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Australia Day In Pittwater - 2013

2013 Pittwater Australia Day Awards: Left To right: Citizen of the Year Eric Martel, Sportsperson of the Year Jake Lynch, Beryl Driver, Senior Citizen of the Year 2013, Young Citizen of the Year Amelia Warde, Community Event of the Year, Rotary Carols in the Park, Roger Digby (Coordinator). Front: Sports person of the Year Daniel Fitzgibbon. Picture by Michael Mannington.

Pittwater Council Councillors and staff put on two great events for the community on Friday and Saturday - the recognition of outstanding people within our community at the 2013 Pittwater Australia Day Awards on Friday night and a Citizenship Ceremony at the Bert Payne Reserve on Newport Beach on Saturday morning.

Full Story HERE

Avalon Sailing Club's Holly and Heidi - sailing in the 177th Australia Day Regatta. Picture by A J Guesdon.

Avalon Sailing Club continued a 177 year tradition by hosting the historical Australia Day Regatta, held each year on behalf of the Australia Day Regatta Management Committee. Owners of all yachts - including centreboard classes, one-design keelboats, gaff-rigged and classic yachts. A sail past at 12.30 preceded the competition. More pictures form part of this weeks Celebratory Pictorial

MV *Silver Ghost*, RMYC Flagship for Australia Day, 2013. Picture by A J Guesdon

The Royal Motor Yacht Club - Broken Bay held their traditional Boat Parade with vessels decorated with colourful bunting, each with an Australia Day theme. Flagship MV *Silver Ghost* honoured a historical heritage of Pittwater, the placing of RMYC flagships just south of Scotland Island and opposite Salt Pan. All vessels were greeted with the resounding of the Silver Ghost's horn and saluted by General Manager of the RMYC, Karen Baldwin.

More on their great day is in a report from our own Robyn McWilliam and more pictures form part of this weeks Celebratory Pictorial.

South Narrabeen SLSC Hosts 8th Annual Bush To Bash Program

Here for the fun, Brewarrina children at Narrabeen on Friday afternoon. Picture by Michael Mannington.

Michael Mannington visited South Narrabeen SLSC on Friday afternoon to meet the great children here for the annual Bush To Beach program, a weekendr of learning Surf Safety and getting to enjoy the beach. He spoke with Jack Cannons AM, world wide President of the fantastic Variety children's charity and initiator of the Bush To Beach program. Full story HERE

Johnny Carter has Taught 10 Thousand Children to Swim Over 65 Years

Robey (daughter) and Jack 'Johnny' Carter, Palm Beach Legend. Picture by A J Guesdon.

A Palm Beach Summer is not complete without a nod to Jack 'Johnny' Carter, the man who has taught suceeding generations of children to swim in the Rockpool at Palm Beach. Full Story HERE

Pictures by Michael Mannington and A J Guesdon, 2013.

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Pittwater Online News

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Pittwater's Australia Day Awards, Breakfast on the Beach and Citizenship Ceremony – 2013

A commonly presentation of the 2013 Australia Day Awards for Pittwater began celebrations on Friday night at the Irish Café at Mona Vale. On Saturday morning, while enjoying a great breakfast provided by the Zonta ladies, SES Volunteers and the Rotary Club of Pittwater members paid tribute to our Australian Citizens from Italy, Germany, Brazil, Scotland, England, South Africa, France, Spain, Germany, the United States of America, the Netherlands and the United Kingdom.

Getting into the spirit of things, 7.30am, in Bert Payne reserve, Newport. Picture by A J Sweeton

Among these were whole families. His spoke with the father of one of these families from Brazil, the wonderful Graji's consisting of Hannah Andrea, Nicolas, Rafael, Thiago and Mr Graji.

Graji said that he was very happy to be accepted to become citizens now!

We decided we have been for so long we would like to make this country our new home.

What is the best thing about being in Australia?

The opportunities this country presents, the people are fantastic. Anything you want to achieve you can do here. I love what I do here and I do what I love so it's great and the same for my family.

Mr Graji's wife, Andrea, who has come here from Brazil explains that it has been her husband's dream since he was 13 years old to come to Australia.

Bert's was a busy morn, and 15 years old. It's a fantastic country, beautiful Nature, the places you can go where I have never been before, the culture is great.

The Graji Family. Picture by Michael Stevenson

Federal member for Mackellar the Hon. Bronwen Bishop spoke with her renowned eloquence:

"What makes Australia so great is it has a firm foundation, we have a good system of laws, institutions which uphold that system, which underpin our society. We have a fair go for everybody, we have a great country, we have a beautiful land, we have beautiful beaches, and beach lives, where we appreciate the beauty of our natural surroundings and our duty, as spoken by young Amelia today, of having to look after it ... don't litter ... don't spoil it, look after it. Because we are so lucky we have those obligations. The word 'Australia' offers opportunity, it offers security, it offers a fair go for everybody. We have a great system of government, we have a great system of law important to the people of Pittwater and it willingness to help somebody if there is in need or just to be kind and smile. I remember very well someone who came into my office seeking some help, they come from a different part of Sydney, and they had some real problems and they were very, very, very, very, very grateful that someone was willing to help them. We are a country that is the envy of the rest of the world. So if we can grow those traits and make them even more cohesive when we do look after people who have fallen on hard times or people who have disabilities who need to be assisted, then we will be a wonderful example to follow too. But each and everyone of us, whether we are from Italy or Germany or Brazil or Scotland or England or South Africa or France or Spain or Germany or the United States of America and the Netherlands and the United Kingdom, we are all Australians. And we are all Australians because we have brought their beliefs and their skills and their ability and their culture here and it all goes into a bit pot and what comes out of it is unique Australian.

But there are three things not welcome in this country. Anyone who does not believe that men and women are equal, not welcome. Anyone who is prejudiced on the basis of religion, not welcome. Anyone who is prejudiced on the basis of race, not welcome. What we say here is that everyone who comes to this country and who wants to be a part of our society is welcome to be part of our society, but we have our traditions, our traditions and prejudices. And when we look at that magnificent flag of ours as it sees ceaselessly morning, the most beautiful flag in the world in my view, designed by Australians for Australians, the important thing about our flag as one of our institutions is for us to recognise it. It's not just a piece of material, it's not just a piece of material, it's not just a piece of material, it's not just a piece of material, it's our history, our heritage. As I said it is a proud and I see people wearing it on t-shirts in hats, some people get offended and say 'Oh, we shouldn't be doing that, it should be pristine, set aside'. I say no, part of the Australian character is to adapt its use to something that's close to us and our hearts. So I'm very, very, very proud of our institutions and I'm very, very, very proud of our flag and what it represents to the Australian. So when anybody asks you what is the centre of Australia you better go and ask them to do some research because the rest of us are perfectly sure on what we are and what we stand for; we are a kind and a generous people. We are a people for others across the world. We are a people who are willing to help others across the world. We are a people who are willing to help others. On Australia Day I think it is wonderful for us to acknowledge the strength of our nation and that includes all.

Tonight I'll be going to a wonderful dinner where we have a lot of our children from Bilgola, who are aboriginal children, coming down to enjoy the surf and the sea, and I will enjoy hearing some of the wonderful stories they will tell. On Australia Day we remember that we are all one people together and that we respect our neighbours, our friends and our people.

So as you forth there are many things to be proud of. Anyone who comes to the Australian just as we are very proud of you who have made that decision to swear allegiance to this country. Happy Australia Day.

Enjoying some pancakes from the Cottage Point SES team. Picture by A J Sweeton

NSW MP for Pittwater, the Hon. Rob Stokes also welcomed our new citizens: "Today is Australia Day, and everyone who is becoming an Australian citizen deserves congratulations and thank you. Thank you for being here, thank you for choosing to come to this country. We have been very lucky and we have felt that we want to live what lives here and enhance the lives of our children with the lives of our children. There could no much for that great Australian ideal, and I congratulate you.

Ladies and gentlemen Australia Day is an opportunity for us to celebrate and to reflect. It's a time for us to be with our families, our neighbours, our friends, the environment we share together and our good fortune to be in the best part of the richest country on earth. It also a day to reflect on those who have created this country, those who have made it what it is, and it is an amalgam of its people and its people, and here in Pittwater we have many iconic Australian people who have made this country what it is, people who over the past 225 years have given in service to create the society and its freedoms, the society and its freedoms that we have in this wonderful Bungalow who is the earth stars of the Australian colony was the leader of the Pittwater Regiment, Captain Kent who was the leader of the Pittwater Regiment, Captain Kent who was the leader of the Pittwater Regiment, Captain Kent who

Pittwater Online News
Pittwater's Community Newspaper
Pittwater Online News Pty Ltd ACN 151 035 756
Publication Date: 4 - 10 Oct 2015 PM
Publication Number: 2015-0004

Australia Day '15 Pittwater - 2015

Michael Bennett photo of Pittwater Yachtmen

Pittwater Yachtmen

Michael Bennett photo

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Australia Day at RMYC
by Robyn McWilliam

Australia Day at the Royal Motor is mainly about people who love messing about in boats: fishing boats, cruisers, timber classics, racing or cruising yachts. Popular General Manager, Karen Baldwin directed the celebrations beginning with a resounding chorus of voices singing 'Advance Australia Fair'. What better way to start than with our National Anthem?

Patriotic sisters Ashleigh and Jazmin Murray

Flutes of champagne and orange juice and scrambled egg rolls commenced the brunch as we learned a little about the club's early history*. Outside the courtyard on display was *Mr Teach*, a 1926 gentlemen's racer, the year of the first meeting of the Broken Bay branch. Today there are more than 3000 members of the RMYC.

MP Bronwyn Bishop's address this year was on the Australian character and identity. She stressed how fortunate we are in a place such as Pittwater. Already this morning Bronwyn had attended a ceremony at Newport Beach where new people had made the decision to be Australians.

Federal MP Hon. Bronwyn Bishop waving to the fleet

Each of the club's divisional captains spoke after Karen presented them with a bottle of wine labelled 'Girt by Sea'. These volunteers were thanked for their time, energy and enthusiasm which keep the club thriving. Staff members were also recognised for their friendly and dedicated service.

Following a 'Blessing for Australia Day' by the Reverend Ric Bollen, it was a mass move to boats for the Parade. This year Pittwater was sparkling and sunny with a brisk nor'easterly blowing. Boats sporting a forest of flags gathered off Stokes Point and proceeded back towards RMYC. MV *Silver Ghost*, the judging vessel for Best Dressed Vessel and Best Dressed Captain and Crew had to be rounded.

After the Boating Parade, members and guests were entertained in the courtyard by the jazz group, Venus. Diners could sit back listening to mellow music and revel in their Australia Day celebrations.

*Extracted from file below

RMYC creates more Local Regattas 1927.pdf
Size : 818.354 Kb
Type : pdf

MV Silver Ghost

Salacia flags ahoy

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8th Bush to Beach at South Narrabeen SLSC Welcomes 40 Brewarrina Children

http://southnarrabeensurfclub.org/bush-to-the-beach

South Narrabeen SLSC is holding it's 8th 'Bush to Beach' program which commenced on Friday 25th of January 2013 and will run until the 28th of January. Overseen by Ed Billett, Life Member, and Joce and Les Doole 65 year old elders of the Brewarrina community a place with a population of 1,200, lots of red dust situated 850 kilometers northwest of Sydney, this is the first time some of these children will be at the beach. With 40 boys and girls arriving at the club keen to enjoy and explore Narrabeen beach and all its activities, it's bound to be a fantastic experience for everyone involved. Learning to SURF, learning about surf safety, learning from fun and meeting city folk, or to learn about Surf Safety. An exercise from South Narrabeen SLSC on what they will be teaching:

Education Program

It is important that everyone that lives and visits Australia are surf aware. This is a great opportunity to educate the Brewarrina children on surf and water awareness. Andy Cross, South Narrabeen SLSC Chief Instructor, has designed a fun and engaging educational program to ensure that the children can look after themselves and others when swimming in the ocean or in the rivers and pools at home.
Kids of all ages respond and respect Andy and the ocean knowledge and experience he has to share with them. Andy's ability to gain and maintain the attention of the children is paramount to ensuring the success of the program sticks with them. Andy takes the children through the following three programmes during the Bush to Beach weekend:

Surf Safety:
This course is run every morning and covers the Do's and Don'ts of swimming in the ocean. It includes swimming between the flags and what to do when you feel you are in trouble, or think someone else is in trouble.
Beach Awareness Program
Understand what a rip is, how to recognise a rip and what to do when you get caught in a rip. They are also given an under standing of what sea creatures they need to look out for and the action and power of the waves.
CPR Training
Bring back what to D.R.S.A.B.C. what each letter stands for and they need to do at each step. Visit the Oxy Viva and Ditto are, what they look like and where they are kept. There is also an opportunity for the children to practice their new found skills on the mannikin.

Collaroy gentleman **Jack Cannons AM**, former President of NSW for Variety, current President of Variety world wide, and Joyce Doole (Aunty) are responsible for this great Bush to Beach program for Brewarrina children. Michael Mannington spoke to him on Friday afternoon while visiting the South Narrabeen surf club:

Jack: The environment that they're in here is it's very different from the one they have at home, so we teach them Surf Safety with a video on the bus on the way here that covers things like 'Swim Between the Flags' but I also talk to them about very basic things; there is 50 thousand cars a day that go along Pittwater road, there's a day in Brewarrina, there's one a day in Walgoomogle, so, 'be very careful' and then I said 'so hit the surf' and within probably three minutes there was a stream of clothing from the surf club into the water and they were in the water and we have trouble getting them out.

So there's no initial fear?

No. Their natural ability is amazing. These kids will all be learning how to ride surfboards tomorrow and probably 80% of them will be standing on boards within 15 minutes. It's amazing to watch.

So do you think they have a natural skill for it?

Oh yes. They've got a natural ability for sport. We've had games of footy with the white kids here and the black kids are just amazing, they just beat them. Even in the Nippers Carnival they have on Sunday morning, the aboriginal kids win the Sprint, win the Flags and they've never done it before.

When they get back to Brewarrina what do you think they take back with them as a life learning?

They've seen that there's a different environment outside of their community, **they've learnt to trust others; which is very very important**. They've learnt that there are some good people in the world. We've got, for the first time, a policeman from Brewarrina who has joined the bus and come down, and this breaks down a lot of barriers between a lot of people who have learnt to police or assume a uniform, because their parents or local relatives have had problems with the police. Single mums have come down on the bus, a lot of them, had bandaids from mosquito bites and runny noses and they leave here and their ears, noses and throats have had a respite. The saltwater does wonders in healing and promoting good health.

