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Karen Draddy – Tribute and Celebration Of A Wonderful Life

There was standing room only by 11.30am for the Memorial Service for Karen Draddy at Mona Vale on Wednesday and by the 12pm commencement close to a thousand people had gathered to honour this wonderful woman. Feeling and emotional tributes were interspersed with laughter despite tears, anecdotes about a long career peppered with instances of moral fibre and passion underlined Karen's determination to not only ensure no one left on her watch but the safety of women and nurses became better. Four eulogies from friends, colleagues and family were followed by shorter tributes from patients and those she had served beside.

We share extracts from those who spoke at the Service for Karen, with the kind permission of her family, for all of you who could not attend or fit inside the chapel:

Four Eulogies:

Mathew Fear, cousin of Karen:

This morning I'd like to welcome everyone here and thank you all for coming. We knew in Karen, being the kind of person she was, that there would be so many people who would want to come here and celebrate her life. Thank you very much.

My name is Mathew Fear and along with my brother Kevin and sister Rebecca, we were Karen's cousins. My mum Janet and Karen's mum Pat were sisters. They (the Draddys) had a very close bond with us and as a consequence we visited them and they visited us quite often over the years, first at Dee Why, then at Botany, finally at their family home at Tuggerawong on the Central Coast. The Fear kids were quite often billeted out to stay with the Draddys in school holidays. Some of the time when mum and dad travelled or needed a break, sometime there was an impromptu overnight stay, sometimes for a weekend, but more often then not for a week or so at a time. Staying with Auntie Pat and Uncle Morrie (Maurice) it was obvious they shared a love for each other and Karen and they loved us and loved us all completely. I have no doubt that Karen learnt from them her mediation skills, her generosity and her persistence.

My fondest memories of Karen from that time are of many trips to the beach, the fair and just about anywhere else she could think of to take us kids. She was like a big sister to us. She was always quiet about her achievements and would often tell friends about our latest exploits and this remained evident to this day when her friends recount stories of my early and not so early adventures. It wasn't until much later that I realised the selflessness of her actions. This was the time of her life and she chose to spend it ferrying her young cousins from one place to the next and she loved it. She was always there for us, always generous with her time and always generous with her love.

More recently our mum Janet developed breast cancer and Karen didn't hesitate to offer herself as mum's carer and moved in with mum and 'Bec as she recovered from numerous surgeries. Not long after this Karen herself was diagnosed with breast cancer and moved back into mums and the roles were reversed. I know she took great pleasure in announcing the news at her 60th birthday celebration last year that she was free from cancer and looked forward to enjoying a long and healthy retirement. It is an absolute tragedy that the Lord should choose to call her so young and so quickly.

Karen Draddy was a one of a kind. She always put the interests of others before her own. She brought joy and laughter to all who knew her. We're all devastated by her loss. We miss her completely. And we'll never forget what an absolute gift she was to have in our lives. Thank you

Continued

Karen Draddy Picture by Michael Mannington, 2012.

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Karen being Karen, photo by Michael Mannington.

Mathew and Kevin Fear

Trish Keating, friend and colleague:

Karen Draddy was my best friend. We first met and became mates during our midwifery training in 1973 and 1974. Karen was best known by her nickname 'Drad' and called this by all her knew her. During her stint we were often invited to a party by a friend to a party in Moncur Street Woollahra, the same street made famous by the TV program Number 96, a house owned by Paul _ , who became great mates with Karen. A long time after their friendship started he called into the family home in Tuggerawong. Her mum answered the door and he asked to speak to 'Drad's. She said "I'll get Karen for you.", he said " No, I want Drads" as he did not know that Drad's name was 'Karen'.

After our training was completed I went overseas and Karen stayed on at Auburn until 1978. Then she and I explored the USA with a backpack, a 63 day pass on the Greyhound buses and our bible; a book on 'How to Survive in the USA on $20 A Day". A couple of quick stories about that trip;
One day Karen and I hopped on the cable car in San Francisco. We beat a fellow passenger to the last spare seat. She was most indignant and said "You Southerners, you're all so rude." And Karen, in a very broad Aussie accent said, "Lady, we come from so far down south we have Polar Bear juice for breakfast!"
I could barely contain my glee.

I was very worried about travelling to New York, worried we could get accosted by some very unsavoury characters. Karen was eager to go and told me not to be silly and only to worry if we got rolled for our dough, then we'd be in real trouble. In the end we had a trouble-free and great few days there.

Karen, while not having any children of her own, mothered quite a few, in particular her young cousins Kevin, Mathew and Rebecca. On one occasion when their parents were overseas and Karen's mum Patty was in charge of their care, young Mathew refused to go to school. In a phone call later that day to Karen Patty mentioned this; she said to her mum "Get him ready and I'll be over." She drove over and it was after lunch by the time she got there. She put Mathew in the car, took him to the Principal's office, gave him a dressing down and event the Principal was shaking in her boots…. But I don't think Mathew ever again missed going to school. At least on Pattie's watch.
Karen was the kindest and most selfless person I could wish to meet. As illustrated by the following example; one day while Karen was visiting me during my pregnancy I was having a whinge about not being able to fit into my shoes because of my extremely swollen feet. She took off the canvas shoes she had on her own feet; special hand-painted shoes given to her by a friend of hers. She told me to try them on, they fit and I wore those everywhere. Karen was godmother to my son Sean and fairy godmother to Erin. After Sean's arrival Karen wasn't too fused with changing nappies or pacifying crying babies. She told me when Sean was old enough to hold a conversation and old enough to go out for a meal then she would take on her role. And this was something she did until her demise. She supported every raffle, spell-a-thon and fundraiser those children brought home. I was always to include her and she would always forward a cheque. She was always interested in their school progress, their sports and interests and would engage in conversation, one on one, and they adored her presence in their lives.

Karen was engaging and connected well with all walks of life, young and not so young, black, white, high-flyers, and heads of state. She was intelligent, articulate and well-versed to speak on any topic or current affairs to one and all. We've all been at one time or another her captive audience. One of her favourite pastimes was reading, she was an avid reader. I think she gained this love from her parents as on weekends Karen would usually retreat to the family home where she would truly unwind. It was not uncommon to see them nestled throughout the house with a book in hand, immersed in a story. Her other great love was spine-bashing.

Her father Maurice passed away in 1974, she was very close to him and they'd bounce off each other. I remember her telling me on one occasion of travelling on Tuggerawong road. Her father, a passenger, criticised her driving. She stopped the car, told him to get out. He thought she was joking but she was deadly serious. She then drove home, made herself a coffee, drank it and said to Patty; "I think I'll let him suffer a little longer." Eventually she returned to where she'd left him and he ***never*** said anything adversely about her driving again.

Karen took Leave in 2003 to nurse her mother, who also died from mastitic breast cancer. She was inspirational, so very gentle and patient. Karen cared for her until her death.

Over the years Karen had taken trips to Canada with her great friend Cathy who had worked there and had family. Karen was instantly adopted by her family as she was by my own. Karen and Cathy had planned one more big world tour which they hoped to do in her retirement; but it was not to be. It was when Karen took long service leave that she discovered her breast lump and underwent treatment. It was a devastating blow to her future. She realised this wasn't a cure and said on more then one occasion that she would not make old bones. She had dreamt of having a retirement-come sixtieth birthday party six years before her battle with cancer; it was always to coincide with her official retirement as her birthday was in late December and a busy time for everyone. Karen's party was fabulous; I looked around at all the people who were guests. There was one table who were family and the rest were all her friends. I realised that Karen's popularity and the extent of her circle of friends. She was well loved and respected by all her friends and work colleagues.

Karen's baby was Mona Vale Maternity Unit where she was Unit Manager for approximately 27 years. She was passionate about her work, a devoted and staunch supporter of her staff, and heartbroken when the unit was closed and moved to Manly (Hospital).

In late November I had the pleasure of taking Karen to the Opera House to see a comedy as a birthday treat. We had a great day followed by dinner. My daughter, who invited herself, recently told me, unbeknownst to me when I got up to get a drink, that Karen made some comment about my driving. I only found out later when Erin was sharing a laugh with her brother and was texting and made a boo-boo and texted me instead of him. Karen had never said anything to me as I knew what she did to her dad and it was a long walk home to Avalon.

Karen's health deteriorated quite quickly. She had commenced oral chemotherapy and had experienced overwhelming fatigue, nausea and pain. I rang her everyday and she would always sign off "Love you." And I would say "Love you too."

When I visited her during these weeks she told me she had had a fascinating life and for that I am so pleased. I was once told that if during one's life one achieved one true friend then one had really achieved something. I am so lucky to have achieved that and notice that Karen has also excelled in her achievement. On the 2nd of January I made a dash from Port Stephens to the hospital and arrived one hour after her passing. She looked so peaceful and pain-free with not a wrinkle on her face that to wish her back would be selfish. So, thank you Karen for being a wonderful, loyal, steadfast and kind friend. My life was much richer for you being in it. May the road rise to meet you, the wind be always at your back. May the sun shine warm upon your face, the rain fall softly upon your fields. And until we meet again, May God hold you in the palm of his hand.

Kerry Heinrich, friend and flatmate:

I first met Karen when she commenced working at Mona Vale Hospital on October 4th 1981 where she worked for 28 years as the NUM of the Maternity ward. Karen represented on almost every committee in the hospital at one time or another for clinical, corporate and management at local and State levels. Karen was elected official NSW Nurses Association branch member at the hospital and spent many years as President and Vice President representing and advocating for nursing and midwifery and was made a Lifetime Member in 2012 which she was extremely proud of. She was also was a lifetime member and past President and Secretary for Nursing and Midwifery Unit Managers' Society of NSW. Every day she would have someone in her office needing help or advice or giving or receiving code of silence information. Karen worked on many tribunals, for the Nursing and Midwifery boards of NSW as an expert consultant.

In 2005 Karen was named Pittwater Woman of the Year, a role she was completely surprised and humbled by. In 2009 they moved her beloved Level 4 to Manly without Karen which caused her much distress as she wasn't there to support her staff. Karen was placed in Complaints where she would spend the next 18 months of her working career and as usual put all she had into making this different role a success.

While on long service leave in July 2011 Karen was diagnosed with breast cancer which she dealt with her usual positivity, bravado and strength. Karen retired on March 11 2012 and remained very positive and had many dreams and plans. She never got to fulfil her dreams.

I remember in 1992 when we were both living in the nurses home, supposedly to save money, when this figure appeared at my door and said 'we need to get out of here and own our own home'. We wouldn't be able to achieve this on our own (separately) so I thought this is not a bad idea. We decided we wouldn't live past Newport but I did go and look at a place in Avalon. I marked on the brochure 'HAS POTENTIAL'. We decided to go and have a look, how fortuitous that the estate agent had had his babies at MV and my brother was the bank manager. To cut a long story short we bought the house. In December 1992 we got the keys for our new home. So, excited, we went to have a look. We burst into tears saying OMG what have we done! But after a lot of hard work we finally moved into our new home in May and 20 years later we still shared our home.

We were planning to pull down and rebuild a dual-occupancy so we could retire, still be close but in our own little homes and look after each other. We had tried to think of everything that two little old ladies would need in retirement. Everything in place the plans were to go to council on January 24. Karen wanted me to continue with our plans but it wouldn't mean the same to me to continue without Karen.

Karen was a very proud DOG GOD MOTHER to Madison Kate and took the role very seriously. Each year I travelled Karen was the only person I trusted to leave Maddy with, we would text everyday while I was away and I would get a daily update on what Maddy was up to. She used to say if anything happened to Maddy while I was away she would put her on ice till I came back. Maddy Kate was a great comfort to Karen in her last few weeks.

Kerry Heinrich, Mona Vale Hospital with Anthony Dombkins, Director of Nursing and Midwifery for the Northern Sydney Local Health District, photo by Michael Mannington at the event organised by MVHA and held at Ornella Tamaino's home

Sean and Erin Keating Poems:

God Took Her To His Loving Home
God saw her getting tired, a cure was not to be.
He wrapped her in his loving arms and whispered 'Come with me.'
She suffered much in silence, her spirit did not bend.
She faced her pain with courage, until the very end.
She tried so hard to stay with us but her fight was not in vain,
God took her to His loving home and freed her from the pain.

GOD LOOKED AROUND HIS GARDEN
Author Unknown

God looked around His garden,
And found an empty space;
And then looked down upon this earth
And saw your tired face.

He put His arms around you
And lifted you to rest;
God's garden must be beautiful
He only takes the best.

He knew you were in pain.
He knew you might never get well upon this earth again.
He saw the road was getting rough and the hills were hard to climb-
So He closed your weary eyelids and whispered, "Peace be thine."

It broke our hearts to lose you, but you never went alone,
For part of us went with you the day God called you home

Kathy Baker AM – Professional Eulogy:

As I look around at all the wonderful family, friends and colleagues gathered here I can actually see Karen. I can see her beautiful smile and can't you see those beautiful twinkling eyes. I'm here to speak about Karen's Professional Life today.

Like many of us here today I got to know Karen through work where she provided me with advice and support as the area Director of Nursing in Northern Sydney and then as Chief Nursing Officer for N.S.W. I know I speak for all of her friends and co-workers when I say how very much she will be missed. I'm so honoured to have this opportunity to share some of Karen's significant achievements with you.

Karen completed her General Training at Gosford Hospital in 1973 followed by Midwifery at Auburn Hospital in 1974. That was the beginning of a long professional career spanning 41 years working for N.S.W. Health. Karen never sat back waiting for someone to ask her opinion – if she had a view she shared it! Midwifery and our health services (our patients and staff) in Northern Sydney are the better for it. One of the best things about having Karen as a colleague was that she was always prepared to give you a hand – something that I've been grateful for myself on numerous occasions, and I am not alone in that. Just having Karen around made you feel better, whatever the challenge, and we all got to know her quick smile and ever ready words of encouragement and her view.

Karen was held in high esteem by all at Mona Vale Hospital. In a recent article in the Pittwater Online News Karen was asked 'What is your motto for life or a favourite phrase you try to live by. Her reply; 1) See a job and do it and 2) Don't go home till the job's done.

What eptiomises that comment is Karen's professional commitment, which was significant. If I were to list them all we would be here for a few more days! So, I would like to share some of those with you as this highlights an individual who has given much to our profession, Health Services in general and our society.

Over many years Karen has been involved with the Nurses and Midwives Association as Branch President and Vice President. She was a member of the Royal Australian Nursing Federation and the Australian College of Midwives. One of her greatest loves was to become a Life Member of the Nursing and Midwifery Unit Manger's Society of N.S.W., where she was an Executive Member for several years, Past President for two terms, News Editor and Secretary.

Karen was also the Nursing and Midwifery Unit Manger's Representative when meeting with the Chief Nurse and Midwifery Officer, N.S.W., the College of Nursing, now The Australian College of Nursing, General Secretary N.S.W. Nursing and Midwifery Association, Australian Medical Association and the Minister for Health.
Karen was a panel member for Tribunals and Professional Practice for the Nurses and Midwives Board of N.S.W. She was a Representative of the Northern Beaches Lactation Interest Group; Member of Soroptimists International of Manly Club – where she was the Past President for two terms, Vice President, and Treasurer and a Member and Vice President of Mona Vale Hospital Auxiliary. Mr Rob Stokes Mp (Pittwater) acknowledged Karen (and others) for their fabulous work and for the provision of services to Mona Vale Hospital in April 2008.

As we all know Karen's greatest love was Midwifery and this love of Midwifery spanned over 26 years at Mona Vale Hospital from 1983-2009 where she was Nursing and Midwifery Unit Manager and then Complaints Manager for 18months, serving a total of 28 years at Mona Vale Hospital and the Northern Beaches Health Service.

On the 4th of January Mr Stokes said "Karen's ability to comfort women, offer reassurance and advice to families and provide professional assistance was second to none and Karen's passion for our community and the health and wellbeing of local mums and bubs had to be seen to be believed."

Hon. Rob Stokes and Deborah Carter, loving friend of Karen's.

Over this 28 years Karen etched her knowledge, support, mentoring, passion, stubbornness, advocacy and tenacity into her role and she indeed became an icon not just at Mona Vale Hospital but also within Northern Sydney LHD and for Maternity Services across N.S.W.

I cannot go further without mentioning Karen's passion and sense of humour and let me share with you all an amusing story that one of my colleagues tells – what happened was this….

The General Manager (not the current incumbent) at the time changed the policy stating nurses and midwives could not wear their uniforms to and from work - Karen made a time to meet with the General Manager and asked him to explain why the change in policy especially in light of the fact that nurses and midwives had to pay for their uniforms - The General Manager would not budge - Karen then asked what is expected that the nurses and midwives wear? – Anything, the General Manager replied, as long as they were covered - as Karen lived across the road to Mona Vale Hospital she wore her nightie, dressing gown and pink fluffy slippers to work for a week - the policy was changed!

What I have said here today is a snapshot of what Karen had achieved in her short 61 years. Karen has been a true leader, a true and loyal friend and colleague. She has demonstrated this to us with high integrity and through her professionalism for causes that were dear to her and we are all the better for that. It has been a privilege to share some of Karen's professional career with you.

'Legacy' is a very over-used word these days; it seems that everyone and everything has to have one – but with Karen it's true: she left behind a very real legacy, which will affect the way we do things in Midwifery and at Mona Vale Hospital for a very long time to come.

On a personal level, every one of us who knew Karen and worked alongside her whether things were going well or badly will remember her with great affection. When all is said and done, however much you like your work, it's the people you meet in it that really matter and colleagues like Karen are something special: you don't come across many of them and when you do, they leave a lasting impression. Karen, you did do it your way!
We're really going to miss you.

Eunice Raymond, Chair of the Save Mona Vale Hospital Committee:

We were overjoyed towards the end of last year when Karen came onto our committee. We thought 'wow!' here's this lovely lady with a personality bigger then all outdoors, knows everybody, not afraid to turn up and be counted, she's really going to help us along with inside advice on how to deal with Jillian Skinner and others in Health…. And she was an enormous help as you have heard so many times today. Rest assured we will continue the fight for our hospital and will try to get as much as we can there with your help but I know that behind us all will be Karen; "go on there, get in there, stand up." And would like to close with the lines 'Do not cry because I am gone, smile because I have been.'

Hon. Jillian Skinner NSW MP for Health:

Can I say that I'm here, and I don't often attend funeral services (like these), because I truly admired and respected Karen Draddy. I'd known her for several years. As you probably know I was Shadow Health Minster for 15 years and I met her on many many occasions at the big rallies, at the small ones and in her capacity as Nursing Unit Managers for Midwifery and she was always very generous, courteous and willing to share ideas. I admire people who have the courage to put their views. She wasn't fussed by somebody being a minister or anything like that. She was just Karen and she was honest in her views. I now stand here to tell you Rob Stokes, in the last election, he and I stood outside Mona Vale Hospital with a group of local people and promised we would reopen the Maternity Department at Mona Vale. (applause interrupts). Can I say that it took a while for us to do that, even though some people thought that wasn't a good idea, but the Minister, and certainly Mr Stokes, had made a promise and Karen was not somebody that you promised something to and then walked away from. So the reopening of the Maternity Unit at Mona Vale Hospital, and it was an expensive job as a lot of capital investment work was needed, was really due to Karen Draddy. So the Maternity Unit at Mona Vale Hospital is Karen Draddy and can I tell you that when the new Northern Beaches Hospital opens, and I do say when, it will not be 'if', it will be when, the Maternity Unit in that hospital will be run along the lines that Karen would have wished because she was a true professional and I think she had, at heart, the interests of everybody, not only in this part of the world but also the rest of Australia. So I honour Karen by being here.

Anthony Dombkins, current Director of Nursing and Midwifery for the Northern Sydney Local Health District praised Karen's contribution and feisty nature. Former patients and colleagues reiterated the outstanding work and care this lady had given to one and all, not only in shaping reforms as a member of the Tribunal, even while ill, but also from decades past when each and every mother who passed through her ward, and their needs, were met. Some spoke of her great voice, not only in hearing her coming along the ward but also when attending rallies to save Mona Vale Hospital.

At Mona Vale Golf Club afterwards, with a great view of Mona Vale Hospital, people gathered to share more anecdotes about Karen. Her great friend Ornella Tamaino related one mother's story. This lady, in labour for too long, had Karen called who came in and told her to "push" with such emphasis that the recalcitrant child decided to obey almost immediately.

Vicki Foley, Ornella Tamaino and Beverly Jones - Karen's friends since childhood

We will miss Karen's voice in our community. Her family, friends and colleagues will miss her presence, dedication to women's health and the energy applied to ensuring Mona Vale Hospital remains the place Pittwater people choose to give birth to their children. Eileen Gordon, President of the Mona Vale Hospital Auxiliary, among many others we spoke with at the wake on Wednesday who also raised this idea, expressed a sentiment in our community to have the Maternity Ward named to honour Karen Draddy. Letters to support this may be addressed to Eileen care of The Kiosk, Mona Vale Hospital, PO BOX 81, MONA VALE NSW 1660.

Jean Beveridge, Hon. Bronwyn Bishop, Gail Carew and Eileen Gordon, MVHA

Attending to pay their respects were Hon Rob Stokes MP for Pittwater, Hon. Bronwyn Bishop Federal MP for Mackellar, Hon. Jillian Skinner, former Mayors Harvey Rose and Patricia Giles, who had written a lovely poem especially for Karen, Cr. Bob Grace, Deputy Mayor of Pittwater, Cr. Alex McTaggart, hundreds of friends, colleagues and her family.

Psalm 23 was the reading requested by Karen's family to close the service. Our **Profile of Karen** gives a small dose of her voice.

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January 13 - 19, 2013: Issue 93

Articles This Week:

Karen Draddy Tribute - A Celebration of A Wonderful Life

Author Talk for *Face of Extraordinary: Volunteers* - this great book, celebrating volunteers in every area they're needed, stems from 22 portraits by Stephanie Brown currently on exhibit as part of Artspot 2013. Lorrie Morgan, President of PCA, also attending and one subject in this work, spoke briefly of plans for a Pittwater Art Gallery!

Summer 2013 BirdFest - Brown Thornbill

Pittwater - Coff's Harbour Regatta 2013 Wrap Up by Damian Devine

Pittwater to Coff's Harbour Ocean Race Start - **Pictorial Celebration**

Reflections by George Repin: KOKESHI DOLLS

All Previous Articles

Profile: January Gents 2013.; Doug Elliott is a gentleman who has done much for our community and also a talented wordsmith with a new book out for Summer Reading called *The Link*. A small insight on one our quiet achievers.

Previous Profiles:

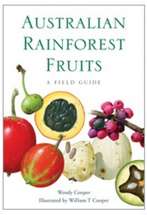
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie 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 Sonja Elwood June Lahm Valerie Vickers Karen Draddy Betty King David Hanley Les Ball Paul Webb Malo Legardinier E G Constructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. Nina Curtis Robyn McWilliam Gretel Pinniger Ted Blackall Edwin Barnard

History: Summer Saltwater Mix 2013: Pittwater Regattas and Flagships Part I – Steamers and Ferries of Pittwater

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

Park Bench Philosopher: Song for All Seas, All Ships from *Leaves of Grass* by Walt Whitman + another chap singing about SAILING in the 1970's.



Books: The Hobbit and The Lord of the Rings: Boxed Set, Mr Stink (for Children), Water Access Only, Capturing Time - Panoramas of old Australia, FACE OF EXTRAORDINARY: VOLUNTEERS, Birds of Prey of Australia - A Field Guide, Australian Rainforest Fruits - A Field Guide

Old Books: Adventures in Australia (1885) by William Henry Giles Kingston (1814-1880) **Australia unlimited (1918)** by E. J. (Edwin James)Brady, 1869-1952

News From our Inbox January 8, 2013, marks 100 years since the death of Douglas Mawson's sledging companion Dr Xavier Mertz, Diesel Classic, New 2D material for next generation, Many Earths, On The Water series from Film Australia, Research Suggests Modern Parenting May Hinder Brain Development, London Underground celebrates 150th birthday, Dog Rule & Truth in Advertising, Health Articles and Papers Published this week: Nobel Laureate James Watson Publishes Novel Hypothesis On Curing Late-Stage Cancers; Lung Cancer Patients Live Longer If They Use Beta-Blockers While Receiving Radiotherapy; First Oral Drug for Spinal Cord Injury Improves Movement in Mice; Sweetened Drinks Linked to Depression, Coffee Tied to Lower Risk; Why Obese People Have Higher Rates of Asthma; Key to Fighting and Preventing Obesity Discovered; Cell Loss in the Brain Relates to Variations in Individual Symptoms in Huntington's Disease; New Compound Overcomes Drug-Resistant Staph Infection

Community News: Karen Draddy - Letters Please, Gary Goldschneider Australian Tour, Pittwater Art Gallery?!, RPAYC announce 2nd annual Club Marine Pittwater Sail Expo for 2013,PITTWATER'S 2013 AUSTRALIA DAY AMBASSADOR, Have Your Say – NSW Government, Summer cycling by the Lake, Smoke-free outdoor area laws start, NSW Bushfires: Additional Natural Disaster Assistance, Dragonfly Environmental, FUN HOLIDAY ACTIVITIES FOR KIDS STILL AVAILABLE, Cruise for a Cure, PBL Comp., WHAT'S YOUR PLAN B?, FREE DOG TRAINING CLASSES, Our Council's Notices, Fed. Govt. Media and more

Environment; Australia's Stampeding Dinosaurs Take a Dip, How Do Songbirds Sing? In 3-D!, Microwaves to deliver chemical-free weed control, Fish Story of the Week: Baby Sharks Stay Still to Avoid Being Detected by Predators, Mountains Only Minor Contributors to Erosion and Climate Regulation, Mussels Inspire Innovative New Adhesive for Surgery local Environment groups, Events and orgs.

Lynda Hill: Update 11.1.13: Getting Organized And Getting Our Act Together: January's Capricorn 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. Read More in Update.

Pictures: Summer Wild Berries are ripe, tiny flutterers fill our sight, birds are kanoodling among flowers bright. It's hot, it's steamy, time to get deep into ocean dreamings...

Youth: Scholarship offers $5,000 a year for students studying Agriculture degrees at university, May Gibbs Online at State Library of NSW, Find An Apprenticeship 2013, Shaping the Australian Economics and Business Curriculum, Chocolate Cake; Kids Cooking Channel, Cool School - G Rated Stories on Video, Fairytales, Coastal Fun from Council, Kids in the Museums!, The Siren Songs, WIN TRIPLE J'S GOLDEN TICKET, Wallace and Gromit's World of Invention at the Powerhouse Museum, **The Royal Prince Alfred Yacht Club Teaches over 600 Children a Year to sail**, **School Holidays Art Workshop**, Library Story-times for Littlies.

Seniors; Too Darn Hot - Happy Tapping!, AvPals 2013, First Alzheimer's case has full diagnosis 106 years later, Byron Bay Granny Squad, 42 Lessons, Summer Movie: Some Like It Hot, Health Papers Published this week which may be of interest: Can Blood Pressure Drugs Reduce the Risk of Dementia?; Parkinson's Disease Itself Does Not Increase Risk of Gambling or Shopping Addiction; Cognitive Benefit of Lifelong Bilingualism; Intensive Training for Aphasia: Even Older Patients Can Improve local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: January 2013 - **Ted Blackall** teacher of the 3rdi and portraitist extraordinaire

Reflections by George Repin. **This week; KOKESHI DOLLS**

DIY Hints: Summer Jobs; Removing Stains from Paved Areas and Concrete.

Collector's Corner: **HMS *Penguin* anchor at RPAYC**; part of our Maritime history

Food: Summer Fruit: **Raspberries** and Wild Raspberries (Rubus moluccanus) plus Adam Forster; health benefits, a bit of Australian history and some fool great recipes

Events: Pittwater's Annual SwimFest, Elanora Players!, Pittwater Camera Club, Australia Day in Pittwater 2013, Mentals at AvRSL, Wendy Matthews at The Arms, Wedding Expos, ARTSPOT 2013, Paddling and Walking, Deepsea Challenger showcased at Powerhouse Museum, Kids on the Coast - Summer School Holiday Program, Narrabeen Lagoon free activities, Historic Houses Trust Event - House music 2013, The Moonlight Cowboys, Sustainable Building and Renovating Workshop, Carole King and more.

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January 13 - 19, 2013: Issue 93

Face of the Extraordinary: Volunteers by Stephanie Brown

Stephanie Brown, organiser of ArtFest 2012 last year, who is a fantastic Portraitist and one of those showing 22 portraits of extraordinary people as part of Artspot 2013, currently open at the Avalon Recreation Centre until the end of today (13.1.2013) has also released a wonderful book, ***FACE OF EXTRAORDINARY: VOLUNTEERS***.

Last Sunday (6.1.2013) an Author Talk on this work was given, allowing those attending to hear a few insights about this project.

Angelika Treichler, 'The Penguin Lady', who works trying to save Manly's Little Penguin colony as a volunteer for Manly's Environment Centre (www.mec.org.au) stated to Stephanie on Sunday: "thank you for giving us, for allowing us, the volunteers, an opportunity of spreading our work a bit further."

Penguins are dying in Manly due to plastic bags pollution, three died last week according to Angelika and once were being killed by dogs off leashes due to the carelessness of their owners until Manly Council built barriers the volunteers could close off at night and started a campaign of fines. Local police also frequent the area these lovely creatures dance in at night, to warn off roaming drunks. The Penguin Lady as Angelika is known is just one of those whose stories and portraits fill this book.

For over two years Stephanie Brown has worked on these individual portraits which began with wanting to do portraits of volunteer firefighters for The Unsung Heroes exhibition in Parliament House, Canberra. She arranged to travel to Victoria where a sister who is a volunteer with the Country Fire Authority (CFA) lives. In February 2009 the devastating Black Saturday bushfires occurred.

Stephanie states in the Introduction to her book:

"***My resolve to go there and capture the essence of the courageous CFA volunteers grew rapidly. These were ordinary people, like you and me, except that they put their lives at risk to save the homes and lives of others in frightening conditions, without monetary reward. Their only defence against mother nature's horrendous assault being pressurised water, sheer guts, determination and each other***."

During a trip into these blackened earths Stephanie met Sandra Douglas whose portrait makes the cover of this work one that sends a shiver up your spine every single time you gaze at it. Sandra, who is charge of the Poowong CFA unit, a small dairying town located in South Gippsland, Victoria which was at the heart of these people, animal and landscape killing fires is the essence of rural Australia itself. Sandra, along with Stephan Douglas, attended the Opening Night of Artspot 2013 wearing her CFA uniform and although clearly tired from the journey was welcoming, smiling and clearly proud of Stephanie and her work. She also reminded this country girl of what so many city folk don't know; you can take the girl out of the country but you cannot take the country out of the girl. Sandra makes you homesick for all that is good and true and pure.

As Stephanie said in closing in reference to this wonderful folk: "*Their compassion, their passion…they wear this on their faces. That is why they all look so beautiful and why they* ***are The Beautiful People.***"

Lorrie Morgan, President of the **Pittwater Community Arts**, and one of the volunteers whose portrait and story is in this book, stated: "We need more volunteers in all walks of life..." exhorting those who are retired or have a passion for some area to follow this up and put themselves into what they believe in.

Lorrie also told us there may soon be a community Art Gallery in Pittwater, that a site is being sought and she has looked at five so far. We need an Art Gallery in Pittwater for all. We hope that this soon comes about and shall bring you updates as we receive them.

In the meantime, get yourself a copy of this wonderful book, make sure you get to Artspot 2013 today before it closes, and see these great portraits and all the other wonderful works on display.

FACE OF EXTRAORDINARY: VOLUNTEERS by Stephanie Brown is **available at**

http://faceofextraordinary.com/ or http://www.stephaniebrown.com.au/faceofextraordinary/ available online at http://www.stephaniebrown.com.au/shop/ and at: The Art Shop Mona Vale Address: 12/20 Bungan Street, Mona Vale or Flamingos & Dingos Cafe Address: 5c/7 Robertson Road, Newport.

FACE OF EXTRAORDINARY: VOLUNTEERS
Art Project featuring Book and Portrait Exhibition

North Narrabeen resident and artist Stephanie Brown has completed an ambitious art project called Face of Extraordinary: Volunteers.

Following the Black Saturday fires in Victoria, Stephanie was inspired by the courage and dedication of the volunteer CFA fire fighters after witnessing firsthand their exhaustive and fearless efforts to protect the lives and homes of others with little regard for themselves. Concerned that we do not hear enough about the crusades and kind deeds of those who give us hope and inspiration in times of need, she returned to Sydney to discover other extraordinary individuals within her own community.

Portraits of 22 volunteers with each portrait 40 cm2, painted in oils and wax were produced over a two year period and will be on exhibit as part of the Artspot show in Avalon Recreation Centre, 5-13 January.

Stephanie has also written a book, Face of Extraordinary: Volunteers, which will launch alongside the Artspot exhibition featuring an author talk on Sunday January 6th 11am at Avalon Recreation Centre. The book combines the portraits and personal stories of many volunteers who work for various non-profit organisations and groups in the Northern Beaches area.

The volunteers involved in this project include Angelika Treichler, Angela van Boxtel, Dave Thomas, Cathy Butler, Dr Howard Ralph, Lorrie Morgan, Jeff Ryan and many others. The causes represented by the volunteers in the exhibition include the Two Hands Project, Youth Off The Streets, Misfit Aid, Hornsby Homeless, The Tibetan Community, Taldumande Youth Services, Bear Cottage, Meals on Wheels, Southern Cross Wildlife Care, Surf Life Saving, Manly Environment Centre and others.

The project intends to celebrate the ordinary people in our community who make an extraordinary difference to the lives of others. It is also hoped it will generate awareness of the volunteer's dedicated causes, inspiring others to become more active in their community or support one of these admirable volunteers. The volunteers are often quiet achievers that go about their day assisting others less fortunate or able, in distress; or requiring assistance and guidance to rebuild their lives.

Stephanie Brown is a full time artist, teacher and a committee member of Portrait Artists Australia. She currently has a portrait of Mona Vale local, Dr Howard Ralph, exhibiting in Parliament House, Canberra. Dr Ralph is also one of the extraordinary volunteers featured in this project. Stephanie has been selected as a finalist in many Australian portrait awards including the Black Swan Prize in Perth for her portrait of inventor, Sam Kutner OAM, and also the Archibald Salon de Refusés for her depiction of Sydney Morning Herald journalist, Adele Horin. Other finalist entries include the Shirley Hannan Portrait Prize and Mortimore Art Prize.

Artspot art exhibition features 17 artists ranging from emerging and professionals to two international guests from South Africa. An array of artworks is on show including paintings, print works, ceramics, photography and sculpture.

Stephanie Brown and Hannelore Fronzek (Meals On Wheels) 6.1.2013.

Opening Night Artspot 2013.

Stephanie Brown and Lorrie Morgan with Lorrie's portrait behind them.

Pictures by A J Guesdon, 2013.

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Brown Thornbill – Careel Creek January 12th, 2013.

The Brown Thornbill (Acanthiza pusilla) is a passerine bird usually found in eastern and south-eastern Australia, including Tasmania. It can grow up to 10 cm long, and feeds on insects but may sometimes eat seeds, nectar or fruit. They feed, mainly in pairs, at all levels from the ground up, but mostly in understorey shrubs and low trees. Will feed in mixed flocks with other thornbills out of breeding season.

Breeding pairs of Brown Thornbills hold territories all year round for feeding and breeding purposes, and the bonds between pairs are long -lasting. Their breeding season last from July to January. Females build a small oval, domed nest with a partially hooded entrance near the top out of grasses, bark and other materials, lining it with feathers, fur or soft plant down. The nest is usually low down, in low, prickly bushes, grass clumps, or ferns. The female incubates the eggs, usually 2-4, and both parents feed the young, who stay with the parents until early autumn, before being driven out of the parental territory.

Did you know the Brown Thornbill will respond to humans imitating its calls. Its own calls are rich, musical warbles and accomplished mimicry. This one, along with a few others, were seen in the new eucalypts planted by our Bushcare people alongside Careel Creek just behind the sand dunes of Avalon at the northern end. Identified with thanks to Marita Macrae of PNHA.

If you want to see more birds, accompanied by people who know what they're talking about, Pittwater Council is offering and Eco Bird Walk on February 16th 2013. Details below but be sure to get in quick, numbers are always limited for these walks and places fill fast.

Eco Bird Walk - 16th Feb 2013: 7am - 9:30am
A relaxing morning discovering unique birds of Warriewood Wetlands. Join us on a guided walk through Warriewood Wetlands, the largest remaining sand plain wetland in northern Sydney made up almost entirely of endangered ecological communities. The wetland is of regional conservation significance and is highly valued by the local community. It also provides very important habitat for a number of threatened species and migratory birds. Local bird enthusiasts will assist you in discovering and identifying the native bird species and local flora and fauna of the amazing natural environment of the Warriewood Wetlands.

Where: Warriewood Wetlands (meet point provided when booking). **Cost: Free.** Bring: water, camera (optional), sunscreen, hat, sensible shoes and a snack. Bookings Essential! Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. By Phone: 1300 000 232 (Reception - Option 1)

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A spectacular 2013 Club Marine Pittwater & Coffs Harbour Regatta for all Regatta wrap up - Monday 7 January 2013

By Damian Devine

With the 2013 Pittwater & Coffs Harbour Regatta now over for another year, all in all, it was a very successful regatta for competitors and the host club. The Royal Prince Alfred Yacht Club with brilliant weather, favourable winds, good camaraderie and some great sailing. With a welcomed downwind race in the 2013 Club Marine Pittwater to Coffs Harbour yacht race, it offered up a new line honours winner in Wedgetail and a triple handicap winner with Syd Fischer's TP52 Ragamuffin (IRC, ORCi and PHS). There were also new winners in the overall regatta in IRC and PHS with Just a Dash and Storage King Wallop respectively. Peter Hewson, skipper of Storage King Wallop was also crowned the Australian PHS Champion.

For the 226 nautical mile 'warm water" ocean race, Queenslander Bill Wild's RP55 Wedgetail crossed the finish line in a time of 19hrs 53mins 3secs, three and a half minutes in front of the TP52 Ragamuffin, in one of the closest finishes in the Coffs race ever. It was the second fastest time in the history of the race, an hour and a half outside the race record. Both boats had an interesting battle throughout the race in what Syd Fischer, skipper of the TP52 Ragamuffin, described as 'neck and neck all the way'. For most competitors the wind clockied 12-15 knots from the South East for most of the race in a very favourable race.

