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Avalon Soccer Club Registration Day - Young Women Raising Funds for Vanuatu Tour 2013

Left to right: Sarah, Kirra, Kate, Imogen, Nic and Will.

Avalon Soccer Club – Registration Days for Pittwater Sports Clubs and Vanuatu Tour 2013

There's a lot of young adults in Pittwater who expect to be handed anything they want – cars, surfboards, an end of year 'schoolies' trip to the Gold Coast or Bali. There are also an equal number of the our upcoming generation who will get out and earn for themselves or for others. On Saturday morning we visited the Soccer Fields at Careel Bay and met some of the girls from the Avalon Soccer Club's W16 (under 16's) women's soccer team who were washing cars, with some help from friends, and selling all kinds of goodies to raise funds for a trip to Vanuatu in July 2013. This trip is not only to play soccer but also to promote women's soccer, donate equipment such as boots, balls, pads, anything related to the sport, and exchange cultural values.

In 2012 the Avalon Soccer Club's W16 Vanuatu girls were named Junior Team of the Year at the Australian Football Awards, which recognise outstanding achievements in all arenas of football and are overseen by the Football Federation of Australia. Football Federation Australia (FFA) is the governing body of football in Australia and is a member of Fédération Internationale de Football Association (FIFA), the international governing body for football. Information regarding FIFA is available at www.fifa.com From their website on the girls recognition:

The Avalon Under 16 Women's team travelled to Vanuatu in July 2012 to promote women's football in Vanuatu and Sydney's northern beaches. The team held fundraising events and applied for grants to purchase new equipment to take to Vanuatu and donate to girl's teams and schools. The team all completed their grass roots coaching course and ran skills/training sessions at four schools in Port Vila. They also donated books and money to the schools through their fundraising. The Vanuatu Football Federation and Australian High Commission in Vanuatu were supportive of the trip and, due to its success are keen to make a regular exchange with Avalon Soccer Club. The team also played a friendly match against the Vanuatu National U/15 team and won 5-0.

This year the girls are working to get there again. This will be their second Vanuatu Tour. **The club is looking for sponsors and extra second-hand equipment to take with them.** Many of the girls in Vanuatu play in bare feet, so boots are always appreciated. This year's coach, Andrew Grunseit, can be contacted via email at andrewgrunseit@yahoo.com.au for more details on how to arrange sponsorship for team kits or to get equipment to those who would love to have it.

John Ross, coach of the W16 team in 2012 and the gentleman who fulfills all the paperwork for the Avalon Soccer Club required to get Government Grants for such programs, and secured a $5000.00 grant for new equipment last year for Vanuatu, spoke to us yesterday about this year's Vanuatu cultural exchange. In September this year the girls Vanuatu U17's National Team will be visiting Pittwater and playing three matches. The girls will be billeted with Avalon Soccer Club members.

Avalon Soccer Club has 17 teams which range from under 8's up to under 18's with Mixed Teams, Youth and a Junior Women teams. The club has an online registration portal which gives you a $20.00 discount that ends at midnight today (10.2.2013) . See Avalon Soccer Club website: www.avalonsoccerclub.com.au/ for more details.

With sports teams in just about every code and kind in Pittwater for our children and young adults, with half their games played on home grounds, we're bound to see a lot of healthy, happy younger Pittwater people throughout the coming season. We here, with our office just across the road from a rugby and soccer sports field, love hearing them have a great time and look forward to that healthy roar again this year. The 2013 season for most Pittwater sport's clubs runs from early April to September.

Nic and Sarah keeping cool in between washing cars.

Front Page Pictures by A J Guesdon, 2013.

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Articles This Week:

Avalon Soccer Club Registration Day and Vanuatu Tour 2013 - great young people making a difference while having fun!

Narrabeen LASC's Family Friendly Childrens Learn To Swim Program by J P Fisher and Glenn Nicholls

Woody Point Yacht Club 2013 Putt Putt Regatta by Volker Aebischer

Reflections by George Repin: The Hyde Park Barracks

Salt Air Creatures - Salt Air Strollings

Artist of the Month for February 2013: **Michelle Holmes -** teacher, artist in oils, acrylics, watercolours, and mixed media, creator of mosiacs, writer of poetry and a lovely lady; a feast for the eyes all this month

All Previous Articles

Profile: February 2013 saltair clubs and organisations: Avalon Voices By Norma Bennett

Previous Profiles:

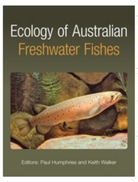
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie 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 Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Goode Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble Graham Spong Sailability Pittwater Mona Vale Hospital Auxiliary Avalon Active Seniors Group Northern Beaches Orchestra Sonia Elwood June Lahm Valerie Vickers Karen Draddy Betty King David Hanley Les Ball Paul Webb Malo Leonardiner E G Constructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. Nina Curtis Robyn McWilliam Gretel Pinniger Ted Blackall Edwin Barnard Doug Elliott Anthony Patrick Chandler Walter 'Wal' Wardle Avalon Beach RSL Fishing Club Avalon Voices

History: February 2013 - Pittwater Wharves and Jetties: Bayview Wharf

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 SS Florrie SS 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

Park Bench Philosopher: ***The Cloud* by Percy Bysshe Shelley, English Romantic poet.**



Books: Underwater Eden: saving the last coral wilderness on Earth, The Sky Is Not The Limit The Life of Australia's Top Gun, Chasing the Light: A Novel of Antarctica, The Lost Diggers, What's Your Dog Teaching You?, Field Companion to Mammals of Australia, The Field Guide to the Birds of Australia 9th Edition, Australian Rainforest Fruits - A Field Guide, Ecology of Australian Freshwater Fishes, Otway Plain and Ranges 2

Old Books: **A key to the birds of Australia and Tasmania with their geographical distribution in Australia (pref 1899) by Robert Hall - ornithologist** and **The discovery of Australia (1922) by George Arnold Wood - Professor of History at University of Sydney and one of the founders of the Teachers' Guild of New South Wales and was president of the Teachers' Association of New South Wales. READ THESE WORKS ON THE SITE- ONLINE**

News From our Inbox Dolphin Stampede Overtakes Whale Watching Boat, Asteroid to Whiz Past Earth this week, 'Here Comes the Sun' in Madrid Unemployment Office, New Kind of Extinct Flying Reptile Discovered, Into the Quantum Internet at the Speed of Light, Beer Wisdom, Last Neanderthals of Southern Iberia, Men Are from Earth, Women Are from Earth, View early Colonial Office photos in Australasia, Marriage According to Children, Health Papers published this week: Immune Cell 'Survival' Gene Key to Better Myeloma Treatments; Your History May Define Your Future: Tell Your Doctor; Geographic Factors Can Cause Allergies, Asthma: People Living Close to the Equator Are at Higher Risk, Study Finds; Avoiding a Cartography Catastrophe; Milestone of Cancer Research: Arresting Cancers Rather Than Killing Them; Low Vitamin D Levels May Increase Risk of Type 1 Diabetes; Poor Mental Health Leads to Unhealthy Behaviors Among Low-Income Adults

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Community News: Vaccination Recommended for Pet Rabbits, Royal Life Saving's Call for Swim Lessons for all Children, DO YOU HAVE A CLARINET OR TROMBONE IN YOUR CUPBOARD?, PBL seminar alert: Don't get caught in the headlights!, Boardies Day 2013, Youth America's Cup, Newport Development, FREE Shorebirds book, ZONTA's - Pittwater International Women's Day Breakfast, Brilliant local history - images of Manly using Trove, Applications Open For NSW Sport And Recreation Grants, New Nurses for MVH, Sydney Harbour Regatta 2013, Expressions of Interest (EOI): Code of Conduct – Panel of Conduct Reviewers, NRL STARS DESCEND UPON HITCHCOCK PARK, AVALON BEACH, Probus: Monthly Meeting Guest Speaker, Cruise for a Cure, Bushcare Notices Feb, 2013, 1 in 10 Young Mentally Ill Teens Drinks, Smokes, and Uses Cannabis, Australian Research Finds, Online Workshop - Masterclass Ask Ian - March 2013, Our Council's Notices, Fed. Govt. Media and more

Environment; Get your subsidised compost bin or worm farm now!, Feeding our native wildlife, **Prime Minister's Environmentalist of the Year awards open today**, The Ocean is Turning Into a Plastic Soup. Pledge to Rise Above Plastics, "CHASING ICE" captures largest glacier calving ever filmed - C/ - I and J Anderson, More support to fight crown of thorns starfish, Tarkine National Heritage Listing NOT Happening, 2012 Global Temperatures 10th Highest On Record, PNHA BirdWatching - 1st for year, How New Corals Species Form in the Ocean, 11,000 Elephants Slaughtered in National Park Once Home to Africa's Largest Forest Elephant Population, Scientists Using Holiday Snaps to Identify Whale Sharks, Biodiversity Exploration in the 3-D Era, Antarctic Ocean Alliance, Eco-cinema - 'Waste Not', Family Friendly Wetland Nightlife, **Cooee February 2013,** Live Penguin Cam, Environment Events, local Environment groups, and organisations.

Lynda Hill: **Update 9.2.13**: **Refuges, Realizations and Resurrections: February's Aquarian New Moon**

GREAT NEWS; Gary Goldschneider, the author of The Secret Language Of Birthdays (the birthday book - a huge bestseller), is coming to Australia; We are doing seminars, talks and readings, particularly on the east coast of Australia, from mid January to the first week of March. Details in Community News.

Pictures: Narrabeen Lakes Amateur Swimming Club's Family Friendly Learn to Swim Program by J P Fisher and Glenn Nicholls

Youth: Safe Schools are Smart Schools Comp - Entries Close Soon, Articles For you this week: Avalon Soccer Club - Vanuatu Tour 2013 and Narrabeen Rockpool Learn to Swim, Australia At School (1947), AUSTRALIAN BUREAU OF STATISTICS RELEASES CENSUSATSCHOOL 2013 Online Questionnaire Dr Rob - host of Scope-up for a TV Week Logie award!, Australian Youth Forum helping raise the profile of youth issues, How To Spot A Good Dad and Mum, Song of the Week for All of YOU! - Rudimental - "**Feel The Love**", NEW REPORT - Smoking Marijuana Associated With Higher Stroke Risk in Young Adults, 21st Century Teaching Strategies for a Highly Connected World, Young storytellers bring the bush to Canberra, Start Planning NOW for the 2013 Premier's Sport Challenge!, **Mickey Mouse Circus - 1937**, Alcohol Mixed With Diet Drinks May Increase Intoxication, National History Competition, Library Story-times for Littlies and more for you.

Seniors: **New Australian Report:** *The Role of Financial Literacy and Financial Adviser Anxiety in Older Australians*, Driving in Russia - not for the faint-hearted!, **NEVER TOO OLD!**, Entertaining Angels Unawares, Sydney Harbour Regatta, 1935 - year in review, Health Papers Published this week: Vitamin D, Omega-3 May Help Clear Amyloid Plaques Found in Alzheimer's; Green Tea and Red Wine Extracts Interrupt Alzheimer's Disease Pathway in Cells; Beef Up: Middle-Aged Men May Need More to Maintain Muscle Mass; Hip Replacement Approach Results in Faster Recovery; Experimental Therapy Crosses Blood-Brain Barrier to Treat Neurological Disease, **The Australian National Maritime Museum Online Exhibitions** (explore without taking your slippers off), local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: February 2013 - Michelle Holmes - teacher, artist in oils, acrylics, watercolours, and mixed media, creator of mosaics, writer of poetry and a lovely lady; a feast for the eyes all this month

Reflections by George Repin. **This week; THE HYDE PARK BARRACKS**

DIY Hints: Damp weeks: Edmonds Eco -Fan - with all the rain we've had a this great product stocked by JBH Mitre 10 may be just what you need

Collector's Corner: **The *Helen B Stirling* Ship's Wheel at Club Palm Beach - Palm Beach**; part of our Maritime history

Food: Club Palm Beach Bistor- Friday Night Fish Feasts and their Chicken Schniztel!

Events: Avalon Quilt Show 2013, Donavon Frankenreiter @ The Arms, ANMM Exhibitions, NRL Legends, Rock and Roll at RMYC, ABFE Workshop, Old Fella @ Pittwater RSL, LIFELINE Fundraiser, Eco Bird Walk, Pittwater Camera Club, Mentals at AvRSL, Wendy Matthews at The Arms, Wedding Expo, FoNLC Activity, Deepsea Challenger showcased at Powerhouse Museum, Historic Houses Trust Event - House music 2013, The Moonlight Cowboys, Sustainable Building and Renovating Workshop, Carole King and more.

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Narrabeen Lakes Amateur Swimming Club – Children's Learn to Swim Program – Rockpool, North Narrabeen

Narrabeen Lakes Amateur Swimming Club has a Learn to Swim program which provides swimming lessons by qualified AustSwim instructors on Saturday mornings (9am to 11am) during the summer season for a nominal fee of $20 per child for the season. Lessons start from 17th November and run until to 16th March 2013. Their Registration day is early in November each year.

