Pittwater Online News

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February 3 - 9, 2013: Issue 96

Sea Mists and Salt Airs of Pittwater

We shift for our last month of Summer 2013 from a saltwater theme to salt air; a notion the ocean seems to be agreeing with on Thursday morning when a cooling sea mist filtered over our beaches and kept the too hot too soon sun a little damper. The picture above, taken by Michael Mannington at Newport, and the other, taken from on high of the mist over Mona Vale beach and Warriewood, Long Reef and North Head shows how lovely it was in the am hours.

By early afternoon rising wind was blowing spumes of saltwater off the back of the Queensland storm surge waves that have caused really high tides in the estuary and waves that just have to be ridden by experienced surfers at all beaches. The photograph below shows some of the scale of these at north Avalon on Thursday afternoon, days after they first arrived, and how a salt thickened air adds a cooling haze even when sea mists have been blown away.

Front Page Pictures by Michael Mannington and A J Guesdon, 2013.

Past Features
Archives

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Pittwater Online News

February 3 - 9, 2013: Issue 96

Articles This Week:

Pittwater - Salt Air: sea mists and salt hazes inspire February's themes for our 2012/13 Summer Issues

AvPals Open Day by Michael Mannington

Jellyfish of Pittwater - and other seashore items that aren't !

Palm Beach to Whale Beach BIG SWIM 2013 by Mike O'Flynn and Michael Mannington

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

Collector's Corner: The ***Helen B Stirling*** Ship's Wheel in Club Palm Beach foyer (given by Carl Gow

All Previous Articles

THIS AREA
RESERVED FOR
FISHING CLUB
WEIGH IN
Thank You

Profile: February 2013 saltair clubs and organisations: Avalon Beach RSL Fishing Club - this Pittwater fishing Club is family orientated, fish-wise, and a breath of fresh salt air!

Previous Profiles:

Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie Haythornthwaite Joan Fisher Mark Ferguson Veteran Carolyn McKay Christine Hopton Ian White Jack Elsegood Robert Grace Colin Casey Bob Waterer The Surfers Group The Palm Beach Yacht Club Pittwater Natural Heritage Association Pittwater Friends of Soibada Pam Bayfield Denise Casey Lynda Hill Belinda Grundy Paul Christie Neil Evers Andrew Holder Ian Curlewis Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club The Bopulaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Goode Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble Graham Spong Sailability Pittwater Mona Vale Hospital Auxiliary Avalon Active Seniors Group Northern Beaches Orchestra Sonja Elwood June Lahm Valerie Vickers Karen Draddy Betty King David Hanley Les Ball Paul Webb Malo Legardinier E G Constructions Integrity Candles Monatones The Narrabeen Lakes Ladies Probus Club Inc. Nina Curtis Robyn McWilliam Gretel Pinniger Ted Blackall Edwin Barnard Doug Elliott Anthony Patrick Chandler Walter 'Wal' Wardle

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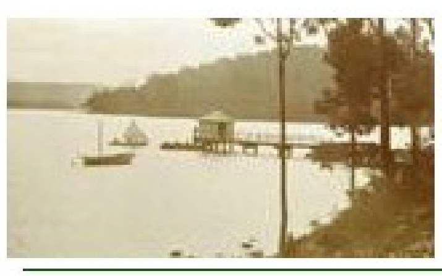

History: February 2013 - Pittwater Wharves and Jetties: Church Point Wharf

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Previous History Pages:

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

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Park Bench Philosopher: The *Australian Sunrise* and *Wattle and Myrtle* by Australian poet-schoolmaster, James Lister Cuthbertson; lyrical sea mists and flora upon oceanic headlands

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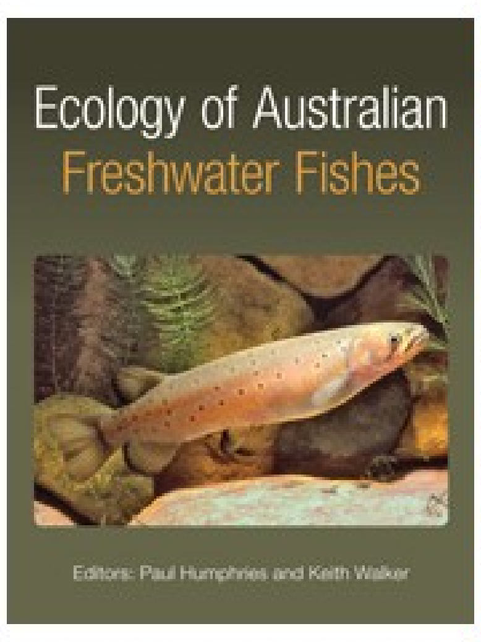

Books: Underwater Eden: saving the last coral wilderness on Earth, The Sky Is Not The Limit The Life of Australia's Top Gun, Chasing the Light: A Novel of Antarctica, The Lost Diggers, What's Your Dog Teaching You?, Field Companion to Mammals of Australia, The Field Guide to the Birds of Australia 9th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

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

News From our Inbox The Welcome Wall at the Australian National Maritime Museum, Centennial Park Sydney 125 years young, Digital Productivity and Services Flagship, Research gives digital economy a boost, **View early Colonial Office photos in Australasia**, Pointless Exercise, Previously unknown sleep pattern revealed in University of Sydney research, Mysteries of Spider Silk Strength Unraveled, **Beer's Bitter Compounds Could Help Brew New Medicines**, Next Generation Solar Cells: Trapping Sunlight With Microbeads, Primates Can Move in Unison, **Health papers published this week:** In Breast Cancer Metastasis, Researchers Identify Possible Drug Target; DNA-Repairing Protein May Be Key to Preventing Recurrence of Some Cancers; Eating Deep-Fried Food Linked to Increased Risk of Prostate Cancer; Research May Lead to New Strategies Against Sepsis; Mining Bacterial Genome for Novel Drugs; Emotional Stress Reduces Effectiveness of Prostate Cancer Therapies in Animal Model; New Target for Rheumatoid Arthritis Drugs; Scientists Identify Four Mechanisms That Contribute to Gastric Cancers; Less Invasive Treatment Is Associated With Improved Survival in Early Stage Breast Cancer

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Community News: Nan Bosler and Margaret Molloy honoured, Storms Surfers Wins Best Doco Award, Zonta 2013 International Women's Day Breakfast, Register for Clean Up Australia Day 2013, Colourful Pooch, Rare Word from Ed.,Ted Blackall New Terms Begin Soon, Special offer from Gretel Pinniger to Paint Portrait of The Art Depot Winner, 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, Karen Draddy - Letters Please, Online Workshop - Masterclass Ask Ian - March 2013, Our Council's Notices, Fed. Govt. Media and more

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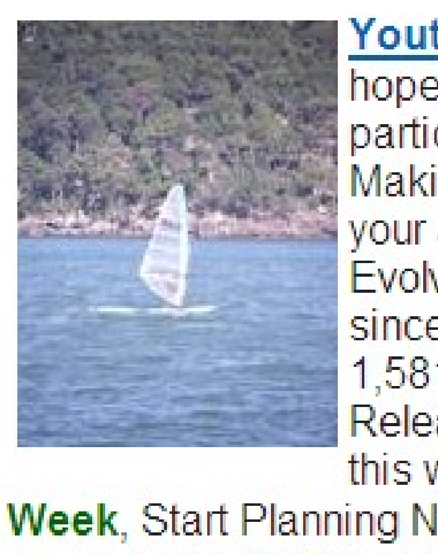
Environment; Get your subsidised compost bin or worm farm now!, Feeding our native wildlife, Jellyfish of Pittwater, World Heritage Listing Sought for Tasmanian Forests, Disease Not a Factor in Tasmanian Tiger Extinction; Humans to Blame for Demise of Extinct Australian Predator, Ozone Depletion Trumps Greenhouse Gas Increase in Jet-Stream Shift, **Fish Stories for the Week:** This Is What a Fish Thought Looks Like; Zebrafish May Hold the Answer to Repairing Damaged Retinas and Returning Eyesight to People, Orphaned kangaroo and wombat become best friends, New study calls for society to change the way it refers to shark behaviour, Groundwater Depletion Linked to Climate Change, Eco-cinema - 'Waste Not', Family Friendly Wetland Nightlife, **Cooee February 2013,** Live Penguin Cam, Environment Events, local Environment groups, and organisations.

Lynda Hill: Update 26.1.13: Resolutions, Revolutions and Rewards - January's Leo Full Moon

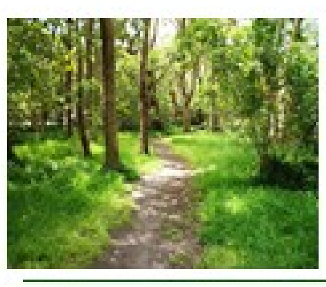
GREAT NEWS; Gary Goldschneider, the author of The Secret Language Of Birthdays (the birthday book - a huge bestseller), is coming to Australia; We are doing seminars, talks and readings, particularly on the east coast of Australia, from mid January to the first week of March. Read More in Update.

Pictures: THE BIG SWIM 2013 - by Mike O'flynn and Michale Mannington.



Youth: A Few Inspirations of a Maritime kind to hopefully inspire some of our Pittwater children to participate in this year's History Challenge: Sail Making, In Search of a shipwreck, and Choose your adventure + Changing Boundaries - Evolvement of Australia's political boundaries since 1788, What My Friends and I Did With 1,581 Soda Bottles, Federal Government Media Releases concerning children and young adults this week, **Safer Internet Day - 2013 This Week**, Start Planning NOW for the **2013 Premier's Sport Challenge!**, **National History Competition 2013**, Library Story-times for Littlies and more for you.

Seniors; **The Australian National Maritime Museum Online Exhibitions** (explore without taking your slippers off), Taking the Stairs, Raking Leaves May Have Same Health Benefits as a Trip to the Gym, **Soundtrack for the Mind, Waltz for the Soul!**, **2013 Premier's Seniors Week Gala Concerts - RING OR BOOK ONLINE THIS TUESDAY IF YOU WANT TO GO!**, Southern California Police Pursuit becomes reality, Accessible Tourism and Dementia, **AvPals Classes Begin This Week**, **Health Papers Published this week:** Poor Sleep in Old Age Prevents the Brain from Storing Memories; Dementia Sufferers Benefit from GPS; Guidelines for Brain Amyloid Imaging in Alzheimer's; local Support and Education Activities.



Community Clubs: Updates on Activities and links to sites.

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

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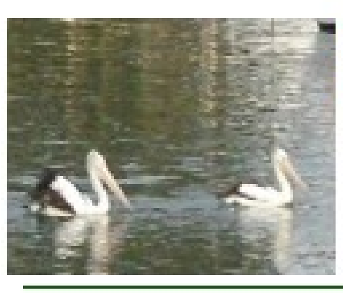

Reflections by George Repin. **This week; THE COAL MINE AT BALMAIN**

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

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

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

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

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Avpals open day – January 2013

By Michael Mannington

Avalon Computer Pals Open Day at Newport Community Centre was the opportunity to demonstrate some of the new computer tools suitable for Seniors. On Tuesday seventy people attended the Open Day to watch demonstrations on useful computer technologies that are of particular interest. The demonstration drawing the largest crowd was Skype, a means of making phone calls that include video for no cost. Using a computer or tablet, such as an iPad it is possible to phone family and friends anywhere in the world. Avalon Computer Pals president Paul Purvis, a long time Skype user presented live demonstrations how easy it now is to use Skype on mobile devices. Skype is ubiquitous as you can call another Skpe user or for a minimal cost call a remote land line or mobile.

Paul Purvis presents a live demonstration of Skype

The new Windows operating system Windows 8 was demonstrated on a large touch screen desktop along side a touch screen laptop. Perhaps touch screens are set to spread from mobile devices to all computers. Other hands on demonstrations included Mac computers and the popular Picassa photo management system. Tablet devices such as Android, Windows Tablet and iPad are hot items and Pals members were kept busy answering questions on the most suitable choice of device.

Uta Hoffman discusses tablets

Avalon Computer Pals conducts weekly courses on Skype and iPad and other exciting technologies for both beginners and more advanced users at Newport Community Centre 11-13, The Boulevarde, Newport. The afternoon courses are very popular so you need to check availability and bookings are essential, phone 8064 3574. All courses are for the over 55's only. Full details are on the website www.avpals.com.

Brian Hines explains the course options to be held in Newport

The next Open Day will be held in the Newport Community Centre as part of **Seniors Week on 20th March starting at 1.30pm**.

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Palm Beach - Whale Beach Ocean Swim 2013

Big Swim – 1058 finishers – first across line was Wally Eggleton aged 20 from South Windsor (NSW) in a time of 29.40 minutes and seconds and Zoe Elkerton aged 19 from Shellharbour (NSW) in a time of 31.57 minutes and seconds.

The Big Swim races this year incorporated; The Big Swim, 2.5km (10am), and for the first time The Little Big Swim of 1km, intended for newer, beginner ocean swimmers. This was not open to swimmers who also entered The Big Swim and run an hour beforehand. The course was a beach start, through the shore break, around four coloured buoys and back to the beach..

You will notice in the great photographs taken by Michael Mannington and Mike O'Flynn in the Volunteer Photography public gallery that some participants are wearing lipstick; yes, even the men. The reason behind this parallels all Big Swims on our coasts during each year, supporting surf lifesaving and with this swim, the quest to find a cure for Multiple sclerosis.

From the Big Swim website:

All entrants will be offered red lippie to wear on the swim and to create an Australian record, at Palm Beach, for the largest number of people in one place wearing red lipstick. By getting into the spirit of this, all fine ocean swimmers can show their support for the Aussie drive to find the cure for the most common chronic neurologic disease of young adults (average age at first attack is 30).
Several people with MS are taking on the Big Swim. In its early years, and between attacks, this is possible. Not so as the years pass. Hence the search for a cure.

To assist those who want to fundraise but are not ready yet for the Big Swim, Whale Beach SLSC is running a 1km swim, the "Little Big Swim" immediately before the The Big Swim, Palm Beach to Whale Beach. It's open to all ocean swimmers, although in this first year, it won't be possible to do both swims: you will need to choose one or the other.

The ocean swimming community over the years has shown the values, attitudes and achievements that represent the very best of Australian life and of our unique national character. As a member of that community and an entrant in the Big Swim or the Little Big Swim, you can bring forward the day MS is conquered by:
1. enhancing public interest in the plight of people with MS and in MS research through wearing the KGTMS red lipstick (provided by MS Angels on Palm Beach at Registration).
2. registering as a KGTMS fundraiser and getting friends, family, workmates to support your supreme effort in completing an ocean event (click here then click on Register as a Fundraiser).
3. supporting a KGTMS swimmer through personal or corporate donation. If you don't know anyone, you may consider supporting Dimitri Cachia, an inspiring young guy who is doing the Big Swim despite (and to spite) his MS... click here
4. coming to a celebratory lunch post-swim at Moby Dick's at Whale Beach (click here) with special guest speaker inspirational Paralympian, Carol Cooke, who brought home a gold medal for Australia in the London Olympics. The MC is ABC Weather Presenter, Graham Creed. Both Carol and Graham are competing in The Big Swim.
All donations go to Multiple Sclerosis Research Australia where 100 cents in every donated dollar goes to MS research. Jan 27 should be a very special day for all fine ocean swimmers and the community they have built and value.

The symbol of the **Kiss Goodbye to MS** campaign is wearing red lipstick. See www.kissgoodbyetoms.org/ for more details.

The first Northern beaches male and female residents to finish were: 2nd overall Ollie Signorini, 16 years old, of North Curl Curl in 0:31:31 and Bronte Sloan, also 16 years old, of Manly in 0:37:12, who finished 42nd overall.

First Pittwater competitors:
Men:
22nd: Jonah BEARD 18 years, Palm Beach (NSW): 0:35:13
23rd: James CLERKE 14 years, Avalon (NSW): 0:35:17

Women:
68th Maddie SPENCER, 16 years, Mona Vale (NSW) 0:38:50
89th Tilda BELLKLEMM 14 years, Avalon (NSW) 0:40:09
90th Sue KEARNEY 55 years, Whale Beach (NSW) 0:40:10

Palm Beach to Whale Beach – The Big Swim

The first Big Swim was held in 1974 with 38 brave and fit members of Whale Beach Surf Life Saving Club competing. The concept for the swim came from Bob Lynch, the father of our own **Barton Lynch**, World Champion surfer. Sadly, Bob, a police officer, was killed while travelling on his police motorcycle. The swim now honours this gentleman by calling the annual swim the 'Bob Lynch Memorial Swim'.

The idea of this beach–to–beach, open ocean swim caught on, with numbers of entrants increasing dramatically to a point just shy of 2000 in 2003 and 2004. The Palm Beach to Whale Beach course runs for about 2.5 km. It starts in front of the Palm Beach Pavilion, runs straight out from Palm Beach, parallel to the coastline, around Little Head and into the centre of Whale Beach.

Conditions have varied over the years, from flat and calm to very strong swells and chop. In a south-easterly wind, the course becomes difficult as swimmers must plough through both the wind and swind driven choppy swell. In north-easterlies blown years in past swims bluebottles have had to be contended with. This year's Big Swim saw a record number of entrants in all ages and categories. Pittwater Council waives parking fees on Big Swim day at Palm Beach and Whale Beach until mid-afternoon and Whale Beach SLSC organises a shuttle bus to run between the race start at Palm Beach and Whale Beach.

Transcription of Michael Mannington's tape of Michael Gibson, radio announcer, interviewing Cr. Jacqui Townsend, Mayor Of Pittwater:

Whale Beach

Cr. Jacqui Townsend: It's great to see all these swimmers down here and I believe it's the first time we've run The Little Swim so congratulations to all the new swimmers out there.

Mike Gibson: They come in all shapes and sizes and they've had to change the course because it's pretty tough here this morning but like all toughies, there's never any doubt that they're going to dive in there and do it.

Cr. Townsend: If you're going to do it then this is probably the best day to do it because this is probably the worst conditions you'll get.

Mike Gibson: The northern peninsula is renowned for sports, are you a sporting woman?

Cr. Townsend: I was in my heyday; I've just come back from a five day cycle around Queenstown and Milford Sound, so I try.

Mike Gibson: What about swimming?

Cr. Townsend: I do a bit of swimming on the beaches, not so much as I used to. I tend to stick to the rock pools these days.

Mike Gibson: The Council's involvement with the swim, for those who don't know, what role does the Council play?

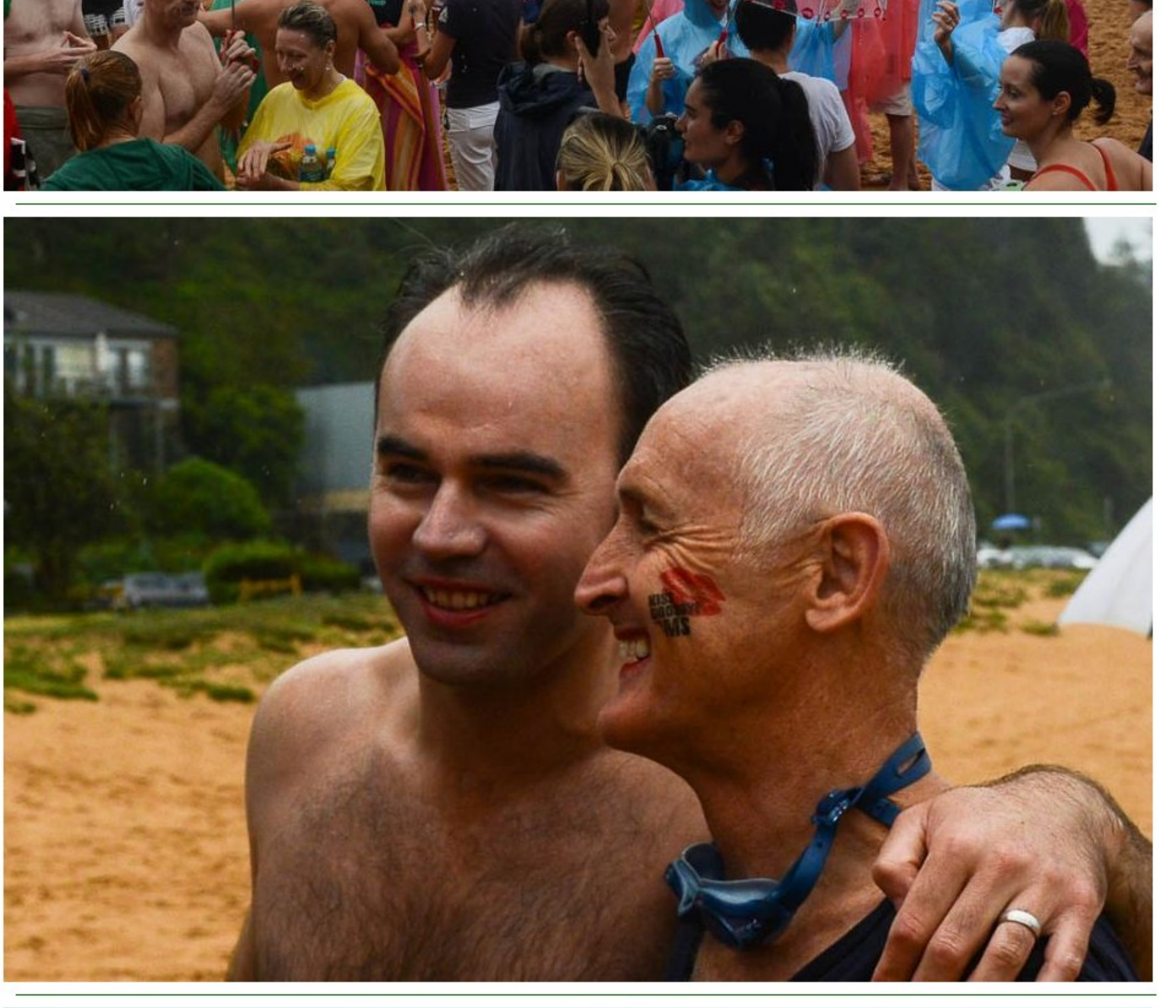
Cr. Townsend: The Council, through the motion brought forward by Cr. Bob Grace, we agrred to and adopted the sponsorship of this series, the Pittwater Big Ocean Swim Series, and the purpose behind this is to give a hand up to our surf life savers at all times and to allow them to put these events on and give them support with promotions.

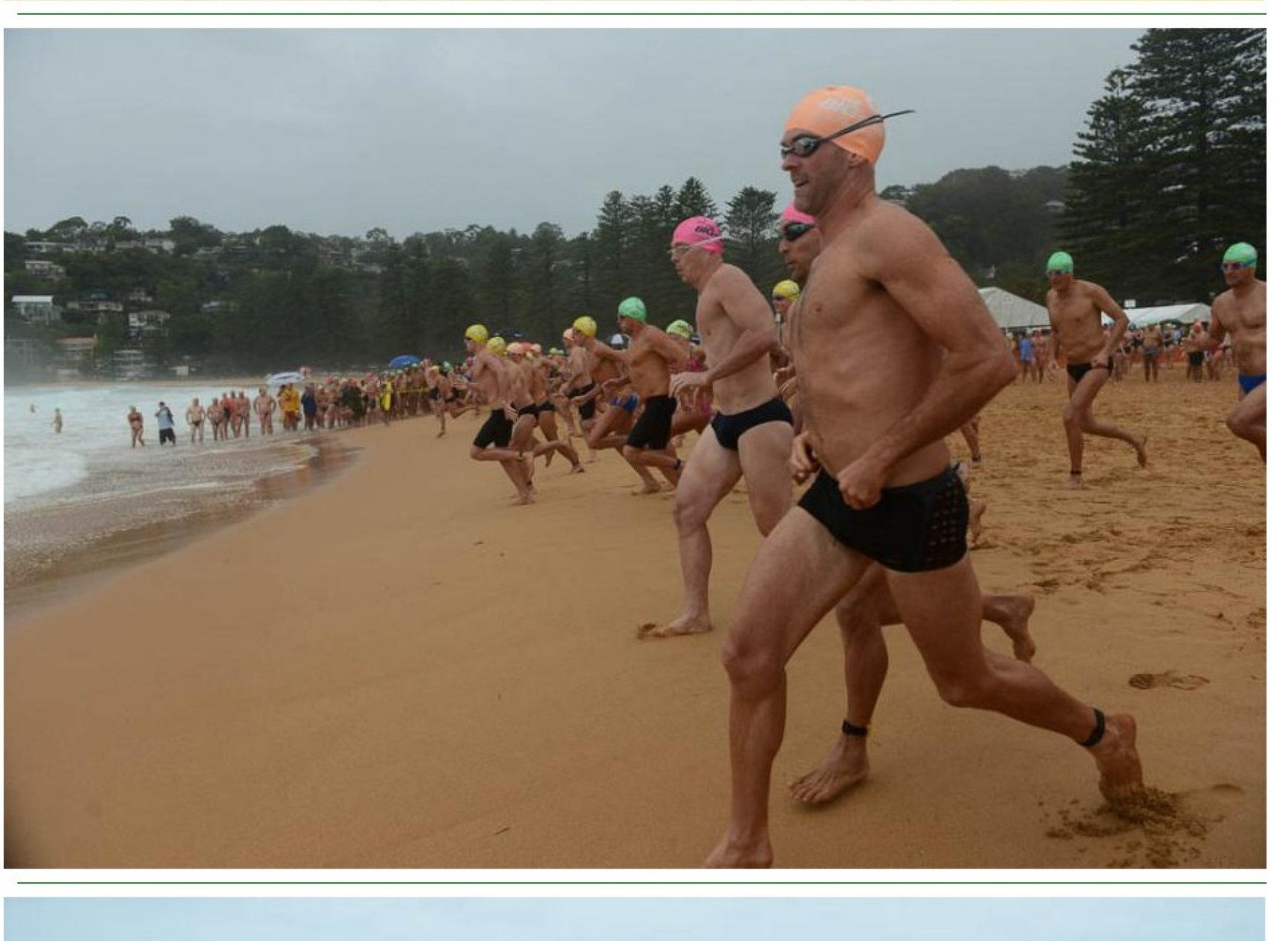
Mike Gibson: It's terrific that you do. I've got some kids myself and I people say, "what would you like your kids to be someday?' and people answer, "well, sure the Prime Minister, or maybe a heart surgeon, but you know what…I'd be very proud of my kids if the girls became nurses and the boys became lifesavers..and the girls become lifesavers too now anyway!

Cr. Townsend: Yes, I think you'll find that we have some pretty good elite girl lifesavers here.

Big Swim 2013 website: www.thebigswim.org.au/?page=results
Volunteer Photography's Public Gallery: http://gallery.volunteerphotography.org/p485235146#h5375a76c
All Big Swim 2013 results: http://www.thebigswim.org.au/results/bigswimres13oall.html

THE BIG SWIM
START
THE BIG SWIM
Brookfield MULTIPLEX
Brookfield MULTIPLEX





Pictures this page by Michael Mannington and Mike O'Flynn, Volunteer Photography, 2013.

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Jellyfish of Pittwater

Last Saturday while at the Royal Motor Yacht Club- Broken Bay, at Newport, what are termed 'blooms' of jellyfish were sighted. Smaller ones seemed to be gathering in a cloud among boats moored along the seawalls while another kind moved as gracefully as ballerinas through the water, seemingly curious about those looking down at them or attracted to the hulls of vessels. They were beautiful, colourful but we didn't know what kinds they were.

A little research allows us to share these visions and their classifications in the marine world. They also remind that there are other seemingly 'jellyfish' like marine species that gather in our waters and wahs on our shores that aren't actually jellyfish. We've been collecting a record of these to share too.

Firstly a little bit about jellyfish though: Jellyfish are plankton (from the Greek word *planktos*, meaning to wander or drift) and are not strong swimmers, which keeps them at the mercy of the ocean currents. Blooms often form where two currents meet and if there is an onshore breeze thousands of jellyfish can be beached. Anemones, corals, jellyfishes and hydroids are collectively known as cnidarians. Cnidaria comes from the Greek word *cnidos*, which means stinging nettle. Cnidarians are classified into four main groups: the almost wholly sessile *Anthozoa* (sea anemones, corals, sea pens); swimming *Scyphozoa* (jellyfish); *Cubozoa* (box jellies); and *Hydrozoa*, a group that includes all freshwater cnidarians as well as many marine forms, and has both sessile members such as Hydra and colonial swimmers such as the Portuguese Man o' War. Fossil cnidarians have been found in rocks formed about 580 million years ago, and other fossils show that corals may have been present shortly before 490 million years ago and diversified a few million years later. There are over 10, 000 known species.

Most jellyfish live less than one year, and some some of the smallest may live only a few days. Each species has a natural life cycle in which the jellyfish form is only part of the life cycle The most familiar stage is the medusa stage, where the jelly usually swims around and has tentacles hanging down. Male and female medusae reproduce and form thousands of very small larvae called planulae. The larvae then settle on the bottom of the ocean on rocks and oyster shells and form a small polyp that looks just like a tiny sea anemone. Each polyp will bud off many baby jellyfish called ephyrae that grow very quickly into adult medusae. Some scientists believe that jellyfish have increased because coastal development helps provide more underwater habitat for jellyfish polyps to grow.

Those photographed in Pittwater so far:

Moon Jelly

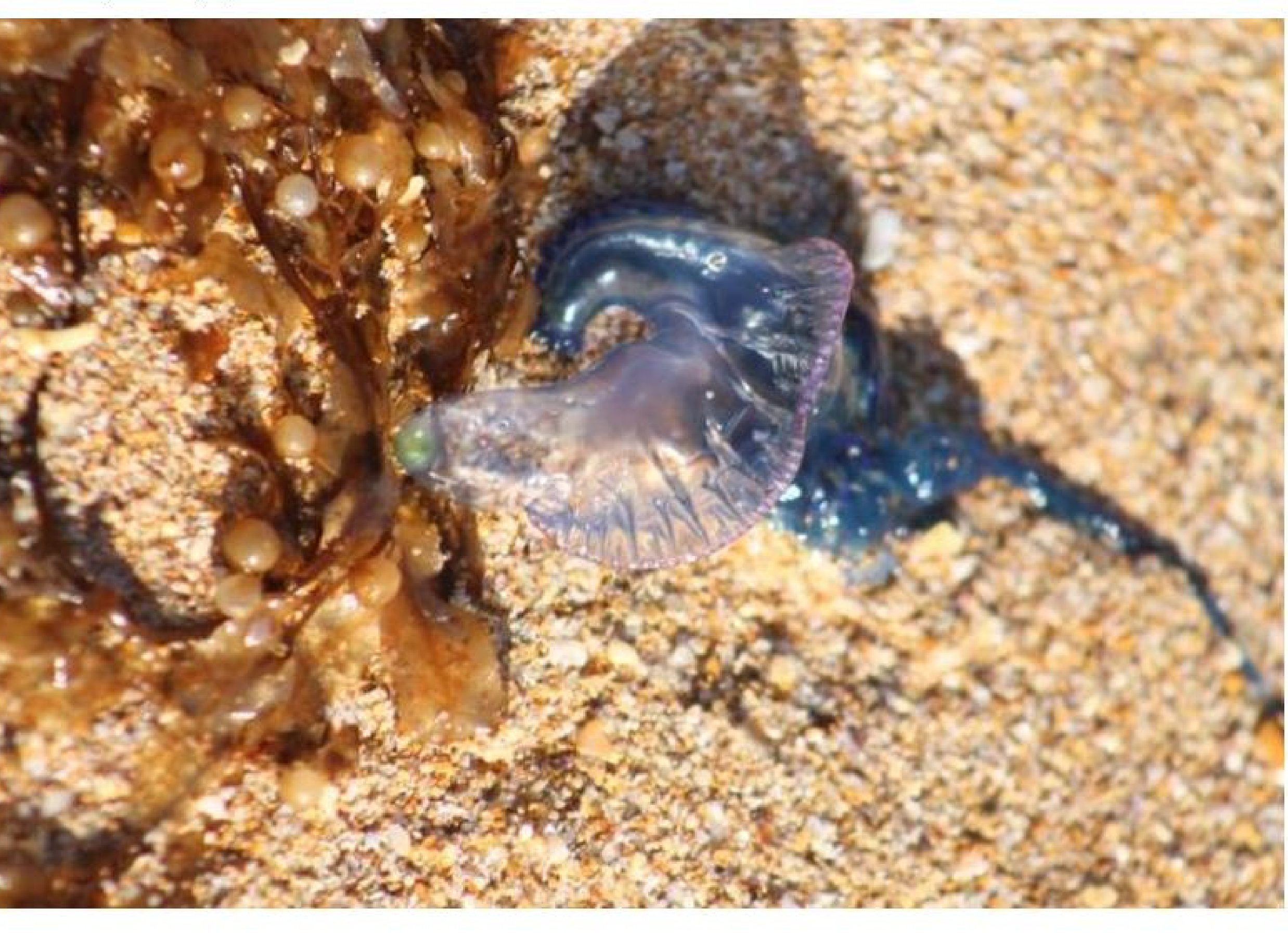
The Moon Jelly *Aurelia aurita* (also called the moon jellyfish, common jellyfish, or saucer jelly) is a common ocean animal and can be extremely abundant as seen here. Currents often sweep them into sheltered bays. They live in oceans, coastal waters and estuaries. All species in the genus are closely related, and it is difficult to identify Aurelia medusae without genetic sampling; most of what follows applies equally to all species of the genus: The medusa is translucent, usually about 25–40 cm in diameter, and can be recognized by its four horseshoe-shaped gonads, easily seen through the top of the bell. It feeds by collecting medusae, plankton and mollusks with its tentacles, and bringing them into its body for digestion. It is capable of only limited motion, and drifts with the current, even when swimming.

They feed on plankton that includes organisms such as mollusks, crustaceans, tunicate larva, rotifers, young polychaetes, protozoans, diatoms, eggs, fish eggs, and other small organisms. Both the adult medusae and larvae of Aurelia have nematocysts to capture prey and also to protect themselves from predators. The food is caught with its nematocyst-laden tentacles, tied with mucus, brought to the gastrovascular cavity, and passed into the cavity by ciliated action. There digestive enzymes from serous cell break down the food. There is little known about the requirements for particular vitamins and minerals, but due to the presence of some digestive enzymes, we can deduce in general that A. aurita can process carbohydrates, proteins and lipids. Aurelia does not have respiratory parts such as gills, lungs, or trachea. Since it is a small organism, it respires by diffusing oxygen from water through the thin membrane covering its body. Within the gastrovascular cavity, low oxygenated water can be expelled and high oxygenated water can come in by ciliated action, thus increasing the diffusion of oxygen through cell. The large surface area membrane to volume ratio helps Aurelia to diffuse more oxygen and nutrients into the cells. They are a favourite food of many species of turtle, particularly the Leathery Turtle which has been recorded in Cowan Creek. If you look at the appearance of these jellyfish you can understand why turtles will eat plastic bags of they are discarded into waterways as they often mistake them for one of the species on their menu. (1)

Bluebottles

The Portuguese Man O' War *Physalia physalis*, also known as the Portuguese Man-Of-War, Man-Of-War, or Bluebottle, is a jellyfish-like marine cnidarian of the familyPhysaliidae. Its venomous tentacles can deliver a powerful sting. The name "man o' war" comes from the man-of-war, a 16th-century armed sailing ship, and the cnidarian's supposed resemblance to the Portuguese version at full sail. This species and the smaller Indo-Pacific man o' war are responsible for around 10,000 human stings in Australia each summer, particularly on the east coast. The Portuguese man o' war is a carnivore which uses its venomous tentacles, a man o' war traps and paralyzes its prey. Typically, men o' war feed upon small aquatic organisms, such as fish and plankton. They form a part of the loggerhead turtles diet.

The best treatment for a Portuguese man o' war sting is:
To avoid any further contact with the Portuguese man o' war and to carefully remove any remnants of the organism from the skin (taking care not to touch them directly with fingers or any other part of the skin to avoid secondary stinging); then
To apply salt water to the affected area (not fresh water, which tends to make the affected area worse)
To follow up with the application of hot water (45 °C/113 °F) to the affected area from anywhere between 15-20 minutes which eases the pain of a sting by denaturing the toxins.
If eyes have been affected, to irrigate with copious amounts of room-temperature tap water for at least 15 minutes, and if vision blurs or the eyes continue to tear, hurt, swell, or show light sensitivity after irrigating, or there is any concern, to see a doctor as soon as possible.
Vinegar is not recommended for treating stings. Vinegar dousing increases toxin delivery and worsens symptoms of stings from the nematocysts of this species. Vinegar has also been confirmed to provoke haemorrhaging when used on the less severe stings of nematocysts of smaller species. (4.)

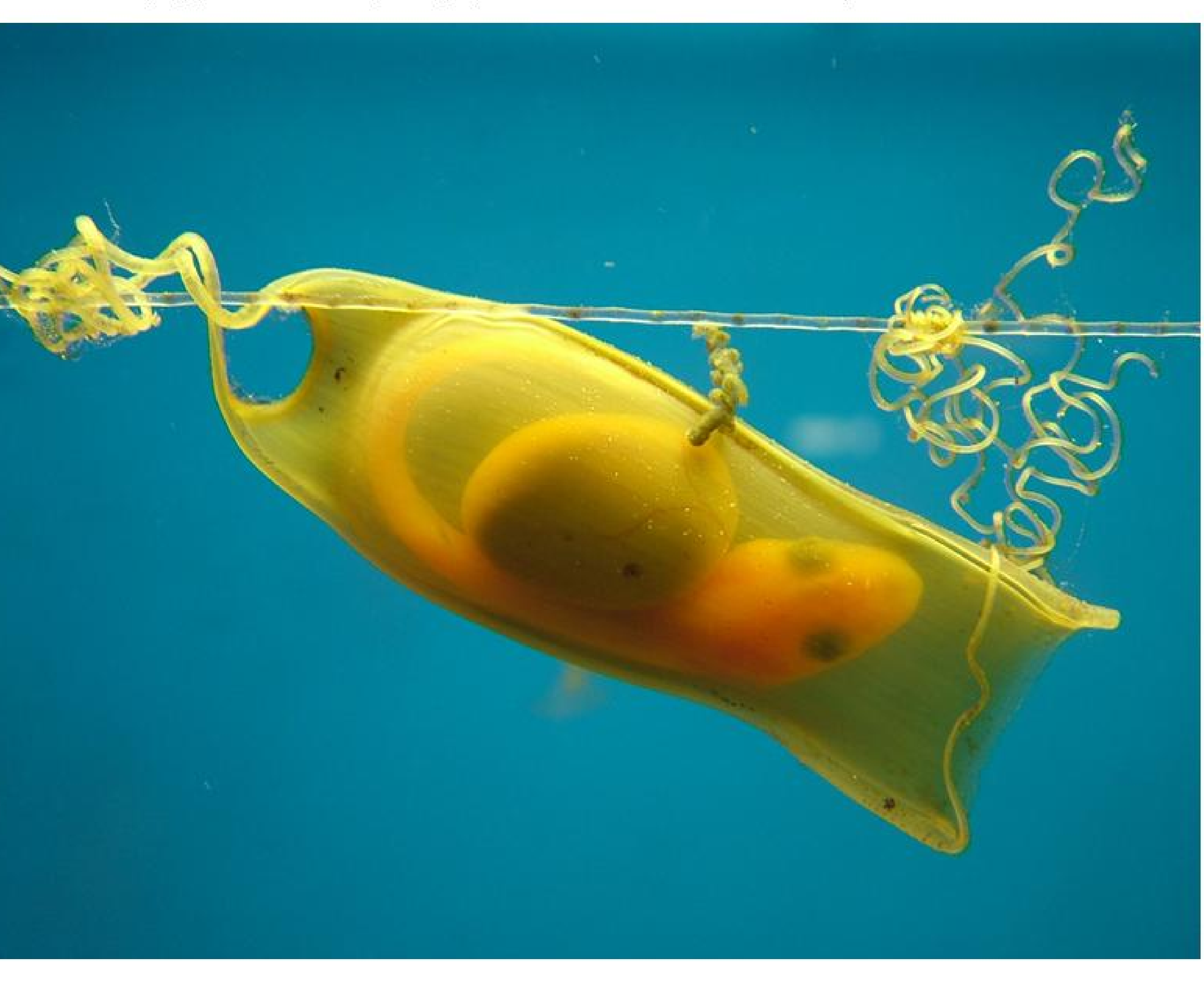


Jelly Blubber

Blubber Jellyfish *Catostylus mosaicus*, also known as Jelly Blubber. Found in intertidal estuaries and coastal waters of eastern Australia they are the most commonly encountered jellyfish with large swarms appearing in estuaries. In Sydney waters, the Jelly Blubber's large bell is a creamy white or brown colour, but farther north it is usually blue. This is because the jellyfish has developed a symbiotic relationship with algal plant cells that are kept inside its body. These plants vary in colour from region to region. The algae photosynthesise, converting sunlight into energy that can be used by the jellyfish. The Jelly Blubber has no mouth but there are many tiny openings in its tentacles. The tentacles also have stinging cells that can capture tiny crustaceans and other plankton. (2.)

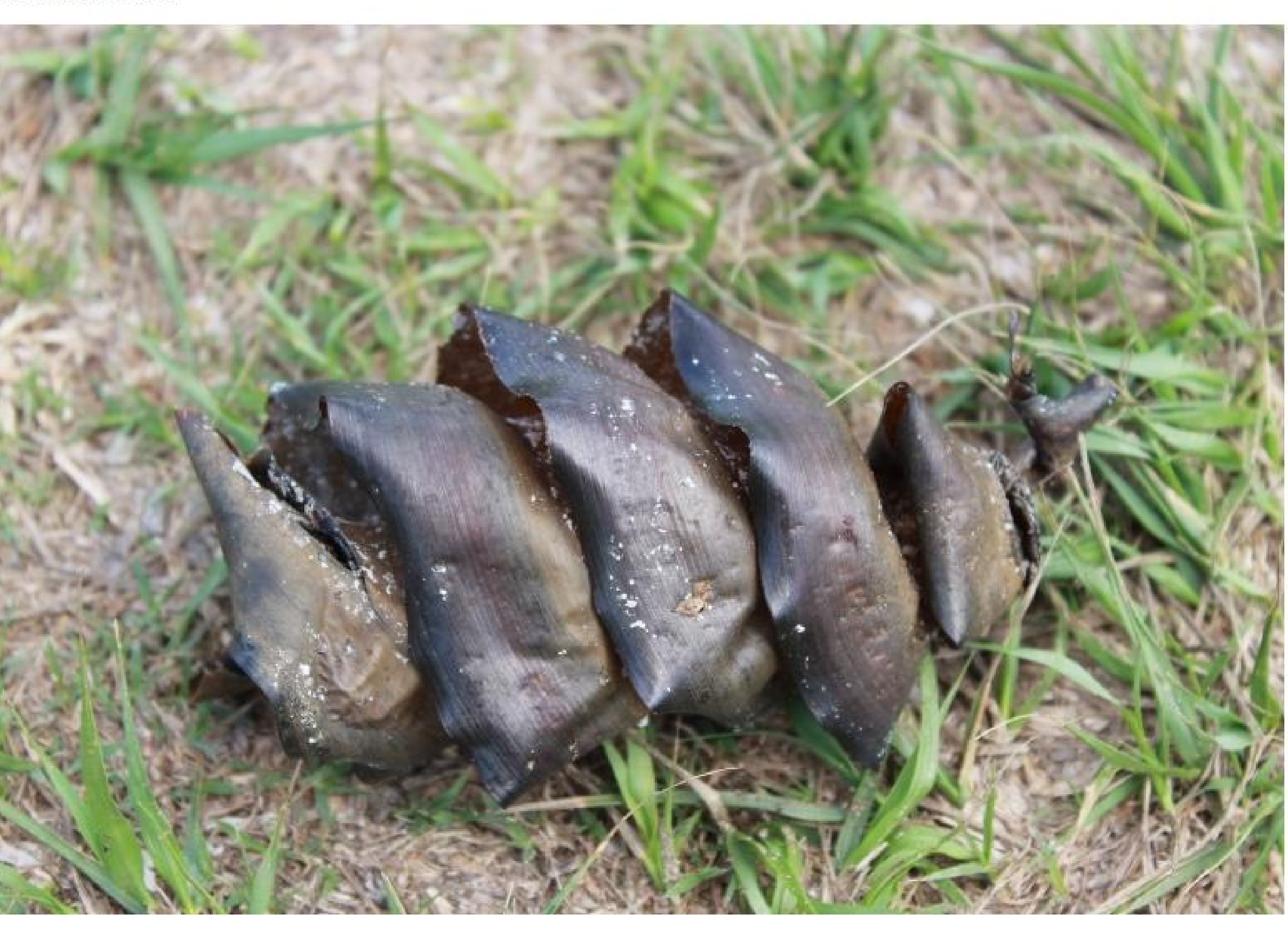
Marine species that look like but are not Jellyfish

These half arc crescent- jelly like objects are actually the egg sacs of Sand Snails. There are a few species of Sand Snails common in our area. The Conical Sand Snail (*Polinices conicus*) is a honey-coloured, pear-shaped shell with a brown or orange band along the top of each whorl. It grows to 42mm and is found on sand flats of sheltered beaches and estuaries. Polinices incei grows to about the same size but varies in colour and is rounder. The Sordid or Leaden Sand Snail (*Polinices sordidus*) prefers the more muddy conditions of estuaries. Its shell, which grows to about 36mm, varies from grey to brown with an orange outer lip. (3.) Sand snails lay their eggs in these kidney-shaped egg jellies, sometimes called 'horseshoe jellies'. If you hold them up to the light you will see spots inside which are the tiny eggs. This one was photographed on the mudflats of Careel Bay in 2009.



The other marine object you may find washed up on the estuary beaches or ocean shores are shark egg sacs. If seen in the water they are still semi-translucent. Some species are oviparous like most other fish, laying their eggs in the water. In most oviparous shark species, an egg case with the consistency of leather protects the developing embryo(s). These cases may be corkscrewed into crevices for protection, giving them their 'screw' appearance. Once empty, the egg case is known as a mermaid's purse, and can wash up on shore. Oviparous sharks include the horn shark, catshark, Port Jackson shark, and swellshark. (5)

The one shown here was found adjacent to Station Beach, Palm Beach on Thursday, perhaps discarded by someone who decided against taking the smell home.



Although these marine creatures and offcasts from new marine creatures are beautiful, advising our younger generation not to step on them with bare feet or handle them will ensure they don't get stung. Bluebottles do still sting those who jog over them while still wet, even hours after being washed onto the sand, and most jellyfish, if they can sting their prey, can sting you too.

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Photo of Shark egg with shark still in it: 'New life' by and courtesy of Boeddha, March, 2009.

How a Jellyfish swims - *Chrysaora quinquecirrha* ("sea nettle") swimming

Report and Pictures by A J Guesdon, 2013.

Pittwater Online News

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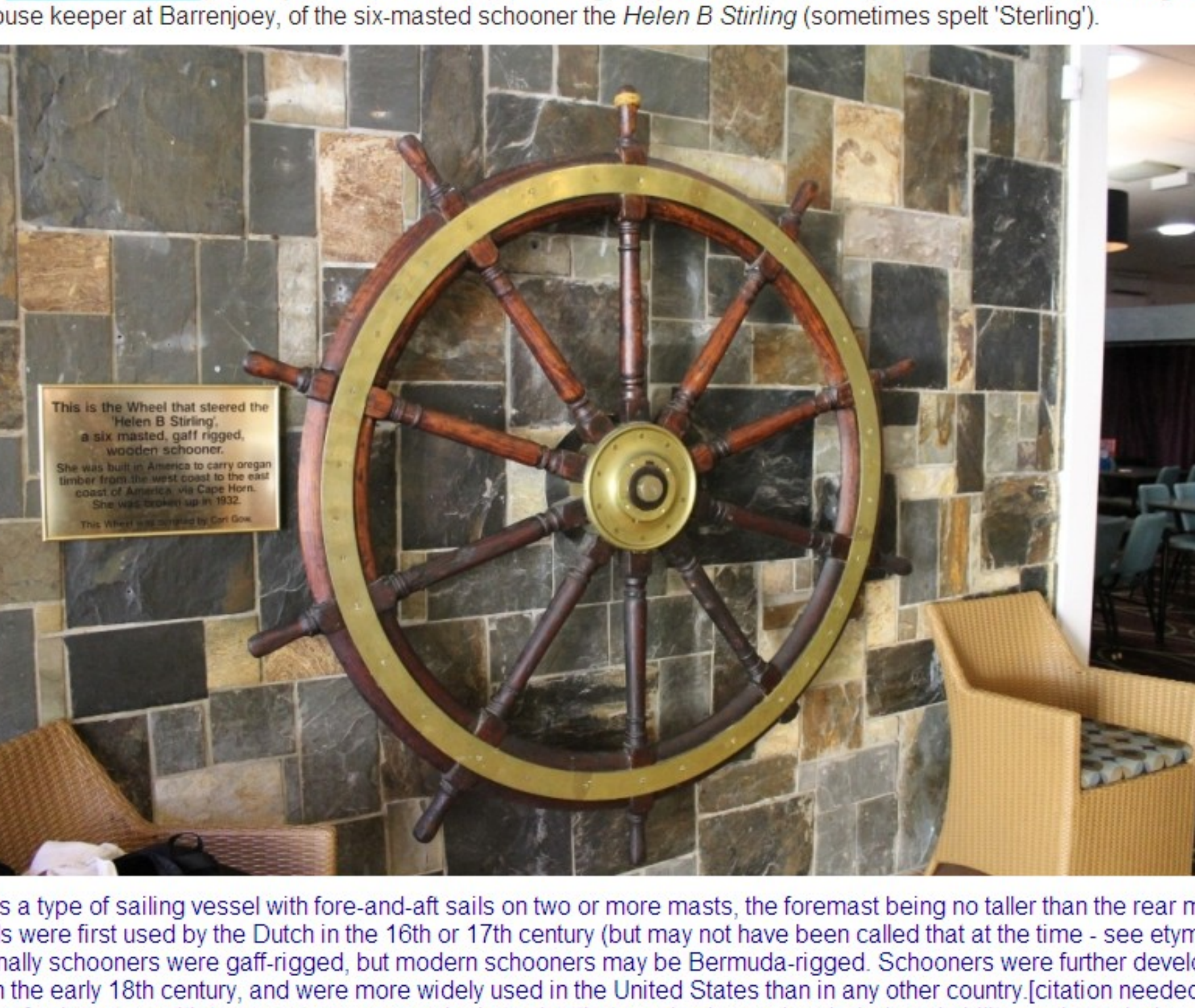
The *Helen B Stirling* Ship's Wheel at Club Palm Beach

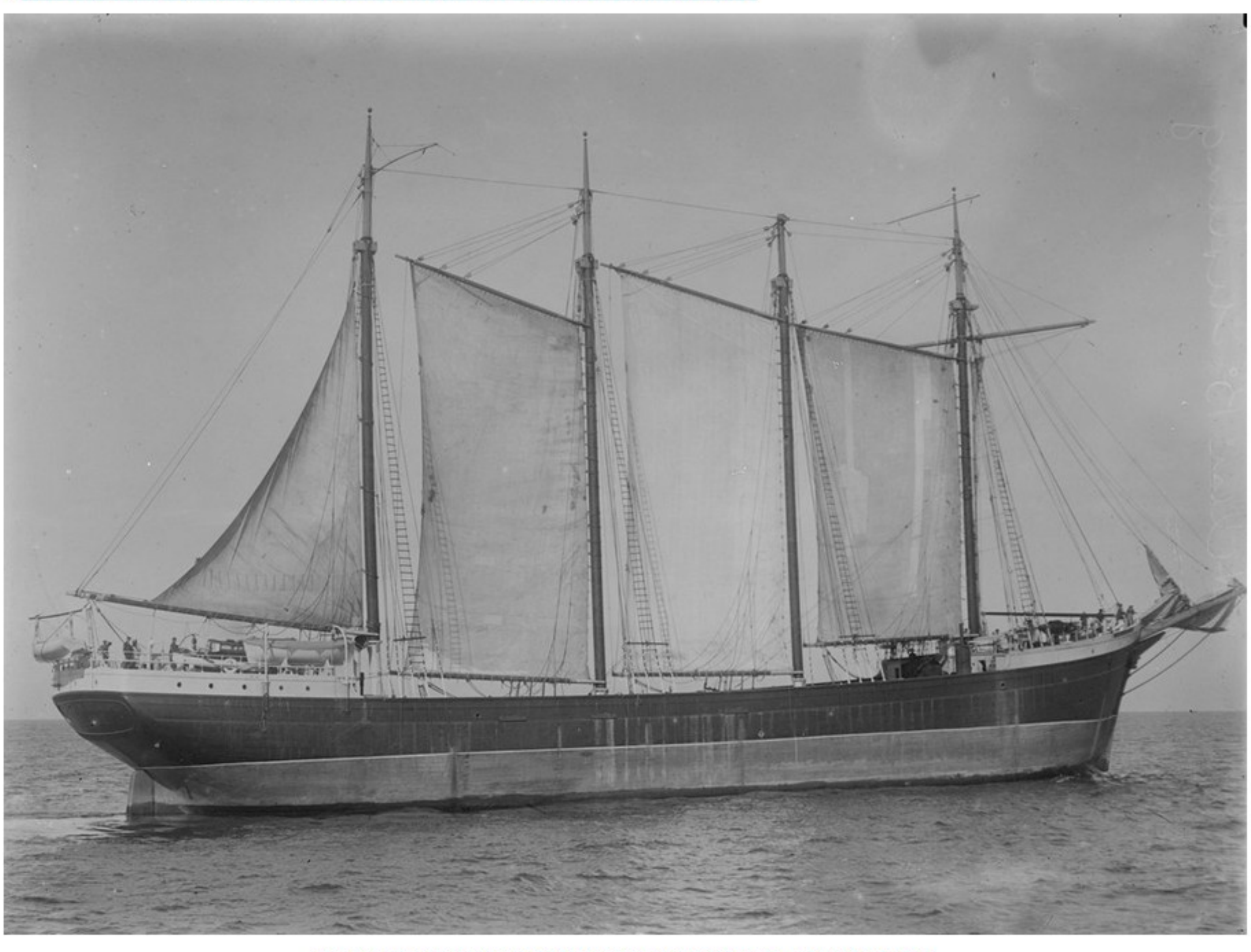
In the foyer of Club Palm Beach (formerly Palm Beach RSL) is the large ship's wheel donated by Carl Gow, Palm Beach legend and former lighthouse keeper at Barrenjoey, of the six-masted schooner the *Helen B Stirling* (sometimes spelt 'Sterling').


This is the Wheel that steered the
'Helen B Stirling',
a six masted, gaff rigged,
wooden schooner.
She was built in America to carry oregan
timber from the west coast to the east
coast of America, via Cape Horn.
She was broken up in 1932.
This Wheel was donated by Carl Gow.

A Schooner is a type of sailing vessel with fore-and-aft sails on two or more masts, the foremast being no taller than the rear mast(s). These vessels were first used by the Dutch in the 16th or 17th century (but may not have been called that at the time - see etymology, below). Originally schooners were gaff-rigged, but modern schooners may be Bermuda-rigged. Schooners were further developed in North America from the early 18th century, and were more widely used in the United States than in any other country.[citation needed] The most common type of schooners, with two-masts, were popular in trades that required speed and windward ability, such as slaving, privateering, and blockade running. They were also traditional fishing boats, used for offshore fishing. They were favoured as pilot vessels, both in North America and in Northern Europe. According to the 1911 Encyclopædia Britannica, the first vessel called a schooner was built by builder Andrew Robinson and launched in 1713 from Gloucester, Massachusetts. Legend has it that the name was the result of a spectator exclaiming "Oh how she scoons", scoon being similar to scone, a Scots word meaning to skip along the surface of the water. Robinson replied, "A schooner let her be." According to Walter William Skeat, the term schooner comes from scoon, while the sch spelling comes from the later adoption of the Dutch and German spellings ("Schoener"). Schooner. (2013, January 25). In *Wikipedia*, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Schooner&oldid=534832403

This wheel with ten spokes makes it one of the larger versions of ship's wheels;

A traditional ship's wheel is composed of eight cylindrical wooden spokes (though sometimes as few as six or as many as ten) shaped like balusters and all joined at a central wooden hub or nave (sometimes covered with a brass nave plate) which housed the axle. The square hole at the center of the hub through which the axle ran is called a drive square and was often lined with a brass plate (and therefore called a brass boss) which was frequently etched with the name of the wheel's manufacturer. The outer rim is composed of four sections each made up of stacks of three felloes, the facing felloe, the middle felloe, and the after felloe. Because each group of three felloes at one time made up a quarter of the distance around the rim, the entire outer wooden wheel was sometimes called the quadrant. Each spoke ran through the middle felloe creating a series of handles on the outside of the wheel's rim. One of these handles/ spokes was frequently given extra grooves at its tip which could be felt by a helmsman steering in the dark and used by him to determine the exact position of the rudder— this was the king spoke and when it pointed straight upward the rudder was dead straight. The wood used in construction of this type of wheel was most often either teak or mahogany. Ship's wheel. (2013, January 21). In *Wikipedia*, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Ship%27s_wheel&oldid=534097784

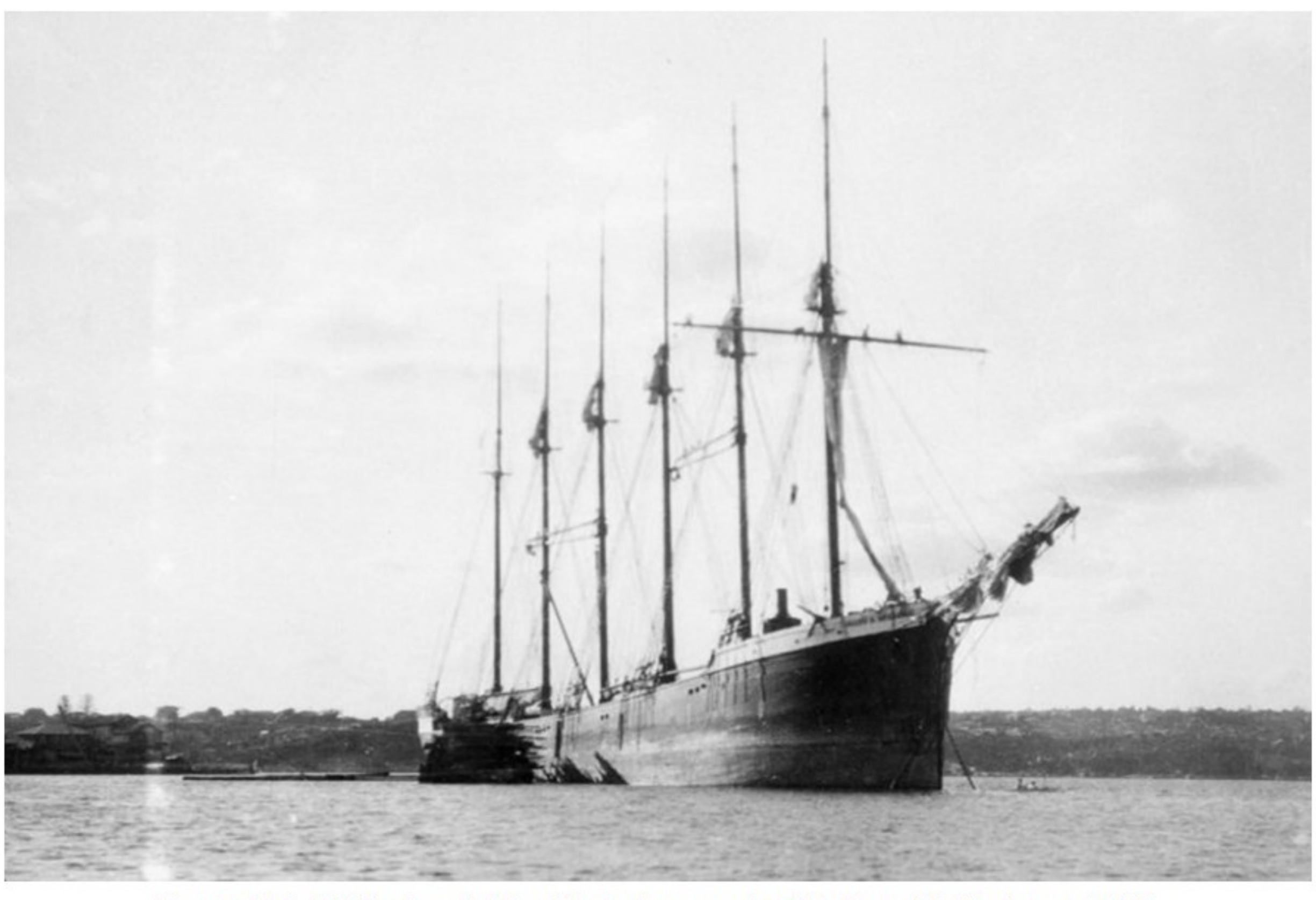


The first Helen B Sterling, courtesy State Library of Victoria. Image no: 230169

There were two sailing ships of this name. The first was a four mast schooner which foundered in 1922 near Three Kings off New Zealand. This *Helen B Sterling* was built as a four-mast wooden auxiliary screw schooner, a windjammer, of 1608 tons, and formerly known as the 'Tacoma', by the Washington Shipping Corporation in Seattle in 1917. The dimensions of this vessel were: Length: 220 ft. Breadth: 43 ft. Depth: 21 ft. This original Helen B Sterling was wrecked and sunk in this storm which second generation relatives of those who were passengers state was more like a cyclone. (1).

HELEN B. STERLING. AFLOAT AND ADRIFT. Melbourne, Wednesday Night.— Cable advice reports, that the abandoned Helen B. Sterling is still afloat and drifting. HELEN B. STERLING. (**1922, January 26**). *Zeehan and Dundas Herald* (Tas. : 1890 - 1922), p. 3. Retrieved from http://nla.gov.au/nla.news-article84509225

Windjammers were large sailing ships with an iron or for the most part steel hull, built to carry cargo in the late nineteenth and early twentieth century. Windjammers were the grandest of merchant sailing ships, with between three and five large masts and square sails, giving them a characteristic profile. The origin of the name refers to the typical sound that is made by strong winds blowing through (modern) steel rigging and can be traced back to the Dutch language: the verb 'jammeren' can be translated as 'wailing'. Windjammer. (2013, January 30). In *Wikipedia*, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Windjammer&oldid=535649963



The second Helen B Stirling, from which this ship's wheel came., courtesy State Library of Victoria, image no: 230169.

The second ship of this name was a six-masted schooner purchased by Ray Milton Sterling (E R Sterling's son) in 1926 (she was originally the OREGON FIR and was rejigged). She was named after his mother. Her dimensions were approximately 267.0 feet (81.4 m) in length, 46.5 feet (15.3 m) breadth and 25.2 feet (7.7m) depth and she was a 2526-ton (gross) ship, alike her sister ship the *Dorothy H Sterling*. (3). The Dorothy H was named for Captain E R Sterling's daughter. Both these vessels were built at Portland, USA, by the Peninsula Shipbuilding Company of Portland, Oregon, USA and were not only the largest of their kind to be built then but also among the most expensive, costing £50,000 to build.

The Sterlings were an American shipping family. Patriarch Captain Edward Robert Sterling, Canadian born, and his wife Helen B Sterling, plied the timber trade between America, Australia and New Zealand. They had three children, Ray Milton Sterling, Ethel Manila Sterling and Dorothy H Sterling. They were E R Sterling & Company Inc. and came into possession of these large schooners after both met with mishaps elsewhere and their repair bills could not be met.