The Wedgetail crew celebrate with the Line Honours trophy with CHYC Commodore Garry Ennis – photo by Damian Devine

Fischer's Ragamuffin, completed an incredible feat by winning the triple handicap crown in all divisions on offer; IRC, ORCi and PHS in the race in doing so, Ragamuffin has become the first boat to accomplish the handicap achievement in the 32 year history of the race. Fischer took out the coveted IRC handicap crown with a corrected time of 26hrs 55mins 22secs to win by a commanding one hour and eight minutes over line honours winner Wedgetail. David Forbes Kaiko 52 'Merlin' replicated her 2012 result to take the final podium handicap position in the end by some 14 minutes.

The PHS division mirrored the IRC result with Ragamuffin recording a corrected time of 28hrs 30mins 44secs pipping Wedgetail by 40 minutes with Merlin third. In ORCi, Ragamuffin took the spoils in a corrected time of 26hrs 13mins 58secs with Swish six hours back in second whilst the Hudson/Murphy/Lockley Farr 45 Pretty Woman picked up a podium position in third.
In IRC Division two, it was a trifecta for the Beneteau brand with Just a Dash Victoire whilst Le Billet, was third.
In PHS Division two, first was Just a Dash, Storage King Wallop second with She's the Culprit skippered by Michael McDonald placing third.

Syd Fischer's TP52 Ragamuffin IRC, PHS and ORCi handicap winner for the 2013 Pittwater to Coffs Yacht Race - photo by Damian Devine

The prized Navigator's trophy was presented to the Farr 45 Pretty Woman's Michael Lockley for the third year in a row, proving he's no fluke. This year he was out by a mere one minute 20 seconds, for the final 20 nautical miles from Nambucca Heads to the finish, recorded with Marine Rescue at their final radio check.

Michael Lockley's Pretty Woman

Middle Harbour Yacht Club's Philip Dash's Beneteau First 40 Just a Dash won the IRC division in the four race regatta one point ahead of Daryl Hodgkinson's Beneteau 45 Victoire held over 5-6 January in Coffs Harbour.

With a trifecta of thirds and a 10th in the final race, Dash did enough to end his campaign on 22 points, knowing that he had to finish within four places of Victoire to lift the coveted IRC regatta trophy. Victoire finished on 23 points with the Mark Tinworth and Mark Waterhouse Beneteau 44.7 Le Billet finished a further point back on 24 points for the final place on the podium.

Philip Dash's Beneteau First 40 Just a Dash wins IRC in the 2013 Pittwater & Coffs Harbour Regatta – photo by Damian Devine

In PHS, it was a clear four point win to Peter Hewson's Sydney 41 Storage King Wallop from the Lake Macquarie Yacht Club who had to hold off a flying finish from Mitchell Gordon's Sydney 38 The Goat who finished with two bullets in the final two races of the regatta. The Royal Prince Alfred Yacht Club's Bruce Hogan and Tina Clifton's Marten 49 Perpetual Mocean mentoring seven crew from the RPAYC's Youth Development squad were third, a further four points back.

Peter Hewson's Sydney 41 Storage King Wallop won the PHS Division and were crowned the Australian PHS Champion – photo by Damian Devine

The ORCi title went to another RPAYC boat, Le Billet a three time previous winner of this regatta under its former owner. They won on a count back from the overnight leader Just a Dash after finishing second in the final race. With a better overall result over the four races posting a first and two seconds they did enough to claim the title. Steven Proud's Kernan 44 Swish was third.

In the ocean race, Wedgetail managed to get the better of the wind angles to take the lead 45 minutes from the finish. Skipper Bill Wild said of the race, "it was a good race, not too demanding but we had a good battle with Syd. We led at the start then Syd took over, then we led for a little bit in the middle, then Syd got back on top. So, it kept us on our toes and luckily the breeze held in through the night which was pleasing. We managed to get through them in the end, which was the best part and we just held on. It was the outcome we were looking for."

Fischer, the 85 year old doyen of Australian ocean racing was proud of the triple handicap win effort saying, "it's not easy winning on handicap, so it's a good result. Wedgetail gave us a run for our money and we were unlucky not to get line honours as well. The boys sailed the boat really well and the boat performed to its ability. This is something we set out to do so I am really pleased. The wind certainly favoured us and played a big part in the result. It doesn't happen that often."

In terms of the overall regatta, an elated Philip Dash, skipper of Just a Dash said on winning the IRC regatta title, "fantastic, absolutely stoked. It's our first offshore regatta and the first long passage race we've done with this boat, so to win it we're thrilled."

"The crew were fantastic, there was half a dozen of the regulars who sail with us every week and we've moulded into a good team and we had two local Coffs guys who came on board with plenty of offshore experience and fitted in very well to help us get this win. I look forward to coming back next year, I've enjoyed the whole thing, it's been great," added Dash.

Peter Hewson, skipper of Storage King Wallop from the Lake Macquarie Yacht Club, who last competed in this event in 2004 said on his PHS divisional and Australian PHS championship crown win, "We're over the moon on this win, it's just fantastic, in fact it's awesome. To win any regatta is not easy, you really have to be consistent. When you get the bridesmaid tag you always reflect on the little things you could have done better so we don't have to do that this time, which is great. It's been a great regatta, we've all had a good time and enjoyed ourselves immensely and we hope to be back next year to defend the title."

In closing, Coffs Harbour Commodore **Garry Ennis** said, "we've been blessed, we've had great weather, great sailing, the wind was blowing, the beer was cold, the rum was flowing, the yachties are happy, sun was shining, we've had a wonderful, wonderful time. Thanks to the Royal Prince Alfred Yacht Club, thanks for bringing the regatta to Coffs Harbour and we look forward to the 33rd year."

Rob Curtis, Commodore of host club The Royal Prince Alfred Yacht Club summed up the 2013 Club Marine Pittwater & Coffs Harbour regatta saying, "The regatta turned into its true name, the warm water regatta. The weather coming up to Coffs and the race itself was sensational, we got blown up here all the way and when we arrived the clouds cleared, the sun was shining and we have had two beautiful days of sailing."

"The results were very, very close, reflecting some great racing and I think opening up all the handicap divisions to all competitors was the smart thing to do and created some great racing. Thanks to sponsor Club Marine who are so supportive of what we're doing particularly when yacht racing and staging regattas like this is becoming more costly, so we appreciate their support and it has helped make it a top class regatta.

"My personal thanks to the Coffs Harbour Yacht Club, the marina, John Bacon for the use of his marvellous vessel the Matthew Flinders as the radio relay vessel and start boat up here, the race committee and the army of volunteers involved and to everyone who has made this a great event. I look forward to seeing you in 2014."

Pittwater to Coff's Harbour Ocean Race – 32nd Warm Water Classic – from Reports by Damian Devine
Victoire Boat of the Day in Pittwater to Coff's Harbour Regatta - 5.1.2013 by Damian Devine

Start of Pittwater to Coff's Harbour Ocean Race - Warm Water Classic Pictorial

By Damian Devine, Club Marine Pittwater Coffs Harbour Regatta media. Copyright Royal Prince Alfred Yacht Club, 2013.

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Pittwater to Coff's Harbour Ocean Race Start - The 32nd Warm Water Classic as part of the Pittwater to Coff's Regatta 2013.

Some pictures of some of the beautiful yachts who began this year's Pittwater to Coff's Harbour Ocean Race just outside of Barrenjoey headland on the 2nd of January, 2013. A Feast for the eyes!

The 32nd Club Marine Pittwater to Coff's Harbour Ocean Race and Regatta- 2nd to 6th of January, 2013 - Wedgetail takes out line honours - Syd Fischer's TP52 Ragamuffin clean sweeps the handicap spoils on all fronts - From Reports by Damian Devine

Victoire Boat of the Day in Pittwater to Coff's Harbour Regatta - 5.1.2013 by Damian Devine

Pittwater Coff's Harbour Regatta Wrap-up by Damian Devine   First Week of 2013 - A Week In Pittwater (extra photos)

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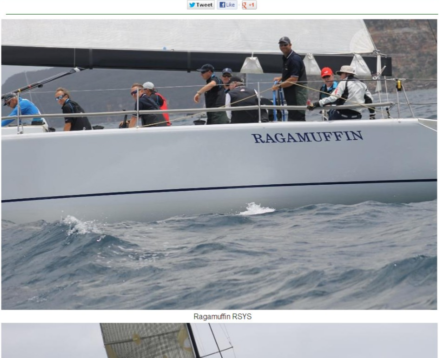

Ragamuffin RSYS

Wedgetail RQYS

Secret Mens Business #1 RPAYC

Secret Mens Business #1 RPAYC and Le Billet RPAYC

Le Billet RPAYC

Kerisma CYCA/MHYC

Kerisma CYCA/MHYC and Anger Management NCYC

Occasional Coarse Language One RPAYC

Occasional Coarse Language One RPAYC and Storage King Wallop LMYC

Witchcraft RPAYC

Reverie RPAYC

Victoire CYCA

Pretty Woman RPAYC

The Goat CYCA and Swish RSYS

Perpetual Mocean RPAYC

The Real Thing RPAYC

Wine-dark Sea RSYS

Nine Dragons MHYC

Merlin RSYS

All Pictures This Page by A J Guesdon, 2013.

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Song for All Seas, All Ships

from *Leaves of Grass* by Walt Whitman (first published in 1882 edition)

To-day a rude brief recitative,
Of ships sailing the Seas, each with its special flag or ship-signal;
Of unnamed heroes in the ships—Of waves spreading and spreading, far as the eye can reach;
Of dashing spray, and the winds piping and blowing;
And out of these a chant, for the sailors of all nations,
Fitful, like a surge.

Of Sea-Captains young or old, and the Mates—and of all intrepid Sailors;
Of the few, very choice, taciturn, whom fate can never surprise, nor death dismay,
Pick'd sparingly, without noise, by thee, old Ocean—chosen by thee,
Thou Sea, that pickest and cullest the race, in Time, and unitest Nations!
Suckled by thee, old husky Nurse—embodying thee!
Indomitable, untamed as thee.

(Ever the heroes, on water or on land, by ones or twos appearing,
Ever the stock preserv'd, and never lost, though rare—enough for seed preserv'd.)

Flaunt out O Sea, your separate flags of nations!
Flaunt out, visible as ever, the various ship-signals!
But do you reserve especially for yourself, and for the soul of man, one flag above all the rest,
A spiritual woven Signal, for all nations, emblem of man elate above death,
Token of all brave captains, and all intrepid sailors and mates,
And all that went down doing their duty;
Reminiscent of them'twined from all intrepid captains, young or old;
A pennant universal, subtly waving, all time, o'er all brave sailors,
All seas, all ships.

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"Sailing" is a song written by Gavin Sutherland and recorded by The Sutherland Bros. Band (featuring the Sutherland Brothers Gavin and Iain). Released in June 1972, it can be found on their album 'Lifeboat' released in the same year.

Rod Stewart recorded the song at Muscle Shoals Sound Studio in Muscle Shoals, Alabama, for his 1975 album Atlantic Crossing, and it was subsequently a number one hit in the UK in September 1975 for four weeks. The music video was shot in New York Harbour in 1975 and credited with a 1978 completion date! The song was re-released by Stewart as a charity single after the Zeebrugge ferry disaster in 1987.

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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Articles This Week

Karen Draddy Tribute - A Celebration of A Wonderful Life

Author Talk for *Face of Extraordinary: Volunteers* - this great book, celebrating volunteers in every area they're needed, stems from 22 portraits by Stephanie Brown currently on exhibit as part of **Artspot 2013**. Lorrie Morgan, President of PCA, also attending and one subject in this work, spoke briefly of plans for a Pittwater Art Gallery !

Pittwater - Coff's Harbour Regatta 2013 Wrap Up by Damian Devine

Pittwater to Coff's Harbour Ocean Race Start - Pictorial Celebration

Reflections by George Repin: KOKESHI DOLLS

Summer 2013 BirdFest - Brown Thornbill

Profile of the Week: **January 2013 Gents: Doug Elliott** is a gentleman who has done much for our community and also a talented wordsmith with a new book out for Summer Reading called *The Link*. A small insight on one our quiet achievers.

History: **Summer Saltwater Mix 2013: Pittwater Regattas and Flagships Part I – Steamers and Ferries of Pittwater**

Artist of the Month for January 2013: **Ted Blackall - 3rdi painter, Portraits and landscapes**

Pictures: Summer Wild Berries are ripe, tiny flutterers fill our sight, birds are kanoodling among flowers bright. It's hot, it's steamy, time to get deep into ocean dreamings...

Karen Draddy - Letters Please

Eileen Gordon, President of the Mona Vale Hospital Auxiliary, among many others we spoke with on Wednesday at the service for Karen Draddy who also raised this idea, expressed a growing sentiment in our community to have the Maternity Ward named to honour Karen Draddy. Letters to support this may be addressed to Eileen care of The Kiosk, Mona Vale Hospital, PO BOX 81, MONA VALE NSW 1660.

Karen's family, along with those who spoke at her Memorial Service on Wednesday, have given their permission for extracts from the four eulogies to be shared with you.

Front Page this week

Smoke-free outdoor area laws start today – 7th of January, 2013

Health Minister Jillian Skinner today reminded people throughout NSW that smoking is now banned in many new locations including playgrounds, transport stops and swimming pools.

Recent amendments to the Smoke-free Environment Act mean that from today smoking will be banned:

Within 10 metres of children's play equipment
At swimming pool complexes
In spectator areas of sports grounds or other recreational areas
On railway platforms, light rail stations and ferry wharves
At bus stops and taxi ranks
Within four metres of a pedestrian access point to a public building

Mrs Skinner said the NSW Tobacco Strategy is one of the most advanced in the country.

"Smoking-related illness accounts for around 5,200 deaths and 44,000 hospitalisations per year in NSW and costs about $8 billion annually," Mrs Skinner said. "Taking steps to limit people's exposure to second-hand smoke in outdoor public places is a key step in efforts to minimise tobacco smoking in our society.

"Smoking is the leading cause of premature death and disability in NSW and we hope to prevent those who have quit smoking from relapsing."

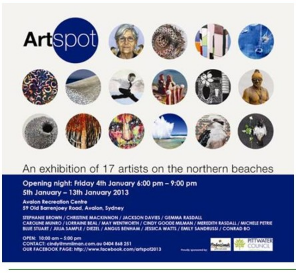
The ban on smoking in public places will be extended to commercial outdoor dining areas in licensed premises, restaurants and cafes from July 2015.

"The NSW Government has already demonstrated its commitment to reducing smoking and its impact in our community, by establishing ambitious targets to continue to reduce smoking," Mrs Skinner said.

Community education materials will be available in printed form and online at health.nsw.gov.au.

Enquiries in relation to the new laws can be directed to the Tobacco Information Line on 1800 357 412.

Anyone wishing to quit smoking should contact the NSW Quitline on 13 78 48.



Elanora Players presents
By arrangement with ORiGiN™ Theatrical on behalf of Samuel French, Ltd

The Nightingales

It's the 1950s and this charming comedy introduces the Nightingales; members of a theatrical family who perform more at home than they do on the stage. Jack is a cabaret star, as in love with his piano as he is with his silk dressing gowns. His parents, Charlie and Beatrice, are old Music Hall stars, full of hilarious tales of life on the road. Their sudden arrival, asking to stay with Jack for a few days, throws his life into chaos. They promise to be gone by Christmas, but this provides little comfort given that it is only January 7th!

Featuring EP regulars Jan and Richard Adamson and Debbie Bissell, with newcomers Gerard Hawkins and Paola Korownikow, this is a very funny, touching show business comedy, bursting with one-liners and lovable characters.

The Nightingales
At Elanora Community Centre
49a Kalang Road, Elanora Heights
Tickets: $25, $22 concession and $18 for Groups (10+)
Don't miss out on this great comedy. Book Now!
Ph: 9982 7364, Email: elanora.bookings@bigpond.com Website: www.elanoraplayers.com.au

PITTWATER COUNCIL

Cycling in Pittwater - Summer cycling by the Lake

AustCycle are offering free cycling skills and bike maintenance workshops for Pittwater and Warringah families, school aged children and seniors around Narrabeen Lake during February and March 2013. Sydney Bikes Skills will run the training sessions and will cover a range of topics such as helmet fit, bike safety inspection, correct riding positions, bike maintenance, road rules and the do's and don't of using shared paths.

You must supply your own bike and helmet and be able to ride a bike. **Bookings are essential** and can be made by contacting the road safety officer at Pittwater Council or Warringah Council.

Pittwater Council, Michelle Carter, 9970 1196 or email at michelle_carter@pittwater.nsw.gov.au

Warringah Council, Peter Wright, 9942 2447 or email at roadsafety@warringah.nsw.gov.au

Family Workshops
Ideal for mums, dads, grandparents and children aged between 6 years - 12 years. Come along and discover the fun of cycling as a family.
Family Workshop One, six hours in total over two days - Bilarong Reserve, Wakehurst Parkway, North Narrabeen
Session one: Saturday 2 February 2013 between 9am - 12pm
Session two: Saturday 9 February 2013 between 9am - 12pm

Family Workshop Two, six hours in total over two days - Bilarong Reserve, Wakehurst Parkway, North Narrabeen
Session one: Saturday 16 February 2013 between 9am - 12pm
Session two: Saturday 23 February 2013 between 9am - 12pm

Kids Workshops
Ideal for kids aged between 6 years to 12 years who can ride a bike but is looking to increase their confidence and bike riding skills. These workshops are held after school.

Kids Workshop One, six hours in total, two hours per week over three weeks - Bilarong Reserve, Wakehurst Parkway, North Narrabeen
Session one: Wednesday 6 February between 4.30pm - 6.30pm
Session two: Wednesday 13 February between 4.30pm - 6.30pm
Session three: Wednesday 20 February between 4.30pm -6.30pm

Kids Workshop Two, six hours in total, two hours per week over three weeks - Bilarong Reserve, Wakehurst Parkway, North Narrabeen
Session one: Wednesday 7 February between 4.30pm - 6.30pm
Session two: Wednesday 14 February between 4.30pm - 6.30pm
Session three: Wednesday 21 February between 4.30pm -6.30pm

Adult and Senior Workshops
Ideal for adults and seniors wanting to improve their cycle skills and confidence.

Adult Workshop One, six hours in total over two days - Bilarong Reserve, Wakehurst Parkway, North Narrabeen

Session one: Tuesday 12 February between 11.30am - 2.30pm
Session two: Tuesday 19 February between 11.30am - 2.30pm

Adult Workshop Two, six hours in total over two days - Jamieson Park, Narrabeen

Session one: Wednesday 13 March between 9.30am - 12.30pm
Session two: Wednesday 20 March between 9.30am - 12.30pm

Seniors Workshop One, a one day course as part of Seniors Week 2013 for riders aged over 60 years of age.

Session one: Wednesday 6 March between 9.30am - 3.30pm - Coastal Environment Centre

Seniors Workshop Two, a one day course as part of Seniors Week 2013 for riders aged over 60 years of age.

Session one: Thursday 14 March between 10am - 4pm - Lake View Hall, Tramshed, Narrabeen

RPAYC announce 2nd annual Club Marine Pittwater Sail Expo for 2013

The second annual Club Marine Pittwater Sail Expo will be held over the weekend of **16 & 17 March, 2013** at the Royal Prince Alfred Yacht Club. A community event, the expo will feature over 35 exhibitors supplying goods and services to the professional and leisure sailor as well as providing information on sail training, club membership, cruising, dinghy and yacht racing.

Situated on beautiful Pittwater on Sydney's Northern Beaches, The Royal Prince Alfred Yacht Club is the state's largest sailing club and combined with its extensive racing, cruising and dinghy programs, lures many sailors to the club. The club is home to over 1800 members, over 300 yachts, 70 hardstand boats and 100 dinghies. It is anticipated that the show will attract up to 3000 people over the weekend.

The RPAYC is home to the Club Marine Pittwater Sail Expo – photo by Damian Devine

The Expo will feature an extensive array of exhibitors with many leading marine industry brands represented. There will be a large range of boats on display as well as other marine goods and services exhibiting including charter services, inflatable boats, marine paints, rigging, sail makers, shipwrights, marine groups, deck hardware, soft furnishings, electrical, batteries, ropes, marine insurance and much, much more. The event is open to the public and there will be no charge to enter.

Held in and around the club house and on the magnificent floating marina, the location will offer exhibitors options of water berths on the marina, hardstand exhibiting space and, individual marquee trade booth exhibition spaces in the main car park.

For visitors, it will be an outstanding opportunity to witness the Club first hand, have a look at sailing boats, gather information about training, racing, cruising, kids programs and membership and gain professional advice directly from industry experts.

The Club offers car parking for up to 400 cars, however, a shuttle service will be arranged that will service local public car parks to assist with the logistics of show visitors.

The Volunteer Marine Rescue (VMR) who provide an invaluable service for boat owners via their radio communications will be present and will be running the sausage sizzle & raffles and manning the car parks. NSW Maritime and the Water Police as well as other industry authorities will also have a presence at the expo. The event is being supported by the naming rights sponsor Club Marine, promotional supporter Mariner Boating Holidays and media partner The Manly Daily.

Corey Yeung, Club Marine State Manager said, "The Hawkesbury River is one the most picturesque waterways in NSW and being on a yacht is one the best ways you can enjoy and experience the beauty of Pittwater. The Club Marine Pittwater Sail expo provides a great opportunity for everyone to learn about sailing, meet some industry experts and find out how easy it is to get out on the water."

Mariner Boating will run a promotion during Sail Expo 2013 for the chance to win a trip for two on a two week yacht rally in a Mediterranean destination during the winter of 2014. The prize will include international airfares and accommodation on a participating yacht for two weeks and has a value of approximately $15,000.

Mariner rallies are now famous for their alternate lay day/sailing day format. They are open to sailors, non-sailors, singles, couples, complete crews and the RPAYC cruising group have been regulars on Mariner events since 2001.

All you have to do is come to Sail Expo and register your interest in participating in this draw with Mariner Boating who will be on the RPAYC stand in the clubhouse. Mariner will announce the 2014 program at the show and will also have details of some specials on the few remaining places still available on the 2013 rally program

In 2013 Mariner will operate yacht rallies in Greece, Turkey, Croatia and Italy. Club Marine Pittwater Sail Expo spokesperson Rear Commodore Activities Maurice Gilet said, "The expo will be a community event and a great opportunity for people to see the club first hand, witness our magnificent waterway of Pittwater and learn more about all aspects of sailing.

There's already been a very strong level of interest towards this event from all aspects of the boating industry and people will have the opportunity to gain professional advice directly from industry experts. Anyone with an interest in sailing boats or wants to get into sailing is invited to come along."

The Club Marine Pittwater Sail Expo will be held on **16 & 17 March 2013 between 10am-4pm** on the grounds of **The Royal Prince Alfred Yacht Club located at 16 Mitala St Newport**.

For Club Marine Pittwater Sail Expo enquiries or to register as an exhibitor please contact the event administrator Ros Lindsay at the RPAYC on (02) 9998 3700 or visit www.rpayc.com.au/pittwater-sail-expo and download the application to exhibit or email: sailexpo@rpayc.com.au

For potential exhibitors please be aware that space is strictly limited and confirmation will be via registration and payment of deposit. Prime positions will be allocated on a first in, first served basis.

Have Your Say – NSW Government.

Draft Construction Procurement Guidelines

The New South Wales Government is introducing new guidelines for construction companies to avoid cost blow-outs and time delays on taxpayer-funded infrastructure projects.

The proposed new Guidelines stipulate how contractors who want to participate in publicly funded construction work can ensure they are complying with the law and reflect current best practice. They are designed to assist the industry to maintain productive and efficient public construction sites, ensure State infrastructure delivers value for money for taxpayers and leads to job creation and economic growth. The proposed Guidelines would also better align NSW with contemporary arrangements operating in other jurisdictions such as Victoria.

If action is not taken to prevent unlawful activity on construction sites, it is estimated the $61.8 billion already allocated to NSW infrastructure could increase by 2-11 per cent, or $130 million - $790 million over the Budget period. A 2 per cent increase in wage costs on the State's infrastructure projects would shrink the State economy by $396 million and lead to 8,200 fewer jobs.

The old NSW Guidelines need to be updated as they do not take account of the development of the national industrial relations system nor do they reflect important changes in the industry since the Cole Royal Commission into the Building and Construction Industry in 2003. Now that the National Guidelines that operated with great success since 2006 have been watered down and the Australian Building and Construction Commission has been abolished, measures must be put in place to protect taxpayer-funded construction projects in NSW.

Your comments are sought on the draft Guidelines **by 14 February 2013.** Model tender and contract clauses will be developed to assist NSW Government agencies and their contractors to comply with the Guidelines following the consultation period.

Review of 2004 water sharing plans

Have your say on our review of 2004 water sharing plans
Water sharing plans establish rules for allocating water to balance the needs of all water users and apply for a period of ten years from their commencement. The first water sharing plans commenced in 2004, and are due to be replaced or extended in 2014.

There are 31 plans across the state that are due to expire in 2014. Of these 31 plans, 14 fall within the Murray-Darling Basin and the remainder are in coastal regions.

This process will be informed by independent reviews undertaken by the Natural Resources Commission (NRC) and the NSW Office of Water. Although these are independent processes, each with their own distinct scope and objectives, the NRC and the Office of Water will be collaborating throughout the process to maximise efficiency and share information.

The focus of each review is slightly different reflecting the different roles of the respective agencies. Further information on each review can be found through the key links and more information sections on the right hand side of this page.
Licence holders, stakeholders and members of local communities are encouraged to participate in these review processes by identifying issues relating to water sharing plans that require consideration. By providing input in the preliminary stages of the process, and participating in opportunities for feedback on the plans via future public exhibition processes, you can help improve water sharing outcomes for the life of the next generation of plans.
The NRC seeks your comments on: how water sharing plans are contributing to social, economic, cultural and environmental outcomes in your region, and how this can be improved.

The NSW Office of Water seeks your comments on: water sharing plan rules, implementation of the plans and ways to improve water sharing plan outcomes.
If you have further questions about these reviews, please contact the NRC on (02) 8227 4300 or the Office of Water on 1800 353 104.
Submissions close on 31 January 2013.
Documents at: http://haveyoursay.nsw.gov.au/watersharingplans

NSW Smart Meter Taskforce Discussion Paper

The NSW Government recognises the burden that increasing power bills are placing on households and is working hard to reduce the impact of those price rises.

As part of our plans to slow upward pressure on electricity prices, the NSW Government is keen for customers to have more control over their energy use. The Minister for Resources and Energy, Chris Hartcher, established a Smart Meter Task Force to provide advice to the Government on a range of consumer focused options for the potential introduction of smart meters in NSW.
Introducing smart meters

Electricity customers in NSW can already choose to have a smart meter, but there is a considerable cost. Making smart meters more widely available would reduce the cost of the meter, and would help more customers manage their electricity better and reduce their electricity bills.

There are a humber of ways to introduce smart meters on a wider scale. The Task Force prefers the option of a market-led rollout. This results when energy companies have an incentive to offer innovative pricing products that suit the financial circumstances and lifestyle choices of their customers.
Protecting vulnerable customers

It is important to note that not all households will benefit equally from smart meters, and consideration must be given to vulnerable customers. There should be appropriate protections in place, so that these customers are not impacted adversely by any potential introduction of smart meters.

Reducing electricity costs and enabling new services
Smart meters are not a silver bullet in solving energy costs. They do have the potential to assist households manage their energy needs, by providing customers with much better information about their energy consumption and costs. Smart meters also allow new services to be offered, which help customers respond to situations like peak demand, which can further reduce their electricity costs.

A wide-spread smart meter rollout would also help the energy businesses better plan and manage the way they supply energy to customers. This reduces the costs of operating the businesses, which then flows through to customers as further savings.

Engaging electricity customers
For smart meters to succeed in reducing electricity costs, customers must understand the benefits that smart meters can offer to them, and must have some choice in how they are introduced. The community must be engaged up front to build this understanding. This Discussion Paper aims to be part of that community engagement.

The Task Force is inviting feedback from all interested parties. Formal submissions can be made by:

Entering your responses to the consultation questions online at the Survey tab;
Attaching a document with your responses at the Submission tab; or
Posting them to the address below.

NSW Smart Meter Task Force
Resources and Energy
NSW Trade & Investment
GPO Box 3889
Sydney NSW 2001

Submissions will be open until 28 February 2013.

Smart Meter Discussion paper at:
http://haveyoursay.nsw.gov.au/smartmetertaskforce

PITTWATER COUNCIL

WHAT'S YOUR PLAN B?

Pittwater, Warringah and Manly Councils are joining forces over the Christmas and New Year holidays with a drink drive campaign known as What's your Plan B? The campaign focuses on encouraging people to find an alternative way of getting home after drinking, rather than driving.

Pittwater's Road Safety Officer Michelle Carter said the campaign was 'rather cheeky'.

"We're trying to inject some humour into a serious topic by thinking of some fun ways to get home such as marrying a cabbie or getting shot out of a cannon in the direction of home!" said Ms Carter.

To help promote the What's your Plan B? message, pubs and clubs and other venues will be issued with free resources such as posters, coasters brochures and T shirts.

Local bottle shops will also be issued with paper bags with the What's your Plan B? message.

During the lead-up to Christmas and throughout January the Northern Beaches Highway Patrol will also ramp up their presence on local roads with a campaign known as Operation Burgundy.

Warringah Road Safety Officer Peter Wright said; "Councils are encouraging all northern beaches restaurants, bottle shop and clubs and pubs to get involved and contact us for free campaign resources – you could save someone's life"

To help you plan your night out, Pittwater and Warringah Late Night Transport Cards provide details of local venues with shuttle services, taxi information and local evening bus timetables. The transport card are available at the councils' customer service offices or at www.pittwater.nsw.gov.au/localservices or www.warringah.nsw.gov.au

The What's your Plan B? campaign **will begin 17 December and run until the end of January.**

PITTWATER'S 2013 AUSTRALIA DAY AMBASSADOR

The NSW Australia Day Council has announced MasterChef finalist and the 2012 Cleo Bachelor of the Year Hayden Quinn as Pittwater's Australia Day Ambassador this year. Hayden will attend the official proceedings of the annual Australia Day Breakfast on the Beach at Bert Payne Reserve, Newport including a citizenship ceremony from 8am. The breakfast will take place on Saturday 26 January 2013 between 7am and 11am and includes live music and plenty of kids entertainment, including rides, treasure hunts and face painting.

Growing up on Sydney's northern beaches with his family, Hayden was never far from the ocean or from cooking with his mum and family. Cooking became second nature to Hayden and it was his passion for travel and experiencing new food and cultures that led him to apply to be in the third series of MasterChef Australia. His laid back and friendly nature made him an instant hit with the judges, fellow contestants and the audience.
When not in the kitchen Hayden has also found time to explore his other great passion, the ocean. In 2009 he completed a Bachelor of Science in Marine Biology and has been a professional lifeguard for Warringah Council for the past eight years.

The talented young cook has taken his appetite for food abroad on several occasions, searching for great waves to surf, awesome food to cherish and fantastic people with which to share the experience. As Hayden explains "Life is about new experiences, and food is the perfect vehicle for that, it can transport you from one place to the next and can take you around the world and back again."

With a number of exciting projects underway, Hayden is currently writing a three part eBook series called Hayden Cooks, having already completed two eBooks called Hayden Cooks Summer and Hayden Cooks with Friends. Hayden was also a commentator for Network Ten's coverage of the 2011/12 Nutrigrain Ironman Series as well as joining the team of commentators for this years iconic City2Surf.

In 2013 Hayden will appear in MasterChef All Stars in which contestants cook off to raise money for their chosen charity. Hayden's charity is BoysTown, of which he is their patron.

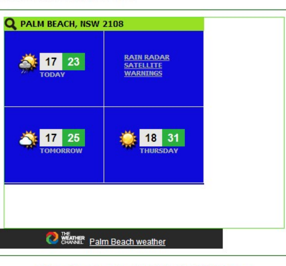
"I'm very pleased to be chosen as Australia Day Ambassador for Pittwater and look forward to meeting the Pittwater community at the Breakfast on the Beach event," added Mr Quinn.

For more information about Pittwater's Australia Day event, visit www.pittwater.nsw.gov.au/australia_day

Reminder – Send In Your Ticks !

Dr Ann Mitrovic of the University of Sydney is still asking for assistance from our bushcare volunteers to collect ticks for a research project being conducted at the University of Sydney.

The University of Sydney researchers are currently investigating the presence of Borrelia bacterium in Australian ticks. They have already received support from several veterinary clinics and WIRES carers and would really appreciate your continued assistance. This collection should only occur within your normal volunteer activities. Do not put yourself at deliberate risk of tick bite. Continue to take preventative measures to avoid tick bite such as using DEET containing insecticides, wearing appropriate clothing and conducting thorough inspections for ticks on return from outdoor activities. For more information about the project please contact Lavinia Schofield on 9970 1365



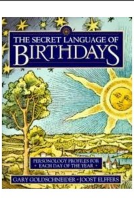
Palm Beach weather

New Season for Sailability Pittwater

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

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

Lynda Hill- Resident Astrologer



For my readers on the east coast of Australia, I have Gary Goldschneider, the author of The Secret Language of Birthdays, coming to Australia to stay with me from the 14th January until the 8th March. We are doing seminars, workshops and talks together and offering readings. We are also writing a book together.

If you're on the east coast and would like to have Gary and I come and do a lecture, workshop or readings, please do drop me an email at sabiansymbols@gmail.com

Dragonfly Environmental – Belrose Wetlands

Above are before and after photos of Belrose Wetlands. Dragonfly Environmental converted this sediment basin and steep slope into a functioning wetland, filled with native aquatic plants and bounded by a stabilised slope, with native shrubs and grasses.

DFE Profile

For those with relatives and friends in these areas:

NSW Bushfires: Additional Natural Disaster Assistance- Joint Media Release - Attorney-General, Minister for Emergency Management: The Hon Nicola Roxon MP and Premier of NSW, Minister for Western Sydney: The Hon Barry O'Farrell MP - 10 January 2013

NSW Premier Barry O'Farrell and Federal Minister for Emergency Management Nicola Roxon today announced Natural Disaster Assistance will be made available in a further eight Local Government Areas (LGAs) in NSW affected by bushfires – bringing the total number of LGAs eligible for assistance to 45.

"A very high level of threat continues for many communities around NSW and our emergency services personnel are working around the clock to contain these threats," Mr O'Farrell said. "Individuals and families, farmers, small business owners and councils affected by these bushfires need to know that help is there for them as they recover from this disaster."

Natural Disaster Declarations have been made in the following eight LGAs, which will now lead to joint Commonwealth-state funded disaster assistance becoming available for these communities;
Bland, Carrathool, Griffith, Hay, Leeton, Murrumbidgee, Narrandera, Temora

Natural Disaster Declarations were made in the following 37 LGAs yesterday;
Albury, Berrigan, Blayney, Boorowa, Cabonne, Conargo, Coolamon, Cooma-Monaro, Cootamundra, Corowa, Cowra, Deniliquin, Forbes, Goulburn Mulwaree, Greater Hume, Gundagai, Harden, Jerilderie, Junee, Lachlan, Lockhart, Murray, Orange, Palerang, Parkes, Queanbeyan, Shoalhaven, Snowy River, Tumbarumba, Tumut, Upper Lachlan, Urana, Wagga Wagga, Wakool, Weddin, Yass Valley, Young

More Local Government Areas may be declared in coming days as further assessments are completed.

Ms Roxon said recovering from disasters is not just a local effort, but one that reaches nationwide.

"The Commonwealth and NSW are working well together to ensure this joint Federal-State funding is flowing to make a real difference to affected communities as they bounce back from these events," Ms Roxon said. "This is a very difficult time for many NSW residents, and these payments will go some way to assisting individuals and families to get back on their feet. This declaration triggers a number of disaster assistance schemes to assist with the cost of disaster relief and recovery including disaster relief grants to eligible individuals and families whose homes and essential household items have been destroyed or damaged."

These disaster assistance schemes are made available by the NSW Government through the NSW Disaster Assistance Arrangements and they are supported by the Commonwealth Government through the Natural Disaster Relief and Recovery Arrangements.

A range of assistance grants are in the process of being made available;
disaster relief grants to eligible individuals and families whose homes and essential household items have been destroyed or damaged are available transport freight subsidies of up to 50 per cent on the carriage of livestock and fodder are available to help primary producers to a maximum of $15,000 per annum
loans of up to $130,000 are also available (subject to certain eligibility criteria), at a concessional interest rate, for primary producers and small businesses in urgent need.
grants are also available to councils to help them meet the additional costs of emergency work to restore essential services
a special scheme is available to assist sporting clubs in meeting the costs of restoration of essential club facilities that have been damaged or destroyed

"I would again like to thank the hard working members of our emergency services, who have made exceptional efforts to contain the fires and who are providing help and comfort to those suffering," Mr O'Farrell said.

Continue to stay up to date with the bushfire situation by checking www.rfs.nsw.gov.au, listening to your local radio station or by calling the NSW RFS Bush Fire Information Line on 1800 679 737. If your life is at risk, call Triple Zero (000) immediately.

Lightning captured at Surfers Paradise SE webcam on 10.1.2013... notice anything? The lightning bolt is roughly in the shape of Australia! :) From a camera in the Australian Weathercam Network. C/- Lynda Hill

Getting more mature age Australians into work- January 2013 Media Release from The Hon Kate Ellis MP, Minister for Employment Participation, Minister for Early Childhood and Child Care

More than 2000 mature age job seekers are now in a job through a new Australian Government program designed to break the cycle of unemployment.
Minister for Employment Participation, Kate Ellis said the Australian Government is helping more mature aged Australians secure jobs through the new Wage Connect which began in January last year.

"Mature age workers represent a huge boost to our workforce and economy, and yet we hear far too many stories from mature aged Australians who are being shut out of the workforce for no good reason," Minister Ellis said. "Research shows mature age workers save their employer $2000 a year compared to their younger counterparts - they are more reliable, loyal, cost less to recruit, and provide a greater return on investment. Despite this, we know that mature age workers are out of work longer, twice as long as their younger counterparts with the average duration of unemployment for people over 55 standing at 68 weeks.
"We introduced the Wage Connect program as part of a package of programs aimed squarely at breaking down the barriers for getting mature age workers into work."
Minister Ellis said the Australian Government's $86 million **Wage Connect program provides a wage subsidy of around $5,900 over six months to eligible businesses which employ people who have been receiving income support for two years, and have had no or minimal work experience in that time.**

Australian Government initiatives to get more mature aged Australians into work include:
• Expanding the Australian Government's highly successful Corporate Champions program to more than 250 new organisations across Australia and take in small, medium and big businesses
• Delivering more than 8000 free career advice sessions to mature age job seekers to help them market their skills to employers through the $11.7 million Experience+ Career Advice service since July 2010
• Appointing the first Age Discrimination Commissioner, Susan Ryan AO, tasked with tackling age discrimination
• Commissioning the first ever survey of 3000 mature age Australians specifically looking at the major barriers to employment.
The Corporate Champions program offers businesses intensive help for 18 months to attract and retain workers, including:
• up to $10,000 in assistance to access an industry expert to help improve their workforce planning and recruitment strategies
• up to $4400 per employer for a skills assessment and training through the 'Investing in Experience- Skills Recognition and Training' program
• **a Jobs Bonus of $1000 for employers who recruit mature age job seekers**
• **the Wage Connect subsidy of around $5900 for employers who take on a mature age job seeker with no recent workforce experience.**

For more information on the Government's mature age employment programs visit: www.deewr.gov.au/experienceplus or call 13 17 64.