This Learn to Swim program was started in 1960 by members of NLASC (The Narrabeen Ladies Amateur Swimming Club. formed on the 17th September 1933). The club offered free swimming lessons every Saturday and Sunday between November until March. This volunteer program has taught over 15000 children how to swim, many of whom then joined the club and become involved in the swimming races available.

It's not easy to get little ones into the water some days and teaching them the basics of swimming, although imperative, is always made easier and stays with them if it comes from teachers who are good at engaging with them and making sure they enjoy it so no aversion to water is formed. The NLASC's Learn To Swim program, fifty two years old now, has teachers who are mums and grandmums working one on one with the children while mum or dad stay poolside, getting a few deep breaths of good salt air and a chance to relax while chatting.

On Saturday morning photographers J P Fisher and Glenn Nicholls took these great photos of the children learning to swim with their tutors Louise, Sarah, Fiona, Emma, Selena (Pittwater Councillor) and Liz.

Judy Dubois, chief instructor of more then 20 years who was recognised for her dedication to ensuring children learn to swim and enjoy the water by receiving a Pittwater Council Community Service Award in 1998. In 1992 the NLASC and learn to swim program received a Highly Commended Award from the NSW State Government.

The NLASC has also had many fine swimmers rise from their beginnings in this club to go on and make an impact at State, National and Olympic level.

Swimming Carnivals. The New South Wales Women's Amateur Swimming Association will hold its final championship carnivals at the end of this month, and as Miss Norton has signified her intention of competing, it probably will be her last appearance before she leaves for Berlin. The carnivals will be held on March 21, 25, and 31. The entries for the first carnival are large and keen competition in anticipated among the 12 juniors who have entered for the 220yards Junior freestyle championship of the State. Miss Margo Rawson and Miss Ivy Crowe are expected to fill the first two places. Miss Rawson is the title-holder, and Miss Crowe has been registering particularly good times at Narrabeen this season. Jottings on Sport. PAT NORTON. (**1936, March 16**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article17317546

Another NLASC participant was Jenny Turrell who went on to become a Commonwealth gold medal winner in the 1974 Christchurch games, 800m FINA World Championships winner and a 1500m world record holder in 1976.

During the 2009-2010 season members discussed changing their name from Narrabeen Ladies Amateur Swimming Club to Narrabeen Lakes Amateur Swimming Club to reflect the changing membership of the club and keep a link to their history, reflecting the first meets were held in Narrabeen Lake, on the lagoon in October 1933, prior to the North Narrabeen Rockpool being completed. This proposal was accepted by members and this is how they are known today.

Picture in Text: Peter Kelly (5 years Wheeler Heights). Picture by Glenn Nicholls

For more information on the Learn to Swim Program for Children: Contact Liz Kelly 0418 696 525. Email: lizzy1@ozemail.com.au Facebook

More great pictures by Glenn and JP can be seen on Frozen Moments Photography: www.frozenmomentsphotography.com.au

Left to right tutors Louise, Sarah, Fiona, Emma, Selena and Liz. Picture by Glenn Nicholls

Liam McAndrews (4 years, from Dee Why) with Liz Kelly. Picture by J P Fisher.

Byron Johns. (Elanora) with Selena Griffiths.

Twins William and Charlie (4 years, Bayview) with Pittwater Councillor and Instructor Selena Griffith. Picture by Glenn Nicholls.

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Woody Point Yacht Club 2013 Putt Putt Regatta

Another Classic Woody Point Yacht Club bonkers, the annual Woody Point Yacht Club Putt Putt Regatta and Gentleman's Launch race, was run on Sunday 3rd of February! In having the luxury of flexibility, the WPYC Putt Putt Regatta was postponed by a week, due to the inclement weather of the previous Sunday, so approximately about 60 people gathered at Trehanna Cove to embrace the 20th Putt Putt Regatta Day and boost the 'Lefty' race. We all took so much. With an incoming tide the Committee set up the support Camp on a very flat disappearing Beach.

The Club provided tasty sausages, Balsamic Onion & Red Pepper Salsa, and many sorts of refreshments to all Sloppers, Crew and friends of the WPYC - all while standing in up to a foot of water. This total condition and commitment will be a talking point in Pittwater for years to come. Some of the Sloppers had to wait patiently for their Crew members to return from the Gentleman's Launch Race, while others The Gentleman's Launch Dancer started first and ran into a 15 knots headwind before rounding Scotland Island to gain some advantages from the 25 knots gust pushing the Launches even faster back to the finishing line. Skipper Mark Farrell with GRV *Reliance* won the Gentleman's Launch Trophy in front of *Blue* and followed by *Easer*.

Mark Farrell, Skipper RV Reliance - Winner !

The Putter's selected the winter before the Race was even started. One competitor had to pull out of the Race with engine problems and was towed back to the Club. The Committee had to make a decision to postponed the Race because the Tide was too low to complete the course to claim first place. We were informed by Mike that the motor started to overheat around Scotland Island and after reducing to idle speed he certainly broke the record for the slowest time to win the Putt Putt Trophy!

Mike Cardell and Putt Putts Trophy - 2013 Putt Putts - winner!

The Woody Point Yacht Club, which has a long standing tradition of 'having fun on the water', also includes a Best Presented Crew Trophy and Best Presented Boat Trophy as part of its annual Summer Putt Putt Regatta Day.

Karen Crew - Winners !

Skipper Paul Burchell on *Karen* tied his Raiding Party's to win the "Best Presented Crew" Trophy! The Scots, dressed in Traditional Costume, including Battle Gear, were ready to land the shores of Pittwater. However we noticed that they had some problems finding a suitable landing place. Some Sloppers said downhearted to lost the Camp - guess they are more used to anchoring on rocker grounds than those of our beautiful sands beaches.

Jim Major and Major Perseverance - Winners !

Past Commodore and Skipper Ian Major on *Major Perseverance* disgraced his boat and his crew as Black Sabbath! Wrapping the boat with black plastic and all the crew wearing the customary preferred apparel of heavy metal musicians, nothing but black, was the winning combination for the "Best Presented Boat Trophy". I have knew that this Rock Band had twenty Band Members, including a large number of female musicians!!!

Congratulation to all Winners, a BIG thank you to everyone for helping out, supporting the Club and making this again a Classic WPYC event!

Volker Aebischer
WPYC Commodore

"Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing about in boats." — Kenneth Grahame, The Wind in the Willows, 1908

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Francis Howard Greenway, Macquairies architetct, 1777-1837 GPO Image gpo1_21951, courtesy State Library of NSW.

Paper $10 bank note 1972 featuring Francis Greenway

Hyde Park Barracks by and courtesy of J Bar

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THE HYDE PARK BARRACKS

By George Repin

The **Hyde Park Barracks**, one of the oldest buildings in Sydney and a splendid reminder of the convict era, were extensively renovated in the early 1980s. The renovations brought out the beauty of the building designed by Francis Greenway, Architect to Governor Lachlan Macquarie. Greenway, a convict from England, with buildings in Bath and Bristol to his credit brought to Sydney's architecture the elegant style of Georgian England. The building was commenced in March, 1817, its foundation stone was laid on 6 April, 1817 and it was opened on 4 June, 1819.

The Colony was fortunate to have an architect with foresight and courage who designed buildings which would stand for many generations as distinguished and graceful landmarks. Commissioner Bigge, sent out from England to enquire into the state of the Colony commended Greenway's building in his report, saying "*The Style of architecture in which the body of this building has been designed, is simple and handsome, and the execution of the work is solid, and promises to be durable.*" The proportions are excellent and the central building gives an impression of size beyond the actual dimensions. The orange colour of the soft sandstock bricks seems to glow.

Governor Macquarie recognised the outstanding merit of the building and rewarded Greenway with a full pardon.

Convicts at that time lived in a mixture of captivity and relative freedom, in practical terms tied to the settlement of Sydney by the hostile nature of the surrounding country which offered only a precarious and uncertain existence to those who escaped.

The Hyde Park Barracks fulfilled a useful purpose in the early days. As Commissioner Bigge wrote "*Since the establishment of the convict barrack ..... a considerable number of convicts, varying, and gradually increasing from 600 to 1000 have been lodged there.*" Convicts who were doing well preferred to live outside the Barracks, but others welcomed a secure roof over their heads. Those living in the Barracks were required to do "government work" all day but allowed to employ themselves after the hours of government work, and on Saturdays, for their own benefit.

Hammocks in the 'dormitory' by and courtesy of Gerard Charles Wilson, 2010

Those living outside were allowed to leave work at 3 o'clock to earn money to pay for their lodgings and washing.

Accommodation in the Barracks was crowded with four rooms on each floor. *"In each room, rows of hammocks are slung to strong wooden rails, supported by upright staucheons fixed to the floor and roofs. Twenty inches or two feet in breadth and seven feet in length, are allowed for each hammock; and the rows are separated from each other by a small passage of three feet. Seventy men sleep in each of the long rooms, and thirty-five in the small ones*".

By 1820 the number of convicts had increased to the extent that the Barracks could not accommodate them all, and the privilege of living outside was extended.

By the middle of the nineteenth century conditions changed and the Barracks provided lodgings for new arrivals to the Colony with the important difference that they no longer were transported convicts but assisted free migrants. Settlers from England, Scotland and Ireland were given food and shelter in the Barracks until they found work and lodgings for themselves.

Panoramic view of the Royal Mint and Hyde Park Barracks taken from the steeple of St. James's Church, **ca. 1871**. Creator American & Australasian Photographic Company. Image No. a089322, courtesy State Library of NSW

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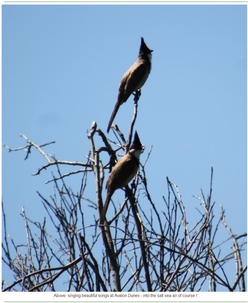
Above: Spider wasp - blown indoors by tail on onshore breeze - Wasps of the family Pompilidae are commonly called spider wasps or pompilid wasps. Spider wasps are long-legged, solitary wasps that use a single spider as a host for feeding their larvae. They paralyze the spider with a venomous stinger. Once paralyzed, the spider is dragged to where a nest will be built – some wasps having already made a nest. This one is classified as a Sydney Spider Wasp and was buzzing all windows at the office here, looking for prey no doubt.

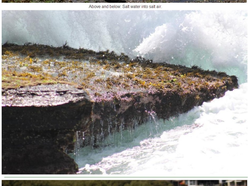
Above: White-faced Heron, Egretta novaehollandiae, strolling down a path beside Carawi Creek during the week, foraging for insects among the tall summer grasses.

Above: Superb Fairywren, Malurus cyaneus, also known as the Superb Blue wren or colloquially as the Blue Wren, seen with another male and two females flitting around Avalon Dunes and seen to sang.



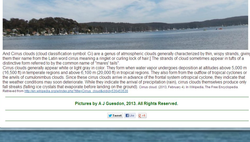
Above: singing beautiful songs at Avalon Dunes - into the call see eh of course !

Above and below: Salt water into salt air



Above and Below: Fisherman hoping their luck at Carawi Bay - strolling through the saltwater. Roger (above) was trying for a few flathead and Bill (below) was casting for bream. *"Fishing is a game of patience, of observation, of knowledge of the tides and of the mood.* ~Washington Irving. *"Some go to church and think about fishing; others go fishing and think about God."* ~ Tony Blaine

Above and Below: Little Pied Cormorant - Phalacrocorax melanoleucus and Australian White Ibis - Threskiornis molucca, and Rose Spoonbill - Platalea regia - Little Pied Cormorants are found throughout Australia, New Zealand and New Guinea. They are social birds, roosting in each other's company. Birds Australia reports many Australian waterbirds nest in colonies alongside other species, including Yellow-billed Spoonbills, doves, herons and cormorants.



And Cirrus clouds (cloud classification tentitul: Ci) are a genus of atmospheric clouds generally characterized by thin, wispy strands, giving them their name from the Latin word cirrus meaning a ringlet or curling lock of hair.[The strands of cloud sometimes appear in tufts of a feathery appearance, which is why they are informally called "mares' tails".

Cirrus clouds generally appear white in light gray or color. They form when water vapor undergoes deposition at altitudes above 5,000 m (16,500 ft) in temperate regions and above 6,100 m (20,000 ft) in tropical regions. They also form from the outflow of tropical cyclones or as the result of convection. Cirrus clouds are made of ice crystals and are very sensitive to changes in temperature and humidity, so they indicate the weather conditions may soon deteriorate. While they indicate the arrival of precipitation (rain), cirrus clouds themselves produce only fall streaks (falling ice crystals that evaporate before landing on the ground). Cirrus cloud. (2015, February 4). In Wikipedia, The Free Encyclopedia.
Retrieved from http://en.wikipedia.org/w/index.php?title=Cirrus_cloud&oldid=644144146

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The Cloud
By Percy Bysshe Shelley

I bring fresh showers for the thirsting flowers,
From the seas and the streams;
I bear light shade for the leaves when laid
In their noon-day dreams.
From my wings are shaken the dews that waken
The sweet buds every one,
When rocked to rest on their mother's breast,
As she dances about the Sun.
I wield the flail of the lashing hail,
And whiten the green plains under,
And then again I dissolve it in rain,
And laugh as I pass in thunder.