From the Australian National Maritime Museum blog and Flickr pages of August 30th, 2012 (4.):
Son Ray married Ethel May Francis, born on 17 March 1894 in Hamilton, Newcastle NSW, on 17 December 1916 at St Peters Church in her hometown of Hamilton. Two years later, their daughter Margaret Francis Sterling was born on 8 August, and within three months, records indicate that Mrs Sterling sailed to San Francisco with her daughter on the VENTURA. In the US, the couple lived in Seattle, Washington with Ray Sterling's parents, Captain E R Sterling and Helen B Sterling. Ray Sterling was captain of the six-masted barquentine E R STERLING throughout his career following his father's footsteps. E R STERLING was originally built in Belfast in 1883 as a four-masted iron ship LORD WOLSELEY. In 1904 it was renamed EVERETT G GRIGGS and modified into a six-masted barquentine. It was sold and renamed E R STERLING in 1910, and was broken up in 1927.

Picture: A 1925 picture of Ethel May Francis and daughter Margaret Francis beside the E R Sterling wheel; also ten spokes. Image Courtesy The Australian National Maritime Museum, Image: 00035539 taken by Samuel J. Hood Studio Collection; ANMM states before he made his way into photojournalism he would take his Folmer & Schwing Graflex camera to Sydney Harbour and make an income from photographing Captains and their families and their ships as portraits and studies of these vessels on Sydney and Newcastle Harbour. He also photographed many **Pittwater Regattas** once employed by SMH in the 1930's.

The Sterlings did not have possession of the Helen B Stirling for very long:

Helen B Sterling Sold: the six-masted schooner Helen B Sterling has been purchased by Mr W.S Payne, president of the Pacific Export Lumber Company. The vessel is enroute to Australia with a cargo of more then 2, 000,000 feet of lumber. The Helen B Sterling is to be given back her old name, Oregon Fir. She was completed in Portland in 1920. HELEN B. STERLING SOLD. (**1928, October 3**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 19. Retrieved from http://nla.gov.au/nla.news-article16499012

E R Sterling was forced to sell one of his schooners, *Ethel M Sterling* (named for daughter in law), because he had not paid for the two 240 horsepower diesel engines he had installed in 1926. They show a time of prosperity that would again be put under serious strain with E R Sterling & Company Inc. being riddled with ongoing ship disasters. In 1927, *E R Sterling* faced a gale near the Falkland Islands en route from Port Adelaide to Britain. After nine months at sea, the vessel sailed into the Thames in complete disrepair and had lost its chief officer, who had been crushed to death by one of the masts during a hurricane. (2)

In Autumn of 1930 the *Helen B Stirling* arrived in Sydney:

HELEN B. STIRLING. Arrives in Sydney. Memories of old sea dogs on the water-front yesterday were pleasantly revived when the graceful lines of the six-masted American schooner Helen B. Stirling came into view. Nowadays the entry of a sailer through the Heads excites quite a flutter among the older shipping fraternity, and the curiosity of the rising generation-they are strange visitors, becoming rarer every year or so. It Is three months since a salier, the Finnish barque Penang, entered the port of Sydney and revived memories of not so many years ago when rival tugs set out to search for her and bring her safely to port. The Helen B. Stirling is a **vessel of 2500 tons**. She brought nearly 3,000,000 feet of timber from Portland, Oregon, after a voyage occupying 78 days. Her skipper, Captain H. H. Oostrerhuis, is a veteran mariner, and **holds confident views of the profitable working of sailing vessels**. The vessel, he said, had a comfortable voyage across the Pacific. The Helen B. Stirling was towed into port by the St. Olaves to Double Bay, and later she was taken up to Snails Bay to discharge her cargo. HELEN B. STIRLING. (**1930, March 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16637511

Unfortunately she then ran into trouble with Australia's Federal Department of Navigation:

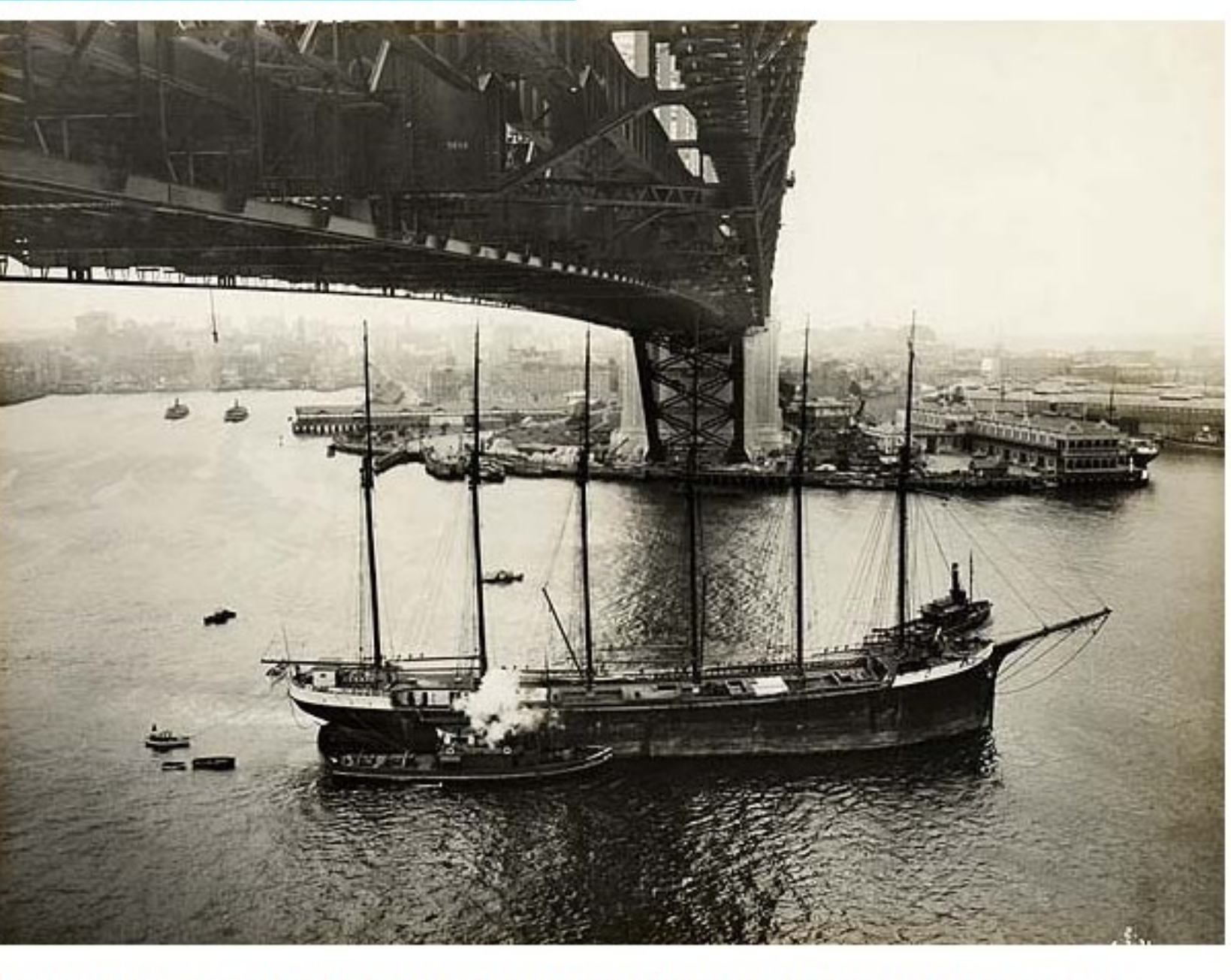
DETENTION ORDERED. SCHOONER HELEN B. STIRLING. DECLARED UNSEAWORTHY. Following a report by officers of the Federal Department of Navigation that the six-masted American schooner Helen B. Stirling was unseaworthy, the Deputy-Director of Navigation(Captain C. D. Matheson) has Issued a detention order against the vessel. She will not be allowed to leave Sydney until she has been repaired to the satisfaction of the department's surveyors. The Helen B. Stirling, a vessel of 2500 tons, arrived In Sydney on March 27, 76 days out from Portland (Oregon), with 3,000,000 feet of timber. It is stated that the pumps had to be employed during the latter portion of the trip, and that an Inspection by surveyors of the Federal Navigation Department led to a discovery that the vessel was still making water. Captain Oosterhuis, the master, is now awaiting instructions from his principals in Portland. The Helen B. Stirling is moored in Snail's Bay. DETENTION ORDERED. (**1930, April 21**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 10. Retrieved from http://nla.gov.au/nla.news-article16677245

THE HELEN B. STIRLING. CREW WILLING TO TAKE HER TO SEA. Whilst the Federal Department of Navigation remains firm in demanding that the six masted American schooner Helen B. Stirling must be repaired before she will be allowed to leave Sydney, the local agents are pressing for the cancellation of the detention order. They admit that she is still making water, but state that the master (Captain Oosterhuis) and crew are prepared to take her to sea. It was stated on behalf of the agents yesterday that a leak had developed early in the 76-day voyage from Portland (Oregon), and that the pumps had been kept In action throughout the rest of the journey. On arrival In Sydney it was found that the vessel was holed, below the waterline. A diver had since descended, and effected repairs, and, although a little water was still finding its way into the hull, it was not thought necessary to undertake the expense of dry-docking the vessel. Advice on that point was being awaited from the owners In Portland. The Department of Navigation, on the other hand, continues to conduct daily tests. It points out that, if disaster should overtake the vessel after she had been allowed to sail from Australia In what it considered an unseaworthy condition, the responsibility would rest with the department. THE HELEN B. STIRLING. (**1930, April 23**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16663488

It seems the Great Depression affected those who had bought these large vessels and harbour dues, upkeep fees, repair costs and crew wages resulted in her sister ship, the *Dorothy H Sterling* being abandoned and 'seized in South Australia. (3). While in port and moored The *Helen B Stirling* was put to use in a great way to begin Spring 1930:

DANCE ON SHIPBOARD. A novel entertainment took place last night when a dance was held on board the HelenB. Stirling, an old American sailing vessel, which is lying off Point Piper. The ship was lent for the occasion by the captain, Captain H. Oosterhuis. Motor launches conveyed the guests, who numbered 200, from Fort Macquarie to the ship. The two long decks, each over 210 feet in length, were used for dancing, and were illuminated by petrol lamps. A feature of the evening was the ballet, the members of which were arrayed as pirates,' and boarded the ship late in the evening, and were met with a barrage of coloured streamers and confetti thrown by the dancers. The dance was organised by a number of art students of well-known studios of Sydney, and by University undergraduates. It is proposed to hold another dance on board the ship shortly. DANCE ON SHIPBOARD. (**1930, September 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article16700174

HELEN B. STERLING. Passing Under Bridge. At 3 o'clock this afternoon the six-masted schooner, Helen B. Stealing, which has lain idle in Rose Bay since early last year, when the navigation authorities declared her unseaworthy, will pass under the Harbour Bridge in tow, on her way to **Kerosene Bay**, to join many other old-timers **in "The Bay of Forgotten Ships."** The event is particularly interesting, in view of the fact that the schooner's six masts are more than 170ft in height. On a high tide, therefore, it is doubtful whether there would have been sufficient clearance for the schooner to pass under the bridge deck. For this reason she will be towed to her new quarters at low tide. When the owners were refused permission to take the Helen B. Sterling to sea, It was ruled that, if proper repairs were effected, a seaworthy certificate would be issued. No steps were taken to fulfil the department's requirements, and, as the schooner was thought to be obstructing traffic, she must seek a more out of-the-way resting place. HELEN B. STERLING. (**1931, March 5**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article16759181



Some sources state the Helen B. Stirling may have been used as a 'test vehicle' for all ships passing under the then not yet finished Sydney Harbour Bridge and as she was moved at low tide, with a clearance of only five feet, this may well have been the case, as illustrated in this photo from the Argus, taken by Sam Hood (there are also copies of these pictures in the NSW State Records):

NARROW CLEARANCE. (**1931, March 7**). *The Argus*(Melbourne, Vic. : 1848 - 1956), p. 17. Retrieved February 1, 2013, from http://nla.gov.au/nla.news-article4376744

DISMANTLING THE HELEN B. STERLING.

This picture, taken at 100 feet above the deck, shows workmen removing one of the topmasts.

Once moved to Kerosene Bay it seems more likely that she was dismantled and sold off. Parts of many old ships were incorporated into wharves and used as pylons on waterfronts all over Australia. (3)

Sydney Morning Herald – February 8, 2008. In Column 8 – From Ric Havyatt, of Woolwich. "*In 1930 she (Helen B) was moored off Point Piper, and several times my brothers and I rowed out to the ship and went aboard with the permission of the caretaker. The holds contained large river boulders as ballast, and plenty of rats. When the ship was finally broken up,* ***two of its masts were erected on Middle Head to hold the transmitting aerial for radio station 2KY.***"

DISMANTLING THE HELEN B. STERLING. This picture, taken at 100 feet above the deck, shows workmen removing one of the topmasts. DISMANTLING THE HELEN B. STERLING. (1933, April 4). The Sydney Morning Herald (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16963097

She was further broken up and used as firewood. Elsewhere when this was the case in 1933, which was one of the worst year for people in Australia during the Depression, old ships and their wood were given to people in need during a cold winter:

FIREWOOD FROM OLD SCHOONER. (**1933, June 20**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article16968970

Her hulk stayed in then named Kerosene Bay until March 1934. It is not stated whether she was deliberately burnt, as Kerosene bay was a 'graveyard' for old ships where they were dismantled then burnt to the waterline, or whether this fire was an accident;

LAST OF OLD SAILING SHIP.

The hulk of the Helen B. Stirling, which was destroyed by fire in Sydney Harbour on Saturday.

FIREWOOD FROM OLD SCHOONER.

Portion of the timber from the dismantled Helen B. Stirling is being sold for firewood.

LAST OF OLD SAILING SHIP. (**1934, March 26**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article17065501

Kerosene Bay is now called Balls Head Bay: Balls Head Bay is a bay located to the east of the Waverton Peninsula and the west of Berry Island, on the north of Sydney Harbour. Previously known as Oyster Bay, Sugarworks Bay and previously Kerosene Bay. HMAS Waterhen is located within the bay. Ships were broken up and burnt to the waterline in the bay. Balls Head Bay. (2011, July 6). In *Wikipedia*, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Balls_Head_Bay&oldid=437963574

The other sad note to this story is that her Captain refused to leave her while she lay marooned in Sydney harbour and waited for two years for her to be repaired before relinquishing all hope and moving on:

FORMER MASTER OF HELEN B STERLING- News was received at Sydney yesterday that Captain H H Oosterhuis formerly master of the now abandoned six-masted schooner Helen B Sterling, had rejoined the United States four-masted schooner Sophie Christenson which he at one time commanded as navigating officer. The owner of the vessel Mr J E Shields of Seattle Is master With22 outboard motor boats on board the schooner has left for Alaska where she will remain through-out the cod fishing season Meanwhile the Helen B Sterling has been stripped, and the hulk lies in Berry's Bay. FORMER MASTER OF HELEN B. STERLING. (**1933, June 8**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article16981281

Fortunately and thanks to Carl Gow, Club Palm Beach, Pittwater people and visitors can look at and touch this wheel from Maritime History and be in the presence of those who sailed in her and the times of prosperity that were cut short by the fiscal strangling the Great Depression was for so many sea-faring entrepreneurs.

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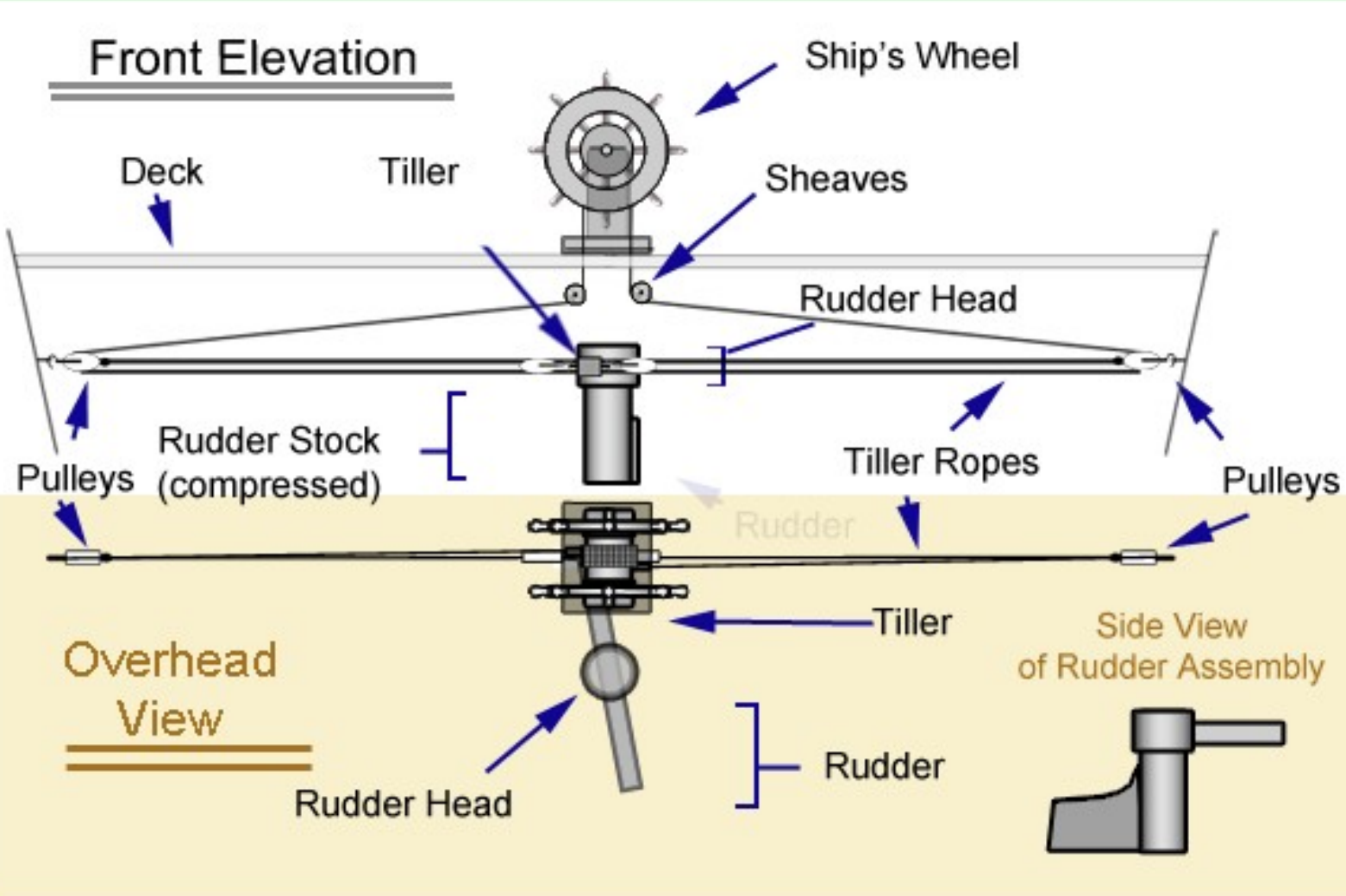


Above: A schematic animated drawing of the workings of a traditional ship's wheel and tiller showing a series of pulleys and sheaves. Created by and courtesy of KDS444 November 2012.

The steering gear of earlier ships sometimes consisted of a double wheel where each wheel was connected to the other with a wooden spindle that ran through a *barrel* or *drum*. The spindle was held up by two *pedestals* that rested on a wooden platform, often no more than a grate. A tiller rope *orchain* (sometimes called a steering rope or chain) ran around the barrel in five or six loops and then down through two tiller rope slots at the top of the platform before connecting to two sheaves just below deck (one on either side of the ship's wheel) and thence out to a pair of pulleys before coming back together at the tiller and therefore the ships rudder. Movement of the wheels (which were connected and moved simultaneously) caused the tiller rope to wind in one of two directions and shifted the tiller left or right. In a typical and intuitive arrangement, a helmsman turning the wheel counterclockwise would cause the tiller to move to starboard and therefore the rudder to swing to port causing the vessel to also turn to port (see animation). Ship's wheel. (2013, January 21). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Ship%27s_wheel&oldid=534097784

This is the Wheel that steered the
'Helen B Stirling',
a six masted, gaff rigged,
wooden schooner.
She was built in America to carry oregan
timber from the west coast to the east
coast of America, via Cape Horn.
She was broken up in 1932.
This Wheel was donated by Carl Gow.

Pittwater Online News

February 3 - 9, 2013: Issue 96

The Australian Sunrise

The Morning Star paled slowly, the Cross* hung low to the sea,
And down the shadowy reaches the tide came swirling free,
The lustrous purple blackness of the soft Australian night
Waned in the grey awakening that heralded the light;
Still in the dying darkness, still in the forest dim
The pearly dew of the dawning clung to each giant limb,
Till the sun came up from ocean, red with the cold sea mist,
And smote on the limestone ridges, and the shining tree-tops kissed
Then the fiery Scorpion* vanished, the magpie's note was heard,
And the wind in the she-oak wavered and the honeysuckles stirred;
The airy golden vapour rose from the river breast,
The kingfisher came darting out of his crannied nest,
And the bullrushes and reed-beds put off their sallow grey
And burnt with cloudy crimson at the dawning of the day.
James L. Cuthbertson
THE AUSTRALIAN SUNRISE. (1937, August 17). Advocate(Burnie, Tas. : 1890 - 1954), p. 2. Retrieved February 1, 2013, from http://nla.gov.au/nla.news-article68445002

*stars and constellation references

Wattle and Myrtle

Gold of the tangled wilderness of wattle,
Break in the lone green hollows of the hills,
Flame on the iron headlands of the ocean,
Gleam on the margin of the hurrying rills.

Come with thy saffron diadem and scatter
Odours of Araby that haunt the air,
Queen of our woodland, rival of the roses,
Spring in the yellow tresses of thy hair.

Surely the old gods, dwellers on Olympus,
Under thy shining loveliness have strayed,
Crowned with thy clusters, magical Apollo,
Pan with his reedy music may have played.

Surely within thy fastness, Aphrodite,
She of the sea-ways, fallen from above,
Wandered beneath thy canopy of blossom,
Nothing disdainful of a mortal's love.

Aye, and Her sweet breath lingers on the wattle,
Aye, and Her myrtle dominates the glade,
And with a deep and perilous enchantment
Melts in the heart of lover and of maid.
James L. Cuthbertson

WATTLE AND MYRTLE. (1914, August 29). The Register (Adelaide, SA : 1901 - 1929), p. 12. Retrieved February 1, 2013, from http://nla.gov.au/nla.news-article56707388

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.

Yours always
J. L. Cuthbertson

James Lister Cuthbertson (1851-1910), poet-schoolmaster, was born on 8 May 1851 in Glasgow, Scotland, the eldest son of William Gilmour Cuthbertson and his wife Jane Agnes Lister. He boarded at Trinity College, Glenalmond, Perthshire, in 1861-69 and in 1872 obtained a postmastership at Merton College, Oxford, as an Indian Civil Service probationer. But he failed in a periodical service examination and so could not proceed.

In 1874 his father was a bank manager in Adelaide, and Cuthbertson sailed for Australia. At the beginning of 1875, well recommended professionally from Tasmania, he became classical master at Geelong Church of England Grammar School, Victoria, under John Bracebridge Wilson. He held this post until December 1882, and resumed it in October 1885, but meanwhile returned to Oxford (B.A., 1885). When Wilson died in October 1895 Cuthbertson bridged a small gap between headmasters. He left the staff finally in December 1896, and joined his mother in England, but returned to Geelong in December 1897. At first resident locally, and later chiefly at Cheltenham, near Melbourne, he maintained the close contact with Geelong Grammar School.

He became an occasional journalist, sometimes wintered in Queensland, and in summer usually fished in the Glenelg estuary on the South Australian border. Disappointing conditions there at the close of 1909 sent him on to Mount Gambier where, after more than three weeks of illness dogged by insomnia, he died of an overdose of veronal on 18 January 1910.

The university successes, both as students and oarsmen, of boys whom Cuthbertson trained give some indication of his professional competence. His founding editorship of the Grammar SchoolAnnual and Quarterly, the adoption of the prefect system, the organization of interschool competitions, and the acquisition of cricket ground and boatshed, all before 1880, show his general influence. His lively concern with all aspects of school life, and special interest in rowing, were never abandoned.

Cuthbertson's magic lay in his harmony with boys, in his power to knit the Australian and British backgrounds, and clear the vision. He quoted Gladstone as saying, 'you must make up your minds to be good ancestors', and urged integrity, courage, persistent unselfish efforts, brotherhood and other Christian standards upon lads whose common sense, unwarped by sophistication, responded warmly. He touched their imaginations with rhymes which, asGrammar School Verses, appeared in collected form in 1879.

Extracts from: P. L. Brown, 'Cuthbertson, James Lister (1851–1910)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/cuthbertson-james-lister-3308/text5039

This article was first published in hardcopy in *Australian Dictionary of Biography*, Volume 3, (MUP), 1969. Picture: James Lister Cuthbertson taken from *Barwon Ballads and School Verses*, 1912

Pittwater Online News

February 3 - 9, 2013: Issue 96

Articles This Week

Pittwater - Salt Air: sea mists and salt hazes inspire February's themes for our 2012/13 Summer Issues

AvPals Open Day by Michael Mannington

Jellyfish of Pittwater - and other seashore items that aren't !

Palm Beach to Whale Beach BIG SWIM 2013 by Mike O'Flynn and Michael Mannington

Profile of the Week: **February 2013 saltair clubs and organisations: Avalon Beach RSL Fishing Club - this Pittwater fishing Club is family orientated, fish-wise, and a breath of fresh salt air!**

History: **February 2013 - Pittwater Wharves and Jetties: Church Point Wharf**

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

Collector's Corner: The ***Helen B Stirling*** Ship's Wheel in Club Palm Beach foyer (given by Carl Gow

Nan Bosler Finalist in 2012 Human Rights Community – Individual Award - From February 2013 ASCCA Newsletter

Nan Bosler OAM & Hon. Susan Ryan AO

Congratulation to ASCCA's hard working President Nan Bosler for her selection as one of four finalists for the 2012 Human Rights Community Individual Award – Tony Fitzgerald Memorial Award (sponsored by iHR Australia). This is one of 10 awards and is presented to "An individual with a proven track record in promoting and advancing human rights in the Australian community on a not-for-profit basis."

We are very proud that Nan's commitment to ASCCA has been recognised in this way.

Nan's citation on the Human Rights Commission Wesbsite reads: "After a life in community-related work, Nan Bosler created the National Australian Seniors Computer Clubs Association (ASSCA). Predominantly run by volunteers, ASSCA is devoted to ensuring seniors (including people who are geographically or socially isolated or who live with disability) receive the quality of life benefits of computers, technology and the internet . Nationally and internationally recognized as an expert, Nan has – with ASSCA - developed manuals and programs, conducted research, made representation at enquiries, and consulted about approaches to supporting the well-being and socio-economic integration of increasing numbers of senior citizens".

To see the winners of each of the 10 categories and links to the full lists of finalists, go to: http://humanrights.gov.au/hrawards/winners2012.html

It is probably true to say that most of us who volunteer as tutors and organisers in Computer Clubs for Seniors had not really thought of ourselves as human rights advocates. We just enjoy helping our peers to improve their quality of life by encouraging them to keep abreast of computer technology. Those who heard the presentation by our Age Discrimination Commissioner, the Hon. Susan Ryan, at the ASCCA 14th Australian Computer Conference for Seniors on 13th November 2012, may have given more thought to this aspect of the work we do as they listened. You can access the full presentation on the ASCCA website, www.ascca.org.au but this quote sums up Susan's support of what we are doing.

As Age Discrimination Commissioner I am all too aware that the basic human right of access to information is not fully available to those who do not access the Internet. Increasingly this lack of access represents a biggap in the living standards of older people in Australia, and there are many who suffer this disadvantage.

I'd like to thank Nan Bosler for inviting me to the Australian Computer Conference for Seniors and I commend her for developing such a thriving and well informed community of computer clubs. The clubs have already been enormously successful in bringing many thousands of older people online, with all the benefits that come with access.

I know you are planning to grow further in Australia, and no doubt in this connected age, your work can provide an inspirational model for the rest of the world.

… Our shared aim is to do more so that older people, who missed out on the digital revolution, can move on to access their rights in the global internet world, and thus advance all of their human rights. Your conference will be another step forward to achieving this for all Australians.

Yes - Age Discrimination is a significant issue, not to be forgotten when considering the importance of basic human rights. Congratulations to Nan and to all at ASCCA.

Storm Surfers Won Best Documentary this week at the AACTAs.

Congratulations to Newport surfer Tom Carroll, Central Coast surfer Ross Clarke-Jones and all involved in making this great surfing documentary.

STORM SURFERS 3D is an epic, character-driven adventure documentary following two best friends on their quest to hunt down and ride the biggest and most dangerous waves in Australia. Aussie tow-surfing legend Ross Clarke-Jones and two-time world champion Tom Carroll enlist the help of surf forecaster Ben Matson and together they track and chase giant storms across the Great Southern Ocean.

OWN IT NOW ON 3D BLURAY & DVD
STORM SURFERS THE MOVIE 3D

Storm Surfers 3D finally comes to Blu-ray and DVD and will be out in Australia on the 6th of Feb. Snap up a copy at www.stormsurfers.com.au/buy/films/

All winners at this weeks AACTA's HERE

WOODY POINT YACHT CLUB

WPYC _ Due to Sunday's Deluge the **WPYC Putt Putt Regatta** has been Postponed until Sunday 3rd of February, 2013 - All Welcome - Details on Events Page.

Ted Blackall New Terms Begin Soon

Ted's New Classes for Term 1 2013 begin:

108 Saturday sessions commence **02- 02-13:** Studio 108 Grandview Drive Newport Beach 1-4PM.

Tramshed Monday sessions commence **04- 02 -13**:[1395A Pittwater Rd Narrabeen' 1-4PM.

Contact Ted via tedblackwell.com

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

Scotland Island - Western Shores - Mackerel Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

Avalon Quilters

Our next exhibition is to be held on the **1st and 2nd of March at the Avalon Uniting Church.** We usually display a collection of our members Work. This year we are putting together something different, with the help of antique and vintage quilt collectors Annette Gero and Trish Bloomfield; we are thrilled to show about 70 American Antique Quilts. Some of these quilts date back to the Civil War through to the Depression time, each with their own history.

Our raffle quilt is 1940's vintage with full provenance, it is beautifully bright and would suit any home today. All proceeds are being donated to Australian Mitochondrial Disease Foundation.

There will be a craft stall of quality handmade members goods and quilts, our visiting trader from the NSW south coast is Dowry. They specialise in stunning goods and clothing made from vintage fabric, really worth a look. A picture of the Raffle quilt is above.

Pittwater's Surf Clubs Big Winners In State Government Grants - Saturday, 26 January 2013

Member for Pittwater Rob Stokes today said he is delighted Pittwater's surf clubs are the big winners in this year's Surf Club Facility Grant Program. Pittwater's surf clubs have picked up over $478,000 from the $2 million on offer – highlighting just how important they are to the surf life saving movement in New South Wales.

Avalon Beach Surf Life Saving Club scooped the biggest grant offered this year - $320,000 to assist with major renovations to its clubhouse facilities.

Pittwater's grant recipients include:

Avalon Beach Surf Life Saving Club - $320,000 towards the renovation of its clubhouse facilities;
North Narrabeen Surf Life Saving Club - $134,772 for the upgrade of female amenities, storage rooms, electrical systems and training areas;
Bungan Beach Surf Life Saving Club - $18,300 to upgrade facilities - including men's and women's change rooms; and
Narrabeen Beach Surf Life Saving Club - $5,531 to upgrade clubhouse security.
"Pittwater's surf clubs have been awarded almost a quarter of the total funding available across NSW – including the biggest grant to Avalon Beach," Rob Stokes said today.

"This is fantastic news for our local surf clubs and a huge boost for our community.

"Our success in attracting such a high proportion of the funds demonstrates just how important Pittwater's surf clubs are to the wider community.

"Pittwater's surf clubs are among the biggest, busiest and most successful in NSW.

"We should never take our local surf clubs for granted - nor underestimate the scale and diversity of the work they perform.

"I'm delighted the NSW Government has been able to assist our local surf clubs in such an important way," Rob Stokes said.

Applications Open For NSW Sport And Recreation Grants - Friday, 25 January 2013

Member for Pittwater Rob Stokes today encouraged local sporting groups to apply for funding under the latest round of NSW Sport and Recreation Grants.

Round Two of the Participation and Facility Program is currently open for applications and is targeted towards projects which encourage and deliver improved sporting opportunities, or assist with the provision of new or improved facilities.

Grants of up to $10,000 are available for participation projects and up to $50,000 for facility projects, with groups required to make a contribution towards their application.

"This is a great opportunity for our local sporting groups to receive a helping hand with their fundraising efforts," Rob Stokes said today. "Pittwater's fortunate to have a huge variety of sporting clubs and associations - but overcoming funding shortfalls is often the key to their growth and success. Over $75,000 was recently provided to Pittwater's sporting groups as part of the program's first round and it would be great to see this continue.

"Applications for the program are currently open and will be accepted **until 26 February 2013**. Further information and details on how to apply is available by visiting www.dsr.nsw.gov.au/grants/pfp.asp

"Sport and recreation is a huge part of our community – so I encourage all interested groups to consider this opportunity and submit their applications," Rob Stokes said.

The Art Depot, Avalon - Portrait Competition

We ran into Gretel Pinniger on Palm Beach during the week and she told us about a great local competition she's involved in. Gretel, a finalist in the Archibald on two occasions, will do a personal portrait in pencil and watercolour of the winner of a draw being conducted by The Art Depot in Avalon. Jen Hill, proprietor of this great supply and framing business is allocating 1 ticket for every $50.00 spent in art supplies and 1 ticket for every $100.00 spent on framing into this draw.

Gretel is well known for her superlative portraits and you can read more on her, by her, in her Profile page. The competition will be drawn on March 20th, 2013, so make sure you give yourself a chance to win by getting your supplies or framing before then.

The Art Depot: Rear Access, 7 48 Old Barrenjoey Rd, Avalon (Above Red Cross Shop). Ph: (02) 9918 2009

Chelsea Lane Pets
Phone 9973 2961
RED CROSS
OP SHOP
ART DEPOT
CUSTOM FRAMING
& ART SUPPLIES
UPSTAIRS AT REAR

Hoishin Australia's red belt challenge commenced on 1st of February at Maria Regina Primary School, Avalon. Rose sends us news that they have launched their new website; "which is exciting because we have got students who are competing at State and National level in the National All Styles and other marital arts competitions. The website is all about that sort of competition martial art and at www.inazumakumite.com..."

NRL STARS DESCEND UPON HITCHCOCK PARK, AVALON BEACH

In what will be a spectacular local "season launch" on the Peninsula for Rugby League in 2013 Avalon Junior Rugby League Club has organised a game that should not be missed by all those who love Rugby League.

On Saturday February 16th at Avalon's home ground, Hitchcock Park, the Club has organised a game between a Team of ex NRL Stars (Legends of League – The LOLs) and a Team of Former and Current Avalon "greats" (The FAGS/CAGS).

Some of the Legends playing for the NRL Team include Greg Florimo, Shawn Timmins, Craig Hancock, Jack Elsegood, Gene Gnamu, Billy Moore, Owen Cunningham, David O'Donnell, Jamie Goddard, Josh Stuart, Bryan Fletcher, Nigel Roy, and Matt Sears but to name a few. They will be coached by Tony Butterfield. The word is the boys are keen to go hard against the might of the Avalon Bulldogs … after all reputations are at stake!

Avalon have pulled out the big guns to ensure victory on the day with ex Avalon (and Manly) great Sam Harris coming out of retirement to lead the way for the Bulldogs. Avalon has a reputation as always being hard to beat at the Doggie Dome. Coach Craig Goozee will ensure the boys are fit and ready to take on anything the NRL boys throw at them.

COME DINE WITH THE LEAGUE LEGENDS AND AVALON GREATS
On Friday February 15th @ 6.30pm an opportunity to exists to come meet, say good'ay and eat and drink with both teams at The Terrace Restaurant, Newport Arms Hotel, Newport. Limited seating available so don't miss out on what is truly a once in a lifetime opportunity. Expect to hear some great stories and laugh the night away whilst enjoying the spectacular views of Pittwater, a sumptuous 2 course dinner and drinks package. Does it get any better? Tickets $110ea or Table of 10 $1000. Bookings: http://www.trybooking.com/CHJT

A CHANCE TO PLAY IN THE TEAMS!!
On the Friday night, an Auction will be held where 2 lucky people can "buy" their way onto the Teams! Jersey auctions and prizes on the night. At 3pm there will be a Masters of Rugby League exhibition game to keep you entertained. The main game kicks off at 5pm so round up the kids, the wife, your mates and enjoy this rare opportunity to meet some of the NRLs former greats.

ITS ALL FOR A GREAT CAUSE – THE SUNNYFIELD ASSOCIATION
We are raising funds for Sunnyfield's 'Client Communication Program'. We are asking our supporters to help bring the gift of communication to a person with intellectual disability.

Imagine not being able to say you're thirsty, hungry or worse still – you're in pain! Imagine your frustration, imagine your anger, and imagine your hopelessness.

The simple gift of communication is something most people take for granted – whether it be asking for assistance, selecting a meal, or telling someone you love them. People who have an intellectual disability and can't communicate are arguably the most vulnerable members of our community and this daily struggle can be unimaginably frustrating for them. They often become passive recipients of life. A recent study of the 1500 people supported by Sunnyfield showed up to 75% of these people have a significant communication impairment.

Our goal is to be able to help Sunnyfield make a difference for those in need of their services.

Regards, Michael Birtwhistle
Club President

Player Registrations for Sports in Pittwater - 2013

Avalon Bulldogs: on their website at: www.avalonbulldogs.com.au/index.php/2012-player-registration

Avalon Soccer Club
Online registrations www.avalonsoccerclub.com.au
Registration Days
Wednesday **6th Feb 7pm to 9pm**
Saturday **9th Feb 9am to 1pm**

Mona Vale Raiders
At: www.monavalerugbyleague.com.au/
Mona Vale Junior Rugby League Club is a family focussed club which places emphasis on kids having fun so that they enjoy learning to play rugby league. This emphasis has allowed us to be one of the most successful clubs in the Manly Warringah Junior Rugby League competition. The suburbs we cover are Mona Vale, Newport, Warriewood, Ingleside, Bayview, Church Point and Scotland Island.

Narrabeen Tigers
At: www.narrabeentigers.rugbynet.com.au/
Narrabeen Tigers Rugby is a family club that prides itself on providing a safe andhappy atmospherewhere boys and girls can play rugby with their mates andlearn some great newskills along the way. We are affiliated with Warringah Junior Rugby Union, and are located adjacent to Warringah Seniors rugby (Pittwater Rugby Park) at North Narrabeen Reserve, North Narrabeen.
Under 6's to Under 18's

Registrations for 2013:
U6 to U17 - $150 for 1st player, $100 each for next 2 players in family. Additional family members free.

2013 Registration Days are being held at the Warringah Rugby Clubhouse at Pittwater Rugby Park (Rat Park) on Pittwater Road, Warriewood as follows:
Saturday 9th February - 9am-12noon
Registration Forms are also available for download from theResource Library. Please fill-out and post Registration forms and cheques (made out to Narrabeen Rugby Club) to:
Narrabeen Rugby Registrations
47 Gondola Road
North Narrabeen NSW 2101

Newport Breakers Netball Club
www.newportbreakers.netball.asn.au/default.asp
REGISTRATION WILL BE HELD AT PORTER RESERVE, NEWPORT ON **MONDAY 4TH, FEBRUARY BETWEEN 5PM AND 9PM.** Registration form

Newport Breakers Rugby Club forms on website at: www.newportrugby.com.au/

Pittwater Peninsula Netball
www.peninsulanetball.org.au/
REGISTRATION OF PLAYERS 2013
FRIDAY 1ST FEBRUARY
Kitchener Park
Pittwater Rd MONA VALE
3.30pm-5.30pm

SATURDAY 2ND FEBRUARY
Recreation Centre
Old Barrenjoey Rd AVALON
9am -12 noon

Intending players must be turning 7years or over in 2013. All new NetSetGo and Junior players are required to present a copy of their Birth Certificate/ passport Junior-U/17-Senior players require a passport size photo. Email: peninsulanetball@hotmail.com

Pittwater Tigers Junior Australian Rules Football Club.
Pittwater Tigers is a successful, well established club and we pride ourselves on our friendly, family oriented environment. We welcome new players between the ages of 5-16. Our focus at the Tigers is FUN, SAFETY and FITNESS.

Registration days will be held at the Pittwater Tigers club house, North Narrabeen Reserve, Walsh Street, North Narrabeen, on the following dates in 2013:
Saturday 9th February 2013 10 am - 2pm

Registration will be from 10am-2pm (as above) and uniform purchases will also be available at the club house on these days. If you are a new player, please bring a copy of your birth certificate or passport to enable completion of the registration process.

BY MAIL
You can download a Registration Form from the link below and mail it with your payment to:
Pittwater Tigers JAFL
51 Waterview Street
Mona Vale NSW 2103
New players registering by mail should include a copy of their birth certificate (no originals please).
2013 **Registration Form**

Surfrider Foundation Australia – Surf Injuries

Be part of surfing research!!! at : www.surveymonkey.com/s/Surf_Injuries_2012

Read more here

PITTWATER COUNCIL
Celebrating 20 Years 1992-2012

Clean Up Australia Day - 2013

Volunteers needed for Clean Up Australia Day on Sunday, 3 March 2013. Clean Up Australia Day takes place every year on the first Sunday of March. From Pittwater to Perth, hundreds of thousands of Australians get stuck in and clean up their local environment by collecting and removing rubbish on Clean Up Australia Day.

In 2012 an estimated 591,400 volunteers cleaned up 16,169 tonnes at 7,363 sites right across Australia. But we can do better! So be a good sport and join the team to Clean Up Australia on Sunday, 3 March 2013. To learn more about registering a site or volunteering on the day please visit the Council's website www.pittwater.nsw.gov.au/cleanupaustraliaday or contact the Education Team on 99701994 or ecceducation_team@pittwater.nsw.gov.au.

NAREEN CREEK REHABILITATION COMPLETED

A $55,000 project to rid Nareen Wetland of noxious weeds and rehabilitate Narroy Reserve has been completed. The project was jointly funded by the Council and the Hawkesbury-Nepean Catchment Management Authority and took around 14 months to complete. The project saw a substantial reduction of the highly persistent noxious aquatic weeds Water Primrose and Coral Trees.

Two community days were held during the project and 25 volunteers mulched and planted 50 trees and shrubs at the reserve, as well as helping with weed clearance.

The Council's Natural Environment & Education Manager Mark Beharrell said an unlikley benefit of the project had been the return of native animals to areas that were previously weed infested.

"We carried out a small survey of mammal activity in Narroy Reserve and found that feral species such as the black rat and house mouse had moved from the regenerated areas. In their place species such as the Long-nosed Bandicoot and Ringtail possums were found."

Mr Beharrell said the survey results were 'a pleasant surprise' and highlighted the importance of weed clearance in bushland and creek areas. "It restores natural habitat which in turn can encourages nesting and breeding."

Mayor Jacqui Townsend said the Nareen Wetland was an important area for local biodiversity.

"The Council will be devoting more funding and effort this year to eradicating weeds and rehabilitating bushland," she said.

The Mayor said weed clearance and habitat restoration would be funded by a combination of grants and funding by the special rate.

CLEAN SWEEP FOR PITTWATER RESTAURANTS

Pittwater is one of the safest places in the state to eat out, according to a new report issued by the NSW Food Authority. The report released last week compiled data from every Council area in New South Wales on inspections and penalty notices for restaurants, cafes and other eateries.

Pittwater's restaurants and cafes scored one of the highest ratings for hygiene, with only seven complaints received regarding cleanliness and five about food quality during the 2011-2012 financial year. A total of four infringement notices and two improvement notices were issued by the Council during the same period, with ninety warning letters sent.

Acting Compliance Manager Rennae Projceski attributed the high standards to a combination of the Council's inspection program and education for business-owners on the importance of correct food preparation.

"We have a long established program of free workshops on safe food handling that have been popular with business-owners," she said. "We have also prepared a detailed handbook on every aspect of running a food business that we give out free-of-charge when businesses are registered with us."

Ms Projceski said Council officers were available to give free advice to business-owners if needed.

To view the report in detail visit the NSW Food Authority's website at www.foodauthority.nsw.gov.au

NSW GOVERNMENT ENQUIRY INTO FLYING FOXES

Pittwater Council has helped initiate a state government enquiry into the management of flying foxes in urban areas. It follows the Council's successful lobbying of NSW Councils to request more direction from the government on how to manage the impacts of flying foxes on local residents.

Residents in Gunyah Place and Cannes Reserve Avalon have expressed longstanding concerns to the Council about the effects of a colony of flying foxes roosting in the area.

Mayor Jacqui Townsend said the Council was sympathetic to the residents concerns about noise and smell, but also wanted more research into flying fox behaviour in residential areas.

"We need concrete evidence of the endangered status of flying foxes in urban areas," she said. "There have to be better solutions to managing them and their co-existence with residents."

The enquiry into flying foxes in urban areas will be coordinated by the NSW Office of Environment & Heritage (OEH). In a letter sent to the Council last week, the Local Government Association said that issues to be examined by the OEH were 'building community capacity to live with flying foxes; dealing with flying fox camps in sensitive locations and minimizing the impacts of existing camps on urban settlements.'

The OEH have also said they will look at streamlining processes for pruning vegetation used by roosting flying foxes.

The Council voted in 2011 to adopt a plan of management for Cannes and Gunyah Place Reserves in Avalon. Part of the plan involved obtaining permits to prune vegetation and remove selected cabbage tree palms and cheese trees, where flying foxes were roosting too close to homes.

To view the plan of management for Cannes and Gunyah Place Reserves visit www.pittwater.nsw.gov.au

Reminder – Send In Your Ticks !

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

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

New Season for Sailability Pittwater

Sailability NSW
Freedom on the water
PITTWATER

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

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

PALM BEACH, NSW 2108

17 24 TODAY	RAIN RADAR SATELLITE WARNINGS
17 24 TOMORROW	sky NEWS WEATHER MORE

Palm Beach weather

Aboriginal Support Group
Manly Warringah Pittwater
asgmwp.net

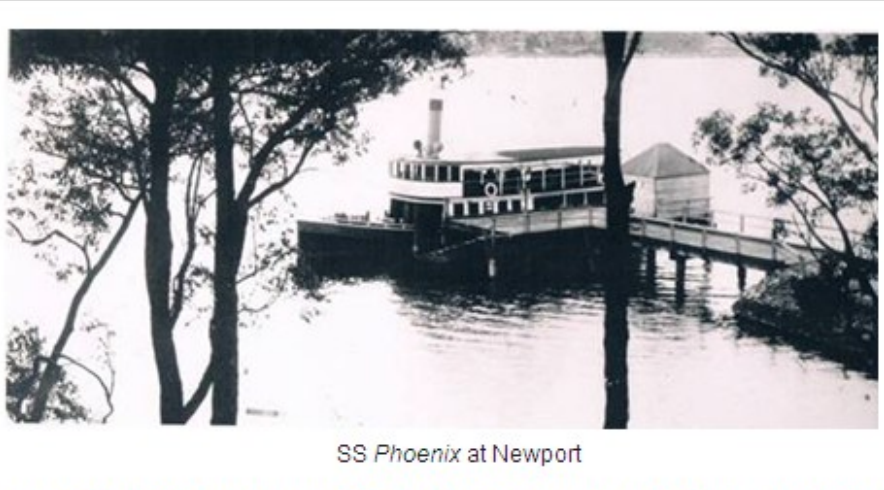
Click on logo above to visit their website.

LEGO AT THE LIBRARY

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

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

Tweet Like +1



SS *Phoenix* at Newport

The above picture of the SS *Phoenix* at Newport wharf is from the Verrills Family album, a family of builders who constructed many of the dwellings at Palm Beach and is courtesy of Peter Verrills who was born at Palm Beach. As more residents help us with insights and first hand reports of our local history our pages of these are becoming more accurate and enriched by those whose experiences and anecdotes these are. Suspecting something may be true, and spending countless months trying to track down the threads that prove it, is always made concrete by being able to access original photographs with dates and what they are about written on their backs or in these photo albums. Their provenance cannot be disputed, they are from the hands of those who were there.

Consequently photos from the Verrills family albums showing the *Phoenix* at Newport and pulling into Palm Beach wharf have been added to her page and the Maitland weekender, (courtesy of Lady Maitland and the Verrills) on Pill Hill has been added into this page, while a 1929/1930 photo of Palm Beach Golf Course (*Pittwater Fields of Dreams* 1st round; Spring 2012) has been added to that page. It is worth remembering this; we will add in extra material as it becomes available or correct mistakes when these are proved by material from generous helpers. These pages are always worth revisiting way past their week of Issue as a reference point or simply to enjoy *more* of what's there.

Thanks to the 'tools' of the online platforms which allow for 'hyperlinks', (technical terminolgy for a means to 'link' pages through to each other; similar to turning a page in a book on the physical plane) as we, and the real historians who sometimes write these pages, continue to 'weave' these pages and link them where they touch or intertwine, this magazine is accruing a 'living map' of Pittwater and able to honour and make accessible the stories of great people or any of the many other facets of Pittwater in each month's themes.

We are very aware with every single issue what a privilege and honour it is to meet the people who allow us to share their stories and insights. We are aware how vital it is to try and catch someone's voice with respect and reverence, to not 'edit' them so that hopefully some of their essence is communicated through their words.

As we sail towards our hundredth Issue we'd like to thank all of you who have helped us so far or allowed us to make a record of and share your stories. We'd like to remind you to keep contacting us about material that should be added in to permanent pages or what you'd like a permanent accessible record made of... eg The *Kalori*! No port is too far, no subject too small or too large...

AJG, Ed.

Margaret Molloy - Parliament House National Council of Women Australia Day Lunch – courtesy Pittwater Offshore Newsletter

Left: Margaret Molloy, one of our more luminous residents, seen at the (pre) Australia Day lunch in the Strangers Dining Room at Parliament House.

The event was hosted by the National Council of Women and Margaret was invited to be their guest speaker. Margaret was also asked to present the yearly awards and cheques to a number of post-graduate women students. These students were deemed to display excellence in their fields of research and were sponsored by a number of public companies and private individuals.

The theme for these annual lunches is usually "on being Australian" and in her all too short allotted time Margaret was able to give us a small insight into her long and interesting career. One comment overhead was "50 lifetimes in one".

The National Council of Women is a Government funded body whose aim is primarily to promote the interests and advancement of women. As well as representing women's interests at State and private level they are often consulted at Federal level

Although this reporter would like to claim the honour of the biggest hat, first prize must go to Marg's pretty little pink organdie confection.

Reported by an Offshore admirer.

Dear Newport Resident,

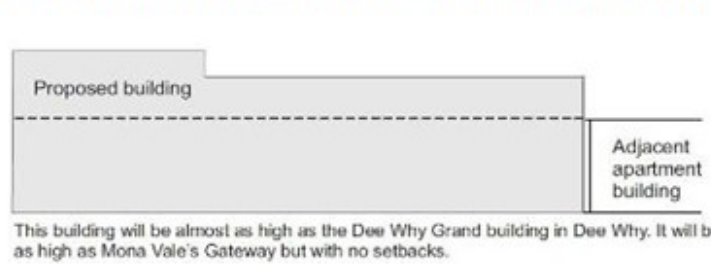
We are writing to alert you about a development that is proposed for the old Caltex site on the corner of Barrenjoey Road and The Boulevarde.

Here in Newport we see ourselves as a pleasant seaside village. We don't want to be another Dee Why. In fact, we couldn't be even if we wanted to. There just isn't the transport or the space to expand.

But there are people who would happily see multi-storied buildings in Newport, just like Dee Why, with our village character and relaxed beach lifestyle gone forever.

First it was Woolworths wanting to take over Newport with its giant store when a modest store with some green space, local shops and cafes would have done nicely.

Now it's the developer of the Caltex site. They want to put up a building rising more than four stories straight off the street. By way of comparison, look at the Gateway Building on the corner of Mona Vale Road. That building tiers back floor by floor, but what is proposed for the Caltex site does nothing of the sort. As this diagram shows, this proposed building is almost double the adjacent apartment building. And yet this is our "Gateway" and what is built in this prominent position sets the tone for the whole village.



This building will be almost as high as the Dee Why Grand building in Dee Why. It will be as high as Mona Vale's Gateway but with no setbacks.

There's an opportunity to make something really attractive and appropriate on this site and it is crucial that we make this known to Pittwater Council staff and Councillors.

Unbelievably, Pittwater Council planners have recommended acceptance of this over-development, just as they did in the Woolworths situation. The proposal goes against many provisions of the Newport Masterplan in terms of bulk, height and setback, but that hasn't seemed to worry the council people. It is incredible.

We need to show Pittwater Council we want something better. We need to take that bit of effort to send letters/emails/phone calls to the General Manager in support of our village.

We want an attractive development that fully complies with the Newport Masterplan, no more and no less.

Yours sincerely,
David Catchlove, **Friends of Newport**

To lodge your objection, please write to:
The General Manager, Pittwater Council, Park St Mona Vale 2103 or email: Pittwater_council@pittwater.nsw.gov.au
(For further information please phone Jeff Brady on 0421 722 861)

Zonta Club of Northern Beaches Inc
Member of Zonta International

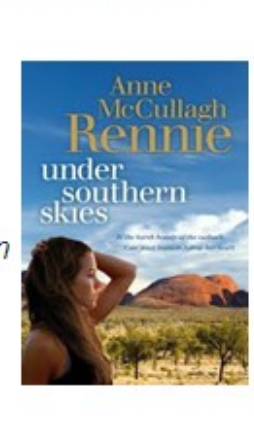
invites you to attend the
Pittwater International Women's Day Breakfast
Friday 8 March 2013, 7am – 9am
Mona Vale Golf Club, Golf Ave, Mona Vale
Speaker – Anne McCullagh Rennie
Announcement of Pittwater Woman of the Year
by Rob Stokes, Member for Pittwater
RSVP 28 February 2013

All proceeds to Zonta projects assisting local women in need, and Zonta International projects in developing countries
Come by yourself, bring a friend or make up a table of 10. We will seat you. Enquiries to: pittwateriwdbreakfast@gmail.com or Tricia Haines: 9918 8569

Cost $38 Payment may be made:
EITHER: By direct credit to Zonta Club of Northern Beaches Inc. BSB 062108 A/C No. 00902072 Reference your name
Please be sure to advise your direct credit payment, attendee names, group and dietary requirements to pittwateriwdbreakfast@gmail.com
OR: By cheque with the payment slip below (right click on file and 'save as' or print out). Numbers are limited – early booking is advised. Your reservation is confirmed once payment is received.
NOTE: Cancellations are non-refundable Please BE SURE to attach a list of attendee names

The Zonta Club of Northern Beaches acknowledges the support given to this event by Pittwater Council

Anne McCullagh Rennie is one of Australia's internationally bestselling, award winning authors. She is a gliding champion, sailor, skier, and musician. She has conquered crippling arthritis and written a cookbook for arthritis sufferers. She has written six novels as well as her family biography, runs the family business and has sailed on the east coast of Australia with husband Jim in their catamaran *BestSeller*.



From the ski slopes of Austria, through the life-threatening world of intensive care, to the challenges of raising two daughters, one of whom has Down Syndrome, Anne has a strong 'can do' philosophy. Anne's latest novel, '*Under Southern Skies*', was published in March 2012. Anne will speak on her personal 'life journey'.

Zontas IWD 2013 Booking Form.pdf
Size : 222.361 Kb
Type : pdf

Catching the attention on Mona Vale beach is Kaiser, a eighteen month old Picardy poodle. Know as 'Earth Dog' the colours represent the colours of the land and sea and are made from safe dyes. Kaiser can be seen following a skate board and he loves attention. Owner Susan Carr of Doggy Detail says he brings happiness to his many admirers. Picture by Michael Mannington.

Rotary Club of Dee Why Warringah

The Golf Ball Charity Drop is on again at Collaroy Centre, Homestead Avenue, Collaroy on 06.04.2013. All proceeds go to SES, Bear Cottage, Lifeline, and other Local Organisations & Rotary Projects. Many amazing prizes for a $10 ticket:

1st Prize: Tour to Wildlife of the Lake Eyre & Cooper Basins Valued at $11,560 donated by Australian Eco Adventures. 2nd Prize: $1500.00 Cash. 3rd Prize: Collaroy Centre weekend – Valued at $1,000.00. 4th Prize: 2 nights accommodation at Dolphin Point Resort. 5th Prize: Weekend at Hawks Nest

Good Luck to you all!

Buy tickets at: www.rotarynews.info/Club4204/r.i

PBSC Video C/- George of Patonga. January, 2013

Set up the wild thing again, gotta get the gun this time

PBSC- The Bullets Regatta is back! - March Sat 16 - Sun 17, 2013.

All classes of off the beach catamarans invited. Notice of race and Entry Form will be on the pbsc.org.au website.

Upcoming Events by the Mona Vale Hospital Auxiliary.

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

February: 8th stall at Centro, Warriewood. Knitting and craft; 9am – 3pm
9th stall at Pittwater Place, Mona Vale. Knitting, craft and books; 9am – 3pm
9th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

March: 1st stall at Avalon Parade outside ANZ bank. Bric-a brac, craft, books, baking; 9am – 3pm
8th stall at Centro, Warriewood. Knitting and craft; 9am - 3pm
9th stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm
9th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

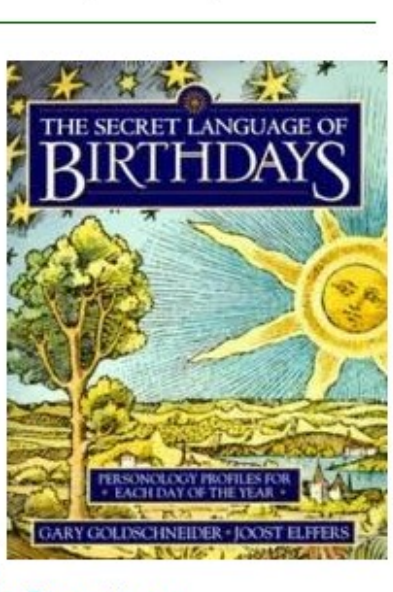
April: 6th stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm

13th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

May: 4th stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm
10th stall at Avalon Parade outside ANZ Bank, bric-a-brac, craft books, baking; 9am – 3pm
18th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

June: 1st stall at Pittwater Place, Mona Vale, knitting, craft and books; 9am – 3pm
15th sausage sizzle at Bunnings, Narrabeen; 8am – 4pm

Lynda Hill- Resident Astrologer


THE SECRET LANGUAGE OF BIRTHDAYS
PERSONOLOGY PROFILES FOR EACH DAY OF THE YEAR
GARY GOLDSCHNEIDER • JOOST ELFFERS

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

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

Karen Draddy - Letters Please

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

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

HERE

Expressions of Interest (EOI): Code of Conduct – Panel of Conduct Reviewers BY MARGARET – FEBRUARY 1, 2013

SHOROC
MAKING OUR REGION OUR COUNCILS AND OUR COMMUNITY EVEN STRONGER

SHOROC, a partnership of Manly, Mosman, Pittwater and Warringah Councils, is seeking independent representatives for a panel of Conduct Reviewers on behalf of the member councils.

Pursuant to the Model Code of Conduct, each Council is required to establish a panel of Conduct Reviewers to inquire into alleged breaches of their Code by their Mayor, Councillors or General Manager. Matters referred to Conduct Reviewers may be handled by a Committee made up of at least three members, or by one member acting as a Sole Conduct Reviewer.

Each Council has its own Code of Conduct based on the Division of Local Government's revised (2013) Model Code of Conduct for Councils in NSW.

SHOROC seeks expressions of interest from suitably qualified and experienced independent representatives who would like to be considered for appointment as panel members.

The following terms and conditions apply:

1. To be eligible to be a member of a panel of conduct reviewers, a person must, at a minimum, have the following:

• an understanding of local government.

• a demonstrated experience in, and knowledge of, investigative processes including, but not limited to, procedural fairness requirements and the requirements of the Public Interest Disclosures Act 1994.

• knowledge and experience of one or more of the following: law, investigations, public administration, public sector ethics, or alternative dispute resolution.

2. Current and previous Councillors are not eligible to apply.

3. Current and previous Council staff (SHOROC Councils) are not eligible to apply.

4. Applicants living, working, or owning property within the SHOROC Council areas, or having had dealings with any SHOROC Council or Councillors, must give due consideration to any potential conflicts of interest.

5. The term of appointment is for up to 4 years (at the discretion of each Council), and, in any event, until no later than 31 March 2017.

6. Remuneration is generally at the hourly rate of up to $240 (plus GST) and, in relation to Committee meetings, at the rate of $400 (incl. GST) per meeting.

Application Process:

• An expression of interest (1 page maximum) plus a current CV should be submitted.

• Short-listed applicants may be required to attend an interview.

• EOIs should be marked "EOI – Panel of Conduct Reviewers" and submitted by email to admin@shoroc.nsw.gov.au or posted to SHOROC, PO Box 361, BROOKVALE, NSW 2100 **by close of business, Friday 8 March 2013.**

For further information contact Andrew Patterson on (02) 9942 2508.

YOUR INVITATION TO AN ONLINE WORKSHOP WITH IAN WHITE
Masterclass
Ask Ian

Online Workshop - Masterclass Ask Ian - March 2013

You are invited to join in on a rare opportunity for you to ask Ian White about any essences - Bush, White Light and Light Frequency and their application any topic from a workshop case history or spirituality. The event will be held online with you gaining access by simply logging on to our secure site. All you need is a computer, internet and decent connection.

Ian, the founder of the Australian Bush Flower Essences, has been making Essences for over 25 years and practising as a naturopath for 35 years. There is no prerequisite to joining this wonderful 6-hour call over 3 nights, only your desire to discover more about yourself and the amazing world of healing through Australian Bush Flower Essences from Ian himself.

Start thinking about your questions now and email them to us at the address below or use our **Contact Form** (and select "Workshop" under 'Enquiry Type').

Secure your spot now, contact:
Sharon Selvage
Phone: +61 2 9450 1388
Email: uschi@ausflowers.com.au

Date& Time: **Tuesday 5th, 12th & 19th March 2013**
7.30pm to 9.30pm (Sydney time)**
Cost: AUD175.00 if prepaid by 18th February 2013 (or AUD199 thereafter)

Beware of malware embedded in tax scams – Media Release

The ATO is reminding people to be aware of scam emails currently circulating that claim to be from the ATO. These emails request the recipient to download an attachment that contains malware or to click on a link to an external website that is used to steal their personal details. People should delete these emails immediately.
In 2012, the ATO received just over 26,000 reports from the public on a wide range of scams including fake job advertisements, emails and bogus phone calls.

A range of tricks are used to make scams appear authentic. For example:
sending emails with attachments that appear to have come from the ATO, which when downloaded infect your computer with malicious software
including a legitimate-sounding message at the start of a call, such as the call is being recorded 'for training purposes'.

Once scammers have your personal information they can steal your identity and commit fraud against you, with potentially serious consequences. They can lodge false tax returns in your name, transact using your credit card information or take out a loan in your name.

Anyone can be the victim of a scam. If a correspondence seems suspicious, too good to be true, asks you for personal details or cannot be verified through an official source, it is likely to be a scam and should be reported

If you think you have been the victim of a scam, contact the ATO by calling 1800 060 062 (8.00am - 6.00pm, Monday to Friday). You can also report suspected email scams to the ATO by forwarding the email to report fraud email.

Visit the online security page on the ATO website for more information about how to protect yourself online. This page also includes details of our current ATO SMS and email communications.

