in Mapping Our World.

'It will be the first time many of these maps have been seen in the southern hemisphere,' Mr Stokes said.

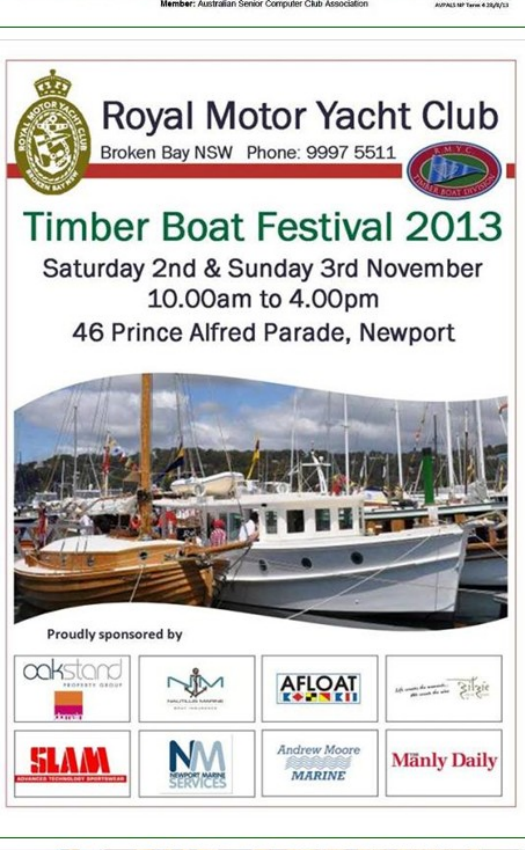
Mapping Our World: Terra Incognita to Australia, opens at the National Library of Australia, Canberra on 7 November 2013 and **runs until 10 March 2014.**

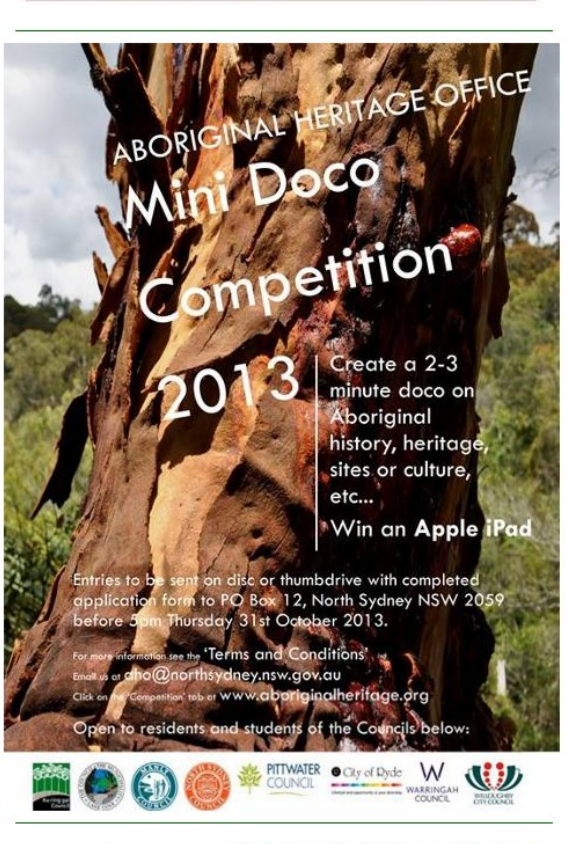
Free exhibition but bookings essential.



AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 4 2013
Newport Community Centre 11-13, The Boulevard, Newport
Booking is essential, Phone 8064 3574. All courses are for the over 55's only.
Free Lecture/Demonstration – Tuesday 8 Oct – 1:30pm
Come along to find out how to get the right computer, iPad or tablet for you.
TUESDAY Courses – 1:30pm to 3:30pm – Term 4 2013 (15 Oct – 10 Dec)

Avalon Computer Pals


Royal Motor Yacht Club
Broken Bay NSW Phone: 9997 5511
Timber Boat Festival 2013
Saturday 2nd & Sunday 3rd November
10.00am to 4.00pm
46 Prince Alfred Parade, Newport
Proudly sponsored by
Manly Daily


ABORIGINAL HERITAGE OFFICE
Mini Doco Competition
2013
Create a 2-3 minute doco on Aboriginal history, heritage, sites or culture, etc...
Win an Apple iPad
Entries to be sent on disc or thumbdrive with completed application form to PO Box 12, North Sydney NSW 2059 before 5pm Thursday 31st October 2013.
For more information see the 'Terms and Conditions'
Email us at aho@northsydney.nsw.gov.au
Click on the 'Competition' tab at www.aboriginalheritage.org
Open to residents and students of the Councils below:

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924

Next meeting: When: Saturday 12 October 2013, 2.30pm

Where: Mona Vale Library- Topic: The Irish Boys at Burnside; Speaker: Dr Keith Amos

Please note the November meeting also - Zoe Pollock speaking on The History Council of NSW, also at Mona Vale Library, 2.30pm on Saturday 9 November.

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership:** here

Pittwater Camera Club

More at: Profile and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday October 28 – TBA

November 4
Susan Buchanan joins us as guest judge tonight for our Open competition. Free for visitors to the club.

Monday December 3
Tonight the very best images of the year will be on display for you to see. One lucky photographer will be awarded 'Photographer of the Year' and the best projected images, colour and mono prints of the year will also be determined by our well respected photographer and judge, Philip Ramsden. A light supper will be served following the judging.Family, friends and visitors are all welcome.

OPERA AUSTRALIA
2014 Subscriptions Now On Sale

Sydney Opera House - 2014 Season

Lecherous womanising. Candy coloured bikinis. Aching nostalgia. Nine metre serpents. See it all in Opera Australia's 2014 season of opera.

Visit www.opera-australia.org.au/

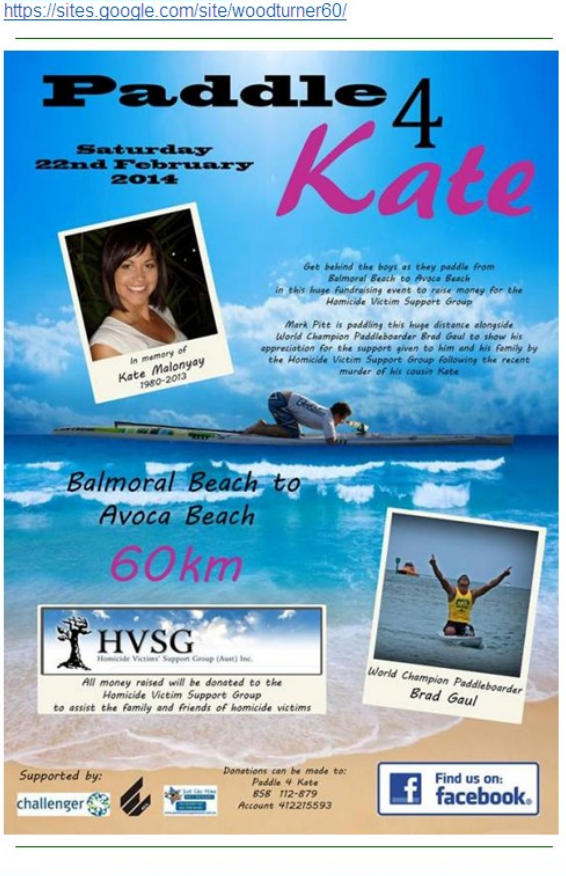
Sydney Northern Beaches Woodturners Inc

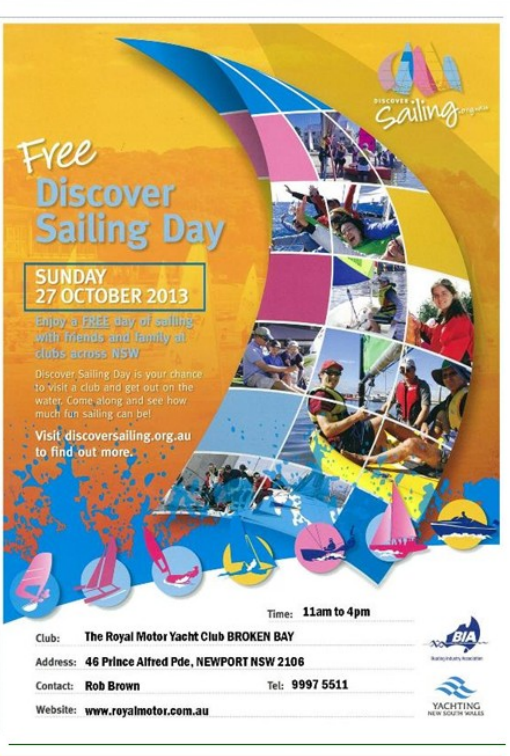
Sydney Northern Beaches Woodturners - Monthly Demonstration - Wood Turning Demonstration on the third Sunday of the month: 9am-2pm

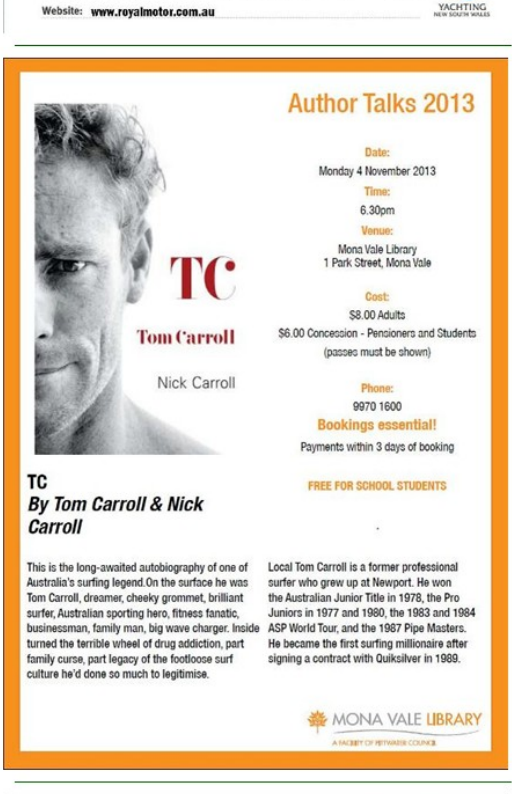
The aim of our group is to bring together people who are interested in woodturning and to assist new members to participate in the craft of woodturning. At the same time we aim to socialise and have fun. We are active in supporting local community groups and charities. We make cash donations as well as donations of toys and equipment made by our members.

Come and see us at the Narrabeen RSL Club, Nareen Pde, North Narrabeen. Workshop Open every **Tuesday,** Friday and Saturday between 9 am and 12 noon.