I sift the snow on the mountains below,
And their great pines groan aghast;
And all the night 'tis my pillow white,
While I sleep in the arms of the blast.
Sublime on the towers of my skiey bowers,
Lightning my pilot sits;
In a cavern under is fettered the thunder,
It struggles and howls at fits;
Over Earth and Ocean, with gentle motion,
This pilot is guiding me,
Lured by the love of the genii that move
In the depths of the purple sea;
Over the rills, and the crags, and the hills,
Over the lakes and the plains,
Wherever he dream, under mountain or stream,
The Spirit he loves remains;
And I all the while bask in Heaven's blue smile,
Whilst he is dissolving in rains.

The sanguine Sunrise, with his meteor eyes,
And his burning plumes outspread,
Leaps on the back of my sailing rack,
When the morning star shines dead;
As on the jag of a mountain crag,
Which an earthquake rocks and swings,
An eagle alit one moment may sit
In the light of its golden wings.
And when Sunset may breathe, from the lit Sea beneath,
Its ardours of rest and of love,
And the crimson pall of eve may fall
From the depth of Heaven above,
With wings folded I rest, on mine äery nest,
As still as a brooding dove.

That orbed maiden with white fire laden
Whom mortals call the Moon,
Glides glimmering o'er my fleece-like floor
By the midnight breezes strewn;
And wherever the beat of her unseen feet,
Which only the angels hear,
May have broken the woof, of my tent's thin roof,
The stars peep behind her, and peer;
And I laugh to see them whirl and flee,
Like a swarm of golden bees,
When I widen the rent in my wind-built tent,
Till the calm rivers, lakes, and seas,
Like strips of the sky fallen through me on high,
Are each paved with the moon and these.

I bind the Sun's throne with a burning zone
And the Moon's with a girdle of pearl;
The volcanos are dim and the stars reel and swim
When the whirlwinds my banner unfurl.
From cape to cape, with a bridge-like shape,
Over a torrent sea,
Sunbeam-proof, I hang like a roof --
The mountains its columns be!
The triumphal arch, through which I march
With hurricane, fire, and snow,
When the Powers of the Air, are chained to my chair,
Is the million-coloured Bow;
The sphere-fire above its soft colours wove
While the moist Earth was laughing below.

I am the daughter of Earth and Water,
And the nursling of the Sky;
I pass through the pores, of the ocean and shores;
I change, but I cannot die --
For after the rain, when with never a stain
The pavilion of Heaven is bare,
And the winds and sunbeams, with their convex gleams,
Build up the blue dome of Air --
I silently laugh at my own cenotaph
And out of the caverns of rain,
Like a child from the womb, live a ghost from the tomb,
I arise, and unbuild it again.

The Cloud is a major 1820 poem written by Percy Bysshe Shelley. "*The Cloud*" was written during late 1819 or early 1820 and submitted for publication on July 12, 1820. The work was published in the 1820 collection Prometheus Unbound, A Lyrical Drama, in Four Acts, With Other Poems by Charles and James Ollier in London in August, 1820. The work was proof-read by John Gisborne. There were multiple drafts of the poem. The poem consists of six stanzas in anapestic or antidactylus meter, a foot with two unaccented syllables followed by an accented syllable.

Percy Bysshe Shelley (4 August 1792 – 8 July 1822) was one of the major English Romantic poets and is critically regarded as among the finest lyric poets in the English language. Considered too radical in his poetry and his political and social views to achieve fame during his lifetime, recognition of his significance grew steadily following his death. Percy Shelley was a key member of a close circle of visionary poets and writers that included Lord Byron; Leigh Hunt; Thomas Love Peacock; and his second wife, Mary Shelley, the author of Frankenstein.

Shelley is perhaps best known for such classic poems as Ozymandias, Ode to the West Wind, To a Skylark, Music, When Soft Voices Die, The Cloud and The Masque of Anarchy, which are among the most popular and critically acclaimed poems in the English language. His major works, however, are long visionary poems that include Queen Mab(later reworked as The Daemon of the World), Alastor, The Revolt of Islam, Adonaïs, the unfinished work The Triumph of Life; and the visionary verse dramas The Cenci (1819) and Prometheus Unbound (1820). The latter is widely considered one of Shelley's most fully realised works.

Shelley's early profession of atheism (in the tract "The Necessity of Atheism") led to his expulsion from Oxford and branded him as a radical agitator and thinker, setting an early pattern of marginalisation and ostracism from the intellectual and political circles of his time. His close circle of admirers, however, included the most progressive thinkers of the day, including his future father-in-law, philosopher William Godwin. Though Shelley's poetry and prose output remained steady throughout his life, most publishers and journals declined to publish his work for fear of being arrested themselves for blasphemy or sedition. Shelley never lived to see the extent of his success and influence, which would reach down to the present day not only in the literary canon, but in major movements in social and political thought.

Shelley became an idol of the next three or four generations of poets, including importantVictorian and Pre-Raphaelite poets such as Robert Browning, and Dante Gabriel Rosetti. He was admired by Oscar Wilde, Thomas Hardy, George Bernard Shaw, Bertrand Russell,W. B. Yeats, Karl Marx, Upton Sinclair and Isadora Duncan. Henry David Thoreau's civil disobedience and Mohandas Karamchand Gandhi's passive resistance were apparently influenced and inspired by Shelley's non-violence in protest and political action, although Gandhi does not include him in his list of mentors.

The Cloud (poem). (2012, August 10). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=The_Cloud_(poem)&oldid=506778523
Percy Bysshe Shelley. (2013, January 23). In Wikipedia, The Free Encyclopedia. Retrieved 18:50, February 6, 2013, from http://en.wikipedia.org/w/index.php?title=Percy_Bysshe_Shelley&oldid=534494761

Picture Portrait: Percy Bysshe Shelley, by Alfred Clint (died 1883). Original in 1819 from National Portrait Gallery, London.

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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February 20 - 26, 2013 Issue 07

Artists This Week

Artist in residence Jenny Kemp with her work at the Pittwater Regional Art Gallery. Photo: Pittwater Regional Art Gallery

Pittwater Regional Art Gallery, Mona Vale Road, Mona Vale. Open Wednesday to Sunday 10am-4pm. Admission free. Guided tours available on request. Artist in residence Jenny Kemp, a teacher for the past 30 years, is a ceramic artist.

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THE HYDE PARK BARRACKS MUSEUM

Hyde Park Barracks Museum, Queens Square, Sydney. Open 9am-5pm daily. Admission $10 adult, $5 concession, $2 children (5-12), free under 5s. Tel: 02 8239 2311. Website: www.hydeparkbarracks.com.au

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Pittwater Rotary Club

Pittwater Rotary Club, Mona Vale Hotel, Mona Vale. Meeting every Tuesday at 7.00 for 7.30 for breakfast. Contact Ian Tel: 0412 466 400 or Bob Tel: 0412 466 401 for more information.

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DO YOU HAVE A CLAPPER OR TROMBONE IN YOUR HOUSE?

Bandstand, Lakeside Leisure Centre, Narrabeen. Contact Ian Tel: 0412 466 400 or Bob Tel: 0412 466 401 for more information.

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Surrounding Churches Service

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Common Shorebirds of Bush Harbour

Sunset, NSW

Common Shorebirds of Bush Harbour, Sunset, NSW. Sat 23 Feb 2013 - 7:00 am - 9:00 am. Bring binoculars, hat, sunscreen, water, and a sturdy pair of shoes. Meet at the Bushcare Shed, Sunset Reserve, Sunset Road, Sunset. Contact Ian Tel: 0412 466 400 or Bob Tel: 0412 466 401 for more information.

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Bushcare Walks Sunday 24 February 2013

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Bushcare Walks Sunday 24 February 2013

February 10 - 16, 2013: Issue 97

Avalon Voices

By Norma Bennett

History: Somewhere in the mists of time, in 2004, the sub branch of Avalon RSL decided at a meeting that it would be very helpful if a group of people took the lead and sang at the services that the branch organise each year e.g. Anzac Day, V.P. day, Remembrance day.

Brian and Josie Levings, long time members, organised a meeting and before you could shake a stick, a group of us were meeting at the RSL singing the anthems and hymns required.

Self funded, self important and self motivated the motley crew rehearsed in the Sportsmen's bar until the ciggie smoke got to us. By then we were a group of 20+. We sang in the lounge of our home until we ran out of seats, when we descended to the garage room where we had the luxury of a small kitchen and facilities and there we are to date. (Monday evening 6-30pm 'til whenever but definitely after a bit of supper and a drink to oil the tubes!).

Our remit was and is, to lead the public and encourage them to sing. That does not, I repeat not mean that we are a choir. After all if we encourage the majority of the public to sing loud and clear then they don't hear us!

The Legacy Ladies group heard that we were sometimes available and daft enough to offer our services to entertain. So that, we do, twice a year. The RSL hold a family carol and Father Christmas event each December and we perform and help keep the kids out of mischief with games and activities.

Several of our gang have left us to join proper choirs; some have gone on to other commitments, some have become part time members who turn up at the services and lend their voices to the group. The Levings retired to the Central Coast. The rest of us battle on regardless! The youthful and tuneful, the slightly out of tune, the reluctant (but I don't cook on Mondays) and even the bolshie (yes Brian you know who I mean) arrive every Monday to sip, sing, sup and socialise and discuss the world and its problems, sports computers, grandchildren, holidays and sometimes even music! On lovely weather nights we are a group of 14\15, on wet cold nights or footie on the tele we bottom out at 8 or 10 and at services performances we are a vociferous gang of 12ish.

We are a plethora of Poms, a handful of convict stock, a few descendants of first fleeters, a South Vietnamese violinist, one of the few that can read music, a Chinese lady, two Welsh Boyos, one of each sort and an Australian or two. One of this group is a celebrant and JP, a couple are Nashos, a few are ex Servicemen, one an ex farmer, an ex bus driver, an ex computer maker, two who can't reveal their jobs or they'd have to kill us, women who worked, women who cook, women who don't, women who can't or won't and an ex teacher.

Never a cross word or disagreement sours the atmosphere and never discord or disharmony! And if you believe that you deserve to join the Avalon Voices, the main course of my greying hair and dyspepsia.

What is the average age of members?

Based on the core "15" 70 years and two months

Name three songs from your repertoire:

I Got Rhythm, Where is Love, Abide with me

How does one join this great group?

Phone 9918 4929 and get invited along to a Monday evening 6-30pm to see if you like it and us.

If the Avalon Voices were a flock of birds singing instead, what kind of birds would they be?

Canaries, 'cos you can train them to a certain extent, they are colourful and most of them should be in a cage! or perhaps Geese 'cos they are a gaggle and they make a fair amount of noise.

What is the Avalon Voices favourite place in Pittwater and why?

The complete ambience of our environment because it is a beautiful place to live

What is the Avalon Voices 'motto for life' or a favourite phrase they try to live by ?

Carry on, carrying on regardless!

Avalon Voices at VP Day, 15 August 2009 by David Bennett

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Tweet Like +1

Issue 18 - 31 JUL 2010 Issue 19

Bayview What?

Bayview is another Pittwater settlement, on the western shore of Pittwater, between Mona Vale and Lake Avalon. Bayview is also one of the Pittwater Ferry stops. Bayview is a small community with a population of approximately 1,000 people. Bayview is a popular place for people who want to live close to the water and have a boat moored at their front door. Bayview is also a popular place for people who want to own a waterfront property but don't want to live there all year round. Bayview is also a popular place for people who want to own a waterfront property but don't want to live there at all.

Bayview is also the name of a well known Pittwater identity, and whenever, handicapped or not, everyone of the local people refer to Bayview as "Bayview What?" Bayview What? is a well known Pittwater identity, and everyone

Pittwater Online News

February 10 - 16, 2013: Issue 97

Safe Schools are Smart Schools

Schools across the country are taking action against bullying and the Gillard Government wants to recognise their hard work by rewarding the smartest schools in the country. Education Minister Peter Garrett has launched a new competition for schools to highlight what they are doing to make their school a safe and supportive place in which bullying, violence, harassment and discrimination are prevented.

The **Safe Schools are Smart Schools Competition** is a chance for primary and secondary schools across Australia to show they are creating a safe environment that aligns with the National Safe Schools Framework.

Schools can register their interest in the Safe Schools are Smart Schools Competition, download the entry form and find out more at www.safeschools.deewr.gov.au.