Cruise for a Cure 24th February 2013

Join us
as we attempt to turn some sick children's lives around.
FEBRUARY 24, 2013,
SYDNEY HARBOUR & PITTWATER.
Find out how you can help
cureourkids

Join us as we attempt to turn some sick children's lived around. Last year's SBM Maritimo Cruise for a Cure was a resounding success. The turnout exceeded all expectations as it not only raised children's spirits, but also badly needed funds to help support children battling cancer and their families. You can see a video of last year's event via the web link below.

In 2013, SBM is out to create an even bigger and better event. So if you own a power or sail boat 30' or above, please join us. The children can decide what they'd like to do, and where they'd like to go. Then afterwards, the good feeling continues with a BBQ at SBM Maritimo Sydney.

Donations are invited from just $500 with proceeds going to the Cure our Kids Foundation, a division of Westmead Hospital. If you can't be a skipper, why not be a sponsor? Organisations which donate $1000 or more will have the opportunity to display a corporate banner on a boat if they wish.
Register your boat and make a splash. Let's help sick kids and their families keep their heads above water.
FEBRUARY 24, 2013,
SYDNEY HARBOUR & PITTWATER.

Download Boat Registration Form

Our contact us for further details: Ph: 9968 1222

Email; bbatton@maritimosydney.com.au

WIN A $2500 NEW ZEALAND SKI HOLIDAY FOR 2 PEOPLE!
JOIN PBL FOR YOUR CHANCE TO WIN!

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

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

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

Bushcare Notices - February 2013

Bushcare at Warriewood

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

Sun February 3
Avalon Dunes 8:30-11:30am
W'wood Wetlands 9-12pm
Mon February 4
Rocky Point 9-12pm

Tue February 5
Browns Bay Reserve 9-12pm

Wed February 6
Kanimbla 9-12pm

Fri February 8
Bilgola Beach 9-12pm

Sat February 9
Elanora Rd 9:30-12:30pm
Mona Vale Dunes 8:30-11:30am
Coopers Point 10-1pm

Sun February 10
Bangalley Headland 9-12pm
Catherine Park 10-12:30pm

Sat February 16
Toongari Res 8-11am
Old Wharf Reserve 8-11am
North Palm Beach 9-12pm
Pathilda Res 9-12pm

Sun February 17
Angophora Reserve 8:30-11:30am
Crescent Reserve 9-12pm
McCarrs Creek Res 8-11am

Tue February 19
Porter Reserve 9-12pm

Thu February 21
Mona Vale Dunes 8:30-11:30am

Sat February 23
Nth Newport Beach 8:30-11:30am
Pindari 8-11am
Careel Creek 8:30-11:30am

Sun February 24
Bungan Beach 8-11am
Winnererremy Bay 9-12pm

Wed February 27
W'wood Bch 8-11am

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

Pittwater Council's COOEE Newsletter February 2013

ANZAC Centenary 2015

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

THE SUMBA FOUNDATION
AUSTRALIA

The NSW Government Gazette

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

The NSW Government Gazette contains:

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

Federal Government Media Releases this week:

Consultation continues on Anti-Discrimination Bill
SNIPPET: Attorney-General Nicola Roxon today thanked stakeholders for their submissions and evidence to the Senate Legal and Constitutional Affairs Committee in relation to the Exposure Draft of the Human Rights and Anti-Discrimination Bill 2012. I want to be clear to the public that at the start of January I asked my department to develop alternative drafting for the sections of the draft bill that have raised freedom of speech concerns. I know that this will not convince every commentator as sadly, there are still some in our society who believe our laws should allow sexism, racism, and discrimination on the basis of disability, age or sexuality.

Valuing unpaid caring: the next major reform (2013)
SNIPPET: Sex Discrimination Commissioner, Elizabeth Broderick, has released a report today that suggests eleven areas of reform that will value unpaid caring in Australia and remove the lifelong disadvantage experienced by many people who care. 'Our report suggests 11 options for policy reform drawn from research and analysis of a range of mechanisms and models used to value unpaid caring work, in Australia and another 24 countries around the world,' Ms Broderick said.

Separating families to get more support
SNIPPET: Support for families experiencing separation today received a boost of almost $8 million from the Australian Government. Women's Legal Service NSW. Women's Legal Service SA.

Parents to access child care centre ratings on MyChild website | Ministers&#039 Media Centre
SNIPPET: Minister for Early Childhood and Child Care Kate Ellis today announced parents will soon be able to access ratings of their local child care centres on the MyChild website from this year. Minister Ellis said making child care ratings available for parents is a key part of the new National Quality Framework (NQF) to lift the standard of child care across Australia. We are lifting the standard of child care across Australia because we believe parents deserve peace of mind that when they drop their children off to child off to child care they are getting quality care to a high standard, Minister Ellis said.

$5 Million for Mental Health Research
SNIPPET: THE HON MARK BUTLER MP. Minister for Mental Health and Ageing. Minister for Health Tanya Plibersek and Minister for Mental Health Mark Butler today opened the two new Centres of Research Excellence in Sydney which will focus their work on mental health.

Recovery centres to assist flood-affected residents | Minister for Human Services
SNIPPET: Centrelink staff - including social workers - are being deployed across Queensland to help people impacted by floods as a result of ex-Tropical Cyclone Oswald. Centrelink staff will help people from the recovery centre in Bundaberg alongside other government and community organisations. Centrelink staff will be available at:.

Australia Day Honours for Defence personnel - Department of Defence
SNIPPET: Defence News Published: 29 January 2013. Australian Defence Force and civilian Defence members have been recognised for their service to the community and the nation in the 2013 Australia Day Honours lists. Three Defence members will receive the Medal for Gallantry (MG):.

HMAS ANZAC completes third tour of duty - Department of Defence
SNIPPET: Defence News Published: 29 January 2013. Family and friends of serving members from HMAS ANZAC wait their arrival home to Garden Island, Sydney after a six month operational deployment. HMAS ANZAC has been welcomed home following a six-month deployment to the Middle East.

$14 million project to help cut emissions in new fridges
SNIPPET: Australia's leading household appliances company, Electrolux Home Products, will use a grant of more than $4.7 million from the Gillard Labor Government to upgrade its manufacturing facility at Orange in New South Wales. The company has identified a market for more energy efficient refrigerators and this $14.2 million project is expected to reduce the carbon emissions intensity of the refrigerators it manufactures by around 10 per cent, said Mr Combet. In addition to the Clean Technology Investment Programs, the $200 million Clean Technology Innovation Program is funding Australian businesses to develop new clean technologies.

GE Barometer shows innovation on the rise
SNIPPET: The Minister for Industry and Innovation, Greg Combet, has welcomed the latest GE Global Innovation Barometer, which shows Australia's standing as an innovative economy is improving. The GE Barometer shows Australia has improved its innovation ranking from 16th place in 2012 to 13th place in 2013 out of 25 countries. This shows the Australian Government's support for innovation through Powering Ideas: An Innovation Agenda for the 21 st Century is delivering results, Mr Combet said.

Drivers Experience First Stage of Western Highway Upgrade
SNIPPET: The Hon Dr Denis Napthine MP. Dr Napthine said the Western Highway upgrade is an important project for Victoria, with the Victorian Coalition Government contributing $101 million to the project. Member for Western Victoria Region Simon Ramsay said work on the initial section of the Western Highway between Ballarat and Burrumbeet was now complete.

Later Start Date for Better Targeting of NotForProfit Tax Concessions | Office for the Not-for-Profit Sector
SNIPPET: This extension will enable further consultation and engagement with the NFP sector on this measure and ensure there is an opportunity for detailed stakeholder input to be provided. Over 6 million Australians volunteer each year with not-for-profit organisations, contributing more than $14.6 billion in unpaid work. Publication : PDF (3.46MB).

Sapphires shine at industry's night of nights
SNIPPET: The Sapphires stormed the 2 nd Australian Academy of Cinema and Television Arts (AACTA) Awards last night, taking home six awards including Best Film. 2013 AACTA Award winners include:. There are 45 categories of AACTA Awards including International Film Awards.

New Geeks in Residence for arts organisations
SNIPPET: Enriching Australia by supporting the practice and enjoyment of the arts. You are here: New Geeks in Residence for arts organisations. The residency will ultimately deliver a fully-accessible digital publication produced by artists with a disability.

Funding for NBN Legal Assistance Partnerships | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy
SNIPPET: Deputy Leader of the Government in the Senate. &raquo Funding for NBN Legal Assistance Partnerships. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today invited applications for the second round of the NBN Regional Legal Assistance Program to help regional community legal services take advantage of the NBN.

Building Code 2013 | Ministers&#039 Media Centre
SNIPPET: Australia's building and construction industry will benefit from greater certainty under a Code for Commonwealth funded building and construction work released today. The Building Code 2013 codifies the current Implementation Guidelines for the National Code of Practice for the Construction Industry.. Briefing for industry participants on the Building Code 2013 will be provided by the Department.

Reforms helping students reach their potential | Ministers&#039 Media Centre
SNIPPET: Australian students are staying in school longer and getting better higher level qualifications under the National Partnership on Youth Attainment and Transitions (YAT). Some of our young people need extra assistance to stop them dropping out and remain engaged in education - that's why programs like this are essential to helping them realise their full potential. The final evaluation report on the National Partnership on Youth Attainment and Transitions is scheduled for September 2013.

One hundred years telling Australian stories: Film Australia Collection celebrates milestone anniversary // National Film and Sound Archive, Australia
SNIPPET: The Film Australia Collection (FAC), a diverse range of more than 5,000 titles of documentary and educational programs, is celebrating its 100th anniversary in 2013. The FAC consists of titles produced by the former Film Australia Limited and its predecessor agencies (National Film Board and Commonwealth Film Unit), or acquired from third party producers. The National Film and Sound Archive of Australia (NFSA) is the proud custodian of the FAC , preserving and providing access to the nation's documentary record our collective memory.

Australia mourns loss of great friends in Antarctic plane crash - Australian Antarctic Division
SNIPPET: The Director of the Australian Antarctic Division Dr Tony Fleming says the Australian Antarctic community is deeply saddened by the plane crash in Antarctica and thoughts are with the families, friends and colleagues of the crew. 'The crew were great friends of the Australian Antarctic program and our expeditioners,' Dr Fleming said. 'Our hearts go out to their families, friends and colleagues at Kenn Borek Air as we share their grief at this time.'

February 3 - 9, 2013: Issue 96

Avalon Beach RSL Fishing Club

http://avalonrslfishingclub.org/index.html

For several years we have listened to the gentlemen from Avalon Beach RSL Fishing Club of a Friday evening as they share amusing stories in between calling out the numbers for winners in their weekly meat raffle.

A few weeks ago, on attending their monthly weigh-in on a competition weekend, one fisherman shared the insight that there is always good fishing after a Southerly has blown through bringing a good swell. Strong winds bring lots of good currents for keen fishers. Some also advised that this Summer's incidents of more sharks closer to shore, as they chase schools of fish, is another indication of what currents are running and how fish-rich they may be.

Avalon Beach RSL Fishing Club weigh-in, 20.1.2013

When asked how do you know where the type of fish you want to catch may be.. the advice was to look at what other fish eat…fish eat fish mostly, and although each do have a season where they will be more of their kind around, you still have to educate yourself on tides, fish kinds and their diets, seasonal fish prevalence and what salt airs are running.

The weigh in reinforced the fun and serious aspects of a fishing club; those attending with their catch are allowed only five fish per weigh in for a weight measurement and only one for their 'biggest fish' caught. All fish must be regulation length and size as per NSW laws. All try and catch what kind if fish is the 'cup' fish for that month…in January it is the Whiting Cup.

Picture to left: Tahli Elliott - weigh in!

The largest fish on this particular afternoon was an 8.8kg Silver Drummer caught by Robert Deane off the rocks at Avalon.

"Deane rules Avalon rocks, has for decades…" was the quietly spoken insight from at least three fellow fishers.

As the Sunday afternoon mellowed, and Paul 'chef' BBQ'd some lunch for all, comments overheard from elder fishermen like "Plenty of worms at Newport…" or "Nice swell running…" in between sips of beers and lady fishers sharing small insights on fishing since young with family, reinforced what a fishing club is all about…fun, fish, and laid back appreciators of our great outdoors. You get time to exhale when fishing, you get time to see the waters ebb and flow.

Our Profile to open our salt air month is the oldest fishing club in Pittwater, who have helped other fishing clubs here set up their own structures from the work they did 30 years ago to commence, the Avalon Beach RSL Fishing Club. Huge thanks to James Lloyd, Publicity Officer, and founding members Ian Squire (Squiggles), Mark Boyle (longest serving member), Bobby White, Steve Fairban and current president, Daniel Elliott for all their help with this page. James to right:

Avalon Beach RSL Fishing Club is a social fishing club that gets together once a month to share their love of seafood and to tell stories of their endeavours to collect it. Fishing begins each month on the third Friday at 5pm. Members can fish anytime during the weekend from rock or beach, estuary or deep sea (no wider than the FAD's) but must have their eskies in the 'ring' before 2.30pm on the Sunday or their catch will be disqualified. Club size limits are often larger than fisheries and bag limits smaller. Each month has a different targeted cup fish, whiting being Januarys target with the largest whiting weighed taking home the cup.

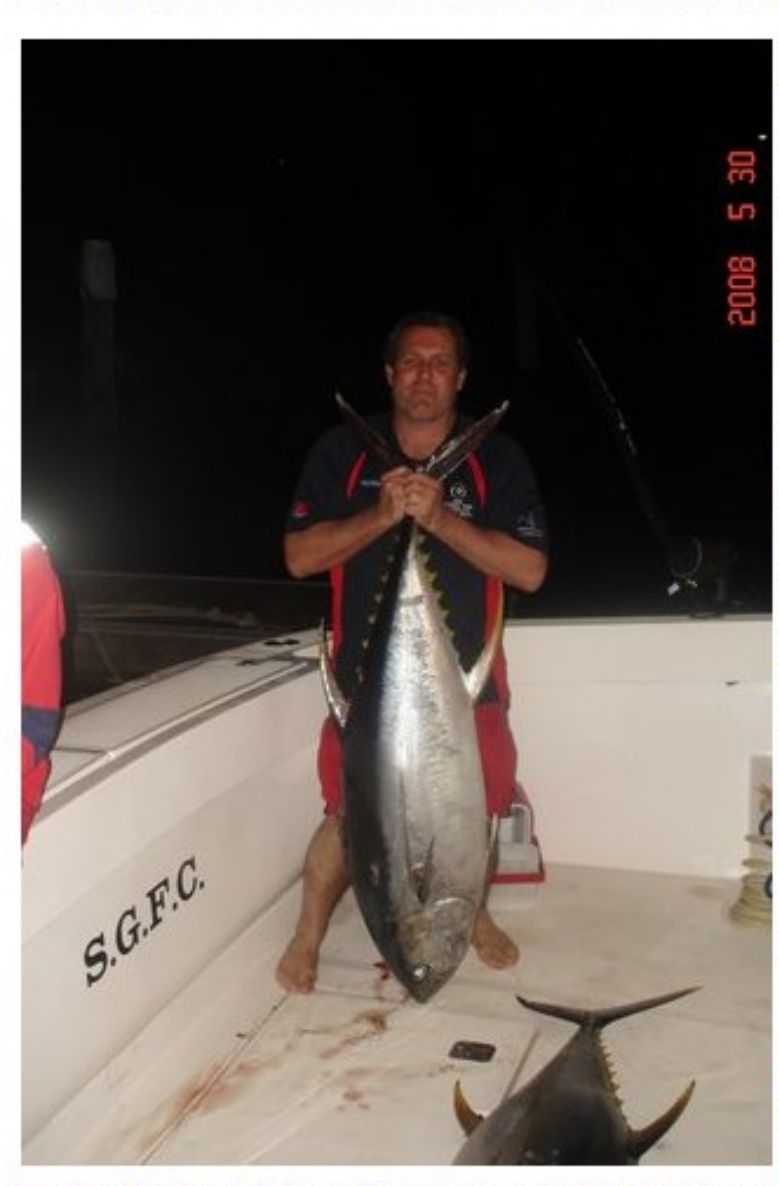
The first of the larger events occurs in September when a 3-way competition takes place between Narrabeen RSL FC and Newport Arms Hotel FC each club taking turns to host the weigh-in and BBQ. November sees one or two teams from our club sent away to the beautiful Nelson's Bay to contest a trailer boat and land based fishing competition. The Christmas party is a highlight which is held at the December weigh-in and the prawns and oysters alone are worth the value of the membership and a good time is had by all, Santa always popping in with gifts to the delight of the juniors and adults alike.

A Country Division is held in the cooler months and is not for the softer types with rough camping and 4WD access to a fly fishing river in the mountains. The annual Awards Night is held in July and is always a great social event. Dinner and entertainment is provided and the awards are presented.

Family memberships are encouraged with the price for a family being only a few dollars more than an individual membership.

At what age does a junior member become an adult member?
18

What is the most unusual fish a member has caught during the history of the club?



One of the most unusual fish caught was a 1kg flutemouth caught by Brian Wagstaff in 1988. The fish was over a metre, the head alone was around 30cm long which was dried and kept by Ian Squires until it perished only a few years ago.

What is the record of the biggest fish ever caught ?

63kg yellowfin tuna - Richard Timbs (left)
16.5kg mullaway - Mark Boyle
12kg Groper - Tim Jackett.

Please share two or three of the most memorable fish stories from any season;

A few years back member **Ferri Hudijono** was fishing from a local wharf when he momentarily left his rod unattended. He noticed a heavy strike but before he could scramble to save the rod it had disappeared into the bay. Dejected he packed up his bait & tackle and went home. The next morning he returned to the same wharf with another rod & cast his line out next to another fisherman already there. Shortly afterwards the fisherman next to him hooked a fish that seemed to be very heavy. As he got the fish close to the wharf they noticed that the line was hooked to another line in the water & that it was indeed the line attached to Ferri's rod from the day before. They managed to get Ferri's rod untangled from the other line and Ferri proceeded to pull in a massive flathead that he had hooked the day before and went on the win the flathead cup that month.

Right: Mick and Steve - Flathead

Josef Pichler, on very light line, worked hard for over an hour to land a big kingfish in Pittwater a few years back. After cleaning it he leant over the side of the boat to wash the remaining muck off the fish in the water when it slipped from his grasp and like a torpedo headed straight down into the depths. Without a second's hesitation, and with his phone and wallet in his pocket, he dived after the fish and disappeared to the astonishment of his fishing partner. The partner waited anxiously for what seemed like minutes until Josef emerged from the sea triumphantly with the fish safely secured in both hands.

Unfortunately no photo's were captured of 'Not the Secretary' Chris Stokes's boat when he tied it to a wharf at one of our members Hawkesbury River home one competition weekend evening at low tide. A great night was had in the magical riverside setting around the BBQ with plenty a fishing tale told. As the fisherman woke early to greet the sunrise, Chris was seen charging down the wharf towards his boat that had its nose stuck under the wharf due to the rising tide and the motor and rear end of the boat metres into the air.

Which mountains do you go to for the Country Division and what fish are you seeking ?

West of Lithgow in the Turon River at the end of May, freezing cold, rough bush camping in tents, trout being the targeted fish.

What is the cost of membership?

$27.50 single membership
$34.00 family membership

What are the members favourite places in Pittwater and why?

The members agreed that we are blessed living in such a beautiful area. Anywhere in or around the estuary at sunrise and sunset is simply magic as are the beaches and rocks anytime. Looking back in at the peninsula from a boat, taking visual markers, lining up say the Bahai Temple with the water tank on the Newport Hill and exposing only the nose of Lion Island, you get to see the peninsula in a different light, the pace of life is a lot slower out there.

What is the club's 'Motto for life' or a favourite phrases it tries to live by?

Always fish safely, make sure you make it home.
Only take what you can eat, don't be greedy.
Get involved in helping run the club, a little help from everyone makes the club great.
Take someone fishing with you, share the knowledge.

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Past Presidents (left to right): Bob White, Mark Boyle, Robert Deane, Billy Sinclair and current President Dan Elliott.

Robert Deane and his record 8.8kg Silver Drummer

Above: Thomas Kerr - Leatherjacket. Below: Dave Kerr

Serious Kingfish

Andrew Wiseman - snapper.

Tim Jackett Jr. - Record Groper.

Paul Sincair - Most Meritorious Luderick.

President Dan Elliott

Pittwater Online News

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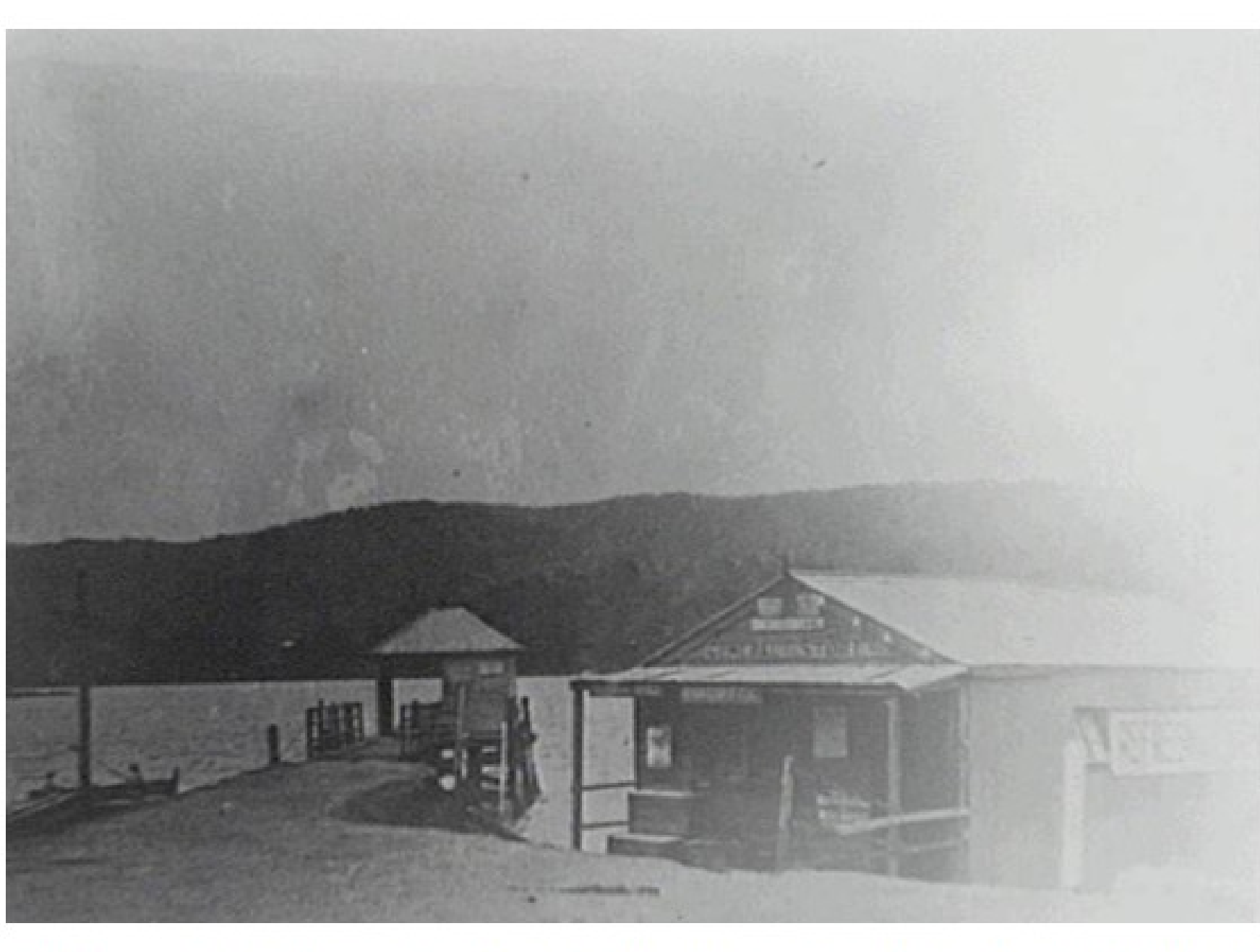
Church Point Wharf



Church Point, like any rural setting, was home to only a handful of families who occupied the isthmus of Church Point, further along McCarr's creek and its offshore headlands. These families had children who were required by Government decree to be educated. Pittwater children needed a school and once a room such as the now demolished Wesleyan church, for which Chapel Point and then Church Point (1888) was **named**, began to be utilised during the week as a school in1881. A means to get children from all parts of the estuary to there and land them safely also became necessary. In an area that was visited by steamers only **once and then twice a week**, owning your own vessel was vital due to the condition of tracks called 'roads', as were safe jetties and wharves where little legs and arms are concerned.

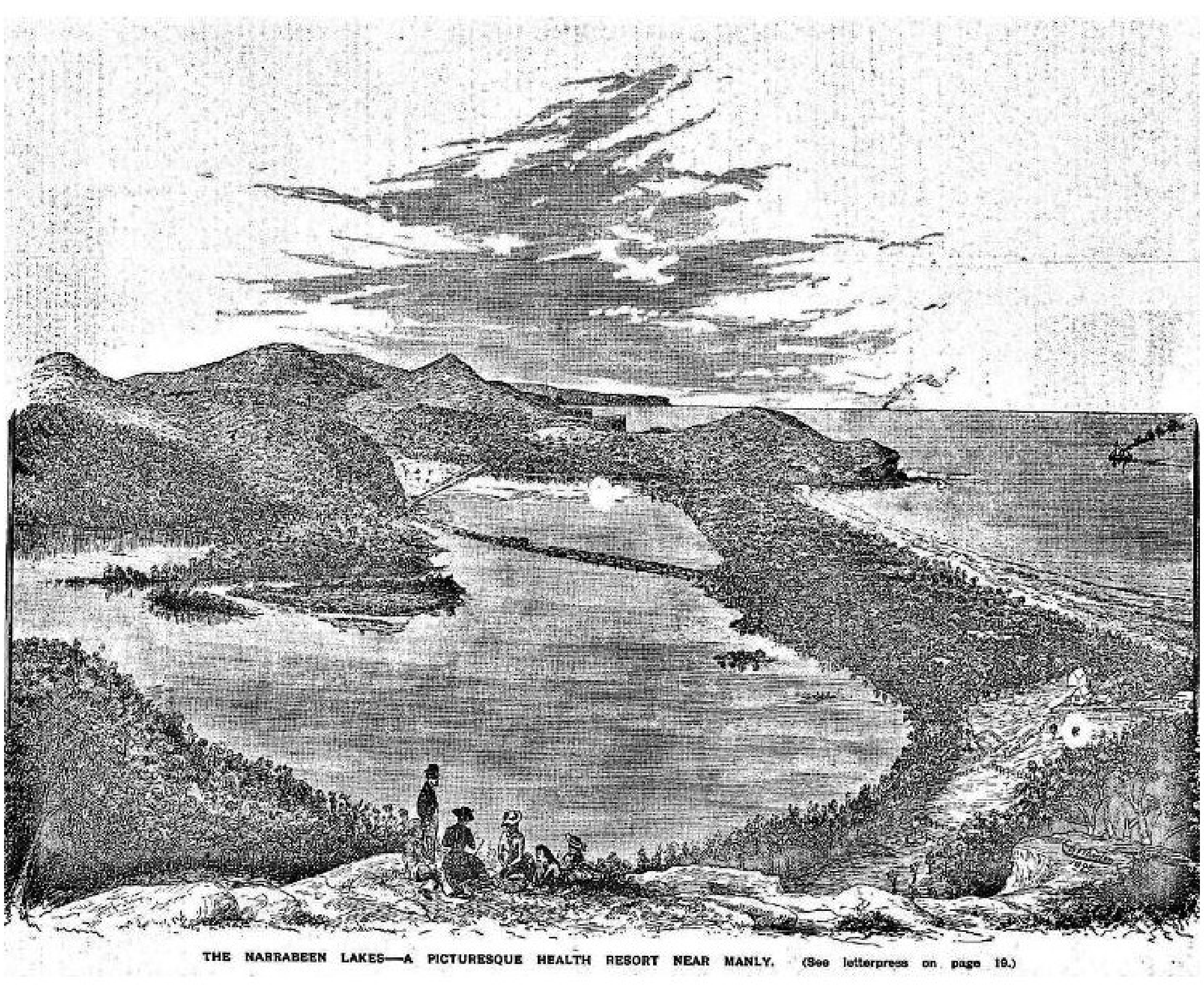
The word wharf comes from the Old English *hwearf*, meaning 'bank' or 'shore', and its plural is either wharfs or wharves; collectively a group of these is referred to as a wharfing or wharfage. 'Wharfage' also refers to a fee ports impose on ships against the amount of cargo handled there. In Pittwater our research shows many of these structures were also defined under the term 'jetty' and these were and are either; 1. A landing stage or small pier at which boats can dock or be moored or 2. A breakwater constructed to protect or defend a harbor, stretch of coast, or riverbank. A wharf was a larger more stolid structure out into deeper water that could accommodate larger vessels requiring such stations to be able to tie up to.

On June 1st 1883, the Mayor of St Leonards, the District where so many births in Pittwater are recorded during the 1800's, prevailed on the then Colonial Secretary of the colony for a wharf. The response is recorded:

DEPUTATIONS. THE NARRABEEN-ROAD.
A deputation, consisting of the Mayor of St Leonards, Dr Tibbit's, and several other gentlemen, waited upon the Hon. Alexander Stuart, Colonial Secretary, yesterday, to request that the Narrabeen-road from Manly to Pittwater be put in a proper state of repair, and that a jetty be constructed on Church Point at Bayview, Newport. The road, it was represented, is now in a very bad condition, and if it were put into proper order it would open up one of the most beautiful districts in the colony. The jetty was required for the benefit of children going to school and persons attending church. The deputation also asked for a bathing place.

Mr. Stuart said he was quite aware that the road had been in a very bad condition, but it was gradually, perhaps rather too slowly being made, and as soon as a bridge was carried across s Narrabeen the work on the other side must follow in a matter of course. He would give instructions to have the road examined specially, and reported upon to him during the ensuing week, and he would take an opportunity of visiting the locality and seeing what further could be done in the what further could be done in the way of relief. In regard to the jetty he would give the matter consideration but while the Government might erect a wharf he thought the inhabitants ought to construct a bathing place. The next thing likely to be wanted by the residents would be that the Government should go and wash them. DEPUTATIONS. THE NARRABEEN-ROAD. (**1883, June 2**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article13536041

{Dr. Tibbits of Petersham, a medical practitioner, is the landholder of 40 acres, part of Portion 25, on the west side of the 'church acre'.} (1.)


THE NARRABEEN LAKES—A PICTURESQUE HEALTH RESORT NEAR MANLY. (See letterpress on page 19.)

View of Narrabeen Lake from November 11, 1893, Australian Town and Country Journal

It seemed as though it still took a while to move things along unless you glance at the lapse between a Tender being announced and a person being accepted for the work;

THE following tenders were opened by the Tender Board at the Public Works Department yesterday: Wharf at Church Point, Pittwater. NEWS OF THE DAY. (**1884, December 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 9. Retrieved from http://nla.gov.au/nla.news-article13581494

Accepted tenders: William Boulton, construction of wharf at Church Point, Pittwater. GOVERNMENT GAZETTE. (**1884, December 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article13578833

The completion of the Government wharf at Church Point, Pitt water, will prove a great benefit to the residents in that district. The wharf is a substantial wooden structure, and boats drawing 11 feet of water will be able to come alongside at high tide. The population in the neighbourhood of Pittwater is rapidly increasing, and it is understood that the Government intend building a Public school to accommodate 50 pupils. Fruit-growing promises to be the leading industry in that locality. A considerable area of land is being planted with fruit trees. NEWS OF THE DAY. (**1885, July 4**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article13592258

Bay View, later defined by perimeters into Bayview and Church Point, was essentially a hub of Pittwater in her early days. The Church Point wharf was where goods were offloaded and produce loaded for carrying to Sydney along the coast or, more often, back up the Hawkesbury River. It is where people would catch steamers to elsewhere, buy goods, receive telegraphs or land to go to the Turimetta township, later to be Mona Vale. if a steamer only brought news of the outside world once or twice a week, it was also a place to gather for such events.

Pioneers like Robert McIntosh, who is listed in the 1815-1824 Government Gazette notices as '1817 Oct , On list of free settlers who are to receive land immediately; at Pittwater (Fiche 3266; 9/2652 p.40) and then again at 1819 Jun 5 Appointed constable in districts of Pitt Water and North Harbour (Reel 6038; SZ1044 p.52), before a stint in prison, fattened cattle and cleared pristine bush to grow produce. The people were hard working, feisty and not given to putting up with interlopers coming into their fields and waterways and helping themselves:

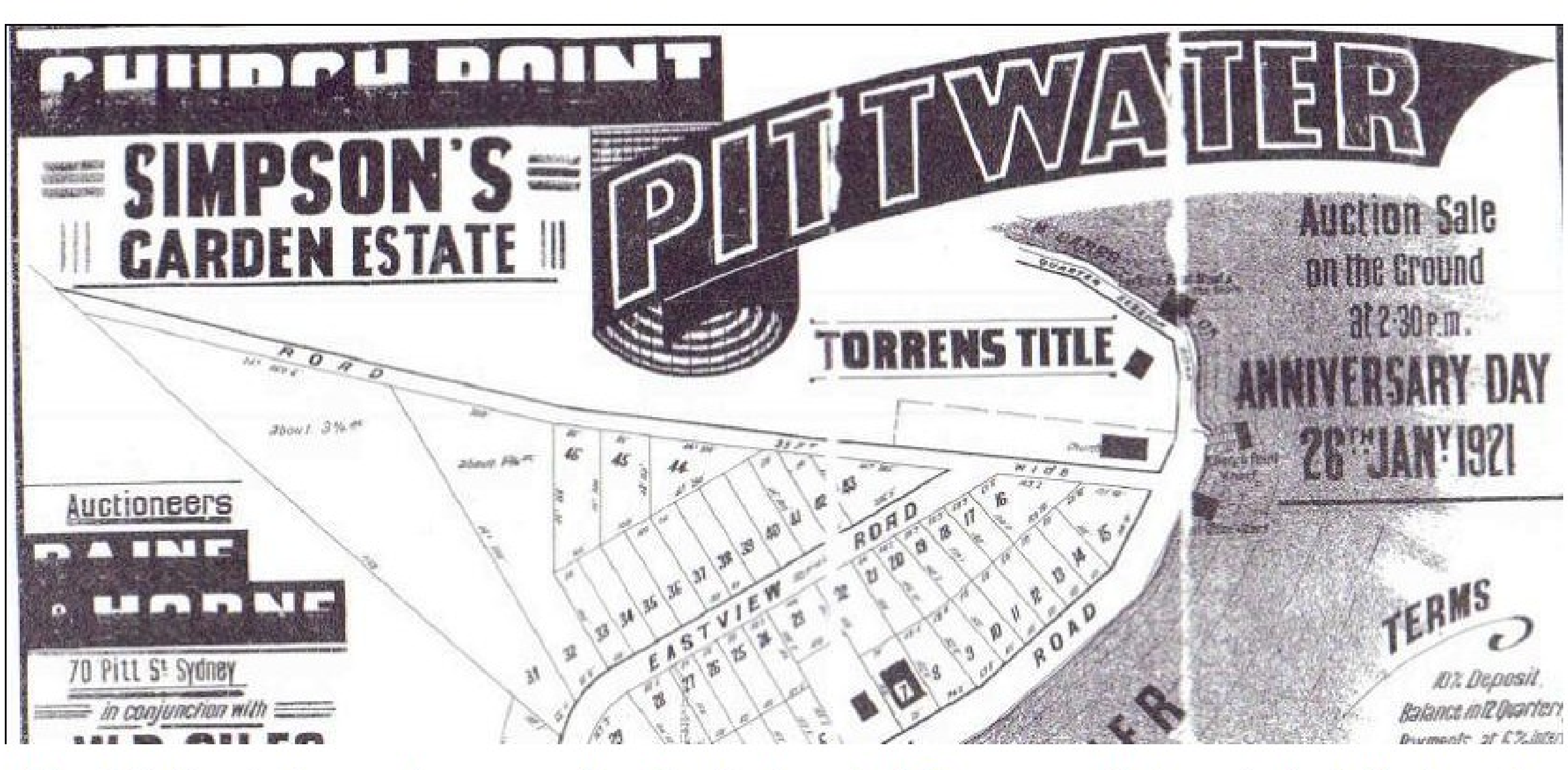
METROPOLITAN DISTRICT COURT. Wednesday. In this case John Summersgill, of Albert-street, Redfcrn, sued George Brown, of Church Point, Pittwater, for £200 damages for wrongful seizure, verdict for the defendant, without costs. METROPOLITAN DISTRICT COURT. (**1892, May 26**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article13868674

Church Point, alike Newport on its opposite shore, was a garden of fruit and fish. A wharf was vital for transporting;

At length the **Rock Lily Hotel** is reached, and here is refreshment for man and beast. A few yards beyond here the road branches, one to the town of Newport and Barrenjoey Lighthouse, and the other to Bay View Post Office and Telephone Office and Church Point. At Bay View the expansive waters of Pittwater and Broken Bay in all their glory lie disclosed to view. Our illustration gives a very good idea of the scene. In the foreground is Bay View House, vine yard, orchard, Post and Telegraph Office, the property of Mr. J. J. Roche. In the near view is Pittwater, extending its broad and deep arms to the right and to the left, and in the distance is Broken Bay, with Lion Island barring the passage way, so named because of its resemblance to a lion couchant. Only half the scene described is represented in the picture, but the varied panorama of headland jutting out beyond headland, with the intervening bays and arms as they sweep inward between the wooded head lands, gives a good idea of what the other side is like. Broken Bay is, as is well known, one of the most magnificent harbors in Australia, with plenty of deep water and ample scope for the largest ships that sail the ocean. Its vicinity to Port Jackson has, up to the present, destroyed its chances of becoming a commercial centre, but no one can doubt that the day will come when it will be the seat of a prosperous population with cities and towns within its borders, and railroads and ships bringing goods to its marts. At present it is merely used as a haven of shelter by storm-tossed ships, yachting parties, and an occasional excursion steamer from Sydney. At present its population is mostly composed of private gentlemen, who have residences among its beauty spots, the summer residences of business men from the metropolis, a few professional fruit-growers, with a scattering of business men and fishermen.

From Bay View the road, a very good one, winds around the beach, disclosing as every vantage point is gained new beauties of land and water. Around here are some very good orchards, with trees laden with fruit, and the homesteads peeping out from masses of evergreen foliage, with an extensive vista of land and water. In a charming spot on a sloping hillside, with such a fore ground and a craggy background Professor Anderson Stuart has a summer residence and orchard. Mr. W. G. Geddis (spelt Geddes elsewhere) has a neat residence on a pleasant point. Mr. W. Baker has an orchard with some magnificent trees, while on a commanding bluff is Mr. John Poster's residence and orchard. Mr. A. McIntosh's residence is also hard by.

This road ends at Church Point, a lovely spot commanding a view of Pittwater the town and hotel of Newport at the head of Navigation, Broken Bay, and Barrenjoey directly in front; Scotland Island and Towler's Bay right across the water, with the long and deep arm known as McCarr's Creek on the left. On the Towler's Bay side there are several residents who pull across the water to the wharf at Church Point and meet the steamer from Sydney or the coach from Manly, as the case may be. The dynamite powder hulk is moored in Towler's Bay, with residences on shore for the officers in charge. Mr. Robert Robinson has his residence of *Raamah* at the same place. Mr. Robinson informs me that he can grow to perfection such tropical fruits as bananas, guavas, ginger, mangoes, pineapples, Brazilian cherries, &c. This fact will demonstrate that there can be little or no frost in this locality. Other residents of this side of the bay are Mr. F. Chave, Woodlands, who has a very nice orchard, mostly summer fruit ; Mr. E. C. Johnstone, who has a nice residence and orchard; Mr. A. Steffaniis another prominent resident, while the residence of the firm of Flood and Oately occupies a lovely peninsula in the quiet waters of the bay. Mr. Geo. Brown has a residence and an orchard in the neighborhood, and there is also a small church and cemetery at Church Point.



The flora of the district is varied, as may be supposed from the climate and soil. Grey gum, spotted gum, ironbark, blood wood, and turpentines, and others of the eucalypti develop into lofty trees, which cover the whole face of the country and give it a densely wooded appearance. **In the olden days large quantities of excellent timber was shipped from the district**, and there is still large quantities obtainable, although not so handy as desirable. A dense undergrowth occurs in suitable situations, prominent among which are the numerous palms common to the coast. The baroneas, flannel flowers, waratahs, fuchsias, &c, all grow in the most bewildering confusion ; rock lilies, stag horns, and other epiphytal plants cover the rocks and trees, while a perfect maze of ferns cover the sward wherever they can find root for themselves, from the tender maidenhair to the more lofty fern tree. Ever-flowing streams of water pour down from the mountain sides, in some instances forming cascades of considerable volume, which still further enhance the beauty of the scene.

In short this favored region has every resource calculated to render it a fit habitation for man, a salubrious climate, fertile soil, plenty of wood and water, and within easy distance from market. Its fisheries alone, if energetically prosecuted ought to return a revenue sufficient to support a large population, while its close proximity to the metropolis and many beauties ought to attract a constant stream of tourists. The reason the district is so backward in respect of permanent settlement is no doubt because there are so many other localities where the land is more easily cleared and the soil of a better quality. One drawback has been that much of the best of the land has been locked up from settlement by large landholders. Manly to Broken Bay. (**1893, November 11**). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 19. Retrieved from http://nla.gov.au/nla.news-article71191632

Today Church Point Wharf is still the hub of our offshore community. Ferries still ply to and from the wharf and the **annual Dog Races** held each Christmas Eve draw not only residents but many from further afield who appreciate that here what is great about our Australian spirit is still thriving; laid back, no fancy frills people, enamoured with saltwater, salt air and being able to sit on an historic wharf and watch the world putt putt by or gaze into still green hills.

References:

1. Peter Altona and Sue Gould. 2012. *The Schools at Church Point*. With Acknowledgements to George and Shelagh Champion, eminent Historians of the northern peninsula of Sydney, who kindly provided research and support to the project. Retrieved from Church Point Reserve Association website at: http://churchpoint.org.au/
2. G & S Champion, *Manly Warringah & Pittwater 1850-1880*. 1998.

Incidentals:

PUBLIC CAUTION. - The public are hereby cautioned not to give trust or credit to my son HENRY OLIVER, from this date, as I will not be responsible for any debt he may contract and I further caution the public against harbouring or employing him, he being under 21 years Of age. WILLIAM OLIIVER, Pittwater, 17th March, 1856. ' Advertising. (**1856, March 17**). The Sydney Morning Herald(NSW : 1842 - 1954), p. 1. Retrieved February 2, 2013, from http://nla.gov.au/nla.news-article12974255

BAYVIEW, PITTWATER. A handicap rowing race for local boats took place at Pittwater on Saturday last, the result being an easy win for the Magazine boys, with W. Dickenson's second Six boats competed over a course of about one mile-from Mr Geddes' wharf to Church Point Mr Booth acted as starter, and Mr Mulligan as judge. BAYVIEW, PITTWATER. (**1896, March 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 6. Retrieved from http://nla.gov.au/nla.news-article14040596

EASTER CAMP. The committee of the P.A.Y.C. have decided that the club steamer shall leave Sydney on Thura4oy evening in lieu of Friday morning, to convey members, dunnage, skiffs etc, to the camping ground, the Basin, Broken Bay The commodore's (Mr S Hordern) motor launch will also meet intending campers at the Hawkesbury River station on Friday morning. **Communication is able to be maintained with Church Point, Pittwater**. EASTER CAMP. (**1904, March 12**). The Sydney Morning Herald(NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article14605961

WRECK OF MOTOR LAUNCH. In this matter, Henry James Agar, of New-port, trading as "Agar Bros.," claimed £120 damages from Percy Norton Russell, of 14 .O'Connell-street, Sydney, for alleged negligence. The case for the plaintiff was that he hired a motor launch to the defendant for the purpose of carrying goods from the wharf at Church Point, Pittwater, to a wharf at The Basin, Pittwater. The launch was wrecked, and he suffered loss and damage and the use of the vessel. Mr. Abrahams (instructed by Messrs. A. J. McDonald and Co.) appeared for the plaintiff; and Mr. Hammond (Instructed by Messrs. Makinson and d'Aplee) for the defendant, who denied the alleged negligence. His Honor gave a verdict for the defendant. DISTRICT COURT. (**1922, December 20**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 8. Retrieved from http://nla.gov.au/nla.news-article16035941

Curlew Farewell at Church Point wharf, September 2012. Picture by A J Guesdon.

'Church Point, Pitt Water, 20 mins n. from Syd.' by A. J. Vogan (Arthur James), ca. 1910 - ca. 1915, Image H82.254/8/29, courtesy State Library of Victoria.

CHURCH POINT PITTWATER 1560A
BROADHURST M.A.B. Photo

'Church Point, Pittwater'. Digital Order No. a106164 ca. 1900-1927, Sydney & Ashfield : Broadhurst Post Card Publishers. Courtesy State Library of NSW

Church Point Wharf threads collected and collated by A J Guesdon, 2013.

Pittwater Online News

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In search of shipwreck Royal Charlotte - underwater footage
Playlist Australian National Maritime Museum (22 videos)

In search of shipwreck Royal Charlotte - underwater footage

On 4 January 2012, an Australian National Maritime Museum archaeological expedition team set out to Frederick Reef in the Coral Sea to locate the remains of the India bound ship *Royal Charlotte*, shipwrecked in 1825.

With great success the team did find the remains of the wreck, including an anchor chain, anchor and cannon. We hope you enjoy this amazing underwater footage of the dive team during their search of the wreck.

Read our Maritime Archaeology blog for daily logs of the expedition here

National History Competition

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

How to enter
It is easy to enter the NHC. Register your school, obligation free, and receive a Welcome Kit by clicking here. Select up to 6 entries from each year level category, using the judging sheet as a guide.

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

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

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

Checklist
Before submitting your nominated entries to your state coordinator please make sure you:
- select a maximum of six (6) entries for each Year Level category.
- have also 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 problems 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: 0426 275 166

When can I start?
You can register for the 2012 NHC **from February, 2013.** The competition closes on **Friday, August 30**.
From; http://historychallenge.org.au/contest-information/teachers-how-to-enter/

Federal Government Media Releases concerning children this week:

Parents to access child care centre ratings on MyChild website Thursday 31 January 2013Media Release- The Hon Kate Ellis MP; Minister for Employment Participation, Minister for Early Childhood and Child Care

Minister for Early Childhood and Child Care Kate Ellis today announced parents will **soon** be able to access ratings of their local child care centres on the MyChild website from this year. Minister Ellis said making child care ratings available for parents is a key part of the new National Quality Framework (NQF) to lift the standard of child care across Australia.

"We are lifting the standard of child care across Australia because we believe parents deserve peace of mind that when they drop their children off to child off to child care they are getting quality care to a high standard," Minister Ellis said. "We recognise the first years of a child's life is crucial to their development – that's why governments of all political persuasions signed up to the reforms to lift the standard of child care across Australia.

"It's also why the Australian Government increased the Child Care Rebate.... to 50% and to a cap of $7 500 - so that more families have access to affordable child care. In its first year, the NQF is already providing children with better care, more highly qualified educators, and more one-on-one time with their educator. More than 1.3 million Australian children are now receiving better quality child care in centres across Australia. **Each centre across Australia will be individually assessed and their progress towards meeting the new national standards will be published on the MyChild website for parents to access**."

Minister Ellis said the NQF was being implemented gradually until 2020, to ensure services have enough time to adjust to the new requirements. "**We are backing the National Quality Framework with a record investment of $23.1 billion** in early childhood education and care. I look forward to continuing to work with all state and territory governments to deliver better child care for Australian children and their families – and continuing to tackle the issue of reducing child care waiting lists," Minister Ellis said.

The NQF requires all providers to improve services and provide families with better information. **It includes**:

Improved educator to child ratios, so that each child gets the individual care and attention that they need;
Higher educator qualifications, to equip staff to provide the kind of activities that help children learn and develop; and
More information for parents through a transparent ratings system.

From; http://www.ministers.deewr.gov.au/ellis/parents-access-child-care-centre-ratings-mychild-website

Reforms helping students reach their potential -Friday 25 January 2013 Media Release - The Hon Peter Garrett MP; Minister for School Education, Minister for Early Childhood and Youth

Australian students are staying in school longer and getting better higher level qualifications under the National Partnership on Youth Attainment and Transitions (YAT). School Education Minister Peter Garrett said the second Evaluation Report into the YAT program found progress had been made across Australia following the $706 million commitment made by the Gillard Government.

The report – the second of three commissioned under the program – showed the program was on track to reach the Council of Australian Governments (COAG) target of 90 per cent Year 12 or equivalent qualifications by 2015, and halving the gap in Indigenous Year 12 or equivalent by 2020.

"The findings of this report show we are clearly helping young people overcome the barriers they face to completing high school or gaining an equivalent qualification," Mr Garrett said. "All young Australians deserve a first class education to give them the best opportunities in life. Some of our young people need extra assistance to stop them dropping out and remain engaged in education - that's why programs like this are essential to helping them realise their full potential.

The report shows:
an increase in the proportion of 15-19 year olds participating in full-time education and training from 69.5% in 2009 to 73.4% in 2012 which is expected to result in increased rates of Year 12 or equivalent attainment in the years to come
Participation rates for Indigenous 15-19 year olds increasing at twice the rate of the non-Indigenous population
Participation in Certificate II and III courses has risen between 2008 and 2010 – highlighting a move toward higher level qualifications.

"The National Partnership is playing a significant role in helping young people finish school with the standard of education and qualifications required to move into a successful career," Mr Garrett said.

The Gillard Government has invested $706 million over four years in the National Partnership to help more young people successfully stay in school and transition to work or further education. Major elements of the program include funding for connections between youth providers including:

Youth Connections program
School Business Community Partnership Brokers program
Maximise engagement, attainment and successful transitions through career development, multiple learning pathways, and mentoring
National career development initiatives
The Compact with Young Australians
Reward funding to states and territories for meeting participation and attainment targets

The final evaluation report on the National Partnership on Youth Attainment and Transitions is scheduled for September 2013.
The Interim Evaluation of the National Partnership on Youth Attainment and Transitions report, as well as further information on the National Partnership, is available at: http://deewr.gov.au/national-partnership-youth-attainment-and-transitions
For more information on youth attainment and transitions visit: www.transitions.youth.gov.au

Extra funding for literacy and numeracy in NSW schools- Wednesday 30 January 2013Media Release - The Hon Peter Garrett MP: Minister for School Education, Minister for Early Childhood and Youth

The Gillard Government is investing **a further $74.9 million** in **a new agreement with the New South Wales Government to help boost literacy and numeracy results.** School Education Minister Peter Garrett welcomed NSW schools participation in the Improving Literacy and Numeracy National Partnership and encouraged other state and territory Governments to sign up soon so their students can also reap the benefits.

"More than 48,000 students in 171 NSW schools benefited from the original Smarter Schools Literacy and Numeracy National Partnership," Mr Garrett said. "This new funding will build on successful strategies undertaken through the previous National Partnership, which ran from 2008 to 2012."

National Partnership funding can be used by schools in a number of ways, including:
dedicated literacy and numeracy coaches
professional development for teachers
improving literacy learning in the early years
tailored teaching approaches to lift literacy and numeracy achievement.

"NAPLAN data shows that students in NSW schools participating in the previous National Partnership showed an improvement in scores and our investment is having a real and positive impact," Mr Garrett said. "The previous Literacy and Numeracy National Partnership results showed a reduction in students in the bottom two bands for Grade 5 Numeracy from 36 per cent in 2008 to 23 per cent in 2011. Each state that signs up to the new Improving Literacy and Numeracy National Partnership will be able to build on the results already achieved. Literacy and numeracy are foundation skills which are critical to success in education and employment, and for people to fully contribute to a strong economy and prosperous future for Australia in the Asian century. That's why we are prepared to invest an additional $243.9 million nationally for the 2013 school year, with each state and territory to benefit as they sign-up to the new agreement. And it's why the Government is determined to work with the states and territories on the new National Plan for School Improvement to ensure that every Australian child has access to a world-class education, and that those students who need additional assistance get support."

For more information, visit http://deewr.gov.au/literacy-and-numeracy-schools

STOP
BULLYING
SAFE
SCHOOL
ZONE

Safe Schools are Smart Schools

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

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

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

To enter, schools will be encouraged to form a working group of students, led by a teacher, to answer a series of questions related to how their school's initiatives align with the National Safe School Framework. They can choose to focus their entry on activities that address any one of the following issues: bullying, cyberbullying, violence, discrimination, harassment or mental health. **One primary school and one secondary school in each state and territory will win a $5000 voucher for school resources.**

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

CALCULATORS

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

Don't follow the Guru
you are the Guru
MARLA ?
SAVE THE FORESTS

Bullying; NO WAY !!!

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

Powerhouse Museum Online Fun

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

An example: This online skittles game is based on a Victorian table game of skittles, c. 1880, made of wood and coloured paper, from the Powerhouse Museum's collection (object number A7575). Games which combined an element of chance while developing hand-eye coordination were very popular as family entertainment during the later part of the 19th and early 20th century. More HERE

National Geographic online fun For little kids:

NATIONAL GEOGRAPHIC
Little kids
Tree Frog

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

HERE

Australian Stories Online

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

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.

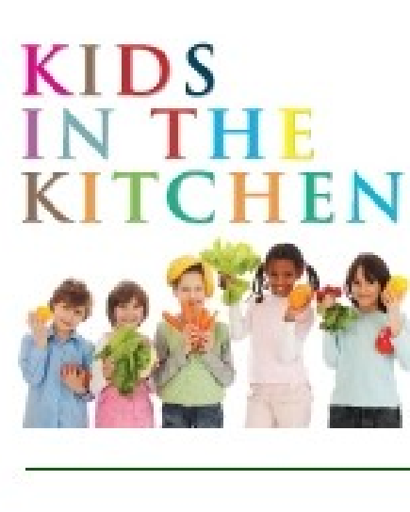
Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers and young people themselves, as well as policymakers, researchers and practitioners in other sectors working with youth. The clearinghouse focuses on information about early adolescence to the early adult years (12 to 25 years).

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

Great Website with daily Updates HERE

Love Food, Hate Waste Cookbook



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

Love food hate waste book: HERE

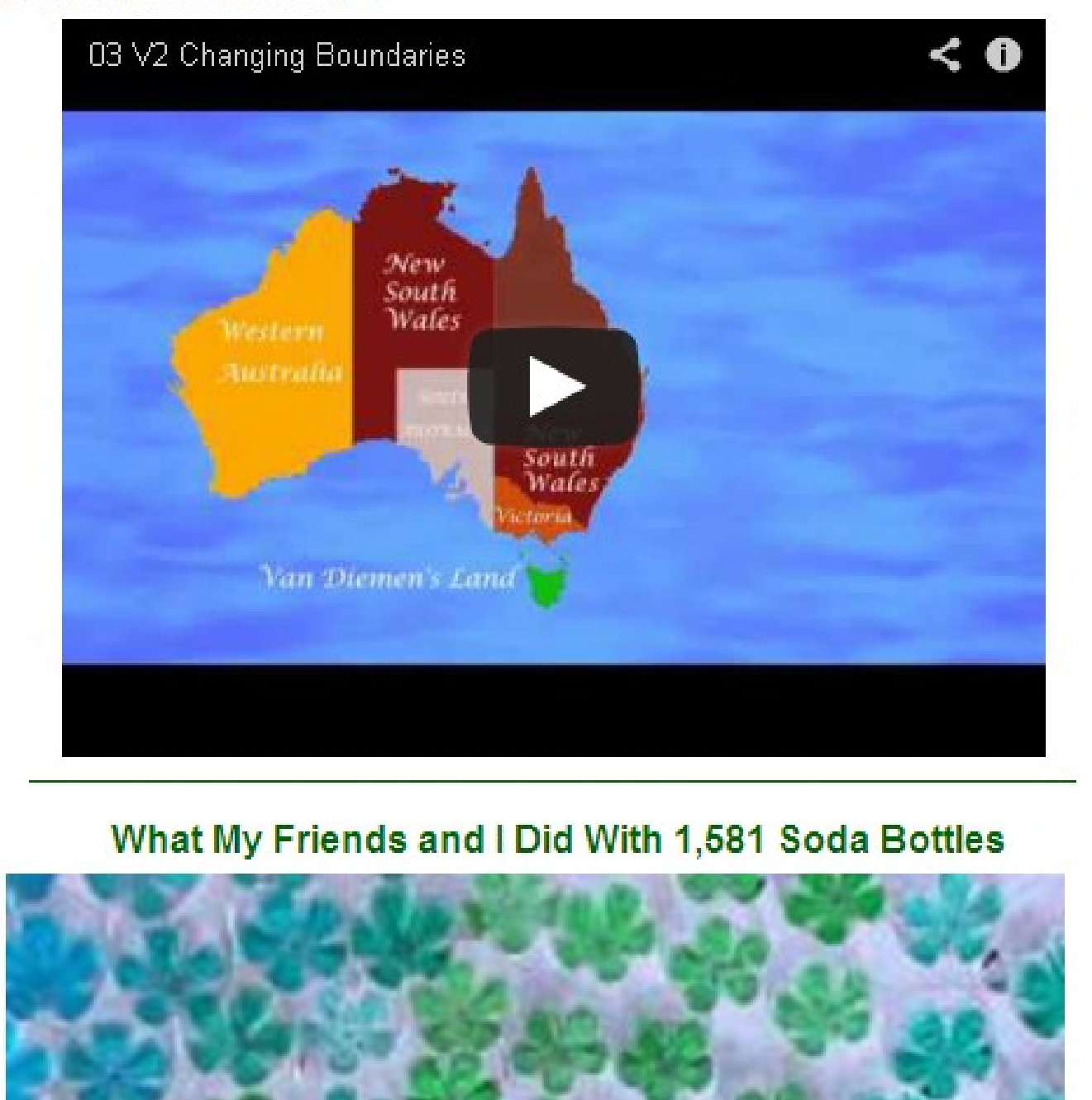
Tweet Like +1

Bus Pass Replacement

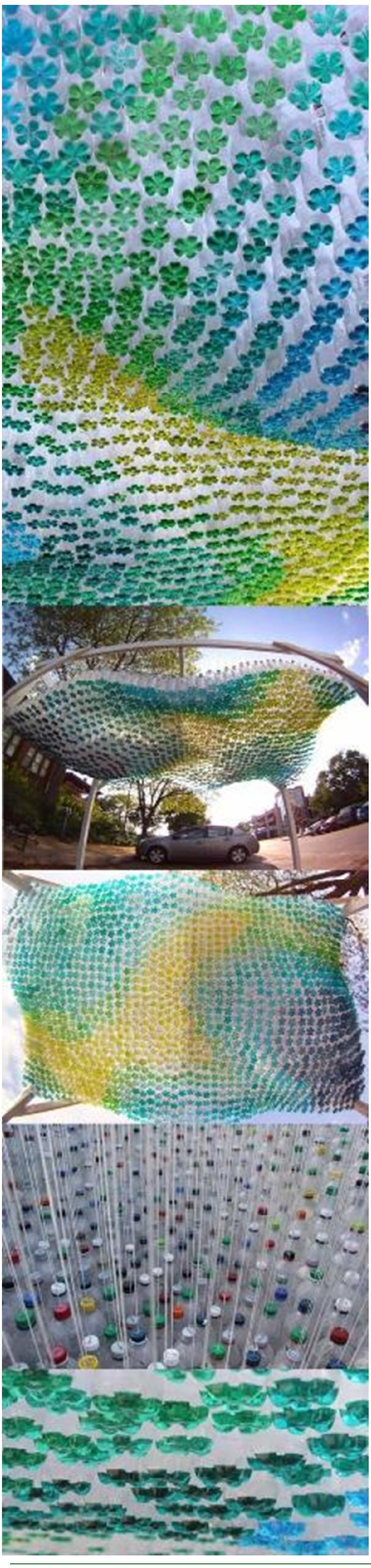
HERE

A Few Inspirations of a Maritime kind to hopefully inspire some of our Pittwater children to participate in this year's History Challenge (details this page):

Changing Boundaries - Evolvement of Australia's political boundaries since 1788.



What My Friends and I Did With 1,581 Soda Bottles



Working Alone Won't Get You Good Grades

Students who work together and interact online are more likely to be successful in their college classes, according to a study published Jan. 30 in the journal *Nature Scientific Reports* and co-authored by Manuel Cebrian, a computer scientist at the Jacobs School of Engineering at the University of California San Diego.

Cebrian and colleagues analyzed 80,000 interactions between 290 students in a collaborative learning environment for college courses. **The major finding was that a higher number of online interactions was usually an indicator of a higher score in the class. High achievers also were more likely to form strong connections with other students and to exchange information in more complex ways.** High achievers tended to form cliques, shutting out low-performing students from their interactions. Students who found themselves shut out were not only more likely to have lower grades; they were also more likely to drop out of the class entirely.

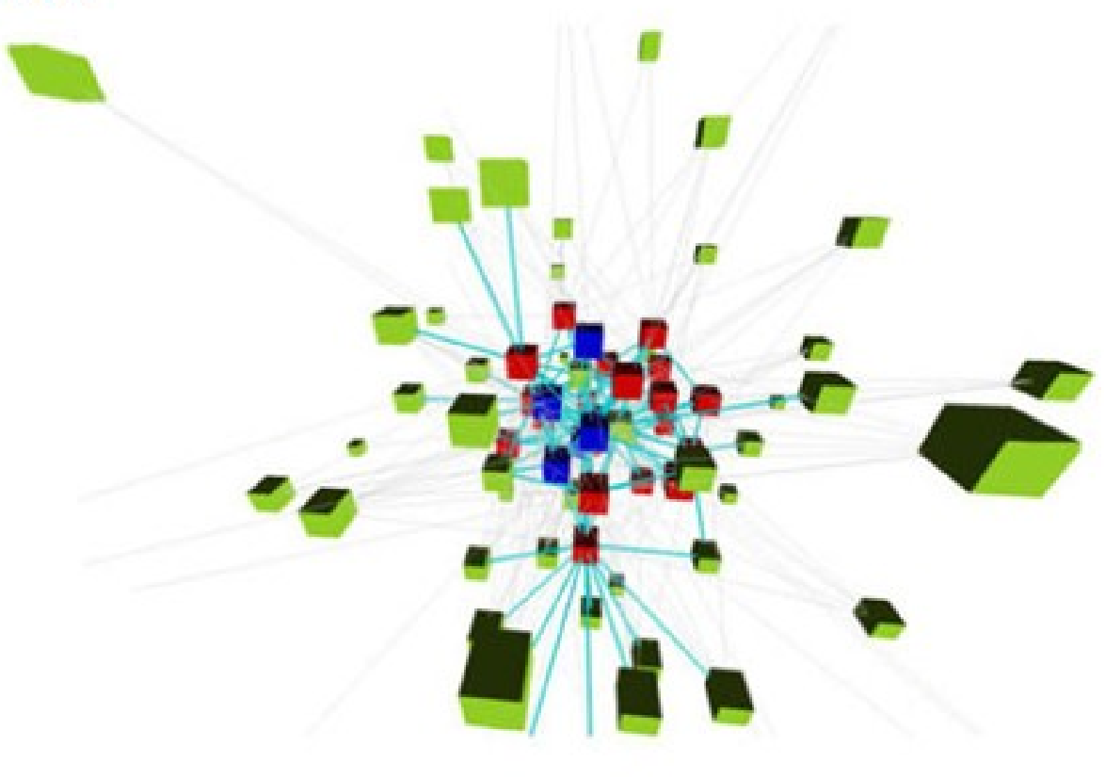
"Elite groups of highly connected individuals formed in the first days of the course," said Cebrian, who also is a **Senior Researcher at National ICT Australia Ltd, Australia's Information and Communications Technology Research Centre of Excellence**. "For the first time, we showed that there is a very strong correspondence between social interaction and exchange of information - a 72 percent correlation," he said "but almost equally interesting is the fact that these high-performing students form 'rich-clubs', which shield themselves from low-performing students, despite the significant efforts by these lower-ranking students to join them. The weaker students try hard to engage with the elite group intensively, but can't. This ends up having a marked correlation with their dropout rates."