I've been lucky enough to travel to Brewarrina years ago and it's a pretty tough place isn't it?

Yes.

So when they go home and take back with them a bit of what we think is a pretty fantastic place to live, does that mean they want to leave Brewarrina or does it make them want to stay?

I think it depends on the child. There's a young boy here I was talking to a little while ago and I met him five years ago and said 'you come to the bush to Beach' and his eyes were just opened up. When I went to their school, I met 'Bennie' and then, I asked him what he wanted to do and he said 'I'm going to go to Year 12', he's here today and he told me he is in Year 11 this year, he wants to be a doctor. When you hear these stories from the parents and the grandparents and the aunties and the uncles, it's a great opportunity to get out of the social backgrounds some of them would be forced to be or if they hadn't been or been part of this Program.

The breakdown of the barrier between black and white is not only good for the aboriginal people it's good for the white people on the beaches. When I first started this I got a couple of pretty nice phone calls from people; we noticed this last year from cars driving down the street, young blokes pulling over and telling Ed off, "Get out of here you black so and so…" so **there is a prejudice and hopefully this can be broken down**.

South Narrabeen SLSC's Ed Billett introduces Canterbury Bulldogs star player **Benny Barba**

We've got people like Benny there (**Beryl Driver**) driving out to Brewarrina two or three times a year taking out stuff for them I introduced her to this program three or four years ago; I've got the local MP **Rob Stokes**, he was down here this morning with the kids in the surf as a lifesaver…and **Bronwyn Bishop**, she has not missed a night down here for a baked dinner. She doesn't want to sit with me or the other adults, she wants to sit with the kids. It's been a great leveller of people.

Do the parents come as well?

Yes, I'm based in Los Angeles.

How big is Variety worldwide; most people here know it from the Bash events?

I have to say we're the world's best kept secret because we don't self promote. In saying that, **we operate in 13 countries** around the world; we've got programs going in India; in Haiti; in East Timor; in South Africa and the Ukraine. We don't advertise any of that because if we did that would be a hundred grand less for the kids. So we don't go in and do a One Day Wonder, our programs run for at least five years, a program I've got going in Haiti, I just got some reports this morning to go down there, there's cholera outbreaks, typhoid, things like that, it's one of the most unsafe places on earth. One child in eight dies before the age of five and one becomes blind. I've got a program running down there that's been going for three years where 45 thousand kids have been inoculated, they'll be alive, and the program is for 70 thousand children and I've got drilling rigs down there for sustainable water supply. It's just amazing stuff.

We look after and support, collectively around the world, by way of outrigs, support mobility equipment, about **1.3 million children a year**. Since we started 85 years ago there has been **45 million children supported**.

If you drop to Narrabeen tomorrow and see the Nippers program, make sure you welcome our little visitors so they also take home how welcome they are and how much we enjoy seeing their lovely faces and hearing their laughter.

Bush to Beach 2013 Sponsors:
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Pat Cloak, Kim Brown, Joyce Doole, Jack Cannons, Beryl Driver, Les Doole

Words and Photos by Michael Mannington.

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Two Weeks with Jack 'Johnny' Carter – 65 Years of Children's Swimming Lessons at Palm Beach Rockpool

That wonderful lady, 2012 President of the Maria Regina Primary School at Avalon P&C, Joanne Seve sent us a quick note during the week about her swimming classes her four girls have been having with legendary Jack 'Johnny' Carter and his daughter Robey in the Rockpool at Palm Beach from 7am to 9am for the last two weeks.

The glorious setting, the rising sun over the ocean in the early mornings and the atmosphere of the classes have been absolutely exhilarating for children and parents alike. Joanne wrote, telling us about a swimming carnival to be held on Thursday afternoon.

Mr Carter, now 82, has been on Palm Beach since 1947 when he commenced duties as a Beach Inspector*. He has been teaching children swimming and life skills for over 65 years. Many generations of locals have learnt to swim at his classes. He has "every good to one," often seen successful graduates of children taught by their parents to learn from only on the beach. Watching him on Thursday shake the hand of each boy swimming and kiss the top of the head of every girl before their racing is seeing a man's love of his students.

After witnessing a relay race between boys and girls on Thursday, with the boys narrowly winning 2-1 in a best out of three, we asked Johnny a few questions.

What's the best thing about teaching the children to swim year in year out?

It's something I've been doing since 1948 and I love it ... I'm getting a bit old now but I still enjoy it. I'm 82 now, have been teaching for 65 years. Around now (end of swim carnival) the kids would normally throw me in the pool...

Do you want me to throw you in the pool?

No, not really (laughs), my heart won't take it you see. Today we've had the boys against girls relay swim but we've also had an iron-man contest too you see, we have three teams and they pick their own teams, they're all good swimmers but not as competitive as Carlie (swimming school). We swim more for fun, for having fun, and they have a good time as you can see. They swim well.

The Carlie school also has a link with Palm Beach during the 45-46 surfing season Forbes Carlile joined the Palm Beach SLSC. At this time he was a lecturer in physiology at Sydney University and was coaching as part of the New South Wales Amateur Swimming Association. He was instrumental in the formation of the Palm Beach Amateur Swimming Club and its success in breaking NSW and Australian records during its first ever season, attributed to Carlile being selected as coach for the 1948 Olympics Australian Swim Team.

Johnny Carter, 17 when first on Palm Beach, must have seen these swimming techniques and legendary sportsmen such as R.M. 'Dick' Tooth who he recalls in *Beach Beyond – A History of the Palm Beach Surf Club 1921-1996*, training in the Rockpool with a four gallon drum strapped to his back.

Where did that little song the girls were singing come from. ...*Girls are strong, like King Kong ...Boys are weak ...throw 'em in the creek?*

I sing that every year, sing that to them. Sometimes when the losing team's gotta go out I sing: Goodbye Little Yellow Bird, hate to see you go!

So how many children have you taught swimming in 65 years?

Ten thousand, at least ten thousand. I used to be the beach inspector here and some would come through via that and I'd teach them and it has just gone on and on since then. I come here from December through to Easter. I take some of the kids after school but it's for kids that need to learn to swim. I don't take them much under five or six (years of age) as before three, four or five they haven't got any memory of it.

How do people get in contact with you if they want to get their children into a class?

After 65 years people know to just turn up here and I'll give them a time to come down after school for private classes. My daughter Robey is running the business now, she teaches up Newcastle way and comes down to help me. I stay here until Easter.

We also spoke to Sinclair, a young man who has helped Johnny and Robey out this Summer, by being in the water beside youngsters, ready to reach out and lift them up.

It's been really good being here this Summer. I was taught by him (Johnny) the last few years but I'm now sixteen so I've been doing it for a long time.

What's the best thing about working with him?

He's taught me a really good technique. I've had a good career, I finished going to State and Nationals in year 8 and can credit Johnny with my success

Which school do you go to?

Riverview, I still continue to swim there. It's a great school.

Are you going to continue competitive swimming this year?

Yes. I hope to make the GPS Team.

Many people contribute the achievement of their children's swimming skills to Johnny, dating. He brings out the best in the children. ! He knows how to make them laugh, he teaches them swim stroke and breathing methods and constantly reminds them to concentrate on this. While being taught all girls are 'Maggie' and all boys are 'Jimmy.' You can see the children respond to Johnny, will push themselves to try harder at getting better. The little human fish seen flying through the water on Thursday, their yells, laughter and enjoyment are a testament that this man gets it right and has for at least 65 Summers now.

A few days and almost six decades before the Thursday the 24th of January 2013 swim Mr Carter is noted rescuing another from the ocean, a dangerous place if you do not know where and when to swim. **At Palm Beach lifesaver Johnny Carter rescued a man swept 200 yards to sea by a heavy rip. Men Rescued in Surf Gives Lifesavers £10. (1954, January 21)**. *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article13845720

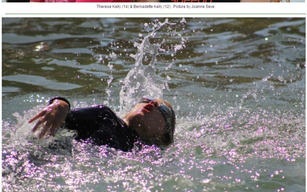
Johnny was not the lifesaver who received ten pounds. He charges less then the cost of a good bottle of wine for a week of lessons even now. He's clearly not in it for the money.

Reading the ocean, learning surf skills, improving your swimming each season are vital components of any Australian childhood. At least ten thousand of these have learnt how to swim from Johnny Carter. Imagine the sound of that many little voices yelling out 'Thanks!' and you get some idea of how beloved this Palm Beach Summer institution is.

Johnny's classes will continue when school goes back next week, after 3.30pm, at the Rockpool in Kiddies Corner at Palm Beach on Tuesdays, Wednesdays and Thursdays.

*Beach Inspectors were employed by Sydney Councils to manage beach activity and beach safety when daylight hours swimming became popular in the early 1900's. Ocean rescues and First Aid were part of their duties.

Theresa Kalis (14) & Bernadette Kalis (12). Picture by Joanna Seve



Report by A J Guesdon, 2013.

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SLSC 2013 Interstate Championships - at Newport

35th Warriewood to Mona Vale ocean Swim - The Don Jenkins Memorial Race

Reflections by George Repin: THE COAL MINE AT BALMAIN

Summer 2013 BirdFest - The Little Black Cormorant: witnessed fishing enmasse off Palm Beach this week, they have stuck their wings up to be our final summer bird and call all back to the sea

Pictures: A Mix of Australia Day in Pittwater - the beach, the estuary, the Citizenship ceremony, Avalon Sailing Club, RMYC Boat Parade...and any cicada landing near us - Michael's Public Galleries links and a few from AJ too

All Previous Articles

Profile: January Gents 2013.; Walter 'Wal' Wardle - Teacher, RPAYC past Commodore and the gent who built the *Kalori*

Previous Profiles:

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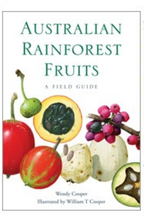
History: Summer Saltwater Mix 2013: The *Kalori* - Pittwater High School built a Diamond Class yacht and sailed her in many Championships

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I Pittwater Aquatic Club Part I Woody Point Yacht Club Royal Motor Yacht Club Part I Dorothea Mackellar Elaine Haxton Neva Carr Glynn Margaret Mulvey Jean Mary Daly Walter Oswald Watt Wilfrid Kingsford Smith John William Cherry George Scotty Allan McCarrs Creek Narrabeen Creek Careel Creek Currawong Beach Creek Bushrangers at Pittwater Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds Warriewood SLSC Whale Beach SLSC Flagstaff Hill Mount Loftus Pill Hill Sheep Station Hill SS Florrie SS Phoenix and General Gordon Paddlewheeler MV Reliance The Elvina Florida House Careel House Ocean House and Billabong Melrose -The Green Frog The Small Yacht Cruising Club of Pittwater Canoe and I Go With The Mosquito Fleet - 1896 Pittwater Regattas Part I - Dates and Flagships to 1950 Shark Incidents In Pittwater

Park Bench Philosopher: Exceptional all the time, a someone who has become.



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: Googles **Panda Version#24**: **How to ensure your website has a higher ranking**, Genius Burglar, Life On Mars x 2, Dolphin seeks help from diver, Heading Back to Work, Love Paid Forward, Why Art Is Important, 'Quadruple Helix' DNA Discovered in Human Cells, Air Pollution and Unhappiness Correlated, Ancient Earth's Geochemistry, **Health Papers Released this week:** Regular Aspirin Use Linked to Increased Risk of Age-Related Macular Degeneration; Cleaning Jobs Linked to Asthma Risk; Good Bacteria in the Intestine Prevent Diabetes; Repeated Aggression Triggers Social Aversion; Emphysema Predicts Mortality; Stroke Survivors With PTSD More Likely to Avoid Treatment;

Community News: Zonta 2013 International Women's Day Breakfast, Special offer from AVALON COMPUTER PALS, Ted Blackall New Terms Begin Soon, Gretel Pinniger to Paint Portrait of The Art Depot Winner, FREE seminar for wellness, fitness and health industry, Speak up now for better public transport at public forum say Mayors, NRL STARS DESCEND UPON HITCHCOCK PARK, AVALON BEACH, Golf Ball Charity Drop, Player Registrations for Sports in Pittwater - 2013, The Wild Thing, Upcoming Events by the Mona Vale Hospital Auxiliary, SMALL BOAT SALE AT COUNCIL DEPOT, NSW Police Force – New Fast Response MPV's, NSW GOVERNMENT ENQUIRY INTO FLYING FOXES, Karen Draddy - Letters Please, Online Workshop - Masterclass Ask Ian - March 2013, Our Council's Notices, Fed. Govt. Media and more

Environment: Australian voyage in search of the Blue Whale, Wildlife Rescue, Greenland ice cores provide vision of the future, Unrestricted Access to the Details of Deadly Volcanic Eruptions, Live Penguin Cam, All Environment Events, local Environment groups, Events and orgs.

Lynda Hill: **Update 26.1.13**: **Resolutions, Revolutions and Rewards - January's Leo Full 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: A Mix of Australia Day in Pittwater - the beach, the estuary, the Citizenship ceremony, Avalon Sailing Club, RMYC Boat Parade...and any cicada landing near us.

Youth: Back to School or Off to Work? - CHARGE !!!!, Kids Spot. com.au; great kids website shows **how to make Green Slimy Goo**, **Safer Internet Day 2013 - Connect with Respect**, Safe Schools are Smart Schools Competition, **Kalori History** and **Wal Wardle** Profile, **Jack 'Johnny' Carter has taught Children To Swim at Palm Beach Rockpool for 65 years**, 8 Serves of Fruit or Veg Keeping Blues at Bay, Adam Spencer 'primed' to speak at TED 2013, **Sea Legs**- from Bateau Bay, Start Planning NOW for the **2013 Premier's Sport Challenge!**, The Little Engine That Could, **National History Competition 2013**, Library Story-times for Littlies and more for you.

Seniors; NSW Stroke Reperfusion Program, AVALON COMPUTER PALS: Free introductory two hour presentation, AAADD, Japanese Diving, Summer Movie (Last One): Guess Who's Coming To Dinner?, Amazing Marvel of Engineering, Health papers published this week which may be of interest: Promising New Target for Parkinson's Disease Therapies; Which Nutritional Factors Help Preserve Muscle Mass, Strength and Performance in Seniors?; Genes and Their Regulatory 'Tags' Conspire to Promote Rheumatoid Arthritis; Hearing Loss Accelerates Brain Function Decline in Older Adults; , Photo Big Enough To Cover NSW, **2013 Premier's Seniors Week Gala Concerts**, 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; THE COAL MINE AT BALMAIN**

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

Collector's Corner: **The Forehead Mast of the SS *Birubi* at Royal Motor Yacht Club – Broken Bay**; part of our Maritime history

Food: California Grille at Avalon - authentic flavours, generous servings, best Mexican we've had in years!