To enter, schools will be encouraged to form a working group of students, teachers and parents to develop a school-based response to how their school's initiatives align with the National Safe School Framework. They can choose to focus their entry on activities that address any one of the following issues: bullying, cyberbullying, violence, discrimination, harassment or mental health. **One primary school and one secondary school in each state and territory will win a $5000 voucher for school resources. Entries close March 1st 2013.**

The winning schools will also be offered a Classmates Workshop session to learn how to film and produce videos for their Safe Schools are Smart Schools initiative. The pack includes a workshop session, a Classmates Workshop experience, can direct and capture projects and initiatives within the classroom or school, and contribute to a wide online or in presentations.

Winning entries will be announced on the National Day of Action Against Bullying and Violence on 15 March 2013

Australian Youth Forum helping raise the profile of youth issues - Thursday 7 February 2013, Media Release

The Australian Youth Forum's (AYF) steering committee met today for the first time this year to discuss how they can work to hear young people's engagement in politics and raise the profile of youth issues. Meeting with the committee today at Parliament House, Minister for Youth Peter Garrett congratulated the eight new members of the group, who are aged to be two members for 2012.

"I'm thrilled to meet this year's AYF committee. It's great to see young people getting involved and taking this chance to talk to the Government about important issues in their lives," Mr Garrett said. "The AYF is a great way for young people to have a voice and the best needs for our young people, including activities to help those who face obstacles to participation in society. This will mean they can be part of public discussions on issues that are important to them."

AYF Committee members are selected for their commitment to youth issues, their skills and diverse personal experiences. The 2013 committee members are:

Cedrick Mukamba – Glenorchy, TAS (Chair, member from 2012); Sion Kosan – Cannington, WA (member from 2012); Eun Ju Kim-Baker – Canberra, ACT; Ben Duggan – Queanbeyan, NSW; Brooke Gaches – Ashfield, NSW; Jacqui Egan – Dover, NT; Sarthak Chopra – Forest Lake, QLD; Georgina Morphett – Ballina, NSW; Francis Venture – Scoresbyne, VIC; Rosemarie Stokes – Kalgoorlie, WA.

"Over the next three days, new committee members will participate in a number of training and induction sessions, visit Question Time at Parliament House and join the 2012 Committee members to hear about their past experiences and hopes," Mr Garrett said. "I'd also like to thank the outgoing members for the contributions they have made and look forward to working with this outstanding new committee this year."

The AYF supports a range of initiatives, including the Young Australian of the Year Award, the Australian Youth Affairs Coalition and the youth advisory category of the National Awards for Local Government.

Since the AYF was first formed in 2008, the forum has communicated with a diverse range of young people through events and online activities. More than 40 young people, aged between 15-24 years old, have represented young Australians on the AYF Committee.

For more information about the AYF visit www.youth.gov.au/ayf

Song of the Week for All of YOU!

Rudimental - "Feel The Love" ft. John Newman

Smoking Marijuana Associated With Higher Stroke Risk in Young Adults

Feb. 6, 2013 — Marijuana, the most widely used illicit drug, may double stroke risk in young adults, according to research presented at the American Stroke Association's International Stroke Conference 2013. In a New Zealand study, ischemic stroke and transient ischemic attack (TIA) patients, who were less likely than their peers to have smoked pot, were younger, had fewer other risk as other age and sex-matched patients, researchers said.

"This is the first case-controlled study to show a possible link to the increased risk of stroke from cannabis," said P. Alan Barber, Ph.D., M.D., study lead investigator and Professor of Clinical Neurology at the University of Auckland in New Zealand. Although this been a study of young people, the results may have broad public health substance. The study shows the people who might be the case. It may lead to stroke."

The study included 160 ischemic stroke/TIA patients 18-55 years old who had urine screens upon admission to the hospital. Among the patients, 160 had ischemic stroke and 10 had TIAs. Sixteen percent of patients had positive drug screens, mostly male who also smoked tobacco.

Only 8.1 percent of controls tested positive for cannabis in urine samples. Researchers found no differences in age, gender, stroke mechanism or most vascular risk factors between marijuana users and non-users.

In previous case reports, ischemic stroke and TIAs developed hours after cannabis use, Barber said. "These patients usually had no other vascular risk factors apart from tobacco, alcohol and other drug usage."

It's challenging to perform prospective studies involving illegal substances such as cannabis because "randomizing drug use or control patients about cannabis use is likely to obtain unreliable responses," Barber said.

In the study, the regional ethics committee allowed researchers to obtain blood samples from consenting participants. Blood samples were only the age, sex and ethnicity for matching cases to a lack of consent.

The study provides the strongest evidence to date of an association between cannabis and stroke, Barber said. But the association is confounded because all but one of the stroke patients who were cannabis users also used tobacco regularly.

"We believe it is the cannabis and not tobacco," said Barber, who hopes to conduct another study to determine whether there's an association between cannabis and stroke independent of tobacco use. "This may prove difficult given the risks of bias and ethical strictures of studying the use of an illegal substance," he said. "However, the high prevalence of cannabis use in this cohort of younger stroke patients makes this research important."

Physicians should test young people who come in with stroke for cannabis use, Barber said.

"People need to think twice about using cannabis because it can affect brain development and cause a stroke, heart attack and now stroke," he said.

Editors-Pick: http://www.sciencedaily.com/releases/2013/02/130207154512.htm

Young storytellers bring the bush to Canberra - 8 February 2013, Media Release

Today 32 young Australian storytellers brought their stories about life in regional Australia to Canberra as part of the five day Heyvere Regional Youth Summit. The ABC's Heyvere project, sponsored by the Collard Government, gives regional Australians aged 15-24 the chance to tell their stories, and those of their communities, through writing, sound recording, video and photography.

Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig, welcomed the Youth Summit to Canberra and hosted a parliamentarians meeting with the participants during the summit.

"Through the Heyvere competition, we get an insight into the lives of our rural and regional young people," Minister Ludwig said. "Many of the stories told by the participants will be broadcast on ABC Radio in the next few days, these young Australians will participate in leadership and community-building activities, and will present the ideas and stories to Parliamentarians and policy makers at the summit supports these young people to gain new skills they will take home to their communities."

Mr Garrett said the future of rural and regional communities was in the hands of young people.

The 2012 Heyvere winners were announced in November 2012. Their stories dealt with issues including mental health, friendships and what it's like to be a young person in a regional or remote community.

HEYVERE is a space and a competition for young people from regional Australia. Share your stories and opinions, and find the news that affects you.

If you have friends in regional areas they can contribute to Heyvere. It's easy to enter Heyvere! **The competition is open! You can enter as many times as you like, entries close Monday September 10, 2013.**

Heyvere is a place for young Australians to share stories, ideas and opinions. You can upload text, video, audio or photos and every story is entered into the Heyvere competition. Winning entries get featured on the ABC and winners get an expenses paid trip to the prestigious Heyvere Regional Youth Summit in Canberra.

ABC Heyvere website: http://www.abc.net.au/heyvere/index.html

Alcohol Mixed With Diet Drinks May Increase Intoxication More Than Alcohol and Regular Drinks

Feb. 5, 2013 — An individual's breath alcohol concentration (BAC) following alcohol intake is influenced by several factors, including food. While it is known that food delays the absorption of alcohol and reducing BAC, only recently has the role of nonalcoholic drink mixers been studied with alcohol been explored as a factor influencing BAC. A new comparison of BACs of alcohol consumed with an energy drink versus a regular soft drink suggests that the energy drink beverage has found that mixing alcohol with a diet drink can result in a higher BAC. Results will be published in the April 2013 issue of Alcoholism: Clinical & Experimental Research and are currently available at Early View.

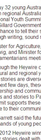
"More attention needs to be paid to how alcohol is being consumed in the 'real world,'" said Cecile A. Marczinski, assistant professor of psychology at Northern Kentucky University. She replicated an earlier field study of bar patrons: "Researchers found that, one hour after leaving the bar, those who had mixed their alcohol with diet had the highest BACs, as compared to all other drinking groups, and two, that women tended to be more frequent consumers of diet mixers with their alcohol. Alcohol consumed with a diet mixer results in higher BACs as compared to the same amount of alcohol consumed with a sugar-sweetened mixer," said Marczinski. Both subjects were unaware of this difference, as measured by various questionnaires. Marczinski's study was designed to determine if the aforementioned bar study results in the Research Laboratory was more impressive when subjects consumed the diet mixer.

When asked why mixing alcohol with a diet drink appears to elevate BACs, Thombs explained that the stomach seems to treat sugar-sweetened beverages like food, which delays the stomach from emptying. "The best way to think about these effects is that sugar-sweetened alcohol mixers slow down the absorption of alcohol into bloodstream," he said. "Artificially sweetened alcohol mixers do not slow down the absorption of alcohol into the bloodstream, and thus allows the rate of alcohol absorption to occur without hindrance."

The researchers were concerned about the risk that diet mixers can have for alcohol-impaired driving. Thombs said, "Drinkers may be same whether they drank the diet or regular mixed alcoholic beverage," said Marczinski. "However, they were above the limit of .08 when they consumed the diet mixer, and below it when they drank the regular mixed beverage. Choices to drink and drive, or engage in any other risky behaviour, often depend on how people perceive their state of mind. Measurement of impairment from alcohol researchers who are interested in prevention have something new to consider when developing prevention and intervention programs."

"In natural drinking settings, such as bars and nightclubs, young women are significantly more likely than young men to order drinks mixed with diet cola," said Thombs. "I suspect this occurs because young women tend to be more weight conscious than young men. Thus, from a public health perspective, artificially sweetened alcohol mixers may place young women at greater risk for a range of problems associated with acute alcohol intoxication."

Cecile A. Marczinski, Mark T. Fillmore. **Letter to the Editor in Response to The Alcohol Mixed with Energy Drinks Debate: Masking the Facts!**, Alcoholism: Clinical and Experimental Research, 2013, DOI: 10.1111/acer.12019



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.

Bullying; NO WAY !!!

This website has many different terms and guidelines on how to deal with bullying. It also has a section that someone can send or talk to mum and dad about **Make sure you are heard**. We are here to help each other up, not let each other down. Someone who feels bad will say otherwise is wrong.

Powerhouse Museum Online Fun

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

An example: This online dating game is based on a Victorian table game of scribes, c. 1880, made of wood and coloured paper, from the Powerhouse Museum's collection (object number 2000/1). Four scribes 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.

Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and books, filled with stories, that you may not be able to access anywhere else. Some of the books are very old, and may be found out of print or in museums where it can be even more difficult to read these words. You can access them online though. Project Gutenberg Australia is at: http://gutenberg.net.au/

Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and young people themselves, as well as parents/carers and other adults who have an interest in or are working with youth. The clearinghouse focuses on information about early adolescence to the early adult years (12 to 25 years).

ACYS's mission is to contribute to the wellbeing of young people by providing comprehensive and up-to-date information about key issues and practices in the youth field for accuracy in the community. ACYS achieves its mission by providing information on the complex and wide-ranging issues that affect young people through disseminating news of research and developments on best practice models, and related, encouraging networking, discussions and collaboration.

Great Website with daily Updates HERE

Articles For you this week:

Avalon Soccer Club - Vanuatu Tour 2013

Narrabeen Rockpool Learn to Swim

Australia At School. Australia and Your Future No. 4. From Film Australia

As the Australian school year 2013 begins and children go to school for perhaps the first time or perhaps for another year we take the opportunity to look back to the school scene of 1947. This film provides an overview of Australia's primary and secondary education system in the late 1940s. It looks at the various types of schools, the kind of curriculum and the proportion of children attending to high school. The film was intended primarily for English migrants who proposed to settle in Australia. Made by the National Film Board 1947

AUSTRALIAN BUREAU OF STATISTICS RELEASES CENSUSATSCHOOL 2013 - 4 February 2013

Parliamentary Secretary for the Treasurer, the Hon Bernie Ripoll MP, today announced the opening of the Australian Bureau of Statistics' CensusAtSchool for 2013. Aimed at primary and secondary students, CensusAtSchool is an engaging online questionnaire and data resource that asks simple questions about students' everyday lives, experiences, opinions and interests.

"I am excited to support the CensusAtSchool project," Mr Ripoll said. "It is a great way of getting our students interested and involved in statistics."

Once the questionnaire closes, CensusAtSchool data for 2013 is available free through an online random sampler, which gives students the power to create their own tables and make comparisons between themselves and past years.

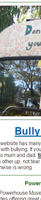
"Once students are able to see and interact with the CensusAtSchool data, it will help them understand the importance and value of statistics in their lives," Mr Ripoll said.

CensusAtSchool is supported by a suite of free online resources, provided to assist the teachers across year levels to use authentic data to teach statistical concepts and develop students' statistical literacy.

The CensusAtSchool questionnaire will remain **open until 19 July** and can be completed on the ABS website at www.abs.gov.au/censusatschool with data available for free from 26 July 2013.

From CSIRO - Dr Rob, the host of Scope, is up for a TV Week Logie award! We're hoping for some good votes! It's free to vote here http://ow.ly/hesoVu and find him in the most popular presenter category.