This study co-authored by Luis M. Vaquero, based at Hewlett-Packard UK Labs, shows a way that we might better identify patterns in the classroom that can trigger early dropout alarms, allowing more time for educators to help the student and, ideally, reduce those rates through appropriate social network interventions.

Cebrian's work is part of UC San Diego's **wider research effort at the intersection of the computer and social sciences, led by Prof. James H. Fowler, to enhance our understanding of the ways in which people share information and how this impacts areas of national significance, such as the spread of health-related or political behavior.**

Luis M. Vaquero, Manuel Cebrian. **The rich club phenomenon in the classroom.** Scientific Reports, 2013; 3 DOI: 10.1038/srep01174

Below: A graph showing interactions between 82 students during the last week of a course. High performing students are in dark blue and form a core where the highest density of persistent interactions can be observed. Mid-performing students are in red and low-performing student sin green. Persistent interactions are shown in thick blue edges, while dotted thin grey edges indicate transient interactions. (Credit: Image courtesy of University of California - San Diego)



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

The 2013 Premier's Sport Challenge will commence at the beginning of term two and run through terms two and three. **SCHOOL REGISTRATIONS WILL BE OPEN FOR THE MONTH OF MARCH.** Be sure to register to receive your school's PSC supporting grant.

Start planning NOW to ensure you incorporate carnivals, fun runs, walk-a-thons and so on into the physical activity schedule for students and staff during the Challenge.

For inquiries regarding the 2013 Challenge, contact the PSC team (email psc@det.nsw.edu.au or telephone 9266 8773 or 9244 5274).

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

The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier's Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

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

SAFER INTERNET DAY 2013
5 FEBRUARY
Celebrate 10th Safer Internet Day
ins@fe
INHOPE
www.saferinternetday.org

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.

Safer Internet Day (SID) 2013: 'Connect with Re...

May Gibbs Online at State Library of NSW

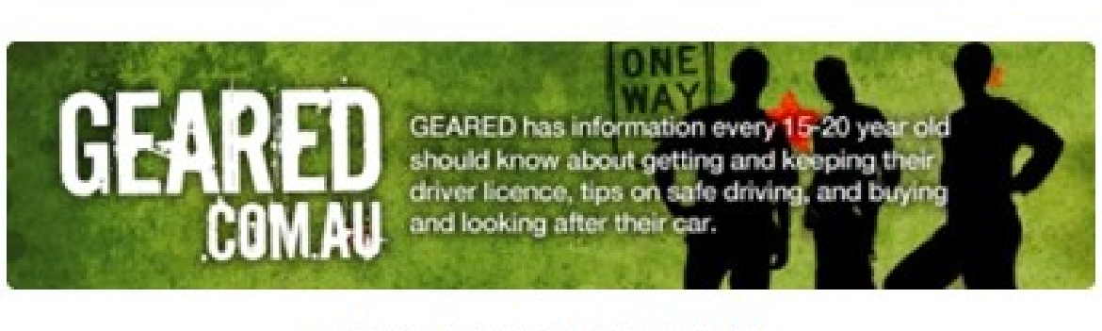
Those of you who like Cuddlepot and Snugglepie may be interested in looking through the vast amount of material available **online** at our own State Library.

From this page:

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 Northcott Disability Services) and the Spastic Centre of NSW (now the Cerebral Palsy Alliance). These institutions have kindly given the Library permission to digitise the material and publish it on our website. We hope this will introduce May Gibbs and her iconic Australian work to a whole new audience.

May Gibbs (1877-1969), author, illustrator and cartoonist, has captured the hearts and imaginations of generations of Australians with her lovable bush characters and fanciful landscapes. Her iconic children's literature and folklore is still as popular as ever, holding a special place in the Australian consciousness. Best known for The Complete Adventures of Snugglepot and Cuddlepie, Gibbs also wrote and illustrated many other children's books, produced long-running cartoon strips and a variety of commercial work. A fiercely determined woman, she was Australia's first full-time, professionally trained children's book illustrator, developing an uniquely Australian fantasy vernacular which is relevant now as it was then. In 1955, 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 !


GEARED .COM.AU
ONE WAY
GEARED has information every 15-20 year old should know about getting and keeping their driver licence, tips on safe driving, and buying and looking after their car.

Click on Image to visit website.

Keep children safe online

The Easyguide to Socialising Online is available here

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

More information about the ACMA's Cybersmart program is here

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

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

Headspace 'We've got your back' campaign

A groundbreaking national awareness campaign developed by National Youth Mental Health Foundation headspace aims to dramatically increase young Australians' awareness of everyday mental health issues affecting them and their friends. The campaign will run for the next 3 years.

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

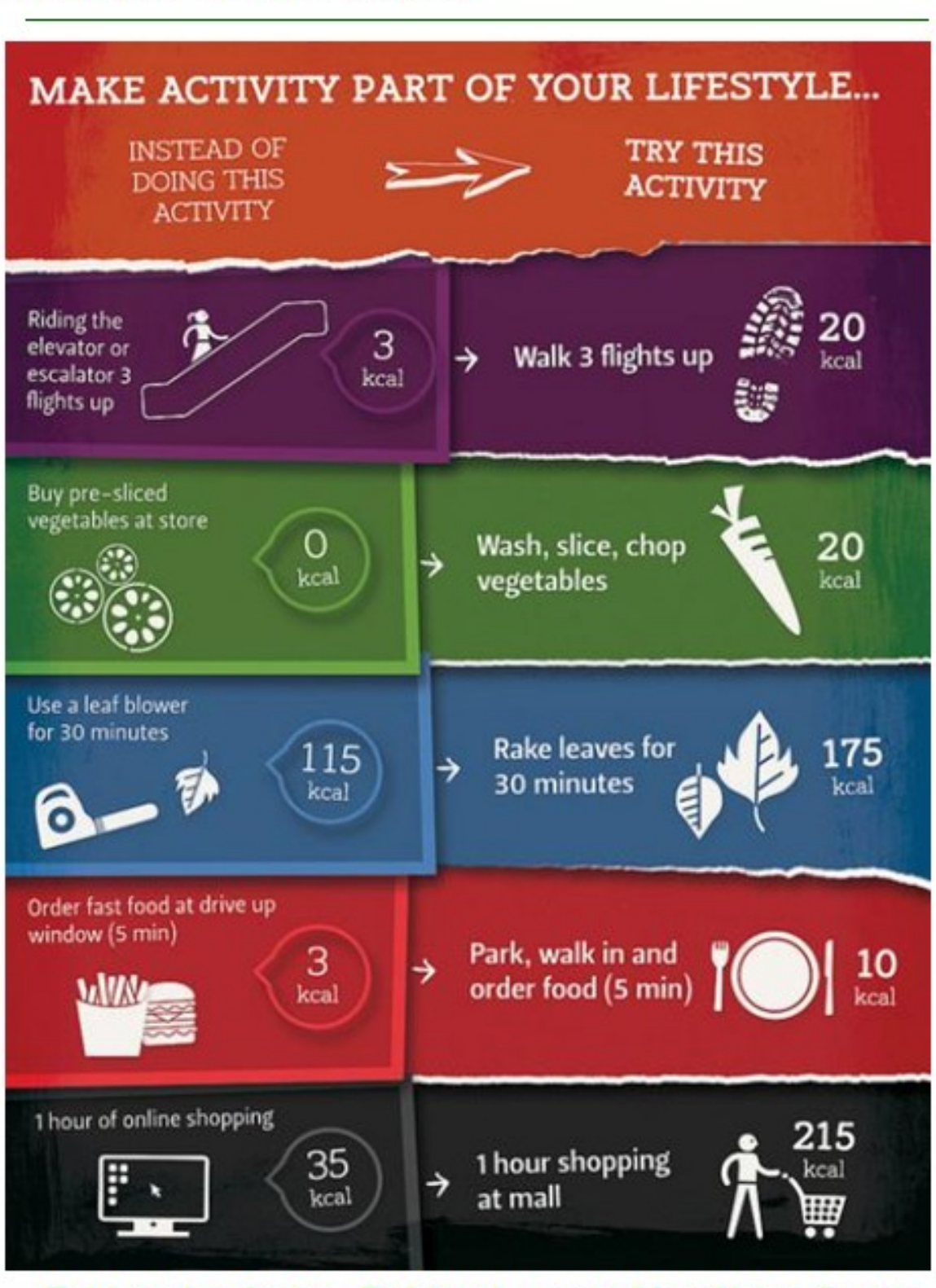
Send In Your Stuff

Pittwater Online News is not only For and About you, it is also **BY** you. We cannot publish swearing or the maligning of others (this is the opposite of what we stand for). If you have a poem, story or something you want to see addressed, let us know or send to: pittwateronlinenews@live.com.au

All are Welcome, All Belong !

Pittwater Online News

February 3 - 9, 2013: Issue 96


MAKE ACTIVITY PART OF YOUR LIFESTYLE...
INSTEAD OF DOING THIS ACTIVITY
TRY THIS ACTIVITY
Riding the elevator or escalator 3 flights up
3 kcal
Walk 3 flights up
20 kcal
Buy pre-sliced vegetables at store
0 kcal
Wash, slice, chop vegetables
20 kcal
Use a leaf blower for 30 minutes
115 kcal
Rake leaves for 30 minutes
175 kcal
Order fast food at drive up window (5 min)
3 kcal
Park, walk in and order food (5 min)
10 kcal
1 hour of online shopping
35 kcal
1 hour shopping at mall
215 kcal

Taking the Stairs, Raking Leaves May Have Same Health Benefits as a Trip to the Gym

New research at Oregon State University suggests the health benefits of small amounts of activity - even as small as one- and two -minute increments that add up to 30 minutes per day - can be just as beneficial as longer bouts of physical exercise achieved by a trip to the gym. The nationally representative study of more than 6,000 American adults shows that an active lifestyle approach, as opposed to structured exercise, may be just as beneficial in improving health outcomes, including preventing metabolic syndrome, high blood pressure, and high cholesterol.

"Our results suggest that engaging in an active lifestyle approach, compared to a structured exercise approach, may be just as beneficial in improving various health outcomes," said Paul Loprinzi, lead author of the study. "We encourage people to seek out opportunities to be active when the choice is available. For example, rather than sitting while talking on the phone, use this opportunity to get in some activity by pacing around while talking."

Perhaps just as importantly, the researchers found that 43 percent of those who participated in the "short bouts" of exercise met physical activity guidelines of 30 minutes day. In comparison, less than 10 percent of those in the longer exercise bouts met those federal guidelines for exercise.

Loprinzi, who is an assistant professor at Bellarmine University, conducted the research as a doctoral student working in the lab of Brad Cardinal at Oregon State University. Cardinal, a professor of exercise and sport science, is co-author of the study, which is in the current issue of theAmerican Journal of Health Promotion.

"You hear that less than 10 percent of Americans exercise and it gives the perception that people are lazy," Cardinal said. "Our research shows that more than 40 percent of adults achieved the exercise guidelines, by making movement a way of life."

Cardinal, who has studied the "lifestyle exercise" model for more than 20 years, said one of the most common barriers people cite to getting enough exercise is lack of time. He said the results of this study are promising, and show that simply building movement into everyday activities can have meaningful health benefits.

"This is a more natural way to exercise, just to walk more and move around a bit more," Cardinal said. "We are designed by nature as beings who are supposed to move. People get it in their minds, if I don't get that 30 minutes, I might as well not exercise at all. Our results really challenge that perception and give people meaningful, realistic options for meeting the physical activity guidelines."

For example, Cardinal said instead of driving half a mile, try biking or walking the same distance; instead of using a riding lawn mower, use a push lawn mower. Instead of sitting through TV commercials, try doing some sit-ups, push-ups, or jumping jacks during the commercial breaks; and instead of sitting and being a spectator at a child's sporting event, try walking around during the halftime break.

The researchers said the participants in this study wore accelerometers, which is an objective tool to measure physical activity. Those who participated in the short bouts of activity could be moving as few as one or two minutes at a time. The people in the "short bouts" group had positive results in areas such as blood pressure, cholesterol, metabolic syndrome, and waist circumference.

For instance, the study showed those in the shorter exercise group who met physical activity guidelines had an 89 percent chance of not having metabolic syndrome, compared to 87 percent for those meeting guidelines using the structured exercise approach.

Loprinzi said the one area where small bursts of activity did not seem to equal the benefits of longer, sustained exercise was in Body Mass Index, or BMI. However, the researchers cautioned that these findings do not necessarily mean that short bouts of activity do not help with weight loss, especially since they did find a benefit on weight circumference.

"There are inherent limitations in BMI as a surrogate measure of fat and health in general," Cardinal said. "People can still be 'fit' and 'fat.'"

The researchers emphasized that for health benefits, people should seek out opportunities to be physically active.

"In our society, you will always be presented with things that entice you to sit or be less active because of technology, like using a leaf blower instead of a rake," Cardinal said. "Making physical activity a way of life is more cost-effective than an expensive gym membership. You may be more likely to stick with it, and over the long term, you'll be healthier, more mobile and just feel better all around."

Paul D. Loprinzi, Bradley J. Cardinal. **Association Between Biologic Outcomes and Objectively Measured Physical Activity Accumulated in ≥10-Minute Bouts and <10-Minute Bouts.** American Journal of Health Promotion, 2013; 27 (3): 143 DOI: 10.4278/ajhp.110916-QUAN-348

Picture: This graphic shows daily activities, and how simply making movement part of every day can lead to a healthier lifestyle. (Credit: Image courtesy of Oregon State University)

2013 Premier's Seniors Week Gala Concerts - RING OR BOOK ONLINE THIS TUESDAY IF YOU WANT TO GO!

The Premier's Gala Concerts for NSW seniors are held in March and December every year at the Sydney Entertainment Centre as a 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 and Tuesday 19 March 2013**.

2013 Premier's Seniors Week Concerts For Individuals:

Monday 18 March 2013 (10.30am) and Monday 18 March 2013 (2.30pm)

Tickets to these two concerts will be made available through Ticketmaster from **9.00am on Tuesday 5 February 2013.**

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 'next best seats available' system at the 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**. If 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).

Tickets are strictly limited to a maximum of four (4) tickets per person. 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 or older.

2013 Premier's Seniors Week Gala Concert for Groups:

Tuesday 19 March 2013 (11.00am) All groups that applied for tickets will have been advised of the success of their applications by early February 2013.

For any enquiries regarding the Concert for Groups or to register a new group for future concerts, contact the Group Registration Office on groupsconcert@facs.nsw.gov.au or 1300 361 106.

Participating Ticketmaster Outlet near you:

St Ives - Village Concierge Desk. St Ives Shopping Centre. Mona Vale Road.

Note - Outlet details are correct at the time of printing. ADHC takes no responsibility for this listing. Please confirm outlet details closer to the date tickets become available.

Seniors Week is 17-24 March, 2013.

Southern California Police Pursuit becomes reality ! - January 14, 2013 - Warning: contains the 'sh*t' word, once.

LIVE
NEWSCHOPPER 4
BREAKING NEWS
POLICE PURSUIT
INGLEWOOD

Accessible Tourism and Dementia

Researchers are planning new ways of making tourist attractions dementia-friendly. **Fear of getting lost, fear of not finding the toilets or being misunderstood; there are many reasons why people with dementia and the families who care for them stop going on holiday. For people with dementia, even simple days out can pose a host of hazards. Often, families say, it's easier to just stay at home. But Bournemouth University's newly launched Dementia Institute hopes to change that.**

"We have a vision," says Professor Anthea Innes of the BU Dementia Institute (BUDI), "that perhaps in the future, Bournemouth might become a dementia-friendly tourist resort." An expert in health and social care research, Professor Innes is collaborating with Professor Stephen Page of BU's School of Tourism to launch pioneering research into dementia-friendly tourism - developing venues where people with dementia will feel safe and at ease to enjoy themselves. Encouraged by a government pledge to create 20 dementia-friendly cities, towns and villages by 2015, Professor Innes is working closely with those who need these facilities most.

"Our aim is to see how tourism can respond to the needs of people with dementia and their carers and find out if and why they haven't been able to access tourist attractions and leisure facilities," she says. "We hope to increase their use of tourist attractions, accommodation and resorts in the South of England."

While **an exploratory pilot scheme will take place locally, Professor Innes hopes to expand the research to international, as well as UK, facilities.** "Lots of work is currently going into dementia-friendly communities - safe cashpoints, trained staff and police for instance - but we are the only people looking specifically at leisure and tourism," she says.

Her initial focus groups with families of people with dementia will feed into research into voluntary organisations, NHS services and businesses themselves. BUDI plans to develop training to shape professional dementia care in the region. In the course of its research, BUDI's team will also interview the many tourist attractions that make up Bournemouth's seaside resort, such as the Oceanarium and venues such as tearooms, galleries, theatres and museums.

Dorset is home to one of the largest ageing populations in England and is a good place to start. Dorset also has the lowest rate of dementia diagnosis in the country, but not because of a shortage of people with the disease. Professor Innes estimates just one in four people with dementia in Dorset have actually been diagnosed.

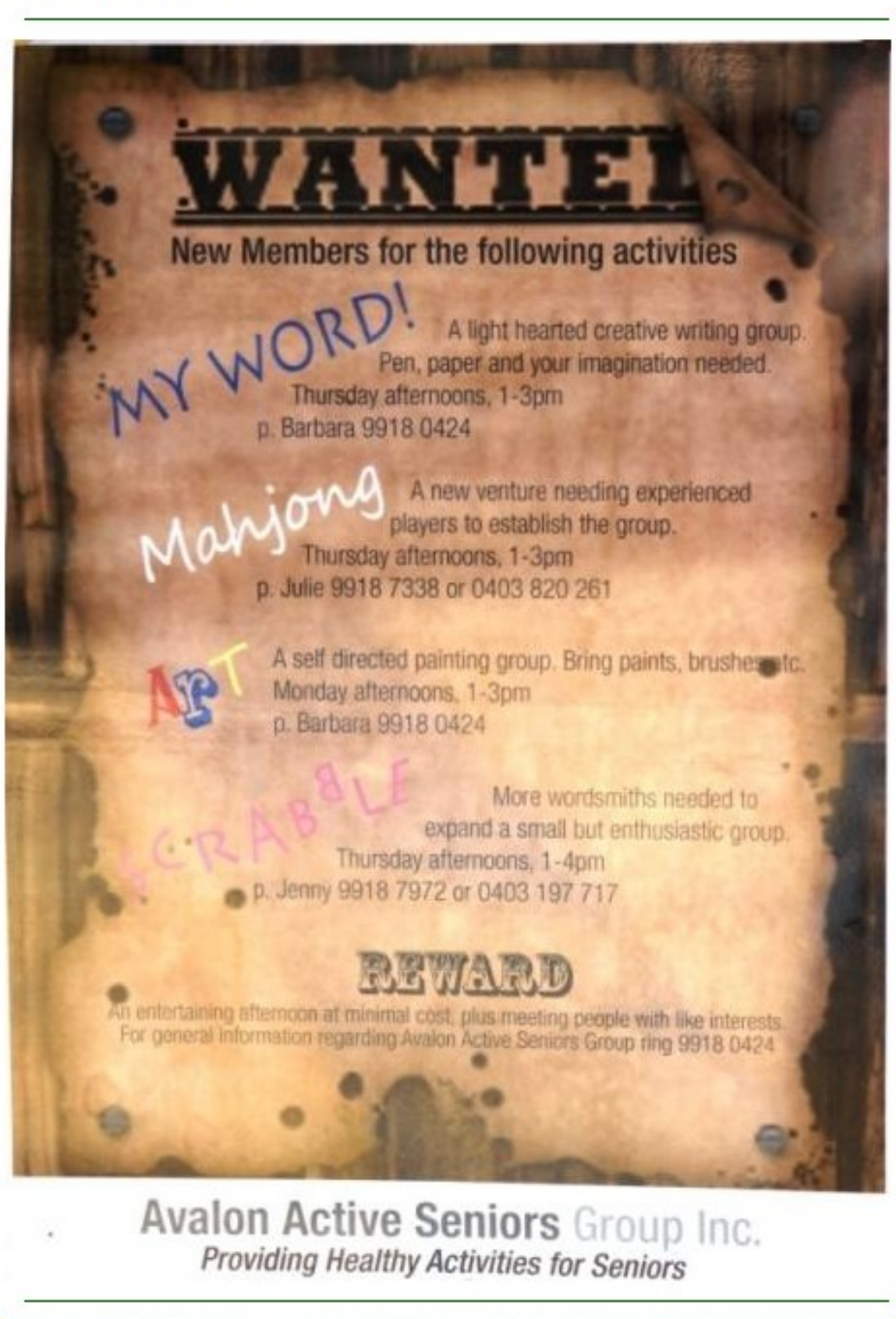
"That's a shocking statistic. In other areas of the country about half the people with dementia are diagnosed, and if you don't have a diagnosis, you won't be able to access services and support. You might end up in a crisis situation because you and your family have not been able to plan for the future," she says.

Sometimes GPs are reluctant to give a diagnosis due to a lack of local services. A dementia label can also carry a stigma with families and communities - meaning people are reluctant to admit a problem, and doctors might be unaware of the level of care available. Sometimes elderly people will already be in care homes, but labelled as 'pleasantly muddled,' rather than receiving a formal diagnosis.

A strong business case also exists for improving tourist facilities. Experts predict numbers of people with dementia will double over the next 30 years - currently **the disease costs the UK economy an estimated £19 billion.**

"If somewhere is labelled as dementia-friendly, it's good for the industry and people involved. Staff will be better trained and more aware - and that's good for levels of service overall," says Professor Innes.

Reference: Innes, A, Kelly, F and McCabe, L (2012) (eds) Dementia in the 21st Century: Theory, policy and practice. London: Jessica Kingsley


WANTED
New Members for the following activities
MY WORD!
A light hearted creative writing group.
Pen, paper and your imagination needed.
Thursday afternoons, 1-3pm
p. Barbara 9918 0424
Mahjong
A new venture needing experienced players to establish the group.
Thursday afternoons, 1-3pm
p. Julie 9918 7338 or 0403 820 261
ART
A self directed painting group. Bring paints, brushes etc.
Monday afternoons, 1-3pm
p. Barbara 9918 0424
SCRABBLE
More wordsmiths needed to expand a small but enthusiastic group.
Thursday afternoons, 1-4pm
p. Jenny 9918 7972 or 0403 197 717
REWARD
An entertaining afternoon at minimal cost, plus meeting people with like interests.
For general information regarding Avalon Active Seniors Group ring 9918 0424
Avalon Active Seniors Group Inc.
Providing Healthy Activities for Seniors

Media Releases concerning Seniors this week from National Seniors Australia

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

Twilight at Taronga - 2013 Summer Concert Series

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

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

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

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

Offer valid until 23 March 2013

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

The Senior Newspaper Online

Click on logo:

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

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

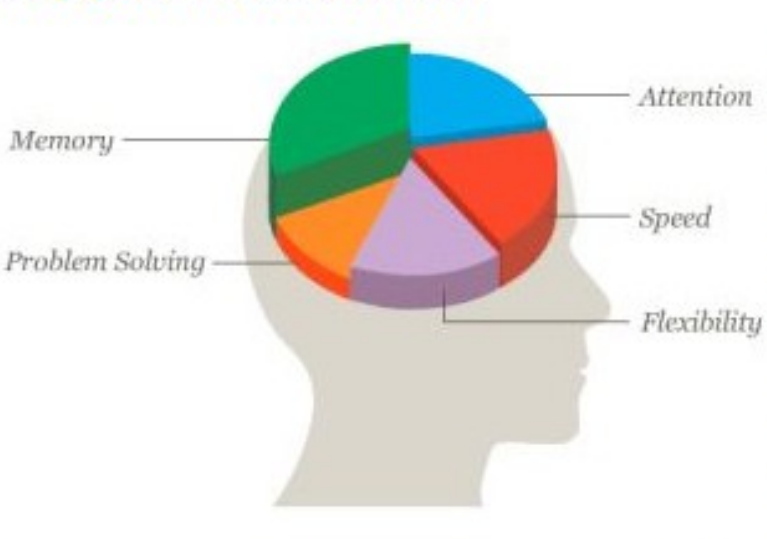
Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you. Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. $8.00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

Contact Community Care Northern Beaches by clicking their logo:

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

HERE

Keep your Wits About You



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

Senior Movers

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

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

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

www.seniormovers.com.au

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

The Australian National Maritime Museum Online Exhibitions

One of the best aspects of the online world is being able to explore material, stories and histories without having to take your slippers off. Sydney's own Maritime Museum besides being a great way to spend the day exploring their permanent and current exhibits and see the great range of vessels they have in their collection, most of which you can go on board and have a look around, also have a great range of Online Exhibitions you can explore from right where you are. How wonderful! Make yourself a cup of tea or pour out a wine if it's that time of the day and enjoy perusing parts of our Australian heritage at your leisure.

Currently (right click on the links to go to) you may explore:

On their own - Britain's child migrants

From the 1860s, more than 100,000 children were sent from Britain to Canada, Australia and other Commonwealth countries through child migration schemes. They were sent by charitable and religious organisations, with government support, in the belief that their lives would improve, and that they would provide much-needed labour and increase the population.

Few were orphans; many came from families who were unable to care for them. The lives of these children changed dramatically and fortunes varied. Some succeeded in creating new futures. Others suffered lonely, brutal childhoods. All experienced disruption and separation from family and homeland.

Start the *On their own* online exhibition

War Brides

Between 12,000 and 15,000 Australian women married American servicemen during World War II. Some made a life in the USA, while others returned to Australia, with or without their husbands following the war.

In this comprehensive online exhibition, you can meet the brides, learn about their courtships and life after marriage, and find out why some why some returned to Australia. View images of their lives here and in the USA and listen to oral history interviews with the war brides.

Start the *War Brides* online exhibition

Dreamboats & Workboats - The Halvorsen Story

The Halvorsen story is told in this detailed online exhibition featuring vessel plans, historic images from the ANMM collection and original plans in ink and on linen. Browse photos and plans or use the comprehensive search function to access a database of vessels by name, Halvo job number or year of build.

Start the *Halvorsen Story*

Blue Danube, Johann Strauss II, Vienna Philharmonic Orchestra - Soundtrack for the Mind, Waltz for the Soul!

Blue Danube, Johann Strauss II, Vienna Philharm...

Health Papers Published this week:

Poor Sleep in Old Age Prevents the Brain from Storing Memories

The connection between poor sleep, memory loss and brain deterioration as we grow older has been elusive. But for the first time, scientists at the University of California, Berkeley, have found a link between these hallmark maladies of old age. Their discovery opens the door to boosting the quality of sleep in elderly people to improve memory.

Postdoctoral fellow, Bryce Mander, demonstrates how the sleep study was conducted. UC Berkeley neuroscientists have found that the slow brain waves generated during the deep, restorative sleep we typically experience in youth play a key role in transporting memories from the hippocampus - which provides short-term storage for memories - to the prefrontal cortex's longer term "hard drive."

However, **in older adults, memories may be getting stuck in the hippocampus due to the poor quality of deep 'slow wave' sleep, and are then overwritten by new memories, the findings suggest**.
"What we have discovered is a dysfunctional pathway that helps explain the relationship between brain deterioration, sleep disruption and memory loss as we get older - and with that, a potentially new treatment avenue," said UC Berkeley sleep researcher Matthew Walker, an associate professor of psychology and neuroscience at UC Berkeley and senior author of the study to be published Jan. 27, in the journal *Nature Neuroscience*.

The findings shed new light on some of the forgetfulness common to the elderly that includes difficulty remembering people's names.

"When we are young, we have deep sleep that helps the brain store and retain new facts and information," Walker said. "But as we get older, the quality of our sleep deteriorates and prevents those memories from being saved by the brain at night."

Healthy adults typically spend one-quarter of the night in deep, non-rapid-eye-movement (REM) sleep. Slow waves are generated by the brain's middle frontal lobe. Deterioration of this frontal region of the brain in elderly people is linked to their failure to generate deep sleep, the study found.

The discovery that **slow waves in the frontal brain help strengthen memories paves the way for therapeutic treatments for memory loss in the elderly, such as transcranial direct current stimulation or pharmaceutical remedies. For example, in an earlier study, neuroscientists in Germany successfully used electrical stimulation of the brain in young adults to enhance deep sleep and doubled their overnight memory**.

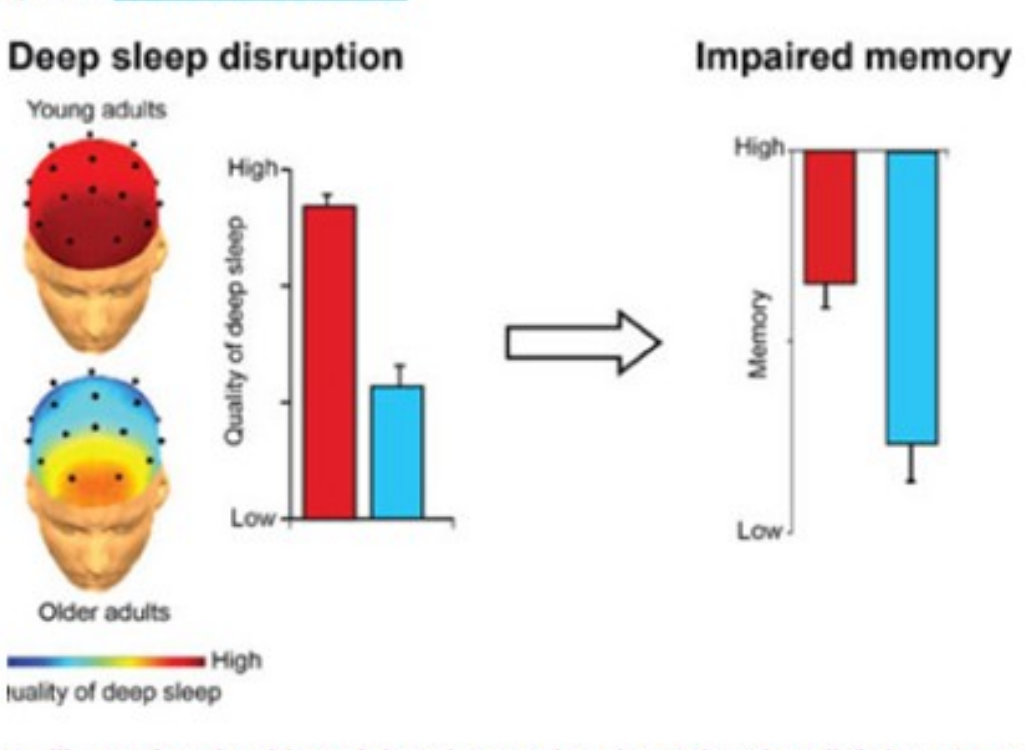
UC Berkeley researchers will be conducting a similar sleep-enhancing study in older adults to see if it will improve their overnight memory. "Can you jumpstart slow wave sleep and help people remember their lives and memories better? It's an exciting possibility," said Bryce Mander, a postdoctoral fellow in psychology at UC Berkeley and lead author of this latest study.
For the UC Berkeley study, Mander and fellow researchers tested the memory of 18 healthy young adults (mostly in their 20s) and 15 healthy older adults (mostly in their 70s) after a full night's sleep. Before going to bed, participants learned and were tested on 120 word sets that taxed their memories.

As they slept, an electroencephalographic (EEG) machine measured their brain wave activity. The next morning, they were tested again on the word pairs, but this time while undergoing functional and structural Magnetic Resonance Imaging (fMRI) scans.

In older adults, the results showed a clear link between the degree of brain deterioration in the middle frontal lobe and the severity of impaired "slow wave activity" during sleep. On average, the quality of their deep sleep was 75 percent lower than that of the younger participants, and their memory of the word pairs the next day was 55 percent worse.

Meanwhile, in younger adults, brain scans showed that deep sleep had efficiently helped to shift their memories from the short-term storage of the hippocampus to the long-term storage of the prefrontal cortex.

Bryce A Mander, Vikram Rao, Brandon Lu, Jared M Saletin, John R Lindquist, Sonia Ancoli-Israel, William Jagust, Matthew P Walker. Prefrontal atrophy, disrupted NREM slow waves and impaired hippocampal-dependent memory in aging. Nature Neuroscience, 2013; DOI:10.1038/nn.3324



Picture: Illustration. In older adults, the results showed a clear link between the degree of brain deterioration in the middle frontal lobe and the severity of impaired "slow wave activity" during sleep. (Credit: Image courtesy of University of California - Berkeley)

Dementia Sufferers Benefit from GPS

As part of the Norwegian research project "Trygge Spor," more than fifty dementia sufferers have been using GPS for periods varying from several weeks to up to a year. The results show that localisation technology helps achieve an increased sense of security, freedom and quality of life, both for sufferers and their next of kin.

"As part of Trygge Spor we have taken the first steps on the road to putting words into action by documenting the results on a research basis," says Project Manager Dag Ausen, SINTEF. "Our aim has been to develop GPS systems with component sensors and support systems as a means of monitoring the movements of dementia sufferers," he says. "It's a major step forward to record that these fifty users can now demonstrate the effects and benefits over time. In the main, headlines about welfare technology are all about "sales drives" and "pie-in-the-sky" projects with no relation to real life," says Ausen.
User involvement research

Dementia sufferers represent major users of municipal care services. For those with dementia, years of serious functional impairment are experienced at the end of their lives, and it is at this time that the disease claims most resources from the municipal nursing and care services.

This is why five municipalities have been working together with researchers to come up with new knowledge to benefit the nursing and care services.
Drammen, Bærum, Trondheim, Bjugn and Åfjord municipalities assisted user involvement research in order to find the answers to questions such as; can GPS be used as a tool in the care of dementia sufferers?; what effects will such use have?; how will such use impact on health service structures?; Several commercial companies have also been involved. They have supplied their existing products as a basis for research work and have taken part in the development of new systems.

No compulsion
The conclusions from the project are based on observations of sufferers living at home, in institutions, and in other forms of shared accommodation facilities.
"We observe that the use of alarm and localisation technologies are the least intrusive interventions, allowing sufferers increased levels of freedom, mobility and independence. They do not experience these types of intervention as being forced on them," says Klara Borgen at Trondheim municipality.
"Our experience is that this approach demands a great deal of evaluation and follow-up in terms of establishing a service structure which can handle welfare technology. This is however absolutely essential," she says. "It shows that we also provide next of kin with a degree of security in the early stages of the illness, and that this helps them remain longer in their jobs and better cope with their day -to-day situation.

Challenges
However, the project also highlights the challenges linked to the receipt and handling of alarms and other notifications, and proposes studies into a model involving a centralised alarm reception system and local follow-up as a possible way forward. The project has also involved development of the prototype of a GPS application for dementia sufferers. It is essential to develop new systems. Current systems work for some sufferers, but there is a need for new systems which to a greater extent meet the complex needs of dementia sufferers.

A first step
"The fact that five municipalities have tested the application of GPS with dementia sufferers and have seen how the technology can be used as a tool in their care means that this project has contributed as a first step in gathering knowledge in this field," concludes Dag Ausen. The Trygge Spor project is funded by regional research funding organisations.

The above story is reprinted from materials provided bySINTEF.

Guidelines for Brain Amyloid Imaging in Alzheimer's

Only recently has it become possible to create high-quality images of the brain plaques characteristic of Alzheimer's disease in living people through positron emission tomography (PET). Even so, questions remain about what can be learned from these PET images and which people should have this test.

To provide guidance for physicians, individuals and families affected by Alzheimer's, and the public, the Society of Nuclear Medicine and Molecular Imaging (SNMMI) and the Alzheimer's Association have jointly published the first criteria for the appropriate use of this imaging technology to aid in the diagnosis of people with suspected Alzheimer's disease. The criteria were published online January 28 as an article "in press" by *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* and "ahead of print" in *The Journal of Nuclear Medicine*.

"Our primary goal is to provide healthcare practitioners with the information and options available to provide patients with the best possible diagnosis and care in a cost effective manner," said Maria Carrillo, Ph.D., Alzheimer's Association vice president of Medical and Scientific Relations.

Appropriate Use Criteria (AUC) for Brain Amyloid Imaging with PET in Alzheimer's

While elevated beta amyloid plaques are one of the defining pathologic features of Alzheimer's, many elderly people with normal cognition also have elevated levels of these plaques, as do people with conditions other than Alzheimer's dementia. Therefore, the potential clinical use of amyloid PET requires careful consideration so that its proper role may be identified.
To develop the new criteria, the Alzheimer's Association and SNMMI assembled an Amyloid Imaging Taskforce (AIT) consisting of dementia and imaging experts to review the scientific literature and develop consensus recommendations for the clinical use of this promising new technology.

The AIT concluded that amyloid imaging could potentially be helpful in the diagnosis of people with cognitive impairment when considered along with other clinical information, and when performed according to standardized protocols by trained staff. In addition, they emphasized that the decision whether or not to order amyloid imaging should be made only after a comprehensive evaluation by a physician experienced in the assessment and diagnosis of cognitive impairment and dementia, and only if the presence or absence of amyloid would increase certainty in the diagnosis and alter the treatment plan.

According to the AIT, appropriate candidates for amyloid PET imaging include:

Those who complain of persistent or progressive unexplained memory problems or confusion and who demonstrate impairments using standard tests of cognition and memory.
Individuals meeting tests for possible Alzheimer's, but who are unusual in their clinical presentation.
Individuals with progressive dementia and atypically early age of onset (before age 65).
Inappropriate candidates for amyloid PET imaging include:
Those who are age 65 or older and meet standard definitions and tests for Alzheimer's, since a positive PET scan would provide little added value.
Asymptomatic people or those with a cognitive complaint but no clinical confirmation of impairment.

Amyloid PET imaging is also inappropriate:

As a means of determining the severity of dementia.

When requested solely based on a family history of dementia or presence of other risk factors for Alzheimer's, such as the ApoE-e4 gene.

As a substitute for genetic testing for mutations that cause Alzheimer's.

For non-medical reasons, such as insurance, legal or employment decisions.

"As amyloid imaging becomes more prevalent in clinical settings, medical professionals must understand how to appropriately utilize the test," said Frederic H. Fahey, D.Sc., SNMMI president. "Neurology and dementia experts should order the test only when appropriately indicated, and nuclear medicine and molecular imaging professionals must ensure they have been adequately trained to interpret the results of the scan. Working together, we hope that the information garnered from amyloid PET imaging will aid in diagnosis and play a pivotal role in the development of new treatments for Alzheimer's."

The taskforce acknowledged that the healthcare provider makes the ultimate judgment regarding the care of each patient. The AIT sought to assist this process and identified the following general sequence of events for the use of amyloid PET according to the new criteria:

Evaluation by a dementia expert to assess the need for diagnostic testing, possibly to include amyloid PET if the AUC are met.
Referral to a qualified provider of amyloid PET services.
Performance, interpretation and reporting of the amyloid PET scan according to established standards.

Incorporation of the PET result into the clinical assessment process.
Disclosure of the PET result by the clinician to the patient and caregivers, along with discussion of the result and its management consequences.
Although identifying potential benefits, the AIT concluded that amyloid PET results will not constitute and is not equivalent to a clinical diagnosis of Alzheimer's disease dementia. They said that imaging is only one tool among many that clinicians should use judiciously to manage patients, and that amyloid PET imaging does not substitute for a careful history and examination.
"Because both dementia care and amyloid PET technology are in active development, these new appropriate use criteria will require periodic reassessment and updating," Carrillo said.

PET Amyloid Imaging in Alzheimer's - An Overview
PET uses radiopharmaceuticals (radioactive drugs) to produce three-dimensional functional images of the brain or other body part. In amyloid PET imaging, the radiopharmaceutical is introduced into the body by injection into a vein and binds specifically to the amyloid protein, enabling visualization of areas in the brain where amyloid has clumped together into plaques. One of the new PET compounds was approved for general use by the U.S. Food and Drug Administration in April 2012.

If a person with dementia does not have amyloid buildup in their brain, then the cause of the dementia is very likely to be something other than Alzheimer's disease. Other causes of dementia include: strokes, thyroid problems, drug interactions, chronic alcoholism, and vitamin deficiencies.
If an amyloid imaging PET scan shows that a person with memory impairment has amyloid buildup in their brain, this increases the likelihood that the memory impairment is caused by Alzheimer's disease, but it remains a likelihood, not a certainty.

If a person without memory complaints or impairment has amyloid buildup, it does not necessarily mean that they will develop Alzheimer's. Many people have amyloid in their brains but are cognitively normal. More research is needed to understand the significance of amyloid plaques in this population.

Maria C. Carrillo, Kaj Blennow, Holly Soares, Piotr Lewczuk, Niklas Mattsson, Pankaj Oberoi, Robert Umek, Manu Vandijck, Salvatore Salamone, Tobias Bittner, Leslie M. Shaw, Diane Stephenson, Lisa Bain, Henrik Zetterberg.**Global standardization measurement of cerebral spinal fluid for Alzheimer's disease: An update from the Alzheimer's Association Global Biomarkers Consortium.** Alzheimer's & Dementia, 2012; DOI:10.1016/j.jalz.2012.11.003

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *Pittwater Online News* or its staff.

Photo Big Enough To Cover NSW

If you find yourself creating images that are just a little bit too big, perhaps you should look at the upcoming courses being provided by AvPals and attend those that suit. Digital Photography classes begin Feb 5th.

Confirm Scaling

You are trying to create an image with a size of 584.1 GB.

Scaling the image to the chosen size will make it use more memory than what is configured as "Maximum Image Size" in the Preferences dialog (currently 128.0 MB).

Help
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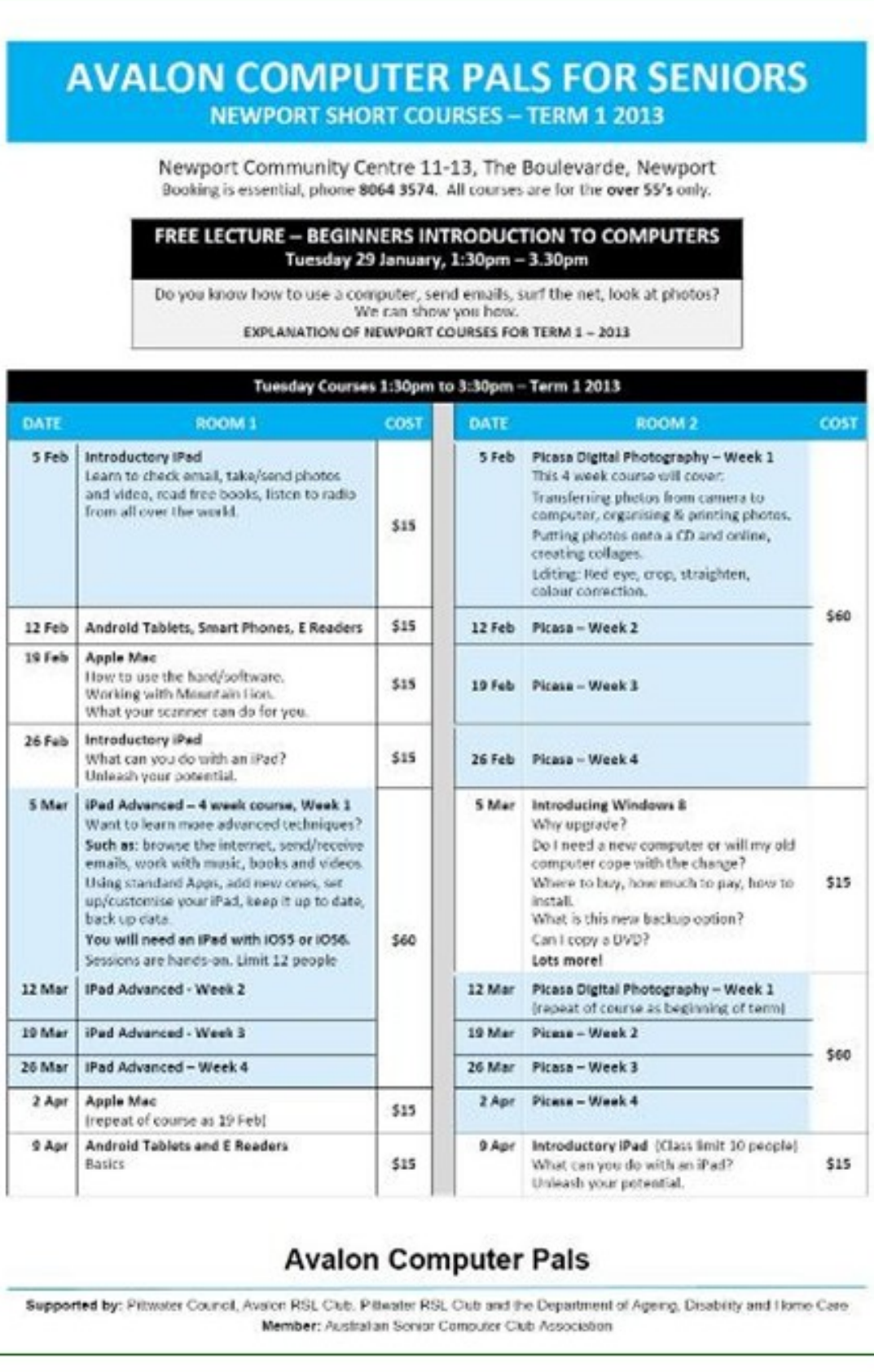


AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 1 2013

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

FREE LECTURE – BEGINNERS INTRODUCTION TO COMPUTERS
Tuesday 29 January, 1:30pm – 3.30pm

Do you know how to use a computer, send emails, surf the net, look at photos? We can show you how.
EXPLANATION OF NEWPORT COURSES FOR TERM 1 – 2013

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

DATE	ROOM 1	COST	DATE	ROOM 2	COST
5 Feb	Introductory iPad Learn to check email, take/send photos and video, read free books, listen to radio from all over the world.	$15	5 Feb	Picasa Digital Photography – Week 1 This 4 week course will cover: Transferring photos from camera to computer, organising & printing photos. Putting photos onto a CD and online, creating collages. Editing: Red eye, crop, straighten, colour correction.	$60
12 Feb	Android Tablets, Smart Phones, E Readers	$15	12 Feb	Picasa – Week 2	
19 Feb	Apple Mac How to use the hard/software. Working with Mountain Lion. What your scanner can do for you.	$15	19 Feb	Picasa – Week 3	
26 Feb	Introductory iPad What can you do with an iPad? Unleash your potential.	$15	26 Feb	Picasa – Week 4	
5 Mar	iPad Advanced – 4 week course, Week 1 Want to learn more advanced techniques? Such as: browse the internet, send/receive emails, work with music, books and videos. Using standard Apps, add new ones, set up/customise your iPad, keep it up to date, back up data. You will need an iPad with IOS5 or IOS6. Sessions are hands-on. Limit 12 people	$60	5 Mar	Introducing Windows 8 Why upgrade? Do I need a new computer or will my old computer cope with the change? Where to buy, how much to pay, how to install. What is this new backup option? Can I copy a DVD? Lots more!	$15
12 Mar	iPad Advanced - Week 2		12 Mar	Picasa Digital Photography – Week 1 (repeat of course as beginning of term)	$60
19 Mar	iPad Advanced - Week 3		19 Mar	Picasa – Week 2	
26 Mar	iPad Advanced – Week 4		26 Mar	Picasa – Week 3	
2 Apr	Apple Mac (repeat of course as 19 Feb)	$15	2 Apr	Picasa – Week 4	
9 Apr	Android Tablets and E Readers Basics	$15	9 Apr	Introductory iPad (Class limit 10 people) What can you do with an iPad? Unleash your potential.	$15

Avalon Computer Pals

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

Super Seniors Directory

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

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

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

U3A Lectures on Wednesday Afternoons at Newport -

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

Pittwater Community Hub

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

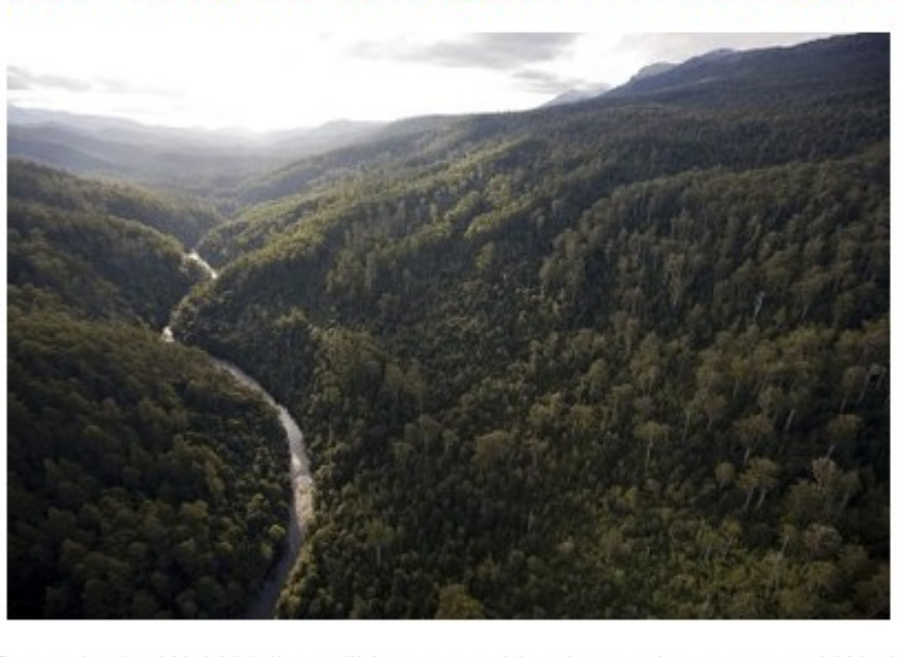
Click on logo to visit their website for more

Pittwater Online News

February 3 - 9, 2013: Issue 96

Issue 96 Environment Article: Jellyfish of Pittwater

World Heritage Listing Sought for Tasmanian Forests



Forest in the Weld Valley will be covered by the newly announced World Heritage nomination. Photo: Rob Blakers.

***Supporting the Tasmanian Forestry Agreement* - Joint media release, 31 January 2013** from The Hon Tony Burke MP, Minister for Sustainability, Environment, Water, Population and Communities; The Hon. Simon Crean MP, Minister for Regional Australia, Regional Development and Local Government; Senator the Hon. Joe Ludwig, Minister for Agriculture, Fisheries and Forestry, Senator for Queensland

Federal Environment Minister Tony Burke today reiterated his commitment to provide certainty for Tasmania's forestry industry, support local jobs and communities and protect the state's iconic forests. Mr Burke said while the State's Legislative Council is debating the bill, as is its right, important work continues to support the Tasmanian Forests Agreement.

"The work demonstrates the durability of the agreement and the commitment of signatories to seize this unprecedented opportunity for Tasmania and to secure jobs into the future," Mr Burke said. "I continue to work with Signatories to ensure the integrity of the Tasmanian Forests Agreement is maintained and the important measures announced in December to support industry and jobs continue to move forward in advance of the passage of the Tasmanian Forests Agreement Bill 2012. It includes an extension of the Tasmanian Wilderness World Heritage Area and next steps in delivering on the transition to a long term and viable native forest industry in Tasmania and supporting jobs and communities.

The Australian Government got behind this agreement to improve job security in Tasmania. Industry has worked hard and argued strongly for the Australian government to help facilitate the agreement. Continuing to unlock the different funding components is a further down payment for jobs and job security. The layer of environmental protection which is added today is truly iconic. While it only represents around a 12 per cent increase to the total existing world heritage area and a significant part of it is already in national parks this still provides the highest level of international protection for some of the most extraordinary forests on earth. This is to grow jobs now and protect iconic old growth forever."

Mr Burke said package focuses on a long term future for industry addressing important issues such as use of residues, supply of specialty timbers, certification, durability, and on-going regional development.

"From the processes in the package we will investigate better use of timber in Tasmania in innovative ways such as through bio-ethanol processing," he said. "Together with the Tasmanian Government we are progressing the package. I have also asked the Tasmanian Government to progress the $15 million High Quality Sawlog Buyback Program and a program for regional sawmillers, so that we have conditional contracts in place that allow funding to flow immediately on the formal protection of the reserve areas identified by the Signatories. The Gillard Government will release $ 3 million to develop a management plan to support the special timbers industry and to explore options for dealing with timber residues in the short-, medium- and longer-term and are starting the process to obtain forest stewardship council accreditation. The Tasmanian Government has provided funding to support industry's transition to the future that we hope to achieve when the Legislative Council passes the bill.

Mr Burke also today announced the Gillard Government will **put forward a nomination to extend protection of the Tasmanian Wilderness World Heritage Area by an additional 170 000 hectares. If supported by the World Heritage Committee this will incorporate areas of forest identified through the Tasmanian Forests Agreement for reservation under Tasmanian legislation.**

"The Tasmanian Wilderness World Heritage Area is a spectacular part of Australia, this extension is a critical next step for the Tasmanian Forests Agreement," Mr Burke said. **The modified boundary will include the Upper Florentine and areas within the Styx, Huon, Picton and Counsel River Valleys**. These areas include a number of areas identified as having old growth forest. This comes after an exhaustive process brokering an historic peace and ending decades of dispute over Tasmania's forest areas.

Regional Australia Minister Simon Crean said that the work to be started on specialty timbers and residues is consistent with the Tasmanian economic diversification strategy, which includes the development of a long-term sustainable forest products industry, with a diversified product base.

"As part of this package I will also convene a meeting of the Economic Diversification Tasmania Taskforce to bring together business, union and community leaders to identify opportunities to diversify and strengthen the Tasmanian economy and generate jobs," Mr Crean said. "These opportunities will be lost if the Legislative Council rejects the forests package and pass up the opportunity to secure the more than $90 million in funding to support economic diversification. The $20 million funding already provided under the economic diversification stream has the potential to generate more than 4,000 new jobs in areas including the diary, in aquaculture and in the wine industry. Imagine what could be achieved with four times that funding."

Federal Minister for Agriculture, Fisheries and Forestry, Joe Ludwig, said the Gillard Government had always supported the industry working with community organisations to develop a future for forestry in Tasmania.

"Today's announcement is a demonstration of our commitment to the signatories process and to a sustainable future for the industry in Tasmania," Minister Ludwig said. "The Government has taken advice from the signatories and will continue to work with them."

Retrieved from:
http://www.environment.gov.au/minister/burke/2013/mr20130131.html

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Disease Not a Factor in Tasmanian Tiger Extinction; Humans to Blame for Demise of Extinct Australian Predator

Humans alone were responsible for the demise of Australia's iconic extinct native predator, the Tasmanian Tiger or thylacine, a new study led by the University of Adelaide has concluded.

Using a new population modelling approach, the study contradicts the widespread belief that disease must have been a factor in the thylacine's extinction.

The thylacine was a unique marsupial carnivore found throughout most of Tasmania before European settlement in 1803. Between 1886 and 1909, the Tasmanian government encouraged people to hunt thylacines and paid bounties on over 2000 thylacine carcasses. Only a handful of animals were located after the bounty was lifted and the last known thylacine was captured from the wild in 1933.

"Many people, however, believe that bounty hunting alone could not have driven the thylacine extinct and therefore claim that an unknown disease epidemic must have been responsible," says the project leader, Research Associate Dr Thomas Prowse, School of Earth and Environmental Sciences and the Environment Institute.

"We tested this claim by developing a 'metamodel' - a network of linked species models - that evaluated whether the combined impacts of Europeans could have exterminated the thylacine, without any disease."

The mathematical models used by conservation biologists to simulate the fate of threatened species under different management strategies (called population viability analysis or PVA) traditionally neglect important interactions between species. The researchers designed a new approach to PVA that included species interactions.

"The new model simulated the directs effects of bounty hunting and habitat loss and, importantly, also considered the indirect effects of a reduction in the thylacine's prey (kangaroos and wallabies) due to human harvesting and competition from millions of introduced sheep," Dr Prowse says.

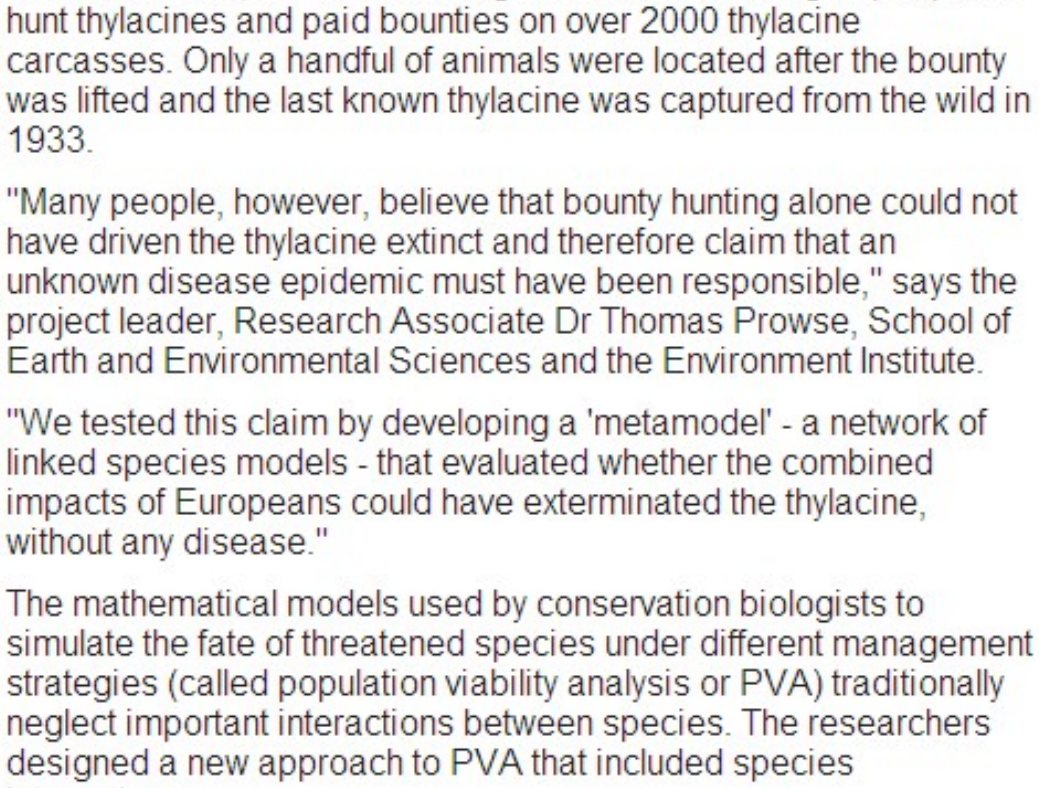
"We found we could simulate the thylacine extinction, including the observed rapid population crash after 1905, without the need to invoke a mystery disease.

"**We showed that the negative impacts of European settlement were powerful enough that, even without any disease epidemic, the species couldn't escape extinction.**"

The study '*No need for disease: testing extinction hypotheses for the thylacine using multi-species metamodels*', which also involved Professors Corey Bradshaw and Barry Brook from the **University of Adelaide's Environment Institute**, Professor Chris Johnson from the **University of Tasmania,** and Dr Bob Lacy, Chicago Zoological Society, **has been published online** in the *Journal of Animal Ecology*.

Thomas A. A. Prowse, Christopher N. Johnson, Robert C. Lacy, Corey J. A. Bradshaw, John P. Pollak, Michael J. Watts, Barry W. Brook. **No need for disease: testing extinction hypotheses for the thylacine using multi-species metamodels.** Journal of Animal Ecology, 2013; DOI: 10.1111/1365-2656.12029

Pic; **Tasmanian Tigers at Beaumaris Zoo, Hobart c 1918**. (Credit: Image courtesy of University of Adelaide, reproduced with permission from the Tasmanian Museum and Art Gallery)


Ice covering Antarctica
Ice 2,000 m thick (1.2 miles)
Continent with subglacial lakes, rivers
Lake Vostok
Lakes
Rivers
Below sea level

Antarctic Lake Beneath the Ice Sheet Tested

In a first-of-its-kind feat of science and engineering, a National Science Foundation (NSF)-funded research team has successfully drilled through 800 meters (2,600 feet) of Antarctic ice to reach a subglacial lake and retrieve water and sediment samples that have been isolated from direct contact with the atmosphere for many thousands of years. Scientists and drillers with the interdisciplinary Whillans Ice Stream Subglacial Access Research Drilling project (WISSARD) announced Jan. 28 local time (U.S. stations in Antarctica keep New Zealand time) that they had used a customized clean hot-water drill to directly obtain samples from the waters and sediments of subglacial Lake Whillans.

The samples may contain microscopic life that has evolved uniquely to survive in conditions of extreme cold and lack of light and nutrients. Studying the samples may help scientists understand not only how life can survive in other extreme ecosystems on Earth, but also on other icy worlds in our solar system.

The WISSARD teams' accomplishment, the researchers said, "hails a new era in polar science, opening a window for future interdisciplinary science in one of Earth's last unexplored frontiers."

A massive ice sheet, almost two miles thick in places, covers more than 95 percent of the Antarctic continent. Only in recent decades have airborne and satellite radar and other mapping technologies revealed that a vast, subglacial system of rivers and lakes exists under the ice sheet. Lakes vary in size, with the largest being Vostok Subglacial Lake in the Antarctic interior that is comparable in size to Lake Ontario.

WISSARD targeted a smaller lake (1.2 square miles in area), where several lakes appear linked to each other and may drain to the ocean, as the first project to obtain clean, intact samples of water and sediments from a subglacial lake.

The achievement is the culmination of more than a decade of international and national planning and 3 1/2 years of project preparation by the WISSARD consortium of U.S. universities and two international contributors. There are 13 WISSARD principal investigators representing eight different U.S. institutions.

NSF, which manages the United States Antarctic Program, provided over $10 million in grants as part of NSF's International Polar Year portfolio to support the WISSARD science and development of related technologies.

The National Aeronautics and Space Administration's (NASA) Cryospheric Sciences Program, the National Oceanic and Atmospheric Administration (NOAA), and the private Gordon and Betty Moore Foundation also provided support for the project.

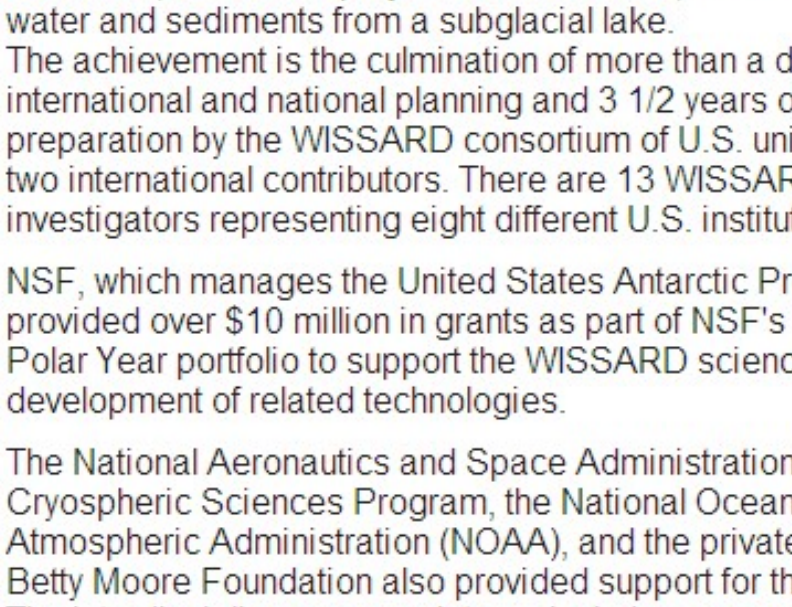
The interdisciplinary research team includes groups of experts in the following areas of science: life in icy environments, led by John Priscu, of Montana State University; glacial geology, led by Ross Powell, of Northern Illinois University; and glacial hydrology, led by Slawek Tulaczyk, of the University of California, Santa Cruz. Sharing of expertise by the groups of disciplinary experts will allow the data collected to be cast in a systemic, global context.