Interested employers who would like to learn more about Wage Connect can visit http://deewr.gov.au/wage-connect or contact a local employment services provider on 13 17 15.

Cruise for a Cure

24th February 2013

Join us as we attempt to turn some sick children's lived around. Last year's SBM Maritimo Cruise for a Cure was a resounding success. The turnout exceeded all expectations as it not only raised children's spirits, but also badly needed funds to help support children battling cancer and their families. You can see a video of last year's event via the web link below.
In 2013, SBM is out to create an even bigger and better event. So if you own a power or sail boat 30' or above, please join us. The children can decide what they'd like to do, and where they'd like to go. Then afterwards, the good feeling continues with a BBQ at SBM Maritimo Sydney.
Donations are invited from just $500 with proceeds going to the Cure our Kids Foundation, a division of Westmead Hospital. If you can't be a skipper, why not be a sponsor? Organisations which donate $1000 or more will have the opportunity to display a corporate banner on a boat if they wish.
Register your boat and make a splash. Let's help sick kids and their families keep their heads above water.
FEBRUARY 24, 2013,
SYDNEY HARBOUR & PITTWATER.

Download Boat Registration Form

Our contact us for further details: Ph: 9968 1222

Email; bbatton@maritimosydney.com.au

Pittwater Offshore Newsletter Update 2/1/2013: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackerel Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

PITTWATER COUNCIL

Summerama - Dr Rip's 'Science of the Surf'

'Science of the Surf' is a fascinating, entertaining and multiple award winning visual presentation about how our beaches work and behave.
Date: 16th Jan 2013, 2pm - 3pm

From the journey of tiny little sand grains onto your favourite beach, to the massive swell that rolls in during big storms, to how to spot a deady rip current - this talk is for anyone who loves and is interested in the beach. It also has a beach safety theme throughout.
This visually powerful talk is presented by Dr Rob brander, Australia's best known surf scientist from the University of New South Wales who has been nicknamed 'Dr Rip' by the Bondi Lifeguards for his habit of throwing purple dye into rip currents.

The talk will run for approximately one hour with additional time for questions. Suitable for adults and children ages 8+.

Bookings Essential! Online. In person: Coastal Environment Centre, Lake Park Road, North Narrabeen Phone: 1300 000 232 (Reception - Option 1)

FUN HOLIDAY ACTIVITIES FOR KIDS STILL AVAILABLE

Spaces for Pittwater Council's Coastal Environment Centre (CEC) summer holiday program for kids are still available. Kids on the Coast offers healthy and fun outdoor activities for 5 to 12 year olds from **Monday 7 to Friday 18 January 2013**.

Activities include Art by the Sea, King Neptune and his Mermaids and Dragonfly Discovery.

Also back by popular demand is the NSW Department of Primary Industries 'Fishing Clinic' that teaches children about preservation and conservation, rules and regulations while having fun casting and fishing! Children enrolled in the Fishing Clinic will take home their very own rod, reel, tackle and tackle box which are all included in the $40 fee.

Council's Natural Environment & Education Manager Mark Beharrell said the program encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Beharrell.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from 10am to 3pm at $55 per child, (for standard activities) which includes supervision between sessions (BYO lunch).

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance.

Book online at www.pittwater.nsw.gov.au/ceckids or for more information call 1300 000 CEC (232).

Too hot to sleep? Here's why

By Professor Ron Grunstein. First published in The Conversation. 11 January 2013

Professor Ron Grunstein (right): "The struggle to sleep through soaring temperatures is a personal inferno that dominates conversation around offices and homes across the country."

Bushfires are quite appropriately dominating our nation's concerns during the current Australian heatwave. But for many, the struggle to sleep through soaring temperatures is a personal inferno that dominates conversation around offices and homes across the country.

Sleep and body control of temperature (thermoregulation) are intimately connected. Core body temperature follows a 24-hour cycle linked with the sleep-wake rhythm. Body temperature decreases during the night-time sleep phase and rises during the wake phase. Sleep is most likely to occur when core temperature decreases, and much less likely to occur during the rises.

Our hands and feet play a key role in facilitating sleep as they permit the heated blood from the central body to lose heat to the environment through the skin surface. The sleep hormone melatonin plays an important part of the complex loss of heat through the peripheral parts of the body.

At sleep onset, core body temperature falls but peripheral skin temperature rises. But temperature changes become more complex during sleep as our temperature self-regulation varies according to sleep stage.

Research has shown how environmental heat can disturb this delicate balance between sleep and body temperature. An ambient temperature of 22° or 23° Celsius is ideal. Any major variation in this leads to disturbance of sleep with reduced slow wave sleep (a stage of sleep where the brain's electrical wave activity slows and the brain "rests"), and also results in less dreaming sleep (rapid eye movement or REM sleep).

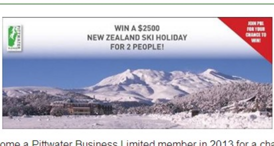
Indeed during REM sleep, our ability to regulate body temperature is impaired so in a clever sort of way the body "avoids" this stage of sleep during extreme cold or heat. A heat wave may cause several nights of fragmented sleep with less slow wave and REM sleep. This will certainly cause a correct perception of bad, restless sleep with consequent negative effects on mood and alertness.

In theory, it may also have subtle effects such as problems with complex memory retention, higher judgement (poorer decision making and increased risk-taking behaviour), blood pressure control and regulation of glucose in the body. The clear message is this: if you're going to make some big decisions during a heatwave, sleep in a carefully controlled air-conditioned environment.

But apart from air-conditioning, what can you do to sleep better during a heatwave? Sleeping in the lateral position (on your side) with less contact with the mattress may be good but the body tends to do this anyway during sleep, in response to rising temperatures.

Cooling the central body with a wet cloth or towel makes sense. A cool shower may also help. It is important to avoid doing anything too strenuous in the hours before bed-time as this will make it harder for the body temperature to fall during sleep. And when you wake up hot, sticky and irritated because you don't have air-conditioning or believe such devices are environmentally unsound, remember those fighting bushfires - it could be a lot worse.

Ron Grunstein is a professor of sleep medicine at the Woolcock Institute of Medical Research and Sydney Medical School.



Become a Pittwater Business Limited member in 2013 for a chance to WIN A NEW ZEALAND "ALRIGHTY SKI EXPERIENCE" Skiing Whakapapa & Turoa Ski fields for 2 people

Valued at more than $2,500
PRIZE INCLUDES:
• Return Airfares from Sydney to Auckland, New Zealand
• 3 Nights Accommodation at the luxurious Powderhorn Chateau in Ohakune
• Mt. Ruapehu 3 Day Ski Lift Passes for either/both Ski fields of Whakapapa (NW Slopes) or Turoa (SW Slopes)
• 3 Days Ski/Board/Ski Wear Hire
• 1 day Mountain Bike Hire for 2 people

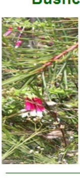
HOW TO ENTER: head to www.pittwaterbusiness.com.au to become a member before 20 February 2013

Win A Timber Setting!

Until January 31, 2013, Johnson Bros are offering you the chance to win a beautiful timber setting from Feast Watson. To go into the draw all you have to do is purchase any 4L or 10L Feast Watson decking product and fill out the form in store! It's that easy! So if you are planning on revamping your deck this season why not win a brand new setting while you're at it?

Careel Bay Tennis Club

Bushcare Notices - January 2013



Bushcare at Warriewood

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

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

Pittwater Council's COOEE Newsletter December 2012

ANZAC Centenary 2015

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

PITTWATER COUNCIL

FREE DOG TRAINING CLASSES

Pittwater Council is offering residents a free six week dog training course from **Monday 4 February at Pittwater Rugby Park and Deep Creek Reserve, North Narrabeen**. Pittwater Council's environmental compliance officer Emma Mackay said the focus of the course was to educate the community in responsible pet ownership and to provide owners with the skills and knowledge to maintain a socially acceptable dog.

"We have two options for classes available to residents including an evening session on Monday nights from 7 to 8pm or a Tuesday morning session from 10am to 11am," said Ms Mackay.

Ms Mackay said owners and their dogs would be offered training for real life situations, with trainers using positive, motivational methods in their approach.

"Owners will learn how to communicate and have fun with their dog, while the dogs will learn how to walk well on their lead and follow a series of commands, "she said. "We hope that after the sessions, your dogs will have improved behaviour and learn not pull on their lead or jump up. "

The courses are open to Pittwater residents only, with dogs aged over four months. In addition dogs must be micro-chipped and registered. Due to the high demand for the course, it is essential that participants are available to attend all classes on their chosen day. Owners may bring their dogs with them to all classes except the first session.

Places on the courses are limited and bookings are essential on 0411 408 051.

For details of the course including class policies visit www.pittwater.nsw.gov.au/domesticanimalmanagement

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

Click on logo above to visit their website.

The Sumba Foundation Australia

Federal Government Media Releases this week:

Schoolkids Bonus cash arrives from today | The Hon Jenny Macklin MP
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
URL: http://jennymacklin.fahcsia.gov.au/node/2203
SNIPPET: From today the first payment of the Schoolkids Bonus will be delivered straight into the bank accounts of 1.3 million families. The families of 1.2 million primary school kids and 1 million high school kids will be receiving this new cash bonus. State breakdown of families who will receive the Schoolkids Bonus:

No receipts needed for donations up to $10 and ATO support for affected people
PORTFOLIO: Treasury
URL: http://www.ato.gov.au/corporate/content.aspx?doc=/content/00343003.htm
SNIPPET: People can claim donations up to $10 made to disaster relief funds for the recent bushfires in their 2013 tax return without a receipt. 'People donating up to $10 to 'bucket appeals' and other disaster relief funds this financial year will be able to claim a tax deduction without a receipt. For people in postcodes affected by the disaster the ATO is providing further support by

Mr Peter Slipper MP summonsed in relation to AFP investigation - Australian Federal Police
PORTFOLIO: Attorney-General's
URL: http://www.afp.gov.au/media-centre/news/afp/2013/january/media-statement-mr-peter-slipper-mp-summonsed-in-relation-to-afp-investigation.aspx
SNIPPET: The AFP has today (7 January 2013) served the legal representative of Mr Peter Slipper MP with a summons in relation to three offences of Dishonestly Causing a Risk of a Loss to the Commonwealth pursuant to section 135.1(5) Criminal Code Act 1995 (Cth). Mr Slipper MP has been summonsed to appear in the Canberra Magistrates Court on 15 February 2013. It would not be appropriate to comment further at this time.

Australia to chair UN Security Council Sanction Committees on Al-Qaida, Taliban, Iran PORTFOLIO: Foreign Affairs and Trade
URL: http://www.foreignminister.gov.au/releases/2013/bc_mr_130107.html
SNIPPET: Australia will take a leading role in managing global sanctions against Al-Qaida, the Taliban and Iran as Chair of the UN Security Council Committees overseeing these issues. Foreign Minister Bob Carr said the Sanctions Committees had delegated authority from the Security Council to determine which persons or entities the Al-Qaida and Taliban sanctions applied to. Security Council sanctions were imposed on the Taliban in October 1999 in response to human rights violations and the use of Afghan territory to shelter and train terrorists and plan terrorist attacks.

Relief Funds Able To Collect Tax Deductible Donations for Tasmanian Bushfires | Prime Minister of Australia
PORTFOLIO: Prime Minister and Cabinet
URL: http://www.pm.gov.au/press-office/relief-funds-able-collect-tax-deductible-donations-tasmanian-bushfires
SNIPPET: The Australian Government will provide tax deductible status to relief funds established to help Australians affected by the Tasmanian bushfires. The Acting Assistant Treasurer, the Hon Gary Gray AO, MP, today declared the January 2013 Tasmanian fires a disaster for the purposes of establishing Australian disaster relief funds. Donations to Australian disaster relief funds, established to provide relief in the aftermath of the bushfires, will be tax deductible for a period of two years from the date of this declaration.

Opinion piece - A healthy debate is the key to getting our discrimination laws right
PORTFOLIO: Attorney-General's
URL: http://www.attorneygeneral.gov.au/Media-releases/Pages/2013/First%20Quarter/10January2013-OpinionpieceAhealthydebateisthekeytogettingourdiscriminationlawsright.aspx
SNIPPET: The following opinion piece by Attorney-General Nicola Roxon was published in The Australian today. A healthy debate is the key to getting our discrimination laws right. It is not OK to humiliate a person because they are gay.

1.3 million Australian children now getting better quality child care PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/ellis/13-million-australian-children-now-getting-better-quality-child-care
SNIPPET: More than 1.3 million Australian children are now receiving better quality child care in centres across Australia, a year on from the introduction of the new National Quality Framework (NQF) for Early Childhood Education and Care. We are lifting the standard of child care across the country because we believe every parent deserves peace of mind when they drop their child off to child care, they are receiving quality care to a high standard. I look forward to continuing to work with all state and territory governments to deliver better child care for Australian children and their families and continuing to tackle our next challenge of reducing child care waiting lists, Minister Ellis said.

New Reforms to Help Smokers Quit the Habit in 2013
PORTFOLIO: Health and Ageing
URL: http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr13-tp-tp001.htm
SNIPPET: THE HON TANYA PLIBERSEK MP. Health Minister Tanya Plibersek has said smokers who had made a New Year's resolution to kick the habit would benefit from another burst of anti-smoking TV ads, larger graphic health warnings on the new plain packs, and new free smart phone apps. The free Quit Now: My QuitBuddy app and the Quit for You, Quit for Two app for pregnant women, which have been downloaded more than 60,000 times since their introduction last year.

New 2D material for next generation high-speed electronics
PORTFOLIO: Industry, Innovation, Science, Research and Tertiary Education
URL: http://www.csiro.au/en/portals/media/new-2d-material-for-next-generation-high-speed-electronics.aspx
SNIPPET: CSIRO aims to establish and build relationships with members of the community. Scientists at CSIRO and RMIT University have produced a new two-dimensional material that could revolutionise the electronics market, making nano more than just a marketing term. In a paper published in the January issue of materials science journal Advanced Materials , the researchers explain how they adapted a revolutionary material known as graphene to create a new conductive nano-material.

Defence assistance amid bushfires
URL: http://www.defence.gov.au/defencenews/stories/2013/jan/0109.htm
SNIPPET: Defence News Published: 09 January 2013. Lieutenant Commander Shane Firkin, the HMAS Albatross airfield coordinator, speaks to Bruce Davis of the Rural Fire Service at HMAS Albatross. The Australian Defence Force (ADF) is working closely with Emergency Management Australia to provide assistance to the civil community facing catastrophic fire dangers across eastern Australia.

Scholarship offers $5,000 a year for students studying ag degrees at university
PORTFOLIO: Agriculture, Fisheries and Forestry
URL: http://www.rirdc.gov.au/news/2013/01/07/scholarship-offers-$5-000-a-year-for-students-studying-ag-degrees-at-university
SNIPPET: A Government-run scholarship is offering first-year university students $5,000 per annum if they study an agriculture-related degree. The Horizon Scholarship also provides students with opportunities to network and gain knowledge at a range of industry events. To be eligible for The Horizon Scholarship students must be entering their first year of university and studying a degree related to agriculture, such as agricultural science, rural science, livestock/animal science, veterinary science or agribusiness.

Shaping the Australian Economics and Business Curriculum
PORTFOLIO: Education, Employment and Workplace Relations
URL: http://www.ministers.deewr.gov.au/garrett/shaping-australian-economics-and-business-curriculum-0
SNIPPET: The fundamentals of economics and business will be taught in Years 5 and 6 for the first time nationally under the latest Australian Curriculum shape paper released today. School Education Minister Peter Garrett said the release of the Shape of the Australian Curriculum: Economics and Business , prepared by the Australian Curriculum Assessment and Reporting Authority (ACARA), is another important step in the development of the Australian Curriculum. Feedback from this shape paper will guide the writing of the Australian Business and Economics Draft Curriculum, which will be released for public consultation later this year, Mr Garrett said.

Marking an heroic contribution - Australian Antarctic Division
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
URL: http://www.antarctica.gov.au/media/news/2013/marking-an-heroic-contribution
SNIPPET: January 8, 2013, marks 100 years since the death of Douglas Mawson's sledging companion, Dr Xavier Mertz. Mertz was invited to join Mawson's 1911-1914 Australasian Antarctic Expedition as a ski instructor and, alongside Belgrave Ninnis, to care for the Greenland huskies. Mertz died on 8 January 1913, possibly of Vitamin A poisoning from eating husky livers.

LEGO AT THE LIBRARY

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

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

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January 13 - 19, 2013: Issue 93

Doug Elliott

A few years ago we met a gentleman who has boundless energy for getting things done for the community as a member of the Rotary Club of Pittwater. Doug is also a talented photographer whose keen eye manages to capture the essence of what is occurring, not an easy feat. Editor of the Pittwater Rotary Newsletter, champion of many a cause and a man who will do the legwork and find the people to bring any project together and ensure its success, Mr Elliott is a team player who not only rallies others but keeps his hands full with his share of any work needing done.

A Paul Harris Fellow, ace on computers and websites, Mr Elliott is also a man of other surprises and let us know, just before Christmas, about his newest penmanship in the form of an interesting book of the kind you can't put down once you have begun reading! This week it is our privilege to share a small insight on a gent who has been quietly in the background of many of the by community and for community ventures that make Pittwater a great place to be.

I'm an Australian-Canadian living in Pittwater. Most of my professional life has been spent in the computer software field - in development, support, marketing and sales - but, after 35 years of that, I simultaneously decided to change my location and my profession. In 2005 my wife, Dianne, and I moved from Toronto to Mona Vale and I began working as a freelance writer.

I thought I should write about something I actually cared about so, being completely indifferent to sports and outdoor pursuits, I started submitting articles about history. Over the next couple of years I sold articles to *Australian Heritage* and *History Magazine* on subjects as diverse as the invention of television, the exploration or Antarctica and the golden age of ocean liners. After a couple of years of that, I gave up writing articles and set my sights on book-length projects. I co-edited *Australia and Sherlock Holmes*, a collection of the best Sherlockian writing by *Australians* (2008) and *The Annotated White Company*, a new look at Arthur Conan Doyle's medieval adventure novel (to be published in 2013). Both of these were extensive and rewarding projects that taught me much and allowed me to work with long-time friends.

They say that everyone has a novel in them. I decided to test whether I had one too, with an historical thriller. In 1912, fossil bones unearthed in southern England appeared to be the remains of the earliest English human, the missing link between apes and man. The scientific world rushed to embrace the new discovery. Reputations were made, careers launched. Forty years later, after a renewed examination of the fossils, came the bombshell announcement: it was all a complete fabrication, a fraud. For decades **Piltdown Man** had consumed a vast amount of scientific time, thought and effort, all wasted. If only the hoax had been spotted back in 1912...

My novel, **The Link**, asks: what if someone had spotted the fraud in 1912? Would the story have developed any differently? The book weaves real historical characters and real events into a story of mistrust, shame, deception and murder. In November The Link was published by Loquat Valley Books and is available on Amazon here.

The Link introduces an enigmatic ex-Scotland yard detective named Augustus Parker whose career is rich enough to provide fodder for a series of adventures. So here I am, hunched over my desk working on the next Augustus Parker novel.

I loved living in Toronto and I love living here. I find the calm waters of Pittwater with its gentle surrounding hills more sympatico than the beach side, so plant me with a large cappuccino at any of the waterfront cafes -- the Boathouse at Palm Beach or the Waterfront at Church Point -- and you'll make me a happy man.

Though nominally retired, I am far from idle. I have my writing projects and too many hobbies to mention: chief among them my 30+ year interests in Piltdown Man, the world of Sherlock Holmes and the tragic events around the Titanic. I've been active in Pittwater Rotary for seven years, managing their website, editing their newsletter and working on various club projects.

Toronto has a beautiful lake and a people who are similar in temperament and outlook to Australians; a) is this how you chose where to live in Australia? and b) name two similarities and c) two differences

The move was motivated largely by the climate, and by the fact that Dianne has family in the Sydney area. I used to live in Sydney in the 1970s (when I met Dianne) so I was already somewhat familiar with the Northern Beaches. Canadians are tolerant and friendly like Australians. Australians are a bit more leisure-focused, while Canadians tend to be more work-focused.

How long does it take you to complete one book?

Based on a single example (so not statistically valid) it takes about 6 years to write a book and about 2 years to get it published. Hoping to do better next time.

Who are your favourite authors?

My favourite authors are Arthur Conan Doyle, Michael Connelly, Robert Crais, Michael Robotham and Stephen Leather. This reflects my love of thrillers, which I am trying to emulate with my own books in a historical setting.

What did you notice most changed for you when you began being a freelance writer?

Being a freelance gave me much more freedom to choose my subjects. I also had to SELL the subjects to the editor, which was very exciting on its own. Now that I'm diving into fiction, there are many facets to deal with -- plot, character and description chief among them -- but it also brings sales and marketing challenges which can be as demanding as the writing itself..

Describe your penultimate Pittwater Summer

Last summer was not much different from last winter: trying to find the right balance of the work, staying in touch with friends/family and the Rotary activities.

What is your favourite place in Pittwater and why?

The Waterfront Cafe at Church Point is my favourite Pittwater place to hang out. I definitely benefit from being anywhere near the water, and the peaceful ambiance of the Waterfront combines a seaside setting with my favourite activities -- eating and drinking at leisure.

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

I try to ***give other people the benefit of the doubt***. This is a particular challenge when driving, watching other drivers do inexplicable things, but it also applies generally. Plus life is less stressful when I apply it to myself as well.

Pittwater presents its own challenges to an aspiring writer. Back in Canada, tucked away in my cosy office on a grey day with the snow whirling outside, I could write for hours. But here in Pittwater there are more than enough distractions, with the smell of the sea air, the sunlight sneaking through the blinds, the kookaburras calling and a gentle nor'easterly whispering through the leaves outside my window. But I wouldn't have it any other way..

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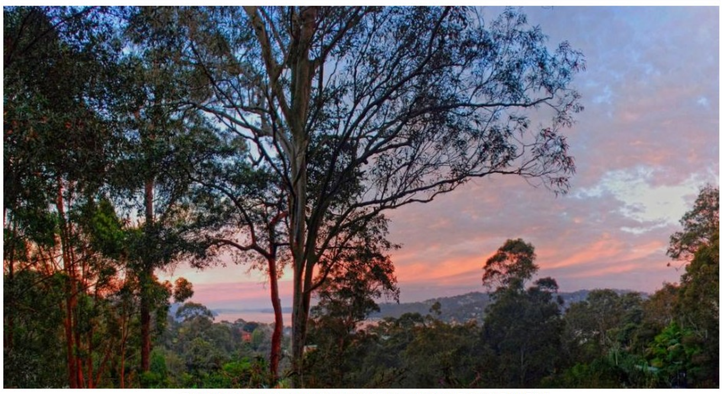

This photo shows another appealing aspect of the area: the trees. Picture by Doug Elliott.

The Link [Kindle Edition] by Doug Elliott

Piltdown Man: fossil bones unearthed in southern England are the remains of the earliest English human, the missing link between apes and man. In London, the British Museum is planning what may be the biggest announcement in its history.

But now one of the few men who has held the fossils in his hands has disappeared.The Museum dispatches an odd pair of investigators to find him: Stephen McKay, a young Museum worker, drawn into the affair against his better judgement, and Augustus Parker, an enigmatic former Scotland Yard detective with a reputation for unorthodox methods. Parker examines the fossils and immediately declares they are fakes. As McKay and Parker track the missing man in London and the English countryside, struggling to pierce the fog surrounding the Piltdown fraud, they stumble upon an horrendous double murder. They are attacked, their lives threatened. A mysterious woman dogs their steps.

How do a local amateur archaeologist, a reclusive landowner, a British Museum director, a famous author, and a bone collector figure in the deepening mystery? Which them has perpetrated the fraud? Which one has killed to keep his dark secret hidden? Between fakery and murder what is ... the link?

Kindle Price:**$3.99** includes free international wireless delivery via Amazon Whispernet. Purchase HERE

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January 13 - 19, 2013: Issue 93

Pittwater Regattas and Flagships Part I – Steamers and Ferries of Pittwater

Once upon a time, on an estuary named Pittwater, people would gather to engage in what became known as the Pittwater Regatta. Beginning with sailing in skiffs, rowing races and current classes of yachts, as years passed motor yacht and powerboat races were added to events to be contested. By the middle of the Depression aerial displays from planes became part of afternoon sessions. People oohed and ahhed through fair weather and foul, attended dinners, dances and balls that were sumptuous and loud. Folk came from near and far to camp on the foreshores, luxuriate on large cruisers or sleep on the Pittwater Regatta flagships.

A flagship is a vessel used by the commanding officer of a group of naval ships, reflecting the custom of its commander, characteristically a flag officer, flying a distinguishing flag. Used more loosely, it is the lead ship in a fleet of vessels, typically the first, largest, fastest, most heavily armed, or best known. In common naval use the term flagship is fundamentally a temporary designation; the flagship is wherever the admiral's flag is being flown. However, admirals have always needed additional facilities; a meeting room large enough to hold all the captains of the fleet, and a place for the admiral's staff to make plans and draw up orders. Flagship. (2012, December 19). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Flagship&oldid=528849170

You will notice throughout these records that mistakes regarding which annual Pitwtater Regatta each year actually is are frequent. Our research pointed to one organised by run on the **2nd of January, 1888**, seemingly to bring people into the area. This was overseen by William Bulfin, then prorpietor of the Newport Hotel (now The Arms), the venue of many a Pittwater Regatta dinner in coming decades.

Others cite a race begun between Queenslanders and New South Welshmen in 1905 as the impetus for the annual regatta after this first attempt:
Pittwater Regatta came into being as the result of a private match, in December, 1905 between the Crouch brothers, of Queensland, and W. D. M. Taylor, who sailed the Carella, owned by Lord Forster, and Mr. John Roche, for 21 years honorary secretary for the regatta. An unusual course was chosen, being from Pittwater, where the flagship was moored on Saturday, around Lion Isle and back, a distance of l8 miles. The Crouch brothers won. Local residents became enthusiastic as the result of this match, and the first regatta was held in February, 1906. It catered for local sailing and rowing boats, but there were only six starters for the first motor launch race. Both the entries and prize money have increased annually. This year there were 107 sailing boats. 57 heavy boats, and eight events under Now South Wales Rowing Association conditions, with crews totalling 80 rowers There were also three races for Navy League Sea Cadets. PITTWATER. (**1928, January 2**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 4. from http://nla.gov.au/nla.news-article16431002

1906: ?

1907 March 23rd:

At a public meeting held in Newport Hall on the 13th instant it was agreed to hold a regatta at Pittwater on March 16 next. A programme of 14 events was drafted, including rowing, sailing, and motor-races, prominence being given to the ltl-footers' open sailing race, for which a prize of £10 is offered. It is proposed to send the boats over a triangular course of about eight miles. BISHOP LANGLEY. (**1907, February 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article14832645

The Pittwater Regatta will be held on March 16. The programme comprises fifteen rowing, sailing, and motor events. The prize money totals £55 10s, besides a number of trophies. There are three sailing events, open to all-comers, viz.: Handicap 16ft skiffs, under P.J.S.S.C. rules, prizes £7, £2, and £1;handicap for 14ft to 24ft boats (jib and mainsail only), prizes £5, £2, and trophy; and an all boats' handicap (jib and' mainsail only, to be sailed by youths under 18), prizes £2 and £1.There is also a licensed fishing boat handicap(Jib and mainsail) for Broken Bay, Hawkesbury, Cowan, and Brisbane Water boats, for prizes of... £1, and trophy. The rowing portion includes three races for ladies, and one for ladies and gentlemen, these, as well as other events, including... for local residents only. Miss Gladys Lloyd and Mr. John Roche are the hon. secs. SAILING. (**1907, March 13**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 51. Retrieved from http://nla.gov.au/nla.news-article71590180

Pittwater REGATTA The Pittwater regatta, which was postponed last Saturday, will be held today. The programme comprises five sailing, nine rowing, and one motor launch event, and as the entries are as numerous as the races are varied, a good day's sport is practically assured. PITTWATER REGATTA. (1907, March 23). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article14853312

In the 16ft Skiff Race nt. the Pittwater Regatta on March 23, the limit boat (Myrtle), 16min (J. Crouch), was the winner, beating Mat, 9min (W. Riddle), by a minute. SAILING. (1907, March 27). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 48. Retrieved from http://nla.gov.au/nla.news-article71590698

1908 February 1st:
SAILING. PITTWATER REGATTA. The programme for the Pittwater annual regatta on February contains no fewer than 14 important sailing and rowing events. There is a champion 16- footer race, for the winner of which there is a cup valued £10 10s, and £12 added money; handicaps for boats from 14 to l8 feet, and from 14 to 24 feet, a handicap for fishing boats, and a motor launch race.
The rowing events include single and double sculling races for men, single and double sculling races for ladies, mixed double sculls, races for youths under l8, boys under 14, girls under 14, and mixed double sculls for boys and girls under 16. SAILING. (1908, January 16). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article14955438

At the last meeting of the Port Jackson Skiff Club Messers. Williams and Roach president and secretary of the Pittwater Regatta, handed over to the winners the prizes for the champion skiff race which was sailed for at their regatta as follows -Meta 1 £12 and silver cup presented by Mr Norman li Murray and Nereid 2 £5. PORT JACKSON SKIFF CLUB. (1908, February 29). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article14934301

1909:

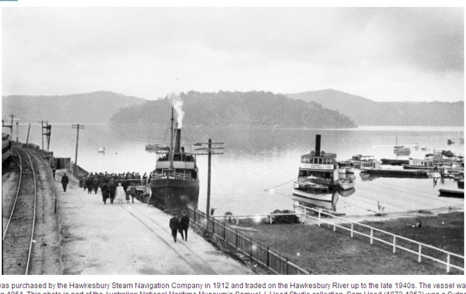
1910: steamer Cameray
PITTWATER REGATTA. The fourth annual Pittwater regattaa was held on Saturday. A light breeze blew throughout the day and a large crowd was treated to some good demonstrations of rowing and sailing. The steamer Cameray acted as flagship. The following are the results -
Rowing -Single sculls bola 12 scars and under A Erickson 1 Ladies' single sculls Dead heat between Miss James and Mrs T Oliver Bingle sculls for boys 10 years and under E Bule, 1 Gent "s doublo acullá N. Wilson and J. Wilson, 1. and gentlemen's double sculls Kiss Tarnen and Mr, lames Gentlemen's sculls T Bule 3. Sailing-for boats 14ft_io 18ft (open boats) Ibis 1 For local boats 14ft to 181c Sizzronc, 1 All corners,hflft skills Doroth}, 1 lift to 21ft boats Dinuitless, 1 l Motor events-No 1 Kaipai, 1 No 2 Werona, 1.l Prircs were distributed on board the flagship by Councillor Quirk, and Mr Greig, treasurer to the regatta was presented with an illuminated address in recognition of his services. PITTWATER REGATTA. (1910, January 17). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article15131924

1911: January 7th The steamer Cammeray
PITTWATER REGATTA. The following is the course for the yachts competing in the Pittwater Regatta today. **Start at 11am from Fort Denison (Sydney) then around the regatta flagship off Bayview Wharf (Pittwater) thence around a buoy off Kunringgai Chase cottages in Towlers Bay then around buoy off Clareville Wharf, and finish at flagship**. PITTWATER REGATTA. (**1911, January 7**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article15221419

Wooden paddlewheel steam ship launched 1884. *Cammeray* was a steam ferry owned by the North Shore Steam Ferry Company (later Sydney Ferries Limited). By 1904 with many new screw steamers available, she had been largely withdrawn from active service and was mainly running excursion trips and by 1905 (along with the other paddlers) she was permanently laid up. It would appear she was offered for sale for by 1909 she could be found on the Hawkesbury River, owned by a Dr F Calder, operating five hour tours for five hundred people every Sunday from the Brooklyn railway station. These were organised by the NSWGR. Information courtesy of The Encyclopedia of Sydney Ferries website.

1912: January 6th
The handicaps for the yacht race at Pittwater to-morrow are:-... The course will be from flagship, round Lion Island, flagship, and a triangle of three miles, total distance 18 miles. PITTWATER REGATTA. (1912, January 5). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article15300039

1913: January 4th flagship, Erringhi
AQUATICS. (**1913, January 6**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article15388274



ERRINGHI was purchased by the Hawkesbury Steam Navigation Company in 1912 and traded on the Hawkesbury River up to the late 1940s. The vessel was scuttled off Sydney Heads in 1951. This photo is part of the Australian National Maritime Museum's Samuel J. Hood Studio collection. Sam Hood (1872-1953) was a Sydney photographer with a passion for ships. His 60-year career spanned the romantic age of sail and two world wars. The photos in the collection were taken mainly in Sydney, particularly a lot of Pittwater Regattas, and Newcastle during the first half of the 20th century. Pictured here at Brooklyn with *the Phoenix* at right

1914: 3rd of January
The yacht race in connection with .the Pittwater regatta on Saturday last, which promised to be one of the most interesting events of the local boats, was a great disappointment to those enthusiasts who journeyed to Broken Bay and also to the residents of the district through the 'want of a' decent breeze. The southerly wind,-which had very little weight in it at any time of the day, gave out before the yachts were back in sight of the flagship, and the two boats which finished. SAILING. (**1914, January 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article15498761

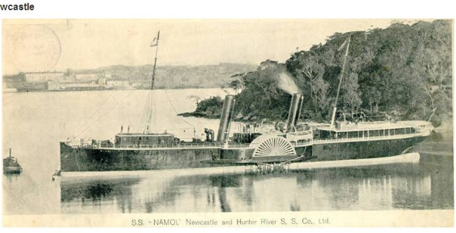
Cessation during WWI and WWII

PITTWATER REGATTA. **The Pittwater Regatta, which annual fixture lapsed during the war, is to be revived**, and for this purpose a meeting is to be held in the public hall, Mona Vale, on Saturday, October 9, at 7.30 p.m. PITTWATER REGATTA. (**1920, September 30**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16868386

1920: (first since 1914): steamer Gosford
Wooden steam ship. Gosford was the second vessel to carry the name and worked on Brisbane Water and the Hawkesbury River. Photo is of Gosford II.

1921 January 1st: steamer Gosford, which was the flagship at the last regatta.

1922: SS Newcastle



1922: steamer Namoi

1923: SS Newcastle and also firstly named as The Manly steamer Bingarra in November SMH article
AT THE PITTWATER REGATTA. THE ALL YACHTS HANDICAP RACE. **On the left of the picture is a group of the executive officers of the regatta, taken on board the flagship-the Newcastle**. In the centre, at the top of the picture, is a photograph of the Aoma, the winner of the Scotland Island Cup, and on the right of the Illustration 1s a photograph of the Scotia, which was placed second In the All Yachts event. AT THE PITTWATER REGATTA. (**1923, December 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16119046

SS Bingarra was a Steel screw steamer launched 1905. 442 tons .Dimensions: 58.00 x 9.00 x 3.25 (metres), Passenger capacity: 1332, Speed: 13 knots. Binngarra was to be the first of ultimately six similar ferries that were to dominate the Manly ferry trade for eighty years. These six vessels would all be built by Mort's Dockyard and Engineering Company – five at Woolwich and the last at Balmain. The builders had produced other ferries for the Manly trade; these six were to be the penultimate design for an Australian built Sydney ferry.

REGATTAS. - PITTWATER. Entries for the Pittwater Regatta close on December with the Hon, secretaries, at the Newport Hotel, Pittwater. For this whole-day regatta there ls a very attractive programme, consisting of 11 sailing events, including two races for the 12ft dinghies and two for the 21 restricted class. There are 12 rowing events and five motor boat events. It is anticipated that the support given to this year's event will be even greater than that-accorded last year, which was a record. Although the Pitt-water regatta has not the historic associations of the Anniversary regatta, it is. looked forward to with equal keenness by the large number of sportsmen who are able to participate in it, and who thoroughly enjoy racing on the picturesque waters free from the traffic, which interferes with the racing on Sydney Harbour. REGATTAS. (**1923, November 28**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 20. Retrieved from http://nla.gov.au/nla.news-article16113811

AQUATICS. PITTWATER REGATTA. A fine programme has been issued for the Pittwater regatta, which will be held on Saturday. The Sydney boats have been well catered for, and In the sailing events there are two races for the 21ft restricted class, and also for the 12ft cadet dinghies. This fixture promises to be one of the most successful held at that picturesque spot. Quite a number of enthusiasts have signified their intention of being present, and it is anticipated that the steamer New castle, which will be the flagship, will carry a full complement of passengers when she leaves Sydney next Friday morning for Broken Bay. AQUATICS. (**1923, December 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article16126150

1924: SS Newcastle

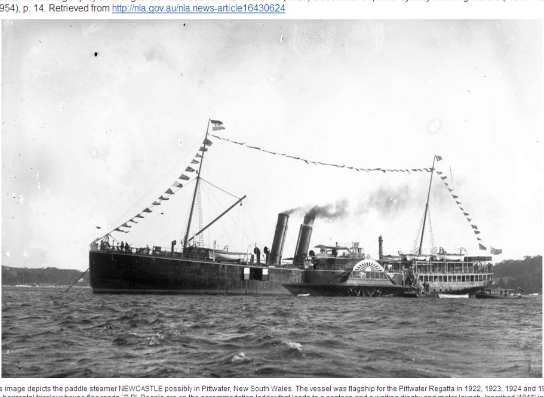
1925: December 26th S.S. Archer
PITTWATER REGATTA. The Sydney Morning Herald (NSW : 1842 - 1954) Thursday 3 December 1925 p 14 Article
... PITTWATER REGATTA. Entries for the Pittwater Regatta closed on December 7. The committee advises that boats may be loaded on the S.S. Archer, act as flagship, until 4 p.m. on Christmas afternoon.