Events: Tapas and Wine @ Elvina, WPYC Putt Putts Regatta, NRL Legends @Hitchcock, Passos Araggones at AvRSL, Summer cycling by the Lake, Bollywood at RMYC, ABFE Kinesiology, Pittwater's Annual SwimFest, Pittwater Camera Club, Australia Day in Pittwater 2013, Mentals at AvRSL, Wendy Matthews at The Arms, Wedding Expos, FoNLC Paddling and Walking, Deepsea Challenger showcased at Powerhouse Museum, Historic Houses Trust Event - House music 2013, The Moonlight Cowboys, Sustainable Building and Renovating Workshop, Carole King and more.

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January 27 - February 2, 2013: Issue 95

Surf Life Saving Interstate Championships Newport 22 Jan 2013

NSW has won the Alan B Whelpton Perpetual Shield in the Interstate SLS Championships held this week. Teams from every state competed in the Interstate Championships in Sydney at the Sydney Olympic Pool at Homebush on 21st of January and then at Newport in beach and ocean events on Tuesday 22nd January for the Pool Rescue Trophy, Ocean Rescue Trophy and the combined scores Alan B Whelpton AO Perpetual Shield. NSW won in the pool, on the beach and in the ocean by a narrow margin from Queensland while Victoria topscored in the Handicap Pointscore Trophy.

The Newport Surf Life Saving Club played host to the 2013 Surf Life Saving Interstate Championships. Lifesavers from around Australia met in Newport with teams from each state and the Northern Territory participating in the beach and ocean competition. The Interstate Championships provides an opportunity for Australia's finest surf lifesavers to represent their state in elite lifesaving sports competition. Competition is fierce as each state fights to be crowned the dominant force in lifesaving sports. Newport turned on beautiful Northern Beaches weather which was enjoyed by competitors and spectators.

Former Warriewood SLSC member Jayke Rees, now with Newport SLSC won the under 17 Men's Surf Race. Jayke, whose grandmother Janet Hogan was a 1960 Olympian in swimming, also recently won gold at the Australian Youth Olympics as part of the Men's 4 x 100m Freestyle Relay team. Team captain Naomi Flood placed 1st in the Open Women's Surf Race, Open Women's Ski Race, Open Women's 50m with Fins and the Open Ironwoman event. SLS NSW Athlete of the year (2012), Max Brooks, also of Newport SLSC, won the U19 Men's Ski Race and the U19 Men's Board Race. NSW won finishing with a total of 1059.50 points from Queensland 1017.00 and Victoria 643.50.

Alan Whelpton AO is the former World President of International Life Saving, immediate past President of Surf Life Saving Australia (1975-2001), previous President of the Asia/Pacific Region of International Life Saving, Chairman of International Life Saving Sports Commission, Chairman of the SLSA Westpac Helicopters Pty Ltd and Past Chairman of the Carbine Club of NSW. He is currently Chairman of The Western Sydney Academy of Sport.

Mr Whelpton joined MacMaster's Beach SLSC on the Central Coast in 1953. Under his stewardship Surf Life Saving introduced female members, Female competition, Masters competition, Iron Man competition, Inflatable Rescue Boats and the National Surf Life Saving Championships which attract the largest number of competitors of any sport in Australia. He introduced World Championships (1981) and was the first Secretary General of International Life Saving, founded in 1971.

Mr Whelpton was honoured by both Surf Life Saving Australia and The International Life Saving Federation by the creation of the position of "Life Governor". In 1982 he received an AM in Australia's Honours List and in the 2007 Queen's Birthday Honours was elevated to AO "Officer of the Order of Australia". In 1996 he was inducted into Sport Australia Hall of Fame and is today a selector for that National organisation.

Most teams see this event as great preparation for the 2013 Australian Championships which will be held in April at North Kirra and Tugun, QLD.

A Full list of results is available at: sls.com.au/interstates

Cr Jacqui Townsend, Mayor of Pittwater, and Cr Kylie Ferguson with team members from Queensland

Cr Jacqui Townsend (Mayor of Pittwater), Rob Emerson (Newport SLSC), and Nick Carroll (Surfing legend)

Report and Photographs by Michael Mannington, 2013.

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35th Warriewood to Mona Vale Ocean Swim

Known as the Don Jenkin Memorial Swim, the 35th Warriewood-Mona Vale Ocean Swim, with a distance of 1.6km was held last Sunday, 20th of January 2013. Over $20, 000 was raised with 571 Finishers - M - 396, F -- 175. 18 year old Matt Jepson was the first male to finish in a time of 18.43 and 17 year old Jiorja Ralston the first female in a time of 21.04.

In 1977 Mona Vale SLSC held its first Marathon Ocean Swim from Warriewood with 20 swimmers taking part. Named after founder, life member and champion swimmer Don "Doc" Jenkin, years later it continues as one of Mona Vale SLSC's biggest fund raisers. It was one of the first swims held in Australia, and has been replicated by many other clubs to assist with their own fund raising events. MVSLSC also holds the "Cold Water Classic" winter solstice swim as a popular additional fund raiser. This year it will be run on Sunday June 23rd

Full results at: http://oceanswims.com.au/images/downloads/monavaleres13oall.htm

Mona Vale SLSC: monavaleslsc.org.au/

Michael Mannington's Volunteer Photography Public Gallery

Hon. Bronwyn Bishop and Alan Mason, Past President and Life Member MVSLSC

Babewatch is a charity ocean swimming team straight out of a David Hasselhoff dream. Over summer we hit the Sydney ocean swimming circuit supporting kids touched by cancer.

Ron and Fran White with Norm McTyre competing in the overs 70's

CanToo team. Can Too is a non-profit program that matches fitness incentives with a good cause! and has raised over $10 million dollars providing vital seed funding to support young researchers with innovative ideas.

Photographs by Michael Mannington, 2013.

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Little Black Cormorant

On Thursday afternoon (24.1.2013) a huge flock of Little Black Cormorants were seen fishing off Palm Beach, clearly having found a school of fish and sticking their wings up to close our January-Summer 2013 Saltwater mix with a sea bird. The Huon class minehunter HMAS *Huon* (M 82) is the RAN ship you can see in the background heading up the coast beyond Barrenjoey headland.

The Little Black Cormorant (*Phalacrocorax sulcirostris*), called the Little black Shag in New Zealand, is common in all states and inland areas where fish may be founding lake, rivers and streams. Once hunted by early settlers and even into the 1920's due to their ability to fish rivers and lakes, these birds are common throughout Australia. They are around sixty centimetres long, and is all black with blue-green eyes and one of only two totally black cormorants in Australia, with the other being the much larger (70 cm - 90 cm)Great Cormorant, *P. carbo*.

The Little Black Cormorant was originally described by Johann Friedrich von Brandt in 1837. Its specific epithet is derived from the Latin words sulcus "groove", and rostrum "bill". Their backs have a greenish sheen. In their breeding season (Spring or Autumn), white feathers appear about the head and neck, with a whitish eyebrow evident. The plumage is a more fade brown afterwards. Males and females are identical in plumage. The long slender bill is grey, and legs and feet black. The iris of the adult is green and the juvenile brown. Immature birds have brown and black plumage like those seen at Palm Beach.

The Little Black Cormorant ranges from the Malay Peninsula through Indonesia (excluding Sumatra) and New Guinea (including the D'Entrecasteaux Islands) and throughout Australia.

It is strongly aquatic, seldom being seen on dry land, but is often seen resting on rocks, jetties and other perches in water. The Little Black Cormorant feeds on fish, crustaceans and aquatic insects. It catches prey underwater, by diving and swimming using its large, fully webbed feet for propulsion. It has special nictitating membranes that cover and protect the eyes underwater. As their feathers are not waterproof, cormorants are regularly seen perched with their wings outstretched to dry after fishing. Considered more gregarious than other cormorants, the Little Black Cormorant can be found in large flocks. Groups sometimes fly in "V" formations.

Their nests are a small platform built of dried branches and sticks in the forks of trees that are standing in water and are often located near other waterbirds such as other cormorants, herons, ibis, or spoonbills. Three to five (rarely six or seven) pale blue oval eggs measuring 48 x 32 mm are laid. The eggs are covered with a thin layer of lime, giving them a matte white coated appearance. They become increasingly stained with feces, as does the nest, over the duration of the breeding season. Both sexes share nest-building, incubation and feeding of the young. They are nomadic, leaving coastal habitats when inland waters are plentiful.

References:

Lindsey, T. R., The Seabirds of Australia. Angus and Robertson, and the National Photographic Index of Australian Wildlife. Sydney. 1986

Little Black Cormorant. (2012, December 21). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Little_Black_Cormorant&oldid=529052017

Keisai Eisen's print of cormorant fishing on the Nagara River during the Edo period. The Edo (capital of Japan now Tokyo) period or Tokugawa period was between 1603 to 1868 in the history of Japan. Cormorant fishing was a traditional fishing method in which fishermen used trained cormorants to fish in rivers. Historically, cormorant fishing has taken place in Japan and China from around 960 AD. Today this display is used mostly to entertain the tourist industry in China.

Report and Pictures by A J Guesdon, 2013.

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Exceptional all the time, a someone who has become.

"Got a lot of spirit in them, that one." the old ones, who know such things and are not afraid or embarrassed to say them, tell, with nodding smiles.

Lot of spirit, feisty, stolid where others are wavering, opening their mouths to let flow truths. Must have their eyes on some prize, and the energy around them, touching with its rings even you, is imbued with their nature when it is giving, giving kindness, friendship, camaraderie, openness. They are giving, not withholding, their autonomous self.

You have to be brave to be exceptional, committed body, mind and soul to the one true way of being true. There is a touch of the decisive 'you will die if you don't' imperative in this because everyone feels a small quailing or death of something in them when they don't try, don't seek, don't allow themselves to have what all are here to have, to be. Everyone gets to a point where they strive to become exceptional, this is what we are all seeking; the unfolding flower of self to bloom fully and in season if not in time. You can only get there through you, and by you, and for you though. You will have to do the work.

A word of warning here, since some may clamber or shimmer out of the planes still feeling like they're not fully connected to spirit, that truth has not descended to be worn as another kind of brightly coloured cloak, or your truer heart filling your flesh one; do not forsake the true feeling ever, ever, ever. If it feels wrong, or some bolt of warning resounds through you, then it probably is wrong and you should not take that step as it would be trespass, and not think that thought, as it may be darkening you just when you're trying to become a creature of light. Don't feed into those feelings, tack in the opposite direction until you feel what feels right.

Listen to the song always playing in you, discern the resonances. Song is alike all these angels that are everywhere, apt and appropriate and a great measure of how all and everything is flowing, and flowing to become. Hear the songs and remember they are inspired by spirit and sung with espiritos breath and know that your soul, like all angels, is always singing. The Word's meaning is inferred, even in the unspoken, but when sung by the note weaver, even when not sung to be heard by ears, takes you straight to the Garden, where you are still naked innocence, joy peaced, and smiling at the revealed note Maker.

Do not, consciously, trespass. This will lead you away from, not to, the garden.
Everyone is a person with an individual purpose and even if not hearing clearly the soundtrack that comes to them, will still feel the jarring in them of moving the wrong way. We all own dominion; this is not the province of one sex alone. We can all love and accept one another in their own pursuits as long as they are not perpetuating destruction, desecration of this place. There is a greater love in loving someone as what they are then forfeiting or suppressing the full bloom of a grace granted serendipitous self. This will always summon the inevitable flash of lightening across the held down, held to mind and heart, and this flicker of light augurs the also inevitable coming storm. There is a truer love in encouraging others to be, in giving unconditional love to others so they may be themselves and thus free, whole, connected. We are all called and must allow ourselves to have this, to unfold in bloom.

If too many earth people are dragging down the air people instead of letting them be, instead of smelling their own Gaia qualities and how air people allow them to send seeds to further earth plains through the plane of air, let wind remind them. Don't tell the air people, Dravida, they dwell too often in heaven, doing. Recognise they are being what they are meant to be in this, that this is their province, their vocation, and that Doing, Knowing and Being are not separate progressions all the time. In Doing with Knowing they are Being what they are meant to be, and not only holding up the seven heavens that range over all of us, but also filling these arches with their most appropriate Breath. We all Do. We all come to Know. We all achieve Being and then Beingness that is Doing and Knowing and Being in One.

Extract from *Paracletes, Alchemists and Bodhisattvas*, Ch.6. Seeing Things. Copyright A J Guesdon, 2008-2012. All Rights Reserved.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Pittwater Online News

January 27 - February 2, 2015: Issue 04

Articles This Week

Australia Day in Pittwater
Australia Day at NBH by Robert McMillan
2015 Pittwater Australia Day Awards
We Rock Up Beach at South Narrabeen SLSC by Michael Bassingthwaite
Jack Johnny Carter - 65 years of teaching children to swim in Pittwater by Ian Cameron
Jack Johnny Carter - Photos
19th Warringarella Mona Vale Junior Swim - The Boy Jenkins Memorial Swim
Bathers on Display Now - THE COVAL BEST AT BEACHES
Bathers on Display Now - The Little Blond Cockatoo, whitewed Sulphur-crested Cockatoo, Cacatua sanguinea
Tracks of the Week - January 2015 Genre: **Roller Vlad' Vardia - Dance Music - Vocal - and the great sex and lurid life of Juliet Adler**
Review: **Summer Subscriber Blues 2013: The Kabel - Pittwater Hotel - Narrabeen - Pittwater Times** (we're sorry about that) by **Harry Chandler** (Pittwater Times Critic)
Artist of the Week for January 2015 - **Ted Blackall - Surf poster - Portrait artist - Pittwater**
Pictures: A film of Australia Day in Pittwater - the beach, the boats, the people, the Australian Flag, the Australian Flag on the Beach, and the Australian Flag on the Beach
Collectors Corner: The Fortnieuw Wine of the 50 Proof Award - Mona Vale Club - Pittwater Rugby

A Special offer from AVALON BEACH - Mona Vale - Pittwater - Sydney - Pittwater Rugby - Pre-season training - presentation

If you want something for nothing very often, feel free to an offer to Avalon Beach Mona Vale, or any other place on the Northern Beaches in Sydney, and you will be disappointed. Very rare indeed are volunteer trainers. The part time coaches are paid, the full time ones are paid, and the volunteers are paid. Not so at Avalon Beach. Advocates to hand out 1 to 5 will not for that matter! Pre pre-season training is free, and it is on Tuesday, 27th January, **from 6.30 pm until at 7.30pm** at the Avalon Beach Leagues Club Centre on **Tuesday 20th January 2015.**

The Art Depot, Avalon - Portrait Competition

We ran this Grand Finisher on Palm Beach during the week and it was a great success. Ian Cameron, who is a Pittwater Resident and a Board in the Architecture and Arts, entered his personal portrait in pastel and watercolour of the winner of a draw being held at the Art Depot, Avalon. Ian's wife, Jenny, was the lucky winner and gave a stunning Kookaburra painting to the Art Depot, Avalon, and Ian's portrait of Jenny was the winner of the Art Depot, Avalon, framing also this draw.