Cost: $2 for insurance & a cuppa (If you want to join there is a $25 yearly subscription fee). Contact: Jack Butler on 9999 4290 or email: johnbutler@optusnet.com.au . Website: https://sites.google.com/site/woodturner60/


Paddle 4 Kate
Saturday 22nd February 2014
In memory of Kate Maloney 1980-2013
Get behind the boys as they paddle from Balmoral Beach to Avoca Beach in this huge fundraising event to raise money for the Homicide Victim Support Group
Mark Pitt is paddling this huge distance alongside World Champion Paddleboarder Brad Gaul to show his appreciation for the support given to him and his family by the Homicide Victim Support Group following the recent murder of his cousin Kate
Balmoral Beach to Avoca Beach
60km
HVSG
All money raised will be donated to the Homicide Victim Support Group to assist the family and friends of homicide victims
World Champion Paddleboarder Brad Gaul
Supported by: challenger
Donations can be made to: Paddle 4 Kate BSB 112-879 Account 412215593
Find us on: facebook


Discover Sailing
Free Discover Sailing Day
SUNDAY 27 OCTOBER 2013
Enjoy a FREE day of sailing with friends and family at clubs across NSW
Discover Sailing Day is your chance to visit a club and get out on the water. Come along and see how much fun sailing can be!
Visit discoversailing.org.au to find out more.
Time: 11am to 4pm
Club: The Royal Motor Yacht Club BROKEN BAY
Address: 46 Prince Alfred Pde, NEWPORT NSW 2106
Contact: Rob Brown Tel: 9997 5511
Website: www.royalmotor.com.au
YACHTING NEW SOUTH WALES



Author Talks 2013

TC
Tom Carroll
Nick Carroll

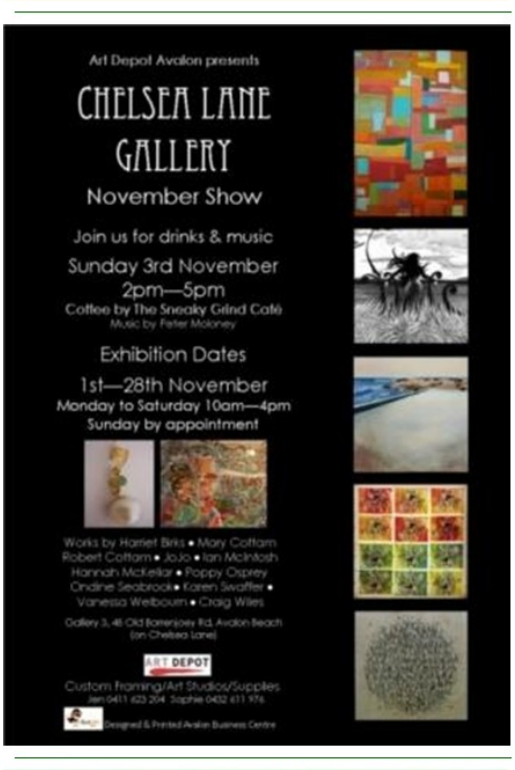
Date: Monday 4 November 2013
Time: 6.30pm
Venue: Mona Vale Library 1 Park Street, Mona Vale
Cost: $8.00 Adults
$6.00 Concession - Pensioners and Students (passes must be shown)
Phone: 9970 1600
Bookings essential!
Payments within 3 days of booking
FREE FOR SCHOOL STUDENTS

TC
By Tom Carroll & Nick Carroll

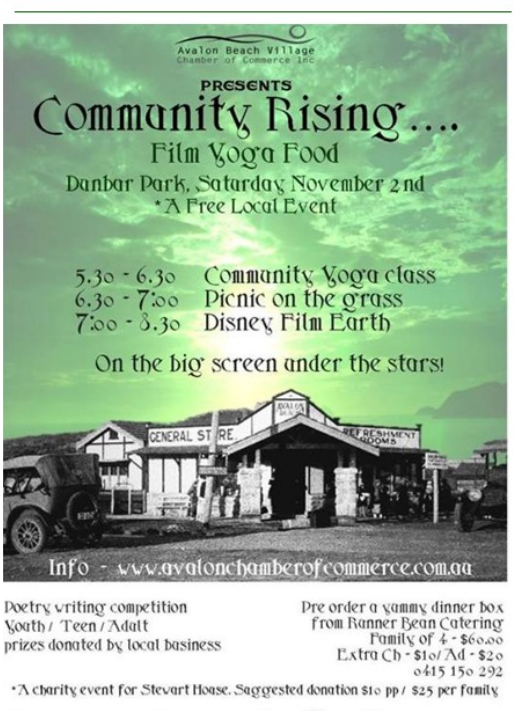
This is the long-awaited autobiography of one of Australia's surfing legend.On the surface he was Tom Carroll, dreamer, cheeky grommet, brilliant surfer, Australian sporting hero, fitness fanatic, businessman, family man, big wave charger. Inside turned the terrible wheel of drug addiction, part family curse, part legacy of the footloose surf culture he'd done so much to legitimise.

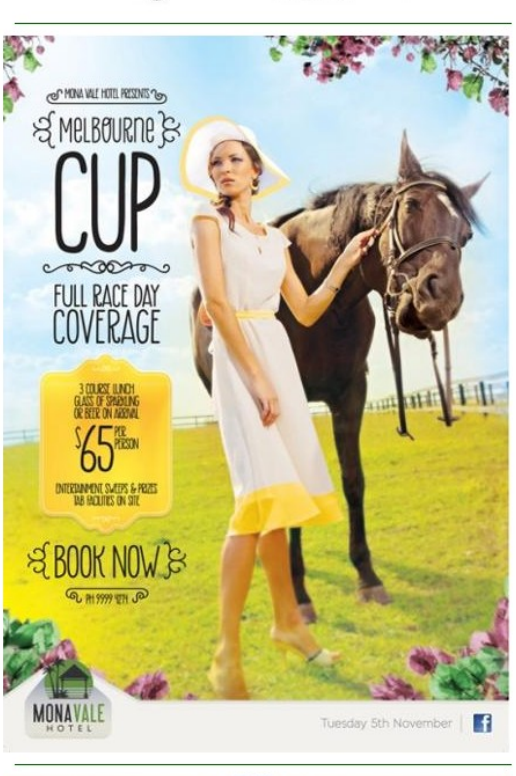
Local Tom Carroll is a former professional surfer who grew up at Newport. He won the Australian Junior Title in 1978, the Pro Juniors in 1977 and 1980, the 1983 and 1984 ASP World Tour, and the 1987 Pipe Masters. He became the first surfing millionaire after signing a contract with Quiksilver in 1989.

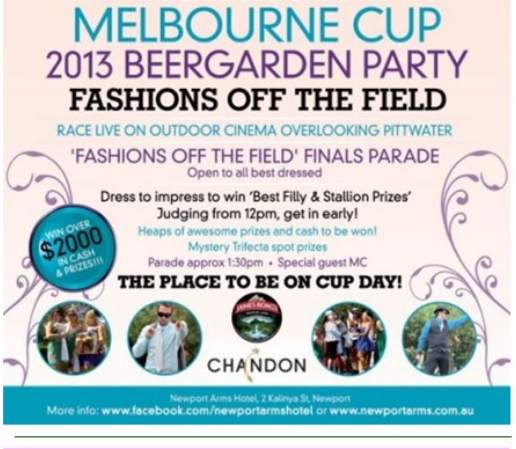
MONA VALE LIBRARY

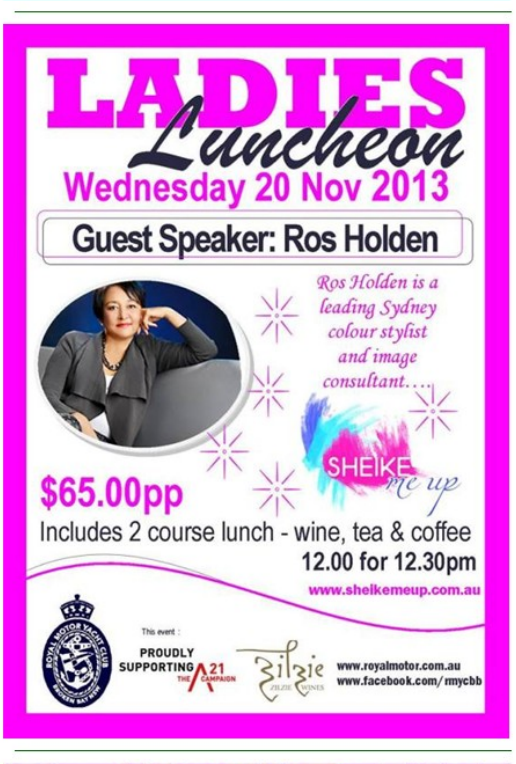


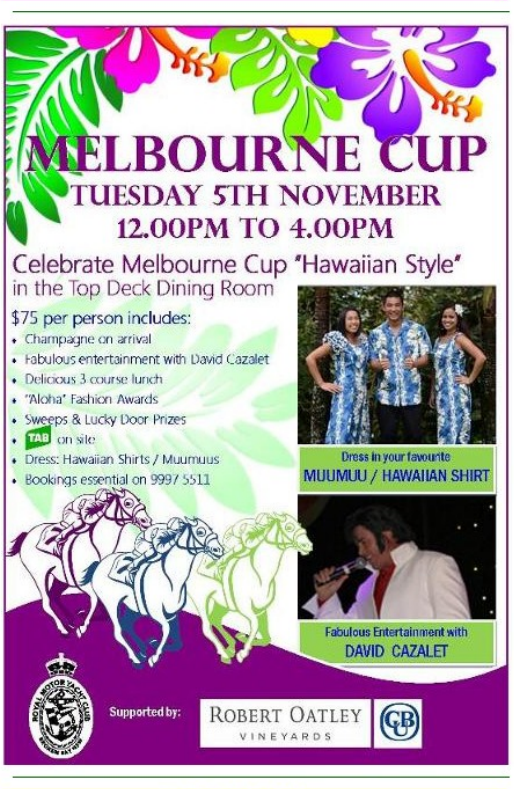
Art Depot Avalon presents
CHELSEA LANE GALLERY
November Show
Join us for drinks & music
Sunday 3rd November
2pm—5pm
Coffee by The Sneaky Grind Café
Music by Peter Moloney
Exhibition Dates
1st—28th November
Monday to Saturday 10am—4pm
Sunday by appointment
Works by Harriet Birks • Mary Cottam
Robert Cottam • JoJo • Ian McIntosh
Hannah McKellar • Poppy Osprey
Ondine Seabrook • Karen Swaffer •
Vanessa Welbourn • Craig Wiles
Gallery 3, 46 Old Barrenjoey Rd, Avalon Beach (on Chelsea Lane)
ART DEPOT
Custom Framing/Art Studio/Supplies
Designed & Printed Avalon Business Centre