The WISSARD team **will now process the water and sediment samples they have collected in hopes of answering seminal questions related to the structure and function of subglacial microbial life, climate history and contemporary ice-sheet dynamics.** Video surveys of the lake floor and measurements of selected physical and chemical properties of the waters and sediments will allow the team to further characterize the lake and its environs.

The approach to drilling was guided by recommendations in the 2007 National Research Council-sponsored report, "Exploration of Antarctic Subglacial Aquatic Environments: Environmental and Scientific Stewardship," aimed to protect these unique environments from contamination.

A team of engineers and technicians directed by Frank Rack, of the University of Nebraska-Lincoln, designed, developed and fabricated the specialized hot-water drill that was fitted with a filtration and germicidal UV system to prevent contamination of the subglacial environment and to recover clean samples for microbial analyses. In addition, the numerous customized scientific samplers and instruments used for this project were also carefully cleaned before being lowered into the borehole through the ice and into the lake.

Following their successful retrieval, the samples are now being carefully prepared for their shipment off the ice and back to laboratories for numerous chemical and biological analyses over the coming weeks and months.



Top: An artist's representation of the aquatic system scientists believe is buried beneath the Antarctic ice sheet. (Credit: Zina Deretsky, NSF)

Left: An image from the Whillans Ice Stream Subglacial Access Research Drilling project (WISSARD) borehole camera is shown. Credit: The Whillans Ice Stream Subglacial Access Research Drilling Project

Report/book: 'Exploration of Antarctic Subglacial Aquatic Environments: Environmental and Scientific Stewardship' available to download.

Ozone Depletion Trumps Greenhouse Gas Increase in Jet-Stream Shift

Depletion of Antarctic ozone is a more important factor than increasing greenhouse gases in shifting the Southern Hemisphere jet stream in a southward direction, according to researchers at Penn State.

"Previous research suggests that this southward shift in the jet stream has contributed to changes in ocean circulation patterns and precipitation patterns in the Southern Hemisphere, both of which can have important impacts on people's livelihoods," said Sukyoung Lee, professor of meteorology.

According to Lee, based on modeling studies, both ozone depletion and greenhouse gas increase are thought to have contributed to the southward shift of the Southern Hemisphere jet stream, with the former having a greater impact. B, but until now, no one has been able to determine the extent to which each of these two forcings has contributed to the shift using observational data.

"Understanding the differences between these two forcings is important in predicting what will happen as the ozone hole recovers," she said. "The jet stream is expected to shift back toward the north as ozone is replenished, yet the greenhouse-gas effect could negate this." Lee and her colleague, Steven Feldstein, professor of meteorology, developed a new method to distinguish between the effects of the two forcings. The method uses a cluster analysis to investigate the effects of ozone and greenhouse gas on several different observed wind patterns.

"When most people look at ozone and greenhouse gases, they focus on one wind pattern, but my previous research suggests that, by looking at several different but similar patterns, you can learn more about what is really happening," said Feldstein.

In their study, the researchers analyzed four wind patterns. The first wind pattern corresponded to an equatorwarda shift of the midlatitude westerlies toward the equator. T; the second pattern also described an equatorward shift, but included a strong tropical component. T; the third pattern corresponded to a poleward shift of the westerlies toward the South Pole with a weakening in the maximum strength of the jet; and the. The fourth pattern corresponded to a smaller poleward jet shift with a strong tropical component.

In addition to their novel inclusion of more than one wind pattern in their analysis, the scientists investigated the four wind patterns at very short time scales.

"Climate models are usually run for many years; they don't look at the day-to-day weather," said Feldstein. "But we learned that the four wind patterns fluctuate over about 10 days, so they change on a time scale that is similar to daily weather. This realization means that by taking into account fluctuations associated with the daily weather, it will be easier to test theories about the mechanism by which ozone and greenhouse gases influence the jet stream."

The researchers used an algorithm to examine the relationship between daily weather patterns and the four wind patterns. They found that the first wind pattern - which corresponded to an equatorward shift of the midlatitude westerlies - was associated with greenhouse gases. They also found that the third pattern- which corresponded to a poleward shift of the westerlies - was associated with ozone. The other two wind patterns were unrelated to either of the forcings. The researchers found that a long-term decline in the frequency of the first pattern and a long-term increase in the frequency of the third pattern can explain the changes in the Southern Hemisphere jet stream.

"Ozone had the bigger impact on the change in the position of the jet stream," said Lee. "The opposite is likely true for the Northern Hemisphere; we think that ozone has a limited influence on the Northern Hemisphere. Understanding which of these forcings is most important in certain locations may help policy makers as they begin to plan for the future."

In addition to finding that ozone is more important than greenhouse gases in influencing the jet-stream shift, the scientists also found evidence for a mechanism by which greenhouse gases influence the jet-stream shift. They learned that greenhouse gases may not directly influence the jet-stream shift, but rather may indirectly influence the shift by changing tropical convection, or the vertical transfer of heat in large-scale cloud systems, which, in turn, influences the jet shift. The researchers currently are further examining this and other possible mechanisms for how greenhouse gases and ozone influence the jet stream as well as Antarctic sea ice.

The results will appear in the Feb. 1 issue of the journal *Science*.

"Not only are the results of this paper important for better understanding climate change, but this paper is also important because it uses a new approach to try to better understand climate change; it uses observational data on a short time scale to try to look at cause and effect, which is something that is rarely done in climate research," said Feldstein. "Also, our results are consistent with climate models, so this paper provides support that climate models are performing well at simulating the atmospheric response to ozone and greenhouse gases."

S. Lee, S. B. Feldstein. **Detecting Ozone- and Greenhouse Gas-Driven Wind Trends with Observational Data.** Science, 2013; 339 (6119): 563 DOI:10.1126/science.1225154

Groundwater Depletion Linked to Climate Change

Simon Fraser University earth scientist Diana Allen, a co-author on a new paper about climate changes' impacts on the world's ground water, says **climate change may be exacerbating many countries' experience of water stress**.

"Increasing food requirements to feed our current world's growing population and prolonged droughts in many regions of the world are already increasing dependence on groundwater for agriculture," says Allen. "Climate-change-related stresses on fresh surface water, such as glacier-fed rivers, will likely exacerbate that situation. Add to that our mismanagement and inadequate monitoring of groundwater usage and we may see significant groundwater depletion and contamination that will seriously compromise much of the world's agriculturally-grown food supply."

In ***Ground Water and Climate Change***, Allen and several other international scientists explain how several human-driven factors, if not rectified, will combine with climate change to significantly reduce useable groundwater availability for agriculture globally. The paper was published in late 2012 in the journal *Nature Climate Change*.

The authors note that inadequate groundwater supply records and mathematical models for predicting climate change and associated sea-level-rise make it impossible to forecast groundwater's long-range fate globally.

"**Over-pumping of groundwater for irrigation is mining dry the world's ancient Pleistocene-age, ice-sheet-fed aquifers and, ironically, at the same time increasing sea-level rise, which we haven't factored into current estimations of the rise**," says Allen. "Groundwater pumping reduces the amount of stored water deep underground and redirects it to the more active hydrologic system at the land-surface. There, it evaporates into the atmosphere, and ultimately falls as precipitation into the ocean."

Current research estimates oceans will rise by about a metre globally by the end of the century due to climate change. But that estimation doesn't factor in another half-a-centimetre-a-year rise, says this study, expected due to groundwater recycling back into the ocean globally.

Increasing climate-change-induced storm surges will also flood coastal areas, threatening the quality of groundwater supplies and compromising their usability. This is the second study that Allen and her colleagues have **produced to assist the Intergovernmental Panel on Climate Change (IPCC) in assessing the impact of climate change on the world's groundwater supply. The IPCC, established by the United Nations Environmental Programme and the World Meteorological Organization in 1988**, periodically reviews the latest research on climate change and assesses its potential environmental and socio-economic impacts.

This study is one of several guiding the IPCC's formulation of upcoming reports, the first being about the physical science behind climate change, due Sept. 2013.

Richard G. Taylor, Bridget Scanlon, Petra Döll, Matt Rodell, Rens van Beek, Yoshihide Wada, Laurent Longuevergne, Marc Leblanc, James S. Famiglietti, Mike Edmunds, Leonard Konikow, Timothy R. Green, Jianyao Chen, Makoto Taniguchi, Marc F. P. Bierkens, Alan MacDonald, Ying Fan, Reed M. Maxwell, Yossi Yechieli, Jason J. Gurdak, Diana M. Allen, Mohammad Shamsudduha, Kevin Hiscock, Pat J.-F. Yeh, Ian Holman, Holger Treidel. Ground water and climate change. Nature Climate Change, 2012; DOI:10.1038/nclimate1744

Hot Days - Bird Water Please

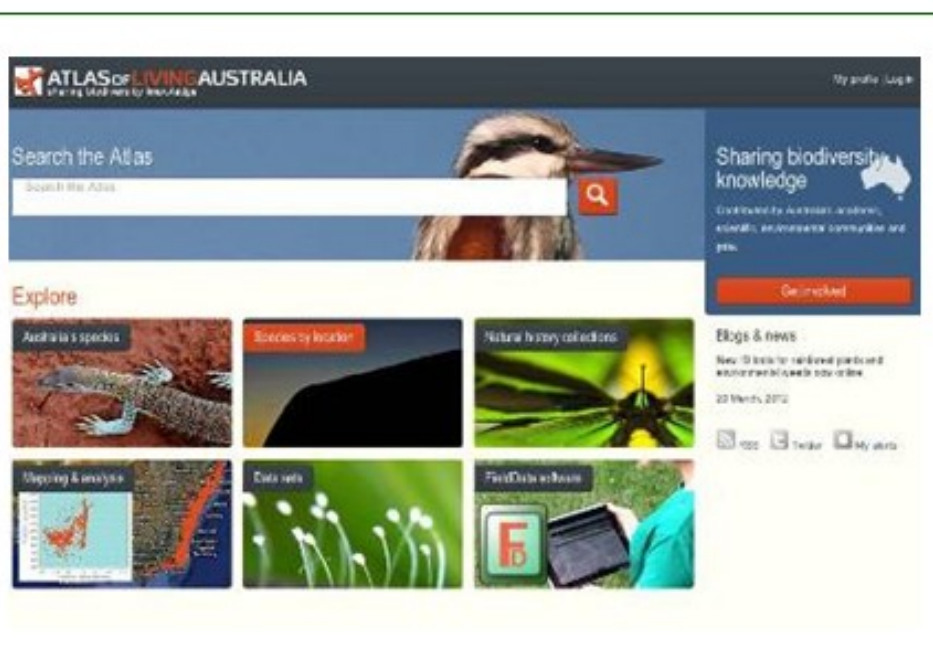
When it's very hot our birds can dehydrate just as we do. If you don't have a birdbath please consider putting out a dish of cool water in shady areas around your garden so these delightful creatures may get a drink. Not only will you be saving bird lives you will also get to see them having a bath or 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 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects. Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To vist their site please click on logo above.



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 17th Century Dutch navigators, such as the record for a Brush Bronzewing dated 1629.

growing together to change the world
Pittwater Community Gardens

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

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

www.pcga.org.au Contact us info@pcg.org.au or Visit us at facebook.com/pcga.org; image artwork: www.gravey.com

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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

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

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Get your subsidised compost bin or worm farm now!

Pittwater Council has become part of the Compost Revolution, an online service to assist our residents with composting and worm farming activities. The average Pittwater bin consists of 46% organic waste, mostly food scraps which will be transported to landfill where it rots without air to form harmful greenhouse gases.

Fortunately, organic material can easily be returned to the soil as fertiliser, compost and mulch. Compost improves plant growth, increases the capacity of the soil to hold nutrients and the ability of plants to resist disease. Home composting or worm farming is easy, fun and an important way of reducing the volume of these valuable materials going to landfill, cutting down on the associated greenhouse gases and returning nutrients back into the soil.

By increasing the number of households that compost in our area we can reduce our ecological footprint and improve our local environment and community. The Compost Revolution is an online resource to teach you the skills of composting and worm farming. By completing the online tutorial you are eligible to purchase a subsidised compost bin or worm warm via the compost revolution. The discount is up to 70% off RRP. Compost bins and worm farms are delivered to your door. To learn more about the program please visit http://compostrevolution.com.au/pittwater-council

Feeding our native wildlife

There is a right way and a wrong way to feed our special native wildlife. **Native birds and mammals love our native trees and shrubs.** They provide food, shelter and nesting materials. We can benefit too as some of our native plants produce edible fruits and some leaves can make an excellent tea.

Native plants encourage native animals to prosper and require less maintenance and watering as they have evolved to survive in our dry coastal environment. **Hand feeding our native wildlife is not allowed.** It can be detrimental to the animal's health as in most cases the food provided does not constitute their normal diet. Just as fast food can be bad for our health - bought supermarket seeds and bread can be bad for theirs. It also leads to dependence on the food provider and if feeding was to stop it may lead to starvation as the bird might stop feeding itself. If you like having native birds in your garden then plant some natives. You're giving the birds the nutrition they need and gaining the benefit of low maintenance beautiful plants.

Orphaned kangaroo and wombat become best friends - C/- Irene and John Anderson

Orphaned kangaroo Anzac and wombat Peggy have become best pals after meeting at a wildlife rescue centre. They share a pouch together at the Wildlife Kilmore Rescue Centre near Melbourne, Australia.

At just over five months old, Anzac was brought to the centre after being rescued in the Macedon Ranges. Missing his mum, Anzac was placed with wombat Peggy and the two now sleep together. Worker Lisa Milligan said the unlikely friends are comforted by each other's movement and heartbeat. She said: 'There are lots of baby animals about at the moment, and they are orphaned for a range of reasons.'

One of the reasons the lively duo get on so well is their similar personalities - with Anzac described as very social while Peggy is boisterous and cheeky.

Coastal Environment Centre

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

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

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

February 2013 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and great articles HERE

February Event Alert! Ingleside Chase Reserve Walk

The walk will start at Irrawong-Epworth Reserve and climb to Ingleside Park where we'll stop for morning tea before heading back down. The track is 1.5km one-way and is a little steep in parts. This is a gentle paced walk but requires a reasonable level of fitness.

At 70 hectares, Ingleside Chase Reserve is Pittwater's largest continuous piece of bushland. It has many beautiful plants, 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/cecbookings

Eco-cinema - 'Waste Not'

A beautiful and emotional film about garbage! Come and be inspired by this award-winning documentary film that advocates local, practical solutions for transforming the mountains of stuff we throw away, into something valuable again. Waste Not shows that recycling isn't just something you should agree with in principle. If our whole society was recycling efficiently we'd be able to create a fairer and healthier world, starting in our own backyard.

We will show the film, share some refreshments and invite discussion about the practical implications and ideas for our local area. Learn about an innovative new program available to Pittwater residents who can now be part of the 'Compost Revolution' and learn how to compost and worm farm online. Take away some tips and resources from the Love Food, Hate Waste Program to help you reduce food waste and save money.

Please join us for this special evening of ideas and inspiration, and connecting with others in the community who are interested in reducing our ecological footprint.

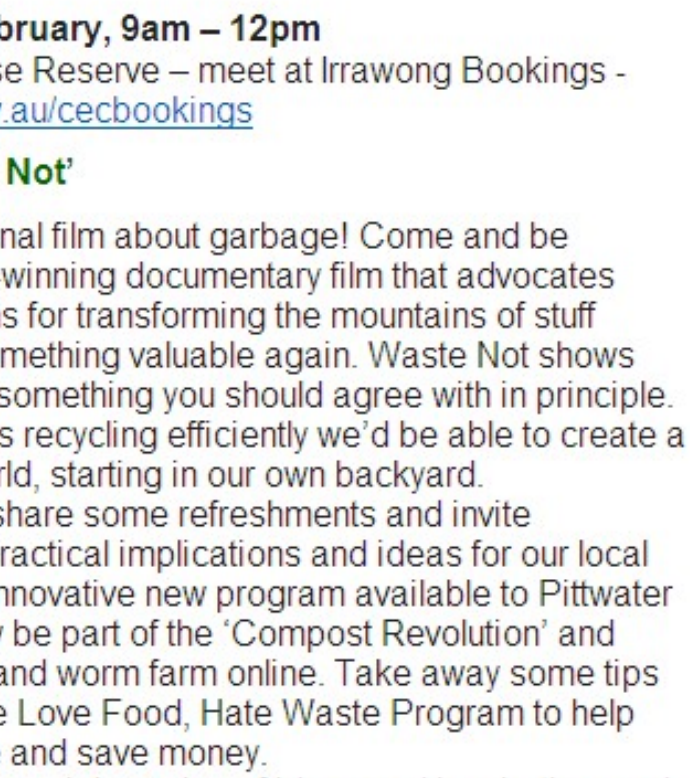
When: **Friday 1 March, 6:30-8:30pm**
Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Wetland Nightlife

Warriewood Wetlands is a unique environment supporting a wide diversity of native animals. Some of them are active by day and others come alive at night. Come and join us after dark for an exciting evening looking for some of these nocturnal critters. This spotlighting event is suitable for children aged 4 and over.

When: **Friday 22 February, 7:30pm – 9:30pm**
Where: Warriewood Wetlands (meeting point provided upon booking)
Bring: sturdy shoes, suitable clothing for weather conditions, water bottle, small torch (optional), camera (optional).
Bookings Essential! Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

New study calls for society to change the way it refers to shark behaviour - 30 January 2013 - from University of Sydney



The term "shark attack" is typically used by the media, government officials, researchers and the public to describe almost any kind of human-shark interaction — even those where no contact or injury occurs between humans and sharks. For example, 38 percent of reported shark "attacks" in NSW between 1979 and 2009 did not involve any injuries.

Now, Christopher Neff of the University of Sydney, Australia, and Dr Robert Hueter, leader of Mote Marine Laboratory's Center for Shark Research in Sarasota, Fla. — the only Congressionally designated national research centre in the US focused on sharks — propose a new system of classification to support more accurate scientific reporting about shark interactions, along with more accurate public discussion about shark risk to swimmers and divers.

The international study, published this week in the peer-reviewed **Journal of Environmental Studies and Sciences**, is titled, 'Science***, policy, and the public discourse of shark 'attack': a proposal for reclassifying human-shark interactions***.' A free download of the article is available.

In the study, the authors analysed shark statistics from around the world and found the term "shark attack" misleading in many cases. For instance, a 2009 government report from New South Wales, Australia, documented 200 shark attacks — but 38 of those involved no injuries to people. In Florida, often called the "Shark Attack Capital of the World" because of the number of reported shark attacks, only 11 fatal bites have been recorded over the past 129 years — a lower number than several other locations in the world, and vastly lower than deaths from other types of natural events such as drowning or lightning.

"Not all shark 'attacks' are created equal, and we certainly shouldn't call bites on kayaks and bites on people the same thing," says Neff, a doctoral candidate conducting the first study on policy responses to shark bites at the University of Sydney.

Dr Hueter adds: "Nor should we equate the single bite of a 2-foot shark on a surfer's toe with the fatal bite of a 15-foot shark on a swimmer, but that's how the current language treats these incidents."

To support more accurate reporting and discussion of shark incidents, the Neff-Hueter study groups them into four categories based on outcomes that can be clearly documented, rather than speculation over what the sharks' motives and intentions were.

These include:
Shark sightings: Sightings of sharks in the water in proximity to people with no physical contact.
Shark encounters: No bite takes place and no humans are injured, but physical contact occurs with a person or an inanimate object holding a person, such as a surfboard or boat. A shark might also bump a swimmer and its rough skin might cause a minor abrasion.
Shark bites: Bites by small or large sharks that result in minor to moderate injuries.
Fatal shark bites: One or more bites causing fatal injuries. The authors caution against using the term "shark attack" unless the motivation and intent of the shark are clearly established by experts, which is rarely possible.

"These new categories provide better information to the public so they can judge their levels of risk based on local shark activity," Neff said. "If 'sightings' of sharks are increasing, or if 'encounters' with kayaks are decreasing these are important pieces of information. There simply is no value in using 'attack' language. It is time to move past Jaws."

"Our contemporary scientific understanding of sharks paints a very different picture than that current public discourse and even early research," says Hueter, who is known worldwide for his expertise in shark biology, behaviour and ecology.

"Few sharks look like the large great whites you might see on the movie screen; of about 500 shark species on Earth, most grow to less than 3-feet long. In addition, most shark species rarely, if ever, come into contact with humans. When they do, serious bites are the extremely rare exception rather than the rule."

Despite these facts, the term "shark attack" has dominated the language due to outdated historical perceptions of sharks, the researchers say.

Sharks were labelled "man-eaters" two centuries ago by scientists who had a limited understanding of shark behaviour and biology, and a researcher in the 1950s wrongly suggested sharks could go "rogue," developing a taste for human flesh.

These concepts inflamed public concern and resulting government responses. Multiple nations have used shark hunts and intensive commercial fishing targeting sharks — and even deployed naval depth charges — to kill supposed "rogue" sharks and protect the public.

Popular culture — especially the novel and film Jaws in the 1970s — has strengthened rogue-shark legends. News media reports also have contributed to misperceptions of human-shark interactions. The current study reviewed Associated Press articles in Florida during 2001 — known as the "Summer of the Shark" because of shark incidents ranging from minor to severe — and found that 79 percent of these stories used "attack" in the headline, even in the case of non-serious injuries.

Indiscriminate use of the term shark attack "can create a perception of a premeditated crime, lowering the public's threshold for accepting shark bite incidents as random acts of nature. The narrative establishes villains and victims, cause and effect, perceptions of public risk, and a problem to be solved," the authors say in the study.

In contrast, the Neff-Hueter naming system would provide an accurate and balanced way to describe shark risks, significantly adjusting reported statistics, the authors say:

In the government report from New South Wales, Australia, the new naming system would reclassify 200 shark "attacks" between 1900 and 2009 as: 56 fatal shark bites, 106 shark bites, 37 shark encounters and 1 shark sighting.

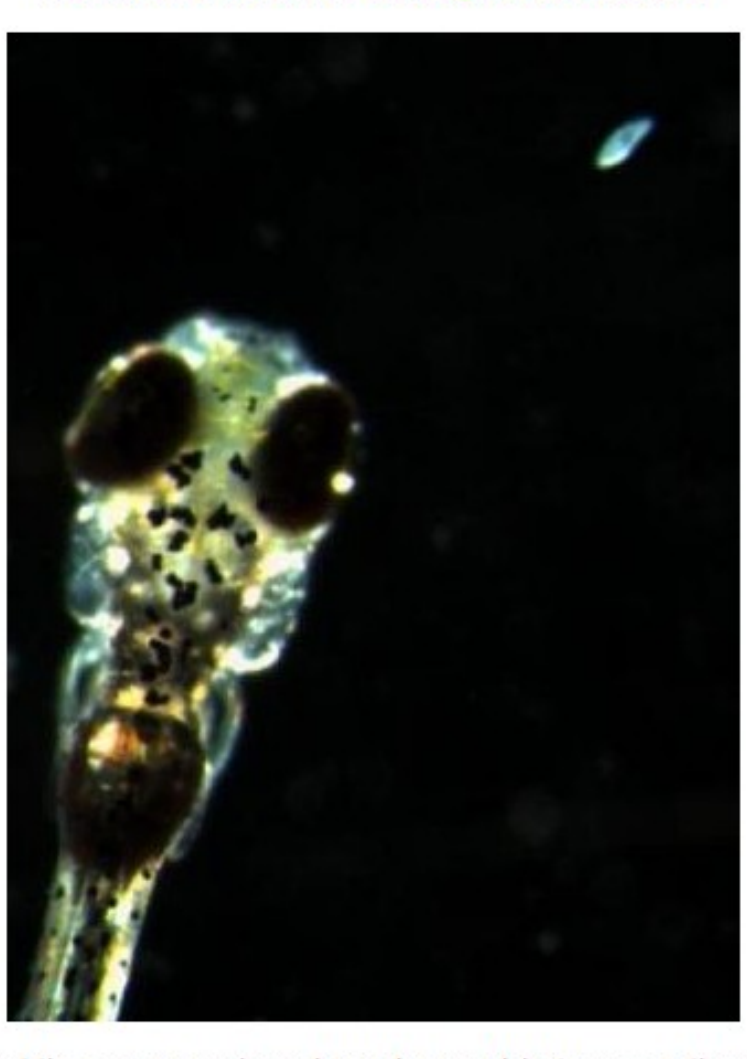
In Florida, the 637 confirmed cases of unprovoked shark "attacks" since 1882 would be reclassified as 11 fatal bites and 626 other interactions including bites, encounters, and a small fraction of sightings. (Shark incident data from the International Shark Attack File.)

"When public discussion centres on the idea that sharks are out there attacking humans, it doesn't reflect the reality of what we have learned over the past 40 years about shark behaviour and biology — sharks are not man eaters, and in fact, many shark species are threatened by humans who overfish them. Using the 'attack' language really hinders public discourse about the need to protect shark species, especially those vulnerable to depletion or even extinction," says Dr Hueter.

The authors write: "**In short, this is a call to scientists, public officials, and the media to reconsider their discourse on the subject of sharks and to improve the accuracy of information provided to the public**."

Fish Stories for the Week:

This Is What a Fish Thought Looks Like



For the first time, researchers have been able to see a thought "swim" through the brain of a living fish. The new technology is a useful tool for studies of perception. It might even find use in psychiatric drug discovery, according to authors of the study, **appearing online** on January 31 in *Current Biology*.

"Our work is the first to show brain activities in real time in an intact animal during that animal's natural behavior," said Koichi Kawakami of Japan's National Institute of Genetics. "We can make the invisible visible; that's what is most important."

The technical breakthrough included the development of a very sensitive fluorescent probe to detect neuronal activity. Kawakami, along with Junichi Nakai of Saitama University and their colleagues, also devised a genetic method for inserting that probe right into the neurons of interest. The two-part approach allowed the researchers to detect neuronal activity at single-cell resolution in the zebrafish brain.

Akira Muto, the study's lead author from the Kawakami lab, used the new tool to map what happens when a zebrafish sees something good to eat, in this case a swimming paramecium. The researchers were also able to correlate brain activity with that prey's capture.

The new tool now makes it possible to ask which brain circuits are involved in complex behaviors, from perception to movement to decision making, the researchers say, noting that the basic design and function of a zebrafish brain is very much like our own.

"In the future, we can interpret an animal's behavior, including learning and memory, fear, joy, or anger, based on the activity of particular combinations of neurons," Kawakami said.

By monitoring neuronal activity in the zebrafish brain, Kawakami thinks that researchers may also be able to screen chemicals that affect neuronal activity in the brain. "This has the potential to shorten the long processes for the development of new psychiatric medications," he said.

Akira Muto, Masamichi Ohkura, Gembu Abe, Junichi Nakai, Koichi Kawakami. **Real-Time Visualization of Neuronal Activity during Perception.** Current Biology, 2013; DOI:10.1016/j.cub.2012.12.040

Picture; For the first time, researchers have been able to see a thought "swim" through the brain of a living fish. The new technology is a useful tool for studies of perception. It might even find use in psychiatric drug discovery, according to authors of the study, appearing online on Jan. 31 in Current Biology, a Cell Press publication. (Credit: Current Biology, Muto et al.)

Zebrafish May Hold the Answer to Repairing Damaged Retinas and Returning Eyesight to People

Zebrafish, the staple of genetic research, may hold the answer to repairing damaged retinas and returning eye-sight to people. University of Alberta researchers discovered that a zebrafish's stem cells can selectively regenerate damaged photoreceptor cells.

Lead U of A researcher Ted Allison says that for some time geneticists have known that unlike humans, stem cells in zebrafish can replace damaged cells involved in many components of eyesight. Rods and cones are the most important photoreceptors. In humans, rods provide us with night vision while cones give us a full colour look at the world during the day-time.

What was not known says Allison was whether stem cells could be instructed to only replace the cones in its retina. This could have important implications for human eyesight.

"This is the first time in an animal research model that stem cells have only repaired damaged cones," said Allison. "For people with damaged eyesight repairing the cones is most important because it would restore day-time colour vision.

The researchers say that to date almost all success in regenerating photoreceptor cells has been limited to rods not cones. Most of these previous experiments were conducted on nocturnal rodents, animals that require good night vision so they have far more rods than cones.

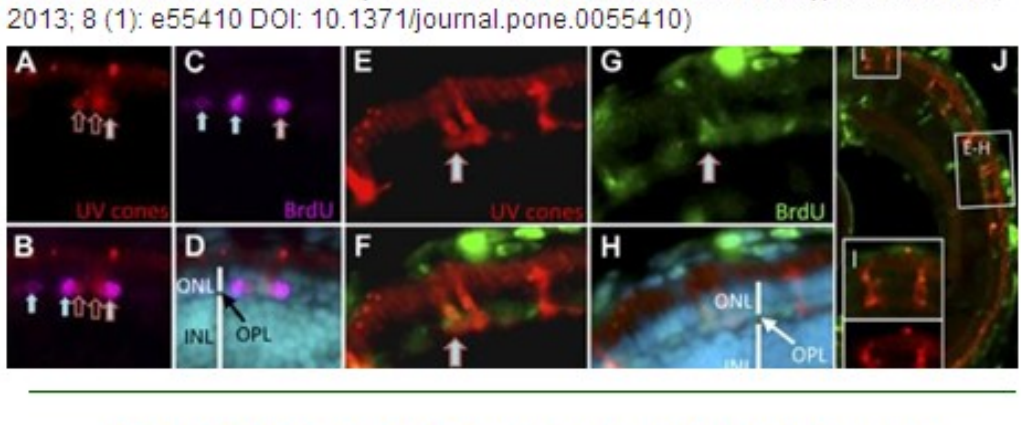
"This shows us that when cones die in a cone-rich retina, it is primarily cones that regenerate," said Allison. "This suggests the tissue environment provides cues to instruct stem cell how to react."

The researchers say this shows some hope for stem cell therapy that could regenerate damaged cones in people, especially in the cone-rich regions of the retina that provide daytime/colour vision.

Allison says the next step for his team is to identify the particular gene in zebrafish gene that activates repair of damaged cones.

Brittany Fraser, Michèle G. DuVal, Hao Wang, W. Ted Allison. **Regeneration of Cone Photoreceptors when Cell Ablation Is Primarily Restricted to a Particular Cone Subtype.** PLoS ONE, 2013; 8 (1): e55410 DOI:10.1371/journal.pone.0055410

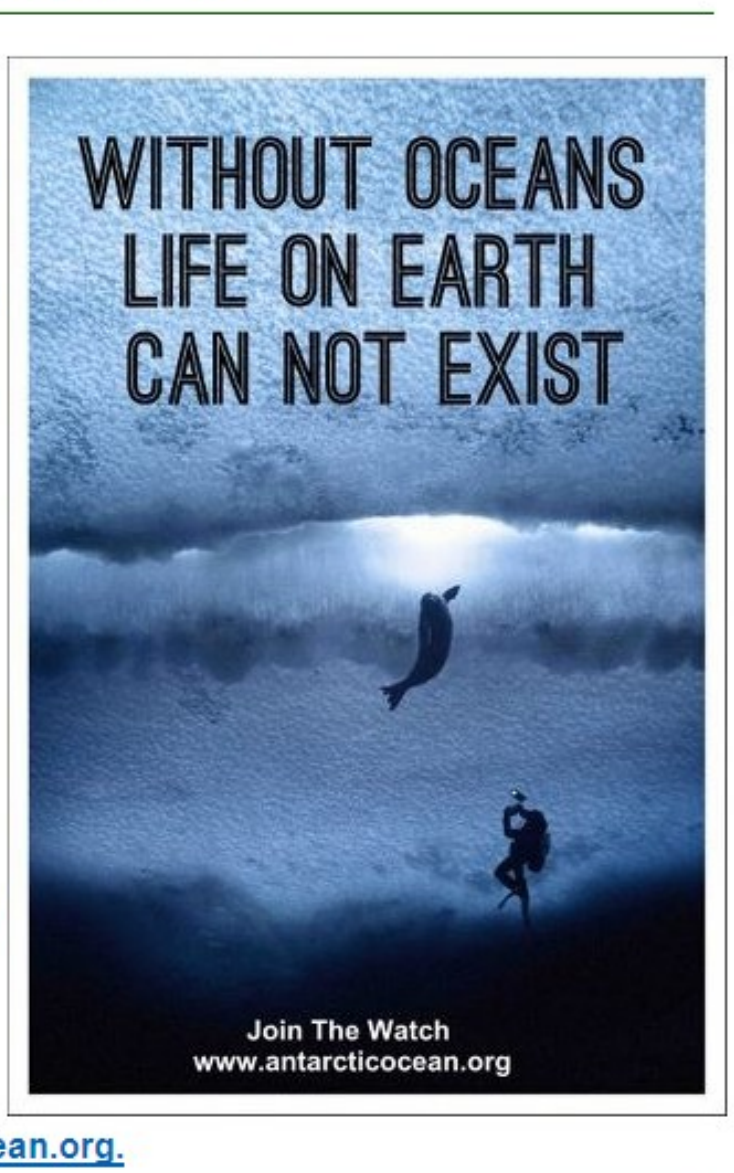
Pic: Regeneration of UV cones following prodrug cell ablation. Regenerating UV cones were observed in larvae 5 days after MTZ treatment. Co-localization of these UV cone markers with BrdU detection indicated that the UV cones were recently proliferating. The right-most cell (A–C) is double labelled for BrdU and UV opsin (mCherry) (filled arrow with red outline; has not yet differentiated to a cone morphology). Other UV cones have begun to reappear (empty red arrows), presumably outside of the window of BrdU application. Other BrdU-positive photoreceptors are detectable (filled arrows), likely representing rods, nascent UV cones, or UV cones not expressing the transgene. One week after MTZ ablation, the regeneration of morphologically mature cones was observed (E–H). BrdU+ cells co-labelled with UV cone mCherry expression (E–G; arrow). (Credit: Brittany Fraser, Michèle G. DuVal, Hao Wang, W. Ted Allison. Regeneration of Cone Photoreceptors when Cell Ablation Is Primarily Restricted to a Particular Cone Subtype. PLoS ONE, 2013; 8 (1): e55410 DOI: 10.1371/journal.pone.0055410)



Live Penguin Cam – Warrnambool, Victoria

Almost wiped out a few years ago, the Little Penguin (Fairy Penguin) colony is now thriving under the watchful eyes of two guard dogs: Eudy & Tula. The two Maremmas (Italian sheep dogs) are fierce with foxes but gentle with penguins. A devoted team from the Warrnambool Coastcare and Landcare Group monitor the colony. Exceptional love stories are played out every season as adult birds risk their lives daily just 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


WITHOUT OCEANS LIFE ON EARTH CAN NOT EXIST
Join The Watch
www.antarcticocean.org

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 reserve 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.

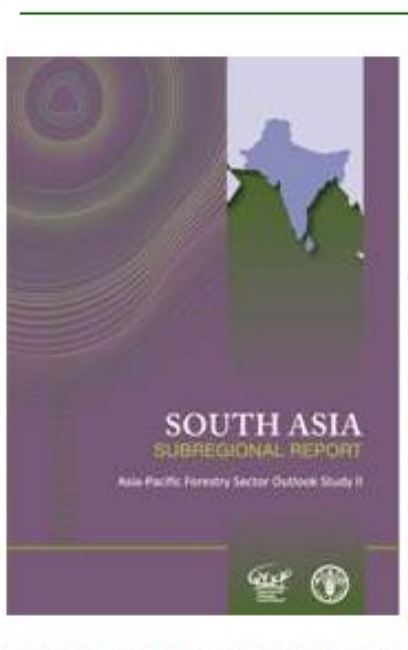
Australian Native Foods website: http://www.anfil.org.au/

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration. eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quaterly informative newsletter, online or paper
Members email group for leaset environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Lobbies Pittwater Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA-approved grant applications for environmental projects
Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, $20.00rrp, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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



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

Downlaod 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 expectations of society on forests and forestry. This report on South Asia summarizes the key findings and results collated under the second 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 analyses the key factors driving developments in the sector, 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.

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

Birdlife Australia - New Website and Quarterly Magazine

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

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

Pittwater Online News

February 3 - 9, 2013: Issue 96

Club Palm Beach Bisto

Every second or third Friday night we go to Palm Beach Bistro to enjoy their fresh fish daily specials or a favourite available on most club menus, Chicken Schnitzel.

On this Friday evening one of us selected a whole Lemon Sole, meltingly fresh and served with a crisp salad and chips, while the other tested out Club Palm Beach's version of the Chicken Schnitzel and also chose to have the salad and chips as side dishes. You may choose vegetables as a side dish for main meals if you prefer these.

The Lemon Sole, filling the plate as these should, was cooked to perfection and satisfied the appetite of one with a bigger hunger then most.

The Chicken Schnitzel was made from fresh breast meat and lightly crumbed instead of the reconstituted chicken used in this dish when served elsewhere.

Both were delicious and a testament to the hard work of Tony Palmer, who has steered the menu at this popular eatery for over a decade, and his staff.

Club Palm Beach also had on offer a fresh barramundi steak served with a sun dried tomatoand fresh herbs flavoured cous cous. Tony also ensures freshly shucked oysters are available Friday evenings for those who like to enjoy a few courses of seafood feasting.

With a regular Children's Menu catered to the tastes of what kids like, great specials and all the traditional fare on their permanent menu, such as Lamb's Fry and Bacon with Mash and gravy, this is a tradional club menu that also has a focus on modern and fresh dishes for every palate.

Club Palm Beach
1087 Barrenjoey Road. Palm Beach.
Phone: 9974 5566.

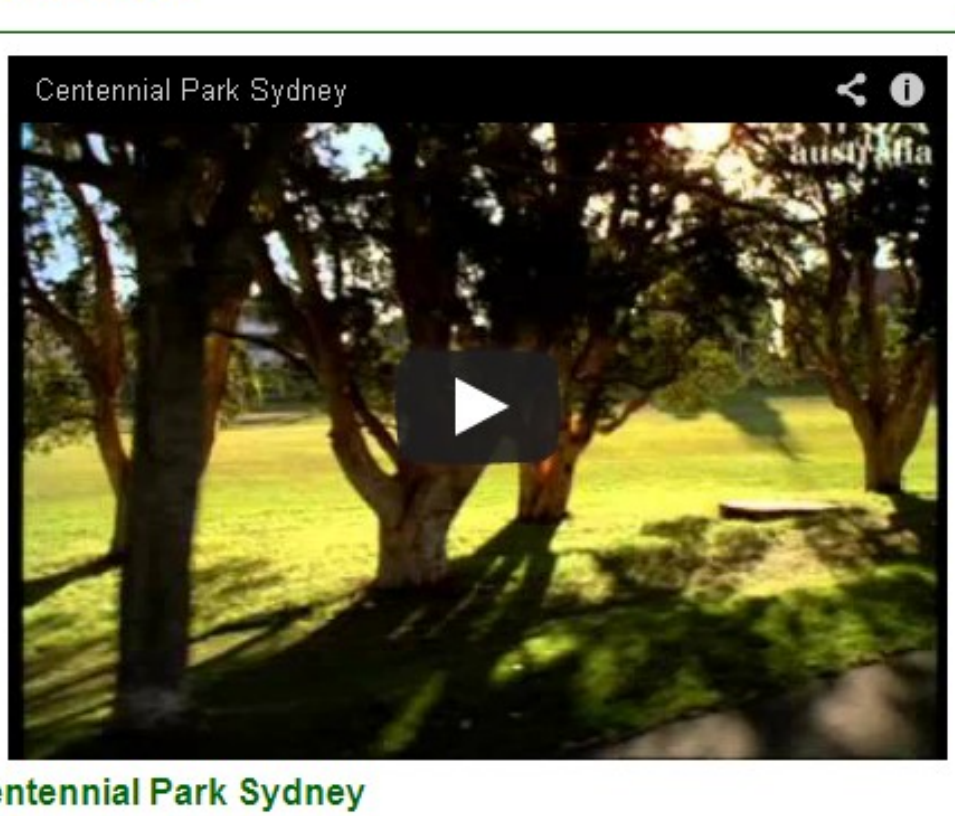
Club Palm Beach

Whole Lemon Sole - Club Palm Beach Bistro

Pittwater Online News

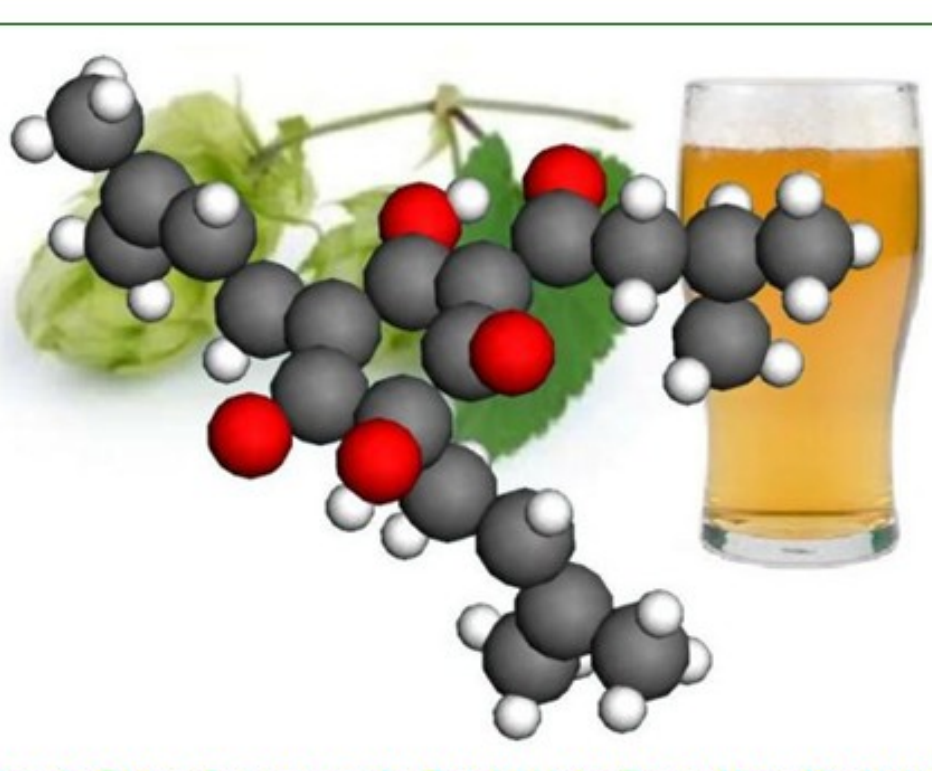
February 3 - 9, 2013: Issue 96

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



Centennial Park Sydney

On the 26th of January, Australia Day, 2013 Centennial Park in Sydney celebrates it's 125th anniversary. Opened in 1888 it is a park in the grand tradition of English parks and gardens Centennial Park has a history as long as Australia itself. From swamp and water supply reservoir to grazing land and the scene of Australia's Federation celebrations; today it is used by millions of walkers, joggers, dogs, cyclists, horse riders and picnicers every year and yet the 360 hectares seems to accommodate them all as well as providing an oasis of peace and a retreat for those seeking a quiet place in the centre of Australia's largest city. This film traces the historical development of Sydney's Centennial Park, the people's park, and the actual purposes for which the park has been used. Produced by Film Australia 1979. Directed by Susan Doring.



Beer's Bitter Compounds Could Help Brew New Medicines

Researchers employing a century-old observational technique have determined the precise configuration of humulones, substances derived from hops that give beer its distinctive flavor. That might not sound like a big deal to the average brewmaster, but the findings overturn results reported in scientific literature in the last 40 years and could lead to new pharmaceuticals to treat diabetes, some types of cancer and other maladies.

"Now that we have the right results, what happens to the bitter hops in the beer-brewing process makes a lot more sense," said Werner Kaminsky, a University of Washington research associate professor of chemistry.

Kaminsky is the lead author of a paper describing the findings, published this month in the journal *Angewandte Chemie* International Edition. There is documentation that beer and its bittering acids, in moderation, have beneficial effects on diabetes, some forms of cancer, inflammation and perhaps even weight loss.

Kaminsky used a process called X-ray crystallography to figure out the exact structure of those acids, humulone molecules and some of their derivatives, produced from hops in the brewing process. That structure is important to researchers looking for ways to incorporate those substances, and their health effects, into new pharmaceuticals.

Humulone molecules are rearranged during the brewing process to contain a ring with five carbon atoms instead of six. At the end of the process two side groups are formed that can be configured in four different ways -- both groups can be above the ring or below, or they can be on opposite sides.

Which of the forms the molecule takes determines its "handedness," Kaminsky said, and that is important for understanding how a particular humulone will react with another substance. If they are paired correctly, they will fit together like a nut and bolt.

If paired incorrectly, they might not fit together at all or it could be like placing a right hand into a left-handed glove. That could produce disastrous results in pharmaceuticals.

Kaminsky cited thalidomide, which has a number of safe uses but was famously used to treat morning sickness in pregnant women in the late 1950s and early 1960s before it was discovered to cause birth defects. Molecule "handedness" in one form of the drug was responsible for the birth defects, while the orientation of molecules in another form did not appear to have the negative effects.

To determine the configuration of humulones formed in the brewing process, coauthors Jan Urban, Clinton Dahlberg and Brian Carroll of KinDex Therapeutics, a Seattle pharmaceutical firm that funded the research, recovered acids from the brewing process and purified them.

They converted the humulones to salt crystals and sent them to Kaminsky, who used X-ray crystallography -- a technique developed in the early 20th century -- to determine the exact configuration of the molecules.

"Now that we know which hand belongs to which molecule, we can determine which molecule goes to which bitterness taste in beer," Kaminsky said.

The authors point out that while "excessive beer consumption cannot be recommended to propagate good health, isolated humulones and their derivatives can be prescribed with documented health benefits."

Some of the compounds have been shown to affect specific illnesses, Kaminsky said, while some with a slight difference in the arrangement of carbon atoms have been ineffective.

The new research sets the stage for finding which of those humulones might be useful in new compounds to be used as medical treatments.

Jan Urban, Clinton J. Dahlberg, Brian J. Carroll, Werner Kaminsky. **Absolute Configuration of Beer's Bitter Compounds.** Angewandte Chemie International Edition, 2013; 52 (5): 1553 DOI: 10.1002/anie.201208450

Picture: The configuration of a humulone molecule is superimposed on a hops vine and a glass of beer. (Credit: Werner Kaminsky)

Health papers published this week:

In Breast Cancer Metastasis, Researchers Identify Possible Drug Target

The spread of breast cancer to distant organs within the body, an event that often leads to death, appears in many cases to involve the loss of a key protein, according to UC San Francisco researchers, whose new discoveries point to possible targets for therapy.

In the January 27, 2013 online edition of Nature Cell Biology, UCSF scientists describe for the first time how the protein, known as GATA3 -- which is abnormal or absent in many cases of human breast cancer -- normally acts downstream in biochemical pathways to prevent the distant spread of cancer, an event called metastasis.

The discovery points to a biochemical control point that simultaneously holds in check several key events required for tumor cells to successfully spread.
"When GATA3 is present, it turns off many genes that are active in metastasis," said Zena Werb, PhD, a UCSF professor of anatomy who led the research. "We now have identified the molecular mechanisms involved."

The key finding of the new study is that GATA3 acts downstream biochemically to activate a molecule - obscure until now - called microRNA29b. MicroRNA29b in turn stops protein production from other genes that play vital roles in metastasis.
The absence or loss of GATA3 can free cancerous cells to break free from their defined roles and tethers within a tumor, to move away from the tumor mass, to induce cancer-promoting inflammation, and to stimulate the development of new blood vessels that can help spreading cancerous cells regrow as tumors in new locations.

"People knew that some of these genes were turned on in some cancers, but they did not know they were turned on because GATA3 and microRNA29b were turned off," Werb said. "If you have 20 genes that are becoming less active all at once due to microRNA29b, it could have a profound effect."

Working with mice, the researchers found that restoring microRNA29b to one of the most deadly types of breast cancer stopped metastasis. But the researchers also found that if they knocked out the microRNA29b, tumors spread even in the presence of GATA3, suggesting that microRNA29b can be the driver of metastasis.
In the mouse models of breast cancer studied by Werb's team, GATA3 normally restrains cancerous cells from breaking away from the main tumor and migrating to other organs.

It might be possible, Werb said, to develop drugs that inhibit breast cancer metastasis by re-activating these controls in cancerous cells that have lost the normal protein.

Many researchers who study early stages of cancer focus on abnormal genes and proteins that cause cells to expand their numbers rapidly, a hallmark of cancer. However, the ability to spread to distant places and to eventually cause lethal complications requires not only cell division and tumor growth, but also changes in how the cancerous cell negotiates with its surroundings. This relationship must be altered to permit cancer to spread, according to earlier research findings by Werb and others.

"Many of the key processes in cancer that GATA3 suppresses take place outside the cell, in the surrounding environment," she said.
GATA3 is a master control for luminal cells, which line the milk-carrying ducts of the breast. In essence, GATA3 dictates the defining characteristics of a normal breast cell, Werb said.

Luminal breast cancers are the most common form of the disease, and the hormones estrogen and progesterone drive their growth. Loss of the normal GATA3 protein as luminal breast cancers evolve is associated with a greater risk of death, Werb said, and occurs in roughly 10 percent of luminal breast cancer cases.

But, along with many other proteins, GATA3 also is absent in "triple negative," breast cancers, which are more often fatal. Triple negative breast cancers, which disproportionately affect black women and younger women, do not depend on the hormones, nor do they require a third growth factor, called HER2.

Triple negative breast cancers, which account for roughly one-in-five breast cancers, have been more difficult to target successfully with newer treatments.
"The targeting we would like to do is to give back microRNA29b specifically to breast tumor cells to prevent metastasis," Werb said.

Jonathan Chou, Jeffrey H. Lin, Audrey Brenot, Jung-whan Kim, Sylvain Provot, Zena Werb. **GATA3 suppresses metastasis and modulates the tumour microenvironment by regulating microRNA-29b expression.** Nature Cell Biology, 2013; DOI:10.1038/ncb2672

Less Invasive Treatment Is Associated With Improved Survival in Early Stage Breast Cancer

Patients with early stage breast cancer who were treated with lumpectomy plus radiation may have a better chance of survival compared with those who underwent mastectomy, according to Duke Medicine research. **The study, which appears online Jan. 28, 2013, in the journal *Cancer***, raises new questions as to the comparative effectiveness of breast-conserving therapies such as lumpectomy, where only the tumor and surrounding tissue is surgically removed.

"Our findings are observational but do suggest the possibility that women who were treated with less invasive surgery had improved survival compared to those treated with mastectomy for stage I or stage II breast cancer," said E. Shelley Hwang, M.D., MPH, chief of breast surgery at Duke Cancer Institute and the study's lead author.

Taking advantage of 14 years of data from the California Cancer Registry, a source of long-term outcome data for women diagnosed with and treated for breast cancer in California, the research team found improved survival to be associated with the less invasive treatment in all age groups, as well as those with both hormone-sensitive and hormone-resistant cancers. Women age 50 and older at diagnosis with hormone-sensitive tumors saw the largest benefit of choosing lumpectomy plus radiation: they were 13 percent less likely to die from breast cancer, and 19 percent less likely to die from any cause compared with those undergoing mastectomy.

Prior randomized trials have shown that when it comes to survival, lumpectomy with radiation is as effective as mastectomy in treating early stage breast cancer. As a result, the rate of women electing lumpectomy with radiation has climbed in the past few decades.

However, a recent trend has emerged with more early stage breast cancer patients, often younger women with very early cancers, opting for mastectomy. These women may perceive mastectomy to be more effective at eliminating early stage cancer and therefore reducing the anxiety accompanying long-term surveillance.

"Given the recent interest in mastectomy to treat early stage breast cancers despite the research supporting lumpectomy, our study sought to understand what was happening in the real world, how women receiving breast-conserving treatments were faring in the general population," Hwang said.

The team analyzed data from 112,154 women diagnosed with stage I or stage II breast cancer between 1990 and 2004, including 61,771 who received lumpectomy and radiation and 50,383 who had mastectomy without radiation.
The researchers looked at age and other demographic factors, along with tumor type and size to decipher whether each treatment had better outcomes for certain groups of women. Patients were followed on average for 9.2 years.

The researchers evaluated whether illnesses other than breast cancer, such as heart and respiratory disease, may have influenced whether women chose lumpectomy or mastectomy. Within three years of diagnosis, breast cancer patients who underwent lumpectomy and radiation had higher survival rates than those who chose mastectomy when all other illnesses were evaluated. This suggests that women choosing lumpectomy may have been generally healthier.
However, Hwang and her colleagues were surprised to also find that early stage breast cancer patients treated with breast-conserving treatment had a significantly better short-term survival rate from breast cancer than women who underwent mastectomy. A subset analysis limited to women with stage I cancer only showed consistent results.

"**The hopeful message is that lumpectomy plus radiation was an effective alternative to mastectomy for early stage disease, regardless of age or tumor type**," said Hwang. "Our study supports that even patients we thought might benefit less from localized treatment, like younger patients with hormone-resistant disease, can remain confident in lumpectomy as an equivalent and possibly better treatment option."

The authors emphasize that observational studies such as this one cannot establish causality between type of surgery and outcome and that longer follow up is needed. Nevertheless, this is a provocative observation that requires more research to understand whether patient factors that were not available for analysis might contribute to these observed survival differences.

E. Shelley Hwang, Daphne Y. Lichtensztajn, Scarlett Lin Gomez, Barbara Fowble, Christina A. Clarke. **Survival after lumpectomy and mastectomy for early stage invasive breast cancer.** Cancer, 2013; DOI:10.1002/cncr.27795

Scientists Identify Four Mechanisms That Contribute to Gastric Cancers

Scientists at A*STAR's Genome Institute of Singapore (GIS) headed a study that discovered four processes by which gastric cancer is formed. This is extremely important since **gastric cancer is the second most common cause of cancer deaths worldwide, claiming almost 750,000 lives annually, 60% of which are Asians.**

Using what is known as next-generation sequencing technologies, GIS scientists were able to provide a comprehensive view of the gastric cancer genome, characterizing micro- and macro-scale mutations. This led to the identification of four distinct processes that cause mutations in gastric cancer. One of these was found to have a targeted impact on genes and is potentially triggered by bacterial infection. The other processes were found to have impact throughout the genome, and included oxidative damage processes and the failure of DNA proof-reading mechanisms.

The discovery of the mutative actions of these processes provides essential clues to the formation of gastric cancers, paving the way for diagnostics and targeted therapy. The findings **were published online in the December 2012 issue of *Genome Biology*.**

First author and GIS Principal Investigator Dr Niranjan Nagarajan said, "Cancers are constantly evolving, and therefore understanding how they do so is important for finding new treatments. Mutational processes in cancer had not previously been shown to have a targeted impact on the genome and on genes. With this study, we show evidence of this for the very first time. This is truly exciting since it **moves us a critical step towards understanding and finding a cure for gastric cancer**."

Co-author and GIS Principal Investigator Dr Patrick Tan said, "This is the first time gastric cancers have been analyzed at the whole genome level. This work further showcases the reputation of Singapore as a world-leader in gastric cancer research."

"Our study demonstrates that sequencing gastric tumours not only allows the identification of mutations in the human genome but also reveals micro-organisms and their pathogenic gene content," added Dr Axel Hillmer, GIS Principal Investigator.

GIS Executive Director, Prof Ng Huck Hui said, ""This is a very exciting study that probed into the genomic signature of gastric cancers. Through the analysis of somatic mutations occurring in gastric cancers, this team has identified several interesting genes which have profound implications in cancers."

Niranjan Nagarajan, Denis Bertrand, Axel M. Hillmer, Zhi Jiang Zang, Fei Yao, Pierre-Etienne Jacques, Audrey S.M. Teo, Ioanna Cutcutache, Zhenshui Zhang, Wah Heng Lee, Yee Yen Sia, Song Gao, Pramila N. Ariyaratne, Andrea Ho, Xing Yi Woo, Lavanya Veeravali, Choon Kiat Ong, Niantao Deng, Kartiki V. Desai, Chiea Chuen Khor, Martin L. Hibberd, Atif Shahab, Jaideepraj Rao, Mengchu Wu, Ming Teh, Feng Zhu, Sze Yung Chin, Brendan Pang, Jimmy B.Y. So, Guillaume Bourque, Richie Soong, Wing-Kin Sung, Bin Tean Teh, Steven Rozen, Xiaoan Ruan, Khay Guan Yeoh, Patrick B.O. Tan, Yijun Ruan. **Whole-genome reconstruction and mutational signatures in gastric cancer.** Genome Biology, 2012; 13 (12): R115 DOI:10.1186/gb-2012-13-12-r115

New Target for Rheumatoid Arthritis Drugs

Researchers at Hospital for Special Surgery have identified a potential new target for drugs to treat patients with rheumatoid arthritis (RA), a protein known as IRHOM2. The finding could provide an effective and potentially less toxic alternative therapy to tumor necrosis factor-alpha blockers (TNF-blockers), the mainstay of treatment for rheumatoid arthritis, and could help patients who do not respond to this treatment. Efforts to develop drugs that hone in on this new target are underway.

Picture; Jane Salmon is an author of the study. (Credit: Image courtesy of Hospital for Special Surgery)

"This study is an elegant example of the capacity of basic science cell biologists to work with translational rheumatologists to address a clinically relevant question at a basic level," said Jane Salmon, M.D., Collette Kean Research Chair and co-director, Mary Kirkland Center for Lupus Research at Hospital for Special Surgery (HSS) in New York City, and an author of the study. "We have identified a clinically relevant target that can be applied to patients in the near term." The study will **appear online, ahead of print, on January 25, in the *Journal of Clinical Investigation* and in the February 2013 print issue.**

Rheumatoid arthritis, an autoimmune disease, is triggered, in large part, by TNF-alpha, a small signaling protein usually involved in launching protective systemic inflammatory responses. With excessive TNF production, however, immune cells can become activated inappropriately and cause tissue inflammation. This produces a number of diseases, including RA. While TNF-blockers help many RA patients, these treatments are very expensive, and some patients do not respond.

For this reason, researchers have been searching for alternative targets in patients with inflammatory diseases against which drugs can be directed.
"TNF can be thought of as a balloon tethered to the surface of cells. To work, it must be cut loose by signaling scissors called TACE (TNF-alpha converting enzyme)," said Carl Blobel, M.D., Ph.D., program director of the Arthritis and Tissue Degeneration Program at HSS. While blocking TACE could be another way to treat rheumatoid arthritis, researchers know this strategy would likely have side effects since patients lacking TACE are prone to skin infections and intestinal lesions.
Earlier this year, HSS investigators demonstrated that the TACE scissors are regulated by molecules called IRHOM1 and IRHOM2, which are thought to wrap around TACE and help it mature into functional scissors. They also demonstrated that mice that are genetically engineered to lack IRHOM2 lack functional TACE on the surface of their immune cells and don't release TNF. Surprisingly, these mice are healthy, and do not develop skin or intestinal defects.

In the current study, HSS researchers set out to investigate why this paradox exists. After examining tissues of IRHOM2-deficient mice, they found that IRHOM2 regulates TACE on immune cells, whereas IRHOM1 is responsible for helping TACE mature elsewhere in the body, such as in brain, heart, kidney, liver, lung and spleen cells. "IRHOM2 appears to have a more restrictive and exclusive function in immune cells," said Dr. Blobel.

The researchers then set out to determine whether blocking IRHOM2 could be a strategy to treat RA. They used a mouse model that mimics human rheumatoid arthritis in mice genetically engineered to be deficient in IRHOM2. They found that these rodents did not develop inflammatory arthritis and were otherwise healthy. "When we tested mice that don't have IRHOM2 in a model for inflammatory arthritis, we found they were protected and they were protected as well as mice that didn't have any TNF," said Dr. Blobel. "Because TNF is the driver of rheumatoid arthritis in human disease, as evidenced by how well anti-TNF drugs work, we feel that this provides a completely new angle on blocking TNF release. It would be wonderful to be able to inactivate TACE in a tissue-specific manner and IRHOM2 provides a unique mechanism for us to do so."

Using drugs that inactivate IRHOM2 in humans, clinicians will be able to block the function of TACE only in immune cells. "We can prevent the deleterious contribution of TACE to rheumatoid arthritis patients and preserve its protective function in skin and intestines," said Dr. Blobel. "With IRHOM2, we have a unique and unprecedented opportunity to inactive TACE only in certain cell types, and not in others, and there is currently no other effective way of doing that."

The researchers say the next step is to identify antibodies or pharmacological compounds that can be used to block the function of IRHOM2 and are safe in patients. These HSS investigators are currently working to identify and test such agents. "In theory, IRHOM2-targeted drugs will have less toxicity than TNF alpha blockers," said Dr. Salmon. "They block TNF release only from specific cells, those known to contribute to joint inflammation and damage."

Priya Darshinee A. Issuree, Thorsten Maretzky, David R. McIlwain, Sébastien Monette, Xiaoping Qing, Philipp A. Lang, Steven L. Swendeman, Kyung-Hyun Park-Min, Nikolaus Binder, George D. Kalliolias, Anna Yarilina, Keisuke Horiuchi, Lionel B. Ivashkiv, Tak W. Mak, Jane E. Salmon, Carl P. Blobel. **iRHOM2 is a critical pathogenic mediator of inflammatory arthritis.** Journal of Clinical Investigation, 2013; DOI: 10.1172/JCI66168

Emotional Stress Reduces Effectiveness of Prostate Cancer Therapies in Animal Model

Not surprisingly, a cancer diagnosis creates stress. And patients with prostate cancer show higher levels of anxiety compared to other cancer patients.
A new study by researchers at Wake Forest Baptist Medical Center indicates that stress is not just an emotional side effect of the diagnosis; it also can reduce the effectiveness of prostate cancer drugs and accelerate the development of prostate cancer. The findings are **published in the February issue of the *Journal of Clinical Investigation.***

The Wake Forest Baptist team, headed by George Kulik, D.V.M., Ph.D., associate professor of cancer biology, tested the effects of behavioral stress in two different mouse models of prostate cancer. One model used mice that were implanted with human prostate cancer cells and treated with a drug that is currently in clinical trial for prostate cancer treatment. When the mice were kept calm and free of stress, the drug destroyed prostate cancer cells and inhibited tumor growth. However, when the mice were stressed, the cancer cells didn't die and the drug did not inhibit tumor growth.

In the second model, mice genetically modified to develop prostate cancer were used. When these mice were repeatedly stressed, the size of prostate tumors increased. When the mice were treated with bicalutamide, a drug currently used to treat prostate cancer, their prostate tumors decreased in size. However, if mice were subjected to repeated stress, the prostate tumors didn't respond as well to the drug.

After analyzing the data, the Wake Forest Baptist researchers identified the cell signaling pathway by which epinephrine, a hormone also known as adrenaline, sets off the cellular chain reaction that controls cell death. Considering that prostate cancer diagnosis increases stress and anxiety levels, stress-induced activation of the signaling pathway that turns off the cell death process may lead to a vicious cycle of stress and cancer progression, Kulik said.

Yet in both models in which the mice were given beta-blocker, stress did not promote prostate tumor growth. Beta-blocker is a drug that inhibits the activation of anti-death signaling by epinephrine.

"Providing beta-blockers to prostate cancer patients who had increased epinephrine levels could improve the effectiveness of anti-cancer therapies," Kulik said. "Our findings could be used to identify prostate cancer patients who will benefit from stress reduction or from pharmacological inhibition of stress-inducing signaling."