Their program on 9/2/2013 featured Aquatic Animals and talks to scientists saving endangered fish and what you shouldn't find on the insides of turtles! 9.00am-9.30am on Channel 10! See their page and presentations you can try out at HERE



How To Spot A Good Dad and Mum

Dad is often away working but when he's home, he's quite happy to stress up with you, listen to your stories and add a few of his own. His guidance is vital in the life of his children. You may not always agree with him but given time, you will. Your parents are only ever trying to help you be able to walk into any room without causing offence and be able to stand up for yourself. Mum is the nurturer, she will look instead of expecting to be looked at, listen instead of expecting just to be heard you may learn from the atmosphere of any world or room you enter and not burn or break bridges you may someday want to cross. Common politeness, bothering to stop and look and ask, listen and say cannot pardon me. They must be learnt. Mum and your options open.. and the doors that go with them.. these enrich the life.

Dear in mind the following phrases from writer Mark Twain every day from mum and dad are full of truth!:

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished by how much he'd learned in seven years"

The promise of technology and access to high speed broadband in education is upon us. Rich digital resources are being developed, instruction for every student as they become actively engaged in learning, teachers are being trained in the use of digital tools and every student is on a life-long learner is even more achievable with widespread access to high speed broadband. Technology beckons students and teachers with opportunities for learning and promises increases in student achievement.

For schools that believe new technologies provide opportunities to increase learning and teaching outcomes, connection to the National Broadband Network is an important first step.

21st Century Teaching Strategies for a Highly Connected World is a joint initiative of Australian schools connected to the National Broadband Network. The study was part of a comprehensive program investigating the impact of broadband on schools across NSW and SA.

The study involved teachers working with education researcher and development company, ideasLAB, to explore new teaching methodologies, discover what could be done, and inspire them in classes over an eight-week period.

What Century Teaching Strategies for a Highly Connected World - Published on 29 Jan 2013

The NBN is a powerful capable of lighting up young minds and improving educational outcomes for children, according to teachers participating in a landmark study into Australia's first NBN-enabled schools. The report, 21st Century Teaching Strategies for a Highly Connected World, shows educational benefits are already being brought to children in those schools connected to the NBN that participated in the study.

Start Planning NOW for the 2013 Premier's Sport Challenge!

The 2013 Premier's Sport Challenge will commence at the beginning of Term 3 and run through Term 4 and Term 1 2014. **SCHOOL REGISTRATIONS WILL BE OPEN FOR THE MONTH OF MARCH.** Be sure to and encourages them to lead healthy active lifestyles.

Sport plays an important role in developing regular physical activity, provides positive health outcomes and is a fun and healthy way to connect with and support our children. It also challenges students to take up the Challenge – and take the path to a healthier life.

National History Competition

The Hon Peter Garrett AM, MP, Minister for School Education, Early Childhood and Youth has announced **the theme for 2013 National History Competition** – **Australia and the First World War Centenary.**

How to enter:
Go to enter the NHC Registrar your school, «Register free, then receive a Welcome Kit by clicking here. Select up to 6 entries from each year level category. Upload the pdf/jpg/mp3 files and a guide.

Complete and sign the entry form and the declaration. On the entry form tick one of the appropriate each entry for one special category award. Print four (4) copies of your selected entries and entry form (for judging purposes)

Submit your entries to your State Coordinator, as detailed below. If you wish to order Certificates Of Participation please do so by downloading the certificate request form and fax it to 08 9204 5112. Remember these are for ALL participants not just those whose entries were submitted for judging.

Where to send your entries for NSW: Send to:HTANSW, PO Box 219, ANNANDALE, NSW. 2038

Checklist:
Before submitting your nominated entries to your state coordinator please make sure you:
- select a maximum of six (6) entries for each Year Level category.
- have all nominated entries completed and signed by a responsible adult.
- submit the required number of copies of the selected entries (for judging purposes).
- submit a signed copy of the entry form and the declaration with each entry.
- send the entries to your state coordinator before the due date

If you still have any questions or problems or need more details?
For more correct information please click here. You can also email us at admin@historychallenge.org.au or contact your state coordinator. Contact Number: NSW: 9429 2175

When can I start?
Entries open for the 2012 NHC **from February, 2013.** The competition closes on **Friday, August 30**
From: http://historychallenge.org.au/index.cfm/contents/teachers-how-to-enter

Click on Image to visit website.

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

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://archive.org/

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.

Headspace, the National, free, anonymous, secure space where you can chat, email or speak with qualified youth mental health professionals aged 12 to 25 years

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 libellous) but we can publish almost anything else. If you have something you want to see published, let us know or send to pittwateronlinenews@live.com.au

All are Welcome, All Belong

National Geographic online for Little Kids

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

HERE.

No charge for mobile phone calls to Lifeline from anywhere in Australia: Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July** under an agreement made between the three major phone carriers.

Love Food, Hate Waste Cookbook

Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This cookbook has been designed to help children learn the ropes of cooking and how to use leftover veggies to make great pasta or delicious pizza. Yum!

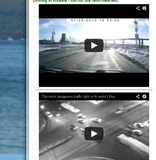
Love food hate waste book. HERE

Bus Pass Replacement HERE.

Pittwater Online News

February 10 - 16, 2015 Issue 97

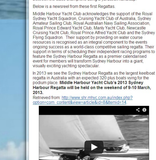
You're Never Too Old for Anything!



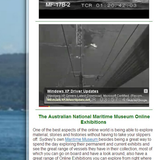
Driving in Russia - not for the faint-hearted

Entertaining Angels Unawares

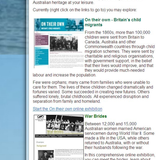
Sydney Harbour Regatta



The Australian National Maritime Museum Online Exhibitions

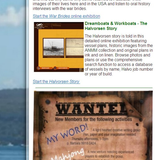


Dreamboats & Workshops - Tickets Are Selling Fast



Aviation Archive Seniors Group Image

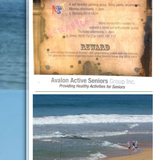
Providing Healthy Activities for Seniors



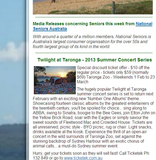
Nesta Releases concerning Seniors this week from National Seniors Australia

National Seniors Australia, 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

Twilight at Tarango - 2013 Summer Concert Series



Hearing Aids

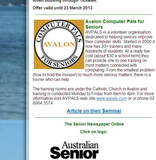


Hearfonics is a non-invasive intensity exercise program. Regular participation in Hearfonics will help to:

- Better manage weight, blood sugars, blood pressure and cholesterol
- Improve fitness, balance, coordination and flexibility
- Enhance your quality of life and meet other people

Ingrid Downs is a qualified Clinical Adult Educator and accredited Hearfonics Leader who will guide you through an exercise program. Ingrid's classes are held at Mona Vale Hall on Tuesdays and Thursday 10.30am at Nelson Heather Centre, 4 Jacksons Road Warriewood. New people welcome every week. $6.00 per session. Contact Ingrid on 0414 223 219 or on 9979 4577 or email www.hearfonics@yahoo.com.au

Contact Community Care Northern Beaches by clicking their logo:



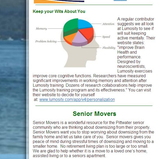
Senior Services

Senior Care Website, great information Competitions, Newsletters and Events listings

HERE

Keep your Wits About You

Senior Movers



Super Seniors Directory

Pittwater Online News

Click on logo to visit their website for more

The Role of Financial Literacy and Financial Adviser Anxiety in Older Australians

New research has found many older Australians are so anxious about their finances that they are too afraid to seek advice ending their decisions. National Seniors Productive Ageing Centre's report *The Role of Financial Literacy and Financial Adviser Anxiety in Older Australians* has been released to coincide with the date of seniors' financial literacy and anxiety in their decision-making process.

The report's author, Paul Cerman from the University of Western Australia, and Douglas A. Hershey of Oklahoma State University in the USA, say that the ability to make good financial decisions related to financial advisers was similar to the reductions in mental people experience while disclosing their health problems to medical practitioners.

An online survey conducted for the study found that only 40 per cent respondents reported "mild anxiety" about talking to a financial adviser, while a quarter of them, anxiety was rated "moderate" to "severe".

Many were reluctant to reveal personal financial information or subjects such as your private mortgage, credit cards, debt and balance, changed employment circumstances and tax liabilities. Many were also reluctant to admit they had made mistakes in past decisions and were also put off by financial terminology.

"Knowledge is power and older people need to feel confident in their decision-making process." National Seniors chief executive Michael O'Neill said. "Financial professionals should also take steps to ensure they are not using financial terminology that is a barrier to language and addressing their concerns before they even meet them.

Around half the survey respondents – 47%, said they could only spend their expenditure for less than six months without borrowing, money or moving house if they suddenly lost their main source of income. Nine per cent said they could last for one month, and over 10 saw out at most for an average of 23 weeks.

The report said the disclosure reluctance had the effect of undermining the adviser's ability to provide good financial advice on matters such as changing super investment allocations and managing retirement income.

And while financial products had become more sophisticated and complex, the report said, financial literacy had not kept pace, sophistication and sentiment saving had not kept pace with participants with older women over 65.

The report recommended more independent, private sector employers and super funds conduct public education campaigns to ensure people were financially well informed.

Media Release Released from NESPC

Health Papers Published this week:

Vitamin D, Omega-3 May Help Clear Amyloid Plaques Found in Alzheimer's

A team of academic researchers has proposed how vitamin D3 and omega-3 fatty acids may work together in the brain to clear the brain of amyloid plaques, one of the hallmarks of Alzheimer's disease. In a small pilot study published in the Feb. 3 issue of the journal PLoS ONE, researchers found that supplementation with vitamin D3 and omega-3 fatty acids increased vitamin D3 and the omega-3 fatty acid DHA (docosahexaenoic acid) that circulated in the blood of people with Alzheimer's disease. Previous laboratory studies in the lab have hinted at the mechanisms involved in helping vitamin D3 clear amyloid beta, the protein fragment that forms the sticky plaques that are the hallmark lesions of the Alzheimer's disease, and highlight the role of omega-3 DHA.

"Our new study shows further light on a possible role for nutritional substances such as vitamin D3 and omega-3 in boosting immunity against the toxic amyloid beta in the brain," said Dr. Dean Hershey, research at the Clare Hall laboratory of Molecular Medicine in Cambridge. For the study, scientists drew blood samples from both Alzheimer's patients and healthy people. They then separated white blood cells called macrophages from the blood. Macrophages are responsible for gobbling up amloid beta and other waste products in the brain and other tissues.

The team then incubated the macrophages with oxidized cholesterol. They added either an active form of vitamin D3 (calcitriol) or DHA to the cultures. Previous studies have shown that DHA helps boost the ability of the Alzheimer's disease patients' macrophages to gobble up amyloid beta. Researchers found that both vitamin D3 and DHA increased the ability of the macrophages to clear amyloid beta, but through different receptors and common signaling pathways to do so.

Previous work by the team had found that DHA increased the patients' macrophages, showed that there are two groups of receptors that are involved in the process of the macrophages that take up amyloid beta. Alzheimer's disease patients have expressed inflammatory genes, compared with the healthy controls, and the team had previously found that supplementation with omega-3 fatty acids decreased the expression of some of the inflammatory genes, while Group 2 had decreased transcription in the genes leading to an anti-inflammatory response.

"Further study may help us identify if these two distinct transcription factors may be a potential target for drugs to boost the immune response in the Alzheimer's disease," said Dr. Dean Hershey, of the Molecular Medicine Moseley, an associate researcher at the Clare Gallery Neuroscience Research Centre.

While researchers found that 1,25-dihydroxyvitamin D3 and resolvin D1 greatly improved the clearance of amloid beta by macrophages from Alzheimer's patients, the results showed that the ability of the Alzheimer's disease patients' macrophages to gobble up amyloid beta, Resolvin D1 was more effective than the active form of vitamin D3 in reducing the expression of some inflammatory genes in the two groups. In Group 1, the increased expression of genes involved in the resolution of inflammatory activation, in Group 2, macrophages showed an increase in the expression of genes. The study, "Vitamin D3 and Resolvin D1 Enhance Phagocytosis of Amyloid-β Peptide by Human Macrophages Derived from Alzheimer's Disease Patients and Healthy Controls and Ameliorate Inflammatory Response in Macrophages Derived from Patients with Amnestic Mild Cognitive Impairment," Dean Hershey, Douglas A. Hershey, Gareth R. Iatrakis, Nicolas T. Olah and Nigel M. Hunter, **Vs.2/0-Dihydroxyvitamin D3 and Resolvin D1 Reduce Cytokine Synthesis in Lipopolysaccharide-Stimulated Inflammation in Alzheimer's Disease Patients.** Journal of Alzheimer's Disease, Volume 34, Issue 1

Omega-3 and Vitamin D Improve Cognition of Alzheimer's Disease Pathway in Cells

Medical chemists have given lives and not mice they brought a key step of the Alzheimer's disease pathway, according to new research published in the journal ACS Chemical Biology. Researchers have found that a molecule that is made from omega-3 fatty acids and vitamin D helps brain cells, causing them to clear the toxic protein fragments that are the hallmark of Alzheimer's disease. **Omega-3 fatty acids and vitamin D improve cognition of red wine**

The findings, published in the Journal of Biological Chemistry, offer potential new targets for developing drugs to treat Alzheimer's disease.