Contact us and look for our superbline portraits and you can read about the Art Depot, Avalon, in the Pittwater Times, which was shown on March 29th, 2013, and make sure you give yourself a chance to win a very special prize in framing from the Art Depot.

The Art Depot Area Access, 7 45 Old Barrenjoey Rd, Avalon Opposite Bed Cross Photo, 0419 - 282 - 290

NRL STARS DESCEND UPON HITCHCOCK PARK, AVALON BEACH

Is land and by Sandcastle Tours - Avalon Beach - Pittwater Rugby for Rugby League in 2015 Avalon Junior Rugby League Club has been approached by a number of NRL players to play in the Junior Rugby League.

On Saturday February 14th at Avalon's home ground, Hitchcock Park, Avalon, the Avalon Junior Rugby League Club will be hosting Chris Leo's game of Leagues - The Lions and Kevin Walters' game of Leagues - The Cockatoos.

Some of the Legends playing for the NRL Team include Greg Florimo, Steven Ticehurst, Kevin Walters, Chris Leo, Jason Ryles, Jeff Robinson, Ryan Cross, Ryan Hoffman, Ryan Cross, Ryan Cordaat, Josh Stuart, Shane Fletcher, Paul Kiss, and Matt Cleeves. Some of the Legends playing for the NRL Team include Ryan Hoffman, Ryan Cross, Ryan Cordaat, Ryan Cross, Ryan Hoffman, Ryan Cordaat, and Ryan Cross.

Avalon Junior Rugby League Club is proud to be the home of the Legends of Rugby. Avalon has a reputation as always being the home of the Legends of Rugby. Avalon has a reputation as always being the home of the Legends of Rugby. Avalon has a reputation as always being the home of the Legends of Rugby. Avalon has a reputation as always being the home of the Legends of Rugby.

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Avalon has a reputation as always being

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Walter 'Wal' Wardle

The skills of sailing and having a boat over many years have stood me in good stead. Yes and mistakes in the sightseeing boat I am something that comes with experience. Yes I have had a few close calls and I have learnt from them. I have been very fortunate that I have had good crews who have helped me and I have had good relations with the Police and Rangers who have been very helpful and generous with our time. Still maintaining my hale and hearty at 80 years of age I still do the odd charter in my boat. Pittwater Hunt and Jazz has brought a lot of people into my boat and I have had some very good times with them. I have also taken my sailing nieces, and also boats for students out of the sailing school and have had some very good times with them as well.

Back in 1938 I lived in Pittwater, in Pittwater school.

I started sailing at Prince Alfred with Harry Smith in 1953 A season ticket was 10 shillings and I sailed in the Sydney Harbour Sailing Club Handicap and Longboat Club Sunday Handicap. I sailed in the Sydney Harbour Sailing Club Handicap for 10 years. I sailed in the Longboat Club Handicap for 5 years. I sailed in the Longboat Club Handicap for 5 years. I sailed in the Cumberland Cup for 5 years. I sailed in the Cumberland Cup for 5 years. I sailed in the Cumberland Cup

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Wednesday August 17 - February 2, 2015 Issue #9

The *Kalori* - Pittwater High School Yacht

Marine Club Details. Marine Members of Pittwater High School since it opened in 1981 attributes the idea of building a school yacht to Mr Bob Hamilton, the Head Teacher of Science at the school.

What was the first commercial fish warehouse or yard being built in the suburb of Pittwater High School?

If it has to be the 1000 Dollars Hobart Yacht Race. At the time, Harold Vaughan, whom used to sail with his Chairman which was Bob Hamilton, the Head Teacher of Science, the Director of the school, Mr Ken Jones, and Mr Ken Jones, who was the Director, he never could pass the Yacht in Chairman at the school?

I wait. Oh, that time great "Hood" that I sailed in the time gone "Hood" that I sailed in the time gone "Hood" that I sailed in the time gone

Pittwater High School Marine Club Yacht Club. The Yachting Third Division Club was established by Jack Hall with the intention that the yacht itself would "pay itself off". So it would fall at about it with the idea up as you sweating about like the next year. (1969) and said that the yacht itself would "pay itself off" so

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Back to School or Off to Work? - CHARGE !!!

Once upon a time on of us were car-restaurants, work that entailed the duties of being people to get the work done. In all cases there that fronted for interviews stated they were the one for the job and would turn up, ready to work. This is what you want to hear of course but the proof is always in the pudding and what you also look for is the right attitude, the right stuff in other terms/words.

Having the right attitude covers a lot that even having the right experience may not. We all come Carlos-22 statements in our lives, eg: 'must have experience' but how to do get experience of the job if you don't have the job? Well, there are ways and means, this play here: caring about what you're doing, being willing to learn new skills, asking for help when you need to, fronting dressed appropriately, prepared and neat, because you got out clothes to ready the night before, letting people know you can back up your words with action and demonstrating that you are the place, are, walls, of winner.

It's a good idea to **buy yourself a diary** at the beginning of each year, not only can you keep an eye on what has to be done that day and what has been done in the past, but it can be a reminder of reminders and eliminate much of the 'stuff' (forgot) element from your life. If you get one with a page to each day you can also use these as a journal and make notes about on tasks achieved and steps taken, or how you felt. It's great to glance through this at the end of the year and see how far you have come, or maybe you do done that year but also affirm your own positive steps to the directions you have chosen. Even if you arrive at how you spoke to yourself or are embarrassed by your own terminology, at remember the only person reading it is you and instead take note or *one much you have grown as an individual*: a positive and right attitude affirmation exercise as important as making notes of what you have achieved in the day.

If you listen to someone who competes in sport they will tell you they have won or lost before pitching the first ball or answering the first volley with their tennis racket: what is in their mind. If they convince themselves they can do it, they will. If they listen to commentary about their opponent's prowess and achievements and believe they will lose, they will. If you find a subject at school difficult, if you believe you will fail, you will. Sport is a great place to see how this come together as one whole you will continue to work with it. If there's a task at work you don't like doing and avoid tah will be the one you make mistake in or be the one that trips you up advancing in a career. It's not the task or the subject you need to change but your attitude towards it.

By examining a small piece and then see how it links into the rest, you can see patterns of fundamentals, and help you achieve more. Step 1 is what is in the subject, step 2 is how to or motivation, step 3 is what is in the subject, step 4 is how it relates to the other, just as you can't bake an chocolate and have it taste like mince meat **educational subjects and workplaces have a structure with jobs that need together to harmonise as one unit** or one wrong. Identifying those key notes in a school subject or a workplace and how they relate to the other will enable you to win, win, win! Grab a diagram and from paper, write down the smaller details and where they fit in the web. Go in with the right mindset, having the right attitude will circumvent any subject you are struggling with and will, if you're pinning the work force and look at what's going on around you, be recognized as an asset and be more valuable.

A good attitude stems from positive thinking which is more then reading cliched phrases or books on the subject. There is also a lot of science and research behind positive thinking. It can be apart from diet and exercise (releases endorphins) stems from quietly and slowly and by small steps shifting yourself to fill the size you dream a better you may realise. Walking up early to get a few whakir moments to yourself works well, so does doing a little meditation, or just sitting in the garden, or listening to the birds, swim or surf and enjoying being outdoors. **Allow yourself to have positive ways to begin your day**, giving yourself a half hour to be you will also expelay a perception that you are doing too much just for others or because you have to all the time and will definitely put you in the right mental and physical state to have a good day. If you have to get up a half hour earlier to do this, so be it, it will be worth it. You will be happier, more fitted that day but you will be happier while doing this.

Planning your week or day is also a good idea. Thus the diary, and adhering to your list of to do's. Even if you miss part of a task, trying to not only gives you a boost in achieving most of these it also gratuate molts a personal sense of self that you'll handle, if you want to do more and actually get stuff done as you grow. You can also make long term plans this way and from, day to day, towards them by looking at step closer.

Understanding everything does not always work out as planned is important too. You can work at it, do all you should to make sure it does but there are, at times, factors that are beyond your control, the last moment or some other factor mucks it up. Be prepared, a strug off being human and put yourself on the back for having a go and then get up and have another go. Physically, mentally, and spiritually this will be beneficial for you and for all around you and the world. Life is a journey, it is not a destination and it is not about being disappointed with what you have achieved, it is about being conscious of what you have to be thankful for.

Lastly, **page 1: Encourage within yourself or out loud what you want to do and what or *how you want to be***, not only is this another personal affirmation and confirmation of what you want to achieve it also allows you to resonate with how you want to be and shift, bit by bit actually being you and the work. Even if you have a few minutes chanting 'I think, I think I can', like the little train that chu chu's up the hill, it will help you. Be aware of what you say to yourself the best attitude to help you become all you want to be. Write them in your journal if you like or hum them under your breath, just remember that words are powerful, they do attract and create their meaning.

We hope you have a great year whether you're commencing a great adventure of earning a wage or commencing a brand new school year. Change! Go forth and get stuck into it, you're going to have GREAT year and become, everyday, a greater you

***PRAYER from** Old French prier, from Latin precari to implore; from pres an entreaty, related to Old English frignan, Old High German fragen to ask, ultimately from Indo-European root prek- 'ask' Sanskrit prcchati 'ask' Celtic meaning 'prayer, song' and **Orare (orate) 'prayer, pray' from Latin.** Are form of spiritual communion with a deity. A personal communication to a deity.

National History Competition

The Hon Pierce Carroll AM, MP, Minister for School Education, Early Childhood and Youth has announced **the theme for 2013 "Legend, Fact and History"**. Full details will be released in February!

Now is the time!

It is easy to enter the NHC. Register your school, obligation free, and receive a Welcome Kit by clicking here. Select up to 4 topics from each year level category, using the judging sheet as a guide.

Complete and enter the entries online and download the cover sheet form you may also nominate each entry for one special category award. Print four (4) copies of your selected entries and the cover sheet.

Students are required to use State Coordinator, as detailed below. Submit each entry with Certificate of Participation please as per downloading the certificate request form and fax it to 08 9204 0114. Remember these are for ALL participants not just those whose entries were submitted for judging

Where to send entries: Fax to (08) 9204 0114 NSW: Send to HTANSW, PO Box 219, ANNANDALE, NSW 2038

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

What do I do if I have any questions or comments or need more details?
For more contest information please click here. You can also email us at admin@historychallenge.org.au or contact your state coordinator. Contact Number: NSW: (02) 4229 195

When can I start?
Entries opened for the 2012 NHC **from February, 2013.** The competition closes on **Friday, August 30**
http://www.historychallenge.org.au/page/about/history-teachers-how-to-enter/

Online Fun - Art Gallery of NSW

Our children's trails are designed to engage young children aged 6-12 years and their families in a fun and interactive way with exhibitions. They combine looking and interpreting, drawing and writing activities to enable children to explore key themes and ideas while in front of the artworks. Children can discuss their activities at home and in the classroom are also included to extend children's experience beyond the Gallery and to encourage and develop a love of art. Available online or as free printed booklets at the Gallery. View all children's trails

A Sample:

Australian beach pattern

Do you like going to the beach? Here, the artist – Charles Meere – has painted a scene showing people doing lots of different activities at the beach.

Stroll around the corner to the beach.

What activities do you enjoy at the beach?

Look closely at the painting and find the following things: an umbrella, a sailing boat, a beach bag, a bucket and spade, a beach chair, a beach towel, a rubber ring, a beach ball.

Design your own beach bag (or towel, or umbrella, or beach ball) and draw or write about what you would do at the beach. Hint: the point of view is like an eagle's view looking down from above.

Scholarship offers $5,000 a year for students studying Agriculture degrees at university- 07 Jan 2013

A Government-run scholarship is offering first-year university students $5,000 a year to study a range of agriculture-related degrees. The Horizon Scholarship is an initiative of the Rural Industries R&D 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. SRDC's Managing Director Craig Burns said The Horizon Scholarship provides real and tangible benefits for the students involved.

"The students involved in the Scholarship are expanding their networks and learning new skills. Combined with easing the financial burden on students and families, the Scholarship is opening doors for these future agricultural leaders," Mr Burns said.

Current Horizon Scholar, Richard Quigley from Tangent in central-west NSW is studying a Bachelor of Agricultural Science at the University of Sydney and said The Horizon Scholarship has provided him with a financial support but also a valuable tool to develop practical skills that will prepare him for the workforce at the end of his degree.

"Programs like the Horizon Scholarship are so important for the future of Australian agriculture," Richard said. "Without it was with this program I feel that the number of good students that is passionate about agriculture were few and far 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. This includes degrees in agriculture, agribusiness, livestock/animal science, veterinary science or agriculture.

Scholarship recipients will be selected on the basis of their commitment to a career in agriculture, as well as their 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 February 2013.**

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

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 Australia. Minister for School Education Minister Peter Garrett has launched a new competition for schools to highlight what they are doing to create safe, inclusive and supportive places 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.safeschoolsaresmart.gov.au.

To enter, schools will be encouraged to form a working group of students, led by a teacher, to answer a series of questions designed to how their school's initiatives align with the National Safe School Framework. The entry form will be a short, online survey that addresses any one of the following issues: bullying, cyberbullying, science, discrimination, harassment or mental health. **One primary school and one secondary school in each state and territory will win a $5000 voucher for school resources.**

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

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

Bullying; NO WAY !!!

This website has many different terms and guidelines on how to deal with bullying. It has a section for parents, for teachers and talk to mum and dad. **Make sure you are heard**. We are here to all each other up, not tear each other down. Anyone who tries to tell you otherwise is wrong.