The researchers now plan to test the same signaling mechanism that was identified in mice to determine if it also works in the same way in human prostates, Kulik said.

"We are at the very beginning of understanding complex stress-cancer interactions with multifaceted responses to stress that affect cancer cells, tumor microenvironment, and the organism overall," he said. "We hope that components of this signaling pathway could be used as biomarkers to predict whether and how a given tumor will respond to stress and anti-stress therapies."

Sazzad Hassan, Yelena Karpova, Daniele Baiz, Dana Yancey, Ashok Pullikuth, Anabel Flores, Thomas Register, J. Mark Cline, Ralph D'Agostino, Nika Danial, Sandeep Robert Datta, George Kulik. **Behavioral stress accelerates prostate cancer development in mice.**Journal of Clinical Investigation, 2013; DOI:10.1172/JCI63324

New Tool for Mining Bacterial Genome for Novel Drugs

Vanderbilt biochemists have discovered that the process bacteria undergo when they become drug resistant can act as a powerful tool for drug discovery.

Picture: The structure of two of the drug-like molecules discovered by triggering Nocardius' drug-resistant response. (Credit: Sarah Stow, McLean Lab / Vanderbilt)

Their findings - reported this week in the **Online Early Edition of the *Proceedings of the National Academy of Sciences*** - should give a major boost to natural products drug discovery - the process of finding new drugs from compounds isolated from living organisms - by substantially increasing the number of novel compounds that scientists can extract from individual microorganisms.

Bacteria have traditionally been the source of important drugs such as antibiotics and anticancer agents. Researchers looking for new bacterially synthesized drugs have long known that bacterial genomes contain a large number of "silent genes" that contain the instructions for making drug-like compounds. But, until now, scientists have found it is very difficult to find ways to turn on the production of these compounds, known as secondary metabolites.

While investigating how bacteria develop drug resistance, Vanderbilt biochemists Brian Bachmann and John McLean discovered that strains of antibiotic-resistant bacteria express hundreds of compounds not produced by their progenitors, many of which are potential secondary metabolites.

"It's as if the bacteria respond to the assault by the antibiotic with a 'save-all-ships' strategy of turning on hundreds of silent genes," said Bachmann, associate professor chemistry at Vanderbilt. "This technique is something like fracking in the natural gas industry. We've known for a long time that there were large amounts of underground natural gas that we couldn't extract using conventional methods but now we can, using hydraulic fracturing technology. In a similar fashion we think we can use bacteria's antibiotic resistance to intensively mine the bacterial genome for new drug leads," he said.

The original purpose of the study was to take the most detailed look yet at what happens when microbes develop drug resistance. Bachmann is an expert in natural products drug discovery and McLean, an assistant professor of chemistry, is a pioneer in the development of analytical instrumentation and chemical techniques that can identify thousands of different biological compounds simultaneously, such as ion mobility-mass spectrometry.

"One of the daunting challenges is to rapidly inventory the tens to hundreds of thousands of molecules the bacteria construct to live, and then to read this inventory to understand how the bacteria compensate for their changing circumstances. To complicate matters further, we are looking for new drug-like molecules, so by definition we are looking for something that has not been seen before," said McLean.

Working with Research Assistant Dagmara Derewacz and graduate students Cody Goodwin and Ruth McNees, Bachmann and McLean started with the well-characterized soil bacterium Nocardiopsis. They exposed the bacterium to two different antibiotics - streptomycin and rifampicin - and observed the results.
"The first thing that happens is almost all of the bacteria die. Less than one cell in a million survives," said Bachmann.

The chemists then cultured the survivors (six streptomycin-resistant strains and five rifampicin-resistant strains) without the antibiotic and used McLean's instrumental methods to profile the drug-like compounds that they produced.

They discovered that the differences were much greater than they expected. The survivors had undergone extensive mutations, not only in the genes that produce secondary metabolites but also in the housekeeping genes that alter the way they make RNA and proteins. As a result, they determined that the resistant strains produced more than 300 compounds that were not expressed by the original organism.

"The cells appear to be 'de-repressing' as many of their silent genes as possible. This seems like a very drastic way to become drug resistant," Bachmann said. McLean's team has developed strategies that allow them to automatically identify and compare the relative uniqueness and the relative abundance of tens of thousands of molecules from which the hundreds of novel compounds were found.

"What we are looking for are new species of molecules in the mutants that are the most unique and the most abundant," said Bachmann.

In the antibiotic-resistant Nocardiopsis strains the researchers found a total of five compounds that were both unique enough and abundant enough to isolate, determine their molecular structures and test for biological activity.
"Normally, we only find one compound per organism, so this is a significant improvement in yield, allowing us to get many new compounds from previously mined microorganisms," Bachmann said.

D. K. Derewacz, C. R. Goodwin, C. R. McNees, J. A. McLean, B. O. Bachmann. Antimicrobial drug resistance affects broad changes in metabolomic phenotype in addition to secondary metabolism. Proceedings of the National Academy of Sciences, 2013; DOI:10.1073/pnas.1218524110

Research May Lead to New Strategies Against Sepsis

Scientists at the Center for Translational Medicine at the Temple University School of Medicine are inching closer to solving a long-standing mystery in sepsis, a complex and often life-threatening condition that affects more than 400,000 people in the U.S. every year. By blocking the activity of a protein, STIM1, in cells that line the insides of blood vessels in mice, they have halted a cascade of cellular events that culminates in the out-of-control inflammation that marks sepsis, and protected lungs from severe damage.

The findings, **reported online January 25, 2013** in the *Journal of Clinical Investigation*, **provide new insights into molecular details underlying sepsis and its effects on the lungs. In identifying STIM1 as a potential drug target, the results may lead to new treatment strategies against sepsis**.

"While antibiotics are improving, more than 25 percent of those who develop sepsis will die from it. This is partly because we don't fully understand the mechanisms behind the widespread inflammation it causes," said senior author Muniswamy Madesh, PhD, Assistant Professor of Biochemistry at Temple University School of Medicine and a member of Temple's Center for Translational Medicine. "We've provided evidence indicating that without STIM1 driving calcium signaling, the exacerbation of inflammation can't occur. Our results could lead to a whole range of new therapeutic research directions."

STIM1 plays a variety of roles in the cells, including serving as a sensor for the amount of calcium inside a cell, and driving calcium signaling, which is important for cellular communication. In sepsis, a bacterial infection produces toxins that cause the body's normal reaction to infection to go haywire, prompting the immune system to attack the body's own organs and tissues.

According to Dr. Madesh, these toxins - small molecules called lipopolysaccharides - set off a chain of events. They initially bind to endothelial cell receptors, sending chemical signals that can result in "oxidative" damage to cells. STIM proteins can detect this cell damage, and drive the flow of calcium ions into the cell, increasing calcium signaling. The resulting fluctuations in calcium levels activate endothelial cells.

"When the endothelial cells are activated, they express various pro-inflammatory molecules, which facilitate white blood cells to adhere to endothelial cells and migrate from the blood to lung tissue," Dr. Madesh explained. "This cell migration further stimulates the immune system, increasing the release of other signaling molecules and factors. But how this occurs hasn't been completely understood."
Dr. Madesh and his colleagues wanted to better understand how STIM proteins were involved in lung inflammation and injury, which is commonly seen in sepsis. Such injury can lead to edema, or fluid, in the lungs, and possibly death. Their previous research had indicated that STIM1 played an important role in oxidative cell damage-altered calcium levels.

To find out, the researchers created mice lacking STIM1 in endothelial cells, and in a series of experiments, compared these mice to normal mice exposed to the sepsis toxin. They found that without STIM1 in the cells, the calcium fluctuations did not occur, and endothelial cells were protected against the toxin-induced lung injury.

The investigators also used a small molecule, BTP2, to see the effect on lung damage of physically blocking the STIM1 signaling pathway. "We found that the small molecule inhibitor blocked this calcium entry in the channel, as opposed to the other strategy in which the STIM1 gene was knocked out. Eliminating STIM1 or blocking the channel both reduced the permeability of the lungs' blood vessels and lessened lung edema. We can block this pathway using both genetic and pharmacological approaches, and both protected against endotoxin-induced lung inflammation," Dr. Madesh said.

"Although this STIM-mediated signaling pathway is essential for development and other functions, in the case of vascular inflammation, blocking the pathway protected that animal from the damage involved. While several other pathways have been established in the sepsis model, our finding is a new signaling pathway that could be targeted for therapeutic interventions."

Because BTP2 targets a specific calcium channel rather than the protein itself, Dr. Madesh said that one of his team's next goals is to "design new molecules that target the activation of the STIM protein." This same strategy could be used for other diseases or conditions, including stroke, that involve STIM-controlled calcium signaling, he noted.

Rajesh Kumar Gandhirajan, Shu Meng, Harish C. Chandramoorthy, Karthik Mallilankaraman, Salvatore Mancarella, Hui Gao, Roshanak Razmpour, Xiao-Feng Yang, Steven R. Houser, Ju Chen, Walter J. Koch, Hong Wang, Jonathan Soboloff, Donald L. Gill, Muniswamy Madesh. Blockade of NOX2 and STIM1 signaling limits lipopolysaccharide-induced vascular inflammation.Journal of Clinical Investigation, 2013; DOI:10.1172/JCI65647

Eating Deep-Fried Food Linked to Increased Risk of Prostate Cancer

Regular consumption of deep-fried foods such as French fries, fried chicken and doughnuts is associated with an increased risk of prostate cancer, and the effect appears to be slightly stronger with regard to more aggressive forms of the disease, according to a study by investigators at Fred Hutchinson Cancer Research Center.

Corresponding author Janet L. Stanford, Ph.D., and colleagues Marni Stott-Miller, Ph.D., a postdoctoral research fellow and Marian Neuhouser, Ph.D., all of the Hutchinson Center's Public Health Sciences Division, have published their findings online in The Prostate. While previous studies have suggested that eating foods made with high-heat cooking methods, such as grilled meats, may increase the risk of prostate cancer, this is the first study to examine the addition of deep frying to the equation.

From French fries to doughnuts: Eating more than once a week may raise risk
Specifically, Stanford, co-director of the Hutchinson Center's Program in Prostate Cancer Research, and colleagues found that men who reported eating French fries, fried chicken, fried fish and/or doughnuts at least once a week were at an increased risk of prostate cancer as compared to men who said they ate such foods less than once a month.

In particular, men who ate one or more of these foods at least weekly had an increased risk of prostate cancer that ranged from 30 to 37 percent. Weekly consumption of these foods was associated also with a slightly greater risk of more aggressive prostate cancer. The researchers controlled for factors such as age, race, family history of prostate cancer, body-mass index and PSA screening history when calculating the association between eating deep-fried foods and prostate cancer risk.

"**The link between prostate cancer and select deep-fried foods appeared to be limited to the highest level of consumption - defined in our study as more than once a week - which suggests that regular consumption of deep-fried foods confers particular risk for developing prostate cancer**," Stanford said.

Deep frying may trigger formation of carcinogens in food Possible mechanisms behind the increased cancer risk, Stanford hypothesizes, include the fact that when oil is heated to temperatures suitable for deep frying, potentially carcinogenic compounds can form in the fried food. They include acrylamide (found in carbohydrate-rich foods such as French fries), heterocyclic amines and polycyclic aromatic hydrocarbons (chemicals formed when meat is cooked at high temperatures), aldehyde (an organic compound found in perfume) and acrolein (a chemical found in herbicides). These toxic compounds are increased with re-use of oil and increased length of frying time. Foods cooked with high heat also contain high levels of advanced glycation endproducts, or AGEs, which have been associated with chronic inflammation and oxidative stress. Deep-fried foods are among the highest in AGE content. A chicken breast deep fried for 20 minutes contains more than nine times the amount of AGEs as a chicken breast boiled for an hour, for example.

For the study, Stanford and colleagues analyzed data from two prior population-based case-control studies involving a total of 1,549 men diagnosed with prostate cancer and 1,492 age-matched healthy controls. The men were Caucasian and African-American Seattle-area residents and ranged in age from 35 to 74 years. Participants were asked to fill out a dietary questionnaire about their usual food intake, including specific deep-fried foods.

The first study of its kind "To the best of our knowledge, this is the first study to look at the association between intake of deep-fried food and risk of prostate cancer," Stanford said. However, deep-fried foods have previously been linked to cancers of the breast, lung, pancreas, head and neck, and esophagus.

Marni Stott-Miller, Marian L. Neuhouser, Janet L. Stanford. **Consumption of deep-fried foods and risk of prostate cancer.** The Prostate, 2013; DOI: 10.1002/pros.22643

DNA-Repairing Protein May Be Key to Preventing Recurrence of Some Cancers

Just as the body can become resistant to antibiotics, certain methods of killing cancer tumors can end up creating resistant tumor cells. But a University of Central Florida professor has found a protein present in several types of cancer, including breast and ovarian cancer, which could be helpful in preventing tumors from coming back.

The protein, KLF8, appears to protect tumor cells from drugs aimed at killing them and even aid the tumor cells' ability to regenerate.

"All cells have a DNA-repair mechanism," explained Jihe Zhao, a medical doctor and researcher who in the past few months has published several articles related to the protein in the Journal of Biological Chemistryand Oncogene, among others. "That's why we survive constant DNA damage threats. But KLF8 is overexpressed in specific cancers, such as breast cancer and ovarian cancer. The thought is that if we can stop it from switching on, we may be able to stop the tumors from coming back as part of therapy. We still need to do a lot more research, but it is plausible.

DNA damage-based chemotherapies depend on failure of cancer cells to repair the DNA damage and subsequent cell death, according to the journal article. Aberrant high levels of DNA repair function in the cells likely increase not only the resistance of the cells to such therapies but also the malignancy of the cells due to improper DNA repair-mediated genomic and chromosomal instability.
In the study, Zhao's team tested one specific cancer-fighting drug used in the treatment of breast cancer to determine the role of the protein.

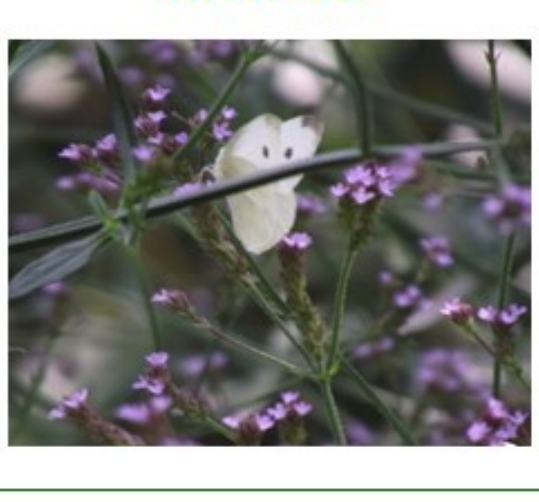
"Indeed, our results have clearly linked the KLF8-promoted DNA repair to the cell resistance to doxorubicin-induced cell death," Zhao said. "It remains to be determined whether KLF8 plays a similar role in repairing DNA damage caused by other types of genotoxic agents such as DNA alkylating agents and ionizing radiation."

Even so, the results suggest that in addition to enhancing the drug resistance of the cancer cells, KLF8 could play a role in disturbing genomic integrity through its aberrant DNA repair function and subsequently contribute to aggressive progression of cancer.

H. Lu, L. Hu, T. Li, S. Lahiri, C. Shen, M. S. Wason, D. Mukherjee, H. Xie, L. Yu, J. Zhao. **A Novel Role of Kruppel-like Factor 8 in DNA Repair in Breast Cancer Cells.** Journal of Biological Chemistry, 2012; 287 (52): 43720 DOI: 10.1074/jbc.M112.418053

H Lu, X Wang, A M Urvalek, T Li, H Xie, L Yu, J Zhao.**Transformation of human ovarian surface epithelial cells by Krüppel-like factor 8.** Oncogene, 2012; DOI:10.1038/onc.2012.545

Disclaimer: These articles are not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *Pittwater Online News* or its staff.



The Welcome Wall at the Australian National Maritime Museum

The Welcome Wall at the Australian National Maritime Museum offers the chance to pay a lasting tribute to your family members and friends who made the break... the voyage from some other part of the world to live in Australia. Register now by calling 02 9298 3777 or visit www.anmm.gov.au/ww

Archive footage kindly supplied by the National Film and Sound Archive of Australia's Film Australia Collection.

WELCOME WALL

Digital Productivity and Services Flagship - Published on 27 Jan 2013

The Digital Productivity and Services Flagship, CSIRO's tenth National Research Flagship, is a $40 million research initiative focusing on the services sector and optimising the full value of national broadband infrastructure. This animation describes the Flagship, it's goals and the research challenges we are tackling in the Government and Commercial services, Health Services and in creating smarter and more secure infrastructure. More here: www.csiro.au/DPAS

Digital Productivity and Services Flagship
NATIONAL BROADBAND INFRASTRUCTURE

Research gives digital economy a boost - 29 January 2013 – from CSIRO

New national research push to create $4 billion a year in digital services by 2025. CSIRO today launched (29.1.2013) Australia's largest publically-funded research initiative focused on the digital economy. The Digital Productivity and Services Flagship is a $40 million research initiative focusing on the services sector and optimising the full value of national broadband infrastructure.

The Director of the Flagship Dr Ian Oppermann says the new Flagship is focused on helping Australia transition from being a predominantly resource-focused nation by developing and delivering more efficient and innovative digitally-enhanced services.

"Australia is faced with the challenge of maintaining a competitive economic edge in an increasingly complex and resource-limited world," Dr Oppermann says. "Our labour productivity has declined from around 92 per cent relative to the US in 1998 to around 84 per cent in 2010, meaning **Australia's economic prospects beyond the current resources boom will deteriorate significantly if the decline in our productivity growth performance is not reversed."**

"**A successful digital economy is essential for Australia's economic growth and to maintain our international standing. The services sector represents about 80 per cent of Australia's GDP, so if we are to help Australia grow, we must help businesses and government deliver services in new, faster and better ways**."

"CSIRO's expertise in cybersecurity, broadband technologies and services science positions us as the key organisation to take on this research. While some of our work will be in labs, most of it will happen out in businesses and departments across Australia; finding ways to apply technology to improve the way they deliver their services."

Dr Oppermann says the Flagship has the potential to transform a range of areas – from the way health services are delivered to the way banks manage their funds.

"For example, we are working to reduce hospital waiting times and identify bottlenecks in Queensland hospitals by predicting how many patients will turn up in emergency departments, and when. By investing in our services sector we aim to help Australia remain competitive in the global economy, now and into the future. We are looking forward to working with our government and industry partners to help Australia grow through the digital economy."

The Flagship builds on CSIRO's successful track record in health service delivery, logistics, finance and communications. The Flagship will initially focus on four key research areas:

Government Services – develop efficient and effective information use, government services and systems through improved decisions, coordination and customer centricity.

Commercial Services – with a strong focus on financial services, develop efficient and effective commercial services and systems through better use of capital and improved service delivery models and processes across supply chains.

Smart, Secure Infrastructure – extending and securing Australia's physical and cyber infrastructure, including the extension of wireless broadband services.

Health Services – improving the safety, quality and efficiency of health services for all Australians by delivering technology in partnership with all State Health Departments.

The Australian Centre for Broadband Innovation (ACBI) is also a key platform for facilitating new research projects within the Flagship. The goal of ACBI is to develop and test innovative broadband-enabled services, applications and technologies and their use in real world situations.

Senator the Hon. Stephen Conroy, Minister for Broadband, Communications and the Digital Economy, will officially launch the Flagship with guests from industry, government and the innovation sector, at an event in Sydney today. This will also feature a key-note presentation by **Sir Tim Berners-Lee, inventor of the World Wide Web**, in his first public appearance in Australia in 15 years. Key Notes of the Berners-Lee address HERE

View early Colonial Office photos in Australasia through a lens - help 'tag' please

The National Archives of the UK has released online thousands of early photographs and drawings of Australia, New Zealand, Fiji, Tonga and other Pacific Islands. You can now view images of Australian towns, buildings, landmarks and people dating back as far as the mid 19th century. The photographs have been uploaded to the photo-sharing website Flickr so that **you can tag and contribute comments and suggestions to help improve the descriptions.**

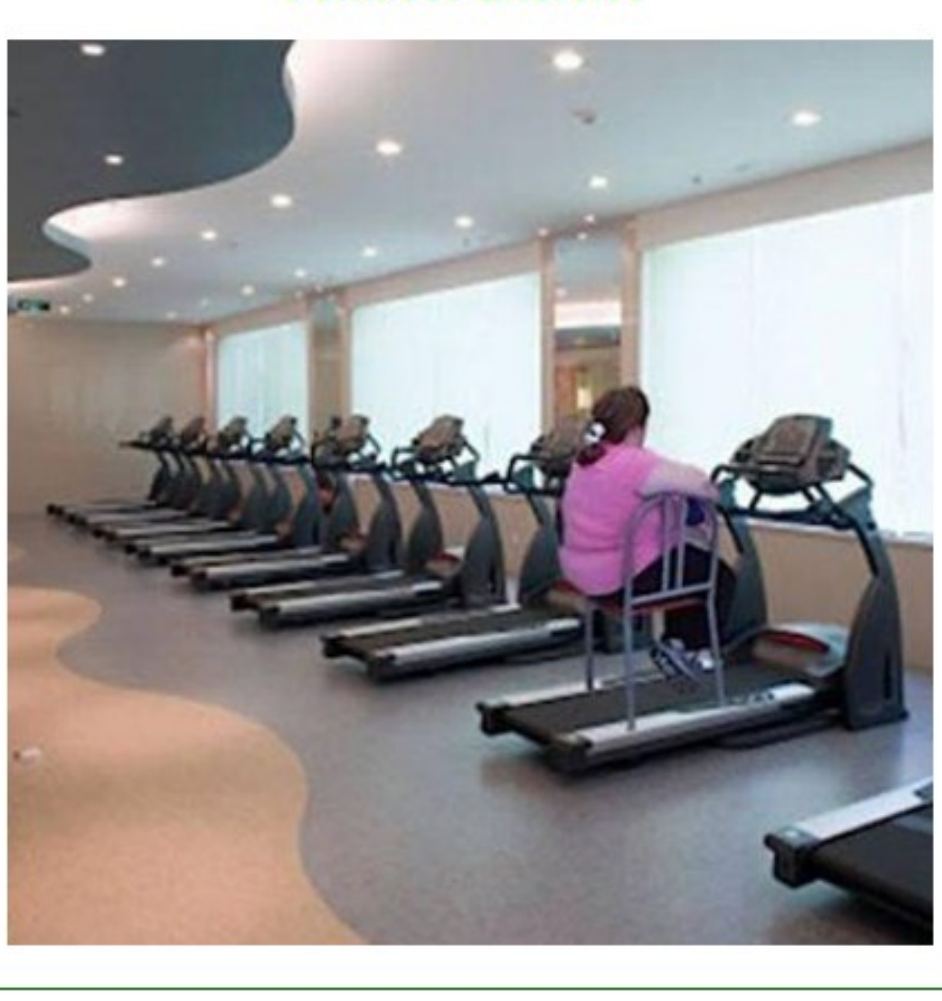
The images are taken from the Colonial Office's photographic collection (CO 1069) and highlights include:

rarely-seen panorama of Sydney harbour taken in 1870
the Garden Palace in Sydney, photographed in 1880 before its destruction by fire
views of Melbourne Cricket Ground (M.C.G) and St Paul's Cathedral in 1912
street scenes of Adelaide, Brisbane and Perth at the turn of the century
photographic views of Tasmania in 1870
album depicting the arrival of the first Governor General in Australia
coloured paintings of New Zealand by naturalist George French Angas
early 20th century photographs of Wellington, Auckland and Dunedin
five volumes of photographs of Papua New Guinea from 1885

See more at: http://www.nationalarchives.gov.uk/news/805.htm

Picture at top: Dome of the Garden Palace. Sydney N.S.W., 01 September 1880.

Pointless Exercise



Previously unknown sleep pattern revealed in University of Sydney research - 29 January 2013

There's no need to panic if you didn't get a solid eight hours of beauty sleep last night. According to new University of Sydney research, sleep duration naturally waxes and wanes over a period of days regardless of individual lifestyle, timing of sleep or waking, and social and environmental influences. With further research, the discovery could have important implications for predicting work performance, managing fatigue-related accidents after shift work, and treatment recovery in clinical populations.

"Sleep requirements vary in a cyclical fashion and between individuals. If you incur a sleep debt, your body will signal a need to catch up on extra sleep," says Dr Chin Moi Chow, principal investigator of the article published in ***Nature and Science*** of Sleep.

"As you increase your sleep duration to recover from the debt, your ability to prolong wakefulness increases. Then, as prior wakefulness increases, sleepiness is inevitable, and a need for further sleep develops again."

Dr Chow and colleagues Shi Wong and Dr Mark Halaki, from the University's Faculty of Health Sciences, monitored a group of healthy young males over a fortnight using an actigraph - a small activity recording device worn like a wristwatch on the non-dominant arm - designed to measure sleep patterns.

To the researchers' fascination, the actigraph data showed participants' sleep duration oscillated in a sine wave pattern - a phenomenon that had not previously been observed. Clear periodic patterns were found in the majority of the participants, varying from periods of between two and 18 days.

The cyclic pattern observed in the research suggests that the sleep balance mechanism operates on an ongoing basis in daily life, with changes in sleep duration constantly accompanied by compensatory adjustments.

Interestingly, despite the fact that participants in the study habitually slept below the recommended seven to eight hours a night, they still maintained a cyclic sleep duration pattern.

"Our sleep quantity and quality vary according to a range of factors," Dr Chow says. "Some individuals have a slower accumulation or faster dissipation of sleep pressure, which may define their pattern of total sleep time."

Variations in daily sleep duration may also arise from differences such as slight variations in the body clock or external factors like temperature, daylight, exercise, or eating and drinking patterns.

"Changing your sleep patterns on weekends, or resetting the pattern through shift work, could alter your sleep duration cycle and could put the body under significant strain," says Dr Chow.

This research is part of Dr Chow's broader interest in the lifestyle factors influencing sleep. The team hopes to follow the research by examining the cyclical phenomenon in special groups such as long or short sleepers and people with insomnia.

Next Generation Solar Cells: Trapping Sunlight With Microbeads

In five to seven years, solar cells will have become much cheaper and only one-twentieth as thick as current solar cells. The trick is to deceive the sunlight with microbeads.

Professor Aasmund Sudbø and Head of Research Erik Marstein have used all kinds of wonderful tricks with light to reduce the thickness of solar cells by 95 per cent. (Credit: Yngve Vogt)

Nanoscientists are currently developing the next generation of solar cells, which will be twenty times thinner than current solar cells. Over 90 per cent of the current electricity generated by solar panels is made by silicon plates that are 200 micrometres thick. Several billion of these are produced every year. The problem is the large consumption of silicon: five grams per watt.

200 Alta power stations: This year, between five and ten billion solar panel units will be produced worldwide. This is the equivalent of 30 GW, or the capacity of 200 Alta power stations. Though silicon is one of the most common elements on earth, pure silicon does not exist in nature. Silicon binds readily to other elements. In order for solar cells to function, the silicon plate must consist of at minimum 99,9999 per cent silicon. You read that right: if the solar cell consists of more than one millionth other materials, it does not work.

Today, pure silicon is created in smelters at 2,000 degrees Celsius. This requires a lot of energy. Factories supply silicon in bricks the size of a piece of firewood. They are then cut into slices thin enough for solar panels. Only half become solar cells. The rest turns into sawdust.

"About 100,000 tonnes of silicon are consumed every year. However, there is obviously something fundamentally wrong when half of the silicon must be thrown away during the manufacturing process," says Erik Marstein. He is the Head of the Norwegian Research Centre for Solar Cell Technology, the Head of Research for the solar cell unit at the Institute for Energy Technology (IFE) at Kjeller outside of Oslo, and an Associate Professor in the Department of Physics at the University of Oslo (UiO), Norway.

The price of solar cells is falling steadily. Today, solar panels cost a half Euro for every watt. Only four years ago, the price was two Euros per watt.

"It is difficult to make money producing solar cells at current prices. To make money, solar cells must be manufactured much more cheaply."

Super-thin solar cells in 2020

Together with Professor Aasmund Sudbø in the Department of Physics, Erik Marstein is at the forefront of the development of the next generation of solar cells. They can come on the market in five to seven years.

"The most obvious way ahead is to make very thin solar cell slices, without increasing costs."

This general rule applies to all types of solar cells: the more electrons sunlight pushes out, the more electricity. And the more energy in the electrons, the higher the voltage.

"The thinner the solar cells become, the easier it is to extract the electricity. In principle, there will therefore be a higher voltage and more electricity in thinner cells. We are now developing solar cells that are at least as good as the current ones, but that can be made with just one twentieth of the silicon. This means that the consumption of silicon can be reduced by 95 per cent," says Erik Marstein to the research magazine Apollon at University of Oslo.

However, there is a big but! The thinner the plates, the less sunlight is trapped. This has to do with the wavelengths of light. Blue light has a much shorter wavelength than red light. Blue light can be trapped by plates that are only a few micrometres thick. In order to trap the red light, the silicon plate must be almost one millimetre thick. For infrared light, the plate must be even thicker.

When the solar cell plate is to be as thin as 20 micrometres, too much of the light will go straight through. The thickness of current solar cells is doubled by a mirror. By reflecting the light, the passage of the light through the plate is doubled. A 20 micrometre think solar cell with a mirror will in theory be 40 micrometres thick. However, that is not enough. Furthermore, the current mirrors are far from perfect: they only reflect 70 to 80 per cent of the light.

The magic

"This is where the magic comes in. We are trying every possible wonderful trick with light. Our trick is to deceive the sunlight into staying longer in the solar cell"

"We are trying every possible wonderful trick with light."

This extends the duration of the sunlight's passage within the solar cell," explains Erik Marstein. This is called light harvesting.

His research group is now making a back sheet peppered with periodic structures, to be able to decide exactly where the light should go. They have managed to force the light to move sideways.

"We can increase the apparent thickness 25 times by forcing the light up and down all the time. We have calculated what this back sheet must look like and are currently studying which structures work."

One of the options is to cover the entire back sheet with Uglestad microbeads, which is one of the greatest Norwegian inventions of the previous century. Uglestad microbeads are very small plastic spheres. Each sphere is exactly the same size.

"We can force the Uglestad microbeads to lie close together on the silicon surface, in an almost perfect periodic pattern. Laboratory trials have shown that the microbeads can be used as a mask." Doctoral Research Fellow Jostein Thorstensen shows that lasers are well-suited to etch indentations around the microbeads.

"We are now investigating whether this and other methods can be scaled up for industrial production. We have great faith in this, and are currently in discussions with multiple industrial partners, but we cannot yet say who."

Asymmetrical tricks

To trap even more light in the solar cell, Jo Gjessing has completed a doctorate on how to make asymmetrical micro indentations on the back of the silicon slice.

"Cylinders, cones and hemispheres are symmetrical shapes. We have proposed a number of structures that break the symmetry. Our calculations show that asymmetrical microindentations can trap even more of the sunlight," says his supervisor, Erik Marstein.

In practice, this means that 20 micrometre solar cells with symmetrical micro indentations are as effective as 16 micrometre plates with asymmetrical indentations. This means that silicone consumption can be reduced by another 20 per cent.

"Our main goal has been to get the same amount of electricity from thinner cells. We will be very satisfied even if our new solar cells are 30 micrometres," notes Professor Aasmund Sudbø.

The new solar cells are produced in different ways, for instance by splitting the thin silicone foil or growing thin silicon films. And the extra bonus? Silicon wastage is minimal.

The above story is reprinted from materials provided by the University of Oslo

Mysteries of Spider Silk Strength Unraveled

Scientists at ASU (Arizona State University) are celebrating their recent success on the path to understanding what makes the fiber that spiders spin - weight for weight - at least five times as strong as piano wire. They have found a way to obtain a wide variety of elastic properties of the silk of several intact spiders' webs using a sophisticated but non-invasive laser light scattering technique.

"Spider silk has a unique combination of mechanical strength and elasticity that make it one of the toughest materials we know," said Professor Jeffery Yarger of ASU's Department of Chemistry and Biochemistry, and lead researcher of the study. "This work represents the most complete understanding we have of the underlying mechanical properties of spider silks."

Spider silk is an exceptional biological polymer, related to collagen (the stuff of skin and bones) but much more complex in its structure. The ASU team of chemists is studying its molecular structure in an effort to produce materials ranging from bulletproof vests to artificial tendons.

The extensive array of elastic and mechanical properties of spider silks in situ, obtained by the ASU team, is the first of its kind and will greatly facilitate future modeling efforts aimed at understanding the interplay of the mechanical properties and the molecular structure of silk used to produce spider webs.

The team published their results in a recent issue of Nature materials and their paper is titled "Non-invasive determination of the complete elastic moduli of spider silks."

"This information should help provide a blueprint for structural engineering of an abundant array of bio-inspired materials, such as precise materials engineering of synthetic fibers to create stronger, stretchier, and more elastic materials," explained Yarger.

Other members of Yarger's team, in ASU's College of Liberal Arts and Sciences, included Kristie Koski, at the time a postdoctoral researcher and currently a postdoctoral fellow at Stanford University, and ASU undergraduate students Paul Akhenblit and Keri McKiernan.

The Brillouin light scattering technique used an extremely low power laser, less than 3.5 milliwatts, which is significantly less than the average laser pointer. Recording what happened to this laser beam as it passed through the intact spider webs enabled the researchers to spatially map the elastic stiffnesses of each web without deforming or disrupting it. This non-invasive, non-contact measurement produced findings showing variations among discrete fibers, junctions and glue spots.

Four different types of spider's webs were studied. They included Nephila clavipes (pictured), A. aurantia ("gilded silver face"- common to the contiguous United States), L. Hesperus the western black widow and P. viridans the green lynx spider, the only spider included that does not build a web for catching prey but has major silk elastic properties similar to those of the other species studied.

The group also investigated one of the most studied aspects of orb-weaving dragline spider silk, namely supercontraction, a property unique to silk. Spider silk takes up water when exposed to high humidity. Absorbed water leads to shrinkage in an unrestrained fiber up to 50 percent shrinkage with 100 percent humidity in N. clavipes silk.

Their results are consistent with the hypothesis that supercontraction helps the spider tailor the properties of the silk during spinning. This type of behavior, specifically adjusting mechanical properties by simply adjusting water content, is inspirational from a bio-inspired mechanical structure perspective.

"This study is unique in that we can extract all the elastic properties of spider silk that cannot and have not been measured with conventional testing," concluded Yarger.

Kristie J. Koski, Paul Akhenblit, Keri McKiernan, Jeffery L. Yarger. **Non-invasive determination of the complete elastic moduli of spider silks.** Nature Materials, 2013; DOI: 10.1038/nmat3549

Picture: Female *Nephila clavipes* on her web. The web was characterized using Brillouin spectroscopy to directly and non-invasively determine the mechanical properties. (Credit: Jeffery Yarger)

Primates, Too, Can Move in Unison

Japanese researchers show for the first time that primates modify their body movements to be in tune with others, just like humans do. Humans unconsciously modify their movements to be in synchrony with their peers. For example, we adapt our pace to walk in step or clap in unison at the end of a concert. This phenomenon is thought to reflect bonding and facilitate human interaction. Researchers from the RIKEN Brain Science Institute report that pairs of macaque monkeys also spontaneously coordinate their movements to reach synchrony.

This research opens the door to much-needed neurophysiological studies of spontaneous synchronization in monkeys, which could shed light into human behavioral dysfunctions such as those observed in patients with autism spectrum disorders, echopraxia and echolalia - where patients uncontrollably imitate others.

In the research, recently published in the journal Scientific Reports, the team led by Naotaka Fujii developed an experimental set-up to test whether pairs of Japanese macaque monkeys synchronize a simple push-button movement.

Before the experiment, the monkeys were trained to push a button with one hand. In a first experiment the monkeys were paired and placed facing each other and the timing of their push-button movements was recorded. The same experiment was repeated but this time each monkey was shown videos of another monkey pushing a button at varying speeds. And in a last experiment the macaques were not allowed to either see or hear their video-partner.

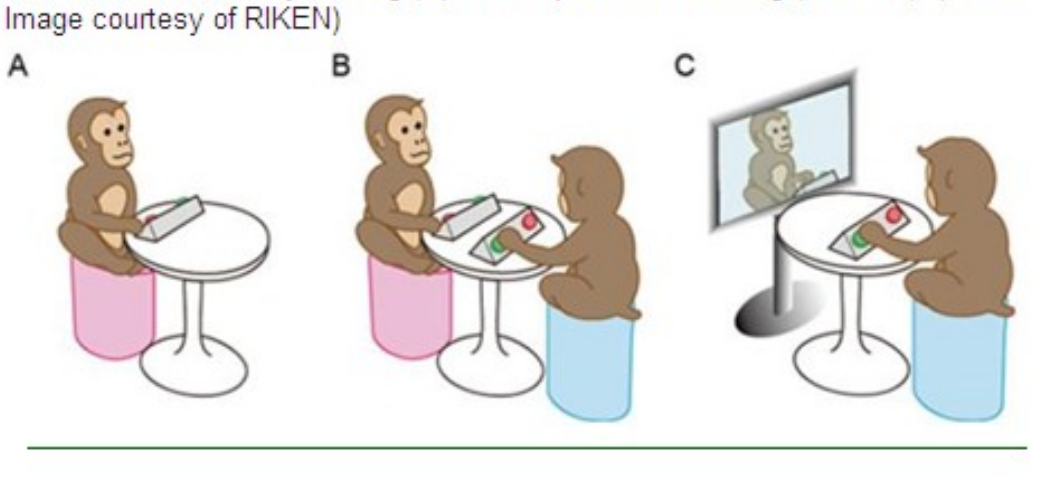
The results show that the monkeys modified their movements - increased or decreased the speed of their push-button movement - to be in synchrony with their partner, both when the partner was real and on video. The speed of the button pressing movement changed to be in harmonic or sub-harmonic synchrony with the partners' speed. However, different pairs of monkeys synchronized differently and reached different speeds, and the monkeys synchronized their movements the most when they could both see and hear their partner.

The researchers note that this behavior cannot have been learnt by the monkeys during the experiment, as previous research has shown that it is extremely difficult for monkeys to learn intentional synchronization.

They add: "The reasons why the monkeys showed behavioral synchronization are not clear. It may be a vital aspect of other socially adaptive behavior, important for survival in the wild."

Yasuo Nagasaka, Zenas C. Chao, Naomi Hasegawa, Tomonori Notoya, Naotaka Fujii. **Spontaneous synchronization of arm motion between Japanese macaques.** Scientific Reports, 2013; 3 DOI:10.1038/srep01151

Picture below: Monkey training (A), and experimental setting (B and C). (Credit: Image courtesy of RIKEN)



2013: Year of the Water Snake – Overview

Rainbow Water Snake, *Enhydris enhydris*, native to China.

This year for Chinese Astrology we will be living in the year of the Water Snake! Snake is the Yin to last year's Dragon Yang. Under this influence some state we are likely to see significant developments in the area of science and technology this year. Research and development are apt to flourish. This is a Water year as well, the element most closely associated with education and research, making 2013 a very special year for scientists and scholars. Snake is a great sign, a positive one, with energy that can help us face all of the challenges ahead of us.

2013, Year of the Water Snake, will arrive on **February 4, 2013**. (Note: Chinese New Year Day is on February 10, 2013. The first day of 2013 Chinese Astrology Year is on February 4, 2013.) According to the, 2013 is the Year of Water Snake. The color of Water in the Chinese Five Element Astrology Calendar system is related to Black. Therefore we can say 2013 is a Black Snake, Water Snake or Black Water Snake year. The Snake is the sixth sign of the Chinese Zodiac. Sanke is the enigmatic, intuitive, introspective, refined and collected of the Animals Signs. Ancient Chinese wisdom says a Snake in the house is a good omen because it means that your family will not starve. People born in the Year of the Snake are keen and cunning, quite intelligent and wise. They are great mediators and good at doing business. Therefore, you should have good luck if you were born in the Year of the Snake.

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Pittwater Online News

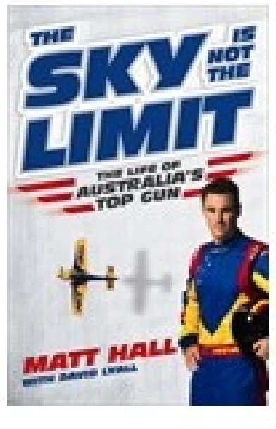
February 3 - 9, 2013: Issue 96

Old Books: February 2013 - read in full here: online!

A key to the birds of Australia and Tasmania with their geographical distribution in Australia (pref 1899) by Robert Hall

The discovery of Australia (1922) by George Arnold Wood

New Books from HarperCollins:



The Sky Is Not The Limit The Life of Australia's Top Gun By Matt Hall, David Lyall. On Sale: 1/02/2013, $32.99

"I would sit there at the controls and think: I'm going to go left, and I can. I want to go right, and I will. I don't have to follow the road. I don't have to follow rules. I don't have to ask anyone - I can go left when I want, I can go right when I want. I had discovered the freedom that has kept me flying to this day."

Since he was old enough to notice planes, Matt Hall wanted to be a pilot. Flying with his Dad in a glider, making models at home and meeting officers from the Air Force fuelled his ambition. So when he was accepted into the RAAF's grueling training school it seemed a dream come true. But dreams take hard work and focus - and the willingness to make your own luck.

From the rigours of his first professional job as a Top Gun fighter in the Battle of Baghdad where he experienced extreme fear and loss for the first time, to his post Air Force career as a professional racer where he has survived near fatal situations to become one of the most renowned pilots in the world, Matt Hall has led an extraordinary life. His story is a rare glimpse into a normally closed world where skill, quick thinking and a cool head can mean the difference between life and death.

Chasing the Light: A Novel of Antarctica By Jesse Blackadder. On Sale: 1/02/2013 $29.99

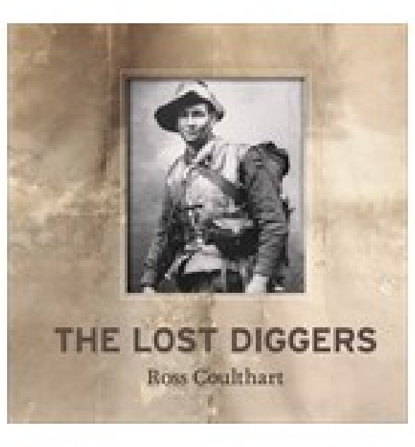
It's the early 1930s. Antarctic open-sea whaling is booming and a territorial race for the mysterious continent between Norwegian and British-Australian interests is in full swing.

Aboard a ship setting sail from Cape Town carrying the Norwegian whaling magnate Lars Christensen are **three women: Lillemor Rachlew, who tricked her way on to the ship and will stop at nothing to be the first woman to land on Antarctica; Mathilde Wegger, a grieving widow who's been forced to join the trip by her calculating parents-in-law; and Lars's wife, Ingrid Christensen, who has longed to travel to Antarctica since she was a girl and has made a daunting bargain with Lars to convince him to take her.**

Loyalties shift and melt and conflicts increase as they pass through the Southern Ocean and reach the whaling grounds. None of the women is prepared for the reality of meeting the whaling fleet and experiencing firsthand the brutality of the icy world.

As they head for the continent itself, the race is on for the first woman to land on Antarctica. None of them expect the outcome and none of them know how they will be changed by their arrival.

Based on the little-known true story of the first woman to ever set foot on Antarctica, Jesse Blackadder has captured the drama, danger and magnetic pull of exploring uncharted places in our world and our minds.



The Lost Diggers By Ross Coulthart
On Sale: 1/11/2012 400 pages, $70.00

During the First World War, thousands of Aussie diggers and other Allied troops passed through the French town of Vignacourt, two hours north of Paris. Many had their photographs taken by Louis and Antoinette Thuillier as souvenirs while they enjoyed a brief respite from the carnage of the Western Front. For all too many, this was their last moment away from the lines before being sent to their deaths in battles that are now part of the mythology of Australian nationhood - Pozieres, Bullecourt, the Somme. The weariness and horror of battle is reflected in their eyes, but the photos also capture a sense of camaraderie, high spirits and even a soupçon of romance.

The Lost Diggers is the riveting detective story of the hunt across northern France for a rumoured treasure trove of antique glass photographic plates that led investigative journalist Ross Coulthart to an ancient metal chest in a dusty attic in a small farmhouse.

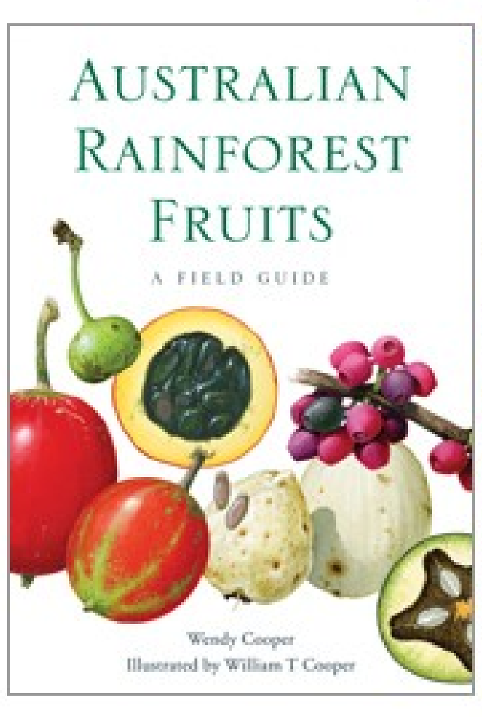
The nearly 4000 glass plates he and his team from Channel 7's Sunday Night discovered are being hailed by experts as one of the most important First World War discoveries ever made.

But that was just the beginning. With meticulous research and the help of descendants, Ross Coulthart has been able to discover the stories behind many of the photos, of which more than 330 appear in the book.

Part thriller, part family history and part national archive, The Lost Diggers brings together these wonderful images and the amazing stories behind them.

The book will coincide with an exhibition of the photos at the Australian War Memorial, to run from 2 Nov 2012 to 31 July 2013. The AWM attracted more than 800,000 visitors during 2010-11.

From CSIRO Publishg: - Summer Sale !



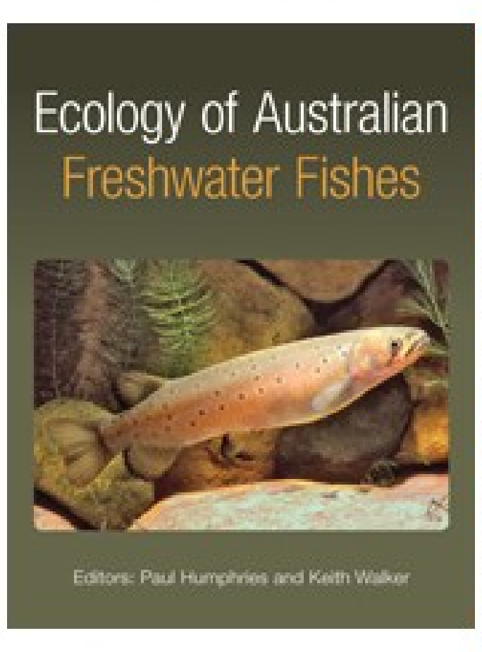
Australian Rainforest Fruits - A Field Guide by Wendy Cooper and William T Cooper - Colour plates, Line Art, Maps 272 pages - **February 2013**, $ 59.95

This beautifully illustrated field guide covers 504 of the most common fruiting plants found in Australia's eastern rainforests, as well as a few species that are rare in the wild but generally well-known. These spectacular plants can be seen from Cape York to Victoria, with some species also found in the Northern Territory, Western Australia and overseas.

Rainforest fruits are often beautifully coloured, and in this guide the species are arranged by colour of ripe fruit, then by size and form. Five broad categories – pink to purple, blue to black, yellow and orange to red, green to brown, and white – allow people with even limited botanical knowledge to identify rainforest fruits.

Each species description is accompanied by a leaf drawing, a distribution map, and diagnostic characters to help the reader distinguish similar species.

Australian Rainforest Fruits includes stunning artwork by Australia's leading natural history artist, William T Cooper. It will be sought not just by bushwalkers and natural history enthusiasts, but also by those who admire botanical art at its best.

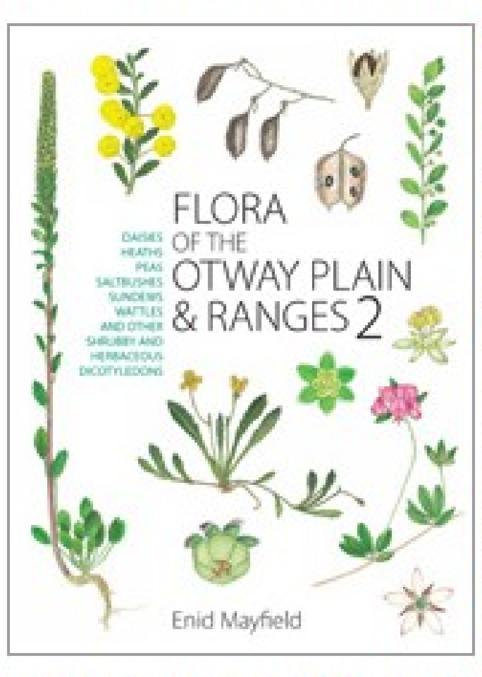


Ecology of Australian Freshwater Fishes. Edited by:
Paul Humphries, Charles Sturt University
Keith Walker, The University of Adelaide
440 pages, Hardback - **April 2013**, $130.00

This edited volume reviews our past and present understanding of the ecology of Australian freshwater fishes. It compares patterns and processes in Australia with those on other continents, discusses the local relevance of ecological models from the northern hemisphere and considers how best to manage our species and their habitats in the face of current and future threats. In view of these challenges, the need for redress is urgent.

The chapters are written by some of our foremost researchers and managers, developing themes that underpin our knowledge of the ecology, conservation and management of fish and fish habitats. For each theme, the authors formulate a synthesis of what is known, consider the need for new perspectives and identify gaps and opportunities for research, monitoring and management. The themes have an Australian context but draw upon ideas and principles developed by fish biologists in other parts of the world.

The science of freshwater fish ecology in Australia has grown rapidly from its roots in natural history and taxonomy. This book offers an introduction for students, researchers and managers, one that the authors hope will carry Australian fish biology and resource management to new levels of understanding.Flora of the



Otway Plain and Ranges 2
Daisies, Heaths, Peas, Saltbushes, Sundews, Wattles and Other Shrubby and Herbaceous Dicotyledons
Enid Mayfield Geelong Botanic GardensColour illustrations 436 pages, **April 2013** $ 59.95

This visually superb and informative field guide is the second volume of Flora of the Otway Plain and Ranges, and covers more than 480 species of Daisies, Heaths, Peas, Saltbushes, Sundews, Wattles and other shrubby and herbaceous Dicotyledons. The illustrated family key is unique and covers 75 families and over 200 genera. Each species is illustrated and labels provide a clear key to identification for botanists and amateurs alike.

The Otway region of Victoria, with its temperate rainforests, mountain ash forests, heathlands, plains and coastal dunes, has an extraordinarily rich and diverse flora.

Flora of the Otway Plain and Ranges 1 was published in 2010.

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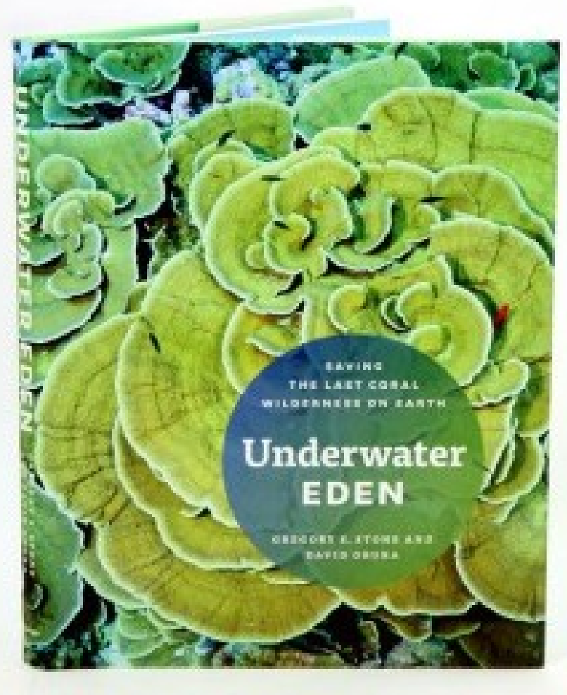
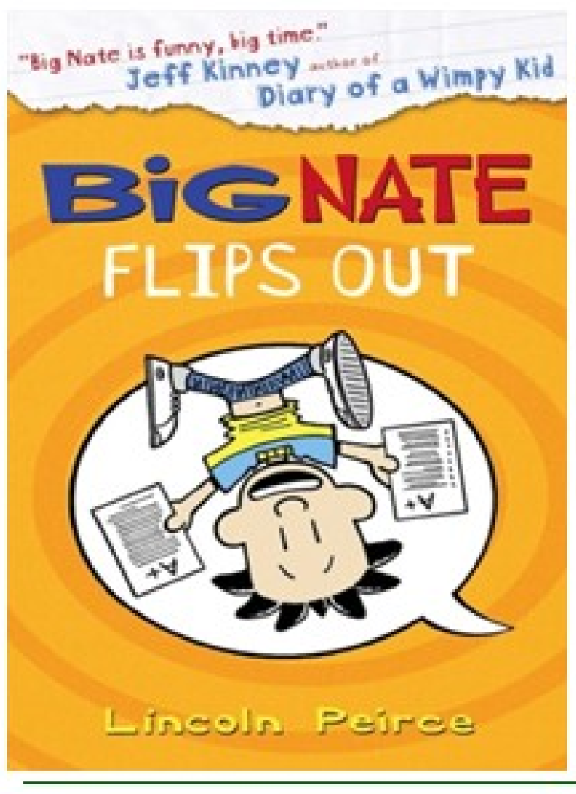


Underwater Eden: saving the last coral wilderness on Earth. By Gregory S Stone and David Obura. Chicago: University of Chicago Press, 2013. Octavo, dustwrapper, 170 pp. colour photographs $56.00 from Andrew Isles

Corals are dying off at an alarming rate, and their loss threatens more than 25 percent of all fish species, who depend on the food and shelter found in coral habitats. Yet in the waters off the Phoenix Islands, the corals are healthy, the fish populations pristine and abundant. This book tells the story of how authors Stone and Obura succeeded, against great odds, in establishing the Phoenix Islands Protected Area (PIPA). It's a story of cutting-edge science, fierce commitment, and innovative partnerships rooted in a determination to find common ground among conservationists, business interests, and governments-all backed up by hard-headed economic analysis. Creating the world's largest (and deepest) UNESCO World Heritage Site was by no means easy or straight-forward. This book takes us from the initial dive, through four major scientific expeditions and planning meetings over the course of a decade, to high-level negotiations with the government of Kiribati - a small island nation dependent on the revenue from the surrounding fisheries. Written by scientists, politicians, and journalists who have been involved in the conservation efforts since the beginning, the chapters brim with excitement, wonder, and confidence-tempered with realism and full of lessons that the success of PIPA offers for other ambitious conservation projects worldwide. Simultaneously an ode to the diversity, resilience, and importance of the oceans and a riveting account of how conservation really can succeed against the toughest obstacles.

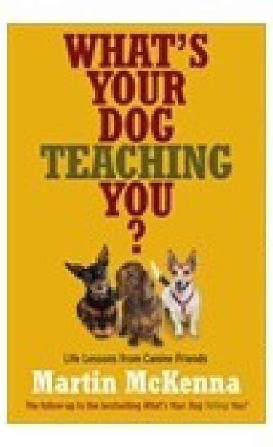
For Children:



Big Nate: Big Nate Flips Out By Lincoln Peirce
On Sale: 1/02/2013 $14.99

Big Nate is flipping out! Everyone knows N-A-T-E does NOT equal N-E-A-T! And when Nate's sloppiness gets out of hand, his best friend Francis gets in serious trouble.Can Nate clean up his act? Or will he flip out first? **Ages 8-12**

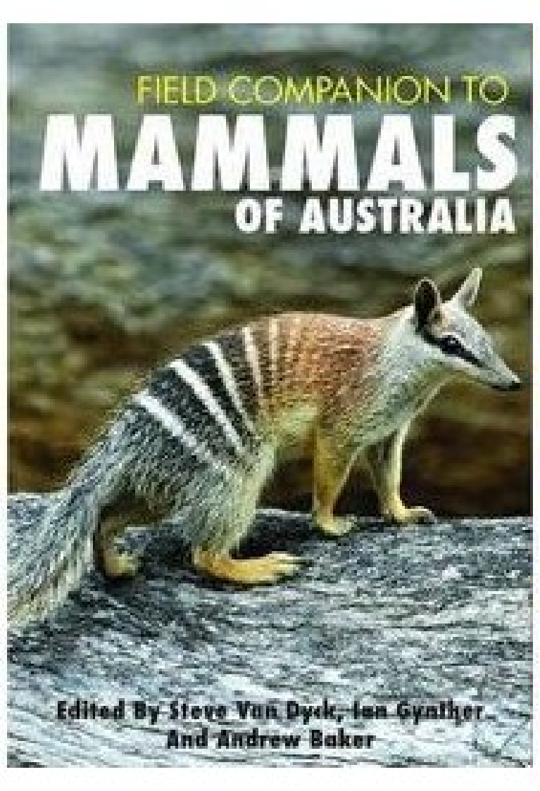
From ABC Books:



What's Your Dog Teaching You? By Martin McKenna
On Sale: 1/02/2013 $24.99

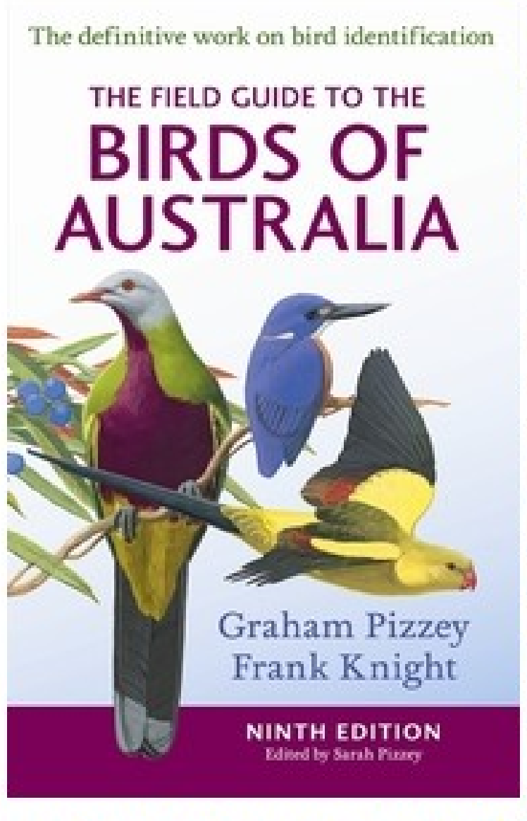
Martin McKenna, the Dog Man, has learned plenty from the dogs he grew up with and from the dogs he now owns. He firmly believes that dogs hold the key to human happiness and well being and that they can help us to be better people - if we only learned how to learn from them. Over the years he has counselled countless people in doggy lore, in how to be more relaxed, more confident, less aggressive, more loyal, how to make the most out of life, how to use routine to clear your head - and many other useful modes of behaviour. In this book he runs through the many lessons dogs can teach us, via colourful anecdotes about hounds and their owners.

Be warned! Not everyone is up to the task of learning from their dog.



Field Companion to Mammals of Australia by Steve Van Dyck, Ian Gynther and Andrew Baker
Paperback $45.00. Pre-order now!
Available 08/04/2013.

This invaluable companion to The Mammals of Australia is intended to be taken out into the field and used in conjunction with the more comprehensive volume. Genuinely practical in the outdoors, the book includes accounts of 389 species and newly developed, comprehensive identification keys. The Field Companion is introduced by a Mammal Distribution Matrix, which provides a classified checklist of all mammals in Australia (including those extinguished since European settlement) and the distribution of extant species in each state and territory. Species accounts provide initial differentiation, and include notes on identification, size, abundance, habitat and federal list/status, photograph and distribution map, as well as key references, which provide quick access to all relevant state identification keys in the Field Companion and to the longer entry in The Mammals of Australia. The authors have developed separate keys, illustrated with detailed drawings and maps, for the six states and the Northern Territory, to simplify the identification process and allow the reader to confidently separate all mammal species, no matter how subtle the differences. With the addition of these identification keys, this book becomes more than a field guide - although it is intended primarily to be used outdoors - and allows the user to finish identification based on more obscure characteristics, which is an advantage for some hard-to-identify species groups.



The Field Guide to the Birds of Australia 9th Edition - Sept. 2012. F Knight, G Pizzey, S Pizzey $45.00
Usually dispatched within 2-5 weeks
(subject to availability)

The definitive and most respected guide to Australian bird identification and a must for both experts and amateurs. First published in 1980, Graham Pizzey's field guide combines a depth and breadth of knowledge with beautiful, full-colour illustrations by Frank Knight.

This 9th edition is even more user-friendly than the 8th edition. The species entries are ordered as per the new taxonomic order of C&B 2008 and the guide is more suitable to be used as a quick reference due to the inclusion of associated colour-tabs. It has also been brought up-to-date with the inclusion of a number of new species, encompassing significantly more Vagrants (very occasional visitors to Australia, mostly storm assisted) which will have their own discrete Vagrants section at the back of the book.

It also contains a longer Quick Reference Guide than the 8th edition, spanning over a few pages, with presenting images alongside the species group names.

Avalon Library Hours

Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

Children's Storytime at Mona Vale Library

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

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

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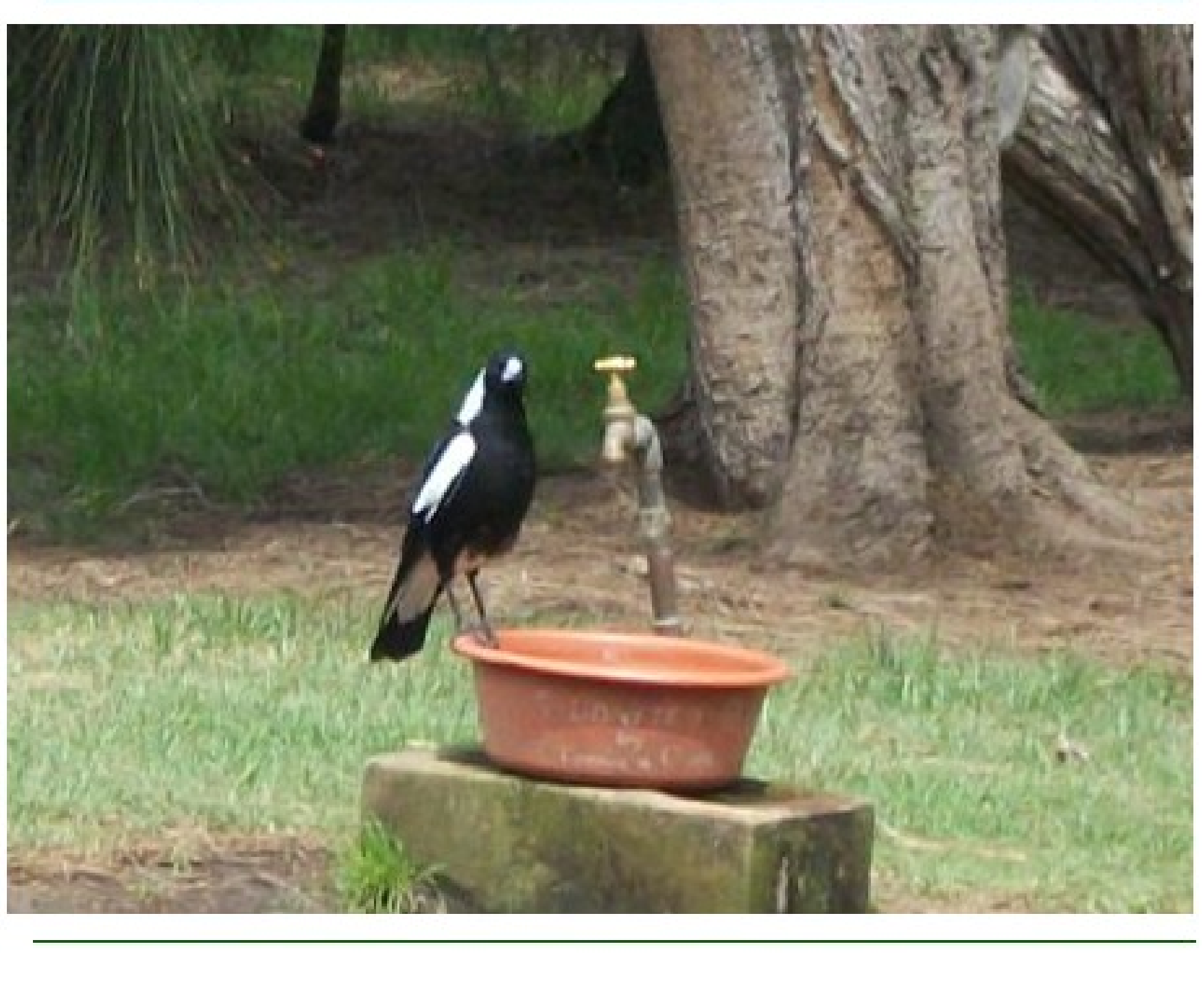


Pittwater Online News

Old Books: we will change these monthly.