AWAITING RESCUE.-One of the many capsizes which occurred during the heavy weather at the Pittwater (Sydney) regatta. OUR PICTORIAL SECTION. (**1925, January 13**). *The Horsham Times* (Vic. : 1882 - 1954), p. 1 Section: OUR PICTORIAL SECTION. Retrieved from http://nla.gov.au/nla.news-article73031530

ARCHER 694 gross tons, 440 net. Lbd: 200'2" x 29' x 13'2". Iron steamship built by London & Glasgow Engineering and Iron Shipbuilding Co., Glasgow for the Queensland Steam Shipping Co., London. Passenger vessel of 95 horsepower and capable of 10 knots. April 1887 of the AUSN Co., registered Brisbane. Sold September 1891 to H W Henderson's Circular Saw Line, registered Sydney. September 1898 sold to J Morrison, Newcastle. Sold January 1901 to the Newcastle and Hunter River S N Co. Sold January 1933 to Stacey and Williams. 1934 converted into a hulk. 1946 scuttled off Sydney Heads. Photo is part of the Australian National Maritime Museum's William Hall collection; Object number 00010666.

1926; January 1st-2nd Hunter River S.S. Co.'s Go's steamer Newcastle

1927: December 30-31 steamer Newcastle
THE HOLIDAY. MANY ATTRACTIONS. The Sydney Morning Herald (NSW : 1842 - 1954) Saturday 31 December 1927 p 14 Article
Today the annual Pittwater Regatta will be held. **His Excellency the Governor General is to be present**, and on his arrival he will be escorted to the flagship by a naval guard of Sea Cadet. THE HOLIDAY. (**1927, December 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16430624



This image depicts the paddle steamer NEWCASTLE possibly in Pittwater, New South Wales. The vessel was flagship for the Pittwater Regatta in 1922, 1923, 1924 and 1927. The horizontal tricolour house flag reads 'P.R'. People are on the accommodation ladder that leads to a pontoon and a waiting dinghy and motor launch. Inscribed '1816' in the lower right corner. Part of the Hall collection acquired from the Royal Sydney Yacht Squadron. This photo is part of the Australian National Maritime Museum's William J Hall collection.

1928: None
AQUATICS. Annual Pittwater Regatta. INTERESTING CONTESTS. Notwithstanding that the committee was unable to obtain a suitable flagship for the twenty-second annual Pittwater Regatta, the fixture was carried out with even greater success than many of its predecessors. Salt Pan Point, which was made headquarters, was eminently suitable for the purpose. The weather was favourable, there being bright sunshine. The nor'-east breeze was of a light nature in the morning, but freshened during the afternoon, and the programme of sailing races was finished in good time. The Victorian yacht, Imina-Mara was entered for the yacht races, but not having completed her cruise from the southern State, her absence was regretted. There were several mishaps in the motor boat sections, two boats capsizing, while another sank. The president of the regatta (Mr. Frank Whiddon) was ably supported by the honorary secretaries, Messrs, John Roche, Stan Spain, and C. Plowman, as well as by members of the committee, including **Mrs. Greig**, Messrs. T. Mulhall, F. S. Adams, John Williams, A. R. Cooke, and E. Higgs, all of whom have been workers for the regatta for many years, particularly Mr. John Roche, who has held the office of secretary since the Inception of this popular fixture. Before the racing started there was a review of the fleet of the Royal Motor Yacht Club. AQUATICS. (**1928, December 31**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 5. Retrieved from http://nla.gov.au/nla.news-article16520177

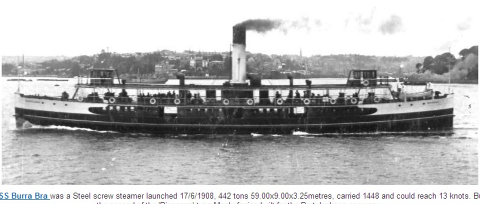
1929: Manly ferry steamer Burra-Bra
PITTWATER. REGATTA DAY. SPEED AND ELEGANCE.
A wanton westerly tousled the placid surface of picturesque Pittwater into a million splashing wavelets and flirted outrageously with the thousand craft which careened and plunged over its shimmering depths and shallows . The yachtsmen's prayer was answered. It was Pittwater Regatta and good sailing weather.

It would be difficult to imagine a more delightful spot than this broad sheet of water which changes mysteriously into blue, green and grey, with the caprice of the sun. Soft, green masses grow to the water's edge, tall gums crawl up the slopes of the jutting head-lands, here and there nestles a tiny bungalow, isolated in the midst of a community of wild things. To starboard of the flagship lay Scotland Island which seems to rise green and living from the lapping water. In its lee lay Woods Point darkening to a russet brown with Longnose Point bold and grey and Lion Island blue in the hazy distance. In the occasional flashes of sunshine it seemed as though a curtain of gauze had been omnipotently rolled aside to reveal these prominences in a richer, more amazing beauty.

Early in the morning it was sultry with alight nor'-easter; but before long the breeze veered to a fairly boisterous westerly and the bay was quickly dotted with craft of almost every example of the builder's art. There were yachts, schooners, motor yachts, yawls, specks of wood and canvas called dinghies, and demented ironing boards, which were called outboard speed-boats. As the breeze freshened the crews, in their gaily coloured uniforms were kept immoderately busy scampering hither and thither to the swinging of the boom. The flagship, which was the Manly ferry steamer Burra-Bra, swung idly at anchor with Church Point on her beam, and past her swept a procession of 18-footers biting at the water and snarling at the spume, like dogs on the leash. Speed-boats darted madly in and out of the host of pleasure craft, distributing thorough soakings in flying spray gratuitously. Outboards chattered noisily and ineffectually after them, progressing in amusing leaps and bounds with their pilots clinging tenaciously to them.

A regatta is a serious thing, as every yachts-man knows, but comedy lurks in the most unexpected places and the crowd which watched proceedings from the still comfort of the flag-ship was much amused by the antics of the outboards, which they soon came to regard as the clowns of the performance. It was certainly amusing to see them leap like tortured fish from crest to crest. But if there was comedy there was also skill in the handling of these and other craft, the stern endeavour of the oarsmen and women, thrilling speed, and a breath-taking beauty in the bigger yachts. Starting from the flagship, **the course for the races under sail was to Hebbden's Wharf, Scotland Island, thence through thin air to Towler's Bay, across to Careel Bay, and back to near the finishing line**. The palpitating life which animated every line and sail when near at hand faded with the distance into quiescence. Heeling over to an insistent blow, they revealed the bright keel colourings of the builder's imagination, and skimmed over the ruffled surface like enormous birds.

The first Pittwater Regatta was held in 1906 when the races were confined to local boats. Since then it has been held every year and has grown steadily in magnitude and popularity. Many of those who assisted in the early ventures are still associated with the regatta notably the honorary secretary (MrJ Roche), the only occupant of that office to date, who was responsible for Saturday's function. The officials In charge of the racing were as follow.... Nad full results at: PITTWATER. (**1929, December 30**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article16614023

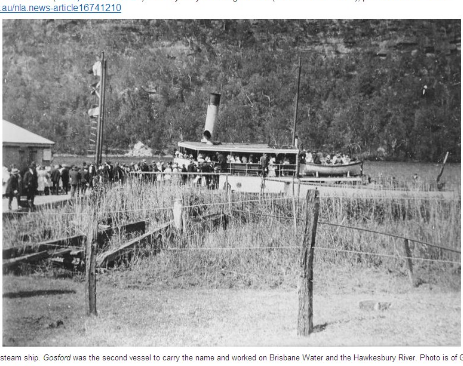


Manly ferry SS Burra Bra was a Steel screw steamer launched 17/6/1908. 442 tons 59.00x9.00x3.25metres, carried 1448 and could reach 13 knots. Burra Bra was the second of the 'Binngarra' type Manly ferries built for the Port Jackson company.

1930 December 27th: The steamer Gosford
The 24th annual Pittwater regatta on Saturday provided a brilliant spectacle and excellent spoil, despite boisterous weather. ' In the principal yachting race Bona beat Rawhite by a margin of only 13 seconds, Morna being third. SUMMARY. (**1930, December 29** Monday). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article16741956

PITTWATER REGATTA. ANNUAL MEETING. The report of the committee of the twenty third annual Pittwater Regatta, held on December ... last, was presented to subscribers and competitors at a meeting held last week. The report disclosed that the last regatta was successful, although the westerly wind which prevailed on the day was not entirely suitable for the Wing, but on extensive programme of sailing, rowing, and motor boating events was carried out without any accident or protest. The **entries 'totalled 337**.For the 1928 regatta a flagship was dispensed with, but in response to requests the committee made arrangements for the Manly steamer BurraBra to act In that capacity last year, but the attendance on board was very small. The cost of chartering a suitable steamer, Including extra Insurance, etc., amounts to at least £75. The return last year was slightly under £8. A flagship of this nature is therefore, a luxury, and will not be provided this year.
Mr. John Roche, who, since the Inception of the regatta In 1906, has been honorary secretary, announced his retirement from the office. During the whole of that period Mr. Roche devoted much time and energy to the affairs of the regatta, and its present happy position is very largely due to his efforts. His resignation was accepted by the meeting with regret. Mr. Roche has the fine record, having attended all but one of the 215 meetings held during his occupancy of the office. Office-bearers for the ensuing year are:-President Mr. A C. Cooke; vice-president. Mr. Frank Whiddon; official secretary. Mr. J. RochePITTWATER REGATTA. (**1930, October 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 17. Retrieved from http://nla.gov.au/nla.news-article16721173

PITTWATER REGATTA. A Varied Programme. The twenty-fourth annual Pittwater regatta will be held on Saturday, when a programme of sailing, rowing, and motor boat events, 25 in all, with a **total entry of 177 competitors**, will be decided, from 10 a.m. The steamer Gosford will act as flagship, taking up her moorings a little to the south of Salt Pan Point, so that she will be adjacent to the finishing line of all the races. Events and their starting times are: SAILING. E. Q. Grieg handicap, 12ft to 25ft local boats, 10.30 a.m ; 12ft cadet dinghies' champion- ship. 11 a.m.; John Roche all yachts' nominated skippers, 11.15 a.m.; Mischief Memorial nominated skippers, 11.40 a.m.; Pittwater Regatta Cup. all yachts, 1.15 p.m.; Scotland Island Trophy. S.AS. Club boats, 2 p.m.; A. T. Black 12ft cadet dinghies' handicap. 2.35 p.m.; John Williams handicap, 12ft to 25ft local boats, 2.50 p.m. MOTOR BOATS. J. M. Dempster handicap, local boats, 10.30 a.m.; Miramar cruiser handicap, All-comers, 11.45 a.m.; A. C. Cooke motor speed boat handicap, 1.30 p.m.; outboard motor boat handicap, 2.45 p.m.; B. a. Griffith motor boat handicap, 3.15 p.m.; outboard motor boat handicap. 4,15 p.m. ROWING. Men (New South Wales Amateur Rowing Association clubs): Heavyweight maiden fours, 2 pin.; outriggers, best and best (single sculls handicap), 2.15 p.m.; lightweight maiden fours. 2.30 p.m.; senior fours, 3 p.m.; Gladstone skiffs, 3.30 p.m. Women (New South Wales Amateur Rowing Association): Ladies' lightweight four-oared championship of Pittwater, 11.30 a.m.; ladies' heavyweight four cared championship of Pittwater, 12.30 p.m. Gladstone and 14ft skiff rowing: Boys' single sculls, 10.45 a.m.; Gladstone skiffs handicap, first heat, 11.30 a.m.; Gladstone skiffs' handicap, second heat, 12.15 p.m.; Gladstone skiffs' handicap, final, 2.15 p.m. Men's single sculls' handicap, 3.15 p.m. PITTWATER REGATTA. (**1930, December 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16741210



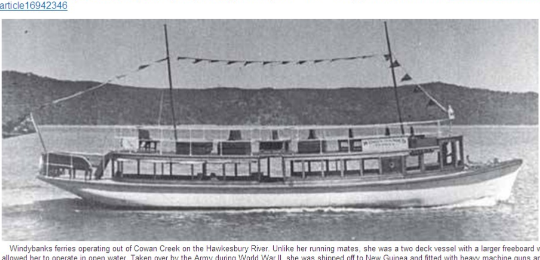
Wooden steam ship. *Gosford* was the second vessel to carry the name and worked on Brisbane Water and the Hawkesbury River. Photo is of Gosford II.

1931 December 26th:
PITTWATER REGATTA At the annual Pittwater Regatta on December 26,five events for motor-boats of all types will be decided. These events will be run under the racing rules of the Royal Motor Yacht Club of New South Wales and entries for them close with Mr, Vernon H. Moor, race secretory of the club, at Wunulla-road, Edgecliff, on December 1. PITTWATER REGATTA. (**1931, November 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16823687

PITTWATER REGATTA Arrangements for the twenty-fifth Pittwater regatta which will be held on Boxing Day, December 26 are well In hand Mr Charles Jacobs, who is commodore of the RM Y C of N S W , has accepted the office of president while Mr John Roche, who for 23 years was honorary secretary, has been appointed vice-president The present honorary secretary Is Mr C M Smith, 228 Pitt street Sydney (MA33B1) It has been decided to include in the progmmme this year a special race for cruising yachts. PITTWATER REGATTA. (**1931, November 11**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16816752

PIC: NEARING THE FINISHING LINE IN THE JOHN ROCHE HANDICAP FOR ALL YACHTS ON SATURDAY AT THE PITTWATER REGATTA. **The yachts are, from left to right: Norn (A. Stevens), Bona (A. J. Wilson), the winner Utiekah li. (H. G. Nossiter), and Morna (W. Henderson), third. The yachts were sailed by members of the crews other than the regular skippers**. NEARING THE FINISHING LINE IN THE JOHN ROCHE HANDICAP FOR ALL YACHTS ON SATURDAY AT THE PITTWATER REGATTA. (**1931, December 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article16819029

1932: December 31 Gloria (Wooden motor vessel)
PITTWATER REGATTA. The flagship Gloria will be moored In midstream slightly south of Salt Pan Point. TO-DAY'S SPORTING FIXTURES. (**1932, December 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article16942346



Gloria was the largest of the Windybanks ferries operating out of Cowan Creek on the Hawkesbury River. Unlike her running mates, she was a two deck vessel with a larger freeboard which allowed her to operate in open water. Taken over by the Army during World War II, she was shipped off to New Guinea and fitted with heavy machine guns and used as a patrol vessel. She never returned after the war.

1933: December 30th SS Gwydir
PITTWATER REGATTA. FLAG OFFICERS. **Commodore Stuart F. Doyle. Vice-commodore John Roche, and Rear-commodore Stanley Spain have been appointed flag officers for the day for the Pittwater regatta**, which will be held on December 30.Thev will be in charge of the flagship, the T.S.S. Gwydir, that day. Eight sailing races have been Included on the aquatic programme at this regatta. One which should be of particular interest to Palm Beach is an event for big class yachts which will carry prizes presented by Palm Beach residents. The course of this race has been so arranged that the competing yachts will pass Palm Beach on four occasions. PITTWATER REGATTA. (**1933, December 14**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17032313

PITTWATER REGATTA. VICE-REGAL PATRONAGE. **The Governor-General (Sir Isaac Isaacs) and the Governor (Sir Phillp Game) have extended their patronage to the 27th annual Pittwater regatta**, which will be held at Pittwater on December 30. For the first time for five years an ocean-going steamer will act as flagship, the committee having arranged for the Gwydir to make the trip. She will leave Sydney with passengers at 7 30 on the morning of the regatta, and return the same day. PITTWATER REGATTA. (**1933, December 8**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 17. Retrieved from http://nla.gov.au/nla.news-article17030674

1934: December 29-30h T.S.S. Gwydir
PITTWATER REGATTA. AIR ATTACK ON SPEED BOAT.
An Interesting item in the programme of the Pittwater regatta this afternoon will be an **aerial "bombing" attack on the speedboat Wyvern**, under the command of her owner, Mr. J. C. Webster, by an aeroplane (VH-UAJ), piloted by Flight-Lieutenant N, Mulroney. The attack will take place about 4 o'clock in the vicinity of the flagship Gwydir, which will be moored off Bayview. Dummy bombs in the form of bags of flour will be used as missiles. PITTWATER REGATTA. (1934, December 29). The Sydney Morning Herald (NSW : 1842 - 1954), p. 15. Retrieved from http://nla.gov.au/nla.news-article17115270

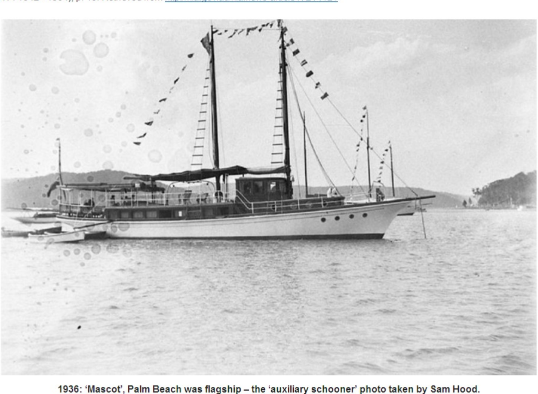
Pittwater Regatta, Broken Bay, Hunter River Steamship Co.'s SS "Gwydir" as flagship. Image No: hood_06534, courtesy State Library of NSW

PITTWATER REGATTA. The committee of the twenty-eighth annual Pittwater regatta has arranged for the use of the S.S. Gwydir as flagship. The Gwydir will under-take a week-end yachting cruise. In association with the regatta, sailing from Sydney at 10 a.m. on Saturday, December 1, proceeding to Pittwater to act as flagship. In the evening a Venetian ball will be held on board the ship. On December.30 the Gwydir will cruise around Broken Bay, Cowan. Brooklyn Bridge. Lion Island, and Cape Three Points, and return to Sydney on the Sunday afternoon. Arrangements have been made for 200 passengers to be carried, and deck sports will be introduced. Full co-operation of the Aero Club of New South Wales with the regatta has been secured, and an air race will be staged from Mascot around a mark off Palm Beach, finishing at the flagship, moored at Bayview. It Is expected that eight or ten of the fastest machines will take part In the race for the Archer Whitford Air Race Trophy. After the air race planes from the Aero Club will give a demonstration of manoeuvres and stunt flying, mimic warfare, and aerial bombing. There, will be races for every type of craft, and it is expected that at least 300 craft will take part In the events. PITTWATER REGATTA. (**1934, November 24**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 22. Retrieved from http://nla.gov.au/nla.news-article17112992

REGATTA. Bright Scenes at Pittwater. KEENLY-CONTESTED RACES.
A blue sky lightly flecked with fleecy clouds, golden sunshine, and a north-easterly breeze made conditions ideal for the 27th Pittwater regatta on Saturday. The function was successful from every point of view. Pittwater, the land-locked stretch of water between Newport and the entrance of the Hawkesbury River, Is a yachtsman's paradise. For days almost every type of craft had made its way to the course, and on Saturday they came forth in their numbers, most of them to compete in the big programme of events, the remainder to lend moral support by anchoring and dressing ship near the starting point. It was a colourful scene.

The events were keenly contested. The entries and the number of spectators did not exceed those of the peak years, but they were a decided improvement on last year. The committee took a brave step and reverted to the practice of more prosperous years of providing an ocean-going flagship; the venture received the success it deserved. The flagship was the Newcastle steamer, Gwydir. REGATTA. (**1934, January 1**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article17036755

1935: December 28th T.S.S. GWYDIR
PITTWATER REGATTA. Plans have already been launched to make this year's Pittwater regatta which will be held on December 28 one of the most successful in the history of the regatta It is expected that between300 and 400 vessels will take part and It Is hoped to again have the TSS Gwydir as flagship. Support has been promised for the Regatta - the 29th annual by the way-from all sections of the boating community including sailing big yachts motor cruisers speed boats amateur and professional rowing In addition officials will have the full cooperation of the Royal Aero Club of New South Wales. PITTWATER REGATTA. (**1935, November 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 19. Retrieved from http://nla.gov.au/nla.news-article17214121



1936: 'Mascot', Palm Beach was flagship – the 'auxiliary schooner' photo taken by Sam Hood.

'Unfavourable weather spoilt the Pittwater Regatta ' SMH report of Monday 28 December 1936
AEROPLANE RACE. Aerial Derby, trophy presented by Charles E.Blanks (Mascot. Palm Beach, flagship), 28m_C.H. Fischer (Cirrus Moth). PITTWATER REGATTA. (**1936, December 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article27988276

Earlier that year: MR. J. ROCHE. Mr. John Roche, who died at the War Memorial Hospital yesterday, was widely known in yachting and sailing circles. He was associated with the Pittwater regatta from its inception, being honorary secretary for 24years up to 1931. He had always taken a keen interest in aquatic sports, and in 1906 participated in a challenge skiff race at Pitt-water. From this race grew the annual regatta, the first of which was held in 1907.He was a member of the Royal Prince Alfred Yacht Club, being for a time a committeeman, and of the Sydney Amateur Sailing Club. He was keenly interested in the organization of sailing and yachting events, and took an active part in the arrangement of the Anniversary Regatta over a number of years. He is survived by Mrs. Roche. MR. J. ROCHE. (**1936, October 16**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 19. Retrieved from http://nla.gov.au/nla.news-article17280386

1937: December 27th

PITTWATER REGATTA. TO-DAY'S PROGRAMME. An all day programme of sailing motor boating professional rowing and aeroplane events will be provided at the Pittwater regatta today. The aerial events will begin at 3 15 pm with a Derby from Mascot to the flagship This will be followed by a display of formation flying by two teams from the Royal Aero Club of New South Wales i display of acrobatics and a mock bombing attack. The centre of the regatta will be at the flagship moored about equal distant off the Bayview wharf and Horseshoe Cove all races finishing at this point. The rowing courses is to Church Point the sailing courses to Careel Point and West Head and the motor boat events to Taylors Point The programme Is - Sailing Vaucluse senior class sailing boats 10.20 am Vaucluse Junior class sailing boats 10. 30 a m **John Roche memorial handicap** for big class yachts and deep keel cruising yachts(nominated skippers) 11 am **Fred S Adams memorial handicap** for 16ft skiffs 11 15 a m W D M (**Dom Taylor memorial handicap for yachts** of SAS Club and LMYC 1.20 pm Vaucluse senior class sailing boats 2 p m Vaucluse Junior class sailing boat 2 10 p m Pittwater Regatta Cup deep keel cruising yachts handicaps 2 20 p m tl J Gray handicap for 10ft skiffs 2 40 p in Motor Boats -**W D Lawson cruiser trophy** 10 45 a m general handicap for Boomerang trophy 12 noon Angus and Coote speedboat trophy 2pm **cruiser handicap for W J Goddard trophy** 2 .10 p m **Sam Bowen speed boat trophy** 3 pm general handicap for **W J Stuart trophy** 3 30p m Upper Hawkesbury speedboat handicap for C P White .... 2 45 pm the Broken Bay rowing and sculling clubs double, sculls hnndicap4 30 p m the Pittwater youths (under 17 years! single sculls handicap 2 11 p m PITTWATER REGATTA. (**1937, December 27**). *The Sydney Morning Herald (*NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17439286

1938: December 27th

The regatta dates are:-Anniversary, January 30; Vaucluse, February 11; Pittwater, December 26 or 31 (the date to be fixed). YACHTING SEASON. (**1938, September 29**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 15. Retrieved from http://nla.gov.au/nla.news-article17523225

PITTWATER REGATTA. TO-DAY'S PROGRAMME. The annual Pittwater Hccnttn, the first of which was held in 190B, will be held today, the first event starting at 10 10 a m . and the last at 4 p.m There are races for sailing craft of various types, seven for motor boat, two for professional rowing and an aerial "Derby." as various displays of formation diving, aerobatlcs, mid "bombing." by members of the **Royal Aero Club of N S.W.** The principal attraction Is the newly formed "Jubilee1' class, which will start at 10 45 - 15 boats having entered for each event. The machines In the aerial "Derby" will leave Mascot at 3 15 p m and fly over a 28-mile course to Palm Bench to the official launch. PITTWATER REGATTA. (**1938, December 27**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved January 13, 2013, from http://nla.gov.au/nla.news-article17546097

1939: December 27th

PITTWATER REGATTA.Big Jubilee Class Fields.FIRE ON A SPEEDBOAT. Sailing craft, motor boats, and aeroplanes took part In the Pittwater Regatta which was held yesterday, the programme extending from 10 o'clock In the morning until late In the afternoon. For the sailing men. the wind was tricky, chopping and changing from the east until too late tor utility, it settled down in the north-east; but for the other classes conditions were very good. A large fleet or craft assembled and gave an animated display, marred only bv a fire on the speedboat Pandora (F. Helnkel). The fuel supply caught fire while the boat was cluising round before the afternoon races. A regatta patrol launch took the Pandora in tow alongside the flagship, and chemical fire extinguishers put out the flames, little damage being caused. PITTWATER REGATTA. (**1939, December 27**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17633175

1940-45 : WWII ; all sea craft on Pittwater and surrounds commandeered for war effort and uses.: **NO PITTWATER REGATTA TO-DAY**. Pittwater regatta, held annually on Boxing Day.is not being held this year, became of the war. NO PITTWATER REGATTA TO-DAY. (**1940, December 26**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17700299

Earlier in year with Pittwater competitors included:
ANNIVERSARY REGATTA. Programme of Events. The 104th Anniversary Regatta will be held on Sydney Harbour on Monday. All classes of boats are catered for in the comprehensive programme which has been arranged. The flagship will be the S. S. Koondooloo which will be moored off Cremorne Point Neutral Bay. and to which a ferry service from No. 5 jetty, Circular Quay, will be run, commencing at 10.15 am. The motor yacht races will be held on Rose Bay, and the professional sculling events on the Parramatta River but starts and finishes for all other events will be visible from the flagship. The New South Wales State Military Band will be aboard the flagship and refreshments will be obtainable. Admission charges to the flagship will be 1/ for adults and 6d for children. The programme is - SAILING EVENTS ANNIVERSARY REGATTA. (**1940, January 27 Saturday**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 21. Retrieved from http://nla.gov.au/nla.news-article17660814

1945 December 26th:
Pittwater Regatta. **The Governor-General, the Duke of Gloucester, will be patron of the 39th annual Pittwater Regatta**, to be held on Boxing Day. The approximate programme is: SAILING: Vec-J.iys IO am, course J'/imiles: loc.il boats, 22ft lo 10ft. **Including"Jubilees,"** 10.15 a.m , course seven miles.16ft skiffs, 10 40 am, course seven miles;Sydney amateurs' class, boats 18ft to 15ft.l IO p.m , course 13 miles: l6ft skiffs, 2 p m..course 13'miles;'yachts. Pittwater Regatta Cup. flying start, 2 20 p.m., course 20 miles! Vee-jays, 2 30 p.m , course 5 16 miles. MO TOR BOATS: Morning races, cruiser handicap. general handicap. Afternoon races cruiser handicap and tsso general handicaps and motor cruiser races. Entries close December 4 Post entries will be accepted for motor crusier races. , ROWING: Rowing events will be announced later. Pittwater Regatta. (**1945, November 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article17958676

Yacht Races Again At Pittwater After a lapse of five years, the **Royal Prince Alfred Yacht Club** will hold three harbour races this afternoon at Pittwater. Sydney's crack racing yachts are included in the first division event, to be sailed over a course of 14 sea miles, starting at 2 p.m. J. R. Palmer's Brand V is the scratch boat in a field of 16, which includes Kyeema, winner of Wednesday's Pittwater Regatta Cup. Trade Wind (M. E. Davey) will be racing all-out to avenge her defeat by five seconds in that event. G. E, Bryant's Lewan is another yacht expected to sail well. She did not reach expectations on Wednesday. The second and third division races will be sailed over a nine-mile course, and there are five and seven entries respectively. J. A. Kyd's Wraith and C. McAlister's Phantom are scratch boats in the second division, and Manais (H.S. Lloyd) will be conceding all others eight minutes in the third division race Yacht Races Again At Pittwater. (**1945, December 29 Saturday**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article17964999

1946 December 26th:
Record entries have been received for the motor boating events at the Pittwater Regatta, Broken Bay, on Boxing Day. Among those which will be racing round the 50 miles per hour mark will be Verity H (Carl Halvorsen),D St E (H Mcintosh), St Emilion(T Bunce) Gilda (H. Taylor), Labo(D Bojee and Stan Lands), Whoopee(F Robinson) Osprey (Biuce Savell),Grej hound (B Bayley), Atom (Aand G Lawson)
Mr A Ben Fuller will race his new big cruiser Pattoo for the first time against Kweena (W. Fair-weather Beryl (A Hutchinson),Zelma (C P While), Karak (S LTjler), Rekrap (J. Parke), Sea Sprite (C Finch), Moonray (APeck), and Spray (H Fullagar). MOTOR BOATING ENTRY RECORD. (**1946, December 23**).*The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article18016619

SKIFF RULED OUT AS CREW PADDLED The 16-foot skiff Martine (P. M. Evatt), was disqualified after crossing the line in the 14-mile Palm Beach Handicap at the Pittwater Regatta yesterday. Officials ruled that members of the crew used their hands, **paddling the skiff when it was almost becalmed**. Officials were ashore, the incident occurring in failing light at 7 p.m. They were watching the finish through glasses. The Martine would have been placed fourth, but lost all placing. Many officials claimed that some of the events were too long. The Palm Beach Handicap started at 2 p.m. and only six boats were home at 7.4 p.m. There was an absence of steady sailing breezes, particularly toward the end of the afternoon. The John Roche Memorial Handicap for yachts had to be cut to half its distance. First of the boats reached the half-way mark at 5.10 p.m. A Victorian, L. Pound, stole a march on his Sydney rivals' in the Jubilee Class yachts in Aeolus, coming in well ahead. SKIFF RULED OUT AS CREW PADDLED. (**1946, December 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article27903461

MANY PARTIES ON BOATS AT REGATTA Entertaining among members of the various motor yacht clubs of New South Wales reached a pre-war peak at the 40th annual regatta on Pittwater yesterday. Cool clothes and even cooler drinks were chosen by the spectators who watched the sailing, motor boat, and aerial races from luxury launches anchored in Horseshoe Cove, Newport. One of the newest motor yachts was the Sylph V, which is owned by Mr. and Mrs. W. D. Lawson, of Rose Bay. It was a family party on board, with Mr. and Mrs. Gordon Lawson and sons, Richard and Peter, Mr. Archie Lawson, and Mrs. P. Bayley. The overflow spread to LH-B, which is owned by Mr. Bernard Bayley. One woman who took part in the racing was Mrs. Roy Icher, who was a crew member with her husband in Mr. J. Icher's yacht, Alice, in the John Roche Memorial Handicap for the Regatta Cup. A familiar sight was the vice-commodore of the Rose Bay club, Mr. Fred Harris on board his motor yacht, Steady Hour. Her first visit to Sydney brought Miss Mignon Booth, of Melbourne, to the regatta on Mr. A. Hutchinson's boat, Beryl IV. Also in the party were Mrs. G. N. Kenworthy, whose husband was rear commodore of the regatta, Mrs. H. Kenworthy, Mrs. S.Elphinstone, and Mrs. J. O. Andrews. MANY PARTIES ON BOATS AT REGATTA. (1946, December 27). The Sydney Morning Herald (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article27903405
SAILING PITTWATER REGATTA.- Currawong Race for VJs. 5½m: Kestrel (P. B. Docker). 1;Comet (W. S. Tost). 2: Achilles (K. W.Gravenor). 3. Won by 2 min., 4 min. Bayview Race for 16ft Skiffs, 7m: Pathfinder(H. Graham). 1: Maritime (P. M. Evatt).2; Ronnie (A. J. Schultz). 3. Won by 1m 45s. 1m 50s. W. J. Goddard Memorial Race for Yachts. 8½m: Judith Pihl(J. W. Jira). 1: Clipper (Dr. H. S. Kirkland),2; Julnar (G. L. Griffen). 3. Won by 29s, 1m 23s. A. J. Riddle Race, localboats. 7m: Chance (R. Tumeth). 1; Planet(M. Porter). 2: Doris IR. Mayjor). 3. Wonby 16s. lm 55s. Church Point Handicapfor VSi, 7m: Shadow 8 (L. B. Smith). 1;Vlei (H. Marson). 2: Wendy (G. Thorne).3. Won by 35s. lm 55s. Sil Roim Me-morial Handicap for VJs. 5'/2m: Kestrel (P.B. Docker). 1: The Rocket (P. Hanson), 2;Achilles (K. W. Gravenor). 3. Wen by20s, 12m 13s. Lionel V. Edye Scratch Race,Jubilee class yachts: Aeolus (L. Pound), 1:Petrel (A. P. Baldick and K. Clarke). 2;Gem ll tw. A. Audsley). 3. Won by 6m5s. 23s. John Roche Handicap, yacht!,8'/2 m: Mustang (R. J. Singer), 1: Juinar(G. L. Griffin), 2; Kyeema (C. Galbraith),3. Wen by 5s. 4m 30s. Don Taylor Handi-cap, yachts 18ft to 35ft, 14 m: Caprice (H.E. Pflcfferl. 1: Ozone (A. .1. Stone), .2;Janaway (J. Word). 3. Won by 20m10s. 58s. Palm Beach Handicap, 16ftsk,'JTs, 14m: Pathfinder (H. Graham). 1;San Toy (E. O. Shaw). 2: Ronnie (A. J.Schultz), 3. Won by 7m 10s, 59s. MotorYachts:-Cruiser Handicap. l'/3m: Karuah(H. Murphy). 1: Mconray (A. G. Peck). 2;Pastime (A. Pickering), 3. Power boat handicap, lVim: Karak! (Commodore Tylor),1: Gilda (H. Taylor). 2: Karuah (H. Mur-phy), 3. C. E. Le Gallien Speed BoatTrophy, 3m: Gilda (H. Taylor). 1; Lat» (D.Boyce and S. Lands), 2: D. St. E. (H. B.McIntosh). 3. Aerial Derby (Bankstown to Newport): VH Azr. 1: VH Ape. 2; VHAph. 3. SAILING. (**1946, December 27**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article27903425

1947:

THE Annual Meeting of the 40th Annual Pittwater Regatta will be held at Science House. Gloucester St. Sydney, on Thursday,27th inst., at 7:45 p.m. Business: To receive and adopt the annual report and accounts. ALAN R. BEVERIDGE. . Hon. Secretary. 8 Chelmsford Ave, Epping. Advertising. (**1947, November 19**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 30. Retrieved from http://nla.gov.au/nla.news-article27891829

1948: December 27th

PITTWATER REGATTA. While the president of the 42nd annual Pittwater Regatta Mr. F. C. Mackillop, and the committee entertained official visitors at the regatta yesterday at luncheon in the **Royal Motor Yacht Club House in Broken Bay**, more than 100 people had a picnic lunch on the lawns outside. During the afternoon nearly 1,000 people watched the speedboat races from the lawns. The vice-commodore of the regatta, Mr. A. Hutchinson, and Mrs. Hutchinson entertained a party on board their yacht, Beryl. PITTWATER REGATTA. (**1948, December 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article18096608

REGATTA PROSPECTS Week-end campers pitched small colonies of tents at Narrabeen Lakes, Pittwater, and on vacant allotments at Dee-why and Collaroy. Crowds Out To Enjoy Sunshine. (1948, January 26). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved January 13, 2013, from http://nla.gov.au/nla.news-article18058613

1949: December 26th At the Pittwater regatta more than 2,000 people in small craft followed the races. WARM DAY FOR HOLIDAY. (**1949, December 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 1. Retrieved from http://nla.gov.au/nla.news-article18138461

1950: December 30th

Holidays Afloat. MOTOR cruisers and yachts have been arriving at Pittwater in a continuous stream during the week to take part in the New Year festivities to be held this week-end. Families and friends spend much of their time visiting other boats and wishing one another "all the best" for the New Year. Gala day was the annual Pittwater Regatta yesterday and the highlight of this week-end will be the **traditional New Year's Eve barbecue to be held at The Basin tonight.** Above: A/IR. and MRS. R. B. DAVIES (centre), with their daughter, MISS BETTY DAVIES, who returned home last week after a 10 months' tour abroad, and their daughter-in-law, MRS. ROSS DAVIES, who are all stayina on the 50-foot cruiser, Minocqua. Holidays Afloat. (**1950, December 31**). *The Sunday Herald*(Sydney, NSW : 1949 - 1953), p. 10. Retrieved January 10, 2013, from http://nla.gov.au/nla.news-article28671540

Results of these Regattas, and the vessels pictures, will form part of a future history page.

Steamers of Pittwater: hwww.pittwateronlinenews.com/steamers-of-pittwater-part-i.php
First Pittwater Regatta: www.pittwateronlinenews.com/the-first-pittwater-regatta-history.php

Pittwater Regattas and Flagships Part I threads collected and collated by A J Guesdon, 2012-2013.

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Pittwater Online News

January 13 - 19, 2013- Issue 99

Scholarship offers $8,000 a year for students studying Agriculture degrees at university- 07 Jan 2013

A Government car scholarship is offering first year university students $5,000 per annum if they study an agriculture-related degree. The Rural Industries Research and Development Corporation (RIRDC) Corporation in partnership with industry sponsors and not only offers students financial support but also work placements, mentoring and professional development opportunities.

The Horizon Scholarship also provides students with opportunities to network and gain knowledge at a range of industry events. SIRDC's Managing Director Craig Burns said The Horizon Scholarship provides real and practical benefits for the students involved.

"The students involved in the Scholarship are expanding their knowledge and skills, but also building relationships that will financial burden on students and families, the Scholarship is an opening doors for these future agriculture leaders," Mr Burns said.

Current Horizon Scholar, Richard Quigley from Trangie or central west NSW is studying a Bachelor of Agricultural Science at the University of Sydney and said The Horizon Scholarship has provided not only important financial support but also enabled him to develop practical skills that prepare him for the workforce at the end of his degree.

"Programs like the Horizon Scholarship are so important to the future of Australian agriculture," Richard said. "I believe I was with the Horizon Scholarship, many of my students fully understand about agriculture were few years back between and now I am really excited to be networking with other young people who are just as passionate about the industry."

To be eligible for The Horizon Scholarship students must be entering their first year of university and studying a degree related to agriculture, such as agricultural science, rural science, livestock/animal science, veterinary science or agribusiness.

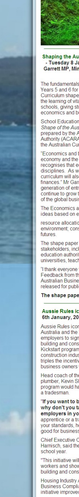
Scholarship recipients will be selected on the basis of their academic record, their ability to demonstrate leadership potential and high school academic record. **Applications close on 1 February 2013 and shortlisted applicants must be available for a telephone interview on 21 and 22 February 2013. The Scholarship winners are announced in late March 2013.**

Application forms can be downloaded from the RIRDC website at www.rirdc.gov.au/horizon or by contacting RIRDC on 02 6271 4132.

Taimo and Tale : Chocolate cake recipe to cook with kids.