Powerhouse Museum Online Fun

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

An example: This online sticking game is based on a Victorian Era game. Stick the right heads of wood and coloured paper, from the Powerhouse Museum's collection (object number A7575). Games which combined an element of chance while developing hand-eye coordination were played as family entertainment during the latter part of the 19th and early 20th century. More HERE

National Geographic online fun For little kids

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

HERE.

This week we have a couple of other pages that need your help:

Patrol History: a Diamond class yacht built at Pittwater High School for students, teachers and parents and one of its builders Walter (Wally) Weldon who taught History at PHS where it first opened and then moved to Barrenjoey High where it first opened.

Jack 'Johnny' Carter: Teaches Children to Swim at Palm Beach Rockpool and has for 65 years

Kids Spot.com.au

Kids Spot is a great Australian children's website for kids and their parents full of craft, games, puzzles, quizzes and news and sport and discount vouchers for places close to you. A sample for Green Goo (under main or dad's supervision - please)

Adam Spencer 'primed' to speak at TED - 23 January 2013; from University of Sydney

A standout audience member he shared his lifelong passion for prime numbers has seen University of Sydney alumnus and Sleek Geek, Adam Spencer selected to present at the annual TED conference, to be staged in the US in late February.

Spencer was part of a group of Australian students and professors who auditioned during the Australian leg of a worldwide search conducted by TED's organisers in 2012. Watch his presentation above.

The worldwide search took in 14 cities across the globe, including Amsterdam, Bangalore, Doha, Johannesburg, London, Nairobi, Paris, Rio, Rome, Sao Paulo, Shanghai, Sydney, Tokyo and Zurich.

TEDXSYD will be staged from 25 February to 1 March in Long Bay, Sydney's Darling Harbour and will be watched online right through Sydney Time.

About TED

TED is a global speakers' event devoted to the theme of 'Ideas worth spreading'. Its motto is 'Technology, Entertainment, Design'. **The Undiscovered?**

TED, which stands for Technology, Entertainment and Design - began in Silicon Valley in 1984 as a vehicle for technology business conferences. Since then, it has grown to encompass a wide range of topics and has become a forum for inspirational and independently organised events around the world.

Guest speakers include former US President Bill Clinton; former UK Prime Minister Gordon Brown, Microsoft co-founder Bill Gates; Google founders Larry Page and Sergey Brin; Pixar's Steve Jobs; Richard Branson; musician Bono, as well as several Nobel Prize winners.

TED* Adam Spencer: A lifelong passion for prime numbers

Sea Legs - from Bateau Bay on the NSW Central Coast!

Sea Legs came in at No.1 in the band of the week charts at Indie Bands.com.au/bands/sea-legs and No.3 in the overall.

Their song selected Either ER" Vote do what we do when we do what we do" **OUT NOW!** Check the 3 tracks EP with a track you have never ever heard before! But wait there's more - they will be performing live on the Voice on Channel 10 (Wednesday next week) which you can download for absolutely free!! Spread the lovel - EP launch is at Campbell Small Club (Chatswood - Sydney) March 9th w/ Fuzzbie and Louis London.

Sea Legs on Facebook, Goodpod Small Club

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

The 2013 Premier's Sport Challenge will commence at the beginning of Term 1 2013 and will be open to all **NSW PUBLIC SCHOOL REGISTRATIONS WILL BE OPEN FOR THE MONTH OF MARCH**. Be sure to register to receive your school's PSC registration details.

Start planning NOW to ensure you incorporate carnivals, fun runs, walk-a-thons and so on into the physical activity lesson plans for your school.

Complete and return the registration form, calendar, the PSC team (email psc@det.nsw.edu.au or telephone 9266 8773 or 9244 5774).

From: https://products.schools.nsw.edu.au/psc/home.html

The Challenge includes a wide range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier's Sporting Challenge is a **whole school approach** to sport and physical activity and encourages them to lead healthy, active lifestyles.

Sport plays an important role in developing regular physical activity, promoting positive health and fitness, a fun and healthy way to connect with your local community. We invite students to take up the Challenge - and make it a healthier life.

University of Otago study suggests many apples a day keep the blues at bay - Thursday, 24 January 2013

A total of 281 young adults (with a mean age of 20 years) completed questionnaires about daily food diary for 2 consecutive days. Prior to this, participants completed a questionnaire giving details of their age, sex, ethnicity, weight and height. Those with a history of an eating disorder were excluded.

On each of the 21 days participants logged into their diary each evening and rated how they felt using positive and nine negative adjectives (eg. 'cheerful', 'calm', 'nervous', 'guilty', 'irritable'). Questions about what they had eaten that day. Specifically, participants were asked to report the number of servings eaten of (or substituting) fruit juice and dried fruit, vegetables (excluding potato), and several categories of unhealthy foods like confectionery, cakes, pastries, fast food, and takeaways.

The results showed a strong day-to-day relationship between more fruit/veg more and higher that day positive mood, but not other foods.

Two days when people ate more fruits and vegetables, they reported feeling calmer, happier and more energetic than they usually did, the study found.

To understand which comes first - feeling positive or eating healthy, the study also looked at how participants' previous moods influenced their fruit and vegetables predicted increases in positive mood the next day, suggesting that healthy foods may improve mood. These findings held regardless of the BMI of individuals.

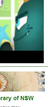
When further analysis we demonstrated that young people would need to consume approximately seven to eight total servings of fruit and vegetables per day to see a significant improvement in mood. Eating one or two portions is approximately the amount that could fit in your palm, or half a cup. My co-author Bonnie White suggests that this can be done by making half your plate at each meal vegetables and snacking on whole fruit like apples," says Dr Conner.

She adds that while this research shows a promising connection between healthy foods and healthy moods, further research is necessary and the authors recommend the development of randomised controlled trials to see if increases in fruit and vegetable intake do improve well-being.

The study is available online in Open Access at:

White, B. A., Horwath, C. C. and Conner, T. S. (2013), **Many apples a day keep the blues away - Daily experiences of negative and positive affect and food consumption in young adults.** British Journal of Health Psychology, doi: 10.1111/bjhp.12021

Human children are not the only ones to sign in puddles



Safer Internet Day - 2013 - Connect with Respect

In Australia - CYBERSMART

On **Tuesday 5 February 2013** we will celebrate the 10th annual Safer Internet Day! The theme for 2013, online rights and responsibilities reminds us of what it means to be a positive digital citizen.

Join the buzz and take part in one of our Safer Internet Day activities for 2013. We have a number of activities, resources and lesson plans available for students at all levels. Find out more information on the cybersmart website.

May Gibbs Online at State Library of NSW

Those of you who like Cuddlepot and Snugglepie may be interested in knowing that a vast amount of material available online at our own State Library.

Quote from the website:

The State Library holds a remarkable collection of May Gibbs' original illustrations, cartoons and literary papers, most of which was deposited into the Mitchell Library in 1970 by the copyright holders, the NSW Society for Crippled Children (now Australian Disability Services) and the Spastic Centre of NSW (now the Cerebral Palsy Alliance). The collection was generously given to the Library permission to digitise the material and publish it on our website. We hope this will introduce May Gibbs and her comic Australian world 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 comic children's literature and illustrations are as popular as ever, holding a special place in the Australian consciousness. Best known for The Gumnut Babies (1916) and Snugglepie (1918) she produced many wide and illustrated many other children's books, produced long-running cartoon strips and a variety of commercial work. A fierce determined woman, she was Australia's first full-time, professionally trained children's book illustrator, developing an uniquely Australian style of illustration and storytelling. In 1936 and 1937 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 !

Keep children safe online

The Easyguide to Facebook for parents is now available.

The Cybersafety Help Button is available to download free of charge from DEEWR.

More information about the ACMA's Cybersmart program is here

Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and stories, 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 museums where it can be even more difficult to read these words. You can access them online though. Project Gutenberg Australia is at http://gutenberg.net.au/

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

For works not yet digitised and available to all, please visit:
http://www.archive.org/

Headspace 'We've got your back' campaign

A groundbreaking mental awareness campaign developed by National Youth Mental Health Foundation headspace aims to dramatically increase young Australians' awareness of everyday mental health issues affecting them and their friends. The campaign will run for the next 12 weeks.

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

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

Bus Pass Replacement

HERE

Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and practitioners, parents, students, as well as policymakers, researchers and practitioners in other sectors concerned with the lives of young people. Information is available about early intervention to the early adult years (12 to 25 years).

ACYS's mission is to contribute to the wellbeing of young people by providing comprehensive and up-to-date information about the issues and practices in the youth field for access by the community. ACYS achieves this goal by providing information on both complete and wide-ranging issues that affect young people today, and by disseminating information on the contributions of young people in the youth field, encouraging networking, discussions and collaboration.

Great Website with daily Updates HERE

Love Food, Hate Waste Cookbook

Our local Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'Nobbos' Program allows you to read recipes, print out meal cities on how to use leftovers, veggies to make great pasta or make mini pizza. Wish !

Love food hate waste book: HERE

f Tweet | Like | +1

Send In Your Stuff

Pittwater Online News is not only For and About you, it is also **BY** you. We cannot publish towards or the maligning of others (this is not the purpose of this site) and if it does have a poem, story or something you want to see addressed, let us know or send to pittwateronline@optusnet.com.au

All are Welcome, All Belong !

Pittwater Online News

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A Special offer from AVALON COMPUTER PALS

Free remote/every week Phone assistance

You don't get something for nothing very often, but here is an offer to benefit everyone. For a limited time, Avalon Computer Pals, Benefactors of Sydney, is offering free remote assistance to all Pittwater trainees. Be part of a DAYNIGHT demonstration. Have a play with some of the new software and see what it can do. Ask questions and learn stuff. Or staff will find the perfect solution for you showing seniors like you that technology is for ALL ages. **You need to book, just join up at 1.30pm at the Mayoral Community Centre on Tuesday 29th January 2013.**

AAAZOO Co-W.A.G

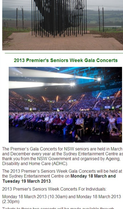
Summer Movie: Guess Who's Coming to Dinner (c.a.1967) American drama film starring Spencer Tracy, Sidney Poitier and Katharine Hepburn. It was the last film for both Tracy and Hepburn throughout. The film contains a then-controversial representation of the controversial subject of interracial marriage, which historically was illegal in many US states. The movie was nominated for 10 Oscars, illegal in 17 states, mostly Southern states, up until 12 years before two stars after Tracy died, when anti-miscegenation laws were ruled to be unconstitutional. The movie was shot in 35 days, was not produced and directed by Stanley Kramer and written by William Rose. The movie's Chinese Nationalist screen was composed of Barbara Carroll.

Amazing Marvel of Engineering

Cr. W.A.G.

Just Brilliant - people can be so clever and positive. It consists of 50 twin metre high steel ear shaped panels set into the landscape. Apparently, when the wind blows, the panels move and the positive Mandala was captured and amplified, on August 5, 1997 during the 27 years of incarnation. Standing at a particular point the Mandala disappears, but if you move a little the Mandala can be seen. The sculptor is Marco Cianfanelli, of Johannesburg.

2013 Premier's Seniors Week Gala Concerts



The Premier's Gala Concerts for NSW seniors are held in March and December every year at the Sydney Entertainment Centre and thank you from the NSW Government and organised by Ageing, Disability and Home Care (ADHC).

The 2013 Premier's Seniors Week Gala Concerts will be held at the Sydney Entertainment Centre on **Monday 18 March 2013 Tuesday 19 March 2013.**

2013 Premier's Seniors Week Concerts For Individuals

Book all tickets through Ticketmaster. **Tickets are FREE but strictly limited to a maximum of four (4) tickets per person.** Tickets are allocated by a 'first best seat available' basis, time of booking.

Online: To book online visit www.ticketmaster.com.au

OR Over the counter: Visit any of the participating NSW Ticketmaster outlets*

OR By phone: Phone 1300 855 501** Booking by phone, be patient and expect lengthy delays.

Wheelchair tickets can only be booked by telephoning 1300 855 501** (press 2, then follow the prompts)

*Please note that Ticketmaster charges a service fee of $6.95/tickets per purchase. There is no booking fee. Tickets are allocated by a 'best seats available system at the time of booking. If booking online through Ticketmaster for the first time, it is recommended that you create a user account before tickets become available

To be eligible you must be a resident of NSW, aged 60 years or older. **

2013 Premier's Seniors Week Gala Concert for Groups

Tuesday 19 March 2013 (11:00am to 2:30pm) Bookings for applicants for tickets will have been advised of the success of their applications by the Ticketmaster Group.

Tickets are allocated by a 'first best available' system. Only one booking per new group for future concerts, contact the Group Registration Office on groupconcerts@ticket.com.au or phone 1300 301 120.

Participating Ticketmaster Outlet near you:

St Mary, Village Coverage Desk, Stockland Shopping Centre, Mona Vale Road

Tickets for individuals are correct at the time of printing. ADHC takes no responsibility for this listing. Please confirm ticket details close to the date tickets become available.

Seniors Week is 17-24 March, 2013.

Media Releases concerning Seniors this week from National Seniors Australia

Seniors are the backbone of a million members, National Seniors is Australia's largest volunteer organisation for the over 50s and fourth largest group of its kind in the world.

Twilight at Taronga - 2013 Summer Concert Series

Special discounted offer - 25% off regular price - tickets only $50 (normally $67) Twilight Zoo - Wednesday 7th to 28th February

The hugely popular Twilight at Taronga summer concert series returns for February with an exciting new 'Rainbow Cole Albums' theme. Relive the music of Cole Porter, the great composers of the twentieth century, and the musicals of Broadway - sing along to ABBA, swing to Swalsa, boogie to the Bee Gees, join Zoltan on his journey to the Land of Oz, and dance to the Beatles, Queen and the sweet sounds of Motherland Bliss and Sunshine Paradise. Sample all unreserved, picnic style - BYO picnic, rug or chair. Light snacks, beverages and wine will be available for purchase. Sit back and unwind in the wild surroundings of Taronga Zoo, set against the stunning backdrop of Sydney Harbour with an exotic choice of animal calls - a sound to Sydney summer nights.

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 on Twilight at Taronga. Simply show you are a NSW Seniors card member when booking your Tickets.