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

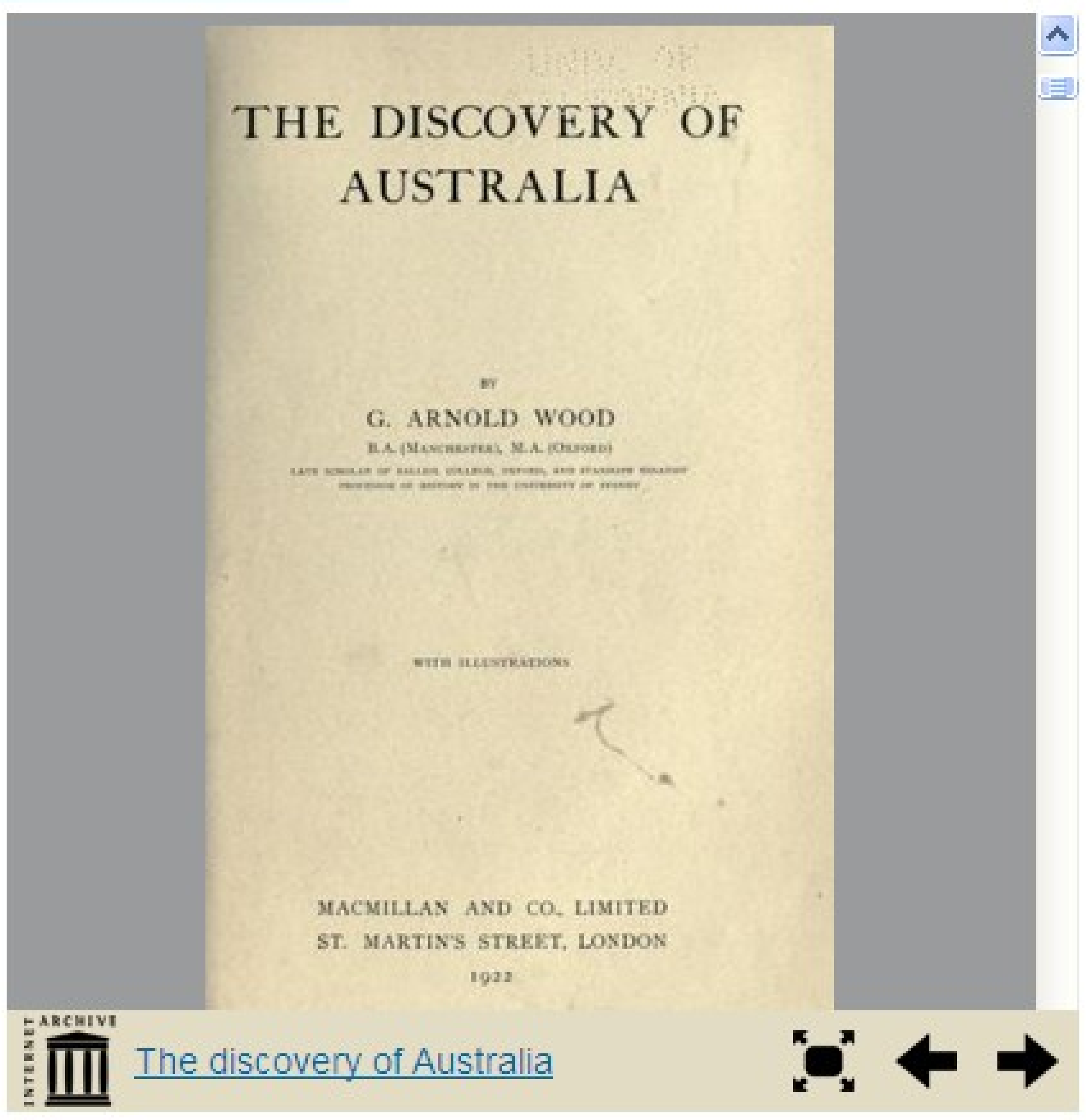
The discovery of Australia (1922) by George Arnold Wood - Publisher: London : Macmillan and co., limited - Professor of History at University of sydney

George Arnold Wood (1865-1928), historian, was born on 7 June 1865 at Salford, Lancashire, England, eldest child of George Stanley Wood, cotton merchant, and his first wife Martha ('Pattie') Pickering (d.1871), née Alliott. Belonging to a family active in Chapel and in Liberal Party affairs, Arnold inherited through his mother a proud tradition of Nonconformity dating back to the seventeenth century. After secondary schooling at Bowdon College, Cheshire, he went in 1882 to Owens College, Manchester (B.A., 1885), and in October 1885 to Balliol College, Oxford (B.A., 1888; M.A., 1890), where he read history.

In 1886 Wood shared the Brackenbury scholarship and in 1888 was awarded first-class honours. In October he entered Mansfield College, the new Congregational foundation, on a scholarship to study theology. Study of scriptural sources stirred religious doubts, which he openly avowed, but he was persuaded to continue. In time he would become a reluctant agnostic. After winning the Stanhope prize for a brilliant essay on Wallenstein in 1889, Wood could have waited for a British university post, but was persuaded in 1890 to accept the new Challis chair of history at the University of Sydney. He arrived in February 1891.

His inaugural public lecture in May on 'The study of history' showed him to be an original thinker with a passionate belief in the value of his subject. A student of the 1890s wrote of 'the revolution which he wrought … With life as he described it, one could not help feeling concerned'. Wood did his best to reproduce in Sydney the Oxford of his experience, sharing with unassuming friendliness in his students' talk, their societies and their games. **With Walter Scott and (Sir) Mungo MacCallum, he was a founder of the Teachers' Guild of New South Wales and was president of the Teachers' Association of New South Wales.**

R. M. Crawford, 'Wood, George Arnold (1865–1928)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/wood-george-arnold-9170/text16193



THE DISCOVERY OF
AUSTRALIA

BY
G. ARNOLD WOOD
B.A. (MANCHESTER), M.A. (OXFORD)

WITH ILLUSTRATIONS

MACMILLAN AND CO., LIMITED
ST. MARTIN'S STREET, LONDON
1922

Sacred Texts Website: http://www.sacred-texts.com/index.htm

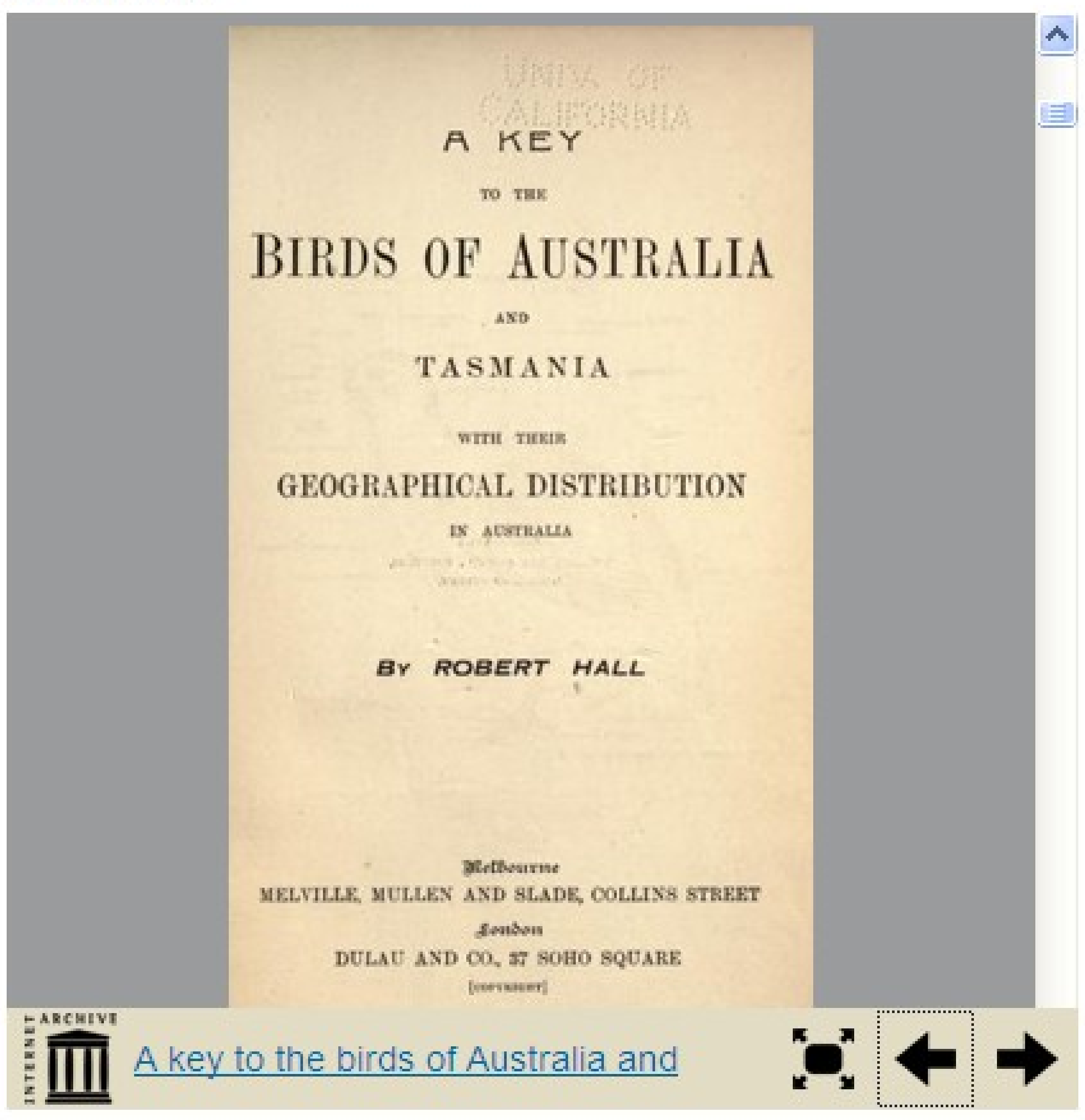
A key to the birds of Australia and Tasmania with their geographical distribution in Australia (pref 1899) by Robert Hall

Robert Hall (1867-1949), ornithologist, was born on 19 October 1867 at Lal Lal, Victoria, third son of Isaac Jones Hall, railway stationmaster from Cork, Ireland, and his English wife Eleanor, née Fisher. Educated at Scotch College, Melbourne, Hall in the 1890s set up in Melbourne as a tea merchant and cartage contractor. But his great interest was ornithology. After 'some biological work' at the University of Melbourne he travelled through the north and west of Australia before accompanying a Norwegian expedition to Kerguelen Island, as naturalist, in 1897. Two years later he made a bird-collecting trip to the Houtman Abrolhos. His major expedition outside Australia was with R. E. Trebilcock to Siberia, via Japan and Korea, in February-December 1903 to collect specimens and eggs of Siberian birds known to migrate to Australia in summer. He travelled 3000 miles (4828 km) along the Lena River to its mouth, collecting 90 species totalling 401 specimens; when he failed to raise sufficient funds from Australia to cover his expenses he sold the skins to the Rothschild Museum at Tring, Hertfordshire, England.

In January 1908 Hall succeeded Alexander Morton as curator of the Tasmanian Museum and Botanical Gardens. He had worked briefly for the Queensland Museum in 1901 and claimed experience at the National Museum, Melbourne. Although well over six feet (183 cm) tall and craggy in build, he had a cherubic expression and appeared to the Mercury on the day he commenced duties as an intensely shy man; he needed much prompting to expound his idea of creating attractive and realistic displays of fauna in simulated natural surroundings and so bringing 'nature … to the people who will not go to Nature'. Himself a skilled preserver of birds, he regarded the taxidermist as the 'mechanical pulse' of the museum.

Hall's plans were not realized and he resigned in 1912 after disagreeing with the museum trustees over the possible purchase of some Tasmanian Aboriginal skulls; he also relinquished the secretaryship of the Royal Society of Tasmania. He became an orchardist at Bellerive, then at Cygnet and Sandy Bay; describing himself as 'nature scientist', he promoted various short-lived, eccentric schemes including the production of fish meal, and possum-farming. He remained always helpful to students and until the 1920s continued as a prolific contributor to nature journals. In 1922 he published Australian Bird Maps. A foundation member of the (Royal) Australasian Ornithologists' Union (1901) and president in 1913, he was also a corresponding member of the Zoological Society of London (1903), a fellow of the Linnean Society (1903) and a colonial member of the British Ornithologists' Union (1908). He died on 19 September 1949 at New Norfolk, and was cremated. His wife Edith Mary, daughter of W. R. Giblin and sister of L. F. Giblin, whom he had married on 17 September 1908 at St David's Cathedral, Hobart, survived him; they had no children. Parts of his private bird and egg collections are held at the Tasmanian Museum and the National Museum, Melbourne.

Ann G. Smith, 'Hall, Robert (1867–1949)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, http://adb.anu.edu.au/biography/hall-robert-6529/text11211



A KEY
TO THE
BIRDS OF AUSTRALIA
AND
TASMANIA
WITH THEIR
GEOGRAPHICAL DISTRIBUTION
IN AUSTRALIA

BY ROBERT HALL

Melbourne
MELVILLE, MULLEN AND SLADE, COLLINS STREET
London
DULAU AND CO., 37 SOHO SQUARE

Pittwater Online News

February 3 - 9, 2013: Issue 96

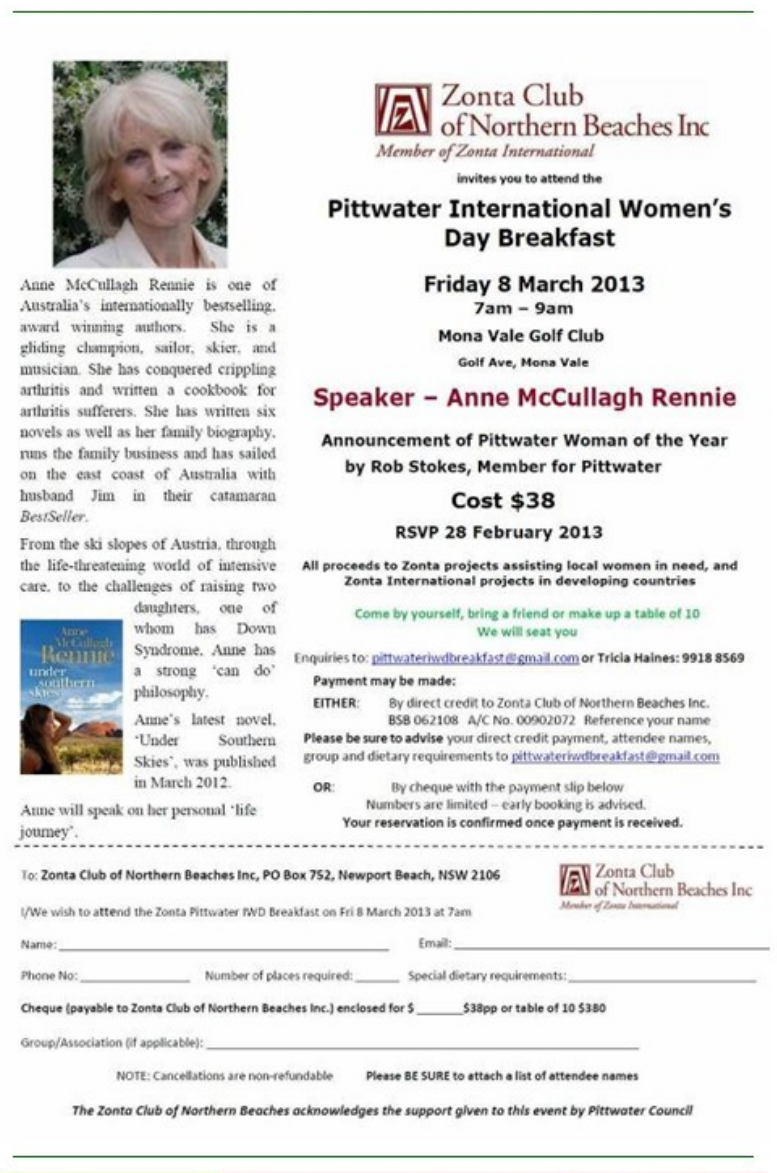
WPYC Putt Putt Race Cancelled and will now be on Treharnes Cove Sun 3rd February

Races Begin: Gentleman's launch - 12 ish
Putt Putts race start 1ish
When: 3rd February
Where: @Treharnes Cove
Time: 2 ish on the Beach for Snags,fun, prize giving and refreshments
Prizes: Best Dressed Boat
Fastest Gentleman's Launch
Fastest Putt Putt
Best presented Boat and more

All Welcome next Sunday
Woody Point Merchandise for sale on the Beach
Snags etc $2

Donavon Frankenreiter - Lovely Day
move by yourself

Corona Extra | LaCasa
PRESENTS
DONAVON FRANKENREITER
FREE ACOUSTIC SET FROM 4PM
THE NEWPORT ARMS HOTEL
SATURDAY 23 FEBRUARY
TOUR PROUDLY SUPPORTED BY
LACASA.NET.AU



Anne McCullagh Rennie is one of Australia's internationally bestselling, award winning authors. She is a gliding champion, sailor, skier, and musician. She has conquered crippling arthritis and written a cookbook for arthritis sufferers. She has written six novels as well as her family biography, runs the family business and has sailed on the east coast of Australia with husband Jim in their catamaran *BestSeller*.

From the ski slopes of Austria, through the life-threatening world of intensive care, to the challenges of raising two daughters, one of whom has Down Syndrome, Anne has a strong 'can do' philosophy.

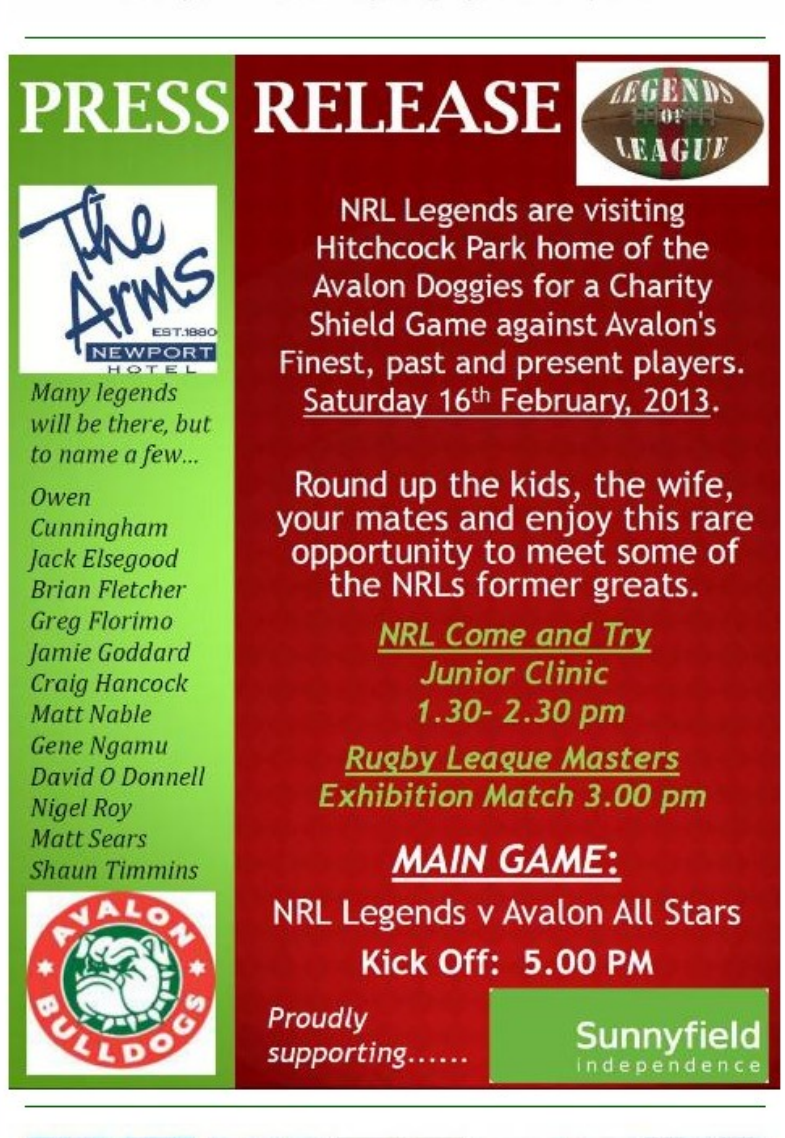
Anne's latest novel, 'Under Southern Skies', was published in March 2012.

Anne will speak on her personal 'life journey'.

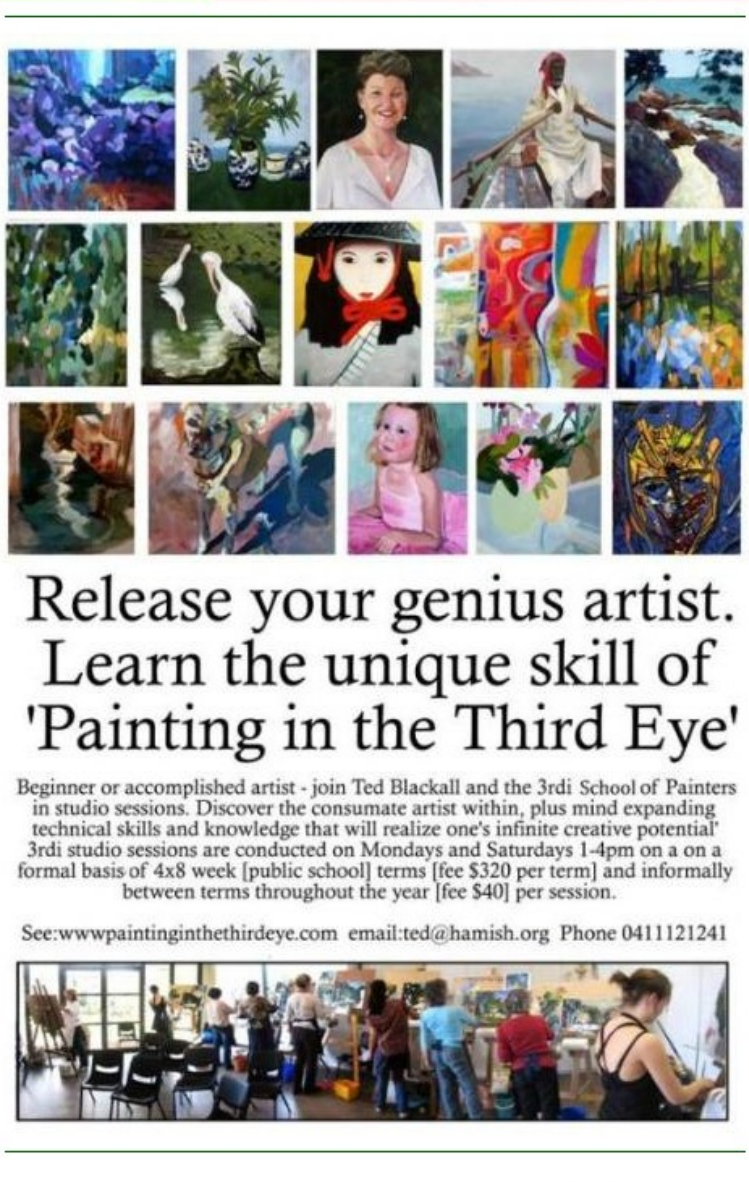
Zonta Club of Northern Beaches Inc
Member of Zonta International
invites you to attend the
Pittwater International Women's Day Breakfast
Friday 8 March 2013
7am – 9am
Mona Vale Golf Club
Golf Ave, Mona Vale
Speaker – Anne McCullagh Rennie
Announcement of Pittwater Woman of the Year
by Rob Stokes, Member for Pittwater
Cost $38
RSVP 28 February 2013
All proceeds to Zonta projects assisting local women in need, and Zonta International projects in developing countries
Come by yourself, bring a friend or make up a table of 10
We will seat you

Enquiries to: pittwateriwdbreakfast@gmail.com or Tricia Haines: 9918 8569
Payment may be made:
EITHER: By direct credit to Zonta Club of Northern Beaches Inc. BSB 062108 A/C No. 00902072 Reference your name
Please be sure to advise your direct credit payment, attendee names, group and dietary requirements to pittwateriwdbreakfast@gmail.com
OR: By cheque with the payment slip below
Numbers are limited – early booking is advised.
Your reservation is confirmed once payment is received.

To: Zonta Club of Northern Beaches Inc, PO Box 752, Newport Beach, NSW 2106
I/We wish to attend the Zonta Pittwater IWD Breakfast on Fri 8 March 2013 at 7am
Name: ______ Email: ______
Phone No: ______ Number of places required: ______ Special dietary requirements: ______
Cheque (payable to Zonta Club of Northern Beaches Inc.) enclosed for $ ______ $38pp or table of 10 $380
Group/Association (if applicable): ______
NOTE: Cancellations are non-refundable Please BE SURE to attach a list of attendee names
The Zonta Club of Northern Beaches acknowledges the support given to this event by Pittwater Council



PRESS RELEASE
LEGENDS OF LEAGUE
The Arms Newport Hotel EST.1880
NRL Legends are visiting Hitchcock Park home of the Avalon Doggies for a Charity Shield Game against Avalon's Finest, past and present players. Saturday 16th February, 2013.
Round up the kids, the wife, your mates and enjoy this rare opportunity to meet some of the NRLs former greats.
NRL Come and Try Junior Clinic 1.30- 2.30 pm
Rugby League Masters Exhibition Match 3.00 pm
MAIN GAME:
NRL Legends v Avalon All Stars
Kick Off: 5.00 PM
Many legends will be there, but to name a few...
Owen Cunningham
Jack Elsegood
Brian Fletcher
Greg Florimo
Jamie Goddard
Craig Hancock
Matt Nable
Gene Ngamu
David O Donnell
Nigel Roy
Matt Sears
Shaun Timmins
Avalon Bulldogs
Proudly supporting......
Sunnyfield independence



Release your genius artist. Learn the unique skill of 'Painting in the Third Eye'

Beginner or accomplished artist - join Ted Blackall and the 3rdi School of Painters in studio sessions. Discover the consumate artist within, plus mind expanding technical skills and knowledge that will realize one's infinite creative potential'. 3rdi studio sessions are conducted on Mondays and Saturdays 1-4pm on a on a formal basis of 4x8 week [public school] terms [fee $320 per term] and informally between terms throughout the year [fee $40] per session.

See:wwwpaintinginthethirdeye.com email:ted@hamish.org Phone 0411121241

PITTWATER COUNCIL Celebrating 20 Years 1992-2012

Cycling in Pittwater - Summer cycling by the Lake

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

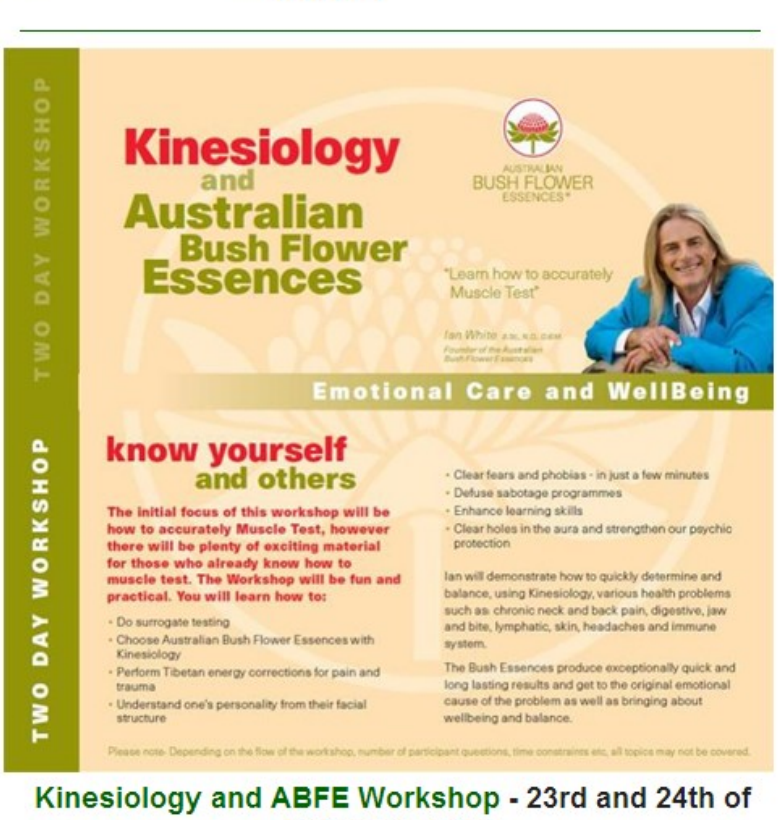
Session one: Wednesday 6 March between 9.30am - 3.30pm - Coastal Environment Centre

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

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

PBSC- The Bullets Regatta is back! - March Sat 16 - Sun 17, 2013.

All classes of off the beach catamarans invited. Notice of race and Entry Form will be on the pbsc.org.au website.



TWO DAY WORKSHOP
Kinesiology and Australian Bush Flower Essences
AUSTRALIAN BUSH FLOWER ESSENCES
"Learn how to accurately Muscle Test"
Ian White B.Sc. N.D. Dipl. Founder of the Australian Bush Flower Essences
Emotional Care and WellBeing
know yourself and others
The initial focus of this workshop will be how to accurately Muscle Test, however there will be plenty of exciting material for those who already know how to muscle test. The Workshop will be fun and practical. You will learn how to:
- Do surrogate testing
- Choose Australian Bush Flower Essences with Kinesiology
- Perform Tibetan energy corrections for pain and trauma
- Understand one's personality from their facial structure
- Clear fears and phobias - in just a few minutes
- Defuse sabotage programmes
- Enhance learning skills
- Clear holes in the aura and strengthen our psychic protection

Ian will demonstrate how to quickly determine and balance, using Kinesiology, various health problems such as chronic neck and back pain, digestive, jaw and bite, lymphatic, skin, headaches and immune system.

The Bush Essences produce exceptionally quick and long lasting results and get to the original emotional cause of the problem as well as bringing about wellbeing and balance.

Kinesiology and ABFE Workshop - 23rd and 24th of February, 2013
Kamaroi Rudolf Steiner School
220 Forest Way, Belrose.
Booking Form in File Below (right click on and 'save as').

Ian White Profile

Australian Bush Flowers Website

Kinesiology_Syd_Feb2013_EMAIL.pdf
Size : 104.906 Kb
Type : pdf

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Tropfest 2013 will be held at The Domain, Sydney on Sunday, February 17, 2013. Gates open at 11am, so pack a picnic and join us for a day of film like no other!

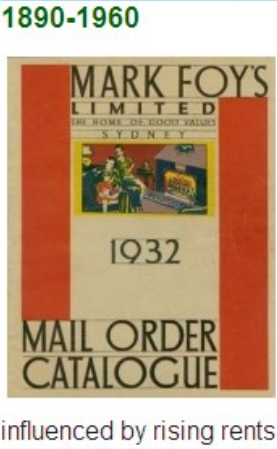
A 2008 Winning Entry: Mankind Is No Island

MANKIND IS NO ISLAND - Tropfest Winner (TSI: "S...
Playlist

CAROLE KING
THE NATURAL WOMAN TOUR

Sydney Entertainment Centre - 35 Harbour Street, Darling Harbour, NSW 2000, **Thu 14 Feb 2013**, 07:30 PM. TICKETS.

ONLINE EXHIBITION Sydney's home furnishing stores, 1890-1960

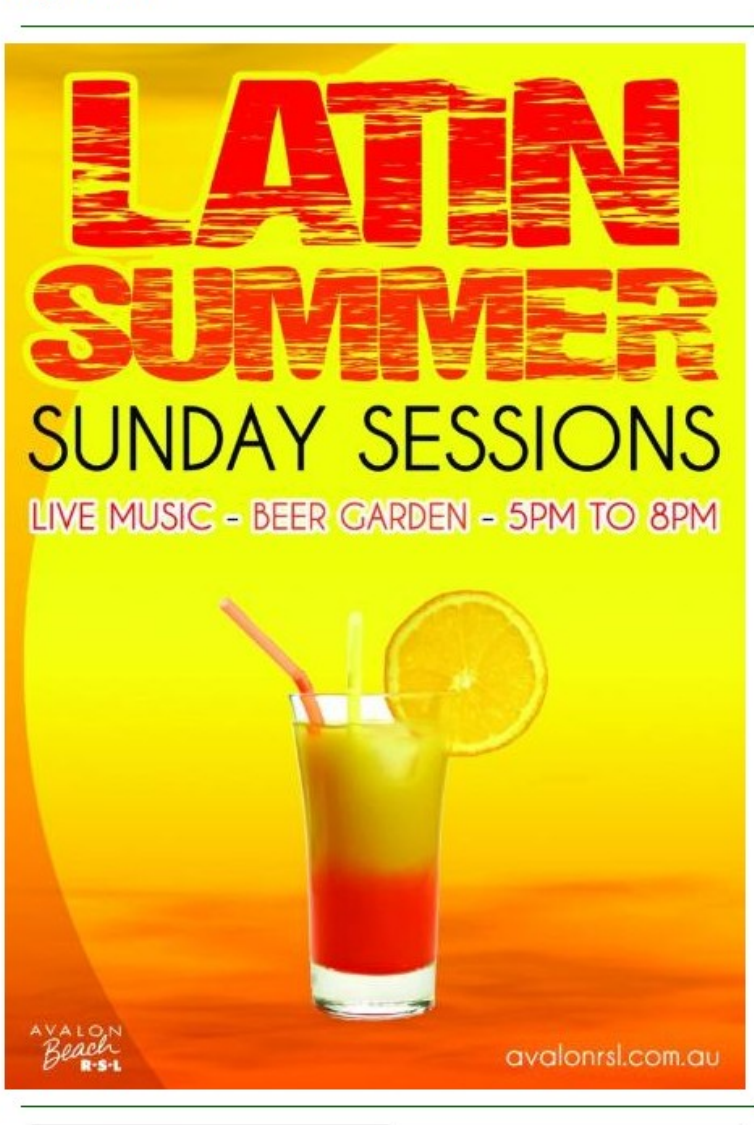


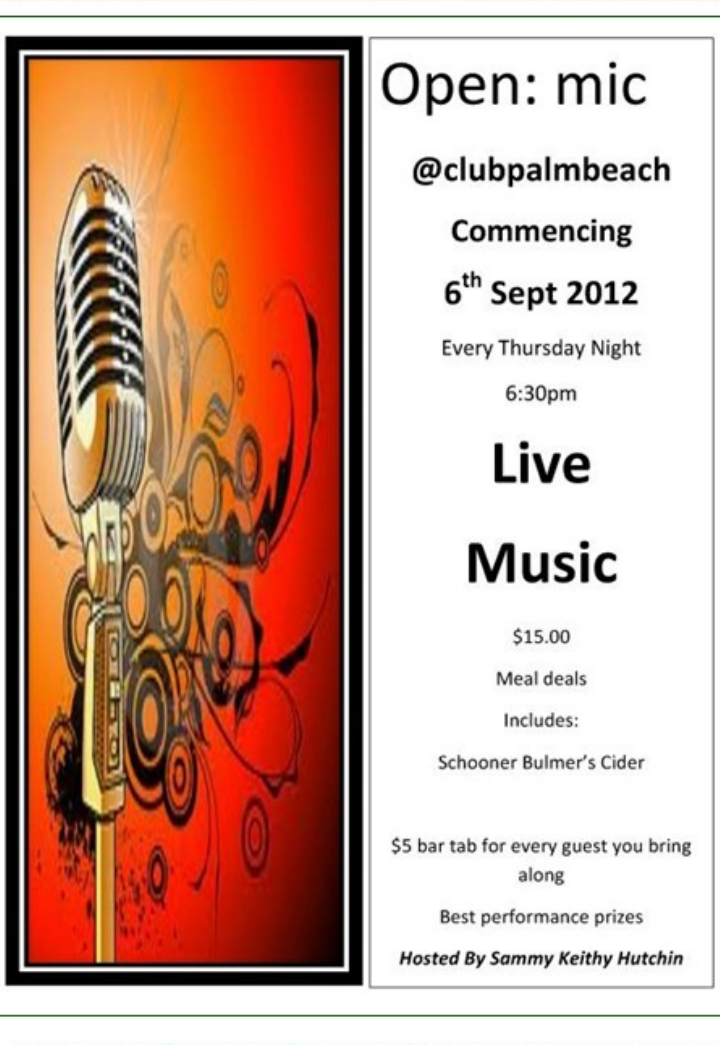
Until the 1960s, Sydney-siders usually 'went to town' to shop for furniture and furnishings for the home. There were dozens of specialist furnishing stores and department stores with furnishing sections in the city centre. Many were concentrated in 'furniture precincts', first along George Street and then from the 1920s around the city circle railway stations and the southern part of Pitt Street.

The decline of home furnishing shopping in central Sydney from the late 1950s was influenced by rising rents, lack of parking and a general population move to the suburbs. Shopping patterns also changed with the development of drive-in suburban shopping centres, the first opening at Top Ryde in November 1957.

A legacy of the city stores is their trade literature such as catalogues and associated ephemera: those used to illustrate this exhibition are part of the Caroline Simpson Library and Research Collection (CSL&RC) at the Historic Houses Trust of NSW.

Written and researched by Michael Lech, Assistant Curator. August 2007.





Open: mic
@clubpalmbeach
Commencing
6th Sept 2012
Every Thursday Night
6:30pm
Live
Music
$15.00
Meal deals
Includes:
Schooner Bulmer's Cider
$5 bar tab for every guest you bring along
Best performance prizes
Hosted By Sammy Keithy Hutchin

Hollywood Director's Deepsea Challenger showcased at Powerhouse Museum

The bright green, 12-ton sub was designed and manufactured by four Australian companies in partnership with James Cameron, taking out the 2012 Design Award of the Year. It was built and assembled at a workshop in Leichhardt, Sydney, by Australian engineer Ron Allum from Acheron Project and is able to safely take a human 11 kilometres below the sea surface, overcoming challenges similar to those faced in space exploration. James Cameron first launched Deepsea Challenger successfully in March 2012 in the Pacific Ocean, where he filmed his three hour stay at the ocean bottom for a 3D documentary that will be released for cinema in 2013.

The Powerhouse Museum shows how Deepsea Challenger's design met the complicated physics of deep-water pressure and the research needs for exploring the ocean bottom with pilot safety of utmost importance.

Dr Dawn Casey, Director, Powerhouse Museum, said: "Deepsea Challenger is an extraordinary story of innovation, design and engineering, driven by human ingenuity and exploration of deep sea environments.

Since 1992, the Powerhouse Museum has recognised excellence in Australian product design by showcasing a small selection of the finalists from the annual design awards. The Australian International Design Awards 2012 is showing at the Powerhouse Museum **until July 2013.**

On View: Australian International Design Awards 2012
Date: 25 August 2012 – July 2013
Address: Powerhouse Museum, 500 Harris Street, Ultimo.
Telephone: (02) 9217 0111 or infoline (02) 9217 0444
Website: www.powerhousemuseum.com
Hours: 10.00am to 5.00pm (closed Christmas day)
Admission: General admission $12 adult, $6 child, $8 student/concession and $30 family. Powerhouse Museum members and children under 4 years admitted free.

SYDNEY NORTHERN BEACHES SYMPHONIC WIND ENSEMBLE

SNBSWE is a symphonic wind ensemble that rehearses every Thursday evening during school terms. The band consists of adult amateur and professional musicians who play a wide repertoire of music. If you play an instrument and are looking for a great musical experience with good company, come and see if you like what we do. The Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experienced brass, percussion and woodwind musicians to play high grade symphonic repertoire. The Ensemble allows people to continue playing their instruments after leaving school, therefore giving the experience of music for life. Contact: Denise Morgan 9999 0655. **More at:** http://www.snbswe.org.au/

Lifeline Northern Beaches

Fundraising Night, 16th March 2013

Come and join the party with cocktail food, a great band & DJ, show performances, dancing, raffles, fun competitions and a silent auction. Many thanks to our wonderful supporters who have donated fantastic prizes and auction items for your enjoyment and celebration.

The event will be held at Barrenjoey High School Hall starting at 7pm and tickets cost $45 per person. Numbers are limited so call 9949 5522 ASAP to book your tickets and support Lifeline.

Lifeline Northern Beaches provides crisis support via the National 13 11 14 number as well as counselling services, assistance, book fairs and retail outlets, and is proud to celebrate this 50th milestone.

www.lifelinenb.org.au

Lifeline 50 YEARS 1963-2013

Margaret Olley: Home

This exhibition is the first to focus on the artist's home in Duxford Street, Paddington. Considering Margaret Olley's paintings alongside photographs of the interior, objects from the house and reflections from her friends, the exhibition explores her home as inspiration.

To walk into Olley's home was like walking into a painting. With its fresh paint, rich colours and warm sentiment, the house was a true commemoration of the still-life and interiors tradition in Australian art.

Painted between 1972 and 2011, the artworks in this exhibition reveal the house as a living work of art, while the photographs document the passing years and affirm the aura of the interior spaces.

Museum of Sydney
Saturday 10 November 2012 - Monday 1 April 2013
Corner Phillip and Bridge Streets, Sydney

PITTWATER COUNCIL Celebrating 20 Years 1992-2012

February Event Alert! Ingleside Chase Reserve Walk

The walk will start at Irrawong-Epworth Reserve and climb to Ingleside Park where we'll stop for morning tea before heading back down. The track is 1.5km one-way and is a little steep in parts. This is a gentle paced walk but requires a reasonable level of fitness.
At 70 hectares, Ingleside Chase Reserve is Pittwater's largest continuous piece of bushland. It has many beautiful plants, 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/cecbookings

Eco Bird Walk - 16th Feb 2013: 7am - 9:30am

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

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

Eco-cinema - 'Waste Not'

A beautiful and emotional film about garbage! Come and be inspired by this award-winning documentary film that advocates local, practical solutions for transforming the mountains of stuff we throw away, into something valuable again. Waste Not shows that recycling isn't just something you should agree with in principle. If our whole society was recycling efficiently we'd be able to create a fairer and healthier world, starting in our own backyard.

We will show the film, share some refreshments and invite discussion about the practical implications and ideas for our local area. Learn about an innovative new program available to Pittwater residents who can now be part of the 'Compost Revolution' and learn how to compost and worm farm online. Take away some tips and resources from the Love Food, Hate Waste Program to help you reduce food waste and save money.

Please join us for this special evening of ideas and inspiration, and connecting with others in the community who are interested in reducing our ecological footprint.
When: **Friday 1 March, 6:30-8:30pm**
Where: Coastal Environment Centre, Lake Park Road, North Narrabeen. Cost: Free! Bookings Essential!
Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

Wetland Nightlife

Warriewood Wetlands is a unique environment supporting a wide diversity of native animals. Some of them are active by day and others come alive at night. Come and join us after dark for an exciting evening looking for some of these nocturnal critters. This spotlighting event is suitable for children aged 4 and over.

When: **Friday 22 February, 7:30pm – 9:30pm**
Where: Warriewood Wetlands (meeting point provided upon booking)
Bring: sturdy shoes, suitable clothing for weather conditions, water bottle, small torch (optional), camera (optional).
Bookings Essential! Online - www.pittwater.nsw.gov.au/cecbookings
In person: Coastal Environment Centre, Lake Park Road, North Narrabeen. Phone: 1300 000 232 (Reception - Option 1)

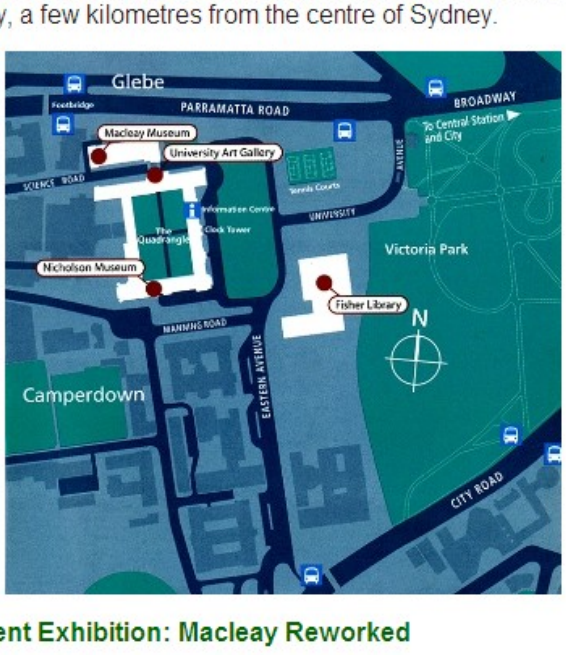
CURRENT EXHIBITIONS IN THE MACLEAY MUSEUM

The Meaning of Life: Celebrating 50 years of Biological Sciences at the University of Sydney

Employing stunning photography, a world of memorabilia, spectacular Lepidoptera and interactive elements, this exhibition invites the public to don a lab coat and look down the microscope and expand their views on the meaning of life through the stories of research in the School of Biological Sciences.

This exhibition will be open from the 28th September until 8th March, 2013 OPENING HOURS: 10am - 4.30pm weekdays, 12pm - 4pm first Saturday of every month CLOSED Sundays, Public Holidays, and other Saturdays.

The Macleay Museum, Nicholson Museum and University Art Gallery are open to the public and entry is free. The University's museums are located close together in and around The Quadrangle and clock tower on the Camperdown (main) campus of the University of Sydney, a few kilometres from the centre of Sydney.



Permanent Exhibition: Macleay Reworked

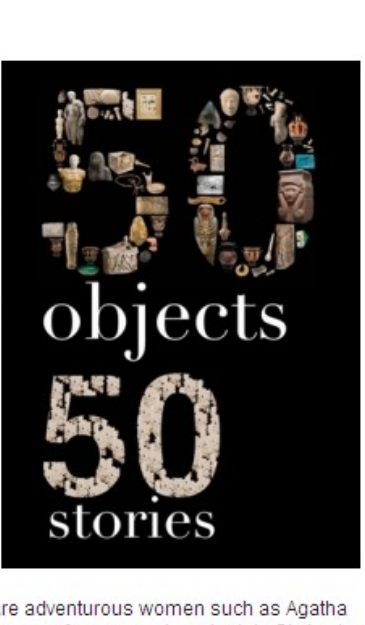
This exhibition encapsulates the early purpose of museums - to exhibit the wonders of the world and its peoples. Housed in historic cedar cabinets within the Victorian surrounds of the Macleay Building, this exhibition is a unique opportunity to peak at the extraordinary diversity of the Macleay collections, from insects collected in the 1770s to medical instruments from Papua New Guinea and the University's first moves into computerisation.

CURRENT EXHIBITIONS AT THE NICHOLSON MUSEUM

The Colosseum - The Lego Colosseum
The largest ever LEGO model of Rome's famous Colosseum is now on exhibition at the Nicholson Museum. A quarter of a million bricks were used in construction put together by 10,000 slaves working for architect and LEGO Certified Professional Ryan 'Vitruvius' McNaught.

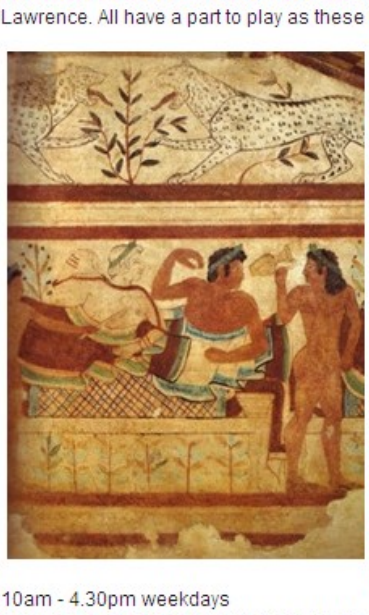
The model is the centrepiece of an exhibition about Rome's largest surviving building from the great days of its Empire. The exhibition will also include sculpture and coins of the Emperors, as well as artefacts used in daily life by the ordinary Roman who enjoyed 100 days of holiday and games when the original Colosseum opened in 80 AD. **Extended until March 2013**

50 objects 50 stories
Winner of the 2012 IMAGinE Award for best exhibition and public engagement



50 Objects 50 Stories is not about the most important, or the most beautiful things in the Nicholson Museum. It is about objects with a story to tell. Beginning in 1860 with antiquities from the original donation of Sir Charles Nicholson, the exhibition journeys through to the present day. Along the way, the stories introduce us to a cast of characters, curators and collectors who have helped shape the museum and its collection.

Sir Charles Nicholson, founder of the museum, a man of dramatically humble origins, newspaper reporter Edward Reeve, the museum's first curator (1860-1889 in three terms), Enoch Powell, eminent Greek scholar, later radical English right-wing politician (curator 1938-39) and James Stewart, Cypriot archaeologist, prisoner of war and cat lover (curator 1954-1962). There are adventurous women such as Agatha Christie and the intrepid Mary Woodhouse. There are famous archaeologists Sir Austen Henry Layard, Sir Henry Wellcome, Sir Flinders Petrie, Vere Gordon Childe, Dame Kathleen Kenyon, Sir Max Mallowan, Sir Mortimer Wheeler and some pretty dreadful ones like Luigi Palma di Cesnola. And there are famous men and women Sir William Hamilton and his scandalous wife Emma, Thomas Hope, Orson Welles and D.H. Lawrence. All have a part to play as these wonderful stories unfold. **Until June 2013**

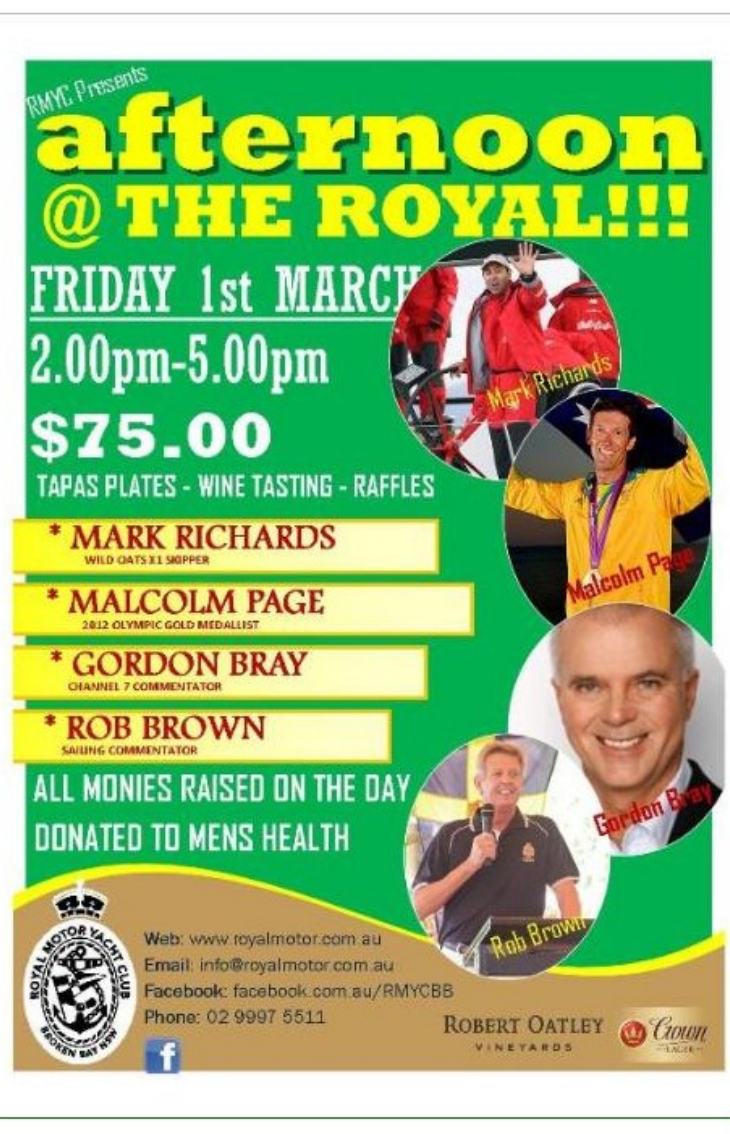


The Etruscans: A Classical Fantasy

Detail of Tomb of the Leopards, Tarquinia 5th century BC.
In popular imagination the Etruscans are the very stuff of fantasy, myth and legend. Who are they, where did they come from, what does their language mean? In reality, although wiped out or assimilated by Rome, they have left us an extraordinarily rich heritage of art, jewellery, metal working, terracotta sculpture, urban planning, walls, and roads. Indeed, in the 6th century BC, the Etruscans were the most powerful people in the Mediterranean. So what went wrong?
Ongoing exhibition

Nicholson Museum - Sydney University Museums
The University of Sydney/Manning Road
Camperdown NSW 2050
(02)9351 2812
OPENING HOURS
10am - 4.30pm weekdays
12pm - 4pm first Saturday of every month
CLOSED Sundays, Public Holidays and other Saturdays
Admission is free

Northern Beaches Wedding Expo
bridal tips, trends & photos
local suppliers directory
+ free advertising
Next Bridal Expo
MONA VALE GOLF CLUB
Thursday 7 Feb 2013
6-9pm



RMYC Presents
afternoon @ THE ROYAL!!!
FRIDAY 1st MARCH
2.00pm-5.00pm
$75.00
TAPAS PLATES - WINE TASTING - RAFFLES
* MARK RICHARDS WILD OATS XI SKIPPER
* MALCOLM PAGE 2012 OLYMPIC GOLD MEDALLIST
* GORDON BRAY CHANNEL 7 COMMENTATOR
* ROB BROWN SAILING COMMENTATOR
ALL MONIES RAISED ON THE DAY DONATED TO MENS HEALTH
Web: www.royalmotor.com.au
Email: info@royalmotor.com.au
Facebook: facebook.com.au/RMYCBB
Phone: 02 9997 5511
ROBERT OATLEY VINEYARDS
Crown Lager

Historic Houses Trust Events

Wicked Women
AN EXHIBITION BY ROSEMARY VALADON

Each sitter chose a classic film poster or book cover featuring a female criminal and re-created the pose. Valadon then painted her own version of the original artwork, which she infused with the modern sitter's personality. As well as portraits of notable actors, writers, lawyers and other professional women, such as author Tara Moss, Wicked Women will display associated drawings and photographs

Justice & Police Museum - Saturday 20 October 2012 - Sunday 28 April 2013 - Free with museum entry

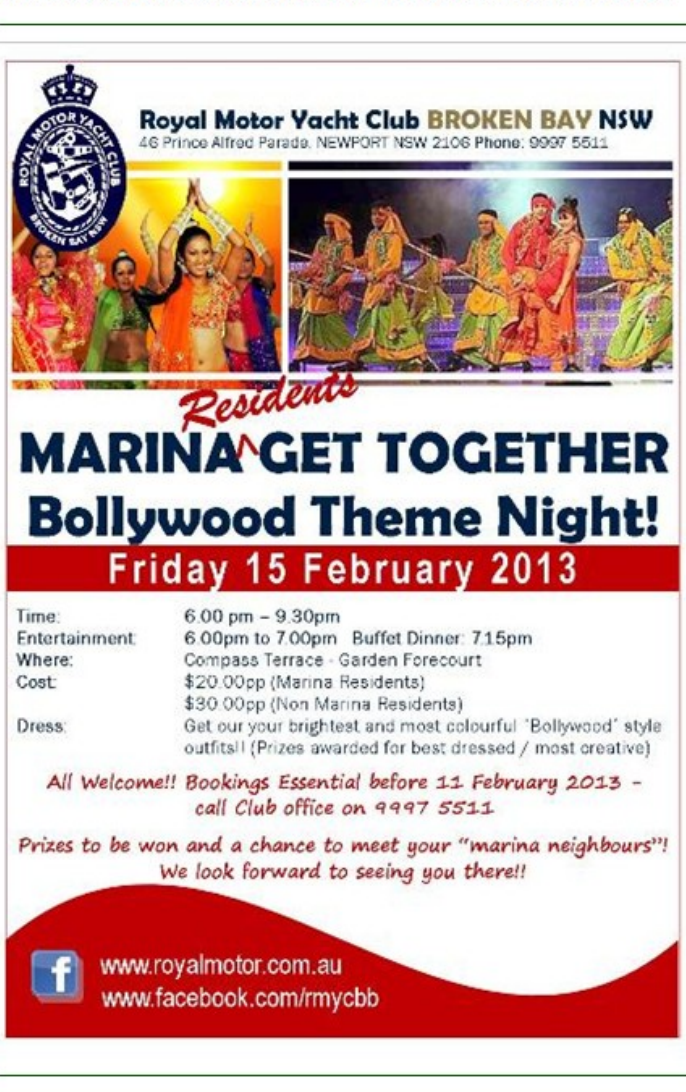
Address: Cnr Albert and Phillip Streets, Circular Quay, Sydney, NSW 2000. Contact: 02 9252 1144. Admission: Adult $10 | Child/Concession $5 | Family $20 | Members free. Hours: Open daily 9.30am — 5pm | Closed Good Friday and Christmas Day

Avalon Quilters

Our next exhibition is to be held on the **1st and 2nd of March at the Avalon Uniting Church.** We usually display a collection of our members Work. This year we are putting together something different, with the help of antique and vintage quilt collectors Annette Gero and Trish Bloomfield; we are thrilled to show about 70 American Antique Quilts. Some of these quilts date back to the Civil War through to the Depression time, each with their own history.

Our raffle quilt is 1940's vintage with full provenance, it is beautifully bright and would suit any home today. All proceeds are being donated to Australian Mitochondrial Disease Foundation.

There will be a craft stall of quality handmade members goods and quilts, our visiting trader from the NSW south coast is Dowry. They specialise in stunning goods and clothing made from vintage fabric, really worth a look. A picture of the Raffle quilt is above.



Royal Motor Yacht Club BROKEN BAY NSW
46 Prince Alfred Parade, NEWPORT NSW 2106 Phone: 9997 5511
Residents MARINA GET TOGETHER
Bollywood Theme Night!
Friday 15 February 2013
Time: 6.00 pm – 9.30pm
Entertainment: 6.00pm to 7.00pm Buffet Dinner: 7.15pm
Where: Compass Terrace - Garden Forecourt
Cost: $20.00pp (Marina Residents)
$30.00pp (Non Marina Residents)
Dress: Get our your brightest and most colourful 'Bollywood' style outfits!! (Prizes awarded for best dressed / most creative)
All Welcome!! Bookings Essential before 11 February 2013 - call Club office on 9997 5511
Prizes to be won and a chance to meet your "marina neighbours"! We look forward to seeing you there!!
www.royalmotor.com.au
www.facebook.com/rmycbb

Our Guides - Australian National Maritime Museu...
PHILLIP McKENDRI
FLEET MANAGER ANMM

Australian National Maritime Museum Exhibitions

NATIONAL MARITIME MUSEUM

Along with many permanent Exhibitions the current is also on offer:

Wrecks and Reefs - until 3 March 2013

Through the underwater lens of maritime archaeology, explore four Australian shipwreck sites on remote coral reefs off tropical Queensland - the early colonial ships Mermaid, Porpoise, Royal Charlotte and Cato. Vivid images by expedition photographer Xanthe Rivett follow the team led by the Australian National Maritime Museum and reveal the unique marine environments they encountered.

Join the expedition team on this underwater story of archaeological discovery and admire the natural beauty of the coral reefs and cays, the backdrop of these ship wrecks.

Pirates!- until 24 February 2013

Cut loose your cutlass and enter the world of pirates in a rollicking kids adventure land! Walk the gangway to board your very own pirate ship, encounter the ghost of pirate Blackbeard in the captain's cabin, search for loot in the dark pirate cave and beware of ghostly warnings. Test your skills with a pirate tongue twister, pick a pirate name and make your own pirate hat, seek out the clues to follow the treasure trail and encounter the Rogues Gallery. Swashbuckling fun as children transform themselves from landlubbers to fearless buccaneers.

P&O - celebrating 175 years - until 3 March 2013

The Peninsular Steam Navigation Company was founded in 1837 with a government contract to carry the Royal Mail from the United Kingdom to Spain and Portugal. When this contract was extended to Egypt in 1840, the company was renamed the Peninsular & Oriental Steam Navigation Company, or P&O.

P&O has played a significant role in Australia's maritime and immigration history since it established the first regular mail service from the UK in 1852. This ended Australia's isolation and supported the flow of mail, cargo and passengers between the UK and Australia. To mark P&O's anniversary in 2012, a selection of posters, photographs and ephemera are displayed from the museum's P&O collection. They showcase a company that has sailed through war and peace, the rise and decline of the British Empire, the era of mass migration and the advent of air travel, to remain one of the world's iconic shipping brands.

Pittwater Camera Club

More at: Profile and http://pittwatercameraclub.org/

All Meetings are 7.45 for 8pm - 10pm - BYRA Hall, 1842 Pittwater Road, Bayview

Monday February 4
This will be a 'Open' competition evening and our judge will be Patricia Beale. Free for visitors to the club.

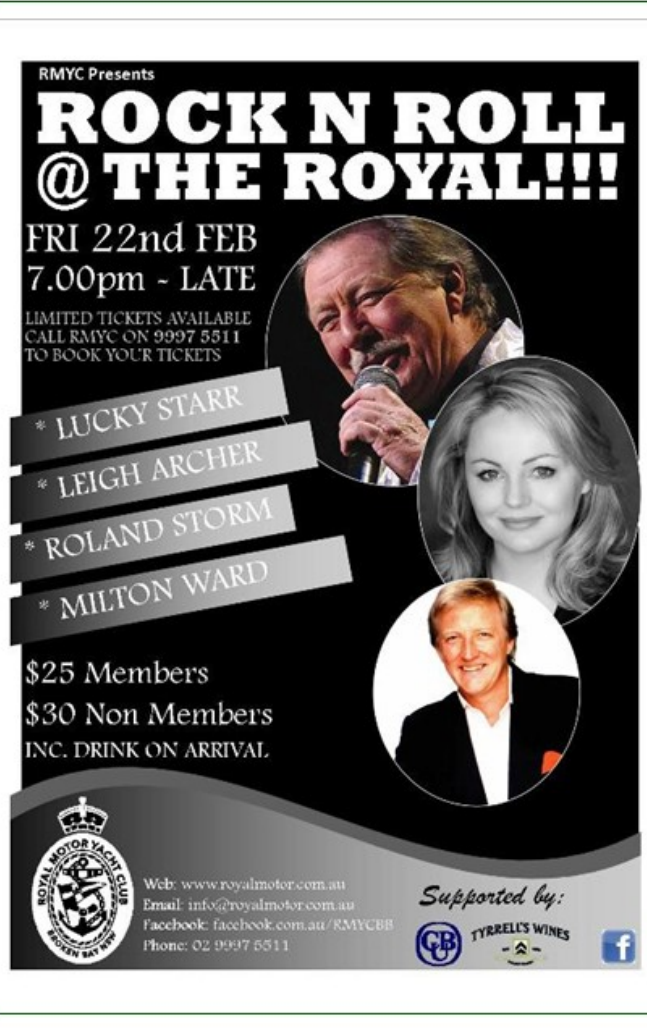
Monday February 18
This will be a presentation evening and our guest speaker will be Lee Duguid. Lee is a well known local photographer who loves capturing our local beaches. We will also be running a tutorial before the presentation on 'Camera Basics' – explaining just what all the knobs and dials on your camera are. The tutorial starts at 7.00pm. Free for visitors to the club.