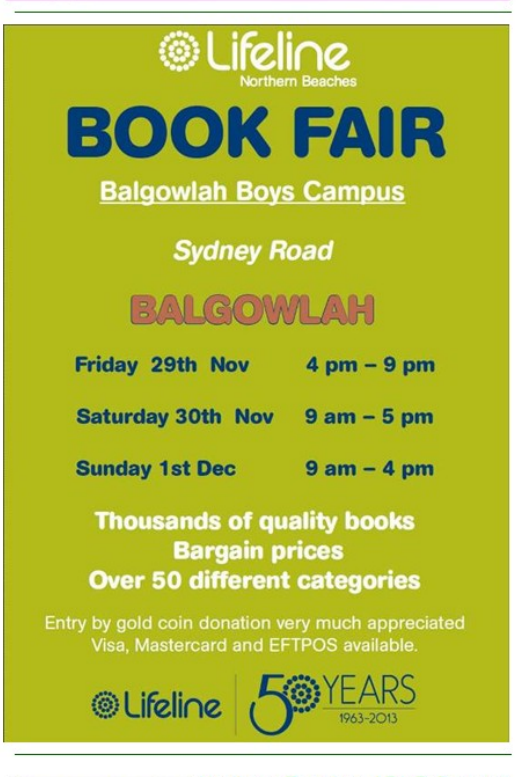

Avalon Beach Village Chamber of Commerce Inc
PRESENTS
Community Rising....
Film Yoga Food
Dunbar Park, Saturday November 2nd
A Free Local Event
5.30 - 6.30 Community Yoga class
6.30 - 7.00 Picnic on the grass
7.00 - 8.30 Disney Film Earth
On the big screen under the stars!
Info - www.avalonchamberofcommerce.com.au
Poetry writing competition Youth / Teen / Adult prizes donated by local business
Pre order a yummy dinner box from Runner Bean Catering Family of 4 - $60.00 Extra Ch - $10 / Ad - $20 0415 150 292
A charity event for Stewart House. Suggested donation $10 pp / $25 per family


MONA VALE HOTEL PRESENTS
MELBOURNE CUP
FULL RACE DAY COVERAGE
3 COURSE LUNCH GLASS OF SPARKLING OR BEER ON ARRIVAL
$65 PER PERSON
ENTERTAINMENT, SWEEPS & PRIZES FOR BEST DRESSED ON THE DAY
BOOK NOW
MONA VALE HOTEL
Tuesday 5th November


The Arms
TUESDAY NOV 5
MELBOURNE CUP
2013 BEERGARDEN PARTY
FASHIONS OFF THE FIELD
RACE LIVE ON OUTDOOR CINEMA OVERLOOKING PITTWATER
'FASHIONS OFF THE FIELD' FINALS PARADE
Open to all best dressed
Dress to impress to win 'Best Filly & Stallion Prizes'
Judging from 12pm, get in early!
Heaps of awesome prizes and cash to be won!
Mystery Trifecta spot prizes
Parade approx 1:30pm • Special guest MC
THE PLACE TO BE ON CUP DAY!
$2000 IN CASH & PRIZES
CHANDON
Newport Arms Hotel, 2 Kalinya St, Newport
More info: www.facebook.com/newportarmshotel or www.newportarms.com.au


LADIES Luncheon
Wednesday 20 Nov 2013
Guest Speaker: Ros Holden
Ros Holden is a leading Sydney colour stylist and image consultant....
$65.00pp
Includes 2 course lunch - wine, tea & coffee
12.00 for 12.30pm
www.sheikemeup.com.au
SHEIKE me up
PROUDLY SUPPORTING A21
www.royalmotor.com.au
www.facebook.com/rmycbb


MELBOURNE CUP
TUESDAY 5TH NOVEMBER
12.00PM TO 4.00PM
Celebrate Melbourne Cup "Hawaiian Style" in the Top Deck Dining Room
$75 per person includes:
• Champagne on arrival
• Fabulous entertainment with David Cazalet
• Delicious 3 course lunch
• "Aloha" Fashion Awards
• Sweeps & Lucky Door Prizes
• TAB on site
• Dress: Hawaiian Shirts / Muumuus
• Bookings essential on 9997 5511
Dress in your favourite MUUMUU / HAWAIIAN SHIRT
Fabulous Entertainment with DAVID CAZALET
Supported by: ROBERT OATLEY VINEYARDS


Lifeline Northern Beaches
BOOK FAIR
Balgowlah Boys Campus
Sydney Road
BALGOWLAH
Friday 29th Nov 4 pm – 9 pm
Saturday 30th Nov 9 am – 5 pm
Sunday 1st Dec 9 am – 4 pm
Thousands of quality books
Bargain prices
Over 50 different categories
Entry by gold coin donation very much appreciated
Visa, Mastercard and EFTPOS available.
Lifeline 50 YEARS 1963-2013

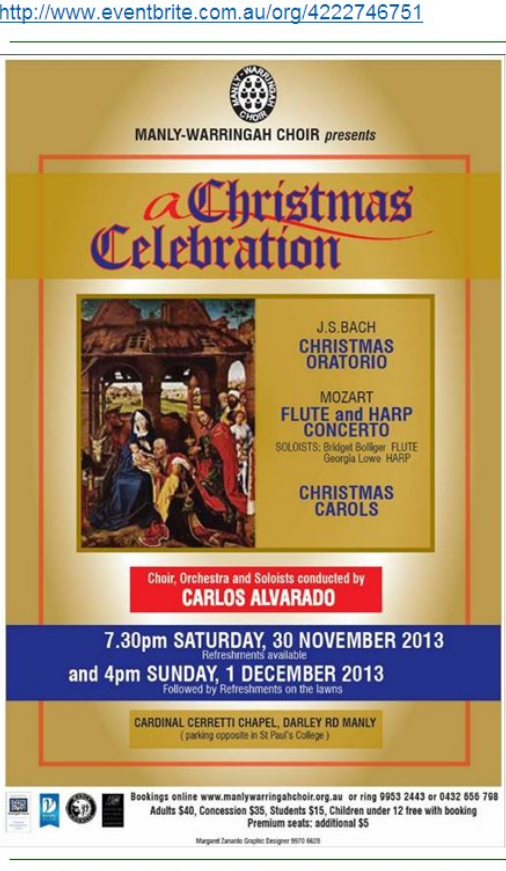
Northern Beaches ADHD Support Group

Next speaker evening coming up on **Monday 28th October**- Psychologist Jan West talking about Anxiety & ADHD

7pm Nelson Heather Centre, Jacksons Road, Warriewood

Reserve your ticket by clicking the link below.

http://www.eventbrite.com.au/org/4222746751


MANLY-WARRINGAH CHOIR presents
a Christmas Celebration
J.S.BACH CHRISTMAS ORATORIO
MOZART FLUTE and HARP CONCERTO
SOLOISTS: Bridget Bolliger FLUTE Georgia Lowe HARP
CHRISTMAS CAROLS
Choir, Orchestra and Soloists conducted by CARLOS ALVARADO
7.30pm SATURDAY, 30 NOVEMBER 2013
Refreshments available
and 4pm SUNDAY, 1 DECEMBER 2013
Followed by Refreshments on the lawns
CARDINAL CERRETTI CHAPEL, DARLEY RD MANLY
(parking opposite in St Paul's College)
Adults $40, Concession $35, Students $15, Children under 12 free with booking
Premium seats: additional $5

KATANDRA BUSHLAND SANCTUARY
OPEN TODAY PARKING INSIDE

Avalon Craft Cottage Returns to Warriewood

AVALON CRAFT COTTAGE

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

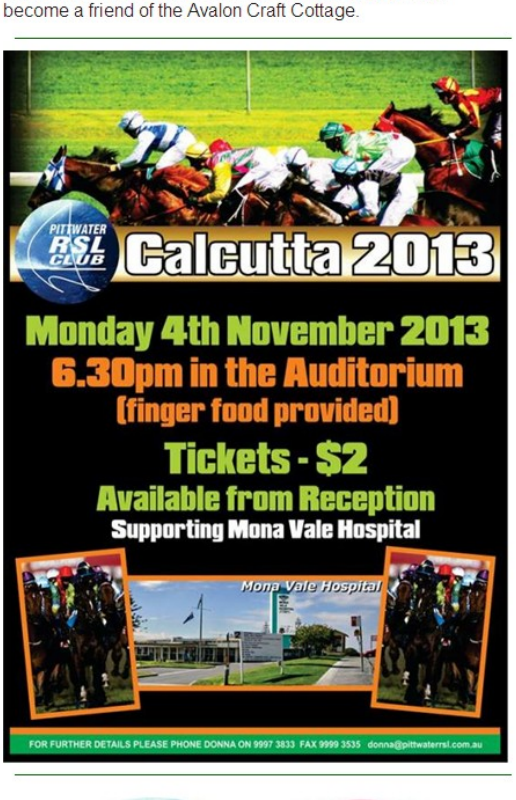
The Craft Cottage members are now heading into our really busy season and so it is ' back to Warriewood' for the first of our big Christmas shows.

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

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

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

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


PITTWATER RSL CLUB
Calcutta 2013
Monday 4th November 2013
6.30pm in the Auditorium
(finger food provided)
Tickets - $2
Available from Reception
Supporting Mona Vale Hospital
Mona Vale Hospital

PITTWATER RSL CLUB

PSEUDO ECHO HERE ON SAT 16TH NOVEMBER!!!

Backyard Ashes - from Umbrella Entertainment - Coming Soon!

Backyard Ashes is an entertaining family film that uses the famous Australian past time of backyard cricket as an analogy for the bitter sporting rivalry between England and Australia.

Dougie Waters loves nothing more than a weekend barbie and cricket match with his mates. But his paradise on earth is destroyed when his best mate and neighbour Norm is forced to leave town and their new boss, a pompous English administrator called Edward Lords, moves in.

The animosity between the two peaks during one fateful backyard cricket match when Dougie hits a ball that accidentally stuns Edward's prize winning cat, Dexter. The cat falls into the roaring BBQ and is instantly incinerated, leaving only ashes.