"This is an important step in increasing our understanding of the cause and progression of Alzheimer's disease, says lead author Douglas A. Hershey, a medicinal chemist at the Clare Hall Biological Science. "It's a microscopic first step, but it's a natural part of aging. It's a disease that we believe can eliminate be cured though finding new opportunities for drug targets like this."

Alzheimer's disease is characterized by a distinct build-up of amyloid beta, a protein fragment that forms sticky, toxic, sticky balls of tangles. These amyloid balls latch on to the surface of nerve cells in the brain by attaching to receptors, which trigger a cascade of events that cause nerve cells to malfunction and eventually die.

"We wanted to investigate whether the precise shape of the amyloid balls is essential for them to stick to the proto receptors, that this was a beneficial for omega-3 fatty acids," said Dr. Dean Hershey, of the Clare Hall Molecular Medicine Moseley, "Omega-3 fatty acids are amloid beta binding to proteins to altering their shape, as this would stop the cells from doing."

The team formed amloid balls in a test tube and added them to cultured brain cells. Professor Hershey said that "When we added the extracts from red wine and green tea, which recent research has shown to be rich in omega-3 fatty acids, amloid balls no longer formed the toxic balls. We found that the amloid balls changed their shape was distorted, so they could no longer bind to proto and receptors on the cell surface."

Professor Hershey said the team's next steps are to understand exactly how the omega-3 fatty acids change the amloid balls. "I'm certain that this will increase our understanding of Alzheimer's disease and will lead to the potential to create new drug targets," he said.

Dr Simon Bridle, Head of Research at Alzheimer's Research UK, said: "Alzheimer's disease is a complex disease with many causes. Research into Alzheimer's disease is important because it is one of the few ways we can find a way of stopping the disease in its tracks. While these lab results are interesting, it is too early to say whether omega-3 fatty acids and green tea and red wine could be a useful treatment, or lead to the search for new and effective treatments. With half a million people in the UK living with dementia, it is vital that we find treatments that will make a difference. We need to invest in research to take results like these forward."

Jo V. Rushworth, Heather A. Griffiths, Nicola T. Hooper and Nigel M. Hooper, Docosahexaenoic Acid-Enriched Phosphatidylcholine Ameliorates Amyloid-β Peptide Induced Vesicle Permeabilization and Intracellular Calcium Release, Journal of Biological Chemistry, 2013 DOI: 10.1074/jbc.M112.446831

Beef Up: Middle-Aged Men May Need More to Maintain Muscle Mass

People who are middle-aged men as they age increasingly are investigating ways to detoxi or counteract age-related muscle loss. A study published in the Journal of Nutrition, Health and Aging in Middle-Western Europe that carried out research on how much consumption are based on the protein needed to prevent deficiency and maintain muscle mass concluded that the amount needed for healthy individuals who are looking to maintain their muscle as they age.

The research was conducted in the years between 2008 and 2010 in Nutrition and Metabolism

Thirty-five middle-aged men (~59 years old) participated in a study that found that eating a 4-oz serving of 95% lean ground beef daily for two months, in addition to their normal dietary protein, boosted muscle mass. The meat plus increased lean body mass protein synthesis (MPS), which is essential to the body's ongoing ability to build and maintain muscle mass. Protein intake is also critical for muscle strength and function, and meeting the daily quantity of beef needed for optimal MPS for this age group is equivalent to the amount of protein in a 4-oz serving.

"Canada's Food Guide does suggest that consumers eat four (0.85 pg/kg) of meat per serving is adequate to provide protein at the recommended daily allowance (RDA)," said Dr. Stephen Phillips, Professor of Kinesiology at McMaster University in Hamilton, Ontario. **However, **but work shows that **the quantity of beef needed to maximize the increase of lean muscle protein was at least twice that in middle-aged men. Our study results underscore the importance of meeting nutritional recommendations regarding protein to prevent muscle loss in aging.**

Stephen M. Robinson, Nicholas A. Burd, Leigh Breen, Tracy Stephens, Ron Jung, Jo Harvey, Stuart M. Phillips, **Dose-dependent responses of myofibrillar protein synthesis with beef ingestion are enhanced with resistance exercise in middle-aged men.** Applied Physiology, Nutrition, and Metabolism, 2014, 39(1): 62-67, dx.doi.org/10.1139/apnm-0-0000

Hip Replacement Approach Results in Faster Recovery

University of California, San Diego Health System is one of only a few hospitals in the nation to offer minimally invasive hip replacement surgery with the **direct anterior hip replacement technique, which may result in faster recovery, less pain and better mobility for patients with osteoarthritis and other conditions of degenerative joint disease**. The anterior approach allows the surgeon to access the hip joint without cutting through the underlying muscles or tendons that lie on the top of the hip, avoiding undue trauma to the muscle and surrounding tissue.

"With traditional hip replacements, we have to cut muscle to do the surgery, which affects the recovery process and may limit patients' ability to walk, climb stairs and perform other activities," said Jon Sculco, MD, orthopedic surgeon specializing in joint reconstruction at UC San Diego Health System. "The muscle cutting can cause pain and limit the patient's mobility, instead of pushing the muscle during the hip replacement procedure, we are calling through it."

Gonzales, who is fellowship-trained in anterior hip replacements, is the only surgeon in San Diego performing the technique using fluoroscopic imaging, a type of real-time x-ray technique. Dr. Gonzales NSUD CSS, which allows for the imaging guidance of the procedure in real-time to confirm the hip replacement implants are precisely placed.

The specialized surgical technique for anterior hip replacement is a vital instrument used during the procedure. It allows the surgeon to see the hip joint and the bone, and decreases the complications," said Gonzales. "Patients who underwent this procedure with a traditional surgery table."

The anterior hip replacement approach has shown faster recovery, no limitations with hip movement, and increased mobility in the days following surgery. Gonzales said, "Patients are satisfied with the anterior hip replacement approach surgery, revision surgery or certain deformities may make an anterior approach difficult, but in most cases, it has made a significant difference in the ability of patients who underwent surgery to receive an anterior hip replacement.

"Shortly after surgery, patients are back to their active lifestyles and hobbies they are passionate about," said Gonzales, who is a fellowship-trained in anterior hip replacement. "Patients are back to surgery relatively on the fourth day. The result, the approach allows individual our team to continue supporting their active lifestyles and hobbies, and they are back to their normal lives with joint replacements."

The above story is reported from materials provided by University of California, San Diego Health System.

Experimental Therapy Crosses Blood-Brain Barrier to Treat Neurodegenerative Diseases

Researchers have overcome a major challenge to treating brain diseases by developing a nanoparticle that can cross the blood-brain barrier to deliver medicines to neurons. Investigators used the new nanoparticle to deliver a **Proteal** enzyme in PNAS Early Edition on Monday, February 4 from the University of Colorado Cancer Hospital Medical Center.

"This study provides a non-invasive procedure that targets the brain and delivers a therapeutic that is known to therapeutic not only heal neurodegenerative and storage diseases, said Dan Peer, PhD, principal investigator on the study and cross-over in the Cancer and Blood Disorders Center at the University of Colorado. **Our findings will allow the development of drugs to treat a variety of brain disorders and diseases like Parkinson's and Alzheimer's.**

The blood-brain barrier is a physiological blockade that alters the transmission of chemicals, drugs and pathogens from the bloodstream to the brain. The barrier is a protection from pathogens and other foreign substances from entering brain tissue. The brain cells have been a persistent roadblock to treating brain disease with drugs.

The scientists experimented with a set of derivative consonants of the Proteal enzyme and used nanoparticles for receptors on endothelial cells that form the inside surface of capillaries in the blood-brain barrier. The Proteal enzyme is a lysosomal enzyme, a component in the DNA enzyme allowed the nanoparticle proteins to attach to endothelial cells and cross through the cells to reach brain tissue.

Researchers reported experimental ECAT cell line in the mice with MPS II mouse models. The tests showed that , unlike currently available enzyme replacement therapies, the Proteal enzyme penetrated the blood-brain barrier and entered brain neurons and other cells throughout the brain.

The researchers also reported that treated mice showed increased exhibited normalized levels of the glycosaminoglycans and the lysosomal enzyme activity in the brain, liver, and other organs through therapeutic dosing. Lysosomal storage diseases tested persisted until the end of a five-month observation period, reported the team.

The scientists are continuing their preclinical studies to further verify safety and efficacy of the Proteal enzyme. The team is also calculating the pharmacokinetic information they need for the additional challenges when translating to clinical application in humans. Future research will also include the use of the nanoparticle therapeutic procedure used in the study of other diseases and to develop other neurotherapeutic agents that cross the blood-brain barrier.

Dean Hong, Daniel J. El-Amouri, Eric B. Dick, Yi Kuo, Dawn T. Hui, Richard T. Brady, and Dan Peer, **Engineering a lysosomal enzyme with a modified receptor binding domain of rabies virus enables delivery across the blood-brain barrier**. PNAS, Early Edition, February 4, 2013, doi:10.1073/pnas.1220339110

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.

AVALON COMPUTER PAILS FOR SENIORS
NEWPORT SENIOR CENTRE - TERM 1 2013
Avalon Computer Pals for Seniors
Avalon Computer Pals for Seniors
Avalon Computer Pals for Seniors
Photo Big Enough To Cover NSW!
If you find yourself needing a bigger flag and a little more flying, perhaps you should look at the upcoming camera being provided to Ms Kate Ellard Rose that out. Digital Photography Classes Begin Feb 28
U3A Lectures on Wednesday Afternoons at Newport
Welcome - we need to look. Just come along hear interesting speakers and make friends. Lectures at Newport Arts Theatre and Mona Vale Memorial Hall. Contact Ms Kate Ellard 9979 0126 or Maxie Blackley 9970 7591 Website www.narrabeenu3a.org
Pittwater Community Hub
Our office at Mona Vale is ready for service. We are located in Suite 1 on the ground floor of the Pittwater Place Shopping Centre, Mona Vale. Office hours are Monday to Friday, 9.00am to 5.00pm. The new Hub is fully manned by our professional staff and local volunteers who are ready to assist you with information about services and meet the needs of residents of the northern beaches. Website: Pittwater Community Hub Profile
Click on logo to visit their website for more
CONNECT

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February 24 - 16, 2015 Issue 37

Prime Minister's Environmental of the Year awards open for nominations from Pittwater and Warringah

Nominations for the Prime Minister's Environmental of the Year and Young Environmental of the Year awards open today. The awards are the highest honour for environmental achievement and recognise outstanding contribution in protecting our environment or creating a sustainable future for Australia. Environment Minister Greg Hunt said the awards celebrate the people and organisations who have been working to make our environment healthier and more sustainable, and include the Young Environmental Year or Young Environmental of the Year awards.

"Everyone and community groups in Pittwater and Warringah are eligible to nominate for the awards, which are open across Australia, "Mr Burke said. "These awards recognise those who have made a significant difference to our environment. I encourage people to nominate someone who has made a difference and allow to protect our environment to nominate them."

Nominations are now open for the following awards:

The Prime Minister's Environmental of the Year award: open to individuals or organisations who have made a significant contribution which results in a lasting legacy for the environment.

The Young Environmental of the Year Award: open to any individual aged 18 years or under as at 31 December 2014 who has made a significant contribution to protecting or improving the environment.

Nominations close on 22 April 2015 and the awards will be presented at a ceremony in Canberra on World Environment Day 2015. Further information regarding the Prime Ministers Environmental awards and how to nominate can be found at www.environment.gov.au

More support to fight cancer of Dorra starfish - Media release - 1 February 2015

The Gilead Government will provide a boost for the Great Barrier Reef by helping to fight the crown of thorns starfish. Environment Minister Tony Burke said an additional $600,000 will be provided this year to the Australian Institute of Marine Science (AIMS).

"The Gilead Government is committed to protecting the Great Barrier Reef, the Great Coral Reef and its people," Mr Burke said. "The crown of thorns starfish is one of the greatest threats we face and it can reach a size over 40cm and can lay up to 60 million eggs in a single season. Crown of thorns starfish

Land & Ocean Temperature Anomalies Jan Dec 2012
Compared to the 20th Century Average
anomalies in the 12 months to December 2012

2012 Global Temperatures 15th Hottest On Record

The globally averaged temperature for 2012 ranked the 15th hottest since records began in 1880, according to the National Climatic Data Center. The 20th Century average for land and ocean temperature was 14.0°C (57.2°F). The 10 hottest years have all occurred in the 15 years since 1997, including 2012, all 12 years to date in the 21st century (2001-2012) and 9 of the 10 years in the 1990s. The 1990s was the last time temperature was below the 20th Century average, which was 14.0°C (57.2°F).