Monday March 4
This will be a competition evening and our judge will be Mike Smythe. Mike will determine the best Australian Landscape image on the night – the winner to receive the Jim Mullens Trophy. Free for visitors to the club.

Monday March 18
The topic for the evening will be HDR Photography and our guest speaker will be Steve Mullarkey. Free for visitors to the club.

Monday April 8
The winner of the Reg Angus Trophy for Nature photography will be determined tonight by our judge Dennis Jones. Free for visitors to the club.

Monday April 22
David Pix will be our guest presenter tonight. As always he will bring new insights to the art of photography. Free for visitors to the club.



RMYC Presents
ROCK N ROLL @ THE ROYAL!!!
FRI 22nd FEB
7.00pm - LATE
LIMITED TICKETS AVAILABLE CALL RMYC ON 9997 5511 TO BOOK YOUR TICKETS
* LUCKY STARR
* LEIGH ARCHER
* ROLAND STORM
* MILTON WARD
$25 Members
$30 Non Members
INC. DRINK ON ARRIVAL
Web: www.royalmotor.com.au
Email: info@royalmotor.com.au
Facebook: facebook.com.au/RMYCBB
Phone: 02 9997 5511
Supported by: TYRRELL'S WINES

PITTWATER COUNCIL Celebrating 20 Years 1992-2012

FREE DOG TRAINING CLASSES

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

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

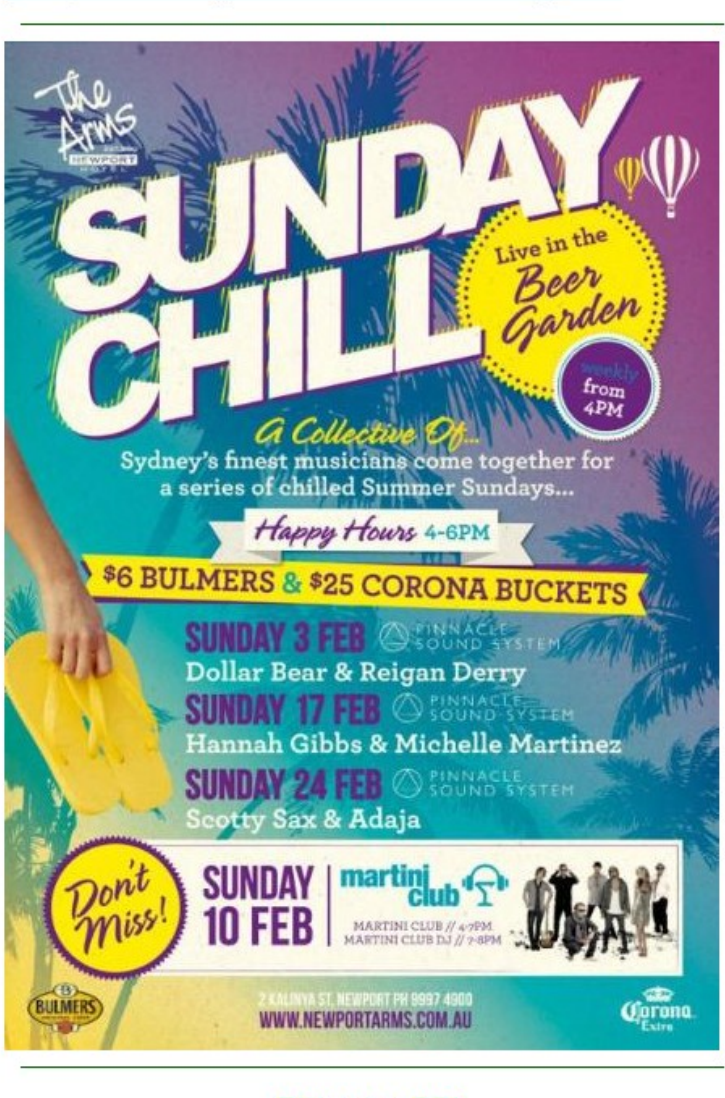
Ms Mackay said owners and their dogs would be offered training for real life situations, with trainers using positive, motivational methods in their approach.

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

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

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

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



The Arms Newport
SUNDAY CHILL
Live in the Beer Garden from 4PM
A Collective Of... Sydney's finest musicians come together for a series of chilled Summer Sundays...
Happy Hours 4-6PM
$6 BULMERS & $25 CORONA BUCKETS
SUNDAY 3 FEB Dollar Bear & Reigan Derry
SUNDAY 17 FEB Hannah Gibbs & Michelle Martinez
SUNDAY 24 FEB Scotty Sax & Adaja
Don't Miss! SUNDAY 10 FEB martini club
2 KALINYA ST, NEWPORT PH 9997 4900
WWW.NEWPORTARMS.COM.AU

Pittwater RSL

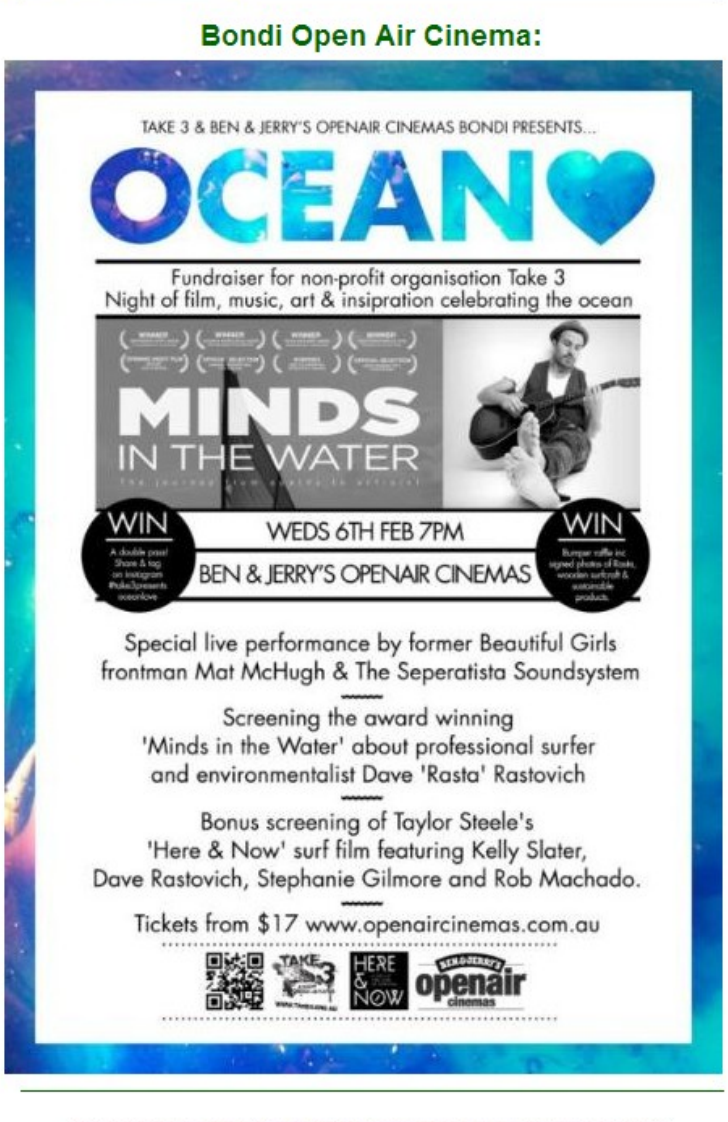
COMEDY CORNER
FRIDAY 8TH FEBRUARY & FRIDAY 8TH MARCH 2013
8pm - 10pm in the Auditorium
Hilarious stand up Comedy Show
New Comedians - New Show - Every Month
MEMBERS - $10 NON-MEMBERS - $15

MEN IN BLACK - DINNER SHOW
SATURDAY 16TH FEBRUARY 2013
Members - $50 Non-Members - $55
Show Only Tickets - $25

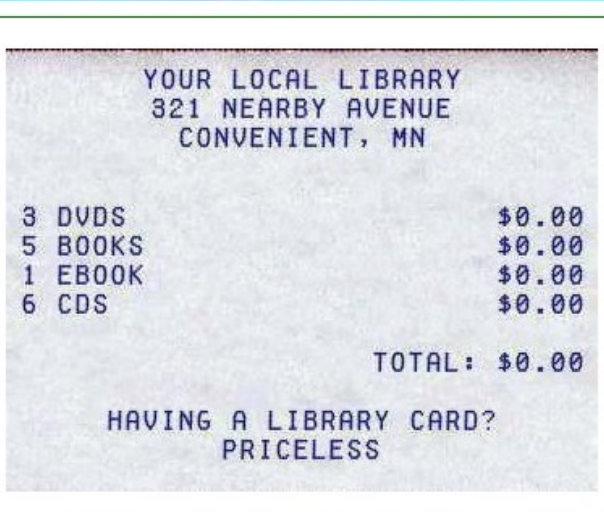
THE OLD FELLA
FRIDAY 1ST MARCH 2013
All Tickets $19

Pittwater RSL Website

Bondi Open Air Cinema:



TAKE 3 & BEN & JERRY'S OPENAIR CINEMAS BONDI PRESENTS...
OCEAN
Fundraiser for non-profit organisation Take 3
Night of film, music, art & inspiration celebrating the ocean
MINDS IN THE WATER
WIN
WEDS 6TH FEB 7PM
BEN & JERRY'S OPENAIR CINEMAS
WIN
Special live performance by former Beautiful Girls frontman Mat McHugh & The Seperatista Soundsystem
Screening the award winning 'Minds in the Water' about professional surfer and environmentalist Dave 'Rasta' Rastovich
Bonus screening of Taylor Steele's 'Here & Now' surf film featuring Kelly Slater, Dave Rastovich, Stephanie Gilmore and Rob Machado.
Tickets from $17 www.openaircinemas.com.au



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YOUR LOCAL LIBRARY
321 NEARBY AVENUE
CONVENIENT, MN

3 DVDS                  $0.00
5 BOOKS                 $0.00
1 EBOOK                 $0.00
6 CDS                   $0.00

              TOTAL: $0.00

  HAVING A LIBRARY CARD?
        PRICELESS
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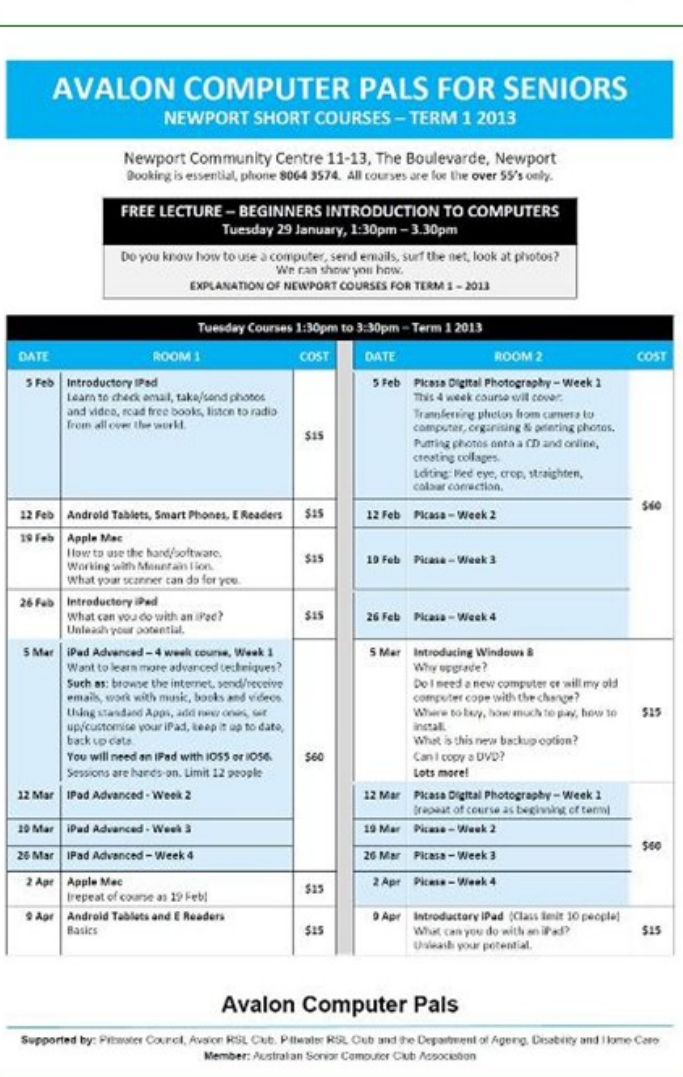


AVALON COMPUTER PALS FOR SENIORS
NEWPORT SHORT COURSES – TERM 1 2013
Newport Community Centre 11-13, The Boulevarde, Newport
Booking is essential, phone 8064 3574. All courses are for the over 55's only.

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

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

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

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

NO.1 ALBUMS
PARTY TO CLASSIC SONGS FROM CHART TOPPING ALBUMS
AND OTHER GREATEST HITS YOU KNOW & LOVE!
The Sun-Herald TWILIGHT AT TARONGA
2013
SUMMER CONCERT SERIES

THE 18TH ANNUAL SUN-HERALD TWILIGHT AT TARONGA - SUMMER CONCERT SERIES Presents... NUMBER ONE ALBUMS

'Party to Classic Songs from Chart Topping Albums!' **Every weekend from 1 February until 23 March 2013.**

Remember listening to your favourite album over and over because you loved the songs so much... well, get ready, Sydney, because this summer we'll be partying through decades of chart-topping 'Number One Albums'!

Showcasing fourteen classic albums by the greatest entertainers of the twentieth century, you'll be spoiled for choice.... sing along to ABBA, swing to Sinatra, boogie to the Bee Gees, join Elton John on the Yellow Brick Road, soar with the Eagles or simply savour the sweet sounds of Fleetwood Mac and Crowded House. Here's your chance to hear all the favourite songs from the album plus other greatest hits by the featured Artist, performed live under the stars with a stunning harbour backdrop and the exotic calls of the wild.

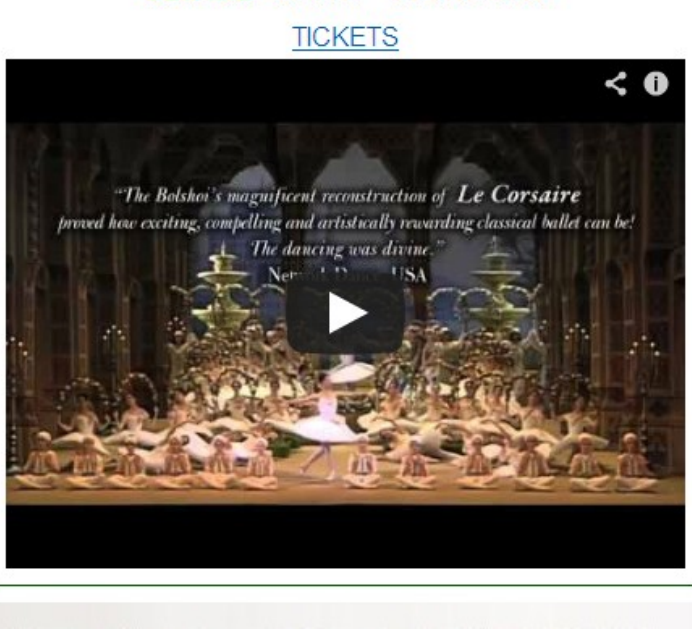
Tickets are all unreserved, picnic style - BYO rug, chair and picnic or purchase with your tickets a freshly made hamper to collect at the concert. This is a fully licensed event - food, wine and beer available at the concert. No BYO alcohol. This exciting new 'Number One Album' series is sure to be as popular as the albums themselves, so grab your friends, pack your picnics and get ready to rock, roll and reminisce all night long in the wild surrounds of Taronga Zoo.

C'mon Sydney, go wild at the Zoo this summer and have a real Thriller of a night!

www.twilightattaronga.com.au TICKETS

BOLSHOI BALLET - QUEENSLAND PERFORMING ARTS CENTRE - 30 MAY – 9 JUNE 2013

TICKETS


"The Bolshoi's magnificent reconstruction of Le Corsaire proved how exciting, compelling and artistically rewarding classical ballet can be! The dancing was divine"

MENTAL AS ANYTHING
LIVE FRIDAY 15TH FEBRUARY
Avalon Beach RSL is going Mental!
Tickets on sale now at Reception.
$22 ($27 on the Door) Limited tickets available.
Don't miss out! From 8pm.
avalonrsl.com.au

Narrabeen Lagoon free activities – register now for bushwalks and kayak tour

Friends of Narrabeen Lagoon Catchment has organised a series of spectacular events to celebrate the wonders of this beautiful part of Sydney. These activities are FREE but you must register in advance. All participants will receive a free DVD – "Caring for our Catchment" and an informative brochure and map.

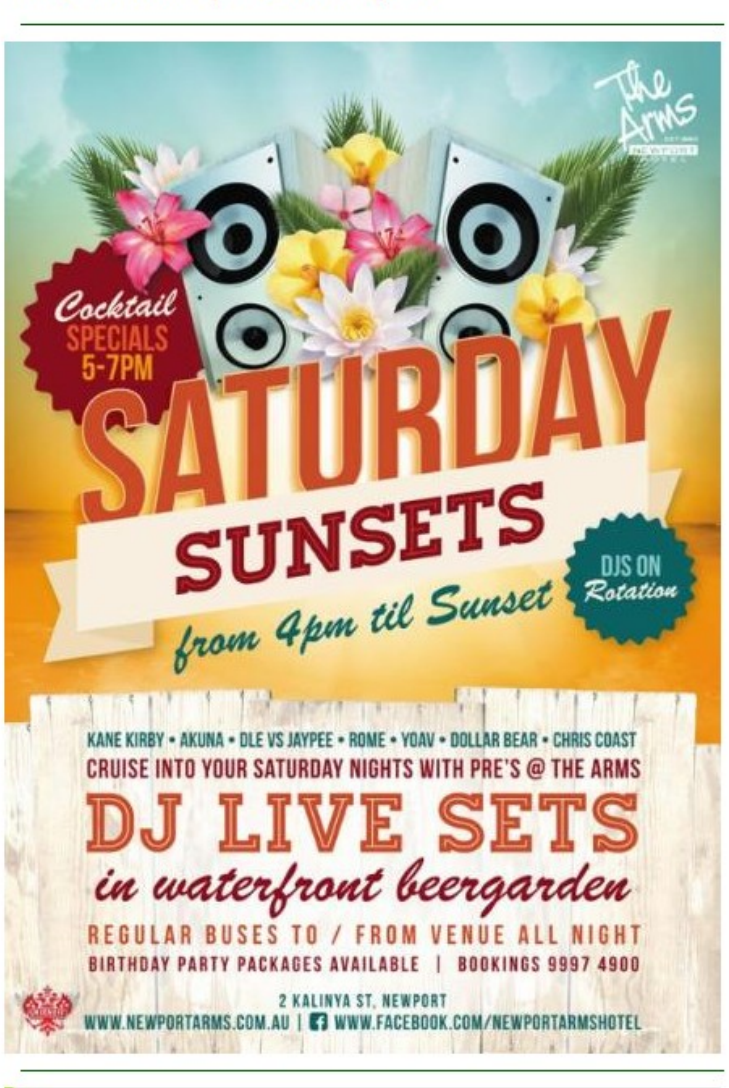
Narrabeen Lagoon Catchment traverse – Saturday February 23
Former Councillor Conny Harris will lead this 4-hour bushwalk, starting at 9am from outside 27 Morgan Rd, Belrose and proceeding into Garigal National Park. It will conclude at Oxford Falls. You'll explore some of the area's best bush tracks, visit the Deep Creek waterfall and identify flora and fauna. Grade Medium with some inclines. Carpool back. Phone 0432 643 295.

REGISTER TO ATTEND - DON'T JUST TURN UP ON THE DAY. NUMBERS ARE LIMITED.
Kayaks provided by an organisation independent of Friends.

Humph Hall

Humph Hall

Rick Nestler (US) - 3.30pm Sun 3rd February '13
Nancy Kerr & James Fagan (UK) - 7pm Fri 8th February '13
Anna Conomos (UK) - 7pm Fri 15th February '13
Josefina Paulson (Sweden) - 7pm Fri 1st March '13
Don't Mention the Wall! (Berlin) - 7pm Fri 8th March '13
Piaf: A Passionate Life - 7pm
Lucy Wise & The B'Gollies (WA) - 2pm Sun 14th April '13
Ami Williamson - 7pm Sat 20th April '13



The Arms
Cocktail SPECIALS 5-7PM
SATURDAY SUNSETS
from 4pm til Sunset
DJS ON Rotation
KANE KIRBY • AKUNA • DLE VS JAYPEE • ROME • YOAV • DOLLAR BEAR • CHRIS COAST
CRUISE INTO YOUR SATURDAY NIGHTS WITH PRE'S @ THE ARMS
DJ LIVE SETS in waterfront beergarden
REGULAR BUSES TO / FROM VENUE ALL NIGHT
BIRTHDAY PARTY PACKAGES AVAILABLE | BOOKINGS 9997 4900
2 KALINYA ST, NEWPORT
WWW.NEWPORTARMS.COM.AU | WWW.FACEBOOK.COM/NEWPORTARMSHOTEL

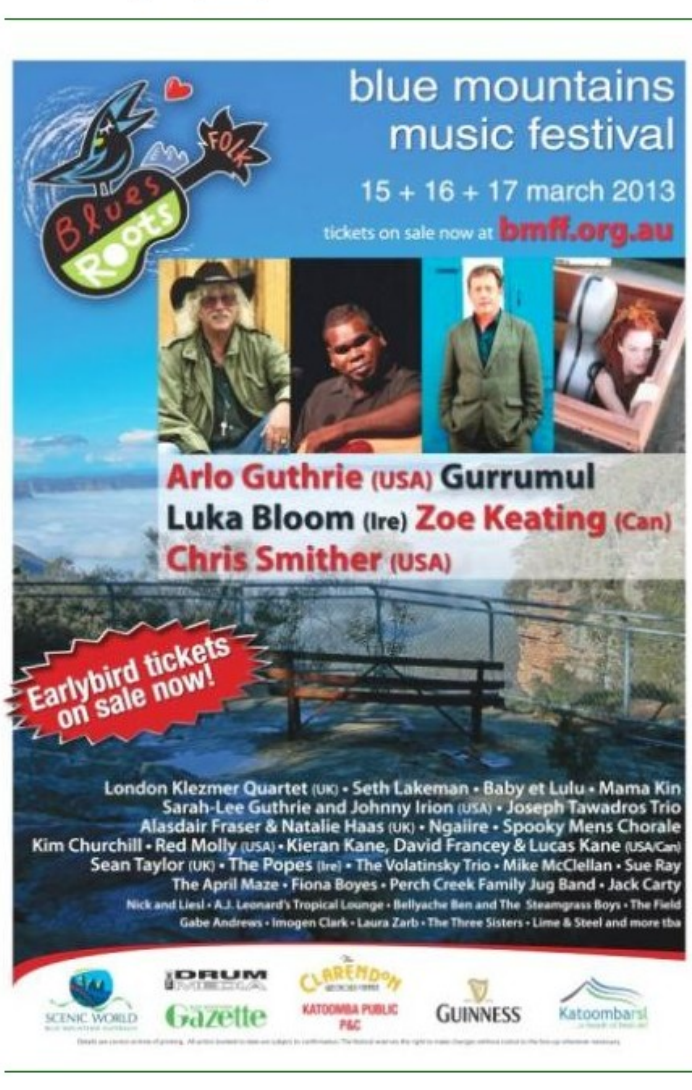
HOUSE MUSIC 2013
GOVERNMENT HOUSE CONCERT SERIES

Historic Houses Trust Event - House music 2013

The Historic Houses Trust is delighted to welcome you to Government House for House music 2013. The program has been curated by David Rowden, artistic director and founder of the energetic Sydney Omega Ensemble. The series features some of Australia's most exciting emerging talent.

Highlights include performances by Pacific Opera, Sydney Chamber Choir, Ensemble Liaison, Mahler Chamber Orchestra Soloists and concert pianist Clemens Leske. Australian musicians Li-Wei Qin and Kristian Chong showcase the cello and piano, and Simon Tedeschi returns in an intimate recital with Yvonne Kenny. Australian pianist Daniel de Borah is joined by renowned tenor Andrew Goodwin to captivate and delight our audiences.

We look forward to seeing you at House music 2013 and hope you will join us for complimentary sandwiches and drinks, courtesy of Angove Family Winemakers. Gates open at 6pm and parking is free. Full Program HERE



Blues Roots Folk
blue mountains music festival
15 + 16 + 17 march 2013
tickets on sale now at bmff.org.au
Arlo Guthrie (USA) Gurrumul
Luka Bloom (Ire) Zoe Keating (Can)
Chris Smither (USA)
Earlybird tickets on sale now!
London Klezmer Quartet (UK) • Seth Lakeman • Baby et Lulu • Mama Kin • Sarah-Lee Guthrie and Johnny Irion (USA) • Joseph Tawadros Trio • Alasdair Fraser & Natalie Haas (USA) • Ngaiire • Spooky Mens Chorale • Kim Churchill • Red Molly (USA) • Kieran Kane, David Francey & Lucas Kane (USA/Can) • Sean Taylor (UK) • The Popes (Ire) • The Volatinsky Trio • Mike McClellan • Sue Ray • The April Maze • Fiona Boyes • Perch Creek Family Jug Band • Jack Carty • Nick and Liesl • A.J. Leonard's Tropical Lounge • Bellyache Ben and The Steamgrass Boys • The Field • Gabe Andrews • Imogen Clark • Laura Zarb • The Three Sisters • Lime & Steel and more tba
SCENIC WORLD • DRUM • Gazette • CLARENDON • KATOOMBA PUBLIC • GUINNESS • Katoomba

U3A
The University of the Third Age
Sydney U3A

The University of the Third Age offers all seniors a variety of opportunities to use their knowledge, skills and experience and to acquire new ones in an informal, friendly atmosphere.

Full Events for Northern Beaches listed on page 33 of July to December, 2012 Booklet Here

MWPHS - Manly Warringah Pittwater Historical Society - Established 1924
- Next Meeting 9th of February at Brookvale Community Centre - 2pm.

One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research. **Membership: here**

Reine de Joie
Victor Joze

Toulouse-Lautrec is the National Gallery of Australia's next summer exhibition and will run from 14 December 2012 to 2 April 2013. The Australian public have never before had the opportunity to see a major retrospective exhibition devoted to the art of French 19th century artist Henri de Toulouse-Lautrec in painting, drawing, posters and prints.

Toulouse-Lautrec will examine the artist's abilities as an acute observer of Parisian life, his skill as a draughtsman, his experimentation in composition and the brilliance of his technical execution in all media. The exhibition will shed new light on Toulouse-Lautrec through an examination of his involvement in Parisian culture—the high life and the low life.

The exhibition will trace Toulouse-Lautrec's career from his earliest works to his extraordinary depictions of the Paris social scene, the dance halls, the café-concerts, the brothels and theatres. This he did in an insightful way, capturing the essence of his Parisian characters and haunts. Toulouse-Lautrec's subject matter was to become thoroughly modern and he became an influential figure in the evolution of the art of the twentieth century.

At National Gallery of Australia. Tickets:

Peninsula Historian
Newsletter of the Manly, Warringah & Pittwater Historical Society Inc.

Compiled by Tony Dawson, Editor.

Manly, Warringah and PittwaterHistorical Society Inc.
Established 1924

President : Jim Boyce
0402 096 080
jimboyce37@gmail.com

Secretary (Membership): Tony Dawson
dragdawson@hotmail.com

MAHJONG - AVALON ACTIVE SENIORS GROUP

Avalon Active Seniors Group Invites experienced Mahjong players to join a new group. Thursdays 1-3pm: $2.00 per session at Avalon Recreation Centre. Phone Julie: 0403 820 261.

Thurs 28 March to Mon 1 April 2013
BYRON BAY BLUESFEST
Bluesfest 2nd announcement: Its all about the Blues & Roots!

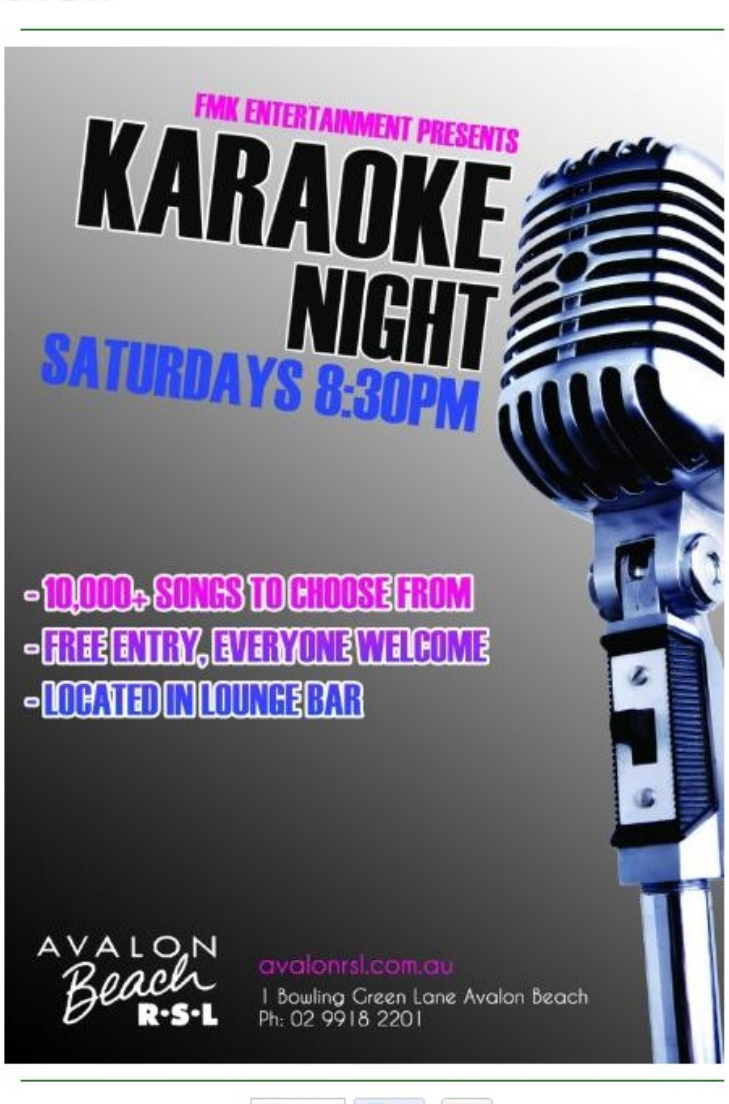
SINGLE day **Tickets will go on sale Thursday 18th of October from 10am!** Only 1000 x Early Bird Single Day Tickets available for each day of the Festival @ $139 only. BOOK HERE

THE BLUES & ROOTS RELEASE includes:

JIMMY CLIFF JOAN ARMATRADING RODRIGUEZ ROBERT CRAY TROMBONE SHORTY & ORLEANS AVENUE THE BLIND BOYS OF ALABAMA - MAVIS STAPLES ALLEN TOUSSAINT - WANDA JACKSON FRED WESLEY AND THE NEW JB'S MICHAEL KIWANUKA - BETTYE LAVETTE LUKA BLOOM - RUTHIE FOSTER TONY JOE WHITE - SWEET HONEY IN THE ROCK THE DUKE ROBILLARD BAND SHAWN COLVIN - SETH LAKEMAN

ARTISTS ALREADY ANNOUNCED:

BEN HARPER - SANTANA IGGY & THE STOOGES STEVE MILLER BAND CHRIS ISAAK - WILCO - BONNIE RAITT DROPKICK MURPHYS GLEN HANSARD WITH THE FRAMES TEDESCHI TRUCKS BAND FRANK TURNER AND THE SLEEPING SOULS NEWTON FAULKNER - WILLIAM ELLIOTT WHITMORE GRACE POTTER - PLAYING FOR CHANGE - BEN CAPLAN



FMK ENTERTAINMENT PRESENTS
KARAOKE NIGHT
SATURDAYS 8:30PM
- 10,000+ SONGS TO CHOOSE FROM
- FREE ENTRY, EVERYONE WELCOME
- LOCATED IN LOUNGE BAR
AVALON Beach R·S·L
avalonrsl.com.au
1 Bowling Green Lane Avalon Beach
Ph: 02 9918 2201

PITTWATER COUNCIL Celebrating 20 Years 1992-2012

Storytime for preschoolers

Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre). Cost: Free however bookings are essential. Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library

Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

Barrenjoey Lighthouse Tours

Every Sunday, throughout the day, from 11am to 3pm. Tours take approx 30 mins. Phone 9472 9300 on the day to check tours are going ahead. Meeting place: Meet at the top (steep and hard 20-minute walk on uneven ground) at the keeper's cottage. Cost: $5 adults, $2 children.

Guringai Aboriginal Tours

GUIDED TOURS

The Guringai Aboriginal Tours start at 10.00 am and go until about 2pm at the Basin Track on the West Head Rd Ku-Ring-Gai Chase National Park, NSW 2083. Guiding you through the site will be Aboriginal Ranger Les McLeod and Guringai descendent Laurie Bimson.

At the site you will have explanations as to how the rock carvings were made and be told stories of times long gone by. Lunch will be provided at about 12.00pm with barbecued marinated Kangaroo and Emu, fresh made Damper with tea and coffee. Then after lunch, it is off again this time for a short exciting Guringai Aboriginal Tours experience.

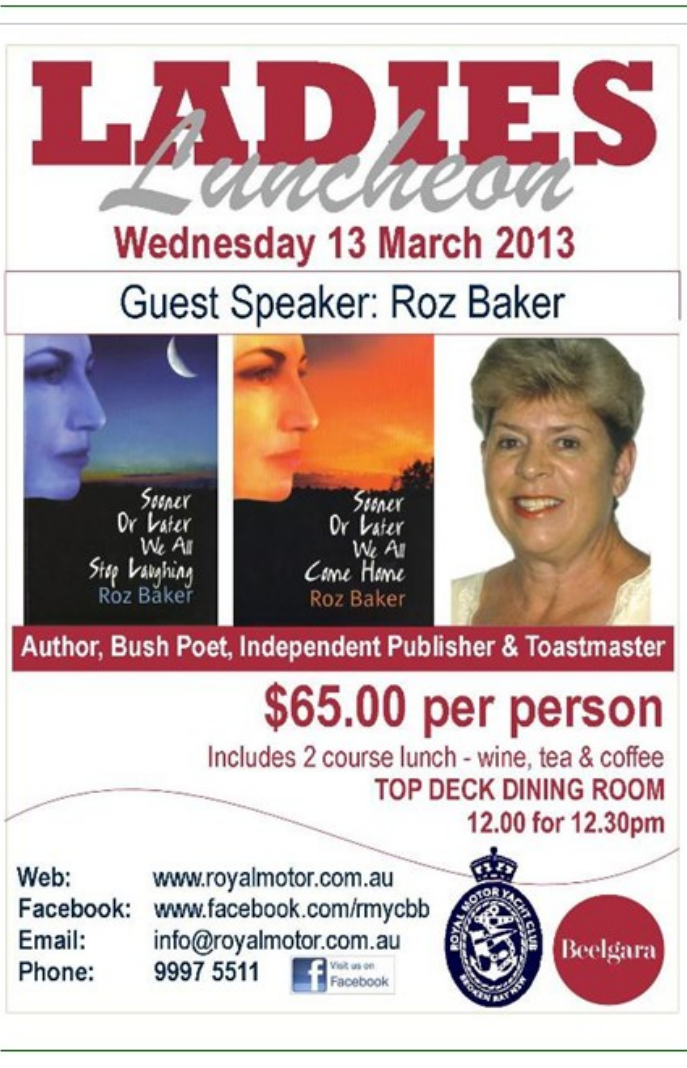
Price including lunch is $88, Children under 12 are half price.

If we have enough children on the day there will be games for them. Remember to bring appropriate clothing, comfortable walking shoes, water, hat, sun screen and be prepared for a great experience. The tour is a little bumpy but wheel chair friendly. Public toilets are available where we break for lunch. You could also visit the lookout at West Head over looking Palm Beach after the Guringai Aboriginal Tours. As there is a limited number of bookings for each tour, please be quick and book you place today. Contact us for more details regarding payment and booking conditions. Book Here: http://guringaitours.com.au/tour/

Next Tours: 12/1/13. 19/1/13. 2/2/13. 17/2/13. 3/3/13. 16/3/13. 24/3/13.

AVALON COMPUTER PALS FOR SENIORS

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about $30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help. The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or or phone 02 8064 3574



LADIES Luncheon
Wednesday 13 March 2013
Guest Speaker: Roz Baker
Sooner Or Later We All Stop Laughing Roz Baker
Sooner Or Later We All Come Home Roz Baker
Author, Bush Poet, Independent Publisher & Toastmaster
$65.00 per person
Includes 2 course lunch - wine, tea & coffee
TOP DECK DINING ROOM
12.00 for 12.30pm
Web: www.royalmotor.com.au
Facebook: www.facebook.com/rmycbb
Email: info@royalmotor.com.au
Phone: 9997 5511
Beelgara

To List your Event email pittwateronlinenews@live.com.au . Please send all material ready to publish.

Michelle Holmes

Michelle Holmes of Terrey Hills, Sydney, has a flair for bringing fantasy into the heart of her paintings. She has studied under James Sharp, Patricia Wade-Quinn, Sarah Alywood and Sue Richardson.

When I was twelve, my parents let me paint my bedrooms walls with a bushland theme, from that time I was in love with painting. When I left school I met a wonderful boy, his Aunt and Uncle were artists, who encouraged me in my endeavours. I studied art at the Willoughby Workshop. I then raised a family so there was a gap in my painting. I resumed study with teaching artists and the Workshop again. I became a member of Hornsby Art Society where I exhibited and also had a solo exhibition, exhibiting sixty nine paintings and selling fifty four. I exhibited and sold at the Royal and have paintings hanging in every state of Australia and some in England. My paintings have won awards in the St Ives show on several occasions. One day a week I teach older people to paint.

I am now the secretary for Pittwater Community Arts and my husband Bill is the Membership secretary. We have helped organise and hang our annual Art show, this year we hung over 500 paintings and took over $24,000 over the weekend.

P.C.A. is involved in other aspects of creative life, last year and this year we showcased indigenous craft by presenting a grass weaving afternoon. Everyone who attended entered into the spirit and created a woven placemat. We supported the Buddhist Monks Rooftop Tour by cooking for them while they visited to create a Mandala.

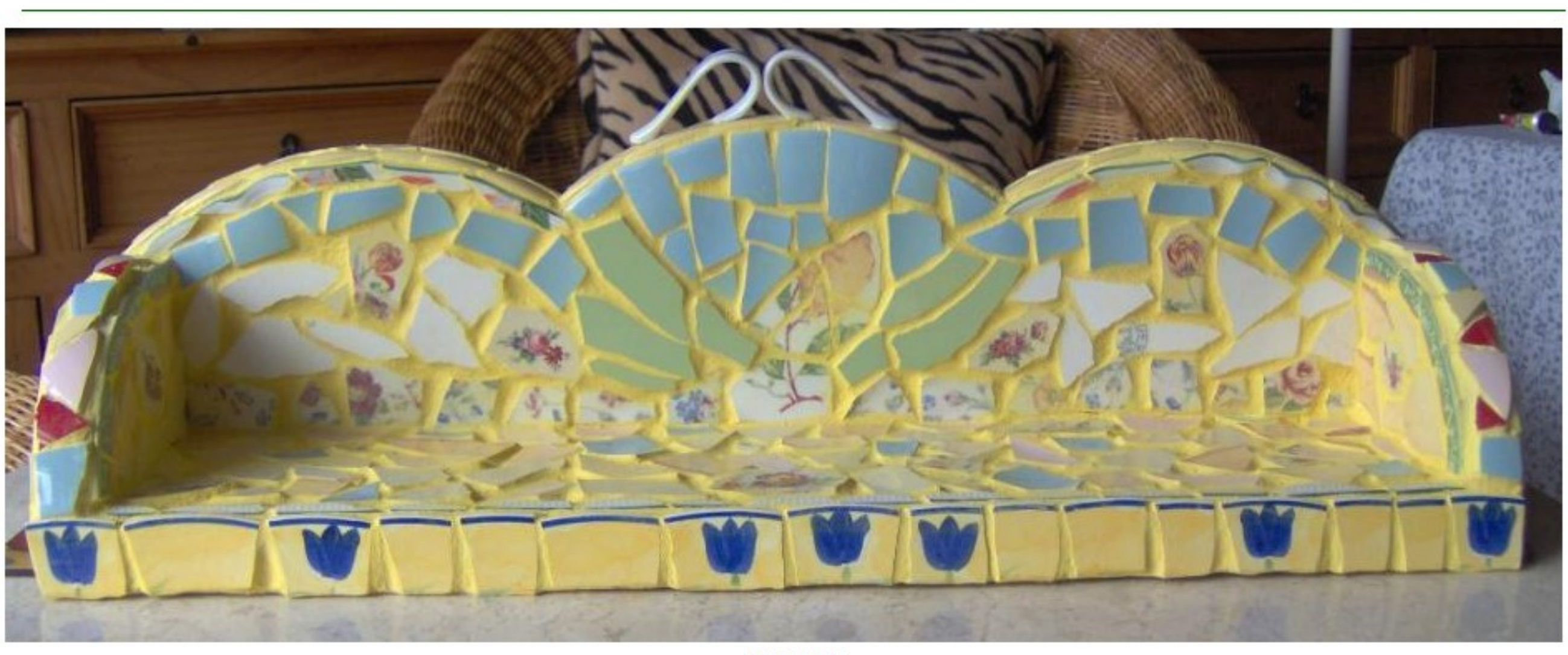
We also support the local schools with art awards to encourage the students. I enjoy being a part of this committee because they put so much back into the community that I love.

I paint almost every day and I cannot imagine my life without art. I work in Oil, Acrylic, Watercolour and Mixed Media. I illustrated a book on Australia called "Cattle Country" with 13 full page acrylic paintings. I also create Mosaics and Jewellery as well as writing Poetry and stories for young children.

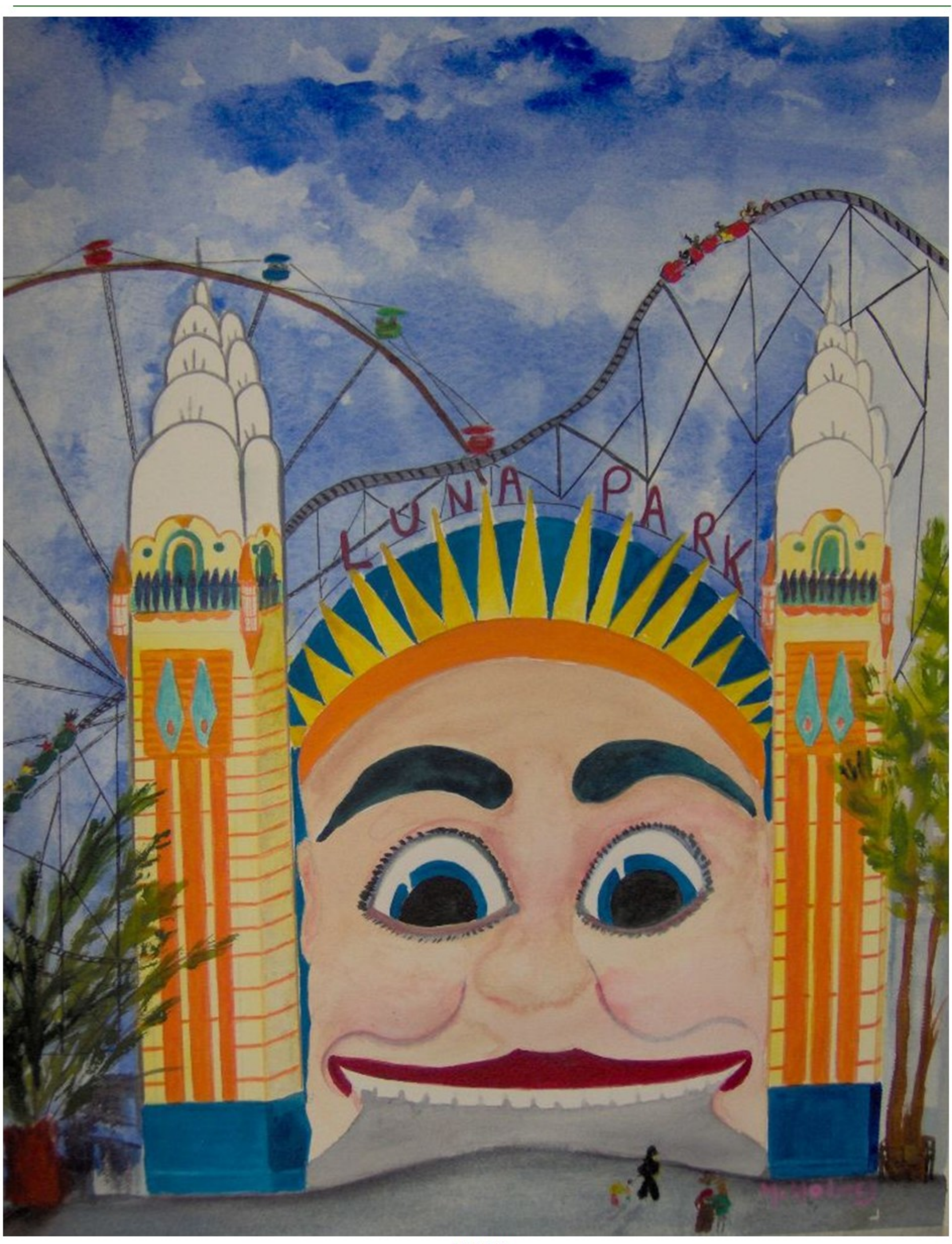
Michelle has not mentioned that her words won a first prize for her wonderful poem 'A Heart Song' in last year's anthology of Pittwater verse. A small sample of her wonderful works are below.

Michelle gives art lessons to small groups of beginners.
Phone: 02 9450 1941
Email: michelleart24@bigpond.com

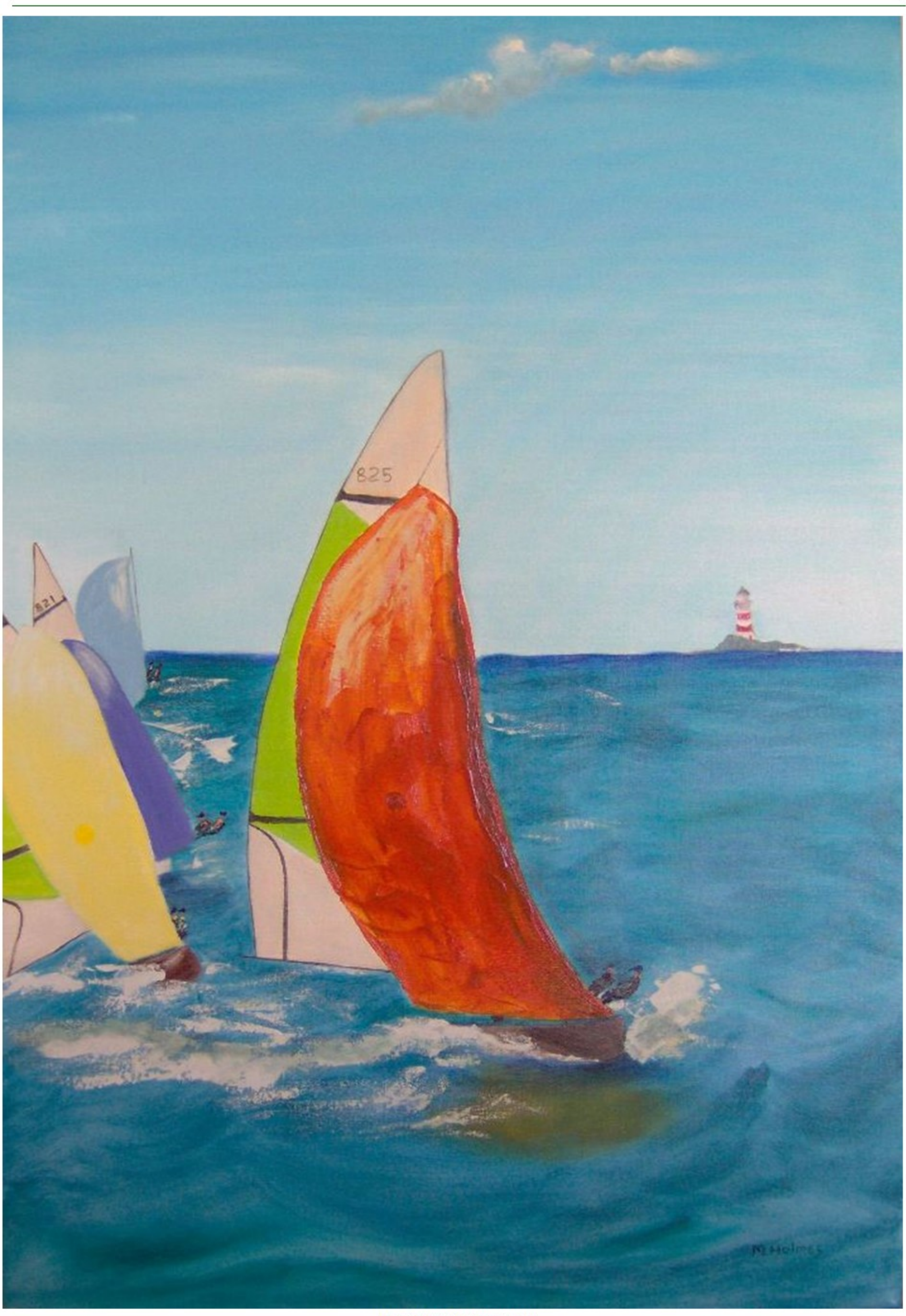
Michelle under the Jacaranda



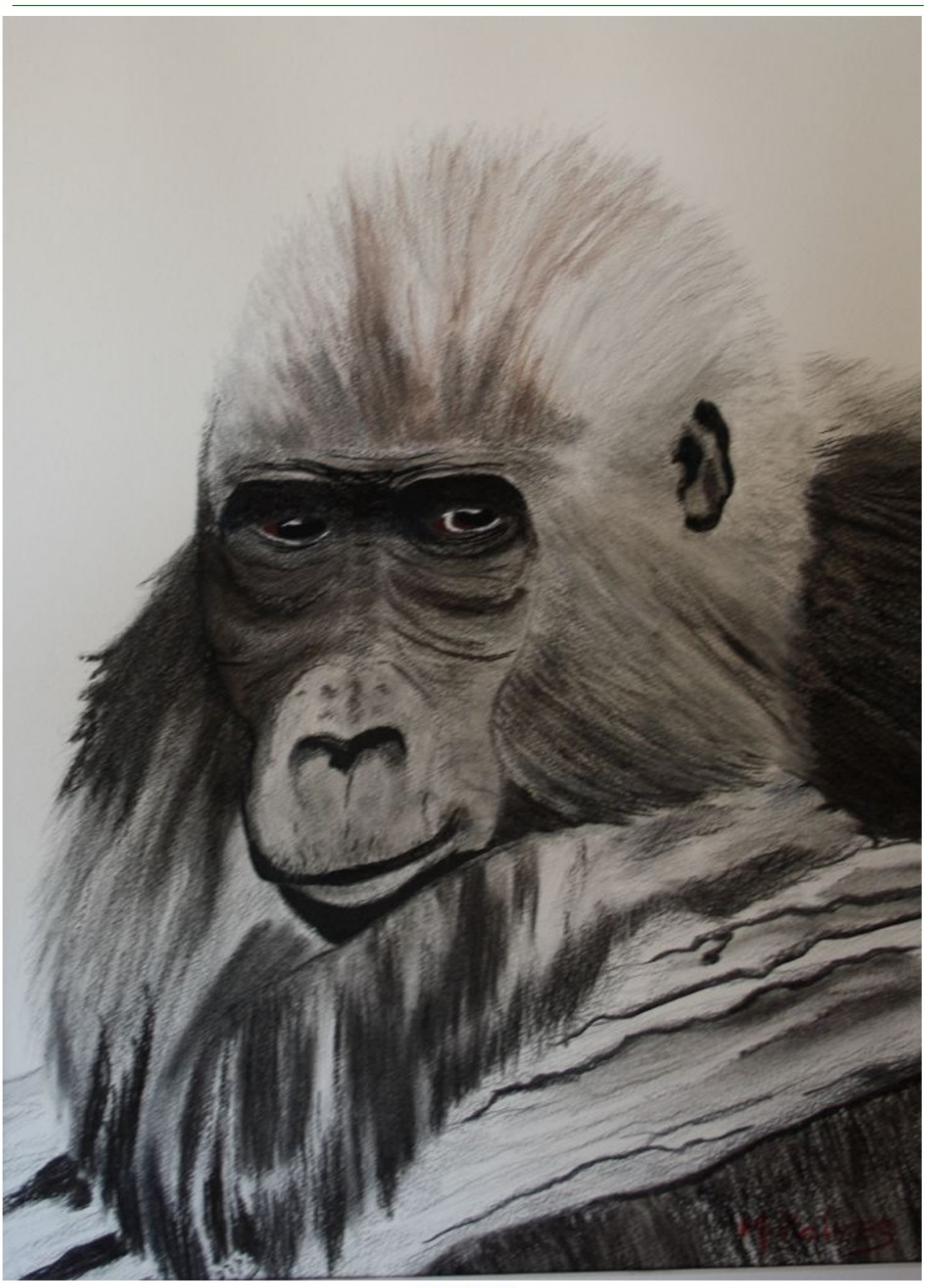
Memories



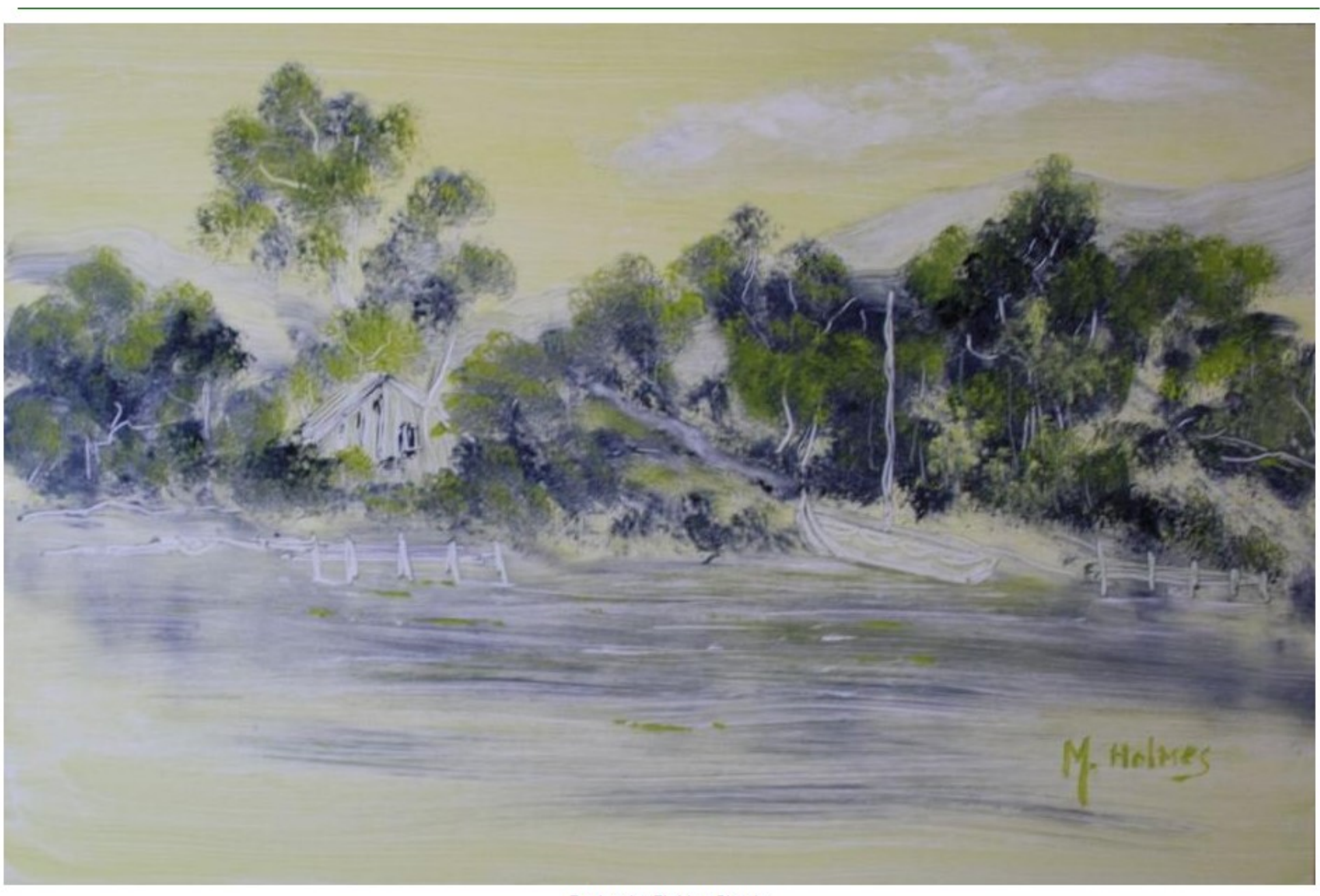
Luna Park



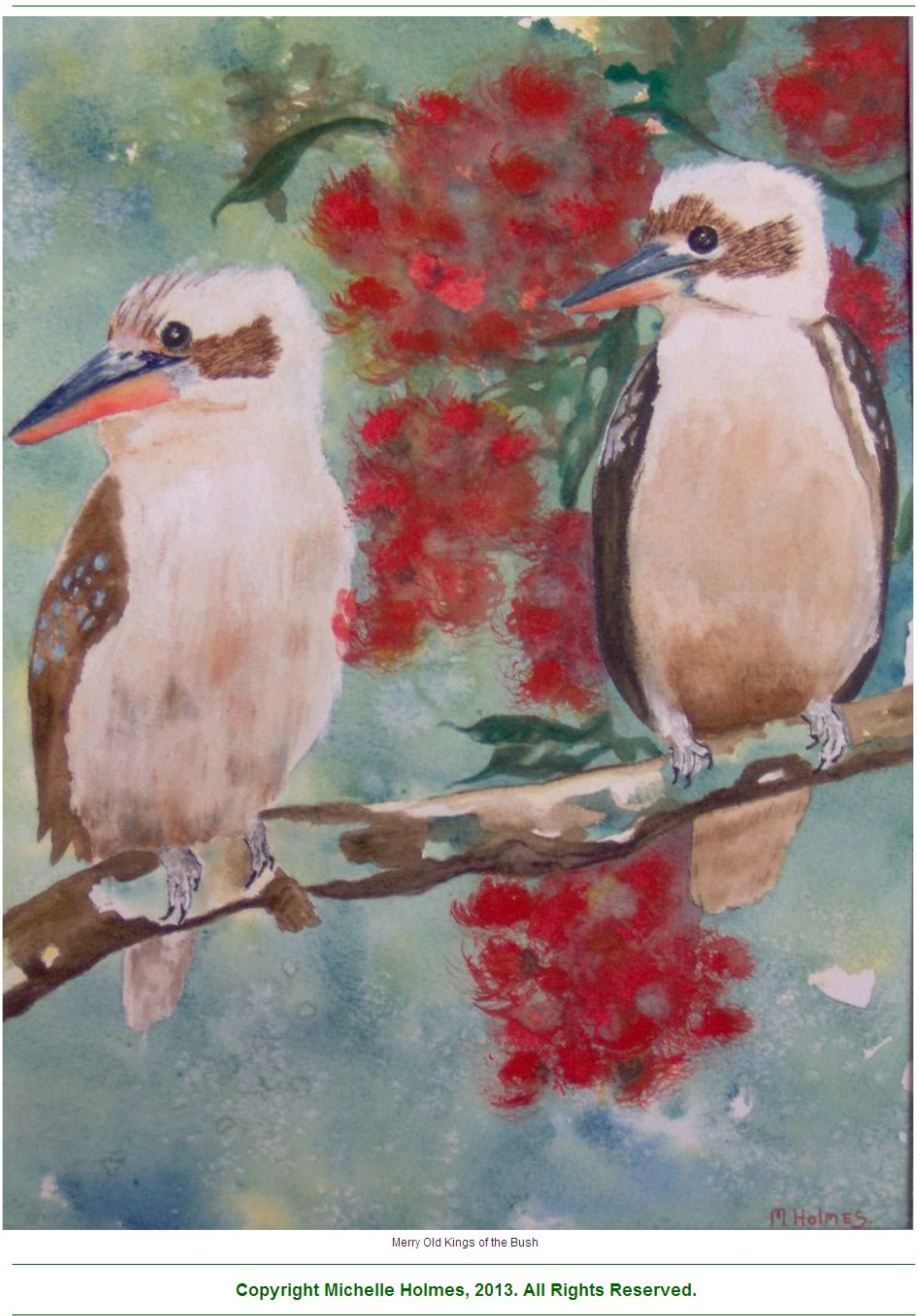
Weymouth Channel Handicap



Gorilla in Charcoal



Backwater Fishing Shack



Merry Old Kings of the Bush

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Ventilation - Edmonds Ecofan

With all the rainfall in the Sydney basin we've had the last few weeks, meaning there is a lot of moisture in the ground and, potentially trapped in the sub floor of your home. it seems a good idea to run a July 2012 DIY Hints page from JBH once more:

The condition of the air space beneath a home can impact on mould and fungi growth, termite action and even household allergies and respiratory problems.

Damp, stale air under a house is conducive to termite activity, and can also lead to musty odours permeating the living areas. This trapped air can also lead to mould and fungal growth which places a health risk on the occupants of the house.

When renovating, building a new house or trouble shooting an existing house with a sub floor space, it is important to ensure that there is a constant air flow (houses built on slabs do not have this issue). If the sub floor space is closed up with brick work or cladding, vents should be placed on opposite sides of the house, ensuring a cross flow of ventilation. Keeping these vents then clear of vegetation is important. These vents are either made of fired clay (for bricks) or plastic.

To maximize airflow, you can use a powered fan, such as Edmonds Ecofan, which draws the moist air out. A vent, or vents, located on the opposite side of the building allows the air to be replaced with drier, fresh air. This drier air draws moisture from the soil, reducing the conditions conducive to mould growth. **The Edmonds Ecofan is available from Johnson Bros Mitre 10.**

The Ecofan is easily installed, and operating on a 240v transformer, the running costs are as low as $13pa on low speed. It comes in two colours, White and Brown, and can also be painted to suit. Johnson Bros Mitre 10 also stock other vent solutions. Come in to our store and speak to one of the experienced staff members for the right solution.

Products and further friendly advice available at Mona Vale and Avalon Johnson Brothers Mitre 10.

Click on logo to visit their website

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