Dougie's son captures footage of the unfortunate event on camera and it is uploaded onto YouTube where the video instantly goes viral! The idea of a backyard cricketing challenge is hatched, with the winner keeping the ashes of Edward's deceased cat, Dexter. The two teams battle it out in the greatest game of backyard cricket ever for the Backyard Ashes.

Backyard Ashes Trailer
from Umbrella Entertainment PRO
01:33
vimeo

Backyard Ashes Trailer REDO from Umbrella Entertainment on Vimeo.

Refuge Bay in Ku-ring-gai Chase National Park -

Woronora Wonderland in the Sutherland Shire - Saturday November 2

The Woronora River is a truly beautiful waterway, not often visited by kayakers. This trip will be led by Adrian Clayton and will start at the Sutherland Shire Canoe Club and proceed upstream to Prince Edward Park. We'll stop for a break at a riverside camping area (we are usually the only ones there). Lots of sandy beaches and quaint houses to see. Then into the Woronora Reserve - look out for the sea eagles. Lunch at The Needles, a beautiful picnic spot. Lots of lovely bush, sandstone outcrops and quiet places. $85 per person. Easy/Medium.

Nepean Gorge & Blue Mtns National Park – **Sunday November 3**

An experience not to be missed - pristine wilderness in a World Heritage Listed National Park. Steep and breathtaking landscape. We paddle a section called The Narrows, then get into the Gorge and National Park itself. The most beautiful part of the day follows, where it's serene, peaceful and narrow. Short walk to spectacular lookout. Compact beach for lunch and a swim. This may become your favourite Sydney waterway! Full day with breaks. $85 per person. Easy/Medium. **Being repeated Sat Dec 21.**

Narrabeen Lagoon Eco-Paddle – **Sunday November 10 at 1pm**

The Lagoon supports a wide range threatened flora and fauna, but it is under threat of urban development. This paddle is organised by Friends of Narrabeen Lagoon Catchment and led by its president, Tony Carr! We'll explore the astonishing Deep Creek, which attracts migratory birds from as far away as Russia and Middle Creek, which has recently been the subject of a substantial remediation programme. An easy 2-3 hour paddle suitable for less experienced kayakers. $55pp.

Hawks Nest Weekend with the Dolphins – **Sat/Sun Nov 23/24**

The dolphins are the star attraction of this weekend away at beautiful Hawks Nest/Tea Gardens, 3 hours drive north. Last time we watched them play a metre or two from our boats. Unforgettable! We'll paddle the Myall River with its abundant birdlife and lush vegetation on Saturday, to Corrie Island on Sunday. Barbecue Saturday night. Our base is the impressive Hawks Nest Holiday Park. Discounted campsites and villas. We'll take up our Dagger Drifters on the trailer - $198pp. Easy/Med. Email tonycarr@ozemail.com.au for details. **ONE SPOT AVAILABLE.**

Bay of Islands NZ Adventure Paddle – **November 16 to 24**

With 144 islands and abundant marine and birdlife, the sub tropical Bay of Islands Marine Park north of Auckland is a kayakers dream. Stay in historic Russell, paddle Matauri Bay from its twin beaches and explore the coast of Moturoa Island, the second largest in the Bay. Learn rock gardening and kayak surfing – great fun and easy to do - our two qualified instructors will show you how. Includes full day tall ship cruising. Trip led by Adrian Clayton. Amazing value $1,998. Email tonycarr@ozemail.com.au for details. TWO SPOTS AVAILABLE.

Kayak Technique Workshop – **Sunday December 1 at 1pm**

Never paddled before or haven't paddled for a while? Then this is for you. Learn correct stroke technique, how to maintain energy levels and reduce muscle soreness on longer day paddles. Plus steering and correct posture (so your lower back is protected), how to get in and out of your boat with safety and self-rescue will be demonstrated. Conducted by Adrian and Tony at Narrabeen Lagoon. Only $95, includes boat hire or BYO. Grade Easy.

Wind & Chop Workshop – **Saturday December 7 (Small group)**

Never worry again about rough or unpredictable conditions. In this full day clinic Adrian will show you how to maintain stability and stay in control when things turn nasty – strong winds, swell, waves and chop coming at you from all directions. Covers identifying risks, adapting technique to conditions, new strokes, reading weather and water, rescue procedures, towing drills, more. Venue Clontarf. Tuition $160 pp. BYO boat or hire an ocean-going kayak for small extra cost.

Brilliant Berowra Waters – **Sunday December 15**

It's a paddler's paradise – beautiful bush, steep cliffs with quaint houses nestled below, fascinating history from the convict era and some glorious, sheltered places to pull in. This protected waterway is part of the mighty Hawkesbury River system and offers a great day out. We'll start at the marina by the ferry and cruise up to Calabash Bay, then to picturesque Neverfail Bay and Bennett's Bay for lunch and a swim. Back to the Marina Café for coffee and cake! $85 per person. Easy/Medium.

Perfect Pittwater in Ku-ring-gai Chase National Park - Saturday December 28

Spend a day on colourful Pittwater, famous for its myriad of bays and coves, where we'll cruise from McCarrs Creek Reserve to Elvina and Lovett Bays, made famous in the Susan Duncan book Salvation Creek. We'll walk through the bush to a waterfall and paddle the Creek. Then to the historic YHA Hostel for BYO lunch and some magnificent views. See wonderful homes in isolated splendour. Inspect the hideout of 50s Russian spy Vladimir Petrov. $85pp, includes kayak hire. Easy/medium

Central Coast Exploratory incl Brisbane Waters – Sun January 5

You'll enjoy our great location on the Central Coast. See Woy Woy Bay and Brisbane Waters National Park - it's lush bush to the waters edge. Into Waterfall Bay then across to the western shore, where you can decide which home you'll buy when you win the lottery! Explore Phegans and Correa Bays, before heading east to our secret lunch location - an island with a glorious west facing beach - bring bathers. Along the canals to an island devoted entirely to pelicans! $85 per person. Easy/Med.

Colo River/Blue Mountains World Heritage area - Sat January 18

"The last pristine river in NSW" - National Parks & Wildlife Service. Just waiting to be discovered by eager kayakers - a lush riverscape with mainly native heath vegetation and abundant wildlife backed by steep sandstone cliffs. 4kph speed limit means few boats! We'll start where the Colo meets the Hawkesbury and make our way up to a spectacular sandy beach for lunch. Just over an hour from the CBD on good roads. Sensational! $85 per person. Easy/Medium.

COMING SOON – Ningaloo Reef in WA (April).

PLAN YOUR OWN TRIP. If you have a dozen or so friends who'd like to join you on a trip we can put on a special, exclusive day for you. Any day, anywhere. Ideal for that holiday reunion with friends. Make it a morning, afternoon or full day event - or a twilight paddle and head off to a restaurant afterwards.

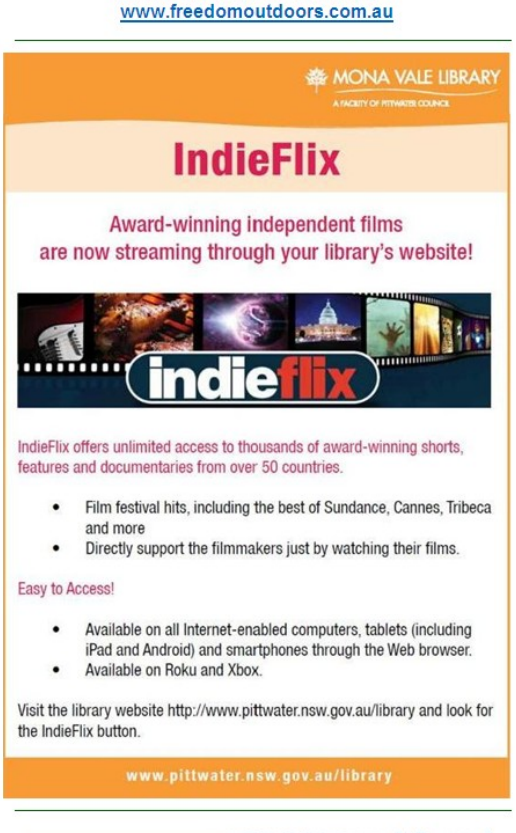
KAYAKING T-SHIRTS now available. Pittwater pic on the back with our theme, "The World looks better from Water Level". Wear the shirt: show everyone you are a kayaker! Small to Extra Large sizes. $25 by mail order or pick one up when you do a paddle. We can also help you with gloves, Aquashoes and Dry Bags. Get the gear and go!

PAY FOR YOUR TRIP by forwarding the participation fee as specified to the following Westpac account, with your name in the message field:

Freedom Outdoors
BSB 032 123 Account 22 32 86

No transfers, cancellations or refunds in the week leading up to a day paddle.

Paddle updates by clicking on:
www.freedomoutdoors.com.au



MONA VALE LIBRARY

IndieFlix

Award-winning independent films are now streaming through your library's website!

IndieFlix offers unlimited access to thousands of award-winning shorts, features and documentaries from over 50 countries.

- Film festival hits, including the best of Sundance, Cannes, Tribeca and more
- Directly support the filmmakers just by watching their films.

Easy to Access!

- Available on all Internet-enabled computers, tablets (including iPad and Android) and smartphones through the Web browser.
- Available on Roku and Xbox.

Visit the library website http://www.pittwater.nsw.gov.au/library and look for the IndieFlix button.

www.pittwater.nsw.gov.au/library

CONVICT SYDNEY
EXHIBITION ON NOW

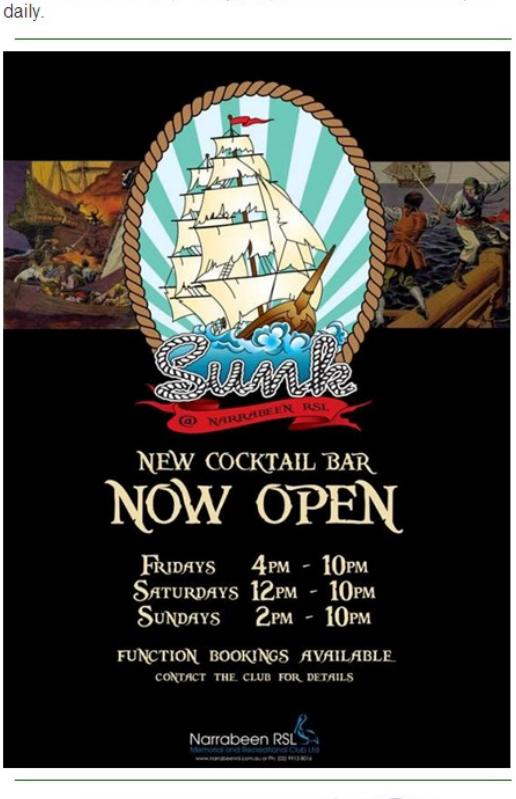
Until Thursday 31 December 2015

All kinds of crimes could get you a job on Macquarie Street …

Explore Australia's convict history at the World Heritage-listed Hyde Park Barracks. Learn about the forced transportation of convicts, their daily lives and how they built the colony. Wander the streets of 1820s Sydney on our giant map, try on a set of leg -irons, lie in a convict hammock, **look for your relatives on the convict database**, and discover the intriguing stories of some of the 50,000 convicts who passed through the barracks doors between 1819 and 1848. Bring your kids for dress-ups and our convicts Kids' Trail.