Offer valid until 23 March 2013

Avalon Computer Pals for Seniors

AVALON COMPUTER PALS FOR SENIORS

AVALON PALS

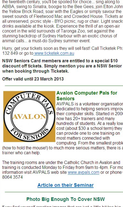
AVALON PALS is a volunteer organisation with members who have varying computer skills. Started in 2000 we have 20+ trainers and many helpers. Our trainees are from 60 to cool ages! Most of our members do not can provide one to one training on computers, laptops, iPads, iPhones, computing. From the smallest question (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 information and AVALPALS web site www.avalpals.com or phone 02 9904 3054

Article on Seen Seniors

Photo Big Enough To Cover NSW

If you find yourself creating images that are just a little too big (perhaps you dabbled look at the upcoming courses being provided by BePhoto and attend those but visit Digital Photography classes page Fan Tan



AVALON COMPUTER PALS FOR SENIORS

Avalon Computer Pals for Seniors
Mondays, Tuesdays, Wednesdays, Fridays
Training Rooms, Lower Hall
Mayoral Community Centre
Tuesday 29 January 1.30pm - 3.30pm
Free Training Session
Free Training Session
Free Training Session

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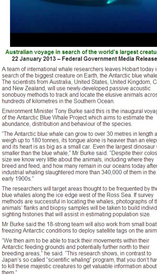


Australian voyage in search of the world's largest creature - 22 January 2013 – Federal Government Media Release

A team of international whale researchers leaves Hobart today in search of the biggest creature on Earth, the Antarctic blue whale. The scientists from Australia, United States, United Kingdom, Chile and New Zealand, will use newly developed passive acoustic sonobuoy methods to track and locate the elusive animals across hundreds of kilometres in the Southern Ocean.

Environment Minister Tony Burke said this is the inaugural voyage of the Antarctic Blue Whale Project which aims to estimate the abundance, distribution and behaviour of the species.

"The Antarctic blue whale can grow to over 30 metres in length and weigh up to 180 tonnes, its tongue alone is heavier than an elephant and its heart is as big as a small car. Even the largest dinosaur was smaller than the blue whale," the Minister said. "Despite their colossal size we know very little about the animals, including where they breed and feed, and how many remain in our oceans today after industrial whaling slaughtered more than 340,000 of them in the early 1900s."

The researchers will target areas thought to be frequented by the blue whales during the ice edge west of the Ross Sea. Survey methods are successful in locating the whales, photographs of the animals' flukes and biopsy samples will be taken to build individual sighting histories that will assist in estimating population size.

Mr Burke said the 18 strong team will also work from small boats in freezing Antarctic conditions to deploy satellite tags on the animals.

"We then aim to be able to track their movements within their Antarctic feeding grounds and potentially further north to their breeding areas," he said. "This research shows, in contrast to Japan's so-called 'scientific whaling' program, that you don't have to kill these majestic creatures to get valuable information about them."

The project is a flagship program of the international Southern Ocean Research Partnership (SORP) involving ten countries - Argentina, Australia, Brazil, Chile, France, Germany, New Zealand, Norway, South Africa and the United States. SORP was initiated by Australia through the International Whaling Commission (IWC) to promote non-lethal research in the Southern Ocean.

"Today the Antarctic blue whale is classified as critically endangered by the International Union for Conservation of Nature and no of global interest as one of the most at risk balean whale species in the Southern Ocean," Mr Burke said. "The information gathered in this research will be supplied to the IWC to assist in the conservation and recovery of this iconic species."

The voyage departs from Nelson in New Zealand on January 29 and returns in mid-March.

Unrestricted Access to the Details of Deadly Volcanic Eruptions

Details of around 2,000 major volcanic eruptions which occurred over the last 1.8 million years have been made available in a new open access database created by scientists at the University of Bristol with colleagues from the UK, US, Colombia and Japan

Volcanic eruptions have the potential to cause loss of life, disrupt air traffic, impact climate, and significantly alter the surrounding landscape. Knowledge of the past behaviours of volcanoes is key to producing risk assessments of the hazards of modern explosive events.

The open access database of Large Magnitude Explosive Eruptions (LaMEVE) will provide this crucial information to researchers, civil authorities and the general public alike.

Compiled by an international team headed by Dr Sian Crosweller from the British School of Earth Sciences with support from the British Geological Survey, the LaMEVE database provides – for the first time – accessible details on the parameters of information available for large volcanic events of magnitude 4 or greater with a quantitative data quality score.

Dr Crosweller said: "Magnitude 4 or greater eruptions – such as Vesuvius in 79AD, Krakatoa in 1883 and Mount St Helens in 1980 – are typically responsible for the most loss of life in the historical period. The database's restriction to eruptions of this size puts the emphasis on events whose low frequency and large hazard footprint mean preparation and response are often poor."

Currently, data fields include: magnitude, Volcanic Explosivity Index (VEI), deposit volumes, eruption dates, and rock, such parameters constituting the mainstay for description of eruptive activity.

Planned expansions of LaMEVE will include the principal volcanic hazards (such as pyroclastic flows, lapilli tefra, fall, debris avalanches, ballistics), and vulnerability (for example, population figures, building type) – details of value to those involved in research and decisions relating to risk.

LaMEVE is the first component of the Volcanic Global Risk Identification and Analysis Project (VGORPA) database for volcanic hazards developed as part of the Global Volcano Model (GVM).

Principal Investigator and co-author, Professor Stephen Sparks of Bristol's School of Earth Sciences said: "The long-term goal of this project is to create a global source of freely available information on volcanic hazards that can be used to develop protocols in the event of volcanic unrest."

"Importantly, the scientific community are invited to actively participate with the database by sending new data and modifications to the database manager and, after being given clearance as a GVM member, adding data thereby maintaining the resource's dynamism and relevance."

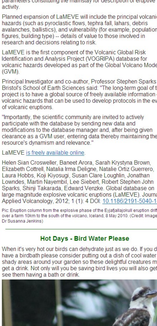
LaMEVE is freely available online

Helen Sian Crosweller, Barbara Arora, Sarah Krystina Brown, Elizabeth Cottrell, Natalia Irma Deligne, Natalie Orta Guerrero, Laura Hotito, Olga Kyronaji, Susan Clara Loughlin, Jonathan Lowder, Martin Navarro, Lee Siebert, Susan Stracuzzi, Jonathan Stringer, Thomas Thordarson, Matthew Williams. Global database on large magnitude explosive volcanic eruptions (LaMEVE). Journal of Applied Volcanology. 2012; 1(1): 4 DOI: 10.1186/2191-5040-1-4

Fig.: Eruption column from the explosive phase of the Eyjafjallajökull eruption drifting over farmland to the south of the volcano. Iceland, 5 May 2010. (Credit: Image by Dr Susanna Jenkins)

Hot Days - Bird Water Please

When it's very hot our birds can dehydrate just as we do. If you don't have a birdbath please consider putting out a dish of cool water in shady areas around your garden so these delightful creatures may get a drink. Not only will you be saving bird lives you will also get to see them having a bath or drink.



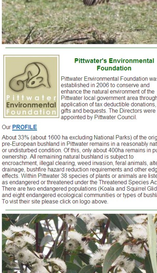
Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council.

Our **PROFILE**

About 33% (about 1900 ha excluding National Parks) of the original pre-European settlement Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to: - encroachment, illegal clearing, weed invasion, feral animals, altered fire regimes, pollution, climate change and other adverse effects. Within Pittwater 36 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To visit their site please click on logo above.

The **Atlas of Living Australia** a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, and Birdlife Australia. Some of these records come from the diaries of 19th Century Dutch navigators, such as the record for a Brush Bronzewing dated 1629.



Community Gardens bring people together and enrich communities. They build a sense of place and shared connection.

Pittwater Community Gardens is a community led initiative to create accessible food gardens in public places throughout the Pittwater area. Our aim is to share skills and knowledge in creating fabulous local, organic food. But it's not just about great food. We also aim to foster community connection, stimulate creative ideas for community resilience and celebrate our abundance. Open to all ages and skills, our first garden is on the grounds of Barrenjoey High School (off Tasman Road). Become part of this exciting initiative to change the world.

www.pcgs.org.au Contact us: info@pcgs.org.au or Visit us at facebook.com/pcgs.org (image artwork: www.gravy.com)

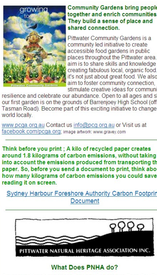
Think before you print : A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it on screen.

Sydney Harbour Foreshore Authority Carbon Footprint Document

What Does PNHA do?

On-ground bush regeneration, eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quarterly newsletter, Newsletter, online or paper
Members email group for least environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Liaison with Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA approved grant applications for environmental projects
Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, $20 library, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

Email: pnhainfo@gmail.com Or click on Logo to visit website. PROFILE

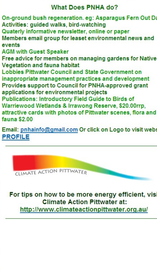


For tips on how to be more energy efficient, visit Climate Action Pittwater at:
http://www.climateactionpittwater.org.au/

Wildlife Rescue South Coast Inc

New member and journalism student, Shannon Kelleher, interviewed two of our more experienced carers, giving an inside look into the hard working, passionate volunteers who rescue and rehabilitate injured and orphaned animals.

Call **Sydney Wildlife** on 9413 4300 if you find an animal that needs rescuing or to get involved visit their website via the link above.



Greenland ice cores provide vision of the future - 24 January 2013, from CSIRO

Ice cores drilled in the Greenland ice sheet recounting the history of the last great warming period more than 120,000 years ago, are giving scientists their clearest insight to a world that was warmer than today.

In a paper published today in the journal Nature, scientists have used a 2,540 metre long Greenland ice core to reach back to the Eemian period 115-130 thousand years ago, to reconstruct the Greenland temperature and ice sheet extent back through the last interglacial. This period is likely to be comparable in interest and relevance to climatic conditions in the future, especially the mean global temperature range, but without anthropogenic greenhouse influence on the atmospheric composition.

The Eemian period was chosen as the last interglacial, when warm temperatures continued for several thousand years due mainly to changes in Earth's orbit, allowing more energy to be received from the sun. The world today is considered to be in an interglacial period and has existed for about 11,000 years, and called the Holocene.

"The rice is an archive of past climate and analysis of the core is helping us understand the future when the world is likely to be warmer," says CSIRO's Dr Mauro Rubino, the Australian scientist working with the North Greenland Eemian Ice Core research project.

Dr Rubino says the Greenland ice sheet is presently losing mass more quickly than the Antarctic ice sheet. Of particular interest is the extent of the Greenland continental ice sheet at the time of the last interglacial and its contribution to global sea level.

Deciphering the ice core archive provided especially difficult for ice layers formed during the last interglacial because, having close to bedrock, the pressure and friction due to ice movement impacted and re-arranged the ice layering. These deep layers were "re-assembled" in their original formation using careful analysis, particularly of concentrations of trace gases that like the dating to the more reliable Antarctic ice core records.

Using dating techniques and analysing the water stable isotopes, the scientists estimated the warmest Greenland surface temperatures during the interglacial period about 130,000 years ago were 8±4oC degrees warmer than the average of the last 1,000 years.

At the same time, the thickness of the Greenland ice sheet decreased by 400±250 metres

"The findings show a model response of the Greenland ice sheet to the significant warming in the early Eemian and lead to the deduction that Antarctica must have contributed significantly to the 6 metre higher Eemian sea levels".

Additionally, ice core data at the drilling site reveal frequent melt of the ice sheet surface during the Eemian period. "During the exceptional heat over Greenland in July 2012 melt-layers formed at the site. With additional warming, surface melt might become more common in the future," the authors said.

The paper is the culmination of several years work by organisations across more than 14 nations.

Dr Rubino said the research results provide new benchmarks for climate and ice sheet scenarios used by scientists in projecting future climate influences.

Picture: Dr Mauro Rubino: Scientists have used a 2,540 metre long Greenland ice core to reconstruct the Greenland temperature and ice sheet extent back through the last interglacial

Eemian interglacial reconstructions from a Greenland frilled ice core NEEM community members: M. R. Albert, A. Alistair, N. Azuma, D. Baldwin, Dorothea, J. Bolzan, E. Brook, 2013, 489–494 (23 January 2013) doi:10.1038/nature11788

Live Penguin Cam – Warrnambool, Victoria

Almost wiped out a few years ago, the Little Penguin (Fairy Penguin) population is thriving under the watchful eye of the guard dogs: Eudy & Tulla. The two Maremmas (Italian sheep dogs) are force with foxes and gorgeous little penguins. A concerted team from the Warrnambool Coastcare and Landcare Group monitor the colony. Exceptional storms are played out every season as adult birds and their young input into the cave to feed each other and nurture an egg. They will take turns to head into freezing Southern Ocean waters with nothing but a matted pelt of downy feathers to keep warm, searching for tiny baitfish and squid.

Antarctic Ocean Alliance

In just 6 months the Commission for the Conservation of Antarctic Marine Living Resources will meet in Germany to revisit their commitment to establish the largest network of marine reserves in the world around Antarctica.

If you want the meeting in Germany to be a success, ask your friends and family to sign our petition

www.antarcticocean.org.

Coastal Environment Centre

The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

Store at: www.pittwater.nsw.gov.au/cec

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

December 2012 Newsletter includes information on:
BushCare Planting Activities (volunteers needed).
Workshops and Events, and great articles HERE

World Wetlands Day - Twilight Walk - FULLY BOOKED

Celebrate World Wetlands Day today by joining us on an engaging and educational journey through Warriewood Wetlands – past, present and future. Learn about the importance of wetlands and the significance of World Wetland Day.
Joining us will be Council staff and local community experts to share their knowledge of the history of these valuable wetlands, passion for the incredible plant and animal biodiversity, and expertise in areas of water and catchment management.
When: **Friday 1 February, 6 - 8pm**
Where: Meet at Warriewood Wetlands front provided upon booking Cost: Free Book Bookings: Essential!
Online - www.pittwater.nsw.gov.au/cec/bookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
Phone: 1300 000 232 (Reception - Option 1)

Narrabeen Lagoon Eco-Paddle

The Lagoon supports a wide range threatened flora and fauna, but it is under threat of urban development. This paddle on **Saturday 2 February** organised by Friends of Narrabeen Lagoon Catchment will explore Deep Creek, which attracts migratory birds from as far away as Russia and Middle Creek and has recently been the subject of a substantial remediation program.