Taimo and Tale , a website with extra material of Taimo and Tale: all the episodes of the show, coloring pages, recipes, crafts, games for kids , and more fun and educational resources for kids of other cartoon shows.

Multilingual , chocolate!



Shaping the Australian Economics and Business Curriculum - Tuesday 8 January 2013 - Media Release- The Hon Peter Garrett MP, Minister for School Education, Minister for Early Childhood and Youth

The fundamentals of economics and business will be taught in Years 5 and 6 for the first time nationally under the latest Australian Curriculum shape paper released today. The shape paper outlines the learning of vital consumer and financial skills into primary schools, giving students a strong base for serious study and duties of economics and business.

School Education Minister Peter Garrett said the release of the *Shape of the Australian Curriculum: Economics and Business*, developed by the Australian Curriculum Assessment and Reporting Authority (ACARA), is another important step in the development of the Australian Curriculum.

"Economics and business are fundamental for a productive economy and the wellbeing of all Australians. This shape paper recognises that economics and business are inter-related disciplines. As well as preparing students for employment, the curriculum will also teach students how to manage their personal finances," Mr Garrett said. "This curriculum will equip the next generation of Australian consumers and business people to continue to grow the Australian economy as well as take advantage of the global business opportunities the Asian Century will bring".

The Economics and Business curriculum is underpinned by four ideas based on economic and business concepts:

resource allocation and making choices; the business environment; consumer and financial literacy; and work and future.

The shape paper was developed with input from a range of stakeholders, including state and territory and non-government education authorities, teacher associations, schools, businesses, universities, teachers and parents.

"I thank everyone who has contributed to the shape paper so far. Feedback from this shape paper will guide the writing of the Australian Business and Economics Draft Curriculum, which will be released for public consultation later this year," Mr Garrett said.

The shape paper is available at www.acara.edu.au

Aussie Rules icon gives Kickstart program a big thumbs up- 6th January, 2013 - Federal Government Media Release

Aussie Rules icon Kevin Sheedy has joined Master Builders Australia and the Housing Industry Association to encourage employers to sign up to a new program to boost apprentices in the building and construction industry. The Kickstart Program will provide incentives and help support up to 21,000 apprentices in construction industry to the end of February 2013. The program triples the incentive paid in the first year to small and medium business owners who take on a new apprentice.

Head coach of the Greater Western Sydney Giants and former premiership player, Kevin Sheedy, said the $57.5 million Apprentice Kickstart program would have helped create apprentices and boost the image of a tradesman.

"If you want to be an apprentice in the construction industry why don't you take this as an opportunity to talk to employers in your local area, "Mr Sheedy said. "Talking to an apprentice or a trainee allows you to train your future workforce to do the jobs that you want for your job done. And that's a pat on the back for business."

Chief Executive Officer of the Master Builders Australia, Wilhem Harnisch, said the measure came at a good time with the end of the school year.

"This initiative will help give jobs to a new generation of building workers and shows that the government puts a high value on the building and construction sector," Mr Harnisch said.

Housing Industry Association's Senior Executive Director for Business Compliance and Contracting, David Humphries, said the initiative improved the outlook for the sector.

"With projections showing that the industry is set to grow, this initiative will provide a good tipping point - to encourage employers to take on apprentices sooner rather than later," Mr Humphries said.

Minister for Skills, Senator Chris Evans, said there were 500 applications from potential apprentices within the first two weeks of the program opening.

"Kickstart is part of a long-term plan to ensure Australia has the skilled workers it needs, ahead of the predicted upturn in the economy," Senator Evans said. "Since the Budget last May, we're making sure the next generation of plumbers, electricians, carpenters and other tradespeople are in training now, so we're ahead of the game. We are delivering the right skills, in the right areas, at the right time."

The Kickstart initiative builds on the success of the Kickstart Bonus and the Kickstart Extension programs where $120 million was invested to support more than 50,000 trade commencements during the recovery from the Global Financial Crisis

For more information or to apply, visit www.australianapprentices.gov.au

Type productive into search to find providers near you at: http://www.australianapprentices.gov.au/search/postcode/search.aspx

WIN TRIPLE J'S GOLDEN TICKET

Vote for your favourite song of 2012 in triple j's hottest 100 and you could win triple j's Golden Ticket. It gets you and a mate into EVERY triple j superfest festival and gig in 2013. That includes Splendour, Falls Festival and HEAPS more! Splendour, Falls Festival and HEAPS more!

Last year's winner, Stef Salewski from Adelaide, did some major bucket listing. She saw Lana Del Rey, Jessy Dabo Green, Mumford and Sons, Radiohead, Sigur Ros all in the one year - courtesy of the triple j Golden Ticket.

Reckon you can top this? Just vote and tell us how the Golden Ticket will change your life - and you could be sharing your gig experiences with triple j listeners!

ELIGIBILITY

Entrants must be 18 years or over on the 26 of January 2013.

COMPETITION PERIOD

The competition opens at midday AEST on Wednesday 19 December 2012 and **closes at midnight AEST on Sunday 20 January 2013.**

Check out full terms and conditions and more here

University of Tasmania selected as preferred supplier for Youth Clearinghouse services

SINPRFT: The University of Tasmania has been chosen as the preferred project partner for the Australian Clearinghouse for Youth Studies (ACYS) with a renewed supply commitment to 2015. Contractual negotiations with the University of Tasmania to deliver National Youth Clearinghouse services from 2013 to 2015 will now begin. The University of Tasmania's Institute for Marine and Antarctic Studies has been selected as the preferred partner and look forward to a successful partnership with ACYS in the New Year.

Youth and children's chairs starting 2015.
Email now via website or email: songfishchoir@gmail.com

PITTWATER COUNCIL 20 Years

Kids on the Coast - Summer School Holiday Program

Share in the sizzling hot 'Kids on the Coast' activities this summer **Kids on the Coast Summer School Holiday Program runs until Friday 18 January** and includes Sculpture Workshops, 'Sleepers Investigators', 'Snappers, Stingers & Dabbers' and back by popular demand, the Junior Fishing Clinic. A new activity this summer is 'Marine Biologist for a Day'. Be sure to book early to avoid disappointment.

Session times are 10am-12pm and 1pm-3pm. The CEC also offers Kids' Surfing lessons and sessions from 10am-3pm daily, including two environmental education activities and supervision during lunch.

Kids' Surfing lessons: Boys and girls aged 3-7yrs Full Day $55 per child (age 5-12yrs) NB: for standard activities

Kids' Surfing lessons: Boys and girls aged 3-7yrs Full Day $55 per child (age 5-12yrs) NB: for standard activities

Book online at www.pittwater.nsw.gov.au/cecfun or call 1300 0902 0 for more information. Bookings are essential as places are limited. Payment by cash or cheque can be made at the Centre and booking in person.

May Gibbs Online at State Library of NSW

Those of you who like Bookish Beginnings will be pleased to be interested in looking through the vast amount of material available online at our sister State Library.

From this page:

The State Library holds a remarkable collection of May Gibbs' original illustrations, cartoons and literary papers, most of which were acquired into the Library's care in 1970 by the copyright holders, the NSW Society for Crippled Children now Northcott Disability Services. The Society had inherited the May Gibbs Central Fairy Alliance. These collections have kindly given the Library permission to digitise the material and publish it on our website. We hope this will introduce May Gibbs and her iconic Australian work to a whole new audience.

May Gibbs (1877-1969), author, illustrator and cartoonist, has captured the hearts and imaginations of generations of Australians with her lovable bush characters and fanciful landscapes. Her iconic children's literature and folklore is still as popular as ever, holding a place in the hearts of contemporary readers. Her classics, such as The Complete Adventures of Snugglepot and Cuddlepie, Gibbs also wrote and illustrated many other children's books, produced long-running cartoon strips and a wealth of commercial work. A fiercely determined woman, she was Australia's first full-time, professionally trained female cartoonist and illustrator. Her work was the subject of a tertiary retrospective which is relevant now as it was then in 1975. May Gibbs was appointed Member of the British Empire (MBE) in acknowledgement of her important contribution to children's literature.

Have a look; sure you'll love it!

Sent In His Staff:

Summer Cockpits by Jeffrey Sabri

Cool School - **O Rated Stories on Video**

Wallace and Gromit's World of Invention at the Powerhouse Museum

Get your hands on cracking contraptions at Wallace & Gromit's World of Invention exhibition now on at the Powerhouse Museum. Step into the home of Wallace & Gromit and play with their inventions, from the Wallace-o-matic and Yellocopter to A See-smashing chess from Aussie inventors, an implant that helps people hear and even a mouse-trapping machine.

Plus, find ways to create your own brilliant ideas and how to protect your ideas **HERE**

Powerhouse Museum's Website for **Online Fun** for **Lifebytes**

The Royal Prince Alfred Yacht Club Teaches over 600 Children to Sail over the Summer School Holiday Programme. Have a look here

Kids in the Museums!

The University of Sydney's museums have something for all kids during the summer holidays with **Kids Discover Fridays, 11am-1pm, Friday in January, targeting children aged 4-to 12.** Each day there is a different theme and activity including hands-on fun with ancient tools, opportunities to sculpture art and artefacts, and stories

Nicholson Museum: Macquarie Museum and University Art Gallery are all within close walking distance - so pack a picnic and spend a day museum hopping at the University of Sydney

Nicholson Museum

Children's activity day **Marcella Rome Colosseum - 10am-4pm, Friday 11 January.** Handle ancient Roman objects in workshops, take part in a Roman play, wear a toga and visit the ancient Latin in this series of workshops that transport you back to ancient Rome. The Colosseum Exhibition celebrates the Nicholson, where a **200,000 piece Lego reedition of one of the most iconic and recognised monuments takes centre position.** The model is set amongst ancient Roman sculptures, coins and other artefacts offering a taste of life in AD 80, when the Colosseum opened. A free talk at 11am and 2pm, **Lego Colosseum: Building a Roman Empire** - Did the Romans eat ice cream? - offers insights into the Roman Empire's culinary habits.

60 Objects 60 Years - Journeys through summer holiday some of the most cherished tales from the Nicholson's vast antiquities collection. Hear the story of Ptolemy's 1934 coin adventure in Paris, thanks to an exhibition plan accidentally discovered by the museum's senior curator.

Where: University Art Gallery, War Memorial Arch, northern end of the Quadrangle, Cost: Free, Bookings: Not required, Not booked. Nicholson Museum: southern entrance of The Quadrangle. more info and directions

Cost: Free, but with a coin donation for children's activity days.

Opening hours: Monday to Friday, 10am to 4.30pm; first Saturday of the month, 12pm to 4pm.

PITTWATER COUNCIL 20 Years

FUN FOR KIDS AT MONA VALE LIBRARY

Mona Vale Library has fun activities for children running over the summer holidays.

A series of free summer movie nights will run: Swiss Family Robinson on Wednesday 16 January and Blazing Saddles on Wednesday 23 January. All sessions commence at 5.30pm.

Library Manager Cathy Howie said there are also holiday craft sessions available for all ages of children.

"Kids will be able to **make a robot using recycled material, with a workshop for 8 to 11 year olds on Tuesday 15 January** from **9am to 11.30am** and an afternoon session for 12 year olds and upwards. The morning workshop costs $10 and the afternoon session is $15

There will also be a $5 clay modelling workshop for kids aged 3 to 12 years where they will be able to create their own clay masterpiece.

Bookings are essential for all activities on 9970 1600. Mona Vale library is located at 1 Park Street, Mona Vale

The Wiggles at Powerhouse Museum: Details.

GEARED COM AU
Click on Image for visit website.

Buy Tickets HERE

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 finding the safest, smartest schools in the land. School Education Minister Peter Garrett has launched a new competition for schools to highlight what they are doing to create 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 share how 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, led by a teacher, to answer a series of question relates to how their school's initiatives align with the National Safe School Framework. The questions cover areas such as bullying, bullying, harassment, discrimination, violence, cyberbullying, sexual harassment, sexuality, transgender or mental health. **One primary school and one secondary school in each state and territory will win a $5000 voucher for school resources.**

Winning entries will be announced on the National Day of Action Against Bullying and Violence on 18 March 2013

Keep children safe online

The Easyguide to Socializing Online is available here

The Cybersafety Help Button is available to download free of charge here

More information about the ACMA's Cybersmart program is here

Australian 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 anymore as some of them are a few hundred years old and either out of print or museum copies that can be even more difficult to read these words. You can access them online though: Project Gutenberg Australia is at: http://gutenberg.net.au/

Headspace 'We've got your back' campaign

A groundbreaking national awareness campaign developed by young people for young people launches headspace aims to dramatically increase young Australians' awareness of everyday mental health issues and how they can help their friends. The campaign will run for the rest of 2012.

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

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

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

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 between the three major phone carriers.

Powerhouse Museum Online Fun

The Powerhouse Museum, Sydney, Australia's oldest, also has a range of online activities and games, with a bit of educational insight.

An example: This online skittles game is based on a Victorian game called Ninepins. It is made of wood and coloured paper, from the Powerhouse Museum's collection (object number A7573). Games were played in Victorian times while developing hand-eye coordination and family entertainment during the latter part of the 19th and early 20th century. More HERE

Bus Pass Replacement

HERE

Bullying; NO WAY !!!

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

Send In Your Stuff

Pittwater Online News is not for me and you but for us, and it is also **BY** you. We cannot publish sewerage or the maligning of others (this is the exception that we stand for). If you have a poem, story or something you want to see addressed, let us know or send to pittwateronline@yahoo.com.au

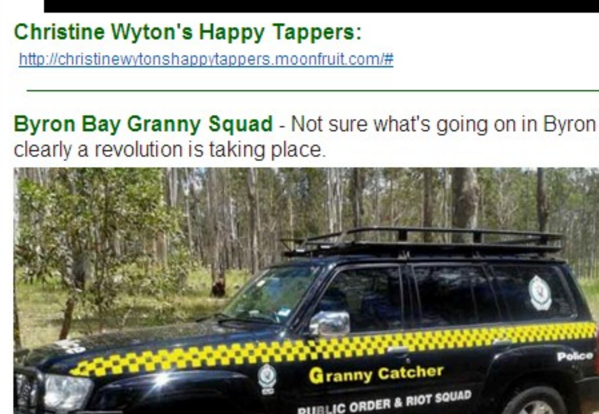
All are Welcome, All Belong !

Love Food, Hate Waste Cookbook
KIDS IN THE KITCHEN
Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for Kids. "Kids in the Kitchen" Program allows you to read through and get some great ideas on how to use left over veggies to make great pasta or make mini pizza. Fun !!
Love food hate waste book HERE

January 13 - 19, 2013: Issue 93

Christine Wyton's Happy Tappers:
http://christinewytonshappytappers.moonfruit.com/#

Byron Bay Granny Squad - Not sure what's going on in Byron but clearly a revolution is taking place.



COMPUTERS?
yes you can!

AVALON COMPUTER PALS FOR SENIORS
ENROLMENT DAY

TERM: Enrolment for Term 1, 2013
WHEN: Monday 21 January 2013 from **9am to noon**
VENUE: Hall beneath the Maria Regina Church, Avalon
WHERE: 7 Central Road, Avalon NSW 2107
FEES: Joining Fee **$25**; Term Fee: **$30**
CONTACT: Phone: **02 8064 3574**; email: info@avpals.com

This is your BIG chance to learn all you wanted to know about your computer or your new tablet. Avalon Computer Pals for Seniors is holding their enrolment day for Term 1, 2013 on Monday 21 January, from 9am till noon.

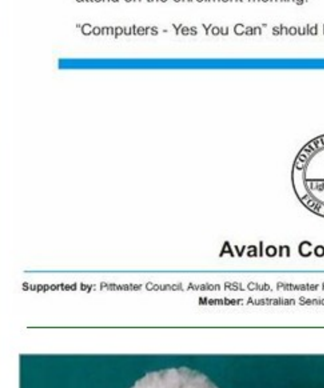
Tuition starts the following week. Topics covered include any aspect of a PC or an Apple computer, iPads and similar tablets. A small fee is charged per term and tuition is available to all seniors. Training is one to one with a senior trainer.

Spaces are very limited and unless you are a returning student you must attend on the enrolment morning.

"Computers - Yes You Can" should be your motto for 2013!

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Seniors Computer Club Association

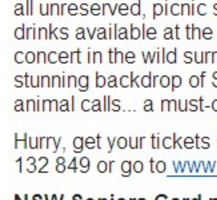


42 Lessons by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio

"To celebrate growing older, I once wrote the 42 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it..
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first pay check.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it...
14 Take a deep breath. It calms the mind.
15. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
16. Whatever doesn't kill you really does make you stronger.
17. It's never too late to be happy. But it's all up to you and no one else.
18. When it comes to going after what you love in life, don't take no for an answer.
19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
20. Over prepare, then go with the flow.
21. Be eccentric now. Don't wait for old age to wear purple.
22. The most important sex organ is the brain.
23. No one is in charge of your happiness but you.
24. Frame every so-called disaster with these words 'In five years, will this matter?'
25. Always choose life.
26. Forgive but don't forget.
27. What other people think of you is none of your business.
28. Time heals almost everything. Give time time.
29. However good or bad a situation is, it will change.
30. Don't take yourself so seriously. No one else does..
31. Believe in miracles.
32. Don't audit life. Show up and make the most of it now.
33. Growing old beats the alternative -- dying young.
34. Your children get only one childhood.
35. All that truly matters in the end is that you loved.
36. Get outside every day. Miracles are waiting everywhere.
37. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
38. Envy is a waste of time. Accept what you already have not what you need.
39. The best is yet to come...
40. No matter how you feel, get up, dress up and show up.
41. Yield.
42. Life isn't tied with a bow, but it's still a gift."

Twilight at Taronga - 2013 Summer Concert Series



Special discount ticket offer - $10 off the regular price - tickets only $59 (normally $69) Taronga Zoo - Weekends 1 Feb to 23 March

The hugely popular Twilight at Taronga summer concert series is set to return next February with an exciting new 'Number One Albums' theme. Showcasing fourteen classic albums by the greatest entertainers of the twentieth century, you'll be spoiled for choice... sing along to ABBA, swing to Sinatra, boogie to the Bee Gees, join Elton John on the Yellow Brick Road, soar with the Eagles or simply savour the sweet sounds of Fleetwood Mac and Crowded House. Tickets are all unreserved, picnic style - BYO picnic, rug or chair. Light snacks, drinks available at the kiosk. Experience the thrill of an open-air concert in the wild surrounds of Taronga Zoo, set against the stunning backdrop of Sydney Harbour with an exotic chorus of animal calls... a must-do Sydney summer event.

Hurry, get your tickets soon as they will sell fast! Call Ticketek Ph: 132 849 or go to www.ticketek.com.au

NSW Seniors Card members are entitled to a special $10 discount off tickets. Simply mention you are a NSW Senior when booking through Ticketek.

Offer valid until 23 March 2013

Health Papers Published this week which may be of interest:

Can Blood Pressure Drugs Reduce the Risk of Dementia?

People taking the blood pressure drugs called beta blockers may be less likely to have changes in the brain that can be signs of Alzheimer's disease and other types of dementia, according to a study released today that will be presented at the American Academy of Neurology's 65th Annual Meeting in San Diego, March 16 to 23, 2013.

The study involved 774 elderly Japanese-American men who took part in the Honolulu-Asia Aging Study. Autopsies were performed on the men after their death. Of the 774 men, 610 had high blood pressure or were being treated with medication for high blood pressure. Among those who had been treated (about 350), 15 percent received only a beta blocker medication, 18 percent received a beta blocker plus one or more other medications, and the rest of the participants received other blood pressure drugs.

The study found that all types of blood pressure treatments were clearly better than no treatment. However, **men who had received beta blockers as their only blood pressure medication had fewer abnormalities in their brains compared to those who had not been treated for their hypertension, or who had received other blood pressure medications**. The brains of participants who had received beta blockers plus other medications showed an intermediate reduction in numbers of brain abnormalities.

These included two distinct types of brain lesion: those indicating Alzheimer's disease, and lesions called microinfarcts, usually attributed to tiny, multiple, unrecognized strokes. Study participants who had taken beta blockers alone or in combination with another blood pressure medication had significantly less shrinkage in their brains.

"With the number of people with Alzheimer's disease expected to grow significantly as our population ages, it is increasingly important to identify factors that could delay or prevent the disease," said study author Lon White, MD, of the Pacific Health Research and Education Institute in Honolulu. "These results are exciting, especially since beta blockers are a common treatment for high blood pressure."

Earlier research has shown that high blood pressure in midlife is a strong risk factor for dementia.

The above story is reprinted from materials provided by American Academy of Neurology (AAN).

Parkinson's Disease Itself Does Not Increase Risk of Gambling, Shopping Addiction, Study Finds

Parkinson's disease itself does not increase the risk of impulse control problems such as compulsive gambling and shopping that have been seen in people taking certain drugs for Parkinson's disease, according to new research published in the January 8, 2013, print issue of Neurology®, the medical journal of the *American Academy of Neurology.*

"We've known for some time that these behaviors are more common in people taking certain Parkinson's medications, but we haven't known if the disease itself leads to an increased risk of these behaviors," said study author Daniel Weintraub, MD, of the University of Pennsylvania Perelman School of Medicine in Philadelphia.

The study involved 168 people who had recently been diagnosed with Parkinson's disease and had not yet taken any medications for the disease. They were compared to 143 people of similar ages who did not have the disease.

The participants were given a questionnaire asking how often they had impulse control symptoms such as compulsive gambling, shopping, sexual behavior or eating. Participants were also asked about aimless wandering, punding (which is excessive repetition of non-goal directed activity, such as continual handling and sorting of common objects) and hobbyism (the compulsive pursuit of a hobby such as collecting, cleaning or excessive Internet use).

Those with Parkinson's disease were no more or less likely to have the impulse control symptoms than those without the disease, with about 20 percent of each group having symptoms.

"These results provide further evidence that impulse control disorders that occur in people with Parkinson's disease are related to the exposure to the dopamine-related drugs, not just the disease itself," Weintraub said. "More long-term studies are needed to determine if the 20 percent of people who have some symptoms of these disorders are more likely to develop impulse control disorders once they start treatment for Parkinson's."

The study was supported by the Parkinson's Progression Markers Initiative, a public-private partnership funded by the Michael J. Fox Foundation for Parkinson's Research and funding partners including Abbott, Biogen Idec., F. Hoffman-La Roche Ltd., GE Healthcare, Genentech and Pfizer Inc.

The above story is reprinted from materials provided by American Academy of Neurology (AAN).

Cognitive Benefit of Lifelong Bilingualism

Seniors who have spoken two languages since childhood are faster than single-language speakers at switching from one task to another, according to a study published in the January 9 issue of *The Journal of Neuroscience*. Compared to their monolingual peers, lifelong bilinguals also show different patterns of brain activity when making the switch, the study found.

The findings suggest the value of regular stimulating mental activity across the lifetime. As people age, cognitive flexibility - the ability to adapt to unfamiliar or unexpected circumstances - and related "executive" functions decline. Recent studies suggest lifelong bilingualism may reduce this decline - a boost that may stem from the experience of constantly switching between languages. However, how brain activity differs between older bilinguals and monolinguals was previously unclear.

In the current study, Brian T. Gold, PhD, and colleagues at the University of Kentucky College of Medicine, used functional magnetic resonance imaging (fMRI) to compare the brain activity of healthy bilingual seniors (ages 60-68) with that of healthy monolingual seniors as they completed a task that tested their cognitive flexibility. The researchers found that both groups performed the task accurately. However, **bilingual seniors were faster at completing the task than their monolingual peers despite expending less energy in the frontal cortex - an area known to be involved in task switching.**

"This study provides some of the first evidence of an association between a particular cognitively stimulating activity - in this case, speaking multiple languages on a daily basis - and brain function," said John L. Woodard, PhD, an aging expert from Wayne State University, who was not involved with the study. "The authors provide clear evidence of a different pattern of neural functioning in bilingual versus monolingual individuals."

The researchers also measured the brain activity of younger bilingual and monolingual adults while they performed the cognitive flexibility task.

Overall, the young adults were faster than the seniors at performing the task. Being bilingual did not affect task performance or brain activity in the young participants. In contrast, older bilinguals performed the task faster than their monolingual peers and expended less energy in the frontal parts of their brain.

"This suggests that bilingual seniors use their brains more efficiently than monolingual seniors," Gold said. "Together, these results suggest that lifelong bilingualism may exert its strongest benefits on the functioning of frontal brain regions in aging."
Retrieved from: http://www.sfn.org/index.aspx?pagename=news_010913

Intensive Training for Aphasia: Even Older Patients Can Improve

Older adults who have suffered from aphasia for a long time can nevertheless improve their language function and maintain these improvements in the long term, according to a study by Dr. Ana Inés Ansaldo, PhD, a researcher at the Research Centre of the Institut universitaire de gériatrie de Montréal (University Geriatrics Institute of Montreal) and a professor in the School of Speech-Language Pathology and Audiology at the Faculty of Medicine of Université de Montréal. The study was published in *Brain and Language.*

After six weeks of intensive and specific language therapy, seniors with aphasia demonstrated better performance at naming objects along with better cognitive potential. "The evidence collected in this functional neuroimaging study shows that language therapy stimulates the brain to use alternate circuits. These new circuits remain active after therapy and can help the person recover additional words. Performance was equivalent six months after the study, and family members told us that they could still see improvements at this point," explained Dr. Ansaldo.

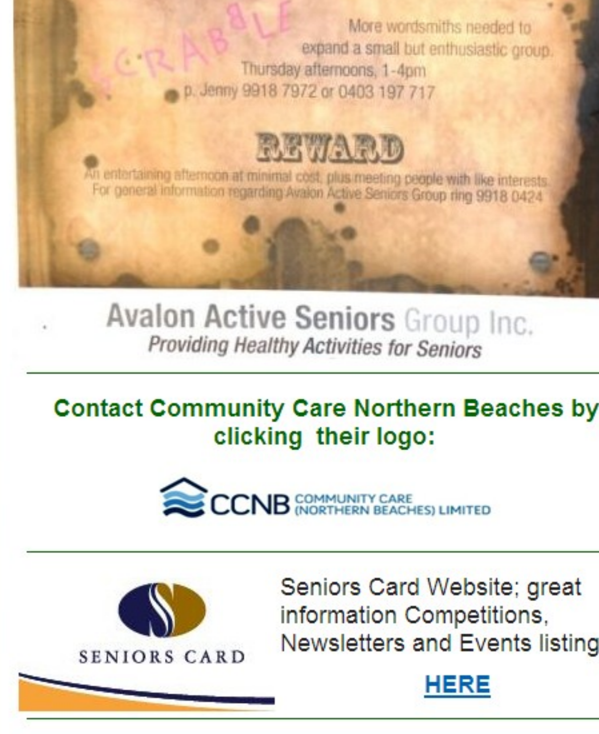
This training not only stimulates the circuits that deal with language but also integrates another major brain system called the default mode network. This network is characterized by activity when the brain is "on standby" and not focused on performing a particular task. For the first time, this study describes the activity of this network in people with aphasia, and points out irregularities associated with this language impairment. Abnormal functioning in the default network has been associated with cognitive deficits, such as attention or episodic memory disorders. **The study showed that following speech-therapy, connectivity in the default mode in aphasic subjects reached a similar level to that of the healthy control subjects after therapy.**

"The results of this study are encouraging regarding the aging brain's potential to recover. Thus, seniors who have had aphasia for many years are often no longer receiving treatment for their condition. **We have shown that language therapy has a positive impact even long time after stroke, and not only on language but also on general cognition, as shown by the positive changes in the default network. My hope is that these findings will change clinical attitudes towards seniors who suffer from language disorders, by providing intensive, specific and focused stimulation for these patients. This therapy leads to very promising outcomes, even long after diagnosis**," concluded Dr. Ansaldo.

Research summary: Previous research on participants with aphasia has mainly been based on standard functional neuroimaging analysis. Recent studies have shown that functional connectivity analysis can detect compensatory activity, not revealed by standard analysis. Little is known, however, about the default-mode network in aphasia. In the current study, we studied changes in the default-mode network in subjects with aphasia who underwent semantic feature analysis therapy. We studied nine participants with chronic aphasia and compared them to ten control participants. For the first time, we identified the default-mode network using spatial independent component analysis, in participants with aphasia. Intensive therapy improved integration in the posterior areas of the default-mode network concurrent with language improvement. Correlations between integration and improvement did not reach significance, but the trend suggests that pre-therapy integration of the default-mode network may predict therapy outcomes. Functional connectivity allows a better understanding of the impact of semantic feature analysis in aphasia.

Karine Marcotte, Vincent Perlbarg, Guillaume Marrelec, Habib Benali, Ana Inés Ansaldo. **Default-mode network functional connectivity in aphasia: Therapy-induced neuroplasticity.** Brain and Language, 2013; 124 (1): 45 DOI: 10.1016/j.bandl.2012.11.004

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 Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

SENIORS CARD

Seniors Card Website; great information Competitions, Newsletters and Events listings

HERE

First Alzheimer's case has full diagnosis 106 years later - 9 January 2013 – from University of Sydney

More than a hundred years after Alois Alzheimer identified Alzheimer's disease in a patient an analysis of that original patient's brain has revealed the genetic origin of their condition.

The brain specimen tested was discovered in a university basement late last century after a search by rival teams of academics.

"It is extremely satisfying to place this last piece in the medical puzzle that Auguste Deter, the first ever Alzheimer patient, presented us with," said Professor Manuel Graeber, from the University of Sydney. "It is not only of historical interest, however, as it ends any speculation about whether the disease is correctly named after Alois Alzheimer. Alzheimer's ability to recognise this dementia more than a century ago provides compelling support for specialisation in medicine. Alzheimer was a founding father of neuropathology, an important medical specialty that is still underrepresented."

Professor Graeber, from the University's Brain and Mind Research Institute, Sydney Medical Schooland the Faculty of Health Sciences, collaborated with Professor Ulrich Müller's team from the Institute of Human Genetics of the University of Giessen in Germany to produce the molecular diagnosis recently published in Lancet Neurology.

For years scientists have been wondering whether the first case of Alzheimer's disease had a genetic cause. In 1901 Auguste Deter, a middle-aged female patient at the Frankfurt Asylum with unusual symptoms, including short-term memory loss, came to the attention of Dr Alzheimer. When she died, Dr.Alzheimer examined her brain and described the distinctive damage indicating a form of presenile dementia.

For decades the more than 200 slides that Alzheimer prepared from Deter's brain were lost. Then in 1992, after Professor Graeber uncovered new information pointing to their location, two teams of medical researchers began a dramatic race to find them.

One team searched in Frankfurt but it was a team headed by Professor Graeber, then working at the Max Planck Institute for Neurobiology that finally located the material at the University of Munich in 1997.

The slides were examined and confirmed beyond doubt that Deter was suffering from Alzheimer's disease, with large numbers of amyloid plaques and neurofribrillary tangles in the brain that are hallmarks of the disease. Until now a more sophisticated DNA analysis of the small amount of fragile material in single slides has not been possible.

Since their rediscovery, a significant number of brain slides have been under the official custodianship of Professor Graeber who has been at the University of Sydney since 2010. He is preparing a book on the material.

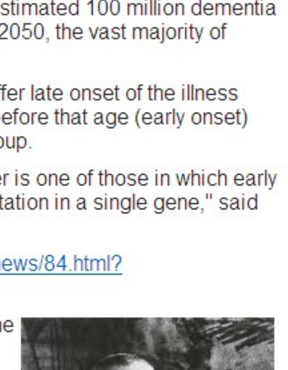
"We found a mutation whose ultimate effect is the formation of amyloid plaques. These plaques, which form between nerve cells and seem to suffocate them are the key diagnostic landmark of the disease."

Alzheimer's disease represents one of the greatest health problems in industrialised societies today. An estimated 100 million dementia sufferers are predicted worldwide by 2050, the vast majority of whom will have Alzheimer's disease.

95 percent of Alzheimer's patients suffer late onset of the illness after they turn 65. Five percent fall ill before that age (early onset) and Auguste Deter belongs to this group.

"We have revealed that Auguste Deter is one of those in which early onset of the disease is caused by mutation in a single gene," said Professor Graeber.

Retrieved from: http://sydney.edu.au/news/84.html?newsstoryid=10804



Aloysius "Alois" Alzheimer (14 June 1864 – 19 December 1915) was a German psychiatrist and neuropathologist and a colleague of Emil Kraepelin. Alzheimer is credited with identifying the first published case of "presenile dementia", which Kraepelin would later identify as Alzheimer's disease.

Alzheimer attended Aschaffenburg, Tübingen, Berlin, and Würzburg universities. He received a medical degree at Würzburg University in 1887. In the following year, he spent five months assisting mentally ill women, before he took an office in the city mental asylum in Frankfurt am Main: the Städtische Anstalt für Irre und Epileptische (Asylum for Lunatics and Epileptics). Emil Sioli (1852–1922) was the dean of the asylum. Another neurologist,Franz Nissl (1860–1919), began to work in the same asylum with Alzheimer, and they knew each other. Much of Alzheimer's later work on brain pathology made use of Nissl's method of silver staining of the histological sections. Alzheimer was the co-founder and co-publisher of the journal Zeitschrift für die gesamte Neurologie und Psychiatrie, though he never wrote a book that he could call his own.

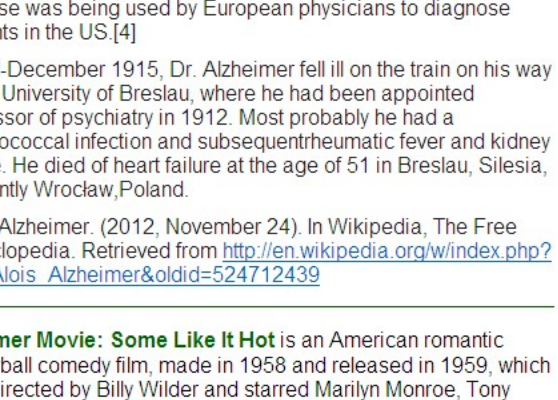
In 1901, Dr. Alzheimer observed a patient at the Frankfurt Asylum named Auguste Deter. The 51-year-old patient had strange behavioral symptoms, including a loss of short-term memory. This patient would become his obsession over the coming years. In April 1906, Mrs Deter died and Alzheimer had the patient records and the brain brought to Munich where he was working at Kraepelin's lab. With two Italian physicians, he used the staining techniques to identify amyloid plaques and neurofibrillary tangles. A speech given on 3 November 1906 was the first time the pathology and the clinical symptoms of presenile dementia were presented together.[4] Through extremely fortunate circumstances the original microscope preparations on which Alzheimer based his description of the disease were rediscovered some years ago in Munich and his findings could thus be reevaluated.

Since German was the lingua franca of science (and especially of psychiatry) at that time, Kraepelin's use of Alzheimer's disease in a textbook made the name famous. By 1911, his description of the disease was being used by European physicians to diagnose patients in the US.[4]

In mid-December 1915, Dr. Alzheimer fell ill on the train on his way to the University of Breslau, where he had been appointed professor of psychiatry in 1912. Most probably he had a streptococcal infection and subsequentrheumatic fever and kidney failure. He died of heart failure at the age of 51 in Breslau, Silesia, presently Wrocław,Poland.

Alois Alzheimer. (2012, November 24). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Alois_Alzheimer&oldid=524712439

Summer Movie: Some Like It Hot is an American romantic screwball comedy film, made in 1958 and released in 1959, which was directed by Billy Wilder and starred Marilyn Monroe, Tony Curtis, Jack Lemmon and George Raft. The supporting cast includes Joe E. Brown, Pat O'Brien, Joan Shawlee and Nehemiah Persoff.



Avalon Computer Pals for Seniors
AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help.

The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574

Article on their Seminar

AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 1 2013

Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, phone **8064 3574**. All courses are for the **over 55's** only.

FREE LECTURE – BEGINNERS INTRODUCTION TO COMPUTERS
Tuesday 29 January, 1:30pm – 3.30pm
Do you know how to use a computer, send emails, surf the net, look at photos? We can show you how.
EXPLANATION OF NEWPORT COURSES FOR TERM 1 – 2013

Tuesday Courses 1:30pm to 3:30pm – Term 1 2013

DATE	ROOM 1	COST	DATE	ROOM 2	COST
5 Feb	**Introductory iPad** Learn to check email, take/send photos and video, read free books, listen to radio from all over the world.	$15	5 Feb	**Picasa Digital Photography – Week 1** This 4 week course will cover: Transferring photos from camera to computer, organising & printing photos. Putting photos onto a CD and online, creating collages. Editing: Red eye, crop, straighten, colour correction.	
12 Feb	**Android Tablets, Smart Phones, E Readers**	$15	12 Feb	**Picasa – Week 2**	$60
19 Feb	**Apple Mac** How to use the hard/software. Working with Mountain Lion. What your scanner can do for you.	$15	19 Feb	**Picasa – Week 3**	
26 Feb	**Introductory iPad** What can you do with an iPad? Unleash your potential.	$15	26 Feb	**Picasa – Week 4**	
5 Mar	**iPad Advanced – 4 week course, Week 1** Want to learn more advanced techniques? **Such as:** browse the internet, send/receive emails, work with music, books and videos. Using standard Apps, add new ones, set up/customise your iPad, keep it up to date, back up data. **You will need an iPad with iOS5 or iOS6.** Sessions are hands-on. Limit 12 people	$60	5 Mar	**Introducing Windows 8** Why upgrade? Do I need a new computer or will my old computer cope with the change? Where to buy, how much to pay, how to install. What is this new backup option? Can I copy a DVD? **Lots more!**	$15
12 Mar	**iPad Advanced - Week 2**		12 Mar	**Picasa Digital Photography – Week 1** (repeat of course as beginning of term)	
19 Mar	**iPad Advanced - Week 3**		19 Mar	**Picasa – Week 2**	$60
26 Mar	**iPad Advanced – Week 4**		26 Mar	**Picasa – Week 3**	
2 Apr	**Apple Mac** (repeat of course as 19 Feb)	$15	2 Apr	**Picasa – Week 4**	
9 Apr	**Android Tablets and E Readers** Basics	$15	9 Apr	**Introductory iPad** (Class limit 10 people) What can you do with an iPad? Unleash your potential.	$15

Avalon Computer Pals

Supported by: Pittwater Council, Avalon RSL Club, Pittwater RSL Club and the Department of Ageing, Disability and Home Care
Member: Australian Senior Computer Club Association

Media Releases concerning Seniors this week from National Seniors Australia

With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.

Warringah Council | PITTWATER COUNCIL

Super Seniors Directory

A massive directory for all northern beaches seniors is hitting the streets for Seniors Week. The Services, Activities & Housing Directory 2012-2013 is a one-stop-shop for all northern beaches seniors thanks to a successful partnership between Warringah, Pittwater and Manly Councils.