Hyde Park Barracks is a World Heritage site. Address: Queens Square, Macquarie Street, Sydney, NSW 2000

Contact: 02 8239 2311 Admission: Adult $10, Child/Concession $5, Family $20, Members free. 10am-5pm daily.


Sunk
NEW COCKTAIL BAR
NOW OPEN
FRIDAYS 4PM - 10PM
SATURDAYS 12PM - 10PM
SUNDAYS 2PM - 10PM
FUNCTION BOOKINGS AVAILABLE.
CONTACT THE CLUB FOR DETAILS
Narrabeen RSL

Storytime for preschoolers

Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library

Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

Corroboree Sydney - The Bennelong Walk

16 November 2013 – 23 November 2013

As a tribute to Corroboree Sydney, the Sydney Opera House will provide an opportunity to take an Indigenous guided tour around 'tubogulle' on the land of Gadigal - where the Opera House now sits. Discover the Indigenous history of the land and its use as gathering grounds for thousands of years, the cultural stories and spiritual beliefs of its people and unearth its secrets as to how it became known as Bennelong Point today. For more information head to HERE

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

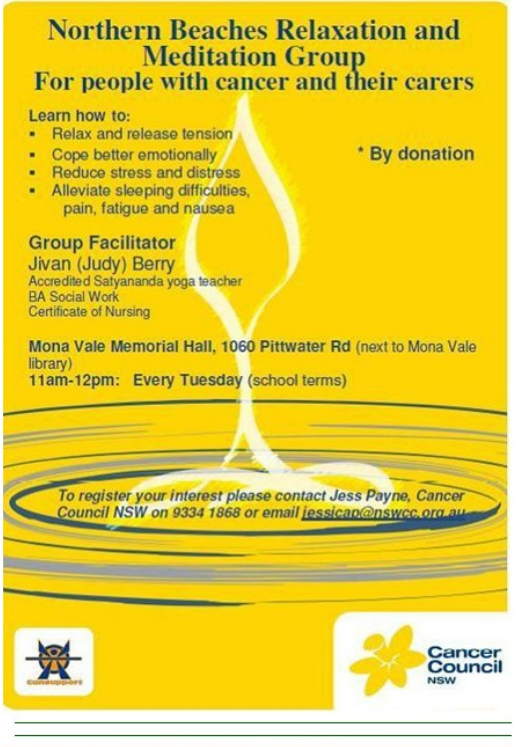
MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

Manly Art Gallery & Museum
MANLY ARTS FESTIVAL



Northern Beaches Relaxation and Meditation Group
For people with cancer and their carers

Learn how to:
- Relax and release tension
- Cope better emotionally
- Reduce stress and distress
- Alleviate sleeping difficulties, pain, fatigue and nausea

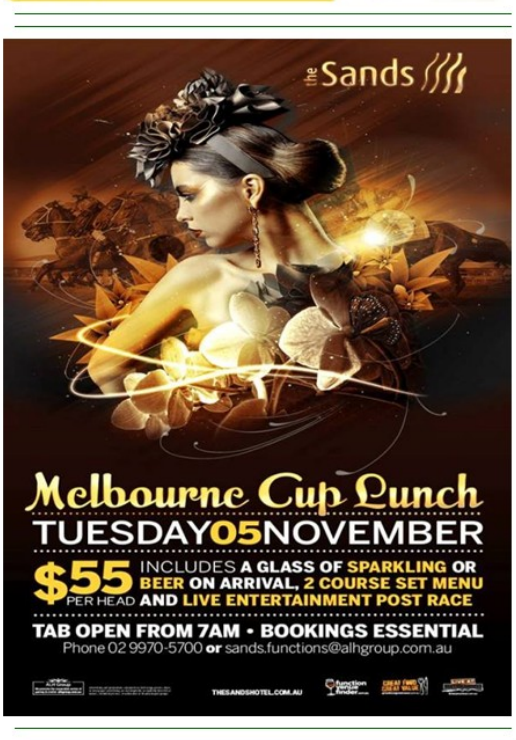
* By donation

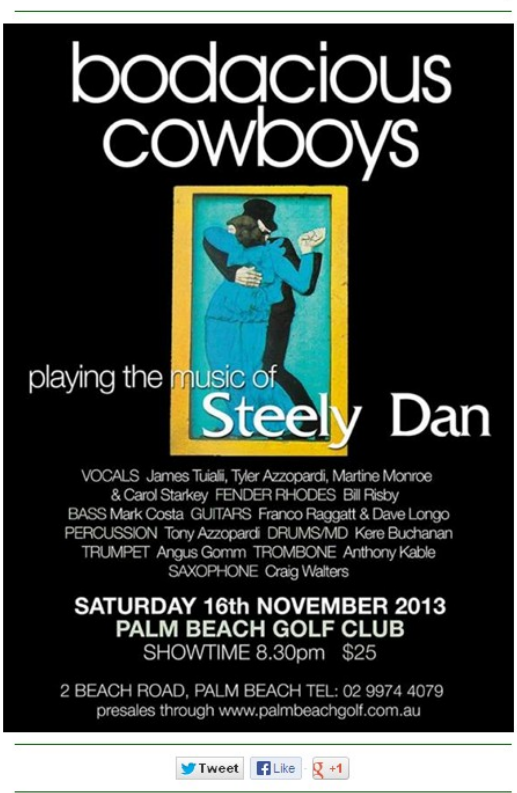
Group Facilitator
Jivan (Judy) Berry
Accredited Satyananda yoga teacher
BA Social Work
Certificate of Nursing

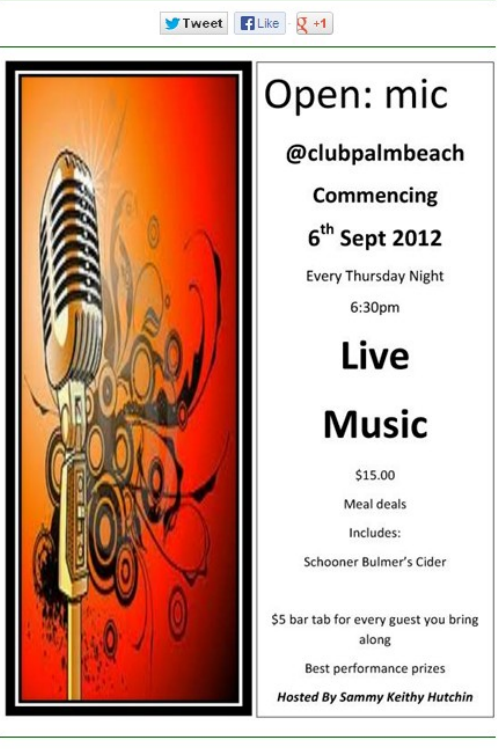
Mona Vale Memorial Hall, 1060 Pittwater Rd (next to Mona Vale library)
11am-12pm: Every Tuesday (school terms)

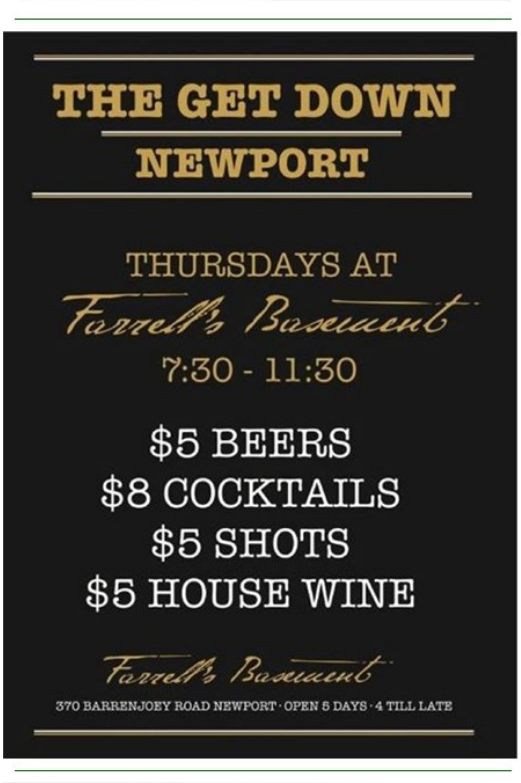
To register your interest please contact Jess Payne, Cancer Council NSW on 9334 1868 or email jessicap@nswcc.org.au

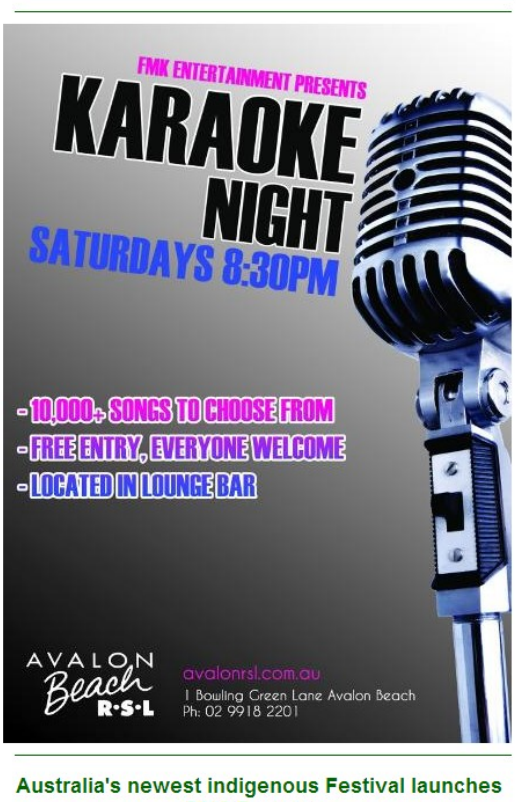
Cancer Council NSW


The Sands
Melbourne Cup Lunch
TUESDAY 05 NOVEMBER
$55 PER HEAD INCLUDES A GLASS OF SPARKLING OR BEER ON ARRIVAL, 2 COURSE SET MENU AND LIVE ENTERTAINMENT POST RACE
TAB OPEN FROM 7AM • BOOKINGS ESSENTIAL
Phone 02 9970-5700 or sands.functions@ahlgroup.com.au


bodacious cowboys
playing the music of Steely Dan
VOCALS James Tulali, Tyler Azzopardi, Martine Monroe & Carol Starkey FENDER RHODES Bill Risby
BASS Mark Costa GUITARS Franco Raggatt & Dave Longo
PERCUSSION Tony Azzopardi DRUMS/MD Kere Buchanan
TRUMPET Angus Gomm TROMBONE Anthony Kable
SAXOPHONE Craig Walters
SATURDAY 16th NOVEMBER 2013
PALM BEACH GOLF CLUB
SHOWTIME 8.30pm $25
2 BEACH ROAD, PALM BEACH TEL: 02 9974 4079
presales through www.palmbeachgolf.com.au


Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live
Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin


THE GET DOWN
NEWPORT
THURSDAYS AT
Farrell's Basement
7:30 - 11:30
$5 BEERS
$8 COCKTAILS
$5 SHOTS
$5 HOUSE WINE
Farrell's Basement
370 BARRENJOEY ROAD NEWPORT · OPEN 5 DAYS · 4 TILL LATE


FMK ENTERTAINMENT PRESENTS
KARAOKE NIGHT
SATURDAYS 8:30PM
10,000+ SONGS TO CHOOSE FROM
FREE ENTRY, EVERYONE WELCOME
LOCATED IN LOUNGE BAR
AVALON Beach R·S·L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201

Australia's newest indigenous Festival launches 2013 Program

The NSW Governor, Her Excellency Professor Marie Bashir, has joined Minister for Tourism, Major Events and the Arts, George Souris, and the Corroboree Council of Elders in launching the official program for this year's Corroboree Sydney, Australia's newest annual, national Indigenous festival.

The program for Corroboree Sydney, which **takes place from 14 to 24 November**, includes a range of free and ticketed events held around Sydney's Harbour foreshore, arts precinct and parks showcasing Indigenous literature, visual arts, performing arts, live music, films, crafts and design.

Nine of Sydney's premier institutions with strong Indigenous programs have contributed to the Corroboree Sydney program, including Bangarra Dance Theatre, the Royal Botanic Garden Sydney, State Library, Australian Museum, Museum of Contemporary Art Australia, Art Gallery of NSW, Sydney Opera House, Blackfella Films and Koori Radio 97.3FM.

Program highlights include a parade of 1,000 school children through Sydney's city streets in celebration of local Aboriginal culture, a special firelight ceremony and a range of activities taking place at Corroboree Central based at Walsh Bay's historic Pier 2/3 including the Corroboree Black Arts Market, Corroboree Cinema and Corroboree Studio.

"I must congratulate Hetti Perkins and members of the working group most warmly for presenting such a diverse and authentic Indigenous program that will be accessible to everyone and hopefully for many years to come," Governor Bashir said.

Mr Souris said: "The NSW Government is proud to support Corroboree Sydney, an event of considerable importance to Indigenous communities both here in NSW and across Australia.

"Corroboree Sydney will showcase a diverse, vibrant program that will bring together activities, exhibitions and performances produced by some of our most significant Indigenous artists and institutions.

"Destination NSW estimates Corroboree Sydney will deliver approximately $21 million in direct economic impact over the next three years, with an expected 55,000 interstate, intrastate and international visitors to attend.

Minister for Aboriginal Affairs, Victor Dominello, said: "This is an important event that will demonstrate and celebrate the diversity and strength of Indigenous art and culture to the people of Sydney, NSW and beyond.

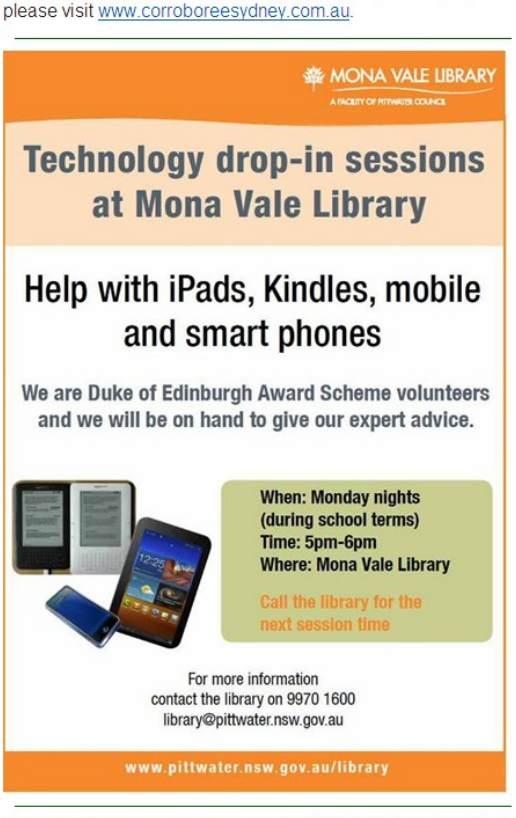
"Art and culture is a crucial part of the social fabric of Aboriginal and Torres Strait Islander communities throughout Australia.

"This event will help provide opportunities for Aboriginal and Torres Strait Islander people to share their important and vibrant cultures with all Australians as well as visitors from overseas."

Corroboree Sydney's Creative Director, Hetti Perkins, said: "Corroboree Sydney was born from the shared desire of members of the Aboriginal and Torres Strait Islander community working in Sydney's key cultural organisations to bring to the fore the rich cultural heritage of Sydney and NSW.

"Showcased in the context of Indigenous culture Australia-wide, this festival celebrates the ongoing significance of contemporary cultural expression in the heart of Sydney. We would like to thank the NSW Government for their continued support of Corroboree Sydney."

For more information on the Corroboree Sydney 2013 program please visit www.corroboreesydney.com.au



MONA VALE LIBRARY

Technology drop-in sessions at Mona Vale Library

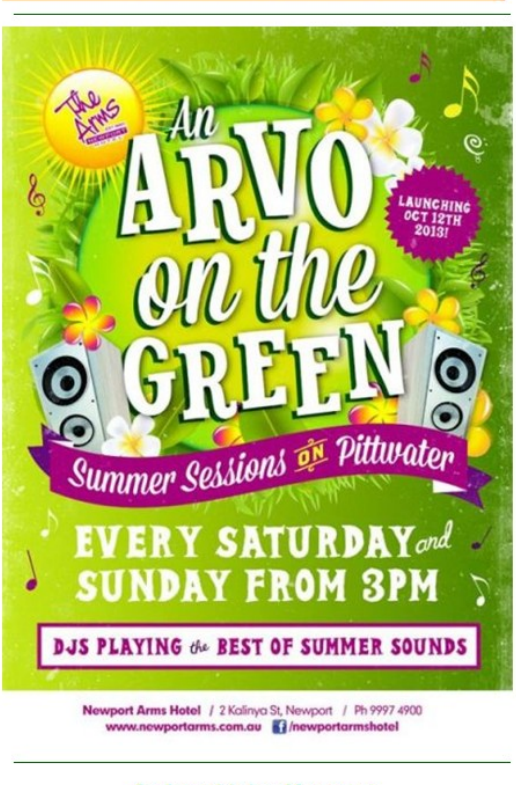
Help with iPads, Kindles, mobile and smart phones

We are Duke of Edinburgh Award Scheme volunteers and we will be on hand to give our expert advice.

When: Monday nights (during school terms)
Time: 5pm-6pm
Where: Mona Vale Library
Call the library for the next session time

For more information contact the library on 9970 1600 library@pittwater.nsw.gov.au

www.pittwater.nsw.gov.au/library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Sydney Living Museums

Pickpockets and pirates, confidence tricksters and conspirators, rebels and rascals, the Hyde Park Barracks had them all… You can meet these larger-than-life characters in a new touch-screen interactive at the Hyde Park Barracks Museum. Lags & Swells paints a picture of a motley crew of convicts hailing from all walks of life among the British colonies. Head here to find out more:

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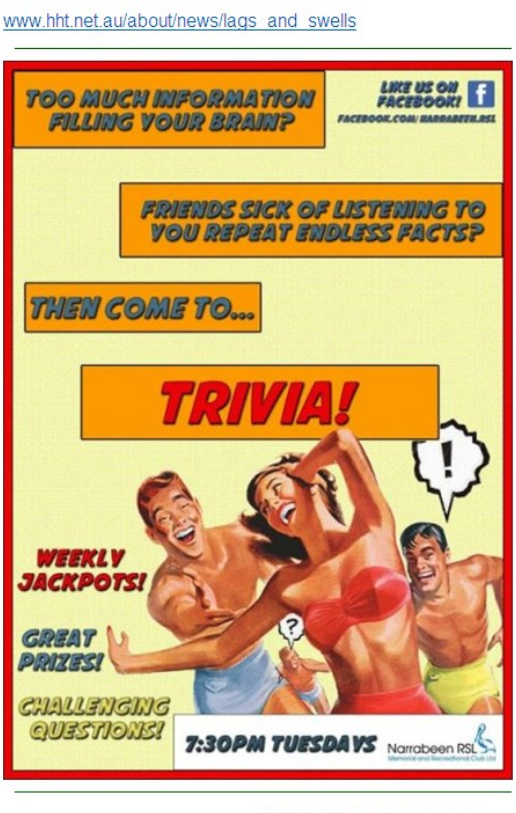
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SNBSWE **is a symphonic wind ensemble** that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at:** http://www.snbswe.org.au/

To List your Event email pittwateronlinenews@live.com.au . **Please send all material ready to publish.**

John Ogden - November 2013

John Ogden is a photographer, cinematographer, writer and publisher, whose wide ranging career has encompassed producing television commercials, international documentary making, music video production, drama, and fine art photography.

Nicknamed 'Oggy', Ogden is South Australian born and of Anglo-Irish descent, recent family research suggests there may also be Palawa heritage. He has worked all over the world, his projects spanning diverse cultures and nations including SE Asia, Sri Lanka, China, Japan, Europe, South America, the USA, and indigenous Australia. His work with imagery assiociated with Australian Aborigines resulted in the books '*Australienation*' (1999), and '*Portraits From A Land Without People*', released in 2009 to coincide with the first anniversary of Australian Prime Minister, Kevin Rudd's apology to the Aboriginal people.

In November 2011 Ogden released '*Saltwater People of the Broken Bays – Sydney's Northern Beaches*', and in November 2012 released the companion book '*Saltwater People of the Fatal Shore – Sydney's South-side Beaches*'. '*Slightly Dangerous – The Cyclops' Cypher*', released in May 2013, provides an insight into the inspirations and influences behind Ogden's work.