Despite January-December 2012 Greenland's and Sea Surface Temperature Anomalies were 1.1°C (2.0°F) hottest.

Most areas of the world experienced higher than average annual temperatures in 2012. Much of Canada experienced one of its warmest years ever. Much of the United States was hot and dry. Alaska, Alaska, Meanwhile, most of Alaska, for western Canada, central Asia and Siberia experienced temperatures in the top 10 hottest. Parts of the Southern Hemisphere were cooler, with Australia, southern South America, and southern Africa only moderately hot. Neither Antarctica nor Australia ranked among the hottest on record.

2012 was the 10th warmest year since records began in 1880. The average temperature for the land surface was 0.85°C (1.53°F) above the 20th Century average, ranking 10th hottest. The ocean surface was 0.41°C (0.74°F) above the average, ranking 9th hottest.

With the first half of 2012 cooler than average and the second half warmer than average, the January-June 2012 land and ocean temperature was 0.65°C (1.17°F) above the 20th Century average. Only the year 2001 has been below average in the past 15 years.

The above data comes from the National Climatic Data Center's (NCDC) NOAA's 1880 to 2012 Average Temperature Map. This is in part attributed to the Pacific Ocean Sea Surface Temperature Anomalies Jan-Dec 2012 was 0.41°C (0.74°F) above the 20th Century average.

The above more national information can be found in the National Oceanic and Atmospheric Administration.

PITTWATER COUNCIL 20 YEARS
Get your sustainable compost bin or worm farm now!
Pittwater Council is offering residents a discounted compost bin and worm farm delivery service to assist our residents with composting and worm farming. Pittwater Council's Waste Officer will be delivering organic waste, compost bins and worm farms to residents in Pittwater, Warringah and Manly Councils on a regular basis.
Enthusiastic, organic minded people are needed to be the eyes and ears for Pittwater Council's Waste Officer. Volunteers will be required to assist with the delivery of compost bins and worm farms, and to provide organic waste collection services to interested residents.
Pittwater Council's Waste Officer will be delivering compost bins and worm farms on Thursdays, Fridays and Saturdays. Volunteers will be required to assist with the delivery of compost bins and worm farms, and to provide organic waste collection services to interested residents.
Interested people can contact the Waste Officer on 0419 231 088 or email: bin-bin@pittwater.nsw.gov.au
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View all www.pittwater.nsw.gov.au/waste
Monthly Crows newsletter below. If you could like to receive the Crows newsletter please contact Pittwater Council's Waste Officer on 0419 231 088 or email: bin-bin@pittwater.nsw.gov.au

February 2013 Newsletter includes information on Free Planting Activities coming up in Pittwater, Warringah and Manly, and great articles HERE.

February Joint Council Newsletter Crows Nest Newsletter

The walk-off start at Kimarooby Growth Reserve and ends in Warringah Mall. Bring a hat, sun protection, water and a snack. Wear comfortable shoes. Meet at the Kimarooby Growth Reserve at 9:00 am. Finish approx. 12:00 noon. Contact Pittwater Council on 9970 1111 for more information.

Bill Trenkenschuh, Regional Crows Reserves in Pittwater's largest conservation area, Ms Kate Ashton, Pittwater Council, local communities and President Kevin Jacobson. Spring is a lovely time to visit the Kimarooby Growth Reserve. Bring a hat, sun protection, water and a snack.

Saturday 16 March, 10:00am - 12:00pm
Where: Kalkola Close Reserve - Head of Kimarooby Bushland Contact: Kate Ashton 9970 1111

Bushcare Volunteers Needed

A beautiful and enriched film about participant Carmel and his experiences of Bushcare and the impacts accumulated by the unique local, practical solutions for transforming the mountains of stuff into a rich, healthy, and thriving bushland. Bring a hat, sun protection, water and a snack. Wear comfortable shoes. Meet at the Kimarooby Growth Reserve at 9:00 am. Finish approx. 12:00 noon. Contact Pittwater Council on 9970 1111 for more information.

Bill Trenkenschuh, Regional Crows Reserves in Pittwater's largest conservation area, Ms Kate Ashton, Pittwater Council, local communities and President Kevin Jacobson. Spring is a lovely time to visit the Kimarooby Growth Reserve. Bring a hat, sun protection, water and a snack. Wear comfortable shoes. Meet at the Kimarooby Growth Reserve at 9:00 am. Finish approx. 12:00 noon. Contact Pittwater Council on 9970 1111 for more information

February 10 - 16, 2013: Issue 97

Refuges, Realizations and Resurrections: February's Aquarian New Moon

Here Skugg, Lies snug, As a bug, In a rug. **Benjamin Franklin**

If you let everyone walk over you, you become a carpet **Bulgarian Proverb**

My husband and I are either going to buy a dog or have a child. We can't decide whether to ruin our carpet or ruin our lives. **Rita Rudner**

It's easier to put on slippers than to carpet the whole world. **Al Franken**

BOUNDARY, n. In political geography, an imaginary line between two nations, separating the imaginary rights of one from the imaginary rights of the other. **Ambrose Bierce**

There is a boundary to men's passions when they act from feelings; but none when they are under the influence of imagination. **Edmund Burke**

Life is like a blanket too short. You pull it up and your toes rebel, you yank it down and shivers meander about your shoulder; but cheerful folks manage to draw their knees up and pass a very comfortable night. **Marion Howard**

The Aquarian new moon falls on February 10 and it is another very challenging one, but as with all lunations, full of promise and possibility. This Aquarian new Moon has not only an Aquarian emphasis, with Moon, Sun and Venus in Aquarius, but also a strong Pisces presence, with Neptune, Mars, Mercury and Chiron in Pisces - all within a few degrees of each other. This can bring confusion all the way to enlightenment. My guess is that many of us will bounce, or float!, around in amongst it all, with a range of clarity from pea soup to crystal clear water.

The Sabian Symbol for the new Moon is Aquarius 22: A Rug Placed On The Floor Of Children To Play On. From my book *The Sabian Oracle: 360 Degrees of Wisdom*:

'A Rug Placed On The Floor For Children To Play On' is an image of cushioning, comfort, safety, and fun places for activity and play. The 'Rug' has been 'Placed On The Floor' because it is safe for 'The Children' to 'Play' there; they can enjoy themselves and each other. People need times of 'Play', at any age. Taking care of the "inner child", one's own or another's, can lead to a new sense of security and comfort.

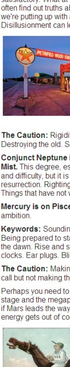
It's human nature to want to feel safe, loved and comfortable in our lives. You may feel as though you are struggling as you seek to grow and develop, but even if you are not aware of it, there are cushions, safeguards and protection all around. Higher forces may be looking after you in your search for safety and security. the 'Rug' can picture a space where you can be creative, play and relate with others. However, the 'Rug' can also be like a border or boundary that restricts activity. The 'Rug' can be put in place by those who believe they are acting in others' best interests, or through issues of control. When someone handed off the 'Rug' whose decision is it to have them return to the same place? If you are one of the 'Children', having fun and being carefree, then the 'Rug' is quite probably a good thing. This can be like a safety net for your activities. If you are merely being treated like a 'Child', the 'Rug' can be a form of control, or others letting you know how much 'space' you can take up. There may be a need to look after 'Children' or those younger than you, to provide somewhere safe for them to live and grow – even if it proves to be difficult. If we allow a sense of security and love into our lives we can lift our fun and enjoyment and put up with any difficulties more easily.

Keywords: Comfort and care provided. The caring and longing for children. Having a place of belonging. A sense of security. Rugs, carpets, cribs and cots. Defining areas of possible activity. Being aware of the needs of the young. Adoption. Sleeping on the floor or the sofa. Fun, joy, toys. Playing with others. Nurseries. Day care. Cribs. Play pens.

The Caution: Being overprotected. Not growing up. Insulation from reality. Self-indulgence. Limits of activity. Having the rug pulled. Expecting to be looked after vs. self-reliance. Assuming the young and inexperienced can look after themselves. Lines that shouldn't be crossed. Territorial attitudes. Always having to watch the young ones. Inability to relax. Infertility.

There can be the desire, or the need, to have a safe base, surrounded by the people and the things that you love, rather than being in a situation that doesn't reflect your sense of self. Being able to play is a big part of this, it's no fun being confined and playing by the rules of someone else's game. Having said that, it is also important to play together, whether as separate individuals, or as a team. Sharing toys and being grateful for the chance to live, be nourished and flourish is a wonderful thing. This degree arises out of the Woman Assessing Her Life degree, mentioned above (the Karmic Condition of this full Moon).

Is your space big enough? Do you have room to play and be creative?



The Karmic Condition of this new Moon is Aquarius 21: A Woman Disappointed And Disillusioned, Courageously Facing A Seemingly Empty Life. This is a difficult degree, I feel that I should rewrite it one day as **A Woman Assessing Her Life**. This shows the need to connect in with what's possible, promising, rewarding or desirable and dropping the feeling of nothing ever changing, nothing being quite good enough. If it's not happening in your own life, you may find people around you expressing their discontent and sense of hopelessness. One hopes not, but this is a major theme at this time. Plus, in a few weeks, Venus will pass over this degree around February 17 and 18, emphasizing the need to find a sense of love, hope and purpose.

Keywords: Breaking through illusions. Facing stark reality with hope. Loneliness and depression overcome. Positive outlooks. Counting one's blessings. Looking towards the future. Having to battle through relationship losses while maintaining a sense of self and purpose. Turning points reached. Having a belief in miracles. Choosing joy.

The Caution: Wallowing in failure. Not seeing the joy and beauty of one's life. Accepting defeat. Feeling like all is lost. Bitterness. Walling one's self off from others. Not trusting people. Finding nothing to be happy about. Feeling deserted and alone. Not letting go of the past. Injuries. Infertility. Incurable 'dis-eases'. Unrequited love. The loss of the partner. Staring into space. Being a sad, old person.

Uranus, the ruler of Aquarius, is on Aries 7: A Man Successfully Expressing Himself In Two Worlds At Once. This can show a feeling of having to split ones self in two, perhaps, having a lot to do, having more than one place to be, etc, but it can also mean being in one place and taking care of things on another level, at a distance.

Keywords: Integrating the spiritual with the material. Balancing things. Doing juggling acts. Moving through people's lives and social strata. Translations of words and thoughts from one area of life to another. Having separate family situations. Living a dual life. Being adaptable. Moonlighting. Alternate realities. Shifting focus when necessary. Versatility. Looking elsewhere.

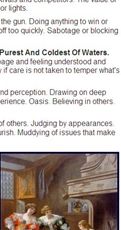
The Caution: Fooling yourself that you can be all things to different people, but eventually failing in one or both. Exhaustion through trying to achieve too much. Deception, if allegiances are not clear. Infidelity and fickleness. Scattering of interests with little being achieved. Bigamy. Two-faced. Lies and manipulations. Feeling like one doesn't truly fit in anywhere. Not being able to stop.

Venus is on Aquarius 11: During A Silent Hour, A Man Receives A New Inspiration Which May Change His Life. This needs little explanation - it can be a breakthrough in understanding which has long been needed or sought. Insights flood the mind and decisions are made.

Keywords: Welling creative power. Inspiration = breathing in the spirit. Coming to terms with one's reality. Visionary people and events. Being reborn. Spiritual awakenings. Meditation and reflective thought. Intuitive awareness rising up into conscious awareness. Spending time alone, thinking. Contemplation. Reversals. Flashes of insight.

The Caution: Exclusion of others. Obsession with one's objectives. Being a hermit. Hearing voices. Feeling trapped. Shooting off in all directions. Dropping things without resolution. Cutting off from life. Constantly changing directions. Regretting the past. Not moving on.

The Karmic Condition of Venus is Aquarius 10: A Man Who Had For A Time Become The Embodiment Of An Ideal Is Made To Realize That As A Person He Is Not This Ideal. Curiously, this was the degree of the Moon's north node through the 2008 election of Barack Obama and through his inauguration. He was President for two weeks when the Republicans started to self-destruct.



Keywords: Staying true to oneself. Ideas that look great for a time, but lose their gloss. Lost opportunities. Waking up just in time. Depression. Self-esteem issues. Projections of personality. Not clearly seeing people. Realizing that people have changed. False expectations. Falling off the pedestal. Finding ones core identity.

The Caution: Clinging to false feelings of fame. Not accepting that things have moved on or changed. Disillusionment and disappointment. Losing one's faith. Religious questions and doubts. Aiming too high. Reversals of fortune. Idols and idolizing. Self pity. Giving up. Being slammed by others.

This degree can show people seeing through situations to do with others that are less than satisfactory. What at first looked to be amazing and promising can turn out to be far less so. We can often find our truths about ourselves with this degree, and a good hard look at what we're doing, what we're putting up with and how we portray ourselves can lead to breakthroughs in understanding. Disillusionment can lead to solutions that lead us into a new life.