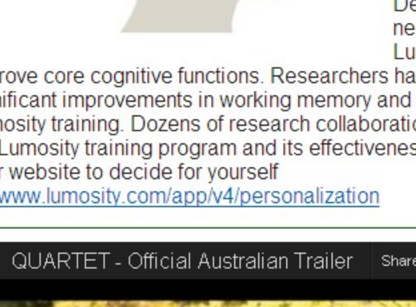
The directories can be found at Council's Customer Service; Libraries, Community Centres or online at the council websites.

If older people with mobility problems have difficulty assessing the directory - contact Aged Services and you will be sent a copy.

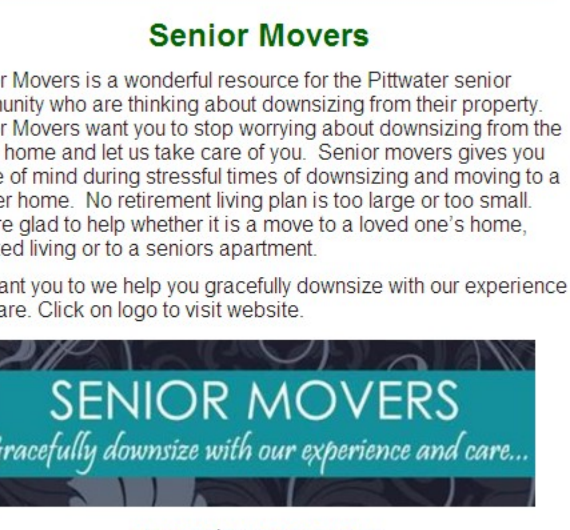
U3A The University of the Third Age Sydney U3A

U3A Lectures on Wednesday Afternoons at Newport
All welcome - no need to book. Just come along hear interesting speakers and make new friends. Cost: $2 includes tea coffee and biscuits.Venue: Newport Community Centre, for more information contact Jan Malone 9918 9126 or Mavis Bickerton 9970 7161 Website: www.sydneyu3a.org

Keep your Wits About You



A regular contributor suggests we all look at Lumosity to see if will suit keeping active mentally. Their website states: "improve Brain Health and performance. Designed by neuroscientists, Lumosity exercises improve core cognitive functions. Researchers have measured significant improvements in working memory and attention after Lumosity training. Dozens of research collaborations help improve the Lumosity training program and its effectiveness." You can visit their website to decide for yourself
at: www.lumosity.com/app/v4/personalization



Senior Movers

Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers want you to stop worrying about downsizing from the family home and let us take care of you. Senior movers gives you peace of mind during stressful times of downsizing and moving to a smaller home. No retirement living plan is too large or too small. We are glad to help whether it is a move to a loved one's home, assisted living or to a seniors apartment.

We want you to we help you gracefully downsize with our experience and care. Click on logo to visit website.

SENIOR MOVERS
Gracefully downsize with our experience and care...

www.seniormovers.com.au

Also see Belinda Grundy's Profile and other great Business; www.bgpropertystyling.com.au

Pittwater Community Hub

Our office at Mona Vale is ready for service. We are located in Shop 17 on the ground floor of the Peninsula Plaza at 20 Bungan Street. We are open Monday to Friday, 9.00am to 4.00pm. The new Hub is fully 'manned' by our professional staff and local volunteers who can answer enquiries and provide personal assistance to meet the needs of residents of the northern beaches. Pittwater Community Hub Profile

Click on logo to visit their website for more

Northside Community CONNECT

Tweet | Like | +1

The Senior Newspaper Online
Click on logo:

Australian Senior PUBLICATIONS

2013 SENIORS ROAD SAFETY CALENDAR

Northern Sydney Councils are working to raise awareness of road safety for seniors through the 2013 Seniors Road Safety Calendar.

The free calendar, produced by Pittwater, Warringah, Mosman, Manly, Lane Cove, North Sydney, Hornsby, Willoughby and Ku-ring-gai Councils, has been available to residents for over 10 years and is a popular and well received resource in the senior community.

Research shows older road users are particularly vulnerable and take longer to recover from injury. Across the Local Government Areas involved in the calendar, pedestrians aged over 60 years of age accounted for nearly a quarter (23%) of pedestrian casualties in 2011. Of particular concern are pedestrians aged 70 years and older.

Each month the calendar features a road safety message, along with a number of valuable hints that can help reduce risks. Topics include road safety reminders around school zones, using bus lanes, parking, blind spots and alternative transport.

The calendar also includes tips on keeping safe when out walking, particularly when crossing at signalised crossings and when using shared paths with bike riders.

There is also a list of useful phone numbers such as police, medical, hospital, home nursing and community aid.

The calendar will be available through local senior groups and centres, retirement villages and council facilities across the northern Sydney region.

HEARTMOVES | Heart Foundation

Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

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

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you. Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. $8.00 casual Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

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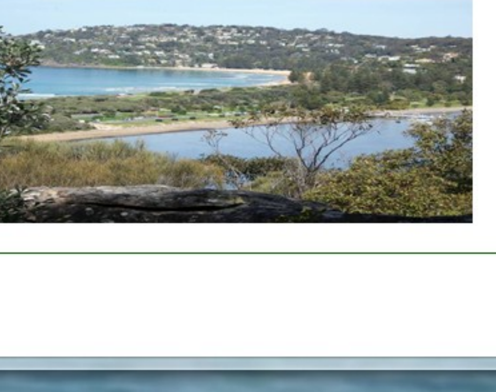

Pittwater Online News

January 15 - 19, 2013: Issue 93

Australia's Stampeding Dinosaurs Take a Dip: Largely Tracks of Swimming Rather Than Running Another

Hypothesised reconstruction of the small Lark Quarry hadrosaur. (Credit: Illustration by Anthony Romilio, The University of Queensland)

Queensland palaeontologists have discovered that the world's only recorded dinosaur stampede is largely made up of the tracks of swimming animals. The discovery, made by researchers at the University of Queensland's (UQ) PhD candidate Anthony Romilio, of hundreds of small dinosaur tracks at Lark Quarry Conservation Park, overturns previous theories.

Mr Romilio says the 95-98 million-year-old tracks are preserved in sandstone that was once the bottom of a freshwater lake into which the area was part of a vast delta, he says. Dr Scott Hocknull, a co-author of the study, said the tracks suggest that the dinosaurs were wading through the lake, not running across it.

"Many of the tracks are nothing more than elongated grooves, and they don't have the sharp, well-defined footprints you would expect from a dinosaur footprint," Dr Hocknull said. "Some of the more distinct tracks include 'tops-but' traces - this is where fully buoyant dinosaurs made contact with the lake bottom with their tails, and then pushed themselves through the water."

"It's difficult to see how tracks such as these could have been made by running or walking animals. It's more likely that they were subjected to a very much flatter impression of the foot preserved in the sediment."

Mr Romilio said that similar looking swim traces made by different species of modern waterbirds, underscored the point, he said.

The smallest swim traces are about a centimeter wide and about 14 cm, while much larger ones indicate depths of more than 40 cm," he said. "Although we don't know the depth of the lake, this evidence suggests that the dinosaurs were able to keep their heads and shoulders above the surface.

Mr Romilio said the swimming dinosaur tracks at **Lark Quarry** belonged to small, two-legged herbivorous dinosaurs, called ornithopods.

"These were not large dinosaurs." Mr Romilio said. **"Some of the tracks are as small as 14 cm in length, and we believe that **the **vast majority of the tracks belong to juvenile animals.**

The researchers interpreted the large spacing among many consecutive tracks to mean that the animals were moving through deeper water, perhaps using the current of the river to avoid predators, or to feed on aquatic plants, he said. The researchers assume the tracks were left behind when deeper, less mobile even weaker.

Previous research has identified two types of small dinosaur tracks at Lark Quarry: long-toed tracks (called Skeltopus) and short-toeed tracks (called Wintonopus).

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Do profiles of 'Starfleet' tracks reveal that they were made by a short-lived trackmaker dragging its toes through the mud? Dr Scott Hocknull, a co-author of the study published in the journal PLoS One, also has described the short-toed tracks as belonging to the Wintonopus.*

Romilio's supervisor and coauthor of the new paper, **Dr Steve Salisbury**, added that "3D analysis of the Lark Quarry tracks has shown that the Skeltopus tracks are quite different from the Wintonopus. It is also abundantly clear that most tracks made by the dinosaurs moved and behaved in different environments." Dr Salisbury said.

For the past 30 years, the tracks at Lark Quarry have been known as the world's only record of a 'dinosaur stampede'.

Previous research by Dr Hocknull and others has shown that most the larger tracks at Lark Quarry were probably made by a stampede of meat-eating dinosaurs, Allosaurus, chasing a large theropod, as had previously been proposed.

"Taken together, these findings strongly suggest Lark Quarry does not represent a dinosaur stampede," Dr Hocknull said. "The large theropod tracks are probably a rare crossing."

Dr Hocknull said the new study of the Lark Quarry prints, the detailed tracks left behind by the trackmaker, and the fossil evidence of the dinosaurs' environment, "has given us a much more complete picture of what was actually happening at Lark Quarry, and it's quite a lot more than just a stampede."

Tracks are one of the great threats to Australia's primary production and to the natural environment. It has been estimated that feral pigs have caused $100 million worldwide damage. Feral pigs are also a major threat to agricultural production.

Dr Binder's research during 2011-12 was conducted as part of the Australian Government's National Weeds Research and Development Hub, which is funded through the Australian Research Development Corporation (NRDC).

The Commonwealth provided $12.4 million to NRDC to support more than 50 research projects, which commenced in August 2011 or June 2012. The funding covered the first two years of a five-year program. The National Weeds Research Program (NWRP) is the NRDC's.

The NRDC Weeds Program invested in projects aimed at developing new knowledge, technologies and tools for the delivering new treatments, with 11 research projects also directly with herbicide resistance issues.

Interest in the effect of microwaves on plant health dates back to the 1920s, but it was not until recently that studies shifted away from microwave cooking and toward the use of microwaves for killing seedlings.

The concentration of microwave energy collapses the structures within the weeds that carry water through their stems. Eventually the amount of energy applied, irrespective setting and subsequent cooking, causes the plant to dry and wither.

Dr Binder's research indicates that the effect on the weed is immediate, before developing the 4-linked hybrid and that has been trodden in the soil. Dr Binder said that the effect of the microwave "is not exclusive herbicide, and is just 1/1 hot water and boiling water." In 2007 microwave energy, were fitted to a trailer to focus their energy on weeds in the soil, and to kill weeds in the soil in agricultural fields.

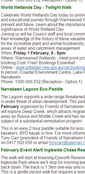
Dr Binder said that in a broadacre agricultural operation numerous tractors could be mounted on a tractor trailer at spacings of 1 with whatever crop was being treated. Treatment could take place at the same time as other operations, such as seeding, and to herbicide resistant species, and herbicide resistant species, on schedules with withholding periods at the site since treatment is completed. he said.

"There is potential to develop an industrial 10kW unit which could be mounted on a tractor," Dr Binder said. "Weed seeds in the chemical spray application, and the weed seedlings would have to be second of exposure to the microwave transmission." Dr Binder said. Dr Binder said the technology could be used in Australia, in the Central Hinghland Australia to manage weeds not just agricultural enterprises, but on public land, spotting facilities and in the Australian Alps.

"A smaller 1,2kW unit could also be useful for use in hardware of the market supported the concept."

The prototype microwave system is now operational and can be demonstrated to interested parties who may wish to contribute to the development of the technology. Information on the National Weeds Program is available at www.nrdc.gov.au/weeds

Mountains Are Only Minor Contributors to Erosion and Climate Regulation



Volcanic Lake scenic. (Credit: © gerus_creative / Fotolia)

Though climbing strategies, cut-chewing cows and gouders are responsible for the majority of erosion in the world's mountain ranges, there are also many mountains that are not the leading pulling molecules the carbon dioxide out of the atmosphere. One of the ways in which mountains do not contribute to the carbon dioxide cycle. Carbon dioxide molecules are released by volcanoes and the weathering products, including sediment, eventually reach the ocean floor. Mountains are not the only place where carbon is trapped on the ocean floor and carbon dioxide is released.

For years, geologists believed that mountains, due to their steep slopes and high rates of erosion, were the major contributors to the "carbon draw down". But a new study led by the University of Southampton, UK, has found that mountains are not the major or even a significant role in this activity, forming a geologic equivalent to an oil leak.

Wildenberg, an assistant professor in the Department of Earth and Environmental Science, led the research, working with Alexandru Tomescu, Ph.D., and other colleagues from around the world. Wildenberg said that the research, which focuses on the Cascade Range in the Pacific Northwest, "is a very big deal." Wildenberg said, "Although we don't know what it is that is going on, the amount of the Earth covered by mountain ranges is so large that even a small change in the weathering rate would be felt by the entire planet."

The previous studies lacked access to a new investigative technique that would measure sediment materials locally. The method involves an examination of cosmogenic nuclides, which are rare isotopes that are produced when rays from outer space react with particles, sending high-energy neutrons to the Earth's surface and other atoms. Counting these chemical isotopes allows researchers to determine how long a particular sediment has been in a particular place, he said.

In contrast, techniques used previously, which involve physically measuring sediment flow in rivers, "are very difficult to apply, a snapshot of sediment erosion and deposition rates over a short time," he said.

Cosmogenic nuclides are produced when the cosmogenic nuclide concentrations from around the world to determine the levels of erosion and the rate at which the sediment is being moved by thousands of years. They are also being used to determine the slopes of the surrounding areas. They then measure the amount of the cosmogenic nuclides in the sediment in the surrounding areas.

"What the cosmogenic nuclides tell us is that chemical weathering still happens in these high-energy areas," Wildenberg said.

Other scientists had believed these geologic rolling or flat areas, such as floodplains, to be "trappers" of sediment, but this research team's analysis demonstrated that, despite being relatively flat and low-lying, the floodplains trapped only amounts of carbon dioxide from the atmosphere.

Given these findings, geologists interested in understanding the carbon dioxide cycle should focus on the Andes, which is the most long ridge on mountains and have been long, long ridges like the Mississippi and the Amazon, Wildenberg said.

A. Wildenberg, A. T. Godfrey, T. Dunne, and A. Tomescu, "**Is the Amazon a major source of carbon dioxide?**" **Proceedings of the Royal Society of London, Series B, Biological Sciences**, 279, 1734, 1997, doi:10.1098/rspb.1997.1

Coastal Environment Centre

Monthly Coastal Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact Mark.Jones@pittwater.nsw.gov.au

December 2012 Monthly Coastal Environment Newsletter

Bush/Care Planting Activities (volunteers needed, Workshops and Events, and great articles HERE

Sustainable Building and Renovating Workshop

This summer, why not spend more time at the beach, rather than more sustainable, comfortable and pleasant to live in with local experts? Come along to this workshop to learn about the benefits of environmental features for your new building and renovations that reduce materials, water storage, solar panels for hot water and electricity, and how to make your home more comfortable and healthier, and save money and time.

When: **Thursday 24 January, 6.30-8.30pm**

Where: Mona Vale Community Centre, 11-13 The Riverside, Mona Vale

Cost: Free! Bookings Essential!

To book: Contact Council's Environmental Education Officer on 9970 1111 or Council's Customer Service Centre, 1 Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

World Wetlands Day - Twilight Walk

Celebrate World Wetlands Day by joining us on an engaging and educational journey through Warriewood Wetlands - past, present and future. Learn about the history, ecology and significance of World Wetlands.

Joining us will be Council staff and local community experts to share their knowledge. This is a great opportunity for the whole family to be incredible place and a unique opportunity, and experience areas of water and catchment management.

When: **Friday 25 January, 5-7pm**

Where: Warriewood Wetlands - meet pond upstream boardwalk off Warriewood Road

Cost: Free! Bookings Essential!

To book: Contact Council's Environmental Education Officer on 9970 1111 or Council's Customer Service Centre, 1 Park Road, North Narrabeen

Phone: 1300 000 232 (Reception - Option 1)

Narrabeen Lagoon Flight Path

Each year Narrabeen Lagoon is wide range Warriewood Ferns and hour, it is under threat of urban development. This pastime on **Saturday 2 February** organised by Friends of Narrabeen Lagoon Catchment and Ferns, Ferns and Flora of Sydney, and Ferns and Flora of Sydney are easy to achieve and Little Creek and the recently been the subject of a substantial remediation program.

This is an easy 2 hour walk for people of all ages from experienced kayakers. BYO kayak or hire. For more information and to book call Ian on 0417 602 044 or email ian@ecoinformed.com.au

February Event Alert! Ingleside Chase Reserve Walk

The walk will start at Ingleside Chase Reserve and finish at the Ingleside Park where we'll stop for morning tea before heading back to the Reserve. The walk will be approx 2 hours in duration. This is a gentle pace walk but it does require a reasonable level of fitness.

The Ingleside Chase Reserve is Pittwater's largest continuous piece of bushland. It has many beautiful spots communities and threatened fauna species. Spring is a lovely time to experience this area with the wildflower in bloom and the birds nesting.

When: **Sunday 10 February, 9am - 12pm**

Where: Ingleside Chase Reserve - meet at Entering Bookings: www.pittwater.nsw.gov.au/environment/events

Australian Native Foods website:
http://www.anfil.org.au/

Pittwater's Environmental Champions

Pittwater Environmental Foundation was formed in 2010 with the aim of helping to enhance the natural environment of the Pittwater local government area through the support of tax-deductible donations, grants and bequests. The Directors were appointed by Pittwater Council.

Our PEOPLE

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater has been cleared, fragmented or undisturbed condition. Of this, only about 400ha remains in public ownership. Our bushland is home to 2 endangered ecological communities, Bangalay dune forest, sheoak/banksia woodland, dune/heath, Angophora woodland, Pittwater Spotted Gum forest, and Blackbutt forest. There are two endangered populations (Acacia and Squarrose Gidder) and 10 species of flora and fauna listed as threatened species. Pittwater's Koala population is "critical" and has been in decline for 20 years.

The **Atlas of Living Australia** a collaboration between all Australian Universities, National Museum of Australia, Collections, CSIRO, Australian and Southern Cross Universities and the Commonwealth Scientific and Industrial Research Organisation. Some of these sources are from the dairies of 17th Century Dutch navigators, such as the second Dutch Mercenary Fleet (1607-1609).

Community Gardens being people and environment friendly, and bringing people together and sharing food is a sense of place and belonging

Gardens are a great place for the community but initiative to create community gardens is a long process throughout the Pittwater area. Our aim is to share skills and knowledge in the community. Our aim is to share skills and knowledge in the community. We are a small group found. We are here to foster community connection, environmental education, to share skills and

resilience and collaboration. We are open to all ages and skills, our first garden is on the grounds of Barrenjoey High School (Mona Vale). Become part of this exciting initiative to change the world locally.

www.yoga.co.nz/ Contact us: info@yoga.co.nz or Visit us at Facebook/yoga.co.nz/ www.vision.org.nz/

Think before you print. A kilo of recycled paper creates around 1.5 kilograms of carbon emissions, without being recycled it would be sent to landfill where it would produce methane gas. So, before you send to printer, pause, think about how many kilograms of carbon emissions you could save by reading it on screen.

Sydney Harbour Foreshore Authority Carbon Footprint Calculator

Baby Koalas Are Sniffed Out by Predators

Koala Joey. (Credit: © gerus_creative / Fotolia)

Koalas can be a challenging species to study because they are difficult to unknowingly surface and are nocturnal. Koalas are also difficult to study because they are solitary animals. Credit to key scientists, Dr Ben Gillespie.

Research describes broadbeaches. Voice and olfactory signals became the favored means of communication. Breeding is crucial to tissue healing after surgery. Vocalisations are used to ease the stress, stop effects or other problems, including and inability to perform well in the wild.

"To solve this medical problem, we looked at nature," said Jian Feng, associate professor of medicine at the Keck School of Medicine of USC and the Norris Medical Tad Ulrich and Jian Feng's study in the journal Nature. Tad Ulrich not in tight without getting flatfoot eaves by the waves because the tissue healing after surgery. Vocalisations are used to ease the stress, stop effects or other problems, including and inability to perform well in the wild.

Feng along with University of Texas-Arlington researchers Mathematically Modeling Hong Zhang, Hongmin Qiu, Hongmin Qiu and Liping Tang took the biological information and developed a whole-tissue model of the healing process. Researchers used the information to build a computer model that could be used to predict injectable synthetic polymer. The broadbeaches, called CIRMs, are made of a synthetic polymer that is chemically similar to the Hyaluronan Glycosaminoglycan and lower molecular weight, pulling them a step above current products such as fibrin glue and hyaluronan-based products.

"Fibrin glues are fast acting and biodegradable but have relatively low mechanical strength," said Feng. "Hyaluronan-based products provide biomaterials have the potential for allogic reactions due to animal-based ingredients. Cosmeceutical adhesives - super glues - are fast acting and have high mechanical strength, but are not biodegradable and are toxic to the surrounding tissue."

The researchers tested the newly developed CIRMs in a rat model of a tissue injury that is difficult to treat with current products. These results were closely compared to results from other researchers reported their findings in Biomaterials.

The CIRMs provided tissue healing and tissue adhesion in wet tissue conditions compared to fibrin glue. They also demonstrated better tissue healing than hyaluronan-based wounds without the risk of adverse effect of tissue degradation.

"If you could be trained to stay there for one week, we can control the polymer to degrade in one week," said Feng. "If you want the polymer to last for a month, we can do that, too." Feng said the polymer is made from the materials degrade in one week.

The researchers are also looking at adding in components that could control bacterial growth.

"We can introduce another component with anti-microbial properties, so it can kill bacteria in vivo," said Feng.

The CIRMs could eventually be used in a wide range of medical fields, including in the treatment of tissue injuries to cover profile to treat hernias, ulcers and burns.

Mohammadreza Mehdizadeh, Hong Zhang, Dipendra Gyawali, Liping Tang, Jian Yang. **Injectable citrate-based mussel-inspired tissue bioadhesives with high wet strength for soft tissue wound repair**. Biomaterials, 32, 10, 2470-2479, 2011. DOI: 10.1016/j.biomaterials.2010.11.064

Mussels Inspire Innovative Tissue Adhesives for Surgery

Mussels can be a challenging species to study because they are difficult to unknowingly surface and are nocturnal. Koalas are also difficult to study because they are solitary animals. Credit to key scientists, Dr Ben Gillespie.

Mussels Inspire Innovative Tissue Adhesives for Surgery

Researchers at the University of Southern California have developed a new class of tissue adhesives that are able to underwater surface wet tissue

Pittwater Online News

January 13 - 19, 2013: Issue 93

Raspberries

These delicious red jewels are used in savoury dishes currently but are still best eaten, and best for you, as raw fruits. High in Vitamin C, coloured red in traditional forms, an indication they're good for your blood and all organs that filters this, they are from the rose family and a great way to say 'I love you' if preparing a dish for others without actually stating this. One of our ancient berries, these can be enjoyed in a delicious Summer dessert, the traditional 'fool'. A fool (obsolete spelling foole) is an English dessert generally made by mixing puréed fruit, whipped cream, sugar, and possibly a flavouring agent like rose water. Foole is first mentioned as a dessert in 1598 (together with trifle), although the origins of gooseberry fool may date back to the 15th century. The earliest recipe for fruit fool dates to the mid 17th century. Why the word "fool" is used as the name of this fruit dessert is not clear. Several authors derive it from the French verb fouler meaning "to crush" or "to press" (in the context of pressing grapes for wine), but this has been dismissed by the Oxford English Dictionary as baseless and inconsistent with the early use of the word. Perhaps it is associated more with the old meaning of 'fool' in English which was a comedian, someone who brought laughter, and its bubbling physical quality of joy, to our lives.

Raspberry fool – Greek Yoghurt Version

Serves 4 (or 1!)
340grams of raspberries
juice and zest of 1/2 a lemon
1 tablespoon of water
1 tablespoon confectioner's sugar
227grams of non fat Greek vanilla yogurt
1 tablespoon creme de cassis
mint sprig and a few raspberries for decoration

In a pan place the raspberries, lemon juice and zest, water and sugar. Gently simmer until sugar is dissolved and berries are very soft - about 5-8 minutes. Remove from heat and puree in a blender. Sieve the blended raspberry mixture into a bowl so you don't have any seeds. Chill in the fridge for at least 30 minutes. Place the vanilla yogurt into a large bowl. Gently fold the raspberry mixture into the yogurt. Turn into serving glasses and chill. Decorate with a sprig of mint and a few raspberries.

Original Cream version:

Serves 4
150g (1 punnet) raspberries
1 300ml container thickened cream
1 tbs icing sugar, sifted
1 1/2 tsp finely grated orange rind

Set aside 12 raspberries. Place the remaining raspberries in a bowl and use a fork to roughly mash. Use electric beaters to whisk the cream, icing sugar and orange rind in a small bowl until firm peaks form. Fold the mashed raspberries into the cream mixture to create a swirled effect. Spoon the mixture into four 125ml (1/2-cup) serving glasses and refrigerate at least 1 hour or overnight to develop the flavours. Top the fools with the reserved raspberries and serve.

The raspberry is the edible fruit of a multitude of plant species in the genus Rubus of the Rose family, most of which are in the subgenus Idaeobatus; the name also applies to these plants themselves. Raspberries are perennial with woody stems. An individual raspberry weighs 3–5 g and is made up of around 100 drupelets, each of which consists of a juicy pulp and a single central seed. A raspberry bush can yield several hundred berries a year. Unlike blackberries and dewberries, a raspberry has a hollow core once it is removed from the receptacle.

The aggregate fruit structure contributes to raspberry's nutritional value, as it increases the proportion of dietary fibre which is among the highest known in whole foods, up to 20% fibre per total weight. Raspberries are a rich source of vitamin C, with 30 mg per serving of 1 cup (about 50% daily value), manganese (about 60% daily value) and dietary fibre (30% daily value). B vitamins 1–3, folic acid, magnesium, copper and iron are present in raspberries. Raspberries contain anthocyanin pigments, ellagic acid (from ellagotannins, see for instance the polyphenol ellagitannin), quercetin, gallic acid, cyanidins, pelargonidins, catechins,kaempferol and salicylic acid. Yellow raspberries and others with pale-colored fruits are lower in anthocyanins. Raspberries are a low-glycemic index food, as are other berries.

Fresh raspberries are an excellent source of vitamin-C, which is also a powerful natural antioxidant. 100 g berries provide 26.2 mg or about 47% of DRI of vitamin C. Consumption of fruits rich in vitamin C helps the body develop resistance against infectious agents, counter inflammation, and scavenge harmful free radicals. Raspberry contains anti-oxidant vitamins like vitamin A, and vitamin E. In addition to the above-mentioned antioxidants, is also rich in several other health promoting flavonoid poly phenolic antioxidants such as lutein, zea-xanthin, and ß-carotene in small amounts. Altogether, these compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes. Raspberry has an ORAC value (oxygen radical absorbance capacity) of about 4900 per 100 grams, crediting it among the top -ranked ORAC fruits.

Raspberries contain a good amount of minerals like potassium, manganese, copper, iron and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Copper is required in the production of red blood cells. They are rich in B-complex group of vitamins and vitamin K. The berries contain very good amounts of vitamin B-6, niacin, riboflavin, and folic acid. These vitamins are function as co-factors and help body in the metabolism of carbohydrates, protein and fats.

Raspberry. (2012, December 27). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Raspberry&oldid=529934645

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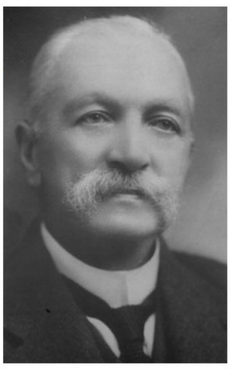
Wild Native Raspberry

Rubus moluccanus, Molucca bramble or Broad-leaf Bramble, is a scrambling shrub or climber, native to moist eucalyptus forest and rainforest of eastern Australia, distributed from Queensland to Victoria. Molucca bramble leaves are simple with 3-5 lobes, 2–15 cm long, and 3–10 cm wide, and the lower surface tomentose. Flowers pinkish red or white. Red fruit is 1.2 cm wide. Regarded as a tasty edible fruit. Eaten out -of-hand, and used commercially to a limited extent in jams and sauces. Rubus moluccanus. (2011, April 20). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Rubus_moluccanus&oldid=424959901

As well as being delicious to eat Molucca Berries are very nutritious and are fast gaining a reputation as a natural medicine. Nutritionally, they contain on average 1.5% protein, .01% Thiamin, 0.02% Riboflavin and1% Vitamin C. Recent research undertaken by Food ScienceAustralia shows the berries have extremely high anti-oxidant activity. Other research undertaken at Charles Sturt University suggests the berries could be developed for their anti-bacterial properties. The antimicrobial activity of molucca berry juice and dried molucca berries were investigated against five human pathogenic bacteria, and both were found to significantly reduce the growth of several species of bacteria including Staphylococcus aureus, Alcaligenes faecalis and E. Coli. You can also use the leaves to make tea which is said to be good for diarrhoea.
From: http://www.playingwithfire.com.au/index.php?p=1_9
Fresh/Frozen fruit is sometimes available - we sell out very quickly due to the high demand. Molucca Berry Rainforest Fruit Jelly
Playing with Fire: 5/79 Southern Cross Drive, Ballina NSW 2478. Phone: +61 2 6687 9245 E-mail: ozberries@hotmail.com

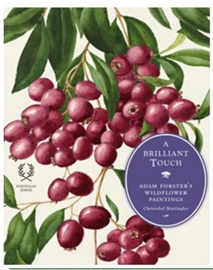
Picture: Rubus moluccanus var. trilobus, New South Wales, 14 April 1924 [picture] by Adam Forster (1848-1928) picture courtesy National Library of Australia, nla.pic-an6155177.



Adam Forster (1848–1928) began life as Carl Ludwig August Wiarda in East Friesland (Germany). After, he spent many years as a businessman in South Africa. He was the 5th son of Christian Heinrich Wiarda (president of the supreme high court of Aurich, Lower Saxony). The young Carl was sent to Military School, studied medicine, became an officer in the elite Prussian Guard, and won the Iron Cross, First Class, serving in the Franco-Prussian War in 1870 as a lieutenant. Soon after he gave up his commission and emigrated to South Africa. Here he married Mary Emma Smith, daughter of the Lord Mayor of Port Elizabeth. From there he emigrated to Australia on board the 'Cutty Sark' in 1891, and changed his German name to Adam Forster to create a more acceptable identity in the English colony.

In 1897 he was appointed Registrar of the Pharmaceutical Board, an office he held for 23 years until his retirement.
Forster had inherited artistic talent from his father, an accomplished portrait painter. His interest in the flora of his adopted country led him to develop that talent. He set himself the goal of depicting 1,000 Australian wildflowers. To this end, on weekends, he travelled all over the Sydney region and country New South Wales to sketch and collect plant specimens.

He was then commissioned by George Robertson of Angas & Roberston, to illustrate a book on Australian plants with miniature paintings based on his larger works. The book was initially to have text written by Edwin Cheel, State Botanist of NSW. Soon after completing 248 images for the book he died of a massive heart attack in 1928. The proposed book was shelved, but 10 years later, George Ferguson, Robertson's grandson, revived the project. On the advice of David Stead his then partner, Thistle Harris, was engaged to write the text for 15 pounds. Illustrated T.Harris, Wildflowers of Australia (1938).



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A George & C.Jordan A Heritage of Botanical Art. Voices (1993); H.Hewson Australia - 300 Years of Botanical Illustration (1999)
Adam Foster Biography Retrieved from: http://www.anbg.gov.au/biography/forster-adam.html

AvaliableNow:

A Brilliant Touch: Adam Forster's Wildflower Paintings by Christobel Mattingley. National Library of Australia, April 2011, 180pp.
Availability: Plenty. Price: AUD$29.95 (AUD$27.23 ex-tax) NZD$39.95
Purchase from: www.newsouthbooks.com.au/isbn/9780642277176.htm

Pittwater Online News

January 13 - 19, 2013: Issue 93

Getting Organized And Getting Our Act Together: January's Capricorn New Moon

The greatness of a man's power is the measure of his surrender. **William Booth**

Defeat is a state of mind. No one is ever defeated until defeat has been accepted as a reality. **Bruce Lee**

A proud heart can survive a general failure because such a failure does not prick its pride. **Chinese Proverb**

An unjust peace is better than a just war. **Cicero**

Failure is nature's plan to prepare you for great responsibilities. **Napoleon**

You don't always win your battles, but it's good to know you fought. **Marjorie Holmes**

But man is not made for defeat. A man can be destroyed but not defeated. **Ernest Hemingway**

Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory. **Norman Vincent Peale**

When I stand before thee at the day's end, thou shalt see my scars and know that I had my wounds and also my healing. **Rabindranath Tagore**

Courage is resistance to fear, mastery of fear – not absence of fear. **Mark Twain**

I don't deserve this award, but I have arthritis and I don't deserve that either. **Jack Benny**

January's Capricorn new Moon falls on January 11 in the United States and January 12 in Australia. This new Moon is one of knowing when to fight and when to let go - when to stay in the game and when to change course - to decide what battles are worth fighting and what one's are not worth the time and energy one expends.

The Sabian Symbol for the new Moon is Capricorn 22: A General Revealing Nobility Of Character By Accepting Defeat Gracefully.

There's an old saying: Winning or losing doesn't matter as much as how you play the game.Through the acceptance of 'Defeat', one can often discover important and valuable life lessons. Merely making excuses can lead to the same mistakes being made again and again, when there is no longer any point in pushing matters. At a time of "surrender", it is the way the situation is handled that will be remembered the most. It is how 'Gracefully' you handle 'Defeat' that will be the measure of your inner worth both to yourself and others. Sometimes it is wise to concede when the "victory" or the "prize" is more valuable for your opponent than yourself. Admitting that one has lost or is prepared to give up can free you up to get on with your life and more rewarding adventures. Learning from 'Defeat' can bring strength of character. On a deeper level, 'Defeat' shows us that we are neither perfect, nor indestructible. Is the objective, battle or conflict really worth winning or pursuing? Going for revenge, greed or glory can often prove to end up badly as things can turn sour. Sometimes pushing your agenda can hurt your cause and it's better to back off and hold your tongue. Struggling to have your point made or accepted may be self-defeating. This can happen in simple everyday situations such as conversation with others not understanding what you're saying or doing. Realizing that you're not going to change others can lead to being able to 'Accept' things in a better light.

Keywords: True inner worth. Being a "good loser". Learning that every minor skirmish in life is not a major 'Defeat'. Being prepared to start again. Sacrificing things for the benefit of others. Nobility of character. Letting go of the "charge" around anger. Surrendering. Knowing when to let go.

The Caution: Being a "bad loser". Feeling everything is going to come out badly. Reliance on self-limitations. Seeing the negative in everything. Losing what's been worked for. Making excuses to get out of tight situations. Betrayal and loss. Loss of support. Surrendering too early. Giving up on life.

Of course, not all is about 'defeat' at this new Moon - in fact you may not experience any defeats at all - there are successes, gains and promises of rewards and breakthroughs. Life seems to be asking whether we need to see everything as a battle, or, is it time to put the sword down and to move forward with confidence, forgiveness and compassion?

The Karmic Condition (the degree before) this new Moon is Capricorn 21: A Relay Race. This degree talks about knowing when to do all the work (run the race) yourself, and when to pass the baton on and to let others do it. There can be a struggle, particularly as it's Capricorn, around letting go of control to someone else, or trusting them to do the job, or there can be issues of having to work with others when you'd rather just go it alone.

Also, one might like to ask the question of whether some of the battles we're facing worth dying on that hill for? And through attitudes do we often snatch defeat from the jaws of victory?

Rewards are inherent in this degree as the Quest Degree (the degree following) speaks of breakthroughs and awards. It's Capricorn 23: A Soldier Receiving Two Awards For Bravery In Combat. These two Symbols may feel like they are contradicting each other, but they aren't necessarily - it is a matter of your perspective. As we know, it is often through the way we handle things that the good things in life come to us.

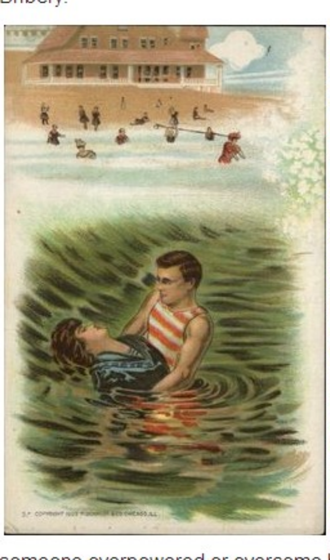
When I stand before thee at the day's end, thou shalt see my scars and know that I had my wounds and also my healing. **Rabindranath Tagore**

One should use praise to recognize what one is not. **Elias Canetti**

Try to get all of your posthumous medals in advance. **Anon**

Keywords: Desperate striving for recognition. Rewards for involvement in tough situations. Medals and trophies. Tributes, acknowledgments and benefits given or showered. Award ceremonies. Posthumous awards. Giving thanks. Compensation. Insurance and legal claims. Recompense for taking action.

The Caution: 'Awards' as Band-Aids to assuage guilt produced in war. Expecting money or other rewards for doing anything that one doesn't want to. The ills, social and otherwise, of combat fighting. Neurotic seeking of praise or acknowledgment. Rejection lines. Bribery.



Saturn, which being the ruler of Capricorn rules this new Moon, is on Scorpio 11: A Drowning Man is Being Rescued

This Symbol shows the ability, or the necessity, of helping others, being on hand when they need it along with a sense of 'rescuing' and bringing a sense of life back. It can show a rescuing nature of some kind, a counselor, therapist, life saver, etc. However, of course, it could be that you need "Rescuing" in some way, whether it's through counseling, getting a much needed loan, or having stress and strain lifted so that you can breath freely again. This Symbol often shows someone overpowered or overcome by their inability to cope emotionally. Often we feel like we are being suffocated; by our marriage, job, friendships, life path or the lack of these things. Know that help is at hand and soon you'll be able to 'breathe' easily again.

Key words: Resuscitation. Regaining one's breath. Being rescued. Finding life renewed. Salvation. Finding help in times of crisis. Ventilators. Oxygen. Dependence. Last minute reprieves.

The Caution: Panicking to draw help rather than learning how to cope. Unrealistic reliance on others. Getting into deep water on a regular basis. Not wanting to save yourself. Rejecting emotional realities.

The trick is that this is Saturn in Scorpio that we're talking about and some may not want to be rescued... some people feel the need or the urge to sit in their pain, their discomfort, their lack of knowing or being able to believe and they may not want to budge an inch. Others, of course, are working hard at finding solutions to issues that cause them discomfort, a shortness of breath, and feeling the need to make changes so they can breath freely again. Big deep breaths and signaling (to yourself if nobody else) that you want to be pulled out of the mire can bring about a release and a healing. After all, Saturn can have us 'treading water' for a very long time if we're attached to our version of quicksand.