In his foreword to '*Slightly Dangerous*', photographer Tim Page writes: "*This is a life well travelled, of a baby boomer who surfs an existential path across six decades, waxing the best of nostalgia against the odds that are self mitigated by the excesses of those times. It is a heritage of the hippest, most gonzo 'down-under' attitudes, rendered by images we all wish we had snapped. As if Hunter S. Thompson and Richard Neville shuffled photo cards with Robert Frank'ian images throughout the deck*".

SLIGHTLY DANGEROUS (EXTRACTS) - By John Ogden

MIN MIN

The seventies brought with it a dark backswing against the free love mantra, beginning with the Kent State University massacre and the death of Jimi Hendrix, both in 1970. Jim Morrision died the following year – the same year I drifted up along the NSW east coast and 'discovered' Angourie. Here life revolved around nothing but surfing. For a while I shared a place on the point with 'Baddy' Treloar and was hanging out with Brad Mayes, son of 'Bluey' Mayes.

On the days when the surf was at its best I would run into Chris Brock and Gary Keyes, two gifted surfers who were usually accompanied by Tommy Taylor (nephew of Elizabeth Taylor) and, at times, a quiet mop-haired Californian named George Greenough. George had all sorts of self-made camera rigs that he would strap to his back and shoot film from his hand-built kneeboard known as 'the spoon'. The camera was an old WWII reconnaissance camera that was capable of shooting film at very high speed. George had attacked the camera with a hacksaw to reduce the weight and fashioned a waterproof housing from the same fibreglass that he had used to build his spoon. Fast forward to 1975 and a Pink Floyd concert at Knebworth House near London, where, for the first time, I saw Greenough's pioneering slow motion point-of-view footage from inside the wave, now projected above the band.

With a change in circumstances, I had to give up my place on the headland at Angourie. Fortunately, two hippy girls, Narelle and Larelle, invited me to move in with them in their old farmhouse on Palmer Island. Although it was a bit more of a trek to the surf I enjoyed the clean beds, good food and company.

One night when heading home after a late surf I was walking the last few miles to the house along a deserted country road lit only by moonlight. The wind tossed the surrounding sugar cane making an eerie soundtrack for my growing fear. I sensed that I was not alone and the hair on the back of my neck began to prickle and stand up. Frightened, I stopped and turned to see if anyone was following, but could not see anything in the gloom. Paralysed by fear I realized that two distant lights that I thought were stars were now hurtling towards me. Dropping to head height these twin glowing orbs of light, about the size of basketballs, moved at unimaginable speed but came to a sudden stop only a matter of metres from where I stood immobilised with fear.

They hovered there as though observing me. I could not gauge if they meant harm but something told me to flee. Turning on my heels I ran as fast as I could towards the house with the orbs following but keeping their distance. After running some way I stopped again, exhausted. The orbs also stopped and hovered again for a while before flashing away across the sugar cane field. I had not been harmed. I never spoke of these events believing that people may think I had made it all up, or worse still, that I had taken too many mushrooms.

Many years later an old Aboriginal woman put a name to the orbs. She told me that I had been followed by Min Min lights. Her people, the Bundjalung, had always known about these phenomena, but she could not tell me if they were spirits or extraterrestrials. Sightings of Min Min lights in northern NSW and SE Queensland have become more frequent in recent years … perhaps because the population living in those areas has grown considerably.

Bali High

In 1972 Bali was a magical place, an island of artisans and mystics, and the spiritual life of the Balinese was ever present. There were holy men who were rumoured to be able to levitate and bring the dead back to life. Even then, however, it attracted adventurers and scammers, conmen and hollow-eyed survivors of the hippy trail. This Shangri-La had a strange effect on some people. One brain-fried friend I met on the road had taken to roaming around the island naked and telling everyone that parts of the island were disappearing.

Exposed to Animism, Hinduism and Buddhism for the first time I saw spiritual realms outside the narrow confines of my Christian upbringing. I noticed the shared iconography and realised that the Balinese Hindus and Buddhists had built their philosophy upon the principles of animism and shamanism, in the same manor that Christians had borrowed strongly from pagan cults.

Kuta was a sleepy fishing village on a dirt track with only a few small warongs. There were not many surfers and I became friendly with a couple of Americans, Abdul and Boyum, who had established a pretty cool house complete with a sugar cane press. These guys had money and it was rumoured that Boyum was a draft dodger and a person of interest to Interpol, allegedly for being the brains behind vast amounts of hashish finding their way out of the Himalayas and into more lucrative markets. They were hanging out with people like Sean Flynn and Mickey 'Da Cat' Dora, the Malibu legend and troubled antihero to the cleancut,

All American image the surfing establishment had attempted to cultivate. Dora was the angry prophet of surfing's apocalypse, and said to be into all manner of scams. Sean, the sonof Hollywood legend Errol Flynn, worked as a photojournalist during the Vietnam War and went missing in Cambodia shortly after leaving Bali. His great friend Tim Page is still trying to find out what happened to him.

It would prove impossible to keep paradise under glass and I was in effect part of an advance wave of what would become a tsunami of interlopers doing its best to pollute Balinese culture. The release of the seminal surf film Morning of the Earth and the building of an international airport would soon bring in surfers and tourists by the jumbo load.

On leaving Australia my vague plan had been to keep travelling to avoid the draft. I now wanted to stay in Asia to see and learn more, but the mundane reality was that my visa was about to expire and I was running out of money. My new associates suggested various scams that would allow me to stay abroad but an old friend advised me to go back to Australia and start studies. I didn't have to run anymore. Who knows where I would have ended up if I had decided to keep going.

INSERT HAND WRITTEN PIECE

Zankey woke in a sweat on the cheap kapok mattress in his tiny losman cell. The gastro had eased a little over the previous hours. He was no longer racked with stomach spasms or endlessly squatting over the hole in the floor that was the toilet, but the fever continued to burn ... and something was now moving about in the room. Zankey had no idea what time it was and lay there in the gloom listening. Then he saw it.

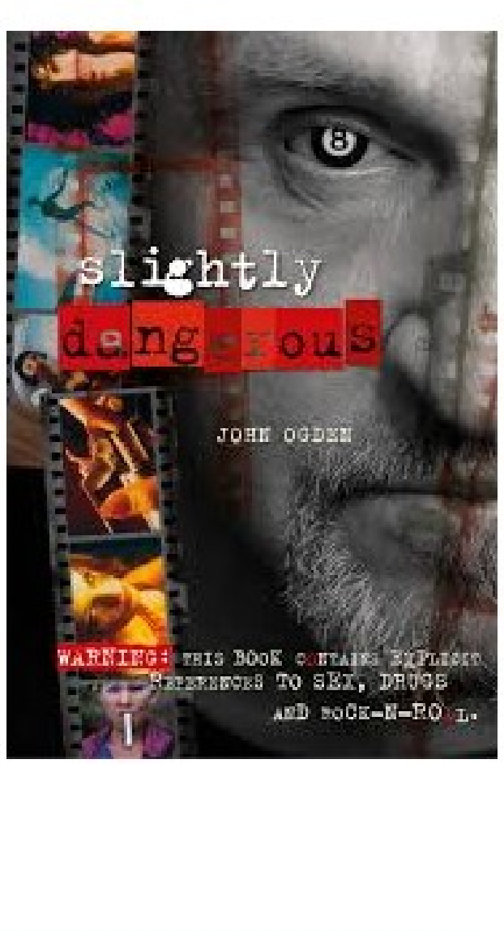
A large rat was climbing up the wire that substituted glass for a window backlit by the light of a full moon. It stopped there chewing at something on the wire. Zankey wanted the rodent out of the room. He eased himself off the bed and picked up one of his motorcycle gloves off the floor. Slowly slipping on the glove he crept towards the window. The rat stopped chewing and turned its head sensing danger. It was time to act. Zankey lunged, grabbing it around the neck.

The rat twisted and squirmed trying to bite the hand that held it. In a panic and fuddled by fever Zankey tried to think what to do with his captive. Eventually he ran out of the room to find somewhere to offload.

The rat sensed the panic and began to claw viciously at the glove. Zankey hauled back his arm and threw the rat as far as he could away from any potential attack. Having done so he now became aware that there were people looking at him. In his panic he had run onto the dirt road next to the pensione where night strollers now witnessed the rat tossing. At that moment he also realised that he was completely naked except for the motorcycle glove.

Zankey swivelled and walked nonchalantly back towards his room as though it was a normal event. Just as he was about to reach his room he glimpsed Walter, another guest of the pensione, sitting on the bed in his room lit by a small oil lamp. Walter was seated in the full lotus position, his hands resting on top of each other on his lap. Zankey noticed that he was levitating off the bed, but did not stop to watch as his stomach had begun to spasm again.

Slightly Dangerous - $45.45


slightly
dangerous
JOHN OGDEN
WARNING: THIS BOOK CONTAINS EXPLICIT REFERENCES TO SEX, DRUGS AND ROCK-N-ROLL.

Slightly Dangerous celebrates forty years of photography by John Ogden, and provides a cypher to his body of work. It is important to occasionally look in the rear vision mirror while hurtling headlong into the future, and Ogden's thoughtful work reminds us what is lost in the rush.