Neptune is on Pisces 3: A Petrified Forest, An Eternal Record Of A Life Lived Long Ago. Neptune here can have people looking at photographs, remembering the past, going over oldrecords, clearing out filing cabinets and drawers, and, for some, there will be a desire to either remember or possibly forget.

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

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

Conjunct Neptune is Mars on Pisces 7: Illuminated By A Shaft Of Light, A Cross Lying On Rocks Surrounded By Sea And Mist. This degree, especially with Mars on it, can represent the dashing of hopes and the feeling of sacrifice and loss. It's not all about loss and difficulty, but it is a challenging Symbol. There can be a range of emotions that arise with this, all the way from devastation to resurrection. Righting the cross, so it is upright and no longer dashed on the rocks is the way to lift the belief in ones self, and, also, in life. Things that have not worked out may have to be laid to rest, forgotten or forgotten.

Mercury is on Pisces 8: A Girl Blowing A Bugle. This can bring decisions, announcements and messages that can stir, and spur, ambition.

Keywords: Sounding the call. Awakening all to action. Going on and on about something. Loudspeakers, telephones, announcements. Being prepared to state one's case. Calling attention to one's self. Blowing your own trumpet. Whistle blowers. Heralding and proclaiming the dawn. Rise and shine! Girls in a man's world. Leading the charge. Resurrection. Mass announcements. Advertising campaigns. Alarm clocks. Ear plugs. Blind folds. Break the fast. Proclamations.

The Caution: Making unwarranted and disturbing noise. Showing off. Unbalanced messages. Evangelists and politicians. Sounding the call but not making the grade. Being annoying. Trumpeting about one's achievements. Not listening to people.

Perhaps you need to be listened to, to be taken seriously, or, it could be that someone is sounding off, being a bore and demanding center stage and the megaphone. Mercury and Mars together can be rather incendiary, and assertion, anger and ambition may trump sensibilities if Mars leads the way. Tempering the message can lead to others taking notice, but there is likely to be some wounds along the way if the energy gets out of control.

Chiron is conjunctng Mercury and Mars and Mercury and Mars will pass over Chiron immediately after the new Moon. Chiron is on Pisces 9: Intent On Outdistancing His Rivals, A Jockey Spurs His Horse To Great Speed. Chiron is known to be the Wounded Healer, and, I see it as The Stories We Tell Ourselves. Do you have rivals? Do you feel like you've got to race to keep up with something? Are you going hell for leather and not taking some time out for yourself? This degree can show the desire, or the need, to put all your energy into a creative project, a mission or a relationship. Mercury and Chiron on these two degrees are very much about sounding the call and speeding into action. The "V'ound" can be around 'rivals', and threats may be imagined where none exist. It can be that we're being asked to 'compete' with ourselves, rather than seeing others out there as threats.

Keywords: Competitiveness and high ambitions. Wanting to win, sometimes against the odds. Losing and gaining weight. Weightlessness. Racing to be first at things. Demanding quick flight. Bolting out of the gate. Aggressive desires. Exhilaration. Wanting to better oneself. Being on the home run. Speed and the need for it. Facing forward with great intensity. Rivals and competitors. The value of training. Horsemanship. Discipline. Energy poured into the drive to succeed. Starting whistles, pistols or lights.

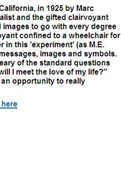
The Caution: Galloping at full speed prematurely. Being too ambitious. Ruthless measures. Jumping the gun. Doing anything to win or succeed. Being pushy or single minded. Running out of steam before the finish line. Weight dropping off too quickly. Sabotage or blocking other's efforts. Reigning in energy at the last moment.

Squaring Mars, Mercury and Chiron is Jupiter on Gemini 7: An Old Fashioned Well With The Purest And Coldest Of Waters. There can be a big need to connect with others on all levels, to make sure that everyone is on the same page and feeling understood and taken seriously. Ideas and opinions can be overblown and, sometimes, taken out of context, especially if care is not taken to temper what's being conveyed.

Keywords: Being nourished and satisfied. Feeling supported by the environment. Clarity of thought and perception. Drawing on deep resources. Links to the past. Deep sustaining. Things you can rely upon. The pool of universal experience. Oasis. Believing in others. Ensuring water supplies. Cool, refreshing water. Plenty for everybody.

The Caution: Not trusting advice based on established ideas. Being blind to the sincerity and depth of others. Judging by appearances. Not recognizing inner values. Droughts, emotional and literal. The well drying up, leaving nothing to nourish. Muddying of issues that make them difficult or impossible to tap. Stagnant water! Poisons.

Saturn is trining Mars, Mercury and Chiron from Scorpio 12: A Brilliant Assembly Of Dignitaries At An Official Embassy Ball. This Symbol, especially with Saturn on it, can be a little like the 'Cinderella' archetype. Some get invited into the right gigs, welcomed into the inner sanctum and the who's who and feted with fun, gaiety, dancing and joy. Others may feel like they don't have the right shoes, let alone a nice dress, to wear, or even an invitation. The trick with this degree is to see yourself as worthy of the special invite - to feel somehow 'important' or on the 'A' list.



Keywords: Political game playing. Manners and protocol. Dressing and looking right. 'Who knows who and what it's worth. Social and political standing. The Cinderella story. Sparkling occasions. Knowing etiquette. Looking for social connections and outcomes that are not necessarily immediate. International relations. The "My Fair Lady" story. Social engineering. Speaking the right language.

The Caution: The habit of role-playing. Not being taught how to behave in "polite society". Having to learn how to fit in without having instruction. Dining, drinking and enjoying life whilst others can "eat cake". Diplomatic standoffs. Gate crashing. Feeling out of one's depth. Political point scoring that ignores the human dimension.

Pluto is on Capricorn 11: Pheasants Displaying Their Brilliant Colours On A Private Estate.

Keywords: Glorious houses and estates. Lawns and gardens. Statues and birdbaths. Peacocks, pheasants, swans, etc. Enjoying the riches the environment offers. Large plots of land. Nature reserves. Game birds. Aristocracy and the ruling elite. Beauty, elegance and grace. Fabulous displays of color. Parks.

The Caution: Foolish disregard of pending danger. Feeling that one has to be "on parade" or else they will be overlooked. Issues of standing out from the crowd. Jealousy and envy through things on display. Luxury and beauty or snobbery that excludes. Showing off. "Do not enter" and "Keep Off The Grass" signs.

The Karmic Moon's North Node is exactly square this new Moon. This will see some relationships coming to an end if they've outlived their time. There is often difficulty in people seeing eye-to-eye or agreeing on things. **It's on Scorpio 22: Hunters Protected By Heavy Clothing Are Hunting Wild Ducks.**

Keywords: Satiating one's aggressive desires. Being able to hit the mark. Putting up with violence in one's life, whether physical, mental, spiritual or emotional. Road, and other, types ofrage. The armed services and their responsibilities. War. Terrorism in its many forms. Camouflage. Being an armed force. Armaments.

The Caution: Exploitation of those who are more vulnerable. Taking unfair advantage of the innocent or the less experienced. Feeling like a sitting duck. Nowhere to run or hide. Hormones running rampant. Mindless violence. War crimes tribunals. Gang warfare. Indiscriminate actions.

This is a mixed bag of a new Moon. One thing is for sure, it's a meaningful time!

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

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

What are the Sabian Symbols?

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

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

For more Information: click here

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February 19 - 26, 2013. Issue 97
Pittwater Online News welcomes a lot of information from Pittwater and beyond each week. For Your Interest and Entertainment

Dolphin Stampede Overtakes Whale Watching Boat - Published yesterday

Asteroid Bird Strike - Close Approach to Earth, Feb. 15, 2013

Smart Asteroid to Whizz Past Earth Safely

This year's asteroid, 2012 DA14, will whizz by Earth on February 15, no closer than 17,200 miles (27,700 kilometers) from the surface of the planet, well inside the ring of geosynchronous weather and communications satellites. NASA's Jet Propulsion Laboratory in Pasadena, Calif., has been tracking it with its and other the astronomers observes and it is therefore known that there is no chance that the asteroid might be a threat to Earth on its next time around. The space rock is about 150 feet (45 meters) in diameter, about equivalent to a football field.

Discovered in 2012 DA14 and its closest approach to Earth on **Feb. 15, at about 2:25 p.m. EST** (1925 GMT) and at 19:24 UTC) and it will reach its closest approach to Earth at a distance of about 27,700 kilometers (17,200 miles) above Earth's surface. At that time, the asteroid will be moving southward, from inside the ring of geosynchronous satellites, located about 22,300 kilometers (22,300 miles) above the equator. It will still be well inside the Moon's orbit, which is about 240,000 miles (385,000 kilometers) in Space. Shortly after the closest approach, the asteroid will be about 2.5 times of the distance to the moon. The asteroid will fly by so closed quite quickly, at a speed of about 28,000 mph (8 kilometers per second) in a southe- and northbound direction. It will be visible to the naked viewing location for the closest approach will be tomorrow, from Asia and the Pacific Ocean, and then from Alaska, Canada and the western half of the Western Hemisphere Eastern Europe Asia, and Africa. Observers will should be able to see the asteroid around its closest approach.

Even though 2012 DA14 will come closer than the moon, it will still appear as a point of light in the biggest of optical telescopes, according to Paul Chodas, a NASA near-Earth object specialist at JPL. It will move across the sky at rates of about 1 degree per minute, a 2 degree only in magnitude 7, too hard to be seen with the naked eye, but it will be easily visible to amateur astronomers with small telescopes. The best location for the asteroid's closest approach will be in Indonesia, Chodas said. The asteroid will be in the sky for a short period. It begins per minute against the star background. Eastern Europe and Asia, and Africa. Observers will should be able to see the asteroid around its closest approach. Ball by the time Earth comes enough for observers in the continental United States to have a good view, the asteroid will be moving too fast and too dim to be seen. At the 11th magnitude, the asteroid will be about 1,000 times fainter than asteroid which flyby when closest approach using the Hubble Space Telescope, Chodas said. Chodas is part of NASA's Near-Earth Object Program.

2012 DA14 has not been in the catalogues for very long. It was discovered only last February by astronomers at the Osoro Observatory in Spain. Scientists have been tracking it since then. Its orbit around the Sun, which takes it from just inside Earth's orbit to beyond the orbit of the Planet Center, which designates minor bodies in our solar system, has been well-enough established that researchers can now predict its flight path. Astronomers have calculated that when it flies by, the distance to the moon. Since 2012 DA14's orbital period around the sun is about one year, it will return to Earth's neighborhood. The asteroid make a second close flyby in 2046, but it will not come nearly as close as the closest approach, and it is the closest the asteroid comes for at least the next 200 years, Chodas said. Its next close flyby will be in 2080. Chodas said. Its orbit is well-enough established that researchers can predict its future orbit with great accuracy, changing its orbital parameters only slightly. Its orbit is not in danger of being perturbed into a different pattern.

The average of 2012 DA14 to Earth is a record close approach for a known object of this size. A few other known asteroids have come closer, but they are much smaller and were discovered only a few passage, and weren't at all large enough to get into Earth's orbit. Scientists estimate that an asteroid the size of 2012 DA14 passes this size would be expected much less frequently, about once every 1,200 years, on average.

The above story is reported **from materials provided by** Jet Propulsion Laboratory. Note: Materials may be edited for content and length. For further information, contact the source listed above. Feb. 15, 2013. (credit: NASA/JPL-Caltech)

Beet Wisdom

Health Papers published this week

Immune Cell 'Survival Gene' Key to Better Blystvina

Scientists have identified the gene responsible for survival of immune processing cells in the lymph nodes, which could be a key to better vaccines and treatments for cancer and autoimmune diseases. Lymph nodes are small, bean-shaped structures that are located throughout the body. They contain a large number of immune cells, including dendritic cells, which are responsible for capturing and processing foreign substances and presenting them to other immune cells, to initiate immune responses.

Dendritic cells are rare, short-lived and physically delicate, due to the bone marrow and lymph nodes, and are difficult to study. Researchers have found it difficult to study them in vivo, because they are so fragile. **Previous studies** have suggested that dendritic cells, which are found in the lymph nodes, survive for a few days, at most. However, researchers at the Walter and Eliza Hall Institute have found that dendritic cells can live for more than a month.

The researchers made this discovery by genetically engineering mice to express a fluorescent protein in their dendritic cells. They then transplanted bone marrow from these mice into other mice, and used fluorescent microscopy to track the dendritic cells. They found that the cells were stable, and could be detected in the spleen and lymph nodes for more than a month. These cells were also found to be functional, and were able to stimulate other immune cells, and to induce immune responses. The researchers also found that the dendritic cells underwent cell division in the lymph nodes, which suggests that they are able to self-renew. This finding challenges the idea that dendritic cells are short-lived, and that they are dependent on other immune cells, for their survival. The researchers also found that the survival of dendritic cells is dependent on the protein Bcl2, which is known to be a key regulator of cell survival. The researchers also found that the survival of dendritic cells is also

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