Mercury is three degrees earlier in Capricorn and will pass over the two degrees described above within the week following the new Moon. This means we will get a chance to really integrate what this new Moon is for us on a personal level, no doubt as well as seeing it on the world stage.

Mercury is on Capricorn 18: The Union Jack Flies From A New British Warship

This Symbol shows the ability - or the need - for supervision, border protection and control. There can be a feeling of having to oversee a large 'empire' where reliability and leadership are vital. This can be a tiring responsibility, but there can be an awareness of the protection of those around you, particularly those who depend on you, along with 'all who went before'. However, political and social restraints from the past could be causing you to feel that you've somehow got to 'wage war'. Issues to do with the government can come up, whether you agree with what they do or not. At times in your life you'll be confronted with having to make your presence felt and guard your territory. Effective supervision can help you to relax.

Keywords: Colonialism. Protectionism. Nationalism. Border patrols and border protection. The ruling elite. Empires. The mother country. War games. Pitting people against each other.

The Caution: Artificial shows of strength. Being armed. Strong-arm tactics. Flags. Republics. Issues of statehood. Getting out the big guns. Rebellion. Social disintegration.

Mercury quickly moves on to Capricorn 19: A Five-Year Old Child Carrying A Heavy Load Of Groceries.

Keywords: Being the one everyone counts on to do the job. Feeling weighed down. Having to carry the "bag". Lifting heavy weights and bearing the consequences. Taking on things above and beyond what one should. Acting the grownup. Maturing quickly. Looking after paperwork. Running errands. Providing food and sustenance for everyone.

The Caution: Overloading the innocent and the inexperienced without thought of the consequences. Taking on too much. Not allowing for fun and carefree activities. Never being "off-duty". Joint, back and shoulder problems. Growing up too fast. Having a serious attitude. Lack of childhood. Dropping the bundle. Carrying the family's responsibilities.

So, some people will be feeling the need to protect (or bolster) their boundaries, perhaps to show their 'spoils' or possessions or what they've built up over the years. For some, this can be a tiring responsibility unless there's a true sense of feeling at home and calm and protected in one's life.

As with the last few months, again, the degrees for this lunation are quite militaristic.

Venus implies a desire, or the need, to travel with others, to join in on a journey, an adventure, a venture, a possibility with others. The Symbol is Capricorn 4: A Group Of People Entering A Large Canoe For A Journey By Water

This degree shows the ability, or the need, to "Journey" with others. Each person brings with them their individual stories, their needs and wants. They come together to accomplish something, to set out for somewhere. To embark on a journey with a number of people is to embark on an emotional discovery, along with learning the rules of society about interacting with others. With cooperation, and everyone heading in the same direction, there can be great success. You may find episodes when different and separate aspects of your personality come together to explore where you're going.

Keywords: Cooperation. A shared goal in sight. Being on a journey of destiny. Traveling or living together. Travels on the water. Rowing together. Workshops. Sharing destinations.

The Caution: Uncoordinated energies. Not wanting to go along with anybody. Rocking the boat. No one navigating. Lack of a realistic agenda or itinerary. Lack of privacy.

Very soon after the new Moon, Venus moves on to Capricorn 5: Indians - Some Rowing A Canoe While Others Are Dancing A War Dance

Keywords: Some getting on with their lives whilst others are not. Vehicles of discovery versus arguing and bickering. Threats and intimidation. Making a show of power and mobility. Cooperation bringing release from difficulties. Mobilizing forces. Psyching oneself up. Group efforts. Traffic.

The Caution: Making one's case whilst having to be continually on the move. Being emotionally charged. Arguments and bickering that halt forward movement or growth. Intimidation. Moving targets. Superficial shows of strength for display purposes. Making a lot of noise. Pulling faces. Gestures that threaten. Accepting no opposition to progress. Aggression. Divergent motivations leading to confusion. Road rage.

The trick is to keep rowing and to pick those who are on the same path as you so you're heading in the same direction with the same visions of the future.

Mars also speaks of journeying, or heading, in a particular direction. It's on Aquarius 14: A Train Entering A Tunnel

This Symbol shows the ability, or the need, of being able to go straight ahead, towards your objectives without being distracted or lead off your path. The "Train Enters a Tunnel", it is on one track that leads in a certain direction and it doesn't deviate or stop to assess where it's going; it simply keeps going straight ahead. You may need to cut through the obstacles in your life and go straight ahead, regardless of the unseen hazards you may encounter along the way. You have a great deal of drive and many others are likely to be with you, so plough on. Push through with what you need to do, making sure that you pay attention to others' needs along the way.

Keywords: Deep penetration. Cutting through detail. Persistence. Shortcuts to a desired end. Going for the objective. Near death experiences. Heart bypasses, physical, emotional, spiritual.

The Caution: Being overcautious. Taking the long way around. Tunnel vision. Cutting people off. Having a one-track mind that doesn't allow for detours or deviations. Cold.

So, both Venus and Mars talk about journeying with others and with Mars having just been on Aquarius 13: The Barometer, there may have been a pause to figure things out before steaming ahead.

Jupiter has been on the striking workers' degree for the last several weeks, so, many have had a chance to look at what they are and aren't prepared to do or to put up with. Jupiter is retrograde and traveling slowly. **Jupiter is now on Gemini 7: An Old-Fashioned Well**

This Symbol implies going into the depths of people, places and things in order to find nourishment or satisfaction. There is always a plentiful supply for all those who draw on the well with sincerity. You are able to access this through your faith and emotive confidence in yourself. You don't need to employ your thoughts as much as your beliefs in this situation. The inner wisdom you seek has been tapped by others long ago. Tapping into the 'Well' may require a long rope and patience but it is worth the effort. Compassion and love allow one to plumb the depths of people and situations with certainty.

Keywords: Being supported by people and your environment. Clarity of thought and perception. Deep and sustaining links to the past. The pool of universal experience. Water.

The Caution: Not trusting advice based on established ideas. Not seeing the depths of others. Shallow emotions and responses. Muddying of issues. Stagnant water. Poisons.

Uranus is sextiling Jupiter, bringing with it a desire for freedom, innovation, change, renewal. It's on Aries 5: A White Triangle Is Seen; It Has Golden Wings

This Symbol shows the ability to be able to lift yourself above the ordinary, using your natural gifts to find a new perspective, an uplifted view; to expand your awareness. This can picture an eagerness for spiritual integration or a capacity to escape from reality. Try to ground the vision, but allow yourself the free flight of vision. There is often a strong spiritual nature that expresses itself through purity of thought and insight.

Keywords: Inspiration and zeal. Feeling elevated and inspired through spiritual or creative efforts. Flying to a greater perspective. Self transcendence. Angels and their messages.

The Caution: Not noticing your down-to-earth needs or those around you. Escapism. Forgetting about the needs and desires of the body. Losing the plot.

Neptune is on a degree that can have people feeling like hiding away. It's on Pisces 2: A Squirrel Hiding From Hunters

This Symbol shows the need, or the ability, to be able to sense when to be moving and when to stop, when to be out in the world and when to be "Hiding" away. There can be a heightened sense of awareness or alertness, and, possibly, an ability to hear or perceive subtle things in the environment. At times in your life, there may be aggression in the air with you probably one of the smaller players. You may feel threatened sometimes; and this can come from out of the blue. Not watching the news and not listening to negative stories can be one way of "Hiding" away. To be cautious is wise, but hiding oneself away can lead to missed opportunities for nourishment. Be wary of being bullied or "holed-up".

Keywords: Tactics to ensure survival. Hiding away. The media spreading fear and loathing. Security systems. Limited or restricted movement. Creative solutions. Refuges. Hunters. Guns.

The Caution: Being bullied. Giving those 'out there' more power than they deserve. Fear. Not wanting to socialize. Not speaking up for fear of being shot down. The NRL.

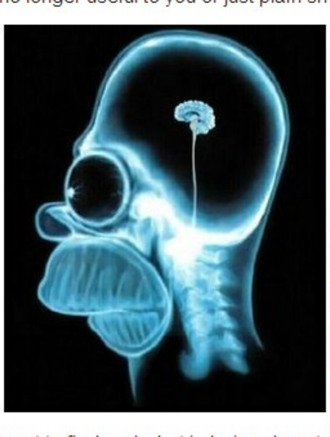
Pluto is on the 'Ancient Mariner' degree. It's on Capricorn 10: An Albatross Feeding From The Hand Of A Sailor

This degree shows the ability, or the need, to overcome fears or superstitions or limiting thoughts. One of the ways of overcoming fears is through gentleness and a readiness to let down your guard and interact with people or animals without feeling afraid or vulnerable. Putting up a wall between you and other living things can cause alienation or the loss of the rewards that can come from truly relating. Even seemingly natural 'enemies' can realize the possibility of interaction. You may feel that you can deal with someone with whom you have usually kept your distance – possibly even help each other.

Keywords: Feeding one's higher nature with good nourishment. Banishing worries, so that one can fly ever higher. Empathy and sympathy. The Ancient Mariner story. Overcoming fears.

The Caution: Manipulating events or people. False nourishment. Superstitious beliefs that keep one stuck. Fear of things like snakes and spiders or other living things. Dependence.

Pluto here is asking how long do you want to go through life with sadness, unsatisfactory conditions, feeling cursed, having something that you no long want hanging around your neck and dragging you down or back into the past? How long will you put up with that thing that just debilitates or reminds you of things that are no longer useful to you or just plain smells bad.



The Moon's north node is on Scorpio 25: An X Ray Photograph Helps With The Diagnosis

This Symbol shows the ability, or the need, to be able see into areas or realms that others generally don't even take any notice of. You may find yourself looking for a deeper understanding of situations and you need to peel away the layers in order to get to the truth of the matter. You may need to employ both the emotions and the intellect. Ask yourself: what do you want to find and what is being done to reveal the structure or the nitty gritty of situations? Looking inside for clues. Being able to see through layers into the reality of things helps you to be able to make a "Diagnosis" - dia which means "by", and gnosis which means "knowledge"

Keywords: Penetrating insight. Having the eyes and the intuition to see. Evaluations. Photographs. Radiation. X-ray vision. Connecting the dots. Finding causes. Insight and revelations.

The Caution: Disregarding the truth. Invading people's mental, physical or psychic space. Being intense and meaningful. Not **knowing when to relax. Undressing others.**

Chiron (The Wounded Healer and The Stories We Tell Ourselves) is conjunct Neptune and square Jupiter. This brings a time when we can look at the stories we have built up over the course of our lives and to see which ones we need to jettison.

Chiron is on Pisces 7: Illuminated By A Shaft Of Light, A Large Cross Lies On Rocks Surrounded By Sea And Mist

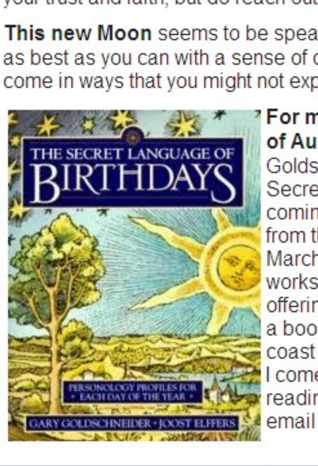
This Symbol shows the ability, or the need, to be able to stay firm in one's faith and belief in life even when one's hopes and dreams take a battering. There may be feelings of chaos and misplaced loyalties in your life, like something has been sacrificed for no real cause and some things have come to nothing. At times in your life, you may want to see if perhaps your aim was too high and things came crashing down as a result of a lack of care, by yourself or others, or through people opposing your objectives or success. Having faith and a positive end in sight, you can experience a wonderful spiritual awakening - reconnecting with your spiritual ideals. Concentrate on the "Shaft of Light" as this can show you that white light is all around you.

Keywords: Renewed dedication after loss. Signs of recovery and hope. Coming to terms with loss or failure. Important, substantial sacrifices. Finding the way through the dark. Faith and hope.

The Caution: Losing faith. Hopes completely dashed. Unable to see through the fog. Scorn, persecution or attack through religious or social reasons. Sacrifices, sometimes for nothing.

Chiron asks that we examine our 'wounds', along with the types of stories we want to put in place in our lives. If you've been feeling a bit 'dashed on the rocks' and are spent, concentrating on finding faith and hope again can really make a difference. You may feel it necessary to watch where you're putting your trust and faith, but do reach out for a renewal of hope.

This new Moon seems to be speaking about navigating the game as best as you can with a sense of dignity and pride. Rewards will come in ways that you might not expect - as always!



For my readers on the east coast of Australia, I have Gary Goldschneider, the author of The Secret Language of Birthdays, coming to Australia to stay with me from the 14th January until the 8th March. We are doing seminars, workshops and talks together and offering readings. We are also writing a book together. If you're on the east coast and would like to have Gary and I come and do a lecture, workshop or readings, please do drop me an email at sabiansymbols@gmail.com

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

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

What are the Sabian Symbols?

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

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

For more Information: click here

For a limited time, Lynda is offering mini-readings at a special price!

This is your opportunity to have Lynda read your chart. Details below:
Times are crazy right now, eh? In fact, it seems to be times are always a bit crazy...do you need some help understanding yourself, your life, what's going on or what's coming up or how to get the most out of your life?

For many, there's a sense of a need for direction, also, many want a deeper look at their lives through the many lenses that the Sabian Symbols provide. With the economy being what it is, I realize a lot of people can't afford to get a full reading or don't have the time or the energy to schedule a phone reading. These mini-readings are so easy. I have recently offered these readings and have had a huge response and fabulous feedback.
A mini-reading works this way:

I cast your chart and calculate what transits and progressions you're having. I analyse your chart, taking in what the Sabian Symbols reveal, along with the transits and progressions, and, using the Sabian Symbols, I can see many dimensions of what's going on for you. This reading gives you a far better understanding of your chart and outlines your strengths and the areas you may need to work on, along with what's been happening, what is presently going on and what's coming up.
I then speak for 30 minutes into my voice recorder, recording my observations of your chart. I then upload the recording to the internet in Mp3 format and email you the link to it.
You download the recording to your computer (this is very easily done) where you can listen to it easily, and in your own time. Listening to it more than once is recommended.
Whether you are generally curious about your chart, looking for greater self-awareness, wondering how long a bad patch will last or seeking clarity on what your future holds, these readings can empower you on many levels and can mark a major turning point in your life.
The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny.
If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.
If you are an astrologer or into astrology, this reading will open up new doors of perception and understanding about your life, and, will also show you how to see an astrology chart through the lens of the Symbols. You can also learn how to use the Symbols in your chart readings. The Symbols provide wonderful and valuable information that a normal astrology reading does not. The Symbols have their own lens into the world of astrology and their stories provide enormous depth.
I get a lot of requests for these types of readings, so get in quick! All you need do is:

Pay $125 (please note the Australian dollar is now about 6% more than the US dollar) through the Donate page. Please note that this price will not last long - I will soon be increasing it.
Email me at sabiansymbols@gmail.com your date, time and place of birth (if you don't know your time of birth, don't be concerned I can still do a reading), along with an outline of your life and anything you wish to share with me. Don't be afraid to tell me some of your story; it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to frame the reading.

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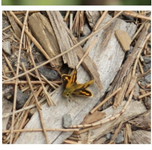
Pittwater Online News

January 13 - 19, 2013: Issue 93

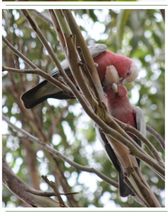
Pittwater fills our sights

Summer Wild Berries are ripe, tiny flutterers fill our sight, birds are kanoodling among flowers bright. It's hot, it's steamy, time to get deep into ocean dreamings...

Tiny Flutters

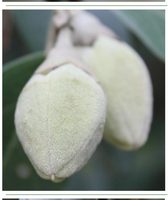


Wet Birds and Canoodlers



Photos by Alison Guesdon, 2013. All Rights Reserved.

Wild Summer Berries, Fruits and Flowers



Getting Wet

January 13 - 19, 2013: Issue 93

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

Marking an heroic contribution

Above Picture: A winter afternoon in the living hut at Commonwealth Bay. (L-R) Dr Xavier Mertz (reading), Archie McLean, Cecil Madigan, and John Hunter. (Photo: Frank Hurley)

January 8, 2013, marks 100 years since the death of Douglas Mawson's sledging companion, Dr Xavier Mertz.

Xavier Mertz hailed from Basel, Switzerland. He studied patent law at the University of Berne and later, science at the University of Lausanne, specialising in glacier and mountain formations.

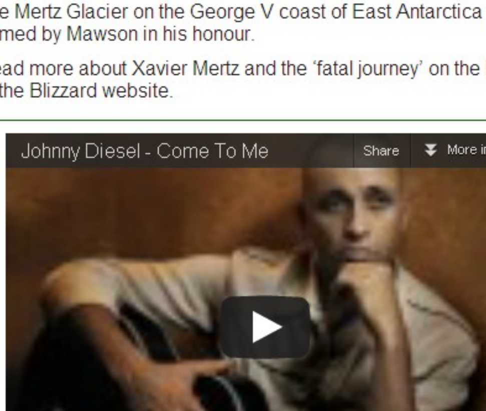
Mertz was also an experienced mountaineer and an accomplished skier, having won the ski-jumping championship of Switzerland in 1908, and champion of the world in 1909. He was rated as the best mountain climber in Switzerland, and had among his records several first ascensions of the highest peaks in the Alps.

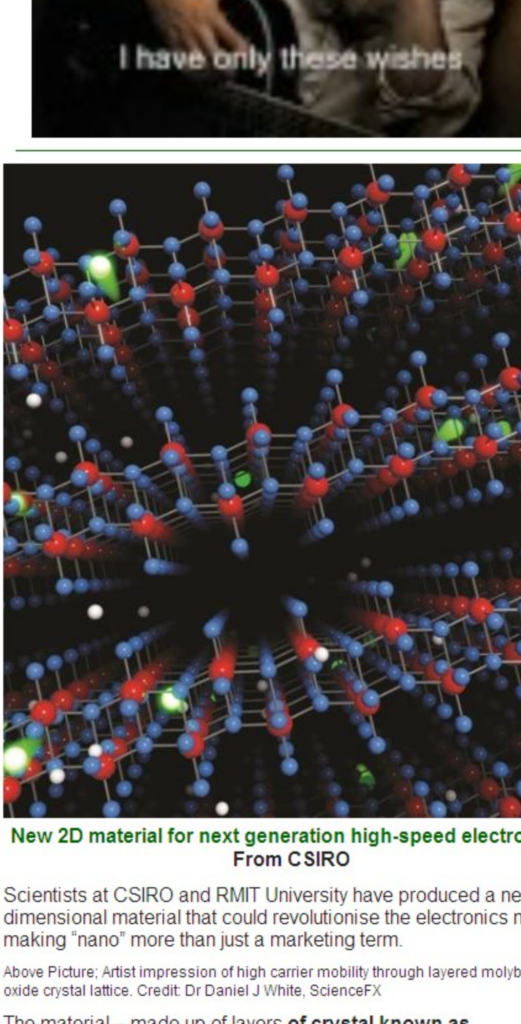
Mertz was invited to join Mawson's 1911–1914 Australasian Antarctic Expedition as a ski instructor and, alongside Belgrave Ninnis, to care for the Greenland huskies. Mertz and Ninnis subsequently accompanied Mawson on the fateful sledging journey to survey King George V Land, departing the main base at Commonwealth Bay on 10 November 1912.

Three weeks later Ninnis fell to his death through a snow-covered crevasse, along with the six best dogs and most of the party's rations. Mawson and Mertz continued their journey back towards the main base, about 300 miles away, killing and eating the remaining dogs as they went. Mertz died on 8 January 1913, possibly of Vitamin A poisoning from eating husky livers.

The Mertz Glacier on the George V coast of East Antarctica was named by Mawson in his honour.

Read more about Xavier Mertz and the 'fatal journey' on the Home of the Blizzard website.





New 2D material for next generation high-speed electronics - From CSIRO

Scientists at CSIRO and RMIT University have produced a new two-dimensional material that could revolutionise the electronics market, making "nano" more than just a marketing term.

Above Picture: Artist impression of high carrier mobility through layered molybdenum oxide crystal lattice. Credit: Dr Daniel J White, ScienceFX

The material – made up of layers **of crystal known as molybdenum oxides** – has unique properties that encourage the free flow of electrons at ultra-high speeds. In a paper published in the January issue of materials science journal *Advanced Materials*, the researchers explain how they adapted a revolutionary material known as graphene to create a new conductive nano-material.

Graphene was created in 2004 by scientists in the UK and won its inventors a Nobel Prize in 2010. While graphene supports high speed electrons, its physical properties prevent it from being used for high-speed electronics.

The CSIRO's Dr Serge Zhuiykov said the new nano-material was made up of layered sheets – similar to graphite layers that make up a pencil's core.

"***Within these layers, electrons are able to zip through at high speeds with minimal scattering***," Dr Zhuiykov said.

"***The importance of our breakthrough is how quickly and fluently electrons – which conduct electricity – are able to flow through the new material***."

RMIT's Professor Kourosh Kalantar-zadeh said the researchers were able to remove "road blocks" that could obstruct the electrons, an essential step for the development of high-speed electronics.

"Instead of scattering when they hit road blocks, as they would in conventional materials, they can simply pass through this new material and get through the structure faster," Professor Kalantar-zadeh said. "***Quite simply, if electrons can pass through a structure quicker, we can build devices that are smaller and transfer data at much higher speeds***.

"While more work needs to be done before we can develop actual gadgets using this new 2D nano-material, this breakthrough lays the foundation for a new electronics revolution and we look forward to exploring its potential."

In the paper titled '***Enhanced Charge Carrier Mobility in Two-Dimensional High Dielectric Molybdenum Oxide***,' the researchers describe how they used a process known as "exfoliation" to create layers of the material ~11 nm thick.

The material was manipulated to convert it into a semiconductor and nanoscale transistors were then created using molybdenum oxide.

The result was electron mobility values of >1,100 cm2/Vs – exceeding the current industry standard for low dimensional silicon.

The work, with RMIT doctoral researcher Sivacarendran Balendhran as the lead author, was supported by the CSIRO Sensors and Sensor Networks Transformational Capability Platform and the CSIRO Materials Science and Engineering Division.

It was also a result of collaboration between researchers from Monash University, University of California – Los Angeles (UCLA), CSIRO, Massachusetts Institute of Technology (MIT) and RMIT.

S. Balendhran, J. Deng, J. Z. Ou, S. Walia, J. Scott, J. Tang, K. L. Wang, M. R. Field, S. P. Russo, S. Zhuiykov, M. S. Strano, N. Medhekar, S. Sriram, M. Bhaskaran, and K. Kalantar-zadeh. **Enhanced Charge Carrier Mobility in Two-Dimensional High Dielectric Molybdenum Oxide**. Advanced Materials (2013) doi 10.1002/adma.201203346

At Least One in Six Stars Has an Earth-Sized Planet, Analysis Finds

The quest for a twin Earth is heating up. Using NASA's Kepler spacecraft, astronomers are beginning to find Earth-sized planets orbiting distant stars. A new analysis of Kepler data shows that about 17 percent of stars have an Earth-sized planet in an orbit closer than Mercury. Since the Milky Way has about 100 billion stars, there are at least 17 billion Earth-sized worlds out there.

Above Picture: *This artist's illustration represents the variety of planets being detected by NASA's Kepler spacecraft. A new analysis has determined the frequencies of planets of all sizes, from Earths up to gas giants. Key findings include the fact that one in six stars hosts an Earth-sized planet in an orbit of 85 days or less, and that almost all sun-like stars have a planetary system of some sort. (Hat tip to Robert Hurt for inspiring this illustration.)* (Credit: C. Pulliam & D. Aguilar (CfA))

Francois Fressin, of the Harvard-Smithsonian Center for Astrophysics (CfA), presented the analysis today in a press conference at a meeting of the American Astronomical Society in Long Beach, Calif. A paper detailing the research has been accepted for publication in The Astrophysical Journal.

Kepler detects planetary candidates using the transit method, watching for a planet to cross its star and create a mini-eclipse that dims the star slightly. The first 16 months of the survey identified about 2,400 candidates. Astronomers then asked, how many of those signals are real, and how many planets did Kepler miss?

By simulating the Kepler survey, Fressin and his colleagues were able to correct both the impurity and the incompleteness of this list of candidates to recover the true occurrence of planets orbiting other stars, down to the size of Earth.

"There is a list of astrophysical configurations that can mimic planet signals, but altogether, they can only account for one-tenth of the huge number of Kepler candidates. All the other signals are bona-fide planets," says Fressin.

Most sun-like stars have planets

Altogether, the researchers found that 50 percent of stars have a planet of Earth-size or larger in a close orbit. By adding larger planets, which have been detected in wider orbits up to the orbital distance of the Earth, this number reaches 70 percent.

Extrapolating from Kepler's currently ongoing observations and results from other detection techniques, it looks like practically all Sun-like stars have planets.

The team then grouped planets into five different sizes. They found that 17 percent of stars have a planet 0.8 - 1.25 times the size of Earth in an orbit of 85 days or less. About one-fourth of stars have a super-Earth (1.25 - 2 times the size of Earth) in an orbit of 150 days or less. (Larger planets can be detected at greater distances more easily.) The same fraction of stars has a mini-Neptune (2 - 4 times Earth) in orbits up to 250 days long.

Larger planets are much less common. Only about 3 percent of stars have a large Neptune (4 - 6 times Earth), and only 5 percent of stars have a gas giant (6 - 22 times Earth) in an orbit of 400 days or less.

Smaller planets aren't picky

The researchers also asked whether certain sizes of planets are more or less common around certain types of stars. They found that for every planet size except gas giants, the type of star doesn't matter. Neptunes are found just as frequently around red dwarfs as they are around sun-like stars. The same is true for smaller worlds. This contradicts previous findings.

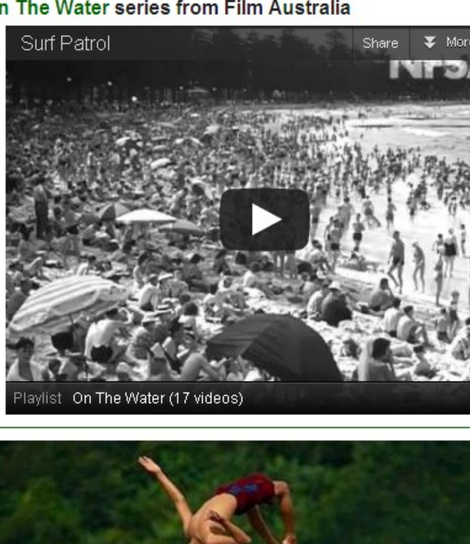
"Earths and super-Earths aren't picky. We're finding them in all kinds of neighborhoods," says co-author Guillermo Torres of the CfA.

Planets closer to their stars are easier to find because they transit more frequently. As more data are gathered, planets in larger orbits will come to light. In particular, Kepler's extended mission should allow it to spot Earth-sized planets at greater distances, including Earth-like orbits in the habitable zone.

Headquartered in Cambridge, Mass., the Harvard-Smithsonian Center for Astrophysics (CfA) is a joint collaboration between the Smithsonian Astrophysical Observatory and the Harvard College Observatory. CfA scientists, organized into six research divisions, study the origin, evolution and ultimate fate of the universe.

The above story is reprinted from materials provided by Harvard-Smithsonian Center for Astrophysics.

On The Water series from Film Australia



Picture by and courtesy of Hommie Young Peters.

Modern Parenting May Hinder Brain Development, Research Suggests

Social practices and cultural beliefs of modern life are preventing healthy brain and emotional development in children, according to an interdisciplinary body of research presented recently at a symposium at the University of Notre Dame.

"Life outcomes for American youth are worsening, especially in comparison to 50 years ago," says Darcia Narvaez, Notre Dame professor of psychology who specializes in moral development in children and how early life experiences can influence brain development.

"Ill-advised practices and beliefs have become commonplace in our culture, such as the use of infant formula, the isolation of infants in their own rooms or the belief that responding too quickly to a fussing baby will 'spoil' it," Narvaez says.

This new research links certain early, nurturing parenting practices - the kind common in foraging hunter-gatherer societies - to specific, healthy emotional outcomes in adulthood, and has many experts rethinking some of our modern, cultural child-rearing "norms."

"Breast-feeding infants, responsiveness to crying, almost constant touch and having multiple adult caregivers are some of the nurturing ancestral parenting practices that are shown to positively impact the developing brain, which not only shapes personality, but also helps physical health and moral development," says Narvaez.

Studies show that responding to a baby's needs (not letting a baby "cry it out") has been shown to influence the development of conscience; positive touch affects stress reactivity, impulse control and empathy; free play in nature influences social capacities and aggression; and a set of supportive caregivers (beyond the mother alone) predicts IQ and ego resilience as well as empathy.

The United States has been on a downward trajectory on all of these care characteristics, according to Narvaez. Instead of being held, infants spend much more time in carriers, car seats and strollers than they did in the past. Only about 15 percent of mothers are breast-feeding at all by 12 months, extended families are broken up and free play allowed by parents has decreased dramatically since 1970.

Whether the corollary to these modern practices or the result of other forces, **an epidemic of anxiety and depression among all age groups, including young children; rising rates of aggressive behavior and delinquency in young children; and decreasing empathy, the backbone of compassionate, moral behavior, among college students, are shown in research.**

According to Narvaez, however, other relatives and teachers also can have a beneficial impact when a child feels safe in their presence. Also, early deficits can be made up later, she says.

"The right brain, which governs much of our self-regulation, creativity and empathy, can grow throughout life. The right brain grows through full-body experience like rough-and-tumble play, dancing or freelance artistic creation. So at any point, a parent can take up a creative activity with a child and they can grow together."

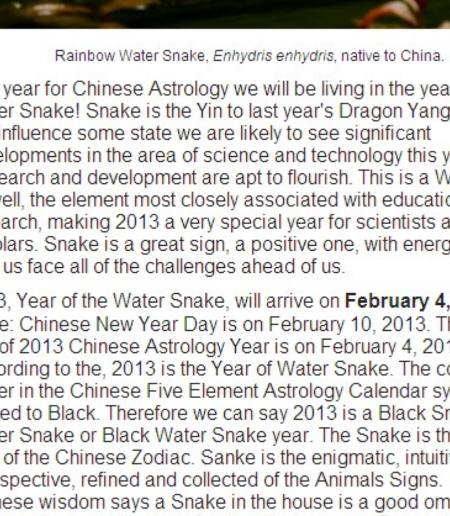
Further information: http://ccf.nd.edu/symposium/2012-symposium-presentations/

Truth in Advertising

Dog Rule

What's Up January 2013: Encounters of the Planetary Kind C/ - JPL (Jet Propulsion Laboratory).

2013: Year of the Water Snake – Overview



Rainbow Water Snake, *Enhydris enhydris*, native to China.

This year for Chinese Astrology we will be living in the year of the Water Snake! Snake is the Yin to last year's Dragon Yang. Under this influence some state we are likely to see significant developments in the area of science and technology this year. Research and development are apt to flourish. This is a Water year as well, the element most closely associated with education and research, making 2013 a very special year for scientists and scholars. Snake is a great sign, a positive one, with energy that can help us face all of the challenges ahead of us.

2013, Year of the Water Snake, will arrive on **February 4, 2013** (Note: Chinese New Year Day is on February 10, 2013. The first day of 2013 Chinese Astrology Year is on February 4, 2013.) According to the, 2013 is the Year of Water Snake. The color of Water in the Chinese Five Element Astrology Calendar system is related to Black. Therefore we can say 2013 is a Black Snake, Water Snake or Black Water Snake year. The Snake is the sixth sign of the Chinese Zodiac. Sanke is the enigmatic, intuitive, introspective, refined and collected of the Animals Signs. Ancient Chinese wisdom says a Snake in the house is a good omen because it means that your family will not starve. People born in the Year of the Snake are keen and cunning, quite intelligent and wise. They are great mediators and good at doing business. Therefore, you should have good luck if you were born in the Year of the Snake.

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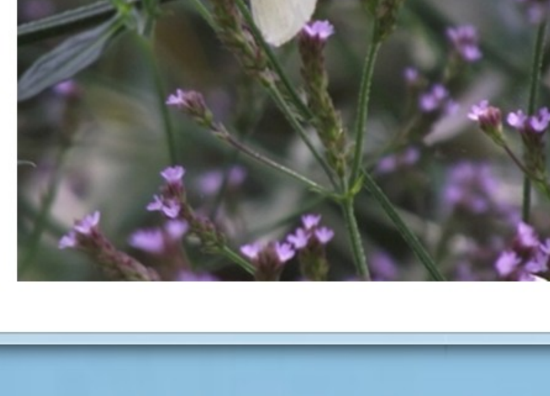

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An Underground Airport, Tube-Travelling Pigeons and Giant Locusts: Cultural Research Into London Underground

Did you know that the London Underground once planned to build its own airport? Or that the creators of the first Underground line originally intended that it would terminate in Paris? Or that pigeons regularly get on at Hammersmith and get off at Ladbroke Grove?

Kingston University architecture expert Dr David Lawrence is the source of such gems of information. He can also talk knowledgeably about ghost stations, stations that featured in James Bond films and the lost tribe of cannibal Underground workers.

The London Underground celebrates its 150th birthday this week - the anniversary of the first tube journey from Paddington to Farringdon on the Metropolitan Line. "The line's owners planned to extend it out into Kent and ultimately, through a channel tunnel, to Paris," Dr Lawrence explained.

As well as envisaging a Channel Tunnel, more than a century before it became reality, the Underground's planners, in the 1930s, drew up plans for an airport to the east of London. "The Underground liked the idea of having its own airport and wanted to build one at a station at Fairlop, in Essex," Dr Lawrence said. "But the scheme was abandoned at the outbreak of World War II."

Dr Lawrence - who has been a consultant to London Underground and the London Transport Museum since 1990 - is particularly interested in the cultural history of the network. "**The word underground became common currency at the time of H.G. Wells' novel *The Time Machine* 1895**," he explained. The book foresaw a time when the human race would have, effectively, split into two sub-species: the leisured and effete Eloi who lived on the surface and the hard-working but vicious Morlocks, who laboured underground.

"The Morlocks did the work - they made society function," Dr Lawrence said. "**The notion of underground culture meaning a counter culture, of underground art and music, stems from this**. On the surface you had the bright, shiny, well-functioning city - underground you had its sinister mirror image."

The Kingston University architectural historian has also studied the Underground's role on television and film. "In the 1950s you had Quatermass and the Pit, which saw giant locust-like aliens breeding in the tube, for example, and then in the 70s there was a film called Death Line (Raw Meat), in which a lost tribe of former Underground workers preyed on passengers."

Several disused, 'ghost', stations have been used in film and television. "Licensing these spaces for filming is big business for London Transport," Dr Lawrence remarked. "One of the most interesting ghost stations is **Bull and Bush under Hampstead Common on the Northern Line. It's not disused - it was never used.**"

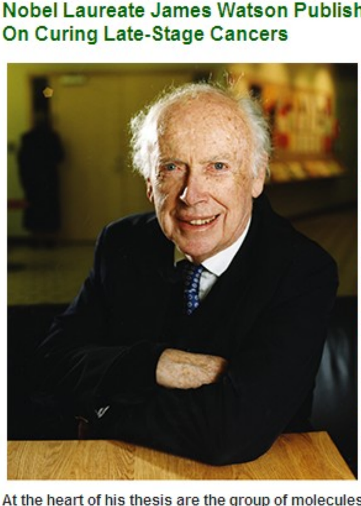
Dr Lawrence has lectured at Kingston University since 1998. His interest in the Underground extends to its logo and map. "Many people have remarked that the map is elastic - not geographic in its layout," he said. "What they may not realise is that that was a quite deliberate commercial ploy to exaggerate distances and to encourage people to take the tube to make journeys that they could quite easily have walked."

Or flown, in the case of a group of pigeons who have been observed regularly travelling between Hammersmith and Ladbroke Grove and between Baker Street and Euston Square or Great Portland Street. "They take advantage of the fast food that's left on the trains and seem to choose these stations as they are quite near the surface," Dr Lawrence explained.

The above story is reprinted from materials provided by Kingston University, via *AlphaGalileo*.

Health Articles and Papers Published this week:

Nobel Laureate James Watson Publishes Novel Hypothesis On Curing Late-Stage Cancers



"Although mortality from many cancers has been steadily falling, particularly those of the blood [i.e., leukemias], the more important statistic may be that so many epithelial cancers (carcinomas) and effectively all mesenchymal cancers (sarcomas) remain largely incurable."

With these words as preface, Nobel laureate James D. Watson, Ph.D., in a newly published paper that he regards "among my most important work since the double helix," sets forth a novel hypothesis regarding the role of oxidants and antioxidants in cancers that are currently incurable, notably in late-stage metastatic cancers.

At the heart of his thesis are the group of molecules that scientists call reactive oxygen species, or ROS. Noting their fundamental two-sidedness, Watson calls ROS "a positive force for life" because of their role in apoptosis - an internal program that highly stressed cells use to commit suicide. It's one of the key mechanisms that have arisen through eons of evolution to weed out biological dysfunction that poses a threat to the survival of organisms. On the other hand, ROS are also well understood - indeed are notorious - "for their ability to irreversibly damage key proteins and nucleic acid molecules [e.g., DNA and RNA]."

When they're not needed to curb wayward or out of control cells, which is to say under normal circumstances, ROS are constantly being neutralized by anti-oxidative proteins. We are often urged to eat foods rich in antioxidants such as blueberries; but, if Watson is correct about the role of ROS and antioxidants in late-stage cancer, as he writes in his new paper, "blueberries best be eaten because they taste good, not because their consumption will lead to less cancer."

Understanding why this might be so -why antioxidants can in late-stage cancers actually promote cancer progression - is central to Watson's paper, which appears **online January 9** in *Open Biology*, a journal of **Great Britain's Royal Society.**

He proposes that the cell-killing ability of currently used anti-cancer therapies - toxic chemotherapeutic agents such as Taxol as well as radiation treatment - is mainly due to the action of ROS to induce apoptosis, or programmed cell death. This would explain "why cancers that become resistant to chemotherapeutic control become equally resistant to radiotherapy." The common feature would be their common dependence upon a ROS-mediated cell-killing mechanism.

Watson, who is Chancellor Emeritus of Cold Spring Harbor Laboratory, then takes up the case of cancer cells largely driven by mutant proteins such as RAS and MYC. These, he notes, are often hardest to get to respond to treatment. He suggests this could be due to their high levels of ROS-destroying antioxidants. He cites recent research showing up-regulation of a gene transcription factor called Nrf2 when cells proliferate as well as when oncogenes such as RAS, MYC and RAF are active. Nrf2 controls the synthesis of antioxidants, and "this makes sense because we want antioxidants present when DNA functions to make more of itself," Watson writes.