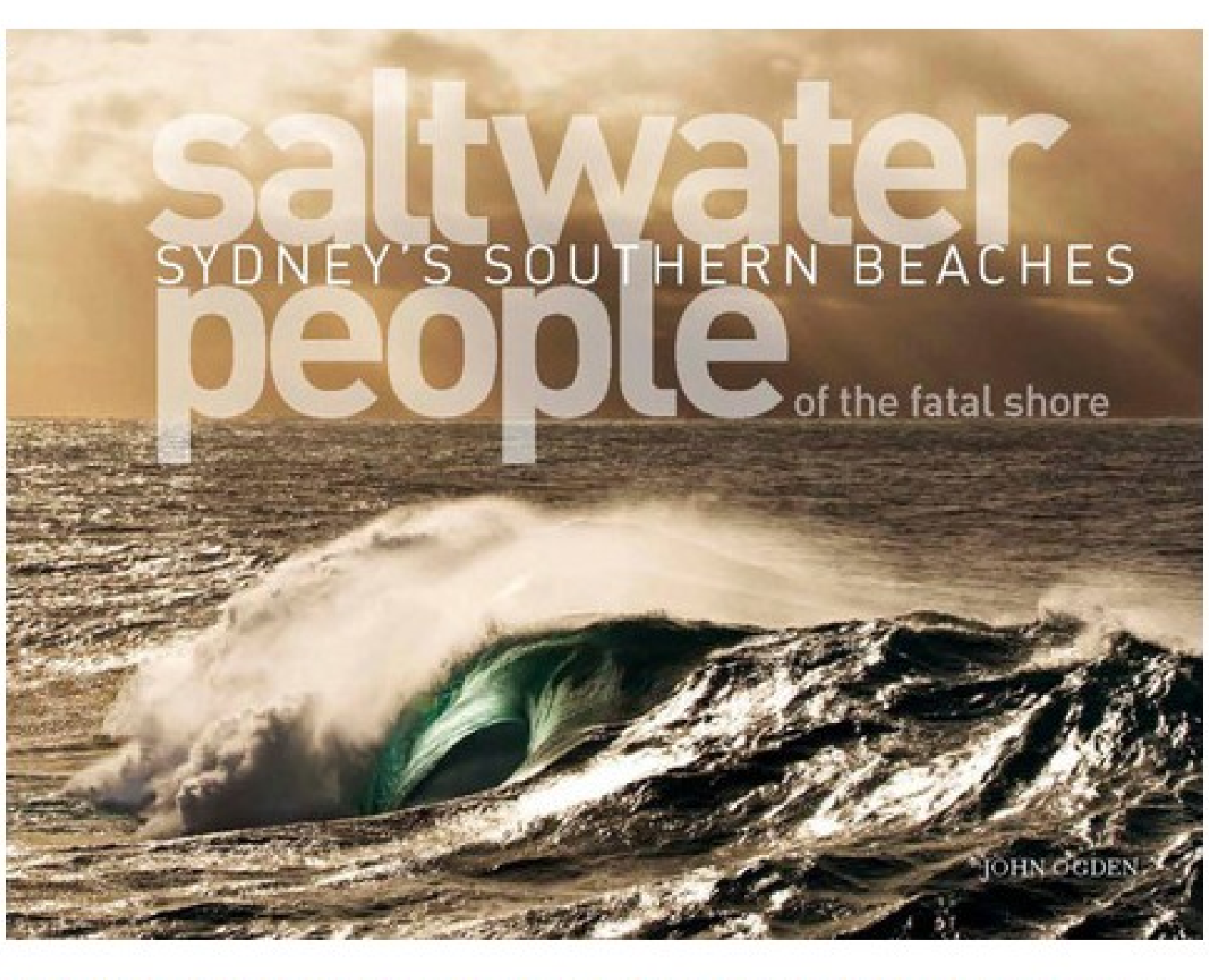
The foreword to Slightly Dangerous is by Tim Page, one of the world's best-known war photographers. His career began in 1964, recording the start of the civil war in Laos. By coincidence, Ogden would find himself in Laos a decade later recording the last days of that war. Tim's exploits in Vietnam were inspiration for the Dennis Hopper character in Apocolypse Now. Amongst other significant photojournalist awards, he is the recipient of the Robert Capa Award and the American Society of Media Photographers Award. He received a citation for bravery from a US military division and he was also named a Vietnamese Cultural Hero of the Revolution.

Here is some of what Tim has to say about Slightly Dangerous:

"This is a life well travelled of a baby boomer who surfs an existential path across six decades, waxing the best of nostalgia against the odds that are self mitigated by the excesses of those times. It is a heritage of the hippest, most gonzo 'down-under' attitudes, rendered by images we all wish we had snapped. As if Hunter S. Thompson and Richard Neville shuffled photo cards with Robert Frank'ian images throughout the deck."

Buy from Cyclops Press: here

Saltwater People of The Fatal Shore - $90.00



Saltwater People of the Fatal Shore - Sydney's Southern Beaches is a detailed history of that beautiful stretch of Sydney's coastline between South Head and Royal National Park. This coastline features world renown beaches such as Bondi, Maroubra and Cronulla, as well as places of great historical interest. Botany Bay was where James Cook first made landfall on the east coast of Australia and made claim to the continent. It was also were the First Fleet arrived with its human cargo. Before these events it was home to the Aboriginal people of the Eora, Dharug and Dharawal nations for tens of thousands of years.

The focus of *Saltwater People of the Fatal Shore* is on the shoreline … that high energy intersection between sea and land where waves, whipped-up by wind and storms, sometimes thousands of kilometers out to sea, announce their arrival in a final dramatic explosion … or caress it with a gentle cascade. This constant, hypnotic dance with the shore can be calming, and it can be confronting. When the swell appears excitement grows and the coastline becomes energized. The surfzone both attracts and influences us … and in turn our presence affects this playground on the edge of the vast Pacific.

It is not just surfers that are attracted to this zone. Sydney's magnificent beaches have produced some truly unique individuals and some incredible stories. They are home of the world's most recognized painters, potters, writers, poets, photographers, film-makers, musicians and architects. *Saltwater People of the Fatal Shore – Sydney's Southern Beaches* pays homage to those remarkable people who have made this coastline home. The many beautiful photographs found in the book include work by Harold Cazneaux, Max Dupain, David Moore, Frank Hurley, Jack Eden, Bob Weeks, Peter Solness, Bill Morris, Brad Malyon and many other great contemporary photographers.

When asked, very few people living in Sydney know about the Aborigine peoplewho lived along the coast before the coming of the Europeans. There are also many misconceptions about the culture of the first people. One common belief is that they were all somehow frightened of the ocean, but this is far from the truth. The Aborigine clans along Sydney's beaches were true saltwater people, at home not only in the sparkling estuaries and rivers, but also in the ocean waves. Theirs was a canoe culture. They fished with spears, or lines and hooks, and were accomplished swimmers completely at home in the surf. This part of our history has remained largely hidden, and it is important to reveal here the influence of our Aboriginal heritage not only the people of Sydney, but also on our national psyche.

If we had listened, the *Saltwater People* would have also taught us much about protecting the coast and its valuable resources. There is now a growing awareness that something is wrong. The natural beauty of the area is under threat. It is obvious that the first people protected this country, and, as they did for many millennia before us, we need to think from the heart and preserve the area for future generations.

The foreword for the book was written by the Hon. Linda Burney MP. Upon her election she became the first Aboriginal person to serve in the New South Wales Parliament. Burney, a Wiradjuri woman, is currently Deputy Leader of the Opposition, and is the shadow minister in several key portfolios.

Available from Cyclops Press here

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Pittwater Online News

October 27 - November 2, 2013: Issue 134

Late Spring Chores for your Garden – and Building Your Own Backyard Cricket Pitch

Now is the time to turn to other late Spring garden tasks and with a big variety of Johnson Brothers Mitre 10 specials currently running you will be inspired to feed your plants, put in some tomato seedlings for growing your own garden's veggies or beans, beetroot and cucumbers to harvest in January for the best home grown salads ever. Or create a cricket pitch for all the long cool dusks and BBQ's of backyard cricket comps! See the JBH DIY Page on Lawn Care HERE

Spring is also the best time to conduct a soil test to find out if your soil needs any amendments. You can apply lime to acidic soil (pH below 6) anytime during the growing season, as long as grass isn't wilted or covered with frost. Early spring can be a great time to apply lime if you'll be planting new grass that year.

Don't apply lime within 3 weeks of fertilizing, as the ingredients can react and become less effective. Follow the recommendations of your soil test kit and your purchased amendments for proper dosage. Always stick to the directions on packaging for all garden fertilizers and ensure you wear garden gloves when handling.

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A few other tips for feeing your plants and vegetable beds:

Coffee grounds are great for boosting acid loving vegetables such as tomatoes. Simply soak 2-3cups of coffee grounds in five litres of water for 2-3 days and then saturate the soil around your plants. Egg shells when rinsed and ground also make a great fertiliser and will boost the calcium content of your soil alike lime.

Finally, most keen gardeners will advise you never spray anything on your plants during the hottest part of the day. Even water left on leaves can burn your plants on a hot, bright afternoon. Water and treat your plants either in the evening, or better yet, in the early morning.

How to Construct Your own Backyard Cricket Pitch

Choose the area your pitch will be in. It must be capable of being rolled almost rock-hard and still let grass grow. If you don't have 66 feet (20 metres) allocated to standard pitches simply adjust to 33 feet for a half sized pitch (10 metres). It will be the sportsmanship and fun you'll remember.

Sow the grass seed into any patches in your proposed pitch area for this year's Backyard Tests series. Ask the friendly staff at Johnson Brothers at either Mona Vale or Avalon for the best seed to use for your lawn.

Water and roll with a light roller for next month or so. Most Cricket Pitch advisers will tell you to progress to a heavy roller in late November to create the compactness you need for a pitch. If you don't have one of these handy, and not many of us do, you can still pick up old fashioned lawn rollers on places like ebay for as little as $25.00. Use a garden fork to aerate the wicket but just small holes – you don't want to create divots the ball may bounce off but you do want a strip of lawn that will last more then one match. Increase rolling and watering as summer approaches, condensing the soil and encouraging grass growth. Later, when the grass is cut close, the wicket will need a good root system to keep it intact for the length of the game. Even so, cracks will appear about four days into a five-day test (international) because the wickets are not be watered once the game begins.

Cover the wicket, also known as the pitch, about two weeks before any scheduled match. Uncover it only to roll and water daily. Batsmen need the surface to be as flat as possible, to keep the bounce even and predictable.

Mow the grass, shaving it as close to the ground as possible, on the morning of the match. A well-grassed pitch may be moist; this will help a bowler move the ball sideways off the pitch. Early in a game, when the ball is hard and shiny and the wicket full of movement, batsmen are very vulnerable.

Complete preparations by marking out the wicket with white lines. Two bowling creases are 8 feet, 8 inches wide, with a mark for the middle stump in the center of both. The batting, or "popping" creases are four feet inside the bowling creases and mark the batsman's safe ground.

Did you know that early cricket was at some time or another described as "a club striking a ball (like) the ancient games of club-ball, stool-ball, trap-ball, stob-ball". Cricket can definitely be traced back to Tudor times in early 16th-century England. Written evidence exists of a game known as creag being played by Prince Edward, the son of Edward I (Longshanks), at Newenden, Kent in 1301 and there has been speculation, but no evidence, that this was a form of cricket.

Further:

Parts of 'Make your own Cricket Pitch extract from By Geoffrey Darling, eHow Contributor . Read more: http://www.ehow.com/how_5665288_construct-cricket-wicket.html#ixzz2iizVHE6l

Top cricket Pitches: http://www.topcricketpitches.co.nz/overview.php

Great 'What to Plant Now' website: http://www.gardenate.com/zones/Australia%2B-%2Btemperate

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