This is an easy 2 hour paddle suitable for less experienced kayakers. BYO kayak or hire. For more information and to book call Tony Carr (president of Friends of Narrabeen Lagoon Catchment) on 0417 502 056 or email tonycarr@bigpond.com

February Event Alert! Ingleside Chase Reserve Walk

The walk will start at Irrawong Epworth Reserve and climb to Ingleside Hill or other destination. This walk is expected to take back down. The track is 1.5km one-way and is a little steep in parts. It is a gentle pace walk which requires a reasonable level of fitness.
At 70 hectares, Ingleside Chase Reserve is Pittwater's largest continuous piece of bushland. It has many beautiful plant communities and threatened fauna species. Spring is a lovely time to experience this area with the bush alive with wildlife and flowering plants.
When: **Sunday 10 February, 9am – 12pm**
Where: Ingleside Chase Reserve – meet at Irrawong Bookings - www.pittwater.nsw.gov.au/cec/bookings

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

South Asian forests and forestry to 2020. Subregional report of the second Asia-Pacific forestry sector outlook study

Download full Report

ABSTRACT

In the 14 years since the first Asia-Pacific Forestry Sector Outlook Study was completed in 1998, the region has experienced tremendous change in nearly every aspect. These changes have been particularly profound in the forestry sector, especially in the context of increasing demands and pressures on forests and forestry resources. This report for South Asia summarizes the key findings and results collated under the sub-regional Asia-Pacific Forestry Sector Outlook Study – a comprehensive effort spanning nearly four years and involving all the member countries of the Asia-Pacific Forestry Commission. Based on seven country outlook reports and numerous thematic studies, the report provides an assessment of developments in the South Asian forestry sector, linking it with larger societal changes. It gives an overview of the forestry sector, including the economic, social and ecological significance of forests and summarizes major developments, including changes in demand for forest products and ecosystem services, specifically highlighting resource constraints in the subregion. The publication concludes with a set of forward-looking scenarios, based on scenarios that may unfold and how forests and forestry are likely to evolve to the year 2020. The report also outlines priorities and strategies to enhance forestry's contribution to societal well-being.

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

Pittwater Council has launched a unique online calendar designed to educate the community about the coastal environment, based on traditional Aboriginal knowledge. The calendar, which is web-based, works through hundreds of images of coastal native birds, animals and plants. Many of the images were provided by local residents and collated by staff from the Council's Coastal Environment Centre at North Narrabeen.

The calendar has been coordinated by Pittwater Council on behalf of Gadigal, Bidjigal and Guringai Aboriginal communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program. Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Gumgaie. Darkinung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species. The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biodiversity/calendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

Birdlife Australia - New Website and Quarterly Magazine

Birdlife Australia has begun a quarterly magazine which is available online at www.birdlife.org.au/australian-birdlife

This organisation, which has been going for over a century now, have been a leading authority and advocate for the protection of Australia's birds, achieved by combining scientific research, nationwide surveys, targeted actions and other activities to create real and positive outcomes. They state that over 200 species of birds in Australia are considered threatened or endangered, and their website has a lot of information collated, and see if you could help them out as a volunteer or donor

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the speed of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rock." - from the Prayer of Saint Patrick

Pittwater Online News

January 27 - February 2, 2013: Issue 95

Resolutions, Revolutions and Rewards - January's Leo Full Moon

If you don't stand for something, you will fall for anything. **Chinese Proverb**

A man may be poorly dressed and penniless, yet his burning desire can bring him the opportunity of his lifetime. **E Barnes**

There is nothing more difficult to take in hand, more perilous to conduct or more uncertain in its success than to take the lead in the introduction of a new order of things. **Niccolo Machiavelli**

The people must fight for their laws as for their walls. **Heraclitus**

The first duty of a revolutionist is to get away with it. **Abbie Hoffman**

I hate the idea of causes, and if I had to choose between betraying my country and betraying my friend, I hope I should have the guts to betray my country. **E. M. Forster**

A man is sometimes lost in the dust of his own raising. **David Ruggles**

All movements go too far. **Bertrand Russell**

January's full Moon falls on January 26 in the United States and January 27 in Australia. The theme of this full Moon is very much about overthrowing 'the old guard' and taking on the new. It shows a need to get your own agenda right, not to bend to the needs or desires of others when they really don't have anything to contribute to your sense of self or accomplishment. There's a cultural revolution going on on so many levels: around the world and within ourselves. The inequities between the haves and the have nots is being noticed more and more as society is becoming more and more polarized with the rich getting richer and the poor having to work harder.

The Sabian Symbol in Leo 8: An Activist is Stirring Up Discontent By Spreading His Revolutionary Ideals. From my book, *The Sabian Oracle: 360 Degrees Of Wisdom.*

"I'm mad as hell and I'm not gonna take this anymore!"

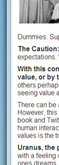
An Activist is Stirring up Discontent. - He has had some enlightening or disturbing insight into what's going on in society or in his own life. He wants people to listen to his message and, probably, influence or change their way of thinking. The 'Activist' feels that he has the answers to how life should really be and what rights people are entitled to. To some people, his beliefs, or his radical ways, may be somewhat confronting and threatening to their everyday lives. To others, his 'ideals' may fit with what they've wanted in their own lives; he can be a beacon calling out for action. His message can be challenging, stirring or misleading.

Society often looks down on those who have bright and burning ideas of 'Revolution', when in reality they should perhaps be thanked for having the vision, or foresight, to see the need for it. On the other hand, somebody may be forcing their ideas on others – what one person thinks is not always right for others. And, of course, 'Activists' are not always spreading useful, or practical, ideas. They can be extremist and unrealistic. Striving for the ideals of equality for all tends to be more relevant to those in a disadvantaged position. Those who live safely within the comfort of society rarely rebel against what's happening; however, there are exceptions to this. There may indeed be the need for a change to the status quo, but it must come from someone who is prepared to sacrifice personal comfort in order to remain true to his or her ideals fighting for the common good. You may feel that you have had enough of the situation and that you have no power. If so, you probably need to enlist the support of others if you wish to succeed. It is through the promise of equality that true power can be won.

Keywords: Unwavering and unbending intellect. Burning passions. Revolutionary ideals. Change for the sake of change. Making one's ideas and passions known. Standing on a soapbox. Greenpeace and other radical groups. Anti-capitalism. Communism. Entrepreneurs. Working hard to make others up. Challenging authority. Demonstrations. Placards. Rejecting conventional ideas.

The Caution: Political brainwashing. Finding things to be dissatisfied with. Extremism. Religious fundamentalists. Street preachers. Cult leaders. Terrorism. Breeding hate. Challenging powerful institutions. Propaganda. Animosity.

More people are longing for a more communal way of life - people living together, sharing their gifts, their assets, their time, and, combining their efforts in order to get more rewards out of life. People want to be able to grow their own food while GMO's are threatening things as simple and basic as our seeds.



The degree of the Sun is Aquarius 8: Beautifully Gowned Wax Figures On Display.

This Symbol speaks of the ability, or the need, to create beautiful, or at least useful, things to inspire others or to brighten people's lives or to contribute beauty to society and culture. It can imply a sense that one has always to be on "Display", that others are looking at you or the things you do or produce. Being 'Beautifully Gowned' is a wonderful thing, but of course inner beauty is more important than outer. It is not enough to just look the part; people must live it as well. Although it is desirable to be beautiful and manicured, you must also be able to "walk the talk". You may feel that some elements of your life are too superficial or have only a superficial part to play. Things may look good on the outside, but what's going on inside? Are you being taken seriously - or being treated like a store dummy with confining expectations from others?

Keywords: Setting standards. Examplars of social ritual. The values of society on display. Dummies. Superficial beauty or avatars of fashion? Not showing ones' true feelings. Fashion. Lipstick. Hairdo. Cosmetics.

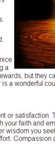
The Caution: Putting on false fronts. Beauty taking too much importance. Expecting to be noticed. Having to live up to other people's expectations. Wooden responses. Lifeless. Living a two dimensional life.

With this combination of the Sun and Moon Symbols, there can be an intense need to be taken seriously, not just at face value, or by the limiting beliefs of others. Are you being pigeon-holed by others who don't really understand you? Are you doing this to others perhaps? Do you have a burning desire to make a difference in society and finding that others aren't paying much attention or seeing value and merit in what people/others are doing?

There can be a feeling of not living up to the standards of beauty set by society. There can be a sense of alienation and not belonging. However, this 'mannequin' degree can bring a lovely sense of beauty, grace and fashion into our lives. Further, in this digital age with Face book and Twitter, etc, many are feeling the need to put on a brave face, to not show their true feelings. Pollyanna attitudes can reduce true human interaction. Balancing the need to feel good about our self, along with being authentic and appreciated for our deeper talents and values is the trick.

Uranus, the planet of revolution, is nicely trining the Moon and sextiling the Sun. This brings a bright promise of change, along with a feeling of innovation and freedom. Uranus rules the Aquarian Sun, heightening the desire, or the need, for authenticity and following ones dreams.

Uranus is on Aries 6: A Square Brightly Lighted On One Side



This Symbol often shows a positive nature that knows how to find ways out of situations by creating creative solutions. Don't become too concerned with one side of issues in the material world, even if you feel boxed in with no way out. Don't have all your eggs in one basket. You have the ability to simply look around, with a more objective eye and apply simple, active solutions - there are always ways out of dilemmas.

Keywords: Refusal to surrender to frustrations. Thinking outside the square. Illuminated solutions. Understanding the borders of one's activities. Looking for stability.

The Caution: Surrendering, feeling trapped, seeing only one side of situations. Bouncing around. Wanting to escape tight situations. Feeling locked in or boxed in.

Jupiter, the planet of abundance, expansion and which also rules over freedom, is also in a very nice trine aspect - it **is trining the Sun and sextiling the Moon**. Jupiter and Uranus are both bringing a promise of good things unfolding, especially if we stick to our resolutions. Revolutions can bring rewards, but they can also bring upheavals. Some situations can arise suddenly, and move forward quickly. The Symbol of Jupiter is a wonderful counter-point to the more surface-level symbolism of the 'Beautifully Gowned Wax Figures' of the Aquarian Sun.

Jupiter is 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 feelings and belief in this situation. The inner wisdom you seek has been tapped by others long ago. Tapping into the 'Well' may require a big 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. Narcissism.

Jupiter has recently spent at extended stay in its retrograde motion on Gemini 8: Aroused Strikers Surround A Factory. We've had a chance, and will have a chance again in the coming weeks, to analyze what we are and aren't prepared to put up with.

Mercury is on a very focused Aquarian degree - Aquarius 14: A Train Entering A Tunnel

This Symbol shows the ability, or the need, of being able to go straight ahead, towards yourobjectives 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 other's 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.

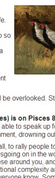
Venus is showing us and bringing us our rewards, especially if we've put our efforts into 'fighting the good fight'. It's on Capricorn 23: A Soldier Receiving Two Awards For Bravery In Combat.

This Symbol shows the ability, or the need, to be able to both give and receive praise, awards or rewards when they are due. We often need to be acknowledged for the courage or causes we've fought for and the battles we've endured. True deeds of valor and bravery should be rewarded. Whether you are rewarded, respected, noticed or thanked, for the good things you've done or not, you'll know that you've done them. You will find that your efforts will, at some time, be recognized. Recognition, appreciation, reward or compensation will be offered. You may also be the one who needs to recognize others' achievements. Subsequent awards are often greater than the first because the difficulties or dangers are well understood.

Keywords: Repeated bravery. Medals, tributes or honors given. Having the second baby. Having thanks. Recognition for persistence. Award ceremonies. Posthumous awards.

The Caution: 'Awards' as band-aids for the purposes of assuaging the guilt of the populace so often produced in war. Desperate for recognition. Rejection lines. Bribery.

Mars is on Aquarius 26: A Garage Man Testing A Car's Battery With A Hydrometer

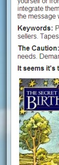


This Symbol shows the ability, or the need, to be able to pick up problems, to diagnose what might be wrong whether it's mechanically, physically, spiritually or emotionally. The "Car" can be a car, or any other device, or it can be your body, your earthly vehicle, and it may need some "Testing" to see how it's coping with life's pressures. You may need to use some type of gauge on your emotional reactions. There is often a need to take a more intuitive or psychic approach to problems, although an objective or inventive view will also bring results. Figure out any malfunctions so your life can proceed in a smoother, more efficient manner. Performing necessary checks and balances to ensure your life is working properly are part of the everyday maintenance of society.

Keywords: Testing vehicles for road worthiness. Breakdowns and the need for repair. The need for good batteries or to have them charged. Oil, petrol, grease. Finding out what's wrong.

The Caution: Causing distress by constantly analyzing things. Bad health. Lack of water or not looking after one's self. Breakdowns from lack of care. Missing vital signals.

Saturn is on a degree that I associate with the 'Cinderella complex'. Are you invited to the ball, or, are you spending your time continually doing what needs to be done, not getting dressed up and out and about, but maintaining the home and doing everything for others? Or, perhaps, doing everything by yourself with no apparent possibility of a 'prince' arriving to sweep you away. Are you a prince or a princess or do you turn into a pumpkin at midnight?



Saturn is on Scorpio 12: A Brilliant Assembly Of Officials At An Embassy Ball

This Symbol implies the ability to be able to mix with people from all over the world, to talk indifferent kinds of languages or travel in the circles of the elite. You are likely to find issues arising of of whether you're invited to the 'right' functions or that you're sure of being on the list of those who gather together to make decisions or call the shots. Enjoying social situations can be rewarding on many levels, however, the conditions may sometimes be caged in rather strict protocol and rules of behavior that you and others have to adhere to. Look at yourself and observe whether you are being your natural self or putting on a show for others. This Symbol can imply social climbing and political strategies.

Keywords: Political game-playing. Manners and protocol. Who knows who and what it's worth. Being able to speak everyone's language. Issues of being invited. Etiquette. Dressing up.

The Caution: Role-playing. Not knowing how to behave in "polite society". Cinderella feelings of not being worthy. Diplomatic standoffs. Gate crashing. Out of one's depth.

Neptune has moved off The Large Public Market of Pisces 1 - which reshaped our financial situation globally - and it's now 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 product being taken from 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. Limit or restrict movement. Creative solutions. Refugees. Hunters. Guns and gun ownership.

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 NRA.

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

This degree shows the ability or the need to be able to enjoy the riches, comforts and luxury of life. Riches, refinement and abundance are everywhere and there can be a sense of entitlement and peace and quiet on this "Private Estate". However, take care, "Pheasants" can be game birds too so there just may be an element of underlying danger. There may be questions to ask such as: who does the work keeping the place spic and span and who appreciates the luxury? Whether you're a worker or an occupant, going out and looking at the beauty of your life and your surroundings: the buildings, lawns, plants and wildlife, can heighten your day.

Keywords: Luxury. Displays of wealth. Statues and birdbaths. Enjoying the riches the environment offers. Going after life goals. Large plots of land. Nature reserves. Game birds. Parks.