In calling for "**a much faster timetable for developing anti-metastatic drugs**," the Nobel laureate wants those reading his new paper to consider a proposition he considers grossly underexplored: "Unless we can find ways of reducing antioxidant levels, late-stage cancer 10 years from now will be as incurable as it is today."

Watson, Jim. **Oxidants, antioxidants and the current incurability of metastatic cancers.** Free via Creative Commons: CC. Published online January 8, 2013 at doi:10.1098/rsob.120144 Open Biol. January 2013.

Lung Cancer Patients Live Longer If They Use Beta-Blockers While Receiving Radiotherapy

Patients with non-small-cell lung cancer survive longer if they are taking beta-blockers while receiving radiotherapy, according to a study of 722 patients published in the cancer journal *Annals of Oncology* on January 9.

Researchers at the University of Texas MD Anderson Cancer Center (Houston, USA) reviewed the progress and outcomes of patients who had received radiotherapy as their main or first line of treatment for cancer (known as "definitive radiotherapy" i.e. radiotherapy that is delivered at doses of 60 Gy or more, with the intention of curing the disease).

They found that 155 patients who were on beta-blockers for other conditions, such as high blood pressure and heart disease, survived for an average of 23.7 months compared to the 567 patients who were not on beta-blockers, who survived for an average of 18.6 months -- an improvement in survival of 22% after adjusting for other factors such as age, stage of the disease, whether or not chemotherapy was given at the same time, chronic obstructive pulmonary disease and the use of aspirin.

Beta-blocker use was also associated with improvements in survival without the disease spreading to other parts of the body (distant metastasis-free survival) and survival without the disease recurring (disease-free survival). Beta-blockers made no difference in the length of time a patient survived without the disease progressing in the part of the lungs where it had first occurred (locoregional progression-free survival).

Assistant Professor Dr Daniel Gomez, at the Department of Radiation Oncology at the MD Anderson Cancer Center, said: "Despite recent improvements in radiotherapy and chemotherapy for non-small-cell-lung cancer, the prognosis of this disease is poor, with less than 15% of patients surviving for five years after diagnosis. A major cause of death is the process of metastasis, when cancer cells travel from the original tumour to other parts of the body. Therefore, we urgently need to find new ways of blocking the development of metastases in these patients.

"Our results suggest that the use of beta-blockers during radiotherapy may help to prevent the formation of metastases, and could lead directly or indirectly to improved care for patients with non-small-cell lung cancer. As far as we are aware, our study is the first analysis to show a survival benefit associated with the use of beta-blockers during definitive radiotherapy in patients with NSCLC. However, prospective studies are needed to investigate these findings further and to discover whether improved survival is affected by when and for how long patients need to take beta-blockers. We are excited about using our study as a starting point for further investigations."

The mechanism underlying the development of metastases is complex, but may involve chronic stress conditions and prolonged exposure to stress hormones. One of these hormones, norepinephrine, has been shown to stimulate the migration of tumour cells to other parts of the body. Receptors on the surface of cells, which beta-blockers are designed to inhibit, are involved in this process.

Professor Zhongxing Liao, from the Department of Radiation Oncology at the MD Anderson Cancer Center, said: "Our findings agree with results from previous studies suggesting that beta-blockers have a specific effect on the cascade of events that lead to metastases. The fact that their use did not affect locoregional progression-free survival suggests that the drugs affect this metastatic cascade rather than the primary tumour."

Patients in the study had been treated with definitive radiotherapy from 1998 to 2010 at the MD Anderson Center. The 155 patients on beta-blockers were taking a range of different types of the drug and at a range of doses depending on the medication and their need. The researchers said there were not enough patients in the study to discover whether the choice of beta-blocker might be important, but that most of the study patients who did well were on a selective beta-blocker. "This finding requires further investigation," said Prof Liao.

She added: "Due to practical limitations, we were unable to assess whether any other medications that patients were taking while receiving radiotherapy may have influenced the results. This should be the subject of future analyses, ideally in clinical trials."

Dr Gomez said the researchers were discussing the possibility of a clinical trial to investigate the efficacy of new treatments, such as beta-blockers, for lung cancer, but that this would require external funding. "Another future direction would be to examine further the molecular characteristics that lead to this apparent clinical improvement in survival. For instance, what cellular pathways are involved in patients that experience a benefit with beta-blockers, and can these mechanisms be altered in another way to achieve the same benefit?"

H.M. Wang, Z.X. Liao, R. Komaki, J.W. Welsh, M.S. O'Reilly, J.Y. Chang, Y. Zhuang, L.B. Levy, C. Lu and D.R. Gomez. **Improved survival outcomes with the incidental use of beta-blockers among patients with non-small-cell lung cancer treated with definitive radiation therapy.** Ann Oncol (2013)doi: 10.1093/annonc/mds616. First published online: January 8, 2013. Full Free Text.

First Oral Drug for Spinal Cord Injury Improves Movement in Mice

An experimental oral drug given to mice after a spinal cord injury was effective at improving limb movement after the injury, a new study shows. The compound efficiently crossed the blood-brain barrier, did not increase pain and showed no toxic effects to the animals.

"This is a first to have a drug that can be taken orally to produce functional improvement with no toxicity in a rodent model," said Sung Ok Yoon, associate professor of molecular & cellular biochemistry at Ohio State University and lead author of the study. "So far, in the spinal cord injury field with rodent models, effective treatments have included more than one therapy, often involving invasive means. Here, with a single agent, we were able to obtain functional improvement."

The small molecule in this study was tested for its ability to prevent the death of cells called oligodendrocytes. These cells surround and protect axons, long projections of a nerve cell, by wrapping them in myelin. In addition to functioning as axon insulation, myelin allows for the rapid transmission of signals between nerve cells.

The drug preserved oligodendrocytes by inhibiting the activation of a protein called p75. Yoon's lab previously discovered that p75 is linked to the death of these specialized cells after a spinal cord injury. When they die, axons that are supported by them degenerate.

"Because we know that oligodendrocytes continue to die for a long period of time after an injury, we took the approach that if we could put a brake on that cell death, we could prevent continued degeneration of axons," she said. "Many researchers in the field are focusing on regeneration of neurons, but we specifically targeted a different type of cells because it allows a relatively long therapeutic window."

An additional benefit of targeting oligodendrocytes is that it can amplify the therapeutic effect because a single oligodendrocyte myelinates multiple axons.

A current acute treatment for humans, methylprednisolone, must be administered within eight but not more than 24 hours after the injury to be effective at all. An estimated 1.3 million people in the United States are living with spinal cord injuries, experiencing paralysis and complications that include bladder, bowel and sexual dysfunction and chronic pain.

The experimental drug, called LM11A-31, was developed by study co-author Frank Longo, professor of neurology and neurological sciences at Stanford University. The drug is the first to be developed with a specific target, p75, as a potential therapy for spinal cord injury.

The research is published in the Jan. 9, 2013, issue of *The Journal of Neuroscience*.

Researchers gave three different oral doses of LM11A-31, as well as a placebo, to different groups of mice beginning four hours after injury and then twice daily for a 42-day experimental period. The scientists analyzed the compound's effectiveness at improving limb movement and preventing myelin loss.

The spinal cord injuries in mice mimicked those caused in humans by the application of extensive force and pressure, resulting in loss of hind-limb and bladder function and experimentally calibrated baseline difficulty in walking and swimming.

The researchers determined that the mice did not experience more pain than the placebo group at all the doses tested, suggesting that LM11A-31 does not worsen nerve pain after spinal cord injury.

Analysis showed that the extent of myelin sparing was dependent on the dose of the drug. Each dose -- 10, 25 or 100 milligrams per kilogram of body weight -- led to increasing myelin sparing, with the highest dose demonstrating the greatest effect.

The injury in the animals caused a loss of about 75 percent of myelinated axons in the lesion area in the placebo group. This loss was reduced so that myelinated axons reached more than half of the normal levels with LM11A-31 at 100 mg/kg. That was correlated with about a 50 percent increase in surviving oligodendrocytes compared to those in the placebo group, Yoon said.

In behavior tests, only the highest dose of the compound led to improvements in motor function. Mice were tested in both weight-bearing and non-weight-bearing activities over the 42 days to evaluate their functional recovery.

Mice receiving the highest dose could walk with well-coordinated steps. In swimming tests, scientists saw similar improvements, with mice receiving the highest dose most able to coordinate hind-limb crisscross movement. The other treatment groups exhibited difficulty in walking and swimming.

Yoon said the findings may suggest that myelin sparing needs to reach a threshold of roughly 50 percent of normal levels before motor function improvements become measurable.

"The cellular analysis of the myelin profile detects small changes. Behavior is more complex, and we don't think functional behavior necessarily improves in a linear fashion," she said. "Still, these results clearly show that this is the first oral drug in spinal cord injury that works alone to improve function."

Full Text at: http://www.jneurosci.org/cgi/alerts

Written by Emily Caldwell. Retrieved from: http://researchnews.osu.edu/archive/scimolecule.htm

Hold the Diet Soda? Sweetened Drinks Linked to Depression, Coffee Tied to Lower Risk

New research suggests that drinking sweetened beverages, especially diet drinks, is associated with an increased risk of depression in adults while drinking coffee was tied to a slightly lower risk. The study was released January 8 and will be presented at the American Academy of Neurology's 65th Annual Meeting in San Diego, March 16 to 23, 2013.

"Sweetened beverages, coffee and tea are commonly consumed worldwide and have important physical - and may have important mental - health consequences," said study author Honglei Chen, MD, PhD, with the National Institutes of Health in Research Triangle Park in North Carolina and a member of the American Academy of Neurology.

The study involved 263,925 people between the ages of 50 and 71 at enrollment. From 1995 to 1996, consumption of drinks such as soda, tea, fruit punch and coffee was evaluated. About 10 years later, researchers asked the participants whether they had been diagnosed with depression since the year 2000. A total of 11,311 depression diagnoses were made.

People who drank more than four cans or cups per day of soda were 30 percent more likely to develop depression than those who drank no soda. Those who drank four cans of fruit punch per day were about 38 percent more likely to develop depression than those who did not drink sweetened drinks. People who drank four cups of coffee per day were about 10 percent less likely to develop depression than those who drank no coffee. The risk appeared to be greater for people who drank diet than regular soda, diet than regular fruit punches and for diet than regular iced tea.

"Our research suggests that cutting out or down on sweetened diet drinks or replacing them with unsweetened coffee may naturally help lower your depression risk," said Chen. "More research is needed to confirm these findings, and people with depression should continue to take depression medications prescribed by their doctors." Retrieved from; http://www.aan.com/press/index.cfm?fuseaction=release.view&release=1128

Why Obese People Have Higher Rates of Asthma

A new study led by Columbia University Medical Center (CUMC) researchers has found that leptin, a hormone that plays a key role in energy metabolism, fertility, and bone mass, also regulates airway diameter. The findings could explain why obese people are prone to asthma and suggest that body weight-associated asthma may be relieved with medications that inhibit signaling through the parasympathetic nervous system, which mediates leptin function.

The study, conducted in mice, was published in the online edition of the journal Cell Metabolism.

"Our study started with the clinical observation that both obesity and anorexia can lead to asthma," said Gerard Karsenty MD, PhD, professor and chair of genetics and development and professor of medicine at CUMC, and lead author of the study. "This led us to suspect that there must be a signal coming from fat cells that somehow affects the lungs -- directly or indirectly." The most likely candidate was leptin, a protein made by fat cells that circulates in the bloodstream and travels to the brain.

Extensive evidence shows that obesity can cause narrowing of the airways (bronchoconstriction). When obesity develops in people with asthma, it exacerbates the breathing disorder and hampers its treatment through mechanisms that are poorly understood. The current study was designed to elucidate the genetic and molecular bases of the relationships among obesity, airway diameter, and lung function.

Through mouse studies, the researchers showed that abnormally low or high body weight and fat mass results in bronchoconstriction and diminished lung function. Next, they showed that leptin increases airway diameter independently of, and at a lower threshold than, its regulation of appetite.

Leptin affects the airways by decreasing the activity of the parasympathetic nervous system, a branch of the autonomic nervous system not usually associated with leptin. The researchers also showed that regulation of airway diameter occurs regardless of local inflammation in the bronchi.

The researchers conducted two subsequent experiments to determine if these findings might have bearing on asthma therapy. In one, they took obese, asthmatic mice and administered a substance that increases lung inflammation. When they infused leptin in the brain of these mice for four days, "There was no effect on inflammation, but airway diameter and lung functions were normal," said Dr. Karsenty. "This showed that, at least in the mouse, you can cure obesity-related asthma without affecting inflammation." In the second experiment, the researchers treated obese, asthmatic mice with drugs that decrease parasympathetic tone, or rate of neuronal firing. Again, the asthma abated after several days.

"The therapeutic implication is that it may be possible to correct asthma in obese people with drugs that inhibit parasympathetic signaling -- and thereby increase leptin-related brain signaling," said Dr. Karsenty. Such drugs are already available. One is methacholine (Provocholine®, manufactured by Methapharm Inc.), which is used primarily to diagnose bronchial hyperreactivity, the hallmark of asthma. Clinical trials are needed before this or a more active and selective drug can be recommended for the treatment of body weight-associated asthma, Dr. Karsenty added.

The title of the paper is "Inhibition of leptin regulation parasympathetic signaling as a cause of extreme body weight associated asthma." The other contributors are Emilio Arteaga-Solis, Tiffany Zee, Charles W. Emala (CUMC); and Charles Vinson, and Jürgen Wess (NIH).

Emilio Arteaga-Solis, Tiffany Zee, Charles W. Emala, Charles Vinson, Jürgen Wess, Gerard Karsenty. **Inhibition of Leptin Regulation of Parasympathetic Signaling as a Cause of Extreme Body Weight-Associated Asthma.** Cell Metabolism, Jan 2013 DOI: 10.1016/j.cmet.2012.12.004

Protein Key to Fighting and Preventing Obesity Discovered

University of Florida researchers and colleagues have identified a protein that, when absent, helps the body burn fat and prevents insulin resistance and obesity. **The findings from the National Institutes of Health-funded study were published online ahead of print Jan. 6, in the journal *Nature Medicine*.**

The discovery could aid development of drugs that not only prevent obesity, but also spur weight loss in people who are already overweight, said Dr. Stephen Hsu, one of the study's corresponding authors and a principal investigator with the UF Sid Martin Biotechnology Development Institute.

One-third of adults and about 17 percent of children in the United States are obese, according to the Centers for Disease Control and Prevention. Although unrelated studies have shown that lifestyle changes such as choosing healthy food over junk food and increasing exercise can help reduce obesity, people are often unable to maintain these changes over time, Hsu said.

"The problem is when these studies end and the people go off the protocols, they almost always return to old habits and end up eating the same processed foods they did before and gain back the weight they lost during the study," he said. Developing drugs that target the protein, called TRIP-Br2, and mimic its absence may allow for the prevention of obesity without relying solely on lifestyle modifications, Hsu said.

First identified by Hsu, TRIP-Br2 helps regulate how fat is stored in and released from cells. To understand its role, the researchers compared mice that lacked the gene responsible for production of the protein, with normal mice that had the gene.

They quickly discovered that mice missing the TRIP-Br2 gene did not gain weight no matter what they ate - even when placed on a high-fat diet - and were otherwise normal and healthy. On the other hand, the mice that still made TRIP-Br2 gained weight and developed associated problems such as insulin resistance, type 2 diabetes and high cholesterol when placed on a high-fat diet. The normal and fat-resistant mice ate the same amount of food, ruling out differences in food intake as a reason why the mice lacking TRIP-Br2 were leaner.

"We had to explain why the animals eating so much fat were remaining lean and not getting high cholesterol. Where was this fat going?" Hsu said. "It turns out this protein is a master regulator. It coordinates expression of a lot of genes and controls the release of the fuel form of fat and how it is metabolized."

When functioning normally, TRIP-Br2 restricts the amount of fat that cells burn as energy. But when TRIP-Br2 is absent, a fat-burning fury seems to occur in fat cells. Although other proteins have been linked to the storage and release of fat in cells, TRIP-Br2 is unique in that it regulates how cells burn fat in a few different ways, Hsu said. When TRIP-Br2 is absent, fat cells dramatically increase the release of free fatty acids and also burn fat to produce the molecular fuel called ATP that powers mitochondria - the cell's energy source. In addition, cells free from the influence of TRIP-Br2 start using free fatty acids to generate thermal energy, which protects the body from exposure to cold.

"TRIP-Br2 is important for the accumulation of fat," said Dr. Rohit N. Kulkarni, also a senior author of the paper and an associate professor of medicine at Harvard Medical School and the Joslin Diabetes Center. "When an animal lacks TRIP-Br2, it can't accumulate fat."

Because the studies were done mostly in mice, additional studies are still needed to see if the findings translate to humans.

"We are very optimistic about the translational promise of our findings because we showed that only human subjects who had the kind of fat (visceral) that becomes insulin-resistant also had high protein levels of TRIP-Br2," Hsu said.

"Imagine you are able to develop drugs that pharmacologically mimic the complete absence of TRIP-Br2," Hsu said. "If a patient started off fat, he or she would burn the weight off. If people are at risk of obesity and its associated conditions, such as type 2 diabetes, it would help keep them lean regardless of how much fat they ate. That is the ideal anti-obesity drug, one that prevents obesity and helps people burn off excess weight."

Chong Wee Liew, Jeremie Boucher, Jit Kong Cheong, Cecile Vernochet, Ho-Jin Koh, Cristina Mallol, Kristy Townsend, Dominique Langin, Dan Kawamori, Jiang Hu, Yu-Hua Tseng, Marc K Hellerstein, Stephen R Farmer, Laurie Goodyear, Alessandro Doria, Matthias Blüher, Stephen I-Hong Hsu, Rohit N Kulkarni. **Ablation of TRIP-Br2, a regulator of fat lipolysis, thermogenesis and oxidative metabolism, prevents diet-induced obesity and insulin resistance.** Nature Medicine, 2013; DOI: 10.1038/nm.3056

Cell Loss in the Brain Relates to Variations in Individual Symptoms in Huntington's Disease

Scientists have wrestled to understand why Huntington's disease, which is caused by a single gene mutation, can produce such variable symptoms. An authoritative review by a group of leading experts summarizes the progress relating cell loss in the striatum and cerebral cortex to symptom profile in Huntington's disease, suggesting a possible direction for developing targeted therapies.

The article is published in the latest issue of the Journal of Huntington's Disease.

Huntington's disease (HD) is an inherited progressive neurological disorder for which there is presently no cure. It is caused by a dominant mutation in the HD gene leading to expression of mutant huntingtin (HTT) protein. Expression of mutant HTT causes subtle changes in cellular functions, which ultimately results in jerking, uncontrollable movements, progressive psychiatric difficulties, and loss of mental abilities.

Although it is caused by a single gene, there are major variations in the symptoms of HD. The pattern of symptoms shown by each individual during the course of the disease can differ considerably and present as varying degrees of movement disturbances, cognitive decline, and mood and behavioral changes. Disease duration is typically between ten and twenty years.

Recent investigations have focused on what the presence of the defective gene does to various structures in the brain and understanding the relationship between changes in the brain and the variability in symptom profiles in Huntington's disease.

Analyses of post-mortem human HD tissue suggest that the variation in clinical symptoms in HD is strongly associated with the variable pattern of neurodegeneration in two major regions of the brain, the striatum and the cerebral cortex. The neurodegeneration of the striatum generally follows an ordered and topographical distribution, but comparison of post-mortem human HD tissue and in vivoneuroimaging techniques reveal that the disease produces a striking bilateral atrophy of the striatum, which in these recent studies has been found to be highly variable.

"What is especially interesting is that recent findings suggest that the pattern of striatal cell death shows regional differences between cases in the functionally and neurochemically distinct striosomal and matrix compartments of the striatum which correspond with symptom variation," says author Richard L.M. Faull, MB, ChB, PhD, DSc, Director of the Centre for Brain Research, University of Auckland, New Zealand.

"Our own recent detailed quantitative study using stereological cell counting in the post-mortem human HD cortex has complemented and expanded the neuroimaging studies by providing a cortical cellular basis of symptom heterogeneity in HD," continues Dr Faull. "In particular, HD cases which were dominated by motor dysfunction showed a major total cell loss (28% loss) in the primary motor cortex but no cell loss in the limbic cingulate cortex, whereas cases where mood symptoms predominated showed a total of 54% neuronal loss in the limbic cingulate cortex but no cell loss in the motor cortex. This suggests that the variable neuronal loss and alterations in the circuitry of the primary motor cortex and anterior cingulate cortex associated with the variable compartmental pattern of cell degeneration in the striatum contribute to the differential impairments of motor and mood functions in HD."

The authors note that there are still questions to be answered in the field of HD pathology, such as, how and when pathological neuronal loss occurs; whether the progressive loss of neurons in the striatum is the primary process or is consequential to cortical cell dysfunction; and how these changes relate to symptom profiles.

"What is clear however is that the diverse symptoms of HD patients appear to relate to the heterogeneity of cell loss in both the striatum and cerebral cortex," the authors conclude. "While there is currently no cure, this contemporary evidence suggests that possible genetic therapies aimed at HD gene silencing should be directed towards intervention at both the cerebral cortex and the striatum in the human brain. This poses challenging problems requiring the application of gene silencing therapies to quite widespread regions of the forebrain which may be assisted via CSF delivery systems using gene suppression agents that cross the CSF/brain barrier."

Henry J. Waldvogel, Eric H. Kim, Doris C.V. Thu, Lynette J. Tippett, and Richard L.M. Faull. New Perspectives on the Neuropathology in Huntington's Disease in the Human Brain and its Relation to Symptom Variation. Journal of Huntington's Disease, 2012; 1 (2) DOI: 10.3233/JHD-2012-120018

New Compound Overcomes Drug-Resistant Staph Infection in Mice

Researchers have discovered a new compound that restores the health of mice infected with methicillin-resistant Staphylococcus aureus(MRSA), an otherwise dangerous bacterial infection. The new compound targets an enzyme not found in human cells but which is essential to bacterial survival.

The research team, led by scientists at the University of Illinois and the University of California, San Diego, reports the new findings in the Proceedings of the National Academy of Sciences. The team discovered and developed several compounds that are promising leads for antibacterial drug development, and the most potent was tested in mice infected with MRSA.

The rise of antibiotic-resistant bacterial infections is a global public health problem, said U. of I. chemistry professor Eric Oldfield, who led the research with UC San Diego professor Andrew McCammon.

"There's an urgent need for more antibiotics because of drug resistance," Oldfield said. "There are, for example, completely drug-resistant strains of tuberculosis. None of the drugs work against these strains of tuberculosis ,and so, if you get it, you die."

Other infections, such as gonorrhea, which once were easily cured with antibiotics, also are becoming resistant to treatment, Oldfield said. "And Staph itself actually kills more people in the U.S. than does HIV/AIDS."

To begin the study, McCammon and his colleagues at UC San Diego used computer simulations to look for potential chinks in the armor of a bacterial enzyme known as FPPS that aids in bacterial cell wall formation. The researchers then screened libraries of small molecules to identify some that might target those sites and interrupt the activity of FPPS. Oldfield's team tested some of these molecules against FPPS, but found that they were not particularly potent inhibitors of the enzyme.

"Then we tested the most promising compound against the next enzyme in the pathway, and we found that it was 20 times more active against that enzyme," Oldfield said.

That enzyme, called UPPS, "is important because it's involved in bacterial cell wall biosynthesis," he said. "And a lot of the antibiotics that we have - drugs like penicillin, methicillin, vancomycin - all target bacterial cell wall biosynthesis."

Graduate student Wei Zhu and research scientist Yonghui Zhang worked with Oldfield to develop and test new analogs of the compound that worked against UPPS.

"And we found one that was about 1,000 times more active than the first hit we had against FPPS," Oldfield said.

Illinois chemistry and Institute for Genomic Biology professor Douglas Mitchell tested the new compound against regular and drug-resistant S. aureus in cell culture and found that it had potent activity against both.

"He also found that it augmented the effects of methicillin" in methicillin-resistant Staph strains, Oldfield said.

In a final test, Dr. Victor Nizet at UC San Diego used the new compound to treat mice infected with MRSA.

"Twenty out of 20 animals survived if they were treated with this drug lead and zero survived if they weren't treated," Oldfield said.

More years of study will be needed to determine whether this compound or others like it will be effective in humans, Oldfield said, but the findings may allow scientists to target multiple enzymes essential to bacterial survival, thus reducing the likelihood that new forms of drug resistance will emerge.

W. Zhu, Y. Zhang, W. Sinko, M. E. Hensler, J. Olson, K. J. Molohon, S. Lindert, R. Cao, K. Li, K. Wang, Y. Wang, Y.-L. Liu, A. Sankovsky, C. A. F. de Oliveira, D. A. Mitchell, V. Nizet, J. A. McCammon, E. Oldfield. **Antibacterial drug leads targeting isoprenoid biosynthesis.** Proceedings of the National Academy of Sciences, 2012; 110 (1): 123 DOI:10.1073/pnas.1219899110

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.

ArtBOD!

An exhibition of 17 artists on the northern beaches

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Artist Contact Info
Anne Boyd 0419 - 2 - 2 - 2

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KOKESHI DOLLS

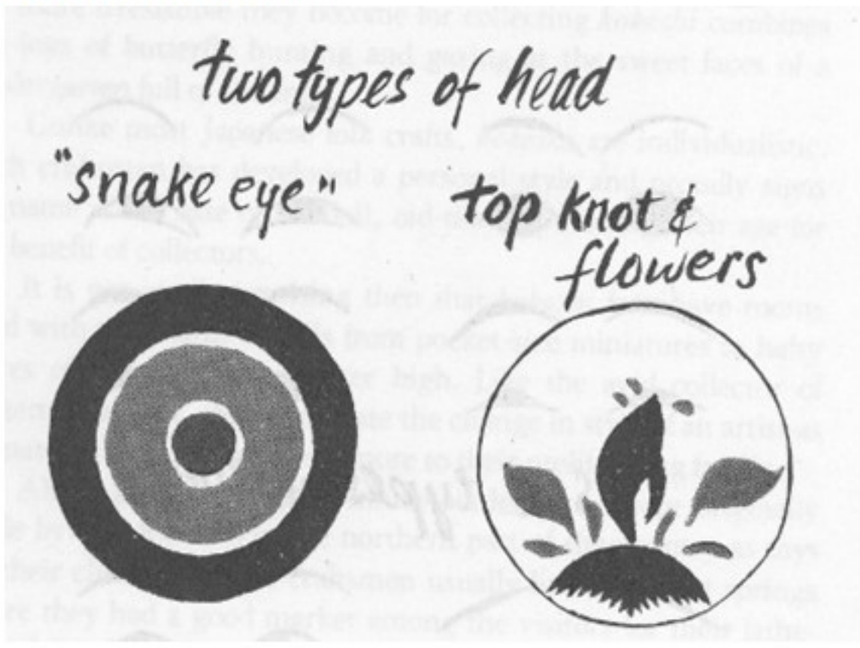
By George Repin

Examples of "Traditional" Kokeshi.

Unlike many Japanese folk crafts Kokeshi dolls are individualistic reflecting the personal style of the craftsman who proudly signs his name at the base of the doll. Such dolls are simple consisting only of a wooden cylinder with a sphere firmly set on top, and are hand made, but they captivate the Japanese because of the variety of their designs and facial expressions. They first appeared in the Edo period (1600-1868) and originally were made by wood turners in the Tohoku region of northern Japan as toys for their children – often as a means of filling in time when confined to their homes in the severe winters to which the country is subject. Over time, because the craftsmen often lived near hot springs, a good market for the dolls developed among visitors to the springs.

The shapes and patterns of *"Traditional" Kokeshi* dolls are related to specific areas. Usually they are classified into eleven types. However, there is great variation in the dolls themselves and people familiar with doll designs generally can recognise the towns where individual dolls were made.

Examples of "Creative" Kokeshi.

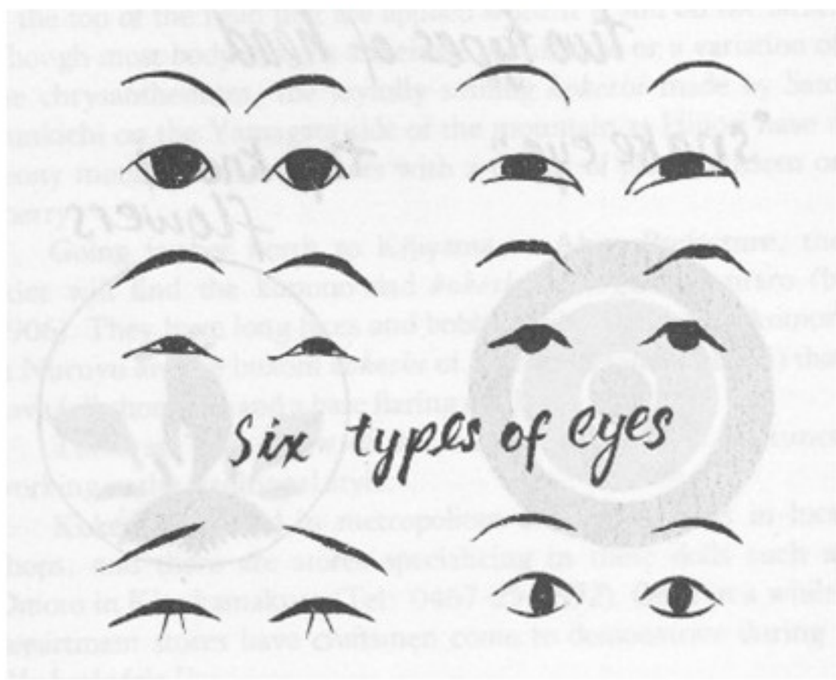


Sketches of two types of heads.

The woods used vary, with cherry used for its darkness and Mizuki (dogwood) for its softness. Itaya-kaede (Acer pictum) a Japanese maple, and Nashi (pear) are also used. The timber is cut in autumn, stripped of bark and seasoned outside for varying times, from six months to five years (depending on the wood).

A Kokeshi craftsman entrusts the carving of the wood (now usually done by lathe) to an assistant and turns his skill to the hand painting of the dolls, particularly the faces and kimono patterns. There are 15 "standard" types of eyes alone, such as crescent, half-moon, lidded dots and almond - and diverse forms of hairstyle and decoration. Completed dolls are polished with beeswax. The techniques and skills in making the dolls have been handed down from fathers to sons and from masters to apprentices for generations.

A "one-off Kokeshi from an artist's studio in Odawara.



Sketches of six types of eyes.

"Creative" Kokeshi are a relatively new development as an art form since World War II. They are more contemporary in shape, design and colour and are not particular to a specific region of Japan. Some are made by particularly talented artists adapting the traditional concept to produce beautiful individual pieces which are displayed in art galleries, greatly appreciated by private collectors and highly valued.

Collectors of Kokeshi in Japan may have thousands of dolls of varying sizes and designs in their collections. They watch for changes in the style of an artist they favour as he matures and add to their collections. In more recent times an interest in Kokeshi has spread internationally with many collectors outside Japan.

Photographs of dolls by George Repin.
Drawings of 'six types of eyes' and 'two types of heads' from "Sketches of Japanese Crafts" by Patricia Massy, The Japan Times Ltd, First Edition 1980.

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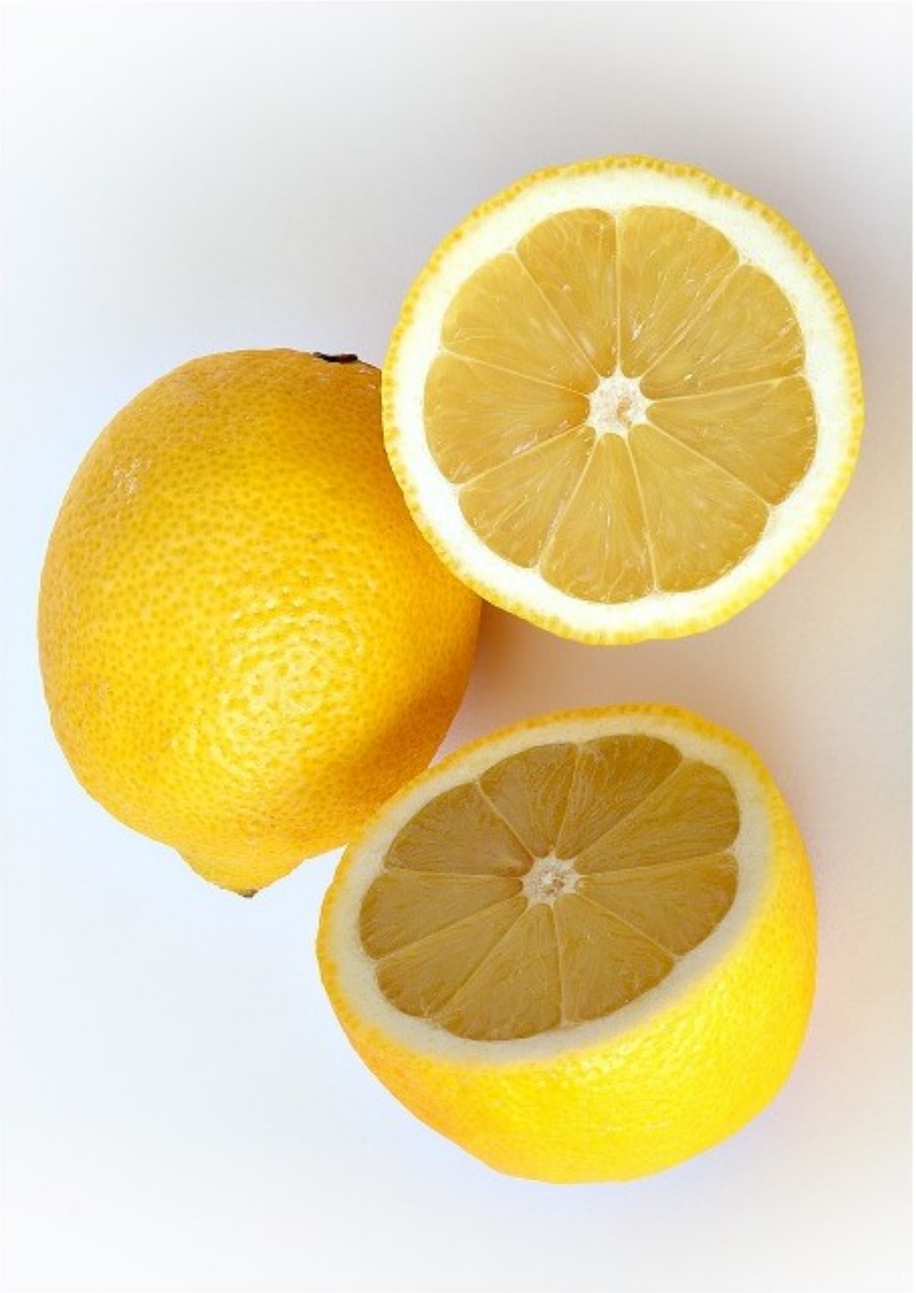

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Removing Stains from Paved Areas and Concrete

Although we love all our gum trees, their shade and the beauty they bring to every window view around the house, we do also have to do regular maintenance to ensure walking around outside does not then mean tracking in gum resin or the moss associated with creating cooling arbours. Lemon juice, a toothbrush or clear vinegar solutions work on smaller stain but sometimes you have to do the whole driveway or paved area so people don't slip over and hurt themselves; then it's time to bring in some help.

This week we offer a few ways, and products, to help you with these stains.

Removing brown rust stains on our concrete patio from use of fertiliser on adjacent lawns:
Response from Mitre 10: You could try the 30 Seconds Calcium Rust & Lime remover it may work but depends on how bad the stain is and the type of concrete. Aside from this you may need to go down the path of using a Oxalic acid type product that will be a little more aggressive on the stain. Oxalic acid is not too harsh and you can usually get it from the paint/ cleaning section in M10. Please note that Oxalic Acid can be nasty stuff, as it's highly toxic, and it's not easy to find. It's more commonly used in the woodworking trades to bleach or whiten wood, but it is quite effective at removing heavier rust stains from concrete and some types of stone. It may come as a proprietary "rust remover" in which case you should follow the manufacturer's instructions to the letter. The efficacy of these products is highly variable and they MUST be tested on an inconspicuous area prior to use to ensure that the paving is not damaged or discoloured by their use.

Cleaning moss off tiled areas:
Response from Mitre 10: There are different cleaners available that you could use. 30 Seconds Powered Moss Remover is one of the options that we recommend. It can either be applied directly from the shaker canister onto your roof or else you can dissolve it in a quantity of water and then spray it on. Apply when the roof is dry. This will take some time to work, so you would have to keep your water tank disconnected for a few weeks. This may not be viable for you, so you could try the liquid 30 Seconds Outdoor Cleaner as another option. This cleaner works very quickly so the work will be done in a weekend. Visit your local Mitre 10 store and select the particular product that you personally prefer.

Oil and petrol from a lawnmower that's leaked onto pavers and stained them.
Use: Plaster of Paris, water, dishwashing liquid, broom. Mix plaster of Paris and water to form a paste the consistency of peanut butter. For every cup of mixture add 1 teaspoon of dishwashing liquid and stir. Spread a 1 cm thick layer over the stains and leave to dry. Sweep away with a broom; the oil and petrol will be absorbed into the mixture.

Gum Resin and Leaf stains:

Bondall Bore & Rust Stain Remover is designed to remove unsightly bore stains on concrete, brickwork, pavers, painted surfaces and fibrous sheeting. This product is not just restricted to bore and rust stains. When applied to tannin stains, (caused by wood sap onto masonry surfaces, concrete, brickwork etc.) it will remove the stains from the surface. lways test on a small inconspicuous area, to ensure that the product is achieving the desired result, prior to application over the entire area. Some surfaces may be affected by bleaching from this application. Please read the directions and safety precautions carefully on the packaging to make sure that you`re applying the product correctly. You can always test the product on a small section first to make sure that you`re happy with the result before you apply it to the entire surface. Also, be very careful when using chemical based products and wear a mask, protective clothing and gloves when handling or using while cleaning. Most importantly, eye protection MUST be worn when using acid-based cleaners. Read the manufacturer's instructions thoroughly. We dilute most acid cleaners to a strength not exceeding 5% acid to prevent serious discolouration or 'burning' of the paving. Some cleaners may already be diluted to this concentration - read the packaging. Please consult with the friendly staff at your local JBH Mitre 10 store and discuss your options with them. They may have some other valid suggestions.