The Caution: Foolish disregard of life's realities. Feeling that one has to be 'on parade' or they'll be overlooked. Standing out from the crowd. The paparazzi. Do Not Enter signs.

Chiron (The Wounded Healer and The Stories We Tell Ourselves) is on Pisces 8: A Girl Blowing A Bugle. It shows the need to state one's case, to make a noise, to be able to speak up for what one wants. It can also be a bit grating if someone else is doing this in your environment, drowning out your voice.

This Symbol shows the ability, or the need, to be able to sound the call, to rally people together, to know when to speak or "Blow her Bugle" to awaken others, to wake up to realitiesgoing on in the world, join some cause, etc. At times in your life, you are likely to feel the need to wake up those around you, and, at times, perhaps be woken yourself. When situations get bogged down in emotional or rational complexity and everyone just needs to be rallying and going for the objective, you may be the one to let everyone know. Sometimes this Symbol can show someone who makes a lot of noise, justified or unjustified and they can get people moving. Using simple, receptive innocence will get situations back on track.Sounding the call. Awakening all to action. Loudspeakers, telephones, announcements. Rise and shine! Leading the charge. Resurrection. Proclamations. Whistle blowers.

The Caution: Unwarranted and disturbing noise. Showing off. Trumpeting about oneself. Not listening to people. Being annoying. Interrupting. Betraying confidences. Loud voice.

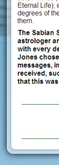
Backing up the need for raising one's voice or listening to others, is the karmic Moon's north node on Scorpio 24: Crowds Coming Down The Mountain To Listen To An Inspired Person.

This Symbol implies having a message or the voice that others flock to in order to listen. Whether you are the 'Inspired Person', or someone in the audience, you may feel that you have had some wonderful realizations after hearing inspired messages, from within yourself or from an external source, and now you need to bring these lessons or understandings down to an everyday level in order to integrate them into everyday life. People will have many different responses to the messages being given. Not all will be responsive, but the message will resonate with those that are meant to hear it. What will be done with this new information and how far will it spread?

Keywords: Power to sway the feelings and thoughts of many. Having a large audience. Holding the floor. Gurus. Lectures and talks. Best sellers. Tapes recordings. The Jesus story. Idolatry.

The Caution: Naiveté, gullibility Feeling like someone else holds all the answers. Wanting everyone to listen regardless of their input or needs. Demanding center stage.

It seems it's time for resolutions, revolutions and rewards - may be force be with you!



An addendum - speaking about inspired people, I have the wonderful Gary Goldschneider, the author of *The Secret Language Of Birthdays*, staying with me here in Australia, in Byron Bay, and we are working together on a new project. We are offering lectures, workshops and readings on the east coast of Australia. Please feel free to email me at sabiansymbols@gmail.com if you would like to organize something. Gary is here until early March.

Also, I will be offering big discounts on bulk buys of my book. Email Lynda at sabiansymbols@gmail.com for details.

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 throughout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

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

What are the Sabian Symbols?

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

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

For more Information: click here

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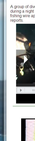
PittwaterOnline News

January 2, 2013 - February 2, 2013 Issue #1

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

Dolphin were not harp from driver - published 22nd January, 2013

A group of divers were surprised to see dozens of manta rays during a night swim in Hawaii, but instead a dolphin tangled in fishing line was the photographer's prize. KITV4's Tim Sakahara reports.



Genius Burglar

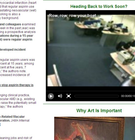
Police checked the area and found a window open at one of the buildings that were heated and called out, "Marco," hoping to hear the response, "Manta, dressing time is over." Said, Instead, "the officer was bitten on the nose and ran into the elevator."

Police found the suspect after he requested a ride from The restaurant manager

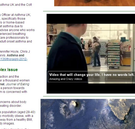
Google Panda Update Version 24 - January 23rd 2013: Google has announced a new Panda update, making its version number 24. This refresh has a noticeable impact 1.2% of English-based queries according to Google. Google's Panda is a filter to keep lower quality sites from ranking so and can the algorithm supports to update ranking.

Google Panda is a change to Google's search results ranking algorithm that was first released in February 2011. **The Google Panda update is a major change to how Google ranks its results and return higher quality sites over the top of the search results. GIVE Panda's surge in the rankings of many websites and social networking sites, and a drop in rankings of many websites with poor quality content.** Panda is a filter to sites that combines an extensive set of factors into a single score based on our evaluation of a website's quality. Some sources complain that the Panda update penalizes sites with advertisements, but Google has been from those organizations of national sites. Google specifically says few weeks they may not categorize Panda so it can determine sites with ads and sites with ads. Sites with ads are not the only ones being judged by Panda. Sites with lots of ads, little original content, or poor quality ads are likely to be affected. Sites with lots of ads, but also lots of original content and other good features, may not be affected. Google recognizes this site as an authoritative source when mentioned by name in a query. Google's Panda update is a major change to how Google ranks its results. Does this update include a quality analysis or interesting information that is beyond dispute? Is this the sort of information that Google Panda is looking for? Is this information relevant? **Does this article have an accurate amount of ads that distract from or interfere with the main content? Does this article have a lot of information that is being delivered in a novel? Is this article original, unsolicited, or otherwise lacking in helpful specifics?** Are the ads in this article too many? Does this article have too many distracts in search. Would users complain when they see pages from this site?

Heading Back to Work Soon?



Why Art Is Important



Health Papers Released this week:

Regular Aspirin Use Linked to Increased Risk of Age-Related Macular Degeneration

Regular aspirin use appears to be associated with increased risk of age-related macular degeneration, a common condition that causes blurred vision and eventually, according to a report published online first by JAMA Internal Medicine.

Age-related macular degeneration (AMD) affects the macula, a small area in the retina that is responsible for central vision needed for such tasks as reading and driving, and eventually is a cause of **published online first** by JAMA Internal Medicine.

Aspirin is a widely used medication for cardiovascular disease prevention, but its effect on AMD has been inconclusive. Some studies have suggested that regular aspirin use may protect against AMD, while other studies have reported no association between aspirin use and AMD. Other studies have reported increased risk associated with regular aspirin use.

Gerald Liew, Ph.D., of the University of Sydney, Australia, and colleagues examined data from participants who were at more than one year of age and who had no signs of late AMD at baseline and had included that recommendations during 5-10 year follow-up, 2,389 participants. 87 participants developed late AMD during follow-up.

After the 10-year follow-up, 43 individuals (24.5 percent) developed incident late AMD among regular aspirin users.

Compared with participants who did not report regular aspirin use, participants who had 325 mg of aspirin per week, 1.5 mg of aspirin per day, or 2 mg of aspirin per day had a 2.4-, 2.7-, and 2.7-fold increased risk, respectively, of developing late AMD. Regular aspirin use was significantly associated with an increased incidence of neovascular AMD.

Aspirin is not the only medicine concerning whether to stop aspirin therapy Complex and needs to be individualized.

Aspirin is not the only medicine concerning the recommend changing clinical practice except physician in patients with strong risk factors for cardiovascular events, a study said. It is the focus only or it mirror the appropriate to study preferably could be considered in patients with long-term aspirin therapy. The study

Gerstein et al. **The association of aspirin for primary prevention in patients with diabetes mellitus** Arch Intern Med. 2012;172(18):1382-1387. doi:10.1001/archinternmed.2012.3499

Cleaning Jobs Linked to Asthma Risk

Women who do cleaning jobs are at higher risk for asthma cleaning jobs and risk of asthma, a study suggests.

Researchers of Imperial College London tested the occurrence of asthma in a group of 4,000 women who were 50 to 79 years old. Women who had worked as cleaners were and development of asthma. Women who had worked as cleaners were responsible for one in six cases of adult onset asthma – even more than the cause of asthma in women who had never worked in cleaning jobs.

The study also found that women who had first started working in cleaning jobs in their 20s or 30s were more likely to develop asthma. Two of which were cleaning jobs and asthma risk. Two of which were cleaning jobs and asthma risk.

Perfectionism and Eating Disorders: Complex Issue

Perfectionists are considered to be socially prescribed perfectionists and self-oriented perfectionists, and perfectionism is a complex issue. A study conducted this week in **Online Eating Disorders Journal** found that socially prescribed perfectionists are more prone to eating disorders than self-oriented perfectionists, achieving a good balance between self-oriented perfectionism and eating disorders and others prepare opinions.

Perfectionism is a personality trait and is neighbour concerned about its image, which is the main reason for eating disorders in people.

Over a thousand women participating in a cross section of the population (aged 20-45) were asked to fill in questionnaires on their eating habits, body image, and BMI (Fat to fit), and overall, the results showed that women who were more prone to the trigger the difference between their current and ideal body shapes.

Women who were more self-oriented perfectionists were less prone to eating disorders. Perfectionists (perfectionists) strongly have been difficult to deal with. Tracey Crane and Sheila Tagarelli, from **Flinders University** Social and Behavioral Research Unit, Adelaide, South Australia, said that the study was based on a cross-sectional study, and they could not establish a cause and effect relationship.

Prof Tracey Crane explained: **"While some perfectionism is normal and necessary, perfectionism can be a complex issue and can be a problem for people who are perfectionists and for those who live with them. Our study suggests that socially prescribed perfectionism is associated with eating disorders, and we believe that this is a vulnerable group of people who may benefit from a carefully considered and evidence based approach to prevention and early intervention."**

Tracey E. Crane, Sheila Tagarelli, The role of perfectionism in eating disorders pathology and psychopathology, **Online Eating Disorders Journal**

Good Bacteria Help Immune Present Diabetes, Study Suggests

Researchers have immune numbers of bacteria and other micro-organisms in the digestive tract, which are collectively known as the gut microbiome. Scientists believe that some of these bacteria are beneficial to the proper functioning of the body, and that an imbalance in the gut microbiome may be a factor in various health problems. Now, a study has found that some of the bacteria that cause infections, being from Even the bacterial isolates that cause infections, being from Even the bacterial isolates that cause infections, being from Even the bacterial isolates

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WPYC Pub Place Cancelled and moved to February

Tobago's Lost Sun 3rd February

Saturday, February 3rd
Doors open at 7:30pm
Dinner 8:30pm
Dance 9:30pm
Tickets $25
Pittwater International Women's Club
Pittwater RSL
Bookings:
Sandra 0419 222 ...
Sandra – Anne Marshall Merritt
Pittwater International Women's Club
Pittwater RSL
Tickets $25
Bookings:
Sandra 0419 222 ...
Sandra – Anne Marshall Merritt

48 Hours and Sydney

Check Pick Information for sale on The Beach
Check Pick 19

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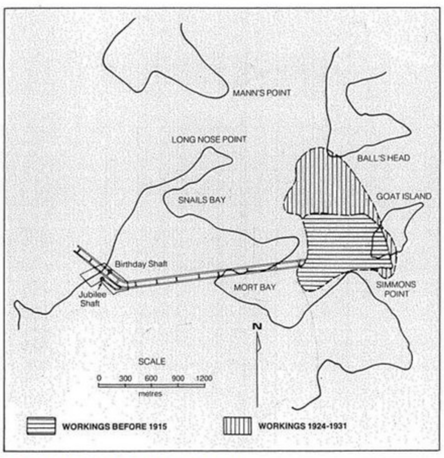
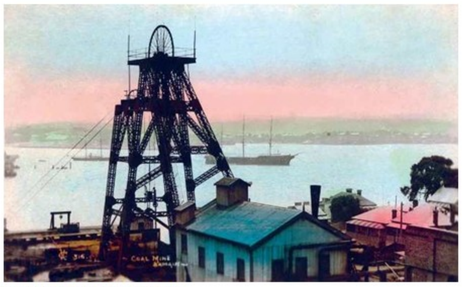


Location and extent of the Balmain Coal Mine



Balmain Colliery Pithead c. 1907

Miner underground working a 30 inch coal seam in very wet conditions

THE COAL MINE AT BALMAIN

By George Repin

When he arrived in Sydney in October 1925 Ivan Repin could not work as a mining engineer because his professional qualifications were not recognised in Australia. It would be a further 5 years before he opened his first café in 1930 starting a successful chain of coffee shops which in the nineteen thirties were popular and a feature of the Central Business District of the city.

In the meantime, however, he had to find work. Through Daniloff, a miner who had worked for him in the coal mines of the Don Basin in Russia, Repin was employed in the colliery at Balmain. Few people in Sydney know of this mine which started operations in 1897 and was the deepest ever worked in Australia. It ran under the harbour from a site to the north of the Birchgrove Primary School.

Ivan Repin lasted in the job for three months – his services "*being dispensed with owing to the partial closing down of the Mine*". This probably was not a bad thing for him in the long run as working conditions in the mine were poor and it suffered several disastrous accidents.

The Balmain mine was never a commercial success. Apart from the cost of the site, bought in 1895 for $15,000, considerable expense was incurred in sinking two shafts each 18 feet in diameter and fully lined, using over four million bricks. Other heavy expenses were the cost of surface machinery and buildings and the reclamation of a 580 foot wharf which provided 26 feet of water at low tide.

After five years of "sinking", coal was eventually struck at 2880 feet but was split into several seams, the largest being only 2 feet 4 inches. Further out under the harbour the seam improved to an average of 4 feet 6 inches but the company never managed to produce enough coal to get a cash flow sufficient to offset the huge capital costs. It ran out of cash and work stopped in 1915. The mine was reopened in 1924 but after continuing industrial and financial troubles the operating company was liquidated in 1931 and coal mining at Balmain ceased.

Throughout its operations working conditions in the mine were poor. It was hot, dusty and gassy. Because of the depth of the mine and poor ventilation the temperature, at over 90degrees F., was too high for dust to be settled by water sprays as the humidity would have been unbearable.

In a letter to the "Labour Daily" in 1924 a miner described conditions working in the mine, including a graphic description of walking from the shaft bottom to the coal face. "We start in single file – a stream of men about 70 in number. The dust begins to rise from under our feet and we are in a cloud due to horse refuse and stone dust" ....."After the best part of an hour's walk under beautiful Sydney Harbour we reach, in a half-dazed state, the coal face". *The whole letter is reproduced in the publication cited at the end of this article.*

The property was sold in 1955. Each shaft was filled with fly ash from the White Bay Power Station and concrete seals were placed on the shaft heads by 1957.

The description of the Balmain mine in this article is based substantially on the following publication:

PRIMEFACT 556 dated February 2007 issued by the NSW Department of Primary Industry

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Balmain Colliery from across the Harbour by John Henry Harvey, 1855-1938 photographer, courtesy State Library of Victoria.